BAJA TIMES

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February 1-15, 2018 E-mail: bajatimes@yahoo.com WWW.BAJATIMES.COM

LOCAL & WORLD NEWS

Flying Samaritan's Valentine's Day FonduFest... you're invited to enjoy this annual event which includes a great lunch plus chocolate…chocolate…and more chocolate. When: Wednesday, February 7th beginning at 1 PM; Where: Las Rocas Resort. Your donation: a very reasonable $15 per person. You must RSVP by either e-mail: susansmithz@hotmail.com or phone: (858) 240-2360 in the U.S or (661) 612-6066 in Mexico.

SENTRI Member Caught With Cocaine Arrested at San Ysidro Border...U.S. Customs and Border Protection officers working last Wednesday arrested a SENTRI participant after they discovered 70 pounds of cocaine in the vehicle he was driving. The 42 year old man, a Mexican citizen from Tijuana, was driving a 2010 Ford Taurus. He presented his SENTRI card to the inspecting officer who noticed some discrepancies during their initial discussion. He referred the vehicle to Secondary where it and its driver were subjected to a more in depth examination. A rigorous imaging search detected anomalies in the vehicles doors resulting in removing a total of 30 packages of cocaine (valued at almost $927,940 USD) from all four doors. Pete Flores, Director of Field Operations, said "CBP officers remain ever vigilant to ensure the integrity of the SENTRI program. When participants betray our trust we work with authorities to prosecute them to the full extent of the law."

GASOLINE PRICES IN MEXICO NOW DETERMINED BY SUPPLY AND DEMAND...As of the end of 2017, the price of gasoline in this country was no longer determined by the federal government but instead by supply and demand. This now means that the maximum fuel prices that can be charged will no longer be published in the Official Gazette of the Federal Government but instead, gas stations will now do so directly, as reported by the Ministry of Finance and Public Credit (SHCP).
With the new price structure, Pemex officials say that a drastic increase is not expected, although prices are not expected to decrease or become cheaper. From this point forward, the prices of fuel, whether Magna, Premium or Diesel, will not be determined by the federal government, specifically by the Ministry of Finance, but by the market under the law of supply and demand. The federal government says the competition will help to provide better market prices, to win customers; however, in the seasons of high supply and demand, prices could rise, especially during holiday periods.

U.S. Travel Advisory Recommends "Caution" to Baja California Visitors with No Restrictions for Tourist Areas

The beauty of our area and its proximity to the border make Rosarito Beach a convenient magnet for international tourists

Written by Sandra Dibble

Under a new travel advisory system announced this past Wednesday, the U.S. State Department issued its highest-level warning for five Mexican states—Colima, Guerrero, Michoacan, Sinaloa and Tamaulipas — recommending that U.S. travelers refrain from visiting these regions due to security conditions.
The advisory lists a "level 2" warning for Baja California and Baja California Sur, recommending that travelers "exercise increased caution due to crime" when visiting these states.

See page 02

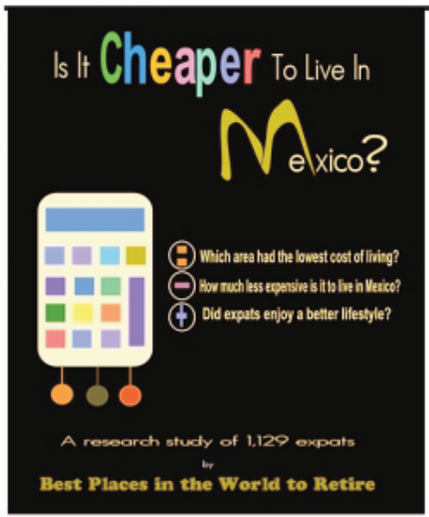
Football King, *Futbol* Queen

Written by Eric Adelson

PHILADELPHIA — As the clock ticked down to the fairy tale moment Zach Ertz and his wife had imagined together, his Philadelphia Eagles teammates' families flooded from the tunnel under Lincoln Financial Field onto the turf. There were wives and kids and babies, all there to celebrate a Super Bowl berth. For Zach, though, it was a little bittersweet. His wife had a prior commitment." Obviously it's tough not having her out there, with the confetti going," he said after the Eagles blasted the Minnesota Vikings, 38-7, in the NFC championship game. "All the other players had their wives there."

See page 03

Julie Ertz has already been part of her country's World Championship women's soccer team while her husband, Zach, is attempting to win the Super Bowl as a key member of the NFL's Philadelphia Eagles



Is It Cheaper To Live In Mexico?

Best Places In The World To Retire' just announced the release of a study of 1,129 current expats living in Mexico. The Baja Times was a co-sponsor of the study. When we were contacted by Chuck Bolotin, their Vice President of Business Development, we were confident, from our own experience, that the title's premise would be positively supported and proven by the results of the research but what else was discovered was illuminating as well.

See page 07

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BAJA TIMES FREE SERVICE TO THE COMMUNITY

From Front Page...

U.S. Travel Advisory Recommends "Caution" to Baja California Visitors with No Restrictions for Tourist Areas

The warning is the second-lowest of a new four-level ranking system now being used to evaluate security conditions for U.S. travelers to countries worldwide. It ranges from the lowest level—"exercise normal precautions"—to the strictest, "do not travel."

For Baja California, the statement says that "criminal activity and violence, including homicide, remain an issue throughout the state" and that homicides had increased over 2016. It states that while "most of these homicides appeared to be targeted, criminal organization assassinations, turf battles between criminal groups have resulted in violent crime in areas frequented by U.S. citizens."

The advisory adds that "there are no U.S. government restrictions in tourist areas in Baja California." It names Tijuana, Rosarito Beach and Ensenada, which includes the Valle de Guadalupe area of wineries and restaurants.

There equally are no restrictions for travel to the Baja California Sur tourist areas of Cabo San Lucas, San Jose del Cabo, and La Paz.

The aim of the new system is to make information more understandable and more accessible. It does away with the Travel Warnings and Travel Alerts, as well as emergency and security messages issued under the old Consular Information Program.

The Mexico travel advisory evaluates conditions in the country state-by-state. Tamaulipas, across from Texas, is the only northern border state where travel is not recommended. "Armed criminal groups target public and private passenger buses traveling through Tamaulipas, often taking passengers hostage and demanding ransom payments," the advisory states.

For four other northern border states, Sonora, Chihuahua, Nuevo Leon and Coahuila, the advisory cites a "level 3" risk, recommending that visitors "reconsider travel."

The U.S. travel warnings, updated periodically, have in the past generated protests in Mexico, especially in the tourism sectors.

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From Front Page...

Football King, *Futbol* Queen

Julie Ertz is one of the most accomplished soccer players in the world. She was in San Diego on Sunday, January 21st, scoring a key goal in a victory for the U.S. Women's National Team. When the match was over, her teammates told her that Zach was going to the Super Bowl. She cried. And in the locker room after, when Zach saw the video of Julie crying, he cried, too.

They are now, suddenly, sports' most accomplished couple. Zach is Super Bowl bound as an Eagles tight end. Julie is already a World Cup champion. Football king, fútbol queen. Yet to hear them talk about each other, both before they were famous and now, it's pretty clear that sports has only a supporting role in their relationship. "Our marriage wasn't based off athletic success," Zach said. "We met in college. I didn't know she played soccer; she didn't know I played football."

Six years ago, Julie showed up at a baseball game at Stanford, where Zach played football for Jim Harbaugh. He went up to her, and they hit it off right away. He went to visit her in Santa Clara, where she played for the Broncos. She found he could help her with her running form, and he found she could help him with his agility. "She's, like, a really flexible person," Zach said Sunday. "Any stretching stuff. She loves yoga; I tag along with that, too. She makes amazing food. I can't wait to see her. She's on a flight tomorrow."

Their careers took off almost in unison. Zach was drafted by the Eagles in 2013, in the second round. Then in 2015, he became a WAG of sorts – a soccer boyfriend who traveled around Canada supporting Julie as she chased her World Cup dream. He wore her jersey, No. 19 with her maiden name, Johnston, and hung out with NBA point guard Jrue Holiday, husband of now-retired midfielder Lauren Holiday. When fans gathered to get Julie's autograph, they really had no clue who Zach was. "Julie was definitely the star," he said back then. He was more than fine with that. "I just wanted to be a fan," he said, "and support my wife." But when Julie's team won it all, Zach wanted some of that glory, too. "I felt like I'm lagging behind," he said with a grin.

Well, now's his chance."Hopefully we'll experience the same thing at the Super Bowl. She's definitely gonna be there," Zach said before offering a joke. "I told her I'm not talking to her if she doesn't come. She's gonna be there. I'm proud of her."

LOCAL & WORLD NEWS

Arts Group Proposes Trump's Prototypes as National Monuments...As the federal government wraps up its evaluation of eight potential versions of President Donald Trump's border wall, an arts group is proposing the 30-foot prototypes near San Diego be preserved as a national monument. The newly formed MAGA, which describes itself as a non-profit arts group, is circulating a petition calling on Congress or the president to declare the eight prototypes as a national monument under the Antiquities Act. The group's name is a play on Trump's "Make America Great Again" campaign slogan. "The eight border wall prototypes have significant cultural value and are historical land art," the group wrote on a website where it is collecting petition signatures. A petition the group launched on the White House's "We The People" site isn't currently available because the site is down for maintenance. The group's lead organizer, Christoph Büchel, is a European artist known for provocative projects. He has said the prototypes are representative of the political moment and should be memorialized. "This is a collective sculpture; people elected this artist," Büchel told the New York Times, referring to Trump and the prototypes. Büchel told the newspaper that even if the wall is never built along the nearly 2,000-mile U.S.-Mexico border, the prototypes should be preserved as a reminder that the idea was politically viable. Furthering the group's premise that the prototypes should be considered as art, it is offering art tours of the site. (The Jan. 13 tour was 100% sold out.) . Please note that any monument designation would be highly controversial given the divisive nature of the prototypes and Trump's plans to build a wall along the U.S.-Mexico border. In addition, Trump has criticized what he considers the overuse of the Antiquities Act of 1906. Last month, he signed a proclamation reducing the size of two national monuments in Utah.

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Shared Language & Culture Helps Immigrant Physician Care for San Diego's Underserved

Written by Kate Morrissey

Dr. Brenda Green, 33, an immigrant from Mexico who first studied to be a doctor in Tijuana, is one of the UCLA program's graduates who cares for underserved patients in San Diego.

When it comes to sharing the most intimate details of your health, confiding in a physician who shares the same language and culture can sometimes make a critical difference. In San Diego County and many areas of the nation, that kind of doctor-patient relationship can be hard to come by for immigrants or non-English speakers. For example, in San Diego County, Hispanics make up about a third of the population, according to census data. But only about four percent of the county's physicians are Hispanic, according to 2016 data from the Medical Board of California.

At the same time, the U.S. is facing a doctor shortage that could grow to a shortfall of up to 95,000 physicians by 2025, a report from the Association of American Medical Colleges found. To help curb that disparity, Dr. Patrick Dowling of the University of California Los Angeles helped found a program that trains Spanish-speaking immigrants who went to medical school in other countries under the condition that they work in California for several years in areas with doctor shortages, particularly those that have communities of Spanish-speaking patients.

When people immigrate to the U.S. with medical training from their home countries, they have to sit for three board exams in order to practice in their new country. Many end up switching to lower-skilled fields because their English is not strong enough for the exams."We have all these immigrant doctors up here doing construction," said Dowling, co-founder of the International Medical Graduate Program. "It's a brain waste in many ways."About 14 percent of San Diego County residents live in a federally designated health professional shortage area, according to data from the Office of Statewide Health Planning and Development. Those areas include City Heights, Logan Heights, Lemon Grove, El Cajon, Jacumba and several neighborhoods in southeast San Diego.

Dr. Brenda Green, 33, an immigrant from

Dr. Brenda Green, 33, an immigrant from Mexico who first studied to be a doctor in Tijuana, is one of the UCLA program's graduates who cares for underserved patients in San Diego.

Mexico who first studied to be a doctor in *Tijuana*, is one of the UCLA program's graduates who cares for underserved patients in San Diego. She worked for almost two years in City Heights for Family Health Centers of San Diego before transferring to the organization's Chula Vista clinic. Spanish-speaking patients sometimes confide in her important details that they haven't told their other doctors, Green said.

She recalled a recent patient who came to see her for the first time. The woman told her that she'd been experiencing rectal bleeding for months, which can indicate colon cancer, Green said. The woman had been too embarrassed to tell her previous doctor, but she felt more comfortable talking to Green because they shared the same language and culture, Green said."That happens all the time," Green said. Jorge Preval, a 57-year-old Cuban-American truck driver and one of Green's patients, said he followed her when she switched to the Chula Vista clinic, even though it is much farther from his house."She knows how to communicate. She knows how you think, how you operate," Preval said in Spanish in a phone interview. "I don't know how she does it, but when I go to see her, she always figures out the problem. For me, she's the best doctor I've had in my entire life."

Green was born in *Monterrey* (MX) and grew up in *Tijuana*, she said. She immigrated to San Diego when she was about 20 years old. Though she mostly grew up in Mexico, her mother is a U.S. citizen and was able to petition for Green's visa after the family began to worry about growing violence and crime where they lived. Once she finished medical school in *Tijuana*, which is a seven-year program that begins right after high school, she decided to study for the U.S. board exams. UCLA's program, founded in 2006, made the process much easier for her, she said."It's difficult," she said. "You have to start learning the culture and the day-to-day language that doctors would speak." She recalled meeting asylees from Cuba, Mexico and Honduras in her classes for UCLA's program. She completed a residency with UCLA before coming back to San Diego to fulfill her obligation to care for underserved patients. Though the program only requires a few years of that work, Green intends to keep working in that community as long as she can."Once you are interested in this type of thing, it's hard to move to other medical systems," Green said. "I'm hoping I'm staying here for the long run."Green's understanding of Mexican culture helps her educate patients about health issues that other physicians might not think of, she said. She knows to tell grandmothers not to give their grandchildren herbal tea for colic and not to overfeed them as the *abuelas* often want to do. She knows when she has a dying patient, the whole family will want to be involved and that is expected in their culture.

Because of San Diego's diversity, particularly in City Heights, she has also seen patients who emigrated from other parts of the world. Green thinks even in those situations, she's able to help them because of her bicultural experiences, she said. When a Cambodian refugee and new mother first came to her, Green found out the woman hadn't gotten any prenatal care for her recent pregnancy because she didn't trust doctors. Over about a year, Green earned the woman's trust, she said, and now she cares for the entire family. She is proud that she convinced the woman to get a Pap smear, a screening for cervical cancer, for the first time .Some of Green's relatives in Mexico criticized her for choosing to practice medicine in the U.S., she said, because they didn't want trained people leaving the country. With the way people migrate, Green said, her patient population is very similar to the one she saw at a free clinic where she worked in *Tijuana*. She cared for migrant field workers there who traveled up to San Francisco for work, she said."I think they need me more here because over there everyone is on the same page," Green said.

GASOLINE PRICES IN MEXICO NO LONGER DETERMINED BY FEDS, BUT BY SUPPLY AND DEMAND

Mexico City, Mexico — As of the end of December, 2017, the price of gasoline in this country will no longer be determined by the federal government, but instead, by supply and demand. This means that the maximum fuel prices that can be charged will no longer be published in the Official Gazette of the Federal Government but instead, gas stations will now do so directly, as reported by the Ministry of Finance and Public Credit (SHCP).

At the end of 2016, the Ministry had approved the timetable for the fluctuation of the gasoline and diesel markets, in which it considered the various stages of opening the flexibility of pricing throughout 2017. The first stage was enforced beginning on March 30 in *Baja California* and *Sonora*. The second began on June 15 in *Chihuahua*, *Coahuila, Nuevo León, Tamaulipas* & the municipality of *Gómez Palacio*, *Durango*, while the third phase began on October 30 in *Baja California Sur*, *Sinaloa* and the rest of Durango .The fourth and final stage began on November 30 in the entities of the center of the country, together with those of the *Yucatan Peninsula*.

With the new price structure, Pemex officials say that a drastic increase is not expected, although prices are not expected to decrease or become cheaper. From this point forward, the prices of fuel, whether Magna, Premium or Diesel, will not be determined by the federal government, specifically by the Ministry of Finance, but by the market under the law of supply and demand. The federal government says the competition will help to provide better market prices, to win customers; however, in the seasons of high supply and demand, prices could rise, especially during holiday periods.

Chris Long's Career is Football, But He Won't Let It Be His Legacy

Part 2

Long felt that the Eagles defense was a better fit for him, and his intuition that they'd exceed expectations has turned out to be correct. With only one loss, Philadelphia had the best record in the league as of Week 7. And while he isn't on the field more than he was in New England — he's playing just 45 percent of snaps this year — he has two sacks so far and seems happy with his role. He also knows that as an active player, he has a bigger platform to raise money and speak out than he would if he retired.

Long sinks a shot and rubs his arm. He's still sore from the recent game against the Panthers, which was almost a week ago. When he was recovering from surgery in 2014, he'd sit on the sidelines and watch huge guys crash into each other, thinking, I do this? He hasn't been diagnosed with any concussions, but he worries about how CTE manifests itself. He also knows it's too late to reverse any damage."And what's me taking a knee in response to Trump? That's not what this is about. He can't make me kneel or stand.Something I worry about more than that is the void that football will leave when I'm done playing," he says. "You've been doing something your whole life, and then it's over. You're approaching your middle age. My friends back home have settled in. When I stop playing, I'm going to be the one who's like, I don't know what the hell I'm doing."

Long wins the fourth game of our 8 Ball tournament to tie us up, 2-2. He keeps getting interrupted by the phone calls, FaceTimes, and texts from other players (including one from Edelman that just says "so tight") as Pledge 10 gains traction I think he's one of the most genuine guys you could be around, especially off the field," Hayes tells me. "Ninety percent of the guys you play football with, you don't talk to after that. Chris and I haven't played together the last couple years, but we've never left each other. He was my partner in crime when it came to pranks, and we both love competition. I tried to push him every day, and he did the same for me. He's more of a brother than even a friend."

Long breaks to start the fifth game, then goes on a roll, putting away most of his stripes for an early lead. He eyes up the cue ball, aiming for the striped No. 10, but he judges the angle wrong and sinks the eight ball again. I win.

We go back up to Long's apartment after playing pool. His son Waylon, has woken up and is very busy putting wooden pieces of mail into his wooden toy mailbox. He's a spunky kid with a mullet, which Long thinks is hilarious. (He called him a young Mike Gundy on Instagram, in reference to the mulleted head coach of Oklahoma State). Megan gives Long a hard time for losing to me while she gets ready to take Waylon to the park.

Nicole Woodie, who used to run community outreach for the Rams until Long hired her to run his foundation, showed up at the apartment a few minutes later. She sits on the couch replying to emails. Media requests have been pouring in since Pledge 10 went live."Someone from The Ellen Show just emailed me," Long says, sprawled out on the couch and overflowing onto the ottoman. "They want me to come on. I'm gonna tell them no.""Chris, are you crazy?!" Woodie says. "You can't turn down Ellen DeGeneris! Think of the moms!""Hmm," Long says. "I don't know. Would we reach people we wouldn't reach through the sports media stuff we're already doing?""Yes!" Woodie practically cries. "It's a totally different demographic! And Ellen usually does something like gives a big check. Come on, you have to do this."Long reluctantly agrees.

"His thing is that he's not trying to bring attention to himself," Bennett tells me. "He's trying to bring attention to the cause. That's noble, because a lot of people try to make it about themselves. He's trying to spread a message. He's like, 'Nah, I'm a part of this fight, but these [black players] are the generals. He wants to put the generals out there, guys who are more adept to talking publicly about it instead of himself."I've watched Long try to do this all day. The Eagles' PR guy asked Long this morning if he'd do SportsCenter before the upcoming Monday Night Football game against Washington."Nope. Put Malcolm on," Long told him. "Put Malc up there. He's doing great stuff in Philly."

On Monday night, SportsCenter ran a short segment on Long anyway. But they had to use old footage, random photos they dug up, and quotes from one of Long's statements."How do you support guys like Malcolm without hijacking the situation?" Long wonders. "And then how do you interject your opinion without making it seem like you know these issues better than the people dealing with them? That's a thin line you gotta walk."Bennett thinks Long is managing to walk it."You go through the league," Bennett says, "and not many white players are actually saying things like Chris does. When he does, it goes bigger than just a black player saying it. He shows us as black players in the NFL that he gets it. He's not turning a blind eye. When white players stay quiet, I'm like, I know you see the struggle. I know you see what's going on. You play with me. We're examples of how people can get along and come from different backgrounds to work toward the same common goal. But when I speak on things that matter like this, and you turn your head, it's like you think you can wash it away."Chris has always been real about it," Bennett continues. "We'll have a conversation if he doesn't understand something. That's a powerful thing. And now he's donating all of his salary to equality education? It's just like, what?!?"

Hayes appreciates Long's involvement, too."When he put his hand on Malcolm's shoulder, it showed a lot," he says. "That one little thing he did. He knew that it could possibly cause a rift or cause a lot of conversation, but Chris, he knows what's right, and what feels right. And he's gotta stand up for it."

Long hates that President Trump has made the method of protest the point of contention. He thinks the national anthem is the most effective way players can draw attention to social injustice in their communities, but he's never felt comfortable taking a knee because of the work he's done with veterans. After Trump said that team owners should fire any player who kneels, a lot of people tweeted at Long telling him it was now his duty to do so."A lot of people use the knee as though it were some barometer for how much you care about these issues," Long says. "I could take a knee and not do a thing off the field — and I'm not alluding to anybody doing this, I'm just saying — and it would be worthless. And what's me taking a knee in response to Trump? That's not what this is about. He can't make me kneel or stand."Long picks up Waylon and gives him a raspberry on his stomach, then goes to find a shirt that doesn't have a picture of the band The Highwaymen on it. He comes back out wearing a corduroy button-down that Megan bought him yesterday. He almost walks out the door with the tag still on.

On Wednesday night, after his speech, Long spends time with the Summer Search kids in the cafeteria. He takes pictures, posts a video to his Instagram story, and then does the requisite press conference before thanking McKinney, the director of the program. On the drive home, he talks about how jazzed he is that he got to meet some kids his donations will benefit."Before somebody's president, or a hero in society, or somebody who invents something, they were sitting in a classroom," he says. "You have no clue who that person's gonna be, who sets that whole thing in motion that alters the path of a city. Programs like this tell kids, 'You matter. You really matter, man.'"

I ask Long if he liked high school and instead of answering, he asks me if I liked high school. He keeps flipping the script like this — who would I profile if I could pick five people to write about? What's been my biggest mistake in an article? What's been my most disastrous tweet? (All of them, I tell him.) He might be testing the waters; he's mentioned that he might want to have a podcast, or try writing, once he retires.He'd be good at getting people to talk; I'm five minutes into a story about the time I almost got suspended before I remember he's supposed to be telling me things like this. I ask him the question again.No, he says after a beat, he didn't especially like high school. He thinks he squandered it. He loves his friends from Charlottesville, but he wonders what his life would've been like if he hadn't gone to college in the same town he grew up in. He's grateful for football, but he wonders what it would've been like to find a passion off the field, something that didn't require Toradol shots to the ankle. That wouldn't be over before he's 35. That he'd be sure could fill the void. He never graduated from UVA and still wants to get his degree. He wishes he could've lived two different lives at once."I don't know if you were like this," he says quietly, staring ahead. "But when I turned 18, I got so sad. I was like, man, I just want it all to slow down. I kept thinking how I'd be 30 soon, how we're running out of time. I'm always thinking 12 years ahead."

Long is motivated by an adolescent invincibility and stubbornness but guided by an old soul's understanding that life is short. He's at once the teenager still doing "dumb stuff," and a grown man looking 12, 20, 50 years into the future.It's this duality that allows him to believe two things can be true at once. He's convinced he can still have his best season yet, but he knows time is working against him. He knows about the risks of CTE and the fragility of bones and tendons, but he puts his brain and joints on the line each week. He's squirmy in the spotlight but knows he needs it to make the biggest difference he can. The path of least resistance for Long would've been to retire after winning a Super Bowl and shut the hell up. Instead, he signed with a new team and dove into the thorniest political issues facing the league. And now he's doing it for free, at a potentially huge physical cost."Charity is one of the coolest parts of being a football player," Long said on the night before the launch of Pledge 10. "I'm really not scamming you, I really do care about what we do. I would totally resent the idea that I just do this stuff for no reason."

He sounded desperate to make me believe him; I could almost see his brain spinning. I asked him if he's ever anxious."Yeah," he said. "I am. And I'm trying to control the narrative in a positive way. I want to make sure I'm not misunderstood. I hate being misunderstood."Long has this recurring dream where he's going to jail for life. Because no matter how hard he tries, the narrative is out of his control. Thanks to social media, he hears people who accuse him of having a white savior complex or of being an entitled millionaire trying to stay relevant.He can see when people call him a libtard, a snowflake, unpatriotic, tell him to stick to sports. It drives him nuts when people insult his intelligence, and it's the reason he fires back — the way he did when people criticized him for not going to the White House after the Super Bowl. Or the way he did recently when a conservative columnist (whose recent columns include "Hollywood has too little masculinity, not too much") for the Bucks County Courier Times writes that Long "is a good example of the odious trend of virtue signaling."

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From Front Page...

Is It Cheaper to Live in Mexico?

As Bolotin stated in his preface to the fascinating fifty page project , ""While certainly not the only reason people move to Mexico, the widely believed assertion that it is less expensive is one of them. However, just how much less will surprise a lot of people. And it will also surprise a lot of people what the expats did with their rather significant savings."

Some of the more enlightening findings included:

·Almost half of the respondents reported more than a 50% reduction in their cost of living.

·After they reduced their costs in Mexico, the respondents purchased more goods and services with a portion of their savings, thereby increasing their standard of living.

·Mostly on account of the lower cost of services in Mexico such as housekeepers and gardeners, expats tended to hire out and therefore do fewer chores.

·The list of the more popular expat locations with the lowest cost of living and the highest standard of living for the money.

Alan Alexander, Chairman of the Best Places Advisory Board added, " , we designed this study to give realistic, actionable information to those considering moving to Mexico. We also designed it as a resource for journalists. For both audiences, the top-line, most interesting findings are highlighted in the introduction; there are lots of clear, interesting, and surprising graphs and charts; and there is commentary to help to explain it all, not only by the study's authors, but also by hundreds of expats, who provide a very human, firsthand perspective to the numbers."

"In addition to asking about how much items cost, what did they do with the money, and how has their lifestyle changed, we also asked our respondents if the amount of chores they did increased or decreased," added Bolotin. "The reason we did this was to uncover the reality of a second component of cost of living: time. How much time does it cost to live in Mexico? In the end, this may be of the most interesting set of findings in the study. This study is a 'must read' for anyone considering moving to Mexico or anyone interested in those who are."

This article is the first of several that will call attention to the key questions that those considering moving south - of-the-border have wanted verifiably answered. The Baja Times is happy to provide you with this research that it helped to fund.

The three key areas explored were:

…which part of the country had the lowest cost of living?

…how much less expensive is it to live in Mexico?

…did expats enjoy a better lifestyle?

Here's a topline summary of the most interesting findings and conclusions:

Almost half of the respondents reported that for the same quality of goods and services that they would have paid $100 USD in the states, it cost them $50 or less in their expat homes in Mexico.

Expats reduced their cost of living in Mexico but bought more goods and services than they did north of the border.

Five questions that were most important to the survey's respondents were definitively answered. They were:

1.Who worried less about money in Mexico, men or women?

2.Did expats in Mexico do more chores than beforethey moved South or less…and how did they feel about it?

3.Who proportionately did fewer chores after moving to Mexico, men or women?

4.If they spent the same amount of money as in their U.S. home towns, would our expat respondents in Mexico have a better lifestyle North or South of the Border?

5.In which popular Mexican expat area did our respondents experience the greatest improvement in lifestyle for the money they spent?

(to be continued)...

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