

May 2013

Manzanillo

SUN

Manzanillo's Lifestyle E-Magazine



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Submissions for possible inclusion in
the magazine, please send to the editor
by 20th of each month.

We are always looking for writers or
ideas on what you would like us to
write about in the magazine. Preferred
subjects are concerning Manzanillo or
Mexico.

All articles should be 1000 words or
less or may be serialised. 500-750
words if accompanied by photos (.jpg)

Pictures appropriate for the article are
welcome.



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Investing Your Tax Refund Now Will Pay Off

by Yann Kostic

If you've received a tax refund this year, or if you expect to receive one next year, what is your plan for the money?

One option is buying a long-awaited luxury, but financially astute investors know there are alternatives that might be more beneficial in the long run. Below are details on three of them:

Invest the money in an Individual Retirement Account (IRA).

The earlier you invest, the more you benefit from compounding.

As a hypothetical example, let's assume you invest \$3,000 in an IRA each year for the next 10 years, and the IRA grows at 8 percent. If you make the contribution at the end of each year - in December - the account could grow to \$44,589, according to Thomson Financial Company. But if you make the contribution earlier each year - say, in April - you'll end up with \$46,936.

That's because, by making the contribution earlier, you'll gain an additional nine months of tax-deferred compounding.

Give your child or grandchild a gift.

The Uniform Gift to Minors Act and Uniform Transfer to Minors Act allow individuals to create a custodial account for the benefit of a minor.

Let's assume you'd like to help your 10-year-old granddaughter save for college, so you start investing \$200 per month and continue doing so until she turns 18. Assuming a hypothetical average annual return of 8 percent, she will have \$36,457 in her account when she reaches age 18.

Hire a financial advisor.

Everyone likes receiving a tax refund, but it isn't necessarily a good thing. Getting a refund means you overpaid throughout the course of the tax year - a fact that essentially means you're loaning money to the government, interest-free. A financial advisor can tell you how to better plan so you can have that money through the year.

The tax and legal information in this article is merely a summary of our understanding and interpretation of some of the current laws and regulations and is not exhaustive. Investors should consult their legal or tax counsel for advice and information concerning their particular circumstances.

Yann Kostic is a Money Manager and Registered Investment Advisor (RIA) with Atlantis Wealth Management specializing in retirees (or soon to be), self-reliant women and Expats in Mexico. Yann works with TD Ameritrade Institutional (the client's assets custodian). He splits his time between Central Florida and the Central Pacific Coast of Mexico. Comments, questions or to request his Newsletter "News You Can Use" Contact him at Yannk@AtlantisWealth.com, in Mexico: (314) 333-1295 or in the US: (321) 574-1529.

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Mention you saw their ad in Manzanillo Sun



Tommy Clarkson

Pink Trumpet Tree, (*Tabebuia impetiginosa*)

Family: Bignoniaceae

(Also called: Pink Trumpet Tree, Purple Trumpet Tree, Pink (or Purple) Lapacho, Lavender Trumpet tree, Tecoma, White Cedar, Quebracho, Pau d'Arco or Ipe)

What a bright flash of color when nature seems a bit drab prior to the seasonal rains! In fact, no few have described it as “one of the most beautiful flowering trees in the world.” Growing wild from Mexico to Argentina this deciduous tree grows up to 35-50 feet in height and blooms in late winter to early spring.

These attractive rosy, and a bit frilly, tubular flowers, accented with yellow, make this a great tree for your courtyard or patio – even more so because it does not have an aggressive root system. Indeed, its blooms and spreading form will be enjoyed as the ensuing is an excellent shade tree.

But – regarding those glorious blooms – just prior to their emergence, all of the tree’s foliage drops from the tree rendering it an interesting sight of magnificent flora void of leaves. So don’t worry when your tree strips down and gets naked as it’s only preparing to put on a flowery gown extraordinaire!

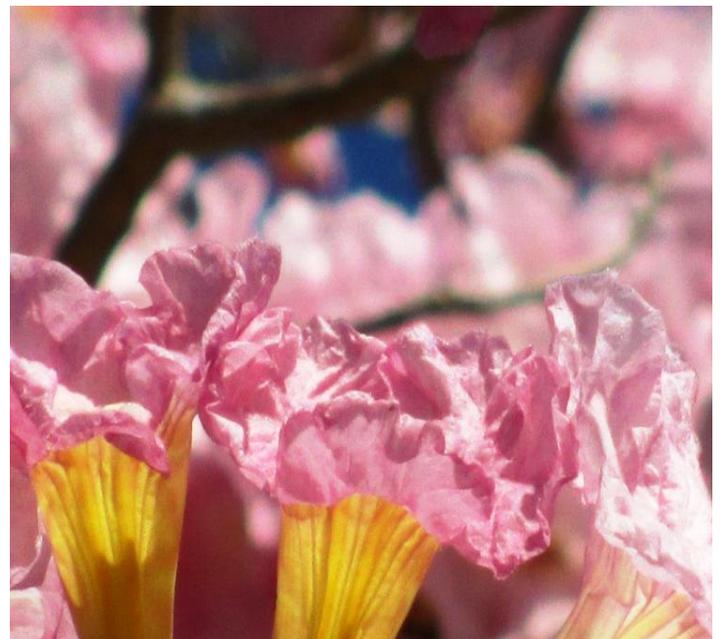
That floral apparel is shown in clusters of 30 to 40 trumpet shaped, tubular (two to three inches long) yellow throated, mauve to lavender, pinkish slightly crinkly appearing flowers. Generally, these blooming display will last around three weeks. The flowers are followed by long glossy seed pods that sometimes continue to hang well into the next season.



Its glorious flora consists of attractive rosy, and a bit frilly, tubular flowers, accented with yellow.

Unlike the - similar in appearance - blooming Jacarandas, the flowers of the Pink Trumpet Tree are not sticky and messy.

The *Tabebuia impetiginosa* - the national tree of Paraguay by the way - is a slow grower, prefers full sun but will survive in partial shade and needs well- draining soil.



Now, as we used to say back down home in the country, "That's plum purdy"!



All of the tree's foliage drops from the tree before its magnificent flowers make their arrival known.

Those long at sea and finally on overnight shore leave might like to know that – in folk medicine – the bark extract of this tree was used to treat venereal disease! Further lore is that in South America, a tea from that inner bark called *lapacho* is used as a medicinal to treat colds and bronchial ailments in that it acts as a powerful expectorant and is purportedly antibacterial. In actuality, its active ingredient, labachol, is poisonous in substantive amounts and, hence, this makes it unsafe as a commercial drug.

The two to four inch, palmate leaves are ovate to oblong. These compound leaves have five to seven leaflets that are digitally arranged. The margins of the leaves are usually somewhat toothed. And one thing of which to be aware: As they grow and mature, branches often form “included bark” in the crotches, which can cause them to split from the trunk as it ages.

During its first year, adhere to a regular watering schedule in order that it can establish a deep, healthy and extensive root system. Once it is established, watering can be reduced and cut that amount back during the winter. It likes a general purpose fertilizer prior to the new growth of spring. As to pruning – I’d suggest that you save that chore until winter.

Speaking of cutting – I’ve read (but never seen any) that these can be used as Bonsai specimens. And, as for the Pink Trumpet tree, that’s about the tall and the short of it!





Primavera Tree

Cybistax (or Tabebuia) donnell-smithii

Family: Bignoniaceae

(Also called: Gold Tree, Ipe, Trumpet tree, or White Mahogany)

By Tommy Clarkson

This is one of nature's most beautiful harbingers of a tropical spring! When the hills are splotched with thousands of bright and beautiful floral explosions of brilliant yellow, we may rest assured that the Primavera are generally announcing their cheerful enthusiasm for soon to come seasonal rains.

The vivid intensity of this showy, rainforest, canopy tree bedazzles folks in late winter or early spring before its leaves emerge. (The starkness of all of those flowers – absent of leaves - is, in itself, something most interesting to see.) And, sometimes, just to surprise us, it will flower, unexpectedly, at other times of the year gracing us with another display of these stunning masses of three to eleven centimeters wide, somewhat bell shaped, blossoms.

A member of the Catalpas, in the wild this magnificent deciduous tree grows up to over thirty meters in height with a trunk of three to four feet in diameter. Its whitish bark is relatively smooth with those wonderful yellow flowers presented in large panicles (loosely and irregularly branched clusters).

As one might expect, with origins in Mexico and Guatemala, it prefers full sun to partial shade. So attractive is this tree that, a number of years ago, it was introduced as an ornamental tree to Hawaii.



A simple "bedazzler" is the vivid intensity of this showy, rainforest, canopy tree!

In its entirety, it is sometimes described as columnar in configuration. Its leaves are as much as 18 inches in width, circular, palmately compound, with five to seven ovate-oblong ten inch dark green leaflets. The seeds form in pods that are from 10 to 50cm long. But, the Primavera's pride and joy – its glorious flowers – (beyond delighting the likes of we mere humans) are a particular favorite of butterflies, bees and hummingbirds.

Its wood is very hard and dense, as well as disease and insect resistant and in the past it was often used for fences or railroad ties. More recently it has been employed as a veneer, for furniture and as flooring. Primavera is among the very finest of woods for cabinetry but, because of over



A bright and beautiful explosion of brilliant yellow!



Its flowers present themselves in large panicles

harvesting, is becoming increasingly rare. Traditionally, it was used by the indigenous peoples of the Amazon for making of their hunting bows.

Although the tree is unrelated to true mahogany, it resembles it in being easy with which to work, is quite lustrous, and does not warp. Upon initially being cut, it is pale yellow. However, following exposure to air and light its color darkens to a yellowish rose streaked with red, orange, and brown.

Few of us have a yard, grounds, or a garden large enough for this wonderful tree. But we can savor its beauty – when in full bloom – from vistas on high. Do so and join me in marveling at this wonder of nature.



It's A Crime

Suzanne A. Marshall

You've heard the phrase 'the *more you know, the more you don't know*'? That's close anyway if not exactly how it's stated. I also think that the more you know, the more naive you can feel about the influences in your life that may have altered your behavior towards many things. In some cases a person can actually feel 'duped' having bought into what seems like the truth or seems to be pretty darned real. Even the word 'paranoia' could be tossed out there now and then.

So I'm going to use the word 'media' in the general sense of the word but of course we are influenced also by the people we live and socialize with, books we read and so on. I think we've all come to realize how instantaneously we can receive news from all over the world in this day and age. And of course our first reaction seems to be that this information is 'gospel' especially when you see or hear it on the national news or read the headlines in local newspapers or via the internet. But we mustn't forget that the 'media' needs viewers and readers and listeners. This is what keeps the business alive. They need it for ratings, paper and magazine sales, hits on the websites, advertisers and sponsors. To grab our attention it seems to be necessary to grab and flog the most current and sensational events. And I do mean flog. We hear about a specific story ad nauseam for weeks and then all of a sudden it disappears because, guess what? Some new and outrageous or horrific or amazing event has occurred and the first story is now old news and 'dead as a doornail'.

For example, let's consider climate change and man-made Co2 emissions leading to carbon trading and all sorts of new studies, 'green' enterprises and product manufacturing that was heading up the news media stories ceaselessly for a very long time. But let me ask a few questions: How much have you heard about Al Gore lately? Have you noticed the relegation of climate issues to the back-burners these days? The answers are 'not much' and 'a whole lot less'. Why? Even though it's a critical issue, it's old news and for now status quo isn't rocking the boat. Nor, is getting the viewer ratings which sells advertising and supports the media industries etc. etc. But, the minute a new and controversial study is released, it will be in the headlines again. I believe we've all been left with an impression. 'True or false' will continue to be determined as the probes and debating carry on. In the meantime, my assessment would be that the majority of North Americans believe that global warming and climate change are a worrying fact.

Other examples, is coffee good or bad for you? Is hormone therapy good or bad for women? Is red wine good or bad for you? Well I can't and won't lay down an answer here but I'm sure part of the answers will be 'it depends'. It depends on how much, at what age, how you use it and so on. All of these topics have been flogged in the media. And probably all of us have formed impressions or opinions that may even alter our behavior as a result.

So this brings me to the main focus of this story. About a month ago, a friend e-mailed an interesting if not surprising statistical comparison of various crimes carried out in Mexico versus the United States. I found these to be very absorbing and thought to myself; I wonder how Canada stacks up with these comparisons. And so off I went on my internet research again, to check out the figures and rankings of crimes statistics on the North American continent: Mexico, United States and Canada.

It is very important to understand that these statistics cannot be viewed or compared at face value because there are huge differences in the way in which each country reports crime, their laws, the methods of policing, cultures and customs and populations. In Canada for example, there exists a regulated Uniform Crime Reporting Survey system. This helps to maintain a more accurate tracking of specific crimes and what constitutes a given crime. In Mexico, this uniformity does not exist. Policing is different among states and as we've all 'heard' corruption among officials is apparently a common practice and many people can 'buy' their way out of a situation. So naturally it follows that crime reporting is probably not so accurate. I could not make a comparison with gun crimes since they are not legalized for personal use in Canada like they are in the USA. But I don't really need those-stats to underscore the issue I'm discussing.

Even so, the point that I am making is that the '*impressions*' we are motivated by, may well be the seeds of news stories about events in Mexico that are endlessly flogged by the media. As a result, the masses seem to have assumed that the whole Mexican country is unsafe to visit and is likely why tourism has now dropped dramatically in many beautiful Mexican Riviera's. The thing that really bothers me though is the innate and unspoken assumption that we are safer in Canada or the United States. Is it that the news information about incidences that do occur there don't seem to get the

Crime Statistics Mexico/U.S./Canada

CRIMES	MEXICO Pop: 112,336,538*	UNITED STATES Pop: 313,914,040**	CANADA Pop: 34,482,779***
Car Theft	141,007 Ranked 5 th	1,246,096 Ranked 1 st	161,506 Ranked 4 th
Drug Offences	23.6 per 100,000	560.1 per 100,000	92.6 per 100,000
Murders Committed By Youths	5,991 Ranked 5 th	8,226 Ranked 3 rd	143 Ranked 28 th
Murders Committed By Youths per Capita	15.3 Ranked 5 th	11.0 Ranked 14 th	1.7 Ranked 40 th
Murders w/ Firearms	2,606 Ranked 3 rd	9,369 Ranked 1 st	144 Ranked 9 th
Prisoners	172,888 Ranked 3 rd	2,019,234 Ranked 1 st	35,519 Ranked 17 th
Prisoners per Capita	169.0 per 100,000 Ranked 49 th	715.0 per 100,000 Ranked 1 st	116.0 per 100,000 Ranked 73 rd
Software Piracy Rate	61% Ranked 54 th	20% Ranked 107 th	33% Ranked 91 st
Total Crimes	1,516,029 Ranked 8 th	11,877,218 Ranked 1 st	2,516,918 Ranked 6 th

Populations @

2010*

2012**

2011***

Information reference: www.nationmaster.com

same type of coverage? Perhaps it's not as 'sexy'? Maybe, we've just tuned out because there is so much crime that it isn't all that unusual.

Alright, now we add endless stories about Mexicans fleeing the country for a better life, crossing borders illegally, movie plots and television dramas that play to the Mexican bad guys, drug cartels or impoverished border towns and we begin to subliminally think or believe that the entire country is this way, all desert and cactus and dust. Well my experience, living here is quite the opposite. Life goes on like anywhere else and I love it here in Manzanillo. The climate is absolutely fabulous, the variable landscapes in Mexico are from mountainous, to tropical and lush as well as desert. The people are friendly, warm and genuinely helpful. Mexicans have families, get groceries, take care of each other as best they can and support one another. However, like at home in your own country, you don't put yourself in harm's way. You find out where you shouldn't go, especially at night. You don't leave valuables in your car and you lock it. You don't walk alone down dark streets at night and you pay attention to what is going on around you. It's all common sense.

I think we must also consider the locations that most snow-birds, retirees and tourists are choosing to spend time in. These are ocean resorts, vacation tour destinations, warm

and sunny areas where perhaps other people of 'like' roots are living and so forth. Just like resort areas in our own countries, these attract thieves and pick-pockets who have a better chance among the throngs of grabbing a wallet or stealing a camera etc. etc.. We are choosing to be in more targeted areas, yet the crime rate in Manzanillo is one of the lowest anywhere. Still we expect to feel as safe as we do in our homes and neighborhoods back home. When we attend our own local concerts, celebrations, carnivals, exhibitions and such, do we not lock our cars, watch our wallets, and take a few extra precautions? We avoid unsafe or troubled areas in our cities. And we carry on and have a really great time and live our lives.

When I put the above statistical table together, I have to admit I was a bit stunned by some of the numbers. The car theft stats for Canada are really shocking. And you might note higher than Mexico even though our population is 1/4 of Mexico. It may have a lot to do with insurance systems and claims which are possibly not as rewarding in Mexico. But all the same, Canada is ranked 4th. I previously had no clue. Now let's look at drug offences. These statistics are 'per 100,000' which somewhat levels the issue of population discrepancy. It looks like the Canadians really like their drugs! And yes, Mexico may be softer on crime in this area, I really don't know but these figures show Canada at 3 times higher than

Mexico. Here I should also note that the USA has both Canada and Mexico beat by a long shot on both car theft and drug offences. I will leave the rest of the statistics for the readers to ponder because again I think I am making my point.

So the big question still remains. Why do the majority (my guess) of Canadians and Americans feel safer in their own countries? Here are some additional points to consider:

- The common English language. I find that the more Spanish we learn however, the more comfortable we feel. And now Mexico is truly our second 'home'. (though our 'Spanglish' still needs a lot of work)
- Similar cultural influences. Politics, economies, currency.
- Food. (although I love Mexican food and so do many others) It's different and takes some adventuring and adjusting for many.
- Medical care. An unknown until you need it. Our first-hand experience with small emergencies and general health care, has shown us that there are really well trained doctors and dentists in Mexico. The prices are unbelievably economical thanks to a lower standard of living cost and exchange rates.

And so I've titled this article 'It's A Crime' because metaphorically it is! Mexico is a fabulous place to visit. Its beauty and charisma are intoxicating. The people are warm, smiling, welcoming and very helpful. The language is beautiful, the Latino music is an anti-depressant for sure. The folklore, customs, manners and traditions of the people are engaging. The architecture, history, arts and artisans are amazing. Don't let unwarranted fear rule out this and other wonderful destinations. It is a crime if you do. You're missing something wonderful and everyone should have this experience over and over again.

I rest my case.



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Leaving so soon?

Today Senora Notsotechie (I told you once before, She wanted to keep her maiden name) and I are on our way back to Canada. However over the past week we have been slowly packing in anticipation(?) of our departure. This article will deal with the steps I took to protect the electronic devices we left behind.

Since our Condo is located on the playa, electronic devices are susceptible to damage by the corrosive ocean air, especially in the super humid summer months.

Unplug Cordless telephones and remove the batteries from the handsets. If the original packaging is available, store the pieces inside. If a dry space is available, store the packages and cover with towels.

If you have a printer, unplug it and store in the original cartons, otherwise cover it with towels. If the printer is an inkjet model remove the cartridges and store them in sealed ziplock bags. This reportedly will arrest evaporation of the ink. Since the cost of ink is about \$1.00 - \$1.50 per ml, this is prudent.

Televisions should be handled the same way. Most people do not have space to store the original boxes, so I recommend unplugging the screen (this will work for both Flatscreen models as well as tube Televisions) and store in a closet or other dry place and cover the whole set with large towels.

Last year we had to replace our toaster and microwave. The toaster was rusted and the microwave would occasionally spark when initiated. That is until it finally fizzled one final time. We cover the new ones as best as we can.

We used to unplug the refrigerator, but were told that it was better to keep it running to keep the parts moving. Our CFE bill when we are not in Manzanillo is between 90 and 100 pesos every 2 months, less than \$5.00 per month.

You may have other electronic items that you wish to protect against corrosion, my suggestion is cover and store these items in a cool dry place.

In 30 minutes we land in Calgary, and I just realized I forgot to pack my jacket which is still hanging in the closet, but at least I can feel confident my electronics are safe.

If you have topic you would like covered, please contact me at <mailto:techguy@senortech.ca>

Señor Tech resides in Manzanillo during the winter, and Canada in the summer and fall.

Letters to Senior Tech

On 2013-04-15, at 5:53 PM, Ernie and Peg wrote:

Hi Senor Tech:

We are going to spend several months in Manzanillo and would like to get smooth streaming internet service. We don't need TV or long distance phone minutes. Can you recommend a company and speed?

Thanks!

Peg & Ernie

To: Ernie and Peg

Subject: Re: Internet in Manzanillo

I wrote an article on this subject in the April 2013 issue of Manzanillosun.com.

I have found the best service and price is with Telecable. But depending on where you are staying in Manzanillo, you may not be able to get service. You will have to subscribe to their cable service in order to get internet. I had the 8 (632 pesos per month) meg package and it was fine.

If Telecable is not available, your next option is TelMex, it is more expensive and the internet slower, but they offer greater coverage in Manzanillo for internet service. You will also have to get phone service. The 3 meg package which is dependent on your line quality is 599 pesos per month. (My line quality only allowed 1.7 megs down and did not allow smooth streaming if my wife was also online). TelMex may also require temporary or permanent visa status.

If you are unable to get either, then you will have to go to Telcel (Telmex cell carrier). the prices are in the article. best regards and good luck! Please let me know which service you decide to use and why.

techguy@senortech.ca

Cooking around the World

Freda Rumford



Manzanillo Market - El Centro

I love reading cook books and magazines. I can sit for hours mulling over books describing flavours and unheard of combinations and can actually taste what I am reading about. Some of the newer ingredients popping up sound rather disagreeable and I would prefer to try them cooked by someone else first. That way, if liked, I can either tweak or copy. One that I have a problem accepting is OKRA. My first impression on reading about this vegetable was that they are gummy or slimy; not immediately appealing, that is for sure and I have never used them.

Many is the time I have gone home from a restaurant with flavours still on my tongue; then prepared the meal again myself a few days later to our total enjoyment.

In Manzanillo, it is a little difficult but I am learning how to sidestep cilantro. I will usually substitute parsley when that herb is called for. Yes! I know it is quite different but to me, cilantro just takes over the entire dish and leaves a very unpleasant after taste. The guacamole and pico de gallo which are presented at almost every meal as appetisers, usually have far too much of that dreaded weed. I find myself hooking it out with a fork or spoon wherever possible or simply bypassing the dish if there is an overabundance.

For home cooking, many of the ingredients I use are unavailable in Manzanillo. I have to bring a supply down with me each year, or substitute where possible. That does not always give the correct results as always I cook towards a certain flavour. I have had guests thoroughly enjoy what I have presented and then say "if you add this and this or change that and that, it would be a lovely twist." Yes, they would be correct but then it would not be the dish and flavour that I am aiming for. So I continue to bring down my Bisto, Oxo, All purpose flour, Self raising flour, Hollandaise sauce mix, red salmon etc. etc. etc. Then I know what flavour to expect or which texture I am aiming for.

The availability of North American products in Manzanillo has improved tremendously over the years. With the arrival of Walmart, and the Bahia Deli joining La Vianda of Club Santiago, more and more products have been arriving to make the old and familiar possible even though often incredibly expensive. Occasionally the La Comercial Mexican or Soriana will have something unexpected such as Miracle Whip. It does seem though that the New Zealand butter we all came to enjoy for a while is being phased out by all stores. The local Mexican butter tastes a little different and contains a lot of water.

All purpose American flour is something that I advise to bring down with you. The local flour is very soft, suitable for cakes but not strong enough to support pastry (which is my forte). I did see some Phyllo pastry once at Bahia Deli but as I was about to go away for a while, it was pointless to buy then. I do hope they restock it. That is another problem we have in Manzanillo: If it is here today, buy it because tomorrow or next week will see the last for months. Should you have a stock of flour, be aware that there are nasty little insects, probably weevils that love to get into the flour and pasta in a very short space of time. It is necessary to have all supplies in the refrigerator or freezer and the flour currently in use kept in a hermetically sealed plastic tub which is then covered with Saran wrap before replacing the lid. Keeping the weevils out can be done but a little extra care is always required.

Cuts of meat are quite different from those in the frozen north. Beef can be a little tough unless there is a supply in from Sonora (the state just south of Arizona.) There are a few butchers outside of the supermarkets that are very good. The butchers in the Las Garzas, Santiago and Manzanillo markets are well worth the visit. They will tell you which day they will have a certain cut of meat available as they order carcasses to arrive on certain days. I personally need beef kidney occasionally and have found the best source to be either of the two market butchers in Las Garzas. I have bought it from Soriana and found it to be extremely strong flavoured and a bit overpowering. The butcher opposite Toscana's restaurant is very good and has wonderful Arrachera but seldom do they have a good supply of steaks or Prime rib. The best beef I have ever had, in fact, I have bought from La Comercial Mexicana. Unfortunately though, nothing can be guaranteed.

The pork available is almost always good, lean and flavourful as well as inexpensive. Surprisingly enough, the tenderloin is one of the cheaper cuts. Lamb is almost always available in the freezer section of Comercial and from New Zealand. The shoulder is the cheaper of the two cuts and the one that we generally prefer. Do make sure when buying a piece of meat to use as a roast, to say "Entero por favor." The butcher will be prepared to slice it into lacy strips. I am not sure if that is correct Spanish, but they do know what I mean.

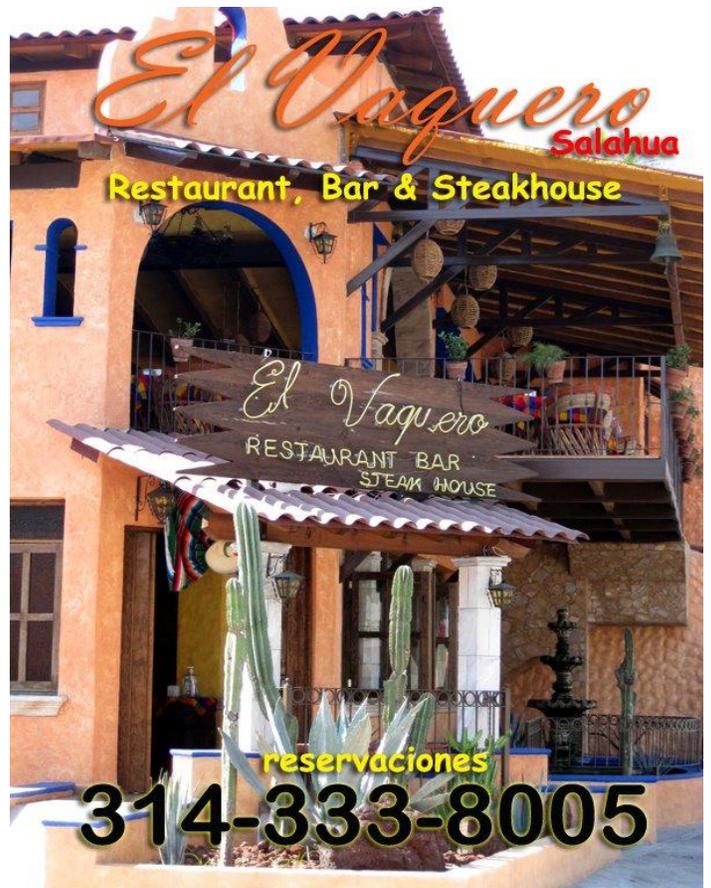
Chicken is good, and are either fed with marigold seed or painted yellow. There is absolutely nothing wrong with a yellow chicken. Although the price has increased, along with everything else, the rotisserie and barbecued chicken



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available outside of the Comercial and by the Santiago Bridge are excellent. The difference in price from having it cooked in a hot kitchen well worth paying for, especially if required for tortillas and tacos. Ducks, Cornish game hen and rabbit (and frogs legs) are also available most of the time but they seem to be in the store's freezer a little longer than I would like.

Naturally, the fish and seafood available in the markets, is generally very fresh. Here as a rule, I would prefer to buy in the markets from the fishermen rather than from a supermarket but when time is short and in a hurry, I have had very good seafood especially shrimp, from the big stores. There are many people selling shrimp out of coolers at street corners. These are safe and reasonably priced.

The barbecues offer ribs and chickens cooked on a spit over hot coals which have a very different and delicious flavour. Usually the sign says "Al PASTOR" which means cooked country style. Ribs are bought by the kilo and chopped into riblets for each customer. This is absolutely ideal when preparing a large party. The places I have tried are next door to Juanitos, or on Av. Manzanillo in Las Garzas. Usually they are sold out by 4 p.m., so make sure to go early enough not to be left with the scraps.

I started out by telling of items not available in Manzanillo and I think I should finish by saying that if there is a dish that you like to prepare that requires special ingredients, such as Birds custard powder for a trifle, bring it with you. The chances are it is not available here.

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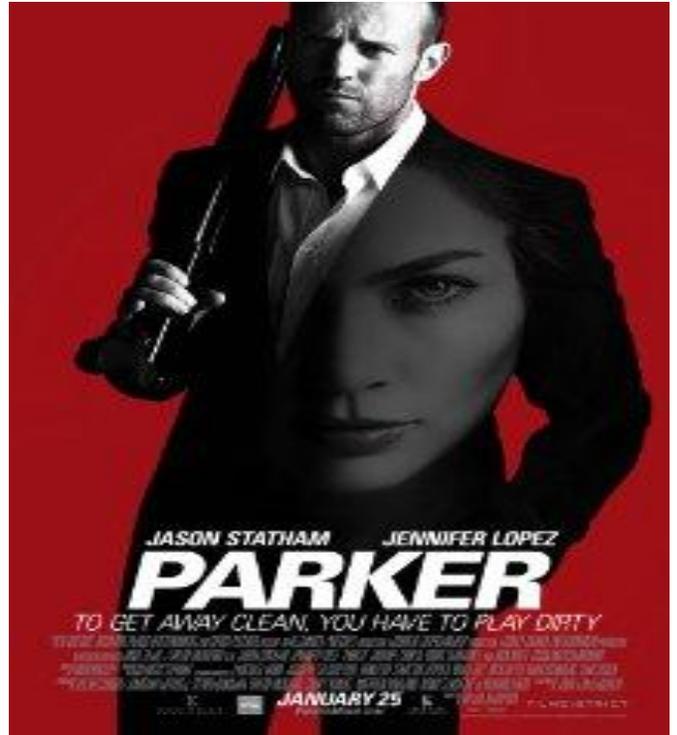
Movie Review

PARKER

Jason Statham, Jennifer Lopez, Michael Chiklis, Nick Nolte

When you decide to see a Jason Statham movie you generally know the genre of the film. It's an action packed crime story with 'heart'. As usual this movie is done very well, has lots of special effects, crash scenes, car chases, nasty criminals, sex appeal and even a few chuckles.

Jason Statham does his tough but sensitive thing and Jennifer Lopez is surprisingly believable as a real estate agent desperate for a big sale having been financially ruined by divorce.



Having seen the original series of 'Transporter' movies it seems that Statham is making a career out of the strong, silent and tough character that for me is akin to the early Clint Eastwood Italian westerns. He doesn't have a lot to say and his intentions are often played out through close ups and eyes that emote his message. He does it very well, and if you are looking for a 'caper' kind of movie, fast paced and leaving a trail of dead bodies, this movie may well be for you.

Parker is undeniably charming, and by the end of the movie it is amazing how a couple of criminals end up being the 'good' guys in spite of the fact that they are murdering thieves!!!

IMDb gives this movie a rating of 6.3/100 based on over 8000 votes. **I agree.** It is directed by Taylor Hackford.





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Community Donations and a Futbol Project

By Dave Boroughs, Vicky Flores, and Sandra Bell

My long-time friend and retired nurse, Vicky Flores, has for many years collected and redistributed donations and contributions to the poor of the region. Cash donations are converted to food and medical supplies. Last fall, she donated a computer to a nearby school. She is able to provide through her dispensary food, clothing, medical supplies and school supplies to our neediest families and communities. One of Vicky's regular contributors of collected donations is Sandra Bell of Victoria, B. C. Last fall, Vicky, Sandra and I made a donation visit to the primary and secondary schools of Divisadero, a few kilometers north of La Peñita. Among the clothing was a set of donated soccer jerseys. The uniforms were an immediate hit and soon a futbol game broke out on the playground, kicking around their tattered ball.



The balls will not deflate and need no air pump.
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Vicky drew up a list of 28 schools that we should target. I had brought 5 standard size and 5 youth sized balls, the smaller ones for the primary schools. We would give one ball to each of 10 schools this season as well as other donated school and personal items and see how the kids and staff reacted. We were not disappointed!



Students in Divisadero like their donated uniforms,
but their ball needs help.

I posted a picture online and my son commented that he had read of a company in California that makes a weatherproof, leak-proof soccer ball for donation around the world, promoted as virtually indestructible with no pumps needed to inflate them. I researched the One World Futbol Project (<http://www.oneworldfutbol.com>) and figured I could bring 10-12 balls with me as carry-on when I returned in March. And so I did!



I think they like it!!

One of the teacher we visited commented about how his kids loved soccer but they went through 10 balls a year and didn't have a ball pump.

In the past couple of weeks we visited schools in Divisadero, Puerta de Lima, Mesillas, and Las Piedras. All are near the Highway 200 corridor north of La Peñita. We still had one more school to choose. I had a suggestion



A student proving to herself and classmates that the strange looking balls actually work.

In the fall of 2011 a teacher in the little mountain town of El Charro above the Rio Grande de Santiago heard through another teacher that a woman in La Peñita had a dispensary that donated to poor communities and schools. That teacher got in contact with Vicky. Vicky wasn't sure how to get to the small town. It is not on any map we had, but she thought I should drive!

We loaded up her CRV and with her friend , Damian, we left early one morning for Jala, then north to Rosa Blanca at an elevation of about 6500 feet. We would be going higher. The next 25 miles were 2.5 hours over dirt, gravel, and rocks. "Unimproved" some maps would label such a road, if they bothered to show it at all. Ours didn't and there were no signs.



Sandra Bell and Dave Boroughs with a primary teacher and members of her class.



The road to El Charro

We made it and the teachers, students and their families we so appreciative of the supplies we brought. I was told I was the first Gringo (my term) to ever visit their little town, and that seems very likely.

So now, a year and a half later, where but El Charro should we take our two last futbols? Sandra was excited. This past Tuesday we loaded up my Honda Element including a walker and wheel chair and headed 100 miles to the northeast. The Element's 4-wheel drive would be handy, its low road clearance not so much. We made it! The two schools were

closed for an extended Semana Santa holiday, but soon enough the entire community was gathered around. Besides the items already mentioned we had medical supplies, toothbrushes, condoms, shoes, sandals, clothing, reading glasses, baseball equipment, toys and a watermelon. Before we left a traditional corn tortilla and rice lunch was prepared for us over a wood-fired adobe stove.



A car full of donations by American and Canadian visitors to La Peñita and Rincon de Guayabitos



The first to show up are always the children

The next day in a Facebook posting Sandra wrote:

"While we had been giving out the goodies a couple of the women had gone and started making tortillas and rice. Why is it the people with the least, are the happiest and so giving. Even as I write this my eyes tear up. All the way home I kept thinking about things they don't have that I take or have taken for granted: Soap, shampoo, toothpaste, feminine hygiene products, toilet paper, diapers, just the basics not to mention the extras. (cont..)



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Vicky Flores' Charity Center:

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(It's 2 blocks below the Panorama Restaurant)

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Email: sonia_feliz2@hotmail.com

Please contact the above by phone or emails for any donations you may have to their cause.



The "One World" Futbols are well suited for volleyball



Vicky Flores explains to the people of El Charro the source of the donations.

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The Impact on the Airline Industry

as of 21st April 2013

Manzanillo Sun reporter

There is much grumbling and complaints being made over the latest FAA demands that budgets are reduced drastically by September of this year. Air traffic controllers are asking to go without work for one day every other week. The hardest hit airports are naturally going to be the busiest in the U.S. and the impact will affect the minor airports in turn. It is possible that flights will have to be cut back, prices will rise again due to lack of passengers and flights to spread the load.

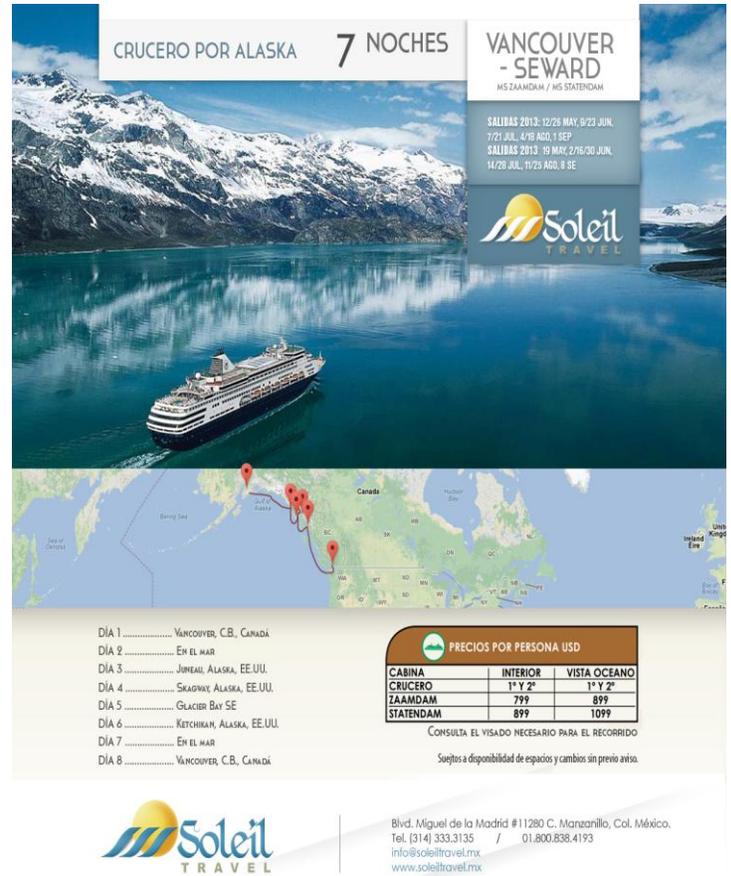
The major airports likely to be targeted:

<i>New York-LaGuardia</i>	<i>(LGA)</i>
<i>New York-Kennedy</i>	<i>(JFK)</i>
<i>Newark Liberty</i>	<i>(EWR)</i>
<i>Philadelphia</i>	<i>(PHL)</i>
<i>Fort Lauderdale</i>	<i>(FLL)</i>
<i>Chicago O'Hare</i>	<i>(ORD)</i>
<i>Chicago Midway</i>	<i>(MDW)</i>
<i>San Francisco</i>	<i>(SFO)</i>
<i>Los Angeles</i>	<i>(LAX)</i>
<i>San Diego</i>	<i>(SAN)</i>

A recent news letter from the **Flyers Rights Organisation** points out the current user fees that passengers are paying in hidden taxes now and listed below. Many other items they suggest should be considered before the Air Traffic Controllers and passenger safety. Has this been caused by the free travel on points that have been such a successful promotion for airlines?

Specifically, here are the user fees passengers pay now in the U.S. :

- 7.5 percent Excise Tax
- 9/11 Security Fee = \$2.50 per flight number to a maximum of \$5 per one-way or \$10 per roundtrip
- Federal Segment Fee = \$3.90 per takeoff or landing (maximum of \$15.60)
- Passenger Facility Charges (PFCs) = up to \$18
- When traveling internationally, we have to pay additional user fees to take off and land, to have our passports checked and our luggage inspected for customs.
- International Departure Tax = \$17.20
- International Arrival Tax = \$17.20



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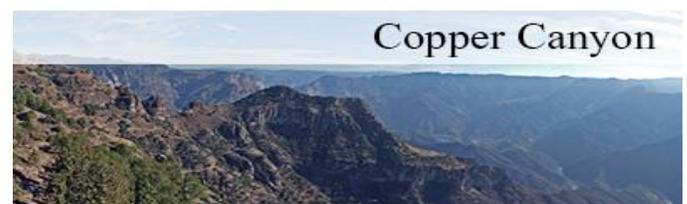
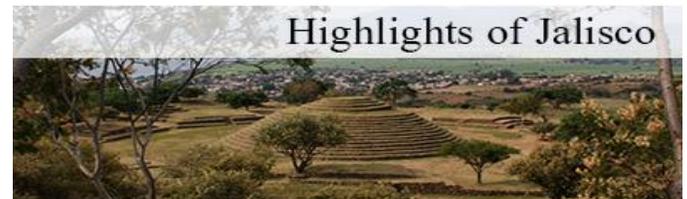
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- U.S. Animal and Plant Health Inspection Service fee = \$5

Airline industry studies show that passengers are taxed at a higher federal rate than alcohol and tobacco. And now travelers aren't getting what they are paying earmarked taxes and fees for.

* Since 1990, the number of aviation taxes/fees has increased from six to 17; the total amount of taxes paid by the industry has grown from \$3.7 billion to \$17 billion over the same period.

* The tax burden on a typical \$300 round-trip ticket has nearly tripled since 1972, rising from \$22 (7 percent) to \$61 (20 percent).

* Annually, airlines and their customers contribute \$10 billion to \$12 billion to the Airport and Airway Trust Fund; general aviation contributes about \$200 million.

* Airlines and their customers already incur \$3.4B-\$3.8B per

year in federally imposed security taxes/fees.

* Also, the FAA's budget has increased more than 100 percent over the last 15 years.

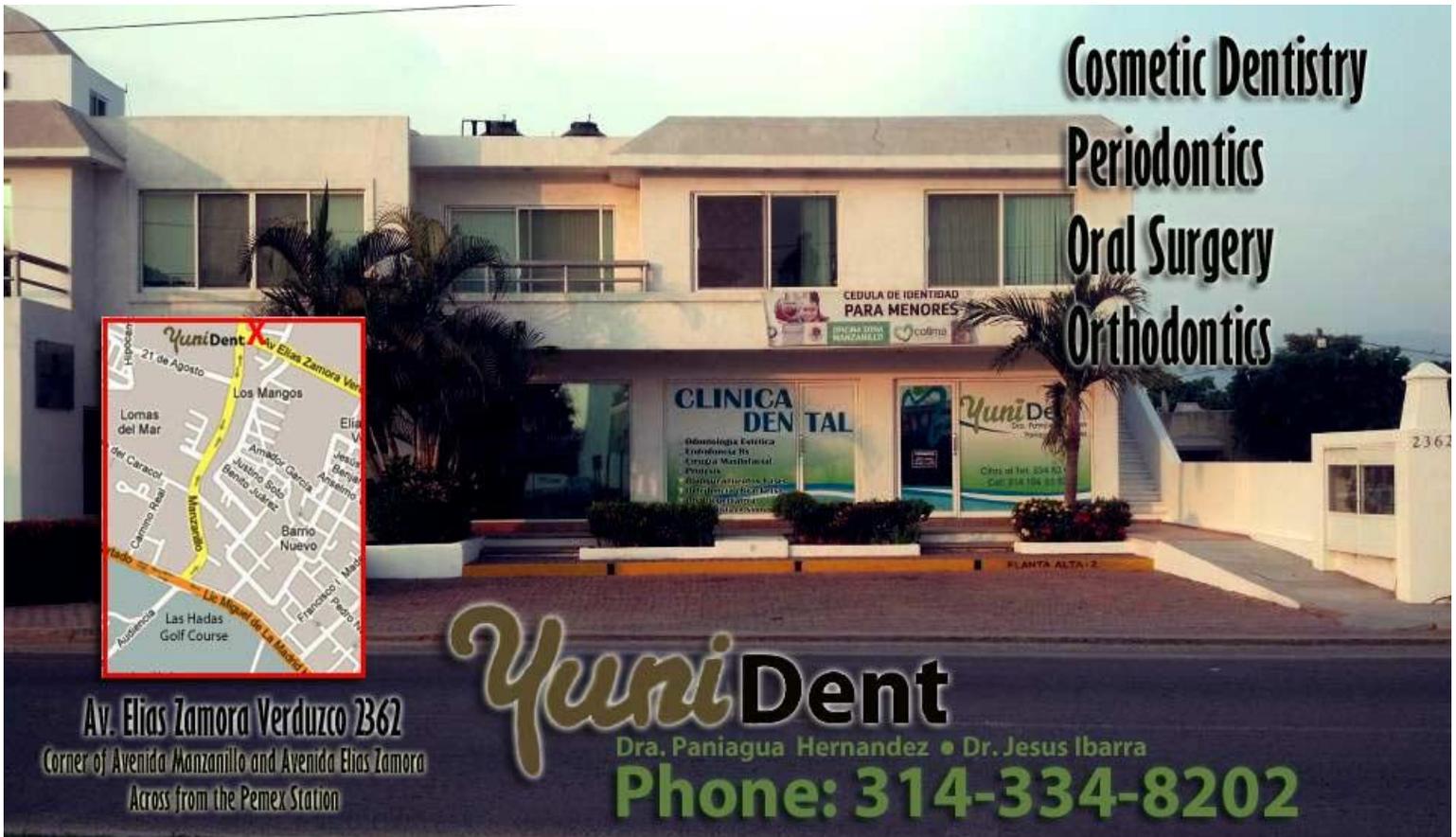
House Committee on Transportation and Infrastructure Chairman Bill Shuster (R-PA) noted:

"There are \$2.7 billion in non-personnel operations costs that should be examined before FAA personnel are furloughed."

Into this add all of these costs concerning the rising cost of driving across country plus staying at indifferent hotels and the day of the large travel plans may well be grinding to a halt. Certainly a boat is sounding far more attractive but I am sure someone will find a way to harness and tax the wind.

For further information or to receive the Flyers Rights newsletter

FlyersRights.org [kendallc@flyersrights.org].



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An Early Mexican History

Part I

By Kirby Vickery

Most of the early Aztec mythology leads to the north of what was then Mexico. Many of the stories relate to happenings centered along the Gila River deep within their own time lines.

In the beginning of time the Nahua people held belief in a myth that the habitable world arose from the ooze or slime which arose from the primeval waters. This belief was common to most red men in the America's. The Aztec gods that controlled everything at the start of the creation were Ometecutli-Omeciuatl (Lords of duality). Their names were Tonacateculti (Lord of our Flesh) and Tonacaciuatl (Lady of our Flesh). As Lord he was of the sky. Anything having to do with the earth would belong to the Lady Tonacateculti.

Whereas the Aztecs had their Lords of Duality, the Toltecs had their own deity dealing with the creation of everything. Their Lord of All Existence was Tloque Nahuaque. Their story of creation also runs a little more complex side. Tloque created the first man and woman and from them everything else was created. But, this "First Earth" was disseminated by the "Water-Sun." (One could derive a connection here to the Bible's Noah.)

During the next creation The Toltecs came into the picture and created Huehue Tlapallan to live in. It was a large town on dry land. This was swept away by the "Wind-Sun." The Quinames (Earth-Giants) were the cause of this Wind-Sun and they were destroyed by earthquakes. What bothered the Toltec people ties everything back into the north of Mexico. They believed the Quinames were from the north and would come back to haunt and bother them again.

The Aztecs believe that the first men came from a place known as Chicomoztoc (The Seven Caverns). The Casas Grandes ruins, located in the upper reaches of the Gila River valley could be the site of the 'seven cities of Cibola.' And, even though many have searched with one claiming he did find it in a book, the site of these cities has never been located.

Historians and archeologists firmly believe that the Aztec and Toltec civilization's were started in the Gila River basin. The river Gila has its headwaters in the San Francisco Mountains in what is now central eastern New Mexico. As it drains away from the continental divide it flows through central Arizona. It joins the Agua Fria and

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An Early Mexican History

Part I continued..

the Salt Rivers in the valley of the sun and then runs just south of Phoenix. It then picks up its own valley again which still supports agriculture all the way to Yuma where it dumps into the Colorado River. There are cliff dwellings and other ruins in both New Mexico and Arizona. Some of them are extensive. The last one, as the river flows, is an Indian message board.

There are hints of a dwelling or two near it but today it's called Painted Rock and is loaded with petro glyphs. It was a message board for the Indians passing through. It sits just below the Gila Reservoir which is the last dam on the river.

Today it doesn't carry enough water by itself to get to Yuma so modern man, after damming it and pulling water from it all the way through its course, has augmented it by bring water from northern Arizona's Colorado river through the Arizona's Central Canal System. To me, it seems just a little sad that Mexico's early, early history is wrapped up in a river valley which doesn't have enough water even when joined with the Colorado River in Yuma, to reach the 'Golfo de California.'

Ancient Indian lore relates to the first inhabitants in two ways. The first is from the Pima Indian culture. It tells of their beginnings belonging to a people they refer to as the 'Ho-Ho-Kam' nation. The problem with that is that the word: 'Ho-Ho-Kam' actually means, "All used up." This is an indication that they really don't know who their ancestor's are.

The Navajo who like the Pimas' are relative new comers to the region, tell of the Anasazi who were the early Pueblo people and settled in the middle 12th century. Their word 'Ho-Ho-Kam' simply means ancient ones. The current tribe in Yuma are called Quechan have a word for themselves which means, 'those who descended.'

Even though the Yuma people don't fit into the same grouping of the Anasazi, their ancestors, and those of the rest, all work back to the Ho-Ho-Kam, Patayan and Mogollon Indians arriving in the area around 7,000 BCE. Current theories have civilization settling within the Gila River Basin until the weather started drying up. Then they started to move south again into Central and the northern part of South America.

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Catrina

(Part One)

By Tommy & Patty Clarkson

The Beginning (December 6, 2008)

“Now, with the passage of time – and lucidity of good health restored – I realize that when first I met them, I teetered perilously at the brink of life’s end. At the time, life had become but a numb haze of simple, endless awfulness.

When they initially saw me, as they peered through the tropic overgrowth, I was but a simple prisoner. Deprived of food and water for quite some time I was inhumanely bound by rusty barbed wire that my captor had twisted around my ankle, when originally I was shackled. At first, I was oblivious to them as they approached. But when I did take their notice, the shock, horror and dismay reflected on their faces told me all I needed to know of what a sad picture of horse flesh I had become.

At that point in my life, my sole focus was on simple survival. My existence was marked from moment to minute – one excruciating time tick slowly crawling after another. For me, abject despair thickened like the dirty, fly encrusted, blood that oozed down my leg. Bleakness, similar to the barren patch of packed soil on which I strove to stand, was all that remained of my emaciated and painful life.

Exhausted, drained and fighting desperation, I strove – if only for myself – to stand with a modicum of dignity. But it was almost a “field too far”. Waves of thirst and hunger fought for attention over the deep gashes the wire had gouged into my lower left leg. Beyond that, the now pus and parasite infected, wound where the desert viper – a rattlesnake – had bitten me hurt beyond belief. And the dull throb of my earlier broken pelvis was a pain with which I’d simply come to accept.

In retrospect, I realize that I must have appeared to them like some manner of sub-world creature reduced to a



proverbial bag of filthy skin and protruding bones fraught with flesh eating bugs. Fettered as some sort of bestial non-entity my sole objectives were simple: to remain vertical, ensure one breath followed another and hope for a miracle.

But for all of that, within me still beat the heart of a girl who wished to run, play, nuzzle and love. Of prayer, I knew not – that concept eludes such as we. However, hope, which had kept me clinging to life, seemed dimmer this morning than ever before. Earlier, I recalled asking myself, “How can this day be

any worse than those of the months before?”

To say my existence was miserable would be an understatement of major proportion. But then, like a miraculous apparition, there they stood – tears in their eyes as they took in my sorry, skeletal state – my saviors.”

Liberators Extraordinaire

“All that I have since been allowed to become is due to these two of huge hearts and gracious souls.

Actually, if there ever was a real life Prince Charming and his Princess it would be my rescuers, Philip and Sharon Chandler. He is elegant in persona and conduct as only a British gentleman can be; she, as kind and considerate of all she comes into contact with, as she is magnificently beautiful.

Both were born in London – England, you know – She (one has only to look at her to recognize the fact) was a successful and much sought after fashion model. His family owned the largest Greyhound Stadium in Great Britain. In fact, on its opening day the ribbon cutting was done by the flier who had captured the imagination of everyone in



British Isles, Amy Johnson. (She was the aviatrix who had flown her de Havilland Gipsy Moth 11,000 miles from Croydon in England to Darwin, Australia in 1930 - the first woman to make the solo flight.) Not a small facility, back in "the day", it accommodated 22,000 on race days and Philip later went on to create a large, successful betting parlor enterprise.

Thankfully, both have deeply loved animals all of their lives. Over the course of time we have spent together they have told me about some of them. Around four footed faunae a great deal - her grandfather ran a piggery - among Sharon's early pets were dogs, a (rather hefty) white rabbit, named Harvey after the fictional Broadway stage character, and a feathered fellow - a rooster named Cracker Barrel. Among the several dogs that Philip had as a youth were Leo I and Leo II, both named after a German neighbor who was not altogether popular directly following WWII."

The Rescue

The impetus of Catrina's deliverance began when the Chandlers - as they often did - went to the Saturday *Tianga* (market) in downtown Santiago, the *colonia* on the north side of Manzanillo, in the State of Colima on the Pacific coast of Mexico near the same latitude as the big island of Hawaii. . . . a veritable tropical paradise, at least for those not starved and shackled!

After successfully shopping for fresh fruit and vegetables, they had wandered a couple of hundred feet south to the plant nursery they often visited. Initially not noting anyone around, Philip stepped over the "security" fence, perhaps two feet high, to see if any of the workers might be behind the structure as it was near the traditional breakfast time for many working Mexicans.

Not finding any, as he swung about to return to Sharon, he noticed - perhaps thirty-five yards away - a tethered horse that seemed in a state of physical distress and called for his wife to come "have a look".

She did so and, like he had been, was instantly horrified.

There before her, tied to a tree, standing amid construction rubble with the closest resemblance of vegetation being no more than old, dried leaves, stood a young, but thoroughly emaciated, mare. Barely erect, with head drooped low and her leg tightly bound by barbed wire she fairly reeked of lack of attention and had, quite obviously, been in such a state for a prolonged period.

She had no water to drink or grass on which to graze. Inside her left rear thigh a deep - into the tissue, inflamed and pustulous - gash could be seen. It was covered with flies and dust that she had kicked on it seeking relief from the pain. Her face was covered with blood from when she had twisted, striving to stop the throbbing agony by licking it. Her tail was matted with blood from swatting at the sucking, swarming insects.

Her state of starvation and dehydration was obvious. This



they immediately addressed with water they found and carried to her in a plastic basin. Gulping at a frantic pace, within a matter of minutes she'd consumed 15 liters. Then Philip raced back to the market for something of more nutritional substance, returning with carrots and apples, which she devoured ravenously.





Throughout this spontaneous triage of food and water Sharon and Philip calmly stroked and spoke to the horse in words of reassurance. Though encrusted with dust and matter, her intelligent eyes seemed to show she understood and realized their desire to help. After some time, with little left that they could do for a horse that was not theirs, reluctantly, they returned home.

The mare's plight haunted them both throughout the night. So upset was Sharon that she could not sleep for worrying. Her mind raced. Deep in the very early hours, she nudged Philip and stated what she felt to be obvious, "We MUST help her." He agreed.

The next day, following discussions with several friends, an inspiration hit Sharon. There were stables not far away. Might there not be a help there? She checked and there was an experienced and knowledgeable horseman within. His name was Gama and, when apprised of the situation, he went directly with the Chandlers back to the horse in distress, returning several times thereafter. After carefully helping them to cleanse the wound he employed the age old, but highly effective curative by covering it with honey – the natural antibacterial action of which helps prevent infection

The next order of business was to bring her more water. Again, gallons were guzzled by the parched horse. It seemed readily apparent that no one had given her any since the Chandlers had the previous day.

Upon closer perusal it became obvious that she was in an even worse condition than first was imagined. Her injured rear leg was, literally, being eaten alive by parasites . . . a neighbor came over and shared that the horse had been struck by a rattlesnake several days before.

"This horse is in extremely bad shape," Gama stated, "and must get immediate attention or she will soon die." He then shared that he had a nearby friend, Jose, who was also a veterinarian and who had medicine and food for horses. So off they headed for this professional, where soon they armed themselves with accoutrements for improved horse health: antibiotics and alfalfa.

Enter Kai

When they'd arrived at Dr. Jose's office they immediately noted what they first thought to be a large, funny faced, stuffed Christmas toy. Then it moved! It was a three month old, crinkle headed, black Shar Pei who shared residence with a cat and a rooster. He was for sale. But, seeming oblivious to any need for self-promotion, he remained aloof and of an almost disdainful countenance, ignoring Sharon's good natured attempts to play. Such



activities he seemed to infer, were beneath his stoic Chinese character.

But the proverbial die had been cast. Within less than 24 hours, the Chandlers had met – and would soon acquire – two creatures (one equine, the other canine) that would, inexorably, alter each other's lives.

Four days later – now named Kai after a favorite London Chinese restaurant but often fondly called "Buckethead" by Philip – the latter, dark lump of a dog with the massive head, came home with the Chandlers.

My Angels bring in Reinforcements

"Then for nearly two weeks, the Chandlers returned to me twice a day, giving me water and – oh so delicious – alfalfa and oats. Philip cleaned my wound and administered antibiotics. But my injury was not healing and he realized – as did I - that it was, in fact, getting worse.

Sharon sought resolution of this problem on the internet where, through the Donkey Sanctuary in the United Kingdom she found extremely helpful folks who provided names of contacts who might be able to help here in Mexico. This ultimately led her to Dr. Horatio who was professionally connected with this fine organization.

This exceptional man and his team seemed to instantly appreciate the seriousness of my plight and, right away, drove the twelve hours from Mexico City to help me but the question in all of our minds was – "Can he? I certainly hoped so or – to wryly employ" Black (Horse) Humor – was there a glue factory in my future?

(The rest of the story – next month!)



Bad Metaphor Heaven

(or)

Writing You Grow To Hate

By Anomyous

It was a dark and stormy night that I will never forget. Slowly but surely the broken bridge twisted like the strings of my heart.

My life flashed before my eyes--grade school, high school, my first job, the dating Michel for two years. It seemed like yesterday that he swept me off my feet I had been working at a nursing home where the residents complained incessantly about their trials and tribulations. They felt that life had passed them by and left them in the dust. I could relate.

Suddenly, without warning, a handsome visitor caught my eye. Little did I know how much he would change my life. He was the grandson of Mrs. Appleby, a senior citizen who always needed a shoulder to cry on. I pushed myself to the limit and listen to her tales of woe every day. Her grandson was Michael. When she saw him her eyes lit up as tears of joy ran down her cheeks. Instantly he and I hit it off. Later, he said goodbye to Mrs. Appleby and to me. In a wink, he was gone. I hoped it wasn't a once in a lifetime encounter. It wasn't.

He called that evening and asked, "What's a nice girl like you doing in a place like that?" We laughed and talked for hours, and it seemed like we were a match made in heaven, because we had so much in common; we were two of a kind. He asked me out for a drive the following night.

It was raining cats and dogs, and the wind was howling. He looked nervous, but went out of his way to put my mind at ease as we approached the rickety old bridge. I trusted him with my life even though I had a sneaky suspicion that he was not experienced at driving in the rain. As a matter of fact, it crossed my mind that this might have been the very first time he had ever driven a car. As the bridge moaned and groaned, he panicked.

"Jump!" He screamed at the top of his lungs. He flung himself out of the car to safety just as the bridge gave way. It was clear he was not looking out for me. My door was stuck tighter than a drum, so I climbed out the window and grabbed a support cable as the car slipped into the raging river. The rain fell in buckets washing away my tears of disappointment.

"How could he do this to me?" I wondered as I hung on for dear life. I inched my way along the cable and finally reached a place where I leaped to safety.

On that day, I vowed to put my heart under lock and key, and throw myself into my work at the nursing home. But one hot, sunny day, long after I knew I had gotten over him that vow slipped my mind, and I fell head over heels in love with a dashing gentleman who leaves nothing to be desired.

End

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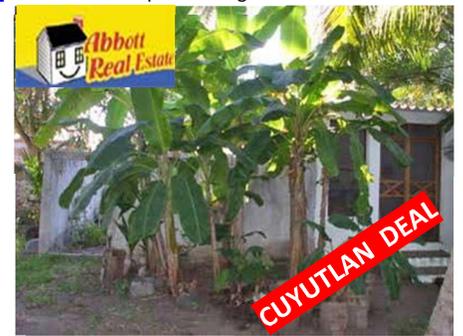
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