Our Airport On The Move Again

We don’t mean it’s physically moving, Einstein, it’s metaphorically moving forward

BY DICK FITZWELL

Our international airport is making big improvements, investing about $700,000. In terminals one and two. That would be the domestic and international terminals respectively.

They are also building a new fire station, which they anticipate will take one and a half years. That must be a thorough job.

Terminal two is getting an expanded immigration room, which they certainly need. The goal is seven service stations and 20 kiosks of self service.

They will expand the restrooms in the baggage claim area to more than double the previous capacity and build new restrooms in the south end of documentation room. That’s a good idea, as there is no restroom until after you clear immigration and right now that often takes a long time. And who likes to use the restroom on the plane? Nobody.

They will also build a sixth baggage carousel. Right now, those carrousels are so over worked they have guys pulling...

CONTINUED ON PAGE 5

How To Help Those Who Need It

Choose wisely

BY PENNY WISE

Many of us want to be good citizens, helping the poorest of the locals with gifts and pesos. But how do we know which are the deserving and which are not? We don’t. That’s why we leave it to the professionals. We can best help through those charities that they vet for us.

The International Community Foundation is out of San Diego with an office in La Paz and has in-depth knowledge of the local issues and nonprofits. They help donors connect with the causes they care most about, and they can structure a donation to the best tax advantage.

Their efforts are broad, and directed toward education, health and the environment, marine and terrestrial ecosystems, healthier communities, and more effective education.

Their goal is to help you plan your giving in a way that benefits you, your family and the charity of your interest, as there are many ways you can make a planned gift to charity and enjoy tax or income benefits.

Here is just one of about 35

CONTINUED ON PAGE 5
The event is organized every year by the Los Cabos restaurant association along with the larger “Sabor a Cabo” event that brought over 2,000 people to a night of dining to Flora Farms in San Jose.

It did not escape our notice that it took nearly three months for the event organizers to cough up the check. The check from the larger event, which will be split among the Cabo San Lucas Fire department, the Letty Coppel Foundation, and the Red Cross is yet to arrive. We’re watching.

**Unhappy tour companies**

Owners and drivers of tour companies are not happy about their new accommodations at the San Jose airport. They have been evicted from their helter skelter assemblage you saw as you walked out of the airport. They were there waving their signs of affiliation, from car rental agencies, to activities, to hotels. Now they’ve been pushed across the road to an area painted in red on the ground. Only the taxi drivers, (wearing green shirts), are allowed right up snug to the curb. Or the pilgrims can drag until their clients show up at the new parking lot. It’s a bit of a madhouse, the congestion and shouting and the sign waving is just a clear shot now at the arriving pilgrims.

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**Cabo Hospitals under fire.**

Another of their gripes is they are not allowed to park as close to the arrival terminal, so they constantly circle around the airport until their clients show up at the curb. Or the pilgrims can drag their luggage about 100 yards to the new parking lot. It’s a bit of a madhouse, but it’s always been a madhouse, the congestion and the shouting and the sign waving is just a little further away and the universally hated taxistas have a clear shot now at the arriving pilgrims.

**Cabo Hospitals under fire.**

Again. Mexico’s consumer protection agency (Profeco) is going into cabohts with other federal, state and city agencies to come down like a load of bricks on Los Cabos’ hospitals.

CONTINUED ON PAGE 5
Car jobs. Mexico registered a new record in vehicle production again during February, and with more than 600,000 units in the first two months of this year, it surpassed Brazil as the largest car assembler in Latin America. This February, a total of 328,000 cars were assembled in Mexico, an increase of 6.2 percent over the same month last year. Meanwhile, domestic sales went down by 7.2 percent.

Mexicans can’t afford to buy the cars they make. The reason the auto sector is booming is because the labor contracts are set before the manufacturers even break ground on the plant. Say BMW wants a plant. They make a deal with the union boss in the area, then when the plant gets built, the union hires the workers, telling them how much they will pay them. Don’t like the pay? Then try and find another job in your small town.

Use us like a burro. No problem, don’t worry about our feelings. Netflix is showing an 85 minute documentary on hurricane Odile. Didn’t ask us, did they ask you? Nope, Nope.

But don’t get excited, it’s only on the Mexican version of Netflix and it’s in Spanish. If you can meet those requirements, tell us what was said about us. Our trauma, our still open wounds, to be picked at and laid bare for looky-loos. And it sure doesn’t do tourism any good, either. Let’s hope they didn’t delve into our embarrassments of burglary, looting, and our line of laundry flying through the center of town.

New cell network. Mexico’s new national mobile telephone network went live last week, 10 days ahead of schedule, with the ability to provide initial coverage to 32% of the country’s population. The shared network, known as red compartida aims to reach 85% coverage by 2021. The network is supported by 2,693 towers and antennas and has the capacity to adapt to 5G technology.

The project is a public-private partnership and will initially be accessible by 36 million people, of which 5.6 million live in towns with fewer than 10,000 residents.

It’s a wholesale network, meaning that it will not sell its services directly to consumers. Instead, it will sell the use of its infrastructure to retail internet providers who will then sell their services to end users. The new infrastructure is a key component of the federal government’s telecommunications reform.

Currently, each company that operates in the Mexican market — including Telcel, AT&T and Movistar — has its own network but their combined coverage doesn’t cover the whole country.

However, Mexico’s existing carriers are not among them, the news agency Reuters reported today, which raises questions about the network’s ability to raise investment. And they don’t care, they cherry pick the market. The biggest of those, América Móvil, has no plans to use this new network. The company said recently the new network could not give it something it didn’t already have. Movistar could benefit from the new system but an agreement to sign up has not been reached. And AT&T suggested it might sign on in the future if the net...
About Those Tax Cuts...

Is your state onboard?

BY ORLANDO GOTAY

You have of course heard about the bigly splashy tax reform enacted late last year by the Congress and signed into law by the president. For weeks, we have been hearing about all the tax cuts it contains, and how people are immediately benefitting. As I write this, the IRS released a new calculator to figure one’s (presumably lower) withholding from wages. Note: be very careful in adjusting your withholding!

As people begin to delve into the complexities, some are discovering that the Congress giveth with one hand but taketh with the other. For example, there’s the “double the standard deduction” we often heard about—as a good thing for us. What went away to pay for it? Personal exemptions. Those exemptions were amounts of income that were taken right off the top and deducted first from your income computation. For 2017 it averaged $4,050 for each: taxpayer, spouse and dependents. As a tradeoff, Congress granted a federal child credit. Credits are like payment coupons: they are credited in your favor after you figure your tax bill. For 2018 and beyond there are no federal personal exemptions. By the way, don’t be fooled: taking the exemptions away and doubling the standard deduction actually results in more tax revenue, 1.2 trillion over ten years. Yes, it was a bad NYC subway shell game.

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For simplicity, many states conform to the Internal Revenue Code as of a specific date. California conforms, often opting out of specific provisions. Some conform automatically to the latest version, using those definitions and numbers in state computations. Of note, the National Council on State Legislatures reports ten states that currently couple state personal exemption with the federal personal exemption. In those states the personal exemptions just went down to zero.

In those cases this will automatically mean higher state tax bills. Some people will be affected more heavily than others. Unless states act soon, there will be —surprise!—higher state tax bills, and some may be pretty significant. The District of Columbia projects its middle-income taxpayers will see an increase in tax unless DC decouples from the federal definitions. Ruefully, DC also says “we don’t have a child credit.”

This is something to watch as the year progresses, because we may be in for many surprises as states react (or don’t) to the federal changes. Your state withholding may need new adjustments, and not for good reasons. Stay tuned.

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.

This is just a most general outline, and is of course, informational only and not meant as legal advice.
suitcases off and stacking them up nearby to make room for the next flight's baggage.

The expansion and integration of the terminals two and three will be accomplished and they are at this point not close together, so that will be a big deal.

There will be an expansion of the waiting room, and there will be 13 boarding gates - 10 remote positions and 3 in contact with the terminal. More restrooms are on the way, there, too.

Lastly, they will be optimizing the technical areas of the airport, such as electrical rooms, and air conditioning equipment.

 charities they support.

For 25 years Los Cabos’ first authorized NGO, Amigos de los Niños, (ADLN), has lead the way in providing quality medical care for children with no other option. ADLN offers life changing medical attention for children through two programs; ADLN Free Clinics and ADLN Special Case Care.

Free clinics have expanded to pediatric dental treatment for over 400 children annually, audio testing and free hearing aids for 80 children, and eye surgery to correct strabismus for 20 children each year.

The ADLN Special Case Program cares for Los Cabos children suffering from cancer by providing emotional and financial assistance to ensure they do not abandon treatment.

ADLN’s record of transparency and goal-oriented impact for the good of all children in Los Cabos provides the opportunity for donors to see the results of their work. ADLN can be reached at www.adlncabo.org. International Community Foundation can be reached at www.icfdn.org.
services for medical, banking, education and government-related purposes. Last 12 standing. Or rather last 12 swimming. The numbers of totoabas has declined to about 12, since they’ve been over fished. The recently departed look like small dolphins and live in the upper Sea of Cortez, near San Felipe. They are threatened because they are by catch of gill net fishing and because the Chinamen don’t give a rat’s ass about extinction. The international community has tried everything they can think of to keep them alive, to no avail. They have even paid the fisherman to not fish, but the guys take the money and fish anyway. Now they’ve come to fistycuffs with Navy personnel and Federal Police after three people were arrested for illegal totoaba fishing. The incident occurred on the town’s pier when the fishermen attempted to leave port in defiance of a fishing ban. And, horrorrs, a gill net and totoaba scales were found on someone’s fishing boat. Police seized both the boat and nets and clamped the offenders in jail.

Unfortunately for the totoaba, their swim bladders are considered a delicacy in China and fetch higher prices than cocaine.

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QUE PASA IN CABO?... continued from page 5

two-week scheduled shutdown for this period to ensure that our beers, equipment and premises are maintained. Geeze, how long does it take to sponge down a vat? Whatever, we are now going to have to make do with Pacifico, XX and Corona beers and that doesn’t make me a happy camper.

Let’s Rock n’ Roll! The 1st Rock Fest in Los Bariles on the East Cape will take place this Saturday, April 7, from 3:00 pm to midnight at the Hotel Palmas de Cortez. The organizers promised us lots of fun, live and DJ music, food and craft beer, arts and crafts and tequila for 200 pesos per person. That’s about $12 bucks, Bunky, fork it over, aren’t all you Americans rich?

Tickets are available at Hotel Palmas de Cortez (Ph. 624-141-8050 or 624-141-0045 and at Koral Concierge in Cerro Colorado. Ph. 624-104-0127.

Gringo blocks beach access. Afraid of the hordes of Mexicans who come down to camp on local beaches for up to two weeks, the Holy and the Easter week, a Gringo resident of Los Bariles sent out a backhoe which dumped several large boulders on the beach outside his home. What was he thinking, that he could actually get away with that? The beaches are for Mexicans, especially on Easter week. They come over from the mainland just to camp on their beaches. Sure, they leave lots of garbage, and big messes, but that’s just the way it is.

Local Bariles residents hailed Francis Olachea, the town’s government representative, out to see it and report it to the authorities.
Restaurant Cook Off

103 restaurants compete in 12 categories.

BY BESS EATEN

Linda McHatten, the honcho of this thing, tells us the purpose of the competition is to strengthen the already worldwide recognition of good food in Los Cabos.

The voting process will be announced on the event’s official website www.culinary-awards.com.

During the first week of April nominees in each category will officially be announced, as well as the recipient of the special award “Culinary Record” which will go to the person, event or company that has been an exceptional contributor to gastronomy in Los Cabos.

On April 25th, the awards ceremony will be held at the Sheraton in an invitation only party.

This event is sponsored by the Los Cabos Tourism Board (FITURCA), Sheraton Grande, Los Cabos Hacienda del Mar, Crowe Horwath Gossler, Luxury Avenue Boutique Mall, Rancho San Lucas, Grand Solmar at Ranch San Lucas, Yandi Monardo Art Gallery, Del Cabo Event Design PSAV, and Panda Express.

The categories of the awards CONTINUED ON PAGE 11
YOUR PACIFIC BEACHFRONT SANCTUARY...
COMING SOON TO LOS CABOS, MEXICO.

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AT RANCHO SAN LUCAS

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Developed by Solmar
East Cape Community Rises To Emergency

Sometimes everything goes right

BY CINDY RAY

In Mexico an emergency network and contingency plan could mean the difference between life or death for someone. Enjoy the best the remote areas have to offer, but plan for the worst just in case.

I live in the community Castillo de Arena, about 1 ½ hours from San Jose on a good road day. It is about 6 miles south of Las Frailes on the East Cape. The roads are washboard; dirt; and sand. The last incident that an ambulance was called out on took them 4 hours to find the place and then it had no secured gurney; only a backboard. Since our community had experienced medical emergencies in the past, they already had a network of help and had stock piled some medical supplies.

We recently had a car accident where the driver could not move and had neck; back; and pelvis injuries. The driver was my husband, Lucky Hilmanowski who had taken the dog Goofy to the beach for a run. There are numerous dirt roads to get there.

Several hours went by and I began to get worried; my instincts told me that something was wrong. He had left about 10:00 in the morning and it was going on 1:00 in the afternoon. I decided that if he had not returned by 2:00 pm I would go out and look (not sure where- but I would look). I jumped on the quad and took a quick pass at the neighbor’s where he may just be sitting and visiting. No luck. I then headed down the beach road since he said he was going to the beach.

As I reached the end of the road; searching, what I found was a horrifying sight. The Samurai was on its side and lying flat on his back near it was sprawled my husband!

The things that can go through your mind in that split second can be even more horrifying. Was he bleeding? Was he alive? What happened? I got within 10 feet and he called out to me; “get help”. Thank God he was alive and coherent. I quickly coaxed the dog up onto the quad and raced off to our next-door neighbors to get help. “I need help” , I said. Lucky is on the ground and hurt down by the beach. “I’ll be right there” , Steve Olsen said and jumped onto his quad. In the meantime, I had to secure the dog. So I ran him home, gave him water (he was parched) and put him in the bedroom secured. Next, I ran to our neighbors on the other side, Lisa & Rick, and called to them to come help. Lisa is a nurse.

On our way back down to the beach; another neighbor was out loading his pickup and enlisted his aid, too. He was hot on my trail with his quad. As I headed back down; I met Steve on his way back up and said he was going to need more help.

One neighbor and I reached the scene first and this was the first time I had gotten close to my husband laying on the ground. A quick glance; no blood and nothing snapped or terribly gruesome. Another thanks to the Lord. Doug suggested giving him some shade as he was lying in the direct sun. I grabbed the beach towel I always carry on my quad and Doug and I held it over his head and upper torso. By that time Lisa had arrived with her nurse kit and was checking him out; perfectly calm and professional in her process.

The next to arrive in some

CONTINUED ON PAGE 11
Let us take a step back in time and consider just how Cabo was established and how it became the legendary destination it is today. Here is a shortened story of those early dreamers who transformed Cabo San Lucas and the southern region of the Baja from a desolate, Wild West on the tip of the peninsula, to the internationally acclaimed oasis that is current day Los Cabos.

We will explore the earliest history in another ramble, for now we will take a look at the first seven hotels that set the tone for this transformation.

The Palmilla - established 1956

The very first hotel was the Palmilla that opened in 1956 by Abalaro Rodriguez who had the foresight to throw caution aside and bought Punta Palmilla. The son of General Abalaro Rodriguez, a former President of Mexico, bought Punta Palmilla. This 400 acres of mostly ocean front land was bought for a whopping $15,000 in 1954.

In 1956 Hotel Palmilla opened with just 15 rooms. Rodriguez’s wife Lucille Bremmer was a Hollywood actress appearing as the sister to Judy Garland in the 1955 release ‘Meet Me in St. Louis’. She brought the celebrities flocking to this site via private planes that would land on a private airstrip nearby.

His partner in this second project was Bud Parr, who would go on to develop the nearby Hotel Cabo San Lucas. He was instrumental in expanding the then beautiful property to 53 suites in 1957. In 1959 Real estate developer Don Koll took over and added more rooms and a Jack Nicklaus golf course. Koll also opened the Cabo del Sol development with another Jack Nicklaus designed Ocean Course. The hotel was sold and completely renovated in 2004 into the One & Only Palmilla with 172 swanky rooms and suites.

Hotel Cabo San Lucas 1961 Bud Parr first started coming in the early 1950’s for the fishing. The only way down was a private plane or a long boat trip down the Pacific side. The road wasn’t open until the early 1970’s. After partnering with Rodriguiz on the Palmilla, he decided to try out a second location because there was a decent boat launch and a remarkable reef at Chileno Bay.

The Hotel Cabo San Lucas started out modestly as the tourism was limited to the few wealthy fishing enthusiasts and the celebrity set including John Wayne, Desi Arnez, Frank Sinatra, Bing Crosby, Lucille Ball and Kirk Douglas. Perched upon a rocky bluff with amazing views, the hotel was a favorite for many decades. It has since been torn down to make way for the Chileno Bay project with its impressive beach club, Tom Fazio designed private golf course, private estates and a new hotel.

The Hotel Camino Real-1964 renamed Hotel Hacienda 1977 Let’s move downtown now. The Real Hotel Group from Mexico City was renowned for building luxury boutique hotels and gambled on Cabo before there was much of a market. Bud Parr purchased this property near the tuna cannery and next to the airstrip that was just behind the beach in 1977 and renamed it Hotel Hacienda. The airstrip would later be dredged to become the Cabo marina. It was an ideal location that had fishing right out the front door and an exceptional swimming beach protected by Land’s End. The bunkered villas built into the sand were unique and the pools had such a great view that it attracted wealthy clients. It was demolished in 2005 and paved over with the Hacienda Beach Club private residences. The BP Bar at the property is a tribute to Bud Parr’s legacy.

Hotel Bajo Colorado 1970 and Hotel Bajo Colorado 1970

In 1977 In 1977 in the corridor there is the horseshoe shaped bay that is a favorite for snorkeling excursions. It is also a favorite for the tour boats as this is one of the best protected swimming areas. The Hotel Twin Dolphins was bought and expanded by David Haliburton Sr, a rich Texas oilman and yes, he was the suitcase guy. This iconic location was a favorite hotel that

CONTINUED ON PAGE 23
Too many people are receiving the quick and inexpensive stem cell treatment, consisting of their own aging cells.

People!

You can’t just get your old cells yanked out, twirl them around in a centrifuge, and inject the best of those old tired cells back in you! They’re still old cells, which is what produced those old ugly wrinkles in the first place.

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Come to our no obligation informational seminar at Barcelo Grand Faro 12th April at 7 pm. On Hotel Row in San José, or come to the Sheraton Hotel 11th April at 7 pm on the fourlane at Km 10, Cabo San Lucas.
Luis Bulnes Statue To Be Dedicated

Luis Bulnes was born in Spain, coming to Mexico when he was 18 in 1946. He soon arrived in Cabo and never left. He built the Finisterra Hotel, then the Hotel Solmar. In the nineties he got with the timeshare program and built the Playa Grande Hotel., in 2009 he built the Grand Solmar Hotel. Now underway, under the leadership of his son, is Rancho San Lucas, a huge development on the Pacific side.

Bulnes was also the founder/leader/worker of many civic organizations and a champion of the working man.

Luis Bulnes died in 2011, and his friends, colleagues, and civic organizations have worked together to build this statue of him.

That’s what we’re told is under the garbage bag, to be unveiled in a ceremony Tuesday at 2 pm on the traffic circle in front of Breathless, downtown Cabo. Are we the only ones who feel a little more decorum was called for? At least a nice sheet? This guy was Mr. Cabo and helped set the tone for what we have become today.

In this harsh environment anything can happen, but if you prepare well the outcome may be better. Plan your trip and let someone know where you are going (at least ball park)

Let someone know when you will be returning. Advise someone which vehicle you will be taking

Never ignore your instincts

And stop and think about why the warning bells are going off in the back of your brain. Our intuitive sense is a gift residual of primal man for survival- do not ignore it. At least respect the warning and reflect it.

I had the intuition to look for my husband who had lay by his over turned car for four hours. He had the instinct not to move any further when he felt he was broken somehow.

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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 supplement 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 eliminate 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 damaged or injured 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 under 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 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 one 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 and specialize in stem cell therapy and medical tourism.

For more information contact:

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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 San Jose del Cabo and 7 pm Sheraton Hotel in Cabo San Lucas.

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Continued from page 11

neighbor offered to drive. Lisa (the nurse) rode with the patient administering an IV for shock. Paul Clark gladly let them take his SUV. Dave Sliss followed with his pickup with me in the passenger seat. We knew that we were going to H Plus in San Jose, so Dave passed them up and told the ER to get a gurney ready. Lisa went in with the patient and told the ER what she suspected may be wrong; his vital signs; and that she had given him an IV. She suggested a cat scan, which they did immediately.

Paul Clark had advised me to turn it into the insurance immediately as well. The insurance card had no phone number only a web site. All I had was my Tel Cel phone so I called my agent, Fredy Braverman with Cabo Insurance. He answered promptly (6:30 pm) and asked what I knew and what hospital and said he would file the claim immediately. Can we have another thank you Lord.

My husband had been laying there on the street road for 4 hours and his details of the accident are fuzzy. It was a day the wind was gusting about 20 mph or more off the sand, pelting and stinging. No one had gone anywhere near the beach that day.

On a normal day most of the neighbors would have gone out to take a run to the beach or a swim, but this wasn’t a normally nice day. He had tried to crawl further when he felt he was broken somehow.

He hoped the dog would run when they had the party. Ha, ha. He continued to lie there he began wondering whether anyone was going to come by. There was nothing to listen to but the gusting wind and surf which would drown out any cries for help. The closest house was vacant and the others are a good ½ mile from the beach. No quads, no people, just he and the stubborn dog.

The community had planned a small outdoor party on the beach; and almost humorously he had thought that if no one found him before that they would find him when they had the party. Ha, ha.
Mexico Resort Real Estate Update

How US expats and medical tourism are making the Mexican medical economy boom

BY VLADIMIR LAZAREFF

Healthcare services are feeling the effects of globalization. Medical tourism is one of the fastest growing industries in the world today, which is why we are going to examine its impact in Mexico. As a result of the increase in the sector, there is a full suite of business opportunities for opening up to foreigners investing in Mexico.

While a family of five living in the South of England is getting ready for their “booze cruise” weekend in France to stock up on relatively cheap French wine, Samantha is in San Francisco, California, planning her next trip to Merida, Mexico for an affordable nose job. Healthcare services, henceforth like any other products on the market, are becoming more and more competitive as patients are coming from all over the US.

The inflow in Mexico is intimately connected to U.S. politics regarding healthcare. The US, as of today, does not have any form of universal healthcare but instead a complex system of private insurance and government-provided healthcare that many can’t afford. Barack Obama’s attempt in 2010 to trigger a reform with the launching of Obamacare (the Patient Protection and Affordable Care Act) gave millions of Americans access to basic healthcare support. Even then, not all Americans had access to Obamacare as it wasn’t universal.

Since President Trump’s election, Obamacare’s repeal is being debated in the Senate, putting millions of Americans at risk of losing the little government support they previously had.

In the meantime, the Mexican expertise in Medicine is growing with a new generation of experts offering services at very competitive rates. A plastic surgery procedure such as rhinoplasty (nose job) costs approximately 56% less than in the U.S. while a heart valve replacement can be as much as 89% cheaper for example. One can imagine that the price of the flight ticket to Mexico represents only a small part of the investment.

Although many doubt it, if Trump Care becomes the law, the Congressional Budget Office estimates that 15 million Americans will lose their health insurance. This would bring a huge amount of medical tourists to Mexico and a full range of business opportunities for businesses involved in the healthcare sector.

For further information: Contact John Glaab at John.glaab@settlement-co.com, www.settlement-co.com, www.rentaltaxmexico@settlement-co.com, Or the THE SETTLEMENT COMPANY™ www.settlement-co.com

Casa Tustana Camino del Cerro, Pedregal. MLS # 13-767

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For a tour, call Carlos Tinoco at 624-141-6541 or 541-603-0348. E-mail: carlostinoco@hotmail.com

East Cape Featured Property

Santa Maria

New homes available in the desirable private subdivision of Santa Maria, just 2 KM north of Los Barriles. The gated community with pool and patio is just steps to the shore of the Sea of Cortez and includes a private boat ramp to launch your SUP, kayak, or fishing boat. This project offers 3 floor plans (2BR, 2BR/Study, 3BR) up to 2316.82 s/f total construction area along with 3 different elevations: Santa Fe, Spanish and Contemporary. Built by a well respected local contractor. Choice of color, tiles, cabinets, and style. Single story but have an optional 2nd story ocean/mountain view patio. There are only 6 homes/ lots available and no other new homes available at this price point. Starting at $250,000 USD.

Contact Dede Bacon for more information at Baja Properties, 530-345-3407 US Cell or 541-603-0348 TOLL FREE, 624-142-8990 MEX Cell. www.dedebacon.com
Gold Rush Is On
A different kind of golf rush is right here in Cabo
BY RANDY THOMPSON

I woke up early this morning around 4:40 A.M. Rather than get off on the wrong foot and tune into the US political soap opera, I dialed in the history network. I thought it better to learn something, rather than form an opinion on something I have no control over.

The program was named Gold Rush and it was a documentary about the gold rush of 1849 in California. It explained the situation in California where the Mexicans were living well and enjoying their culture. The story talked about how arrogant the American were that squatted on the properties and laid claim One Mexican ranchero owned 160,000 acres and his attitude was to welcome the Easterners with open arms. He was disappointed in their brash behavior when they claimed the land as their own.

They talked about the myths that you could find gold laying on the ground. There were cases where many people became wealthy from the amount of gold that was to be had. The history later explained that nobody really got rich from prospecting gold. The real winners were the people that mined the miners. That is hardware stores and outlets that provided the basics. The miners were exploited and the value turned out to be in the land that is California State. The Gold rush generated the growth of San Francisco making it the largest port on the west coast of the Americas bringing products from around the world to service the mining industry. The people behaved like nobody was watching them being so far from home and mom. Jajaja. Many other enterprises like taverns, brothels and gambling houses prospered from the Gold Rush.

Today looking at California, it has provided the source of dreams and fortunes for many. You can see it in the movie industry and the fact that the 6th largest economy in the world is the State of California. The real treasure is the land. The fertile property provides fruit and vegetables for ½ of the people in the United States. The demand for water-front in Southern California yield the highest price in the America’s for real estate. The real Gold is the Real Estate and the lifestyle it provides. That brings me to today, and my take on where the real Gold is at.

I have lived in Baja California Sur for 17 years. I have watched the evolution of my municipality grow from 50,000 people to today around 250,000. We have evolved from one stop light to many, as well as fiber optics, WIFI and communication systems second to none. In all areas we have experienced positive growth in many areas including shopping and international fine dining. Add to that a fabulous inexpensive healthcare with a focus on service by wise, young, educated professionals taking advantage of our natural retreat.

Mexico has a young population with an average age of 24. The State of Baja California Sur is the richest in the nation, there are many benefits to this. Over time, the improvements continue it becomes obvious Mexico is well positioned for the future.

The state of California has many factors that are concerns like unpredictable weather pat-
So you want to live in Mexico? To some, this is just a crazy idea; it may especially be true to your relatives until they visit and you need a spatula to get them to leave. Most anyone who has ever pictured themselves living in Mexico has some sort of image in their mind of how it might be. Well let me tell you from experience, it will be different than you think.

Hard to forget the classic Corona ad where the couple is reaching in the ocean to retrieve their cell phones into the ocean, tossing a bucket on the beach, tossing reaching for a cold one from the ocean. Even better community to live in, for everyone. It truly is an evolution we are going through these days.

The Cabo Dream is alive and well here, come live yours be it retired, part time living, full time retired relocation or permanent. Y ou might be surprised how much Freedom exists in any of these lifestyles making a living. Y ou might be surprised how much Freedom exists in any of these lifestyles making a living. Y ou might be surprised how much Freedom exists in any of these lifestyles making a living. Y ou might be surprised how much Freedom exists in any of these lifestyles making a living. Y ou might be surprised how much Freedom exists in any of these lifestyles making a living.

Now enter the new crowd, younger couples with children born abroad coming to Los Cabos to reside and make a living. A lot of them have been in some sort of profession back home and are qualified to have one here. Most of this newer crowd seems to be business people or entrepreneurs looking to help other residents, filling needs that have not historically been filled. We welcome you to help make Los Cabos an even better community to live in, for everyone. You are a Seller. Contact him today: terry@21cabo.com or USA Tel 624.151.5530.

Terry Gray Curtis is a veteran Century 21 Paradise Properties agent and Property Manager, he operates www.ca- boresortproperties.com & www.cabosecrets.com & a blog at http://blog.ca boresortproperties.com Drop him a note to receive his very informative, bi-weekly Newsletter. His e- marketing program can give you incredible exposure if you are a Seller. Contact him today: terry@21cabo.com or USA Tel 310.272.9500 or Mexico (011-52) 624.151.5530.

continued from page 14 terms which have seasonal fires, flash flooding, and of course earthquakes. 1 get my education from the American news of KTLA. Needless to say, you won't see me trying to get over Donald Trump's wall.

Okay enough hacking California.
HSBC Trust Fee Payment Information

Here is email contact information of HSBC representatives who will respond to your request for how much to pay. You must have your Fideicomiso #
Luisa Lopez Luisa.Lopez@hsbc.com mx
Cc: Tomas Sanchez tomas.sanchez@hsbc.com.mx
Claire Reynolds claire.reynolds@hsbc.com.mx
Hugo Chavez hugo.chavez@hsbc.com.mx

There are three ways of making payment:

a) Mail check payable to: HSBC MEXICO S.A. DIV FIDUCIARIA / FSO # ______ (you must write trust # in here) to the following addresses, depending on the freight company you will use to send your check:
   Via USPS (Regular mail):
   HSBC MEXICO SA DIVISION FIDUCIARIA
   DEPT CH 16427 PALATINE, IL 60055-6427
   Via FedEx, UPS, Airborne or DHL:
   HSBC MEXICO SA DIVISION FIDUCIARIA
   16427 5505 N Cumberland Ave. Suite #307
   Chicago, IL. 60656-1471

b) Wire transfer balance to:
   Account number: 000-170755
   beneficiary: HSBC Mexico, S.A. Division Fiduciaria
   Bank name: HSBC Bank USA
   CHIPS ABA 0108
   FedWire Routing Code: 021001088
   SWIFT Address: MRMDUS33
   Comments: Trust #
   Please add a $23.00 usd for the wire transfer fee to the total amount of your annual fee payment and send us copy of your wire transfer receipt once it has been sent to us.

c) Come directly to the bank here in Mexico to be paid in pesos and cash, or with Mexican bank check or wire transfer from Mexican bank.
   Please email HSBC and tell us what form of payment you will be using and send a copy via email.
   Courtesy of Connie Meyerhoff. Contact her at 480-393-0639, c.meyerhoff@snellrealestate.com

After The Purchase

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.

DEATH and TAXES... both are inevitable!

The tax collector for the Mexican government is known as SAT, in English the Secretariat for Administration of Taxpayers. It collects all federal taxes such as the ISR (income tax), the IVA (added value) tax and other special taxes.

The IVA tax is 16% of the amount of goods and services, medicine and food is exempt. There is no IVA tax on the sale of vacant land or residential dwellings, but there is IVA on commercial buildings.

Very important: There is an IVA tax on furnished rentals. Under the law this tax is paid by the tenant, not the landlord. In reality total rental amount is generally stated by the landlord with IVA included in the rental amount.

The amount declared in the deed is the amount paid to the tax collector. The tax paid is the excess of this amount over the amount declared in the deed and the new value in the deed at time of sale.

The amount declared in the difference between the amount declared in the deed and the new value in the deed at time of sale is dry on the deed, you may have some questions and concerns.

There is no IVA tax on the sale, less allowable deductions.

A vacation or second home is both a capital gain tax when a property is sold.

Any income generated from sources within Mexico is taxable. If from a business or a salary the rates are variable depending upon the amount of income received.

On the sale of a primary residence provided the tax resident has lived in the home for five years, and is a tax resident, the tax paid is the excess of 1,500 pesos. Currently about 15 pesos per UDI or 225,000 USD. UDIs are unidades de inversion -investment units and were established in times of high inflation but remain today and are the key to the exemption.

The tax resident has a taxpayer identification number, known as RFC and makes an annual declarations on worldwide income.

A vacation or second home has no exemptions. The tax on these transactions is 30% of the difference between the amount declared in the deed and the new value in the deed at time of sale, less allowable deductions.

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GOLD RUSH IS ON... continued from page 15

ifornia State. The real gold is here my friend. The gold rush is on, get your shovel and get down here. We won’t be mining gold, just organic fruit and vegetables, modern day gold. A group of Canadian miners established that we do have gold here, but thank God we are not willing to destroy paradise for the exploration of it. We prefer to capitalize on the snowbirds, retirement and the tourist industry.

Those who visit will not argue that with 350 days of sunshine positively affect fair weather friends like me. I welcome the few grey days there are a year as well. We are the third little pig living in brick house, eliminating fire risks and providing stability for your family for generations to come. I have seen such an example with Miguel Mendoza, my oldest Mexican friend whom I met the first day here. Miguel lived with his wife and 5 children in a home that was once his mothers. His children have all grown up and the home has the potential to go up another level. This home shows no sign of deterioration and with fresh paint, looks brand new.

The land here is fertile and free from pesticides and any other poisons that may adversely affect your health. The natural lifestyle the locals show you that each day reaping the benefits of an abundant sea on one side and the Pacific Ocean on the other. You can garden one side and the Pacific Ocean the other. You can garden one side and the Pacific Oceanversely affect your health. The other poisons that may adversely affect your health.

Bienes Raices is Spanish for real estate and translated literally it means “good toots”, how appropriate.

By Randito, aka Randy Thompson, 2Seas Christie’s International Real Estate, Contact Randy at Office Phone - +52(624) 105-2547, Mobile - +52 (624) 100-2028. Or write him at randy@2seasloscabos.com.

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AFTER THE PURCHASE... continued from page 16

...furniture, services.

On putting the LOWEST value possible in the deed since this helped minimize closing costs and in keeping property taxes low- This has all changed now it is virtually impossible to put an artificially low value on a purchase.

Notaries do not take responsibility for the money exchanging hands but the new buyers almost always INSIST upon having full value declared so that they have a level playing field when they sell and the new buyer insists upon having his/her purchase price declared in the deed.

Since there are no tax breaks available for those who sell their vacation homes, what can we deduct? A sales commission, certain legal services, remodeling projects, construction and improvements to the property. These expenses must be well documented however with FAC-TURAS (invoices) for services and purchases.

And do it yourself projects; painting, replacing plumbing, flooring these will NOT be deductible. Hire a contractor and make a written agreement for the work to be done. After all, if you go to Home Depot and buy a can of paint who is to say that it will be used for a specific project in a specific property? Mexico’s tax people say “a big no!” This is the case for construction modifications that raise the tax basis upon sale. It is NOT the same for rental properties however. Repairs and modifications and do it yourself projects can be deducted from rental income if you are registered with SAT as a resident and have an RFC. 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.
Buying Or Selling Real Estate In Baja California Sur?
We’ve got you covered.

When buying or selling real estate in Baja California Sur, look for the MLS symbol & enlist an MLS agent.

Buying real estate in a foreign country is unlike any experience you may have had in your home country or state in Mexico. There are simply different laws, procedures and safe guards here in Baja California Sur.

Did you know that over 300 real estate professionals have organized in Baja California Sur to insure your success in dealing with Mexican real estate? We started in 1991.

We now call ourselves MLS BCS, and we operate a Multiple Listing Service statewide in Baja California Sur with over 3000 available properties. We cover Los Cabos, Los Barriles, Todos Santos, La Paz and Loreto. Any affiliate Broker or Agent can help you locate available inventory anywhere in the state, and can quickly connect you with the properties and agents in the area of interest.

WHY USE AN MLS BCS AGENT?
Our MLS BCS agents and brokers subscribe to the strictest set of local Operating Policies and Procedures in the Country. These OPP’s are the result of hammering out 41 years of dealings with foreign investment on the Anvil of Experience. Each member also agrees to follow the Code of Ethics of the Mexican Association of Real Estate Professionals (AMPI), and subscribes to the Standards of Practice and Code of Ethics of the National Association of Realtors in the USA.

In order to assure a safe and secure investment in Baja California Sur please be sure to work exclusively with an MLS agent. If for any reason you are not fully satisfied with their service you may inform the MLS at admin@mlsbcsmx.com.

Agent Profile
Steve Yip
Steve Yip is from Alberta Canada and has a competitive spirit that comes from a sporting background as well as owning and operating an automotive business for over a decade. Being new to real estate but not to sales, Steve is looking forward to this new challenge and continuing to bring the same high level of customer service and satisfaction to his clients that he has taken great pride in doing for many years.

As much as he has grown to love the Baja and its surrounding areas, so has his appreciation for the people and its many spectacular attractions. Fishing, snorkeling, zip lining, hiking and site seeing are just a few of the many activities that Steve enjoys to do here and finds it also a great way to meet people and gain valuable knowledge of this amazing territory and what is has to offer.

To Contact Steve: Agent with Los Cabos Investments, bajamexicana@gmail.com Cel (624) 150-5901, http://www.locabosinvestments.com

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Buyer Capital Gain Tax
Really??

BY CONNIE MEYERHOFF

After finding your prized property of choice, the next step to purchase this Real Estate is the negotiation between a buyer and seller. The real and fair value of the property is what a buyer is willing to pay and what a seller is willing to accept. In some cases the seller is in need of cash or the buyer negotiates a great deal or maybe the market dictates a lower price.

In Mexican Real Estate each transaction has a government approved appraisal that is part of the closing process. This is not a mortgage related or the tax appraisal required by law appraisal, as most transactions in our vacation oriented Real Estate market in Los Cabos are cash sales. Most often the appraisal comes in lower than the negotiated purchase price. However, in the case of the “quick sale cash selling price” or the “great deal” the appraisal comes in higher than the purchase price. This triggers, what is called “reverse capital gains” that is calculated as a buyer expense.

Really?? The buyer pays capital gains. When the appraisal is 10% over the agreed purchase price the buyer is responsible to pay 25% Capital Gains Tax on the overage or amount above the purchase price. In all real estate closings, there is a 2% acquisition tax that is calculated on the purchase price as part of the buyer closing costs. There are two options to this process. Pay the 25% gain calculation AND pay the 2% acquisition tax on the higher value, the appraised value and then record your final value in your deed at that higher appraised value. In the end the benefit is when you sell in the

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REAL ESTATE SECTION

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18
April 2nd, 2018
Legal Issues Of A Road Trip To Baja Sur

BY DANIEL RUIZ DE LA PEÑA

Many US Citizens have done or are interested in making the road trip from Tijuana to Los Cabos or other places in Mexico, due to the fact that Mexico has so many beautiful beaches, great places to visit and extraordinary food to taste. But before making such plans there are some tax, immigration, and legal issues to fulfill.

According to Mexican Customs Laws, all vehicles that are the property of foreign individuals can travel within 20 kilometers of the border and in the border area (Baja California, Baja California Sur, and part of Sonora in the Northwest) with the foreign licensed car, if said person is in the vehicle, with current license and current registration documentation on board.

It is important to mention that if the foreign individual it is not in the vehicle, the Mexican Tax Authority or Federal Police could confiscate the car and charge a Tax Debt to the Mexican individual who drove the vehicle. Then, in order to get the vehicle(s) back, a Tax Lawyer will need to be hired to submit a lawsuit that could last at least 10 months.

But the above rule only applies if the foreign individual will stay no longer than 7 days. If he or she stays for a longer period of time, the foreign individual must request a tourist visa or temporal business resident ID at the Immigration Office, so that they can give the authorization to stay for a timeframe of no longer than 180 days.

If the foreign individual is planning to stay more than 180 days in Mexico, they will need to obtain a temporal resident ID at the Immigration Office that will be granted for no more than 4 years, to which could be added the children of the temporal resident, the children of his or her spouse, his or her spouse, companion and parents.

Such Immigration documents must be obtained or the Immigration office could return the foreigner to his country for being in Mexico without a legal resident ID.

If the foreign individual is planning to extend the road trip to a non-border area, it will be necessary to request a foreign vehicle permit at Banjercito (Mexican Army branches that are in Mexico and all over the Country including some parts of the US), pay $56 US dollars for a 180 day road permit and give a deposit of between $200 to $400 US dollars. Such permit could be requested at the Mexican Army Branches or be requested by internet, requesting an Immigration pre-authorization before 30 days of crossing into Mexico, and then requesting by internet the vehicle permit. Such permit will be given for no more than 180 days, depending on the Immigration permit.

Once the car comes back to the US, it is necessary to inform the Customs Authority about the return of the vehicle, in order to get back the deposit given to the Mexican Army Bank.

Be sure and enter Mexico, especially for extended periods of time, the right way!

By Daniel Ruiz de la Peña San- doval, who is a Tax and Corporate Mexican Attorney with more than the 14 years of experience, Partner of Ruiz de la Peña y Asociados, S.C. Cel +521(664) 3-09-62-09 Office + 52 (664) 6840287, daniel@ruizdelapena.com

BUYER CAPITAL GAIN TAX...

continued from page 18

future your seller's capital gains tax base is higher than the great deal you negotiated.

By Connie Meyerhoff, Elkers/ ENGEL & VOLKERS SNELL REAL ESTATE. Contact Connie at 480-393-0639 or write her at c.meyerhoff@snellrealestate.com.

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Can You Hear Me Now?
Your pay-as-you-go phone options in Baja

BY ALEX BELL

You made it to Baja and can’t wait to call and brag about the warm, beachy weather to your friends and family back home. If you didn’t already shell out the 50 to 70 dollars to include Mexico calling on your phone plan back home, there are pay-as-you-go options here.

One thing you should know is that you have to have an unlocked phone. This is very important! Your phone provider will unlock your phone for you, you just need to call them and ask. (This just took effect December 1st of last year for our Canadian friends.)

Your provider will give you a code to unlock your phone. However, you have to have an unlocked phone. This is very important! When your phone is unlocked, the next thing you need to do is buy a sim card from one of the phone companies. (Sim cards are the little chips that store the data in your phone. These come at a cost of about $10 USD, depending on promotions. Often, you can activate the sim card again after a six-month hiatus back to Gringolandia.

There are three players in the phone game here: TelCel, Movistar, and AT&T. Other than some minor details, they are pretty much the same. TelCel is the favorite with most Gringos here. It doesn’t matter if you are in town or in the boonies, you can get a signal, especially with an internet connection. Movistar is like the little brother of TelCel, and AT&T has just climbed on the Baja train, so don’t expect the best signal range from them.

One thing we will say about Movistar, they have the habit of calling almost daily with promotions and there is no way to turn this off. Plus, they use different numbers so blocking them is not much use. Just something to consider if you have a low tolerance for sales calls. TelCel will bombard you with sales calls by text message.

Without getting overly technical, we’ll give you a rundown of the lowest and highest priced plans available for the short-term vacationer and long-term visitors, respectively. Three providers give you unlimited calls and texts at a low pay rate; the differences are with the internet and social media app usage. The social media apps that all three providers focus on are Facebook, Twitter and What’sApp, but some plans might offer more.

Let’s start with plans for the vacationer. Assuming you are visiting here for more than a day or two, we will skip the bottom of the list and take you to the $2.50, seven-day range. With TelCel, you will get 100 megabytes of internet usage and 500 MBs of app usage (because without time for Facebook, how could we reach our ‘like’ quota for our beach selfies?). For the same price and number of days, Movistar gives you 120 MBs of internet and 1 gigabyte of app usage. (Now you can post to Facebook and Instagram!) AT&T provides 200 MBs of internet, but only 200 MBs for apps.

For the half-year Mexican/half-year Gringo people, you might want to go for the higher end plans to get more bang for the buck. All three providers have pre-paid plans for 28 to 35 days, depending on the price (for our purposes, we will consider them all a month). For about $8, TelCel offers 600 MBs internet and 1.5 GBs app usage. For less than $11, you will get a bump up to 1 GB internet, but the premium plan is the $26 plan with 4 GBs of internet and unlimited app usage.

Movistar offers 2 GBs of app usage starting from about $8. For the internet, you can get 600 MBs for $8, 1 GB for $10.50 and, with the highest plan, 1.5 GBs for $16.

Now with AT&T you get 1 GB of internet and 1.5 GBs of app usage for $10.50. There are also the $16 and $26 plans, which come with 1.5 and 2.5 GBs of internet usage respectively, both plans, you will get unlimited app time. Just what you need to keep sending those selfies back to your friends who are suffering the winter back home.

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Why yes, that is a cell tower disguised as a palm tree. What was your first clue?

app usage. The social media apps that all three providers focus on are Facebook, Twitter and What’sApp, but some plans might offer more.

Let’s start with plans for the vacationer. Assuming you are visiting here for more than a day or two, we will skip the bottom of the list and take you to the $2.50, seven-day range. With TelCel, you will get 100 megabytes of internet usage and 500 MBs of app usage (because without time for Facebook, how could we reach our ‘like’ quota for our beach selfies?). For the same price and number of days, Movistar gives you 120 MBs of internet and 1 gigabyte of app usage. (Now you can post to Facebook and Instagram!) AT&T provides 200 MBs of internet, but only 200 MBs for apps.

For the half-year Mexican/half-year Gringo people, you might want to go for the higher end plans to get more bang for the buck. All three providers have pre-paid plans for 28 to 35 days, depending on the price (for our purposes, we will consider them all a month). For about $8, TelCel offers 600 MBs internet and 1.5 GBs app usage. For less than $11, you will get a bump up to 1 GB internet, but the premium plan is the $26 plan with 4 GBs of internet and unlimited app usage.

Movistar offers 2 GBs of app usage starting from about $8. For the internet, you can get 600 MBs for $8, 1 GB for $10.50 and, with the highest plan, 1.5 GBs for $16.

Now with AT&T you get 1 GB of internet and 1.5 GBs of app usage for $10.50. There are also the $16 and $26 plans, which come with 1.5 and 2.5 GBs of internet usage respectively, both plans, you will get unlimited app time. Just what you need to keep sending those selfies back to your friends who are suffering the winter back home.

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Meet our doctors who will explain the latest advances in stem cell therapy in the treatment of diabetes, chronic degenerative disease, neurological diseases, arthritis and degenerative joint conditions.

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Grandma’s beans.

I have been dreading this recipe for a long time and might get a little weepy.

As many of you may know, I am the third generation in my family to write for this paper. I am proud to say my grandma is my last memory of her and I am ready to pay tribute to her. I will never be able to describe her fully to you, but if you met her you’ll know what I am talking about when I say she really was one of a kind. Thankfully, my mom is a lot like her and I am a lot like my mom so I guess there’s a little bit of Mai in me.

How special was my grandma bond with food is terribly sweet. Back when I first came to Cabo and I wasn’t working at the paper yet, I was volunteering in a veterinary clinic. That was Sparky’s second home as she went in too often, for anything, sometimes I think she dropped by just to talk to Samantha, the greatest vet in Cabo. Anyway, when I volunteered there, my Mai started making lunch for me and bringing it by the clinic every day. She would crack her head open trying to figure out what to feed me, but honestly I eat pretty much everything. I know what to feed me, but honestly I eat pretty much everything. I was so happy when she made beans. As Sparky became older, she hated making beans because she made them the right way, from scratch, and she was just too tired. I am currently studying on the mainland and the last time I saw her, I begged her to make me black beans her special way, but she declined. I said she could even make them from precooked beans (what she considered nasty cheating) and I begged her so much, she caved in.

One day, she called me to her house and said “come eat your friggin beans today” and so I did. I tried to get the right bread but there was no time so I had to settle for toasted sliced bread. When I got to her house, there was a, bending over the stove talking to herself under her breath, and with a cigarette dangling out of her mouth. She was bitching about what a pain in the ass I was and how much trouble I made her go through. She knew I wasn’t going to take that chatter seriously, and that she liked cooking something special for me.

The first bite of that toast smeared with beans tasted like heaven, for two seconds until I almost chipped a molar. I looked at my mom wide eyed and spit out a huge rock, and we both tried to stop giggling but failed miserably. Sparky had made the beans from scratch!! For me! I just melted. Mom warned me not to even mention it or Sparky would be frustrated and embarrassed and would never ever make beans for me again. However, Sparky was onto us, as soon as we started giggling, she knew and started laughing with us too. I only ate a little bit and froze the rest to take back to my sad lonely college life, and ate them when I needed a hug. That is my last memory of her and will be with me forever and ever.

Beans like these in my family are a staple meal in pretty much every Mexican family, rich or poor, big or small. Not only because they are cheap, but because there’s a million ways to make them, and they are nutritious and delicious. There is even a popular saying about beans; well, there’s many but the most common is “a Mexican family without beans is like a marriage without sex.”
At an early age, I was fortunate enough to learn one of life’s most important lessons—experts don’t always know what they’re talking about. While I have not found any area where this isn’t true, I find it particularly prevalent in healthcare. I have severe arthritis in my knees. Three months ago, my left knee became swollen and I had difficulty walking. An orthopedic doctor said both knees would get progressively worse and I would soon need a total knee replacement for each knee.

I had read a great deal about stem cell therapy and asked if he thought it might be an alternative to replacing the knees. He said absolutely not. There is no evidence we can regrow bone or cartilage. But I was determined to find out as much as I could about the therapy. My hope was to raise the odds of successfully restoring my knees without surgery.

I found there were doctors in the US who were reporting significant success with their approach to stem cell therapies. There were also reports of stem cell success outside the US. One of the stem cell leaders in the US is a company called Regenexx. What impressed me was how this company sent all their data on every patient to an independent organization to compile data on the extent of success for different types of stem cell therapy. Up until 2015 their success rate for knees is about 60%, which was the most successful of all their stem cell therapies.

In almost all cases I have encountered, the stem cell therapy involves the use of the patient’s own stem cells. These cells are usually taken from the patient’s hip bone or other areas. They are processed in various ways and then implanted into the knee by an injection. Reported improvement ranges anywhere from little or no improvement to a complete recovery.

Last November I was in San Jose and met with a company called PRMedica, which gets stem cells from a laboratory in

CONTINUED ON PAGE 32
had a unique boutique quality and a wonderful staff.

The neighboring beach, called Playa Viudas completed this site as a favorite hotel for Bob Hope and Ernest Hemingway, Sophia Loren, Elizabeth Taylor and later Jerry Garcia. The massive three developments that was the Twin Dolphins is now Maravilla Residences, The Montage Residences and the Montage Resort Los Cabos. The beaches are still open to the public, but you are now parking further away and walking from there. Let's stop right here. We lied about bringing you seven hotels. We would rather tell you what happened to those old timers and the old timers' properties. We told you about those who sold out and faded away. Don Koll, a big developer from Southern California, did a lot to set the tone of Los Cabos as very upscale. He sold some lots on the Palmilla property to the likes of Carl Karcher, (Carl's Jr burger joints), and Mary Kay, (cosmetics and pink Caddilacs). He inflated the prices to set the bar. His two developments, (Palmilla and Cabo del Sol, pay attention), are noteworthy for the over passes on the foulane. He didn't have to build those, he just thought it was the right thing to do.

Bud Parr was good friends of David Halliburton Sr. and their kids grew up together. The Twin Dolphins properties owned by the Halliburtons were actually on leased land from the Parrs. Leased on a hand shake. When the pioneers died and the sons took over, the Parr boys tossed the Halliburtons off the property, which David Jr. was sure would never happen. Years later the three Parr brothers finally got their act together, started speaking to each other again, and agreed to sell the large property. Next time we will continue with our old timey pioneering stories.

This article is brought to you by KT Morgan from Cabos Finest, bringing you the best of Los Cabos real estate, restaurants, activities, and travel blogs. For your Insider's Guide to Los Cabos, visit www.cabosfinest.com, call 624-115-2703 or email kt@cabosfinest.com.
Ciruela del monte is a fruit that only grows in the deserts between La Paz and Los Cabos, making it a true regional treat. If you've visited a local ranch you've most likely seen the trees, which can grow up more than 25 feet tall, with fruits that look like a yellow-orange plum. Ciruela del monte is a juicy fruit that has a bittersweet taste. The fruit is harvested at the end of the summer months, right after the rainy season. They are eaten fresh and preserved, or can be sun-dried while still green and then cooked with salt and chili. Candies are also made from the fruit, so people can enjoy it after the season is over. The chiniques (seeds) can be eaten on their own, or collected to make palanquetas, a common local snack that resembles peanut brittle.

Ciruela del monte is also appreciated for its medicinal properties. The fruit itself is packed with vitamins and antioxidants. The fruit peel is commonly used for toothaches and healing wounds and rashes on the skin. It is also used as an oral disinfectant, and to alleviate kidney problems, prostate pain and the common cold. The fruit is often used fresh, by simply placing the skin of the fruit directly onto the affected area, or infusing it into tea or water. Some people also use it as a natural cleaning agent to get rid of rust. Whew! That's a lot of uses for one little fruit.

Ciruela del monte has a lot of local lore surrounding it; it is widely known as the “fruit of fate.” The old tales say that a person who eats the fruit and enjoys it belongs here. Those who don't, well, they shouldn't get too comfortable calling this place home.

Would you like to take the test?
The conquest of New Spain, by Bernal Diaz del Castillo. Translated by J.M. Cohen. $18. 413 pages.  
(Note: In this book, Cortez is spelled with an “s” and not a “z.”)

What was it really like for the small band of brave adventurers who joined Cortes on his Mexican marches and his ultimate takeover of a great empire? Often, finding and reading first-hand accounts is the easiest way to understand for me, and to almost feel like I am living through long ago history. This book is a kind of diary, written between Bernal Diaz del Castillo, the last surviving member of the conquerors of Mexico, was 74 years old. He was born in 1492, the year Columbus “discovered” the New World. 

Castillo wrote this first-hand account and tells us of when he joined the conquerors of Mexico, was 74 years old. He added still more notes at the age of 94. Castillo died in May 1580 without gaining any real share of the wealth, jewels and gold promised by Cortes. He said that Cortes’ “…gave jewels and gold to some, and great promises to others.” 

Cortes’ soldiers demanded bigger shares of the wealth after the conquest. Many were in deep debt by then. Food and weapons were pricey. They complained, and said they felt they’d been thoroughly deceived. The answer, given to them by Cortes, showed cunning; he separated them and ordered each of them to settle in different settlements: Turtpec, Papuncu, Coleta, Oaxaca and other places. He told them that all soldiers in debt would be paid in gold and jewels within two years, but many said he had stolen it all for himself. 

This book paints a vivid portrait Cortes’ personality. Castillo’s written portraits of himself, and of the people in his life, are presented to the reader with neither glorified descriptions or apologies. His journals are written in simple and basic language, and in a matter of fact style that doesn’t attempt to make his own role either greater or less important than it was. The translator, J.M.Cohen, mentions several times in his written introduction that Cortes is not a ‘stylist,’ but does have a great sense of drama. Castillo wanted to write an account of the events that was accurate, because he had read another historical account by Cortes’ chaplain, which he said was not accurate. 

There are many different views of the conquest. This eye witness account by Castillo can help us better understand this historical event. You can purchase a copy of “The Conquest of New Spain” at El Caballo Blanco Bookstore, my bookstore in Loreto. I hope you enjoy reading this first hand account of history. If so, email me at betjeannine@gmail.com and let me know. Or just stop by when you’re in Loreto, we are on the main drag 2 blocks from the beach. ▶
**CABO SAN LUCAS**

**PLAZA SAN LUCAS. Walmart Plaza**
April 15. Sunday. 6:00 pm. Illuminarte. Circus show, painting, dance, music and more. Celebrating the kids and to create awareness about autism. Spanish. Free.

**CEPRODAC PROGRAM 2d part of the International Dance Day Celebration**

**CULTURAL PAVILION** Downtown next to the marina
Every Thursday. 7:00 pm. Pavilion's Movie Club. A different movie every week. Sometimes in English, sometime 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 grandchildren 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 23-29. From Monday to Sunday. CEPREDAC Part II. Workshops, arts conferences, Dance shows, and more. By Municipal Arts Institute, National Secretary of Culture, National Institute of Fine Arts, and Culture and Arts National Promotion. Spanish and English. cepredac-cabo@gmail.com or cell. 624 122 3208.

April 23, 24 and 26. Monday, Tuesday and Thursday. From 6:00 pm to 8:00 pm. Dance Workshop with Angel Ro-sas. As part of CEPREDAC program. Spanish and English.
April 24. Tuesday. 5:00 pm. The Thinking of the Artist. Workshop about the contemporary dance techniques by Eleno Guzman, Executive Director of the CEPREDAC program. Spanish and English. Free.
April 25. Wednesday. From 6:00 pm to 8:00 pm. Contemporary Dance Techniques Workshop. With CEPREDAC teachers.
April 25 and 27. Wednesday and Friday. From 9:00 am to 1:00 pm. International Dance Day Celebration by CEPREDAC Program. Surprising Dance Performances at supermarkets, plazas, schools and hospitals by the teachers of the CEPREDAC Program, as part of the International Dance Day Celebrations.
April 28. Saturday. 7:00 pm. The Thinking of the Artist. Interactive Conference as part of CEPREDAC program. Spanish and English.

**SAN JOSE**

**DOWNTOWN SAN JOSE and around Streets**
April 26. Thursday. 7:00 pm. Surprising Dance Performances at San Jose Downtown and surrounding streets, by teachers of CEPREDAC and guest artists from the workshops. Spanish and English.

**KORAL CENTER/EL MEROLODO** Kilometer 24.5 on Highway 1
Every Wednesday. 5:00 to 10:00 pm. Art Day. Art, painting, drawing, 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
Every Saturday. 6:00 to 10:00 pm. PlazArte Program will continue during renovations, next to the remodeling area
Every Sunday. 6:00 to 10:00 pm. Danza. Four hours of arts workshops, music, dance show and family fun. Spanish and English.

**EVERY SUNDAY. 6:00 to 10:00 pm. Danza Night.** Spanish.

**THE OASIS Restaurant Bar. Highway 19 to Todos Santos.**
April 5. Thursday. From 3:00 to 6:00 pm. Paint Party. In the garden of the Oasis restaurant bar. Beginners to those wanting to brush up on your skills. Get it? Ja ja. All welcome. Getting better every class. $500 pesos includes all supplies and I free drink.

**ALFREDO GREEN CULTURAL HOUSE Downtown San Jose**

**EVERY TUESDAY. 8:00 pm. Documentary Movie Club.** A different documentary every week. In the original language with Spanish subtitles. Free.

**TODOS SANTOS**

**LA POSTA DEL OASIS Zaragoza St and Rangel streets**
Every Wednesday. 7:00 pm. Vagabond Movie Club. A different movie every week in the original languages with Spanish subtitles. More info: 624-156-8522.
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Cultural Center over Captain Tony’s.
Office hours: 9:00 am – 4:00 pm. Mon-Fri.

Mail It In
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Suite 25-M143, San Diego, CA, 92154

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You can email it to carrie@gringogazette.com along
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195sqft deep at $60,000 USD
Yes, Living Is Cheaper In Mexico

Even in Cabo, and you don’t have to eat rice and beans

BY PENNY NICHOLS

If you’re contemplating making a permanent move down to Baja, or if you’ve already pulled the trigger, one of the biggest factors to consider is the cost of living. Sure, we’ve all heard it’s cheaper to live in Mexico, but just how much cheaper?

A new survey from Best Places In The World To Retire found the answer is, to put it simply, a lot cheaper.

Almost half of the 1,129 expats surveyed reported that their cost of living was reduced by more than 50 percent when they moved to Mexico. And of the expats surveyed who live in Baja California Sur, more than 90 percent said they have a lower cost of living.

Up in Baja California Norte, almost 75 percent of expats surveyed said their cost of living decreased by 50 percent or more. Because they’re living so thrifty, survey respondents said they were able to purchase more goods and services, which increased their standard of living. Those services include things like lawn care and housekeeping (tasks they might normally do on their own back home), allowing them fewer chores and more free time. (The survey didn’t report just how people spent that extra free time, but we’re willing to bet it’s on the beach, at the bar or on the golf course.)

Given this information, it should come as no surprise that respondents said they don’t stress over money as much down here, with more than two-thirds saying they worry “much less” or at least “a little less” about dinero. More than 46 percent of Americans surveyed fall into the “much less” category, while just 38 percent of Canadians feel the same way.

A few other interesting findings from the survey:

- Women’s expenses dropped the most, with 43.3 percent reporting a greater than 50 percent reduction in expenses, while only 35.6 percent of men reported a 50 percent or greater reduction in expenses.
- The group reporting the biggest drop in expenses was divorced people at 50.5 percent, followed by singles (44.7 percent) and then married people (36.6 percent).
- Expats from the U.S. reduced their expenses much more than Canadians, with 44.5 percent of Americans reporting a greater than 50 percent decrease, and only 29.6 percent of Canadians reporting the same thing.

If you’d like to see the survey’s full findings, visit www.bestplacesintheworldtoretire.com and download a free copy. Just click on Newsletters/Studies/eBooks and then scroll down to “Is It Cheaper To Live In Mexico?”

To cook the beans:

1. Rinse beans before cooking, and check for stray rocks, twigs and leaves. Soaking your beans helps them cook faster and more evenly, and it can also make them easier to digest. If you add salt to the soaking water (in other words, make a brine), your beans will cook even faster; the salt helps break down their skins. (Soaking makes them a little less musical for your tummy, aka less farts.)

2. Soak beans the traditional way, cover them with water by 2 inches, add 2 tablespoons coarse kosher salt (or 1 tablespoon fine salt) per pound of beans, and let them soak for at least 4 hours or up to 12 hours. Drain them and rinse before using.

3. Place your beans in your pot and cover them with at least 2 inches of water, and turn the heat to low. Stir them gently and occasionally, never letting them hit a strong boil; this can burst their skins and make them mushy or unevenly cooked.

4. Cook until you can squish them with your fingers, aka less farts.

5. To make a brine, add 2 tablespoons coarse kosher salt (or 1 tablespoon fine salt) per pound of beans, and let them soak for at least 4 hours or up to 12 hours. Drain them and rinse before using.

Ingredients:
- 1 lb of BLACK beans (these are the only ones right for Mai’s recipe)
- 1 onion, ¾ of that onion you can finely chop. The more the merrier.
- 1 serrano chile, super finely chopped
- 16 ounces of pork lard (can be substituted for any vegetable oil with a high smoking point) might sound like a lot and probably is but it’s the way it should be.
- Salt to taste for seasoning
- 1 tablespoon for soaking

Procedure:

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**Tip Your Bagger**

Don’t be stingy, they need all the pesos they can get

BY B.A. WARE

When we first moved to Mexico, I couldn’t help but notice that most of the baggers in grocery stores were senior citizens. At first, I assumed that they were paid employees of the store, but I later learned that they are all unpaid volunteers. The only money they make comes from the tips that they receive from shoppers.

In Mexico, many senior citizens need additional income to make ends meet but it’s not easy for them to find employment. In fact, age discrimination sets in at about 40, and it is allowed.

To help alleviate this problem, the Mexican government created a program in 2003 where people over the age of 60 could provide them with volunteers.

The Institute has established agreements with grocery store chains across the country to provide them with volunteers. Typically, people only tip a couple of pesos per bag. Depending on the exchange rate, one peso is the equivalent of 5 cents in the United States.

Saint Luke’s Hospital today and book your appointment speak to an English speaking patient co-ordinator who will answer your questions.

**Are Stem Cells Right For You?**

Stem Cell Therapy.

Stem cell therapy is a treatment where stem cells that are derived from the patient’s fat cells and bone marrow, or from a donor, are injected into the damaged area. These cells naturally supplement the body’s stem cells to increase the body’s potential to regenerate and repair diseased or damaged tissue and help the injury heal much faster.

People who may benefit from stem cell therapy include those suffering from osteoarthritis and other degenerative diseases of the joints, spinal cord injuries, diabetes, Alzheimer’s disease, facial rejuvenation and anti-aging, erectile dysfunction and many other conditions. Saint Luke’s Hospital has researched and developed many procedures where they can apply stem cell therapy with significant results and have received numerous testimonials of excellence.

Degenerative Diseases of the Joints.

If you suffer advanced arthritis of one of your joints, chances are you may develop arthritis in other joints of your body. Depending on the severity of the condition, and if you are seeking a long-term or permanent treatment, we recommend the following procedure for treatment of degenerative diseases of the joints: 1 to 2 doses of 16 million stem cells combined with platelet-rich plasma injected into the affected joint, and 4 to 6 doses of 16 million stem cells given intravenously to provide relief of pain and to treat arthritic joints of the body.

**Stem Cells**

**Regenerative Medicine A Rising Tide**

Latest Advances in Stem Cell Therapy

**Spa Cielo a Laser Medical Spa**

These days everybody wants to look beautiful. As millions of Baby boomers’ approach retirement, age is beginning to show. But with the fast pace of today’s aging society, people now want that fresh look without spending weeks of painful recovery. A rejuvenation vacation is the solution. Spa Cielo Laser, Wellness and Weight Loss Center named “2009 Best Medical Spa”, is located in San Jose del Cabo, and has built their business over the past 10 years here in Los Cabos to meet those vacationer desires. “People want to look better, but they don’t want to give up any time from their daily lives or vacation” said Cathy Dammann, Medical Aesthetics Practitioner and Owner of Spa Cielo Laser, Wellness and Weight Loss Center. “The public is demanding transformation with little pain or downtime” states Dammann. Spa Cielo, which specializes in the latest light and laser treatments, offers a variety of treatments to a bride the day before her wedding or someone who wants to go home looking five years younger.

The HydraFacial™ is the first step in skin rejuvenation for someone in their 30’s or 40’s who doesn’t really need laser or for someone who is looking to maintain their skin in their 50’s and 60’s. HydraFacials were even featured on InStyle magazine in 2009 as the “hottest celebrity pre-birth facial”. All the notoriety is with good reason. The HydraFacial is the only system to vacuum extract; wet- microderm and vortex infuse serums, following a computerized customized treatment plan based on the individual’s skin type and needs. “It is truly amazing!” exclaims Cathy.

On the other end of the spectrum, Spa Cielo offers fractional CO2 laser treatments, named “#1 in Anti-aging Skin Rejuvenation” by WebMD, which offers a superior solution for rejuvenating and resurfacing the skin. The fractional laser can be used effectively to treat fine lines, wrinkles, acne, stretch marks, acne and burn scars, skin pigmentation, discolouration, sun-damaged age, precancerous as well as benign lesions and uneven skin texture. This is the only laser treatment at Spa Cielo that requires any downtime, typically less than 5 days.

All of the other laser treatments at Spa Cielo, including TITAN™, e non-surgical facelift, recipient of the Aesthetic Medicine Award for “Best Customer Experience and Satisfaction” can be performed the day before a media or public relations event. Lifestyle Lift Now Available at Spa Cielo.

Spa Cielo offers a complementary VISIA™ computerized complexion analysis, which allows a customized treatment plan for efficient rejuvenation in shortest amount of time. Make your time here rejuvenation vacation. Call 624-105-2209 or click here to compliment your complimentary VISIA™.

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 “2013-2017 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.

**Rated with five stars on**

The institute has established agreements with grocery store chains across the country to provide them with volunteers. Typically, people only tip a couple of pesos per bag. Depending on the exchange rate, one peso is the equivalent of 5 cents in the United States.

Daily earnings for a volunteer bagger range from $150 to $300 pesos a day. In U.S. dollars, that would be approximately $15 to $30.
Every Thursday. 5:00 to 9:00 pm. Todos Santos Farmers Market. Music and fun stuff. At The Distillery (but it moves around, so check where it is this week). Email James Black at merlot4earthlink.net or call (612) 134-8728 for more information.

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

Every Friday. 11:00 a.m. Al-Anon Family Group. Next meeting at the Hotel Palmas de Cortez. Live music, dancers and art exhibit along the Cabo Marina. In front of Solomon’s Landing and the cultural pavilion. Live music, dancers and art workshops for children. Free.

Every Sunday. 6:00 pm. Sunday Sessions Live Music. Todos Santos Brewing. Enjoy the beautiful star filled Baja sky, live acoustic music, fabulous handmade craft beers and delicious food. Álvaro Obregón street (between Militar & Rangel). Facebook @todosantosbrewing for more information, 612-145-2023 or email info@todosantosbrewing.mx.

Every Sunday. 7:00 to 11:00 am. Bicycle, walk, skate or drag your pet around downtown Cabo. The main drag in Cabo San Lucas closes to vehicle traffic. Great opportunity to exercise and mingle with local families. Each week a different activity, like spinning, aerobics, zumba lessons. Email clubcactusbike@gmail.com for information.

Every Sunday. 12:00 to 4:00 pm. Sunday in the park. Secured parking lot, the lot of the baseball stadium. Email ronodrivas@hotmail.com for more details.

April 15. 12:00 to 5:00 pm. The second annual Sabores de Baja (Flavors of Baja) Festival. In downtown San Jose. A festival of organic, regional cuisine, wines and spirits. More info: www.festivalsaboresebaja.com.

May 19-20. Gastrovino Festival. Todos Santos. Two days of dining and wine pairing with Baja wines and Todos Santos’ top restaurants food. More info: gastrovino.mx/test/.


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

Five cities in Mexico were mentioned among the world’s 10 most violent cities in 2017, according to a study by a Mexican non-governmental organization.

This week we asked: Do you feel safe in Mexico? Do you think crime has gotten better or worse in recent years?

Ana Sevilla, 42, secretary.

There’s no surprise that Mexican cities are unsafe but I do consider they are not very different from other third world country’s cities. I do feel safe in Mexico, I do things right to feel safe and I have been more conscious of my moves lately, so I take care of myself a little better. I don’t think crime has gotten better or worse, I just think there’s social media now and the news of problems spreads around faster.

Joel Gonzalez, 46, security guard.

I wish I could say I was surprised but I am not, in fact I am so sad about what is happening in our country. This is all happening because some idiot in government decided they wanted to play with cartels to make themselves look better, but in fact made it all worse. Drug consumption is never going to stop in Mexico and even if it did, the United States is the biggest consumer of Mexican drugs.

Luis Hernandez, 65, retired.

How are we going to be surprised if we just play stupid to what happens? We act like we hate politics and do nothing about it. Kids say cartels are stupid and they still smoke marijuana, and we say police abuse the people but we still try to bribe them. I do feel safe in my house, where I know exactly what each noise is and how everything works. As soon as I step outside though, I feel like I have to watch my back all the time and it’s very tiring. Crime is worse than it has ever been, and at this point I don’t think it will ever get better.

Sonia Lopez, 20, student.

I think Mexican cities are “the most dangerous” if we base our opinion on a certain parameter of safety. For example, if we talk about pocket pickers I think New York would be worse than any city in Mexico. I do not feel safe, because I am a woman, I am pretty, I have a good body and I am young. That is the exact combo for getting kidnapped. Crime has definitely gotten worse lately, every generation gets worse than the last.

Adriana Millan, 23, administration assistant.

Of course, we’re not safe! And students are the ones who are the most at risk of being kidnapped. I am not sure why but being a college student makes you a target and it is one of the worst feelings to know that you can one day just disappear. There’s the same amount of crime, but it is now different and more public thanks to freedom of speech and internet.

Pablo Vidal, 33, chauffeur.

Crime is worse now than it has ever been and it started with politicians, it should end that way too. Since politicians decided to play war with organized crime then they should be the ones being killed, not civilians.

The Leaders of Golf in Los Cabos!

Take advantage of our special rates for locals. Call us today!

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Guadalajara. Dr. Victor (as we call him) examined my x-rays and my knees. When I asked about his success rate for repairing knees he told me it was around 90%. However, he also told me success depends on how much damage has been done. If the knee is too damaged, it cannot be repaired. He also looked for those in good physical shape. I was told the first step would involve a series of blood tests to make sure I did not have any medical conditions. Assuming I passed the blood tests, Dr. Victor would begin by injecting an implant of stem cells into my belly to prepare my body to make better use of the stem cells designed for healing.

The final therapy would involve taking a lot of my blood (I didn’t ask how much “a lot” would be). My blood would then be mixed with the stem cells. He intended to use an ultrasound to guide him in injecting the stem-cell-blood mixture to the precise places in the knees. He expected to be able to get the injection into each knee by shifting the needle from the cartilage area to the ligaments. The procedure itself would take only a few seconds for each knee. I was told.

I asked for references and was given the email addresses of three patients, two of whom responded. Both were accomplished businessmen. Each had been treated about a year before. Extensive talks with each of them confirmed seemingly miraculous recoveries. These testimonials, along with a success rate of 90%, led me to arrange treatment with PRMedica and Dr. Victor. This is in spite of them not having a website or other means of publicity. My wife and I flew to Cabo on Jan 14th.

After the nurse took four vials of my blood for testing, the doctor asked me if I wanted to have a stem cell implant injected into my belly right now. I asked if we shouldn’t wait for the results from the blood tests. He assured that the initial implant of cells would not be enough either to repair my knees or to promote the growth of any disease. The implant would simply help get my body ready for the actual treatment. The implant of stem cells involved an injection on either side of my belly button.

Tuesday morning I felt worse than ever. My entire body ached. My knees felt weaker and more painful than ever. It hurt to walk.

The areas where he injected the implant were very sore. I felt awful. My wife asked if it might be due to the implant. I didn’t know what it was. Fortunately, I felt better the day went by. Wednesday morning, after a good night’s sleep, I woke up feeling refreshed and feeling fine. At 75 years of age, except for sore knees, I felt as healthy as anyone could imagine. Even so, I was anxious over the test results. Not only would failing the blood tests end my stem cell adventure, it would mean I had more serious problems than bad knees. To my relief, my blood tests were fine. The doctor included about 20 million stem cells in both knees. The left knee was different. The doctor included about 20 million stem cells.

Due to the extent of its damage, he determined it would need 55 million stem cells. He decided to shift more cells to the bad knee than he had first intended. The whole procedure took no more than a few minutes. This included time for telling me about patients who freaked out when seeing the size of the needle as well as asking me if I wanted the nurse to hold my hand. I declined.

I asked how soon it would be before I should expect an improvement. He told me, as with the initial implant, everyone reacts differently. The average time would be two weeks. After leaving the doctor’s office I walked along the beach for about a quarter mile without any serious pain. Day one after the treatment I experience significant soreness in both knees. Day two after the treatment both knees felt wonderful. I continued to feel an oc-

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Fish Report

BY GARY GRAHAM

Cabo San Lucas

Numbers at a glance: 57% tuna 7%, dorado 19%, and other species 39%.

With unbeatable weather conditions and many species to target in diverse areas, fishing has been great recently! Billfish numbers have been strong, and fishing has been more consistent; and seeing upwards of three striped marlin per boat has not been unusual.

There have also been some very nice smaller game fish, such as red snapper, grouper, yellowtail and wahoo, all upwards of 20 pounds.

Cabo Climate: More great fishing weather with mostly sunny skies has been the average. Daytime temps have been in the upper-70s with evening temps in the mid-60s. More of the same is expected through the end of the month.

Sea Conditions: Relatively calm seas are expected throughout the area with some surface chop occasionally stirred up by surface breezes at 8 to 10 mph mostly out of the South and SW. The forecast is for more of the same with winds from 9 to 12 mph shifting from south and SSW to west and SW. Sea temps around the Golden Gate and Jamie Banks are steadily cooling into the lower 70s. 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 a bit.

Best Fishing Areas: The San Jamie Bank has been productive for marlin for those who made the run. El Faro was the other hot spot, with some success in the Pozo Cota area as well. Action along the Pacific side, along Migrino, slowed considerably but it produced three mako shark.

Best Bait & Lures: Trolled lures as well as rigged and live bait tossed to surface fish seemed to be the ticket for the marlin.

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

Jorge Romero, was soaking a sardina in La Paz when he hooked this nice yellowtail while fishing at Los Arenas. Photo Jonathan Roldan’s Tailhunter International

CONTINUED ON PAGE 35
neighbor with an SUV to accommodate an injured on a backboard. Immediately everyone either took orders to assist; or got right down to checking body parts for possible injury.

This was the best case scenario because this community had gone through emergencies before and were now prepared. Our community even had all anted up for a defibrillator just in case. Smart. What went right in this instance was everything; what could have gone wrong prompts some more improvements in our Medical Tapes and bandages Tourniquet Defibrillator Blankets for Shock Centralized area for all supplies Transport vehicle Designated Hospital Again, knowing who your neighbors are and what their skills are is paramount. Network a little if you have not already. The life that it saves may be your own or someone close to you. If no one has first aid training perhaps you or someone else should think about getting some. We have learned there are many occupations that require basic medical training as with the yacht/ship captain - or as with certain safety trades, so ask, take a survey of skills already existing around you.

So enjoy the remoteness of the vast Cape but plan for the worst as well and hope you never need to use it.

Cook the onion and serrano pepper in hot oil, until the onion is soft and transparent on both sides.

Stir in the black beans and cook until beans are thoroughly heated, about 5 minutes. Stir occasionally.

Smash bean mixture with a potato masher to desired texture.

Lower the heat as much as possible and shake the pan until the sides of the bean “paste” start separating from the sides, keep stirring to avoid sticking and burning.

My grandma was so cool she could turn the refried beans into a log. I have never been able to, but you can try if you know how to shake the pan.

And that’s it! Serve with some bolillo on the side, and you can also sprinkle with some “queso fresco”.

OWN CABO’S LEADING ENGLISH LANGUAGE NEWSPAPER

To find out more about this exciting acquisition opportunity contact: Jeffrey Potts 916-673-9778

TIP YOUR BAGGER...
continued from page 29

$7.89 to $15.78 a day. Minimum wage is about $5 USD per day. The other day, I was in a grocery store and I noticed that most people were paying with credit cards. Without any loose change at their disposal, they just said “gracias” to the bagger and left without tipping.

So, even if you’re planning on paying with a credit card, it might be a good idea to remember to bring some some old fashioned money — also known as cash — so you can tip these hard-working individuals. And why don’t they ever smile and say gracias when they get a nice tip? Heck, we would just settle for them looking us in the eye. Many of us try to make eye contact just to let them know they are appreciated. As for giving them US or Canadian money, it’s almost impossible for them to exchange foreign coins.

COOKING LIKE A MEXICAN...
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Make sure you don’t burn yourself. Time varies depending on stove type, pot, and even weather.

Now that your beans are cooked, here’s how to refry them like Sparky:

Heat pork lard or oil in a heavy skillet over medium heat. Plan. If perhaps one or two had not been home at the time, a few challenges come to mind. The community needs a shed, structure or someone’s garage with a certain safety trades, so ask, take a survey of skills already existing around you.

red crabs were found drifting to the surface, so we are optimistic that this will open up a bite for the red snapper.

Yellowfin tuna in the 20 to 50 pound class continue to be found in good-sized schools on the La Fortuna Bank, inside of Iman; these fish have proven very finicky now.

has been a different story. Leaders of 20 to 30 pounds were needed, often resulting in broken lines once a fish was hooked. Other factors for fishing recently as it has been

mostly a windy, cloudy rough time. It's fairly common during the winter months which is why we don't have many folks fishing during these months. We had one or two days at most that were somewhat fishable and even then, it was picky fishing at best. Some snapper...some pargo...a few cabrilla...and a few yellowtail and that was about it. Oh, and a lot of bonito for some grateful action. And that was the whole enchilada for the week! Fortunately, not many anglers. However, with spring break and Easter on its way, things are going to start getting crowded and we can only hope the weather and wind drops back a notch or two. Early predictions so far look a bit iffy. Just being honest...

Cabo San Lucas

Tracy Ehrenberg www.piscessportfishing.com
Larry Edwards www.cor-tezcharters.com
San Jose del Cabo
Gordo Bank Pangas www.gordobanks.com
East Cape
Ranchero Leonardo Hotel www.rancholeonero.com
Jen Wren Sportfishing www.ajenwren.com

San Jose del Cabo

The Right Stem Cells
Can Enhance Your Looks

Too many people are receiving the quick and inexpensive stem cell treatment, consisting of their own aging cells.

People!

You can't just get your old cells yanked out, twirl them around in a centrifuge, and inject the best of those old tired cells back in you! They're still old cells, which is what produced those old ugly wrinkles in the first place.

What you need is a legitimate injection of a cocktail that Dermiblast Plus uses.

A stem cell facial treatment in a single session significantly restores aging skin, resulting in a complete facial rejuvenation without surgery. A combination of Fibroblasts, Mesenchymal Stem Cells, Platelet-rich Plasma and Hyaluronic acid specially developed to treat aging skin, particularly the face, neck, chest and the backs of the hands, is what turns back the clock.

Mesenchymal stem cells regenerate skin tissue, hydration and fullness. It gives back your missing collagen and elasticity.

The Dermiblast finishes with concentrated platelets strategically placed in the smile lines, crow's feet, chin, cheeks, forehead, and corners of the mouth using a very tiny needle.

This is a single session treatment and the results will be long lasting depending on how the patient cares for their skin.

Come to our no obligation informational seminar at Barcelo Grand Faro 12th April at 7 p.m. On Hotel Row in San José, or come to the Sheraton Hotel 11th April at 7 p.m. on the fourlane at Km 10, Cabo San Lucas.
Rare Opportunity
Casa del Caballo de Mar, Loreto, Baja California Sur, México

Loreto – Magical – Go back in time to Cabo 30 years ago to a quaint, quiet, traditional Mexican fishing town, complete with a central plaza, several wonderful restaurants, golf, many outdoor activities and the cleanest ocean water in Mexico. Rare opportunity to own the finest Oceanfront estate in Loreto, Baja California Sur, Casa del Caballo de Mar, only a 15 minute beach walk to town center. From the moment you enter the beautiful and private garden courtyard you feel like you are at a Mediterranean Spa. Whether entertaining family, friends or hosting a large event, no detail has been left out designing this magnificent estate.

Offered at $7,950,000 USD

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