Why Buy A New Car Here?
The favorable exchange rate makes it a killer deal

BY ALEJANDRA SARACHAGA

It’s simple to buy a brand new car at a dealership here in Mexico. Just do a drive by to see your choices. They’re all near San Jose, clustered south and north. Many foreigners don’t know how easy it is until they’re told. So, we’re telling you.

At the Buick/GMC dealership, we were told 80% of their clients are American and Canadian. Maybe we’re more able to afford a new car? Maybe because all of this dealership’s cars are large? Maybe because they advertise in the Gringo Gazette?

Paying cash is problematic, due to the strict money laundering laws in this country. Same laws look askance at checks. Best to wire from your bank in the USA or Canada. Some dealers will take credit cards, but not all. Or if you want financing, that is very possible. You may be surprised by the questions they ask, and by the questions they don’t ask. The Buick/GMC dealership cuts off loan applications at age 62. Yes, that’s legal. Most banks will not loan for mortgages after 70, either.

One of the advantages of owning a car with Mexican plates is that anyone can drive it; your April 1 Is A triple Threat This Year

You will discover you should have turned your clocks forward last night.

It’s Easter Sunday, which is a good opportunity to go to church and make things right there.

Let’s not forget to be a pain in the ass to a loved one this April Fool’s Day.

CONTINUED ON PAGE 5
Big day! Daylight Savings starts on Sunday, April 1st at 2:00 am in Baja California Sur. Yes, that’s April Fool’s Day but, no, we’re not joking. Remember to set your clocks ahead one hour before you go to bed on Saturday night, or you’ll be late for church, or breakfast, or, heaven forbid, golf. Maybe skip the golf this Sunday, it’s Easter Sunday. This Sunday is the trifecta.

**More flights** Starting Tuesday, April 3, Calafia Airlines, one of our regional airlines, will be offering twice a week flights between Loreto, Los Cabos and Guadalajara.

Our own San Jose international airport will offer flights to Loreto on Tuesdays leaving at 1:10 pm, arriving in Loreto, one hour later, and Saturdays leaving at 1:50 pm and Sat.

**Speaking of the airport…**

Our very own San Jose International Airport was among 16 airports that will receive the Airport Service Quality 2017 award. This is the first time the airport has won the award, which is run by the International Airports Council.

To be eligible for the annual ASQ awards, an airport must have participated in the ASQ survey every month of the year. The survey must be carried out in strict accordance with the airport’s sample plan, developed by the airport council, which guarantees a representative sample of the flights, destinations and passenger groups served by the airport. ACI regularly audits participating airports to ensure compliance and to validate the results. Watch for cheaters, is what they mean. **Grammy winner coming to Cabo**

Former Todos Santos resident Todd Clouser and band 4 Letter Man. Clouser relocated to Todos Santos in 2006 before forming the Love Electric band, which he has toured the world with for the past few years. Free Admission. **Another new resort** It will be the fourth one from the Villa Group in Los Cabos and will be named Villa la Valencia. The 260-suite property will include studios and villas with one to three bedrooms floorplans and penthouses. It will also feature a reef inspired pool, a lazy river with margarita stands along the way (yes, please), four restaurants, a gym and a spa.

Construction has already begun on the fourlane Cabo-San Jose, near the Solaz, L’Escale and Grand Velas resorts. It is expected to be finished in two years.

**Keep saving the sea turtles**

The Travel Channel named Los Cabos as one of the 10 top vacation spots where you can help animals, naming the Hilton Los Cabos’ sea turtle program as the reason why. Trained staff at the Hilton patrol 10 miles of beach daily during sea turtle nesting season and relocates nests to a protected corral that holds 300 nests. From July through November, guests can watch almost daily as baby turtles are released into the ocean. Guest revenue funds the program.

Why the Travel Channel singled out this resort, we’re not sure, since most hotels along the Los Cabos shoreline take part in the city’s turtle protection program, headed by biologist Graciela Tiburcio. And just outside of Cabo, on the way to Todos Santos, is Asupmatoma, a non-profit organization that monitors 300 nests at Rancho San Cristobal and another 400 at their Suspiro Beach site every year. Turtle protection has become very political in the last few years, with war for dollars, turf, and recognition.

And, hey, we love turtles as much as the next person, but what about a hats off to all the foreign run animal shelters we have? Doesn’t that help us into the top 10 resorts that are critter friendly? Doesn’t that help us into the top 10 resorts that are critter friendly?

Continued on page 6
Politics, sigh. A U.S. delegation, headed by professional son-in-law to the president Jared Kushner, visited Mexico City last week and met with President Enrique Peña Nieto. He was trying to smooth relations between Trump and Peña Nieto, after they frosted over the week before on the phone. It’s all about the wall, of course, with Trump trying to get the Mexican president to pay for the silly thing.

In related news. Well, sort of. U.S. ambassador to Mexico, Roberta Jacobsen, quit and went home. Official reason was yada yada yada but the deal was, the professional foreign service officer, who was very well respected by her counterparts in Mexico City, didn’t get that respect from Washington. She was told every decision had to be routed through the Whitehouse under the supervision of Jared Kushner. She said nuts to that and packed up and went home.

Breathalyzer program spreading. Accident fatalities have dropped 48% since the breathalyzer tests started in Mexico City 14 years ago, according to stats.

The gadgets are now in 155 cities in 31 states, where 3,631 people have been trained in the use of them. Yes, that includes Los Cabos, but they only have one. What are the odds you will be nailed by it?

Traffic accidents continue to be the biggest cause of death for people between ages 15 and 29. Alcohol or drugs are a factor in 12% of traffic fatalities.

Classic yellowtail tournament. April 19 to 21 in Loreto. Sign up Thursday, then there will be two days of fishing your butt off. Entry is a reasonable $280 USD. But remember, there’s no point in getting out of bed at the crack of dawn if you don’t buy into the daily jackpots. Email info@lamisionloreto.com, call 52 (613)134-0350 or visit lamisionloreto.com.

Getting a little help. 9 million dollars have been allocated from various trusts to promote Los Cabos. A total of $11 million total will be spent in the four cities of the state.

No, that’s not all pretty ads in pretty magazines, that money is also spent to support some sporting events, and some tournaments, the marathon, yada yada.

Tourism officials justify that expenditure by pointing out that more than 50,000 people per day are in Los Cabos during this Easter period, and they spend an average of $400 each. La Paz will have around 5,000 people and in Loreto will receive 3,400 daily.

What’s a mayor to do? A city on the mainland owed nearly $16 million to the garbage collection service so the company cut off the pick-ups. Things quickly turned nasty as the garbage piled up.

So the mayor hired a bunch of guys with pickup trucks, told them to go around picking up piles of trash, and dump it outside of town. Now the city had another mess.

Meanwhile, the mayor accused the company that was owed the back fees of blackmailing the city into paying by threatening to stop pick-up. Looks like they did more than threaten.

Dumping garbage in the new location was deemed a health risk by the state Civil Protection office and it was ordered closed. The city of Tuxtla Gutiérrez generates an estimated 500 tons of trash every day.
Urban Living Open House
See what it's like to own a condo on top of the mall

BY PAT McCANN

This Wednesday, March 21, the condos just built on the roof of the Puerto Paraiso mall will be open to the public. The very private off-limits area of the mall will be open one night only.

So far there are 58 completed units, all built on a mezzanine with a look-down view of the shops that are on the upper floor of the mall. Also in the view is a public area, very much like a town square you would see in a village. And of course, some of the units have a spectacular view of the marina and the malecon surrounding it. The view is a never ending kaleidoscope of people seeking water adventures, shops, and restaurants. The environment is vibrant, and although it's not noisy, this is not an environment for people who aren't seeking the excitement of Cabo. One floor below is the multi screen movie complex, the food court and the mall shops. Three floors down is the marina front with its 500 or so restaurants and even more shops. You can reach downtown on foot in five minutes, and you never need to drive a car.

To gain access to these condos, owners can board a private elevator from the malecon or, if they're parking their car, they enter from their private floor of parking. At the entrance are a guard and a concierge who can provide a wide assortment of errands for you. There is also a private bar in the tower of the mall, which everyone can see from the malecon. It's about five stories above the marina.

Next will come a private owners' club, a gym, and a private swimming pool, but those will be in phase II, which will be in the back row, on top of the garage. That phase will include.

CONTINUED ON PAGE 10
wife, your Mexican employees or friends, anyone. Because if you bring your American or Canadian car down here, the only one who can drive it is you, otherwise the Mexican police can take it from whoever is driving. And we mean take. Goodbye forever if a Mexican national is caught behind a foreign plated car. You think the police wouldn’t just love to cruise around in a sparkly new Buick?

The reason for this law is too many Mexicans who have access to the U.S. were driving American cars down here and not paying the taxes on them. The Mexican government wants to protect their auto industry, which is booming right now. And that Buick? These days they might (or might not) be assembled here but parts are from all over the world. Still, a smuggled in car is a big loss for the Mexican coffers.

Back to buying a car. First of all, you will have to identify yourself as a resident of Mexico; it can be that you are retired and you live permanently here, or that you have business registered here, or you spent here some periods of time during the year. To prove that, you need your resident card from Immigration, which is pretty easy to get these days. Immigration has really calmed down from the old days.

Further proof of residence you will need is a utility bill. Telephone bill seems to be the easiest, you just need an address for that and you can get your proof on the spot.

Buying a car here is not a lot of hassle because the car dealer will provide you with a “gestor.” That is a person who does all the paper work with the Mexican authorities for you. Even the Mexican driver’s license. For their services they charge about 30 bucks. Well worth it, and it is legal to use them.

There will be a registration tax (tenencia) charged annually, with the cost varying depending on the vehicle’s purchase price and age, but for sure it will be way less than the fees on a new car in most of the United States. It is important to keep all receipts for this tax, as they will be needed when selling the car.

Instead of driving your American or Canadian car to Cabo, spending time and money in gas and other expenses, just think about all the money you can save by having a new car here upon your arrival (if you are planning to stay here for good).

Here in Mexico a very nice Buick/GMC car or truck can go from $25,000 to $66,000 US and you can be sure that you will always find parts and factory trained service personnel, a big plus for having a car that has a local dealership. Yes, traditional warranties apply.

The exchange rate is really the biggest factor in the cost of cars for foreigners. Four years ago, our answer would have been very different than it is today, but back then the exchange rate was roughly 10 or 11 pesos per US dollar. Now it’s about 18 pesos to the dollar, and that spread is free money to the car buyer.

Why would you buy a car in the States or Canada when you can save all that money and have a car anyone can drive? 🚗
Smooth Jazz Concert Series Coming To Cabo
And it’s bringing some Grammy winners with it

BY CARRIE OAKLEY

The Life Luxe Jazz concert series is being planned for November 1st to 4th of this year. Well, prepare early, we always say.

It will take place on the beach outside the Pueblo Bonito Pacifica resort, inside the Quivira development. Why are we telling you this now, months in advance? Because tickets are already on sale, they’re selling, and the lineup looks pretty good.

Grammy-winning contemporary jazz/R&B singer Norman Brown, who has sold close to two million albums, will be making an appearance. Other artists performing (all of whom have reached the top of Billboard’s smooth jazz charts) include: Boney James, Gregory Porter, Maysa, Mindi Abair, Keiro Mat-su, Najee, Kirk Whalum, Lindsey Webster, Booby Caldwell, Michael Manson, Meli’ia Morgan, Lin Rountree, Ernest Quarles, Zoe Wood and Durian Emory.

And T.S. Monk, the son of the late jazz pianist Thelonious Monk, will be here to participate in free music clinics for local children. There will also be several free concerts for the residents of Cabo and San Jose; exact dates for these have yet to be announced.

In addition to the music, the concert series will also include food and drinks, yoga, healthy cooking classes, a golf tournament and a live jazz sunset cruise.

The all-day concerts will take place on the beach, with firepits lit in the evening and food and drink stations all around. Various ticket packages will offer Elite VIP and Ultra VIP seating in cabana loungers, stage-front sofa loungers and climate-controlled beachfront viewing areas. Be sure to book your packages in advance!

For ticket information and the full event schedule, visit www.lifeluxejazz.com. A portion of the tickets sales will benefit the Letty Coppel foundation, which supports several charities in the Los Cabos area.

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CONTINUED ON PAGE 12
Permaculture With A Purpose
Permaculture meaning sustainable gardening

BY BROCK LEE

La Playita, the tiny community next to San Jose, just across the Puerto Los Cabos bridge, has a new center dedicated to art and permaculture. Permaculture is developing agricultural systems that are sustainable and self-sufficient.

The goal of the El Ganzo Centro Comunitario (community center) is to bring together the community to not only explore creative opportunities, but also to learn more about the environment and the food you eat.

This project was started by artist Francois who doesn’t use a last name, who saw the need to educate local children on topics they typically won’t learn about in school. He ultimately wanted to build a bridge between the children, visitors and artists through art, music and free organic gardening lessons. The project originally began as free art classes which saw incredible success for the children in La Playita. This led to the development of the current program, expanding to include gardening and permaculture lessons for the kids.

This is all done in collaboration with Flora Farms and Hotel El Ganzo, which hosts the space (hence the name, ganoz). The hotel has practiced a sustainable model since it opened and, since the United Nations declared 2017 as the Year of Sustainable Tourism, it has put a stronger emphasis on their sustainability efforts.

The hotel’s artist-in-residence program is also part of the community center’s offering. The artists-in-residences host workshops where children are introduced to musical and artistic concepts.

If you are interested in learning more or checking out the new community space, you can reach them at 624-355-4389, visit their website at www.elganzocentrocomunitario.org, or find them on Facebook at facebook.com/elganzocentrocomunitario.

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Stem Cells: An Alternative to Knee Replacement?

By Dr. Dick

When your knee joint is hurting you, and your mobility is limited, and can’t enjoy your daily activities, it’s time to do something about it. Up until recently, the only treatment was invasive knee surgery that takes months of recovery time.

However, knee replacement should be considered only after non-surgical treatments have been studied because of the numerous risks and significant recovery period involved. Before deciding on knee surgery, you should consider the benefits of stem cell therapy. It can fix your knee, is cheaper, easier, and much less painful. With the recent advances in stem cell therapy, and its growing use to treat joint pain, this is becoming one of the most popular knee replacement alternatives to surgery.

Stem cells are the foundation cells for every organ and tissue in our bodies. It is the name given to a category of cells which can divide indefinitely without losing their properties and can produce specialized cells. Stem cell therapy uses stem cells that are derived from the patient’s fat cells and bone marrow, or from the placenta of a donor, and injected into the damaged area. These cells naturally supplemet the body’s stem cells and help the injury heal. Stem cell therapy is a non-invasive procedure with none of the risks and complications encountered with knee surgery, and the elimination months of recovery time of knee surgery. Adult stem cells are found throughout the body, inside different types of tissue such as the bone marrow, brain, blood vessels, skeletal muscles, skin, and the liver. They remain in a dormant or non-dividing state for years until activated by disease or tissue injury.

These soldier stem cells can be guided into becoming specific cells used to repair diseased or damaged tissues. Stem cell therapy can be of particular benefit for people who suffer from degenerative joint disease such as osteoarthritis.

The stem cell procedure for knee treatment is a simple non-surgical outpatient procedure and takes about 50 minutes from start to finish. The doctor injects the stem cells into the knee joint through ultrasound guidance which allows the doctor to pinpoint with absolute precision the exact location of the injection as well as the dispersion of the cells into the tissues. Up to 50 million stem cells are injected into the knee joint, depending on the severity of the patient’s condition.

Platelet-rich plasma (PRP), which is produced from the patient’s blood is mixed with the stem cells and injected into the affected area to keep the stem cells activated and promote additional healing. Combining PRP with stem cells will stimulate the movement of cells towards the knee joint and make those stem cells worker harder to heal damaged tissues.

Immediately after the procedure, you can use the joint normally, and the rate of improvement depends on the patient’s previous condition, in general improvement is documented between 30 to 90%. You may be a suitable candidate for stem cell therapy and owe it to yourself to find out about stem cell treatment for your knee, shoulder, back and other painful joint conditions.

Why not schedule a free doctor consultation at PRMedica to review your condition to see if you’re suitable for stem cell therapy. The doctors are English speaking, board certified, and specialize in stem cell therapy and medical tourism.

For more information contact:

PRMedica Inc.
Tel: 624 668 8497  |  624 157 1970
stemedica@gmail.com
Corredera Transpeninsular Km 30 Plaza Las Portadas 3er Piso, Puebla del Interior, San Jose del Cabo, B.C.S. Mexico

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Join us for an informative seminar to learn more about the new generation stem cell and blood platelet protocols from the leading research clinics in Mexico. Bring your spouse, friends and loved ones who may be suffering from chronic disease or illness.

Seminars 4th & 5th April 12 noon and 7 pm at Barcelo Grand Faro Resort in San Jose del Cabo and 7 pm at Sheraton Hotel in Cabo San Lucas.

RSVP: stemcellcabo@gmail.com  |  Tel: 624 688 8497  |  624 157 1970

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Developed by Solmar
Sunday In The Park
Yup, another market in San Jose

BY Maddi Grove

San Jose has its fair share of markets, and now we can add another one to the list. The Kermes Market is open from 10 a.m. to 6 p.m. on Sundays. It’s located right inside the Wirikuta cactus garden, which is just off the roundabout as you’re coming from San Jose, off of the bridge into Puerto Los Cabos and the small fishing village La Playita. It will be on your right, 3:00 on the roundabout.

The market is designed “so families can come here to have a relaxing Sunday experience, to get away from everyday stressful activities, and get a breath of fresh air,” according to Eduardo Ramirez, the Wirikuta coordinator.

Since Kermes is a newer market, it’s still relatively small. There are just about half a dozen stands selling hand-crafted trinkets and jewelry. But there is plenty of food available! The market offers a buffet and cocktail bar, along with a ceviche stand, a barbecue food truck, organic pizza and a snack stand.

Though it’s small, Kermes has a nice atmosphere. There are long wooden tables under white tents where you can sit and enjoy your food. Some people bring their own blankets to sit on the grass. As you sit, you can hear the giggles of little children playing and the chatter of adults enjoying a refreshing beverage and food, along with the festive background music that’s played through speakers. I’ll probably see a dog or two running around as well, since pets are welcomed at the market. (Watch your step, have you ever seen a Mexican pick up dog poop?)

“I like Kermes because it has a calm atmosphere,” said one visitor we talked to. “It’s clean, safe, there is wide variety of delicious food, and it’s a great place to hang out with your family.”

Since this market is newer, not many people know about it yet. Mostly Mexican families have been visiting, but it’s open to CONTINUED ON PAGE 22
Natural Healing Without Getting High

We’re talking about hemp, not marijuana. Yes, there’s a difference. Hemp isn’t as fun

BY ALEJANDRA BORBOLLA

When it comes to healing naturally, one of the first things people usually turn to are plants with medicinal properties. Here in Baja, a company is selling products that utilize the medicinal properties of hemp, also known as cannabis. Yes, we’re talking weed here, but not the kind you’re thinking of.

Meagan Cervantes and Roxanne Ziegler are the owners of Baja Hemp Company. Meagan started using cannabidiol (CBD) oil for a sore neck and chronic migraines many years ago. She was adamant about finding a natural product that would bring relief without the high. She has been happily migraine free for nearly four years, and as an added benefit, the CBD oil helped her with stress and anxiety. Meagan even uses CBD oil on her 5-year-old son, who is an ambassador for the company.

Meagan shared her success with CBD oil with a few other friends who were interested in healing their bodies naturally, including Roxanne. In 2014, the duo founded Baja Hemp Company, which sells CBD oils, balms and sprays that they say can help with everything from chronic pain, muscle spasms, sleep loss and anxiety.

If you’re still confused about hemp versus marijuana and how one gets you high but the other doesn’t, let us break it down for you. Hemp and marijuana plants are related; think of them as siblings. Marijuana is the female plant, hemp is male plant. Marijuana contains high amounts of THC, the chemical that provides the high, while hemp produces CBD, a cannabis compound that has significant medical benefits but doesn’t make people feel stoned.

Scientific and clinical research has shown CBD’s potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders.

CBD’s anti-cancer properties are currently being investigated at several academic research centers in the United States, and further evidence suggests that CBD is safe even at high doses.

Baja Hemp Company sells their products mostly to their friends and family, and people in the U.S. They’re looking to get the license required to sell in Canada soon. All of the products are legal and lab tested. If you’re interested in seeing if CBD can help, visit their website at www.bajahempcoco.com.

Hospiten has made a big statement in town by opening their San Jose and Cabo San Lucas locations, and now they are building a multilevel facility in front of the Cabo Wal-Mart. It will be the largest medical center in Los Cabos when it’s finished this summer and you can watch the construction as you drive by.

Hospiten has European based cutting edge medical care, which sometimes outpaces even United States’ medical technology. It is an international network in five countries from around the world that operates MD Anderson Hospital in Madrid, Spain. Go to www.mdanderson.es/ in Madrid, Spain.

Another way Hospiten distinguishes themselves is all their doctors are on staff and have full time offices in the hospital. They do not move around between several hospitals so you will be assured of their undivided and immediate attention. Each doctor is board certified in his or her field and supported by state-of-the-art diagnostic and therapeutic imaging, as well as all aspects of major medical equipment.

For an experience in the state of the art European medical personnel and equipment, look into Hospiten now, before you need help, or if you think you might want a medical consultation for an immediate need. Hospiten accepts most major U.S. insurance as well as private Mexican insurance.

In San Jose their hospital is a little north of downtown just off the four lane half a mile past the golf course, (624 105 85 50), and in Cabo San Lucas on the main street coming into town across from Immigration, (624 105 85 00). Or go to www.hospiten.com for more information, including the extensive list of specialists and equipment.

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Is Bridgestone American, Mexican, Or Japanese?

It’s a sort of all

BY DUSTY RHODES

The Firestone Tire & Rubber Company, founded by Harvey Firestone in Akron, Ohio in 1900, and the Bridgestone Tire Company, founded by Shojiro Ishibashi in Japan in 1931, merged in 1988 when Bridgestone bought out Firestone, transforming the companies combined operations into the world’s largest tire and rubber company.

You don’t have to be an alert driver to have noticed the Bridgestone dealership on the fourlane as you come into town. It’s across from the Pemex station.

It looks uncomfortably jam packed with cars, and you wonder how there could be that many tire customers in Cabo. Simple answer: they aren’t all tire customers. When tropical storm Lydia hit us last year, all that water washed away the Chevrolet dealership. Almost literally. The building stood its ground but was filled to the ceiling with rushing sand and water. All the cars were swept away, some floating as far as the beach, others caught in the tree behind the showroom. It looked like the Chevys were growing on trees.

They’ve been very slow to dig out and regroup with new cars. But eventually the new car “salesroom” was moved to the parking lot at the place, showing us the storage room where there are more tires than we thought existed in all of Cabo. This includes agricultural tires that stand about as tall as a man, and small motorcycle tires, too.

But this Bridgestone is more than just tires, they also change oil, do lube jobs, and generally take care of anything on the underneath and front end of your car. Or tractor.

Currently, they have a new fleet program. You sign up your company cars, from two on up to many, and Bridgestone takes care of each car or truck, billing you at the end of the month. They keep a record of each vehicle and send you an alert when one needs an oil change or a tire rotated or anything else you’ve signed up for.

“You don’t need to rely on your drivers to tell you when to take the vehicle in, nor do you need to send him with a check,” explains Antonio. “We are on top of your fleet and simply bill you at the end of the month.” It’s also a good deal financially, he adds.

Bridgestone is owned by an old La Paz family that has been in this business for three generations. They also have two Bridgestone dealerships in La Paz. And, they own the Ace hardware in downtown Cabo. The plan is to sell the current Bridgestone to Chevrolet and move the tire store next to Ace, where there’s room for a couple of service bays. Look for that move in the next few months. Well, maybe a bit more, as they haven’t even broken ground at the Ace yet and they’re going to need a hoist. Probably not an item at the local Home Depot.

Got tires? Bridgestone has plenty, and if your size isn’t here, they have two more dealerships with storage rooms in La Paz, and can get the tires to Los Cabos in a day.
The Los Cabos Humane Society has changed the way it does business (yes, it is a business), part of a concerted effort to get more of its animals adopted. They’ve streamlined their adoption process so families no longer have to wait weeks before they can take their new furry family member home.

First, all animals that are ready for adoption are immediately spayed and neutered. Second, once an animal has been chosen by a family, the Humane Society does a home visit to make sure the animal will be happy in its new environment. The home visits are completed within 48 hours.

To be smart about solar you need to hire a professional who can engineer the entire project, integrating the panels with the inverter and hooking up with the electric utility, and batteries if you wish to have as well back up in case of a power outage. New Batteries are guaranteed for fifteen years, and will last around 21 years if you choose the Lithium Ion batteries Innovacion Solar provides.

Francisco Vargas, COO of Innovacion Solar, has degrees in mechanical and electrical engineering, but many of the people in the solar business just fell into it because they want to live here and try to make a living. Several “companies” have come and gone since Innovacion Solar started, and since 2009 Innovacion Solar has been installing and maintaining professional grade solar in Los Cabos. The entire system is guaranteed for five years, installation, equipment, and labor, although each component has its own warranty policy example the panels are all guaranteed for 25 years Innovacion Solar will honor the warranty for the long run and even cover associated costs with warranty claims for you.

You can expect a return on investment, (ROI) of about five years. If you can tie to the grid, you can sell your excess sunshine to CFE, the electric utility. For now it’s very doable and improves your ROI. But we won’t always be able to do that because we are running out of storage capacity in La Paz. Nobody can tell us when that limit will be reached because big players are coming into the market, builders of so called “solar farms”, vast arrays of solar panels. They will be required to sell that sunshine to CFE, which will mark it up and sell it to us, the consumer who always seems to take it in the shorts.

Innovacion Solar follows the guidelines of the National Electric Code, and it’s best to use a company that builds to U.S. standards. Most important, he advises you get some personal testimonials from satisfied customers.

Innovacion Solar can bring up numerous charts and graphs on all their customers, right on to their smart phones and computers, checking on the efficiency of your system, as well as the general health of your solar, and how much you are getting, how much you have banked with CFE, and how much you can expect to get back tonight. They can send a certified technician out to your house before you even know you have a problem. This is great if the homeowner is not here full time. That homeowner can also tap into the health report of his solar system on his own phone or computer.

“If you’re saving dollars on engineering, you’re doomed to fail” says Francisco. And you must use a company that knows how to smooth the way with CFE so you can bank power with them for night time. Most local solar companies don’t know how to get those permits in place and locked before CFE stops us little guys from tying to their grid.

So, if you’ve been thinking of going solar, don’t screw around, do it now. Innovacion Solar. www.innovacionsolarmx.624 105 9478. 

And then within 48 hours of the home being approved, the animal receives a final vet review and then is ready to go to its new home.

The new process took effect at the beginning of the year and is already successful. In January, they had 37 dogs and cats adopted, which is a significant increase for them. Well, they’re going to have to do better than that if our boss is going to relieve them of any more cats. She was insulted that her home had to be inspected. Next cat up (that one met an early and bad end), she found on Craig’s list, drove out, kept her motor running, made the deal, carried it out on the spot, and tossed it into the car. Come to think of it, maybe the Humane Society had some legal case.

“Saying “I do” to Los Cabos This April, 450 wedding planners from around the world will be in Cabo for the annual Destination Wedding Planners
After The Purchase Is Completed
Part I: Miscellaneous information for new property owners

By Linda Neil

The Baja Peninsula is a place of incredible natural beauty; wonderful mountains, delightful beaches, lots of good activities. You have wonderful properties to select from and capable real estate professionals to guide you. It is easy to fall in love!! Once the ink is dry on the deed, you may have some questions and concerns. Let's talk about those questions and concerns.

First question: Why a Fideicomiso (fee-day-co-miso)?

Let's begin with a three-minute history lesson.

In Mexico, five major civilizations flourished and waned over a period of 3000 years. They were the Olmec, the Maya, the Toltec, the Purepecha and the Aztec.

These indigenous peoples developed new systems of writing, mathematics, trade, astronomy, city planning and religion. The remains of these civilizations are found throughout Mexico in places such as Chichen Itza, Teotihuacan, Palenque - on the Baja Peninsula we have the fabled cave paintings of the Sierra of San Francisco.

After Columbus, Cortez arrived in Mexico and finally defeated the Aztec warriors in Tenochtitlan in 1512. This led to the control of what was referred to as New Spain by the Spanish rulers, for almost 300 years, until 1810. The Spaniards brought their European political and economic system, as well as a European social structure. Art, music, literature were imported and took hold in the colonial cities.

Indian culture was devastated in many areas. During the colonial period “haciendas” were granted to the wealthy who were responsible for the welfare of the indigenous. Communal lands were set aside and set the stage for the ejidal lands that came later.

When Spain won against Napoleon in 1808, Mexico’s status was unclear and led the way to a declaration of independence by the Mexican peoples.

The “Grito!” as it is known, “Viva Mexico!” was made on September 15, 1810 by Miguel Hidalgo y Costilla and triggered the revolution for independence which lasted until 1821.

If you look at a map of old Mexico much of the west and southwest, including California, Nevada, Utah, Arizona, New Mexico, Texas.....all were once part of Mexico.

The Mexican American war took care of Texas, with it becoming an independent state, then later part of the U.S.

The Treaty of Guadalupe and the 1853 Gadsen purchase took care of the rest and completed the formalization of the border. Does this clarify perhaps why Mexico has placed such protections and restrictions on its coastline and borders?

Anyone born in the west or southwest before 1953 would have been Mexican from the beginning, if born 100 years earlier!

Article 27 of the Mexican Constitution of 1917 decrees that no foreign person may be registered as the owner of any real property that is located within the restricted zone.

This zone is an area 30 miles wide along the coastlines and 60 miles wide along the US and Guatemalan/Belize borders. It covers 43% of the entire country!

It includes our favorite beach cities such as Acapulco, Manzanillo, Mazatlan, Los Cabos and Cancun, and the entire Baja peninsula because it is so long and skinny!

The Mexican bank trust (fideicomiso) was established in 1972 as a way to avoid modifying the constitution and to avoid evasion of the law by putting their titles in the name of a Mexican citizen (prestaxonhbre).

Naked title is held by a Mexican banking institution with the foreigner named as the beneficiary. Under the trust contract the beneficiary may lease it, subdivide it, sell it, at any time, and receive the profits or...

CONTINUED ON PAGE 17
Manifesting Your Construction
Part 2: Don’t duck, it only looks complicated until you understand it

BY CONNIE MEYERHOFF

Q. How do I pull a building permit?
A. The building permit is the first step to manifesting your property correctly. You will need the permit both to start construction and finish construction. The permit is pulled from the “Departamento de Obras Publicas,” the government Public Works office. Normally, the contractor will pull this permit. Be advised that there are two things you need to watch for:
1. Make sure the building permit is pulled in the same name as the Beneficiary named in your trust.
2. Make sure the building permit represents the approximate and higher amount of the construction the contractor has quoted.

The fee for the building permit is based on the estimated value of your construction. In an effort to reduce this fee, some contractors will report a lower construction amount when pulling the permit. This is a huge mistake. You want your construction costs recorded accurately so that your cost basis will be accurate for capital gains.

**Hint:** When using Fixed Bid, make certain the contractor is in agreement to provide you with a factura with no 16 percent sales tax added for each payment. Remember to have this in writing in your construction contract.

**Hint:** Never report a lower construction value to save some money on the permit fee — it will cost you much more in the long run.

Q. What is a letter of termination of works and why is it necessary?

**Letter Of Termination Of Works**
A. When construction is finished and you are ready to manifest your construction, you will need to take your building permit to the Departamento de Obras Publicas (Public Works) with a letter stating the total amount you spent on your construction and confirmation that construction is finished. You or your contractor can write the letter. With this letter, you will request an official statement of completion called an “aviso de terminación de obra,” which is a “Letter of Termination of Works.” This letter will state the amount you spent on your construction, which should be in accordance with the amount stated on the building permit.

The Letter of Termination of Works is the document that actually establishes your construction cost basis for the tax office.

**Social Security**
Social Security is a very serious issue in Mexico. Your home can actually be liened or sold to force payment if taxes are not paid. Beware, this can happen even years after you finish your construction. If the amount of Social Security taxes paid corresponds to the amount of your construction, you will receive a letter from Social Security called “Carta de Razonabilidad de Pago,” which means “Letter of Reasonability of Payment.” This letter is very important, as it is your protection to prevent any

CONTINUED ON PAGE 17
Flying Your Drone And Knowing The Mexican Law

A few simple do’s and don’ts

By Jose Luis Escalante

(Editor’s note: Lately, the newest crowds of purchasers are coming to BCS equipped with their own drones to survey the surroundings of their property prospects, making this relevant info for all of you high flying buyers!)

So you are ready to pack everything for your trip to Los Cabos and suddenly a small cloudy white space pops up over your head featuring beautiful beaches but this time looking from birds-eye view in the weather-perfect blue sky and azure waters. After all, you decided to bring your quad copter and have some fun at the beach and take another selfie to torture your acquaintances with jealousy, but this time from the air. But are you breaking any laws in Mexico by doing that? Are you aware of the legislation in this new arena in a foreign country? Certainly there are a few things to consider but if you have to drop the paper right now to jump into the water I can speed to you the fact that you are likely to be in compliance.

All the regulations are just as new as anywhere else, but don’t let the image of the Mexican with the sombrero deceive you, we are catching up quickly. The federal entity in charge of regulating this is the SCT (Communications and Transport Secretary), more specifically the DGAC (General Directorate of Civil Aviation). They came up (since July 2010 and then an improved version on May 2016) with 3 classifications for the popular toy improperly called “drone”; but for the purpose of this article we’ll stick to that term that everybody is familiar with:
- Micro: up to 1.2 kilograms of weight (about 4.4 pounds)
- Light: from 2 to 25 kilograms (up to 55 pounds)
- Heavy: more than 25 kilos (you could ride your dog on this)

The last two (light and heavy) need an authorization from the DGAC to fly. The micro is pretty much every commercial drone out there for the amateur and the semi-professional. For instance, the popular DJI Phantom 4 weighs 1.3 kg, not even close. But, if you consider the upscale professional version of the Inspire 2, it hits you with tremendous features along with its weight of 3.4 kg, right there you will have to report it (or don’t you?). At least that is what the law says. Although probably not every single one flying out there obeys it as the Law of Gravity, but being on vacation in a foreign country you want to have the least amount of trouble.

By law, all drones despite their weight need to adhere to some general guidelines: fly during the day, within areas not classified as dangerous, restricted or forbidden (you have to be at least 9.2 km away from the airport), avoid transporting illegal substances (duh!), be in control of the drone as if something happens the pilot is held responsible for any damage caused by it (some can be preprogrammed with a route to follow), and the drones can’t be operated from vehicles in movement. You can’t fly beyond 122 meters of altitude (400 feet) and also can’t fly no more than 457 meters (1,500 feet) away from the pilot in horizontal distance.

Besides the laws of the Mexican air space, you will have to be aware of the resort-specific policies that each one may have. This is where it can get really awkward. Some upscale places are just cool about it and others less, but you might feel like you are colonizing tech territory but don’t let the dusty lanes on the highway give you the wrong impression. Here it is quite common to see

CONTINUED ON PAGE 17
Last Year In Review
It was a very good year for real estate

BY CAROL S. BILLUPS

Twenty one percent. Twenty One. Percent. That is the incredible growth of the real estate market in Los Cabos in 2017. What are the hot properties, and what kind of trends can we see? Let's break it down to find out.

Here are some of the highlights of real estate '17, but first let's get past the usual disclaimers. The statistics I'm presenting here were taken from the FLEX MLS system, which is the official multiple listing service used by the real estate community in Baja Sur. Although it is used state-wide I limited the data to the cities of San Jose del Cabo, Cabo San Lucas, and the tourist corridor that connects them.

The corridor is split into two sections, roughly in the middle with eastern half creatively entitled “San Jose Corridor” and its western counterpart known as the Cabo Corridor. Although the data is considered reliable, there may be some omissions due to agent input error. For this report 'sold' will refer to closed sales in which the property has officially changed hands. We might also reference 'pending' deals in which an offer has been accepted but the sale process is not complete. All data was collected on December 29, 2017 and covered the calendar year 2017. So, disclaimers done let's look at that data:

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place. We do not know the exact value as the true sale price is not revealed until after closing. But we do know that in 2017 sellers accepted offers between 90-95% of asking price. So we can conclude that in 2017 the Los Cabos real estate community sold more than 400 million dollars’ worth of property.

One of the great flaws of this report is that I’ve been at it so long. I started tracking the four sub-areas before some new developments were underway. So although it tracks Puerto Los Cabos in San Jose it misses Quivera (considered in the system as Pacific South, not Cabo San Lucas). As Quivera is extremely popular right now with both their Copala and Coronado offerings we can assume the actual sales value is higher. What exactly did they sell? In terms of property type, dealing in units, condos were more popular than single family homes. As in the previous year, sales of home sites lagged the sale of finished product. This reflects two factors. One is that developers have bought up most of the land and their margins are such that they only offer finished product. There are some older developments where custom

CONTINUED ON PAGE 18

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AFTER THE PURCHASE IS... continued from page 13
rents from the property. This is subject only to the zoning and permit law that any owner, foreign or national, must obey.
The term of the trust contract is 50 years and can be renewed multiple times. Basically, renewable in perpetuity!
Substitutes for the beneficial ownership can be named under established legal procedures and probate is not required if substitutes are named in deed. This is a real advantage that helps to avoid probate and litigation in the Mexican courts.
About the author:
LINDA NEIL is the founder of The Settlement Company, which specializes in real estate transfers, escrows, and consultations. Just added as a new service, Settlement will now prepare monthly tax declarations on rental properties, file them and perform additional essential landlord accounting services.
For reprints of this article or for further information on tax paying services, please contact The Settlement Company at info@settlement-co.com, and website: http://www.settlement-co.com

MANIFESTING YOUR... continued from page 14
future claims for non-payment of Social Security taxes. Before you can receive your Letter of Termination of Works, you will be required to have this letter from Social Security

Real Estate Classifieds
SHORT SALE! This 3 bedroom, contemporary condo with over 3000 sq. ft. and water views, in Cabo near the beach is headed to foreclosure and can be yours for under the mortgage balance. Asking $950,000 but submit all offers! Windermere. Call Allison Arraut (624) 122-589. MLS # 18-381

ATTENTION THOUSANDAIRES. Lowest priced home on the Pacific side of Pedregal with a water view. 3-bedroom, killer views pool, baby of the block and SELLER FINANCING. Offered at $665,000. Windermere. Call Allison Arraut (624) 122-5890 MLS # 18-446

FACT: Annual property taxes are relatively low in Mexico, but capital gains taxes are not. Registering an inaccurately low number will cost you much more in the long run. Snell Real Estate will work with you to make certain that all your documents are in order and that your actual costs are recorded properly. Just as there are no shortcuts or legal ways around taxes in the U.S. or Canada, there are no shortcuts around taxes in Mexico. Your home is a costly investment and following proper legal steps will ensure a safe and enjoyable experience in Mexico. If someone says, “This is Mexico, and that’s the way we do it here,” then beware. Seek another agent or broker.

• Always get your trust.
• Always purchase U.S. Title Insurance.
• Always manifest your construction.
If you are considering a real estate purchase in Baja, make certain everything is done correctly. Allow Snell Real Estate to put our knowledge and experience to work for you. We are an independent brokerage, assuring our only interest is representing you in a safe, solid and secure real estate transaction.
By Connie Meyerhoff, Engel & Volkers Snell Real Estate, MX cell.: (011-521) 624-122-2237.
Agent Profile

Warren Metcalf

Warren was born in Los Angeles, and raised in Los Cabos which has been his home for the past 23 years. Formerly a professional surfer with involvement in film and print productions such as MTV and VH1, Warren began his promising career in luxury real estate 6 years ago and recently earned his position within the Engel & Völkers Snell Real Estate President’s Circle as one of the Top Ten Producers.

Growing up in the Los Cabos area has provided Warren with a wealth of local knowledge and insight, and the opportunity to examine all movements of market growth for more than two decades. His alignment with prominent and original land owners make him a stand out in finding unlisted developer parcels in the Baja California peninsula. Assisting hundreds of buyers and sellers fulfill their real estate needs, Warren is committed to helping you in your dream home search!

Contact Warren from Engel & Völkers Snell Real Estate at: 624-113-0418. wmetcalfe@snellrealestate.com 

Clearly there is a huge difference in property value depending on location. The San Jose Corridor is home to several extremely high-end developments such as Querencia, Palmilla, and Chileno Bay which is reflected in their very high median price point. The Cabo Corridor, however, has some very nice yet also very affordable options, primarily on the inland side of the highway. There are pricier offerings on the Cabo Corridor, such as the Twin Dolphins development but begin thinking of the inland Cabo Corridor. There are some fabulous yet affordable offerings there, and in fact the views from the inland side of the road are actually superior to the ocean side!

So these numbers paint the macro picture, what is the micro view? In the past year I’ve seen diminished inventory for affordable, retirement-type homes and in fact I’ve noticed property values for the inland Cabo Corridor beginning to rise. Properties in the $500,000 to one million price range continue to take a long time to sell but that may change with the anticipated re-introduction of commercial mortgage lending late in the first quarter of 2018. The number of U.S. and Canadian citizens moving to Mexico has increased with over 17 years and still thinks hers is the best job on earth. She is the real estate columnist for Los Cabos Magazine and a frequent contributor to this site. Her website is www.caborealtypros.com. She can also be reached at carolbillups@hotmail.com or by phone at 044-624-147-7541 or (760) 481-7694 from the US or Canada.

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Real Estate Section

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Starting A Mexican Corporation?
You can get in big trouble for not reporting it

BY ORLANDO GOTAY

Spend any time beyond a mere visit in Mexico and you may come across the “opportunity” to form a Mexican corporation. These come in many flavors (like tacos, I reckon) and there may be an equally varied amount of reasons as to why a US person would want to organize or become involved in one. They range from legitimate purposes – such as partnering with locals to operate a business – to arguably less transparent ones, such as ‘saving’ on fideicomiso (Mexican land trust) fees, or even (gulp!) concealing income from the IRS, both in source and amount.

Uncle Sam is wise to the potential for abuse that exists when US persons set up foreign corporations. Because of their foreign nature, the IRS knows it has little to no visibility on these entities or whether US persons are owners, control their activities, and benefit economically. The solution? Create a reporting requirement and pair it with a really nasty penalty for not complying. US shareholders, officers or directors of foreign corporations may have a US reporting requirement with respect to those corporations. A form needs to be filed.

Another feature of this requirement: if you were required to report but didn’t, your normal three year statute of limitations for audit does not even begin to run until the information is actually filed. No “substantially complete” information return filed? The IRS can audit that “open” year forever or three years after the information return is indeed properly filed. Now that the Treasury is getting FATCA information from partner jurisdictions, it may not be hard to see how some of this information can be traced to someone that did not report in the first place.

The Congress, particularly perverse, invented yet another requirement with equally nasty penalties: Requiring the reporting of some contributions of cash or property by a US person to foreign corporations. An example would be forming a Mexican corporation and then wiring money to the corporation, say (would you imagine?) to buy land. Wiring the money can be a “contribution” to the corporation and may be reportable. If required, not filing that information return also tolls the IRS clock for audits.

These requirements are not the only ones at play. There are several more that could be involved, like Foreign Bank Account Reports (FBAR) or reports of “Specified Foreign Financial Assets.” If you know what you are doing, Mexican corporations are perfectly safe. If you don’t, they can be a pile of trouble.

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 taxing agencies. His love of things Mexican has led him to devote part of his practice to the federal and state tax matters of U.S. expats in Mexico. He can be reached at tax@orlandogotay.com or Facebook: GotayTaxLawyer.
Big Faith In La Ventana

One woman’s effort to help grow the town’s church

BY KATHLEEN KIEFER

Big faith in a Catholic country goes a long way, even if you don’t hold the Pope on a pedestal. Good man that he is, so too are the simple fishermen and house-holders of La Ventana, many of whom, up until a few years ago, didn’t go to any church. That is changing, thanks to a Silicon Valley retiree who has returned to her home country to spread the faith.

Sandra Maciel was born in Veracruz, Mexico. She spent 33 years in the States, working with some of America’s leading technology companies, but her winter vacations were often spent in La Ventana, where her father lives. Six years ago, when Sandra retired, she decided to join him. She brought her faith with her.

Mexico is the second largest Catholic country in the world, but that is changing, and it has been for some time. Sandra was born into a family that was Catholic but going to church was not part of their routine. They didn’t read the Bible, either. Faith wasn’t a driving force in Sandra’s life until her grandmother died and Sandra started having visions. Her grandmother had a deep faith in Christ, and Sandra felt it move into her through her dreams.

On one of Sandra’s many vacations to La Ventana before retiring she had a chance encounter with Pastor Martin, a man with a big smile, a rich voice, and an incredible story of faith. He had hit rock bottom and lost his family before converting to Christianity. It was his faith that helped him find his way and reunite with his family.

Every Sunday, Pastor Martin drives to La Ventana from La Paz, about a 45-minute drive. When Sandra met him five years ago, services were held in a neighborhood home with five or six people in attendance. The community of faithful has now grown to 60 strong. The need for a church to accommodate the growing congregation became clear to Pastor Martin, and Sandra took the lead in making that happen.

A piece of land was donated and seed money was offered, which was enough for the construction of four walls that will eventually rise up to meet a roof. Each Sunday afternoon, the church members gather to sing and pray on a dirt floor. A generator is brought to the church each week and fired up for the sound equipment and two fluorescent lights. Services begin at 7 pm. In the winter, the sun has set by the time the music starts. Sandra or someone else has already watered and raked the dirt floor and the simple bathroom has been cleaned. (You don’t want to know how simple.)

A couple months ago Sandra met a filmmaker while walking outdoors without the bugs.

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To support Sandra in her efforts by creating a short video she can use to raise money to finish the church. The video was finished this month; you can find it on YouTube by searching for “Big Faith in the Baja.”

Sandra believes this meeting was no coincidence. God loves La Ventana, it’s a good place, and a deserving place. Sandra believes in miracles. Why wouldn’t she? The people who come to church on Sunday have shared stories about how their lives have changed since they began attending church. Many have stopped drinking and using drugs; others have turned to faith for the peace it brings them. It’s a good thing for the people, the church and little village of La Ventana.

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Sandra Maciel finishes up raking watered down the dirt floor in the “church” before Sunday church services in La Ventana. Photo: Joe Bryant.

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info@prmedica.com
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Alegria, by translation, means joy and I am pretty sure this is no coincidence.

Alegrias is a Mexican dessert that is a mixture of amaranth (a whole grain), maguey honey, nuts and dried fruits. Mexicans, the civilization that was based in Xochimilco, around Mexico City, used to make figures from this mixture during their religious rituals. Huiztilopochtli, the left-handed hummingbird, was the god they celebrated with alegrias, sharing a piece of the candy at the end of the ritual.

This did not make Cortez very happy and he had the amaranth fields burned down, thinking this would keep the Mexicans from making alegrias. He was wrong: amaranth kept on growing, like a stubborn Mexican.

Amaranth, the main component of alegrias, is a whole grain that was a key part of the diet of the pre-Columbian Aztecs. It was also used as part of their religious ceremonies. It’s estimated that amaranth was first domesticated 6,000 to 8,000 years ago, which means we’ve been eating it for a very long time.

This tiny grain could be the future of world nutrition, but it is highly underestimated. The crop cleanses the soil, making rotation of crops easy, and purifies the subsoil water. Amaranth is a beautiful yellow or deep burgundy plant, and its purple leaves were used as dye in ancient Mexico too. The seed itself can be used for salty snacks, flour, sweets, cookies, breads and so on. Fun fact: NASA has used amaranth to make astronaut food!

Amaranth is gluten free, and amaranth flour can be used to thicken soups, sauces, and more. It can also be used with other gluten free flours and thickeners in baking.

But back to alegrias, the focus of our cooking today. Alegrias are made in an almost religious way, in large quantities all around the small towns of central Mexico. First, the raw and dry grain is placed in a shallow clay comal (a smooth, flexible stick).

It requires a lot of dedication when properly toasting it is a skill that they seem a little healthy to be dessert to us. Alegrias are considered a dessert in Mexico, although it around with a thin broom-like tool. It’s very strong but flexible stick.

Amaranth can’t be toasted for longer than a minute, so properly toasting it is a skill that requires a lot of dedication when making large quantities. It makes a sound like super tiny corn kernels popping, and it does look like the smallest popcorn you’ve ever seen.

The baker then moves the popped amaranth to a wicker container and adds the honey – either maguey honey or regular bee honey, depending on his or her particular recipe – and nuts and dried fruits, mixing it all together with a wooden spatula. The mixture is worked until the perfect consistency is achieved. Then, the baker molds it into logs, waiting for the mixture to harden enough to slice into hockey puck shapes.

Ingredients
1 cup toasted amaranth seeds
½ cup pumpkin seeds
1 cup halved walnuts
½ cup raisins
½ cup peanuts (can be omitted if you’re allergic)
150 piloncillo (This is unrefined whole cane sugar and you can find it in any store. It can be substituted with brown sugar.)
½ cup honey or agave
1 spoonful lime juice

Preparation:
1. Toast amaranth in a dry pan. Move constantly; the seeds will start popping and turn from a bright yellow to white. Keep a cover handy; these things jump! 2. Toast the pumpkin seeds, nuts, peanuts and raisins and keep in a bowl.
3. Place piloncillo and honey in a saucepan over low heat, cook and stir for about 15 minutes, letting boil slightly. Remove from heat, add lime juice, stir...
everyone. It is slowly growing into a nice place to spend your Sunday, so stop by next weekend and check it out.

And stop by Wirikuta on Wednesday nights and you can see the Wirikuta show. It’s $70 USD, and it’s pretty amazing. It’s kind of a cross between Indian dances and Cirque du Soleil. The costumes and lighting are gorgeous, and the acrobats are seemingly made of rubber. Now gorgeous, and the acrobats are doing some amazing tricks.

US$ 22

The wedding planners will be touring Los Cabos’ beaches, golf courses and tourist attractions. This event alone will bring in some $4 million to the area, and if the wedding planners like us, way more.

The short answer: Plenty

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 and compensate for it. It is a little scary to peek 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 ☝️

Rated with five stars on TripAdvisor

Can Shakers Are Back!

Each year at this time the local Red Cross makes its big fund drive of the year. Volunteers stand at busy intersections and accost drivers for donations.

Last year about $83,000 was collected, so this year the goal is $110,000.

The Red Cross operates almost entirely by donation, receiving only a pittance from the government.

Big Tip: When you give, (and why wouldn’t you?), ask for a sticker which you put on the back of your mirror so next time you run the gauntlet of can shakers, you can point to it and they will back off. That’s the back of your mirror, Einstein, so the volunteers can see it.
Hey Mister, You Want A Massage?
Proceed with caution when picking a parlor

BY JACK MIHOFF

I love Cabo. That said, as a long timer, I’ve learned that there are a number of things down here that you just can’t take at face value.

For example, the ‘genuine’ Cuban cigars and silver bracelets offered by peddlers on the marina and along Medano Beach. They aren’t anything close to genuine.

The friendly neighborhood police officer might be nothing more than a uniformed two-bit crook looking for folks to shake down. And finally, the massages.

When I first moved here, I was thrilled to find that good quality massages could be had for a fraction of the cost back home. I became a weekly regular, alternating between two massage parlors. There was nothing fancy about the joints, but the professionalism and skill were on par with anything I had experienced back home.

Then I got educated.

On a day when both of my regular locations were booked solid, I ventured to a new place located nearby. Although it was a little more expensive and they wanted payment up front, I thought I’d give it a go. The manager led me into a darkened room and left while I got ready.

I noticed something was different right away. Normally, massage tables are covered with two sheets and, after stripping naked, the customer nests between the sheets, positions their face into the little “donut” and awaits the maseuse.

This time, however, I felt a slight panic. Instead of a second sheet, there was only a small tea towel. Laying facedown and strategically placing the towel to cover my buttocks, I made a mental note to complain to the manager and advise her on how the competition operated.

CONTINUED ON PAGE 24
again and leave to cool for approximately 10 minutes or until it can be handled without burning your hands.

4. Cover a tray with parchment paper. Add the toasted amaranth, seeds and nuts to the syrup and stir to incorporate all the ingredients evenly. Transfer to the tray lined with parchment paper. With your hands, spread to about one and half inch thickness.

5. Let cool and break apart or cut with cookie cutters and enjoy.

Now, a little bonus recipe: amaranth water. It’s a very refreshing beverage!

**Ingredients**
- 2 cups raw amaranth
- Sugar to taste (or any other sweetener you prefer)
- ½ cup of milk (optional)
- Ground cinnamon to taste
- 2 teaspoons vanilla extract

1. Place the amaranth in a bowl and cover with water, letting soak until the seeds pouf up.
2. Blend with the sugar, milk (if using) and vanilla.
3. Add the blended mixture to a jug and top with water if needed.
4. Serve over ice and sprinkle cinnamon on top. 

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

continued from page 22

improved bathrooms). The cost for this project is $160,000 and is almost half finished right now.

The center will begin hosting various art workshops for kids, teens and adults for the more than 1,000 residents of El Triunfo and nearby rural areas. El Triunfo is the little town that thinks it can become the next art center of Southern Baja. Look out, Todos Santos.

**HEY MISTER, YOU WANT A...**

continued from page 23

The masseuse arrived with a knock and a “Listo?” as she entered the room. I closed my eyes and prepared for an hour of pampering. Then it went downhill.

Instead of the soothing sound of waterfalls and chirping birds, my ears were assaulted with the latest song from Justin Bieber. Although most massages start with a breathing exercise where the masseuse places her mint-scented hands close to your face, this one started with the massage oil being squirted on my back like a fat kid pours ketchup on French fries. After a couple of minutes of half-hearted squishes and rubs on my back, she moved to my legs.

She used the same oil squirting technique, but with a quick flip, she discarded the tea towel, leaving my arse fully exposed. Now, I’m no prude, but this… this was awkward. Visions of my wife and kids asking how the massage went flashed through my mind. How could I explain? After a couple of strokes on my leg, things got worse. Her fingers grazed my, um, private parts.

The first time, I thought, perhaps was an accident. The next time? That was too much.

I lifted my head in protest and it suddenly became clear what I’d got myself into. I was staring at a husky, middle-aged woman squeezed into a small set of tights, with her midriff spilling out over her pants in muffin-top fashion. She grinned, exposing a missing tooth. Before I could react, she asked in broken English, “Special service? Hunerd dolleres.”

With great embarrassment, I kicked her out of the room and my nightmare massage had ended in under five minutes. The Scottish in me forced a try for an unsuccessful attempt at a refund, followed by a hollow threat to go to the police. The manager just laughed. Lesson learned.

Massage parlors come and go in Cabo. Some are reputable, many are not. Massage in the downtown core are generally a
Your Expat Pets
How to keep your fur babies healthy in Mexico

BY KATE NEAL

This year brought about new regulations for bringing pets into Mexico, in an effort to crack down on communicable diseases. Originally, you only needed to provide timely proof of rabies shots, current vaccinations, and a general overall health assessment; now the requirements have become more stringent. As of February, all pets need proof of treatment for internal and external parasites, including fleas and ticks, within a month of entry. Documentation of the products used need to be noted on the accompanied health certificate, which must be completed by a licensed veterinarian.

But what happens once you’ve gotten Fido or Fluffy into Mexico? All that annoying paperwork that’s necessary to get your furry family members into the country is supposedly about Mexico protecting its own, not that most Mexicans seem to give a rat’s ass about pets. With the number of stray animals running around Baja, carrying parasites or other communicable diseases, you need to think about protecting your own.

The free-roaming community of dogs and cats are infested with ticks, which can cause a number of problems for our own furry friends. Ehrlichia, a bacterial infection transmitted by ticks, is running amok among the large stray population and untreated pets found in the area. And several years ago, Cabo experienced an epidemic that resulted in an outbreak of Lyme Disease in people.

The best we can do to keep both our animals and ourselves safe is to be aware and take preventive action. Check your pet daily for hangers-on and remove them as soon as possible. Bathe your animals weekly with a suitable pesticide. Keep your outdoor areas scrubbed, and regularly trim your lawn or other spaces where ticks may live, spraying them with a non-toxic household insecticide. Products that prevent ticks and other parasites, such as monthly preventatives (e.g., Frontline, Revolution) or collars are a good idea, but be sure to fol-

low your veterinarian’s advice for use. Most of all, keep your eyes peeled for the signs that your pet may be infected - loss of appetite, vomiting, diarrhea, and abnormal bleeding (nosebleeds, or blood in the eyes, stool or vomit). Be aware that ehrlichia can easily be misdiagnosed as leukemia, which means your pet won’t get the needed treatment. If not caught in time, this can lead to organ failure, and eventual death. If your pet is experiencing symptoms, it is always a good idea to mention the disease to your vet. Ehrlichia responds well to antibiotics, but in some cases - especially if you have a founding dog that has not had medical care - it can take several cycles of treatment.

Heartworm, which is transmitted by mosquitoes, is also prevalent in the free-roaming population of animals in Baja. While most common in dogs (affecting just ten cats to every 100 canines) given the perserviveness, pets should be treated equally for prevention. The microfilariae of the heart worm settle in the heart muscle, and adult worms invade like angel hair pasta. As the worms die, they break apart and pieces can flow to the lungs, causing clots and other nasty stuff. Not only is this disgusting, it can be a long, slow, and painful process.

Again, be aware of the signs. A symptomatic pet often coughs and pants excessively, is reluctant to exercise and fatigued after moderate activity. Watch for a decrease in appetite accompanied by weight loss. Non-treatment can cause a swollen belly due to excess fluid in the abdomen and eventual heart failure.

A regimen of multiple de-worming injections will kill the parasites (as well as any GI worms that may exist), but unfortunately not all pets will survive that, depending on when the

CONTINUED ON PAGE 32
CABO SAN LUCAS
CULTURAL PAVILION Downtown next to the marina
Every Thursday. 7:00 pm. Pavilion’s Movie Club.

A different movie every week. Sometimes in English, sometimes other languages with Spanish subtitles. Free.

April features films from Spain.

April 5. The Grandfather. (1998). After his son dies, an elderly man comes back to Spain from the US to find out which of his granddaughters is blood related, and which one is a bastard.


April 19. The Orphanage. (2007). As a child, Laura spent her formative years being cared for by the staff of a large orphanage. 30 years later, she returns to reopen the orphanage as a facility for disabled children. But now, something ominous haunts the darkened hallways of this silent, stately manor.

April 26. Carol’s Journey. (2002) Twelve-year-old Carol is accompanying her mother Aurora to Spain to visit her mother’s native village as the Civil War is tearing the nation apart.

March 24-25. 5:00 pm to midnight. Cabo Music Fest, featuring different music from around the world. Spanish. Free.

May 12. From 5:00 to 10:00 pm. Chaski Fest. A festival of harmony and peace with concerts, meditation and yoga classes, conferences and vegan food. Spanish with some help in English. Free.

Leonota Plaza Next to Red Cross and Delegation buildings
Every Sunday. 6:00 pm to 10:00 pm. Every two weeks.

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: todossomoselo@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 CAFE. Leona Vicario St. And 12 de Octubre St, 2 Floor, downtown Cabo.
Every Tuesday from 4:30 pm to 6:00 pm. Tromatmonds Reading Club. Spanish mostly. More info and special activities on Facebook: https://www.facebook.com/saladellectura-La-Marin%C3%B8ma-Kinexus-Fabulandza-691039797630831/timeline.

At KINESIS GYM. El Chamizal barrio near the Convention Center.
From Monday to Friday. 4:00 pm to 8:00 pm. La Maroma Reading Club. Books available. More info and special activities on Facebook: https://www.facebook.com/Sala-de-lec-tura-La-Mar%C3%B8ma-Kines-Fabulandza-691039797630831/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 readings on Thursdays at 7:00 pm. More info with Sara Flores on Facebook: https://www.facebook.com/LaCirco-577897035537373/timeline.

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

PLAZA EL PESCADOR Across from Cabo Azul resort in the hotel zone
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.

PLAZA MIJARES Main plaza downtown
The PlazArte Program will continue oeing renovations, next to the remodeling area.
Every Saturday. 6:00 to 10:00 pm. PlazArte. Four hours of arts workshops, music, dance show and family fun. Spanish.

INTERNATIONAL THEATER’S DAY CELEBRATIONS
The cultural community of Los Cabos will be celebrating International Theater’s Day with a lot of activities for artists and all audiences. Conferences, workshops, plays and performances. All activities are in Spanish with some help in English, others are in English too. Free Thursday, March 22
SAN JOSE
CULTURE HOUSE. Downtown.
5:00 pm. Playing at Theater. Theater Workshop for beginners and kids. By Guadalupe Magaña. Spanish.
7:00 pm. HAZU. Kids play directed by Francisco Barragan. Spanish.
SAN LUCAS
CULTURAL PAVILION Downtown next to the marina.
Experimental Lounge, second floor
5:00 pm. Artists in Training. Theater workshop for teenagers and adults. Spanish.
Friday, March 23
SAN MAR
CULTURAL PAVILION Downtown next to the marina.
Main theater, second floor.
5:00 pm. The Resistance Theater. Panel Discussion. Spanish. All audiences.
6:00 pm. Performance by Oscar Aguirre. Actor. Spanish. All audiences.
6:35 pm. And The Oscar Goes To… Micro theater by Henry Lopez. Spanish. All audiences.
7:00 pm. Josph the Dreamer. Spanish. All audience.
7:30 pm. Reading about the International Theater’s Day by the Directed Emmanuel Novelo. Spanish. All audiences.
Sunday, March 24
SAN MAR
SAN MAR
CULTURAL PAVILION Downtown next to the marina.
Main theater, second floor
5:00 pm. The Crossing. Experimental theater performance. Spanish.
Take a look

Classified Ads Easy Sign Up

NEXT DEADLINE IS TUESDAY, MARCH 27™

Walk It In
You can bring them into our office which is on the marina in Cabo San Lucas, second floor in front of the Cultural Center over Captain Tony’s.
Office hours: 9:00 am – 4:00 pm. Mon-Fri.

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Email It In
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WE ARE LOOKING FOR VOLUNTEERS to help with feeding homeless dogs. You will need transportation. Please call Ken 612 169 7023

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HEY MISTER, YOU WANT A... continued from page 24

cheap and satisfying experience, so long as you’ve picked the right location.

As a public service to our readers, I’ve compiled a list of things to look for, to help you identify between a professional massage therapist and a seedy “rub n tug” practitioners:

Price and Payment – Legitimate massages in downtown Cabo can be had for $20 to $25 USD. Payment is not requested up front. The phonies often request up to $60 and require payment in advance.

Uniforms – The profession-
als dress like professionals, often in white, hospital-type garb. The others dress in tights or jeans and often wear heavy makeup.

Promotion – If you’re ac-costed from across the street with cries of “Massage, massage... very good massage,” it’s likely anything but. The respectable joints will not try to verbally recruit you. And, if you watch closely, you’ll notice that these “masseuses” only call out to po-tential male customers. If you’re female, they just keep looking at their cell phones as you walk by.

The Tables – As mentioned, the tables should have two clean sheets – one to lay on and one to cover yourself with. A good masseuse will go over all areas, but artfully arrange and rear-range the sheet to ensure only the area being treated is uncovered, leaving your modesty (and dig-nity) intact.

Soundtrack – The only music playing should be soft mood mu-
ic. If they’re playing rock, rap, or traditional Mexican music, keep

CONTINUED ON PAGE 32

PROTEX INTERNATIONAL INSURANCE SERVICES

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The Top 10 ‘Non-Top 10’ Reasons Gringos Live in Cabo

Because who doesn’t love a good list?

BY JOE KING

If you were to survey a hundred Gringo transplants to Los Cabos about what they like best about Baja, you’d likely get the same, repetitive, uninspired responses. The fishing! The golf! The sun! The beaches! The Gringo Gazette! Oh, so we stuck that last one in there (of course, we certainly hope this rag is one of your favorite things), but you get the idea.

However, beyond the superficial draws of a typical tourist destination, there has to be more to keep the folks who choose to be here long term. So, after interviewing a number of long-timers, here are some thoughts on the good stuff that you won’t find featured in the glossy magazines.

1. No traffic A traffic jam in Cabo is as common as snow in the Sahara. Oh, quit your whining, even though we see more traffic than we used to, really, in comparison with most cities north of here, traffic is nothing. For Gringo refugees who’ve spent much of their working career stuck in two-hour daily. And if you need to commute between the towns, sure it’s now 40 minutes, but look at the views! The commute is as delightful as the breathtaking sunsets.

2. The airport For a small town, the airport is amazing. Direct flights to over 20 major North American cities. Compare that to Boise, Idaho or Red Deer, Alberta! As added benefits, you can keep your shoes on through security, and you don’t have to worry about TSA agents waiting in ambush to grope your junk while searching for contraband.

3. The hidden deals Although Los Cabos is one of the more expensive places to live in Mexico, there are still dozens of amazing prices compared to the States. Some examples: Soda at 65 cents a bottle. Tradesmen, like auto mechanics, electricians and plumbers, for under $15 USD per hour. Movie tickets for $4. And very cheap property taxes, car insurance, non-emergency doctor visits and dental care.

4. The work ethic Contrary to the rather ignorant beliefs of some, the Mexican work ethic is inspiring. This writer will for ever be impressed by the “get ‘er done” attitude demonstrated after the Odile and Lidia storms. (In contrast to the mess that is still New Orleans 12 years after Hurricane Katrina). From the early morning street sweepers to the construction workers carrying heavy bags of concrete in sweltering heat, to the late-night titty-bar hucksters, we’re surrounded by an enviable, hardcore attitude towards work that is sadly becoming less and less common back home.

5. The customs The funny/quirky/traditional customs that make living in Mexico unique

CONTINUED ON PAGE 34
A Different Type Of Medicine

If you don't mind talking about your feelings as much as your aches and pains, a naturopath might be for you.

BY PHIL GOODE

Who do you go to when your arthritis is acting up or your colon is giving you fits? Who you gonna call when your muscles are knotted, your gut is out of whack or you feel the need for some spiritual guidance?

You could go to a handful of various doctors, practitioners and advisers. Or, you could go visit Wendy Ruddell. She operates her naturopath practice out of her home in the Lomas del Tule neighborhood, across the fourlane from Grand Velas.

From her back patio you have a perfect view of the ocean and the lhus (for now, after the rainy season) forest of trees, bushes and cacti. If it weren't for the faint rush of traffic coming from the fourlane, you'd think you were miles away from anybody and anything. The setting alone is enough to make you feel more relaxed.

Wendy is a doctor of integrated medicine, which combines alternative therapies with mainstream medical practices. She has a long list of degrees and certification including: teaching (from Notre Dame, no less), naturopathy, biofeedback, coaching, breath work, yoga, massage therapy, hypnotherapy, and aromatherapy.

Some of her more interesting offerings include colon therapy (cleansing the colon to get rid of toxins), quantum touch (using life force energy, aka your “chi”, to heal the body) and live food nutrition (basically: the raw food diet).

People are used to going to a doctor and getting a prescription, Wendy says, because they think that’s all there is.

“A lot of times, people just don’t know what’s available out there, the alternatives,” she says. “The body has everything it needs to heal itself.”

Wendy is also a spiritual counselor, so when you visit her be prepared to talk about the potential mental and emotional causes of whatever is ailing you.

“Stress is the worst thing,” she says. “It makes us sick.”

Whenever Wendy takes on a new client, she does a full-body biofeedback scan. It’s non-invasive procedure that gives her a full report of what’s happening with the body. Think of it like going to a mechanic and getting a diagnostic run on your car.

From the biofeedback scan, she gets a 30 page report with all the findings, then recommends a course of action. Suggested treatments might include dietary and lifestyle changes, nutritional supplements, herbal remedies, tonics, medicinal plant oils, breathwork, meditation, or massage, and even more.

And in the end, she still might continue on page 35.
Ask a Mexican

The official campaign period for Mexico’s presidential election starts on March 30.

This week we asked: Are you planning on voting? Why or why not? And if so, do you know who you’re going to vote for? Why do you like that one?

1. Diana Olguín, 19, clerk

I am so ready for this circus to be over. Politicians are everywhere, on buses, radio, tv, internet; I feel like they will pop their heads from my soup anytime. I do plan on voting, but my vote is secret and I am not too sure who am I voting for. They are all power-hungry idiots. I guess it would be cool to have a woman president, maybe with some feminine perspective things will be a little different, and better.

2. Jose Marquez, 58, carpenter

I will vote for AMLO. (Editor’s note: AMLO is Andrés Manuel López Obrador, the Morena party candidate and current frontrunner, quite liberal). He’s our only choice. He’s the only one with real ideas on his campaigns. People are ignorant and hate him because Enrique Peña Nieto has made enough propaganda for people to be biased. With AMLO, we would grow as a country and have equal opportunity. I encourage everyone to read one of his books, where he is portrayed as he really is.

3. Luisa Contreras, 26, receptionist

I’m glad we will have a new president. I do know who I am voting for, but I am not comfortable saying it publicly, because voting is secret. I think we all should take it seriously and take the time to vote, our future is in the line for the next six years. The candidate I like is fair, smart, well studied and has not colluded with any narc association. Also, he comes from a well off background, so hopefully he won’t have the need to steal as much money as the other presidents.

4. Julia Lorenz, 48, teacher

I do not know who I am voting for and I am not sure I will vote. Not because I don’t want to, but it has been proven that presidents are pre-elected for up to 80 years prior to elections. This is the problem with Mexico, we have never been a democracy and have no hope of being one anymore. I think that the worst candidate is AMLO. With him, we are in high risk of ending up like Venezuela, with no medicines in pharmacies, no produce in supermarkets and meat shortages.

5. Maria Reyes, 19, student

I am voting for the first time, and I feel like it’s the worst time and the worst candidates. I have no idea who I am voting for and I have not been looking at what candidates have to offer. All I see are the jokes and screw ups, but no real proposals. I think the lady is the “lesser harm” we can do to our country, because she is a woman and, honestly, we do think a lot differently than men.

6. Josefina Quiriarte, 62, retired

I am proud to say I am voting for AMLO, he is our best hope. He has been trying to be our president for a long time and I think we should give him a chance. He is well prepared, funny, smart and noble. All of my family is voting for him. We believe in him and have been to his events multiple times.
Your New Furry Friends

MIERCOLES
The old rhyme claimed that Wednesday’s child is full of woe, but we beg to differ. BTW, did you know the name Wednesday is associated with the god Mercury, which is why the French call Wednesday Mercredi and the Spanish call it Miercoles? Let the small but sturdy stature and VERY sweet temperament of this little gal help get you over hump day each and every week!

ROCCO
Have you ever seen a cat who could perform such a camouflage act? Most other pussy cats barely possess the intellect to hide behind the drapes with their tails sticking out. Not me, I’m a brainiac who can hide in plain sight, like a CIA agent. If you’re the Mensa type yourself, come to the LCHS and try to find me…

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**Fish Report**

**BY GARY GRAHAM**

**Cabo San Lucas**

Two sportfishing tournaments were held on March 11. The first was Stephen Jansen’s (of Jansen Inshore Tackle) 6th Annual Sierra Tournament, held at Migrino Beach. This event featured shore fishing and targeting a single species: sierra. It attracted anglers literally from around the world who came to compete. A 6-pound sierra won first prize.

The second event, the 2018 San Jose Festival Traditional Sports Fishing Tournament, is also an annual affair targeting wahoo, yellowfin tuna and dorado. Thirty-nine teams of four anglers fished from boats that departed from both IGY and Puerto Los Cabo Marinas. The largest fish of this event was a 44.9-pound yellowfin tuna caught by Captain Carlos Beltran Collez-essus aboard Feeling Azul. Cabo Climate: More great fishing weather. Mostly sunny skies with the average daytime temps in the upper-70s and evening temps in the mid-60s. More of the same is expected throughout the remainder of March with no precipitation predicted over the next two weeks. Winds are relatively calm with gentle shore breezes in the upper single digits.

**Sea Conditions:** There have been relatively calm seas throughout the area, with some surface chop occasionally stirred up by surface breezes at 8 to 10 mph, mostly out of the South and SSW. Sea temps around the Golden Gate and Jamie Banks are steadily cooling into the lower 70-degree range. Water around Cabo Falso east to the Gorda Banks is warmer in the 72 to 74 degree range, but the overall water temp is continuing to drop.

**Best Fishing Areas:** The San Jami has been producing marlin, but by week’s end the best results were coming from the 95 and 1150 Spots, with some success in the Pozo Cota area.

**Best Bait & Lures:** Trolled lures as well as rigged and live bait tossed to surface fish seemed to be the tickets for the marlin. Some boats even mixed in some smaller smoke trail and feathers to coax the dorado.

**Bait Supply:** Plenty of bait available at $3.00 per bait upon exit from the Harbor.

**Puerto Los Cabos**

The yellowfin tuna action came to a standstill as there was wind to deal with near the Iman Bank and La Fortuna, where the yellowfin were being found, but a handful of tuna in the 20 to 50 pound range were still being caught. Now the tuna have developed lock jaw; they were seen feeding on free-swimming chummed baitfish, but were extremely finicky in striking any offerings, even when going down to a 20 pound leader. Only a few fish per day were being caught.

The dorado bite has rebounded strongly. Most action was found near La Fortuna while slow-trolling or drift-fishing with sardina. Sizes were mixed, with the largest dorado near 15 pounds. Many small juveniles were hooked into as well. Despite the cooling waters there were several reports of wahoo swimming in small schools on the same dorado and tuna grounds, though they proved elusive and would not strike.

**Boogie Band** with Special Guest Star Peter Rivera who was the voice and drummer with Motown recording artists “Rare Earth.” Peter will be performing the hits, I Just Wanna Celebrate, Born To Wander, Get Ready Big Brother, I’m Losing You, etc. with David Raitt and the Baja Boogie Band. David Raitt is the son of Broadway star, John Raitt and brother to Grammy award winning International artist “Bonnie Raitt”

**April 22** Sand Castle Competition early this year. We welcome new competitors. A fun day for the family with swimming and live music in the afternoon and evening.

**May 19** Tim Lang Tim Lang’s sound captures the quintessential Baja moments set to an acoustic driven soundtrack.

We can be reached for reservations and information at our office in San Jose del 624 142-1165 M-F 9-4 and Sat. 9-1. If you can’t reach us there try cell 624 154-0666 or US 1-626-84-0485. Both numbers also available on What’s App also. For a quick response info@vidasoul.com or joan@vidasoul.com. www.vidasoul.com.

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**Vidasoul Hotel and Crossroads Country Club**

**Upcoming Events on the East Cape**

The East Cape is the jewel of Baja CA Sur with a beautiful coastline, quiet beaches, surf breaks, and world class snorkeling and diving. At this time of year stupendous whale watching (don’t forget your binoculars). Halfway between Puerto Los Cabos Marina in San Jose del Cabo and Cabo Pulmo National Marine Park sits Vidasoul, a surprisingly modern beachfront hotel. Vidasoul has 16 rooms and a fantastic ocean view. The Crossroads Country Club restaurant (since 2003) serves amazing food and is really worth the trip.

Every Friday morning Vidasoul offers an organic market from 9:00-11:30. Featuring organic vegetables, eggs, chicken, cheeses, pastries, coffee, hand painted clothing and other crafts. New vendors welcome. At 9:30 Yoga Class with Tiki. March 10 Chris Paulson/Singer/Songwriter (back by popular demand) traveling around the world for 30 years singing original songs and selective covers. Chris winters here in BCS. March 17 David Raitt and The Baja Boogie Band with Special Guest Star Peter Rivera who was the voice and drummer with Motown recording artists “Rare Earth.” Peter will be performing the hits, I Just Wanna Celebrate, Born To Wander, Get Ready Big Brother, I’m Losing You, etc. with David Raitt and the Baja Boogie Band. David Raitt is the son of Broadway star, John Raitt and brother to Grammy award winning International artist “Bonnie Raitt”

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**Fish Killers Of The Week**

Canadians Tony and Burk and David and Barbara from the US caught a 45-pound yellowfin tuna and many sea bass and triggerfish off East Cape.

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March 19th, 2018

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The director of Spa Cielo, Cathy Dammann, 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 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 had 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 feel of well-being and probably better longevity.

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

Rated with five stars on tripadvisor

The Top 10 ‘Non-Top 10’...continued from page 28

and fun, such as the requirement for two cakes at a Mexican birthday party – one to eat and one to smash the birthday boy’s/girl’s face in. The Quincinera. The Day of the Dead. The piñata. The peck kissing. The handshakes/hug/handshake greeting.

6. The refreshing lack of political correctness If one were to call a Christmas tree a “holiday tree” in Cabo, the likely response would be a blank stare. In Mexico, schools have Christmas concerts, not holiday concerts. What some celebrate as “Black and Orange Day” in the States is known as Halloween down here. Businesses can advertise for exactly the kind of worker they’re looking for (i.e. hombre, 18-25 years old) without fear of a human rights complaint.

7. Politics are optional Traveling up North is taxing. Trump, Trump, Trump, Trump, Trudeau, Trump, Trump, Hillary, Trump, Trudeau, Trump – it’s everywhere! In Cabo, some of us care, most of us could care less. It’s (usually) pretty easy to pretend the craziness doesn’t exist when living in paradise.

8. The local cops Sure, they might be corrupt to varying degrees, but they generally leave you alone as long as you’re not doing stupid things. They certainly don’t stalk you with revenue-driven speed traps or red light cameras. Occasionally, they might even assist in helping you cross a downtown street or direct traffic.

9. The clean air So long as your neighbor isn’t burning garbage or you’re not stuck living next to a poorly functioning sewage treatment plant (Hey there, Ventanas!), the air in Cabo is surprisingly fresh. Maybe it’s because we’re surrounded by ocean on three sides and when our stink gets blown away, there’s no big city’s stinky air blown it to replace it? Whatever the case, Cabo hasn’t had a smog day in years. Dust days, yes. That comes with the dirt roads.

10. The celebrity sightings Officially, it’s no big deal. They’re just human like the rest of us. But let’s be honest. Who doesn’t feel a deep-down giddiness knowing that we’re breathing the same rarified air as the Biebs or Eli Manning? Non-chalantly mentioning to friends and family back home that you just dined in the same room as Jennifer Aniston never gets old. And if the celebrities are cool and hip, and they’re visiting our adopted home town, what does that make us? That’s right… the original cool hipsters.

So, that’s our list of the top 10 lesser known reasons why Gringos make the permanent (or semi-permanent) trek way down south. Did we miss any good ones? Visit us on Facebook at facebook.com/gringogazette-cabo and add the less-than-obvious reasons why you love living in Los Cabos. If there are enough thoughtful contributions, we’ll publish a part two with your piece.

How Can You Resist Them?

JOKER
He’s a two-year-old poodle mix who was found on the streets in the barrios of San Jose, the usual scenario where the dog’s fur is so matted that we just have to shave it all off and let him start fresh.

Joke is easy going, gets along with other dogs and would love to you.
A DIFFERENT KIND OF MED...  
continued from page 29

also recommend a client go to a regular physician to get more testing, like blood work, done. Remember, this is integrated medicine, so she’s not completely against traditional doctors and medicine. “You want to really have a good reason to have that type of invasive testing,” she says, “but they have their place.”

If you want to learn more about Wendy’s practice and her various methods of treatment (and there is a lot more to know, more than we can address here), visit her website at www.wendyrudell.com.

FISH REPORT...  
continued from page 33

Climate: As the spring season approaches, expect to see varying weather patterns. There will continue to be intermittent cooler days followed by seas settling down and the North Wind lessening; daytime temperatures should warm into the upper-70s. Ocean temperatures have ranged from 70 to 73 degrees; greener currents are working south from Los Frailes near the Gordo Banks.

Best Bait & Lures: The main bait source continues to be sardina, with main concentrations schooling near Cabo Real as well as on the beaches north of San Luis. Supplies have been sufficient, though patience has been necessary as these baitfish are netted each morning. Offshore, near the Gordo Banks, there were reports of balls of baitfish being encountered – mackerel and chihuil. Some of these were caught on sabiki rigs.

East Cape

One fleet boat returned with a flag flapping for one released striped marlin. Those who targeted billfish were rewarded with a striped marlin taken out in front of La Ribera. No one targeted yellowfin tuna, but they remained over the winter so there’s no reason not to expect an early season.

Dorado were being caught after the last blow. They’re visible and lurking close to shore, waiting for a fly or bait to hit the water.

Climate: North winds prevailed with 70-degree water greeting visiting anglers. Although recently, the spring-like temperatures prevailed. Go figure.

La Paz

There weren’t many fishermen which is typical this time of year. And for good reason … it has been rough and windy recently. After a few nice weeks of fishable weather, we’ve now had about three consecutive weeks where most of the days weren’t conducive to fishing, which was scratchy at best. A few snapper, some small cabrilla and a few bonito were caught.

During the few windows of time when wind and currents are not a factor, locals and anglers alike were surprised at the quality of fish, especially for this time of year. There were some nice grade of tuna, some chunky yellowtail, some free-swimming dorado, and it appears the big pargo liso (mullet snapper) are beginning to school-up in the shallows and spawn.

Cabo San Lucas

Tracy Ehrenberg www.piscessportfishing.com
Larry Edwards www.cortezcharters.com
San Jose del Cabo

Gordo Bank Pangas www.gordobanks.com
East Cape

Rancho Leonero Hotel www.rancholeonero.com
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