

**Manzanillo**

January 2011

# SUN

*Manzanillo's Lifestyle E-Magazine*

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*El Salto Waterfall*

*Cover Photo courtesy of  
Howard Platt*

## Orange-Fronted Parakeets

By Howard Platt

People have been keeping animals as pets for thousands of years. In my first article, about La Paloma Blanca, I noted that the rock dove may have been among the first animals domesticated, several thousand years ago. Cats and dogs were among the others. The domesticated rock doves, as pigeons, were brought to the New World, and many escaped or were released, forming a feral population which has grown enormously. Like cats and dogs, pigeons multiply rapidly and often are regarded as pests rather than pets, because of their numbers.

Sadly the story is different for parrots and Macaws. Take the orange-fronted parakeet as an example. It is about nine inches long and mainly green with some blue and a little tuft of orange over its nose. It lives in the wooded areas in the hills all down the west coast of Mexico.

If you take a short trip up into the hills you may be lucky enough to see some. They usually travel in small groups, flying high and fast to a feeding area or to and from their roosts. You will probably hear them first as they are very noisy but remarkable hard to see in the foliage. When you hear the typical parrot-like squawking locate the tree and watch patiently. Their movements will give away their positions, and once your eye recognizes one you will probably see many.



On the other hand you are much more likely to see a parakeet penned up in a small cage in someone's home or in a store. They are not permitted freedom of movement to pair and breed, and in any event unlike cats and dogs, they don't make until older and pair up for life. If mates are separated then they are unlikely to pair again. This is the harsh consequence when a mature bird is captured in the wild and taken as a pet.

Parrots and macaws have been captured for centuries for their splendid coloured plumage. The Aztecs and other capture many to fashion decorative costumes. Only in recent history however did the capture grow to the tens of thousands a year and threaten the survival of the species. Most of these birds were shipped out of Mexico (and most died in transit). Now the export has been made illegal but the capture continues to supply the demand for pets in Mexico.

In some areas – such as south of Puerto Vallarta – bird watching trips to see macaws in the wild have been growing as a part of eco-tourism. Just as Mexico depends on the income it derives from tourism, so may the future of these beautiful birds depend on the tourists demand to see them alive and free.

*Photos by Howard Platt*



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# Planting Roots in Mexico

## Fire Flash

Tommy Clarkson

*Chlorophytum amaniense* or *Chlorophytum orchidantheroides*,  
*Chlorophytum. orchidastrum*, *C. filipendulum amaniense*,  
*Chlorophytum orchidastrum*, *Chlorophytum filipendulum*,

Family: **Anthericaceae** , **Liliaceae** or **Agavaceae**  
(Also known as a Mandarin Plant, Fire Glory, Orange Spider Plant, Green Orange Tangerine and Sierra Leone Lily.)

Introduced to the Americas not much more than a decade ago, this perennial foliage plant, native to the rainforests of East Africa in the Usambara Mountains of Tanzania, is fast becoming a favorite for both indoor and outdoor use. But take note: It does require substantive shade.

So new is it to this side of the Atlantic that – as seen above – there is significant confusion as to its Latin name, family and even the name by which it is commonly called. In fact, few of the presently published books on landscape plants include this gem in their texts.

We do know that it's a colorful relative to the Spider Plant and, while it forms no runners, it seeds itself most prolifically. If you choose to plant these seeds don't be worried if only a few sprout as they, generally, have a very low germination rate.

Regardless of the confusion as to where it fits in the plant world and its best 'moniker', it is a most intriguing plant and one I was delighted to recently find. It has a shiny rosette of dark green pointed leaves and a heart of glowing pink to coral orange from the base of the leaf up through the petioles (that's the stem connecting the leaf to the stalk) and leaf midribs. These leaves - 25-30 cm long (app. 10") and 5-10 cm wide (2-4") - are rubbery yet brittle. (For the brightest colors, remove basal sprouts, as they appear, to avoid crowding which can hide the colored growth.)

There are but a few "down sides" to this plant. One is that you must be aware that the petioles are brittle and can be broken easily. As a result of this, they are not good plants for high-traffic areas. Beyond that, the old flower stalks go black and become unsightly, requiring removal. Lastly, any leaf tear or petiole break will develop black marks around the injury.





Multi-functional, it can be used as a potted plant, ground cover, mixed with others or highlighted as a showcase specimen. And, because of its great tolerance for low light and its resistance to disease it is a great indoor houseplant.

The Fire Flash foliage (nice alliteration there!) is extremely sensitive to chemicals, pesticides, insecticides and high light levels. Thus - as regards the latter - it logically follows that it should not be placed in the full sun as intense light levels will cause chlorosis or scorching. It prefers shady filtered or dappled sun. One of ours is on our dining palapa with only indirect sun while others are ground foliage well ensconced in the shade beneath multi-fronded palms.

Considering its native environs it follows that it prefers a humid environment. Though it is quite drought tolerant - what with its root system consisting of swollen water-storing nodules - there is dispute about how much and when to water this plant. Some say to let it become fairly dry before watering. Others advise to keep the soil moist - but not over water. I damply lean to the former.

Ground planted, at maturity, its height will be 45-60 cm (18-24") but generally shorter if container-grown. The flowers - borne in groups - are about one centimeter (1/2") in diameter, white, have six petals and last only one day. But even with this short bloom time, the plant itself is a "glowing beauty!"

Cutting to the chase, this is a good, flexible to use, plant. So, I encourage that you get one soon!



## MANZANILLO'S



## BEST STEAK HOUSE





**Freda Rumford**

Have you ever had one of those days where you wished you had stayed in bed? Had my guardian angel been awake instead of asleep on my shoulder, she would have warned me that this was a not a day to spend gallivanting the side streets of Guadalajara. The planets were shifting, the sands moving – **stay in bed for the day**. Although I probably wouldn't have listened, as I was contemplating *the mouth-watering mushroom omelette*, the chef at the canteen in Cento Medico would be making for me once my business was completed.

I waited for almost two hours as I had been told to be there for 8 a.m., only to find that the signing clerk didn't start work till 9:00. OK, I could twiddle my thumbs for a while. 9:30 rolled around and still no sign of her. Finally it was just before 10, when with no apologies for being tardy and ignoring my cross, hungry face, she duly signed the document and I was able to leave thirty seconds later. Why bother with having forms signed anyway?

Because I am paid a daily stipend of 100 pesos towards my subsistence! Not to be sneezed at particularly when I can have this great omelette for only 39 pesos  
Darn it anyway, they were out of mushroom but they

could make a ham & cheese or vegetarian one? Sounded good but I really wanted mushroom. I guessed I could live with either of the other choices and finally got one of each so we could choose.

Now I was starving, thinking of my breakfast as I cautiously picked my way through the potholed, uneven pavement of the Guadalajara streets towards the hotel in we were staying in for the duration of radiation treatments. Watching where I was going as I carried the bags with medical papers, two omelettes and 2 bottles of orange juice, I noticed the cyclist coming towards me on the foot path and moved a little to one side. He wasn't looking my way, neither was he speeding, so it was OK. Next thing I knew there was a shove, as a hand came up to my neck to push my head up and away, then he grabbed my gold chain with small spaniel pendant, giving it a hard yank and sped off. I was stunned had I been robbed?

**Yes I had!**

I was **MAD!** I liked that chain and pendant, not particularly expensive but the thought behind my receiving it was well appreciated.

Now the cyclist was really speeding towards the corner as though the *Hounds of the Baskervilles* were following him. No

they weren't, and no-one else had seen what was happening but what was following very closely behind him were the high decibel sounds of Ancient Anglo-Saxon Curses. My mother would have been shocked at the sounds emanating from my mouth. I really didn't care, no-one understood what I was saying and even if they did they would know they were well and truly meant (and deserved).

*I had been mugged and I was fuming about it.*

No one really took much notice of me yelling, I wasn't asking for help, in actual fact there was no sign of an attack, no-one rolling on the floor in agony. Just a mad fishwife standing in the middle of a cracked footpath yelling her head off with sounds and words no-one had heard before.

It was only much later as I lay in bed that night considering what had happened at 11.00 a.m. that morning that I remembered the gentle shove and quick grab at my neck as the chain broke, but I was totally unharmed. That cyclist did not intend to hurt me at all and could have done so very easily. He had obviously done it before and it would have taken no more energy for him to have used a switch blade but he didn't. (They probably would have in London). I'm not hurt but boy am I mad and boy I wish I had stayed in bed, then it would never have happened.

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# The Streets of Manzanillo

Terry Sovil



farmer. In 1915, a lieutenant colonel, he joined with General Plutarco Elias Calles, another future President. Huerta was in exile and Obregon and Venustiano Carranza were fighting Poncho Villa. Carranza became President but established a corrupt government. In 1920 Obregon and Calles joined a successful rising against Carranza. Obregon became President with Calles his successor. Cárdenas was named General at age 25.

His honesty never wavered. In 1920 while serving as a military commander in oil-rich Huasteca country, he was offered bribes, including a new car, from foreign oil companies. He rejected these offers and his contempt for these efforts probably played a role in his decision to national Mexico's oil deposits.

Calles went on to become President of Mexico and in 1928 Cárdenas became governor of his home state, Michoacán. He served until 1932. He supported land reform, education and was a friend to labor and peasant organizations. His reputation as an honest military man was mirrored in his service to the people. In the following years Cárdenas served as minister of the government and as minister of war.

While governor of Michoacán Cárdenas worked on forming the National Revolutionary Party (PNR) in 1928. In 1929 he was chosen as the party's president. He worked to transform the party into a national party and a major element in the national regime.

Cárdenas support for Calles resulted in Calles nominating him as the presidential candidate for PNR in 1934. Calles ruled through a series of puppets, even after Cárdenas election, and he thought he would be able to control Cárdenas. But with the Depression and economic hardship people rallied to Cárdenas as a reformer. Even with certain election, Cárdenas spent the year between nomination and election visiting virtually every city, town, and village in the country. He met and greeted both leaders and peasants building a loyal following everywhere in the country.

Along with Cárdenas nomination the PNR announced a Six Year Plan of political and social reform. Cárdenas took it seriously and worked on it during his 6 year term.. included: 1) restoration of the system of ejidos (common lands) to combat domination of large haciendas; 2) modern secular schools teaching rationalist doctrines combating "fanaticism" of the Church; 3) establishing

## President of the People 1895-1970

- **Born:** 21 May 1895
- **Birthplace:** Jiquilpán de Juárez, Michoacán
- **Died:** October 19, 1970
- **Place of Death:** Mexico City, Mexico
- **Best Known As:** President of the People



Lázaro Cárdenas was born of mixed white and Tarascan Indian ancestry in Jiquilpán de Juárez, Michoacán on May 21, 1895. He was the elder son of a shopkeeper leaving school after the fourth grade to work in a tax office. After his father's death in 1911 he became caretaker to 7 brothers and sisters.

He was deeply affected when the Mexican

Revolution (1910-11) began. President Francisco Madero had led in the overthrow of Porfirio Díaz and was taken prisoner and killed by General Victoriano Huerta. Huerta seized control of the government. His repressive dictatorship immediately provoked a civil war. Cárdenas, age 18, joined the revolutionary army and within a year was a captain.



workers' cooperatives opposing excesses of industrial capitalism.

At age 39, one of the youngest President's, his style was unique. He didn't live Chapultepec Castle, cut his salary in half and was inaugurated in a business suit not a military uniform. He caused 50 bronze busts of himself to disappear. He received barefoot country people while politicians, generals and businessmen waited.

He moved cautiously his first year. Calles still had strong influence in the government. Calles, feeling Cárdenas was too sympathetic to striking workers, launched a plan to remove him. Cárdenas countered by having Calles and his top henchmen deported to the United States. He had public opinion solidly behind him. Now He was free to make his own contribution to history.

On March 18, 1938, Mexico nationalized the assets of seventeen foreign oil companies. The announcement caused wild cheering in the streets but economic retaliation was severe with boycotts on Mexican oil. It was World War II that saved Mexico's oil industry. As oil

became increasingly scarce, the United States and Britain lifted the boycott. In 1942 a reparations agreement brought Mexico's debt to a (then) staggering \$130,339,000.00

While Cárdenas didn't die in poverty; he would never have been a "lifestyles of the rich and famous" program. When remodelling his modest country house near Lake Pátzcuaro, reporters said it would become a palace. Cárdenas explained the enlarged area would be a free clinic for Indians of the region. Later, he donated the house to UNESCO for use as a teacher training center.

In 1960, the Bay of Pigs incident failed at assassinating Cuban Prime Minister Fidel Castro. Cárdenas took a pro-Castro position, but avoided direct involvement. He disappointed those wanting to link his name with violence and disruption of political processes. In October 1968 he urged students to end violence. Always a supporter of rapid reform, but by peaceful means, he died on October 19, 1970, in Mexico City, Mexico.



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# Manzanillo's Personality Of The Month

By Terry Sovil

This was a great opportunity to learn more about Air Traffic Control (ATC) and what they do, especially here in Manzanillo. Jose has an incredible background in the industry and has seen most of Mexico in his chosen career.

There are three controllers that work at the Manzanillo airport (airport code "ZLO"). They work in two shifts: 7:30am to 2:30pm and 2:30pm to 9:30pm. The airport is open 8:00am till 8:00pm, closed at night, so this provides overlap in coverage between opening and closing.

My expectation was men staring into radar screens in dimly lit rooms but I learned radar is only used at larger airports. Instead there is a network based on size and location of:

- Control Towers – 5 mile range
- Approach Control – 50 mile range
- Area Control – Traffic 'en route, 21,000 feet or higher

A plane flying from Mexico City to Manzanillo would contact Manzanillo Approach Control as they passed Colima, 57 miles away.

Manzanillo uses VOR Radio for tracking flights. VOR is VHF (Very High Frequency) Omni-Directional Radio Range, or radio navigation for airplanes. A ground station broadcasts radio signals that allow airplanes to determine a magnetic compass bearing from the station to the airplane. A network of ground stations supports a system of highways in the sky known as "Victor airways" below 18,000 feet and "jetways" above 18,000 feet. An airplane follows a path from station to station by tuning the VOR receiver to arrive at their destination. There are two engineers that support VOR Radio and Communications.



## CTA Jose Antonio Torre Sanchez

Jefe De Estacion – Head of Traffic Controllers, Manzanillo

Mexico has about 1800 airports, the third largest in airports in the world. The seven largest airports, handling 90% of air traffic, are:

- |                |                    |
|----------------|--------------------|
| 1. Mexico City | 5. Tijuana         |
| 2. Cancún      | 6. Acapulco        |
| 3. Guadalajara | 7. Puerto Vallarta |
| 4. Monterrey   |                    |

Some airports are privately owned. Mexico City International, which is the largest in Latin America and 44th largest in the world, handles 26 million passengers yearly.



CTA Jose Antonio Torre Sanchez (top right) and his team of air traffic controllers



Jose and his team of ATC professionals are currently guiding daily air traffic that averages as follows:

- Alaska Airlines, 5 flights per week, (regular service year-round with one flight per week)
- Continental, 5 flights per week (regular service year-round with one flight per week)
- Aeromar, 3 flights per day
- USAirways, 1 flight per week starting in January to/from Phoenix - April thru October
- Canadian Charter flights, 5 per week (in contrast to 12 per week in 2007)
- Minneapolis MN Charter flights, 2 per week, seasonal
- Private Planes - 25 flights per day

Jose noted that Guadalajara used to be a 5-6 hour drive but with improved road between Guadalajara and Manzanillo it can now be driven in 3-4 hours. This makes air travel expensive and slower with early arrival, takeoff, landing, baggage etc. Guadalajara via bus (1:00am and 6:00am) directly to the airport is convenient for cheaper flights.

Jose's entry into ATC in 1975 had requirements for a High School diploma, ability to speak English and a 7 month course. Now it is a two year program offered by the Mexican government through the organism providing ATC services in Mexico and English is required.

As All Mexico Supervisor he has visited most all of the bigger cities in Mexico. Jose's career path has taken him into many positions and locations including:

- 1976 - Culiacan - ATC
- 1977 - Tampico - ATC
- 1979 - Mexico City as an ATC Supervisor
- 1982-1984 Mexico City as ATC Radar controller
- 1985 - Manzanillo, working at a Travel Agency
- 1986-1989 - Out of ATC, Administrator at La Punta
- 1999- 2004 - Returned to ATC, part-time at La Punta
- 2004-2008 - ATC full time
- 2009-Present - promoted to Head ATC in 2009

Jose made a brief return to ATC in 1986 when a plane loaded with cocaine was found at the airport and an Air Traffic Controller was fired. Left without enough workers, his former boss called him because he needed help and staff.

Mexico has three ATC unions. You do not have to be a union member to work in the field. Originally ATC

was run by a private company but it failed. The government moved to take over but pay and benefits were substantially less. In 1978 a very successful strike was organized. The strike lasted 15 days and was settled in a month. Over a 10-12 year period from 1998-2010 the jobs have regained status for their contributions to safe travel. After the strike ended the ATC teams had returned normal air traffic in a single day!

**A salute to Jose and his team for safe travel in Manzanillo!**

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## Wordwise with Pithy Wit

Tommy Clarkson

This morning, my pal F.T. – who shared the Iraq experience with me during my third trek there – forwarded some James Thurber quotes.

They gave me pause to relish the deep and sometimes droll mentality of this great man who was said to have “set the standard for sophisticated humor and prose style for a generation of American readers.”

Hence, herein, I write with little personal originality. Rather, I invite you to revisit (and in some case read for the first time) the rich and thought provoking turn of phrases by one of the greatest to invoke the English language.

The quintessential master of such, Thurber observed, “With sixty staring me in the face, I have developed inflammation of the sentence structure and definite hardening of the paragraphs.”

Born exactly fifty years and one day before me, he was the ultimate wordsmith. Sometimes his pen – and ever productive mind – produced ponderings of profound pensivity such as “All men should strive to learn before they die, what they are running from, and to, and why.”

At other times, equally on target, he opined – which well applies to many presently in public office: “You can fool too many of the people too much of the time.” Similarly, were he alive today, might he have been speaking about our culture’s penchant for political correctness when he stated, “You might as well fall flat on your face as lean over too far backward.”

Succinctly he spoke of reality, often tinged with humor. “It had only one fault. It was kind of lousy.” Similarly, with a delightful twist, was his review of a new wine, “It’s a naïve, domestic, little Burgundy without any breeding, but I think you’ll be amused by its presumption”

On a broader, philosophical plane he said, “There is no exception to the rule that every rule has an exception.”

And is not this tragically accurate and profoundly all too correct? “The difference between our decadence and the Russians’ is that while theirs is brutal, ours is apathetic.” Or, “The laughter of man is more terrible than his tears, and takes more forms hollow, heartless, mirthless, and maniacal.”



James Thurber

At the age I am this day (but only for a few hours more) he observed, “I’m 65 and I guess that puts me in with the geriatrics. But if there were fifteen months in every year, I’d only be 48. That’s the trouble with us. We number everything. Take women, for example. I think they deserve to have more than twelve years between the ages of 28 and 40.”

A bit darkly, he stated, “One has but to observe a community of beavers at work in a stream to understand the loss in his sagacity, balance, co-operation, competence, and purpose which Man has suffered since he rose up on his hind legs. He began to chatter and he developed Reason, Thought, and Imagination, qualities which would get the smartest group of rabbits or orioles in the world into inextricable trouble overnight.”

A lover of all creatures canine, he asserted, “If I have any beliefs about immortality, it is that certain dogs I have known will go to heaven, and very, very few persons.”

Two of my shorter favorites are “Humor is emotional chaos remembered in tranquility” and “It is better to know some of the questions than all of the answers.”

And at the sake off showing my own banality, there seems something somewhat profound in his statement that, “One martini is all right. Two are too many, and three are not enough!”

Or how about the more substantive, “Let us not look back in anger, nor forward in fear, but around in awareness.” That’s simple, direct and absolutely astute.

In turn, does this not give one cause for contemplation - “There are two kinds of light - the glow that illuminates, and the glare that obscures.”

Then, again, there is his profound and oft repeated, classic comment that “Nowadays men lead lives of noisy desperation.”

Our mother tongue – and its effective employment – can be the source of simple delight or used as a well honed and effective instrument to educate both he did well.

Hence, for those already familiar with this superlative communicator, consider the preceding as but a refresher. For those, previously non-initiated, I encourage tattooing into your daily consciousness that, “Man has gone long enough, or even too long, without being man enough to face the simple truth that the trouble with man is man.”

Accordingly, please now consider yourselves “Thurberized!”



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# Moving the Borders

## Part 3: The War

David Fitzpatrick

The Mexican-American War, which broke out in May 1846, pitted a very large, modern nation with a state-of-the-art military establishment against a pre-industrial society of severely limited resources. The result was essentially a foregone conclusion. The powerful American forces attacked simultaneously on several fronts and the antiquated, un-mechanized Mexican military, in spite of fighting courageously, simply did not have the means to combat them effectively.

### Northern Mexico

The declaration of war on May 13, 1846, found hostilities already underway on the Texas Border. Mexican forces in the town of Matamoros had already begun bombarding Fort Texas across the Rio Grande on May 3. The Americans responded in kind, but the result was a stand-off. General Zachary Taylor, camped on the banks of the Rio Grande, marched to the relief of the fort with a force of 2400 men, but was intercepted by the Mexican General Arista.

At the battles of Palo Alto and Resaca de la Palma, the Americans drove back the Mexicans. Taylor then occupied Matamoros and Camargo and marched on Monterrey.

The siege of Monterrey was difficult with numerous losses for both sides. The Americans found their heavy artillery ineffective against the massive stone walls of the city as General Pedro de Ampudia was able to hold them off for a lengthy period. The US Army finally penetrated into the city, but their officers, many of them trained in traditional warfare at West Point, had no knowledge of urban fighting. They led their men in parade formation straight down the principal arteries of the city, where they were ruthlessly cut down by Mexican forces hidden inside the old stone houses.

The Americans, however, rapidly adapted to the unfamiliar conditions and eventually prevailed. In the end, Ampudia's forces were cornered in the Zocalo of the city where American Howitzers threatened to



Mexico in 1845, showing the territories of California, Santa Fe, Nuevo Mexico and the independent Republic of Texas

obliterate them. Faced with the certain annihilation of his army, Ampudia surrendered. Taylor allowed him to evacuate the city with his men and agreed to an eight-week truce.

President Polk overruled Taylor on the question of the truce, insisting that he pursue Ampudia in his retreat. Taylor therefore violated his own truce and occupied the city of Saltillo, southwest of Monterrey. At this point, President Santa Anna, who believed the loss of Monterrey was due to Ampudia's incompetence, relieved him of his command and took charge himself. He marched northwards to meet Taylor at the head of a 20,000 man army. Taylor was ensconced in a mountain pass near Buena Vista with only 4600 men, but he held an advantageous position on high ground and was able to hold his own. Intense hand to hand fighting resulted in heavy losses for both sides. For a time, it appeared that Santa Anna's heavily superior numbers would carry the day. But news came of fighting in Mexico City and Santa Anna rushed back to the city, leaving Taylor alone in the field and in control of all of northern Mexico.

The Battle of Buena Vista was reported in the American press as a glorious victory and was an important element in Taylor's election as President in 1848.

\* \* \* \* \*

### California

When news of the declaration of war reached California, a small group of about 30 Americans raised the "Bear Flag" at Sonoma and proclaimed the "Republic of California"



independent of Mexico. Within a week, Captain John Fremont, at the head of a force of only 60 US soldiers, took control of the fort on behalf of the United States.

At the same time, Commodore John Sloat, commanding the US fleet in the Pacific, landed a small force at Monterey<sup>1</sup> (the capital of colonial California) and took the city almost without resistance. San Francisco was occupied a few days later.

In August 1846, Commodore Robert Stockton, who had taken over Sloat's command, launched a highly aggressive campaign down the California coast in pursuit of the Mexican Governor, Pio Pico and General José Castro, who had both fled towards the south. Stockton landed a force of 50 US Marines at San Pedro and managed to occupy the village of Los Angeles without firing a shot. It appeared that California had been annexed to the United States almost without bloodshed.

But the US Generals had reckoned without the *Californios*, the citizens of Mexican California. Acting on their own, without help from the Mexican Government,

Meanwhile, a force of 139 dragoons, commanded by General Stephen Kearney, had left Fort Leavenworth, Kansas when war was declared and had been marching overland since May 1846. On December 6, Kearney reached the West Coast just in time to join the fight against the *Californios*. The two forces met near San Diego and Kearney, badly outnumbered, lost 22 of his men. The *Californios* continued to harass Kearney's small army for several days until Commodore Stockton was able to arrive with a relief force. Together, Kearney and Stockton's marines marched north to Los Angeles where they met up with Captain Fremont and his band. The three combined forces totalled 607 men. But they were able to defeat an even smaller force of 300 *Californios* at the battles of Rio San Gabriel and La Mesa (near Los Angeles). On January 12, 1847, the last *Californios* were subdued and the conquest of California was complete.

With California safely in American hands, Commodore Stockton continued his advance down the Pacific coast, capturing La Paz and Mazatlan. He then sailed up the Gulf of California as far north as Guaymas, which he also took.

\* \* \* \* \*

### Central Mexico

The main assault of the war was led by General Winfield Scott against central Mexico. In the first amphibious operation in American history, Scott landed at Veracruz with 12,000 men on March 9, 1847 with orders to begin the invasion of the Mexican heartland. For forty-eight hours, Scott subjected Veracruz to heavy bombardment in spite of the many civilian casualties involved. The defending force of 3400 men under General Juan Morales fought valiantly, but was no match for the vastly superior American force. After 12 days of siege, with water and supplies running low and decomposing bodies clogging the streets, General Morales surrendered.

The Stars and Stripes was hoisted on the flagpole in the central square and Scott was free to continue his push into the heart of Mexico.

He advanced with 8500 men towards Mexico City. President Santa Anna, in the capital received news of the invasion and set out with a force of 12,000 men to stop Scott. He intercepted the Americans at Cerro Gordo near Jalapa. A combination of military errors by Santa Anna and skilful manoeuvring by Scott gave the victory to the Americans. Santa Anna withdrew to Puebla where the citizens held him in such low esteem that



a band of *Californios* re-took Los Angeles from the small garrison Stockton had left behind. In October 1846, they defeated a force of 300 marines near San Pedro.

1. *Monterey*, a small city on the California coast about 150 miles south of San Francisco should not be confused with *Monterrey*, a much larger city in north-central Mexico,



they declined his offer of defence. Puebla, therefore, surrendered to General Scott without firing a shot. The way was open to Mexico City

The defence of the city was greatly impeded by internecine quarrels. Certain elements of the military refused to take orders from a government they distrusted. As a result, only a haphazard and disorganized resistance was offered to the advancing Americans. On the level of the ordinary soldier, however, there was a firm determination to defend the national capital. Intense hand-to-hand fighting occurred in the vicinity of the city with major battles at Contreras and Churubuscu. At Churubuscu, in particular, the Mexicans distinguished themselves by their bravery, refusing again and again to yield to a much larger American force. But in the end, it was superior numbers and technology that carried the day.

On September 7, 1847, Scott stormed the fortress of Molina del Rey inside the city. It was the bloodiest encounter of the war, with 2000 Mexican casualties and 700 Americans. With Molina del Rey in American hands, there remained only one fortified place in the city: Chapultepec Castle. The castle was defended by only 1000 regular troops and the cadets of the military academy. After an epic struggle, the defenders were reduced to a handful of men, including the young cadets. The cadets (the *niños heroes* of legend) fought to the last man rather than surrender. Once again, larger numbers and modern weaponry proved stronger. With the fall of the castle, General Scott was in command of the city.

\* \* \* \* \*

## The Treaty of Guadalupe Hidalgo

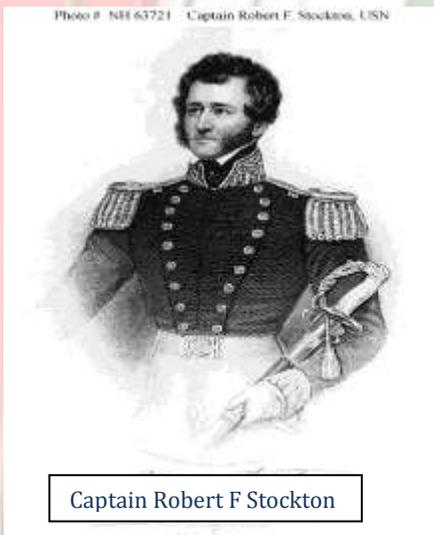
With many of its major cities occupied, including the Capital; with its military in disarray and internal dissension inside the government, Mexico had little choice but to ask for peace at any price. The American negotiators drove a hard bargain. In the Treaty of Guadalupe Hidalgo, signed on February 2, 1848, Mexico relinquished all claim to Texas and agreed to fix the border at the Rio Grande. In addition, very large territories in north-western Mexico were ceded to the United States. Today, those territories comprise the States of California, Nevada, Utah, Arizona, and New Mexico, as well as parts of Colorado, Oklahoma, and Wyoming. Mexico had sacrificed fully 55% of its original territory. (see map showing territories ceded in the Treaty of Guadalupe Hidalgo.)

In 1853, James Gadsden, the US Ambassador to Mexico, negotiated the purchase of an additional tract of 29,670 square miles (roughly the size of Scotland) which was detached from northern Mexico and added to the States of Arizona and New Mexico. (See "Gadsden Purchase" on map.)

\* \* \* \* \*

The Mexican-American War was clearly a disaster for Mexico. At first glance, it appears to have been a triumph for America. But closer examination might yield a more *nuanced* opinion. The profound distrust in the US between Northerners and Southerners, already present at the time of Independence, was greatly exacerbated by the acrimonious debate over western expansion. Hatreds that had been smouldering for decades broke into sudden flame under the strain of the Mexican war. They were to explode into all-out war in less than 15 years. Some might say that Mexico's disaster led directly to America's greatest misfortune. Certain historians have affirmed that the seeds of the Civil War were planted on the banks of the Rio Grande.

\* \* \* \* \*



Captain Robert F Stockton



General Winfield Scott



General Pedro de Ampudia



## Letter from the Editor

Another year come and gone but just where did the time go?

For many this is a brand new beginning and a brand new life as time changes and evolves whether through circumstance or desire. As we retire, a thing we thought would never happen to us, we face new challenges in dealing with a life which is no longer regimented by that four letter word, W-O-R-K but has its own regimen of golf, beer, bridge, beer, sunbathing, beer, walking and swimming followed by a little beer or perhaps a margarita at this time of day and where does the day go anyway??

Back home we are asked by friends and family what do you do all day? The truth is that the day goes so fast that mostly it consists of breakfast, lunch and dinner! And did you realise that there are far more Saturdays in a week than there ever used to be? What did we do? We kept busy but at what? Where on earth did we find the time to W-O-R-K, raise a family and do all of the things in our past life which those poor souls up north have to do continually now!

All that we know is that here in Manzanillo we are closer to Eden than many places on earth these days. Trouble and strife, wars and woes affect everyone but a little less here than anywhere else.

The news up north of Mexico is still ghastly and just last week we heard of killings of drug gang members and police in the Lázaro Cardenas area, which is now proclaimed a danger zone but, perhaps because of the military and naval base here, it is so much calmer than the rest of the country, certainly the border states. We still feel safe in our homes; we can still walk the streets and go out at night without fear.

That is not to say that we should become lackadaisical or not be aware of our surroundings or who surrounds us. To become complaisant would be foolish but to become paranoid about situations which do not concern us would be more so.

We at the Manzanillo Sun, wish all of you, our readers and friends. A Very Happy New Year. May we give you another year of good reading and information and may you continue to enjoy what we enjoy doing.

We wish you, Peace, Prosperity, Love and Enough!

**David, Freda, Howard, Ian, Jim, Linda, Patty, Scott, "T", Terry, Tommy**

## A RETURN TO THE WORLD OF BRIDGE IN MANZANILLO

*Donna McElroy*

The Duplicate Bridge Club of Manzanillo plays once a week (either Mondays or Thursdays depending on what is most convenient for us) from October until Xmas. Beginning January 3rd we will play twice a week on those same days until sometime in May. The game starts at 1 pm in the library area of the Club Santiago Beach Club. We are a very friendly group of all levels of bridge and enjoy the game and the company of one another.

The restaurant at the Beach Club is keen to serve lunch to those who come early. They are very accommodating to us giving us as many tables and chairs as they can.

During the high season we usually average about 6 to 8 tables and during the off season we have 3 to 4 tables. The cost to play is 10 pesos which we keep for a party near the end of the season and some of the money goes toward buying supplies, giving a donation to the beach Club and a small donation to charity. During the off season we divide the money up among the winners.

Duplicate bridge is a bit more competitive than regular contract bridge but our club is not that serious and we welcome anyone who understands the game of bridge.

It is best if you can come with a partner but if not we will try and find a partner for you.

We have had to bare the loss of two of our regular members over the summer. Both men will be deeply missed. Ted Turner was an avid bridge player and Dave Button was the heart and soul of the club for many years.

For more information or any questions please contact Donna McElroy at 333 7850 or email at [mcmexico@gmail.com](mailto:mcmexico@gmail.com)

### **NIGEL J. RUMFORD**

**December 10 1933 – December 6 2010**

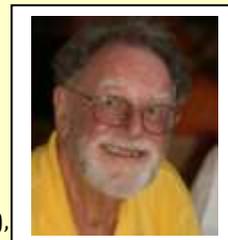
It is with sorrow that Freda & Ian Rumford announce the death of their husband and father recently in Guadalajara, following a long battle with cancer and heart problems. Nigel faced his illness with courage.

Fortunately he had little pain and the end, when it finally came, was very fast, causing no further suffering.

He is survived by his wife and best friend of almost 55 years, Freda. Children: Ian, Trevor & Claire (Michael), Grandchildren: Simon, Matthew A., Jacqueline, Nicholas,

Matthew F. Melissa, Melanie, Steven and 3 great grandchildren: Andrew, Dakotah and Nicholas. His infant daughter, Deborah predeceased him.

He leaves behind very many friends who remember him with pleasure and will always visualise him wearing his beloved yellow shirts. As a founder member of Manzamigos A.C., of which he was President for 8 years, he also leaves Manzanillo with a huge legacy of friendship. Much camaraderie was born through his untiring efforts and he leaves a great hole not only in our hearts but in the heart of Manzanillo. May his legacy live on for many years to come. He will be sorely missed but we are so glad to have had his company for as long as we did.





JANUARY 2011

# CALENDAR OF EVENTS

MANZANILLO

**January 1 - AÑO NUEVO - NEW YEAR'S DAY**

**January 6 - Thursday** - "MEXICAN MODERN"  
Eileen's Cooking Class  
La Manzanilla

*See information box this edition*

**January 7 - Friday** - LA MANZANILLA ART GALLERY  
"MEET THE ARTIST RECEPTION"  
ARTIST: EDWIN GILLIAN

**Where:** La Manzanilla Art Gallery, Calle Perula Sur #83

**Time:** 4:00pm - 8:00pm

**Contact:** 315.351.7099 or [silvermx@mcn.org](mailto:silvermx@mcn.org)

**January 20 - Thursday** - "MEDITERRANEAN"  
Eileen's Cooking Class  
La Manzanilla

*See information box this edition*

**January 21 - Friday** - 14<sup>th</sup> ANNUAL CASA HOGAR LOS ANGELITOS BENEFIT DINNER, LIVE AND SILENT

AUCTIONS, AND PROGRAM

**Contact** Marge Tyler [maggiet19@earthlink.net](mailto:maggiet19@earthlink.net)  
or Janice Morgan [janicebmorgan@comcast.net](mailto:janicebmorgan@comcast.net)

**January 23 - Sunday** - CASA HOGAR LOS ANGELITOS OPEN HOUSE AND CHILD SPONSORSHIP DAY

**Where:** Casa Hogar location in Salagua

**Time:** 4:00pm - 7:00pm

**Contact:** Nancy Nystrom [nysfeed@comcast.net](mailto:nysfeed@comcast.net)

During this event you will be able to meet the children and the workers, see art work and other educational projects of the children as well as enjoy a wonderful program with the Ballet Folklorico of Casa Hogar Los Angelitos and the presentation of the 2010 Quiencieneras.

If you know of any event that should be noted, or announced, please feel free to send it to [freda@manzanillosun.com](mailto:freda@manzanillosun.com)

**January 28 - Friday** - BELLAS ARTES DEL PACÍFICO - 8:00PM

VIOLINISTA ELECTRICO Y JAZZ  
ELECTRIC VIOLINIST AND JAZZ

*Information to follow*

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**Bridge in Manzanillo**

Beginning January 3rd we play every Mondays & Thursdays until sometime in May. (After that time it goes to just one day a week.) The game starts at 1 pm in the library area of the Club Santiago Beach Club. Contact: Donna McElroy at 333 7850 or email at [mcmexico@gmail.com](mailto:mcmexico@gmail.com)



**EILEEN'S COOKING CLASSES - La Manzanilla**

- January 6 - Thursday - "MEXICAN MODERN"**
- January 20 - Thursday - "MEDITERRANEAN"**
- February 10 - Thursday - "TROPICAL MAIN COURSES"**
- February 24 - Thursday - "PALETTE OF INDIA"**
- March 10 - Thursday - "SAVORY SAUCE BASICS"**
- March 24 - Thursday - "RAW: SALADS AND BEYOND"**

**Where:** Calle Playa Blanca #16, La Manzanilla - on the other side of the arroyo  
**Time:** 11:00 a.m.  
**Cost:** \$250 pesos or \$20 USD includes recipes, lunch, and beverages  
**Contact:** 351 5383 or [eizack1@yahoo.com](mailto:eizack1@yahoo.com)  
 Complete Information at <http://www.eileenslamanzanilla.com/cooking.html>

**FEBRUARY 18 - FRIDAY - BELLAS ARTES DEL PACÍFICO CONCERT**

**RUSSIAN STATE BALLET PRESENTS "CARMEN"**  
**WHERE:** Auditorium in Manual Bonilla Valle  
**TIME:** 8:30 PM  
**TICKETS:** Reserved Seating: \$500 pesos  
 \$300 pesos, \$200 pesos  
*(50% discount for University of Colima students)*  
 Purchase tickets at Salón Marbella, Hotel Costa Brava, Juanitos Restaurant - at the Mujeres Amigas Luncheon on Wednesday, January 5th - at the door the night of the concert

CARMEN - THE GYPSY WHO SEDUCED THE WORLD!

**JANUARY 28 - FRIDAY - BELLAS ARTES DEL PACÍFICO CONCERT**

**ACOUSTIC AND ELECTRIC RUSSIAN DUET**  
**LEONID ELKIN - VIOLIN \*\*\* ALEXEI VYSOTSKIY -KEYBOARD**

**WHERE:** Salón Marbella  
**TIME:** 8:30 PM  
**TICKETS:** Open Seating: \$300 pesos  
*(50% discount for University of Colima students)*

Purchase tickets at Salón Marbella, Hotel Costa Brava, Juanitos Restaurant - at the Mujeres Amigas Luncheon on Wednesday, January 5th - at the door the night of the concert

ROCK      JAZZ      CLASSIC      POP      FOLK





Up some sparkling white tiled stairs we went, to a room overlooking a small courtyard. It boasted a king sized bed, pushed against the wall, a small bathroom, chair, TV and three shelves which took the place of night tables and computer table, a tiny hanging space and nothing more. But, it was really, really clean. They had wireless internet, it was CHEAP plus within very easy walking distance to the hospital. Ideal!

I thanked Edmundo for his help, settled up with Sr. Mario for one night and decided that this was where I would stay for a few days at least. When Nigel was discharged there would be a downstairs room available for us or we could move, whichever he preferred..

In actual fact I stayed there for well over a week and when the unthinkable happened and Nigel died in the early hours of the morning. I did not know what to do! With no phones in the room, I dressed and went prowling for help, to find the night watchman asleep on the sofa in the lobby. He immediately called an ambulance which was there within 15 minutes and paramedics confirmed what I had feared. I then sat in the room in silent vigil for almost 2 hours. Not that I really noticed the time as I was totally in a state of shock.

At about 8 a.m. there was a light knock at the door and Sr. Mario stood there with two people whom he introduced as public officials who proceeded to ask questions for a while, then turned to Sr. Mario, said they were satisfied and that he now had to do a whole raft of things. Excusing himself to me, he then went off and called the social worker at the hospital then came back for medical cards and therapy appointment information.

Following that cruel start to the day, he walked me over to the hospital where someone was already waiting for us with forms in hand, then down to the doctor's office to get signatures on a death certificate then returning once more to the Social workers office. The next thing on the agenda was the decision by me for a cremation which entailed driving to yet another part of the city, still including Sr. Mario, to a funeral parlour where we were to deal with various business aspects, then to another office not too far away to sign more papers for the State of Jalisco. Each place we went he was there, watching, speaking on my behalf and a comforting friendly sight. Finally, after several hours with everything completed, we were free to leave and the ashes promised for us next day. Mario, as he had by now become, took us

for another 20 minute drive across the city to pick up our car which had been left in a Starbucks parking lot (with permission) for convenience.

It was now 3 o'clock and over the first cup of coffee of the day, I thanked him profusely for all his help. We really could not have managed without him. He shrugged it off and said he liked to help people and I really needed the help. I most certainly did.

So now I am left, somewhat bemused by the entire day's proceedings and the new situation in my life, feeling a little as though I have recovered from a very long illness but with the knowledge that we have a new friend and a very good and safe place to stay in Guadalajara.

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## Gran Posada de las Niñas -Terry Sovil

Manzamigos A.C. held their third (?) annual Christmas Party for children 12 years and younger on 24 December 2010 from 3:15am to 6:30pm in Santiago.

Advance planning was extensive and included preparation for 275 children. Over 30 volunteers worked together to make this event something special in the lives of the children that participated.

In order to keep the numbers within the range of what was planned for, a volunteer was stationed at the entrance and she kept count. In Great Spirit she announced she was "the countess" for the event. She recorded 263 children entering which did not include the babies, mothers and older children.

Piñatas were used to keep the smaller children entertained. There was a lot of wicked pounding with the stick and the rewards were plentiful and well received. The older children had been routed to the soccer stadium where Manny had them assembled and very orderly for a group that numbered 260+. The ones that followed instructions closely (including a siren and various cues from a whistle) were rewarded with a stuffed animal.

Pizza and Jamaica were served to everyone as they queued in neat orderly lines. The pizza created smiling faces everywhere. As the meal wound down, volunteers circulated to pick up any litter. Santa finally made his jolly appearance in full red suit, white beard and sandals. He spent time with each child as he handed them a gift and got many very thankful hugs and smiles. The children quickly dispersed and started to put their new toys into use.

The joy of Christmas was shared with a large deserving group from Santiago. The Children's Christmas Party is one of the benefits and opportunities to give back to our community via Manzamigos A.C. If you couldn't attend this year, you should make plans now to be there next year. It is a memory you will long cherish. What could be better than a smiling innocent face at Christmas?







# Manzanillo's Hidden Culinary Delights



included for 17 pesos. Other diners enjoyed the Melaque Mix and Eggs Benedict.

Roosters has an extensive menu of breakfast items including porridge, fruit, pancakes, waffles, omelet's, Favorites of the House and their Mexican Favorites. They also offer some "Heart Starters" which I'm pleased to say isn't some heart healthy food but a Bloody Mary or a beer. For the faint of heart that doesn't require starting you can opt for coffee, decaf, tea, cappuccino, latte or freshly squeezed orange juice.

Your friends, and owners, are Gary and Joyce Pittman who are in their 9<sup>th</sup> year of serving a bit of Canada and America to those of us lucky enough to be close to their restaurant. Joyce was born and raised in Calgary, Alberta and Gary hails from Okanogan, Washington. It took them 21 years to stop working in 2002 and get to Melaque where they worked even harder starting a business in Mexico.

If you aren't on a schedule a nice stop on the way back to Manzanillo, is in Barra de Navidad, where you can walk the Malecon past the vendors, shops and down to the channel where the boats enter the lagoon. It will help you walk off that fantastic Roosters Breakfast!



**Roosters**  
**The Breakfast Place**  
Melaque, Jalisco  
By Terry Sovil

It took me awhile to get over to Roosters, again. I guess I don't get out much. When I finally made the trip last year I was totally taken with the beautiful beach, the sailboats at anchor, the service, the delightful personalities of the staff and the overall atmosphere. Now, I do thoroughly enjoy going to Roosters The Breakfast Place.

The same Roosters in Melaque will soon be open in Barra de Navidad, also with the same menu. Open every day from 8:00am to 1:00pm they now offer a lunch menu from 11:00am to 1:00pm as well. You can't argue with more great food.

There were four of us that made the pilgrimage to the great breakfast place and once there, I was delighted to find that the "Mexican Lumberjack" breakfast was still on the menu. At Roosters I'm on a "see food diet", that is "see food and eat it".

How could anyone not get excited about two pancakes, two eggs, three strips of bacon, three link sausage, country style potatoes, toast and coffee? And this isn't just any coffee. This is "Roosters Blend" coffee which is a "mix of organic coffees grown high in the mountains of Jalisco and Vera Cruz". Refills are





# Tommy's Tummy.. visits "El Parian"

**El Parian Salagua**  
Owner: Javier & Lupita  
Reviewed By Tommy Clarkson



their wait staff all speak good English and displayed a most friendly and responsive attitude.

Beyond a variety of tacos, fajitas and delightfully prepared pescado, sumptuous smelling and attractively presented lasagna and spaghetti, also available on the menu is a lip smacking array of pizzas, all prepared in the nearby charcoal fired clay oven. We know this for a fact as we returned but a few nights later thoroughly enjoying three different varieties – the best we've had in Mexico!

Bottom line. This is a "gotta' go to restaurant!"

**Tommy Clarkson**



While striving to maintain a positive attitude, generally, I'm not one to gush about "new found treasures." However, today may be the exception.

El Parian - one block, headed easterly, from the Los Hadas intersection - is a true culinary find. Easy access, superlative food, outstanding service and simply great prices!



During our first visit we ordered a Caesar Salad (Cesar de Pollo), two orders of Chiles Rellenos De Picadillo, and Eggplant lasagna. YUM on all counts - including the garlic pita served along with our meals and a chocolate drizzled crepe for dessert! And sweetness upon that was the fact that, including beers, drinks and a generous tip, our tab was only 430 pesos!

The open air ambiance is delightful – what's occasional traffic noise anyway, it simply confirms the local "feel". Comfortably seating forty plus at checked table clothed with settings for four (easily joined for larger groups) it is the sort of place we all keep an "eye out for!"

And while the owners - a distinguished looking Javier and slender, long-haired, attractive Lupita – are not bi-lingual,

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# THIS 'N' THAT...

## The Chili Pepper

by Vivian Molick

No matter how you spell it... chili, chilli, chile, chillie... the pepper of this name is a member of the nightshade family of Solanaceae, a fruit of plants from the Latin name 'Capsicum'. The name is taken from the Nahuatl *chilli*, but the most common spelling of the word is *chili*; therefore, it is the spelling used for this article.

Peppers are commonly broken down into three categories: bell peppers, sweet peppers, and hot peppers. This article is addressing the hot pepper family. Even though the chili pepper is technically a fruit, it is generally used as a vegetable or spice.

Chili peppers are native to South and Central America. The earliest evidence of the peppers in the American southwest/northwest Mexico was identified in the state of Chihuahua near the site of Casas Grandes, approximately 1150-1300 AD. Even so, the chili pepper did not become a major part of southwestern US/northwestern Mexican cuisine until after Spanish colonization of the region. There is archaeological evidence that chili peppers were domesticated more than 6,000 years ago and is one of the first cultivated crops in the Americas that is self-pollinating.

Christopher Columbus was one of the first Europeans to encounter the chilies in the Caribbean and called them 'peppers' because he found their taste similar to the Old World black peppers. When he first brought them back to Europe they were grown in the gardens of Spanish and Portuguese monasteries. The monks experimented with the chili's culinary potential and discovered that their pungency offered a substitute for black peppercorns, at which time, were so costly that they were used as legal currency in some countries. Columbus's voyages spread the pepper plantations all over Spain and America, from where every explorer carried it with them to different shores of the world. (From Mexico they quickly spread into the Philippines and then to India, China, Korea and Japan.)

What makes a hot pepper hot? The most-noted substance is *capsaicin* plus several lesser chemicals,



which are collectively called *capsaicinoids*. The capsaicin is the primary ingredient in the pepper (spray) used as an irritant weapon for self-defense. When these capsaicinoids are consumed they bind with pain receptors in the mouth and throat that are responsible for sensing heat. Once activated by the capsaicinoids, the receptors send a message to the brain that the person has consumed something hot. The brain responds to the burning sensation by raising the heart rate, increasing perspiration and the releasing of endorphins.

Capsaicin can be very irritating to the eyes and the oil can stick to the skin; the best thing to do is wear thin rubber gloves while handling the peppers. If you want to enjoy the pungency of peppers but minimize their heat, remove the seeds and fleshy white inner membranes where the capsaicin resides. Soaking a chili pepper in vinegar has the effect of distributing the hot chili flavor throughout the liquid. Discarding the vinegar and soaking again has the effect of further reducing the heat. Fresh peppers can be hung in the sun to dry and can then be used to make ground chili powder. As a general rule, dried pods are up to ten times hotter than fresh pods.

Capsaicin is not water-soluble – it is soluble in fat and alcohol. Don't drink water to cool your mouth after eating very hot chilies; drink milk or beer, or eat some ice cream or guacamole if your mouth is on fire.



In 1912 Wilbur Scoville, an American chemist invented the Scoville Heat Index that ranks different types of peppers, from the mildest to the hottest. This measurement (known as 'Scoville Heat Units' –SHU) designates how much a chili extract must be diluted in sugar syrup before its heat becomes undetectable to a panel of tasters. Bell peppers rank at 0 SHU, and New Mexico green chilies at about 1,500 SHU. A couple of the popular 'mildly hot' peppers (from mildly hot to hot) are the Jalapeño (2,000 – 8,000 SHU) and the Anaheim (about 5,000 SHU). Some of the 'hot' peppers (from hot to hotter) are: Serrano (10,000 – 25,000 SHU), Cayenne (25,000 – 50,000 SHU), Tabasco (30,000-60,000 SHU), and Habanero (150,000 – 350,000 SHU). The 'Guinness World Records' assigned the record for the hottest chili pepper to the *Naga Jolokia* (from northeastern India), measuring over 1,000,000 SHU. Pure capsaicin measures 16,000,000 SHU.

Chili peppers are known to have many health benefits, such as: fighting inflammation, a natural pain reliever, reduces blood cholesterol and triglyceride levels, and increases the body's ability to dissolve fibrin (a substance integral to the formation of blood clots. The capsaicin not only reduces pain, but its peppery heat also stimulates secretions that help clear mucus from your stuffy nose or congested lungs. It also helps boost the immune system, helps stop the spread of prostate cancer cells, prevents stomach ulcers (yes, prevents stomach ulcers; by killing bacteria you may have ingested and stimulating the cells lining the stomach to secrete protective buffering juices), lose weight, and lower the risk of type 2 diabetes. The peppers also contain antioxidants, including vitamin C and carotenoids, which might also help improve insulin regulation.

An interesting bit of information about hot peppers is that in Africa the farmers use them as an effective crop defense against elephants. They spread the chili peppers on fences and other structures to keep the elephants away. Because elephants have a large and sensitive olfactory and nasal system, the smell of the peppers causes them discomfort and deters them from feeding on the crops.

Another interesting fact about the chili pepper is that

birds do not have the same sensitivity to capsaicin that mammals do, where it targets a specific pain receptor. The birds distribute the seeds by dropping them while they eat the pods, the seeds pass through the digestive tract unharmed. Products based on this substance are sold to treat seeds in birds' feeders to deter squirrels, and such, without deterring the birds.

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# Comings and Goings... Linda Brun

## Convenience Stores

Everywhere one looks these days, there is a new **KIOSKO** or a new **OXXO** springing up. Different to the 7-11's up north, the prices are not inflated against the supermarkets, but very likely you will find cheaper prices at the little corner Mom & Pop stores which are gradually being squeezed out by them.

## The Night Scene

Several new night clubs are around town now or maybe there is just new fresh signage on previous clubs. The old Nautilus Disco is being changed into another Casino, no opening date known currently We have noticed Table Dance on the Boulevard and New West Karaoke. None of these are on our recommended list by the Sun as we have not visited them but we do need feed back to pass on.

## Restaurant Scene.

A new Chinese restaurant has opened at the La Perlita site just past Schooners, **Palacio Chino**. We haven't eaten there yet, so information on how authentic it is would be appreciated. Opposite Toscana restaurant is the new location for **Los Caramelos Tacos** previously in the old Vikings site. **Pizakoket Pizza** is now open in the area by Wings, where an entire fast food plaza is being built. **ZLO Food, Drinks, Beds**, Santiago Bay south of Margarita's is advertising opening soon, and at Miramar in the Old Pedro's site is **Club Inntegra**. Micheladas Bars are also popping up all over the place. Micheladas by any other name are the good old 'Lager & Lime' Mexican style, sometimes with a little heat added. Very reasonable, very thirst quenching. Another new Ice cream spot is **El Dederderos**, right by the Pemex opposite Kentucky Fried Chicken. They offer Smoothies, Floaters, Helados and Micheladas. Has anyone tried a Beer Float?

## In the supermarkets.

Look for **GUTEN** meats. These are cryo-packs of Beef or Chicken, hamburger, fajita meat or shredded beef. These are solid meat, precooked and suitable for stir fries pot pies etc. Around the 20 peso mark for 457 grams, they are excellent for those meals in a hurry. Seasoning is required but they are very good value. In Soriana they are at the south end of the milk section and in La Comercial, in the deli. Also look for Papa Tortas in La Comercial in the Dairy section,

heat in the oven for a short while, left over's are great fried for breakfast. A new brand of cooked meats, sausages and bacon is Corona. Ian swears that the chorizos are as almost as good as the Smokies back home.

## Schools

We have been asked about schools that teach **in** English as opposed to schools which teach English! Advice has come in that St Johns, Campo Verde, Terranova, Monte Corna all do this but it is advised to check the percentage of English/Spanish when enquiring about the syllabus.

If you see or try something new in Manzanillo, or want to know where to find something contact Linda at: [lbgringa@gmail.com](mailto:lbgringa@gmail.com)

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# From T's GALLEY at SCHOONERS RESTAURANT

## Mexican Style Pork or Chicken Breast in Dried Chili Sauce

### Ingredients

- 5 dried ancho chilies
- 3 dried guajillo chilies
- 1 dried pasilla chilies
- 4 garlic cloves minced
- 1 tsp ground cumin
- 1 tsp ground cloves
- 1 tsp pepper
- 1 tsp white vinegar
- 1 onion
- Salt to taste
- 2 cups of tomato puree
- 4 lbs pork loin pork breast chicken.

### Recipe Instructions:

Remove stems and seeds from chilies and discard.  
 Place chilies in a saucepan and add water just enough to cover.  
 Bring to boil, simmer for 10 minutes. Let cool for 30 minutes  
 Drain chilies.  
 Place chilies , garlic, oregano, cumin, cloves, onion, salt, vinegar, tomato puree into a blender with 5 cups of water and blend to a puree textured-  
 Place meat in a saucepan wrap in tinfoil and broiled at 180 degree C , until meat is tender  
 (approx 2 hrs )



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