

The ULTIMATE GUIDE to
Baja Sur Arts,
Culture & Adventure

SUP in / el SUP en
BAJA

The Blue-footed Booby
BAJA BOOGIE

EL BAILE DE LA BAJA
del Piquero de Patas Azules

Dog Surf Competition
CERRITOS
Surf Para Perros

"Sea of Cortez" by / por Kaia Thomson

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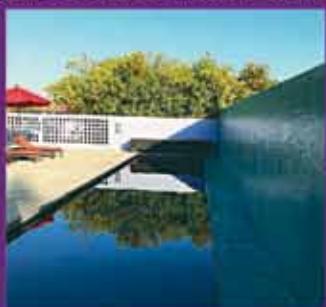
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Art Talk	12
Beaches / Playas.....	31
Beautiful Places to SUP in Baja California Sur	15
Blue-footed Booby Fun Facts.....	24
Caffé Todos Santos 10 th Anniversary Salad	42
Dog Surf Competition Cerritos	5
<i>El Cielo:</i> The Baja Sky	25
Events	18
Groups	48
La Paz Beaches	38
Sport Fishing at Cerritos Beach	35
SUP in Baja	6
The Blue-footed Booby Baja Boogie	8
The Hotelito Celebrates Its 10 th Anniversary	20
<i>Voces del Pueblo</i>	29

español

Competencia de Surf para Perros en Cerritos.....	5
<i>El Baile de La Baja del Piquero de Patas Azules</i>	8
<i>El SUP en Baja</i>	6
Eventos	40
Grupos	48
<i>Hechos Divertidos de los Piqueros Patas Azule</i>	24
<i>Hermosos Sitios para Practicar el SUP en Baja California Sur</i>	14

maps / mapas

Todos Santos— <i>El Centro</i>	26 – 27
Todos Santos— <i>El Otro Lado</i>	28
Todos Santos—Pescadero Corridor & Beaches / Playas	30
La Paz Beaches / Playas de La Paz	36
La Paz Historic District / <i>Distrito Historico de La Paz</i>	36 – 37

Dog Surf Competition Cerritos Competencia de Surf para Perros en Cerritos

by / por Chloe Johnson Buck & Kim Wexman
traducido por Elena Ascencio-Ibáñez



Pro Surfer Sully, photo: Greg Buser

If you've been waiting all year to have fun, smile, and see adorable dogs riding the waves, your time has come. This year will be the 4th Annual Cerritos Dog Surf Competition and it will be held again at Playa Los Cerritos on Sunday, June 25th, 2017, from 9:30 am to 12:30 pm. The community really comes together for this event and many businesses in the area take a part in sponsoring it, with all proceeds going to help local dogs in need.

Making his first appearance at the Cerritos Dog Surf Competition and sure to be strong competition in every DOG SURF continued on page 17

Si has estado esperando todo el año para divertirte, sonreír y ver a adorables perros agarrando olas, ha llegado tu hora. Este año se llevará a cabo la competencia anual de surf para perros en Cerritos, el domingo 25 de junio, 2017, de 9:30 am a 12:30 pm. La comunidad realmente une esfuerzos para este evento y muchos negocios en el área participan como patrocinadores. Todo lo recabado se destina a ayudar a los perros locales que lo necesiten.

Actualmente en su primera aparición en la competencia de surf para perros en Cerritos, y seguramente un fuerte SURF PARA PERROS continúa en página 16

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SUP in Baja / El SUP en Baja

by / por Mauricio Femat
translated by Kat Bennett



photo: On Board Baja

Recently, stand up paddle boarding (SUP) has seen an increase in popularity. It's a fun option for people who enjoy nature and contact with the sea, as well as for those who have always wanted to learn to surf but for whatever reason haven't been able to realize that dream. SUP has become so popular that some even dare to say that it will soon dominate the boardsport market.

There are many different types of SUP, each offering potential for mental relaxation and spiritual connection, but there are also incredible physical benefits to practicing stand up paddle boarding. Most importantly, it improves balance and strengthens your muscles.

Since SUP is practiced on the water, the board is in constant motion due to waves, currents, and the wind. In other words, SUP is practiced on an unstable surface,

Recientemente, el Stand Up Paddle (SUP) ha visto un aumento en popularidad. Es una opción divertida para quienes disfrutan de la naturaleza y el contacto con el mar, así como para quienes siempre han querido aprender a surfear, pero que, por alguna razón, no han podido ver concretado su sueño. La práctica se ha hecho tan popular, que algunos hasta se atreven a decir que muy pronto dominará el mercado de los deportes de tabla.

Hay muchas diferentes modalidades de SUP, cada una ofrece potencial para la relajación mental y la conexión espiritual, pero también hay increíbles beneficios físicos para quienes lo practican. Principalmente, mejora el equilibrio y fortalece tus músculos.

Dado que el SUP se practica en el agua, la tabla está en constante movimiento debido al oleaje, a las corrientes y al EL SUP EN BAJA continúa en página 11

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which works your balance.

You propel the board through the water using a paddle; forward motion being generated by the force created when the paddle passes through the water. The repetitive rowing motion places one demand on your muscles. The body faces the additional demand of maintaining balance while the force generated by the paddle's stroke is transmitted back from the water up to the body.

As far as the mechanics of SUP, it's basically learning how to efficiently do the paddle stroke. Paddling with only the arms is a common mistake made by people just starting out. This makes the arms tire too quickly. With practice, you learn that the paddle stroke is more efficient when the motion comes from the movement of the legs and hip in conjunction with the movement of the torso. These movements are ultimately passed to the paddle through the arms.

When you have mastered good paddle technique, with each stroke the muscles of the lower limbs—which are connected to the muscles of the upper limbs through the entire the torso (or core)—are used. In other words, virtually all of the body's muscles are exercised while simultaneously maintaining balance and generating power. When it comes to sports, SUP has the advantage



photo: On Board Baja

of activating nearly all of the body's muscles—making SUP an excellent choice for exercise and looking better!

Different types of SUP provide different benefits. Long-distance SUP stimulates muscle endurance and aerobic capacity, while surf SUP stimulates muscle power and strength.

SUP continued on page 10

An advertisement for Todos Santos Private Transportation. It features a circular logo on the left with the company name in gold script and serif fonts. To the right, three white SUVs are parked in a row on a paved area. Three men in light-colored shirts and trousers are standing next to the vehicles. The background shows a tropical setting with palm trees and thatched-roof buildings. A blue box on the right lists services: Airport Transportation, Private Custom Car Service, Weddings, and Daily / Hourly Rates. In the bottom right corner, a yellow box contains the text "24/7".

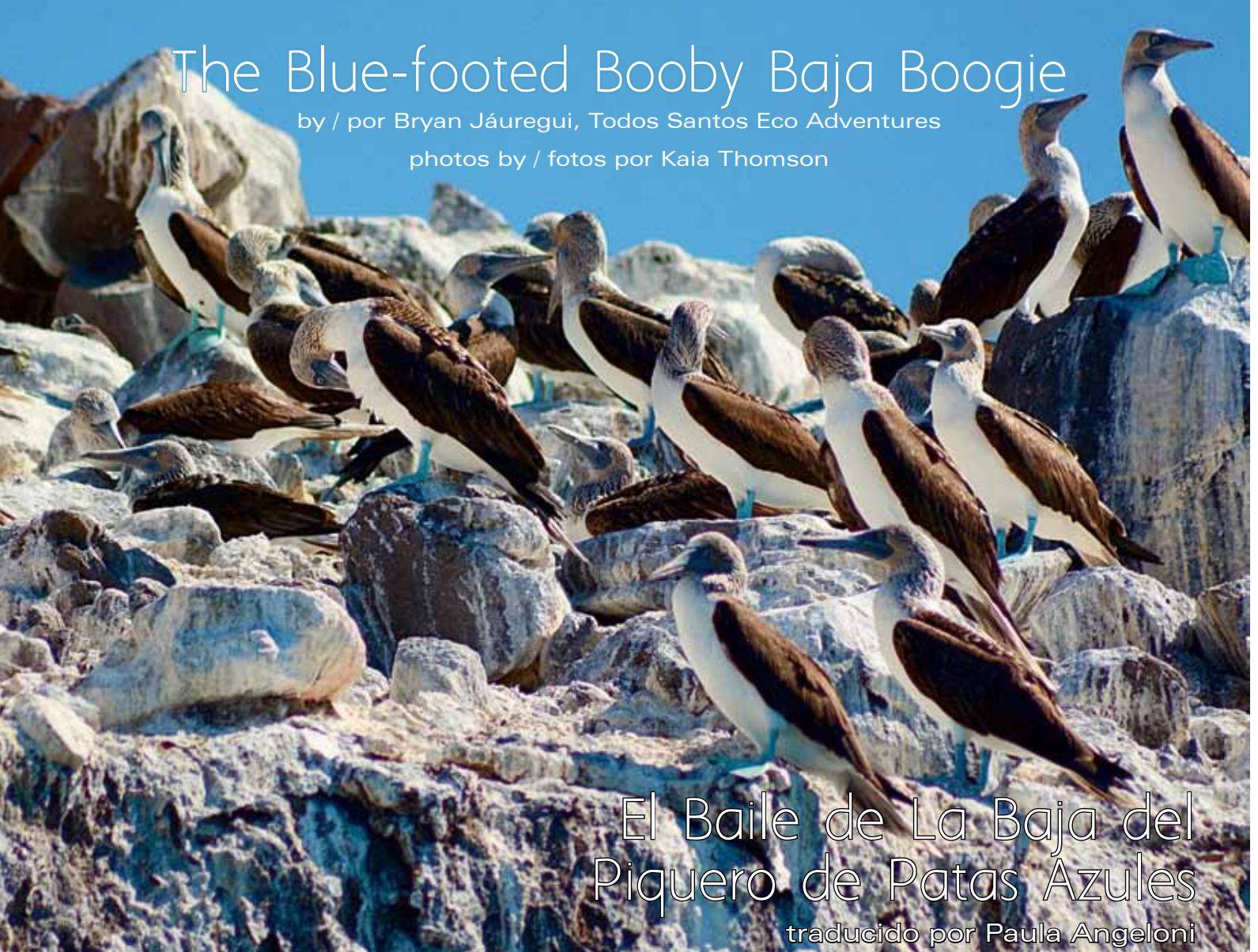
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The Blue-footed Booby Baja Boogie

by / por Bryan Jáuregui, Todos Santos Eco Adventures

photos by / fotos por Kaia Thomson



El Baile de La Baja del Piquero de Patas Azules

traducido por Paula Angeloni

At a time when over half the single people in the Americas have created an online dating profile through which they send out their virtual avatars to court potential partners, it may be difficult to remember the days of *Saturday Night Fever* and *Strictly Ballroom* when plumage and dance moves were everything. But off the coast of Baja California Sur on islands like La Gaviota, Isla Isabel, and Isla San Pedro Martir, dancing to show off mating suitability is alive and well, although the practitioners looked so silly to early outside observers that they earned themselves the name of booby, from the Spanish word *bobo* meaning "stupid" or "clown." Pretty much your worst dancing-in-public nightmare.

But the Blue-footed boobies of Baja remain unruffled, secure in the knowledge that shaking their tail feathers has resulted in what is possibly the largest Blue-footed booby colony in the world. And it's not just the moves that are important in their dance, but the exact cerulean hue the footwork displays. Blue-footedness, it turns out, is enhanced by the bright yellow pigments found in the carotenoids of the fish the birds consume, so those who catch and eat more fish get bluer feet. *Ipsa facto*, bluer feet connote better health, better health connotes greater ability to provide for a nest, and as every dancer in life

En un momento en que más de la mitad de las personas solteras en las Américas han creado un perfil de citas en línea a través del cual envían sus avatares virtuales a sus posibles compañeros de cortejo, puede ser difícil recordar los días de "Fiebre del Sábado a la Noche" y "El Amor está en el Aire" cuando los movimientos, el plumaje y la danza lo eran todo. Pero en las costas de Baja California Sur, en islas como La Gaviota, Isla Isabel e Isla San Pedro Martir, el baile para mostrar la idoneidad para el apareamiento, aun se practica y bien. Aunque hay que decir que a los ojos de los primeros observadores, los bailarines parecían un poco tontos o payasescos y se ganaron el nombre de pájaro bobo. Algo así como tu peor pesadilla de pareja de baile.

Pero los pájaros bobos o piqueros de patas azules de La Baja permanecen impávidos, seguros de que sacudir las plumas de su cola ha resultado en lo que hoy es posiblemente la mayor colonia de patas azules del mundo. Y no sólo los movimientos son importantes en su baile, también lo es el color cerúleo que muestran sus patas. El tono azul de las patas se realza con los pigmentos amarillos brillantes que se encuentran en los carotenoides de los peces que consumen estas aves, por lo que aquellos que atrapan y comen más pescado tendrán patas más azules.

PAJAROS BOBOS continúa en página 22



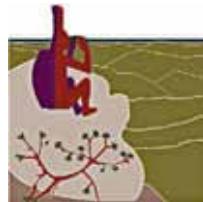
thinking about raising a chick knows, those are the moves that really count in a mate. So the booby dance includes a series of steps in which the feet are raised up to allow potential partners to inspect their blue-ness (apparently a vibrant aquamarine is the most desirable) and determine if that's the blue they want to get tangled up in. And unlike some species in which only the male sports the color, in boobies both sexes are focused on the blue tones of a potential partner's feet. In fact, males will avoid mating with females whose blue feet have been dulled with paint. With boobies, it definitely takes two to tango. And in many cases, three.

Researchers have found that Blue-footed booby rookeries could easily provide source material for the most salacious telenovelas; in over 50% of booby couples one or both partners engage in what scientists call extra-pair behavior (what the rest of us would call an extramarital affair), and it is not at all uncommon for a booby to toddle off for a quickie with the neighbor while its mate is out foraging at sea. Dr. Hugh Drummond, professor of biology at the National Autonomous University of Mexico (UNAM), who has studied the Blue-footed boobies at Isla Isabel for the last 37 years, notes his education on this point. "There was a time when we thought that all bird species were monogamous and mated for life. This couldn't be further from the truth. The majority of studies indicate extra-pair behavior in birds. This is not surprising in males as this behavior can provide them with extra offspring at no cost. What is surprising

BLUE-FOOTED BOOBIES continued on page 23

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photo: 4TheOutdoors

SUP

continued from page 7

So there you have it. Not only is SUP fun, it also offers some great benefits:

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Balance is improved.

Posture is improved.

It can be a high-intensity exercise, aiding in weight loss.

It improves aerobic capacity and muscle endurance.

Self-esteem is improved.

And lastly, it provides an unforgettable connection with nature!

Whether for recreation, improving physical condition, surfing, or just for fun with the whole family (including dogs), SUP is the ideal activity for anyone who lives near the sea. And the Baja California peninsula is the perfect spot for SUP. For this reason, 4TheOutdoors has added a warehouse in Baja California Sur.

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El SUP en Baja

continuó de página 6

viento. En otras palabras, se practica sobre una superficie inestable, lo cual trabaja tu equilibrio.

Impulsas la tabla con una palanca (remo), el movimiento hacia adelante se genera por la fuerza creada cuando el remo pasa por el agua. El movimiento repetitivo del remar, ejerce una exigencia a tus músculos. El cuerpo enfrenta la exigencia adicional de mantener el equilibrio, mientras la fuerza generada por el movimiento del remo sube de vuelta al cuerpo.

En cuanto a la mecánica del SUP, es básicamente cuestión de aprender a realizar el remado eficientemente. Un error común al inicio de la práctica del SUP, es remar únicamente con los brazos, algo que hace que éstos se fatiguen prematuramente. Con la práctica, aprendes que el remado es más eficiente cuando el movimiento proviene de la combinación del movimiento de las piernas y caderas junto con el movimiento del tronco. Estos movimientos son finalmente transmitidos al remo a través de los brazos.

Cuando se ha logrado el dominio de la buena técnica de remado, con cada remada se utilizan los músculos de los miembros inferiores—que se conectan con los miembros superiores a través de toda la musculatura del tronco. En otras palabras, virtualmente se ejercitan todos los músculos del cuerpo mientras, simultáneamente, se mantiene el balance y se genera fuerza. En términos deportivos, el SUP

representa la ventaja de activar casi toda la musculatura del cuerpo, haciéndolo del SUP una excelente opción para ejercitarse y verse mejor!

Las diferentes modalidades de SUP dan diferentes beneficios. El de larga distancia estimula la resistencia muscular y la capacidad aeróbica, mientras que el surf SUP estimula la capacidad explosiva y la fuerza.

Entonces ahí lo tienes, el SUP no únicamente es divertido, también brinda grandes beneficios:

Se utilizan y fortalecen todos los músculos del cuerpo.

Se mejora el equilibrio.

Se mejora la postura.

Puede ser un ejercicio de alta intensidad, ayudando a la pérdida de peso.

Mejora la capacidad aeróbica y la resistencia muscular.

Se mejora la auto estima.

Y, por último, se logra una inolvidable conexión con la naturaleza!

Ya sea como recreación, para ganar condición física, para surfear, o solo por diversión con toda la familia (perros incluidos), el SUP es la actividad ideal para quien vive cerca del mar. Y la península de Baja California es el sitio perfecto para el SUP. Por esta razón, 4TheOutdoors ha abierto un almacén en Baja California Sur.

Es por ello que siempre decimos "nos vemos en el agua!"

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Art Talk

by Jill Logan

THE COLOR PURPLE

I love the color purple. It is a rich and regal color. Somehow purple demands respect. It calms me and at the same time stimulates me. The merging of red and blue produces an interesting balance of blue's calmness and red's stimulating energy. I am always drawn to it, yet somehow use it sparingly in my paintings and in my wardrobe.

There are so many variations of the color: plum, lavender, lilac, puce, thistle, orchid, mauve, magenta, alizarin crimson, eggplant, pomegranate, wine, amethyst, mulberry, to name a few. Periwinkle is one of my favorite.

In my artistic experience the use of purple is enhanced by the color it is closest to. Given that it is a complementary color to yellow, the use of purple with any yellow tone will create a shimmer, as is often seen in sunsets. It is a great color to use in shadows, next to the wonderful sand colors that are prominent in the desert here. It is majestic in the mountain peaks. It will create a richness in any object if used with care.

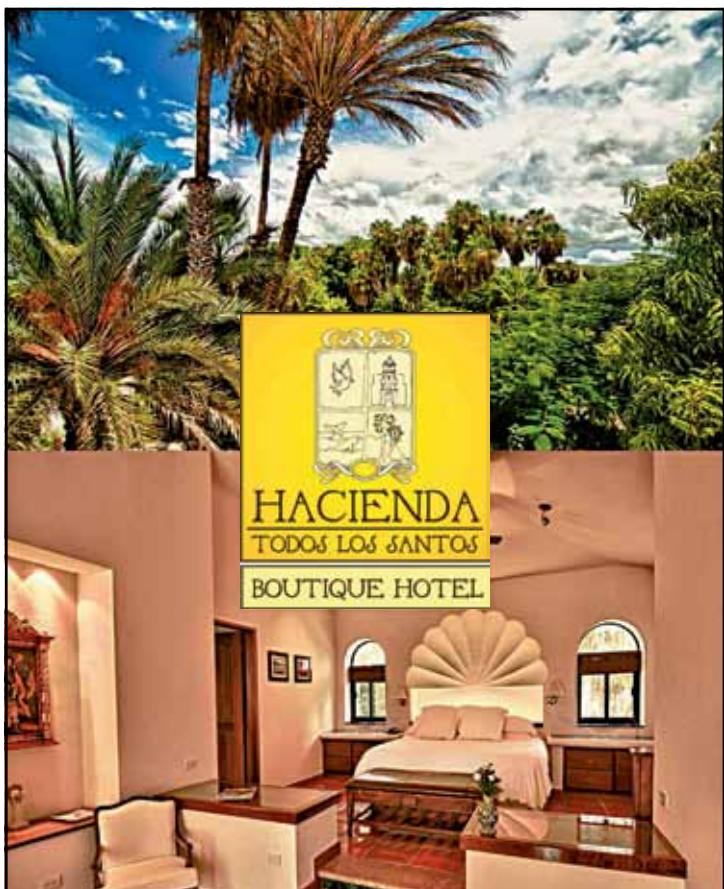
Purple first appeared in prehistoric art during the Neolithic era. The artists of the Pech Merle cave and other Neolithic sites in France used sticks of manganese and hematite powder to draw and paint animals and the outlines of their own hands on the walls of caves. These works have been dated to between 16,000 and 25,000 BCE.

As early as the 15th century BCE, citizens of Sidon and Tyre—two cities on the coast of what is now Lebanon—were producing purple dye from a sea snail called the spiny dye-murex. Clothing colored with the Tyrian dye became known as Tyrian purple. The process of making the dye was long, difficult, and expensive. Thousands of tiny snails had to be found, their shells cracked, the snail removed. (Mountains of empty shells have been found at the ancient sites of Sidon and Tyre.) The snails were left to soak, then a tiny gland was removed and the juice extracted and put in a basin which was placed in the sunlight. There a remarkable transformation took place. In the sunlight, the juice turned white, then yellow-green, then violet, then a red which turned darker and darker. The process had to be stopped at exactly the right time to obtain the desired color, which could range from a bright crimson to a dark purple, to the color of dried blood. It was used to dye wool, linen or silk. The color often varied but was always rich, bright and lasting.

There were many other purples made over the years out of sea urchins, purple moss, blackberries, pomegranates, hibiscus, and other red fruits. But they faded quickly.

The first synthetic chemical purple dye was discovered in 1856 by William Henry Perkin, who made it out of coal tar; it was called Mauveine.

While the two colors of purple and violet look similar, from the point of view of optics there are important differences.



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"Summer Storm Todos Santos" by Jill Logan

Violet is a spectral color—it occupies its own place at the end of the spectrum of light and has its own wavelength—whereas purple is a combination of two spectral colors, red and blue. There is no such thing as the "wavelength of purple light;" it only exists in combination.

The color purple is a rare color in nature and is thought to have a sacred meaning because of this. Lavender, orchid, lilac, and violet flowers are considered delicate and precious. Purple is known to have a variety of effects on the mind and body, including uplifting the spirits, calming the mind, creating feelings of spirituality, encouraging the imagination, and creativity. The oil essence of lavender is

healing with calming properties.

Depending on its richness of hue, it changes in meaning. A deep purple represents royalty, and wealth. Lighter shades are more feminine and show refinement and grace. I feel that deep purple is a protective color, while the lighter shades feels like a touch of spring, uplifting and playful in essence.

Although I may not paint my bedroom purple, I do think of purple as a wonderful color, with a variety of meanings and feelings. As an artist I find its use in my work important—even if it's just a touch.

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Hermosos Sitios para Practicar el SUP en Baja California Sur

por Kate Lewis

traducido por Elena Ascencio-Ibáñez

En la bahía de La Paz, se puede avistar el ocasional delfín o tiburón ballena y hay lugares para rentar tablas en el malecón. La playa Balandra, al norte de La Paz, siempre es espectacular. Puedes remar detrás de la bahía y después por los manglares. La renta de SUPs en *On Board Baja* en la Marina Cortez y El Club Cortez en el hotel La Concha, ofrecen recorridos de un día en tabla de remo por la playa Balandra y Espíritu Santo, también ofrecen clases.

En La Ventana hay algunos lugares que rentan tablas y también es un área buena y segura para remar. Tienen una competencia cada año, en la que compiten desde la Isla Cerralvo, a la costa. También hay algunas carreras viento abajo. En Los Barriles también hay algunos lugares para rentar tablas.

Para los más aventureros, El Rosario/Saltito, al norte de Las Cruces, afuera de La Paz, es un sitio aislado y hermoso, pero uno tendría que llevar su propio equipo.

El SUP surf se está volviendo increíblemente popular ahora. La gente activa, como los surfistas y los que practican *skimboard*, pronto se convierten en ávidos practicantes. Casi donde sea que surfeen la gente, se puede hacer SUP surf. Verás gente (muchos ex surfistas) practicando el SUP surf en los puntos de surf en Todos Santos y Pescadero.

Para mayores informes, visita www.sup.mx o llama al (612) 111-8040.

Mario Surf School, en la Playa Cerritos, Pescadero, ofrece clases de SUP y recorridos. Para mayores informes, visita www.mariosurfschool.com o envía correo a info@mariosurfschool.com

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Beautiful Places to SUP in Baja California Sur

by Kate Lewis

The odd dolphin or whale shark can be spotted in the bay of La Paz, and there are places to rent boards on the *malecón*. Balandra beach, north of La Paz, is always spectacular; you can paddle back from the bay and then around the mangroves. SUP rentals at On Board Baja in the Marina Cortez and The Cortez Club at La Concha Hotel provide daytrip paddle boarding tours around Balandra beach and Espíritu Santo, and they also offer lessons.

There are a few locations in La Ventana that rent boards, and it is also a good safe area to paddle. They have a competition every year where they race from Isla Cerralvo to the coast. There are also some downwind races. Los Barriles has a few board rental places as well.

For the more adventurous, El Rosario/Saltito, north of Las Cruces outside of La Paz, is off the beaten track and beautiful, but one would need to bring their own equipment.

Paddle surfing is becoming increasingly popular these days. Active types, such as surfers and skimboarders, quickly become avid paddle surfers. Pretty much anywhere people surf, they can paddle surf. You'll see people (many ex-surfers) at the surf spots in Todos Santos and Pescadero stand up surfing.

For more information visit: www.sup.mx or call (612) 111-8040.

Mario Surf School at Cerritos Beach in Pescadero, gives SUP lessons and tours. For more information, visit www.mariosurfschool.com or email: info@mariosurfschool.com

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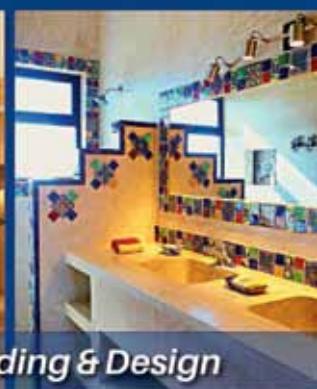
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Surf para Perros

continuó de página 5



Haole Boy

contendiente en todas las categorías, hay un labrador blanco y amarillo llamado Haole Boy, conocido por su gentileza tanto sobre la tabla, como fuera de ella.

Anna Quilan, de Outsideinonline.com cubrió una competencia reciente de surf para perros en Huntington Beach, California, y dijo lo siguiente respecto a su participante preferido en Cerritos: "Los días de surf para Haole Boy pueden rastrearse a cuando, de cachorro, iba en la parte trasera de un carrito de golf; un hábito que sus dueños, John y Kim Murphy, atribuyen al desarrollo de su excepcional equilibrio. Haole Boy, el perro surfista, les ganó a locales y turistas por igual en Huntington Beach llevándose a casa el premio del tercer lugar en la división *shredder* en la competencia de este año."

Muchos tienen ganas de ver en persona a este famoso canino surfeando. Si no puedes llegar a la Playa Cerritos, quizás tengas la oportunidad de verlo en las repeticiones en la TV. Ha aparecido en el programa *Facing Waves*, de la cadena FOX, en el episodio llamado "*Paddling Ventura!*"

La competencia de surf para perros en Cerritos tuvo un buen comienzo hace cuatro años, cuando el super famoso Tillman (el bulldog que surfea y monta patineta) decidió honrarnos con su presencia, compitiendo contra perros de la localidad y llevándose el primer lugar. Cada año desde entonces, su hermano, Sully, otro surfista profesional, ha estado montando las olas en este evento para recaudar fondos para rescate de perros en El Pescadero.

Hubo mucha emoción en el concurso del año pasado, cuando la *shredder* de la localidad, Cala, (patrocinada por la Todos Santos Surf Shop), se llevó el primer lugar y otra campeona, Pirata, (patrocinada por Baja Zen), ganó el premio por la mejor ola después de que montó una de las olas más largas jamás vistas en la playa Los Cerritos.

Si te gustaría ser patrocinador o inscribir un perro al concurso, por favor contacta a:

info@dogsurfcompcerritos.com o llama (612) 142-5038.

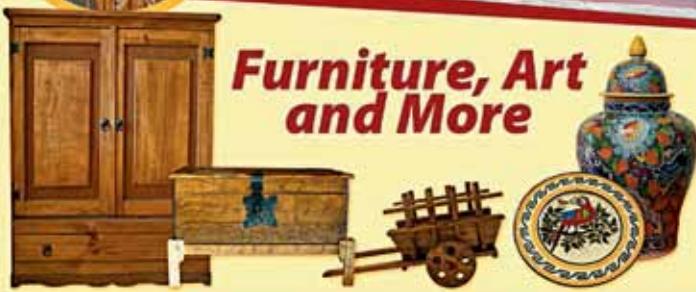
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Facebook.com/DogSurfCompCerritos

Visita: <https://vimeo.com/172266445> para ver un video corto del concurso del año pasado.

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Dog Surf

continued from page 5



Marshmellow, photo: Susan Farrar

category is a white/yellow lab named Haole Boy who is known to have a mellow demeanor both on and off the surf board.

Anna Quilan of Outsideinonline.com covered a recent dog surfing competition in Huntington Beach, CA, and had this to say about this favored Cerritos entrant: "Haole Boy's surfing days can be traced back to riding on the back of a golf cart as a pup, a habit that his owners, John and Kim Murphy, attribute to the development of his exceptional balance. Haole Boy the surf dog won over locals and tourists alike in Huntington Beach by taking home the third-place prize in the 'shredder' division at this year's competition."

A lot of people are looking forward to seeing this renowned canine surf in person. If you can't make it to Cerritos Beach you may get the chance to check him out on TV re-runs; he has made appearances on FOX show *Facing Waves*, in the episode *Paddling Ventura!*

The Dog Surf Competition Cerritos was off to a good start

four years ago when the uber-famous Tillman (the surfing and skateboarding bulldog) decided to grace us with his presence, competing against local dogs and winning first place. Every year since then his brother, Sully, another pro-surfer, has been charging the waves in this event to raise money for local dog rescue in El Pescadero.

There was lots of excitement in last year's contest when local shredder, Cala (sponsored by the Todos Santos Surf Shop), took 1st place; and another local champion, Pirata (sponsored by Baja Zen), won the prize for best wave after she rode one of the longest rides ever seen ridden at Playa Los Cerritos.

If you would like to be a sponsor or enter a dog in the contest please contact: info@dogsurgcompcerritos.com or (612) 142-5038. For more information visit: dogsurgcompcerritos.com [Facebook.com/DogSurfCompCerritos](https://www.facebook.com/DogSurfCompCerritos)

Check out <https://vimeo.com/172266445> to see a short video of last year's contest.



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Events

June

June 6 - 11 | LOS CABOS OPEN OF SURF QS6,000 at Zipper's beach.

June 10, 11 & 16 | 3RD 'COYOTE 300' OFF ROAD RACE. Todos Santos to La Paz and ending at playa El Tecolote. For more information visit: <https://www.facebook.com/CampeonatoOffRoadBaja-Sur/>

June 18 | FATHER'S DAY

June 20 | SUMMER SOLSTICE/FIRST DAY OF SUMMER

June 25 | 9:30 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@dogsrfcompccerritos.com or call (612) 142-5038. See our article in this issue for more information.

July

July 28 - 30 | FESTIVAL DE MANGO in Todos Santos.

September

September 4 | US LABOR DAY

September 15 | EL GRITO DE DOLORES

September 16 | DÍA DE LA INDEPENDENCIA

September 22 | AUTUMN EQUINOX

October

October 6 - 12 | TODOS SANTOS FIESTAS PATRONALES

October 11 - 15 | WOMEN OF THE DESERT: EARTH-BASED HEALING AND YOGA. A women's retreat in Todos Santos to reset, realign with your life purpose and reclaim your voice and power to bloom out in the world even stronger. Prices start at \$670 USD, for more information visit: www.kawakenergymedicine.com

October 12 | DÍA DE LA RAZA, COLUMBUS DAY

October 29 | DAY-LIGHT SAVINGS TIME ENDS in Mexico.

October 31 | HALLOWEEN

November

November 2 | DÍA DE LOS MUERTOS / DAY OF THE DEAD

November 5 | DAY-LIGHT SAVINGS TIME ENDS in US and Canada.

November 12 | IRONMAN 2017 LOS CABOS

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.

February 2018

February 10 & 11 | 9TH ANNUAL TODOS SANTOS OPEN STUDIO TOUR. For more information visit: <https://www.facebook.com/todossantosopenstudiotour/>

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.

Sugar Shack **T W Th F 4 – 6 pm**, fresh squeezed margaritas, mojitos and beer specials.



Dharma Talks & Meditation with Robert K. Hall

Listen to Dharma Talks online at: <https://roberthalldharmatacks.wordpress.com>

Dharma Talks resumes this fall... Every Sunday morning in Todos Santos!

every week

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sunday

10 am – 2 pm, **LIVE MUSIC** with 'Pepe y Razo' at Flora Farm in San José del Cabo.

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

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 'Pepe y Razo' 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

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.

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.

6 – 9 pm, **LIVE MUSIC** with 'Pepe y Razo' at Chill N Grill in Todos Santos.

friday

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.

WEEKLY EVENTS continued on page 47

THE BEST BAJA WINES



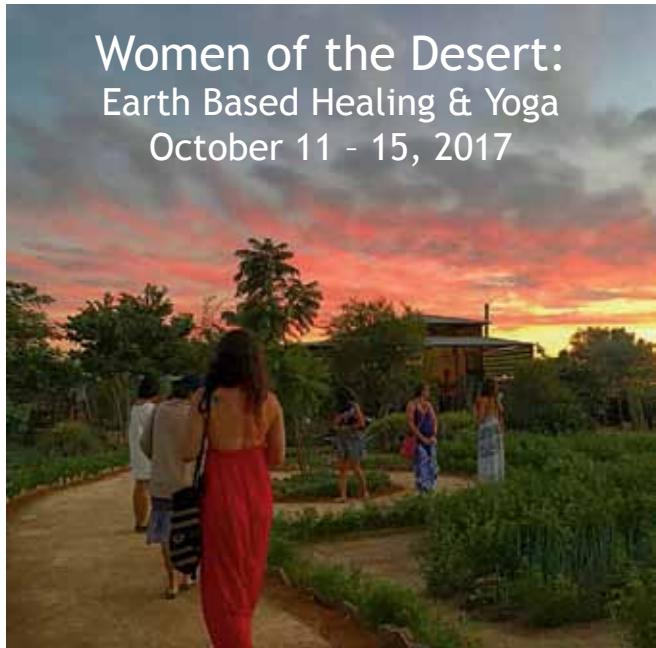
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The Hotelito Celebrates its 10th Anniversary



A FIVE STAR B&B WHERE THE DESERT MEETS THE SEA

In July 2007, the Hotelito in La Cachora, on the *otro lado* of Todos Santos opened its doors and quickly became the place to stay for those seeking a peaceful, stylish, and serene escape. The colorful B&B is situated on a five acre property, above the arroyo and the *huerta*, overlooking the palm oasis and a view of the mission church in the town plaza. It's walking distance to town for those who wish to enjoy what *el centro* has to offer, and is also just a short walk to the breathtaking beach of La Cachora where the whales come very close to the shore each year on their migration.

The Hotelito's blend of exotic Mexican color and contemporary architecture has been featured in numerous design magazines during the ten years since it opened, including *Architectural Digest Italia*; *AD Russia*; *Hola Decoración*, Mexico; and *Deco House*, Germany. Its design echoes the Mexican architects Legorreta and Barrágan.

The boutique B&B features four spacious and airy *casitas*—each with its own private terrace or garden, with hammocks, loungers, and shaded veranda, not to mention the very comfortable beds and soft English linens, refrigerator, WiFi, and iPod docks.

Also available is a private, large, elegant, and modern rental house, the Hacienda de Chilcote, named after an indigenous tree from the Sierra de la Laguna mountains. Situated in a gated and walled private garden, it features two very large bedrooms in the main house with king and full size beds, both with private terraces and en-suite bathrooms. A smaller bedroom off of the garden terrace has a full size and twin bed, and en-suite bathroom.

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Pájaros Bobos

continuó de página 8

Por lo tanto, los pies más azules connotan una mejor salud, lo que connota una mayor capacidad de proporcionar un nido, y como todo bailarín que está pensando en criar a un polluelo sabe, esas son cosas que realmente cuentan en un compañero. Así que el baile incluye una serie de pasos en los que los pies se levantan para permitir a los pretendientes inspeccionar su azul (aparentemente el color aguamarina vívido es el más deseable) y determinar si ése es el azul con el que quieren enredarse. A diferencia de algunas especies en las que sólo el hombre viste color, en los pájaros bobos, ambos sexos se concentran en los tonos azules de los pies de su pretendiente. De hecho, los machos evitan el apareamiento con las hembras cuyos pies azules han sido matizados con pintura. Con los piqueros, definitivamente se requieren dos para bailar un tango. Aunque en muchos casos, hasta tres.

Los investigadores han aprendido que las colonias de patas azules pueden fácilmente proporcionar una fuente de buen material para las telenovelas más salaces. En más del 50% de las parejas de pájaros bobos, uno o ambos compañeros se involucran en lo que los científicos llaman comportamiento de extra-pareja (lo que el resto de nosotros llamaría un caso extraconyugal), y no es nada raro que un

pata azul visite a su vecino por un "rapidín" mientras su compañero o compañera está en busca de comida en el mar. El Dr. Hugh Drummond, Profesor de Biología de la Universidad Nacional Autónoma de México (UNAM), quien ha estudiado a los piqueros de patas azules en isla Isabel durante los últimos 37 años, toma nota de su aprendizaje sobre este punto. "Hubo un tiempo en que pensábamos que todas las especies de aves eran monógamas y apareadas para toda la vida. Pero esto no podría estar más lejos de la verdad. La mayoría de los estudios indican que existe comportamiento de extra-pareja en aves. Esto no es sorprendente en los machos, ya que esta conducta puede proporcionarles una descendencia extra sin costo alguno. Lo que llama la atención es que en la gran mayoría de las especies de aves, incluyendo el piquero de patas azules, las hembras se van en busca de aventuras. Es sorprendente porque este comportamiento puede ir acompañado de unos costos bastante altos."

Los científicos, siendo científicos, han estado buscando una justificación para las inclinaciones lujuriosas de las hembras patas azules con esa actitud de "porque puedo" que no cuadra en un mundo en el que los comportamientos generalmente son explicados con argumentos de supervivencia y patrimonio genético. La hipótesis de trabajo fue que una hembra que va de nido en nido debe hacerlo porque no está emparejada con el socio biológico ideal, y por lo tanto es impulsada a involucrarse con un mejor conjunto de genes. Pero, como señala el Dr. Drummond, "la mayoría de los estudios no han encontrado diferencia alguna en el éxito de la descendencia del par que permanece acoplado frente al éxito de la descendencia de los extra-pareja. Los machos extra-pareja no han demostrado consistentemente que proporcionen mejores genes que los de los compañeros. Así que tenemos que considerar que la conducta de la hembra puede no ser para el beneficio de la descendencia después de todo." ¿Se habrán liberado las hembras pájaro bobo de la lupa darwiniana?

Possiblemente, pero los machos no se están tomando esto a la ligera. Un macho piquero destruirá un huevo en su nido si sospecha que este fue fertilizado por otro. Si la hembra estuvo fuera de su rango de observación durante unas horas o más en sus cinco días fériles antes de la puesta de huevo, entonces es definitivamente sospechosa. El Dr. Drummond y sus colegas probaron esto "secuestrando" a los machos durante los cinco días críticos. Bajo estas circunstancias, los machos destruyeron el primer huevo que su pareja dejara asegurándose de que no tuvieran que criar el pichón de otro macho. Si son secuestrados antes del período fértil, dejan el huevo tranquilo. Los piqueros machos abandonarán a sus compañeras particularmente péridas, y buscarán a otras que les calmen sus plumas revueltas. Drummond dice, "La isla Isabel tiene unas 2,000 parejas de piqueros patas azules, y al final de cada temporada, la mitad de las parejas se separan."

Antes de que empiece la incubación de los huevos, casi todos los piqueros machos de Isabel cortan con las hembras extra-pareadas, siendo que aproximadamente un tercio de las hembras desarrollan relaciones sexuales con uno o más de sus vecinos. Pero las hembras que PAJAROS BOBOS continúa en página 33

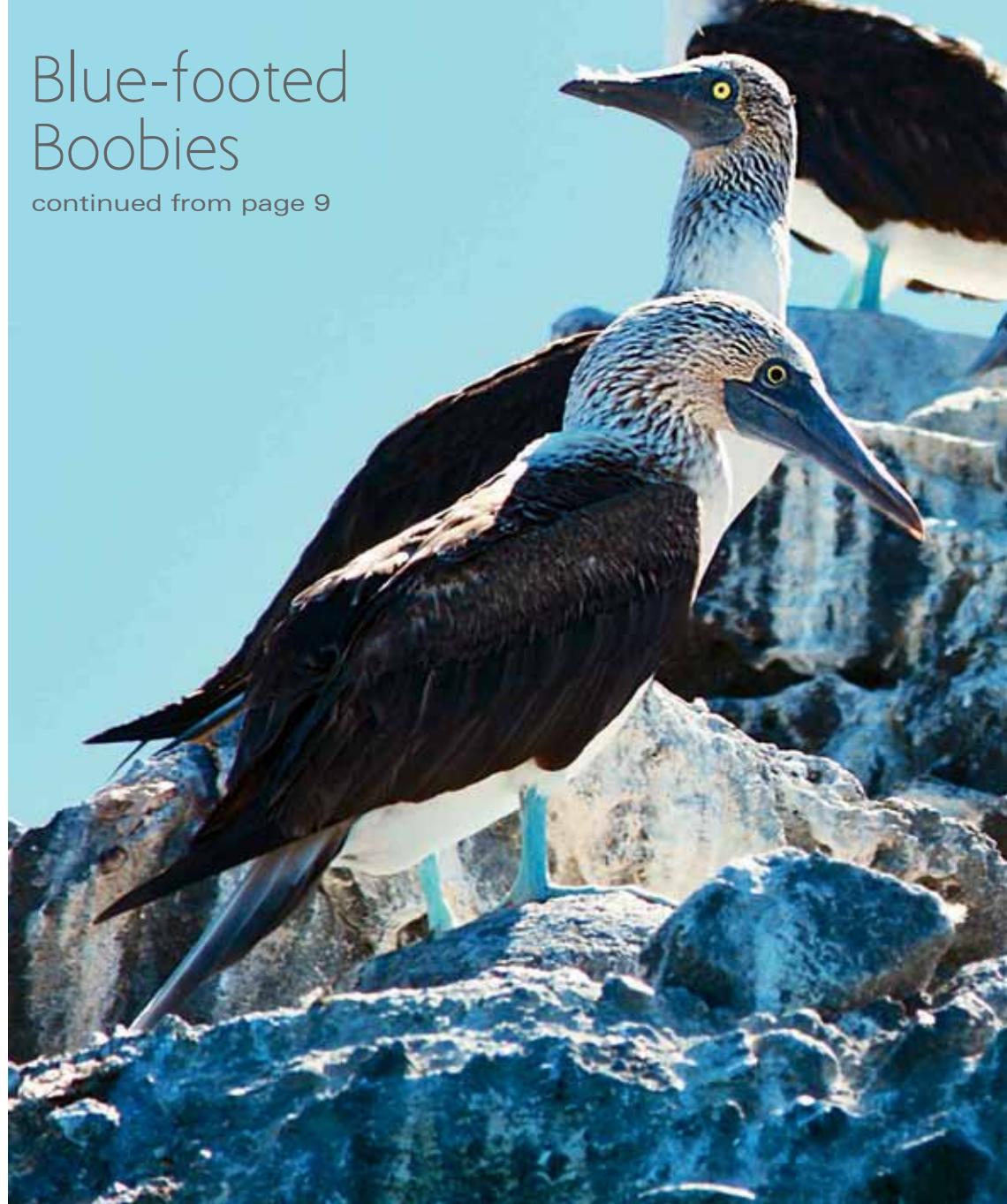
is that in the vast majority of bird species, including the Blue-footed booby, the females stray. It's surprising because this behavior can be accompanied by some fairly high costs."

Scientists, being scientists, have been searching for a rationale for the female booby's lustful leanings as "because she can" doesn't square in a world in which behaviors are generally explained by survival and advancement of the gene pool. The working hypothesis was that a female who is nest hopping with the neighbors must be doing so because she is not paired with the ideal biological partner, and is therefore driven to hook up with a better set of genes. But, as Dr. Drummond notes, "Most studies have found no difference in the success of the mated pair's offspring versus the success of the extra-pair's offspring. The extra-pair males have not consistently proven to provide better genes than those of the mates. So we have to consider that the female's behavior may not be for the benefit of the offspring after all." Have female boobies liberated themselves from the Darwinian grind?

Possibly, but the males aren't taking it lying down. They will destroy an egg in their nest if they suspect it was fertilized by another, and if the female was out of their observation range for a few hours or more during the five days of fertility prior to egg laying, then they

Blue-footed Boobies

continued from page 9



are definitely suspicious. Dr. Drummond and his colleagues tested this by "kidnapping" males during the five critical days. Under these circumstances, the males destroyed the first egg subsequently laid, ensuring that they didn't have

BLUE-FOOTED BOOBIES continued on page 34

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Blue-footed Booby Fun Facts

story and photos by Kaia Thomson

The Blue-footed boobies were given their taxonomic name, *Sula nebouxii*, over 135 years ago by ornithologist Alphonse Milne-Edwards in honor of Adolphe-Simon Neboux, a French naturalist who accompanied an exploration journey along the Pacific Coast from 1836 till 1839 aboard the frigate Venus.

This species practices asynchronous hatching; the eggs develop individually when laid several days apart, which is in contrast to many other bird species which brood on their eggs

BOOBY FUN FACTS continued on page 47

Hechos Divertidos de los Piqueros Patas Azules

historia y fotos por Kaia Thomson
traducido por Paula Angeloni

Los piqueros patas azules recibieron su nombre taxonómico *Sula nebouxii*, hace más de 135 años, por el ornitólogo Alphonse Milne-Edwards, en honor a Adolphe-Simon Neboux, un naturalista francés que participó en un viaje de exploración a lo largo de la costa del Pacífico desde 1836 hasta 1839 a bordo de la Fragata Venus.

Esta especie practica la eclosión asincrónica, donde cada huevo se desarrolla individualmente cuando la puesta de los huevos está separada por varios días. Esto contrasta con muchas otras especies de aves que solo comienzan a incubar después de la puesta del último huevo (eclosión sincrónica).

El piquero peruano es el más cercano al de patas azules, divergieron el uno del otro hace aproximadamente un millón de años.

Las fosas nasales de estos pájaros están permanentemente cerradas. Respiran por las esquinas de sus bocas; una adaptación asombrosa para ellos, ya que se zambullen rápidamente y furiosamente en el agua acechando peces.

HECHOS DIVERTIDOS DE LOS PIQUEROS
PATAS AZULES continúa en página 50



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El Cielo: The Baja Sky

by Roc Fleishman
photo by Kaia Thomson

Welcome to the 2017 summer edition of *E/Cielo*, highlighting the more visible movements of the heavenly objects above southern Baja from June through early October.

MOON/PLANET CALENDAR

JUNE

- 3rd Waxing gibbous moon to the left and above Jupiter in the evening.
20/21st The summer solstice occurs during the night (seems odd). Sun reaches 23.434° north declination.
22nd The crescent moon and the star Aldebaran rise close together before sunrise.
24th 24-hour-old moon possibly visible, to left of where the sun goes down.
25th New moon should be visible.
30th Jupiter approaches the moon all night until they set about 1:30 am on July 1.
Star notes: Omega Centauri is a great fuzzy ball at 18° of altitude in the south (southwest by end of June) at sunset—a great binocular or telescope target.

JULY

- 6th Saturn near the full moon. About now, Venus peaks in its morning star apparition.
21st Mercury peaks in its evening apparition.

24th

41-hour-old moon should be visible in the sunset. Mercury will be above and to the left, with Regulus above it.

2/3rd

AUGUST
Saturn and the 80% full moon will be getting closer together all night until they set around 3 am.

11/12 &

Perseid meteor maximum—our usual big summer meteor shower always runs from the middle part of July until late August. The peak this year is supposed to be either the night of August 11th or the 12th. The moon will rise in the evening and be up for the rest of the night which will wash out the dim meteors, but you will still have a chance to see the bright ones.

16th

Aldebaran and the waning last quarter moon will rise close together at 2 am.

21st

If you haven't gone to the US to watch the total solar eclipse, you can still catch a partial one from here. Like any time you want to look at the sun, you need a solar filter to look directly at it or will need to use some sort of a shadow box or other indirect viewer. If you have set yourself up for it, you can observe the sun directly as the moon slips partly in front of it for a few hours in the morning, with the time of maximum eclipse at about 11:40 am. From here you will see an obscuration

EL CIELO continued on page 39



View Lots



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accomodations

Casa Bentley	21
Casablanca B&B.....	161
El Litro Trailer Park.....	160
Guaycura Boutique Hotel.....	22
Hacienda Todos los Santos	115
Hotel California.....	63
Hotel Casa Tota.....	20
Hotel Maria Bonita.....	85
Hotel Miramar	157
La Bohemia Hotel Pequeño.....	86
Los Colibris Casitas	162
Motel Gularte.....	67
Posada del Molino.....	146
Posada La Poza	163
Santa Rosa.....	154
The Todos Santos Inn.....	1
The Vibe B&B	24
White Sand Hotel	80

galleries

AR Galería	31
Benito Ortega, Sculptor	11
Casa Catalina y Galería.....	36
Galería de Todos Santos	70
Galería Gabo	64
Galería Ezra Katz.....	37
Galería la Coronela	23
Galería La Poza	99
Galería Logan	68
Galería N.E. Hayles	158
Gallery365	89
La Sonrisa de la Muerte	88
Luz Gallery	30

restaurants / bars

Alma y Manny's	92
Bahía Restaurant Bar	93
Barajas Tacos	139
Café Félix / Boytacos	57
Caffé Todos Santos	3
Chez Laura	87
Chill N Grill	147
Crazy Chicken	121
Derek Sushi.....	91
El Gusto! at Posada La Poza	163
El Pastorcito Tacos	72
El Jardín Restaurant / Sky Lounge ...	22
El Refugio Mezcalería	74
Fonda "El Zaguán"	34
Gallo Azul pizza, bar, art.....	111
La Casita Tapas & Wine Bar	102
La Catrina Cantina	118
La Copa Bar & Cocina	2
La Coronela	63
La Morena	98
La Santeña Restaurant/Bar	20
La Generala	129
La Posta del Oasis	112
Landi's Restaurante.....	35
Los Adobes de Todos Santos	44
Mariscos El Sinaloense	73
Michael's at the Gallery	70
Miguel's Restaurant	128
Nevería Rocco / Ice Cream	32
Paletería "La Paloma"	84
Pizza Napoli II	135
Restaurant Café Santa Fé	48
Restaurant Las Fuentes	120
Restaurant "Mi Costa"	71
Restaurant Mi Pueblito	43, 55
Ristorante Tre Galline	3
Rumi Garden	134
Santo Vino	63
Shopin Sushi Bar	131
Shut Up Frank's	138
Super Pollo	137
Sushi San	108
Tequila Sunrise	65

grocery / liquor stores

Baja Market	79
Bodega Lizarraga	42
Emma's Deli Mart	112



**TODOS
SANTOS**
PUEBLOS MAGICOS

el centro detail locations 1 - 68

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grocery / liquor cont.

La Bodega de Todos Santos **54** |

Mercado Gularte..... 94 |

México Gourmet Todos Santos 32 |

Panadería "Todos Santos" 76 |

Productos de Bahía Pescadería 93 |

Pura Vida Health Food **145** |

iQue Rico!..... **82** |

SuperMercado El Sol 133 |

Tesoros del Mar Pescadería 95 |

real estate

AmeriMex 13 |

A. Paraiso Real Estate..... **97, 99** |

AATYF..... **96** |

Coldwell Banker..... **16** |

Pescadero Properties (upstairs) **16** |

Ricardo Amigo Real Estate 8, 38 |

services

Adventure 19 116 |

Aguila Bus Terminal/Baja Pack..... 105 |

Aldo's Gym 143 |

Ask Reggie 38 |

Autopartes De La Rosa 103 |

Baja Tiles..... 79 |

Banco Bancomer / ATM 100 |

Banco Banorte / ATM 61 |

Blacksheep Motorsports 81 |

Budget Rent-a-Car 36 |

Caeli Casa Holistica 150 |

Caja de Sierra Gorda 95 |

Comex..... 85 |

Chiropractor Dr. Amir Arberman 151 |

Clinica Veterinaria Martvet 142 |

De Madera Framing 32 |

Dra. Alejandra Pena Salguero..... **117** |

Dr. Ángel Hernández Baeza..... **16** |

Dr. Oliva / Estafeta 142 |

Dr. Carlos Young **107** |

El Arco Eléctrica y Plomería 77 |

"El Abuelo" Shoe / Leather Repair 144 |

Farmacia San Benito **106** |

Felipe Rodriguez Lara, Notary #8 4 |

Ferretería Jimenez 122 |

Ferretería Romex 104 |

Ferre Todos Santos 125 |

Forrages San Diego 123 |

GCR Contadores 16 |

Hablando Mexicano 119 |

Hielera del Sur / Block Ice 152 |

La Perla Mosaico Artesanal 75 |

La Primavera 28 |

La Sirena Eco-Adventures 155 |

Laboratorio Todos Santos 142 |

Lavandería "Juanita" 140 |

Lucky Nails **19** |

MerciTodo curtains, fabrics 126 |

MegaCable 18 |

Monica Avila Notary & Legal 136 |

Multiservicios "Miro" 141 |

Namaste Yoga Centro BCS **14** |

Neptune Lavandería / Laundry 109 |

Nina Sundqvist, Official Translator 4 |

Optik 142 |

Papelería Omega 83 |

Studio La Lucertola 33 |

TelCel 91 |

Telefonica MoviStar 109 |

Tres Santos 60 |

Todos Santos Eco Adventures **162** |



services cont.

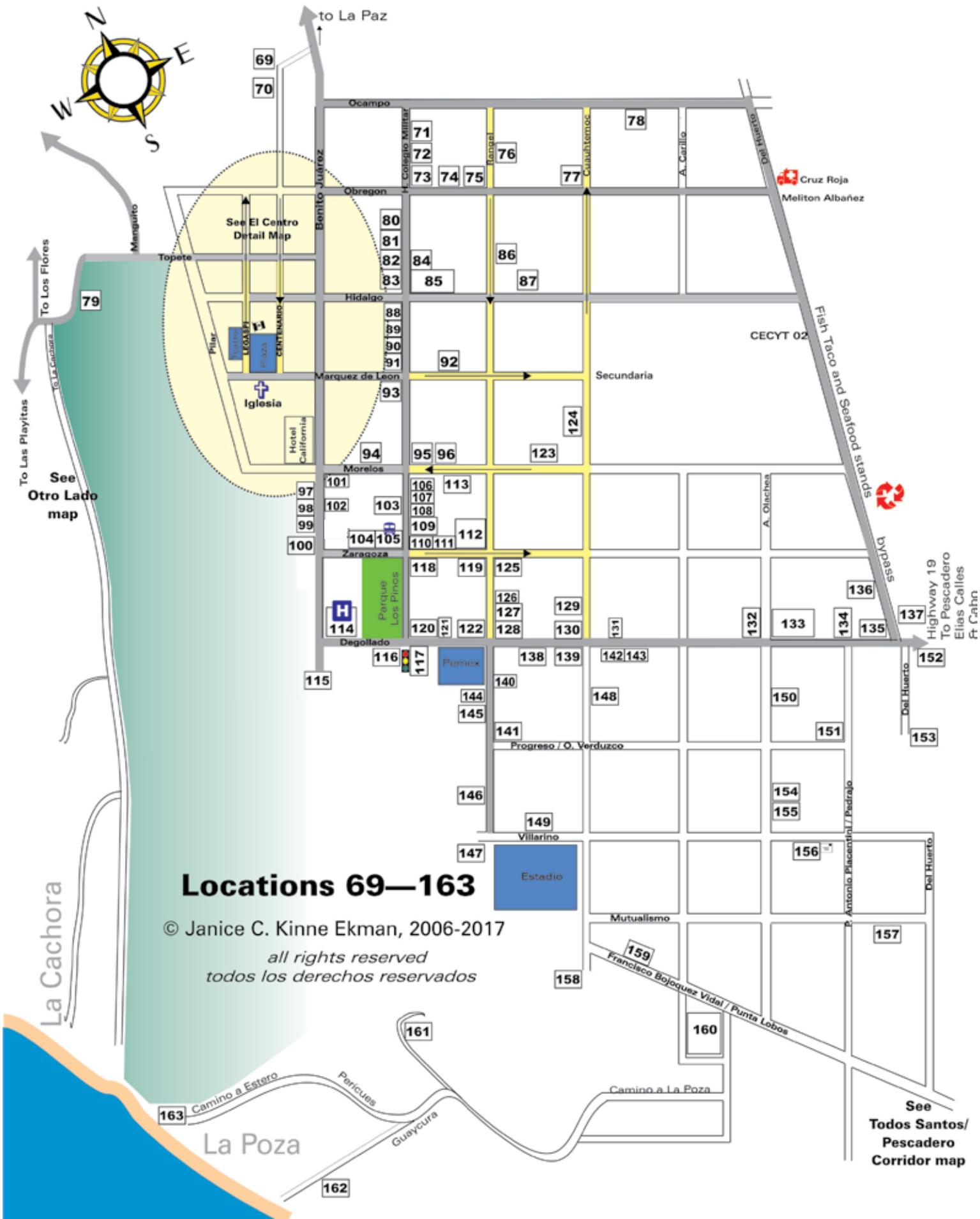
Torres Architecture	17
Veterinaria "El Ladrador"	70
Vivero de Heriberto	78
White Sand Massage & Day Spa	80

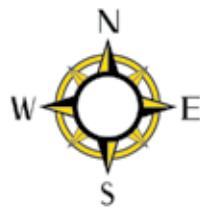
shops

Agua y Sol Bazaar	49
Bésame Mucho Bazaar	25
Boutique Sta. María	15, 59
Casita Anita	90
Chocolates La Laguna	32
Curios "Pancho"	101
Dayra Juliette Joyería	66
Dos Glorias / Regalos Diana	6
El Perico Azul	26
El Tecolote Bookstore	36
Étnica	4
Heartsease	36
Joyería Brilanti	11, 27
La Katrina Surf Shop	32
La Xoma	51
Los Faroles Plaza	59
Mangos	10
Manos Mexicanas	29
Mueblería Chayitos	127
Noble Renacimiento	30
Nomad Chic	36
Plaza Adriana	15
Plaza Antigua	16
Plaza las 3 Californias	66
Tesoro Escondido Segunda	124
Todos Santos Surf Shop	85
Tony's Arte, Decor. y Muebles	113

other

Centro de Salud / Hospital	148
CFE / Electric Commission	53
Escuela de Cine	Behind Teatro
Escuela Pacífica	149
Finanzas / State Finance Office	15
Judicial/Ministerio Público/State Police	132
Municipal Offices / Police	46
Padrinos Children's Foundation	117
Palapa Society/Library/Biblioteca	159
Post Office / Correos	156
SAPA / Agua Potable / Water Company	18
St. Jude's Medical Center	62





detail map



el otro lado TODOS SANTOS

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accomodations

Casa Las Tunas	22
Casa Rancho	1
Flora del Mar.....	27
Pachamama Mexico	15
Perro Surfero	7
Serendipity	17
Sole Caliente.....	29
the Hotelito	33
Villa Santa Cruz.....	14
Villa Bugambilias	30
galleries / shops	
Casa Sur Shop.....	11
Cositas para la Casa	30
Steve Thurston Studio	31

restaurants / food

Corazón de Té.....	30
La Cocina de Cleo.....	21
La Esquina	12
La Paloma 2.....	30
La Parola Ristorante.....	20
Los Pinos Market.....	4
Rancho Buen Día	34
SuperMercado "El Sol" II	23
other	
AF Design & Construction	25
Baja Beach Views	16
Bomberos	8
Casa Dracula	9
Coronado & Fernandez.....	25

Cuatro Vientos	11
Estar Bien	21
Lavandería Evolet	21
Miguel Hidalgo School.....	5
Multiservicios Las Brisas	24
Papelería La Palma.....	10
Salon Leo	3
Teatro Luna Azul	19
Tortugueros Las Playitas Sea Turtle Hatchling Releases	18
Todos Caballos Equest. Ctr.....	32
Vivero La Vida.....	12
Vivero y Rusticos del Pacifico	26



Voces del Pueblo

by Janice Kinne

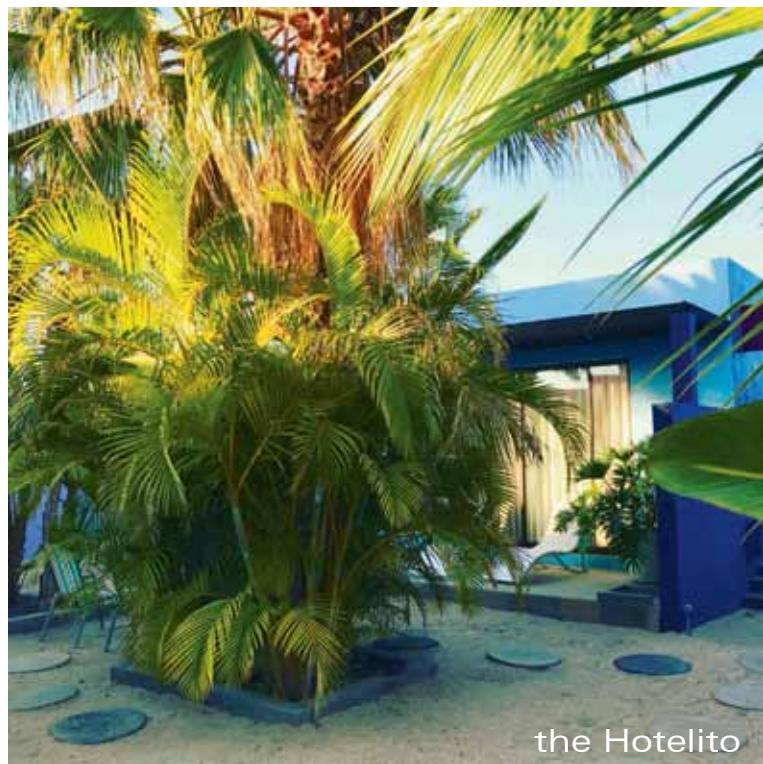
Welcome to our summer issue of ***Journal del Pacifico***. In this issue we've got some great stories about the water, dogs surfing; Stand Up Paddle boarding; Blue-footed boobies and sport fishing.

The 4th Annual Dog Surf Comp Cerritos takes place at Cerritos Beach on June 25. This fun and popular event raises money for local dog rescue in El Pescadero. See our story for more details and photos.

Stand Up Paddleboarding (SUP) isn't just fun, it's great exercise too! See our articles on the health benefits of this sport and places to enjoy it in Baja California Sur. **4The Outdoors/LXV Outdoors** now has a SUP warehouse in Baja California Sur and whether you are a newbie or experienced they have the right board for you. For more information visit: www.sup.mx or call (612) 111-8040. See you in the water!

Also in this issue, Bryan Jáuregui of **Todos Santos Eco-Adventures** has written another fascinating article about one of our Sea of Cortez residents, the Blue-footed booby. Photographer Kaia Thomson of **Todos Caballos** has shared her photos and some fun facts on these birds, as well as our Sea of Cortez watery cover—taken near the booby rookery. Our translator, marine biologist Paula Angeloni of **The Todos Santos Surf Shop**, studied the Blue-footed boobies in the Galapagos Islands with expert Dr. Dave Anderson—who is quoted in the article. We hope that you enjoy it!

Now in its second printing, *Birding in Baja California Sur*, by **Kaia Thomson** and **Todos Santos Eco Adventures**, is a photographic celebration of the incredible array of birdlife to be found in our home state. It's perfect for any bird enthusiast, or for anyone wanting a visual remembrance of their visit to our lovely peninsula. The book is available at **Allende Books** in La Paz, El Tecolote Bookstore in Todos



the Hotelito

Santos, Baja Books and Maps in San José del Cabo; and directly from **Todos Caballos**.

Congratulations to **the Hotelito** on their 10th anniversary. See our article this issue about this unique boutique bed and breakfast located on the La Cachora road in Todos Santos. And guests receive a free margarita at check-in June through September!

Local author Ann Hazard has shared a special recipe with us from *Cooking with Baja Magic Dos*—the Caffé Todos Santos 10th Anniversary Salad. Her cookbook is also available at **Allende Books** in La Paz and El Tecolote Bookstore in Todos Santos.

Looking for some summer fun? In addition to bocce ball, you can also play cornhole at **Gallo Azul** in Todos Santos. Don't know what that is? Cornhole (also known as dummy VOCES continued on page 43

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todos santos—el pescadero corridor



Accomodations

Arriba de la Roca	51
Cerritos Beach Inn	47
Cerritos Surf Beach Hotel & Spa	46
Desert Moon Cerritos Beach Hotel	36
Cerritos Puesta del Sol	41
Gypsy's Beach House Rentals	25
Hacienda Cerritos	35
La Alianza	20
Las Palmas Tropicales Casitas	5
Olas de Cerritos	42
Osprey San Pedrito	11
Pescadero Surf Camp	33
Pueblo Pescadero	22
Rancho Pescadero	15
RV Park "Baja Serena"	12
The Residences at Freesouls	40
Villas de Cerritos Beach	38

Other

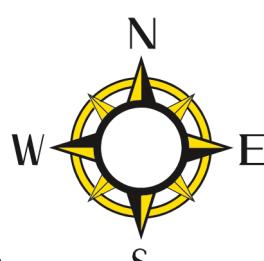
Autobus Aguila Bus Station	7
Baja Serena Yoga	12
Baja Zen	37
Car Wash Pescadero	24
Coldwell Banker Real Estate	43
Como El Sol	29
Farmacia San Benito	26
Ferretería Romex	30
Joy of Floating	23
Judicial/Ministerio Público/State Police ...	34
Materiales Los Navas	6
Los Cerritos Properties	32
Plaza San Antonio	26
Relleno Sanitario/Trash Dump	3
Todos Santos Private Trans.	24
Todos Santos Design	9

El Pescadero

Grocery

Agricole Cooperativa	4
Gardenias Mini Super	50
Mini Super Brody	45
Mini Super Munchies	10
Pescadero Organics	31

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To Elías Calles and
Cabo San Lucas

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. 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.

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 BEACHES continued on page 32

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Sport fishing with Cerritos Beach Inn and Redrum.

Beaches

continued from page 31

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.

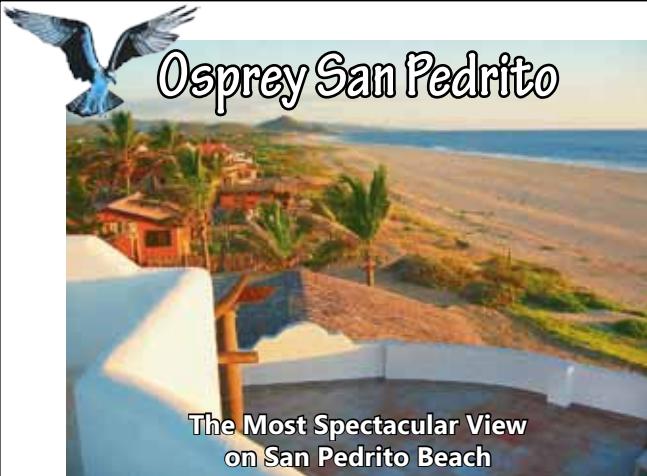
MARIO'S SURF SCHOOL provides surfing lessons, board rentals, repairs, and accessories. Call for information.

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>

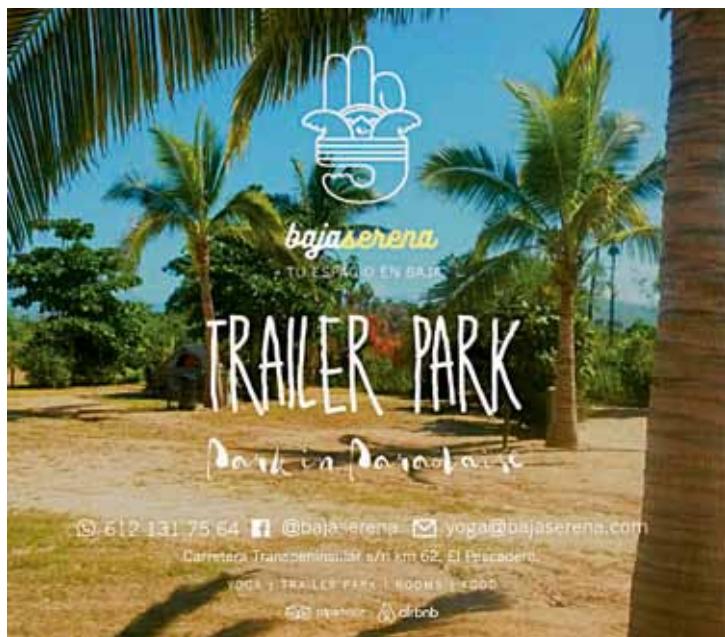


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Pájaros Bobos

continuó de página 22



retienen el mismo compañero durante años consecutivos, definitivamente cosechan las recompensas de la reserva genética—Dr. Drummond ha encontrado que producen un 35% más de hijos que las que cambian de pareja. Y si bien todas las parejas de pájaros bobos comparten las tareas parentales, ambos compañeros de relaciones estables pasan el mismo tiempo cuidando a sus jóvenes. Los dos están completamente comprometidos en esto y tanto los machos como sus compañeras invierten la misma cantidad de tiempo en los quehaceres del hogar. ¿Han ido las hembras de esta especie con sus juegos de comportamiento, moldeando el comportamiento de los machos para transformarlos en el compañero doméstico perfecto? ¡Eso sería una notable hazaña evolutiva!

Mientras los compañeros de relaciones estables pueden cohabitar armoniosamente entre si, la palabra armonía no es definitivamente la que se define a su descendencia en el nido. El Dr. Dave Anderson, profesor de Biología en la Universidad de Wake Forest, ha estudiado a los piqueros en las Islas Galápagos durante la mayor parte de su vida adulta. El explica: "Los piqueros de Nazca (primos de los patas azules) sólo quieren un polluelo, pero a veces tienen dos por error cuando su huevo extra de seguridad eclosiona. En tales casos, el 100% del tiempo el polluelo más viejo (o más sano) forzará al otro fuera del nido sin la interferencia de los padres, y quizás incluso muchas veces con alguna facilitación parental. Una vez fuera del nido, un polluelo no tiene manera de sobrevivir por sí solo. Los piqueros de Nazca anidan en el suelo de tal manera que el nido es esencialmente una arena de gladiadores que los padres observan desde lo alto."

"Los piqueros patas azules, por el otro lado, prefieren la opción de tener dos pichones. Darán al primer huevo una ventaja de tres a cinco días antes de poner el segundo
PAJAROS BOBOS continúa en página 44

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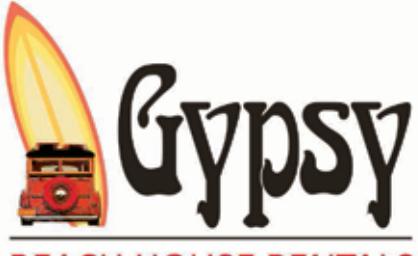
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Cel. (612)134 0480

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Los Cerritos Properties

Blue-footed Boobies

continued from page 23

to raise some other guy's chick. If they are kidnapped *prior* to the fertile period they leave the egg alone. Male boobies will actually abandon particularly perfidious partners, and seek out others to soothe their ruffled feathers. Says Dr. Drummond, "Isla Isabel has roughly 2,000 pairs of Blue-footed boobies, and at the end of every season half of the pairs break up."

Before egg incubation starts, nearly all male boobies on Isla Isabel court extra-pair females, while roughly one third of the females develop sexual relationships with one or more male neighbors. But booby mates who retain the same partner for successive years definitely reap gene pool rewards—Dr. Drummond has found that they produce 35% more offspring than those who change partners. And while all booby couples share in parental duties, longtime mates spend equal time caring for their young. They are completely in it together, with males spending just as much time as their mates on household duties. Female boobies, has their behavioral long game all along been shaping male boobies into the perfect domestic partner? *That* would be a remarkable evolutionary feat!

While longtime mates may cohabit harmoniously, harmony is definitely not a word one would associate with their offspring in the nest. Dr. Dave Anderson, Professor of Biology at Wake Forest University, has studied boobies in the Galapagos Islands for most of his adult life. He explains. "Nazca boobies (the Blue-foot's cousin) only want one chick but they sometimes have two by mistake when their extra insurance egg hatches. In such cases, 100% of the time the older (or healthier) chick will force the other one out of the nest with no parental interference, and perhaps even some parental facilitation. Once out of the nest, a chick has no way to survive on its own. Nazca boobies nest on the ground in such a way that the nest is essentially a gladiatorial arena that the parents observe from on high."

"The Blue-footed boobies, on the other hand, *do* want the option of having two chicks. So they will give the first egg a head start of three to five days before laying the second egg, such that a natural dominance hierarchy is established among the resulting chicks. If food is abundant, they will raise both chicks. However, the first-hatched chick fiercely beats up the second-hatched, and the second-hatched survives only by adopting submissive behavior." Dr. Anderson points out that the parents help the subordinate by building nests that are bowl-shaped, which means that when the older chick is pecking the younger one, at least for the first ten days or so, the poor little guy generally doesn't fall out of the nest like its hapless Nazca counterpart—there are walls to keep it hemmed in. Further, unlike the murder-permissive Nazcas, murder-restrictive Blue-footed booby parents will actually sit on their chicks to prevent the dominant from killing the subordinate.

BLUE-FOOTED BOOBIES continued on page 46

Sport Fishing at Cerritos Beach

A new sports fishing option has just become available in the Todos Santos/Pescadero area. Cerritos Beach Inn and Redrum Sport Fishing from Cabo San Lucas are teaming up to offer a new exciting fishing experience off the Baja Pacific coast.

In the past, when guests staying at Cerritos Beach Inn would ask, "Where can I go fishing?" the options were limited to a *panga* from Punta Lobos, or a trip to Cabo San Lucas or La Paz. Now there is access to larger fishing boats in the Todos Santos, Pescadero, and Cerritos Beach area—comfortable 35 to 50 ft. sport fishing boats. These boats have plenty of room inside for the family, with galley (*kitchen*), head (*bathroom*), and stateroom (*sleeping area*), complete with bait tanks, fighting chair, fish finders, electronics, and first-class tackle—these are fish catching machines—marlin, dorado, wahoo, billfish, tuna... whatever is running!

The captains and deckhands are very experienced and have participated and won tournaments in Cabo San Lucas and on the East Cape. Redrum owner, Ryan Donovan, along with his dad John Donovan, have won 1st place at the WON Tuna Jackpot in 2008, catching the third largest winning fish in tournament history with a 244 lb. yellowfin. Ryan also has a 3rd place finish in the WON in 2006 and won the Tuna division of the Bisbee Offshore—notice a pattern here? While tuna fishing is his passion here are a few more of his accomplishments: 2nd place finish in the Los Cabos Billfish Tournament, 466 lb. blue marlin, 1st place wahoo Los Cabos Billfish Tournament, and 1st place *dorado* Bisbee East Cape.

Redrum has a fleet of fishing boats from 28 to 78 ft. located in Cabo San Lucas; all are equipped with the finest fishing gear. A permanent mooring in front of Cerritos Beach Inn in Pescadero will be the departure location for local fishing adventures. Fishing will cover a large area—even going to the famous fishing spot known as Finger Banks—25 miles off shore. A water taxi will shuttle anglers from Cerritos Beach or Punta Lobos by *panga*.

Full-day fishing trips are \$250 to \$350 USD per person depending on boat and number of anglers. Water, beer, and food are included. Another trip option originates in Cabo, fish up to Cerritos, stay the night, and fish back to Cabo for a two day fishing trip. Fishing licenses are available through Redrum.

Fishing season takes place June through February or until the fishing slows down. Whale watching trips will also be available during the season.

For reservation or additional information contact:
Jim at Cerritos Beach Inn 011-52-612-183-1077
jimcoulson@cerritosbeachinn.com

John and Ryan at Redrum Sport Fishing US or Canada
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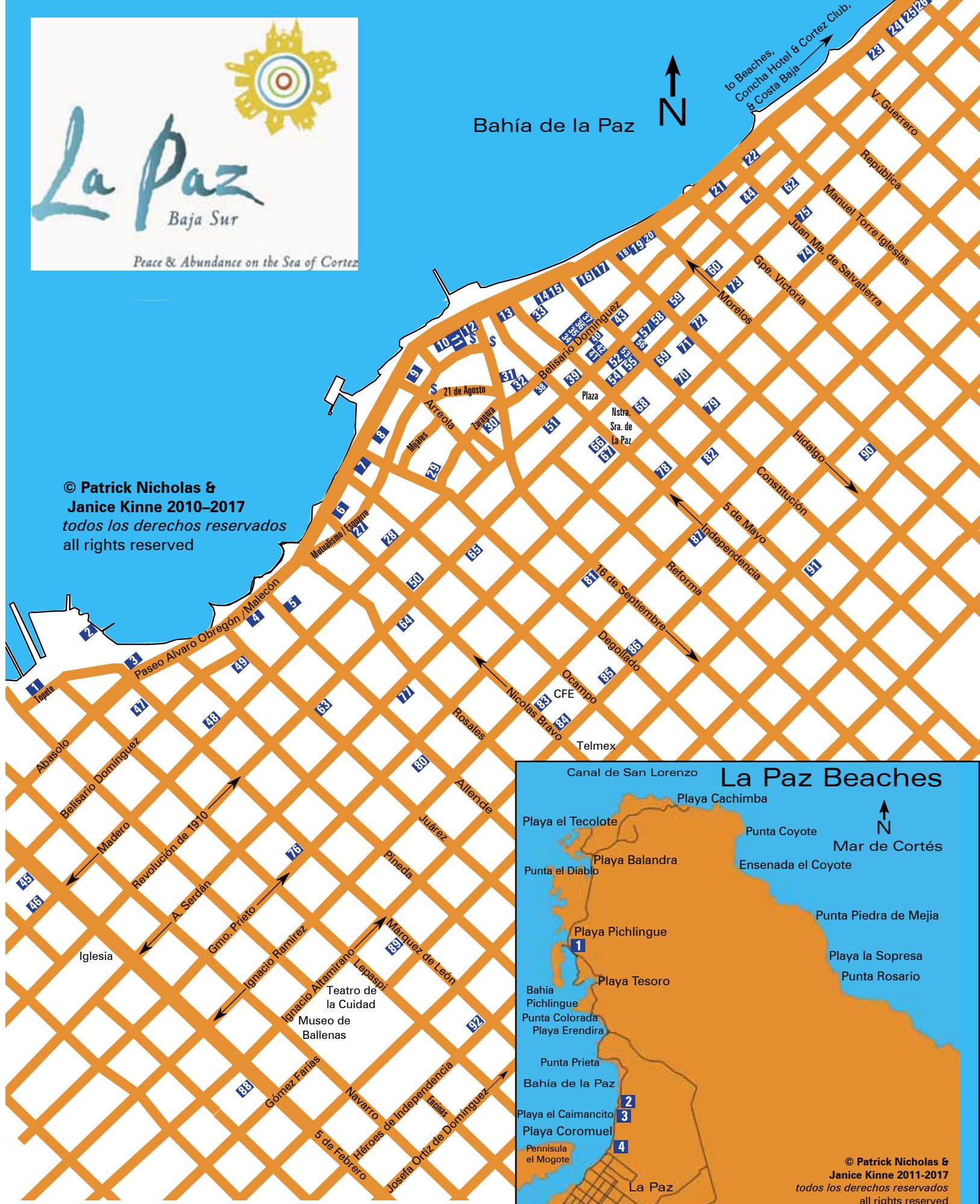
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La Paz Historic District

ACCOMODATIONS

Casa de La Paz B&B	48
Casa Tuscany B&B	27
Casa Verde Inn.....	87
El Ángel Azul.....	78
Hotel Blue	77
Hotel Catedral	66
Hotel Club El Moro	25
Hotel Mediterrane.....	5
Hotel Perla.....	9
Hotel Posada las Flores	23
Hotel 7 Crowns	7, 72
Las Gaviotas	44
One Hoteles	84

GALLERIES

Galería Bellaterra	82
Galería Diaz Castro	68
galería galería	63
Galería Carlos Olachea..... Teatro de la Ciudad	
Galería Tonantzin	70
Tamal Gallery	30

SHOPS

Allende Books.....	78
Bambú.....	78
Casa Parra	67
Quinta Lupita's Azulejos	79
Plomoybaños.....	81

GROCERY

Aramburo.....	58
Breeze Market.....	24
La Cava del Patron Vinos	76
Lolita Pie Boutique.....	56
Mercado Bravo	83
Mercado Madero	65
Nomada	42
Pan d'Les.....	52

RESTAURANTS/BARS

5 th Avenida Café.....	54
Aguamalas / Café Milano	11
Applebees	6
Bagel Shop y galería	40
Bismarckito	17

La Paz Beaches insert map

Azul Marino Restaurant.....	2
Cortez Club	2, 3
CostaBaja Marina.....	2
CostaBaja Resort	2
Dinghy Dock Cafe	4
Ferry Terminal.....	1
Hotel La Concha	3
Hotel Marina	4
La Barcaccia Rest.....	2
La Panga Rest.	4
La Paz Cruisers Supply	4
Marina Palmira	4

Bismarck II

Buffalito Grill

Büey Cup / Jonny Cat.....

Dock Café.....

El Marqués.....

Estancia Uruguaya.....

Harker Paddleboards Bar/Restaurant

Il Rustico

Jiro Sushi

Jiro Sushi..... Plaza Náutica (Abasolo y Colima)

Juana La Loca

Karuna Tea House.....

Koisushi.....

La Fonda.....

La Miserable Mezcalería.....

La Morante Art Bar

Los Magueyes.....

Maria California

Mongus Grill

Nim.....

Palermo's Ristorante

Paz Dorado.....

Rancho Viejo.....

Santiano

Sitges cocina española

Sorstis Restaurant

Steak Army

Stella's

Sushi One

Taco Fish La Paz.....

Tailhunters

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OTHER

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La Paz Beaches

by Janice Kinne



photo: On Board Baja

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 25

of 28% and a depth of coverage of about 40%. The show starts at 10:30 am, and runs until about 1 pm, so you have plenty of time to take a look, just get your protection in place.

- 22nd New moon possible as it moves away from the sun's line of sight.

SEPTEMBER

- 12th Aldebaran rises with the moon about midnight, and gets closer until dawn. Mercury also peaks in its morning apparition about now.
- 16th Mercury passes near Mars in the early morning sky.
- 21st New moon visible with Jupiter to the left.
- 22nd Equinox when we pass through the sun's equatorial plane.
- 27th Equilux, when day and night periods are the same length.

OCTOBER

- 5th Mars and Venus rise together at about 5:30 am.

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

COMETS: <http://www.aerith.net/index.html>

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

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

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>

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/

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Eventos

junio

6 al 11 de junio | LOS CABOS OPEN DE SURF QS6,000 en la playa Zipper's.

10, 11 y 16 de junio | 3^a "COYOTE 300" CARRERA DEL CAMPEONATO OFF ROAD BAJA SUR 2017. De Todos Santos a La Paz y terminando en playa El Tecolote. Mayores informes en: <https://www.facebook.com/CampeonatoOffRoadBajaSur/>

18 de junio | DÍA DEL PADRE

20 de junio | SOLSTICIO DE VERANO

25 de junio | 9:30 am, COMPETENCIA CANINA DE SURF en Playa Cerditos. Competencia de surf para perros y recaudación de fondos para albergue canino. Si gusta inscribir a su mascota o ser patrocinador, favor de contactar: info@dogsurlcompcerditos.com o llamar al (612) 142-5038.

julio

28 a 30 de julio | FESTIVAL DEL MANGO Y FIESTAS DE SAN IGNACIO en Todos Santos

septiembre

4 de septiembre | DÍA DEL TRABAJADOR EN EUA

15 de septiembre | EL GRITO DE DOLORES

16 de septiembre | DÍA DE LA INDEPENDENCIA DE MÉXICO

22 de septiembre | EQUINOCCIO DE OTOÑO

octubre

6 al 12 de octubre | FIESTAS PATRONALES DE TODOS SANTOS

11 al 15 de octubre | MUJERES DEL DESIERTO: SANACIÓN BASADA EN LA TIERRA Y YOGA. Un retiro para mujeres en Todos Santos para reiniciar, realinear con el propósito de tu vida y reclamar tu voz y tu poder para florecer

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12 de octubre | DÍA DE LA RAZA

29 de octubre | CAMBIO DE HORARIO EN MÉXICO

31 de octubre | NOCHE DE BRUJAS / HALLOWEEN

noviembre

2 de noviembre | DÍA DE LOS MUERTOS

5 de noviembre | CAMBIO DE HORARIO EN EEUU

12 de noviembre | TRIATLÓN "IRONMAN" 2017 LOS CABOS

18 de noviembre | GRAN INAUGURACIÓN Y CORTE CEREMONIAL DE LISTÓN DE LA BIBLIOTECA ELENA

PONIATOWSKA en el nuevo Centro Educativo La Palapa en Todos Santos con la presencia de la leyenda literaria, Elena Poniatowska.

25 de noviembre | 11^o TIANGUIS ANUAL DE LA SOCIEDAD DE LA PALAPA.

La Sociedad de La Palapa de Todos Santos A.C. ya está recibiendo donativos, y hasta noviembre, para el evento de este año. Puede dejar sus donativos en la Galería de Todos Santos de Lunes a Viernes de 10 am a 12 pm y de 2 a 4 pm. ¡Gracias!

febrero 2018

10 y 11 de febrero | 9^o RECORRIDO ANUAL DE ESTUDIOS DE ARTISTAS DE TODOS SANTOS. Mayores informes en: <https://www.facebook.com/todossantosopenstudiotour/>

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*.

Sugar Shack **Mar Mier Ju Vi 4 a 6 pm** margaritas recién hechas, especiales de mojitos y cerveza.



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domingo

10 am a 2 pm, **MÚSICA EN VIVO** con 'Pepe y Razo' en Flora Farm en San José del Cabo.

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

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.

6 pm, **MÚSICA EN VIVO Y MARTES DE TACOS** con 'Pepe y Razo' en **Chill N Grill** en Todos Santos. 3 picadillo o tacos de papas por \$100 pesos.

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

miércoles

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.

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 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** con 'Pepe y Razo' en **Chill N Grill** en Todos Santos.

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.

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.

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.

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 'Pepe y Razo' 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.

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Caffé Todos Santos 10th Anniversary Salad

by Ann Hazard

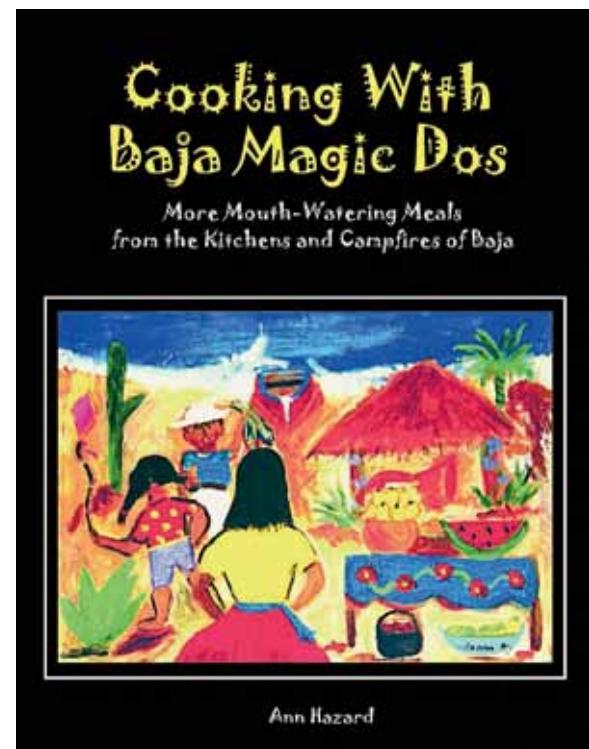
Back in the day, whenever I would tell my friends who'd been to (or lived in) Todos Santos that Marc Spahr gave me the recipe for his Tenth Anniversary Salad for *Cooking with Baja Magic Dos*, their eyes would light up and glaze over. This salad is gone now. When he sold the restaurant, it left with him. But it used to be famous in Baja Sur, and it is amazing. Marc created it in 2003 to commemorate his ten years in business. It hasn't made the menu at Caffé El Triunfo, but maybe Marc will resurrect it if enough of us beg. Nicely!

This recipe will feed four people and it's guaranteed to totally blow your mind (and your taste buds) in a thoroughly wonderful way!

INGREDIENTS

1 cup Thai peanut sauce
1½ cups coconut milk
1/8 cup Thai curry paste
½ tsp yellow Indian curry powder
2 boneless, skinless chicken breasts cut in strips
¼ package Juto-Naga Udon noodles (about 1 cup Thai rice noodles) cooked and cooled
3 cups exotic leaf lettuce (mixed baby field greens)
½ cup dried cranberries
½ cup pistachios
½ cup dried mango, cut into ¼ inch strips
¼ cup toasted sunflower seeds
½ cup jicama, cut into ¼ inch strips
2 tangerines, peeled and sectioned
1 cup dried Chow mein noodles
½ cup crumbled feta cheese

In large skillet, combine Thai peanut sauce, coconut milk and curries. Add chicken strips and dried mango strips and cook until chicken is done. Remove chicken strips and grill over barbecue until golden brown to give them a smoky taste. Set the mango strips aside to cool.



Pour the coconut milk-curry-peanut sauce mix into a bowl and cool by placing another bowl of ice underneath it. (This will now become the salad dressing.)

In large salad bowl, place a layer of Thai noodles. Add lettuce, nuts, feta cheese, tangerines, cranberry, mango, jicama, chicken strips and Chow mein noodles. Toss lightly with dressing and serve immediately.

Ann Hazard is the author of *Cooking with Baja Magic*, *Cooking with Baja Magic Dos*, *Agave Sunsets*, and *Cartwheels in the Sand*. She also contributed to *Mexico: Sunlight & Shadows: Short Stories & Essays by Mexico Writers*. *Cooking with Baja Magic Dos*, *Agave Sunsets*, and *Cartwheels in the Sand* can be found locally at El Tecolote Bookstore in Todos Santos and *Cooking with Baja Magic Dos* at Allende Books in La Paz. Her website is Livingwithbajamagic.com



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Voces

continued from page 29

boards, bean bag toss, doghouse, Baggo or bags) is a lawn game in which players take turns throwing bags of corn (or bean bags) at a raised platform with a hole in the far end.

Rent newer, greener cars with **Europcar**. They have locations in La Paz on the malecón (see the La Paz map), and at the La Paz, Los Cabos, and Loreto airports. They offer free delivery in Todos Santos and are offering a 20% off deal. Call today!

Cabo Gen is the area authorized dealer for Generac generators. Contact them in June for their pre-season sale and receive a 10% discount on these reliable backup power systems.

Namaste Yoga Centro Todos Santos BCS is offering small unique personalized yoga tours and self-exploration in the Todos Santos area. As well as organic vegan and vegetarian meals, yoga classes, Thai massage, and catering. See their ad and contact for bookings and information.

Women of the Desert: Earth Based Healing & Yoga is a women's retreat in Todos Santos to reset, realign with your life purpose, and reclaim your voice and power to bloom out in the world even stronger. For more information visit: www.kawakenergymedicine.com

Dr. Carlos Young is a bilingual medical doctor in Todos Santos. He is available for medical consultations. Stop in or call for an appointment.

NextWave Baja is the local distributor for Quad-Lock and Fab-Form. Save time and money with their energy efficient and hurricane strong products. Email for more information, or send a copy of your plans for a free quote! Visit them on Facebook at NextWave Baja.

The Vibe Bed & Breakfast in downtown Todos Santos is now offering cool summer rate June through October. Stay a night or stay a month! See their ad for details.

Cerritos Beach Inn has great dinner specials at their ocean-front restaurant and coming soon—sports fishing, whale watching, and sunset cruises. See their ad and our article for details.

Baja Beans in Pescadero is open all summer, 8 am to 4 pm. They serve breakfast, lunch, and the freshest coffee, espresso, Frappuccino and lattes. Their whole beans are also available at their location and online.

Sugar Shack, across from the Pemex in Pescadero, is a sweet little dive bar and home of the freshest margarita in Baja—no mixers, just fresh fruit! They are open 3 pm until late, Tuesday through Sunday. Visit: facebook.com/sugarshackpescadero

Core Yoga will be back at Cuatro Vientos in Todos Santos in October.

Have a great summer and we'll see you with our Fall issue of **Journal del Pacifico**.



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Pájaros Bobos

continuó de página 33



huevo, de modo que se establece una jerarquía de dominancia natural entre los pichones resultantes. Si la comida es abundante, ellos criaráan a ambos polluelos. Sin embargo, el primer polluelo pelea ferozmente al nacido en

padres de patas azules se sentarán sobre sus pichones para evitar que el dominante mate al subordinado.

El Dr. Anderson probó lo que sucedía cuando se sacan de

segundo lugar, y el segundo nacido sólo sobrevive adoptando un comportamiento sumiso." El Dr. Anderson señala que los padres ayudan al subordinado mediante la construcción de nidos en forma de tazón, lo que hace que cuando el pichón mayor golpea ferozmente a su hermano más joven, por lo menos durante los diez primeros días, el indefenso individuo generalmente no cae fuera del nido como su desgraciado homólogo de Nazca — hay muros que lo contienen. Es más, a diferencia de los piqueros de Nazcas que son asesinos-permisivos, los



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la ecuación las limitaciones de los padres junto con el nido en forma de cuenco. "Lo que es realmente interesante," dice el Dr. Anderson, "es cuando ponemos polluelos con patas azules en los nidos de Nazca con padres de Nazca. Estos se tornan mucho más agresivos que cuando están en sus propios nidos. Y cuando ponemos polluelos de Nazca en nidos de patas azules con padres de patas azules, todavía quieren matarse entre si pero no pueden debido a la forma del nido y a los padres con patas azules que ponen mas restricciones al asesinato." Pueden ponerse como locos, pero los píqueros patas azules adultos pintan la raya para prevenir homicidios, a menos que por supuesto, la comida sea escasa—como es el caso en un año Niño—y los sacrificios subalternos de polluelos deben ser hechos.

Ahora bien, uno podría imaginar que los pobres polluelos de la segunda camada, después de haber sido tan horriblemente maltratados por sus hermanos y prácticamente morirse de hambre, se convertirían en adultos torpes físicamente, emocionalmente lisiados por sus circunstancias y condenados a una vida de fracasos. "¡Pues no es así!" Dice el Dr. Drummond. "Comparamos a 1,167 novatos de crías de dos polluelos durante diez años y encontramos pocas diferencias entre las aves de primera y segunda eclosión. Aún más sorprendente, cuando había diferencias, éstas tendían a favorecer a los subordinados." En casi todas las medidas que cuentan en la vida biológica de un pájaro bobo, el Dr. Drummond encontró que los pichones subordinados eran igual o mejores a los de sus dominantes. Esto es en características como supervivencia, habilidad defensiva, tamaño de sus crías, éxito del nido y tamaño acumulado de las crías durante los primeros diez años de vida. Píqueros de patas azules; mujeres liberadas, hombres progresistas, matones que no se les permite florecer, entre otras características. ¿Qué más podemos aprender de nuestros amigos patas azules?

En cada temporada de apareamiento, los machos de patas azules establecen sus territorios y esperan a que las hembras vengan y los noten. "Los machos se desviven tratando de demostrar su idoneidad como compañero," dice el Dr. Drummond. Se podría pensar en tales circunstancias que los pájaros más jóvenes, más viriles (y por supuesto con patas más azules), se llevaran el día. Pero una vez más, las cosas no son siempre como uno podría imaginar en el mundo de los pájaros bobos. El Dr. Drummond y sus colegas han encontrado que los romances entre pájaros con gran diferencia de edad, producen progenitores que son significativamente más propensos a convertirse en padres, comparados con los hijos de parejas de una edad similar. Y no parece importar cual sexo es el que está en que extremo del espectro de la edad. Si las madres son viejas y los padres jóvenes o los padres viejos y las madres jóvenes, da lo mismo. Los resultados eran iguales en los 3,361 hijos de pájaros bobos que Drummond y sus colegas estudiaron—la reproducción entre padres con desigualdad de edad proporciona un mayor éxito en las contribuciones al grupo genético que la de padres de edad similar. De hecho, la ventaja para los pichones nacidos de padres de gran diferencia de edad, fue casi tan grande como la conferida a los pollitos cuyos padres están en relaciones

PAJAROS BOBOS continúa en página 50

Blue-footed Boobies

continued from page 34

Dr. Anderson tested what would happen when the constraints of the parents and the bowl-shaped nest are removed. "What is really interesting," says Dr. Anderson, "is when we put Blue-footed booby chicks in Nazca nests with Nazca parents. They are much more aggressive than when in their own nests. And when we put Nazca chicks in Blue-footed nests with Blue-footed parents, they still want to kill each other but can't because of the shape of the nest and the murder-restrictive Blue-footed parents." They may fool around like mad, but the Blue-footed boobies do draw the line at siblicide, unless of course, food is scarce—as in an El Niño year—and subordinate chick sacrifices must be made.

Now you may well imagine that the poor second-hatch chicks, having been so horribly abused by their siblings and practically starved to boot, would turn into physically stunted adults, emotionally crippled by their circumstances and consigned to a lifetime of failure. "Not so!" says Dr. Drummond. "We compared 1,167 fledglings of two-chick broods for ten years and found few differences between first-hatched and second-hatched birds. Even more surprisingly, where there were differences these tended to favor subordinates." By almost every measure that counts in a booby's biological life, Dr. Drummond found that the subordinate chicks matched or bettered those of their dominant tormenters including survival, defensive ability, brood size, nest success, and cumulative brood size over the first ten years of life. Blue-footed boobies. Liberated females, progressive males, bullies not allowed to flourish over others. What else can we learn from our blue-footed friends?

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.

Every mating season the Blue-footed booby males stake out their territories and wait for females to come by and notice them. "The males then fall all over themselves trying to demonstrate their suitability as a mate," says Dr. Drummond. One would think in such circumstances that younger, more virile (and of course bluer-footed) birds, would rule the day. But once again, things are not always as one would imagine in the booby world. Dr. Drummond and his colleagues have found that May-December romances among the boobies; i.e., partnerships in which one bird is old and one bird is young; produce offspring that are significantly more likely to later become parents themselves compared to the offspring of parents of a similar age. And it doesn't seem to matter which sex is at which end of the age spectrum; old mothers and young fathers or old fathers and young mothers, the results were the same in the 3,361 booby offspring that Dr. Drummond and his colleagues studied—breeding in age-mismatched parents provides greater success in contributions to the gene pool than those of similarly-aged parents. In fact, the advantage to the chicks born of May-December parents was almost as great as those conferred on chicks whose parents are in long-term partnerships. Why this is so remains a scientific mystery. Could it simply be that Blue-footed boobies are as socially evolved as the French?

So now we know that these dancers who looked so silly they earned themselves the name of booby may actually have some elegant lessons to share across species:

1. A rough start in life need not define your later years;
2. Sharing equally with a long-term partner produces better health for the family;
3. Age does not necessarily define your ability to contribute to society; and
4. Dancing your heart out no matter what you look like to strangers is one of the keys to a successful life. In fact, the future of the species depends on it.

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Weekly Events

continued from page 19

6:30 – 9 pm, **LIVE MUSIC** at FreeSouls at Cerritos Beach.
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 'Pepe y Razo' 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.

Boobie Fun Facts

continued from page 24

to start incubation after the last egg is laid (synchronous hatching).

The Peruvian booby is the closest relative to the Blue-footed booby, which diverged from each other about one million years ago.

These bird's nostrils are permanently closed; they breathe through the corners of their mouths—an amazing adaptation for them since they dive fast and furious into the water preying on fish.

The birds plunge into the water from heights of 10-30 m (33-100 ft.) and sometimes even up to 100 m (330 ft)! Special air sacs in their skulls protect the brain from the intense pressure they receive hitting the water at speeds around 100 km/h (61 mph) and go to depths of 25 m (82 ft).

Male Blue-footed boobies generally fish in shallower waters while the larger females prefer deeper water. Both parents feed the chicks through regurgitation...yum!

Males have more yellow in the iris of their eyes and a smaller pupil than the females.

The Blue-footed booby is one of only two species of booby that raises more than one chick in a breeding cycle.

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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 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			Tai Chi short form will resume in late July. For info: 612-157-6088 or barakabaja@gmail.com		Qi Gong will resume in late July. For info: 612-157-6088 or barakabaja@gmail.com		
Other/Otros	10-11:30am Dharma talks c/ Robert K. Hall @ CV thru June 25, resumes Nov. 6 <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 4:30-6 pm Dance Lab c/ Zoë @ CV 6:30 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 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 6:30 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 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
Zumba		10-11 am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF	10-11am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF	10-11am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF

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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	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 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 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
Al-anon		5 pm Pescadero Al-Anon For directions: pescaderaoafg@gmail.com http://al-anon.alateen.org/		5 pm Todos Santos Al-Anon meeting For info: Eric (612) 156-9980			

Pájaros Bobos

continuó de página 45

estables. ¿Por qué es esto así? sigue siendo un misterio científico. ¿Podría ser simplemente que los piqueros de patas azules son tan socialmente evolucionados como los franceses?

Ahora sabemos que estos bailarines que parecían tan tontos y se ganaron el nombre de bobos, en realidad pueden tener algunas lecciones elegantes para compartir entre especies:

1. Un comienzo difícil en la vida no necesariamente definirá tus años posteriores;
2. Compartir de manera igualitaria con una pareja estable produce una mejor salud para la familia;
3. La edad no necesariamente define tu capacidad de contribuir a la sociedad; y
4. Bailar de corazón sin importar lo que le parezca a los extraños es una de las claves para una vida exitosa. De hecho, el futuro de la especie depende de ello.

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.



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Hechos Divertidos de los Piqueros Patas Azules

continuó de página 24

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Los machos patas azules generalmente pescan en aguas poco profundas, mientras que las hembras más grandes prefieren aguas más profundas. Ambos padres alimentan a los polluelos a través de la regurgitación... ¡que rico!

Los machos tienen más amarillo en el iris de sus ojos y una pupila más pequeña que las hembras.

El piquero patas azules es una de las dos únicas especies de piqueros que tienen más de un polluelo en un ciclo de la cría.



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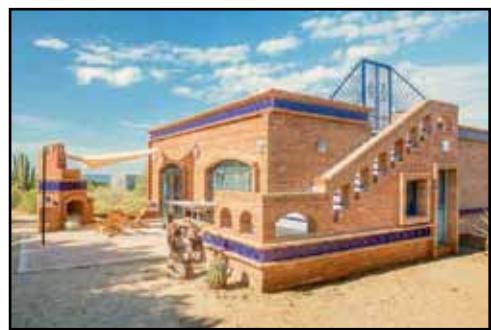
CASA LOS MANGOS. 3 br / 2 ba, on 1,500 m² of beautifully landscaped property in Las Tunas. The home is all on one level with easy access from both the front door and or the large back deck. Other features include, fireplace, 10 ft. ceilings with crown molding.

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MLS# 17-422 \$259,000 USD



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