

Manzanillo

February 2012

SUN

Manzanillo's Lifestyles E-Magazine

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**CALENDAR OF EVENTS
MANZANILLO**

FEBRUARY

**February 10-13 – Friday to Monday EFREN GONZALES
PAINTING WORKSHOP**

Where: 1101 Lazaro Cardenas Blvd., Las Brisas
Time: 9:30 a.m. to 4:00 p.m.
Contact: Brigitte Cowan brigitteyc@aol.com
Call Brigitte to reserve space. Costs, special activities, etc. TBA

February 12 – Sunday PATA ART SHOW BENEFIT

Where: 795 Lazaro Cardenas, Las Brisas
Time: 5:00pm – 8:00 pm
Cost: 250 pesos – includes cocktail, snacks, raffle ticket
Contact: Brigitte Cowan brigitteyc@aol.com

**February 14 – Tuesday 29TH ANNUAL SANTIAGO
FOUNDATION AUCTION DINNER**

Where: Tesoro Hotel
Time: 6:00 p.m. – Silent Auction
7:00 p.m. – Dinner
Contact: Susan Hess, Benefit Chair 335-1885
“ZLO’s Got Talent” Reserved seating available.
Tickets on sale in January.

**February 26 – Sunday 10th ANNUAL VIDA DEL MAR ART
EXPOSITION**

Where: Main office at Vida del Mar
Time: 2p.m. to 4 p.m.
Cost: No entrance fee
12 artists in a variety of media.

**February 29 – Wednesday 6th ANNUAL FUNDRAISER FOR
THE LIBORIO ESPINOSA**

ORPHANAGE, VALLE DE LAS GARZAS
Where: Hotel Tesoro, Plaza Esmeralda
Time: 6p.m. to 9 p.m.
Cost: To be determined
All inclusive – buffet dinner, drinks, live and silent auctions.

MARCH

**March 7 – Wednesday 5TH ANNUAL CASA HOGAR LOS
ANGELITOS GOLF DAY**

Where: Isla de Navidad
Contact: Jack Babcock jackbabcock@comcast.net

March 22-26 – Thursday to Monday PATA ANNUAL CLINIC

Contact: Stan Burnett stan@patamanzanillo.com

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Fish Life of Manzanillo

By Terry Sovil

Cortez Angelfish

The Cortez Angelfish can be found at depths from 10-100'. They are gray becoming charcoal at the rear of their body. They are found along the Baja down to Panama. They are usually solitary but frequently can be seen in pairs. The juvenile Cortez Angelfish has six curving yellow bands from snout to tail with narrow blue bands between. In transition from juvenile to adult there is a mix as shown in the photo. The juvenile is 1-3" in length and the transitional stage they are from 4-7".

These fish are generally not concerned with divers and are often curious. You can approach them if you move slowly and in a non-threatening manner. They are in the family of Angelfishes. They feature a yellow body bar bordered by black bars behind the pectoral fin. Their size is 8-14" with a maximum size of 18"



Cortez Rainbow Wrasse

The Cortez Rainbow Wrasse inhabits rocky reefs and slopes most commonly between 10-40 feet. They are abundant to common in the Gulf of California and southern Pacific Coast of Baja down to Panama. They can be somewhat wary and will usually move away but can be approached by moving into their direction of travel. They are from the family of Wrasses.

Their features include a Terminal Phase with wide yellow saddle patch behind the head and above the pectoral fin base and a blue to purple head. Their body varies from violet reddish green; blue dorsal, anal and tail fins. During this phase they are solitary and mate one on one with females.

Their Initial Phase has a bright yellow midbody stripe.

In their Juvenile Phase they display a yellow with wide black lateral stripe and another on their back below their dorsal fin. They display a dark upper body and pale pinkish underside. Both sexually mature females and males cluster in large aggregations near reef tops where they spawn in large groups by suddenly rushing upward and forming into a tight ball just before releasing white puffs of gametes. During this phase they also clean other fishes of parasites and debris



Cortez Stingray

The Cortez Stingray is common in the Gulf of California and coast of Baja. They are solitary and inhabit sand, mud and rubble bottoms, often near reefs. They feed primarily on worms and crustaceans. They tend to ignore divers but will bolt when closely approached. They can be found in depths from 0' to 100'.

They are from the family of Round Stingrays. Their features include a brownish disc covered with large black spots and light buff circular blotches. Whitish pupil cover of their eye has a three pronged shape. Tan to brownish gray with scattering of small dark spots. Their size varies from but is commonly 16.5" through the disk.



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Giant Damsel

The Giant Damsel fish have a large, somewhat elongated, disk-shaped body. They are bluish gray to gray. Breeding males have fore bodies of silvery gray. These fish are common in the Gulf of California and the southern Pacific coast down to Panama. They are generally solitary and inhabit boulder-strewn reefs and slopes with good water movement and algae growth. They are territorial and will attempt to chase away intruders. They are especially aggressive when guarding nests during breeding season. They can be seen most commonly in depths of 10 to 25'. They are part of the family of Damsel-fishes. Their features include long, trailing tips on dorsal, anal and tail fins, often with thin, pale blue to white borders. Juvenile have a few scattered brilliant iridescent blue spots on back and nape. They grow from 6 to 10" with a maximum of 12".



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Testing A Relationship

(Or, Surviving A Home Renovation)

By Suzanne A. Marshall

Just a simple renovation, that's all it was! It shouldn't be too messy or disruptive. Admittedly, we'd heard stories of traumatized people dealing with renovations; having limited timelines and an inability to communicate well in Español. But our project was pretty basic. We've enjoyed the convenience of having Mexican staff who have been enormously patient and helpful over the past few years as we settled in to our second home.

We are creatures of habit and have little tolerance for disruption in our nest. But we were simply replacing shower wall tiles and changing sliding aluminum shower doors for glass blocks. I actually have friends who relish renovating homes, knocking out walls and ripping up floors, so I looked forward to the results and didn't worry about the process. How naive can a grown woman be?

Right, so the bathrooms were located away from the centre of the house and the kitchen. We probably wouldn't need to cover everything. At home in Canada, drywall dust and wood fibres tend to float in the air and migrate everywhere so rooms are sealed off with plastic sheets and tape. Surely here, the density of the ceramic tiles and concrete walls would confine most of the mess to those specific areas. Besides, we didn't have plastic sheeting and the like. So we simply made ready by removing mats, towels, and all the miscellaneous accessories that might be in the way.

The project completion time was estimated for one week. Keeping to the deadline was very important for us since we had company coming to stay the following week. On Monday morning, I opened our door to let the fresh air circulate and there sat four men waiting for us. I'm not sure why they didn't ring the doorbell but suspect they were erring on the side of politeness rather than waking us if we were still sleeping.

The crew were equipped with crowbars, power tools and buckets. On the ground floor I could see boxes of tiles and bags of grout complete with big plastic mixing pails. There was obviously no pre-mixed product for these men. And so began the pounding, banging, hacking and scooping as they literally demolished the old tiles and grout.



As the debris accumulated, a very small withered man who must have been at least 85 years old, began his never ending task of loading up the rubble and walking up and down two flights of stairs and out to the back road with each and every bucket load. Surely he wasn't going to do this all day long!! But he did, for several days as long as there was something to take away. His strength certainly demonstrated that this fragile looking man had endurance and would be a fierce competitor in an arm wrestling contest.

Soon, migrating tracks of red clay dust and debris collected through the living areas and past the kitchen. I hadn't thought about the required access path for removal and retrieval of materials nor the dust laden boots and clothing that the men were wearing. The face masks became an important clue. Then I began to notice a silt-like dust collecting on counter tops and surfaces. Off went my internal alarm system as I realized that my inexperienced assumptions were dead wrong. I didn't mention yet that my husband is a techie 'geek'. We live in Manzanillo complete with two laptops; a large flat screen television; 3 phones (one for local Canadian calling, a local Manzanillo line and a building intercom phone); 3 wireless handsets and

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chargers; headsets, modems, printers and other things that blink and beep. Suddenly I knew we had to scramble and without the needed foresight for a do-it-yourself home renovation, we had no old sheets or rolls of plastic that you could typically find in your garage. What garage?

Out came every spare bed sheet and towel we could muster. Having louvered closet doors and cupboards we needed to tape sheets over the doors and basically drape everything we could with covers. There was going to be a hell of a lot of laundry when the week was over. And of course, the next four days would be complete and utter chaos and disruption in our little condo as we could do practically nothing with everything covered and nowhere to go.

Has anyone realized what creatures of habit we become over our lifetimes? I myself am the product of an obsessive, compulsive housekeeping mother, who too late in my life (and hers) told me "dear don't waste precious time cleaning house. Life is too short".

Too late Mom, I was already brainwashed.

With forty years of practise I've managed to rehabilitate myself to a 'neatnick'. Thankfully, I can distract myself and get lost in good books for endless hours. My techie guy, on the other hand, was going to go through some serious withdrawal as his world of electronic activity with the tools of his trade for an entire lifetime ground to a halt on a forced hiatus. I kept a close eye on him expecting facial 'tics' and arm spasms at any moment. With all due respect 'we' both became pretty grumpy as we looked for ways to occupy time and took to eating out in the evenings and going for very long walks (probably a good thing) with no television to watch. We faired quite well away from home but upon return were like a couple of snapping turtles. It was necessary to remind ourselves that this situation was temporary and would be over soon. We uncovered our bed at night and crawled in exhausted

The project was completed on time in spite of some hiccups. We didn't have enough glass blocks to finish the second bathroom and our pattern selection was back-ordered (of course). So we chose another design for the second room and work resumed. When all was finished the dust covers came off. Now, for the folks who may be considering a renovation, and also have the quite common rough Spanish style concrete walls, you'd best think about

hiring a cleaning crew. The red clay and concrete dust sticks to the uneven dimples in the walls right up to the ceilings. Thankfully our cleaning staff had seen this many times and came in with long handled mops to wipe down these surfaces and scrub down the two bathrooms. What a luxury to have the help. If you take care of your own cleaning in your home, my suggestion would be to seal off the work area with plastic curtains and/or whatever you can get your hands on.

Without being patronizing, I have to say that we were very impressed with the work ethic of these men. They were all about getting the job done. They showed up on time working steadily until after 6pm with a hard-earned lunch/siesta in the afternoon. Every day the Mexican contractor showed up to examine the work and ensure we liked what was happening. That gave us a chance to make a few alternative suggestions and we are happy with the results.



Now that some time has passed, we know that we would probably do it again. With the following exceptions:



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Cont...

- Before the project begins we will ask the contractor to ensure appropriate draping to contain as much of the mess as possible. There will always be a mess but minimizing it would be very helpful. It might cost a bit more but will save time and effort later.
- If it's a small place like ours, try and arrange to stay somewhere else until it's over. Many people want to be around to see what is evolving, so checking in regularly is necessary to make changes and ensure communications have been interpreted properly. Find a place nearby.
- In our building, we are fortunate to have experienced and well trusted staff. This is evidenced by the fact that our Mexican neighbors have done many renovations and expansions to their condos over the years and it is always done off-season while they are away in Guadalajara. They come back when it's all over, and no problems have been reported. You may want to consider the same option if you can.
- If a planned renovation is more complex, it has been suggested that a local architect be involved to provide detailed drawings and which layout proper dimensions, wiring and plumbing. It will eliminate 'interpretation' and possible mistakes.

We are planning the addition of another room in our condo at some point in the future. We definitely do not want to be here while it happens. Wouldn't it be wonderful to just show up and have it all done? Wish us luck!

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Real Mexico

By Terry Sovil

In this article we'll continue our look at the Real Mexico. These are the business parts of this country that work and are a primary reason why Mexico is viewed as a good place to invest and do business with. One of the big reasons is the fantastic infrastructure that Mexico has and the global business partners they work with.

Infrastructure

Mexico is a country well connected with quality infrastructure. The network of roads and railroad systems connects the interior and the north and south borders. This connects Mexico to the United States, Guatemala and Belize on the north and south (up or down) and the west and east coasts joining sea Ports on the Pacific Ocean with those on the Gulf of Mexico and the Caribbean Sea/Atlantic Ocean. There are also numerous "dry ports" (distribution terminals) that help connect the sea ports reducing costs and speeding the handling of goods.

There are 50 access points along the border between Mexico and the United States. The annual traffic is 4.7 million trucks and more than 64 million personal vehicles.

Mexico has:

- ✚ 74 open airports (11 for domestic traffic and 63 for international transportation). The state of Colima has an international airport in Manzanillo and a domestic airport in Colima city, the capitol of Colima.
- ✚ 114 sea ports (53 cabotage ports and 61 grand cargo and cabotage ports) with Manzanillo having one of the largest deep water ports in Mexico. A cabotage port involves the transport of goods, or passengers, within the same country by a vessel registered in another country.
- ✚ 27 thousand kilometers of railroads with Manzanillo well connected by rail to Guadalajara.
- ✚ Mexico has 133 thousand kilometers of paved roads (120 thousand kilometers of two lane roads and 13 thousand kilometers of highways of four lanes or more). Manzanillo has excellent roads throughout the state of Colima and good connections to Guadalajara and Colima city by truck, car or bus.



Notice on the map that this is NOT a blueprint or plan. The infrastructure shown is not drawn to scale but shows highways that exist today. This is the NASCO (North American SuperCorridor Coalition, Inc.) routes also called the SuperCorridor and NAFTA Highway. You will see Manzanillo in the lower left with rail and highway connections to Guadalajara and then up to San Antonio. From San Antonio, Texas the rail heads north through Fargo, North Dakota and on to Winnipeg, Canada. From San Antonio it also heads eastward through Kansas City, Chicago and then Detroit/Windsor.

Global business partners

Mexico has been working on diversifying its markets through the use of trade agreements. Mexico has positioned itself as an entrance door to a market that represents 60% of the world's GDP (gross domestic product). That's over a



billion potential customers. Mexico is in the #2 position worldwide, based on the number of Free Trade Agreements (FTA) it holds. It has signed 10 Free Trade Agreements and an Economic Partnership Agreement (EPA), gaining preferential access to the markets of 43 countries that include the largest economies of the world, such as the United States, Canada, the 27 members of the European Union and Japan. Mexico also has 3 Economic Complementations Agreements (ECA) with Argentina, Brazil and Peru, and an Economic Co-operation Agreement with Cuba.

If you look at the photo you will see the NAFTA (North America Free Trade Agreement) is worth 27.7% of the world's GDP but Mexico has a European Free Trade Association agreement worth 27.6% and an EPA with Japan worth 10%. They are working hard to add business partners outside the USA to diversify.

- Promoting the project
- Treatment of the investment
- Transfers and resolution of controversies between the investor and the government and within the government

Mexico has signed 28 of these agreements.

RIPPAs signed by Mexico					
Country	Year	Country	Year	Country	Year
Switzerland	1996	Sweden	2001	Australia	2007
Argentina	1998	Korea	2002	Trinidad & Tobago	2007
Netherlands	1999	Italy	2002	Spain	2008
France	2000	Uruguay	2002	India	2008
U. Kingdom	2000	Greece	2002	Slovakia	2009
Portugal	2000	Cuba	2002	China	2009
Denmark	2000	Belgium	2003	Belarus	2009
Finland	2000	Czech Republic	2004	Singapore	2011
Germany	2001	Panama	2006		
Austria	2001	Iceland	2006		

Source: Ministry of Economy

Agreements	Percentage of World's GDP (%)	Population (millions of people)
North America FTA	27.7	453
FTA Chile	1.9	126
FTA Costa Rica	1.7	113
FTA Colombia	2.1	154
FTA Nicaragua	1.6	114
North Triangle FTA	1.7	136
FTA Uruguay	1.7	112
FTA Israel	1.9	116
European Union FTA	27.6	608
European Free Trade Association FTA	1.4	123
EPA Japan	10.3	236
ECA Argentina	2.2	149
ECA Brazil	4.9	302
ECA Peru	1.9	138
EC*A Cuba	1.7	120

FTA: Free Trade Agreement.
 EPA: Economic Partnership Agreement.
 ECA: Economic Complementations Agreement.
 EC*A: Economic Co-operation Agreement.

Stability

Through a process called a RIPPA - Reciprocal Promotion and Protection of Investments – Mexico offers legal certainty for foreign investment. This is part of an overall strategy set by the government of Mexico to a legal framework that offers stronger protection for foreign investment in Mexico and Mexican investment abroad.

RIPPAs deal with the areas such as:

- A solid definition of the investment
- The scope of application – setting clear definition for what will be done

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Real Mexico
cont.....



Palacio de Bella Artes- México City by Michael A. Levin

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MEXICO COMES TO MANZANILLO

By Freda Rumford



Each year in January, the northern Wal-Mart parking lot becomes a galaxy of brilliant colours as artisans and vendors from all over Mexico descend upon Manzanillo with their travelling fair. Here for two weeks only. At the end of their stay, they head north to Puerto Vallarta and onwards from there.

It is a shopper's paradise for tourists and local inhabitants alike. There are incredible embroidered blouses, dresses and tablecloths, painted animal figurines from Oaxaca, moles from Puebla, furniture from Morelia and ice creams from Michoacán that stand side by side for both tasting and viewing pleasure. Amongst all of the glittering bead and silver jewellery, the unique fashions and accessories are the more mundane candies and honey based beauty products. Let us not forget the Ponche (pomegranate based) and other exotic liquids for spicing up the many different (available elsewhere) tequilas.

The Mole Vendors are very pleased to tell of the fifteen different flavours available and tiny spoons for tasting are readily produced. Having bought some in the past, I was delighted to try a couple of different flavours and

ended up purchasing both a spicy and a fruity mole to experiment with one evening. Not knowing how to cook it, last year I merely heated some in a pan very gently then added a little chicken stock. It worked perfectly well but this year, there is a recipe label on the bag so probably that is how I will treat it this year. Mole, pronounced mō-lay, is a very different and well known ingredient from Mexico, made with a chocolate base and mostly used with chicken. As chocolate is a vegetable that sounds good enough for me!

The ice cream that they are offering, tastes a bit too icy for my taste, but the buns and breads available at two or three of the other stalls looked very inviting. The problem is what to buy?? To me, most of the baked goods all taste the same. But they do look interesting as a group. Usually these sweet breads are served with breakfast and either coffee or hot chocolate. Yum, more chocolate!

The embroidered clothing is absolutely incredible; bright and cheerful, a wonderful souvenir of a holiday in this exciting land. I walked by with eyes averted trying desperately not to look. They are just not in my budget this year but oh how I wished that two or three were. I could



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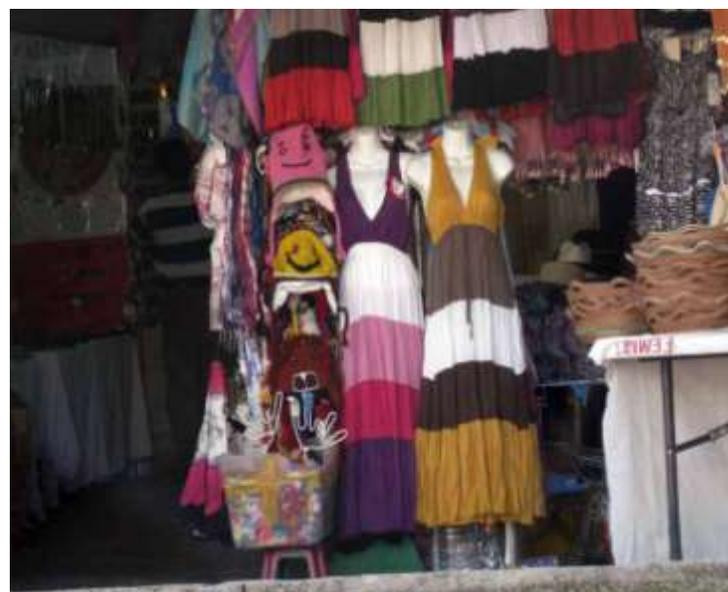


just see myself in the purple one with cascading flowers or the black dress with gorgeous yellow and orange roses. Oh! I promised I wouldn't look. Darn! But that pretty blouse with Oaxacan embroidery was almost too much to resist.

Shoes and sandals of all shapes and sizes abound and are next to lovely, lacy jewellery which the store holder is making as I walk by. This year I note that the wooden beach chairs are available again, as are those made with coloured strings. Hammocks, pots, wall hangings and tablecloths that will surely fit in with any decor are everywhere and placed between booths selling foot fungus cream and knitted ski hats and sweaters.

The only items which bothered me were those which said clearly underneath – made in China! Now come on guys, so far as I know, there is not a town in Mexico named China! It is probably a good idea to look for that name when making your memorable purchase.

Unfortunately, the fair will be over before this article is available but it will return next year, so do be ready! It is not necessary to travel for miles and miles to be able to buy the most beautiful regional treasures.





WORDS THAT SOUND THE SAME. By Martha Martinez

In English, words that sound the same, but have different meanings are called Homophones. For example: There, Their, They're. Here are some Spanish homophones.

- BELLO.- beautiful
- VELLO.- bodily hair
- BIENES.- property (house)
- VIENES.- to come
- BOTAR.- throw away; bounce (ball)
- VOTAR.- vote
- GRABA.- to record
- GRAVA.- gravel
- HIERBA.- weed
- HIERVA.- to boil
- TUBO.- pipe
- TUVO.- had
- ESTATICO.- not moving
- EXTATICO.- ecstatic
- CIEN.- hundred
- SIEN.- side of the head
- COCER.- to cook
- COSER.- sew
- AZAR.- random
- ASAR.- to broil
- CAZAR.- to hunt
- CASAR.- to marry
- CAZA.- hunt
- CASA.- house
- ASTA.- stick
- HASTA.- until
- HECHO.- made
- ECHO.- to put in

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Exercise on the Beach

If you come from a climate that experiences less than perfect weather, you know it can be difficult to get the recommended 2.5 hours of moderate activity each week. I'm from Wisconsin and am NOT looking forward to heading out in below zero weather to go the gym. But, here in Manzanillo we have no excuse. The weather is beautiful and there are plenty of activities to help you stay healthy and happy! If you need some motivation to get out, there are plenty of dogs who need a home and would love to enjoy a walk every day. Click [here](#) for the PATA website, you might just find a great workout buddy!

While the beach is great place to relax and drink beer, it is also a great place for a workout. There are countless activities you can do at the beach that will provide you with health benefits, though they won't seem like exercise at all. Enjoy the fresh air, sounds of the ocean, and the sand under your feet as you get into these exercises that are suitable for your next trip to the beach.

Start with a warm up on hard sand, walking briskly and swinging your arms. Remember, walking or running on an irregular, inconsistent surface such as sand, the forces that go through the feet, ankles, knees and hips vary dramatically and can predispose you to injury in any one of these body parts. It is therefore important to take care to watch where you are running and to warm up properly. You don't want to fall into one of the many holes that kids like to dig in the sand. Also remember to wear sunscreen and stay hydrated. It is best to hit the beach early in the morning but I also see many people out after dark although these seem to be the really hard-core triathlon types!

After a 5 minute warm up, you can increase the intensity by moving into soft sand. Keeping the same pace and pushing through the soft stuff will really get your heart pumping and

build leg strength. Another option is to run as fast as you can for 10 seconds, then walk for 1 minute. Run for 20 seconds, walk for 1 minute. Run for 30 seconds, walk for one minute. Do this series 3 times- whew- you are sweating now! If this is too intense, start with one series and build up as you increase your cardio endurance.

Halfway through your walk/run is a great time for some stretches. Your muscles are warm and you aren't too tired. If your heart is beating quickly, slow your pace, take some deep breaths and cool down a bit before stopping. Never stop suddenly when your heart is pounding, it can lead to dizziness or fainting.



Start with some knee lifts, these are easy but can be a challenge on sand. You can do this while standing in place or walking. Slowly lift your knees, one at a time, up in front of you just until you feel a bit of tension in your hamstrings and glutes (back of legs and butt). Alternate legs until you have done 10 on each side.

Next, do some slow bends. Stand with your feet shoulder width apart and a slight bend in your knees, arms out front with palms facing your body. Slowly bend at the waist so your fingertips move toward your feet. When you feel your hamstrings tighten, pause for a bit (3 seconds) and return to the start position. Do 10-15 of these, stretching a bit more each time.

There are lots more stretches and strength moves that you can incorporate but in the interest of space, let's continue with our walk. Keep those arms swinging, (yes, I am the one walking with



Manzanillo's Lifestyle E-Magazine
FITNESS and HEALTH



her arms pumping up and down, back and forth, and every which way!), and have a spring in your step. Before you know it, 30 minutes have passed and you feel great. Strive to do this 5 days a week for optimum health benefits. Of course walking is great for cardio endurance and toning your legs and butt, but your arms are always on display so why not give them a workout while we are at it. Get a pair of 5 pound dumbbells and carry one in each hand while walking. Do not do this more than twice a week and don't swing your arms too much. Hold your arms at a 90 degree angle and close to your sides. Make sure you don't go too far from home - trust me, your biceps, triceps, and shoulders will get tired from just that bit of extra weight. Stop walking and do some bicep curls, shoulder presses, and tricep kickbacks for extra credit.

While the beach is great, it is mostly flat so shake things up by finding a course that incorporates some hills. I walk on Playa Miramar and one of my favorite routes is walking to Palma Real and taking the hill up to the top. It has a paved section so you aren't on cobblestones and the view at the top is lovely when stopping to catch your breath. Don't be afraid to walk down and then climb it again.

You don't need lots of fancy equipment to stay in shape; I have a pair of dumbbells, a band, an exercise ball, and a mat- all of these items can be purchased right here in Manzanillo. If you don't want to invest in equipment, there are many body-weight exercises that will help you build and retain muscle. I would be happy to help you create a routine or develop a workout that will fit your needs, contact me at karzlo@hotmail.com. We can hit the beach together!

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MEETING MR/MS RIGHT

By Freda Rufford

When we were young, meeting persons of the opposite sex was really so easy. Still at school, we would eye others in class and get a pretty good idea of who was interesting or otherwise. Who had a sense of humour? Who was the class clown and who wasn't?

It was not such a good idea to form attachments in the work place, as many of us discovered and learned a little too late. But there were always the after work parties and the dullest workmate often had the neatest brother or sister. Church and the Church socials or dances were incredible hunting grounds, as were local hops and barn dances.

But now, we are in a very different world and at a different age, so what is one to do? As said by the King of Siam in "The King and I" - "Tiz a puzzlement!" It was astonishing in discussing this difficulty with many friends; just how many of them used the "Matchmaker" or "Yentl." Not literally of course but the new age equivalent - the "Dating Site" on the Internet.

Being totally unacceptable to many people, the Bar scene is fraught with danger. Bar flies and drunkards along with errant spouses on the hunt for a little extra curricular excitement, can quite often make a hunt for a mate literally dangerous. How is it possible to recognise a drug dealer or a person with STD's over a glass of beer or two and behind that attractive smiling face?

How is it possible when feeling happy after a couple of glasses of wine to know that something hasn't been slipped into an unattended drink and making one a target for the night? There is no way to check a background in the way we used to. There is not always an intimate friend to take you aside and say "watch out he/she is bad news". Often, not even a friend to make sure that one doesn't leave the party alone or walk in places that could become serious trouble.

As an adult, one would expect that along life's path, we



would have become cognisant of these dangers but such is not always the case. Often we have led a fairly safe and sheltered life when all of a sudden, things change and it is impossible to know what to do. Coupled friends are not always as helpful as they may be but sometimes a little too helpful as they introduce totally inappropriate people to pair up for a dinner and the movies.

Enter the Dating Services: E-Harmony.com, Match.com, Plenty of Fish and many others. Which one of these to choose? All offer the best pre-selection or background checking as well as promising to supply ideal companions directly to your computer in the safety of your home. Does this, in fact, happen? No way Jose! Specifying a female person within 50 mile of home base and between the ages of 40 to 60, can produce a lady of 25 with totally different interests and who lives 300 miles away. Who is to say that the 67 year old man with the pleasant smile is not actually who is pictured but a nasty individual on the prowl?

If these people are being vetted, would not someone realise that the picture of a 25 year old stud is not a 57 year old doctor who is looking for someone of similar vintage. A lady requesting a gentleman of a certain age can be quite surprised to receive a request to meet from another lady. A gentleman asking to meet a lady in her fifties with particular interests was astounded to meet a lady in her early forties with a professed desire for flagellation and sadomasochism. As in all persons unknown, it can be a "crap shoot" to meet a person of similar ideals and desires as it is with a friend's friend. Is it really necessary to have to write to 189 persons supposedly interested in finding a companion, or a mate, before having a response from just two? Are there really



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people behind the photograph of an 'ideal match' or are these past enrollees who have moved on and not now available anyway?

Occasionally someone hits the pot of gold at the end of the rainbow but more people become disenchanted or even doubt their own attractiveness. Never the less, it is now a way to meet people other than the old tried and true methods which are no longer possible. Just pay the \$45 a month and you can shop for men or women to your heart's possible content. That part is really fun, it is only when no answers arrive that it becomes a dismal way towards despair.

Some are obviously lucky as more and more friends admit to meeting on line, and perhaps marrying a person that never in a million years would they have met if looking for themselves. The secret is in weeding out the unscrupulous ones preying on their unsuspecting victims. This has happened many times and been reported in newspapers over recent months. As in all things, it really is 'buyers beware.' Watch for peculiarities and tales that just don't add up whichever way they are counted. But if you are amongst the fortunate, congratulations are in order; you have hit the Jack-Pot.

- ✓ Follow some common-sense rules and you'll have fun and avoid the bad stuff.
- ✓ Don't fall victim to an online scam. Be very suspicious of someone who starts a correspondence, and then asks you for money. For any reason.
- ✓ Make use of the anonymity the respectable dating sites offer. Don't use your real name as your user name and never give out your email address.
- ✓ Most dating sites have anonymous on-site email. And for good reason.
- ✓ Don't use your personal email address to correspond until you know and trust the person you're corresponding with.
- ✓ Some dodgy sites don't even feature real human beings! The CyberLover is a computer programme that mimics a real human being. The aim is to get personal information from you. Don't fall for the Sexbot!

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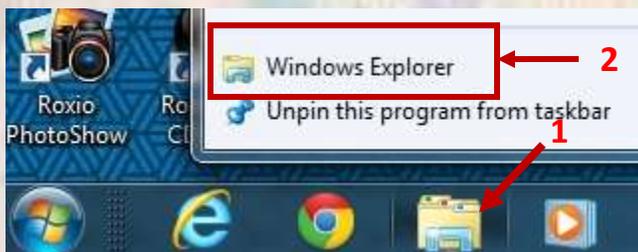
MAKE WINDOWS EXPLORER OPEN IN THE LOCATION YOU WANT

by Vivian Molick

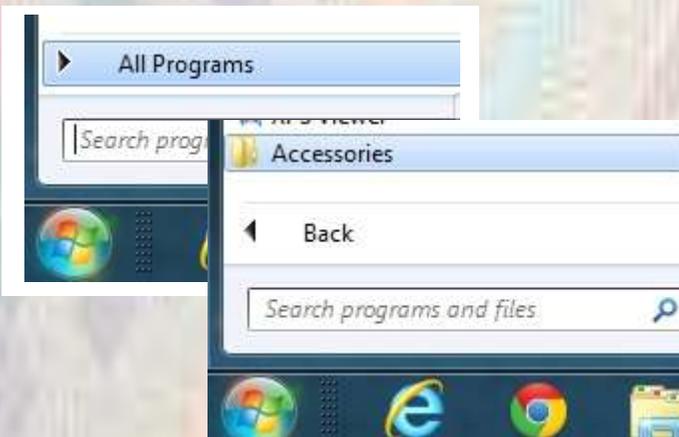
Do you use Win 7? You know how when you go to save something or look for something, how the Windows Explorer window opens up in Libraries? I don't know about you, but I like mine to open up like it did in Windows XP... in My Documents as the default. Today I'm going to show you how to do that.

First, you need to get to the Windows Explorer properties window. There is more than one way to do that, as it is with most things on the computer. Here are a couple of options to get there:

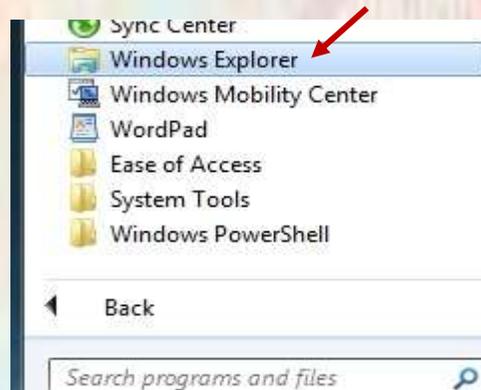
1. Look on your task bar (usually at the bottom of your screen where you will see various icons). *Right-click* on the Windows Explorer icon (usually looks like manila folders), *right-click* again on the Windows Explorer icon in the window that pops up.



2. If you don't have the Windows Explorer icon in your task bar, you can also get to the icon by clicking on the Start button and click on 'All Programs'. When the 'All Programs' opens up, scroll to and click on the 'Accessories' folder.



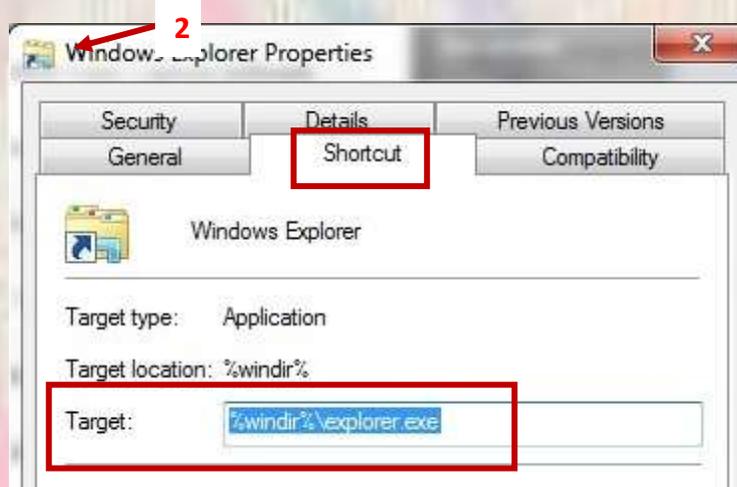
When the 'Accessories' window opens, *right-click* on 'Windows Explorer'.



After that, another little window will open and you will click on 'Properties'.

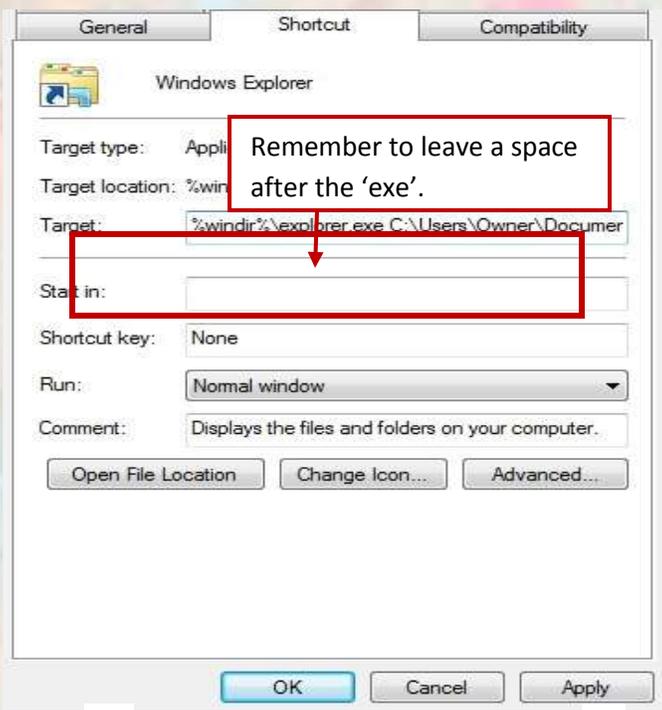


Now, when 'Properties' opens, make sure you are on the 'Shortcut' tab. Notice the input box next to 'Target'. Now, you are going to type the address location that you want Windows Explorer to open in.





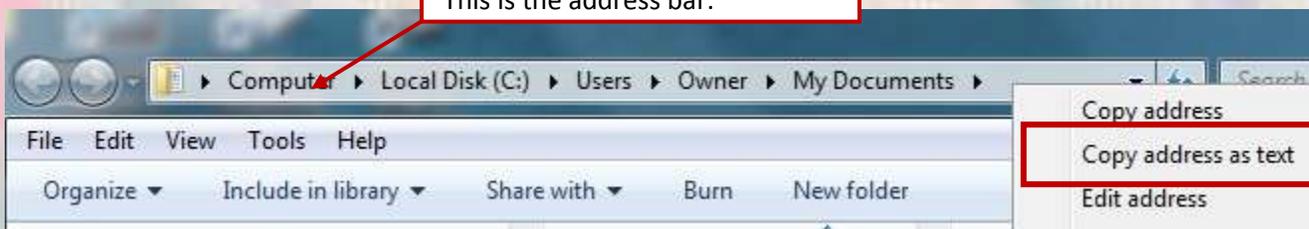
For example, mine looks like the image below because I have my 'Windows Explorer' opening in 'My Documents'.



Now, click on 'Apply' and then 'OK'. Close any windows that remain open. Now, re-open your Windows Explorer, notice where it now opens. (Mine opens in My Documents... yours should open in whatever location that you typed in.) Is that cool, or what?!

****Note:** If you don't know how/ or don't feel comfortable typing location addresses on your computer, here is an easy way to accomplish this task without having to type the address. Go to the location where you want Windows Explorer to open. Go up to the top of the window and look at the address bar... it will give you the complete path to the proper address. Right-click on that address path and click 'copy address as text' in the little window that opens.

This is the address bar.



Now go to the 'Properties' window and click on the 'Target' address and hit the spacebar once, then right-click and click on 'Paste'. Now, click on the 'Apply' and then the 'OK'... Done!

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