

PUERTO VALLARTA  
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issue

July 7 to 13, 2023 | Issue 762





# 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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## Nice buzz: Mexico's growing alcoholic beverage success worldwide

I remember a time not so long ago when foreigners were skeptical of alcoholic beverages made in Mexico, but today, they are taking the world by storm – from handcrafted mezcal, to bestselling Modelo beer to award-winning Baja California wines.

Let's start with Mexican beer. About ten years ago, I started seeing Corona beer at hot spots in cities around the world. Corona – via its outstanding marketing – created a “coolness” surrounding their product. Which other beer transported you to a hammock on a beautiful sandy beach? Corona's branding propelled it to the top spot in the import beer market globally. In the process, Corona introduced many people around the world to Mexico in a very positive way – via its renowned beaches.

Since then, many other Mexican beers have done extremely well. Modelo is now the top-selling beer in the United States, Sol and Pacífico are widely available around the globe, and many Mexican microbrews (like Allende beer and Tulum beer) are growing in popularity.

Tequila is another runaway success story. In the past, many outside of Mexico associated tequila with poor quality, cheap plastic bottles and bad hangovers. But today, tequila is the top-selling spirit globally. The world has fallen in love with margaritas and it seems every celebrity has their own tequila brand: George Clooney, Michael Jordan, The Rock, and Kendall Jenner, just to name a few.

Mezcal is the next frontier. Until recently, mezcal was relatively unknown. It too suffered from an initial perception of poor quality. I remember years ago, touring my first mezcal plant, the guide told us that the locals in the mountains drank mezcal to stay warm at night – not exactly a great marketing pitch! Today, mezcal is quickly following the growth path of tequila, though it is a more artisanal product than tequila, is often priced as a premium product, and is attracting its own flock of celebrities.

CNBC's Jim Cramer recently launched his own mezcal brand, for example, and talks at length about his passion for the spirit. Mezcal aficionados everywhere are popping up and raving about the variety and complexity of different strains of agave.



Mexican wine is a very exciting segment to follow that I believe is poised for significant growth. Throughout my global travels and fine dining experiences, I can say that I essentially never saw a Mexican wine on a menu. Until recently, the industry had pretty neatly divided up the vast majority of the wine world as: Old World (Europe), New world (Argentina/Chile), and Others (Australia / New Zealand). Mexico wasn't on the map. However, little by little, Mexico's Baja California peninsula quietly began to win some prestigious awards and start to get the attention of the wine world.

Entrepreneurs in Mexico's Bajío region quietly began making significant investments in vineyards throughout Guanajuato and Querétaro – just in the past decade alone, the amount of vineyards around San Miguel de Allende has gone from three to 23. Even states like Coahuila and San Luis Potosí started seeing growth in the segment. Today, Mexican wines are winning awards at top wine events and appearing on menus around the world. I believe that we are in the very early innings still of what will happen in this market.

So what does all of this mean? We see how in a short period of time the Mexican alcoholic beverage market has completely transformed. This Mexican industry has gone from being perceived as a bad joke, to the envy of the world. I think it's a great example of the transformation – and there are others that I will write about – that “brand Mexico” is having on a global stage. In my opinion, it couldn't be a more exciting time to be an investor or entrepreneur in the country. Mexico is increasingly cool on the world stage, and in part we have tequila and beer to thank for that.

(Source: *Mexiconewsdaily.com*)



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# 4 Mexican foods that changed the world's cuisines

With the conquest of what is today known as Mexico, the New World and the Old World experienced an extraordinary exchange of values, knowledge and, of course, food.

While the people in the New World were exposed to wheat, rice, poultry and new meats, the Indigenous people sent Europe corn, tomatoes, chiles, potatoes and chocolate, among other items. The interaction of both worlds enriched global cuisines and shaped our culinary world into one where many basic ingredients used worldwide originally came from Mexico.

Join us on a brief history of four of the most popular foods Mexico has given the world.

Many people mistakenly think the tomato is native to Mexico. So why is it on the list, you may ask? Well, because it was the Mexica (Aztec) people who first domesticated it and used it as a cultivated food.

Its name comes from the Náhuatl word *xitomatl* (shee-tomatl), which means “*water fruit belly button*.” It then turned to *jitomate* in Spanish and to “*tomato*” in English. In Mexico, *jitomates* are the red tomatoes and *tomates*, or *tomatillos*, are the small green ones used to prepare *salsa verde*.

The ancestral form of the tomato originated in the Andes mountains. Scientists think the species spread north — possibly as a weed — and wasn't widely domesticated until it reached Mexico. From here, it was taken back to Europe after the arrival of the Spanish.

The tomato has become a staple in many international dishes (*you're probably thinking pizza and pasta!*) and is also the basis of many Mexican recipes. It is now so widespread that it is hard to think of a household kitchen without it. Today, there are some 10,000 different species of tomato cultivated across the world, ranging in size and color. While Mexico has always been one of the 10 top producers of tomatoes, (4 million tonnes per year) China leads worldwide production with 56.4 million tons. The United States comes in third with 13 million tons produced a year.

## CHOCOLATE

Its name is spelled almost the same way in many languages. In Spanish, Portuguese and English, it is chocolate. In Dutch, it is *chocolade*, and in French *chocolat*. Even in Arabic, it's pronounced *shwukulata*. All these words have the same root: the Náhuatl word *xocolatl*, meaning “*bitter water*.” Some scholars, however, suggest that the word might have originated from the Maya *chokol*, which means hot, and *a*, which means water.

Whatever the origin, both Indigenous civilizations thought of chocolate as a sacred drink.

The Maya, for instance, praised it as the drink of the gods — it was regarded not only as a culinary pleasure but also as a ceremonial beverage. Babies were anointed with chocolate, and people used it as a celebratory drink to mark weddings, coronations and the forging of diplomatic alliances.

Later, the Mexica would use

chocolate as an invigorating beverage for warriors. Spanish conquistador Bernal Díaz del Castillo wrote that Emperor Moctezuma's personal guards drank 2,000 cups of chocolate every day “with foam.” Moctezuma himself drank some 50 cups of chocolate daily, and Spanish Conquistador Hernán Cortés adopted the habit to sustain his soldiers during battle at times when they had no other food.

While the beverage wasn't sweet, it was considered a delicious drink exclusively for society's elite. They drank it as a hot beverage in the winter months and as a cold drink in the summer. It had a bitter flavor and was spiced with chile, flowers and vanilla. Women would pour the chocolate from high above the cup to create a foamy effect.

Chocolate was also preferred over the fermented spirit *pulque* as it didn't have any alcohol; the Mexica culture highly condemned drunkenness. After the Spanish arrived, they transformed the beverage into the sweet treat that we know today by adding sugar, almonds and cinnamon and by removing all other spices except for the vanilla, our next stellar ingredient.

## VANILLA

Vanilla has become the most common flavor around the world. In its natural form, it can be almost as expensive as saffron, the world's most pricey spice.

Originally from the jungle highlands of the north-central state of Veracruz, the orchid that produces vanilla was first domesticated by the Totonaca people of Papantla. When the Mexica conquered the Totonacs in 1427, they discovered the vanilla pods and started using them medicinally and as flavoring for their food.

In the Totonaca language, vanilla was known as *xahanat* (*shaHanat*), which means “*black flower*.” When the Spanish conquistadors arrived in Mexico and discovered the orchid, they called it *vainilla*, which means “*little pod*.”

Vanilla became so popular in the world that people tried to bring it to other countries, but the vanilla orchid could only grow here because

the *Melipona* bee, responsible for its pollination, only lived in eastern Mexico. As a result, Mexico was the only producer of vanilla worldwide until 1841, when French botanist Edmond Albius discovered manual pollination. Despite the orchid originating in Mexico, Madagascar is currently the world's top producer of vanilla. Other producing countries include, of course, Mexico, as well as Tahiti, Uganda and Indonesia.

Unmistakably Mexican, the avocado is a fruit (yes, technically it is a fruit not a veggie) loved across the world and has managed its way into even the most traditional of foreign cuisines. In India, people make *curried avocado*. Ethiopians mix avocado with papaya, mango and mint to create a refreshing beverage in the hot summer months, and in the Philippines, people mix avocado with sweetened condensed milk and ice to eat it as ice cream.

As with most of the produce listed in this story, the name avocado comes from the Náhuatl: the word *ahuacatl* means “*tree testicles*.” The Mexica thought the avocado had aphrodisiac properties and that it promoted fertility in both men and women.

Puebla, in the central Mexico highlands, is believed to be the motherland of the avocado. There, researchers have found vestiges of the fruit that can be traced back to over 10,000 years. Experts also believe that Mesoamerican tribes first domesticated the avocado tree (*Persea americana*) 5,000 years ago, which would make the cultivation of avocados as old as the invention of the wheel.

Perhaps due to its creamy and delicious flavor, the avocado was highly regarded by Mesoamerican cultures. The 14<sup>th</sup> month of the Mayan calendar (*K'ank'in*) is even represented by the glyph for an avocado. In Mexico, avocados are traditionally used for savory dishes, mainly in the form of *guacamole*. But thanks to globalization, Mexicans have learned that it can also satisfy a sweet tooth.

(Source: *mexiconewsdaily.com* - Gabriela Solís)



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# Welcome Home

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## Brushstrokes of Brilliance: Mastering the Art of Picking Paint Colors

Creating a color scheme for your home in Mexico can be exciting but challenging. Selecting the right colors is crucial. No one wants to go through the hassle of repainting or returning furniture due to mismatched colors. Choosing a color scheme that harmonizes well is essential for achieving a cohesive and visually pleasing interior.

Most people who purchase a condo or casa in Mexico prefer to implement a color scheme that

reflects the culture of Mexico.

Mexican design often incorporates vibrant colors inspired by the country's rich heritage and natural landscapes. Embrace the warmth and energy of Mexican culture by infusing your color palette with shades of terracotta, vibrant yellows, deep blues, and earthy greens.

Another option is to draw inspiration from the intricate patterns and colorful tiles seen in Mexican architecture, incorporating hues of cobalt blue, turquoise, and sun-drenched yellows.

For those looking for something different, here are some other color combinations you may want to use.

**Off-White, Red, and Coral:** Start with a neutral and textured base as your first color, such as a warm white. Then, layer on a pair of colors from the same family, like red and coral. This combination injects a quick pop of color into your space without overwhelming it.

**Black, White, and Mustard:** Black can serve as the primary color in your color scheme, providing a luxurious foundation. Use black and white as neutral colors that pair well with

any accent color, such as rich mustard.

**Light Blue, Dark Blue, and Goldenrod:** For a subtle statement,



layer different intensities of the same hue. Consider lighter blue walls with a darker blue accent wall, creating depth and the illusion of a larger space. Pair the walls with a darker blue sofa and accents while incorporating a contrasting shade on the opposite side of the color spectrum, like golden yellow.

**Blue, Sage, and Gray:** To achieve a minimal and refreshing vibe, opt for a muted palette of blue, sage, and gray. This combination will create a calming effect throughout your space.

**Aqua Blue, Coral, and Daffodil:** Start with a teal-leaning or aqua blue as your base for a vibrant and playful color palette. Teal and aqua evoke tranquility. Introducing bright accent colors like coral and daffodil brings positivity into the space.

**Navy Blue, Lavender, and Red/Orange:** If your style leans towards maximalism, choose colors with high vibrations. Look to the color wheel for inspiration and combine orange, pink, blue, and lavender.

These combinations energize the space. Add an accent in a tertiary hue for an additional pop.

**Oranges, Yellow, and Purple:** For a bold and captivating design, consider a "sunset palette". Use soft shades of orange, such as rust and terra cotta, and accentuate them with touches of yellow and purple. This combination will evoke the colors of a picturesque sundown sky.

**Mint Green, Sand, and Dark Blue:** Mint green is an excellent backdrop for your color scheme. Pair it with soft cream or sand hues to maintain a natural and grounded palette. To add contrast, consider incorporating a touch of deep marine blue

bordering on black.

Consider the flow and transition between rooms to ensure a cohesive look throughout your home. You can maintain a consistent color scheme by using varying shades of the same colors or selecting complementary colors that harmonize well together.

Want to see these color palettes? Email us at [furniture@solutionsmexico.com](mailto:furniture@solutionsmexico.com) and we will send you a free guide "How to select the color palette for your home in Mexico".

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## Paradise and Parenting

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### Not thinking about elephants

I was gifted the other day with a spa experience that involved a massage, a facial, and a hand and foot treatment. This was very special because I don't go to the spa if I'm spending my own money, because I no longer have my own money.

Most of my husband's and my money is spent on the children's upkeep. After that, we provide for our animals' upkeep. If we have something left, we can then do a little car or house upkeep. What we spend on ourselves is pretty much for personal survival so we can continue to provide for at least the first two things.

It had been a while, then, since I had gone to a spa and just enjoyed a guilt-free hour or two being pampered. I was ready for it. At least, I thought I was.

The trouble started when I remembered what I had promised my friend after she gave me the certificate. I had said (without thinking), "I am going to completely empty my mind and just enjoy the experience".

As it turns out, saying you will empty your mind has a similar effect as the experiment I saw in the movie "Inception" when one of the actors told the other NOT to think about an elephant. "Empty" is a magic word that causes your head to immediately fill with thoughts similar, in both volume and style, to a tambora band at a quince años party.

At this time of the year, there's a lot to think about. As the fiesta really got going up there, I started remembering things that I was supposed to finish by yesterday and forgot about. There were the kids' summer camp registrations. There were my daughter's birthday plans. There was my deadline for this very column.

I almost got off the table and ran for it. I remembered just in time that my clothes were on the other side of the room. I decided to get things under control instead.

As I grabbed a thought trombone and tried to wrestle it away from its owner while kicking a snare drum of worry off its base, I tried to keep my face perfectly still so as not to alarm my massage therapist. This concentration helped me to move my thoughts from the chaos to the more physical task of self-control.

Working on keeping my face expressionless started me wondering if the therapist ever imagined that her unmoving, unsmiling clients looked like cadavers. I began to worry because I know that I look a lot better (*and more alive*) when I smile, but then I considered that a smile in this situation might seem inappropriate (*creepy*). Especially because my eyes were closed.

Fun fact: it's not that easy to keep your eyes closed once you think about your eyes being closed. I'm pretty sure she saw my lids flutter frantically because just then, a warm cloth dropped over my eyes, smelling of everything that's ever smelled nice. I smiled in thanks but quickly shut THAT down, remembering the thing about trying not to scare the therapist.

But that heavenly-smelling cloth did a lot for my level of relaxation. With one sniff, I finally realized two things:

- My column had basically just written itself
- I had been lying in silence for almost an hour, and no one had knocked to ask me to prepare any food items or talk them through a complicated clean-up situation.

So I laid back and gave myself permission to not think about elephants, which, naturally, conjured up a whole herd. At least they weren't carrying brass instruments (*although they are now*).

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# From Here

MARCIA Blondin | marciavallarta@gmail.com

## Welcome to the rain

Our thanks go to a couple of hurricanes that stayed far away but sent us a few centimeters of rain last week. We still have another week before the (un)official start of our rainy season, which runs July 15 - October 15. Twelve weeks of rather intense heat and humidity are a small price for nine months of perfect weather otherwise. Keep that in mind when you are soaking wet after the major task of brushing your teeth. And every day endured brings us closer to that perfection. And mornings like today are wonderfully cool at 28 degrees.

My esteemed and talented friend Paco Ojeda, the creator and star of Headlines and Coffee, wowed us all with his recent "Promo Prodigy" at Joint Coworking Hotel. Paco mapped out guidelines to follow for those of us who need to have our events full of patrons - whatever kind of event that might be. Paco is nothing if not thorough and always interesting. His slide presentation was seamless and, as he told us, was built for free using tools on the Internet. Paco understands what is needed for an enticing advert and emphasized that we could all do the same with practice. He was encouraging and picked on a few of us to make points. He is a wonderful teacher! Gina Hendrix, the owner of Whiskey Kitchen, put on a delicious array of nibblies after the presentation. In about a month, Paco will offer another "Promo Prodigy" for those who couldn't make it last week. I will let you know the exact dates.

The Palm Cabaret and Bar is on vacation after another busy, sensational season. Their final, sold-

out show, "Celebration", featured all their fine artists still in Vallarta. Owners of the Palm, Adriana and Gustavo, are justifiably proud of their cabaret and their entertainers that could (and do) work all over the world but choose The Palm and Vallarta as their home. I am grateful to them for finding space for me every week or so and to Mark Rome, the singers, dancers, sound and light crew that bring magic to our city.. At the end of each season for the past three years, I have wondered how on earth they could "top" the season just finishing. But they have done so and keep raising everyone's expectations. Take your bows; bravo.

La Catrina Cantina brought together dozens and dozens of friends and family to celebrate the life of Steven Yates, who passed away suddenly in early June. Steve's husband, John, was on hand to welcome everyone with love, hugs, food and a few tears. Steve was in Vallarta for two years and, in short order, made a huge and happy impact on those of us who got to know him. Dance on, my friend; we will cherish your shiny and bright contribution to our community.

I had another lovely dinner at Langostinos on the beach with my writer friend, Jennifer Mann. Jennifer recently published a fascinating article about our new Arte Vallarta Museo in the Guadalajara Reporter.

Hedda Lettuce kept Incanto's Piano Bar in stitches with her clever repartee and lightning-fast commentary on those sitting close to the stage.

Steven Polito, a native New Yorker, debuted his drag diva Hedda Lettuce in 1991 and has become an international sensation since then. Derek Carkner accompanied her on piano through numbers by Liza Minelli, Carol Channing, Cher and more. Her next show is on July 14. Go and laugh!

Tonny Kenneth had his second show at Incanto last week, singing only original music. While he is terrific at covering almost anyone with his versatile voice, he truly comes into his own when he shares his deepest thoughts and emotions through his timely lyrics.

He is Panamanian, and that he writes and sings in English is amazing to me, and I am grateful to understand his happiness and sadness effortlessly.

The delighted audience included Tom Bernes, back from weeks in Europe, the Lyman, singers Gabe Arciniega and the beautiful Rafael Velazquez.

At her Casita & Garden, Francie Nguyen hosted an art exhibition of paintings by students from the Girls' School she co-founded. A lovely coffee bar was set up with complimentary pastries and fresh fruit.

A lively discussion was underway with Stephan, Ana, Sunny, and Robert Rossi in the corner of the wine and saki bar. I love to listen in on newbie commentary and hear how the magic of Vallarta can derail the most steadfast of plans. We are so lucky to have this community.

It was a drizzly first Saturday Fiesta over at the Arte Vallarta Museo, so we spent quality time in the ice-cold galleries overlooking the courtyard.

Eduardo Leon and Roberto Falcon kept the Latino music flowing; these are two of the finest musicians in town. Museum curator Nathalie Herling shared stories of new paintings on display, and a bunch of us swapped tales as names popped up from Vallarta's recent history.

### COMING UP:

**July 8, Saturday, 8 p.m.**, Marsha's Red Room Cabaret at Act2PV - "Circoncierto" Opening Night of the circus! Two shows only.

**July 9, Sunday, 7 p.m.**, Main Stage Act2PV - Opening Night of Season Six "Voice of Vallarta."

**July 12, Wednesday, 1 p.m.**, Qulture - Bring your brain and join us for Scrabble in English or Spanish and often Spanglish.

**July 13, Thursday, 5 p.m.**, Joint Coworking Hotel - Paco Ojeda presents: OPERA: an introduction. Limited seating; get tickets at the hotel for 300 pesos. I will see you there!

Dammit! I am over my word count again - time to say ciao for this week. See you next time, con cariño, **From Here.**

**Marcia Blondin**

Can be contacted via email at [marciavallarta@gmail.com](mailto:marciavallarta@gmail.com)  
+322 159 9675 (Edit contact)



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From the Vallarta Botanical Garden...

## Curator's Corner

ROBERT Price | [www.vbgardens.org](http://www.vbgardens.org)

### Dear Members and Friends of the Garden,

Summertime is here! With much warmer temps and hopefully some rain to refresh us, the rainy season can be a magical time of rebirth for Puerto Vallarta's nature.

Area rivers will be replenished, and the weeds here in the Garden will go crazy. Still, we give thanks and are reminded of the vital importance of clean water to our world. There are water shortages in almost all areas of the world; Puerto Vallarta is no exception. Mexico is an arid country, and planning and water conservation need to be one of our most urgent priorities. By not preparing a long-term plan to conserve and protect our water resources, turbulent times lay ahead. Leadership is needed and fast.

June was travel and learning time, and our team from Vallarta Botanical Garden traveled to Dallas, Texas, to attend the annual conference of the American Public Garden Association. This conference is the largest gathering of public garden experts and is four days of seminars, presentations and workshops by the industry's leading experts. Running a successful public garden requires constant ongoing training and networking to keep abreast of the latest trends and industry directives.

We are blessed to be a part of this group whose efforts are a force for good in society.

We visited seven other award-winning botanical gardens, including the New York Botanical Garden and McKee Botanical Garden in Fl. While in Florida, we were invited to tour private gardens with collections of palms and cycads.

Perhaps the most special was our visit to Butterfly World and Botanical Garden in Coconut Creek, Fl., a butterfly breeding center and exhibition enclosure with exceedingly beautiful tropical floral displays with hundreds of living butterflies. We highly recommend a visit if you find yourself in South Florida.

Now back in beautiful Puerto Vallarta, we have returned with enhanced gratitude for our own Garden and the beautiful nature, mountains, jungle and ocean of the Puerto Vallarta area we call home.

With much appreciation from the Garden,

**Robert Price**

*Founder and Curator,  
Vallarta Botanical Garden*



### Garden amenities and services

Please check our web site for current hours of operation and entry fees. We are open from **Tuesday to Sunday from 9 a.m. to 6 p.m.** Children 4 and under admitted free of charge when accompanied by a parent and/or legal guardian.

We are currently ranked in the top five "**Things to Do in Puerto Vallarta**"!

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

Pets are welcome when kept on leash in their owner's control and their waste is picked up immediately. Extra fee per pet applies. **The Garden** is about 30 minutes south of *Old Town PV*, on Carretera a Barra Navidad at km 24, just past *Las Juntas y Los Veranos*, all easily accessible by public transportation. <https://www.vbgardens.org>



## International Presentations by the Vallarta Botanical Garden

DR. CRISTOBAL Sanchez

Recently, the Vallarta Botanical Garden (VBG) team participated twice in international events of great relevance to the work of our institution. The first was the IX World Magnolia Symposium: Science, Conservation and Culture, which took place at the National University of Forest Sciences, Siguatepeque, Honduras, from May 29 to June 3, 2023.

At this event, we presented updated information on our collection of native magnolias, one of the most important on the continent.



## Birdwatching kids in *Las Juntas y Los Veranos*

ABRAHAM Meza Lopez  
BIOLOGIST

Through the month of June, the birdwatching kids had their first visit to the **Vallarta Botanical Garden** where they joined us in a special birdwatching tour.

They liked it a lot, it was possible to see in their eyes that special sparkle that astonishment brings with it. They walked slowly, as if they were trying to carve the sceneries of this inspiring place in their memories.

In addition to their visit in the Garden, we went out for the first time to walk along the riverside of *Los Horcones*, where we could observe bird species that perhaps they had ignored before, but now transformed into brave observers, they put on

their binoculars and opened their guides trying to discover the names of each species, gradually gaining abilities that they will not forget.

Finally we had our last meeting, in which the children had to vote for a special project to develop next school year, and to close the season, we held a special auction in which the participants paid with *ave-pesos* (*toy money created by the Garden*) they earned during the past activities, with which kids won some of the prizes we prepared for them as part of our gratitude for being part of this dream that came true, which is “*having the possibility of delivering tools with which future generations will be able to defend their natural heritage*”.





#1 Theater venue  
in Puerto Vallarta

**ACT2PV**  
THEATER • CABARET • LOUNGE

#2 Things to do  
in Puerto Vallarta

Theater | Musicals | Tributes | Concerts | Comedy & more!

# 5-Star Summer Entertainment at Act2PV This Week!

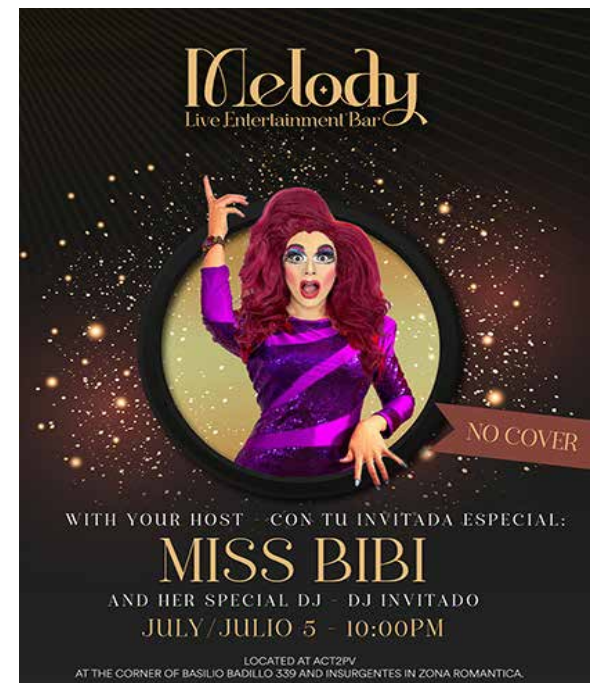
Act2PV, the #1 entertainment venue in Puerto Vallarta, continues to maintain its excellent standards during the summer! The venue itself is comfortable, air-conditioned, and creates a delightful atmosphere for an evening out.

Additionally, the brand-new **Melody Bar**, a fully-stocked bar and lounge, is open nightly (*except Mondays*) from 5:00 p.m. and offers **2x1 Happy Hour** from 5:30 – 6:30 and 9:00 – 10:00 p.m.!

For complete show information, or to purchase tickets, go to the Act2PV website at [www.act2pv.com](http://www.act2pv.com)



Two shows only - July 8 & 22 8:00 p.m.



Wednesday, July 5 - 10:00 p.m.



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in Puerto Vallarta

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Theater | Musicals | Tributes | Concerts | Comedy & more!

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¡LA COMPETENCIA DE CANTO  
MÁS GRANDE PUERTO VALLARTA!  
THE BIGGEST SINGING COMPETITION  
IN PUERTO VALLARTA!

DOMINGOS / SUNDAYS - 7:00PM

**Act2PV.com**  
AT: BASILIO BADILLO & INSURGENTES ACT2PV

Opens Sunday, July 9 – 7:00 p.m.

**ACT2PV**  
THEATER • CABARET • LOUNGE

# Jenni Rivera

LA GRAN SEÑORA

Starring / Interpretado por  
Noemi Plascencia

TUESDAYS/MARTES - 8:00PM

**Act2PV.com**  
AT: BASILIO BADILLO & INSURGENTES ACT2PV

LIVE MUSIC MÚSICA EN VIVO

Opens Tuesday, July 11 8:00 p.m.

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PRESENTS:

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Reserve Tickets at [act2pv.com](http://act2pv.com) or at the box office after 4:00 pm

WEDNESDAYS - 7:00PM

**Act2PV.com**  
AT: BASILIO BADILLO & INSURGENTES ACT2PV

Wednesday – 7:00 p.m. (New time)

**ACT2PV**  
THEATER • CABARET • LOUNGE

# KARAOKE Night

JOIN THE FUN AND  
UNLEASH YOUR TALENT  
AT OUR KARAOKE NIGHT!

FRIDAYS - 7:00PM

**Act2PV.com**  
AT: BASILIO BADILLO & INSURGENTES ACT2PV

HAPPY HOUR  
5:00 - 7:00PM

Friday – 7:00 p.m.

**ACT2PV**  
THEATER • CABARET • LOUNGE

PRESENTS:

# IT'S RAINING MEN

CREATED BY  
ACT2PV CREATIVE  
PRODUCED AND DIRECTED BY  
REGINA ROMAN

FEATURING THE LIVE VOCALS OF  
*Ximena Esparza*

FRIDAYS - 8:00 PM

**Act2PV.com**  
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Live Entertainment Bar

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"MELODY" BARI!

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NEW DRINK MENU AND SPECIAL PROMOS

COME TO OUR HAPPY HOUR  
TUESDAY - SUNDAY  
5:30 - 6:30PM  
CLOSED ON MONDAYS

**ACT2PV**

Open nightly (except Monday) 5:30p.m.

Act2PV is located 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!





Dr. IRVING Ramirez

# Juicing

There are many methods of juicing, from squeezing fruit by hand to wide-scale extraction with industrial equipment. Juicing is generally the preferred method of consuming large amounts of produce quickly and is often completed with a household appliance. Juicing is different from buying juice in the supermarket because it focuses on fresh-pressed fruits and vegetables. Juicing is often practiced for dietary reasons or as a form of alternative medicine. Since becoming first popular in the early 1970s, interest in juicing has increased.

Juicing is generally used for two purposes, published at healthline.com:

- *Cleansing or detoxification: solid food is eliminated, and only juice is consumed for three days to several weeks. Some people believe drinking juice cleanses their bodies of toxins.*



· *Supplementing a normal diet: fresh juice can be used as a handy supplement to your daily diet, increasing nutrient intake from fruits and vegetables that you won't otherwise consume.*

Many people don't obtain enough nutrients from their diet alone. Nutrient levels in the foods you eat are also much lower than they used to be. This is largely due to processing methods and the time it takes to get produce from the field to the supermarket. Polluted environments and high-stress levels can also increase your requirements for certain nutrients. Fruits and vegetables are full of vitamins, minerals, antioxidants, and plant compounds that may protect against disease. If you need help getting the recommended amount of fruits and vegetables in your diet daily, juicing can be a convenient way to increase your intake. One study found that supplementing with mixed fruits and vegetable juice over 14 weeks improved participants' beta carotene, vitamin C, vitamin E, selenium, and folate nutrient levels. Furthermore, a review of 22 studies found that drinking juice made from fresh fruits and vegetables or blended powder concentrate improved folate and antioxidant levels, including beta carotene, vitamin C, and vitamin E.



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Cel. 311-122-3782  
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\*ENGLISH SPOKEN\*







Published@healthiersteps.com, a healthy diet is important for many reasons, but did you know that what you eat can also affect the health of your blood? That's right, the nutrients in your food nourish your body and play a vital role in keeping your blood flowing smoothly. One way to ensure your blood gets the nutrients it needs is by juicing. Juicing delivers minerals and vitamins directly into the bloodstream, which helps to keep the blood flowing properly. Minerals such as iron and copper are essential for producing red blood cells, while vitamins like vitamin C help to keep the blood vessels healthy. In addition, juicing can improve circulation by increasing the amount of oxygen in the blood.

Many people are looking for a way to improve their energy levels. Whether working long hours, caring for a family, or attending school, we all need help getting through the day. That's where juicing comes in. Not only does juicing give you the nutrients your body needs to function properly, but it can also help improve your energy levels. This is because when you juice, your body doesn't have to work hard to break down the fruits and vegetables into usable nutrients. So if you're looking for a natural way to boost your energy levels, try juicing!

You'll be surprised how much difference it can make. Juicing allows you to consume more fruits and vegetables than you typically would eat in a day. This increase in consumption has many benefits for your health, including improved digestion, increased metabolism, and greater nutrient absorption. In addition to the health benefits of juicing, you'll also enjoy the great taste of fresh juice. Juicing allows you to experiment with different flavor combinations to find the ones you love. With so many delicious and nutritious options, there's no reason not to start juicing.

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- Pain and Infammation
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- Arthritis



Drinking freshly juiced fruits and vegetables is one of the best things you can do for your body. Not only does it provide you with vitamins, minerals, and antioxidants, but it also helps to cleanse and detoxify your system.

One of the main benefits of juicing is that it helps to flush out toxins from your body. This is because the juice's nutrients help stimulate your liver and promote healthy digestion. Additionally, juice can help to improve your skin health by helping to eliminate toxins through your pores.

Obesity is an epidemic that has led to increased chronic diseases such as type 2 diabetes, heart disease, and stroke. People are finding new ways to lose weight, and one of the best ways is adding natural ingredients to your diet.

One way to help reduce weight is by juicing; it can help people lose weight by providing a calorie-controlled diet and nutrients that promote and help with weight loss. For example, one study found that participants who drank freshly squeezed vegetable juices daily lost more weight than those who didn't juice at all.

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**.





## Caring for our parents

(Part 1 of 2)

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

“We may not all have children, but we all have parents” (Maria Shriver). How true. Many of us have already had to face the fact that our parents are getting older and need our help. For some of you, this hasn’t been such a challenging or difficult process because your parents are healthy and doing well, enjoying their retirement and all that life has to offer. And for some of you, it’s been quite another story.

Disease is almost always the culprit. Disease robs us of our parent whether it is cancer, heart disease, or Alzheimer’s. Many of my friends have lost at least one of their parents and some before they ever retired or reached old age.

I can quickly think of 5 friends who have lost their parent all due to disease; one to breast cancer, one to heart disease, one to colon cancer, one to COPD, one to lung cancer, peritoneal (abdominal lining) cancer. The parent with breast cancer was in her 50’s.

One friend lost both parents one year apart. Their illnesses consumed his life for 3 years. I personally lost my father to a long 12 year battle with early onset (began at age 64) Alzheimer’s. It’s incredible how much the person and their family go through.

### Sandwich generation

The “sandwich generation” is a term used to describe the adult children who are sandwiched in between two generations of people dependent on them; their own children and their parents. What an enormous challenge! This is not the exception, but the norm. The majority of you will have to balance not only your time, but your finances, between caring for your children and your parents.

During my father’s Alzheimer’s, 5 of the 9 grandchildren were in elementary school when he was diagnosed and in high school or college when he died. My brothers were so busy raising their children, helping them with homework and taking them to all of their sporting events, that fitting anyone or anything else in seemed impossible, yet, they did it. They met with the doctors and visited Dad often. They met with the financial advisors and accountants and helped my mom budget for his care. Luckily, neither they nor their wives, had to provide his daily care (nor did I) because my mother was healthy and in charge, and financially we she was able to hire caretakers into the home.

I have a client now who is the youngest of 3 siblings. He is married

with 6 children and his father has bi-polar and diabetes and still lives on his own. He is very challenged to devote time to his father, his children/family and to his work, all of which are very demanding. Although he has hired a caretaker 4 mornings a week, he still goes to his father’s home several times a week and has his father spend at least one night a week at his house. He takes him to the doctor, keeps his medications in stock, and is the one on-call in case of any emergency. His sister lives out of town and helps out by having the father for a month or two in the winter. Both his brother and sister help out financially, but do not always agree on what to do.

### Marriage interrupted

I have another client whose wife was diagnosed with early onset Alzheimer’s at age 55. They are both 57 now with 2 young adult children ages 22 and 24. Although his children have moved out of the house, he is their only parent. They can no longer turn to their mother for anything. Luckily, at their young ages they are not the “adult children” needing to care for their mother. They have their father to do that and consequently don’t have their father as available for other things. He is now consumed by maintaining his career and the in-home staff hired to take care of his wife while he is working. *The entire burden is on him.* Besides the realization that his marriage is over as he knows it and his life is changed forever, there is another harsh reality; the cost of caring for her. Potentially, any hope of retirement is gone or certainly greatly affected by the financial drain since Alzheimer’s care outside of the in-patient hospital setting, is not covered by insurance or medicare (in the US).

### Retirement interrupted

One client’s parents are both over 90, who have had several health complications over the past year, which required hospitalizations, physical therapy, and in-home nursing care. Besides all of the time spent taking them to doctor

appointments, scheduling surgeries, arguing with doctors, seeking 2<sup>nd</sup> opinions, and staying with them during hospitalizations, he also had to have them come live with him for several months at a time until they were both well enough to go back home. The only reason they can still live in their home is because their daughter lives nearby. The next thing will be to sell their house and have them live with him permanently, which they have not surrendered to yet.

### Out of town solution

I have a dear friend (age 86) who lives here in Vallarta, but all of her children live in Mexico City. Some of them are still raising their children, and all of them are still working. My friend absolutely does not want to go live with them in Mexico City. She loves Vallarta and is definitely healthier here at sea level. She no longer drives and is not comfortable going places alone. She’s slightly forgetful and doesn’t like to cook and she’s terribly bored and lonely. Her daughter and I finally convinced her to hire a companion. This woman takes her grocery shopping and makes meals. She takes her to the doctor and makes sure she takes her medications every day. They go to the movies, walk to the coffee shop for frappuccinos and attend various social events. My friend is doing better and is happier than she has been for the past 3 or 4 years. She has a higher quality of life, has maintained some independence, and her children can rest easier knowing that despite the distance, she is being well taken care of.

**Part 2 next week:** will discuss the obstacles and challenges for care, the financial burden, the conversations and decisions that must be made, and things you must have in place.

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

1st. SESSION 90 min. Get 30 min. FREE

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

## An avocado a day...

Avocados are a fun food to eat, they're nutritious, and they're a good source of monounsaturated fat, which can reduce your risk of heart disease and they are a local superfood for vegans, paleos, ketos, vegetarians, and just plain folks. A recent study found that LDL (or "bad") cholesterol was lowered when people replaced the saturated fat in their diet with one Hass avocado a day. The study also found decreases in the LDL particle number and the ratio of LDL to HDL ("good" cholesterol), suggesting avocados have even more cardiovascular benefits. Researchers concluded that avocados may protect the heart in a similar way as olive oil and nuts do in the heart-healthy Mediterranean diet.

Avocados are unique fruits native to Mexico, Guatemala, and the Pacific coast of Central America. They are a staple in diets where fatty meats, fish, or dairy foods are limited; in fact, avocado often is used as a substitute for meat in sandwiches. The Hess variety grows in orchards in San Sebastian while the smooth skin variety grows closer to the coast. They are a local superfood. Generally served raw – we all know about guacamole – and a new popular avocado toast. Ripe avocados should yield to gentle pressure when squeezed. If they squeeze too easily, they are likely to be overripe. The flesh is prone to browning,

so it's best to peel and cut avocados just before serving or sprinkle the cut slices with lemon or lime juice to prevent discoloration. Our cook taught us to look at the bellybutton of the avocado, it should be brown and a little dry looking, not green or black or sunken. Avocados also are rich in potassium, fiber, and vitamins B, E, and C. In addition, they contain several plant-based nutrients, including

- **Phytosterols** – When consumed in recommended amounts, this compound can lower cholesterol, a risk factor for heart disease.

- **Lutein - and zeaxanthin** – These carotenoids function as antioxidants and protect healthy cells, especially in a person's eyes.

Besides the heart disease stuff, there is some evidence that avocados are a weight loss friendly food.

In one study, people eating avocado with a meal felt 23% more satisfied and had a 28% lower desire to eat over the next 5 hours, compared to people who did not consume this fruit.

Should this hold true in the long term, then including avocados in your diet may help you naturally eat fewer calories and make it easier for you to stick to healthy eating habits.

Avocados are also high in fiber and low in carbs, two attributes that should help promote weight loss as well, at least in the context of a healthy, real-food-based diet.



Here are some of the most abundant nutrients, in a single 3.5-ounce (100-gram) serving:

- **Vitamin K:** 26% of the daily value (DV)
- **Folate:** 20% of the DV
- **Vitamin C:** 17% of the DV
- **Potassium:** 14% of the DV
- **Vitamin B5:** 14% of the DV
- **Vitamin B6:** 13% of the DV
- **Vitamin E:** 10% of the DV

It also contains small amounts of magnesium, manganese, copper, iron, zinc, phosphorous and vitamins A, B1 (thiamine), B2 (riboflavin) and B3 (niacin).

This is coming with 160 calories, 2 grams of protein and 15 grams of healthy fats. Although it contains 9 grams of carbs, 7 of those are fiber, so there are only 2 "net" carbs, making this a low-carb friendly plant food.

So there you have it... we are really appreciating our local sources right now... as we are visiting the States, one avocado costs \$1.50 usd.

So break out the avocado to spread on toast, mash it and use it in sandwiches, Patty G. just said her tree in San Sebastian is full this year... drop by and pick some up.

See ya later.

### Rice, Avocado, and Corn Salad

#### Ingredients

- 3 cups brown rice, cooked
- 1 avocado, peeled, pitted, and sliced
- 1 cup corn, or kernels cut from 2 ears

- 1 finely chopped onion
- 1/2 cup sliced almonds
- 1 teaspoon lemon juice
- 1 teaspoon olive oil
- 1 teaspoon brown rice vinegar
- 1 teaspoon Tamari soy sauce
- 4 large leaves of Bibb lettuce

#### Directions

Cook the brown rice according to directions. Mash the sliced avocado into the rice. Add corn, onion, and almonds. Mix together the lemon juice, oil, vinegar, and Tamari soy sauce and pour over the salad.

Toss and refrigerate.

Serve chilled over lettuce.

Serves 4.

#### KRYSTAL Frost

For questions and comments -  
Cell: 322 116-9645

## 12 Step Meetings

In English unless stated otherwise

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**Puerto Vallarta Alano Club # 329 Basilio Badillo**

Call Alice 322.274.5060 - Roberto 322.174.8384

AA Mon - Sat 9 am & 6:30 pm - Sunday Noon

AA \* French Wed 5:00 pm Sun 12:00 pm (Dec - Apr)

Womens Tues & Thurs 10:30 am

LGBTQ (closed) Fri 8:00 pm & Sun 10:30 am

NA Mon - Fri 5:00 pm

AI - Anon Mondays at 5:00 pm

**PV Hotel Zone # 234 Yugoslavia col. Versailles**

AA Mon - Sat 9 am

**BASIC CLUB - PV # 520 AVE Francisco Villa**

NA Mon - Sat 5:00 pm

AA Meditation Meeting Sundays 10:30 am

AA Weds & Fri Noon

**Recovery in Paradise PV #570 Arroyito, Ojo de Agua**

AA / NA / CA Sunday 6:30 pm

**Nuevo Vallarta - Paradise Plaza Mall**

2nd floor, room # L15

AA Tues & Sat 8:30 am Mon, Weds, Fri 6:00 pm

\*Mens AA Tues & Thurs 6:00 pm

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

AA Mon, Weds & Sat 6:00 pm - Call Bryce 322.151.0494

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





## PV fishing grounds explode, large Dorado, Sailfish, Tuna excitement

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



Capt. Pablo

You know for years now I've been writing this article and I've learned that when the fishing finally gets to the "World Class Level", there are very few charter boats heading out with low tourism. So if you were here now, you would have our famous fishing locations all to yourself. It's been just in the last few days that everything changed, Dorado, all of a sudden are very large. Sailfish are finally picking up in numbers. Yellowfin Tuna are still hanging out at the high spots. Blue and Black Marlin are fair sized and there's plenty of bait. Puerto Vallarta fishing conditions have finally gotten to the point where they are incredible. The abundance of species guarantee you'll have the time of your life, but your arms might fall off before the end of your fishing day. Yes folks, these are the type of days that made Puerto Vallarta Fishing the envy of the free world. The only thing missing is you!

Alright, let's get serious about this. We've waited patiently, dealt with the cold water, the green water and the changing seasons. It's been frustrating for me to the point I just wanted to skip writing articles some weeks with cookie cutter speak. Starting at Corbeteña, with blue water and massive amounts of Skipjack Tuna as bait, Blue Marlin at 250 lbs. may not be super abundant, but it's pretty darn good. Sailfish are everywhere and they're good size, no babies any longer. Cubera Snapper are all over this area, taking trolled Skipjacks running anywhere from 35 to 65 lbs. of good eating. Yellowfin Tuna are running the area as well, but they're smaller in the 35 to 50-lb range. Not huge, but great eating and you won't fight just one fish all afternoon. But the huge surprise is the size of the Dorado all of a sudden. Dorado at 35 to 40 lbs. are running circles around The Rock and are more than happy to



Bay Dorado

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made with love to create memories.

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Guerrero 264, Downtown, Pto. Vallarta, Mexico  
(322) 222-2196 · [triopv.com](http://triopv.com)



give your bait a hard look before a thunderous strike! Corbeteña is a ten-hour day normally, but if you have the time and the fuel dollars, then El Banco is the place to be. Yellowfin Tuna in the 50 to 100-lb range are running the area in perfect blue water. Blue and Black Marlin are in the 250 to 400-lb range. Dorado are large here as well with the average at 35 lbs. A 35-lb Dorado is a big fish and kinda rare. Frankly I've been afraid to promote what's happening at Corbeteña and El Banco for fear this may be short lived. But now I'm changing my mind, the El Niño currents are hitting our famous fishing grounds head on. But we had the strange luck of having a weak, close in Hurricane pass us just two days ago. I was afraid it may push fish out, but it looks like it pushed the action into our favorite fishing spots and we'll take it!

El Moro last week was seeing Red Snappers at 35 lbs. and they're still hitting trolled Skipjacks with a bad attitude! Great eating, we don't see that many Red Snappers in the year, so I'd suggest you jump on this before things change. The usual Bonito and Jack Crevalle are there of course. But off the back side of El Moro, the Marlin and Sailfish have been cruising the area, so anything is possible for the bold with fuel money. Looking a bit to the north, Punta Mita has been on the calm side, but it doesn't quite figure. Dorado are a little quiet, though this will change shortly. Find a buoy, maybe some debris in the water and you could have something to "crow" about. Rooster fish can still be around the Caballeros area at Marinal rock, worth a try. Give it a week, things will change before the next report. Sailfish are also running the area, but no more than 8 miles off the point, that's a little secret to keep to yourself!

Inside the bay, a six-hour trip is producing world class fishing for those on a budget or just smart. There is a channel that stretches



from Corbeteña to the Los Arcos area and this week those larger Dorado at 35 lbs. have followed that ridge into the bay. Along with those Dorado, we've seen smaller Sailfish running the south end of the bay. Now it's hard to plan for Sails in the bay, but Capt. Pablo of Tiburon was chasing one the other day at Los Arcos! Red Snappers could find their way into the bay so keep an eye out. Bonito, Skipjack Tuna, Jack Crevalle, Sierra Mackerel and

more make up an incredible day of fishing for younger family members to adults looking for some arm-burning action in shorter fishing durations. A four to six-hour trip will make sure you have a fun day with lifelong memories.

Pretty exciting stuff, but remember this is only the beginning of the fishing season in Puerto Vallarta. If you've been waiting to see what the fishing was going to be like, now you know. It looks like the northern

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and watch the world go by

(See location number on Central Map)

currents are hitting our fishing grounds perfectly. With plenty of bait, Marlin and Tuna running our fishing playground, it's just the beginning. Those heading out want to be at their chosen fishing grounds no later than 08:00. Live bait is king, but you need Skipjack Tunas in your Tuna tubes as quickly as possible. Making bait is no problem, but Skippies are the bait of choice right now. With water temperatures from 83 to 85 degrees, it's perfect! High visibility blue water is just the cherry on the cake.

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.

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Facebook: Veterinaria Del Sol



# 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)  
\*\*\*

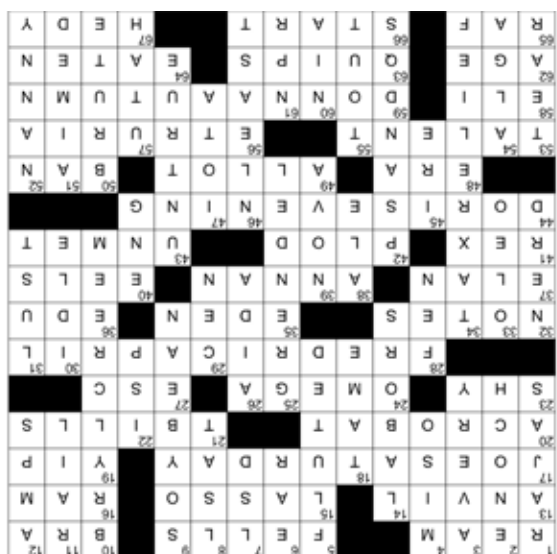
**Paradise Church**, inter-denominational services at El Granero, 333 Fco. Madero,  
[www.paradisearchpvp.org](http://www.paradisearchpvp.org)

**SPCA** - To find your perfect companion animal rescued by the **SPCA**, please contact: [spcapv@gmail.com](mailto:spcapv@gmail.com)

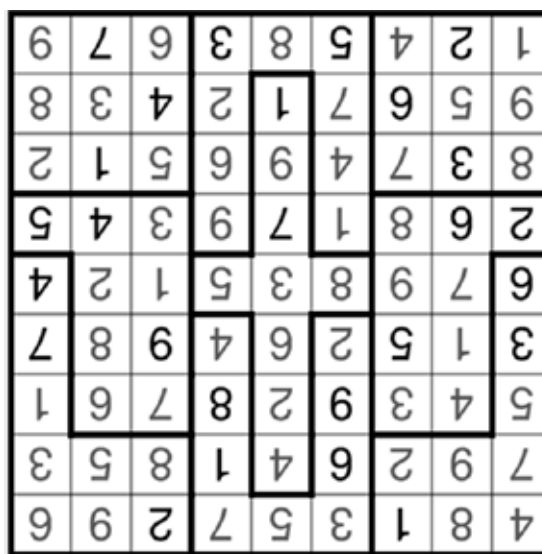
**PLEASE** leaf through this issue for events that do not appear here ...and **JOIN US ON FACEBOOK!**

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/fact\\_facts/non-profit.php](http://www.puertovallarta.net/fact_facts/non-profit.php)

Solution to crossword page 19



Solution to sudoku page 19



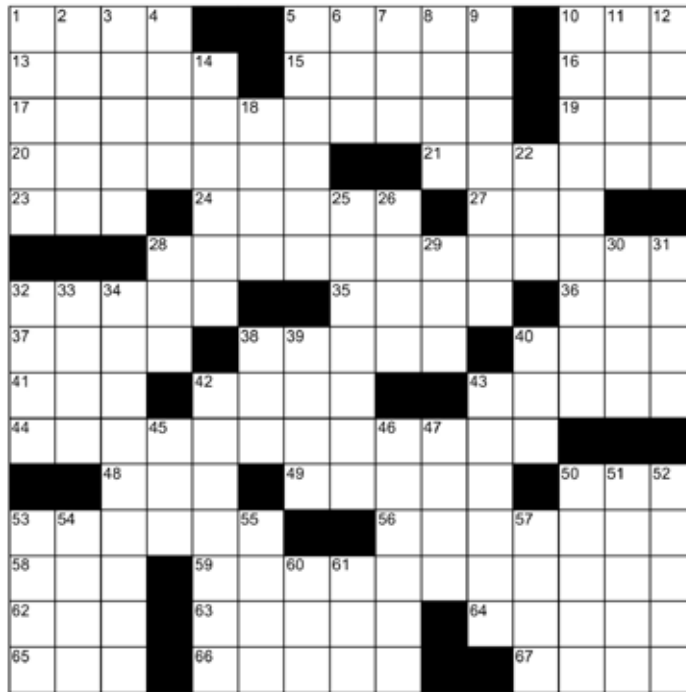


# THE NEW YORK TIMES TUESDAY CROSSWORD PUZZLE

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

**ACROSS**

- 1 500 sheets
- 5 Cuts down
- 10 Panty raid prize
- 13 It takes a hammering
- 15 Roundup rope
- 16 It might make a ewe turn
- 17 Late-arriving TV detective?
- 19 Puppy's bark
- 20 Nimble circus performer
- 21 Short-term govt. securities
- 23 Like a wallflower
- 24 Alpha's counterpart
- 27 Lesser-used PC key
- 28 Late-arriving actor of old?
- 32 Classroom jottings
- 35 Home for Adam and Eve
- 36 Campus e-mail letters?
- 37 Verve
- 38 Former U.N. head Kofi \_\_\_
- 40 Fish with only minute fins
- 41 Harrison of "My Fair Lady"



- 42 Work monotonously
- 43 Like some needs
- 44 Late-arriving singer/actress of old?
- 48 \_\_\_ of Good Feelings
- 49 Parcel out
- 50 Blackball
- 53 Knack
- 56 Region of pre-Roman Italy
- 58 \_\_\_ Lilly & Co.
- 59 Late-arriving disco singer?
- 62 "Act your \_\_\_!"
- 63 Many Conan O'Brien lines
- 64 Down the hatch
- 65 U.K. fliers
- 66 Word next to an arrow in a maze
- 67 Screen star Lamarr

**DOWN**

- 1 Indian royalty
- 2 Tennyson title hero \_\_\_ Arden
- 3 New York's \_\_\_ Fisher Hall
- 4 Kind of soup at a Japanese restaurant
- 5 Having decorative grooves
- 6 Obstacle for a barber
- 7 Source of a hippie's high
- 8 Exam for A.B.A.-approved schools
- 9 Protein-rich legume
- 10 "A little dab'll do ya" brand
- 11 Complain bitterly
- 12 Concert blasters
- 14 Feats for Hercules
- 18 Docile
- 22 AOL, for one
- 25 Monster defeated by Beowulf
- 26 Slave entombed with Radames
- 28 Swamp
- 29 100 years: Abbr.
- 30 Just loafing
- 31 The hots
- 32 Jock's counterpart
- 33 Margarine
- 34 Government's gift to I.R.S. filers
- 38 Drink from a stein
- 39 Star of changing brightness
- 40 Official lang. of Guyana
- 42 Manners
- 43 Erroneous
- 45 Fury
- 46 Atlanta Braves' div.
- 47 Tiny bit
- 50 "Et tu, \_\_\_?"
- 51 Got ready to shoot
- 52 Kids' caretaker
- 53 Shred
- 54 Sea lettuce, e.g.
- 55 Talk up
- 57 One of the Four Corners states
- 60 Actress Peeples
- 61 "Car Talk" airt

Solution on Page 18

# SUDOKU!

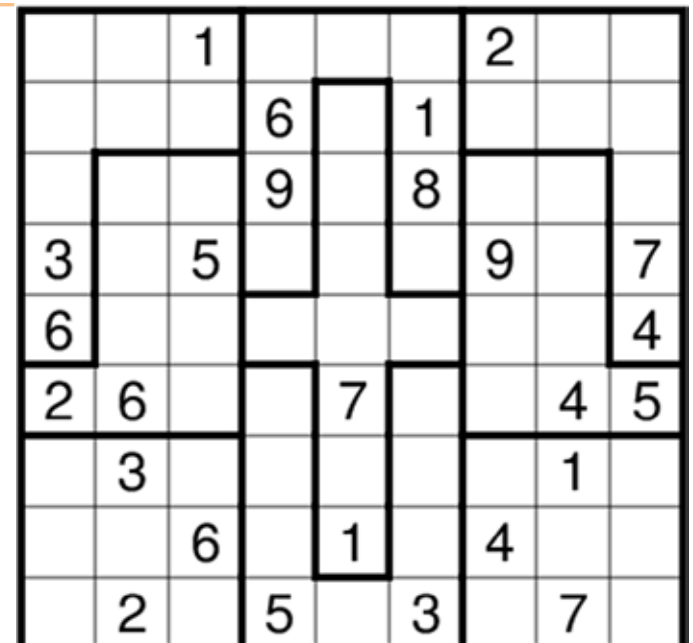
*Sudoku is a logic-based placement puzzle*

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



# Downtown



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

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