

Manzanillo

September 2015

SUN

Manzanillo's Lifestyle E-Magazine



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Immigration #1

Editorial Staff

[This is new for the Manzanillo Sun. We're attempting a public forum to help clear the air and give good advice on all this immigration change Mexico seems to be going through right now. Our only source of information is through you, the reader, and the internet. Our intent is to beg, borrow, and steal all the information we can get our hands on and get it printed in this forum. If you have questions, statements, or stories about the immigration issue and problems therein, please write them in for all to see and discuss. We tapped and pasted this tidbit from "Surviving Yucatan" (<http://yucalandia.com/driving-in-mexico-issues-fun/importing-driving-a-car-in-mexico>) and then changed it a little to fit the Manzanillo Sun. Our first entry:]

22 January 2014:

Note that, with the Jan. 1, 2014, changes to Aduana and SAT (Mexico's Tax Administration Service) rules, it is possible for private individuals to permanently import cars without a 'Customs Broker.' We typically advise against attempting doing this because filling out the US Government forms for cancelling your US title and exporting the car out of the US, and then filling out all the Mexican Gob (Government) forms to import the car into Mexico is very complex, involving peculiar government-speak terminology, and three to five days for the two governments to check and approve the paperwork (or require revisions for first-time inexperienced filers). If you contact a reliable 'Customs Broker' before you get to the border, they generally have all the details and paperwork squared-away, ready for you to sign, and complete the process in just a few hours versus three to five days for do-it-yourself efforts. Costs vary widely between crossing points and brokers, from low costs at Mexicali and Nogales, ranging up to twice to four times higher costs at the Texas border crossings.

Updated June 4, 2014

Questions about driving cars into Mexico under Tourist Visas and 'Residente Temporal INM' permits (Inicio Autorización Electronica - Instituto Nacional de Migración, Mexico's Immigration Service) have filled years of expat (persons living in Mexico but not of Mexican citizenship) and traveler's forums. This article is a nine year collection of insights trolled from Mexican law and people's experiences. If we've done our job, you should be able to find answers to the common questions, and if not, leave us a comment/question and we'll do our best to give you answers based on the current rules and regulations about importing and driving foreign cars in Mexico.

Jan. 22, 2014 Update: "Current Process for using a Customs Broker to Permanently Import your Car."

Note that with the Jan. 1, 2014 changes to Aduana and SAT rules, it is possible for private individuals to permanently import cars without a 'Customs Broker.' We typically advise against attempting doing this because filling out the US Government forms for cancelling your US title and exporting the car out of the US, and then filling out all the Mexican Government form's to import the car into Mexico is very complex, involving peculiar government-speak terminology, and three to five days for the both governments to check and approve the paperwork (or require revisions for first-time inexperienced filers). If you contact a reliable 'Customs Broker' before you get to the border, they generally have all the details and paperwork squared-away, ready for you to sign, and complete the process in just a few hours versus three to five days for do-it-yourself efforts. Costs vary widely between crossing points and brokers, from low costs at Mexicali and Nogales, ranging up from twice to four times higher at the Texas border crossings.



May 2, 2013 Update:

There have been reports from around the internet of various 'Customs Brokers' and other 'Agents' who are offering paper-only permanent imports of foreign-plated TIP (Permiso de Importación Temporal de vehiculo => Temporary Import Permit - a.k.a TIP) cars, where the expat sends cash and their car's papers to the 'broker' and they get Mexican license plates in return. Note that some brokers have provided falsely obtained state plates, with no valid Aduana Pedimento for the importation. Also note that if the broker does this for you, you should get your TIP cancelled too. Finally, there really MUST be a Pedimento listed in Aduana's national database for your VIN (Vehicle Identification Number) at the end of the process. That pedimento should also allow the car owner to easily register their car with their state DMV.

Alternately, if you want to buy a permanently imported car from someone else, or you have permanently imported your foreign-plated car, and you want to check if Aduana has officially logged your VIN & Pedimento into their database, then: Check this Aduana website to see if a car was successfully imported:

http://www.aduanas.sat.gob.mx/soianet/oia_consulta_rap_cep.aspx CONSULTA RÁPIDA DE PEDIMENTO ESPECÍFICO and SAT's website VIN checker website: http://www2.repuve.gob.mx:8080/ciudadania/servlet_consulta.

Note: If your car was legal before you changed to a non-working INM Residente Temporal then your foreign-plated car and your Aduana TIP are still valid, as long as you kept your INM permit valid. Residente Permanente card holders cannot have TIP cars in Mexico. 'Working' (lucrativo) Residente Temporal permits are not allowed to keep TIP cars.

March 15, 2013 Update:

If you have issues with renewing your foreign-plated TIP vehicle, as a Residente Temporal: Contact — Lic. Karen Villaseñor 01-55-5802-0000 x46889 Administracion Central — 01-55-5802-2069 ciitev_AduanaMexico@sat.gob.mx

You can also write directly to Aduana DF to request an extension of your TIP, including copies of your INM card, the new INM expiration date, the VIN, make, model, TIP number, and your passport number.

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http://www.aduanas.sat.gob.mx/soianet/oia_consulta_rap_cep.aspx

CONSULTA RÁPIDA DE PEDIMENTO ESPECÍFICO and

SAT's website VIN checker website:

http://www2.repuve.gob.mx:8080/ciudadania/servlet_consulta

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Residente Permanente card holders cannot have TIP cars in Mexico. "Working" (lucrativo)

Residente Temporal permits are not allowed to keep TIP cars.

Basically all NAFTA made foreign cars and pickups (but no dually's) can be temporarily imported by expats with FMM's (Visitor / Tourist Visas), and Resident Temporal INM permits (what used to be called FM3's No Inmigrante Rentista & No Inmigrante Lucrativo) by getting a Temporary Import Permit (Permiso de Importación Temporal de Vehículos) from Aduana / Banjercito. Alternately, only NAFTA vehicles can be permanently imported, and six year old and older vehicles can be imported permanently at modest import duties at the US-Mexico border crossings. Note that if you are only staying in the 25 km border area, or ONLY going into specially designated free zones like Baja California, California Sur, Quintana Roo, or parts of Sonora, then you do not have to get a Temporary Import Permit (TIP). Such cars must only stay in those areas. If you decide to go to other parts of Mexico, you must return to the border and get a TIP.

Now all we need is your input. So get those stories and questions into us about THE IMPORTATION OF TRANSPORTATION VEHICLES and we'll sort all this out together.

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Miniature Chusan Fan Palm

(*Trachycarpus wagnerianus*)

Family: Arecaceae

Also known as: Wagner's Windmill Palm, Waggie Palm or Waggie or *Trachycarpus fortunei* (dwarf form)

(Fully researching this wonderful palm was quite the challenge as differed are the opinions, experiences and first hand awareness/knowledge of it. But, perseverance prevailed and, finally, we were able to sort fact from fiction and rumor from reality in piecing together the following!)

The entire *Trachycarpus* genus is comprised of eight, nine, ten - or more - (botanists, horticulturists and nursery owners disagree on the exact number) solitary-trunked, palmate fronded, non-self-cleaning, palms primarily originating in mountainous forests of India, Nepal, Myanmar, southern/eastern China, northern Thailand and, possibly, Korea.

From this family comes, perhaps, the most cold-tolerant palm in the world, the beautiful, Miniature Chusan Fan Palm. So tough is it that it's grown in Great Britain braving - without protection - the realm's less than balmy winters, as well as in the U.S. purportedly ranging from Alaska to Alabama . . . though I've never seen such growth as this!

In point of fact, its stiff, green fronds are able to withstand exposed windy locations and I've seen pictures of them piled with snow in temperatures as low as zero degrees Fahrenheit (- 17.7 C)! One writer described these fronds as having a "jaunty and attractive look". There's certainly worse ways to be described!



The fronds are compact, stiff and dens having a slightly compressed appearance.

A medium-sized palm, the *Trachycarpus wagnerianus* grows slowly at first, then - after forming a trunk at three to four years of age - it makes up for lost time in maturity, reaching up to 10, 20 and even - I've read - 30 feet (9.1 meters) in height and a breadth of 1-5 feet (.3 - 1.5 meters). It has a slender, single, brown trunk covered with a thick fibrous material or hairs. This coat is rather reminiscent in appearance to that of the trunk of Old Man Palm (*Coccothrinax crinita*). Free of this "outer attire", its trunk can reach a diameter of 8-10 inches (20.3 - 25.4 cm).

Similar to its well-known relative the Windmill - or Chusan - Palm (*Trachycarpus fortunei*), the *Trachycarpus wagnerianus* fronds are more compact, stiff and denser having a slightly more compressed appearance. This particular compactness is, in part, what seems to make them so tolerant of exposed windy conditions and able to better bear the weight of snow and ice.

As to overall appearance differences the *T. fortunei* has the visual look of being more dainty and leggie. The *Wagnerianus* palm fronds are rather small, being around two feet (.6 meter) in diameter. They are borne on two to three foot (.6 - .9 meter) petioles which also add to the overall palm's more compact look.

The leaves of younger Miniature Chusan Palm are nearly circular, but as it ages they assume a more hemispherical configuration. The forty or so on each palm are thick and leathery with the blade (the expanded part of the frond whole) somewhat cupped. While rather rare, once in a long while, one might observe a "petticoat" of old leaves consisting of scores – if not hundreds - of old dead leaves hanging down on the trunk. These are much more commonly seen on such as the Mexican Fan Palm (*Washingtonia vilifera*).

Its flowers are small, yellow and dioecious - male and female flowers on separate plants. Its non-edible fruits are oblong in shape and turn purple-black when ripe.

When a juvenile – if in enough light – it can be used and enjoyed indoors. Overall, it prefers a partial sun to full sun, roots ensconced in rich, moist soil with only moderate water requirements.

As yet more of its “positives” are the facts that the Miniature Chusan Palm has an excellent root system, transplants quite easily, is disease free, highly adaptable for containers as a specimen plant and one of the best options for coastal planting.

During growing season – a bit longer here than “up north” - the *Trachycarpus wagnerianus* will thank you for monthly fertilization.

Thachycrpus, the genus name, is derived from two Greek words that mean “rough” and “fruit”. In turn, forming the reminding epithet for this palm's name, *wagnerianus*, is a Latinized form of a German horticulturist's whose last name was Wagner and who was the first European to import these in the late 19th century.

The rather striking in appearance Miniature Chusan Palm can provide even the drabbest of garden corners with an exotic feel. But, alas, it is not well suited for hot climates where the nighttime temperature remains consistently high.



The beautiful, Miniature Chusan Fan Palm is, perhaps, the most cold-tolerant palm in the world.



Its stiff, green fronds have a "jaunty and attractive look".



Small but mighty it has armed petioles!



Virginia Creeper. *Parthenocissus quinquefolia*

Family: *Vitaceae*

Also known as American ivy, five-fingered ivy, five-leaved ivy and woodbine

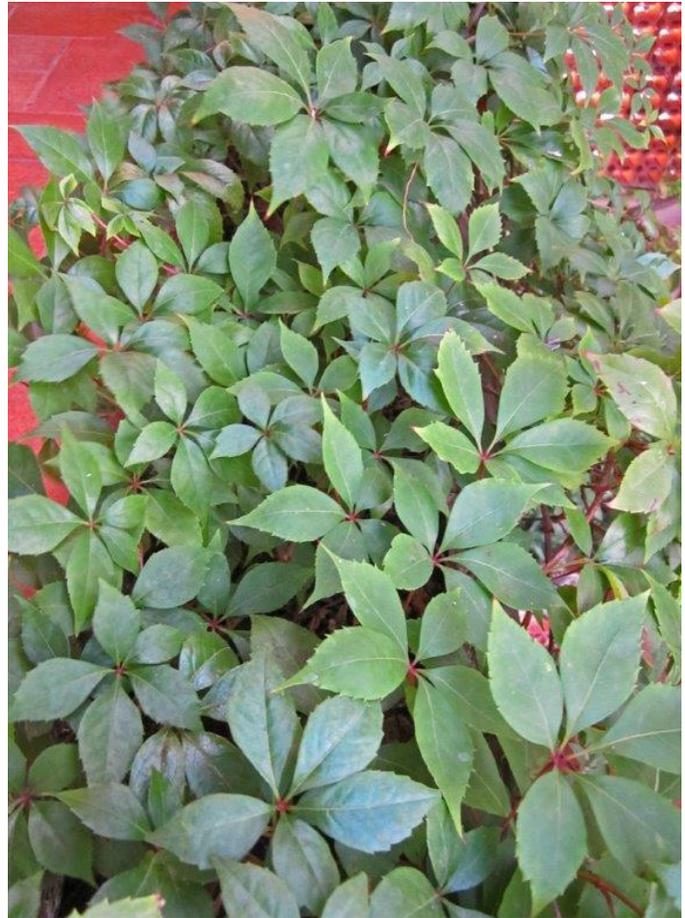
From the outset I gotta' assert - "This is a very flexible plant!"

It cheerfully thrives from as far north as Southern Canada, through the U.S. to as far south as - at least - here in the State of Colima on the Central Mexican Pacific coast. I know the latter to be true as it happily hangs from our coconut log planter on the southern edge of our Dining Palapa Terrace

Super easily grown, it handles with equal aplomb average, medium to well-drained soil varying from full sun to part shade. Suffice it to say, it's not a difficult guy to grow!

That having been said, the Virginia Creeper's ideal environment is the "wet but well-drained, nutrient-rich woodland with abundant trees and shrubs on which its active tendrils can attach and grow." In the absence of trees, however, it can still attain a rather dominant presence by forming a dense ground cover through effective employment of its extensive tendrils as roots. Some folks, in fact, use it as a sturdy, ground cover in areas where grass won't grow.

The five fingered, Virginia creeper is easily distinguished from the, somewhat similar appearing vine - but dermatitis inducing - three-leaved poison ivy.



The leaflets are three to eight inches long, elliptical, coarsely toothed and arise from a single petiole.

The leaflets of *Parthenocissus quinquefolia* are three to eight inches long, elliptical, coarsely toothed and arise from a single petiole and can, on older vines especially in the shade, form a leaf up to one foot (30.5 cm) in total diameter.

Its vines are covered with a grayish brown bark, roughened with concave leaf scars. With age, these get woodier/sturdier as fine tentacles (for wont of a better description) reach out from them along the vine. These can form new stems or become tendrils used by the plant to attach itself to that on which it wishes to grow.

These tendrils grow to four or five inches (10 - 12.5 cm) with five to eight terminal sub-branches. They attach themselves onto whatever they wish to grow by a tiny, tip disk that secretes a resinous cement. The strength of the adhesivity of this resin is such that a single tendril can support up to ten pounds. The tendril

branches that wander about finding no surface from which to grow, twist into cork-screw shapes that hangs from the vine main stem.

The numerous branches of a fully mature Virginia creeper grow toward the strongest light averaging four to five inches per year with, given the absolute best conditions, growth all the way to twenty feet per year!

“Has it flowers,” you ask? Yes, they’re small, inconspicuous, and colored near white to green. They cluster on the tips of the leaf petioles hidden from view underneath the leaflets. In “bit of the bizarre”, they can be “unisexual” (containing either male or female structures) or, as is more common, “bisexual”) containing both male and female structures.

Eaten by creatures of the wild, both avian and mammalian, the clusters of dark blue berries (poisonous to humans) atop the flower stalks have their seeds dispersed via the feces of whatever animal ingested them. Those which survive this fate ultimately fall to ground and either germinate or are consumed by small, foraging rodents.

Seemingly just full of questions, you next may ask, “In what other ways is the Virginia creeper of use to ‘critters of the wild’”? Well, for one, it provides a great place for bird nests, such as the American robin and the hermit thrush. And second, butterflies and moths – such as three species of sphinx moths - lay not only lay their eggs on the leaves of the *Parthenocissus quinquefolia* but also use the “insect lovely” leaves for habitat as well as food for their larvae.

Dermatitis problems aside, its leaves are rich in numerous protective chemicals. Consumption of the leaves by we humans, may lead to severe vomiting, diarrhea, and narcosis. So said, in controlled doses - purportedly - these very same, leaves have been utilized to treat superficial injuries such as skin rashes, toothaches, bruises, bunions and corns as well as internal maladies ranging from liver disease and headaches to urinary ailments and, bronchitis. (Note: While the antiseptic properties of Virginia Creeper leaves are substantively documented, the efficacy of these other uses remain unproven.)

Virginia Creeper will grow over most varieties of shrubs and on most types of pine or hardwood trees but, beware, it can become a parasite killing the host on which it grows.



The leaflets are three to eight inches long, elliptical, coarsely toothed and arise from a single petiole.



Ours happily hangs from our coconut log planter on the southern edge of our Dining Palapa Terrace.

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AT THE MOVIES

Suzanne A. Marshall

The Hundred Foot Journey (Netflix)

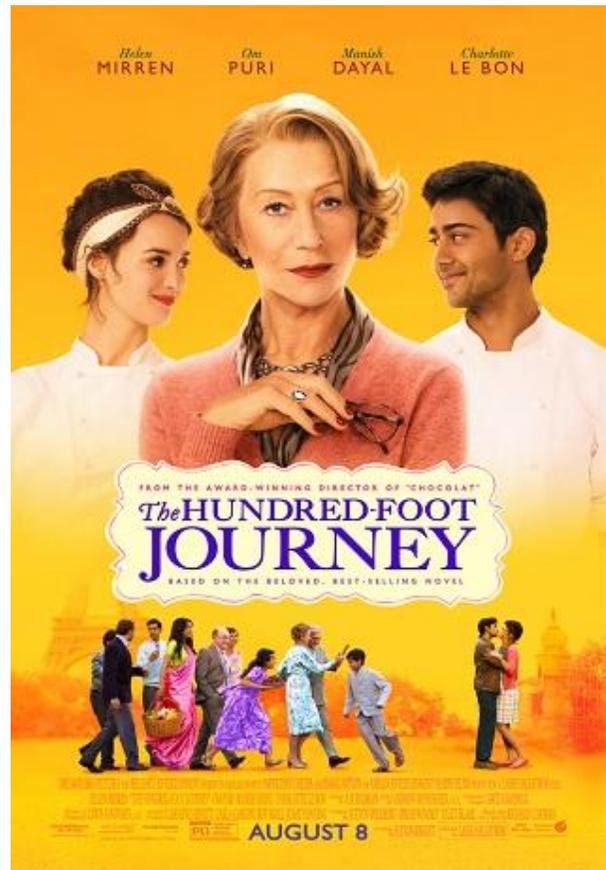
Starring: Helen Mirren, Om Puri, Manish Dayal
Director: Lasse Hallstrom

“The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory’s Michelin-starred eatery.”

There are so many reasons why I love this movie. I love Helen Mirren as an actress; the characters are engaging; I love food; the settings, cinematography and scenery are superb; it’s delicious to look at; it makes you feel so good; and it really plucks at the heart strings if you are a hopeless romantic such as I. With so much science-fiction, calamity and a never-ending barrage of destruction and special effects in the current theatre stream, watching this movie is such a refreshing reprieve.

The story line involves the mixing of cultures and cuisine and of course a little romance on the side. The descriptions and scenes of the chefs at work and the plates of delicious food so beautifully represented in many scenes made me want to board a plane to France and dive into the exquisite country-side where I could partake of a similar adventure.

IMDB rated this movie as 7.3/10 based on 41,052 viewers.



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The Dallas Buyers Club (Netflix)

Starring: Matthew McConaughey,
Jennifer Garner, Jared Leto

Director: Jean-Marc Vallee

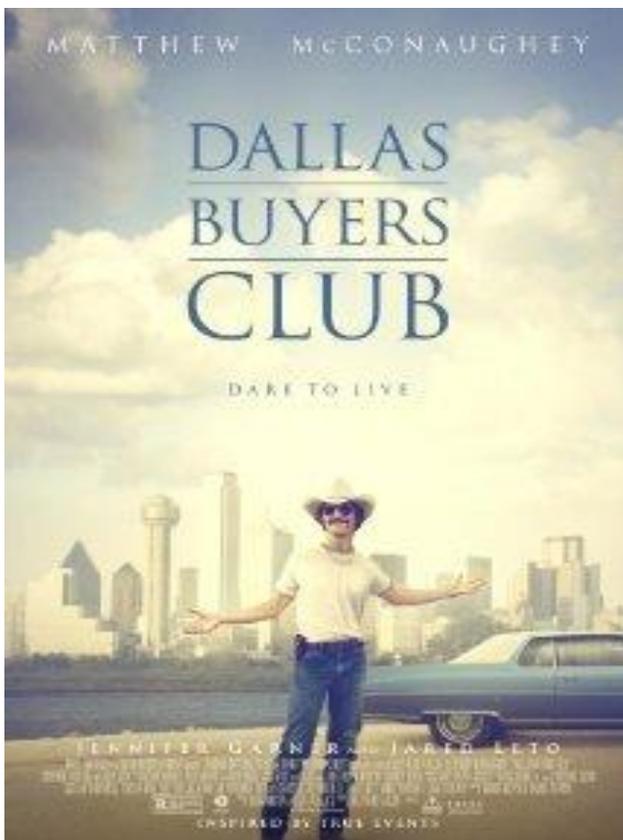
“In 1985 Dallas, electrician and hustler Ron Woodroof works around the system to help AIDS patients get the medication they need after he is diagnosed with the disease.”

This is a very tough movie to watch. A very gaunt looking Matthew McConaughey delivers an extremely impressive performance in this true story which delivers a persona of the main character Ron Woodroof, that defies likability in spite of his ultimate accomplishment. He’s a nasty guy. He’s foul and bigoted. He lives hard, plays hard, drinks too much and screws everything or one that he can get his hands on. It’s not shocking then that he is ultimately diagnosed with HIV and given 30 days to live.

From there the nightmarish journey of his combat with the virus and the search for alternative medicines which offset a host of ineffective government-approved medications is pretty incredible. The fact that he’s a really nasty guy doesn’t take away from the fact that he ultimately survives well beyond his diagnosis. He rallies a huge following of other AIDS victims who benefit from his medicinal pursuits which are gained mostly illegally and through his sheer stubborn resilience. It is quite an astonishing story and was nominated for six academy awards as a result.

Matthew McConaughey and Jared Leto both won for Best Actor and Best Supporting Actor at the 2013 Oscars for their roles in this film.

IMDB rated this movie as 8/10 based on 280,481 viewers.



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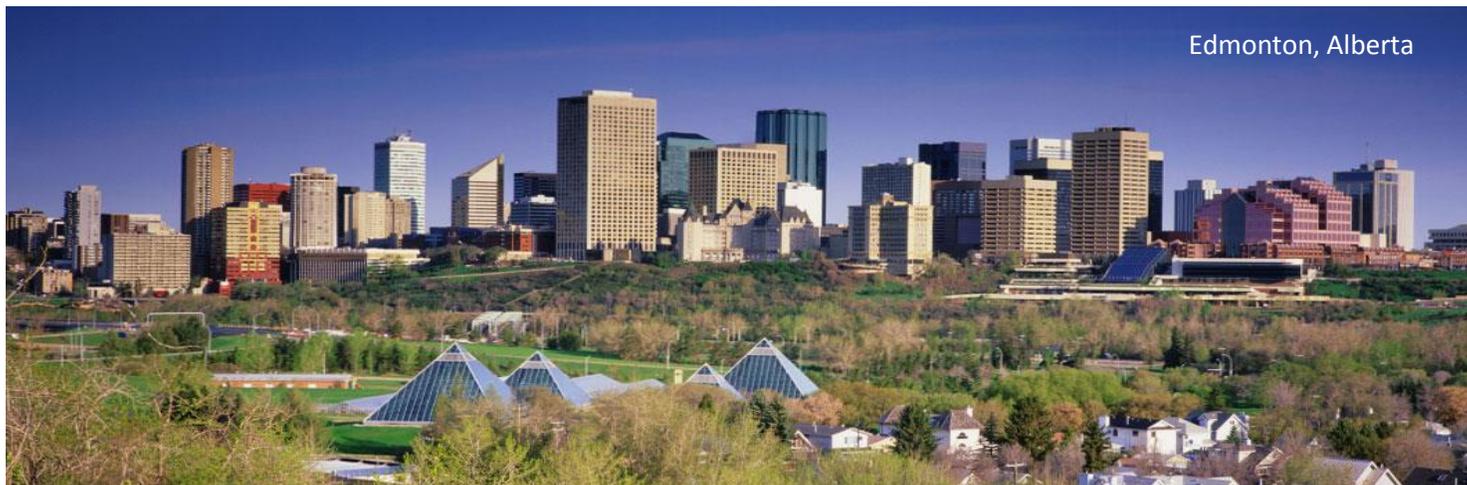
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The Big Adventure Continues

Suzanne A. Marshall



Edmonton, Alberta

If any of you have experienced the daunting challenge of not just downsizing, but actual liquidation of home, assets and inventory, you know the sheer emotional toll it takes (not to mention the physical stress). Some of you will recall that we plan to make Manzanillo our permanent home and return to Canada in spring/summer to visit our kids and family who are spread out all over the country. On the bright side as one of our friends said, we are saving them a lot of hassles in the future. Having taken care of my mother's estate, I know this to be true. At any rate the interruption for a two day trip to the Mexican Consulate in Calgary, Alberta, became a welcome break.

We jumped in the car for a four to five hour drive and thoroughly enjoyed the relaxing back roads for a while. We live forty minutes outside Edmonton. This allowed us



to unwind a bit as we marveled at the beauty of the rolling hills, vast expanses of brilliant yellow canola fields in bloom and the farms and lakes that spread out over the quiet country landscape. Did you know that Canada has more lakes than the rest of the world combined? Soon enough however, it was necessary to merge onto the freeway and join the never ending stream of commuters between our provincial capital of Edmonton and Calgary.

We were well informed via the Mexican consulate website about the requirements needed to make application for our permanent Mexican visas. Then we had booked an appointment ahead of time. To be extra cautious we had also discussed our plan with a local Mexican lawyer in Manzanillo before leaving in the spring. The lawyer specializes in obtaining visas and knows all about the technicalities that we could encounter. It gave us some comfort to know that in her opinion we would qualify without problems. Having owned a condo in Manzanillo for the past seven years also helps. At one time, roughly three years ago we would have begun this process in Manzanillo but that has changed and it is now necessary to initiate application in Canada. We downloaded the application forms and did our best to comply with all instructions.

Armed with passports, current bank statements, financial assets documentation, completed forms and required copies, we made our way to the consulate in the heart of downtown Calgary. The only real challenge we had experienced thus far was with our passport photos.



The consulate requires these photos be smaller than the standard passport photos that are provided at photo service shops. Observing this we decided the only thing we could do was trim the photos down ourselves to the 3 x 2.5 centimeters stated. Fortunately there was enough background in the photos to do so without cutting off any part of our faces and hair. As it turned out, the measurements they ask for fit very precisely onto the small photo box provided on the form.

It was a very busy office. We turned in our information to the employee at the reception area and were then asked to be seated and wait. I found myself strangely anxious about the whole procedure and felt somewhat like a schoolgirl waiting in the principal's office for approval. It's funny how the mind works.

After about 30 minutes, we were asked to proceed to one of the offices where we were told that all was in order. We needed to sit for yet another photo and were actually finger printed. This was quite a surprise for me and my first experience doing so. I must imagine they may run these against some sort of data base as a measure to snag criminal backgrounds or for tracing information in the future, but that's a guess on my part. Once concluded, a Mexican visa was pasted onto a page in our Canadian passports for presentation when we enter Mexico. I must say that when leaving the office I felt like I had won a lotto. We had so much riding on this success and our plans to make our home in Manzanillo.

Passports in hand, we now have six months to present ourselves to customs in Manzanillo and complete the final leg of our application. Now we can complete our journey knowing that all is in order. It's a significant step in the decision making process involved in liquidation here in Canada. Otherwise, alternative plans would need to be made regarding residency designations in Canada and a whole host of issues surrounding our tax laws, pensions and public healthcare. We're not done yet by any stretch but we are now well on our way.

As we near the end of August we are experiencing an unusual weather cold front and the weatherman has had the audacity to warn about possible frost overnight. Three weeks earlier we were trying to stay cool through a record breaking heat wave. The tumultuous weather patterns all over the world have us all concerned about climate change but I still can't help smiling to myself knowing that there will be no snow to deal with this winter in our beautiful ocean-side condo. Color me absolutely delighted. Now back to sorting and packing.



The Dangers of Taking Statin Drugs

Ed Labine

I'm writing this today because I think that it is important to present some little-discussed side effects I had from taking Statin drugs for high Cholesterol. Many men that I know of middle ages or older take these prescriptions, and our doctors are not particularly quick to discuss some of the issues that come from taking them. I should stress that while I am a scientist by training, I am not a physician. If you feel that any of the symptoms I am about to present are affecting you, please discuss it with your physician. You would likely have to drop the prescription without your physician's approval, but at least you will know the risks associated with stopping your medication.

For roughly 25 years, I have taken statin medicines for high cholesterol and triglycerides. There is a strong genetic tendency in my family towards high cholesterol, and there are some health risks associated with this, predominantly heart disease and stroke. Nothing to take lightly. The Statin drug that I took, Lipitor, always did an amazing job of lowering both.

The story really starts about three years ago. I am a long-time weight and power lifter, and I trained nearly daily for years. My workout involved not only the lifting of static weights, but also a lot of bicycle cardio and dynamic weight training (more of a cardio workout than weight training). When you lift weights, especially as you get into your 50's, something is always hurting. You learn to ignore the "tweaks," and to train around them. I reached a point where essentially *everything* was hurting, and it was becoming impossible to do any training at all. It was during my convalescence that my story begins.

I was helping my wife, a realtor, show a single woman who was looking to buy some acreage what to look for, as neither had experience with septic systems, well, etc., the kinds of things you find on rural properties. I was alone, walking the perimeter of the ten acre property looking at the fencing, when I was given the choice of jumping a ditch, or backtracking quite a way. I knew that I wouldn't clear the ditch, but was confident that I would clear the water and end up on the far-side bank. I did all that, but when I used my arms to break my fall on the other side, my right triceps tendon, which was one of my painful tendon injuries I was convalescing to try and heal, snapped clean off of the bone. It sounded like a rifle shot, and I nearly passed out from the pain. I sat on the bank for a couple of minutes to settle myself down. Then I



Coincident with all of this, for some reason I was having a lot of trouble eating. It got so I had to take small bites, chew like crazy, and drink up to a litre of water every meal to get food down. I was constantly choking on the food, and I was genuinely afraid I would suffocate myself one day. A bunch of testing determined that the bottom ring of muscles on my esophagus was spasming, essentially opening and closing with their own rhythm. Obviously they are supposed to open when you swallow, then close to prevent acid reflux (which I had) after the food passes. I was quickly scheduled for a surgery that would render the bottom muscle ring useless so that I could eat. It also meant a lifetime on acid reflux medication.

I decided to try stopping my Lipitor to see if my tendons felt any better. It took a week to think that they *were* feeling better, and a month to be certain. My left tricep and Achilles tendon started feeling near normal. Even more importantly, my right tricep was healing – the change in a month was incredible. Understanding the scientific method, I knew I needed to go back on Lipitor to see if it all came back, so I did. It took less than a week for the pains to start coming back, so I went back off of Lipitor, and scheduled a doctor's appointment a month down the road to give me more time to heal, and to discuss it with him.

As expected, he was unhappy with me. We tested my Cholesterol and Triglycerides, and they were high. He had me try a different Statin drug (Crestor) to see if it avoided the issues – same pattern. I then did what I should have done at the beginning – I asked what I could do to affect my chances of mortality by the same amount, without taking Lipitor. Weight loss was always there for me to do, and the lack of weight training had me down 20 lbs, so that helped. I changed my diet a bit, and started a very low dose of high blood pressure medicine (not happy to replace one med with another but...), and that's it. At the end of it, I've affected my heart attack factors positively the same as if I was taking Lipitor! Without the side effects!

You are probably wondering why I told you the stomach issue story. Simple reason – it went away. I discussed it with the surgeon and he said that this *never* goes away and that I would be back, but so far, so good. I have the occasional meal when I have a minor amount of trouble swallowing, but it is infrequent, and 10% of the severity it was.

Only time will tell if I am the proverbial “doctor that has a fool for a patient”, but I was on a pretty serious downward spiral physically, and I needed to address it. My tendons feel great, although my arthritis is still wielding its mighty sword. Since then I've had a spinal fusion for a cyst on my spine (not related), and twice had

my left shoulder rotator cuff reattached – lingering damage from the Lipitor that wasn't able to heal without surgery. It was done twice, because as soon as it was done initially, I slipped on ice and went ass over teakettle. Ya gotta love Edmonton in the winter.

Round two: During the Rotator Cuff surgery, my surgeon could see that in the past I had completely lost a muscle and tendon (when a tendon separates, the muscle pretty quickly get reabsorbed into the body) in my left arm. I had ignored a tendon that was sore and it snapped off, losing part of my left bicep muscle group. Obviously I have some long-term damage from the medication that will never heal.

I don't know if there is a moral to this story other than to take responsibility for the medications that you take. I have done a lot more reading on Statins since beginning this journey, and have discovered that the link between high cholesterol and heart attack isn't as strong as it was once thought to be. There is research ongoing, but you know drug companies never like to give up the \$29 Billion dollar market that this is. Good luck with your own drug issues. I am not making any recommendations here beyond asking you to question what you are taking, and what the positive and negative effects of the drugs are. I do not know if you will have the kind of results that I had. Please confer with your physician before stopping any prescribed medication.

Prices start at \$75,000

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Queen Chachinenetzin and the Fairy Villa

By Kirby Vickery

Fernando de Alva Cortés Ixtlilxóchitl (between 1568 and 1580 – 1648) was a Castizo Novohispanic historian. In 1612 he was governor of Texcuco, and in 1613 governor of Tlalmanalco. In spite of his illustrious birth, good education and obvious ability, he lived most of his life in dire poverty. Most of his works were written to relieve his wants. He died in Mexico City in 1648. His Codex Ixtlilxochitl gives us the following story:

There is the ancient town of Texcuco which sits a few miles North and East of Mexico City. During its Golden Age it held the palace of Nezahualcoyotl. Within the palace walls were the most beautiful gardens which were built to add abject beauty to the king's villa. They were said to rival the Hanging Gardens of Babylon which were built by King Nebuchadnezzar II in 600 BCE. These were built during the Golden Age during the first half of the 15th century (1400 CE) by Nezahualcoyotl. Visitors today can visit within some of these gardens and still marvel at their beauty. The majority of them are under Lake Texcuco.

We know these facts because of the Codex Ixtlilxochitl fragment written by Fernando de Alva Cortes Ixtlilxochitl who was the great grandchild of Ixtlilxochitl the first who was the son of Nezahualcoyotl. His royal lineage goes farther back and someone married or had a child relating to the great Hernando Cortez more recently along the blood line. One of the important things about Nezahualcoyotl is the discovery that he was a poet and his son, Nezahualpilli, was married to a very beautiful woman, Chachiunenetzin. Not only was she his favorite but she was also the daughter of the King of Mexico, Azaiacatzin. He found that his oldest son had been cockolded by her many times.

When she first arrived in Texcuco she became feared because of her power being the daughter of the king and that she had a real venomous attitude.

She had been raised in her own palace with all the pomp and ceremony that a thousand servants could supply. When she arrived at Texcuco, she did so with over two thousands of them. After her arrival she took stock of her situation and quickly moved into a mode of debauchery and general nastiness more or less because she was alone and could get away with it. Her behavior grew to the point that when she saw a young man that



Nezahualcoyotl as shown in the Codex Ixtlilxochitl, folio 106R, painted roughly a century after Nezahualcoyotl's death

she liked, she would have him secretly sent to her. She wasn't worried because each man would be put to death a short time later. What she would do was to have a small statue made of each man. She would then decorate it with her jewels and other finery and have it placed in her rooms in the palace. Rumor had it that it was getting difficult to move in her apartments. When the king would come to visit she would tell him that they were her gods. As he was a Mexican king and had the belief and practice of only one god he had to believe her while marveling at the exorbitant they were each decorated with shawls, other clothing and her jewels.

As all good things must come to an end, so did her little world of promiscuity. For some reason, and its not explained anywhere, she allowed three of her suitors to live. Their names were Chicuhcoatl, Huitzilimitzin, and Maztla. One of these young coxswains was lord of Tesoyucan and one of the grandees of the kingdom while the other two were of nobility quite high on that stack. The cat was let out of the bag because the King

recognized a piece of jewelry on one of them that matched one that he had given to his queen. Even though there was a logical explanation for this, he decided to visit the girl's quarters during the night and was told that she was sleeping. There's an advantage to being the king and he entered her chambers anyway. He found only a statue in her bed slightly made up like her. He noted that her servants were very edgy and called his guard. His subsequent search of the grounds found her with all three enjoying, shall we say, a "ménage-a-trios" plus one. At that moment all were arrested.

After an investigation when he discovered what all the statues meant, along with the implication of all the servants and workmen involved, the King send emissaries and ambassadors to all the other rulers of Mexico and Tlacopan with all the information and invitation to the event. He also made peace or at least a truce with all the enemies of the empire so that they would have free passage to come and watch as well. So many showed up that the city was hard put to find room for everyone.

This public display of justice was viewed publically. The Queen and her lovers were all garroted. That's a rope around the neck turned slowly tighter by a stick. Then the bodies were burned along with all of the queen's little statues. They then dug a large pit and garroted all the servants and other employees that had anything to do with the queen's deceit. That number ran into the thousands as well and they were all tossed into that large pit and burned.

Everyone but the relatives of the Queen enjoyed the show and thought the punishment was justified. The relatives were really miffed at the publicity of the spectacle and vowed future revenge. (This leads to more stories about plot and counter plot among the Royals.)

There is a side note to this story which rings of modern times: Nezahualpilli, the husband of this woman, fell in love with technology during his reign and scientific things to the point that he built their first observatory. The inference being that he probably wouldn't have been able to keep her happy anyway because he probably was of the nerdy type.



MANZANILLO'S



BEST STEAK HOUSE



ARRACHERA

www.livestrong.com

Arrachera beef is a savory Mexican specialty that may have originated with vaqueros driving their herds to south Texas in the 1930s. Tex-mex cooks eventually reinterpreted arrachera beef, or "arracheras," as the beef fajitas frequently on menus in U.S. restaurants. Two things distinguish arrachera beef from other preparations: it must be made from skirt steak, a cut from the belly, and the meat must undergo a lengthy marination -- usually with a concoction that includes citrus juice, garlic, chiles and onions. They're best grilled over an open flame. Serve arrachera beef as you would fajitas, with tortillas and toppings of your choice.

Things You'll Need

- Skirt steak
- Orange or lime juice
- Garlic, minced
- Onion, minced
- Jalapeno or serrano chiles, seeded and minced
- Vegetable oil
- Salt
- Pepper
- Liquid smoke (optional)
- Grill or oven broiler

Step 1

Trim the fat from the skirt steak. If you're working with a large piece of skirt steak, you may wish to cut it into sections for easier grilling.

Step 2

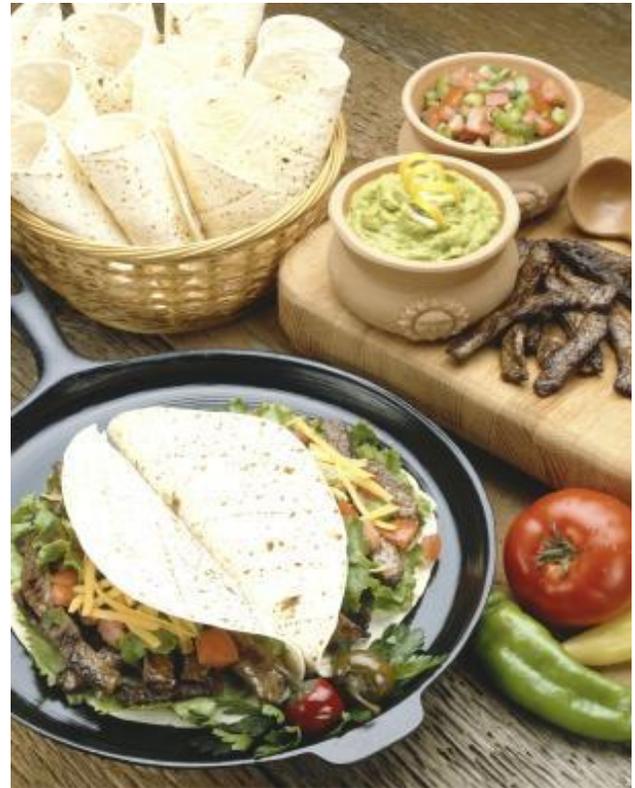
Combine the citrus juice, garlic, onion, chiles, vegetable oil, salt, pepper and liquid smoke, if using. For a 1-lb. skirt steak, use 1 cup orange juice or ½ cup lime juice, 2 tbsp. minced garlic, ½ onion, 1 tbsp. liquid smoke and 1 chile -- or more, if you like it extra spicy. Add salt and pepper to taste

Step 3

Place the skirt steak in the marinade and place in the refrigerator overnight, or up to three days.

Step 4

Bring the skirt steak to room temperature before grilling.



<http://www.livestrong.com/article/460314-how-to-cook-arrachera-mexican-beef/>

Step 5

Heat the grill to high heat, or preheat your oven broiler to 500 degrees Fahrenheit.

Step 6

Cook the skirt steak 4 to 5 minutes on each side, until the meat is nicely browned. Arrachera beef is normally served with a little pink inside -- medium -- but you can adjust the cooking time up or down to your taste.

Step 7

Remove the meat to a cutting board, cover with foil and allow it to stand 5 minutes. Slice the steak across the grain into thin strips, or cut into ½-inch cubes; serve.

Tips

- Traditional accompaniments for arrachera beef in Mexico include pickled red onions, grilled yellow onions, chopped cilantro, avocado and red salsa.
- You can substitute flank steak for skirt steak, which is often hard to find in American supermarkets, but the result won't be as tender. Pounding the flank steak with a meat mallet may help, as will a long marination time.

Will Your Rates Move When the Fed Moves?

Yann Kostic

The last time the U.S. Federal Reserve (Fed) raised interest rates was more than 10 years ago. Now economists expect it will happen again soon. And it's likely to affect your investments.

When the Fed raises its benchmark interest rates, other interest rates - such as those on home and auto loans, income investments, and credit cards - tend to follow. So if the Fed raises rates this year, as is widely expected by economists, higher rates will ripple through the markets. In just one example, money market fund managers will slowly replace their portfolios with higher-yielding securities - good news for fund holders, as this ultimately will benefit them.

The most significant impact will likely be on your bond investments. The interest rates on bonds with shorter maturities will likely move most; longer-dated bonds will likely be slower to react. But keep in mind the inverse relationship between interest rates and bond prices: as rates rise, bond prices fall. So your bonds could be worth less if you plan to sell them prior to maturity; if you sell at maturity, you will get face value.

That said, there's time to prepare: For example, consider your credit card debt. Zero percent introductory rates are

likely to disappear once the Fed begins raising rates, so if you're in the market for a low-rate card, you may want to get it now. And, of course, pay it off before the 0% rate expires, as market rates on credit will rise when the Fed moves.

Similarly, it may be wise to stay away from adjustable-rate mortgages. And you may want to review your mutual fund portfolio with your financial advisor. He or she can help you develop a bond strategy, such as bond laddering, which involves purchasing bonds that mature at different times.

You can weather rate changes because - unless the bond issuer defaults - when each bond matures you'll receive the full principal amount.

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. Since he is working with an international custodian, firm clients are now allowed to hold multiple currencies in a single account, including US dollars, Canadian dollars, Euros and Mexican Pesos for instance. Yann splits his time between Central Florida, Ajijic and Manzanillo.

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