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

Puerto Vallarta • Jalisco • Mexico

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 Vallesjo 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 manta rays in the winter. During the summer, sea turtles, a protected species, arrive to its shores to lay their eggs.

ECONOMY: Local economy is based mainly on tourism, construction and to a lesser degree, on agriculture, mainly tropical fruit such as mango, papaya, watermelon, pineapple, guanabana, cantaloupe and bananas.

CURRENCY: The Mexican Peso is the legal currency in Mexico although Canadian and American dollars are widely accepted.

BUSES: A system of urban buses with different routes. 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 that can only be boarded there. They have pre-fixed rates per passenger. City cabs are yellow or white, and charge by the ride, not by passenger. When you ask to go downtown, remember that your fare covers the ENTIRE central area, so make sure you are brought to the main plaza! Pick up a free map, and insist on your full value from the driver! Note the number of your taxi in case of any problem, or if you forget something in the cab. Then your hotel or travel rep can help you check it out or lodge a complaint.

Uber and InDriver have also been available in PV for the past year or so. Download their apps in your smartphone.

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, Bucerias, 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 money to 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 (casa 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.
Dear Editor,


You indicated you would like more information. We also attended this glitzy extravaganza on a trip to Vallarta last Fall. The show is performed at Teatro Vallarta. Here is the link to their website and ticketing information. http://leyendamayahuel.com/home-us/

Christina Stewart

Thank you, Ms. Stewart!
The Ed
One of the most popular materials for countertops is granite. Granite is a hard igneous (solidified from lava) rock that consists mainly of quartz, mica, and feldspar. Granite is found worldwide and makes up about 15% of the world’s surface. This stone is usually grey, white, or pink and the beautiful kaleidoscope of colors makes it a top choice for decorating. It is also a solid and durable material that resists chipping or staining, hence why builders have used it for thousands of years.

Granite countertops are one of the selling features in over half of the new condos built in Puerto Vallarta today. Not only does granite fit the more modern décor styles of newer condos, but it is also reasonably easy to keep clean with just a wipe of a damp cloth. This ease of use is undoubtedly a plus for retirement, vacation, or rental homeowners.

One thing to be aware of is that granite is porous, so water and other liquids can seep into the stone. Although it is a very durable material, there is still the potential of damage if something heavy falls on it or if you do not use a cutting board when chopping up fruits and vegetables.

You may want to apply a sealer to ensure your granite maintains its beautiful look and luster. Remember that sealers will not completely protect your counters from stains or damage. However, they reduce the absorbency rate, which means you have more time to wipe up that spill before it wrecks your counter. Granite sealers make it a lot harder for stains to happen. A sealer also will not stop etching from corrosive materials, so never use harsh chemicals for cleaning.

Granite sealers are made from a resin dissolved in water or a petroleum-based solvent. The sealer is smoothed onto the stone and left for about 24 hours to absorb into the granite pores. The resin goes into the pores and hardens once the water or solvent base evaporates. The resin keeps the stain on the surface so that it does not seep in and cause discoloration.

Not all granite countertops require sealers. Darker granites tend to be denser, so adding a sealer will not provide much better stain protection and instead could dull the shiny surface. Then, some faux granites on the market look like the real thing but are mixed with calcite. These counters cost less than genuine granite and are far more likely to scratch if in contact with acids like coffee, alcohol, lemon juice, etc.

Knowing the type of granite you have is essential when it comes to determining whether you should seal it. An easy and no-cost test you can do to determine if your countertop would benefit from sealing is the water drop test. Drip some water on your countertop and observe. If it gets dark quickly, multiple coats of sealant are recommended yearly. If it takes 5 minutes to darken, numerous coats of sealant are still recommended, but you usually need to re-seal less frequently. If the granite darkens in about 15 minutes, you likely only need one coat, and re-sealing is not required for many years. If there is no darkening after 30 minutes, you probably do not need a sealant.

If it is time to get your counters sealed, contact me. I am happy to connect you with the company that I trust to do mine!

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 Nacozarí 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.
Deities of the River Workshop at Rio Cuale Cultural Center

Los Dioses del Rio / The Deities of the River workshop, an event by Celeste Innocenti, returns to the Centro Cultural Vallartense [Vallarta Cultural Center] this Friday, August 26, 2022, from 10 a.m. to 1 p.m.

This 3-hour bilingual workshop and experience combines art and mythology along the banks of the Rio Cuale. Students will interpret the music and myths of river gods and goddesses from around the world by creating figures out of clay, which will be hidden in unexpected locations around the Centro Cultural Vallartense as an offering to the river deities and a fun discovery for visitors until the rains and time wash them away.

You don’t need any prior experience with clay, and all ages are welcome. Donation: 300 pesos, including materials. WhatsApp 322-193-7293 for more information and reservations. (Source: banderasnews.com)
Ave, Ave

Last week I got together for breakfast with my dear friend from La Cruz, Brian O’Malley. I don’t know how he stands living so far away out in the boonies of Nayarit, and he doesn’t know how I can bear living in the middle of this city’s hustle and bustle. He doesn’t come to Vallarta often, but it makes me happy that I am on his to-do lists when he is in town! What a good thing we all have different lifestyles!

Dennis Crow’s musical film last week at Incanto was ‘Billie Elliot’. I had seen the movie that preceded the musical by 14 years and far enjoyed the latter more. Of course, the music by Elton John was fabulous.

Dozens and dozens of friends poured into Bar Frida last week for the Celebration of Life for Luis Mendez, partner in the bar with his husband, Tom Finley. Entertainers including Tonny Kenneth, Gabe Arciniega, Joan Houston and Effie Passero sang Luis’s favorite songs and told stories. Tom was showered with hugs, kisses and condolences, and Mike Laking kept it all together, organizing the afternoon, getting people seated and smiling through his tears.

We sat and listened, remembering Luis and our own personal losses. There have been many lately.

Barry Kessler joined me at Bar Frida, so we had a bit of a chance to catch up before dinner at Il Pesce. I have lost count finally how many times I have eaten the fettuccine with mushrooms and truffle oil, but it was - again! - Brilliant. They are closed for vacations from August 27 to October 5, so I will have to get over there before that!

After pasta, Barry and I wandered down to Olas Altas and ducked in quickly to see the recently reopened restaurant, Daiquiri Dick’s on the Beach. Wow and zowie - is it ever beautiful! Air conditioning inside and the patio through the enormous plate glass windows catches the sea breeze. I hope to get there soon for dinner.

Barry and I continued through Parque Lazaro Cardenas and up to La Catrina Cantina to hear Effie Passero in concert directly from Luis' Celebration of Life. Effie dedicated the concert to her dearly missed friend and sang better than I had ever heard her before. That is remarkable in itself. Ninety minutes later, she was exhausted and emotionally strained. She quietly thanked her audience for coming and broke down in tears just as the house rose to its feet for a thunderous standing ovation.

I was so looking forward to Luis Villanueva’s Tribute to George Michael last Saturday in the Red Room at Act2PV. That show was postponed, as was the Voice of Vallarta, with the latter rescheduled to September 4 and 11. What that means is that I have tonight off!

For the past six weeks, I have written as much as I could of my column, leaving only V of V, rush to the theater for hours, take notes, then fly back here and write until midnight or so. Then, my dear sister Patrice, who is my proofreader (yes, she is to blame for any errors!), had to go over everything in the middle of the night. So more sleep for the next two weeks.

Coming up:

26 August, Friday at 8 p.m. at Incanto’s Theatre - Francesca Bavaro (Effie Passero) in concert

30 August, Tuesday at 5 p.m. at Incanto’s Theatre - ‘42nd Street’ the musical filmed in London

03 September, Saturday, 6:30 p.m. at Arte Museo - First Saturday of the Month fiesta. Check their Facebook page if it looks like rain!

04 September, Sunday, 8 p.m. on the Main Stage, Act2PV - The Voice of Vallarta semi-finals.

Changes are happening so fast lately, so please always remember where you are and, more importantly, who you are with. Treat your family, friends and your furry ones with tenderness and much love. Always remain in a state of grace and extend a hand to those who need one. Then hold on tight, From Here.
Family vacation in CDMX

If you’ve been reading my column for the last few weeks, you will be all up to date on our family trip to Chiapas, an adventure that took place back in 2018, when my kids were twelve and thirteen years old. That was an age when they were just beginning to realize and not appreciate that Disneyland was a place we never seemed to visit because their parents preferred their Jungle Cruise ride to be in an actual jungle with real-life howler monkeys. Not cool.

One of the best things, for me, about living in Mexico is the incredible travel experiences you can have all over the country. My husband and I have taken our kids to many of them, in between trips to see their other home country of Canada. We’ve been to a number of states: Hidalgo, Yucatan, Quintana Roo, Chiapas, Guanajuato. But one of our most cherished and the destination that we returned to during my hiatus is Mexico City.

Mexico City is a special place for a variety of reasons. One of the biggest is that my husband’s family lives there, and we love to see them. Another is that we have spent many happy vacations there as a family and with my parents. Still another is the fact that we can go there and never run out of things to do and see. Mexico City is filled with parks, museums, shopping malls, eateries, and historical landmarks.

I’ve been asked if we feel safe in Mexico City. The answer is a resounding yes. Because my husband grew up there, we very rarely rely on only taxis when we make our way around the city. We used the metro fairly easily and cheaply and also used the bus, trying to avoid using both during peak times of the day. Google maps have all the schedules and alerts, so it was fairly simple.

Because we’ve been there a number of times, people often ask me for recommendations of great activities and places to visit. Because I travel with kids, and because I love traveling so much, I always have an itinerary that we follow loosely. I can look back and dig out some great tips and fun places to visit. But I do have to sift a bit because our itinerary is full of places that both kids and adults enjoy. And not just any kids or adults. Our plans are VERY Luna-specific.

For my husband, we spent a Saturday at the Goth / biker / rockn’roller flea market in the neighborhood of El Chopo. If you’re looking for a studded armband or a Blink 182 t-shirt, this is the place for you.

For my daughter, we had tea and cookies at the Hello Kitty Café in fancy Polanco. If you’re looking for pink décor and a three-hour waiting list, you’re going to love it.

For my son, we hung out at the Crownberry Maid Café in hipster Juarez, where we ate ramen and watched anime videos. If you read manga in Spanish and love otaku culture, you’ll never want to leave.

For me, we jumped on a beautifully ornate gondola boat in Xochimilco and took a four-hour journey to the legendary and spooky Island of the Dolls. If you enjoy a good ghost story, you will not want to miss it.

In between, we filled our days with family, friends, churros and museums (free on Sundays and usually free for teachers and students). Naturally, we started each day with cinnamon-spiced café de olla from the friendly vendor on the corner of our Airbnb.

We spent two great weeks in Mexico City, hitting all of our favorites and checking some new boxes on the bucket list, such as the traveling Van Gogh exhibit that left us quiet with awe. If you are traveling on your own or with kids of any age, Mexico City will never disappoint.
She Said…

ANNA Reisman

According to the statistics on the news last week, youngsters have been leaving Facebook in droves, opting for TikTok and Instagram to keep in touch with their friends and followers.

That’s ok with me, I thought, leaving more for us “old geezers”, but now I’m not so sure…

What is Facebook doing? Why do I keep on getting notices informing me of my friends’ birthdays if they’ve passed so many years ago? Makes me very sad all over.

And why am I not seeing posts from my LIVING friends, which I want to see? Instead, my page is filled with ads for stuff that I’m really not interested in. And lots of screen space wasted on “People you may know”. I have yet to know any of them.

Furthermore, the “notifications” are all over the place: 2 days ago, 30 minutes ago, 2 hours ago…

Sheesh!

This last week marked one year since Hurricane Nora’s passing by our Bay, leaving so much rain that the Rio Cuale overflowed its banks, causing so much destruction.

The flea market was badly damaged, its vendors had to be relocated and the building’s foundation had to be reinforced.

The Rivera Cuale condo building only survived because its foundation is so deep that it must reach the Earth’s magma core. Nevertheless, its beautiful gardens and swimming pool were totally washed away, as was one of Seapal’s stations.

The road out to the other side of El Caloso was only repaired and reopened to traffic a few weeks ago.

Francie’s beloved Bonito Kitchen was completely destroyed, and a young boy living upstairs died.

Now we must hope and pray that all the repairs were done well enough to withstand whatever Mother Nature has in store for us during the next two months.

So far, we’ve been blessed. Lots of spectacular thunderstorms and sunsets …and not enough rain.

And now for something totally different.

I’ve been very curious about the new restaurant located where our friend Heinz Reize’s wonderful Coco Tropical used to be, at the foot of Basilio Badillo, by the beach. It’s called Noroc, which means luck in Romanian, so I wanted to know if the owner(s) were Romanian. Nope.

Now before you read on, please bear in mind that I’m no restaurant reviewer or critic. So here goes.

If you check out their page on Facebook, you’ll see the photos of their individual table “islands” surrounded by water. I don’t know if they intend to put any Koi in there. Waiters access each one via a small passageway. Diners have to make their way around the table by sliding around the sofas that surround it. Not always easy, depending on what you’re wearing and what size you are. And when the waiter has to serve anyone other than the person sitting closest to said passageway, he has to reach across the diner(s) closest to it. Very awkward and uncomfortable for all.

The food is very well prepared, but the portions are small, the pappardelle are beautiful, but cold, and the prices are BIG. My friend Lucy Muñoz, owner of the famous Lucy’s CuCu Cabaña (now gone) and beleaguered wife of Gil Gevins, was in town for a few days; she agreed to accompany me on this adventure. She said her onion soup was excellent, as were the salmon dishes she and I ordered. Now, about the prices, it seems we’re not the only ones to have been taken by surprise at the increase in restaurant prices. The #1 daily Spanish paper, Vallarta Opina, devoted much ink to the subject, based on the reaction of visitors to our town.

As my colleague Krystal would say, there you have it.

Talking about visitors, to you who have asked about the arrival of cruise ships to our destination, the reason why we haven’t published a special segment for it is because only one ship, the humungous, beautiful Carnival Panorama – with over 4,000 passengers and 1,300+ crew – docks in PV every Tuesday throughout the summer. All the other cruise lines usually re-establish their routes once the hurricane season ends.

Until next time, please share your good fortune with the less fortunate, especially now that we are starting the worst month of the year for them: septiHAMBRE, the month of hunger.

Keep well, stay safe and healthy. sheis@ymail.com
My first two years in college I had a weekend job working at the Fillmore East in New York City. The Fillmore was the world’s premiere Rock ‘N Roll auditorium. It was located in the heart of the notorious East Village and operated during the height of the ‘Sixties’.

Technically, I was an usher. But I quickly invented my own job, and did it so well I was given a new title: Director of Lunacy. My invented job consisted in “neutralizing” the overly boisterous drug-crazed members of the audience. If I was unable to get them under control, or off the premises, the Gorillas were called in. The Gorillas were a group of big ugly biker dudes who would drag the offending parties outside and beat the crap out of them.

And so, for all those flipped-out druggies, I was the last line of defense, all that stood between them and an ugly beating.

Flash forward forty years.

My wife and I were spending a few nights in San Jose del Pacifico, high high in the mountains of Oaxaca. San Jose is tiny, a bump on the road, but its setting is spectacular: cloud forests and limitless vistas of intense green, fading in and out of the swirling mist.

Life in San Jose centered around our small rustic hotel and its two famous proprietors: Tio Tomas and Tia Veronica.(Tio and Tia usually mean Aunt and Uncle, but in that region of Oaxaca they are the equivalent of Don and Doña, terms of respect for people of a certain age and standing.)

Lucy and I had come to San Jose to soak up the local beauty and do some hiking in the amazing cloud forest. The other hotel guests were there for the magic mushrooms. Magic mushrooms, unlike ordinary fungi, allow you to see God - if you’re lucky. Tia Veronica and Tio Tomas, we discovered, were the principal purveyors of said questionable material, and their purveying is what had made them famous.

On our second morning, as we were walking from our cabaña up the steep trail to the wee hotel’s restaurant, we passed a couple sitting in front of their own cabaña who seemed to be staring fixedly at the inspiring view. My eye, however, trained by that two-year stint as Director of Insanity, recognized at once that these folks were, A: Under the influence of a powerful psychotropic substance; and, B: Scared out of their minds.

Up at the restaurant Tio Tomas approached our table and wished us buenos dias. “Tio Tomas,” I said, “we noticed on our way up that the couple in number five is having a hard time.”

“How so?” the kindly old Indian asked.

“My guess is, this is their first experience, and they weren’t quite ready for it.”

His weathered face clouded with concern. “I’ll go talk to them.”

Lucy and I had just finished our delicious apple-filled hot cakes when Tio Tomas returned. “They are in a bad way,” he said with feeling. “I tried talking to them, but it didn’t help.”

“Let me have a crack at it,” I said. “I used to talk people down for a living.”

Tio Tomas was astonished. “They paid you to do that?”

I arrived at the offending cabaña, plopped a chair down directly facing the couple, and said with a huge grin, “Hi! You two look terrific! Isn’t everything beautiful!”

The couple, college professors from Mexico City in their late thirties, stared at me with cartoon eyes, as if I had suddenly sprouted a second nose. And who knows? Perhaps, I had. “It’s t-t-t-too much!” the man spluttered.

“Yes,” I said, still grinning, “losing your ego can be kind of scary. But it doesn’t last.”

“It doesn’t last?” the woman repeated numbly.

“You feel like you’ve lost your minds,” I said. The couple nodded.

“You feel like you’ve journeyed to a terrible place and are never coming back.” Again, they nodded their heads. “No one told you what to expect.”

“They, they, s-s-said we’d see God.”

“Well,” I laughed, “you are seeing God. The problem is, God can be kind of scary. Just focus on two things. Do I have your attention? These two things are going to save you. These two things are going to make everything all right.”

The couple’s eyes filled with a desperate hope. Their savior had arrived!

“Number one,” I said, “what you are feeling now is only going to last for a few hours. Before long, you will be your old selves again. Number two, if you can relax and let go, you will have fun. Are you with me?”

Vigorously, they nodded their heads. “Have you eaten mushrooms today?” the man asked.

“I had a few dozen for breakfast,” I lied. “And look at me; I’m fine,” I lied again. Then I stood up and spread my arms, like a happy buzzard posing for a photo. “There is only love!” I proclaimed. “And the whole world loves you! You are beautiful magical beings!”

Lucy found the three of us fifteen minutes later engaged in a group-hug. My wife regarded me with a crooked smile. “Well, if it isn’t the Pied Piper of Haight Ashbury.”

Winking madly at my wife, and feeling pretty foolish, I shouted, “Peace and love!”

“Peace and love!” my new disciples repeated joyously.

Following closely upon my wife’s heels was Tio Tomas, wondering if I’d had any luck with his guests. After observing the ecstatic couple bursting at the seams with glee, Tio Tomas took me aside and said, “You are really good at this. Would you like a job? I can’t pay much, but I can give you room and board, and fifty per cent off on your mushrooms.”

“Gracias, Tomas, that is a generous offer,” I replied, “but it comes about forty years too late.”

“Yeah,” my wife added, “he’s nuts enough already.”

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.
Frustrated with online info on Mexican culture?
Artes de Mexico’s expert articles are available in English

All its articles, written in both Spanish and English, are penned by trustworthy academics and other experts

LEIGH Thelmadatter

I get it. If your Spanish was “all that,” you would be learning about Mexico through local sources.

But what if I told you that there is at least one Mexican publication that makes quality information available in well-translated English?

That would be Artes de México.

In 1988, Alberto Ruy Sánchez and Margarita de Orellana were a young couple looking for a career. The economic crises of the 1980s had not been kind to them. Despite doctorates and foreign work experience, they had to get by with various freelance and other academic gigs.

Then they found “their reason for living.” They were tasked with reviving a publication that had run from 1955 to 1980.

Published quarterly, Artes de México is neither a magazine nor a book but a hybrid. To distinguish it as such, let’s use the Spanish word revista.

Artes de México recruits experts and other noted writers to write interrelated articles within the issue to provide laypeople with an in-depth look at a thematic topic. Issues remain available as reference works years after publication.

The English language has been important to the publication since its relaunch. “Intuitively, we realized that we had a market [for this type of publication] in the United States because of the number of Mexicans living there,” says De Orellana.

But foreign mass distribution there has not worked out. The English today serves to promote Mexican culture globally. But since it is not the organization’s main focus, translations are in the back, meaning you have to flip back and forth to read the English and look at the excellent photographs.

And despite being called “Arts of Mexico,” the publication actually covers a wide range of cultural topics, walking a middle road between pop culture and the academic. Issues have been dedicated to biodiversity, festivals, holidays, food, clothing, cultural symbols, indigenous cultures, history and, of course, the various arts. It presents information not readily available in other media.

One early issue, for example, focused on legendary cameraman Gabriel Figueroa, who worked on over 200 films during Mexico’s golden age of cinema. He was all but forgotten by the late 1980s. It is fair to say that that issue’s publication helped save Figueroa and his work from oblivion.

De Orellana is proud of the work they have done on topics related to Mexico’s indigenous peoples, saying that other media tend to push politics and propaganda, “… often without knowing the roots of the topic.”

Octavio Murillo, head archivist for the National Institute for Indigenous Peoples, agrees that the revistas have been important in bringing knowledge about indigenous communities to a wider audience, pointing specifically to issues they did that were related to the Huichol people and pre-Hispanic art.

Certain topic categories have been particularly successful, such as food. There are issues dedicated to the chili pepper, the nopal cactus, tequila, mezcal or pulque. Several have been devoted to chocolate and corn.

The dietary habits of Mesoamerica have been extensively examined. There are also two issues called Seeds of Identity (Semillas de Identidad) highlighting the foods from Mexico that have impacted world cuisine.

Artes de México’s greatest success has been with the country’s handicrafts and folk art, despite some initial resistance by the publication to covering such work. Its first revista on this topic was on Puebla’s Talavera pottery, about which nothing had been published for decades.

De Orellana credits these issues’ popularity to the growing respect that Mexico’s artisans have earned both inside and outside the country.

Gayle Pierce, president of Los Amigos de Arte Popular, the largest Mexican folk art support organization, has supported Artes de México’s work in this realm for many years. “[It] is a tremendous resource for someone new to the genre or the seasoned collector,” she says.

Artes de México has enjoyed longstanding relationships with education, government and cultural institutions. The revistas are important to both teachers and students, but not just in the humanities; graphic designers study them as well. The publication’s name appears regularly in bibliographies of academic works in both English and Spanish.

However, its future is cloudy.

The onset of commercial internet in the early 1990s has presented Artes de México with the same challenges as other publishers. It now competes with free and nearly unlimited information, with younger generations preferring video. Advertising, the staple of the publication’s original operations, is no longer feasible.

The revista still enjoys support from Mexico’s educated classes. The organization’s ties to traditional cultural and educational institutions mean that the physical publications remain central. But it also means losing touch with many readers under 30.

This is a problem that Ruy Sánchez and de Orellana have not yet fully worked out. Artes de México is a nonprofit and has shifted to collaboration with its main supporters in the production of revistas and more traditional books.

They have organized events related to Mexico’s culture, such as a recent forum to discuss a recent ban on rótulos in Mexico City. They have hired a more digitally savvy staff to explore ways to make better use of online tools. On their website, you can read selected articles from various issues, although those are only in Spanish.

But it is more difficult to pay the bills and get the kind of high-quality content still in demand into people’s hands when they are no longer willing to pay 300 pesos or more per issue for four issues per year.

For those of us who still like the idea of a “book” in our hands, there is no indication that Artes de México will abandon physical print anytime soon. Issues of the publication, present and past, are still readily available in many bookstores (including some of Mexico’s biggest bookseller chains), museum shops, book fairs and, of course, from their website.

Leigh Thelmadatter arrived in Mexico 18 years ago and fell in love with the land and the culture in particular its handicrafts and art. She is the author of Mexican Cartonería: Paper, Paste and Fiesta (Schiffer 2019). Her culture column appears regularly on Mexico News Daily [mexiconewsdaily.com].
Garlic steals the show

It’s the pungent bulb most of us can’t live without

JANET Blaser

It was a surprise to realize that after three years of weekly columns (!), I hadn’t written about garlic. But as I researched and prepared this story, the reason became clear: garlic is a part of so many recipes, it felt like I had already written about it.

That’s true of just about every type of cuisine, and in Mexico, it’s no different. Perhaps the most classic example is in cacahuates oaxaqueños, an irresistible, spicy garlic-and-pearl snack mix, but garlic (ajo) appears in everything from marinades to salsas.

What’s important to know about garlic is that freshness counts. I can’t bring myself to buy already peeled garlic cloves in a jar or other kinds of prepackaged garlic; I prefer whole heads. What you want to look for are firm heads with no sign of mold or fungus, the biggest issues. Not firm? Look elsewhere.

Although there is a specific growing season for garlic, once dried, it can be stored almost indefinitely in a cool, dry place. (Commercial growers keep it in nitrogen-rich cold storage.) The fridge isn’t the best place, however, unless you live in Mazatlán, in which case it’s kind of damned if you do and damned if you don’t. The cold temperature of the fridge causes garlic to sprout pretty quickly, so do your best to use it up quickly and be ready to replenish when the cloves get soft or you see the germ begin to sprout.

GARLIC FLAN

For true garlic lovers, this garlic flan makes quite the savory side dish.

Don’t know what I’m talking about? The germ is that pale green center “piece” in a clove of garlic. It’s what will sprout and grow into a garlic plant. If your cloves are sprouting, they’re really too old to cook with. My farm-girl mother always taught me to remove the germ; she said it was bitter and harsh, and she was right — it is. Using garlic that’s sprouted, even if you remove the germ, will change the flavor of whatever dish you use it in, so resist the urge and, again, keep fresh garlic on hand.

- 2 big heads (not cloves!) garlic
- 1½ cups heavy cream
- 3 extra-large eggs
- 1 tsp. salt
- Freshly ground white/black pepper

Preheat oven to 400 F (200 C). Wrap garlic in foil; place on baking sheet. Bake for 1 hour. Cool.

Lower oven temperature to 375 F (190 C). Cut garlic heads in half, exposing cloves. Squeeze pulp from skins.

Place in food processor; puree to a smooth paste. Add cream, eggs, salt and pepper. Process again just until smooth, being careful not to overprocess and solidify the cream.

Ladle custard into 6 custard cups or ramekins. Place cups in a deep baking pan. Carefully pour boiling water into the pan two-thirds of the way up sides of cups. Bake until custard is set, 35–40 minutes; do not overcook.

Remove cups from the water bath; allow to sit for 5 minutes. Serve immediately.

PROVENÇAL GARLIC SOUP

- 7 cups water, chicken or vegetable stock
- 4 garlic cloves, minced
- A bouquet garni (a bay leaf and a few sprigs each parsley and thyme, tied together)
- Salt and black pepper

- ½ lb. Yukon gold or white potatoes, peeled, in ½-inch dice
- ½ lb. broccoli florets, broken up into small flowers
- 2 eggs, beaten
- 2 Tbsp. chopped flat-leaf parsley
- 2-3 Tbsp. grated Parmesan

Bring water or stock to a simmer in large saucepan. Add garlic, bouquet garni, salt and pepper, and potatoes. Cover and simmer 15 minutes, until potatoes are tender and broth fragrant.

Bring a bit of the French countryside into your home with Provençal-style garlic soup.

Add broccoli. Simmer uncovered another 5–8 minutes, until broccoli is tender. Then taste soup; adjust seasonings.

Beat eggs in a bowl. Remove a ladleful of soup and whisk it into the eggs to temper them. Turn heat off under the soup and stir in the egg mixture. The eggs should cloud the soup but shouldn’t scramble.

Stir in parsley and serve, topping with Parmesan.

GARLICKY POTATO SALAD

- 2 eggs, hard-boiled, diced small
- 1 egg yolk
- 2 garlic cloves
- 1 Tbsp. lemon/lime juice
- 1 cup olive oil
- ¼ cup sour cream
- ½ cup finely chopped celery
- ¼ cup finely chopped red onion
- 2 lbs. small white or yellow potatoes

Scrape into a bowl; fold in sour cream, celery and onion. Cook whole unpeeled potatoes until just tender.

Just a couple of garlic cloves take potato salad from ho-hum to a hit!

Drain and cut potatoes into 1½-inch chunks as soon as you can handle them. Transfer still-warm potatoes to large bowl; toss with eggs and two-thirds of the dressing.

Cool or refrigerate. Just before serving, toss with some of the remaining dressing and sprinkle with salt, pepper and chives.

Janet Blaser is the author of the best-selling 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)
Act2PV Plans to Reopen Soon!

As many of you may be aware, Act2PV has been closed since August 17 to take care of some emergency repairs due to the rain. We apologize that we have had to cancel some of our shows, but we are happy to announce that they have been rescheduled. If you held tickets for any of these shows, there are four options:

1. We will be glad to change your reservation to the new date,
2. We will apply the money you paid toward another Act2PV show;
3. We will credit your account so it can be used for a show in the future, or
4. We will issue a refund.

Please contact us at info@act2pv.com to let us know how you would like to handle it! We look forward to seeing you again very soon!

Voice of Vallarta Singing Competition (7th week) Rescheduled to Sunday, September 4

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. (Livestream also available at www.act2pv.com)
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!

“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)

“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 4:00 p.m. -10:00 p.m. on show days.

**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 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!
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Shoppers’ guide to organic foods

KRISTAL Frost | krystal.frost73@hotmail.com

Dear Reader, it happened that I ran across this report that I had saved to share with you, I added a few comments, no doubt you will recognize my voice here and there in the article.

The Environmental Working Group, a non-profit organization that advocates for policies that protect global and individual health, produces the Shoppers’ Guide to Pesticides in Produce. It is based on the results of nearly 43,000 pesticide tests.

Organic fruits and vegetables are by definition grown without the use of pesticides. But some find the expense of organic foods prohibitive. (Maybe if we supported the local organic farmers the cost would go down.) Of the 43 different fruit and vegetable categories in the Guide to Pesticides, the following eight foods had the lowest pesticide load when conventionally grown.

Consequently, they are the safest conventionally grown crops to consume: Eggplant, Banana (they just gas them on the way to market so they ripen), Kiwi, Sweet peas (frozen), Mango, Pineapple, Sweet corn (frozen) and Avocado.

The biggest study ever into organic food – a 4-year EU funded project called the Quality Low Input Food (QLIF) project – found that organic food is FAR more nutritious than ordinary produce, and can help improve your health and longevity. It tastes better too.

For example, this study found that:
- Organic fruit and vegetables contain up to 40% more antioxidants
- Organic produce had higher levels of beneficial minerals like iron and zinc
- Milk from grass grazed organic herds contained up to 90% more antioxidants.

Aside from the fact that organic food contains higher levels of vital nutrients organic foods are also lower in other residues and compounds that are seriously detrimental to your health, such as herbicide and pesticide residues.

Additionally, the use of pesticides and herbicides in conventional farming practices contaminates groundwater, ruins the soil structure and promotes erosion. They’ve also been linked to the (not so) mysterious “colony collapse disorder” that threatens pollinating honeybees around the world. With that in mind, buying or growing as much organic food as possible is not only best for your health, but for the health of the entire planet.

That said, however, certain fruits and vegetables are subjected to far heavier pesticide use than others. And with food prices rising, many are looking for ways to buy the healthiest foods possible at the lowest cost. One such way would be to focus on purchasing certain organic items, while “settling” for others that are conventionally-grown.

Of the 43 different fruit and vegetable categories tested, these 16 fruits and vegetables and food products had the highest pesticide load, making them the most important to buy or grow organic: Peaches, Apples, Sweet bell peppers, Celery, Nectarines, Strawberries, Cherries, Lettuce, Grapes (imported), Pears, Spinach, Potatoes, all leafy Greens, Meat products (free range animals), Milk products (grass grazed), Eggs (free range hens).

Please note non-organic meats have far higher concentrations of pesticides than all of the fruits and vegetables, also the risk of contamination by the E. coli bacteria, which is not present in grass grazed beef. This high concentration of pesticides is due to the feed being riddled with hormones and additives. The fed corn is riddled with pesticides and preservatives to create a cocktail of poison. The stock is usually knee deep in their own mess (have you ever seen or smelled a feed lot?) for which they have to be inoculated and sprayed with anti-bacterial formulas – which are then being ingested and inhaled by the animal.

Locally-grown organics are your absolute best bet, but bear in mind that many times buying locally-grown food is your best choice even if it’s grown conventionally, as the environmental produce across the globe can cancel out many its benefits. Also...the preservatives in packaging is highly toxic and usually not mentioned. All Imported frozen, boxed or bagged food items and grains organic or not are subject to extremely toxic pesticide gassings at the Mexican border.

Organic foods are also lower in other residues and compounds. Organic standards are also questionable in many parts of the world including Mexico and the U.S. Equally, organic certification means nothing if not verified as it has turned into a huge business.

But that’s fuel for another article… In the meantime -
Read labels,
Avoid imports,
Buy local.

KRISTAL Frost
For questions and comments - Cell: 322 116-9645
Codependency: Who am I without you?

GISSELLE Belanger RN, LCSW | ggbelangerpv@gmail.com

Codependency may be difficult for people to understand, but we often explain that it is the other side of the addiction coin. It is a term that tends to generate controversy because individuals/institutions can’t seem to agree on a definition. It became popular in the 80’s. Some of you may be familiar with the famous book Melody Beattie wrote, “Codependent No More.” The reason the concept was never fully embraced is that the characteristics were so numerous they seemed to describe everyone and surely not everyone was codependent and the mental health world could not give everyone that diagnosis. Consequently, it does not even exist as a formal diagnosis. Today the addiction field still uses the term and utilizes the concepts in a more cautious and limited way than before.

It is important to note that codependent characteristics can result from other family of origin issues besides alcohol/drug addiction. There are many situations that can create a “parentified child” such as an absent parent; divorce, death, war, physical illness, or the ongoing-chaos of mental illness. The child has to assume many responsibilities at a young age and therefore misses several critical developmental stages and lessons. They learn to meet others’ needs to the exclusion of their own. The threat of loss or actual experience of loss also creates tremendous dependency on remaining parent(s) and a very deep fear of being alone or abandoned. One parent may threaten to leave or may actually die and the child realizes his greatest fear. They spend the rest of their lives preventing rejection and abandonment. They go to great lengths to “people please” and avoid any conflict that may lead to loss.

NOTE: I am going to describe the most classic and accepted form of codependency, which is the one who is in a relationship with an addict. I will refer to the codependent as a female and the addict as a male.

What is a codependent?

She is usually seen as very kind, thoughtful, and giving, always doing for others. She sacrifices meeting her needs believing that she will “get to them eventually”, easily able to justify why she had to do ten other things first. She is so focused on others (outside of herself) that there is no time or energy leftover to focus on herself. She may be seen as a hero, admired for her abilities. She is hyper-vigilant, highly attuned, and excessively tolerant.

Sometimes she can be very strict and rigid; inflexible, always follows the rules and expects others to do the same. She takes life too seriously, unable to let go enough to have fun. Since she has unrealistic expectations for herself, she also has unrealistic expectations of others and ends up disappointed and angry when they are not met. But she doesn’t give up. She is so determined that she can help them or change them, that she forges ahead. She believes her way is the right way; the best way, and imposes it on others every chance she gets, of course with good intentions.

Caregiver, Controller, Enabler, Rescuer

Basically, the codependent role is that of a caregiver; the one who “cares for” the addict (and children). She must find a way to make the couple and the home life feel as normal and stable as possible. This is important in order to maintain her own minimization and/or denial as well as to maintain the outward appearance of a normal functioning couple or family. Over the years she becomes quite apt at managing the chaos. In this sense she is very controlling. The more she can control situations by attempting to control others’ behaviors, ways of thinking, and ways of feeling, she can control outcome and therefore eliminate some of the unknown; the unexpected surprises. She also enables his behavior and his addiction by protecting him from the natural consequences of his behavior and therefore rescues him by: a) making excuses for his behavior at work, with friends, legal authorities, and family members, b) excuses or justifies his alcoholic/addict condition because his past; family of origin or childhood traumas, c) keeps his behavior a secret and avoids him when he’s intoxicated in order to keep the peace.

Who am I in all of this?

Their identity revolves around “who they are in relation to others”, in this case, the addict. The addict is at the center of the codependent’s life. As the codependent spends all of her energy running circles around the addict, she loses herself in the process. They make incredible efforts to counterbalance the addict’s chaos, keeping all of the balls up in the air, accepting all of his responsibilities, allowing him to become more and more dependent on her. She even assumes responsibility of others’ feelings and behaviors. She continues to adapt and keep this vicious cycle alive by learning to tolerate more and more, always with the threat that “this is it,” “the last time,” “no more.” Because of her weak boundaries, she forgives him and doesn’t give up hope that things will change and eventually get better.

“You complete me”

Eventually, they do not know who they are without the addict, everything they think and do and feel is defined by their life with him. The couple becomes extremely “enmeshed” to the point that they do not where one begins and the other ends. She is more aware of his feelings than he is, and is usually quite unaware of her own. They no longer feel separate; they exist as one; they complete each other. They have no sense of autonomy, all of their goals and plans include the other, as well as their social life, friends, and things they like to do.

As it progresses….?

As her codependency progresses, those self-protective behaviors cease to serve their purpose and become self-destructive. She becomes very resentful and feels unappreciated. Her anger surfaces and she begins to retaliate. She realizes she has lost herself. She doesn’t know who she is or what she wants. She may even become depressed. The relationship falls apart and she is left feeling a tremendous void, an overwhelming emptiness. As a result, the codependent must now discover how to become the center of her own life. how to meet her needs first, how to balance her interactions with others in a way that is not detrimental.

Written by: GISSELLE 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
Marlin at El Banco, no pulse at Corbeteña, Bay fishing your best option

(Owner of Master Baiter’s Sportfishing & Tackle)

We all know fishing is like riding a roller coaster, lots of ups and downs. But we have Marlin at El Banco, even if there is almost no pulse at Corbeteña. If that’s not bad enough, Porpoise have been stealing your dead bait and chasing your lures. For now, that’s all a “pain in the drain”.

So you know we’ve had a less than exciting week, the good news is there aren’t that many people heading out to our world famous fishing grounds. At Corbeteña, located 35 miles out from Marina Vallarta it seems most of the species at this world famous area have taken a powder. But there are some great reasons to avoid Corbeteña right now. The fact there is so much trash in the water, floating logs, under the waterline obstructions, floating crap of all kinds, mostly from the heavy rains down the mountains and into the bay, it’s a mess. Hard to troll, trash fouling lines and massive amounts of bait feeding on this debris. Not exactly normal, but not that unusual. Give it a few days and things will change drastically, that’s how it all works, amigo. Now El Banco is a different story. Famously known for its “high spots” and being a Yellowfin Tuna hotspot, it hasn’t been like that for years. There is a reason for that, but no space here to get into it. Let’s just say that for right now at El Banco (The Bank), Marlin fishing is the best I’ve seen in this area for years. Blue Marlin, Black Marlin, Sailfish are all running the area and taking bait. Don’t get the idea it’s “fishing in a barrel”. It’s going to be work and it’s not a bad idea to have some extra fuel and bait, amigos!

Closer in at the point of Punta Mita, things are much the same. You’ll find Dorado in the 15-lb range and on the sparse side unless you find a floating log or debris. Sailfish are still fairly close to shore for some reason. And north by the reefs of Sayulita, Rooster fish are a real possibility with all the rain and sardines in the area. Possible Blue Marlin about ten miles off the point and that’s the story. Not much to say, but at the other end of the bay, the Cabo Corrientes area, Rooster fish have been a bit more consistent. People seem to think we have the four basic areas and that’s it. When actually we have many fishing grounds that go ignored. Cabo Corrientes is one of them. Now you need to plan for a ten-hour day, but with rainy season, Sardines and crap in the water, it’s a Rooster fish playground. Sandy beaches and structure are a perfect formula for a great day of Rooster fishing. The down side is we don’t get any information from this area because nobody, no fishing companies that is, head in this direction. They don’t want to risk the tip in an area with questionable action. Well for me, this is when you look in the other directions and roll the dice. Be bold, take a chance and I’m pretty confident you’ll be glad you did. Sailfish and Dorado are also in this area, but it’s a Rooster fish playground, why push it? Well, maybe push a little, ha ha.

Quickly, inside the bay is probably the best bang for your fishing dollar. Rain means dirty water, so the south end of the bay is probably the best option with Dorado, 25-lb Football Tunas, Jack Crevalle around the river mouths. Sierra Mackerel, Snook by the river mouths and more. I suggest six hours, but four hours are working as well, Stay tuned.

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 and Tackle is protected under trade mark law and is the sole property of Stan Gabruk.
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ACCIDENTS
IMMEDIATELY CALL 911

Emergency Numbers

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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
**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 18_