

**AA MEETINGS**

Alcoholics Anonymous meetings 314-333-3043  
 Benny

**ACCOUNTANTS**

Jessie López Orozco (bilingual) 314-138-0421 314-872-6230  
 email: aylo85@hotmail.com  
 Translator, Property Management, Facilitator

Luis Hernandez (bilingual) 314-121-8404  
 email: luish@avacontadores.com

**ALARMS**

Alarmas Ynser 314-337-6784  
 email: ynser\_12@hotmail.com

Circuito Cerrado y Sistema de Alarmas Integrales, SA de CV 314-141-8841

Zion Security Systems 314-333-3196  
 email: efernandez@sit-zion.com.mx

**AIR CONDITIONING SERVICES**

Antonio Cobian Lopez 314-333-1992 314-106-8946

Juan Malagon (bilingual) 314-333-3436 313-118-0160  
 email: syrmaservicios@mail.com

Martin (bilingual) 314-305-0850

Ricardo Nunez Francisco 314-118-4610

Sergio 314-101-1315

**ANIMAL SERVICES**

Alianza Animal Mexico - low cost spay/neuter clinic 314-106-2080

PATA - Free spay and neutering clinics  
<http://www.patamanzanillo.org> / [info@patamanzanillo.org](mailto:info@patamanzanillo.org)

Vets - See VETERINARIANS below

**APPLIANCES / HOME FURNISHINGS**

Colima – Sears, La Marina, Sam’s, City Club, Liverpool

Manzanillo – Soriana, Comercial, Walmart, Sam's, La Marina

Guadalajara - Tio Sam’s 333-810-4223

**APPLIANCE REPAIR**

Herman and Jesus 314-334-0286

Heirberto 314-332-1337

Miguel Castellanos - Valle Las Garzas 314-336-7869

Jose Brambila - Large appliances 314-141-2430

Juan Malagon (bilingual) 314-333-3436 313-118-0160  
 email: syrmaservicios@mail.com

Juan Torres - Las Brisas (bilingual) 314-117-4906  
 email: juantorresmzo1@yahoo.com

**ARCHITECTS**

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

**ART AND CERAMICS**

José María Ramos H.	314-108-1758	
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**ART SUPPLIES**

ALFA - Sergio Colmenero (Some English) Manueall Acuña 1424, Guadalajara	333 -827-3985	
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Office Depot Boulevard Costero Miguel de la Madrid 8717, Salagua	314-333-3982	
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**ATTORNEYS (bilingual)**

Gary Hirsh Meillon	314-334-1606	314-334-1607
Jeus Cazares Santana - Nextel 145 2504 email: cazares_24@hotmail.com	314-138-1117	314-101-0443
Jorge Enrique Esparza Patiño (Santiago)	314-335-3569	314-335-4838
Juan Pablo Ramirez email: kiksmzo@hotmail.com	314-334-6728	800-849-3347

**AUTOMOBILE - IMPORTING (NATIONALIZING)**

Jessie López Orozco (bilingual) email: aylo85@hotmail.com Translator, Property Management, Facilitator	314-138-0421	314-872-6230
Juan Pablo Ramirez email: kiksmzo@hotmail.com	314-334-6728	800-849-3347

**AUTOMOBILE - BODY WORK**

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

David (cars and golf carts)	314-335-1332	
G&G Auto Repair - Javier Garcia Blvd. de la Madrid 14475	314-336-7992	314-337-2909

Multiservicios (bilingual) Off. Mgr/Mary Lead Mechanic/Noe Libramiento Tapeixtles, No. 6 Tapeixtles	314-332- 6642	
REMA - Air Conditioning Francisco - Las Brisas	314-333-2657	
Servicio Automotriz "Chavez" Armando Garcia - Las Brisas (no English)	314-333-6153	

**AUTOMOBILE - MECHANICS - MOBILE**

Rodrigo Alvarado	314-122-3257	
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**AUTOMOBILE - RENTALS**

Alamo		
Manzanillo	314-333-1140	
Airport	314-334-0124	
Las Hadas	314-331-0101	
Auto Rentas de Mexico - Alan or Oscar	314-333-2580	
Budget		
Manzanillo	314-333-1445	
Airport	314-334-2270	
Pick-Up Service	800-700-1700	
Hertz - Pick up service available		
Manzanillo	314-333-3141	
Airport	314-333-3191	
Thrifty		
Carretera Manzanillo Sn, Manzanillo Centro	314-334-3282	
VASA - Daniel or Ivan	314-334-3610	314-119-2518
Bldv. - No. 897 Drop off and pick up service	314-334-3611	

**AUTOMOBILE - STORAGE**

Bodega Ejidal (West of Naranjo on Vida del Mar road)	314-335-0688	
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**BANKS**

Banamex "Manzanillo"	314-332-0468	
HSBC "Santiago"	314-333-0381	
Intercom	314-333-6779	
Monex		
Attn: Armando Avila Ext. 2406	314-334-0055	
Santander "Santiago"	314-333-0738	314-121-6573
	314-331-0209	
Scotia Bank	314-331-0-209	

**BED & BREAKFASTS**

El Rancho Perla Negra Terry Blaney www.ranchoperlanegra.com email: ranchoperlanegra@yahoo.com	314-332-0050	
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Hostal Olas Altas  
<https://www.hostalolasaltas.com/> 314-333-0390

La Casa del Artista  
Roberto Cerda 314-334-4704  
[www.casaartistamanzanillo.com](http://www.casaartistamanzanillo.com)  
email: [casaartistamzo@gmail.com](mailto:casaartistamzo@gmail.com)

La Posada  
General Lázaro Cárdenas 201, Las Brisas 314-333-1899  
<http://www.hotel-la-posada>  
email: [laposada\\_rosa@yahoo.com](mailto:laposada_rosa@yahoo.com)

**BUS TRANSPORTATION**

Estrella Blanca - <https://www.estrellablanca.com.mx> 800-507-5500  
ETN - <http://etn.com.mx> 314-336-4785 800-800-0386  
Primera Plus - <https://www.primeraplus.com.mx> 314-336-4801 800-375-7587

**CAREGIVERS – IN YOUR HOME**

Alejandra 314-123-4052  
Barbara Lamp 314-333-2587  
email: [blamp@prodigy.net.mx](mailto:blamp@prodigy.net.mx)  
Laura Navarro - can stay in your home four nights a week 314-144-3808

**CATERING**

Angel y Familia - Mexican Cuisine 314-334-7222  
Bahia Deli (Francisco or Barbara) 314-109-8027 314-109-8027  
Candy Vizcarra - Mexican Cuisine 314-106-9767  
Hermynia - Mexican Cuisine 314-335-1544 314-119-1816

**CHARITIES AND NON-PROFIT ORGANIZATIONS**

Casa Hogar Liborio Espinoza 314-336-4007  
email: [hogarliborioespinoza@hotmail.com](mailto:hogarliborioespinoza@hotmail.com)

Casa Hogar Los Angelitos (The Children's Foundation International) 888-934-3733  
<http://www.gomanzanillo.com/features/angelitos/index.htm> 314-333-1009  
Nancy Nystrom - email: [childrensfoundation@yahoo.com](mailto:childrensfoundation@yahoo.com)  
Lupita Carbajal, administrator

Friends of Mexican Animal Welfare 904-425-1580  
<http://www.fomaw.org/>

Los Asilio Ancianos (nursing home) 314-336-5410  
Maria del Rosario Iglesia  
<http://japcolima.org/asilo-de-ancianos-de-manzanillo-iap.html>  
email: [asiloancianosmzo@prodigy.net.mx](mailto:asiloancianosmzo@prodigy.net.mx)

PATA - [www.patamanzanillo.com](http://www.patamanzanillo.com)

Santiago Foundation  
Susan Hess - email: [susanhess13@yahoo.com](mailto:susanhess13@yahoo.com)

**CHIROPRACTOR**

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

**CHURCHES - English Speaking**

"Church of Hope" Pastor Lee Gonzales	314-336-4627 314-333-2499	314-102-5293
Ecumenical Worship Service Contact: Don & Peg Carstensen	314-335-0109	

**COMPUTERS, INTERNET/TELEVISION OPTIONS**

AHRO Computacion (bilingual / repair)	314-335-3500	314-33- 5285
Elsie Venegas (bilingual / repair)	314-106-1468	
Jorge Luis (Repair)	314-332-6256	314-353-0635
Mario Ortiz (Repair)	314-333-9191	314-358-0844
Migel Jimenez	312-318-7121	
Rodrigo Vazquez (bilingual / repair) email: jrvc77@hotmail.com	314-358-0009	
Telmex/Prodigy – DSL	800-123-2222	

**TELEVISION - Internet/Satellite Installation**

Jose Sandoval (bilingual)	314-358-2173	
Miguel Jimenez (bilingual)	312-318-7121	
Rodrigo Vazquez (bilingual)	314-358-0009	
Telecable <a href="http://www.telecable.net.mx">http://www.telecable.net.mx</a>	314-336-5563	
Telmex DISH Network Mexico	800 900 1111	

**DANCING**

Ballroom Dancing Francine Goldberg email: goldbergfrancine@hotmail.com	314-334-0216	
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**DENTAL**

Dr. Alfredo Mendez (bilingual)	314-109-9721	314-109-9721
Dr. Alfredo Mendez May (bilingual)	314-109-9721	
Dr. Andres Vazquez Camacho (bilingual)	314-332-3306	314-111-3621
Dr. Cecilia Hernandez G. - (bilingual) email: depositomydientito@hotmail.com	314-335-6313 314-332-2190	314-109-8362
Dr. Cinthia Patricia Rangel Garibay	314-336-7020	314-103-0552
Dr. Daniel Abitia Hawley	314-333-3036	
Dr. Emma Ruth Camacho C.	314-333-3036	
Dr. Ignacio Cardenas (Colima)	312-317-1560	
Dr. Isabelle Leonhardt (bilingual) email: dr.isabelle.leonhardt@gmail.com	314-101-3935	314-137-2462
Dr. Margarita Saucedo (Periodontist)	314-333-1275	
Dr. Salvador Saucedo	314-334-2599	
Dr. Susana Perez Villanueva (bilingual)	314-333- 6214	
Dr. Victor Gomez (bilingual)	314-117-8274	

**DOG GROOMING**

Oscar Ramírez	314-332-3306	314-102-5095
Dr. Gilberto Arana email: gilaranag1@hotmail.com (Assistants Steffany and Tomas speak English)	314-333-1199	314-305-0196
Dr. Gabriela Leyva Chavez	314-333-7621	314-357-0128
Dr. Zaria Gomez email: veterinariamovilmypet@gmail.com	314-376-0081	314-135-2639

**DOG KENNEL SERVICE – Daily, Overnight, or Vacation**

Chantel Oleksin email: chanteloleksin@yahoo.ca	314-109-5836	
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**EMERGENCY AND OTHER SERVICES**

CAPDAM - water JEFE: Lic. Walter Lutter 331 1630, Ex. 102	314-331-1630	
CFE - Electric Company 24 Hour Service	71	
Civil Hospital	314-332-0029	
Emergency	66	
Emergency (Municipal Police)	60	
International Long Distance	90	
Judicial Police	314-334-0877	
National Directory Assistance	40	
Police	314-332-1002	314-332-1004
PROFECO (Consumer Protection)	314-332-6303	
Red Cross	65	314-336-5770
SEMARMAP (Control Wildfires)	314-332-0127	
Tourist Protection and Information		800-903-9200
You can call 2-digit numbers from a public phone - no charge		

**ENTERTAINMENT**

"Mariachi Arriba Jalisco" - Jesus Eric Kassian email: erickassian@gmail.com	314-332-3183	
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**FISHING**

Captain Miguel	314-336-5659	314-338-0812
Captain Ron (calling from U.S. or Canada)		604-905-9555
Double Trouble II - Sijifredo Godinez www.manzanillosportfishing.com	314-109-9091	
Fabien Michael	314-332-1792	314-353-2160
Hector Rodriguez (bilingual)	314-335-0605	
Vidal Davalos www.gomanzanillo.com/luckiest	314-334-6524	314-357-1044

**FLORISTS**

Floria Beky	314-335-3605	
Jasmine Exotic Flowers	314-116-9070	

Las Flores de Estela (delivers) 314-333-1291

### **FUMIGATION**

Ezequiel Huerta 314-333-6335

Froilan 314-106-0201

### **FURNITURE & CARPET CLEANING**

TSUNA - Francisco Alcaraz (bilingual) 314-138-4966 314-101-3735

See also INTERIOR DESIGN AND UPHOLSTERY

### **FURNITURE - HAND-CRAFTED**

Arturo's (Colima) Equipali 312-313-7642

Galería Tonaltecas Jaliscienses - colonial reproductions  
www.tonaltecasjaliscienses.com 312-330-7918 312-125-1712

Galerias del Arcángel (Patzcuaro)  
www.galeriasdelarcangel.com 434-342-1774

Muebleria El Paraiso Del Mueble (Laura)  
Ave. Elias Zamora Verduzco #85 (El Valle) 314-335 4501

Muebles "Talivan" - Parota wood furniture  
Elias Zamora No 451, Barrio 5, Valle de las Grazas 314-334-8299 312-131-5945

Murphy Beds - Carlos Cornejo Dorado (bilingual) 331-522-1550 331-04- 5260

### **GARAGE DOORS - AUTOMATIC**

Carlos Gonzales Rizo 312-107-6503  
email: carlozgzl@hotmail.com

Alberto 141 9652 Nextel

### **GARDENERS & LANDSCAPING**

Fernando Flores 314-333-6556

Manuel Moran (bilingual) 314-122-4273

Miguel Lopez (bilingual) 314-334-0639

Ola Brisa Gardens - Tommy Clarkson 314-334-0856

Ricardo Ramirez 314-335-4288

### **GOLF**

Club Santiago 314-335-0370 314-335-0410

Pro - Javier 314-353-5284

El Corazon 314-133-7940

El Tamarindo 322-290-0030

Grand Bay Golf Course 315-337-9024 315-337-9024

Isla Navidad (Gabriel) 314-337-9006 800-849-2373

Las Hadas 314-331-0101

### **GOLF CARTS - USED**

(Jessie) Jacinto Viguera y Gomez 368-910-1011 333-661-3213

### **HAIR, STENCILING, PEDICURES, MANICURES**

Ana Bertha Zarate Ortiz - Massage, hair, nails	314-333-1272	314-106-3288
Anita's Estetica	314-333-0454	314-103-7489
Ariel Castro	314-142-5243	
Belen's - Hair, SPA facilities	314-333-1610	
Cecilia - Pedicures and Manicures	314-123-6678	
Celia (Santiago) Hair, Pedicures, Manicures	314-336-5240	314-858-4842
Clinica de Belleza y Cosmetologia Lazaro Cardenas #175 - Salahua	314-335-3909	314-333-0454
D&D	314-334-4656	
Diego Castro	314-333-8029	
Gaby Montiel - home service - hair, nails, massage	314-353-3373	
Gaia Clinic and SPA - Adriana Gllómez	314-334-1311	
Kali Spa (Las Hadas) email: kalispamx@hotmail.com	314-336-4928	
Marisol Govea - Stenciling/eye tattoos email: marisol_govea@hotmail.com	314-333-3602	314-106-1345
Mary's Estetica Unisex (Las Brisas)	314-334-1071	
Pura Vida Salon and Spa - Erika Ureña email: puravidasalongspa@gmail.com	314-333-7845	314-121-2700
Roy – hair, pedicure, manicure	314-334- 6309	314-106-0638

## **HANDYMAN - Whole House Repairs**

See below: HOME RENOVATION AND MAINTENANCE

## **HOME RENOVATION & MAINTENANCE**

### ***GENERAL CONTRACTOR for Most Renovation Projects:***

Angel Briseño Ramirez www.angelbrisenos.com	314-116-2976	
Eduardo Hernandez V.	314-123-1646	
Martin Santos	314-338-4908	
Raul Gutierrez Marquez	314-333-9272	
Superior Construction - Omar Novoa email: supconstt@gmail.com	314-143-1653	
WE-AR Jaime Banda	314-334-3806	314-357-9305

## **ALUMINUM Doors/Window/Etc.**

Aluminio Leon ( Jose Cortes)	314-333-0045	
Aluminum Y Vidrio Bonzalez - Octavio	314-333-3331	314-124-3255
Carlos Anzures email: anzures.carlos@yahoo.com	314-334-4089	314-125-2793
Cristalum - Marcelino Ortiz - & cloth awnings	314-103-8205	
Luis Enrique Ramirez R. - Santiago	314-333-2045	314-103-0489
Miguel Peña C. (Salagua)	314-335-3458	
Pedro Farias Cruz www.aluminiofarias.com	314-334-0375	314-120-6061
Sergio	314-334-1846	

## **CARPENTERS**

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

**COPPER Items for your Home**

Cóbre El Portón Santa Clara del Cobre, Michoacan  
[www.elpportoncobre.com](http://www.elpportoncobre.com)

Ramon Eliseo Becerra - Santa Clara de Cobre, Michoacan	434-100-8688	331-141-1960
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**ELECTRICIAN / PLUMBER**

Antonio Guzman	314-103-5959	
Edgar Meza Botello (Speaks some English) y Humberto	314-118-3191	
Ernesto Zuñiga Mayo	314-334-1068	314-117-1502
Everardo Rodriguez	314-333-1673	314-872-8234
Felipe Valencia Auilar	314-106-3600	314-100-0632
Jesus Osorio Lopez	314-107-8598	
Juan Ruben Malago email: <a href="mailto:syrmaservicios@gmail.com">syrmaservicios@gmail.com</a>	314-333-3436	314-118-0160
Manuel Cornejo (bilingual)	314-353-8089	
Marvin Reyes (bilingual) email: <a href="mailto:marvincr22@yahoo.com">marvincr22@yahoo.com</a>	314-138-2174	314-129-6086
Pablo Cabrera	314-119-7372	
Raul Roales	314-334-4082	314-122-9112

**GLASS**

Farias Alu Glass - Pedro Farias (bilingual) <a href="http://www.aluminio.com">www.aluminio.com</a> )	314-334-0375	314-120-6061
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**HANDYMAN - Whole House Repairs**

Armando Luna Almeida email: <a href="mailto:armandomoon@hotmail.com">armandomoon@hotmail.com</a>	314-338-3459	
Fernando Flores (some English)	314-111-1762	
Franco Villagomez (bilingual)	314-143-2763	
Ismael Herrera Loza	314-334-8595	314-122-0398
Jose Corona	314-146-0462	
Juan Aguilar (bilingual)	314-103-9166	
Raul Gaitan M.	314-111-1762	

**HARDWARE STORE**

Triplay y Harraes de la Costa - Santiago Morelos No. 23	314-334-0974	
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**KITCHEN CABINET REPAIRS**

Ismael Herrera Loza	314-334-8595	314-122-0398
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**PALAPAS Y PERGOLAS**

Cesar Castillo	314-116-7064	
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Jorge Rodriguez  
email: pacificparadise\_06@hotmail.com 314-117-3269

### **PAINTING**

Clemente 314-102-2290  
Eduardo Hernández V. 314-110-8636  
Jose Guadalupe 314-333-3705  
Salvador Capi Monje 314-334-1438 314-122-4105

### **PAINTING (home, business and artistic):**

Felipe Valencia Auilar 314-106-3600 314-100-0632  
José María (Chema) Ramos H. 314-108-1548

### **PATIO restoration, tile, carpet cleaning:**

TSUNA - Francisco Alcaraz (bilingual) 314-101-3735

### **PLUMBER (See "Electrician/ Plumber")**

### **TILEWORK**

José Alberto Gutiérrez González (goes by 'Beto') 314-100-5857  
Rey's Tile Setters 314-101-4229  
Felipe Valencia Auilar 314-106-3600 314-100-0632

### **STAINED GLASS WINDOWS**

Vitrales Rio Nilo (Guadalajara) 333-635-5222 333-562-1870

### **HOSPITALS (see "Medical")**

### **HOTELS**

Hotel Hacienda del Sol - Tonala, GDL 333-683-0275 333-683-5141  
www.hotelhaciendadelsol.com  
La Posada 314-333-1899  
www.hotel-la-posada.info

### **HOUSESITTING**

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

### **IMMIGRATION**

INM Secretario de Gobernacion - Instituto Nacional de Migracion 314-332-6258 314-332-6261  
www.inm.gob.mx

## **INSURANCE**

Boomers in Paradise - Catastrophic Coverage <a href="http://boomers-in-paradise.org">http://boomers-in-paradise.org</a> valerie.friesen@blueangelinsurance.com"	376-766-0547	
Intercam - Carlos Alberto Gorrocino Sanchez <a href="http://www.intercam.mx">www.intercam.mx</a>	314-333-6779	314-108-3800
J. Daniel Castro Galindo (bilingual)	314-336-8881	
Jofal Asesores de Seguros Joel Flores Alpizar (bilingual) email: joelflores@jofal.com.mx	314-333-0420 314-333-2720	
Novamar Insurance Mexico <a href="http://www.novamarinsurance.com.mx">www.novamarinsurance.com.mx</a>	800-627-4637	
SKYMED <a href="http://www.skymed.com">www.skymed.com</a>	866-805-9624	

## **INTERIOR DESIGN / UPHOLSTERY**

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

## **IRONWORK– Doors, Fences, etc.**

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

## **JEWELRY - MANUFACTURE AND REPAIR**

Miriam Joyeria - Av. Mexico, Centro Manzanillo	314-119-0929	
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## **LEAK DETECTION - Water and Gas**

Fuga-Tech	314-102-9163	
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## **LIBRARY - Free**

Cafe Bean

## **LOCKSMITH**

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

Eduwiges Morfin Ochoa 314-353-8036  
email: gomita\_gotita17@hotmail.com

## MASSAGE

Ana Bertha Zarate Ortiz - massage, hair, nails	314-333-1272	314-106-3288
Belen Spa	314-333-1610	
Cecilia Montano Parra	314-334-2099	314-872-2644
Dirk Estorf (Certified retired American) In-home massage	314-142-7859	
Elsa	314-335-0083	
Gaby Montiel (bilingual) In-home massage	314-353-3373	
Gaia Clinic and Spa	314-334-1311	
Jasmin Garcia	314-335-0407	314-116-9070
Kali Spa email: kalispamx@hotmail.com	314-336-4928	
Lolita (Las Brisas)	314-333-2089	
Maru Romo's Clinic & Massage Center	314-334-3439	314-120-1132
Oasis Spa	314-109-8204	314-133-4928
Ramses Moreno y Mariela Saenz	314-333-8029	314-125-8078
Santos Barboza	314-103-7551	

## MEAT MARKETS

Beef Market Océano Atlántico 2 (by Sonrisa Tacos)	314-334-1113	
Sonora's Meat (next to Dairy Queen) www.sonorameat.com	314-334-1008	314-334-0990

## MEDICAL - Alternative Sources

Kinesiology /Chiropracty Dr. Alfredo Becerra - (English)	314-333-1889	314-358-9552
Reflexology, Shiatsu, Reiki / Ramsés y Mariela	314-334-6414	
Reiki - Alma - Minimal English	314-333-2559	

## MEDICAL

### Medical Supplies

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

Echauri Hospital and Clinic (Sorianna area)	314-334-0444	
Hospital Manzanillo (el centro and the port)	314-336-7272	
IMSS (behind KFC)	314-332-1170	
Medica Pacifico - Main Blvd., Santiago	314-334-0385	
Naval Hospital (Las Brisas)	314-333-2740	

## OTHER RESOURCES - Recommendations from the community

Assisted Living - Blue Horse/ Ajijic /Dr.Roberto Martinez	376-766-1256	
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Audiologia (Audiology & Hearing Aids) Colima Dr. Eduardo Lopez email: elogi79@hotmail.com	312-330-2250	
<b>Family Practice / Internal Medicine</b>		
Dr. Blanca Alvarez Buylla 314-335-2526 (home)	314-334-1838	314-305-0114
Dr. Ivan Ocadiz Ruiz (IMSS, Naval and private practice)	314-117-9607	
Dr. Mauricio Dominguez 314-335-2526 (home)	314-334-1838	314-358-0567
Dr. Rodrigo Vergara S. - (Colima)	312-312-8811	
Dr. Thomas Martinez (bilingual) In-home visit email: dr.thomas.martinez@gmail.com	314-110-9464	
<b>General Medicine and Alternatives</b>		
Dr. Jose Luis Ruelas (Colima Sat. & Sun.)	312-312-1998	312-307-1061
<b>Cardiology</b>		
Dr. Armando Velasco (Colima)	312-312-7206	312-315-1302
Dr. Alfonso Bayardo (Colima)	312-446-7180	
Dr. Martin Toscano (Gold's Gym Plaza)		
<b>Dermatologist</b>		
Dr. Dianella Portilo	314-333-7510	314-357-0946
Dr. Homero Mireles (Colima)	312-330-2727	312-330-3713
<b>Gastroenterologist - Colo-Rectal</b>		
Dr. Rodrigo Vergara Colima	312-312-8811	
<b>Obstetrics and Gynecology</b>		
Dr. Gustavo Michel Ruiz (Colima)	312-312-8846	312-317-2906
Dr. Elena Salazar Martinez (some English) de las Garzas #252	314-335-6222	314-109-7407
Dr. Sergio Cham (Las Brisas)	314-342-4466	
<b>Ophthalmologist</b>		
Dr. Jesus Moreno (Colima)	312-314-0126	
Dr. Joaquin Navarro (Las Brisas)	314-332-0427	
Dr. Ruben Anaya (Cataracts)	312-314-6644	
Dr. Jose Paczka (Glaucoma) (Johns Hopkins trained)	312-314-6644	
Dr. Jorge Martin del Campo (Retina) email: retinologodecolima @ gmail.com	312-314-0052	
DOC Eye Clinic www.docmzo.com	314-138-0464	314-138-1212
<b>Orthopedics</b>		
Dr. Ivan Gonzalez - Medico Pacifico - Salagua	314-333-3047	314-357-6624
<b>Otolaryngology</b>		
Dr. Juan Carlos Gonzales (Colima)	312-332-4333	

**Plastic Surgery (Colima)**

Dr. Michael J. Hirsch Meillon email: cirujanoplastico@gmail.com	312-313-2001	312-120-6800
Dr. R. Alberto Corvarrubias	312-312-5098	
Dr. Nestor Baldizon email: nestorbaldizon@hotmail.com	312-312-2984	312-311-9784

**Psychotherapist**

Dr. Elizabeth Torres	314-335-4719	
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**Radiologist**

Dr. E. Augusto Sanchez (Colima)	312-314-3535	
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**Sports Medicine**

Dr. Leyber Juarez email: fitnessuniversal@hotmail.com	314-376-3169	
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**Ultrasound**

Dr. Sandy E. Hernández González	314-333-2323	314-103-7886
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**MOVING COMPANY - From the U.S.**

Rainier Overseas Movers, Inc. email: rebecca@rainieros.com	206-522-1982	800-422-5440
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**NAILS - see "Hair, Nails & Spas"****PHARMACY**

Gabriela Gordillo Berra - Las Brisas

**PHOTOGRAPHY - All Occasions**

Oscar Ramíz	314-332-3306	314-111-3621
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**PLANTS & FLOWERS - see "Viveros"****POOL CARE**

Angel Gidneros	314-103-3636	
Charlie Romero	314-116-7476	
Miguel Lopez C.	314-334 0639	314-305-2927
Ricardo Anguiano P.	314-332-8842	

**PRINTING**

Solutions Graficas - Tommy & Kevin (bilingual) email: solgraf.mzo@gmail.com Miguel de la Madrid 1516A	314-333-0031	314-334-2163
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**PROPERTY MANAGEMENT**

Jessie López Orozco email: aylo85@hotmail.com	314-138-0421	314-872-6230
Jim Woods Beverly Woods email: jim@manzamillovacrentals.com	314-125-2817 314-100-6673	
Lucy Carmona email: mlucy75@hotmail.com	314-117-4594	
Pablo Moacyr (bilingual) email: pablomoacyr1@hotmail.com	314-125-6299	

## RESTAURANTS

<a href="http://www.manzanillosun.com">http://www.manzanillosun.com</a>		
Ante Bistro (Las Brisas)	314-336-6664	
Aroma (Las Brisas) email: info@aromaresto.com	314-336-0660	314-330-6886
Bistro Grill (Marina Las Hadas) email: bistromarina@yahoo.com	314-335-0900	
Blueberry Café and Bistro (Audiencia)	314-137-1441	
Cafe Bean (Santiago)	314-333-2499	
Cafe Costeño (Las Brisas & Soriana Mall)	314-333-9460	
Domino Pizza	314-333-3600	
Don Pedro Cazuelas	314-335-2200	314-110-0313
El Caballito (Salahua)	314-334-7245	
El Caribe (Las Brisas)	314-333-8212	314-110-9575
El Portal de Italia (Las Brisas)	314-333-7010	
El Tablao (Marina Las Hadas)	314-109-8202	
Fat Buddah - Plaza La Palmas (next to Wings)	314-333-0255	
Godzilla's (Valle de Garzas)	314-122-3699	314-335-3772
HOA Bar (Santiago)	314-333-0390	
Juanitos (Santiago)	314-333-1388	
La Huerta(Salahua)	314-334-0648	
La Pergola (Salahua)	314-333-2265	
La Vainilla (Las Brisas)	314-333-6020	
L'Arte Del Gelato Marina Las Hadas Cafe Bean Oasis Ocean Club		
Mahalo Manzanillo	314-333-6161	
Marbella (Salahua)	314-333-1102	
Marina Grill (Marina Las Hadas)	314-336-5006	
Miky Pasteleria (Salahua) email: contacto@mikypasteleria.com	314-334-4090	
Monkey's Manzanillo Centro Boulevard (across from Comercial)	314-332-7977 314-334-7698	
Oasis Ocean Club (Club Santiago)	314-334-8822	
Pacifica del mar (Las Brisas)	314-333-6353	
Poco Pazzo (Marina Las Hadas)	314-336-8536	
Portofino (Salahua)	314-334-1333	

Roca del Mar (Salahua)	314-336-9097
Rock Food Bar and Grill (Las Brisas)	314-333-6768
Sahuaros Grill (Las Brisas)	314-146-6637
Senor Sushi (Salahua)	314-333-0982
Skol Bar and Grill (Las Brisas)	314-333-7971
Starbucks	314-334-8564
Sunset Lounge (Salahua)	314-333-6400
Toscana Italian Restaurant	314-333-2515
Trentinos Pizza and Pasta (Las Brisas)	314-333-6010
Vaquero	314-333 1654
Las Brisas	314-333-8005
Salahua (Boulevard)	

### **SCUBA DIVING, SNORKELING, DAY TRIPS**

Aquatic Sports and Adventures - Terry and Nathan www.aquaticsportsadventures.com email: info@aquaticsportsadventures.com	314-334-6394	
Octopus's Garden Dive Center - Fernando Hernandez (bilingual) www.ogdivecenter.com email: fernando@ogdivecenter.com	314-334-5025	314-353-1434

### **SEAMSTRESSES**

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

### **SPANISH - Classes**

Angie Cabrera email: marthaemartinez_66@hotmail.com	314-117-3746	
Luz Catalina Riva Palacio Mier	314-119-6740	
Martha Martinez - Certified Language Teacher	314-106-2255	
Sonia Flores	314-333-0372	314-872-6244
The Spanglish Clinic - Certified Teachers Edgar L�pez Cortes / Eduardo Melendez Campos	314-333-1675	314-133-4017
Theresa Schnell	314-333-2314	314-109-3229
Tyson Scott www.manzanillospanish.com	314-133-6750	
Vocablo (Las Brisas) email: service.mzo.vocablo@gmail.com	314-333-6040	

### **SPANISH - Interpretation/Translation**

Ana Piera email: bigsister68@hotmail.com	314-143-3891
Chantel Oleksin email: chanteloleksin@yahoo.ca	314-109-5836
Dana Parkinson	314-109-0289



Gabriel Torres email: coldwellb.gabriel@gmail.com	314-334 -0620	314-101-7795
Jessie Lopez Orozco	314-138-0421	314-872-6230
Monica Melchor	314-101-1903	
Oscar Vaca		Nextel 120 3147
Susana Hernandez (US Certified)	314-142-5877	
Teresa de Jesus Gonzalez Contreas (licensed) Cihuatlan	315 355 1316	
Theresa Schnell	314-333-2314	314-109-3229

### **SPAS**

Ana Bertha Zarate Ortiz	314-333-1272	314-106-3288
Aurea (In home - bilingual)	314-119-0227	
Belen's Spa	314-333-1610	
Cecilia Montano Parra	314-334-2099	314-872-2644
Gaia Clinic and Spa	314-334-1311	
Jasmin Garcia	314-335-0407	314-116-9070
Karina Palace (Barcelos)	314-334-1313	
Kali Spa email: kalispamx@hotmail.com	314-336-4928	
Las Hadas Spa	314-331-0101	
Lolita (Las Brisas)	314-333-2089	
Maru Romo's Clinic & Massage Center	314-334-3439	314-120-1132
Oasis SPA - Holistic Therapy Massage - Katie Pankey	314-109-8204	314-133-4928
Pura Vida Salon and Spa - Erika Ureña email: puraidasalonspa@gmail.com	314-333-7845	314-121-2700
Santos Barboza	314-103-7551	

### **STORAGE**

Self-Storage / "Bodegas Usted Guarda" - Norma Gabriela Suarez www.ustedguarda.com email: manzanillo@ustedguarda.com	314-336-9911	
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### **TABLEWARE**

Nochtli- hand made Mexican - Tonalá email: nochtlimr@lie.com.mx	333-683-0651	
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### **TELEPHONE SERVICES / ELECTRICAL**

Carlos Gonzalez email: carlosgzl@hotmail.com	314-338-7862	
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### **TELEVISION - Internet/Satellite Installation**

Jose Sandoval	314-358-2173	
Miguel Jimenez (bilingual)	312-318-7121	
Rodrigo Vazquez (bilingual)	314-358-0009	
Telmex DISH Network Mexico	800-900-1111	800-834-3474

### **TILE – Colonial - Telavera - Saltillo**

Alex Sary (Tonala) - Av. Tonaltecas #136	333-683-0323
Artesania Constructvia - Arturo (Guadalajara)	333-811-6291
Cantu Ceguatla (Tlaquepaque) www.ceramicasguadalajara.com	333-535-5981
Ceramica San Pedro (Guadalajara) www.sanpedrotile.com.mx	333-647-0038
El Nuevo Zaguan (Tonala) - Picture Tile	333-683-5256
La Casa de la Talavera (Tonala) - Av. Tonala No. 143	333-683-0323
Rusticos de Colima email: rusticosdecolima@hotmail.com	312-314-0974
Talavera Consigno (Tonala) - Margarita email: talaveracansigno@prodigy.net.mx email: ventas@talaveracansigno.com.mx	333-683-2129

### **TILE - Modern**

Azulejos las Garzas Elías Zamora Verduzco 38	314-336-8240
Interceramic Miguel de la Madrid 11536	314-334-2525
Ripre - Emmanuel Modriz B-4 Valle de Las Garzas	314-336-4040

### **TIRE REPAIR - Mobile**

Gilberto Villegas/Carlos Vizcarrá	314-334-0551	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**

314-332-1002

### **TOURS**

Amigo Tours – Roberto Soberano	314-353-2059	044 314 353 2059
Experience Mex-ECO Tours - Melaque www.mex-ecotours.com email: info@mex-ecotours.com	315-355-7027	
Federico Lopez - Taxi Tour	314-357-3503	
Javier Salomon (also personal security for late night clubbing)	314-125-2726	
Jorge - Taxi Tour	314-334-0737	
Memo Ortega - Certified Tour Guide	314-338-8865	
Pepe Tours - José & Erika (all tours including airport pick up and drop off) email: pepetours_3@hotmail.com	314-336-4875	314-353-1536
Raul Liceaga - Taxi Tour	314-305-0875	
Ricardo Perez - Taxi Tour	314-335-3616	
Savino Ayala - Taxi Tour	314-119-0602	
Sites and Sights - eco/adventure/nature tours Tommy and Patty Clarkson www.olabrisagardens.com	314-334-0856	

## **TRANSPORTATION**

"Getting to and Around Mexico"

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

## **TRANSLATIONS - See "Spanish"**

## **UPHOLSTERY**

See" Interior Decorating and Upholstery"

## **UTILITIES**

CAPDAM (Water) Bill Problems - Lic. Walter Lutter, Ext 102	314-331-1630	
Gas Oro	314-333-0101	314-335-1777
Global Gas	314-332-0098	
Santorini	314-336-5014	314-336-5015

## **VETERINARIANS**

Dr. Alejandro Garcia Guevara (bilingual)	314-332-7597	314-357-0884
Dr. Javier de la Pena	314-332-1215	314-353-7236
Dr. Ramon Rueleas Aviles (Colima) www.centralmedicaveterinaria.to2s.com email: centralmedicalveterinaria@hotmail.com	312-313-0807	312-318-8538
Dr. Gilberto Arana email: gilaranag1@hotmail.com (Assistants Steffany and Tomas speak English)	314-333-1199	314-305-0196
Dr. Gabriela Leyva Chavez	314-333-7621	314-357-0128
Dr. Zaria Gomez email: veterinariamovilmypet@gmail.com	314-376-0081	314-135-2639

## **VIVERO – Trees/ Plants/ Flowers**

Vivero La Central, Luis Hernández (near Naranja)	314-110-3718
Ola Brisa Gardens - Tommy Clarkson	314-334-0856

## **WATER TESTING**

Biol. Fernando R. Ascencio B email: aquacontrol_@hotmail.com	314-334-1977
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## **WILDLIFE PROTECTION**

PROFEPA Manzanillo email: profepamzo@prodigy.net.mx	332 9303
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## **YOGA CLASSES**

Yoga En Manzanillo - Shelley Reid	314-116-4487
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