

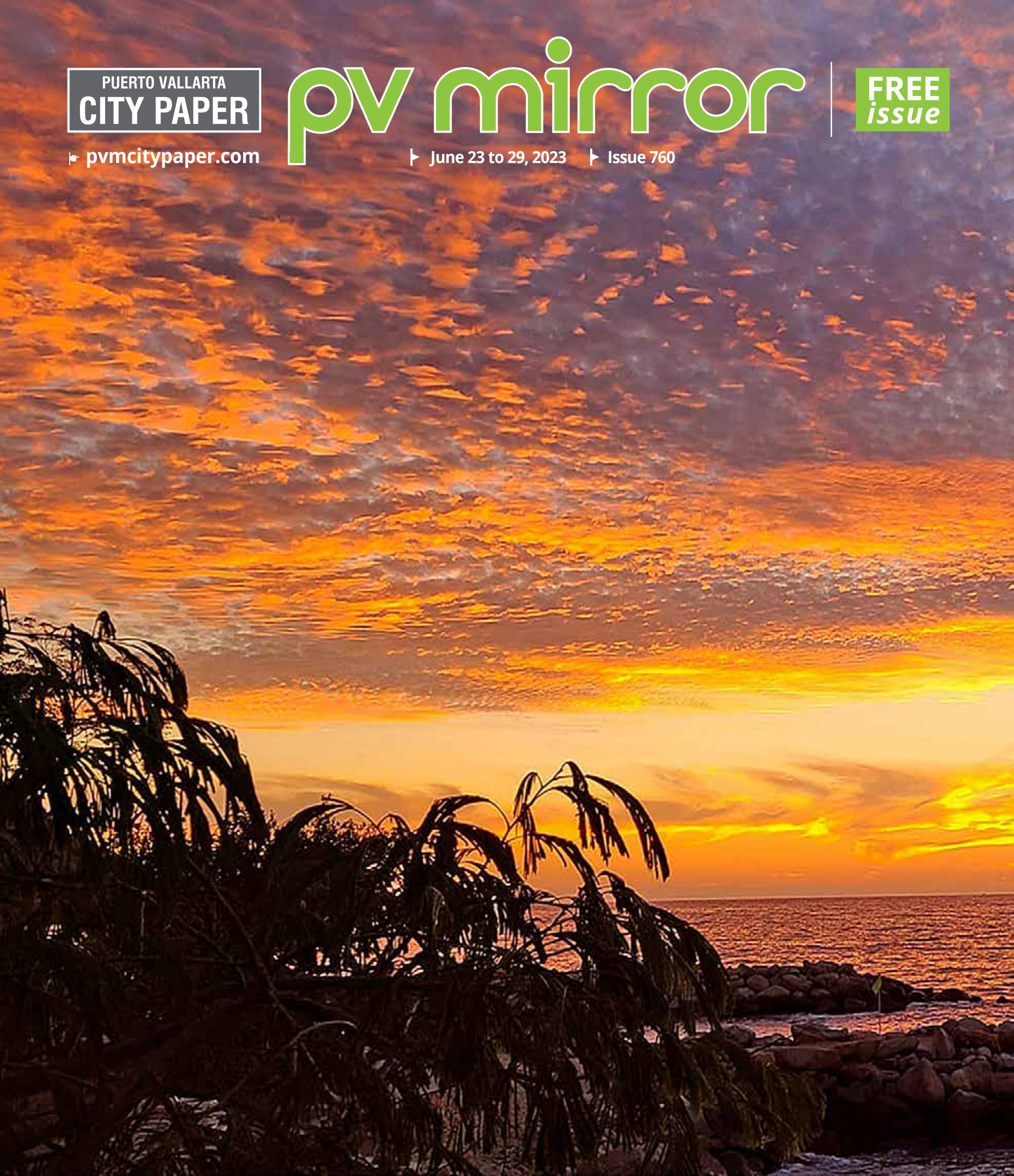
PUERTO VALLARTA  
**CITY PAPER**

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# pv mirror

↳ June 23 to 29, 2023    ↳ Issue 760

**FREE**  
*issue*





# You are here, finally! We wish you a warm



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 Vallejo hosts a great variety of animal species such as iguana, guacamaya, deer, cougars, raccoons, etc.

**SANCTUARIES:** Bahía de Banderas encloses two Marine National Parks - Los Arcos and the Marieta Islands - where diving is allowed under certain circumstances but fishing of any kind is prohibited. Every year, the Bay receives the visit of the humpback whales, dolphins and manta rays in the winter. During the summer, sea turtles, a protected species, arrive to its shores to lay their eggs.

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

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

**BUSES:** A system of urban buses with different routes. 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, Bucerías, La Cruz de Huanacastle, Sayulita, San Pancho, Punta Mita, etc. North of Lo De Marcos, Guayabitos, La Peñita, San Blas, etc. are on Mountain Time, i.e.: one hour behind PV time.

**TELEPHONE CALLS:** Always check on the cost of long distance calls from your hotel room. Most cell phones from the U.S. and Canada can be programmed for local use, through Telcel or other carriers. To dial cell to cell or land line, use the prefix 322, then the seven-digit number of the person you're calling. To access toll-free numbers in the U.S. and Canada: 800 numbers - dial 001-880 + the number, 866 numbers - dial 001 - 883 + the number, 877 numbers - dial 001 - 882 + the number, 888 numbers - dial 001 + the number.

**LOCAL CUSTOMS:** Tipping is usually 15%-20% of the bill at restaurants and bars. Tip bellboys, taxis, waiters, maids, etc. depending on the service. Some businesses and offices close from 2 p.m. to 4 p.m., reopening until 7 p.m. or later. In restaurants, it is considered poor manners to present the check before it is requested, so when you're ready to leave, ask "La cuenta, por favor" and your bill will be delivered to you.

**MONEY EXCHANGE:** Banks will give you a higher rate of exchange than the exchange booths (caja de cambio), though not all offer exchange services to foreigners.

Better yet, if you have a "bank card", withdraw funds from your account back home. Try to avoid exchanging money at your hotel. Traditionally, those offer the worst rates.

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

**DRINKING WATER:** The false belief that a Mexican vacation must inevitably lead to an encounter with Moctezuma's revenge is just that: false. For the 28th year in a row, Puerto Vallarta's water has been awarded a certification of purity for human consumption. It is one of only two cities in Mexico that can boast of such accomplishment. True, the quality of the water tested at the purification plant varies greatly from what comes out of the tap at the other end. So do be careful. On the other hand, most large hotels have their own purification equipment and most restaurants use purified water. If you want to be doubly sure, you can pick up purified bottled water just about anywhere.

**EXPORTING PETS:** Canadian and American tourists often fall in love with one of the many stray dogs and cats in Vallarta. Many would like to bring it back with them, but believe that the laws do not allow them to do so. Wrong. If you would like to bring a cat or a dog back home, call the local animal shelter for more info: 322 293-3690.

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

PUERTO VALLARTA  
CITY PAPER

**pv mirror**

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# Tips for surviving the summer heat in Puerto Vallarta



**DENISE** *Deramee*

We're in that really hot and sweaty time of year here in Puerto Vallarta, so here are some summer survival tips to help you get through the sticky times...

**Stay hydrated:** Dehydration is one of the main causes of most health problems, not just heat related. To keep everything running efficiently in the body, and keep it cool, water is a must. Remember to continually drink water throughout the day even if you aren't thirsty. Your body needs water way before it tells you through the sensation of thirst. Keep an eye on the consumption of caffeine and alcohol as their intake dries out the body.

**Made in the shade:** Keep in mind that during the summer months here in Vallarta you can get heat exhaustion just by walking in the sun for five minutes, so stick to the shady side of the street when you're out and about.

**Watch the index:** High heat coupled with high humidity impairs the body's sweat glands. Therefore, it can't cool itself properly. The heat index takes the moisture

and heat measurements into account. It then reports the temperature 'it feels like' outside with multiple variables in mind. There are apps and various websites where you can check the heat index easily.

**Dress accordingly:** Clothes made from polyester and other synthetic materials stick to you and don't allow your skin to breathe. Loose fitting cotton or linen clothing is a much better choice for staying cool and comfortable. This is especially true if you are spending your first summer here. By all means never leave home without a bathing suit so, when given a chance, you'll be ready to jump into the ocean or take a refreshing dip in a pool.

**Take it easy:** A cool shower and an afternoon siesta can be your best friends in the midday heat. They're best taken during the time of day when the heat is most bothersome; less movement equals less sweating and the shower will give you an all around chiller feeling.

**Fans, fans and more fans:** Keep the air moving around you at all times. Still air is hot and humid air. Carry a hand fan (habanico), and you will look like a fabulously elegant Mexican lady. At home, use electric floor and ceiling fans in every room.

**Chill out:** If you do not have air conditioning in your home, and the fans 'just ain't cutting it,' there are lots of public places where you can escape the heat. Movie theaters, shopping centers and many coffee shops have AC, and some are kept so cold that you might need a sweater.

**Take a road trip:** Try a trip to the mountains. San Sebastian is only a couple hours away, and there really is a difference in the temperature. It is noticeably cooler and less humid. It's not too far for a day trip, or you can spend the night.

**Editor's Note:** Denise is not only our friend, but also the owner of the wonderful [www.banderanews.com](http://www.banderanews.com) web site, from which she generously allows us to use articles from time to time. Bookmark it!



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(See location number on Central Map)





# Mexican film production broke records again in 2022

Mexico produced more films than ever before in 2022, despite an increasingly difficult financing environment caused by reductions in government support for the industry, according to a report by Daily Mexico. In its Statistical Yearbook of Mexican Cinema, the Mexican Institute of Cinematography (Imcine) recorded 258 Mexican feature films produced in 2022, surpassing the previous record set in 2021.

*“For the second year in a row after the pandemic, when production collapsed, the rates have risen sharply and this year the number of feature films is 258,”* said the general director of Imcine, María Novaro.

*“[This is] a number similar to last year, and a record for Mexican cinema throughout its history. Not even in the golden age [of Mexican cinema, from the 1930s to about 1960] was there so much cinema produced.”*

Novaro said that the increase in the number of productions in the last two years demonstrated real growth in the sector, not just a return to pre-pandemic levels. Film production rebounded 133% between 2020 and 2021, but those kinds of numbers weren't expected to last until 2022.

Novaro also praised the diversity in Mexico's film industry, stating that it is “more diverse, inclusive, equal and decentralized than ever.” She highlighted that 21 feature films were made by indigenous or Afro-descendant filmmakers in 2022, although this is a drop from 31 such productions in 2021. One hundred and forty-two of these films, or about 55%, were made in Mexico City in 2022, up from 35% in 2021, suggesting that Mexico is still struggling to decentralize the industry. However, in 2022 there was an increase in films made by women, from 25% to 32%.

The explosion of Mexican cinema has occurred despite an increasingly difficult financing environment. In 2022, 46% of Mexican films depended on some public financial support, but government support for the industry fell sharply due to President López Obrador's austerity measures, which reduced funding for arts and culture to only 0.25% of the federal budget, according to the Mexican think tank Fundar. That is the lowest number seen in decades.



In November, the Mexican Academy of Motion Picture Arts and Sciences (AMACC) said it would \*suspend the 2023 Ariel Awards due to a “serious financial crisis” resulting from these cuts.

*“The State, which was the motor and support of the academy for a long time, has renounced its responsibility as the main promoter and disseminator of culture in general, and of cinema in particular,”* said the AMACC at the time.

International analysts have also suggested that a lack of financial incentives is holding back Mexico's film industry. In late May, international creative consultancy Olsberg SPI said Mexico could become a global hub for audiovisual production if it offered federal production incentives, such as cash rebates or tax credits.

The Olsberg report also said that Mexico's talent base, relatively low costs, infrastructure and proximity to the United States were very attractive to foreign production companies, and the country would be “poised for immediate growth” if these incentives were introduced.

**\*BN Editor's Note:** Earlier this month, the AMACC announced that the 2023 Ariel Awards ceremony WILL be held in Guadalajara on September 9th, thanks to the people and organizations that joined together to make this event, which is essential for recognizing excellence in Mexican cinema, possible. (Source: *banderasnews.com*)

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# Vallarta Symphony Orchestra Summer Concerts, July 1 & 2

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**July 2 | 6 PM**  
Biblioteca de los Mangos  
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Las perlas

ESPERO OSV Puerto Mágico

IAMPV (Instituto de Artes Musicales Puerto Vallarta), a non-profit organization that provides musical education to children and young adults, and serves as an umbrella organization for the Vallarta Symphony Orchestra and the Salty Paws Jazz Orchestra, has two upcoming performances in July that you won't want to miss!

The OSV – Orquesta Sinfonica Vallarta, Puerto Vallarta's community orchestra – will be performing two "chamber orchestra" concerts for classical music lovers. The first will be at 7:00 p.m. on Saturday, July 1 at Puerto Mágico, and the second at Biblioteca los Mangos on Sunday, July 2 at 6:00 p.m.

Conducted by the very talented Aquiles Morales, and accompanied by the Puerto Vallarta and Bucerías choruses, the OSV will perform such classics as Durante Magnificat, Mozart Symphony No. 40 and Vivaldi Verano, among others.

Don't miss the Vallarta Symphony Orchestra's 'Venecia en Vallarta' concerts on July 1 and 2. These concerts will feature the intricate and expressive stylings of Angel Olea Romero, who will present an unforgettable violin solo.

Tickets available at the door, 250 pesos for adults, 100 pesos for students and children.

*Don't miss these thrilling nights of music!*

## DID YOU KNOW?

IAMPV (*Instituto de Artes Musicales Puerto Vallarta*) is dedicated to changing kid's lives through music, to expanding the musical and cultural conversation in the Banderas Bay region, to teaching children the discipline of study and mastery as well as learning how to work as part of a team. IAMPV, an asociación civil, is a non-profit volunteer organization which receives no government support. You are the key to providing music enrichment for area youth and audiences.

IAMPV (*Instituto de Artes Musicales Puerto Vallarta*) is a non-profit educational music institute whose mission is to bring the joy of music to children and young adults in the greater Banderas Bay area. This is accomplished through a comprehensive program with many levels of instruction and different musical disciplines. Musical instruments are provided to beginning students. For more information about the concerts, IAMPV programs, or how you can participate, visit IAMPV.org, or IAMPuertoVallarta on Facebook.



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# Welcome Home

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## Gas stoves: A burning concern

Gas appliances are predominant in Mexico for several reasons. Firstly, Mexico has abundant natural gas reserves, making it a readily available and affordable energy source. The widespread availability of natural gas infrastructure makes it convenient for households to connect and utilize gas appliances.

The relatively low cost of natural gas compared to electricity provides an economic incentive for Mexican families to opt for gas stoves and ovens.

Gas appliances also have more responsiveness which is especially



valued in traditional Mexican cuisine since cooking requires quick temperature changes for tasks such as toasting tortillas or charring peppers. Gas appliances also offer a familiar cooking experience, as many households have a long-standing culinary tradition centered around gas-powered cooking. Using open flames for direct heat gives gas appliances an edge in achieving specific flavors and textures deeply ingrained in Mexican cooking culture.

Concerns about the safety and environmental impact of cooking with gas have gained prominence in recent years. One of the primary concerns is carbon monoxide (CO) emissions. Incomplete combustion can release this odorless, colorless gas, which can be deadly in high concentrations. Exposure to CO can cause headaches, dizziness, nausea, and in severe cases, even death.

Additionally, gas appliances contribute to indoor air pollution, emitting nitrogen dioxide (NO<sub>2</sub>)

and volatile organic compounds (VOCs). These pollutants can aggravate respiratory conditions and have long-term health implications.

Scientists are actively studying the risks associated with gas stoves and ovens. Recent research indicates that exposure to NO<sub>2</sub> and

to replace outdated and inefficient gas appliances in homes and businesses with more energy-efficient models.

These measures aim to increase energy efficiency, reduce carbon emissions, and promote sustainable development in Mexico.

In the meantime, if you have



VOCs from gas appliances may increase the risk of respiratory illnesses, including asthma. Furthermore, studies have found higher levels of these pollutants in homes with gas appliances compared to electric alternatives. Consequently, individuals and authorities are exploring ways to minimize these risks.

Around the world, awareness about the safety concerns associated with gas stoves and ovens is growing. In the United States, some cities have already taken steps to address the issue by banning natural gas in newly constructed buildings.

Mexico has implemented new regulations to limit the use of gas appliances to reduce greenhouse gas emissions and tackle climate change. These regulations include mandatory energy efficiency requirements for gas stoves, ovens, and water heaters. The new rules came into effect in October 2020 and apply to new gas appliances sold in the country. There are also plans to develop a program

an older gas stove or appliance, you can take steps to reduce the harmful effects. Regular maintenance can help minimize CO emissions, including proper ventilation and ensuring burners and pilot lights function correctly. Installing carbon monoxide detectors in kitchens and adjoining areas is crucial for early detection and prevention of potential health hazards. Furthermore, improving kitchen ventilation systems or using range hoods equipped with exhaust fans can help disperse pollutants and maintain cleaner indoor air quality.

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# From Here

MARCIA Blondin | marciavallarta@gmail.com

## Ahhh, the quiet

Days spent at home with just me and my cat *Miri* are rare as hen's teeth. Unusual to go an entire day without speaking to another human or setting foot outside. Or wearing shoes or brushing my hair. And, I got sooooo much done and an equal amount of undoing, spending an entire Saturday futzing, brushing my kitty, who will soon look like a Mexican Hairless for the amount of fur she's sloughing off! And, from my upcoming calendar, I shall have more days to decompress and create whatever I feel like! It is so delicious, this 'spare' time; I will use it howeverthehell I want!

Tracy Parks hosted a lovely Celebration of Life honoring Eric Winchell, widely known to most of us by his drag name - Beverly Fairfax. The Piano Bar was packed to capacity with friends, loads of entertainers and those wanting to be sure Tracy was supported. Losing Bev, who was in charge of Incanto's social media calendar, was a shock, and it will be hard to fill those stylish pumps. Rest in Peace, dear Bev.

Every Tuesday, interesting newbies pop up at Casa Karma for the Divine Feminine meditation on CK's labyrinth - a scaled-down version of the one at Chartres, France, and one of only twelve in Mexico. They bring fresh energy, and watching others discover Casa Karma for the first time is fantastic! We enjoyed our sunset meander through the labyrinth with Jose Luis Araya Altamirano.

Everyone is welcome. For more information and to reserve space, contact Jose Luis on his Facebook page. I hope to see you there in that spectacular setting!

My gorgeous, talented friend Sharon Gerber Scherer and sometimes nemesis at Scrabble, invited me to join her at La Catrina Cantina to see Kevin Anthony's new show. Except for a handful of tourists, everyone in the bar was a resident of Vallarta, and all of us were friends to one degree or another. It was intimate, Kevin talked and sang to everyone in the room, including me, and made me cry. Kevin's twice-monthly, no-cover events at La CC, will be different every time, so easy not to miss a show, be cool and enjoy him and the best popcorn in all of Mexico! Kevin is so special as an entertainer, of course, but his heart is open and so full of love; to be in the same room with him is to know joy.

Finally got to stop in at Nacho Daddy to hear my buddy Steven Tenney play drums last Friday night. The Texas Embassy Blues Band is fronted by Nacho Daddy owner Sean Moore. I thoroughly enjoyed about half a set before I had to run down to The Palm to see Chris Lopez' production of the tribute to Rihanna. In a word, it is brilliant.

The reproduction of Rihanna's 2023 Super Bowl triumph was jaw-dropping. What Chris can do with five people onstage is amazing. The costumes were

exactly the same as the video clips that were also compiled by Chris. If you've seen the blockbuster Beyonce Tribute at the Palm, then you know the fabulous talent of Mexican singer Claude Cecille Andre. S(he) is beautiful, saucy, and poised and can sing as well as Beyonce and/or Rihanna. The four dancers were gorgeous, in synch and terrifically talented. I have not been so impressed by production values for quite some time. The sound and lights by Tirso and Lucero of Colectivo Hueco were perfectly on cue, not too loud or bright. There is only one show left this season, next Friday at 9:30. If you are in Vallarta, GO! Even if you aren't a fan, GO anyway and enjoy this unbelievable presentation. Wow. This is the third year running that the Palm has ended their season as strongly as it started. Maybe stronger. It is a delightful theatre.

I hope owners Gustavo and Adriana have a great summer off. The same goes for their tremendous entertainers and wait staff. Thank you all for a spectacular season!

### COMING UP:

**June 25**, Sunday, 4 p.m., Act2PV - Voice of Vallarta Season Six final auditions.

**June 27**, Tuesday, 4 to 6 p.m., Joint Coworking Hotel - Paco Ojeda presents 'Promo Prodigy,' free tools to promote your upcoming event. A must for anybody trying to get the attention of folks in Vallarta! There is a meet and greet to follow.

**June 29**, Thursday, 7:30 p.m., La Catrina

Cantina - Kevin Anthony II in concert. No cover.

**June 30**, Friday, 7:30 p.m., Incanto's Piano Bar - Hedda Lettuce. I heard so many good things about this show from various people; I have got to go! Full report next time.

My easy-peasy week is done! I love the heat; one can always say... "oh, I would but it's so HOT!" Not that I have ever said that, but there it is if you can use it! Take care of one another and rejoice in our calm(er), quiet(er) Vallarta. And keep those cards and prayers for rain coming. So far, they aren't working; we have another month to go, but Hey! It's the thought that counts, **From Here**.

**Marcia Blondin**

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## Paradise and Parenting

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### End of the year

It's hard to believe, but it's June - halfway through the calendar year and all the way through the school year. Which only matters if you are a kid, parent or teacher. And if you are, then nothing matters more. Oh goodness, there's a whole apple-cart-full of feelings if you are in one of those categories.

If you are a kid, your cart runneth over. How on earth can you contain the joy and the anticipation? Two months of sleeping late and getting up just in time to see what's for dinner. Now, if you aren't the sleeping-in type, it's two months of getting up and pouring an over-full bowl of the most sugary cereal and watching all of the YouTube videos ever made by every person who shows you how they play your favorite video game.

If you are a parent, the apples are already looking a little bruised and over-ripe. How on earth can you keep these kids busy and yourself sane?



You feel sort of antagonistic towards the teachers, who are now free of children and unconcerned about all the *YouTube* videos rotting little brains. If you're travelling, you have definitely not had time to plan out the itinerary, what with all the exam stress, class parties and graduations (*there are so many graduations, even though there are still years left of formal education*).

If you are a teacher, you are still slinging apples into the cart as fast as you can, trying to finish the grades and comments and *Fun Last Day Activities* and packing and staff parties all wrapped up before you can put down all that mealy fruit and just lay down for about ten days. Just. Lay. It. All. Down.

I'm in two categories, which means I'm slinging apples, all right, but they look and feel for all the world like they are ready for the cider bin. I'm a momma, which means I am already looking right at two teenagers who have taken up residence on every couch. I'm a teacher, which means I'm still trying to wrap up my report cards and iron some tiny graduation togas. I want to lay down but there's a week of work left to go and my couches have already been spoken for.

I am happy for the kids, because they have worked hard and they should get a break. My kids studied for exams with our regular tutor, who deserves some kind of purple medal of honor for his work with stressed-out teens who won't remember the Pythagorean theorem even if their very lives depended on it. My kids deserve some stress-free days with nothing to do but rage at their video game consoles or scroll all the way through all of the Instagram.

But spare a thought for these moms who are now determined to not allow a bunch of lolly-gaggers to slouch around their homes for two months. They've researched all the best summer programs, from dinosaur day camp to "camp" disguised as college prep, and they did not get paid for it.

And spare a thought for the teachers, because no one has sympathy for people who have two months off, even though we most certainly do NOT have two months off after the grading, packing and end of year events. And then preparing for the new school year approximately eight days later.

And, if there's anything left, spare a thought for me, because I'm that mom AND that teacher. And all I wanted was a spot on the couch.

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# Jalisco celebrate 200 Years of culture and tradition



Last week, on June 16, Jalisco celebrated its first bicentennial as a free and sovereign state, and the Jalisco Ministry of Culture (SCJ) decided to commemorate the occasion with public art. As part of the celebrations, four urban artists created four large-format murals in Guadalajara (*the state capital*), the result of the Traza Jalisco 2023 call, launched by the Directorate of Operation and Cultural Programming of the Jalisco Ministry of Culture under the motto “*Jalisco: 200 years of culture, history and tradition.*”

The murals are ‘Spirit of Jalisco’ by Manuel Aceves Servín; ‘Garden of the Historical Jaliscienses’ by Vanessa Domínguez Concho; ‘The Sky of Jalisco’ by Ricardo de la Rosa Zayarzabal and ‘Our History is on the Table’ by Aurora Servín Camacho.

“It was a very short time, in 15 days, every day without stopping, these interventions were carried out,” said SCJ director of Operations and Cultural Programming, Ruth López Hernández. “For some of the artists, it was their first time making a mural of these dimensions, so I am very pleased that we are opening spaces for new talents and that their work is made known”.

In the mural ‘Spirit of Jalisco’, by Manuel Aceves Servín, the main

character is Luis Quintanar, who was the founder and interim governor of Jalisco between 1822 and 1824. This soldier and politician is recognized for proclaiming the liberation of slaves in the State.

Jaliscienses like Rita Pérez de Moreno, who fought for Independence, also appear on the mural, along with artists Gerardo Murillo “Dr Atl”, Gabriel Flores, Jorge González Camarena, and María Izquierdo. In addition, Lake Chapala, Agave covered hills, the sun, the architecture

of Luis Barragán, and pre-Hispanic art pieces are depicted.

In ‘*El Cielo de Jalisco*’, by Ricardo de la Rosa Zayarzabal, some of the most representative elements of the state are shown on a large blue background, starting with jarabe from Guadalajara, the lions of the Jalisco coat of arms, tequila, *charrería*, mariachis and music, the cathedral of Guadalajara and the woven sky of Etzatlán.

In another mural, “*Our history is on the table*” by Aurora Servín Camacho, is a composition of food since the artist, originally from the State of Mexico, assures that “*if you want to know the history, culture and identity of a place you have to eat its typical food*”. In her work, she portrays clay dishes, *jericalla*, *cantaritos*, *caballitos*, *la torta ahogada*, *carne en su jugo*, *birria*, *pozole*, *tejuino* and tequila.

“*I am originally from Toluca and after seven years of making murals in different states of the Republic, the first thing that happens when we arrive in the communities is that they welcome us and tell us to sit down at the table,*” commented Servín Camacho.





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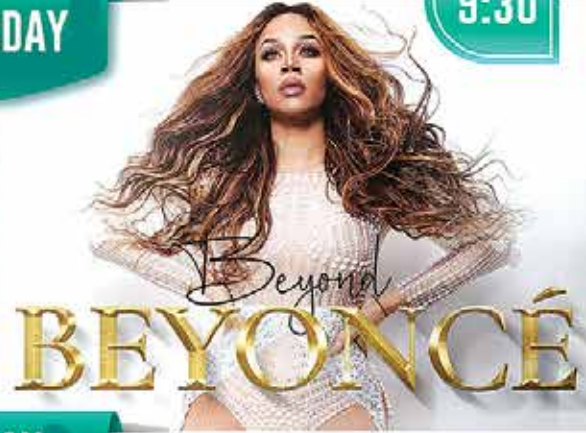
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## Krill oil

Krill oil is an extract prepared from a species of Antarctic krill, *Euphausia superba*. Processed krill oil is commonly sold as a dietary supplement. Two components of krill oil are omega-3 fatty acids, similar to those in fish oil, and phospholipid-derived fatty acids.

What's the difference between krill oil and fish oil? Krill and oceanic fish oil are rich in omega-3 fatty acids, mainly eicosapentaenoic acid or EPA and docosahexaenoic acid or DHA. While both contain some EPA and DHA as free fatty acids, krill oil contains particularly rich amounts of choline-containing phospholipids and a phosphatidylcholine concentration of 34 grams per 100 grams of oil. It has been shown that choline from krill oil is highly bioavailable. One study demonstrates that krill oil Omega-3 fatty acids EPA and DHA bound as phospholipids have a 121% higher uptake than fish oil triglycerides.



Published at healthline.com, some evidence suggests that the fats found in krill oil may be easier for the body to use than those from fish oil since most omega-3 fats and fish oil are stored in the form of triglycerides. On the other hand, a large portion of the omega-3 assets in krill oil can be found in molecules called phospholipids, which may be easier to absorb into the bloodstream. A few studies found that krill oil was more effective than fish oil in raising omega-3 levels. They hypothesized that their differing forms of omega-3 fats might be why another study carefully matched the amounts of EPA and DHA and krill oil and fish oil and found that the oils were equally effective at raising levels of omega 3's in the blood. More research is needed to determine whether krill oil is a more effective, bioavailable source of omega-3 fats than fish oil.

Omega-3 fatty acids like those found in krill oil have been shown to have significant anti-inflammatory functions in the body. Krill oil may be even more effective at fighting inflammation than other marine Omega-3 sources because it appears easier for the body to use. What's more, krill oil contains a pink-orange pigment called astaxanthin, which has anti-inflammatory and antioxidant effects.

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A few studies have begun to explore the specific effects of krill oil on inflammation. One test-tube study found that it reduced the production of inflammation-causing molecules when harmful bacteria were introduced to human intestinal cells. An analysis of 25 people with slightly raised blood fat levels found that taking 1000 milligrams supplements of krill oil daily improved a marker of inflammation even more effectively than a 2000 milligram daily supplant limit of purified Omega-3. In addition, a study of 90 people with chronic inflammation found that taking 300 milligrams of krill oil daily was enough to reduce a marker of inflammation by up to 30% after one month. Although there are only a few studies investigating krill oil and inflammation, they have shown potentially beneficial results.

Published at [health.clevelandclinic.org](http://health.clevelandclinic.org), another study examined how krill oil may reduce symptoms of rheumatoid arthritis. Those who took 300 milligrams of krill oil each day for 30 days saw an improvement in symptom reduction and used less medication. It can also help with pain. A small study gave participants with mild knee pain krill oil for 30 days. The results showed a significant reduction in pain while standing or sleeping. It may help with PMS symptoms. For those who deal with PMS, using krill oil may help alleviate pain and other symptoms. A study compared fish oil to krill oil, and while both supplements improve symptoms for those with PMS, the individuals taking krill oil needed less pain medication.

**Disclaimer:** Fish oil and krill oil are known to have blood-thinning effects. So for people who take blood thinners, check with your doctor before taking omega-3 supplements. If you plan on having surgery, stop taking fish or krill oil because of the blood thinning effects.

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## Do I have to give-up being me in-order to be loved by you?

GISELLE Belanger RN, LCSW | ggbelangerpv@gmail.com

How many times have you thought this or said it out loud? How many relationships have you been in where your partner manipulates you to give up your life; your friends, your interests, your job? Have you been criticized for the way you do things or say things? Has it left you feeling like “no matter what I do, it will never be enough”? Is your partner impossible to please or never satisfied?

### *It's all you!*

After continual blame and criticism from your partner, you really start to wonder “is it really all me?” Of course not! It is *never* all one person's fault in any situation or relationship. However, such a one-sided perspective is a sure sign of verbal and emotional abuse. When you have a relationship with someone (partner, sibling, parent, co-worker, boss) where they only *accuse* and never see or accept their part or role in the problem, you are being set up for failure. You will never be able to change enough to please them. If it's not one thing, it's another. They don't understand what they've done wrong or that they need to change; *it's all you.* As long as they don't have a problem, they don't have to change. Being the victim is a very convenient position as it places all of

the responsibility on the partner to repair or change something.

### *No matter what I do, it will never be enough*

Do you feel like your partner is impossible to please? One woman tried so hard to accommodate every complaint and demand of her husband. She made conscious efforts not to repeat the same “mistakes”... cook the food he likes, take the dog for a walk before 7pm, wear sexy nightgowns and seduce him on command, etc. She was crying and exhausted as she recounted one effort after another and to no avail. She said, “it will never be enough” and admitted she just couldn't do it anymore. This exhaustion is common. The misconception is that it leaves the exhausted partner feeling like they have somehow *failed*. A part of them really believed they should have been able to keep up with the *endless demands* of their partner. Wrong! Impossible! Stop trying.

### *My way or the highway*

*“As long as I do it his way, everything is fine, but as soon as I want to do it my way or with my family or my friends, he throws a fit”.* Unfortunately, I hear this all of the time. Many people are “fine” as long as everyone, especially

their partner, accommodates their every desire. If you go out to eat at *his* favorite restaurants with *his* friends, watch the TV programs *he* likes or go to the movies *he* likes, spend weekends doing what *he* likes, etc, then everything is fine. This can be very confusing and misleading because you may actually enjoy each other in those moments. You may wonder why you are exhausted, resentful, or miserable, if such “*nice*” days are possible. Your partner is happy because all of his needs were met; he didn't have to compromise or sacrifice anything. For a while, you might convince yourself that it is worth it, but eventually, your resentment builds up, you miss *your* life, *your* interests, *your* friends, and you ask him again to do something *you* want, and there's a huge fight, and he either gets out of it because you give in or he goes along and makes you and everyone else miserable. What fun!

### *Stop trying to change me!*

Do you feel controlled? Is someone trying to mold you into *their* image of who they think you should be?! Is everything about you *scrutinized*; the way you walk, talk, laugh, drive, eat, cook...? “Are you going to wear that?”... “Don't do it like that, that's not how to do it” ... etc. How invalidating to be considered so “defective” by someone supposedly attracted to you or even in love with you. My friend said, “he makes me feel like I am ‘*not good enough*’ and in order to be please him, I have to change so many things about me”. A healthy attraction to someone should be based on who *they are*, not who you *want* them to be. As you get to know someone, there should be an *acceptance* of them as whole complete individuals; not fractions of their personality. You must capture their “true essence” and fall in love with that.

### *Jealousy*

Jealousy shows up in new relationships where you don't share a long history and you are just discovering each other's ways of acting and interacting. When one partner is jealous, it is a sign that

they are insecure and need constant reinforcement and assurance that they are “the one” and there is nothing to worry about. However, it is irrational and so no matter what you do or say to calm it or reassure them, *it's never enough*. A healthy relationship should be built on trust and both partners should feel secure. Assuming the relationship has not been built on lies or betrayal, then it is safe to say, this is their issue! It is not something you are doing or saying wrong.

How much have you changed in order to prevent or calm the jealousy? Have you stopped greeting your friends with big hugs because “you are always trying to attract attention”? Have you stopped interacting with friends on Facebook or e-mails because “they might be ex-boyfriends”? Have you changed the way you dress or stopped wearing perfume because he accusingly asks “who are you trying to impress?” Have *all boundaries* been crossed when it comes to e-mails, text messages, voicemails, Facebook, etc, because “if you don't have anything to hide, then give me the passwords and prove it to me”? It's endless, ridiculous, and exhausting! Most importantly, it hasn't resolved a thing; your partner is still jealous no matter what efforts you've made.

**NOTE:** These types of relationships are not healthy. In fact, they are very *destructive* and *damaging*. They leave you feeling very exhausted with very low self-esteem, wondering how you could have been so desperate to have tolerated that kind of abuse for so long. Most likely, this is a pattern that has repeated itself with increasing intensity and severity in several relationships over the years.

**Stop walking on eggshells! ... Take your life back! ... Recover your “self”!! ... Believe that you deserve to be treated better!**

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

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# Viewpoint

HARRIET Murray | harriet@casasandvillas.com

## Fair market value

FMV is the price that property would sell for on the open market under usual conditions. Unfortunately, there is no easy or universal way to determine market value for real estate. However, nearly every market valuation comes down to two factors: **real estate appraisals** and **recent comparable sales**.

Those of us living in Mexico who are from other parts of North America can take the concept of fair market value for granted.

We assume that this measure of value is used in other markets and other countries. FMV is not common outside of the USA or Canada because sold prices are not available for the most part. To have information about sales prices and to adjust for differences in properties, reliable data needs to be available, and this falls many times outside the US and Canada to the agents with ML systems (rare still in Mexico, Europe, South America).

If we start out with the objective to have fair market value, where do we as consumers normally go? There are no websites as in Canada and the USA such as Zillow and Trulia offering many average sales prices by areas. Until 2010, there was no genuine multiple listing system for AMPI agents as a group to collect data effectively to advise a buyer or seller on fair market value.

The classic definition of fair market value is the amount for which real or personal property is sold in a voluntary transaction between a buyer and seller, neither of whom is under any obligation to buy or sell. If the buyer and seller are not informed through the open market otherwise, they rely on real estate professionals or appraisals to help determine value based on sales data of similar properties or properties adjusted for differences.

Commerce, as we know it, works efficiently and to the benefit of the whole - if information is shared. Controlling prices comes when a few have information to the detriment of the many. It is unconscionable when a seller or his agent keep market information from a buyer and sell them a property 100-200% over its FMV.

The issue is control. Knowing the fair market value in a real estate market enables buyer and seller to have control. Knowing FMV can help price a home for sale, negotiate a purchase price of a property for sale, and resolve an estate or divorce settlement.

### *Factors which help determine fair market value:*

**1.- Comparable Solds within a certain time frame help determine the subject property value.** Adjustment can be made for differences in size, location, and condition of a property.

**2.- Market Trends affect FMV.** Low demand versus high demand affects price, as well as high inventory versus low inventory.

**3.- Conditions:** If properties have mortgages or there are defaults with the lender taking the properties back, the listed properties may be offered at a much lower price to move inventory. Builders also can compete against an individual seller who wants to re-sell his real estate within their development.



**4.- Comparative Market Analysis** a common way to determine a property FMV. For it to be a valid Comparison Market Analysis, there must be sufficient information on sold properties and their characteristics in addition to price, i.e.: condition, location, debt, etc.

**5.- Appraisals** use measurements and improvements to a property as well as allowable uses through zoning and permits. Appraisals are usually done by engineers or appraisers who also consider in their comparable or sold prices.

**6.- Traditional appraisals** to find FMV are A. Market value, B. Replacement Cost

**7.- Income Approach.**

AMPI is continuing to learn and become more proficient with its Flex Multiple Listing System.

AMPI is very aware of cultural differences and understands we are operating in Mexico. AMPI also understands the individual's right for privacy. When information is withheld for the benefit of a few and manipulation of many, the result is harm to all.

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

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Flex MLS used by participating AMPI agents provides sold data which is available to the agents to help you arrive at FMV if you are buying or selling.

Harriet Murray

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## El Banco: Marlin, Yellowfin Tuna, Dorado move in, bait, blue water dream

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are hanging out. Right now, it looks like the “high season” for fishing has finally begun!

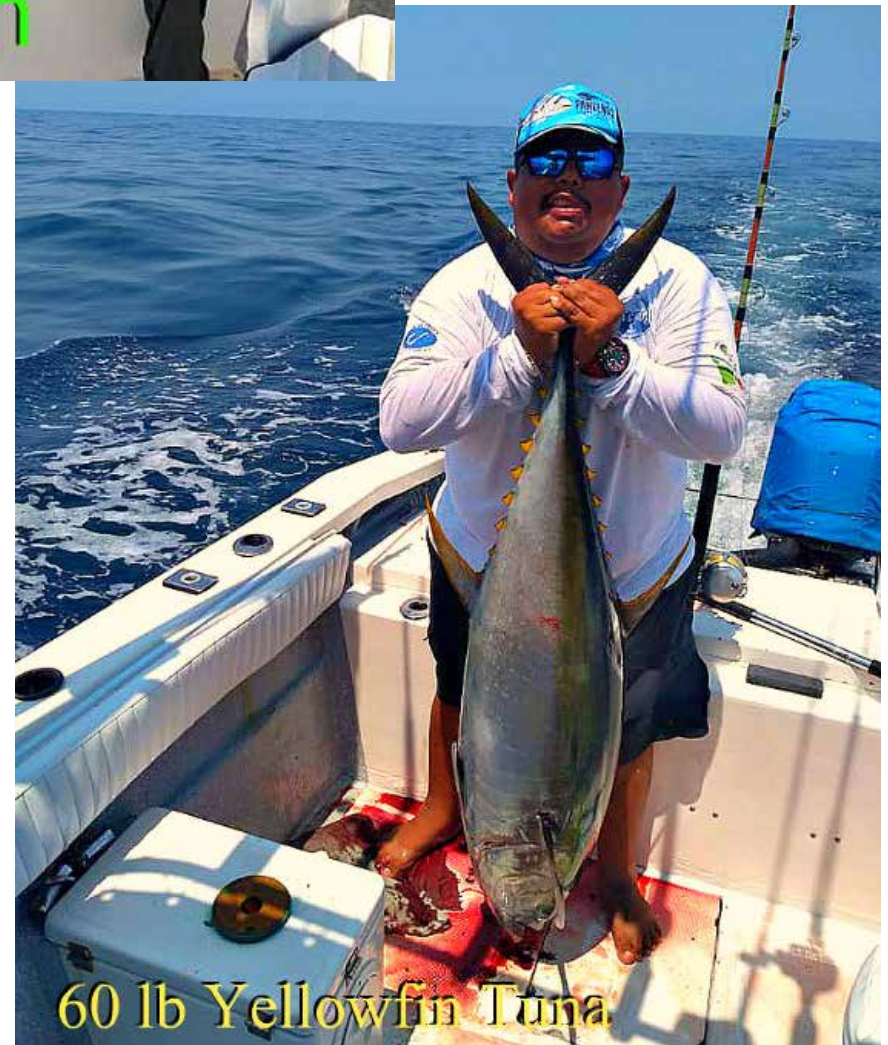
So here we are, *Corbeteña* is running a little short on natural bait, so the action for some reason at the

rock is a little weak in comparison to *El Banco*. *Corbeteña* has *Blue Marlin* to 250 lbs., *Black Marlin* in the same range. Not many *Sailfish*, but there are *Dorado* in the 15-lb range. *Yellowfin Tuna* in the 30 to 50-lb range are moving around and your best opportunity for action is still about eight to ten miles to the north. Honestly for now, *Corbeteña* is a full day and with sparse bait, you’ve got your day set up for you and some people are coming up empty at *The Rock*. Now when we talk about *El Banco* (a.k.a. *The Bank*), this is a different story. The biggest surprise is how this area came to life in what seems like a day after my last report. First big surprise, *Yellowfin Tuna* running 30 to 100 lbs. popped up, along with 350-lb *Black Marlin*, 225-lb *Blue Marlin*, 15-lb *Dorado*, *Sailfish* and who knows what else. *Banco* has plenty of bait in the form of *Skipjack tuna*, *Bonita*, *flying fish*, *Sardines* and more.



This week we took another step in the transition into another year of world class fishing in Puerto Vallarta. We’ve finally replaced all the clean green water, with high visibility blue water. Water temperatures are up to 83 degrees and there is no shortage of bait in the water. Last week I mentioned that things would be changing soon and this week we’ve seen something we haven’t seen for years. *El Banco* right now

has some serious action. Now this is a twelve-hour day, so you have to be “into it” or it just sounds like “too much”. But for those that understand fishing happens where it happens, you literally go the distance. And right now you can find up to 100-lb *Yellowfin Tuna*. Now the *Marlin* are picking up in numbers as well, blue or black, they’re both running the area, but wait, that’s not all, *Dorado*, *Sailfish* have moved in and





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This is all happening from over the high spots to the northwest, but frankly look for the birds and start there. Now you may wonder why *El Banco* is firing and *Corbeteña* is a little “sleepy”. It’s simple, *El Niño*! When we get the *El Niño* currents, it moves to the east by what can be many miles. When this happens, the currents will skirt *El Banco*, if we’re lucky. You see, normally when we have an *El Niño* condition, the currents will move to the east by about fifty miles. This means our primary summer currents push our famous summer species into *Cabo*, head first! To see these currents skirting *El Banco* is encouraging for the summer. In fact I’m having “fishing fantasies” like I haven’t had since 2003! For the next twenty minutes *El Banco* is the best bang for your fishing dollar.

From *El Moro / Punta Mita to Sayulita*, the fishing conditions are improving, but they’re not great. One interesting thing that should grab your attention is the fact we have *Red Snapper* at 35 lbs. running *El Moro* and probably around the *Marieta Islands*, but be careful for the “fish and game” equivalent circling the island. From *Punta Mita to Sayulita* there are 15-lb *Rooster fish*. Now there should be *Sailfish* and *Dorado*, but there are still very few boats going out so there isn’t much information to collect about the area. I expect in the next week or two this will change for the positive with *Sailfish* and hopefully an increase in *Dorado*.



Yes there are still *Jack Crevalle*, *Bonito*, *Sierra Mackerel*, *Skippies* and more. Not the best area to target until things pick up a bit, stay tuned! Inside the bay is still much of the same story. But having said that, they’ve seen a freak *Sailfish* or two in the bay following the ridge from *Corbeteña*! There are 15-lb *Dorado* at *Los Arcos*, Capt. Pablo boated 15

over 15 lbs.! With *Jack Crevalle*, *Sierra Mackerel*, *Bonito* to 20 lbs. and *Skip Jack Tuna* at 10 lbs. Again, not much has changed, but the water is a beautiful blue and the fish are biting. Great day for family or touring. I suggest six hours to give you time to reach the south end of the bay! You’ll find action at four hours, but the couple extra hours will make a difference.

The positive steps of blue water, warm water at 83 degrees and improving bay bait conditions, things will only continue to improve. It seems the bite is a bit earlier, you should be leaving the docks about 06:30 as the bite is earlier now. The afternoon bite about 3 o’clock and it’s pretty strong. Remember we can leave in the afternoon and catch the afternoon bite. It’s not just morning fishing around here amigo, no matter how much they push the morning departures. With plenty of live bait, sometimes dead baits, and lures of pink, purple and *Petroleros* are a good option. For now, make sure you run at least one lure to cover that possibility. Live bait is king. The tourist season is mostly over, but the fishing season is coming on nicely. In a few weeks the entire area will be picking up as the tournaments begin. And remember, if you have any questions or tour needs, we can handle it all in one place, with people you can trust. And think “tournaments”! We have several coming up and we can fix you up!

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

**Stan Gabruk**

Web page: [www.MasterBaiters.com.mx](http://www.MasterBaiters.com.mx), Local Phone at: Our international number is: +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 BEACHES ARE YOURS...  
 ...BUT SO IS YOUR LITTER!  
 PLEASE DON'T POLLUTE!

facebook Vitea Oceanfront Bistro

Libertad 2 y Malecón Centro 222 8703  
[www.viteapv.com](http://www.viteapv.com)

Breakfast • Lunch • Dinner

Have a seat, enjoy the good life and watch the world go by

(See location number on Central Map)



# Emergency

PHONE NUMBERS  
PUERTO VALLARTA & RIVIERA NAYARIT

## Emergency Line: 911

### Hospitals

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

### Tourism Bureau 322.222.0923

### Red Cross Ambulance 322.222.1533

### Ambulancias Aura 322.209.0622

### Police Department 322.178.8999 / Emergency: 911

### Fire Department 322.178.8800 / Emergency: 322.222.1527

### Motor Vehicle Department 24 HOURS: 322.224.8484

### Inmigration Office 322.224.7643

### American Consulate In Guadalajara: 01 333 268-2100 Emergency: 01 555 080-2000 Email: conagencypuertov@state.gov

### Canadian Consulate 322.293.0098 / 322.293.0099 After Hours: 01.800.706.2900

### Consumer Protection (PROFECO) 322.225.0000 / 322.225.0018

### Global Ambulance 322.209.1123

### Electricity Company 071

### Water/Sewer Company (SEAPAL) 322.223.1516

### Municipal Services 322.223.2500

### Tourism Protection 322.223.2500 EXT. 230 / 232

### Ministerio Publico #4 322.222.1762

448 Rafael Osuna corner of Luis  
Donaldo Colosio (Libramiento)  
Av. Palma Real 221.24.23 / 221.1633/74

### Wake-Up Service 031

# 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**.



|             |                  |
|-------------|------------------|
| AEROTRON    | 322.226.8440     |
| AEROMEXICO  | 880.021.4000     |
| VOLARIS     | 551.102.8000     |
| AIR CANADA  | 001 880.719.2827 |
| AIR TRANSAM | 001 880.900.1431 |
| ALASKA      | 001 880.252.7522 |
| AMERICAN    | 001 880.904.6000 |
| DELTA       | 001 880.266.0046 |
| FRONTIER    | 001 880.432.1359 |
| SUN COUNTRY | 001 880.924.6184 |
| UNITED      | 001 880.864.8331 |
| US AIRWAYS  | 001 880.428.4322 |
| SOUTHWEST   | 001 880.435.9792 |
| AIR TRANSAT | 001 882.733-9513 |

**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. Saturdays only @ 9 a.m.

**Mondays & Thursdays** – 1:30 p.m. – PV Bridge Club plays duplicate bridge at the San Lucas restaurant, NE corner of calle Lazaro Cardenas and Insurgentes.

**Wednesdays** – 10 a.m. – Corazon de Niña – Humanitarian Tour + Brunch. \$500. Pesos.

RSVP: [fundacion@corazondenina.mx](mailto:fundacion@corazondenina.mx)

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

**Sundays**, 9:00 a.m. - Grace Vineyard Vallarta Church - in-person. Non-denominational Service led by Pastor Mario Santillan @ CJ's Texas Grill / Thirsty Turtle, Calle Popa, Marina Vallarta  
[GraceVineyardVallarta@gmail.com](mailto:GraceVineyardVallarta@gmail.com)

**Sundays 10 a.m.**  
**Our Lady of Guadalupe Church** – main square downtown  
\*\*\*

**Christ Church by the Sea**, English services and communion, Center Courtyard Palapa, Plaza Genovesa, 2015 Fco. Medina Ascencio,  
[christchurchbythesea.org](http://christchurchbythesea.org)  
\*\*\*

**Paradise Church**, inter-denominational services at El Granero, 333 Fco. Madero,  
[www.paradisearchpvp.org](http://www.paradisearchpvp.org)

**SPCA** - To find your perfect companion animal rescued by the **SPCA**, please contact: [spcapv@gmail.com](mailto: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](http://www.puertovallarta.net/fast_facts/non-profit.php)

Solution to crossword page 19

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | A | V | A | R | E | D | G | A | R | S | T | S | S | R | O | N | E | R | O |
| E | V | E | N | E | F | I | E | R | I | O | I | O | U | O | I | N | E | N | E |
| M | A | K | E | M | I | A | M | B | S | N | O | N | I | N | O | N | A | K | E |
| D | E | C | K | D | E | H | A | L | L | S | H | E | H | A | L | L | S | H | E |
| A | W | E | E | A | S | G | S | E | L | I | X | I | R | I | R | E | E | A | S |
| S | E | C | T | S | A | C | K | H | E | L | I | R | E | H | E | L | I | R | E |
| A | T | T | I | C | R | O | M | A | N | A | N | A | N | A | N | A | N | A | N |
| S | O | C | K | I | T | O | M | E | F | O | C | I | S | O | C | K | I | T | O |
| I | M | A | L | E | T | C | H | A | R | L | O | S | I | M | A | L | E | T | C |
| L | E | F | T | B | E | A | R | L | O | S | Y | S | L | E | F | T | B | E | A |
| P | U | N | C | H | A | N | D | J | U | D | Y | A | P | U | N | C | H | A | N |
| Z | Z | T | O | P | L | O | L | A | R | A | L | A | Z | Z | T | O | P | L | O |
| D | I | O | D | E | A | L | O | T | A | R | A | L | D | I | O | D | E | A | L |
| A | L | T | A | R | T | A | P | S | H | G | T | S | A | L | T | A | R | T | A |

Solution to sudoku page 19

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 6 | 5 | 7 | 9 | 2 | 4 | 3 | 1 |
| 3 | 5 | 9 | 4 | 2 | 6 | 1 | 7 | 8 |
| 1 | 7 | 4 | 6 | 8 | 5 | 3 | 9 | 2 |
| 9 | 2 | 8 | 3 | 5 | 1 | 7 | 6 | 4 |
| 4 | 9 | 3 | 1 | 7 | 8 | 9 | 2 | 5 |
| 5 | 1 | 2 | 8 | 3 | 7 | 9 | 4 | 6 |
| 6 | 3 | 7 | 5 | 1 | 4 | 2 | 8 | 9 |
| 7 | 4 | 1 | 2 | 6 | 9 | 8 | 5 | 3 |
| 2 | 8 | 6 | 9 | 4 | 3 | 5 | 1 | 7 |

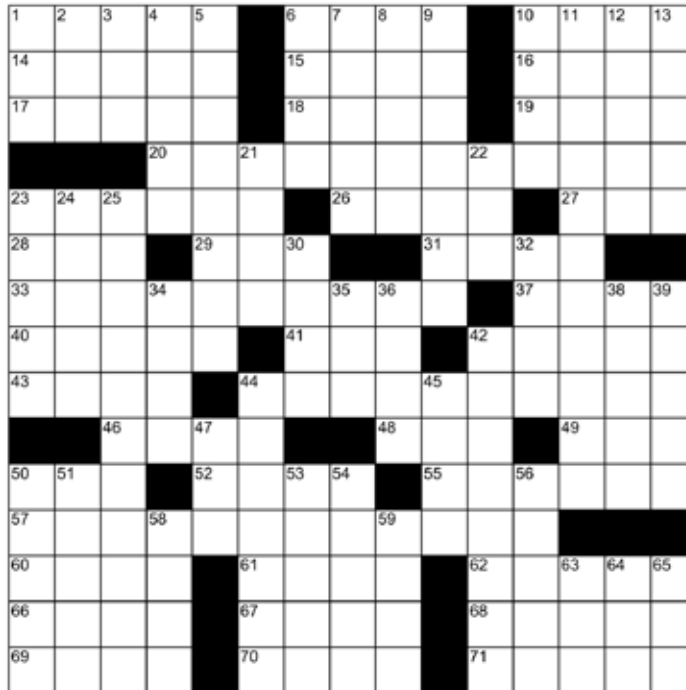


# THE NEW YORK TIMES TUESDAY CROSSWORD PUZZLE

Caleb Madison | Edited by: Will Shortz | © New York Times

**ACROSS**

- 1 Place for an oath
- 6 It's bugled on a base
- 10 Elevs.
- 14 Electron tube with two elements
- 15 Loads
- 16 Asia's shrunken \_\_\_ Sea
- 17 "Sharp Dressed Man" band
- 18 1970 Kinks song
- 19 TV explorer of note
- 20 Slapstick puppet show
- 23 Didn't bother
- 26 Guthrie at Woodstock
- 27 Baseball's Young and others
- 28 The Monkees' "\_\_\_ Believer"
- 29 Kind of tide
- 31 Impress permanently
- 33 "I'm ready for anything!"
- 37 Centers of circles
- 40 Room at the top of stairs
- 41 Mideast fed.
- 42 Tacitus or Tiberius



- 43 Not a mainstream religion
- 44 Go get some shuteye
- 46 Prefix with pad
- 48 Mermaid's realm
- 49 Mail carrier's assignment: Abbr.
- 50 State of shock
- 52 Custard ingredients
- 55 Drink said to prolong life
- 57 Yuletide tune
- 60 Mercury or Saturn
- 61 Wise to
- 62 da-DUM, da-DUM, da-DUM
- 66 Tied
- 67 Je ne sais \_\_\_
- 68 Like redheads' tempers, supposedly
- 69 Villain in 2009's "Star Trek"
- 70 Bygone barrier breakers
- 71 Mystery writer's award

**DOWN**

- 1 Carpenter's tool with a curved blade
- 2 Eight-times-married Taylor
- 3 Tyke
- 4 Take on
- 5 Form of government Plato wrote about
- 6 Baby powder ingredient
- 7 Lei giver's greeting
- 8 \_\_\_ opposites
- 9 Co-creator of the Fantastic Four
- 10 Journey to Mecca
- 11 He said "Here's to our wives and girlfriends ... may they never meet!"
- 12 Arriving after the bell, say
- 13 Wows at a comedy club
- 21 Classic brand of hair remover
- 22 E, in Morse code
- 23 Simpson and Kudrow
- 24 Ham it up
- 25 Magazine staffer
- 30 It has many needles
- 32 Bus. honchos
- 34 Toy you might enjoy while running
- 35 Basis for a Quaker cereal
- 36 Citi Field team
- 38 They have many needles
- 39 Worker on a comic book
- 42 Actuality
- 44 140 and up, say
- 45 Cad
- 47 Tennis umpire's cry
- 50 Some Madison Ave. workers
- 51 Drive drunkenly, perhaps
- 53 The "Homo" in "Homo sapiens"
- 54 "Tell me"
- 56 "In case you didn't hear me the first time ..."
- 58 Casino game with Ping-Pong-like balls
- 59 Spanish liqueur
- 63 Computer unit, informally
- 64 Cup holder?
- 65 Leb. neighbor

Solution on Page 18

# SUDOKU!

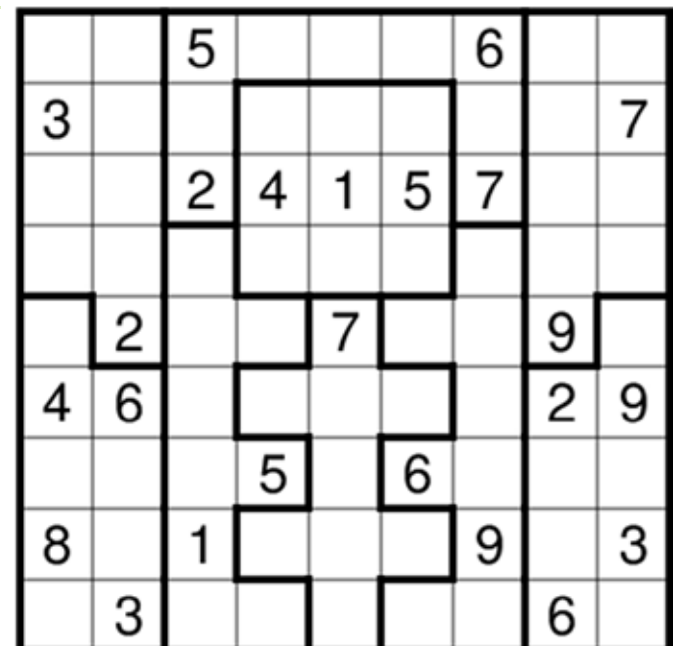
*Sudoku is a logic-based placement puzzle*

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





LAS GLORIAS BEACH

CAMARONES BEACH

MALECON

CITY HALL

TOURISM OFFICE

FLEA MARKETS

MUSEUM

LOS MUERTOS PIER

# Downtown

- Nuevo Vallarta & Punta Mita bus
- Boca de Tomatlan bus
- Hospital
- Atms
- Gas Station
- Parking
- Supermarket

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FCO. MEDINA AGENCIO AVE.

FCO. VILLA AVE.

FREEWAY-LIBRAMIENTO

SPORTS CENTER

MEXICO AVE.

PARAGUAY

PARK

PASEO DIAZ ORDAZ

HIDALGO

ITURBIDE

LIBERTAD

L. VALLARTA

CA. RODRIGUEZ

PULPITO

PILITAS

SIERRA ROCALLOSA

BRASILIA

GUATEMALA

SAN SALVADOR

NICARAGUA

BRASIL

PERU

COLOMBIA

BOLIVIA

CHILE

ARGENTINA

JESUS LANGARICA

31 DE OCTUBRE

ALLENDE

L. VICARIO

ABASOLO

CORDONA

GALEANA

MINA

JACARANDAS

AGUACATE

INSURGENTES

CONSTITUCION

M. M. DIEGUEZ

RODOLFO GOMEZ

TO MISMALLOYA

SIERRA ROCALLOSA

GUATEMALA

SAN SALVADOR

NICARAGUA

BRASIL

PERU

COLOMBIA

BOLIVIA

CHILE

ARGENTINA

JESUS LANGARICA

31 DE OCTUBRE

ALLENDE

L. VICARIO

ABASOLO

CORDONA

GALEANA

MINA

JACARANDAS

AGUACATE

INSURGENTES

CONSTITUCION

M. M. DIEGUEZ

RODOLFO GOMEZ

TO MISMALLOYA

TUNNEL

PAR VIAL

FREEWAY-LIBRAMIENTO

Zona Romántica

CUALE ISLAND

CUALE RIVER

EL CALOSO

ELIZABETH TAYLOR'S HOUSE

ELIZABETH TAYLOR'S HOUSE

ELIZABETH TAYLOR'S HOUSE

ELIZABETH TAYLOR'S HOUSE

ELIZABETH TAYLOR'S HOUSE

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