You are here, finally! We wish you a warm welcome to Puerto Vallarta!

**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.

**AREA:** 1,300 sq. kilometers

**POPULATION:** 350,000 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 Vallesio hosts a great variety of animal species such as iguana, guacamaya, deer, cougars, raccoons, and opossums.

**SACRED AREAS:** 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.

**BUSES:** A system of urban buses with different routes. Within PV, the current fare is $10.00 Pesos per ticket and passengers must purchase a new ticket every time they board another bus. There are no "transfers." Activities:

**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 intended to.

**LOCAL CUSTOMS:** Tipping is usually 15%-20% 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.

**AREA:** JALISCO • MEXICO

**CLIMATE:** This is a protected area (Sanctuary of the Estuary of Bahía de Banderas) and fishing of any kind is prohibited. Every year, the bay receives the visit of humpback whales, dolphins and manta rays.

**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.

**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 Pancho, Punta Mita, etc. North of Lo De Marcos, Guayabitos, La Perita, 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. Most cell phones from the U.S. and Canada can be programmed for local use, through Telcel or other carriers. To dial cell to cell or land line, use the prefix 322, then the seven-digit number of the person you're calling. To access toll-free numbers in the U.S. and Canada: 800 numbers - dial 001-880 • the number, 866 numbers - dial 001 - 883 • the number, 877 numbers - dial 001 - 882 • the number, 888 numbers - dial 001 • the number.

**LOCAL CUSTOMS:** Tipping is usually 15%-20% 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.

**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 28th 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 hotels 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.

**EXPORTING 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 322 293-3690.

**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.

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**Contributors:**

Anna Reisman / Krystal Frost / Stan Gabruk
Harriet Murray / Marcia Blondin
Leza Warkentin / Gil Gevins / AJ Freeman
Dr. Irving Ramirez / Sheryl Novak

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The PV MIRROR wants your views and comments. Please send them by e-mail to avineberg@yahoo.com

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Dear Editor,

I just wanted to let you know how much I am enjoying the column by Gil Gevins. He is a great addition to the paper!

On a recent cruise ship visit to PV, we took a ship excursion called “Tequila Tasting, Mayahuel Experience”. In my opinion, the tequila tasting was nothing special, but Mayahuel was an amazing show, sort of Cirque Du Soleil in style. Dancing, special effects [fire dancing], drama, acrobatics [both seesaw and trampoline, a la Cirque Du Soleil, plus some aerial]. I have never seen any mention of this show in the Mirror. Perhaps a review might encourage some of your readers to try this show to their enjoyment. I hope to see the show again on my next visit.

Thank you for the excellent publication!

Ken Weissman

Dear Mr. Weissman,

We love Gil’s writings too, and we’re very grateful to him for allowing us to reprint them. Regarding the ship excursion, you’ve done a good job reviewing the show yourself! Now all we need is the name of the tour operator that organizes the event, please.

The Ed.

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VOTE for Puerto Vallarta!

The Travvy Awards recognize the top industry suppliers: destinations, hotels, cruise lines, airlines, tour operators, and more, as decided by those who know them best: travel advisors. Voting is now open, until August 31st, so check out the nominations below, and cast your vote for whom you believe deserves to take home the gold.

https://www.travvyawards.com/vote

Puerto Vallarta has been nominated in the following categories:

- Best culinary destination in México (Nomination N. 43)
- Best destination in México (Nomination N. 52)
- Best honeymoon destination in México (Nomination N. 55)
- Best Tourism Board in México (Nomination N. 61)
- Best wedding destination in México (Nomination N. 65)
- Best academic program for travel agents (Nomination N. 113)
If you plan to furnish your new condo in Vallarta with a mid-century modern décor style, you may consider incorporating some chrome pieces. Table bases, occasional and dining chair frames, and lamps made with this shiny metal contribute to this popular look.

For those who are regular readers of this column (thank you!), you already know that my objective is to help people buy furniture right the first time. That means buying based on more than just looks and price; it means buying furniture made with materials that will last in our climate. After investing in a new condo, your next big-ticket purchase will be for furniture. Sadly, too many people err by dropping their hard-earned cash on items they see at big box or department stores only to find themselves out shopping for replacement items within one to two seasons.

Our climate is significantly different from the one most new condo owners know. Here, our furniture must withstand the effects of high humidity, intense UV rays, termites, and salty-ocean air.

With that in mind, is chrome a good material for our climate? First, it is important to understand the difference between chromium and chrome. Chromium is a durable, corrosion-resistant ore mined in the US, Kazakhstan, India, and South Africa. Chromium is mixed with metals like nickel and iron to make stainless steel.

On the other hand, chrome is a thin, decorative layer of chromium electroplated over metal or plastic. Electroplating is the method used to ensure the ions of the chromium metal stick to the base to which it is attached. Here is what is extraordinary about this material. Once it is applied and then exposed to oxygen, it creates an invisible layer of protection that is extremely strong called a chromium oxide barrier. That is why chrome does not rust – if the chromium oxide barrier is there, the metal beneath is safe.

Should you scratch your chrome chair or table, however, the chromium oxide barrier is no more, and moisture from the air can cause rust to the underlying metal. That is why it is critical to clean, move and treat your furniture correctly. Over time, however, chrome tends to develop cracks and elements such as seawater and chlorine in the air can get in and cause rust to the metal beneath. With the metal falling off, chrome has nothing to support it, and you will see holes or pits in the chrome.

To clean chrome, you should never use wool cleaners with metals (steel or carbon wool) or greasy water. They scratch the surface and expose the metal beneath. Instead, use regular soap and water or a non-acidic cleaner. Avoid polishing chrome unless it really needs it because every time you do this, you wear away a little more of the layer of protection. If your chrome furniture is rusty, an aluminum foil treatment is an option to clean, protect, and enhance it.

As with all furniture, the quality of the chrome plating is critical. Lower-cost furniture uses a low-quality chrome plating process, resulting in pin holes that will cause your new piece of furniture to rust within 30 to 60 days. Quality manufacturers will use a double plating of nickel before chrome plating, ensuring a longer-lasting finish.

So how do you know when you are in a store whether the beautiful chrome chair or table you love was made using the correct process? One way, although not foolproof, is to check carefully for pits in the chrome finish. The best way, however, is to purchase from a retailer and manufacturer with a brand name you trust.

New condo? Buying furniture for our climate in Vallarta is different – it needs to stand up to termites, salty ocean air, high humidity, and intense UV rays. We specialize in helping you find the manufacturers and suppliers that use the correct materials with the proper processes, so your furniture lasts. Visit us at our Puerto Vallarta store: 363A Constitucion or Bucerías store at Heroes de Nacozari 126. If you are not currently in Mexico, email us at furniture@solutionsmexico.com or send a text on WhatsApp at +52 322 136-5156.
Safe traveling in Mexico

I am often asked by other parents if I feel safe traveling all over Mexico with my family. If you read anything on the U.S. government website and several things on the Canadian government website, you might wonder if traveling in Mexico is a good idea at all. I don’t have the space to provide the whole text of the U.S. travel advisory for Mexico that was issued in 2018. Let’s just say they don’t advise a lot of gallivanting around Mexico at all, and seem to prefer you stick to the resorts.

In Canada, where people are nice and don’t want to hurt anyone’s feelings, they still ask you to avoid certain states and heed the level warnings attached to other places. It also asks to consider your vulnerability to the Zika virus.

Look. I have lived here since the year 2000, and I speak the language (I mean, as long as we can communicate in the present tense, because verbs are hard). My husband and children are Mexican citizens, and they have grown up traveling on the subway system in Mexico City so they can go to their abuelo’s house.

So, for our family, traveling around Mexico is just traveling around. We do it because we live here and we want to see everything. But as a responsible parent, I believe it’s important to be aware of potential security issues no matter where we go. And I can’t say that every place in Mexico is always a wise travel choice for our family.

This summer, our travels took us to the state of Chiapas. The U.S. advisory states that government personnel are not to travel beyond tourist areas in Chiapas.

However

1) I am not government personnel
2) I am not even American
3) how are you supposed to get from one tourist area to the other?

4) in June, 2018, Chiapas was named the safest state in Mexico, according to Semáforo Delictivo, a citizens’ security watchdog.

We landed in Villahermosa, Tabasco, and took a rental car to Palenque. This was a short drive, less than two hours. Most of the way was highway, but some of it was on a fairly narrow, two-lane road with very little cell phone signal. Never having been this far south, I was a little nervous, I am not going to lie. But we started out early in the morning and the way was pretty clear and easy. Until we hit the road construction. And the way got really slow. And we popped a tire and couldn’t get off the road until the rim was destroyed.

Let me tell you, with all the confidence I had from years of Mexico travel, my chest got a little tight. We pulled off the road into a tiny (teeny tiny) indigenous community and sat still for a second as I took some very deep breaths. We opened the door and immediately noticed a young man running as fast as he could toward our car. I felt my body bracing itself against the car frame, but then I realized that he was a) smiling b) shouting “Are you ok? Your tire is WRECKED!” in English.

Immediately he had his aunties and cousins getting us tools and advice while he was merrily jumping on the tire iron to get the lug nuts loosened. I gently nudged my jaw closed and started searching for a signal to get our insurance company on the line. The young man shoved a crate next to a tree and showed me how to stand on it to get a slight, yet effective, signal.

Once we had our spare tire on, the young man said goodbye as he jumped into a truck that would take him to his construction site job (I swear to you that kid never once stopped running), and we slipped some pesos to his family, who insisted that they just wanted to help.

We were on the way again, and all I could do was feel blessed that we had not only come into contact with great people, but that it had happened early on in the trip.

Is traveling in Mexico safe? It’s not safe from the international car rental companies who won’t cover the cost of a busted tire that their own people overfilled. It’s not safe if you ignore the common sense advice that the local people are happy to supply (avoid travelling at night, always have a spare tire).

The bigger question for us would be, is traveling in Mexico worth it? And, in our case, the answer is always yes.
Rained out

Last week, dear friend Georgia Dareshori and I spent a couple of hours laughing and cheering ‘Kinky Boots,’ a musical filmed in London. Dennis Crow provides these musical wonders every Tuesday at 5 p.m. in the chill Theatre at Incanto.

Based on a true story, with music and lyrics by Cyndi Lauper, Kinky Boots won her a Tony Award for Best Original Score in 2013 and a Grammy for Best Musical Theater the following year. It is rousing and joyful, sending a message of cooperation, fairness and inclusion without being the slightest bit preachy.

Which, of course, made us hungry! Over the fabulous bridge afterward into downtown and found ourselves at Barrio Lindo. Their staff was wonderfully accommodating once again, and the house bean dip with homemade totopos was outstanding.

Two days later, I was back in Incanto’s theatre watching ‘John Lewis: Good Trouble’ presented by Democrats Abroad.

This film, produced by CNN, tells the story of Congressman John Lewis’s struggles for racial equality in the United States, particularly in the Deep South. Lewis hobnobbed with Martin Luther King, Ralph Abernathy, John and Robert Kennedy, et al, in the early sixties and used kindness and non-violence to get his points across until his death two years ago. The most incendiary archival footage in the film predated CNN by at least two decades.

The musical ‘Hair’ is up next. I will let you know that went in a week!

Democrats Abroad are also hosting a Forum on Critical Race Theory and Great Replacement Theory on August 18 at 5 p.m. at Incanto’s Theatre. There is no charge for the movies or the forums; just kindly respect Incanto’s two-drink minimum and, of course, take good care of your servers.

Meanwhile, up on Juarez at OPC: Mau Cervera from Granvas presented his pop-up wine bar again in Sala William Holi to welcome back Bolivian singer Valeria Moeller. Beautifully backed by Gabo Navarro and Alejandro Muraira, this engaging singer reminded me of a throaty Marlena Deitrich, and she is, indeed, of German lineage. Maria Jose Zorilla told me that Valeria used to be a regular entertainer at El Patio de Mi Casa before she settled in Bolivia. During a break, Valeria chatted briefly with me in English; she would love to come back more often to Vallarta, and we hope she does.

The Night of the Iguana party was postponed due to torrential rain last Saturday at Arte Vallarta Museo. Director Nathalie Herling will post on Facebook a new day and time when she has scouted the weather radar sufficiently!

After the celebrations at the Museo, I had planned to eat at Il Pesce with Georgia Dareshori, so we went for an early dinner and decided where we would go for the rest of the evening.

The two of us were warmly greeted by owner Carlos and waiter Rene at the front door of the tiny, barely eight-foot across, Italian (Sicilian) resto on Constitucion. This was visit number four for me and the first for Georgia. Again I had Funghi e Trufa - the three kinds of mushrooms on handmade fettucine with truffle oil cream. Every bite was heaven; truly, in my life, I have never had pasta so miraculous. And four times??

While Georgia enjoyed her mahi-mahi with lemon and capers, I told her about Litten Brod prices after 5 p.m.; they are half! We were all excited to pop in and load up on bread and maybe some cheesecake on our way to Incanto, only to find them closed for the day. Never mind, one food miracle a day is all I need!

We ended our evening at Incanto at a one-night-only, first-ever drag show by Naked Boys Singing star Fidel Rebolledo. He had special guests Dennis Crow on piano and singer Stella Rosas, still as gorgeous as ever, onstage. Mitchell, always lovely in and out of drag, otherwise known as Karma La Perra, dropped by to sing a couple of songs. Mitchell was also in Naked Boys Singing.

Robert Schrock, writer and director of that great play, was also in the audience. A few Incanto alums, including Kami Desilets, Bing Young and Enoch, lent valuable support to their fellow entertainer. Fidel will have another show next March when he returns to Vallarta from the US.

Voice of Vallarta: week #5: A little more than halfway through this competition, and we are down to ten contestants. Tonight’s winner was Renata, whose R&B choice won her nearly perfect 10s from the judges. In second place was Luis and Patriz was third.

Only three more shows until the winner is chosen. I am so happy I do not have to make any decisions about any of the singers - they all have enormous potential, but only one of them will be the next Voice of Vallarta.

COMING UP:

August 14, Sunday, 8 p.m. at Act2PV - Voice of Vallarta, week 6 of 8!

August 16, Tuesday, 5 p.m., Incanto Theatre - Billy Elliot, filmed in London.

August 17, Wednesday, 1 p.m. at Qulture - Scrabble!

August 18, Thursday, 5 p.m., Incanto Theatre - Democrats Abroad forum on CRT and GRT.

August 20, Saturday, 7 p.m., in the Red Room at Act2PV - Luis Villanueva pays tribute to George Michael.

Take gentle care of one another, be kind, smile always and remember where you are.

From Here.
Elvis has left the building …forever.
I saw the movie, finally. Everyone’s been raving about it. Now I understand why, and I agree. After seeing it, I googled everything I could find about The King (until 2 a.m.!), his life, his death, the production of the movie, etc. Whiffed completely the next day.
I consider myself lucky to have seen him live, in concert at New York State’s Nassau Coliseum, back in 1975.
This coming week will commemorate his passing on August 16, 1977.
There are numerous commemorative dates in August.
The past week commemorated many events, not all good ones.
August 4, 1962 – Marilyn Monroe dies
August 6, 1945 – the world’s first A-bomb was dropped on the town of Hiroshima in Japan.
August 8, 1879 – birthday of Emiliano Zapata (the neighborhood (colonia) on the south side of Vallarta, known as the Romantic Zone, is named in his honor)
August 8, 2022 – the FBI raids the Florida home of the U.S.’ 45th president
August 8, 2022 = Olivia Newton-John dies
August 9, 1945 = the city of Nagasaki, Japan, was hit by another A-bomb.
August 9, 1974 = Richard Nixon resigned.
Trivia: August is named after the first Roman emperor Augustus (grand-nephew of Julius Caesar). August 8th is International Cat Day!
This week is also the anniversary of a most unpleasant event in my life in this town. Back in 1999, a local “activist” called Maria Nicolasa Garcia Reynoso hung huge banners all around the gazebo-kiosk in the main square, with big letters that screamed “Foreigners get out!” …and my photo. The story: My friends Lucy Muñoz and Gil Gevins (of Lucy’s CuCu Cabaña fame) had founded an organization they called the Animal Protection Association – APA – the first of its kind in Vallarta. Maria Nicolasa and her cohort Rosi Carranza had decided that Lucy and Gil were using the proceeds of their super successful fundraisers for their own personal ends. As I always promoted those fundraisers in the now defunct Tribune, for which I was working back then, I was included in Maria’s efforts to have us all deported, along with four other foreigners, including Mr. Graziano Sovennigo, owner of Paradise Village and all its surrounding properties. She also wanted the then head of the Immigration Institute deported, despite the fact that the lovely lady was Mexican… After all her attempts to prove that we were in this country illegally had failed -following numerous government investigations- she turned her rage towards other targets, targets much more worthy than a columnist who dared write about potholes in the streets. (She also accused me of trying to “start a national revolution against Telefonos de Mexico”!) As the Chinese would say, those were indeed “interesting times” for me.
Back to the here and now, and on a much more positive note, folks find the sunrises and sunsets in Puerto Vallarta so spectacular that they post their beautiful photos on social media sites of all types. I can’t say I blame them. I saw one sunrise last week that looked unreal, like a painting by Botticelli, with pure white cumulus clouds tinged with pink… just beautiful! But in my humble opinion, there’s nothing that can compare with the sound and light shows Mother Nature puts on when there’s an electrical thunderstorm out over the bay. Oh my! I can stay up until the wee hours of the morning, just watching them.
That’s all my blather for this week, dear reader. Thank you for your “likes” and comments on my Facebook page. Until next time, I hope your Mirror always reflects a happy, healthy you.
Dear devoted fan of the Vallarta Botanical Garden,

Thank you so much for your continued support! As you may have recently heard, The Vallarta Botanical Garden (VBG) was awarded the prestigious “Garden Excellence Award for 2022” presented by the American Public Gardens Association (APGA), North America’s most important public garden organization. This marks the first time that any garden outside the U.S. has received this coveted honor, and we beat over 600 other public garden institutions in North America to win. (No small feat!) If you believe the Vallarta Botanical Garden is a force for good in Mexico, now is your chance to engage with us as we take the Garden to even higher levels of excellence!

Friends, we ask your help to prepare and improve our facilities and staff for the additional visitors we’re already receiving due to this international honor. To maintain this level of excellence at the Garden and remain a top tourism generator and cultural icon for Puerto Vallarta and Mexico, significant and ongoing work must be done! We depend on our membership and donations to sustain the Garden, and we strive to deliver excellence and unforgettable experiences while fostering a love of nature and Mexico.

Your tax-deductible donation will be used for some of the following projects:

**Rebuild conservatories**
Five conservatories were severely damaged by Hurricane Nora in 2021, and many had the roofs come off. We can’t defer the maintenance any longer.

**Land conservation**
The Garden recently announced the creation of the Ocelot Sanctuary, 85 hectares of protected land for endangered plant and animal species. Camera footage has shown an abundance of wildlife in this area. Join with us to purchase and protect valuable habitat for native wildlife.

**Trail maintenance and garden access**
Paving the main parking lot and trails and new signage for plants and points of interest will make it easier for all guests to enjoy the Garden.

**Naming opportunities**
If you’d like to leave your legacy for years to come, we also have a few naming opportunities such as:

**Employee Transportation**
With increased visibility will come the need to hire additional staff. The purchase of another van to shuttle employees to and from the city center to the Garden daily will allow us to recruit and retain the best staff and to maintain our high standards in visitor satisfaction.

Please contribute by donating to our ongoing mission: Creating the best visitor experiences with hospitality and excellence at our now internationally recognized Vallarta Botanical Garden, the pride of Puerto Vallarta.

With heartfelt appreciation,

Robert Price
Founder and Curator, Vallarta Botanical Garden

Continues on next page...
Garden amenities and services

Please check our web site for current hours of operation and entry fees. During the summer, we are open from Tuesday to Sunday from 9 a.m. to 6 p.m., closed on Mondays. Children 4 and under admitted free of charge when accompanied by a parent and/or legal guardian. We are currently ranked in the top five “Things to Do in Puerto Vallarta”!

Wheelchair accessible parts of the Garden include the Vallarta Conservatory of Orchids & Native Plants, the lower floors of the Hacienda de Oro Visitor Center (including areas with restaurant service), restrooms, the Holstein Tropical House, and the Daneri Vireya Rhododendron House as well as several trails linking these areas. No wheelchairs for loan or rent.

Pets are welcome when kept on leash in their owner’s control and their waste is picked up immediately. Extra fee of $50 pesos per pet applies.

The Garden is about 30 minutes south of Old Town PV, on Carretera a Barra Navidad at km 24, just past Las Juntas y Los Veranos, all easily accessible by public transportation. Catch the bus at the corner of Aguacate & V. Carranza in the Romantic Zone. Tel.: 322 223-6182. www.vbgardens.org
A Mexican culinary legacy: the Caesar salad

JANET Blaser

A perfectly made Caesar salad is a thing of discreet beauty and utter deliciousness, a far cry, sadly, from what’s usually served in many restaurants and private homes.

As the saying goes, the devil is in the details, and that’s certainly true in this case. Packaged, artificially flavored croutons; any old kind of lettuce; inferior not-really Parmesan cheese; and, worst of all, bottled dressing do not make a Caesar salad worthy of the name.

It’s a shame, really, because following the almost 100-year-old recipe is actually quite easy.

Start with the best-quality ingredients you can afford, whisk up the dressing and then toss it all in a large bowl with inner, crunchy-white romaine leaves, crispy homemade croutons and shaved Parmesan, and you’re done.

Julia Child wrote about her first encounter with the Caesar salad in 1925 at its birthplace, the Tijuana restaurant of Cesare “Caesar” Cardini, an Italian immigrant who’s credited with spontaneously creating the dish. Although there’s some controversy among family members as to whose idea it was to come up with what started as an eat-with-your-fingers appetizer, as to whose idea it was to come up with what started as an eat-with-your-fingers appetizer, this is the generally believed history of the now-iconic salad.

To do it right, you must use romaine lettuce, and only the heart — the inner crispy-white leaves — left whole. This is the beginning of what makes this salad special. Using the inner leaves makes such a difference, and I’ll admit I’m squeamish about mashing up tiny fish bodies, so I was thrilled to find anchovy paste (imported from Spain) to use instead.

And either lime or lemon juice will be OK; as it often does, the Spanish word limón caused confusion in this recipe.

The final step: a Caesar salad should be tossed (merrily, I might add) in a large bowl just before serving, to distribute the delicious dressing evenly over the aforementioned lovely lettuce leaves.

CLASSIC CAESAR SALAD

Three steps to make the salad of your dreams!

**Step 1: Make croutons**

On the stovetop:
- 2 cups ⅛-inch bread cubes
- 3 Tbsp. extra-virgin olive oil
- 2 Tbsp. grated Parmesan cheese
- Salt and freshly ground black pepper

Pour oil into a wide skillet; heat on high. Add bread cubes. Cook, stirring and tossing, until cubes are golden brown and crisp, shaking or turning croutons once or twice. Remove from oven and cool. Try not to eat them all before the salad is done.

**Step 2: Make dressing**

- 1 large egg yolk
- 1 Tbsp. fresh lime/lemon juice
- 2-6 oil-packed anchovy fillets or 1-2 tsp. anchovy paste
- 1 tsp. Worcestershire sauce
- 2 tsp. minced fresh garlic
- ½ cup Parmesan cheese, finely grated
- 1/3 cup canola oil
- ¼ cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 2 heads romaine lettuce, crisp inner leaves only
- Croutons (see recipe above)

Wash and dry lettuce leaves; set aside. Using an immersion blender or food processor, combine egg yolk, lemon juice, anchovies, Worcestershire sauce, garlic and Parmesan. With blender or processor running, drizzle in canola oil until a smooth emulsion forms. Transfer to a medium-sized bowl. Whisking constantly, drizzle in ¼ cup olive oil. Taste, then season with salt and pepper. Store refrigerated for up to 5 days. — Adapted from www.seriouseats.com

**Step 3: Put it all together**

In a large bowl, place lettuce leaves. Use tongs to toss lettuce with a few tablespoons of dressing. Once lettuce is coated, add three-quarters of croutons, a bit more dressing if desired, and toss again. Sprinkle with remaining Parmesan and croutons and serve.

JANET BLASER is the author of the bestselling book, Why We Left: An Anthology of American Women Expats, featured on CNBC and MarketWatch. She has lived in Mexico since 2006. You can find her on Facebook.

(Source: mexiconewsdaily.com)
A chicken in every hand

Gil Gevins

Huautla de Jimenez is a remote town carved into the side of the lush Mazateco mountains of Oaxaca. One side of it climbs up a hill. The other side dives off a cliff. From the shower stall of our half-star hotel room, we had an excellent if intermittent view of the steep mist-shrouded landscape, with its giant ferns and endless waterfalls.

Surrounding Huautla are hundreds of tiny towns and villages where the equally tiny residents speak an amazing one hundred dialects of the Mazateco language. This linguistic glut is a reflection of the fact that up until 1940, when the first roads were built, it could take up to a month to travel from one village to another. Even today, getting around the area is often problematic.

Lucy and I had been in Huautla for almost a week when the two brothers who owned our hotel (and whom we never learned to tell apart) informed us of a fiesta in the nearby town of San Augustin. The San Augustinians were celebrating their Saint’s Day, and according to the brothers, it was an event not to be missed.

“How far is it?” I asked Juan or Pablo.

“Oh, not far,” he said.

“And how long does it take to get there?”

Juan or Pablo got a faraway look in his eyes and said, “Well, you know, that depends...”

The road to San Augustin, we learned, was unpaved, randomly maintained and subject to diverse natural misfortunes. We decided to leave our truck at the hotel and take advantage of the local public transit system. This consisted of standing on the side of the road until a pick-up truck came by. The truck would invariably stop and give you a lift in return for a few pesos to help defray the cost of gas.

We walked about a mile out of town to the “crossroads”, planted ourselves on the side of the road and waited for a ride. Pretty soon an old Chevy pick-up came along. The driver, a middle-aged priest, told us he was in fact going to San Augustin and would be happy to take us. There were already four people sitting in the front seat, so we climbed into the back.

At first we had the back of the truck all to ourselves, but little by little it began to fill with people heading to the big fiesta. After a while, the road sliced into the side of the mountain, grew a little scary: hairpin curves, major rocks, outhouse-sized potholes, pools of mud, and to our left, a sheer drop of a thousand feet. But with a priest behind the wheel, we felt safer than a pair of nuns in a gay bar.

Then we were joined by a tiny ancient woman with two big chickens. The woman had cracked skin and spoke not a word of Spanish.

Getting her into the truck was a group effort. I took temporary possession of the chickens (holding one in each hand upside down by its trussed feet), while several of the other male passengers picked the woman up and hoisted her into the truck. Once we’d all settled down again, I held out the chickens so the woman could take them back. But smiling a big toothless grin, she merely nodded her head and patted me gratefully on the arm.

“No, no,” I told her in Spanish. “You take them back. I was just holding them for you while you got in the truck.” The crone smiled, nodded her head and promptly went to sleep. I turned to my wife. “Now what do I do?”

“Raise your arms,” Lucy advised. “You’re going to give those poor chickens a concussion.”

A half hour later (a half hour of non-stop bumps, bowel-loosening skids and one nauseating curve after another) the muscles of my arms and shoulders were howling with pain. Keeping the birds’ heads from bouncing up and down on the metal bed was a real challenge. And with both my hands fully occupied the suspension-less truck was tossing me around like a ragdoll in a washing machine.

“Honey,” I asked my wife, “you want to hold onto these chickens for a while.”

“Are you joking,” she said, rolling her eyes skyward.

Then, mercifully, we got stuck in the mud, in the middle of absolutely nowhere. The priest ordered everyone out. The particular patch of mud we were mired in was about twenty yards long and six inches deep. We’ll have to push our way clear, the priest informed us. While the women gathered on the side of the road, all the men, except me, lined up behind the truck and began to push. To no avail.

“We need you to push, too,” the priest told me. “Give those chickens back to the old lady.”

With pleasure! I thought. And I didn’t have to feel guilty. The command to unburden myself of the chickens had come, albeit indirectly, from the Commander-In-Chief Himself.

One thing about the Mazateco Indians, they are not all that used to riding in motor vehicles. Once we’d freed ourselves from the mud and gotten underway again, pretty much everyone (with the exception of my wife, myself and the two chickens) began to throw up. To their credit, everyone did their best to aim their alimentary contents over the sides of the truck. Some made it, some didn’t.

An hour later, much the worse for wear, we pulled into the small pretty village of San Augustin, and prepared to party. Except there was no party, not that we could see. Yes, a few men were sitting on the ground drinking something from a jug. And two stalls had been set up in front of the church, one selling cheap plastic ware, and the other selling tacos made from parts of a pig only a veterinarian could identify. But that was it.

“Where’s the party?” we asked several people.

“Right here,” they responded, if they spoke Spanish. If they didn’t, they just looked confused and walked away.

It began to rain.

“I’m hungry,” Lucy said.

“Me, too, but I’m in no mood for pig bladder tacos. Where’s that lady with the chickens go? Maybe we can work out a deal.”

Gil Gevins, a forty-year resident of Vallarta is the author of six hilarious books, two novels and four collections of short stories. His best-known book, PUERTO VALLARTA ON 49 BRAIN CELLS A DAY, has delighted thousands of readers for more than twenty years. His latest: 101: GIL’S GREATEST HITS, contains a hundred (and one) of his funniest stories. All of Gil’s books are available on Amazon, as E-Books or in paperback. If you like to laugh, pick one up. You won’t regret it.
Voice of Vallarta Singing Competition (6th week)
Sundays – 8:00 p.m.

Last week’s show was great and there was a HUGE audience! Now, there are just 9 contestants left! Come and support your favorite contestant during this 8-week competition! Your vote counts! This week, all contestants will sing a duet with a current or former VOV contestant and the judges (and audience) will vote on who progresses on to the next show!

Tickets are available at www.act2pv.com/shows and at the box office, open 4:00-10:00 p.m. on show days.

NEW! Now, you can also watch a LIVE STREAM of the competition from the comfort of your own home! Just sign up at https://www.act2pv.com/ticket/live-streaming-the-voice-of-vallarta-5.html and you will receive a website link for the broadcast!

What are you doing tonight?
The best summer entertainment is at Act2PV!

IT’S RAINING MEN
Fridays – 9:30 p.m.

Act2PV has the sexiest male dancers in Puerto Vallarta, and they are starring in their super sexy show, along with the sultry vocalist, BIGI, as “Mistress of Ceremonies.” SENSUAL choreography, SEXY striptease, and SEDUCTIVE music... the hardest bodies you’ve ever seen... bumping and grinding to your heart’s content!

This unique burlesque show is a feast of flesh and fantasy, with plenty of chiseled bodies to grate your wildest dreams on. Leave your inhibitions at home and get your ticket now! IT’S RAINING MEN.... and the storm is coming to Act2PV!

Las Hermanas Vallejo
Saturdays – 9:30 p.m.

Dionisio, one of Puerto Vallarta’s most iconic theater groups, celebrates its tenth anniversary by presenting Las Hermanas Vallejo, a variety show featuring the talents of more than ten actors on stage! The protagonists of this show are the Vallejo sisters, Betty and Letty, a couple of old producers from Mexico City who have been characterized as tyrants in the entertainment industry. You will enjoy more than 1 ½ hours of monologues, songs, dance and drag.

Laughter is guaranteed! (Performed in Spanish)

So Much Soul
Sundays - 7:30 p.m.

Kevin-Anthony and his Roxsand Band put the capital “S” in SOUL with this incredible show! Incorporating rhythm and blues and gospel music with “punch-you-in-the-gut” emotions, Kevin delivers REALLY GOOD SOUL MUSIC, featuring the classics of our lifetimes... both old and new!

With songs from Soul’s greatest artists, including Otis Redding, Al Green, Elton John, James Brown, Madonna, Shania Twain and so many more, SO MUCH SOUL will give YOUR soul the very boost you didn’t even know you needed!

THE GREATEST SHOW ON EARTH
Wednesdays – 7:00 p.m.

“The Greatest Show on Earth,” is back by popular demand! On Wednesday nights, you can see a FREE SHOW featuring performances by Act2PV’s incredible entertainers! Sometimes they sing songs from their own shows, but very often, they “go rogue” with new show ideas! Everyone loves this new show concept and this FREE show is definitely worth your time! Donations are much appreciated and are divided among the performers. Make your reservation today for this fun, fun event!!
Tickets are available at act2pv.com/shows. Box office is open 4 to 10 p.m. on show days.

Showguide (August 12 - 19)

It is very important to always check the website at act2pv.com for last-minute changes to the show schedule!

FUN FRIDAY, AUGUST 12
5:00 – 10:00 p.m. – ENCORE LIVE! – Live music, special drinks (Happy Hour 5-7p.m.)
9:30 – It’s Raining Men! featuring Act2PV’s super sexy male dancers along with incredible (and sexy) vocalist, BIGI!

SUPER SATURDAY, AUGUST 13
9:30 – Las Hermanas Vallejos – a celebration of the 10th anniversary of the most iconic local theater group – Dionisio, starring the talent that has shaped the group for a decade! (Performed in Spanish)

SPECIAL SUNDAY, AUGUST 14
7:30 – So Much Soul, featuring Soul-Singer Extraordinaire and Broadway star, Kevin-Anthony!
8:00 – Voice of Vallarta, 6th Week – an exciting singing competition to choose the best voice in Vallarta!

WONDERFUL WEDNESDAY, AUGUST 17
5:00 - 10:00 p.m. – Encore Live! – Live music, special drinks, (Happy Hour 5-7p.m.)
7:00 – (FREE SHOW!) Greatest Show on Earth, featuring many of Act2PV’s entertainers!

FABULOUS FRIDAY, AUGUST 19
5:00 – 10:00 p.m. – ENCORE LIVE! – Live music, special drinks (Happy Hour 5-7p.m.)
9:30 – It’s Raining Men! featuring Act2PV’s super sexy male dancers along with incredible (and sexy) vocalist, BIGI!

Act2PV ★★★★★ Reviews

“...Any night of the week is the right night to visit Act2PV...!” (TripAdvisor)

“Such a fun place to go for shows—great shows, atmosphere, & drinks. We’ve been twice now & have plans to go to a few more...”. (Google)

“What a great venue for cabaret and other events. Very clean and an old Hollywood feeling...” (TripAdvisor)

“Love the energy of this place. The excitement, the great people and the anticipation of what’s coming next!...” (Google)

For more information about these shows, please go to the website at www.act2pv.com/shows. Also, check out the thousands of 5-star reviews for “Act2PV” on TripAdvisor, GoogleMyBusiness.com, Facebook and other social media! For more information, or to buy tickets, go to www.act2pv.com. You can also get your ticket at our box office, now open 4 to 10 p.m. on show days.
Bank of America (BoFA) has lowered its 2023 growth forecast for the Mexican economy from 1% to 0%, predicting that GDP will stagnate as the United States economy slows.

In a note published Wednesday, the bank predicted that an economic deceleration in the United States, “in part driven by higher interest rates,” would be the main driver of a slowdown that would put Mexico on the brink of recession.

It said the fortunes of the United States and Mexican economies have historically risen and fallen together and that it expects that a U.S. slowdown will extend to Mexico “with a lag.”

BoFA predicted that internal factors will also contribute to a slowdown here, specifically citing higher interest rates, tight fiscal policy and renewed uncertainty generated by the energy dispute between Mexico and its North American trade partners.

The bank’s 2023 growth forecast for Mexico is below the current outlooks of many other financial institutions, but not as gloomy as Moody’s Analytics’ prediction that the economy will likely fall into recession next year.

On a positive note, BoFA raised its 2022 forecast to growth of 1.9%, a 0.2% uptick compared to its previous prediction. Better than expected economic results in the first half of the year – annual growth was 1.9% in the April to June quarter – were the catalyst for the upward revision.

In contrast, Ve Por Más (BX+), a Mexican bank, cut its 2022 forecast by 0.2% to 1.8%. It also made a slight downward adjustment to its 2023 growth outlook, but at 1.7%, it is decidedly more optimistic than that of BoFA.

BX+ chief economist Alejandro Saldaña said Wednesday that “the engines of economic growth are cooling due to inflation and [high] interest rates.”

“We’re no longer so worried about production obstructions, now it’s [consumer] demand that concerns us,” he told a virtual press conference. Saldaña noted that the government is following a policy of austerity and therefore federal expenditure won’t be an “engine for growth in the coming quarters.”

(Sources: mexiconewsdaily.com, El Universal, Expansión)
philosophical counseling
Practical Philosopher: Martha De la Rosa
Online and presencial sessions

If you're looking to make better sense of your life, philosophical consulting might be for you. In our dialogue I, a philosopher, will invite you to question your problems and concerns in a critical and rational way. Philosophical consulting could be therapeutic because it aims to detangle the mind's knots in order to think and choose with authentic freedom.

Information and booking:
https://www.facebook.com/delarosaconsultorafilosofica
Whatsapp: 311 392 14 94
email: delarosaconsultorafilosofica@gmail.com
Oats and Oatmeal..

Avena Sativa - as you know, oatmeal and oats have been a long standing breakfast choice for most of us. Mom and Grandmother always served it up. We ate a lot of it in Canada with maple syrup... it warmed the stomach and gave us a powerful surge of energy to face those cold days.

Oats are loaded with important vitamins, minerals, and antioxidant plant compounds. Half a cup (78 grams) of dry oats contains:
- Manganese: 63.91% of the daily value (DV)
- Phosphorus: 13.3% of the DV
- Magnesium: 13.3% of the DV
- Copper: 17.6% of the DV
- Iron: 9.4% of the DV

Oats have 51 grams of carbs, 13 grams of protein, 5 grams of fat, and 8 grams of fiber in 1 cup. This same serving has only 303 calories.

While a little heavy in carbs, they are rich in fiber and other benefits but also higher in protein and fat than most other grains. They are very high in many vitamins and minerals.

Whole oats are high in antioxidants and beneficial plant compounds called polyphenols. Most notable is a unique group of antioxidants called avenanthramides, which are almost solely found in oats. In addition, avenanthramides have anti-inflammatory and anti-itching effects.

Oats are high in the soluble fiber beta-glucan, which has numerous benefits. It helps reduce cholesterol and blood sugar levels, promotes healthy gut bacteria, and increases feelings of fullness.

Here’s the big one:
Many studies have shown that the beta-glucan fiber in oats is effective at reducing both total and LDL (bad) cholesterol levels.

Beta-glucan may increase the release of cholesterol-rich bile, which reduces the circulating levels of cholesterol in your blood.

Oats may also protect LDL (bad) cholesterol from oxidation.
Oxidation of LDL (bad) cholesterol occurs when it reacts with free radicals. This is another crucial step in the progression of heart disease. It produces inflammation in arteries, damages tissues, and can raise the risk of heart attacks and strokes.

Due to the soluble fiber beta-glucan, oats may improve insulin sensitivity and help lower blood sugar levels.

Oatmeal may help you lose weight by making you feel more full. It does this by slowing down the emptying of the stomach and increasing the production of the satiety hormone PYY.

Studies indicate that oat bran can help reduce constipation in older adults, significantly reducing the need to use laxatives.

Colloidal oatmeal (finely ground oats) has long been used to help treat dry and itchy skin. It may help relieve symptoms of various skin conditions, including eczema.

We toss it in a blender with natural yogurt and honey, you can put on your face for a perfect complexion, or eat it for breakfast.

Oats are an incredibly nutritious food packed with important vitamins, minerals, and antioxidants. In addition, they’re higher in fiber and protein compared to other grains.

Oats contain some unique components — in particular, the soluble fiber beta-glucan and antioxidants called avenanthramides.

Benefits include lower blood sugar and cholesterol levels, protection against skin irritation, and reduced constipation.

In addition, they are very filling and have many properties that should make them a food helpful for weight loss.

At the end of the day, oats are among the nutrient-dense foods you can eat.

I guess Mom had this info..: Eat your oats, they are good for you!

Are oats gluten-free?
Pure oats are gluten-free and safe for most people with gluten intolerance.

However, oats are often contaminated with gluten because they may be processed in the same facilities as gluten-containing grains like wheat, rye, and barley. Look for the gluten free variety.
Joint health

Dr. IRVING Ramirez

Joint pain is a common problem in the entire world population. Within this problem, rheumatic diseases represent 30% of the world population. These diseases have a great impact on the quality of life. Joint pain can restrict mobility and the daily activities of people’s lifestyles. Some joint diseases are related to trauma, accidents, and falls. Others are age-related, some are related to previous illnesses, and others have an autoimmune component where the immune system attacks itself damaging the articulation in conjunction with bone structures.

Also, joint pain is related to age, and some risk groups are:
- Athletes and people who perform high-impact training
- People with basic autoimmune diseases such as lupus, erythematous, multiple sclerosis, and rheumatoid arthritis
- People with chronic and generative diseases such as HIV, diabetes, hyperthyroidism, hypertension, renal failure, cirrhosis of the liver, etc.
- Polymedicated people taking cortisone, bisphosphonates, steroids, and NSAIDs
- Post-menopausal women
- People who have had multiple surgeries

Joint pain may be acute or chronic. It may come on suddenly after exercising; it can be a part of viral disease or where there was significant wear and tear on the vital energy of the body, and therefore, there is a depression. Some cases, after treatments like aggressive chemotherapy, steroid, or drug therapy for autoimmune diseases.

Treatment

From a holistic point of view, it is crucial to identify the cause or origin of these conditions by asking a patient:
- When did the pain start?
- Does the pain get better or worse during the day?
- Does the pain get better or worse with movement?
- What type of pain?

This way, we cannot only alleviate the pain but also correct, modulate, or decrease the cause or basis of the pain. Within phytotherapy, we can use the tincture of turmeric, cayenne pepper, and ginger which has analgesic properties, anti-inflammatory, and immunomodulatory (modulates the inflammatory response within our organism). However, if you suffer from hypertension, I recommend you check with me before using the recommended options that may alter your blood pressure levels.

In homeopathy, we have different salts tablets:
- Calcárea Fluorica strengthens joint and bone health
- Kali Muraticum stimulates the detoxification and regulates hydration of the joints
- Magnesia Phosphorica is an excellent muscle relaxant, decreases joint pain, and also strengthens the nervous system
- Silica Terra is another superb salt toning joints, ligaments, muscles, and tendons.

In homeotoxicology, we have specific medication combinations. Arnica Montana and Bryonia Alba. Together, they help with cartilage, tendon, and growth. This decreases pain, and inflammation improves mobility and, in many cases, helps with joint regeneration in a few sessions, depending on each case in particular.

CBD oil, 5,000 or 10,000 milligrams, respectively, since it has an anti-inflammatory effect, immunomodulatory, and relaxing of the central nervous system without psychotic effects, addictive, or collateral doses. Which makes this an excellent pocket ally to carry with you. Neural therapy is another option. We can offer several treatments to alleviate pain and inflammation without corticosteroid injections, surgeries, or joint replacement. Since it eliminates the interference fields in the central nervous system, which generates a new vascularization in the tissues with few local punctures, effects can be felt within the first five minutes after application.

Acupuncture may decrease swelling, pain, and stiffness. In addition, it will stimulate the blood supply and improve the circulation of health in our joints.

Remember that each case is unique and that every person has different needs. If pain afflicts your life and you’ve looked for many other options with few results, come and see me. I can offer a suitable choice for you in a natural, safe, and effective way.

Please make your appointment by calling or texting Loren Hayes on WhatsApp at 322-167-7570.
How to evaluate HOA fees in Mexican properties

Condo fees are a big concern to all buyers. Here is a snapshot of the subject of costs and what is covered in the common areas in condos in Zona Romantica, currently on the market. As of today, there are 40 condos for sale in the Romantic Zone.

HOA Name: the template we use for common area costs associated with the HOA of a building
Some buildings will have more of these costs

- Dues per month pesos
- Building Insurance
- Club Membership
- Common Area Laundry
- Common Area WiFi
- Garbage Pickup
- Gas
- Maid service
- Pool Maintenance
- Telephone
- Water
- 24-hr Security
- Cable
- Common Area Electric
- Common Area Maintenance
- Electricity
- Garden Maintenance
- Gym
- On-Site Admin
- Road Maintenance
- Valet Parking
- Water Heater

Today, August 9, 2022 there are in FBS Flex 40 condos for sale in Zona Romantica (Emiliano Zapata) South Centro, Puerto Vallarta. Sampling the condo fee amount per M2 is my goal.

A. Condos over the $1,000,000. USD with an average of 287 M2 pay 12,493 pesos a month HOA is 43 pesos per M2

B. Condos with an average price of $650,000. USD with an average of 140 M2 pay 11,695 pesos a month HOA is 90 pesos per M2

C. Condos with an average price of $375,000. USD with an average of 42.80 M2 pay 3,200 pesos per month HOA is 28.35 pesos per M2

D. Lowest price right now is $325,000. USD for 42.80 M2 pays 3,200 pesos HOA 74 pesos per month.

This article is based upon legal opinions, current practices, and my personal experiences in the Puerto Vallarta-Bahia de Banderas areas. I recommend that each potential buyer or seller conduct his own due diligence and review. Data used for this exercise is from FBS Flex MLS.

PLEASE let us know if you wish to know the fees and amenities of a particular building. If it is in our Flex MLS, we can accommodate you.

Sincerely, Harriet
Hurricanes and strong currents, Puerto Vallarta fishing challenges in perfect conditions

(Owner of Master Baiter’s Sportfishing & Tackle)

We all know that at this time of the year hurricanes and strong currents can present challenges to those fishing in Puerto Vallarta. One thing most people don’t know is we have many, not a few, but many passing hurricanes every month. If there isn’t damage or threat thereof, we tend to ignore weather conditions. But the guy on the water dealing with the swells, fish moving in or out, perfect blue water and plenty of bait, finds conditions about perfect. At times like this, with perfect conditions, when you can’t find fish or they won’t take bait, welcome to fishing, amigo.

There is plenty of bait in the water, that’s the real problem. You didn’t pay for unlimited fuel usage! And that’s the problem. Fish are out there, the question is will your captain take you to them?

As you probably gathered, we had another hurricane originating down near Acapulco, heading north just passed PV on its way towards Cabo. It pushed the humidity through the roof, we got some rain and we’re not sure yet if it pushed fish into the area. But either way, Corbeteña has been producing nicely. Keeping in mind fish move, you need to be able to “move” to where the fish are. Now if you paid for Corbeteña, you didn’t pay for expanding your “fishing grounds”. Then you will have more difficulties boating that “fished fantasy” you’ve waited your whole life to catch. For now, the entire area between Corbeteña and El Banco, especially at the midpoint, is the running grounds of Sailfish, Marlin, Dorado and more. To give you an example, at Corbeteña there are still Sailfish, Blue Marlin, Striped Marlin (if you can believe they’re still here in the area). El Banco is seeing Blue Marlin to 500 lbs., Sailfish, possible Yellowfin Tuna and more. But the area at the midpoint is also full of Marlin and Tuna as well. And what are you going to do about that? Be sure to ask the right questions when booking your fishing trip. Cheap boats, choke on fuel usage, straight up. You’re now informed.

With the hurricanes and strong currents, Puerto Vallarta’s fishing off Punta Mita has been consistent for the last week. Conditions may not be perfect, but they’re pretty good, with a mature trash line Dorado in the 15 to 25-lb range are out there in decent numbers. Sailfish are still running anywhere from three miles to ten miles. Once you’re out past this point, Blue and Black Marlin are about half way to El Banco. Rooster fish have been caught off the reefs north of Sayulita using a Green Runner - which was caught off the reef, then rigged, thrown back in the water, that’s when the action began. Remember, we always put bait on the boat, but the local bait, the bait in the water at your fishing spot, will always be the best bait to use and can make the difference in catching fish or heading in empty handed.

A lazy or inexperienced captain will just keep using the “paid for baits” and let you come in disappointed. Inside the bay, we’re dealing with the seasonal rains. Dirty water coming down the mountain sides and from inland, the bay trash line is hit and miss. With so much rain, with many trash lines, at times you can find nothing happening. One inside secret: the area around Los Arcos to locations south will have clean water. This week we’ve seen Dorado from 10 to 20 lbs., with lots of babies in the mix. We’re still seeing some winter species like Jack Crevalle to 20 lbs., Sierra Mackerel to 10 lbs. around the buoys at Marina Vallarta’s opening. Plenty of Skip Jack Tuna to 12 lbs. Not too much Bonito but they’re still around. Snook near the river mouths and of course there is always smaller action around the structure and rocks. Six-hour trips give you time to find clean water and fish biting! My suggestion would be to give yourself the few extra hours, it will make a big difference.

The bite is moving slightly to a bit later. Be at your selected fishing grounds by 08:30 and be prepared to hit the afternoon bite. For some reason this past week the bit has been happening around 1:00 p.m., so keep this in the back of your mind. There is plenty of bait in the bay which includes flying fish so be proactive and catch fish. Water temperatures are a perfect 85 degrees and we won’t complain about that.

Until next week, don’t forget to kiss your fish!

Stan Gabruk

Web page: www.MasterBaiters.com.mx , Local phone and international number: (+52) 322 209-1128. Master Baiters Sportfishing on Instagram, Facebook: Master Baiter’s Sportfishing & Tackle. The trade mark Master Baiter’s® Sportfishing & Tackle is protected under trade mark law and is the sole property of Stan Gabruk.
Emergency Line: 911

Hospitals
CMQ Premiere 322.226.6500
Hospiten 322.226.2081
Hospital Joya 322.226.1010
SanMare 322.252.1711
Medasist 322.223.0444
C.M.Q. 322.223.0878
I.M.S.S. 322.224.3838
Regional 322.224.4000

Tourism Bureau 322.222.0923

Red Cross Ambulance 322.222.1533
Ambulancias Aura 322.209.0622

Police Department 322.178.8999 / Emergency: 911

Fire Department 322.178.8800 / Emergency: 322.222.1527

Motor Vehicle Department
24 HOURS: 322.224.8484

Immigration Office
322.224.7643

American Consulate
In Guadalajara: 01 333 268-2100
Emergency: 01 555 080-2000
Email: consul@puertovallarta.gov

Canadian Consulate
322.293.0098 / 322.293.0099
After Hours: 01.800.706.2900

Consumer Protection (PROFECO)
322.225.0000 / 322.225.0018

Global Ambulance
322.209.1123

Electricity Company 071

Water/Sewer Company (SEPASAL)
322.222.1516

Municipal Services 322.223.2500

Tourism Protection
322.223.2500 EXT. 230 / 232

Ministerio Publico #4
322.222.1762
418 Rafael Osuna corner of Luis Donaldo Colosio (Libramiento)
Av. Palma Real 221.24.23 / 221.1633/74

Wake-Up Service 031

Solution to crossword page 21

Solution to sudoku page 21

Ongoing Events and More

The Historical Naval Museum (right next to Los Arcos Amphitheater) may be open. $45. Pesos.

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

- Monday to Friday -
City Walking Tours 9 a.m. & 12 noon – Meet 15 minutes early at the Tourism office at City Hall by the main square. Social distancing, face masks, comfortable clothes & antibacterial gel required.

Saturdays @ 9 a.m.

Wednesdays – 10 a.m. – Corazon de Niña – Humanitarian Tour + Brunch. $500. Pesos. RSVP: fundacion@corazondenina.mx

Saturdays, 5 p.m. –
English mass at Our Lady of Guadalupe Church

Sundays 10 a.m. bilingual mass

Sundays, 9:30 a.m. -
Grace Vineyard Vallarta Church - in-person, at Porto Bello in Marina Vallarta.
Non-denominational Service led by Pastor Mario Santillan

SPCA - To find your perfect companion animal rescued by the SPCA, please contact: spcapv@gmail.com

PLEASE leaf through this issue for events that do not appear here ...and
JOIN US ON FACEBOOK!

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
Andrea Carl Michaels | Edited by: Will Shortz | © New York Times

Note: The ninth annual Lollapuzzoola crossword tournament, directed by Brian Cimmet and Patrick Blindauer, will take place Saturday, Aug. 13, at All Souls Church in Manhattan. Information appears at bemoresmarter.com. This puzzle appeared in a prior tournament and had a 15-minute time limit.

ACROSS
1 Computers that are un-PC
5 With 9-Across, an auto ad slogan
9 With 5-Across, quickly
13 Workplace protection agency
14 "My Heart Can't Take ___ More" (1963 Supremes song)
15 Two cents, so to speak
17 "Pay me later" marker
18 Sly look
19 Salon jobs, for short
20 Casino game that looks like a thou in reverse
21 Grouches
23 Lawyer's org.
24 With 26-Across, 1982 Al Pacino film
28 Bonkers
30 Horsefeathers
32 Spanish treasure
33 Ottoman bigwigs
36 Colors, as Easter eggs
40 With 42-Across, Frank Sinatra signature song
42 With 40-Across, where Broadway is
44 Hamlet or Ophelia
45 Scanty, in London
47 Prefix with lateral
48 They turn litmus paper red
50 Monk's superior
52 With 55-Across, town crier's cry
55 With 52-Across, Aaron Copland ballet
58 Pipe fitting
59 Equivalent of C natural
61 ___ A Sketch
64 Samuel on the Supreme Court
66 Cross inscription
67 Final Four grp.
68 River near the Vatican
69 British prep school
70 Resistance units
71 With 72-Across, noted maximum security prison
72 With 71- and 72-Across, classic Louis Prima tune
73 "___ ME" (phrase written on dirty cars)

DOWN
1 Poke fun at
2 Tennis legend Arthur
3 Neighborhood south of SoHo
4 Skipped, as a dance
5 Bubkes
6 County in Colorado or New Mexico
7 "... ___ as it is in heaven"
8 Daybreak, to Donne
9 Closes, as a fly
10 Ironically, the last song in "A Chorus Line"
11 She's got her OWN network
12 ___ jumbo
16 Old Russian ruler
22 Old German ruler
25 Example for example, for example
27 Former New England Patriot Bruschi whose name is a bear to pronounce?
28 "GoldenEye" spy
29 Vicinity
31 Called
34 What generals keep up their sleeves?
35 Program listings, briefly
37 "Damn right!"
38 "Um ... sorry!"
39 "Saturday Night Live" sketch
41 687 days, on Mars
43 "I haven't a thing to ___"
45 She had a hit, with "Foolish"
48 RoboCop, e.g.
51 "Toodles!"
52 You can pack it
53 ___ Island (immigrants' site)
54 Excuse
56 ___ the side of caution
57 Mimicking
60 Hurries
62 Skyping needs
63 Dish made of leftovers
65 Word after Big or top

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 on Page 20