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April 16-30, 2019

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LOCAL & WORLD NEWS

Date/Venue Set for Major Event to Benefit a Most Worthy Cause...

...please enter Friday evening June 21, at the Rosarito Beach Hotel's *Salon de Azteca* main showroom, into your calendar. That's when some of the planet's best musical and dance talent will be in our town, performing to help support the Boys and Girls Club of Rosarito. Check out this lineup: *Fenix de Melinda*, featuring the two-time Grammy Award winning vocalist Melinda Salcido and her great group, based in Los Angeles; *Ballet Folklorico Yoneme* from Tijuana's prestigious Performing Arts academy, under the direction of Prof. Fernando Lopez; and *Mariachi Corona de Guadalajara*, founded in 1960 and annually selected as one of Mexico's finest ensembles, in their debut performance in Rosarito Beach. Here are some additional details you'll need to know: the doors open at 7:00 PM with the show starting promptly at 8:00 PM and there are two types of seating available: VIP Reserved (limited to the first 200) @ \$35 per person and General Admission (limited to 300) @ \$20 per person. Please note that 100% of the net proceeds will go to directly benefit the Boys and Girls Club of Rosarito. For more information, please contact Rosy Torres, the Club President, via phone, email or through the Club's website: (661) 850-1773, rosytorres@hotmail.com, or <http://www.clubrosarito.org> There is more information also available on Facebook.

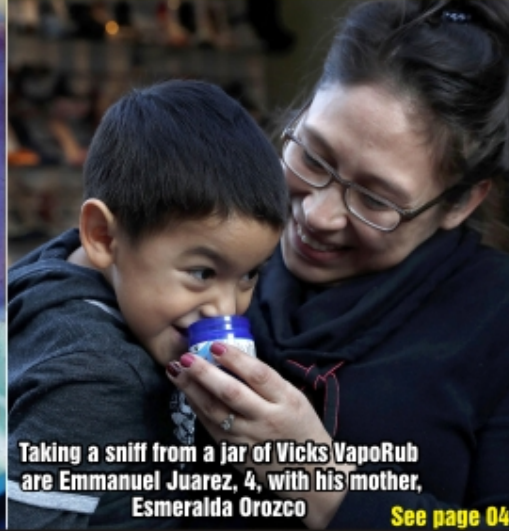
Vivaporu': For Many Latinos, Memories of Vicks Vaporub Are As Strong As The Scent Of Eucalyptus



W.J. "Bill" Mulligan runs cartons of VapoRub through a sealing machine in 1926.



Daniel Olivas holds a jar of Vicks Vaporub



Taking a sniff from a jar of Vicks Vaporub are Emmanuel Juarez, 4, with his mother, Esmeralda Orozco

See page 04

The Incredible Journey of Pasta y Basta: From Bergamo to Baja & Beyond.



We have definitely been fortunate that world-class chef Christian Gritti, born in beautiful Bergamo, Italy (L) has chosen Rosarito as the location for his equally world-class ristorante (R)

See page 10

America's Fastest Growing Sport Descends On Rosarito Beach

Written by Robert Canaan

PICKLEBALL COMPLEX & TRAINING CAMP



Many Rosaritenses have been introduced to this sport (L), which is both a fun-and-fitness activity with daily opportunities to enjoy it, at the Punta Azul Tennis Club (R)

See page 08

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40th Annual Rosarito-Ensenada 50-Mile Bike Ride Hosted By The Landmark Rosarito Beach Hotel

ROSARITO BEACH, BAJA CALIFORNIA, MEXICO---The historic Rosarito Beach Hotel on Saturday May 4 again will be the starting line and host for the Rosarito-Ensenada 50-mile Fun Bike Ride.

It's a legendary Baja resort hosting an iconic Baja event.

Thousands from throughout the world

participate in the ride which is for serious riders looking to post a competitive time, as well as recreational riders of all ages, looking to leisurely enjoy the scenic route. Many thousands of spectators cheer on the riders in the colorful event.

As the official event hotel, the Rosarito Beach Hotel, is offering special two-

night packages to participants and spectators.

A Friday-and-Saturday night standard room oceanfront package that includes one bike ride registration and "goodie bag" is \$210. It includes two tickets to the Saturday night Noche Mexicana dinner show, plus two children ages 12 and under can stay free with parents.

Additional bike ride goodie bags can be purchased by hotel guests for \$44 (tax included). As well as registration, bags include poster, T-shirt, time chip and ride insurance.

The bike ride lodging specials are subject to availability, plus tax, and two children 12 and under can stay free with parents. Reservations can be made by calling 1-800-343-8582 or 1-866-ROSARITO.

The Rosarito-Ensenada 50-mile Bike Ride began in 1979 when a group of bicycling friends pedaled from Rosarito to Ensenada, and discovered the route was exactly 50

miles. Further information on the May 4 edition is available at www.rosaritoensenada.com.

Many other specials and gala events are featured in August and beyond at Baja's largest and most popular beachfront resort. All are listed on the resort's website, www.rosaritobeachhotel.com.

The Rosarito Beach Hotel, which opened in May of 1924, is celebrating its 95th anniversary as it counts down to its centennial in 2024. A section on the resort website, titled Since 1924, features an historic overview and photos.

Readers of San Diego magazine in 2017 selected the Rosarito Beach Hotel as Baja's best. US News & World Report named Rosarito a top spot for outdoor activities, from surfing to fishing to off-roading, biking and hiking.

The Rosarito Beach Hotel & Spa is a totally self-enclosed resort, yet near major attractions including the city's downtown tourist district, Puerto Nuevo Lobster Village and the Guadalupe Wine Valley!

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Vivaporu': For many Latinos, memories of Vicks VapoRub are as strong as the scent of eucalyptus

By Esmeralda Bermudez

Many people have memories of Vicks VapoRub from childhood. But for many Latinos, the gooey salve is close to legendary. Here are a few of their stories.

They call it Bibaporru, Beep Vaporú, El Bic, El Bix, El Vickisito. And many think of the sticky, stinky menthol goop as their own, even though it's used around the world.

In the Latino community, Vicks VapoRub inspires a curious, nostalgic devotion — for its many nicknames and uses far more creative than relief for the common cold and muscle pain.

"If I say to someone, 'Hey, bring me El Vah-po-ru!' they'll know exactly what I'm talking about," said Luciano Roldan, 78, of El Sereno, who has been rubbing VapoRub all over, including up his nose, since he was a kid in the countryside of El Salvador. Since the ointment was invented as a croup and pneumonia cure by a North Carolina pharmacist more than a century ago, many have relied on the little blue jar to solve all sorts of problems: athlete's foot, stretch marks, stomach aches, earaches. Some telenovela actors even rub it on their eyes to bring about tears. Others scoop it into their coffee or their tea.

Online, there are countless tributes to its mighty powers. Some testimonials are real, some are jokes — meant to mimic and spoof those with limitless faith.

Latinos have created vivaporu hashtags, memes, emojis, comedy skits and, for those still scratching their heads at the love affair, explanatory videos. Some have written about their nostalgia in dissertations, poems and published essays.

Others have dressed up as the iconic Vicks container for Halloween or celebrated mom's birthday with a cake in its image.

You can buy T-shirts, paintings, pins, candles and greeting cards — all featuring the little blue jar.

Mysterious rash? Vivaporu!

Broken arm? Vivaporu!

Broken heart? Put Vivaporu on that, too.

When "Hamilton" creator Lin-Manuel Miranda tweeted a selfie from Puerto Rico in January, holding a tub of Vicks ("I knew I wouldn't get through the nine show week without peak remedies"), the response was exuberant:

abuelitas everywhere are cheering for this post That is the brownest thing I've ever seen you say. Nothing like that Veevapuruuu.

"If I say to someone, 'Hey, bring me El Vah-po-ru!' they'll know exactly what I'm talking about."

Luciano Roldan of El Sereno

In 2017, a man who was accused of attempting to sell 2,000 containers of fake Vicks VapoRub across Illinois and Wisconsin did not escape attention. Carlos Barraza, 23, was charged with



An advertisement in the early 1900s for Vicks VapoRub.

violating the Trademark Counterfeiting Act after he got busted at a store called Dos Hermanos in a little town south of Chicago. "Blasphemy!" declared Latina magazine. "We don't know how Barraza pulled this off. ... Be careful out there, folks."

Of course, not everyone is a fan.

Some people can't stand the smell or carry clammy memories of catching a cold.

Daniel Olivias, 59, doesn't recall protesting as a kid.

Each time he caught a cold, his mother would slather his chest with the salve as if she were icing a birthday cake, then put him to bed in a haze of eucalyptus.

"I would just succumb to it," said Olivias, now a lawyer and writer.

He thinks his mom used VapoRub because it was affordable.

"Moms had to come up with ways to heal the family," he said.

Growing up in Connecticut, Michael Diaz remembers his Dominican parents put VapoRub on acne, scrapes, cuts, bruises. They kept the jar on the dresser in their bedroom.

When he was in second grade, Diaz came home on a snowy day. Just as he had reached his family's porch, a sharp icicle broke off the gutter and landed straight on his head.

His mom saw the bloody gash and started crying. His dad, Jose, raced to grab the Vivaporu.

He slathered a big chunk of goo on his son's head and told him, "Hey, you'll be fine."

For three days, Diaz went to school smeared with menthol and eucalyptus.

"I had this cold, waxy Vivaporu sandwich on top of my little fro," he said.

Years later, Diaz, who's now a freelance producer in New York, was amused to find that so many other Latinos he knew — Dominicans, Puerto Ricans, Colombians — had VapoRub stories.

In 2012, he and a few friends decided to make a Vivaporu rap video and upload it on YouTube.

In it, Diaz's alter ego Juan Bago and his partner O make miracles happen as they hit the streets of New York City. With the blue jar, they help a blind man see, a paralyzed boy walk, a man heal from a gunshot wound.

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We got vivaporu!

Julia Longoria only started pondering the Vicks phenomena after she grew up and began thinking back on her childhood. In 2017, the WNYC radio reporter and producer decided to dig into the topic a little.

She interviewed dozens of people, but in the end found the best tale right at home: with her Cuban grandmother.

Malvina Camejo, 82, of Palm Beach Gardens, Fla., loves Vicks VapoRub so much she affectionately calls it her Vickisito.

She's used it for toenail fungus, to strengthen her nails, condition her hair and moisturize her skin. Sometimes she has five or six of the jars on her vanity.

"Anytime any of the cousins got sick, they were like, 'Don't tell grandma!' She's going to put that all over you."

Longoria always thought her abuela's use of VapoRub was an American thing.

But in interviews she learned that her grandma loved the ointment because it took her back to Cuba, to the happy days before the revolution when her own mother used to rub the salve on her in the comfort of her little pink bedroom.

After the embargo cut off the conduit to American products, Longoria's grandma couldn't get her Vickisito for years.

In Greensboro, N.C., there are several homages to Lunsford Richardson, the pharmacist whose salve caught on and spread.

Richardson invented a lot of remedies in the 1890s, but the one that clicked was Vicks Magic Croup Salve, created to help people breathe better when they had colds. (His son later came up with VapoRub.)

Old advertising spoke of the "Romance of the Little Blue Jar" with ingredients from "strange, far-distant lands": menthol from Japan, camphor from the jungles of Formosa, "still the haunt of untamed, savage head-hunters."

Richardson's traveling salesmen would post ads on barns, trees and automobiles. At rural drugstores, they'd scoop the salve onto a spoon and have pharmacists inhale the vapors.

"He wanted Vicks to spread all over the world," Sion Boney, a former company vice president, said of his great-grandfather.

In 1918, the Spanish flu sent sales soaring, from \$900,000 to \$2.9 million in a single year. Ironically, Richardson was one of the thousands who died in the epidemic.

His company went on to market the ointment in England, Mexico and Central and South America, then dozens of other countries. In the 1920s, Vicks salesmen went door to door handing out coupons in small towns in Bolivia.

In the summer when sales would dip for the cold remedy, Vicks placed ads in newspapers promoting alternative uses: boils, bee stings, frostbite, headaches, poison oak, even distemper in horses.

Some people still hold that Vicks VapoRub helps in those cases.

Behind the story: Hunting for the mystique behind 'Beep Vaporu' »

Procter & Gamble, now its parent company, did not return requests for comment, but the company website and Vicks hotline emphasize that users stick to the recommended uses listed on the label. That means don't heat it, don't eat it, don't stick it up your nose, in your eyes, in your hair, in your ears or other intimate areas — and don't use it on pets or kids younger than 2.

For coughs, simply rub it on your chest and throat. For muscle and joint pain, rub it in wherever it hurts three to four times daily.

Maybe it was all the advertising. Maybe it was product loyalty. Maybe it was simply a tradition passed from one generation to the next.

When Longoria asked scholars about the fascination with VapoRub, one suggested the subject might make a good doctoral dissertation.

Rachel Herz, a cognitive neuroscientist at Brown University, thinks its strong scent might play a role. She's included the product in several studies about the powerful memories that smells evoke. She said VapoRub often brought up flashbacks that were positive, "not of feeling sick, but of being cared for and being soothed."

Daniel Olivias made sure that when he left for college back in the 1970s, he took his VapoRub with him.

But when he rubbed the cream on his chest just as his mother always had done, it didn't feel the same.

With her, he said, it had been "almost a religious ritual."

Without her, that magic was gone.

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Netflix's 'Tijuana' finally offers good prestige TV about journalists

Written by Brendan Gallagher



Netflix Television about journalists in the United States has simply not been very good.

Cheesy odes to the dignity of the news ("The Newsroom") and steamy tales of reporters sleeping with sources ("House of Cards") dominate dramatized tales of the profession. But it turns out the problem wasn't journalists as subject matter; it's that the stories were about the wrong journalists.

"Tijuana", a new hour-long drama from Netflix and Univision, wastes no time telling you why this story is different. Mexico, we learn before the opening credits, is the most dangerous place in the world for journalists. To reinforce the point, we begin the series with a vigil for a slain political reporter: If you want to pick a particularly lethal line of work, political journalism in Tijuana might be it.

Though the subject matter of "Tijuana" is reminiscent of House of Cards—journalists and the criminals & politicians who try to kill them—the feel of the show is much closer to Shawn Ryan's 2002 masterpiece "The Shield". A fast *vérité* shooting style hides the lower budget and gives the show immediacy. The pulse-pounding circumstances leave you feeling like any character could meet their death behind a closed door or down a dark alley. If you bumped the budget and had a few more familiar faces, this is the kind of show we would call a prestige drama in America. If Diego Luna or Gael Garcia Bernal were in leading roles, you could easily imagine a bidding war between FX and Showtime for the streaming rights.

Despite the palpable influence of American prestige drama, this show still has a distinctly Mexican feel. Mexican

TV veteran Daniel Posada (*El Chapo*) created the show alongside younger writer Zayre Ferrer, and it is obvious that these writers care about and understand the challenges facing their country. So much American content shot in Mexico focuses on the border and/or the cartels; it's all *Sicario*-style shots with barren deserts and decadent mansions. Here, we are offered a far more authentic and interesting view of Mexico, and one that builds out a full picture of the political, social, and criminal life of Tijuana. Yes, we see the seedy underworld of the city, but we also glimpse the rooftop bars, classy restaurants, sports stadiums, and clubs that make Tijuana a prime tourism destination for Mexicans and Americans alike. Just as American procedurals show us the highs and lows of cities like New York and Los Angeles, Tijuana shoots its title city with refreshing respect.

This respect is anchored in the deceased character of Ivan Rosa, the revered journalist who is dead to begin with. Rosa was a co-founder of the newspaper *Frente Tijuana*, where our main characters work, and his ghost lingers over the proceedings. The other catalyst for the events of "Tijuana" is Eugenio Robles (Roberto Mateos), a populist politician whose best American comparisons would be Alexandria Ocasio-Cortez or Randy "Ironstache" Bryce. Robles is a blue-collar worker who decides to run for governor of Baja California (a state in Mexico), without the support of big business or the cartel. Suffice it to say, you get the sense early on that Robles is headed the way of Rosa.

These marked men act as the moral compass of "Tijuana", serving as beacons for younger characters who haven't yet had their idealism beaten out of them. Gabriela (Tamara Vallarta), an up-and-coming political reporter whose career takes off after a tragedy; Malu (Tete Espinoza), a photojournalist chasing down the story of over a dozen dead migrants; and Andres (Ivan Aragon), Ivan's nephew who is determined to make a documentary about his uncle's death, are young, hungry journalists learning just how far they will go for the truth. Antonio

(Damián Alcázar) and Federica (Claudette Maillé) are the paper's more cautious journalistic elder statesmen who have learned the hard way that too much bravery gets you killed, losing loved one after loved one along the way.

In between these two groups is Lalo (Rolf Peterson), a reporter edging toward middle-age, teetering on the edge of cynicism. He is neither completely embittered nor is he an idealistic doe in the woods. His more complicated perspective results in the show's strongest performance. Even when he is just smoking a cigarette and shaking his head ruefully, we feel the weight of the world on his shoulders.

On its surface, season 1 of "Tijuana" appears to be a whodunnit linking murders to a powerful underground operator named Muller. As with any great exploration of corruption, you slowly realize that the fate of one evil man won't cure the rot that permeates society. Strike him down, or out him in the press, and a half-dozen more will rise in his place.

From the pilot, it is apparent that there is a grand struggle at work in this series beyond what we see episode-to-episode or even season-to-season. While bogeymen and big bads like Muller will emerge, the true conflict is

between these courageous reporters and the gnawing cynicism and hopelessness that grows in the face of years of rampant corruption and dead comrades.

"Tijuana" isn't perfect. The show has a tendency to fall into standard procedural beats with too-easy discoveries of evidence and obviously corrupt minor villains. One supporting player's callous, aristocratic villainy is so obvious, down to his greasy hair, that even the broadest *telenovela* might find him a bit arch. That being said, this show is easily a peer of shows with more star power and resources like House of Cards or later seasons of True Detective, with tons more heart and thoughtfulness than the latter-day versions of these shows have been able to muster.

Despite some minor shortcomings, "Tijuana" stands nicely alongside American prestige procedurals that aim to interrogate the relationship between corruption and institutions meant to provide accountability. Given the unique point of view and the compelling subject, American audiences won't be able to say "Tijuana" is quite like any show they've seen before.

Brendan Gallagher is a politics reporter and cultural commentator. His work has been published by Motherboard, Complex, and VH1. He's the co-founder of Beer Money Films, an indie production company. Based in Los Angeles, he works in television drama as a writers assistant.

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America's Fastest Growing Sport Descends On Rosarito Beach

Written by Robert Canaan

Possibly the strangest, most challenging aspect of Bob Canaan's decision to leave San Diego, and relocate to Rosarito Beach, was his attachment to pickleball. "It does make me look a bit superficial," Canaan admits, with self-effacing candor. "I mean, typically, people are reluctant to leave homes, community, family, friends. In my case, my greatest hesitation was leaving pickleball."

By late summer of 2017 Canaan began seriously considering a long held fleeting fancy; retirement in Mexico. During that same period of time Canaan, a life long tennis player, discovered a new game which immediately became a passion. "As a native San Diegan I was familiar with the Bobby Riggs Tennis Center in Encinitas. During this period I happened to be driving by the club and saw people playing something I'd never seen before."

Within his first week he was addicted. After several months of searching for the right opportunity in Mexico,

Canaan found the living situation he was looking for. The dream was quickly turning to reality and Canaan's only thought was, "Where do they play pickleball in Rosarito Beach?" "As soon as I was moved and settled in I found a Facebook group called 'Rosarito Living'. It seemed the perfect place to start an inquiry so I asked if anyone was playing pickleball or if there was any interest in playing."

By the end of January, 2018, Canaan discovered there were no existing public pickleball courts or groups within Rosarito Beach. Certain private communities had converted existing some tennis courts into pickleball courts but there was no public access to these courts. Over a six-month period of trial and error, Canaan ultimately found a home for his fledgling, but quickly growing, group of "picklers". With the vital assistance of Dr. Alexander Magnumm, Director of the Rosarito Foreign Residents Attention Office (FRAO) and Claudia

Araujo, Rosarito City Council member, a single tennis court located at the Puntazul Tennis Center in Rosarito Beach, was reserved specifically for pickleball play.

Canaan optimized the court space. With the assistance of portable pickleball nets and a lot of chalk, the Rosarito Pickleball Complex & Training Camp, as the group is officially known, can simultaneously play on four pickleball courts.

Pickleball was invented in 1965 near Seattle, Washington but only in recent years has it become the fastest growing sport in the United States. Canaan suggest multiple reasons for the phenomenal growth.

"First, it's relatively easy to learn. It doesn't take the months and years that, say, tennis or golf require. But more than that it's the right sport at the right time. The baby boomers, and I include myself at the tail end of that group, find 3 or four sets of singles tennis to be a bit harder to handle as we age. Pickleball offers the same mental engagement as tennis, on a strategic and tactical level, without the extreme physical demands. In other words seniors love it because it's fun and it's something they can do! But the court isn't only for the older

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crowd. It's catching on with people of all ages and for the same reason tennis was my first love. It's so fun you don't realize you're getting exercise!" The Rosarito Pickleball Complex & Training Camp will be expanding its schedule this Spring. Effective Tuesday, April 16, 2019, the group will play at Puntazul Tennis Center Tuesday through Saturday every week. Canaan says the group rolls out the "red carpet" for first time players. "We're not here to become pros," Canaan explains. "Our core values are fun, fitness and friendship. It's not about the competition. It's about inclusivity."

Court fees are \$2 per day and free paddles are available for first time guests. For additional information on Rosarito Pickleball and the Rosarito Pickleball Complex & Training Camp, please visit their Facebook homepage at: <https://web.facebook.com/superfunbaja/>

LOCAL & WORLD NEWS

Chris Packham's Humpback Whale segment leaves BBC viewers FUMING ..the BLUE PLANET LIVE presenter left viewers in turmoil recently as he tried to tune into a Humpback Whale song, but wasn't quite convinced by it.

Chris got very close to some Humpback Whales as he cruised around the ocean in Baja, Mexico. He was welcomed by an expert who specialises in the glorious creature and the pair discussed their mating calls. Together, they lowered a hydrophone into the water in order to hear what was going on under the sea. It was quite faint but some moans and groans could be heard underwater and the expert exclaimed she had a male whale singing his mating call. But Chris wasn't convinced and asked her if she "was sure" she was hearing that. Taken aback, the expert explained she was correct with her hearing. He backtracked: "No, I wouldn't question the expert, I just have voices in my ears and poor hearing." He went on to discuss the ins and outs of the complex mating call but it seemed it wasn't quite to his taste. The BBC presenter joked: "They're going to have to pump it up a bit if they want to

chart. "They're not going to take over The Ramones in my house!" Nevertheless, it seems viewers at home could hear the spectacular noise and actually wanted to hear more of it. One wrote on Twitter: "Oh, Chris Packham! You talked over all the live whale song!" Another added: "Can't hear the whale song over the presenters talking." A third shared: "@blueplanetlive would like to have heard the live whale song instead of the presenter talking over it all the time."

Next General Meeting of Rosarito's "Friends of the Library"...date: Wednesday, May 15th: times: 9:30 AM, Registration & Complimentary Continental Breakfast followed by 10:00 AM Meeting; Location: IMAC Auditorium and Public Library (one block west of Blvd. Benito Juarez & Banamex, adjacent to Abelardo Rodriguez Park). Join up now or renew your membership, see the new Bookmobile, hear highlights of FOL programs & events, qualify for a raffle to win a free ticket to this year's Hidden Garden Tour, and vote for new Board Members. Contact www.friendsofthelibrary.com.mx for

more info.

95-year-old WWII vet will run across the U.S. for a second time...no one wants to feel like old news, like their glory days are gone. But Ernie Andrus says that's exactly how he felt in the months after his celebrated, record-breaking run. Back in 2016, then 93-year-old Ernie became the oldest person ever to run across America -- from San Diego, California, all the way to Saint Simons Island, Georgia. A huge crowd joined him at the end, as the World War II sailor stormed the beach to fervent chants and flying colors. It was pure joy. That all happened about two and half years ago. Today, Ernie still runs for exercise and still dreams of the glory. "I was running three days a week, but it's the same old thing. And I just got a little bored," he said. He recently got so restless, he decided to do something remarkable. On Saturday, at the age of 95, Ernie will return to the Georgia beach where his run ended -- to start a new run back across the country. His last run took three years. He expects this one to take a little longer and hopes to reach San Diego sometime after his 100th birthday. The man is nothing if not an optimist. "I've got all the runs planned

clear up to 2025," he said. Just like last time, Ernie is dedicating his run to the LST. That's the same kind of ship Ernie served on in the war. There's one left, and it's open for tours in Evansville, Indiana. He's running to raise money and awareness. "A ship's like a person, you know, we call it the grey lady," Ernie said. "It's part of my soul." He's honoring his naval past by steaming toward the Pacific. In his wake, Ernie will leave behind all the proof you need that you can sail into the sunset without ever surrendering.

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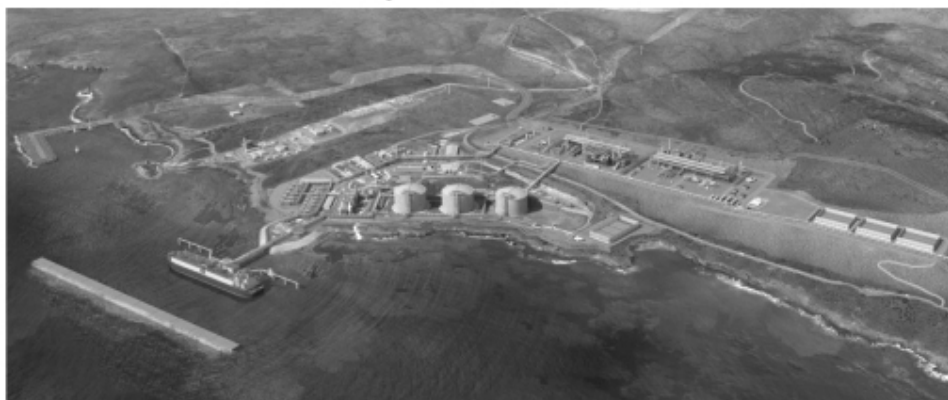
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Sempra Energy's Liquid Natural Gas (LNG) Export Facility in Baja Moves Closer to Reality

Written by Rob Nikelewski



The *Energía Costa Azul*, or ECA, facility near Ensenada that is operated by IEnova, a subsidiary of Sempra Energy.

Sempra Energy's plans to build a facility on the West Coast of Mexico that would send liquefied natural gas to fast-growing Asian markets have taken a couple of steps closer toward

becoming reality. The U.S. Department of Energy has granted authorizations to Sempra's subsidiary *Energía Costa Azul* near Ensenada to export natural gas

produced in the U.S. into Mexico and then re-export the liquefied natural gas, or LNG, to countries that don't have free-trade agreements with the U.S. *Energía Costa Azul*, known by its initials as ECA, already has import capability but Sempra is looking to invest billions into adding an export component. A final investment decision is expected by the end of this year.

"ECA LNG will source natural gas from some of the fastest-growing production regions in the U.S. and provide our customers with a competitive advantage in accessing world markets, especially Asia," Sempra chief operating officer Joe Householder said in an email. Householder is in Shanghai this week as the company prepares to take part in an international LNG conference that brings together the most significant players in the sector. Japan has long been the world's biggest customer for LNG and in 2017 China passed South Korea for the No. 2 position.

Sempra considers constructing an LNG facility attractive because it provides direct access to Asian markets without having to pay tolls through the Panama Canal. It also cuts delivery time from about 21 days to about 11 days.

In the liquefaction process, natural gas is cooled to minus-260 degrees Fahrenheit and turned into liquid. It can then be transported on container ships. At its destination, the LNG is turned back into its gaseous state. LNG processing units are called "trains" and in the first phase of the proposed *Costa Azul* project, one train would be located next to the

existing terminal and the second phase would see the construction of two more trains.

The authorizations from the Department of Energy allow the export of 636 billion cubic feet a year of U.S.-sourced LNG. Phase 2 will require additional approval to export the full expected capacity. *Costa Azul* began commercial operations in 2008. Last November, Sempra subsidiaries -- IEnova of Mexico and Sempra LNG -- signed non-binding agreements with Total of France, and Mitsui and Tokyo Gas of Japan to take 2.4 million tons per year of LNG from *Costa Azul's* first phase. Total also signed a memorandum of understanding to take 9 million tons per year in Phase 2. The deals are contingent on the expansion plans going forward. The gas to supply the *Costa Azul* exports would come via pipeline from the Permian Basin in West Texas and eastern New Mexico.

The Department of Energy authorizations are "steps in the right direction," said Charlie Cone, LNG proprietary analyst for energy data provider Genscape. "It provides investors confidence." Sempra is making massive investments in LNG export projects. The company is the majority partner in a \$10 billion facility called Cameron LNG on the Gulf Coast of Louisiana that is scheduled to open by the end of June.

Sempra has also lined up prospective customers in South Korea and Poland for another proposed facility, called Port Arthur LNG on the Texas coast. The company expects to make a final investment decision on Port Arthur at the end of the year or the first quarter of next year.

LOCAL & WORLD NEWS

Sign up now for CUBAR Rally next fall from San Diego to La Paz, Mexico...

...planning for next fall's 910 nautical mile race is well under way, with a kickoff dinner set for May 18 at the San Diego Yacht Club. The event, which is open to powerboats with a minimum range of 450 nm at 8.5 knots, is one of the major rallies on the West Coast held every two years, and includes shore parties, overnight cruises, fishing, kayaking, dinghy explorations and all the fun & challenges involved in blue-water cruising. This year's event starts on Nov. 4 and is expected to end in La Paz on Nov. 20, with stops along the way. The name CUBAR stands for Cruise Underway to Baja Rally, and the event dates to 2007, when Bruce Kessler, the circumnavigator and film producer, held the first one, organized by the Del Ray Yacht Club. It was called FUBAR then, standing for Fleet Underway to Baja Rally, or whatever. The last rally, in 2017, was organized by the San Diego club. It had 34 boats, ranging from a 28-foot Skipjack to an 80-foot Ocean Alexander, and the fleet was divided into three groups, according to boat speed. This year the club expects more boats, with a cutoff of 50 because of slip limitations along the way. Members of the SDYC have first preference, but the rally is open to everyone. So far, the smallest boat registered is 45 feet; the largest, 80 feet. The first stop is in Ensenada, where everyone clears

Customs and takes part in a welcoming party on shore. Then there's the longest leg, 282 nm, to Turtle Bay. Other stops include Magdalena Bay and San Jose del Cabo. Going south, the fleet enjoys following seas for a comfortable ride. And the concept of a rally, with many other boats, offers safety in numbers and experience. There also will be mechanical, communications and medical personnel on the trip.

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From Front Page...

The Incredible Journey of *Pasta y Basta*: From Bergamo to Baja & Beyond

How some of the finest Italian cuisine found anywhere on our planet ended up in Rosarito is the subject of this tale. Please trust us, however, that mere words will never be able to do justice to the exquisite creations of Chef Christian Gritti.

The restaurant's story began five generations ago in the historic city of *Bergamo* (roughly translated as "mountain home") in Northern Italy's majestic Alps but, in reality it actually had its genesis in 49 AD when the tiny mountain village then known as *Bergomom* came into existence. By the time the young son of the time-honored Gritti family of culinary magicians began training (almost 2000 years later), the walled (in 600 AD) city of *Bergamo* had grown to 120,000 residents.

Fast forward to 2013 when Christian came to San Diego to help open *Buona Forchetta*. The owner of the *trattoria* is from *Bergamo* and he was looking for a real Italian chef to help him launch his new venture, Christian was already a pro, armed with a wealth of classic recipes and his Italian culinary school experience where he graduated top of his class. These blended with his experiences of watching his grandfather, grandmother, uncle and father cook in the family *ristorante*. The young culinary master met Bonnie, the love of his life, when she and her girlfriends fortuitously chose to dine at the restaurant.

Let's let Christian pick up the narrative. "Bonnie and I were married at the Rosarito Beach Hotel in 2014. We feel like we are part of a family in this community who have essentially seen our business develop and our own family...we have two sons...Sebastian (3) and Maximilian (2) ... grow. I first started as a private chef to Americans living in Rosarito. I would host *pasta* making classes out of our home. I would also sell my own (house made) olive oil, *limoncello*, and fresh *pasta* to the locals and also to restaurant so when we decided to open a restaurant we already had a following. We started *Pasta y Basta* very humbly in June of 2015, right after we found out that my wife was pregnant with our first child. It was just a small restaurant with only six tables.

The first day we opened our restaurant's doors we had 67 customers booked for dinner. At that time, I was the only cook in the kitchen, working hard with the intense labor process of making fresh *pasta*. I have always made a weekly special on Tuesdays with what I find is the freshest when I do my weekly grocery shopping. It's always something inspirational but also traditional.

"In October of 2017 we started our Spaghetti Fundraising Dinners to help out local non-profits, We prepare a multi course meal, and allow the charities to name the price of the tickets. All the profits from the event are given to them.

We have hosted Baja (CA) Spay & Neuter, All The Pretty Horses and Hearts of Baja to name a few. If you know of a non-profit that would be interested in doing this we would love to give back to the community that has supported our family so much. There are so many worthy causes in Baja.

Before we talk about the new Baja location, let's revisit *Bergamo*!

"Our love blossomed in *Citta Alta* (the ancient upper city). Harvard University is presently studying it as the best representation of medieval architecture in western Europe because it was untouched in the wars due to its location nestled in the foothills of the Alps. *Bergamo* has a completely intact Venetian Wall that was built by the Venetians in 600 AD. The city itself consists of *Citta Alta* and *Citta Basa*, which is bigger but is not as historic and is more metropolitan, *Bergamo* itself is located about an hour outside of Milan and is also near the famous Lake *Como*."

This was a perfect yet unexpected segue to discuss the new expanded location of *Pasta y Basta*.

"We outgrew our original location months ago, with people waiting outside on the boulevard for more than 30 minutes for an available table. The new location opened on March 22nd, but we didn't tell anyone; we just put up a sign at the old location to walk 50 meters south to the new and improved *Pasta y Basta*. We made the formal announcement to family and friends on March 26th. We wanted to have a soft opening to make sure we were a well-oiled machine since with the larger space (we can now seat 70) and significantly more employees (currently up to 12) we needed to be sure we did everything possible to maintain our coveted 5 star rating. On April 4th, we made the big announcement to the over 5,000 customers that follow us on social media and that receive our weekly e-mails. We have already made good use of the bigger space as we now have served more customers on a daily basis than we could ever have accommodated in our original space."

"Here are some additional pertinent details. We're just 50 meters south (on the same side of the boulevard) from our original location just a mile south of the Rosarito Beach Hotel; we now open at 2 pm; we are open from 2-9:30 PM Tuesdays through Saturdays & from 2-8:30 PM on Sundays. We are closed on Mondays. We turned two office spaces that had never held a kitchen into a new & improved *Pasta y Basta* which includes a new & improved custom kitchen with all new commercial-grade appliances. The totally air-conditioned restaurant itself seats 70 people (more than double what we used to seat), and also includes a full bar. The decor includes lots of very tasteful custom art

and wood pieces, a four foot long three-dimensional wall mounted sculpture of Italy made entirely from corks, beautiful on-canvas giclees (prints) of my hometown & city as well as a custom glass carving created by our renowned local glass sculptor Jorge Luna, An award-winning lighting consultant has succeeded in giving the entire space an amazing amber glow.. Over 300 wine bottles have been cut and placed to transform into unique art throughout the entire location. Our customers are so happy with our custom made maple dining chairs with very comfortable cushioned seating. You'll also be able to view the beautiful hand-carved hutch ('*Famiglia Gritti*) made by my wife's father.. Yes, we're wheelchair accessible, and we've got lots of parking. Please note that the Local Department of Health and Sanitation does not allow pets inside of restaurants & we must comply. BUT we are happy to inform everyone that we now have an OUTSIDE patio in front of *Pasta y Basta* where pets ARE allowed."

"You may have noticed that we have a brand new logo: a sun with spaghetti-shaped rays of light signifying the popular sunny tourist destination that Rosarito is...and our fresh *pasta* that we are known for. We needed to have a nice logo for the future plans we have, so stay tuned! We love that we have a view of the ocean. The sunsets are beautiful & we tried to recreate the ambience of our original location while being both cozy & elegant. My wife calls it rustic elegance." We asked Christian to share his personal thoughts about, first the new *Pasta y Basta* space and to close with his feelings about what his incredible talented family team has accomplished.. We think you will enjoy them both.

"Re: the new space, originally we thought about painting murals on the walls. but we felt that showing our customers the actual beauty of the *Bergamo* area where the inspiration for *Pasta y Basta* was both more genuine & inspirational. We really wanted to transport our guests to my ancestral home, especially since our mission is to bring a taste of Italy to Baja California. You will also see actual photos of my village of just 900 residents, a bit higher up the mountain from *Bergamo*, a popular summer destination for inhabitants of *Milan* who want to enjoy the cooler cleaner mountain air. In the winter, the thermal spas merge nicely with the wonderful downhill skiing..My family has owned a hotel/restaurant in the area called *Hotel Posta* since 1896. *Posta* translates to Post Office. It was named this because the Grittis, a hard working family, also ran the local post office. I am the 5th generation in my family to be a chef and to work in the food service & hospitality industry. Today my uncle runs the hotel. I had my

first role as Chef in the hotel's restaurant. My father owns a pizza restaurant so growing up after school and on weekends I would be making pizza with his father. it was a busy place and I was able to make 100 pizzas an hour by myself. I also worked as a chef in *Rapallo* on the Italian Riviera, the home of *focaccia* and *pesto*!"

We asked him to wrap up what we could expect from *Pasta y Basta* in the future (from *Bergamo* to *Baja*, if you will) starting squarely placed in the present.

:Each region of Italy has its own type of *ravioli*. At *Rapallo* it is *pansotti*, a pot-bellied looking *ravioli* filled with *ricotta* and spinach & served with *pesto* sauce. I created my own spin on this *pasta* at *Pasta y Basta*. Instead of making *pansotti* with *pasta* dough I make it out of *gnocchi dough* (a *pasta* made out of potatoes instead of just flour) and I call this creation *raviocchi* (a *ravioli* made from *gnocchi* dough and stuffed with *ricotta* & spinach). I also serve this with *pesto* sauce. I also serve *casoncelli* this is the *ravioli* that originated in my area, *Bergamo*. It's *ravioli* stuffed with pork, parsley, garlic and served with *parmesan* cheese, butter, sage and *pancetta*."

In closing, he told us that *Pasta y Basta*'s complete menu is located on their website:

<http://www.pastaybastarosarito.com>. Some popular items are their grilled octopus appetizer & their *antipasto Italiano* (which is a mixture of cured meats, cheeses, olives and *bruschetta*). Some of his favorite salads are on the menu, as well. He told us that big salads are not typical in Italy but that a lot of *Pasta y Basta*'s customers love big salads. *Insalata della Bonnie*, named after his wife, is one of his favorites. It's a combination of spinach, goat cheese, walnuts, beets, red onions and house vinaigrette. He laughingly told us that there is also a pizza named after her called the *Princepsa* (hahahaha)! It's a very popular pizza with tomato sauce, *mozzarella*, and mushrooms, It's cooked and THEN topped with fresh *arugula*, *burrata* cheese, *prosciutto*, and shaved *parmesan*. He finally closed with this amazing bit of information: "I built the brick pizza oven at the new location by myself! It is an improvement from our old place because this oven gets hotter and this cooks the pizza quicker which provides it with an airier crust.. We import our pizza flour directly from Italy and we only use fresh yeast. Our *pastas* are all handmade fresh. No dry *pasta* ever! Dry *pasta* is only made with two ingredients: flour and water while our fresh *pasta* has four ingredients. If you've never tried fresh *pasta* you must try it. It quite unique to find an Italian restaurant that sells fresh *pasta*. It is a very labor intensive process. And finally, in closing (and for the perfect closing touch to every meal) the chef makes his own *limoncello* as well, which is an after-dinner digestive. See you at *Pasta y Basta* soon!!!!

Spending Your Golden Years in a Foreign Country

Written by Nilus Mattive

I just got back from a week driving around Baja, Mexico with my wife and daughter, and we had a terrific time. You might think it's a little crazy to spend spring break taking a Jeep an hour off the nearest paved road just to find a secluded surf spot but it's par for the course in our family. Heck last year we were in El Salvador – a country that has one of the highest crime rates in the world – doing pretty much the same thing. I admit, it's easy to let the headlines scare you off. But for me, it is precisely that kind of sensationalism that creates opportunities for savvy travelers.

Spring Break in Baja

In Baja, we stayed in a luxurious house with a clear view of the best surf break in the area for less than I've paid at a budget hotel in Florida. *Tacos* at the local stand ran \$11 for our whole family of three. In the *Valle de Guadalupe* wine area, we drank very good local *Bordeaux* blends for a third of what their French or California equivalents go for. And a quick look at the local *Farmacia* would show you ridiculously low prices for some of the same medicines U.S. residents pay a fortune for. I never felt threatened. It was very easy to get around and communicate with a limited amount of Spanish. The people are super friendly and helpful. There are plenty of U.S. retirees living in Baja for precisely these reasons. You can literally move one hour across the border from San Diego and get the same basic life for a fraction of the price. Obviously, that's not for everyone and you do give up plenty of things in the

process.

Travel Opportunities

But I'm telling you all of this because it highlights some of the opportunities that are available outside of the United States ... opportunities that can be reached in less than six hours from most major U.S. cities.

So let me ask: Would you ever consider retiring to a foreign country? I've been all around the world – from South Africa to India ... many countries in Europe ... and throughout much of Latin America. And quite frankly, I could have stayed in just about any of the places I visited for months on end. More importantly, just about everywhere I've been I've met fellow Americans who are doing just that – living out their dreams in picturesque towns that most people only see on postcards. Indeed, more and more U.S. citizens are choosing to live abroad – even if it's just through VERY extended vacations – so they can stretch their retirement dollars further, gain access to affordable medical care, have new adventures, even hire personal assistants for less than a daily meal at McDonald's. Consider Panama, a country I visited back in 2001 ...

Panama

There are spectacular and affordable beachfront condos that you can rent for a few hundred bucks a month. And on the kind of budget that wouldn't even cover rent here in the U.S., an expat can retire in impressive comfort in Panama, thanks in part to the country's special *Pensionado* program. You've probably heard of it – a special program that allows income-earning foreign retirees

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to obtain indefinite residence in the country plus get a whole host of other benefits including big discounts on movies, concerts, bus fares, medical services, and a whole array of other things. Or what about Thailand, which I traveled to ten years ago ...

Thailand

I personally know a number of U.S. citizens who now live there at a fraction of what they spent here. I'm talking about personal chefs, nightly massages, high-speed Internet connections, and beachfront accommodations for less than renting an apartment in Philadelphia or Kansas City.

Other Places to Consider...

And although it's still on my "to visit" list, Ecuador also provides an attractive package for American retirees – including discounts on many services plus the ability to participate in the country's national retirement system for

about \$60 a month. I could keep going all day ... Nicaragua, Costa Rica, Malaysia, and countless other places that provide bountiful benefits worth exploring. Heck, I have one friend near retirement who plans on buying a sailboat and spending the first part of his golden years going wherever he wants!

At the end of the day, the point I'm trying to drive home is that increasing income is certainly one way to better your situation no matter what your age. But changing your perspective, cutting costs, and considering less-traveled paths is certainly another – and complementary – way to get the things you want out of life. So get out there and do some research. You'll be amazed at what you find. And if you're already living your dream, don't hesitate to tell your friends all about it the richer life you've discovered.

LOCAL & WORLD NEWS

A New Take on Mexico Paying For The Wall...

In the past several months, miles of razor wire has been put up by U.S. authorities along the southern border in hopes of deterring crossings by illegal immigrants. It appears that thieves in the Mexican city of Tijuana have taken a jab at President Donald Trump's efforts to tighten border security by stealing the razor wire and reselling it to Mexican locals, according to The Guardian. People living in the neighborhoods close to the U.S. border told the Tijuana based television station XETW 12 that individuals have offered to sell them stolen cantina wire and install it in their homes for 40 pesos per household, which amounts to just over \$2.

According to XETW 12, 200 incidents of the kind have occurred so far with 15 people arrested for stealing barbed wire that matched the type used on the wall,

but none of those arrested were held for long. A local woman named Verónica told the Mexican newspaper *El Sol de Tijuana* that the man selling the wire was not from Mexico. "It was an American punk: blue eyes, blond hair. He didn't speak Spanish very well," she said. She told the paper that the man pushed a shopping cart full of cantina wire through the streets of her neighborhood, peddling his stolen wares to the residents. "If we'd known it was from the wall, one wouldn't have bought anything," she said. Miles of cantina wire has been installed since President Trump declared the situation at the U.S./Mexico border a national emergency. The barbed wire seems to be appealing to the people of Tijuana considering that, according to the Mexican think tank Citizens' Council for Public Security and Criminal Justice, the

city is the most murderous in the world, with a homicide rate of 138 per 100,000 residents. Local law enforcement places the blame for the rise in violence on drug dealing disputes, especially the market for methamphetamines.

It appears the President was correct when he said Mexico would pay for the wall, but we don't think this is quite what he had in mind when he said it on the campaign trail.

Record Years for Tourism in Baja...

the dip in tourism experienced by local businesses since last November has not impacted the region's long-term numbers. As violence reached record levels in Baja California in 2017 and 2018, so did tourism. The trend was mirrored nationally. Mexico remained the top destination for U.S. travelers, according to the U.S. National Travel and Tourism Office. People who only traveled across the border for one night

increased by 17 percent nationally between 2017 and 2018. For some, Mexico is the only affordable international vacation. Others continue to travel for access to healthcare and dentistry. With 36 million Mexican-Americans living in the U.S., many continue to travel to see family or for the cultural connection. Some want to push back against Trump's comments by showing Mexican patriotism with their tourism dollars. In Tijuana, the tourism business was up overall for the year. Tijuana's Tourism and Convention committee reported a 9 percent increase in tourism between 2017 and 2018. Escobedo said comparing the months of February 2018 to February 2019, there was a 21 percent increase in tourism in Baja California. Business leaders said those numbers don't diminish the negative impact to local Baja California business owners if the border is closed, even briefly, like it was in Tijuana last November & December.

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