

Manzanillo

June 2011

SUN

Manzanillo's Lifestyle E-Magazine

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Photo: Club de Yates

Understanding Manzanillo's Waters

By Terry Sovil

Part 2

Visibility

The best season to snorkel or dive Mexico's Pacific coast is between August and February. From April to May the visibility is reduced from plankton blooms. Manzanillo waters can be affected by several conditions:

Weather – Offshore storms or big swell coming into the bays stirs up the sand on the bottom and brings in suspended particulate.

Algae Blooms – Are a rapid increase in accumulation of algae in the water. These can occur in both fresh water and in marine environments. Some blooms are recognized by discoloration of the water resulting from the high density of pigmented cells. Algal blooms are often green, but they can also be other colors such as yellow-brown or red, depending on the species of algae.

Notable are 'HABs' or "harmful algal blooms". These events involve toxic or otherwise harmful phytoplankton. These blooms often take on a red or brown hue and are known as "red tides".

Plankton Blooms -- Tidal mixing can produce a condition where the warmer surface water becomes completely mixed with the underlying colder water. This condition is both physical and biological and can run for 100's of nautical miles. These sites are phytoplankton blooms which, under favorable conditions, may develop into red tide.

Upwelling – Is the movement of deeper water into shallow levels. Oceans have 'layers' of water. Warmer water doesn't normally mix with the denser colder water below it and the transition from one layer to the next is called a thermo cline. When a wind blows from the shore it moves surface level water out to sea causing colder water to be brought up and into shallower water. This impacts surface temperatures and brings in nutrients.



Potentially Harmful Sea Life

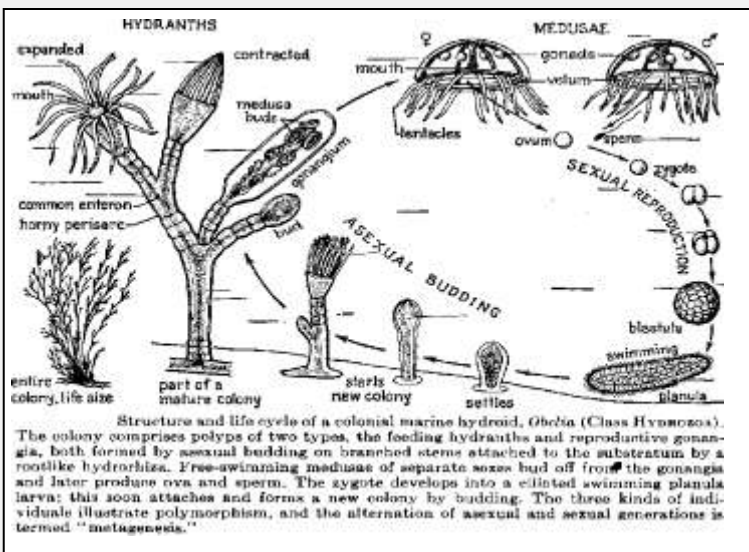
There are three types of sea life that divers and swimmers should watch for. This is not a comprehensive list but covers the most common critters that may be encountered in our waters:

1. Stingrays
2. Jellyfish, sea lice
3. Poisonous Fish

Stingrays

Stingrays tend to be in sandy areas bordered by rock but they can be found just under the sandy surface in shallower water anywhere. The stinger, used for protection from predators, is at the end of their tail. A traditional walking "step" entry can easily bring your foot down on the back of a stingray and it will instinctively lash out with its tail. Shuffling your feet will scare them away.

A sting causes an immediate, sharp, excruciating pain that peaks in 1-2 hours. The wound may bleed, become swollen and may turn blue or red. The stinger, or spine, near the base of the tail, is hard and sharp with backward pointing





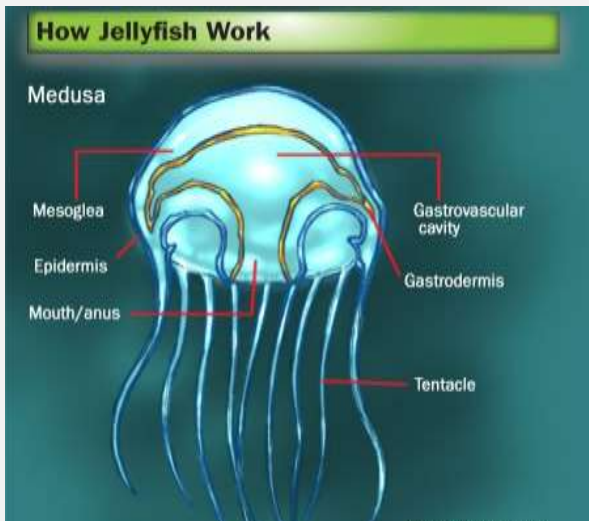
barbs that can cause a jagged cut and make it difficult to remove from a wound because of the back-facing barbs. The intense pain alone forces most people to seek medical help which is always a good idea.

First aid consists of flushing the wound with fresh water, soak in water as hot as can be tolerated and use tweezers to remove parts of the stinger. Apply direct pressure to stop bleeding. Apply an antibiotic ointment.



Jellyfish

We often share our beautiful beaches with jellyfish and sea lice. There are about 20 species common in the waters around Mexico. Many cause painful stings. The newer descriptions for jellyfish are 'jellies' or 'sea jellies'. They are free-swimming members of the phylum Cnidaria. There are between 1270-1750 species and they are found in every ocean from the surface to the deep sea



Evidence suggests that jelly populations have swelled due to overfishing which reduces the number of predatory organisms that feed on them. Stings can be painful or not felt at all depending on the jelly. If a large area is involved, it is a child, asthmatic or someone with a history of allergies it is wise to seek medical attention.

Another small critter called "sea lice" can cause discomfort. Sea lice are the larvae of jellyfish and other stingers. An important consideration is that the "stingers" on jellyfish will continue to sting even on a dead or dried up jellyfish on the beach. Tentacles attached to a person can continue to discharge.

First aid recommendations vary but prevention is the key by protecting exposed skin with a wetsuit or a rash guard. Recommendations run from shaving cream, baking soda, flour, vinegar, ammonia, alcohol, fresh water and sea water. The problem is many of these will encourage the discharge of more stings because these don't work on every jelly. You need to know the particular jelly for the right first aid. Post sting use a hydrocortisone or calamine lotions to help with the itch.

Sea Urchin

Sea Urchins are small, spiny bottom dwellers with needle sharp spines that are very brittle and will easily break off. They will **always** be found near rocks, hiding amongst them during the day but coming out at night. If you are wading after dark stay a distance from rocks. Stepping on a sea urchin may cause nausea, vomiting, muscle cramps, shortness of breath, localized swelling, redness, and numbness. The spines, difficult to remove, may cause infection. If you are wounded by a sea urchin, make sure your tetanus immunization is current. Remove easy-to-access spines. You may need to seek medical attention if spines are buried deeper.





Manzanillo Perspectives

By: Suzanne A. Marshall

To put a twist on a well-known phrase –Manzanillo is 'not just another pretty face'. Aside from its undulating tropical hills, magnificent beaches, ocean bays and fabulous climate, living here as an escapee from Canadian winters has proven to be a much more personal and endearing experience than I ever expected.

In retrospect, I have found myself somewhat subliminally affected by preconceived notions about the country and the people. Actually it's a bit embarrassing simply because I was really unaware of it. Be it Hollywood movies, comics, cartoons or the selective stories from various forms of news media, they just don't represent reality on the grand scale. Recently, while thinking about a few 'vignettes' or moments from my life here, I was hit by one of those 'AHA!' moments and found myself feeling that I could really live here full-time quite easily. The people are warm, welcoming and just plain wonderful. I feel this overwhelming sense of contentment and a real reluctance to leave when spring arrives.

OK, so the wisdom of age may be having some influence as I approach official retirement. And I've lived a great life, had a great career and am truly grateful. But now I long for and recognize the little moments and nuances of life that are so endearing and just plain human. Compared to the hustle and stresses of my other life in Canada, I view the pace and quality of life here as a unique microcosm. Here follows one small anecdotal story of my simple daily life here. Check in for more in future issues.

A Cycle of Life

We had arrived in Manzanillo in early December. As is typical of the first few weeks, I cannot get enough of the salt air, sun and view of the ocean surf hitting the beach while relaxing poolside with a current novel. We often have the entire complex to ourselves between major Mexican holidays as all our neighbours live and work in Guadalajara and come to their condos for weekends and such. My husband is running around trying to establish a good internet signal for our electronic entourage – PC's, phones, television etc. and I am by myself soaking it all in

There is a new young gardener nearby who is working away at trimming hedges and attending to flowers. We smile and wave to each other and he comes over to make introductions. His English though delightfully accented, is pretty good and much better than my Spanish. As we chat a little he asks me "would you like to see the baby turtles?" Not sure what he is saying, I said "OK" and he leads me to a shady spot where an old bucket sits. Looking in I see sand and water and 8 or 9 'day old' baby sea turtles! I immediately take a snapshot with my cell phone in order to share this event in my newsletter with family and friends back home.



More than a month earlier, our night security man had been touring the front sea wall situated right on the beach. In the moonlight as the surf pounded the shore, he spotted a large sea turtle lumbering in from the water and while he continued to watch she made her way to a safe destination not too far from the wall. There she began to dig with her flippers until enough space was made to lay roughly one hundred eggs and cover them well with sand. In the next 45 days, the warmth of the sand would incubate the eggs then the hatchlings would immediately make their way back to the sea.

I have learned since, that sea turtles always return to their own place of birth to lay eggs. It matters not



what changes have taken place over the years with developments, sun bathers, joggers, dog walkers, ATV's and general traffic that now is common place; mother nature is leading them there purely on instinct and with unexplainable 'genetic radar'. The natural predators for baby turtles are many including crabs, gulls and large fish. Only 1 or 2 of the turtles will typically survive. Human predators are an even greater threat and the eggs and turtle meat are considered a delicacy which has created a black market for selling these delicacies at exorbitant prices. The Mexican government has undertaken to stem this practice and has modified penal codes to incorporate punishments of 1 - 9 years in prison and levies fines between 300 and 300,000 pesos.

Knowing these things, our night security man has kept watch over the weeks for the arrival of the newborns. Thus, he was able to rescue a few and keep them safe for a few days until they could be released into a calm tide when the beach was deserted and give them hopefully, a better chance of survival. We can only hope that these new beautiful creatures will have a chance to thrive and mature then return to their place of birth and renew yet another cycle of their lives.

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CONSUMER PROTECTION IN MEXICO By Robert Hill

Many foreigners living in Mexico are unaware that a very strong and effective consumer protection agency exists here, called PROFECO (Procuraduria Federal Del Consumidor). It is a federal office which has offices in most principal cities throughout the Republic. The Subdelegado in Manzanillo is Victor Manuel Granados, who heads an office staffed by 5 people, but the lady who gets things done is his manager, Lourdes Patricia Torres, or "Lulú". Having worked for PROFECO for many years Lulú is not easily fooled by most of the lame excuses she hears from goods and service providers, who may be taking advantage of their clients. She has honed her negotiating skills in order to solve most problems between providers and consumers in an amicable manner, but her decisions, along with the State Delegado, carry the full force of the law, and all Mexican business people understand that PROFECO has the power to impose stiff fines and penalties on those who may try to rip off the public. For this reason, sometimes all that is needed in order to put the fear of Moctzuma into the hearts and minds of shoddy service providers, is to mention the word PROFECO.

I should mention here that PROFECO provides a range of services to the Mexican business community and consumer groups, but their main service to the foreign community is, I believe, that of providing a legal recourse for those of us who may experience problems with Mexican goods and service providers. I should also state up front that the great majority of Mexican business people are honest, and will try their best to treat the foreign community fairly. However, I think that we all have had experiences where goods and services have not been received as promised, and that at times we may need the services of an agency like PROFECO to intervene on our behalf.

I will try in this article to relate my personal experience with receiving help from PROFECO, and then to recommend some things we can all do to protect ourselves from unscrupulous businesses. I was having electrical problems with my minivan, and was told by my general mechanic that I needed to take it to an automotive electronics specialist shop. He told me of one in Santiago, a short distance north of Schooner's restaurant, called Ventura, whose owner is Luis Alfredo Garcia. Luis hooked up a

scanner to my minivan and told me the main computer was bad, and that he could either repair or replace the computer with a good used one. I agreed to his price of \$3,000 pesos plus \$1,000 pesos for a new battery, which was to take 3 or 4 days to complete. After paying him half (\$2,000 pesos) and 4 weeks of many calls and visits to Luis's shop, I became very tired of his song and dance and told Luis I would be contacting PROFECO if my van was not finished in 5 working days.

Well, he called in 3 days to say my van was ready, but there would be an additional charge of \$1,500 for a total of \$5,500 pesos. I was able to drive the van for 4 days, at which time the same problems returned as before. At this time I called PROFECO and inquired as to what I would need to file a complaint, and to make an appointment, which they said would be in a week. (telephone 332-9180)

The PROFECO offices are in Manzanillo Centro, on the second floor of the office building at the far end of the main plaza, on the little road which enters the Naval Base. It is air conditioned, pleasant and the people were helpful and professional. I gave Lulú a copy of my passport, my phone bill (as proof of address), the business card of Luis, the signed and itemized receipt he had given me, and a one page statement of the problem with Luis.

After some questions and answers she telephoned Luis and told him I was there to file a complaint. After they talked for a while she told me I had a choice of either accepting his verbal assurances that he would correct the problem, or that I could file a formal complaint. I told her I would prefer the latter, as I was up to my eyeballs with verbal assurances from Luis. She agreed, and in about 45 minutes I left with a formal complaint. This document was served on Luis, requiring him and me to appear in her office on a specific time and day, in about 2 weeks. At this meeting Lulú listened patiently to all of his BS reasons why my minivan had not been repaired, as agreed, but in the end gave him 2 weeks to complete the work correctly, and that I would be given a 90 day guarantee. All of this was written up in a 4 page legal document, which we were both given copies of, along with instructions to return in 2 weeks to verify the work had been satisfactorily completed.

We returned in 2 weeks and Luis had parked my minivan in the street below the PROFECO offices, as proof that he had indeed fixed it. There have been some recurring problems since then, so I call Lulú and she calls Luis,



who promptly fixes the problem. Amazing!

Please pardon this somewhat lengthy story, but I know of no other way to demonstrate the thoroughness with which PROFECO does business, and how pleased I have been with their advocacy on my behalf. This is a free service of the Mexican government, in my case on behalf of a foreign resident! I have to wonder what kind of help a legal Mexican resident would get in the U.S., under the same set of circumstances.

O.K., what can we all do to avoid misunderstandings with Mexican business people, and to have the necessary papers and information, should we need help from PROFECO?

As an example, let's say you want to have new kitchen cabinets made and installed in your home. Someone tells you about a good carpenter, so you call him. He comes to your home and you show him the work, along with a sketch or drawing of what you want to have done. You talk about the kind and color of wood you want, the drawers, cabinet doors, etc., etc. He comes back in a week with his drawings, measurements, wood samples, etc.... and a price, half of which he wants as a deposit. He assures you that the cabinets will be made and installed in 4 weeks... maybe 3. He gives you his business card as an assurance of his integrity, with several phone numbers written on the back, so you pay him half the money.

Then... after 4 weeks you call him, as you have heard nothing from him. After 6 weeks his daughter answers one of the numbers he gave you, but she knows nothing about it. After 7 weeks you call his daughter again and say "PROFECO".

The next day he comes to your house, very apologetic, saying that his mother died in Jalisco, his brother got kicked by a horse and that his cousin fell off a roof. You tell him that the cabinets must be done in one week or you will go to PROFECO. Maybe that will work, but if not, here is what you will need for PROFECO to help you:

1. You will need his physical address (his shop or house) and a phone number (recognizing that many Mexicans change phone numbers like they change underwear). PROFECO can and will go to his house or shop if no phone number works.

2. Get him to write down as much information as possible about the work he will do for you, including sketches, measurements, wood types, finishes, hardware, etc.
3. Have him write down the total price, deposit received, date of completion; then sign and date it.
4. Take photos of the existing kitchen cabinets or area you want him to work at.
5. You will need a copy of your passport, phone or electric bill, and a brief statement of the problem (in Spanish).

PROFECO does not require legal documents like we are used to up north. It is an informal process where a scrap of paper will do if it has pertinent information, and which someone like Lulú believes is valid.

Try to SMILE ! Up north you would have to pay a lawyer big bucks for this kind

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Cynthia Weaver

"PREHEAT THE OVEN AT 350 Degrees" and Others

A good portion of you out there reading this are seasoned Manzanillo-ites that may have forgotten what it's like to be a *new* full time resident here, discovering that each day is an adventure to learn something, be it a word from the local dialect, bus route, or tradition of a foreign culture. Most of the lessons activate an "Ah-ha!" moment you never forget and the picture gets a little clearer. Like....



Buses listing "Estacion" as a destination go to the new bus station that has departures to distant Melaque, Colima, Cuyutlan, etc.

The security guard at the hotel won't hassle you if you're wearing "the wrist band" you didn't know you were supposed to get first before you go to spend your money at the restaurant or gift shop.

Look to make sure your drink has the ice with the hole in it.

You can tell the ceiling fan is off if you can't feel the vibration in the pull chain anymore.

Even though rust is common, there is no Naval Jelly to remove it sold anywhere.

Taxis cost more money going to the same place if you call them to come pick you up vs flagging them down on the street outside your house....even if they were sitting outside your house.

Buses don't necessarily stop because you're standing at the bus stop waiting without flagging them down, but they will stop in the middle of the block to let someone off.

Last week, I tried to bake a batch of cookies and realized that pre-heating the oven was going to be an adventure. There were only lines on the oven knob. No Centigrade or Fahrenheit degrees, just lines. Now maybe you go out to dinner all the time or only use the top of your stove to cook but I had come from 19 years of using a Wolfe range so I was downright perplexed. I called my neighbor; sure that I just didn't understand the stove but she assured me that Mexican ovens rarely came with degree indications unless they were the high end new models with thermo-control and a **thermostat**.

"Say **w-h-a-t?????**"

No thermostat to control the oven temperature? No

indication of degrees? I was sure this was just a peculiarity of *my* stove and my neighbor was drinking too many Margaritas while she hid behind the shutters dissolving in laughter at me so I resolved to buy an oven thermometer the next time I went to Wal-Mart...."None"; well, then, Soriana, "You are looking for what?"-- OK, Commercial, "I'm sorry...", Hey, Amutios, "Do you carry?...No". I checked my cupboard and sure enough there were bolillos, bread, pastries, and cake. The store sold ham and cake mix and stuff to make meatloaf. That convinced me they did use ovens for baking in Mexico....what was I missing here???

The next week was spent on-line searching Google Mexico for oven thermometers. There they were. Just like the kind they sold at Ralph's Grocery Store back in the states for \$6.99 in the kitchen utensil aisle. OK, so these were a little more expensive - \$9.99. By now, I was willing to pay \$25 for the sucker so I could bake a batch of brownies. The thought of facing a future of blackened -on-the-outside, raw-on-the-inside roasts, croissants, bake potatoes and casseroles was more than I could deal with. I had already tried the "Let me guess" method and couldn't afford to throw away any more food. And I think there are carcinogens if you insist on eating the burnt stuff. I printed out the page with the precious photo and vowed to travel to Colima with it in my hot little hand and pay whatever they wanted for this precious instrument that was the gateway to 19 years of honing culinary skills.



Before I could board the bus, a friend came to say good-bye who was leaving for a month in the States. I begged her to bring me back an oven thermometer and gave her a copy of the print out assuring her she could pick one up anywhere for less than \$10. I squeezed her hand with a \$20 USD inside and she promised to return with my precious import. I got on the scale that night and blamed the 6 pounds I had gained on frying my dinners as I took another bite of the enormous sugar cookie from Commercial's bakery.

"Yummy. I could make these if I could only....."

My friend extended her stay in the states. I threw out a 3 Lb casserole of lasagna 4 days ago that had the consistency of sawdust. I looked longingly at the box of brownies I refused to waste baking to no avail. Finally, pushed to my limits, knowing that nothing else I had encountered since I moved to Mexico had been a deal-breaker, missing the taste of pot roast, and God help me, roasted pecans, I went out and bought a stove with degrees. Well, "Cinco Pasos, 1 - 5" which, according to the owner's, manual, represents 140C/160C/200C/230C/260C degrees Celsius: 284F/320F/392F/446F/500F Fahrenheit respectively.

I can feel the pounds melting off me now.....



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The Streets of Manzanillo

Terry Sovil



Valentin Gomez Farias
1781-1858

Gómez Farías favored removing restrictions on American immigration to Texas put in place in 1830. He also determined that colonist's petitions for Mexican statehood in Texas had to wait for government approval. He ordered the arrest of Stephen Austin after Austin wrote his letter of October 2, 1833 recommending that colonists establish their own state authorities without waiting for government approval.

In 1833-34, having served as both a representative and a senator, he became vice-president and served as president during Santa Anna's absence. The Congress made an effort at "reformation" of Mexican society with measures that impacted church held property, church participation in education and judicial privileges the church held.

In 1834 Santa Anna returned and stopped restrictions on the church due to the public outcry. He was also displeased with the violent methods used

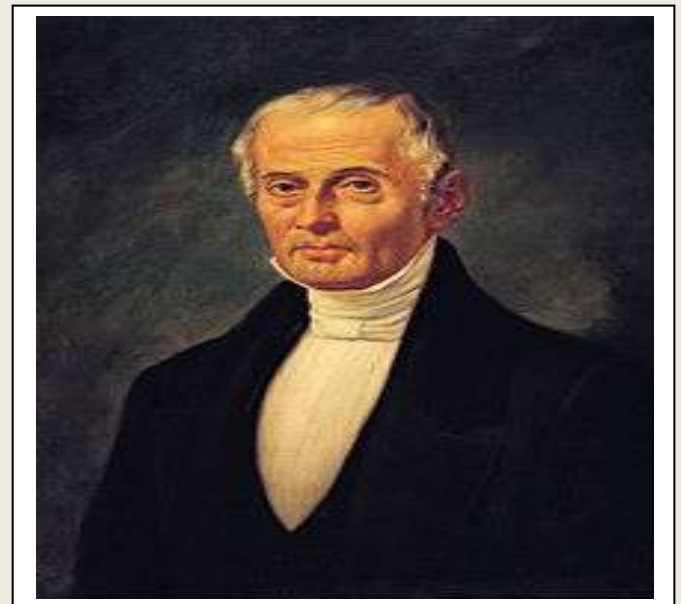
Valentin Gomez Farias 1781-1858

- **Born:** 1781
- **Birthplace:** Guadalajara, Jalisco
- **Died:** 1858
- **Place of Death:** Mexico City

Valentín Gómez Farías was born in Guadalajara, Jalisco, February 14, 1781. His father, José Lugardo Gómez, was a merchant and his mother, Maria Josefa Martínez y Farías, was from a notable family of Saltillo, Coahuila. He is an important figure in early Mexico.

He studied medicine at the University of Guadalajara and obtained his degree in 1807. He was well read in current French texts on medicine and political theory. He was appointed professor of the university in 1810 and practiced medicine until 1820. He married Ysabel López on October 4, 1817 and they had six children. Two died in their infancy

During this period there was a great surge of nationalism in the newly independent Mexico. Gómez Farías became active in the politics of the time. He became part of the national congress and went to Mexico City. His efforts to oppose a strong central authority are closely tied to Texas history. In 1822, as congressman, he proposed a law to invite foreigners to settle in unpopulated areas of the country, but prohibited them from bringing slaves.



to enforce them. This began a "counter-reformation" that removed many of the reformatory laws and the federal system. Gómez Farías fought with any assistance he could find against the centralization of the country. As part of that effort he participated in the confrontation between the Mexican state of



Coahuila, who claimed Texas, and Texas colonists in the spring of 1835. From there he went to New Orleans and participated in meetings on separatist tendencies.


In 1838 he sympathized with a French blockade that threatened Centralist authorities in Mexico. He expressed that if he were in power he would recognize Texas independence. Between 1841 and 1843 he visited the Yucatán and supported a local movement for the secession of the Republic of Texas from Mexico. In mid-1844 he began to believe that any peaceful solution with Texas would bring foreign interests from the United States, Great Britain or France. He became a strong opponent of a peaceful solution with Texas. He caused problems for the administrations of Santa Anna (1841-44) and José Joaquín de Herrera (1845). The rebellion of Ayutla overthrew Santa Anna and Gómez Farías was elected again to Congress.

This assembly drew up the Liberal Constitution of 1857. Due to an illness he could not participate regularly in the debates but his efforts to establish Federalism and modernize Mexico were recognized by his fellow congressmen. He died in Mexico City in 1858.



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Mexico...Past & Present

By David Fitzpatrick

The Indian Society of the Ancient Region of Colima

The Emperor Hueytlatoni Colimotl

Relatively little is known about the history of the Indians who lived in Colima over the centuries. As there was no written history in pre-Columbian times, we are dependent upon archeology, legend and the small amount that can be deciphered from the hieroglyphics on pyramids, statues, etc.

We do know that the peoples who lived historically in this region were cousins of the Aztecs in Central Mexico, spoke Nahuatl, a language related to Aztec and, for a time possessed the largest empire in Mesoamerica, after that of the Aztecs.

The name "Colima" comes from a Nahuatl word meaning "place conquered by our grandfathers" or "place where the ancient gods ruled".

It is believed that a nation called "Otomis" inhabited the present-day State of Colima perhaps as early as 2000 B.C. They were displaced or assimilated in around 800 - 1000 A.D. by new arrivals, the Toltecs, a Nahuatl people who dominated the area until the middle of the twelfth century A.D. when they were conquered by the Chichimecs. They, in turn, were absorbed when the Tarascos, a tribe from Michoacan, expanded their empire to include Colima during the 15th century.

The people, who descended from this mixed heritage, were a fierce, dominant nation that built an empire extending from the Pacific Coast to the boundaries of the Aztec Empire. They were ruled by a powerful prince named the Hueytlatoni Colimotl (Emperor of Colima), who was second in

power and in territory only to the Emperor of the Aztecs.

When the Spanish arrived in the region of Colima, they found a complex, highly developed society which probably represented a fusion of the various civilizations that had preceded it. It included a sophisticated political system in which several elements of society worked together in framework of checks and balances somewhat reminiscent of the systems we know today.

The Emperor, Hueytlatoni, was not absolute. He shared power with a council of nobles and a highly influential priesthood which exercised authority almost equal to that of the Emperor. The Emperor, moreover, did not obtain his post by heredity, but was elected by the nobles and the priesthood, with a marked tendency, surprisingly enough, to elect nephews (but not sons) of the previous Emperor. Tarasca society was rigidly hierarchical with a privileged noble class completely dominating the lives of the other members of the community. At the bottom of the social system was a large class of slaves whose labour assured the economic well-being of the rest of the population. therefore, the Church extended its territory

This was the society that Hernan Cortez found when he came to the West Coast in 1523 only a couple of years after his conquest of the Aztecs. The superior military force of the Spaniards easily defeated the West Coast Indians and their emperor who was reduced to functioning as a puppet ruler under the power of the conquistadores.

At first, it was believed that the Indian culture and community would continue to function essentially as before, with the difference that the Emperor would receive general directions from the Spanish. But before long, it became clear that the new rulers intended to govern with a heavy hand. Frustrated by their mistreatment at the hands of the Spanish



authorities Hueytlatoani and his nobles rebelled.

But defeated once again by superior Spanish arms, they retreated into the Emperor's residence at the foot of the Colima volcano. . The Spanish laid siege to the palace in an attempt to starve the defenders. Hueytlatoani and his men held out for several months but in the end, facing a choice between defeat and starvation, they threw themselves into the volcano and perished.

According to legend, the ghost of the Emperor inhabits the volcano to this day. The local population believes that whenever the descendents of Hueytlatoani's people suffer injustice at the hands of the authorities, the Emperor's spirit rises up in fury, causing a violent eruption of the volcano.

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The Boxer Revolution

by Claire Gibson

I had to laugh the other day when I saw this young man go barreling through a group of people in his rush to be first off the Skytrain, (our light rail transit system). No, that isn't the part that made me laugh, that is usually the part that makes my blood boil and I am pretty sure it was then too.



Anyway, he barreled out of the train and went striding up the escalator a couple of steps at a time. Oh, I forgot to mention, this guy had a coffee in one hand, books and a bag in his other, and needed one more hand or his teeth to hold up his pants. He was trying really hard to keep his pants up, his balance stable and his possessions in grasp when he was charging up the escalator. When he got to the top, I think he forgot he would be on flat level ground again, because his pants and coffee and books nearly all came down as he lurched forward.

Now, if this guy had taken a moment to understand these few key points when he got dressed in the morning it may have saved him some grief and perhaps some time.

- ✓ When wearing your pants with the crotch around your knees, the stride of your legs is greatly reduced.
- ✓ Secondly, when the belt is worn around the base of your butt, or the top of your thighs, there is no shaping to your body to help hold these things up.
- ✓ Finally when wearing your pants a foot lower than they were intended to be worn, the extra fabric must go somewhere. Usually underfoot!

Wearing pants below the waist originated in prison. Inmates were not allowed to have belts because they might have used it to commit suicide or start fights, therefore, their pants would sag. Sagging was also a sign of homosexuality. Gay prisoners would sag as a sign of sexual availability (excerpt off the world wide net)

The chances of successfully running on flat ground or scaling a staircase, moving or not, are greatly diminished. I would give this guy an 80% chance of getting where he wanted to go within a reasonable time. The caveat to this statement is he must be able to lift the legs of his pants off the ground so his feet can move freely, or wear enormous shoes to serve the same purpose, and hold the waistband of his pants high enough to both prevent it from falling down and to adjust the crotch up a few inches thus allowing his knees to spread further than 8 inches apart.

Introduce a cup hot coffee, assumedly with an opened sipping lid, in one hand, the other hand filled with a bag and some books, possibly text books. The types of books are only important in this picture, to add weight to the load. There is no possible way the lad can use his coffee hand to assist in pant holding, or he would just pour the hot liquid down his pants, which by the way, presents a very funny alternate image. He is relegated to using a finger or two of his "booked" hand for the task. For this reason, I must change my success rating to about 50%, and it is that high only due to the general coordination of the age range.

"Come On People: On the Path from Victims to Victors", Bill Cosby writes: "And what's really unfortunate is that the beltless, droopy-drawered look you see on the streets is a fashion straight out of prison. Boys like the defiance of the look, and some make it part of their permanent identity, but that look doesn't get anyone a job



I don't know if I can say I was lucky and did not see him fall or unlucky. I would hate to see him wounded but it would produce serious peals of laughter to see him sprawling out on the ground at the train station, coffee flying one way, books flying the other, big baggy jeans down around his knees, and his "Star Wars logo covered boxers lifted high off the ground for the world to see.

Claire Gibson lives in Abbotsford, British Columbia, Canada with her husband, their family, three dogs and a rabbit. Every day she travels 2 hours each way by train into Vancouver to work. She has many tall tales to tell and will be a frequent visitor in the future to Manzanillo Sun pages.

Cities drafting, drafted, or revoked laws against "baggy" pants

Stratford Conn.	rejected 2007
Mansfield La.	MAX 150.00plus costs/15days
Delcambre La.	MAX \$500/6 MONTHS
Virginia(state)	rejected 2005
Lousiana (State)	rejected 2004 and April 2008
Baltimore Md.	under consideration
Charlotte NC.	under consideration
Trenton NJ.	drafting ordinance
Atlanta Ga.	drafting amendment to indecency laws
Riviera Beach Fla.	illegal 150.00
Lynwood Ill.	illegal 25.00
Flint Mich.	500.00/3 months
Palm Beach Fla.	illegal
Florida (State)	Bill passed
	First offence-verbal warning
	2nd offence - no curricular activities
	further offence - 3 day suspension
Hillsborough and Pinella Counties	Policies exist in schools
Arkansas (state)	legislation planned
Evanston Ill.	drafting revision of public nudity
Opa-locka, Fla; Pine Lawn, Ms.; Dallas, Tx; Tallahassee, Fla.;	
Pine Bluff, Ar; some schools in southern Miss., and even Ostermalmsskolan, a school in Stockholm, Sweden has created a ban against sagging.	

Quotes off the internet!

"Could we include in this law a dress code for nursing homes enforcing how high up under the arm pits old men should be allowed to wear their pants?"

"By the way, his pants never sag when he's around his mother." He said. (one 19year old youth quoted)

Community leaders say "the plan is not just for cultural purposes, but may have legal benefits as well: sagging pants are often used for profiling purposes by law enforcement agencies."

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Calendar of Events

Manzanillo June 2011

Every Thursday Manzamigos A.C. meet for Thirsty Thursday at a different location. For more information contact Gerry at: manzamigos@gmail.com

Wednesday, June 1 - Marine's Day (Dia de la Marina) celebrates the Mexican Navy. This is a civic holiday. It is observed by no employees get the day off.

Wednesday 1st June Mujeres Amigas luncheon 1.00 p.m. El Tablao

Sunday, June 12, 2011 MICHELSPORTS/LIDHE Invitational Chess Tournament at the Alondra Hotel in Barra de Navidad There is a cost of \$20 for each participant **FOR REGISTRATION by 10 June 2011** Contact one of the following

Barra de Navidad: Pastelería Karely with Jorge Guerrero phone # 315 100 8663, or e-mail guerrerojorge53@hotmail.com

Cihuatlan: Professor Antonio Mejia Villegas cell 315-355-2461

Colima: Miriam Rojo at 312323194 or little_girl@hotmail.com

Manzanillo: at the Olympic Pool located at 5 de Mayo Park from 4-9 PM or at 314-135-2070, Nextel 314352297 - ID 42*103943*2 or 72*103943*1 e-mail roberto@lidhe.com.mx

Sunday, June 19th - Father's Day (Dia del Padre) - Happy Father's Day to all our male friends

Monday, June 27, 2011 ARA is holding it's 3rd Black Jack "21" night on at the Hotel Playa de Santiago. 7 p.m. - 11 p.m. **200 pesos donation.**

Contact: Debi Teter 314-334-3335 Glenna 314-335-1674 Ginny Ruiz 314335-1955





Office BYTES!

Download Videos from the Internet

by Vivian Molick

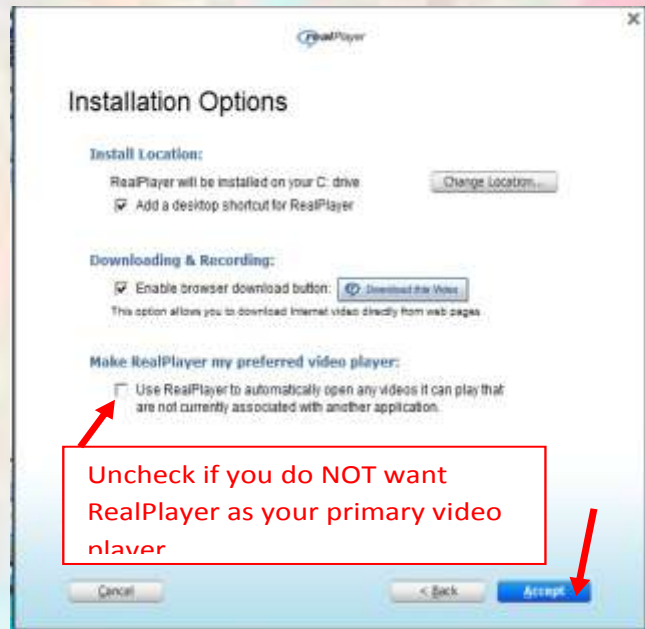
Have you ever been sent a link to a video on the internet and wished you could save it to your computer to view again at a later date because it was so good? Well, I'm going to tell you how you can do just that. There are many ways to do it, but I'm going to explain the way that I think is the easiest; and you'll get the most out of it.

The first thing to do is download a small (free) program from the internet called RealPlayer, just click the following link: <http://www.real.com/realplayer/search>. This page also has a short overview of what the program can accomplish and it's worth taking a quick look. Click the 'RealPlayer - Free Download' button. When the download window 'to save' pops up, you can 'save' (to your computer) or 'run'...your choice. If you choose 'run', the program will be installed to your computer directly. I prefer to 'save' the program first to my computer (I then have a copy in case I have any problems and need it to re-install at a later date.) and then open it from the saved file to install it.

This is the first window you will see when you go to the website.



When you see this next window, click 'Accept' after you make your choices to install it.



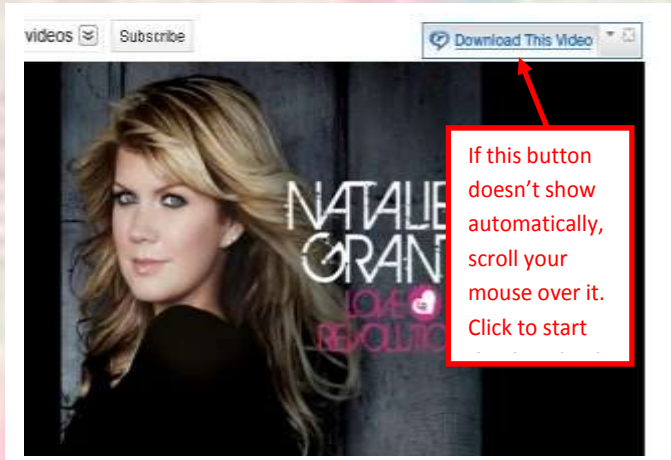
In this window you need to click 'OK'.



Here you click 'No Thanks', unless you want to be directed to the RealPlayer website to purchase the full version



Now, on to the quickest way to download those videos you want to save. First, go to the video that you want to watch. In a few seconds you should see the 'Download This Video' button at the top right side of video window. Click this button and in a few seconds the program will start to download the video.



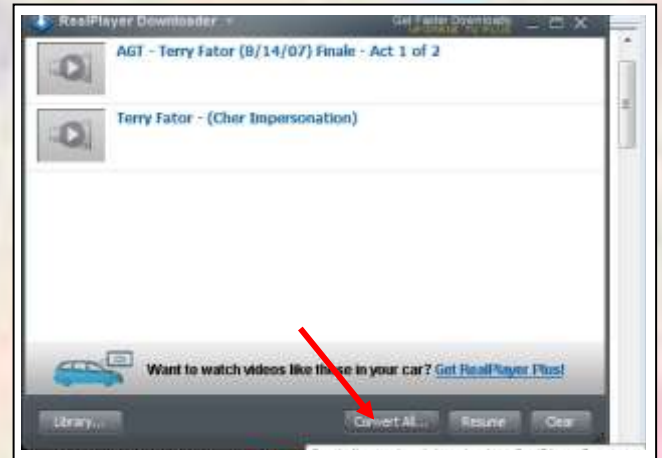
After clicking the 'Download this Video' button you will see this status window.



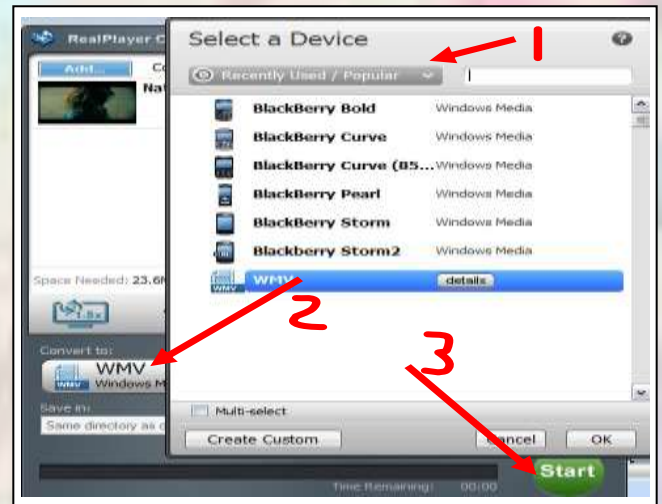
When the download is finished it will look like this window



If you want to download more than one video, just repeat the above procedure and each video will add to the list. When you have finished downloading all the videos you want, click on 'Convert All...' button.



The 'RealPlayer Converter' will open; you will pick what format you want to convert the videos to (there are many choices in the 'dropdown list when you click at the #1 arrow). Your choice will insert into the 'converter' window (#2) and then you must click on the 'Start' button (3).



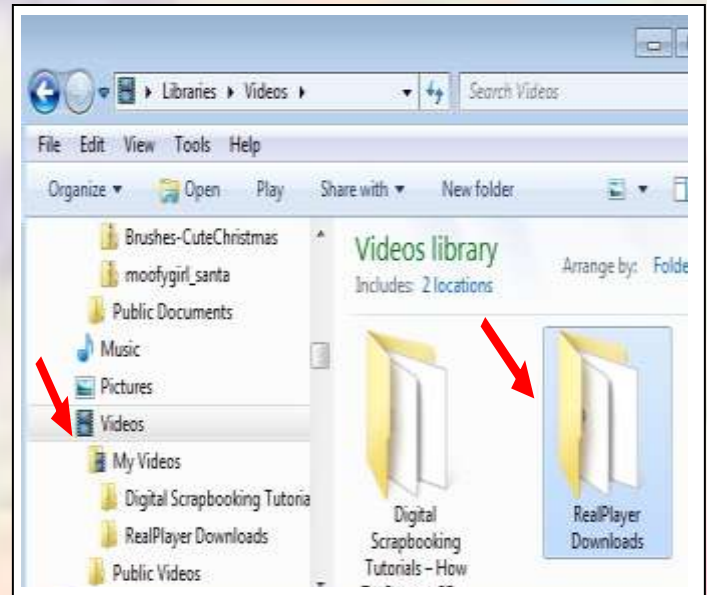
The 'converter' window will start and you will see the status of the progress.



(cont....)

RealPlayer records the entire video regardless of when you start the download – seconds into it, half-way through it, or even after you have reached the end. The RealPlayer Downloader is handling the download (occurs in a separate window – in the background – and does not require you to monitor the process) so you may close the video's web page and move on to other videos or web sites. The program can download multiple videos simultaneously; so, while one video is downloading you can add more videos from one or more web pages. There is much more that can be done with this program, but that would take another article or two.

By default, RealPlayer saves the videos to the 'Library' (of the program) under 'Downloads & Recordings'; and also in 'Windows Explorer' under the 'Videos' folder and then in the 'RealPlayer Downloads' folder.



Happy video downloading/saving!



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A Spanish teacher

Was explaining to her class that in Spanish, unlike English, Nouns are designated as either Masculine or feminine.

"House" For instance, is feminine: "la Casa."
"Pencil," However, is masculine: "el lapiz."

A student asked, "What gender is 'computer'?"

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether "computer" should be a masculine or a feminine noun.

Each group was asked to give four reasons for its recommendations.

The men's group decided that "computer" Should definitely be of the feminine gender "la computadora",

Because:

- No one but their creator, understands their internal logic.
- The native language they use to communicate with other computers is incomprehensible to everyone else.
- Even the smallest mistakes are stored in long term memory for possible later retrieval;

And

- As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

(THIS GETS BETTER!)

- The women's group, however, concluded that computers should be masculine ("el computador"),

Because:

- In order to do anything with them, you have to turn them on
- They have a lot of data but still can't think for themselves.
- They are supposed to help you solve problems, but half the time they ARE the problem

And

- As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won!!

SUN TRIVIA by Linda

One plain milk chocolate candy bar has more protein than a banana. (I say, let's all eat chocolate and be healthy.)
A cucumber is 96% water.
A notch in a tree will remain the same distance from the ground as the tree grows.

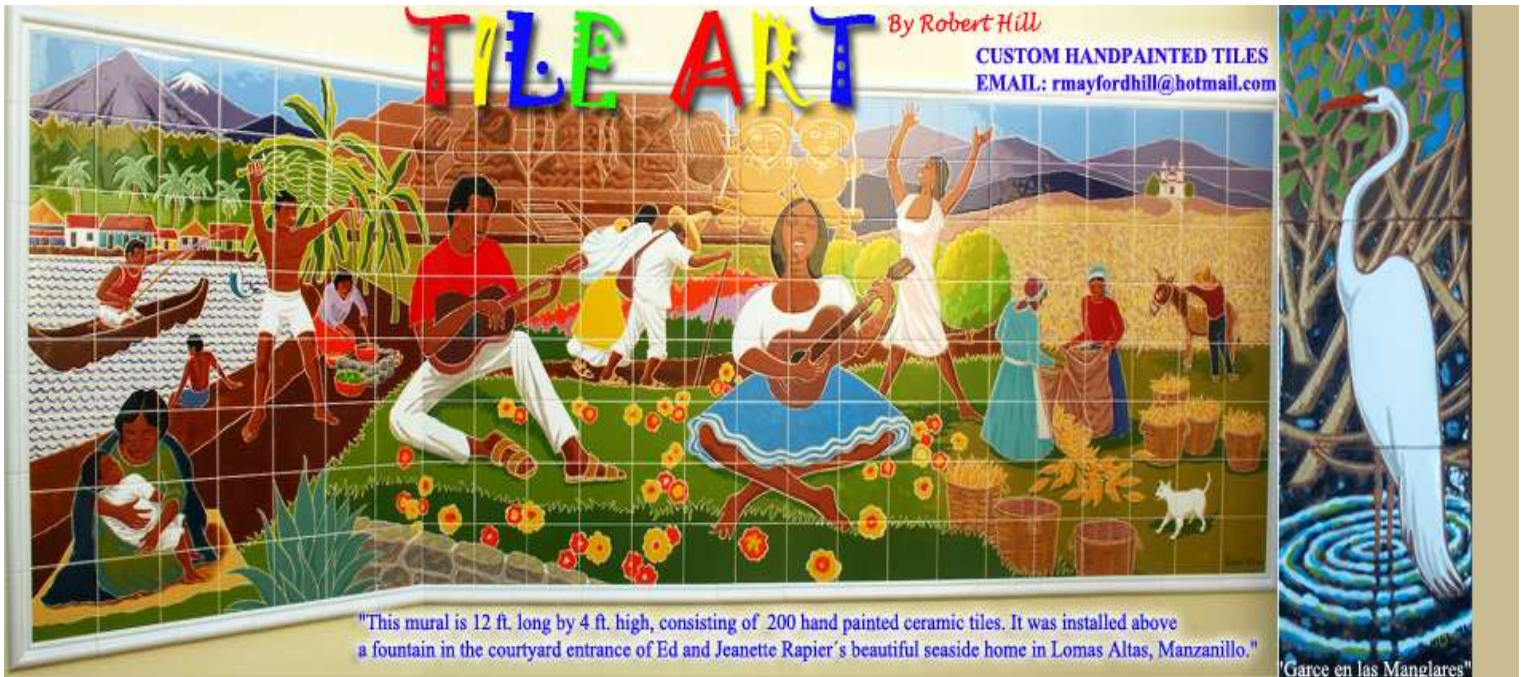
A pineapple is a berry.

84% of a raw apple is water.

99% of the pumpkins sold in the US end up as jack-o lanterns.

Great School Excuses written by parents

My son is under a doctor's care and should not take P.E. today
Please execute him.





It isn't only women who will benefit from strength training; men need to work on their muscles as well. An informal poll of men in my classes revealed that most men lift weights to have big muscles and impress the ladies, they don't ever consider the health benefits such as lowered blood pressure and blood sugar levels! While men are built with more muscle than women, muscles will naturally experience atrophy if the body is largely inactive; if you don't use the muscles, you will likely lose them.

It is a common fitness myth that part of aging is becoming weaker. Yes, you lose muscle mass but no, you don't have to accept being "weak." My grandma was strong as a horse until the day she died but she used to carry buckets of chicken feed, pails of water, mowed the lawn with a push mower, maintained a huge garden, and shoveled snow without a snow blower. She even had to get off the couch to change the channel in those rare moments that she had time to watch TV! Now that we are primarily a sedentary society, we no longer have this type of physical activity in our lives so we need to find other ways to stay strong.

In addition to age related deterioration, poor nutrition is also a key factor in muscle loss. Muscles need protein to grow and if your diet is high in sugar and low in protein, your muscles will not have the fuel they need to regenerate resulting in **muscle loss**.

Beginning at age 25, a physically inactive person will begin losing muscle mass and muscle strength each year. After the age of 60, the rate of *muscle loss* doubles and after 70, muscle mass and muscle strength decline even more. . This doubling continues every ten years until death. Because of this, we need to be proactive and keep muscles strong and healthy so that we are able to stay stable, sure footed and strong enough to do basic things like getting out of a chair, climbing steps or putting dishes into a cupboard.



I have been teaching strength classes at the YMCA for several years and am constantly amazed at how training 2-3 times per week can not only strengthen but tone your body and help you feel energized. One obstacle that I constantly run into with my female students is the fear of getting "bulky" if they lift weights. Actually, quite the opposite is true. Women who weight train will find that their body becomes tighter and toned and their clothes will fit much better. Five pounds of muscle takes up a lot less space than five pounds of fat! Unless you have a testosterone problem or are taking supplements (legal or illegal), you will not look like a bodybuilder from lifting weights.





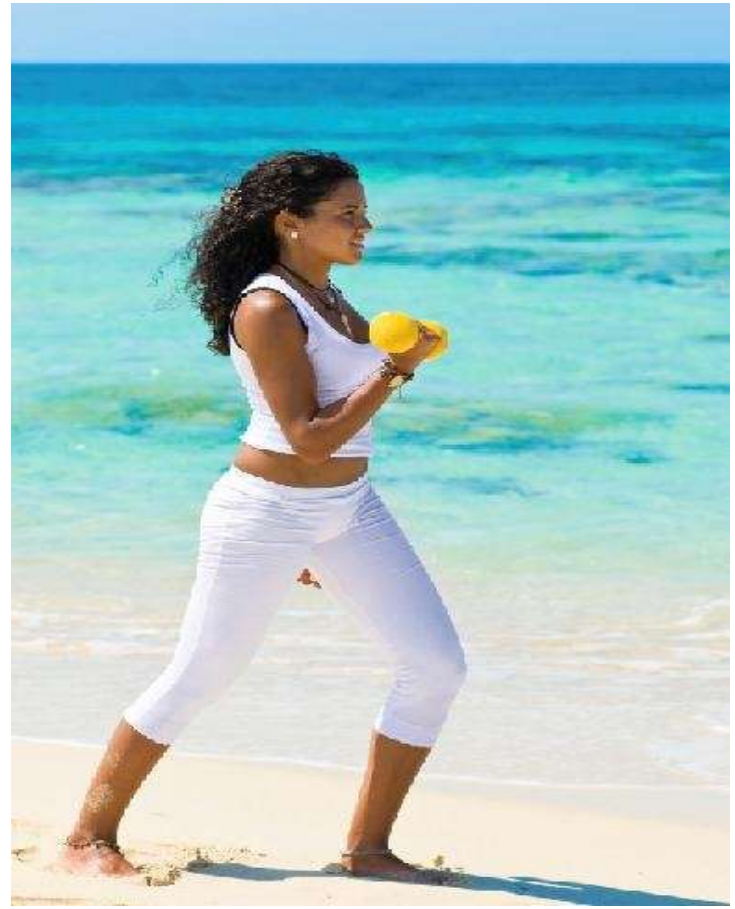
Manzanillo's Lifestyle E-Magazine
FITNESS and HEALTH



Research suggests that men and women who lift weights a few times a week in their 50s and 60s can not only slow the loss of muscle mass but actually halt it. Even folks in their 90s have been able to build back muscle with proper training.

So, how do you start? While a few sessions with a trainer would be ideal, it sometimes isn't practical. There are many great DVD's, on Amazon.com or search YouTube.com for free videos. You don't need to invest in a lot of equipment; just using body weight for pushups can strengthen arms, shoulders, back, abs, and chest if done correctly. If you are really serious, buy a few dumbbells, an exercise ball, and some resistance bands. Don't be surprised when your friends start commenting about how buff you look!

To receive daily health tips to keep you motivated, follow my blog at <http://vivalavida-karen.blogspot.com>. I am always happy to help with your fitness questions so e-mail me at karzlo@hotmail.com.



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Let's Talk "Sun-Sense"

Freda Rumford

This article was originally in the Guadalajara Reporter December 2001

Most of us pack a bag when going to the beach, include a novel, a towel, toss in a couple of bottles of sunscreen (chosen at random) and off we go. That night, burnt to a crisp or at least with our skin at a dull roar, we try desperately to remember the old-fashioned remedies that will relieve the agony we inflicted upon ourselves during the day's fun in the sun.

Soaking in a bathtub of water, strongly scented with vinegar, the pain begins to fade and we feel more comfortable. A coating of calamine lotion completes the remedy. (Tip: a coating of sunscreen or an after-sun treatment cream that contains aloe will also help.) But why did this happen? we ask ourselves. After all, we used suntan lotion. What was our mistake? All lotions say apply before sun tanning and we did this.

But what about the time in the sun getting to the beach? A 15-minute walk? That gives 15 minutes of burn time. Setting up the umbrella and chairs, another 10 minutes of burn time. That is almost half an hour in the sun without any protection! And remember, when sitting under an umbrella, in the shade of a tree, or on a cloudy day, those rays still manage to get through. When living in a hot climate, it is vital that the first thing we put on in the morning after the shower is not underclothes but sunscreen. This is essential even if we do not intend to go to the beach but just do errands.

The skin is the largest organ of the body. It does an incredible job of looking after itself by repairing damage from cuts, scratches, bites as needed. It takes the strain, whether it is for childhood growth, pregnancies, reductions or explosions in weight and so on. But it needs help when it comes to the sun. With the ozone layer reportedly thinner and with a few holes here, it is imperative that we wake up and smell the roses and not burning flesh!

The rays from the sun are identified as UVA, UVB and UVC (the latter, which, as they are mostly filtered by the atmosphere we live in before it reaches us, we need not concern ourselves about). The first identifications that we need to deal with are Ultra Violet A and Ultra Violet B. Almost all sunscreens will block the UVB to a certain degree but the UVA is much more difficult to protect. The effect of medications taken over time now makes it a formidable task to have the protection we enjoyed only a few years ago.

For protection against UVA rays or for sensitive areas (lips, nose, ears and eyes) there are specific creams available. Ombrelle claims that its creams containing Parol AE 1789 will combat the offending A rays. Various ingredients in the lotions can cause adverse or allergic reactions to some people.

The principal ingredients to look for on product labels are PABA (which bothers a lot of people but is an excellent sun screen), Zinc Oxide, Titanium Oxide and Z-Cote. Zinc Oxide is what lifeguards used to smear on as a thick ugly cream to protect their skins, but is now manufactured with smaller particles so that it becomes invisible when used. There are 16 products allowed for use in sunscreen manufacture by the FDA. but the above-mentioned are the ones of primary interest.

What SPF (Sun Protection Factor) should we buy?

A good starting point is to take our skin burning time without protection and multiply it by the SPF code on the chosen product. For example, if skin burns in 20 minutes and a product of SPF 8 is used, that is 8 X 20, so the protection factor will last 160 minutes or two hours and 40 minutes. If an SPF4 is used then that time is reduced and if an SPF 30, then again the time alters. Should skin burn in 5 minutes the equation changes considerably as the SPF 8 now only allows 40 minutes in the sun before reapplication. One other factor to consider is that creams and lotions made in Europe go by a different standard code and the SPF is double that of products manufactured in the United States. For example, Piz Buin, Bain de Soleil are SPF 8 American but SPF 16 European. Make sure to read all labels very carefully.

Nowadays, the FDA advises that sunscreen be reapplied every two hours at a minimum. The agency also states that SPF 30 only protects fractionally more than SPF 15 (93 percent of UVB versus 97 percent UVB) so there is no real need to go to a higher and possibly more expensive product. In fact price generally is not a factor in the efficacy of the product as some very inexpensive creams do an excellent protective job. Regular moisturizing creams and lotions in most brands of cosmetics have a protection factor of SPF 15, so make sure to ask about these. Realise too, that two coatings applied immediately, or one SPF factor on top of the other do NOT increase the action of the sunscreen; the applications must be applied time consecutively and always again after swimming.





New labeling laws concerning the products are currently under review and such misleading statements as "sun block," "waterproof," "all day protection" or "water resistant" must be fully explained so the consumer has no difficulty in understanding the use and claims of the product. Many medications also create a large degree of sensitivity to the sun and must be taken into account. Such commonly used products as birth control pills, hormone pills, antidepressants and even aspirins can cause adverse reactions. If in doubt check with your doctor or pharmacist.

No amount of sun care items can be used as a protection against melanoma. The only way to potentially avoid this cancer is to stay out of the sun completely, an almost impossible thing to do. So protecting ourselves against the harmful rays is the very best we can do. If in complete trouble with the sun there are now special clothes made from treated fabrics available as cover-ups or hats. The American Cancer Society is starting to adopt the motto used in one of the Australian Cancer Society's advertising campaigns. "Slip, Slap, Slop" means that when in the sun, slip on a shirt, slap on some cream and slop on a hat.

Not a bad motto to live by in these climes.

Freda Rumford was GUADALAJARA REPORTER's Manzanillo correspondent.

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FOOD! FOOD! FOOD!

Freda Rumford

Many of life's pleasures revolve around food. No matter which part of the world a person lives or which ingredients are available, the assortments are mixed together into a myriad of equations each with totally different endings and the recipes of the land and continent evolve.

If given a choice of cuisine, which would you as an eater prefer? The spices and fragrances of India; the delicacy and hidden treasures of China, or the robust flavours of Italy? Probably if I could only eat one nation's food forever, my selections would quite probably be Italian. The variety of ingredients, the freshness of fruits and vegetables and the treatment of same in the roasting tomatoes, or charring of peppers give the burst of flavour my taste buds insist upon.

Food preparation differs vastly around the globe and even when using mostly the same ingredients, the end result can be totally different. The mixing of spices, the blending of items in a different order, even from town to town, each minor addition or subtraction of only one small thing can make such a huge difference.

Why is it that one country has the ability to become "King of the Kitchens" for one delight or another? The French are known for their wonderful pastries, followed hotly by the Austrians whose Viennese pastry shops and elegant deserts are world renowned. The Belgians and Swiss have their chocolates, the Germans

their schnitzels and sausages. The English have their puddings and pies plus the (now known as false) reputation of being the worst cooks in the world.

Everyone I know loves Chinese food but the foods of Vietnam, Korea, Indonesia, Thailand, Japan and other Asian lands are now coming into the limelight. The use of lemon grass lifts one cuisine out of the sameness of the other; the infusion of green teas in another creates the same in a different land. But each has its own particular speciality and delight.

With the shrinking of the world, many food unavailable years ago are now much easier to find. Mongolia grills, Arabic stews, Greek souvlaki, hummus and lamb and the claiming of baklavas by both of the latter. Although my best bet would put those onto Turkey's doorstep. How many ways are there to even brew tea? And how many kinds of those are there? There is the thickly brewed matte of Argentina, the black teas preferred in England to the delicate green teas of the orient.

So many flavors and fragrances, just waiting to excite our palates!

Even the types of food or grain the animals are fed, the local waters used to give life to the vegetables and fruits, make such a huge difference and are what makes cooking such a daily adventure and dining out such a great way to discover new and exciting combinations that the avid cook cannot wait to go home and duplicate





This is a huge topic and one that generates a lot of conversation everywhere. Even after eating a perfectly cooked meal, the discussion of the preparation of yet another dish can get the salivary glands working and the desire to try something else new and exciting is just around the corner for another meal to enjoy in good company.

So many people now watch the Food Channel on TV, read numerous magazines and buy hundreds of books (each containing just one wanted recipe) to expand their knowledge on food preparation merely in order to pleasure their friends and loved ones. Mainly though, for the "wannabe chef", the desire to try to conquer a new "probable favorite" is the name of the game.

Even so, foods go in fashion statements, from the Californian cuisine, to the New French cuisine, to the "I love all food" cuisine. All of us can remember the years when angel food cake, or baked Alaska, or Pavlovas were rigneur of the day (note these are all desserts). Now those are not so popular or the base is shop bought rather than the cooked laboriously by thrashing the 'bejasus' out of some poor egg white as the whole thing is made from scratch. How many people actually stand and laboriously fold and butter layers of dough for hours to make puff pastry rather than buy it.

I remember making Eccles Cakes from scratch one time. It took an entire day; they were absolutely the most incredible thing to eat and were gone in ten minutes. They were never made that way again!



Unfortunately, living as we do in Manzanillo, not all of the ingredients we are used to using in making these earthly delights are available. We have to bring them down when we drive from Canada or the U.S., inveigle friends to bring them for us, find substitutes or just remember past pleasures.

Occasionally one of the ingredients will appear of the shelves of one of the three local supermarkets and are immediately picked up by the lucky shopper who happened to be there on the day of arrival. A word to the wise: if you see something that may be needed within the next six months on the shelves - **Buy It** - it may never appear again.

Para postreArt!

PAÑUELOS (2) fried pastry, with Chef's special filled of sliced peaches!.....	\$60
COULANT chocolate cake filled with melted with vanilla ice cream of French origin.....	\$70
TIRAMISU Italian cold damp rich dessert coffee, dusted with cocoa!.....	\$65
PANNA COTTA typical dessert of the Italian region, with hints of coffee, espresso and ice cream..	\$50

ParatomArt!

House Coffee.....	\$15.
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Espresso.....	\$20.
Espresso americano.....	\$22.
Coffee latte (espresso and hot milk).....	\$26.
Soy milk latte.....	\$30.
Mocha coffee (espresso and chocolate).....	\$30.
Mocha coffee soy milk.....	\$35.
Capuccino.....	\$26.
Soy milk capuccino.....	\$30.

COFFEE MAY BE HOT OR COLD!

Ice or hot tea.....	\$15.
Soda can.....	\$15.
Milk shake (vanilla).....	\$30.

TROPICAL FRAPPE!
With Juice or Milk and Ice! **\$25!**

Green: nopal Orange pineapple.	Yellow: guava Orange melon.	Orange: papaya Orange strawberry
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RECIPIES OF THE MONTH

Refreshing Salads for those Hot Evenings

TUNA SALAD WITH EGGS AND GRAPES

"T" from Schooners

Ingredients

- 1 can water-packed tuna, well drained
- 3 hard cooked eggs, coarsely chopped
- ½ cup seedless green grapes, halved
- 2 tablespoons chopped red onion
- 1 teaspoon finely grated lemon zest
- Freshly ground black pepper, to taste
- 3 tablespoons mayonnaise
- 2 tablespoons sour cream
- 8 decorative lettuce leaves.

Final Preparation:

Combine the tuna, eggs, grapes, red onion, lemon zest, and pepper in bowl.
Toss gently with a fork.
Mix the mayonnaise and sour cream together, and toss this with the tuna salad.
Serve on lettuce leaves.

Recipe makes 4 portions.

SALAD NICOSIA

Freda Rumford

Ingredients

- 1 large head Boston lettuce
- 1 pound green beans, cooked al dente.
- 1-1/2 tablespoons minced shallots or onions
- 1/2 to 2/3 cup vinaigrette dressing
- Salt and pepper
- 3 or 4 tomatoes, cut into wedges (or 12 cherry tomatoes, halved)
- 3 or 4 potatoes, peeled, sliced, and cooked
- Two 3-ounce cans tuna, preferably oil-packed
- 6 hard-boiled eggs, peeled and halved
- 1 can of flat anchovy fillets (optional) or a little anchovy puree
- 1/3 cup small black olives
- 2 to 3 tablespoons capers

Final Preparation

Arrange the lettuce leaves on a large platter, toss the beans with the shallots, a little of the vinaigrette, salt and pepper. Toss the tomatoes in vinaigrette. Arrange the potatoes and beans around lettuce with tomatoes and small pieces of tuna. Put halves of hard-boiled eggs, sunny side up, and curl an anchovy on top (if used). Drizzle remaining vinaigrette over salad; Sprinkle olives, capers on platter.

Recipe serves 6

TRADE SECRETS.

Add the liquid from steeping dried mushrooms to soups or sauces. Its great.

Place flour in a small baking pan and bake at 350 F degrees until medium brown, about 5 minutes, this eliminates a floury taste when preparing gravies or sauces



Salad Nicosia

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Non Profit Org. Giveaway Ads, Announcements, limited to 5 lines always FREE. ONE per iss per tel number/organization

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All Accommodation Rentals ads 1 free picture 200 pesos per mth

No Political, or Adult related ads allowed.

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Payments can be made by cash, or credit card by PAYPAL only.

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AUTOS

2004-5 Dodge Durango passenger doors and running board. Needed cheap. 314-106-2255

SPORTS

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WANTED

Love writing? Need an outlet for your passion Contact Manzanillo Sun. Email Freda@manzanillosun.com - Editor

Photographs! Need your best shots of Manzanillo and area, and its people. Your photo could be the cover shot of next magazine. Win prizes for being selected. All entries become property for the sole use of Manzanillo Sun SA.de CV.

EMPLOYMENT

NOTICES

A.R.A.
(Amigos por un Refugio Animal en Manzanillo, A.C.)
Noche de Black Jack "21"

Lunes 27 de Junio 2011
7 p.m. a 11 p.m.

Hotel Playa de Santiago
\$200 peso donation

Boleto preventa incluye:

20 Fichas - 1 boleto de Rifa - 1 Bebida gratis
(se compra boleto en la puerta solo incluye 20 fichas)

"Espacio Limitado"

Para comprar boletos en preventa:

Debi Teter 334-3335 - Glenna - 335-1674
Ginny Ruiz (que hable Español) 335-1955
o por correo electronico: ara.mzlo@yahoo.com

A la venta habra bebidas, cerveza, vino, y refrescos

ITEMS TO giveaway??? Patio Furniture Fridges, stoves in good working order? Tables, Chairs. etc Moving back to USA? List your giveaway items for FREE!! There are always people looking for items Usually most people are new to Manzanillo and need these items for a short time



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