Four Seasons Coming To La Ribera
No, not climate change, the hotel chain

BY LACEY STORER

The big development in La Ribera, about an hour and a half north of San Jose on the East Cape, has died and then snapped back to life several times over the years it’s been in development. It has been known as Cabo Blue and Cabo Dorado, and most recently it was Cabo Ribera. Now, this star crossed development is back and rebranded once again, this time with a major hotel chain attached.

The latest incarnation is called Costa Palmas, and is still a 1000-acre private beachfront community but now featuring a Four Seasons resort and Four Seasons-branded private residences and villas.

Costa Palmas will now include a beach and yacht club, 18-hole golf course, spa and a private marina that can accommodate yachts as large as 250 feet. It also boasts 18 acres of orchards and farmland, handy if you need that

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Cabo Critters Needs Your Help
Shelter is looking for building supplies, money

BY STEPHANIE MCGLASHAN

Just as humans need shelter from the summer heat and the upcoming rainy season, so do animals, and one local animal rescue is looking for supplies so it can keep its animals covered.

Cabo Critters is a shelter located just outside of Cabo. This volunteer driven rescue group is run out of the home of the organizer, Carlea Staehnke, and it’s a labor of love. When Carlea moved to Cabo, she quickly saw the dire need for animal rescue in the area. From there, Cabo Critters became her passion project, and has since saved the lives of many animals. At the shelter they vaccinate, feed, nurture, walk and play with the animals until they find someone to adopt the lucky ones.

Cabo Critters started off small and has rapidly grown, due to the many abandoned animals in Cabo. With the increasing number of animals they are taking in, Cabo Critters is looking to expand and improve their shelter. They are in immediate need of tarps and building materials, like panels for roofing, posts and 2x4s to help protect the animals from the upcoming storms, not to mention giving them some much needed shade during the summer.

Other donations needed in-
I was sitting in the bar at the Georgetown airport on Grand Cayman, when I met these two handsome dudes from Indianapolis who were there to test dive lights for Skelite underwater lights. They planned to spend the week working underwater at night, headquarters out of the Sunset Dive Club. So what the hell, I helped them pile their many trunks of equipment onto their rented Jeep, then I climbed up on top of it all, held on to the roll bar under me with only one hand, (like a bronc rider, you see), and we all zoomed off for my next adventure.

After a few weeks I became a fixture around the club, and when they figured out I wasn’t leaving, they hired me. I would like to say I was hired for at least a divermanager position, but the fact was, due to my rather thin diving resume, I was not employable in any important capacity. No, my job was just to cruise the dining room every morning, plunk down next to couples, chat them up, and see if I could get the woman to go out on the boat with me. The resort’s management felt that if the women were happy, their men would dive more, maybe even stay more days, and hopefully come back sooner.

But many of these wives and girlfriends were reluctant to be the only woman out on the ocean, especially when they knew their man would be under water most of the day. So my job was to be a companion to them. Not very exciting and now I’m wondering why I’m even writing about it, but it was fun at the time. My biggest challenge on this job was waking up, especially when I got on a boat I have to take Dramamine to ward off sea sickness. That stuff always puts me to sleep. But if I didn’t take my meds, sure I get on a boat I have to take Dramamine to ward off sea sickness. That stuff always puts me to sleep. But if I didn’t take my meds, sure

I am here to tell you that it is possible to barf into your regulator and live through it. I asked in advance how that would work out since I knew it was only a matter of time. Good thing I got instructions on the protocol of dive puking, because
Widows Beach closed to vehicles Also known as Las Viudas Beach in Spanish, it’s the first beach outside of Cabo, past the Cabo del Sol development. Once open to vehicles, the beach now has a wall and a bridge, with a narrow access path underneath for pedestrians dragging along their umbrellas and coolers.

Vehicles can no longer enter the area, and a good chunk of the parking spots have been lost to developments on both sides. The beach is also a favorite spot for camping on the weekend, but those campers are no longer allowed to light up fires on the beach. No more s’mores for them.

But all these changes are for the best, insists Jesus Olvera, head of Zofemat, Mexico’s federal maritime agency, as the beach has earned the prestigious Blue Flag status and must be kept clean at all times. So we favor prestige over fun. Sigh.

The nearby developments built the bridge and will maintain it, along with the bathrooms and showers that are under construction, and the much-needed trash cans that have been set up along the very prestigious beach.

**Bump, set, spike** Feel like playing some beach volleyball? There will be a beach volleyball tournament this Tuesday, August 15 at 9:00 a.m. in La Ribera, out on the East Cape. There will be almost $1,000 USD in prizes given to the winning teams. The deadline to register is August 14. Call (624) 122-0503 or (612) 140-0905 to sign up.

**Waterman’s Challenge coming to town** The Ultimate Waterman’s Challenge will take place on Monuments Beach, just in front of the Cape Hotel, near the Misiones del Cabo development, from August 24-27. The challenge includes surfing, spear fishing and stand-up paddle boarding competitions.

Highlights of the event will include a surf competition pitting Mexico against the U.S., aerial surf shows and more.

“Celebrity” (we’d be surprised if you know them) participants include world champion stand-up paddle board racer and spear fishing master Fernando Stalla, as well as spear fishing and free diving pro Sarah Ruth. Pro surfers Tim Curran and Rob Machado, along with top surfers free to the public. The UWC will also kick off with a beach cleanup effort, led by volunteers. Be there or be square.

**Foreign training for cops** A member of the Israeli defense ministry, visiting from their Mexican embassy, came to town last week to meet with Baja California Sur’s head of public safety. The two signed an agreement saying that, in the short term, Israeli cops will be with us training our police forces.

Now we just have to find new cops for them to train. There are hundreds of vacant positions, since nearly 100 of them have been fired for failing anti-doping and confidence tests in the past eight months. Although Cabo cops are the second-best paid in the country (after Mexico City’s), few have applied for the job in the past months. Many prefer to work in local hotels and restaurants where they make more money and face less danger. Training new candidates takes eight months, so we’ll be playing host to the Israelis for awhile.

**Speaking of police** ... The state’s public safety department’s new tourist police corps will take to the streets of La Paz, Todos Santos and Pescadero starting on September 1st. It’s not a large corps, consisting of only 25 men and women.

According to the head of public safety, they’ve all passed the required tests (well, we would hope so) and half of them speak English. More cops are being currently trained, with the goal of having 50 by the end of the year.

**Celebrity sighting** Oscar-winning actress Charlize Theron and her two children, along with several friends, relatives and bodyguards, came to visit recently. She couldn’t hide from paparazzi, though; they caught her leaving the airport and getting into her limo, and then again enjoying some pool time.

**Swimming with Sea Lions** Suspended The national commission of protected natural areas, (Conanp), has restricted the swimming with sea lions activity near Espiritu Santo island, and Balandra Bay, both near La Paz.

The reason given is that the colony of sea lions has grown rapidly in the past five years. This is causing stress among the adult males as they have less territory to protect, because the number of females and kiddy sea lions has grown.

There have been various reports of visitors being bitten by sea lions. Add to that the fact that right now is also mating season, and the male adults become even more aggressive.

Swimming, snorkeling and diving near the islands is now banned until September. Boats touring the area must remain at least 100 feet away without using anchors or buoys.

**State economy is good** According to the head of the state’s public safety department, the economy is going from $36 to $19. discount on all stock La-Z-Boy’s

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There’s A New Food Bank In Los Cabos

This time, it’s for pets

BY JOHN DOLITTLE

Considering that Mexico is one of the largest producers of pet food in the world, it’s ironic that so many animals (especially those who have been abandoned or have always lived on the streets) go hungry.

To combat this problem, local animal lover and activist John Villegas has organized Los Cabos’ first, and only, food bank for pets.

John, as you might remember from one our previous love notes to you, is working to organizing a solution.

Once his idea was formed, John put a call out on Facebook looking for a place that could house the food bank. George Adams, owner of CJ’s Deli and fellow animal lover, volunteered his San Jose restaurant location immediately.

To get something from the food bank, organizations must first make a request to Villegas via his Facebook page, facebook.com/SheepCabo. Pick up times are 9 a.m. to 3 p.m. from Tuesday through Sunday.

And there is one other requirement: The food bank is available only to Los Cabos’ no kill shelters. Villegas says he made this stipulation because these shelters are not affiliated with a large international organization that has a donor network. They don’t have the time or the resources to do a lot of fundraising.

Many of them go out and rescue pets knowing that many of their rescues have no chance of adoption for various reasons, John says. “They just want totem happy and healthy, and spare them from being euthanized.”

Currently, word about the pet food bank is spreading via John’s posts on Facebook and word of mouth. He says that while he’s been happy with the amount of donations the pet food bank has gotten so far, many of them come from repeat donors, and it’s not enough to sustain the food bank long term.

He’s currently looking for a pet food wholesaler that would sell at cost, or donate their outdated food.

The food bank is accepting donations of pet food, cleaning supplies, cloth towels, collars, leashes, toys and any other pet related items. Donations can be dropped off at CJ’s Deli in San Jose, which is behind the La Comer grocery store. Cash donations are also accepted and can be sent via PayPal to petair-lift@fotomaximo.com (be sure to specify that your donation is for the pet food bank).

Next time you’re at the grocery store, pick up some extra cans of dog or cat food for the new pet food bank in San Jose.

From the Publisher... continued from page 2

that probably saved my life. When the time came, I was ready with best practices info.

My entire 13 months in the Caribbean, which was a fabulous trip many people would kill for, was mostly spent on the seas, fogged out on Dramamine. How can one sleep for an entire year? By being cursed with bad inner ears, that’s how. So I came home and swore off boats forever. Like I said, I’m cursed with bad inner ears. But that’s not the worst affliction to have. Not by a long shot. But that’s another story for another time.

A CT heart scan is a non-invasive heart imaging test to determine if you have a build-up of calcium deposits in the coronary arteries. The heart scan, also known as a coronary calcium scan, is a specialized CT scan that provides pictures of your heart that can enable your doctor to identify and measure calcium-containing plaque in the arteries.

The plaque inside the arteries of your heart can build up and eventually obstruct the flow of oxygen-rich blood to the muscles of the heart.

Measurement of calcified plaque with a heart scan may enable your doctor to identify possible coronary artery disease long before you have any signs and symptoms. Coronary artery disease (CAD) results in damage to the arteries which are primarily due to plaque and inflammation. Plaque deposits in and on the walls of coronary arteries can restrict the blood to the muscles of the heart.

Plaque may rupture, triggering a blood clot that can cause a heart attack or stroke. Plaque deposits develop gradually over a period of time, long before there are any signs or symptoms of a disease. The imaging test provides an early look at calcium levels. If there is calcium, then there is already some stiffening and narrowing of the artery (atherosclerosis).

A heart scan uses a specialized X-ray technology called a multi-slice computed tomography (CT), which creates 3D images of the calcium deposits in the coronary arteries. The amount of detected calcium provides a measure of how much plaque has accumulated, and data from the scan can be used to calculate a score. When combined with other health information, your doctor may use the test score to refine a treatment plan for reducing your risk. The result of the test is usually given as a number called a cardiac calcium score.

The score represents a combination of information that reflects the total area of calcium deposits and the density of the calcium. A score of zero means no calcium is present in the heart and suggests a low likelihood of a heart attack in the future.

The higher the score, the greater the risk of attacks in the long term. A score of 100 to 400 is associated with a relatively higher risk of heart attack or other heart diseases during the next three to five years. A score greater than 400 indicates very high to severe disease and heart attack risk.

Saint Luke’s Hospital is one of the leading medical providers in Los Cabos, with a team of skilled doctors that specialize in preventive medicine, using state-of-the-art equipment and technology to detect many diseases before they start. As part of their diagnostic testing program, the hospital has installed the Somatom Scope, the latest and fastest CT scanner in Los Cabos. It delivers outstanding image quality, reduces radiation dose by 40%, with the highest levels of quality and imagery, and can accurately measure the build-up of calcium deposits in the coronary arteries. The doctors and radiologists at Saint Luke’s are highly experienced in interpreting and interpreting radiology examinations and will analyze the images to provide you, and prepare an official report for your primary care physician to review.

No special preparation is necessary in advance for your heart scan at Saint Luke’s Hospital, and you should continue to take your usual medications, but avoid smoking and caffeine for four hours before the test. However, if your heart rate is above 65 beats a minute you must take medication 2 days before your test to slow your heart rate to ensure clear images. Before the actual scan begins, the technician will attach sensors to your chest. These are connected to an electrocardiogram, to record your heart activity during the test and coordinate the timing of X-ray images between heartbeats, when the heart muscles are more relaxed. After the scan, the doctor will review the results and discuss the best treatment plan for you. The entire procedure should take about 30 minutes, and afterward, you should be able to drive yourself home and continue normal daily activities.

Now is a good time to get a heart scan to determine your calcium score and your risk for heart attacks in the future. The total cost for the heart scan is $525 US. Contact the hospital today for more information and to make your appointment. Saint Luke’s also offers a range of other screening tests for colon cancer, prostate cancer, mammography and whole body executive check-ups using the latest treatment technology and meeting the highest standards. Contact the specialists at Saint Luke’s for more information about the screening tests performed at the hospital.

A HEART SCAN THAT CAN SAVE YOUR LIFE

Quickly detects calcium-containing plaque in the arteries

By Dr. Dick

Coronary heart disease is the main cause of death for men and women in the United States. Every year millions of people die of heart disease, a disease that can often be treated if detected early. A heart scan can detect heart disease and find problems early when chances for treatment and cure are better. Early detection may indicate the need for medication and lifestyle changes to reduce the risk of heart attack or other heart problems.

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Doing More For Los Cabos Kids
Special cases and free clinics are the focus for Amigos de los Niños

BY PHIL GOODE

Since it was established 15 years ago, the Los Cabos Children's Foundation has invested $15 million USD in local programs that help improve children's quality of life, with a focus on health. But unlike most other non-profits, which raise money for their own programs, the LCCF uses the donations it gets to support and strengthen other community programs. The LCCF recently announced its 26 grantees for 2017-18, and over the next year the Gringo Gazette will be featuring each organization and the work they do. In this issue, we are profiling the Amigos de los Niños organization of Los Cabos.

Amigos de los Niños started out as a grass-roots organization in 1991, when a group of Cabo locals decided they wanted to do something to help their less fortunate neighbors. At Christmas time, they dressed up one of their members as "Cabo Claus" and handed out Christmas gifts to local needy children. But while it was heart-warming to see the children's smiles and laughter, the group realized that this wasn't the solution for the problems these children and their families faced every day.

The group decided it wanted to carry out projects that would help improve children's quality of life in Los Cabo. Their first project towards this goal was installing water purification systems in local public schools, providing clean water for hundreds of school children. Once that project was completed, the true vision of Amigos de los Niños was realized: to not only improve children's quality of life, but to help provide the quality medical care they so desperately need.

The Amigos de los Niños provides health care, medical consultations, and assistance for children up to 18 years old. There are two main parts to their programs: The Special Case Children and free clinics. Special Case Children are severely ill or disabled, with conditions including cerebral palsy, Down syndrome, scoliosis and diabetes. They require long-term medical care, and often it can be difficult to find a doctor who can treat them.

The majority of the special cases are children suffering from cancer. Amigo de los Niños was the on-the-ground organization working to get a pediatric oncology service in Baja California Sur, which was accomplished in 2012.

With the Pediatric Hemio-Oncology Unit established in La Paz, Amigo de los Niños took on the responsibility of purchasing the chemotherapy meds for Los Cabos patients and paying for their transportation to and from La Paz for their treatments. They have

CONTINUED ON PAGE 11
Outback tour is educational, but not in a boring way

BY LACEY STORER

You know the old phrase “learn by doing?” If you want to learn more about camels, one of the most fun ways to do it is by riding on them. If learning about animals had been like this grade school, you’d have paid more attention, trust me.

This intrepid reporter had ridden horses on the beach before, but never camels, so I jumped at the chance when I was invited to go on the Outback and Camel Safari from Cabo Adventures. And while I expected the tour to be fun, I was surprised at how educational it was as well.

You’ll learn a lot about camels, but it’s not in a boring lecture. You’ll learn a lot about camels, but it’s not in a boring lecture. From Africa and he spent three years here training the staff on how to handle the animals.

Our guide, Enrique, tells us there are strict regulations on how much the camels can work. They can only work four to five hours a day, for 15 to 20 minutes at a time. The camels get every other day off, with half of them working one day and the other half working the next. When they’re not working, the camels are free to roam round the property. Yikes, that’s better than people hours.

The trainers don’t make the camels kneel down for the riders like in the movies because this can be very hard on them, although they are gentle, of the camels that are roaming around. Although they are gentle, they are also large animals who can get spooked. We’re instructed to keep a safe distance from them, not to try to touch them or feed them, and just generally not disturb them in any way.

We also learn that these camels are actually rescue camels, taken from circus life in the States and Mexico. These bargain basement critters come from Wisconsin, Missouri, Texas and Oklahoma, as well as Puebla and Mexico State. When they first arrived in Cabo, a guide was brought in to help the camels so you don’t have to worry about steering them and can just enjoy the sight of the waves crashing on the beach while you play Lawrence of Arabia.

You do, however, have to keep an eye on the saddle’s handles. The camels gait is different than a horse’s, and even though they are walking slowly, it’s a bit of a tilting ride. Ships of the desert and all that, you know. Later, Enrique tells us that camels have an ambulatory gate, which means they put their back feet in the same spots they put their front feet. This makes them more sure-footed on the sand than horses, and helps to pack down the sand. Since camels walk in a straight line, they are literally following each other’s footsteps. The packed down sand helps the camels at the back of the line save energy.

Although the temperature was in the high 90s and there wasn’t a cloud in sight during our ride, it wasn’t unbearably hot. The ocean breeze kept everyone cool, and the helmets we were wearing were outfitted to look like Middle Eastern warriors.

Continued on page 12
Not the tuna, too! A group of non-governmental organizations is warning that the Pacific bluefin tuna could be next on the list for extinction, right after the endangered vaquita.

50 NGOs have joined forces as the Coalition for the Defense of the Seas of Mexico (Codemar) and are demanding a three-year fishing moratorium to protect the bluefin tuna. They also proposed that restrictions be made on commercial fishing if no agreement can be reached on a fishing ban.

The NGOs says that unless immediate action is taken, the bluefin tuna population won't be able to recover. We can't have that! Hopefully the government is listening and making a plan.

Speaking of the vaquita… It turns out there might be a lot more of them left than originally thought. The International Committee for the Recovery of the Vaquita (CIRVA) has warned that only 30 of the porpoises remain, making it sound as if their extinction could happen any day now.

But now, Profepa, Mexico’s environmental agency, is saying that new studies show there are a least 100 vaquita swimming around. Why the discrepancy? Turns out there were two different methods of counting the vaquitas, so really, who knows how many are left? And just what are those ways of counting swimmers? The eco freaks who sounded the alarm aren't explaining their methods.

Despite the disagreement over numbers, the feds and CIRVA are still working together, along with U.S. officials, to capture the vaquitas and place them in a protective reserve. Their capture will be carried out by using U.S. Navy-trained dolphins. Seriously, trained dolphins.

The vaquita, which is found only in the upper Sea of Cortés, is endangered largely due to its being caught as bycatch by fishermen illegally trying to

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to go with your two-mile stretch of swimmable beach.

When it comes to amenities, designers are sparing no expense to make sure their guests and residents have it all. There are plans for five restaurants sprinkled throughout the community, which will offer everything from fresh organic juices to ceviche bars. The Robert Trench Jones II golf course will be a sea-dunes style course that will take golfers from the ocean side of the development up into the farmland and then back down around the marina. Aha! Good use of farmland!

Another added amenity will be Costa Palmas’ Aventura program, which will provide private guides for tours and excursions. Instead of having to go off property for activities, Costa Palmas can offer it guests and residents everything from ATVs to sailing to horseback riding. More sensible use of farmland, we get it.

Ellie Stain, one of Costa Palmas’ PR reps, tells us Four Seasons broke on construction in May. The 250-slip marina, has been dredged and already has boats in it. Well, that dredging has been going on for many years, by previous owners. The beach club is used as a closing room. The resort and private residences are scheduled to be finished by the end of 2018, although Stain says that is a fluid date. (Which usually means they only hope for that date). The private villas are currently under construction, as is the cluster of nine two-story buildings that will make up the i45-room resort.

The land that Costa Palmas sits on has historically been used as ranch land, according to the PR team. The property is currently owned by Desarrolladora La Ribera (DLR), and is being developed by the development group Irongate. Irongate joined the project in 2014. Stain couldn’t (or wouldn’t) give specifics on exactly how Four Seasons was brought in, but she did say that they have been looking for a property in Los Cabos for 30 years (this is their third resort in Mexico), and that Four Seasons had an interest in being involved since their first visit to the East Cape site. Allen Smith, Four Seasons president and CEO, said Los Cabos was a “natural fit” for Four Seasons, as it has long been a favorite destination for luxury travelers.

The residences are whole ownership, no timeshare here, and include a variety of layouts. Marina residences will have two to four bedrooms and range from 2,523 to 4,978 square feet. The beachfront residences with single-level three and four bedroom layouts will range from 3,806 to 4,598 square feet. The two-level beachfront residences come in four and five bedroom arrangements from 6,528 to 6,792 square feet. And if you need some serious space, the villas range from 5,000 to 10,000 square feet.
Traveling Pets Welcome
Holiday Inn debuts new program for human and canine guests

BY STEPHANIE MCGlashAN

Vacation planning can often seem like a huge burden when you are a pet owner. There are so many things to consider, like who will take care of your pet, will they be OK without you, will they get along with other animals if you board them somewhere... the list goes on. It's enough to make you not want to travel without your critter at all.

And in fact, that's what the Los Cabos Holiday Inn is hoping you'll do; bring Fido along. The hotel recently launched its new Pet Friendly program, coordinated by its sales team, to provide a relaxing and accommodating experience for both its human and animal guests.

The Los Cabos Holiday Inn has designated an entire wing of the hotel as pet friendly, which means Fluffy and Fido can join you on vacation along with other animals if you board them somewhere... the list goes on. It's enough to make you not want to travel without your pets.

The hotel, which is one of the few pet-friendly hotels in Los Cabos, has designated an entire wing as pet friendly, renovating the rooms, outdoor spaces, and corridors to be able to accommodate pets in a comfortable yet controlled manner.

Some fun new features in this section of the hotel include secluded areas where guests can leave their animals while enjoying the pool area (which dogs are not allowed in), and new “do not disturb” signs for the doors. These signs specifically announce that there is a pet in the room. Like the smell isn’t enough of an announcement?

Not only is the hotel providing a space for people to bring their animals, they’ve also developed an entire travel guide dedicated to pet-friendly activities, restaurants, veterinaries and general pet services that are available in the area.

An event held recently by the Holiday Inn showcased some of these amenities, everything from transportation and general care, to food, dietes and pet daycares. A large part of the event was to provide an opportunity for pet catering businesses to inform the public about their services and the accessibility of traveling with a pet.

The exhibitors included: United Cargo, Grey Line, Treats Nuece, Woof, Alpha Dog, Hospital Veterinarios Silva, Hills, the government's health department, Zoonosis, the Los Cabos Humane Society, Centro Veterinario, Taste of the World, and Risaperrapia.

The exhibitors are all part of the new pet program and were partners in its development and execution.

The Humane Society gave a presentation about pet nutrition, speaking on the importance of feeding pets well and understanding their complex needs. The Humane Society also brought 15 dogs from the shelter to be adopted at the event. Adoption forms were right on site and a few of the lucky little guys found new homes!

The Risaperrapia team was also a major presence at the event, providing dog training lessons and showing some of the techniques they use.

The organization's name, Risaperrapia, is a Spanish word game, combining three words: smiles, dogs, and therapy. This essentially explains how they work as an organization, providing a variety of services that include general and specialized dog training, conferences (similar to what they did at the event) and their doggie daycare.

If you'd like to learn more about the Holiday Inn’s Pet Friendly program, you can contact the general director, Elizabeth Aceves, at elizabeth_aceves@grupopresidente.com.

Gringo Gazette Goes To Copenhagen

Carrie Duncan went to Copenhagen Denmark, and took her GG with her. But she forgot her paper behind in the hotel room that morning and when she got to the famous little mermaid statue, she realized she didn’t have it. Panicking at the thought of letting down her precious readers, Carrie improvised by buying a very cool statue of the monument, thus proving she was really there.
A Short Primer On Mangos

It’s one of the most popular fruits in Mexico

BY AL FRESCO

As evidenced by the recent Mango Festival in Todos Santos, the mango is a highly regarded fruit here in Mexico. Although mangos have been cultivated since prehistoric times and there are a chingo of mango farms around here, we can’t claim them as native to Mexico; they originated in India. During the late 14th and early 15th centuries, Spanish travelers brought mangos to Mexico and here, the mango found the perfect environment, quickly becoming very abundant.

Mango is a fleshy one seed fruit; it is generally sweet although the texture of the flesh varies depending of the type. Some have a soft pulpy texture similar to the overripe plum, while the flesh of others is firmer like a cantaloupe or an avocado, or it sometimes has a fibrous texture. There are many different species of mango and all of them grow in Mexico, making our country the largest exporter of mangos in the world.

Mango is consumed fresh, but it’s also part of delicious recipes and nowadays it is used in the pharmaceutical industry, and certainly the beauty industry. But mangos are most often used for food. The sour and unripe mangos are used to prepare chutney. They can also be sun dried and often cut in layers, desiccated, and they are often eaten whole as a snack. Mature they are eaten raw with salt, chile powder or soy sauce. Mango jelly is very popular too. They combine wonderfully to cook sour and sweet food with pork, fish or chicken.

The reason you see so many mangos in Mexico? The country is the fifth largest producer of the fruit in the world.

CONTINUED ON PAGE 21
New Events Planned For Cabo

Cabo will have several new events debuting this fall and winter, and even more being planned for next year.

Viva La Plaza! is the first new event coming to Cabo. The goal of the event, which is being organized by Julio Rodriguez from Cabo Inclusive, is to increase the tourism flow to Cabo’s “historic downtown area.” That means the Amelia Wilkes plaza, the little park with the gazebo.

Viva La Plaza! will be held from 5 to 9 p.m. on Fridays, beginning on October 20. Rodriguez thinks it’s time Cabo has a weekly event that draws the crowds, and hopes this will be as successful as the Thursday Art Walk and Mexican Music Tuesday nights in San Jose.

His plan has been given the green light by the city, which will provide traffic cops around the area during the Friday events. The city has also approved the use of a stage just outside of the Cabo San Lucas Museum for musical groups and dancers, and is considering closing a few downtown streets to traffic.

Local businessman Guillermo Perez, of Logistic Corporate Services in Cabo, has also presented his plans for three new events. The first will take place this Christmas season. For three days, boats and yachts, decorated for the, will parade from Medano Beach to the marina. There will also be Christmas songs, a performance by the youth symphony orchestra and nativity plays.

And coming in November 2018 will be the first nautical extreme sports festival. This will feature the best sportsmen and sportswomen showing off their skills on jet-skis and flyboards, along with extreme aerial sports, like acrobatic skydiving and ultra light aircraft.

The third event, which would be in conjunction with the extreme sports festival, will be an attempt to earn a Guinness world record for the largest number of drones flying at one time. This record attempt will take place on El Tule Beach. The current record is held in Japan, with 1,000 drones going up in the air.

My boss will no doubt volunteer her craft! Oops, maybe not, she crushed it into the cultural center while buzzing it around the marina from our office terrace.

CABO CRITTERS NEEDS... continued from page 1

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My boss will no doubt volunteer her craft! Oops, maybe not, she crushed it into the cultural center while buzzing it around the marina from our office terrace.
YES WE HAVE CAMELS IN... continued from page 6

Eastern turbans, with white fabric draping off them. The fabric kept our necks and shoulders covered, which helped keep the heat away. Helme? Really? Well, the white scarves covered that up in the photos for facebook. After the camel rides, everyone has the chance to “kiss a camel” for the photographer. By gently pulling the camel’s reins, you can guide their lips to your cheek for the perfect, Instagram-worthy vacation photo. And, if you really want to get close, the photographer gives you a carrot to stick between your teeth, which the camel will eagerly pluck from your mouth, giving you a “kiss.” Although we are reassured over and over that the camels won’t bite us (and they don’t) watching

Kalendarr of Performing-Arts

CABO SAN LUCAS

CULTURAL PAVILION
Every Friday. 7:00 pm. Pavilion Movie Club. A different movie every Friday. Sometimes in English, sometimes other languages with Spanish subtitles. August is Alfred Hitchcock month. Free.
**August 11. Friday. 7:00 pm.** The Pavilion Movie club presents Psycho. (1960). A secretary embezzles $40,000 from her employer’s client, goes on the run, and checks into a remote motel run by a young man under the domination of his mother. English with Spanish subtitles. Free.
**August 18. Friday. 7:00 pm.** The Pavilion Movie club presents Vertigo. (1958). A San Francisco detective suffering from acrophobia investigates the strange activities of an old friend’s wife, all the while becoming dangerously obsessed with her. English with Spanish subtitles. Free.
**August 25. Friday. 7:00 pm.** The Pavilion Movie club presents North by Northwest. (1959). A hapless advertising executive is mistaken for a government agent by a group of foreign spies, and is chased across the country. English with Spanish subtitles. Free.
**August 12. Saturday. 5:30 pm.** Theatrical Professional Illumination Workshop by The Arts Professional Creators System from Mexico’s Fine Arts National Institute. This workshop is geared towards arts directors and theatrical experts. Spanish, free. More information: 624-191-4858.
**August 14 to 19. Various hours.** Theatrical Costume and Scenography workshop by The Arts Professional Creators System from Mexico’s Fine Arts National Institute. This workshop is geared towards arts directors and theatrical experts. Spanish, free. More information: 624-191-4858.

**August 25, Saturday. 8:00 pm.** The Telltale Heart. An adaptation of the Edgar Allan Poe book. Performed by Gesto No Es Teatro. Spanish, Free.
**October 6. Friday. 8:00 pm.** Opera Concert. Directed by Daniel Silva and Sarah Vardy, a soprano from the Vienna State Opera. With the Studio del Angel Ballet as special guests. Spanish. Tickets available at the Pavilion office.
**LA RANA VEGANA** Playa Migrino St. up from Miguel A. Herrera St. Turn right 2 blocks before the gas station (Pueblo Bonito Sunset area)
**Thursday, 7:30 pm.** Vagabond Movie Club. Every week a different movie, sometimes in English, sometimes in different languages always with Spanish subtitles.

CERRITO DEL TIMBRE CULTURAL HOUSE
Downtown Cabo, one street back from the Aramburo Plaza or Las Guacamayas restaurant
**July 24 to August 11. Monday through Friday. 8:00 am to 1:00 pm.** Summer courses for kids from 6 to 12 years old. Basic courses in painting, music, dance, etc. For more info call 143-0779 from 8:00 am to 8:00 pm, Monday through Friday, or visit the Culture House office during the same hours.
**LEON COTA PLAZA** Next to Red Cross and Delegation buildings.
**Every Sunday. 6:00 pm to 10:00 pm.** Every week, four hours of Plaza Arte workshops with live music, dance, and different guest artists. Spanish, Free.
**Every Wednesday. 6:00 pm to 10:00 pm.** Danzón Aftemoons. Traditional Mexican romantic dance. Everyone is invited to dance. Spanish, Free.
**July 15 to August 15. 6:00 pm to 10:00 pm.** A Summer of Reading. Reading lounge with writing and reading poetry, historians and books for all audiences, including books in Braille, English and Yiddish. All activities are free. Spanish and with some help in English.

CABO MARINA
**Every Saturday. 5:00 to 10:00 pm.** Art, paintings, sculptures, photography, live music, dancing. On the marina, in front of the cultural center. Spanish with some help in English.
**Every Thursday. 5:30 pm.** Kids Movie Club. A different movie for children in Spanish.

EDUSINTER At Angel Herrera and Libertad streets
**July 17 to August 11. 9:00 am to 1:00 pm.** Bilingual Arts Summer Camp. For children 4 to 8 years old. The summer camp includes art, cooking, yoga, plays and science. For more info and registration, call Mercedes at 624-159-0004.

EDUSINTER
At Angel Herrera and Libertad streets
**Every Sunday. 6:00 pm to 10:00 pm.** Trotamundos buffet and open bar. In English and sometimes in different languages. Spanish. For tickets: www.thewirikuta.com

SAN JOSE

KORAL CENTER/EL MERRKADO Kilometer 24.5 on Highway 1
**Every Wednesday. 5:00 to 10:00 pm.** Art Day. Art, paintings, books, live music. Spanish and English. Free.

**LA DOLOCE VILLA** Behind the Mega supermarket in San Jose
**Every Sunday. 6:30 pm.** Kids Movie Club. Different movies for the rug rats. Spanish without subtitles.
**Every Thursday. 7:30 pm.** Vagabond Movie Club. Every week a different movie, sometimes in English, sometimes in different languages always with Spanish subtitles.

WIRIKUTA GARDENS At the East Cape Road round/about
**Every Wednesday. 7:00 to 10:30 pm.** Wirikuta, the story of the ancient Huichol tribe told through modern dance, acrobatics, music and audiovisual effects. Includes dinner buffet and open bar. In English and Spanish. For tickets: www.thewirikuta.com

PLAZA EL PESCADOR Every Wednesday, Thursday and Saturday. 6:00 to 10:00 pm. Art Fair. Food sampling and wine tasting at the restaurants and shops in the mall. Live music and local artists showcasing their work. Across from the Cabo Azul resort in the hotel zone, San Jose. Free.

MAIN PLAZA
The PlazArte Program will continue during renovations, just beside the remodeling area.
**Every Saturday. 6:00 to 10:00 pm.** Plaza Arte. Four hours of arts workshops, music, dance show and family fun. Spanish, Free
**Every Sunday. 6:00 pm to 10:00 pm.** Danzón Aftemoons. Traditional Mexican romantic dance. Everyone is invited to dance. Spanish. Free.

VARIUS PUBLIC PLAZAS.
**July 15 until August 15. 6:00 pm to 10:00 pm.** A Summer of Reading. Reading lounge with writing and reading poetry, historians and books for all audiences, including books in Braille, English and Yiddish. All activities are for free. Spanish with some help in English.

Community Reading Lounges

At AMELIA WILKES PLAZA Main plaza downtown CSL,
**Every Saturday from 6:00 to 8:00 pm.** Herman Ita de Ysabela Reading club has a different book to read and comment Saturdays starting April 9 Spanish mostly. Book donations are welcome. More info and special activities with Nixania email: todosomoselotro@gmail.com Free.

AT PLAZA COTA.
From Monday to Friday. From 7:00 am to 9:00 pm. Reading club. Books available to all. Lazaro Cardenas one block before to the main park in Cabo San Lucas. Spanish and some in English, Free.

At HOLLYDANCE CAFÉ, Leona Vicario St. And 12 de Octubre St, 2nd Floor, downtown Cabo.
**Every Tuesday from 4:30 pm to 6:00 pm.** Trotamundos Reading Club. Spanish mostly. More info and special activities on Facebook: https://www.facebook.com/saladelecturatrotamundos/timeline

AT KINESIS GYM. El Chamilal barrio near the Convention Center.
**From Monday to Friday.** From 4:00 pm to 8:00 pm. La Maroma Reading club. Books available. More info and special activities on Facebook: facebook.com/Sala-de-lectura-La-Ma%C3%B1a-Kinessis-Fabuladanza-691039797630803/timeline

AT LA CIRCO. Libroteka Reading Club.
**From Monday to Friday.** From 4:00 pm to 8:00 pm. Books available and circus drama style reading on Thursdays at 7:00 pm. More info with Sara Flores on Facebook: https://www.facebook.com/LaCirco.577897035553733/timeline
The Toxic Investment Plan For Americans In Mexico

The Mexican version of the 401(k) comes with few tax benefits

BY ORLANDO GOTAY

Many of my readers live in Mexico, enjoying retirements funded by U.S. based pension plans. U.S. citizens who work in Mexico, however, may have been offered what is known as an AFORE account. AFOREs are Mexico versions of what you and I think of as 401(k) accounts.

There is big difference between the two. Because AFOREs are foreign retirement plans, established according to non-U.S. rules, they are not recognized as ‘qualified plans’ from the IRS perspective of that; very different IRS rules apply to them. A nutshell, they have virtually none of the tax benefits of U.S. qualified plans.

Money put into IRAs and 401(k) plans are generally tax deductible, and investments inside those plans grow on a tax-free basis? Because U.S. tax law says so. What U.S. tax law says about AFOREs? Nada.

AFOREs don’t have the tax benefits granted to U.S. plans. The IRS treats them very differently. The fact, the gains in your AFORE might be taxable in the U.S. the very year you are earned, and could even be taxable as ordinary income and not as a capital gain. Ouch.

Bottom line: foreign pension plans and deferred compensation arrangement are virtually tax-free to U.S. citizens (and green card holders), require reporting in special IRS forms. For not reporting them are incredibly steep. For more? Tax years in which you were required to report those accounts, but didn’t, remain “open” for audit until you file the required forms really is that bad. You may be tempted to run to the AFORE people and say, “Why didn’t you tell me this?” Truth is, it’s not their job to warn Americans about the U.S. tax consequences of a Mexican financial product. Them, it’s an innocuous thing, because they see it from the normal, Mexican perspective. To them, it is a great tax-deferred vehicle. Americans, AFOREs and their ilk could be the financial equivalent of Ebola.

You say you don’t have an AFORE account? About your Mexican spouse? I don’t mean to scaremonger. I just want to open my readers’ eyes to the many tax issues that arise from being a U.S. person that lives, works and plays outside the United States. More you know, the better prepared you are.

Orlando Gotay is a California licensed tax attorney (with a Master of Laws in Taxation) admitted to practice before the IRS, the U.S. Tax Court and other tax agencies. His love of things Mexican has led him to devote part of his practice to the tax matters of U.S. expats in Mexico. He can be reached at tax@orlandogotay.com, online radio at mixlr.com/orlandogotay or Facebook: GotayTaxLawyer.
It’s back to school time, and parents are hitting the stores with lists of school supplies that their kids need. In Mexico, most parents not only have to buy pens, pencils and notebooks, but uniforms as well (for both private and public schools students). Sometimes they are also asked to buy supplies for the school, such as packs of printer paper for the school office.

This week we asked: How much are you spending on school supplies for your kids? Do you think the amount of supplies the schools ask for is excessive?

Israel Torres, 42, government worker
I have four kids in public school. I spend from $100 USD to $300, depending on which kid. They oldest are in culinary school and studying medicine, and the two youngest in high school. The cost may rise depending on which books the teachers ask them to buy. Some books are as expensive as $200, some others go for $20 or $30. And each kid needs about one or two notebooks and a couple of pens and pencils.

Lucio Rodriguez, 32, maintenance worker
I have two kids, one in elementary school, the other in middle school, both in the public system. We get government help with both which covers uniforms, supplies and books; the cost overall comes to $100 for both of them. If we did not have the government aid we would pay around $300 for the two kids.

Nancy Gomez, 42, stay at home mom
I have three children, they all go to public school. With my daughter in middle school I spend about $60. With the one in high school the cost goes to $100. In their school, some supplies are given but there are some teachers who get very picky and ask for a certain brand which is usually more expensive, not taking into consideration the fact that if our kids are in public school it’s because we can’t afford to spend a lot of money. My oldest daughter just got into university and I don’t really know how much I’ll spend on her, but it will probably be more.

Daniel Mazzola, 51, chauffeur
My kids are in school from elementary to university. With the younger ones, we have to help with the school maintenance, and this year they asked for an extra $60 they were renovating the bathrooms. Tuition fees are now prohibited in public school, so now they call it a “parents agreement.” Overall, we spend on each kid about $200. Plus, any extras like scientific calculators or drawing materials.

Elena Amezola, 48, home-maker
The kid I spend the most on is my son in middle school. They have to have three uniforms: one for Mondays, one for sports and another one for the regular days. Plus, the shoes are so expensive. I would rather buy one pair of good sneakers or shoes than a lot of cheap ones. The cost just goes up when we have to buy those. The uniforms can’t be bought in a pack, we have to buy the shirt, pants, sweater or sweatshirt separately, times three.

Margarita García, 43, security guard
I have two sons. The one in middle school gets this “package” from government with very small notebooks and cheap coloring pencils and a backpack. It’s low quality stuff that doesn’t even work. On him I spend about $100. My oldest son goes to private university and I can only help him with half the money. Because he has a part-time job, I usually spend about $300 on him every month. I can barely make ends meet but we manage.
Budgeting for Baja

A checklist for planning your escape to Baja: Part II

BY PAMELA GRAY

Here you’ll find some more important things to consider when budgeting for your life in beautiful Baja. Part I was published in the last issue.

Property Taxes. While lower than in the US, property taxes are on the rise here. When you purchase your property, it will be appraised by the government and your tax rate adjusted… up, of course. The rate and payment options will depend on the municipality your property is in. The division between the Los Cabos and La Paz municipalities is in the town of Buena Vista. Both municipalities offer great discounts if you pay your taxes before they are due each January.

Fideicomiso Fees. If your title is held in a Fideicomiso (a requirement for most expat purchases in Baja) you will owe the bank about $500 each year in service fees around the anniversary of your signing date. If you have a special type of fideicomiso or have multiple properties in one fideicomiso your rate can be higher. Mark your calendar; the fines for late payments can be steep!

Yard Maintenance. This expense can vary widely. When planning your landscaping, keep in mind the amount of upkeep that it will require and don’t overestimate your DIY contribution. Even an automated drip system will need regular attention as the drippers tend to clog and power outages may reset your timers. If you have a pool, include an allowance for maintenance and the cost of replacement filters and chemicals.

Property Management. If you intend to rent your home when you are away, a good property manager is a must. In addition to making your guests feel welcome and making sure the home is well maintained, they can help you navigate the tax implications of renting your property.

Housekeeping. I have found regular house cleaning to be an affordable luxury here. My housekeeper also helps me practice my Spanish and keeps me up to date on local happenings. The size of the house will impact the cost, as well as what you want done. Most housekeepers here have no trouble doing windows and even laundry. Don’t be afraid to ask for everything you want, but please pay fairly for the services.

Home Owner’s Association Fees (HOA Fees). Be sure to ask your Realtor if your desired property is governed by a Home Owner’s Association. If so, you will want to see a history of those fees and recent assessments in order to estimate your potential costs.

Home Owner’s Insurance. While many of us “Self Insure” (i.e. set a little aside each month in case something bad happens) new types of policies are becoming available that make the cost of homeowner’s insurance pencil out. When shopping for insurance be sure to get a copy of the policy in English. If the agent cannot provide this, it is worth the cost to have the Spanish version translated before you sign up.

Maintenance. A well built home here will cause you little trouble. We have very little mold for example and the concrete block or foam construction methods produce sturdy homes when done right. You need to budget for things like annual maintenance of your air conditioning, re-sealing of flat roofs every 3-5 years, painting metal details, etc. Fortunately, labor is still a bargain here and the quality of materials available at your local construction supply store are better all the time.

Fumigation. There is not much for pests to eat in the desert, so make sure your home does not become their buffet. Have it treated regularly - at least twice a year.

Vehicle Registration/Insurance. If you are going to keep a car here, you should bite the bullet and get it imported. Alternatively, you can register it in South Dakota using an online process. If you register it in Baja, the annual fees for keeping it up-to-date are minimal and insurance is also quite reasonable. Health Insurance. Many people have good coverage in their home country and simply need to be able to get there if they have a serious health issue. Air evacuation insurance is available from multiple vendors for just for this purpose. If you are not insured back home, international policies can be a good option and may allow you to seek care in countries that offer cutting edge treatments not yet approved in the US or Canada. You can also participate in Mexico’s socialized medical plan or just pay cash if you need care. While private hospitals have a bad reputation for gouging foreigners, many local clinics can provide good care at a reasonable price.

Travel. How often are you going to want to visit friends and family in your home country? Be sure to allocate funds for these trips. You can also get great deals on flights to the mainland from Cabo or La Paz. We’ve really enjoyed exploring the old cities on the mainland… of course, we are always happy to come home to our tranquil little village by the sea.

This list does not include one-time fees like closing costs, building, or adding a water purification system but those are continued on page 19
**FAQ About Trust For Foreigners, For Residential Purposes**

**Restricted Zone Trust, Part 2**

By Raul Leon, ESQ.

This is a continuation of an article published last issue.

4. What is the SRE permit?

(Secretaria de Relaciones Exteriores)

As we’ve seen, it’s a permit granted by the Foreign Affairs Ministry prior to the constitution of the Trust in the Restricted Zone, and such a permit authorizes the trustee to create a trust to hold the property and ownership of a property, on behalf of one or more specifically designated foreigners, for a period of 50 years renewable. There is one major condition to the granting of the permit. The foreigner, in all affairs referred to the real estate property, shall consider themselves as Mexican nationals and obligate themselves not to invoke the protection of his foreign country government in case of any controversy. Should the Foreigner fail to abide by this condition, they will lose the property in favor of Mexican Nation. (This makes sense, you cannot sue a person in the United States in Mexico for property in the United States!)

This event has never happened in the history of the Restricted Zone Trust, but, the reason it exists is historically because of the French invasion in 1838 and the North American invasion and loss of Texas in 1844.

Additionally to the permit, once the trust is executed, it has to be registered in the Foreign Investment Registry and in the Public Property and Commerce Registry.

It’s important to notice that the Foreign Affairs Ministry grants a permit in behalf of any Foreigner EXCEPT in the case of any citizen of the countries that figure in the Non-Cooperating Countries list of the Financial Action Task Force (FATF) because of international trades subscribed by Mexico.

5. Which are the costs involved?

The costs of a closing are the same as in a direct purchase with nationals except for the following concepts:

- **SRE Permit Fee.** The permit fee is fixed, but the processing fee to obtain the permit is variable depending on the company or person hired for the obtaining of the permit.
- **Foreign Investment Registry Fee** is fixed, but the processing cost that its variable depending on the company or person hired to obtain the inscription.

Annual administration fee: This is also a very variable cost and changes from place to place, trustee to trustee, but regularly it is a fixed fee that has no relation with the cost of the property and is more or less standard in every location.

6. What benefits does the restricted zone trust provide?

Besides being the only legal way of acquiring a real estate property for residential purposes in restricted zone for a foreigner, it provides the following benefits:

- Discretion: In real estate transactions with nationals, the names of the purchaser and seller are public and can be known by everybody because the purchase is registered on the Property and Commercial Public Registry and in the inscription the relevant information of the transaction appears and if property is owned through a trust, Public registry only shows that the property is under trust number “X” and the beneficiary information stays confidential. This benefit is so big that many Mexican nationals make trusts just to keep their patrimony and assets information private.

- Protection of patrimony: The legal owner of the property is a trustee, not the foreigner and because so no lien can be placed over the property for debts of the foreigner or a Beneficiary and his creditors cannot know who the owner of a certain property is. Many Mexicans hold their properties in trust for this reason as well.

- The free ability to designate substitute beneficiaries: It doesn’t matter what a will establishes in Mexico or a foreign country, the designation of substitute beneficiaries in a trust prevails.

- Support of a Financial Institution: The trustee, by law, must be a financial institution, a bank is the owner and in case of any legal situation, he’s involved as legal owner and defends the title in court.

All trust are regulated in Mexico by mercantile, federal laws, so most trials or legal disputes has to be under Federal Laws and in Federal Court, so this avoids confrontations on the local level or local domestic regulations in local trials.

7. Who can be designated as beneficiary in a Restricted zone trust?

A trust can be executed in behalf of the following:

- One or more individual persons even it they are under legal age.
- An incorporated foreigner person (an INC, LLC, etc.)
- A foreign trust (family or living trust in a foreign country)
- A Mexican incorporated person that allows foreigners as partners of the company.

It’s important to notice that if more than one person acquires a real estate property in restricted zone for residential purposes, they’ll need a trust if only one is a foreigner. If you have a Mexican partner, but you are foreign, you need a trust.

8. What happens if a foreigner becomes a Mexican citizen?

CONTINUED ON PAGE 18
REAL ESTATE SECTION


FOR SALE IN THE EAST CAPE
THE PLAZA DEL PUEBLO has anchored Los Barriles for 20+ years. Ideal location in growing community. Multi-use space with plenty of parking is a great opportunity. Don’t wait to retire to relocate! Seller financing. MLS#17-889. Contact: Pam@HomesAndLandOfBaja.com Cell 624-177-1358.

CASA MAS CERVEZA. Cabo. 4 Most Affordable Bedroom Pedregal! Walk to Town, spacious living areas, 4 BDR, 3 1/2 BA, gazebo. $349,000 USD. MLS#16-663, 624-147-7541.

SPA BUENA VISTA BEACHFRONT home. 3BR/3BA. Well-maintained home with vaulted ceilings, off-street parking, large garage, private courtyard, furnished, 19+ meters of sandy beachfront. $795K USD MLS#17-1308. Contact: Pam@HomesAndLandOfBaja.com Cell 624-177-1358.

FOR SALE IN LOS RILLOS

COSTA AZUL PENTHOUSE Condo 16: 2 bdrm/2 ba. condo with incredible Palmilla to Punta Gregorio views. Low HOA, parking. MLS 16-893 $228,000 USD Call Marlene at 624-147-0433.

FOR SALE IN ZACATITOS
FULL ACRE, 1BRD/1BATH OCEAN VIEWS, Landscaped and Fully Furnished, Move-In Ready. $220,000. MLS#16-2036. “Step into CoastalPropertiesOfCabo” or call: MX: 624-171-4352 US:+1-916-316-7830.

PEDREGAL CABO SAN LUCAS
1060 Sq. Mt. Lot. Quarter of an acre, walking distance to Marina. MLS# 16-602, $89,000 USD, 624-157-4932.

ZACATITOS: FULL ACRE, 2Bdr/Bath Mexican Charmer, Peaceful & Quiet Desert, Ocean View/Breezes, Move-In Ready, short stroll to Beach $250,000, MLS#17-661, “Gun@CoastalPropertiesOfCabo” or call: +1-949-212-8210.

FOR SALE IN CABO SAN LUCAS
FOR SALE IN THE EAST CAPE
HACIENDA JETT EXCELLENT LOCATION – 2 BD 2 BA 2-Story Home, walk to town, amazing city and ocean views. $279,000 USD MLS 17-1449 Cabo4Sale Real Estate 624-172-0069. Broker. Cabo4Sale.com.

FOR SALE IN LOS RILLOS
LOT PACKAGE in Todos Santos. 5,000+ or 5 - 1000 m2 lots with ocean and huerta views. Buy all or individually. MLS 17-620, $85,000 USD. Call Cheryl 624-122-2690.

FOR SALE IN LOS RILLOS
CASASURFADOR-FABULOUS BEACHFRONT home. 4 bedrooms, 3.5 baths, views of the entire coastline, rooftop deck, wood windows, quality constr. MLS 16-2268, $119,000 USD. Call Cheryl for showing 624-122-2690.

VILLAS DE ORO. This two-bedroom Townhouse-style home is an example of luxury residence. MLS # 17-125. Janet Jensen; (624)1141-6726; Janet@theagencyloscabos.com

FOR SALE IN ZACATITOS

CONDO C101 STUNNING 2bd/2.5ba $699,000 MLS # 17-1433. High quality finishes, custom carpentry to the granite and marble slab. East SJ. Beachfront Community. El Encanto de la Laguna. Open house every day 10 to 5pm 624-105-8858. info@elencanodelaguna.net

BOUTIQUE STYLES CABO PEDREGAL HOTEL in world famous Pedregal. 45 rooms, rooftop terrace. $3,990,000 MLS#16-1334. Call Beth 624-157-2968, b.gorman@snellrealestate.com

MYKONOS PENTHOUSE 502-A, Beach access, two pools, jacuzzi, tennis court, GYM, Oceanfront View, 2,798 A/C sq. ft, 3 beds / 3 full baths at $995,000 USD in San Jose del Cabo. MLS # 17-923 Contact: j.turquie@snellrealestate.com, MX Cell: (011-52-1) 624-145-2335.

MISIONES DEL CABO CONDO #101. 1 BR 1 BA Ground Floor. Spacious floor plans, high-end finishes and exclusive amenities, 24 hour security, Fitness Center, Swimming pool, Jacuzzi. SJDM.

VERANDA 2-102. This three-bedroom veranda exemplifies luxury living – privacy and serenity. Embracing the concept of open living spaces, the dining area merges with the living room and overflows into the terrace lounge. MLS #17-1088. Bernardo Koenig; (624)191-3767; Bernardo@theagencyloscabos.com.

1,020 A/C sq. ft. Asking $179K. MLS# 17-496 Call 624-139-0909 contact: info@elmiradorloscabos.com, elmiradorloscabos.com

EL MIRADOR CONDO 1 bed, 2 Baths. Spacious floor plans, high-end finishes and exclusive amenities, 24 hour security, Fitness Center, Swimming pool, Jacuzzi. SJDM.

Cabo Pedregal Hotel. Boutique in world famous Pedregal. 45 rooms, rooftop terrace w/kitchen. Quick walk to Cabo Marina, beach.

MYKONOS PENTHOUSE 502-A, Beach access, two pools, jacuzzi, tennis court, GYM, Oceanfront View, 2,798 A/C sq. ft, 3 beds / 3 full baths at $995,000 USD in San Jose del Cabo. MLS # 17-923 Contact: j.turquie@snellrealestate.com, MX Cell: (011-52-1) 624-145-2335.

PEDREGAL CABO SAN LUCAS, 4 BD HOME. Pacific Ocean views. Functional and cozy, with a modern design and luxury fine finishes, with comfortable layout, nice terrace with pool and BBQ. MLS# 15-2284, $950,000 USD. Call 624-122-3528, jeffineinstein@cbirversas.com.

VIUDA 107. LAS PALMAS. MLS# 17-1440. VIUDAhs two bedroom ground floor residences are each exquisitely works of art. Colorful accents, renovations distinguishes contemporary Mexican décor, flowing fluidly between open, airy living spaces and dining areas. $640K. Gabriela Mohar. T 6241008853.


CASA NOKES. PLAYA TURUGA. MLS# 15-2676. This private beach home is located 15 minutes up the Sea of Cortez coast from San Jose del Cabo. The 3 bedroom main house and separate guest casitas. $2,595,000 USD Theo Gardener. 6121258617.

CABO CORRIDOR SINGLE LEVEL home. Turnkey and located in a prestigious gated community. 4bd/ 3 baths, high end finishes. Private pool, jacuzzi and expansive outdoor terrace w/ firepit built-in seating, 2 cars garage. MLS, $529k, MLS#17-743, Ph 624 157-3170.

BOUTIQUE STYLES CABO PEDREGAL HOTEL in world famous Pedregal. 45 rooms, rooftop terrace. $3,990,000 MLS#16-1334. Call Beth 624-157-2968, b.gorman@snellrealestate.com.

MYKONOS PENTHOUSE 502-A, Beach access, two pools, jacuzzi, tennis court, GYM, Oceanfront View, 2,798 A/C sq. ft. 3 beds / 3 full baths at $995,000 USD in San Jose del Cabo. MLS # 17-923 Contact: j.turquie@snellrealestate.com, MX Cell: (011-52-1) 624-145-2335.

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Why List In The Summer?

BY HEATHER BORQUEZ

If the time has come to sell your home in Paradise, summer is the best time to list it. Summer is a quiet time for realtors in La Paz and that gives us time to get your house primped and pumped and ready to sell once the busy season hits us.

Here is a brief list of what needs to be done, to get your home ready to sell:

- Choose a realtor and sign the listing agreement. Always ask about his/her promotion plans for your home.
- Set a selling price - your realtor should provide you with comparable sales to assist in setting the price.
- Obtain copies of all legal documents; Fideicomisos, Escrituras and identification papers of the owner/s.
- Sort out any inheritance issues in the event there has been a death.
- Obtain a Power of Attorney with a Mexican attorney so that you don’t have to fly back to accept an offer.
- Meet with your Mexican attorney to sort out (in advance) process, the cost of cancelling your Fideicomiso and any capital gains you may owe.

FAQ ABOUT TRUST FOR...

- The realtor will want to see, and hence market, the value added of your property (Can a second story be built on the roof? Can extra parking be obtained? Is the road going to be paved, the gardens are beautiful? etc)
- Be sure to do deep cleaning, repainting if needed and fixing of any broken items.
- Listen to suggestions from your realtor as to staging your property.
- Identify items you wish to include in the sale of the house and items the owner wishes to exclude.
- Get the keys made, contact the property manager.
- Realtor will want to take professional photos and perhaps even a video of the property.
- The realtor will upload the listing into the Multiple Listing System and promote it to other agents in La Paz, Baja California Sur and the world.
- Finally - we are ready to get out there and sell your house!


San Jose Featured Property Miravista

Miravista is a small condo development located on the Costa Azul Beach. With just 36 - one bedroom condos and 3 - two bedroom townhomes the community pool is never over populated. Plus being located on the swimmable and surfing beach makes for a perfect setting. Many of the units have in unit laundry in addition to having an onsite laundry room open to all residents. Low monthly HOA’s of around $200 make for a reasonable and affordable Beachfront Condo option for buyers. There are several garage spaces too that most of the units come outfitted with. No pets are allowed in this complex but rentals are permitted.

For more information contact Nick Fong, www.loscabosagent.com, 312-725-3664 (US Office) or 624-157-3170 (Cabo Cell).

Increasing successively each 1,000 M2 or fraction.

Contact Broker at RemaxCaboSanLucas.com

Temperature and Solar Panels at Diamante: Miravista - 1,942 square meters, 70 solar panels (3.2 kw) - 12 kw power. El Dorado - 435 square meters, 8 solar panels (1.6 kw) - 3 kw power. Costa Azul Beach - 462 square meters, 6 solar panels (1.2 kw) - 3 kw power.
What Is A Corredor Público?

Federal Public Notary for Commercial Matters (Corredor Público)

By Romina Ruiz

You might have heard the words “CORREDOR PÚBLICO”, and may not know what this means, or what he/she does. Sometimes they are even called “Federal Notary Public” or just plain “notary public”, however a Corredor Público is not the same as a Notary Public as you may know them in the United States. (Notario público for its term in Spanish).

Although the term does not have a literal translation to English, it can be said that a Corredor Público is almost like a Notario, the difference being is that a Corredor Público is oriented exclusively to commercial and mercantile issues and transactions.

Although a Corredor Público is not allowed by Law to issue titles or Deeds for real estate transactions, (exception made to the assignment of beneficial trust rights, recognized for financial purposes only: Commercial, and all business fields, can have expertise and knowledge in mercantile, finance, banking, corporate, and all business fields, can issue appraisals for assets, brands, businesses, merchandise, equipment, land, houses, factories etc.

The Corredor Público is a figure trained and certified as required by the Mexican Legislation of December 29, 1992 and as published in the Federal Official Daily Gazette by the Mexican Federal Congress.

The figure of Corredor Público was redefined in 1992 in order to fulfill the demands of the commercial activities in Mexico and due to the signing of the North American Free Trade Agreement.

The Corredor Publico under Mexican Legislation is a fully accredited lawyer that has the full support and credentials from the Mexican Federal Government and supervised by the Ministry of Economy.

In order to become a Corredor Público in Mexico it is necessary to have a law degree (Licenciado en Derecho). No other professionals may apply for this distinction.

As to the appointment process; the process includes two highly difficult examinations; one for aspirante (prospective Corredor Público) and the other for Corredor Público.

The Corredor Público is empowered by a Federal Law that governs the actions of a Corredor Público (Ley Federal de Correduría Pública) Article 6, fractions I through VIII) Federal Law to perform the following functions with respect to business transactions only:

Act as a broker (middleman) between two or more parties by delivering proposals by one party to the other and vice versa, and to counsel the parties concerning the contemplated commercial transaction(s):

Act as an appraiser; per Fraction II of Article 6 of the Federal Law for a Commercial Notary Public enabling the Corredor Público to be an expert appraiser/valuator, not just for real estate, but also for any other kind of assets such as existing businesses, brands, trademarks, shares, concessions, machinery, equipment, art, etc.; such ability is also acknowledged and recognized other federal legislation such as the Federal Law of the Income Tax, Credit Institutions Act, Federal Law on Bonding Institutions, Commercial Code, and bylaws of the Federal Tax Code, among others; whereby the appraisals made by a Corredor Público have probative force, being accepted and recognized for financial purposes, tax, legal, expert testimony, and accounting among others.

To act as a legal advisor providing legal advice to business men and businesses in general, with regard to commercial activities;

To act as a commercial arbitrator; for mediation and arbitration as an alternative way to resolve conflicts or disputes between two or more parties, with the help of an uninterested third person not involved in the CONTINUED ON PAGE 27

Agent Profile

Linda Miller

When Linda discovered Cabo in 1978, she fell in love with the warmth of the people and the most perfect weather she had ever experienced. When she returned in the 1990s after visits to the Bahamas, Jamaica, Hawaii, etc. Linda determined she wanted a vacation home in a place that welcomed us with open arms instead of resisting us. She spent the next 2 weeks looking at properties and purchased a retirement home. Four years later, she moved here permanently and have never looked back. The average temperature year round is 78, the cost of living is lower, and we have outstanding health care. Where else can you walk your dog to the beach and have the opportunity to see breaching whales, schools of dolphins, jumping rays, pelicans in flight drafting off the cresting waves!!! It was the best investment and life style choice she ever could have made. Every day is a gift that keeps on giving.

Linda spent 21 years running mortgage banking operations in Tennessee, Maryland, Michigan, Wisconsin, Indiana, Virginia and Texas for Citicorp and Bank of America. She purchased a marina condominium 27 years ago and has owned and operated Cabo Linda Real Estate in Cabo for the past 21 years. Her company motto “Our Satisfied Customers Say It All” she accounts for her success. If you go the extra mile for your clients they will be your clients for life and will refer their friends and family. It is all about the long term relationships and lasting friendships with both her buyers and sellers. Linda is a NAR and AMPI member and certified CIPS/ABR and served on the Board of Realtors and Honor and Justice Committee. Cabo Linda Real Estate Sales is located on the marina between Marina Fiesta and Breathless Resort in Marina Cabo Plaza.

Contact Linda Miller, Owner/Broker/CIPS/ABR/NAR at Cabo Linda Real Estate Sales, Toll free 1-866-609-7965 Cell Phone from USA: 011 52 1 624 141 6674, e-mail: linda@cabolinda.net, website: www.cabolinda.net. 
Forget Fetch, Fido Wants To Surf

And we know just the guy to teach him how

BY NEIL DOWN

It’s one thing to teach humans how to surf, but it’s quite another to teach animals. If that last part sounds made up, it’s not. Yes, animals really can surf, and Perry Abedor has been instructing Los Cabos critters how to hang ten for years.

Perry’s own surfing history goes back for most of his life. He’s been surfing for about 45 years, since he was six or seven years old. He was on the U.S. Surf Team in 2002 and 2003, and even went pro for awhile.

He first came down to Baja California Sur 13 years ago and intended for his job to go to the dogs, it just happened. “I had a puppy and just started training her,” he says. “I would bring her out to the beach and start pulling her around on the body board. She ended up getting really good.”

Perry says that, at first, his dog was a bit afraid of the water, but she loved to play fetch. So, little by little, he would toss her sticks further out into the ocean until she learned to love the water.

Word spread about Perry’s dog training skills as friends started having him train their pets. And he doesn’t train just dogs, he’s worked with cats, too. He says he taught one cat who learned how to surf really well, and he’s training three little kittens right now. He has a baby

San Jose Al-Anon Family Group

Meeting Fridays 11:00 a.m.
Next to Calvary Chapel
Corner of Degollado and Margarita Maza de Juarez
Info: Cell 624-355-3101

to make sure they’re comfortable, not scared. “You don’t want to force them into it,” he says. And not all animals will want to learn how to surf; some never learn to like the water.

So, how exactly does an animal surf? The short answer is: with some help. Perry, who’s been working with the canine competitors of the Dog Surf Competition at Cerritos since it started four years ago, takes the animals out into the water. He brings treats to keep them occupied while they wait for the perfect waves, something like bacon that they can gnaw on.

And when that wave finally comes, Perry gets the animals into the right spot and pushes their board out so they can ride all the way to shore.

When it comes to teaching humans versus animals, he says it’s a toss up as to which one is easier to train. Humans can obviously take more instruction, but animals don’t second guess him.

If surfing sounds like something your dog or cat may want to learn, Perry is available to give them lessons. As for his fee, he says people can pay him whatever they feel like paying. He’s not into animal surf training for the money, after all. “I do it for the love,” he says, “to give back, and it’s fun. It’s fun for me and fun for them.”

To schedule a surf lesson for your pet, you can reach Perry by calling him at (612) 158-8961.

We Have A Hyperbaric Chamber In San Jose!

NFL athletes, the entire Cubbies team, Michael Phelps, Tiger Woods, and Lance Armstrong all use it to gain an optimum health advantage. Why not you?

A hyperbaric chamber is a cocoon-like apparatus that you crawl into and get comfy for an hour or two. Under pressure, it cranks up the oxygen concentration in the chamber, and pushes that concentrated oxygen throughout your body. This concentrated oxygen, (100% oxygen), goes into any organs that may need a little pick me up, and even into your brain. The normal concentration of oxygen in your system is only about 20%.

The director of Spa Cielo, Cathy Dannmann, a registered nurse back in the real world, allows this very expensive piece of equipment to be used by local autistic children for no charge, as hyperbaric concentration of oxygen has been proven to be very beneficial for these kids. She has pictures of brain scans before and after treatment that shows parts of the brain actually normalizing, and more than that, the improvement in these kids’ behavior is dramatic. So why can’t we get plenty of benefit from it as well? We can.

The increased concentration of oxygen in our blood, our organs, and our brain has been proven to result in better health, better feeling of well-being and probably better longevity.

Cathy Dannmann is a Medical Aesthetics Practitioner and has certifications in Aesthetics, and Light and Laser Therapies. She is a member of the International Association for Physicians in Aesthetic Medicine and the recent recipient of the 2012 “Successful Women of the Baja” by Baja Traveler Magazine. She has made numerous appearances on talk shows including Oprah. Spa Cielo’s physicians and staff are trained and certified in United States and Mexico and are bilingual. Spa Cielo Laser and Wellness Center holds a five star rating and received the “2013 Award of Excellence” from Trip Advisor and has the experience you look for in a laser medical spa, with 10 years in Los Cabos areas, 14,000 patients and over 70,000 procedures performed. Spa Cielo is your answer to skin and body rejuvenation.

So, if you would like a complimentary session in the hyperbaric chamber, call Cathy Dannmann at Spa Cielo in San Jose. 624 105 2209. Go to www.spa-cielo-cabo.com.

Rated with five stars on tripadvisor

Four Seasons Coming to... continued from page 8

All of the residences will be on the beach, marina, or golf course, and will feature beach, marina, golf course or mountain views. Notice how mention of farmland is now omitted? Real estate agents can do that. Available features for these include shaded outdoor living rooms with built-in day beds, fireplaces and outdoor showers.

Prices for these homes are definitely geared toward the super affluent crowd (those who can afford to have a giant yacht in the marina) and will start in the mid to high $1 millions, going up to $20 million USD. Irongate is trying to establish Costa Palmas as the “high-end, ultra luxury master plan” in Cabo, something that no other development compares to.

Next up, might be the Van Wormer boys, sons of the developer of the original three Los Bariles fishing camps. They have long wanted to carve a marina out of that coastline. For now they have to be content with parking boats out in the bay, at anchor.
Another Art Gallery In Todos Santos?

Yes, but this time it’s interactive. Cool

BY ANDREW STACK

For those who prefer to create rather than appreciate, Todos Santos has a new art gallery. And if you have kids, the Jardín del Amor (Garden of Love) studio offers fun for the whole family.

Located on the corner of Zaragoza and Rangel, Jardín is in the heart of Todos Santos, one block from Parque Los Pinos. The gallery name indicates a deeper meaning for the artwork that’s created inside. “The focus here is on unity and love and how love will unite us,” explains Maria Bell, who is one of Jardín’s managing partners, along with JJ Richards. A sign that reads “Where love grows” (in Spanish, we translated it for you, no problem, it’s our job) was nailed above the door just a few hours before the studio opened.

The studio christened its grand opening a couple weeks ago with a Love Rocks event. The presentation offered kids, and adults too, the chance to paint decorative rocks with all sorts of designs. “We want to teach children that there’s no wrong way to express themselves through art,” Maria says.

An eventual goal of Jardín del Amor is to eventually celebrate, and sell, the artwork created by the children who come to Jardín. “We will offer artwork that is created by children. So, this creative space here is for children to express themselves,” Maria says.

Maria Bell came to Todos Santos from Portugal by way of Ontario, Canada. She says the low pressure environment here is perfect for children to create new forms of art. “We have a lot of workshops in mind for the future,” she says. “A lot of them are about expressing art through a lot of different forms. It’s not really a structured place where we’re necessarily going to have too many rules in art because art is such an open, expressive thing.”

And those future workshops aren’t meant to benefit just the children, as Maria puts it. “I believe that the children have a lot to teach us.”

Jardín del Amor is part of a new non-profit, Puentes de Milagros/Bridges Beyond Barriers, that’s working to “break down the barriers that divide us and work towards building bridges that will unite us,” according to the website. To learn more about Puentes de Milagros, and upcoming events at Jardín del Amor, you can find them on Facebook at facebook.com/puentesdemilagros or at www.puentesdemilagros.org.

Jardín del Amor, a new art studio in Todos Santos, celebrated its grand opening with a Love Rocks event, where kids could paint decorative rocks.

I hate it when people are at your house and ask, do you have a bathroom? No, we go in the yard.

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Pigs (Porky? Is that you?) handcrafts, plus breakfast and lunch at Penny Lane’s Café.

Every Wednesday, 7:30 to 8:30 pm. Bike ride in San Jose. Free if you bring your own bike, or rent from Sportia bike store. Form up at Plaza del Pescador in San Jose, across from the Royal Solaris hotel at 7:15 pm. Call (624) 130-7159 or email info@sportia.mx for information.

Every Wednesday, 5:00 to 10:00 pm. Art Day. Art, paintings, books, live music. At El Merkado, in the Koral Center in Cerro Colorado.

Every Wednesday, 9:00 am to 12:00 pm. Organic and artisans market. Organic eggs, honey, locally made jewelry and beauty products, traditional baskets and more! At La Esquina in Todos Santos. Email Paula at ballenatiempo@yahoo.com, Todos Santos. Spanish.

Every Thursday, 5:00 to 9:00 pm. Art Walk. Visit different galleries; many serve free wine. Historic downtown, San Jose.

Every other Thursday. You guess which one. Los Cabos Tourists, ladies’ social group. All women who aspire to be a tomato are welcome. Email loscabostomatoe@me.com to get on the list.

Every Friday, 5:00 to 9:00 pm. Todos Santos Farmers Market. Music and fun stuff. At The Distillery (but it moves around, so check where it is this week). Email James Black at merlo4u@earthlink.net or call (612) 134-8728 for more information.

Every Friday, 5:00 to 9:00 pm. Arts and crafts market ‘El Colibrí.’ Original handmade jewelry, homemade food, arts, crafts and original live music. Nothing made in China here. Amelia Wilkes Plaza in downtown Cabo. For more info, or if you are a vendor, please contact Max at 624-108-2250 (Spanish), or email tomyrosa@gmail.com (English).

Every Friday, 11:00 a.m. Al-Anon Family Group. Next to Calvary Chapel Corner of Degollado and Margarita Maza de Juarez in San Jose. Call 624-165-3333 for more information.

The Organic Market at Pedregal. Fresh, organic produce, coffee, fish, seafood, eggs, whole lambs (Little Bo Peep!), and the Backwater Blues Band. Includes food booths and art exhibits. Proceeds go to local childrens’ groups, Cruz Roja and the Flying Samaritans health clinics. More info and ticket prices: http://www.bajablauesfest.org/

Every Saturday, 7:00 am to 12:30 pm. The Organic Market at Pedregal. Fresh, organic produce, coffee, fish, seafood, eggs, whole lambs, (Little Bo Peep!) pigs, (Porky? Is that you?) handcrafts, plus breakfast and lunch at Penny Lane’s Café.

Every Saturday and Tuesday, 8:00 am to 1:00 pm. La Paz organic market, Postal Park, Constitution and Madero streets. Free.

Every Saturday, 10:00 am to 1:00 pm. Children’s library open. Story tellers at 10:30 and 12:30. Looking for gently used books. Please donate! At their website and study the map: www.sanjomo.com

Youth Shoot Out. Los Barriles, East Cape. For more information, visit www.bisbee.com.


October 28 Saturday. Tuna Shoot Out. Los Barriles, East Cape. For more information, visit http://www.vanwormerresorts.com/

November 14-18 The 50th Annual BAJA 1000 racing competition. For more information: http://score-international.com/raceinfo/2017-baja-1000/


To get your event listed here, email the details to davad@gringogazette.com. There is no charge. And, if an event we list here does not go off when stated, please don’t shoot the messenger, this is Mexico, and every event is, well, fluid. 

The End

Subscribed or we’ll throw the kitty under the bus. Go to page 29
Book Report

BY JEANNINE PEREZ

Cabo, by Will Chase. 2017, first edition. 254 pages. This is the story of a destination wedding gone very, very wrong.

I read this 254-page long accounting of Will’s struggles for the perfect destination wedding in Cabo, feeling as though I had stolen someone’s diary and was violating their privacy by peeking, but then devouring all. It was much the same feeling I had when I was a child, and I sometimes hid under the kitchen table to eavesdrop on adults. Will tells us at the beginning that this is a true story, and that he wrote it the book a year after it happened. (The wedding was scheduled for, and he began writing this book when he returned to Cabo in 2013.)

The first pages of Will’s book were interesting, informative, and almost painful to read. His book goes back and forth between Will and Hannah (his bride to be), her family and two daughters, his family and friends (who were not always completely helpful), and the roles played by each of these people. The timeline of the books spans from his proposal to planning a perfect destination wedding to the fiasco, and an ending which I’ll leave for you to discover.

The account begins in Minneapolis, then jumps ahead to his return to Cabo to write this book after the wedding. It includes a description of his painful bout with Montezuma’s Revenge, and his struggles to make something positive out of one of the hardest times in his life. Will writes about the beauty he saw and then gives a blow-by-blow accounting of how it quickly changed into the “worst week ever.” This is told with day by day, hour by hour, blow by blow accounts of his experience. So, why should we want to read further, past the positive and on to someone’s description of a time he calls “The week from hell”? I won’t divulge his ending, but will give you a hint with this quote “...but I wouldn’t change a thing.” And then, of course, is the fact that he dedicates the book to “the love of my life.”

I emailed Will at cabo@ascos@gmail.com and found out that he is now working on his second book, which is about the modern day American West. I also learned that he has always wanted to write a, used write for, a, likes tequila, and lives now in Minneapolis.

“Cabo” by Will Chase is available on Amazon in both paperback and Kindle versions. If you read it, let me know what you think! Visit me at El Caballo Blanco, my bookstore in Loreto, or email me at betojeannnine@gmail.com.

"The wedding in this story is not reflective of all weddings. Most are simply boring followed by years of regret.” - Will Chase

According to reports, just 11% of the calls were for genuine emergencies. But those 6,700,000 callers, who genuinely needed the service, were glad it was there. However, the number of improper calls has decreased very slightly (as in, less than one percent) from the number of improper calls received by the 066 system.

Male, female, or… The state of Nayarit recently became the

CONTINUED ON PAGE 27
Fish Report

BY CARY GRAHAM

Cabo San Lucas

The blue marlin bite has improved, although most of the fish were of the smaller variety. However, there have been several larger ones over 300 pounds released. The sailfish action is also getting hot!

Yellowfin tuna and dorado were tough to find for many, while inshore roosterfish remained on center stage.

The overall fishing and catchings of most species has improved considerably recently, with fish scattered on both sides of the peninsula. The better action is on the Sea of Cortez side, around the high spots.

Cabo Climate: Mixed days of sun and clouds lately, with afternoon thunder showers. Daytime temps have averaged 88 degrees and nights 78 degrees, with a humidity ratio at 67.5%.

Sea Conditions: The Finger Bank south to the Jaime Bank was all at 78 to 79 degrees. Cabo Falso to Los Frailes has been at 81 to 84 degrees. Surface breezes blowing mostly from the westerly directions and averaging 12.4 mph.

Best Fishing Area: The 1150 Fathom Spot, the 95 Fathom Spot, the Herradura, Jaime Bank have all been active billfish producers.

Best Bait-Lure: Rigged trolling bait have been working quite well for stripers with a few being taken on live caballito. The blue marlin bites have been best on the artificials.

Puerto Los Cabos

Most common areas are now being targeted off of Chileno Bay and north towards Vinorama. For the most part during summer months, the waters are calmer in the direction of the Sea of Cortez, rather than on the Pacific side.

Both blue and striped marlin were being hooked while trolling lures offshore. Most of the stripers have weighed less than 100 pounds. Blues averaged 150 to 200 pounds, with one lost blue marlin estimated at 500 pounds.

Dorado have still been slow and small in size, up to 15-pounds, but most days they are striking various trolled lures. Wahoo became a bit more active again, striking trolled lures in the La Fortuna to the Vinorama area.

Bottom action has been slow with strong currents being part of the issue, as well as the warmer waters. This often means certain species move to deeper and cooler zones.

The best yellowfin tuna bite was near Vinorama and on most days, fishing was better later in the morning. Perhaps the currents slacked near higher tide. Sardina were the best bet, with caballito a close second. Some of the yellowfin were hooked on strips of squid and ranged from 5 to 80 pounds.

Trolling small-to-medium rapalas and hoochies produced the smaller grade of yellowfin, while the larger fish were taken on bait. These fish could be line-shy and finicky; often anglers needed to go down to 30-pound-test line to entice a strike. The larger tuna can take close to two hours to land when using such a light line.

Catching one, two or three of these nice tuna was average, but some boats had five or more when they actually came to the surface to feed.

Water temperatures are now averaging 80 to 84 degrees throughout the region. Clarity is less than usual closer to shore, due to currents and swells, but clean blue water is within a few miles of shore. There have been sardina found in limited quantities, as well as caballito and mullet recently. Other bait options include using strips of squid.

East Cape

Largest yellowfin tuna lately has been in the 70-pound range, with lots between 30 and 40 pounds. It has been a stellar roosterfish season. The big roosterfish continue to show up and the reefs are loaded with dogtooth snapper, barred pargo and cabrilla.

The water has been 83-84 degrees inside, 86-88 degrees outside; clear, blue and calm. High temperatures were in the low 90s, which is cooler than normal for late July, with very little humidity. Cooling afternoon easterly breezes were very pleasant, with inland storms turning the mountains green.

Good bait continues to be available including squid, small

CONTINUED ON PAGE 30
The Sierra School of Todos Santos recently received full SEP accreditation for the 2017-18 school year. Classes for the school’s secondary (7th-9th grade) program will start on August 21st.

The Sierra School offers a highly rigorous, bilingual, college-preparatory education following the International Baccalaureate model. courses include the Great Books, mathematics, Spanish, Mexican history and culture, environmental studies and natural science.

The school is currently accepting student applications. Students do not need to be bilingual to apply. The Sierra School makes an effort to offer financial aid support to motivated students in need.

For more information, visit www.sierraschool.org. Contact Molly Lou Freeman at mlf.sierraschool@gmail.com for student applications.

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Readers, I am going to be honest with you: I am not picky at all with ingredients and flavors, but when it comes to textures, I lose my cool. One of the textures I have not been very fond of since I was a kid is mushy, although I am now slowly learning to like it.

This story of how the torta ahogada came to be starts at the beginning of the last century, when a hungry laborer 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, which is the star of this dish. It is one thing that must be noted for this recipe is that the bread traditionally used is a special kind of bread called birote, only made in Jalisco. The climate and altitude there give the bread a unique taste and texture that can’t be replicated elsewhere. This bread was made to last a long time, but it would become stale pretty fast so the torta ahogada was the perfect solution; soak the stale bread in sauce and it becomes more edible before it turns mushy.

As for the torta’s salsa, well, there are about as many different recipes for salsas as there are stars in the sky. The recipe I give you in this column is one of the most common. The main ingredient here is the tomato. This fruit (yes, it’s a fruit) originated in Mexico. The Spanish got so used to its flavor that they took the tomato back to Europe when they left Mexico. Tomatoes got to Europe in the sixteenth century, and they were not very welcomed at first. Europeans were quite skeptical because of its sour taste and yellowish red color. It was considered either poisonous or an aphrodisiac, so women were banned from cooking or eating it.

However, from the seventeenth century on, Spanish monks started introducing it in their recipes since it was cheap and could help stretch the dish. And during the nineteenth century, a brilliant Italian man made a little something now known as tomato sauce and cooking was never the same. Tomatoes were then incorporated in Spanish, Turkish, Greek, Lebanese and Arab cuisines. Therefore, tomatoes were Mexico’s gift to the world. You’re welcome.

The Mexican-Spanish word “tomate” is only applied to tomatoes in the country’s central area; it is known as tomato 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).

But 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 plate of mush. And have a spoon handy 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, while half “ahogada” means only half of the bread will be soaked in the spicy salsa. But either way, the whole thing is also covered with non-spicy tomato sauce (we still call it salsa, but I don’t want you Gringos getting confused). If you have a weak stomach, remember this unless you want a fiery trip to the toilet later.

One other note: Since you won’t be able to find birote bread, look for loaves of bolillo bread instead. They are short, crusty loaves of bread.

Ingredients:
- 8 pieces day-old bolillo bread
- 1 pound of braised pork
- 1 cup refried beans (these can come straight from the can, as you only need little to smear on the bread)
- 7 tomatoes
- 1 onion
- 3 garlic cloves
- 1 spoonful of oregano
- 1 or 2 dried chilis de arbol (these come in a bag, and are usually found in the same aisle as salad dressing)
- 1 cup of water
- ½ cup white vinegar

Preparation:
1. Boil the tomatoes, onion and garlic together. Once that’s cooked, add the oregano and strain. Keep warm. This is your non-spicy tomato sauce.
2. Roast the chilies in a dry skillet, then blend with the vinegar, water and salt. Set aside. This is your spicy salsa.
3. Warm up the braised pork and the beans separately.

CONTINUED ON PAGE 31
Too Hot To Be Outside?
You could always hide out in the mall

BY HOLLY DAY

What’s a parent to do, when it’s so blistering hot that even the thought of jumping into the pool or splashing in the waves isn’t appealing? You can only keep the kids inside for so long before they (and you) start to lose it.

Agents Wanted

When an entertaining, well air-conditioned escape is what you’re looking for, we suggest hanging at the Puerto Paraiso mall in Cabo. You don’t have to buy anything to soak up their A/C.

The main attraction for kids is the mall’s arcade, located on the second floor next to the food court. If you’re just passing by, the arcade doesn’t look very big, but once you walk in you see just how far back it goes and how much it has to offer. In exchange for a sack of peso coins.

The arcade has just about every type of game the kids could want, from the classics like Pop-A-Shot and skee ball, to arcade-style shooter and driving games, to carnival games of air hockey tables, and even bumper cars! Rides on those are only about $1 USD per person. And for the toddlers, there is a separate play area with slides, a ball pit and several plastic climbing structures.

Like any arcade, the games spit out long streams of tickets that kids can redeem for prizes. Some of the better prizes include Nerf guns, Play-Doh sets, Barbie dolls and action figures.

Also on the second floor, although not in the air-conditioning, are several other kid-friendly attractions. They’re located in the outdoor courtyard, so maybe you could hit these on your way out of the mall, after you’ve already spent some time cooling off.

On one side of the courtyard, between the escalators and the Mac store, there’s a jungle gym the kids can climb all the way up to the food court area, is the Sonic Sliding Car. For about a buck and a half, the kids (up to eight at a time) can ride back and forth and spin around in the car. The ride goes fairly slow though, and lasts only a few minutes, so this is definitely something the little kids will have more fun with. To take a ride in the Sonic Sliding Car, kids must be at least three feet tall (or accompanied by an adult).

Once the younger ones have had their fun in the car, head over. And just next to that is a small fountain ‘sculpture’ that shoots up streams of water the kids can run through to cool off. We’re not sure if they’re technically allowed to, but there were a couple of little ones playing in it when we were there and the security guard didn’t stop them. Anyhow, wouldn’t it be fun to stick the kids in the back seat of the car when they’re all wet?

On the other side of the courtyard, in front of the entrance to the food court area, is the Sonic Sliding Car. For about a buck and a half, the kids (up to eight at a time) can ride down to the first floor so the older ones can enjoy the 3D virtual reality simulator, which is tucked back by the elevators. For just $2.50, kids older than nine (up to three at a time) can climb into the spaceship-looking chairs, strap on the goggles and escape into another world. There are three options: going down into a mine shaft, exploring an abandoned hospital, or seeing how long you can survive in a futuristic land that’s ruled by robots.

If you feel like seeing a movie (because what’s better than sitting in a dark, cold theater on a hot day?) head up to the third floor to the Cinemex theater. But be warned, they don’t always offer movies in English. Check what’s available ahead of time before promising the kids they can see My Favorite Villain 3 (currently only playing in Spanish).

Last but not least, the mall offers multiple places where you can cool off with some ice cream, everyone’s favorite summer treat. There’s Crepas on the first floor, which offers popsicles for $2 (although, in this case, the popsicles look like frozen ice cream pops). The flavors range from mint to rocky road to peach and strawberry. Also on the first floor is Señor Sweets, which offers a full menu in addition to ice cream, and Haagen Dazs, which has a restaurant as well as a standalone ice cream booth.

And on the second floor is La Dolce Villa, which has a booth right across from the arcade and another one in the food court. They offer some more unusual flavors of ice cream, like mango, coconut, corn (yes, really), and banana split. You can get one scoop for less than $2, two scoops for $2.25, or splurge and get three scoops for a whopping $3.

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WHAT IS A CORREDOR?... continued from page 19

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WHAT’S GOING ON IN THIS... continued from page 23

third in Mexico to allow citizens to change their birth certificates for gender identity reasons. The new law also stipulates that no civil registry judge will be able to deny requests for “reasons of conscience.”

Michoacán also approved similar changes earlier this month, making it the second state to do so. Mexico City first allowed birth certificates have been changed. One can only wonder what else they change...

Those poor animals A ban imposed last fall on cockfights in Veracruz didn’t last very long: the state Congress recently reversed the law, making chicken fighting, along with bullfights and the running of bulls, legal again.

State deputies approved an animal protection law in November, which would also ban bullfights and the running of bulls, legal again.

Representative from Can- cun’s Hotel Ass. said the tourism industry already pays excessive taxes, and won’t be exploited any further. Hoteliers pay 25% for the use of the federal land-maritime zone (Zofemat), 12% on salaries, 10% to the municipality, and accommodation tax and federal taxes.

The rep called the tourist tax “unreasonable and unsustainable” and said it wouldn’t help solve the state’s security and infrastructure problems.

What was not mentioned is the hotels charge American prices and pay Mexican wages.

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WHAT A CATCH?
SPOTTED A MESA
A yellow and white mesa was spotted in the hills above the town of San Blas.

August 7th, 2017
Wine, It’s Not Just For Drinking
And trust us, its other uses are very nice

BY ANITA GLASS

It’s well known that having a glass or two of wine can help you relax. But did you know that drinking wine isn’t the only way you can reap its benefits?

The Somma Wine Spa at Grand Fiesta Americana offers guests wine treatments and therapies (claiming they are the only spa in all of Mexico do so). And no, a wine spa treatment doesn’t mean you’re getting slathered with wine straight out of the bottle.

Alexander Rodas, the spa manager, says that is one of the biggest misconceptions people have about the spa. Instead of using wine, all of the products used in the treatments – everything from the mud masks to the massage oils – are made from the oils from the different wine grapes. According to Rodas, the grapes contain antioxidants and minerals that help moisturize the skin and slow down the aging process.

“At just like it’s good for the heart, it’s good for the skin,” he says.

And because the treatments use the grape oils and not the actual wine, there’s no need for you to worry about absorbing any alcohol through your skin going to love it, he insists.

The Somma spa experience doesn’t stop once your massage or body wrap is done. After your spa treatment, you go out to the central lounge area where you can prop your feet up and continue the wine “therapy” by enjoying a glass of red or white wine (they also offer water or tea for non-drinkers). Depending on your treatment, you might get a warm neck pillow or cucumber slices for your eyes to help you continue to relax. Because the lounge area is in the center of the spa, it’s not totally quiet – with spa employees and other guests coming and going – but you’ll be so blissed out after your treatment that you won’t mind. It helps ease you back into the real world.

For those wanting to be pampered as a group, there’s the Barefoot Experience. For that, the spa staff sets out chairs on the beach with a fire pit in the center. Small barrels full of grapes are brought out, and everyone stumps on them like they were making wine back in the old country. Rodas says the seeds of the grapes give your feet a mini exfoliation treatment, and the juices help moisturize them. After the wine stomping comes the foot massage with a merlot cream, along with a scalp massage.

Once everyone has been thoroughly massaged, the group enjoys a three-course dinner on the beach, with the chef preparing the meal at the table. There’s also a wine tasting with three different types of Mexican wine. The Barefoot Experience can run anywhere from $80 USD per person to $300, Rodas says, largely depending on the food chosen for the dinner.

The Somma Wine Spa is open to the public, although Rodas says they don’t see that many people coming in. But one thing is for sure, they have a unique spa experience you won’t find just anywhere.

Another popular treatment is the four hands massage, where, you guessed it, you have two masseuses working on you at the same time using a synchronized technique. Do they use Menage a Trois wine for that?

There’s also the candle wax massage; instead of massage oil, the masseuse uses warm wax from a soy candle that’s infused with Malbec grape oils. Rodas says the wax is warm, not hot, so it doesn’t burn, and once it’s melted it turns into oil. You’re

At the Somma Wine Spa, you can drink your wine and be massaged with it, too! And getting drunk. Rodas says that’s another misconception some guests have, which worries people who don’t drink. (Where-

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What Running Your DNA Can Do For You
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Spa Cielo has for all of its 12 years in San Jose, been forward thinking in cutting edge preservation of youth and good looks. But now owner/manager Cathy Dammann is branching into the use of recent developments in DNA technology to guide us into being as healthy and feeling as good as she has made us look. She can guide you into how to run your DNA, and the doctor who heads her program, Dr. Joseph Dib, reviews your entire DNA report with you, interpreting it for you so you know what you’ve got cooking in your genes.

But the value in knowing your DNA is, oftentimes the doctor can get into a gene that has run amuck compensate for it. It is a little scary to peer into the future and see your potentially gravely ill self, but wouldn’t it be worth that fright if it can be fixed? Or even if it can’t be fixed today, to know that technology is coming at us so fast, that it will probably be fixable in a few years, and that you will watch for that development? You owe it to yourself to run your DNA now. Your future self, and your loved ones, will thank you.

Cathy Dammann is a Medical Aesthetics Practitioner and has certifications in Aesthetics, and Light and Laser Therapies. She is a member of the International Association for Physicians in Aesthetic Medicine and the recent recipient of the 2012 “Successful Women of the Baja” by Baja Traveler Magazine. She has made numerous appearances on talk shows including Oprah. Spa Cielo’s physicians and staff are trained and certified in United States and Mexico and are bilingual. Spa Cielo Laser and Wellness Center holds a five star rating and received the 2013 Award of Excellence from Trip Advisor and has the experience you look for in a laser medical spa, with 10 years in Los Cabos area, 14,000 patients and over 70,000 procedures performed. Spa Cielo is your answer to skin and body rejuvenation.

Call Cathy Dammann at Spa Cielo in San Jose. 624 105 2209. Go to www.spa-cielo-cabo.com

Continued on Page 31
What’s The Deal With Those Mariachis?
They’re just trying to make a living

BY KERRY OKI

Mariachi is a form of Mexican folk music that began as a regional folk style called “son jalisciense.” It originated in the center-west part of Mexico, and at that time was played only with string instruments by musicians dressed in the white pants and shirts of the peasant farmers.

From the 19th century to the 20th century, migrations from rural areas into cities caused mariachi to gradually re-label as “Son style,” with its alternate name of mariachi being used to describe the urban form of the music. Along the way, influences from other song styles, such as polka and waltz, were added. The addition of trumpets and the use of charro outfits by mariachi musicians also became common. The musical style began to gain national recognition in the first half of the 20th century, with its promotion at presidential inaugurations and on the radio in the 1920s.

As mariachi bands are expected to play requests, they may need to know hundreds of different songs. Most traditional songs are about machismo, love, betrayal, death, politics, revolutionary heroes and even animals and country life. Of course, the mariachis who play here in Cabo have also learned many American favorites. They play for the crowd.

For generations, Mexico’s mariachis have passed their passion down to their children, teaching them how to play classics like “El Rey” or “Cielito Lindo,” which they had learned by ear from their fathers and mothers before them. Around here, though, it often seems as if the mariachis who go from restaurant to restaurant have just picked up their instruments that morning. They shout every word, and seem to not pay attention to any of the nuances of the music. If you’re not in the mood for it, it can madden them as much as it can madden inside a restaurant with their horns, their shouting, and their hands strumming the same three chords on the guitars. Inevitably, the drunken tourists at the next table are feeding this display of amateurism like the men are a nickel jukebox.

While mariachi music dates back to the 19th century, Mexico counts few schools solely dedicated to the genre. The educational movement is controversial, with some trained mariachis trained in the traditional manner (or not trained at all) looking down on these programs and their potential to change the tradition.

The changes, especially standardization of publishing their songs, are slowly impacting mariachi in Mexico. One difficulty in arranging mariachi pieces is that they alternate between 3/4 and 6/8 time. Much of the published mariachi music is meant for people already familiar with the music, not novices. On the other hand, many schools have problems recruiting mariachi instructors, as many of these do not have required teaching credentials.

For this reason, schools often hire trained musicians from outside the mariachi tradition. Of course, many traditional mariachis don’t like that and are concerned that standardization will lead to fossilization and restrict improvisation. Whether they’ve been traditionally trained or trained at school, there are lots of musicians who are struggling to find work in an overcrowded business. A mariachi ensemble can have as many as a dozen musicians and may charge around $310 USD an hour for a full band, or less when fewer musicians are involved. Many young people who can’t go to school want to become mariachis because they can make more money than in a factory.

Here in Cabo the men, (always men here, rarely women in other cities), play for whatever they may be given, so think about their families, and give accordingly. And whether they’ve been traditionally trained or trained at school, there are lots of musicians who are struggling to find work in an overcrowded business. A mariachi ensemble can have as many as a dozen musicians and may charge around $310 USD an hour for a full band, or less when fewer musicians are involved. Many young people who can’t go to school want to become mariachis because they can make more money than in a factory.

If you simply can’t stand all that close up noise, you can also say, “Puedes cantar muy lejos?” That means “Can you play far away?” If you say it with a smile, they invariably take it in good spirits as a joke. Once in a while, a band will strike up a generic tune and try to play a song with those words. That deserves some pesos, don’t you think?

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Major Renovations Planned For La Paz Malecon

The project includes two Olympic size pools

BY SANDY SHORES

State officials have announced their plans for a massive renovation of the La Paz malecon, and the surrounding area, which will be carried out over the next four and a half years. Malecon is Spanish for the concrete boardwalk that goes along the beach front.

The project is slated to begin in August and the initial phase of construction, which will cost more than $8 million USD, is scheduled to be finished by this December. Work in this phase will include improvements to pedestrian areas, bike paths, sports and recreation areas, parks and new parking spaces. New signs for tourists will also be erected, along with more street lights.

The first phase covers four different sections of streets: from Calle Márquez de León to Antonio Rosales; from Calle Antonio Rosales to Calle Cabezud; from Cabezud Street to 5 de Mayo Street; and from 5 de Mayo Street to Guadalupe Victoria Street.

The real fun begins in later stages of the malecon project, which includes building roughly 20 to 30 yards of artificial beaches. The new beach space will be used as a recreational area, containing volleyball and beach soccer courts (with seating areas) and trampolines. The main attractions in this section will be the two Olympic-size swimming pools.

“It’s an ambitious project,” allowed Jose Soto, the director of Integral Port Administration in Baja California Sur. You think?

BY SANDY SHORES

The malecon renovations will cost more than $8 million, and will include improvements to pedestrian areas, bike paths, sports and recreation areas, parks and new parking spaces. New signs for tourists will also be erected, along with more street lights.

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The real fun begins in later stages of the malecon project, which includes building roughly 20 to 30 yards of artificial beaches. The new beach space will be used as a recreational area, containing volleyball and beach soccer courts (with seating areas) and trampolines. The main attractions in this section will be the two Olympic-size swimming pools.

“It’s an ambitious project,” allowed Jose Soto, the director of Integral Port Administration in Baja California Sur. You think?

BY SANDY SHORES

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Let’s Kill Mosquitoes!
An easy way to make a skeeter trap

BY BUZZ EROUND

After hearing the gruesome details about a friend’s recent bout with Dengue fever, a nasty disease caused by mosquitoes that is deadly in every 1 in 3 cases, this writer was fueled to fight back. Little did I know, one solution could be as simple as a homemade mosquito trap.

Little did I know, one solution could be as simple as a homemade mosquito trap. As a kid, I once collected cute little polliwogs to keep as pets at my friend’s house. We soon discovered they were, in fact, mosquito larvae which filled my best friend’s house with mosquitoes for months. Now is the time to make amends and right that bad mosquito karma. I pass this along because it is simple, cheap, non-toxic, and can help us all.

Let’s look at how to eliminate pesky mosquitoes. Do you know why mosquitoes most often bite people on their ankles, wrists and face? Because these are the areas where we exude the most carbon dioxide which they like.

To help fight these critters, we suggest a homemade trap that can kill them. What we need is carbon dioxide which they like. There are so many variations to the recipe. Remember everyone has their own take on things, and especially when it comes to Mexican food.

Until next time, readers. If there’s anything you’d like me to know, or any questions or suggestions you have, email me at ale.borbolla@gringogazette.com.

COOKING LIKE A MEXICAN...
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4. Cut the bread loaves in half, smear them with beans and stuff them with pork.
5. Place the torta is a deep dish (so all the sauce makes a little pool around it) and ‘drown’ it in the tomato sauce.
6. Thinly slice some onions, and add some lime and a little oregano for topping.
7. 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 will see this and say that it’s nothing like what their abuelitas make, but that’s because there are so many variations to the recipe. Pretty simple, huh? I told you I would give you the basic recipe. Some people will see this and say that it’s nothing like what their abuelitas make, but that’s because there are so many variations to the recipe. Remember everyone has their own take on things, and especially when it comes to Mexican food.

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WINE, IT’S NOT JUST FOR...
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far out of town (come on, people, it’s only 20 minutes away, if even that!).

He says another reason locals don’t often visit the spa is because they think it’s expensive. Well, that all depends on your budget. Massages range from about $100 to $105 for 50 minutes and from roughly $130 to $150 for 80 minutes. (The four hands massage is more, since you have an extra masseuse.) Body wraps are $110, and facials run from $125 to $160. But for locals, the spa offers a 20 percent discount. And day passes, which gets you access to the hot and cold pools, steam rooms and saunas, are only $20.

For locals, “We are a different market,” Enos says. ‘They must try it, if they don’t want the same old treatments.’

To make an appointment with the Somma Wine Spa at the Grand Fiesta Americana, which is located off the four lane on the way from Cabo to San Jose, you can call them at (624) 145-6287 or message them on Facebook at facebook.com/SOMMAWineSpaLosCabos.
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