

# journal DEL PACIFICO

La Revista de Baja California Sur

The ULTIMATE GUIDE to  
Baja Sur Arts,  
Culture & Adventure

PESCADERO SURF HOTELS  
The Pearl of the Sea of Cortés  
La Paz, La Perla del Mar de Cortés  
Estudio Cuatro Vientos

Cowboy Lingo  
Vocabulario Vaquero  
Beca Angel  
Angel de Beca



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# Pescadero A Surfer's Paradise

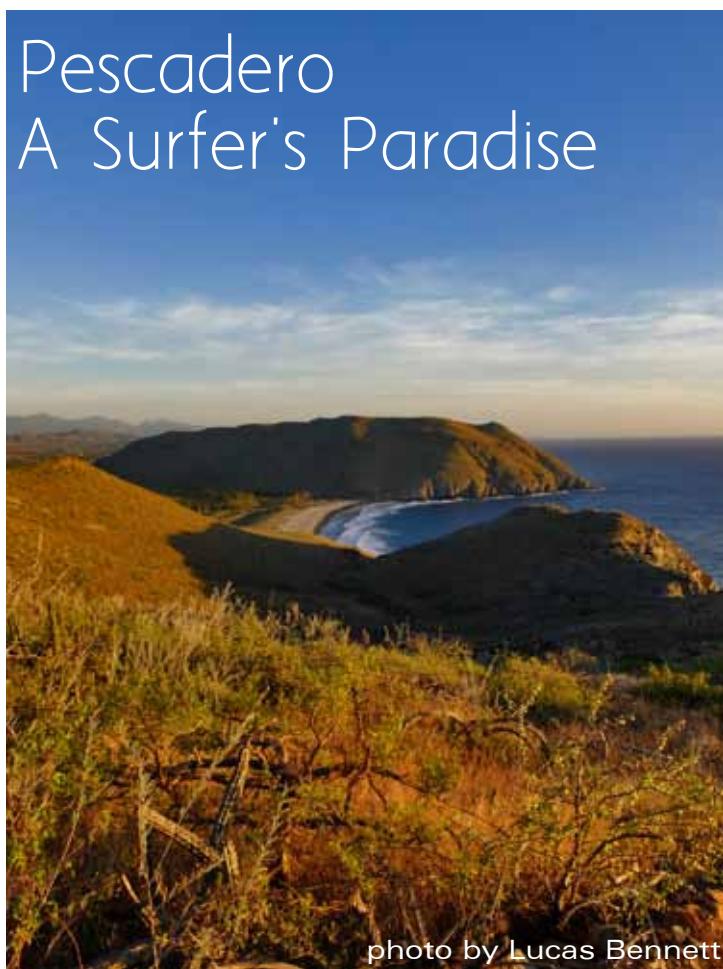


photo by Lucas Bennett

Overshadowed in the press by the "Pueblo Mágico" of Todos Santos, family friendly and welcoming el Pescadero, about 45 minutes north of Cabo, has long been known as a world class surfing destination. An "Oasis in the Desert" it boasts the safest swimming beaches in the area, that are a haven from the Cabo crowds, as well as several surf breaks. While much development has happened in the past 10 years, there are still miles of white sand beaches and the *pueblo* of el Pescadero has retained its charm with rustic taco stands, meandering dirt roads, rich *huertas* of organic produce, beautiful palm orchards and farm to table restaurants. People also visit el Pescadero for its fresh air, simplicity of life and laid back atmosphere.

Surfers and beachgoers now have the pleasure of choosing several different "surf hotels" featuring various price levels and accommodations. From simple, yet comfy to truly elegant, the choice is yours!

## PESCADERO SURF CAMP

The Pescadero Surf Camp is conveniently located at the south end of the town of el Pescadero. Its easy access from the main road makes it a convenient stop for any destination. It is close walking distance to stores and restaurants and is well located between Los Cerritos beach and San Pedrito beach.

The Surf Camp has a casual, laid back atmosphere and their location features a BYOB swim up pool bar and a large outdoor kitchen for cooking and barbequing. Guests gather from around the globe and form lasting friendships.

PESCADERO continued on page 5

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26 &amp; 27



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# Pescadero

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## SERVICES AND AMENITIES INCLUDE:

All sizes and types of surfboards and boogie boards available for rent.

They also offer surf lessons and any information or advice needed about Baja or the area.

[www.pescaderosurf.com](http://www.pescaderosurf.com)

Facebook: Pescadero Surf Camp

Cel. (612) 134-0480 / US. (818) 281-6997

#30 on Pescadero map

## RANCHO PESCADERO

At Rancho Pescadero, a deceptively simple modern style yields sophisticated luxury. The genuine warmth of the staff and the connection to nature leads you to blissful renewal. Fresh air, delicious sparkling fresh food enjoyed al fresco and tasty handcrafted cocktails round out to vacation perfection. With 28 well designed suites and two pools; Rancho Pescadero is for adults only. A *Conde Nast Traveler* "Best in the World List 2015 Pacific Coast Resorts in Mexico," it is an outrageous oceanfront oasis on a 2.5 mile secluded beach that is located within minutes of two world class surf breaks.

The combination between the mountains, the desert and the Pacific Ocean makes this location unique and full of energy. Guests enjoy the feeling of seclusion—it is not crowded—there are no vendors on the beaches, just turtles, birds and whales. People rave about the unbelievable sunsets, amazing moonrises, the beautiful night sky full of stars and long walks on miles and miles of empty beaches that makes one feel that they are here just for you.

## SERVICES AND AMENITIES INCLUDE:

The use of surfboards at no extra cost.

They provide car racks, wax, sunscreen and all types of beach equipment to suit your needs.

They can schedule surf lessons that includes all the equipment and transportation to and from the beach.

They can also schedule a surf trip to explore more spots, with all equipment and transportation included.

[www.ranchopescadero.com](http://www.ranchopescadero.com)

Facebook: RanchoPescadero

Instagram: @RanchoPescadero

Tel. (612)135-5849 / US. (910) 300-8891

#15 on Pescadero map

## CERRITOS BEACH INN

Located on a bluff above the beach, Cerritos Beach Inn has one of the best beach breaks in the area. Grab your board and you are only steps from the water. A short distance from the crowds of the Cerritos Beach Club, they provide a very relaxing and tranquil environment, with breathtaking panoramic views of the Pacific Ocean that can be enjoyed

PESCADERO continued on page 10

**RANCHO  
PESCADERO**

Seaside Homegrown  
with a little Ranch elegance

A white plate holds a vibrant dish of seafood, possibly shrimp and scallops, garnished with cherry tomatoes and microgreens. The background is a textured, colorful mural of a landscape.

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Detail of "Realization" 48 X 48

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GALLERY365 #86 on Todos Santos map

## Art Talk

by Jill Logan

### THE COLOR YELLOW

All yellows are not created equal. Some are uplifting and happy and there are those that quite literally give you a headache. The warm creamy pale tones are gentle and inviting while the intense primary yellow tones scream for attention and overpower any room or space. Everyone you ask will have a strong opinion about the color, all different and contradictory.

In 1986 I was juried in to the Festival of the Arts in Laguna Beach, California, not an easy show to get into. It lasts six weeks on the grounds of the Pageant of the Masters with a live art performance staged every year in the outdoor theatre. My first year in the Festival I did a series of works from my trip to Umbria and Tuscany, Italy. Most, if not all, had a lot of yellow in them. As I unpacked my work to put them on display in my booth at the festival, my neighbor in the next booth, came over and looked at my work. He took a deep breath, and then said, "Yellow does not sell."

As a new artist about to display her work for public exhibition, I was quite taken back. I felt I had some really good works, but was new to the world of selling them on display. My seasoned neighbor's comment was very disturbing. It can be very unnerving to sit for hours manning a booth of your own work and listening to the comments of people cruising by—a good way to develop a bit of a tough skin when exposing your creativity to the masses. As it turned out, I sold every one of them. Proved my neighbor wrong on that count!

I attributed the attraction to my work to the color palette I chose to accompany the color yellow. I used red/violets, red/orange, deep greens with deep ochre and blue/violet and yellow green to accompany my butter yellows and yellow oranges. Somehow, intuitively, using my color knowledge from classes with a color-design specialist from Art Center Pasadena, I was able to pull off yellow without being so YELLOW.

Yellow is the most luminous of all the colors of the spectrum. Yellow is known to be a happy color, a color of mental stimulation, but if overused or too bright it can cause agitation. It is the color that captures our attention more than any other, it is known to offer hope, cheerfulness, optimism and fun. If you love the color yellow, you may be a great communicator, naturally upbeat and talkative, perhaps a networker or journalist. Yellow is the scientist, constantly analyzing, looking at both sides before making a decision. An entertainer, the comic and the clown.

The oldest yellow pigment is yellow ochre, which was amongst the first pigments used by humans. Egyptians and the ancient world made wide use of the mineral orpiment for a more brilliant yellow than yellow ochre. In the Middle Ages, Europeans manufactured lead tin yellow. They later imported Indian yellow and rediscovered the method for the production of Naples yellow, which had been used by the Egyptians. Modern chemistry led to the creation

of many other yellows, including chrome yellow, cadmium yellow, lemon yellow, and cobalt yellow. For over a century, it was believed that the commonly used Indian yellow pigment was created from the urine of cattle in India that were fed only mango leaves and water. Allegedly, the dried urine was collected and formed into balls of pigment. There is, however, no concrete evidence to suggest that cow urine was the true origin of Indian yellow pigment. Today, a synthetic Indian Yellow hue is manufactured using a combination of nickel, Hansa yellow, and Quinacridone burnt orange.

Indian yellow is a fun color to work with and can make some great oranges when mixed with red. It also is wonderful when mixed with white, for that light shimmer you may want around a house or tree. Cadmium yellows are very strong and have to be used sparingly. Some artists use cadmium yellow with ultramarine blue to create their greens. Naples yellow is peaceful and light. Juane Brillante is an even lighter yellow hue and as the artist Walker Buckner said to me once, "Juane Brillante is the color of pure sunlight."



"La Montana Brillante" by Jill Logan

There are as many yellows and variations of yellow in the art world as in the real world and they create a playful fun environment to experiment with.

What a dull and boring world it would be without yellow.

## GALERÍA LOGAN



"Brilliant Beach Walk" 24"x48" oil/canvas

Calle Juárez y Morelos

011-52 612 145-0151

jillLogan2001@yahoo.com

[www.jilllogan.com](http://www.jilllogan.com)



## ViNAMO

by / por Mac Sutton, traducido por Perla Garnica

Early February is here, when all human hearts begin to seek out, to align and to enjoy each other's loving company. Valentine's Day is for more than expressing your

love and gratitude for your soulmate, it is to remind friends of their warm energy and to bask in the beautiful Baja Sur environment and all its treasures.

Just as all holidays bring varying sorts of cheer, this 12<sup>th</sup> to 14<sup>th</sup> of February, Todos Santos and La Paz are hosting the ViNAMO, *Love and Wine Festival*. This, gastronomy and music infused, celebration features the accomplished Mexican enologist, Don Alvaro Ptanick, voted winner three years in a row for Best Red Wine at the prestigious GastroVino, Baja Food and Wine Festival held in Todos Santos every spring.

One of Mexico's best premium wine producers, Vinos Shimul, pride is based on its utilization of authentic Italian

Febrero ya llegó, cuando todos los corazones humanos empiezan a buscar alla afuera y disfrutar la compañía de sus seres más queridos. El día de San Valentina es mucho más que para expresar tu amor a tu media naranja, es para recordarles a tus amigos de su energía positiva y cálida en el bello ambiente de la Baja Sur y sus tesoros.

Así como todos los días festivos traen una variedad de sentimientos de gozo, este febrero 12 al 14 Todos Santos y La Paz serán cede de ViNAMO, *Love and Wine Festival*. Esta celebración de gastronomía y música estará acompañada del gran enólogo Alvaro Ptanick, ganador por tres años consecutivos del mejor vino tinto en el festival GastroVino en Todos Santos que se celebra cada primavera.

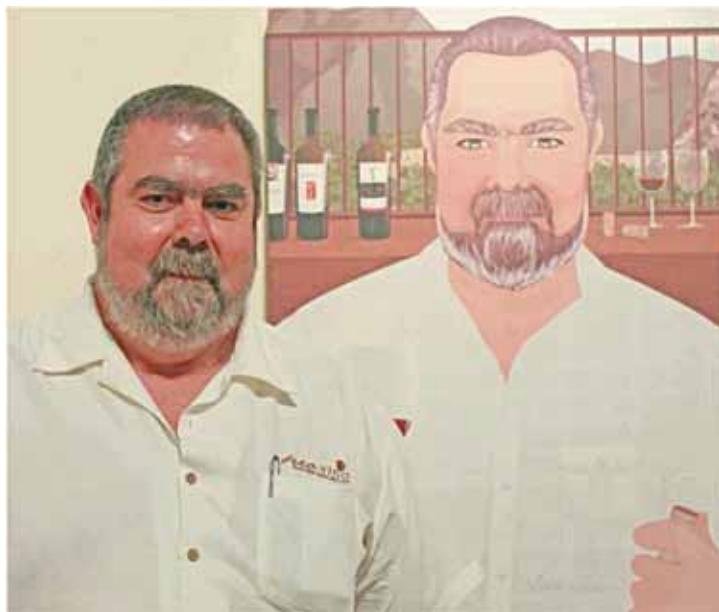
Uno de los productores Premium de vinos Bajacalifornianos, Vinos Shimul, esta orgullosamente basado en utilizar varietales Italianos como Sangiovese, Nebbiolo, Dolcetto y toques de Petite Syrah. Uno de los vinos más representativos de Don Alvaro es su conocido Kórima, que significa compartir en la lengua nativa de los *Cochimies* y se idéntica por tener en su mezcla el varietal *Misión*, nativo a México. Traído aquí por los Misioneros Jesuitas a principios del siglo 17, junto con los olivos FMTS continúa en página 50

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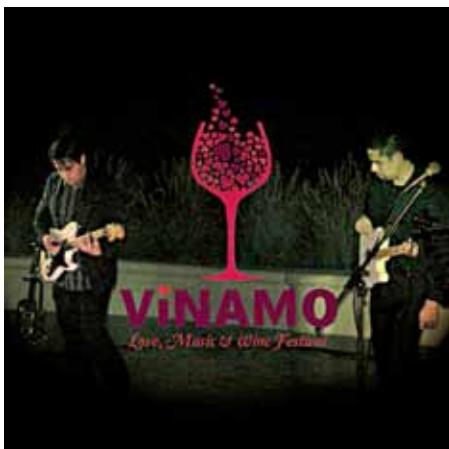
Don Alvaro Ptanick

varietals such as Sangiovese, Nebbiolo, Dolcetto and hints of Petite Syrah. One of Don Alvaro's most prestigious wines is the Kórima, which means "to share" in the native Baja tribal language of the *Cochimíes*, and is dominated by Mexico's very own native varietal, *Misión*. Brought over by the missionaries in the beginning of the 17<sup>th</sup> century, along with the *Misión* olive, this is as Baja expressive as Baja California wine gets.

The weekend's festivities kick off with the *Concierto de Corazones* in the romantically illuminated Huerta of Todos Santos on Friday evening, featuring rock guitar and violin virtuosos, Shimul's Flying Guitars, in a Battle of Guitar wizardry. Two exquisite pairing dinners follow

at *Restaurante Sorstis* in La Paz with Chef Alessandro on Saturday the 13<sup>th</sup>, and on Sunday the 14<sup>th</sup> with Chef Angelo, Madda and Costantino at *Ristorante Tre Galline* in downtown Todos Santos. Between the Italian-infused, Baja-based cuisine and the Italian-varietal, Baja California-grown wines this is sure to be a *MexItalian* adventure for your palette's pleasure.

Proceeds benefit *Los Bomberos de Todos Santos*. For more information, visit: [www.vinamofest.com](http://www.vinamofest.com). Tickets are available at **El Tecolote Bookstore** and **La Bodega de Todos Santos**.



**ViNAMO**  
*Love, Music & Wine Festival*  
**12 - 14 FEBRUARY 2016**

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# Jill Casty

## SCULPTURES IN GLASS



"Sunlight on the Baja Shore / Luz del Sol en la Orilla de Baja"  
Wall Sculpture 23" x 23" x 2" deep  
Fused Glass / Stainless Steel (Pez Gordo)

**Pez Gordo Gallery** at The Shoppes at Palmilla,  
San José del Cabo, (624) 144 5292  
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North entrance to Todos Santos, (612) 145 0500

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April 22-24, 2016 info: [gastrovino.mx](http://gastrovino.mx)

## Pescadero

continued from page 5

from the guest rooms and dining area—some of the best of Cerritos beach.

Cerritos Beach Inn has six ocean front deluxe rooms and four desert/mountain view rooms all with upscale decor. Every ocean front room has its own balcony or patio with a view. The Inn has a large dining room with additional seating on the ocean facing patio and rooftop deck. Adjacent to the dining area is a lounge and bar with a large flat screen TV. A 10-seat Jacuzzi is just steps from the beach and offers a commanding view of the Pacific Ocean. A pool with a waterslide, waterfall, and lush landscaping is located near the entrance. With coconut palm trees and lush landscaping on the property you can't help but feel that you truly are in paradise.

### SERVICES AND AMENITIES INCLUDE:

Secured surfboard storage, board rentals and lessons can be arranged.

[cerritosbeachinn.com](http://cerritosbeachinn.com)  
Facebook: Cerritos Beach Inn  
Tel. (612) 183-1077 / US. (858) 222-1685  
#42 on Pescadero map

## DESERT MOON

Desert Moon is a brand new, first class hotel with a perfect hillside location at the point of Los Cerritos beach, and is just steps away from the 'line up.' It is in close proximity to the family friendly Cerritos beach with its sandy bottom. It is the ideal site for relaxation and sports activities.

Desert Moon offer two different type of rooms. The Suite King, which can fit up to three people, comes with a fully equipped kitchen, bathroom, balcony or patio, a king bed and sofa. The Suite Twin comes with two double beds and can fit four people and is also fully equipped with kitchen, bathroom, balcony or patio and sofa. Each room has its own epic ocean and mountain views due to their hillside placement. The onsite Riptide Bar and restaurant serves lunch and dinner offering a variety of seafood menu options and adult beverages and there is an infinity pool with a fantastic view of Cerritos Beach.

### SERVICES AND AMENITIES INCLUDE:

Surfboard and boogie board rentals.

Hotel staff is available to organize activities such as horseback riding, ATV, massage, or waterfall tours.

[www.cerritosbeachhotel.com](http://www.cerritosbeachhotel.com)  
Facebook: Riptide Bar / Facebook: Desert Moon  
US (818) 281-6997  
#32 on Pescadero map

## GYPSY'S BEACH HOUSE RENTALS

Gypsy's Beach House Rentals is a full service rental agency with a selection homes and villas for short or long term rentals in the Cerritos, Pescadero and Todos Santos area.



They have been providing surfers and travelers beach accommodations in Baja since 1967. The staff knows the area well and will consult with clients as to what is the best location to rent based on their needs and wishes.

#### SERVICES AND AMENITIES INCLUDE:

Gypsy's Beach House Rentals works with Mario's Surf School for clients' surfboard rentals, lessons and beach shuttles.

[www.gypsypbythesea.com](http://www.gypsypbythesea.com)  
Facebook: Gypsyp-by-The-Sea  
[markatgypsyp@gmail.com](mailto:markatgypsyp@gmail.com)  
Tel. (612) 168-9254  
#8 on Pescadero map

#### WHILE IN PESCADERO CHECK OUT:

##### FREESOULS

Freesouls restaurant opened on Valentine's Day in 2015, just steps from Cerritos beach, and quickly became known for its fine and comfortable dining. Appetizers, pizzas and entrees are carefully prepared in a wood fire oven adhering to the Slow Food method—ensuring that your eating experience will be a pleasurable one. The large, colorful Mediterranean terrace offers a lovely sense of relaxation that makes the passage of time seems suspended. Guests enjoy its exceptional ocean and Sierra de la Laguna views from the warm waters of their saltwater pool. The friendly staff of Freesouls at Playa Cerritos awaits your visit and wishes you a wonderful experience.

Facebook: Freesouls Cerritos  
Twitter: @freesouls\_club  
[info@thefreesoulsproject.com](mailto:info@thefreesoulsproject.com)  
Tel. (624) 191-4666  
#37 on Pescadero map

##### BRODY'S PIZZA

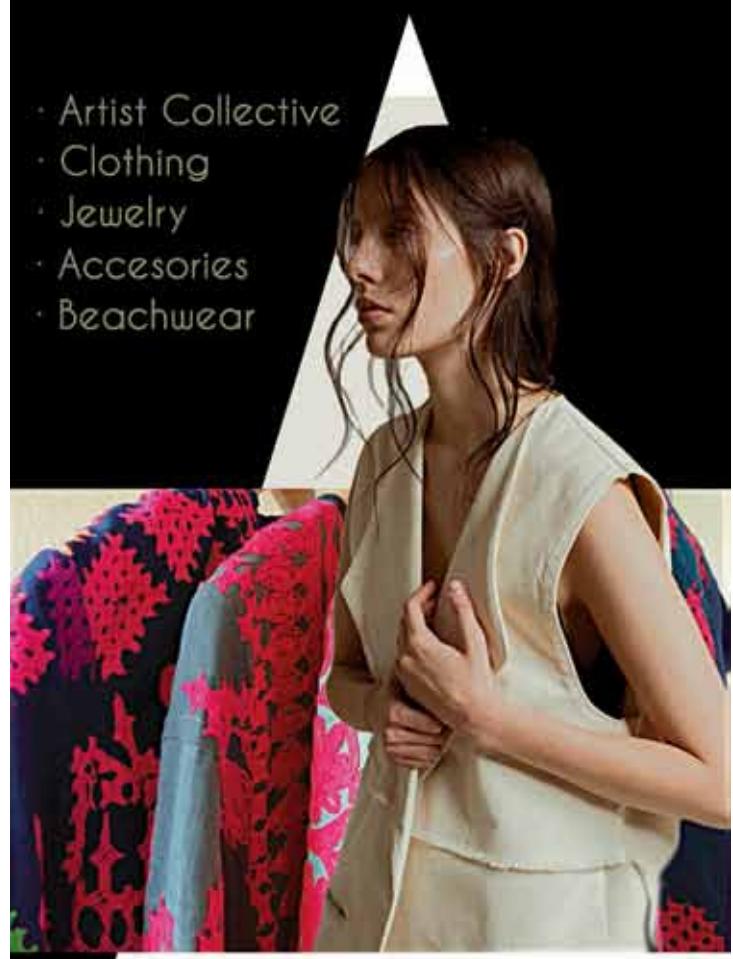
Brody's Pizza on the road to Cerritos beach is a small family owned restaurant, welcoming and casual. They are open 1 to 10 pm and serve Italian style wood oven pizza, pastas, salads and cold beer! It's a great place to stop at after a day at the beach. Home delivery is available too.

Tel. (612) 868-0124 / #39 on Pescadero map  
PESCADERO continued on page 39



| The subtle fusion of a bohemian way and modern simplicity |

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- Jewelry
- Accessories
- Beachwear



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# La Paz, The Pearl of the Sea of Cortés

## La Paz, La Perla del Mar de Cortés

by / por Bryan Jáuregui, Todos Santos Eco Adventures, traducido por Paula Angeloni  
photos by / fotos por The Cortez Club



Sea of Cortez, near "Punta Mechudo"

Diving in the Sea of Cortés is one of modern life's great joys, and La Paz is one of the best launching spots for diving adventures on the peninsula. But in the 1800s, diving around La Paz was generally not a pleasurable pursuit, but one done for treasure—pearls. The free divers who procured pearls from the depths of the sea had no modern technology to protect them, and many of their stories did not end happily. The effects of this troubled past can still be felt today. In fact, for those of you contemplating a diving adventure in the Sea of Cortés, there is one truly scary thing that you should know about—and be constantly on the alert for—and that is El Mechudo. There are many variations on the story of this wild-haired free diver, but this is the one that the old fishermen around Punta Mechudo tell...

*Long ago, when La Paz was the pearl capital of the world, there lived a Yaqui Indian known as El Mechudo, The Hairy One. In those days there were many pearl divers of great skill and daring in La Paz, men and women who could hold their breath for long stretches at a time and knew the secrets of finding large and magnificent pearls. Each year the companies that sold La Paz pearls around the world would hold a contest to see which diver could find the largest and loveliest pearl. The diver who won was awarded the great honor of having his or her pearl presented to the Virgin of Guadalupe. For as many years as anyone could remember, El Mechudo, with his wild flowing black hair, had won the contest; he could hold his breath longer and*

Bucear en el Golfo de California es uno de los placeres más grandes de la vida moderna y la ciudad de La Paz es uno de los mejores puntos de partida para una aventura de buceo en la península. Sin embargo en los años 1800s, el motivo del buceo alrededor de La Paz no se realizaba tanto por placer sino más bien tras la búsqueda de tesoros--perlas. Los buzos que colectaban perlas en las profundidades del mar no contaban con la tecnología de hoy en día para protegerlos y muchas de sus historias no terminaron bien. Los efectos de este pasado turbulento aun se pueden sentir en el presente. De hecho para aquellos que estén contemplando la idea de tener una aventura de buceo en el Golfo, deben de saber que existe algo verdaderamente aterrador de lo cual deben de tener conocimiento y tener presente en todo momento, y esto es: El Mechudo. Existen muchas versiones sobre la existencia de este personaje de buceo libre con cabellera salvaje, pero esta es la que el viejo pescador de Punta Mechudo cuenta...

*Hace muchos años, la Paz era la Capital de Perlas en el mundo y allí vivía un Indio Yaqui conocido como El Mechudo, por su gran cantidad de pelo. En aquellos tiempos existían muchos buzos de perla de gran habilidad y audacia en La Paz; hombres y mujeres que podían contener la respiración durante largos tramos de tiempo a la vez y que conocían los secretos para poder encontrar grandes y magníficas perlas. Cada año las empresas que vendían perlas de La Paz en el mundo llevaban a cabo un*

**EL MECHUDO** continúa en página 14

dive deeper than any of the other divers and he always knew where to find the most fantastic pearls.

Then one year *El Mechudo* failed to appear at the beginning of the contest. They waited for him for several hours but finally had to hold the event without him. By the time *El Mechudo* arrived to compete, the contest was over and a winner had been declared. Enraged, *El Mechudo* insisted on diving. His friends begged him not to risk his life and to simply wait until the following year to prove himself the champion once again. The organizers warned that even if he found the biggest, blackest pearl of all time that they would not crown him the winner, nor would they present the pearl to the Virgin. Unfazed, *El Mechudo* dove into the water. Time passed. After many minutes he still had not returned to the surface. His friends jumped into the water to search for him and saw a sight that would haunt them for the rest of their lives: the lifeless body of *El Mechudo* with his hand caught in a giant oyster.

The man known as *El Mechudo* is dead, but he is not gone. To this day divers, kayakers, fishermen and snorkelers in the Bay of La Paz are visited by the ghost of *El Mechudo*. There are regular reports of unexplainable touches in the night, rearranged camp sites and voices in the wind. And aspiring pearl divers should beware. Word is that if you go into the Bay of La Paz looking for pearls, *El Mechudo* will find you and offer you the largest, blackest pearl you can imagine. If you accept, your final resting ground will be the depths of the Bay of La Paz, right beside *El Mechudo*.

So how did La Paz become the Pearl Capital of the World in the days of *El Mechudo*? Tony Burton of MexConnect\*

explored that story by reaching back to the early 1530s when the explorers of Hernán Cortés sailed into the Sea of Cortés searching for the earthly Paradise of California. The first peoples they encountered on the Baja Peninsula were Pericú Indians. The Spanish explorers were immediately struck by the Pericú's necklaces of blackened pearls, accented by berries and shells. As the Pericú did not have metal knives, they had been retrieving pearls by throwing oyster shells into a fire, charring the pearls in the process. The Spanish explorers soon determined that opening the oyster shells with their knives gave them access to gleaming white pearls that rivaled those to be found in Asia and the Middle East. A robust pearl industry was born, and thousands of pearls were sent from Baja to Europe where they were used in the royal regalia of many European courts. In fact, Queen Elizabeth II made a state visit to La Paz in 1983 to visit the site where the "Great Lemon" pearl, part of Queen Victoria's crown, was found. Queen Elizabeth wore this crown with the "Great Lemon" of La Paz during her own coronation in 1953.

While the Jesuits tried to restrict pearl collection during the period of their missions in Baja (1697 to 1768) due to the poor conditions inflicted on the native Indian divers (see story of *El Mechudo* above), traffic in the pearls persisted. The historian Lassepas, in his *History de la Baja California*, estimates that from 1580 to 1857, 95,000 tons of oysters, that yielded about 2,770 pounds of pearls, had been removed from the Sea of Cortés. Many modern historians believe the numbers to be far greater. The coves around La Paz and Isla Espíritu Santo were the center of the Baja

EL MECHUDO continued on page 14

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## El Mechudo

continued from page 13

pearl industry.

Pearl diving changed dramatically in Mexico after 1874 when larger vessels equipped with diving suits and accompanying equipment began arriving. The new equipment lengthened the season to include the cooler winter months, and had the added benefit of reducing shark attacks. But new dangers emerged, including partial deafness and paralysis due to compression and sudden temperature changes. Equipment failure led to many deaths. (Never fear new divers—Jacques Cousteau radically enhanced the functionality and safety of scuba gear and since his first Aqua-Lung in 1943, equipment safety has increased dramatically.) Despite the problems  
EL MECHUDO continued on page 17

## El Mechudo

continuó de página 12

concurso para ver qué buzo podía encontrar la perla de mayor tamaño y belleza. El buzo ganador era galardonado con el gran honor de que su perla sea presentada a la Virgen de Guadalupe. Y hasta donde se recuerda, siempre era El Mechudo, que con su salvaje melena negra ganaba este concurso. El podía contener la respiración por más tiempo que ninguno y lograba sumergirse más profundo que cualquiera de los otros buzos, además siempre sabía dónde encontrar las más fantásticas perlas.

Pero luego, un año El Mechudo no apareció al principio del concurso. Lo esperaron por varias horas hasta que finalmente el evento se desarrolló sin su presencia. Cuando El Mechudo finalmente aparece para competir, el EL MECHUDO continúa en página 16

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# On the Cover

Lucas Bennett came to the Baja California peninsula 12 years ago from New York City. Leaving behind a career in Film and Television production, he soon found Baja California Sur to be a photographer's dream and has been here ever since, enjoying the light and color of this unique place.

In addition to his commercial photography, Lucas works closely with his wife, Zoë Dearborn to create community art, music and film events though Art for Life ([www.cultivatecreativity.net](http://www.cultivatecreativity.net)). Lucas is available for weddings, events, and all other commercial photography and can be found at [www.eliascallesfoto.com](http://www.eliascallesfoto.com).

## En la Portada

traducido por Lena M.  
Castellanos A.

Lucas Bennett vino a la península de Baja California desde la ciudad Nueva York hace 12 años. Dejó atrás una carrera de producción de cine y televisión. Pronto se dio cuenta de que Baja California Sur es el sueño de un fotógrafo y ha estado aquí desde entonces; disfrutando la luz y los colores de este lugar tan único.



Lucas Bennett

foto por Zoë Dearborn

Además de su fotografía comercial, Lucas trabaja en conjunto con su esposa Zoë Dearborn para crear eventos de arte, música y cine en la comunidad a través de "Art for Life" (Arte para la Vida) ([www.cultivatecreativity.net](http://www.cultivatecreativity.net)). Lucas está disponible para bodas, eventos especiales y toda la demás fotografía comercial. Puede encontrarlo en [www.eliascallesfoto.com](http://www.eliascallesfoto.com)

## Agua Aire Tierra y Fuego, S. de R. L. de C. V.



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"Casita" is located in Huerta Las Quintas. It is a great room with kitchen and fireplace, 2 bedrooms, one bath and a room for washer and dryer (which also can be another bathroom). The rear of the house has a big patio for outdoor cooking and relaxing. It is 130 m<sup>2</sup> on a lot of 800 m<sup>2</sup>. It has beautiful new walls with electric gate. Has water and electricity. Plenty of room for expansion.



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## El Mechudo

continuó de página 14

concurso ya se había terminado y otro concursante había sido declarado ganador. Lleno de ira, El Mechudo insiste en bucear. Sus amigos le suplicaron de que no arriesgara su vida y le aconsejaron de simplemente esperar al año siguiente para probar que podía ser campeón una vez más. Los organizadores le advirtieron que incluso si encontraba la mayor perla negra de todos los tiempos, que no lo iban a coronar ganador, ni le iban a presentar la perla a la Virgen. Sin inmutarse, El Mechudo se zambulló en el agua. Pasó el tiempo. Después de muchos minutos aun no había regresado a la superficie y fue cuando sus amigos saltaron al agua para buscarle y vieron un espectáculo que les perseguiría por el resto de sus vidas: el cuerpo sin vida de El Mechudo con la mano atrapada en una ostra gigante.

El hombre conocido como El Mechudo si bien está muerto, no se ha ido. Hasta el día de hoy los buzos, kayakistas, pescadores y nadadores en la Bahía de La Paz son visitados por el fantasma de El Mechudo. Existen informes regulares de presencias inexplicables en la noche, campings que son desordenados y voces en el viento. Los aspirantes a buzos de perlas deben de tener cuidado. Se dice que si vas a la Bahía de La Paz en busca de perlas, El Mechudo te encontrará ofreciéndote la perla negra más grande que te puedas imaginar. Si aceptas, tu sitio de descanso final

será lo más profundo de la Bahía de La Paz, justo al lado de El Mechudo.

¿Y cómo fue que La Paz se convirtió en la capital de perlas del mundo en los días de El Mechudo? Tony Burton de MexConnect\* exploró esta historia que se remonta a los principios de los años 1530, cuando los exploradores de Hernán Cortés navegaron hacia el Golfo de California buscando el paraíso terrenal de California. Los primeros pobladores que encontraron en la península de Baja California eran los indios Pericú. Los conquistadores españoles quedaron inmediatamente impactados por los collares de perlas ennegrecidas de Los Pericús, acentuados con bayas y conchas. Los Pericús no contaban con cuchillos de metal y obtenían sus perlas lanzando las conchas de ostras en una fogata, carbonizando las perlas en el proceso. Los exploradores españoles pronto determinaron que la apertura de las conchas de ostras con sus cuchillos les daba acceso a relucientes perlas blancas que rivalizaban con las que se encuentran en Asia y el Medio Oriente. Una industria robusta de perlas nació y miles de perlas fueron enviadas desde la península a Europa en donde fueron utilizadas en la regalía real de muchas cortes europeas. De hecho, la Reina Isabel II hizo una visita oficial a La Paz en 1983 para conocer el sitio EL MECHUDO continúa en página 18

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# El Mechudo

continued from page 14

faced by the divers, by 1889, a La Paz-based pearl company had come to completely dominate the world pearling industry. A 400-grain pearl, found on the shores of Mulege, now forms part of the Spanish crown jewels.

A 1903 article in *The New York Times* states that the Baja pearl industry had produced more than two million dollars worth of pearls in 1902, including some of the "finest jewels of this kind found anywhere in the world." The article emphasizes that the area is "noted for its fancy pearls—that is to say, the colored and especially the black ones." But by 1936 the natural oyster stocks had been depleted past the point of recovery. This depletion, combined with the widespread availability of relatively inexpensive cultured and artificial pearls, led to the demise of the natural pearl industry in Baja. Currently very few natural pearls are harvested in the Sea of Cortés, but several Baja California firms do cultivate pearls. So La Paz, once the center of the world's pearling industry, is still known today as the "Pearl of the Sea of Cortés." But remember, should you encounter one of those few remaining natural pearls while diving in the Bay of La Paz and decide to take it home, El Mechudo will make sure grabbing that pearl is the last thing you ever do!

\*Much of the information on the pearl industry in La Paz presented here was researched by Tony Burton and presented in his *Did You Know* column for MexConnect. His sources include:

Anon. *Important Pearl Fisheries on the Coast of California*. The New York Times, June 14, 1903.

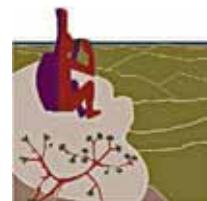
Hardy, R. W. H. 1829 *Travels in the Interior of Mexico in 1825, 1826, 1827 and 1828*. London: Henry Colburn & Richard Bentley. Reprinted in 1977, Texas: Rio Grande Classics.

Kunz, G. F., and Stevenson, C. H. *The Book of the Pearl: Its History, Art, Science and Industry*. Dover. 2001.

Mayo, C. M. *Miraculous Air: Journey of a Thousand Miles through Baja California, the Other Mexico*. Milkweed Editions. 2007.

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. When you travel with Todos Santos Eco Adventures you don't just visit Baja, you *live* Baja. [www.TOSEA.net](http://www.TOSEA.net). (612) 145-0189.

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# El Mechudo

continuó de página 16

donde había sido encontrada "La Perla de La Paz" o "Perla Limón," una perla de tamaño y forma semejante a la de un limón, y que era parte de la corona de la reina Victoria. La Reina Isabel llevó esta corona con "La Perla de La Paz" durante su propia coronación en 1953.

A pesar de que los jesuitas trataron de restringir la recolección de perlas durante el período de sus misiones en la Baja (de 1697 a 1768) debido a las malas condiciones infligidas a los buzos indios nativos (ver historia de El Mechudo arriba), el tráfico de perlas persistió. El historiador Lassepas, en su *Historia de la Baja California*, estima que entre 1580 y 1857, 95,000 toneladas de ostras, que arrojaron unas 2,770 libras de perlas, habrían sido retiradas del Golfo de California. Muchos historiadores modernos creen que los números son aun mayores. Las ensenadas de los alrededores de La Paz y la Isla Espíritu Santo eran el centro de la industria de perlas en la península.

El buceo de perlas cambió dramáticamente en México después de 1874, cuando buques más grandes equipados con trajes y equipos de buceo comenzaron a llegar. El nuevo equipo permitió alargar la temporada de buceo incluyendo los meses de invierno más fríos y añadía la ventaja de reducir los ataques de tiburones. Pero a su vez nuevos peligros emergieron, incluyendo parálisis y sordera parcial debido a la compresión y cambios bruscos de temperatura. La falla del equipo condujo a muchas muertes (pero no teman buzos novatos--Jacques Cousteau ha mejorado radicalmente la funcionalidad y seguridad del equipo de buceo. Desde su primer Aqua-Lung en 1943, el equipo se ha optimizado de forma espectacular en cuanto a seguridad). A pesar de los problemas que enfrentaban los buzos en 1889, una empresa de perlas basada en La Paz, había llegado a dominar por completo la industria perlera del mundo. Una perla de 400 granos (26 gramos) que se encontró en las orillas de Mulegé, ahora forma parte de las joyas de la corona española.

Un artículo de 1903 de "The New York Times" afirma que la industria perlera en la península habría producido más de dos millones de dólares en perlas en 1902, incluyendo algunas de las "mejores joyas de este tipo que se

encuentran en cualquier parte del mundo." El artículo hace hincapié en que la zona se "destaca por sus perlas finas--es decir, por su color, sobre todo las negras." Pero en 1936 las poblaciones de ostras naturales habían disminuido hasta el punto de no poderse recuperar. Este agotamiento del stock, combinado con la amplia disponibilidad de perlas cultivadas y artificiales relativamente económicas, llevó a la desaparición de la industria de la perla natural en Baja California. Hoy en día solo muy pocas perlas naturales son cosechadas en el Golfo, pero varias empresas de Baja California se dedican al cultivo de perlas. Así que la ciudad de La Paz, que una vez fue el centro de la industria perlera del mundo, todavía se conoce hoy en día como la "Perla del Mar de Cortés." Pero recuerda, si encuentras una de las pocas perlas naturales remanentes mientras buceas en la Bahía de La Paz y decides llevártela a casa, iEl Mechudo se asegurará de que el acaparamiento de esa perla sea la última cosa que haces!

\*Gran parte de la información sobre la industria de perlas en La Paz del presente artículo forma parte de la investigación de Tony Burton presentada en su columna para MexConnect. Sus fuentes incluyen:

"Anon. *Important Pearl Fisheries on the Coast of California*. The New York Times, June 14, 1903."

"Hardy, R. W. H. 1829 *Travels in the Interior of Mexico in 1825, 1826, 1827 and 1828*. London: Henry Colburn & Richard Bentley. Reprinted in 1977, Texas: Rio Grande Classics."

"Kunz, G. F., and Stevenson, C. H. *The Book of the Pearl: Its History, Art, Science and Industry*. Dover. 2001."

"Mayo, C. M. *Miraculous Air: Journey of a Thousand Miles through Baja California, the Other Mexico*. Milkweed Editions. 2007."

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 en las lagunas, caminatas y programas culturales en las montañas de la Sierra La Laguna, campamentos tortugeros, surfar en la costa del Pacífico, kayak, "glamping," tiburón ballena y lobos marinos en el Mar de Cortés. Cuando viaja con Todos Santos Eco Adventures usted no solamente visita Baja, usted vive Baja. [www.TOSEA.net](http://www.TOSEA.net). (612) 145-0189.



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# Beca Angel Program / Programa Angel de Beca

by por Jamie Ivey Sechrist-Madrazo / traducido por Lena M. Castellanos A.

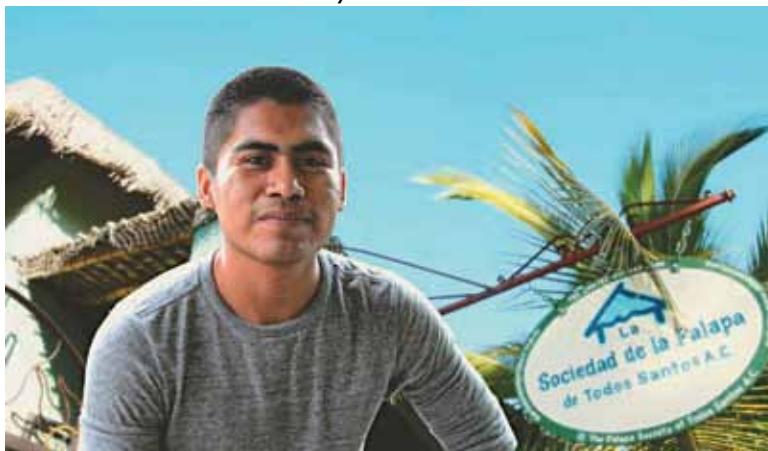
The Beca Angel program was designed to aid students with meeting the costs of school tuition from high school through University. The Palapa Society helps young people pursue their studies and work in careers such as teaching, architecture, engineering, and business administration. Each June, the Palapa Society celebrates these graduates in a Beca ceremony honoring their achievements.

For the 2015 school year the Palapa Society provided education assistance for a total of 81 students; 61 from high school and 20 attending universities throughout Mexico. Students must meet the Palapa Society's criteria in order to participate in the Beca program. The student and their parents sign a contract with the Palapa Society that requires the student to keep a minimum grade point average of 8.5 (on a scale of 10 max), maintain good merit status

BECA ANGEL continued on page 41



**Petra G. Izaguirre**—Graduated and is now a Teacher  
*Graduada y es ahora Maestra*



**Pedro López López**—Currently studying, Engineering at La Paz Technology  
*Actualmente estudia Ingeniería en el Tecnológico de La Paz*

ANGEL BECA continúa en página 55

El programa "Ángel de Beca" fue diseñado para proporcionar ayuda a estudiantes desde preparatoria y hasta la universidad a alcanzar a cubrir su colegiatura. La sociedad de la Palapa ayuda a que jóvenes puedan continuar con sus estudios y trabajar en carreras como ser maestros, arquitectura, ingeniería y administración de empresas. Cada junio, la Sociedad de la Palapa celebra a estos alumnos con una ceremonia de becas, apreciando sus logros académicos.

Para el año escolar de 2015, la Sociedad de Palapa proporcionó ayuda financiera para la educación de un total de 81 estudiantes; 61 de éstos cursando la preparatoria y 20 la universidad en todo México. Los estudiantes deben tener el perfil deseado por la Sociedad de la Palapa para participar en el programa de becas. El estudiante, junto con sus padres,

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# Estudio Cuatro Vientos

by Zoë Dearborn

photos by Lucas Bennett



Many people think of Cuatro Vientos as a yoga studio, but it is much more than that. Cuatro Vientos is the gorgeous new community center for yoga, arts, healing, meditation and movement on the *otro lado* in Todos Santos. It was designed and created by wife and husband team Marimar Higgins and Oscar Moreno, owners of La Esquina café and bar, which is across the side street from Cuatro Vientos.

The original idea for Cuatro Vientos came from Marimar's need to have a new space to conduct her ten-year running Hatha Yoga Flow class. Marimar recounts: "I wanted a beautiful place to teach my class. I came to the project by simply asking myself what kind of space I would want to teach in, and the design was based on that." As her vision

developed, she realized she wanted the space to offer more than just her class. "I knew that, with all the creative and talented people in this town, there would never be a shortage of offerings from the community."

The key to Marimar's success is her ability to integrate her sharp mind for business and her open heart: "I like the idea of Cuatro Vientos being a community space and a sustainable business at the same time. After watching the evolution of La Esquina, I realized that those two concepts do not have to be mutually exclusive. The combination has been a joy to experience. It's a paradigm in which everyone contributes and benefits." Cuatro Vientos is a unique model, because it is "sustained by the teachers

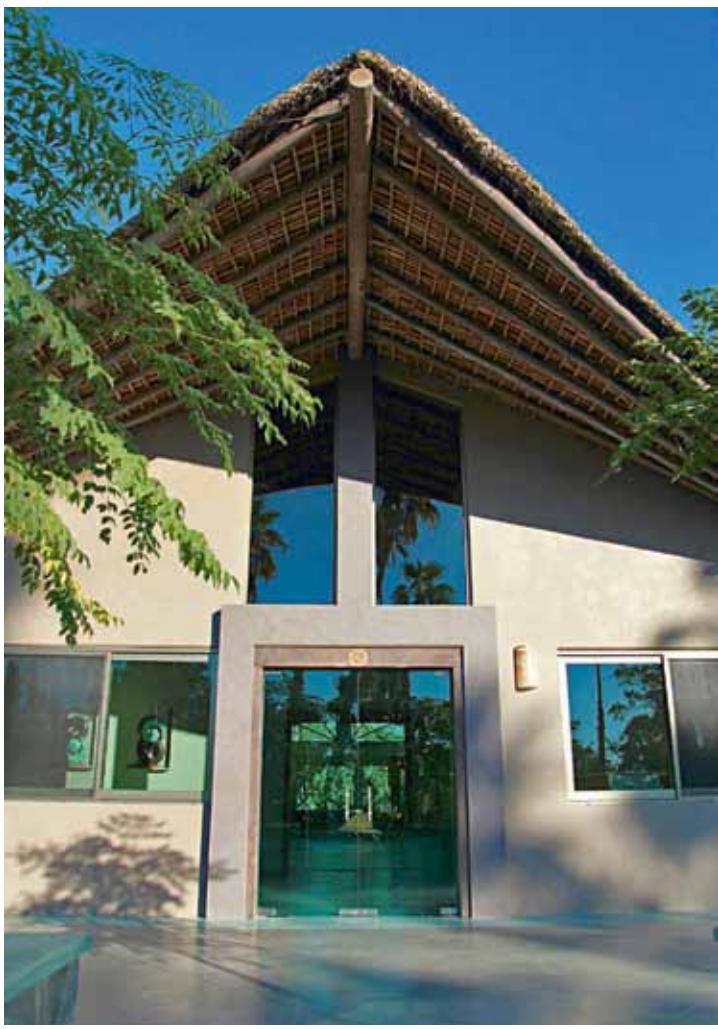


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and facilitators, themselves. It is a universal space where each teacher creates their own class or event, and charges accordingly. There is no receptionist or manager on site, so it is up to the teachers to hold the space," explains Marimar.

From the beginning, Marimar put much thought into her vision for Cuatro Vientos, starting, of course, with its name. *Cuatro Vientos* means four winds, therefore Cuatro Vientos, the building, was built in alignment with the four directions. It faces east, the rising sun, and the eight main beams of the palapa align with the four cardinal and sub-cardinal directions. When the space was blessed one year ago at the opening ceremony, participants called out in the four directions, as well as the center. On this inspiring day, healers, leaders and teachers came together in an overflowing room full of hundreds of people, to co-create a multifaceted ceremony that included turning to and blessing the four directions, chanting, meditation and a teacher-led sampling of offerings. The energy created by the event was felt by all who were present. I was floored by the powerful vortex of creative and healing energy that was created that day, and continues to be felt by all who come to the space.

Marimar elaborates on her vision in her quintessential philosophical style: "When you honor the four directions you become aware that you are always at the center, right here, right now. You honor where you have been, where you are going, those who have come before you and those CUATRO VIENTOS continued on page 24

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**February 4 - 8 | 10 am - 2 pm, MOSAIC ART WORKSHOP at Los Colibris Casitas.** This workshop will create mosaic art murals for permanent installation at Los Colibris working with established mosaic artist Tami Macala of Santa Barbara School of Mosaic Art. Spend a week at Los Colibris overlooking the ocean while creating mosaic art. Participants will learn to work with ceramic tile working at a table; works will then be installed on vertical surfaces. This technique can be easily repeated for back splashes, showers and outdoor walls. \$795 USD per person includes all materials and gourmet lunch. For more information contact Tami at [tami@allcrackedupmosaics.com](mailto:tami@allcrackedupmosaics.com) or [tami@allcrackedupmosaics.com](mailto:tami@allcrackedupmosaics.com), <http://santabarbaraschoolofmosaicart.com/>, (805) 703-4291.

**February 4 - 9 | CARNAVAL** on the malecón in La Paz.

**February 5 | 5 pm, "SEA TURTLES OF THE EASTERN PACIFIC"** with Stephanie Rousso, M.S., wildlife biologist, ProFaunaBaja at the Centro Cultural "Prof. Nestor" in Todos Santos. Sea turtles have survived millions of years relatively unchanged by evolution. Of the seven global species, five are present in the Eastern Pacific and Gulf of California and three nest on beaches in the southern Baja peninsula. Sea turtles complete long-distance migrations and encounter multiple predators through their lives. However, the most dangerous threat their existence faces is from human action. Despite international conservation treaties created to protect these species, fisheries, marine debris and coastal development prevent their recovery from past decades of being hunted nearly to extinction. Learn about the species off the coast of the Baja California peninsula; the new, innovative citizen science project to help monitor populations; what sea turtles can tell us about climate change; and what each and every person can do

right from home to help preserve these ancient dinosaurs of the ocean. <http://www.profaunabaja.org/marine-turtles.html>. Donation of \$100 pesos (\$120 at the door) will go towards supporting the presenters' missions. Seating is limited. Advance tickets available at **El Tecolote Bookstore** in Todos Santos.

**February 6 | SWIM LA PAZ** Excursion day trip to a beautiful beach south of La Paz for swim practice (short distance or longer according to your comfort level) with swim coach Kate. Gourmet healthy lunch served on the beach after our group swim. Travel there and back in luxury shuttle. Please call or email to reserve your spot. [kwexman@mac.com](mailto:kwexman@mac.com) or [k8howell@gmail.com](mailto:k8howell@gmail.com). 612-142-5038. [facebook.com/Swim-La-Paz-Excursions-1768372056724220/](http://facebook.com/Swim-La-Paz-Excursions-1768372056724220/)

**February 7 | SUPERBOWL PARTY** at **Cerritos Beach Inn**. 300 pesos includes food and drink.

**February 6 & 7 | 10 am - 4 pm, 7<sup>TH</sup> ANNUAL 2016 ARTISTS OPEN STUDIO TOUR** in Todos Santos. Tickets are good for both days and can be purchased online at [www.brownpapertickets.com](http://www.brownpapertickets.com) or in person at **El Tecolote Bookstore**. Maps

and wristbands can be picked up at Ca-félix both mornings of the Studio Tour. All proceeds will benefit the Children's Art Program of the Palapa Society of Todos Santos A.C. For more information see our article in this issue, visit: <http://artistsoftodossantos.com/> or contact: Karin Lawler [ts.studiotour@gmail.com](mailto:ts.studiotour@gmail.com), Steve Thurston [gallerysteve@gmail.com](mailto:gallerysteve@gmail.com) or Diane Knight [dianeknight@hotmail.com](mailto:dianeknight@hotmail.com)

**February 6 - 13 | 19<sup>TH</sup> FESTIVAL DEL ARTE TODOS SANTOS.**

**February 11 | 5 - 7 pm, THE BLACK PLUS ART SHOW** at Galería Casa Tota with guest speaker Michael Cope of **Galería de Todos Santos**. Artists can bring their works to be displayed on Tuesday February 9, 11 am to 1 pm at the gallery. For more information contact: Tori Sepulveda, [oscarntori@yahoo.com](mailto:oscarntori@yahoo.com)

**February 12 | 5 pm, "INDIGENOUS ROCK ART OF THE BAJA CAPE REGION"** with Anibal Lopez, naturalist and professional photographer, at the Centro Cultural "Prof. Nestor" in Todos Santos. Indigenous tribes of southern Baja are now extinct, yet they left evidence of

EVENTS cont. on page 30

## HAPPY HOUR

**Chez Laura, Su W Th F Sa 1 – 5 pm**, wine and tapas for 60 pesos.

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

**Dana's Diner & Cantina, W Th F Sa 4 – 7 pm**, \$25 peso beers, and \$50 peso margaritas and \$40 peso well drinks.

**FreeSouls, Su M T W Th F Sa 4 – 6 pm**, margaritas, mojitos, and beers at special prices.

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

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

La Bohemia **Th Sa 4 – 6 pm**, 2x1 cocktails and wine.

**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**

**Shut Up Frank's M W Th F 1 – 5 pm**, 2x1 beer and \$40 pesos National drinks.

Sky Lounge at **Guaycura Boutique Hotel Su M T W Th F Sa 2 – 5 pm**, 2 x 1 margaritas and beer.

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## sunday

9 am – 2 pm, **SUNDAY BRUNCH** at **Landi's Restaurant** in Todos Santos. 150 pesos adults, 100 pesos children.

10 am, **FARMERS MARKET** at **Dana's Diner** in Pescadero. Guest chef night every other Sunday.

10:30 am – 1:30 pm, **LIVE MUSIC** by Todos Santos Jazz at Flora Farm in San José del Cabo.

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

**SLOPPY JOE SUNDAY** at **Shut Up Frank's** in Todos Santos.

4 – 7 pm, **LIVE MUSIC** by Todos Santos Jazz at **Freesouls** at Cerritos in Pescadero.

**MARQUECINE** at the Teatro Márquez de León on the plaza in Todos Santos. Showing classics, Mexican films, independent cinema and Hollywood blockbusters. Check Facebook for weekly listings: Teatro Cine Manuel Márquez de León. Admission: \$40 pesos. Popcorn and bottled water available.

## monday

9:30 am – 3 pm, **PESCADERO ORGANICS** in the *callejon*, #34 on the *otro lado* map, Todos Santos.

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

**MEATLOAF SPECIAL** with mashed potatoes and gravy and green beans and bacon for 120 pesos at **Shut Up Frank's** in 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.

9:30 am – 3 pm, **PESCADERO ORGANICS** in the *callejon*, #34 on the *otro lado* map, Todos Santos.

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

1:15 pm, **FREE MEXICAN CULTURAL PRESENTATION** in easy Spanish. *Se Habla... La Paz* Spanish Language School, La Paz.

**PIZZA BY THE SLICE** at **Shut Up Frank's** in Todos Santos.

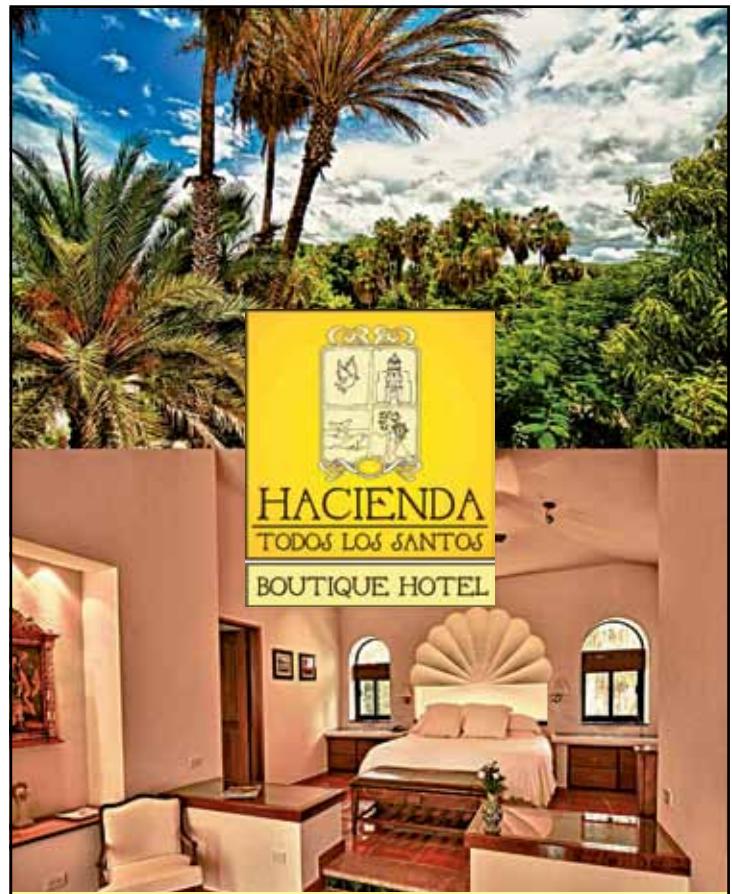
6:30 pm, **MOVIE NIGHT** at **Gallo Azul**, Todos Santos.

7 pm, **OPEN MIC NIGHT & TACO TUESDAY** at **Chill N Grill** in Todos Santos. 3 meat, picadillo or potato tacos for \$90 pesos.

## wednesday

9 am – 12 pm, **FARMER'S MARKET** at **La Esquina de Todos Santos** on the *otro lado*.

WEEKLY EVENTS continued on page 53



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6 1 2 1 1 9 4 1 5 8

# Cuatro Vientos

continued from page 21



who will come after you. You understand that although you are on a journey, in any given moment you can only be here and now. The four directions represent the essential parts that make up the whole. At the center you find your truth, your alignment with source. Cuatro Vientos is a place where people can come from all over the world (from the four winds) to offer and receive teachings. When we listen and share and are open to all perspectives, the potential for healing and growth is limitless."

As a teacher at Cuatro Vientos who has worked in a variety of spaces in the past, it is a great privilege, for me, to be able to teach in a space that is not only exquisitely designed, but also attracts a diversity of inspiring teachers. Ours is a fluid community built on honoring our unique backgrounds, as

well as our shared passion for facilitating holistic health and expanding consciousness. I asked several other teachers about their offerings and what they enjoy about teaching at Cuatro Vientos. They were only too happy to share their glowing words. Emily Gable, who teaches Yamuna® Foot Fitness and Body Rolling, says: "my favorite thing about Cuatro Vientos is the incredible energy that is present in every nook and open space on the property. I have been a teacher, student and participant in this space and have seen deep healing facilitated there."

There are now several martial arts offerings at Cuatro Vientos. Kurtis Parsons teaches Tae Kwon Do to children. Rhoda Jacobs teaches Tai Chi and Qi Gong, and Diana Flores teaches Capoeira, a multi-modal martial art from



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If dance is your thing, there are several opportunities for adults and children. Jan Turner teaches Zumba. Malucha Flores teaches Hawaiian dance to both girls and women, and I teach Dance Lab, a class that combines meditation, movement, Pilates and expressive dance—it is open to adults and children on Wednesdays. There is also Vajra Dance practice, a movement meditation from the Dzogchen Lineage of Tibet.

And, of course, there are many yoga classes to be enjoyed at Cuatro Vientos. Janice Kinne, who teaches Core Yoga, a practice that focuses on strengthening, stabilizing and mobilizing the spine and the muscles that move the spine, raves: "Cuatro Vientos is a beautiful and peaceful environment in which to teach, learn and practice. It is open, light and surrounded by beautiful gardens. All the mats, props and accessories are provided free of charge to students. I love it!" Teddi Dean teaches a grounding candlelit restorative yoga class and Lyobáá Pareja Monroy teaches Mindful Yoga. Says Lyobáá: "My approach centers on the breath as starter of movement and body shapes, and through this, mindfulness arrives interconnecting our three levels of existence—physical, mental and energetic."

Additionally, Dr. Robert Hall has moved his ever-expanding and always illuminating 15 year running Dharma talk and guided meditation practice to Cuatro Vientos, which, for many, is an essential Sunday morning ritual. I am also happy to have returned Art Journal Lab to Cuatro Vientos, a class in self-development and creativity. My students love taking inspiration from both the indoor and outdoor space for this multimodal class. We also have three exciting new classes, which started this season: Mauricio Femat de Luna teaches Cross-Training, an intense full body workout, Liz Campbell teaches Vinyasa Flow Yoga and Paul Van Vleck teaches Traditional Hatha Yoga and Breath.

Cuatro Vientos not only offers weekly drop-in classes, but also special, non-recurring weekend workshops. The space is a magnet for cutting edge teachers and healers from all over the world. On Valentine's day, Lynn Wedekind, sound healer, vocalist, pianist and composer will again offer her CUATRO VIENTOS continued on page 40

# shut up frank's

## Lucky 20<sup>th</sup> Annual St. Patrick's Day The only place in town to celebrate!

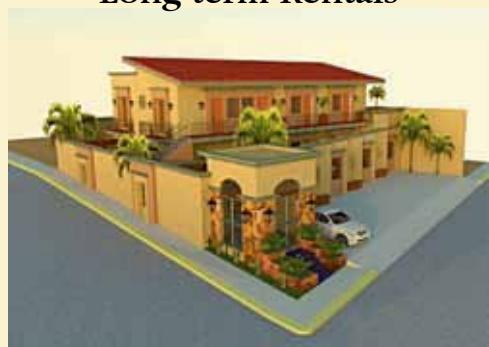
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# Cowboy Talk / ¡Vocabulario Vaquerol!

story and photos by Kaia Thomson



Spurs / Espuelas

The origins of the North American cowboy traditions go way back to the 15<sup>th</sup> century in Spain, beginning on the *haciendas*, that were significant parcels of land, and the smaller holdings frequently called *ranchos*. Cattle ranching spread throughout much of the Iberian Peninsula, and later was imported to the Americas with the arrival of the Europeans. Both regions possessed a dry climate with sparse grass, and thus large herds of cattle required vast amounts of land in order to sustain them with sufficient forage. Soon, the need to cover distances greater than could be managed by a person on foot, gave rise to the development of the horseback-mounted *vaquero*, in Spanish, which literally translates to cowboy.

With the arrival of horses and domesticated cattle in North America in the late 1400's, the effect was particularly significant, as equines had been extinct in the Americas since the end of the Pleistocene Era ice age, over 20,000 years ago. Horses that escaped their masters established large feral herds in America and became crucial to the success of the Spanish and later settlers from other nations. The earliest horses were originally of Andalusian, Barb and Arabian ancestry.

Wild horses soon spread across the continent providing mounts for the Mexican *vaqueros*, who soon began to influence equestrian traditions from Argentina to Canada. COWBOY continued on page 28



Design and Construction

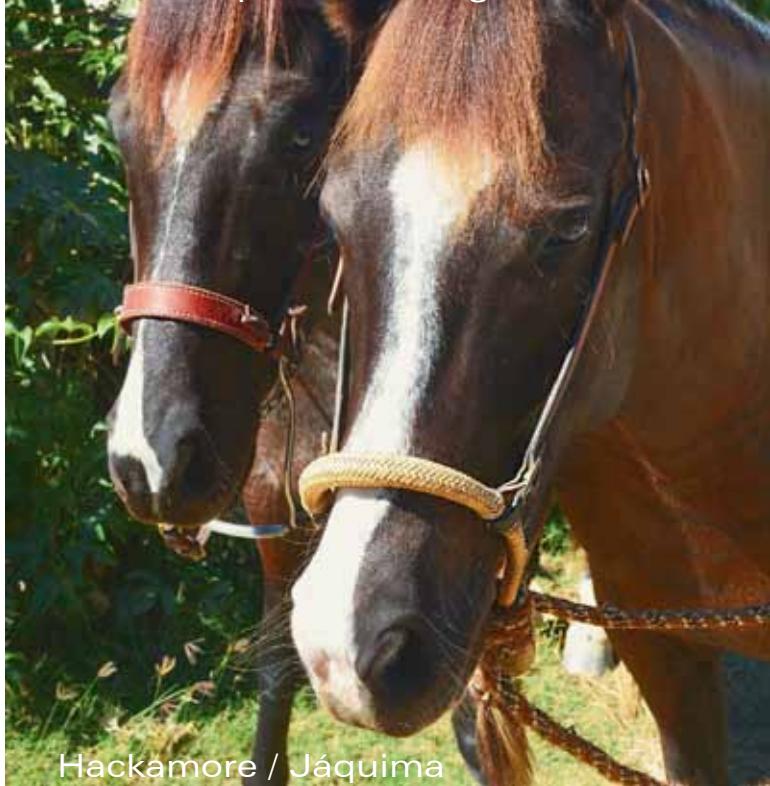
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# Vocabulario Vaquero!

historia y fotos por Kaia Thomson

traducido por Paula Angeloni



Hackamore / Jáquima

Los orígenes de las tradiciones de los vaqueros de Norte América se remontan al siglo XV en la haciendas de España, que eran significativas parcelas de tierra con unas propiedades más pequeñas llamada ranchos. La ganadería se extendía a lo largo de gran parte de la Península Ibérica, y más tarde fue importada a América con la llegada de los europeos. Ambas regiones poseen un clima seco con escasa hierba, por lo que grandes rebaños de ganado requieren de grandes cantidades de tierra para poder ser mantenidos con suficiente forraje. Al poco tiempo, la necesidad de cubrir distancias mayores que podrían ser gestionadas por una persona a pie, dio lugar al desarrollo del hombre que monta a caballo para arrear el ganado, que en español se conoce como vaquero.

El impacto de la llegada de los caballos y el ganado domesticado a América del Norte a finales de 1,400 fue especialmente significativo ya que los equinos se habían extinguido en el continente americano al final de la edad de hielo en el Pleistoceno; hace más de 20,000 años. Los caballos que se escapaban de sus amos establecieron grandes manadas salvajes en América y se convirtieron en un elemento crucial para el éxito de los colonos españoles y de otras naciones que llegaron más tarde. Los primeros caballos eran de origen Árabe y Andaluz.

Los caballos salvajes pronto se extendieron a través del continente proveyendo montura para los vaqueros mexicanos quienes pronto comenzaron a influenciar las tradiciones ecuestres de Argentina hasta Canadá. A medida de que los comerciantes y colonos de habla inglesa se expandieron a lo que hoy se conoce como los Estados VAQUERO continúa en página 28

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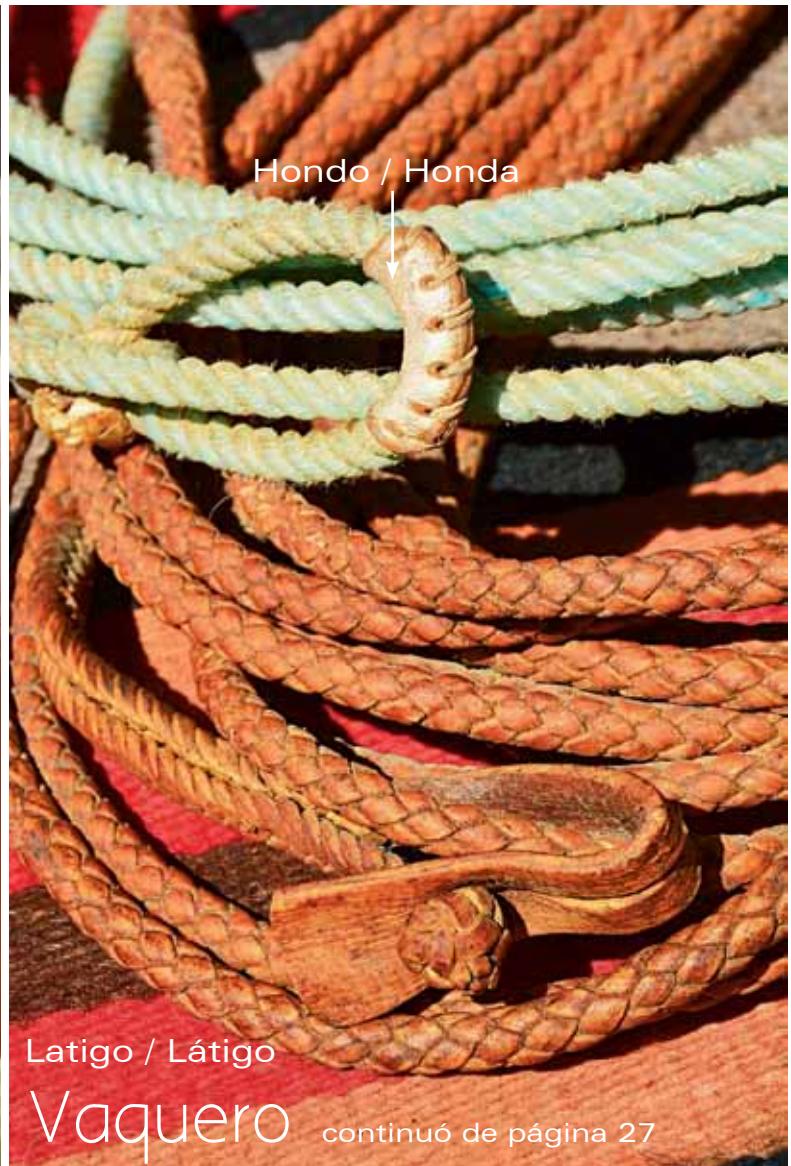
Reins / Riendas

## Cowboy

continued from page 26

As English-speaking traders and settlers expanded to what is now known as the United States, language and culture began to merge. Thus the lifestyle and language of the *vaquero* began a transformation which merged with English traditions and produced what became known as the "cowboy."

Not only influencing the traditional ways of handling horses and cattle, the Spanish heritage is also the root of many of the terms used in talking "cowboy" style—*el vocabulario vaquero!*



Latigo / Látigo

## Vaquero

continuó de página 27

Unidos de América, el idioma y la cultura comenzaron a mezclarse. Así, el estilo de vida y el lenguaje del vaquero comenzaron una transformación la cual se fusionaba con tradiciones inglesas originando lo que se empezó a conocer como el "cowboy."

La herencia española no solo influenció las formas tradicionales de manejo de los caballos y el ganado, sino también es la raíz de muchos de los términos utilizados en el dialecto "cowboy"—el vocabulario vaquero!



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Cowboy / Vaquero

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# Events

continued from page 22

their presence through artifacts and rock art. Anibal Lopez has been using photography and video to document the expansive collection of over 200 archaeological sites throughout the Cape Region of Baja. Explore with Anibal over 5000 years of indigenous art scattered on granite rock faces. For six years, Anibal recruited the help of several rancheros whose families have lived for generations in the Sierra mountain ranges of Laguna, Cacachiles, Trinidad and Novillo. The paintings are associated with the Guaycura and Pericue tribes, whose extinction was caused by the arrival of the Jesuits and Franciscans long ago. Vandalism, gold mining projects, and looting threaten these ancient archaeological sites. Anibal aims to raise awareness with the Mexican communities living in proximity and with the foreign communities in hopes of preserving these sites forever. <http://www.profaunabaja.org/archeology.html>. Donation of \$100 pesos (\$120 at the door) will go towards supporting the presenters' missions. Seating is limited. Advance tickets available at **El Tecolote Bookstore** in Todos Santos.

**February 13** | 7:30 pm, **NOCHE DE REGGAE** with Riddim Forz at **La Esquina de Todos Santos**. 50 pesos cover.

**February 14** | 4 – 6 pm, **VIAJE DE CORAZÓN**—Sound Healing with Lynn Wedekind at **Cuatro Vientos** on the otro lado of Todos Santos. A benefit for Punta Lobos Fishermen and families. Tickets are \$20 USD or \$340 pesos in advance, \$25 USD or \$480 pesos at the door. Tickets available at **La Esquina de Todos Santos** and **El Tecolote Bookstore**.

**February 21** | 4 pm, **OPEN READING** at **Rumi Garden** in Todos Santos. Readings are limited to 5 minutes in length and original works only. For more information contact Zoë Dearborn, [zoe@cultivatecreativity.net](mailto:zoe@cultivatecreativity.net), [www.cultivatecreativity.net](http://www.cultivatecreativity.net), (612) 105-0056.

**February 21 - 28 | WRITING DOWN THE BAJA & MANUSCRIPT LAB** at **Serendipity** on the *otro lado* of Todos Santos. A writers' retreat focused on improving your craft and forwarding your writing career. Writing Down the Baja sessions meet in the morning; Manuscript Lab sessions in the afternoon. Guided by award-winning author, poet and experienced writing instructor Ellen Waterston ([www.writingranch.com](http://www.writingranch.com)). Six days of daily group creative writing sessions, evening critiques, guest author presenters, concluding public reading in Todos Santos, published book of participants' work, optional excursions. Emerging writers and published authors, prose and poetry writers welcome. Cost is \$1,965 USD, including lodging and meals at Serendipity. The day-student rate is \$900 USD for the week plus meals. [info@writingranch.com](mailto:info@writingranch.com), (541) 480-3933

**February 26 & 27** | Blue Moon Productions presents "**ALICE DOWN THE RABBIT HOLE**—A new spin on an old tale" at **Teatro Luna Azul**. Tickets available at **El Tecolote Bookstore**. For more info: [www.TeatroLunaAzul.com](http://www.TeatroLunaAzul.com)

**February 28** | 10 am – 3 pm **THE TODOS SANTOS HISTORIC HOUSE TOUR**. Sponsored by the Palapa Society of Todos Santos A.C.

## ViNAMO

**February 12 - 14** | The **ViNAMO, Love and Wine Festival**, celebrating Valentine's Day, the love between us, music, local gastronomy and the wines of Baja California. All events featuring the premium wines of Vinos Shimul, one of the best Baja winemaker's, Alvaro Ptanik. A benefit for *Los Bomberos de Todos Santos*. Tickets: **El Tecolote Bookstore & La Bodega de Todos Santos**.

**February 12** | **CORAZONES CONCERT** at Las Huertas Living. Luxury outdoor set up, BBQ (veggies, pork and lamb menu) and a music concert by the Ensenada famous Trio, "Duelo de Guitarras."

**February 13** | **WINE PAIRING DINNER** at the new Sorstis restaurant in La Paz (former Corazon Cafe). Featuring a musical concert with classics songs in acoustic guitar and violin.

**February 14** | **PETTIT SPECIAL SAN VALENTINE DINNER** at Tre Galline in Todos Santos. Featuring a private music concert with *Los Valentinos* and 5 course menu.

## march

**March 3, 4 & 5** | Blue Moon Productions presents "**ALICE DOWN THE RABBIT HOLE**—A new spin on an old tale" at **Teatro Luna Azul**. Tickets available at **El Tecolote Bookstore**. For more info: [www.TeatroLunaAzul.com](http://www.TeatroLunaAzul.com)

**March 16 - 21** | **13<sup>TH</sup> ANNUAL FESTIVAL DE CINE DE TODOS SANTOS Y LA PAZ** featuring the best in latin films. All films have English subtitles. The Youth in Video documentary *Behind the Scenes of The Little Prince in Baja* will open the festival. Films will be shown in Todos Santos and La Paz. No further information was available at press time. <http://www.todossantoscine.org/>

**March 17** | 4 pm? **SHUT UP FRANK'S LUCKY 20<sup>TH</sup> ANNUAL ST. PATRICK'S DAY**. Serving Frank's own corned beef, marinated for one month in special brine and turned every three days until it is just perfect. It's the most delicious corned beef ever!

**March 18** | 5 – 8 pm, **ART SHOW** at **Galería Logan** in Todos Santos. Featuring new works by John Comer, Doug West and Jill Logan. Wine and cheese will be served.

**March 19** | 7:30 pm, **NOCHE DE REGGAE** with KL Reggae at **La Esquina de Todos Santos**. 50 pesos cover.

**March 20** | 4 pm, **OPEN READING** at **Rumi Garden** in Todos Santos. Readings are limited to 5 minutes in length and original works only. For more information contact Zoë Dearborn, [zoe@cultivatecreativity.net](mailto:zoe@cultivatecreativity.net), [www.cultivatecreativity.net](http://www.cultivatecreativity.net), (612) 105-0056.

**March 24 - 27** | **CULINARY WEEKEND** at **Rancho Pescadero** with guest chef Jessica Koslow. Reservations can be made by visiting [www.ranchopescadero.com](http://www.ranchopescadero.com) or calling (910) 300-8891.

**March 25 - 27** | **FOOD FOREST DESIGN AND AGROFORESTRY**. Part of the Permaculture Seminary Series led by Jose Aviña at Tsegayalar West in the San Jose del Cabo mountains. For more information or EVENTS continued on page 52



## Dharma Talks & Meditation

Sunday Mornings

Listen to Dharma Talks on line at  
[RobertHallDharmaTalks.wordpress.com](http://RobertHallDharmaTalks.wordpress.com)

... with Robert Hall  
10-11:30 am  
at Cuatro Vientos  
by La Esquina Café

# El Cielo: The Baja Sky

by Roc Fleishman  
photo by Kaia Thomson

Welcome the February/March edition of El Cielo, highlighting the most interesting sights and movements of the heavenly objects above Baja California Sur.

There are lots of bright stars visible during the clear nights of winter. The most distinct constellation is Orion and its Great Nebula (the middle "star" in the sword, look for the fuzzy cloud), up all evening into the early morning. The Southern Cross (Crux) is obvious when you see it, visible due south, very low to the horizon for the next few months for a few hours each clear night. At the beginning of February, it is straight up at about 4 am. My favorite globular star cluster for binocular and telescope viewing, Omega Centauri, makes its appearance during this season. It follows behind Crux, 15° above and to its left and due south at 5 am on February 1. Due to basic Solar System mechanics, all of the stars (and the far outer planets) advance about 2 hours each month, so if what you are looking for was straight up in the south at 4 am on February 15, it will be straight up on March 15 at 2 am and so on.

## MOON/PLANET CALENDAR FEBRUARY

- 3<sup>rd</sup> 6:30 am Saturn and the waning crescent moon are 4° apart in Scorpius after rising at 3 am.  
6<sup>th</sup> At dawn look for the very thin waning crescent moon, with Venus to the right and Mercury bright below as they rise in a group around 5:30 am.

8 <sup>th</sup>	New moon, first visible in the sunset of the 9 <sup>th</sup> .
12 <sup>th</sup>	6 am Mercury reaches the height of its apparition and comes within about 4° of Venus in the dawn (hint--look to the east).
23 <sup>rd</sup>	Full moon with Jupiter only 2° away.
2 <sup>nd</sup>	<b>MARCH</b>
2 <sup>nd</sup>	The moon passes Mars on February 29 <sup>th</sup> and approaches within about 4° of Saturn on March 2 <sup>nd</sup> .
7 <sup>th</sup>	Thin, crescent waning moon rises about 5:30 am with Venus.
9 <sup>th</sup>	First chance to see the new moon, but it might be a bit of a challenge.
21 <sup>st</sup>	Jupiter and almost full moon are only 2° apart at sunset and then separating slowly all night.
28/29 <sup>th</sup>	Waning gibbous moon passes Saturn from moonrise at about 11 pm until dawn, Saturn below and left, Mars above and/or to the right.

There will be a faint penumbral lunar eclipse with the full moon on the night of March 22/23, but it will hardly be noticeable. There will be a slight dimming of the moon's brilliance in the early morning hours, but I don't recommend any special observing effort other than what the full moon might entice.

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View Lots



Beachfront Lots



Townhome at Villas de Cerritos



Beach Houses

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**TODOS  
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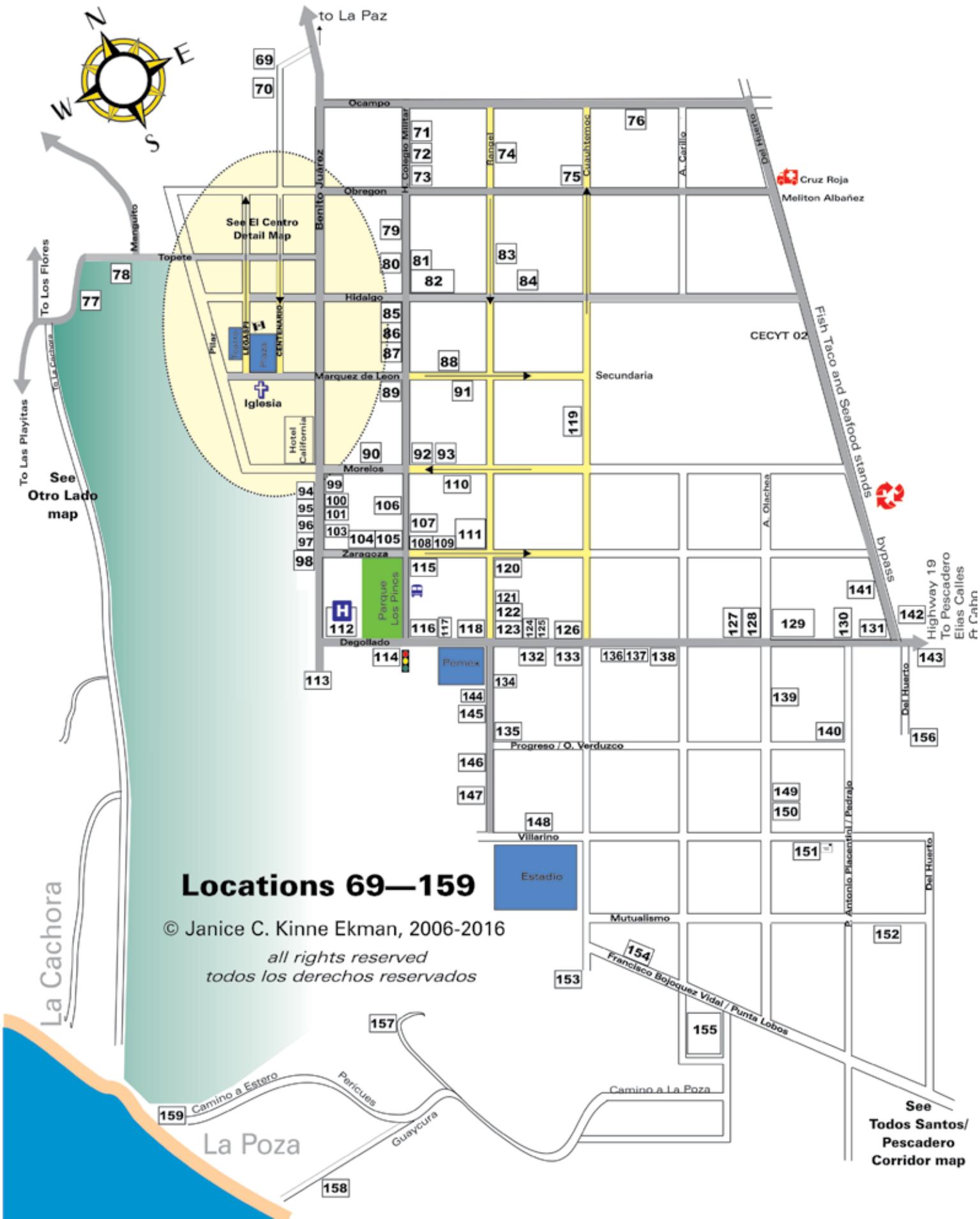


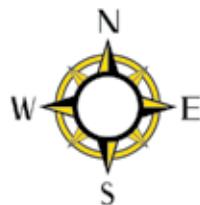
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# el otro lado TODOS SANTOS

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# Voces del Pueblo

by Janice Kinne

This issue, the husband and wife team of Lucas Bennett and Zoë Dearborn from Art for Life ([www.cultivatecreativity.net](http://www.cultivatecreativity.net)) contributed to the feature stories on Estudio Cuatro Vientos and photos for our cover and Pescadero surf hotels.

Also in this issue, Bryan Jáuregui of **Todos Santos Eco Adventures** shares the legend of "El Mechudo" with Sea of Cortez and diving photos by **The Cortez Club**.

Looking for a special place to dine in Los Cabos? It doesn't get any better than the **De Cortez Contemporary Grill** in the Hacienda Sheraton del Mar. Enjoy the moment with a delicious dinner overlooking the Sea of Cortez. Call the concierge for reservations.

Blue Moon Productions presents "**Alice Down the Rabbit Hole**" a new spin on an old tale. Performances are on the weekends of February 26 & 27 and March 3, 4 & 5 at **Teatro Luna Azul** on the *otro lado* of Todos Santos. Tickets are available at **El Tecolote Bookstore**.

Join in the fun at **Shut Up Frank's 20<sup>th</sup> Annual St. Paty's Day** in Todos Santos. The party starts at 4 pm with Frank's own corned beef, marinated for one month in a special brine and turned every three days until it's just perfect. It's the most delicious corned beef ever! Shut Up Frank's is now open 7 days a week with different daily specials.

**Miguel's Restaurant** is just across the street, serving breakfast, delicious *chiles rellenos* and seafood specialties and is now open every day.

**In the Spirit**, located on Juárez near Topete in Todos Santos, is a new clothing store with the subtle fusion of the bohemian way and modern style. The shop features an artist collective, beachwear, jewelry and accessories.

New hours and new live music nights at **Chill N Grill** in

Todos Santos. Now open Tuesday through Saturday with open mic nights on Tuesday, and live music alternating weekly between Friday nights with "JamaRama" and classic rock on Saturday nights. Call for this week's details and get out and dance!

**Nomad Chic**, with locations in Sonoma, California and on calle Juárez in Todos Santos, is an evolving collection of apparel, jewelry, furniture and home accessories from around the globe. They specialize in products by independent designers that you won't find in most stores; designers that are giving back to their communities.

**Rumi Garden**, on calle Degollado in Todos Santos, is a popular Asian restaurant with a variety of organic friendly entrees including many vegetarian and vegan dishes. Their lovely location also hosts Open Readings, once a month, and live music on select evenings. They also offer free delivery in Todos Santos and el Pescadero with a minimum order of three entrees. Call or stop in for details.

**Monica Avila** is back in Todos Santos in her new office located on calle Del Huerto. With over 25 years' experience, Monica is bi-lingual, and can help you with notary and legal services, trusts and contracts.

**Chez Laura**, the affordable French restaurant in Todos Santos, now has a "happy hour" with wine and tapas for 60 pesos, from 1 to 5 pm. Relax and enjoy in a lovely garden setting.

We'd like to congratulate **Freesouls**, at Playa Cerritos, on their one year anniversary this Valentine's Day. As of press time, this beautiful location was close to serving their 10,000 customer. Stop in to experience fine but relaxed dining overlooking Cerritos beach.

**The Joy of Floating** offers a true weightless experience inside of a floatation tank filled with warm Epsom salt. Veronica, with 20 years' experience working with chiropractors, acupuncturists, and osteopaths, also offers effective and thorough bodywork. "I can now lift my arm!" one client with a skiing injury said after her first

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BY THE BEACH

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La Revista de Baja California Sur 35

# todos santos—el pescadero corridor



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## Accomodations

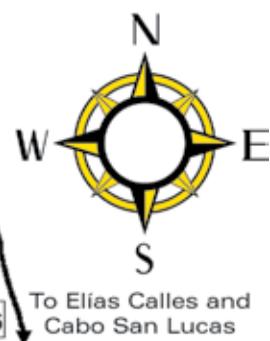
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## El Pescadero

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# Beaches / Playas

by Janice Kinne

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

This stretch of the Pacific Ocean is a very dangerous place to swim at any time of the year. Strong rip currents and backwash are common. People have drowned in waters near Todos Santos simply because they were too close to the ocean while on beaches with steep drop-offs. PROPLAYAS Todos Santos A. C. has placed warning signs at the most dangerous beaches and has lifeguards on duty daily from 9 am to 5 pm at Los Cerritos beach.

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

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

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

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

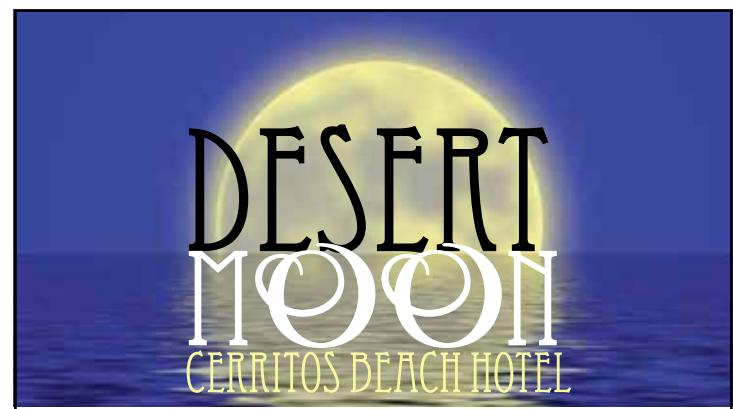
**PUNTA LOBOS**, named for a sea lion colony, is also known as the fishermen's beach. Simply follow calle Francisco Bojorquez Vidal (formerly calle Punta Lobos) south out of town, or turn off at km 54 from Highway 19. You will pass an old cannery from the days when fishermen could harvest sea turtles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

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

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

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

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## Beaches

continued from page 37

with a fresh water 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. There is a large San Pedrito RV Park sign at the entrance off the highway. (The trailer park is closed but usually open to cars.)

**PLAYA LOS CERRITOS** is located at km 64 about 8 miles (12.8 km) south of Todos Santos. Look for the turnoff after the hill, south of Puente El Pescadero. Los Cerritos is a popular spot for surfing, boogie boarding, swimming and fishing. Swim with caution due to strong riptides near the

photo Lucas Bennett

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.

Baja Zen, #33 on the Pescadero map, offers morning and evening yoga classes overlooking Playa Los Cerritos.

La Sirena Eco-Adventures, #150 on Todos Santos map, provides kayak and snorkeling tours, fishing trips, swimming with whale sharks, beach shuttle, surfing lessons, surfboard and boogie board rentals.

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

**PESCADERO SURF CAMP**, #30 on the Pescadero map, provides surfing lessons and surfaris.

**TODOS SANTOS ECO ADVENTURES**, #158 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**, #82 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, Rainbow & Havaianas sandals as well as many locally handmade, 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 [www.wetsand.com/swellwatch](http://www.wetsand.com/swellwatch)



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#39 on Pescadero map

# Pescadero

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photo Lucas Bennett

## DANA'S DINER

A full service cantina with great burgers, hot dogs, Texas chili, French fries, milk shakes, soda floats and beef, chicken or veggie burritos, tostadas and taco salads, Tex Mex creations and guest chef nights. The cantina is a great spot to watch sports with five large flat screen TV's, and to meet the locals. They also have happy hour, live music, karaoke and ladies nights.

<http://www.danasdinerandcantina.com>  
(612) 130-3360 / #18 on Pescadero map

## MINISUPER MUNCHIES

MiniSuper Muchies is a small gourmet grocery located near the beach. They stock wines, micro brews, snacks and gifts. They will prepare food to go for your trip to the beach and also have pop-up dinners with area chefs. In addition, there is a book exchange, lending library and community bulletin board.

Facebook: Mini Super Munchies  
Tel. (612) 136-5986 / #13 on Pescadero map

## THE JOY OF FLOATING

The Joy of Floating offers Baja California Sur's only floatation tank. When you enter the Epsom salt floating tank, you are effortlessly floating for an entire hour, shutting out the external world, diminishing your senses, and just being one with your mind. Developed in the sixties and seventies to relieve stress and deepen thought, studies have revealed that the flotation tank is a great method of relaxation for the body, mind, and soul. A vacation from your vacation! Appointment recommended.

<http://www.thejoyoffloating.com>  
[thejoyoffloating@gmail.com](mailto:thejoyoffloating@gmail.com)  
Tel. (612) 197-7035 / #24 on Pescadero map

An advertisement for Mario Surf School. It features several images of people surfing and a silhouette of a surfer. The text includes "Book now!", "MarioSurfSchool.com", "Surf Lessons • Surfboard Rentals • Surfboard Repair • Accessories", the phone number "(011 521) 612 1426156", the location "Todos Santos - Pescadero", and the website "www.mariosurfschool.com" and email "info@mariosurfschool.com".



**Todos Santos**  
**Surf Shop**

Facebook us or stop by Calle Hidalgo & Militar (by Comex)  
#82 on the map (612) 145-1114 [todossurf@gmail.com](mailto:todossurf@gmail.com)

# Cuatro Vientos

continued from page 25



transformational sound meditation workshop.

Cuatro Vientos is special not only because of the light-infused class space with grand views, but also because of the multilevel gardens that surround the studio, designed by Oscar Moreno. You can come to Cuatro Vientos to wander through the exquisite display of local flora, sit at the shady pagoda to meet a friend, and enjoy the view. You can also stop by at Casa Sur, Stephanie Penilla's shop that specializes in Mexican yoga wear and accessories, jewelry and other unique handcrafts. Stephanie's vision for her shop is to support socially-sustainable projects and to offer high quality natural products.

There is no doubt, whether you are engaged in a class, meeting with friends, shopping for a natural yoga mat, or walking through the lovely garden paths, Cuatro Vientos is a place infused with a profound love of beauty, community, nature and human evolution. All of us in this community of



students, practitioners and teachers are grateful to Marimar and Oscar for making their dream a deeply appreciated reality for us all to enjoy.

*These are just some of the amazing offerings at Cuatro Vientos. For a full schedule, please go the Cuatro Vientos Facebook Page, [facebook.com/cuatrovientostodossantos](https://facebook.com/cuatrovientostodossantos), check the website, [www.cuatrovientosbaja.com](http://www.cuatrovientosbaja.com), or see the groups section in the back of this issue.*



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# Beca Angel

continued from page 19

at school, and volunteer their time with Palapa Society fundraising events. As long as these requirements continue to be met, a student remains eligible to receive a Beca throughout his/her undergraduate studies.

In recent years there has been a marked increase in students wishing to continue their education beyond the mandatory *preparatoria* level (high school). This growth in demand has required Palapa to initiate a new source to help fund the Beca program. You can help meet this demand by becoming a Beca Angel.

#### FOR A DONATION OF ONLY:

- \$200 USD, you provide the tuition for a student to complete one year of high school.
- \$250 USD, you provide the tuition for a student to complete one year of university.

All this for less than 68 cents per day, that's less than a cup of coffee!

This year the Todos Santos Music Festival has joined The Palapa Society to help foster this new initiative. Since 2012, Peter Buck and Chloe Johnson have been the driving force behind the Todos Santos Music Festival that benefits The Palapa Society. They too understand the importance of educating our youth and supporting our efforts to provide tuition assistance to students with financial hardships. The Palapa Society is committed to improving the educational opportunities for the young citizens of our community and believes the best future for our *Pueblo Mágico* is vested in its youth.

Please consider becoming a Beca Angel today. As a donor, you will be matched with a student in high school or university identified by Palapa. The student will be the direct beneficiary of your donation. You will be provided with their name, picture, and a short personal essay written by the student.

#### A BECA SUCCESS STORY:

Pedro López López is one of the many Beca success stories. He is 22 years old and is in his final semester as an engineering student at The Technical Institute of La Paz. Currently, Pedro and some of his fellow engineering students are working on a project building a robotic prototype that will help immobilized people walk with mechanical assistance. They entered a government contest in order to receive further funding to develop their robotic prototype. During this contest over 900 people voted for their project, and this qualified them for the People's Choice Award. They received a \$10,000 pesos grant to help move their project forward.

#### TO DONATE:

Make an ONLINE US tax deductible donation to The Palapa Society of Todos Santos, A.C., through the International Community Foundation (ICF) <http://donate.icfdn.org/#npo/palapa-society-a-c>

BECA ANGEL continued on page 52

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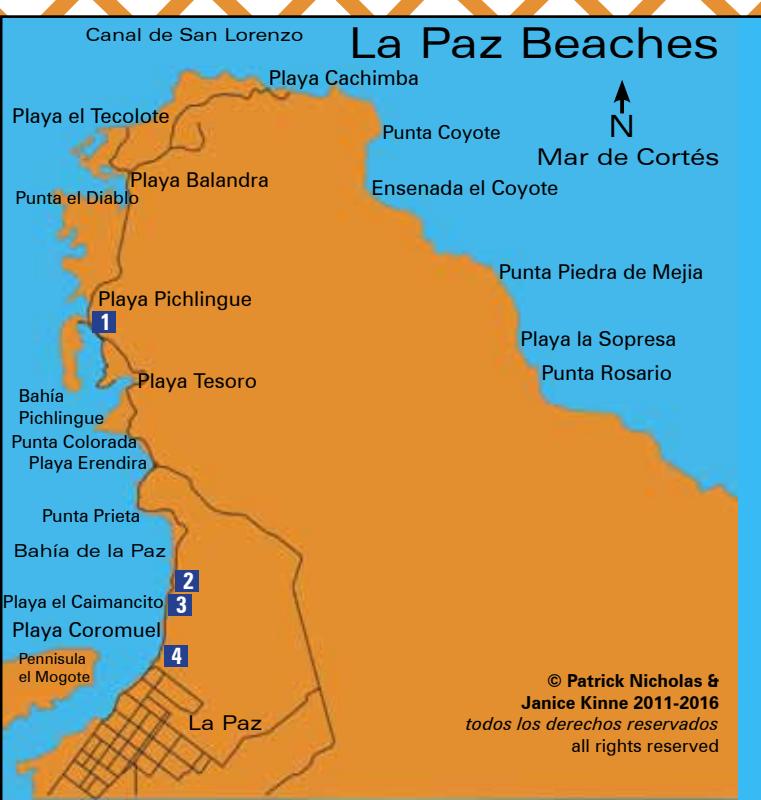
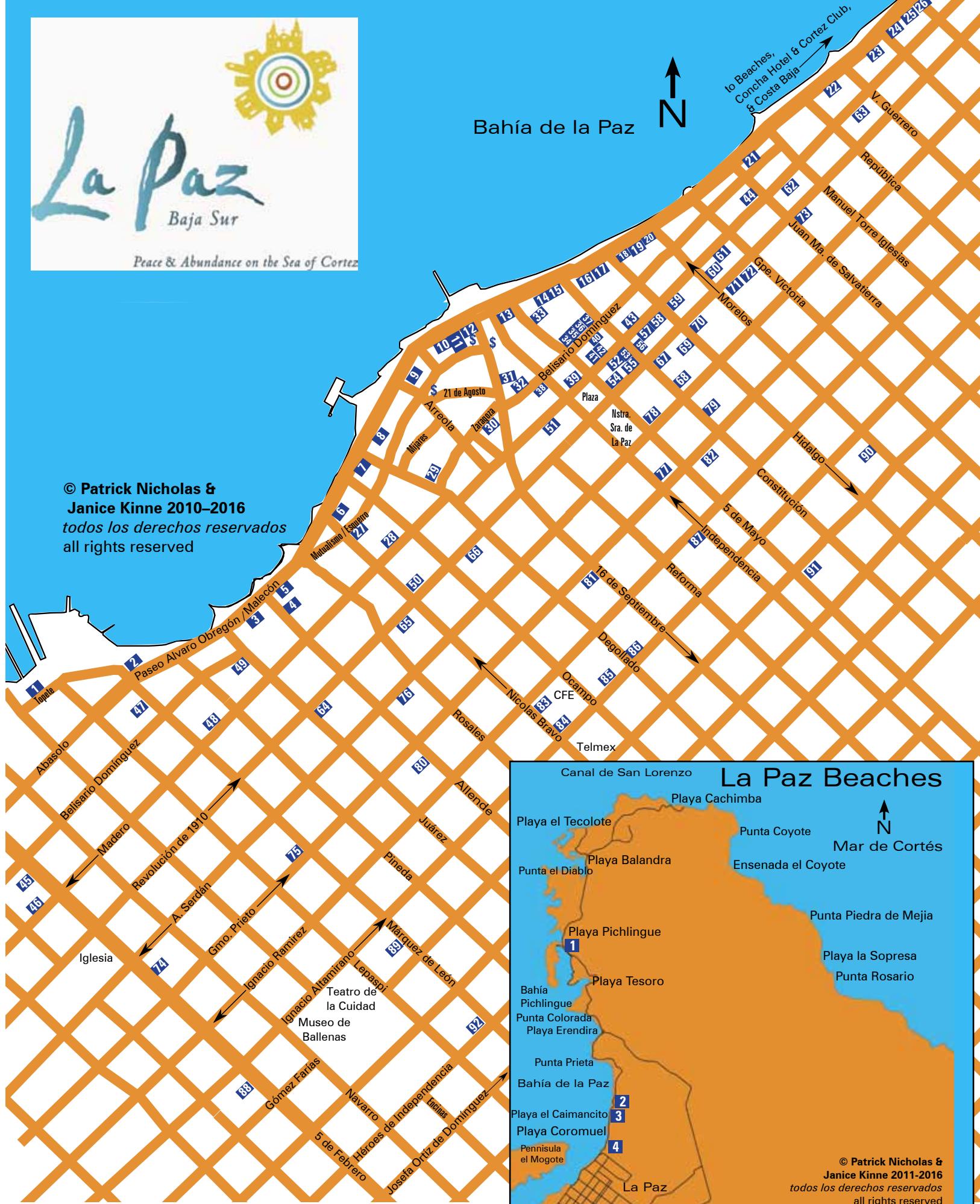
**LA KATRINA**  
**SURF SHOP**  
**TODOS SANTOS**  
**BAJA**

"Just ask the bros...they know La Katrina is holding the goods." —Voltron Prospect  
HIDALGO ENTRE JUÁREZ Y CENTENARIO  
BY THE ICE CREAM SHOP!



*Peace & Abundance on the Sea of Cortez*

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CheisR.....

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Harker Paddleboards Bar/Restaurant .....

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Il Rustico .....

Jiro Sushi .....

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

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Koisushi.....

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La Miserable Mezcalería.....

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Maria California .....

Mongus Grill .....

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The Beer Box .....

The Shack .....

Tio Bencho .....

Tres Virgenes .....

Trocadero .....

Zoe .....

OTHER

Angeles Salon.....

Autobus Station.....

Bank / ATM.....

BOA Kayak Outfitters.....

Carey Dive Center .....

Casa de Cultura .....

Centro de las Artes .....

Centro Cultural La Paz .....

Choya Tours .....

Dr. Angel Hernández (dentista) .....

Expresión Gráfica .....

Fox Rent-a-Car .....

Gimansio Shark .....

Marina de La Paz .....

Museo de Antropología .....

Museo de la Ballena y Ciencias del Mar.....

Post Office / Correos .....

Postall .....

RED Sustainable Travel .....

Se Habla La Paz Language School .....

Teatro Juárez .....



## La Paz Beaches

by Janice Kinne

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.*

photo The Cortez Club



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# El Cielo

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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

ZODIACAL LIGHT: [http://en.wikipedia.org/wiki/Zodiacal\\_light](http://en.wikipedia.org/wiki/Zodiacal_light)

TROPIC OF CANCER: [http://en.wikipedia.org/wiki/Axial\\_tilt#values](http://en.wikipedia.org/wiki/Axial_tilt#values) or [http://en.wikipedia.org/wiki/Circle\\_of\\_latitude](http://en.wikipedia.org/wiki/Circle_of_latitude)

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

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

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

WEEKLY SKY REPORT:

<http://www.griffithobs.org/skyreport.html> or [http://www.space.com/spacewatch/sky\\_calendar.html](http://www.space.com/spacewatch/sky_calendar.html)

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

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

NEW HORIZONS: [http://www.nasa.gov/mission\\_pages/newhorizons/main/](http://www.nasa.gov/mission_pages/newhorizons/main/)

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

# Voces

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float. The spa is located in Pescadero next to Baja Beans. Appointment recommended.

**Gypsy's Beach House Rentals** has been providing surfers and travelers accommodations in Baja since 1967. They have a selection homes and villas for short or long term rentals in the Cerritos, Pescadero and Todos Santos area.

**Pueblo Pescadero** is a thoughtfully planned, affordable and sustainable community of recreational homes currently under construction in Pescadero. Their master planned community provides a collection of one, two and three bedroom freestanding casas.

Need a ride from your hotel to the beach or to your favorite restaurant? Rudolfo of **Brody's Pizza** at Cerritos beach is now offering Taxi Los Cerritos. Call +52 612 157 9049.

Be sure to stop by the **Galería de Todos Santos** and **Pez Gordo Gallery** at Shoppes at La Palmilla to see new art glass works by **Jill Casty**. You can also see the "fantasia" photographic works by **Emanuela Gardner** at the **Galería de Todos Santos**.

Enjoy all the festivals this February and March in Baja California Sur! We'll see you again with our Spring issue. Deadline is March 10.



## PUEBLO PESCADERO

Introducing Pueblo Pescadero, a thoughtfully planned, affordable and sustainable community of recreational homes currently under construction in Pescadero.

30 minutes north of Cabo San Lucas and 10 minutes south of the Pueblo Mágico village of Todos Santos, our master planned community provides a collection of one, two and three bedroom freestanding Casas.

For more information please contact us at:

[www.pueblopescadero.com](http://www.pueblopescadero.com)

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## Restaurant / Bar

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phone 145-0789 [lamorenats@gmail.com](mailto:lamorenats@gmail.com)  
calle Juarez, downtown Todos Santos, #96 on map

## febrero

**4 a 8 de febrero |** 10 am a 2 pm, **TALLER DE ARTE DE MOSAICO en Los Colibrís Casitas.** El taller creará murales de mosaicos permanentes en Los Colibrís, trabajando con la artista Tami Macala de La Escuela de Arte de Mosaico de Santa Bárbara. Disfruta de una semana en Los Colibrís, mirando el océano, mientras crean arte en Mosaico. Los participantes aprenderán a trabajar con mosaico de cerámica en una mesa; los trabajos serán instalados en superficies verticales. Esta técnica puede fácilmente repetirse en cocinas, regaderas y paredes externas. \$795 USD por persona, incluye todos los materiales y comida gourmet. Para mayor información contacte a Tami en tami@allcrackedupmosaics.com o tami@allcrackedupmosaics.com, http://santabarbaraschoolofmosaicart.com/, 805-703-4291.

**4 a 9 de febrero | CARNAVAL** en el malecón de La Paz.

**5 de febrero |** 5 pm, "**TORTUGAS MARINAS DEL PACÍFICO DEL ESTE**" con Stephanie Rousso, Maestría en Ciencias, Bióloga de Fauna, ProFaunaBaja en el Centro Cultural "Prof. Néstor" en Todos Santos. Las tortugas marinas han sobrevivido millones de años relativamente sin cambios por la evolución. De las 7 especies globales, cinco están presentes en el Pacífico del Este y en el Golfo de California, y tres anidan en las playas del sur de la Península de la Baja. En esta presentación, aprende a cerca de las especies que se encuentran justo en la costa de la Baja, el nuevo proyecto científico ciudadano innovador para ayudar a monitorear las poblaciones, qué pueden decirnos sobre el cambio climático y qué puede hacer cada persona desde su hogar para ayudar a conservar estos antiguos dinosaurios del océano. http://www.profaunabaja.org/marine-turtles.html. La donación de \$100 pesos (\$120 en la puerta) se destinará al apoyo de los proyectos del presentador. Cupo limitado. Boletos a la venta por adelantado en la **Librería El Tecolote**.

**6 de febrero | EXCURSIÓN DE DÍA DE NADO** en La Paz en hermosa playa para practicar su natación (distancias cortas o largas dependiendo de su nivel de comodidad) con la entrenadora Kate. Almuerzo gourmet saludable servido en la playa después de la sesión de nado grupal. Viaje allí y de regreso en transporte shuttle de lujo. Favor de llamar o enviar un correo para reservar su lugar. kwex-

## ViNAMO

**12 a 14 de Febrero |** 12 a 14 de febrero, el "**ViNAMO,**" festival del Amor y el Vino, celebrando el día de San Valentín, el amor entre nosotros, la música, la gastronomía local y los vinos de Baja California. Todos los eventos presentando los mejores vinos de Shimul, uno de los mejores bodegueros de Baja, Álvaro Ptanik. Boletos en venta en **Librería El Tecolote y la Bodega de Todos Santos.**

**12 de Febrero | CONCIERTO CORAZONES** en Las Huertas Living. Espacio exterior de lujo, BBQ (el menú consiste de vegetales, puerco y cordero) y concierto musical a cargo del famoso trio de Ensenada "Duelo de Guitarras."

**13 de Febrero | CENA DE MARIDAJE** en el restaurant Sorstis en La Paz (antes Café Corazón). Presentando concierto musical con canciones clásicas en guitarra acústica y violín.

**14 de Febrero | ESPECIAL "PETTIT" CENA** de San Valentín en restaurante Tre Galline en Todos Santos. Presentando un concierto musical privado con Los Valentinos y con menú de 5 tiempos.

## DEL ARTE TODOS SANTOS.

**7 de febrero | FIESTA DEL SUPERTAZÓN** en el **Cerritos Beach Inn.** 300 Pesos la entrada, incluye comida y bebidas.

**11 de febrero | 5 - 7 pm, EL BLACK PLUS ART SHOW** en Galería Casa Tota con invitado especial Michael Cope de la **Galería de Todos Santos.** Artistas pueden traer a la galería sus obras de arte para que sean expuestas el martes 9 de febrero de 11 am a 1 pm. Para más información, contacta a Tori Sepúlveda en oscarntori@yahoo.com

**12 de febrero | 5 pm, "ARTE INDÍGENA RUPESTRE DE LA REGIÓN DEL CABO DE BAJA"** con Aníbal López, fotógrafo profesional y naturalista en el Centro Cultural "Prof. Néstor" en Todos Santos. Las tribus indígenas del sur de Baja están ahora extintas, sin embargo, EVENTOS cont. en pg. 48

## HORA FELIZ

**Chez Laura, Do Mler Ju Vi Sa 1 a 5 pm**, vino y tapas 60 pesos.

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

**Dana's Diner y Cantina Mler Ju Vi Sa 4 a 7 pm**, \$25 peso cerveza, \$50 peso margaritas y \$40 peso well drinks.

**FreeSouls Do Lu Mar Mler Ju Vi Sa 4 a 6 pm**, margaritas, mojitos, y cerveza especiales.

**Gallo Azul, Lu Mar Mler Vi Sa 3 a 6 pm**, 2x1 cerveza y margaritas.

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

La Bohemia **Ju Sa 4 a 6 pm**, cocktail y vino al 2x1.

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

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

**Shut Up Frank's Lu Mler Ju Vi 1 a 5 pm**, 2x1 cerveza y bebidas nacionales \$40 pesos.

Sky Lounge en **Guaycura Boutique Hotel Do Lu Mar Mler Ju Vi Sa 2 a 5 pm**, 2 x 1 margaritas y cerveza.

## Cada Semana

Lunes a Viernes, 9 am a 2 pm, **RECICLAJE TODOS SANTOS.** Entrada esta cerca de Compa Chava. Trae papel, plásticos, baterías, cartón, latas, metal, espuma de poliestireno, vidrio claro y electrónicos para reciclar. Donación minima 30 pesos, electrónicos 80 pesos. Por favor separe los materiales. Mayores informes: msm\_ts@hotmail.com

### domingo

9 am a 2 pm, **DOMINGO DE BRUNCH** en **Landi's Restaurante** en Todos Santos. 150 pesos adultos, 100 pesos niños.

10 am, **FARMERS MARKET** en **Dana's Diner** en Pescadero. Noche de Chef Invitado cada dos Domingos.

10:30 am a 1:30 pm, **MUSICA EN VIVO** de Todos Santos Jazz en Flora Farm en San José del Cabo.

**DOMINGO DE LONCHES BAÑADOS ESTILO AMERICANO** en **Shut Up Frank's** en Todos Santos.

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

4 a 7 pm, **MUSICA EN VIVO** de Todos Santos Jazz en **Freesouls** en Cerritos en Pescadero.

**MARQUECINE** en el Teatro Márquez de León en la plaza de Todos Santos. Se exhibirán películas del cine independiente Mexicano, documentales, matinée para niños y películas taquilleras de Hollywood. Los listados de las películas pueden verse en la página de Facebook: Teatro Cine Manuel Márquez de León. \$40 pesos entrada.

### lunes

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #34 en el mapa del otro lado de Todos Santos.

10 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.**

**PASTEL DE CARNE** servido con puré de papas, salsa estilo gravy y ejotes con tocino por \$120 pesos en **Shut Up Frank's** en Todos Santos.

### martes

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

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #34 en el mapa del otro lado de Todos Santos.

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

**PIZZA POR REBANADA** en **Shut Up Frank's** en Todos Santos.

6:30 pm, **NOCHE DE PELÍCULAS** en **Gallo Azul** en Todos Santos.

7 pm, **NOCHE DE MICRÓFONO Y MARTES DE TACOS** en **Chill N Grill** en Todos Santos. 3 picadillo o tacos de papas por \$90 pesos.

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# Eventos

continúo de página 46

dejaron evidencia de su presencia a través de artefactos y arte rupestre. Aníbal López ha estado documentando a través de la fotografía y de video la extensa colección de más de 200 sitios arqueológicos a lo largo de la Región del Cabo de la Baja. Aníbal pretende elevar la conciencia de las comunidades mexicanas que viven cerca y la de las comunidades extranjeras con la esperanza de conservar estos sitios para siempre. <http://www.profaunabaja.org/archeology.html>. La donación de \$100 pesos (\$120 en la puerta) se destinará para apoyar los proyectos del presentador. Cupo limitado. Boletos a la venta por adelantado en la Librería El Tecolote en Todos Santos.

**13 de febrero** | 7:30 pm, **NOCHE DE REGGAE** con Riddim Forz en **La Esquina de Todos Santos** en el otro lado. 50 Pesos la entrada.

**14 de febrero** | **VIAJE DE CORAZÓN**—tratamiento de sanación con sonido, con Lynn Wedekind en Cuatro Vientos en el otro lado de Todos Santos. En beneficio de los Pescadores de Punta Lobos y sus familias. Boletos a la venta en **La Esquina de Todos Santos** y en la Librería el Tecolote a \$20 USD o \$340 pesos antes del evento o, \$25 USD o \$480 pesos en la entrada.

**21 de febrero** | 4 pm, **LECTURA ABIERTA (OPEN READING)**, en el **Rumi Garden**. Para mayor información contactar a Zoë Dearborn, [zoe@cultivatecreativity.net](mailto:zoe@cultivatecreativity.net), [www.cultivatecreativity.net](http://www.cultivatecreativity.net), (612) 105-0056

**26 y 27 de febrero** | Producciones Luna Azul presenta "**ALICIA CAYÓ POR LA MADRIGUERA DEL CONEJO**"—Una vieja historia con un giro, obra en el **Teatro "Luna Azul."** Boletos a la venta en la **Libería El Tecolote**. Información: [www.TeatroLunaAzul.com](http://www.TeatroLunaAzul.com)

**28 de febrero** | 10 am a 3 pm **VIAJE DE CASAS HISTÓRICAS DE TODOS SANTOS**. Los beneficios de este evento apoyan a la Sociedad de La Palapa de Todos Santos A.C.

## marzo

**3, 4 y 5 de marzo** | Producciones Luna Azul presenta "**ALICIA CAYÓ POR LA MADRIGUERA DEL CONEJO**"—Una vieja historia con un giro, obra en el **Teatro "Luna Azul."** Boletos a la venta en la **Libería El Tecolote**. Información: [www.TeatroLunaAzul.com](http://www.TeatroLunaAzul.com)

**16 a 21 de marzo | XIII FESTIVAL ANUAL DE CINE DE TODOS SANTOS Y LA PAZ.** Películas en Todos Santos y La Paz. El documental de Jóvenes en Video *Detrás de las Cámaras del Pequeño Príncipe en Baja (The Little Prince en Baja)* abrirá el Festival. Para mayores informes visita: <http://www.todossantoscine.org/>

**17 de marzo** | 4 pm a ? Restaurante bar **SHUT UP FRANK'S VIGÉSIMA FIESTA ANUAL DEL DÍA DE SAN PATRICIO**. Ofreciendo la carne de res en conserva de Frank, marinada durante un mes en salmuera especial, volteándola cada tres días hasta que quede perfecta. ¡Es la carne en conserva más deliciosa!

**19 de marzo** | 7:30 pm, **NOCHE DE REGGAE** con KL Reggae en **La Esquina de Todos Santos**. Entrada \$50 pesos.

**20 de marzo** | 4 pm, **LECTURA ABIERTA (OPEN READING)**, en el **Rumi Garden**. Para mayor información contactar a Zoë Dearborn, [zoe@cultivatecreativity.net](mailto:zoe@cultivatecreativity.net), [www.cultivatecreativity.net](http://www.cultivatecreativity.net), (612) 105-0056

**24 a 27 de marzo** | **EL IV FIN DE SEMANA CULINARIO ANUAL** en **Rancho Pescadero** con el chef invitado Jessica Koslow. Para mayores informes: [www.ranchopescadero.com](http://www.ranchopescadero.com) o llamar (910) 300-8891.

**25 a 27 de marzo** | **DISEÑO DE BOSQUES DE COMIDA Y FOOD FOREST DESIGN AND AGROFORESTERIA**. Parte de las Series de Seminarios de Permacultura conducidos por José Aviña en Tsegaygar West en las montañas de San José del Cabo. Para mayor información o para registrarse visite: [www.TsegaygarWest.org/retreat-center](http://www.TsegaygarWest.org/retreat-center) o e-mail: [tsegaygarwestsecretary@gmail.com](mailto:tsegaygarwestsecretary@gmail.com)

**31 de marzo a 5 de abril | RETIRO DE SILENCIO** con el **Dr. Robert K. Hall** en "Pachamama." Robert Hall es psiquiatra y maestro de Dharma de renombre internacional por su trabajo innovador y pionero en terapias con orientación somática y corporal. Ha dirigido retiros desde 1980; es maestro de miles y mentor de cientos de estudiantes. El costo por persona es \$550 USD más impuestos, en habitación doble. Transporte grupal del aeropuerto. Las enseñanzas son bajo la tradición Dana. Costo de transporte aéreo no incluido. Para hacer su reserva, favor de contactar a Anabel Muñoz en [anabel@pachAMAMA-Mexico.com](mailto:anabel@pachAMAMA-Mexico.com) o a Elena Ascencio en: [elena.escencio.ibañez@gmail.com](mailto:elena.escencio.ibañez@gmail.com) [www.roberthalldharmatalks.wordpress.com](http://www.roberthalldharmatalks.wordpress.com)

EVENTOS continúo en página 50



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# Cada Semana

continuó de pg 47

## miércoles

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

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #34 en el mapa del otro lado de Todos Santos.

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

**TACOS DE PESCADO** 25 pesos en **Shut Up Frank's** en 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**.

7 a 10 pm, **MUSICA EN VIVO** de Todos Santos Jazz en Tre Galline 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.

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #34 en el mapa del otro lado de Todos Santos.

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

3 a 6 pm, **2 X 1 PIZZAS** en **Gallo Azul** en Todos Santos.

4 a 8 pm, **OPEN HOUSE** en La Bohemia en Todos Santos con aperitivos y comida Mexicana de Mama's Kitchen, cocktails y vino al 2x1 de 4 a 6 pm.

7 pm, **LADIES NIGHT** en **Freesouls** en Cerritos en Pescadero con bebidas gratis para mujeres.

**POLLO FRITO SUREÑO** hecho con la receta secreta de la familia Brown, servido con puré de papas, salsa estilo gravy y ejotes con tocino por \$120 pesos en **Shut Up Frank's** 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. Hasta el fin de Junio.

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

6 pm, **MÚSICA EN VIVO**, bar y parrilla abiertos con superburros y exquisitas margaritas en **La Esquina de Todos Santos** en el otro lado.

7 a 10 pm, **MUSICA EN VIVO** de Todos Santos Jazz en Flora Farm en San José del Cabo.

## viernes

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #34 en el mapa del otro lado de Todos Santos.

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

**ESPECIAL DE COSTILLA** con papa al horno y vegetales salteados en **Shut Up Frank's** en Todos Santos.

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

CADA SEMANA continua en página 51



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Mar de Cortés foto por Kaia Thomson

## Eventos

continuó de página 48

### abril

**21 a 24 de abril | EL IV FIN DE SEMANA CULINARIO ANUAL** en **Rancho Pescadero** con los chefs invitados Thomas McNaughton y Ryan Pollnow. Para mayores informes: [www.ranchopescadero.com](http://www.ranchopescadero.com) o llamar (910) 300-8891.

**22 a 24 de Abril | FESTIVAL DE GASTROVINO TODOS SANTOS.** Para mayores informes visita: [Facebook.com/www.gastrovino.mx](http://Facebook.com/www.gastrovino.mx)

### mayo

**26 a 29 de mayo | EL IV FIN DE SEMANA CULINARIO ANUAL** en **Rancho Pescadero** con los chefs invitados Greg Denton y Gabrielle Quiñónez Denton. Para mayores informes: [www.ranchopescadero.com](http://www.ranchopescadero.com) o llamar (910) 300-8891.

## ViNAMO

continuó de página 8

Misión, ino puede haber mejor expresión del terroño de la Baja California que esta!

Las celebraciones de este fin de semana inician con el *Concierto de Corazones* en el romántico ambiente de la Huerta de Todos Santos el viernes 12 de febrero, con la presentación de una banda con guitarras de rock fusionadas con virtuosos del violín, "Shimul Flying Guitars," desde Ensenada, en un duelo de guitarras. Dos exquisitas cenas maridaje en La Paz el 13 de febrero en Restaurante Sorstis con el chef Alessandro y el domingo 14 en Todos Santos en restaurante Tre Galline con los chef Angelo, Madda y Costantino. ¡Entre la fusión de varietales italianos cultivados en Baja y la cocina de Baja California inspirada por estos chefs Italianos estos eventos aseguran ser una aventura *MexItaliana* para el placer de su paladar!

Para mayores informes: [www.vinamofest.com](http://www.vinamofest.com). Boletos a la venta en la **Librería El Tecolote Bookstore** y **La Bodega de Todos Santos**.

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# Cada Semana

continuó de página 49

## viernes cont.

7 pm, cada otro fin de semana, **MÚSICA EN VIVO** con "JamaRama" en el restaurante **Chill N Grill** en Todos Santos. Para más información, llame al (612) 199-2938

**LADIES NIGHT** en **Gallo Azul** en Todos Santos. 2x1 cerveza, vino de la casa y margaritas todo la noche.

**MÚSICA EN VIVO** en **Dana's Diner** en el Pescadero.

**MARQUECINE** en el Teatro Márquez de León en la plaza de Todos Santos. Los listados de las películas pueden verse en la página de Facebook: Teatro Cine Manuel Márquez de León. \$40 pesos entrada.

## 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 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. Hasta el fin de Junio.

9 am a 1 pm, **TIANGUIS NATURAL MALECÓN** (Mercado) en el Callejón 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.

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #34 en el mapa del otro lado de Todos Santos.

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

11 am a 3 pm, **MERCADO DE TODOS SANTOS** en The Distillery and La Fuente Winery en la entrada del norte a Todos Santos. Para más información, favor de contactar a James Black en merlot4u@earthlink.net

**ESPECIAL DE RIBEYE** con espárragos en **Shut Up Frank's** en Todos Santos.

4 a 8 pm, **OPEN HOUSE** en La Bohemia en Todos Santos con aperitivos y comida Mexicana de Mama's Kitchen, cocktailes y vino al 2x1 de 4 a 6 pm.

**Sábados de BBQ & Grill** con música en vivo en el Sky Lounge del **Hotel Guaycura**.

5 a 10 pm, **SUSHI ESPECIAL DE CHEF CHOPIN** en el **Gallo Azul**, Todos Santos.

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

7 pm, **ROCK CLÁSICO EN VIVO** en **Chill N Grill** cada otro fin de semana en Todos Santos. Más información llamar (612) 199-2938

**MÚSICA EN VIVO** en **Dana's Diner** en el Pescadero.

**MARQUECINE** en el Teatro Márquez de León en la plaza de Todos Santos. Los listados de las películas pueden verse en la página de Facebook: Teatro Cine Manuel Márquez de León. \$40 pesos entrada.

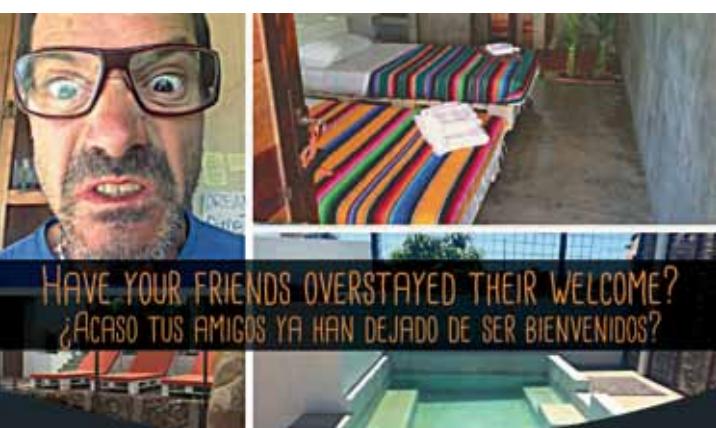
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**March 31 - April 5 | TODOS SANTOS SILENT MEDITATION RETREAT** with Dr. Robert K. Hall at Pachamama. Robert Hall is a psychiatrist and Dharma teacher with an international reputation for his innovative and pioneering work in somatic/body oriented therapies. He has been leading retreats since 1980 and is a teacher to thousands and a mentor to hundreds of students. Cost per person is \$550 USD plus tax, double occupancy and group transportation from airport. Teachings fall under the Dana tradition. Airfare not included. For reservations, please contact Elena Ascencio at: [elena.escencio.ibanez@gmail.com](mailto:elena.escencio.ibanez@gmail.com) or [anabel@pachamamamexico.com](mailto:anabel@pachamamamexico.com). [www.roberthalldharmatalks.wordpress.com](http://www.roberthalldharmatalks.wordpress.com)

## april

**April 21 - 24 | CULINARY WEEKEND** at **Rancho Pescadero** with guest chefs Thomas McNaughton and Ryan Pollnow. Reservations can be made by visiting [www.ranchopescadero.com](http://www.ranchopescadero.com) or calling (910) 300-8891.

**April 22 - 24 | GASTROVINO FOOD & WINE FESTIVAL** in Todos Santos. For more information: <https://www.facebook.com/www.gastrovino.mx>

## may

**May 26 - 29 | CULINARY WEEKEND** at **Rancho Pescadero** with guest chefs Greg Denton and Gabrielle Quiñónez Denton. Reservations can be made by visiting [www.ranchopescadero.com](http://www.ranchopescadero.com) or calling (910) 300-8891.



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To learn more about the Beca Angel Program and The Palapa Society of Todos Santos, A.C. and learn more about the work they do, please visit their website at: <http://palapasociety.org/>

The Palapa Society thanks you for making a positive impact in the future of the young people of Todos Santos and Pescadero. It is because of Beca Angels like you, that the Palapa Society can continue help more students succeed each year.

# Weekly Events

continued from page 23

## wednesday cont.

9:30 am – 3 pm, **PESCADERO ORGANICS** in the *callejon*, #34 on the *otro lado* map, Todos Santos.

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

**FISH TACO SPECIAL** 25 pesos each, at **Shut Up Frank's** in 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**.

7 - 10 pm, **LIVE MUSIC** by Todos Santos Jazz at Tre Galline 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.

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

3 – 6 pm, **PIZZA 2 X 1** en el **Gallo Azul** en Todos Santos.

4 – 8 pm, **OPEN HOUSE** at La Bohemia in Todos Santos with appetizers and Mexican food by Mama's kitchen and cocktails and wine 2x1 from 4 – 6 pm.

5 – 9 pm, **ARTWALK** in the San José del Cabo Gallery District.

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

6 pm, **LIVE MUSIC NIGHT**, bar and super burros at **La Esquina** on the *otro lado* of Todos Santos.

7 pm, **LADIES NIGHT** at **Freesouls** at Cerritos in Pescadero with free drinks for ladies.

7 - 10 pm, **LIVE MUSIC** by Todos Santos Jazz at Flora Farm in San José del Cabo.

**SECRET BROWN FAMILY RECIPE SOUTHERN FRIED CHICKEN** with mashed potatoes and gravy and green beans and bacon for 120 pesos at **Shut Up Frank's** in Todos Santos.

## friday

9:30 am – 3 pm, **PESCADERO ORGANICS** in the *callejon*, #34 on the *otro lado* map, Todos Santos.

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

**LADIES NIGHT** at **Gallo Azul** in Todos Santos. 2x1 drinks (beer, house wine, margaritas) all night.

**PRIME RIB SPECIAL** with baked potato and sautéed vegetables at **Shut Up Frank's** in Todos Santos.

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

7 – 10 pm, **LIVE MUSIC** by Todos Santos Jazz at **Freesouls** at Cerritos in Pescadero.

WEEKLY EVENTS continued on page 54



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#146 ON TODOS SANTOS MAP



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# Weekly Events

continued from page 53

## friday cont.

7 – 10 pm, **LIVE MUSIC** with "JamaRama" at **Chill N Grill** in Todos Santos. Happens every other weekend, call (612) 199-2938 for more information.

**PRIME RIB DINNER** with baked potato and salad at **Shut Up Frank's** in Todos Santos.

**LIVE MUSIC** at **Dana's Diner** in Pescadero. Call for show times (624) 141-6336.

**MARQUECINE** at the Teatro Márquez de León on the plaza in Todos Santos. Showing classics, Mexican films, independent cinema and Hollywood blockbusters. Check Facebook for weekly listings: Teatro Cine Manuel Márquez de León. Admission: \$40 pesos. Popcorn and bottled water available.

## 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.

9:30 am – 3 pm, **PESCADERO ORGANICS** in the *callejon*, #34 on the *otro lado* map, Todos Santos.

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

11 am – 3 pm, **TODOS SANTOS FARMERS MARKET** at The Distillery and La Fuente Winery at the north entrance to Todos Santos. For details contact James Black at [merlot4u@earthlink.net](mailto:merlot4u@earthlink.net)

**RIBEYE STEAK SPECIAL** with crab asparagus at **Shut Up Frank's** in Todos Santos.

4 – 8 pm, **OPEN HOUSE** at La Bohemia in Todos Santos with appetizers and Mexican food by Mama's kitchen and cocktails and wine 2x1 from 4 to 6 pm.

5 – 10 pm, **CHEF CHOPIN'S SPECIAL SUSHI DINNERS** at **Gallo Azul** in Todos Santos.

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

7 pm, **LIVE CLASSIC ROCK** at **Chill N Grill** in Todos Santos. Happens every other weekend, call (612) 199-2938 for more information.

**SÁBADOS DE BBQ & GRILL** with live music at The-Sky Lounge in **Hotel Guaycura** in Todos Santos.

**LIVE MUSIC** at **Dana's Diner** in Pescadero. Call for show times (624) 141-6336.

**MARQUECINE** at the Teatro Márquez de León on the plaza in Todos Santos. Showing classics, Mexican films, independent cinema and Hollywood blockbusters. Check Facebook for weekly listings: Teatro Cine Manuel Márquez de León. Admission: \$40 pesos. Popcorn and bottled water available.

## Dialing to Mexico Land Lines from the U.S. or Canada

The Country Code for Mexico is 52. To dial Mexico you follow the normal international dialing procedures.

International Code 011 and Country Code 52 and Area Code and Phone Number.

► dial 011-52-area code-phone number

And if you are calling from a cell phone, you could replace the 011 with the + Sign

## Dialing to Mexican Cell Phones from the U.S. or Canada

In order to let you know that you are calling a Mexican cell phone you must dial an extra digit when calling. You dial the digit 1 after the country code, and before the area code.

► dial 011-52-1-area code-phone number



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# Angel de Beca

continuó de página 19

firman un contrato con la Sociedad de la Palapa en el que se requiere que el estudiante mantenga un promedio escolar de 8.5 (teniendo como máximo al 10), mantener un buen desempeño en la escuela, al igual que ofrecer tiempo como voluntario en eventos de la Palapa que tienen la finalidad de recabar fondos. Mientras estas características sigan siendo cumplidas, el estudiante permanece siendo buen candidato para recibir una beca durante sus estudios.

En años recientes se ha visto un crecimiento en el número estudiantes que desean continuar su educación más allá que la preparatoria que es obligatoria cursar. Este crecimiento en demanda, ha requerido que la Palapa inicie una nueva fuente para ayudar a recabar fondos para el programa de becas. Usted puede ayudar a cubrir esta demanda si se convierte en un "Ángel de Beca."

## CON TAN SOLO UNA DONACIÓN DE:

- ▶ \$200 USD, usted proporciona la colegiatura para que un estudiante curse un año de preparatoria.
- ▶ \$250 USD, usted proporciona la colegiatura para que un estudiante curse un año de universidad.

Todo esto por menos de 68 centavos americanos al día, imenos de lo que cuesta un café! Este año el Festival de Música Todos Santos se ha incorporado a la Sociedad de Palapa para ayudar al crecimiento de esta nueva iniciativa. Desde el 2012, Peter Buck y Chloe Johnson han sido la fuerza detrás del Festival de Música Todos Santos que beneficia a la Sociedad de la Palapa. Ellos también entienden la importancia de educar a nuestra juventud y de apoyar nuestros esfuerzos por proporcionar ayuda financiera para la educación de estos jóvenes con dificultades económicas. La Sociedad de la Palapa está comprometida a mejorar las oportunidades de educación para los ciudadanos jóvenes de nuestra comunidad y cree que el mejor futuro para nuestro *Pueblo Mágico* está en la juventud que reside en él.

Por favor considere convertirse en Ángel de Beca hoy mismo. Como donante, a usted se le asignará un estudiante en preparatoria o universidad, identificado por la Sociedad de la Palapa. Este estudiante será a quien su donación beneficie directamente. A usted se le proporcionará el nombre del estudiante, una foto y un ensayo breve, escrito por él/ella.

**UNA HISTORIA DEL ÉXITO DEL PROGRAMA DE BECAS:**  
La historia de Pedro López López es una, de varias historias de éxito del programa de becas. Él tiene 22 años y está cursando su último semestre como estudiante de ingeniería en el Instituto Tecnológico de La Paz. Actualmente, Pedro y algunos de sus compañeros de ingeniería están trabajando en un proyecto que consiste en construir un prototipo robótico que ayudará a personas inmovilizadas a caminar con asistencia mecánica. Participaron en un concurso de gobierno para recibir fondos para poder desarrollar su prototipo. En este concurso, más de 900 personas votaron por su proyecto, lo que los calificó para un premio

"People's Choice." Recibieron una beca de \$10,000 pesos para ayudarles a avanzar con su proyecto.

## PARA DONAR:

Hacer donación EN LÍNEA, deducible de impuestos en Estados Unidos a la Sociedad de la Palapa de Todos Santos, A.C., a través del "International Community Foundation" (ICF) <http://donate.icfdn.org/#npo/palapa-society-c-a>

Al hacer una donación vía ICF, por favor marque "Beca Angel" en la sección "in memoriam of." Para hacer una donación deducible de impuestos en México, usted puede hacer una transferencia a nuestra cuenta Bancomer. Favor de mandar correo a: [info@lapalapasociety.org](mailto:info@lapalapasociety.org) para recibir la información completa de transferencias.

Para conocer más acerca del programa de Ángeles de Beca y de la Sociedad de la Palapa de Todos Santos, A.C. y la labor que realizan, favor de visitar su página: <http://palapasociety.org/>

La Sociedad de la Palapa le agradece por hacer un impacto positivo en el futuro de los jóvenes de Todos Santos y Pescadero. Es gracias a Ángeles de Becas como usted, que la Sociedad de la Palapa puede continuar a ayudando a que más estudiantes triunfen cada año.

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

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

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<b>Yoga</b>	All classes at Cuatro Vientos are noted as @ CV and most are 100 pesos. (The studio is across from La Esquina, #11 on otro lado map).	7:30-8:45 am, Traditional Hatha Yoga & Breath c/ Paul @ CV  9:10:15 am Hatha Flow c/ Marimar @ CV	7:30-8:45 am Vinyasa Flow c/ Liz @ CV  7:30-9pm Yoga Conciencia w/ Lyobáa @ CV	9-10:15 am Hatha Flow c/ Marimar @ CV  6-7:30 pm Candlelit Restorative Yoga c/ Teddi Dean @ CV	7:30-8:45 am Vinyasa Flow c/ Liz @ CV  9-10:15 am Core Yoga c/ Janice @ CV yanibaja@yahoo.com  7:30-9pm Yoga Conciencia w/ Lyobáa @ CV	7:30-8:45 am, Traditional Hatha Yoga & Breath c/ Paul @ CV  9-10:15 am Hatha Flow c/ Marimar @ CV	
<b>Martial Arts</b>		3 - 4:15 pm Tae Kwon Do para niños / children c/ Kurtis @ CV	10:30-11:45am Ta'i Chi short form @ CV 612-157-6088 or barakabaja@gmail.com	3 - 4:15 pm Tae Kwon Do para niños / children c/ Kurtis @ CV	10:30-11:45am Qi Gong / @ CV 612-157-6088 or barakabaja@gmail.com		
<b>Other/Otros</b>	10-11:30am Dharma talks with <b>Robert K. Hall</b> @ CV  <i>El primer domingo de cada mes, la plática sobre meditación y lo que el Buda dice sobre la vida y la tranquilidad del espíritu es traducida al español por Elena Ascencio.</i>	11 am - 1 pm Vajra Dance @ CV vajrayogini@gmail.com  6-7:30 pm Capoeira c/ Diana @ CV  4:30-6 pm Dance Lab c/ Zoë @ CV  5:30 pm Cross Training w/ Mao @ San Sebastian beach by donation mauricio@mymotivation.es	3:30-5:30 pm Manos Magicas @ Centro Cultural chambaretcat@mac.com  6-7:30 pm Capoeira c/ Diana @ CV	10:30 am-12 pm <b>Yamuna Body Rolling</b> c/ <b>Emily</b> @ CV  1-2:45 pm Art Journal Lab c/ Zoë 150 pesos zoe@cultivatecreativity.net (612) 105-0056  6-7:30 pm Capoeira c/ Zoë @ CV  5:30 pm Cross Training w/ Mao @ San Sebastian beach by donation mauricio@mymotivation.es	9 am Drawing class c/ Tori oscarntori@yahoo.com  6-7:30 pm Capoeira c/ Diana @ CV  5:30 pm Cross Training w/ Mao @ San Sebastian beach by donation mauricio@mymotivation.es	10:30 am-12 pm <b>Yamuna Body Rolling</b> c/ <b>Emily</b> @ CV  3 - 4 pm Danza Hawaiiana para niñas c/ Malucha @ CV  6-7:30 pm Capoeira c/ Diana @ CV  4 - 5:45pm Danza Hawaiiana c/ Malucha @ CV  6-7:30 pm Cross Training c/ Mao @ CV mauricio@mymotivation.es	
<b>Zumba</b>		10-11 am c/ "Lucy" @ Mutualista  7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista  9-10 am c/ Jan @ CV 612-348-1111 todossantos zumba.com Facebook\Todos Santos Zumba  7-8 pm c/ "Lucy" @ DIF	10-11am c/ "Lucy" @ Mutualista  7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista  4:30-6 pm c/ Jan @ CV 612-348-1111 todossantos zumba.com Facebook\Todos Santos Zumba  7-8 pm c/ "Lucy" @ DIF	10-11am c/ "Lucy" @ Mutualista  7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista  9-10 am c/ Jan @ CV 612-348-1111 todossantos zumba.com Facebook\Todos Santos Zumba  7-8 pm c/ "Lucy" @ DIF

TODOS SANTOS	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
<b>Palapa Society</b>		10am -1pm Library Open <i>Rincon de Cuentos</i>					
<b>AA</b>		5 pm AA meeting on calle Del Huerto by Aliser	5 pm AA meeting on calle Del Huerto by Aliser	11 am AA meeting on calle Del Huerto by Aliser	5 pm AA meeting on calle Del Huerto by Aliser	5 pm AA meeting on calle Del Huerto by Aliser	11 am AA meeting on calle Del Huerto by Aliser

**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
<b>Yoga</b>	10 am Yoga 100 pesos <b>@ Rancho Pescadero</b>	7-9 am Yoga @ Baja Zen 612-142-5038 baja-zen.com Facebook\BajaZen					

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**CASA CANTO DEL PACIFICO.** 2 BR, 3.5 BA home with resort-style solar-heated, natural water pool with raised deck and BBQ center. Ocean views from every level! Corner fireplace, open kitchen, furnished with beautiful finishes throughout, all in a 1/2 acre property.

MLS # 16-33 Offered at \$479,000 USD



**CASA LOS MANGOS.** One level 3BR, 2BA home on a 1,500 M<sup>2</sup> of beautifully landscaped property in Las Tunas. Amenities include a fireplace, 10 ft. ceilings, outside water feature and rockscape, concrete driveway and ample parking.

MLS # 16-11 Offered at \$349,000 USD



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

MLS # 15-2425 Offered at \$229,999 USD



**CASA VISTA DEL PACIFICO #4.** Mexican colonial-style home with contemporary accents. Outdoor fireplace, master suite with full bath and laundry area. Well equipped kitchen. Plenty of room to expand with over 1.25 acres. Parking for RV with hook ups. The property offers privacy and spectacular ocean and sunset views.

MLS # 15-2325 Offered at \$299,000 USD



**ARTIST HOME & STUDIO.** Rustic Mexican home with 4 BR/2 BA and ocean and mountain views. Wrap around patios and two lots totaling 1,553 M<sup>2</sup> of land. Gated and walled with 2 entrance ways. Mature landscaping with garden fountain. Duplex with rental potential.

MLS # 15-2552 Offered at \$189,000 USD



**CASA SOUTHSIDE.** Approx. 1000 sq.-ft. of finished construction including a studio apartment, two car garage and storage bodega + 1500 sq.-ft. 1 BR, 1 BA home. Electricity on site. Property also includes an outdoor kitchen and skateboard bowl.

MLS # 15-1120 Offered at \$180,000 USD



**LAS BRISAS DUPLEX.** Two well-appointed and charming stacked studio homes. Upper level recently added. 1 Bedroom/1 Bath each, perfect to live in one and rent the other unit. Walk to town, furnished and ready to move in.

MLS # 15-2402 Offered at \$135,000 USD



**CERRITOS LA GAVIOTA LOT.** A perfect 2000 M<sup>2</sup> Cerritos lot sitting 200 meters back from the beach. Walk to the beach in less than 5 minutes! Located in a fast growing neighborhood. Second story would offer amazing ocean and mountain views.

MLS# 15-1387 Offered at \$80,000 USD

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