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 and 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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<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Immigration department</td>
<td>322.224.7719</td>
</tr>
<tr>
<td>Canadian consulate – 24/7</td>
<td>800.706.2900</td>
</tr>
<tr>
<td>Jalisco Tourism Office</td>
<td>322.297.1066</td>
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<tr>
<td>Nayarit Tourism Office</td>
<td>322.297.1066</td>
</tr>
<tr>
<td>Consumer protection</td>
<td>800.468.8722</td>
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<td>CFE - Power company</td>
<td>071</td>
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BUSES: A system of urban buses carry you through the central part of town. There is a different system to travel south up to El Tuito, and yet another one to travel north up to Sayulita. If you want to travel further in either direction, you will need to catch a bus at the central station. Fare within town is 10 pesos. Drivers won’t give you change.

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.

GETTING AROUND: In many places such as Centro Vallarta and Nuevo Vallarta there are paths for bikes and pedestrians. Please be respectful of these designations.

EXPORTING PETS: If you are an animal lover and fall in love with 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: 322.293.3690.

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Footprints in the Sand

A couple of years ago, I had the opportunity to join the fellows from Media Luna on a beautiful day on the bay with Carlos, the owner of Catamaran Christina, and his first mate, Guilio Urango, a marvelous musician from Colombia who was performing with Media Luna that year. Joining us on the trip were two young men who formed a musical trio with Guilio called Los Parces, Aaron Hernandez originally from Morelia, Michoacán and Benjamin Gutierrez from here in Vallarta. The highlight of the day was an impromptu serenade by the musicians as we re-entered the Puerto Vallarta Marina after our day of feasting and playing on the beautiful bay.

I have followed the progress of these young men at performances at Babel Bar and other venues and have witnessed their development as a growing and flourishing concern. Last weekend the latest incarnation of the group produced a video performance with Neptune TV and, fortunately, I managed to see it. I was pleasantly surprised to see the marvelous transition they had made into Jazz, adding some very talented musicians. The new group comprising six accomplished young musicians all between 21 and 27 years of age are from various parts of the country.

After enjoying watching the concert several times, I reached out to Aaron for a virtual interview to learn more about this new project.

Aaron: Hi, Christie. Good thing you liked the performance. We have been working hard on this project and will soon add some original songs.

These are the names of the members:

- Fabían Arrona / Bajo
- Benjamín Gutiérrez / Piano
- Javier Herrera / Guitar
- Alexis Mena / Drums
- Humberto Murguia / Alto sax
- Daniel Barragan / Trumpet
- Diana Ivonne / transverse flute

And, well, I on the percussions and voice, hehehe.

I asked him about his transition from Latin music to Jazz:

Aaron: I have always liked Jazz. I love watching Trem de Minas, Farala, Moruno, and many other local artists play. All of them inspired us. We enjoy attending the jazz jams that take place during the season—that way we nurture ourselves musically and learn that beautiful universal language (jazz).

The pieces they performed on the Neptune TV production were beautiful jazz pieces by the best.

Aaron: This was the playlist:

- Footprints / Wayne Shorter
- Softly as In a Morning Sunrise / Sigmund Romberg
- Equinox / John Coltrane
- Just Friends / John Klenner
- Mambo Influenced / Chucho Valdés
- Chameleon / Herbie Hancock
- Donna Lee / Charlie Parker

Aaron told me he came to Puerto Vallarta 14 years ago with his parents, who were pastors and missionaries and moved around the country, establishing churches. He began participating in the church choirs, and from there, his love for music was born.

Aaron: “Every time I listen or make music, I feel good and beautiful energy surrounds me. That’s why I have dedicated my life to making music and sharing emotions with everyone around me.”

He says he never studied in a music school, all he has learned is thanks to all those talented people who surround him and share their knowledge with him.

How did he and Benja meet?

Aaron: Two and a half years ago, we met at an event called “La Noche de la Iguana” that takes place every year. That year I met him on a beach called Mayto, we connected and decided to make music together.

Curious about the name HueJazz, I inquired about its inspiration.

Aaron: The name came from the Jazz Standard Footprints. In Spanish, it means Huellas 👣, and I wanted to play a bit with Spanglish and add to the word imprints “jazz,” so we are the Footprints in the Sand.

The video of this performance is available on Facebook at the following address: https://facebook.com/story.php?story_fbid=181584996703616&id=109858827205957.

If you get a chance to watch it, you will be impressed! The exquisite work on the trumpet by Daniele, the fantastic drum solos by Alexis, Aaron’s energy and flamboyant scat, Benja’s smooth piano, Humberto’s moving alto sax, Diana’s enchanting transverse flute, Fabian and Javier’s bass and guitar, are awe-inspiring!

I am keeping my eyes on this group Huejazz in the Sand with high expectations!
The Great Race

Part 2

BY TOOTS GABRIEL

But there will be some local talent in the mix as well. The Bay of Banderas will be represented by each of the local Taxi Drivers Association, the Bus Driver and Ambulance Driver Unions as well as local citizens, with five entries from each group. Preliminary qualifying heats have already been secretly taking place over the past few years. And out of one thousand entries five local citizens have won a spot. Our personal local favourite is our friend George. His mother Maru tells us that George was always the fastest even from the first time he got on his tricycle. When quizzed about which vehicle George likes he said he would choose the Chrysler Phantom also known as the Chrysler LeBaron Coupe. And, as I said, our money is on him.

The ambulances will be given a fifteen-minute head start due to their limited top speed and the likelihood of them even making it to the finish line without getting lost. Some people are complaining that the only reason the hospitals are entering contestants is so they might pick up some business along the way. Hey, it's Mexico.

Topes and other such Mexican impediments will be randomly placed along the route, much to the dismay of the Italian entries.

The exact date and time of the race has not been established at this point. It is only understood that it will take place within three days before the official opening of the new highway.

Rumor has it that Charlie Skinny is financing much of the construction cost of the new highway. All he asks in return is to be the guy who collects the toll. The Cuota. But Charlie is no slouch when it comes to finances. To investments. There are current conservative estimates of how many people will be coming down to check out Puerto Vallarta.

They say maybe a hundred thousand. But, what they don't know is that Mr. Skinny has another trick up his sleeve. After the new movie of the Great Race comes out and wins the Oscar more and more people are going to want to travel on that same road. People from all over the world. And, remember those cameras that Disney was using to make the film. The supposed traffic violation cameras. Well, Charlie controls them. And when you pass through that toll booth and pay the 200 pesos, they give you an added option. For 1,000 more pesos they will film you as you pass that same zone that is in the movie. And the clip of your vehicle, with you in it, will automatically replace the original clip in the movie that won the Oscar. Perfectly synchronized. And you can download the new and improved version from the cloud. You are famous, well, kind of.

But there is more. Mr. Skinny is going to take some of the profits from the Toll and build a brand new baseball stadium. That's how much he loves baseball. Free admission for the kids. And at each game they are going to pause for a couple of minutes. And here's why. Because when you paid that extra 1,000 pesos you also received two free tickets to a game. And every night they are going to stop the game, maybe during the seventh inning stretch and pick one lucky contestant and play that clip of the movie, with you in it. And then the big spotlight shines directly on you. And everyone in the stadium is going to stand up and salute you. And you will have your fifteen minutes of fame.

And remember the mention of a hundred thousand more folks coming down to The Beach. As they say down here, 'Es posible que desee multiplicar eso.'

Some people say that Mr. Skinny is cheap. What you might call a skin flint. That he doesn't give a whole lot to charity. We don't agree. Maybe these people should do their homework and check the facts. Also, one might bear in mind that Mr. Skinny believes that prosperity in Mexico will not come from charity but as a result of jobs and education. We think we like the man.

Rumor has it that when asked whether Puerto Vallarta was going to be lucky enough to have its own baseball team and what they might be called the response was as you might expect.
“Sustainable parenting”

With the World Breastfeeding Week approaching, I want to write about sustainability. The term Sustainability means that something can sustain itself over time without depleting resources. And that is exactly what I want to talk about: “Sustainable Parenting”. Lying without draining the resources that we, as humans, have, starting from the most basic nucleus of society that is family, and throughout our maternity or paternity.

A sustainable upbringing is easier than one may think. It is simply following the dictates of nature, which in turn affects the well-being of it, both on the planet with its resources, and on ourselves as humans parents and children. It is about acting in harmony with nature, not only with what is considered ecological, but what has been natural for our species throughout history of humanity.

That not only do we talk about theory but that we indeed apply sanity and respect in the care and upbringing of our offspring from a sustainable point of view, knowing that Earth is not an inheritance from our parents, but a loan from our children.

Every day there are more and more parents who, following what has been done in the entire history of humanity, make decisions for the care of their babies, such as using cloth diapers (do not think of those of yesteryear, now they are super practical and cute) versus using disposable diapers (each one takes at least five hundred years to degrade).

If we want to live in consistency with the planet, those decisions must not cease to be applied when we think that “it is no longer comfortable”. Those parents who make decisions such as choosing cleaning supplies without harmful chemicals, choosing clothes made from natural organic fabrics, or who avoid the unnecessary purchase of consumer products for their family and babies (example: walker, fixed gym, stroller, baby bottles, pacifier and even a crib), and instead decide to allow the baby’s free development in their postures and when to learn to walk, carry him in their arms or with a foulard, breastfeed them, use washable diapers and practice co-sleeping, have found that it is actually much more practical and easier than most could imagine, not to mention beneficial.

The campaign for this year’s World Breastfeeding Week is called “Support Breastfeeding for a healthier planet”.

Providing natural food directly from the breast is, for the human infant, the most economical, less consumerist, and most ecological determination for the physical and emotional health of mom and child, ergo, the most sustainable way to raise. With food always available at the required place and time, at the ideal temperature, quality and quantity, without waste, without spending money on artificial bottles, sterilizer, and specially, without wasting time buying, sterilizing, preparing. And “time” is our least renewable resource, but above all, giving the best to the generation whose care has been entrusted to us, and our little ones are ultimately the most valuable resource.

I wanted to talk a little bit about this way of parenting, not as if it were the only possibility, but as an option. And option that makes more and more a sense nowadays. Because in parenting, each determination made, is the decision of each parent, and each alternative, as long as it is respectful of children in their human rights, is a very respectable choice. Both those who live other types of parenting, and those who are living a sustainable or natural parenting, must remember that we must preserve out right to freely choose the way of raising our children, fighting against intolerance and social prejudice.

During this World Breastfeeding Week, I organize an online free event to celebrate Breastfeeding in the community. We will gather to beat the record of most simultaneously breastfed children in the world, and we will have international conferences, including one given by La Leche League Italy about ‘Support Breastfeeding for a Healthier Planet’. Should you want to attend the event, please contact me through Whatsapp (+52) 322 175 1473.
Great Expectations; Boosting La Cruz

Guest writer: Chris Bouchard with ReMax Playa La Cruz

The world situation, the Induced Covid Coma, as I refer to it, has dramatically affected La Cruz, as with any tourism-dependent region. By mid-March, our season at Villa Amor del Mar was over. As a Realtor, I had become the proverbial Maytag Repairman, as most buyers had to cancel their trips, and many of my listing clients scrambled to return north.

Cindy and I, after briefly wringing our hands in worry about the future, decided to consider this whole thing a blessing. Denial can be a wonderful thing.

For over 25 years now, Cindy and I have borrowed ideas from numerous mentors and distilled a certain philosophy: “What you focus on expands.” Focusing on the shitstorm around us would only make it worse. We instead focused on what we could do proactively, that would pay dividends in the future.

First, we looked at the prospects for our inn. A very real possibility is that our Canadian and US bookings will be fewer next season, due to economic issues, more expensive and fewer direct flights, and ongoing health concerns. The flip side is that we expect that, as in most countries, nationals will vacation at home this upcoming season (Sorry, niños, no Disneyland or Whistler ski trip this year!)

Here in La Cruz, various hoteliers, restaurants, and tour operators are collaborating, to “boost” La Cruz in a syndicated manner, to get the best “pop for our pesos.” We will mount coordinated campaigns in traditional and social media, share networks and share costs.

We believe that our unique selling proposition to nationals is our small-town feel— not a single giant resort hotel to be found here in La Cruz. We are “the nearby seaside playground you’ve never heard of.” I admit the slogan needs work, but in a post-Covid world smaller, intimate hotels, open air restaurants, and smaller group adventures are the preference.

For decades, highway travelers from Guadalajara and points inland (thousands of them) have, after 4 1/2 plus hours on “that highway”, wound down from the jungle and, as the road finally opens up to four lanes, stomped on the pedal and “hightailed it” to the many resorts south of La Cruz. The north shore remains undiscovered by many. So, a campaign focused on Guadalajara is one of our first moves.

An article recently appeared in the Guadalajara Reporter about the dozens of beautiful street murals that now adorn the walls of many La Cruz homes and businesses. For many in Guadalajara, this may have been the first they’d heard of our lovely, seaside La Cruz. It won’t be the last.

Our hope is not to turn La Cruz into the next tourist boomtown. Rather, it is to shore up a temporarily weakened local economy and return to higher employment levels, combined with steady, organic growth, for the benefit of the fine folk of La Cruz. La Cruz de Huanacaxtle is open for business. Come play with us!
An interview with Francie Nguyen

Poncho: Hello Francie I hope you’re well, can you please tell us a little bit about yourself?

Francie: I was born in Vietnam, but I grew up in the US. I lived in New York City in the West Village before moving to Mexico.

Poncho: When was the first time you traveled to Puerto Vallarta?

Francie: It was about 10 years ago.

Poncho: What captured you?

Francie: It reminded me of the city where I was born in Vietnam, a cute little beach town with the mountains.

Poncho: With all this COVID, tell us more about the Vallarta Food Bank, how come you came up with this idea?

Francie: A few friends and I thought that we need to do something because so many people were out of work due to the pandemic. We thought about a food bank or soup kitchen. Then I remembered that Jimmy Plouff and Frankie Victoria Batuels have already started a little food pantry of their own, so I called them up and asked them if they wanted to work together. They said yes, and we decided to call it Vallarta Food Bank.

Poncho: Can you tell us how to create a Food Bank?

Francie: John Swanson saw that I wanted to do a food bank so he called me up and told me that I should start a GoFundMe. So I started the GoFundMe campaign the same night. I created the website and Jimmy created the Facebook page, and the campaign started to explode. Many people like John, Linda Ellerbee, my friends, Jimmy and Frankie all helped to share and promote the campaign. We started buying supplies with the donations and people started lining up outside the door. Jimmy and Frankie do the heavy day-to-day operation. My main job is to raise funds, social outreach, and working with other organizations. We filed to be a non-profit organization and are waiting for the approval. We went from 6 despensas to over 3,000 despensas a week in just over 2 months. We started recruiting volunteers to help us. Now we have over 60 volunteers who help pack, deliver, interview people. My friends Kiko and Greg help to organize the volunteers. After 3 months, Jimmy, Frankie and I asked Kiko and Greg to join us on the board of directors. Now there are 5 of us.

Poncho: How can people in Vallarta or outside Mexico can help?

Francie: Donate money or time. We still have a long way to recovery. Many people are still out of work or not making enough money to feed their families. Donate as much as you can. Every donation counts. Or make a 3 month pledge to help the families during the slow rainy season, or if you can, pledge to donate monthly for a year.

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Poncho: How many people are involved as volunteers?

Francie: We’re moving into a new location because we need to have more space for our food bank, a soup kitchen and many new programs that we’re planning after the emergency food assistance. Also because we need to give back the space that Chabad Jewish Center is lending to us. We’re currently doing a fundraiser for the new location. It’s an old house with amazing potential but needs lots of work. Our current location is Rio de la Plata 370 Col Lopez Mateos. Our new location is Rio Lerma 468 Col Lopez Mateos.

Poncho: Are you planning to continue with the food bank after the COVID pandemic ends?

Francie: We want to look ahead into the future of our community. Our vision doesn’t end with providing emergency food assistance. We want to help improve the livelihoods of families in Vallarta. Our goal is to create a community center where anyone can sign up for skill training programs to improve their job prospects like basic reading and writing, English language, electrical, carpentry, plumbing, sewing and entrepreneurship.

In addition, we want to improve our food program. These are some of our ideas:

- Soup Kitchens: instead of getting a food package, our families can get hot food 6 days a week.
- Food Market: instead of getting a food package, our recipients can use points to purchase their choice of food and necessities specific to what their family needs.
- Food System Collaborative: support local agriculture by partnering with local food growers to provide and trade fresh food at our market.
- Elderly Box Program: on a monthly basis, deliver a box of food and necessities to our elderly community.

Food Scholarship: clients receive food scholarships when they commit to programs to improve their job skills.

Poncho: Something else you want to add?

Francie: To donate, it’s super easy. Our website accepts PayPal and Credit Cards. Both three-month commitment and monthly going are available on our website at https://vallartafoodbank.com/. Thank you so much for supporting us.
Cassie & Eric

By Roberto Aceves
Oscar Aranda

Oscar Aranda is a biologist, conservationist, environmental writer and author of the book "The secret language of nature. Having headed the sea turtle and cetacean protection programs in Puerto Vallarta for 12 years, he keeps his heart in the Banderas Bay despite living in Spain. You can contact him at osaranda@yahoo.com or through his webpage www.relatosdelanaturaleza.org

Some very Zen turtles

While our beloved olive ridley turtles (Lepidochelys olivacea) go out to our beaches to lay their eggs, I continue devoting some articles to pay tribute to them. Beyond what is normally said and is commonly repeated in the information offered to visitors (such as that sea turtles are here to mate and continue their long and complicated life cycle), there are also other aspects of their lives. Although they are extremely interesting, very little is said about it, and the previous article is dedicated to talking about the firm belief that some people have that males die after mating, analyzing how much of that was true and how much was false.

On this occasion I want to devote this space to talk about a strange phenomenon that occurs to female sea turtles while they are laying their eggs on the beach, in which for a few brief minutes they are able to “disconnect” from this world and enter in a state of deep relaxation, so to speak. This altered state of consciousness, which can last around 15 minutes, is known as the “trance-nesting period”, among many other names. Such is this disconnection that they ignore everything that happens around them and become (even more than they already are) totally vulnerable to attacks by their predators.

En esta ocasión quiero dedicar este espacio para hablar de un extraño fenómeno que le ocurre a las hembras de las tortugas marinas mientras están depositando sus huevos en la playa, en el que durante unos breves minutos son capaces de “desconectarse” de este mundo y entrar en un estado de profunda relajación, por decirlo de alguna forma. A este estado alterado de su conciencia, que puede durar alrededor de 15 minutos, se le conoce como “periodo de trance durante el desove” (trance-nesting period), entre otros muchos nombres. Such is this disconnection that they ignore everything that happens around them and become (even more than they already are) totally vulnerable to attacks by their predators.

This behavior is well known in the scientific world and by those who are dedicated to protecting them, so well-known that worldwide it is recommended to wait for that moment to take blood, tissue or marking samples, since in some way their ability to feel pain decreases dramatically.

I remember that back in 2007 I collaborated on a project to take skin samples and put small metal marks on the fins of the females I found, and so the recommendation was to mark them right after they finished laying their eggs. It was an impossible task, because in addition to the pain caused, it is literally impossible for a single person to immobilize them. They are very strong! I marked them during that period of “trance”, and I could do my job with the complete reassurance that the females would not be aware of the moment I punctured the edge of their fin, cut a small piece of skin and applied a solution so that it would not become infected.

It is curious that although this phenomenon occurs practically identically in other reptiles such as crocodiles or freshwater turtles, and even in some bird species, there are still no scientific explanations that clearly detail how and why this brain disconnection originates. Could it be a consequence of the release of hormones to suppress the stress or even pain that spawning can mean? We do not know yet, because it is an instinctive behavior which surely has been inherited from its ancestors for thousands of years. Or perhaps, by launching my imagination, sea turtles apply that inherited ancient wisdom and that is their Zen moment in which they release, in addition to their eggs, all the stress they have accumulated from fleeing from their predators and from the humans who try to take advantage of them. Perhaps that is their only moment to be fully aware of themselves and how transcendent that moment is. Who knows?

But going back to the real world, and as with all rules, trance is not infallible and sometimes it just does not happen. Some turtles remain on alert and very nervous during spawning ready to ‘abort the mission’ and stop laying eggs as soon as they detect danger. It can be the same personality of each turtle, but even in the most nervous turtles this trance can be induced, and once they enter it, they go...
through it with the same intensity as any other turtle.

If we consider all the previous steps a sea turtle must go through before successfully spawning, the trance is only an instant. Therefore, it is very important that they not be disturbed from the first moments when they come out of the sea and start looking for the most suitable place to dig the hole where their eggs will hatch. Sometimes, we humans are so astonished and excited to see a turtle go to the beach that we forget they also need privacy, because that is their moment. The most important and transcendent moment of their lives. Imagine what it is like to get out of the sea and walk on the sand carrying their 35 kilos, dig with their fins a hole half a meter deep, lay about 120 eggs the size of a ping pong ball, carefully cover it with sand and camouflage the area very carefully so that the predators do not find the nest. 45 minutes of hard effort! So, they have to be very careful not to disturb the turtles which go out on the beach.

Remember that sea turtles are protected by Mexican laws and you are obliged to keep a safe distance from them. Don’t disturb them and follow the ‘see and don’t touch’ rule. If you are concerned about the safety of the turtle or its eggs, you can call the Municipal Ecology or the Police to for protection, although there will surely be accredited personnel visiting the beaches to protect them. Hopefully, that nest will be taken to one of the incubators or hatcheries in the region, and after 45 days of incubation, their young will be released into the sea to start a long and dangerous journey to the open sea and, with a little luck will return someday to these same beaches to mate. Let’s enjoy sea turtles responsibly!
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

**Amazing Grace Missions**
Assisting families in Magisteno & Progreso. stv2034mv@gmail.com

**American Legion Post 14**
Raises resources and manpower to improve facilities needing building maintenance americancitizens.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/asilosanjuandiego.htm

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

**Becas Vallarta, A.C.**
Provides scholarships to high school and university students. Tax deductible in Mexico and USA. Polly Vicars at 322.223.1371 or Bun Gray at 322.221.5265.

**CANICA**
Centre for Children with Cancer. Provides aid for treatment and services including transportation to GDL. Contact: Director Evelia Basanez 322.125.5688.

**Casa Hogar Máximo Cornejo**
A shelter for orphaned, abandoned, disadvantaged or vulnerable children. Luz Aurora Arredondo at 322.221.1908, cahogar_maximocornejo@hotmail.com

**Clinica de Rehabilitacion Santa Barbara**
Rehabilitation of the handicapped. Contact: Laura Lopez Portillo Rodriguez at 322.224.2754.

**COLINA 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**
Transforms the lives of people living in chronic poverty. Job creation, education, emergency & more. Tax-deductible Contact: 322.133.7263 or nc@4compassion.org

**Corazon de Nina**
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 Ninos 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. (DVAC)**
Association of handicapped individuals dedicated to helping one another. Contact: Ivan Applegate at 322.221.5153.

**Ecology and Conservation of Whales, AC.**
National Coordination Network for the Assistance of Entangled Whales. Contact: 322.293.7851.

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

**Fundacion Punta de Mita**
Contact: Ana Lilia Medina Varas de Valdés. ana@fundacionpuntademita.org Tel. 322.291.5035

**Friends of PV Animals**
Volunteers working to enhance the lives of shelter animals. For info and donations visit friends.of pv.animals.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 w/alcohol & drug addiction. Contact: Maynor at 322.281.0644 horizontedepaz@live.com

**Instituto de Artes Musicales Puerto Vallarta (IAMPV)**
- A: Asociacion Civil and the umbrella organization over several groups, including the Puerto Vallarta Orchestra, the Salty 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.ifcvallarta.com

**La Brigada de la Basura**
A weekly meeting of neighborhood children to clean Vallarta Streets. Contact: Que?Pasa. 322.223.4006.

**Mexico Ministries & Mission, Inc.**
It raises funds to the poor in Vallarta. Contact Fr. Jack at 322.229.4259 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 pvp@newlifemexico.com

**Paraiso 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. 322.299.4446, pasitosdeluz.org

**Purr Project**
No-kill cat rescue - www.purrcatproject.com

**PEACEAnimals**
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: 322.241.9666.

**Proyecto Pitillal Busca un Amigo**
Association created by underprivileged mothers of paralyzed children. Contact: 322.299.4466.

**Refugio Infantil Santa Esperanza Shelter**
Welcoming shelter for men of all ages who are troubled w/alcohol & drug addiction. Contact: Maynor at 322.281.0644 horizontedepaz@live.com

**Ritas Kids**
They educate the children of the Volcanes and surrounding area. www.ritskidsromanezaxaca.com

**Roma’s Kids**
They educate the children of the Volcanes and surrounding area. www.romaskidsromanezaxaca.com

**SPCA PV**
- Provides shelter and vet services to rescued animals. www.spcapv.com

**Vallarta 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: 322.232.182 for info@vallartabotanicalgardens.com
ACROSS
1 Stress marks
8 Result of melted crust
13 Kind of cable
14 Little one on a slide
16 Make an impression (on)
17 Nephrology focus
19 "Mind your own business"
21 "Immediately!"
22 Poppycock
23 Split between personalities
26 First woman to land a triple axel in competition
27 Super Mario __
29 Back in
30 Sponge (up)
31 Shipbuilder’s starting point
32 Heckled
33 The Zugspitze, e.g.
34 Changed plans at the last second
37 Ryder Cup team
38 Iberia hub
39 Renaissance faire quaff
40 “Gentleman” singer
41 "Challenge accepted!"
42 Proving field?
43 Brita competitor
44 Defaulter’s risk
45 A, in the key of D
46 Kind of will
48 Subject in the film "Ghost"
53 Sound measure
56 Sun-on-skin concern
57 Warp, e.g.
58 Zips again, as a Ziploc bag
59 Night again, as a Ziploc bag
60 Foe of Stalin

DOWN
1 __ rock
2 Perry with five Emmys
3 Commander in brief?
4 It’s taken on the way out
5 Deadly agents
6 Prepare to go after a fly
7 Downhill traveler
8 Repeated phrase in the coda of James Taylor’s "Shower the People"
9 "What ___ missing?"
10 Krishna, e.g.
11 __ room
12 "We did wager, didn’t we?"
13 Islamic leader
14 Prevented
15 Eco-friendly housetop
16 Neurologist who redefined "libido" to fit his theories
17 Broadway barber
18 Contests with four legs
19 What a chiromancer does
28 Singles network logo with a partly outlined Star of David
29 Islamic leader
30 Single-serve coffee container
31 "Like a Rock" rocker
32 "Ready!"
33 Raise
34 Sharp-tasting
35 Feathers on a runway
36 Pub orders
37 __ rock
38 E-tailer with a "Vintage" category
39 Goof