If you’ve been meaning to find a little information on the region, but never quite got around to it, we hope that the following will help. If you look at the maps on this page, you will note that PV (as the locals call it) is on the west coast of Mexico, smack in the middle of the Bay of Banderas – one of the largest bays in this country – which includes southern part of the state of Nayarit to the north and the northern part of Jalisco to the south. Thanks to its privileged location—sheltered by the Sierra Madre mountains—the bay is well protected against the hurricanes spawned in the Pacific. Hurricane Kenneth did come close on October 25, 2002, but actually touched down in San Blas, Nayarit, some 200 km north of PV. The town sits on the same parallel as the Hawaiian Islands, thus the similarities in the climate of the two destinations.

AREA: 1,300 sq. kilometers
POPULATION: 325,000 inhabitants
CLIMATE: Tropical, humid, with an average of 300 sunny days per year. The temperature averages 28°C (82°F) and the rainy season extends from late June to early October.
FAUNA: Nearby Sierra Vallejo hosts a great variety of animal species, such as iguana, guacamaxy, deer, raccoon, etc.
SANCTUARIES: Bahía de Banderas encloses two Marine National Parks – Los Arcos and the Marieta Islands – where diving is allowed under certain circumstances but fishing of any kind is prohibited. Every year, the Bay receives the visit of the humpback whales, dolphins and manta rays in the winter. During the summer, sea turtles, a protected species, arrive to its shores to lay their eggs.
ECONOMY: Local economy is based mainly on tourism, construction and to a lesser degree, on agriculture, mainly tropical, fruit such as mango, papaya, watermelon, pineapple, guanabana, cantaloupe and bananas.

CURRENCY: The Mexican Peso is the legal currency in Mexico although Canadian and American dollars are widely accepted.
BUSES: A system of urban buses with different routes. Current fare is $5.00 Pesos per ticket and passengers must purchase a new ticket every time they board another bus. There are no “transfers”.
TAXIS: There are set rates within defined zones of the town. Do not enter a taxi without agreeing on the price with the driver FIRST. If you are staying in a hotel, you may want to check the rates usually posted in the lobby. Also, if you know which restaurant you want to go, do not let the driver change your mind. Many restaurateurs pay commissions to taxi drivers and you may end up paying more than you should, in a second-rate establishment! There are 2 kinds of taxi cabs: those at the airport and the maritime port are usually vans that can only be boarded there. They have pre-fixed rates per passenger. City cabs are yellow cars that charge by the ride, not by the person’s own risk.

TIME ZONE: The entire State of Jalisco is on Central Time, as is the area of the State of Nayarit from Lo De Marcos in the north to the Ameca River, i.e.: Nuevo Vallarta, Bucerías, La Cruz de Huanacaxtle, Sayulita, San Parcho, Punta Mita, etc. North of Lo De Marcos, Guayabitos, La Perilla, San Blas, etc. are on Mountain Time, i.e.: one hour behind PV time.

TELEPHONE CALLS: Always check on the cost of long distance calls from your hotel room. Some establishments charge as much as U.S. $7.00 per minute!

CELL PHONES: Most cellular phones from the U.S. and Canada may be programmed for local use, through Telcel and IUSACell, the local carriers. To dial cell to cell, use the prefix 322, then the seven digit number of the person you’re calling. Omit the prefix if dialing a land line.

LOCAL CUSTOMS: Tipping is usually 10%-15% of the bill at restaurants and bars. Tip bellboys, taxis, waiters, maids, etc. depending on the service. Some businesses and offices close from 2 p.m. to 4 p.m., reopening until 7 p.m. or later. In restaurants, it is considered poor manners to present the check before it is requested, so when you’re ready to leave, ask “La cuenta, por favor” and your bill will be delivered to you.

MONEY EXCHANGE: Banks will give you a higher rate of exchange than the exchange booths (caja de cambio), though not all offer exchange services to foreigners. Better yet, if you have a “bank card”, withdraw funds from your account back home. Try to avoid exchanging money at your hotel. Traditionally, those offer the worst rates.

WHAT TO DO: Even if your all-inclusive hotel is everything you ever dreamed of, you should experience at least a little of all that Vallarta has to offer – it is truly a condensed version of all that is Mexican and existed before «Planned Tourist Resorts», such as Cancun, Los Cabos and Ixtapa, were developed. Millions have been spent to ensure that the original “small town” flavor is maintained downtown, in the Old Town and on the South Side.

DRINKING WATER: The false belief that a Mexican vacation must inevitably lead to an encounter with Moctezuma’s revenge is just that: false. For the 26th year in a row, Puerto Vallarta’s water has been awarded a certification of purity for human consumption. It is one of only two cities in Mexico that can boast of such accomplishment. True, the quality of the water tested at the purification plant varies greatly from what comes out of the tap at the other end. So do be careful. On the other hand, most large tourist resorts, have their own purification equipment, and most restaurants use purified water. If you want to be doubly sure, you can pick up purified bottled water just about anywhere.

EXPLOTING PETS: Canadian and American tourists often fall in love with one of the many stray dogs and cats in Vallarta. Many would like to bring it back with them, but believe that the laws do not allow them to do so. Wrong. If you would like to bring a cat or a dog back home, call the local animal shelter for more info: 293-3590.

LOCAL SIGHTSEEING: A good beginning would be to take one of the City Tours offered by the local tour agencies. Before boarding, make sure you have a map and take note of the places you want to return to. Then venture off the beaten path. Explore a little. Go farther than the tour bus takes you. And don’t worry - this is a safe place.

Cover Photo: “Beautiful Vallarta”
By Javier Bravo

An Important Notice:
The PVMirror wants your views and comments. Please send them by e-mail to: avineberg@yahoo.com

Graphic Designer:
Leo Robby R.R.

Webmaster:
pvmcitypaper.com
DEAR EDITOR:

Wow! I had to really search the current issue [488] to understand that it was the April Fools Issue!!

The article about the cruise ships docking at the Las Muertos pier really freaked me out.

With all the new construction going up, it wouldn’t surprise me!

Happy everything,

Lee

DEAR EDITOR:

I would like to express my appreciation, and my thanks to the many people who, in this, my 10th winter in Puerto Vallarta, have again demonstrated their generosity of heart and spirit towards me.

This year, my mobility has greatly improved, previously, I had the use of a walker, then a scooter to assist me. I am now relying only on my cane! I have rediscovered the joys of taking the buses, (mostly Centro), and walking without pain!!

I am constantly gratified to note that drivers, passengers, pedestrians, will go out of their way to lend me a hand, on/off the buses, the chauffeurs wait patiently as I embark and disembark slowly! Passengers relinquishing their seats, vehicles stopping to allow me cross safely, each and every day, without exception!

This is truly a beautiful city, and its citizens, visitors equally!

Thank you, Muchas Gracias, Merci.

On a different note, I would ask the PV Mirror and the organizers to educate the public, especially the tourists/visitors attending the summer solstice. On March 21st by the pier, at sunset, a ceremony is held each year!

Again this week, too many people on the beach, mocked, laughed, spoke loudly, took photos while standing in the way of the performers, even walking too closely, breaking their circle, they stood, blocking the ones behind them, from witnessing this spiritual event!

A definition of the meaning of this ceremony would educate them, and might help them in the future to show respect, instead of disrupting.

Louisa from Canada

DEAR EDITOR,

It was with dismay and astonishment that I read about the extension to the pier. This will impact the whales, the fishermen, and water taxis. The prime draw for tourists is the magnificent view of the bay. I don’t think a monster cruise ship, the height of a skyscraper is going to be an incentive. Reminded of an old song, “They Paved Paradise and Put a Parking Lot.”

When all the charm of PV is lost by massive construction and destruction of the beach, who will want to come? And who will leave?

Jean Bright

P.S.: Now have found out it was an April fools joke. My problem is, viewing all the destructive construction going on here, it was a fairly reasonable that the news tidbit was real. Please don’t give the authorities any ideas. They might think it’s a great idea.

This is NOT a joke!

Spring

FORWARD !!!!

The time has come!

Most of Mexico will be setting its clocks ahead one hour at 2 a.m. this Saturday - Sunday, March 31 - April 1 (including our State of Jalisco and the southern part of Nayarit), officially marking the start of Daylight Saving Time for 2018.

Most of Canada and the United States already changed to Daylight Saving Time a few weeks ago. Sunrise and sunset will be about 1 hour later than the day before and there will be more light in the evening.

Do not forget to set your clocks ahead one hour before going to bed on Saturday night, especially if you’re traveling!
DEAR EDITOR,

I met my lovely lady three years ago here in Puerto Vallarta only to find out that we lived fifteen minutes apart in Ottawa, Canada. We are both widowed and both in our mid-seventies. After enjoying three wonderful years together, we were married here in paradise. We flew both our entire extended families down to celebrate with us what turned out to be the most beautiful beach wedding ever. We had a total attendance of 120 including our PV friends.

We want to extend our sincere thanks to Heinz Reize at Coco Tropical for letting us have his entire wonderful restaurant facility and serving a meal beyond expectations. As well, the flower arrangements by Floral Art in Plaza Neptune were spectacular. Thank you to all the hands-on who helped make this event so memorable. We never expected our twilight years to be as enjoyable and happy as they are. We now live in the Marina Vallarta six months per year. Thank you so much Puerto Vallarta.

Claude & Sandra Choquette

DEAR EDITOR,

Parents taking children from PV around the airport to the schools on Boca de Tomates are required to make a left turn across dangerous traffic. There are more than 300 children attending the two schools and police that were assisting the left-turning traffic have not been around since the recent crash.

The only way to avoid the left turn is to continue toward Nuevo and circle under the freeway, extending travel time more than 10 minutes, and thus avoided by busy parents. However, the resulting risk of the left turn is unacceptable. When will the city put in a stop light?

Sharon Moriarty

DEAR ALLYNA,

I want to thank you and the PV Mirror for supporting PV’s LGBT community center SETAC by promoting my memoir, “Confessions of a Gay Married Priest”. For the fourth year it was best seller at A Page in the Sun with all local proceeds going to SETAC.

Special thanks also to two other Romantic Zone businesses that support SETAC by selling the book: Cassandra Shaw Jewelry and The Coffee Cup.

In this Semana Santa and Easter season of new life, I’m also grateful that the new Spanish translation of the book has done so well; the free PDF format has been downloaded from gaymarriedpriest.com in almost every Latin American country - especially in Mexico, Chile and Cuba.

Maurice L. Monette

DEAR EDITOR,

Someone went to a lot of trouble when they wrote the “story” about the buses in downtown for an April Fool’s joke. The amount of detail with the names of the streets was probably lost on many readers.

Several years ago, I did see a Holland American cruise ship come within 100 meters of the mouth of the Rio Cuale, so I could almost believe the pier story.

Ronnie Ware

WANTED: Garage Sale Donations

We would love your donations!

Pick-ups are now being scheduled for donations to the PuRR Project Spring Garage Sale which will be held on Saturday, April 21, from 9 a.m. until 3 p.m. If you have clean, gently-used clothing, household items, furniture, appliances, linens, toys, books, you name it - we’ll take it! Attention Hoarders: now’s the time to clean out those closets, drawers, cupboards, and storage lockers - your junk just might be someone else’s treasure, and all proceeds from the sale will benefit the gatos and gatitos residing at the PuRR Project Shelter.

Contact me and let me know the general volume of your donations (small box, pick-up truck or 18-wheeler). I’m in the process of scheduling a truck and driver for pick-ups around the Vallarta area. Gracias!

Marilyn Khan at exkhan@usfamily.net

The PuRR Project was founded in 2006 as a no-kill shelter where the adult population could roam free in a natural environment on a fenced 1/2 acre of land in the remote countryside north of Puerto Vallarta. It is home to a permanent population of 180-200 felines. Kittens reside in its airy Nursery. Simona’s Senior Center and Macho’s House provide safe havens for older or special-needs residents. There is also an on-site clinic for the visiting vet, plus an Acclimation Bungalow and quarantine space. The Project is an accredited non-profit organization, and in 2012, PuRR Project USA was incorporated with tax-free status, thus encouraging larger donations.
PEACEAnimals 2nd Annual Online Auction!

Something for everyone

PEACEAnimals will be holding its second annual online auction.

Funds raised will underwrite x number of clinics. Launch date for www.32auctions.com is Tuesday, April 3rd.

All readers will be sent a link to the auction via MailChimp at that time. End date for bidding will take place at 10 PM (central time) on Tuesday, April 17th.

Items will continually be added to the auction as soon as donations received. Descriptive texts, up to four photos, values, expiration dates and minimum bids will be included on the auction site.

PEACEAnimals sterilized 5,357 cats and dogs in 2017. This has a very positive impact on the unwanted pet population in the area of Puerto Vallarta.

Thank you to donors of this auction and to the future bidders who help us continue our important work. If so inclined, please share the auction link when received.

Police redouble surveillance for Easter holiday period

The Directorate of Citizen Safety and Municipal Roads has prepared a series of actions to ensure the safety of Vallartenses and visitors during this holiday period. Police presence has been strengthened throughout the municipality to safeguard both citizens and tourists, and to prevent crimes and contingencies that may occur due to the number of people that will gather together to celebrate at religious, tourist, social and sports centers until Sunday, April 8th.

A special surveillance and security operation has been put into force on popular beach areas, as well as shopping, cultural and religious centers, to ensure a safe environment and provide tranquility during this holiday period. Within the police strategy, two 12-hour shifts have been implemented with an operational force of more than 200 officers. Fully staffed and equipped vehicles will patrol the main accesses and avenues of the city, in order to prevent and attend to any risk situation in a timely and efficient way.

From March 29 to April 1, public security personnel will focus on surveillance in religious centers where activities such as the traditional “Viacrucis” will take place on March 30, including the parish of Our Lady of Guadalupe, the San Miguel Arcángel parish, the temple of the Virgin of Talpa, parish of Our Lady of the Refuge, parish of the Santa Cruz, parish of San Rafael, temple of the Sacred Heart of Jesus and the temple of the Divine Providence.

All these efforts will be in coordination with the Municipal Civil Protection and Fire Department, who will immediately attend to any contingency that may arise, in addition to providing guidance to visitors in the different areas of the city.

With regard to roads, there will be enough staff to attend the streets and avenues, with special attention to the exit and entrance of the federal highway 200 (north entrance), in coordination with the PFP. In addition, there will be a unit that will provide road assistance to drivers who require support.

On Thursday, Friday and Holy Saturday, when it is estimated that there will be a greater flow of visitors in the downtown area, partial closure and circulation changes are foreseen.

(Source: banderasnews.com, Ricardo Acerco)

Orchids of Mexico Lecture

presented by T.J. Hartung
Friday, April 6th at 11 a.m.
in the Conservatory of Orchids & Native Plants

This event is free to Garden members, non Garden members will pay the $200 pesos entry to the Garden. Please RSVP for this lecture by emailing Michaela Flores at memberships@vbgardens.org

We look forward to your attendance. Have a beautiful day!

* It is suggested to bring a light sweater, repellent and water. *
From the Amapas Neighborhood Association...

**Tom Swale**

**The ANA continues work on the Amapas highway sidewalk**

Phase One, opposite Paramount Bay, making it easier – and safer – to walk to town or the beach, is complete and getting plenty of use. Fundraising has already begun for the remaining 300 meters, which will continue to the OXXO at the Pulpito intersection, at a total cost of $500,000 pesos.

The ANA has a commitment from Vallarta’s Public Works department to continue the sidewalk – how far we go depends on how much money we raise.

Proceeds from the Amapas and Viejo Vallarta Neighborhood Associations’ “Mariachis, Margaritas and More” event, scheduled to take place at Puerto Vallarta’s historic Town Hall last Friday, March 23rd, will go to the new Highway 200 Sidewalk.

If you couldn’t make the party, you can contribute at the ANA office or via credit card. As with our Hortensias Repaving Project, the ANA will keep all contributions separate from other ANA funds, and use them exclusively for the Highway Sidewalk.

**‘Members Only’ Q&A on new construction set for April 11**

For the 411 on zoning rules, from City Hall to the Amapas Plan Parcial to what can and can’t be built on that vacant lot down the street, you’ve got questions, and our panel of local experts has answers. Join us at Incanto (Insurgentes, at the bridge) on Wednesday, April 11, at 11 a.m., when we present a short course on Vallarta zoning rules and regulations: Vallarta Urban Planning 101.

Inspired by questions raised at our Annual General Meeting, this is the second in a series of special ANA ‘Members Only’ informational presentations. Seating is limited. To make a reservation, call (322) 244-0185.

**Junta Vecinal works with beachfront neighbors**

The ANA and the Amapas Junta Vecinal are working with beachfront businesses Vallarta Shores and Almar / Mantamar to reduce loud music, restore stairs from Calle Santa Barbara to the beach, and improve area traffic circulation.

**Volunteer help wanted!**

The ANA is looking for a few good men - and women - to volunteer their time, energy and experience to a worthy cause:

ANA Treasurer: Important ANA Board position responsible for overseeing financial planning, accounting, and transparent reporting.

Reviews and oversees Administrator’s income and expense tracking, presents monthly reports to the Board, and an annual report and budget proposal to the membership. Business experience necessary, along with at least six months/year residence in Vallarta.

ANA Recycling Program Volunteer Manager: ANA collects and recycles plastic and aluminum for members and Full Member Buildings who want to participate. We need a volunteer to improve communications with individuals and buildings so that everyone knows what is – and isn’t – eligible for pickup and recycling, and get more members to recycle. If you care about recycling, we should talk!

If you’re interested, or know someone you think might be right for either position, email us at admin@amapaspv.com or call us at 322-244-0185 for more information.

**Just published: ANA member benefits brochure**

The ANA has just published a handy color brochure showcasing our Corporate and Business Sponsors and providing an up-to-date list of Member Benefits providers offering discounts and other special privileges to ANA members who show their cards. If you don’t already have your copy, check with your Full Member Building administrator, or stop by our office today. Local bars, restaurants and other businesses support ANA’s goals and programs by becoming ANA Sponsors. Let’s support them in return. Visit them, patronize them, and don’t forget to show your membership card!

The Amapas Neighborhood Association is the official association of residents and business owners in the Colonia Amapas of Puerto Vallarta. A volunteer and not-for-profit association with about 350 members, the ANA was founded in 2002 to improve the quality of life in Amapas. We work to keep our neighborhood safe, beautiful, desirable and welcoming to tourists and residents from all countries and walks of life. We are also the official “Junta Vecinal” or neighborhood council for Amapas, the legal representative of the neighborhood to the city government. Learn more at AmapasPV.com
SUNDAY, APRIL 1
EASTER CHANGES
everything
Paradise Church presents
Community Easter Services
One Church. Two Locations. One Purpose.
Love God. Love People. Period!

Old Town
10:30am
ACT II Main Stage Theater
Corner of Basilio Badillo & Insurgentes #300
Above Wings Army

PV Marina
10:00am
At THE WESTIN
RESORT & SPA
PUERTO VALLARTA

Paradise Church
Love God. Love People. Period.

paradisechurchpv.org
By the way…

Gabriella Namian

“I don’t get you. Since you live here six months every year, why don’t you get yourself a set of wheels? You always complain that you have to do so many errands and can never do them all in one day. You shop at your fishmonger who’s way downtown, for meat and vegetables you go to Walmart or Aramara – all on different days. Must be exhausting. Just think: if you had a car, it would be a piece of cake! You can always find good deals on used ones!” pointed out a friend.

“Well, the buses and cabs are much cheaper in PV than in Montreal and the suspensions are quite perturbed by these beloved cobblestones… plus the fact that I’d probably be a bit scared to drive here because…”

“Why?”, my friend interrupted. “People say that if you have driven a vehicle in Montreal for so many years, you’re a hero and you can drive just anywhere in the world!”

“True”, I said, “although in Montreal, too, it is becoming more and more difficult to drive with so many detours and ongoing construction sites, plus the parking rates are scandalous (almost like Manhattan), and frankly, I get more stressed over there driving than anywhere else. Some drivers are so impatient and extremely rude (they honk at me even when I stop at a red light)”. “But you still drive in Montreal, eh?” “Of course I do. I have to.”

The distances are considerable. Buses and taxis alike would dig quite a big hole in my monthly pension! In PV, prices are still quite reasonable, so…”

“But they’re getting quite expensive here too”, he interrupted. “Look, years ago, it would cost me close to nothing to take a cab to the airport; these days, it almost doubled! Which in a way explains Uber’s entry into PV; it’s easy… you download the app on your iPhone and you’re good to go!”

“I don’t know”, I said. “Not because I do not have an iPhone, but because Uber is not so regulated here as in other countries. It is still a young company here. I heard that anyone can apply and drive almost on the same day with no background check. I understand if it is a big city, but PV is smaller and some cab drivers barely make enough to put food on the table. I heard that every driver has a quota and if it is not met every day, well… you know the score. And don’t forget, the cost of living here went up too, you know the score. And if it is not met every day, well… it is their choice and they have a right to it. I have friends who swear by Uber and that’s okay. Look, we are all free to decide what means of transportation we want to use. I still prefer taxis. It is my own choice. And some cab drivers are so polite, helpful and pleasant!”

“Well, in my case… I’ve had some grumpy drivers in PV and that pushed me over the edge towards Uber.”

“Listen,” I said, “this can happen with any driver, but it also depends on how you treat your cab drivers… or maybe they are just lucky and that’s fine; it is their choice and they have a right to it. I have friends who swear by Uber and that’s okay. Look, we are all free to decide what means of transportation we want to use. I still prefer taxis. It is my own choice. And some cab drivers are so polite, helpful and pleasant!”

“This can happen with any driver, but it also depends on how you treat your cab drivers… or just people…” “What do you mean?” “Very simple. Your attitude. Treat them nicely and with respect and they will do more than you’ll ever ask. That goes for everyone. In general.”

“What do you mean?” “You know, any people. Waiters, cashiers, cleaning and maintenance staff, bus drivers, passers-by, sales staff, street vendors, just about everyone here in PV. Or, for that matter, anywhere. Show them respect and they will bend over backwards. Show them respect and they will bend over backwards.”
Can you believe that the month of March is over? Really? Where did the time fly? Where did winter go? Oh, I know, north of our border, in places it shouldn’t have gone, while missing others where it should be, but still… The last four months went by way too fast for my liking.

I remember when I used to live in Montreal, always trying to schedule my holidays for February or March so that there would only be a very few weeks of cold left before spring would spring… I just hope that spring does come soon for them, after such a horrid winter.

In this town, there’s what used to be called the “high season” … and the rest of the year. Now it’s called the Winter Season, and its duration appears to be determined by Easter. If Easter falls in mid or late April, the season is somewhat longer. But if it falls early, like this year, then THE season is cut short. This means that our restaurants, hotels, theaters, taxis, etc. must do whatever they can to attract folks while they’re here, and then they have to hang in there somehow until the next “winter season”.

Don’t get me wrong. Vallarta is blessed with tourists year ‘round, but there’s a big difference between 90%+ occupancy and 50%, especially if the latter are lodged in all-inclusive resorts.

So, if you’re here, I hope you will make the most of you visit …and get out there! Do things, go places, live new experiences. Enjoy Mexico!

I know it’s going to slow down now. I notice it as I deliver the Mirror to the condominium towers along the southbound highway. A lot of snowbirds leave to celebrate Easter up north and most of the throngs here for the next 10 days or so do not read English, so less papers requested by the various concierges. The decline is also noticeable at the various markets that were going through thousands of copies last month and are now down to hundreds. Oh well. I should be used to it by now, after so many years, but every year it seems that the months fly by quicker than before. Could be they’re right, could be because we’re getting older…

For the next little while, I’ll be cooking some Passover dishes for the little group that always celebrates together, which reminds me… If you like Jewish food (like the kind Sol prepares so nicely), but you’d prefer to enjoy it at home, you really should visit Gloria Sue’s (a.k.a. “Mama”) stand at the Three Hens market on Saturdays. She has the best chopped liver and blintzes around, not to mention her matzoh ball soup. Put that together with Peter’s fabulous bagels, challah and rye bread (at the Olas Altas Farmers’ Market on Saturdays), and you’ve got it made. I know I do. There is a phenomenon that occurs annually in Puerto Vallarta, one which no one among us foreigners has been able to explain to my satisfaction. I’m referring to public works.

Although the number of tourists who visit us during the months of May and June is traditionally lower than during any other months of the year, and although there is no rain to speak of during that time - thus an ideal time to do road repair, the powers that be do not appear to take those facts into consideration.

They will tear up streets and sidewalks during the winter months when the town is full to capacity, causing businesses to go belly up and much inconvenience to our visitors. And then, in the two weeks that precede the holidays in December and the two weeks of Semana Santa (Easter), they go all out! Beaches are cleaned, and work shifts are even doubled sometimes. Many have wondered out loud about that… “Why such efforts to welcome Mexican tourists? Aren’t foreigners worthy of equal treatment?”

On a not so nice note, I was truly upset by the number of comments I’ve been reading about police abusing and extorting foreigners in our beautiful town. If no one officially reports such happenings, I’m afraid there will be no improvement. I wish karma would kick in a little faster in some cases…

For my part, I plan to go to Costco and then Mega, to stock up on everything I think I’ll need over the next ten days or so in order not to have to leave the house again until it’s all over, sometime around April 9th. Except for my paper route, of course.

Until next time, I wish you a most happy and healthy holiday – whether it be Easter or Passover, filled with smiles, laughter and lovingkindness. Que les vaya muy bien. sheis@ymail.com
Air Canada Vacations is adding great new sun options for their summer booking season, with new routes and increased capacity. The company will launch a new route from Toronto to Puerto Vallarta, which will be operated by Air Canada Rouge twice a week (Wednesdays and Sundays), starting May 2nd.

Air Canada Vacations also has increased the frequencies of its flights to the Dominican Republic, Cancun and other Caribbean hot spots from both Toronto and Montreal.

**From Montreal:**
- **To Cancun:** from seven to nine times per week with two additional flights between June 23 and September 1st, 2018 (Wednesdays and Saturdays).
- **To Punta Cana:** from three to five times per week, with two additional flights from June 22 to the end of August (Mondays and Fridays).

**From Toronto:**
- **To Cancun:** from seven to nine times per week with two additional flights between June 27 and Aug. 31st, 2018 (Wednesdays and Fridays).
- **To Cayo Coco:** one additional flight between July 4 and Aug. 29, 2018 (Wednesdays).
- **To Grenada:** twice a week with one additional flight (Mondays and Saturdays).
- **To Punta Cana:** from four to five times per week with one additional flight between July 3 and Sept. 4, 2018 (Tuesdays).

Furthermore, the Saturday flight from Toronto to Antigua has been upgraded to an Airbus A320 aircraft operated by Air Canada and flights from Toronto to Montego Bay have been upgraded to a Boeing 767 aircraft operated by Air Canada Rouge.

Air Canada Vacations offers flexible getaways from three to 29 nights to more than 600 properties in Mexico and the Caribbean, and allows clients to earn and redeem thousands of Aeroplan Miles on vacation packages. The tour operator flies to 40 Sun destinations and also provides connector options from 64 Canadian cities.

With the ACV&ME loyalty program, travel agents who book hotels, cruises and groups will receive 600 points per room for packages of seven-plus nights; 400 points per room for packages of three to six nights; 600 points per stateroom for air and cruise packages; and 300 points per passenger for Group bookings. ACV&ME Points can be redeemed for Aeroplan Miles, travel vouchers or Visa gift cards.

(Source: ca.travelpulse.com)

10-billion-peso facility will be the largest in Latin America

A ground breaking ceremony last week initiated the construction of a desalination plant in Playas de Rosarito, Baja California. It will be the largest in Latin America.

The 10-billion-peso (US $540-million), privately-funded plant is expected to begin operating in three years’ time. In its first phase, scheduled for completion by the end of next year, it will produce 2.2 cubic meters of water per second.

Once the facility is fully operational, that output will double and be enough to supply 75% of the water currently provided by the Río Colorado-Tijuana aqueduct.

Governor Francisco Vega de Lamadrid explained that the plant’s water quality will comply with the highest standards. He also said the water will only be for use within the state and will not be sold to the United States.

It will supply agricultural needs and domestic water requirements in Rosarito and Tijuana, and could also serve to fulfill demand in Ensenada.

Baja California depends almost completely on the Río Colorado-Tijuana aqueduct to satisfy its water needs. With a carrying capacity of 5.3 cubic meters per second, the aqueduct is falling short in supplying water to the four coastal municipalities where 71% of the state’s population lives.

The Rosarito desalination plant is being built by a Mexican subsidiary of Cayman Islands-based Consolidated Water Co. Ltd, which will operate the facility for a period of 37 years, after which it will become property of the state.

(Sources: mexiconewsdaily.com, El Sol de Tijuana)
Mexico is the most popular country in the Americas for United States citizens considering buying a second home abroad, a study has determined.

For one year starting January 2017, real estate website Point 2 Homes tracked Google searches within the United States that were related to purchasing a home in the region.

With an average of almost 64,000 monthly searches, Mexico was the clear winner.

Topping the list of most desirable locations to buy a home south of the border was Puerto Vallarta. The resort city, located on Jalisco’s Pacific coast, was the subject of over 10,000 monthly Google searches related to the purchase of real estate. Vallarta is also an extremely popular tourism destination.

More than three million foreign passengers flew into the city’s international airport in 2017, more than half of them from the U.S. San Miguel de Allende, Guanajuato, was second favorite, with an average of 6,990 monthly real estate searches.

Point 2 Homes pointed to the “guarantee of an alluring cultural scene” as a key factor driving interest in the colonial city.

Puerto Vallarta, San Miguel de Allende and Playa del Carmen the most popular locations

The fourth most popular Mexican destination was Cabo San Lucas, Baja California Sur, with 6,000 monthly searches.

The region’s pristine beaches and Los Cabos’ relative proximity to the United States were both likely factors behind its popularity.

Rounding out the top five was Cancún, which attracted an average of 5,380 monthly real estate searches from the United States. San Miguel de Allende was also named the world’s best city last year in annual rankings of readers of Travel + Leisure magazine, which likely spiked further interest in the destination.

Not far behind was Playa del Carmen, Quintana Roo. Just over 6,500 monthly searches sought information about real estate in the Caribbean coast city.

Michoacán nopal biogas station will be first in the world

A company in Michoacán is ready to start selling an emissions-free biogas produced from nopal for just 12 pesos per liter after increasing its production capacity earlier this month.

The filling station operated by Nopalimex and located in the municipality of Zitácuaro will be the first of its kind in the world to sell fuel made from the plant that is also known as prickly pear cactus. The factory where the fuel is made is located next to the new station in the town of Camémbaro.

Nopalimex technical director Miguel Aké Madera told the newspaper Milenio that the nopal biogas rivals regular gasoline in terms of quality but at 12 pesos (US $0.65) per liter it is 33% cheaper and has the added benefit of not harming the environment. “The performance is exactly the same as gasoline because the important thing here is its calorific value. Once it’s put through a cleaning process and it reaches a 97% methane content, it’s ready to be used by any vehicle, of any model. It’s better than gasoline because it’s cheaper and doesn’t generate greenhouse gases, it doesn’t contaminate the environment,” he said.

However, motorists first need to modify their vehicles’ fuel tanks at a cost of 25,000 to 30,000 pesos (US $1,365-$1,640).

An early customer for the fuel is the Zitácuaro municipal government, which has already signed an agreement with Nopalimex to supply its fleet of vehicles such as police cars and ambulances, while taxi drivers and transport companies have also expressed interest in the new fuel.

The company is consequently developing plans to further encourage potential customers to make the change to its product.

Commercializing the nopal fuel is the culmination of more than 10 years of vision and hard work.

Sources: mexiconewsdaily.com, Milenio)
**Gypsy Rumba, Ballet Folklorico Tradiciones and ‘Book of Mormon’ star Daniel LeClaire at Incanto**

**Saturday, March 31st, 8 p.m.** - Award-winning *Ballet Folklorico Tradiciones* will present Mexican folk dances from several states in Mexico, featuring adult and child dancers. One show only. Present local MX identification for two-for-one tickets.

**Mon. & Tues., April 2 & 3, 8 p.m.** - Jazz, Pop, and Soul recording artist, Daniel LeClaire, who starred in the Original Broadway Tour cast of ‘*The Book of Mormon*’ and ‘*Hairspray*’, will present a cabaret show featuring a wide-range of musical genres, accompanied by pianist Dennis Crow. Daniel also sang for Betty White on her 90th Birthday Special televised by NBC. He was Fender in the Hollywood Bowl production of *Hairspray* alongside Harvey Fierstein and has shared the stage with Nick Jonas, John Stamos, All American Rejests, Amy Poehler, Carol Burnett, Wayne Newton and many more. Daniel has performed at world-renowned venues, such as The Kennedy Center, Fabulous Fox and Place des Arts. His most recent jazz show is currently sailing the high seas with Norwegian Cruise Line. **Two nights only!**

- “FABULOUS!” – CHER
- “Such a sweetheart and what a voice!” – Betty White
- “Incredibly Dapper” – ADELE
- “So expressive and musically haunting” – Liz Caplan (Celebrity Vocal Coach)

**Wednesdays, 6:30 p.m.** - Bohemia Viva’s ‘The Sound Garden’ plays with varying theme nights weekly.

**Friday, April 6, 8 p.m.** - *Media Luna* plays high-energy Flamenco, Rock, Huapango in the main theater. Special guests.

**Sat. & Sun., 9:30 & 8 p.m.** - Cheko Ruiz & Alex Gonzalez of *Gypsy Rumba* will have their own show in the piano bar on most Saturdays at 9:30 pm starting April 7. Gypsy Rumba will play high-energy Rumba, Flamenco and Latin rhythms with their full band on Sundays at 8 p.m. starting April 8.

**Sundays, April 8 & 22, 12 noon** - Gospelicious Gospel Brunch featuring the Holy Host Singers and pianist/Music Director David Troy Francis. Hosted by Tracy Parks.

Classic stage comedy ‘Greater Tuna’, starring Ron Spencer and Tracy Parks is chock-full of eccentric characters with small minds and big hearts. Extended by popular demand! See Incanto’s website for updated dates/times.

**IN THE PIANO BAR**

- Jean-Guy ‘Jay-Gee’ Comeau plays piano Mon. and Thurs. at 5 p.m.
- Singer-songwriter Zoe Wood plays originals/cover on acoustic guitar Mon. at 7:30 p.m. She will play on Thursdays at 5pm beginning April 5.
- Tongo plays Latin/Cuban rhythms on his handmade flutes/drums on Tues. at 7:30 p.m. Also mornings daily starting at 10am with Joby Hernandez on the riverside terrace.
- Joby Hernandez plays pop/rock favorites on guitar Wed. at 5 p.m. Also mornings daily on the riverside terrace starting at 10am with Tongo.
- The Red Suitcases play classic rock/pop Sun. and Wed. at 7:30 p.m.
- Open Mic is Thurs. at 7:30 p.m.
- ‘The Joanie Show’ starring Joan Houston and Bob Bruneau Fri. at 5 p.m.
- Bingo with Pearl is Sat. at 4 p.m. Special guests including *Ballet Folklorico Tradiciones* and Amber the male belly dancer.
- Moruno plays Mediterranean, Arabic, Flamenco Sat. at 7:30 p.m.
- Pianist Dennis Crow plays standards and showtunes Sun. at 5 p.m., Mon. at 10 p.m., Tues. at 5 p.m. and Fri. at 7 p.m. with singer Luis Villanueva.
- Salsa dancing/lessons is held on Wed. & Sun. at 8 p.m. on the upper terrace.
- Happy Hour daily 2 to 6 p.m. All-new, ‘The Zen Hour’, is 4 to 5 p.m. daily. Quiet time in the piano bar to enjoy a conversation or hold a business meeting. 2x1 show tickets offered during that hour only on select current shows. Limited quantities.

For online tickets with no booking fees and more detailed information visit www.IncantoVallarta.com  No cover in the piano bar.
Box Office hours are 9 a.m. to 11:30 p.m. daily. Casual dining is always available. Contact General Manager Gilberto Figueroa for group and special event bookings at Incantopv@gmail.com Incanto is located at 109 Insurgentes (at the Rio Cuale). Call 223-9756 for reservations
Art Village
by La Isla
Spring 2018

Art lovers and collectors can enjoy the work of 15 established and emerging talents of the world-renowned art scene of Puerto Vallarta in one place, the Art Village, at the beautiful La Isla Shopping Village.

Come join us every Saturday and Sunday from March 24th to April 22nd from 15:00 to 22:00 pm. Live music every day!

Not only will you see great local art, but you will also enjoy all the boutiques, entertainment, concerts and restaurants that La Isla offers.

Great opportunity for collectors to buy amazing art pieces at accessible prices. The artists of the exhibition are the cream of the art scene of Puerto Vallarta.

La Isla Shopping Village is waiting for you

f  www.laislapuertovallarta.mx

Blvd. Francisco Medina Ascencio 2474, Zona Hotelera Norte, Puerto Vallarta
Entertainment is “Still Hot” at Act II!

As the “high” season in Puerto Vallarta starts to slow down, Act II’s “high season” shows begin to close. Act II is blessed to have had such an amazing season, with more HUGE audiences and “sold out” shows than ever before! This week, we say goodbye to The Rocky Horror Show, Sutton Lee Seymour, The Dueling Drag Divas, Michelle Johnson, and Plaza Suite. We are having a “Close of High Season Shows” party on Saturday, March 31, beginning at 4 p.m. NON-STOP FOOD ALL EVENING!

If you haven’t had a chance to see these shows yet, be sure to get your ticket now!

(Or… you can always see them AGAIN!)

Don’t miss any of these shows before they are gone!

Act II also has a full slate of headliner shows that will continue for a while, even as the season winds down! Us Two, Diana Villamonte in both her “Motown” and “Tina Turner” shows, Woodstock ‘69, California Dreamin’, Mama Tits and Hedda Lettuce will continue to perform, and their closing dates are shown in the descriptions below. Tickets are available today at act2pv.com.

See What’s Happening at Act II this Week

- Friday, March 30
  “California Dreamin’” A musical tribute to the Mamas & Papas – 7 p.m.
  “The Tina Turner Tribute Show,” starring Diana Villamonte – 7:30 p.m.
  Hedda Lettuce – 9:30 p.m.

- Saturday, March 31
  (Several of our shows are closing tonight. Please join us for our NON-STOP “CLOSING” PARTY, starting at 4:00 p.m. in the Encore Room!)
  (FINAL 5:00 SHOW) Us Two - 5 p.m.
  (CLOSING NIGHT)
  “Plaza Suite” – 7 p.m.
  (CLOSING NIGHT)
  Daniel Portela – 7:30p.m.
  (CLOSING NIGHT)
  Sutton Lee Seymour – 9:30 p.m.
  (CLOSING NIGHT)
  “Rocky Horror Show” – 10 p.m.

- Sunday, April 1
  Act II is now closed on Sundays! All shows have been moved to other days.

- Monday, April 2
  Woodstock ‘69 – 7 p.m.
  Us Two, starring Noemi Plascencia & Daniel Celis – 7:30 p.m.
  “Big and Loud,” starring Mama Tits – 9:30 p.m.

- Tuesday, April 3
  (OPENING NIGHT) “Timeless,” starring Paul Aleman & Renee Armand – 7:30 p.m.

- Wednesday, April 4
  UsTwo, starring Noemi Plascencia & Daniel Celis – 7:30 p.m.
  “Big and Loud,”
  starring Mama Tits – 9:30 p.m.

- Thursday, April 5
  “Motown and Beyond,” starring Diana Villamonte – 5 p.m.
  “Timeless,” starring Paul Aleman & Renee Armand – 7:30 p.m.
  “Gives Great Hedda,”
  starring Hedda Lettuce – 9:30 p.m.

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John Denver’s TIMELESS music to literally thousands of appreciative fans across the United States and here in Mexico. Performed brilliantly in songs and stories, Renee will share things about her life that she has never talked about... UNTIL NOW. Some of it will shock you, some will make you cry, some will make you laugh, but most of all, you’ll be glad you came! For the past two years, their shows, Laurel Canyon and Rocky Mountain High, have been performed to sold-out audiences at Act II. Their show has a clarity and soulfulness that underlines their love of John Denver’s music and draws audiences into singing along after the first few bars! We are thrilled that Renee and Paul are returning to Act II once again and can’t wait to see their new show!

Continuing Shows at Act II

TINA TURNER
DIANA VILLAMONTE
SIMPLY THE BEST

“Simply the Best!”

A Tina Turner Tribute Show
THE #1 SHOW THIS
SEASON, SELLING OUT EVERY WEEK!
(starring Reality TV star
and Villamonte’s #1 singing sensation)
DIANA VILLAMONTE
Every Friday (through April 27) - 7:30 p.m.
(Show sell out -- get your tickets now)

Remember What’s Love Got to Do with It, Simply the Best, River Deep Mountain High, Fool in Love, Nutbush City Limits, and many, many more? Reality TV Star and SINGING SENSATION, DIANA VILLAMONTE, one of the most talented entertainers who has ever crossed our stage, and has been starring all season to sold-out audiences in “Motown and Beyond!” has added a new show, “Simply the Best: The Tina Turner Tribute Show!” This is a dream come true for Act II! Diana’s high energy, powerful vocals, and captivating personality make this a breath-taking and spectacular show! She will win your heart and you will never forget the talent of this sensational young singer! This show is a must-see for ALL AGES!!!

“This young lady, just 22, has a powerful voice. Her Tina Turner show was entertaining. It was the last two numbers, however; Etta James ‘AtLast’ and Whitney Houston’s ‘I Will Always Love You’, that brought the house down. The power of Miss Villamonte’s voice showcased the emotional impact of these two numbers. I certainly hope she will develop future shows to emphasise her voice. Don’t miss an opportunity to experience one of her performances.” - Locksley9, Niagara Falls, TripAdvisor

“Diana Villamonte continues to please audiences with her new show -Tina Turner! The Red Room presents this companion show to her highly successful Motown show. Alfonso López is once again the producer and has done a very impressive job with both shows. Every time that I’ve seen Diana she has received a standing ovation.” - Ed Gill, Puerto Vallarta

“A musical tribute to the great leading ladies of Motown, featuring Diana Villamonte -Tina Turner! The Red Room presents this companion show to her highly successful Motown show. Alfonso López is once again the producer and has done a very impressive job with both shows. Every time that I’ve seen Diana she has received a standing ovation.” - Ed Gill, Puerto Vallarta

“Big and Loud”

Starring MAMA TITS
(CONTINUES TO SELL OUT EVERY WEEK)!
(Live singing, stories, and side-splitting
comedy, featuring drag diva, Mama Tits)
Every Monday & Wednesday – 9:30 p.m. (through May 28)
(Show sell out -- get your tickets now)

In this all-new drag show, “Big and Loud,” MAMA TITS takes you on a wild journey, complete with incredible live singing, hilarious stories, and side-splitting comedy! This year, Mama Tits has turned things up a notch, too, by adding live accompaniment! Mama Tits is one of the top drag divas of Puerto Vallarta and Seattle, with sold-out shows almost every night. She is known for her buttery smooth voice and soulful blues sound.

Her shows have become a notorious “destination,” forever changing drag cabaret entertainment in Vallarta and beyond!

“My husband and I loved Mama Tits. The show is hilarious, and he is an amazing singer. Highly recommended.” - Susan M, Dundas, CAN - TripAdvisor 3/15/18

“Awesome Show - We came to Puerto Vallarta to visit a friend who lives here now and they’ve taken us to all the great, local spots. On this occasion we were treated to Mama Tits. The show is hilarious, and definitely a must do in Puerto Vallarta. If you can’t see her here, look for her and see her in another one of her venues. You won’t regret it!” - Monica M, El Paso - TripAdvisor 3/20/18

“Gives Great Hedda”

Starring the one-and-only
HEDDA LETTUCE
Storytelling, ribald stand-up comedy, and live singing.
Every Thursday & Friday – 9:30 p.m. (Show sell out -- get your tickets now)

Hedda Lettuce, six-time Drag Queen of the Year Award-winner (HX magazine) and the legendary “green goddess” of drag, will glamorize another winter in Puerto Vallarta as she dishes out a tossed salad of improvisational comedy, sultry songs, and dazzling gowns. And it’s entirely fat-free! She tosses out a night of storytelling, ribald stand-up comedy, and live (not lip-synched) singing. Her show includes her nationally-acclaimed original comedic music that is peppered with parodies of old-time favorites and startling satire. Expect a night of side-splitting laughter from Hedda Lettuce, one of New York City’s premier drag queens.

“Having seen this show last season, I returned to enjoy this wonderful drag show again this year - twice, because no two performances are the same. The second time I treated a visiting girlfriend, because I was determined that she should NOT miss this unique opportunity to witness brilliant humor, spontaneous exchanges with the audience, hilarious songs. The quick-witted repartee reminds me of the astounding brain of the late Robin Williams. Act II entertainment provides an amazing variety of entertainment. This is at the top of my list.” - Miriammexico, Montreal, TripAdvisor 3/16/17

“Motown and Beyond”

(The biggest hit of the Season!
Get tickets early!)
A musical tribute to the great leading ladies of Motown, featuring Diana Villamonte
Every Thursday (through May 24) – 5 p.m. (Show sell out -- get your tickets now)

The amazingly talented Diana Villamonte presents “Motown and Beyond!” a musical tribute to the great ladies of Motown and Beyond, such as Diana Ross, Shirley Bassey, Whitney Houston, Anita Ward, Etta

Continued on next page...
James, Nina Simone, Aretha Franklin and Donna Summer!

This young lady is one of the most talented people that has ever crossed our stage! After a sold-out preview of her show this past summer, she was described as “powerful, charming, beautiful, stunning, polished, mesmerizing and stunning.” She blew the audience away with her huge vocals and passionate interpretations, and she grabbed the audience and never let go.

“Diana Villamonte show was first class - Motown & Beyond was an amazing show. Diana Villamonte has a great voice and looks amazing. Her two backup singers were also very good. This is an amazingly cheap evening of Las Vegas-style entertainment that should not be missed.” - Stoneycanuk
TripAdvisor, 2/15/18

“California Dreamin’”

A musical tribute to the Mamas & Papas... selling out each week!

Every Friday Night – 7 p.m. (through April 20)
(Shows sell out -- get your tickets now!)

Due to popular request, Rhonda Padmos and Don Pope have brought their ever-popular ‘CALIFORNIA DREAMIN’ show back to the Main Stage!! This show is a tribute to the unforgettable music of the Mamas and Papas. California Dreamin’ features LIVE MUSIC, with four singers portraying the characters of the original band members, Cass Elliot, Michelle Phillips, John Phillips, and Denny Doherty. Rhonda and Don are well-known musicians from Canada who arrived in Puerto Vallarta in the 1980’s as guest musicians on the television show, THE LOVE BOAT.

Rhonda and Don’s theatrical performances are the Bomb! Was in Vallarta last Friday and took Ma and Hub to see “California Dreaming”. It was awesome and they loved it. We’ve all decided to make sure we include many evenings at Act II, especially for the Rhonda and Don performances, but we will also check out all the others, every time we come by PV, which is a couple of times yearly. Thanks for adding to the Vallarta Fun!” - Helen P, Bullhead City, TripAdvisor 3/6/18

“Woodstock ’69”

A musical tribute to the music of the unforgettable women of Woodstock, featuring the live music of Rhonda Padmos and Don Padmos

Every Monday (through April 30) - 7 p.m. (Shows sell out -- get your tickets now!)

The uber-talented musical duo of Rhonda Padmos and Don Pope have created a brand-new show this season that’s sure to bring back lots of memories! It’s called WOODSTOCK 69, a festival of LIVE MUSIC and peace, featuring the music of the unforgettable women of Woodstock... Janis Joplin, Joan Baez, Grace Slick, Melanie, and Nancy Evins. It also features the music of Jimmy Hendrix, Ritchie Havens, Sweetheart, Arlo Guthrie, Santana, Country Joe MacDonald, The Who, Ravi Shankar, Jefferson Airplane, Creedence Clearwater Revival, Joni Mitchell, Crosby, Stills, Nash and Young, and Bob Dylan, and THE BAND!

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“Us Two”

featuring DANIEL CELIS and NOEMI PLASCENCIA... and their LIVE BAND! Remastered arrangements of classic favorites. Saturday, March 31 – 5 p.m. (* This is Us Two’s FINAL 5:00 p.m. performance!)

Mondays and Wednesdays (April 2 through May 16) - 7:30

Daniel and Noemi sing remastered arrangements of classic favorites, from bands such as The Mamas and Papas, Abba, Beatles, Journey, Cat Stevens, Culture Club, Air Supply, and many more. People are raving about the absolute unique beauty of their sound.

(See separate page in this issue for info and reviews)

Act II is winding down an incredible 2017-2018 season, having featured over 45 different shows!

Act II is grateful to Georgia Darehshori of Casa Karma Boutique Hotel, who has provided the best accommodations for our guest-starring performers, such as Lorena Peril, Steve Grand and Donny Most from TV’s “Happy Days.”

Day passes for the hotel are available to the public, and you can enjoy the beautiful oceanfront bar and pool AND hang out with the stars! Check out www.casakarma.net for room availability.

For a complete description of all our upcoming shows, go to www.act2pv.com

The Act II Entertainment Stages complex is located upstairs at 330 Insurgentes 330 (corner of Basilio Badillo), in the Romantic Zone on the south side of town.

Phone: 222-1512.
Tickets can be purchased at www.act2pv.com or at our box office which opens daily at 10 a.m. There is a second box office across the street from Garbo’s on Pulpito Street in the Romantic Zone.
Famed gypsy guitarist Wolfgang (Lobo) Fink and his former student Esau Galvan Saltos, already recognized in the Puerto Vallarta area for his individual work and that with band Tatewari, joined together billed as Lobo Y Jaguar in concert at Octopus’ Garden (Jardin del Pulpo) in the town of La Cruz de Huanacaxtle.

Bavarian-born Wolfgang Fink traveled to Mexico in 1980 after a successful career in Europe where he studied and spread the joy of gypsy music. He spent time living and studying with gypsies in the Caves of Sacromonte in Granada, Spain. Lobo, among the most accomplished flamenco guitarists in Mexico today, became well known and loved in Puerto Vallarta and San Miguel de Allende performing and recording with friend Willie Royal (who, sadly, recently passed away) as Willie and Lobo. He continues to mesmerize audiences solo or paired with other talented musicians like violinist Geo of Duende and Guitarist Latcho in several venues in the Banderas Bay Area.

Living in La Cruz de Huanacaxtle, he met Esau Galvan when he was a youngster of 14. His work with him on guitar jump started Galvan’s studies heading him down a successful career path as accomplished Spanish Guitarist. He continued his development at University and with masters in Guadalajara and later in Madrid, Spain.

Last Saturday night in the intimate courtyard garden of El Jardin del Pulpo in La Cruz de Huanacaxtle, the two musicians sat down together and treated the audience to an inspired, improvised rendering of Gypsy and Spanish guitar that took our breath away.

The program began with Lobo playing Mexican Rumba Flamenco followed by the more serious Flamenco of Soleares which he referred to as the “Mother of Flamenco”. He then introduced Esaú Galvan whose elegant solo number enchanted the sophisticated, music loving crowd.

The camaraderie between the two artists was evident during the entire show as the senior musician radiated with approval as the younger guitarist artfully executed intricate and passionate passages throughout the evening. At the beginning of the show, Lobo asked us to “...remember, live music is simply better”.

By the end of the performance, no one would have argued with him about that. Let’s hope the duo will continue to collaborate offering many more opportunities to enjoy the marvelous music of masterfully performed gypsy guitar!

Lobo can often be seen at Incanto in PV and Esau performs at several venues around town including a Wednesday night performance with group Tatewari at Cuates y Cuates next to the pier in the Romantic Zone at 9 p.m. You can also find Esau on YouTube or their websites Tatewarimusic.com

Octopus’ Garden hosts frequent musical events and you can visit their website for their upcoming events at octopusgardenoasis.com

Christ Church by the Sea

Notice: The only Legally Licensed Anglican Parish Location of the Diocese of Western Mexico in Puerto Vallarta

“Celebrating 10 years at the same location”

Services Sunday 10:00 a.m. Sunday School 4 to 12 yrs
Sundays English-Traditional Holy Communion

All faiths welcome-Casual Dress-bring a friend

Mar. 29, Maundy Thursday 5 p.m. Eucharist

April 1, Plan ahead for Easter service 10.00 a.m. as we celebrate The Resurrection with Mariachi’s. Enjoy Brunch after the service. We supply the turkey and ham and drinks. You can sign up for side dish, salad or dessert.

Web site: www.christchurchbythesea.com

Complimentary parking at Sixt Rental Car
Us Two, “The best new musical act of the season!”

The “NEW” headline act for Act II Entertainment’s 2018 / 2019 season

BREAKING NEWS...

US TWO adds 4 all new 2019 Preview Bonus Shows March 18, 21, 25, 28 at 7:30

In these four bonus shows, Us Two gives you a peek at their BRAND-NEW 2018/2019 SEASON, all in one night! They will be showcasing music from the Big Band Standards, Michael Bublé, The Best of Sock Hop 50’s, Frank Sinatra, Swing Music, and Lou Rawls, along with a preview of their amazing new ABBA SHOW! SO EXCITING! FOUR SHOWS ONLY! Get your tickets now at act2pv.com!

UsTwo continues to perform Mondays & Saturdays at 5 p.m., with the show that made them famous in PV: music from Billy Joel, Journey, Air Supply, The Mamas and the Papas, The Beatles, Abba and much, much more…

Vallarta has fallen in love with this dynamic and talented duo with their sexy styling, harmonious vocals and lively band. As soon as they open their mouths, you will be mesmerized. They sing remastered and unique arrangements of classic favorites, and people are raving about the absolute beauty of their sound. Not to mention they are gorgeous and funny!

What people are saying about “Us Two”:

“Daniel and Noemi and the “US Two” band performed to perfection. Song and dance, rock and roll, fun and games, humor and chat bundled into a Vegas style show worthy of many views. Loved the spirit and high energy. Can’t wait to go back.” - Wayne H. (TripAdvisor)

“I was with friends and we thought a show would be nice to see while in PV. We liked the idea of music from the 70’s, 80’s, and 90’s so we selected to see Us Two, Daniel & Naomi. We expected to get a certain level of entertainment but what we got completely caught us off guard and we were blown away. This is one fantastic entertaining group. Not only are the two main stars great entertainment, but the rest of the musicians demonstrated an absolute high quality level of talent. Song selections was the best. Sound quality and balance was one of the best I’ve heard in years. If you are looking for some “entertainment “ then this show is one to see. We were smiling, laughing, feeling nostalgic, and totally uplifted throughout the entire show.” - Harvn (TripAdvisor)

“Us Two” is a powerhouse when it comes to music. Greatly talented and personable, the duo offers hits from the 80’s and 90’s with an occasional nod to current hits. The Red Room itself has been renovated and is even more delightful.” - Thomas C. (TripAdvisor)

“Wow, we just watched a GREAT show in the Red Room. “Us Two” was worth every penny. It was their Intro Show for the coming winter season. We are already planning to see them again with each of our guests that come to visit us.” - Ispar (TripAdvisor)

TripAdvisor – 5 Stars – “Saw US TWO last night for the second time. I have been to many shows in PV and this is by far the best I have seen. Daniel and Noemi are cute and personable and extremely talented. The show was enhanced by the back up band of excellent musicians. It was a delightful evening. If you see only one show in PV, this one should be it. You will not be disappointed!” - Michael P, 2/11/18

(Please see Act II pages in this issue for additional info, address, phone, etc.)
“The Rocky Horror Show”
... Still selling out houses every week!

A Musical Comedy/Science Fiction Stage Play
Every Thursday at 7 p.m. and every Saturday at 10 p.m.

Vallarta has fallen in love with the “Rocky Horror Show”… Again!

Act II’s “The Rocky Horror Show”
has been playing to packed audiences
and rave reviews! This ultra-campy
cult classic has taken Vallarta by
storm and is a humorous tribute to the
science fiction and horror B movies
of the late 1940s through the early
1970’s! It tells the story of a newly
engaged couple getting caught in a
storm and finding themselves at the
home of a mad transvestite scientist,
Dr. Frank N. Furter.

“Rocky Horror Show” is hilarious,
gripping and haunting, all at the
same time. Many in the audiences
have come clad in their favorite cult
“Rocky” garb, and everyone loves the audience participation of shout-
outs and props! This incredible
show is directed by the amazing
and talented Alfonso López, with
choreography by Kami Desilets.
This is a “must see” event in Puerto Vallarta! After you have seen it once,
you will talk about it for the rest of
your life!

More great “Rocky”
reviews! Read all about it!

“... Rocky Horror Picture Show
-which is still playing- is NOT
to be missed. Lively and totally
entertaining, even for someone who
is not a fan of the movie. It’s worth
going twice! Any show we have been
to has been fabulous, entertaining
and worth every cent!” - Spiny,
TripAdvisor, 1/17/18

“The show was outstanding! So
much crowd interaction! One of
the best Rocky Horror shows I have
ever seen! Act II entertainment is an
absolute must while you’re in PV!” -
Carrie B, TripAdvisor, 1/13/18

“Our first time at Act II, and
wow it was the BEST attraction we
did in PV! The theatre as a venue
was excellent. Clean, beautifully
decorated and very attentive staff.
The Rocky Horror Picture Show
was incredible. The cast was very
talented, and I cannot wait to come
back next year and see what shows
are playing. I will...” -hayward2018,
TripAdvisor, 1/18/18

“Six of us took in this wonderful
show. Having been here for 4 years,
this was my first visit and will not be
my last. The chairs are comfortable
and the room is small and intimate
so every seat is great! The owner
stepped in as the narrator and did
an excellent job. What a great end
to the evening to get up close and
personally thank the cast for their
wonderful talent! A must see show
while here in PV!” - Jazz2you,
TripAdvisor, 1/12/18

See Act II pages for info re
location, schedule, tel. no, email, etc.

Still selling out houses every week!

Wishing each and every one of you
a very happy and special
Easter Sunday!

By “popular demand” from so
many of you, CHEZ ELENA
Restaurant will continue our TWO
ENTRÉES FOR THE PRICE OF
ONE special on Tuesday and Thursdays through April
13th only. Jorge Acora will continue to entertain. Our
roof top terrace/bar El Nido with the breathtaking view
continues to open at 5 each day except Sundays. Anyone
looking for a room, call us and hear about our super summer
rates. Check us out on www.cuatrovientos.com. We’d love
to have you enjoy this wonderful old Vallarta experience.
Call for all reservations 222-0161 or 222-22831.
Located at 520 Matamoros in the heart of old Vallarta.

Give us a call, we’d love to hear from you.
Sincerely, Gloria Whiting

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Join us for a European culinary experience featuring fusion elements providing both
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Located in the heart of Puerto Vallarta’s Romantic zone. Azafrán offers
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Play Ball! and Score Card

MOVIES: Snow where I live. Lots of snow. I was unable to get to a movie theater this week. However, in Florida and Arizona the air once again filled with the shout of umpires declaring, “Play ball!” I have loved this game since I was a little kid. I tried out for my grammar school team and, as I am more myopic than Mr. McGoo, couldn’t bat and couldn’t field yet learned that even a spectator contributes to the spirit of the game,

My top five favorites, in no particular order, are: Money Ball, Field of Dreams, Pride of the Yankees, Bull Durham and Eight Men Out. A movie that was not well received by critics was Clint Eastwood’s Trouble with the Curve. I liked it. As I am only a few years younger than the venerable Mr. Eastwood, I could identify with an aging scout’s eyes failing yet his deep yearning to continue doing what he loved.

&MADNESS: It was inspiring last Saturday to watch millions of citizens demonstrate and air their views on gun control.

Now something new. I want to defend the POTUS. I heard a few talking heads condemning him for not tweeting anything about the marches that occurred from sea to shining sea. This was a damned if you do, damned if you don’t situation. The marches were peaceful and legal demonstrations allowing people the right to voice their views. What’s to comment on?

Now I want to use an example of why a person should take everything they read or hear or see regarding politics with a huge, bowling ball-sized grain of salt.

Donald Trump tweeted: “Republicans want to fix DACA far more than the Democrats do. The Dems had all three branches of government back in 2008-2011 and they decided not to do anything about DACA. They only want to use it as a campaign issue. Vote Republican!”

You come across this tweet by the president of the United States and do what? You can believe what’s written, disbelieve it as a knee-jerk response because of all the lies the POTUS has told, or you can do a bit of research.

Research is the most productive. First sentence of the tweet is a declarative statement that Republicans want to fix DACA far more than the Democrats do. This is followed by logic to back up the statement. Did the Dems have all three branches of government in 2008? No. George W Bush was president until January 2009. Did the Dems have all three branches of Government in 2011? No. The Republicans took over Congress and the Senate in January of 2011. But the most startling and revealing part of the president’s statement was his claiming the Dems decided not to do anything about DACA back then. Not true because for the Dems to do so would have been impossible.

DACA wasn’t created until 2012. That leads one to the next step. Did the president know any of the true facts? If yes, then he lied. If not, then he heard it from someone else – as in his erroneous claim that he won more electoral votes than anyone except Ronald Reagan.

And after hearing it went ahead and tweeted it as truth without verifying. Why bring this up? Because more and more a citizen has to beware BS statements seemingly coming out of thin air. Another example. The whopper I remember most before the election was: The Pope endorses Donald Trump. This came out eight days before the election, about the same time Comey was reopening the email investigation against Hillary Clinton.

I remember chuckling when I read about the Pope and thinking, what a crock.

How did this false endorsement impact on the tens of millions of Catholic Hispanics in America? Who knows? But what if only 5% of those Hispanics believed the statement? That’s a few million votes. Not bad for one phony statement.

So don’t believe something just because it’s in print or spewed by a talking head. And you, dear reader, should not believe anything I write without verifying my statements - easy enough in an Internet world. Google Trump’s tweet on DACA and see if I recorded it accurately. Google who was in the Oval Office in 2008. Google when DACA was created. Should only take a few minutes, but worth it to make sure what you’re reading is not a mound of cow apples higher than any pile in the largest ranch in Wyoming.

Use the exercise as a warm-up for future research because the political lies just keep getting bigger and more and more outrageous.

Joe Harrington
Is an internationally published author and documentary film director. He can be reached with suggestions or criticisms at JoeMovieMadness@Yahoo.com.
Artwork by Bob Crabb.
The Boutique Community Theatre looks to the future

April 3rd at 10 a.m.
TED Talk 10: Believe It, Achieve It, with Barbara J Harris

Barbara J Harris has enjoyed a long and varied career, mainly as an entrepreneur. She worked as a corporate trainer, life coach, and public speaker. She also had a busy special events business.

In her mid-30s, Barb’s husband died after only 10 months of marriage, turning her life upside-down. This tragedy sparked a curiosity in her about people’s perspectives, and how it leads to their outcomes. Through the subconscious mind, thoughts become things. Barb rallied after her husband’s death, and studied with the renowned cellular biologist, Dr. Bruce Lipton, and the originator of PSYCH-K, Rob Williams. In this journey she discovered the power we all have - and all use daily - through our belief systems.

March 29 thru April 14 at 6 p.m.
The Savannah Sipping Society

In this delightful, laugh-a-minute comedy, four unique Southern women, all needing to escape the sameness of their day-to-day routines, are drawn together by fate - and an impromptu happy hour - and decide it’s high time to reclaim the enthusiasm for life they’ve lost through the years.

Randa, a perfectionist and workaholic, is struggling to cope with a surprise career derailment that, unfortunately, reveals that she has no life and no idea how to get one. Dot, still reeling from her husband’s recent demise and the loss of their plans for an idyllic retirement, faces the unsettling prospect of starting a new life from scratch - all alone.

Earthly and boisterous Marlafaye, a good ol’ Texas gal, has blasted into Savannah in the wake of losing her tom-cattin’ husband to a twenty-three-year-old dental hygienist. The strength of her desire to establish a new life is equaled only by her desire to wreak a righteous revenge on her ex. Also new to town, Jinx, a spunky ball of fire, offers her services as a much-needed life coach for these women. However, blinded by her determination and efforts to get their lives on track, she overlooks the fact that she’s the one most in need of sage advice.

Over the course of six months, filled with laughter, hilarious misadventures, and the occasional liquid refreshment, these middle-aged women successfully bond and find the confidence to jumpstart their new lives. Together, they discover lasting friendships and a renewed determination to live in the moment - and most importantly, realize it’s never too late to make new old friends. So raise your glass to these strong Southern women and their fierce embrace of life and say “Cheers!” to this joyful and surprisingly touching cast of women.

Ralph Hyman – Director, Jinx - Ellie Frank, Randa - Colette Zarry, Dot - Lydia Damato, Marlafaye - Katey Dempsey.

ABOUT THE BOUTIQUE DINNER THEATRE

The theater is located upstairs at Nacho Daddy, 287 Basilio Badillo, in the Romantic Zone on the south side of town. Theater lovers can also enjoy dinner an hour before each show. Choose from Fillet Mignon, Chicken Cordon Bleu (with potato and vegetables), or a vegetarian Chile Relleno (with rice and beans). The delicious meals include a salad and dessert. Follow The Boutique Dinner Theatre on Facebook. For tickets, go to www.btpv.org
Easter is a big holiday in Mexico, filled with religious and cultural festivals, a burning of Judas in effigy, good food and friendly interactions among people. You cannot be lonely in Mexico during Easter weeks. Besides the celebrating residents, many travelers come to Mexican cities during this week.

Semana Santa — Holy Week — is the observance of a solemn religious occasion. But the mood in most of Mexico during Easter time is far from solemn. With the exception of the Good Friday re-enactments — passion plays and processions that take place on some level in even the smallest village — the atmosphere is festive, with people taking to the streets and beaches, ready to celebrate spring and rebirth.

Spanish rule was overthrown nearly two centuries ago, but the Spanish liturgical calendar was kept and its important holidays were given a decidedly Mexican interpretation. As they have since the days of the Aztec empire, fiestas provide a venue for decorations, processions and, not least, popular food and drink.

Semana Santa has a strong culinary tradition, one that partakes of the popular food of the streets in a season when everyone seems to be outdoors.

Historian Jeffrey Pilcher cites a description of Semana Santa from the 1800’s era memoirs of Guillermo Prieto. “From Holy Thursday to Easter Sunday throngs of people danced through the streets, in a movable feast of popular cuisine. Thirsty revelers guzzled aguas frescas, refreshing waters flavored with pineapple, melon, tamarindo, and chia seeds, dispensed by women from palm-frond and flower-decorated stands. Holy Week also marked the traditional start of Mexico City’s ice cream season, these frozen treats made with ice carried down from the slopes of Popocatépetl.”

Ice cream-making now relies on refrigeration technology rather than the volcano, but remains an important element of the seasonal street food. Pushcarts, loaded with tubs of ice cream and the fresh fruit ice bars called paletas, wheel their way through the streets. Raspadores — the vendors of the snow cone-like shaved ices known as raspados — are parked in front of schools on weekdays during the hot spring season. During Semana Santa, vendors of ice cream and raspados push their way through the crowds gathered in the plazas in front of churches, calling out their distinctive nasal cry of “nieveees nieveees,” “snows” or frozen treats.

Refreshing drinks made from jamaica, horchata, melon and other seasonal fruits are ladled out from large, clear glass containers. Booths are adorned with flowers, palm fronds, paper cut-outs and fresh fruit. Other booths, also decorated, sell the small, donut-like cookies called roscas and the nut bars known as muéganos.

Also at this time, street fiestas have something for everyone. Delicious pambazos, Central Mexican filled rolls bathed in a spicy salsa, came with a choice of chicken or cheese filling. Plátanos, fried plantains topped with sweetened cream, and the ever-present mini “hot cakes” topped with marmalade satisfied the sweet tooth of anyone who hadn’t had enough roscas and muéganos. Seasonal sweets and aguas dominate the Semana Santa street food scene. Huge booths are set up around the zocalo [main square], stacked with dulces regionales, candies made from coconut, tamarind and other regional ingredients. The celebration of popular cuisine, that street food so dear to our hearts, is one of the most appealing aspects of Semana Santa in Mexico.

(Source: Karen Hursh Graber, www.mexconnect.com)
Somewhere under a rainbow

Gil Gevin's Page

People are always telling me how fortunate I am, what a wonderful life I lead. Well, I suppose there is some truth in that. Living in Puerto Vallarta, taking four-month working vacations, traveling all over Mexico collecting nice little treasures for the shop - it’s not a bad way to pass the time. But people don’t see the other side of the coin. For example, the other day...

A man dressed in badly worn and violently colored Bermuda shorts entered the shop and said, “You know, I was in Oaxaca once and these painted wooden animals you’re selling were much cheaper there.”

“Really?” I inquired politely. “When was that?” “About thirty years ago. Why are you putting on sunglasses?”

“Your shorts,” I said, “are making me nauseous.”

The savvy traveler was replaced by an anxious couple from Indiana who seemed to think they had landed not in a beach resort, but rather on some alien and hostile planet. After pretending to look at a rug, they asked me if it was safe to eat, drink, walk and/or breathe in Puerto Vallarta.

“Nowadays,” I assured them, “all our restaurants serve purified water and produce. And walking around town is quite safe. As for breathing, I’d hold off on that one till you’re back on the plane.”

“Thanks,” they said, backing warily out the door. My next customer, who I am always happy to see, stopped by. “I have some bad news,” he said.

“Remember that citation you received two years ago for not making a payment, which you actually made?”

“How could I forget.” “Well, they’ve slapped you with a fine.”

When I politely explained that there was a “small problem” with his card, the husband (who like most husbands absolutely despised the very idea of shopping) became enraged, called me an unrepeatable name and stormed out of the shop. His wife, hugely embarrassed by her spouse’s crude behavior, made a quick apology and fled the scene as well.

Bursting with good humor now, I was set upon by a gentleman from Quebec who wished to purchase another eighteen-peso Christmas ornament. “You just want one?” I asked in disbelief.

“I live by myself,” he said. “Okay,” I sighed, “that’ll be eighteen pesos.” “Not so fast,” he said. “I haven’t definitely made up my mind one-hundred per cent yet. The price seems kind of high.”

“Kind of high?” I choked.

“Yes. I’m thinking of offering you twelve pesos for it,” he said, “but I’d like to know a little more about how it’s made before I make a final decision.”

“I’m sorry, sir,” I said respectfully, “but we don’t bargain here. We have excellent prices, and they’re fixed - just like our cats.” “Is that right?” he said. “Okay, I’ll give you fourteen pesos then.” By this time several women were attempting to approach my desk with merchandise and money in their hands, but the gentleman from Quebec stood blocking their way.

“Sir, I repeat, we do not bargain here. If you’ll excuse me, these ladies would like to…”

“I’ll give you fifteen pesos,” he said, “and that’s my final offer.”

Sir, read my lips: We... don’t... bargain!” “Sixteen pesos.”

Listen. You make one more ridiculous offer, and the price doubles!” “Seventeen pesos.” “Okay, that does it. Now that straw star is going to cost you thirty-six pesos.”

“You can’t do that,” he shouted. “The price is only eighteen!”

“Now it’s fifty. Take it or leave it.” Clutching the straw star tightly to his chest, the man tossed eighteen pesos at me and ran from the store. “Have a nice day!” I called after him.

Meanwhile, one of the women was handing me an exquisitely carved and painted Chihuahua. “I love this dog,” she said. “Yes, it is lovely,” I agreed. “Shall we wrap it up?”

“Well, no,” the woman said. “I was wondering if you had one just like it, but in a Rottweiler.”

“You want a carved Chihuahua being eaten by a carved Rottweiler?” I demanded in disbelief.

“Of course not,” she snorted. “I just want a Rottweiler.”

“You mean, you want a Rottweiler that looks just like a Chihuahua? Lady, I don’t know what you’ve been smoking, but, please, save some for me.”

Gil Gevin’s Page

Is the author of five hilarious books, including his latest and greatest, 1967: THE AUTUMN, and the cult-classic PUERTO VALLARTA ON 49 BRAIN CELLS A DAY. Signed copies of all Gil’s books are available at his wife’s wonderful shop, LUCY’S CUCU CABAÑA, or as E-Books on Amazon.
Are you a victim of Narcissistic Abuse?  
(part 2 of 3)  

**Giselle Bellanger RN, LCSW**

Continuing from last week’s article, let’s begin with a brief description of 7 types of Narcissists identified by Rokelle Lerner, (“The Object of My Affection is in my Reflection: Coping with Narcissists”, ch 7) and how they “lure” in their victims. At the very least, I find this helpful in validating how and why the victim, who always ask me how they “could be so stupid” to have ended up in a relationship like this, is lured in and then hooked. Many of you may recognize yourself, or a parent, sibling, boss, or your partner, in these descriptions. My hope is that those who have been lured will find the traits and types of the person who “abused” them, and begin to understand how it happened.

**Luring their Victim…**

The **Extraordinary Lover** is an expert on romancing and providing excitement. They may appear to have a rich emotional life, full of feeling, and may exhibit some self-disclosure that enhances intimacy. There may be an underlying theme of grandiosity; “nobody can love you like I can”. The partner idealized initially, but inevitably falls from grace. At this point, the narcissist acts as if he’s lost respect for his partner and the partner may respond by trying even harder to please, eventually the intense romance gives way to disappointment. The Extraordinary Lover has a remarkable intolerance for imperfection in his partner, as it marks the end of his dream fantasy, and they leave the relationship with a disappearing act or a violent explosion of rage. They can be extremely jealous and do not recover well from previous relationships.

The **Dictator:** there’s never enough achievement or material objects to match the inner image of success. They are grandiose in terms of success and possessions; status and power are attractive. They act very entitled. They need to use power and control at work and in relationships. Their partner will feel very possessed, highly restricted, and at times, abused. They need to cultivate the “trophy” relationship; the partner is exploited, and the relationship is filled with conflict. The Dictator is empty emotionally and frightened by intimacy. As their partner grows more and more frustrated and unsatisfied, the Dictator doesn’t understand how they can’t just appreciate their outstanding abilities and lifestyle, and stop insisting on the rest. The **Raging Bull:** rage simmers below the surface and unhappiness is expressed with hostility. Episodes of explosive rage can be triggered by irrational, mystifying, unexplainable causes, and often alienate everyone out of their lives. They are hypersensitive to any perceived insult whether it’s intended or not, and everything is taken personally and interpreted as an attack. Projecting blame is a knee-jerk reaction and they can be very spiteful. Sexual encounters can be very erotic following a hideous conflict. Some partners develop a traumatic bond to this type of behavior and find it impossible to leave. The **Con Artist:** is charming, extremely persuasive, engaging, and inviting. Behind the “you can trust me” façade is a malicious goal of sabotaging a business partner or cheating someone out of money. They are brutal in a relationship, as they actually delight in betraying their susceptible lover with betrayals, such as sexual infidelity, fraud, or criminal conspiracy. The Con Artist truly enjoys planning deception; constriving and manipulating are always at the core of their strategy. They treat their partner with contempt and feel absolutely justified because their partner was so easily fooled. The **Illusion Seeker:** has an elaborate inner world; their joy and excitement only exist in their fantasy world. They actually resent the “intrusion” of the “real” world and avoid it as much as possible. They may appear empty or flighty and have considerable social anxiety and awkwardness, and may seem self-centered. Only in their fantasy, is the Illusion Seeker significant, beautiful, admired and loved. At first, their partner buys into this illusion and provides the admiration and adoration that they seek and thrive on, but eventually reality sets in for the partner and they become very disillusioned and pull away. The **Sufferer:** their personal identity is constructed around being in pain, or being a victim, or being a survivor. Pain justifies a pervasive self-focus. They carry around a lot of emotional baggage and letting go of the past is not an option. They perfected the art of self-pity and feel that no one has suffered as much as they have. They form relationships with somebody who needs to be needed; a Rescuer. The “victim” story can be captivating and very controlling, enabling them to have tremendous power in the relationship and family. Eventually, friends and family feel manipulated and resentful, and leave, which allows the Sufferer another excuse for self-pity. The Sufferer is a master at the kind of self-defeating misery.

The **Rescuer** is seen as virtuous and they take the moral high ground. They are helpful, considerate, and nice to those whom they’re trying to save. They see themselves as saviors, redeemers, and liberators and have absolutely no tolerance for insignificant relationships like children or family. They suffer from a false sense of empowerment and must remain in control of others. They often chose a helping profession (doctors, nurses, clergy, therapists) to hide their grandiose “everybody needs me, I am indispensable” attitude, and often have blurred boundaries.

FYI: Yes, there can be two (both partners) Narcissists in a relationship! Usually when this happens, they are different types that have manifested with different dominant traits.

**Recognizing the Abuse**

Recognizing the dynamics and vicious cycles of abuse is often extremely difficult. Another excellent book is: “From Charm to Harm; And Everything Else in Between With a Narcissist” by Gregory Zaffuto. He devotes a short chapter (20) to reviewing some of the tools in the Narcissist’s “arsenal”. Here is a great direct quote that I feel sums it all up.

“Narcissists are masters of deception, manipulation, betrayal and lies. They drive their “reality” home through bullying, brute verbal force and emotional abuse. A Narcissist clings to their pre-fabricated phony belief system no matter how many times they are confronted with evidence to the contrary. In fact, the more wrong they are, the greater the manipulation and outrage they will display. If you challenge a Narcissist’s point of you, lies distortions, unfounded accusations, etc., just watch how the discussion turns into a one-sided argument with drama, denial, chaos, rewriting history, theatrics, threats, silencing and even punishment very quickly.” (pg 144)

Here is the list of tools, although he explains each one and gives examples, I am only going to elaborate on a few. 1) Avoidance Tactics, 2) Silent Treatment, 3) Name-calling or making fun of you, 4) Projecting, 5) All or Nothing / Black and white Perspective, 6) Smear Campaigns and Back-stabbing, 7) Gaslighting, 8) Withholding, 9) Raging and Acting Out, 10) Blaming and Shaming, 11) Always the Victim, 12) Triangulation or Divide and Conquer.

**Stay tuned:** In next week’s article (part 3), I will elaborate on 5 of these techniques and discuss the “Trauma Bond” in order to emphasize the impact on the victim.

**Giselle Belanger**

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 Mex cell: 044 (322) 138-9552 or US cell: (312) 914-5203
Colonic: the un-sexy treatment that can help you find your happiest sexiest self ever
(Part 1)

Jaqui Karr
Certified Sports Nutritionist.
Certified Vegan/Vegetarian Dietitian

Here are the facts, fiction, and life-changing benefits you absolutely need to know!

This is probably the un-sexiest article in this entire magazine... and the one that might help you find the sexiest version of yourself inside and out (no exercise involved).

How I came to write this article and find Holistic Bio Spa in the first place...

I have Celiac Disease and accidentally got hit with gluten. Not a small drop, the restaurant gave me the entirely wrong pizza and I took a full major hit. Gluten is a whole other topic, but just think “worst food allergy ever with bad effects running for months”. My gut was a disaster. My brain felt like it was going to explode. I looked like I swallowed a volleyball. I was uncomfortable, tired of the incessant headache, and missing my flat tummy.

Worse: it happened as I was going to Mexico... in Texas, so I didn’t have my trusted “team” in Montreal. I wasn’t even in Canada. I started calling ahead for hydrotherapy. Holistic Bio Spa was the only one that answered my questions properly. I booked an appointment, said a prayer and got on the plane.

The result: best colonic I’ve ever had in over 25 years I have been doing them. I stopped counting, but I think I am at 70 or so. “Wine aficionado” is probably a lot cooler, but I think I’ve earned my stripes to call myself an aficionado on this topic after more than 2 decades, in 3 countries, and 15 cities. Wow, do they ever know their stuff!

Welcome to the Age of Detox. You don’t need to have food allergies to be toxic. The average person comes into contact with thousands of contaminants a day. Add that to not-so-green food choices and you end up with an uncomfortable mess: like a brick sitting in your stomach. Detox has become a necessity, not a luxury for movie stars anymore. And that brings me to the topic at hand: colonic.

I’ll start from the beginning in case this is the first time you are reading about colonic, also called “colon cleansing”, “colon irrigation”, “colon therapy”, “hydrotherapy” (definitely water therapy at its best).

What you can expect to feel: Light, empty, de-bloated, relieved of life’s burdens. If you do a few of them and make it a habit once or twice a year, expect gorgeous skin and brighter sparkling eyes.

Many people are instantly relieved of headaches, brain fog, stomach aches, anxiety, depression, insomnia, and more. Your gut is like Grand Central Station for your body. When it is out of order, your entire system malfunctions, specially your brain.

You feel better, look naturally healthy, and your brain can finally focus. I’m a long time nutrition expert so I don’t believe in “quick fixes”, but I have to say, colonic is like waving a magic wand. You instantly erase all of yesterday’s wrongs (including that triple burger and fries you know you shouldn’t have had).

In live seminars, this is when about 200 hands go up with questions, so let me answer the most common...

F.A.Q.’s (frequently asked questions)

Q: Does it hurt?
A: No. Obviously not fun to have something inserted in your bum, but lubricant is your friend and they go slowly of course, so it doesn’t hurt. If you have been constipated for years (prescription drugs and/or bad diets can cause that) you might have big blockages that are uncomfortable. It’s minor discomfort for major benefits and “getting un-blocked”.

Q: I want to try just one, do I have to do more?
A: I suggest 3, but you can certainly go in for 1 and take it from there. If you have a super toxic diet (McPeople, you know who you are), seriously consider 3. But you can definitely start with just...
Easter!

Spring is the season for... Cleansing and Detoxification …  
Cleansing is a hot topic; it is frequently recommended by naturopaths, homeopathic and complimentary therapy practitioners. Why is cleansing receiving so much attention? Well, we live in a toxic world; the soil where our food is grown and the air we breathe are both loaded with chemicals, PCBs, pesticides that blow in from the valley of the river Amaca, dust from the roads and what about those toxic garbage fires that start up around March? (Maybe that explains all those dry coughs sinus infections, unexplained allergies and sore throats?)  

Pharmaceutical drugs and processed foods are common-place. The facts about our hazardous environment can be overwhelming and scary.  
Cleansing, also called detoxification, is our body’s process of elimination, a function that occurs daily through our colon, liver, kidney, lungs, lymph and skin. Despite the fact that we eliminate continuously, our bodies have difficulty keeping up with the toxins. This toxic overload prevents our organs and colon from functioning properly leaving the toxins to collect within our system. The most common symptoms of toxic buildup include: stress, constipation, aches and pains skin rashes and breakouts, low energy, strong food cravings, high sugar consumption, caffeine dependency and unidentifiable illness and moodiness.  
Some cleansing objectives are,  
1.- Improved digestion, better elimination, gas, bloating and indigestion  
2.- Freedom to breathe more deeply  
3.- Less allergic or reactive responses to foods. Less mucus and congestion  
4.- More energy, better nutrient absorption, overall improved health  
5.- Balanced pH; improved alkalinity, less acidic  
6.- Weight loss  
7.- Good skin, bright eyes and sweet breath  

THE NONTOXIC DIET  
- Eat organic foods whenever possible.  
- Drink filtered water. Get off diet and “light” soft drinks or any beverage that has artificial flavors and sweeteners.  
- Rotate and reduce foods such as pasteurized milk products (like that sugar laden yogurt you love), eggs, wheat, and yeast foods such as bread and beer.  
- Practice food combining. That would be avoid mixing dense proteins such as seafood and meat with carbs - such as pasta. Better to do carbs with greens, such as pasta with salads and veggies, or meat/seafood with veggies and salads. You will notice a lighter feeling as digestion is helped along with an abundance of natural enzyme in raw greens and veggies.
- Eat a natural, seasonal cuisine. Local... fresh... organic  
- Include fruits, vegetables, whole grains, legumes, nuts and seeds, low-fat dairy products from free ranged animals, and fresh fish (not shellfish), free range eggs and organic poultry.  
- Cook in cast iron, stainless steel, glass, or porcelain.  
- Minimize red meats, organ meats, refined foods, canned foods, sugar, salt, saturated fats, alcohol, and nicotine.  

A century ago, Medical Doctors would recommend going to the country, breathing fresh air, moderate exercise, eating local foods and drinking a glass of red wine a day while enjoying simple pleasures.  
That works for me too, as I am off to the farm in San Sebastian to enjoy a traditional Catholic Holy week.  

Note: Stock up on foods and stay close to home as the driving is crazy in our popular town during Easter Holidays!

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Three priorities for buyers of Mexican real estate

Harriet Murray

Insist on a comparative market analysis of the” solds” and a list of the competition on the market for sale for any villa or condo you are considering buying. Don’t take no for an answer.

Historically there was a precedent of not recording true sales prices. You, as a buyer, have the right to information before you spend your money. Until buyers start requiring this information, the normal process of looking and making offers will be problematic. Opinion is cheap and thought requires work.

Mexico does not require education or fiduciary standards for persons selling real estate. At the present time, anyone, national or foreigner, can write up a sales contract- and receive a commission - for you to sign, whether their work is correct or not. “Buyers Beware,” still holds true.

Information on what has sold, when it sold, and whether or not there was financing by the seller or a third-party mortgage, is important. Traditionally, seller financing commands a higher sales price. Insist on comparisons of what features the sold properties have that are similar or dissimilar to the property you are considering buying.

Ask how much inventory is in the area where you are looking and what the price ranges are for similar properties. Some agents do no show you other available properties on the market.

Some agencies do not show any properties for sale but their own. If you ask for the comparative market analysis and a list of what is available in the areas you like, you should ask which ones belong to the agency you are using, and which ones are not.

Insist upon the purchase funds being put into an escrow account. There is no reason for you to use an account of the broker (which is prohibited by our Ampi chapters in the Bay of Banderas.), or to use the notary or any private individual. Don’t be talked into the idea that the cost of an escrow account is too expensive or a waste of money. Reputable escrow companies provide a badly needed service at reasonable fees.

In the case of new construction projects, some builders use a master trust and your funds are put into that bank trust. In all cases, know where the money you are paying is being sent and what your rights are in case of seller default.

Unless you are a national and understand Mexican real estate law and taxes, or you are a foreigner who is fluent in the language and understand the Mexican real estate and tax law, do not proceed with any purchase until you obtain local professional advice.

There are knowledgeable real estate agents, attorneys, and accountants available. However, if anyone trying to sell you something or acting as your agent tries to talk you out of professional advice, this is a red flag.

There are no formal approved real estate contracts, and no disclosure regulations for you to depend upon. You have to be aware and become good at asking questions and using good judgment.

You have a great opportunity right now to find a wonderful deal on a villa or condominium in our market of Puerto Vallarta, Bucerias and La Cruz, Punta Mita and many points in between. If you take sound steps in the process, you will be very fortunate and happy, for many reasons, to own a home here.

This article is based upon legal opinions, current practices and my personal experiences. I recommend that each potential buyer or seller of real estate conduct his own due diligence and review.

Harriet Murray
Can be contacted at harriet@casasandvillas.com www.casasandvillas.com

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Sales & Rentals
Ongoing Events & More...

The Museum on the Isla Cuale - open Tues. to Sat. 10 a.m. to 5 p.m. Free admission.

Historical Naval Museum (right next to Los Arcos Amphitheater) $45. Pesos.

Voladores de Papantla perform @ 6 p.m. on the Malecon in front of La Bodeguita del Medio.

- Mondays to Saturdays - 9 & 11 a.m. + 1 & 3 p.m. - El Salado Estuary Mangroves Tours, bilingual guides. Reserve at 226-2878 or 044 (332) 175-7539.
- Mondays - 11 a.m. - Mahjong - Andale's Rest't on Olas Altas. Info: Pat Bendix - 221-5730
- Tuesdays - 9:30 a.m. - Free Malecon Sculpture Tours - meet at Millennium Sculpture by Rosita Hotel
- Tuesdays - 10 a.m. - Humanitarian Tour of Corazón de Niña, including brunch. Reserve with Melissa: 224-9209 or email admin@corazondenina.mx
- Tuesdays - 12 noon - 6 p.m. - Ceviche & Aguachile Fair - by the Pier on Fca. Rodriguez
- Tuesdays - 1-2 p.m. - Intelligent Movement Forever classes w/ Via Anderson. Info: yogawithvia@gmail.com or www.intelligentmovementforever.com
- Thursdays - 6 p.m. - Free Sunset Malecon Sculpture Tours - meet at Galeria Pacifico (174 Aldama downtown) - ends at Demetro Galeria by Lazarro Cardenas Park
- Fridays - 10 a.m. - 1 p.m. - PuRR Project Adoptions - in Plaza Marina
- Fridays - Shabbat Services & dinner. Info & Reservations: Rabbi@chabadvallarta.com
- Fridays - 7:30 p.m. - Xiutla Folkloric Ballet - Lazarro Cardenas Park
- Fridays - 8 p.m. - Practilonga! - at J&B Dancing Club, Fco. Medina Ascencio 2043. Free!

Wed., Fri. and Sun. - 10 to 2 - Bohemio Artisans Co-op - 625 Lazarro Cardenas
Wednesdays - 6 to 10 p.m. - Market in Parque Hidalgo - with Fiesta Mexicana!
Thursdays - 6 to 10 p.m. - Marina Market along the Marina Malecon
Fridays - 9:30 a.m. - 1:30 p.m. - Marsol Market - by the pier
Saturdays - 9:30 a.m. to 2 p.m. - Olas Altas Farmers’ Market at Lazarro Cardenas Park
Saturdays - 9 a.m. to 1 p.m. - Three Hens and a Rooster Market - 466 V. Carranza between Naranjo & Jacarandas
Saturdays - 9:30 a.m. to 2:30 p.m. - Mercado Los Mangos - at Los Mangos Public Library

- Saturdays - 10:30 a.m.-12 noon - PV Writers’ Club - at the Boutique Theatre (upstairs of Nacho Daddy’s)
- Saturdays - 11 a.m.-2 p.m. - Angelicat & Acopio Pet Adoptions - at Plaza Caracol
- Saturdays - 12 noon to 1 p.m. - Metaphysical Group - at the Cuale Cultural Center at the east end of Isla Cuale Info: Rev.CorinaScherer@gmail.com
- Saturdays - 5 p.m. - Bilingual Mass - at Our Lady of Guadalupe - near main square
- Sun. - 6 - 7 p.m. - Municipal Band, 7 - 8 p.m. - Danzon Music - Dancing, main square
- SPCA - To find your perfect companion animal rescued by the SPCA, please contact spcapv@gmail.com

PLEASE leaf through this issue for the many events that do not appear here ...and JOIN US ON FACEBOOK! N.B.: All events are subject to change without notice.

For a comprehensive list of most -if not all- charity groups and non-profit organizations in and around PV, you may want to check out: www.puertovallarta.net/fast_facts/non-profit.php
Are you addicted to social media...?

Over the past 10 years, we’ve become more and more “addicted” to our online life and particularly with mobile devices as they can now do more and more. The biggest culprit seems to be social media. All but gone are the pioneering MSN, Yahoo and AOL Messengers while cross platform connectivity has become the norm. But what are the costs of this since it has become such a big part of our lives?

Back in 2004, Facebook was only a year old itself, while social media was in its infancy. Back then, we used the internet mainly for email and getting the news. But between 2005 and 2015 all that changed. Over those 10 years, social media exploded along with online video streaming and photo sharing which is now commonplace.

Fast forward to 2018 and MySpace is all but gone, meanwhile Facebook (as of the end of 2017) now has over 2.1 BILLION active monthly users. Facebook also has over 1 Billion users logging in daily and of that, over 800 million daily users log in with a mobile device. These numbers are staggering.

This means more than 25 percent of the world’s population uses Facebook every month! Facebook is not satisfied to just stop there either. They are building things like internet-beaming drones and laying fiber optic cable in Africa to bring the internet and Facebook to reach more remote areas of the world.

Relatively “young” WhatsApp, which is a free smartphone to smartphone text messaging app, has already taken the world by storm and was at 1.5 Billion monthly active users by the end of 2017. Started in 2010 by two former Yahoo employees, WhatsApp has tapped into the huge smartphone user market, and single handedly did away with old-school cellular text messaging... and its money grabbing fees by cellular companies.

In late 2014, Facebook bought WhatsApp for $19 Billion US. They have since added free voice calls between WhatsApp users as well, which helps the world’s consumers keep excess cellular call charges down, much to the dismay of cellular companies everywhere.

Meanwhile Skype (which was bought by Microsoft in 2011 for $8.5 Billion US) is definitely worried by this newest competitor and rightly so. Skype has stalled out at 300 million active monthly users. Today, WhatsApp already has 300 million active daily users. WhatsApp is now used in over 180 countries, and users send more than 150 million messages on the app every day... and it is one of the most popular social media platforms today, tied almost with Facebook Messenger.

Twitter seems to have stalled in the new users’ race as well. Founded in 2006, Twitter active user base sits around 330 million. Tumblr, started in 2007 and owned by Yahoo since 2013, has around 800 million users. Instagram, which is primarily a mobile photo/video sharing site, has gone from start-up in 2010 to 800 million users by end of 2017, adding 100 million new users annually.

Recent surveys found that 61 percent of the users of Facebook have taken a break from it from time to time, and more than 27 percent said they planned to spend less time there in the future. In addition, a fifth of online adults who were not Facebook users said they had used Facebook at one time, but dropped it and never returned. The top reason for taking a break from the site was time. 21 percent of members said they were too busy for it. There it is... TIME.

I’ve seen some friends sit for hours sifting through updates and new posts of news or photos from friends far and wide on one social media app or another. I personally have never gotten deeply into Facebook for that very reason... I just don’t have the time.

Many users admit social media takes up too much time because they let it, but many are slowly weaning themselves off it. They say they want real time with friends and family. Now there’s a novel idea... real time with real people! By far, the main reason for cutting back or leaving Facebook were things going on in their lives that prevented them from doing Facebook stuff. It’s called a life!

So... to find out (unscientifically) if you’re a bit “too connected” ask yourself a few questions to see if you should take a step back. Out of these social media networks I mentioned above, how many are you active in? How many hours a day, week or month, do you spend pouring over posts from friends, families and colleagues?

Would you be able to stop your social media use if you wanted to? Would you go into a meltdown if you lost your tablet or smartphone, leaving you unconnected? Do you have more online friends than real ones? When is the last time you read a book?

If you find your answers to some of these questions a bit worrying, don’t panic. Just take a step back. Put your laptop, tablet or smartphone away a few more hours a day and enjoy the real world a bit more. Enjoy your friends in person more often. Enjoying the “virtual world” is not a bad thing, but if it takes up a good part of your day, it may be time for a “recalibration” of your habits. Recognizing a good balance and moderation, is the key to everything in life.

That’s all my time for now. If you’d like to download this article or previous ones, you can do so at www.RonnieBravo.com and click on “articles”. See you again next week... until then, remember: only safe Internet!
Striped Marlin and Sailfish take over Punta Mita

Stan Gabruk
(Owner of Master Baiter’s Sportfishing & Tackle)

When you refer to the fishing charts for the area, you would notice that Sailfish are at the beginning of their season, Striped Marlin are not in season and of course, the Dorado are not supposed to be in the area as well. It’s a little hard to explain what’s happening, so I’m not even going to guess. All I know is what happened yesterday and the week before. The continuing trend is Striped Marlin running with Sailfish who are both chasing super abundant bait in many forms. Yes, folks, for the unsuspecting vacationer deciding to take a full day fishing trip hoping for some possible Dorado are coming back with any manner of billfish.

Water temperatures are about the same as last week, 70 to 72 degrees depending on if you find a ‘warm’ spot or not. Bait, well it’s crazy abundant with many, many different types. It just doesn’t make sense, but there you are, catching fish! At times it’s hard to understand what is happening, but I guess all you really need to know is that “it’s happening”.

This past week, the Sailfish running with Striped Marlin are often schooling alone or in packs. If you’re targeting these billfish you’ll find them anywhere from Corbeteña to Punta Mita. To be straight up, it seems the closer you are to Punta Mita the better your chances are for Striped Marlin. Yes, we see Sailfish but not like we’re seeing numbers in Stripers. Anywhere from 2 to 12 miles off the point on a heading of 310, you could find yourself with multiple simultaneous strikes. In this area right now, you could expect anywhere from three to ten strikes. If you convert or not is the question. Please remember to release them as nobody needs to kill fish needlessly. Keep one for a picture as it’s legal, but several is not acceptable - legally or morally. Dorado have been spotted in this area as well, look for any structure or floating debris and you’re in. The buoy at the point is always a good place to start. They have been decreasing in numbers lately, so if you want to get into the game, now would be a good time to bust a move, amigos. Mix in a heavy measure of Jack Crevalle, Sierra Mackerel and other assorted species and you’ve got some wonderful winter fishing. Freak fishing would be a better name for it, either way you’ll have a wonderful time.

Believe it or not, the other hot spot is the bay! It’s still Jack Crevalle central, but at this time of the year Jacks are our “bread and butter”. Not great tasting, although Victor’s restaurant on the Malecon of Marina Vallarta does a fine job with them. We still have Groupers to 15 lbs. around the Ameca River along with possible Sea Bass to 30 lbs. as well, you’ll be jigging, but it’s working, amigos. Sailfish are not as abundant out of the bay but you can still get lucky around La Cruz or Los Arcos. We are also in Snook (Robalo in Spanish) season and have seen some signs of them moving in, but nothing solid and predictable as yet. Bonito are still running the area at 30 lbs., Striped Marlin are still in the area feeding on abundant Sardines, Goggle eyes and Mullets which are all mixed in a super bait ball that just get fish in a frenzy. Rooster fish that the charts show should be here are still missing.

Dorado possible again near Los Arcos to 25 lbs., Sierra Mackerel to 15 lbs., Football Tuna to 30 lbs. off Yelapa. There are so many different species around structure and rocks that you’ll have many opportunities to catch something worth eating.

You always hear me talk about the “abundant” bait, but the real question is which bait is best? Most people normally hit up the bait boats near the fuel docks in the morning and purchase Goggle eyes, Mullets or whatever they have from the night before. Many people ignore Mackerel and this week if you have a trolled Mackerel, your chances of boating a Striped Marlin almost double, same for Sailfish. Plentiful, most people don’t want anything to do with those “smaller fish”. Fact is if you catch them, put them in the live well and use them for the Billfish, amigos, you’ve got the tools, now you have the knowledge. Water temperatures are still in the 70-degree ranges yet we still have hungry fish hanging around. One secret, keep this to yourself. Normally I will tell you skipping baits on top of the water doesn’t work, but to make you think you’re fishing. But there are times, like now, when skipping trolled bait, not too fast, say seven knots will be preferred. Maybe they assume it’s a flying fish, but whatever the case, this is the best way to use live bait for the moment. Iguana lures are still the magic secret and you should be running two at least with some live bait varied from Sardines, Google Eyes, and yes, Mackerel! The bite is still on the early side and getting earlier by the day as the moon phase is getting fuller and the rising tide is still about 9 a.m. For now, leaving earlier rather than later is best. Until next week, don’t forget to kiss Your Fish!


The trade name Master Baiter’s Sportfishing and Tackle is protected under trade mark law and is the sole property of Stan Gabruk and Carlos Soberon.
PLANTING ROOTS IN MEXICO

Lantana

Lantana camara
Family: Verbenaceae

Also known as: Red and Yellow Lantana, Red and Yellow Sage, Shrub Verbena, Spanish Flag, Bird’s Brandy, Cherry Pie, Tick-Berry, Angel Lips, Big Sage, Black Sage or Red Sage

This happy, unpretentious, flowering evergreen bush—known by an assortment of common and Latin names—also has many alleged places of origin. (Where have we heard that before?) Some “in the (supposed) know” say it originated in a wide area including many of the Pacific Island nations, in Australia, Cambodia, China, Indonesia, Malaysia, New Zealand, Thailand, Viet Nam and the Philippines as well as in the Indian Ocean locales of La Reunion, Mauritius, and Rodrigues Islands. Yet others say that it first came from Mexico, Central America, the Caribbean and tropical South America.

Even two of my “Go to guys” are in slight disagreement. Dr. W. Arthur Whistler says that they first came from the West Indies. While Robert Lee Riffle states the Lantana genus is comprised of 150 shrub species coming from tropical Africa as well as tropical America. I think I’ll go with Kirsteen Albrecht Llamas who acknowledges that while the genus probably came from tropical America, the “exact origin [is] obscure” of this specific species!

With his tongue slightly in his cheek, Riffle has observed that “The common name of these plants should be the rainbow shrub because each flower cluster contains yellow, orange, pink and/or red blossoms.”

Beyond this flora, Lantana is a rather low, vigorously growing bush with a strong root system, stout recurved prickles and a heavy scent of black currents. (Three descriptions seldom seen used together!) They like ample sunshine and fertile, moist, well-draining soil. In height, the Lantana camara grows from four to ten feet (1.22 - 3.05 meters) - or more.

Its hairy three to five-inch (7.62 - 12.7 cm) long leaves are ovate or ovate-oblong while its small orange flowers - but sometimes varying from various shades ranging from white to red - have a yellow throat. (Some people complain that the leaves have a bad odor.)

These tiny five-lobed flowers present themselves in dense hemispherical clusters up to two inches (5.08 cm) in diameter. Its stems are usually covered with short, stiff hairs. Its shiny fruit is small, greenish-blue black with two outlets. These are dispersed by birds and germinate easily. (Warning: The foliage and unripe berries are very toxic.)

Not merely another “pretty face with a dangerous body,” this plant has medical applications. According to the National Tropical Botanical site, its leaves can be boiled and applied for swellings and other bodily pains. Its bark is astringent and accordingly, can be applied as a lotion on “cutiginous eruptions, leprous ulcers (neither of which sounds fun or appealing!) And, lastly, this site continues, “Alkaloidal fractions, obtained from leaves, have been found to lower blood pressure, accelerate deep respiration and stimulate intestinal movements in experimental animals.”

While grown by gardeners and home owners as a hedge plant, in some of its native environs its stalks are used as the raw material from which paper pulp is made for use in wrapping and printing or writing upon.

However, Lantana’s fans are not necessarily legion, nor is it loved worldwide. According to Australia’s Weed Management Guide on-line site, the weedy form [Lantana aculeate] of this species “is a Weed of National Significance. It is regarded as one of the worst weeds in Australia because of its invasiveness, potential for spread, and economic and environmental impacts. Lantana forms dense, impenetrable thickets that take over native bush land and pastures.” In fact, it is illegal for Australian nurseries to sell this plant.

Beyond that, the folks at the University of Florida’s Center for Aquatic and Invasive Plants state that it is a “Poisonous Pasture Plants [and] toxic to livestock.” (And remember that contention as to its place of origin? These folks say it’s the West Indies.)

But we’ve all got our detractors and – in addition to me – bees, butterflies and birds find the Lantana attractive! Beyond that, they’re wonderful for brown thumb gardeners in that Lantanas are easy to care for and grow virtually, anywhere in well-draining soil. They can be used as border plants, in mass plantings or potted. It is highly tolerant of salt spray and saline soil, hence a good selection for beachside gardens. It doesn’t, however, like soggy soil.

From what I’ve seen and read, the original Lantana camara is seldom commercially offered any more, with hybrids and cultivars being what we can generally expect to see sold.


Tommy Clarkson

In Manzanillo, visit Ola Brisa Gardens. Tommy and Patty’s verdant, multi-terraced tropical paradise nestled on a hill overlooking the magnificent vista of Santiago Bay. Leisurely meander its curved, paved path, experiencing, first hand, a delicious array of palms, plants and flowers from all over the world. Or e-mail questions to him at olabrisa@gmail.com For back issues of “Roots”, gardening tips, tropical plant book or to schedule a tropical garden lunch, please visit www.olabrisagardens.com

https://www.facebook.com/olabrisagardens/ref=hl
THE NEW YORK TIMES TUESDAY CROSSWORD PUZZLE
by Norma Johnson / Will Shortz / © New York Times

Across
1. It's a no-no
6. Up for it
10. Hook attachment
14. Shia's deity
15. Letter-shaped beam
16. Long ago
17. Colorful food fish
18. Kid around
19. Mix up
20. Deeply hurt
23. Benevolent fellow
25. Poem of exaltation
26. Quitter's cry
27. Abs strengtheners
29. Big bash
33. Partner of poivre
36. Ramadan observance
41. Be testy with
42. Pride member
44. Little terror
47. Genesis garden
48. Attached, in a way
50. Racial equality org.
52. Whale group
53. Suffix with butyl
54. Gulliver's creator
59. Ark complement
60. Met solo
61. Game played on a wall
64. Scot's attire
65. Took a turn
66. Like leprechauns
67. To be, to Brutus
68. Scots' turndowns
69. Conical dwelling
48. Attached, in a way
50. Racial equality org.
52. Whale group
53. Suffix with butyl
54. Gulliver's creator
59. Ark complement
60. Met solo
61. Game played on a wall
64. Scot's attire
65. Took a turn
66. Like leprechauns
67. To be, to Brutus
68. Scots' turndowns
69. Conical dwelling

Down
1. "___ Te Ching"
2. Yodeler's setting
3. Semiformal
4. Pearl Harbor site
5. "Come on, that's enough!"
6. Doll for boys
7. Help in wrongdoing
8. Kind of note
9. Art Deco notable
10. Petty officer
11. Class clown's doings
12. Yule tree hanging
13. Pulitzer winner Studs
14. S.F.-to-Spokane direction
15. Bit of humor most people can't get
16. Native New Zealanders
17. Discussion groups
18. Wrecker's job
19. "Finally finished!"
20. Social stratum
21. Jr.-year exams
22. "Laugh-In"
23. "I know what you're thinking" ability
24. Fish story teller
26. "Ouch!"
27. Summer month, in Paris
28. Rock's ___ Lobos
29. Sherlock Holmes prop
30. "Poem of exaltation"
31. Native New Zealanders
32. Discussion groups
33. Native New Zealanders
34. Sherlock Holmes prop
35. Red tag event
37. Klutzy
38. ___ about (rove)
39. Excursion diversion
40. Cel character
43. S.F.-to-Spokane direction
44. Bit of humor most people can't get
45. Native New Zealanders
46. Discussion groups
48. Wrecker's job
49. "Finally finished!"
50. Social stratum
51. Jr.-year exams
52. "Laugh-In"
53. "I know what you're thinking" ability
54. Fish story teller
55. "The Waste Land" monogram
56. "Ouch!"
57. Summer month, in Paris
58. Rock's ___ Lobos
59. Sherlock Holmes prop

SUDOKU!

Sudoku is a logic-based placement puzzle.

The aim of the puzzle is to enter a numerical digit from 1 through 9 in each row, column and group of squares enclosed by the bold lines (also called a box).

Each box must contain each number only once, starting with various digits given in some cells (the "givens"). Each row, column, and region must contain only one instance of each numeral. Completing the puzzle requires patience.

It is recommended as therapy because some studies have suggested they might improve memory, attention and problem solving while staving off mental decline and perhaps reducing the risk of Alzheimer’s disease.

Solution to Sudoku on Page 31
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