Welcome!

The Vallarta Paper team gives you the warmest welcome to Puerto Vallarta and Riviera Nayarit. We wish you the best of the stays and hope you find the following information useful.

TIME ZONE: The state of Jalisco and the Riviera Nayarit area (Nuevo Vallarta, Bucerías, La Cruz de Huanacaxtle, Punta de Mita, Litibú, Sayulita, and San Pancho, and Lo de Marcos) are on Central time. Beyond that point, time changes to Mexican Pacific Standard Time, or Mountain Time, one hour behind Puerto Vallarta time. Please keep this in mind for your flight schedule.

CURRENCY: Mexican peso is the legal currency. However, American and Canadian dollars are widely used and accepted in most establishments. We recommend you try to be aware of the exchange rate.

MONEY EXCHANGE: The easiest and cheapest way to exchange money is to use your debit card in the ATM to withdraw pesos. Be aware of the exchange rate option some ATMs offer upon withdrawal. Exchange houses and hotels usually offer higher rates.

TAXIS: The town and surrounding areas are divided into defined zones. If you are staying in a hotel, fares will be posted by the lobby. If you flag a cab on the street, ALWAYS agree on the cost beforehand. In town, prices are by trip, not by person. Only airport- and maritime port-based taxis charge by person, but you can’t catch those in town. UBER is available in town but will not pick you up in federal-sanctioned areas such as the airport.

Phone Calls

Mexico has recently adopted the 10-digit system for all local, long distance, and toll-free numbers, either land or mobile lines. If you bring your mobile phone from home, check with your provider about services available in Mexico, or consider getting a Mexican SIM card. Most domestic carriers will give you unlimited calls to Mexico. US & Canada for as little as $500 pesos per month, plus some data included.

International Long-Distance Calls From Mexico

US & Canada: Dial 00 + Area Code + Number
Other countries: Dial 00 + Country Code + Area Code + Number

Calls To Mexico From Abroad

To make a call to Mexico from abroad, just dial the country code + the 10-digit number.

Emergency Calls: 911

Important Numbers

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<tr>
<th>Service</th>
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<tr>
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DRINKING WATER: Puerto Vallarta’s water has been awarded a certification of purity for the past two and a half decades. However, the quality of the water tested at the source varies greatly from what comes out of the tap at the other end. We strongly suggest you buy bottled water, available all over town.

TIPPING: In general, you may tip 10-20% in restaurants and bars. Please also try to tip those who bag your groceries or help load your car. Don’t forget to tip your maid, bell boy, masseuse, the band, the entertainment. And by all means, tip more if you want, it will be very much appreciated.

EXPORTING PETS: If you are an animal lover and fall for a dog or cat while in town, know that bringing them home with you is an easy and inexpensive process. You only need a certificate of health from a local vet and check with your airline for additional requirements. If you need further information, call the local animal shelter: 3222933690.

Welcome!
Ever since the advent of the automobile people have been obsessed with the idea of racing. And there have been many great races over the years. Everyone knows the Indianapolis 500, Monaco Grand Prix and Daytona 500. But, there is a new race coming. A monster. And the thing is, well, it’s a secret. It doesn’t really exist. Not officially, anyway.

You see, there is this highway here in Mexico called the 200. And if you want to drive from Puerto Vallarta to Guadalajara or vice versa then you will be on this highway for some distance and, more importantly, some time. This highway is said to have more curves than the Dallas Cowboy Cheerleaders. It is cumbersome. It is somewhat dangerous, and it is a bottleneck. And it has been around for decades. The thing is, there are millions of people living up on the inland plateau who would love to visit the Puerto Vallarta/Riviera Nayarit area or what they call The Beach but they don’t. At least they haven’t yet. We all know, at least we gringos know, that this is at best a five-hour drive. And white knuckled at that. But, we are gringos after all. A number of our Mexican National friends would disagree. Our good friend George for instance. George, like many locals, looks at speed limit signs as some sort of challenge. He likes to drive fast. When asked what his best time ever is from Vallarta to Guadalajara he just shrugs and indicates that the four or five hour published time is for gringos and tourists.

This here story is fictitious. And every good, fictitious story needs a character. So we’re going to create one of our own. Right out of the blue we’re going to pick a guy and call him Charlie. Charlie Skinny. And we are going to say that he is a very successful businessman in Mexico. Charlie is a baseball fan. I mean big time baseball fan. And it is said that he has an almost encyclopedic knowledge of the game. He can probably answer your baseball trivia questions faster than Google.

As the new highway linking Puerto Vallarta and Guadalajara nears completion the tension is mounting. People all over the world are getting excited. The whole wide world racing community is watching closely.

Somehow, government authorities have already gotten wind of the race. But they vow to do everything in their power to make sure it never happens. In fact, a man we’ll call Chief Inspector Commandante Rodriguez, whose department will oversee policing of this new highway, says they are studying everything in the annals of police car chases to ensure that they are in complete control. And they ain’t gonna be handing out no traffic tickets neither. You get caught racing or breaking any law and you’re going straight to the hoosegow.

Studying movies such as, but not limited to The Cannonball Run, Smokey and the Bandit, The Blues Brothers, Bullitt and, of course, The Dukes of Hazzard is now a top priority for every officer who thinks he or she has the skills and the courage to be a member of this elite police department. And, some of his deputies are starting to refer to El Commandante as Boss Hogg. Never to his face of course. Heck, even if he heard someone use the word Boss they would likely spend the next two years monitoring a traffic light somewhere on the outskirts of Bucerias.

And there are cameras located all along the highway. These are, of course, supposedly so that Commandante Rodriguez and his men can constantly monitor anyone abusing the bylaws. They are state-of-the-art, high-tech cameras strategically placed all along the highway.

The best cameras in the world such as Alexa and Panavision. Some are mounted on wires, same as the ones used in big blockbusters, which can travel up to two hundred miles an hour and that can and will instantly calculate and adjust to the speed of your vehicle.

What the good Commandante doesn’t know is that The Disney Company, along with Mr. Skinny, has already secretly made a deal with a couple of his tech guys to record what is sure to be a huge movie.

Virtually, all of the great international car companies will be entering a vehicle. Familiar names such as Ferrari, Lamborghini, Mercedes, Ford, Porsche, Bugatti, Audi, Jaguar, Toyota, Honda, Chevrolet, Volkswagen, Nissan, Dodge and Maserati. And they will of course have the world’s top drivers at the helm. Most of these vehicles have already arrived in Vallarta although no one has seen them or knows where they are secretly being kept.

(TO BE CONTINUED)
The Big Latch On, Vallarta-Riviera Nayarit 6th consecutive year

How does The Big Latch On, Vallarta-Riviera Nayarit start?

Twelve years ago, I opened a Wellness Center for moms and babies in Puerto Vallarta, which I called El Ombligo del Mundo (The navel of the World), because when a mother gestates a baby in her belly, the center of the universe is focused within her. In El Ombligo del Mundo, a support net was initiated with a breastfeeding club and workshops.

After a few years, and during my stay in Cancun, Spain and Italy, El Ombligo del Mundo developed until becoming a “Movement pro Humanized Births, Breastfeeding and Natural Parenting”.

In 2013, I created the project specifically focused on promoting breastfeeding in the community: La Vía Láctea (The Milky Way).

Upon my return to Puerto Vallarta, in 2015 I brought for the first time to our beautiful destination an initiative to celebrate breastfeeding in a fun way: The Big Latch On.

What is The Global Big Latch On?

It is an international initiative to promote breastfeeding that started in New Zealand in 2005 and was introduced into USA in 2010. In 2012, Women’s Health Action joins the project, the same year when the first Breastfeeding Mexican Fiesta is held in Mexico City. In 2015 through La Vía Láctea, I brought the first edition of The Big Latch On, Vallarta-Riviera Nayarit.

Every year, over three days during World Breastfeeding Week on locations around the globe, women gather together to breastfeed and contribute to beat the record of most simultaneously breastfed children in the planet. In 2015 we were 28 participating countries with over 18,500 breastfed children in the world. Our Vallarta - Riviera Nayarit event contributed with 260 attendees, 80 breastfeeding mothers and 81 breastfed children (a mother breastfeeding two children of different ages).

The Big Latch On, Vallarta-Riviera Nayarit progress and the addition of Tetada Masiva Riviera Nayarit.

For the sixth year in a row we are the original official host. Along these years, I’ve seen that a positive change has taken place regarding how breastfeeding in public is perceived. More moms are publicly proud of breastfeeding their children, of any breastfeeding age.

In addition, in the same event, the Tetada Masiva Riviera Nayarit will be held “Tetada Masiva Mexico” is a national project that aims to motivate women living in Mexico to have a successful and natural (uninterrupted) lactation, and to strengthen the culture of breastfeeding in society.

Impact of the event

World Breastfeeding Week is a campaign coordinated by World Alliance for Breastfeeding Action (WABA). WABA is a global network of organizations and individuals that promote, protect, and support breastfeeding worldwide based on the World Health Organization recommendations, and works closely with UNICEF.

The Big Latch On, Vallarta-Riviera Nayarit and the events organized by La Vía Láctea are officially on the list of the projects with a commitment to support the World Breastfeeding Week campaign.

Participating moms feel proud to share their breastfeeding experience and to contribute to the record-breaking attempt. As every year, evidence of our event such as pictures and press articles are being sent to The Global Big Latch On, World Breastfeeding Week, WABA, WHO and UNICEF, as a testimony of the results of this citizen-led movement.

Pre-registration

As every year, over the first weekend of August, La Via Lactea will hold various free events such as conferences with international breastfeeding experts from Latin America and Europe, being the main one:

Breastfeeding mom. Come join this celebration and make history with your child! Indispensable pre-registration at 322 175 1473.
Amy & Josh
By Roberto Aceves
The Power of Public Art: Mexico and Poland

When is art most influential? When it's a surprise and accessible to everyone. Public art meets those two criteria. It also demonstrates an artist's courage and creativity. Puerto Vallarta is a city leading the way in providing art in public places, especially along the entire Malecon walkway. First, let's explore the Malecon walkway. First, let's explore the history between these two countries. The two-fold focus of this article is on the creative courage of artists and art's shared common purposes.

Mexico's world-famous mural paintings from 1930 to 1970 contained strong social and political messages. Diego Rivera (1886-1957), José Clemente Orozco (1883-1949) and David Alfaro Siqueiros (1896-1974) are the most influential muralists from the 20th century. They are “the three great ones,” (los tres grandes). The walls of massive public buildings served as their canvases to reach all the people, not just elite art admirers. Following periods of armed struggle, Mexico's government established a mural program that wasn’t solely artistic. Able to reach much of the public, these murals presented ideals. Enlisting the great painters of the times captured the attention of the masses.

The government made good on its promise of artistic freedom, but the artists had many serious conflicts where their visualized opinions differed from that of the government in those years. Such conflict assured that these works would be designed with great passion yet also risked the freedom and very lives of the artists. These expressive murals were produced on large plastered walls of monumental structures. The people were immersed within the large-scale paintings; their imagery, colors and historical messages. Cities grow in value and political messages. As in Mexico, the artists founding this movement insisted on government’s concession to allow artistic freedom. The most effective posters were painterly designed visual art works on fragile paper to advertise events, deliver political messages and promote social values. As in Mexico, the artists founded this movement insisted on government’s concession to allow artistic freedom. The most effective posters were painterly designed visual art works on fragile paper to advertise events, deliver political messages and promote social values. As in Mexico, the artists founded this movement insisted on government’s concession to allow artistic freedom. The most effective posters were painterly designed visual art works on fragile paper to advertise events, deliver political messages and promote social values. As in Mexico, the artists founded this movement insisted on government’s concession to allow artistic freedom. The most effective posters were painterly designed visual art works on fragile paper to advertise events, deliver political messages and promote social values. As in Mexico, the artists founded this movement insisted on government’s concession to allow artistic freedom. The most effective posters were painterly designed visual art works on fragile paper to advertise events, deliver political messages and promote social values. As in Mexico, the artists founded this movement insisted on government’s concession to allow artistic freedom. The most effective posters were painterly designed visual art works on fragile paper to advertise events, deliver political messages and promote social values. As in Mexico, the artists founded this movement insisted on government’s concession to allow artistic freedom. The most effective posters were painterly designed visual art works on fragile paper to advertise events, deliver political messages and promote social values. As in Mexico, the artists founded this movement insisted on government’s concession to allow artistic freedom. The most effective posters were painterly designed visual art works on fragile paper to advertise events, deliver political messages and promote social values. As in Mexico, the artists founded this movement insisted on government’s concession to allow artistic freedom.

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By Christie Seeley

From Oakland, California to Puerto Vallarta… lured by music of guitars and sounds of the sea vallartasounds.com

Back to the Beach and Music Too!

June 15 was a big day for Doña Tete and her bayside bar and restaurant. Cuates y Cuetes, located at the pier in the Zona Romántica of Puerto Vallarta, is a well-loved destination for visitors and locals alike. This day marked the long-awaited reopening of the beach in front of her establishment as Coronavirus restrictions relaxed. On her Facebook page, displaying photos of the beautiful new layout on the beach with tables and umbrellas spaced far apart following the coronavirus reentry regulations, Tete was jubilant. The restaurant’s interior is open-air and is in perfect compliance for guests as they enjoy drinks and meals and admire sunsets during this initial reopening period. The thought somewhat tempered Tete’s excitement at seeing the flawless sand with the lovely umbrellas that the Banderas Bay that looks so beautiful after rest from human presence would soon return to a less pristine state as tourists and guests begin to arrive. However, as all of us who have frequented this popular place over the years know, the festive atmosphere, it offers complete with live music when in full swing, is impossible to resist.

Doña Tete is indeed a treasure to Puerto Vallarta and again comes up to bat to provide entertainment to Puerto Vallarta as we come out of the pandemic. Her devoted staff is super friendly and committed to following strict guidelines to make this a safe experience for all. We must keep in mind that we are still not entirely out of the woods concerning COVID-19. Guests should wear masks as prescribed by health authorities and maintain proper distancing. But ‘where there’s a will, there’s a way.’ Let’s hope this experiment with reentry in Puerto Vallarta is successful and that we can move on to a fall season that is satisfying for all.

Tete Hernandez, the owner of Cuates y Cuetes, is a lifelong jazz enthusiast. Music has been her passion since she was very young. Since her youth, she has supported local musicians and promoted them. Her restaurant/bar was created in its present spot over 20 years ago to accommodate their music. Every year she holds a famous jazz festival on the beach on the anniversary of their opening. At the end of March, she invites her many talented musician friends from all over Mexico to play. It is a spectacular event.

We look forward to music from some of our local favorites very soon. Brazilian guitarist, Brian Macedo and his top-rated jazz fusion band Trem de Minas opened the weekend with beautiful music. Sunday night Brian playing solo guitar was followed by Faralae from Mexico City, including Liliana Bruneder, Rafael Zermeño and Puerto Vallarta friends, Roberto Falcon and Oscar Terrazas. Trem de Minas played on Monday. The group made up of Brian on guitar and voice, the super talented Roberto Falcon on bass and my favorite percussionist, Gary Flores on drums, was sure to charm the audience. I know our favorite musicians from all over Puerto Vallarta are ‘chomping at the bit’ right now, hoping to get back to playing their beautiful music for us very soon.

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Our beloved olive ridley sea turtles (Lepidochelys olivacea) are here, as every summer, to lay their eggs on the sandy beaches of the Bay of Banderas and the coasts of the entire Mexican Pacific and Central America. This is their moment and therefore I am devoting some articles to talk about them. There is so much to tell! While some arrive with a little luck will return someday to enjoy sea turtles responsibly!

The answer is NO. There is no scientific evidence that this phenomenon occurs, and in fact, males have been tracked in their migration routes, as is the case with females. What I cannot deny is that the male ends up exhausted, but it is not an exhaustion that leads to death. The simplest explanation is that once the male has finished copulating (it can take several hours to cling to the female’s shell), he simply releases the female and goes to the depths to rest not without first filling his lungs with oxygen and thus have the ability to stay underwater for more than 20 minutes. If we put in context the vast human imagination and the typical Mexican mischief, we can understand why in popular culture (which for centuries has been dominated by the male sex) the “caguamos” have been immortalized, making them look like true heroes who go “giving it all” to satisfy their female and that despite their fatal destiny they manage to transmit the genes which will allow the species to endure through time.

In nature, contrary to the human imagination, the most practical and generally the most efficient is the male in question will do his best and biggest effort to fertilize the female, but she, on her side, will store the semen for several weeks or even months, and she will be able to fertilize all the eggs she will lay the two or three times she comes onto the beach. It all to avoid having to reproduce again. Sometimes this strategy is very effective, especially when she is surrounded by hundreds of thousands of males ready to mate with her as occurs during the “arrivals” we talked about in the previous article.

If one day, taking a boat ride through the waters of the Bay, you find a sea turtle resting on the surface, pay attention. You can tell whether it is male or female by the length of its tail: if its tail is very small and does not protrude from the year edge of the shell, it will be a female; since in the male it is very long and flexible. In addition, considering that their fins are the equivalent of our arms and hands, they will retain some of their claws, and in the case of males, they are very long and curved to be able to easily cling to the edge of the female’s shell.

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Local Charities and Non-Profit Organizations

For those who wish to support the less privileged in our paradise, here are some of the many organizations that could benefit from such kind gestures. To publish your organization, please email details to editor@vallartapaper.com.

**Amigos de La Cruz de Huanacaxtle, A.C.**
Cultural, educational, environmental and charitable assistance programs. Tax deductible.
[www.amigosdelcruz.org](http://www.amigosdelcruz.org)

**Amazing Grace Missions**
Assisting families in Magisteno & Progreso. Contact: slv2014mv@gmail.com

**American Legion Post 14**
Raises resources and manpower to improve facilities needing building maintenance. American legion40.org

**Amigos del Magisterio**
Food delivered directly to workers at the PV dump, their families and schools in Magisteno and Volcanes. amigosdelmagisterio.com

**Asilo San Juan Diego Home for the Elderly**
Contact: Lupita Sanchez Covarrubias 322.222.1257 or mexonline.com/asisuanjuandiego.htm

**Asociación Down**
Assistance to persons with Down’s Syndrome - Contact: Ana Eisenring at 322.224.9577

**Bocas Vallarta, A.C.**
Provides scholarships to high school and university students. Tax deductible in Mexico and USA. Polly Vicars at 322.221.1371 or Buri Gray at 322.221.5265

**CANICA**
Centre for Children with Cancer. Provides aid for treatment and services including transportation to GDL. Contact Director, Evelia Basañez 322.123.5688

**Casa Hogar Máximo Cornejo**
A shelter for orphaned, abandoned, disadvantaged or vulnerable children. Luz Aurora Arreondo at 322.221.9508, casahogar_maximocornejo@hotmail.com

**Clínica de Rehabilitación Santa Barbara**
Rehabilitation of the handicapped. Contact: Laura Lopez Porro y Rodriguez at 322.224.2754

**COJINA Spay and Neuter Clinic**
Free and by-donation sterilization clinic in Old Town. Only open Saturdays. Contact: cez@rogers.com or 322.104.6609

**CompassionNet Impact**
Transforming the lives of people living in chronic poverty. Job creation, education, emergency & more. Tax-deductible Contact: 322.133.7563 or nic@4compassion.org

**Corazon de Niña**
A safe, loving, home environment for children and youth rescued from high-risk situations. www.fundacioncorazon.mx

**Cruz Roja (Red Cross)**
It handles hospital and emergency service in Vallarta. It is the only facility that is authorized to offer assistance to injured people on the street. Contact: 322.222.1533 or 322.222.4973

**Desayunos para los Niños de Vallarta A.C.**
Feeding programs, education programs, day care centers for single mothers. 322.223.4311 or 322.222.2572

**Discapacitados de Vallarta, A.C. (DIVAC)**
Association of handicapped individuals dedicated to helping one another. Contact: Ivan Applegate at 322.221.5153

**Ecology and Conservation of Whales, A.C.**
National Coordination Network for the Assistance of Entangled Whales. Contact: 322.299.7651

**Families At The Dump**
Supporting families living in the landfill or garbage dump thru education and sustainable opportunities. familiesatthedump.org

**Fundacion Punta de Mita**
Contact: Ana Lilia Medina Varas de Valdés. ana@fundacionpuntademita.org Tel. (329) 291 5035

**Friends of PV Animals**
Volunteers working to enhance the lives of shelter animals. For info and donations visit friends@pvanimals.com

**Grupo Ecológico de Puerto Vallarta:**
Contact: Luz del Carmen Perez A - cayro_13@hotmail.com - grupoecologico.com

**Horizonte de Paz**
Welcoming shelter for men of all ages who are troubled with alcohol & drug addiction. Contact: Maynor at 322.281.0644 horizontedepaz@live.com

**Instituto de Artes Musicales Puerto Vallarta (IAMPV)**
- Association Civil and the umbrella organization over several groups, including the Puerto Vallarta Orchestra, the Sabby Paw Jazz Orchestra, a children’s music school, and others. Contact: Daniel Oliveros 322.105.8344

**International Friendship Club**
Provides medical, educational and social services to those in need in Puerto Vallarta and area. [www友vallartacu.com](http://www友vallartacu.com)

**La Brigada de la Basura**
A weekly meeting of neighborhood children to clean Vallarta Streets. Contact Que?Pasa. 322.223.4906

**Mexico Ministries & Mission, Inc.**
It raises funds to the poor in Vallarta. Contact Fr. Jack at 322.229.1299 christchurchbythesea.org

**Puerto Vallarta Navy League AC**
Contact: Carol Smith at 322.137.4902

**New Life Mexico**
Challenging child poverty with health and education programs. Contact: Philippa Vernon purp@newlifemexico.org

**Paradoz Felino AC**
Refuge and adoption centre for cats and kittens in the Bay of Banderas. Contact: 322.120.4092

**Pasitos de Luz**
Substitute home for low income children with any type of handicap. Offers rehabilitation services and more. 322.229.4446 pasitosdeluz.org

**Purr Project**
No kill animal rescue - [www.purproject.com](http://www.purproject.com)

**PEACE Animals**
Free mobile spay/neuter clinic operating 48 weeks a year, primarily in Puerto Vallarta. Tax-deductible. peaceanimals.org

**Pro Biblioteca de Vallarta**
It raises funds for Los Mangos Public Library. Tax-deductible receipts for Mexico and USA. Contact: 322.249.9666

**Proyecto Pitillal Buscan Amigo**
Association created by underprivileged mothers of paralyzed children. Contact: 322.299.4465

**Refugio Infantil Santa Esperanza**
Shelter for children

**Donations are tax-deductible in Canada**
and the U.S. Contact: Madre Mari at 322.222.7857 - [mexonline.com/asilosanjuandiego.htm](http://mexonline.com/asilosanjuandiego.htm)

**Romn’s Kids**
They educate the children of the Volcanes and surrounding area. [www.kidsromanmexico.com](http://www.kidsromanmexico.com)

**Toys for Tots Vallarta**
It distributes toys and constructs playgrounds for less advantaged kids in the Puerto Vallarta area. Contact: Jerry Lafferty 322.221.6156

**SETAC**
- Services the GLBT community Contact: Paco Arjona at 322.224.1974

**SPCA PV**
- Provides shelter and vet services to rescued animals. [www.spcapv.com](http://www.spcapv.com)

**Valle a Botanical Gardens**
- To build Mexico’s greatest botanical, research & education of plant life, city beautification programs, bird watching, etc. Donations are tax deductible in the USA. Contact: 322.221.182 or info@vallartabotanicalgardensac.com
BRINCOLINES

RENTA

BRINCA-BRINCA SALI

322.134.2267