



Hold the Turkey!

Thanksgiving is on the Road

BY MARTINA DOBESH

In 1992 I began to explore the Baja Peninsula. It was a very different experience then for I actually used a road map, not GPS, and my 1972 VW Super Beetle didn't talk to me. I carried no cell phone; they hadn't been invented yet. Gas stations were few and far between and often times had no petrol. It was a more adventurous time, and I am grateful today to have known Baja in this more intimate way without all the distractions of technology. Below is an excerpt from my first book, now out of print.

It was a glorious day on

the shores of the Gulf of California. The water a carnelian blue gently lapped at the sandy shore. I was writing in my journal, "Still in Mulegé trying to get out!" A seagull flew over and landed, checking for a free morsel. Alisabeth, my sis, and I decided we had better get back on the road or we would never leave. So the next day we packed up the orange bug, and reluctantly said our farewells to our new friends. Our mission was to complete a full 1000 mile trip from the border to Cabo San Lucas and Land's End.

We lost sight of the Gulf waters past Loreto, and took the turn into the awesome range of Sierra de Los Giganta. The good road conditions suddenly turned ugly. There were potholes you could lose a tire in and hairpin turns to raise your hair! I was glad when we finally reached Ciudad Constitucion, and got a simply awful hotel room because it was cheap. Here we ate some of the best inexpensive food on the entire trip. We went back for breakfast the next to our favorite place. Alisabeth dug into a huge plate of Chilequadas and flirted with the field workers. We finished up our fruit smoothies and continued south, very close to completing our trip.

It was Thanksgiving Day and the weather was perfect and warm. We stopped at a roadside palapa, and took

chairs under the palm roof. A strikingly beautiful Mexican woman glided toward our table. She was tall, five nine or ten. Her glossy raven hair was drawn sleekly back from her face in a long thick braid. She wore the tightest white Levis and a pale cowboy shirt. Setting a bowl of salsa down she welcomed us and smiling she took our order. She then went back to her sweeping. Chickens ran in all directions as the dust rose from her broom. It

was the first time I ever saw anyone sweeping the dirt. What was even more astonishing was she was sweeping the dirt in her gorgeous fringed hand-tooled leather boots. I told her as much and confided how much I liked them. She flashed a smile, looking very much like a fashion model for western wear.

Our Thanksgiving dinner consisted of huge chunks of tasty pork, salsa and tortillas.

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Que Pasa In Baja?

BY OLIVER QUINTERO



Warning! Toll road closed this Wednesday. This coming Wednesday, November 9, the toll-road will be closed on both sides from San Miguel to Bajar while huge machinery is transported through there.

The closing will be from 12:00AM to 5:00AM, so it probably won't impact many in the expat community.

The machinery will be installed in the Semptra facili-

announced by authorities for months, the list of investments the Mexican social security institute is going to make for 2023 was published and no new hospital for Ensenada was in there.

Ensenada officials have already formally asked the institute what had happened with the planned millions of dollars investment for the new hospital and baseball field.

The development, called "Epione Medical Plaza" will be in the San Marino area, between the Coral and Lucerna hotels but across the street.

The first phase will include 5 levels building with doctor offices, the second phase includes a specialties hospital with all the newest technology, and a third phase was an-

The new medical complex will be an improved option for private medical care but will also cater to the increasing medical tourism trend from the USA.

41 cruises arriving to Baja in November. Ensenada is positioning itself as the #1 port in the Mexican pacific for cruise ship arrivals and third place in all of Mexico.

"We have 41 scheduled cruise ship arrivals in the port, making Ensenada the second port with the most arrivals in a month during 2022, and accumulating almost 300 arrivals for the year", stated local port authorities.

In the next few days ships like the Navigator of the seas, Diamond Princess, Norwegian Jewel, Disney Wonder, Carnival Radiance, Celebrity Solstice, Royal Princess, and many more are expected to dock in Ensenada.

Almost 23 million visitors in Baja during 2022. Just from January to September of the current year, about 22.9 million persons have visited Baja California, representing a 9.2% increase from 2019, which was a year before the pandemic hit.

Governor Marina del Pilar stated that the promotional campaign "Welcome to Baja California" has offered great results bringing more and more visitors to our state.

The governor also an-

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ties (or Energía Costa Azul as it's called locally), as a part of their approved expansion which will now allow them to liquify its natural gas in order to export it to different parts of the world.

No new public hospital for Ensenada. After being

The plan did contemplate 3 investments for Baja, two for Tijuana and one for Mexicali.

But yes to a private medical complex. A brand new, state-of-the-art, medical plaza was officially announced in Ensenada this past week.

nounced with beds for patients who need longer stays, but also with spaces where their families can stay too.

The project also contemplates a couple of restaurants, gym, coffee shops, pharmacies, and other services.

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nounced that the new federal program "Barrios Mágicos" or Magical Neighborhoods in Spanish, will start in Baja California with the designation of "La Chinesca" in Mexicali as the first magical neighborhood in the country.

The program will designate several neighborhoods in the country as "magical", bringing

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What Mexico Has Taught Me

BY THE UNKNOWN GRINGO



The Ensenada For Just One Day Challenge

As I've written before, I'm taking care of my 98 year old father. He is still living at home and we are fighting to keep it that way. The complications that come out of this have kept me from doing the kind of travelling I used to do. I need to stay closer to home in order to be able to get home fast if there's a crisis. I juggle decisions concerning distance and time. As you can imagine, I can more easily go to Tecate or Tijuana for just the day instead of going to Ensenada for two days or three. But for quite a while now I've toyed with the idea of doing something I've never done before; going to Ensenada for just the day. Yes, that's further away from home but with less risk due to a shorter stay. And I've wondered.....what would I do in Ensenada if I only had one

day? I call it the Ensenada For Just One Day Challenge. Here's my Must List.

Breakfast on the beach at Terra Noble. I never eat indoors there but instead walk right through the place to their outside eating area just above the water. I could easily throw my fork into the ocean, but then how would I eat one of their delicious omelettes? And they usually have a cat or two that greets me at the front door. I love cats. It's north of downtown by a few miles. I get there using a city bus.

Then I'd be all over downtown. Casa Ramirez on First Street for their best-in-the-city selection of folk art. Don't neglect to go upstairs to see the rest of their stuff. Then La Jaiba on Ruiz for their ceviche verde. It's called that because it has green olives, chopped green peppers, and chunks of avocado in it. No red tomatoes

or red peppers. Next would be the Mexican Art shop on First Street that focuses on alebrijes (the carved wooden figures), pewter ware, Mara Ortiz pottery, and the bead & yarn work of the Huichols. Then hit the La Guerrerense cart for more ceviche. I like the bacalao but it may be too "fishy" for some of you. Sabina has 14 different ceviche choices and truly deserves the high acclaim she gets.

Then I would head south to the two Walmarts on Reforma to find the salsa macha that I can't live without. That's the oil based salsa using dried chiles, peanuts, garlic, spices, seeds, and salt that will keep in the frig for many months. I've learned that the two stores won't always have the same stuff on their shelves. Coming back I'd hit La Avioneta on Seventh Street for their smoked marlin stuffed rel-



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lenos. Maybe throw in a shrimp taco. And, of course, a Mexican Coke. I'm guessing you already know they are sweetened with sugar cane and not corn syrup like the Cokes made in the US. It has a sharper taste that I prefer.

To me, a corn syrup Coke has a duller taste.

Back to downtown it would be time for some afternoon beer. Outside the Andaluz Bar in the old casino's patio for some peace and quiet....

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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. 🐔



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Cooking Like a Mexican

BY ALEJANDRA BORBOLLA



No, there's no ashes involved. I get asked about that quite a lot. And, this is one of those recipes my friends would get angry at me for sharing with Gringos, but I would be so proud if foreigners tried to make a traditional recipe the right way.

A festivity for the dead might seem a little strange for some people but in Mexico, celebrating those who have left this world and remembering them in a happy way, celebrating, is part of the colorful culture and traditions of our people. During the Day of the Dead celebrations in Mexico, there is one tasty star element that can be enjoyed for more days than just those of the festivity, and that is none other than pan de Muertos or bread of the dead.

came in when the Spaniards came to ruin the fun and forbade any of these sacrificial rituals, so the pre-Hispanic people started making bread in the shape of a heart and covered in red sugar to resemble the blood. Boo.

Another not-so-gory version of the story says that the bread was made to symbolize the heart of an idol. This was followed by a symbolic sacrifice, which consisted of removing the "heart" from the deity to be shared with the rest of the people.

No matter where the origin of pan de Muertos is, this treat represents the dead: its traditional round shape represents the body, the bone figures that decorate it all across the sides represent the extremities and the round piece in the middle,

for months before the official celebration of Día de Muertos. As part of the festivity, loved ones enjoy pan de Muertos as well as their relative's favorite foods. The bones represent the

the addition of anise seeds, and traditionally flavored with orange flower water or orange zest. Other variations are made depending on the region or

after their long journey back to Earth to visit their loved ones who made an altar for them. There are many different types of pan de Muertos across the country. Here's a short list of some of them:

Pan de ánimas:

Ánimas translates to souls. This bread is typical in the Mixtec region south of Puebla and is made with the same dough as bolillo but dressed with cinnamon and piloncillo. The dough is formed into human shapes and sprinkled with white sugar for children and red sugar for adults.

Pan de Sirena:

This bread is originally from the Papaloapan region which circles around Puebla, Oaxaca and Veracruz. It was created from the union of Spanish and chinatco beliefs. It is dedicated to the lords of the water which is why it's shaped like a mermaid and decorated with crosses and other religious shapes. It is very common to appear in altars to guarantee a good fishing season.

Marquesote:

A very traditional bread

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deceased one (difuntos or difuntas) and there is normally a baked teardrop on the bread to represent goddess Chimalma's tears for the living. The bones are represented in a circle to portray the circle of life. The bread is topped with sugar. Lately, this bread can be found in Mexican grocery stores in the U.S.

The most popular recipe for pan de Muertos is a simple sweet bread recipe, often with

the baker. Typically, the baker would usually wear decorated wristbands, a tradition which was originally practiced to protect them from burns on the stove or oven; but I've never seen that personally. It's not as ceremonial now.

Bread of the dead usually has skulls or crossbones representations on it. It is believed the spirits do not eat, but absorb its essence, along with water at their ofrenda,

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Some folkloric legends indicate that ancient civilizations carried human sacrifices to honor their deities. One of these rituals required taking the heart of a maiden and placing it in a pot with toasted and ground amaranth; the ritual leader would have to bite the heart as a sign of gratitude. How delicious and eternally grateful! The bread-making

on top, represents the skull. There are different shapes and presentations of this bread. Some bread makers cover them in sesame seeds, colored sugar and regular sugar.

Pan de Muertos is eaten on Día de Muertos but available a month prior, and is deposited at the gravesite or in lieu, at a tribute called an ofrenda (offering). In some regions, it is eaten

Maria Luisa

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HOLD THE TURKEY!...

continued from page 1

Alisabeth, always the comic, said laughing, "God I love this so much, it is so much better than being in the kitchen stuffing a cold anemic bird, and trying to get the lumps out of the gravy!" Admittedly, we were a bit cynical about this US holiday that celebrated the pilgrims arriving to the Americas, but were never taught in school the dark side of how our ancestors treated them after they had welcomed those visitors with a feast. We also felt liberated from being one of the women in the kitchen cleanup, while the guys sat in front of the TV. Alisabeth joked, "Don't I remember that American freed the slaves? There must be a hidden clause that makes Thanksgiving exempt!" We let our beautiful hostess in on our joke and she laughed along with us. We devoured the juicy chunks of pork wrapped up in the warm tortillas. It was hard to get started again, but we were very excited about making it to Cabo before dark.

We piled into the VW happy to leave the cleanup behind. With the windows rolled down, we sang along with the fiery songs of the Gypsy King; it was just the best. This was a refreshingly different and never to be forgotten Thanksgiving Day. We drove through La Paz and chose the scenic route 19 through Todos Santos. In late-afternoon we came up over a rise, and stretching out before us was land's end. We had done it! We had driven the entire length of Baja California. Stopping the car, we got out to stand in front of this wondrous sight. Tiny in the distance, Cabo was nestled in the tip of the peninsula's final white rocks and mountains. Beyond the land, glistening in the afternoon sun was the meeting place of the Gulf of California and the Pacific Ocean. Alisabeth hollered into the quiet scene, "OK! Let's go celebrate! It's time for margaritas! We hugged each other and made the last few miles into town.

Editor's Note: Martina is a freelance writer and author of her second book, Dust in My

Sandals, Tales from a Baja Traveler, which can be purchased easily by visiting the ad in this edition. Give the gift that keeps on Giving for family and friends. ✍

QUE PASA IN BAJA?...

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several rules and resources for its improvement and conservation: just like the magical towns program.

State government promises more water. Governor Marina del Pilar announced several public works that promise to bring around 220 gallons per second more to Baja California during 2023.

These works include renovations for the current infrastructure but also the construction of new desal plants in Rosarito and San Quintin.

Investments in the current water treatment plants was also announced, increasing its use in agricultural lands and decreasing the ocean pollution with it.

Restaurateurs pressured by increasing inflation. German Gonzalez, president of the national chamber of the food industry (CANIRAC), stated during a recent meeting with associates in Ensenada that most restaurants have suffered an increase of their costs close to 20%, a big difference from the official 8.5% inflation rate given by the federal government.

"Most things that we buy for our restaurants are 20% more expensive than last year", explained Gonzalez.

According to Gonzalez, this has impacted restaurants bottom line as not all of them are transporting this increase to the final customer.

"There has been a decrease of 10% in the food industry nationally, compared to 2019", said Gonzalez.

Construction in Playa Hermosa Ending Soon. After more than a year of delays, authorities have announced that construction works will be finally finished in Playa



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Hermosa during November.

The works being finished will include a competition style skate park and bathrooms, which were delayed when the federal environmental agency suspended the works for not having the necessary permits.

New Tijuana mega park on its way. The new "Esperanto" park being developed in Tijuana next to the Abelardo Rodriguez dam, is expected to be the biggest "lung" of Baja California.

The park will finish its first stage in 2023, with efforts from

the three levels of government and the local community.

The first stage of the mega project contemplates over 30,000 trees, an amphitheater, recreational areas for kids, a lookout and spaces for families.

Governor Marina del Pilar stated that more projects for green areas will be prioritized along the Baja, and that the government will no longer allow for developers to not comply with their obligation of contemplating green areas in every housing development. ✍

WHAT MEXICO HAS...

continued from page 3

then over to Hussong's for some mariachi music and its singing customers. A quick fish taco at the Los Originales cart on Juarez or maybe a calamar taco at Tacos don Zefe on the corner of Riveroll and Fourth....and then it's back on a city bus heading north to Lucky Irish Pub #4 for a Mexican craft beer just above the surf with a killer view of the bay and the islands.

Will I drive home the same day? Or spend the night at my favorite hotel and then leave at 5am for the border to beat the traffic? That decision will dictate whether I drink any beer or not. Spending the night will mean a walk along the malecon to enjoy the amazing in-the-ground fountain near the flagpole that the kids love to run through plus a bag of cheddar-jalapeno popcorn from one of those little huts. Driving home the same day will be tiring but will be a whole lot better than no Ensenada at all.

Will I try this new twist soon? Dunno. So far, driving to Tecate for just the day has repeatedly rescued my spirits as my trips to Ensenada have become more and more infrequently while I help my father. But I can ALWAYS close my eyes and easily be at a Car-

naval parade or La Bufadora or Los Globos for a tejuino. Those memories over all the years feel real good. Thanks, Mexico.

So, what is this latest lesson Mexico has taught me? Be flexible. Be willing to adapt. And as my dad would probably say, "Mexico ain't going anywhere. It'll always be there." See you below the border, amigos. 🌮

COOKING LIKE A MEXICAN...

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from the Tehuantepec area and not exclusively prepared for the day of the dead, but also for weddings and big religious celebrations. Marquesote is usually a soft crumb bread, square with white frosting which is also used to pipe on the name of the deceased and sprinkled

with red sugar. It is said to be named in honor of Hernan Cortés, who was the "Marqués" of the Oaxaca Valley.

Pan de ofrenda:

Traditional pan de Muertos from Michoacán, especially from the Santa Fe de la Laguna area. It is made with wheat flour, salt and sugar and also shaped like humans but also animals like bunnies, donkeys and even sombreros, virgins, flowers, skulls... you name it. In some cases, it can be colored pink but it's not a rule.

Golletes:

Another typical bread from Mexico City and Puebla, made from egg yolks and shaped like a bagel; it is usually sprinkled with red sugar. According to the people from indigenous villages, they symbolize the skulls placed on the Tzompantli (traditional skull altar from our ancestors) which were to be skewered on canes.

Christ's knee:

A very traditional bread from the state of Michoacán and other southern regions across Mexico, and some places in South America. It's a round bread made of wheat flour, yeast, salt and cheese. The cheese is usually placed on top of the bread and painted yellow with red sugar sprinkled on top to represent Christ's wounds.

After knowing some

of the different types of pan de Muertos, I will share a recipe of the one you have probably seen the most:

Ingredients

115 ml milk
1 tbsp orange blossom water or agua de azahar (see Note)
60 gr raw sugar
1 ¼ tsp dried yeast
465 gr plain flour
½ tsp salt
1 tsp ground anise
2 eggs at room temperature, lightly beaten
1 egg yolk
110 gr unsalted butter, softened and at room temperature
Mexican hot chocolate to serve

Glaze

2 egg yolks
1 tbsp water
¼ cup raw sugar

Instructions

Warm the milk in a small saucepan to around 50°C, add the orange blossom water and sugar and stir until dissolved. Pour the milk into a large bowl, add the yeast and ½ cup of flour. Mix until combined, then set aside in a warm place until the mixture begins to bubble (about 20 minutes).

Add the remaining flour, salt and anise and knead until a dough forms (mix on a medium speed if using an electric mixer). Gradually add the eggs and continue to knead for 5 minutes until smooth. Add the softened butter, a few pieces at

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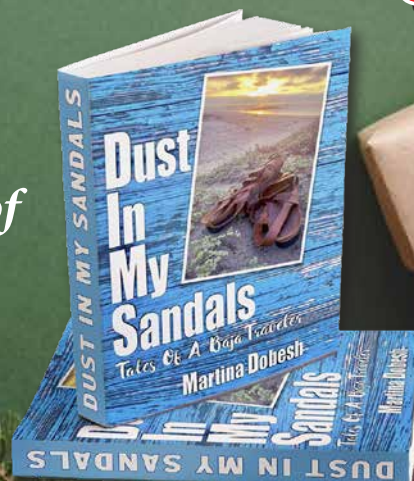
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Ask a Mexican

**Do you celebrate Day of the Dead or Halloween?
Or both? How do you celebrate?**

1. *Tomás Hernandez, 46, driver.*

I celebrate none, really. I just like the food that my wife makes around Día de Muertos. Back when my kids were younger, we would take them for their “calaveritas” (trick or treating) but even then, I feel like we were doing it the Mexican way. During that time, the costumes were not as fancy as they are today, and imported costumes were just too expensive so my wife had to make whatever costumes they chose. I think we celebrate a mix of both.

2. **Javier Diaz, 29, service provider.**

My whole family celebrates

times of the year, which makes us crave them even more.

3. **Adriana González, 23, nurse.**

I celebrate Halloween at work, all the nurses get dressed up as something not too scary for the kids and we go reverse trick or treating to their rooms and beds. At home, we don't celebrate much, as I have no kids yet and my nephews are too old and think they're too cool. I don't even decorate my house as haloweenish or anything and don't put an altar because it's a lot of work. I do enjoy Halloween parties, though, and dress up a little bit.

4. *Silvia Loyola, 27, dentist assistant.*

5. Mariana Barraza, 52, caregiver.

My family celebrates Halloween pretty big because most of my uncles and brothers have lived in the U.S., they even make snacks that look gross and everything. I personally don't think much of it but I like the snacks and drinks, I think they're fun. As far as Día de Muertos, we go to where our family is buried, take food and some beer and eat with them as if they were there. It's also fun, but it's a lot of hassle taking a tarp, food, beer, ice, kids, etcetera. Still, we only do it on

The World's Aquarium

BY PEDRO BENITEZ

The Gulf of California is considered one of the most diverse seas on the planet. Jacques Cousteau once called it the world's aquarium and it is home to endangered and protected species such as a variety of whales, rays and sharks. Also referred to as the Sea of Cortez, this area is famous for having some of the highest surface nutrient concentrations of any ocean in the world and

ganization dedicated to the research and conservation of sharks and rays in the Gulf of California, "Shark Research Mexico" is doing its part in this country. The project is led by Dr. Darren Whitehead, a Ph.D. in Marine Biology from the "Centro Interdisciplinario de Ciencias Marinas", affiliated with the "Instituto Politécnico Nacional". He has been working for the past 15 years in the field, monitoring whale shark populations in more than seven countries, forging links between the scientific community and tourism providers to promote sustainable practices for whale shark-related tourism. Darren has also been directly involved in mediating between management authorities and the local community who now depend on these species as an economic alternative.

Dr. Whitehead shares all of this knowledge with his students and volunteers from around the globe through his Internship Program, which helps support the dreams and goals of younger biologists trying to pave their own way in the world of shark research. During the apprenticeship, students have the opportunity to take part in various projects where they learn to track sharks, do diet and nutritional analyses to understand their health, habitat sampling, photo identification techniques, monitor and tagging of sharks, biopsy and blood sampling techniques and many other activities.

In an interview with Darren, he said that they believe constant scientific research, paired with education, is the key driver to inspire long-term change and commitment to sustain an abundant and vibrant marine environment.

“Through these tools, we strive to inspire, engage and empower future marine and en-
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Día de Muertos, we get together and make an altar for our grandparents, and the house is rotated every year. We make sure our altar is exactly how it should be, with all 7 levels, the salt and spices drawing on the ground and everything. The women of the house cook a feast, with my grandfather's favorite dishes and follow my grandmother's recipes. We do let the kids ask for candy if they want to, but we make sure they understand that's not our tradition and try to have candy there to stop them from going out. We also don't cook those recipes I mentioned at other

I hate Halloween. I definitely think it's more of a marketing strategy than a tradition and find it quite horrible to celebrate a thing that's not even ours. I love Día de Muertos, the handicrafts, the traditions and the food. I love going to a special market that happens in my hometown, where everything is about Día de Muertos and the food is as good as on Independence Day. I don't teach my daughter about Halloween and when at school they ask her to dress up I have to let her so she won't feel excluded, but she doesn't love getting her face painted or anything.

Día de Muertos and that makes it not so bad. My kids are now young adults and they go out now, but when they were little, I used to take them trick-or-treating with their cousins.

6. José Claro, 46 years old, driver.

I come from a very small town where Día de Muertos is a big deal, so I don't like Halloween very much. In my town, Guanajuato, we go to the local cemetery at midnight carrying candles and flowers and mariachi or guitars. We sing sad songs and drink tequila and cry over the graves until someone decides to sing a happier song and it slowly turns into a celebration of life rather than crying for death. I think it's kind of beautiful because everyone is allowed to cry and no one will look down on anyone and we end up laughing and telling anecdotes about those who are no longer with us. 🐦

it is known to provide asylum to several creatures who use its waters for migration, foraging, reproduction and pupping.

One of the many organisms found in this generous body of water is the shark which has been around since the early Jurassic period – some 425 million years ago! While these animals still inspire fear in many people due to their bad representation in literature and movies, sharks get to move nutrients in the oceans and stop diseases from spreading. Sadly, they are the ones being preyed on. It is estimated that the total population of oceanic sharks (and rays) has dropped by 70% over the past half-century.

In 1991, South Africa was the first country ever to protect a shark species. Other nations followed in subsequent years, including the United States in 2000 and the European Union in 2003.

Today, a non-profit or-



COOKING LIKE A MEXICAN...

continued from page 6

a time and knead until fully incorporated. Place the dough into a clean bowl and cover with cling film. Set aside for 11½ hours until doubled in size.

Knock back the dough and knead for 30 seconds. Pinch off a ball of dough about the size of a tennis ball to use for the decoration. Form the remaining dough into a ball and place on a baking paper lined oven tray. Roll three-quarters of the reserved dough into a long bone shape about 1 cm thick (we do this by separating our fingers while rolling the dough on a counter into a long shape). Cut in half and drape over the dough in a cross pattern. Form the remaining dough into a ball and place in the center of the cross. Cover with a tea towel and set aside in a warm place

to proof for 1 hour.

Preheat oven to 180°C. For the glaze, combine the egg yolks and water. Brush the glaze all over the dough. Transfer to the oven and bake for 20 minutes until golden and the bread sounds hollow when tapped on the bottom. Remove from the oven and cool on a wire rack. Once cooled, melt some butter and brush your bread, then sprinkle with sugar.

Serve with Mexican hot chocolate.

Note:

Orange blossom water (agua de azahar) is available at some Mexican baker stores, from Middle Eastern food stores and some international delicatessens. If unavailable you can swap it for a little bit of orange zest, very fine and very little making sure you don't get to the white part of the orange peel. Worst case scenario is to simply omit. The bread will still

be delicious!

Some modern bakeries put delicious fillings in the bread, such as pastry cream or hazelnut-chocolate cream. Other people prefer to eat this bread just with a hot cup of coffee or chocolate. But it doesn't matter how you like your pan de Muertos as long as you share it with your loved ones, dead or alive.

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

THE WORLD'S AQUARIUM...

continued from page 7

vironmental biologists, as well as the community, to make positive steps to generate healthier oceans now, and in the future. The vision of the organization is to preserve sharks through science, education, and conservation action and to inspire



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If you want to help this true whale shark specialist and enthusiast, please visit their website at www.sharkresearch-mexico.com and click on the "Support Us" button. There are multiple ways we can all get involved with this outstanding project. Donations are the typical request, yet not the only option out there. Logistical support – lending a boat, gasoline, paying for flights -- is one alternative. Outreach and public awareness – helping them spread their message by gaining more followers on social media, and writing blogs and articles about their work, is also a very helpful choice. Additionally, having experience writing grants or raising funds through Kickstarter and/or Gofundme, is another important way in which "Shark Research Mexico" can continue to do this magnificent job. Every little donation goes a long way!

We wish Dr. Whitehead success in educating as well as protecting these astonishing yet defenseless sea creatures. ✨