

PUERTO VALLARTA  
**CITY PAPER**

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# pv mirror

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**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.

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CITY PAPER

**pv mirror**

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# She Said...

ANNA Reisman



Curiouser and curiouser...

Usually it's the other way around. I start writing something and halfway through (*or more*) I'm told "Sorry, no space for your column."

This time, I got "Hey, there's some space. Do you want to send something in?"

At which point, Murphy's laws kicked into high gear.

You see, I recently pulled something in my right shoulder, in my sleep, not because of an excess of effort on a tennis court, trust me. Anyways, following a visit with a traumatologist, an X-ray and an MRI, my right arm is in a sling, and basically useless. I don't wish the accompanying pain on anyone.

But, as a result, I learned things. I learned / discovered that mice (?) are made for right-handed people, which requires me to execute some weird contortions, both physically and mentally, to write what you're reading. My heart goes out to all my left-handed friends. Even scissors aren't made with them in mind.

I learned that feeding myself became an exercise in frustration, especially when it came to wielding a soup spoon with my left hand. Don't ask. My dogs couldn't figure out why I was laughing as I slobbered all over myself.

I found out that washing dishes takes twice as much time as it should. So does bathing and washing one's hair.

Did you know that your forearm can sweat?

And what's up with the heat? True, it's not as bad as in Texas, but still...

Many years ago, when I was at the Tribune, I had a Mexican colleague, Jorge, who, although he was quite a bit older than me, became a good friend, and taught me many things. As Nat King Cole sang, "And while we spoke of many things, Fools and kings, This he said to me...": "la temporada de lluvia siempre empieza el día de San Juan." The rainy season always starts on Saint John's birthday, i.e. June 24<sup>th</sup>. I never forgot that. This year, he was proven right once again. Rest in peace, old friend.

And then the magic begins. It takes ten days. By the Fourth of July, the mountains that surround and protect us have come out of their dull-colored cocoon. They glow, in every resplendent nuance of green you can imagine.

We may not have four distinct seasons like in the Great White North where I used to live, but we do have different seasons. Which is probably why I consider that November is the most beautiful month of the year in Vallarta. The air is dry, the Sierra Madre is spectacular ... and the snowbirds come flocking back, along with the humpback whales.

Sure it's nice not to have to wash the solar panels every couple of days to remove the dust accumulated because of all the constructions, but now that we've all gone out to dance in the first, short-lived rain (*you didn't?*), we have to start getting ready for the nightly rains ...and the hurricanes.

We all pray for a "normal" summer, good rains, no floods.

Yes, we will have power failures, followed by the need to reset all the clocks in our not-so-smart appliances. We may even have to clean up some water that may have found its way to sneak in, but all in all, summer in Vallarta is glorious.

And the entertainment continues. See Act 2's page in this issue. Go to a movie in a nice air-conditioned theater (*have you been to La Isla?*), get out there, patronize your favorite restaurants, and try some new ones too while you're at it. They all need your support now and for the next four months.

Oh, and before I forget, make sure that you have all your important electronics on surge protectors.

As both **Canada Day** and the **Fourth of July** fall during the same week this year, I will sign off wishing a **Happy Canada Day** to my fellow Canucks, and a great **4th of July** to my American friends. Keep cool, stay well hydrated, dear reader ... and have fun!

May your Mirror always reflect a happy healthy you.

**sheis@ymail.com**



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# Welcome Home

SHERYL Novak | solutionsmexico.com

## Garbage Disposals – Why it's not putting money down the drain.

In the modern age, convenience and efficiency are paramount considerations when managing household waste. A garbage disposal is one of the most effective solutions for disposing of food scraps and reducing environmental impact.

Garbage disposals, also known as food waste disposers or garburators, were invented by architect John W. Hammes in 1927. Inspired by his wife's frustration with kitchen waste, Hammes developed the first electric garbage disposal and patented it under "InSinkErator." Since then, garbage disposals have become a popular fixture in kitchens worldwide.

The functionality of a garbage disposal is relatively straightforward. Installed beneath the kitchen sink, it consists of a motor-driven grinding mechanism that pulverizes food waste into tiny particles, which are then flushed down the drain with water. The disposal unit is equipped with sharp blades that shred the food waste, allowing it to be quickly processed by wastewater treatment facilities.

Living in a humid climate, such as we have in Vallarta, presents unique challenges regarding waste management. Food waste can quickly decompose in high humidity, leading to unpleasant odors and attracting pests. Installing a garbage disposal helps address these issues by swiftly disposing of food scraps, reducing the chances of foul odors. Additionally, sending food waste down the drain instead of putting it in a trash can decreases the likelihood of attracting insects and rodents.

Regarding cost, garbage disposals can vary in price depending on their size and power. On average, a quality garbage disposal unit can range from MXN 5000 to 10,000, with installation costs based on the complexity of the plumbing setup. Most installations are straightforward and, therefore, low in price.



Installation typically involves connecting the garbage disposal unit to the sink's drain and an electrical supply. The unit is mounted on the underside of the sink and connected to a dedicated switch or wall outlet.

Garbage disposals are designed to be durable and long-lasting. With proper maintenance and usage, they can serve you well for 10 to 15 years or even longer. Regular maintenance includes running cold water while operating the disposal, avoiding overloading it with large amounts of food waste, and periodically cleaning it to prevent residue buildup.

Regarding safety, if proper precautions are taken, garbage disposals can be considered safe for households with children. Educating children about the potential dangers of sticking their hands or foreign objects into the disposal unit is important. Additionally, installing a garbage disposal with a safety feature, such as a magnetic or physical barrier, can help prevent accidental activation or tampering.

While the initial cost and installation may require some investment, the long lifespan and ease of maintenance make it a worthwhile addition to any kitchen. Remember to perform regular maintenance and take necessary safety precautions, especially if renting your unit to families with children. With a garbage disposal, you can embrace a cleaner and more sustainable approach to waste removal in your home in Vallarta.

Do you know someone who purchased a new condo or needs to replace furniture? We appreciate referrals and have a new program to show it! Refer-a-friend here: **Refer-A-Friend - Solutions Mexico** and we will contact you with more info! Or, visit us at our Puerto Vallarta store: **363A Constitucion** or Bucerias store at **Heroes de Nacozari 126**. If you are not currently in Mexico, email us at [furniture@solutionsmexico.com](mailto:furniture@solutionsmexico.com) or send a text to us by Whatsapp at +52 322 136 5156.





# From Here

MARCIA Blondin | marciavallarta@gmail.com

## Canadian / US bdays

I spotted the elusive first-thing-in-the-morning painter Michael Robles Tolleson in his gallery on Juarez last week. I hadn't seen him in ages, so I popped in for some chit-chat and hugs. He is always busy painting one giant canvas after another and adding so much color to our landscape. Besides the gallery, gourmet restaurant Savante, and the shipping business, plans are afoot for expansion. Stay tuned for details as they arise, and drop into all of Michael's spaces!

My bout with wretched luck at bingo only lasted for one game day. Whew! There is only one more Colina Spay & Neuter Clinic fundraiser at Nacho Daddy this season. Our lovely ball caller Lydia Damato promises some special events, so make sure to attend. Details are below.

Act2PV is back from vacation and kicked off its summer season with a fabulous array of talent at their free "Greatest Show on Earth", held every Wednesday in Marsha's Red Room. It features vignettes from almost all of Act2's upcoming events. The GSOE is also a testing ground to gauge audience reactions to possible new shows and is an excellent time to share news like the return of Mamma Mia!, a staple at Act2 for the past four seasons. Managing Director Alfonso Lopez made the announcement last week mere hours after he received the nod that the license had been renewed. Two faves of the show were Rafael Velazquez and the two actors from the upcoming circus. Rafa sang the difficult *Largo al factotum* from Rossini's opera Barber of Seville, better known as

Figaro. He engaged everyone in this delightful aria - his baritone voice full of Italian questions and answers. More. Opera. Please. The two actors / musicians / tumblers / acrobats, both with Peewee Herman hair on serious steroids, were funny and cleverly agile, drawing gasps from the audience as they seduced each and every one of us. See Circoconcierto's details below.

It has been ages since I have had pasta at Il Pesce. Good buddy Steven Tenney and I spent a couple of hours over four kinds of funghi - for me, as always, and mahi-mahi for Steven discussing books and the economic plight in Mexico and abroad. I also met Adam, new to Vallarta, via Mexico City and Texas. Adam has dessert before, and after dinner, so I invited him to join me at the Voice of Vallarta auditions.

Nine singers, including a ten-year-old boy, auditioned for Alfonso Lopez and Marsha Ward Ross on the Act2PV Main Stage. Lovely to see and hear Joe Wallace again; Joe did well in the RISE talent competition last spring. The fun and games begin in two weeks - July 9<sup>th</sup>. In Seasons One, Two and Five, I saw every show. OMG, heart-stopping competition; it is one tough contest. See for yourselves every Sunday this summer.

Kevin Anthony and his Roxsant Band presented So Much Soul, their last concert for the season at Nacho Daddy. The close-to-sold-out house ate, drank, and chair danced while Kevin worked the room with his magic. They will return in October. Meanwhile, if you need to buy some real estate, see Kevin over at Ryan Donner & Associates.

### COMING UP:

**June 30**, Friday, 7:30 p.m., Incanto's Piano Bar - Entertainer Hedda Lettuce.

**July 01**, Saturday, Happy Canada Day!

9:30 am - 12:30 p.m., Casita & Garden - "Flores", a collective art exhibition by the new Vallarta School for Girls.

6 p.m., Arte Vallarta Museo. First Saturday of the Month Fiesta. Food, live music, wine and art with history.

**July 04**, Tuesday, Happy Birthday, USA!

**July 05**, Wednesday, 1 p.m., Culture - The Vallarta Scrabble Club's fourth monthly Tournament. Regular games can still be played while respecting the hushed, angst-filled atmosphere!

4 p.m., Nacho Daddy - Colina Spay & Neuter Clinic Bingo Fundraiser. The last game day until September, so join us. The prizes are lovely, and the cause is in great need.

**July 06**, Thursday, 4 - 8 p.m., Culture - A pop-up art exhibition to celebrate Frida Kahlo's birthday. I have been invited, along with a few other outside artists. Come and meet my new Mixto earrings!

**July 08**, Saturday, 8 p.m., Marsha's Red Room at Act2PV - Circoconcierto Tromba Vetusta. The circus is in town!

**July 09**, Sunday, 7 p.m., Act2PV - The Voice of Vallarta Season Six begins and continues for eight weeks.

Apparently, our heat wave is over. Still determining if Vallarta got the memo; however, that may mean we'll have an uneventful, hurricane-less rainy season. Get that energy out there, people, and stay cool, **From Here**.

**Marcia Blondin**

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## Paradise and Parenting

LEZA Warkentin | [www.mommyinmexico.wordpress.com](http://www.mommyinmexico.wordpress.com)

### Belated quinceañera

We had plans, she and I, when she was about eight years old and horrified by the idea of a traditional quinceañera birthday party. Let's just say my daughter, like her mother, is not a lover of the spotlight. She doesn't mind a fancy dress and heels, or beautifully manicured nails and hair fresh from the salon. No problem there. But the idea of everyone watching her on the dance floor, the thought of greeting her guests at the entrance of a ballroom - that was her worst-case scenario.

Being my daughter, she loves to travel and discover new places, especially cities. Mexico City has always been one of our favorite destinations for a summer or spring holiday. There were new activities and places to explore every time we went. As she grew, she knew that, instead of a big party, she wanted to see a new, exciting city, somewhere in the world.

By the time she was nine, we had already decided.

It would be Paris on her 15th birthday; the Eiffel Tower, the Louvre and sidewalk cafes with crepes and chocolate.

As we know now, the best-laid plans of mice and men (*and mothers and daughters*) often go awry, especially when worldwide pandemics land in the middle. We didn't get to Paris in 2021. We didn't even get to Canada to see family in 2021.

She set those plans aside with the grace of someone who is kind and understanding. And also of someone who sees humor in the darkest things, quite frankly. This particular ability would be why she and I would make the best travel companions. And it's also how we got through an entire pandemic together in the same house when she was a teen and I was premenopausal. I challenge any one of you to think of something darker and more funny at the same time.

I guess the good part of it all was that there was no danger of being pressured to have a huge party that she didn't want.

This past week she turned seventeen, and we started packing for the trip we should have taken two years ago. No, it's not Paris. But it is The Big Apple, and we're pretty excited. Sure, we're riding the coattails of her brother, who is going to the Summer Academy of the New York Times. Sure, we're still on a shoestring budget, with university just around the corner. Sure, we're going to be housesitting in order to spend two full weeks in Manhattan. And absolutely sure, our biggest Google search has been "*free stuff to do in NYC*".

But we've already booked a Ghosts of Greenwich Village tour, along with a visit to Taylor Swift's exhibition in the Museum of Art and Design and a quick photo op of the bookstore featured in the dark thriller, "*You*".

Friends got together and got us some tickets for a night on Broadway. Of course, there will also be a day set aside for outlets, flea markets and probably a quick tour of Bloomingdales. Our plans range from the thrilling to the touristy to the downright weird.

It's so us.

After wondering if we'd ever get our Paris quinceañera, it looks like we get to celebrate this beautiful, kind, darkly hilarious young lady after all.

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# Happy Birthday, Canada!



Canada Day is celebrated each year on July 1<sup>st</sup>, and every year at this time, we figure that some readers would like to know a little more about the northernmost partner in the NAFTA (recently renamed USMCA). Consequently, we publish these tidbits in the hope that they may dispel the myth that all there is in Canada is just bad weather...

- Canada is in fact inhabited by a little over 38 Million people according to Statistics Canada, the majority of which speak English. Only about 25% speak French (contrary to what a lot of people here in Vallarta think.) About a third of them live in the country's largest cities: Toronto, Montreal and Vancouver.

- Canada is the second largest country in the world, after Russia. China comes third.

- There are over 100 National Parks in Canada.

- More than 95% of Canada's inhabitants live within 100 miles of that border; not necessarily because they want to be close to their American neighbours, but because it's the warmest!

- Canada and the U.S. share the longest undefended border in the world: over 7,000 kilometers!

- Canada and the U.S. also share the longest navigable inland waterway in the world: the St-Lawrence Seaway and all its locks and Great Lakes (minus Lake Michigan which lies entirely within the U.S.)

- Canada is a constitutional monarchy governed by a Federal Government with a democratic Parliament. It started out with 4 provinces in 1867, today it has 10. It had 2 Territories for the longest time, but since April, 1999, it has three, the last being Nunavut. Yukon and the Northwest Territories are the other two.

The Canadian territories do not have any inherent jurisdiction. They enjoy only those powers which the federal government bestows upon them.

- Canada Day celebrates the events that occurred on July 1<sup>st</sup>, 1987, when the British North America Act created the Canadian Federal Government. The act proclaimed a "Canadian Dominion". Originally, the day was called "Dominion Day" until October 27<sup>th</sup>, 1982, when Canada officially became a country called Canada, thus Canada Day.

- Unlike the U.S. that (used to) like to call themselves a "melting pot" when referring to all the minorities that live there, Canada identifies itself as a "mosaic" of ethnic groups.

- Canada boasts the largest Italian community outside of Italy - in Toronto, and the largest French-speaking city outside of France: Montréal.

- Montreal is an island (like Manhattan) and boasts the largest underground city in the world: Beneath the city streets, visitors can explore this enormous underground structure integrated into the city's major commercial districts, containing and linking to over 200 restaurants, 1700 boutiques, 30 movie theatres, halls, museums, and hotels, all connected to 10 of the city's subway stations. This unique feature has made people often refer to Montreal as "two cities in one", allowing visitors to explore the city without having to worry about bad weather (when thermometers hover around the 30°C BELOW 0°C mark) or lengthy travel time between the city's shopping districts. In fact, Montrealers never have to go outside in winter.

- Canada is regularly described as a trading nation as its total trade is worth more than two-thirds of its GDP (the 2<sup>nd</sup> highest level in the G7 after Germany). Of that total trade, roughly 75% is done with countries which are part of free trade agreements with Canada, primarily the U.S. When the NAFTA (U.S., Canada and Mexico) came into force on January 1, 1994, it created the largest free trade region in the world.

- During the time of the Cold War, Canadians boasted that they didn't need armed forces... All they had to do was paint southbound arrows on their rooftops to direct Russian planes and missiles.

- Among many other discoveries / inventions that benefited the world, Canadians invented the snowmobile, "standard" time, the gas mask, Pabulum, the electron microscope, insulin, degradable plastics, baseball, hockey, STOL aircraft, instant mashed potatoes and, according to Alexander Graham Bell, the telephone.

- The list of famous Canadian-born TV, music and movie stars is too long to print.



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# The 4<sup>th</sup> of July is Independence Day, the USA's birthday!



July 4<sup>th</sup> is the day of the United States of America's annual birthday party. Everyone knows that, but the details of this monumental occasion in American history somehow fall through the cracks.

By the middle of the 1700s, the 13 colonies that made up part of England's empire in the New World were finding it difficult to be ruled by a king 3,000 miles across the Atlantic Ocean. They were tired of the taxes imposed upon them. But independence was a gradual and painful process. The colonists could not forget that they were British citizens and that they owed allegiance to King George III.

A "tea party" (very different from today's "Tea Party") and a "massacre" were two events that hurried destiny. Along with general unrest, these events united the colonists. In 1767 a tea company in India, owned by England, was losing money. To save the company, England levied a tax on tea sold in the colonies in 1773. Partly as a joke, Samuel Adams and other Bostonians dressed up as Indians and dumped a cargo of the India Company Tea into Massachusetts Bay. King George III did not think it was funny, nor did he lift the tax on tea. In the Boston harbor, British soldiers were jeered and stoned by colonists who thought the soldiers had been sent to watch them. The soldiers fired into the crowd and killed a few citizens. The colonists exaggerated the number killed and called it a massacre.

Virginia took the first step toward independence by voting to set up a committee to represent the colonies; it met in September of 1774. They drew up a list of grievances against the crown which became the first draft of a document that would formally separate the colonies from England. George Washington took command of the Continental Army and began fighting the British in Massachusetts. The Revolutionary War lasted 8 years.

In the meantime, a war of words was being waged in Philadelphia, PA. On July 2, 1776, the 2<sup>nd</sup> Continental Congress presented & debated a second draft of the list of grievances, and John Hancock,

the president of that Congress, was the first to sign. The document, called the Declaration of Independence, was treasonous against the crown and the 56 men who signed it were in danger of being executed.

Although July 4<sup>th</sup> is celebrated as America's official split from Britain's rule and the beginning of the American Revolution, the original resolution was introduced by Richard Henry Lee of Virginia on June 7, 1776, and called for the Continental Congress to declare the United States free from British rule. Three days later, a committee headed by Thomas Jefferson was appointed to prepare an appropriate writing for the occasion.

Even more interesting is the fact that not a single signature was appended to the Declaration on July 4<sup>th</sup>. While most of the 56 names were in place by early August, one signer, Thomas McKean, did not actually sign the Declaration until 1781. Nevertheless, July 4<sup>th</sup> was the day singled out to mark the event of the U.S. establishing itself as a nation.

The document known as the Declaration of Independence was adopted by Congress on July 4<sup>th</sup> although the resolution that led to its writing was actually approved two days earlier. All of this had occurred with some of the delegates to the Congress not even present; New York, for example, did not even vote on the resolution until July 9<sup>th</sup>. From July 8, 1776, until the next month, the document was read publicly and people celebrated whenever they heard it. The next year, in Philadelphia, bells rang and ships fired guns, candles and firecrackers were lit. But the War of Independence dragged on until 1783, and in that year, Independence Day was made an official holiday. In 1941, Congress declared the Fourth of July a federal holiday.

Only four American holidays are still celebrated on their proper calendar days: Halloween, Christmas, New Year's and Independence Day. Of all the secular holidays, the Fourth of July is the only one whose celebration date resists change. Even in more provincial times, suggestions to alter the day of the festival to the preceding Saturday or the following Monday when July 4<sup>th</sup> fell on Sunday, were protested.

**Happy Birthday, USA!**







## Tourism Ministry names 45 new Pueblos Mágicos in 25 states

The Pueblos Mágicos (*Magical Towns*) program has added 45 new towns, Tourism Ministry (Sectur) chief Miguel Torruco Marqués reported on Monday. This makes for a total of 177 designated Pueblos Mágicos in the country.

Located in 25 states, the newly added cities have been recognized for their “*natural, cultural and culinary richness*.”

The initiative, which launched in 2001 to promote tourism as a driver for local economic growth, granted the first designation to the former mining town of Huasca de Ocampo, Hidalgo. San Miguel de Allende, Guanajuato, was a Pueblo Mágico from 2002 to 2008, until it became a UNESCO World Heritage Site. Mexcaltitán, Nayarit was stripped of its title in 2009 after failing to uphold conservation standards.

This year’s selection process, which took place between May 8 and June 2, was carried out by a technical evaluation and verification committee. Out of 123 aspiring towns, only 45 met the requirements for the coveted designation.

“*This is a very important day for tourism activity in Mexico*,” said Miguel Torruco.



“*The new towns will attract greater tourist flow, increasing the economic revenue, investment and employment rate for the benefit of our local populations.*”

Sectur will also continue to promote the “*Magic Color Routes*” program launched in 2022, to drive the development of Pueblos Mágicos through public art installations.

Representatives of the new Magic Towns were presented with certifications by Tourism Minister Miguel Torruco.

Juan Enrique Suárez, president of the Association of Ministries of Tourism, said that the Pueblos Mágicos are a testament that Mexico is more than a beach destination. “*Mexico is much more than sun and sand, and these Pueblos Mágicos provide that*,” he added.

In the first four months of the year, tourism revenue reached US \$10.74 billion from international visitors – 17.5% percent higher than figures reported in 2019 and 17% more than last year.

The new *Pueblos Mágicos* in Jalisco are: Cocula, Sayula and Temacapulín.

(Sources: *mexiconewsdaily.com, El Financiero*)





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Melody features a **2x1 Happy Hour** from **5:30 to 6:30 p.m.** and **9:00 to 10:00 p.m.** Trust me, both your taste buds and wallet will be singing its praises. So, gather your crew and get ready to embark on the ultimate nightlife experience. You'll be welcomed with open arms and an ice-cold drink. **The Melody Bar** is calling your name! Will you answer its harmonious call?

\***Melody Bar** is located at **Act2PV Entertainment Venue**, at the corner of **Basilio Badillo** and **Insurgentes** in the **Romantic Zone**.



If you have questions, please send an email to [info@act2pv.com](mailto:info@act2pv.com) For more information about shows, or to buy tickets, check out the website at [www.act2pv.com](http://www.act2pv.com) Also, be sure and check out the thousands of 5-star reviews on *TripAdvisor* and *Google*, as well as other social media. **Act2PV** is your #1 choice for entertainment in Puerto Vallarta!



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# Fish oil



The most widely available dietary source of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) is cold-water oily fish, such as salmon, herring, mackerel, anchovies, and sardines. Oils from these fish have a profile of around seven times as many omega-3 oils as omega-6 oils. Other oily fish, such as tuna, also contain omega-3 in somewhat lesser amounts. Although fish is a dietary source of omega-3 oils, they obtain their omega-3s from the algae or plankton in their diets. EPA and DHA are available as nutritional supplements in fish oil capsules, soft gels, gummies, krill oil, and less commonly as algae oil. Generally, salmon oil has more DHA than EPA, while other fish oils such as herring, mackerel, anchovies, sardines, and pollock have more EPA than DHA.

Omega-3 fatty acids are essential for good health. Try to get them from your diet by eating fish broiled or baked, not

fried. Fish oil supplements might be helpful if you have high triglycerides or rheumatoid arthritis. Fish oil appears to contain almost no mercury, which can cause concern in certain types of fish.

Heart disease is the leading cause of death worldwide. Published at healthline.com, studies show that people who eat a lot of fish have much lower rates of heart disease. Multiple risk factors for heart disease appear to be reduced by the consumption of fish or fish oil. The benefits of fish oil for heart health include:

- improved cholesterol levels
- decreased triglycerides
- reduced blood pressure
- plaque prevention

Your brain is nearly 60% fat, and much of this fat is omega-3 fatty acids. Therefore, Omega-3s are essential for typical brain function. Some studies suggest that people with certain mental health conditions have lower omega-3 blood levels. Interestingly, research indicates that Omega threes can prevent the onset or improve the symptoms of some mental health conditions.



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For example, it can reduce the chances of psychotic disorders in at-risk people. In addition, supplementing with fish oil in high doses may reduce some symptoms of schizophrenia and bipolar disorder, though there is a lack of consistent data available. More study is needed in this area.

Inflammation is your immune system’s way of fighting infection and treating injuries. However, chronic inflammation is associated with health conditions such as obesity, diabetes, depression, and heart disease. Reducing inflammation can help treat symptoms of these diseases. Because fish oil has anti-inflammatory properties, it may help treat conditions involving chronic inflammation. For example, gaining weight or increased stress levels can sometimes contribute to higher levels of inflammation. In two older studies, one in people with obesity and the other in people experiencing stress, fish oil reduced the production and gene expression of inflammatory molecules called cytokines. Moreover, fish oil supplements can significantly reduce joint pain, stiffness, and medication needs in people with rheumatoid arthritis, which causes joint pain. While inflammatory bowel disease is triggered by inflammation, there is no clear evidence to suggest that fish oil improves its symptoms.

Omega-3s are essential for early growth and development. Therefore, it’s important to get enough

Omega-3s during pregnancy and while breastfeeding. Taking fish oil supplements during these times may improve fetal brain development. However, it’s unclear whether learning or IQ will also be improved. Taking fish oil supplements during pregnancy and breastfeeding may also improve infant visual development and help reduce the risk of allergies.

Your liver processes most of the fat in your body and can play a role in weight gain. Liver disease is increasingly common, particularly non-alcoholic fatty liver disease, in which fat accumulates in your liver. Fish oil can improve liver function and inflammation, which may help reduce symptoms of non-alcoholic fatty liver disease and the amount of fat in your liver.

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The Dietary Guidelines for Americans and the American Heart Association recommend consuming two servings (8 ounces) of fish every week, according to goodhousekeeping.com. Avoid high mercury exposure by choosing fish like salmon and sardines. In addition to providing omega-3 fatty acids, fish consumption provides other heart-healthy nutrients such as selenium, vitamin D, and vitamin E.

For an appointment with **Dr. Irving** in Puerto Vallarta or at **FEDA Nutricion and Fitness**, Calle **Jacarandas 86**, in Bucerias, or if you are interested in purchasing **Dr. Irving's CBD oil (5000 mg or 10,000 mg)** without THC, please contact **Loren Hayes** on *WhatsApp* at **322-167-7570**.





**GISELLE** Belanger RN, LCSW | ggbelangerpv@gmail.com

## Life is a process

I will never forget when I was going through a very difficult and challenging time, a friend of mine quoted something he had heard in AA, that “*life is a process, not a series of events*” impressing upon me that things are not going to get better overnight and the answers don't always come as quickly as we'd like. I've never forgotten that and the more I experienced it, the more meaning and truth it seemed to have. I soon learned the depth and value of *staying* in the process; of permitting it and eventually of actually inviting it. I learned to embrace it.

### ***Life is a process, not a series of events***

If we live from one event to another, then we miss all of the lessons from the experiences in between, making it impossible to appreciate how we arrived and therefore impossible to gain the knowledge, the lessons, nor the insights which are essential to our growth. The journey, the process, is where the important substance lies. In other words,

“it's the journey, not the destination”.

### ***Allow the process***

We must *allow* the process and stop trying to control it. We must *trust* that we are supposed to go through it. The process is necessary for many reasons. We should not try to rush it or make it end sooner. The process brings us answers to questions, provides experiences which clarify, validate, and teach. In order to allow the process, we must be tolerant and patient. That does not mean be passive or inactive. It requires that we determine what is in our control and what is not, so that we do what we can during the process while we wait for more to be revealed.

How many of you feel pressured to make a decision because you feel so uncomfortable, anxious, and frustrated with the situation that you want to hurry up and get it over with, and so you hastily force a decision? People seem to do this with some of life's biggest issues and challenges, like should I get divorced,

should I leave my job, should I live somewhere else. These are not the type of decisions that should be rushed. A person has to live with the consequences of all of their decisions and these consequences can be drastic and sometimes catastrophic.

### ***Respect the process***

We must also learn to respect the process. We must respect the lessons and opportunities it brings. Once you respect it, you will stop trying to control it. If everything happens for a reason, if there are no coincidences, and we accept that, then the next thing is to question and discover the reasons, the answers, the lessons and the insights. Once we understand and grasp those lessons and insights, we can move on. *If* we do not learn them, then we will repeat them. Life will bring around other situations for us to experience them again, except this time much more intensely and more painfully, until we learn the lesson. It is amazing how many times some of us choose to go through something before we learn from it.

### ***Cannot control outcome***

We cannot control outcome. We all have the natural tendency to try to control outcome by controlling the feelings, thoughts and actions of others. We have the need to get them to do something or say something in order to create a certain outcome to make us feel better; less anxious, less fearful. Many of us become so obsessed with controlling the outcome that we are not able to even consider the possibility that what we think we want or the way we think things should be, *may not be best*. Sometimes what we expect is not in our best or highest interest.

Sometimes we don't know what is best for us and we are unable to remain humble enough to realize that or to step back and allow other information to be presented to us.

### ***Tolerance***

All of this requires varying degrees of *tolerance, patience,* and most importantly *humility*.

When you don't know the answer, when you are unsure of what you should do, or are afraid of what decision to make, you can positively reframe it by telling yourself that “the good news is that I don't have to know today” confidently knowing that the answers will come and you will make better decisions because of allowing the process.

### ***Remain open***

However, the key is to remain open. So often, the answers, messages, and lessons, may not look, sound, or feel, the way we expect and *if we aren't open we will miss them*, possibly even *reject them*. In order to prevent this, we must let go of certain images and ideas and make the conscious effort to step back and receive what is presented without allowing fear or preconceived ideas or judgments to get in the way.

Look forward to each day and what is yet to unfold with *joyful curiosity* instead of feeling anxious. There is a sense of calm in curiously waiting to see what happens next or what is revealed next, instead of worrying about it and being consumed with anxious thoughts of “*what if*”.

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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**KRYSTAL Frost** | krystal.frost73@hotmail.com

## Acupuncture for stress, anxiety and pain

It seems more than before we are under a lot of stress and anxiety. Which includes all generations, our youngest school agers with rising lack of focus and concentration abilities, the teens, and especially young adults. It seems to be in epidemic proportions. The popular drugs aren't helping. We are seeing many turning to alternatives including eastern medicine, cbd, and other stuff.

Let's revisit some basic concepts about the treatment of stress and anxiety, which are attributed to 90% of all disease including cancer, heart disease and stroke and pain which affects millions of people. And weakens our defense systems... immunity.

Naturally, Stress and Anxiety boil down to depression and translate into unexplained body PAIN. The western antidepressant drugs such as Effexor, Paxil, Elavil, Zoflot, Prozac, Celexa, Lexapro, Wellbutrin, Trazodone are commonly dispensed and considered modern miracles which focus on maintaining the **serotonin** levels in the brain. These meds address the **symptoms** of depression and emotional upsets. In addition to the variable side effects, the patients need to take them long term and usually in increasing doses to maintain optimum levels of serotonin. This, I feel, is not a favorable prognosis for the patient considering long term use.

On the other hand, acupuncture, combined with Chinese herbs, or Traditional Chinese Medicine (TCM) has proven to be an effective alternative to treat emotional anxiety and stress-induced pain and fatigue. Acupuncture treatments results in long-term benefits with positive side effects such as added zest and libido.

The difference between TCM and western medicine is that TCM treatments address the cause(s) of the disease, or that of the internal caused by the exposure to external

stress and other factors. Stress and toxic emotions when left untreated can cause energy (CHI) "blockage", changes of the neurotransmitters such as a decrease of brain concentration of the serotonin levels, resulting in anxiety, poor sleep, fatigue, and depression and pain.

**TCM is based on the principle that true health and well-being involve a balance between the five fundamental aspects of ourselves. In terms of our emotions, they are: joy, fear, anger, grief and sympathy.**

These feelings are an essential part of our human nature - the problem occurs when we become stuck in one or other of these emotions. We are, perhaps, unable to express joy, grief, fear and may literally break down emotional with depression like symptoms of fatigue, insomnia, weight loss or gain, hives, body aches and pain and disease.

(I use to break out in hives just hearing a certain person's voice, the M.D. said I had an allergy... Yes, I did have an allergy... but to a certain relationship.)

On another level, TCM considers that anxiety is reflex or symptom caused by the lack of communication between spirit, conscience mind, and action.

Acupuncture aims to identify and correct emotional imbalance by intending to open communication between our unconscious and conscience selves.

An example would be perhaps, a person has a lifestyle, job or relationship that continually saps energy, so there is little energy or time for reflection, meditation, quietness and recovery of the body and soul. Screen time in general, negative relationships, dead end jobs, too much device time are all causes of excessive drains on internal energy that can leave us feeling zapped, drained, fatigued.

Did you know there are acupuncture points that are called psycho-emotion points? I was pleasantly surprised to discover this aspect of acupuncture while in school in Bastyr and have used this technique with success on many patients. When the psycho-emotional points are treated, tension is eased and patients find they feel grounded and more in control of their lives.

One question patients often ask is how can acupuncture for depression be effective in the long run when stress is, and always will be, part of our daily life?

TCM treatment focuses on the root cause of the unbalance rather than the symptoms of stress. This allows our body and mind to handle the stress better or maintain the physiological balance better in times of anxiety. Treatment will not get rid of the problems, but will give one a sense of solid groundedness to deal with problems.

When patients with depression receive acupuncture, they usually experience improvement in the reduction of anxiety, insomnia, as well as more energy, and over all well-being after the first visit. On top of these benefits, once patients get well, they usually remain well when they stop taking the TCM treatments as the treatments bring them back into their natural balance.

Believe it or not, Acupuncture works and is being offered to complement western medicine in the most modern and respected medical institutions in the U.S. and Canada.

Also

Get take plenty of clean water, and sunshine.

We are really plants with complicated emotions.

I heard someone say...

**KRYSTAL Frost**

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**BUCERIAS # 50A Lazaro Cardenas (across from hotel Palmeras)**

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AA Beach meeting Fridays 5:30 pm (N. of Karen's Rest.)

**La Cruz de Huanacaxtle - 13 Delfin**

AA Thurs 5:30 pm & Sun 10:00 am

**Punta De Mita #1-A corner of Av. Las Pangas**

AA Fridays 5:00 pm

**Sayulita #7 Calle Primavera off N. Heroes**

AA Tues - Thurs - Sat 5:30 pm





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

STAN Gabruk | [www.MasterBaiters.com.mx](http://www.MasterBaiters.com.mx)  
(Owner of Master Baiter's Sportfishing & Tackle)



Here we are again, a week later and as expected, things are ticking in the correct direction when it comes to Puerto Vallarta's world class fishing grounds. All your favorite players are coming in right on time. Marlin, both blue and black, Sailfish, Yellowfin Tuna, Sailfish and more. What's even more surprising is the fact both Corbeteña and El Banco are firing on all cylinders. All the pieces now are falling in place, water temperatures are perfect, blue water, plenty of larger bait in the form of Skip Jack Tuna, Goggle eyes, Flying fish and more.

We're moving into the summer tourism season, the fishermen in that group will have all the fishing action they could possibly want. Once we hit the first of July, there is no turning back, high season for fishing is happening now in Puerto Vallarta, but only if you're here! You excited yet?

Last week we finally had some decent news about El Banco, a.k.a. The Bank. For years, the action around El Banco has been bordering on disastrous. For some reason, things have changed lately. Starting with Blue and Black Marlin between 250 and 325 lbs.

with some reports of 450-lb Black Marlin. Sailfish are running the area as well, but the best news is Yellowfin Tuna from 40 to 100 lbs. are running the entire area around the high spots. So this is exciting, but Corbeteña is also "holding its own". Yes, we have Blue and Black Marlin running the area in the same size ranges of 250 to 350 lbs. Sailfish as well.

Dorado and Yellowfin tuna around The Rock is less than exciting, but this will change soon as well. Skip Jack Tuna and baby Bonito are running these areas and big bait, means big fish. With water temperatures at 84 degrees these conditions will only improve.

Some interesting developments around El Moro this week are large Cubera Snappers to 55 lbs. and there are some Rock Fish in the 35-lb range as well. Naturally there

are plenty of Jack Crevalle, Bonito and Sierra Mackerel. Now there should be some sailfish running the area just east of the rocks.

Dorado are thin, but if you're off the point of Punta Mita and you find a buoy the Dorado could be in the 20-lb range.

Remembering it's still early in the fishing season, the fact there is Dorado in the area at all is super positive sign. The area north of Punta Mita should be seeing some Sailfish and if you head out about 15 miles from the point there could be some smaller blue Marlin. Right now, anything is possible as we move deeper into the early stages of high season for fishing.

Inside the bay has been active and well worth the time and money. For some reason the bay is full of Jack Crevalle in the 30 to 50-lb range and they're all over



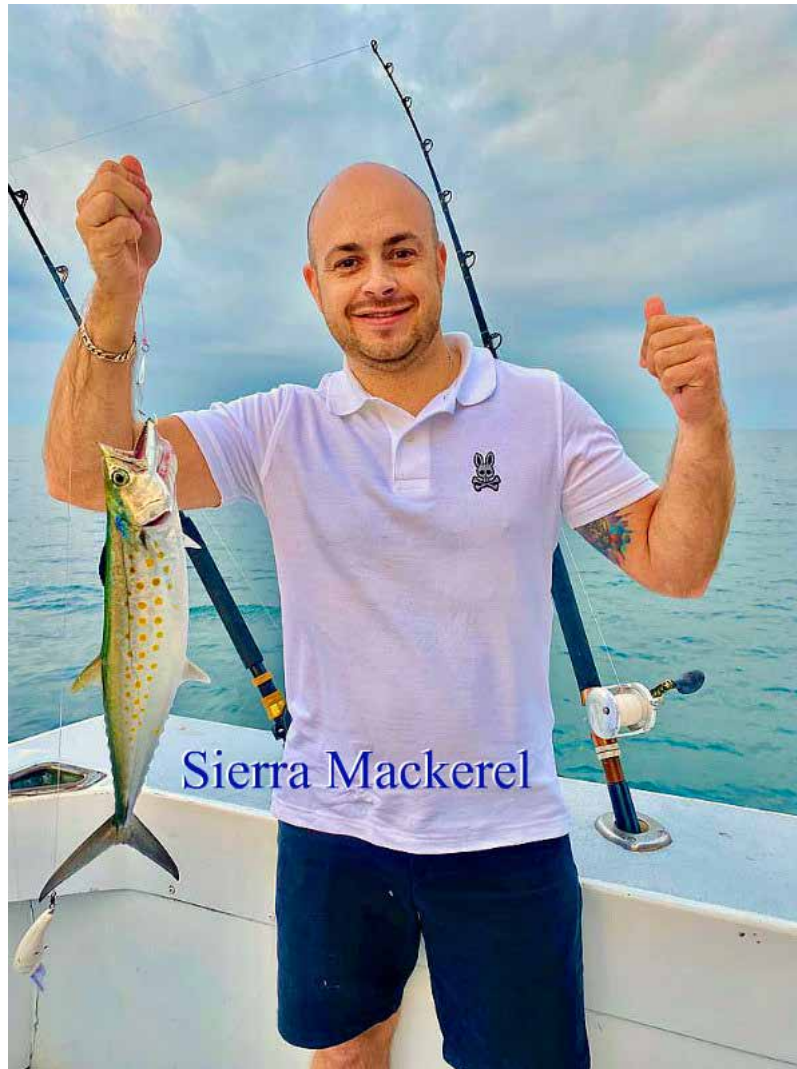
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the bay. Sierra Mackerel are thick, but should be moving out with the warmer water temps as well. There are many Dorado at the south end of the bay near Los Arcos. In fact, they're only about 12 lbs., so keep one for dinner and throw the rest back. But the action is undeniable, Capt. Pablo on our super Panga has been boating between 10 and 15 Dorado daily! There is also Bonito, Skip Jack Tuna and even the possibility of a freak Sailfish in the bay. Again, the water is blue, water temperatures are between 82 to 84, which of course if perfect.



water temperatures and potentially the fishing in the area will be affected. Normally in an El Niño condition, the primary currents we have coming up from the south can move out as much as 75 miles from its normal trek. When we see this happen, we normally see this same current run right into Cabo and then run up the coast to the Southern California boys. For now, it doesn't look like we'll be living with those conditions. The reason for this is the fact that El Banco has action! We're seeing Yellowfin Tuna early in the season, normal season that is. We didn't even see any Black Marlin last year and now they're already here! With Dorado in the area, even though they're small and young, they're here!

For the last couple of years, the Dorado populations have been improving with the change in the Mexican laws that did allow for this species of fish to be the only real fish you could ship out of the country. Now that this practice has been outlawed, things are improving.

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



For now, I suggest a six-hour trip that gives you time to get to the south end of the bay.

Now the details, the bite is happening around 08:00 right now, but outside the bay can be later, closer to 09:00 to 10:00. I suggest getting out early, no later than 07:00 to take advantage of the favorable conditions.

Skip Jack Tuna in the 12-lb range, perfect larger bait, is thick around Corbetaña and of course El Banco! Flying fish, Goggle eyes and more. Live bait for now is king, but lures and dead baits are always options. So fill those Tuna tubes, amigos.

As you all know, we're in an El Niño year, this means currents,

**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.







**HARRIET** Murray | harriet@casasandvillas.com

# Viewpoint

## CALL FOR HELP

The three AMPI Chapters of the Bay of Banderas have a shared FBS MLS database. We are concerned about the safety of our data and the data of clients. **There are few systems of this type in Mexico. We must learn how to be sure the platform data is protected from theft from outsiders or users themselves.**

Here are some theft examples in systems older than ours here in Mexico. We need to learn from their experiences.

REALTOR® Association of Greater Fort Lauderdale v. Property America Corp. (FL)

In 1998, the Association became aware that the defendants were “pirating” information from the MLS and posting it on their free Internet site. A broker participating in the MLS was giving the Defendants computer disks containing unauthorized copies of the MLS database. The Defendants claimed not to know where the information came from, although they admitted that they assumed it came from the Association’s database.

The Association filed a lawsuit against the Defendants seeking to

stop the pirating of MLS data. The Association sought to immediately stop the Defendants from pirating and posting the MLS information on its website by obtaining a preliminary injunction.

The court ruled that the MLS data was entitled to copyright protection, but the court declined to enter a preliminary injunction against the Defendants because the court found that money would compensate the Association for its damages and so a preliminary injunction was not necessary. The case eventually settled on terms that were favorable to the Association.

### RMLS v. IMS, Inc. (OR)

The MLS discovered that IMS, Inc. had unauthorized access to its database. IMS was downloading the MLS data and repackaging it into statistical reports, selling these reports to members of the MLS. The MLS filed a lawsuit seeking a permanent injunction against IMS to stop the piracy of its data, pursuant to an Oregon law outlawing data piracy. Eventually, the parties reached a settlement, with IMS agreeing to the entry of a permanent injunction against



its entry into the MLS database, unless it first received prior written permission from the MLS. The remaining terms of the settlement are confidential.

### Arizona Regional MLS v. Doe (AZ)

The MLS became suspicious that moving companies were receiving unauthorized access to the MLS. The MLS “seeded” a listing, using their attorney’s home (which was in a gated community) as the bait and selecting “Internet “No”” when the listing was submitted to the MLS. When the moving companies solicited the attorney, the MLS filed a lawsuit against “John Does” and subpoenaed the moving companies for the source of their information. When the moving companies identified two MLS participants as the source of the information, the MLS named them in the lawsuit, alleging violations of the MLS rules and breach of their agreement to abide by the MLS rules. The two participants are claiming that they obtained this information over the Internet, not from the MLS. The lawsuit is pending.

### Tips for Securing MLS Data

Several lessons can be drawn from the above cases. First, **it is important to copyright the MLS database.** As illustrated by the cases above, an MLS database is

entitled to copyright protection and infringement of the MLS’s copyrights entitles the MLS to statutory damages.

Second, **you will need to be able to prove to a court that someone has received unauthorized access to the MLS database.** As illustrated above, the MLSs, working with their attorneys, have come up with a variety of creative ways to confirm their suspicions of unauthorized MLS access by certain individuals and/or companies prior to filing a lawsuit. In some of the cases, the MLS used the discovery process to learn how the unauthorized users were able to obtain the MLS information and identify the MLS participants who were giving these users access to the MLS database.

**A Participant’s failure to abide by the MLS rules and regulations, gives rise to a breach of contract action against an MLS participant and/or disciplinary proceedings.**

We in the FBS MLS database for the three chapters of AMPI Compostela, Nayarit, and Vallarta, need our database protected as well.

We must find the experts to help us protect data and register where we are required to be to cybercrime inside our system.

If any of you readers know a professional from North America who can help us, please contact me.



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**Harriet Murray**

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230-D Leona Vicario, Centro  
Puerto Vallarta, Jalisco

**Harriet Murray**

Can be contacted at [www.casasandvillas.com](http://www.casasandvillas.com)



# 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**.

Airline Directory	
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)  
\*\*\*

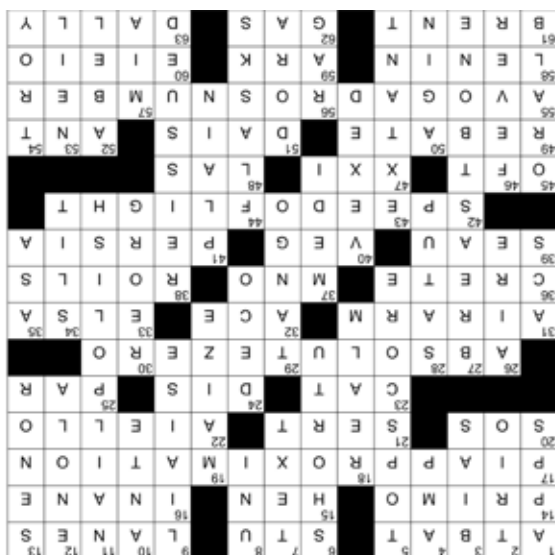
**Paradise Church**, inter-denominational services at El Granero, 333 Fco. Madero,  
[www.paradisearchurchpv.org](http://www.paradisearchurchpv.org)

**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 20



Solution to sudoku page 20

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

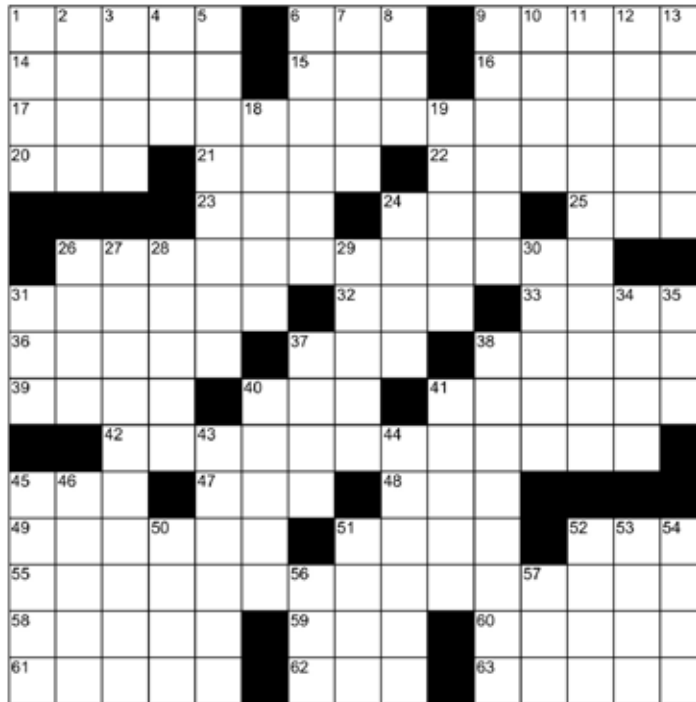


# THE NEW YORK TIMES TUESDAY CROSSWORD PUZZLE

Tom Baring | Edited by: Will Shortz | © New York Times

## ACROSS

- 1 Opportunity to hit  
6 Disco \_\_\_ of "The Simpsons"  
9 Pool divisions  
14 Top-quality  
15 Coop resident  
16 Nonsensical  
17 3.14159  
20 "Send help!"  
21 Spanish muralist José María \_\_\_  
22 Danny of "Do the Right Thing"  
23 Jazz aficionado  
24 Talk trash about  
25 72, at Pebble Beach  
26 -273.15°C  
31 Military aviators, collectively  
32 Sail through  
33 "Born Free" lioness  
36 Island of the Minotaur  
37 Phone letters for 6  
38 Muddies  
39 Former N.F.L. great Junior \_\_\_  
40 Laze, with "out"



- 41 Source of fine rugs  
42 299,792,458 meters/second  
45 Frost's "The \_\_\_-Repeated Dream"  
47 Amendment that repealed Prohibition  
48 \_\_\_ Cruces, N.M.  
49 Manufacturer's payback  
51 Lectern's locale  
52 Creature with elbowed antennae  
55  $6.022 \times 10^{23}$   
58 October Revolution leader  
59 Ararat lander  
60 Kids' song refrain  
61 Spinner of "Star Trek: T.N.G."  
62 Home heating option  
63 Dawdle

## DOWN

- 1 iPhone programs  
2 The Stooges, e.g.  
3 Pollster's worry  
4 Part of a public address system  
5 It's first on the leaderboard  
6 There's one in "puzzle"  
7 It's dangerous to do while driving  
8 Prefix with dimensional  
9 Be a go-between  
10 Minimum poker loss  
11 Manicurist's supply  
12 \_\_\_ Gay  
13 Sir, abroad  
18 King's domain  
19 Polenta grain  
24 Retro art style  
26 Suffix for the wealthy  
27 Sternum  
28 Partner of "took notice"  
29 "Dancing With the Stars" dance  
30 Corporate shuffle, for short  
31 Window units, briefly  
34 Knife incision  
35 Cool \_\_\_ cucumber  
37 Health plan prefix  
38 Released again on CD, say  
40 In a pique  
41 Nothing fancy  
43 Not extinct  
44 Chemistry lab vessels  
45 Power Flosser brand  
46 Flu symptom  
50 Not "fer"  
51 Explorer of kiddie TV  
52 Genesis brother  
53 Moonmate of Buzz  
54 "Iliad" locale  
56 Use for an old T-shirt  
57 Farrow of "Rosemary's Baby"

Solution on Page 19

# 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 19

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



# Puerto Vallarta

JALISCO - MEXICO

LAS GLORIAS BEACH



## Downtown

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

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LOS MUERTOS PIER



Zona Romántica

