

Manzanillo

February 2016

SUN

Manzanillo's Lifestyle E-Magazine

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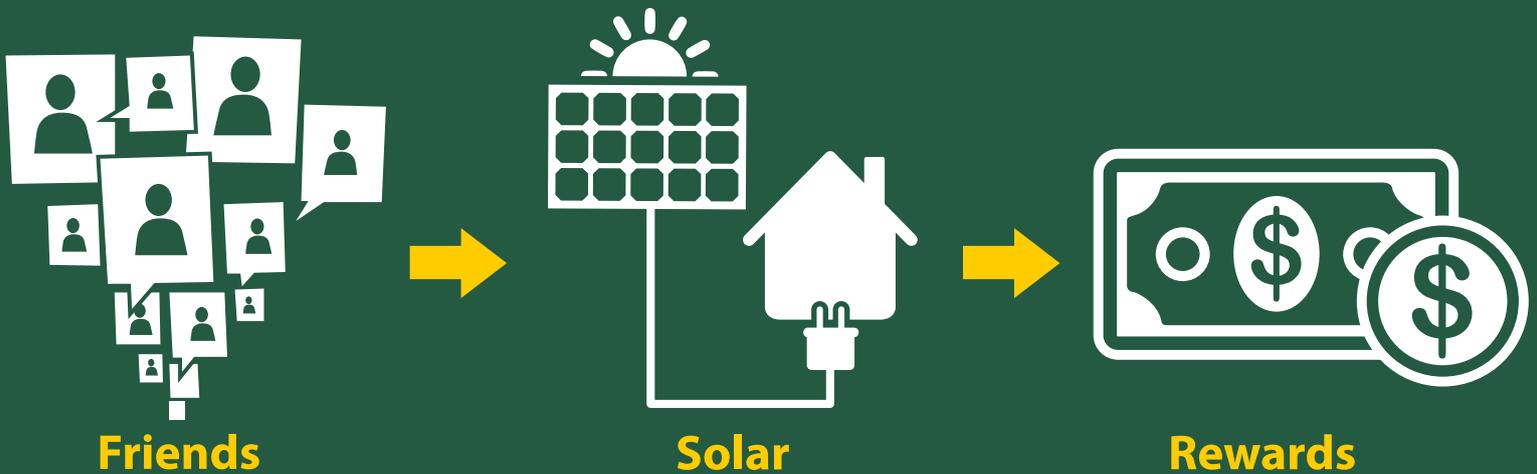
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Tommy Clarkson

Screw Palm (*Pandanus spiralis*)

Family: *Pandanaceae*

Also known as: Pandanus Palm, Walking Palm or Screw Pine

In my best Aussie (and friends from there are now cringing!) I'll say that "It's fair dinkum I'm a lizard drinking trying to understand this dog's breakfast of the ridgy-didge name for this tree. Good on ya' if you can figure it out!"

Well, actually, if the facts be known, members of the *Pandanus* genus are not trees – such as oak, apple or pine - but rather monocots and distantly related to "palms, bananas, true pineapples and lilies." The origin of the name *Pandanus* comes from the Indonesian/Malay name of the tree, "Pandan". This particular species – the *Pandanus spiralis* – can be found in its native environs along the eastern coast of Australia.

Of interest, a good, fun – and educational, with great pictures - site regarding these plants can be found at: <http://tinyurl.com/jpdyo2y>

For such a "confused name" plant, it's an attractive garden addition – the next phrase being the vitally important operative words – in the right location! (More on that a bit later.)

Common name notwithstanding, this interesting plant is one of approximately 600 - 750 salt-tolerant vine and tree-type species that grow wild, primarily by watercourses or along coastal seashores. The first part of its common name is derived from the manner in which its long, prickly leaves grow and arrange themselves in a rather pleasing in appearance, screw-like manner.



The Screw Palm is an attractive garden addition – in the right location!

Their intriguing looking, prop roots are nature's way of lending support for those choosing live on beaches. Riffle succinctly discusses them saying, "Aerial, stilt and brace roots are produced from the lower portions of the trunks and mature plants are usually broader than they are wide with the braches spreading horizontally like a Strangler Fig."

Usually with sharply toothed margins, their often pleated, razor sharp sword-shaped leaves have another row of teeth along the midrib. Suffice it to say, these aren't the sort of "Let's hold fronds by the campfire and sing Kumbaya" type of plant pals!

However, some good does come from these hazards as wildlife takes advantage of those spiny leaves by living or nesting in them for protection.

Preferring hot, dry conditions, *Pandanus* are, nonetheless, highly adaptable plants with specimens growing quite large, twenty to twenty-six feet (6 to 8 meters) in height. Hence care must be taken if planted in one's gardens.

Pandanus are unisexual (single sexed) with inflorescences on different plants.

The large roundish fruit resemble pine cones or pine apples (Maybe this is where the "Pine" name came from!). While these fruits are green when young they turn a yellow, orange or brownish-orange when ripe.

As Outback Joe observed, *"The fruit separates into. . . incredibly hard . . . wedges . . . housing several small almond like nuts (that) are incredibly hard and difficult to extract. (These) taste good though with a flavour similar to almonds (and are) high in fat and protein so provide good energy if you can get to it."*

They're drought tolerant, but like any plant, they'll do much better with regular watering – but don't expect them to grow super fast!

The easiest method of propagation is by cuttings which root readily when placed directly in the soil.

The leaves are used for weaving clothing material, baskets, mats, and shelters. I've read that mashed leaves can be used to cure headaches when tied around the head – I'm trying to picture that! Seeds from the large, pineapple-like fruit can be ground into flour. And, it's said to be used for treating inflammation by wrapping the leaves around the swollen area. Other sources to which I have turned, cite that various handicrafts are made from them such as bags, hats, pocketbooks, umbrellas mats and dolls . . . one even asserts that sails have been made from them!

There are around thirty species of Pandanus growing in Australia's tropical and sub-tropical climes. The ancient Burarra people of that continent use the plant, somehow or another, to make fish traps. Some of those original residents of "Down Under" also make dye from the roots and use it in rock art painting. And those crafty aboriginals clearly have long believed in "waste not, want not" as they used the top leaves for baskets, ate the fruit, and then employed the dead trunks to carry fire with them in the form of smoldering embers which were of use the entire day!

That all having been said, should you have one for your own? Yep, if you've space!

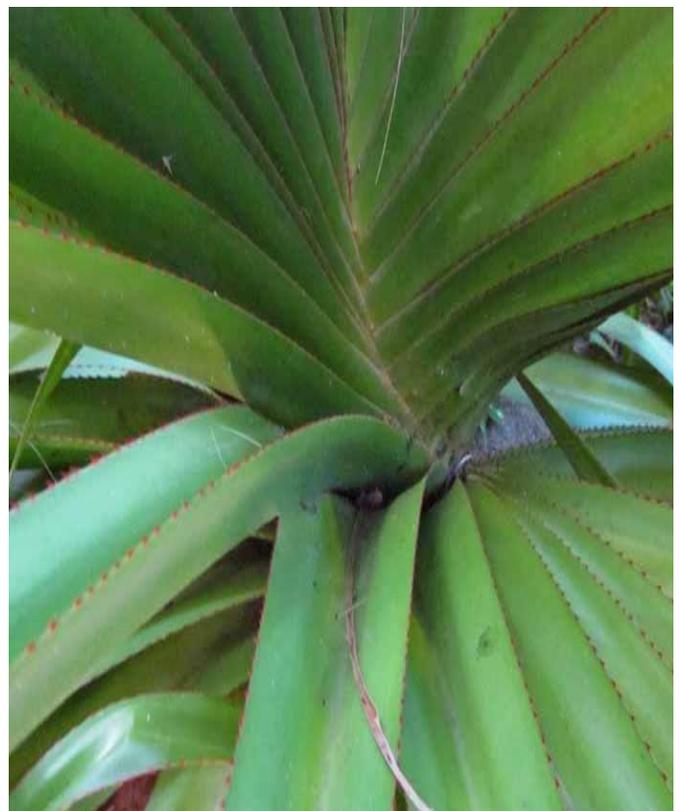
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Those teeth on the leaf margins may be tiny but they'll certainly get your attention!



Its long, prickly leaves grow and arrange themselves in a rather pleasing in appearance, screw-like manner.



Tommy Clarkson

Cape Plumbago, *Plumbago auriculata*

Family: *Plumbaginaceae*

Also known as: Cape Leadwort, Skyflower or Blue Plumbago

Generally decisive, it took me several years to finally decide whether or not I liked this old fashioned sprawling, suckering, and fast growing landscape bush. I should, as they've long been found in gardens pretty much all around the world. Ultimately, however, its somewhat basic "child drawn picture-like" in appearance, pale to sky blue, butterfly-friendly, flowers won me over!

Ranging throughout the tropics and subtropics, there are ten to twenty-four (depends on which authority one chooses to believe) different species in the *Plumbago* genus. Some authorities say that its genus name originated from the Greek word meaning "lead" as the plants were once thought to be a cure for lead poisoning. Yet others cite that its other name, Leadwort, was derived from folks' use of it as a home remedy for infections which caused the skin of the person who'd ingested it to take on a leaden hue. (*So, who are ya' gonna' believe?*)

Beyond that, the Plumbago was traditionally used to treat warts, broken bones and wounds. It was also taken as a snuff for headaches and an emetic to dispel bad dreams. If that all was not cause enough to want them in your garden, a stick of the plant was once placed in the thatch of one's hut to ward off lightning!



The Cape Plumbago's "child drawn, picture-like" in appearance, pale to sky blue, butterfly-friendly, flowers have won me over!

Plumbago auriculata was once known to many as *Plumbago capensis* - the name given it by the botanist, Thunberg in 1794. However, come to find out, it had already been named *P. auriculata* in 1786, in the East Indies, where it was rather commonly known and grown as a garden plant.

Appreciated for those rather delicate, pale blue flowers, the Cape Plumbago is, appropriately enough, originally from the Cape Province of South Africa. There is now a darker, cobalt blue form, "Royal Cape", which might be available in your local nursery or *vivero*. Beyond these, via botanical labs, there is now one white cultivar - *P. auriculata*, variant *Alba*.

While there are some medical uses for parts of the *Plumbago auriculata*, one should be advised that it is moderately poisonous if eaten.

Having the ability to reach more than a couple of meters (over six feet) in height, this woody climbing shrub is more commonly seen as a low hedge or border plant as it does best if regularly pruned - even, occasionally, cut all the way back to the ground.

It can be cut back to grow like a vine and made to scramble over supports, carefully pruned into a compact mounded shrub or left to sprawl, as it wishes, with its long, rather gracefully arching branches. It can also be incorporated along walls, placed as foundation plantings or massed in beds. Some use Cape Plumbago as a background or filler plant used under and in front of larger shrubs.

It will bloom, for the most part, throughout the year, preferring the warmer months, thriving in humid environs.

It is important to keep in mind that the most prolific blooming of one's Cape Plumbago will be directly related to its periodic pruning and placement in bright sunlight.

Its many, five-ribbed, flowers are borne on terminal spikes. Its fruit consists of a small nut that is enclosed within its calyx (the outer whorl of a flower which encloses the corolla, stamens and female portion of the flower). Its leaves are oblanceolate to spatulate (like a reversed lance head, rounded in appearance, somewhat in a spoon shape). The new growth is a bright green but becomes darker when age. (*I just get greyer and more wrinkled!*)

The foliage can turn yellowish as a result of manganese deficiency, but the application of manganese sulfate can cure this problem.

In simpler, more innocent times, children often made "earrings" with the sticky flowers by letting them cling to their earlobes. This was naturally made easy by the tacky, gland tipped hairs on the flower calyx. The Cape Plumbago seed capsule maintains that stickiness which probably helps disperse the seeds by attaching to passing animals, where after the capsule splits opens the seeds drop out.

While it can tolerate drought and poor soil, if given its preference it would choose slightly higher altitudes in which to grow. It also would like ample sun and for a healthier looking specimen, grow in fertile, well-draining, properly composted soil. Do not allow it to dry out.

It can be propagated from seeds, cuttings or simple division of older plants.



Unpruned and left to its own devices this how a Plumbago may appear.



Trimmed - with a singular white cultivar (*P. auriculata*) placed in its center - beautifully fills up a planter box.

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Clean Beaches Program

by Dana Parkinson



One of Mexico's greatest sources of pride is the beautiful beaches. For the tourism sector, the beaches represent an important feature of a visitor's destination experience. Mexico long ago recognized that, in order to keep the beaches clean and enjoyable for locals and tourists (national and from farther afield), a comprehensive set of goals, strategies, plans and policies had to be created.

In 2003, the Clean Beaches Program was born and was rolled out nationwide. There are a number of agencies that guide or consult to the Program, such as:

- Ministry of the Environment and Natural Resources (Secretaría de medio Ambiente y Recursos Naturales, SEMARNAT)
- Ministry of Health (Secretaría de Salud, SS), operating through the Federal Commission for Protection against Health and Sanitation Risks (Comisión Federal para la Protección contra Riesgos Sanitarios, COFEPRIS)
- Marines (Secretaría de Marina, SEMAR)
- Tourism Ministry (Secretaría de Turismo, SECTUR)
- Federal Attorney for Environmental Protection (Procuraduría Federal de Protección al Ambiente (PROFEPA)
- National Water Commission (Comisión Nacional del Agua, CONAGUA)

Manzanillo's Clean Beaches Committee was officially inaugurated in July of 2003.

Added to these are the many state and municipal agencies, several non-profit organizations and countless experts and concerned business people from hotels, restaurants, port corporations and freight companies, and many residents of the affected or participating communities, many of whom are volunteering their time and expertise as divers, medical, oceanic and environmental experts, concerned locals and many more productive individuals. This author had the opportunity to serve alongside the Clean Beaches Committee colleagues and very dedicated group of participants, for a number of years.

The first phase of the project was to set goals, do research on the current state of affairs and prioritize a

plan of action. The main goal in the beginning was to promote the improvement of tributaries, aquifers, fresh water bodies of water and reservoirs in order to prevent and remedy any prior pollution and pollutants, while respecting native ecology and raising the quality of life for the local populations. Next to benefit was the tourism population and, of course, the competitive element of the beach towns as a destination of choice.

Local destinations form committees and task forces to undertake the work at the regional level.

They focus on these areas in order to organize their work and produce results:

- Healing of the zones and overall area improvement
- Monitoring and testing
- Education and awareness about policies and initiatives
- Local enforcement
- Research
- Ongoing resource management
- Evaluation and exchange of experiences and lessons learned

In the early days, they implemented a national system of bacteriological monitoring that started with 13 tourist destinations, 138 beaches in 10 states. They have since expanded to cover most of the country given that, though not all states have beaches, all do have tributaries.

With 157 km of coastline, Colima state was, of course, on the list of priorities for exploring the health of the local beaches and contributing waterways. The beaches of Manzanillo, Armería and Cuyutlán were among the ones being tested and researched.

Those of you living in Manzanillo year round will have seen, and possibly participated in, an annual cleanup of your local beaches, to remove garbage, debris, clear any blocked incoming waterways and possibly have participated in sample collection for testing. The garbage and other items are counted and records are kept to see how things improve year on year. Many people volunteer in the cleanup efforts. Of course some of the litter that is on the beach comes in with the tide

but much is from local sources and so the committee makes a very great effort at educating the local population of the consequences of littering, including the fact that important egress waterways can be plugged during a flood, leading to more extensive flooding and often more tragic results.

The program has included schools and communities in general in promoting the effective collection and disposal of solid waste and recyclables. This has all resulted in several hundred tons of material being diverted from landfills and from ending up in the water and on beaches. As well, local students have received prizes for initiatives that have aided in the efforts or have provided innovative solutions.



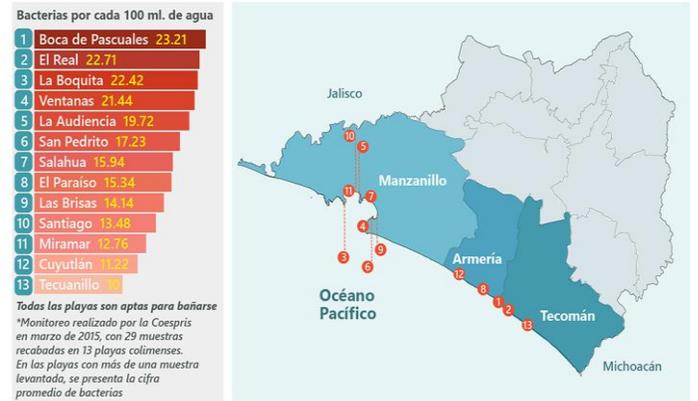
In this photo, you can see a group of young people that participated in a beach clean up, in this case after the Jova hurricane of 2011. In that effort, as is the case on many other occasions, local businesses pitch in to buy latex gloves, rakes, garbage bags, supply the trucks to move the people and resulting garbage and assist in the proper disposal.

Of course, what is most of interest to those that go to sunbathe on Manzanillo's beaches, and those that go to swim, surf, dive and snorkel in the waves, is how clean the water is as well as how clean the beach is, visually. This is where the important monitoring becomes of concern to the public.

In Manzanillo, there were originally 8 beaches in all, totaling 6 linear kilometers that were part of the program. The city added equipment to the program, initially including a farming tractor, a dump truck, a large beach sweeper, a large beachcombing machine and a 3-ton truck as well as assorted manual beach-cleaning equipment. Original monitoring was done at 15 specific locations, all showing that Manzanillo's beaches are within acceptable limits for use and enjoyment.

The local water commission (Comisión de Agua Potable y Alcantarillado de Manzanillo, CAPDAM) pitched in. They build the second phase of a residual water treatment plan and invested nearly 4,000,000 MXN in new infrastructure and improvements.

RANKING DE LAS PLAYAS MÁS SUCIAS DE COLIMA... Y LAS MÁS LIMPIAS



El límite para considerar una playa apta para el turismo es de 200 enterococos por cada 100 mililitros de agua. La bacteria *Enterococcus faecalis* se considera indicador de las condiciones sanitarias del agua de mar

ÁNGEL GUARDIÁN.MX

What is most of interest, locally, is the ranking or health of Manzanillo's beaches. The measurement of enterococci (bacteria), as present in the water samples, is the measure of safe-to-swim in the waters. The limit that is considered safe is 200 enterococci per 100 milliliters of water. Colima's beaches consistently rank under 25 enterococci per 100 milliliters, meaning that all of the monitored beaches are considered more than safe, as seen in this graphic representation of the monitoring and results.

An important part of this program is to certify the beaches that are monitored. To become certified, several important rigors must be met or exceeded. To date, 18 beaches around the country have attained certification. Late last year, after more than a decade of dedicated effort, our very own playa La Audiencia (where Tesoro hotel is), was certified!



Source: CONAGUA

Our Pizza Night Adventures

By John Chalmers

When spending four months in Mexico from December to April, we stay at our condo in a development named Vida del Mar. It is set on the west coast of Mexico at the end of a winding four kilometer paved road from El Naranjo, a small town located just north of Manzanillo, in the state of Colima. Along with many others from the complex, my wife and I often join others for weekly pizza nights at Fratellos Pizza in Santiago. We dine at tables set up on the street close to the popular Saturday market.

Our group is almost all Canadians who have come to the Manzanillo area to escape a cold winter at home and enjoy the climate of Mexico. On one pizza night in December, during the celebrations of the Virgin of Guadalupe, a Christmas pageant by the indigenous people, we were pleasantly surprised to see a group of several women coming down the street dressed in spectacular costumes representing the Aztec civilization.

They had appeared at a celebratory event that evening, and were kind enough to stop for us to admire their costumes and take photographs. I believe their attire with the feathered headdresses represented Quetzalcóatl, the Feathered Serpent god of Aztec mythology. The image of the serpent also appears on the women's skirts and the shields they carry.



One another occasion in December, a dark creature of the night came flying by our table in a zigzag manner. At first I thought was a bat, due to its size and style of flying. It alit on the outside of the pizza place and posed for photos.



The spectacular creature was a very big moth. Thanks to quick research on the internet, I learned it is the Black Witch Moth, known in Spanish as the *Mariposa de la muerte*, or Butterfly of death. But don't worry about that scary name. Although it is the largest moth in North America, with a wingspan of nearly 17 cm (7 inches) the moth is harmless. It is found from Brazil to the southern United States. It is commonly called the Bat Moth due to its size, appearance, and manner of flying, found from Brazil to the southern United States. If you were an entomologist, you would call it the *Ascalapha odorata*.

Another pizza night in January my wife, Linda, and I joined 15 others at our regular event, seated at tables on the street in front of Fratellos. The popular "Mexicana" pizza served up by proprietor César and his staff, combined with cold *cerveza* and good company always makes for a fine social experience with fellow regulars from Vida del Mar. When we left for home at 8:30 pm in our little Nissan Platina, after just a short distance, a tire disintegrated. We pulled over at an extra-wide space on the main thoroughfare (Boulevard Miguel de la Madrid). We were right beside the cemetery (Perhaps an appropriate place for a tire to die).

As I was digging in the trunk for the jack, a man and a woman stopped by and asked if they could help. They spoke a little English, and pointed out that a tire shop was across the street. "Ah, la llantera!" I said, immediately breaking into Spanish, one of the languages I speak poorly, but only due to lack of vocabulary. "Si," replied the man, who understood me perfectly.

As I continued pulling out mats and liners to get to the spare tire, about two minutes later the Llantera Movil Nogales truck miraculously appeared and parked in front of us. Two men and a boy about 7 years old came to our aid. We think the man and woman, who had since left us, had called the shop on our behalf.

In no time our crew had the front end jacked up, the wheel removed, and the spare ready to install. The old tire was destroyed. The men, who spoke English, asked if I would like them to supply a new tire and said they had the right size in stock. "Si. Si!" I replied, once again demonstrating my limited command of their language. The men left the truck in place, and went across the street with the tire and rim, as well as the spare tire so they could check it out.

While we were waiting, another man, his wife, and two beautiful little girls stopped and asked if they could help, all in English. I said things were under control at the *llantera*. So we had a little visit. I asked the man how old his girls were, he said eleven and five, his wife, Maria, was 34 and he was 54. I told him he is a lucky man and felt obligated then to reveal my age, which astounded Maria, who is younger than our two daughters.

Twenty minutes later our amigos came back. One man carrying the new tire on the rim, and the boy rolled the spare across the street and along the sidewalk. Then they helped me to put it back in the trunk. It reminded me of the

time when I was young and rolling a tire was a skill that little boys developed. In no time the new tire was mounted and we were ready to go.

I asked if I should go across to the shop to pay the bill. No need, I was told. I could pay right there on the spot; which I did. The two men were the proprietors of the shop, David and Gabriel. The boy was David junior obviously learning his father's business, and it was he who gave me the shop's business card. What a fine young lad he is, eager to help.

Obviously God is watching over us! Last year in La Manzanilla when a transmission linkage broke and we couldn't get the car into gear, it was a mechanic named Jesus who rescued us and fixed the car. This time, the angel Gabriel was one of our rescuers! We've had great service by great people!

Fortunately the tire did not die half way to Colima or somewhere else out on the highway in the dark of night, on a long way from any town or help. Gotta love Mexico and Mexicans!

Writer John Chalmers from Edmonton, Alberta. is third from the right, with his wife, Linda, on pizza night at Fratellos, a popular event with folks staying at Vida del Mar. In front, left and right are Walter and Mexican-born Beatriz Burton from Vancouver, British Columbia.
johnchalmers@shaw.ca



And Furthermore.....

Suzanne A. Marshall

In last months' issue, I detailed our past journeys to Mexico and how we decided upon buying and living in Manzanillo. I have also previously written about the spa-like qualities of the humid sea air and heat. Many of us 'oldies' simply feel better and note the reduction of aches and pains in our joints and so on. One woman told me that she has lived with fibromyalgia for thirty years and comes to Mexico where she feels relief and enjoys daily life more. Now that we've been coming to Manzanillo for eight winters and joined the ranks of other expats who have successfully acquired permanent visas, there is even more good news to share.

While some of the local Mexican residents may view us as 'wealthy', many of us know that we aren't. There is no denying we come from places with higher standards of living but of course it also costs a heck of a lot more to live there. Once you're retired and the income shrinks, one appreciates a less onerous standard of living. And of course that leads me back to Manzanillo. Not only is it gorgeous but the cost of living is so much more reasonable. Even compared to other tourist destinations the property values here are a true bargain. However, that's not all.

Like many Canadians at this particular time, I'm suffering from vertigo just following the stock markets and the drop in value of the Cdn dollar versus the U.S. dollar. These are world-wide tumultuous economic times. Those of you from the USA, congratulations, there is a very big discount waiting for all of you up in Canada so you might want to vacation there next summer. But, thankfully the Canadian dollar is faring quite well against the Mexican peso. Exchange rates or not there are still numerous cost benefits to life in Manzanillo. Lately we're more grateful than ever.

Let's begin with food. We estimate the cost of groceries to stock our kitchen to be at least fifty percent less. We tend to shop more at the local fresh markets for vegetables, fish, poultry and fruit than we do the chain stores. The prices at the chain stores are somewhat higher but still a bargain by comparison to where we come from. Of course you need these stores for miscellaneous condiments, household cleaning supplies, baking and paper supplies etc. On a recent fresh food shopping run, we purchased a two week supply of vegetables, fruits, fish and poultry for a total price of



Cinco de Mayo market

about 40.00 Cdn dollars. No I have not dropped a zero. This is really true and even more wonderful because the food can't be any fresher unless you buy it from the farmers directly. They are so healthy and delicious. I might add here that we find ourselves eating out a lot more with these savings and many of the restaurants are a terrific bargain too.



amazing carrots!

We also find that electrical costs are more reasonable. Admittedly, during hot weather one uses the air conditioning more. By applying some common sense such as using it mostly at night in the bedrooms and shutting it down when you're out, the costs for us remain less than our winter fuel bills when heating a home in Canada during the winter. (I will add here, that the heating bill in Canada is for an empty house with reduced thermostat settings but fuel costs are still a bigger expense than our energy consumption in Mexico). On another note, the invoicing in Manzanillo for electricity (not sure about other areas of Mexico) shows a consumption color graph. The graph indicates your energy use from green to red. Staying in the green zones gives you a state subsidization on energy costs and encourages us to be efficient with our usage. I view this as a good way to encourage the public to be more conscientious about energy use and also save money. If your usage takes you into the red zones the costs can be significantly higher.

Let's talk local travel. If you have a car, the price of gas in Mexico has risen given its recent entry into the global oil and gas markets as a producer; so no big savings there anymore. There certainly were big savings in the past when the Mexican government owned and produced domestically. But on the bright side you can hop a local bus for 7 pesos. Or, you can jump on a first class Bus line to Guadalajara complete with lunch, drink, Wi-Fi, television and elevated leg rests that allow you a comfortable siesta if needed. As seniors, our 50 % discount rate for a return trip to Guadalajara from Manzanillo was roughly (depending on exchange rates) \$40.00 Cdn. return.

So this leads me to the Mexican seniors programs. In Mexico if you're over 60 years of age you can receive numerous services and discounts. The bus fare is an example as well as the half price discounts at the movie theatres. It is unbelievable, right?

In order to receive all discount programs available to residents with permanent visas, there is a program called INAPAM (Instituto Nacional de Las Personas Adultas Mayores). For this one must take a trip to Colima the capital of the state and visit their offices. We travelled with two friends who were also on a mission for the senior status card which is provided when you register there. This made the journey a lot of fun and nice day away.

Colima is a lovely city only an hour drive from Manzanillo and a beautiful one at that. Otherwise, you can just hop onto the first class bus and grab a taxi when you arrive. Once there, some lovely staff will assist you but I suggest you work on your Spanish or bring a good translator or a conversion 'app' in your cell phone. They'll want to know of course where you live, see identification, any medical conditions and medications you are using; and require you to fill out the usual forms that come with such services.

More information can be found on the internet at: www.inapam.gob.mx. We are still exploring the various amenities offered with INAPAM but further examples of note are: discount domestic airfares, museum and gallery fees, medications purchased at the pharmacies and so on. In future, I plan to advise of more amenities as our experiences continue to unfold.



And Furthermore continued..

Discounts on goods and services in more than 15 establishments across the country



INAPAM card

Free legal guidance and assistance

Legal aid



Center for integrated services

Early detection, control and follow up of common senior citizen illnesses

Employment assistance



Assistance with job placement in local businesses and service agencies for adults aged 60 and above

More information can be found on the internet at: www.inapam.gob.mx

Public spaces that offer development opportunities, designed for seniors



Cultural centers

Diagnostics and follow up support for patients with cognitive and deterioration and dementia



Memory clinic

Community spaces that offer human development and foster abilities and independence

Clubs



Shelters and care homes

Help for seniors that do not have family members to care for them or the financial means to pay for care

Services offered by



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Señior Tech

If you spend more than a month away from home, you probably miss your monthly magazine subscriptions. That is unless you now prefer the Spanish versions.

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- Sign-up for a free trial
- Download the Texture app and sign into the app with your Texture account. Using the Texture app is required, there is not a web browser version of the Texture reader, the Texture web page is used only for purchases and managing your account.

- Get the app from:

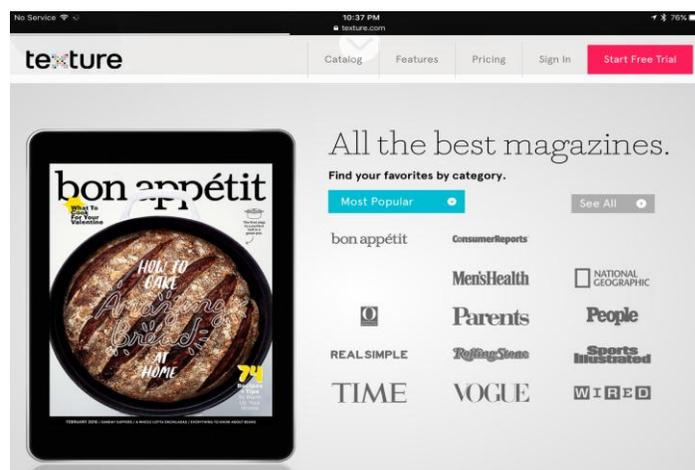
iPad, iPhone and iPod touch: App Store

Windows 8 & 10 tablets and PCs: Windows Store

Android: Google Play

Texture has two plans, how are the two plans different?

Premium includes unlimited access to the entire catalog, including all weekly and monthly magazines. Basic includes unlimited access to monthly magazines only. Each plan includes all the available back issues. This is a nice feature because you can go back years to check an old article. I started my subscription Jan 2014 and all past issues of magazines are available for me to download from that date. The premium plan is \$14.99 vs. \$9.99 for the basic plan.



There are 173 magazines in the premium plan and 148 magazines in the basic plan.

The magazines display on a tablet just like a full page magazine article. The magazines even include the ads. One nice feature is that unlike a paper magazine, the digital version is interactive. For instance if you are looking at an ad for kitchen counters or cabinets, you can change the colours for comparison shopping. Some articles include multimedia video to enhance the stories. Also the links listed in an article allow you, the reader, to further research the information presented.

Weekly magazines include Time, MacLeans, People, Billboard and many more. For a full list of both monthly and weekly magazines goto their website.

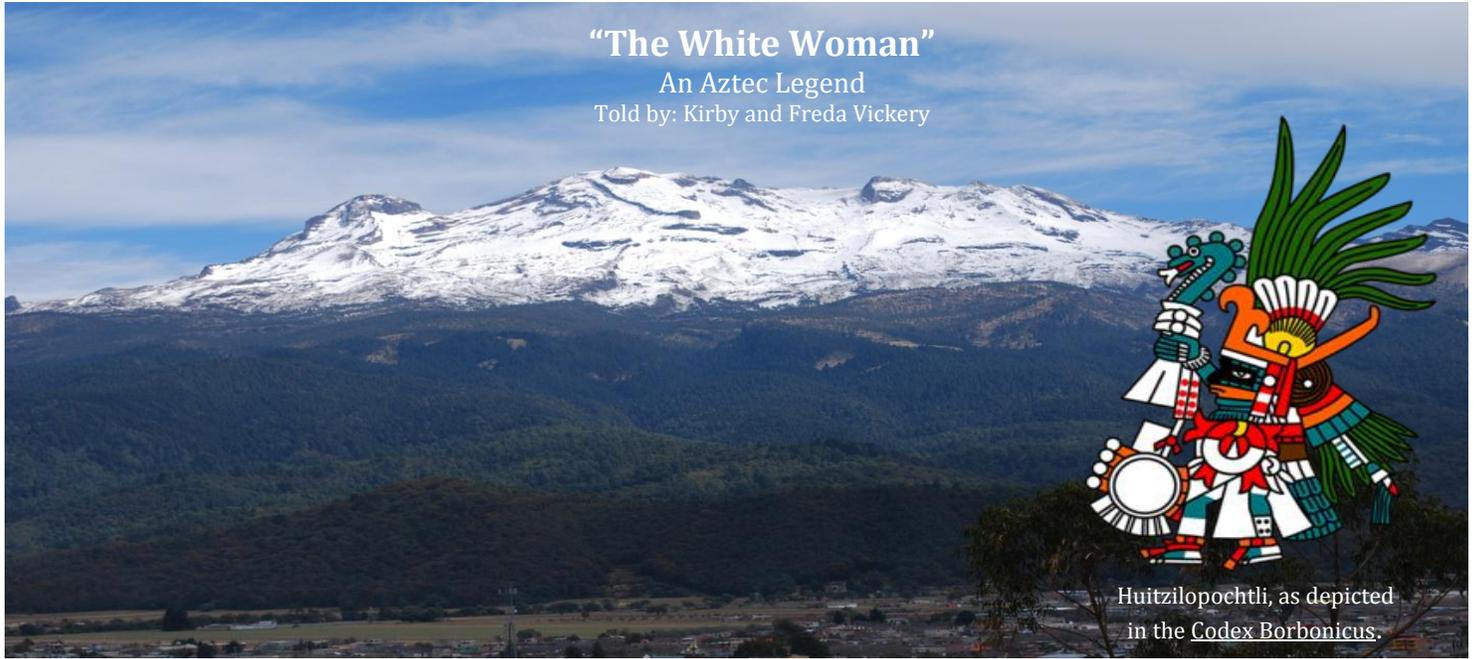
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We had 30 years of National Geographic magazines. When we downsized, no one wanted them, not even the Library. The five boxes of magazines had to be sent for recycling, which is a shame as there was a treasure of excellent articles and photos. Now the magazines can be stored digitally, and will be available to read anytime. When we fly, we download the issues we want to read, this keeps our tablets from filling up with data. After the issue has been read, it can be deleted from storage, but can be downloaded again in the future.

“The White Woman”

An Aztec Legend

Told by: Kirby and Freda Vickery



Huitzilopochtli, as depicted in the [Codex Borbonicus](#).

In 1956 my father took an assignment from the International Civil Aviation Organization (ICAO) to teach the pilots of Aero Mexico how to fly the air traffic control patterns required by all pilots over the United States. And with that and a brand new Studebaker President loaded with bags, baggage, and family we headed for Mexico City. I was nine and was assigned the task of watching my baby brother while he was tied in a child's seat in the back seat most of the time. It was as a fantastic trip which has muddled down into a few remembered 'snapshots' brought up through the muddy mired moments of momentary memory. One such memory is that of a volcano with the outline of a laying woman. My graphic memory insists this is the second highest mountain and still active volcano, "Popocatépetl." However, quick research proves otherwise.

There is an Aztec legend here but it includes the mountain 'Iztaccíhuatl,' which means 'White Woman' in Nahuatl. In Spanish she is referred to as the 'Mujer Dormida' or 'Sleeping Woman.' Popocatépetl is a close by active volcano which aids the 'sleeping woman' profile and legend by being a warrior in the mythology. You can note the similarities between this and Shakespeare's Romeo and Juliet.

Our hero, Popocatépetl, went to war on the orders of Iztaccíhuatl's father in order to break up their relationship. Actually he told Popocatépetl that when he returned from the war in Oaxaca they would be married. Dad figured the young man would be killed and would not return and set up a dating service for his daughter. When Iztaccíhuatl found out about this she killed herself with a dagger.

She figured that he wouldn't survive either and didn't want to marry anyone else. However the young man did well in the war and did return. When he found out what had happened and that she was dead, he swooped her up and took her up to the top of a mountain hoping that the cold would awaken her. But what happened was the cold froze him to death. Huitzilopochtli the Sun God covered them with snow and turned them into mountains. The Sleeping Woman has become a tomb for Iztaccíhuatl. As far as our young hero goes, his mountain is called Popocatépetl which means Smoking Mountain and he is allowed to spit fire and lava on the earth in his blind rage over the loss of his true love.

There are as many versions of this story as there are story tellers to tell it. In this one the father is the villain while in others Dad is a really good guy. Some tell of a rival suitor bringing back news from the war that young Popocatépetl was killed. This gives reason as to why our young lady killed herself. Some even have the couple married. One Codex explains Iztaccíhuatl's name. Apparently when she was born her mother noted the 'whiteness' of her baby, hence the name. Others attribute the name to the amount of snow on the mountain.



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AT THE MOVIES

Suzanne A. Marshall

Little Boy (Netflix)

Starring: Jakob Salvati, Emily Watson, David Henrie, Tom Wilkinson, Cary-Hiroyuki Tagawa
Director: Alejandro Monteverde

“An eight-year old boy is willing to do whatever it takes to end World War 11 so he can bring his father home. The story reveals the indescribable love a father has for his little boy and the love a son has for his father.”

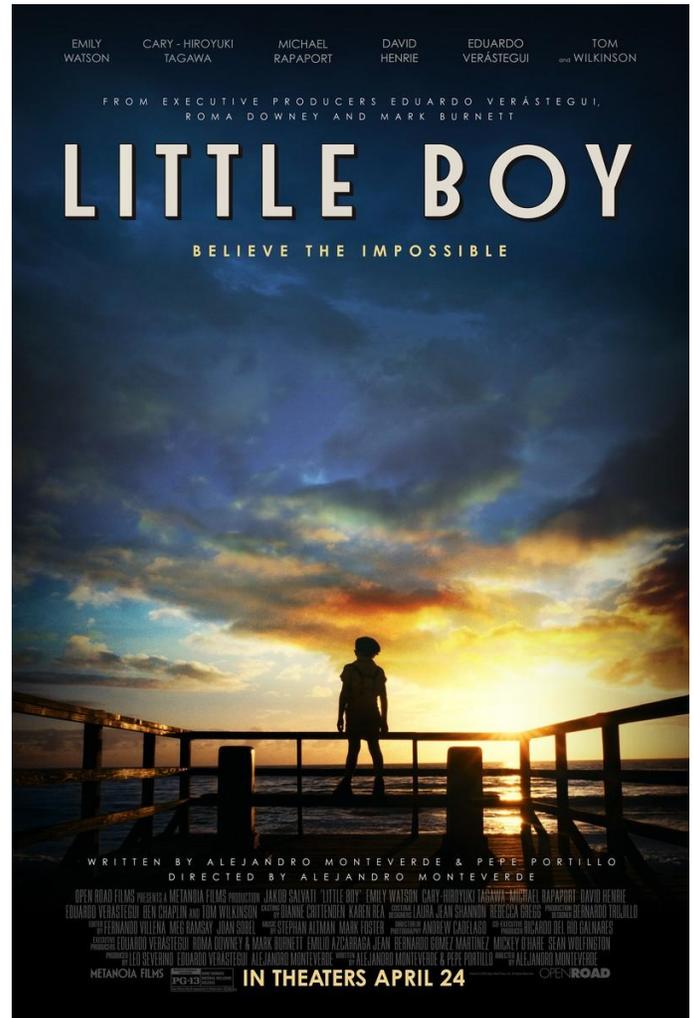
The movie deals with some pretty sensitive issues. For one, the nastiness of youthful bullying and the plight of a small boy who is on the receiving end. For another, the story takes place during World War 11 when Japanese internment camps sprang up in the USA (and Canada) following the bombing of Pearl Harbor. It didn't matter at the time that these Japanese were immigrants and citizens of the country. The sheer hatred is palpable in the story and depicts behavior many of us would like to forget.

Amidst these issues we are captivated by a 'little boy' named Pepper who battles through the bullying and his own learned hatred. He believes that these Japanese are responsible for taking his father off to war. Yet he must contain his feelings in order to help bring his father home.

The movie offers up a mix of realities with a twist of fantasy. Pepper believes he can change things with the power of his mind. As played by Jakob Salvati, Pepper really plucked at my heart strings with his amazing characterization, especially in one so young.

The art direction, music, editing and cinematography in this film are wonderful as are the supporting cast of characters. It was shot on locations in Mexico. I would watch this movie again just to catch every detail I might have missed. Be aware that the reviews for this movie are notably mixed. They range from 1.5 stars by some critics to 5 out 5 stars by Netflix viewers. You'll have to be willing to go along with the possibilities (or perhaps the impossibilities) of the story to truly enjoy it.

IMDB has rated this movie at 7.4/10 stars based on 12,579 viewers.





Concussion

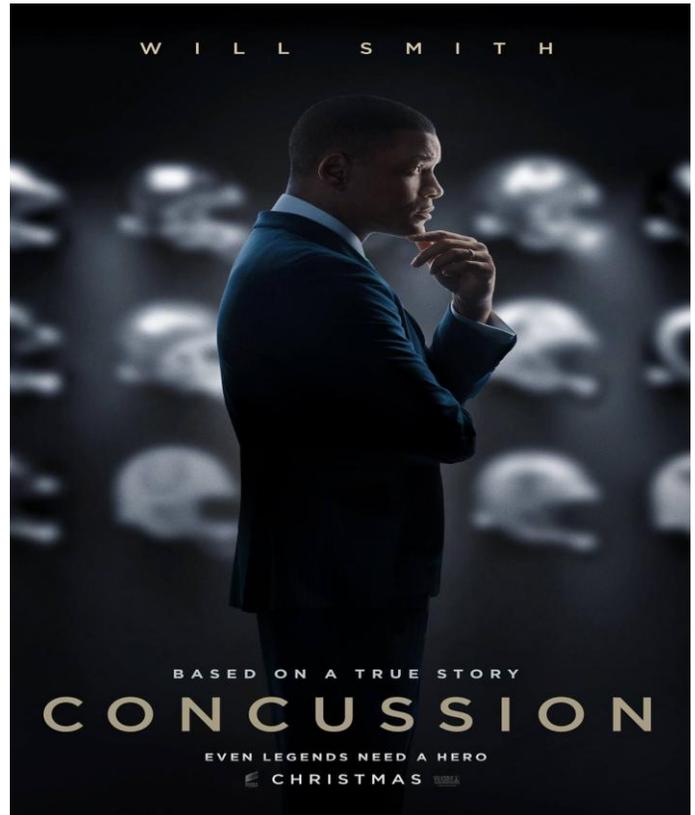
Starring: Will Smith, Alec Baldwin, Albert Brooks, Gugu Mbatha-Raw, David Morse,
Director: Peter Landesman

"In Pittsburg, accomplished pathologist Dr. Bennet Omalu uncovers the truth about brain damage in football players who suffer repeated concussions in the course of normal play."

I was interested as much in the science of this story as I was in the movie itself. Many of us have seen a good deal of media coverage on sports players suffering from the effects of game collisions and not just the game of football. The movie works with the character of Dr. Omalu and in great detail we begin to understand the ramifications of concussion in our various beloved sporting games. This movie focuses on football but the theory holds true for hockey, boxing and so on.

Will Smith who portrays Dr. Omalu is truly engaging. With the cadence of his African accent, his gentle and respectful treatment of his subjects in the morgue, he conveys an intelligent and sensitive persona that wins you over. I quickly forgot the Will Smith of comedy and light hearted banter. He was really believable and this garnered him a best actor nomination for a Golden Globe award. The support of the co-stars in this film rounded out the story well. By the time the movie ended I was unexpectedly won over by 'Dr. Omalu' and not at all surprised by the Golden Globe nomination. He deserved it.

IMDB has rated this movie at 7.1/10 stars based on 11,972 viewers. I think it should be higher.



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