

**Manzanillo**

**October 2011**

# SUN

*Manzanillo's Lifestyle E-Magazine*

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Cover Photo courtesy of  
Sun Roving Reporter

# *Fish Life of Manzanillo* By Terry Savil

## **Giant Electric Ray**

The giant electric ray is common in the Gulf of California and southern Pacific Coast of Baja to Panama. Solitary, they either rest on the bottom or partially bury themselves in mixed sand and rubble in lagoons and bays. They forage at night and if threatened arch their back and explode off the sea bottom, often making a complete loop in open water before settling back on the bottom. They tend to ignore divers but will bolt when closely approached. They are found at depths from 0' to 100'.

In the family of Electric Rays, they feature narrow white margins on all fins. There are two large angular dorsal fins of equal size behind the disc on their rear body and are a uniform gray to brown to olive-brown color with a triangular-shaped tail. They grow from 1 to 1 ½ to 2' with a maximum of 2 ½'. If touched can deliver a mild electric shock!



## **Giant Hawkfish**

The Giant Hawkfish is common in the Gulf of California and southern Pacific Coast of Baja on the Mexico mainland to Panama. Tending to be solitary and inhabiting rocky reefs, boulder strewn slopes and walls, they remain still, perched on pectoral fins, blending with background and are usually found in shaded, somewhat recessed areas. They are curious and may come out to watch divers but dart away when approached.

Of the family of Hawkfishes, they are medium to light olive to brown in colour, having large, fat lips and tassels on the tips of their dorsal fin spines. They grow from 10-16 inches and reach a maximum 21 inches.



## **Golden Snapper**

The Golden Snapper lives in depths from between 1 to 130 feet. They are a silvery gray with oblique scale rows above the lateral line and may show a pale patch on their back below the 2nd dorsal fin. These fish are not found in the Gulf of California but do appear from Mazatlan to Panama along the Pacific Coast between those areas. While forming large schools and groups around rocky and coral reefs but smaller groups and aggregations may cluster in grottos and other protected areas of the reef. They appear unconcerned with divers and will usually allow a slow, non-threatening approach.

They are of the Snappers family and feature a yellow wash over their rear back, tail base and tail which may intensify or fade. The size can be from 6 inches to 12 inches with occasionally to a maximum of 14 inches.



## Guineafowl Puffer

The Guineafowl Puffer is seen in the Sea of Cortez down the coastline as far as Panama. They are usually solitary but are often seen in loose groups in Manzanillo. They like rocky reefs and boulder strewn slopes and walls, are curious and unafraid around divers and will allow a slow approach. The Guineafowl Puffer ranges in depths from 10-80 feet.

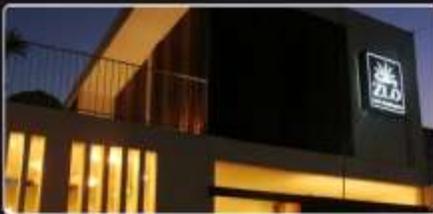
Of the family Puffer fish, these fish go through a "golden phase" creating a very colorful gold to yellow fish during that phase. The transition between is a spotted phase with a blend of yellow and the traditional black to dark purple with white spots. They grow from 6-10 inches with a maximum of 12 inches.



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## Renewing a U.S. Passport and how I did it!

By Robert Hill

I just returned from the U.S. Consulate in Guadalajara where I renewed my Passport for another 10 years, following is a summary of my experience.

I first went online to [www.travel.state.gov](http://www.travel.state.gov) for general information, then to the Guadalajara Consulate office at <http://guadalajara.usconsulate.gov/>

There I found the site for making an appointment, and made one for the first available day, in 13 days. I printed out this one page appointment sheet as instructed. I went to the Application section and read the 4 pages of instructions, prior to completing the 2 page Application. You are instructed to check "first time passport" even if it is for a renewal.

I completed the Application and printed it out. The program would not allow you to print it unless/until all of the boxes had been filled in correctly. As instructed, I signed page 1 of the Application and stapled one of the 2 photographs required, in the box shown. The photos must be 2" X 2", in color, front view, with the head being 1 3/8" in height. I had a friend take several shots with my digital camera and it was quite easy to select and crop one, print them, and then cut to the right dimensions. I now had everything needed and was ready for my appointment:

1. My old Passport
2. Appointment sheet
3. Application (2 pages)
4. 2 photos
5. My Social Security Card

I also took my Birth Certificate but it was not required

I arrived at the Consulate for my 0800 appointment and found about 15 people outside in the line ahead of me. Security checked my appointment sheet against their master list, then I went through an X-ray booth similar to what you find at airports. It is best to leave everything except the papers you need in your car or at the hotel, as security will not allow anything else inside. There is a small business across the street where you can check

your belongings for a small fee, if necessary. Once inside I took a number and waited about 20 minutes for my turn at one of the windows. All of my documents were in order, so I paid the US \$110 fee, which can be paid with a credit card, pesos or US dollars. I was also required to prepay \$122 pesos for Multi Pack to deliver my new Passport to my home. The whole process took less than an hour and went very smoothly. I was assured that my new Passport would be delivered to my home within 2 weeks. Expedited service is also available for an additional charge, if your Passport is required in less than the normal 2 weeks.

### HELPFUL HINTS

I opted to take the bus from Manzanillo (ETN is the best and costs \$650 pesos round trip). Get off at the first stop in Guadalajara, called the Periferico. It is a 20 minute taxi ride from there to the Consulate (\$70 pesos). I travelled on Sunday, preceding my 0800 appointment Monday AM, and found a neat little Hotelito about 10 blocks from the Consulate, located in the Centro district. I stayed at the Hotel La Paz (Av. La Paz No. 1091 - (33) 3613-30-07) and opted for their best room (\$370 pesos). It was nicely decorated in Colonial style, with A/C, phones, TV, room service, and was super clean. 5 blocks from it was one of the finest restaurants in the Historical Centro district, serving authentic Mexican dishes in a delightful setting. Called the Birriaria de las Esquinas, it is on Av. Colón, 3 blocks from Av. La Paz. I had Cocinitas Pibil (pork chunks cooked in a red chile sauce) with rice and beans, for \$110 pesos.

All in all it was a delightful and inexpensive trip, and with a hassle-free bureaucracy!



### Mexican Trivia, by Linda Breun

**Mexico City** is sinking at a rate of 6 to 8 inches a year because it's built on top of an underground reservoir. Wells are drawing out more and more water for the city's growing population of more than 15 million people.

# CERAMIC

# TILE ART

by Robert Hill

**MURALIST - PAINTER  
DESIGNER - TEACHER**  
Manzanillo, Colima, Mexico



Recent wall mural by Robert Hill



La Paloma - Terrace Wall Mural at Villas Del Tesoro

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Prehispanic Bird Design



Heron

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You probably recognize that in Mexico CHANGE (in rules) is inevitable but CHANGE for a \$200 Peso note may be impossible. Grab bills, coins and a magnifying glass. You will get a little insight and learn more about what you have in your pocket!

The original Mexican peso coins were the first to use exact weights along with a very intricate border to prevent counterfeiting. They were also made of pure silver! Pesos use the symbol, "\$", the same as US dollars, which was originally taken from Spanish-Mexican currency. They are denoted as US dollars "USD \$", and Mexican pesos, "MXN \$".

### Coins

The peso can be broken into 5¢, 10¢, 20¢ and 50¢ centavos. The 5¢ and 10¢ coins are made of steel and the 20¢ and 50¢ coins are bronze. The rings on the obverse side (the side bearing the head or principal design) are taken from an Aztec Sun Stone. This artifact contains a design of how the Aztec measured time. You can see it in Mexico City's Chapultepec Park.

Common peso coins are the \$1, \$2, \$5, \$10 and \$20. The \$20, \$50 and \$100 peso coins are rare! The \$1, \$2 and \$5 coins have bronze centers with steel rings. The MXN \$10 and \$20 coins have steel centers with bronze rings. The rings on the reverse side are also taken from the Aztec Sun Stone. The Mexican Coat of Arms is repeated on the obverse; it is very similar to Aztec symbols created 700 hundred years ago. It shows a Mexican Golden Eagle on a cactus devouring a snake. It came to symbolize the triumph of good over evil.

The \$10 peso coin shows the Tonatiuh (the Sun God) contained in the center of the Aztec Sun Stone. The \$20 peso coin shows Miguel Hidalgo, the Father of Mexican Independence. The \$1, \$2 and \$5 peso coin show various



rings similar to the centavos. The \$1 coin shows a Sunshine Ring, the \$2 coin shows a Days Ring Detail and the \$5 coin shows a snakes ring.

### Most Common Bank Notes

The front side of most bank notes, in the upper right corner, will display the denomination value. There may also be a set of hieroglyphics to the left or even in the lower right corner of the note. These are used by sight-impaired individuals to determine the denomination of the note.

The Mexican \$20 Front shows Benito Juárez, arguably Mexico's most popular president. The back shows a statue of Juárez along with the Angel of Independence and the Lady of Justice.

The Mexican \$50 Front shows José María Morelos, who took leadership of the Mexican Independence movement after the death of Miguel Hidalgo. The back shows the Aqueeduct in Morelia, Michoacan.

The Mexican \$100 Front shows Nezahualcoyotl (Nets-ah-wahl-coy'-ohtl, Coyote who Fast) on the front. Nezahualcoyotl was the ruler of Texcoco and honored as a sage and poet-king. He was the patron to the tlamatini (wise men) of philosophers, musicians, sculptors and artists. His rule ushered in a Texcoco Golden Age of scholarship, engineering and the arts. He created public works (a massive aqueduct and water treatment system) and instigated judicial reform by creating councils of finance, war, music (culture) and justice.

Remembered as a poet, if you look very closely, a magnifying glass will help, you will find a tiny poem printed on the face of the 100 Peso note to the upper left of his image. It begins with: *Amo el canto de zenzontle.... and is translated as:*



"I love the song of the mockingbird  
 Bird of four hundred voices,  
 I love the color of the jadestone  
 And the enervating perfume of flowers,  
 But more than all I love my brother: man."

The back of the note shows a Xochipilli (flower prince) statue. The statue was unearthed in the mid-1800s on the side of the volcano Popocatepetl near Tlamanalco. The statue is currently located in the National Museum of Anthropology in Mexico City's Chapultepec Park.

The Mexican \$200 Front shows Sister Juana de Asbaje. She was a self-educated peasant with mastery as a writer of all genres (sacred documents, essay and poetry). She composed plays and poems that questioned the role of women in society and male hypocrisy. She was critical of the Catholic Church and they eventually forced her to stop writing. With your magnifying glass you can read the poem in the open book! The back of the note shows the Temple of San Jerónimo founded by the Dominican Friar Jordon de Santa Catalina during the 16<sup>th</sup> century. He spent 25 years there without ever going out writing the first Zapotec language dictionary.

The Mexican \$500 Front shows Ignazio Zaragoza, a Mexican General, Minister of War and national hero. Zaragoza won a victory against the French at the Battle of Puebla which is today celebrated as Cinco de Mayo. He wrote a one-line letter to Benito Juárez: "Las armas nacionales se han cubierto de gloria" (The national arms have been covered with glory)" which can be seen to the lower right of his image. The back shows the Cathedral of Puebla.

### Images on Peso Coins



### Manzanillo Sun eZine References:

Check the back issues

- Miguel Hidalgo**-20 peso coin -June 2010 Issue
- Benito Juarez**-MXN 20 peso note -July 2010 Issue
- José María Morelos**-MXN 50 peso note - Nov 2010 Issue
- Sister Juana de Asbaje**-MXN 200 peso note - Aug 2010 Issue
- Ignazio Zaragoza**-MXN 500 peso note - Sept 2011 Issue

Thanks to your votes!!! Manzanillo Sun has started giving out the 2011 awards that you voted for. Didn't vote? Send in your suggestions. No category for your choice? Let us know.

#### AWARDED to DATE!

- Best Fish and Chips - Captain Fish n Chips
- Best Pizza- SAMS Pizzeria
- Largest hamburger on a Menu - Captain Fish n Chips,
- Best Family Restaurant - Juanitos

#### AWARDED SOON

- Best Hamburger 2011, Best Torta....

Your suggestions are needed! Email to Freda@manzanillosun.com

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# THIS 'N' THAT

by Vivian Molick

## Did you know that...

- ✦ No matter where you sleep, you swallow an average of 8 spiders a year.
- ✦ The most common street name in the U.S. is *Second St.*
- ✦ The longest snake is the Royal Python which can grow to 35 feet.
- ✦ The longest word in the English language that has ever appeared in print has 1,909 letters and is the name of an enzyme. The full name of DNA has 207,000 letters but has never been printed.
- ✦ The highest scoring word in Scrabble is "quartz" at 164 points.
- ✦ The Quahog clam is the longest living animal, with a maximum age of up to 200 years.
- ✦ The Netherlands is the most candy eating country in the world, with each person averaging 30.63 pounds per year, compared to the U.S. at 17.86 pounds.
- ✦ The smallest country in the world is Vatican City.
- ✦ Albert Einstein had a smaller than average size brain.
- ✦ A giraffe cleans its ear out with its 21 inch long tongue.
- ✦ The first couple to be shown in bed together on prime time television was Fred and Wilma Flintstone.
- ✦ The percentage of American men who say they would marry the same woman if they had it to do all over again: 80%. The percentage of American women who say they would marry the same man: 50%.
- ✦ The average life span of a major league baseball is 7 pitches.
- ✦ Intelligent people have more zinc and copper in the hair.

- ✦ Iceland consumes more Coca-Cola per capita than any other nation.
- ✦ The first novel ever written on a typewriter: Tom Sawyer.
- ✦ The only 15 letter word that can be spelled without repeating a letter is uncopyrightable.
- ✦ When opossums are playing 'possum' they are not "playing". They actually pass out from sheer terror.
- ✦ Each king in a deck of playing cards represents a great king from history: Spades – King David, Clubs – Alexander the Great, Hearts – Charlemagne, and Diamonds – Julius Caesar.
- ✦  $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

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# Shrimp Ceviche

Recipe from The Shrimp Council



This dish can be made with scallops instead of shrimp, or a combination of the two. Recipe yields 2 servings. The recipe is courtesy Sea Port Products Corporation.

## Ingredients

- 1 pound lightly cooked, peeled and deveined shrimp or a mixture of shrimp and other seafood (you can defrost frozen shrimp or other seafood)
- 3 lemons, juiced†
- 3 limes, juiced†
- 1/2 cup cucumber, peeled, seeded and diced into 1/4-inch pieces
- 1/2 cup red onion, finely chopped
- 1 serrano chile, seeded and finely chopped
- 1 cup fresh seeded and diced tomatoes (you can substitute red bell pepper if tomatoes are out of season)
- 1 avocado, peeled, seeded and chopped into 1/2-inch pieces
- 1/2 bunch cilantro roughly chopped, plus leaves for garnish

Note \* The marinade will cure the shrimp, so you don't need to cook it fully. If using raw fish, cure for 2 hours.

## Preparation

1. Cook and drain shrimp. Transfer to a bowl. Add lemon and lime juices.
2. Stir in cucumber, red onion and chile. Refrigerate for 1 hour.
3. Stir in tomato, avocado and chopped cilantro. Mix gently, taste and season with salt.

Got a good recipe? Send it in and share it with others. [freda@manzanillosun.com](mailto:freda@manzanillosun.com)

4. Allow to sit for about 20 minutes for the flavors to blend.

## To Serve

1. Spoon ceviche into martini glasses or small bowls.
2. Garnish with sprigs of cilantro and slices of lime.
3. Serve with tortilla chips

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## "WHY CAN'T I JUST TAKE CARE OF IT OVER THE PHONE?"

By Cheryl Weaver

Recently, I needed to contact the U.S. Embassy for information. It's a good thing I had eaten breakfast because I had no idea the enormity of the task I was undertaking or the endurance necessary.

Not knowing where to start, I got out the Telmex phone book looking under government offices and did indeed find a listing under "embassies" in the yellow pages. When I called the number, the recording greeted me with the announcement it had been disconnected.

I then called the Manzanillo Tourist Services and a courteous lady suggested that I call the police department and they could help me. She ventured the thought the nearest embassy office was in Guadalajara.

Manzanillo Police Department was very kind but referred me to the state police, the "Federales", and gave me their phone number. I reached them readily but was then transferred three times and finally told the embassy office was in Guadalajara. Here were two indications it was in in the same location so I thought I hit pay-dirt as I was given the phone number.

Relaxing into a contented state that I was almost done, I dialed the number and reached a recording it was invalid. So I got on the internet and Googled "U.S. Embassy, Guadalajara, Mexico" and instantly a web page appeared with the same phone number. However, there was a link to all the U.S. Consulate offices so I clicked on the one in Guadalajara and tried that number provided. This time, the recording indicated this number was either disconnected or being repaired. Not being outdone, I called the Hermosillo U.S. Consulate office and the phone rang and rang and rang. After 30 rings or so, I gave up. It was 10:30 on a Tuesday morning with no holiday or Saints Day calendared.

I was really trying hard not to get frustrated. I returned to the internet and pulled up the main U.S. Embassy office information for Mexico City. There were two numbers and four e-mail addresses. I called and was disconnected twice. I called a third time and reached a clerk who promptly gave me yet another phone number for the Guadalajara office -- with one too many digits. After much discussion IN ENGLISH about this, she



US Embassy – Mexico City

declared that was the only number she had and didn't know what to tell me.

Now I leaned back in my chair in near exasperation. Why was this feeling so *familiar*?.... and then I realized that this was exactly what I'd been through before back in the States whenever I tried to contact the right government agency, and was suddenly overcome with a wave of nostalgia from the memories, homesick for all the wrong reasons!

I decided my only alternative was to e-mail my inquiry. One address was for "American Citizen Services" so I composed my brief request, pushed the "send" button, and got up for the first time in over two hours to shake out the rigor mortis in the lower half of my body. I contemplated a shot of Tequila but looked at the clock and decided I couldn't justify it as lunch time yet. Returning to the computer, my e-mail alert listed the recently sent communiqué as "Undeliverable". I returned to the kitchen muttering, "What the hell" and downed the fortification without guilt.

Now I was pissed,. How were my U.S. tax dollars serving me, anyway? Certainly the cut-backs and financial downturn did not leave us ex-pats without diplomatic representation this far from home. I had visions of a 5th wheel setting up shop from town to town with "U.S. Embassy" painted on the side. I remembered there was a second e-mail address for them in Mexico City so I quickly copied the rejected e-mail text, inserted the alternative e-mail address, and pushed "Send".



After 15 minutes, all was well so I had high hopes some competent U.S. government employee would not only respond but provide me with valid information. The other two addresses were for Human Resources and Events, both announcement sites only.

Two hours later, I opened my e-mail Inbox and saw I had a response from Mexico City. It instructed me to contact the U.S. Consulate's office in Guadalajara. It sent me into spasms of hysteria.

That night I tossed and turned well passed 2:00 a.m. I kept going over in my mind that I must be doing something obviously wrong to have such trouble reaching such a formidable U.S. government agency mentioned frequently on the 6:00 news. I mean, they earmark offices for Hilary to work out of all over the world, don't they? Surely, Mexico City talks to the Guadalajara office.....I was dialling the numbers correctly for Mexico long distance. I verified I wrote down the numbers accurately....

I drifted off to sleep and suddenly saw myself tied to a primitive wooden chair, blind-folded and gagged. An unshaven "hombre" leaning against the wall with a lazy rifle stands guard. The door opens and a handsome bandito right out of one of Clint Eastwood's spaghetti westerns saunter in and unties my hands and blind-fold. He drawls that there's a lot at stake, "Senorita", and I must comply. He hands me a cell phone, pen and paper, and tells me I have 24 hours to provide him with the correct contact information for the U.S. Consulate or my life will be in danger. His arrogant laugh joins the others as the party begins outside and the mariachi band starts to play. He chugs down a shot of Tequila and leaves me to my demise.....Geez, Mexicans will use any excuse to party!

The next morning I awoke exhausted but more determined than ever to obtain a simple valid phone number, reinforcing my belief that it is vital to thousands of Americans living abroad that if they were in trouble, help was just a simple phone call away. I vowed that once I had it, I would keep the number with my passport and verify it weekly. I cursed the fact I had still not joined Manzanigos and could not access their "Frequently Asked Questions" or Phone Number Directory. I dialled the Lake Chapala Society and was readily given a phone number to try. As I dialled, I dropped to my knees in prayer and a familiar automated system answered

verifying I had indeed reached the U.S. Consulate's office in Guadalajara. I couldn't believe it and was overcome with joy. Then I listened to the 9 options offered, none of which were even remotely related to my query or offered the operator, assistance, or a directory. In desperation, my determined finger punched in an extension at random and a voice sounding like Antonio Banderas answered. I was already near hysterical and apologized for my miss-routed call but could he get me to the right person for what I needed? Kindly he transferred me to "American Citizens' Services" (not an option offered) and the phone rang and rang and rang. Then I realized this was the same department that rejected my e-mail as "Undeliverable".

This afternoon I am going to call the Mexican Consulate in Washington D.C. and see if they have any suggestions. I'm also checking bus schedules to Guadalajara.....

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By Suzanne A. Marshall

## A Salsa Serenade

Over nine years ago back in Canada, sick of the traffic, city noises and growing population density, we decided to sell our downtown townhouse in the big city and find a quieter life in a small resort community within commutable distance to our work. We found a great place complete with all amenities, great neighbours and a wonderful social life. A place one could actually retire in eventually. At first the absolute darkness at night filled with brilliant stars; the smell of bonfires on the weekends; the stillness and incredible quiet were a source of constant amazement and sheer joy. We hadn't realized just how jangling and nerve racking the city was until we left it.

Six years later we are happily toying with retirement and a mutual dream of finding a winter home in Mexico. Having vacationed in a number of locations and researching our list of 'criteria' we looked to Manzanillo as our dream location and eventually found a wonderful spot right on the beach. There were new adjustments for us to say the least on our first winter sojourn. It wasn't difficult to absorb the sights, warm air and smells of Manzanillo or the sound of the surf and the beautiful languid evenings complete with reliable and dramatic sunsets over the bay.

What we found to be most dramatic on our evening walkabouts on the boulevard and having a bite to eat at a local café or restaurant was the chorus of noises and the way in which sounds reverberated everywhere. Music from shops, car sound systems, groups of young people laughing and singing and so on. This became a topic of conversation over many a dinner and we concluded that the most significant contribution to this environment was the construction and materials so common in Mexico: concrete, stone and brick. Even the streets are paved with concrete.

These solid surfaces make for amazing amplification, with sounds bouncing off the hard surfaces and drifting on the humid evening air. And no one seems to notice, so again it's a matter of adjustment and familiarity. Also the Manzanillans seem to like their music really loud. Once we retreated to our beach side refuge complete with high concrete compound walls, the only thing we could hear was the lulling sound of the surf and sometimes our lovely neighbours socializing on their terraces. This was not to be the case for long.



One Friday night we're preparing for sleep around eleven o'clock. Suddenly, the loud sounds of a nearby salsa band are drifting in via our bedroom and bathroom windows which face opposite the bay. This was going to make sleeping quite difficult and we wonder where this music is coming from and why after two years it was starting now. Down we go to the streets to find the source of the music somewhat miffed and wondering what happened to the 11 o'clock noise curfew that we were assured by staff existed. Previously, there had been some trouble with a local car wash that insisted on entertaining the entire neighbourhood until 1 AM, speakers blazing and no one there but the attendant, until the police showed up and served a warning.

We discovered that a late night club about one block away under a huge open-air palapa has opened. And as we drew nearer to the location that the volume wasn't as loud as it seemed when it drifted over to our condo. We determined that a large vacant parking lot and a low rise of homes across from our location allowed the sounds to freely drift unimpeded upward through the wide open space to our second floor location above the walls that seemed to insulate the garden levels so well. And another mystery was now solved as we had noticed that several units on our floor had closed up their bedroom windows on the street side with brick and concrete. Live and learn.

Too late to do anything until the next day we returned home and proceeded to apply some intellect to the situation. We

turned on the air conditioner in our bedroom to create 'white noise' though we didn't really need the cool air. It wasn't enough. We put the ceiling fan on high for added 'hum' and that seemed to mute the sound enough to eventually fall asleep though it was somewhat akin to sleeping behind a jet engine. However, we awoke later nearly frozen to death! Well, relative to Canadian winter I am exaggerating but let's just say we were really uncomfortable, cranky and sleepless in Manzanillo that night! What would we do?

The next day we spoke to our staff and asked them to phone the city police about the problem, hoping something could be done. That night at exactly eleven o'clock it starts up again but by now we have been told that the club has been licensed for 11 PM to 3 A.M. for late night partiers. Oh boy, what to do now? Well after some experimentation, we decided to baffle the windows with pillows. I kid you not! And even at that I can still hear the band but it's somewhat muted in the background. The good news is that the club is only open on the weekends. Yahoo.

So a few weekends later, I'm in bed lying quietly and I find myself actually listening to the band. You know they're really very good and the girl doing the lead singing has a fabulous voice and I find myself rather enjoying them. The next thing I know is that its morning and I actually fell asleep listening to salsa music. Ok, so time to count our blessings and be positive about this: it isn't a heavy metal band; they don't play during the week; it stops at 3 A.M. and I can consider the music a nightly salsa serenade. With a better attitude we will probably sleep quite well to it. And indeed we did. Mind over circumstance perhaps?

If the band is still playing when we return this winter, I have vowed that now and then we will gather a group of friends and head over there and watch some dancing, enjoy the music and go with the flow! There are just so many wonderful joyful aspects about Manzanillo and our part-time life here to let a little red hot salsa get in the way!

**Overheard in a Manzanillo Restaurant:**

"Do you have anything here besides Mexican food?"

**Overheard at a bar in Manzanillo Bar:**

Ned: Can I have a beer?

Bartender: We don't have beer. Just tequila!

Ned: What's tequila?

Bartender: Uh, it's like beer.



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### Secrets to Smart Shopping from a Supermarket Insider

I have worked in the supermarket business for over 20 years and I still get confused when looking at all the items. Food marketing is BIG business and manufacturers know that “health” is in right now. Their products might not be very healthy, but that doesn’t seem to matter to them- as consumers we are pretty gullible when it comes to fancy words and packaging.

Let’s take a trip to the store (conventional supermarket) so I can give you some tips and tricks to make the best choices both nutritionally and economically. Yes, you can eat healthy and not blow the budget! I feel like a bit of a snitch but I’m wearing my shopper cap, not my business person cap while I write this.

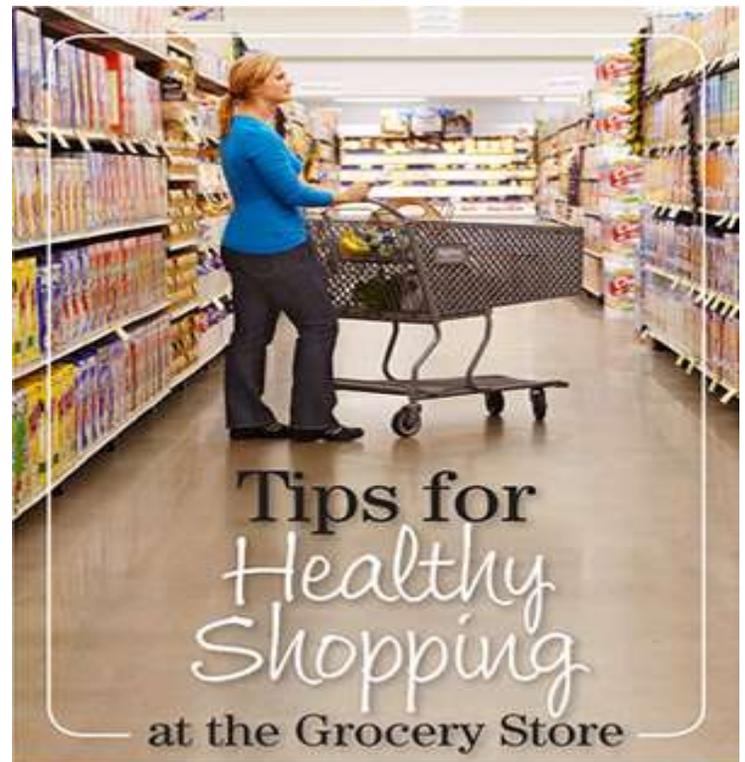
The shopping process should start before you enter the store. Go online or use an old fashioned newspaper or flyer to find the best deals. I only shop at one store but many people find it worthwhile to run all over to pick up a few things here and there, I will leave it up to you to gauge time and gas versus money.

Supermarkets put a lot of time into product placement and our job is to get you to buy. Grocers don’t like shoppers who plan ahead and stick to their list. The big money makers are end cap displays and impulse buys. Most of these are not a good deal and are usually not a nutritious item so stay away.

Once you have your list, take a second look and see if you have included items from all food groups. Can you make meals out of what you are buying or is it just random stuff? The majority of the carts that come through the register are overloaded with chips, soda, cookies, and other snacks. I seriously don’t know how people survive with no fruit,

vegetables, or protein. I guess they let Mc Donald’s take care of the rest. (And we wonder why we have a major obesity epidemic).

Shop the perimeter and spend the most time in the produce department. You might need to dart into the grocery aisle for some staples, but for the most part you can get what you need by shopping around the outer edges of the store. The center aisles are loaded with canned, boxed, packaged mostly chemically processed and manufactured “food.” Do you really want to eat something that is shelf stable forever? Ignore the use by dates, that just means the product loses some freshness; most packaged food is so loaded with preservatives that it will never spoil.



**Produce-** try to eat one new fruit or vegetable every week. If you always buy iceberg lettuce, try romaine. If you always get white potatoes, try red. Go for the darkest colored produce (dark green, purple, red) and a variety of colors. Is it worth it to buy organic? In some cases, yes. Anything that you eat the skin (apples, grapes, pears, etc) should be organic. If you peel it (bananas, oranges), non-organic is fine. Be sure to wash everything using 3 parts water to 1 part vinegar to remove any residue. The goal is to eat 5 servings of fruits and vegetables every day.



**Bread, Cereals, and Pasta-** You will need to venture into the grocery aisles for these items. Choose the least processed foods that are made from whole grains. Stay away from added flavorings, especially in cereal. I don't care what the Corn Growers Association says- studies show that High Fructose Corn Syrup is bad news so avoid it at all costs.

When choosing whole-grain cereals, aim for at least 4 grams of fiber per serving, and the less sugar, the better. Keep in mind that 4 grams equals 1 teaspoon of sugar and let this guide your selections. Granola is usually the unhealthiest choice on the shelf, even the low-fat variety; they tend to have more fat and sugar than other cereals. Don't assume a cereal is healthy because the front of the box shows fruit, nuts, and other appealing graphics- you must check the nutrition label.

Bread, pasta, rice, and grains offer more opportunities to work whole grains and fiber into your diet. Choose whole-wheat bread and pastas, brown rice, grain mixes, quinoa, bulgur, and barley. Never buy the white flour versions of bread, pasta, and rice; it's like filling your body with glue. There is no fiber and they send your blood sugar and insulin skyrocketing.

**Meat Department-** The American Heart Association recommends two servings of fish a week. Salmon is recommended because people often like it, and it's widely available, affordable, not too fishy, and a good source of omega-3 fatty acids. Be sure to choose lean cuts of meat (like round, top sirloin, and tenderloin), opt for skinless poultry, and watch your portion sizes. While a diet that consists of mostly vegetables and grains is best, there is still room for meat in moderation.

**Dairy Department-** Dairy is a great source of calcium and Vitamin D but it can be full of saturated fat. Stick to the low-fat or non-fat varieties if you can find them. Cheese eaters need to be mindful of portion control as many cheeses are full of fat and/or sodium.

**Frozen Food-** Did you know that frozen vegetables are just as nutritious as fresh? But- only if you avoid the varieties that add sauces, butter, and other extras.

**Canned Foods-** Canned soups, veggies, and fruit are a staple in pretty much every pantry. Unfortunately, most of these items are filled with heart unhealthy sodium. Opt for low or no salt when available and never add salt when cooking. Not

putting the salt shaker on the table is also a good habit, we get plenty of salt in our diet and the last thing you need is to add more.

**Overview-** Plan Ahead, Stick to Your List, Shop the Perimeter, and Look at the Labels. The longer the ingredient list (even if you don't understand it) the more ingredients, the less healthy it is.

Some people complain that this is far too much work. Is it too much work to feed your body what it needs and keep the bad stuff away? It's your choice- Make time for health now or make time for sickness later.

Need more tips to keep you healthy in an increasingly unhealthy world? Visit my blog at <http://changeyourchoices.wordpress.com>. Do you have a question or idea for a future column? Contact me at [karzlo@gmail.com](mailto:karzlo@gmail.com)

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# The Twisted Way We Gringos Speak

By Tommy Clarkson

Humans are a funny lot – an observation made in a not altogether complimentary way. Sometimes, it seems, we’re actually a rather pathetic lot bent on mimicking the actions and speech of others rather than engage on own mental capacities to communicate.

Too often, we appear inclined to parrot that which we hear said by those around us. By way of example, I remember from my military days, hearing the Commanding General use the word “Kudos” when praising the work of a particular unit. Within hours every officer in his command was employing that word in - what seemed - every other sentence. “Kudos were everywhere: “Kudos for that training” or “Kudos for how your unit was convoyed to their area of operations” or “Kudos troops – a job well done.” I half was expected one to blurt out something in the nature of “Kudos to my bowels for their rather remarkable movement this morning!”

By the way, have you any idea of the origin of that word? (“Kudos” not “bowels”!) All this time – for whatever wrong reason – I erroneously thought it to be either Japanese or Korean. No kudos for me! It was, originally Greek meaning “glory” but is now, generally, used to indicate “acclaim or praise for exceptional achievement” . . . except in Finland where it means “tissue” – of the biological sort, which begs the question as to whether a successful plastic surgeon in that country get kudos kudos!

But back to that proclivity of ours to copy others.

“This robust system effectively mitigates potential for failure” is a good, current, example of how we glom onto certain words and then use them incessantly at any and all opportunities possible. If I’ve heard one government bureaucrat or senior military officer use “robust” and “mitigate,” I’ve heard it . . . well, you know.

Now mind you, there is certainly nothing wrong with the word either word. “Robust” in its contemporary use seems to be, generally, that of the second definition in my computer’s dictionary, “built, constructed, or designed to be sturdy, durable, or hard-wearing”. However, excuse me but my age is showing, as when I hear the word, strong, dark Columbian coffee or a black and white, 1920’s cinematic full-bodied blond come to mind.

As to “mitigate”, what’s wrong with the good, old fashioned, unpretentious word “lessen”? Recently deployed back stateside to work with the Midwest and national broadcast and print media during the unprecedented (that’s another of those now well worn words!) flooding of the Missouri River I could not but cringe with the number of times I heard it overused.

The only 15 letter word that can be spelled without repeating a letter is uncopyrightable.

The longest word in the English language that has ever appeared in print has 1,909 letters and is the name of an enzyme. The full name of DNA has 207,000 letters but has never been printed.

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We mitigated flood damage, engaged in levee erosion mitigation and strove to mitigate overtoppings, sand boils and seepage. (See me outside this column for further explanation, but suffice it to say, that none of those relate to bosom enhancement, gravel abscesses or a need for Depends!)

How about the almost snooty – now that’s a word from my early, rural beginnings that I still enjoy and can’t find enough opportunities to use – and now hackneyed “facilitate?”

“Help”, “aid”, “assist” or “conduct” just aren’t good enough anymore, apparently. We “facilitate” meetings, events and get-togethers. (By the way, were you aware that “facilitated” is a past participle as opposed to the third person, present, singular, “facilitated?” Ya’ just never know when that nugget of knowledge will come in handy!)

In the run of the mill, communication trenches in which most of us mill amuck, we all will recognize the pedestrianization (I’m sure you fast recognized that I absolutely made that word up) of “amazing”, “awesome”, “literally” and “seriously” – perhaps along with “really.”

And, young people have, of course, totally (there’s another one) worn out “whatever” and “like,” right next to the monosyllabic, non-word utterance of “Duh!”

Earlier this year, Tristan Devereux wrote a short article saying that “the most annoying, clichéd, hackneyed, and downright unintelligent word of the current era that . . . (is) doomed to be swept into the dustbin of language” is “epic”. This, unlike my earlier examples, is quite possibly more overly used by writers than those incorporating it into conversation. But his point is valid. Once used to describe the likes of *The Illiad* it now may be used to explain a multi-inning baseball game or simple, triple-decker sandwich.

But really and seriously now, in my efforts to facilitate your awareness, what awesomely amazing information have you literally derived from this epic of an article? Robust kudos to you all! Well, duh, whatever!

Lymph, v.: to walk with a lisp.

~From a *Washington Post* reader submission word contest



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## What's in a Name?

By Freda Rumford

I have had many, many names in my lifetime as have we all. Daughter, granddaughter, niece, cousin, friend, girlfriend, fiancé, bride, wife, daughter in law, sister in law, mummy, Mum, mother in- law, auntie, grandmother, great grandmother, plus many too rude for this article to mention and the latest one which I like least of all, Widow.

It is astonishing that all of these names apply to the same person and the one using that title to address one, perceives the individual in a different light to one using another title, and even how a person being addresses responds even a little differently to each.

Being a Gemini, I am constantly changing anyway but after a while it can become a bit confusing. But not nearly so irritating as when I call family members by the wrong name because just for that moment I have what my son calls a 'brain fart"! The children, for some inexplicable reason, really did not like me calling them by the other genders name. Ian did not like being called

Claire, and Claire does not like being called Matthew. Even as I am writing I am remembering all the other titles I could add to the list but this is quite long enough for my mind to tackle.

Along with those names and titles, also comes a code of ethics or defined and expected behavioural pattern. As Mum I am supposed to be strict (to a point) and loving, as a grandmother - doting, as wife and lover - a lady in public and an animal in the bedroom.

On contemplating my current situation, I found it a total mystery. In years gone by, I would have just sat in a rocking chair with my mob cap on, knitting shawls or socks or even doing the family darning and not expected to be anything but there and quiet, only speaking when spoken to! These days, in the words of the King of Siam, 'Tis a puzzlement"!

What is even stranger is that when I spoke of my quandary, I got a completely unanimous chorus in reply.



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What did I say? "I don't know how to behave now!"  
The response from every other woman in the room where I made this statement was "Neither do I!"

In days gone by as we aged, styles, patterns, behaviours changed, people became old either gradually or slowly depending on who they were. In this day and age, when 50 is the new 30 and 60 becomes the new 40, it is incredible how 70 has now become the new 45 or 50. I absolutely cannot imagine my grandmother running around in my shorts and T shirts. She would have worn a dress, with sleeves, buttoned up to the neck even on the beach. Wear a bathing suit? For goodness sake, of what do you speak?

How times have changed and how our expectations have changed along with it. It is no longer possible for the aging person to consider themselves "old" because indeed they are not. For those of us in the "Forgotten Generation" it is no longer possible to absolutely define what one is to become in each categorisation and probably it will be more difficult still as the "Baby

Boomers" reach the dizzy heights of becoming 70 +. Will the retirement plans be the same? As each successive generation becomes of that "certain age" what do they do then? They are mentally and physically so much younger than those of generations past; will they want to give up their life's work if it has been enjoyed and then scurry every day to the golf course or to the gym? Let's face it, having children has come later and later and people in their forties are now contemplating whether they wish to have a family or not. Previously it was in the 20's that the family expansion began.

With the decline of our population, probably retirement will not happen in the same way as it appears that pension funds are dwindling and perhaps it is as well that these up and coming old people are still able to work.

All I know for sure is, that at approaching 80 (good grief), I am absolutely not ready yet to reach for my walking stick and the rocking chair. But, I still don't know how to behave!!

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# Daylight Saving Time in Mexico

In most of Mexico daylight saving time begins at 2:00 a.m. local time on the first Sunday in April. On the last Sunday in October areas on daylight saving time fall back to Standard Time at 2:00 a.m. local time. Central Standard Time (CST) becomes Central Daylight Time (CDT), and so forth. The state of Sonora does not observe daylight saving time. During daylight saving time turn your clocks ahead one hour. At the end of daylight saving time turn your clocks back one hour.

## Mexico Daylight Saving Time Start and End Dates

Year	DST Begins at 2 a.m.	DST Ends at 2 a.m.
2009	April 5	October 25
2010	April 4	October 31
2011	April 3	October 30
2012	April 1	October 28
2013	April 7	October 27
2014	April 6	October 26
Exceptions: State of Sonora and Ten Municipalities along the northern border		

Ten northern border municipalities observing same DST schedule as the United States Acuna, Anahuac, Juarez, Matamoros, Mexicali, Nuevo Laredo, Ojinaga, Piedras Negras, Reynosa, and Tijuana

Year	DST Begins at 2 a.m.	DST Ends at 2 a.m.
2009	March 08	November 1
2010	March 14	November 7
2011	March 13	November 6
2012	March 11	November 4
2013	March 10	November 3
2014	March 09	November 2

Exceptions: State of Sonora and Ten Municipalities along the northern border

The Consulate office hours are Monday through Friday from 08:00 a.m. to 04:30 p.m. (except for Mexican and U.S. holidays).



**United States Consulate General Guadalajara**  
**EMERGENCY MESSAGE TO U.S. CITIZENS:**  
**Security Update**      **Date: September 26, 2011**

The U.S. Consulate General in Guadalajara has revised the travel policy for official U.S. Government employees and families in Guadalajara's consular district due to a changing security situation in Nayarit. The U.S. Consulate continues to encourage U.S. citizens to exercise extreme caution when traveling in or near Tepic or Xalisco, Nayarit. **In addition, the consulate now also recommends exercising extreme caution when travelling to all points in Nayarit north of Tepic.** There is no advisory against travel to Riviera Nayarit and on highway 200, often used to travel from Guadalajara to Puerto Vallarta.

U.S. citizens resident or traveling in Mexico are urged to enroll with the U.S. Embassy or nearest U.S. Consulate via the Department of State's on-line registration service through the Smart Traveler Enrollment Program (STEP) located at <http://travel.state.gov>. Travel registration allows the Department of State to contact its citizens in the event of an emergency and to provide up-to-date safety and security information. Registrants wishing to receive such information must provide an e-mail address with their registration. All registrants are urged to provide complete contact information and a departure date when completing their registration on-line. For the latest security information, U.S. citizens living and traveling abroad should regularly monitor the Department's Bureau of Consular Affairs internet web site at <http://travel.state.gov>, where the current Worldwide Caution, Travel Alerts, Travel Warnings, and health-information resources can be found. Up-to-date information on security can also be obtained by calling 1-888-407-4747 toll free in the United States and Canada or, for callers in other areas by calling a regular toll line at 1-202-501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).

The U.S. Consulate General in Guadalajara is located at 175 Progreso Street; Col. Americana, Guadalajara, Jalisco, Mexico. The U.S. Consulate General in Guadalajara's telephone number is 011 52 33 3268 2100; the fax number is 011 52 33 3825 1951. For after-hours emergencies, please call 011 52 33 3268 2145.

The U.S. Consular Agency in Puerto Vallarta is located at Paseo de los Cocoteros #85; Sur Paradise Plaza, Interior Local L-7, Nuevo Vallarta, Nayarit, C.P. 63732. The U.S. Consular Agency in Puerto Vallarta's telephone numbers are 011 52 322 222 0069 & 011 52 322 223 3301; the fax number is 011 52 322 223 0074. For after-hours emergencies, please call 011 52 33 3268 2145.

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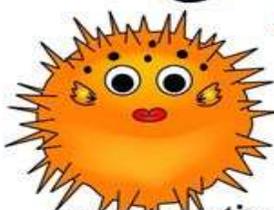
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## The Last Days of the Intrepid

By Freda Rumford

My poor old Chrysler Intrepid was almost completely on it's last legs. It was unsafe to drive as far as Barra de Navidad and most definitely I was going to have to replace it. I had spent a fortune this last year in repairing the same thing over and over and still it chugged along, badly. Various car doctors pored over the symptom and could not reach any conclusion apart from the fact it was "Retirement Day". Add to that, the fact that with my developing cataracts I was bashing the poor wing mirrors into total oblivion. The last time the local body shop man just winked and said "I can Mexican Mickey Mouse it". Done!! 100 pesos later and I was free to chug back up the road.

Realising that I had to make decisions, the first one was that I absolutely could not buy a new car if I could not see to drive it, so I had to at least get one good eye. Mission accomplished. I can now see out of one eye anyway and next year perhaps I can get to eye number 2. Now I can buy a car safely but where and what? Also, what did I do with the old one? It was pretty battered and bashed and I certainly was not allowed to sell it in Mexico even if I could. Plus I couldn't even give it away to anyone who wanted it.

The suggestion was to give it to a charity who could then sell it for parts, or hire a stunt man to drive it off a cliff! What we eventually settled on, when all of the paperwork being done to release "said relic" to a worthy cause, could not be completed inside two months; was to try to get it across the border.

For those not know what to do with the aged cars, they have to be taken off an individuals visa in order to be allowed to bring another imported vehicle into Mexico. One foreign person, one imported vehicle is the law here, and if 15 years ago you brought a vehicle into the country a replacement cannot be brought in by the same individual unless the original is OFF the visa.

By now I was up in Canada and Ian had been left to dispose of the Intrepid as friends (lawyers and Importers) had said they could sort it out - no problem.

Unfortunately to cut a VERY long story short, and not for lack of them trying, they couldn't do it, in such a short time frame. I had to get back to Mexico with my new car and the old one was still chugging around Manzanillo.

Abandoning all other plans, Ian decided to see if he could



get it to the American border and then abandon it somewhere, catch a flight to Canada and all would be well! Not so fast my fine friend, the car won't make it to Barra de Navidad let alone the border. Well, it astonished us all, reaching not only the border but Phoenix with Ian driving across the desert with no air-conditioning. The car was taken off the FM3 but now what? If it was abandoned, then we could be fined heavily by the US government for leaving large trash in their fair country. My suggestion was to put in a parking lot with the keys in and then upon our return to find it gone, report it stolen. Now, not having a criminal mind, I knew there would be holes in that suggestion and so did Ian. His plan? Give it away.

At the hotel in Phoenix he marched down to the front desk and asked if anyone would like a car for free! Oh boy! Someone has a stolen vehicle that was used for a drug run and wants to plant it off on us. Every one declined but eventually they brought in a Mexican man who fixed cars and he, after examining all papers to ascertain the validity of the gift accepted the car. Phew! Problem solved. The car wasn't abandoned thereby causing us perhaps huge fines, the Mexican Hombre had papers stating it was a gift and the albatross was taken off our shoulders.

The new car was then brought into the country a week later with absolutely no problem and I am enjoying a car which starts, has air conditioning, doesn't stall every 10 minutes and can NOW be driven to Barra de Navidad.

**OCTOBER HAPPENINGS**

Elaine Parker

**Wednesday, October 12th** - Descubrimiento de America - Columbus Day commemorates the Discovery of the Americas in 1492. The day is a civic holiday. It is celebrated but everyone still works

**Monday, October 25th to Saturday, October 28th** - The Pan American Games will be held in Guadalajara and other Mexican cities including Puerto Vallarta.

**Sunday, October 30th** - Daylight Savings Time ends in Mexico.

**Sunday, November 6<sup>th</sup>** - Daylight Savings Time ends in the United States and Canada

**Monday, October 31st** - HAPPY HALLOWEEN Tuesday, November 1st and Wednesday, November 2nd - Day of the Dead activities will be held nation wide.

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