

# Trippin' Towards Christmas!

Holiday Traveling

### In an earlier Gringo Gazette I recounted the first part of a holiday story in 1992 with my sister, Alisabeth. We took a road trip with the goal of driving the entire length of the Baja California peninsula (Part of this adventure was published in my first book, now out of print). We packed my 73 VW bug to the roof and headed south. It was a beautiful time without the safety net of technology. No distractions looking at the plastic screen, we missed none of the beauty of the winding roads, nor fell

### BY MARTINA DOBESH

into any potholes while texting friends in the States. Believe it or not, we actually used a paper map, and I still thrill unfolding it to its full length. At a road-side palapa we relished greasy pork burritos for Thanksgiving dinner and smugly drove away leaving the clean up to the seniora. We felt like true travelers and completed the 1000 mile trip all the way to Cabo San Lucas. Below continues my first sola journey back to Mulegé for Christmas.

I did not like the feeling as I watched Alisabeth's plane

fly out of San Jose del Cabo, leaving me on my own. I wondered about my ability to take care of myself as I drove back to the hotel in the dark. I had never done anything like this before. I spent the next day on the beach under heavy gray skies. No one was around. Everything was shrouded in soft pastel moisture. The Pacific was restless and frequently threw its waves on the shore so hard I could feel the vibration through the sand. A spatter of rain hit my journal, running the ink. I sure didn't want to be making the drive alone to Mulegé in the rain, and admittedly I had not thought out this part of the trip.

I left before dawn grateful the rain had stopped. It was then I realized I had no idea how to get through the northern maze of town to Highway 19. I'd done it only once, coming south in broad daylight! I had a moment of panic and considered turning around to wait for dawn, but felt committed, or a little stupid. I just followed an odd sense of intuition and there it was, Highway 19! When the first faint light of day touched the solid darkness, the beauty of the wet landscaped opened up as if a prehistoric

panorama.

As I drove through the quiet town of Todos Santos, the children were walking to school and the police were stationed at each crosswalk to slow the traffic. It started to rain again. Long stretches of desert were drenched and overflowing. I could almost **CONTINUED ON PAGE 5** 



## **Good Advice for U.S. Expats Living and Working in Mexico**

BY STEPHEN F. MITCHELL, CPA.

Our southern neighbor, Mexico, has become a feasible destination for many, with nearly 1.5 million American citizens already residing there and about 16,000 more arriving annually. Then why not?

a rate of roughly 6%, many Americans are now looking to Mexico. With daily flights to numerous Mexican cities and amenities comparable to those found in the United States (Walmart, Costco, Of-

in the initial decision to settle in Mexico. There will be new taxes and financial obligations to adhere to, which may sound the same as it is in the good Ole USA. In some ways, the laws appear similar but remember that you're not in Kansas anymore. The road rules have different Latin twists and turns... can you say "Servicio de Administración Tributaria" or "Fideicomiso"? That is, of course, a topic for a later discussion.

First and foremost, you need to know before you buy or rent that Condo, start that real estate business, or retire in Mexico, which will be addressed in this article. As an income, interest, or dividends

counts, brokerage accounts, or mutual funds in Mexico. In that case, you may be obligated to report this information annually depending on established thresholds, even if the accounts do not generate any taxable income. Per the Bank Secrecy Act, you must report certain foreign financial accounts to the Treasury Department and

taxes. Regardless of whether you pay Mexican government income taxes on foreign rental earned outside of the U.S. or on earnings from online cryptocurrency trading, swapping, or otherwise disposing of cryptocurrency online. All income earned is reportable and may be taxable. There are always exceptions to the rules;

### therefore, it depends. The IRS will monitor you even if you are out of the country...believe it! The IRS typically has a three-year audit statute, but this is not always the case when it comes to foreign income or significant underreporting. Keep in mind that the IRS has the authority to audit you going back six years. When it comes to unfiled tax returns or civil tax fraud (intent to defraud), the IRS has the authority to audit you indefinitely. Yikes! If you haven't filed in the last three to six years, you should consult with a tax professional Suppose you own bank ac-

keep certain records of those



who want to live there permanently rather than just for tourism and inexpensive labor in border towns.

With the national monthly average cost of owning a home in the United States being approximately \$2,000 and the cost of living increasing at moving to Mexico, where their money goes further, and living is more pleasant. Wow! Look at what I discovered!

This new influx of American Expats living, working, and conducting business in Mexico brings an additional burden that is commonly neglected

American living and working in Mexico, here are some basics that every U.S. Expats must keep in mind:

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KM. 52

One fundamental fact that a U.S. citizen who works and lives overseas must never forget is that your worldwide income is still subject to U.S. income

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accounts every year. While Mexican banks and financial institutions are safe and secure, criminals often use foreign accounts to hide and launder money.

These are the essential tax regulations that U.S. Expats should be aware of. Specific requirements may apply, so I will advise you always to seek expert counsel. In general, many U.S. Expats are misinformed, unaware, and frequently confused about their U.S. tax filing duties. Keep in mind that while IRS audits are uncommon, the likelihood of being audited is increasing.

President Joe Biden recently signed the Inflation Reduction Act into law, providing funding for IRS enforcement. This Act funds the IRS for the next ten years to the tune of about \$80 billion, of which \$45 billion is

**CONTINUED ON PAGE 8** 

## What Mexico Has Taught Me

BY THE UNKNOWN GRINGO

There are two annual parades that I've seen several times in Ensenada. At the Carnaval Festival and on Independence Day. Both have similarities as well as sharp contrasts. Both are a pleasure to watch. And then there was the time I saw a baby parade and haven't seen it since.

The Carnaval Festival for 2023 is scheduled to start on Thursday, February the 16th and end on Tuesday the 21st. Each day has its own special event. The cuandopasa.com website seems to have the most information at this time. I love starting with the Burning of Mal Humor on opening day. The parade is scheduled to be run on both Saturday and Sunday and it is a must-see for me. I have seen the Rose Parade in Pasadena in person and find it to be too regimented. Beautiful, but kind of cold. Twice was enough. The Carnaval parade

is home-grown with lots of personality. Flat bed trucks will have bands using portable generators to blast their music. Other trucks will have energetic men and women dancing in costumes; some representing the city and others sponsored by businesses. Candy gets thrown. There was a tequila truck one year handing out shots. Another truck had wrestlers grappling with each other in a cage. No Rose-Parade-sized floats but some trucks will have decorated platforms with rocket ships and mountains and such with local citizens waving to the crowd.

Then the marching bands. And schools of children marching as well. Senior citizens dancing in costume. People on stilts. Clowns. Jugglers. With riders wearing charro gear on horseback at the end. All very simple and

hand-made, it includes the whole community. Nothing too polished and fancy. Just the pure joy of a city that has been celebrating Carnaval since 1891.

The Independence Day parade is on September 16 and while it also has marching schools and riders on horseback, it is quite a bit different. The focus is pride in Mexico's history and its military resources.

The schools focus on the history of Mexico with children marching while some wear historic costumes. To see a small child dressed as Father Hidalgo with a priest's robe and skull cap to appear half bald is a treasure. The children take this parade very seriously and often march like soldiers. The Mexican military salute is often seen. You raise your right arm to chest level and fold the elbow to put your



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hand across your chest with the hand palm down. Both teachers and kids will be quite somber.

The soldiers and sailors will march as well with their legs stiff. No bending of the knees. Marching bands plus trucks pulling small Naval

rafts and boats behind them. Helicopters flying over head. And, of course, horses with the charro riders at the parade's end. I started going to this parade in 2010; the 200th year anniversary of "El Grito de Dolores" when Hidalgo cried **CONTINUED ON PAGE 6** 

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

**Ed Note.** We have received comments from the local community asking us what do we have against the local police force. The answer is nothing, there are several great elements among the force, but unfortunately it is also common to find cases like the one we report below, specially with tourists or expats, which we feel is part of our duty to educate and protect. This is why we print this note on every edition of the Gringo Gazette.

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. No, it's not illegal to photogtaph or record a police officer doing it's job. 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.  $\nearrow$ 

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## **Cooking Like a Mexican**

BY ALEJANDRA BORBOLLA





Mexico has magic in its warm drinks and atole and champurrado are probably at the top of the list. Although very similar, they are not the same and can be easily confused. Champurrado is a type of atole we could say, but once champurrado can never go back to atole if that makes sense.

The origin of atole is reg-

mostly corn but also honey and chiles, referring to atole. Back then, it was called "atolli" or "tol" which means watery, or runny. It started to thicken up as the corn masa was brought to a boil. On another narrative, Fray Bernardino de Sahagún would explain in his writings that "atolli" came from "atl" water and "toloa" eating or swallowing.



istered as far as ten thousand years ago, and it started with the domestication of corn, a key ingredient in Mexican gastronomy. The earliest recipes and ways of consumption were recorded in one of Hernan Cortez's five letters to Spanish emperor Carlos the Fifth. He explained that (now Mexican) natives drank a thick, energetic concoction, made with

Nowadays, atole is perceived as a thick drink, but in the prehispanic period it was an actual meal and meant to be paired with a special drink and it was elaborated in many ways. Its meaning varied according to the context where it was prepared and consumed from rituals to nursing back to health. Even now, atole is often consumed when re-

stricted diets are prescribed for stomach aches or the flu. Fray Bernardino's writings also mentioned atole being sold scalding hot or cold, prepared with many different ingredients like corn masa, ground tortillas, burnt and ground corn husks, beans, chiles, lime water and the list goes on. When atole was part of a ritual, it was served in intricately decorated gourds. There were also different types of atole recipes depending on the social status people belonged to and the access they had to ingredients.

When the Spanish arrived in what we call now Mexico, they were not great fans of atole, so at some point in the cultural exchange, the recipe started being made with milk, which is how we know it today. One of the greatest things about atole is that it is still considered a "drink" for the more humble population because chocolate was always considered for the higher class. There's even a great Mexican saying that goes "más vale atole con risas que chocolate con lágrimas." It means "I would rather have atole and laugh than have hot



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chocolate and cry" referring to life being better poor but happy than rich and miserable. Not many people use it anymore, though; it's one of those things only traditional grandmas or grandpas say.

As the years went by, the recipe for atole started to call for rice flour or cornstarch, along with milk, sugar, piloncillo and some flavors like strawberry and vanilla. In modern times, we can find small packets of ready-to-make atole in supermarkets that only require adding milk and bringing to a boil with not much effort.

Champurrado on the other hand has always been a ceremonial hot drink which was used by the Aztecs in rituals. The base was also corn, but it was enhanced with cocoa beans and absolutely no sweetener of any kind since it was not yet introduced. The main difference from atole is that champurrado is made with corn masa, which can be made at home or bought in tortillerías. This is also the thickening agent that is so characteristic of champurrado; atole is a little lighter. Champurrado is traditionally the same flavor because it has chocolate. Atole can be made with many different flavors, but recipes vary depending on who's making it. There's no rules.

Champurrado is usually made in a clay pot and served with tamales, as a drink. It is very common to find champurrado and tamales very early in the morning or when the night starts to fall and is one of those recipes that still holds true to our ancestral roots despite modern twists. Many Mexicans begin and end their day with champurrado. It's a hearty warm drink full of energy that comforts an empty belly and brings probably great memories in the midst of modern-day chaos. It can be consumed on the go and holds its temperature for a long time thanks to its thick consistency. Some people like to add milk to champurrado. I personally do, but it's not obligatory.

Ingredients:

4 cups milk

2 ounces piloncillo, plus more to taste (can be substituted with brown sugar)

**CONTINUED ON PAGE 6** 



## **A Christmas Chuckle**



Not long ago and far away, Santa was getting ready for his annual trip. But there were problems everywhere. Four of his elves got sick, and the trainee elves did not produce the toys as fast as the regular elves so Santa was beginning to feel the pressure of being

#### BY CARRIE DUNCAN

behind schedule.

Then Mrs. Claus told Santa that her mom was coming to visit. This stressed Santa even more.

When he went to harness the reindeer, he found that three of them were about to give birth and two had jumped the fence and were out, heaven knows where. More Stress.

Then when he began to load the sleigh one of the boards cracked and the toy bag fell to the ground and scattered the toys. So frustrated, Santa went into the house for a cup of coffee and a shot of whiskey. When he went to the cupboard, he found the elves had hidden the liquor and there was nothing to drink.

In his frustration, he dropped the coffee pot and it broke into hundreds of little pieces all over the kitchen floor. He went to get the broom and found that mice had eaten the straw it was made from.



Just then the doorbell rang. Santa cussed on his way to the door. He opened the door and there was a little angel with a great big Christmas tree.

The angel said: "Where would you like to put this tree, Santa?"

And that my friends, is how the little angel came to be on top of the Christmas tree.

Merry Christmas to all.

### TRIPPIN' TOWARDS...

continued from page 1

hear the "ahhh" from the growing things. Highway 19 turned into Mex 1, and as I came into La Paz I got a brief glimpse of the shimmering Gulf waters before heading inland. Luckily I found a gas station that actually had gasoline. The service stations bays were often dusty and unpaved, but the rain had turned them into slippery sucking mud holes. After Constitution the road turn east and back into the massive volcanic mountains. The VW sprung a link and water dripped on my feet somewhere under the dash. Taking the hairpin turns towards the gulf the heater suddenly refused to work. Cold, wet, hungry, I was feeling miserable and sorry for myself. It was then I saw two Mexican men with soggy bundles walking into the same mountains I had just driven through. As I sat over my lunch in a warm and cheerful restaurant in Loreto with my trip nearly finished, I thought of them and I felt just a little ashamed at not recognizing my good fortune.

Heading north heavy rain clouds broke open, allowing the desert colors to unfold. Long golden bands of sunlight touched the desert floor, lighting cactus and mesquite. I was moved by the overwhelming beauty. My poet's mind stumbled around for words to describe it and gave into a feeling of spiritual silence, humbled by the living desert and nature herself.

Up and over a ridge I saw Bahia de Santa Ines and in the distance was Mulegé. The



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lighthouse stood out on a hill, tiny shrimp boats were moored for the day. Driving Through the arches and back into town I felt like I was returning home. The central plaza had the Nativity set up and the empty manger would hold the tiny Christ Child on Christmas morning. The days

sped by visiting friends, collecting sea shells and watching the aerial display of the sea birds chasing the incoming shrimp boats. I rented a little travel-trailer while I waited for Alisabeth's return. In the peaceful evenings, I lit candles, and I wrote about these days **CONTINUED ON PAGE 7** 

## Historic Minimum Wage Increase Announced



The federal government recently announced the highest salary increase in 40 years, agreed upon by workers' unions, business organizations and the government. The new minimum wage, effective January 1, 2023, will go up 20 percent and will be 207.44 pesos for an 8-hour shift (about \$10.63 USD), up from 172.87 pesos. For the border zones, the new minimum will be 312.41 pesos (about \$16.02), up from 260.64 pesos. Even your home workers must receive this increase.

WHAT MEXICO HAS TAUGHT...

continued from page 3

the Mexican people must have more freedom. Go!!

My favorites of this parade are the marching women in uniform that have a VERY unusual form of marching that I have never seen elsewhere. The step they do has a specific name. Then, the kitchen trailer towed behind a truck that has cooks in white chef's clothing saluting the crowd at attention. And, finally, the walking snipers with huge rifles dressed like

large bushes to disguise themselves. They are wearing what are called ghillie suits, which originated in the British Isles for use in hunting game. This has a very different tone from the Carnaval parade because national pride is the focus. I never want to miss it.

And then, finally, the baby parade that I've seen only once. I saw it on May 13, 2016 at 9:30 in the morning on First Street. That's three days after Mother's Day, which is always held on the 10th. Was there a correlation? Dunno. The entire street was blocked off and dozens

of mothers were strolling the boulevard, heading north at their leisure, pushing their infants in strollers. No loud music. No horses. Just the calm joy of moms and their babies, together in a large group, taking up a whole street. I'd like to see that again!

## **COOKING LIKE A MEXICAN...** continued from page 4

2 (3-ounce) discs Mexican chocolate

- 1 cinnamon stick
- 1 1/2 cups warm water

1/2 cup corn masa 2 teaspoons vanilla extract

1 pinch salt Procedure:

Add milk, piloncillo, Mexican chocolate, and cinnamon stick to a medium saucepan or pot. Heat over low-medium heat until the piloncillo and chocolate have completely dissolved. Stir frequently to make sure nothing sticks to the bottom of the saucepan.

Remove and discard the cinnamon stick, using a strainer if it has broken into pieces.

In a small bowl, add warm water and corn masa. Whisk together until the mixture is smooth.

Add the masa mixture, vanilla extract, and salt to the saucepan. Whisk to combine.

Bring to a simmer, reduce heat to low, and continue to cook, whisking frequently, for 25-30 minutes until thick, creamy, velvety, and smooth. The champurrado should be thick enough to coat the back of a spoon.

Serve and garnish with a touch of ground cinnamon or a cinnamon stick.

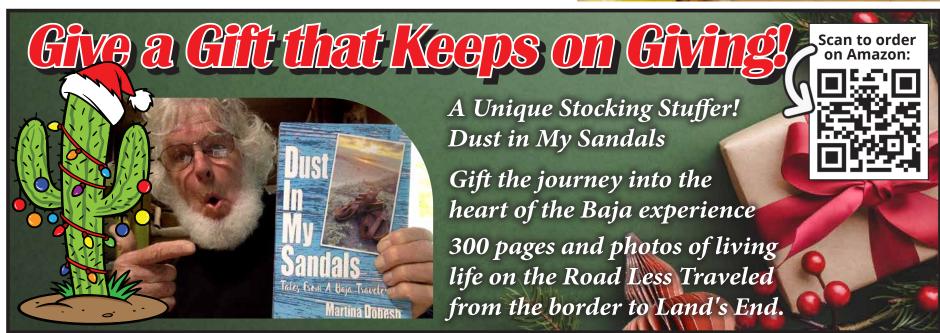
Pro tip: Don't forget to whisk! Make sure to whisk vigorously throughout the whole process to help get the drink as velvety smooth as possible. The champurrado should be completely smooth and not grainy. If it's still a little grainy, continue whisking until it becomes smooth.

You can store it in the fridge once it has cooled in an airtight container. It will thicken up quite a lot. To "revive" you can add more milk or water as it is brought up to a boil again until you reach desired consistency.

I am always available and happy to hear from you at ale. borbolla@gringogazette.com

Happy cooking!





## Aska Mexica

Recently, more foreigners with remote jobs from their home country have found themselves living in Mexico, which has started the conversation on whether they are gentrifying the country or helping raise the economy. What do you think?



Cesar Trujillo, 41, consul*tant.* I think we don't really need that many foreigners here making our rent prices go up and on top of that being conceited. Some people order in English and get mad when I don't understand them. They're in my country. Why can't they learn the language? That's unfair. If we go to the U.S., we're expected to speak English. If you want to go to a foreign country for lower

rent while you work remotely, be my guest. But, it's your job to learn the local language. And if you're going to take advantage of living in a cheap country with an expensive salary, do something to give back to the community you're gentrifying.

Diana Macías, 32, economist.

It's a bunch of Californians taking advantage of lower costs; it takes \$2500 a month in salary





in Tijuana to have a \$6500 standard of living from San Diego. The cost of living is 62% lower, so people are just commuting across the San Ysidro border ... A bunch of people priced out of renting moved there because they could afford to while they save to buy a home. It started in the pandemic, but rents in Tijuana have doubled over the past decade, and the price of land has tripled. But it's not just Americans, it's also a lot of white-collar Mexicans who are working across the border and doing the same thing with their higher salaries. Most Americans aren't trying to buy homes there, and it seems like they're not impacting overall rents because they're isolating themselves to safer, more affluent neighborhoods and the effect isn't spilling beyond them so, 100% gentrifying them and limiting Mexicans trying to move up and into safer places.

#### Fabian Lopez, 47, pharmacist.

I think one of the main points here is healthcare. It's almost certainly going to be cheaper in Mexico than in the US. I don't think Americans realize that their healthcare system is literally uniquely built to hurt them pretty bad financially more than almost every other country. If they're in rich neighborhoods in Mexico City with American money, they can easily get American level quality care and still have it cheaper than back home. American healthcare is systematically flawed, and somehow costs Americans more in taxes per person than most countries where citizens don't have to pay a dime for treatment. At the end of the day, we all look for better quality of life.

#### Julia Bautista, 56, cook.

I'm all for welcoming our neighbors. Mexico has always welcomed immigrants fleeing harsh economic conditions in other countries. That I know we are. I grew up with a very diverse set of cultures around me, this in Sonora. Mexican Asians and Cubans who migrated in the 70s I believe and a guy whose ginger worked at my favorite

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old. They come here for better living. We go over there for the same reason.

## Sandra Padilla, 28, logis-

Can you really blame them though? If someone says "Hey, it would be much cheaper for you to live here!" are you just going to ignore them? People ignore the impact of tough ethical decisions every day for either the sake of convenience or survival. The cost of housing has become a nightmare, and then we complain when someone actually buys property they can afford. That's so hypocritical. The housing market is ugly now. We should blame megacorporations snatching up property in ghost bids, not the average person just needing a place to live.

### Isabel García, 25, student.

I think it's not the foreigners who are gentrifying but the few Mexicans who sell their houses to companies that build apartment buildings and stack 50 times more people than there should have lived per square meter. It's really not that many foreigners when you do the math, and most of them just want a little more sunshine, a little more joy in their lives which they can't get back home, good tacos and to buy fresh fruit with chile and lime on the street.

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of walking alone. Little did I know this would become part of my first book?

Alisabeth returned on a dark, star studded Christmas Eve. The century old buildings where bright with Christmas lights made it looked like a picture postcard without the snow. There was a feeling of the sacredness of the impending birth; the true purpose for the holiday. There was to be the traditional posada where the townspeople played the role of Joseph and Mary and those who turned them away because there was no room in their inn. We invited ourselves to walk along with everyone to the church. The children carried candles that lit their faces in soft sweetness. The songs in Spanish needed no translation for the joy in them filled the night. Voices were heard reading the Catholic litany. We went to the steps of the church and sang the first verse of the song by Joseph." In the name of Heaven I ask of you shelter, For my beloved wife, Can go no farther." From inside the church we hear the people singing their refusal. We make our singing request through a few more pleading versus and finally we hear them sing that there is room for us. When the great doors opened the warmth and light spilled out along with the choirs welcome. After the service we celebrated in the garden patio of las Casitas savoring traditional Mexican dishes. The next morning, in the soft morning light we opened thoughtful gifts sent by friends from the States. We made the pilgrimage to **CONTINUED ON PAGE 8** 

### **GOOD ADVICE FOR U.S....**

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designated for enforcement, which means there will be an increase in both domestic and overseas audits.

In general, the U. S. tax system differs from that of most other countries in that it levies taxes based on citizenship. The Mexican government's income

taxes are based on residency and income earned in Mexico, regardless of residence; this is known as a territorial-based tax system. For further details, consult with your Mexican tax advisor.

If you are a U.S. Expat who works and lives in Mexico, you might need to consult a Mexican tax expert who is knowledgeable in international taxation as well as a U.S. tax

advisor. Having a consulting relationship with tax advisors who have professional ties with consultants from both countries may be beneficial. Someone is not automatically a tax expert on foreign tax matters just because they prepare taxes.

One must keep in mind that as a U.S. Expat working and living in Mexico, one's tax reporting responsibilities may be dual, one country's income tax may be offset by the other, and one may be eligible for tax credits and exclusions if certain requirements are met. My general advice for Expats is to know the basic requirements and seek advice from an experienced and qualified advisor on both sides of the border. It is time and money well spent. If relevant tax regulations are not followed, the U.S. and Mexican governments have the authority to impose steep fines and penalties.

In conclusion, there are

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various reasons to live and work in Mexico: the cost of living, the climate, the people, the exotic culture, business opportunities, and the list goes on. As an American expatriate residing in Mexico, you need to know your basic tax reporting requirements and consistently engage with a competent tax advisor.

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TRIPPIN' TOWARDS...

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the central plaza to witness the Christ Child now in the manger, and were grateful for the peace and simplicity of this day in Historic Mulegé where the true meaning of Christmas is still remembered.

Holiday season is here, Martina's book, Dust in My Sandals, Tales from a Baja Traveler, is a perfect gift for Baja lovers and those who love the lovers. Fast an easy! Visit our ad and order NOW!