

August 2013

**Manzanillo**

# SUN

Manzanillo's Lifestyle E-Magazine

## In this Issue

### General Interest

Third Party Ratings	Yann Kostic
Portrait, Snapshot or Memory	Senior Tech
The Lone Ranger	Suzanne Marshall

### Nature

Sago Palm Tommy Clarkson

### Living in Manzanillo

Summer time in Manzanillo	Freda Rumford
Jaws of Life Presentation	
Spectator Sport	Suzanne Marshall

### History

A Backward Glance – Guadalupe Treaty Kirby Vickery

### Food

Review - Godzilla's	Tommy Clarkson
Oaxacan Black Mole	Emeril recipe
La Boquita	Tommy Clarkson

**HOY  
FUTBO**



Poseidon  
Jorge Alberto Borbon





## Sago Palm, *Cycas Revoluta*

**Family:** *Cycadaceae*

**Also called:** *Japanese Fern Palm, Japanese Sago Palm, King Sago Palm and Palm Cycad*

Contrary to what many folks believe, the Sago Palm – like the Traveller’s Palm, Cardboard Palm and Madagascar Palm - is not a palm tree. The *Cycas Revoluta* is actually a very hardy cycad and related to conifers and Ginkgo trees.

In fact, the Sago is the most commonly cultivated cycad in the world. But widespread though it may be, it is an extremely beautiful plant and rather easy to grow. If one has limited space, but wants a tropical “feel”, this is the right plant to use as, planted in a cluster or presented as a solitary specimen, it looks good anywhere!

Some call cycads “living fossils” as their origin can be traced back to the early Mesozoic era 200 million years ago – and beyond. Fossils of this plant, uncovered on almost every continent on the planet, have been found among those of dinosaurs and show very little evolution over the eons.

Overall, the cycad family is comprised of around 300 varieties. Their natural habitat ranges through Australia, East Africa, Madagascar, Southeast Asia, New Guinea, India, the southern Japanese Islands, Malaysia and the Philippines. The Sago Palm originated in the islands of Ryuku and Satsuma as well as Southern China.

First discovered in the late 1700’s, the latter part of this plant’s Latin name, *Revoluta*, was given to this species because of the way that the leaflets revolute - curl back.



Well, then, this has to be twice as attractive!

Though generally said to be a slow grower of only 3-6 inches per year, in tropical environs it grows much faster – with mine seeming to average ten inches or more annually. A mature Sago Palm can grow erect, sturdy trunks attaining a height of as high as twenty feet and up to two feet in diameter. Some may be grown in their natural clumps or kept as a striking singular display. They prefer sun but also do well in partial shade. Water them regularly in sandy, humusy, well-draining soil.



As some of my country kin might say of the Sago Palm, "That's plum purdy!"



The dark olive-green, feather-like leaves are from four to six feet long, are gracefully arched and grow in a circular fashion. Trunks sometimes branch producing multiple heads of leaves. The rough trunks retain the old leaf bases. The stiff leaflets grow at such an angle from the rachis (the primary stem of a leaf composed of separate and differentiated leaflets) so as to present an attractive, trough shaped leaf. New leaflets emerge from the plant center coiled and as they open are soft and light green. The petiole (stems) bear small protective barbs that I heartily encourage avoiding when pruning.

Like other cycads, the Sago Palm is dioecious, with male and female reproductive cones (the reproductive part of a cycad) being on separate plants. Shaped like a torpedo, male cones protrude. Females are shaped like a cabbage with a color of gold or tan-yellow. The female cone slowly opens up when receptive to pollen but cannot produce viable, fertile seed unless it is pollinated. Naturally, this can happen by wind dispersion of male pollen but is thought that most occurs through native insects. Typically plants will not cone until they are over ten years old.

Seeds take 6-18 months to germinate but there is a better way to propagate them. The Sago produces "baby" offshoots at the base of their trunks. These bud offsets may be cut off - careful to not harm the mother trunk - with a clean, sharp knife and planted. Treat the cut surface of both with a fungicide and some sort of sealing material like tar.

There is significant confusion of this plant with the same named, actual, Sago Palm - *Metroxylon sagu*, which is in the palm family. This much scarcer plant is found in tropical lowland forest and freshwater swamps across Southeast Asia and New Guinea and is the source of sago flour. It is traditionally cooked and eaten in various forms, such as rolled into balls, mixed with boiling water to form a paste, or as a pancake.

However, the Cycad Sago Palm can be quite poisonous to both humans and animals if ingested. Pets are at particular risk since some seem to find the plant very palatable.

Often expensive to purchase when larger, in California folks have been known to chain their Sago Palms to keep them from being stolen late at night by "tree thieves"! Is nothing sacred?



In a manner of speaking, one can never have too many you know - new fronds that is!



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## The Jaws of Life Presentation to the City of Manzanillo

Manzanillo Sun reporter



One year ago, almost to the day, contact was made by Kirby Vickery on behalf of Manzamigos A.C. with Mayor Scott Dudley of Oak Harbor, Wa. Kirby was seeking a source for a donated Jaws-of-life machine and all its trappings for the Manzanillo Red Cross.

At the time the Red Cross unit in Manzanillo was in desperate need of such apparatus as none were available anywhere locally.

Mayor Scott Dudley immediately answered the call with the promise of a complete set of the much needed equipment. This, his town, Oak Harbor, had available as replacements as they had just upgraded for the fire department. Upon meeting with the Mayor, it was affirmed that such equipment was indeed available and was currently being checked and overhauled in readiness for the Red Cross in Manzanillo.

The plan was, we learned, that the Rotary Club of Oak Harbor would purchase the equipment from the city on behalf of Manzanillo and the Mayor (a very active member of the Rotary Club) with another member of the Rotary club would drive it down to Mexico in January 2013.

### The Jaws of Life

The term "Jaws of Life" refers to several types of piston-rod hydraulic tools known as **cutters**, **spreaders** and **rams**, which are used to pry open vehicles involved in accidents when a victim may be trapped.



During emergencies, when a few wasted seconds can cost lives, the Jaws of Life are brought in to remove victims from the crashed vehicle. These devices are also used to extricate victims from collapsed concrete and steel structures after earthquakes.



Somehow, as with all best laid plans, that didn't happen as sickness of the Mayor's driving partner got in the way (he required open heart surgery) and the drive was cancelled.

In the interim, the Red Cross found additional needed equipment and Emergency Medical Technical (EMT) training from volunteers from a fire department in Los Angeles, Ca., via Robert Hill, Pastor Lee and Reyna Garcia, with donations from many good hearted people in Manzanillo. A great party ensued when the Red Cross received the much needed equipment.

Meanwhile, in Oak Harbor, the Jaws of Life was still waiting to be shipped to Manzanillo but with sickness.

also in his own family, Kirby Vickery did not realise it had not yet reached the Red Cross until much later

Enter Gerry Szakacs, President of Manzamigos. He was able to arrange free shipping through Fed-Ex of the equipment. So on Monday, 15<sup>th</sup> July, the Jaws of Life from Oak Harbor was presented in a small ceremony to the Police Department of Manzanillo by Manzamigos.

Manzanillo now has much needed life saving equipment including a Jaws-of-life. These were donated by the **Rotary Club of Oak Harbor, The Greater Los Angeles Fire Department, Manzamigos and friends of the Red Cross Manzanillo.** The City of Manzanillo thanked you all most sincerely upon receipt of these gifts.



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## Spectator Sport

Suzanne A. Marshall

If you can view life as three complete acts then many of us who are now either retired in Manzanillo or wintering there, probably are enjoying our third act. Certainly that's okay by me, as this is a dream come true.

Each and every time I return in the fall to Manzanillo and find myself sitting on our ocean view terrace I can't quite believe that it's real. And since you can't turn the clock back and you probably wouldn't want to, then life in Manzanillo becomes one of going with the flow; enjoying new cultural experiences, the Mexican youth who surround you and the joy of a beautiful climate and long sandy beaches where one can walk and watch the locals at play.

In particular it is great fun and quite captivating to watch the youngsters (10- 20 years of age and up), practice and perform their skills 'skimboarding'. This is something that I was unfamiliar with other than the typical television exposure to surf boarding and the movies on the same subject. But skim boarding is somewhat different and does not involve paddling out into the surf for a fair distance in order to catch and ride a large surf breaker.

Skimboarding (flatland skimboarding) is an extreme sport using a wooden board about three times as wide as a skateboard and one and a half times as long. The board is thrown across a thin film of water left by a retreating wave. While the board is still moving the rider jumps on and skims across the water to do whatever tricks he or she can imagine.

Sometimes they can be picked up by an incoming wave and with the right skills can stay on the wave until it rolls and crashes on the beach before returning. The kids practice many tricks that involve jumping into the air with the board or performing a 180 degree spin while skimming. It is fantastic to plop down on the beach and watch these stunts for a while.

Our beach is called Playa Salahua or Playa Azul, known for its fierce undertow and often after storms at sea have brought in rough surfs, the wide sandy beach can be transformed into a rolling series of sand cliffs (dunes) where it was previously flat. These can be 4 to 5 feet tall.

Once in a while when this has occurred some of those young and carefree youths will practice back flips off the dunes in preparation for future jumps while skimboarding.





Although I first thought that skimboarding was a new variation of surf boarding because surfs are not as far out for longer rides, apparently this sport has been around since the 1920s.

In Laguna Beach, U.S.A. lifeguards used large plywood disks to skim the wavebreaks and skimboarding has evolved since then influenced greatly by the surfing industry. Although it is described as a sport for all ages, you wouldn't catch me trying it.

It is also described as 'extreme' for a reason. Apparently, there are many broken limbs and sprains and strains. One young fellow just down the beach from us was taken to emergency with a broken ankle.



On the subject of surfs, one of the best places to surf in Mexico is Cuyutlan, a tranquil seaside town located about an hour southeast along the coast from Manzanillo. Cuyutlan's black sand beaches are a result of centuries of erosion of the volcanic rock lining this stretch of coastline. The beaches of Cuyutlan are excellent for surfing, especially the beach at Los Pascuales where the waves regularly reach heights of eight to fifteen feet or more.

Cuyutlan is best known for La Ola Verde (the green wave) a giant green wave that appears in the ocean as the sun sets and shines through the water. The green wave is most often seen during the months of April to May. The green color of the wave is attributed to ocean dwelling phosphorescent algae and plankton in the water. The locals however like to debate this theory. Cuyutlan makes for another wonderful day trip adventure in the Manzanillo area.

Take a walk on the beach soon and stop to watch the skimboarders practicing their stunts. The sheer glee will captivate you.







## In the good 'ole summer time

*Freda Rumford*



And so it is August! One of the three big holiday times for the Mexican people to get away from the hustle and bustle of the inner city and workplace for rest, relaxation, and the seaside! The other major holiday times are Christmas and Easter, with Easter being the more important of the two, with 'Semana Santa' (Saints week) and 'Semana Pascua' (springtime week).

It is now school holidays; a time when the six weeks off from school is staggered to allow everyone a chance to get away. On questioning the parents sitting alongside our pool, watching their children, we learned that some school districts start holidays at the beginning of July until mid August, others from mid July until end of August. This is a regional thing as various aged children within the family need to holiday together. This is the Mexican way! Often mothers will have extended summer holidays for the full six weeks with the children while fathers visit each weekend.

On these holidays the large cities empty as citizens leave for their second homes at the ocean or in the mountain retreats. This is the main reason that condos have sprung up everywhere in Mexico. Family elders share the condos between them and it is not unknown for them to own several so that all of the family can be together in their 'tribal' gatherings. They also have joint ownership of ski boats, fishing boats or yachts and all traditionally relax and enjoy each other's company. Cousins get to know each other and become best friends. It is seldom that these times are spent on individual holidays; those are saved for other times. On these three occasions; it is family time. It is the Mexican way.

For the International visitor to Mexico, the hustle bustle of the holiday towns becomes initially almost a battle as they drive around and around looking for empty spaces in the supermarket parking lots. Strange thing: The supermarkets are not usually busy with customers except just prior to the 'comida' hour. In actual fact, those of us who live in close proximity to the Mexicans learn, the wise housewives do not trust local produce.

They bring their own from neighbourhood stores in their respective towns. The busiest places are the OXXO or Kiosko (7-11 type stores) which do a roaring trade in Coca Cola or Pepsi and ice cold cervezas. Eventually the International set realise that first thing in the morning or between 2 p.m. and 4 p.m. the supermarket belongs to them.

The time not to be out travelling is later in the evening when beach time is over and everyone looking for a little action. The taco stands and road side cafes are humming with people getting some really delicious late evening snacks at incredibly low prices. Here it is possible to feed a family of six for not much more than 60 pesos (\$5). The stall holders do not generally keep a record of what is eaten, they rely on the diner to inform them once they have finished. A unique way of doing business but it works.

In the indoor shopping centres, people enjoy the air conditioning where they can be seen enjoying an ice cream or an ice cold drink. Husbands sit in the food court or on benches visiting with other male family or friends





while their wives poke around in the clothes shops until they have seen everything available for that day. Tomorrow, there will be different things to see or minds have been made up about what has already been contemplated.

Most foreigners living in Manzanillo year round do not visit the beaches on Mexican vacation time. They have it to themselves at all other times and prefer to let the Mexican vacationers have it on national holidays. If they should be at the beach it is very often that the Mexicans will offer to share their picnic with the stranger and it is very hard sometimes to say "No thank you."

We found it very strange that in the summer, instead of going to the beaches the people at our condo preferred to sit around the swimming pool for the entire day under cover. They would either chat or play cards, swim a little, have lunch, swim or dunk some more and then snooze on the loungers.

It was difficult to understand until we realised that waves at the beaches were usually quite high during the summer and it was safer by far at the pool. Mexicans generally are not swimmers, they are paddlers and wave hoppers and it is a lot of fun to watch them having a super time than can be imagined with these pastimes.

Whatever they do, the Mexican people are really lovely to watch and most of the international set, being retirees, enjoy watching the family interplay. For the most part, the children are well behaved with only a few acting as prince or princess accustomed to their every wish being obeyed. I commented on this at one time and was told very gravely. "Senora, we still have the control of our children!"



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## A Backward Glance

By Kirby Vickery

I have been putting this series together for a number of months with the help of friends both of Anglo and of Hispanic heritage. There has arisen a discussion as to the rightfulness of the northern Mexican border, its acquisition, and placement geographically. I have found an excellent article and am forwarding most of it below to help clarify and explain the history and validity of this treaty:

### Treaty of Guadalupe Is Still Relevant Today

by *Patrisia Gonzales & Roberto Rodriguez*

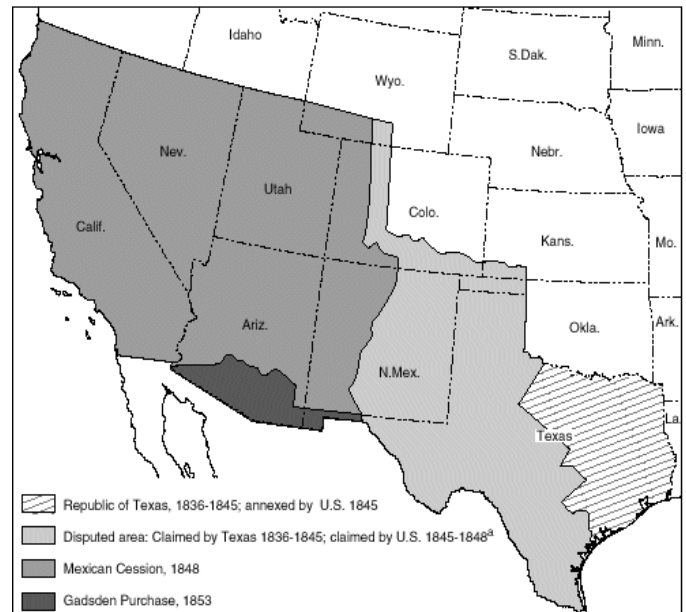
From 1998 [1848] to 1998 marks the 150th anniversary of the Mexican-American War. The most important individual anniversary will be the signing of the Treaty of Guadalupe Hidalgo, which took place on Feb. 2, 1848, and which formally ended the two-year conflict between the United States and Mexico.

While some people (and many U.S. courts) see the treaty as dead, others see it as the basic document that governs relations between both countries. Still others see it as a living human rights document that pertains to people of Mexican origin residing in the United States.

Many of us were raised with the idea that the war against Mexico was simply pretext for stealing its territory, and the treaty, negotiated under military duress and signed by a corrupt dictator, simply formalized the theft of half of Mexico's territory--a violation of international law. (As a result of the war, Mexico lost land that now makes up the Southwestern United States).

While many Mexican Americans view the treaty in this context, it did guarantee Mexicans and their descendants who remained in the ceded territories certain political rights, including land rights. But by the end of the century, most Mexicans had lost their land, either through force or fraud.

During the early Chicano movement in the 1960s, New Mexico land rights crusader Reies Lopez Tijerina and his Alianza movement invoked the Treaty of Guadalupe in their struggle. In 1972, the Brown Berets youth organization also invoked it in their symbolic takeover of Catalina Island, off the Southern California coast.



When Texas was officially recognized as a state in 1845, it included the light-gray area, which was so claimed by México. The Treaty of Guadalupe Hidalgo resolved this dispute, with Texas claiming the disputed land. In 1850, Texas transferred part of this land to the federal government, which became the eastern portion of the territory of New Mexico.

For more than 15 years, many Chicano indigenous groups have cited the treaty in their struggle for the human rights of Chicanos in international forums, such as the U.N. They maintain, however, that the Mexican and indigenous peoples living in what is today the Southwest U.S. were not signatories. Native American peoples have also referred to it in their legal disputes.

Despite the fact that "It's not our treaty," says Rocky Rodriguez, national director of the Denver-based National Chicano Human Rights Council, Chicanos in the United States today are also covered by it.

When it comes to fighting for human rights cases, especially those of land theft and law enforcement abuse, seeking relief through U.S. courts is basically of no use to Chicanos, says Rodriguez. People of Chicano/Mexican origin rarely win when they use or encounter the judicial system, she continues.

Richard Griswold del Castillo, a San Diego State University history professor, considers the treaty a living document, and studies the subject in his recent book, "The Treaty of Guadalupe: A Legacy of Conflict." (Griswold del Castillo, Richard. University of Oklahoma Press. July 31, 1990)





Upon examining the document and its 23 articles negotiated by both countries, the most startling thing that stands out is that article 10 is missing. That article, which was deleted by the U.S. Senate upon ratification, explicitly protected the land rights of Mexicans. Additionally, article 9, which deals with citizenship rights, was weakened.

The key to understanding the treaty, however, is not so much what's in it, but rather, what isn't in it.

According to precedents set by U.S./Indian treaties, people do not automatically lose their rights when they lose a war. People possess inherent and universal human rights and when treaties are negotiated, the people involved can lose only the rights specifically agreed upon.

In "American Indians, American Justice," by Vine Deloria and Clifford M. Lytle (Vine, Deloria. Jr. and, Lytle.Clifford M. Austin: University of Texas Press, 1983.), the author's state that courts, in recognizing the past exploitation and the use of force against American Indians, developed a set of judicial rules in dealing with disputes. In effect, they are guiding principles when dealing with U.S./Indian treaties.

According to the author's one of the rules states: "Treaties reserve to Indians all rights that have not been granted away." This is known as the "Reserved Rights Doctrine."

It thus follows that Mexicans in the U.S. did not lose their rights, unless that was stipulated in the treaty. And of course, no such stipulation was made. Also, these same rules call on judges to interpret treaties in the manner that reasonable people would interpret them. And it can be assumed that reasonable people don't "give away" their lands or rights in treaties.

Reflecting over the United State's history of violated treaties, Rodriguez says, "Indian prophecies predicted trickery in the north [America] and brute force in the south. Here [in the Southwest U.S.], both have been used."\*

*\*Gonzales, Patrisia, and Rodriguez, Roberto. "Treaty of Guadalupe Is Still Relevant Today." <Indian.Org>. July 31, 1990.*

*(continued next page)*

# monkey's

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6

From my own classes I can tell you that you may or may not agree with the reasoning, the cause, or even the legality of this treaty but, that isn't my point here. The thrust of the above tends to expose the exploitation of the Hispanic and Indian populations living in the area affected by the treaty by the American government. I do know that the Mexican government was invited to make a joint survey of the border and that the Mexican government apparently had problems fielding teams but in the end accepted the boundaries surveyed by the U.S. In reality there were two teams contracted from each country. One ran east to west from El Paso and the other worked the other way from San Diego. My intent is to present the legends of the Aztec who were long gone from this area when this agreement was made between the two countries. This I shall do.

There is an interesting side story which my Grandfather (the dude in the middle) tells about the Treaty of Hidalgo. Historically the treaty led to the establishment of the International Boundary and Water Commission in 1889. Its function put the onus on the U.S. to: Maintain the border. Allocate waters between the two nations. Provide for flood control and water sanitation.

What isn't much remembered was the fact that the Rio Grande River flooded every spring. There is a plain which runs down the eastern part of central New Mexico. This plain extends just west of Mount Franklin of which El Paso is built around.

Juarez Mexico shares this pass and these floods were wiping out most of the Mexican city every year. The fix took several years with the building of Elephant Butte and Cabrillo Dams in New Mexico and an extensive irrigation and water control system in El Paso County.

My Grandfather did most of the surveying of the outlay of Cabrillo and was running a survey crew in 1917 trying to establish a solid Rio Grande River course just south of El Paso. James Easter ('JB' to his friends) tells that they actually had gotten a little lost on this island in the river when they were discovered and captured by the Mexican Army. Please understand that the so called "Border War" between Mexico and the U.S. had just ended and nerves along the border were frayed at best. General Blackjack Pershing had returned to Fort Clark Springs in Del Rio (a few hours south of El Paso). One of his lieutenants was later to command the taking of northern Africa, Italy, and the Battle of the Bulge. George Patton got his training under Pershing during this small 'war.'

My grandfather tells of waking up one morning surrounded by the Mexican Army. He and his crew were marched and trucked to a prison outside Juarez. He also stated that when the local commandant got word of this capture, their treatment changed a great deal. The entire team was then wined and dined and put up in the finest accommodations until they could be repatriated. The commandant made my grandfather promise to tell the news papers that everyone was well treated. And, this he did.





**AT THE MOVIES**  
 Suzanne A. Marshall

**THE LONE RANGER**  
**DIRECTOR: GORE VERBINSKI**  
**STARS:**  
**Johnny Depp, Armie Hammer, William Fichtner**

I hate to admit that I am old enough to remember the television series from my childhood. The Lone Ranger was a hero who swooshed in on his white horse 'Silver' and Tonto was his native sidekick always there to help him out and save the day for victims of villainous characters.

This story tells of how it all began. Now, of course with new technology, crazy stunts and gruesome violence, you may not want to take small or young children. Though the story comes across somewhat 'tongue in cheek' the altercations are pretty realistic. It's an average film but looks great on the screen.

The film was fun particularly given the characterization of Tonto by Johnny Depp, whom I consider one of the better character actors nowadays. He had me laughing a number of times throughout the movie. I think the younger set will love it in particular.

The sets, staging and costuming are all excellent and I can say the movie is overall quite entertaining.

IMDB gives this movie a rating of 6.7/10 based on 22,228 user votes.

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# Portrait, snapshot, or memory

by Senior Tech

Photography has evolved to the point where the cost of photos is essentially free, once you have purchased the photographic equipment. If you ever used a film camera, each photo had a cost; film and then developing and printing; and you had to wait until the whole process was complete to see the results. If the photo was out-of-focus, or the subjects had their eyes closed, or the lighting was incorrect, then the photographic moment was lost forever.

Digital photography has changed the way memories can be preserved. Digital photographic equipment allows the user to immediately review their photo in a viewfinder. If the photo is not right, a new one can be taken and the old deleted. Anyone can be a great photographer!

Digital cameras come in a variety of form factors and each one has positives and negatives.



DSLR ( digital single lens reflex ) cameras allow the photographer to use a variety of interchangeable lens. There are a number reasons to use different lenses such as; low light conditions, close-up photography, portrait photography as some examples These cameras are typically used by professional photographers and are the most expensive. In this class of camera there is a wide range of camera bodies and lenses, so they are also affordable for amateur enthusiasts. Prices for a DSLR camera range from \$300.00 to many thousands of dollars. The disadvantage of a DSLR camera is the size and weight of the body and lenses. It is this reason that I do not recommend the casual user purchase this type of camera. These cameras are also more complex to operate.

Digital photography equipment has a number of components that control the quality of output. One of the most important components is the optics, the lens ( low quality lenses require more light and do not capture sharp photos ). Next is the sensor size, a larger sensor allows more data to be collected and therefore more pixels ( photo resolution is affected by pixels. more is

better ). Next is the camera firmware ( the software and hardware that controls the camera ), lower priced cameras may not render colours properly due to slower processor chips. The slower processor chips may also cause a delay between pressing the shutter button and capture.



Fixed lens cameras ( point and shoot ) are lighter and as result are more likely to be carried. There are two types of cameras in this class, thin body cameras that can be fit into a purse or pocket, or a box type with a fixed lens. The box type will typically have better quality lens and a larger sensor. The box type camera generally has a greater zoom range and will produce better quality photos. Point and shoot cameras range in price from \$60.00 to \$1,300.00.

Cameras in the lower price range will typically have a thin body and will only take basic photos ( see paragraph above ). Cameras in this category have an electronic viewfinder, before you buy a camera, ask to see the viewfinder in daylight. If the viewfinder is not bright, it will hard to compose and view photos in sunlight conditions.

If outdoor photography is a consideration, find a camera with a viewfinder that displays well in sunlight. Next take a few sample shots, if the camera has a delay between pressing the shutter and capture of the photo, look at another camera. Many good portrait photos are missed because the camera delay was a second late. Ask the salesperson to show you the features that interest you.

If you want to take close-up photos, ask to see models that have a high **optical** zoom factor ( do not look at digital zoom, this only magnifies the photo and is not a true representation of zoom ). If you want extreme close-up shots ask to see models with a macro feature.

One drawback of close-up photography is that any movement while taking the photo will cause blurring,



either consider a tripod or a camera with a fast lens (a faster lense will dramatically increase the cost of the camera), blurred photos can also be minimized by shooting in bright daylight conditions

The major disadvantage of point and shoot cameras is carrying them at all times.



Modern smartphones also have built-in cameras. The advantage of these cameras is that they are always with us. Most current smartphone models have 8 megapixel sensors and even process video photography. These phone cameras are better than the lower priced point and shoot cameras in both quality and colour rendition. Tablets also have digital cameras with 5 megapixel sensors. But are not as convenient to carry as the smartphone.

Digital photography has progressed to the stage where the quality has surpassed film. Image editing software can improve imperfections of the photo, such as red eye reduction, cropping and colour correction. Digital photos can be made into prints either by taking the memory card to a photo finishing kiosk or uploading to any number of photo processors. I upload my photos to Costco then pick them up a few hours later. The other advantage of digital photos is that only the photos selected are printed thereby reducing costs. These photos can also be printed on a colour printer, but I have found the cost of ink and photo quality paper is more expensive than a commercial photo processor.

Memories are priceless, so remember to backup and store your images on other media as well as have a copy at an offsite location.

If you have a topic you would like covered, or require further information on this topic, please contact me at [techguy@senortech.ca](mailto:techguy@senortech.ca).






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## Do Third-Party Ratings Really Matter?

by Yann Kotic

If your fund receives a low third-party rating, you might consider it bad news. But the good news is that as long as you've selected a fund that meets your specific investment objectives, third-party ratings may not matter.

Morningstar is one of the much-followed mutual fund rating companies. It uses a risk-adjusted formula based on performance over the last three, five and ten years to rate mutual funds. The funds are rated on a one-star (lowest) to five-star (highest) scale. Ratings are assigned on a curve: 10 percent of funds receive five stars; 22.5 percent receive four; 35 percent, three stars; 22.5 percent, two and 10 percent of funds receive a single star.

While ratings can be a valuable part of the mutual fund analysis process, many investors use the number of stars a fund receives as the main criteria for gauging its performance. This may not be wise; you may not realize it, but not every fund has an equal chance of receiving a high rating.

Ratings are assigned over an entire ratings category. In many ratings categories, however, there are different asset classes, such as small-cap funds and large-cap funds. At any given time, one of those asset classes is likely to be

performing better than another. As a result, funds in asset classes that are performing well overall are more likely to be highly rated.

Past performance doesn't guarantee success

As well, past performance does not guarantee future success. As the research company Financial Research Corporation discovered through a data-ranking process, one year's top performers are no more likely to deliver superior returns the following year than are the year's worst performers, calling third-party rating systems into question. Haven't we heard that somewhere before?

Truth is, no third-party system can begin to replace the analysis conducted by you and your advisor in defining your specific investment objectives and building a portfolio that meets those objectives.

Yann Kotic is a Money Manager and Financial Advisor (RIA) with Atlantis Wealth Management specializing in retirees (or soon to be), self-reliant women and Expats in Mexico. Yann works with TD Ameritrade Institutional as the custodian of client's assets. He splits his time between Central Florida and the Central Pacific Coast of Mexico. Comments, questions or to request his Newsletter "News You Can Use" Contact him at [Yannk@AtlantisWealth.com](mailto:Yannk@AtlantisWealth.com), in Mexico: (314) 333-1295 or in the US: (321) 574-1529.

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- Mexico Facts**
- ✓ **The border** between Mexico and the United States is the second largest border in the world (only the U.S.-Canadian border is longer)
  - ✓ **Mexico City** is built over the ruins of a great Aztec city, Tenochtitlán. Because it is built on a lake, Mexico is sinking at a rate of 6 to 8 inches a year as pumps draw water out for the city's growing population
  - ✓ **The descendants** of the Aztecs speak a form of the Aztec language called Nahuatl. Many of its words, particularly for types of food, passed into English...such as tomatoes (*tomatl*), chocolate (*chocolatl*), and avocados (*ahuacatl*)
  - ✓ **Actor Anthony Quinn** was the first Mexican to win an Academy Award for his role in the 1952 movie *Viva Zapata*
  - ✓ **The Chichen Itza Pyramid** in Mexico was named one of the new Seven Wonders of the World.
  - ✓ **Only ten countries** in the world have a larger population than Mexico's 109,954,000 million people
  - ✓ **The first printing press** in North America was used in Mexico City in 1539



## Godzilla's

By: Tommy Clarkson

Now just what does one write about a restaurant named after the scaly behemoth of a beast that – in movie theaters anyway - destroyed Tokyo in 1954 and reeked general havoc in several ensuing sequels?

Well, dining-wise, I'd encourage that one bring a monster of an appetite as the servings are as plentiful as they are good!

And, otherwise, just what about that name? Why Godzilla's? Co-owner Paul Redington puts it rather simply and succinctly, "Godzilla was determined, tenacious, and some way or another would always make a comeback. Accordingly, we strive to be the first two in preparation and presentation of our food and, in turn, hope our customers will enjoy their experience with us and – like Godzilla, soon "come back"!

Now, with that as a base, if it's an original and fun dining treat you seek, call (335-3771) a few days before going there and order a 4.4 kilo Godzilla Burger with fries to cut up and share among the four to six of you. To date, no one individual has eaten a whole one – though a free T-shirt awaits whomever can!

In the restaurant's creation, "The Big Apple" well partnered with "The Lone Star State". The establishment's day to day operation is directed by the big but gentle, and very personable, Paul, a New Yorker by birth. His generally, more serious faced co-owner, Texan Sam Burton, often can be seen on site handling a multitude of chores – when not running Tropical PCB Design Services which makes printed circuit boards with offices in the States and Guadalajara.

This unique eatery is located at 1163 Blvd de la Miguel, just north of a Casino and south of Bar de Felix on the bay side of the street. They've even got reserved parking on the street for its customers. Paul can generally be found on site, greeting and chatting with customers or back in the heat of the kitchen personally preparing meals.

If you're a bit of a traditionalist but have a sense of adventure, an array of hamburgers are available ranging from El Capitan, through Juicy Lucy, *La Hawaiian*, *Beso Picoso* (Spicy Kiss), *Buenos Dias*, *La Cacahuate* to *El Hijo de Godzilla*.



Art is one of the many ex-pats who appreciates a monstrously good meal!



Paul seems everywhere - out front meeting-greeting the customers, at the bar ensuring drinks are made well and in the kitchen with a very hands on approach to meal preparation



Then they have *Pescado* (fish), *Cameron* (shrimp) and *Vegetariana* (figure that one out on your own) sandwiches as well as several great salads – my favorite is the Cobb salad, with great blue cheese chunks, but all mixed up - not presented in organized rows!

Other fine fare includes *Pollo fettucini*, *Cerdo al estilo Hawaiano*, pulled pork and more. My Patty often has their fish and chips served with enough french fries to feed a platoon of hungry infantrymen.

Then there are other great selections such as *Camarones empanizados con papas* (fried shrimp prepared with french fries) and *Pescado Negro* (blackened fish).

If you've saved enough space for dessert – and I recommend that you do so - try their *Budin de pan* (bread pudding with roasted pecans and cinnamon raisins decadently resting in a pool of lemon sauce), their *flan* or equally wonderful New York cheese cake.

Yes, not to worry, beer and mixed drinks are readily available too, made in the comfortable bar on the south side of the facility which seats 115 inside and out.

Their customers are a wonderful amalgam of gringos and Canadian ex-pats, local Mexican families and vacationers. And for fun, check them out on FACEBOOK.

So is it a good place to go?  
Yep, we rate it a gargantuan great!



Gotta' tell ya' ... it just doesn't get much better than this!



Co-owner Sam knows how to Schmooze with customers too!




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## Restaurant Don Silvestre at La Boquita

By: Tommy Clarkson



Wanta' get away from most of the tourists? Looking for good, authentic Mexican seafood? Seeking a sea breeze with a great vista? Searching for a cold, sweet – and potent- margarita?

If so and you seek to experience Mexico at its leisure and have fun “up close and personal” then La Boquita is the place to do so!

With a variety of similar appearing places to choose from – right on the beach - we suggest you first try “Don Silvestre” as, for our taste and preferences, it seems the best. There are four parking places directly in front of the restaurant and a small lot across the street. (And, perhaps just as importantly, it also has restrooms on that side of the road.)

We always enjoy a table, under a large beach umbrella, directly on the beach. But be aware that if the tide is coming in your toes may get wet . . . part of the fun of it all for us!

As you enter and even before selecting your table you might want to inquire if Efran or Leo (pronounced Lay-o) are there. They'll take good care of you. Then – keeping your priorities in order, get a drink! Select whatever you wish but, for what it's worth – and this is Mexico – so we generally have margaritas . . . “*rocas sin sal*” on the rocks without salt.

Now proceeding to savor your visit, notice that there is a good likelihood that you are the only *gringos* around!

This is no touristy time share or walled in all inclusive. This is Mexico with Mexicans enjoying the ocean, her beaches and great sea food.

As to sights: The vista itself is wonderful. Note the Santiago Bay before you; the long expanse of magnificent beach with families playing in the water and small children building sand castles on the beach; the small fishing or recreational boats moored just off shore, bobbing in the waves; at low tide, the top of the ship sunk in a hurricane several years ago and around which scuba divers sometimes gather; and the beauty of Elephant Point to the right (From the correct angle it looks like and elephant's head, ear and protruding trunk.)



Until you've had a tin can concert you've never really lived!

Sounds? Many! There are wandering mariachi bands whose tuba and drums seem to comprise the preponderance of their happily presented musical fare (ask their fee first before consenting to a serenade); or the have a “tin can concert” by one of the more





Keep an compartment in your tummy open for at least one of Juan's pastries.

imaginative "musicians" who will give you a lively performance table-side; the older gentlemen who lacks no enthusiasm but isn't, shall we say, quite yet ready for Carnegie Hall; and then, of course, there are the ice cream vendors playing the looped Henry Mancini tunes.

Smells and tastes. These too are in abundance and generally found together! From the hand pushed cart of candies and nuts to Juan and his hand carried, large basket of "Oh so great" pastries (I really recommend you save space in your tummy for at least one of these). The *ajo* (garlic) will delightfully assail your senses from the freshly caught fish cooking nearby. And, then, of course, there is that which is simple pure nature in the sea breezes.

If its summer time a splash in the surf will cool you down. I generally wear old sandals or flip-flops because, depending on the season and wave conditions there may be a few rocks underfoot.

But one of the biggest draws is that of the people around you. Smile and acknowledge them and you might just well have instant new friends who may or may not speak a word of English – but that doesn't matter!

Recently, of the family to one side of us, Fernando – whose nickname was "Rooster", born in Guadalajara and married to a girl born in Chicago, chatted with us about his time spent working in Los Angeles and Las Vegas. On the other side, we were soon asked if we would join them in a family picture . . . and this only after but the briefest of Spanglish conversations!

So just how do you get there? Just in case you don't know, start at the intersection below Los Hades with the golf course, OXXO, Chipotle restaurant and the new Toyota dealership on the four corners, proceed 3.3 miles through

Santiago - heading in a northerly direction. At that stoplight turn left and enter the gated community of Club Santiago.

Drive .6 of a mile straight through the Club Santiago housing – with a slight wiggle in the road toward the end and then a jog to the left to stay on the cobblestones – until you arrive at a dirt road straight ahead. In a few feet is a T-intersection, turn left and twist and turn .3 miles where you will see a blockish, brown house on your left.

Go another .2 mile passing eight of the ten palapa ("Ramada" – you'll see it on every sign) restaurants. All of these establishments have the same Corona Beer sign with their individual restaurant's name at the same size, height and location out front. The next to the last is Ramada Don Silvestre Restaurant!

If you've a larger group, call ahead (335-1799) someone might – or might not – understand you and be waiting!

This – one of our "regular 'go to' places" - is an experience not to be missed!



Bacon wrapped shrimp - yum!



Guacamole and shrimp ceviche - Double yum!!



## Oaxacan Black Mole: Mole Negro

(chef Emeril Lagasse courtesy of Food Network, Emeril Live)

**Total Time:** 2 hr 45 min

**Prep:** 30 min

**Cook:** 2 hr 15 min

**Yield:** 10 to 12 servings

Read more at: <http://www.foodnetwork.com/recipes/emiril-lagasse/oaxacan-black-mole-mole-negro-recipe/index.html?oc=linkback>

### Sauce:

1/4 pound chilhuacles negros or guajillos  
2 ounces chiles pasillas (Mexican, not Oaxacan)  
2 ounces chiles mulatos  
1/2 pound (about 1 large) tomatoes, broiled  
1 cup water  
3 whole cloves  
3 whole allspice  
6 fresh thyme sprigs, leaves only  
6 fresh marjoram sprigs, leaves only  
1 tablespoon Mexican oregano  
3/4 cup melted lard or safflower oil  
1/4 cup sesame seeds  
1/4 cup shelled peanuts  
10 unskinned almonds  
1/4 cup raisins  
1 small onion, thickly sliced  
12 small garlic cloves, peeled  
1 very thick 3-inch cinnamon stick, slivered  
1 ripe plantain, skinned and cut into thick slices  
2 crisp-fried corn tortillas  
3 thick slices dried French bread  
1 (2-ounce) tablet Mexican drinking chocolate  
Sea salt  
4 cups chicken broth

Remove the stems from the dried chiles. Slit them open, and remove seeds and veins, reserving the seeds. Toast the chiles for about 50 seconds on each side; if you're using guajillos, toast them longer, until they are almost charred, about 2 minutes.

Rinse the chiles in cold water, cover with hot water, and leave to soak for about 30 minutes. Put the reserved chile seeds into an ungreased frying pan and toast over fairly high heat, shaking them around from time to time so that they brown evenly. Then raise the heat and char until black. Cover with cold water and set aside to soak for about 5 minutes. Strain and put into a blender jar. Add the broiled tomatoes, unpeeled, to the blender jar along with the water, cloves, allspice, thyme, marjoram, and oregano.



Heat some of the lard in a small frying pan and fry the sesame seeds until a deep golden color, a few seconds. Strain, putting the fat back into the pan and the seeds into the blender jar, and blend as smooth as possible. Fry the rest of the ingredients, except the chiles and chocolate, 1 by 1, strain, and put into the blender jar, blending after each addition and adding water or broth, as necessary, to release the blades.

Heat 1/4 cup of the lard in the heavy pan in which you are going to cook the mole, add the blended mixture, and fry over medium heat, stirring and scraping the bottom of the pan from time to time, for about 15 minutes. Meanwhile, put a few of the chiles and about 2 cups of the water in which they were soaking into the blender jar and blend until smooth. When you have blended all the chiles, add them to the fried ingredients together with the chocolate and cook for 5 minutes longer.

Add about 4 cups of chicken broth and continue cooking for 35 minutes. Skim the fat that forms on the top if you are going to make tamales or mole. It is added to color and flavor the masa. Add more broth if necessary, the mole should just coat the back of a wooden spoon.



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2,500-4,000	Guajillo
1,500-2,500	Chilaca
1,000-2,500	Pasilla
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500-2,000	Anaheim
500-1,500	Chile Verde
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**CAJUN JAMBALAYA**

(Emeril Lagasse *Essence of Emeril*)

**Total Time:** 50 min

**Prep** 15 min

**Cook** 35 min

**Yield:** 4 servings

[Read more at:](http://www.foodnetwork.com/recipes/emiril-lagasse/cajun-jambalaya-recipe2/index.html?oc=linkback)  
<http://www.foodnetwork.com/recipes/emiril-lagasse/cajun-jambalaya-recipe2/index.html?oc=linkback>



**Ingredients**

12 medium shrimp, peeled, deveined and chopped  
4 ounces chicken, diced  
1 tablespoon Creole seasoning, recipe follows  
2 tablespoons olive oil  
1/4 cup chopped onion  
1/4 cup chopped green bell pepper  
1/4 cup chopped celery  
2 tablespoons chopped garlic  
1/2 cup chopped tomatoes  
3 bay leaves  
1 teaspoon Worcestershire sauce  
1 teaspoon hot sauce  
3/4 cup rice  
3 cups chicken stock  
5 ounces Andouille sausage, sliced  
Salt and pepper

**Directions**

In a bowl combine shrimp, chicken and Creole seasoning, and work in seasoning well. In a large saucepan heat oil over high heat with onion, pepper and celery, 3 minutes. Add garlic, tomatoes, bay leaves, Worcestershire and hot sauces. Stir in rice and slowly add broth. Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally, about 15 minutes. When rice is just tender add shrimp and chicken mixture and sausage. Cook until meat is done, about 10 minutes more. Season to taste with salt, pepper and Creole seasoning.

Per Serving: Calories: 402; Fat: 16g (Saturated Fat: 4 grams); Protein: 24g; Carbohydrates: 38g; Sugar: 4g; Fiber 0g; Cholesterol: 97mg; Sodium: 800mg

**Emeril's ESSENCE Creole Seasoning** (Bayou Blast): 2/3 cup  
*Combine all ingredients thoroughly*  
2 1/2 tablespoons paprika  
2 tablespoons salt  
2 tablespoons garlic powder  
1 tablespoon black pepper  
1 tablespoon onion powder  
1 tablespoon cayenne pepper  
1 tablespoon dried oregano  
1 tablespoon dried thyme

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www.manzanillosun.info

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Submissions for possible inclusion in  
the magazine, please send to the editor  
by 20<sup>th</sup> of each month.

We are always looking for writers or  
ideas on what you would like us to  
write about in the magazine. Preferred  
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All articles should be 1000 words or  
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