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VOL. 28 ED. 05 • OCTOBER 24, 2022 NO BAD NEWS



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## Greet & Meet With a Cause Invite

BY KATHRYN REED

*How can I help?*  
That question is common among newcomers when they move to the greater Todos Santos area. It's even a question those who have been there a while ask. RONIVAL Real Estate has the answer or is at least providing a forum for people to get the answer. The company is hosting its inaugural charity expo on Nov. 18.

"Everyone wants to help, but they don't know how. We want to expose all the charities to the community and get people involved," explained Cyndi Williams, a salesperson with the Cabo San Lucas-based company.

RONIVAL, which has had

a presence in Todos Santos for a few years, is hosting this gathering at its office in Todos Santos. The public is invited for free to learn about what each entity has to offer, to sign up to volunteer, or to make a donation or explore other ways to help.

Ten charities based in Todos Santos or Pescadero have been invited by RONIVAL to participate by setting up information booths that day. Confirmed agencies include the bomberos (fire departments) from Todos Santos and Pescadero. Both departments operate on donations, unlike the United States where taxpayers fund this critical re-

source. Money can be so tight that there aren't always the funds to buy gas for the trucks.

Other confirmed charities include the Palapa Society, which provides education to local children, adult English classes, and operates a library that is open to the public. The Padrino Children's Foundation brings pediatric care, both physical and mental, to those who need it.

**CONTINUED ON PAGE 4**

## Entrepreneur of the Month

BY BRAD FALKNER

None of us are strangers to the benefits of massage therapy. It's one of the most wonderful things in life. I've yet to meet anyone who does not enjoy massages. As far as health and

wellness are concerned, I put it right up there with getting a good night's sleep, adhering to a nutritional diet, and a regular exercise regimen. Like sleep

**CONTINUED ON PAGE 4**



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## Que Pasa in Cabo?

BY DAVID FLORES



**New Road to be Added to Fourlane.** Mayor Oscar Leggs announced the plan to build a 7 km (a tad over 4 miles) detour between Cerro Colorado and the toll road in San Jose del Cabo. The land was donated by local developers and this will help ease traffic along the tourist corridor and eliminate traffic jams in case of car wrecks. He also announced the upcoming construction of an overpass at the Fonatur roundabout. Stay tuned.

**Restaurant Tables on the Curb? Maybe Soon!** The San Jose del Cabo restaurant association is planning to expand its restaurants outdoors if the city government allows it. The

plan is to do it every Tuesday in San Jose downtown, during the "Art Tuesday" events, with a few streets closed to vehicle traffic. The area is seeing important gastronomic growth, also internationally known for its art galleries and jewelry stores. It would be sooo cool! Stay tuned!

**Wild Animals Caught on Camera Near Todos Santos.** Motion-activated cameras have been catching more wild animals this summer and fall. The latest sighting was a whitetail deer (*Odocoileus virginianus*) with its fawn, a wildcat, a fox and several donkeys. The sightings took place on the Santo Domingo

ranch, near Todos Santos. It is a good time to make a trip up

mandatory use of face masks in stores, restaurants, and other enclosed spaces. This week, it announced the use of face masks in schools is not mandatory anymore, but optional for both teachers and students. It is also optional in all Mexican airports.

**New Water Wells to be Built Soon.** Everything indi-

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cates that the city can extract more water from the Salto Seco arroyo, the one that dumps water into Medano beach between the Club Cascadas and Villa del Palmar resorts – when it rains. The National water commission has authorized the Los Cabos government to search for a water source there, and Mayor Oscar Leggs believes that five more wells may be deployed there. In the meantime, shower with a friend!

**Mexico Sees Huge Increase in Tourism.** The Tourism Secretariat is reporting that international tourism to Mexico increased 64.7 percent in the first eight months of the year, compared to 2021. The majority of tourists came from the U.S. with an increase of 37.5%, Canada – which represented an incredible increase of 927.9 percent, and Colombia, +149.6%. In related news, Hopper travel website expert Hayley Berg stated that "We're expecting to see a huge surge in travel over this holiday season."

**Los Cabos Attracting**

**Digital Nomads.** Our state's government and Airbnb are working together to launch a promotional campaign to attract digital nomads, those who earn a living working online in various locations of their choosing, rather than at a fixed business location. Cabo is perfect for that, isn't it?

**CONTINUED ON PAGE 6**



# Turning Back the Clock on Aging

A Profile on Barry Russell

BY ROBYN LITTLEWOOD

Barry Russell, the founder and CEO of PRMEDICA in Los Cabos, Mexico, is walking, breathing proof that his regenerative medicine clinic is worth a visit. At 82 years of age, Barry works 80+ hours a week at his medical clinic and still finds time to exercise frequently on his carbon fiber road bike and in his surf kayak. As a result, Barry has more energy and stamina than most people

decades younger. Besides an excellent exercise program and diet, Barry does many of his medical clinic therapies, such as stem cells, exosomes, telomerase activators, NAD+ IVs, and other Bio cellular Regeneration techniques to turn back the clock on aging. He looks great, too, but he has not told me about using any of his clinic's skin rejuvenation technologies. I am guessing

no. Barry is more interested in maintaining his ability to stay on his beautiful bike and ride the waves at his favorite surfing spot. As part of his fitness program, Barry has registered and is currently training for the 2022 IRONMAN 70.3 LOS CABOS held on November 6.

Barry became a compounding pharmacist and development chemist after discovering how much he enjoyed exploding stuff in the garage while still a mischievous teen. In 1958 he developed an effective drug for the Asian Flu pandemic, which he sold to major pharmacies throughout the country.

Barry did very well with this discovery. Unfortunately, a vaccine for the Asian flu ended the demand for his profitable drug. Forced by



circumstances and economics, Barry continued to develop many more pharmaceutical drugs, which he manufactured and distributed in countries all over Europe and SE Asia, before "retiring" to Los Cabos, Mexico, in 1988.

Forever the entrepreneur, Barry set up several tourist-

related businesses in the Los Cabos area. These included 18 money exchanges (1st bank license ever awarded to a foreign national in Mexico) strategically placed throughout Los Cabos and La Paz, a successful waterfront real estate development of 90 luxury villas, a

**CONTINUED ON PAGE 9**



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**GREET & MEET WITH A...**

continued from page 1

A couple of organizations that help feed the local population and one that assists the turtles will also have booths at the November event.

This is the first time RONIVAL has hosted such a gathering. Part of the reason to do so is that as a company it wasn't sure where to direct its charitable contributions. By the time the event is over the real estate company will have given \$5,000 (that's in U.S. dollars) to charities.

To decide who gets what, those in attendance will vote for the charity they want to receive the money. Ronival will give \$2,500 to the agency with the most votes, \$1,500 to second place, and \$1,000 to third place.

RONIVAL wants it to be a party of sorts on its rooftop, as food and drinks will be provided. The caveat is that those who attend are urged to get involved that night with the charity of their choice.

"Each of the charities can invite 10 people who they are wooing and we are inviting our client base but it's open to the public as long as they want to support a charity," Williams explained.

Details:

Location: Ronival Todos Santos office, Plaza Adriana Local A

Date: Nov. 18

Time: 4-8 p.m.

Cost: Free. 🐦

**ENTREPRENEUR OF THE...**

continued from page 1

and meditation, it's the most passive health benefit known to humankind.

Since there are no drawbacks to massage therapy, the only challenge or issue is whom or where to go for services rendered. Obviously, we're all adults here and we know that there are many different massage therapies on the menu in Los Cabos. This article will not touch upon the massage that is commonly known for its mood-enhancing ending.

If you are like me, you may have a few strict and steadfast specifications when it comes to who, what, when, where, why and how you prefer to receive your rubdown. I usually request that a woman perform my massages. However, when I was getting physical therapy for a sciatica condition, my therapist was a man, and he was exceptionally skilled in the realm of therapeutic massage.

When it comes to spending my own money on a massage, I'm a control freak. I like to give very specific detailed directions/ instructions to the therapist pre-massage and feedback during the massage. I prefer not to have a running conversation going unless it involves my feedback and/or questions the therapist may have regarding how the experience is going for me. This might sound rather curt, but my communication with the therapist is for the purpose of making their job easier and more efficient regarding appointment time management.

This is precisely why I give Angie Garcia, a licensed massage therapist, currently employed at the Deep Blue Spa located inside the Hotel Barcelo in the San Jose del Cabo hotel corridor, my discerning stamp and glowing seal of approval.

I'm prone to back spasms

due to not bending my knees when attempting to pick up items off the floor. I'm essentially as tight as a fiddle string. Perhaps it's my particular genetic make-up, as I stretch daily and do recommend Yoga exercises.

The majestic massage gods must have been smiling down

upon us when the gifted Garcia blessed me with a healing massage the likes of which only the messiah could have performed back in the day.

With no prior knowledge of my recurring back issues, Garcia was like a sleuth looking for clues at a messy crime

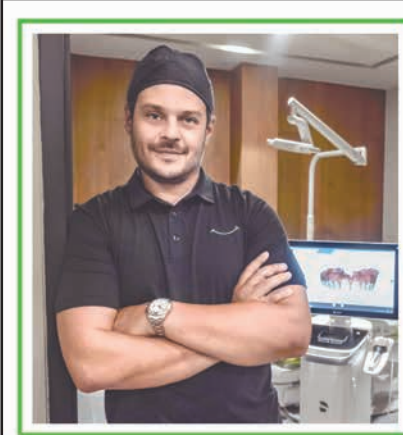
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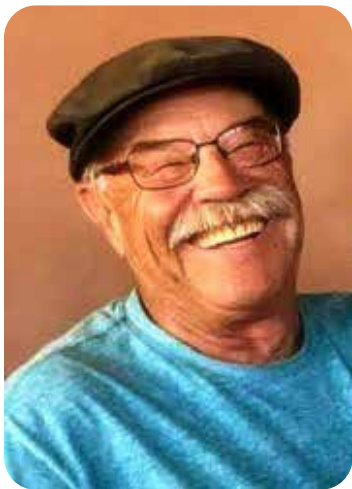
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# It Hasn't Always Been About Sport Fishing Tournaments Here

The Mickey Anderson Invitational was the first of many golf tournaments hosted here in Los Cabos each year.



**Mickey Anderson**  
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An avid golfer and tournament player himself, Mickey and several of his Cabo friends launched the first major amateur invitational golf tournament at San Jose's Campo de Golf in 1987. A decade of Mickey Anderson tournaments followed the original, expanding along the way to include a beach party and Battle of the Bands with nearly 300 attendees while picking up big name sponsors including Tecate.

Invitations were extended to friends in the US, Canada

and Mexico and drew more than 120 male and female players from as far away as New York and Mexico City. An annual vacationer here, Mickey loved to party which guaranteed that his annual tournaments were week-long fiestas.

In 2010, Mickey moved out of his vacation home on the corridor to take up permanent residence on Cerritos Beach where he would often introduce himself to Southern Baja locals as "Mickilito," a name that stuck, especially with the owners and staff of local eateries.

Mickilito was a man comfortable in his own skin; solo or in a crowd he was noticeably at ease with himself. His warm smile and relaxed countenance made you want to sit down with him and chat. And who could ever forget that Mickey laugh?!

For Mickilito most days would start with yoga on the beach with Anna followed by a trip into town behind the wheel of the little blue truck. {He loved that truck because

**CONTINUED ON PAGE 14**

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## Yikes! Not more COVID-19 Tests?

### COVID-19 REQUIREMENTS:

The Secretary of Health of the State of Baja California Sur requires all athletes competing in IRONMAN 70.3 Los Cabos to provide one of these documents: A) proof of a complete vaccination schedule (minimum two doses) OR B) A negative COVID-19 test result (Antigen or PCR) taken within 72 hours of attending Athlete Check-in. If you choose this option, printed or digital negative COVID-19 test results must be presented at Athlete Check-in before packet pick-up. It is highly recommended that you get tested before arriving at the event to avoid wait times. Athletes unable to meet this requirement will be barred from entering the expo and unable to pick up the necessary race materials that allow for participation in the event.

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**QUE PASA IN CABO?...**

continued from page 2

**Do We Need More Housing in Los Cabos?** As more people continue to move to Cabo to work – it grows at a pace of 12% a year – more housing is needed. The Mexican Chamber of Home Developers (Canadevi) reports that although home developers sold 4,261 homes in our state last year, the need calls for 20,000 more. And better, lower prices for workers who can't afford a small, \$25,000 to \$30,000 USD home, with a minimum lot size of 1,130 sq. ft that the government requires.

**Mexico to Create Magical Neighborhoods Program.** The Mexican Tourism Secretariat (SECTUR) has announced its plans to expand its Magical Towns program by adding Magical Neighborhoods. It is estimated that some 32 emblematic barrios, one for each state of the country will be included in its initial phase. The barrios will then receive federal funding to paint facades, promotion and training courses offered by (SECTUR). Stay tuned, your barrio might be chosen!

**Learn to Play This Trending Game!** Pickleball is more popular every day and there are several tennis courts in

Los Barriles, East Cape, at the Playa del Sol hotel and at the 3 Palapas Resort. The latter is holding clinics for people new to the game every Saturday of this month. To register go to: <https://tinyurl.com/introtopickleball>

**Tickets to Todos Santos Beer Fest Available.** This Saturday, October 29, the annual Todos Santos Beer Fest returns after two years of suspension. Over 15 restaurants and 30 beer houses will be there, with beer tastings, beer sales and food stands. Live music! It will be fun. Buy your tickets at <https://bit.ly/tsbf2022>

**Southern Baja's Biodiversity is Huge.** The Naturalista

Mx organization stated that our state's biodiversity stands out with 4,598 species registered. During the month of August, environmental groups – which include both Mexicans and foreigners – watched and reported 129,254 specimens. You can learn more about our biodiversity here: You can learn more here: [www.naturalista.mx/observations](http://www.naturalista.mx/observations)

**Los Cabos Will Attend Trade Show.** Our resort destination will have an independent pavilion at IMEX America, the largest trade show in the US for the global meetings, events and incentive travel industry. The 3-days

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event will take place November 11-13 at the Mandalay Bay hotel in Las Vegas. Thousands of travel industry companies are expected to attend.

**More Water for Cabo San Lucas!** Mayor Oscar Leggs continues to find more water to alleviate the need in Cabo San Lucas, where thousands  
**CONTINUED ON PAGE 14**

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## Cooking Like a Mexican

BY ALEJANDRA BORBOLLA



One of my favorite places in Mexico is Yucatan; it is not only blessed by breathtaking beaches and stunning natural sites but was also once a very significant region for the ancient Mayan civilization, which reached the highest point of its development here. Many archeological sites can be found there, such as the world-famous ruins of Chichén Itzá. Because it was relatively isolated from the rest of Mexico until not too long ago, Yucatán developed its own unique culture. Life is different in Yucatán, slower, richer somehow; as if time passed gently through and it shows in many ways, one of them is the people, how much of their original dialects and traditions were kept, another is food.

One of the leading indigenous cultures of the ancient

Americas, the Mayans, began as hunter-gatherers and migrated into the Yucatán peninsula around 2500 B.C. During the pre-classic period (500 B.C.-250 A.D.) they appeared

considered to be the gateway to the Mayan world. Between 300 and 900, the Mayans built several cities in the Yucatán region, two of the most spec-



in Quintana Roo, where they founded ceremonial centers at Coba, Dzibanche and Kohunlich. Quintana Roo was

tacular being Chichén Itzá and Uxmal.

In 987, the Toltec people (believing they were following their god Quetzalcóatl's vision) arrived in the region. According to Toltec mythology, Quetzalcóatl demanded human hearts as a sacrifice, and the Toltecs obeyed by conducting mass human sacrifices. The Toltec's cultural influence on the Mayans in Yucatán was profound, and their architectural influences are unmistakable at Chichén-Itzá. While the Toltecs mixed with the Mayans and other groups, their culture eventually dominated the area.

During the 12th century, the Mayan city-state of Mayapán clashed against and defeated the citizens of Chichén Itzá. Mayapán took over the region, and the Mayan Cocom dynasty ruled until the mid-13th century. When the post-

classic Mayan period ended around 1250, most cities were deserted. Those that remained continued to engage in inter-city military conflicts. The disappearance of these great Mayan civilizations remains a mystery; had the Spanish not destroyed the majority of Mayan codices and other writings, the Mayans' destiny might be known today.

Then 1513, Juan Ponce de León sailed near Yucatán but never docked there, while he was on an expedition to Florida. In 1517, while on a crusade to procure slaves, a Spanish conquistador named Francisco Hernández de Córdoba made it to the Peninsula and asked some of the indig-

**CONTINUED ON PAGE 15**



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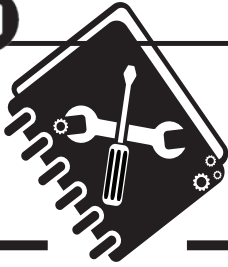
**CABO SAN LUCAS:** Leona Vicario Corner with Lago De Chapala, Col. Lagunitas  
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TURNING BACK THE CLOCK...  
continued from page 3

casino, a nightclub, sports bars, and restaurants. In addition, he developed various other projects he deemed would be a good investment that helped him and other entrepreneurial spirits who asked for investment capital to fund their businesses. Barry envisioned that Los Cabos would one day become a major tourist destination and wanted to be part of this exciting growth. There were many challenges along the way but the knowledge and foresight Barry gained from more than 30 years of international business experience helped him succeed.

In 2012, Barry sold his many projects in Los Cabos to focus on returning to the healthcare business he had previously so much enjoyed. PRMEDICA Inc, a clinic

specializing in Biocellular Regenerative Medicine, is his latest visionary thinking which he established about ten years ago in Los Cabos. The latest in biotech is the stem cells and the extra-vesicular exosomes that help the body regenerate and repair damaged tissue. In particular, Mesenchymal Stem Cells, often called "adult" stem cells, and exosomes are poised to become the next great advance in relieving human suffering from aging and reducing many painful conditions and the "killers of aging" such as Diabetes, Heart Disease, Cancer and Alzheimer's.

Stem cells and exosomes can repair damage to intervertebral discs, tendons, ligaments, and internal organs. Unfortunately, they have yet to be embraced by the FDA in the US. However, as Big Pharma companies see the demand for stem cells and exosomes and expand their


investment in these new biotechnologies, we are likely to see more cooperation from the powers that be. Currently, sick people are more profitable than healthy ones. However, as the population ages and "sick care" becomes unsustainable, stem cells and other new technology will become more widely available. The good news, Barry's partners in the US have recently announced receipt of FDA authorization and clearance to enroll patients in its phase 1 & 11a controlled study of the safety and efficacy of therapeutic treatment with mesenchymal stem cells in adults with COVID-19 complications.

Barry has assembled a medical team at PRMEDICA that has been carefully selected to meet the highest personal and professional standards. The clinic and medical spa are fully licensed, specializing in advanced Regenerative

Medicine, and accredited by the Federal Health Authorities in Mexico (COFEPRIS) and other authorities.

I strongly suggest hopping on an airplane and visiting Barry's clinic in Los Cabos, which has quickly become one of Mexico's most popular medical tourism destinations. At PRMEDICA, you will find a host of therapies for looking and feeling younger. Just some of these include:

1. Treatment for degenerative joint conditions and injuries
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# Embrace Loreto's Peaceful Lifestyle Just North of Cabo

BY NICK FONG

If you love Cabo but desire a more peaceful lifestyle in Baja California Sur, then check out the magical town of Loreto, just a six-hour drive north of Cabo. Surrounded by a beautiful natural setting and filled with many exciting activities, Loreto has much to offer both visitors and residents alike. As you'll see, this magical town is now

viewed as the next great place to visit and enjoy a wonderful life in Baja Sur as a resident.

This inviting region boasts some amazing towns and communities along two breathtaking coastlines – the Pacific side and the famous Sea of Cortez. From Cabo at the southern point called Land's End to Todos Santos, La Paz, and

Loreto to the north, Baja Sur offers many enticing travel and investment options to discover and consider. In this article, I'll focus on Loreto, the magical town that deserves a closer look.

To begin, the weather throughout Baja Sur is fantastic all year and Loreto is no exception. Along with the wonderful weather, the activities and attractions simply never end. In fact, there are so many things to do in Loreto and other places in Baja Sur, that it will take you a lifetime to experience and enjoy all of them. Now, read on to uncover what makes Loreto such a magical place.

Let me start by telling you about the people, the culture,

and the world-renowned Mexican cuisine. First, the Mexican people are warm and friendly. Being family-oriented, they will impress you with their kindness and friendliness. I could write a long article just about the people! Next is the fascinating local Mexican culture, which is another topic for a big article. Finally, discover the delicious Mexican food, which boasts both local and national flavors and is one of the best cuisines in the world.

Regarding Loreto's setting, picture this. The Sierra de la Giganta mountains tower over the west and the expansive waters of the Sea of Cortez spread out to the east. Then, the white-sand beaches and the islands of

Loreto will truly captivate you. Enjoy popular watersports like stand-up paddle boarding, sea kayaking, desert hiking and mountain biking.

When you arrive at Loreto, be sure to visit the boardwalk. It's quite long and is referred to by locals as a sofa to watch the sunsets. Also, the boardwalk is the gateway to two great beaches near town called Centro and Oasis. Head to the marina and take a boat ride to Bahía de Loreto National Park. Once there, you'll find a group of islands of different sizes that allow swimming with sea lions, kayaking, bird watching, snorkeling, and diving. As you can see, Loreto provides the tranquility and

**CONTINUED ON PAGE 19**



## SOLD PROPERTIES

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**CIRUELOS 3**, \$655,000, 22-2724, House, Los Cabos, LA & BA, Cynthia Vilalta & Daniela Corredor, Ronival™ Real Estate.

**PARAISO RESIDENCES 1209**, \$340,000.00, 21-2785, House, Los Cabos, LA, Michael Hopkins, Ronival™ Real Estate.

**CUATROVIENTOS A2-101**, \$339,000.00, 21-1391, Condo, Los Cabos, LA & BA, Michael Hopkins, Alberto Ortiz & Lilia Nava, Ronival™ Real Estate.

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# Local Brokers Building Homes for Needy People

With Cabo Cribs, 'You Buy a Home, We Build a Home'

BY FERNANDO RODRIGUEZ

The first time Leeroy Jarvis flew into Los Cabos from Vancouver, Canada was in 2010. Most recently, he jumped out of an airplane on October 4 and landed safely in Cabo San Lucas at 8:30 a.m. touching down at the grounds of the Cabo Cribs 180 Porto Novo condominium development in the

Tezal-La Cima neighborhood.

The road to Porto Novo is located just off the main fourlane highway driving into Cabo San Lucas via the service road on the right. Go past the remodeled old Pepsi distributing plant, which now has a Mobil gas station out front and a little past that is the Camino



al Tezal dirt road that leads past the Liceo High School College that curls to the right.

While the Camino al Tezal road was once paved by a thin coat of black tar asphalt, that street has long since been washed away by Hurricane Odile (2014) and Tropical Storm Lidia (2017). Jarvis said the government has already scheduled construction of a new concrete road to replace the now dusty, dirt pathway.

And just as Los Cabos is growing, so too has this very nice area of town, where a few years ago they built a beautiful elementary school campus to accommodate the new families. Porto Novo is the new kid on the block, and its philanthropic vision of using its real estate

platform to give back and help those in need is truly amazing.

When Jarvis first arrived in Cabo San Lucas, he had \$20,000 to his name, some clothing, and a dream. Now, a lot of what he envisioned and maybe some things he never even thought of, have become reality as his Cabo Cribs real estate brokerage company now employs 45 agents with sales center offices in Cabo San Lucas and San Jose del Cabo.

Jarvis' real estate business partner, Glen Muir, also jumped from the airplane and also landed safe and sound at their ground-breaking development site, which will feature a lagoon and spectacular ocean views of the Arch and Cabo San Lucas Bay.

What's unique about this Cabo Cribs Porto Novo condominium development is that for every home sold, a home will be built in an impover-

ished neighborhood located in the rolling hills away from the tourism zone. The 180 modest, grey cinder block \$10,000 - \$12,000 homes will be constructed and built by Ares Development Group.

"The city will be donating the land, which includes water and electricity service to the street," said Jose Lomes of Ares Development. "The families who will receive their home will be chosen by the municipality's list of people living in at-risk areas without resources for buying a home."

The "buy a home, build a home," concept is one of the most unique that has ever existed in Cabo. The transition from broker to philanthropist has been a rewarding one for Leeroy Jarvis and Glen Muir who are trying to bridge the gap between the rich and the poor in this famous vacation paradise destination. 🦋



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ENTREPRENEUR OF THE...

continued from page 4

scene. It was uncanny how in under three minutes the capable masseuse was able to correctly identify my area of concern and solve the crime. I've been to several massage therapists. What I encountered with the detective of pain was a first for me.

Garcia is a powerful woman

facials and waxing. She took it a step further by learning how to give the highly sought-after manicure and pedicure.

To be sure, Angie Garcia is a woman driven by excellence and a work ethic that can't be taught. Garcia's plan is to provide free training for her employees by passing on her knowledge and experience to ensure a cohesive and consistent staff.

"I firmly believe that pro-

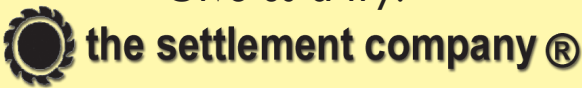
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and an exceptional athlete with formal training in Kung Fu. You need not worry--she is gentle as a summer breeze; but if required she has the strength of Paul Bunyan and can deliver the deepest of tissue massages. Moreover, she is committed to helping people heal and feel better.

"Working only for money is not my ethos; solving people's suffering and problems is my main focus. It's not uncommon for guests at our hotel to tell me that they've just had one of the best massages of their lives. These are guests who have a regular massage therapist at home that they greatly adore but that my technique was something different and it was beneficial," Garcia shares.

Her deeply dedicated dream is to own and operate her own spa. The concept is a one-stop shop that will offer a range of services from haircuts, massage therapy, facials - you name it. Garcia's training in cosmetology started over twenty years ago. Not only did she master the art of hairstyling, multiple makeup techniques,

viding training to those with the desire to boost their knowledge in this field of work is paramount in order to thrive because that is the only way in which we can provide the highest quality services to our customers," Garcia says with pride.

Angie Garcia is available for in-home massages when she is not on the clock at the Deep Blue Spa. For more information on scheduling and pricing please contact Garcia at 52 624 166 6629 or email her at anglesgarlop663@gmail.com. 🐦

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# Pre-Construction Sale Agreements

BY JORGE CONDE, ESQ.

Up until the second quarter of 2022, the inventory makeup in Los Cabos was 817 properties, where pre-construction inventory (430 units) on MLS now exceeds physical inventory (387 units). Source: Dean Short, July 1, 2022, 2022 Q2 Real Estate Market Report, [www.caborealestateservices.com](http://www.caborealestateservices.com)

So with more pre-construction inventory in the area, the legal revision of preconstruction sale agreements is becoming a trend.

Whereas the Mexican legis-

lation is fairly adequate for this type of real estate transaction from the civil and commercial standpoint, as of September 22, a new executive regulation became effective to protect customers of pre-construction projects.

The new executive regulation NOM-247-SE-2021 encompasses the latest guidelines for pre-construction transactions, as a result of an ongoing effort to protect customers since the Customer's Protection Law was issued in 1992.

Unfortunately, most of the

real estate developers in Los Cabos do not follow the customer's protection guidelines for pre-construction projects, which leads clients to search for legal advice in the revision of their pre-construction purchase contracts.

These are the 5 most common legal highlights I have come across in the revision of multiple pre-construction agreements, from the customer's protection perspective:

1. Completion Date for the Unit and the Project.

Once the initial deposit has been paid, in my opinion, the best payment structure for the remaining balance in a pre-construction deal, are subsequent payment installments condition to specific and verifiable completion stages of the building, such as breaking ground, foundation, roof, floor, carpentry, etc. and a final payment prior to closing.

This allows buyers to verify the seller's performance and contribute accordingly, or hold payment in case of delays in the construction calendar. Final payment prior to closing is an important incentive to ensure the seller transfers ownership title to the buyer, according to the agreed terms.

Normally, the pre-construction contract will include as an exhibit the plot plan of



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the unit under construction. However, most of the time, buyers and sellers do not include a description of the amenities and common areas of the project in the preconstruction agreement.

This could lead to confusion and misrepresentations in the future if the finished project is not consistent with the renders or brochures. The legal suggestion is to include a detailed description of the common areas and amenities featured in the project, including specific completion dates according to what is been offered by the sales team.

2. Completion Date for the Condominium Regime

The condominium regime is processed by the developer before the City and includes a detailed description of the project, including surface, measures and boundaries of each individual unit, common areas of the project, such as gym, pool, clubhouse, green areas, etc. and the Rules and Regulations that will govern the community with impor-

tant provisions for HOA assemblies, assessments, homeowner's rights and restrictions, among others.

The incorporation of the condo regime is essential to begin with the closing process and transfer the title to the buyer, so it is important to establish a specific completion date for the seller in the pre-construction agreement.

3. Customized Features and Upgrades

"If it's not in writing, it does not exist". Any customized feature and/or upgrade agreed upon with the seller must be included in the pre-construction agreement in writing. Developers normally

**CONTINUED ON PAGE 20**

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## IT HASN'T ALWAYS BEEN...

continued from page 5

he could reach the pedals and see over the steering wheel).

After a plate of Huevos Rancheros (his favorite) at Lucky 23 in Pescadero or Black and White in Todos Santos, he would return to his home at "the compound" and settle down in his favorite chair with his book and a little John Prine playing in the background.

Lunch time, you would see the dune buggy parked out front of Barracuda's and find Mickey enjoying a Margarita and a couple of shrimp tacos. Having never immersed himself in Spanish, he was a notorious over tipper, always leaving his waiter with a puzzled grin, hoping for Mickey's speedy return. Truth is, big tips weren't always a result of his generosity; they were because he never learned how to count in Spanish!

After a quick post-taco siesta and a little tidying up around his recently purchased

dream casita, he'd take a puff or two on the stump of a used cigar, and it was off to Casa Maya for a gin martini carefully crafted by his favorite mixologist Rene. 4-4:30 it was up the hill to Shaka's and his seat at the head of the "happy hour table". That seat is empty now. Mickey's gone but a little piece of Mickey Anderson lives in the hearts of everyone who knew him.

It has been said that you always knew where you stood with Mickey. He was patient and tolerant to a fault but he certainly wasn't bashful about giving you both barrels when your behavior was inappropriate. When someone, anyone's actions deserved it, Mickey would morph back into his Special Ed Teacher self and launch a lesson they would not soon forget!

Mickey loved golf. He loved to watch it as much as he loved playing it. On Saturdays and Sundays you could always find Mickey in front of the big screen tv in the man cave, a glass of red wine by his side,

cleaning his little ceramic pipe in preparation for his next puff or two. He and his buddies could go on and on talking about sports (especially Gonzaga Basketball); on game day Mickey always wore his finest ZAGS t-shirt and ballcap.

While Mickey may be gone from Baja Sur, playing his "Forever" round, his vibrant personality and memory will live on with the countless people who got to know and love Mickey during his Mexico days. In his honor and in true Mickey fashion, we will be celebrating a life well lived at a day long party being held at Shaka's Cantina in Cerritos Beach on Saturday November 5th. 🦋

## QUE PASA IN CABO?...

continued from page 6

of people do not have enough water supply other than by buying it from more expensive water trucks. Many others only get the city's water supply once a month or every 5

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weeks. This time, a second water well # 4 started pumping 190 gallons of water per second, which will benefit over 200,000 residents. Time to shower!

**Music Festival Dates Announced.** The Annual Cerritos Music Festival will take place on December 1, 2, 3 & 4 and will benefit the Pescadero volunteer fire department. Live music at different venues like Barracuda Cantina, Good Vibes Bar & Grill, Shaka's Cantina and Cerritos Surf Town will be hosting the concerts.

Get your tickets in advance here: [www.loscabostrip.com/cerritosmusicfest](http://www.loscabostrip.com/cerritosmusicfest)

**Bisbee's Black & Blue to Break Record.** According to Clicerio Mercado, the Bisbee tournaments coordinator, the 42nd Bisbee's Black & Blue Fishing Tournament will disburse at least \$10 million USD in prizes. The tournament will take place from October 25 to 29 this year with at least 200 teams competing for the heaviest black or blue marlin.

**Local Restaurant Group Obtains Awards.** The Edith's Group, which owns The Office restaurant on Medano beach, Tres Sirenas and Edith's restaurants, received the Five Diamonds Award from the New York-based American Academy of Hospitality Sciences (AAHS). So far, this group is the only one in Los Cabos with this award. Congrats Edith Jimenez!

**Ferry Boats from Mazatlan to La Paz Delayed.** Last week, the San Jorge ferry boat  
**CONTINUED ON PAGE 20**

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# Magical Neighborhoods Program in the Planning Stages

BY DAVID FLORES

Mexico's tourism secretary Miguel Torruco, announced the tourism secretariat (SECTUR) will launch the Magical Neighborhoods program to reinforce the existing Magical Towns, which started 21 years ago and has become a successful program.

Once the neighborhood is designated, federal funds will start flowing to aid in the embellishment of the area with freshly painted facades, improvement to water sewage and pavement, new street lighting and tourism promotion. The Tourism agency works hand in hand with residents of the area so that everyone is happy and agrees with the proposed improvements.

That is how Todos Santos and the El Triunfo town north of La Paz were restored and look like old, well-preserved gems. The embellishment attracts hundreds of tourists and residents of La Paz, San Jose del Cabo and neighboring areas.

It is gentrification, but to maintain the old look of the towns. So far, Mexico has 132 magical towns and this new program aims to add 32

Magical neighborhoods, one in every state of the nation. May we suggest considering downtown San Jose del Cabo to be included?

The head of SECTUR stated: "Let us take advantage of our enormous tourist heritage to make Mexico an increasingly competitive destination. We have to reaffirm its position in the world ranking, mainly in terms of foreign exchange earnings from international visitors, which is how the tourist potential of a nation is measured." ✍

## COOKING LIKE A MEXICAN...

continued from page 7

enous people where he was. When they responded, "Tetecdtan. Ma t natic a dtan" ("You speak very rapidly; we don't understand your language"), he assumed they were answering his question. Having difficulty pronouncing their words, Córdova ultimately called the land Yucatán. In 1519, Hernán Cortés led an expedition that briefly stopped at Yucatán to rescue Jerónimo de Aguilar, a shipwrecked Franciscan priest, before heading north to land in Veracruz.

In 1527, Francisco de Montejo set out to conquer Yucatán but was overpowered by the natives. Three years later, he returned with his son Francisco de Montejo y León but again failed to conquer the indigenous population. Finally, the third attempt in 1537 was successful, and de Montejo founded the cities of Campeche in 1540 and Mérida, the present capital, in 1542. Gaspar Pacheco, known for his

cruel treatment of the natives, completed Spain's conquest of the area.

In an effort to convert the indigenous people to the Catholic faith, Franciscan priests built more than 30 convents in Yucatán (over the traditional temples, mind you) and tried to replace Mayan culture with Christianity. In 1562, Franciscan monk Fray Diego De Landa ordered that all handmade Mayan books and statues be destroyed. Few of these rare and important cultural artifacts survived. In addition, Spanish oppression and diseases significantly reduced the native population from an estimated 5 million in 1500 to 3.5 million a century later.

Jacinto Canek, a convent-educated Mayan, led an indigenous rebellion against the government in 1761. The fighting resulted in the deaths of thousands of natives and the execution of Canek in the city of Mérida. Other indigenous revolts during the colonial period gave Yucatán's natives the reputation of being fierce and difficult-to-conquer warriors.

When Mexico gained its independence from Spain in February 1821, Yucatán became part of the Independent Mexican Empire but remained a remote province until 1824 when it was divided into three states: Campeche, Quintana

Roo and Yucatán.

In 1835, a conservative unitary system of government was instituted in Mexico and given authority over Yucatán. A mutiny advocating Yucatecan independence erupted in Tizimin in May 1838; in 1840, the local Congress approved Yucatán's declaration of independence-Yucatexit. Hoping to settle the differences,

Mexico's President Antonio López de Santa Anna sent Andrés Quintana Roo to Mérida in 1841. Quintana Roo signed a treaty with the local government, which Santa Anna ignored. Hostilities continued, and Governor Méndez ordered all Mexican flags removed from Yucatán buildings and ships in favor of the flag of

**CONTINUED ON PAGE 21**

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**TURNING BACK THE CLOCK...**

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PRMEDICA has developed advanced protocols using stem cells and exosomes to help reverse the aging process and extend one's health and life span by 20 years and beyond.

The science behind these biotechnologies is compelling. In 2020, genetic scientists from around the world presented a "Unified Theory" of aging. Before 2020, there were different "camps" of scientists who disagreed on what causes aging.

Some scientific camps believed it was telomere attrition.

Telomeres are like the plastic end of a shoestring that holds everything together and keeps it from unraveling. Every time a cell divides, the telomere (the end of the shoestring) gets a bit shorter. The Hayflick limit states that cells can only divide so many times before they "unravel," leading to cell

death and often leaving a senescent cell behind. "Zombie" cells cause havoc in our bodies by spewing off free radicals leading to many unwanted effects; most notably, cellular senescence is believed to be a leading cause of Alzheimer's, one of the most feared of the 4 "Killers of Aging". Other camps believed genetic mutations and genomic instability were the primary cause of aging. Genetic mutations can be caused by sun and X-rays. Genetic mutations were thought to be the leading cause of another of the most dreaded aging killers, cancer. Other camps believed mitochondrial dysfunction interfered with the ATP production of energy in the cell. Still, others thought that Stem Cell Exhaustion was the culprit.

What the Unified Theory of aging says is that everyone was right. Except all of these "causes" were symptoms of Epigenetic Alterations. The discovery of the Epigenome changed everything. Epi means "above." So, while our genes play a significant role in how we age, there is a "master switch" known as the Epigenome. If this master switch can be kept healthy, all the other causes of aging would be positively affected. Epigenetic alterations are the upstream cause of the hallmarks of aging. And as it turns out, this is the only cause of aging we can completely reverse!

In any event, we all want to live healthier and independently for as long as we can. As a result, we are getting closer to dramatically extending our health span, where 100 is the new 60. For more information on the longevity programs available, please contact PRMEDICA or visit PRMEDICA's stand at the World Congress in Anti-Aging Medicine at the A4M Longevity Fest 2022 in Las Vegas from December 9th to the 11th.

In addition to the Anti-Aging treatments, PRMEDICA is a recognized leader in Biocellular therapies and offers the

**CONTINUED ON PAGE 22**

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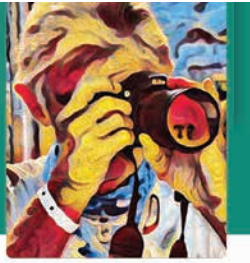
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# Fish Report

BY GARY GRAHAM  
THAT BAJA GUY



## Cabo San Lucas

September was one of the best in decades, but thus far, October has been an epoch month. Dorado were caught in all sizes; many were thrown back except for the larger ones and the “OMG – over 50-pounds!” Yellowfin tuna and billfish (striped, blue, black marlin, and even a few sailfish) were also around in large numbers. During the past two weeks, Pisces Sportfishing’s Rebecca Ehrenberg reported a 100% catch rate for their fleet, meaning that every boat that went out caught fish, and lots of them.

She also observed in the first-ever Pisces Video Weekly Report that October has produced more 40 to 50-pound

dorado than veteran Captains could ever remember during the summer season. For example, the Pisces fleet reported 387 dorado caught and released during the past week alone. Their largest dorado weighed 51 and 52-pounds. In addition, their fleet released 241 billfish.

This was exciting news for the Fall Tournament season beginning this coming week! First, it’s the Los Cabos Billfish, followed by the Bisbee Los Cabos Offshore. Both tournaments target billfish and gamefish, including dorado, yellowfin tuna, and wahoo; the Bisbee Black and Blue, one of the largest tournaments in all of Mexico, targets only black and blue marlin.

The Los Cabos Billfish weigh-ins will be held next to the Fisherman’s Restaurant each afternoon on October 17, 18, and 19, followed by Bisbee Los Cabos Offshore weigh-in at Plaza Puerto Paraiso, Friday, October 21, and Saturday, October 22, from 2-9 pm on both days. In addition, the Bisbee Black and Blue Tournament will be at Plaza Puerto Paraiso on October 26, 27, and 28 from 2-9 pm.

The WON Tuna Jackpot November 2 - 5 will target yellowfin tuna, dorado, and wahoo. November 3 and 4, Shotgun Start at 7:00 am. Weigh-In in front of Hotel Tesoro on the Malecon opens at 2 pm and closes at 6:30 pm.

## Puerto Los Cabos

Amid the fall season, and with each passing week, more anglers are arriving. The weather has been typical for this time of year, with no storms developing, slightly cooler mornings, primarily clear sunny skies, highs up to 85 degrees, and seasonal north winds beginning to blow from the north, later in the day. Ocean temperatures still average 84 degrees and higher toward San Jose del Cabo and Los Frailes.

Most local sportfishing fleets work the fishing grounds from Palmilla Point north to Cardon, Iman, San Luis, and Vinorama Banks. As a result, bait supplies were holding firm until later in the week, when sardina schools became more scattered and limited. This seems to happen yearly due to heavier pressure from the number of charters all competing for bait resources. Slabs of squid, ballyhoo, and caballito have been other bait options.

The yellowfin tuna action was for a small grade of fish,

## Fish Killer Of The Week



Hugo Rafael, from Santa Ana, Calif., was with Captain Pancho from the Tailhunter Fleet in La Paz, and he wanted to catch some inshore pargo and cabrilla for dinner. Using a dead sardina and a 25-pound test line to troll for the rockfish, he hooked this massive bull dorado! Hugo battled the fish for about 30 minutes before he landed it, and when they put it on a hand scale, it weighed out at 26 kilos (57 pounds). Hugo never did catch any rockfish, but he had plenty of meat for dinner. Hugo is only about 5’3” tall!

i.e., 8 to 12 pounds, off Palmilla for anglers who could obtain the live sardina. Mixed in were small-to-medium-sized dorado. It was spotty action, though, and the first boats on the scene had the best chance. Iman, San Luis, and Vinorama are where some larger tuna of 50 to 60 pounds were schooling. Again these fish were also spooky of the pressure, lighter leader, and chum, and more patience was needed. Some charters were lucky to land one yellowfin, and others more fortunate had as

many as five or six. They struck on strips of squid and sardina while drift fishing or fly lining.

Overall, we saw fewer numbers of dorado, mostly smaller ones, though we did see nicer bulls over 30 pounds, and wahoo were in the area. However, with water temperatures still in the 80s, they have not been that active; every day, we see a handful of them come in, striking on ballyhoo, caballito and trolled Rapalas. Sizes ranged from 15 to 40 pounds in areas

**CONTINUED ON PAGE 22**

## Don't feed the fish!



**The act of disrupting the natural marine environment should be discouraged, not encouraged. There are many studies that discuss the impact on wildlife by humans doing simple self-indulgent acts like feeding them because they get pleasure / entertainment from it. Feeding fish and aquatic life can lead to the animal having behavioral changes, like aggression, as well as, causing them to become ill from a foreign food source. Simple acts, like feeding wild animals can have long term consequences and detrimental impacts. The Baja needs to be protected.**

*(Suggested by Ted Miller, Cabo. Illustration by www.greenfins.net)*



# Cabo Yacht Charters: Luxury at Sea

BY CAPTAIN DAVY JONES

Known for its breathtaking beaches, water activities, and nightlife, Cabo San Lucas is an unparalleled destination for tourists around the world. And submerged in the beauty of the Pacific and the Sea of Cortez is the ultimate luxury experience. It just happens to be on a boat with Cabo Yacht Charters.

Two entrepreneurs, Dr. John Henner and Mr. Dan Mason, have brought a new level of luxury to the waters of Los Cabos, Mexico. Dr. John Henner handles the backend infrastructure. A retired Air Force doctor and former owner of Las Vegas's largest emergency medicine company, John fell in love with Los Cabos after honeymooning here with his wife in 1999. Since then, it became a

dream of his to live there and charter yachts; a dream which has finally come true. When asked about his transition from doctor to yachtsman, he smiled and stated, "In the medical field, I would often meet people on the worst day of their lives. Yachting allows me to give people the best day of their lives."

Dan Mason provides the vision and passion for Cabo Yacht Charters. After 25 years of success in the funeral industry, Dan is delighted to be channeling his energy into a new maritime enterprise. His vast network of high-net-worth connections has helped make Cabo Yacht Charters the go-to company for Baja luxury hospitality.

"My wife and I had been chartering yachts two or three

times a month, and we weren't overly impressed with the quality of the experience. So, we decided to buy our own. I partnered up with John, and the rest is history," said Dan.

Cabo Yacht Charters has four boats. An 80ft Italian Azimut dubbed "Heather Nikki," 100ft Azimut "Number JUAN," 60ft British Princess "Olivia Grace," and the 108ft "Neoprene."

The "Number JUAN" bears the name of another business Dr. John Henner co-owns: Number JUAN Tequila — an award-winning tequila company grown in the rich & fertile blue agave fields of Jalisco, Mexico. You may be familiar with his business partners, comedians Ron White and Alex Reymundo.

Passengers of the Number Juan yacht are encouraged to partake in the blanco, reposado, and extra anejo flavors to complement their uniquely Mexican adventure while aboard the namesake 100ft. yacht.

Cabo Yacht Charters' all-inclusive experience is a must for avid adventure seekers and foodies alike. Upon arrival, guests are greeted with a welcome amenity fruit plate and charcuterie platter—then asked to relax with a cocktail in hand. Guests may bask in the warm sun while a personal chef prepares an unforgettable meal, cooked

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Cabo Yacht Charters' Executive Chef, Javier Tapia, has unique meal options for intimate dining experiences as well as group dining. Chef Javier is widely recognized for his sushi and sashimi skills, having spent a large portion of his career at NickSan, a world-renowned Japanese restaurant in Cabo San Lucas and San Jose del Cabo.

Not only does your all-inclusive charter feature the most luxurious foods, but also a top-shelf open bar. Whether you're looking for smooth tequila shots or a bottle of Dom Perignon, celebrate your way with everything you could possibly need for a day in the Cabo sun. Order your go-to drink or a specialty cocktail like the Juan Cosmo crafted with Blanco, fresh-squeezed

**CONTINUED ON PAGE 24**



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## Mexican Airports Drop Face Masks

The Mexican Federal Aviation Agency (AIFA) published a newsletter stating that from today on, the use of face masks inside Mexican airports will be optional. Airlines and employees in general can decide independently if they use or require them or not. ✈

### EMBRACE LORETO'S...

continued from page 10

excitement travelers look for.

Not mentioned yet is the world-famous sport fishing, which is one of the most popular activities in Loreto. Being so amazing, Loreto attracts anglers from around the world just to go fishing in the most diverse body of water in the world, the Sea of Cortez. Now as you'll see next, Loreto is a hidden gem waiting to be discovered and experienced by many.

Founded back in 1697,

Loreto started with the construction of a mission called "Mission of Our Lady". This amazing structure is considered the "head" and the "mother" of all missions located along the 1000-mile-long Baja California peninsula. Interestingly, the Baja California peninsula was originally thought to be an island back then. But once it was determined to be a peninsula, another 100 years had passed before the maps were updated.

Today, Loreto is like a time machine taking you back 30 years. It has all the infrastructure, attractions, and activities already in place, just like Cabo did 30 years ago, before growing to what it is today. Because of that, Loreto is now showing up on the radar of both travelers and investors alike. To list some reasons for the growing interest in Loreto, it has an international airport with flights to and from the U.S. and Canada, the Danzante Bay Golf Course resides there, and of course, the beautiful downtown area is so rich with culture and history.

While I've been keeping an eye on the master-planned

**CONTINUED ON PAGE 26**



### NA English Speaking Meeting

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**PRE-CONSTRUCTION...**

continued from page 13

offer furniture, appliances or upgrade packages to the buyers that will be included as an exhibit to the pre-construction agreement.

If the purchase price includes a parking lot, garage, storage room or any additional

element in or outside the Unit, it is important to include it in the pre-construction agreement.

#### 4. Guarantee for the Unit and fixtures

Normally the pre-construction agreement will include a one-year guarantee as of the delivery date of the Unit to the buyer, for construction works, hydraulic, sanitary and

electrical facilities, and there is no room with the seller for negotiation in these types of clauses.

However, it is important to know that according to the Customer's Protection Law, buyers are entitled to a 5-year guarantee for structural deficiencies of the Unit; a 3-year guarantee for waterproofing; and, 1 year for any other issue

in the Unit. This rule applies even if the developer does not want to include it in the pre-construction agreement and it cannot be waived by the parties.

#### 5. Penalties in case of default

Usually, the pre-construction agreement will include a penalty of 20% of the total purchase price in case of the buyer's default, the amount that will be retained by the seller and any remaining balance returned to the buyer. However, in case of a seller's default, pre-construction agreements normally only provide that the seller must return all amounts paid by the buyer without any interest.

According to the Customer's Protection regulations, the conventional penalty in case of default of any of the parties must be "reciprocal and equivalent", meaning that if 20% of the purchase price applies to the buyer, the same should apply to the seller. In reality, there is very little room for negotiation in these types of provisions, due to the fact that the seller usually encounters multiple challenges during the construction of the project that could result in his default.

Even if the pre-construction agreement does not include a conventional penalty in case of the seller's default, the Mexican Customer's Protection Agency has the authority to award the buyer with a compensation of up to 30% of

the purchase price in case of the seller's default, which ultimately allows to balance the relationship between buyers and developers of pre-construction projects.

A great tool to verify online the reputation of a seller is to consult the bureau of customer claims at: <https://burocomercial.profeco.gob.mx/> with the seller's name.

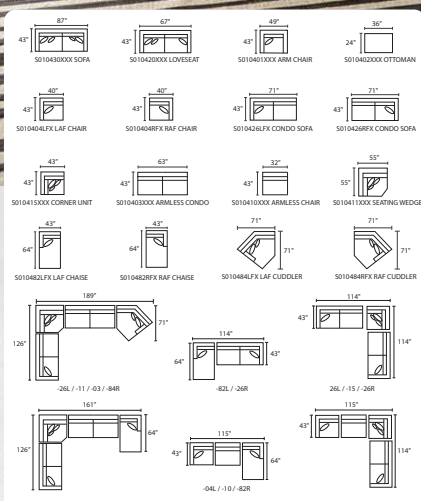
If you need legal advice in the revision of a pre-construction agreement or legal representation in case of the seller's default, please contact me at [jorge@calaw.com.mx](mailto:jorge@calaw.com.mx) or [www.calaw.com.mx](http://www.calaw.com.mx) ✍

**QUE PASA IN CABO?...**

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that covers the Mazatlan-La Paz route broke down at the Mazatlan pier, blocking access to one side of it to other boats. Therefore, several ferry boats sailed over to Topolobampo, but that route is already working at 100% capacity. The delay at this point is of one week, increasing the cost of goods inside the boats and delaying the arrival of fuel, propane and other products. An additional ferry boat has been acquired, but it will take 4 months to get here.

**Resort Guests Make Important Donations.** Following a tradition of several years, some arriving guests at the Solmar resort brought with them 45 suitcases full of brand-new clothes for children in need. The Solmar Foundation distributed the goods to children in several low-income neighborhoods where it is needed. Thank you! ✍



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# Ask a Mexican

If someone from another country was to go to Mexico, **which part of the country is considered to have the richest cuisine in the country and, if so, what should they eat there?**



Illustration by danjazzia

**Rommel Cosío, 22, author.**

I really like food from Cuicacán since I was raised with it. Other northern food is the most similar, but I wouldn't recommend it since you'll get the best tourist experience in general from the center-south as the north is more dispersed and Americanized. Food from the whole country is great so travel it all, and in a few years of coming regularly, you would have experienced the country more than most Mexicans. Try

to take the road less travelled.

**Viviana Tellez, 20, swimming instructor.**

I recommend some Mole from Oaxaca or Puebla, Tamales, Tlayudas, Chapulines, Chiles en Nogada, Molotes, and the list is huge but, in my experience, offering Mole Poblano to very different nationalities for the first time, is, unfortunately, an acquired taste and might not be appreciated.

**Roberto Briseño, 45, engineer.**

Mexico City's street food is the greatest food I've had and what I would recommend to anyone. Just watch out for the salsas, and anywhere you can find a molcajete It's basically melted cheese with the meat of your choice. My favorite is chuleta and bistec. It also comes with avocado and cactus slices. Tortillas on the side and many types of salsas are perfect to assemble your own tacos and have a great happy belly at the end.

**Eugenia Hernandez, 42, shop assistant.**

Mexico is food Paradise and there are so many places one could visit: Puebla (mole poblano, cemitas, chiles en nogada, tacos árabes, chalupas, pipian, camotes) Yucatán (cocinita pibil, papadzules, frijol con puerco, relleno negro, huevos motuleños, sopa de lima) Guerrero (pozole verde, pozole blanco, elopozole, pulpo enamorado, chilate, pescado a la talla) Jalisco (torta ahogada, birria, pozole tapatío, frijoles charros, barbacoa jalisciense)... makes my mouth water just to think about it!

**David Palomera, 24, electrician.**

I honestly love all the Mexican food I have tried from all different regions. I can't pick a favorite. Even driving 30 minutes to the next town you'll find different food. It's so diverse. My recommendation: in any town or city go to the local market and you may find the best food from that place.

**Rosa Alvarez, 36, accountant.**

I don't know about the rest of the country but at least TJ is sort of the Singapore of Mexico when it comes to food. Because the city is a border city and also a migrant city, you often see restaurants from different states and even countries right next to each other. On the routes, I take the bus is a major road connection between various bus routes. In that place, you often see sea food, birria tacos, burritos and Chinese food, often in the same place. 🐟



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## COOKING LIKE A MEXICAN...

continued from page 15

the "Sovereign Nation of the Republic of Yucatán."

Refusing to recognize Yucatán's independence, Santa Anna ordered that Yucatán's ports be blockaded. He also sent an army to invade Yucatán in 1843. The Yucatecs defeated the Mexican force, but the loss of economic ties to Mexico deeply hurt Yucatecan commerce. Yucatán's governor, Miguel Barbachano, decided to use the victory as a time to negotiate with Santa Anna's government from a position of strength. During the ne-

gotiations, it was agreed that Yucatán would rejoin Mexico, as long as their constitution and their right to self-rule were

**CONTINUED ON PAGE 27**



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**TURNING BACK THE CLOCK...**

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**FISH REPORT...**

continued from page 17

north of Punta Gorda. Cardon to Vinorama is where most of this action was reported.

On these same grounds, we saw quite a few sailfish and some striped marlin. Not much bottom action recently. However, we saw a couple of dogtooth snappers weighing over 40 pounds.

The big three tournaments will start this coming week, Offshore Bisbee, Black and Blue Bisbee, and the WON Tuna Jackpot, which typically have 200 or more teams. This puts even greater pressure on local baits supplies, etc. ...**Eric Bricton, Gordo Banks Pangas**

**East Cape**

Excellent fishing this 2022 season! The best fishing is very close, directly offshore of La Ribera. Limits of dorado for all anglers, mixed with lots of striped marlin. Some good-sized yellowfin are being taken daily, and some nice wahoo are coming to the cleaning table daily. Also, lots of good-sized sardina are helping the bite!

The dorado are thick, directly out from the La Ribera Banks to the Lighthouse. Limits for almost all anglers. Fish from 7- to 40 pounds take smaller bright-trolled lures and live sardina from one to four miles offshore. Excellent dorado fishing!

Most boats are releasing at least one striper, and many boats are enjoying multiple releases. Mixed with the dorado on the banks and south to the Lighthouse. Taking lures and ballyhoo with quite a few on

sardina. Lots are around.

All the boats are staying inside enjoying the wide-open dorado bite. None are ranging outside looking for the tuna under the Porpoise. Some big tuna to 100-pounds are being taken south off Vinaramas, and a few are mixed in with the dorado closer to the hotel.

The wahoo are in and out. Boats running into them are catching multiple fish. Anglers on our hotel boat, the El Capitan, boated five in two days from 25 to 60 pounds. Some were taken north of Punta Pescadero, La Ribera, and Vinaramas. Marauders and Rapalas worked best...**John Ireland, Rancho Leonero**

**La Paz**

You can tell the seasons are changing. Temperatures are cooler and a bit breezier, especially in the mornings. Us locals have taken to wearing

sweatshirts now in the early hours. Also, those northern winds are starting to blow, and it's getting a bit choppy on the waters.

However, we still have a decent dorado bite going on. Some days, it's better than others. Some boats do better than others, but overall, since most folks are fishing for several days, it all evens out, and everyone goes home with a bunch of fish. Most of it is dorado, but a few tuna, pargo, cabrilla, rainbow runner, and trevally round out the fish boxes.

Other species include jacks, bonito, a surprising number of marlin and sailfish caught incidentally, and even some off-season roosterfish up to about 20 pounds. Dorado are 80% of the catch, and most fish are in the 10 to 15-pound school-sized fish, with some up to 40 pounds....**Jonathan Roldan, Tailhunter International** 🐦

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# Social Club Learns About Baja's Rich History in the World of Wine

BY MONICA ANDERSON

The verdant landscape of Los Arcos and Mount Solmar, newly green after recent rainstorms, confirmed the official start of autumn in Cabo San Lucas and provided a striking backdrop for the monthly luncheon of Los Cabos Tomatoes, the bustling social networking club.

Their most recent gathering was held at Gustavo's Bistro, located in the former Argentinean restaurant Patagonia at the northwest corner of Avenue Cabo San Lucas and Cinco de Mayo Street.

General Coordinator Sandra Berry began the luncheon by introducing the co-owner of Gustavo's Bistro, Marsha David, also a member of Los Cabos Tomatoes. Marsha shared her excitement to be a part of "an amazing community of women" and was delighted to talk about details of her collaboration with Gustavo, the eponymous chef and her "partner-in-crime" since July 2022.

The culinary aim of Gustavo's Bistro emphasizes "family recipes with a local taste." The fusion of flavors is a variety of Mexican, American and old-world Continental, and the list of ten different creamy or spicy sauces demands a further investigation for those looking to expand their flavor palate or revisit some classic tastes. The restaurant also offers a "Hook & Cook" option. You can bring your own fish and it can be prepared in three different ways: blackened, breaded, or grilled with your choice of three signature sauces.

Before the meal, Marsha warmly greeted her fellow

members. "Welcome, Enjoy, Mangia." For starters, members had the garden salad with Romaine lettuce, jicama, avocado strips, and pecans beautifully presented with a special dressing.

The entrée was a choice of pecan-encrusted Mahi Mahi with mango sauce, Chicken Cordon Bleu stuffed with prosciutto and mozzarella in creamy vodka sauce, and Linguini Frutti di Mare (mixed seafood) in white wine sauce. Dessert was a corn flan with caramel sauce, which lived up to its fabled reputation as one of the finest examples of flan in the area. The option of beer, wine, and cocktails was available for an additional purchase. Gustavo's Bistro is open for dinner from 5 to 10 p.m. Wednesdays to Mondays. Marsha also announced that there is a 15% discount for all Los Cabos Tomatoes members when they return.

The "Network Spotlight" speaker of the month was Dawn Solomon – oenophile, wine expert, and a long-time member of Los Cabos Tomatoes.

CONTINUED ON PAGE 29



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**CABO YACHT CHARTERS...**

continued from page 18

lime, and organic cranberry juice. Another popular option is the Smokey Arroyo, a refreshing beverage made with mezcal, grapefruit juice, and lime juice, garnished with rosemary.

Amongst sightseeing and socialization, savory appetizers are prepared, then served.



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The main course takes place on the modern dining deck, starting with flavorful clam soup or Caesar salad with anchovies and encrusted hand-cut croutons. Thereafter arrives the chef's signature special, a USDA prime-cut Tomahawk ribeye served on a searing Himalayan salt block.

Additional meal options include a Cabrilla fillet glazed in mushroom butter and served with quinoa risotto as well as the tender filet mignon marinated in rich red wine gravy. Another popular stand-out dish of regional ingredients is the mixed molcajete made of chicken, flank

steak, pork chop, nopal, and melted cheese with a delicious spicy red sauce, guacamole, and mixed tortillas.

The chef also prepares one-of-a-kind vegetarian dishes, if requested. In particular, the stuffed eggplant with seasonal vegetable gratin prepared with parmesan and pesto.

And let's not forget about dessert. Your chef offers an array of desserts, including tiramisu, bananas flambe with brown sugar rum sauce, and camelado vanilla bean ice cream doused in coffee and custard. Guests are encouraged to conclude dessert with an espresso martini or beverage of choice to perfect the meal.

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# 10 No-Nonsense, Practical Tips for Moving to Mexico

BY JENNIFER JENNINGS

Welcome to Mexico! We've compiled 10 no-nonsense, practical tips to make your transition to the good life easier. Whether you're staying for a month, staying for a season, or making Mexico your full-time home, these tips will make your move south of the border easier.

## Join the local Facebook groups

Yes, sometimes Facebook groups can dissolve into pointless arguing and name calling - but they also offer a wealth of information. Join local Facebook groups so you can ask for recommendations, stay abreast of the latest news, and learn about local events.

Being a member of the neighborhood Facebook can be important for finding out when garbage day is, being aware of any suspicious activities in the area, participating in luncheons, events, fundraisers, or other cultural events, and connecting with potential friends.

## Find a social circle

Moving to a new country (and possibly having limited Spanish-speaking skills) can be very isolating. To make the transition easier, find your tribe.

Make friends with your neighbors or find a group that you enjoy spending time with. Spending time with people in a similar lifestyle or stage of life

can fill your day with activities and socialization and take the edge off of missing your family and friends back home.

## Learn the basics

One way to make the move easier is to learn the language! Start off with simple words and phrases to make regular day-to-day activities like shopping and dining out easier.

Knowing even the basics of the language can change your experience interacting with locals. People are going to be pleasantly surprised when you make an attempt to speak to them in their native language.

As your confidence and vocabulary grow, you can expand your social circle to locals and experience authentic life here in Baja.

## Develop a routine

Just because you moved to Mexico doesn't mean you moved to an all-inclusive resort. Laying in the sun and drinking margaritas will *eventually* get old.

Establish a routine to add structure to your days. Morning walks, coffee with friends, shopping, volunteering, and even some email checking will give your day purpose.

## Get involved with the community

Speaking of volunteering, that's a great way to get involved with your community. There are tons of amazing groups in Baja looking for volunteers. You may even be able to use your existing work skills to help the community.

If volunteering is not your thing, getting involved in the community can be as simple as helping with a community clean-up, attending local events, or talking to your neighbors. If Mexico is going to be your long-term home, weaving yourself into the fabric of the community will positively impact your experience.

## Leave the trailer and suitcases at home

It may surprise you, but Mexico has everything you need

for your new home. There are department stores with the same high-end goods you're used to at home. So, leave the luggage and shop local for your linens, towels, flatware, kitchen appliances, and house decor.

Some things you may need to bring? Bringing some prescription medications may be a good idea until you find a local pharmacy and doctor. Your favorite skin care may be tricky to find if you have a set regime. And if you get really homesick, you may find yourself bringing random foodstuff that you just

can't live without.

## Cash is king

While most larger stores and restaurants will accept credit cards, cash is king in Mexico.

*Pro tip: when using the ATMs, decline the conversion rate. While you might still get dinged with the use fee, you'll get a better conversion rate from your bank.*

It's also helpful to figure out how much money you're spending per month and which ATMs allow you to pull large sums out. This saves you from hitting the

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# Los Cabos To Host Juvenile Pan American Baseball Games

BY FERNANDO RODRIGUEZ

Los Cabos Mayor Oscar Leggs recently announced Cabo San Lucas and San José del Cabo will join La Paz, BCS in hosting the Under-18 Pan American Boys Baseball and Girls Softball Championship games from November 4 to the 13.

In the Kevin Costner 1989 film "Field of Dreams," an Iowa farmer hears a voice in his cornfield that tells him, "If you build it, they will come," and then proceeds to build a baseball field on his farm. In Cabo San Lucas, the only first-class baseball field is the one located next to the government delegation sports complex. In San Jose, it's the same thing with only one field at their mu-

nicipal sports complex near the central plaza. Meanwhile, La Paz boasts three separate fields close to the Malecon boardwalk downtown area at the Esterito baseball field, Estadio Arturo Nahl stadium, and the CREA baseball field.

So, while most of the action will take place in La Paz, local American, Canadian, and Mexican fans can still catch some live action at the two facilities in our two sister cities. The tournament is organized by the Pan American Baseball Federation and the World Baseball and Softball Federation which have been in existence since 1995.

Mexico won the first edition in '95 and Cuba has the most championship wins with

eight gold medal victories in baseball. The invited nations include the United States, Canada, Venezuela, Argentina, Colombia and Puerto Rico in group B. The Pan American Championship is a qualifier for the World Championships. The Group A teams will be México, Peru, Brazil, Panama and Nicaragua.

Although Los Cabos is not about to start building baseball and softball fields in Cabo or San Jose, one has to commend the mayor for showcasing the beautiful warm November weather of Baja California Sur and securing the games which are sure to boost the local economy during this crazy time of rising worldwide inflation.

Nothing beats a good old baseball game in spectacular sunny weather, at an affordable entry fee, with a cold beer or soft drink and stadium-sold hot dogs and peanuts. Every sports fan should get out there and support their favorite country, which in Cabo, will be the North American trio of the United States, Canada and Mexico. 🌮

## EMBRACE LORETO'S...

continued from page 19

community of Danzante Bay, I now see it as a gauge that reveals how Loreto is about to grow tremendously over the next 20 to 30 years. For example, Danzante Bay boasts the only PGA TPC golf course in all of Mexico, bringing international attention to this beautiful Mexican town. Also, Danzante Bay provides the exquisite Villa del Palmar resort, which is quite popular now. And with travelers coming in regularly, that popularity will only increase over time.

At Ronival Real Estate, we've recently announced a new full-ownership beachfront development project in Loreto called Mantarraya Residences. We support and represent Mantarraya to the market because it is



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more than an oceanfront condo project. To explain, this will be a development that is centered around wellness. There are wellness programs planned within the project designed by a wellness consultant for Mantarraya. That consultant will bring in the leading, cutting-edge

wellness experts from around the world, many of them from Los Angeles.

The units being built at Mantarraya Residences in Loreto come in two, three, and four-bedroom options. Starting with the penthouses, each will have two levels and a private roof-top terrace, all boasting phenomenal views. As for the condos, there will be a total of four buildings with elevators, each with covered parking. Mantarraya's developer is the same developer who created Villa del Palmar in Loreto. That means Mantarraya is being developed by a well-established developer who has decades of experience.

Now, come and visit Loreto soon to see this amazing Mexican town for yourself. Then, you'll really embrace Loreto's peaceful lifestyle.

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## Letters To The Editor

Gringo Gazette,

I was reading an article in "The Epoch Times" and it was talking about the gentrification in Latin countries. We love going to San Jose del Cabo a couple of times per year and have not experienced any problems. I would like to see your "Ask a Mexican" section of the paper to look into this, it would be really interesting.

We have been all over Mexico and now we only go to San Jose, we really like the El Centro part of town, hopefully, they don't modernize it too much. The old colonial style is the best, we have loved it since the early 70s when we lived in San Diego.

I love your paper, and can't wait for each one to get here, I read it cover to cover and the "Cooking like a Mexican" section is fantastic because we love Mexican food and cooking.

Anyway, think about it, I would love to know if Americans are messing things up down there, as we sometimes do in may areas of the world.

Thanx,  
Ted. A. Vinson  
Toledo, OR. ✍

### COOKING LIKE A MEXICAN...

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observed by Mexico City. The treaty reincorporating Yucatán into Mexico was signed in December 1843. However, the central government rescinded earlier concessions, and Yucatán again renounced the Mexican government in 1845, declaring independence

on January 1, 1846.

During the Mexican-American War (1846 to 1848), Yucatán, which considered itself an independent nation, declared its neutrality. However, in 1847, the Caste War (Guerra de Castas) broke out on the peninsula. This war was a major revolt by the Mayan people against the Hispanic population in political and economic control. By 1848,

the revolt had driven all Hispanic Yucatecans out of the peninsula except for those in the walled cities of Mérida and Campeche.

Hoping to suppress the revolt, Governor Méndez sent letters to Britain, Spain and the United States, offering sovereignty over Yucatán to whichever nation could help stop the Mayans. The proposal received serious attention in Washington, D.C., where the matter was debated in Congress. However, the only action taken by the United States was to warn European powers not to interfere in the peninsula.

At the conclusion of the Mexican-American War, Yu-

catecan Governor Barbachano appealed to Mexican President José Joaquín de Herrera for help in suppressing the revolt. Mexico agreed, and Yucatán again recognized the Mexican government's authority, reuniting with Mexico on August 17, 1848. Fighting continued between the forces of the Yucatecan government and the independent Mayans through 1901 when the Mexican army occupied the Maya capital of Chán Santa Cruz. Some Mayan communities in Quintana Roo refused to acknowledge Ladinio (Jews of Spanish origin) or Mexican sovereignty into the next decade.

Until the mid-1900s, Yucatán's only contact with the outside world was by sea. As

a result, Yucatán's trade with the United States, Europe and Caribbean islands was far more lucrative than that of all other Mexican states. Yucatán was linked to the rest of Mexico by railway in the 1950s and by highway a decade later. Today, Yucatán's culture remains unique from that of other Mexican states.

In the 1960s, the first commercial jet airplanes arrived in Mérida. International airports were built in Cozumel and Cancún in the 1980s, bringing significant tourist income to the region. The Yucatán peninsula, which supports one of the largest indigenous populations in Mexico, also holds the state's largest tourist volume.

For centuries, gubernatorial elections were based primarily on the purity of the candidates' Hispanic ancestry. However, this led to corruption and the oppression of Yucatán's majority population — those of indigenous ancestry. The first governor of Yucatán born of pure Mayan descent, Francisco Luna Kan, was elected in 1976. His victory represented a political break from tradition.

To this day, the people of Yucatan remain rebellious and do not care much for Mexican tourists, especially those not from Mexico City, but are nice

**CONTINUED ON PAGE 30**

  
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# Pelagic Life in Baja

BY LISSETTE VALENTIN

I have always been fascinated by the ocean and attracted to its underwater mysteries. In my research, I came across the term Pelagic. Pelagic isn't only the fishing tackle brand fishermen wear when you see them walking around during our famous fishing tournaments. Actually, the word "pelagic" is derived from ancient Greek (πέλαγος) which means open sea.

A pelagic zone consists of the water column of the open ocean and is divided into several vertical regions. The Epipelagic is the illuminated surfaced area that most of us swim in and also where most marine life concentrates like plankton, floating seaweed, jellyfish, many species of sharks and cetaceans like dolphins, porpoise and whales. The Mesopelagic is a twilight area where swordfish, squid, and some species of cuttlefish live. The Bathypelagic is where

the ocean is pitch black. It still has some inhabitants like giant squids hunted by deep-diving sperm whales. In the Abyssopelagic or abyssal zone, very few creatures live in the cold temperatures, high pressures and complete darkness of this depth. Lastly, the Hadopelagic or hadal zone is mostly formed of trenches.

Pelagic also refers to an ecosystem that relies completely on phytoplankton. Phytoplankton manufactures its own food using a process of photosynthesis. This is why it inhabits the upper sunlit epipelagic zone. It is this plankton that feeds migratory forage fish like herring, anchovies, capelin, and menhaden and consequently their predators: sea lions, billfish (marlin, sailfish, swordfish) tuna, and tuna-like species like yellowfin and bluefin, skipjack Mahi Mahi, bonitos, oceanic sharks

and large rays.

Many of us have never heard of Pelagic life before, but the Baja Sur Peninsula is teeming with it. It is thanks to it that some of the largest and richest fishing tournaments in the world are held in Los Cabos like the Black and Blue, The Bisbees and the Tuna Jackpot to name a few. Sport fishing is highly practiced from Cabo San Lucas and San Jose del Cabo to the Eastcape, Punta Gorda, Los Barriles and Los Frailes.

But not only the anglers can spot and interact with pelagic fish and other pelagic creatures. Whether you are sailing, yachting, boating, surfing, free diving or spearfishing, snorkelling or scuba diving, you are most likely to have a Pelagic encounter. Scuba divers enjoy that privilege in protected areas like Cabo Pulmo National Park, and the islands of Espiritu Santo and Cerralvo. At Cerralvo Island there is a dive spot called La Reina where the number of gigantic rays has seemed to increase thanks to



## How To Dial Toll Free #'s

Mexico blocks toll free calls to the United States, which is frustrating to us, as most of our banks, credit card companies, and large businesses only provide us with toll free numbers. But we have a work around.

### Just substitute these numbers:

to call an 800 number, change the 800 to 001 880  
to call an 888 number, change the 888 to 001 881  
to call an 877 number, change the 877 to 001 882  
to call an 866 number, change the 866 to 001 883  
to call a 855 number, change the 855 for 001 884  
to call a 844 number, change the 844 for 001 885

Best to talk fast because these numbers are not toll free. And yeah, we know any business that deals in toll frees doesn't have a live person answering the phone, so good luck with making it a speedy call.

the efforts of several non-profits like Manta Pacifico. This site offers a magnificent spectacle of colourful large groupers, moray eels, turtles and other small pelagic species such as nudibranchs, frogfish and seahorses. At Espiritu Santo Island in La Lobera islet lives a colony of over 400 seals. At El Bajo dive site there is a large school of hammerheads. This is great news because, in 2009, the International Union for Conser-

vation of Nature (IUCN) had them on their red list of threatened oceanic sharks. At Punta Lobos, a school of mobula rays lives and thrives. At the Swanee Reef, nudibranchs and octopus abound.

More recently, an incredible male orca named Moctezuma was documented again this past July exercising highly developed hunting strategies. Just off La Paz Bay at El Mogote, snorkelling whale shark tours happen every year from December to April. Higher up In Loreto Bay scientific expeditions are held researching the blue whale, and the rare sperm, fin and pilot whales have been seen here before.

In Cabo San Lucas there is a zodiac type of expedition that submerges hydrophones so you can actually hear humpback whales singing and clicking. More accurately called whale vocalization or echolocation, rapid bursts of high-frequency clicks help obtain sonic information about the environment, find prey, and sexual selection. Marine biologist Philip Clapham describes their singing as "probably the most complex in the animal kingdom." Humpback whales have also been found to make a range of other social sounds to communicate such as "grunts", "groans", "thwomps", "snorts" and "barks". All cetaceans use echolocation and clicks as a

CONTINUED ON PAGE 30

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## SOCIAL CLUB LEARNS...

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toes. Originally from the Midwest, she moved close to Napa Valley in Northern California to explore her passion and expand her knowledge of wine.

After writing and publishing a guidebook on wine tasting experiences in Napa Valley in 2000, she began organizing bespoke wine events in 2005. She has also arranged specialized wine pairing events since 2007 and continued to regularly do so monthly for 10 years for both small and large-scale groups. Her accomplishments in "el mundo del vino" are vast and authentic.

This expertise led her to develop the concept of the "progressive dinner" where guests can experience three restaurants in Cabo San Lucas in a single night. The first establishment serves the appetizer, the second one the entrée, and the third and

final stop serves dessert. All restaurants pair food with wines from their menu and each is located within walking distance from the other. This inspired approach encourages locals and visitors to have a unique experience that only Los Cabos can offer.

Dawn's current pursuits include educating locals, visitors and wine enthusiasts about Baja's up-and-coming Valle de Guadalupe region located in the northern portion of the peninsula. She is effusive in her love of the region and is quick to mention that the oldest winery in North America is located in Mexico.

Along with her business partner Tana Craighead, the pair has also established cabowineclub.com to showcase wine tasting events at area restaurants. The Gastro Vino Baja Food and Wine Festival in Todos Santos on November 11-13, 2022 is their next focus. More information on the upcoming festival can be found

at <https://www.gastrovino.mx>. Special arrangements can be made for tours and transportation. Contact them on Facebook or Instagram @cabowinedivas.

Twenty-six members and guests attended the Dutch Luncheon. Guests attending included Kerry Burton from San Jose, California by member Donna Floyd, Yvonne Connor from Vancouver, Canada by member and sister of Angela Connor, Cindy Schaffer from Enumclaw, Washington by member Sandra Berry, Edith Vizcurra from Mexico City, Mexico by member Judy Miller, and Shar Wagers from Covington, Washington by member Dawn Solomon. Those joining were Yvonne Connor, Kerry Burton, and Shar Wagers.

Los Cabos Tomatoes originated in 1991 and currently has 600 members on the membership roster. For information, contact [loscabostomatoes@gmail.com](mailto:loscabostomatoes@gmail.com). 🐦

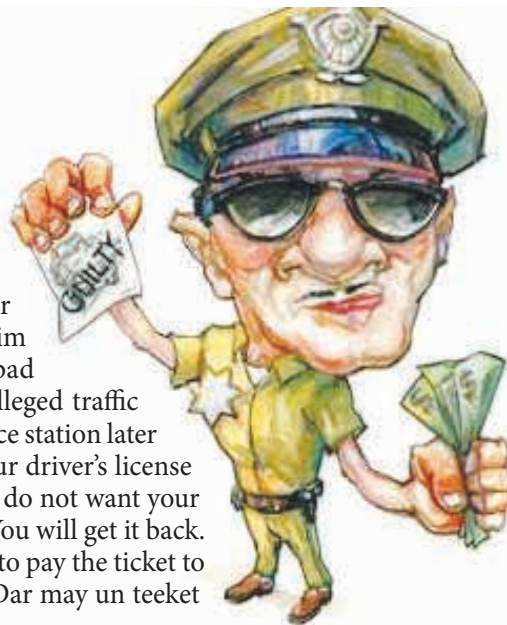
## What To Do If You're Stopped By The Police

We recently got a report from a local Gringo who was walking back home and a police cruiser stopped him and took money from him to let him go. That's extortion anywhere, and there are bad hombres anywhere. If you are stopped for an alleged traffic violation, ask for a ticket and go down to the police station later on or the next day, and pay it. They will take your driver's license to ensure that you show up, and that's OK. They do not want your license, and there's nothing they can do with it. You will get it back. And no, do not give them money if they ask you to pay the ticket to them right there. Just keep asking for a ticket, "Dar may un teeket por favor." Be polite and firm.

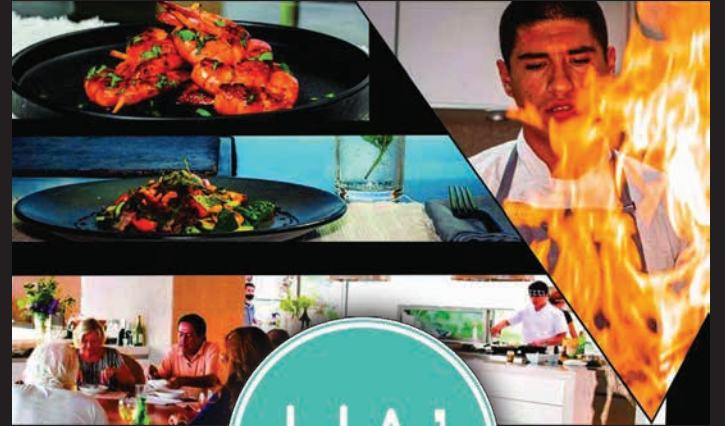
If they get nasty, write down their last name from their name badge, or pull out your cell phone and take a photo of him, her, or them. That's like holding a mirror up to a vampire, and they will jump in their vehicle and scurry away like cockroaches when you turn on the light.

It's extremely rare for them to write a ticket, and for sure they will not cite you when you haven't done anything wrong. And, if you have broken a law, the ticket is ridiculously small. Man up and fo down and pay it.

This police extortion would stop in a week if everyone would grow a back bone and stand up to them. 🐦



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## 10 NO-NONSENSE PRACTICAL...

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ATM multiple times per month (and racking up fees).

### Know the law

You've probably heard that there are some crooked cops who will pull you over because of your gringo status or foreign-plated car... well, if you do get pulled over, know the law!

The cops are not allowed to take your license. If you do get pulled over, ask the cop for the ticket or follow them to the local police department to pay your fee.

Don't hand over your license or cash. Paying a bribe or *morditas* is illegal for you and for the cop.

Feel like you've been taken advantage of? *Sindicatura* is an organization run by the Mexican government that investigates corrupt police interactions.

### Prepare for hurricane season

If you're from somewhere

that doesn't get hammered with hurricanes and they're more of a foreign concept to you, listen up!

Hurricane season comes every year. It's from May 15 to November 30 with most storms active from August to October. Whether or not the peninsula gets hit by a hurricane or tropical storm is a toss-up, but you still need to know how to prepare.

- Stock up on food and fresh water.

- Gas up your vehicle and get an extra fuel can to fill your generator or car.

- Look around your casa and consider that anything that isn't embedded in the concrete can (and will) become a flying projectile. Have a plan for where all those items are going to go in the event of a storm.

- If you're here all year, investing in a generator to keep your AC running might also be a good idea.

Keep in mind that the power infrastructure in Mexico is likely not as robust as you're used to. A thunderstorm can knock out the

**CONTINUED ON PAGE 31**





## COOKING LIKE A MEXICAN...

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and friendly anyway. They do, however, know when a tourist is being respectful and appreciating of their culture and will welcome them with open arms.

This edition's recipe is an ode to Yucatan, its culture, ingredients and people, Sikil Pak (see-kheel pack) is a quick and delicious recipe for a dip. If you are a frequent reader, it will be no news that pumpkins are ancient Mexican ingredients; better said: Mayan ingredients. Sikil Pak means seed and tomato, which is essentially what this recipe is.

## Ingredients:

1 cup of pumpkin seeds  
2 tomatoes  
2 green chiles (jalapeños or serranos, if you're feeling adventurous you can try with habanero)

¼ of an onion or 3 green onions

A bunch of cilantro

Salt to taste

## Procedure:

Grill the tomatoes until the skin is charred and peels off easily.

In a blender, puree the tomatoes, chiles (can be fewer or more, depends on your liking)

cilantro onion or green onions, and salt. Make sure you don't add too much water but blend well, we want a paste consistency at the end.

Roast the pumpkin seeds slowly, making sure you don't burn them.

Grind the pumpkin seeds into a powder (extra points if you do it in a molcajete)

Strain the tomato mixture and combine with the pumpkin seed powder and mix into a dip!

Serve with totopos (tortilla chips)

I am always so happy to hear from you guys at ale.borbolla@gringogazette.com and lately, I've been getting more and more fan mail, stories and pictures! It truly does warm my heart to know you share my pieces with your family and take the time to write me emails and snail mail letters. You are why I am here and have been for the past 7 years! Thank you, from the bottom of my heart. 🐾

## PELAGIC LIFE IN BAJA...

continued from page 28

sonar. Also, in Cabo San Lucas a Shark Pelagic Safari offers a lifetime close encounter with mako, silky, hammerhead and

blue sharks.

Still, on the Sea of Cortez, La Ventana village seems to be a hot spot for freediving and spearfishing. Either reef or bluewater spearfishing provides an opportunity to interact with pelagic species especially yellowtail tuna, wahoo, Mahi Mahi (dorado), leopard grouper, pacific crevalle jack, dog snapper and sierra. Since I am more of a conservationist type, free diving sounds like a more reliable way to immerse oneself in the pelagic world without the

obstruction and heaviness of scuba gear or a spear gun.

Baja Sur isn't short of non-profits trying to protect the Pelagic abundance and promote sustainable tourism. Pelagic Life and Whale Shark Mexico have joined forces to tag whale sharks and giant mantas with satellite devices in the Revillagigedo National Park (UNESCO World Heritage Site) and Isla Cerralvo in order to register their swimming profiles and their movement patterns. They are also teaming up with

Pelagios Kakunjá in shark conservation efforts.

Pelagic life has a Youtube Channel and has produced several documentaries like Pelagic Mexico, a film about Mexico's oceanic treasures that seeks to inspire people to take up the mantle of respect and conservation through ecotourism. Here is a list of their productions:

Striped Marlin and Orcas Bahía Magdalena

Mobula Rays and Orcas

Obsession with Cetaceans

CONTINUED ON PAGE 31

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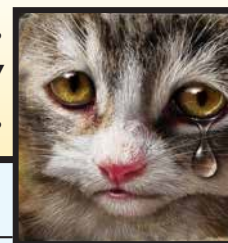
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# The Longer You Live in Mexico

The longer you live in Mexico, the more you come to learn:

- When everyone says good morning/afternoon/evening to everyone else, life feels connected and happy

- Tequila cures head colds, broken bones, grumpiness, you name it

- Why party until midnight when 4 AM is an option?

- Pretty much anything is a reason to celebrate

- If a tree is in the way of a wall, build around the tree

- Peel a mango like a potato then eat it like an apple

- If you set aside a special day to be with loved ones who

have passed on and tempt them with their favorite foods and activities, they really do come back to say hi

- Without preservatives, fruits and veggies only last a few days

- Rules are always optional

- Mexicans apologize profusely for not knowing English perfectly and are so gracious when you butcher their beautiful language

- Sing sing sing! Music, music, music!

- Don't mess with Mexican women! They all have inner chihuahuas

- Life in the sun with win-

dows and doors open all the time is the way to go

- Cobblestone streets were invented by shock absorber companies

- There is no limit to how many people fit in the back of a pick up, or on a scooter

- Food food food!

## 10 NO-NONSENSE PRACTICAL...

continued from page 29

power for a couple of minutes to a couple of days.

## Yes, you need insurance

After purchasing your new home, you definitely want insurance to protect your investment. Your homeowner's policy (or rental policy) should cover you for the essentials like fire, debris removal, loss of use, glass break-

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## PELAGIC LIFE IN BAJA...

continued from page 30

Sea of Cortez

Mobula Rays, Sardines and Bull Sharks Sea of Cortez

And some are still pending:  
Major Pelagics Mar de Cortés, Baja California - 2021

Reborn (Revillagigedo Island) - 2022

It is evident that Baja California Sur and its shelter bays

are breeding grounds and birth sanctuaries for many pelagic species. It is our responsibility as locals or visitors to protect it by raising awareness, supporting sustainable tourism and fishing and promoting responsible seafood consumption. Hopefully, the planet's greatest mammals and Pelagic creatures around us will also force a rethink of our own place on Earth.

For more information about pelagic life in Baja California Sur, please visit and consider supporting these non-profits:

<http://www.pelagiclife.org>  
<https://www.whaleshark-mexico.com>

<https://www.facebook.com/mantapacifico>

<https://www.pelagios-kakunja.org> 🐾





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