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La Revista de Baja California Sur

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Baja Sur Arts,
Culture & Adventure

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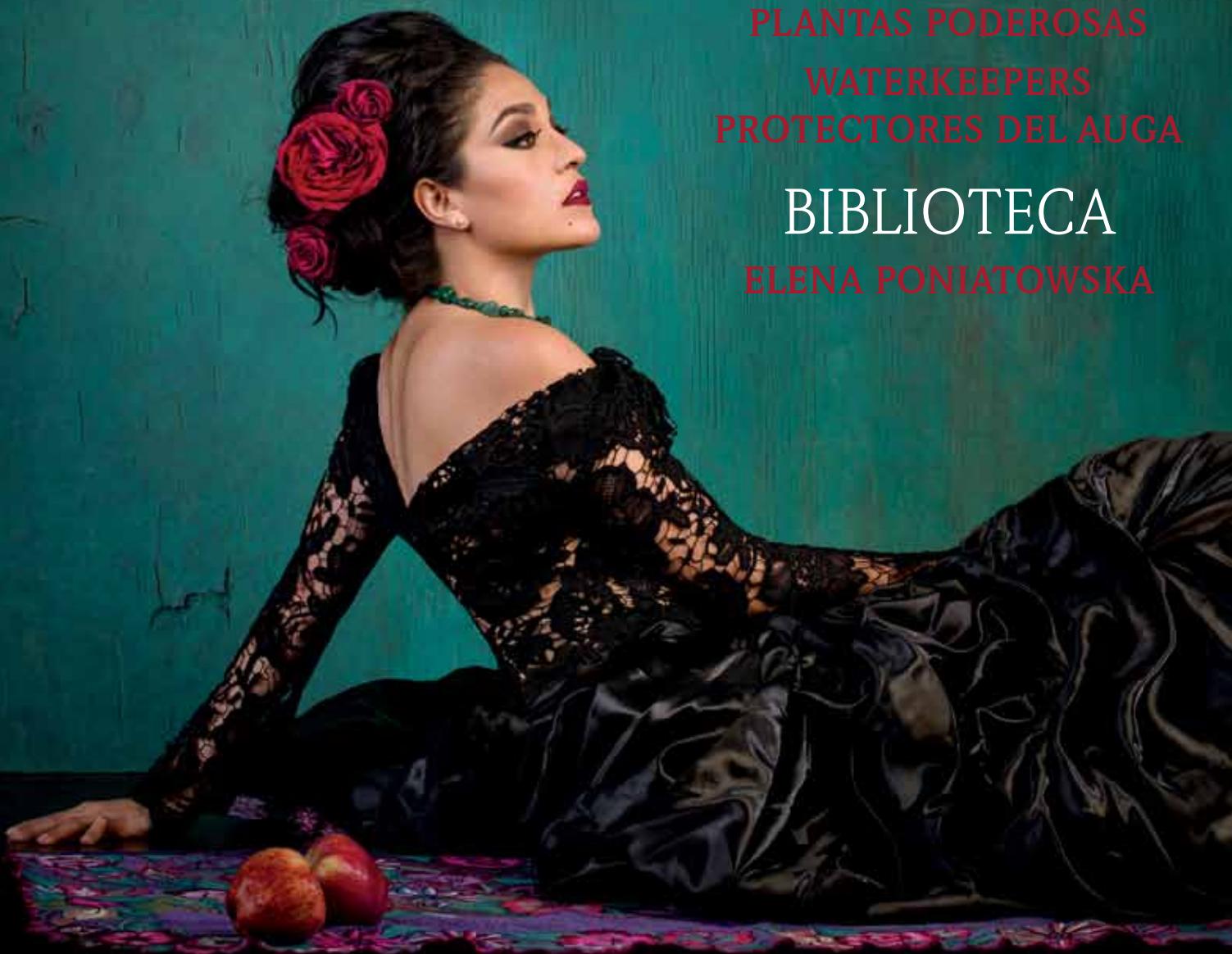
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BAJA

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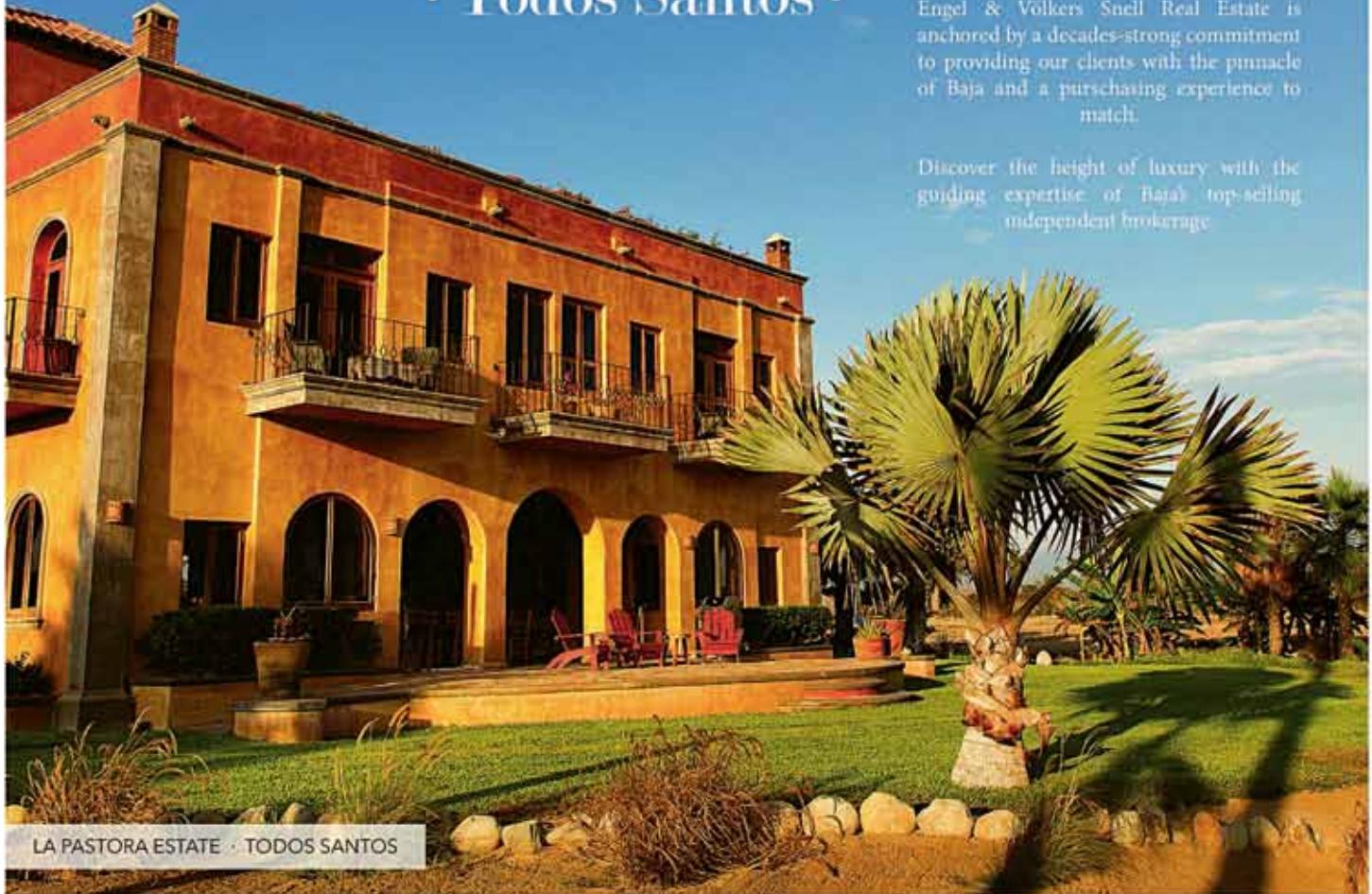
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GASTROVINO

BAJA FOOD & WINE FESTIVAL

by McCandless K. Sutton

The gastronomical paradise of Todos Santos encompasses the abundance of the Baja California peninsula in every way possible. We revel in our beloved backdrop of mountains, beaches, sunsets, and the energizing catalyst they provide for such a vibrant multi-cultural community. And then there's the food and wine, of course.

The land of the chiles, mangoes, avocados, bananas, basil and limes blends with the abundance from the sea—the snapper, shrimp, scallops, oysters, clams, *sierras*, tuna and more. Combine this bounty with Mexico's best wines and you have a perfect pairing in paradise. Crisp bubbles, refreshing whites, versatile rosés and a diverse range of structured reds all will be on display for your palate's GASTROVINO continued on page 5

por McCandless K. Sutton

traducido por Perla Garnica Duarte

El paraíso gastronómico de Todos Santos envuelve la abundancia de la península de la Baja California en todas formas posibles. Nos deleitamos en nuestras amadas montañas, playas, atardeceres, y la energía catalizadora que todo esto provee para esta comunidad multi-cultural. Y por supuesto con ello vienen el vino y la gastronomía.

La tierra de los chiles, mangos, aguacates, plátanos, albahaca y cítricos se mezcla con la abundancia del mar; los pargos, camarones, callos, ostiones, almejas, atunes y más. Combina estos generosos productos con lo mejor del vino Mexicano y obtendrás el perfecto maridaje en el paraíso. Espumosos, blancos refrescantes, rosados GASTROVINO continúa en página 6



GASTROVINO
BAJA FOOD & WINE FESTIVAL

Paraíso Gastronómico
5 · 6 · 7 MAYO 2017

www.gastrovino.mx

**PROUDLY PUBLISHED
& PRINTED IN MEXICO**

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FECHA LIMITE: 10 DE MAYO 2017



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GastroVino

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pleasure at the 6th annual GastroVino, Baja Food and Wine Festival!

On Sunday, May 7, in the Todos Santos plaza, Mexico's best winemakers will be on hand explaining about and showing off their wonderful creations. Some of Baja Sur's best chefs will be featuring their culinary creations, including Tadd Chapman, Dany Lamote and Javier Plascencia. Five of Todos Santos' notable artists will paint live in the plaza on Sunday: Jill Logan, Tori Sepulveda, Robert Wood, Brian McGuffey and the one and only Carlos Díaz Castro. The musical entertainment is sure to impress with the rocking soul of the beautiful Samantha Rae Band, of *La Voz México* fame, coming to town.

It is hoped that thousands of dollars will be raised at the 100% benefit silent auction for the Palapa Society of Todos Santos' programs and for the restoration of the children's park, *el Parque del Misión de San Juan*, which is by the original Jesuit mission in *barrio San Juan* at the north entrance to Todos Santos. Last year over \$8,000 USD was raised and over the past five years, the GastroVino Festival has raised \$32,500 USD for a variety of local organizations,

GASTROVINO continued on page 7

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GastroVino

continuó de página 3

muy versátiles y una diversa variedad de tintos bien estructurados, iestarán todos aquí para tu deleite en el 6^{to} Festival Anual GastroVino, *Baja Food and Wine Festival!*

El domingo 7 de mayo en la plaza pública de Todos Santos, algunos de los mejores viticultores estarán aquí para explicar y mostrar sus increíbles creaciones. Algunos de los mejores chef estarán presentando sus creaciones culinarias, incluyendo Tadd Chapman, Dany Lamote y Javier Plascencia. Cinco de los más reconocidos artistas del área estarán pintando en vivo en la plaza: Jill Logan, Tori Sepulveda, Roberto Wood, la novedad Brian McGuffey y el inigualable Carlos Díaz Castro. El entretenimiento musical seguro te dejará impresionado con el espíritu rockero de la increíble Samantha Rae y su banda (ganadora de La Voz México).

Es nuestra meta reunir miles de dólares en la subasta 100% a beneficio de los diferentes programas de La Palapa Society de Todos Santos y también a la restauración del Parque de San Juan, que está ubicado frente a la Antigua Misión Jesuita del barrio del Viejo San Juan, por la entrada norte a Todos Santos. El pasado festival recabó más de 8,000 dólares y en los pasados cinco años se ha recabado un total de 32,500 dólares para una variedad de instituciones locales, incluyendo bomberos, hogar del niño, internado y el DIF. Este año una variedad de piezas de arte, certificados de cenas, noches de hotel y mucho más será subastado al público.

El Viernes 5 de mayo por la noche arrancamos con nuestro primer evento, El Baile Blanco, será una elegante y divertida



noche con presentación de las niñas del vino, accesorios sexy and blanco y dorado, música de primera, muchas burbujas, rifa de vinos Premium, alfombra blanca con fotógrafo, una deliciosa selección de tapas, y los viticultores disfrutando con nosotros y platicándonos todo sobre sus vinos.

El GastroTour será el sábado 6 de mayo por la tarde, y nos ofrece una aventura gastronómica por el centro histórico de Todos Santos. Un viticultor y el chef crean un perfecto maridaje en cada uno de los restaurantes participantes. Después de recibir tu copa conmemorativa y mapa puedes arrancar el tour siguiendo a uno de nuestros guías o bien por tu cuenta.

El sábado a medio día también tenemos la Cata a Ciegas y será guiada por un experto representante de los vinos mexicanos. La fotógrafa de la imagen de GastroVino Kate Turning y su marido Steve Jacobi estarán defendiendo su corona compartida como ganadores de la Cata a Ciegas 2016.

El 6^{to} Festival GastroVino asegura un éxito y ser el mejor hasta ahora y el paraíso gastronómico de Todos Santos mostrara porque el Baja California Sur es un destino internacional para amantes del buen comer y el buen beber, ¡Salud!

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GastroVino

continued from page 5

including *los bomberos*, Hogar del Niño, the Internado, DIF and more. This year, a wide variety of artwork, dinner certificates, hotel getaways and more will be auctioned.

Friday night's kick-off event on May 5, the Blanco Ball, will be a wonderfully elegant evening featuring dancing wine nymphs, sexy souvenirs, great music, lots of bubbles, premium wine raffles, a white carpet with fashion photographers, a delicious selection of tapas, and winemakers mingling and discussing their various nectars.

The GastroTour takes place the evening of Saturday, May 6, and allows for a gastronomical adventure around the *centro histórico* of Todos Santos. A winemaker is paired with the chef of each restaurant to create the best *maridaje* possible. After receiving your commemorative glass and a map you're encouraged



to follow tour leaders or head out on your own downtown food and wine adventure.

Also during the day on Saturday, the BCS Wine Tasting Challenge takes place and is hosted by the head winemaker of Freixenet México from Querétaro. GastroVino artwork photographer Kate Turning and husband Steve Jacobi will be defending their shared-crown as reigning Blind Tasting champions!

The 6th Annual GastroVino Festival is sure to be the best yet and the gastronomical paradise of Todos Santos will be showcasing why Baja California Sur is an international destination for Baja food and wine lovers. *iSalud!*

See Events for more information. Tickets for all events are available at: **La Bodega de Todos Santos** and **El Tecolote Bookstore** in Todos Santos, GotBaja store in La Paz, and Pez Gordo Gallery at The Shoppes at Palmilla. For more information visit: Facebook: **Gastrovino Baja Food & Wine Festival / Gastrovino Fest Baja** or www.gastrovino.mx

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Tender Leaves Turned into True Art

by Abigail Amezquita, Corazón de Té

Tea is an art, a way of connecting with our inner being, a moment to be awake and present, with soothing and aromatic notes; a real delight, perhaps a time for perfect calmness.

The origins of tea are lost in time, according to legend however, the Chinese emperor Sheng Nung, also a herbalist, indoctrinated people to boil their water before drinking it. One day, resting under the shadow of a leafy camellia tree, a gentle breeze blew and a few loose leaves fell into his boiling water, becoming immersed with such delicacy, slowly infusing, creating the first cup of tea in the world.

What makes tea so delicate, elegant and pure? It is the whole process, from beginning to end. In India, the second largest tea producer in the world after China, the Institute of

Tea emphasizes the importance of this, which starts at the tea plantations, "Tender leaves are plucked carefully and wisely. Only the bud and the next two leaves—the young and small ones are plucked, so that the tea will be of the highest quality. With an empty sack over their shoulders, women ready for a long harvesting day gather at six in the morning. It is the delicacy of their fingers and their

wisdom at selecting the leaves—a hard job that requires patience and appreciation—that is the very first part of the process of making tea."

Like wine, tea's characteristics depend on the soil and region it grows in. There are four major types of tea—white, green, oolong and black—all derived from the same tree, the *Camellia sinensis*, and there are only two differences between the types: when the leaves are picked and their processing method. The different processing methods for these teas are what defines their personality and benefits. The caffeine content also varies depending on the type of tea. White and green have the least

amount of caffeine, followed by oolong with a little more, and finally black with the highest caffeine content. Each is a true piece of art for the palate.

TENDER TEA continued on page 51



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Medicine Men and Plant Power in Baja Sur

by / por Bryan Jáuregui
Todos Santos Eco Adventures



fotos de plantas por / plants by Kaia Thomson
Barrel cactus / Biznaga

Only a limited number of reasons come to mind when considering why someone would willingly allow themselves to be bitten by a venomous snake. There is, of course, suicide by snake—popularized by Cleopatra who reputedly smuggled an asp (cobra) into her chambers to kill herself and her hand maidens as Egypt fell to the Romans. Closely related is spirituality by snake, in which believers handle venomous snakes as a testament to their faith. The snakes snuff out the posers. And then there is science by snake, in which investigators inject themselves with venom to build up immunity, then test that immunity with actual snake bites (see suicide by snake).

So when Catarino Rosas Espinosa, widely known as Don Cata, said that his father deliberately provoked a rattlesnake to bite him, it's initially difficult to make sense of the story. Don Cata's father, Hipólito Rosas, was a renowned *curandero*, or healer, in the Sierra La Laguna mountains of Baja California Sur (BCS). Born in 1890, Hipólito was growing up at the height of the mining frenzy in BCS, a time when many Europeans were moving to Baja and bringing more "advanced" notions of medicine and civilized society. It was a time that saw a huge influx of grand pianos into the state as a reflection of increasing wealth, and a rapid decline in the number of people experienced in the traditional healing arts. People wanted to purchase their cures over the counter.

Although he worked for the mines for a time, Hipólito did not embrace all the modernizations brought by the

Los Curanderos y las Plantas Poderosas de Baja California Sur

traducido por Ricardo Madrazo

Es un número limitado de razones las que vienen a la mente al preguntarse por qué alguien dejaría ser mordido por una serpiente venenosa. Una, por supuesto, es el suicidio por mordedura, popularizada por Cleopatra quien supuestamente introdujo una cobra en su alcoba para suicidarse y matar a sus doncellas de cuando Egipto cayó ante los romanos. Otra razón podría ser la prueba espiritual, en cual los creyentes manejan las serpientes venenosas como una muestra de su fe. Las serpientes se encargan de los charlatanes. Y otro motivo es el estudio científico, en la cual los investigadores se inyectan veneno para aumentar la inmunidad y luego prueban esa inmunidad al dejarse morder por especímenes vivos (a veces parecido al suicidio por serpiente).

Así que cuando Catarino Rosas Espinosa, mejor conocido como Don Cata, dijo que su padre provocó a una serpiente de cascabel para que lo mordiera, es difícil dar sentido a la historia. El padre de Don Cata, Hipólito Rosas, era un renombrado curandero en la Sierra La Laguna de Baja California Sur (BCS). Nacido en 1890, Hipólito creció durante el auge minero en BCS, época en la que muchos europeos se trasladaron a Baja California junto con sus nociones "más avanzadas" de medicina y sociedad. Fue una época que vio una gran flujo de pianos de cola hacia el estado, como un reflejo de la creciente riqueza, y un rápido descenso en el número de personas con conocimiento de las artes curativas tradicionales. La gente buscaba más y más la medicina moderna.

LOS CURANDEROS continúa en página 28



Doña Luz & Don Cata

Europeans. In fact, the Europeanization of local culture prompted him to seek out those who had been practicing traditional medicine in Baja long before the arrival of even the first wave of Europeans almost 500 years ago: he sought out families in the Sierras who still have the blood of the now largely extinct native peoples of BCS—the Guaycura and the Pericú—running through their veins. Under their tutelage he became a great healer renowned throughout BCS, working with 81 plants in the area that have healing properties, and using them to treat everything from allergies and bug bites, to cancer and diabetes. But the most important lesson he learned, and the one he felt most critical to impart to his son Catarino, is the power of mind over matter.

By the time he was a teenager Don Cata was already an accomplished healer himself, having worked alongside his father since he was a small child. He saw that with every single patient Hipólito would end the consultation with a pep talk, telling the patient that everything was going to be fine. Don Cata says his father was cueing his patients' minds to help heal their bodies. When Don Cata turned 16, Hipólito decided it was time to make flesh this lesson of mind over matter, and so set the rattlesnake upon his son.

Today Don Cata is a very healthy and youthful 65 years old, but he can still remember vividly the painful, lethal venom coursing through his veins, and the intense struggle to dominate it with his mind, to keep it from reaching his heart. He says that power of positive thinking, of the mind dominating the body, is critical to good health, and one of the best ways we can help ourselves prevent and/or recover from illness and injury. But how does one get a mind that is so powerful it can stop rattlesnake venom from reaching the heart? Plants. Says Don Cata, "I like to look for plants that have very long lives, lives that are longer than ours, old plants that are full of sustainable, renewable energy. When I see a really large, obviously old tree, I hug that tree with my whole body and with lots of love, and that tree shares its energy with me. When I go up in the mountains, I prepare tea from the root of a long-lived fern that grows there, and every day I drink three cups of this tea just before bed. I consider problems I need to resolve or areas in which I need help, and after drinking this tea at night solutions and knowledge come to me. After 15 days

MEDICINE MEN continued on page 12



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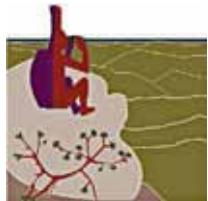
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Medicine Men

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in the mountains of drinking this tea every day and walking in a different altitude, I have great clarity of mind and feel like a young man when I return to my ranch."

Omar Piña is a 39 year-old traditional Mexican medicine expert who has studied with native peoples, shamans, *curanderos* and *rancheros* throughout Mexico. Omar, who holds several certifications in holistic health, says that traditional medicine is "based on a harmonious relationship with all the elements of the earth with whom human beings coexist, *but do not master*. [Emphasis is the author's.] Many diseases and natural phenomena that affect people's health are associated with a poor relationship with the beings of nature." Omar, whose father is an MD, notes that in Western medicine, if a process cannot be readily understood it is generally dismissed. But Omar, Don Cata and other practitioners believe that people can connect with the spirit of the plant, and that plants can both heal you and prevent disease, whether this is an explicable phenomenon or not. All these healers have their go-to plants for particular ailments and issues (see "The Power of Plants in Your Baja Garden") but they all believe that how you deal with the plant has as big an impact on the results that you may get as any chemical properties inherent to the plant itself. Explains Don Cata, "You must transmit love to the plant and give thanks to the plant, as well as the land and the earth, otherwise it will die. We never take the whole plant for a medicine; we just take what we need." Omar agrees. "To reap the full benefits of the healing or restorative properties of the plant, you must ask the plant for help. When people have a physical symptom, they must ask for the help so that they can start looking deeper for the root of the problem in their souls."

Omar says that the *rancheros* of BCS, like Don Cata, are fully responsible for their emotional and physical well-being in ways that many of us in the West are not. "In modern times we have such large egos we think we can solve everything, but we cannot. We just want to take a pill for the problem, without digging deeper into its origins. The Baja *rancheros* and the native peoples of Mexico have so much respect for the earth, the things we cannot see, and for being connected to everything around us."

Omar is living testimony to the power of plants to heal one's soul and maintain balance in life. In 2010 Omar's brother was kidnapped in Monterrey N.L., and has never been seen or heard from again. The shock of such an almost unimaginable event caused Omar's mother to suffer a stroke, and plunged Omar into a profound emotional crisis. But, says Omar, "In this most difficult moment of my life, traditional medicine and plants taught me so much about life and spirituality, and brought me back to emotional health. It is this inner process of healing myself, of healing my soul, of finding balance with the help of the plants that I want to share with others." The kidnapping of your brother—that's a lot of venom for your mind to keep away from your heart.



Omar Piña

Carlos Castaneda, the famed author who wrote several books about the teachings of a Mexican shaman concluded, "The aim is to balance the terror of being alive with the wonder of being alive." Omar has succeeded in doing just that, and sharing this knowledge is now his life's work. "Traditional medicine is sacred, it comes from god, it's related to god" says Omar. "It is of and for the community—it belongs to everyone." Don Cata agrees. People throughout the Sierras seek him out for healing, but he feels that his main purpose is to teach them how to use the plants themselves. "When friends visit, or when I'm working on projects on ranches with others, I always try to give them the knowledge for themselves and their families, and encourage them to pass it on to others."

The great Prussian naturalist Alexander von Humboldt wrote, "Nature everywhere speaks to man in a voice familiar to his soul." Man just needs to open himself to hear that voice. Mind over matter.

Since 2002 Todos Santos Eco Adventures (TOSEA) has been providing visitors with opportunities to explore, celebrate and help conserve the magnificently diverse ecosystems of Baja. TOSEA offers whale and bird-watching trips in the Pacific lagoons, treks and ranchero culture programs in the Sierra la Laguna mountains, Sea Turtle Camp and surfing surfaris on the Pacific coast, and kayaking, "glamping," whale shark and sea lion adventures in the Sea of Cortez. www.TOSEA.net. (612) 145-0189.

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Art Talk

by Kate Turning

STALKING OR CONJURING THE DECISIVE MOMENT

There are as many ways of seeing as there are points of view. In analyzing the creative methods of photographers realizing their vision, I think we can boil it down to two paths to reach a single magic destination—the choice of process as Hunter or Director in the pursuit of “The Decisive Moment.”

The great European Master, Henri Cartier-Bresson—street photographer, founder of Magnum and collaborator with Matisse and Miró—conceived the concept of the Decisive Moment. What Cartier-Bresson understood is best explained by this quote from a letter written to his friend, the surrealist Jean Cocteau:

“Photography is the simultaneous recognition, in a fraction of a second, of the significance of an event as well as of a precise organization of forms which give it meaning.”

The Decisive Moment is about the aesthetics of coincidence, and the faith to follow one’s intuition.

There is nothing in this world that does not have this split second of perfect expression. The secret is to recognize and seize its flickering spark. In the end, only one perfect image will shine through. Create it from the mind, stalk it in the street, or wait for it to appear—it’s only a matter of process.

That half-second that you have when a man is jumping over a puddle, when a couple embraces for a kiss in a crowded square, or when an egret swoops in to land in a freshly plowed field. This image is fleeting; once you miss that instant to capture that moment, it is gone forever. You can never recreate the same circumstances in terms of location and people, light or emotion. It’s this search for the perfect



Kate Turning, photo: Steve Jacobi

Acechando o Conjurando el Momento Decisivo

traducido por Elena Ascencio-Ibáñez

Hay tantas maneras de ver como hay puntos de vista. Al analizar los métodos creativos de los fotógrafos haciendo realidad su visión, pienso que podemos reducirlos a dos caminos para alcanzar un solo destino mágico—la elección de procesar como Cazador o como Director en la búsqueda del Momento Decisivo.

El gran Maestro Europeo, Henri Cartier-Bresson—fotógrafo de la calle, fundador de Magnum y colaborador de Matisse y de Miró—concibió el concepto del “Momento Decisivo.” Lo que Cartier-Bresson entendió se explica mejor con una cita suya contenida en una carta escrita a su amigo, el surrealista Jean Cocteau:

“La fotografía es el reconocimiento simultáneo, en una fracción de un segundo, de la importancia de un evento y de una precisa organización de formas que le dan significado.”

EL MOMENTO DECISIVO cont. en página 48



Kate Turning
photographer and fine artist

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synchronicity that defines the approach of The Hunter. We use the phrase to “capture an image” to indicate stalking a visual prey, hiding just out of our experience that reveals itself in the instant in an angle of sunlight or shadow. If we hone our awareness of light and sharpen our technical abilities as well as our patience, we will be ready to capture the Decisive Moment when it presents itself.

A brilliant and unexpected moment can never be truly recreated, but it can be reframed, stripped down or embellished. Photographically retelling a visual idea or story in a fantastic, tragic or heartfelt way to fulfill a unique vision and artistic intent is the quest of The Director. The story and parts of the picture are already clear and formed in the mind’s eye, now to be idealized and presented using all the tools available to photographers—whether in the studio or in the natural world. A beautiful example of this is the Depression Era photography of Margaret Bourke-White. Her portraits of Dust Bowl survivors are highly stylized and the situations manipulated and courageously directed to heighten and romanticize the tragedy that was playing out in front of her lens.

In the end, both disciplines hold sway. I may be inspired and informed by a snippet of life or a shard of light seen while on an image hunt or walkabout. Conversely, I may add my own additional direction to a scene by adding physical objects, or directing the activities or emotions of my subjects. I may return to a location to observe the light at several times of day. As I plan, my image will be defined by all the choices that I make. It’s the synergy of these two concepts of the photographic process working in tandem, and the power to recognize the Decisive Moment, that can lead us every once in a while to creating those perfect and profound pictures that are true photographic treasures.

Kate Turning lives in Todos Santos with her husband and production partner Steve Jacobi and her two beloved Saluki hounds. You can see more of her photography at www.turningpix.com or view her fine art at Galería de Todos Santos.

PHOTO CREDITS

Cover:

Photo: Kate Turning, www.turningpix.com

Model: Divier Guive @divierproject

Hair & Makeup: Martin Juan Carlos and Isabel, W Salon, La Paz

Wardrobe Styling: Noel Cianci

Dress: Yolanda Guillen, @yolandaguillenfancydesign

Jewelry: Uh Charms www.uhcharms.com

Production: Steve Jacobi

Champagne (page 3):

Photo: Kate Turning, www.turningpix.com

Model: May Lopez

Hair & Makeup: Robin Austin

Wardrobe Styling: Noel Cianci

Clothing and Accessories: Sabora @saborastore, Cabo San Lucas

Production: Steve Jacobi

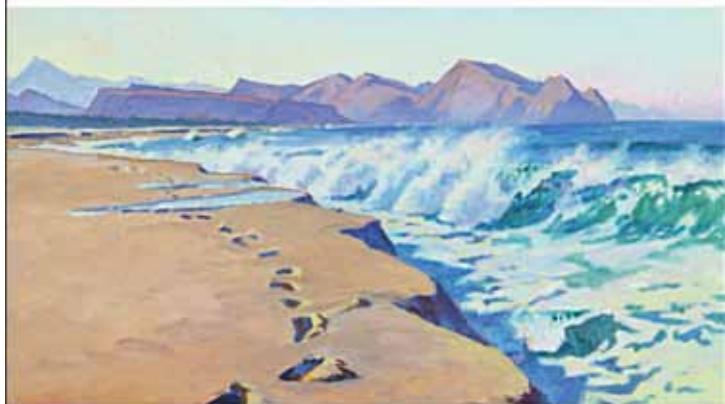
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The Power of Plants in Your Baja Garden

by Bryan Jáuregui
Todos Santos Eco Adventures

photos by Kaia Thomson

Nopal cactus

Many common plants on your Baja property or nearby areas have strong healing powers. Here are a few of the most common from Omar's list. Please contact a specialist like Omar to confirm dosages and proper preparation techniques.

PALO DE ARCO. Teas, tinctures and microdoses from the leaves and flowers of this common Baja plant are good for stomach infections and balancing blood sugar levels.

PITAHAYA DULCE. The pulp in the center of this spiny cactus has anti-inflammatory and antiseptic properties and is good for poisonous bites and smaller cuts.

CARDÓN CACTUS. The pulpy flesh of the cardón can be put directly into larger wounds, like machete cuts, and held in place with a bandage. The cardón pulp aids healing and prevents infection.

LOMBOY TREE. The sap of the lomboy is a strong coagulant and can be put directly on wounds or cuts to stop bleeding.

ALOE VERA. The sap of the aloe vera is an excellent topical treatment for burns, scratches and cuts. It also has many uses when taken internally, including boosting the immune system, and alleviating gastritis and constipation. It can even help shrink tumors.

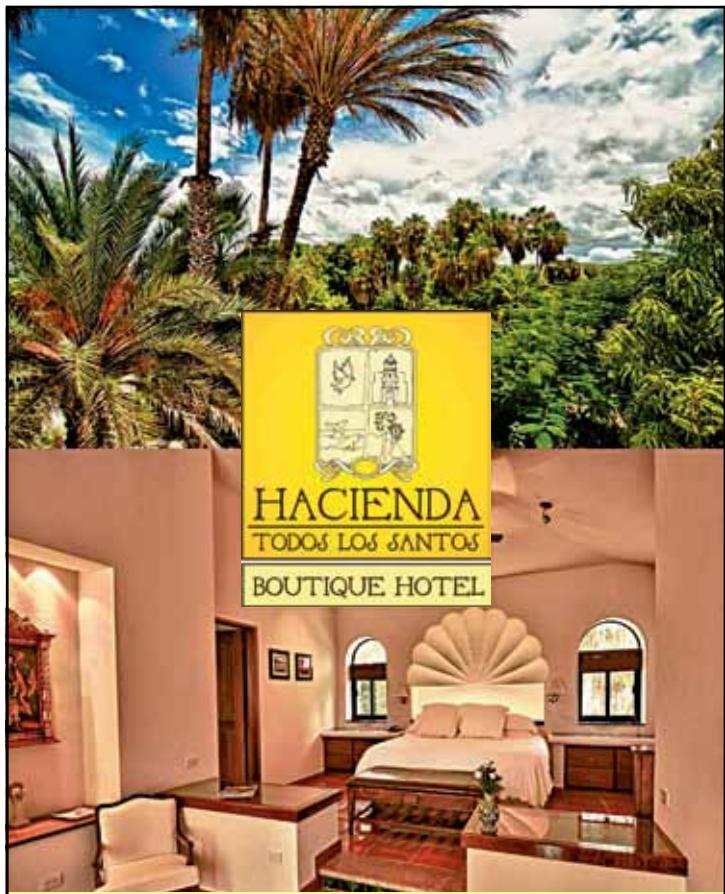
TOROTE. A tea made from torote tree bark is a strong antiseptic that can be applied to wounds. It is also an excellent immune system booster. Care must be taken in dealing with the torote as it can be toxic in large doses.

NOPAL CACTUS. The flesh of the nopal is an excellent regulator of blood sugar and cholesterol levels.

JOJOBA. The oil of this plant has great nutrients for the skin and hair, and can assist in wound healing.

GOBERNADORA (Creosote bush). Microdoses and tinctures made from the leaves of this plant can pulverize kidney stones and treat kidney infections. They are also effective as diuretics and for treating menstrual and muscular pain. Care must be taken as gobernadora can be

PLANT POWER continued on page 30



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El Poder de las Plantas en tu Jardín de Baja

por Bryan Jáuregui, Todos Santos Eco Adventures
traducido por Ricardo Madrazo

fotos por Kaia Thomson

Cardón cactus

Muchas plantas comunes en su jardín o alrededor de su propiedad en la Baja tienen fuertes poderes curativos. Éstos son algunos de los más comunes de la lista de Omar Piña. Póngase en contacto con un especialista como Omar para confirmar las dosis y las técnicas de preparación adecuadas.

PALO DE ARCO. Los té, tinturas y microdosis de las hojas y flores de esta planta común de Baja California son buenos para las infecciones de estómago y el equilibrio de los niveles de azúcar en la sangre.

PITAHAYA DULCE. La pulpa en el centro de este cactus espinoso tiene propiedades anti-inflamatorias y antisépticas y es bueno para mordeduras venenosas y cortaduras menores.

CARDÓN. La carne pulposa del cardón se puede colocar directamente en heridas mayores, como cortes de machete, y se mantiene en lugar con un vendaje. La pulpa de cardón ayuda a curar y previene la infección.

LOMOBOY. La savia del lomboy es un coagulante fuerte y se puede colocar directamente sobre heridas o cortes para detener el sangrado.

SÁBILA. La savia del aloe vera es un excelente tratamiento tópico para quemaduras, raspones y cortaduras. También tiene muchos usos cuando se toma internamente, incluyendo reforzar el sistema inmunológico y aliviar la gastritis y el estreñimiento. Incluso puede ayudar a reducir los tumores.

PODER DE LAS PLANTAS cont. en página 39

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The Baja Waterkeepers

by / por Eliza Brennan
International Community Foundation

Anyone who has lived or traveled in Baja California understands that water is a precious resource where the "desert meets the sea." We don't take for granted that potable water is instantly accessible with the turn of a faucet; we live and play here largely because of the plentitude of recreational activities in our ocean, sea, and lagoons; and most of us have experienced the challenge of a water shortage, rationing water to ensure we can flush our toilets, wash dishes, or bathe. Yet, many of us are unaware of a local force of individuals monitoring and protecting this precious resource: the Baja California Waterkeepers.

Thanks to a partnership between the Waterkeeper Alliance and the International Community Foundation, this regional collaborative is supported through the Baja California Waterkeeper Fund, which finances ten individuals with scientific backgrounds who work to ensure swimmable, drinkable, and fishable water in the region.

Los Protectores del Agua de Baja California

traducido por Ricardo Madrazo

Cualquiera que haya vivido o viajado en Baja California entiende que el agua es un recurso valioso donde el "desierto se une al mar." No damos por hecho el tener acceso a agua potable con el giro de un grifo; vivimos y jugamos aquí en gran parte debido a la abundancia de actividades recreativas en nuestro océano, mar, y lagunas; y la mayoría de nosotros hemos vivido la escasez de agua, racionándola para asegurarnos de tener suficiente para limpiar nuestros inodoros, lavar los platos o bañarnos. Sin embargo, muchos desconocemos la existencia de un grupo local de individuos que monitorea y protege este valioso recurso: los Protectores del Agua de Baja California (Waterkeepers).

Gracias a una alianza entre la Alianza Waterkeeper y la Fundación de la Comunidad Internacional (ICF por sus siglas en inglés), este colectivo regional es apoyado a través del Fondo Waterkeeper de Baja California, que

PROTECTORES DEL AGUA cont. en página 21

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Collectively, the Baja Waterkeepers monitor over 75 coastal and watershed sites for bacteria, agrochemicals, and other pollutants that pose public health risks. Most of the Baja Waterkeepers are positioned within local organizations in their target region, such as *Amigos Para la Conservación de Cabo Pulmo* (ACCP), *Eco-Alianza de Loreto*, and *Terra Peninsular*, to name a few. Others have established their own organizations to meet these goals, such as *Vigilantes de Bahía Magdalena*.

A core activity of all Waterkeepers globally is conducting independent water quality tests and publishing the results for public use. In addition to sharing results through local mechanisms, all of the Baja Waterkeepers publish their monthly water quality results in a free online Swim Guide, which users can download to search for their local beach or watershed, check the water quality, and even use to report pollution.

At least 55 coastal areas in Baja California are listed in the Swim Guide, including La Paz bay, Playa Balandra, Playa El Medano, Playa Villas del Palmar, Playa Sand Bar, and Cabo Pulmo. This data is important not only for obvious recreational and environmental reasons, but also for public health and local livelihoods like fishing and tourism. Independent water quality monitoring also serves as a form of audit of the local authorities' water quality results, increasing the likelihood of their compliance with water management and treatment processes. Public demand for this information is evidenced by the incredible 544% increase in the number of users of the Mexico version of the Swim Guide between 2015 and 2016. Check it out! <https://www.thewsguide.org/affiliates/waterkeepers-baja-californias/>, Facebook: WaterkeepersBajaCalifornias

The Baja California Waterkeepers also lead community workshops, beach cleanups, youth leadership programs, and present in public schools. Many of the Baja Waterkeepers are cooperating with local authorities in surveillance efforts to report and prevent illegal activities such as fishing and pollution dumping in marine protected areas. Ultimately, the Baja California Waterkeepers work to inform and shape future environmental policy and behavior throughout the Baja peninsula.

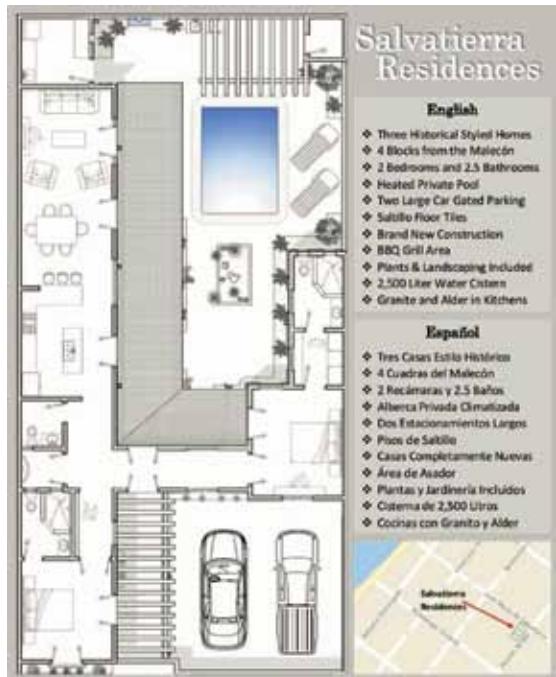
The work of the Baja Waterkeepers is important not only to local residents and ecosystems, but also can impact the health of communities and species in the United States. "For those of us living in California, it's important to remember that Baja California is just an extension of our own coastline," says Marisa Quiroz, ICF's Senior Program Officer for Environment.

In order to celebrate and raise awareness about this bi-national effort, ICF, the Waterkeeper Alliance, Environment Now, and the LA Coastkeeper recently hosted an event in Santa Monica, California, to celebrate and raise awareness about the impactful work of the Baja California Waterkeepers. All ten Baja Waterkeepers were in attendance with Robert Kennedy Jr., President of the Waterkeeper Alliance, who gave remarks about the importance and timeliness of this cross-border effort. The event kicked off an ambitious

BAJA WATERKEEPERS continued on page 20

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Baja Waterkeepers

continued from page 19

fundraising campaign to raise \$500,000 USD for ICF's Baja California Waterkeeper Fund that will support the ten Waterkeepers over the next three years.

As residents or visitors in Baja, we have the unique opportunity to meet our local Waterkeepers and learn more about the water quality issues affecting us firsthand. If you would like to meet your local Waterkeeper, contact ICF Program Officer Marisa Quiroz at marisa@icfdn.org.

To support the Baja California Waterkeeper Fund at ICF, you can donate online at: <http://donate.icfdn.org/#npo/waterkeepers-baja-californias-regional-fund>, or by check payable to: International Community Foundation, "Baja California Waterkeeper Fund," and mail to: 2505 N Avenue, National City, CA, 91950.

To dial a United States 800 number FROM a landline in Mexico, replace the 800 prefix with the prefix shown below:

- 800 numbers Dial 001-880-then the number
- 866 numbers Dial 001-883-then the number
- 877 numbers Dial 001-882-then the number
- 888 numbers Dial 001-881-then the number

Protectores del Agua

continuó de página 18

financia el trabajo de diez científicos en asegurar la calidad del agua en la región, ya sean aguas potables, turísticas o de pesca.

Colectivamente, los Waterkeepers de Baja California monitorean más de 75 sitios costeros y acuíferos para detectar bacterias, agroquímicos y otros contaminantes que puedan representar riesgos para la salud pública. La mayoría de los Waterkeepers de Baja California están ubicados dentro de organizaciones locales en su región asignada, como por ejemplo, Amigos para la Conservación de Cabo Pulmo (ACCP), Eco-Alianza de Loreto y Terra Peninsular, por mencionar algunos. Otros han fundado sus propias organizaciones para lograr estos objetivos, tal como Vigilantes de Bahía Magdalena.

Una actividad fundamental de todos los Waterkeepers a nivel mundial es la realización de pruebas independientes de calidad del agua y la publicación de los resultados para uso público. Además de compartir los resultados a través de mecanismos locales, todos los Waterkeepers de Baja California publican sus resultados mensuales de calidad del agua en una guía de natación gratuita en línea, que los usuarios pueden descargar para buscar su playa o acuífero local, verificar la calidad del agua e incluso usarlo para reportar contaminación.

Al menos 55 áreas costeras en Baja California se encuentran en la Guía de Natación, incluyendo la Bahía de La Paz, Playa Balandra, Playa El Médano, Playa Villas del Palmar, Playa Sand Bar y Cabo Pulmo. Estos datos son importantes no sólo por obvios motivos recreativos y ambientales, sino también por el bien de la salud pública y las industrias locales de pesca y turismo. El monitoreo independiente de la calidad del agua también sirve como una forma de auditoría de los resultados de la calidad del agua publicado por las autoridades locales, aumentando así la probabilidad de que se cumplan con los procesos de manejo y tratamiento del agua. La demanda pública de esta información es evidente por el increíble aumento del 544% en el número de usuarios de la versión de México de la Guía de Natación entre 2015 y 2016: <https://www.theswimguide.org/affiliates/waterkeepers-baja-californias/>, Facebook: WaterkeepersBajaCalifornias

Los Waterkeepers de Baja California también realizan talleres comunitarios, limpieza de playas, programas de liderazgo juvenil y presentaciones en escuelas públicas. Muchos de los Waterkeepers de Baja California están cooperando con las autoridades locales en los esfuerzos de vigilancia para reportar y prevenir actividades ilegales como la pesca furtiva y el vertido de contaminación en áreas protegidas. Fundamentalmente, los Waterkeepers de Baja California trabajan para concientizar e influir en cuestiones de conductas y políticas ambientales futuras a lo largo de la península de Baja California.

El trabajo de los Waterkeepers de Baja California es
PROTECTORES DEL AGUA cont. en página 52

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THE PALAPA SOCIETY
 LA ASOCIACIÓN DE LA PALAPA
BIBLIOTECA
ELENA PONIATOWSKA




The Palapa Society of Todos Santos Community Library Elena Poniatowska

by Ann Hazard

It's a balmy January afternoon in Todos Santos. Four Palapa Society members, along with Palapa School Director Juan Diego González, hover around a speaker phone, waiting for the connection to be made. They're a little nervous, but excited as Elena Poniatowska comes on the line from Mexico City. Pleasant banter is exchanged. She agrees to allow the new community library to be named after her. She is delighted to attend the library's grand opening. A date is confirmed and her closing words are, "For me this is a distinction that honors me deeply, and I celebrate the fact that you promote and support education in Mexico."

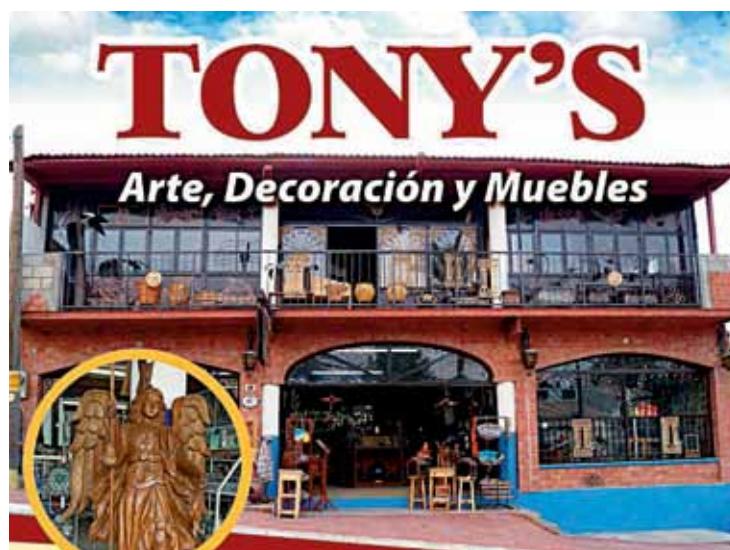
Mark your calendars. Literary legend, Elena Poniatowska will be present on November 18, 2017, for the Grand Opening and Ribbon Cutting of La Biblioteca Elena Poniatowska at the new Palapa Learning Center in Todos Santos. The entire community is encouraged to attend, meet, and honor this amazing woman. There are numerous events planned and more information to come leading up to this special day.

So, exactly who is Elena Poniatowska? She is an author of Mexican-French descent and considered the "grande dame" of Mexican literature. She began writing professionally at age 18, without the benefit of a university education. Still actively writing in her 80s, she has consistently focused on social and political issues, particularly as they relate to women.

Elena's most influential works have been "testimonial narratives"—books which combine historical facts with personal accounts of events not recorded by the media. Her most famous book, *La Noche de Tlatelolco (Massacre in Mexico)* was published in 1971 and describes the 1968 murders of up to 300 college students and civilians in Mexico City. For this she was chosen for the Villaaurrutia Award, a prestigious literary prize given in Mexico to a Latin American writer published in Mexico.

In 2013, she was awarded Spain's highest literary award for lifetime achievement, El Premio Cervantes. She is only the fourth woman to receive this honor. Elena is arguably

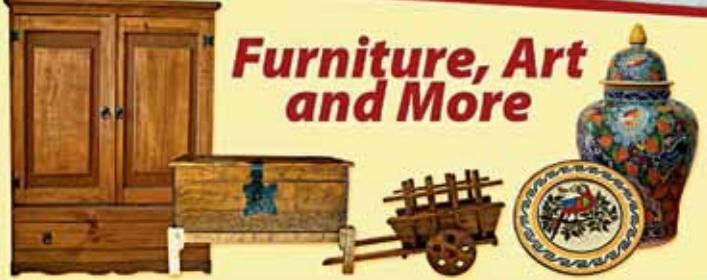
PALAPA LIBRARY continued on page 41



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Juan Diego Gonzalez (PLC Middle School Director) with Elena Poniatowska at the Feria Internacional del Libro en Cajeme 2014, presenting the book *El universo o nada* which is the biography of her former husband, Guillermo Haro, considered the father astrophysics in Mexico.

Juan Diego González (director de la secundaria de CEP) con Elena Poniatowska en la Feria Internacional del Libro en Cajeme 2014, presentando el libro *El universo o nada* que es la biografía de su ex esposo, Guillermo Haro, considerado el padre de la astrofísica en México.

La Sociedad de la Palapa Todos Santos Biblioteca Elena Poniatowska

por Ann Hazard

traducido por Elena Ascencio-Ibáñez

Es una tarde agradable de junio en Todos Santos. Cuatro miembros de la Sociedad de la Palapa, junto con el Director de la Escuela de la Palapa, Juan Diego González, rondan el teléfono en altavoz, esperando a que se haga la conexión. Están un poco nerviosos, pero emocionados, cuando Elena Poniatowska desde la Ciudad de México, viene a la línea. Se intercambia charla placentera. Ella está de acuerdo en permitir que la nueva biblioteca de la comunidad lleve su nombre. Está encantada de asistir a la gran inauguración de la biblioteca. Se confirma una fecha y cierra con las palabras: "Para mí es una distinción que me honra profundamente, y celebro el hecho de que ustedes promuevan y apoyen la educación en México."

Marquen sus calendarios. La leyenda literaria Elena Poniatowska estará presente el 18 de noviembre del 2017 para la Gran Apertura y Corte de Listón de la Biblioteca Elena Poniatowska en el nuevo Centro Educativo de la Palapa en Todos Santos. Alentamos a la comunidad entera a atender, a conocer y a honrar a esta increíble mujer. Hay cantidad de eventos planeados y más información pendiente conduciendo a este día especial.

Entonces, ¿quién es exactamente Elena Poniatowska? Es autora de ascendencia franco-mexicana, considerada la "Gran Dama" de la literatura mexicana. Empezó a escribir profesionalmente a la edad de 18, sin el beneficio de una educación universitaria. Aun activamente escribiendo a sus 80s, se ha enfocado consistentemente en temas sociales y políticos, particularmente en relación con la mujer.

Los trabajos más influyentes de Elena han sido "narrativas testimoniales"—libros que combinan hechos históricos

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april

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April 8 | 8 pm, **DON LAGRIMA** at **La Esquina** in Todos Santos. Funk, pop, dub reggae, electronic, cumbia, psychedelic and more. 50 peso cover.

April 12 | 5 – 8 pm, **NOCHE DE SUPER SALUD** at **The Tasting Room and Distillery** in Todos Santos. A community plant-based evening dinner with organic, fresh, local, super foods. All are welcome. 5 pm, food prep class with an item used in the meal, which starts at 6 pm. For more information, menu, price, and to RSVP visit Facebook: Noche De Super Salud, contact Paul Van Vleck at pvanvleck@mac.com or cell (612) 204-4432. Sponsored by **Namaste Yoga Centro Todos Santos Baja Sur**.

April 26 | 5 – 8 pm, **NOCHE DE SUPER SALUD** at **The Tasting Room and Distillery** in Todos Santos. A community plant-based evening dinner with organic, fresh, local, super foods. All are welcome. 5 pm, food prep class with an item used in the meal, which starts at 6 pm. For more information, menu, price, and to RSVP visit Facebook: Noche De Super Salud, contact Paul Van Vleck at pvanvleck@mac.com or cell (612) 204-4432. Sponsored by **Namaste Yoga Centro Todos Santos Baja Sur**.

mayo

May 5 - 7 | GASTROVINO BAJA FOOD & WINE FESTIVAL. Tickets available at: **La Bodega de Todos Santos** and **El Tecolote Bookstore** in Todos Santos, GotBaja store in La Paz, and Pez Gordo Gallery at The Shoppes at Palmilla. For more information visit: Facebook Gastrovino Baja Food & Wine Festival / Gastrovino Fest Baja or www.gastrovino.mx

May 5 | 8 – 11 pm, **GASTROVINO "THE WHITE BALL"** at the Hotel California in Todos Santos. mingle with Mexico's best winemakers and enjoy their premium wines and Chef Dany Lamote's gourmet tapas. Live raffle, white carpet

fashion photographers, sexy accessories, wonderful music and Bacchus' dancing nymphs. Dress code is white, black and gold. Tickets 1400 MXN presale / 1600 MXN day of event.

May 6 | 12 – 1 pm, **GASTROVINO BLIND WINE TASTING CONTEST** at Jazamango Restaurant in Todos Santos. 12 wines tasted blind guided by expert winemaker and prizes for the top 3 finishers. Tickets 400 MXN, Limited availability.

May 6 | 6 – 9 pm, **GASTROTOUR** in the Historic District of Todos Santos. Starting at **La Bodega de Todos Santos**, you will receive your emblematic glass and map and head out to tour around a variety of restaurants in downtown Todos Santos, where you will be greeted by chefs and winemakers as you enjoy a perfect food and wine and music pairing in each venue. Tickets 450 MXN presale, 500 MXN day of event.

May 7 | 2 – 6 pm, **GASTROVINO**

FESTIVAL in the Plaza Pública of Todos Santos. Featuring Mexico's best wine-makers, Baja Sur's best chefs, a silent auction 100% for local charity, five artists painting live on site, interactive circus show, and promotional prices on all wines. Performances by the winner of La Voz México, Samantha Rae and Fábula Danza and other great surprises. Tickets 600 MXN presale, 700 MXN day of event.

May 7 | 7 pm – 12 am, **GASTROVINO AFTER PARTY** at the Sky Lounge in the **Guaycura Boutique Hotel**. 100 MXN cover.

May 10 | 5 – 8 pm, **NOCHE DE SUPER SALUD** at **The Tasting Room and Distillery** in Todos Santos. A community plant-based evening dinner with organic, fresh, local, super foods. All are welcome. 5 pm, food prep class with an item used in the meal, which starts at 6 pm. For more information, menu, price, and to RSVP visit Facebook: Noche De EVENTS cont. on page 54

HAPPY HOUR

Adventure 19, **Su M T W Th F Sa 4 – 6 pm**, 2x1 beer.

Cerritos Beach Inn, **M T W Th F 4 – 6 pm**, half price beer, wine and well drinks.

Chez Laura, T W Th F Sa 4 – 5 pm, wine and tapas, \$70 pesos.

Chill N Grill, M T W Th F 4 – 6 pm, 2x1 beer and well drinks.

FreeSouls, Su M T W Th F Sa 5 – 6 pm, margaritas, mojitos, and beers at special prices.

Gallo Azul, M T W F Sa 3 – 6 pm, 2x1 mojitos and margaritas.

Hotel Casa Tota, **M T W Th F Sa 3 – 6 pm**, 2x1 beer and well drinks.

La Generala, Su M T W Th F Sa 8 am – 10 pm, 2x1 margaritas.

La Esquina M T W Th F Sa 5 – 6 pm, 2x1 beer, wine and margaritas.

La Morena M T W Th F Sa 4 – 6 pm

Oasis Bar & Grill Su T W Th F Sa 4 – 6 pm 40 pesos well drinks and 20% off appetizers.

Rip Tide Bar Su M T W Th F Sa 3 – 6 pm, 3 beers or 3 margaritas for the price of 2.

Sky Lounge at Guaycura Boutique Hotel Su M T W Th F Sa 2 – 4:30 pm, 2 x 1 margaritas and beer when you mention this listing.

The Tasting Room & Distillery Su 11 am - 1 pm, 'Sunday Bloody Sunday' Bloody Mary specials



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sunday

10:30 am – 2:30 pm, **LIVE MUSIC** by Todos Santos Latin Band at Flora Farm in San José del Cabo.

2 – 8 pm, **DOMINGO DE PAELLA** at El Mirador Ocean View Restaurant in Todos Santos.

4 – 7 pm, **LIVE MUSIC** by Todos Santos Latin Band at El Mirador Ocean View Restaurant.

5 – 8 pm, **GUEST CHEF SUNDAY DINNER** at The Tasting Room and Distillery in Todos Santos. Reservations required. For reservations and menu, contact Angie Wood at angie.wood2016@outlook.com or (612) 152-1553.

monday

9 am – 5:30 pm, **ORGANIC VEGETABLES** at Rancho Buen Día in the *callejon* of Todos Santos.

5 – 8 pm, **FLIGHT NIGHT** at La Bodega de Todos Santos. Featuring Baja wine tasting, live music and Mexican appetizers by Restaurant Mi Pueblito.

tuesday

8:30 am – 1 pm, **LA PAZ FARMER'S MARKET** on calle Madero between 5 de Mayo and Constitución, La Paz.

9 am – 5:30 pm, **ORGANIC VEGETABLES** at Rancho Buen Día in the *callejon* of Todos Santos.

6 pm, **LIVE MUSIC & ROCKIN' TACO TUESDAY** with Todos Santos Latin Band at Chill N Grill in Todos Santos. 3 meat, or potato tacos for \$100 pesos.

8 pm, **MOVIE NIGHT** at Gallo Azul, Todos Santos.

wednesday

8 am – 1 pm, **FARMER'S MARKET** at La Esquina on the *otro lado* in Todos Santos. Takes place November through April.

9 am – 5:30 pm, **ORGANIC VEGETABLES** at Rancho Buen Día in the *callejon* of Todos Santos.

5 – 8 pm, **BIG RED WEDNESDAY** at La Bodega de Todos Santos. Featuring Baja wine tasting, live music and Mexican appetizers by Restaurant Mi Pueblito.

6:30 - 9 pm, **LIVE MUSIC** at FreeSouls at Cerritos Beach.

PIZZA NIGHT at Chill N Grill in Todos Santos.

thursday

8:30 am – 1 pm, **LA PAZ FARMER'S MARKET** on calle Madero between 5 de Mayo and Constitución, La Paz.

9 am – 5:30 pm, **ORGANIC VEGETABLES** at Rancho Buen Día in the *callejon* of Todos Santos.

3 – 6 pm, **PIZZA 3 X 2** at Gallo Azul en Todos Santos.

5 – 9 pm, **ARTWALK** in the San José del Cabo Gallery District. Takes place November through June.

5 – 8 pm, **DINNER AND A MOVIE** at The Tasting Room and Distillery in Todos Santos. Seating limited to 20 guests

WEEKLY EVENTS continued on page 55

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TODOS SANTOS MAP # 69



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#134 on Todos Santos map

Animales Sumergidos en los Muros de La Paz

por Alejandro Panés

Llegar a La Paz por la transpeninsular tras un largo viaje es una cabal recompensa. El desierto se esconde un ratito bajo los edificios y el Mar de Cortés inunda una ciudad tranquila cuyos primeros visitantes-saqueadores españoles bautizaron en honor a sus apacibles locales, quienes para variar no les recibieron con flecha y herida. Soplos de viento *coromuel* reconstruyendo letra a letra el paisaje. Sin embargo, el color no entiende de palabras y allí, en lo más recóndito del casco antiguo, en un callejón donde sin duda ocurrió algo, aparece el rostro de una doña con el paso de los años serigrafiado en la piel y toda la magia prehispánica coloreada en sus ropajes y sombrero. La señora me mira impasible como cualquier doña sentada sobre una sillita de madera a la orilla de un camino y me digo, “chucha, aquí, en algún lugar de La Paz hay arte,” y yo tengo que encontrarlo.

De hecho no hace falta tanto lirismo para darse cuenta. Doblas una esquina y entre las bocinas y el bullicio propio de la Calle Ocampo con la Revolución brota una ballena jorobada con tantas caras y animales dentro que parece que en ella habite el mercado. Pero no es solo el mercado, es algo mucho más inapreciable. Es el lugar y su huella en las personas, la herencia cultural de un pueblo plasmada en el mero ombligo de lo cotidiano.

Paradójicamente su autor es alguien que vino de otro sitio y se dejó acoger por la placidez de la bahía. No es el único, en la ciudad de los murales respiran obras de muchos otros pintores. Sin embargo es el que más me llamó la atención y con el que por algo me topé primero. Le pregunto por qué dibuja tantos animales y rasgos humanos dentro de sus figuras. Ulises Martínez me mira como sin querer responder a una obviedad. Él los llama animales mágicos y representan su sentir, en gran parte estimulado por la profunda conexión con el océano que ya hechizó a otros antes como a Jacques Cousteau.

Pero el mar no es el único hechicero. Me cuenta que cuando empezó a pintarlos no se dio cuenta que en realidad estaba haciendo alebrijes, hilvanando de alguna forma con sus orígenes oaxaqueños. Más aún, en su pintura hay una herencia artística inconsciente (y también premeditada) mucho más evidente, la de las pinturas rupestres de la sierra de San Francisco, unos cientos de kilómetros más al norte de La Paz. Todos estos animales superpuestos, la mayoría convecinos de la realidad local, son los artífices de acercar la naturaleza al ser humano. Ahí su magia, quizás.

Cómo empezaste a pintarlos, le insisto.

“No sé, pues una vez que estaba preparando una exposición en un restaurante andaba trabajando en el taller y comencé a escuchar un ruido como de grito, como de pájaro o de niño, así... [emite un chillido desgarrado].

ANIMALES EN LOS MUROS cont. en página 50

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Animals Submerged in the Walls of La Paz

by Alejandro Panés, translated by Kat Bennett

Arriving in La Paz after a long journey on the transpeninsular highway is a perfect reward. The desert hides for a moment beneath buildings, and the Sea of Cortés sweeps over a tranquil city. The first Spanish visitor-looters baptized the city in honor of its gentle natives who, for a change, did not greet the Spaniards with arrows and injury. Small *coromuel* winds blow, reconstructing the landscape letter by letter. But color does not understand the words, and there—in the most remote part of the old town, in an alley where undoubtedly something has happened—the face of a woman appears, the passage of the years silk-screened on her skin, her clothing and hat colored with pre-Hispanic magic. She looks at me impassively, like any woman sitting in a small wooden chair by the side of a path, and I say to myself, "Chucha, here, somewhere in La Paz, there is art."

And I have to find it.

Actually, that much lyricism isn't necessary to figure it out. You turn a corner and between the speakers and the racket—right there on Ocampo and Revolución streets—sprouts a humpback whale. The whale has so many faces and animals within it that it seems as if a bazaar lives inside. But it's not only the bazaar; there's something much more imperceptible. It's this place and the traces it leaves on the people, the cultural heritage of a people captured in the very middle of everyday.

Paradoxically, the whale's creator is someone who came from elsewhere and stayed to take refuge near the placid waters of the bay. He's not the only one; the works of many other painters breathe in the city of murals. Nevertheless,

ANIMALS IN THE WALLS cont. on page 49

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Los Curanderos

continuó de página 10

Lomboy

Aunque trabajó para las minas por un tiempo, Hipólito no se integró por completo a las nuevas influencias modernas. De hecho, la europeización de la cultura local lo indujo a buscar a los practicantes de la medicina tradicional en la región, aquellos que protegían este conocimiento desde mucho antes siquiera de la llegada de la primera oleada de europeos hace casi 500 años. Buscó familias en la sierra que aún llevaban la sangre guaycura y pericú en sus venas. Bajo tutela de ellos, se convirtió en un gran sanador reconocido en toda la región, trabajando con 81 plantas curativas endémicas, y usándolas para tratar todo tipo de mal, desde alergias y picaduras de insectos, hasta cáncer y diabetes. Pero la lección más importante que aprendió, y la que él sentía más importante impartir a su hijo Catarino, es el poder de la mente sobre la materia.

Al llegar a adolescente, Don Cata ya era un consumado curandero, habiendo trabajado junto a su padre desde pequeño. Vio que Don Hipólito terminaba cada consulta

con una charla, diciéndole al paciente que todo iba a salir bien. Don Cata dice que su padre estaba sugestionando la mente de sus pacientes para ayudar a sanar sus males. Cuando Don Cata cumplió 16 años, Hipólito decidió que era hora de hacer encarnar esta lección de la mente sobre la materia, y así el padre puso a su hijo ante la serpiente de cascabel.

Hoy Don Cata tiene 65 sanos y juveniles años, pero todavía recuerda vivamente el doloroso y letal veneno corriendo por sus venas y la intensa lucha por dominarlo con su mente, evitando que llegue a su corazón. Él dice que el poder del pensamiento positivo, de la mente que domina el cuerpo, es crítico para la buena salud, y una de las mejores maneras en que podemos ayudarnos a prevenir o recuperarnos de enfermedades y lesiones. ¿Pero cómo lograr una mente capaz de evitar que el veneno alcance el corazón? Con plantas. Dice Don Cata: "Me gusta buscar plantas que tienen vidas muy largas, vidas más largas que las nuestras, plantas ancianas llenas de energía sustentable y renovable. Cuando veo un árbol realmente grande, obviamente anciano, abrazo ese árbol con todo mi cuerpo y con mucho amor, y ese árbol comparte su energía conmigo. Cuando subo a la sierra, preparo un té de raíz de un helecho anciano que crece allí, y cada día bebo tres tazas de este té justo antes de acostarme. Pienso en problemas que necesito resolver o áreas en las que necesito ayuda, y después de beber este té por las noches, me llegan las soluciones y el conocimiento. Después de 15 días en la sierra, bebiendo este té todos los días y caminando en una altitud diferente, obtengo una gran claridad mental y me siento como un joven cuando vuelvo a mi rancho."

Omar Piña es un experto en medicina tradicional mexicana de 39 años de edad que ha estudiado con indígenas, chamanes, curanderos y rancheros por todo México. Omar, que tiene varias certificaciones en salud holística, dice que la medicina tradicional está "basada en una relación armoniosa con todos los elementos de la tierra con que convive el humano, *pero no dominan*. Muchas enfermedades y fenómenos naturales que afectan la salud están asociados con una mala relación con los seres de la naturaleza." Omar, hijo de un médico, señala que en la medicina occidental, si un proceso no puede ser fácilmente entendido es generalmente descartado. Pero Omar, Don Cata y otros practicantes tradicionales creen que la gente puede conectarse con el espíritu de la planta, y que las plantas pueden curar y prevenir enfermedades,

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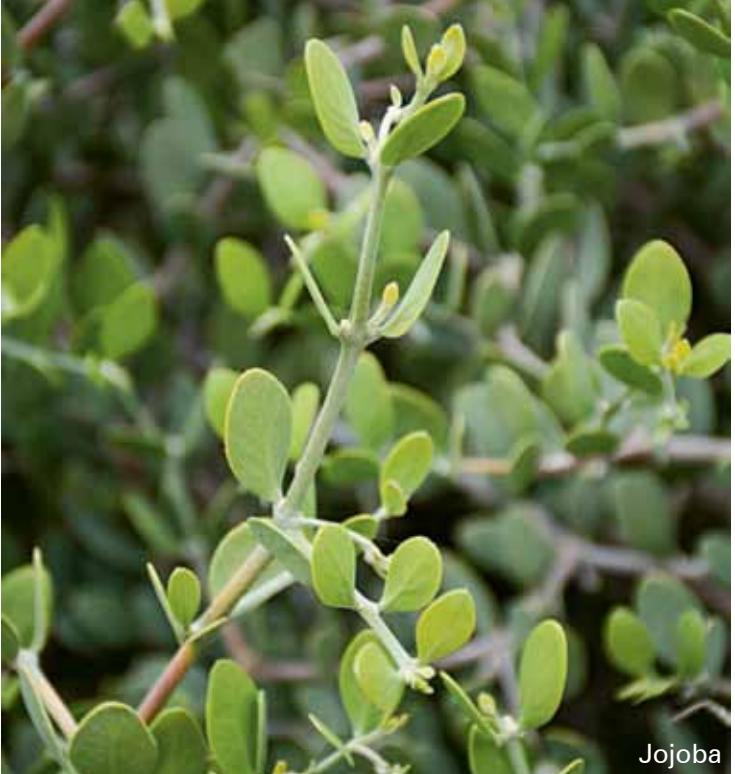
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ya sea que se trate de un fenómeno explicable o no. Todos estos curanderos conocen las plantas específicas para las dolencias y los problemas particulares (vea "El poder de las plantas en su jardín de Baja") y todos saben que el trato de uno hacia la planta tiene un impacto tan importante como las propiedades químicas de la propia planta en sí. Explica Don Cata: "Debes transmitir amor a la planta y dar gracias a la planta, así como a la tierra; de lo contrario morirás. Nunca tomamos la planta entera para un medicamento; Sólo tomamos lo que necesitamos." Omar está de acuerdo: "Para cosechar todos los beneficios de las propiedades curativas o restauradoras de la planta, debes pedir ayuda a la planta. Cuando las personas tienen un síntoma físico, deben pedir la ayuda para que puedan empezar a buscar más profundamente la raíz del problema en sus almas."

Omar dice que los rancheros de BCS como Don Cata son plenamente responsables de su bienestar emocional y físico en formas que muchos occidentales no lo son. "En tiempos modernos tenemos egos tan grandes que creemos que podemos resolver todo, pero no podemos. Queremos tomar una pastilla para el problema, sin profundizar en sus orígenes. Los rancheros de Baja y los pueblos nativos de México tienen mucho respeto por la tierra, las cosas que no podemos ver, y por estar conectados con todo lo que nos rodea."

Omar es un testimonio vivo del poder de las plantas para sanar el alma y mantener el equilibrio en la vida. En 2010, su hermano fue secuestrado en Monterrey no se ha vuelto a saber de él. El choque de este suceso provocó a la madre de Omar sufrir un derrame cerebral, y sumió a Omar en una profunda crisis emocional. Pero, dice Omar: "En este momento más difícil de mi vida, la medicina tradicional y las plantas me enseñaron mucho sobre la vida y la espiritualidad, y me trajeron de nuevo a la salud emocional. Es este proceso interno de sanación, de curar mi alma, de encontrar el equilibrio con la ayuda de las plantas que quiero compartir con los demás." El secuestro de un hermano—eso es mucho veneno que la mente tiene que bloquear del corazón.



Jojoba

Carlos Castaneda, el famoso autor que escribió varios libros sobre las enseñanzas de un chamán mexicano concluyó: "El objetivo es equilibrar el terror de estar vivo con la maravilla de estar vivo." Omar ha logrado hacer eso y compartir este conocimiento. Es la labor de su vida. "La medicina tradicional es sagrada, viene de Dios, está relacionada con Dios," dice Omar. "Es de y para la comunidad—pertenece a todos." Don Cata está de acuerdo. La gente de la sierra lo busca para sanar, pero él siente que su propósito principal es enseñarles cómo utilizar las plantas ellos mismos. "Cuando los amigos visitan, o cuando estoy trabajando en proyectos en ranchos con otros, siempre trato de compartir el conocimiento con ellos y sus familias, e invitarlos a compartirlo a otros."

El gran naturalista prusiano Alexander von Humboldt escribió: "La naturaleza en todas partes habla al hombre en una voz conocida en su alma." El hombre sólo necesita abrirse para oír esa voz. La mente sobre la materia.

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Plant Power

continued from page 16

Bougainvillea / bugambilia

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WEREKE. Tinctures and microdoses made from the root of this plant are excellent for treating diabetes.

DAMIANA. Widely known as an aphrodisiac, damiana also alleviates depression and anxiety, and is an effective treatment for urinary tract infections.

BARREL CACTUS (BIZNAGA). Tea made from barrel cactus pulp is used to treat asthma, bronchitis and coughs.

CHOYA CACTUS. Microdoses, teas and tinctures made from the root of the Choya cactus, combined with guaco, another Baja plant, are great remedies for dengue. Guaco by itself is excellent for poisonous bites and fever.

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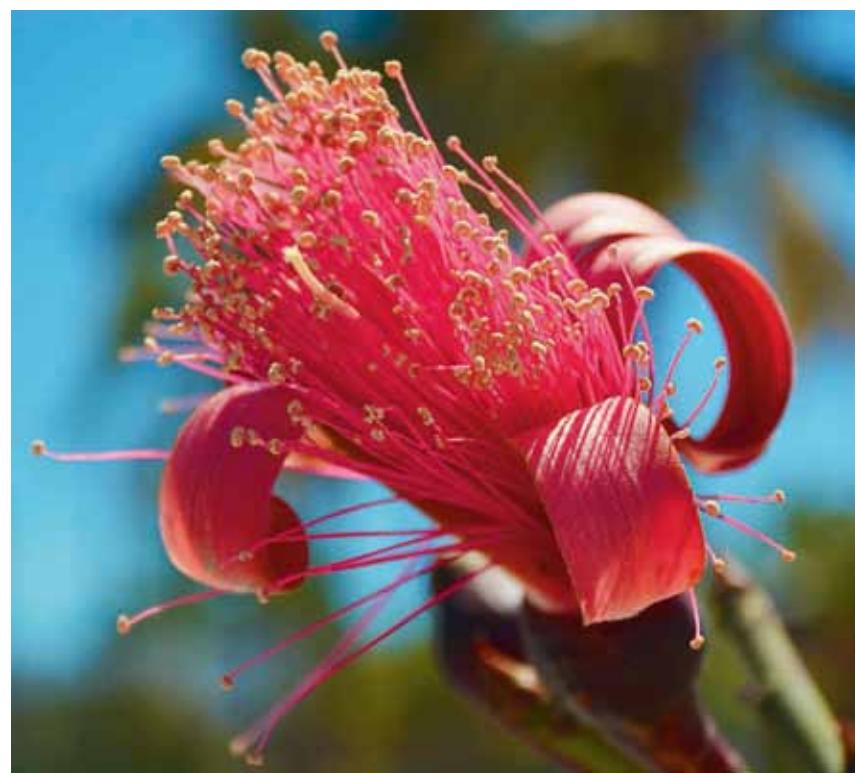
Dr. Alejandra is a local physician and the Director of the Padrino Children's Foundation in Todos Santos.

BOUGAINVILLEA TEA. Make a tea of the flowers of the dark purple bougainvillea, adding in a few slices of ginger, half a lemon, and honey. The flowers are good for phlegm and cough, the ginger is good for the immune system, and the honey soothes your cough and calms your sweet tooth.

GUAYABA LEAF TEA. Good for treating diarrhea.

PAPAYA SEEDS. Chewing them on an empty stomach helps get rid of parasites.

PAPAYA LEAVES. Teas made from papaya leaves or papaya leaf extract can be effective against dengue.



Photographer's note, by Kaia Thomson:

Psuedobombax ellipticum (pictured above)

As with most things in the flowering world, there is a perfect time to visit them. This is the case with the beautiful native tree *P. ellipticum*. Many specimens are planted around Todos Santos and soon the warming temperatures will encourage these trees to produce their large brush-like mass of scarlet or white flowers from their acorn-like shells.

Where did the name originate in the taxonomic system? *Pseudo* means false, which differentiates this tree from trees of the genus *Bombax*; *bombax* refers to it as in the subfamily *Bombacoideae*—with digitate leaves, segments spreading from a common center and flowers that are elliptical—oval, egg-shaped like a flattened circle.

Though *Psuedobombax ellipticum* said four times fast is an excellent tongue twister, it might be easier to call it by one of its common names—amapola (Mayan), shaving brush tree (English) or my personal favorite, *cabello de ángel* (Spanish).



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El Cielo: The Baja Sky

by Roc Fleishman
photo by Kaia Thomson

Welcome to the April/May edition of *El Cielo*, highlighting interesting astronomical happenings above the Cape region of BCS. Keep this list close at hand and enjoy the sky.

Every April we have a meteor shower named the Lyrids. The radiant originates in the constellation Hercules just outside of the constellation Lyra, near the bright star Vega. This year it will peak during the morning of the 22nd or 23rd. The waning crescent moon is rising later and dimmer each night, so it is probably worth watching any time after midnight until dawn on the 22nd through the 24th.

The early May Eta Aquariid meteor shower (with its radiant in Aquarius) should produce three or four days of predawn activity on the mornings of May 5th through 8th. The moon this year is growing and setting later each night through this period; get up to watch the moon set and see if there are any meteors from then until dawn. Moon set is about 3:30 am on the 5th, 4:15 am on the 6th, 4:54 am on the 7th and 5:30 am on the 8th.

April is always a good month to see the constellation Crux better known as the "Southern Cross." You have to look due south just above the horizon at basically the right time of night in order to see it from here. The cross is upright and at its highest at about 11:15 pm on April 15th. By the end of May, it has gained four minutes a day, like the rest of the sky, and will then appear upright at 8:15 pm in the evening, when it is just getting dark. You will need a clear night and

a location with a low southern horizon. The best locations would be a beach with a clear southern horizon or the top of a hill.

April and May are also the best time to see my favorite globular cluster, Omega Centauri. It is a dim fuzz ball to the naked eye, but dazzling in binoculars or telescope. Look about 14 degrees above and to the left of the Southern Cross. Its light has traveled the 18,000 light years between us, but that is a short time compared to the apparent 12 billion years of age of its several million stars. It is thought to be the remaining core of a small galaxy long ago captured by our Milky Way galaxy.

MOON/PLANET CALENDAR

APRIL

- 2nd Daylight Savings Time starts here in Mexico.
Mercury highest in the sunset.
- 6th Regulus, the heart of Leo, 1° from the bright moon in the evening.
- 10th Jupiter 3° from the full moon just after sunset.
- 16th Early morning moon and Saturn 4° apart.
- 22 - 24 Peak of Lyrid meteor shower morning of the 23rd.
Not much moon to interfere.
- 23rd At sunrise, the moon is within 7° of Venus.
- 27th New moon visible 38.2 hours old.

EL CIELO continued on page 45



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Homes in Pueblo Pescadero



Beachfront Lots



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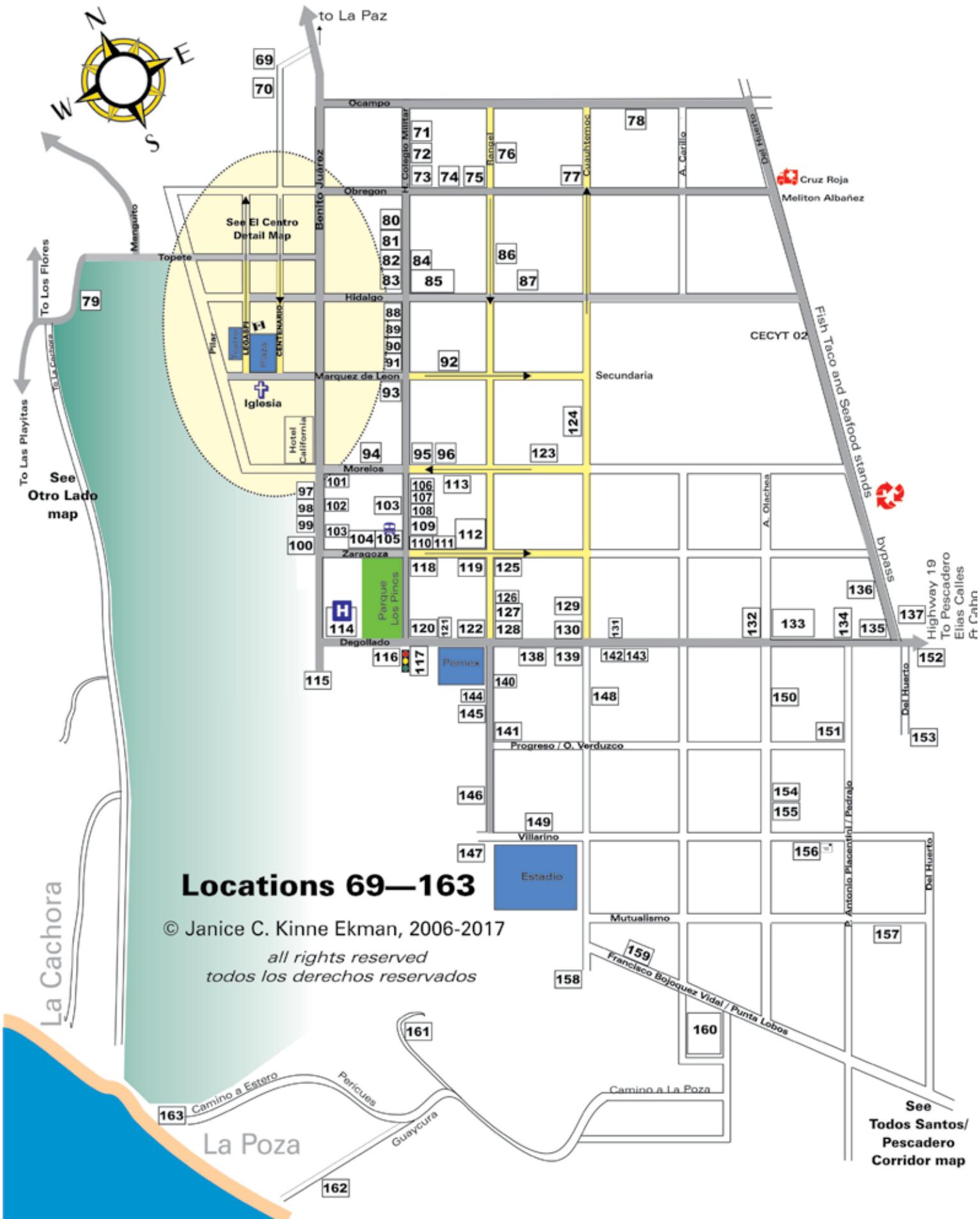
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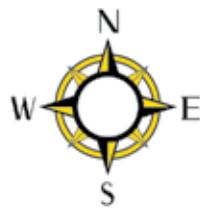
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el otro lado TODOS SANTOS

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La Poza

Voces del Pueblo

by Janice Kinne

Our last issue, with the textured octopus cover and story, continues to receive rave reviews. Also the feature articles, in that previous issue, on some of Pescadero's innovative businesses has brought new customers to their doors. One happy client recently told us that all of her business comes from her ad in our publication (we love to hear that). We are sure that you will enjoy this issue with its glamorous **Kate Turning** designed cover, the fascinating feature story by Bryan Jáuregui of **Todos Santos Eco Adventures** on Baja medicinal plants with stunning photos by Kaia Thomson and more!

The popular **GastroVino Festival** takes place from May 5th through to 7th uniting the best Baja wines with the best Baja cuisine, music and art. It's always a fun-filled weekend that brings hundreds of visitors to enjoy the tastes, sounds and sights in the *Pueblo Mágico* of Todos Santos. See our feature article and events for details. *iSalud!*

Check out our story about the grand opening of the new Palapa Society of Todos Santos library, **Biblioteca Elena Poniatowska**, named in honor of the Mexican-French—"grande dame" of Mexican literature. The Palapa Society will be hosting book groups in English and Spanish to introduce the community to some of her most famous works.

Besáme Mucho Bazaar is now open in their spectacularly restored location on the plaza in Todos Santos. This high end bazaar features carefully selected, one of a kind jewelry, fashions, decorations and gift items that you won't find anywhere else.

The Tasting Room and Distillery in Todos Santos feels like an old mission in a vineyard setting. They have draft beer, wine and spirits. The beautiful events center with a world class kitchen has weekly pizza nights, dinner and a movie,

guest chef dinners, a bocce court and lots of parking. It is available as a music venue or for special events including weddings. Locals and visitors have been enjoying the plant-based **Noche de Super Salud** events there. Check out our events section for more details,

Corazón de Té, waffle house and tea room, on the *otro lado* of Todos Santos, has tasty breakfast and lunch waffles, sandwiches and soothing and aromatic teas. Owner Abigail Amezquita has shared the art of tea with our readers in this issue.

Looking for an Easter or spring treat? **Chocolates La Laguna** has chocolate mendicants, pistachio truffles, chocolate covered candied orange peel and more scrumptious handmade delicacies. Yum!

The *Centro de Salud* in downtown Todos Santos is closed for construction. The temporary *Centro de Salud* is located on Cuauhtemoc street, on the same block as Carnitas Barajas.

Gypsy's Beach House Rentals has low season special rates on a variety of homes in Pescadero and Todos Santos.

Tony's Arte, Decoración y Muebles in Todos Santos has a large variety of home decorations and furniture including carved wood, colorful ceramics and cement pots and planters.

The popular Asian restaurant **Rumi Garden** is open through the end of May and then will be closed for the summer.

Did you know that you can support the **Padrino Children's Foundation** and help children in need in Todos Santos when you buy something at Amazon via Amazon Smile? Sign in to smile.amazon.com, choose 'Select a charity,' 'pick your own charitable organization' and type in 'Padrino Children's Foundation' and click on 'Select.' 0.5% of your purchase will be donated to the non-profit by Amazon. For more information visit: <http://padrinocf.org/en/> or email: info@padrinoCF.org,

Dr. Carlos Young on calle Militar in Todos Santos, has ultrasound, electrocardiogram, lab services and more.

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Beaches / Playas

by Janice Kinne

Todos Santos lies inland along the rugged Pacific coast. There are miles of beautiful white sand beaches accessible down unmarked dirt roads.

This stretch of the Pacific Ocean is a very dangerous place to swim at any time of the year. Strong rip currents and backwash are common. People have drowned in waters near Todos Santos simply because they were too close to the ocean while on beaches with steep drop-offs. There are no lifeguards on duty at any area beaches.

You can access the **LA POZA** and **LA CACHORA** beaches via the La Cachora road. Both are suitable for walking, fishing, whale watching, relaxing or sunbathing. They are not swimming beaches. Because of the big waves breaking on the shore, La Cachora beach has become popular with skim boarders.

La Poza has a large freshwater lagoon that is great for bird watching.

When the lagoon is full, exercise extreme caution, especially if it has begun to overflow. People have drowned at La Poza beach in front of the mouth of the lagoon when the dune has broken and the lagoon flowed into the ocean.

- Do not attempt to surf or boogie-board the overflow.
- Do not swim in the lagoon when it is close to overflow; do not walk or drive across the mouth of the lagoon if it is even close to overflow.
- If you are going to swim in the lagoon be very careful. The lagoon may appear to be shallow, but has many sudden drop-offs and is actually very deep.

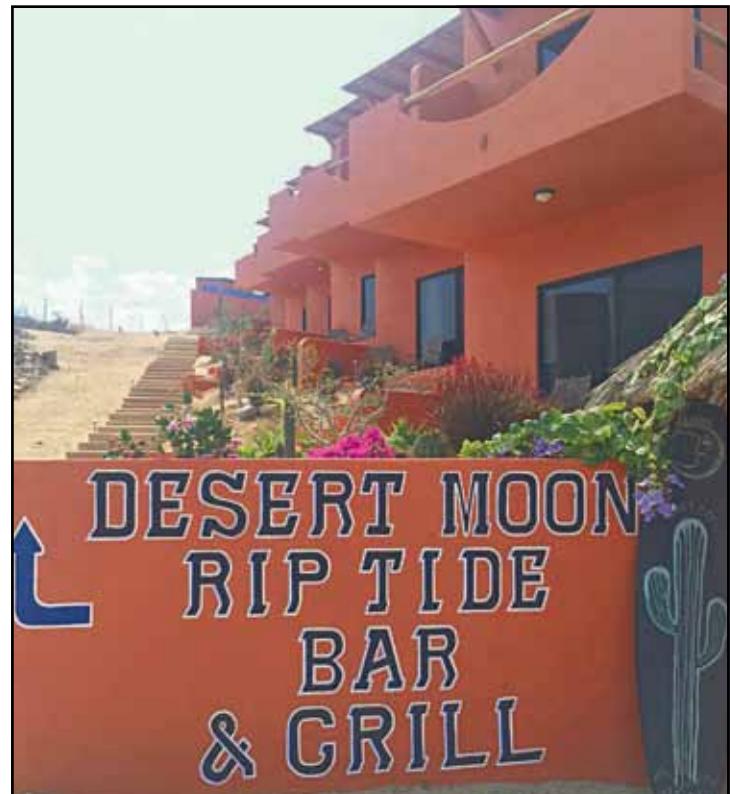
PUNTA LOBOS, named for a sea lion colony, is also known as the fishermen's beach. Simply follow calle Francisco Bojorquez Vidal (formerly calle Punta Lobos) south out of town, or turn off at km 54 from Highway 19. You will pass an old cannery from the days when fishermen could harvest sea turtles legally. There is a small freshwater lagoon at Punta Lobos with a shrine to the Virgin.

The fishermen ride their panga boats on the waves onto the beach between 1 and 3 pm. Their return is exciting to watch and you can usually buy fresh fish from the cooperatives.

The two fishing cooperatives have exclusive rights to the "launch zone" at Playa Punta Lobos. For reasons of safety and due to past problems, boat launching at Punta Lobos is not permitted without their express permission.

The only recommended swimming beaches are outside of Pescadero. **SAN PEDRO**, also known as **PALM BEACH** (*Playa Las Palmas*) is near km 57. Its entrance is across Highway 19 from the Campo Experimental—stay to the left as you pass the abandoned hacienda. Las Palmas is a beautiful, secluded beach surrounded by a palm grove with a freshwater lagoon that is home to a variety of plants, birds, and wildlife.

BEACHES continued on page 38



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Beaches continued from page 37

Due to strong currents (especially near the rocky point), swimming is safer 50 meters from the rocks. Swim with caution and always have a land reference. The property surrounding Palm Beach is privately owned. The gates are open from 6 am to 9 pm daily. Car break-ins have been reported at Palm Beach. Leave your valuables at home!

PLAYA SAN PEDRITO is a rocky surfing beach around km 60, about 4.6 miles (7.4 km) from Todos Santos.

PLAYA LOS CERRITOS is located at km 64 about 8 miles (12.8 km) south of Todos Santos. Look for the turnoff after the hill, south of Puente El Pescadero. Los Cerritos is a popular spot for surfing, boogie boarding, swimming and fishing. Swim with caution due to strong riptides near the rocks. It is recommended to stay at least 50 meters from the rocks. The most secure swimming area is in front of the restaurant/bar. Swim with caution and always have a land reference. There is a long stretch of beach to the south that is perfect for walking or running. Surfboard rentals and other services are available.

MARIO'S SURF SCHOOL provides surfing lessons, board rentals, repairs and accessories. Call for information.

PESCADERO SURF CAMP, #33 on the Pescadero map, provides surfing lessons and surfaris.

TODOS SANTOS ECO ADVENTURES, #162 on the Todos Santos map. Since 2002 Todos Santos Eco Adventures (TOSEA) has been providing visitors with opportunities to explore, celebrate and help conserve the magnificently diverse ecosystems of Baja. TOSEA offers whale and bird-watching trips in the Pacific lagoons, treks and *ranchero* culture programs in the Sierra la Laguna mountains, Sea Turtle Camp and surfing surfaris on the Pacific coast, and kayaking, "glamping," whale shark and sea lion adventures in the Sea of Cortez.

TODOS SANTOS SURF SHOP, #85 on the Todos Santos map, sells and rents surf boards, offers beach supplies and activities around Todos Santos. They carry International brands like Vans, Rip Curl, Dakine, Exile, and Rainbow & Havaianas sandals. They also carry many locally handmade wares, clothes, bikinis, accessories, natural sunscreen and the beloved "Eclipse" boards shaped by Meisy of Todos Santos. They offer tours to swim with whale sharks and sea lions, surfing lessons, fishing trips, trips to Espíritu Santo Island and whale watching in Magdalena Bay.

Surf reports: checkout Baja under Mexico at <http://wetsand.com/surfreport/> or <http://magicseaweed.com/Todos-Santos-mainland-Surf-Report/1201/>



Poder de las Plantas

continuó de página 17

Damiana

TOROTE. Un té hecho de la corteza del árbol del torote es un antiséptico fuerte que se puede aplicar a las heridas. También es un excelente reforzamiento al sistema inmunológico. Se debe tener cuidado al tratar con el torote ya que puede ser tóxico en grandes dosis.

NOPAL. La carne del nopal es un excelente regulador de los niveles de azúcar en la sangre y del colesterol.

JOJOBA. El aceite de esta planta contiene muchos nutrientes para la piel y el cabello, y puede ayudar en la cicatrización de heridas.

GOBERNADORA. Las microdosis y tinturas hechas de las hojas de esta planta pueden pulverizar cálculos renales y tratar infecciones renales. También son eficaces como diuréticos y para el tratamiento del dolor menstrual y muscular. Se debe tener cuidado al preparar, ya que la gobernadora puede ser tóxica en grandes dosis.

WEREKE. Las tinturas y las microdosis hechas de la raíz de esta planta son excelentes para tratar la diabetes.

DAMIANA. Ampliamente conocida como afrodisíaca, la damiana también alivia la depresión y la ansiedad, y es un tratamiento eficaz para las infecciones del tracto urinario.

BIZNAGA. El té hecho de la pulpa de la biznaga se utiliza para tratar asma, bronquitis y tos.

CHOYA. Microdosis, tés y tinturas hechas de la raíz de la choya, combinadas con guaco, otra planta de Baja California, son excelentes remedios para el dengue. Guaco por sí solo es excelente para picaduras venenosas y tratamiento de la fiebre.

LAS CURAS HERBOLARIAS TRADICIONALES FAVORITAS DE LA DRA. ALEJANDRA PEÑA SALGUERO:

La doctora Alejandra es médica local y directora de la Fundación Padrino Infantil en Todos Santos.

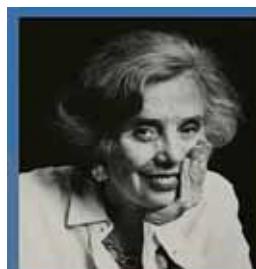
TÉ DE BUGAMBILIA. Hacer un té de las flores de la bugambilia púrpura oscura, agregando un poco de jengibre, medio limón, y miel. Las flores son buenas para la flema y la tos, el jengibre es bueno para el sistema inmunológico, y la miel calma la tos suaviza el sabor.

PODER DE LAS PLANTAS cont. en página 40

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The Palapa Society of Todos Santos, A.C. is proud to announce the opening of its new community library as part of the new Palapa Learning Center, and named in honor of one of Mexico's foremost contemporary literary figures.

Biblioteca
Elena Poniatowska

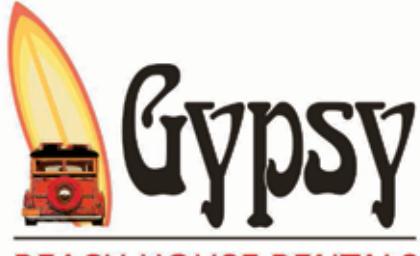


Ribbon Cutting Ceremony:
On November 18, 2017, we will be honored by Ms. Poniatowska's presence to cut the ceremonial ribbon and officially open the Biblioteca Elena Poniatowska.

Vino con Elena:
We have begun two book clubs, one in Spanish and the other in English, dedicated to exploring the works of Elena Poniatowska. Clubs meet every Wednesday at Los Adobes Restaurant, 5 to 6 pm.

Help make this Library a reality.
We are currently raising funds to purchase shelving for the books that will be housed in the library. To make a tax-deductible donation through ICE visit our website: www.palapasociety.org/donate

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Poder de las Plantas

continuó de página 39



Palo de Arco

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SEMILLAS DE PAPAYA. Masticarlos con el estómago vacío ayuda a deshacerse de los parásitos.

HOJAS DE PAPAYA. Los téés hechos con hojas de papaya o extracto de hoja de papaya pueden ser eficaces contra el dengue.

Desde el 2002 Todos Santos Eco Adventures (TOSEA) ha estado proporcionando a los visitantes la oportunidad de explorar, celebrar y ayudar a conservar los magníficamente diversos ecosistemas de Baja. TOSEA ofrece viajes de avistamiento de ballenas y observación de aves, campamentos tortugeros, surfaris en la costa del Pacífico, kayak, "glamping," tiburón ballena y lobos marinos en el Mar de Cortés. www.TOSEA.net. (612) 145-0189.

Nota del fotógrafo, por Kaia Thomson

Pseudobombax ellipticum (foto en página 30)

Como ocurre con la mayoría de las plantas que florecen, existe un momento perfecto para visitarlas. Este es el caso del bello árbol nativo *P. ellipticum*. Existen muchos ejemplares alrededor de Todos Santos, y pronto las temperaturas animarán a estos árboles a producir su gran masa de flores escarlatas o blancas acepilladas, que emanan de sus cubiertas parecidas a bellotas.

¿De dónde se originó el nombre en el sistema taxonómico? *Pseudo* significa falso, que diferencia este árbol de árboles del género *Bombax*; *Bombax* se refiere a plantas de la subfamilia *Bombacoideae*—con hojas digitadas, segmentos que se extienden desde un centro común y flores elípticas—ovaladas, en forma de huevo.

Aunque "*Psuedobombax ellipticum*" dicho cuatro veces rápidamente es un excelente trabalenguas, sería más fácil llamarlo por uno de sus nombres comunes—amapola (maya), árbol de cepillo de afeitar (inglés) o mi favorito, cabello de ángel (español).

Palapa Library

continued from page 22

the most significant living author in all of Mexico, if not the entire Spanish speaking world. Having someone of her caliber supporting The Palapa Society's endeavors, and allowing the library dedication in her honor, are remarkable feats.

The Palapa Learning Center consists of three buildings: the Palapa School, community library, and English classrooms. All buildings are near completion. On August 21, 2017, the *secundaria*—or middle school—will open. The goal is to have no more than 25 students per grade, beginning with grades 7 and 8 (first and second year in Mexico), then adding an additional grade or two each subsequent year. Director Juan Diego González is currently interviewing teachers, reviewing student applications, and preparing to interview students and their parents. As Palapa Society Treasurer Hal Butler says, "We have an exceptional project and need an exceptional team." According to Dir. Juan Diego, "Annual costs per student are \$2400 USD. We are hoping to have donations for scholarships so no worthy student is turned away."

The library is moving from its current, cramped location in early October and will reopen soon thereafter. Volunteers are needed to help with the move. Donations of books and videos in Spanish are welcome for this much larger space. The Bridge to English classes will also begin in their new building in October.

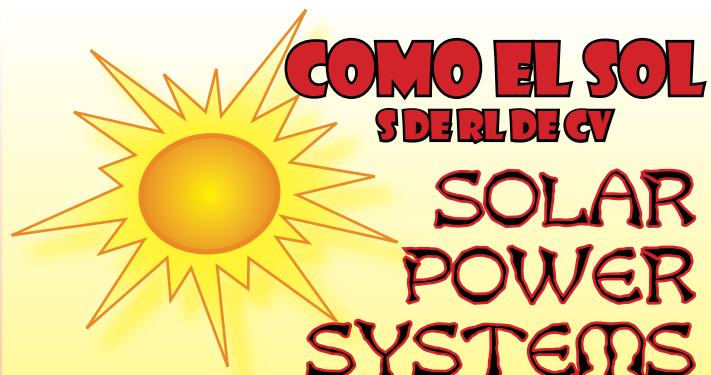
Palapa President Erick Ochoa says, "Our dream is becoming a reality. We thank Dave and Cindy Higgins for envisioning and supporting this effort. Once the Center is up and running, it will be up to the Palapa Society and private donations to fund these programs and keep them moving forward."

In the meantime, The Palapa Society has initiated three book clubs to help the community become familiar with Elena's work. Felipe Rodriguez Lara is leading the English-language club called *Wine with Elena*. Books include *Heart of the Artichoke* and *Here's to You, Jesusa!* and are available at El Tecolote bookstore in Todos Santos. The club will meet weekly from March until the end of May. For information, email: rodriguezlara@hotmail.com.

Dir. Juan Diego González will lead the Spanish-language club called *Vino con Elena*. It will also begin in March and run through the summer. Five books will be read and discussed with the first entitled *Tlapalería*. For book purchase and information, email jdgonza45@gmail.com.

The director will also lead the Spanish club for children who will read *Lilus Kikus*. He is seeking \$210 USD in donations to purchase 30 books prior to starting the club. Interested parents or donors should contact him at jdgonza45@gmail.com.

For more information, to DONATE, volunteer, or enroll a student in the Palapa School, please visit <http://palapasociety.org> or email: info@palapasociety.org.



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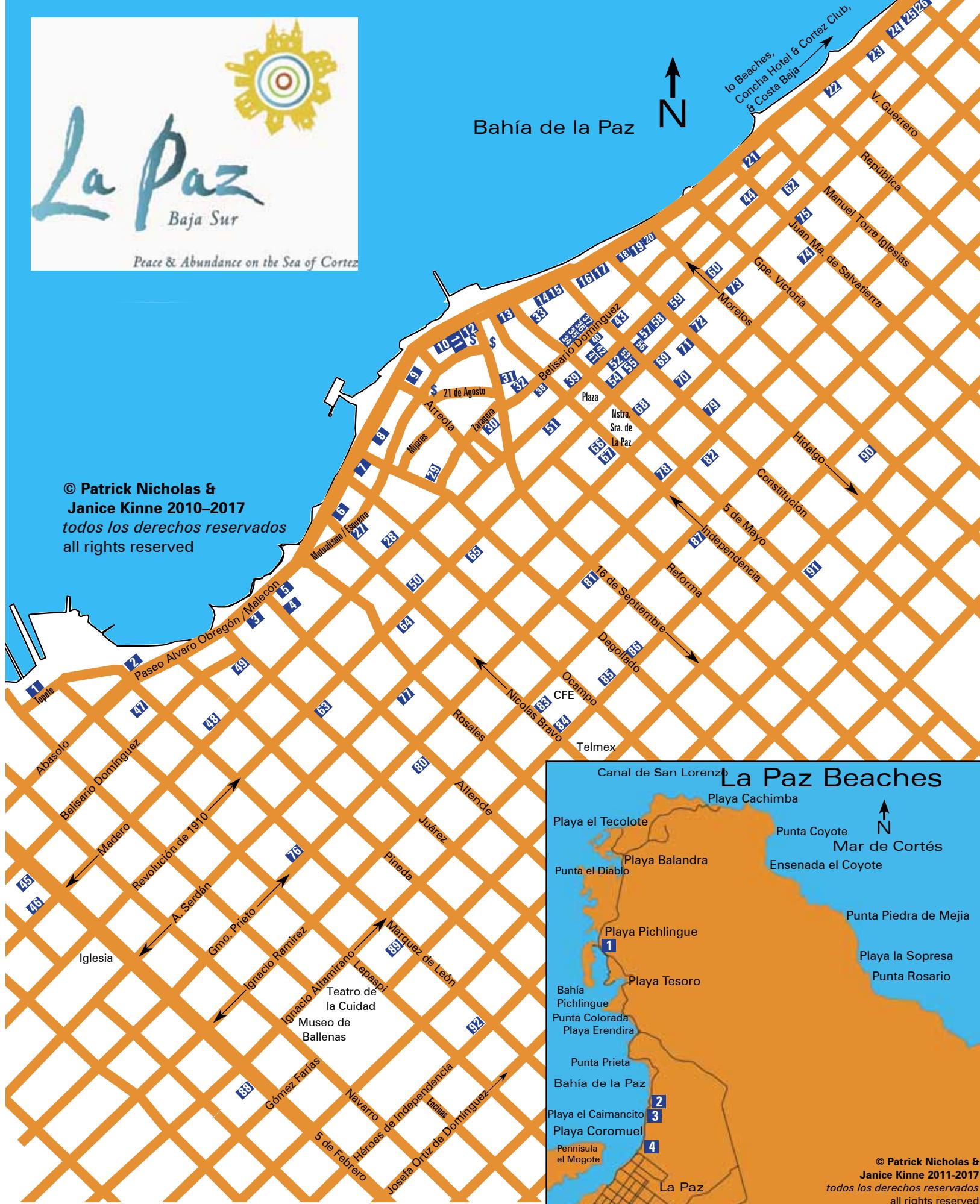
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La Paz Beaches

by Janice Kinne



by Kate Turning

The *malecón* along the bay of La Paz is the perfect place to walk, run, people watch or enjoy gazing across the water. Crews clean the beaches and walkways daily, fresh sand has been imported and there are *palapas* to offer shade. Locals and tourists visit the beaches north of downtown to swim, snorkel, or kayak. There are several adventure companies along the *malecón* and at the marinas offering panga rides, bay and island cruises, snorkeling, scuba diving, fishing, sailing and kayak rentals.

EL MOGOTÉ is the spit of land that separates the harbor of La Paz from the *Bahía de La Paz*. This natural treasure used to be, for the most part, accessible only with 4WD. Now driving onto the peninsula is restricted due to the construction of golf courses, homes and hotels.

PLAYA EL COROMUEL 4.5 km from downtown La Paz, is the first beach north of town and an easy walk from downtown. It is within the harbor boundaries, has shaded *palapas* and food / beverage services. The water here gets much better flow with the tide change and is suitable for swimming. The bottom is clean sand and rock. Snorkeling is good further out.

PLAYA EL TESORO 13 km from downtown La Paz, is a great little beach for children. The shallow, clear waters allow you to walk out for close to 100 meters. Tesoro has about 25 shaded *palapas*, two small restaurants and kayak rentals.

PICHILINGUE 19 km from downtown La Paz. Pichilingue is home to the La Paz ferry terminus and a large commercial harbor. There are pleasant, small beaches just north of the deep water port, on the *Vieja Bahía de Pichilingue*. Beachfront food and beverages service and kayak rentals are available and there is a restaurant with an upstairs view. The *palapa* bar is popular in the hot summer afternoons.

PLAYA BALANDRA 23 km from downtown La Paz, is known for its famous balancing rock formation landmark that resembles a prehistoric mushroom. You can view the rock formation and *playa El Hongo* by walking in the water around the cliff to your right. The large beach and surrounding area are beautiful. The waters surrounding Balandra are shallow and safe for children. Sheltered from wave action from nearly every direction, the water warms early and is very safe for swimmers and kayaking. There are also several little beaches (coves) and mangroves to explore. The beach has no services, so pack your own lunches and drinks for the day. There are vendors renting chairs, selling fruit and drinks, beach *palapas* for shade and BBQ pits to the south.

PLAYA EL TECOLOTE 26 km from downtown La Paz, is by far the largest and most visited beach in La Paz. Two restaurant/bars offer shade *palapas* and a large number of beach vendors offer refreshments. RV camping is available, along with a wide variety of water sports rentals. Usually there are no lifeguards on duty, but they may be present during *la semana santa* and in the summer. The beach has a beautiful view of Isla Espíritu Santo and panga rides to the island are available—a 6.5 km crossing through the San Lorenzo channel. Bus service from the station on the *malecón* to playa El Tecolote is available for a nominal charge.

Sting rays are the biggest hazard at the playas and tend to be present on the bottom in shallow waters during the summer. When walking in the water, shuffle your feet on the bottom to avoid stepping directly on a resting ray.

There are no restrictions for beach fishing at any beaches. Please respect our beaches and help protect the sea turtles; don't leave trash or drive on the dunes or beaches.

El Cielo

continued from page 31

28th Bright red Aldebaran, the eye of the bull, Taurus, near the new moon.

MAY

4th Regulus passes close to the moon again in the early morning.

7th Before dawn, peak of the Eta Aquariids. In the evening Jupiter approaches the moon.

13th Saturn close to the moon in the evening.

15 – 25 Peak of Mercury's apparition in the sunrise.

22nd Moon rises with Venus just after 4 am. Venus is nearing its maximum altitude in the morning sky.

26th 8:30 pm, new moon possibly visible, 30.8 hours old, with Mars above and to the right 5°.

For more information, check out the web links below, call me on my cell phone (612) 348-5468, or visit my office in Plaza Antigua—upstairs, unit #9—**Pescadero Properties**, #16 on the Todos Santos map.

LINKS OF INTEREST

TROPIC OF CANCER: http://en.wikipedia.org/wiki/Axial_tilt#values or http://en.wikipedia.org/wiki/Circle_of_latitude

ZODIACAL LIGHT: http://en.wikipedia.org/wiki/Zodiacal_light

METEOR SHOWERS: <http://www.imo.net/calendar/2017>

TIME: <http://www.time.gov/> and

<http://www.worldtimeserver.com/>

SATELLITES: <http://www.heavens-above.com/> user "elcielots" password "journal"

WEEKLY SKY REPORT:

<http://www.griffithobs.org/skyreport.html> or

http://www.space.com/spacewatch/sky_calendar.html

SATURN: <http://saturn.jpl.nasa.gov/home/index.cfm>

ROSETTA: <http://sci.esa.int/rosetta/>

DAWN: <http://dawn.jpl.nasa.gov/>

NEW HORIZONS: http://www.nasa.gov/mission_pages/newhorizons/main/

ALL THINGS ASTRONOMICAL: <http://www.calsky.com>
User "elcielots" password "journal"

Voces

continued from page 35

Delight in the ocean and *huerta* views from downtown Todos Santos at the Sky Lounge in the **Boutique Hotel Guaycura** and enjoy 2x1 margaritas and beer from, 2 to 4:30 pm, when you mention that you saw it in *Journal del Pacifico!*

We'll see you next time with our Summer issue. Deadline is May 10.



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Eventos

abril

12 de abril | 5 a 8 pm, **NOCHE DE SUPER SALUD** en The Tasting Room y Distillery en Todos Santos. Una cena en base a plantas cultivadas por la comunidad, con alimentos frescos, locales y orgánicos. Abierto a todo público. 5 pm, clase de preparación de alimentos con un ingrediente del menú, cena inicia a las 6 pm. Para mayores informes, menú, precio y reservaciones, visite en Facebook: Noche De Super Salud, contactar a Paul Van Vleck, pvanvleck@mac.com o cel (612) 204-4432. Patrocinado por el **Centro de Yoga Namaste, Todos Santos Baja Sur.**

26 de abril | 5 a 8 pm, **NOCHE DE SUPER SALUD** en The Tasting Room y Distillery en Todos Santos. Una cena en base a plantas cultivadas por la comunidad, con alimentos frescos, locales y orgánicos. Abierto a todo público. 5 pm, clase de preparación de alimentos con un ingrediente del menú, cena inicia a las 6 pm. Para mayores informes, menú, precio y reservaciones, visite en Facebook: Noche De Super Salud, contactar a Paul Van Vleck, pvanvleck@mac.com o cel (612) 204-4432. Patrocinado por el **Centro de Yoga Namaste, Todos Santos Baja Sur.**

mayo

5 al 7 de mayo | **GASTROVINO FESTIVAL** de Vino y Gastronomía en Baja. Boletos a la venta en: **La Bodega de Todos Santos y Librería El Teco-lote** en Todos Santos, tienda GotBaja en La Paz, y Galería Pez Gordo en The Shoppes at Palmilla. Mayores informes en Facebook: Gastrovino Baja Food & Wine Festival / Gastrovino Fest Baja o en www.gastrovino.mx

5 de mayo | 8 a 11 pm, **GASTRO-VINO, EL BAILE BLANCO** en el Hotel California, Todos Santos. Convive con los mejores vinicultores de México y disfruta de los mejores vinos y de las tapas gourmet de Chef Dany Lamote. Rifa, pasarela, accesorios, música fabulosa y las niñas bailarinas de Baco. Vestimenta

blanca, negra y dorada estricta. Boletos: 1400 MXN preventa /1600 MXN día del evento.

6 de mayo | 12 a 1 pm, **CATA CIEGA DE GASTROVINO** en Jazamango Restaurant, Todos Santos. 12 vinos catados a ciegas por expertos, con premiación a los tres primeros lugares. Cupo limitado, boletos 400 MXN.

6 de mayo | 6 a 9 pm, **GASTRO-TOUR** Centro Histórico de Todos Santos. Iniciando en **La Bodega de Todos Santos**, recibirá su copa conmemorativa y un mapa como inicio de un recorrido por los restaurantes del centro de Todos Santos, donde será recibido por los chefs y vinicultores mientras disfruta maridajes con música en cada sede. Boletos: 450 MXN preventa, 500 MXN día del evento.

7 de mayo | 2 a 6 pm, **FESTIVAL GASTROVINO** en la Plaza Pública de Todos Santos. Con los mejores vinicultores

de México, los mejores chefs de Baja California Sur, subasta silenciosa 100% en beneficio a causas locales, cinco artistas plásticos pintando en vivo, espectáculo circense interactivo y precios promocionales en todos los vinos. En escenario, la ganadora de La Voz México, Samantha Rae, así como Fábula Danza y muchas sorpresas más. Boletos: 600 MXN preventa, 700 MXN día del evento.

7 de mayo | 7 pm a 12 am, **GASTRO-VINO AFTER PARTY** en el Sky Lounge del **Hotel Boutique Guaycura**. 100 MXN cover.

10 de mayo | 5 a 8 pm, **NOCHE DE SUPER SALUD** en The Tasting Room y Distillery en Todos Santos. Una cena en base a plantas cultivadas por la comunidad, con alimentos frescos, locales y orgánicos. Abierto a todo público. 5 pm, clase de preparación de alimentos

EVENTOS cont. en pg. 51

HORA FELIZ

Adventure 19, **Lu Mar Mier Ju Vi Sa 4 a 6 pm**, 2x1 cerveza. Cerritos Beach Inn, **Lu Mar Mier Ju Vi 4 a 6 pm**, cerveza, vino y well drinks mitad de precio.

Chez Laura, Mar Mier Ju Vi Sa 4 a 5 pm, vino y tapas \$70 pesos.

Chill N Grill, Lu Mar Mier Ju Vi 4 a 6 pm, 2x1 cerveza y well drinks.

FreeSouls, Do Lu Mar Mier Ju Vi Sa 5 a 6 pm, margaritas, mojitos, y cerveza especiales.

Gallo Azul, Lu Mar Mier Vi Sa 3 a 6 pm, 2x1 mojitos y margaritas.

Hotel Casa Tota, **Lu Mar Mier Ju Vi Sa 3 a 6 pm**, 2x1 cerveza y well drinks.

La Esquina Lu Mar Mier Ju Vi Sa 5 a 6 pm, 2x1 cerveza, vino y margaritas.

La Generala, Do Lu Mar Mier Ju Vi Sa 8 am a 10 pm, 2x1 margaritas.

La Morena **Lu Mar Mier Ju Vi Sa 4 a 6 pm**

Oasis Bar y Grill **Do Mar Mier Ju Vi Sa 4 a 6 pm** cocteles de la casa 40 pesos y 20% descuento en botanas.

Rip Tide Bar Do Lu Mar Mier Ju Vi Sa 3 a 6 pm, 3 cervezas o margaritas por el precio de 2.

Sky Lounge en **Guaycura Boutique Hotel Do Lu Mar Mier Ju Vi Sa 2 a 4:30 pm**, 2 x 1 margaritas y cerveza *con este anuncio*.

The Tasting Room & Distillery Do 11 am a 1 pm 'Sunday Bloody Sunday' especiales de Bloody Marys



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domingo

10:30 am a 2:30 pm, **MÚSICA EN VIVO** con el Todos Santos Latin Band en Flora Farm en San José del Cabo.

2 a 8 pm, **DOMINGO DE PAELLA** en el restaurante **El Mirador** con vista al mar.

4 a 7 pm, **MÚSICA EN VIVO** con el Todos Santos Latin Band en en el restaurante **El Mirador** con vista al mar.

5 a 8 pm, **CENA CON CHEF INVITADO** los domingos en **The Tasting Room y Distillery** en Todos Santos. Sólo con reservación. Para reservar y conocer el menú, contactar a Angie Wood, angie.wood2016@outlook.com o al (612) 152-1553.

lunes

9 am a 5:30 pm, **PUESTO DE PRODUCTOS ORGÁNICOS** del Rancho Buen Día en el callejón de Todos Santos.

5 a 8 pm, **DEGUSTACIÓN DE VINOS DE BAJA** en **La Bodega de Todos Santos.** Sirve una selección de tres vinos diferentes de Baja y comida Mexicana de Restaurante Mi Pueblito.

martes

8:30 am a 1 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Madero entre 5 de Mayo y Constitución, La Paz.

9 am a 5:30 pm, **PUESTO DE PRODUCTOS ORGÁNICOS** del Rancho Buen Día en el callejón de Todos Santos.

8 pm, **NOCHE DE PELÍCULAS** en **Gallo Azul** en Todos Santos.

7 pm, **MÚSICA EN VIVO Y MARTES DE TACOS** con Todos Santos Latin Band en **Chill N Grill** en Todos Santos. 3 picadillo o tacos de papas por \$100 pesos.

miércoles

9 am a 5:30 pm, **PUESTO DE PRODUCTOS ORGÁNICOS** del Rancho Buen Día en el callejón de Todos Santos.

9 am a 12 pm, **MERCADO LOCAL** en **La Esquina de Todos Santos** en el otro lado.

5 a 8 pm **DEGUSTACIÓN DE VINOS DE BAJA** en **La Bodega de Todos Santos.** Sirve una selección de tres vinos

diferentes de Baja y comida Mexicana de Restaurante Mi Pueblito.

6:30 a 9 pm, **MÚSICA EN VIVO** en **Freesouls** en Cerritos Beach.

NOCHE DE PIZZA en **Chill N Grill** en Todos Santos.

jueves

8:30 am a 1 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Madero entre 5 de Mayo y Constitución, La Paz.

9 am a 5:30 pm, **PUESTO DE PRODUCTOS ORGÁNICOS** del Rancho Buen Día en el callejón de Todos Santos.

3 a 6 pm, **3 X 2 PIZZAS** en **Gallo Azul** en Todos Santos.

5 a 8 pm, **CENA Y PELÍCULA** en **The Tasting Room y Distillery** en Todos Santos. Cupo máximo, 20 personas (para cena y película). Para reservar y conocer el menú, contactar a Angie Wood, angie.wood2016@outlook.com o al (612) 152-1553.

5 a 9 pm, **CAMINATA DEL ARTE** en San José del Cabo, en el distrito de las galerías. Todas las galerías que participan estarán abiertas hasta las 9 pm y muchas tienen recepciones y eventos especiales. Noviembre hasta el fin de Junio.

6 a 9 pm, **MÚSICA EN VIVO** en el Garden Restaurant en Rancho Pescadero en el Pescadero.

6 a 7 pm, **LADIES' NIGHT** en **Freesouls** en Cerritos Beach. Bebidas gratis para las mujeres.

viernes

9 am a 5:30 pm, **PUESTO DE PRODUCTOS ORGÁNICOS** del Rancho Buen Día en el callejón de Todos Santos.

4 a 7 pm, **MÚSICA EN VIVO** con el Todos Santos Latin Band en en el restaurante **El Mirador** con vista al mar.

5 a 8 pm, **PIZZA, BOCCE Y MÚSICA** en **The Tasting Room y Distillery** en Todos Santos.

6 a 9 pm, **MÚSICA EN VIVO** en el Garden Restaurant en Rancho Pescadero en el Pescadero.

6:30 a 9 pm, **MÚSICA EN VIVO** en **Freesouls** en Cerritos Beach.

7 a 10 pm, **MÚSICA EN VIVO** con el Todos Santos Latin Band en **La Copa** en **The Todos Santos Inn**.

8 pm, **MÚSICA EN VIVO** en el restaurante **Chill N Grill** en Todos Santos.

sábado

8:30 am a 1 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Madero entre 5 de Mayo y Constitución, La Paz.

CADA SEMANA continúa en página 49



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El Momento Decisivo

continuó de página 14

El Momento Decisivo se trata de la estética de la coincidencia y de la fe para seguir la intuición de uno.

No hay nada en este mundo que no tenga su instante de perfecta expresión. El secreto es reconocer y valorar su chispa titilante. Al final, sólo una imagen perfecta destacará. Crearla desde la mente, acecharla en la calle, o esperar a que aparezca—es sólo cuestión de proceso.

Ese medio segundo que tienes cuando un hombre está saltando por encima de un charco, cuando una pareja se abraza para un beso en una plaza atestada, o cuando una garcilla baja en picada para aterrizar en un campo recién arado. Esta imagen es fugaz; una vez que pierdes ese instante para capturar ese momento, se fue para siempre. Nunca puedes recrear las mismas circunstancias en términos de ubicación y gente, luz o emoción. Es esta búsqueda por la perfecta sincronía que define el enfoque del Cazador. Utilizamos la frase “capturar una imagen” para indicar el acecho a una presa visual, escondiéndose apenas fuera de nuestra experiencia, que se revela en el instante en un ángulo de luz de sol o de sombra. Si pulimos nuestra conciencia de la luz y afilamos nuestras habilidades técnicas, así como nuestra paciencia, estaremos listos para capturar el Momento Decisivo cuando éste se presente.

Un momento brillante e inesperado nunca puede recrearse verdaderamente, pero puede ser re enmarcado, desmontado o embellecido. Re contar fotográficamente una idea o historia visual en una manera fantástica, trágica o franca para consumar una visión única y una intención artística, es la búsqueda del Director. La historia y las partes de la imagen ya están claras y formadas en el ojo de la mente, ahora para ser idealizadas y presentadas utilizando todas las herramientas disponibles para los fotógrafos—ya sea en el estudio o en el mundo natural. Un hermoso ejemplo de esto es la fotografía de la Era de la Depresión de Margaret Bourke-White. Sus retratos de sobrevivientes de Dust Bowl son altamente estilizados y las situaciones manipuladas y valientemente dirigidas para enaltecer y romantizar la tragedia que estaba desarrollándose frente a su lente.

Al final, ambas disciplinas dominan. Quizá esté yo inspirada e informada por un trozo de vida o una esquirla de luz vista durante una cacería de imágenes o una caminata. En cambio, tal vez agregue mi propia dirección adicional a una escena agregando objetos físicos o re dirigiendo las actividades o las emociones de mis sujetos. Tal vez regrese a una ubicación para observar la luz en diferentes horas del día. Según planee, mi imagen será definida por todas las elecciones que tome. Es la sinergia de estos dos conceptos del proceso fotográfico trabajando en tandem y el poder de reconocer el Momento Decisivo, que pueden llevarnos, de vez en cuando, a crear esas imágenes perfectas y profundas que son verdaderos tesoros fotográficos.



Cada Semana

continuó de página 47

9 am a 5:30 pm, **PUESTO DE PRODUCTOS ORGÁNICOS** del Rancho Buen Día en el callejón de Todos Santos.

9 am a 3 pm, **EL MERCADO ORGÁNICO** en San José del Cabo está ligeramente afuera del distrito de arte histórico en la Huerta María en el Camino a las Ánimas. Noviembre hasta el fin de Junio.

9 am a 1 pm, **TIANGUIS NATURAL MALECÓN** (Mercado) en el Callejon Cabezud es en La Paz—el área entre calle Esquerro y el Malecón ubicado en el mural Wyland y la escultura del músico tocando el caracol.

6 a 9 pm, **MÚSICA EN VIVO** en el Garden Restaurant en Rancho Pescadero en el Pescadero.

7 pm, **MÚSICA EN VIVO** con el Todos Santos Latin Band en La Casita in Todos Santos.

8 pm, **NOCHE DE SALSA** en **Gallo Azul**, Todos Santos. Incluye clase con Adrián Meza; salsa, bachata y cumbia.

8 pm, **MÚSICA EN VIVO** en el restaurante **Chill N Grill** en Todos Santos.

Animals in the Walls

continued from page 27

he's the one who attracted my attention the most; and, for some reason, the one I came across first. I asked him why he draws so many animals and human features inside his figures. Ulises Martínez looks at me as if not wanting to answer such an obvious question. He calls them magic animals and they represent his feelings, largely stimulated by a deep connection with an ocean which has already bewitched others, such as Jacques Cousteau.

But the sea is not the only spellcaster. Uli tells me that when he began painting the figures, he didn't realize that, in fact, he was doing *alebrijes* (brightly colored folk art sculptures), connecting in some way with his Oaxacan origins. Moreover, there is a much clearer unconscious (and also premeditated) artistic legacy in his paintings: that of the cave paintings in the San Francisco mountains a few hundred kilometers north of La Paz. All those superimposed animals—the majority neighboring local reality—are the ANIMALS IN THE WALLS cont. on page 58

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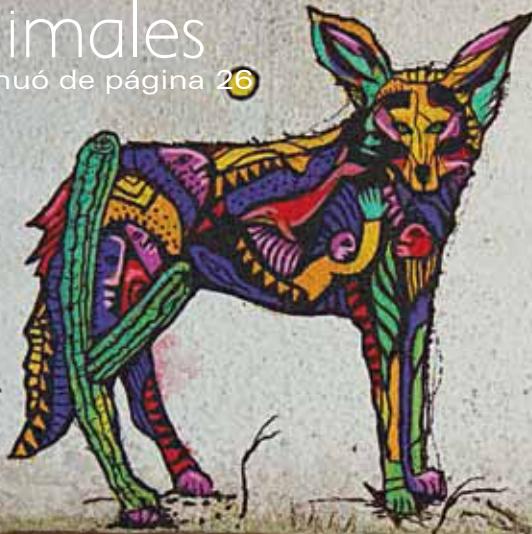
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Animales

continuó de página 26



Como ese maldito ruido que aparecía tres o cuatro veces al día no me dejaba trabajar comencé a pintar animales que pudieran ser su causa.” Así supongo que nacieron sus criaturas y sus océanos dentro de océanos. Pues somos uno, todos y todo somos uno pero a veces se nos olvida.

¿Y cómo los haces?

“Pues no más con pincel, brocha y rodillo, subido a una escalera. El del mercado Madero me lo aventé solo, en quince días. Tenías que ver a toda la gente, a los comerciantes cómo se paraban y se interesaban. El ayuntamiento no me pagó nada pero aun así quise hacerlo. Vinieron mis amigos a tocar música, hicimos una fiesta. Al terminar se acercó un señor y me dijo: ‘¡oye, por qué le pintas tantos colores a la ballena, eso no es de aquí?’ ‘Pero señor,’ contesté, ‘¿acaso nunca miró usted debajo del agua?’”

En otro de sus murales situado en La Fábrica, a las afueras de la ciudad, me encuentro un enorme tiburón ballena. En su interior muchas historias, como la lucha de los movimientos civiles para que se respete al ciclista, la tolerancia con la

elección de la sexualidad, las consecuencias de la minería y sus billetes y mucho más.

“Cuando andaba terminando éste se detuvo un albañil, muy humilde, y lo vio. Me contó que de niño se aventaban por las dunas sobre caparazones de tortuga. Antes abundaban porque la tortuga era un plato típico pero ya lo prohibieron. Entonces los niños como él colocaban un cartón sobre el caparazón para no rasparse y se lanzaban. Esa era su felicidad.”

Aquel niño se va a deslizar feliz por la aleta dorsal del tiburón, que también es el volcán de Las Tres Vírgenes, por mucho tiempo.

Uli también pintó murales sobre animales que no habitan en la Baja. En la colonia Diana Laura un rinoceronte pasta sobre el asfalto frente al esqueleto de un coche. Al lado un muchacho absorbido por su smartphone es incapaz de percibir la magia del animal.

“Un señor se paró y me preguntó: ‘Oye joven, ¿cuánto cobras por pintar esto?’ ‘¿Por qué?’ contestó Uli pensando que aquellos pinches 10.000 pesos que se ganaba eran una cifra que merecía cautela. ‘No verás, contestó el hombre, yo soy jardinero y no conozco a Picasso ni a Diego Rivera pero para mí lo que tú estás haciendo es arte y me gustaría mostrártelo a mis hijos.’” Más allá de las testimoniales lágrimas, aquel preciso instante supuso un punto de inflexión en el proceso que todo artista conoce, el de saberse artista.

Y allí anda el bato, aventándose los murales de La Paz, casi siempre frente al color, tan absorbido por el océano como la urbe, creyéndose tan recio sus sueños que no tiene otro remedio que pintarlos.

Para contactar a Ulises o saber más de su trabajo pueden visitar la página de facebook @ulimartinezfrentealcolor

Alejandro Panés, poeta y periodista nacido en Madrid, se dedica a escribir sobre los lugares y personas que le enamoran. Actualmente vive en una furgoneta en algún lugar cerca de Todos Santos. Para saber más acerca de su trabajo: poetryp.com

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Black



Green



Oolong



Tender Leaves

continued from page 8

The more people learn about tea, the more assortments of flavors, textures and tea blends are created. Over 3,000 varieties exist from all over the world—many attributed with amazing health benefits. In modern times, green tea is highly valued for its many benefits, such as its immune boosting antioxidants, and in recent years, some laboratory studies have shown its ability to slow and prevent the spread of cancer.

FRUTAL AND HERBAL SELECTIONS: Tisanes (often called herbal teas) are not made from the *Camellia sinensis* tree; they are infusions made from herbs, spices and fruits and are caffeine free. Some kinds also have various health benefits. The infusion timing for Tisanes differs from tea. While a cup of tea can take from two to four minutes to infuse, Tisanes can take anywhere between five to ten minutes. As the tea sommelier in San Miguel de Hidalgo explained, "Tisanes take time for its flavor to develop."

Will tea be the everlasting secret to slowing aging, the cure for cancer, a way to balance life, or the help to meditate and connect to our inner being? Perhaps, but tea certainly will remain an ancient remedy for body and soul and a true piece of art.

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Eventos

continuó de página 46

con un ingrediente del menú, cena inicia a las 6 pm. Para mayores informes, menú, precio y reservaciones, visite en Facebook: Noche De Super Salud, contactar a Paul Van Vleck, pvanvleck@mac.com o cel (612) 204-4432. Patrocinado por el **Centro de Yoga Namaste, Todos Santos Baja Sur**.

24 de mayo | 5 a 8 pm, **NOCHE DE SUPER SALUD** en **The Tasting Room y Distillery** en Todos Santos. Una cena en base a plantas cultivadas por la comunidad, con alimentos frescos, locales y orgánicos. Abierto a todo público. 5 pm, clase de preparación de alimentos con un ingrediente del menú, cena inicia a las 6 pm. Para mayores informes, menú, precio y reservaciones, visite en Facebook: Noche De Super Salud, contactar a Paul Van Vleck, pvanvleck@mac.com o cel (612) 204-4432. Patrocinado por el **Centro de Yoga Namaste, Todos Santos Baja Sur**.

junio

7 de junio | 5 a 8 pm, **NOCHE DE SUPER SALUD** en **The Tasting Room y Distillery** en Todos Santos. Una cena en base a plantas cultivadas por la comunidad, con alimentos frescos, locales y orgánicos. Para informes, menú, precio y reservaciones, visite en Facebook: Noche De Super Salud, contactar a Paul Van Vleck, pvanvleck@mac.com o cel (612) 204-4432. Patrocinado por el **Centro de Yoga Namaste, Todos Santos Baja Sur**.

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continuó de página 21

importante no sólo para los residentes y ecosistemas locales, sino que también puede repercutir en la salud de las comunidades y especies en Estados Unidos. "Para quienes vivimos en California, es importante recordar que Baja California es sólo una extensión de nuestra propia costa," dice Marisa Quiroz, Directora del Programa Ambiental de ICF.

Con el fin de celebrar y concientizar sobre este esfuerzo binacional y el impacto del trabajo de los Waterkeepers de Baja California, ICF, la Alianza Waterkeeper, Environment Now y el LA Coastkeeper recientemente organizaron un evento en Santa Mónica, California. Los diez Waterkeepers de Baja California asistieron, junto con Robert Kennedy Jr., presidente de la Waterkeeper Alliance, quien hizo observaciones sobre la importancia y oportunidad de este esfuerzo transfronterizo. El evento inició una ambiciosa campaña de recaudación de fondos para reunir

Baja Waterkeepers con Robert Kennedy, Jr. en Santa Monica, Ca.

medio millón de dólares para el Fondo Waterkeepers de Baja California, suma que apoyará el trabajo de los diez Waterkeepers por los próximos tres años.

Como residentes o visitantes en Baja California, tenemos la oportunidad única de conocer a nuestros Waterkeepers locales y aprender de primera mano sobre los problemas de calidad del agua que nos afectan. Si desea conocer a su Waterkeeper local, póngase en contacto con la Oficial de Programa de ICF, Marisa Quiroz al correo marisa@icfdn.org.

Para apoyar al Fondo Waterkeepers de Baja California a través de ICF, puede donar en línea en: <http://donate.icfdn.org/#npo/waterkeepers-baja-californias-regional-fund>, o por cheque pagadero a: International Community Foundation, "Baja California Waterkeeper Fund," y correo a: 2505 N Avenue, National City, CA, 91950.

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f Cuatro Vientos

Biblioteca Palapa

continuó de página 23

con recuentos personales de eventos no grabados por los medios. Su libro más famoso, *La Noche de Tlatelolco*, fue publicado en 1971 y describe los asesinatos de hasta 300 estudiantes universitarios y civiles en 1968 en la ciudad de México. Por éste fue elegida para el Premio Villaúrrutia, un premio literario prestigioso dado en México a un escritor latinoamericano publicado en México.

En el 2013, le otorgaron el premio más alto de España por un logro de por vida, El Premio Cervantes. Es solamente la cuarta mujer en recibir este honor. Puede decirse que es la autora viva más significativa en todo México, si no es que en todo el mundo de habla hispana. Tener a alguien de su calibre apoyando los esfuerzos de La Sociedad de la Palapa y permitiendo la dedicación de la biblioteca en su honor, son proezas extraordinarias.

El Centro Educativo de la Palapa consiste de tres edificios: La Escuela de la Palapa, la biblioteca de la comunidad, y salones de inglés. Todos los edificios están cerca de estar completos. El 21 de agosto del 2017, abrirá la secundaria. El objetivo es tener no más de 25 estudiantes por grado, iniciando con primero y segundo, y luego ir añadiendo uno o dos grados adicionales cada año subsecuente. Actualmente, el Director, Juan Diego González, está entrevistando maestros, revisando aplicaciones de

estudiantes y preparándose para entrevistar a los estudiantes y a sus padres. Como tesorero de la Sociedad de la Palapa, Hal Butler dice: "Tenemos un proyecto excepcional y necesitamos un equipo excepcional." Según el Director Juan Diego, "Los costos anuales por estudiante son de \$2400 USD. Esperamos tener donaciones para becas escolares, para que ningún estudiante que lo merezca sea rechazado."

La biblioteca se mudará de su estrecha ubicación actual a principios de octubre y reabrirá pronto después de haberse mudado. Se necesitan voluntarios para ayudar con la mudanza. Se aceptan donaciones de libros y videos en español para este espacio mucho más grande. Las clases del Puente al Inglés también comenzarán en octubre en su nuevo edificio.

El Presidente de la Palapa, Erick Ochoa dice: "nuestro sueño se está convirtiendo en una realidad. Agradecemos a Dave y Cindy Higgins por su visión y por su apoyo en este esfuerzo. Una vez que nuestro Centro esté funcionando, será cuestión de la Sociedad de la Palapa y de donaciones privadas proveer fondos para mantener estos programas y su avance."

Mientras tanto, La Sociedad de la Palapa ha iniciado tres clubes de libros para ayudar a que la comunidad se familiarice con el trabajo de Elena. Felipe Rodríguez Lara está dirigiendo el club en el idioma inglés llamado *Wine with Elena*. Los libros incluyen *El corazón de la alcachofa* y *Hasta no verte, Jesús mío* y están disponibles en la BIBLIOTECA PALAPA continúa en página 54

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Events

continued from page 24

Super Salud, contact Paul Van Vleck at pvanvleck@mac.com or cell (612) 204-4432. Sponsored by **Namaste Yoga Centro Todos Santos Baja Sur.**

May 24 | 5 – 8 pm, **NOCHE DE SUPER SALUD** at **The Tasting Room and Distillery** in Todos Santos. A Community plant-based evening dinner with organic, fresh, local, super foods. All are welcome. 5 pm, food prep class with an item used in the meal, which starts at 6 pm. For more information, menu, price, and to RSVP visit Facebook: Noche De Super Salud, contact Paul Van Vleck at pvanvleck@mac.com or cell (612) 204-4432. Sponsored by **Namaste Yoga Centro Todos Santos Baja Sur.**

june

June 7 | 5 – 8 pm, **NOCHE DE SUPER SALUD** at **The Tasting Room and Distillery** in Todos Santos. A Community plant-based evening dinner with organic, fresh, local, super foods. All are welcome. 5 pm, food prep class with an item used in the meal, which starts at 6 pm. For more information, menu, price, and to RSVP visit Facebook: Noche De Super Salud, contact Paul Van Vleck at pvanvleck@mac.com or cell (612) 204-4432. Sponsored by **Namaste Yoga Centro Todos Santos Baja Sur.**

June 25 | 9 am, **DOG SURF COMP CERRITOS** at Playa Los Cerritos. A dog surf contest and fundraiser for local dog rescue. If you'd like to enter a dog or be a sponsor please contact: info@dogsrfcompcerritos.com or call (612) 142-5038.

november

November 18 | **GRAND OPENING AND RIBBON CUTTING OF LA BIBLIOTECA ELENA PONIATOWSKA** at the new Palapa Learning Center in Todos Santos with literary legend, Elena Poniatowska.

November 25 | **11TH ANNUAL PALAPA SOCIETY TIANGUIS.** The Palapa Society of Todos Santos A.C. is accepting donations now through November for this year's event. Donations can be dropped off at **Galería de Todos Santos**, Monday – Friday, 10 am – 12 pm and 2 – 4 pm.

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Biblioteca Palapa

continuó de página 53

librería El Tecolote en Todos Santos. El club se reunirá semanalmente de marzo hasta finales de mayo. Para mayores informes, escriba a rodriguezlara@hotmail.com

El director Juan Diego González dirigirá el club en español, llamado *Vino con Elena*. También iniciará en marzo y seguirá durante el verano. Se leerán y discutirán cinco libros, el primero titulado *Tlapalería*. Para la compra de libros y para información, escriba a jgonza45@gmail.com

El director también dirigirá el club en español para niños, quienes leerán *Lilus Kikus*. Está buscando \$210 USD en donaciones para comprar 30 libros antes de iniciar el club. Padres interesados o donadores deberán contactarlo en jgonza45@gmail.com

Para mayores informes, para DONAR, para ser voluntario, o para inscribir a un estudiante en la Escuela de la Palapa, por favor visite <http://palapasociety.org> o escriba a: info@palapasociety.org

ON THE COVER

Our model is singer/songwriter Divier Guive, wearing a dress by Yolanda Guillen—a fashion designer from Cabo San Lucas and the director of IMAC, a fashion and haute couture institute.

Divier has a new disc, "Denso." You can reach Divier at:

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Weekly Events

continued from page 25

(for dinner and movie). For reservations and menu, contact Angie Wood at angie.wood2016@outlook.com or (612) 152-1553.

6 – 9 pm, **LIVE DINNER MUSIC** at the Garden Restaurant at Rancho Pescadero in Pescadero.

6 – 7 pm, **LADIES' NIGHT** at **Freesouls** at Cerritos Beach. Ladies drink for free.

friday

9 am – 5:30 pm, **ORGANIC VEGETABLES** at Rancho Buen Día in the *callejon* of Todos Santos.

4 – 7 pm, **LIVE MUSIC** by Todos Santos Latin Band at **El Mirador Ocean View Restaurant**.

5 – 8 pm, **PIZZA, BOCCE AND MUSIC** at **The Tasting Room and Distillery** in Todos Santos.

6 – 9 pm, **LIVE DINNER MUSIC** at the Garden Restaurant at Rancho Pescadero in Pescadero.

6:30 – 9 pm, **LIVE MUSIC** at **FreeSouls** at Cerritos Beach.

7 – 10 pm, **LIVE MUSIC** with Todos Santos Latin Band La Copa bar at The Todos Santos Inn.

8 – 11 pm, **LIVE MUSIC** at **Chill N Grill** in Todos Santos. Call (612) 199-2938 for more information.

saturday

8:30 am – 1 pm, **LA PAZ FARMER'S MARKET** on calle Madero between 5 de Mayo and Constitución, La Paz.

9 am – 1 pm, **MALECÓN TIANGUIS NATURAL (MARKET)** at the Callejon Cabezud in La Paz—the area between Esquerro street and the *malecón* at the location of the Wyland mural and the seashell musician statue.

9 am – 3 pm, **SAN JOSÉ DEL CABO ORGANIC MARKET** (Mercado Organico) just outside the San José historic district in Huerta Maria on the Camino a Las Animas. Look for the signs at the big arroyo off Avenida Centenario. Takes place through the end of June.

9 am – 5:30 pm, **ORGANIC VEGETABLES** at Rancho Buen Día in the *callejon* of Todos Santos.

6 – 9 pm, **LIVE DINNER MUSIC** at the Garden Restaurant at Rancho Pescadero in Pescadero.

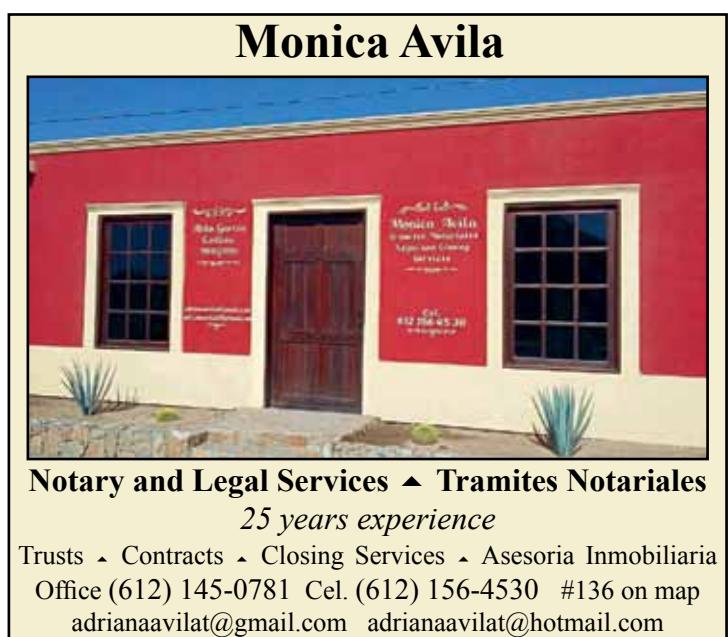
7 pm, **LIVE MUSIC** with the Todos Santos Latin Band at La Casita in Todos Santos.

8 pm, **SALSA NIGHT** at **Gallo Azul** in Todos Santos. Includes classes with Adrian Meza, salsa, bachata and cumbia. Takes place every other Saturday; for dates and information visit: www.galloazulpizzabar.com

8 – 11 pm, **LIVE MUSIC** at **Chill N Grill** in Todos Santos. Call (612) 199-2938 for more information.



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Groups / Grupos

All classes at **Cuatro Vientos** are noted as **@CV**. (#11 on *otro lado* map. The studio is across from **La Esquina**.).

TODOS SANTOS	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
Yoga	9 am Namaste Yoga c/ Paul (612) 204-4432	9-10:15 am Hatha Flow c/ Marimar @ CV	7:30-8:45 am Vinyasa Flow c/ Liz @ CV 4:30-6pm Yin/ Restorative Yoga c/ Emele @ CV	9-10:15 am Hatha Flow c/ Marimar @ CV 12-1 pm Silent Meditation @ CV	7:30-8:45 am Vinyasa Flow c/ Liz @ CV 9-10:15 am Core Yoga c/ Janice @ CV 4:30-6pm Yin/ Restorative Yoga c/ Emele @ CV	9-10:15 am Hatha Flow c/ Marimar @ CV	7:30-8:45 am Vinyasa Flow c/ Liz @ CV 9 am Namaste Yoga c/ Paul (612) 204-4432
Martial Arts			10:30-11:45am Ta'i Chi short form @ CV 612-157-6088 or barakabaja@gmail.com		10:30-11:45am Qi Gong / @ CV 612-157-6088 or barakabaja@gmail.com		
Other/Otros	10-11:30am Dharma talks c/ Robert K. Hall @ CV <i>El primer domingo de cada mes, la plática sobre meditación y lo que el Buda dice sobre la vida y la tranquilidad del espíritu es traducida al español por Elena Ascencio.</i>	Aldo's Gym 6 am - 10 pm 11 am - 1 pm Vajra Dance @ CV 4:30-6 pm Dance Lab c/ Zoë @ CV 5:30 pm Cross Training w/ Mao @ San Sebastian beach mauricio@mymotivation.es 6-7:30 pm Capoeira c/ Diana @ CV	Aldo's Gym 6 am - 10 pm Aldo's Gym 6 am - 10 pm 3:30-5:30 pm Manos Magicas @ Centro Cultural chambaretcat@mac.com 6-7:30 pm Capoeira c/ Diana @ CV	Aldo's Gym 6 am - 10 pm 2-4 pm Art Journal Lab c/ Zoë @ CV 200 pesos zoe@cultivatecreativity.net (612) 105-0056 4:30-6 pm Dance Lab c/ Zoë @ CV 5:30 pm Cross Training w/ Mao @ San Sebastian beach mauricio@mymotivation.es	Aldo's Gym 6 am - 10 pm 9 am Drawing class c/ Tori oscarntori@yahoo.com 6-7:30 pm Capoeira c/ Diana @ CV	Aldo's Gym 6 am - 10 pm 3-4 pm Danza Hawaiana Niñas c/ Malucha @CV 4-6 pm Danza Hawaiana Adultos c/ Malucha @ CV 6-7:30 pm Core c/ Mao @ CV mauricio@mymotivation.es 7:30-9 pm Capoeira c/ Diana @ CV	Aldo's Gym 7 am - 2 pm
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core
yoga



WITH JANICE AT CUATRO VIENTOS
THURSDAYS, 9 AM

A creative Yoga flow with Pilates core focus.

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Groups / Grupos

TODOS SANTOS	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
Palapa Society		10am -1pm Library Open <i>Rincon de Cuentos</i>	10am -1pm Library Open <i>Rincon de Cuentos</i>	10am -1pm Library Open <i>Rincon de Cuentos</i>	10am -1pm Library Open <i>Rincon de Cuentos</i>	10am -1pm Library Open <i>Rincon de Cuentos</i>	10am -1pm Library Open <i>Rincon de Cuentos</i>
AA	AA meetings are upstairs in the blue building next to the Ejido building, across from White Sand Spa on calle Militar 6 pm AA meeting	5 pm AA meeting For info: Eric (612) 156-9980	5 pm AA meeting For info: Eric (612) 156-9980	11 am AA meeting For info: Eric (612) 156-9980	5 pm AA meeting For info: Eric (612) 156-9980	9 am Women's AA meeting For info: Eric (612) 156-9980 5 pm AA meeting For info: Eric (612) 156-9980	11 am AA meeting For info: Eric (612) 156-9980
	AA CABO SAN LUCAS—AA Hacienda Group Cabo, upstairs above Ace Hardware behind McDonalds. Daily 4:30 pm and 6 pm. SAN JOSÉ DEL CABO—Next to the Calvary Chapel corner of Degollado and Coronado. 6 pm nightly. For more information: (624) 147-0478.						
PESCADERO	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
Yoga	9 am Yoga @ Baja Zen 612-142-5038 info@baja-zen.com 10 am Yoga 120 pesos @ Rancho Pescadero 5:30-7pm Candlelit Restorative Yoga @ Rancho Pescadero	9 am Yoga @ Baja Zen 612-142-5038 info@baja-zen.com 8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx 10-11 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx 10 am Yoga 120 pesos @ Rancho Pescadero	8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx 10-11 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx 10 am Yoga 120 pesos @ Rancho Pescadero	9 am Yoga @ Baja Zen 612-142-5038 info@baja-zen.com 10 am Yoga 120 pesos @ Rancho Pescadero 5:30-7pm Candlelit Restorative Yoga @ Rancho Pescadero	8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx 10-11 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx 10 am Yoga 120 pesos @ Rancho Pescadero	9 am Yoga @ Baja Zen 612-142-5038 info@baja-zen.com 8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx 10 am Yoga 120 pesos @ Rancho Pescadero	8-9:30 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx 10 am Yoga 120 pesos @ Rancho Pescadero
Al-anon		5 pm Pescadero Al-Anon For directions: pescaderoafg@gmail.com http://al-anon.alateen.org/		5 pm Todos Santos Al-Anon meeting For info: Eric (612) 156-9980			

Animals in the Walls

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artifice of bringing nature closer to human beings. That is his magic, perhaps.

"How did you begin painting them?" I ask him insistently.

"I don't know. Well, once I was preparing an exhibit in a restaurant; I was working in the studio and I began to hear a noise like a cry, like from bird or a child, like this... [he emits a tattered shriek]. Since this damned noise—which showed up three or four times a day—didn't allow me to work, I began to make animals which could be causing it." I suppose this was the manner in which his creatures and his oceans within oceans were born. Well, we are one, all and everything are one; but sometimes we forget that.

And how do you do it?

"Well, with nothing more than a small brush, a broad brush, and a roller, climbing on a ladder. The mural on the Madero market I kicked out by myself, in fifteen days. You should have seen all the people, all the merchants, how they were stopping and were interested. The city didn't pay me anything, but I wanted to do it anyway. My friends came and played music; we made it a party. When I was finished, a gentleman approached me and said, 'Hey, why did you paint so many colors on the whale; that's not from here.' 'But, sir,' I answered, 'have you, perhaps, never looked beneath the water?'"

In another of his murals, placed in colonia La Fábrica in the outskirts of the city, I found an enormous whale shark. Within it were many stories, such as the struggles of civil movements, having respect for cyclists, tolerating sexual choices, the consequences of mining and its money, and much more.

"When I was finishing this one a bricklayer, very humble, stopped and saw it. He told that me in his childhood they

used to ride turtle shells down the dunes. Turtle shells used to be everywhere because turtle was a typical meal, but eating turtles is prohibited now. Back then, kids like him put a piece of cardboard over the shell so they wouldn't get scraped up, and launched themselves. That was their joy."

That child is going to slide happily down the dorsal fin of the shark—which is also Las Tres Vírgenes volcano—for a long time.

Uli has also painted murals of animals that don't live in the Baja. In the Diana Laura neighborhood, a rhino grazes on the asphalt across from the skeleton of a car. Nearby, a boy—absorbed by his smartphone—is unable to perceive the animal's magic.

"A gentleman stopped and asked me, 'Hey, young man, how much did you charge for painting this?'"

"Why?" Uli answered, thinking that the friggin' 10,000 pesos he earned was a number which he should be cautious mentioning.

"You won't imagine," answered the man. "I'm a gardener and I don't know about either Picasso or Diego Rivera, but to me what you are doing is art and I would like to show it to my children." Even beyond symbolic tears, that precise moment divined a turning point in a process which every artist knows: that of knowing he is an artist.

And there goes that guy, turning out murals in La Paz—almost always in front of color, as absorbed by the ocean as by the metropolis—believing so fiercely in his dreams that he has no other choice than to paint them.

To contact Ulises or to see more his work, visit his Facebook page @ulimartinezfrentealcolor

Alejandro Panés, a poet and journalist born in Madrid, devotes himself to writing about the places and people who win his heart. At present, he lives in a van someplace close to Todos Santos. To read more of his work, visit: poetryp.com



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MLS # 16-225 \$995,000 USD



VILLA SAN SEBASTIÁN. This Asian-inspired designed home sits on an elevated lot overlooking the Pacific Ocean and around to the swaying palms and Sierra Laguna Mountains. Well-constructed 2Br/2Ba home with double thick walls. Lot measures: 1,058 m². Walk to the beach.

MLS # 17-422 \$349,000 USD



CASA SAN VICENTE. Charming Todos Santos artisan home: 2Br/1Ba main house, plus guest casita. With fireplace and new *palapa* with Puerta Vallarta-style weave. Frontage features whimsical Charles Stewart Gates. Lot measures: 1,231 m².

MLS # 17-433 \$179,000 USD



CASA IGUANA. Mexican-contemporary design 4Br/4Ba home. Gourmet kitchen and separate guest home. Pacific Ocean views. Great Puerta Vallarta-style weave *palapa* retreat for entertaining, with built-in BBQ and cooking area. Lot measures: 1,745 m² with 297 m² of construction.

MLS # 17-210 \$899,000 USD



LA PASTORA OCEANFRONT ESTATE. Spacious, private, serene and casually elegant one-level home on 2 acres with 280 feet of Pacific Oceanfront. 3 bedrooms each with full bathroom and original wood fireplaces, large pool, Jacuzzi, BBQ and Gazebo lounge area. "One of a kind / Once in your lifetime."

MLS # 16-27 \$1,999,000 USD



CASA CATALINA. 2 large bedrooms, living room, and bathroom studios downstairs, each has its own front entrance and a patio door leading onto the back deck. Upstairs has a full kitchen, living area and bathroom. Amazing Pacific views. 111.48 m² construction on 1,999 m² of land.

MLS # 15-2425 \$229,999 USD



CASA COLORADO. Home designed and built by well-known local architect. 3 Br/3Ba + den with over 3,000 sq.-ft. living space open floor plan. Corner fireplace. Outdoors shower. Fantastic Pacific Ocean views from every level. 3,998 m² of land.

MLS # 16-2248 \$449,000 USD



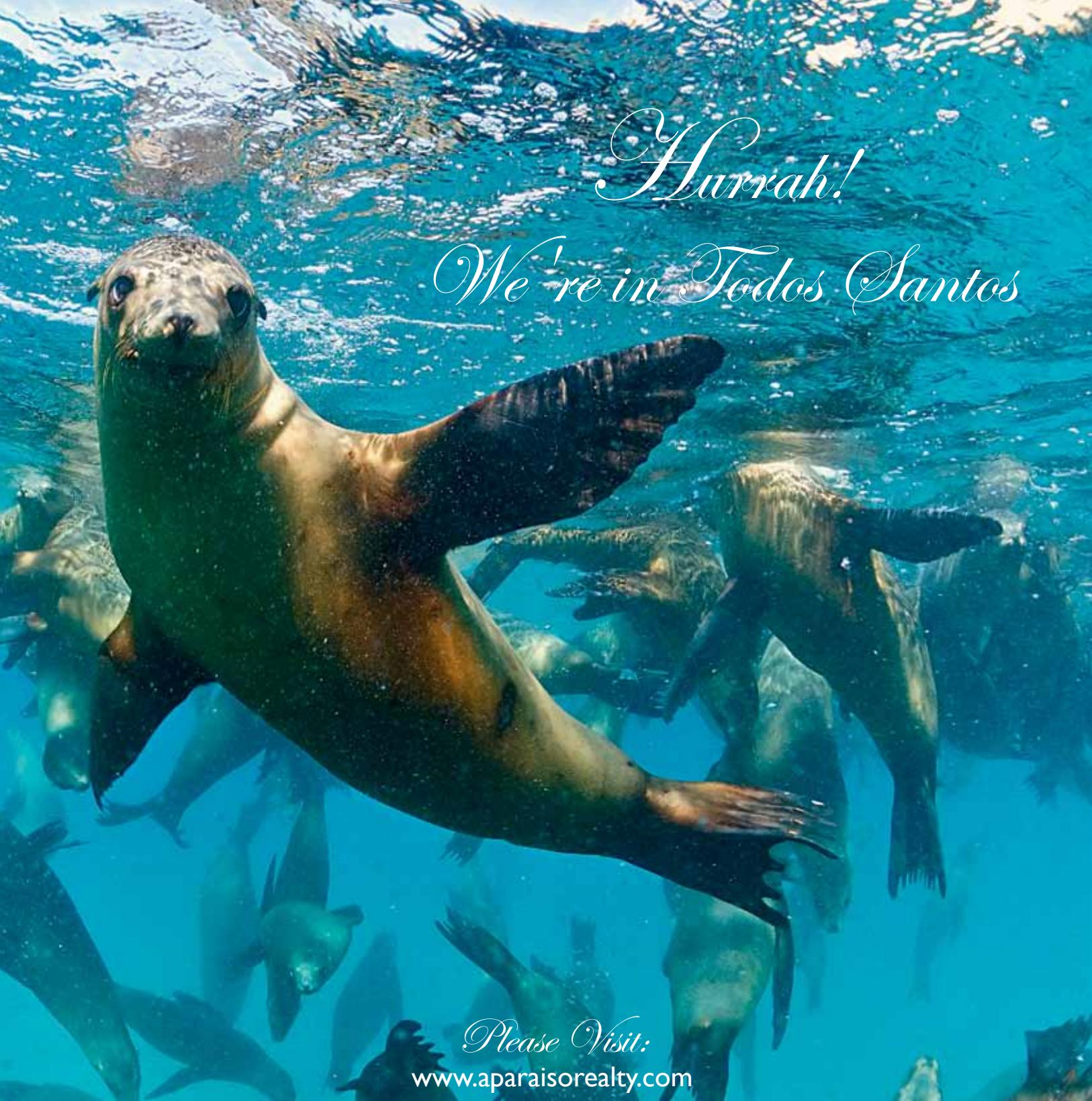
CASA CLÁSICA. Casa clásica is built by Bruce Kramer in his "fired-adobe-brick-style." Sits on 1,700 square meters of land with unobstructable ocean views. Kitchen with Mexican pine cabinets. 2Br/2Ba.

MLS # 17-68 \$324,999.00 USD



PEACEFUL PARADISE LAS TUNAS. This is a truly amazing one of a kind property for sale in the heart of Old Las Tunas, by the Pacific Ocean, measuring 3,751 m². Great Ocean and Mountain views. This lot is perfect for a private estate or family compound.

MLS # 12-1932 \$179,000 USD



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