

MANZANILLO REFERRALS

2014 – 2015

AA MEETINGS

For information about Alcoholics Anonymous meetings

Contacts: Benny 333 3043, Gil-334 7936

ACCOUNTANTS

Alma Yesenia (Yesi – “Jessie”) López Orozco aylo85@hotmail.com 138 0421 044 314 872 6230
Accountant, Translator, Property Management, Facilitator
(Vehicle importing, Obtaining Colima plates, Drivers’ licenses,
Immigration Visas, and other services)

ALARMS - Home and Office

ALARMAS YNSER ynser_12@hotmail.com 337 6784
Circuito Cerrado y Sistema de Alarmas Integrales, SA de CV 044 314 141 8841
Zion Security Systems efernandez@sit-zion.com.mx 333 3196

AIR CONDITIONING SERVICES

Martin (speaks English) 044 314 305 0850
Ricardo Nunez Francisco 044 314 118 4610
Antonio Cobian Lopez 333 1992 044 314 106 8946
Sergio 044 314 101 1315
Juan Malagon G. syrmaservicios@mail.com (bilingual) 333 3436 044 313 118 0160

ANIMAL SERVICES

PATA - Free spay and neutering clinics
<http://www.patamanzanillo.org> info@patamanzanillo.org
Vets - See VETERINARIANS below

APPLIANCES

Colima – Sears, La Marina, Sam’s, City Club
Manzanillo – Soriana, Comercial, Walmart & local stores
Guadalajara - Tio Sam’s 01 333 810 4223

APPLIANCE REPAIR

Herman y Jesus 334 0286
Heirberto 332 1337
Miguel Castellanos - Valle Las Garzas - Stoves and other appliances 336 7869
Jose Brambila - Large appliances 141 2430
Juan Malagon G. syrmaservicios@mail.com (bilingual) 333 3436 044 313 118 0160

ARCHITECTS

Arq. Alejandro De Alba (Bilingual)		044 314 353 1062
Arq. Arturo Encarnación Arce (bilingual)		044 314 122 0368
Arq. Carlos Gomez A. (bilingual)	334-4500	044 314 305 8609
Arq. Eduardo Haro (Bilingual)		044 314 872 6234
Arq. Gilberto Ramirez (Bilingual)	334 1455	044 314 353 0058
Arq. Humberto Mendoza	333 1372	044 314 103 6489
Arq. Juaquin Torres (Bilingual)	333 0688	333 0878
Arq. Louis Cervantes (Bilingual)	333 0720	
Arq. Manuel Jesus Medina Avilés (Speaks some English)	334 0277	044 314 106 5540
Arq. Mario Garcia Ruiz (Engineer - Bilingual)	334 2754	044 314 106 2502
Arqs. Gracila and Javier Sanchez (Speaks some English)	333 2369	044 314 358 0240
Arq. Eduardo Haro		044 314 672 6234

ART AND CERAMICS

Robert Hill	334 3165	
José María Ramos H.		044 314 108 1758

ART SUPPLIES (if not found in Manzanillo)

ALFA - Sergio Colmenero R. (speaks English) (Manueall Acuña 1424, Guadalajara)	01 333 827 3985	
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ATTORNEYS (English-Speaking)

Lic. Jorge Enrique Esparza Patiño (Santiago)	335 3569	335 4838
Erika Talia	333 7585 or	044 314 305 0961
Jeus Cazares Santana - Bilingual cazares_24@hotmail.com	Nextel 145 2504 138 1117	044 314 10 10443
Juan Pablo Ramirez A. kiksmzo@hotmail.com	334 6728	01 800 849 3347

AUTOMOBILE - IMPORTING (NATIONALIZING)

Alma Yesenia (Yesi – "Jessie") López Orozco aylo85@hotmail.com	138 0421	044 314 872 6230
Juan Pablo Ramirez A. - AGENCY ADUANAL kiksmzo@hotmail.com	334 6728	01 800 849 3347

AUTOMOBILE - BODY WORK

Automotriz Ramírez Bros. "Calendario" (Las Brisas) Emiliano Zapata No. 21	136 4680	044 314 123 7130
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AUTOMOBILE - MECHANICS

Servicio Automotriz "Chavez" - Armando Garcia - Las Brisas (no English)	333 6153	
David (cars and golf carts)	335 1332	
Javier Garcia - G&G Auto Repair - Blvd. de la Madrid 14475 Blvd. de la Madrid 14475	336 7992	314 337 2909
Multiservicios - Bilingual Off. Mgr/Mary Lead Mechanic/Noe Libramiento Tapeixtles, No. 6 Tapeixtles	332 6642	
Servicio Automotriz "Chavez" - Las Brisas	333 6153	

Emiliano Zapata #74 - Las Brisas
REMA - Air Conditioning - Las Brisas "Francisco" 333 2657

AUTOMOBILE - MECHANICS - MOBILE

Rodrigo Alvarado 044 314 122 3257

AUTOMOBILE - RENTALS

Auto Rentas de Mexico - Alan or Oscar 044 314 333 2580

Alamo

Manzanillo 333 1140

Airport 334 0124

Las Hadas 331 0101

Budget

Manzanillo 333 1445

Airport 334 2270

Pick-Up Service 01 800 700 1700

Hertz - Pick up service available

Mazanillo 333 3141

Airport 333 3191

VASA - Daniel or Ivan 334 3610 044 314 119 2518

Blvd. - No. 897 Drop off and pick up service 334 3611

AUTOMOBILE - STORAGE

Bodega Ejidal 335 0688

(West of Naranjo on Vida del Mar road)

BANKS

Banamex "Manzanillo" 332 0468

HSBC "Santiago" 333 0381

Intercom 333 6779

Monex At'n Armando Avila Ext. 2406 334 0055

Santander "Santiago" 333 0738

' 331 0209 044 314 121 6573

BED & BREAKFASTS - Manzanillo

El Rancho Perla Negra www.ranchoperlanegra.com 332 0050

La Posada www.hotel-la-posada.info 333 1899

Mas alla del Arcoiris 314 318 1216 917-612-2894

La Casa del Artista – Roberto Cerda / www.casaartistamanzanillo.com 334 4704

BUS TRANSPORTATION

ETN www.etn.com.mx 336 4785 01 800 800 0386

Primera Plus www.odm.com.mx/ 336 4801 01 800 375 7587

Estrella Blanca

www.estrellablanca.com.mx/VentaWeb/com.Eb/Eb.html 01 800 507 5500

CAREGIVERS – IN YOUR HOME

CONTACT BARBARA LAMP for referrals blamp@prodigy.net.mx 333 2587
Laura Navarro - can stay in your home four nights a week 044 314 144 3803
Alejandra 044 314 123 4052

CATERING

"Morning of a Lifetime" catered garden brunches
Tommy and Patty Clarkson www.olabrisagardens.com
Bahia Deli (Francisco or Barbara) 044 314 109 8027
Jolanda's Product List 2012-2013 - International Cuisine
Angel y Familia - Mexican Cuisine 334 7222
Hermynia - Mexican Cuisine 335 1544
Candy Vizcarra - Mexican Cuisine 044 314 106 9767

CHARITIES AND NON-PROFIT ORGANIZATIONS

CASA HOGAR LIBORIO ESPINOZA - Patty Talasy - pnet1972@yahoo.com 333-8085
CASA HOGAR LOS ANGELITOS (The Children's Foundation International)
Nancy Nystrom - nysfeed@comcast.net or info@TCFCares.org Loveland, CO 970-402-2272
LOS ASILIO ANCIANOS (elderly home) Maria del Rosario Iglesia 336 5410
MESA (Street Children Charity) mapyseidel@yahoo.com.mx 335 0614
PATA (spay and neutering clinics) stan@patamanzanillo.org 044 314 872 9598
SANTIAGO FOUNDATION - Susan Hess susanhess13@yahoo.com

CHIROPRACTOR

Dr. Roald A. Moyers 044 314 357 3355
Sr. Martin Murillo Rodriguez 044 314 117 3510

CHURCHES - English Speaking

"Church of Hope" Pastor Lee Gonzales 336 4627 044 314 102 5293
Located in Santiago next door to Juanitos 333 2499
Spanish Service - 9:00 am - English Service - 10:30 am
Ecumenical Worship Service
10:00 a.m. Vida del Mar – adjacent to L'Recife pool 335 0109
Contact: Don & Peg Carstensen

CLASSIFIED ADS

Manzanillo Sun - E-Magazine Ian Rumford
<http://www.manzanillosun.com>

COMPUTERS AND INTERNET

Dial-Up – Bay Net 333 1020
Telmex/Prodigy – DSL 01 800 123 2222
Elsie Venegas (Bilingual) - Has computer degree 044 314 106 1468
Nathan Peach - diagnostic, repair, software issues 334-6394
nathan@aquaticsportsadventures.com
Repair and Hook-Up – English speaking

Alan (Office Max - 333-0589) spks. Eng. EXC.	334 6305	
Alex Valezquez (Bilingual)		044 314 337 3841
Jorge Luis	332 6256	044 314 353 0635
Mario Ortiz	333 9191	044 314 358 0844

DANCING

Ballroom Dancing / Francine Goldberg / goldbergfrancine@hotmail.com	334 0216	
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DENTAL

Dr. Alfredo Mendez (Bilingual)		044 314 109 9721
Dr. Andres Vazquez Camacho (Bilingual)	332 3306	044 314 111 3621
Dr. Daniel Abitia Hawley	333 3036	
Dra. Emma Ruth Camacho C.	333 3036	
Dr. Ignacio Cardenas (Colima)	01 312 317 1560	
Dra. Margarita Saucedo (Periodontist)	333 1275	
Dr. Salvador Saucedo (Las Brisas)	334 2599	
Dra. Susana Perez Villanueva (Bilingual)	333 6214	
Dr. Victor Gomez (Bilingual)		044 314 117 8274
Dr. Alfredo Mendez May - Santiago - (bilingual)		044 314 109 9721
Dra. Cinthia Patricia Rangel Garibay – Near El Vaquero in Salagua	336 7020	044 314 103 0552
Dra. Cecilia Hernandez G. - (bilingual) depositomydientito@hotmail.com	335 6313/332 2190	044 314 109 83 62

DOG GROOMING

Oscar Ramirez	332 3306	044 314 102 5095
Gilberto Isidro Arana Govea, M.V.Z., EPA C.E.R.; UdeG-UNAM (Assistants Steffany and Tomas speak English) gilaranag1@hotmail	333 1199	044 314 305 0196

DOG TRAINING

Fernando Garcia (Colima) Info/Candy King		044 314 103 0406
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EMERGENCY AND OTHER SERVICES

CAPDAM - water JEFE: Lic. Walter Lutter 331 1630, Ex. 102	331 1630	
CFE - Electric Company 24 Hour Service	71	
Civil Hospital	332 0029	
Emergency	66	
Emergency (Municipal Police)	60	
International Long Distance	90	
Judicial Police	334 0877	
National Directory Assistance	40	
POLICE	332 1002	332 1004
PROFECO (Consumer Protection)	332 6303	
Red Cross	65	336 5770
SEMARMAP (Control Wildfires)	332 0127	
Tourist Protection and Information		01 800 903 9200
You can call 2-digit numbers from a public phone - no charge		

ENTERTAINMENT

Michael O'Grady – Sings and plays guitar (has AP system) 044 314 872 1089
mogrady2010@yahoo.com
"Mariachi Arriba Jalisco" - Jesus 314 332 3183

FISHING

Hector Rodriguez - bilingual 335 0605
Captain Miguel 336 5659 004 314 338 0812
Captain Ron (calling from U.S. or Canada) 604 905 9555
Hector Rodriguez - bilingual 044 314 353 7231
Fabien Michael 332 1792 044 314 353 2160
Double Trouble II - Sijifredo Godinez M. 044 314 109 9091
www.manzanillosportfishing.com
Vidal Davalos www.gomanzanillo.com/luckiest 334 6524 044 314 357 1044
Discover Manzanillo 334 2766 044 314 120 3878
Jerry & Paty Lusch - will donate trips to help organizations

FLORISTS

Las Flores de Estela (delivers) 333 1291
Floria Beky 335 3605

FUMIGATION

Jose Coutolenc - Speaks English, Engineer 333 6081 044 314 117 0837
Froilan 044 314 106 0201
Ezequiel Huerta 333 6335

FURNITURE & CARPET CLEANING

TSUNA - Francisco Alcaraz Bi-lingual 138 4966 044 314 101 3735
See also INTERIOR DESIGN AND UPHOLSTERY

FURNITURE - HAND-CRAFTED

Galería Tonaltecas Jaliscienses - colonial reproductions 01 312 330 7918 044 312 125 1712
www.tonaltecasjaliscienses.com
Arturo's (Colima) Equipali 01 312 313 7642
Galerias del Arcángel (Patzcuaro) 01 434 342 1774
www.galeriasdelarcangel.com
Muebleria El Paraiso Del Mueble (Laura) 335 4501
Ave. Elias Zamora Verduzco #85 (El Valle)
BEDS - WALL OR "MURPHY BEDS" - Carlos Cornejo Dorado (Bilingual) 01 331 522 1550 045 331 041 5260
Muebles "Talivan" - Parota wood furniture - BEAUTIFUL 334 8299 045 312 131 5945
Elias Zamora No 451, Barrio 5, Valle de las Grazas 045 313 107 8904

GARAGE DOORS - AUTOMATIC

Carlos Bonzales Rizo 044 314 338 7862
Alberto 141 9652 Nextel

GARDENERS & LANDSCAPING

Fernando Flores F.	333 6556	
Miguel Lopez C. (speaks English)	334 0639	
Ricardo Ramirez	335 4288	
Ola Brisa Gardens - Tropical landscaping - Tommy Clarkson	334 0856	
Manuel Moran (speaks English)		044 314 122 4273

GIFTS

Papeleria a la Goma - Santiago – near Juanitos Restaurant http://www.facebook.com/papeleria.alagoma.manzanillo	333 9271	
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GOLF

Club Santiago	335 0370	335 0410
Club Santiago Pro - Javier		044 314 353 5284
El Tamarindo		01 322 290 0030
Las Hadas	331 0101 x3703	
Isla Navidad (Gabriel)	337 9006	01 800 849 2373
Grand Bay Golf Course		01 315 337 9024

GOLF CARTS - USED

(Jessie) Jacinto Vigueras y Gomez	01 368 910 1011	045 333 661 3213
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HAIR, STENCILING, PEDICURES, MANICURES

Ana Bertha Zarate Ortiz - Massage, hair, nails	333 1272	044 314 106 3288
Anita's Estetica - Hair	333 0454	044 314 103 7489
Ariel Castro		044 314 142-5243
Belen's - Hair, SPA facilities	333 1610	
Cecilia - Pedicures and Manicures		044 314 123 6678
Celia (Santiago) Hair, Pedicures, Manicures	336 5240	044 314 858 4842
DIEGO Castro	333 8029	
D&D	334 4656	
Gaia Clinic and SPA - Adriana Gllómez	334 1311	
Mary's Estetica Unisex (Las Brisas) - Hair	334 1071	
Pura Vida Salon and SPA - Erika Ureña	333 7845	044 314 103 0086
Roy – Hair, Pedicure, Manicures - near Electric Company	334 6309	044 314 106 0638
Clinica de Belleza y Cosmetologia Lazaro Cardenas #175 - Salahua	335 3909	333 0454
STENCILING/TATOOING EYES - Marisol Govea (Valle de las Grazas) marisol_govea@hotmail.com	333 3602	044 314 106 1345
GABY Montiel - comes to your home - hair, nails, massage (bilingual)		044 314 353 3373

HANDYMAN - Whole House Repairs

See below: HOME RENOVATION AND MAINTENANCE

HOME RENOVATION & MAINTENANCE

GENERAL CONTRACTOR for Most Renovation Projects:

Angel Briseño Ramirez	www.angelbrisen.com		044 314 116 2976
Raul Gutierrez Marquez		333 9272	
Martin Santos			044 314 338 4908
WE-AR Jaime Banda		334 3806	044 314 357 9305
Eduardo Hernandez V.			044 314 123 1646
SUPERIOR CONSTRUCTION - Omar Novoa - supconstt@gmail.com			044 314 143 1653
recently moved from U.S. - bilingual			

ALUMINUM Doors/Window/Etc.

Miguel Peña C. (Salagua)		335 3458	
Pedro Farias Cruz	www.aluminiofarias.com	334 0375	044 314 120 6061
Sergio		334 1846	
Aluminio Leon (Jose Cortes)		333 0045	
CRISTALUM - Marcelino Ortiz - cloth awnings, also			044 314 103 8205
ALUMINUM Y VIDRIO BONZALEZ - Octavio		333 3331	044 314 124 3255
Luis Enrique Ramirez R. - Santiago		333 2045	044 314 103 0489
Carlos Anzures A.	anzures.carlos@yahoo.com	334 4089	044 314 125 2793

AWNINGS – Metal and Cloth – Sun Protection

GRUPO METAL - Extensive Catalog available – Luis Melo		Nextel 145 2201	
luismtl@yahoo.com.mx			

CARPENTERS

Ezequiel Huerta		333 6335	
Javier Victorino Anguiano		332 1462	
Ismael Herrera (Spanish only)			044 314 122 0398
Luis Silva		334 7071	044 314 122 7290
Santiago Bautista			044 314 117 7798
Javier Bautista			044 314 118 0036

COPPER Items for your Home

Cóbre El Portón Santa Clara del Cobre, Michoacan		01 434 0780	
www.elpportoncobre.com			
Ramon Eliseo Becerra - Artisan - Santa Clara de Cobre, Michoacan		045 434 100 8688	045 331 141 1960

ELECTRICIAN / PLUMBER - kitchen appliances and and plumbing

Pablo Cabrera			044 314 119 7372
Edgar Meza Botello (Speaks some English) y Humberto			044 314 118 3191
Jesus Osorio Lopez			044 314 107 8598
Everardo Rodriguez		333 1673	044 314 872 8234
Raul Roales D.		334 44082	044 314 122 9112
Ernesto Zuñiga Mayo Priv. Prol. DiaZ Ordaz No. 9, Salagua		334 1068	044 314 117 1502
Juan Ruben Malago G. syrmaservicios@gmail.com (bilingual)		333 3436	044 314 118 0160
Marvin Reyes (bilingual) marvincr22@yahoo.com		138 2174	044 314 129 6086
Felipe Valencia Auilar		044 314 106 3600	044 314 100 0632

GLASS

Farias Alu Glass - Pedro Farias	www.aluminio.com (bilingual)	334 0375	044 314 120 6061
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HANDYMAN - Whole House Repairs

Juan Aguilar (Bilingual)			044 314 103 9166
Fernando Flores F. (Some English)			044 314 118 8680

Raul Gaitan M.		044 314 111 1762
Franco Villagomez -(Bilingual)		044 314 143 2763
Armando Luna Almeida armandomoon@hotmail.com		044 314 338 3459
Ismael Herrera Loza	334 8595	044 314 122 0398
Jose Corona		044 314 146 0462
HARDWARE STORE		
Triplay y Harraes de la Costa - Santiago Morelos No. 23	334 0974	
KITCHEN CABINET REPAIRS		
Ismael Herrera Loza	334 8595	044 314 122 0398
PALAPAS - Jorge Rodriguez - pacificparadise_06@hotmail.com		044 314 117 3269
PAINTING		
Jose Guadalupe	333 3705	
Clemente		044 314 102 2290
Eduardo Hernández V.		044 314 110 8636
Salvador Capi Monje	334 1438	044 314 122 4105
PAINTING (home, business and artistic):		
José María (Chema) Ramos H.		044 314 108 1548
Felipe Valencia Auilar	044 314 106 3600	044 314 100 0632
PATIO restoration, tile, carpet cleaning:		
TSUNA - Francisco Alcaraz - professional - Bi-lingual		044 314 101 3735
PLUMBER (See "Electrician/ Plumber")		
Jesus Osorio Lopez		044 314 107 8598
TILEWORK		
José Alberto Gutiérrez González (goes by 'Beto')		044 314 100 5857
Rey's Tile Setters		044 314 101 4429
Felipe Valencia Auilar	044 314 106 3600	044 314 100 0632
STAINED GLASS WINDOWS		
Vitrales Rio Nilo (Guadalajara)	333 635 5222	333 562 1870

HOSPITALS (see "Medical")

HOTELS - Recommended

Hotel Hacienda del Sol - Tonalá, GDL www.hotelhaciendadel.sol.com	01 333 683 0275	01 333 683 5141
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HOUSESITTING

Elizabeth Torres tezcaxx1@yahoo.com		044 313 103 5216
Diana Friedman yellowhibiscus@gmail.com		
Ian Rumford		044 314 106 2255
Ana Laura Piera Amat		044 314 143 3891
Claire and Gabriel Torres - coldwellb.gabriel@gmail.com	334 0620	044 314 101 7795
Housesit Mexico www.housesitmexico.com/housesitters.php		

IMMIGRATION

INM Secretario de Gobernacion - Instituto Nacional de Migracion Av. Teniente Azueta s/n www.inm.gob.mx	332 6258 (dir)	332 6261
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INSURANCE

SKYMED www.skymed.com	01 866 805 9624	
Jofal Asesores de Seguros (Formerly Seguros Morin) Joel Flores Alpizar Bilingual 333 2720	333 0420	
Carlos Alberto Gorrocino Sanchez www.intercam.mx Intercom Financial Services (ins., money changing, etc.)	333 6779	044 314 108 3800
J. Daniel Castro Galindo - Bilingual	336 8881	
Novamar Insurance Mexico NAME CHANGE (Americans and Canadians) www.novamarinsurance.com.mx		01 800 627 4637
BOOMERS-IN-PARADISE.ORG, LLC - Catastrophic Coverage http://boomers-in-paradise.org/ - (Ajijic) Valerie Friesen valerie.friesen@blueangelinsurance.com		01 376 766 0547

INTERIOR DESIGN / UPHOLSTERY

D & D - Cecilia and Carlos clientes_conceptos@yahoo.com	334 4500	044 314 305 8609
Diseño Decoración	333 0869	
Interior Design & Construction - J. Manuel Morán	334 1551	044 314 353 0113
Marian Ring (Int Design/ Remodeling/ Project Mgt)	335 0225	044 314 117 1640
Nelvin Frias (window treatments)		044 314 352 3750
Rigoberto Haro - punctual	335 0233	
Tapiceria Cristales (Guadalupe)	332 2882	
Tapiceria Lepe (upholstery, drapes, bedspreads, furniture staining)	334 1908	
Cesar Mellion	336 8418	
Tapices & Decorativos Reyes - Daniel Reyes	333 6002	044 314 119 2692
Rusticos Lo Pinos- Lupita - lupitaparra_m@hotmail.com	333 2996	

IRONWORK– Doors, Fences, etc.

Enrique Zavala C. (Las Brisas)	333 1921	
Ariel		044 314 116 6476

JEWELRY - MANUFACTURE AND REPAIR

MIRIAM JOYERIA, Av. Mexico, Centro Manzanillo		044 314 119 0929
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LEAK DETECTION - Water and Gas

FUGA-TECH		044 314 102 9163
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LIBRARY - Free - In Tablao Restaurant

Librarian - Shirley Campbell	335 0442	
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LOCKSMITH

Mobil Locksmith - Nazaria Ramírez Silva	334 3596	044 314 101 4767
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MAIDS

Eduwiges Morfin Ochoa gomita_gotita17@hotmail.com		044 314 353 8036
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MASSAGE

Dirk Estorf – CERTIFIED – Retired from Wisconsin Will come to your home – First Year Special Fee		044 314 142 7859
Ana Bertha Zarate Ortiz - massage, hair, nails	333 1272	044 314 106 3288
Belen Spa	333 1610	
Cecilia Montano Parra	334 2099	044 314 872 2644
Gaia Clinic and Spa	334 1311	
Jasmin Garcia	335 0407	044 314 116 9070
Lolita (Las Brisas)	333 2089	
Marlene Daviduk marlenepft@gmail.com		044 314 109 3294
Maru Romo's Clinic & Massage Center	334 3439	044 314 120 1132
Oasis SPA - Holistic Therapy Massage - Katie Pankey	044 314 109 8204	044 314 133 4928
Santos Barboza		044 314 103 7551
Ramses Moreno y Mariela Saenz, masseuse, joined Diego Castro Salon	333 8029	044 314 125 8078
GABY Montiel - comes to your home - Bilingual		044 314 353 3373

MEAT MARKETS

PERFECT MEAT – located in Las Brisas next to the Bahia Deli - - -ANDY Black Angus beef from the U.S. perfectmeat@hotmail.com	333 8162	044 314 100 2369
SM SONORA'S MEAT www.sonorameat.com NEXT TO DAIRY QUEEN	334 1008	334 0990

MEDICAL - Alternative Sources

Reiki - Alma - Minimal English (Hands-on, no-touch, and visualization techniques)	333 2559	
Kinesiology /Chiropracty Dr. Alfredo Becerra - (English) (Applies the study of the mechanics of body movement)	333 1889	044 314 358 9552
Reflexology, Shiatsu, Reiki / Ramsés y Mariela	334 6414	
Therapeutic Massage - Marlene Daviduk		044 314 109 3294
HEALTH - Health and Nutrition Center Marianela Gómez Rincón, M.D. - General Practitioner Daniela Gómez Rincón B.A. - Nutrition and Wellness Plaza Pacífico, Av. La Audiencia #48 www.facebook.com/amedicannutricional		
NATURAMEDIC - Dr. Kitzya Guzman L.	138 4237	353 2734

MEDICAL

MEDICAL SUPPLIES

Enf. Lucero Sánchez R. Central de Enfermeras Nightingale	332 8135	314 109 6735
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HOSPITALS AND EMERGENCY SERVICES IN MANZANILLO

Echauri Hospital and Clinic - Main Boulevard - Sorianna area	334 0444	
Hospital Manzanillo - Two story building - el centro and the port	336 7272	
IMSS - Large white building behind KFC in Salagua	332 1170	
Medica Pacifico - Main Blvd., Santiago	334 0385	
Naval Hospital - Las Brisas	333 2740	

OTHER RESOURCES - Recommendations from the community

Assisted Living - Blue Horse/ Ajijic /Dr.Roberto Martinez	01 376 766 1256	
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Audiologia (Audiology & Hearing Aids) (Colima)		
Dr. Eduardo Lopez G. elogi79@hotmail.com (Colima)	01 312 330 2250	
Family Practice / Internal Medicine		
Dra. Blanca Alvarez Buylla (Manzanillo) 335 2526- home	334 1838 office	044 314 305 0114
Dr. Mauricio Dominguez " " " "	" "	044 314 358 0567
Dr. Ivan Ocadiz Ruiz (IMSS, Naval and private practice)		044 314 117 9607
Dr. Rodrigo Vergara S. - (Colima)	01 312 312 8811	
General Medicine and Alternatives		
Dr. Jose Luis Ruelas L. (Colima Sat. & Sun.)	01 312 312 1998	01 312 307 1061
Cardiology		
Dr. Armando Velasco V. (Colima)	01 312 312 7206	01 312 315 1302
Dr. Alfonso Bayardo N. (Colima)	01 312 446 7180	
Dr. Martin Toscano - Gold's Gym Plaza		
Dermatologist		
Dr. Dianella Portilo L.	333 7510	044 314 357 0946
Dr. Homero Mireles R. (Colima)	01 312 330 2727	01 312 330 3713
Gastroenterologist - Colo-Rectal		
Dr. Rodrigo Vergara S. (Colima) Excellent	01 312 312 8811	
Obtetrics and Gynecology		
Dr. Gustavo Michel Ruiz (Colima)	01 312 312 8846	044 312 317 2906
Dr. Elena Salazar Martinez (ZLO) - limited English Valle de las Garzas #252	335 6222	044 314 109 7407
Dr. Sergio Cham - Las Brisas	342 4466	
Ophthalmologist		
Dr. Jesus Moreno (Colima)		01 312 314 0126
Dr. Joaquin Navarro (Las Brisas - Manzanillo)	332 0427	
SAME OFFICE - COLIMA		
Dr. Ruben Anaya (CATARACTS)		01 312 314 6644
Dr. Jose Paczka (GLAUCOMA) (Johns Hopkins trained)		01 312 314 6644
Dr. Jorge Martin del Campo B. (RETINA) 1 day/week DOC Eye Clinic - www.docmzo.com /diagnosticoocularcol@hotmail.com	138 0464	138 1212
Orthopedics		
Dr. Ivan Gonzalez - Medico Pacifico - Salagua	333 3047	044 314 357 6624
Otolaryngology (Colima) Dr. Juan Carlos Gonzales G.	01 312 332 4333	
Plastic Surgery (Colima)		
Dr. Michael J. Hirsch Meillon - Antonio Caso 401 Int. 6 , Colima cirujanoplastico@gmail.com	01 312 313 2001	045 312 120 6800
Dr. R. Alberto Corvarrubias (Colima)	01 312 312 5098	
Dr. Nestor Baldizon R. - Colima - nestorbaldizon@hotmail.com	01 312 312 2984	045 312 311 9784
Psychotherapist		
Dra. Elizabeth Torres, Burgos II, Playa de La Audiencia	335 4719	
Dr. Carmiba Augcarmiba		044 120 2405 3340
Radiologist (Colima) Dr. E. Augusto Sanchez	01 312 314 3535	
Sports Medicine - Dr. Leyber Juarez R. fitnessuniversal@hotmail.com		044 314 376 3169
Ultrasound Dra. Sandy E. Hernández González	333 2323	044 314 103 7886
Urologists in State of Colima	01 333 615 7585	044 333 676 0180

<http://urologoscolima.com/directorio.php>
Echauri Hospital and Clinic 334 0444
(Scroll down to the end for list of specialties and doctors)

MOVING COMPANY - From the U.S.

Rainier Overseas Movers, Inc. rebecca@rainieros.com 206-522-1982 US 800 422 5440 US

NAILS - see "Hair, Nails & Spas"

PHARMACY

Gabriela Gordillo Berra - Las Brisas - GENERICS

PHOTOGRAPHY - All Occasions

Oscar Ramíz 332 3306 044 314 111 3621

PLANTS & FLOWERS - see "Viveros"

POOL CARE

Miguel Lopez C. 334 0639 044 314 305-2927

Ricardo Anguiano P. 314 332 8842

Charlie Romero R. - Pump, etc. repair - guarantees work! 044 314 116 7476

PRINTING

SOLUTIONS GRAFICAS Miguel d la Madrid 1516A 333 0031 334 2163

Business cards and other printing needs

solgraf.mzo@gmail.com - Tommy and Kevin speak English

PROPERTY MANAGEMENT

(Manage homes for absent owners, pay bills, etc.)

Beverly Woods and jrwcohotmail.com 044 314 125 2817

Jim Woods jim@manzamillovacrentals.com 044 314 100 6773

Tina Gallagher 044 314 118 3919

Ana Laura Piera Amat 044 314 143 3891

Alma Yesenia (Yesi – "Jessie") López Orozco aylo85@hotmail.com 138 0421 044 314 872 6230

Lucy Carmona mlucy75@hotmail.com 044 314 117 4594

Alejandra

RESTAURANTS

<http://www.manzanillosun.com>

Ante Bistro - Las Brisas 336 6664

Aroma info@aromaresto.com LAS BRISAS 336 0660 330 6886

Bistro Café Bar - Freddy's - Las Brisas chefbisrocafe@mail.com 333 3008

<http://chefparallevart.wix.com/adriana-bautista>

Bistro Grill - Marina Las Hadas - bistro marina@yahoo.com 335 0900

Blueberry Café and Bistro ON Ave. Audiencia

Calypso Cafe/Boutique (Melaque)	01 315 355 7168	
Costenyo's - Various hot and cold drinks; some food	333 9460	
Domino Pizza (delivers)	333 3600	
Don Pedro Cazuelas	335 2200	044 314 110 0313
El Caballito	334-7245	
El Caribe	333 8212	044 314 110 9575
EL GRAN RODEO RESTAURANT-BAR http://elgranrodeorestaurante.com		
GREAT MEXICAN FARE AND SHOWS - San Pedrito, Tlaquepaque	01 333 690 0965	
Coffee Bean - Various hot and cold drinks; some food	333 2499	
El Portal de Italia - PIZZAS and pastas - Las Brisas	333 7010	
El Tablao	335 1147	
Gauchos - Las Brisas	333 6586	044 314 130 2163
Godzilla's (fish & chips / hamburgers / specials)		044 314 122 3699
Juanitos	333 1388	
La Huerta	334 0648	
La Pergola	333 2265	
Marbella Spanish Restaurant "El Marinero"	333 1102	
Marina Grill - Marina Las Hadas	336 5006	
Monkey's (will deliver large orders) Manzanillo Centro	332 7977	
Boulevard (across from Comercial)	334 7698	
Oasis Ocean Club	334 8822	
Poco Pazzo - Marina Las Hadas	336 8536	
Portofino	334 1333	
Roca del Mar	336 9097	
Rock Food Bar and Grill AKA Buda Grill by Rock Food - LAS BRISAS	338 9394	
Senor Sushi (delivers)	333 0982	
Sunset Lounge	333 6400	
Toscana Italian Restaurant	333 2515	
Trentinos Pizza and Pasta - Las Brisas - now serving steaks	333-6010	
Vaquero - Las Brisas	333 1654	
Vaquero - Boulevard	333 8005	
Vito Ristorante - Pizzeria Y L'Arte Del Gelato	332 7135	044 314 352 8491
Restaurants - Plaza Pacifico, Avenida La Audiencia		
L'Arte Del Gelato - Plaza Pacifico, Avenida La Audiencia		
- Plaza Las Palmas (near Wings)		
- Las Hadas Marina (next to Poco Pazzo)		
- Oasis Ocean Club – NEW		
FREE "GELATO PRODUCTION TOUR" at original restaurant next to Zar Hotel - call for reservations		

SCUBA DIVING, SNORKELING, DAY TRIPS

Aquatic Sports and Adventures (Terry and Nathan)	334 6394	
www.aquaticsportsadventures.com		
info@aquaticsportsadventures.com		
<i>Mahi Mahi Aquatic Tours</i> – Ivan Livas – bilingual	333 0115	044 314 358 2121
Boat tours with snorkeling - Kayaks for rent		
livas@hotmail.com - Facebook: Tours Acuaticos Mahi Mahi		

SEAMSTRESSES

Maria Torres - Francisco Madero #16 - Santiago (No English)		044 313 104 7226
Ascela Guerrero (No English)	333 2105	
Susana Ibarra de Arangur�	333 2120	
Mary C. - Santiago (No English)		044 314 108 8293

SPANISH - Classes

Luz Catalina Riva Palacio Mier		044 314 119 6740
Angie Cabrera marthaemartinez_66@hotmail.com		044 314 117 3746
Martha Martinez - Certified Language Teacher	044 314 106 2255	
Tyson Scott www.manzanillospanish.com		044 314 133 6750
Theresa Schnell	333 2314	044 314 109 3229
Sonia Flores	333 0372	044 314 872 6244
The Spanglish Clinic - Certified Teachers		
Edgar L�pez Cortes / Eduardo Melendez Campos		
MOVED TO COLEGIO TERRANOVA in Las Brisas	333 1675, x 112	044 314 133 4017
VOCABLO - Las Brisas - Lazaro Cardenas #1107 – A FRANCHISE	333 6040	
(English taught) service.mzo.vocablo@gmail.com		
realenglishforlife@gmail.com directenglishforlife@gmail.com		

SPANISH - Interpretation/Translation

Dana Parkinson		044 314 109 0289
Monica Melchor		044 314 101 1903
Theresa Schnell	333 2314	044 314 109 3229
Teresa de Jesus Gonzalez Contreas (licensed) Cihuatlan	315 355 1316	
Oscar Vaca		Nextel 120 3147
Ana Piera bigsister68@hotmail.com		044 314 143 3891
Susana Hernandez, Certified by the Franklin Institute (approved by U.S. Embassy)		044 314 142 5877
Yesenia Lopez Orozco - also helps with immigration documents, etc.	138 0421	055 314 872 6230
Gabriel Torres coldwellb.gabriel@gmail.com		
English/French/Spanish	334 0620	044 314 101 7795

SPAS

Ana Bertha Zarate Ortiz - massage, hair, nails	333 1272	044 314 106 3288
Aurea - your house - bilingual		044 314 119 0227
Belen's Spa	333 1610	
Cecilia Montano Parra	334 2099	044 314 872 2644
Gaia Clinic and Spa	334 1311	
Jasmin Garcia	335 0407	044 314 116 9070
Karmina (Barcelos) - SPA	334 1313	
Kali Spa (Michelle Cleland) Audencia Bay near La Catrina Cantina (kalispamx@hotmail.com, facebook.com/kali.spa)	336 4928	
Las Hadas - SPA	331 0101	
Lolita (Las Brisas)	333 2089	
Marlene www.tranquilitytoyou.ca		044 314 109 3294

Maru Romo's Clinic & Massage Center	334 3439	044 314 120 1132
Oasis SPA - Holistic Therapy Massage - Katie Pankey	044 314 109 8204	044 314 133 4928
Pura Vida Salon and SPA - Erika Ureña	333 7845	044 314 103 0086
Santos Barboza		044 314 103 7551
"Pamper Me" on-site spa of rest and relaxation		
Tommy and Patty Clarkson	www.olabrisagardens.com	

STORAGE

Self-Storage / "Bodegas Usted Guarda" - Norma Gabriela Suarez	336 9911	
Prolongación Av. Manzanillo S/N		
Centro de Comercio y Distribución Manzanillo		
Manzanillo, Colima 28860 336 9911 www.ustedguarda.com		
manzanillo@ustedguarda.com		

TABLEWARE

NOCHTLI handmade Mexican - Tonalá - nochtlimr@lie.com.mx	333 683 0651	
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TELEPHONE SERVICES / ELECTRICAL

Carlos Gonzalez R. carlosgzl@hotmail.com		044 314 338 7862
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TELEVISION - Satellite Installation

Jose Sandoval		044 314 358 2173
Miguel Jimenez (Santiago) Bilingual (must call 045 on cell)		045 312 318 7121
Telmex DISH Network Mexico	800 900 1111	01 800 834 3474

TILE – Colonial - Talavera - Saltillo

Alex Sary (Tonalá) - Av. Tonaltecas #136	01 333 683 0323	
La Casa de la Talavera (Tonalá) - Av. Tonalá No. 143	01 333 683 0323	
El Nuevo Zaguán (Tonalá) - Picture Tile	01 333 683 5256	
CANTU Ceguatlá (Tlaquepaque) www.ceramicasguadalajara.com	01 333 535 5981	
ARTESANIA CONSTRUCTIVA - Arturo (Guadalajara)	01 333 811 6291	
ROBERT HILL (see also under "Art Lessons") (Manzanillo)	334 3165	
Cerámica San Pedro (Guadalajara) www.sanpedrotile.com.mx	01 333 647 0038	
Talavera Consigno (Margarita)	01 333 6832129	
Av. Tonalá No. 172-A and		
Taller: 27 de Septiembre No. 460 -- Tonalá	01 333 6832129	
talaveracansigno@prodigy.net.mx / ventas@talaveracansigno.com.mx		

TILE - Modern

RIPRE - Owner, Emmanuel Modriz	336 4040	
B-4 Valle de Las Garzas - Bathrooms, Kitchens		
BEAUTIFUL NEW SHOWROOM		

TIRE REPAIR

Mobile Tire Repair Gilberto Villegas/Carlos Vizcarrá	334 0551	044 314 101 3347
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TLAQUEPAQUE AND TONALA

Great site to find artesan addresses

<http://www.tlaquepaque.org/portal/index.php>

TOURISM, Manzanillo Department of

332 1002, x323

TOURS

"Sites and Sights" eco/adventure/nature tours

Tommy and Patty Clarkson www.olabrisagardens.com

Manzanillo Adventure Tours

ATV, Zipline, Waterfall, Turtle & Iguana sanctuaries

www.manzanilloadventures.com - info@gomanzanillo.com

Nextel 120 2667

Amigo Tours – Roberto Soberano

044 314 353 2059

Jorge - Taxi Tour

334 0737

Federico Lopez - Taxi Tour

044 314 357 3503

Memo Ortega - Certified Tour Guide

044 314 338 8865

(will pick up anywhere and anytime of day/night)

Ricardo Perez - Taxi Tour

335 3616

044 314 305 7511

Savino Ayala - Taxi Tour

044 314 119 0602

Raul Liceaga - Taxi Tour

044 314 305 0875

lifeisabeach! <http://lifeisabeach.es.tl/>

332 1189

Edgar López Cortes / Eduardo Melendez Campos

Javier Salomon (also personal security for late night clubbing)

044 314 125 2726

Pepe Tours – José González & Erika Michel – pepetours_3@hotmail.com

336 4875

044 314 353 1536

(all tours including airport pick up and drop off)

Capitan Pablo "Pavo" Cardenas (some English)

Panga Boat Tours, Fishing, Snorkeling

Leaves from Playa La Boquita at Miramar

SEE "TRAVEL"

TRANSPORTATION

"Getting to and Around Mexico"

<http://www.larpman.com/transportpages/transport.html>

TRANSLATIONS - See "Spanish"

TRAVEL

Ian Rumford ian@viptravel.ca

334 6538

044 314 125 4784

Experience Mex-ECO Tours - Melaque - www.mex-ecotours.com

(01) 315 355 7027

info@mex-ecotours.com

UPHOLSTERY

See" Interior Decorating and Upholstery"

UTILITIES

Global Gas	332 0098	
Gas Oro	333 0101	335 1777
Water Service CAPDAM	332 2252	332 0136
Santorini	336 5014	336 5015

VETERINARIANS

Dr. Alejandro Garcia Guevara	332 7597	044 314 357 0884
Dr. Gabriela Leyva Chavez "Dra. Gabby"	333 7621	044 314 357 0128
Dr. Javier de la Pena	332 1215	044 314 353 7236
Dr. Ramon Rueleas Aviles (Colima) www.centralmedicaveterinaria.to2s.com centralmedicalveterinaria@hotmail.com	312 313 0807	044 312 318 8538
Dr. Jose Guedea "Dr. Zoo"	334 3532	Nextel 135 0576
Gilberto Isidro Arana Govea, M.V.Z., EPA C.E.R.; UdeG-UNAM (Assistants Steffany and Tomas speak English) gilaranag1@hotmail Calle Emallano Zapata No. 8-B, SALAGUA Also does dog grooming	333 1199	044 314 305 0196

VIVERO – Trees/ Plants/ Flowers

Vivero La Central, Luis Hernández (near Naranja)		044 314 110 3718
Ola Brisa Gardens - Tommy Clarkson Tropical landscape design, palms, plants and flora	334 0856	

WATER TESTING

Biol. Fernando R. Ascencio B aquacontrol_@hotmail.com	334 1977	
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WILDLIFE PROTECTION

PROFEPA MANZANILLO profepamzo@prodigy.net.mx	332 9303	
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YOGA CLASSES

YOGA EN MANZANILLO - Shelley Reid - call for locations/dates		044 314 116 4487
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Echauri Clinic and Hospital Specialties

Located on the Boulevard across from Tel-Cel	334 0444	
Contact Dr. Erika Echauri for information or visit the clinic to make arrangements	334 0444	044 314 358 6969