

Manzanillo

October 2014

SUN

Manzanillo's Lifestyle E-Magazine

In this Issue

Entertainment

At the Movies – November Man

Foyles War **Suzanne Marshall**

Musings of a 'Magazinaholic!' **Freda Vickery**

Living in Manzanillo

Sun Announcement

Snowbirds

Suzanne Marshall

Mujeres Amigas Newsletter

Elaine Parker

So what do I pack?

Freda Vickery

Nature

Mexican Fan Palm

Tommy Clarkson

Tabasco Pepper

Tommy Clarkson

General Interest

Cursing Cursive

Kirby Vickery

Consider investing in REIT's

Yann Kostich

Real Estate Institute Launched in Mexico

John K. Glaab, CIPS

Technology

Oh No! A Hacker pasted my selfie nudies on the Internet!

Senior Techie

Clean Tech Revolution Part IV **E Sun**

la playa
Photographer
Yoli Ibarra



Invest in the **Sun**
Invest in the **Community**
Invest in a **Brighter Future**

#1 Solar Company!

Reduce or eliminate your high CFE bill by making clean solar energy from the SUN!

For bills of \$2,000 pesos or more.

Call Us Today!

01 800 099 0272

- **100% Client Satisfaction**
- **Over 600 Projects in Mexico**
- **15+ Years of Solar Experience**
- **Professionally Trained Technicians**
- **Only the Highest Quality Products**
- **First Class Local Support & Service**

For a Free Quote Send Us Your CFE Bill

Financing Now Available!



Ajijic

Guadalajara

Vallarta

Manzanillo

(376) 766 2319

(33) 3615 7944

(329) 296 5657

(314) 333 6449

info@esunenergy.com

www.esunenergy.com

[f /eSunEnergy.mx](https://www.facebook.com/eSunEnergy.mx)



E-MAGAZINE

a div. of Manzanillo Sun SA de CV
www.manzanillosun.com

Publisher: Ian T. Rumford

Editors: Freda A. Vickery

Kirby L. Vickery

Contact: info@manzanillosun.com

freda@manzanillosun.com

For advertising information in
magazine or web pages contact:

Manzanillo-

jaimel@manzanillosun.com

ian@manzanillosun.com

Lake Chapala-

yann@manzanillosun.com

gabriela@manzanillosun.com

Writers and contributors:

Tommy Clarkson

David Fitzpatrick

Suzanne Marshall

Vivian Molick

Terry Sovil

Senior Tech

Karen Trom

Freda Vickery

Kirby Vickery

Mark Wright

*Comments, brickbats and bouquets
on our featured articles are always
welcome.*

Individual writers or authors may
also be reached via the following:
freda@manzanillosun.com

Submissions for possible inclusion
in the magazine, please send to the
editor by 20th of each month.
We are always looking for writers
or ideas on what you would like us
to write about in the magazine.
Preferred subjects are concerning
1.) Manzanillo or 2.) Mexico.
All articles should be 1000 words
Or less or may be serialized. 500-
750 words if accompanied by
photos. Pictures appropriate for
the article are welcome.



ADVERTISING

Website

Listing on the website only:
Name, address, telephone, email
and web link

Annual: 200.00 MXN

Level 1: (Includes web listing)
Features: 2 Picture Button
150x250 sidebar advertising
English & Spanish.
2 popup ads 600x800
popup on click
(English &/Spanish)
Placed on listing page or a
pertinent page.

Annual: 2000.00 MXN

Level 2: (Includes web listing)
Features: Level 1 Features with an
additional button for the Ads
placed on
the Initial/Front page.
Annual: 3500.00 MXN

E-MAGAZINE

¼ Page:
Per Issue: 450.00 MXN

¼ Page: SPECIAL
special advertisement price
(if Level 1 advertiser on web site)
Per Issue: 100.00 MXN

½ Page:
(can be width/ length of A5 paper)
Per Issue: 900.00 MXN

½ Page: SPECIAL
special advertisement price
(if Level 1 advertiser on web site)
Per Issue: 200.00 MXN

Full Page:
Per Issue: 1800.00 MXN

Full Page: SPECIAL
special advertisement price
(if Level 1 advertiser on web site)
Per Issue: 400.00 MXN



ADVERTISING

Banner

Level 1

1 Page: (Our Choice)
Per Issue: 100.00 MXN

Level 2

Every 2nd page
(average 10 banners),
Requires the purchase of ¼ page ad
and Level 1 advertising)
Per Issue: 500.00 MXN
Annual: 5000.00 MXN

A note to our Advertisers:

**Most popular package is a One
Year website and One year ¼
page ad for 3200.00 MXN.
The regular price for the ¼ page
ad alone is 5400.00 MXN.
This give you a package savings
Of 1800.00 MXN ADVERTISING**

**GODZILLA's Estilo Americano
Restaurant**
Blvd. Costero Miguel de la Madrid,
Hurtado 1163 C, Manzanillo, Colima
314-335-3772

Come and enjoy our American style food.
Hamburgers, Ribs, Fish and Chips, Ribs, Salads,
Shrimp & Seafood.
Eat in, Take out, or delivery

HOURS: Mon-Thurs & Sunday Noon-Midnight Fri-Sat
Noon-4am
EMAIL:
WEBSITE:

Sample Restaurant Web Ad



Manzanillo Contact
Jaime Lopez -Balbontin
jaimel@manzanillosun.com
cell: 314-105-2395

Lake Chapala contact:
Mr. Yann Kostic
Yann@manzanillosun.com

Las Hadas Resort
Ave. Francisco I. Madero 1000
Manzanillo Colima
314-105-2395

Las Hadas Golf Resort & Spa is located 30
minutes from the Plaza de Oro International
Airport in a beautiful 170 acre property, with
an 18 hole championship golf course, water
sports, a large marina, 10000 sq ft of
private beach, lighted tennis courts, live
entertainment and more amenities.
Las Hadas guests can choose from 200
rooms, including 4000 sq ft ballroom, and
banquet facilities for meetings and
weddings. The beautiful grounds of the
resort are perfect for the celebration of
weddings and other special occasions. We
offer a full 24-hour concierge service to
assist you with all your needs.

Sample Hotel Web Ad



www.manzanillosun.com
info@manzanillosun.com



Letters to the editor

October

SAD TO REPORT

The death of long time Manzanillo resident Tom Benniger on September 26th in an automobile accident in California Big Sur. Tom was a talented photographer capturing the beauty of Manzanillo in his pictures. Tom lived in Condominium Burgos II for many years. Tom will be missed by all of his friends and neighbors who knew him and loved him. A Memorial Service to remember Tom's life will be a Playa Audiencia on October 19th, 2014. If you are in Manzanillo, plan to join in the celebration of Tom's life.

A CORRECTION

Brigitte Cowen sent a note indicating she sent the wrong dates for Efren Gonzales' workshop. The new dates are February 10th -13th with the fundraiser on the 15th. The rest of the information remains the same only the dates have changed.

LETTERS

Hi Freda,

I appreciate the Manzanillo Sun and all the work you do to make it possible for "us" all.

Just wanted to express my thoughts and that I look forward to seeing you in Manzanillo in 2015.

JM

Dear Freda, Manzanillo Sun and Friends,

I am coordinating with the Managing Director of Casa Hogar Liborio Espinoza to have adults visit the children for 1 hour in the AM and 1 hour in the PM every Wednesday. This will begin on Wednesday, October 1.

I have games and crafts the adults can use to interact with the children. If you are willing to spend 1 hour, once a month of your time to share with the children of Casa Hogar, please telephone me at 333-8085 or e-mail me at pnet1972@yahoo.com so we can add you to the schedule.

Patty Talasy

Business cards of the week

recommended by Sun or readers



HAMBONE
Seguros - Insurance
P.o. Box 300 San Carlos, Sonora-Mexico.
Tel. [622] 226-0274 Fax [622] 226-0484
Yolanda Armenta Acosta
AGENTE DE SEGUROS
622-226-0274
Hamboney@prodigy.net.mx

As they operate out of Sonora, they offer perks like USA insurance included, for no extra cost. Often quote is cheaper than locally. English spoken. Reliable and fast. Email policies available or pickup as you drive by to Manzanillo. Mention Manzanillo Sun for best quote



**MANTENIMIENTO Y REPARACIÓN
DE AIRES ACONDICIONADOS Y REFRIGERADORES**
Sierra de Guadalupe No.2
Col. Indeco, Manzanillo, Colima
Tel. 33-664-65
Cel. 314-12-96-086

SAMSUNG LG TRANE Mirage Econo Air YORK

recommended for their hard work and timely service, not to mention that their quote on work is usually the final price



Monkey's
FAMOUS FRIED CHICKEN
ACROSS FROM
COMERCIAL MEXICANA

Wonderful hosts who are always trying to help people. All of us have had the pleasure of their friendship or offers of help at some point. Perfect food for your parties, they can cater. Tell 'em the Colonel sent you.



Immigration

Sun reporter

The Manzanillo Sun has continually shown interest in our host country and assisting those people both travelling and living in it in order to have the best and most enjoyable time during their visit however long that may be.

The local people are, for the most part, gracious, courteous, friendly, and helpful. Mexico has a radically different culture than that of the USA or Canada. It was settled during a different time and by a different culture than either one of its two northern neighbors. The problem the local people have with us is that there isn't much difference in the USA and Canadian cultures and a chasm from the 'old world' charm and grace the Mexican people have been able to maintain through the years. The only 'bad guy' on the scene is the individual that is commonly called 'The Ugly American' although that individual could be from anywhere.

Although people are, by and large, homogenous and get along easily; some governments, however act somewhat like a manic depressive when it comes to their own populations. Like any mother hen they are going to set up all sorts public and social systems which are designed to protect and serve their people. These programs and laws sometimes have a negative impact on visitors especially when they're being replaced or radically changed and the visitor doesn't understand the law, the local language, much less that of the local culture.

Within the geographical boundaries of Manzanillo there are both people and agencies that can and often do give help to both sides of this cultural fence. Ian Rumford has a standing rule within his staff and that is to publish openly and fully that which impacts this fragile relationship whenever and however we can. Usually this is done by one of our highly paid, professional staff of writer's (NOT!) in an article of something fewer than two thousand words.

What we have coming up now deals with a huge change in the Immigration and Visitor laws into Mexico. The scope of these changes is way in excess of two thousand

words and the effect carries into many different aspects of the lives and way of living of the immigrants. As a result we're going to do things a little differently. We're going to not put it up in the Sun but in Facebook under the Manzanillo Sun's account with an "IMMIGRATION" banner until someone comes up with a better one. We will address aspects of these changes and will solicit questions, concerns and comments on each.

We're not sure what kind of input rate we can get as that depends on our understanding of what were reading and the number of questions that are asked. However, we will cover it all as quickly and as fully as we can. We will answer all the questions from each input either ourselves based on what we can ferret out of the web or from some knowledgeable authority. Your experiences and inputs will be greatly appreciated and used to further everyone's knowledge. If you have a question or comment and don't want to be identified (as you will be if you enter your own comment into the Sun's Facebook page) just e-mail your thoughts to info@manzanillosun and we'll enter it for you.

We've scheduled the first to be published during the latter part of the first week in October.





Mexican Fan Palm, *Washingtonia robusta*

Family: *Arecaceae*

(Also known as Mexican Washingtonia or Petticoat Palm)

(I've struggled with whether to write about the two different Washingtonias separately or together. Then the obvious hit me. It would be a gross disservice to each of these great palms to clump them together . . . though - as a result of their genes - all that they share in common. But I give notice now; I'll often speak of the other in each piece.)

Providing a wonderful skyline silhouette – perhaps only after the Coconut Palm - this is thought by many to be one of the most recognizable of all palm trees. However, no few folks with whom I've talked or who've visited *Ola Brisa Gardens* were surprised to learn that there are actually two somewhat different *Washingtonias*. (By the way, rather clearly, this genus honors the first U.S. president.) Both species are native to the southern California, southwest Arizona and Texas as well as northwest Mexico in northern Baja and Sonora areas.

These two varieties are the *W. filifera* and the *W. robusta*. Their basic differences are as follow: The *filifera* has a green and slightly less thorny leafstem whereas those of the *robusta* are brown-orange with vicious sawtooth spines. The base of the leaf blade of the *robusta* has a rather bright and tawny colored patch, while the *filifera* does not. The crown of the mature *robusta* is dense and compact and the *filifera* has a looser and more open dispersal of leaves.



Patty and a grouping of three *Washingtonia filifera*, in Iraq, where, sadly, no day was complete without the sound of cracking small arms fire, IEDs (Improvised Explosive Devices) and the rattle of automatic weapons!

The leaflets of the *filifera* are more pendulous with persistent cottony threads. Those of the *robusta* are stiff and the threads fall off with age. Lastly, the trunk of the *filifera* is somewhat barrel shaped with the height of the adult palm seldom more than eighteen meters (60'). Conversely, after a slight base swelling, the *robusta* has a more slender trunk but grows to 30 ½ meters (100'). But, they can often hybridize. Ya' got all that now?

But beyond that, *Washingtonia* species are now commonly cultivated across the United States, the Middle East, Southern Europe, and North Africa – with a great deal of hybridization going on between the two species. (In fact, while in Iraq we came upon three separate groupings of *W. filifera*. Grown from their seeds a number of these now prosper around our home.)

Armed with the preceding neat and nifty nuggets of knowledge, at the next neighborhood barbeque or cocktail party, you can bedazzle and astound your friends with your superlative botanical brilliance!

The *robusta* originally came from northwest Mexico but now can be found throughout the southernmost parts of the U.S. With its good looking, gray trunk, ringed with closely set leaf scars, it is a fast grower – two meters (6 ½ feet) plus per year. Its meter wide, palmate (fan shaped) leaves are attractive and glossy. As a result of their low maintenance and attractiveness, one often sees them employed by municipalities along streets or in the meridians.

Many folks let the dead, dry leaves hang down the trunk in shaggy layers – thus the alternate name of Petticoat Palm. (Be advised, however, that these can be a fire hazard or become a home for rats and other critters.) But, with or without this “Hula skirt” of fronds, the mature specimen – like the mythical Girl from Ipanema – “sways so gentle,” seductively and beautifully in the wind.

Blooming in the late spring/early summer, the flowers emerge, on up to three meters (118”) long stalks that extend beyond the fronds, as small white/cream or pinkish/orange flowers. These are followed by small black-blue-brown, berry-like, spherical, fruits –



This was a seed barely seven years ago and now measures 10' 5" (3.175 meters) around its base!



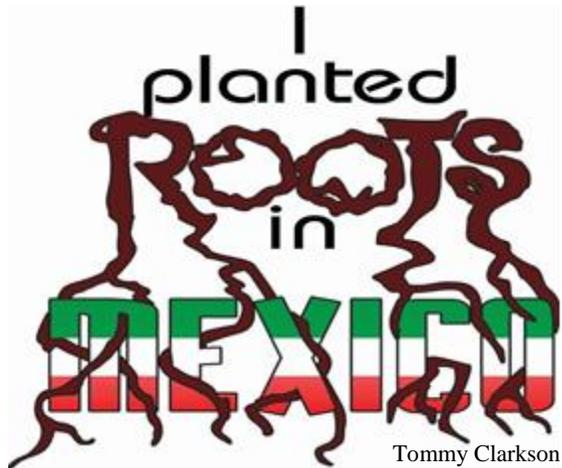
No, these are not the sort of trees one wishes to climb up into!



These six were next to a church in a square in Guadalajara - and yes I was on my back when I took the picture!

containing but one seed each - that taste somewhat like dates or butterscotch. When ripe, these thin fleshed, fruits can be eaten fresh, dried, or made into jellies and drinks. The pea-sized black/blue seeds are also edible and were widely used by Native Americans who ground them into meal for making bread or porridge. (There's your culinary challenge for today!)

Suffice it to say, this fast growing palm loves full sun and, obviously, thrives in hot, dry climates. Adaptable to various soil types it prefers one that is well drained. Mexican Hat Palms are rather high maintenance what with frond removal (for those who prefer a clean trunk). If you prefer that “clean shaven look”, then there is the actual trunk shaving work – unless the fronds choose to fall cleanly off by themselves. However, experience has shown that while some will, others – like children - are more stubbornly recalcitrant and will not!



Tabasco Pepper, *Capsicum frutescens*

(or *C. fastigiatum* or *C. annum*)

Family: *Solanaceae*

(Also known as Cayenne Pepper, Bird Pepper and Chili Pepper)

Patty claims that, long ago, my eating habits burned off all of my taste buds! Hence, with my proclivity for piquant, hot foods it goes without saying that I absolutely love Tabasco Sauce. (This distinctive spicy sauce, long carried by all manner of soldiers to improve their rations was first created by Edmund McHenry in 1668 on Avery Island in Louisiana and was originally distributed in old perfume bottles!)

In fact, when Patty and I were in Louisiana, for some nine months, assisting with the rebuilding following Hurricane Katrina - it was late on one Sunday afternoon that, while taking an afternoon off, I bought the seeds from whence their ancestor plants now grow in *Ola Brisa Gardens* (Accordingly, for more in-depth data I refer you to their site: www.tabasco.com/tabasco-products/how-its-made/making-original-tabasco-sauce/)

OK, right from the outset – from the Scoville Scale which is the official measurement of the pungency (or spicy heat) of peppers – let’s settle the question of just how hot Tabasco Peppers are in relation to their pepper kin.

Starting at the bottom, a Green Bell Pepper is zero. Pimentos and Pepperoncini are in the 100 to 500 range. Poblanos muddle along in the 1,000 to 1,500 area. Jalapeños (yum, yum) are but 2,500 to 8,000. Turning up the heat – so to speak – Scotch Bonnets and Habaneros



Go ahead, pop one in your mouth . . .on second thought!



Its tiny flowers give no indication of pending, tiny, pungent and hot pepper to come.

burn in at 100,000 to 350,000. The famous Thai Ghost Pepper scalds around 855,000 to 1,041,427. While the Carolina Reaper (A brother-in-law, I suspect, of the Grim Reaper and which I suspect may melt titanium) is in the range of 1,400,000 to 2,200,000.

And we quibble with the paltry 30,000 to 50,000 Scoville points of the Tabasco/Cayenne Peppers. Sheesh!

The origin of these culinary gems is believed to be Central or South America.

As to the Tabasco plants themselves, they are compact, with stems growing between one and four feet (.3 – 1.2 meters) tall. Their stem grows straight up curving just before it touches the flower head. Their short, shrubby growth and large number of flowers make them ideal for containers/pots, so yes, you can have them on your patio!

Capsicum frutescens bushes often produce clusters of pods (peppers) growing just above their foliage and providing them with a rather attractive ornamental look. A single plant is capable of producing more than 100 peppers. Most are small, grow erect and are typically lanceoloid or ellipsoid-conical shaped. The flowers are white with a greenish yellow or greenish white corolla. The fruit are yellowish initially darkening as they mature turning red when ready for picking. In fact, in the Tabasco Sauce fields where they are hand-picked, a *Petit Bâton Rouge*, or "little red stick" is used as a guide. It is painted the color of a perfectly ripe tabasco pepper ensuring "only the ripest red peppers are picked."

As to cultures that savor these peppers, there is an abundance of these chilies in Ethiopian cuisine as well as Egyptian and Moroccan dishes but they are, worldwide, increasingly, becoming a favorite.

Like most other pepper plants, Tabasco Peppers enjoy heat and humidity and have little tolerance to drought. They grow best in moist, well-drained (a bit sandy), fertile - kept moist - soil enriched with organic matter. If you wish to grow them outdoors choose a location where they will get full sun.

For those interested in specifics, the source of the popular biting sensation in *Capsicum frutescens* are the capsaicinoids (principally capsaicin). Small, but packing culinary punch, they are an excellent source of vitamins A and C so why not pop one in your mouth every morning with your multi-vitamin... or not!

Powdery coatings are used with varying degrees of success in thwarting browsing of crops by animals and insects – though I have, so far, had no luck stopping iguana with such. But, by placement on their digits, children can be broken of thumb sucking and nail biting – Gee, ya' think! With an active ingredient of capsaicin, pepper spray (2,000,000 to 5,300,000 on the Scoville Scale), is effectively used for protection by civilians and law enforcement alike.

It has numerous medicinal applications such as a salve to relieve muscle, joint, and toothache pain and can be employed as treatment of coughs, asthma, sore throats stomach aches, seasickness, and flatulence. And in days of yore, it was even used as an instrument of torture! (Now we're back to stopping thumb sucking!)



As can be seen, amid other plant kin, ours is happily thriving in a pot - with lots of sun - on the steps to the Transition Terrace.



For back issues of "Roots", gardening tips, tropical plant book reviews and videos of numerous, highly unique eco/ adventure/ nature tours, as well as memorable "Ultimate Experiences" such a Tropical Garden Brunches and Spa Services, visit us at. www.olabrisagardens.com

Snowbirds

by Suzanne A. Marshall

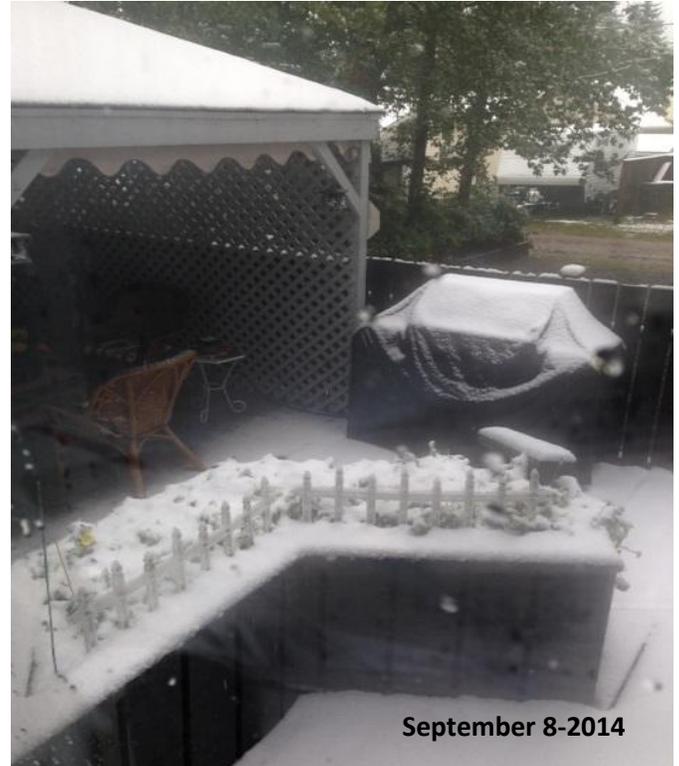
When our famous Canadian singer Anne Murray sings our 'Namesake song' it isn't hard to see why so many people call many Canadians 'Snowbirds.'

*"Spread your tiny wings and fly away
And take the snow back with you
Where it came from on that day."*

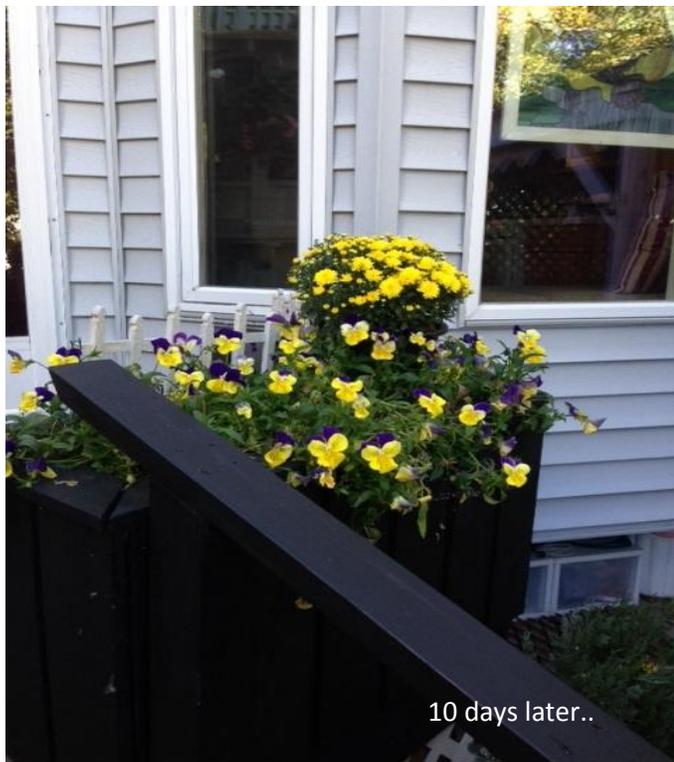
Our Mexican friends get quite a chuckle out of 'we' Canadians and perhaps those from the U.S.A. closer to the Canadian border. It seems that we are compulsively obsessed with 'weather.' Indeed, it's difficult to deny that it is perpetually included in daily topics of the day as we go about our lives. Though we are usually keenly interested in the world around us, a day does not go by where we aren't making comments about the good/bad weather; or remember last summer; or are we ever going to get summer; or I hope winter doesn't show up early; etc. etc.

At first I hadn't realized that this was our habitual behavior, but the more it was pointed out the more I began to see how true it was and actually laughed at myself. And I have to admit that I've always had a secret pipe dream to be a meteorologist and have personally always had an interest in skies, clouds, storms and so on. My father and I would sit out in our yard or on the veranda as he would point out the different cloud formations and how we could recognize rain clouds, hail clouds and those that would bring us incredible electric storms. The awesome and magnificent Strata Cumulus and Strata Nimbus clouds approaching with their loaded and charged ions are just ready to snap lightning at the ground and often other objects in the storm's path. How exciting! To this day I love to sit in a sheltered area and watch thunder storms come and go, enjoy the fragrant clean washed air and look for rainbows as the storm passes by and the sun breaks out in glorious brilliance!!

Part of the humor about living in Manzanillo for our winters is that, of course, the hot and sunny weather is very reliable. If something unusual comes about then it does become remarkable. But overall it's rather taken for granted. Why do these Canadians always talk about the weather? As a matter of fact if I want to know what the weather will be from one day to the next I generally look at



my world-wide iPhone weather app because the locals don't really pay attention. The radio stations do not report current conditions every fifteen minutes and the television coverage often has no weather information whatsoever! (Unless of course a hurricane is looming.)



with the dread of winter's onslaught. In the fall and winter in particular, almost every Canadian will check the weather forecast for daily temperatures and precipitation. Then we decide what to wear to work or any outdoor activity. It makes a difference whether you wear a sweater or a parka, wear boots, carry an umbrella, pre-heat the car or for that matter plug in the block heaters overnight so you can start your vehicles the next day. Since our temperature can plunge 30 degrees overnight, it's no laughing matter for sure. But we take it in our stride. What else can we do?

Now when we were younger, we were more resilient and proactive through our seasons. Indeed there were years when winter didn't come soon enough or we didn't have enough fluffy snow to get outdoors and skate, or cross-country ski, run to the nearest hills with our toboggans, or set out for the mountains for some exhilarating down-hill skiing.

Ah, but time marches on and so do our bodies. Eventually we turn to dreams of palm trees and sandy beaches and for us, find paradise in Manzanillo. It's perfect weather, wonderful people, the Spanish language, delightful food and music, and a whole new culture to explore. Is it any wonder that we look forward to returning every fall?

So this year unfortunately, involved one of our weather surprises. It's kind of like some naughty little weather leprechauns or snow fairies just waiting for us to be enjoying the late summer. Then deciding to shake up our contentment with a shock to remind us that winter isn't far off and we best get ready.

On Sept 8th, the 'jet stream' slumped south to the Alberta border sucking down an 'arctic low' while the temperature dove 17 degrees to near zero overnight. Then the colliding warm and cold fronts dropped freezing rain and snow over most of the province. Happily the central areas and north were not hit as badly as the south (which received up to 15 cm of snow) but it was still enough to spread a wet, heavy, white blanket over roads and countryside. Yikes!! I have included a few photos I took from the back door of our home. We were not impressed as you might imagine.

But ever the hardy Canadian woman, I lifted my hanging flower baskets covered in snow and parked them under the gazebo for shelter and hoped that they might survive. Since many of us are smart enough to plant hardy 'zone appropriate' breeds of flowers, they often survive (cont..)

So in our defense it's important to understand that we have four quite distinct seasons (though in our part of Alberta we joke about having two seasons, winter and road construction.) In the spring and summer we are obsessed with the joy of it, in the fall we tend to suspend emotion

temperatures around the freezing point. I thought for sure I'd lost my pansies and petunias. But, as the snow melted away it took a couple of days, and they still lifted their sagging blossom's and began to carry on for the rest of the late summer season (see photos taken Sept. 19th almost 10 days later.) In fact there are new buds coming. Isn't nature amazing?

And now the countdown begins as we prepare for our much anticipated return to our second home in beautiful Manzanillo. This is where we can watch the surf, marvel at the beauty of the area and thank our lucky stars that we took the plunge to find property in this wonderful location for our winters. Smiling faces on old and new friends welcome us back each year! We can hardly wait! It's like coming home. **Again!**



Health and nutrition center

Marianela Gómez Rincón M.D.

general practitioner

- Acute conditions
- Medical certificates.
- Management of diabetes, hypertension, lipid disorders.
- Well - child visits, antenatal care, annual physical exams, birth control counseling.
- Wound care, debridement, and repair, removal of foreign bodies and ingrown nails.
- Earwax removal.

House calls 24/7

Daniela Gómez Rincón B.A.

nutrition and wellness

- Nutritional certificates
- Personalized nutritional consultation with dietary and anthropometric assessment.
- Meal plans for: obesity, overweight, undernourishment, chronic conditions (diabetes, hypertension, lipid disorders, kidney failure), eating disorders, pregnancy and lactation, children.
- Sports nutrition and fitness plans.



Plaza Pacifico

Av. La Audiencia # 48, local B9

Book an appointment! 333 9129

www.facebook.com/amedicanutricional

Oh No! A Hacker Posted My Nude Selfies on the Internet!!

Señior Tech



Recently there was a story about some young starlets who had their cloud accounts hacked. Apparently they had taken photos of themselves sans apparel and foolishly uploaded them to their online “cloud” accounts. There is speculation whether they inadvertently gave their credentials to the hackers or that their passwords were so easy to guess, the hackers were able to access the girl’s accounts. In either case, there are ways anyone using the Internet can protect themselves from either of these security risks.

If you receive an email or phone call from your bank, credit card company or any other merchant requesting your login credentials (login name, and password); do not provide the information. It is 100% sure to be a fraudulent request. Financial institutions and honest merchants do not make these type of calls. If you want to be sure, you can contact them by calling their posted phone number on the back of your bank or credit card; never call back to a number supplied by the person requesting your credentials.

The other type of security risk is a weak or easy to guess password. Many people use the same password for all their logins; and usually they are easy to guess or crack. The solution will cost a few dollars, but it is a small price to pay for the protection and peace of mind.

Password Managers can solve the security risk due to weak passwords.

LastPass <https://lastpass.com/>

LastPass is available in two versions; a free version and a Premium version (\$12.00 USD per year). The free version works on MAC OS, Windows, and Linux. The premium version adds mobile devices to the mix including Smart Phones and Tablets.

I had intended on doing a review of a number of Password Managers but PC Magazine on August 22, 2014 did it for me. You can compare various products by clicking on the following link:

<http://www.pcmag.com/article2/0,2817,2407168,00.asp>

My recommendation is to use the free version of LastPass if you only use a computer, and the LastPass Premium version if you also use tablets and/or Smart Phones. If you read the review in the above link, there is an 18 page slideshow, showing some of the interesting features in LastPass. The greatest advantage of a password manager is that you only have to remember one password; the password for your password manager. The password manager will generate a complex and unique password for every site for every site that you visit.

I personally use 1password as a password manager, but if I had not paid over \$70.00 for the computer and IOS versions, I would be tempted to switch to LastPass.

If you employ the security measures in this article, I can promise your nude selfies will not be posted online, unless you post them yourself.

So what do I pack? What do you wear in Manzanillo?

Freda Vickery

We have made the big decision! After the big dump of snow in early September this year, we have decided to spend the winter in Manzanillo. Several friends have friends who go there each year. I can't understand why anyone would go to the same place each year for their holiday, but perhaps for a long visit it would be worth considering once at least, to try.

We have been to Hawaii a few times and there, they only need swimsuits, shorts, luau dresses or muumuus. Shorts and Tee shirts are fine for ladies during the days to go shopping or sightseeing and for everywhere for men. Is it the same in Mexico?

Mexico is a very different place to Hawaii. The people are not usually as casual in their own dress and have been very critical in the past about women wearing shorts and skimpy attire, but over the years that has changed. Mexican ladies are usually very color coordinated in their clothing wearing ornaments in their hair which match their dresses. Shoes and handbags are the same. Even the poorest lady will do her best to look as smart as possible regardless of the situation. Cleaning ladies will bring a change of clothes to work, so that they look clean when going home. Housemen and gardeners are the same. In employment which has contact with the public, most companies supply uniforms as the employee probably could not afford to buy clothes for work. In a country which is very hot, seldom does that uniform include shorts.

The latter fact was bemoaned to me at one time by the General Manager of a large car sales company in Manzanillo. He could not understand why they, Mexicans, didn't wear shorts which were much more comfortable, but trousers, shirts and often ties were the required working dress for men. Dresses or coordinating pant suits and shoes with spiky, spiky, heels, the order of the day for ladies. It matters not that every lady seems to wear a dress at least three sizes too small, which show every bump and ripple under the garment. It is a source of wonder to those of us who holiday among these hard working people that they don't swelter to death or break their faces on the cobble stones with those impossibly fragile looking shoes.



We are gradually seeing more and more Mexican ladies wearing shorts and matching shoes and head bands. But for going out they dress to the 'nines' in the best finery they can afford. Designer labels and their copy cats are definitely in! The ladies who live in the hills or small villages wear whatever they can find or are given and the several second hand stalls at the market do a great business.

Yes! But what do I pack. If the Mexican people all dress up, do I need several evening outfits as well as suits to go shopping? This could make for a lot of luggage.

The strange thing is, that the times of going out for the Northern folks, are entirely different for those of the Mexican people. Meal times are different and partying times are different. The Mexicans start the day early and have just a coffee and sweet bun first thing in the morning. Then they have a tortilla breakfast midmorning. The main meal of the day is from two o'clock in the afternoon until four. They may go out for a snack after nine in the evening.

The snow birds who visit each year often go out walking first thing in the morning before the heat of the day sets in, or go to the golf course. Then have breakfast about 8.30 a.m. Lunch would be about 1 00 pm and then dinner at about 6 - 6:30 p.m. So it's almost like the story of the mongoose and the snakes in Hawaii, Never the twain shall meet



Bathing suits are an absolute must and probably everyone needs at least three. Next items are shorts and tops. Both ladies and gentlemen can wear shorts to practically any dining establishment. Obviously short shorts are only for the very young but Bermuda's or capris are perfectly acceptable for any age. Men can wear their shorts and shirts everywhere and for almost any event. The only thing that men should be aware of is that singlet or sleeveless shirts are not acceptable in the evening, especially in the better restaurants but okay during the day.

It is a good idea to have a couple of slightly dressier outfits for the ladies, but don't be concerned about that as very pretty Mexican style dresses can be found in Manzanillo.

Apart from those, a cover up for the beach, hats and a couple of wraps will just about do it.

So here an example of the packing list. Be aware that there are laundries which will wash and iron your clothes in a short time frame. Make sure you ask when they will be ready before leaving your clothes.

For Her:

- 3 bathing suits
- 6 shorts
- 2 tops
- 2 lightweight dresses
- 3 pairs slacks or Capri's
- Underwear/ night wear
- Wrap or light sweater
- Beach cover up

For Him:

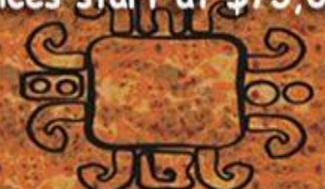
- 3 bathing suits
- 6 shorts
- 12 lightweight shirts
- 1 pr lightweight trousers
- Underwear/ night wear
- light sweater
- Beach Shirt

Sun tan lotion, medications, hats, golf clubs, sun glasses, electric books and toiletries should also be taken with. Although most everything except prescription medication can be purchased in the shops and stores all over Manzanillo, some of them have to be searched for and most everything is more expensive.

Do not take American money or Travelers checks; Canadian currency and credit is still alright for the moment at least.




Prices start at \$75,000



**SOL MAYA
MANZANILLO**

**CONDOMINIUMS
Apartments & Studios**

A Project by McNish Marketing Ltd. S.A. de C.V.

www.solmayacondos.com

**Full Ownership
Not a Timeshare**

Canada/USA: 403-274-9831
or Fax: 403-274-7366
In Mexico dial: 314-333-8042

Email: info@solmayacondos.com

BEACHFRONT LUXURY
Design and Construction
CAXSA ARQUITECTOS S.A. DE C.V.
caxsa@prodigy.net.mx






MUJERES AMIGAS NEWSLETTER*Elaine Parker***Happy October Ladies,**

The October Mujeres Amigas Luncheon will be held on **Wednesday, October 1st.**

Be at Vaqueros on Blvd de la Madrid by 12:30 p.m. to choose your luncheon off the menu, to socialize and to join in a short session of Gentle and Fun Chair Yoga led by Manzanillo's certified Yoga Instructor, Shelly Reid. No mat or lululemon required.

The speaker at the luncheon will be Jane Goldspink who will give a talk on, "Art of saying 'No'... unless 'Yes' is better!" Jane has a Master's in Education, was a specialist in Special Education, Guidance Educator for 35 years, and elementary school principal for 15 years and has now been retired for almost three years. Jane currently produces a newsletter for local retired teachers of Ontario, with a readership of 1000 plus. Plus, Jane is dabbling in a small decorative pillows business and has recently arranged to be part of an Antique and Collectibles shop nearby. She is married and has three children.

Ladies Please – If you plan on attending the luncheon, **please** respond by 1:00 p.m. **Tuesday, October 7th**, to: mujeresamigaslunches@gmail.com. It is important to respond. A 'Thank You' to all who responded last month. We are all happy that you attend the luncheons. A few more or a few less unannounced are okay. If you know what you would like to eat at Vaqueros, include that with your response and it will be ordered when the count is given.

VERY IMPORTANT INFORMATION

As of August 15th, US cheques will **NOT** be accepted in Mexico. Not at banks, InterCam or Monex. As of now, it is not wise to bring US dollars into Mexico, they are also not accepted. This is possibly a new regulation set up by the IRS and not the Mexican Banks. It is suggested you send a Foreign Currency Wire in pesos down to your Bank, InterCam, Monex or accountant to pay your accounts and expenses.

For Canadians: Your Canadian cheque is accepted. Also, if you have an account in US currency on a Canadian Bank at a Canadian address; those cheques will be accepted. If there are any changes to this regulation, you will be notified ASAP.

FOR YOUR INFORMATION

Word has been received that founding Mujeres Amigas member, Freda Vickery (Rumford) is again battling another cancer. At this time, she is currently receiving radiation therapy. Please send your positive thoughts and prayers for our friend Freda. She would love a note from those who know her.

In case you are wondering, Mujeres Amigas celebrated 14 years of existence in June of this year. Our founding members first met at Candy King's condominium for a pot-luck luncheon. Those in attendance were Freda Vickery (Rumford), Jean Maierhofer, Jane Buske, Marilyn Short, Kate Preston, Sally Fox, Ginny Ruiz, and a few more that neither Freda nor Candy can remember. The group soon grew to meeting once a month and meeting at El Caribe restaurant for a number of years. Mujeres Amigas now meets regularly at the Oasis thanks to Katy and Diego and a wonderful 392 ladies receive our newsletter.

For those on Facebook, Mujeres Amigas has a new page. www.facebook.com/pages/Mujeres-Amigas-Manzanillo/32748653565924

Sorry, if you are not on Facebook you cannot access the page even to just check it out.

The Efren Gonzalez' 4-Day Oil Painting workshop is scheduled for **Tuesday, Feb. 3rd, to Friday, Feb. 6th**. The exact location and directions will follow later. The cost will be MN 3,800 pesos. Make your reservations immediately to Brigitte Cowan at: brigitteyc@aol.com. A deposit of 50% will be due by Jan. 2nd, 2015. Classes start at 9:00 AM and end around 3:30 to 4:00 PM each day. All painting supplies i.e. canvases, brushes, paint, cleaner are provided by Efren. This is a great opportunity for all levels of painters to get one on one instruction from a gifted teacher and artist. Space is limited. The group was able to schedule 2 classes in 2014 and hope to again in 2015! The first session was filled early with 16 painters. If the first week doesn't work for you, please consider the workshop scheduled for **Feb. 24th to Feb. 27th, 2015**. Hope to see you with paintbrush in hand!

Patty Talasy, the Managing Director of Casa Hogar Liborio Espinoza is coordinating to have adults visit the children for one hour in the morning and one hour in the afternoon every Wednesday beginning on Wednesday, October 1st. Patty will have games and crafts for the adults to use to interact with the children. If you would like to spend an hour once a month, or more, to share with the children please telephone Patty at 333-8085 or email: pnet1972@yahoo.com.

Hopefully you read the September issue of the Manzanillo Sun e-magazine as there was a beautiful tribute to Manzanillo artist Robert Hill.

So far during the 2014 Tropical Storm/Hurricane season, 16 named storms have traveled north past Manzanillo. Luckily for Manzanillo, the storms remained off shore. Marie, Norbert and Odile caused the most rain and wind damage with Norbert and Odile causing the highest waves. Number 16, Polo didn't have high winds but did produce more rain. Hopefully, no more storms will pass by Manzanillo this season.

Friends of Chef Wolf Hausladen of La Pergola, Elsa and Fidel, have a large flower company in the El Central Village and also a flower hospital to take care of plants for people who go back to US or Canada. You can contact Chef Wolf for more information.

Don't forget to read the October issue of the Manzanillo Sun e-magazine that will be available soon after the first of the month.

OCTOBER HAPPENINGS

Sunday, October 12th: Columbus Day -

"Descubrimiento de America" commemorates the Discovery of the Americas in 1492 by the Italian navigator Christopher Columbus. This is a civic holiday in Mexico.

Monday, October 13th: Columbus Day is the celebratory day in the United States. However, the correct Columbus Day is October 12th.

Monday, October 13th: HAPPY THANKSGIVING TO ALL OUR CANADIAN MUJERES AMIGAS!!

Thursday, October 16th: An Accordion Orchestra from the Czech Republic will be the first Belles Artes del Pacifico concert of the season at the Marbella Salon de Eventos.

The concert begins at 8:30 p.m. and a ticket is MN300 pesos. Tickets can be purchased at the Mujeres Amigas luncheon, Juanitos and the Marbella.

Friday, October 31st: HAPPY HALLOWEEN

SAVE THE DATES

Saturday, December 6th: Start the season with a black and white pot luck gala under the stars. The annual pre-Christmas benefit for the Asilio Ancianos will be held at: the Condominio Pelicanos in Las Brisas. Reservations now being taken by Lydia Bevaart at lydiabevaart@yahoo.ca or 334-0002.

Thursday, January 29th 2015: The Casa Hogar Los Angelitos Fundraiser will be held at the Valle de Las Garzas Fairgrounds. Featuring the Children of Casa Hogar and "The Tall Boys Band" for music and dancing.

Tuesday, February 10th 2015: The 31st Santiago Foundation dinner, auction and dance will be held at the Hotel Tesoro.

Sunday, February 15th 2015: The Efren Gonzalez Art Exhibit and Demonstration will be held at the home of Candy King and Dan Alnoch. The event is dedicated to the memory of Robert Hill and will benefit PATA. (Personas Ayundando a Todo los Animales www.patamanzanillo.org.)

Space is limited and tickets can now be reserved at MN350 pesos by contacting Brigitte Cowen at: brigitteyc@aol.com. There will be a 12 X 12 silent auction of donated artworks from local artists. More information will follow later. So, local Manzanillo artists start thinking of an oil or acrylic piece you can donate for the event.





AT THE MOVIES

by Suzanne A. Marshall

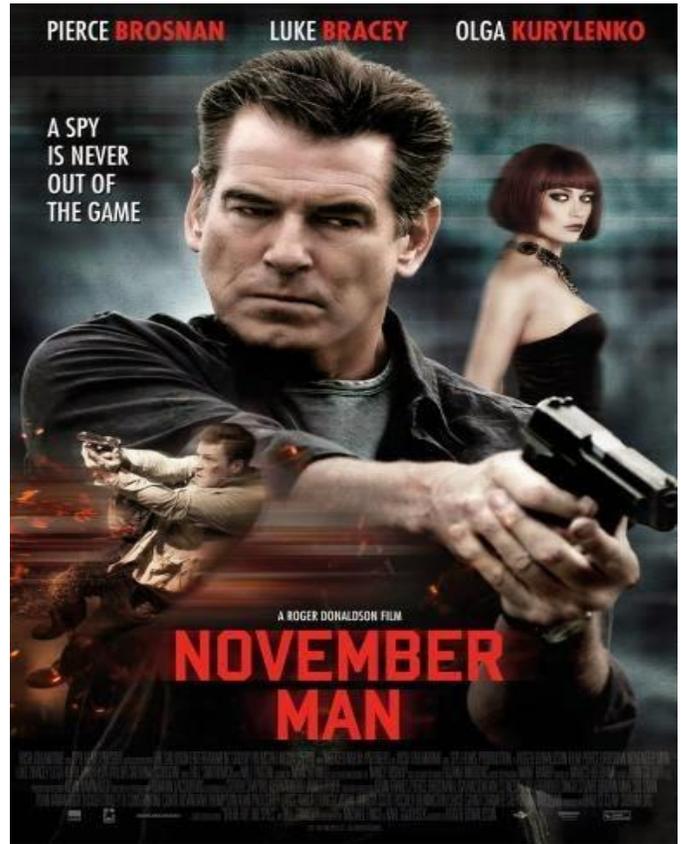
The November Man

Director: Roger Donaldson
Starring: Pierce Brosnan, Luke Bracey, Olga Kurylenko

“An ex-CIA operative is brought back in on a very personal mission and finds himself pitted against his former pupil in a deadly game involving high level CIA officials and the Russian president-elect.”

The reviews are quite mixed on this one. Yes it is a typical spy thriller but I always enjoy the wry delivery of Pierce Brosnan and he’s certainly not hard on the eyes. The story moves along a bit too slowly but is very well done regarding cinematography and stunts. So it is entertaining enough for an evening out and some good popcorn.

Overall IMDB rates the movie at 6.6/10 based on 4,569 user votes. I’d say that’s about right for me.



monkey's

POLLO • BURGERS • BEER

Bldv Miguel de la Madrid 10050
Salahua
(across from La Comercial)
314-334-7698

El Centro
314-332-7977

Foyles War

Creator: Anthony Horowitz
Starring: Michael Kitchen, Honeysuckle Weeks, Anthony Howell

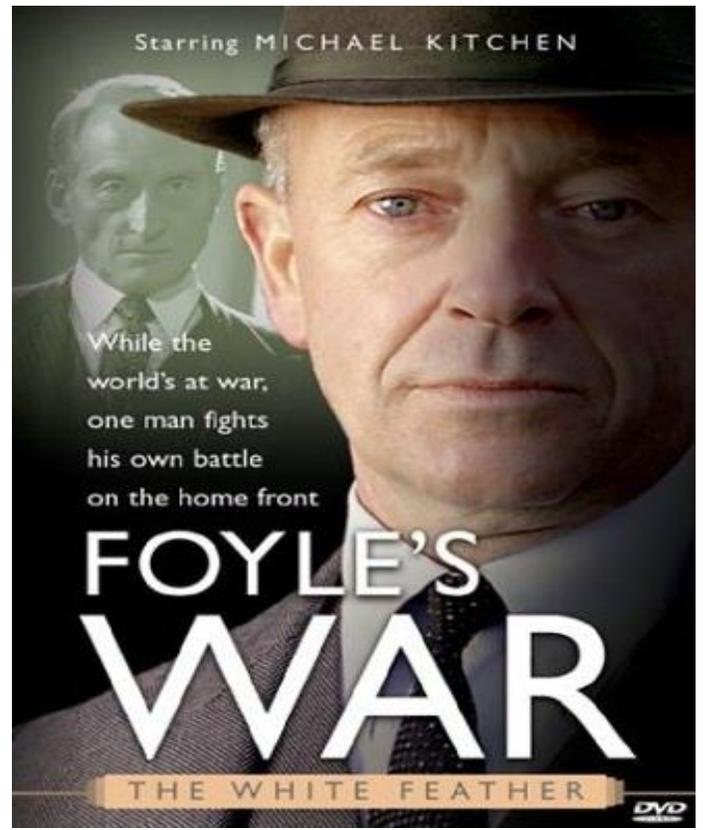
“It is 1940 and Britain stands almost alone against the might of Nazi Germany across the continent. The terrors of nightly bombing raids are only matched by the fear and hysteria of the population at the prospect of the seemingly inevitable German invasion. It is in this environment that Detective Chief Superintendent Christopher Foyle, of the Hastings Police on the south coast of England, works. Denied a transfer to the war effort, Foyle is nonetheless forced to confront the darkest acts of humanity on a daily basis. With his official driver, Sam, and his subordinate, Paul Milner, Foyle investigates murders, looting and theft, crimes of opportunism, crimes of war, crimes of passion and crimes of greed, because crime isn't stopped because of warfare.”

It is an understatement to say we ‘enjoyed’ this series. We loved it. In fact we have watched all available seasons via Netflix and are delighted to find out that another is underway. It is particularly engaging for its in-depth journey into the late 1930's and on through the end of the Second World War. The art direction is wonderful and we are able to ‘live’ in that period with the vehicles, architecture, fashion and decorum of the era. In addition, it is written around local crime challenges while at the same time reliving the presence and the human psychology of a country being threatened and ultimately forced to defend a nation by the onslaught of Hitler's Nazi movement.

There is no need for binge watching this series because each episode is a complete story, start to finish over 100 minutes. There are no commercial breaks and of course running on Netflix means that you can watch the whole episode at your convenience and time.

Foyles War has been nominated for numerous BAFTA Awards as a best series and has also won for one season.

User ratings from IMDB are 8.4/10 and I whole heartedly agree.



The musings of a 'Magazinaholic'

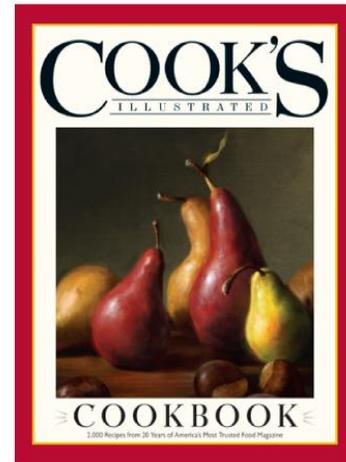
Freda Vickery

Just lately, because of an enforced immobility, I have finally had a chance of catching up with some magazines that I have had around for a while. I have always enjoyed magazines and my favorite time for reading them was in the evening when television was on. Don't ask how I managed to watch TV and read, I guess it's the same as knitting and reading a book. Multitasking was always with me before it was 'the thing' to do. I could always do in a couple of hours what it now takes me a week to do.

But, back to the subject at hand, Despite not allowing myself time to read my magazines, I had continued my habit of buying every cooking magazine as it reached the stand. I have a wealth of them to now read and enjoy as well as saliva over the recipes. In actual fact what I have discovered in myself is that as I am reading the recipes and instructions, I actually taste each ingredient addition as well as the end product. I then don't always have to make it myself; I know what it is and what a trip it has been.

Over the years, I have gradually turned away from the old 'Bon Appetit' and 'Taste of Home' as I much prefer the newer editions such as 'Food Network' and 'Rachel Ray.' My current favorite by far is 'Cook's Illustrated.' In this mini book, the writers and chefs, take a classical recipe that has been around for years and find the quickest, easiest and tastiest way of preparing it in a home kitchen. They get right down to the nitty-gritty and build the most authentic recipe possible in the least time. Food quality and flavor is not sacrificed as they seek the best way to make a recipe in a home environment. They experiment with different manufacturer's ingredients, explain how they use the product, which ones didn't work correctly and eventually tell which one gave them exactly the flavor and substance they were looking for.

I am absolutely entranced by some of the ways they change an old way of using an ingredient into a new way which is so much simpler and easy to follow. In reading through the diary of the day's cooking, I honestly become so intrigued, I almost want to go back to school to learn all of the required equations.



Breakfast • Lunch • Dinner

Specialties
Chilaquiles, Machaca, BBQ Ribs and Chicken, Burgers, Mexican Dishes, Espresso, Capuccinos, Milk Shakes, Cold Beer

Come visit with us
Km. 14 Blvd. M.M.H. Santiago Colima
Tel. (314) 333-1388 & Fax. (314) 333-1797

OPEN DAILY: 8:00 AM - 11:00 PM

We also have
Big Screen T.V.
Copy & Fax machine
Cybercafe/Long Distance
Phone Service

OPEN SINCE 1976

Distintivo M

Juanitos[®]
RESTAURANT

juanitos@prodigy.net.mx
www.mexicanpacific.com/get/juanitos/
www.juanitos.com



For example, in making a *Cassoulet*, the famous French stew of pork and beans which normally takes three days to prepare, they describe the treatment of the beans for the dish. The beans normally preferred for use in this dish are the *tarbais* which is a very thin skinned bean with a creamy textured interior. As these are very expensive and difficult to get, the writer experimented with several beans and decided that the *dried cannellini bean* worked admirably. Now, the usual recipe calls for the beans to be soaked for 24 hours or at least overnight. How to cut this time down? In trying several methods the one finally chosen was soaking the beans in hot salted water brine for three hours, which gave the equivalent consistency of the original bean. Another major ingredient in this delightful stew is the *French Toulouse sausage* which, again, is not readily available. The best substitute (fully explained as to why) is the *German Bratwurst sausage*. On it goes, this ingredient not available or too expensive, so this one was found to give the same result.

They do the same with making Crab cakes. Ooh! I do have to make that. In yet another edition, they covered Tortilla Soup, the Perfect Flan, and Fajitas. In each case they take away the scary mystery surrounding the dish and explain what is the best way to prepare it and which are the best or worst ingredient brands that they found.

Sadly, 'Cooks Illustrated' is not easily available in Mexico but as it is not something which dates (and you will want forever anyway), it can be ordered at home and enjoyed at any time. They do also have an on-line edition and cooking classes. This latter I am going to have to explore a little more carefully.

The Magazine has a very plain cover and not the garish, sparkly, gleaming, colorful one usually found on the rack. I took me a little while to discover, and now that I have, my already over expanded magazine collection is going to a whole new level.

HAPPY HOUR / HORA FELIZ
5:00 to 7:00 pm
tuesday to friday **2x1** martes a viernes
margaritas, daiquiris, piña colada, beer

Santo Santiago
COCINA BAR HOTEL

MARISCOS • MICHELADAS • BROCHETAS • CLUB DE PLAYA • CERVEZA
TACOS • VINO • MÚSICA • MEXICAN SEA FOOD • BEER • SNACKS
BEACH CLUB • COCKTAILS • TACOS • WINE • MUSIC

BLVD. MIGUEL DE LA MADRID 15675 MANZANILLO
SANTOSANTIAGOMANZANILLO
tel. 33.322.35

MARTES - SÁBADO 18:00 A 23:00 HRS. VIERNES A DOMINGO 12:00 A 17:00 HRS.

KIOSKO GASOLINERA
Bld. Miguel de la Madrid
PLAYA DE ORO BORAS Olas altas

MANTENIMIENTO Y REPARACIÓN DE AIRES ACONDICIONADOS Y REFRIGERADORES

Sierra de Guadalupe No.2
Col. Indeco, Manzanillo, Colima
Tel. 33-664-65
Cel. 314-12-96-086

SAMSUNG LG TRANE Mirage Econo Air YORK

Testimonial

"..hardworking, professional, timely and very fair and honest in his billings. Highly recommended."

Jeff & Donna Alison

MARVIN CARRERA REYES
TECNICO
MARVINCR22@YAHOO.COM

Cursing Cursive

Kirby Vickery

From a Cleveland, Ohio, suburb a High School teacher complained about having to put tests and lessons on the blackboard in print rather than in cursive, also known as: **longhand, script, joined-up writing, joint writing, running writing, or handwriting** (as pulled right out of Wikipedia) to which I can add: real writing, headache penmanship, and “God, teach why do we have to learn this stuff when we’re all going to use computers anyway?” She states that her students can’t read it and so she bows to the demand and block letters the entire assignment. Her husband, the owner of the Manzanillo Sun, suggested that I take a look at this phenomenon just as I am gearing up for multiple commenting on the up-coming November election. And, because he’s the boss and all - I have.

The first comment I can make on what I’ve learned is that I wish I hadn’t. A thirteen year old in Ohio, which is a CC (Common Core) state wrote me an extremely informative paragraph at the request of her mother. She tells me that she had one year of cursive instruction in the third grade. She used it for spelling lists and the like the next year. And now, she tells me, “They deduct points for anything that’s turned in that doesn’t come off a typewriter or computer.”

Currently the state of Texas is in a quandary as to what to do because their head educator apparently didn’t catch this and other stuff and there’s a movement afoot to back out of it with the Federal government.

Katy Steinmetz published an article in the June Forth Edition of Time Magazine entitled: Five Reasons Kids Should Still Learn Cursive Writing. In it she outlined how a Tennessee State Representative, Sheila Butt got into a mix with school officials and parents. The school officials were stating that with the CC’s requirements there wasn’t any time or reason to teach cursive in the public schools. On the other side of that coin the parents were outraged that their children couldn’t even sign their own names. As you can tell by the title of that article, Ms. Steinmetz dug deeper into the problem. Through her efforts, Tennessee is one of those states which now has a law which makes education of cursive a requirement.

I’ve been told that Florida has a requirement for students to pass an examination on cursive to get passed the sixth grade. But teaching it isn’t in their agenda.



Forty five states have signed up for the Federal Government’s Educational Program named Common Core English Language Arts standards (CC). Five to seven states (depending on which news story you read) have opted back out of it or are modifying it to reflect a requirement for the students to learn cursive writing. I’ve read the CC’s English requirements for K-12 (Kindergarten thru High School). The requirements for punctuation and grammar are there. There’s a requirement to learn machine and computers. There isn’t a single requirement to expose students to cursive or to teach it.

A friend of mine in Mexico is also a teacher in a private school. She informed me that there is a requirement for cursive to be taught in all the schools there. She also informed me that the requirement to insure the ‘standard’ is met is mostly enforced by the officials on the private schools and not so much for the public ones.

My granddaughter who is fresh out of high school in Washington State uses cursive but she’s also very interested in calligraphy through Celtic Rhone design. Her older brother prefers block text but had the same education.



I talked with a young lady in a fast food place in British Columbia, Canada. She told me she was 18 and was pursuing higher education without cursive. She explained that it was taught in third grade and then left alone and no one in her classes used it from then on preferring block lettering.

From another source I've learned that Canadian children currently in grade five have had cursive instruction however those in the second grade will not be exposed to cursive to education it will be replaced by keyboarding. Apparently each Traditional (Private) school has the option to teach it or not.

I had a medical technician in Oak Harbor, Washington, tell me that her two boys, ages 12 and 9 were both taught cursive. She added that the nine year old is extending his writing abilities by taking some home calligraphy courses as an interest in art.

My son-in-law is of working class and grew up in rural Arizona. He can read cursive but asked me not to ever ask him to write anything using it. "I've even forgot which way to make the tails on the p's, g's, and q's." Like so many people his education in cursive has gone the way of past memories like the color of his blue jeans.

April Brown, in the PBS News Hour on April 24, 2014, asked if cursive writing is going away into the world of 'lost arts.' It was a good article except her strongest point was academia concerns about folks being able to sign their names.

Most children are ambivalent about cursive's use and don't want to sit there running the exercises over and over again to train unskilled hands. Older adults (my age) are outraged. Younger generation adults of the 'texting and computer age' have been exposed to cursive, can possibly read it, and will never use it except to sign their names on credit chits and outgoing checks. I've seen some of these and their nothing more than a scribble because the only people that I know who run a match are the county officials in Island County's vote processing office (Ballot by mail). The teachers say they have no time allocated to teach it. The Federal Government obviously feels the subject is superfluous because of the advent of machines and computers. Hence, no requirement listed in CC.

Perhaps we should let it go. Most people can type their thoughts into a computer or use abbreviated spelling without any grammar on their smart phones anyway. We could go to the world of the Chinese and develop little carry-me-around "Chops" (It's a small, mostly round, self inking, rubber stamp formed for personal use by the owner.) as the Chinese did in the 1600's to replace signatures. I can hear it now, "But, Your Judgeship, that's not my chop. I'm innocent I tell 'ya."

Then again, possibly we don't want it to go away. I went back to school in my forty's and immediately dropped back into cursive for note taking and essay hashing just for the speed. Katy Steinmetz also stated in her article that, "According to Research suggests that printing letters and writing in cursive activate different parts of the brain.

Learning cursive is good for children's fine motor skills, and writing in longhand generally helps students retain more information and generate more ideas. Studies have that kids who learn cursive rather than simply manuscript writing score better on reading and spelling tests, perhaps because the linked-up cursive forces writers to think of words as wholes instead of parts." (<http://time.com/2820780/five-reasons-kids-should-still-learn-cursive-writing/>).

Annika Rose, my young voice from Cleveland has it all together and states that she will continue her practice and use of cursive as a benefit to herself. My personal opinion is that I wish the rest of the world would do the same thing.



Clean Tech Revolution

By eSun Energy, 2014

Amidst all of the troubling headlines and often times seemingly insurmountable problems facing us on a daily basis, there are yet still shining stars bringing brilliant glimpses of hope and promise to each new day. There is not enough space in this publication nor any more precious time in our lives to waste pointing out the obvious problems and challenges facing us a human species: Uncontrollable crime, violence, incurable diseases, poverty, economic and nuclear meltdowns, political and social upheavals, hunger, wars for natural resources, “natural” disasters, environmental catastrophes, etc. etc. blah.blah.blah.

The question you may or may not be asking is “OK. What can I do, besides bury my head in the proverbial sand?” One potential solution is to participate in, and support your local Clean Tech Revolution.

What is this “Clean Tech” you may ask? Isn’t that some sort of hippie-green-commie-Star Trek-biological-robot-nerd-stuff? Not at all, in fact quite the opposite. It is really about utilizing the human mind and spirit of

innovation, combined with natural intelligence and advanced culture, to reinvent and redesign new and more effective means of: energy production and consumption, waste & water management, agricultural & food production, transportation, architecture and building. So pick a category (or invent your own), apply your particular passions, set of skills, abilities and available resources. Now get to work towards a being part of a solution.

You may easily be saying “Forget about it! I’m retired. I’ve been working my whole life now it’s somebody else’s turn”. But the question begs at your soul: “Have I done all I can to be part of a solution?”. Remember, it is never too late and it does not have to be work, per se. In fact, it can be fun and inspiring for yourself and others.

For example: As professionals in the renewable energy and energy efficiency business, we take particular delight in focusing our passions towards evolving the energy and transportation challenges that currently face all of us, as well as our children and especially our



photo credit: Business Wire

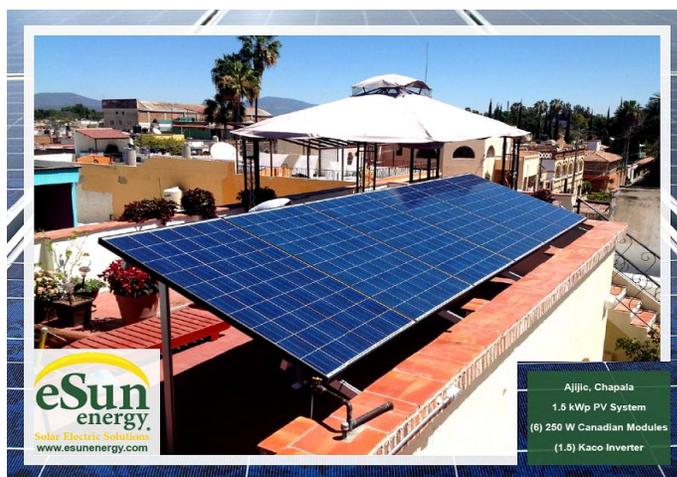
grandchildren in the not so distant future. By creating, innovating and evolving solutions in the solar energy space, we are helping to solve energy related problems, strengthen our community and ultimately make a better world.

Through the sharing of information, knowledge and wisdom, facilitation of education and ultimately action via support of local Clean Tech businesses and organizations, you can indeed make a difference by increasing the speed of transition towards the new economy. So stop wasting time by continually pointing out and arguing about the world's problems and complaining about the things you have no control over. Take personal responsibility and get out there and do something about all those problems. We need solutions and actions. Perhaps we could even manage to have some fun while making a difference!

In next month's article we will have a list of 50 action items you can do on the local level to help participate in the Clean Tech Revolution. Please feel free to drop us an email with any creative ideas, actions, solutions or

innovations that you would like to include on the list to share with the community.

For more information on solar energy and solar panels in Mexico: www.esunenergy.com or 01.800.099.0272
Guadalajara Puerto Vallarta Ajijic Chapala Manzanillo Colima Mexico City. All rights reserved, eSun Energía S.A. de C.V.



Abrimos de jueves a martes
de 7 am a 10 pm
(Cerramos los miércoles)

Restaurant **Desayunos comidas y cenas**

ESTILO RANCHERO

Tel. (314) 119 7925

En "Las Abejas" tenemos la parrilla para ahumar indirecta más grande en Manzanillo. No contamos con el típico menú impreso, pero sí con un tablero con el menú del día. Esto nos permite ofrecerle diariamente las carnes más frescas, así como las frutas y verduras más sabrosas de temporada.

At "Las Abejas" we have the largest indirect heat smoker-grill in all of Manzanillo. We do not have a typical printed menu, but a daily menu board. This will allow us to bring you only the freshest meats available each day along with the most flavorful 'in season fruits and vegetables.

Estamos 3 cuadras atrás del Wings Army



Open every day 7am-10am
Closed Wednesdays



Interested in Real Estate? Consider Investing in REITs *Yann Kostic*

Adding real estate to your portfolio can provide greater diversification, plus a potential for growth, but it can be tricky. That's why some investors choose real estate investment trusts (REITs) instead.

REITs are securities that invest primarily in income-producing real estate or make loans to persons involved in the real estate industry. Investors earn income derived from rents or profits from the sale of properties in the REIT's portfolio. REITs generally trade on a major stock exchange.

Many investors consider REITs for their historically low correlation with other asset classes. That is, they tend to perform differently from stocks, bonds, and cash.

For example, year-to-date through June 30, 2014, the MSCI U.S. REIT Index has returned 16.78 percent compared to 7.14 percent for the S&P 500 Index (U.S. stocks), 3.93 percent for bonds (Barclays U.S. Aggregate Index), and 1.4 percent for cash (Barclays U.S. Treasury Index).

Another option is a global REIT. The U.S. is not the only country with a REIT market, and many investors interested in REITs are looking overseas. Global REITs, as measured by the FTSE EPRA/NAREIT Developed Index, returned 12.21 percent year-to-date through June 30, 2014.

Of course, investing in foreign securities presents unique risks, such as currency fluctuations, political and economic changes, and market risks. These factors may result in greater volatility, so it's a good idea to consult an advisor before investing in an alternative product such as REITs. He or she can help you determine if REITs are right for you based on your individual financial circumstances and goals.

Yann Kostic is a Financial Advisor (RIA) and Money Manager with Atlantis Wealth Management, specializing in retirees (or soon to be), self-reliant women and Expats in Mexico. Due to a transition to an international custodian, and as early as next month, firm client's will be allowed to hold multiple currencies in a single account, including US and Canadian dollars and Mexican pesos. Yann splits his time between Florida and Lake Chapala/Manzanillo. Comments, questions or to request his Newsletter "News You Can Use". Contact him at Yannk@AtlantisWealth.com, in Mexico: (376) 106-1613 or in the US: (321) 574-1529

**RISTORANTE ITALIANO
PIZZERIA**




VITO
RISTORANTE ITALIANO
PIZZERIA

Av. Teniente Azueta No. 3
Col. Burócrata, San Pedrito
(Junto al Hotel Zar)
TEL. 3327135

Av. La Audiencia
Plaza Pacifico, Península de Santiago
(Frente al Club de Golf)
NEW LOCATION




**L'Arte
del Gelato**
DELICIOSO - SANO - NATURAL

**To taste a delicious,
GELATO is a pleasure...**

for us to produce it, taste it and offer it, is our Passion!

PLAZA SAN PEDRITO Hotel Zar	LAS HADAS MARINA	PLAZA LAS PALMAS (Wing's Army)	AV. LA AUDIENCIA by La Catrina
--------------------------------	---------------------	-----------------------------------	-----------------------------------

Real Estate Institute Launched in Mexico

By John K. Glaab, CIPS

Global Mexico Real Estate Institute was recently formed by a group of high profile Mexican REALTORS. It is a bilingual, bicultural organization dedicated to delivering international education to the Mexican real estate industry. The four founders have a combined experience of more than 120 years in the international real estate arena.



Having searched for courses in Mexico that would help REALTORS® better serve international clients the group met and decided to create the institute. Its Mission is to provide courses in markets across Mexico so that attendees will not have to incur major expenses to travel to other countries..

Global Mexico Real Estate Institute will focus on courses offered by the National Association of Realtors® (NAR), but not be limited to NAR courses. NAR has forty designations recognized around the world. A course schedule has been created for 2015. Other courses may be added.

The Institute will kick off the new training season with the Certified Negotiation Expert (CNE) class. This two day event will be held in Los Cabos and delivered by Tom Hayman from the Real Estate Negotiation Institute, in Phoenix Arizona. In 2010, he was named instructor of the Year by the Seattle -King County Association of Realtors. That was the first time the award was given to someone outside Seattle. Fifty students have registered for this Cabo class.

For a full list of course to be offered in 2015, please see www.globalmexico.org

About the author: John Glaab is Vice President International Marketing at Mexico's oldest title and escrow company, The Settlement Company® He is a Certified International Property Specialist and was named International Realtor Member of the year in 2012, by NAR. John is a Founding Director of the Global Mexico Real Estate Institute.

More information: john@globalmexico.org or visit www.globalmexico.org

