



Manzanillo SUN

coastal Mexico's lifestyle magazine

Downtown Manzanillo
Waterfront
photo by John Chalmers

Around Manzanillo
History and Mythology
RV Travel
Technology
Nature's Wonders
So Much to See
Food and Drink
Learn Spanish
Path to
Citizenship



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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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Hiking to Discover Mexico

story and photos by John Chalmers

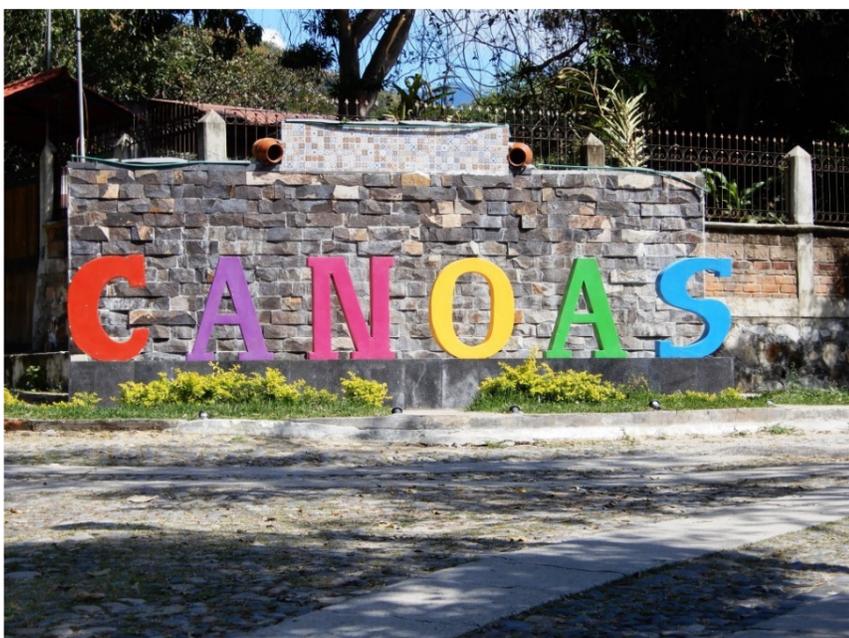
A group hike is a great way to explore México and enjoy the camaraderie of meeting new friends in a shared experience. With the Canoas hike, like other treks we have taken, we started with a group photo!



Exploring México by driving to cities and towns, historic sites, beaches, markets, interesting shops and restaurants to try out something different on the menu is a fine way to enjoy the country. However, discovering it all by foot on trails through rural areas and the jungle is a fine way to see something new that you can't reach by driving! Even an urban hike on roads and pathways is more rewarding than driving as it allows more time to see the sights and take in the views.

For many of us who spend the winter as snowbirds in the Manzanillo area, group hikes have provided a great experience to see places we would otherwise never encounter.

Our hikes have taken us up mountains, out to unpopulated beaches, and through farmland and agricultural areas of crops and plantations.



A drive to the small town of Canoas, known for its coffee, was the start of a fine day in exploring a part of México that was new to us.



After parking our cars near the town, we started out on the hike, which was destined to be a day of discovery in the country.

...Hiking to Discover Mexico



Beginning on country roads, our trek started in the morning of a sunny Mexican day at the outset of our hiking adventure.



On the roads where we travelled, there was almost no vehicle traffic and we could stop whenever we wanted to enjoy the scenery.

A new hike this year was in coffee country near the small town of Canoas. Less than an hour from Manzanillo, after a drive on the highway to the town of fewer than 400 people, we arrived on cobblestone roads to a place for parking our cars. Then, with our hiking poles, water bottles and appropriate footwear and headgear, we began a trek that took us on country roads and jungle trails.

Off the beaten track, and not found in tourist literature or internet travel sites, are places to be discovered only by adventuring on foot. Our hike in the Canoas area followed a circuitous path on dirt roads, through open areas, past cattle in unexpected places, by cornfields carved out of the jungle, and across unexpected streams of fresh mountain water. As well, we encountered areas where coffee was grown, which was one of the reasons for this particular outing.

A special reward on the hike led us through untrammelled jungle to a beautiful and hidden waterfall. It flowed down a rocky spillway to a pool at the foot of the cascade, then formed a

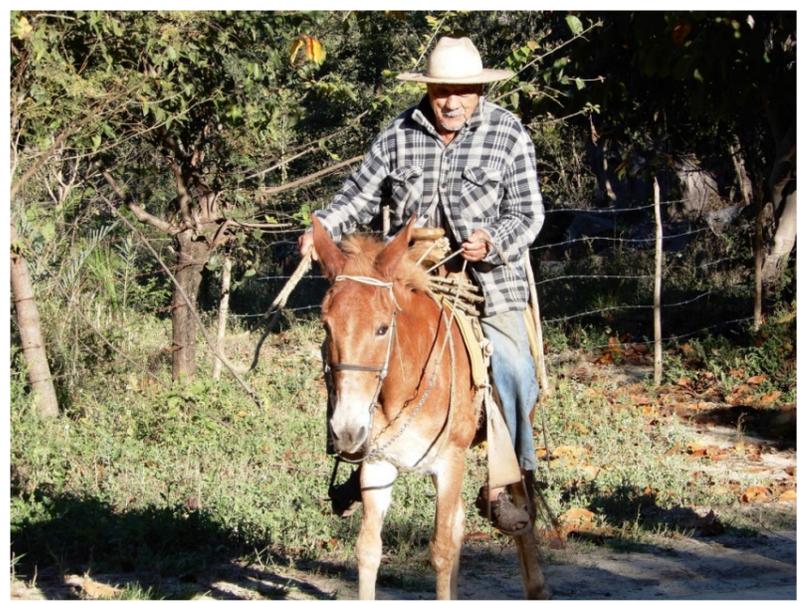
stream rippling over another rocky outcrop and continued on through another pool to become a busy mountain stream. Discovering this precious location was one of the main rewards of the hike.

At the conclusion of this journey, we were hosted at a private country home where a splendid Mexican lunch included a barbecue, frijoles, freshly made tortillas, enchiladas, other dishes and fresh fruits. Of course, a fine way to end a hike is to enjoy soft drinks or cold cerveza, which went perfectly with the meal and is much appreciated by hikers who have finished a vigorous trek!

Our final stop for the day before returning to our winter vacation homes was to go back to Canoas and visit a shop where most of us bought coffee grown in the area. Each of our group hikes has its own special rewards. This time we had a reminder of a wonderful and truly 100% Mexican experience every time we enjoyed a cup of Canoas coffee!



The terrain on this hike included cobblestone roads and a variety of paths and jungle trails, all of which make good footwear a necessity.



It pays to have your camera handy and ready to be able to shoot a photo on short notice when the opportunity arises!

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

... more pics follow

...Hiking to Discover Mexico



Any hike offers surprises and one on this hike was finding cattle and calves in unexpected places along our route.



One reward of rural hikes is getting a close-up view of crops of many types that, like this one, is irrigated in hill country.



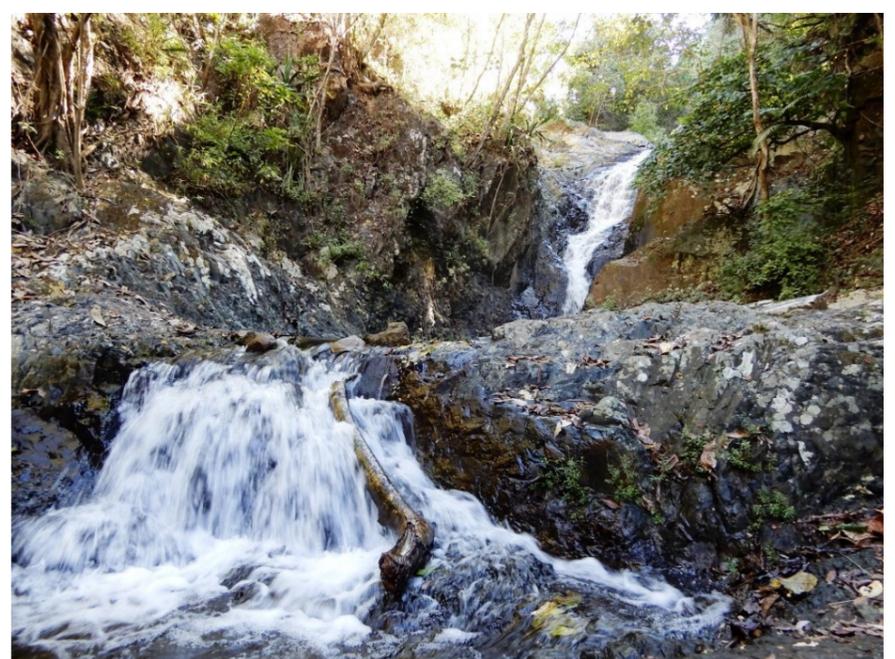
Crossing clear mountain streams as part of the delightful scenery contributed to the diversity of terrain in this hike.



A variety of lush green growth was a constant in the scenery to be enjoyed throughout the hike, whether in open areas or through the jungle.



Discovering a hidden waterfall after a trek through jungle was a sight everyone enjoyed, with lots of photos to be taken.



Precious scenery in an uninhabited out-of-the-way location was a special treat for all of us on this hike.

...Hiking to Discover Mexico



We never needed machetes to hack our way through the jungle, but in some places the hiking was slow along a primitive trail.



Country trails bring trekkers close to nature, experienced here by hikers Angel, left, and Rich, right, who scouted out the route then planned the hike.



Our guide, Esteban, led us on the trails and pointed out places of interest which added to the rich experience of the hike.



These coffee “cherries” contain the beans to be harvested, dried and then roasted for packaging as coffee from Canoas.



A group hike provides a social experience that brings folks together to make new friends with common interests while enjoying México.



Our guide, Esteban, did a great job of leading us on the hike and his wife, Gloria, helped prepare the fine lunch we enjoyed at the end.

...Hiking to Discover Mexico



A grand treat for the hike was the barbecue lunch, with our host, Lucio, left, and Angel cooking beef and pork to perfection.

Final stop before leaving Canoas was at a local shop where the coffee was so fresh it was being packaged for us. A great finish!



Great scenery, fresh air and exercise are among the benefits of a group hike in beautiful México, to be enjoyed with friends and hiking companions!

From the Aztec: The legend of How Music Came to the World

story by Kirby Vickery

There were two powerful gods within the Aztec pantheon whom sometimes fought and sometimes didn't. As it happened, they met on a very windy, high plain one day. This would stand to reason, as one of them was Tezcatlipoca, the sky god, and the other was Quetzalcoatl, the god of the wind. Tezcatlipoca spoke first to Quetzalcoatl by snidely asking. "What took you so long?"

Quetzalcoatl answered over his shoulder. "I've been busy with this hurricane season whipping up the waves."

They argued for a while over the importance of wave whipping in their meeting. Finally, Tezcatlipoca yelled out to his companion. "You just stop huffing for a moment and listen. What do you hear?"

"Nothing. So?"

"Yeah. See?" Responded Quetzalcoatl. "Exactly my point. Without all the noises you make with the wind and the waves and all the other noises all small creatures make, and that of the occasional volcano tossing up new earth and rock, there is nothing. I mean exactly nothing! No one sings. No one plays a note. We need to wake up the world, Wind. And I don't mean hurricanes. We need music!"

"Music?" said Quetzalcoatl. I don't even know what that word is."

"I know," the sky god said. "But, I'll tell you who does: the Sun. He surrounds himself with singers and music-makers who play and sing for him all day long and that so-and-so won't share their music with us which is evident because you don't even know what it is."



Tezcatlipoca



Quetzalcoatl

"He won't share?" said Quetzalcoatl. "That's not fair!"

"I know," said Tezcatlipoca. "And that's why I want you to go to the House of the Sun and bring the best singers and the best musicians. Remember," he said, as the wind god unfolded his wings. "We need to wake up the world. We need music!"

With one mighty flap, Quetzalcoatl hurled himself into the air. He flew over land and sea searching the endless coastline for a single beach. He knew there was only one way he could travel to the House of the Sun.

After he finally found it, he landed and called out the names of the sky god's three servants: Cane and Conch, Water Woman and Water Monster. When they all stood before him, he ordered them to build a bridge.

They grabbed hold of each other and began to grow tall and thin and to twine together like twine makes a rope. They turned into a strong rope bridge that disappeared into the sky. Quetzalcoatl climbed the bridge, following it higher and higher, as the earth grew smaller and smaller below.

Finally, he came to the realm of House of the Sun, and he could see the palace towers shimmering in the distance. He also discovered that getting to them was not as easy as arriving in the Sun's realm. He had to grope around to find his way through a maze of streets with high walls. He kept getting lost and going around in circles.

Nearly ready to give up, he heard a beautiful sound that he had never heard before. It was cool and bright. It was sweet and light. It was music.

...From the Aztec: The legend of How Music Came to the World



Aztec Musicians [well sorta]

Quetzalcoatl followed the sound until it led him out of the building maze. Then he saw the musicians in the great courtyard of the Sun.

The flute players were dressed in golden yellow. The wandering minstrels wore blue. The lullaby singers were dressed in white, and the singers of love songs wore red.

Suddenly the Sun saw Quetzalcoatl.

"Stop playing!" he cried. "Stop it, I say. "Stop your singing right now! It's that foul tempered wind! Don't even speak to him or he will take you back to that silent planet of his!"

Quetzalcoatl lifted his wings and called to the musicians to come with him!

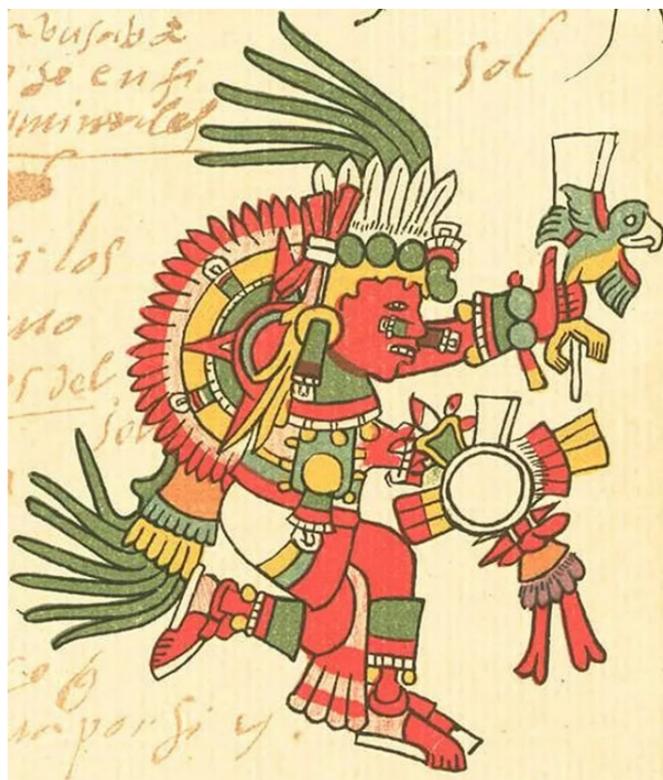
None of them said a word.

Again the wind god cried out, "Singers! Musicians! The Lord of the Sky commands you!" And again, the musicians remained silent.

Quetzalcoatl did not like to be ignored. He exploded with anger, like a hundred hurricanes going off at once. Lightning cracked and thunder boomed and clouds swirled around the House of the Sun, turning the daylight into darkness. The wind god then roared as if there was no end to his voice. Everything fell down. The Sun flickered like a tiny flame. The musicians all ran to the wind and huddled in his arms, trembling with fear.

Instantly the wind's anger passed. His thunder faded and the clouds vanished. Quetzalcoatl took the musicians in his arms and left the House of the Sun, moving through the maze as if it were not even there because he was filled with great happiness as he followed the sky bridge back to earth.

The earth could also feel that something new was coming - something it needed and had been secretly wishing for. As the wind god came nearer, the earth let out a slow sigh of relief as its fruit plants began to ripen and its flowers began to bloom with new, deeper colors. The whole planet seemed to be waking up from a long sleep.



Tonatiuh the Sun God

Finally, Quetzalcoatl touched down on the earth with the musicians and singers. They looked around curiously at the silent, waiting planet. Then they began to play and they started to wander as they played through forests and valleys and deserts and oceans they traveled, filling the air with music.

Soon people learned to sing and play, and so did the trees and birds, the whales and wolves, the running streams, the crickets and frogs, and every other creature.

From dawn to dusk, the melodies spread until music covered the earth.

The wind god was pleased. So was the sky god. The musicians were happy with their new home.

And ever since that day, the earth has been filled with music.

[This story is a shortened child's story taken from several researched Codex and filled in with some visual interpretations by several archeologists on a project a few years ago. When we talk about the Aztecs, we so often just slip by their classical home life and style and I feel that it's a shame to do that.]

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Bahía de los Ángeles

by Dan and Lisa Goy



Bahía de los Ángeles ("Bay of Angels")

Located along the east side of the Baja California Peninsula, in the state of Baja California, Francisco de Ulloa was the first European to discover Bahía de los Ángeles, in 1539, which was the last expedition financed by Hernán Cortés. The village has many islands off the coast and is famous for its fabulous fishing. The most popular fish here is yellowtail, a type of sport fish that lives off the shore of California and Mexico. These fish can grow up to 5 feet long and can weigh up to 100 pounds. The bay is also famous for its whale sharks.

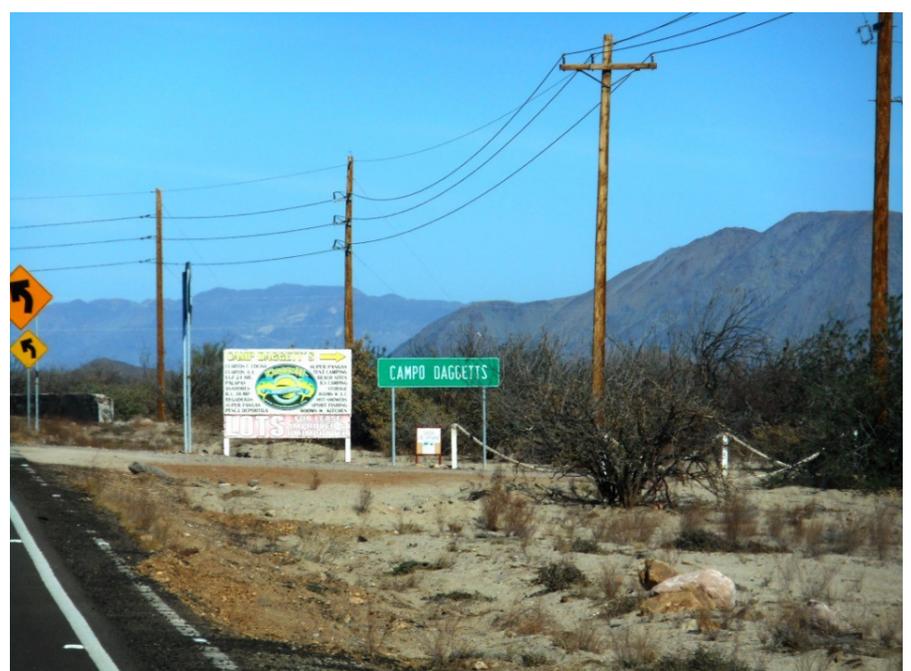
History

The area was known as Adac to the Cochimí people, the aboriginal inhabitants of the central part of the Baja California peninsula. In the early 1600s, there were approximately 3000 Cochimí inhabiting the area. The area known then as the Bahía de Lobos (Bay of Sea Lions) was explored again, in 1746, by the Jesuit missionary Fernando Consag, during his attempt to investigate the disputed question involving the Island of California. Consag is credited with giving the area its current name. In 1752, a loading dock was built to explore Misión San Borja and the entire Baja California Peninsula.

After the departure of the Jesuits from the Baja Missions, the surrounding settlements, known at the time as visitas ("visiting chapels"), were gradually taken over by the locals, Bahía de los Ángeles (Bahía) being one of them.

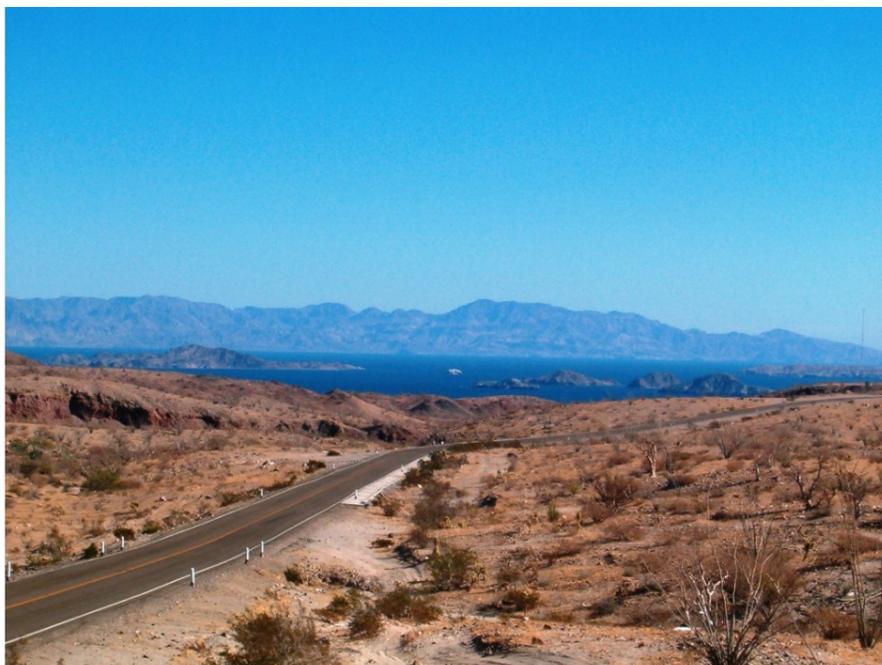
By 1880, the interest in precious metals had spread to the Bahía region. In 1900, another loading dock was built to export gold and silver obtained from the mines of Sierra San Borja, San Juan, and Santa Martha. The San Juan silver mine at Las Flores became the largest producing mine in all of Baja. The mine was connected to Bahía by an eight-mile, narrow-gauge railroad allowing the ore to be transferred to the port there. The value of the silver produced by the mine was estimated (in 2002) to be 2 million U.S. dollars.

In the mid-20th century, there were only a handful of families residing in the area. Among them were the **Daggetts** (the children and grandchildren of Englishman Dick Daggett, Sr.), the family of José "Tilongo" Smith, the Ocañas, Navarros, and Corderos. **Señor Antero "Papá" Díaz (1914-1989)** was the leading



...Bahía de los Ángeles

citizen of the pueblo known as Bahía de los Ángeles. Díaz and his wife, **Cruz Rosas Ortiz "Mamá" Díaz**, originated in Mexico City and came to Bahía to work the mine at Las Flores. Díaz became Delegado del Gobierno (Mayor) and built the first schoolhouse and the first church in Bahía. He was instrumental in establishing the town as a sport fishing resort by building a hotel and an airstrip. This allowed fishermen to reach Bahía by air without making the 3-day drive from Ensenada. The original "Casa Díaz" hotel consisted of Mamá's restaurant and 6 cabins with primitive showers.



Descending to Bahía de los Ángeles

We were first bitten by the Baja Bug, in 1985, in Bahía de los Ángeles. We immediately made an emotional connection to this place of scenic contrast and stunning beauty we had never experienced before. Where the Sierra La Libertad mountain range plummeted into the Sea of Cortez and sunrises nothing

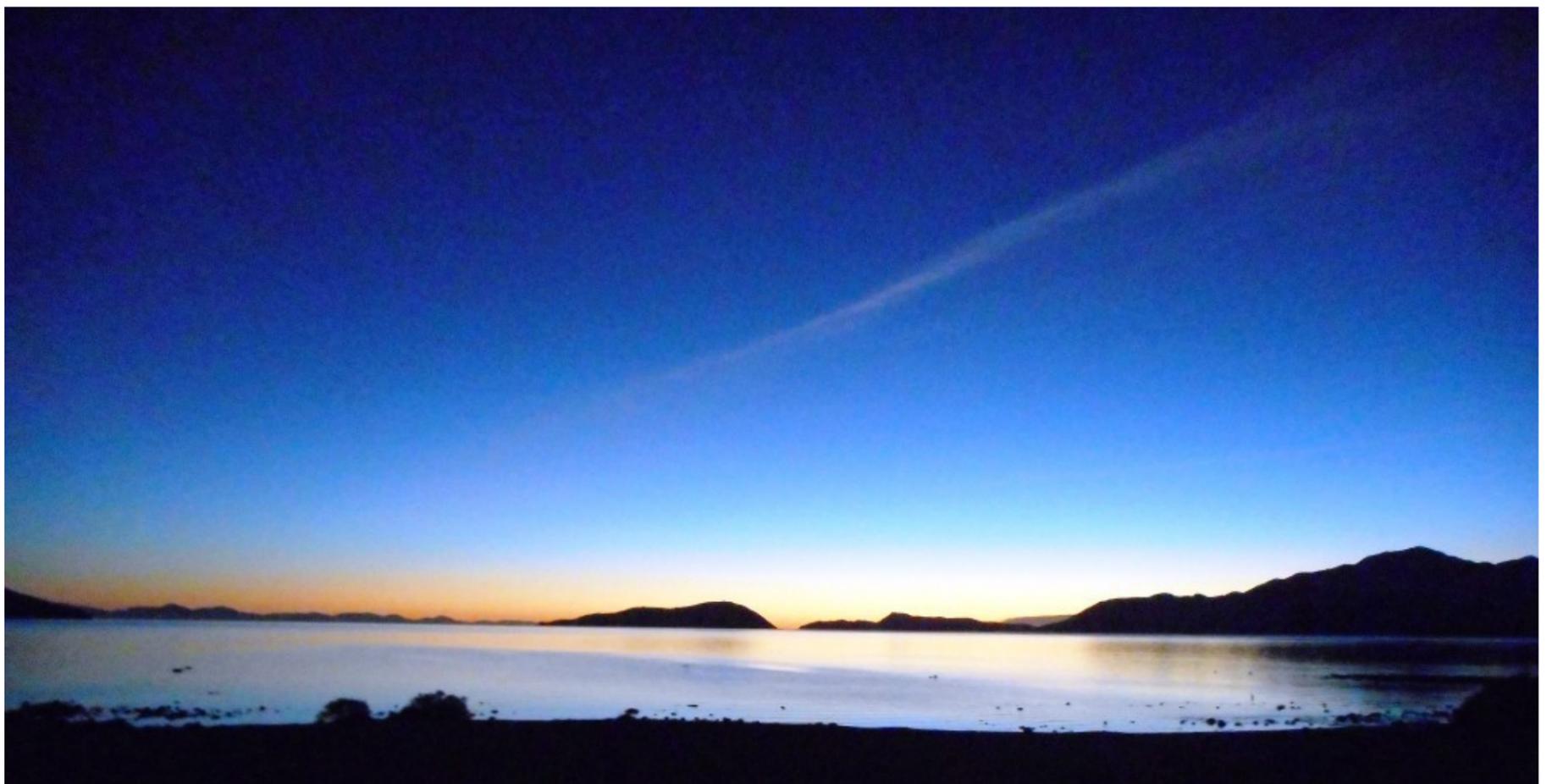


Baja Amigos at Brisa Marina

less than spectacular greeted you every morning. Many refer to this place as simply Bahía, or LA Bay, which is starkly different from the namesake cousin and US mega city of Los Angeles in the US state of California. The village of Bahía, which continues to host about 800 residents, is aptly best described a sleepy fishing village.

Often many RVers, including RV Caravan Tours, bypass this small town as you must take a 68 km paved road eastward away from Hwy 1 descending to Bahía. This is truly unfortunate as it is a paradise for camping, fishing, kayaking, hiking, ATVing and exploring. The people are always friendly and the village definitely has a small-town charm. The RV parks and campgrounds are basic, with some amenities.

Another stunning sunrise at Bahía de los Ángeles



...Bahía de los Ángeles

In the past, we stayed at the old, abandoned government RV Park, **Brisa Marina**". Sadly, a flood, caused by a hurricane, made this campground largely unusable, washing most of the site into the ocean.



Brisa Marina

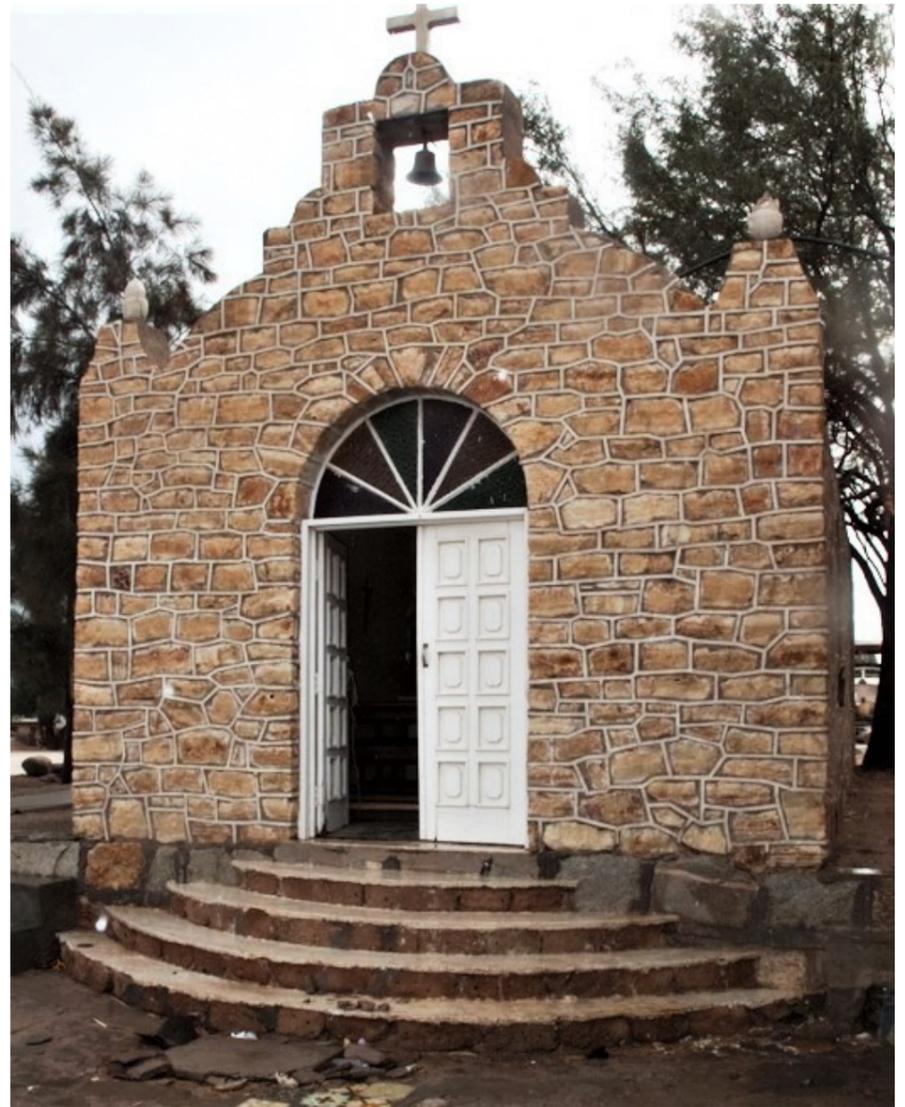
Next door to this RV Park is where our long time friends, Antonio and Bety Resendiz, built a house, raised their family and operated the **Campo Archelon** campground which is better suited for those without RVs. Antonio and Bety were the original caretakers and researchers of the Turtle sanctuary and research station which is located beside Brisa Marina and which ceased operation after Antonio and Bety retired. We met Antonio on our first venture down Baja with our two children, then ages 2 and 4, in 1985. He invited us to his parents' house in Mexico City for Christmas, which we graciously accepted and thoroughly enjoyed our visit. Sadly Antonio passed away suddenly at Easter in 2016. Bety still operates Campo Archelon and Antonio Jr. recently opened a coffee shop and bistro on the property.



Campo Archelon with Mike's Mountain behind

Now our tours camp where the majority of RVers stay, at **Daggett's**, only a five-minute drive down the road from "Brisa Marina". The campground is on the waterfront, with breathtakingly beautiful sunrises. A beach stroll to the lighthouse is very popular. They have actual hot showers and a few sites now have electricity. Those looking for a more remote boon docking experience often head out to **Playa La Gringa**, just 11 km (7 m) north of town. In recent years, the entire road has been paved and the remaining is passable washboard.

A "must see" is the local **Museo de Naturaleza y Cultura** museum, established in 1988 by Carolina Shepard Espinoza, run by local volunteers and provides an excellent overview of the history of the town and region. Many boats for hire take you fishing and we would recommend **Joe's Eco Tours**, located across from the museum. There is **Lucy's Art Gallery** in town, rarely open, but worth seeing, as is the **Díaz Onyx Chapel**.



Díaz Onyx Chapel

Potable water is available in town, however you need to have a barrel to collect it or you can have water delivered right to your rig, for a price, by locals. 5 years ago, Bahía had no fuel or electricity. Now they have a proper hydro feed and electrical distribution and two (2) gas stations! All of these improvements foreshadow big potential changes for this town. 20 years ago, a boat ladder was planned and started to bring yachts from the Pacific Ocean at Santa Rosalía, overland to the Sea of Cortez

...Bahía de los Ángeles

at LA Bay. This included extensive road widening with paved pullouts along the entire route. The government spent millions on the facility, on the Pacific side, before abandoning the project. We have also seen plans that would turn Bahía into the next Cabo San Lucas (that would be a shame) however, at this time, nothing much has changed. We also know Carlos Slim (Mexican billionaire) continues to purchase vast amounts of property along the coast of Baja, along the Sea of Cortez, from Loreto to San Felipe. Everything you need can be purchased in town although this can be a little pricey compared to other Baja towns. Internet is available at a couple of stores and many snowbirds spend the winter here.

The **whale shark**, *Rhincodon typus*, is a slow-moving filter feeding shark, the largest living fish species. The largest confirmed individual was 12.65 metres (41.50 ft) in length. The heaviest weighed more than 36 tonnes (79,000 lb), but unconfirmed claims report considerably larger whale sharks. This distinctively-marked fish is the only member of its genus, **Rhincodon**, and its family. The whale shark is a filter feeder, one of only three known filter feeding shark species (along with the basking shark and the megamouth shark). The many rows of teeth play no role in feeding; in fact, they are reduced in size in the whale shark. Instead, the shark sucks in a mouthful of water, closes its mouth and expels the water through its gills.



Whale shark sculpture

Another popular attraction is **Misión San Francisco Borja de Adác** (aka San Borja Mission) which was established in 1759 by the Jesuit padre Wenceslaus Linck, at the Cochimí settlement of Adac, west of Bahía de los Ángeles. The San Borja Mission was handed over to the Franciscans in 1767, along with large numbers of sheep, goats, cattle, horses, and mules. In 1773, the Dominicans took charge of the mission property and the 1,600 Amerindian parishioners in the Adác community.

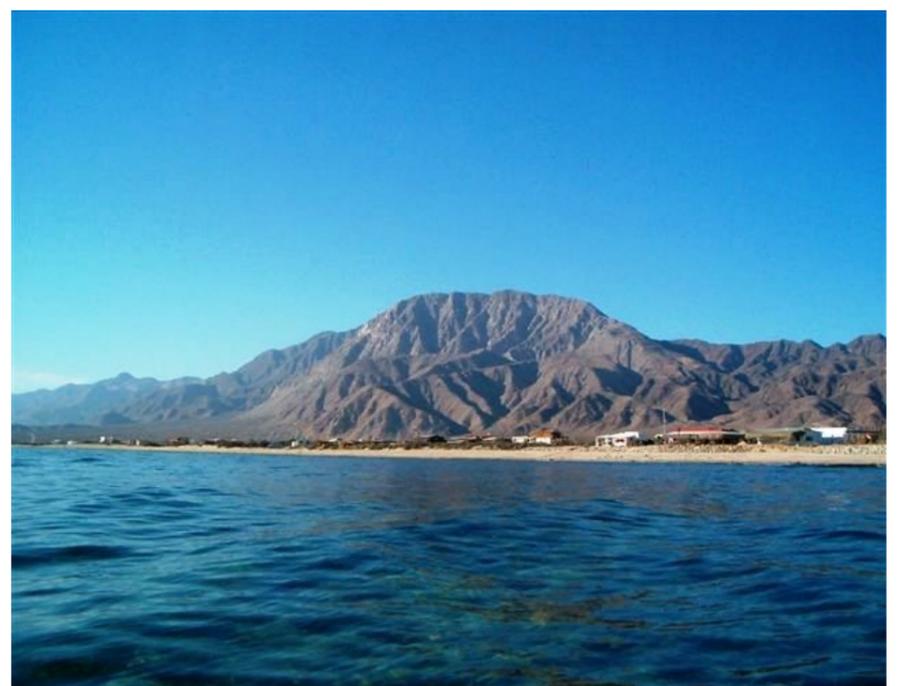


Yellowtail caught in LA Bay

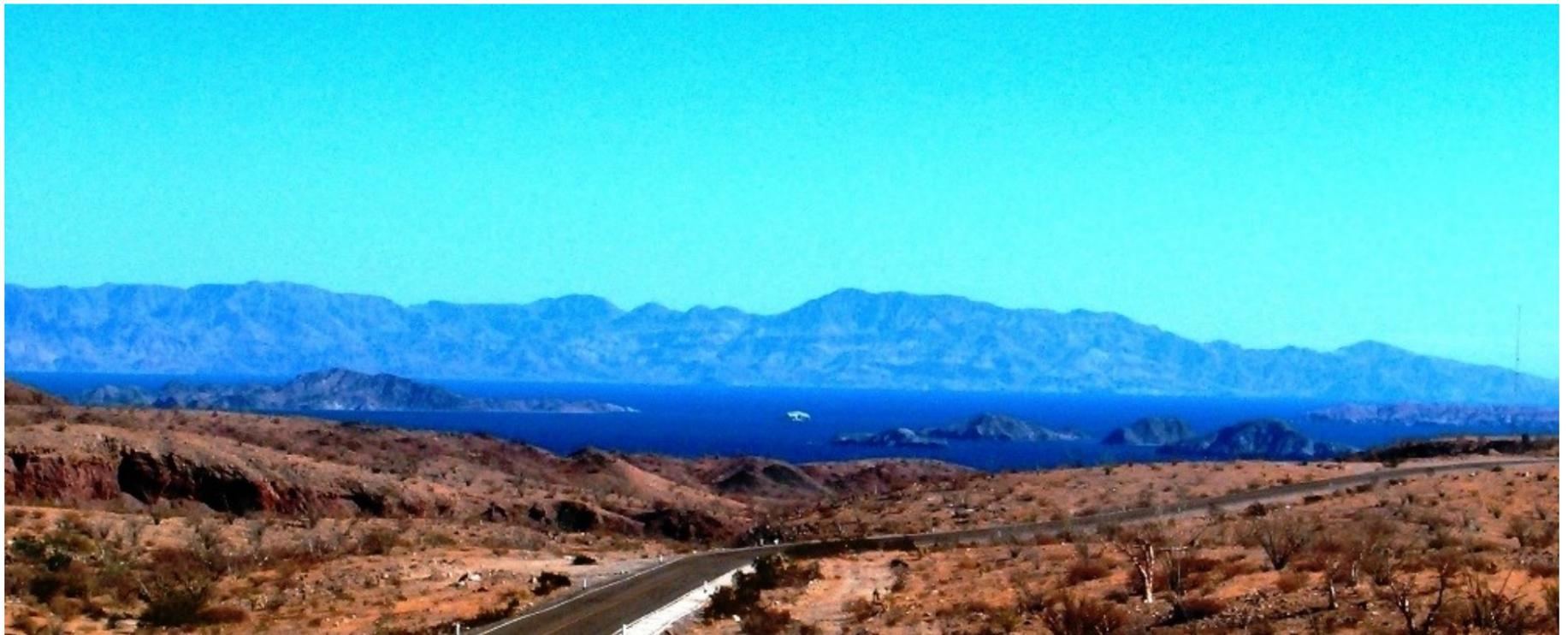
The stone church was completed in 1801, then abandoned in 1818, when the native population in this part of the peninsula disappeared, although the structures and ruins survive. Ruined adobe walls of the original Jesuit mission - the last to have been built anywhere on the peninsula - have been preserved. A stone spiral staircase in the *campanario*, or bell tower, of the later Dominican mission, is impressive.

The fig, pomegranate, olive, guava, mango, and date orchards, planted by the missionaries, continue to provide a livelihood for mission caretaker, José Ángel Gerardo Monteón, a fourth-generation Cochimí, and his family of seven. The mission is open daily 8 a.m. - 6 p.m. José's children are happy to take visitors on a half-hour walk through the orchards to a small, clean hot springs. A longer, 1.5-hour tour to see local rock art - using your own vehicle - can also be arranged. The family doesn't ask any set fee for such tours, although a donation is much appreciated.

The village of LA Bay sits under Mike's Mountain



...Bahía de los Ángeles



Although the road to the Mission, located at KM 44 from Bahía de los Ángeles, is graded, there are still two or three spots where four-wheel drive is advisable, due to the steep, slippery grades, deep vados (dips or canals), and stretches where you must drive 10 meters or more over basketball-size boulders.

Bahía even had a local celebrity, an American, **Herman Hill**, who wrote the book, **BAJA HIDDEN GOLD: Treasure Along the Mission Trail**. Herman resided alone in his beachfront home in Bahía de los Ángeles. For many years, his stories, filled with humour and verve, illuminated the history of the beautiful Baja Pueblo of Bahía de los Ángeles. A prospector, a dreamer, and an adventurer, Herman's stories capture both a region and a lost time in history. Our tours always included a stop to see Herman and ask him about his book and life in Mexico. Sadly, Herman passed away in December 2013, at 93, in a single vehicle accident, on Hwy 1.



Herman Hill, Val and Heather

Biosphere Reserve

In 2007, Mexican President Felipe Calderón, in cooperation with the nongovernmental organization Pronatura Noreste, Mexico's National Commission for Protected Areas, the Global Conservation Fund (GCF) and others established the **Bahía de los Ángeles Biosphere Reserve** to protect the unique ecology of the region. It covers an area of almost 1500 square miles (387,956 hectares) and includes a portion of the Baja coastline, all 16 islands, numerous smaller islands and islets and the Canal de Salspuedes and Canal de las Ballenas.



Holding tanks for turtles

The reserve protects a diverse marine population, with many endangered species including whale sharks, fin whales, California sea lions and five species of sea turtle. The reserve is within the **UNESCO "Islands and Protected Areas of the Gulf of California"** Mexican World Heritage Site.

Dan and Lisa Goy own and operate Baja Amigos RV Caravan Tours and have been camping and touring in Mexico since 1985. <http://www.bajaamigos.net> ... more pics follow

...Bahía de los Ángeles



Antonio Resendiz speaking to the group



Dan and Antonio, 2010



Herman Hill with Baja Amigos group



Lisa, Bety and Antonio



A waterfront hotel on the verge of collapse



Bahía Turtle Research Centre

...Bahía de los Ángeles



December sunrise at LA Bay



Display at Bahía de los Ángeles Museum



Grey whale skeleton



Former research station



Local art



Dan, Carolina and George at the Museum

...Bahía de los Ángeles



Kayaking in Bahía de los Ángeles



Baseball in LA Bay



Always tranquil here



LA Bay overlook



Looking north of Bahía de los Ángeles

...Bahía de los Ángeles



LA Bay viewpoint



Lots of fishtails!



Marian looking out over the bay



Bruce on Mike's Mountain



Mike's Cave on Mike's Mountain



Mike's Mountain overlooks Bahía de los Ángeles

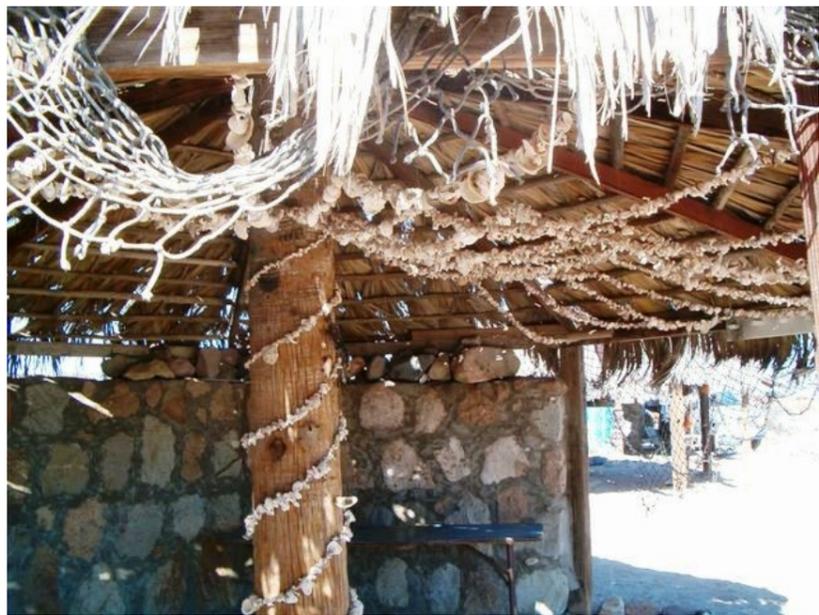
...Bahía de los Ángeles



Mining exhibit at the Museum



Seaside at LA Bay



Stone palapa at Campo Archelon

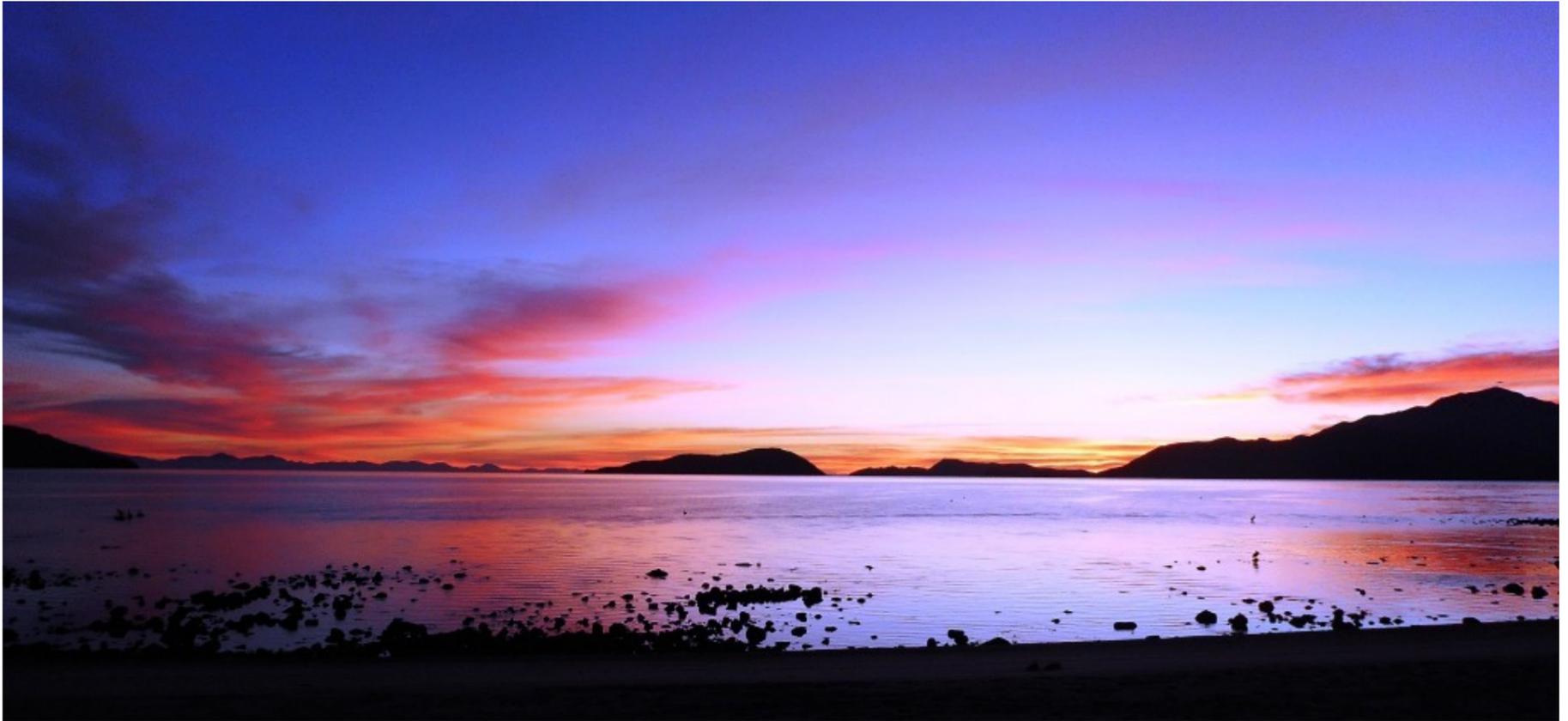


Students cleaning up one of the RV pads



A unique weather vane

...Bahía de los Ángeles



Turtle research station



Teachers and students from local schools



Walking the dog at sunrise

...Bahía de los Ángeles



Ursula and Tony, Campground hosts for Brisa Marina



Christmas in LA Bay

Sunrise over the RVs at LA Bay



Submitted by
Dan and Lisa Goy
Baja Amigos RV Caravan Tours
www.BajaAmigos.net

Living in the times of COVID-19 and how to cope with supplying your pantry

by Señor Tech

Day 41 of living in the condo

Over the past month, I have only gone out a few times. When the beaches were still open, we would walk to get exercise. And I made a few scary trips to Sam's and La Comer. But then I thought, hey! We have the internet. Yeah, I have been very comfortable doing my banking online, but I am still a luddite when it comes to buying things online. Imagine my surprise when I had to go to the bank to pay our yearly IMSS fees. IMSS does not have a way to pay online, at least not one that I was able to find. There I was, wearing a mask, going into a bank. Can you think of any possible weird consequences?

Back on topic, I discovered La Comer offers online ordering of groceries, including delivery. So, I tried <https://www.lacomer.com.mx/>. My browser automatically converts Spanish to English. I set-up a new account, the only snag I found was that you need your correct CP (postal code) in order to ensure the correct neighborhood for the delivery address populates in their system.

Once the account is complete, log in and start shopping. 99% of La Comer's floor items seem to be available to order. Pharmacy, fruits, vegetables, meats, liquor and wine, frozen items as well as bread are all listed. To place an order, log in to your newly formed account and add items to your shopping cart. A running total is kept. When purchasing vegetables or fruit, either select how many items you want or the weight in kilograms. This is the same with meats.

Fortunately, most of the items have photos to help ensure that the item you select is what you want. Once your order is complete, you will pay and select a delivery time. Payment options include cash-on-delivery, debit card, credit card or PayPal. We

have used the service three times and the experience has been excellent. If items were unavailable, I received a call from customer service.

My Spanish is not what I would call conversational, but they have associates that speak English well, so all issues were resolved. The first delivery was free. Delivery charges for our other orders for our location was \$36 pesos each (this charge may vary depending on where you live). The total time from completion of the order to the delivery to our door was 3-5 hours.

We are attempting to stay sheltered in place. This service allows us to get all our groceries without having to leave the safety of our condo. The fact that someone picks my grocery order and then delivers it is a big bonus. On my first order, I used the cash-on-delivery method. Since then, I have elected PayPal as it is totally safe.

The final bill is not generated until the order is processed. Then, all I have to worry about is the gratuity for the driver. Be sure to tip generously. Just think how much time and effort you have saved and these people are working hard in dangerous times.

Since we are watching more television, I started a one-month trial of Amazon Prime. The intent was to get Prime Video but then I realized that the Prime membership also offered free delivery of most items Amazon sells. With my birthday just passed, I needed to buy myself a new tech toy and so I ordered a new Sonos "Move" speaker. The delivery date was to be between three and six days. It was delivered early on the third day.

...Living in the times of COVID-19 and how to cope with supplying your pantry

As most Amazon customers already know, this is the way most shopping will occur in the future. Companies like Sears have found this out the hard way.

I also have been in need of contact lenses. I only have one set of one-month wearables left. I was reluctant to go to any of the optical shops in the malls. As I have said earlier, we are sheltered in place. I do not feel this is the time to be mingling with others until we know that the virus is contained, and a vaccine has been developed.

I went to <https://www.costco.com.mx/> and, in their optical department, I found my lenses. I entered the pertinent information from the packages of my current lenses. I completed the order by paying using my PayPal account. They will be delivered tomorrow, two days after ordering. Costco offers only non-perishable food items at this time. Delivery is free.

I created an account at <https://www.soriana.com/>. Although clothing, jewellery and household items are available for order and delivery, food items are not an option at this time at Soriana.

<https://www.walmart.com.mx/> does offer both pickup and delivery. As with La Comer, you will have to create an account. I found their site a bit confusing, but upon clicking the menu icon next to the Walmart logo, a drop-down menu of the different departments was displayed.

I have not tried their store for online shopping, so I offer it as an alternative. If you prefer Walmart to La Comer, then try them out. If you do, please send me an email (to the address at bottom of this article) about your experience, good or bad.

<https://www.sams.com.mx/> Sam's Club, a Walmart company, requires a membership, like Costco does, in order to shop.

They do, however, offer food items for sale, but delivery is not an option. Sam's app (iOS and Android) also allows the user to order items on their phones to be picked up. Like La Comer, their online store seems to have 99% of all items in-store available to purchase for pickup.

While pickup is safer than in-store shopping, I would recommend either La Comer or Walmart because they offer the safest food shopping option, if you are trying to stay in your home and avoid contact with other people.

I did attempt to try Bodega Aurrera, but their website, <https://bodegaurrera.net/>, is not ready for prime-time shopping. The items offered are minimal and there is no easy way to see the complete offering.

If you shop at either La Comer or Soriana, be sure to include your loyalty card number so all promotional pricing is automatically added to your order.

Now, if you will excuse me, it is time to place another food order with La Comer.

Stay at home and be safe!

If you have questions or suggestions about technology topics or issues, email me at senortech@manzanillosun.com

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by Tommy Clarkson

Ivy-Leaf Peperomia *Peperomia griseoargentea*
Family *Piperaceae*
Also known as Radiator Plant or Ivy Leaf Pepper

Or is it?

I've always admired the array of interesting characters in the *Peperomia* genus – what with some 1,000 of them, we've no few from which to choose! In fact, I wrote about the Pepperface (*Peperomia obtusifolia*) in Volume II and – a few pages further on – one will find the Watermelon Peperomia (*Peperomia argyreia*). A problem arises, however, in that no few are amazingly similar and, hence, this makes it difficult to differentiate one species from another.

While I think I've got this one identified right, maybe not, as many are extremely similar in appearance! For example, while scouring through a variety of sources, I discovered the very – similar looking - *P. caperata* and *P. griseoargentea*. Both are smallish with wrinkled, heart-shaped leaves, red petioles and tiny white flowers at the end of long spikes. *Caperata* translates to "wrinkled" and *griseoargentea* means gray and silver (*griseo* and *argent*). Both attributes certainly apply to my attractive specimens!

However, there are a couple of differences between these two species: Emerald Ripple Peperomia (*P. caperata*) leaves are more deeply grooved than those of Ivy Peperomia (*P. griseoargentea*) which is, generally, more flat. And, as far as I can tell, *Griseoargentea* is partly gray while *caperata* can be dark green, gray, metallic violet, wine-red or white with green speckles.



[This is a wonderful plant for brown thumb gardeners like me!](#)

Atop that, there are many cultivars of both of these species. *Caperata* with its darkish leaves is quite similar in appearance, except that they have a washed out appearance, with deep purple veins that are quite striking against the grey leaf colorations. As far as I can tell, *caperata* is from South America and, probably, from Brazil, in particular.

There's less information out there about *griseoargentea*, but the genus-whole of *Peperomia* seems to be exclusively from that southern continent – with a few succulent African exceptions!)

(Well, I got you into the right botanical plant naming ballpark anyway!)

Ivy-Leaf Peperomia – and the same could be said of many of its genus kin - is a houseplant for novices. My kind of plant! It's native to Ecuador where, in the 19th century, Friedrich Carl Lehman - the German Consul to Colombia, mining engineer, amateur botanist and mycologist (a studier of fungi. . . which begs the question as to whether or not he was a really "fun guy"?) - collected a sample from the banks of the Pilatón River, in the province of Pichincha.

...Ivy-Leaf Peperomia

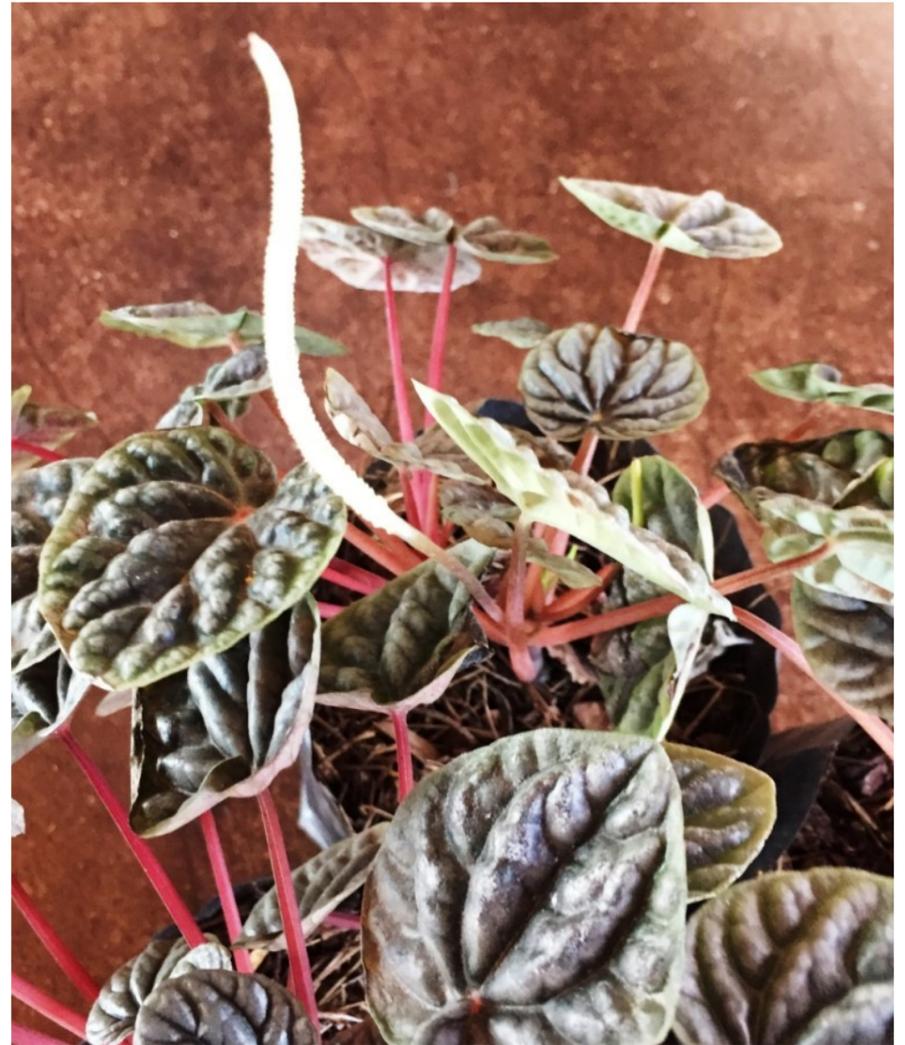


There are 1,000 species in the *Peperomia* genus

What some call by the more general name, Radiator Plants, are species not all that far away from that spice which we commonly use in our cooking - black pepper. Generally, they're compact plantings, all are heat-loving, native to tropical and subtropical regions, though they may vary in appearance with some having small, flat leaves, and thick stems. As I understand it, they received this common name from American horticulturalist Liberty Hyde Bailey, who, purportedly, initially dubbed all of the species in the *Peperomia* genus, "radiator plants." This seems appropriate in that they all appreciate warm air and sunlight - though they are able to handle both wet and dry climates.

Generally speaking, those of this genus have small root systems making them a great choice for indoor potting. Many writers from "up north" suggest a soil mixture 50 percent peat moss and 50 percent perlite. Here, I use coconut fiber (coir) while incorporating fine, river gravel to help their roots get the air they need to thrive.

Outdoors, many varieties do well as a ground cover in well-aerated soil. If grown inside, avoid extremely sunny or dark areas. In that they do well under fluorescent lights, they're ideal for office application. If your plant's growing slowly, increase the amount of light. However, keep in mind that one of the most common problems is that too much direct sunlight will scorch their leaves. If grown outside, these plants should be located in the shade, receiving morning or filtered sunlight through tree branches above.



That's a flower?

They do best in temperatures between 55° and 75° F degrees (12.78° - 23.78° C). They don't like cold drafts and most varieties are fine with some humidity. If dust builds up on the leaves, give them a quick mist to help knock off the dust. Water deeply but infrequently.

Peperomia plants will thrive when given a 20-20-20 fertilizer containing equal parts of nitrogen, potassium and iron, diluted to half strength and applied every two weeks during the growing season. Don't get the fertilizer on the leaves.

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you can reach Tommy Clarkson at tommy@manzanillosun.com

Zacatlán de las Manzanas

places the editors have been and recommend you visit



This magical city was drawn and designed from the Franciscan Temple dating from the sixteenth century, when analyzed, it is possible to realize that its dimensions meet the so-called golden ratio.

Zacatlán is a region producing apples, with different varieties of them, which are unique in the world and give rise to the wide range of flavors, colors and textures of their traditional ciders.

The Great Apple Fair is the most important social event of this town; starts in the second week of August. In it, pavilions of fruit, industrial, artisanal and gastronomic production are exhibited.

When planning your tours, you must include the Municipal Palace. It is a majestic building that was built between 1876 and 1896, with its facade of neoclassical style and reliefs of gray quarry.

In the "Centenario" monumental watch factory, you can find the Alberto Olvera Hernández Watchmaking Museum, the only



one of its kind in Latin America, where you can admire the different models that, throughout their lives, have helped humanity measure time .

Three blocks from the Central Plaza you can experience the typical provincial atmosphere that characterizes the Magical Towns, in the Municipal Market of Revolution. In addition, you can buy handicrafts from the region, which reflect the roots of the history, traditional and cultural, reasons of pride in Zacatlán.

The indigenous and mestizo hands craft dresses, blouses with their embroidery, ribbons, zarapes, woolen coats woven in waist looms, backpacks, huipiles, chitos, earrings and necklaces of beads. They also mold clay and stone utensils, as well as ixtle objects, which is extracted from the maguay.

For your cravings, there are several bakeries that make an exquisite bread that is prepared by hand. Bread stuffed with cheese and cottage cheese deserves special mention.

Zacatlán has the tradition of pyrotechnics, which was born generations ago. Two families did wonderful jobs with gunpowder and were recognized throughout the region. Now, they have passed on their knowledge to their children and grandchildren, and they are the ones in charge of giving light and color to this tradition.

Do not miss this Magic Town as your next destination on your journeys!

Article and image source: [Así es en México](https://www.asiesenmexico.com)



by Tommy Clarkson

Coleus *Solenostemon scutellarioides*

Family *Lamiaceae*

Also known as Painted Nettle or Variegated Coleus

(Ladies and gentleman, meet the veritable poster child for wildly multi-colored, variegated tropical plant leaves!)

The subtitle for Nellie Neal's book, *Gardener's Guide to Tropical Plants*, is "Cool ways to add hot, bold foliage and striking textures." Few - if any - combinations of words could more correctly describe the totality of favorable features regarding the whimsical leaves of the Coleus!

Zeroing, yet further, in on their hues, tints and shades, in an article she wrote for Parade, Julie Bawden-Davis appropriately declared "Today's coleuses come in a wide variety of stunning color combinations. You'll find variegated leaves featuring deep purple edged in green, lime green coleus with a hint of burgundy and multi-colored selections displaying pink, green and even chartreuse." Not to be outdone, Nellie exclaims, "Oh those leaves! They are green, red, yellow, purple cream and orange, in endless combinations, from splattered mosaics to neatly edged two-tones." She exuberantly continues, "Coleus offers a plethora of round, oval, pointy, ruffled, cupped, curled and serrated leaf shapes. For bizarre, leafy, tropical excitement, nothing beats a modern coleus."

While seeming to not be as enthusiastically excited about them as the preceding writers, in *Tropical Plants for Home and Garden*, William Warren calmly and succinctly says of the *Solenostemon scutellarioides* cultivars that they have been "developed into a highly varied and immensely decorative group of low-growing herbs or shrubs (which in some reference works now appears under the botanical name of *Plectran-*



If one looks closely, you can see that caterpillars find them most tasty!

thus." Robert Lee Riffle is of similar thought, including Coleus within this group in his great tome, *The Tropical Look, An Encyclopedia of Dramatic Landscape Plants*.

Considering this beauty's, purported, "dark side alias" – according to the CABI Invasive Plant Compendium, "*P. scutellarioides* is . . . known to be invasive to Cuba . . . and a cultivation escape in Puerto Rico . . . Tonga and Guam. . . The species is considered a medicinal plant in many cultures but has also been classed as a narcotic hallucinogen . . . it currently appears to be a minor pest rather than a seriously damaging weed." (*This plant, bad? Personally, I've difficulty accepting any such manner of that!*)

But, has there always been such an array as these for gardeners to enjoy? (*Astute question that – go to the head of the class!*) Actually, in some genetic manner, shape or form, virtually all of today's coleus varieties are – rather recently created - genetic hybrid kin of *Solenostemon scutellarioides* (Say that three times fast!) which originated in Southeast Asia and the Malaysian peninsula.

My good friend, Dr. Arthur Whistler (*who, as I write this, being the second case of the Coronavirus (COVID-19) in the State of Hawaii, is presently in an induced coma with a respirator in a Honolulu hospital*) elaborated on the physical characteristic of today's Coleus plants, in his *A Guide to Tropical Ornamentals* saying, (They are) distinguishable by their "four-angled stems, opposite. . . leaves (and) small, blue to purple, two-lipped flowers in whorls in racemes or panicles." He continues, saying (there are) more than 200 cultivars named, having foliage described as antlered, parsley-leaved, fringed, fingered, or fern-leaved."

...Coleus



Snuggled in, amid some other dappled shade lovers, it wants regular water but not an inundation.

Similar to its mint family relatives, the Coleus cultivars of today are of the green-stemmed, branching sort, often with inconsequential flowers. It's advisable to deadhead these flowers immediately and pinch the stems back so as to encourage them to be more bushy.

These hybrids, generally, grow to an average height of two to four feet (60.96 - 121.92 cm) and spread of one to two feet (30.48 - 60.96 cm). They are not drought tolerant but, in turn, do not like to be inundated with water for more than an hour or two. And, while many Coleus varieties do best when sited in bright shade or dappled sunlight, as their delicate foliage can burn in direct sun, several new cultivars have been bred for their increased tolerance to sunlight.

According to Stirling Macoboy's counsel, in *Tropical Flowers and Plants*, the "Coleus should be pinched back to force branching and be fed regularly with a high nitrogen fertilizer." (I'd encourage this be done monthly.) He also advises that one may choose to "Remove the mauve flowers as they develop to endure continual growth."

Now cultivated pantropically (appearing in tropical regions on all major continents.) its natural enemies are mealybugs, aphids and caterpillars – the latter of which, I noted a few moments ago, had noticed my turned back and begun to chow down on the leaves of one of mine!



"Don't ask. Don't tell." If you don't inquire as to the exact and specific cultivar name of this particular beauty, I won't have to respond that I don't know!

It is with great sadness I must report that my botanical buddy, traveling pal and good friend, **Dr. Arthur Whistler**, recently passed away from Covid-19.

As those who regularly read our articles in "Planting Roots in Mexico" well know, he often provided keen insights on the plants about which we have written, studied and grown. He will be greatly missed by many.

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Elote

recipe by Makinze Gore



Mexican Elotes

This is a classic way to eat corn on the cob or in a bowl (just the kernels, known as esquites) in Mexico, and is usually bought from street vendors. Mexican crema is similar to sour cream, but saltier and creamier – perfect for cooling the fiery chili powder in this recipe.

Ingredients

- ✓ butter 50g
- ✓ garlic 1 clove, crushed
- ✓ cayenne pepper
- ✓ corn on the cob 6, husks removed
- ✓ cotija or feta 50g, crumbled
- ✓ coriander a small bunch, chopped
- ✓ lime wedges to serve
- ✓ sour cream 100g
- ✓ double cream 50g

Directions

Step 1

To make the crema, mix the sour cream and double cream with 1/4 tsp salt. Cover, and leave at room temperature for 3 hours. Keep out if using straight away, or chill and keep for up to 3 days.

Step 2

Light the barbecue, and wait until the coals are grey and the flames have died down. Meanwhile, heat the butter with the garlic and a pinch of cayenne in a small pan until melted, and season. Char the cobs for 10-15 minutes, continually turning until the kernels are tender and lightly charred all over.

Step 3

Brush the cobs with the melted butter, then spread the crema over evenly. Crumble over the cotija and sprinkle with a good pinch of cayenne pepper. Scatter with coriander and serve with lime wedges to squeeze over.

Source [Olive Magazine](#)

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.

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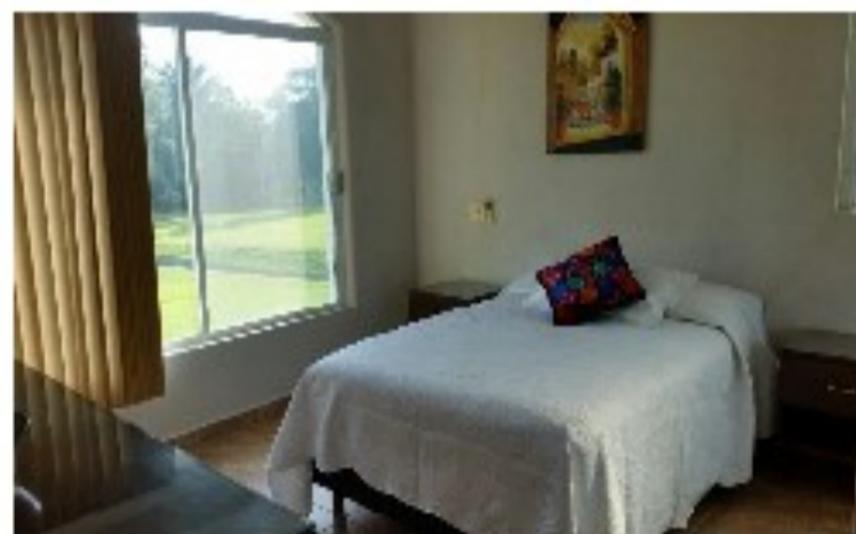
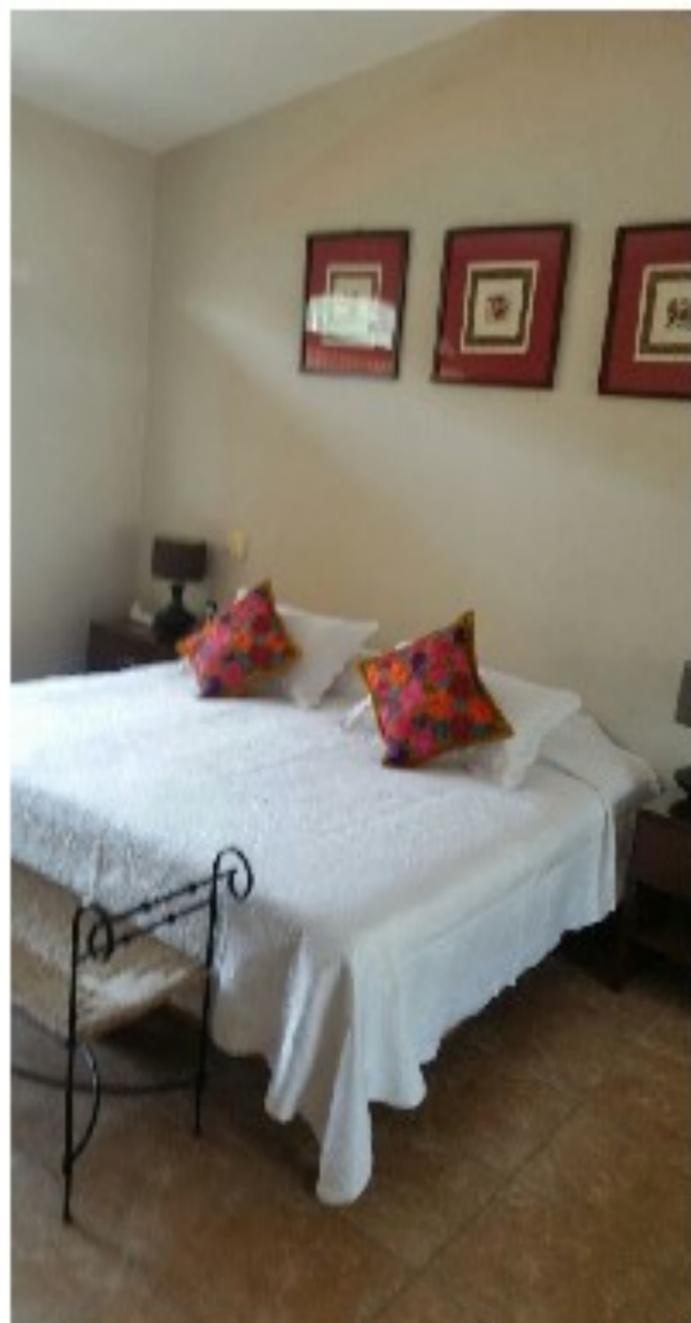
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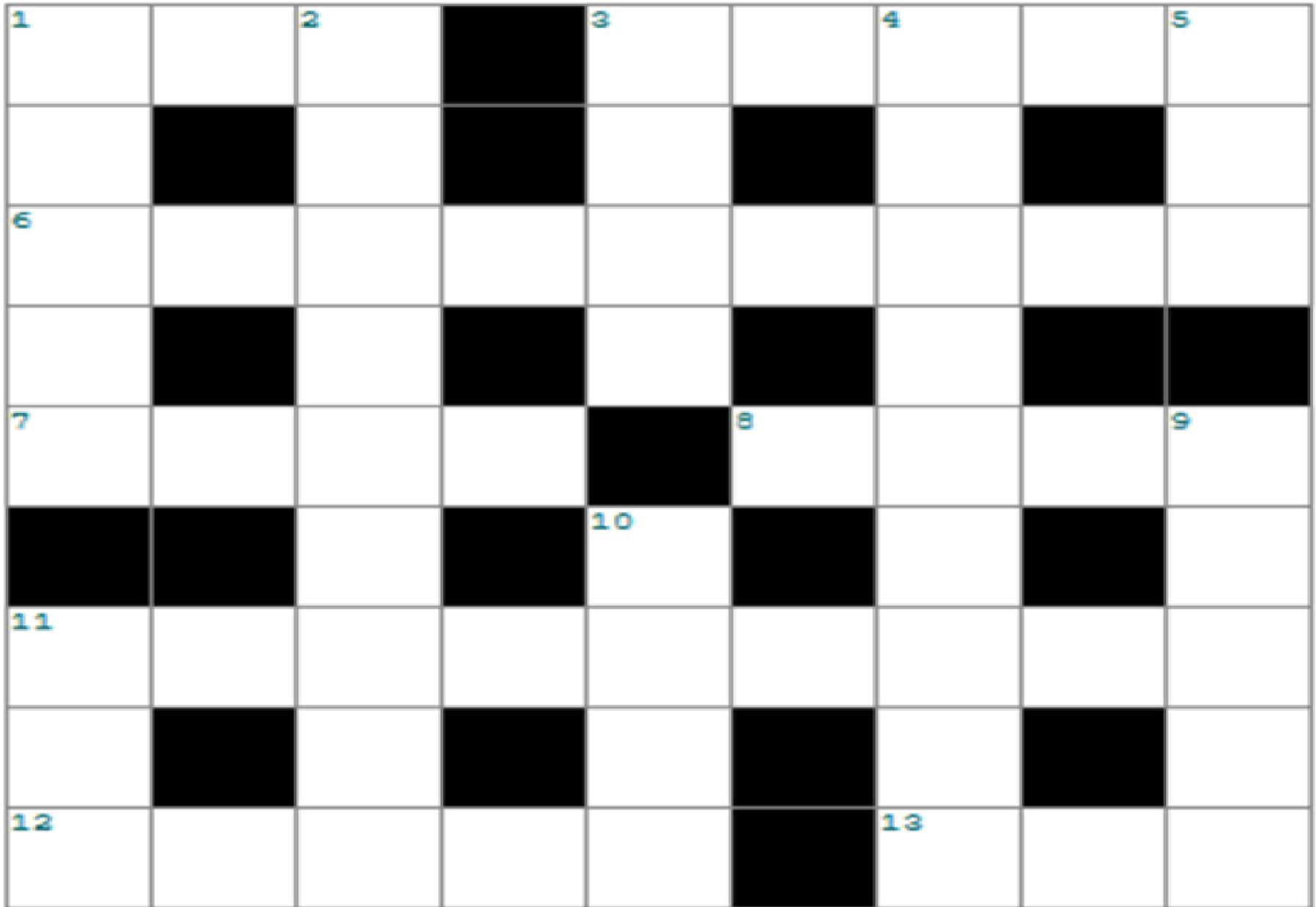
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Crossword

solution posted in next month's edition



Across

- 1 to see; to view
- 3 weapons
- 6 (they) will hope
- 7 (I) opened
- 8 (she) was laughing
- 11 (she) was breathing
- 12 (I) will smell
- 13 garlic

Down

- 1 (she) flies
- 2 (you/tú) repaired
- 3 air
- 4 jam, marmalade
- 5 without
- 9 downstairs; below, in a lower place
- 10 (I) turned
- 11 river

Last month's crossword solution:



lexisrex.com

Abelardo L. Rodríguez

from the Path to Citizenship series

Abelardo Rodríguez Luján, commonly known as Abelardo L. Rodríguez (May 12, 1889–February 13, 1967) was the substitute president of Mexico from 1932 to 1934. He completed the term of Pascual Ortiz Rubio after his resignation, during the period known as the Maximato. Former President Plutarco Elías Calles (el jefe Máximo) then held considerable de facto political power, without being president himself. However, Rodríguez was more successful than his predecessor, Ortiz Rubio, in asserting presidential power against Calles's influence.

Born in San José de Guaymas, Sonora, to a poor family, he worked early in his life in a hardware store, in a copper mine, and as a professional baseball player. He did not finish his primary studies in Nogales, Sonora, only having finished the 4th grade. He joined the Mexican Revolution in 1913 and began moving up the ranks soon afterward. He was a veteran of the campaign against the Yaqui. He became a Colonel in 1916, and at that rank signed the Plan de Agua Prieta, promulgated by Sonoran revolutionary generals Adolfo de la Huerta, Alvaro Obregón and Plutarco Elías Calles. The three generals rebelled against President Venustiano Carranza's government in 1920. In Baja California, the caudillo, Esteban Cantú, refused to recognize the interim administration of De la Huerta, so De la Huerta and Calles dispatched Rodríguez to oust Cantú, who went into exile. Rodríguez became Military Commander of northern Baja California in 1921, discharging Cantú's troops.[2] During that period, he closed most casinos and bars in the border town of Tijuana, which flourished under Cantú as a destination for vice tourism.

Rodríguez still had to contend with the perception that although he held the title of President of the Republic, he was not the man in charge. That was seen to be Calles, the so-called Jefe Máximo de la Revolución. Not only was Calles touted in the press in the U.S. as the "Strong Man of Mexico," but in

March 1934, U.S. President Franklin Delano Roosevelt wrote Calles a letter, "congratulating him on the 'peace and the growing prosperity of Mexico,'" which was to be delivered at a luncheon the ex-president was hosting for Josephus Daniels, the new U.S. ambassador to Mexico. President Rodríguez learned of the luncheon at Calles's Cuernavaca home to which many Mexican and foreign dignitaries had already been invited by José Manuel Puig Casauranc. Rodríguez was adamant that the lunch be cancelled since Calles was "simply a private citizen." It was not the prerogative of an ex-president to host such an event.



Guests were uninvited on the pretext that Calles had taken ill. "The President maintained that if any such luncheon were to be given it should be given by him and that if a message should come from President Roosevelt it should come to the President of Mexico." The Roosevelt letter to Calles was delivered, but Calles wrote in reply that he was not a part of the President's government, but greatly esteemed him. The U.S. ambassador months later made another misstep, calling Calles "the strong man of Mexico" in an interview with the Mexican newspaper, El Nacional. The ambassador was called out by President Rodríguez for that, and Daniels subsequently claimed he was misquoted. Ambassador Daniels wrote in his memoirs that he himself, Calles, and Puig Casauranc "knew that the man in Chapultepec Castle [the official presidential residence] was the President of Mexico."

 Story and image by [Wikimedia](#)