



# So What is Our Government Doing to Improve Public Security?

BY LUISA ROSAS

Baja California, Mexico is a region known for its beautiful beaches, vibrant culture, and growing economy. However, in recent years, the area has also faced challenges related to public security. The government of Baja California has taken several steps to improve public security and ensure the safety of its citizens.

One of the key initiatives that the government has undertaken is the creation of a state-level police force. This force, known as the State Force of Citizen Security, is responsible for maintaining public order and

investigating crimes throughout the region. The police force is well-trained and equipped with modern technology, including body cameras, mobile command units, and crime analysis software. This allows them to respond to incidents quickly and effectively.

The collaboration with federal authorities has also brought increased security to the region, as almost 2,000 members of the National Guard and armed forces have arrived to Baja California in the last 12 months.

Another major initiative is the expansion of community

policing programs. The goal of these programs is to build trust between the police and the community by having officers engage with residents on a regular basis. This helps to identify and resolve local security issues and reduce crime. The government has also increased the number of neighborhood watch programs, which have proven to be an effective way of deterring crime and keeping communities safe.

In addition to these measures, the government has also invested in infrastructure and technology to improve public

security. For example, the government has installed security cameras in key public areas, including parks, shopping centers, and tourist areas. This provides additional eyes on the ground, helping to deter criminal activity and providing valuable evidence in the event of a crime. The government has also introduced modern emergency response systems, including real-time crime mapping and rapid response teams, which allow for a more efficient and effective response to incidents.

Another area of focus for the government is reducing corruption within the police force. This is a major challenge in many parts of Mexico, and Baja California is no exception. The government has taken several steps to address this issue, including the implementation of strict background checks for new recruits, the establish-

ment of an internal affairs unit to investigate complaints, and the introduction of a zero-tolerance policy for corrupt behavior. These measures are helping to restore public trust in the police and ensure that they are held accountable for their actions.

The government of Baja California is taking several steps to improve public security in the region. Through the creation of a state-level police force, the expansion of community policing programs, investment in infrastructure and technology, and the reduction of corruption within the police force, the government is working to ensure the safety and well-being of its citizens. While there is still much work to be done, these initiatives are helping to make Baja California a safer and more secure place to live, work, and visit. ✎

# Que Pasa In Baja?

BY OLIVER QUINTERO



**House Swept by the Sea Goes Viral.** A video of a house built right on the beach in Rosarito, when it was swept by the sea went viral on social media this past week, after Rosarito Mayor Araceli Brown shared it on her social media with the caption "Illegality collapsed by nature".

The caption caused some uproar by viewers of the video,

**Ensenada Pioneers Public Pet Microchip Program.** Ensenada will be the first municipality in Baja California to offer pet microchip installations in public institutions at a low cost for pet owners.

Antonio Soltero, head of the Center of Canine and Feline Care of the city of Ensenada, stated that the microchip has been available for some

the renovation of the centers facilities was funded by Sempra Energy, through their local company Energia Costa Azul that donated 500 million pesos for different community improvement programs.

**Mexico Tightens Anti-Smoking Law\*.** And it's really tough now. As of January 15, it is forbidden to smoke in

rant and go out to smoke, you must be 10 yards away from the entrance and ventilation equipment. You are stuck to smoking at private properties like your home or your friends'. Last but not list, packs of cigarettes for sale must not be visible, so store chains like OXXO has covered them with black curtains.

**Mexico Spends 9.7 billion USD on Smoking Related Diseases.** If you read the previous news bit and you were wondering why the government is cracking down so hard against smoking, one of the answers could be that the country says it is spending over 9.7 million USD in public health care for smoking related diseases that could be prevented.

**Sea Shepherd Gets New Ship.** The Sea Shepherd Conservation Society announced recently that they have added a new ship, called Seahorse to their "Operation Miracle", which aims to save the Vaquita Marina in the Gulf of California.

Sea Shepherd along with federal and state authorities have been able to reduce illegal fishing by 72% in the protected area for the Vaquita

Esteban Moctezuma, ambassador of Mexico in the USA, stated that "The protection of the Vaquita Marina is a priority for the mexican government. We are thrilled to announce a new chapter in

**Splash**  
RESTAURANT & CANTINA  
FRESH SEA FOOD

Live the Splash Experience!

OPEN MON - THU  
11AM - 10PM  
FRI-SUN  
8AM - 10PM

KM. 52  
OLD ROAD TO ENS  
PH. (661) 688-0947

accusing the mayor of not doing anything before the structure collapsed and not worrying if someone was hurt or not in the event.

You can check out the video by going to this address in your browser: [www.bit.ly/quepasa0926](http://www.bit.ly/quepasa0926)

time with private vets, but this will be the first time that a government institution offers it.

The chip will allow pet owners to have a better control and care of their cats and dogs, specially regarding preventive care and vaccinations.

This program, along with

Restaurants, (even outdoors), Malls, Private ballrooms, Beaches, Parks, Sports stadiums, Movie theaters, theaters, live concerts, amusing parks, hotels, schools, workplaces, government offices, medical facilities and public transportation. If you are in a restau-

## GRINGO Gazette

Published bi-monthly and distributed in Mexico & The United States

**Northern Baja**  
044 (646) 179-4599

**United States**  
P.O. BOX 1700  
Chula Vista, CA, 91912-1700  
Ph. (323) 952-4925

Subscriptions available see page 4 or 8, maybe 6, sometimes 2.  
Or mail \$70 for one year, (26 issues) or \$45 for six months (13 issues) to the U.S.

**Follow us on FB:**  
GringoGazette North

Subscribe to our mailing list to get our news in your inbox:  
[www.ggnorth.com](http://www.ggnorth.com)

Check the paper online:  
[www.ggnorth.com](http://www.ggnorth.com)  
You may view the entire newspaper, just as it appears in print, online

**Who's to blame:**

**Publisher**  
Oliver Quintero,  
[oliver@ggnorth.com](mailto:oliver@ggnorth.com)

**Managing Editor**  
Luisa Rosas  
[luisa@ggnorth.com](mailto:luisa@ggnorth.com)

**Sales**  
Cell (646) 179-4599  
[advertise@ggnorth.com](mailto:advertise@ggnorth.com)

# SUBSCRIBE

## GRINGO North Gazette

Yes! Yes! Sign Me Up!  
It's not gonna be my fault the GG goes belly up!

**12 Months = \$70**  
1st Class Mail (26 Issues)

Please make your check payable to:  
Gringo Gazette North

PO BOX 1700  
Chula Vista, CA, 91912

Name \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail: \_\_\_\_\_

Don't fill if paying by check

Credit Card # \_\_\_\_\_

Expiration \_\_\_\_/\_\_\_\_

For faster service subscribe online at: <http://www.ggnorth.com/subscribe>

this joint effort and we thank Sea Shepherd for their long collaboration".

**Hiking the El Coronel Hill Gets Better.** Rosarito authorities announced that the 9 KM path for hiking the Coronel hill was improved with a wider pathway and small wooden bridges to cross rock paths safely.

The route is safely signaled to avoid hikers to get lost, and has several places where the immensity of the local flora, fauna and landscapes can be contemplated.

**New Internet Provider Comes to Baja.** Megacable, which has been doing business in several parts of mainland Mexico for many years, has announced the installation of 1,952 miles of optic fiber in Baja California to be able to offer internet and tv services

CONTINUED ON PAGE 6



# What Mexico Has Taught Me

BY THE UNKNOWN GRINGO



**What are you afraid of?** I have a dear friend whose fear of heights is so strong it won't allow him to use a stepstool to change a light bulb. I had a roommate so afraid of spiders that she would wake me up in the middle of the night if she saw one in the bathroom. My mother's great fear was that something horrible would happen to me. When she knew I was going to Mexico, or going camping, or going to ride my motorcycle, she would always say "Be careful." I don't remember her ever saying "Have a good time". I always thought that she would have preferred me to be an indoors person who watched sitcoms, read library books, and ordered all food delivered.

Now, SHE traveled the WORLD with my dad. Deep into Mexico in the 1950's by car. Flew to China, Europe, the Middle East, Australia, and

Africa. Fearless. When asked about her concerns regarding me going to wonderful and easily reachable Ensenada she would say "I'm a mommy. I worry." I heard this well into my sixties.

So.....what IS there to worry about in Mexico? My list is tainted food, crime or violence, getting ripped off, and corruption. I think my first article for the Gazette was about the four times I've gotten sick in my 35 years and at least 200 trips to Mexico. That's an average I am comfortable with. The main point of the article was that none of those four episodes involved eating street food. Riding my bicycle all over Ensenada and getting ceviche or tacos from food carts is a pure pleasure.

**Crime and violence in Mexico make the headlines in the States.** Just because I love Mexico doesn't mean I

pretend problems don't exist. I don't wear expensive jewelry or clothing. (I don't own any) I keep my wallet in my front pocket. (I do that 365 days a year) I don't keep anything valuable in my day pack. That stuff goes in the zippered front pockets of my jacket. My ex-wife had her day pack slashed open at a VERY crowded Carnival street festival in the 90's. She felt someone pushing her from behind. The scoundrel got away with.....her Kleenex.

**I've had people try to rip me off before.** A taxi driver in Guadalajara wanted to charge me 600 pesos to go to the close-by suburb of Tonalá, about 60 dollars at the exchange rate back then. I think he was banking on the hope that this gringo didn't know how much the pesos in his pocket really cost him at the money exchange in the airport. I went to another cab and went to Tonalá for

- Health and life insurance
- House and Condo insurance
- Legal Assistance
- Car insurance (Mexico and US)
- Board Association Insurance
- Personal Accident

Benito Juárez # 10, Quinta del Mar strip center, in front of the stop light  
Phone 661-6121028 and 661-6130692  
Email: [info@berniesinsurance.com](mailto:info@berniesinsurance.com)  
[www.berniesinsurance.com](http://www.berniesinsurance.com)

First in Rosarito,  
first in service

Since 1971



Let us pay your household bills on your behalf. Easy set up

about four dollars.

**A clerk at an Oxxo short-changed me once.** I caught this with the receipt and showed it to her. She paid up. I think she did it on purpose because once before she tried to pull a fast-one on a beer sale. Quoted an inflated price on that one. She

was young and ambitious.

And a street vendor once quoted my ex-wife and a friend an outrageous price for some fresh fruit in two cups. They were confused about pesos and told me to pay the amount he quoted them as they walked

**CONTINUED ON PAGE 7**

# 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 photograph 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. 🐔



## Get this AirBnB in Ensenada For This Weekend\* at 30% OFF!



Enjoy this comfortable house, located in Valle Dorado, with ample spaces and a newly renovated kitchen that allows for a great time with your companion. The house has 2 spacious bedrooms that can sleep 2 persons each, and an open home office space that can sleep an extra guest in an Ottoman sofa bed. A one-car small garage will keep your vehicle safe during your stay.



<https://bit.ly/casapurple>



**Just mention this ad when talking to us via AirBnB chat and we'll take 30% OFF of your nightly room rate.**

\* This offer applies only for the current weekend (if available), whenever you are reading this advertisement in the year 2022. If the property is already booked for the current weekend, you can try again next week. This offer is not valid for reservations made more than 6 days in advance.



## Cooking Like a Mexican

BY ALEJANDRA BORBOLLA



Precious readers. I am going, to be honest with you. I am not picky at all with ingredients and flavors, but as far as textures go, I lose my cool. I have had to face a hard truth lately: I thought I hated something and turns out I slowly started to like it until one day I woke up craving it. One of the textures

friends, is said to be the most iconic dish in the state of Jalisco. The perfect companion for this dish is a cold Mexican beer. This is often eaten as a hang-over dish, but it was originally meant for satisfying a hungry stomach.

The torta ahogada's story began when a hungry laborer

a business or a street food cart.

One thing that must be noted for this recipe is that the bread is a special type called birote which is only made in Jalisco. Because of the sea level height, it is said it cannot be made anywhere else. It would become stale pretty quickly, so the torta ahogada was the perfect solution. Soak the stale bread in sauce and it becomes more edible before it turns mushy.

There are as many variations to the salsa recipe as there are stars in the sky. Well, maybe not THAT many but I'm here to show you the main recipe.

The main ingredient here is the tomato. This fruit (yes, it's a fruit) was born in Mexico. It was such a big surprise to the Spanish and they got so used to its flavor that they took it back to Europe in the sixteenth century. Europeans were quite skeptical because of its sour taste and yellowish red color. It was considered either poisonous or aphrodisiac, so women were banned from cooking or eating it. However, from the seventeenth century on, Spanish monks started introducing it in their recipes as it was cheap and fed an army. In the

nineteenth century, a brilliant Italian man made tomato sauce and it was a huge hit. Tomatoes were then incorporated in Spanish, Turkish, Greek, Lebanese and Arab cuisines. Therefore, tomatoes were our gift to the world. You're welcome.

The Mexican Spanish word jitomate is only applied to tomatoes in the nation's center; it is known as tomate in the rest of Mexico as well as in other Spanish-speaking nations. Sinaloa is Mexico's largest tomato producer in the North Pacific Region; tomatoes are produced to a lesser extent in the Central Pacific (Jalisco and Nayarit) and in the Central Highlands (Morelos, Tlaxcala and Mexico City).

Fun fact: tomatoes are hermaphrodite, they can turn a blueish color when lycopene (tomatoes and berries' natural color) is high, and a tomato plant can drink up to two liters of water per day. That's why they're so watery.

Back to the torta ahogada. My first tip is to eat it as soon as it's served so you don't end up with a bowl of unrecognizable mush and have a spoon handy

## CHURCH

EPISCOPAL / ANGLICAN / LUTHERPALIAN

IN-PERSON

EAST SIDE @ KM 40.3  
FREE ROAD ENSENADA-TJ

LIVE-STREAMING

VISIT:  
SMMACLIVE.NET

SUNDAYS 10AM

MARYMAGDALENEANGLICAN.NET

## Subscribe to our Breaking News Bulletins They're Free!!

To have them appear in your email go to:

[www.ggnorth.com/blast](http://www.ggnorth.com/blast)

Proudly brought to you by  
one of the many wonderful  
advertisers of the  
Gringo Gazette

because things will get quite messy. Warning: if you go to a place where tortas ahogadas are served, take into consideration that "ahogada" means the whole piece of bread will be soaked in spicy hot salsa. Half "ahogada" means only half of the bread will be soaked in spicy salsa. But the whole thing will either way be soaked in non-spicy tomato salsa. So, if you ever order one, make sure you know this unless you want a fiery trip to the toilet later.

### Ingredients:

8 stale (day old) bolillo pieces of bread (I don't think you'll find the typical birote for this, but day old bolillo will do the trick)

600 grs of braised pork  
**CONTINUED ON PAGE 8**

**Baja Public Storage**

**Free Some Space @ Home!!**

Office Hours: 9am-5pm • Closed Wednesday  
Gate Hours 8am-6pm Everyday

**Storage space starting from \$85 monthly**

**Now offering moving services!**

KM 40.5 Free Road in Rosarito  
Ph. (661) 614 1642 • US. (619) 797 8097  
bajastorage@hotmail.com  
[www.bajapublicstorage.com](http://www.bajapublicstorage.com)

I have not been very fond of since I was a kid is mushy (is that even a valid word?). The fact that some dishes change their consistency from the kitchen to the table used to be dreadful to me until a recent trip to Guadalajara, home of tequila, where I was proven wrong. There's a type of torta, ergo a sandwich, that is called a "drowned" torta. This, my

came home to find only a stale piece of bread, some refried beans, pork leftovers and runny tomato sauce that was probably meant for a salsa. The starving fellow put the ingredients together, satisfied his hunger and was so pleased with the result that he begged his wife to give him the recipe for her salsa. It is the star of this dish and is kept a secret whether in

**Maria Luisa**

**Fresh food**  
at unbeatable prices in Ensenada!  
4 locations for your convenience

**Maneadero**  
On the highway in Maneadero, less than half a mile south of the Bufadora exit.

**Porticos del Mar**  
On Lazaro Cardenas St. 3 blocks from the highway

**Ruiz**  
On Ruiz and 11th St.

**Diamante**  
On Diamante St. #2180 Between 4th and 5th St.

Local and imported groceries  
Fresh meat and vegetables



# Ask a Mexican

The Mexican government prohibited smoking in public places which means beaches, patios, terraces, hotels, restaurants, bars and pretty much any space of collective concurrence. It is now also prohibited to advertise and show tobacco products in stores, supermarkets, convenience stores, and a long etcetera. The WHO applauded said law but there are divided opinions among the people.

**What do you think? Do you think this will lower tobacco consumption in our country? Who will benefit from all of this? Do you think anyone will be affected?**



Illustration by danjazzia

**Catalina Jiménez, 21, recent graduate.** I think it's a great idea and the only good one our government has had this year. Smoking is awful and unsanitary. It not only affects the person actually smoking but everyone around them. It's very annoying to go out to a bar or a club and come home smelling like an ashtray and even worse when you are not the one with the gross habit. I'm okay with vaping though. The ban on vaping seems way too aggressive. It could be a good alternative for those who really can't break the habit but I guess there's interests involved and it just couldn't be perfect.

**Josué Sepúlveda, 27, technician.** I think it would have been better to be a little less aggressive. For example, smoking at the beach. I get it because a cigarette contaminates so much, but at bars and places with designated smoking areas it is just too much. We all have free will and we all know the health consequences of smoking, and there are open spaces everywhere so we can smoke and dispose of cigarette butts, but to completely ban it and have the risk of a fine is excessive in my opinion. I think many people who work in the tobacco industry will be affected because sales will probably go down, and tobacco is a good source of income down south.

**Helena Plomo, 44, administrator.** This is one of the best things our government has done, and I hope it works like in other countries. I was reading the other day that in South America it worked and the number of smokers has decreased by over 20% in the last 10 years. It will take some getting used to, and it will be a long process but I think at the end of the day, we will live to be healthier and our environment will thank us. We have done enough damage anyway.

**Roberto Dominguez, 42, trucker.** One more of those stunts the government pulls to seem like they're doing something when they have better things to do. No one will stop buying cigarettes if



## Classified Ads Easy Sign Up

NEXT DEADLINE IS TUESDAY, JANUARY 24, 2022

**Submit it and Pay it Online**  
Go to: <http://www.ggnorth.com/classified>

**Phone It or Text It In** You can call or text us at:  
Mex Cell (646) 179 4599 or US (323) 952-4925.

**Mail It In** You can mail it along with your check to:  
Gringo Gazette North, P.O. BOX 1700, Chula Vista, CA, 91912-1700

**Email It In** You can email it to [classifieds@ggnorth.com](mailto:classifieds@ggnorth.com)  
**How easy are those choices?** Hint: Very easy.  
Cost is only 80 cents a word, and that includes posting your ad in our online version as well as the printed edition. We do take credit cards and paypal also.

**FOR RENT ROSARITO** Lomas del Coronado, 1 BD, furnished \$430 and unfurnished \$275. Call (562) 760-6410.

**FOR RENT IN ROSARITO.** 2 BD 3 BT apartment in Quintas del Mar. Kitchen, living and dining area, 1 small car parking. \$1,000 USD per month. Call (714) 255-0424.

**BOXER DOG LOOKING FOR A HOME** Female, age 5, friendly, well trained, does not like other dogs or cats. Owner passed away. [scampsumo@yahoo.com](mailto:scampsumo@yahoo.com)

**HOUSE RENTAL IN LA MISION** 3 bdr 2 bth Oceanview. Call Steve (619) 787-1444. \$1,500.

**ATTENTION CLASSIC CAR COLLECTORS** 1988 Cadillac el Dorado good condition \$2500. 619 270 6991.

**ONSITE/OFFSITE PROPERTY CARETAKERS, HOUSE AND PET SITTING.** Couple (one fluent Spanish first language), Six years experience. WhatsApp 707-806-4942

**DEPENDABLE MALE DRIVER WITH "SENTRI PASS" NEEDED** for occasional trips to the US, mostly errands. My car, La Mission, wages negotiable Please send your infos to= [brillanette@gmail.com](mailto:brillanette@gmail.com) if interested!

**ALCOHOLICS ANONYMOUS ENSENADA** English: Mon-Sat 8am; Sun-Fri 5pm; Sun 10am. Spanish: Sat 5pm Located: Carretera LA Bufadora, km 12.5, on the left, after the fence.

they don't see them. It's not like they don't know they exist. No one will stop smoking. We will just find places where we can and businesses will suffer because they will not be able to provide a comfortable place for customers to be happy and have a smoke with their drinks. The people and the families who depend on the industry of tobacco will also suffer, but no one thought this through. Looks like the police are going to be going home with some more pocket cash after they get to patrol tourist areas.

**Laura Ramos, 32, customer service.** We all benefit from this, although smokers are not happy. The people who have been smoking their whole lives will have a tougher time, but I think this is the move we needed to stop new generations from picking up a nasty habit that does no good to anyone but the tobacco industry. I think this will also help the environment and public health, as fewer hospital beds will be occupied by patients with illnesses derived from smoking.



**Poco Cielo**  
HOTEL • RESTAURANT • BAR

*A little bit of heaven*

**The only themed rooms hotel on Baja's Coast**

Also available for all your special events:  
Weddings • Anniversaries • Birthdays  
Quinceañeras • And more.



On the Rosarito-Ensenada free road in La Mision KM 59  
US (760) 670-3336 • Mex (646) 155-0606  
[PocoCielo@yahoo.com](mailto:PocoCielo@yahoo.com) • [www.pococielo.com](http://www.pococielo.com)



**QUE PASA IN BAJA?...**

continued from page 2

to local communities.

The company is investing almost 50 million USD in our state in order to start their operations. Megacable has said that they will focus their efforts in communities that have been long forgotten like San Felipe and San Quintin.

**Dwarf Sperm Whale Stranded in Beach.** Ensenada locals started reporting on social media about a small sperm whale that was found stranded in Playa Hermosa, with various injuries in its body.

Several people tried to place the creature back in the

so badly injured that it was not possible to save it.

Federal environmental agency authorities transported the mammal to the faculty, where more tests were going to be made.

**Baja California Turns 71.** Governor Marina del Pilar Avila, remembered that our state was founded on January 16 of 1952, when president Miguel Aleman issued a decree that recognized Baja California as Mexico's 29th State.

"Today, 71 years later, we consolidate the 29th State as a land where nobody is left behind, and nobody is left out: a young entity, vibrant, effervescent, participative and inclusive. A mural of cultures

Governor Avila, with the goal of reinforcing public security tasks in our state.

This group would be added to the recent arrival of 416 members of the Mexican armed forces, that arrived to Baja last January 6th, bringing the total armed forces arriving to our state this month to 916.

The main mission of these armed forces, is to collaborate with local authorities in the arrest of members of organized crime groups, proceeding with complete respect for human rights.

**We Now Have a Mexican Wine Day!** The federal government, through the Office for Agriculture and Rural Development, has recently made official that we will have an official Mexican wine day and it will be on October 7th of each year in recognition of the growth in quality and quantity that has increased every year.

Authorities stated that during the last 3 years, Mexican wine producers have obtained 500 medals internationally, and that over 86,000 acres in the whole country are being used to grow grapes for wines.

**Ensenada Carnival Moves.** Among a great oppositions by downtown business owners and with only a few days left for the start of the carnival, Ensenada Mayor Armando Ayala, announced that the event will be moved back to downtown Ensenada, where

it was held over 10 years ago.

The carnival will be held from February 16th to the 21st, with three parades on Saturday 18th, Sunday 19th and Tuesday the 21st.

Most of the event will be held in Ruiz street, where business owners are complaining that they had to go to the courts to move it to other location 10 years ago. They state that this mega party threatens their businesses as the streets get closed for the event and no one can access the businesses, forcing them to close their doors for those days or work with reduced hours; they also complain of damages to their businesses by assistants that get to drunk and start fights.

**Tourist Found Dead in Las Rocas.** Elliot Blair, a US attorney that was celebrating his first wedding anniversary with his wife in Rosarito, was found dead by hotel security in



**MICHEL  
IRON  
WORKS**

**WELDING & FABRICATION**



**Contact us:**

**US +1 (619) 274 2879**

**MX +52 (661) 128 7377**

**michelironworks@gmail.com**



Photo courtesy of Periodico El Vigia

water but they were unsuccessful in their attempts.

Experts arrived to the area a few hours later and declared that the animal belonged to the kogia species of dwarf whales and that unfortunately it was

and social expressions, where diversity and creativity are our essence", stated governor Avila.

**National Guard Presence Increases.** A new arrival of 500 national guard members was recently announced by

the early morning hours.

Authorities officially stated that the dead was caused by an accident when he fell from his 4th floor balcony, but his wife and family have doubts about that theory calling the dead a possible murder.

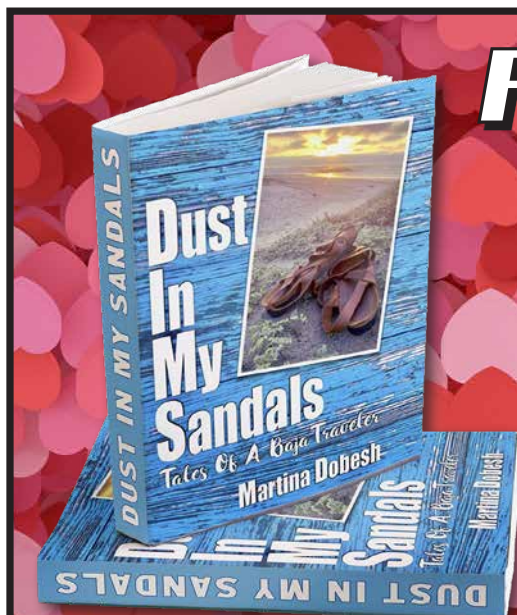
Authorities and the hotel have not released any more details about the issue, but the family has launched a GoFundMe campaign that has raised over 100,000 USD to help with their own investigation and to repatriate his body to the USA.

*\*News bit courtesy of David Flores. ✍*

**Subscribe to our  
Breaking News Bulletins  
They're Free!!**

**To have them appear in  
your email go to:  
[www.ggnorth.com/blast](http://www.ggnorth.com/blast)**

**Proudly brought to  
you by one of the many  
wonderful advertisers of  
the Gringo Gazette**



**For the Love of Baja Adventures!**

**A Valentine's Gift that  
keeps on giving**

"May the warmth of Baja touch your heart  
through Martina's words; you may never be  
quite the same." *Jennifer Hill, Baja Bound*

**Order on Amazon today!**

**Scan to order  
on Amazon:**





# Lifestyle Benefits of Minimalist Home Design

Starting the Year with "Less is More"

BY WILLA ROBERSON-MITCHELL

Have you wondered what life would be like if you had fewer furnishings in your living space? Would the fear of scaling down make you feel less whole or more out of control? This article is an expansion of my November 2022 article on "Decluttering". Now that you've gathered insight on how to remove clutter and better organize your space, why not take it a step further and start the New Year with a fresh vision? Clinging on to things you truly don't need in your home will prevent you from letting go of situations representing your past.

Discovering the health and lifestyle benefits of a "less is more" approach will inspire you to look at your living environment from another perspective. Of course,

the most obvious benefit is that you have more space for physical movement. Yet, there are expanded benefits to becoming minimalist that appear less visible, yet equally important.

Here are just some of those insights.

**Less Space** – When you live in a less amount of space, you'll benefit from not possessing the urge to cram in more furnishings.

**More Design Appeal & Spatial Relief** – When there are fewer furnishings arranged throughout the room, the eye experiences spatial rest between each object and is, therefore, able to take in finer details of your design.

**More Meaningful** – More space allows you to highlight objects that symbolize

personal meaning with true purpose.

**More Inner Peace** – Having peace of mind is a serene state of being. It is an entryway to all aspects of life that opens room for all that is.

**More Visual Expansion** – Fewer furnishings not only open more physical room; it also expands the illusion of space that inspires peace and comfort.

**More Space for Relaxation** – When you can physically move about and not stumble into wall-to-wall furniture, you are giving the body more freedom of movement and relaxation. Fewer

**Less Work for Others** – Not only will you benefit from having fewer things to clean but so will others!

**Less Financial Spending** – Consuming fewer furnishings will provide you with more financial freedom by lessening your expenditures and increasing your savings.

**More Purchasing Power for Higher Quality** – Buying fewer furnishings for fewer high-quality pieces tends to be a good tradeoff.

**Less Societal Competition and Comparison** – Purchasing fewer items that reflect you and not more to satisfy your counterparts will

furnishings inhabiting a space creates less visual competition among the elements. Eliminating visual confusion will create an ambience of peace, clarity and relaxation.

**More Positive Energy Flow** – Minimalist design balances and circulates the flow of positive energy. It allows energy to re-vitalize for health and well-being.

**More Environmentally Sensitive** – Less furniture helps to reduce synthetic toxins and promotes environmental consciousness through the preservation of natural resources.

**More Organization** – fewer furnishings reflect a more organized space and will take less time to locate things.

**Less Stuff Owned** – The less stuff owned; the less stuff will own you.

**Less Maintenance** – Having fewer furnishings to clean in a room allows more time to relax, increase productivity and focus on what's important in life. It will offer a feeling of self-liberation.

decrease the motive to compete and compare. It will put materialistic values in check.

Living minimalist is a creative and ongoing process. Once achieved, you may be inspired to maintain this lifestyle by monitoring what you purchase for your space with truthful inquiry, "is this something you want" or "Is it something you need?"

Through it, all, striving to achieve minimalism may appear to be a tough love approach, but do not give in. Ultimately, you will feel less stress which can lead to more peace and solitude for the mind, body and spirit. Proceeding with steps to minimalist design can be worth the journey and the new year is a fresh time to start.

Willia Roberson-Mitchell is an Interior Designer and Writer at Lifespace Designs, specializing in space planning, color schemes, furnishings, lighting, feng shui & sustainable living design. [lifespacedesigns@yahoo.com](mailto:lifespacedesigns@yahoo.com) / [lifespacedesigns.com](http://lifespacedesigns.com)

Come meet lots of English & Spanish speaking friends!



## BILINGUAL CHURCH

Non-Denominational & Bible Teaching



Website: [calvaryrosarito.com](http://calvaryrosarito.com)

Facebook: Calvary Rosarito

Address:

Calle Aguascalientes 2978,  
Col. Constitución, 22707,  
Rosarito, B.C.

WED & SAT 6:30 PM  
SUN 9 & 11 AM

### WHAT MEXICO HAS TAUGHT...

continued from page 3

away into a crowd with the food. I was stuck, gave him a dirty look, and paid up. Quite a roll call of crime that no mother would cringe at and the L.A. Times certainly wouldn't print. Violence? Haven't seen it. Unless you count my beloved lucha libre wrestling.

**Now. Finally. Corruption.** Mexico is notorious for it and after many years of not seeing it I wondered if I would ever encounter "La Mordida". Translated, that means "The Bite". It flows in every sector of Mexican society to some degree from what I've heard and read. The history of it goes all the way back to the Conquest when those in power could potentially abuse it. I thought maybe I would never see it after so many years.... until.....I was riding my motorcycle in Tijuana, heading back towards the border crossing at Otay Mesa. I was by myself and

CONTINUED ON PAGE 8



## Advertise with us!

Starting at just \$30.<sup>25</sup>USD per issue

And help support the local company that brings you the most read English language newspaper in Baja.

With more than 12,000 readers each issue, and more than 3,000 users online every two weeks, the Gringo Gazette North makes sense as a powerful marketing partner for your business.

Contact us today:

Mex Cell (646)179-4599 or USA Ph. (323)952-4925

E-mail: [sales@ggnorth.com](mailto:sales@ggnorth.com)



## COOKING LIKE A MEXICAN...

continued from page 4

1 cup refried beans (these can come straight from the can as they are only for smudging a little on the bread)

7 tomatoes

1 onion

3 garlic cloves

1 spoonful of oregano

100 grams of tree chili (that's what it's called everywhere)

1 cup of water

½ cup white vinegar

**Preparation:**

Boil tomatoes, onion and garlic together. Once that's cooked, add the oregano and strain. Keep warm.

Roast chilies and blend with vinegar, water and salt. Put aside. This is your spicy salsa.

Warm up the braised pork and the beans separately.

Open the buns, smear them

with beans and stuff them with pork.

Once the torta is done, drown it in a deep-ish dish so all the sauce makes a little pool around it.

Thinly slice some onions and add some lime and a little oregano for topping.

Put the spicy sauce on the table for any brave folks out there.

Pretty simple, huh? I told you I would give you the basic recipe. Some people may say this is insane and that it's nothing like their abuelitas make, but that's the reason there are so many variations to the recipe. Everyone has their own take on things, and even more when it comes to Mexican food.

Until next time, if there's anything you'd like me to know, any questions or suggestions you can reach me at [ale.borbolla@gringogazette.com](mailto:ale.borbolla@gringogazette.com) ✍

## WHAT MEXICO HAS TAUGHT...

continued from page 7

saw a Mexican motorcycle cop, standing next to his bike, watching the heavy traffic. He sees me coming and motions me over to stop. Here it comes, I thought. The fake traffic violation. Follow him back to the station and talk to the judge OR settle the problem much more easily right here with... forty bucks? More? Part of me was thinking, finally, I get MY story of La Mordida and get to feel like an experienced globe-trotter. Wanna guess the cost? He asks me where I'm going. I say across the border at Otag. He says "Don't take this street. Turn right up there. You'll get there faster."

**So. How afraid or careful should you be in Mexico?** Should you stay at a resort and only take their private shuttles to and from the airport or their

selene'spa  
Med

**Dra. Selene  
Madrigal De Vargas**  
Master Antiaging and  
Aesthetic Medicine.

**Botox, fillers, Face Threading  
Bioidentical hormones**

**FB: Selene Spa**

**WhatsApp:**  
**(661) 136-9058**

**Phone:**  
**(661) 612-6087**

**f Dental Vargas**



*Dr. José Natividad Vargas Trujillo*

~ Orthodontics  
~ Implants  
~ Endodontics  
~ Crowns  
~ Bridges  
~ Veneers



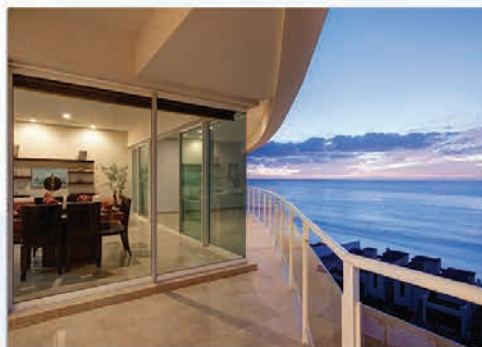
**Blvd. Benito Juárez  
no. 2053,  
Playas de Rosarito,  
B.C.**

  
**Palacio del Mar**  
Condos and Villas

## TOWER II PRE-SALES AVAILABLE NOW

Enjoy living in one of the most pristine communities in Baja.  
1 year delivery.

More info 661-6140667 Mx and 619-8664486 US



Hwy 1, Km 50.5 in Rosarito - [www.palaciodelmar.com](http://www.palaciodelmar.com)

personal excursions into town? Only stay or eat at AAA recommended places? Don't go there by yourself but with friends? I can't live with too much fear. I got really scared once. I was climbing the tallest tree I've ever climbed with a close friend. It was on the Washington coastline. Backpacking. Miles from other people. We were maybe twenty feet from the top and I got the heebie geebies. I froze. My friend, below me, calmly talked to me. And I talked to me. Me. The guy who climbed roofs for a living as a contractor. I calmed down and went the final twenty feet to the top where the tree trunk was only as round as a baseball bat. Then backed down and let my friend climb around me to the top as well. It felt real good. I will not embrace fear the way my mother wanted. Wanted for her own peace of mind. I want to see all the Mexico that I can. Within the limits that I establish. And, by the way, from what I've read Keith Richards of the Rolling Stones is afraid of cheese. I read it somewhere. Adios, amigos. ✍