You are here, finally! We wish you a warm welcome.

Puerto Vallarta
JALISCO • MEXICO

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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 Kenna did come close on October 25, 2002, but actually touched down in San Blas, Nayarit. some 200 kms 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: 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 Valles hosts a great variety of animal species such as iguana, guacamaya, deer, cougars, raccoons, etc.
SANCTUARIES: Bahia 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 manata 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. 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”.
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 - 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 manata rays in the winter. During the summer, sea turtles, a protected species, arrive to its shores to lay their eggs.
MONEY EXCHANGE: 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 - 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 manata rays in the winter. During the summer, sea turtles, a protected species, arrive to its shores to lay their eggs.

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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)

SEAPAL to begin working downtown on Tuesday

Giving continuity to the hydro-sanitary infrastructure modernization projects in the municipality, SEAPAL Vallarta will start this Tuesday, August 16, with the rehabilitation of the drinking water network on Guadalupe Sánchez street, between Aldama and October 31, downtown.

1,316 linear meters of 2, 3, 4 and 8-inch diameter pipes will be installed, in addition to 52 pieces to renew the household intakes in the section, as part of the comprehensive work that will mitigate constant water shortages due to the deterioration of the current infrastructure.

The general director of SEAPAL Vallarta, Salvador Llamas, said that the works will begin at the intersection of Guadalupe Sánchez and Aldama streets, highlighting that, as in other water infrastructure works currently underway in the municipality, the works will be carried out by blocks to reduce the effects on road traffic, as well as on the neighbors and merchants.

This means that, after the introduction of the new pipeline, the road will be replaced and the workers will move on to the next section, always prioritizing the execution of quality works. (Sources: banderasnews.com, Reporte Diario)
Floating shelves are a great solution if you need some extra storage to display unique items in your home. This type of shelf is perfect if you have a blank wall and like a sleek, minimalist décor style. There are no visible supporting brackets, so they give the illusion of floating on the wall. Floating shelves are secured with rods or brackets attached to a stud behind the wall. Although a floating shelf can be custom cut to be any length, the standard lengths are 18, 24, 36 and 48 inches.

Before you proceed with adding a floating shelf to your home in Puerto Vallarta, take note! It may be better to do this job yourself rather than outsource to a local handyperson to do the installation. This project can easily cause ongoing problems if not done correctly. My neighbor hired a local handyman to install their floating shelves. Unfortunately, he had no prior experience but told them he could easily do the installation at a very low price. The shelves were hanging off the wall within one month from the installation. The shelf had fallen from the wall in one room and damaged the underlying paint and drywall. When they advised the handyman of the problem, he returned with a glue bottle to affix the shelves to the walls. Both owners were not keen on that solution and, after numerous attempts to reach the handyman to repair the work, could not get any reparation or refund.

To do it right, you must purchase the proper mounting hardware. This is usually a ¼-inch flat bar made from steel with one or more horizontal support rods (for the shelf). The bar has holes for mounting to the wall and is anchored with screws.

Although we are used to standard drywall and studs in our homes in the US and Canada, most Mexican homes are anything but standard. If you are in an older home, you might have concrete walls. New condo buildings may have concrete blocks or steel studs. Knowing what is behind the wall is critical because each material has different limitations on how much weight it can hold and installation methods. Each type also needs a different anchor to ensure the shelf does not fall off the wall.

Most projects will work using a GRK screw, toggle drywall anchor or Alligator masonry anchor. GRK screws alone can be used if you have wood studs and the shelves are light. Toggle drywall anchors are plastic and, combined with GRK screws, have better holding power for heavier shelves and items. If your wall is brick, stone or concrete, the masonry anchor along with the GRK screws is recommended. If your wall has metal studs or hollow concrete blocks, you may need to use toggle, molly bolts, or a masonry anchor.

The correct tools to do the installation are also essential. You will need a stud finder, pencil (to mark stud locations), a level, measuring tape, a power drill with multiple drill bits, a Phillips screwdriver, and a fastener shelf to do the job right.

The best material for shelves is engineered wood since it is a lighter material than most solid woods. Solid woods can be very heavy and problematic when installing and staying on the wall. Before buying shelves, determine the weight you plan to put on top of them plus the weight of the shelves themselves. Using the right materials, knowing what is behind your walls, and having experience or knowledge of how to do a proper installation are crucial to getting it right the first time. Otherwise, your floating shelves may just float right off your walls within the month!

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 Bucerias 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.
Leg two, Chiapas trip: San Cristobal de las Casas

If you have been reading my column for the last few weeks, you would have found out a little bit about our recent trip to Chiapas. In my article last week, I talked about the area around Palenque, where we stayed for three nights and where we experienced a) a tire blow-out in the middle of nowhere, b) several archeological wonders, c) several natural wonders, and d) the longest and highest 200 km traveled by the Luna family.

That last item is pretty incredible actually, because my husband is about 50% rock star and about 50% leisurely grandfather. He does NOT appreciate being pressured into speeding or even approaching the speed limit because he wants to keep our family safe, to see the sights, and to give long life to the vehicle (rental or privately owned, it really makes no difference). He claims he’s not in it for the enjoyment of watching his wife grit her teeth, like, at ALL.

So for me to say that the drive from Palenque to San Cristobal de las Casas was definitely the longest 200 km we have ever driven is no small claim. But with the hairpin turns up the mountain, the roadblocks for the food sellers and fallen tree trunks, the tiny villages with speed bumps for the safety of their inhabitants, and the two-lane road the entire way, it took us a solid six hours to arrive.

San Cristobal is a colonial town 2200 meters above sea level. It was founded in 1528, and it is wonderfully preserved, with centuries-old buildings lining the streets in the center of town. It has a high population of the Tzoltzil and the Tzatzal indigenous groups, and you will see the markets filled with the colorful textiles they make and sell in the open-air market that takes place in front of the yellow San Cristobal Cathedral in the main town plaza.

In San Cristobal itself, there was a lot to see and explore. There were cafés, chocolate shops, and so many good and inexpensive restaurants. The children’s main areas of interest were: shopping, eating, and possibly visiting the chocolate museum (for the eating). But, of course, their father and I had a few more plans that involved a few visits outside of town. Sighing heavily, they agreed to the following side trips (so long as there would be food and if we made time for chocolate):

1) A tour with Alex y Raul tours to the indigenous communities of San Juan Chamula and Zinacantan. We went on a Sunday, which was market day (so, loads of shopping). With our tour guide being very familiar with the culture and the people of these two villages, we were able to learn a lot about daily life here.

2) A trip to the town of Chiapa del Corzo where we took a boat tour to Sumidero del Cañon, a deep canyon with walls that can reach over 3000 feet high. The tour boat that took us through the canyon is crowded, and we had to commit about two and a half hours of our time, but we didn’t regret it a bit.

3) Grutas del Rancho Nuevo, where we wandered around in a cave for a really long time (an eternity for people who are claustrophobic and trying to pretend they aren’t for the sake of their children). Later we took a swing by their deer preserve, where we could actually feed the deer. This was my children’s absolute highlight of the entire trip – befriending animals that are quite common in Canada. You really just never know.

There was also a lot of wandering in San Cris, and a lot (a LOT) of eating. We found a place that baked fresh cinnamon buns and served vegan dishes all day. We found another place that had a menu so varied that it served each and every family member’s favorite food.

That is probably never going to happen again.

I haven’t mentioned the part that is going to have every Vallartense running for their credit cards: highs of 24 degrees Celsius and lows in the single digits. Sun shining, sweaters at the ready, this is the place to be just about now.

We’ll see you all there.
Vallarta bands rock Southern Alberta!

Dennis Crow’s musical of the week served up ‘From Here to Eternity’ in Incanto’s icy-cold theatre last Tuesday. The musical was not well received in the UK when it debuted, despite lyrics by Sir Tim Rice, and it didn’t fare much better on this side of the Atlantic, either. Clearly, the time has come to write, sing and dance about anything that does not contain guns, bombs or men in uniforms who love to play with the same. I believe ‘Billie Elliot,’ which is showing this week, fits that criterium - Kinky Boots from two weeks ago certainly did. I think Dennis Crow gives us an overabundance of female energy one week; male the next. Let’s see if my hypothesis is correct!

After ‘Eternity’, Georgia Darehshori and I finally got to dine together at Bodegon de Pastas on Libertad, just over the fabulous bridge. The service and food were superlative. I had handmade spinach ravioli stuffed with portobello mushrooms. When I first saw the plate with six or eight portions of ravioli, I thought, hmmm, not much food there. Hah! I could barely waddle around the corner to my house. Rich and lovely!

My good buddy Barry Kessler arrives this week from California. He will interview a dozen or so people in town for his extremely well-received podcast ‘The Puerto Vallarta Travel Show’. If you are unfamiliar with the broadcast, get on it! There is a wealth of information about Vallarta and surrounding areas, complete with show notes, translations, links, good advice, and fun people!

We always get together at least once for dinner each time he comes to compare notes and eat at newly discovered places in town. For sure, we have a small but significant pasta contest / comparison to wage, and the new Daiquiri Dick’s on the Beach opens this week, so it too is on the list. Reports next time!

Last night, Drumheller, a small town between Calgary and Edmonton, Alberta, was treated to an outdoor concert by three bands usually found playing here in Vallarta at El Rio BBQ Bar and Act2PV.

My sister Patrice who owns a small boutique hotel in Drum bought her tickets way back in May. Good thing - the concert was sold out with 150 people in attendance.

The intimate gathering had everyone bring their own seating and food for the six-hour event. The three groups - The Gecko Band, The Beast and Bobbi and the Others each performed and then they all crowded on the stage and jammed for another hour together. Patrice said it was the most exciting concert she had ever experienced.

I know Bobbi Goddard is back at Act2PV this coming season with her Country and Western show, and I hope the Gecko Band and The Beast return to their sold-out status at El Rio BBQ Bar in Paso Ancho. El Rio will open for one last season around October 15; I will keep you posted.

Voice of Vallarta: Week # 6: OMG, what a show! It was Duet Night, so the nine contestants were paired with past participants of VofV, going back to 2013. Everyone obviously worked incredibly hard this week. The second perfect score of this contest was granted to Luis, who partnered with Eli Estrada, the winner of VofV, season three. A thunderous standing ovation (the first!) went to 16-year-old Patriz, who sang with Diana Villamonte and won tonight’s show. She is spectacular.

Guest judge and star Luis Villanueva, who was in season four of Voice, sang a number from his Tribute to George Michael, which is coming up this Saturday in the Red Room.

Seven contestants - Patriz, Enel, Bernie, Renata, Luis, Marina and Diana go to the Cabaret semi-finals next week when they will each have to entertain alone on stage for 10 to 15 minutes.

And, I have to mention Ana Adame, who won VofV in Season Two; she was my favorite then and did a fabulous job with two of the contestants tonight, both advancing to the semi-finals.

My friend Wanda Grift reminded me to add that you can buy tickets online and watch Voice live-streamed. Go to www.Act2PV.com

Upcoming:

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

**August 21, Sunday, 8 p.m. at Act2PV - Voice of Vallarta semi-finals**

**August 23, Tuesday, 5 p.m. at Incanto - the musical ‘An American in Paris’**

**August 26, Friday, 8 p.m. at Incanto’s Theatre - Francesca Bavaro (a.k.a. Effie Passero) in concert. Get tickets pronto; she sells out every single show.**

**August 28, Sunday, 8 p.m. at Act2PV - Voice of Vallarta Finals.**

We are rapidly approaching Fall; Incanto will close for vacations in September, and Nacho Daddy will reopen, so look for Dennis Crow’s musicals there and bingo for Colina Spay and Neuter Clinic should resume soon. Get out and spread some money around - it’s not called SeptHAMBRE for nothing!

Hug those you can hard, including your fur babies. We need one another to be closer, so reach out and touch somebody with love and kindness, From Here.
Beach destinations see summer tourist numbers exceed those of 2019

Passenger numbers at airports in three of Mexico’s most popular beach destinations exceeded 2019 levels in July, providing more evidence that the tourism sector has recovered from the pandemic-induced downturn.

Data from airport operators shows that passenger numbers in Cancún, Los Cabos and Puerto Vallarta were significantly higher last month than in July 2019.

Over 2.87 million passengers passed through Cancún airport, a 20% increase compared to three years ago, while the number of people who used Los Cabos airport rose 25% to over 667,000. Passenger traffic at Puerto Vallarta rose by an even higher 40% to almost 559,000.

The news website Expansión reported that Cancún airport – which also receives tourists headed for other Quintana Roo destinations such as Playa del Carmen and Tulum – had its best July ever for domestic passengers, with numbers exceeding 1 million for the first time.

The publication of the data comes a week after the federal Tourism Ministry reported that over 10.2 million international tourists flew into Mexico in the first six months of the year, an 83% increase compared to the first half of last year and a 1.5% uptick compared to the same period of 2019.

The airports in Guadalajara, Tijuana, Mérida and Oaxaca city also had more passengers last month than in July 2019, according to data published by Expansión. However, passenger numbers at the Monterrey and Acapulco airports declined.

An analyst for the Monex financial group predicted that airports operated by the Southeast Airport Group – among which are those in Cancún, Cozumel, Huatulco, Mérida, Oaxaca city and Veracruz – will continue to see high numbers of passengers in the remainder of 2022.

Passenger numbers were up a whopping 40% in Puerto Vallarta last month.

“We believe that a favorable growth trend will be maintained, the result of a greater appetite for pleasure trips as well as a greater offering of airline routes,” Brian Rodríguez said.

Another beach destination where tourists have flocked this summer is Mazatlán, which is expected to welcome well over half a million visitors in July and August.

In Cancún, thousands of tourists are thronging Caribbean coast beaches on a daily basis, despite the presence of sargassum. “We’re reaching between 5,000 and 6,000 people on all our beaches,” said Francisco Diaz Lara, the federal maritime land zones (Zofemat) director in Benito Juárez, the municipality where Cancún is located.

“They’re figures that we were expecting for this season, obviously ... [there is] favorable weather, that’s why a large number of swimmers are gathering [on the beaches],” he said.

“... The beaches are the main attraction in this municipality.”

Díaz said that the presence of sargassum – a brown seaweed that emits a foul odor when it rots – isn’t dissuading tourists from going to the beach. Sargaceros, or sargassum shovellers, remove the seaweed from beaches on a daily basis, although they sometimes struggle to keep up.

One beach where sargassum has overwhelmed the sargaceros is Playa Delfines, which was the only beach in Cancún with excessive quantities of the seaweed on Tuesday, according to a map published by the Quintana Roo Sargassum Monitoring Network.

“The sargassum is removed but it keeps arriving from the sea,” Díaz said. “It caused us a lot of problems last weekend, ... we removed 165 tonnes in two days.”

Published Tuesday, the network’s latest map shows that 16 Quintana Roo beaches have excessive quantities of sargassum, 10 of which are on the east coast of Cozumel. Five are in Tulum, where authorities began installing anti-sargassum barriers last week.

The installation of the barriers, which have a combined length of 2.4 kilometers, began in the Tulum National Park a few months later than originally planned, according to the newspaper La Jornada Maya.

Tulum Zofemat director Melitón González Perez said the navy is working with state and municipal authorities to put the barriers in place. “We intend to place 2,400 meters of barrier in front of the National Park beaches to try to contain the arrival of sargassum,” he said.

(Sources: mexiconewsdaily.com, Expansión, Noticaribe, La Jornada Maya and Reportur)

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The announcement earlier this week that inflation in Mexico has reached its highest rate in 22 years included some follow-up reporting that it’s costing people more money to buy bolillos, doughnuts and loaves of Bimbo bread.

“First the tacos and now the tortas,” screamed a headline in the newspaper El Heraldo — alluding to a report last week predicting that a kilo of tortillas will cost 30 pesos by the end of the year.

Now comes word from Anpropan, Mexico’s national association of bread suppliers, that prices at panaderías and in the bread aisle at supermarkets will increase 8% over the second half of 2022.

This is due to a sustained rise in the cost of raw materials needed for the production of bread, namely flour, eggs, and gas or electricity to run the oven.

One factor is that international wheat prices have risen due to the war between Russia and Ukraine, since they are two of the world’s largest producers, noted Iñaki Apaolaza, a member of the Anpropan board. Another factor is that Mexico’s bakery industry gets 70% of the wheat it uses from the United States, El Heraldo reported.

Last month, Grupo Bimbo announced it would raise the prices of its products — including Tía Rosa, Milpa Real, Saníssimo and Mexican-produced Wonder bread — starting on July 18. And that was on top of roughly 10-peso increases that already occurred in 2021, as reported in the newspaper El Financiero.

An informal Mexico News Daily survey of prices on Thursday at Walmart Express, Soriana and Chedraui showed regular-sized Bimbo loaves (610-680 grams) at 42 to 43.60 pesos for pan blanco, 48.50 to 56 pesos for pan integral and 52 to 61 pesos for Cero Cero (zero added fat and sugar). These prices were found online and might include built-in delivery costs.

A survey by El Heraldo that included a regular panadería and a Walmart panadería showed prices, on average, of 2 pesos for a bolillo, 9.5 pesos for a croissant, 10 pesos for a biscuit and 14.50 pesos for a chocolate doughnut, but did note that a chocolate doughnut can reach as much as 20 pesos.

It’s not just small businesses feeling the pinch: Grupo Bimbo bread products will also see price increases.

According to Anpropan, Mexicans annually consume 36 kilos (79 lbs.) of bread per capita, which is nearly three times the Canadian average of 29.8 lbs. per year and more than twice the U.S. average of 37.4 lbs. per year, based on data from 2016 and 2017, respectively.

Mexican bread baker Ana Laura told El Heraldo that she has been forced to raise the prices on her small products by one or two pesos each, especially on items that require sugar.

“Sugar, eggs and milk, the basics for making biscuits, have risen in price,” she said. “We would like to avoid raising the prices, but we would lose profits. We have discussed the increases with customers, telling them it’s because we do not want to lower quality.”

Earlier this week, it was announced that general inflation in Mexico was at 8.15% in July, its highest since the 9.12% rate in July 2000. Last year’s annual rate was 5.81%, according to the National Consumer Price Index, and this year’s annual rate by year’s end “could reach 8.7%,” according to Gabriela Siller, director of economic analysis at Banco Base.

While the administration of President López Obrador has announced measures to control inflation and hold down food prices, the rising costs of basic grocery items are putting a pinch on many. The newspaper El País reported the following price increases from June to July: the cost of eggs went up 8.3%, oranges 15.5%, potatoes 12% and green tomatoes 20.4%.

In addition, El Heraldo reported finding tortillas for 27 pesos per kilo in Sonora. Before the pandemic hit in 2020, the average cost nationwide was about 13 to 14 pesos per kilo, and at this time last year, it was just starting to climb over 20 pesos. “Inflation has hit the Mexican economy hard and experts point out that the worst will come at the end of August and the entire month of September;” the newspaper wrote.

(Sources: mexiconewsdaily.com, El País, El Heraldo)
Oil workers aboard a ship and an oil platform used firefighting equipment to repel modern-day pirates in the Gulf of Mexico last Thursday. A group of 15 workers aboard the ship Atares and the West Titania platform connected hoses to fire hydrants and directed high-powered jets of water at the pirates, according to a Milenio newspaper report.

They were successful in scaring off the pirates and avoiding yet another heist in the waters off Campeche’s coast. Pirate attacks on oil platforms and vessels in the Gulf of Mexico are relatively common, with thieves often getting away with equipment, tools and other valuable items.

The attempted attack occurred during the early hours on Thursday. Two boats with between three and four crew members each approached the Atares and the platform. “It was three in the morning when we noticed the presence of the vessels; everything happened very quickly,” one of the oil workers told Milenio.

“We managed to repel the [attempted] boarding,” he said before comparing foiling the attack to Spanish galleons’ repulsion of filibusters who wanted to steal their riches over 300 years ago.

“On this occasion, it wasn’t artillery [that warded off the attackers] but jets of water from the firefighting equipment, which has great pressure,” the unnamed oil worker said.

Milenio said that sources close to Pemex confirmed last Thursday’s events, but the state oil company hasn’t officially acknowledged the attempted raid. Oil platforms and vessels owned by Pemex and private companies have been attacked 22 times this year off the coast of Campeche, the newspaper said. Senator Rocio Abreu Artniano, president of the upper house’s energy committee, said that it appears that the same group of pirates have perpetrated all 22 attacks because the modus operandi was the same in each.

“The pirates arrive at night and board the [oil sector] facilities,” she told Milenio, adding that the attacks threatened the safety of workers and the safe operations of platforms and vessels.

“… We run the risk of a death occurring at any moment, and we’re not going to allow that,” Abreu said. (Sources: mexitenewsdaily.com, Milenio)
The Details in the Devils

Off the tops of most people's heads, the words matriarchy and Mexico would never seem to go together. Nonetheless, in the course of our travels my wife and I have come across three matriarchal Mexican towns. The first was Ocumicho, in the state of Michoacan. Ocumicho was famous for producing some highly eccentric pottery, and we hoped to acquire some to sell in our shop in Puerto Vallarta.

We departed early in the morning from the magical lakeside city of Patzcuaro. Two and a half hours driving down lonely mountain roads brought us to our destination, the rustic ramshackle town of Ocumicho. We parked the truck and began to search for Aida Mendoza (reputed to be the best artisan around). We came upon her house just up the street from a small church festooned with colored banners. In the street, a raucous party was in progress, probably celebrating the birthday of their local saint.

Aida's house was a small, modest affair - a bunch of planks nailed together with a tin roof and a dirt floor. After a gracious welcome, she led us into a small room. There, displayed on a number of impromptu shelves, were three or four dozen examples of her pottery.

Aida proceeded to remove each creature one by one from its plate, exposing the devil-couples beneath, all of whom were doing it like they do it on Animal Planet, in a dazzling display of improbable postures.

When she'd gotten a good gander at the twenty kinky tableaux, Lucy turned to me and said, “I want them all.”

“Will you excuse us, please?” I asked our hostess, grabbing my wife's arm and dragging her outside. “Listen, honey;” I told her, “I think twenty psychedelic / erotic imaginary creature-covered candy dishes might be a little excessive.”

“Don’t you love them?” Lucy demanded.

Gingerly, Lucy lifted the chicken, exposing the plate. Much to our surprise, there were two additional figures molded on top of the plate: a pair of devils, on their hands and horns, having sex.

The style of pottery in Ocumicho is naïve in the extreme, as if it were produced by children. Seeing those purple and orange devils in an unmistakably erotic pose left us open-mouthed with shock. Of course, we'd seen examples of these wacky devil figures before: driving taxis, directing traffic, playing soccer, presiding over the Last Supper - you name it - but nothing like this!

Aida and Lucy looked at each other, and began to giggle. “I have more.” Aida said, leading my eager wife along a row of similar pieces, not all of them chickens. Some appeared to be dogs. Or cats. Or Gumby on steroids. It was hard to tell.

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“Yes, but not everybody shares our taste for... uh... whatever you call that stuff. Maybe we should just get two, try them out. If we can’t sell them, we’ll have a couple of nice mementos.”

“What if I can get them really cheap?” Lucy asked.

“Oh,” I said, “anything in that room under fifty thousand pesos (five dollars at the time), go for it.”

“Deal!”

“I think I’ll go check out the fiesta down the road,” I said. “All those horny devils are making me nervous.”

Some friends had told us that the reason Ocumicho had a reputation for matriarchal tendencies was because such a high percentage of the male population got themselves incapacitated on such a regular basis that it was left to the women to take care of business. They made the clay figures, they sold them, they paid the bills, etc. At the fiesta, I hoped to confirm or refute this theory.

All of the thirty or so attendees at the fiesta turned out to be men, which was highly unusual. And all of them, seemingly without exception, were totally smashed, which was just unusual. Two of the less sensate of the revelers were setting off powerful cuetes de trueno (rockets of thunder), each of which was equal in explosive power to a third of a stick of dynamite.

In those days I was still quite fond of setting off these rockets, so I approached the two cueteros, told them I was a rocket scientist and asked if I could “burn” a few rockets. They nodded their heads “yes”, or else they were falling asleep. I removed the lit cigarette from one of their hands, picked up a rocket, stepped away from the arsenal and lit the fuse. But before it could attain escape velocity, some misguided maniac grabbed me from behind in a bear hug, yelling, “The crazy gringo is going to blow us all up!”

The rocket’s trajectory was radically altered by this intrusion, going horizontal, instead of vertical, and flying right into someone’s window before exploding with an enormous boom.

“Holy Mother of God!” one of the cueteros said. “That's the police chief's house!”

Seconds later I was back at Aida’s place, where I came upon Lucy sitting in the passenger seat of our pick-up, reading a magazine.

“What happened?” I asked. “What are you doing in the truck?”

“We’re all done,” Lucy said. “Oh, so she wouldn’t go down on the price?” I asked smugly.

“No, she didn’t have to. Every item that used to be in that room cost exactly 49,999 pesos.”

“Used to be? Where is it now?”

“In the back of the truck, all wrapped up and ready to go.”

“And Aida?”

“She went to buy some groceries. How’d it go with you at the fiesta?”

“I’m not sure. I might have killed the chief of police.”

“Maybe we better go.”

“Good idea.”

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.
Three new shows this week!
Summer entertainment is alive & well at Act2PV!

VOICE OF VALLARTA SINGING COMPETITION
(7th week) Sundays – 8:00 p.m.

There’s just 7 contestants left! This week is the SEMIFINAL show and each contestant will be presenting a 10-15 minute cabaret show! It’s going to be challenging for them and lots of fun for the audience! Come and support your favorite performer as they fight for a spot on the finals stage! Voting is done via QR codes and it definitely counts! 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!

FAST LOVE!
A celebration of the music of George Michaels
Saturday, August 20 – 7:00 p.m.

One of Vallarta’s most sensational performers, Luis Villanueva, stars in this celebration of the music of one of the biggest international stars of all time. George Michaels! Luis has always loved the music of George Michaels. He has the vocal range, dance moves, crowd interaction, and charisma of George Michaels and will definitely have you up on your feet, dancing and singing along to such blockbuster hits as “Wake Me Up Before You Go Go,” “Freedom,” “Faith,” “Careless Whisper,” “Kissing a Fool,” and many more. If you love George Michaels, you can’t miss this show!

I’M EVERY WOMAN
(3 shows only!)
A Celebration of the music of the most famous female music legends of all time
(OPENING NIGHT) Friday, August 26 & September 9 & 10 – 7:30 p.m.

Diana Villamonte, Vallarta’s #1 Diva, has proven that she can sing anything…. From Motown, to Tina Turner to Whitney Houston to Diana Ross to rock music…. and so much more! Now, Diana (and her LIVE BAND) is presenting a BRAND-NEW, SPECIAL SURPRISE SHOW called I’M EVERY WOMAN! Along with her live band, Diana will be celebrating the music of the most famous female music legends of all time… Arethra Franklin, Etta James, Nina Simone, Barbra Streisand, Whitney Houston, Diana Ross, Gloria Gaynor, Tina Turner, Donna Summer and many more! This little gal with the golden voice is tremendously talented! Once you hear her sing, you’ll be hooked for life! Get your ticket now at www.act2pv.com/shows

J LO, THE SHOW
(2 shows only!)
A celebration of the music of Jennifer Lopez
(OPENING NIGHT) August 27 & September 9 - 8:00 p.m.

Act2PV is honored to present one of Vallarta’s most beloved entertainers, LOSANNA, in a show dedicated to one of the world’s most well-known entertainers, JENNIFER LOPEZ! Jennifer is an actress, music and dance superstar, singer, film and television producer, author, and has many other credits to her name. With songs such as “If You Had My Love,” “Ain’t Your Mama,” “Get Right,” “On the Floor,” “Change the Pace,” and many more, this explosive show features sexy costumes, incredible choreography, and super-talented dancers! It’s going to be an exciting night, and the adrenaline and sensuality of this show will take your breath away! If you are in Vallarta, this is a show that you don’t want to miss!

Tickets are available at act2pv.com/shows. Box office is open 4 to 10 p.m. on show days.
Tickets are available at act2pv.com/shows. Box office is open 4 to 10 p.m. on show days.

Weekly Shows

**IT’S RAINING MEN**
Fridays – 9:30 p.m.

Act2PV has the sexiest male dancers in Puerto Vallarta, and they are starring in this 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.

Mexico City theater producers Betty and Letty Vallejo are in Puerto Vallarta to celebrate ten years of the most iconic local theater group: *Dionisio*. They present this variety show with the talent that has helped to shape this group for a decade! *(Adult comedy presented in Spanish)*

**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!!

**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)*

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.
**Tickets are available at act2pv.com/shows. Box office is open 4 to 10 p.m. on show days.**

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**Showguide (August 19 - 27)**

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

**FUN 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!

**SUPER SATURDAY, AUGUST 20**

7:00 – Fast Love, a tribute to George Michael, featuring Luis Villanueva

*8:30 – 10:30 **ENCORE LIVE!** – Live music, special drinks (NEW!)*

9:30 – **Las Hermanas Vallejos** – A celebration of the 10th anniversary of the local theater group, Dionisio, featuring monologues, songs, dance and drag. Laughter is guaranteed!! (Performed in Spanish)

**SPECIAL SUNDAY, AUGUST 21**

8:00 – **Voice of Vallarta, 7th Week (Semifinals)** – Cabaret Week! An exciting singing competition to choose the best voice in Vallarta!

**WONDERFUL WEDNESDAY, AUGUST 24**

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 26**

5:00 – 10:00 p.m. – **ENCORE LIVE!** – Live music, special drinks (Happy Hour 5-7p.m.)

7:00 – **I’m Every Woman** – A Celebration of the music of the most famous female music legends of all time, starring Vallarta’s #1 Diva, Diana Villamonte

9:30 – **It’s Raining Men!** featuring Act2PV’s super sexy male dancers along with incredible (and sexy) vocalist, BIGI!

**SEXY SATURDAY, AUGUST 27**

7:00 – **J LO, the Show** – a celebration of the music of Jennifer Lopez, featuring LOSANNA

8:30 – 10:30 **ENCORE LIVE!** – Live music, special drinks

9:30 – **Las Hermanas Vallejos** – A celebration of the 10th anniversary of the local theater group, Dionisio, featuring monologues, songs, dance and drag. Laughter is guaranteed!! (Performed in Spanish)

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**Encore Live!**

**Wednesdays & Fridays 5:00 – 10:00 p.m.**

*(Happy Hour 5-7p.m.)*

*Saturdays 8:30 – 10:30 p.m.*

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**About Act2PV**

Act2PV, designated by TripAdvisor as the #1 Entertainment Venue in the Banderas Bay and #2 on the list of “Things to Do in Puerto Vallarta!” It features musical cabaret, dance shows and drag shows during the summer, as well as Broadway musicals during the winter season! There is something for everyone’s tastes! Take a moment and visit the website at [www.act2pv.com/shows](http://www.act2pv.com/shows) to see the current shows. Also, check out the 2000+ 5-star reviews on TripAdvisor, Google and other social media! Tickets are available on the website or at the box office, open 4:00 p.m. -10:00 p.m. on show days.

**Congratulations to Act2PV Superstar, Brenda Gaviño, star of I’m Amy, the Opera Show, Linda Ronstadt and Best of Broadway!** She recently represented the country of Mexico in the Karaoke World Championship in Norway and placed 3rd in the world! We are so proud of this little fireball of talent!
Don’t wait for them to hit bottom!

GISELLE Belanger RN, LCSW | ggbelangerpv@gmail.com

Is there an addict or alcoholic in your life that you are worried about? Do you feel like you’ve tried everything to convince them they have a problem or to get help? Have they gone to AA/12-step programs and quit attending because “it” wasn’t working? Consider holding an “intervention”.

Do not wait for them to hit bottom!

That is an old idea that can be fatal. A famous relapse prevention specialist, Terri Gorski, says that many addicts “learn to live on the bottom”. He emphasizes that they are not going to “touch” bottom, instead, their “bottom” will be death. I know so many of you can relate to this either because you are the miserable unhappy addict or you are the loving desperate spouse, friend or family member. How many times have you shaken your head in bewilderment questioning how they (the addict) survived a certain situation or how a specific event isn’t powerful or tragic enough to make them stop and change. Such experiences seem incomprehensible to us; we can’t imagine going through one of them let alone ten of them, and yet they don’t learn from it; it’s never enough, it’s never painful enough or shameful enough, to get them to stop. Nothing scares them enough.

You must raise the bottom.

If you cannot wait for them to touch bottom, then what? You must raise the bottom. You must create the urgency and set the limits. You must say when enough is enough. You must not wait for the addict to decide enough is enough because that may never happen. In order to save yourself, your children, your marriage, you have to decide that you aren’t going to take it any longer.

Love first

Another myth is that interventions have to be confrontational. In the book “Love First” (Jeff Jay and Debra Jay, 2000, Hazelden Foundation) the authors describe how to go about planning and preparing an intervention in a loving way that encourages the addicted person to accept help. Instead of blaming them or putting them on the defense, they must be made to feel safe, loved, and supported. The addict hears about how their addiction has affected the people they love and care about and they hear those closest to them will no longer enable the addiction. The family is also educated to understand that addiction is a family disease that everyone suffers from and therefore they need to play a vital role in the recovery of the addict and of each family member.

How many of you have seen the TV show “Intervention”? It dramatically and very realistically portrays the desperateness of the family and friends of the addict as well as the desperate life of the addict. It shows many of the considerations in preparing for an intervention and then conducts one with varying results. Most of the time, the addict agrees to treatment, but sometimes they don’t. At this point, if the addict refuses treatment, at least the family knows they really have tried everything and knowing that makes it a little easier to live with whatever happens. (Their web page is excellent, especially for the long list of treatment centers http://www.aetv.com/intervention/index.jsp)

Stop enabling

“Desperate enabling” occurs as the addiction gets worse; we adjust and readjust to the problem. “Our bottom line, the things we swear we’d never do—keeps receding out of a desperate need to save the addict from destroying himself.” (Love First, pg 33). This is why Interventions are just as much if not more, for the people involved with the addict because it helps them stop enabling by clarifying with the addict and themselves what they will no longer tolerate and what consequences and ultimatums they are finally ready to set and enforce. “Leverage is a refusal to continue to enable the addict behavior” (Love First, pg72) Leverage is never a threat or punishment. It is loving limit setting for the addict and for yourself. Using leverage to motivate the addict to accept treatment could save his life and it also motivates the enablers to take actions for their own good as well. It is empowering.

One on one, addiction always wins.

Do not confront them or try to convince them alone. You need a group of people acting as a team to confront the addict at the same time. You must choose people who are influential with the addict. Do not include someone the addict dislikes; you want to use love, not disdain or resentment. Include workplace, bosses, anyone who cares and who can set convincing consequences that the addicted person cares about and respects; people who wouldn’t want to hurt any more than he already has. Choose people he trusts to help and who he wouldn’t want to lose.

Each group member of this intervention (even the ones who cannot attend, but are important influential people to the addict) must come up with consequences they are willing to carry out. This can be very difficult because each person has to be willing to carry out these ultimatums. They must become comfortable with imposing these limits and understand they can not back down. One helpful attitude is “I’d rather have him angry with me than dead”. The ultimatums are written “If you do not accept treatment today, then I will...” “no longer pay your rent” or “not allow you to work for this company any longer” or “file for divorce and have you move out immediately”. The addict has spent years manipulating weak boundaries and has come to expect the person to back down and draw a new line in the sand.

NOTE: It is very important that the ultimatums or “bottom lines” are only shared with the addict if he chooses not to accept treatment. Quite often, once the addict hears the team’s bottom lines, he changes his mind and accepts treatment, which is why the team must be prepared with each of their ultimatums.

Interventions must be planned

There are basic rules to having a successful one with specific do’s and don’ts known to be beneficial or detrimental. There are many considerations in addition to those discussed including a) having an appropriately chosen treatment center lined up including a ticket to get there, a bag packed, and a chosen escort, b) a location for the intervention and a time and date when you think the addict will be sober, c) confidential agreement between group members not to forewarn addict about intervention; if they know ahead of time, it will fail, d) having an assigned planner and chairperson and following a checklist. This task can be daunting. Hiring a professional therapist to help prepare the team and/or to conduct the intervention is recommended.


Written by: Giselle Belanger RN, LCSW (psychotherapist) is available for appointments in person, by phone, or by skype webcam. Contact info: Mex cell: (322) 138-9552 or US cell: (312) 914-5203
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
We had a lady walk in this morning with Bell’s Palsy type symptoms on the left side of her face which the M.D diagnosed as the result of an ear infection. After a quick history and look we discovered she has emotional body interference coupled with depression, which was brought about by family conflict, resulting in negative internal dialog. Traditional Chinese Medicine (TCM) pathology states that emotional stress is the root cause for the deficient immune system that opens one up to all sorts of maladies.

“What you feel has a big effect on your immune system,” says Dr. John Arden, Director of Training for Mental Health in Northern California for Kaiser Permanente, and author of “The Brain Bible: How to Stay Vital, Productive and Happy for Life”.

Dr. Candace Pert, Ph.D., author of “Molecules of Emotion”, stated, “emotions are not just in the brain but are also in the body and appear to run the immune system, the glands and the intestines. So your whole body is a single-unit integrated circuit, running on biochemicals.” Once this is fully understood, it may provide the medical profession with totally new ways to treat illnesses such as allergies, cancer, obesity, etc.

Our emotions are also influenced by a greater, spiritual energy field that encompasses and influences the entire physical body and nervous system. Our reactions to life are recorded not only in the biochemical patterns of memory storage in the brain, but also in the life energy centers of the body that help to nourish our cells and organs. We are energetic beings whose ills may be healed not only by surgical procedures and drugs but also by different forms and frequencies of energy, i.e.: thought patterns and emotional responses.

Most psychologists treat emotions as disembodied, phenomena with little or no connection to the physical body. Conversely, some physicians treat the body with no regard to the mind or the emotions. But the body and emotions are not separate, and we cannot treat one without the other.

Having said that...

‘Body-mind’, a term first proposed by Diane Connelly, PhD, (Traditional Acupuncture: The Law of the Five Elements) reflects the understanding, derived from Chinese medicine, that the body is inseparable from the mind. And when we explore the role that emotions play in the body, as expressed through the neuropeptide molecules, it will become clear how emotions can be a key to understanding disease.

We know that the immune system, like the central nervous system, has memory and the capacity to learn. Thus, it could be said that intelligence is located not only in the brain, but in cells that are distributed throughout the body, and that the traditional separation of mental processes, including emotions, from the body is no longer valid.

How can we experience the fact that an emotion is not only stored in the brain? One way is to notice, as we release emotions from the body, that we feel physical relief first, and later experience mental relief. By releasing the harmful effects of guilt, fear, anger and depression, we begin to feel better in many ways.

Many other factors determine who gets sick and who doesn’t. Beliefs, moods, thoughts, and emotions affect the mind/body in many ways. When doctors tell patients, “You will die in six months to a year,” they risk giving them a death sentence. A terminal prognosis is a death sentence.

Health professionals should take into account a person’s ‘fighting’ spirit, commitment and will to overcome – to re-create his or her own reality!

As a holistic practitioner, I have found a vast majority of health issues have their roots in the emotional component, this would include stress, anxiety, and of course anger and fear issues. I have also experienced that once the emotion is released, usually the pain or problem dissipates.

Another issue is the access of mental activity, especially the type of stimulation by screens. Those of you who work at the screen for a living know who I am talking to. Keep it down to 4 hours a day in one-hour segments, take 1 hour of YOU time for every hour in front of the screen daily. (scoff...)
Liver health

Dr. IRVING Ramirez

The liver, consisting of left and right lobes, is our largest organ and weighs between 1.4 and 1.6 kilograms. This helps our body digest food, store energy, eliminate toxins, and serves 500 other functions as well!

The liver is a vital organ that plays a fundamental role in the organism of detoxification, synthesis and storage of fat-soluble vitamins such as A, D, E, and K. It also serves as a filter for toxins and toxic metabolites derived from medications and digestion.

Detoxification: the liver acts as a filter that collects and removes numerous toxins, including derivatives of ammonia, heavy metals, alcohol, and drug residues.

Synthesis: our liver is responsible for metabolizing carbohydrates, lipids, and proteins. Secreting bile is of fundamental importance for maintaining cholesterol levels and blood triglycerides. Also, the liver helps to produce blood coagulation, which prevents bleeding.

Storing vitamins D, E, and K, and glycogen which is used if necessary for the functions of our organism.

This vital organ is the only organ that can regenerate itself. However, various diseases may affect it:

- Viruses (hepatitis)
- Diseases caused by illegal drug use, abuse of over-the-counter and prescribed medications, toxins, and processed and greasy foods (cirrhosis and fatty liver)
- Cancer
- Hereditary and autoimmune diseases
- Systemic diseases due to dysfunction of the organs (pancreatitis, renal failure, diabetes, high blood pressure, and congestive heart failure)

Signs and symptoms that may indicate that your liver is having difficulty will always vary from person to person and may include:

- Swelling of the abdomen.
- Color change in the urine and stools. The urine will be excessive, reddish or yellow, and your stools can be white.

- Discomfort or indigestion, especially after consuming fatty foods.
- Palms of the hands, tongue, skin, and yellowish eye color.
- Infrequently, you could have joint pain and vision problems.
- Fluid retention, swelling of the legs.
- Rash or frequent rashes.
- Bruise easily.
- Altered liver enzymes in the analysis.

We must keep in mind that many people can experience a process of chronic inflammation gradually and even be asymptomatic. That’s why it is advisable to do a check-up routine at least every three months and be aware of small changes in digestion and from the points above.

Treatment and Prevention

- Milk Thistle, the tincture or tablets of this plant, is rich in silymarin (flavonoid and antioxidant) which have shown lipid-lowering effects, antihypertensive, depurative, liver protector and protects against arterial sclerosis.
- Artichoke (the medicinal preparations of this plant) has shown hepatoprotective properties, hypcholesterolemic agents, choleretics, and chologogue (stimulates production, fluidity, and bile secretion). It stimulates digestion and occasionally is used to treat cellulitis.
- Boldo is used for gallstones and liver diseases. It has anti-flatulent effects, laxative, liver protection, hypoglycemic, and diuretic, and it is also used for skin blemishes (melasma) derived from liver diseases or renal failure.
- Ashwagandha has adaptogens that enable our organism to deal with different stress conditions and possesses antitumor, antimicrobial effects, and neuroprotective, which contribute to liver health.
- Tumeric root is antifungal, antiparasitic, hepatoprotective, hypoglycemic, anti-inflammaory, potent antivirals, and antitumor in synergy with other treatments.
- Dandelion contains chologogues, in addition to being depurative and a minor laxative.
- Natrum Sulphuricum and Kali Sulphuricum are homeopathy medications with synergistic actions that stimulate hepatic metabolism, digestive, and gallbladder. Helping with the process of purification of toxins, liver detoxification, accelerating the metabolism and improving the quality of your skin, hair, and nails.
- Hepatic Homotoxicolology, the subcutaneous application of a small amount in the abdominal area of this medication containing artichoke, milk thistle, dandelion, and digestive medicines like lycopodium clavatum, stimulates the emptying process and bile production - decreasing the risk of stagnation improves digestion, contributes to weight loss, and helps reduce liver inflammation.

Before taking any treatment, it is essential to know the cause of the liver disease so it can be adequately treated.

To make an appointment with Dr. Irving in Puerto Vallarta or Bucerias, please contact Loren Hayes on WhatsApp at 322-167-7570.
Puerto Vallarta #2 on 2022 List of World’s Best Places to Retire

Live and Invest Overseas, a resource for people who want to live, retire, and invest overseas, released its annual index of the 15 best places in the world to retire in 2022, and Puerto Vallarta, Mexico came in at No. 2!

The index concentrates on 15 locales across 15 countries and provides specific information for retirees to make more informed decisions. Destinations are ranked based on 13 categories: cost of living, health care, entertainment, recreation, whether or not the English language is spoken, expat community, infrastructure (Internet, electricity, domestic access), access to North America, environmental factors, crime, real estate restrictions, residency, and taxes. Here are the top 5 in the list:

1: Comporta, Portugal.  
2: Puerto Vallarta, Mexico  
   Cost Of Living: B+ (Monthly Budget: $2,935)  
   Health Care: A+, Crime: A, Taxes: B, Final Grade: A

3: Cayo, Belize.  
4: Northern Cyprus.  
5: Paris, France

“Whether you’re seriously considering or just getting started, it is an opportune time to further explore retiring overseas,” said Kathleen Peddicord, Founding Publisher of Live and Invest Overseas. “With the current strength of the U.S. dollar, the opportunity is now to take your hard-earned retirement savings and extend them even further in another country, while also benefiting from warmer climates, lower costs of living, and endless access to adventure.”

“Moving to another country is a serious undertaking and one that we understand. With thoughtful surveys sent out to our readers, systematic measuring capabilities, and our personal experience of traveling to more than 75 countries, we’ve developed a transparent index that provides detailed information to help retirees make informed decisions for their future,” continued Peddicord.

About Live and Invest Overseas

Based in Paris, France and Panama City, Panama, LIOS is the leading resource for people who want to live, retire and invest overseas. Headed by Kathleen Peddicord and Lief Simon – who collectively have more than 40 years of experience visiting, living and investing in foreign countries – LIOS and its complimentary e-letter service, the Overseas Opportunity Letter, have more than 500,000 regular readers. More info available at liveandinvestoverseas.com

How do we explain our value and cost?

What we want to say as real estate agents in a competitive market
Selling and buying real estate in Mexico’s restricted zone of Bahia de Banderas

- We provide a service. We represent buyers and sellers to help them reach their goal to sell or to buy.
- We need to understand the process of what our buyer or seller needs if we are going to be providing a successful service.
- We work in a country where the laws, customs, currency, taxes, ownership are different. We need a business plan.
- Part of our business plan is a marketing plan to explain our value and service.
- We can show a list of all our jobs as part of the sales process.
- We can show our clients a file of a closed transaction.

We will demonstrate our capabilities and our clients will understand that the cheapest option isn’t always best when deciding who should handle a transaction. We want to be worth what we charge.

We will answer the objections a buyer or seller may have about our real estate commission. Let us tell you what we do. You may not realize the scope of your job.

We have a list of what we do. We can explain our service.
A seller should know exactly what we charge for what we do.
A buyer should know exactly why and how we earn a commission.

We are making changes as we move into the world of new laws in Mexico. We will be using listing agreements and purchase agreements approved by PROFECO (Mexico’s consumer protection organization).

We will be working with developers who will be required to use contracts respecting the public consumer laws in Mexican.

We continue to learn from our buyers and sellers what they need in today’s market with the migration of expats into our communities.

We continue to work under laws requiring respect for privacy while at the same time observing laws of non-monopoly, anti-laundering money procedures, currency exchanges, condominium laws, and disclosures of hidden defects.

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For the last month or so, I’ve been declaring “summer fishing” has arrived, and it has. But like most things in life, it doesn’t happen all at once. Daily, as we move deeper into “high season” for fishing in Puerto Vallarta, we’re confronted with several “fishing surprises”. What surprises may you ask? Well, Blue Marlin at El Banco, Yellowfin Tuna at Corbeteña and Striped Marlin being boated in the bay? If none of that is surprising, then you don’t know fishing in Puerto Vallarta …or you’re jaded. But even the most jaded like myself are feeling the excitement. Last week we had some indications that Marlin were moving in to El Banco. But the bay? Striped Marlin being boated in the bay, dirty water an a very nice 55-inch Rooster Trophy is automatic. Why? Well, bait is the issue. With continued massive amounts of varied bait, lures many times are working better than live bait. Blue Marlin can also be in the 10- to 15-mile mark off the Punta Mita point. FYI, Punta Mita has been renamed to “Punta Nayarit”. Why they would change the name is a mystery to me. To continue, football Yellowfin Tuna right now are pretty plentiful and running anywhere from “The Rock” to maybe ten miles to the south or north. There are also Blue Marlin, some Black Marlin as well running the area. Not too many Sailfish, but some and the Dorado are on the small side. The water from Corbeteña to El Banco is blue and full of bait. Conditions are pretty much as good as they get. If you have any questions over and beyond this information, message me and I’ll get you the latest info! The area around Punta Mita is up and down. This week we’re seeing Sailfish and Dorado if you can find any floating debris or a mature trash line. Most of these Sails are being boated off the point anywhere from 3 to 10 miles. But let me say, nothing is blue water, massive amounts of bait and they’re all sitting on the “high spots”. Sailfish are here as well. But no Yellowfin Tuna. If you’re looking for Yellowfin, you’ll need to head to Corbeteña for the moment. Football Yellowfin Tuna right now are pretty plentiful and running anywhere from “The Rock” to maybe ten miles to the south or north. There are also Blue Marlin, some Black Marlin as well running the area. Not too many Sailfish, but some and the Dorado are on the small side. The water from Corbeteña to El Banco is blue and full of bait. Conditions are pretty much as good as they get. If you have any questions over and beyond this information, message me and I’ll get you the latest info! The area around Punta Mita is up and down. This week we’re seeing Sailfish and Dorado if you can find any floating debris or a mature trash line. Most of these Sails are being boated off the point anywhere from 3 to 10 miles. But let me say, nothing

keeps you fishing in the bay so you can find clean water. You can catch fish in four hours, probably.

We have a mid-morning bite so be where you want to be before 09:00. Bait is not an issue, but many times dead bait and lures are working well. Don’t get mind-locked into thinking live bait is the only bait that works. Water temperatures are hovering at a perfect 84 degrees, thank La Niña for that. Remember we’re all at the mercy of weather conditions, including hurricanes. If for some reason we can’t head out, we will reschedule or refund deposits as warranted. But also remember rain is no reason to cancel a fishing trip, even with lightening! Fishing is best in the rain and lightning is a momentary thing that will pass before you reach your fishing grounds, normally… But nobody holds a pole with local lightening! Stay safe…

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. #MasterBaitersSportfishing on Instagram, Facebook: Master Baiter’s Sportfishing & Tackle. The trade mark Master Baiter’s ® Sportfishing and Tackle is protected under trade mark law and is the sole property of Stan Gabruk.
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
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.

Sudoku is a logic-based placement puzzle

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