



Manzanillo **SUN**

June 2017

coastal Mexico's lifestyle magazine

Colombian Navy Tall Ship
by Allan Yanitski



Colours of Mexico
Nature's Wonders
Finance
Mighty Nature
Mexico Living
At the Movies
Technology
RV Travel
Around Mexico
Path to Citizenship

*allan y
2017*

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To send submissions for possible inclusion in the magazine, please send to the editor by 15th of each month. We are always looking for writers or ideas on what you would like us to see as topics for the magazine.

Article submissions:

- Preferred subjects are Manzanillo and Mexico
- All articles should be 1000 words or less or may be serialized or 500-750 words if accompanied by photos
- Pictures are welcome
- Comments, letters to the editor, articles, photos and advertisements are always welcome

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A Perfect Weekend Getaway

story by Suzanne Marshall, photos of Lake Chapala and Ajijic by Allan Yanitski

It's not that there isn't much to do in Manzanillo, believe me; but the freedom to get away for a weekend, any time, is such a luxury of retirement. Over a year ago, we liquidated our home and all of the accumulations of living our entire lives in Canada. Yes, I do confess to that typical small storage unit we left behind with precious memories and items we can't quite figure out what to do with yet. On each visit back we remove a few more items, and so it goes. We have still found ourselves unexpectedly liberated.

I say unexpected because the process of liquidation itself is daunting and stressful. There were days when you could only ask yourself, why am I doing this again? But, of course, all you have to do is just look forward to the nest you've created in gorgeous Manzanillo, the people, the weather and the ocean and your heart soars again.

Though you love your country, age has a way of giving perspective to new adventures and the quality of life here for an aging retired couple is not easy to beat. In fact, this year, Mexico has become the number one retirement destination for its economy, weather and amenities. (International Living Magazine).



A view from a local resort in Manzanillo with Playa Salagua, Manzanillo

This is our first full spring season in Mexico because last year we were visiting our families in Canada about this time. Next, we will head into our second summer and the rainy season which we found we coped with rather well last year. Like the arctic blast of winter that sets upon us regularly in Canada, you do adapt and move your way through the seasons with acceptance and an increased awareness of Mother Nature's presence on any part of the planet! And sometimes it's pretty fascinating when a tropical storm hovers over the bay and the skies unleash a light show like none other. Those replenishing rains are what give the world those Mexican treasures such as



It's not hard to fall in love with a view like this from one's own bedroom window overlooking the Manzanillo Bay.



A spectacular lightning storm such as this photo over the bay, depicts exactly what I watched during rainy season from the terrace of our beachside condo in Manzanillo.

The sound was spectacular, too! This is truly an example of the incredible force of nature.

...a Perfect Weekend Getaway



Palapas are seen everywhere in Manzanillo and used for open-air outdoor lounging, terrace covering and shade over many beachside restaurants.

bananas, limes, coconuts, mangoes, avocados, peppers, sugar cane, coffee, and so on.

However, with spring upon us, the time for insects has also arrived and much of Manzanillo is selectively treated with fumigation necessary to control the mosquitoes and other various species such as ants etc.. This includes our condominium complex, which will be carefully treated to fumigation both inside and out.

I'm one of those people that will sometimes feel badly about the way humans invade nature's world with our own interests at heart. But when it comes to avoiding insect borne viruses

such as Zika and Dengue, I truthfully want protection. Those charming palm palapas over the terraces where we live are wonderful and quaint but the insects love them, too. They make wonderful nesting sites. So we decided to escape for a three day weekend and have a new adventure.

There are numerous weekend getaway destinations within one to four hours by car (or bus) from Manzanillo. Choices for our retreat included Barra de Navidad, La Manzanilla, Cuyutlán, Comala, Colima City, Tequila, Guadalajara and so on. All of these locations harbor interesting tours and quaint hotels to enjoy. But we decided to return to the Lake Chapala and Ajijic areas which are about three hours down the road in the state of Jalisco. Admittedly, a trip to the Costco store in nearby Guadalajara was also beckoning in order to replenish our wine and other supplies.

The two cities/towns of Lake Chapala and Ajijic are well known for their attractive location to expatriates from both Canada and the United States. Many are attracted to the moderate, dry climate and the ease of access to and from the Guadalajara airport. The elevations in this area top 5,000 feet, which eliminates the humidity that we coast lovers often seek. The combined population of these towns is around 40,000 with a retiree and residential tourism number of 6,000 and growing to 10,000 during peak winter season. Nestled in the hills about 45 minutes outside of Guadalajara, Lake Chapala itself is the single largest source of fresh drinking water in Mexico and services the city of Guadalajara (4-6 million people).

The drive on the toll highways was uneventful and fast, since recent upgrades are now largely completed and the four-to-six lane freeway is in excellent condition. There are service stations, restaurants and points of interest along the way. I am still awestruck by the continuous landscapes of mountains, valleys and rivers. I recall my first trip years ago, and my expectations of dry plains and cactus. Naturally, I had not done my homework.

Depending on the time of year, fields of sugar cane pampas blooms can be seen as far as they eye can see. Many times, as

...a Perfect Weekend Getaway



The world famous 'Volcán De Fuego' near Colima City, Colima.



The beautiful Sierra Madre mountain range forms part of the vistas to be enjoyed driving to the Lake Chapala area.



Lake Chapala offers a long and inviting beautiful lakeside malecon for strolling,

the highway skirts the turnoff to Colima City, the world famous Colima Volcano (Volcán de Fuego), which has been very active over the past few years, can be seen puffing out billowing clouds of smoke. It is such a perfectly-formed mountain and meets my childhood imagination of what a true volcano must really look like. Getting closer to our destination there are also those glorious fields of blue agave plants which will provide the basic source ingredient for Mexico's world class tequila distilleries.

Arriving at our Chapala lakeside destination, we quickly checked in and headed out for a 'walk-about' down the lakeside malecón. We had food on our minds and wanted to find some places to have dinner and mill around the numerous local vendor displays and central attractions located along the lakeshore.

Situated right in front of the lake is a long open park area with

several fountains, picnic areas and vendor displays. There is also a lovely malecon that skirts the area and presents a perfect picture for photos and sauntering along the lake.

The following morning, we had a lovely breakfast and decided to drive over to the Ajijic area just a few miles/kilometers down the lake highway. There is a lovely central square there and we recalled having seen an artisan vendor on a previous trip who sold beautiful authentic carpets. I had my heart set on finding something to bring back to our condo in Manzanillo. Having parked nearby (an advantage to our low tourist season timing), we did indeed find our vendor and had an interesting discussion with her about the family crafters. It is her husband who weaves the assorted and colorful carpets and she is responsible for handling the display and sales of their beautiful work.

I was thrilled to find two lovely pieces which we purchased. She

...a Perfect Weekend Getaway



Our lovely and quiet Lakeside bed and breakfast included beautiful interior gardens and lounge areas.

was very happy, too, as I am confident that sales are much slower at this time of the year. She was a lovely, animated person and was proud to show us a published book of the Ajijic area which featured photos of her and the family crafts.



A lovely and interesting woman selling the family's hand-woven carpets in the central square of Ajijic, Jalisco.

One of the most wonderful things about living in Mexico is the outgoing and friendly nature of the people. They are so warm-hearted and engaging. We found ourselves a few steps down from our carpet vendor, having a deeply interesting conversation with a man named Mario and his wife. They were selling silver jewelry and various assortments of polished stones and pendants from the local area. We were invited to sit and chat with them as Mario worked a piece of silver and related a most fascinating tale. Needless to say, his English was excellent.

Many years ago, he was part of a group that was running an eight-month odyssey in Canada and Alaska as messengers of the earth. I never really did understand exactly what the message was about (though apparently non-religious) but his stories of the outdoor relay running and sleeping under the stars were spellbinding.

He mentioned, specifically, many areas that my husband and I



A man named Mario, making and selling silver jewelry in the Ajijic central square – a fascinating story teller!

are very familiar with including the names of towns, highways and areas in northern Alberta where we had both lived and travelled. We knew the stories were not fiction.

His experiences on the journey and his close encounters with wildlife, including a wolf and a bear, were captivating. I wish now that we could have spent more time with him because his memory and spirituality linger in my mind. I was very drawn to the goodness and depth of his soul. This lovely encounter will stay with me forever.

The central square in Ajijic is typical of most towns and cities

...a Perfect Weekend Getaway



A beautiful tree trunk carving on the square. A different artistic collage from every perspective. Town squares typically host a beautiful gazebo with gardens, benches and pathways.

in Mexico. These are places where people meet and socialize. There are always beautiful cathedrals, a central gazebo, gardens, benches and walkways. This square displayed some really unusual carvings made from the old trunks of trees. What a wonderful way to make something beautiful again for the enjoyment of artistic expression and the appreciation of viewers.

Having lingered in the park for hours, it was time to satisfy my craving for pasta at a recommended Italian restaurant along the main route back to our hotel. We did just that at La Taverna Dei Quatro Mori where we lapped up the excellent cuisine then headed back to relax and ready ourselves for our return to Manzanillo the next day.



Central square—Ajijic.

We found our way through the Guadalajara traffic the next morning (yes it can be done!) and later, with our trunk loaded with wine and various foods requested by a few of our friends, we headed home to Manzanillo.

One of the additional observations I made as we enjoyed our beautiful vistas yet again, was that the views are somehow even more spectacular travelling in the western direction.

I have concluded that the difference in view is because the journey back is mostly a graduated downward sloping drive; giving the most perfect views of the hills and valleys from a higher perspective. When driving in the opposite direction, you are not aware of just how much climbing you are doing from sea level. That 5,000+ foot elevation makes a surprising difference, like the view from a mountain top. Another impromptu and enjoyable adventure is complete in wonderful Mexico; no agenda necessary, just a bit of planning and a sense of adventure.

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by Tommy Clarkson

African Spear *Sansevieria cylindrica*

Family: *Asparagaceae*

Also known as: *Cylindrical Snake Plant*, *Spear Sansevieria*, *Elephant's Toothpick*, *Bow String Hemp* or *Skyline Spear Sansevieria*

The evergreen perennial succulents of the *Sansevierias* come in several forms and are capable of surviving for generations. Many call them Snake Plants or Mother-in Law's Tongue. They are hardy, equally out of doors – where they make excellent accent plants or massed in planters - or inside where they function as cleaners, removing harmful pollutants.

Very importantly to some, none of your digits – thumb foremost – need to be green to grow any of the plants of the *Sansevieria* family. In fact, the African Spear virtually thrives on neglect!

The *Sansevieria cylindrica* has striped, (very) firm, round – as opposed to strap-like - leaves that are smooth and a green-gray color with a striped pattern or, in some cases, just dark green color. Each pointed, tipped leaf is about 1 inch (3 cm) thick and may grow to a height between 3 feet (1 meter) to 7 feet (2 meters). From a basal rosette, these stiff, erect leaves grow fan-shaped. The many, fragrant, clustered, 1 inch (3 cm) greenish-white, tinged with pink, tubular flowers, rise on a long, straight stalk from the base of the spears. Sometimes, these flowers may be followed by spherical orange-red berries of about .4 inch (1 cm) in diameter.



Early mornings and in the evenings the flowers have a sweet, delicate scent.

Not requiring the deductive powers of Sherlock Holmes, you have probably already discerned it is from Africa – Angola, in specific. It was first described in 1837 by Wenceslas Bojer and received its name from a competition conducted by a Dutch national newspaper. Though the African Spear is reasonably new to the United States, folks in the United Kingdom and Australia have been growing them for some time and, in all candor, I have no idea how long they've been enjoyed here in Mexico - but I've not seen many!

There are a few variants to the basic species of *Sansevieria cylindrica* – but all very hardy. While some growers have experimented with braiding or shaping the basic plant, I'd encourage that they be left to their natural fan-shaped attractiveness.

Have we emphasized "hardy" enough? One writer called the African Spear the ultimate "bullet-proof plant", as it is exceptionally survivable. It can put up with high light, deep shade and the various hues in between - this said, mine thrives in direct

...African Spear

sun, all day, on the Pool Terrace. It is not affected by low humidity, lack of water or sporadic fertilization.



The fruit/berries turn red before ripening and falling off.

They are equally at ease inside and out. Heck, they'll even tolerate being root bound. But, the line must be drawn somewhere! While the *Sansevieria cylindrica* can survive some 30 degree (F) nights, it can't handle a hard freeze. Normally speaking, they would like to be in at least 50 degree (F) climates. Now, that all having been said, they would really appreciate it if you planted them in somewhat sandy, well-draining, soil as their roots like - not one little bit - sitting in water, as that tends to make them rot.

So what, exactly, are those water needs? During its growth period, water only moderately with enough to moisten the potting mixture thoroughly - but allow the top couple of centimeters of potting mixture to dry out before watering again. During your *Sansevieria cylindrica*'s rest season, allow at least half of the potting mixture to dry out before giving it a drink. Food? Apply a liquid fertilizer about once a month to all plants during their active growth period.

When planting in the ground, space each specimen so as to

allow clumps to form and develop properly. If they are planted too closely together, there will not be enough room for their roots to stretch and expand, rendering them incapable of reaching their full height and bloom potential.



No, that Mejool Date Palm is on the Transition Terrace below and behind our African Spear thriving in a pot on the Pool Terrace.

As to any additional care you may wish to extend to your African Spear, you might (every so often) wipe its leaves with a damp cloth to keep them dust-free. These are tipped with narrow awl-shaped points which one should take care to not damage as a leaf with a broken tip will stop growing.

Seeking others? While these plants can be divided when several spears are present, it's really simpler and better for all concerned - the plant and you - if you just bought a new one! I would, however, encourage repotting annually or every other year in the spring.

Let's see: *Hardy. Unique. Long living. . . . A great plant!*

Get your copy of *The Civilized Jungle: Tropical Plants Facts & Fun From Ola Brisa Gardens (Volume 1) Paperback* - December 2, 2016 on [Amazon!](#)

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Great Answers to: Where Do I Put Extra Money?

by Yann Kostic

It's a long-standing issue and the subject of much debate: If you have extra money, which should you do first - pay off debt or invest?

In fact, you have three options. For example:

You can use extra money to pay off debt. Whether you should pay off a mortgage, a car loan, credit card balances or a family member's student loan before investing depends on the interest rate of the debt. The "magic number" will vary by individual but, broadly speaking, if the interest rate is higher than 10%, you should pay off the debt. Why? Because you are unlikely to get that high a return on a stock market investment over the long term.

Use any extra money to invest. If, however, the interest rate on your debt is low, you may want to consider investing before you pay off your debt.

Generally speaking, if the interest rate is lower than 5% (as it could be on your mortgage, for example) you may be better served by investing your extra money in stocks or stock mutual funds.

What about bonds? In fact, bonds may not be the ideal investment, as their yield is currently low.

So with an interest rate on your mortgage of, say, 4%, purchasing a bond or bond fund that yields approximately 2% wouldn't make sense.

Note: For US taxes, it looks like whatever and whenever congress decides what happens to tax rates, the sacrosanct mortgage interest deduction will remain untouched for the foreseeable future, so do not forget to factor it in your calculation.

Use some of the extra money to pay off debt, and some to invest. You could also use a portion of your extra money to pay down your debt, and invest the remainder in stocks. Perhaps start at 50/50, then adjust based on stock-market performance. For example, in a rising market, you might put 75% of your extra money toward stocks and use 25% to pay off debt.

For many, this option's a win-win. But just to be sure, ask your advisor.

Note: This material has been prepared for informational purposes only, and is not intended to provide financial advice for your particular situation.

Yann Kostic, MBA and Tom Zachystal, CFP, are Presidents of their respective Assets Management firms, both US-Registered Investment Advisors (RIA). Tom is the San Francisco Financial Planners' Association President. Tom and Yann cater to US expats in Mexico and worldwide. Comments, questions or to request his newsletter,



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by Tommy Clarkson

Beefsteak Plant *Acalypha wilkesiana*

Family: *Euphorbiaceae*

Also known as: *Joseph's Coat, Copper Leaf, Copper Plant or Match-Me-If-You-Can Fijian Fire Plant, Fire Dragon Plant or Redleaf*

(This seems to be a family of interesting names. Its close kin is the Chenille Plant – or Red Hot Cat's Tail - (Acalypha hispida)).

Much appreciated by gardeners, Beefsteak Plant has been enjoyed for many years. A Fijian native (though some contend it originated in the general, overall Melanesia area), it grows as a medium-sized, evergreen shrub and the highly colorful variety could rather easily be mistaken for an overgrown Coleus.

As to its living environs, it prefers being rooted in partial shade, but shows its colors best in a full sun. In inadequate light, they will tend to become leggy. Further, in low light, it will lose its variegation, while its cousin, the earlier mentioned *A. hispida*, simply will not flower.

But, properly placed, this sprawling, dense evergreen can find meaningful work as a hedge, screen potted/tubbed specimen. They can - emphasis on the word "can" - withstand drought and poor soil, but keep them away from wind and salt spray.

When the old botanical chips are down, the *Acalypha wilkesiana* will grow in just about any moist soil. (Note: The operative word there was "moist".) Of course they need well-draining soil

but endeavor to not let them dry out between waterings. Striving to survive, lack of water is a wholly different lifestyle than regularly enjoying a deep-bottomed drink or two – *to which I can well relate!* It's a pure and simple gardening fact that wilted Beefsteak Plants are very difficult to rehydrate. *(And no, an electrolyte drink will not work on your plant pal.)*



A. wilkesiana 'Marginata' has olive green leaves tinged with bronze and margined with a line of carmine-red.

As I was - up north during the cold, dry-air winters – they, too, are very sensitive to lack of humidity. In yet this other regard we well relate to the Beefsteak Plant – they need, want and demand warmth. Anything below 61° F (16.11° C) is definitely not a place they care to be!

It has a closely arranged crown and can be recognized by its alternate, kidney-shaped – or ovate – leaves and either a mottled red surface or white-toothed margins. Three-dimensionally cupped, these range in size from three and half to fourteen inches (8.89-35.46 cm). Hidden amongst those leaves, the inflorescence doesn't show up easily.

The flowers themselves are rather inconspicuous with the female having but a few. The flower spikes – found on the male

...Beefsteak Plant

plants - can reach nearly eight inches (20.32 cm) and are ¼ inch (.64 cm) wide. However, should flowers appear on young plants, remove them so all its efforts may focus on helping it reach its full potential.



The flower spikes – found on the male plants - can reach nearly eight inches and are ¼ inch wide.

In their native environs, they can often grow to a 10 feet by 10 feet (3.04 meters), or even larger, size. However, "in captivity", they tend to be around 4 foot (1.22 meters) – both vertically and horizontally. If you wish them potted, plan on figuring close to 3 feet (.91 meter) all around.

Food-wise, they like extra portions. This simply means that, during its growing season, one should fertilize it every two weeks or so. I suggest that, each spring, in addition to your all-purpose plant fertilizer, that you add some potash, which will enhance the leaf colors.

If planted outside - *in the loving words of my plant-loving Grammy (though I never could exactly figure out how this was quite accomplished) - "Keep your eyes peeled"* for mealybugs and red spider mites to which these plants are especially vulnerable. If potted and used indoors, mind a watchful eye for scale insects, spider mites and, whiteflies. In your garden, the Beefsteak Plant is vulnerable to downy mildew, powdery mildew, rust leaf spots and fungal root rot.

An intriguing cultivar that has rather unique fringed-leaf margins is called a Picotee Acakypa ; *A. wilkesiana 'Godseffiana'*

(sometimes called *A. godseffiana*) has shiny green leaves with creamy white margins; *A. wilkesiana 'Macrophylla'* has more nearly heart-shaped leaves than oval, of russet-brown with pale brown margins; *A. wilkesiana 'Marginata'* has heart shaped, olive green leaves, tinged with bronze and margined with a line of carmine-red; and, *A. wilkesiana 'Mosaica'* - the Giant Red Leaf - has heart shaped leaves that are bronze-green with orange and red markings.



This sprawling, dense evergreen, can find meaningful work as a hedge, screen potted/tubed specimen.

They can all be easily propagated by stem cuttings. (I encourage that you use those trimmed-off stem cuttings to start new plants.) With proper care, these add a dramatic contrast to the many green hues of one's garden.

For back issues of "Roots", gardening tips, tropical plant book reviews and videos of numerous, highly unique eco/adventure/nature tours, as well as memorable "Ultimate Experiences" such as Tropical Garden Brunches



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Lightening Storms, Electricity and Appliances

by Terry Sovil

Living in a beautiful spot like Manzanillo is fantastic. The weather here can vary but it is generally sunny and nice. Or HOT and HUMID. In the past, we talked about expensive personal items like computers, cameras, tablets etc. This time we want to focus on our appliances. There are many problems and no one easy answer as every appliance has different needs. Cost would prevent use of some big, expensive power conditioners. So we'll talk about some practical options to protect your investments. The only real defense is to unplug all of your devices and appliances before the storm arrives!

Mexico has some monstrous storms but has other electrical issues as well, with things like:

- Low voltage
- High voltage
- Transient spikes and drops
- Rapid on/off cycling
- Voltage surges
- Lightning



Lightening is powerful

Home

Power lines and phone networks have fairly extensive protection but, even when lighting storms are more than a mile away, they can still cause damage.

A good place to start is where the electricity enters your home, at the meter. Install some quality lightning arresters just after meter. This can help protect from lightning and current surges. A lightning surge can overwhelm even a good Un-interruptible Power Supply (UPS), voltage transformer, voltage stabilizer or

surge suppressor. It also does not stop entrance on phone lines and cable/internet lines. Unplugging your expensive appliances is a good solution but remember it is more than just the electrical cord! Unplug the routers, phones, etc.

I read about a Cyber Power CP1500AVRLC, a UPS, with a lot of features and protection against brownouts or total power loss. It shows your current voltage, regulates the voltage and keeps it at a constant 120v. This won't handle all of your appliances but may work well for computers and TVs. Laptops can still work during a storm if you don't have it plugged into the a/c (wall socket).



Do not try this at home!

Appliances

Microwaves are very sensitive to power issues. They should be high on your list of items to protect.

Some of the high-power ovens today (1600 watts) will not run on a typical UPS. An entry-level dedicated voltage stabilizer (2000 watts) can be purchased for \$75-80 USD. They also offer a bit of spike protection. This combination will also help protect a refrigerator. Older refrigerators, washing machines and dryers, with no electronic controls, probably need no protection. They will work well with voltage spike and surge suppressors that can be purchased for \$30-50 USD.

Air conditioners need protection from direct lightning strikes and ants. To protect your unit when a storm is coming, turn off the breakers leading to the unit. Ants use the electrical wiring conduits as highways. Buy some ant powder or boric acid, open the electrical outlet and sprinkle the inside bottom of the outlet.

...Lightening Storms, Electricity and Appliances



After the power surge

The TV, stereo and satellite receiver can benefit from some protection, but they are nowhere near as sensitive to power problems as computers or microwave ovens. Since they consume low power, they can be protected with a cheaper UPS (\$40-90) or a good (1000 watt) voltage stabilizer (\$35). TV's do NOT like being jolted on and off! This can occur when power is lost at a CFE transformer - a brief blackout and then the switch is thrown back on. Sometimes they make 3-4 attempts to slam the switch shut. That makes the power fluctuate wildly.

Power Strips / Surge Suppressors

The actual surge suppression capabilities of the average \$10 power strip is nearly useless. You get what you pay for. They are handy at turning a group of items OFF but they really don't do much to protect your device. If a storm is coming, you can unplug the power strip (not just turn it off).

When buying a surge protector, make sure it:

- Meets UL standards.
- Will continue functioning if damaged by a power surge.
- Protects hot, neutral and ground wires from surges.

Grounding

Grounding is an important consideration. This is the neutral leg (3-prong) area that is not grounded at all, or poorly grounded. This can cause a microwave to explode. You may want to check the important, key outlets to assure they are grounded. Grounding and polarity should be corrected by a good electrician. Often your local electrician won't have the knowledge or tools to test this. Get a good one!

Protection and Prevention

Quality in what you buy is the key. If cost is no object, I've read that Sola, Tripp, Fluke and APC are highly recommended. If you are on a budget, Koblenz may be a good option. If you have a little interest, get a good quality volt meter and learn to use it. Measure voltages at key outlets in your home. Then test the voltage coming out of your protection units. One of the best things you can do is assure you have a good-quality electrician.

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FOR RENT CONDO at the BEACH

Want to spend the winter in Manzanillo? We have the perfect condo for you.

This 2 bedroom, 2 bathroom, very comfortable condo is right on the beach in a small, intimate 8-unit complex, in a quiet area in Las Brisas.

The balcony and master bedroom on this 3rd floor unit offer great views of spectacular sunsets, fishing boats, cruise and freight ships coming and going, and sometimes even whales and dolphins.

Relax by the pool or under the palapa, with a book, a coffee or a meal. Plenty of restaurants, spa, gym and other services are within walking distance. Major stores, casino and cinema are just a 20 minute walk or a short bus ride.



Kitchen and bathrooms are nicely redone. Beautiful tiled floor throughout. Freshly painted, super clean and well maintained. Owners (Canadians) spend the winter months nearby and are always available for maintenance, if needed.

New, fully screened windows and doors will keep any unwanted bugs out. Off-street parking and security gates front and back. The cool breeze and the shade from the palm trees keep this unit cool and comfortable. (AC installation in the unit is a future possibility but will affect the rental rate)



FOR RENT CONDO at the BEACH

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- ✓ Wifi
- ✓ Ceiling fans in each room
- ✓ Safe
- ✓ Lockable closets
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- ✓ Beach Chairs
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- ✓ Videos

FEES

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- ✓ 4 months CAD \$1,600.00
- ✓ 5 months or more CAD \$1,500.00
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Seeing is believing!



Denial
(Netflix)

by Suzanne A. Marshall

Starring: Rachel Weisz, Tom Wilkinson Timothy Spall, Andrew Scott, Jack Lowden, Caren Pistorius, Alex Jennings

Director: Mick Jackson

“Acclaimed writer and historian, Deborah E. Lipstadt, must battle for historical truth to prove the Holocaust actually occurred when David Irving, a renowned denier, sues her for libel.”

‘Denial’ is a 2016 British-American historical drama film based on the book by Deborah Lipstadt: History on Trial: My Day in Court with A Holocaust Denier.

The film is an engaging, court-room drama that takes the audience into the UK legal system where the law suit is being tried. Deborah Lipstadt is an American professor of Holocaust studies whose speaking engagement is disrupted by David Irving, a Nazi German Scholar.

Through the course of the trail which plays out over a number of years, we are taken on a journey that lays out the issues of the WW11 Holocaust movement during Hitler’s reign in Germany. This drama is thoughtful, intense and extremely well-acted and produced. The trial is supplemented with visual insights into the life of Lipstadt and the still-haunting location of the Auschwitz death camp in Poland.



The IMDB rating is 6.6/10 based on about 8,346 viewers.

you can reach Suzanne A. Marshall at suzanne@manzanillosun.com

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On the Beach

by Kirby Vickery

When I first started writing for the Manzanillo Sun, Freda and I decided that it should be about living in Manzanillo. However, when her illness set in, and we found ourselves far away, in Canada, for exceedingly-extended periods of time a year, it became necessary to write of other Mexican things. With my love of history and researching abilities, we settled on Aztec Mythology. For some reason, I had always pictured all the Americans and Canadians living on one area sort of like a compound. Having come down here, I find that there are some folks that like to be located in secured areas with a lot of like minded individuals. But, I'm very happy to report that we 'expats' are living all over the place in all sorts of various types of housing and locations. Now that I find myself back in Manzanillo, at least for a couple of months, with prospects of returning this fall, I would like to tell of some accumulated impressions, strictly off the cuff, of living on the beach in Manzanillo.

DRIVING IMPRESSIONS: If you come down here with an American or Canadian attitude toward road sharing, traffic maneuvering, stop and go, courtesy and just simply following posted traffic laws, don't drive down here. Let me explain with some examples:

When traveling from one township to another on any two-lane road, the passing/no passing lane markers and road signs are the same as they are up north. Here, no one follows any of them. If you come across a truck in your lane, regardless of the road on a curve or not and passing or no passing indicated, he will move over for you onto the shoulder and expect you to pass. It doesn't matter if there is traffic coming toward you because they will move over too. Trust me on this because, if you ever run into a situation where someone doesn't move over, it will only happen once and you won't have to go back north after that—ever.

Mexican methodology for speed control isn't done with speed limit signs and official patrol enforcement. In both the inner city

side roads, as well as the main boulevards, and just about everywhere else, they have speed bumps. Some are marked with lines across the road. Some have paint on them and others have signs announcing the fact that there is something across the road that will tear the shocks off your car while sending you through the roof should you hit one just a little too fast. The thing to remember is that some of these suspension destroyers' are not marked at all and you get to pick which ones you want to drive over. I am not a great fan of speed bumps but, down here, I think it preserves a lot of lives because no one pays any attention to the pedestrian road-crossing signs or pass-over walkways either for that matter.



Night-time picture taken out of our back veranda (the lens had puppy lick on it).

We live on the main drag running through Manzanillo about a block down from Sam's Club. Along here, it is a four lane divided road with two slow lanes running parallel, next to the main lanes running each way. Where there is a center separator, it is raised, about a meter and a half wide, with landscaping (palms and grass). There are traffic separators at some of the lights for the slow lanes and the boulevard is widened at these intersections which are all controlled by traffic lights, mostly working, for each of the eight lanes. The yellow lights are somewhat quick but the greens start to blink toward the end of their cycle.

What is unique about these 'slow lanes' is that the far outside lane is used like the passenger drop off zones in our major airports and the inside slow lane is designated for cross-traffic

...On the Beach

turning. Whoever designed this had to have been a genius. A favorite thing that the northern residents like to tell their guests is that if you want to go left you have to go right first. Eureka, California could use this design. It sure beats waiting at a light and then sneaking a "U" turn and solves all those problems I've seen in other cities wondering which lane you should be in to turn onto another street.



The puppy that did the licking.

There are two ways to drive to Manzanillo from any point in the states. They are the free roads and the toll roads. Regardless of what you find, you must always take the toll roads wherever you can. We spent just about \$100.00 USD getting down here from Nogales but would probably still be on the road if we had taken the free roads. The only other thing I will include here about driving in Mexico is to make sure you have good insurance and don't travel at night if you can possibly help it. Oh yeah, one last thing – Always go with the flow of things. You may not live longer but you won't have that coronary in frustration either.

DINING OUT: I've never had a bad dinner in Manzanillo. It isn't because there aren't any places that serve bad food; I know I'm just lucky. Okay, let me run through some helpful guidelines. First of all, if the restaurant has a solid roof over it, you can probably drink the water. I usually ask for an iced tea. These people are religious about using bottled water. Otherwise stick with the flavored fizzy drinks like Coke or Pepsi. Mexican beer

is good. In most places, you can designate how much spice hot you want in your meal.



Day time shot of across our street with puppy lick. Notice the side or 'slow' lanes.

My big disappointment is that most places offer a seafood cocktail. But, unlike Tijuana, where you can get a huge one with raw seafood and chilled to the bone, here they all seem to want to serve them hot and fully cooked. Many of the places offer menus in English or a server that speaks a little. What I like to do is to go out at night and sample the street vendors' menus. Some of those guys serve outstanding food.

For the taco sticklers, I recommend a little trailer painted with a blue sign that says: "Baja Tacos." There're located just north of the Thursday market place along the boulevard. Again, with that meal on a paper plate, its beer or your favorite soda pop to go with it. What I don't recommend is that anyone comes down here and tries to lose weight. I'm doing it and we live four flights up across the street from a street vendor and another open air, meat sliced off a vertical rotating spit - and you have to go next door to the local version of the 7-Eleven to get your coke - eatery. The side of our building is covered with saliva marks and other signs of drool.

you can reach Kirby Vickery at kirby@manzanillosun.com

Going in Style

by Suzanne A. Marshall

Starring: Morgan Freeman, Michael Caine, Alan Arkin, Ann-Margret

Director: Zach Braff

"Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money."

Given the storyline, the movie is what you would expect from the three veteran actors who are over 80 years old. One can relate to the situation of the retirees, all widows, who have now lost their pensions to the corporate machinations of big business. And, of course, it's a lot of fun to just sit back and let the comics unfold.

The 'movie' works pretty hard at putting a serious caper together. Whether you buy it depends on your point of view. It's just a good old summer, escape movie, uncluttered by violence, gore and rampaging special effects.

That being said, it's not going to win an Academy Award but it is just plain fun!

The IMDB rating is 6.8/10 based on 8,477 viewers.



you can reach Suzanne A. Marshall at suzanne@manzanillosun.com

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monkey's

POLLO • BURGERS • BEER

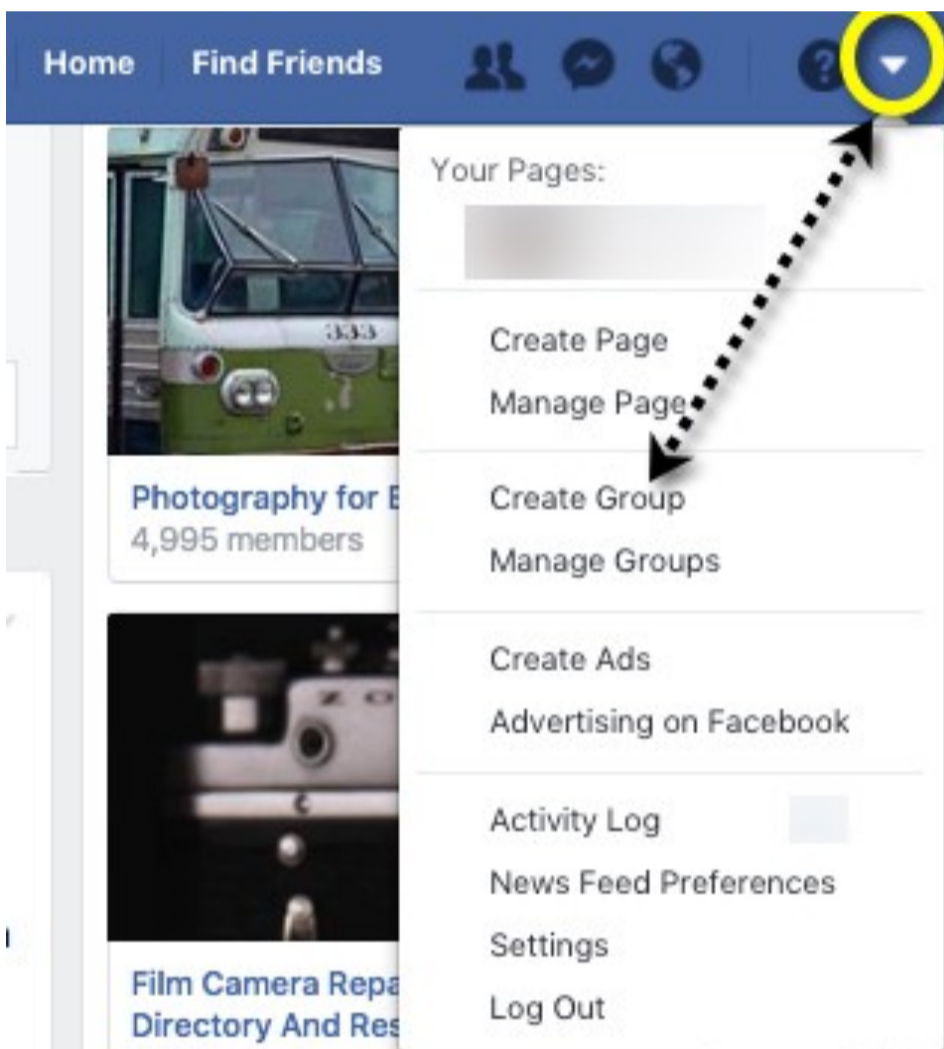
Facebook privacy demystified (part four)

Set up a Group

by Señor Tech

Another way to protect your privacy on Facebook is to set up a group.

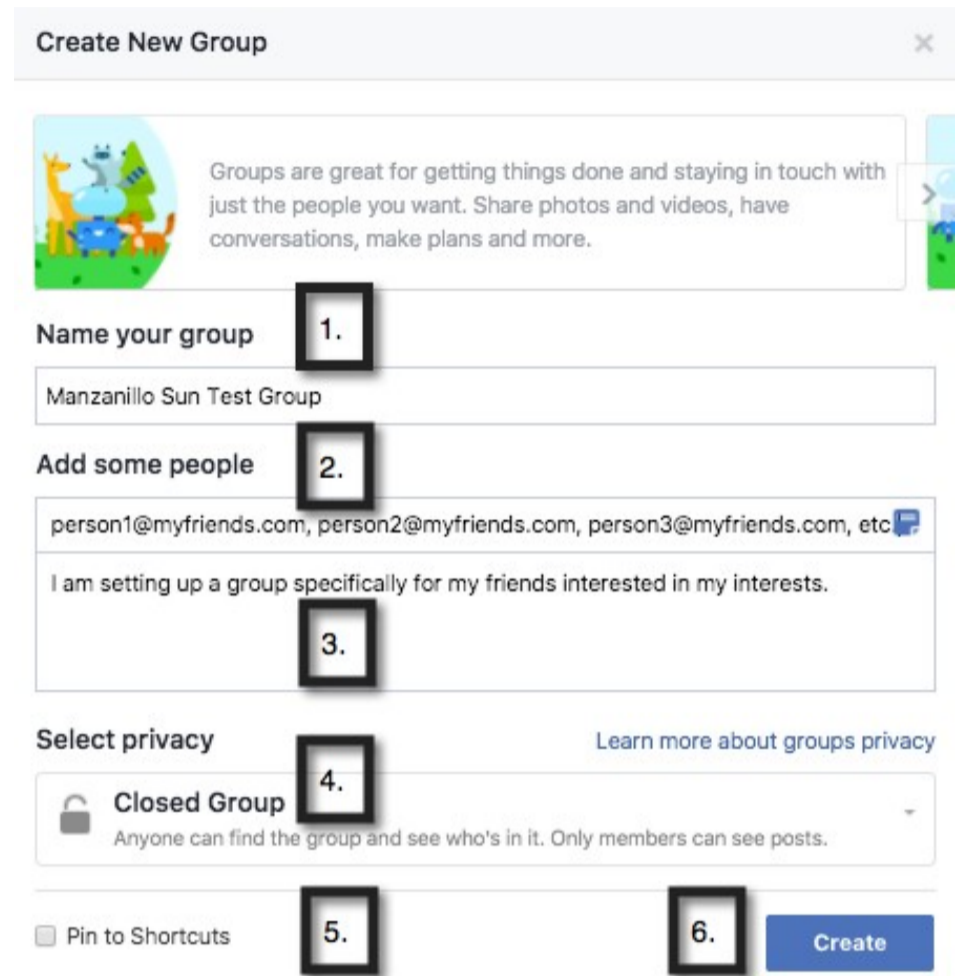
Select the down arrow from the main Facebook menu bar. Then click "Create Group" on the drop-down menu.



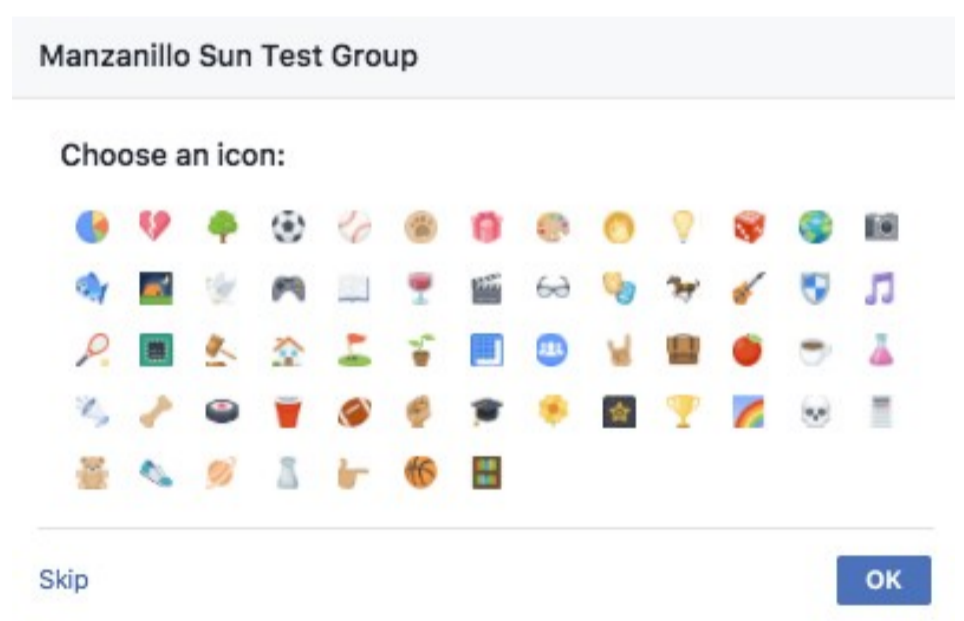
Groups are great for getting things done and staying in touch with just the people you want. Share photos and videos, have conversations, make plans and more.

1. Name the group, something that is meaningful to you and your friends.
2. Invite at least one person from your current friend group. Once you have set-up the group, you can invite other friends. In this case, I have selected Manzanillo Sun Test Group.
3. Write a few comments that explain the group to your invitees. Just a few sentences will suffice.

4. To ensure privacy, select "closed group".
5. "Pin to shortcuts" will add this group to your shortcut group on the left-hand side of your Facebook home page.
6. Click "Create" to produce your page.



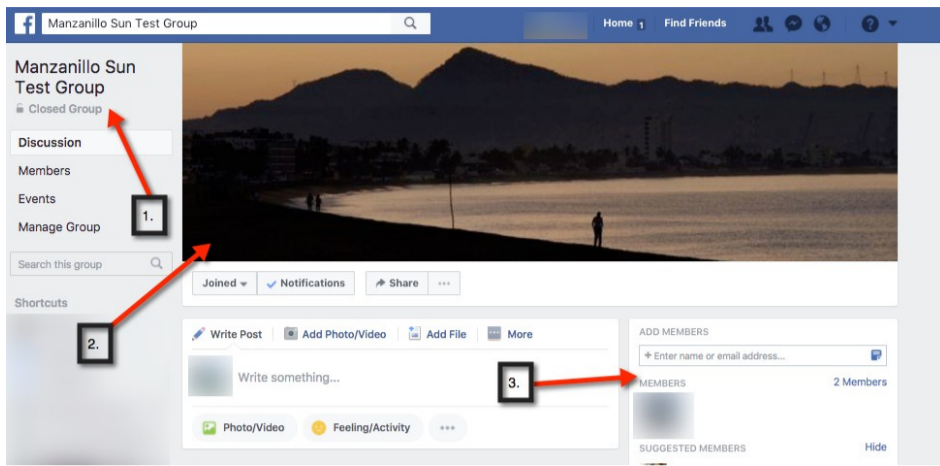
After "Create" is clicked, you will have an option to add an icon for your group.



Either choose an icon or not, then click OK.

...continued on next page

...Facebook Demystified



1. Shows the name of your group.
2. You can select a photo from your computer and it will display here.
3. Shows the members in your group. You can invite other friends from the ADD MEMBERS box.

That is all that is required. The group is now live on Facebook. In the Closed Group scenario, others can request membership, but you have control to add that person or ignore.

Groups are a good way to self-promote or simply communicate with a group of friends without divulging your personal information. In this way, your personal Facebook account can be used for your closest friends and family.

On another front, the "WannaCry" ransomware attack mainly attacked computers running Windows 7 and older operating systems (OS).

If your computer is running one of these operating systems, please update your computer immediately. If you are unsure how to update your OS, go to Microsoft.com for information.

if you have questions or suggestions about future technology topics, email seniortech@manzanillosun.com

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Oaxaca

Rich in History and Culture

by Dan and Lisa Goy, exclusive to Manzanillo Sun

February 29 - March 5, 2016 (Day 54-59)

We left Playa Zipolite and Puerto Angel before 8:00 on the last day of February headed for Oaxaca on what should have normally been a shorter driving day given this was only 269 km or 150 miles away. Lead by Grant and Anita, we were on Hwy 175, within the first hour, on what was nothing less than a spectacular drive.



We picked a good time to do this drive as the Sierra Madre del Sur mountains are subject to heavy rainfall during the rainy season in most years. The damage can often be so widespread that the highway is almost always in some state of disrepair. We found the road to be in very good shape, but could see where damage had occurred previously.



Miahuatlán on Hwy 175

Hwy 175 is truly one of the most beautiful highways in the world which winds through the Sierra Madre del Sur. The trip from Puerto Angel to Oaxaca took us a full day, arriving in Oaxaca about 5:30 pm. Traveling north from Hwy 200, the

highway ascends rapidly into the mountains, and the climate changes accordingly.



Logging truck on Hwy 175

We went from the coast tropics to coffee-growing regions in no time at all. Not hard to see that some people suffer from motion sickness on the highway due to the twisting nature of the road, steep incline and endless switchbacks. We climbed over 2500 meters (8500 feet) before dropping into the valley at Miahuatlán.



Oaxaca bound - break on Hwy 175

Deep divers should bear in mind that driving this highway after diving is equivalent to flying after diving--you will reach an altitude of 8000' within two or three hours, the same altitude to which airline cabins are pressurized.

We really only had one unscheduled delay when Bruce and Marian picked up a bolt just before our lunch break before Miahuatlán. With Grant's help, and impact gun, they had it

...Oaxaca

changed in no time. This was a very memorable drive, for sure. All our Baja Amigos have arrived in Oaxaca under sunny skies and warm temperatures, quite a change since the hot steamy weather on the Pacific Coast we left behind. We thought we would arrive at our destination to meet the Amigos Rodante RV Caravan at the newly-opened Oaxaca Campground and RV Park. As it turned out, their arrival had been delayed and we were free to select our sites. We parked, levelled and had an impromptu Happy Hour and decided that tomorrow the exploring of Oaxaca and surrounding would begin.



Oaxaca in the distance

Our first day out and about, we visited Tule (**Santa María del Tule**), a town next door to the city of Oaxaca (11 km {6.8 mi}) SE of the city on Highway 190, passing the ruins of Mitla. The town and municipality are named for the patron saint of the place, the Virgin Mary and "Tule" comes from the Náhuatl word "tulle" or "tullin" which means bulrush.



2000 year old tree in Tule, near Oaxaca

The town's claim to fame is as the home of a 2,000-year-old Montezuma cypress tree, known as **El Árbol del Tule**, which is

one of the oldest, largest and widest trees in the world. El Árbol del Tule (Spanish for The Tree of Tule) is a tree located in the church grounds in the town center of Santa María del Tule in the Mexican state of Oaxaca, approximately 9 km (6 mi) east of the city of Oaxaca on the road to Mitla. It is a Montezuma cypress (*Taxodium mucronatum*), or ahuehuate (meaning "old man of the water" in Nahuatl). It has the stoutest trunk of any tree in the world. In 2001, it was placed on a UNESCO tentative list of World Heritage Sites. This is well worth a visit, a very impressive site indeed.



Tule tree info

This tree is one of a number of old Montezuma cypress (*Taxodium mucronatum*) trees that grow in the town. It has an age of at least 2,000 years, with its existence chronicled by both the Aztecs and the Spanish that founded the city of Oaxaca. It has a height of forty meters, a volume of between 700 and 800 m³, an estimated weight of 630 tons and a circumference of about forty meters. The trunk is so wide that thirty people with arms extended joining hands are needed to encircle it. The tree dwarfs the town's main church and is taller than its spires, and it is still growing.



Big and still growing!

...Oaxaca

the indigenous peoples of this area, the tree was sacred. According to Mixtec myth, people originated from cypress trees, which were considered sacred and a genus. This particular tree was the site of a ritual which included the sacrifice of a dove and was realized for the last time in 1834.



Tule tree

According to Mixe myth, the origin of this particular tree is the walking stick of a god or a king by the name of Conday, who stuck his walking stick, supposedly weighing 62 kilos, into the ground on which he rested. From that point on, the tree began to grow and, according to the king version of the story, the king died the same day the tree began to grow.



Tule market

The tree has gnarled branches and trunk, and various local legends relate what appear to be animals and other shapes growing in the tree. Today, these forms have names such as "the elephant," "the lion," "the Three Kings," "the deer", "the pineapple," "the fish," "the squirrel's tail" and "Carlos Salinas' ears."

Local guides point out the shapes using pocket mirrors to reflect the sun. We also took time to visit the town square and various shops, sampling Mescal, a speciality libation of Oaxaca.



Oaxaca is stunning!

The next day we headed into Oaxaca City and jumped on a local Trolley Bus Tour, both economical and great value, good to get a view of the town for a sense of where we want to visit. The city and municipality of **Oaxaca de Juárez**, or simply Oaxaca, is the capital and largest city of the Mexican state of the same name. It is located in the Centro District in the Central Valleys region of the state, on the foothills of the Sierra Madre at the base of the Cerro del Fortín extending to the banks of the Atoyac River.



Market flowers

This city relies heavily on tourism, which is based on its large number of colonial-era structures as well as the native Zapotec and Mixtec cultures and archeological sites. It, along with the archeological site of Monte Albán, was named a World Heritage Site in 1987.

It is also the home of the month-long cultural festival called the "Guelaguetza", which features Oaxacan dance from the seven regions, music and a beauty pageant for indigenous women. We spent the next 3 days visiting Oaxaca, shopping at

...Oaxaca

markets, visiting various historical sites, trying out different restaurants and lots of walking. We plan on spending many more in Oaxaca when we return.



Monte Albán was amazing!

The last day of our Oaxaca visit, we headed for **Monte Albán**, a pre-Hispanic city that was an ancient capital of the Zapotecs. It reached its peak between 500 BCE and 800 CE with about 35,000 inhabitants. Monte Albán is known for its architecture, its carved stones and the ceramic urns.



Monte Albán site map

The partially-excavated civic-ceremonial center of the Monte Albán site is situated atop an artificially-leveled ridge which, with an elevation of about 1,940 m (6,400 ft) above mean sea level rises some 400 m (1,300 ft) from the valley floor, in an easily-defensible location.

The site is characterized by several hundred artificial terraces, and a dozen clusters of mounded architecture covering the en-

tire ridgeline and surrounding flanks. The archaeological ruins on the nearby Atzompa and El Gallo hills to the north are traditionally considered to be an integral part of the ancient city as well.



Monte Albán

Besides being one of the earliest cities of Mesoamerica, Monte Albán's importance stems also from its role as the pre-eminent Zapotec socio-political and economic center for close to a thousand years. Founded toward the end of the Middle Formative period at around 500 BC, by the Terminal Formative era (ca.100 BCE-CE 200), Monte Albán had become the capital of a large-scale expansionist polity that dominated much of the Oaxacan highlands and interacted with other Mesoamerican regional states such as Teotihuacan to the north. The city had lost its political pre-eminence by the end of the Late Classic (ca. CE 500-750) and soon thereafter was largely abandoned.



Rafael and Eileen at Monte Albán

...Oaxaca

Small-scale reoccupation, opportunistic reutilization of earlier structures and tombs, and ritual visitations marked the archaeological history of the site into the Colonial period. We spent an entire day walking around the site and visiting the museum on site. If you are visiting Oaxaca, make sure you make time to visit this archeological site.

History of Oaxaca

There had been Zapotec and Mixtec settlements in the valley of Oaxaca for thousands of years, especially in connection with the important ancient centers of Monte Albán and Mitla, which are close to modern Oaxaca City. The Aztecs entered the valley in 1440 and named it "Huaxyacac," a Nahuatl phrase meaning "among the huaje" (*Leucaena leucocephala*) trees.



Strolling Oaxaca's core

A strategic military position was created here, at what is now called the Cerro (large hill) del Fortín to keep an eye on the Zapotec capital of Zaachila and secure the trade route between the Valley of Mexico, Tehuantepec and what is now Central America. When the Spanish arrived in 1521, the Zapotecs and the Mixtecs were involved in one of their many wars. Spanish conquest would ultimately end the conflict.

The first Spanish expedition here arrived late in 1521, headed by Captain Francisco de Orozco, and accompanied by 400 Aztecs. Hernán Cortés sent Francisco de Orozco to Oaxaca because Moctezuma II said that the Aztec's gold came from there.

The Spanish expedition under Orozco set about building a Spanish city where the Aztec military post was at the base of the Cerro de Fortín. The first mass was said here by Chaplain Juan Díaz on the bank of the Atoyac River under a large huaje tree, where the Church of San Juan de Dios would be con-

structed later. This same chaplain added saints' names to the surrounding villages in addition to keeping their Nahuatl names: Santa María Oaxaca, San Martín Mexicapan, San Juan Chapultepec, Santo Tomás Xochimilco, San Matías Jalatlaco, Santiago Tepeaca, etc.



Traditional Oaxaca dresses

This group of Spaniards chose their first mayor, Gutiérrez de Badajoz, their first town council and began construction of the cathedral of Oaxaca in 1522. Their name for the settlement was Guajaca, a Hispanization of the Nahuatl name (which would later be respelled as Oaxaca).

The establishment of the relatively independent village was not favoured by Hernán Cortés, who wanted power over the entire region for himself. Cortés sent Pedro de Alvarado who proceeded to drive out most of the village's population.



What incredible Colour in Oaxaca!

The original Spanish settlers appealed to the Spanish crown to recognize the village they founded, which it did in 1526, with land divided among the Spaniards of Orozco's expedition. However, this did not stop Cortés from driving out the population of the village once again and replacing the town council only three months after royal recognition.

Once again, the original founders appealed to Spanish royal authority, this time to the viceroy in Mexico City, Nuño de Guz-

...Oaxaca

mán. This viceroy also sided with the original founders, and the town was re-founded in 1529 as Antequera, in honor of Nuño de Guzmán's hometown. Francisco de Herrera convened the new, Crown-approved town council, and the first layout of the settlement was mapped out by Juan Peláez de Berrio.



Cathedral on the Zócalo

In the meantime, Cortés was able to obtain from the crown the title of the Marquis of the Valley of Oaxaca, which contains the disputed village. This permitted him to tax the area heavily, and to have control of the territory that surrounded the village. The village was then in a position of having to survive surrounded by villages which answered to Cortés.



Busy Oaxaca street

These villages not only did not take orders from Antequera, they were hostile to it, mostly likely encouraged by Cortés. To counter this, the village petitioned the Crown to be elevated to the status of a city, which would give it certain rights, privileges and exceptions. It would also ensure that the settlement would

remain under the direct control of the king, rather than of Cortés. This petition was granted in 1532 by Charles V of Spain.



Casa Juárez

After the Independence of Mexico in 1821, the city became the seat of a municipality, and both the name of the city and the municipality became Oaxaca, changed from Antequera. In 1872, "de Juárez" was added to the city and municipality names to honor Benito Juárez, who began his legal and political career here. We visited Casa Juárez with our time in Oaxaca city.

Where to go, what to see

The city centre was included as a World Heritage Site designated by UNESCO, in recognition of its treasure of historic buildings and monuments. Fortunately, we were able to visit many of these.

The **Plaza de la Constitución**, or **Zócalo**, was planned out in 1529 by Juan Peláez de Berrio. During the entire colonial period, this plaza was never paved, nor had sidewalks, only a marble fountain that was placed here in 1739. This was removed in 1857 to put in the kiosk and trees were planted.

In 1881, the vegetation here was rearranged and, in 1885, a statue of Benito Juárez was added. It was remodeled again in 1901 and a new Art Nouveau kiosk installed. Fountains of green stone with capricious figures were installed in 1967. The kiosk in the center hosts the State Musical Band, La Marimba and other groups.

The plaza is surrounded by various portals. On the south side of the plaza are the **Portales de Ex-Palacio de Gobierno**, which was vacated by the government in 2005 and then re-opened as a museum called "**Museo del Palacio 'Espacio de Diversidad.'**" Other portals include the "Portal de Mercadores"

...Oaxaca

on the eastern side, "**Portal de Claverias**" on the north side and the "**Portal del Señor**" on the west side.



Former convent

The **State Government Palace** is located on the main square of Oaxaca City. This site used to be the Portal de la Alhóndiga (warehouse) and in front of the palace is the Benito Juárez Market. The original palace was inaugurated in 1728, on the wedding day of the prince and princess of Spain and Portugal. The architectural style was Gothic.



Church on a ridge in Ocotlán

The building currently on this site was begun in 1832, inaugurated in 1870 but was not completed until 1887. The inside contains murals reflecting Oaxaca's history from the pre-Hispanic era, the colonial era and post-Independence. Most of these were painted by Arturo Garcia Bustos in the 1980s.

The **Federal Palace** is located across from the Cathedral and used to be the site of the old **Archbishop's Palace** until 1902. Its architecture is "neo-Mixtec" reflecting the nationalism of the

early 20th century and the reverence in which the Mixtec-Zapotec culture has been held in more recent times. The architectural elements copy a number of those from Mitla and Monte Albán.



Another great Oaxaca mercado

Northwest of the Zócalo is the **Alameda de León**, a garden area that is essentially an annex of the main square. In 1576, Viceroy Martín Enríquez de Almanza set aside two city blocks on which to build the city government offices, but they were never built here. One of the blocks was sold and the other became a market.



Artesanías

Submitted by Dan and Lisa Goy
 Owners of Baja Amigos RV Caravan Tours
 Experiences from our 90-day Mexico RV Tour: January 7-April 5, 2016
www.BajaAmigos.net

you can reach Dan and Lisa Goy at thegoys@manzanillosun.com

more images follow...

...Oaxaca



Our journey begins in San Pedro Pochutla along Hwy 175



Great views from Hwy 175 to Oaxaca



Journey to Oaxaca on Hwy 175



Hwy 175 looks like we could be in British Columbia



Hard to believe we are in Mexico in the mountains of Hwy 175



Hwy 175 vistas



Hwy 175 near Candelaria Loxicha

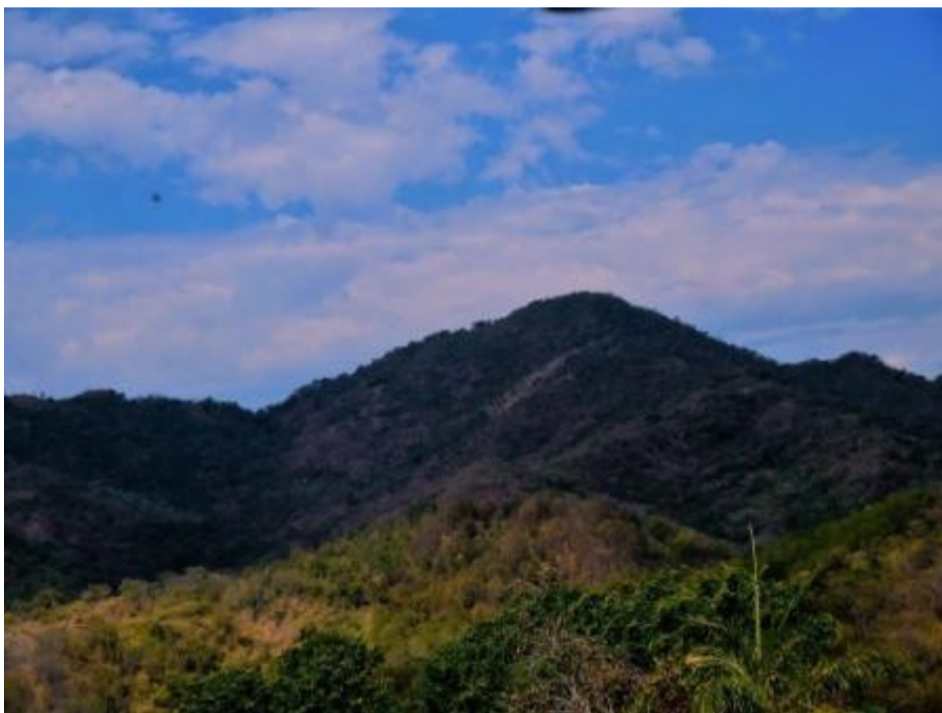
...Oaxaca



Hwy 175 north of San Miguel Suchixtepec



In the clouds on Hwy 175 to Oaxaca



Hwy 175 west of Miahuatlán



Ocotlán on Hwy 175



Lots of logging in this region



Ejutia on Hwy 175

...Oaxaca



Burbs of Tlacolula Hwy 175



Marian and Bruce at Monte Albán



Anita and Grant in Monte Albán



Oaxaca Zócalo



Monte Albán ball court



RV park



Looking north at Monte Albán



Workers' mural

...Oaxaca



Downtown Oaxaca



Blouses anyone?



Community outreach



Bakery in the market



Inside Oaxaca market



Great market in Oaxaca

...Oaxaca



Lunch in Oaxaca



Thirsty?



Lots to see in Oaxaca



Oaxaca rugs



Out for dinner with the gang



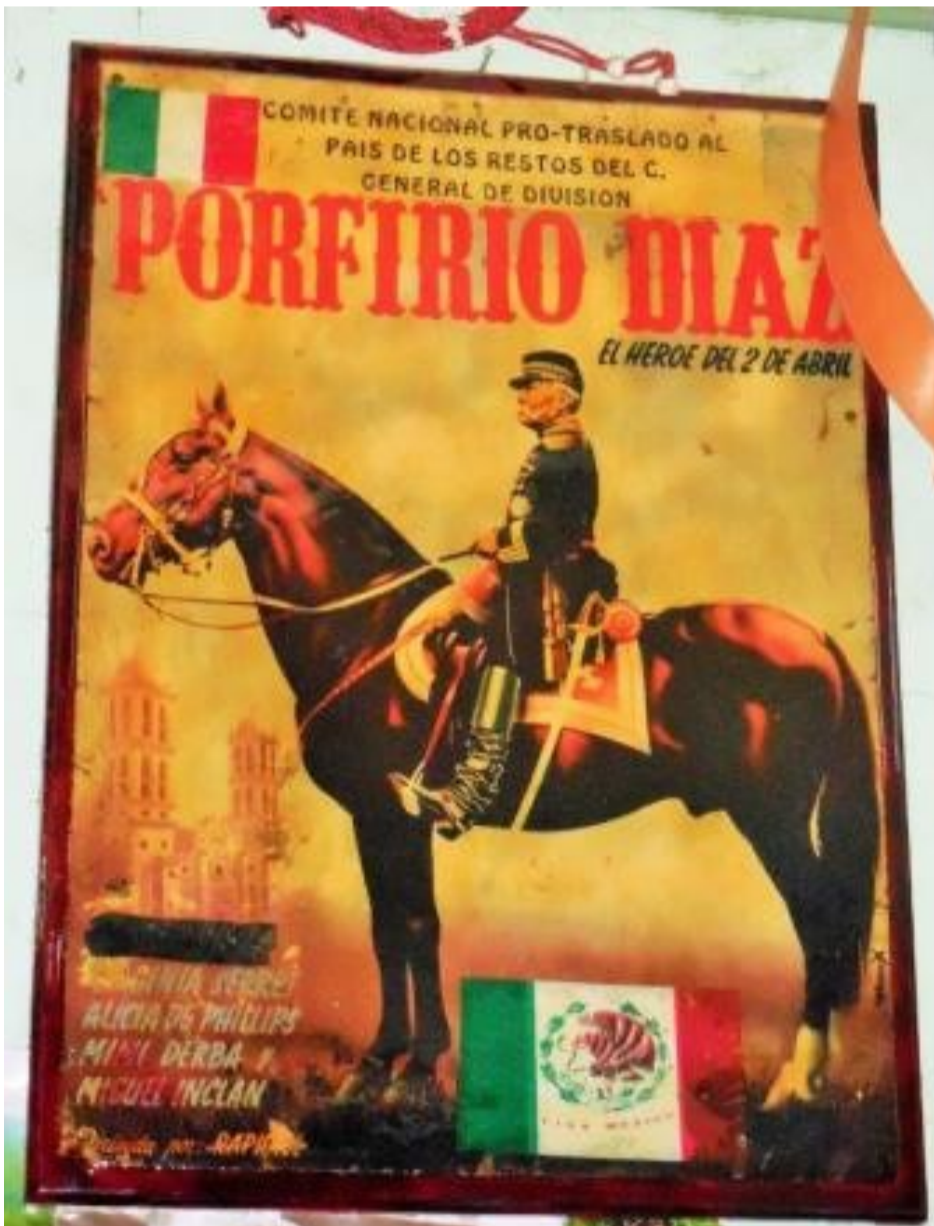
...Oaxaca



Eileen and Rafael out for dinner



Wow, belts!



Historic poster



Historic street



Puebla bound

Mancha Manteles

(means to stain the tablecloth)

A stew of assorted meat, chili peppers, vegetables, and fruits

Makes 6 to 8 servings

Ingredients

For mancha manteles

- 1 1/2 pounds tomatoes
- 1 1/2 medium white onions, peeled and quartered
- 1 medium sweet potato
- 5 dried ancho chiles*
- 3 dried guajillo chiles*
- 3 dried mulato chiles*
- 6 cloves garlic, unpeeled
- 1/2 cup sesame seeds
- 1/3 cup whole almonds
- 1/4 stick cinnamon
- 3 whole cloves
- 2 whole black peppercorns
- 6 cups chicken stock or low-sodium chicken broth
- 4 tablespoons vegetable oil
- 1/2 cup raisins
- 2 green plantains, peeled and cut into 1/2-inch pieces
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

For poached chicken

- 6 cups chicken stock or low-sodium chicken broth
- 3 medium carrots chopped into 1/2 inch pieces
- 1 small onion, coarsely chopped
- 2 ribs celery, cut into 1/2 inch slices
- 1 (3 1/2-pound) roasting chicken, cut into 8 pieces
- Discard wings and cut breast into 4 pieces

To serve

- 3 slices pineapple (1/4 regular or 1 small pineapple)
- 1 1/2 apples, such as gala, cubed
- 1 teaspoon kosher salt
- 2 teaspoon sugar
- 1/2 cup freshly squeezed orange juice (2 oranges)
- 1/2 teaspoon grated orange zest (1/2 medium orange)
- 1/2 cup prunes, pitted and chopped

*Ancho, guajillo, and mulato seco chiles are available at most supermarkets or online at kalustyans.com

Prepare mancha manteles

Preheat oven to 350°F

On parchment-lined sheet pan, place tomatoes, onions, and sweet potato and put in oven. Roast tomatoes until blistered, about 25 minutes, then remove from oven. Roast onions until beginning to caramelize, about 35 minutes, then remove. Cook potato until knife easily slides in, about 45-55 minutes, then remove.

In 10-inch, dry skillet over moderately low heat, toast ancho, guajillo, and mulato chiles, turning once, until slightly darker and beginning to puff, about 2 to 3 minutes. Remove from heat and let cool. Once chiles are cool enough to handle, halve lengthwise, then remove and discard seeds, stems, and ribs. Transfer chiles to medium bowl, cover completely with water, and let stand 20 minutes.

In small, dry skillet over moderate heat, toast unpeeled garlic, turning once, until starting to turn golden brown, about 10



...Recipe

minutes total. When cool enough to handle, remove skins and set aside.



In small, dry skillet over moderate heat, toast sesame seeds, stirring to prevent burning, until starting to turn golden brown, about 5 to 6 minutes. Set aside.

In small, dry skillet over moderate heat, toast almonds, cinnamon, cloves, and peppercorns until light brown, about 2 to 3 minutes. Set aside.

Drain chiles well and place in blender. Add 2 cups chicken stock and purée until smooth, about 2 to 3 minutes. Strain and set aside.

In 10-inch skillet over moderate heat, heat 2 tablespoons oil until hot but not smoking. Add raisins and cook until puffed up, about 2 minutes. With slotted spoon remove raisins, place in small bowl, and set aside. Do not clean skillet.

In same skillet, using oil leftover from cooking raisins, cook plantains, turning once, until golden brown, about 6 minutes total. Place in bowl and set aside.

When tomatoes are cool enough to handle, remove skins, then quarter and remove seeds. Coarsely chop and place in blender. Add onions, toasted garlic, and 2 cups chicken stock, then purée until smooth. Strain and set aside.

Rinse blender, then purée toasted sesame seeds and 1 1/2 cups chicken stock until very smooth, about 2 minutes. Strain and set aside.

Rinse blender, then purée raisins, half of plantains, almonds, cinnamon, cloves, salt, and pepper until very smooth. Strain and set aside.

In 6-quart, heavy pan over moderate heat, heat 2 tablespoons oil. Add chile purée and cook until slightly thickened, about 10 minutes. Add tomato purée, sesame purée, and raisin purée, then cook 30 minutes, stirring constantly. Keep over low heat, adding remaining 1/2 cup stock if mixture gets too thick.

Poach chicken

In heavy, 6-quart heavy pot, place chicken stock, carrots, onions, and celery and bring to a simmer. Add chicken and cook, uncovered, at bare simmer, until cooked through, about 14 to 18 minutes. Remove chicken from pot, place in bowl, and let cool. Discard cooking broth.

To Serve

Add chicken, sweet potato, remaining plantains, apple, pineapple, salt, sugar, orange juice and zest, and prunes to mancha manteles pot and simmer 10 minutes.

Source: Epicurious



Crossword

solution posted in next month's edition

1		2			3	4		5
				6				
7						8		
	9	10						
11								12
13				14		15		
16					17			

Across

- 1 wedding
- 3 vain
- 7 homes
- 8 (I) was going, (you/usted) were going
- 9 friendship
- 13 king
- 14 bride
- 16 air
- 17 (he, she) takes, takes hold of, (you/usted) take, take hold of

Down

- 1 mouth
- 2 two
- 4 friend, girlfriend
- 5 waves
- 6 murderer
- 10 bigger, comparative form of grande, older, in this sense, comparative form of viejo, vieja
- 11 weapon
- 12 nothing
- 15 (I) see

Last month's crossword solution:

¹ c	ó	² m	o		³ n	⁴ a	v	⁵ e
o		a		⁶ a		u		r
⁷ p	a	n		⁸ l	í	n	e	a
a		o		c				n
	⁹ e	s	p	a	l	¹⁰ d	a	
¹¹ c				l		e		¹² a
¹³ u	s	¹⁴ t	e	d		¹⁵ m	a	r
r		a		e		á		t
¹⁶ a	l	l	í		¹⁷ e	s	t	e

lexisrex.com

Cauhtémoc

from the Path to Citizenship series

Cauhtémoc, also known as Cauhtemotzin, Guatimozin or Guatemoc; c. 1495) was the Aztec ruler (tlatoni) of Tenochtitlan from 1520 to 1521, making him the last Aztec Emperor. The name Cauhtemōc means "one who has descended like an eagle", and is commonly rendered in English as "Descending Eagle", as in the moment when an eagle folds its wings and plummets down to strike its prey. This is a name that implies aggressiveness and determination.

Cauhtémoc took power in 1520 as successor of Cuitláhuac and was a cousin of the late emperor Moctezuma II. His young wife, who was later known as Isabel Moctezuma, was one of Moctezuma's daughters. He ascended to the throne when he was around 25 years old, while Tenochtitlan was being besieged by the Spanish and devastated by an epidemic of smallpox brought to the New World by the invaders. After the killings in the Great Temple, there were probably few Aztec captains available to take the position.

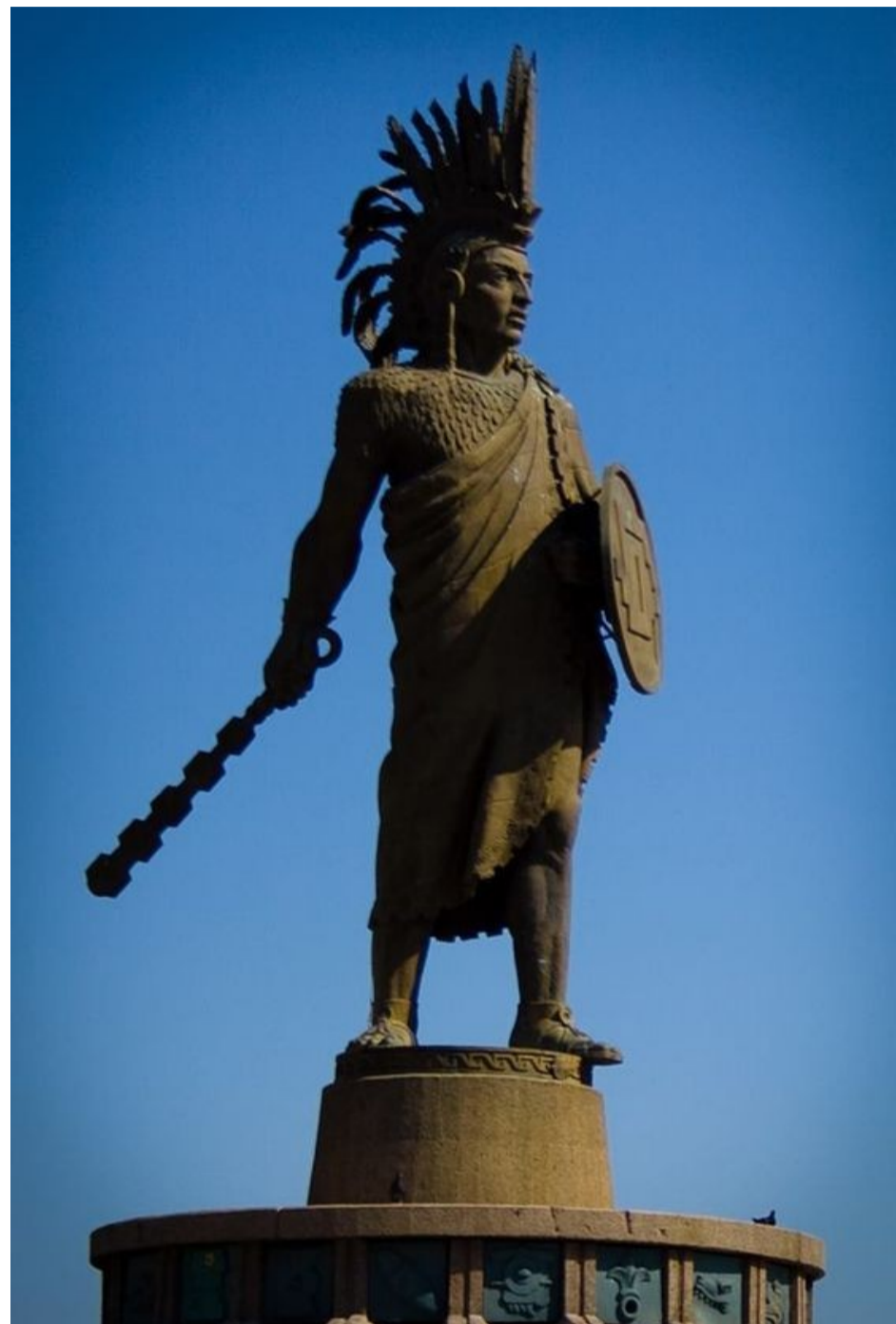
When Cauhtemoc was elected tlatoni in 1520, Tenochtitlan had already been rocked by the invasion of the Spanish and their indigenous allies, the death of Moctezuma II, and the death of Moctezuma's brother Cuitlahuac, who succeeded him as ruler, but died of smallpox shortly afterwards. In keeping with traditional practice, the most able candidate among the high noblemen was chosen by vote of the highest noblemen, Cauhtemoc assumed the rulership. Although under Cuitlahuac Tenochtitlan began mounting a defense against the invaders, it was increasingly isolated militarily and largely faced the crisis alone, as the numbers of Spanish allies increased with the desertion of many polities previously under its control.

Cauhtémoc called for reinforcements from the countryside to aid the defense of Tenochtitlán, after eighty days of warfare against the Spanish. Of all the Nahuas, only Tlatelolcas remained loyal, and the surviving Tenochcas looked for refuge in Tlatelolco, where even women took part in the battle. Cauhtémoc was captured on August 13, 1521, while fleeing Tenochtitlán by crossing Lake Texcoco with his wife, family, and friends.

He surrendered to Hernán Cortés along with the surviving pipiltin (nobles) and, according to Spanish sources, he asked Cortés to take his knife and "strike me dead immediately." According to the same Spanish accounts, Cortés refused the offer and treated his foe magnanimously. "You have defended your capital like a brave warrior," he declared. "A Spaniard knows

how to respect valor, even in an enemy."

At Cauhtémoc's request, Cortés also allowed the defeated



Mexica to depart the city unmolested. Subsequently, however, when the booty found did not measure up to the Spaniards' expectations, Cauhtémoc was subjected to "torture by fire," whereby the soles of his bare feet were slowly broiled over red-hot coals, in an unsuccessful attempt to discover its whereabouts. On the statue to Cauhtemoc, on the Paseo de la Reforma in Mexico City, there is a bas relief showing the Spaniards' torture of the emperor. Eventually, some gold was recovered but far less than Cortés and his men expected.

Cauhtémoc continued to hold his position under the Spanish, keeping the title of tlatoni, but he was no longer the sovereign ruler. He ordered the construction of a renaissance-style two-storied stone palace in Tlatelolco, in which he settled after the destruction of Mexico City; the building survived and was known as the Tecpan or palace.

Source: Wikipedia

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