

# journal DEL PACIFICO

La Revista de Baja California Sur

holiday / navidad 2016/2017 #27

The ULTIMATE GUIDE to  
Baja Sur Arts,  
Culture & Adventure

The Largest Animal to Inhabit the Earth  
El Animal más Grande del Mundo

Getting in Shape, Baja Style

Palapa Learning Center  
Centro Educativo de la Palapa

Bees, Bugs and Butterflies  
Abejas, Bichos y Mariposas

A Giving Season  
La Temporada para Dar

Meditation / Meditación by/po Bruce Herman

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**After five years of dedicating a major amount of resources and energy to arranging and hosting the Todos Santos Music Festival. it is time for us to take a break this winter.**

**We look forward to returning.**

**We are so grateful to all the musicians and incredible volunteers for helping provide such an amazing festival experience.**

**More importantly, we want to thank all the people of Todos Santos who showed up to support us year after year.**

**We continue to be eager champions of the community, our home in Todos Santos and the Palapa Society.**

**Thank you all so much and see you next year!**

**Tras cinco años de dedicar una gran cantidad de recursos y energía a la producción y realización del Festival de Música Todos Santos, ha llegado el momento de tomar un descanso este invierno.**

**Ansiamos regresar pronto.**

**Estamos muy agradecidos con todos los músicos y el increíble grupo de voluntarios que contribuyeron a la creación de un festival maravilloso.**

**Sobre todo, queremos agradecer a la gente de Todos Santos que año tras años asistieron a apoyarnos.**

**Seguiremos siendo gustosos defensores de la comunidad, de nuestro hogar en Todos Santos y de la Sociedad de La Palapa.**

**¡Muchísimas gracias a todos, y nos vemos el año siguiente!**

**Peter & Chloe Buck**



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# Getting and Staying in Shape, Baja Style



Baja Zen

The holiday season often makes people's thoughts turn to getting in shape, building strength, improving flexibility, and being more conscious of their physical and mental well-being. Joining a class can shake up a monotonous workout routine and can be energetic, motivating, and an opportunity to try something different. Working with a personal trainer is an effective way to learn about one's own strengths and weaknesses and ways to improve on form and strength. And if you are already involved in a sport or outdoor activity, trying something different can aid in your performance and recovery.

We are fortunate in Baja California Sur to have many options. Here are just a few available in Todos Santos and El Pescadero. Now is a great time to try one or try them all!

## BAJA ZEN

Baja Zen yoga studio at Los Cerritos beach promises an exceptional experience; an opportunity for people to disconnect from the world and connect with what's most important to them. They proudly offer world-class yoga classes, retreats, and training. The studio's floor-to-ceiling sliding glass doors, with the salty sea breezes flowing in, help students to connect to their true nature, from the inside out.

Chelle Swierz, Baja Zen's new owner, has been teaching yoga for ten years. She is a 500-hour trained yoga teacher from Seattle, WA. She and her husband, Kris, began vacationing at Los Cerritos in 2010 and fell in love with the area. When they began bringing groups to Baja Zen for yoga and surf retreats, their passion grew. A long-time vision for the couple came true this year when they decided to move to the area and commit full time to their studio and retreat center.

Chelle states, "Many people discover quickly that yoga heals the body. What they may be surprised about is the healing that happens in all areas of their life. Students return to their mat again and again when they realize that GETTING IN SHAPE continued on page 7



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Bruce Herman

## The Todos Santos Writers Workshop

by Rex Weiner

The Todos Santos Writers Workshop, located at the historic Casa Dracula on the otro lado, will celebrate its fourth edition February 5 to 11, 2017 with workshops and seminars, including a public reading of work by its faculty Thursday night February 5, in the courtyard of the landmark home.

TSWW was launched in 2014 by author Jeanne McCulloch (former editor at *Paris Review*, *Tin House*), novelist/memoirist Gordon Chaplin (*Paraíso*, *Full Fathom Five*) and journalist Rex Weiner (*Rolling Stone*, *Capital & Main*). Chaplin and Weiner are co-owners of Casa Dracula and longtime residents of Todos Santos.

The workshop offers classes in Fiction, Nonfiction, and Memoir, along with craft seminars. Guest speakers have included Peter Buck, Bruce Berger, Viviane Mahieux, Bryan Jáuregui, Heriberto Parra Hake, Edmundo Lizardi, and Jonathan Penner. Last year's featured speaker was Christopher Merrill, director of the University of Iowa International Writers Program. This year, a panel discussion of the publishing business will feature Meg Thompson, of the Thompson Literary Agency, and Mark Gottlieb, of the Trident Media Group, both visiting from New York City.

TSWW was represented at the recent 2016 Lunas de Octubre literary conference in La Paz with readings of work by Ivonne Benitez, Jenny Armit, Rex Weiner and Víctor González Chávez, last year's Palapa Society scholarship student.

"The Todos Santos Writers Workshop was one of the most amazing things I have done. It changed my whole life. Rex, Jeanne and Gordon helped me find my inside writer and do things I never imagine I was able to." —Ivonne Benitez

TSWW is also collaborating this year for the first time with Ellen Waterston's long-running Writing Ranch on several events, including a special dinner for both groups at Serendipity with environmental writer Nick Triolo as guest speaker. Spaces are still available. For more information visit: [www.todossantoswritersworkshop.com](http://www.todossantoswritersworkshop.com) and [www.writingranch.com](http://www.writingranch.com) or email: [Todoswrite@gmail.com](mailto:Todoswrite@gmail.com).

# Getting in Shape

continued from page 5

they are sleeping better, have less stress, they eat better, their confidence goes up, and they feel strong and alive!"

What makes Baja Zen special is their warm and welcoming spirit. The culture is based on inclusivity, community, and connection. Locals and visitors alike appreciate the beautiful studio that offers breathtaking views of the desert landscape, a breaching whale, or a colorful sunset. And while the guest has their eye on the view, the staff has its eye on a quality experience.

Baja Zen hosts five yoga classes weekly, including both vigorous flow and sunset restorative classes. Their classes are open to all levels. Those who are new to yoga as well as seasoned practitioners are all welcome. The teachers are masterful at intelligent sequencing, effective hands-on assisting, adapting the practice to suit all needs, and peaceful rest. And their students agree!

"Baja Zen is a little slice of magic. Hands down, my favorite yoga studio. The space, the classes, the owners—all amazing! And the view—nowhere else I'd rather do a warrior one, watching the whales go by and the sun dropping into the Pacific!"—Cambria

"Baja Zen is easily the most stunning yoga studio I have ever seen, and the staff and owners are second to none. Chelle, Kris, and Kim ensure the most incredible experience from start to finish. With a wide variety of yoga classes for all levels, you can get any kind of yoga experience you are looking for. I love the Sunday night restorative classes. Can't beat ending the week with a sunset class at Baja Zen!"—Morgan

The space is also a full-service retreat center. It brings together the best of the region to provide intimate off-the-grid full service or build-your-own yoga retreats. They are passionate about giving people the space to discover their natural power. This is a space for those who have a love of yoga in a natural environment.

Baja Zen is located in the Gavilan neighborhood of El Pescadero. To get there, take the km 65 entrance off the main highway towards Los Cerritos beach. Follow the road and veer right at the Y, just past Mini Super Brody's. Follow the road and the Baja Zen signs towards the water, up the hill on your right, to a gray single-story building. #37 on Pescadero corridor map.

Baja Zen yoga classes are held Monday, Wednesday, Friday, and Sunday, 9 – 10:15 am; and Sunday Sunset Restorative Yoga from 5:30 – 6:30 pm.

## BAJA SERENA

Mayra Torres has been teaching yoga at her Baja Serena studio in el Pescadero for nine years. "Serena" translates as clear, tranquil, serene—things that Mayra enjoys about yoga and that students love about her studio space.

Mayra has had a history of digestive problems since she  
GETTING IN SHAPE continued on page 41

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# The Largest Animal to Ever Inhabit the Earth

by / por Bryan Jáuregui  
Todos Santos Eco Adventures



# El Animal más Grande que jamás haya Abitado el Planeta

traducido por Paula Angeloni

## MEETING A BLUE WHALE IN BAJA CALIFORNIA

Imagine a fellow mammal with a body so magnificent, so enormous, so dominant that it takes a heart the size of a Mini Cooper to power it.

Imagine a fellow creature with a voice so commanding, so forceful, so potent that it can be heard up to 1,000 miles away.

Imagine a fellow being with a body so massive, so dense, so heavy that eight DC-9 aircrafts can't lift it.

Imagine a fellow warm-blooded vertebrate with arteries so large that boxer Manny Pacquiao could swim through them, a tongue so huge it could crush an elephant, a heartbeat so powerful it could be heard from one end of the Golden Gate Bridge to the other, and a body so long that it would hang off either end of an NBA basketball court.

If you can do all that then you're able to conceive of the largest animal ever to inhabit the earth. No, not some long-extinct dinosaur or dreaded creature from the deep, but the blue whale, a peaceful marine mammal that inhabits the earth to this day. And as so often happens here in Baja California Sur, you don't have to visit your imagination to encounter some of the planet's most remarkable beings—you can see them right here. Like many warmth-seeking souls, the blue whales like to visit the beautiful, calm waters of the Sea of Cortez in February and March, taking advantage of this hiatus in their travels to mate, give birth and feed.

## ENCUENTRO CON UNA BALLENA AZUL EN BAJA CALIFORNIA

Imagine un compañero mamífero con un cuerpo tan magnífico, tan enorme, tan preponderante que necesite un corazón del tamaño de un carro Mini Cooper para echarlo a andar.

Imagínese a una criatura con una voz tan dominante, tan contundente, tan potente que puede ser escuchada a más de 1,500 kilómetros de distancia.

Imagínese un compañero con un cuerpo tan macizo, tan denso, tan pesado que ocho aviones DC-9 no podrían levantar.

Ahora imagínese un pariente vertebrado de sangre caliente, con arterias tan grandes que el boxeador Manny Pacquiao podría nadar en ellas. Una lengua tan grande, que podría aplastar a un elefante. Un latido tan poderoso, que podría ser oído de un extremo al otro del puente Golden Gate y un cuerpo tan largo que se saldría de ambos extremos de una cancha de baloncesto de la NBA.

Si logra hacer todo eso, entonces es usted capaz de concebir el animal más grande que jamás haya habitado en nuestro planeta. Y no es ningún dinosaurio extinto o criatura temida del fondo marino, sino la ballena azul, un pacífico mamífero marino que habita la tierra hasta el día de hoy. Y como sucede a menudo aquí en Baja California Sur, no es solo en nuestra imaginación que podemos encontrarnos con algunos de los seres más notables del

BALLENA AZUL continúa en página 10

And boy how they feed! While the blue whales travel the world's oceans singly or in pairs, they congregate in the Sea of Cortez to take advantage of the richness of the waters and gorge themselves on krill, consuming roughly four tons (8,000 pounds!) of the tiny shrimplike critters per day. But the blue whales just don't grow big, they start life already ranking among the world's largest creatures. After about a year of gestating in their mother's wombs, baby blue whales emerge with a body weight of approximately three tons (6,000 pounds—the weight of a tractor) and a length of about 25 feet. They then proceed to fatten up at the almost unimaginable growth rate of 200 pounds per day for the first year of life, fueled by nothing more than mother's milk. But how does a baby whale nurse underwater? Lips are generally considered essential to successful suckling, and even if the blue whales did have lips, how could they suckle without drawing in huge amounts of water and risk drowning?

As ever, nature has an answer for that. As you might suppose given all its other dimensions, the blue whale has the largest mammary glands on earth, each one being about 1.5 meters, or just under five feet long. Such a protrusion hardly lends itself to hydrodynamism, so they remain in mammary slits until the baby nudges the mother in hunger. To get around the suckling problem the mother is able to shoot the milk directly into the baby's mouth. This early feeding program is so successful that the blue whale generally reaches about 100 feet (30 meters) in adulthood, and a weight of 200 tons.



Richard Jackson Photography

With this enormous size you can well imagine that blue whales have few natural predators, but it doesn't mean that they're not under attack. Prior to the advent of the whaling industry, the World Wildlife Fund (WWF) estimates that there were 250,000 blue whales in the earth's oceans. But between 1904 and 1967 more than 360,000 blue whales were killed for their oil; in 1931 alone an incredible 29,000 blue whales were massacred in one season. The blue whales became protected in 1966 with the advent of the International Whaling Commission's ban on hunting them, but with only an estimated 10,000 to 25,000 individuals left in the world, they remain classified as endangered on the World Conservation Union (IUCN) Red List. As many of BLUE WHALE continued on page 11

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# Ballena Azul

continuó de página 8

planeta—los podemos ver aquí mismo en persona. Como muchas otras almas que buscan el calor, a las ballenas azules les gusta visitar las hermosas y tranquilas aguas del Golfo de California en febrero y marzo, aprovechando este lugar para aparearse, dar a luz y alimentarse.

¡Y si que se alimentan! Mientras las ballenas azules viajan por los océanos del mundo solas o en parejas, se congregan en el Golfo de California para aprovechar de la riqueza de las aguas y atascarse de krill, consumiendo aproximadamente cuatro toneladas al día de esas criaturas que pueden asimilarse a diminutos camarones. Pero las ballenas azules no se hacen grandes de la nada. Comienzan sus vidas ya clasificadas entre las criaturas más grandes del mundo. Despues de un año de gestación en el vientre de su madre, las ballenas azules emergen con un peso corporal de aproximadamente tres toneladas (el peso de un tractor) y una longitud de casi ocho metros. A continuación, proceden a engordar en una inimaginable tasa de crecimiento de 90 kilogramos por día durante el primer año de vida, alimentándose nada más que de leche materna. Pero, ¿cómo se amamanta un ballenato bajo el agua? Los labios son generalmente considerados esenciales para el éxito de la lactancia, pero incluso

si las ballenas azules tuviesen labios, ¿cómo podrían amamantarse sin extraer grandes cantidades de agua y arriesgarse a ahogarse?

Como siempre, la naturaleza tiene una respuesta para eso. Como se podría suponer, teniendo en cuenta todas sus otras dimensiones, la ballena azul tiene las glándulas mamarias más grandes del planeta, cada una de ellas alcanzando aproximadamente 1,5 metros de longitud. Tal protrusión no es muy hidrodinámica por lo que permanecen dentro de las ranuras mamarias hasta que el ballenato, con hambre, le da un empujón a su madre. Para evitar el problema de la succión, la madre puede inyectar la leche directamente en la boca de su cría. Este programa de alimentación temprana es tan exitoso que la ballena azul generalmente alcanza los 30 metros y un peso de 200 toneladas en la edad adulta.

Con este enorme tamaño uno se puede imaginar que las ballenas azules tienen pocos depredadores naturales, lo cual es verdad, pero no significa que no corran peligro. El Fondo Mundial para la Naturaleza (WWF) estima que antes de la llegada de la industria ballenera, existían en los océanos de la tierra, 250.000 ballenas azules. Pero entre 1904 y 1967, más de 360.000 ballenas azules fueron matadas para extraerles su aceite. En 1931, en tan solo una temporada, 29.000 ballenas azules fueron masacradas. Finalmente, en 1966 la Comisión Ballenera Internacional, declara a las ballenas azules como una especie protegida. Pero con tan sólo un remanente de entre 10.000 y 25.000

BALLENA AZUL continúa en página 43

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# Blue Whale

continued from page 9



Carlos Gajon Bermudez

the blue whale's major feeding areas are crisscrossed by shipping lanes, their recovery is partly hampered by ship strikes.

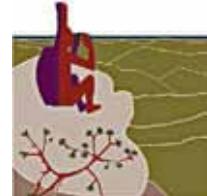
But the rich waters of Baja California Sur are doing their part to aid in the recovery of the blue whale, providing them with the sustenance they need for their travels across the globe. While many of the physical facts of the blue whales have been well documented, very little is known about what they do with their long (80-90 years) lives on the planet, or why they do it. All of which makes it even more extraordinary that we have the opportunity here in Baja Sur to observe them for ourselves, and perhaps, if we're lucky, hear the resonant boom of their voices that can travel far across the sea.

The blue whale fun facts in this article are all part of National Geographic Channel's Kingdom of the Blue Whale video program. They have a great interactive piece comparing the size of the blue whale to various animate and inanimate objects that you can reach at: <http://channel.nationalgeographic.com/channel/content/kingdom-of-the-blue-whale-3302/blue-whale-facts/#/compare/length>

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

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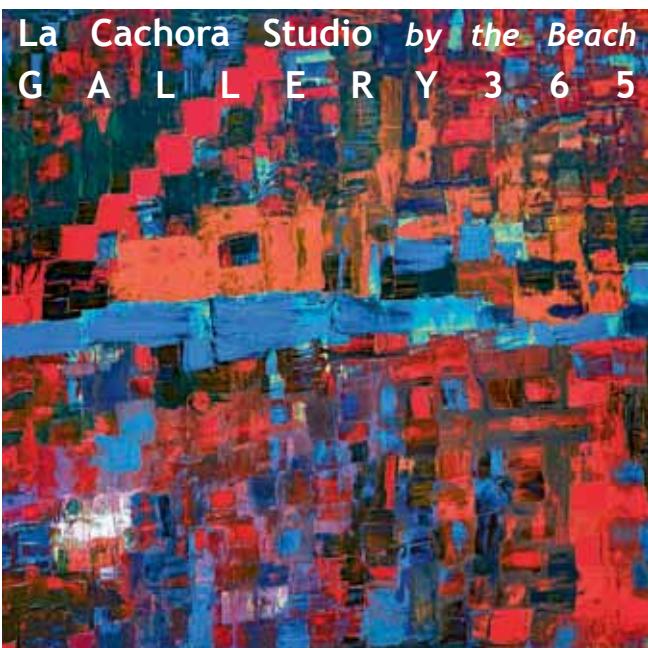


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GALLERY365 #89 on Todos Santos map

## Art Talk

by Jill Logan

### THE ARTIST AS A RECEPTACLE

"The artist is a receptacle for emotions that come from all over the place: from the sky, from the earth, from a scrap of paper, from a passing shape, from a spider's web."  
—Pablo Picasso

Artists by nature are sensitive. I am. And the more I evolve in this artistic creative energy that infuses around and inside me, the more sensitive I have become. I enjoy silence often. Classical music sometimes. It's rare that loud rock and roll feels good. Television seems annoying most of the time; it pulls my energy in ways that disturb me. I have found a pulse in my center that feeds my soul and creative process. I have become protective of that pulse, for it is a pure gold energy that brings me great inner peace and fulfillment.

The pulse of the world often is known to roll inside artists. Picasso's "Guernica," painted in 1937, is a prime example. It portrayed the bombing of Guernica, a Basque country village in Spain, by German and Italian forces during the Spanish Civil War. It is a large mural in black and white showing the violence and chaos of war. "Guernica" is proclaimed as one of the most powerful anti war paintings of all time.

Taking the pulse or feeling to the canvas requires some birthing elements. Gestation. Beginning stages of ideas. The force of what wants to birth. The desire to make it manifest. And then the actual action that brings it into reality—critical for a dreamer and an empathic. Having the force and then the discipline to make it come alive in our art.

Todos Santos artist Michael Cope recently told me that he and fellow artist Eric Ochoa are in an arc of change artistically. I am there as well. This summer I had a large expansion take place that has given me a whole new element of form. I have no idea what direction this will take, but I am dedicated, as I am sure other artists will feel now with so many changes in our earth and lives, to making and bringing this incredible pulse of life into reality.

A receptacle can be likened to an outlet for electricity, where you plug in a device and receive energy. It also can be a trash can for unwanted garbage. It can be a form that contains anything in space and time. It's all what you put into it. I asked some local artists to give their opinions of Picasso's statement.

Cate Thomassen said: "There are stories in everything we see. To be able to communicate them visually, well that is art."

Gloria Ruenitz wrote: "The artist's eye is always open and has the potential to uniquely translate each fleeting vision into an image."

Jack Schaub wrote: "This quote reminds me of an observation of Buddhism (I have no idea where I read this,

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but to paraphrase from memory): 'Buddhism is a vessel whose shape self-adjusts over time in response to change.' In other words, nothing is written; change is the one sure thing."

So, I can see a certain parallel with the idea that artists are receptacles for emotions, constantly in flux like a passing shape. Awareness can direct the eye of the artist to what's passing by, all around us.

Nanette Hayles wrote:

"I think it was his way of saying it (inspiration) comes from everywhere and no where (in particular). It all relates back to one's own personal experience and vision at that particular moment... one's depth relies and depends on one's openness (to the universe), even if it's only for a fraction of second."

Terryl Tagg wrote: "All I know is, I want to feel something when I'm working and I am detached from the outcome of what exactly a viewer might feel as long as hopefully the work leaves them feeling something. Trust and surrender open the door to being able to accept what the universe is willing to offer. Inspiration is everywhere; the most mundane subject can speak volumes evoking passion, movement, humor, mystery, beauty, curiosity, fascination, frustration, the gambit. So, maybe that's true—on a good day I might just feel like a vessel brimming over anxious to spill some paint."



"Red Butterfly Woman," by Jill Logan, 22"x30" acrylic/paper

Paul Williams, a friend of mine, wrote: "With respect to your observations on the 'impermanence of things': yes, it's an eye-opener for sure when assessing the inevitability and impact of change. The proverbial fifth horse of the apocalypse crafting life cycles with expiration dates for people, places, things, concepts, morality, animals, trees, etc. Some longer lasting than others. And the realization that we as

humans are bio-inferior to the Sequoia tree which can live to be a 1,000 years old albeit stuck in one spot."

On a more human level, I think the impact of change is largely subjective and varies from person to person. We are all on a personal journey to become more conscious and aware. Life seems to bring us just what we need at each moment to evolve, wake up, become more alive and honest with ourselves, if we indeed let it and take time for self reflection. So yes, it's a good idea to be mindful of those activities and events that trigger certain emotions and behavior. Feel that, do this. As well as behaviors that illicit certain emotions. Do this, feel that.

So bring that to the canvas. I look forward to each artist's evolution especially with all the changes in the world today.

"Every work of art is an uncommitted crime. Art is not a mirror held up to reality, but a hammer with which to shape it." —Bertold Brecht



"Copper Ocean Sky" 14"x48" mixed/media w/copper leaf

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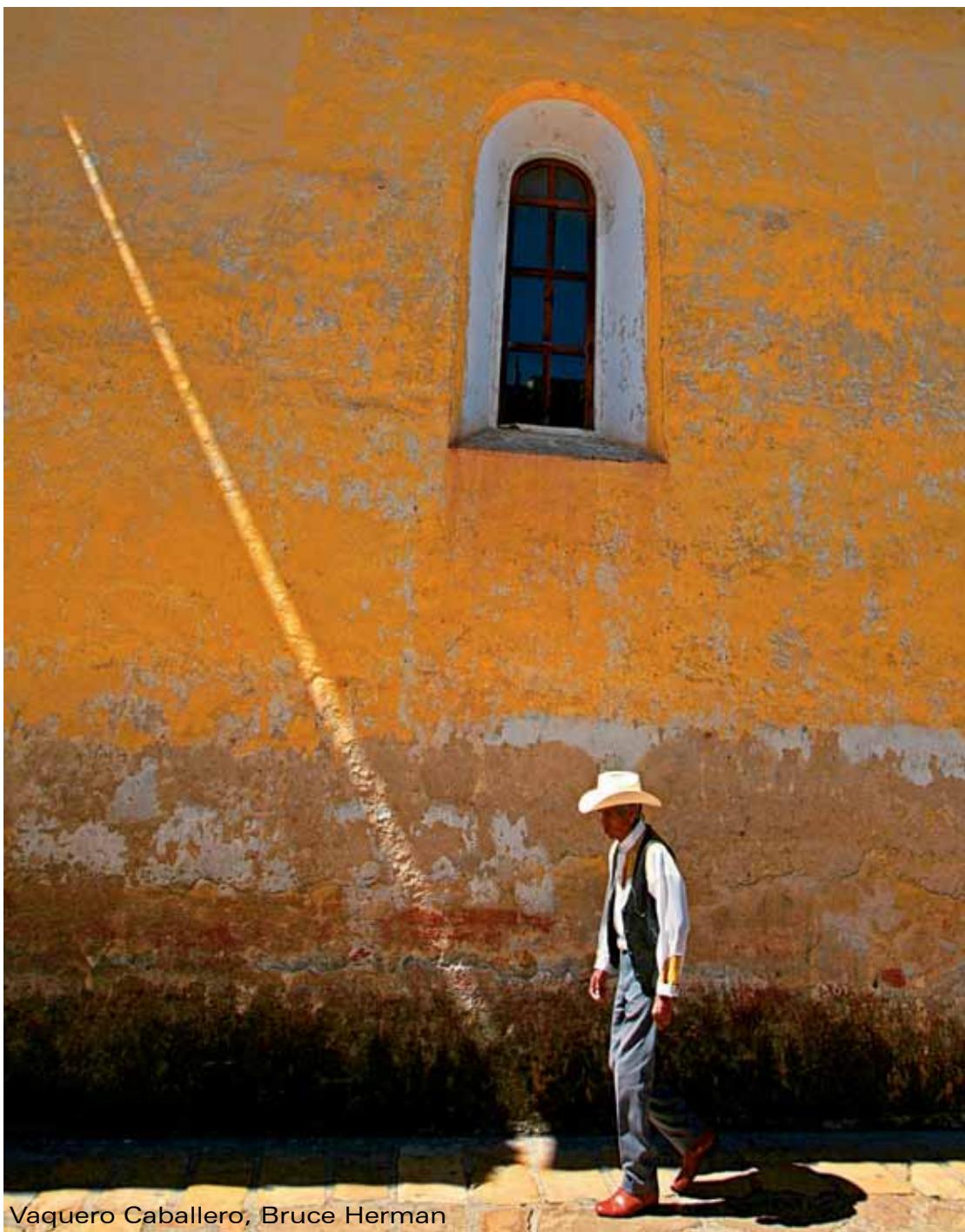
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# On the Cover / En la Portada

## Bruce Herman

by Zoë Dearborn, traducido por Elena Ascencio-Ibáñez



Vaquero Caballero, Bruce Herman

Internationally known photographer Bruce Herman has lived, worked and travelled extensively throughout Mexico for the past 25 years. His sports, fashion and travel photos have been published all over the world.

One of Mexico's premier travel photographers, Bruce has twice won the prestigious *Lente de Plata* (Silver Lens) award which were presented to him by Mexican presidents Ernesto Zedillo and Vicente Fox in recognition of his contributions to Mexico's tourism industry. Bruce was also the photo director for the guide book *Travelers Guide to Mexico* for over ten years.

Bruce has a deep love and respect for the traditional culture of Mexico. He revisits the same small communities year after year, and has become friends with many of the vibrant people who appear in his images. After he first experienced and photographed the Day of the Dead in the

early '90s when he traveled to Patzcuaro, Michoacan, Bruce has returned to mainland Mexico nearly every year since, to capture the rich diversity of *Día de Muertos* celebrations.

In Bruce's words: "I see Mexico as 'found art' and my ongoing visual obsession with this enormously photogenic country has resulted in tens of thousands of different images, including, hopefully, a few good ones."

Bruce's work can be found at Luz Gallery, a photography and graphic arts gallery on Calle Topete in Todos Santos. Bruce's work can also be seen at Casa Bonita Home Decor in Los Cabos.

Bruce has just published *Gente Bien Mexicana*, a beautiful hard cover book featuring more than 25 years of his photography which is available for sale at Luz Gallery, or through his website: <http://www.brucehermangallery.com/>



Huichol Chaman, Bruce Herman

El fotógrafo Bruce Herman, de reconocimiento internacional, ha vivido, trabajado y viajado mucho en México durante los últimos 25 años. Sus fotos de deporte, moda y viajes han sido publicadas por todo el mundo.

Bruce, uno de los principales fotógrafos de viajes, ha ganado dos veces el prestigioso premio *Lente de plata*, mismos que le entregaron los presidentes mexicanos Ernesto Zedillo y Vicente Fox como reconocimiento a sus contribuciones a la industria mexicana de turismo. Bruce también fue el director de fotografía para el libro guía *Travelers Guide to Mexico* (Guía para viajeros a México) durante más de diez años.

Bruce siente un profundo amor y respeto por la cultura tradicional de México. Visita de nuevo las mismas pequeñas comunidades año tras año, y se ha vuelto amigo de muchas de las personas vibrantes que aparecen en sus imágenes. Después de experimentar y fotografiar por primera vez el Día de Muertos cuando viajó a Pátzcuaro, Michoacán, Bruce ha regresado al interior de México casi cada año para capturar la rica diversidad de las celebraciones del Día de Muertos.

En las palabras de Bruce: "Veo a México como 'arte encontrado' y mi continua obsesión con este país enormemente fotogénico ha resultado en decenas de miles de diferentes imágenes, incluyendo, ojalá, unas cuantas buenas."

El trabajo de Bruce puede encontrarse en la Galería Luz, una galería de arte gráfico y de fotografía ubicada en la Calle Topete en Todos Santos. El trabajo de Bruce también puede verse en Casa Bonita en Los Cabos.

Bruce recién acaba de publicar *Gente Bien Mexicana*, un hermoso libro de edición de lujo que contiene más de 25 años de su fotografía, mismo que está a la venta en la Galería Luz, o a través de su sitio web: <http://www.brucehermangallery.com/>



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# Palapa Learning Center of Todos Santos

## Centro Educativo de la Palapa de Todos Santos

by/por Kathy Warnert & Ann Hazard, traducido por Elena Ascencio-Ibáñez

### OPEN HOUSE ON JANUARY 4, 2017

A major expansion is underway at the Palapa Society of Todos Santos, A.C. Construction on the Palapa Learning Center, the largest project ever undertaken by the Palapa Society, has reached the mid-point. When completed, it will dramatically transform the lives of even more local youth and their families.

Think back, if you will, to your formative years when a pivotal person stepped in, or an opportunity arose that was life-changing. It helped shape who you would become. Perhaps it was a teacher or coach, a family vacation or early passion, a live performance or inspiring event. These milestone moments, and the adults who helped make them happen, impacted and influenced who you are today. Every young person deserves these same positive influences and opportunities. The Palapa Society aims to provide them for the local youth through the new Palapa Learning Center.

Why the expansion? The Palapa Society began in 2002, housed in a small home downtown and there initiated its Bridge to English (Puente) Program. The program caught on and soon a larger space was needed. In 2012, Peter Buck and Chloe Johnson generously provided the current

### JORNADA DE PUERTAS ABIERTAS EL 4 DE ENERO, 2017

La Sociedad de La Palapa de Todos Santos, A.C. está bajo una gran expansión. La construcción del Centro Educativo de la Palapa—el proyecto más grande que haya iniciado la Sociedad de La Palapa—ha llegado la mitad de su trayecto. Cuando esté completo, transformará de manera dramática las vidas de incluso más jóvenes de la localidad y las de sus familias.

Si piensas en tus años formativos, recordando cuando una persona crucial entró a tu vida, o cuando surgió una oportunidad que cambió tu vida. Ayudó a formar a la persona en quien te convertirías. Tal vez fue un maestro o un entrenador, una vacación en familia o una pasión que descubriste temprano, una actuación en vivo o un evento inspirador. Esos momentos determinantes, y los adultos que ayudaron a hacerlos suceder, impactaron e influyeron en quien eres ahora. Cada joven merece estas mismas oportunidades e influencias positivas. La Sociedad de la Palapa aspira a proveer a la juventud de la localidad esas oportunidades e influencias con el nuevo Centro Educativo de la Palapa.

¿Por qué la expansión? La Sociedad de La Palapa comenzó PALAPA continúa en página 27



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## LET'S CELEBRATE!

Please join the Palapa Society for an Open House on Wednesday, January 4, 2017, from 3 to 5 pm.

That day is the opening of the site that will be the future Palapa Learning Center. Everyone is invited to enjoy refreshments, meet the Director, and tour the three buildings under construction. Bilingual docents will be on hand to provide information on how each space will be utilized. It's an opportunity to meet the people behind the scenes whose hard work and dedication are making this dream a reality. Located on Calle del Huerto (the bypass) next to the Aliser Mercado in Todos Santos.

building for a five year period. The Palapa Society grew to six programs including:

- ▶ Puente Program with over 120 students from elementary to high school learning English.
- ▶ BECA program offering over 60 High School and 20+ University scholarships.
- ▶ Adult English program with 50+ students annually.
- ▶ Community Library with over 6000 books and hundreds of videos in English and Spanish.
- ▶ Art Program.
- ▶ Eco-Kids Program.
- ▶ Chino program serving children with health challenges.

The Palapa Society also provides community support. For example, after Hurricane Odile, emergency supplies were provided and over 200 roofs replaced. Additional, on-demand needs are also fulfilled in real time.

A major step in the evolution of the Palapa Society occurred in 2015 as a result of a significant donation from a local couple, Cindy and Dave Higgins. The Higgins identified a need to not only expand the space for current programs, but also to offer a more rigorous education option to community youth by creating a middle and high school.

The Palapa Society's response was to build, staff and operate a high quality, SEP-certified (Mexican Education System) middle and high school in Todos Santos. Scholarships will be granted to students of merit who lack financial means, thus equalizing the playing field for all students to attend. "We are so grateful to the Palapa Society for all that it is doing to make the Palapa Learning Center a reality. Over the years we've watched how they've made a difference in Todos Santos and are proud to support this next chapter with the Palapa Learning Center," says Cindy Higgins.

PALAPA continued on page 26

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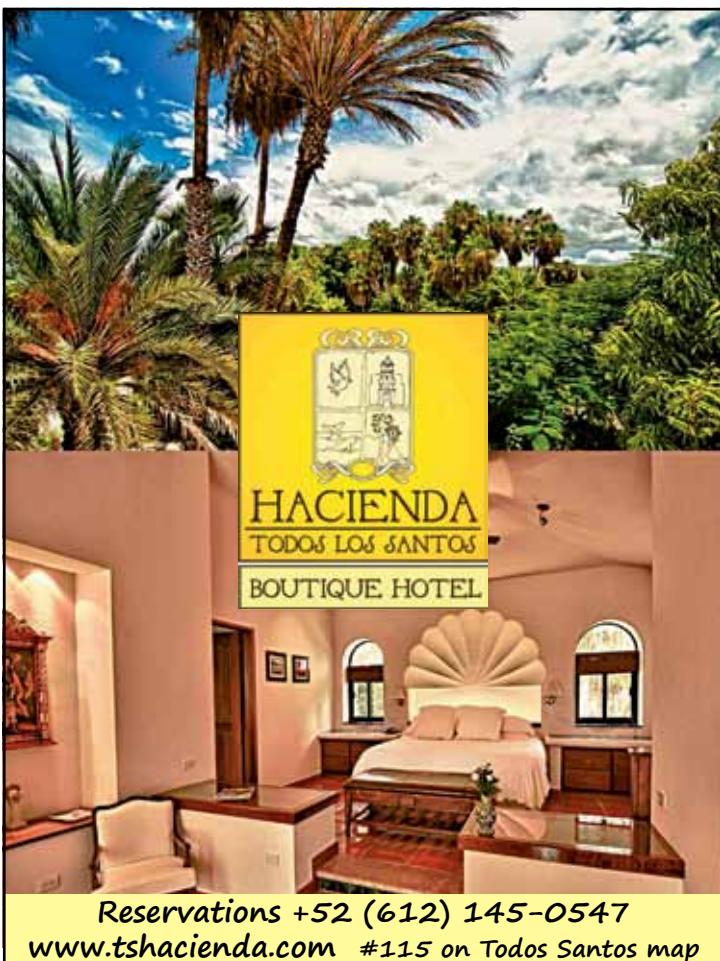
# A Giving Season

by / por Eliza Brennan  
International Community Foundation

The Holiday Season is officially underway in southern Baja, not only for the snow birds returning to the region after some time away, but also for Mexican families who gather for *las posadas*, tamales, and *ponche*. For many of us, the Holiday Season is also a Giving Season; a time to reflect on the gifts that we have received this past year, take stock of the things we can let go of, and give to those less fortunate than ourselves in any small amount that we can afford.

For those living or traveling in Mexico, where there are so many competing needs, charitable giving might seem particularly daunting and complex. Fortunately, for the past 25 years the International Community Foundation (ICF) has stepped-up to advise U.S. and other foreign nationals on the best opportunities to give back to the international communities that they care about. ICF is a nonprofit organization that seeks to increase health, education, and environmental grant making to local organizations in Northwest Mexico and Baja California, with the goal of strengthening civil society and promoting sustainable communities.

In 2016, ICF granted a total of US\$7.5 million, of which US\$5.6 million went to 71 organizations in Mexico. These grants were made possible by the generosity of donors who came to the organization either looking for advice on where their contributions would be best used, or to give



# La Temporada para Dar

por Eliza Brennan  
International Community Foundation  
traducido por Ricardo Madrazo

Ha iniciado la temporada navideña en la península de Baja California Sur, no sólo para los golondrinos que regresan a pasar la temporada, sino también para las familias mexicanas que se reúnen en las posadas, para disfrutar tamales y ponche. Para muchos, la época navideña es de generosidad; un momento para reflexionar sobre las bendiciones que hemos recibido este año, tomar conciencia de las cosas que se deben soltar, y ayudar a los menos afortunados que uno, en la forma que nos sea económicamente posible.

Para quienes viven en o viajan a México, donde coexisten muchas necesidades en competencia, pudiese parecer difícil y complejo encontrar un conducto para la donación caritativa. Afortunadamente, International Community Foundation (ICF) lleva 25 años ofreciendo información al público americano y mundial sobre las mejores oportunidades para apoyar a las comunidades internacionales que les importan. ICF es una organización sin fines de lucro que busca aumentar los recursos en apoyo a programas de salud, educación y medio ambiente de las organizaciones locales del norte de México y península de Baja California, con el fin de fortalecer a la sociedad civil y promover comunidades sustentables.

TEMPORADA PARA DAR cont. en página 22

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to one of the specific organizations who have 'Friends of' funds at ICF, such as the **Palapa Society of Todos Santos A.C.** The Palapa Society opened a 'Friends of' fund at ICF in 2004, recognizing that some U.S. donors, or donors with assets in the U.S. would not only feel more comfortable giving through a vetted 501(c)3 organization, but could also benefit from a tax-deduction when they give through ICF.

Furthermore, the Palapa Society's board and staff have benefitted from the technical assistance and guidance of ICF's experienced team that has helped the organization expand and improve their programs over the past 12 years. In 2015 ICF staff guided the Palapa Society through an arduous but critical strategic planning process, and this past October ICF's President & CEO, Anne McEnany, led a full-day Fundraising Workshop in Todos Santos for the organization's leadership team. The Palapa Society is currently constructing a brand new educational enrichment center, which, when completed in August 2017, will allow them to expand all current programs to better address community needs. Additionally, the new campus will include a secondary school, to provide a rigorous, quality educational experience to local youth, and scholarships will be granted to students of merit who lack financial means, thus equalizing the playing field for all students to attend.

In addition to supporting existing organizations, the International Community Foundation also identifies gaps in services that are not being met by any one private, public sector, or civil society organization and works to build alliances and fundraise to address these needs. This

is exemplified by the formation of the **Southern Baja Food Security Alliance (SBFSA)**. Over the past couple of years ICF has worked with the diverse members of SBFSA to study food insecurity amongst the poorest communities of the municipalities of Los Cabos and La Paz. Surveys demonstrated a lack of access to fresh and healthy foods and led to a pilot of a Community Garden program at two community kitchens. This year ICF is raising US\$137,000 to expand the garden program to additional sites and is in the planning phase of a food rescue program that will help get fresh produce and prepared food, which is often wasted, to families that need it most.

Another great example of ICF stepping up to fill a void, is its work supporting the sustainable development of the community of El Triunfo through a major restoration project of the town's iconic La Ramona smokestack. Nestled in the Sierra La Laguna mountain range, between the desirable destinations of Los Cabos, La Paz, and Todos Santos, this small town is blossoming as a tourist destination, with Bar El Minero, hip cafes and art galleries, and boutique hotels attracting an increasingly diverse clientele. But in order to sustain this progress, and improve the safety and well-being of local residents, El Triunfo needs help with repairs to critical infrastructure. Built in the 1890s by El Progreso Mining Company, the La Ramona smokestack was recently designated a historical landmark by the Mexican Institute of Archeology and History (INAH); at a looming 47-meters, La Ramona is a relic of a more prosperous era in the region, and a sobering reminder of the impacts of unhindered

GIVING SEASON continued on page 23

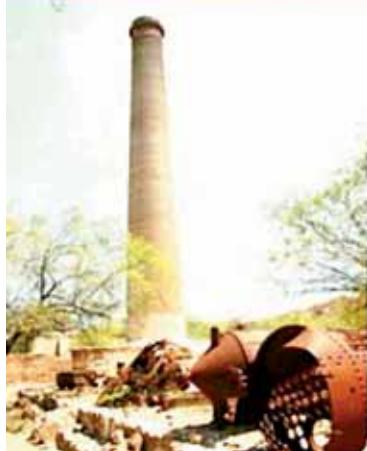


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# Whale Life & Death

by por Bryan Jáuregui  
Todos Santos Eco Adventures



Mama and Baby Gray Whales  
Bruce Herman

## IN THE WATERS OF TODOS SANTOS

Blue whales are generally loners, seemingly content with long-distance relationships enabled by their ability to project their voices up to 1,000 miles. At the other end of the whale social spectrum are the orcas, highly social creatures who live in matriarch-dominated groups that rely heavily on each other for comfort, safety, child-rearing and food procurement. Somewhere in the middle are the humpbacks, whales who migrate together and cooperate in feeding, but otherwise tend toward the solitary. But the one thing that all whale species share is a strong mother-child bond, with babies staying with their mothers for at least the first year of life, and in some species for much longer. And when these species intersect, with competing demands for food and child protection, the results can be dramatic.

Humpbacks, like blue whales, are baleen feeders, enormous marine mammals who dine on tiny organisms like krill and plankton. Orcas on the other hand, are happy to make a meal of their fellow marine mammals and routinely dine on seals, sea lions and yes, other whales. Last year one of our guides was out just off the coast of Todos Santos with some guests and one of our local Todos Santos fishing captains, Agustin Agundez, when they noticed a big commotion

in the water. As they observed they could see that there were two adult humpback whales trying to protect a baby humpback from an adult orca who was trying to separate the baby from the adults and move it towards his waiting partner. The humpbacks formed a thrashing barrier around the baby, repeatedly going under the water to head off the orca and all the while screaming both in the water and in the air. The sound was the embodiment of distress, and it was excruciating for the humans to hear; they felt helpless in the face of such anguish. But the other humpbacks in the area knew exactly what to do. Three adult humpbacks converged on the scene from three different directions and drove off the orcas with their superior size and numbers. The baby humpback was saved. It's a happy mammal story.

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# Vida y Muerte de las Ballenas

por Bryan Jáuregui,  
Todos Santos Eco Adventures  
traducido por Paula Angeloni

## EN LAS AGUAS DE TODOS SANTOS

Las ballenas azules son seres solitarios que parecen estar satisfechas con sus relaciones a larga distancia ayudadas por su capacidad de proyectar sus voces hasta 1.600 kilómetros. En el otro extremo del espectro social de las ballenas, están las orcas. Estas últimas son criaturas altamente sociales que viven en grupos dominados por matriarcas y dependen en gran medida el uno del otro para su comodidad, seguridad, crianza de las crías y la adquisición de alimentos. En alguna parte en el medio de este espectro se encuentran las jorobadas, ballenas que migran juntas y cooperan en la alimentación, pero fuera de eso tienden a ser solitarias. Pero lo que sí comparten todas las especies de ballenas, es un fuerte vínculo madre-hijo, con bebés que permanecen con sus madres por lo menos durante el primer año de vida y en algunas especies por mucho más tiempo. Y cuando estas especies se encuentran, con demandas competitivas por alimentos

y protección infantil, los resultados pueden ser dramáticos. Tanto las jorobadas, como las ballenas azules, son ballenas con barbas y se alimentan filtrando diminutos organismos como el krill y el plancton. Las orcas por otro lado, felizmente se alimentan de sus compañeros mamíferos marinos y rutinariamente cenan focas, lobos marinos y sí, ocasionalmente otras ballenas también. El año pasado uno de nuestros guías estaba en el mar frente a la costa de Todos Santos con algunos invitados y uno de nuestros capitanes de pesca de Todos Santos, Agustín Agundez, cuando de pronto notaron una gran conmoción en el agua. Al observar detenidamente, pudieron percibirse de que habían dos ballenas jorobadas adultas tratando de proteger a una cría de jorobada de una orca adulta que estaba tratando de separar al bebé de los adultos y moverlo hacia su compañero que estaba esperando. Las jorobadas formaron una barrera alrededor del bebé, yendo varias veces bajo el agua para apartar a la orca mientras gritaban tanto en el agua como en el aire. El sonido era la propia encarnación de la angustia, siendo tan intenso que los humanos lo lograban oír fuera del agua y se sentían indefensos frente a tanta angustia. Pero las otras jorobadas de la zona sabían exactamente qué hacer. Tres jorobadas adultas convergieron en la escena de tres diferentes direcciones y espantaron a las orcas con su tamaño y número superior. El bebé de las jorobadas se salvó, siendo esta una historia de mamíferos con final feliz.

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# Temporada para Dar

continuó de página 18

En 2016, ICF otorgó un total de 7.5 millones de dólares, de los cuales 5.6 millones se destinaron a 71 organizaciones en México. Estas donaciones fueron posibles gracias a la generosidad de los donantes que acudieron a ICF buscando asesoría sobre dónde mejor se utilizarían sus contribuciones o para donar a una de las organizaciones específicas que tienen fondos de "Amigos" en la ICF, como por ejemplo, la **Sociedad Palapa de Todos Santos A.C.** La Sociedad de La Palapa abrió un fondo de "Amigos de La Palapa" bajo ICF en 2004, lo cual permitió que los donantes estadounidenses tengan no sólo la confianza de donar a una organización certificada como 501(c3), sino que también podrían beneficiarse de una deducción de impuestos en Estados Unidos al donar a través de ICF.

Adicionalmente, el consejo de administración y el personal docente de la Sociedad de La Palapa se han beneficiado de la asistencia técnica y orientación del equipo experimentado de ICF que ha ayudado a la organización a expandir y mejorar sus programas los últimos 12 años. En 2015, ICF guió a la Sociedad de La Palapa a través de un arduo y crítico proceso de planeación estratégica, y en octubre pasado, Anne McEnany, Presidenta y Directora Ejecutiva de ICF, dirigió un Taller de Recaudación de Fondos en Todos Santos para el equipo de liderazgo de la organización. La Sociedad de La Palapa está actualmente construyendo un nuevo centro educativo que, una vez terminado en agosto de 2017, les permitirá ampliar todos los programas actuales para atender mejor las necesidades de la comunidad. Además, el nuevo campus incluirá una escuela secundaria y preparatoria, para proporcionar una experiencia educativa rigurosa y de calidad a la juventud local, y se ofrecerá becas a los estudiantes de mérito que carezcan de medios financieros, igualando así el campo de juego para que todos los estudiantes asistan.

Además de apoyar a las organizaciones existentes, International Community Foundation también identifica las necesidades en los servicios que no están siendo satisfechos por ninguna organización privada, del sector público o de la sociedad civil y trabaja para construir alianzas y recaudar fondos para atender estas necesidades.

Esto es ejemplificado por la formación de la **Alianza de Seguridad Alimentaria del Sur de Baja California** (SBFSA, por sus siglas en inglés). Durante los últimos dos años, ICF ha trabajado con los diversos miembros de SBFSA para estudiar la inseguridad alimentaria entre las comunidades más pobres de los municipios de Los Cabos y La Paz. Las encuestas demostraron una falta de acceso a alimentos frescos y saludables y condujeron a un programa piloto de una hortaliza comunitaria en dos cocinas comunitarias. Este año, ICF está recaudando 137 mil dólares para ampliar el programa de hortaliza a sitios adicionales y está en la fase de planeación de un programa de rescate de alimentos que ayudará a obtener productos frescos y alimentos preparados, que a menudo se desperdicia, a las familias que más lo necesitan.

Otro gran ejemplo de ICF que se está preparando para llenar un vacío es su trabajo de apoyo al desarrollo sustentable de la comunidad de El Triunfo a través de un importante proyecto de restauración de la emblemática chimenea La Ramona en este pueblo. Ubicado en la Sierra de la Laguna, entre los atractivos destinos de Los Cabos, La Paz y Todos Santos, este pequeño pueblo florece como destino turístico, con Bar El Minero, cafés y galerías de arte, y hoteles boutique que atraen a una clientela cada vez más diversa. Pero para mantener este progreso y mejorar la seguridad y el bienestar de los residentes locales, El Triunfo necesita ayuda para reparar su infraestructura crítica. Construida en la década de 1890 por la Compañía Minera El Progreso, la Chimenea La Ramona fue recientemente designada como hito histórico por el Instituto Nacional de Antropología e Historia (INAH); La Ramona es una reliquia de una era más próspera en la región, y un recordatorio serio de los impactos en la población y el medio ambiente de la minería desenfrenada de metales pesados.

En 2015, reconociendo el potencial turístico de El Triunfo, ICF conectó a líderes locales y ejidales con el Corredor Histórico CAREM, A.C., una de las organizaciones culturales más poderosas de la península de Baja California. Con el apoyo de las autoridades locales y del gobierno mexicano, han iniciado los procesos de permisos y diseño y el inicio de la restauración está programado para enero de 2017. ICF actualmente está ayudando a CAREM a recaudar fondos por 160 mil dólares para dicha restauración, principalmente a través de su campaña "Adopta un Ladrillo," donativos de 50 dólares por ladrillo.

TEMPORADA PARA DAR cont. en página 54



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# Giving Season

continued from page 19

heavy metal mining on communities and the environment alike.

In 2015, recognizing the tourism potential of the town, ICF connected the local *ejido* and leaders to **Corredor Historico CAREM, A.C.**, one of the most powerful cultural organizations in the Baja California peninsula. With support from the local authorities and Mexican government, permitting and design processes are well under-way, and groundbreaking on the restoration is scheduled to begin in January 2017. ICF is currently helping CAREM fundraise US\$160,000 for the restoration, primarily through an 'Adopt-a-Brick' campaign for US\$50 per brick.

In partnership with the U.S.-based Waterkeeper Alliance, ICF has incubated the growth of the **Baja Waterkeeper Alliance**, identifying local conservation leaders to protect the valuable water resources of the Baja California Peninsula. Strategically located in urban cities, like La Paz, as well as smaller towns, like Loreto and San Quintín, the Baja Waterkeepers collectively monitor water quality, perform beach cleanups, and keep residents informed about when it's safe to swim and fish at 75 sites along the Gulf of California and Pacific Coast beaches.

One of the most important roles the Waterkeepers play in their communities is conducting water quality monitoring,



Vendedor de Flores, Bruce Herman

and publishing the results in an online Swim Guide (which can be downloaded as an App). Public demand for this information in the region is evidenced by the incredible 544% increase in the number of users of the Mexican Swim Guide between 2015 and 2016. In addition to providing strategic guidance and promoting their work, ICF is currently fundraising US\$500,000 to continue this important data collection and advocacy work in 2017.

Whatever inspires you to give back during this giving season—whether it's the beautiful oceans that surround us here in Baja, the sweet smiles of local children, the smell of freshly baked tortillas, or even the hardworking ethic of your neighbors, who are striving to make this region more healthy, vibrant, and inclusive for all of us—the International Community Foundation is here to help. For more information visit [www.icfdn.org](http://www.icfdn.org) or contact Anne McEnany at [anne@icfdn.org](mailto:anne@icfdn.org).

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# Events

## december

**December 16 | 9 am, HOLIDAY FUNDRAISER YOGA** with live music at Baja Zen at Los Cerritos. This event raises money for local dog rescue. Party to follow at 10:30 am with treats and raffle prizes.

**December 16 | 5:30 pm, TODOS SANTOS SPEAKER SERIES** at the Centro Cultural "Prof. Néstor Agundez" in Todos Santos. "Birding in Baja California Sur" with Roberto Carmona (UABCS), Kaia Thomson and Sergio Jáuregui, **Todos Santos Eco Adventures**. Our area is rich in diverse ecosystems with over 430 birds species spotted in BCS. The speakers will describe eight distinct habitats and present a rich photographic display of many of the species that inhabit them. This event will kick off the Annual Christmas Bird Count that takes place December 17<sup>th</sup>. Registration available at the presentation. Admission of \$150 pesos will go towards supporting the presenters' missions. Seating is limited. Doors open at 5 pm. Advance tickets available at **El Tecolote Bookstore** in Todos Santos.

**December 18 | 4 pm, OPEN READING** at **Rumi Garden**. All writers are invited to read up to 10 minutes of your original work. Or just come to listen. Storytellers also welcome! Your story does not have to be written down, just told and true. For more information contact: Zoë Dearborn, zoe@cultivatecreativity.net, <http://www.cultivatecreativity.net>, (612) 105-0056

**December 20 | 5 – 7 pm, 2<sup>ND</sup> ANNUAL ART SHOW** by the Thursday Artists at Mangos in Todos Santos. All new cool art at great prices, with wine and cookies. Info: Susan Doyle, [timsudoyle@hotmail.com](mailto:timsudoyle@hotmail.com)

**December 20-30 | MANDARAVA HOLIDAY RETREAT** with Nina Robinson at Tsegaygar West in the extraordinary Cape Mountains of San José del Cabo. For more information or to register: [www.TsegaygarWest.Org](http://www.TsegaygarWest.Org)

**December 25 | 1 – 9 pm, SPECIAL**

**CHRISTMAS MENU AND PAELLA** with live music at **El Mirador Ocean View Restaurant** in Todos Santos.

**December 25 | CHRISTMAS DINNER** at **Cerritos Beach Inn** in Pescadero. Dinner with ham, vegetables, mash potato and gravy and more.

**December 25 | CHRISTMAS DAY FEAST** at **El Refugio Mezcalería** in Todos Santos. Barbacoa turkey, chipotle sweet potatoes, and more. Mezcal tastes and cocktails available as always! For details and to RSVP call (612) 100-9993.

**December 31 | NEW YEAR'S EVE BUFFET** at **Cerritos Beach Inn** in Pescadero. Buffet with smoked pork and chicken.

**December 31 | 5 pm – 12:30 am, SPECIAL NEW YEAR CELEBRATION DINNER** at **El Mirador Ocean View Restaurant** in Todos Santos.

**December 31 | 7 pm, NEW YEAR'S EVE PARTY** with live music at **La Esquina** on the *otro lado* in Todos Santos.

**December 31 | MEXICAN NEW**

**YEAR'S EVE PARTY** at **Gallo Azul** in Todos Santos. Dance to salsa, and Latin rhythms. Many surprises throughout the night. 8 pm, dinner by reservation only, (612) 158-8457. 10 pm, party starts, open to all.

## january 2017

**January 4 | 3 - 5 pm, PALAPA SOCIETY OPEN HOUSE** on Calle del Huerto (the bypass) next to the Aliser Mercado in Todos Santos. Celebrate the opening of the site that will be the future Palapa Learning Center. Everyone is invited to enjoy refreshments, meet the Director, and tour the three buildings under construction. Bilingual docents will be on hand to provide information on how each space will be utilized. Meet the people behind the scenes whose hard work and dedication are making this dream a reality.

**January 5 | 6 – 10 pm, LIVE MUSIC** at **La Esquina** on the *otro lado* in Todos Santos, (no cover).

EVENTS cont. on page 56

## HAPPY HOUR

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

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

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

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

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

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

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

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

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

**La Morena M T W Th F Sa 4 – 6 pm**

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

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



## Dharma Talks & Meditation

Sunday Mornings

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## sunday

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

11 am, **NFL FOOTBALL & FISH TACO SUNDAY** at Chill N Grill in Todos Santos. 3 fish tacos for \$100 pesos.

**NFL FOOTBALL** at Cerritos Beach Inn in Pescadero.

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

5 – 8 pm, **LIVE MUSIC** with “Guitarras Tapatias” at El Mirador Ocean View Restaurant.

## monday

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

**NFL FOOTBALL** at Chill N Grill in Todos Santos.

**NFL FOOTBALL** at Cerritos Beach Inn in Pescadero.

**MEATLOAF SPECIAL** with mashed potatoes and gravy and green beans and bacon 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 am – 5:30 pm, **ORGANIC VEGETABLES** at Rancho Buen Día in the *callejon* of Todos Santos.

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

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

**TUESDAY NIGHT MUSIC JAM** at MiniSuper Munchies in Pescadero.

## wednesday

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

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

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

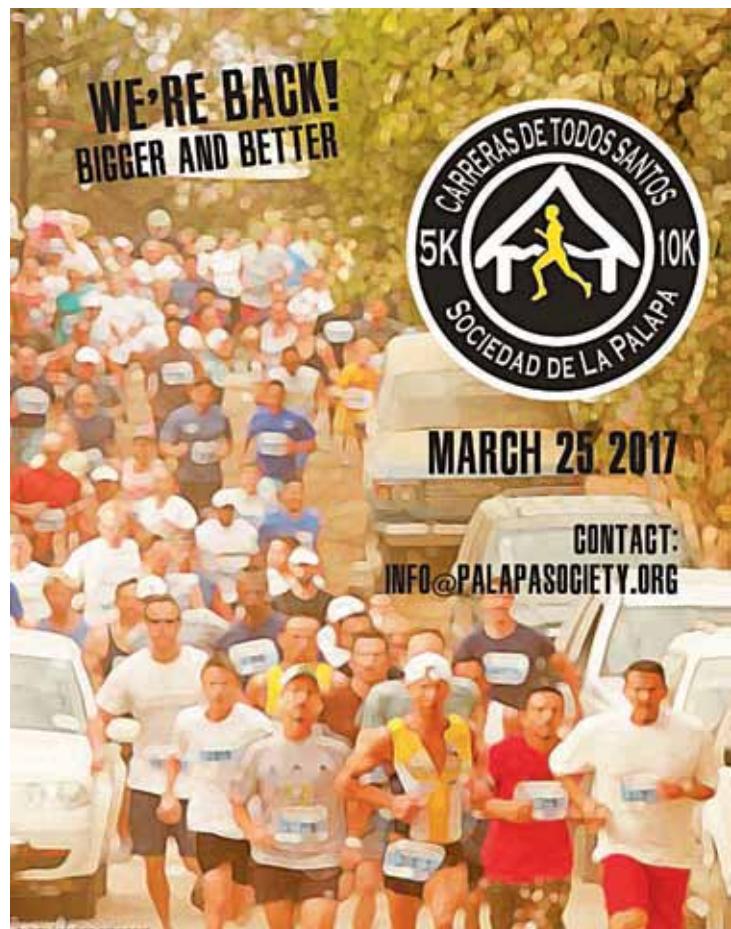
6:30 - 9 pm, **LIVE MUSIC** at FreeSouls at Cerritos Beach.

## thursday

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

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

WEEKLY EVENTS continued on page 57



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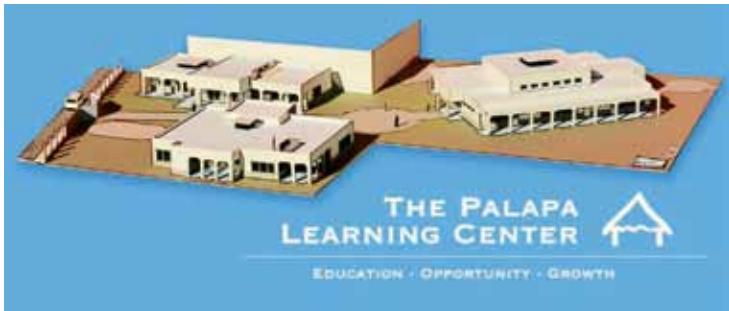
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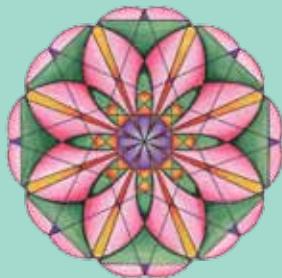
**¡CELEBREMOS!**

Por favor acompaña a la Sociedad de la Palapa a una Jornada a Puertas Abiertas el miércoles 4 de enero del 2017, de 3 a 5 pm.

Ese es el día de la inauguración del sitio que se convertirá en el futuro Centro Educativo de la Palapa. Todos están invitados a disfrutar de refrescos, a conocer al director y a dar un recorrido por los tres edificios en construcción. Habrá guías bilingües disponibles para proveer información sobre cómo se utilizará cada espacio. Es una oportunidad para conocer a la gente detrás de este proyecto, cuyo trabajo y dedicación están convirtiendo este sueño en una realidad. Ubicado en la Calle del Huerto, junto al Mercado Aliser en Todos Santos.



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#134 on Todos Santos map

# Palapa

continued from page 17

Where is the project today? The land has been purchased, construction of all three buildings is underway, a Director of Schools has been hired, curriculum written, and the first class will begin in August of 2017.

This is exciting and life changing on many levels. Young people in Todos Santos will have opportunities they could never imagine before. Long-term, the Palapa Society hopes that the young adults will want to return to Todos Santos, after university, start businesses and raise families, thus retaining our community's intellectual and economic potential.

Palapa Society President, Erick Ochoa says, "Through education, the Palapa Society has helped local families pursue a better life for their children. With the help of the Higgins, we are able to offer another solid option. We are witnessing how investing in the education of our youth is making this an even better place to live."

For more information or to donate, visit: <http://www.palapasociety.org> and click the DONATE tab. Donations are tax deductible and can be made online or at Banco Bancomer.

en el 2002, en una casa pequeña en el centro del pueblo y ahí inició su Programa Puente al inglés. El programa creció y pronto fue necesario un espacio más grande. En el 2012, Peter Buck y Chloe Johnson generosamente proveyeron el edificio que se utiliza actualmente, por un periodo de cinco años. La Sociedad de la Palapa creció a seis programas que incluyen:

- ▶ El Programa Puente con más de 120 estudiantes de niveles desde primaria hasta preparatoria aprendiendo inglés.
- ▶ El Programa BECA que ofrece más de 60 becas para estudiantes de preparatoria y más de 20 para universitarios.
- ▶ El Programa de inglés para adultos con más de 50 estudiantes al año.
- ▶ La Biblioteca comunitaria con más de 6000 libros y cientos de videos en inglés y español.
- ▶ Programa de arte.
- ▶ Programa ecológico para chicos.
- ▶ El Programa Chino al servicio de los niños con desafíos de salud.

La Sociedad de la Palapa también provee apoyo comunitario. Por ejemplo, tras el huracán Odile, se entregaron artículos de emergencia y se reemplazaron más de 200 techos. También se cubren—en tiempo real—necesidades adicionales que se nos solicitan.

Un gran paso en la evolución de la Sociedad de la Palapa ocurrió en el 2015 como resultado de una donación significativa por parte de una pareja de la localidad, Cindy y David Higgins. Los Higgins identificaron una necesidad, no solamente de expandir el espacio para los programas actuales, sino también para ofrecer una opción

de educación más rigurosa a la comunidad de jóvenes al crear una secundaria y preparatoria.

La respuesta de la Sociedad de la Palapa fue construir, contratar personal y operar una secundaria y preparatoria de alta calidad y certificada por la SEP en Todos Santos. Se otorgarán becas de mérito a los estudiantes quienes carezcan de medios económicos, balanceando así las condiciones para que todos los estudiantes asistan. "Estamos tan agradecidos con La Sociedad de la Palapa por todo lo que está haciendo para hacer del Centro Educativo una realidad. A lo largo de los años hemos observado cómo han hecho una diferencia en Todos Santos y nos enorgullece apoyar este nuevo capítulo con el Centro Educativo de la Palapa," dice Cindy Higgins.

¿Dónde se encuentra hoy el proyecto? El terreno ha sido adquirido y la construcción de los tres edificios está en marcha, se ha contratado a un director, se ha elaborado el currículo y la primera clase arrancará en agosto del 2017.

Esto es emocionante y constituye, en muchos niveles, un cambio en la vida. Los jóvenes en Todos Santos tendrán oportunidades que antes nunca pudieron haberse imaginado. A largo plazo, la Sociedad de la Palapa espera que los jóvenes adultos quieran volver a Todos Santos, después de la universidad, a empezar negocios y criar familias, reteniendo así el potencial intelectual y económico de nuestra comunidad.

Erick Ochoa, el presidente de la Sociedad de la Palapa, dice: "La Sociedad de la Palapa, a través de la educación, ha ayudado a familias de la localidad a buscar una mejor vida para sus hijos. Con la ayuda de los Higgins, podemos ofrecer otra opción sólida. Estamos siendo testigos de cómo el invertir en la educación de nuestra juventud está haciendo de éste un sitio aún mejor para vivir."

Para mayores informes o para hacer donaciones en línea (deductibles solo en EU), visita <http://palapasociety.org> y haz clic en DONATE. Donaciones deductibles de impuestos en México pueden hacerse a través de Bancomer y escribiendo a [info@palapasociety.org](mailto:info@palapasociety.org) para gestionarlo.



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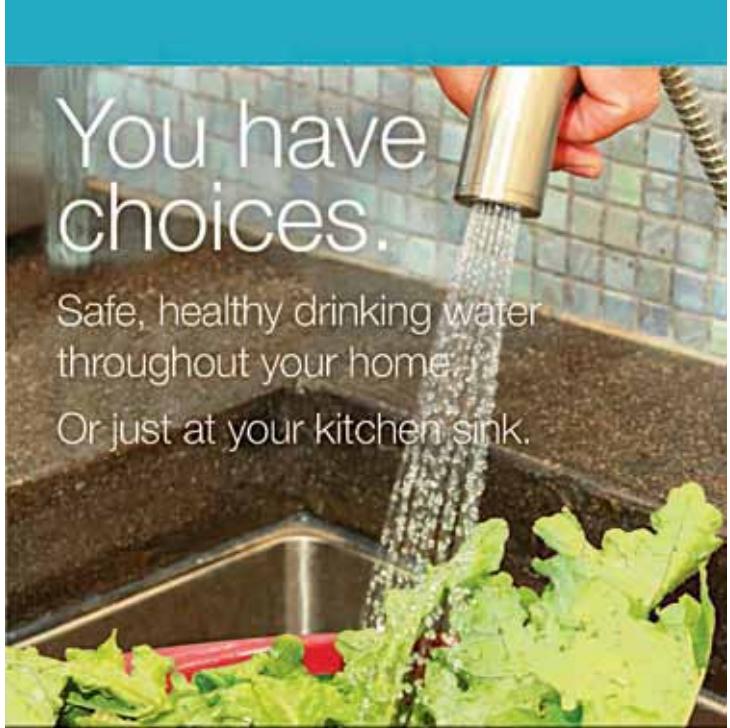
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## Tiny Town Revisited

by Pam Cobb

Well, Tiny Town is still here and so am I. I'm not sure I can explain the past few years in English or in Spanish, it was simply a series of actions and consequences—definitely climaxing with more action than I bargained for, to be sure. It began when my once peaceful morning dog walks on the beach were increasingly invaded by that chatty voice in my head that held counsel on the various opinions of all the people in my life—locals (Mexicans and *gringos*), my husband and the dusty sentiments of relatives whose opinions never seemed to weaken. Add endless hours of reading Facebook posts, and last, but certainly not least, watching the drama of strange and unusual relationships on reality TV and the news. The luster of my golden years was tarnishing quickly.

Somewhere along the line I seem to have decided that age 75 was my deadline for making any and all final adjustments to my life. Yet in my early 70s I found myself lounging lazily as I watched the whales swim by, semi-content with my life and basking in *floja*-ness. As my 75<sup>th</sup> birthday approached, however, those morning dog walks became a time of self-reflection and turned my head into a mental courtroom that scrutinized, accused and judged the endless ideas I had for how life should be at this point. Why 75? Something about that number yelled at me and slapped me in the face. The number said "old." Your head can still be thinking thoughts and making plans as if you were 30 or 40, and with no children of my own, it's often easy to forget the passage of time... but when a stranger calls you grandma—"Let me help you with that, grandma"—it can be a surprising reminder that your 75-year-old face and body give you away. You're old no matter how young the free spirit in your head feels. In fact, I recently discovered that the average lifespan of a Mexican woman is only three years older than I am right now. Oh, my gawd. So at 75, I decided it was time for some changes. Being aware that your expiration date is closing in makes time a more precious commodity. You are older than dirt.

The idea of shaking my life up appealed to me much more than keeping the status quo. Sometimes I think I have to rock the boat, it's just what I do to keep feeling alive. And it's been a good thing, moving me from some deep dark places into some unexpected ones. For starters, I thought it was time to set relationships straight, i.e., time to get divorced, sell the house and do something different. In typical Mexican fashion, that took several years to accomplish, and I soon learned that even if your marriage has no shared assets, a divorce in Mexico is still a nightmare. The three months initially quoted us turned into over a year of trips to the courthouse in La Paz. During this period we became very familiar with the courthouse staff, not to mention other divorcing couples and attorneys, and after a while many asked us the same question: "You two laugh so much together, why are you getting divorced?" We didn't tell them that we always laughed nervously in Mexican offices because we rarely understood what was going on. And,

the finale, when I handed our final decree to the judge in Todos Santos who had married us 13 years earlier, we made many jokes about marriage and us not understanding the Spanish language on the paper listing "marital responsibilities" that came with the marriage certificate. And so it came full circle in an unexpected way, ending as we began, strangers in a strange land. Then again, I had felt that way all my life, Mexico had nothing to do with that.

Age 75 also seemed like a good time to quit drinking, so I added that to my bucket list and began attending local AA meetings, getting to know some incredible Todos Santos residents in the process. But I hadn't taken into account that as much as I like change in my life, I like to be the one in charge of the changes. Taking advice is something I still haven't mastered very well, but I must say my AA companions were extremely tolerant of my "I'll do it my way" attitude. As one who has always questioned authority, I argued my case for why every AA rule did not apply to me, still they never kicked me out. And eventually I did make changes. When I was with drinkers and drank less myself, I found myself listening and observing rather than trying to think of snappy patter. There's a lot to be said for simply listening. After all, the people who talk the most are usually repeating things they already know, whereas listeners usually learn new things.

There were other changes to consider in my life at this time as well, like where I would live and what I would do post-divorce and even, where do I want to die? I wondered if it was time to follow my health insurance and go back to the United States. More structure would be good too, perhaps becoming a bagger at a grocery—a five-to-seven



Oaxaca Blues, Bruce Herman

shift would help moderate my drinking in the evenings. But after not working for 12 years did I really want a job? Or to live in California? I'd drive down the streets of Todos Santos and see so many familiar faces and we'd all wave, something that never happened in California. I've lived in Todos Santos longer than any place I've ever lived since age 18. So I put an ad in the *Baja Western Onion* looking for a home for a *gringa* with four dogs and five cats. No one responded. Was it me or the animals?

True to form, however, they don't call it *Pueblo Mágico* for nothing. Someone finally did answer my ad, offering me a cute little rental house, but without light covers, fridge, stove, closets, city water, Wifi or TV. Not quite what I had envisioned, but when someone is willing to accept a senior citizen with an animal empathy condition, you make room for bargaining and compromise. Somehow TINY TOWN continued on page 50

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# Bees, Bugs and Butterflies

story and photos by Kaia Thomson



Lasioglossum sisymbrii



you will realize that the bushes are a buzz with happy arthropods.

One can easily see where the creatives for sci-fi get their material with some of the species sporting spines, hairs and brilliant colors. Not to mention gigantic eyes and antennae! These exotic looking pollen and nectar feeders are generally



Hemiargus ceraunus

## Abejas, Bichos y Mariposas

historia y fotos por Kaia Thomson  
traducido por Elena Ascencio-Ibáñez

One of the many benefits of the summer rains are the fall flowers that subsequently bloom and attract a plethora of fascinating insects. Just stand next to a Romerillo (*Baccharis sarothroides*) for a few minutes and soon

Uno de los muchos beneficios de las lluvias de verano son las flores de otoño que brotan como consecuencia y que atraen a una plétora de insectos fascinantes. Simplemente párate cerca de un Romerillo (*Baccharis sarothroides*) durante unos minutos y pronto verás que los arbustos son un zumbido lleno de artrópodos felices.

Uno puede fácilmente ver dónde encuentran su material los creativos de ciencia ficción con algunas de las especies mostrando espinas, pelos y colores brillantes. ¡Sin mencionar ojos y antenas gigantes! Se alimentan de polen y néctar, tienen apariencia exótica y están generalmente tan ocupados con sus tareas de alimentación y recolección, que le prestan poca atención a un observador, especialmente con cámara o binoculares.

ABEJAS, BICHOS Y MARIPOSAS  
continúa en página 32

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Larra bicolor

so busy with their task of feeding and gathering, that they pay little attention to an observer, especially with camera or binoculars.

On the taxonomic scale, these six legged creatures from the Kingdom of Animalia are listed under the Phylum of Arthropods and Insecta class. Their subphylum Hexapoda (derived from Greek for six legs) constitutes the largest number of species of arthropods. Most other arthropods have more than three pairs of legs.

The busy, varied insects seen moving around on one single bush contribute to the plant's well-being and survival by aiding with pollination, pest control and seed distribution. In other words, even small bugs have giant roles in the big picture of the balance of nature!



Leptotes cassius



Harrisina

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Apis mellifera



Juaniopsis adjusta



Harrisina

## Abejas, Bichos y Mariposas

continuó de página 30

En la escala taxonómica, estas criaturas de seis patas del reino Animalia, están listadas bajo Phylum Artrópoda y clase Insecta. Su subphylum Hexapoda (derivado del griego por seis patas) constituye el número más grande de especies de artrópodos. La mayoría de los otros artrópodos tienen más de tres pares de patas.

Los variados y ocupados insectos que se ven moviéndose alrededor en un solo arbusto contribuyen al bienestar de la planta y a su supervivencia asistiendo con la polinización, control de plagas y distribución de semillas. En otras palabras, incluso los bichos pequeños tienen roles gigantes en la gran imagen del balance de la naturaleza!



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# El Cielo: The Baja Sky

by Roc Fleishman  
photo by Kaia Thomson

Welcome to the holiday 2016/2017 edition of *El Cielo*, highlighting the more visible movements of the heavenly objects above the Pacific Coast of Baja California Sur. Keep this list close at hand and enjoy the sky.

## MOON/PLANET CALENDAR

### DECEMBER

- 21<sup>st</sup> Winter solstice 3:44 am. Sun declination -23.435°.
- 22<sup>nd</sup> Jupiter and the moon cross the sky together, closest just before dawn. This would be a good time also to look for Ursa Minorid meteors. They will appear to be radiating from the Little Dipper area.
- 30<sup>th</sup> New moon, thin crescent facing upwards.
- 31<sup>st</sup> Reddish Mars and bluish Neptune super close above it will set in the west about 10 pm. You should be able to find Neptune in the same binocular field as Mars showing as the funny little bluish disk object.

### JANUARY

- 1<sup>st</sup> Venus with the new moon in the sunset, with Mars up and left.
- 2<sup>nd</sup> Mars close to the new moon after sunset. With binoculars, you should look for Neptune in-between the brighter two.
- 3<sup>rd</sup> Early morning hours of the third should come alive with the maximum of the Quadrantid meteor

shower, peaking at 7 am. It is always active from around December 31<sup>st</sup> until the sixth or so of January.

- 12<sup>th</sup> Your third chance to see Neptune as it will be just below and to the left of bright Venus until they both set at about 9 pm.
- 18/19<sup>th</sup> Around midnight, Jupiter and the now waning quarter moon rise together.
- 24<sup>th</sup> Saturn rises just to the right of the thin crescent moon about 5 am.
- 25<sup>th</sup> Mercury is the bright "star" just below to the thin waning crescent moon.
- 28<sup>th</sup> New moon visible in the west. Look just above where the sun sets, it is only about a half hour behind the sun. Will need clear conditions and binoculars will help (after sunset).

While researching the upcoming events, I found a very cool feature of CalSky.com. It has an easy function to find times and locations from where you can watch various satellites, including the ISS, cross in front of the moon or the sun. These events don't happen every day from a given area, but they happen surprisingly frequently. Try it out, and see how it works.

For more information, check out the web links below, call me on my cell phone (612) 348-5468, or visit my office in EL CIELO continued on page 47



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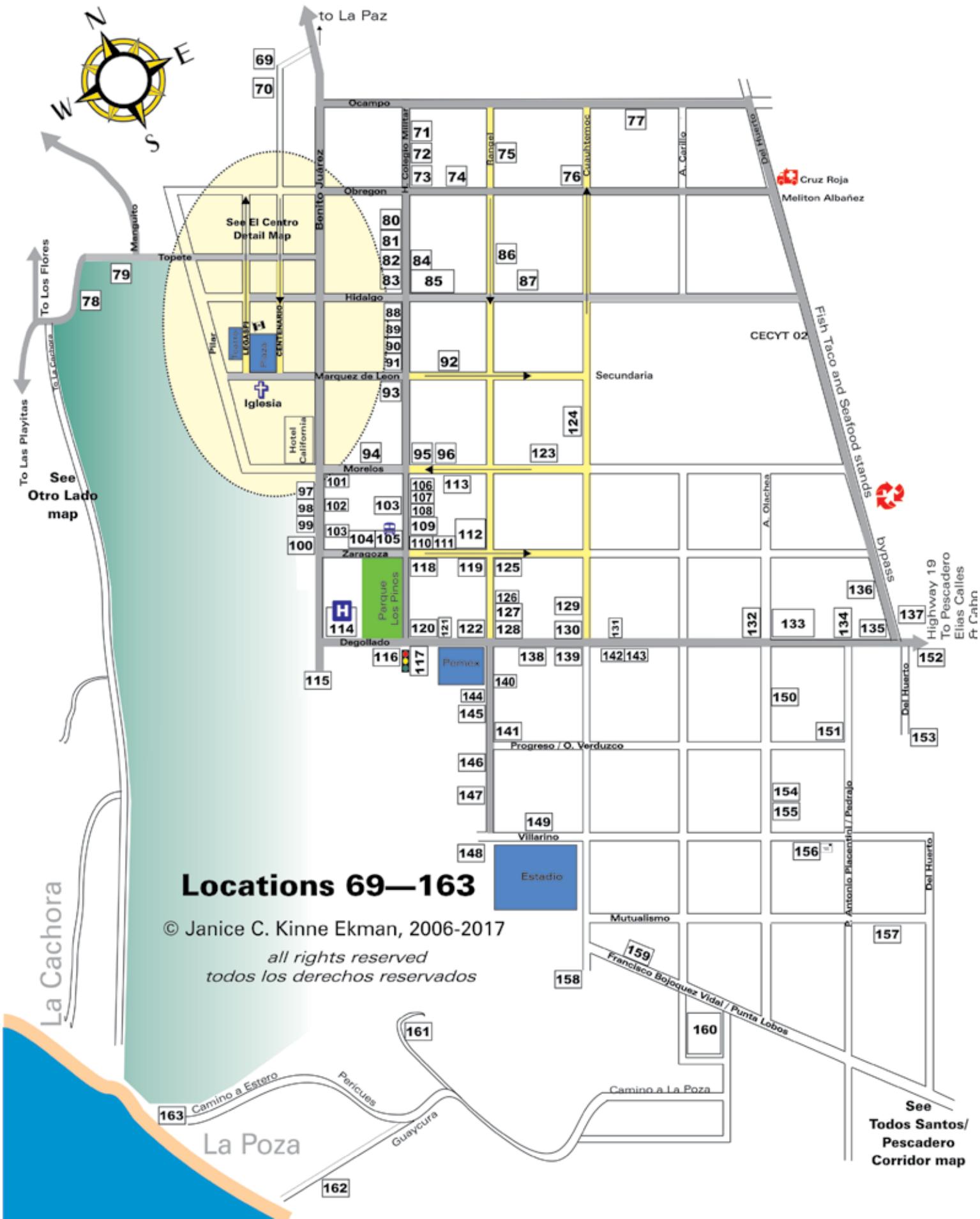
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# Voces del Pueblo

by Janice Kinne

*Feliz Fiestas* from **Journal del Pacifico**! In this Holiday issue, we have some great feature stories as well as lots of exciting things happening with our advertisers.

Once again, Bryan Jáuregui of **Todos Santos Eco Adventures** has provided us with a feature story, this time about the largest animal on Earth, who is also a visitor to our Baja waters. Richard Jackson and Carlos Gajon Bermudez shared their stunning Blue Whale photos, some taken within three miles of Loreto.

Many thanks to Bruce Herman for all the beautiful traditional Mexican photographs that are on our front cover and throughout this issue. If you'd like to see more, be sure to stop in the **Luz Gallery** on calle Topete in downtown Todos Santos.

Just around the corner, **México Gourmet** has moved next door to **Chocolates La Laguna**, behind the bookstore. Now it's even more convenient to stock up on handmade chocolates from La Laguna and spices, seasoned salts, vanilla, organic coffee and more at Mexico Gourmet!

Discover the true flavors of Mexico at **El Refugio Mezcalería**, Todos Santos' first mezcal bar. They serve artisanal agave distillates and cocktails, along with prehispanic foods such as pozole, mole, and traditional dishes from Guerrero and Oaxaca. Visit their Facebook page for happy hour specials and events, or contact them to schedule a private mezcal tasting.

Local, organic fresh veggies and herbs are now available from Sueño Tropical Farm at **Pura Vida Health Food Store** in Todos Santos.

**Rumi Garden**, the popular Asian cuisine restaurant in Todos Santos is now open again for the season. Stop in for their daily lunch specials, vegetarian, vegan and organic friendly dishes.

**Cositas para la Casa** has just opened on the otro lado of Todos Santos. It is based on a vision of all locally handmade products for the home, all the way up to but not including furniture. Stop by and see the mastery in knitting, sewing, crocheting, and embroidery.

**La Cocina de Cleo** is open again on the otro lado serving up Mexican breakfast and lunch and staying open late for dinner on Friday and Saturday evenings.

Looking for a place to stay on the otro lado? **Casa Las Tunas** has charming cabañas and rooms with full kitchens, in a beautiful garden setting. It's close to town and the beach too!

Day passes and memberships are now available for the lovely **El Faro Beach Club & Spa**. For information, please call **Boutique Hotel Guaycura** at (612) 175-0800.

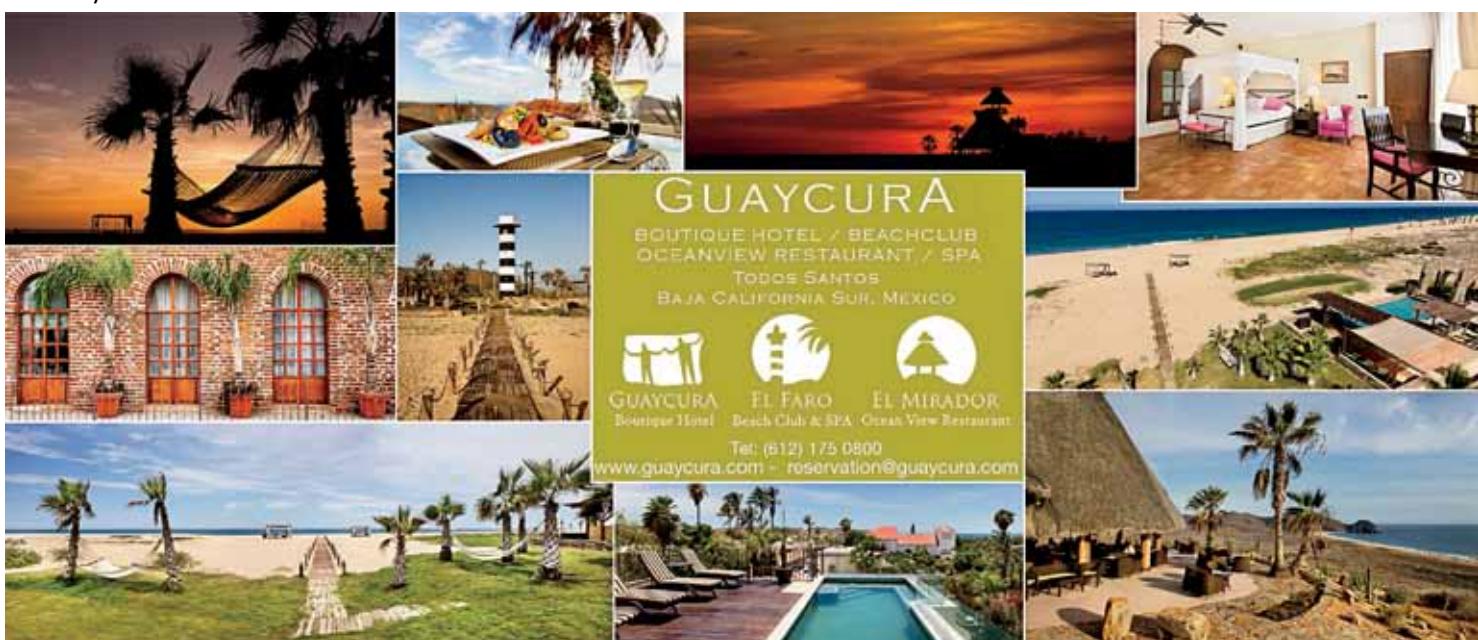
Sra. Alma, with 15 years' experience as a pharmacist, has now opened **Farmacia San Benito** in Todos Santos. She and her husband, Raul also own the Farmacia San Benito in Pescadero. Both locations stock brand name and generic medicines, controlled and oncology prescriptions and an extensive selection of orthopedic, personal and items for babies.

Congratulations to **Cerritos Beach Inn** on their first year anniversary. They are now offering home delivery on to go orders in the Pescadero and Cerritos area.

The all new, **Oasis Bar & Grill** on the highway in Pescadero is getting rave reviews on their menu. If you are looking for that classic American meal you need to check this place out--their Reuben sandwich is delicious!

**Mini Super Munchies**, near **Rancho Pescadero** and the beach, is a delightful corner market filled with local products, delicious snacks, beautiful crafts, wine, beer, and much more. Make sure to check their Facebook page for special guest chef and music nights!

**Dra. Alejandra Peña Salguero** has expanded her offices near the Pemex in Todos Santos. Dra. Alejandra is a completely bilingual, community primary care physician, available by VOCES continued on page 47



# todos santos—el pescadero corridor



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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.

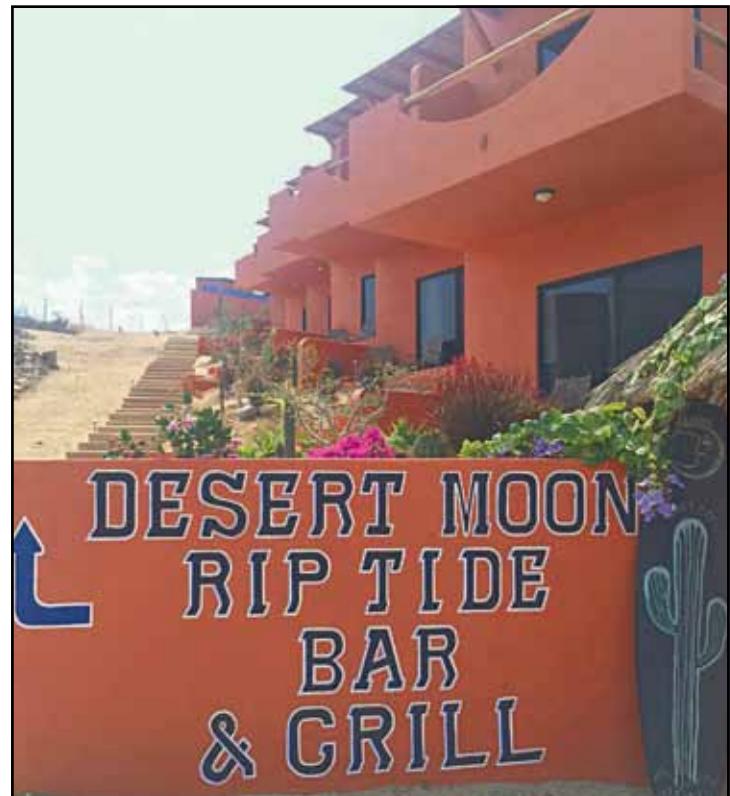
**PUNTA LOBOS**, named for a sea lion colony, is also known as the fishermen's beach. Simply follow calle Francisco Bojorquez Vidal (formerly calle Punta Lobos) south out of town, or turn off at km 54 from Highway 19. You will pass an old cannery from the days when fishermen could harvest sea turtles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

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Carlos Gajon Bermudez

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 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**, #37 on the Pescadero map, offers morning and evening yoga classes overlooking Playa Los Cerritos.

**La Sirena Eco-Adventures**, #155 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**, #33 on the Pescadero map, provides surfing lessons and surfaris.

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

**TODOS SANTOS SURF SHOP**, #85 on the Todos Santos map, sells and rents surf boards, offers beach supplies and activities around Todos Santos. They carry International brands like Vans, Rip Curl, Dakine, Exile, 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  
<http://wetsand.com/surfreport/> or  
<http://magicseaweed.com/Todos-Santos-mainland-Surf-Report/1201/>

The logo for Osprey San Pedrito features a stylized osprey silhouette in flight on the left. To the right, there is a scenic photograph of a beach with palm trees, houses, and a clear sky. Below the photo, the text "Osprey San Pedrito" is written in a cursive font. At the bottom, the text "The Most Spectacular View on San Pedrito Beach" is displayed.

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# Getting in Shape

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was a child, as well as severe neck pain. She thought that was just part of life until someone recommended she take a yoga class. She attended classes in Cabo San Lucas until she discovered Marimar's hatha yoga classes at La ARCA in Todos Santos. After practicing for a while, her health problems disappeared. That was when Mayra decided that she wanted to share her life-changing discovery and teach what she loved: yoga.

Mayra studied yoga teacher training with Valma Brenton, then took two-year certification courses in La Paz with Yoga Yoghismo and Yoga Alliance. She also completed a two-year course on vegetarian nutrition.

Mayra's bilingual yoga classes are for all levels—beginners to advanced. She adapts her classes to meet the needs of students; if someone mentions that their hips are really tight, Mayra will add that as a focus in the class. And the students enjoy the tranquil, intimate, and uncluttered Baja Serena space for their yoga practice.

Priscila Mendoza Manriquez, who has practiced with Mayra since 2008, says, "...besides being an excellent yoga teacher, Mayra Torres is a very good person and is always trying to help us in all aspects—nutrition, spirituality, and more. My life changed with yoga. I am a much calmer person; I relax more easily; I feel strong and flexible. I hope that more people will take this opportunity to have a yoga teacher like Mayra. She is always well prepared and eager to impart new lessons to us. I love her classes!"

Susan Mielstadt has been a student at Yoga Baja Serena for four years. She affirms, "Mayra is a knowledgeable and generous teacher. Her classes have helped me recover from serious health problems and provided a place where I can feel connected to our community. Classes are always interesting and provide a well-balanced physical and spiritual workout."

"My favorite benefit to living in Pescadero is the availability of Mayra's yoga class! She is extremely well trained, with many certificates, and is always studying something new. She is alert to individual needs and issues, and directs attention to individual therapy. Her class feels very safe. And she has many classes and her prices are more than fair!"—Pamela Vantress

Baja Serena is located off the *carretera transpeninsular* in El Pescadero, #11 on Pescadero corridor map.  
Cel/WhatsApp (612) 131-7564

## CORE AND CROSS TRAINING

Mauricio "Mao" Femat has trained and competed for most of his life: water skiing, snowboarding, kite surfing, stand up paddle boarding, mountain biking, and as a marathon runner. He has also participated in competitions like Spartan races and Warriors. He is a first-level trainer for CrossFit and taken numerous courses focused on functional training—a classification of exercise designed to train the body for the activities of daily life.

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# Getting in Shape

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His Core and Cross Training classes are, basically, functional training. Mao uses the principles of CrossFit, strength, speed, and power to create workout routines. In his Core and Cross Training classes, you receive the perfect union between functional and extreme physical exercise, using basic physical abilities such as cardiovascular resistance. The Cross Training class takes place at the beach and that makes it even more difficult, but also more motivating and much more fun since it is outdoors.

Mao's Core classes are held at Cuatro Vientos. The focus is on the muscles that support our entire structure—the abdominals, glutes, lower back, and legs. The classes are geared towards maximizing the body's core muscle capabilities in a short time. The movements are short and very intense. Mao demonstrates the proper technique for each posture and routine to ensure that no one is hurt and that students will feel not only the physical benefits, but will also have fun.

At the Cross Training classes on the San Sebastian beach, the beach itself creates a resistance that students may not be accustomed to, making any cardio exercise more difficult. The soft and uneven sand helps to activate micro-muscles, tendons, and ligaments that are not usually used on a paved or level surface. Training on the beach improves one's breathing capacity, agility, and speed. Being out in the fresh air with locals and visitors adds to a challenging and invigorating experience.

No prior experience is required. Just come with an open mind and the desire to exercise, and bring water!

"In the Cross Training classes, in addition to keeping us active it is an excellent space to be present—all your attention is focused on breathing, the physical and mental effort. It is a very complete and satisfying physical exercise because you really feel your muscles working. The results make you feel strong, active, and healthy, guaranteeing you'll continue the training." —María José Coppel

Cross Training is Monday and Wednesday, 5:30 pm, at San Sebastian beach.

Core is Friday, 6 pm, at Cuatro Vientos, #11 on the Otro Lado map.

### CORE YOGA

Back in her college days in Minnesota, Janice Kinne worked as an aerobics instructor and weightlifter in one of the local spas. Health spas being in short supply in Todos Santos in the late 90s, Janice turned to other channels for inspiration; each morning she would start her day with a yoga class from the Yoga Zone. She got hooked. She sought out yoga classes, retreats, seminars, CDs and books, and practiced.

"I appreciate yoga in a cross-training program as I am a runner and equestrian. I have personal experience as to the many positive effects of a regular yoga practice on performance and recovery." Janice has applied yoga

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# Ballena Azul

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individuos en el mundo, siguen siendo clasificadas como especie en peligro de extinción, figurando en la Lista Roja de la Unión Internacional para la Conservación de la Naturaleza (UICN). Como muchas de las principales áreas de alimentación de la ballena azul están en medio de rutas marítimas, su recuperación se ve obstaculizada por los incidentes con buques.

Pero las ricas aguas de Baja California Sur están poniendo de su parte para ayudar en la recuperación de la ballena azul, proporcionándoles el sustento que necesitan para sus viajes por el mundo. A pesar de que se han recopilado y documentado muchos datos sobre las ballenas azules, muy poco se sabe acerca de lo que hacen con sus largas vidas (80 a 90 años en promedio) en el planeta, o por qué lo hacen. Todo esto hace que sea aún más extraordinario el hecho de que tengamos la oportunidad aquí en Baja Sur de observarlos por nosotros mismos y tal vez, si tenemos suerte, inclusive oír el impresionante sonido de sus voces que puede viajar muy lejos a través del mar.

Los divertidos hechos sobre las ballenas azules en este artículo forman parte de un programa del canal de la National Geographic llamado El Reino de la Ballena Azul. En él podrán encontrar una sección interactiva que compara el tamaño de la ballena azul con varios objetos animados e inanimados: <http://channel.nationalgeographic.com/channel/content/kingdom-of-the-blue-whale-3302/blue-whale-facts/#/compare/length>

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, surfaris en la costa del Pacífico, kayak, "glamping," tiburón ballena y lobos marinos en el Mar de Cortés. [www.TOSEA.net](http://www.TOSEA.net). (612) 145-0189.

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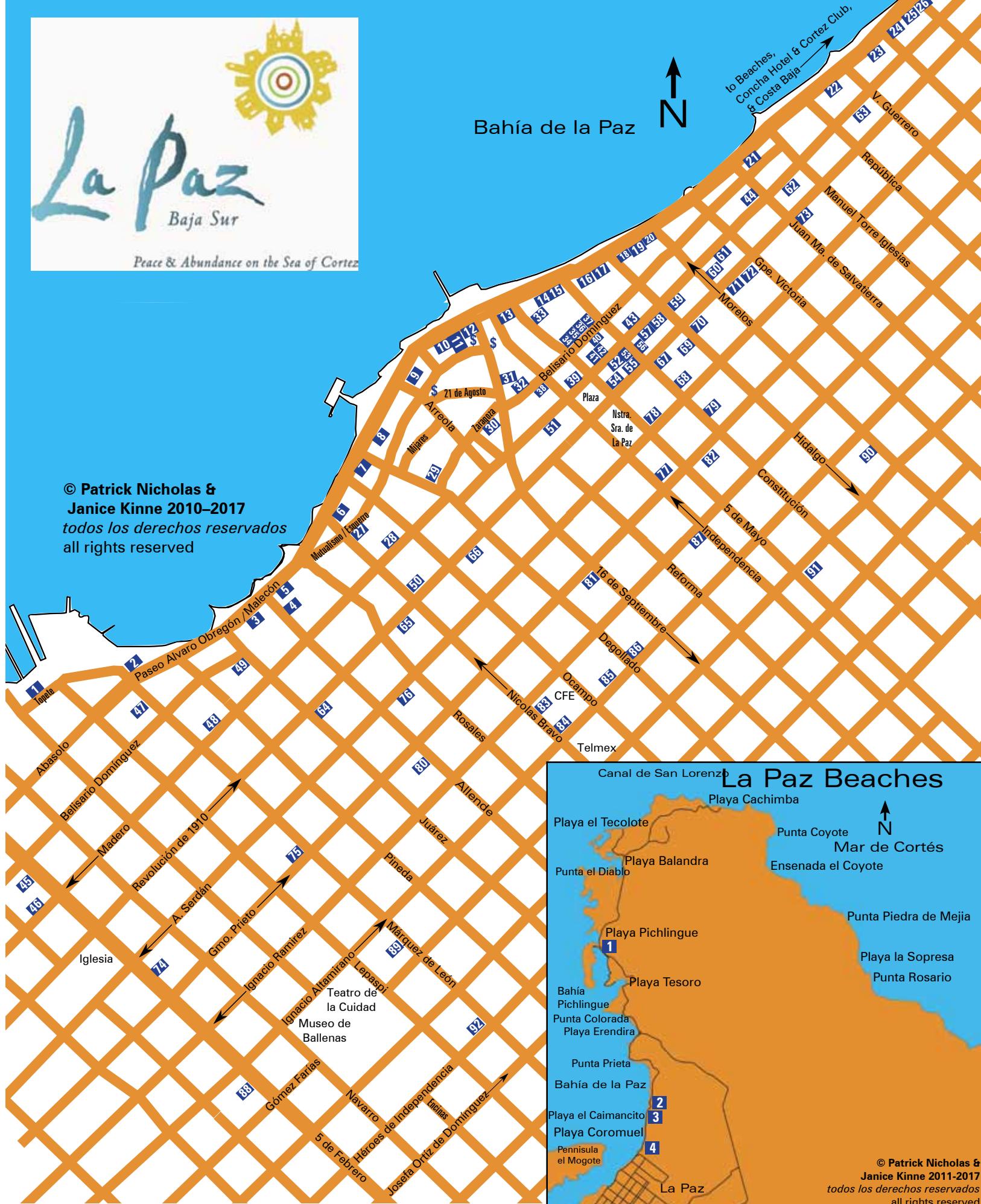
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# La Paz Beaches

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.

Richard Jackson Photography

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

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

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

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

# El Cielo

continued from page 33

Plaza Antigua—upstairs, unit #9—**Pescadero Properties**, #16 on the Todos Santos map.

## LINKS OF INTEREST

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

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)

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

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

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

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

## WEEKLY SKY REPORT:

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

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

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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appointment. **The Padrino Children's Foundation** office is also at the same location. The Foundation and Dra. Alejandra are working to provide medical services for economically disadvantaged children in Todos Santos and the surrounding area.

Two exciting **Palapa Society of Todos Santos** events are coming up—their Open House for the all new Palapa Learning Center in early January and the return of the **Palapa Carreras de Todos Santos 5k/10k** in March—it's bigger and better!

Yes it's true; there will not be a **Todos Santos Music Festival** this January. After five years, Peter and Chloe Buck are taking a break this winter. The **Journal del Pacifico** is proud to have been a founder member of this amazing festival. But don't worry; there are still a whole lot of live music events happening throughout Todos Santos and Pescadero—at **La Esquina, Chill N Grill** (check out their new location), **Restaurant Mi Pueblito 3** and more! Check out our events listings for more information.

Make sure to reserve your space early for our next issue, featuring the incredible places to live and stay in Pescadero! Deadline is January 10, 2017.

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# eventos

## diciembre

**16 de diciembre | 9 am, YOGA DE BENEFICENCIA NAVIDEÑA** con música en vivo en Baja Zen, Los Cerritos. Este evento recauda fondos para un albergue canino local. Fiesta al terminar, 10:30am con bocadillos y rifa.

**16 de diciembre | 5:30 pm, SERIE DE ORADORES TODOS SANTOS** en el Centro Cultural "Prof. Néstor Agundez." "Observación de Aves en Baja California Sur" con Roberto Carmona (UABC), Kaia Thomson y Sergio Jáuregui, **Todos Santos Eco Adventures**. Nuestra zona es rica en ecosistemas diversos, con más de 430 especies de aves identificadas en BCS. Los oradores describirán ocho hábitats distintos y presentarán una muestra fotográfica de muchas especies que los habitan. Este evento inaugurará el conteo navideño de aves, a llevarse a cabo el sábado 17 de diciembre. Inscripciones durante la presentación. Costo de entrada \$150 pesos destinado a apoyar las misiones de los presentadores. Cupo limitado. Puertas abiertas a las 5 pm. Boletos disponibles en **Librería El Tecolote**, Todos Santos.

**18 de diciembre | 4 pm, LECTURA ABIERTA** en el **Rumi Garden**. Una invitación a todos los escritores de cualquier género para leer en voz alta su obra original durante 10 minutos o sólo para venir a escuchar. ¡Estamos también ahora dando la bienvenida a narradores de cuentos! Su historia puede ser oral, no tiene que estar escrita. Zoë Dearborn, zoe@cultivatecreativity.net, http://www.cultivatecreativity.net, (612) 105-0056

**20 de diciembre | 5 – 7 pm, 2<sup>a</sup> EXHIBICIÓN ANUAL DE LOS ARTISTAS DE JUEVES** en Mangos, Todos Santos. Piezas nuevas de arte a buenos precios, acompañado de vino y galletas. Mayores informes: Susan Doyle, timsudoyle@hotmail.com

**21 al 30 de diciembre | RETIRO MANDARAVA FIN DE AÑO** con Nina Robinson en **Tsegaygar West** en

la extraordinaria sierra de San José del Cabo. Mayores informes e inscripciones: [www.TsegaygarWest.Org](http://www.TsegaygarWest.Org)

**25 de diciembre | 1 a 9 pm, MENÚ NAVIDEÑO Y PAELLA** con música en vivo en **El Mirador Ocean View Restaurant** en Todos Santos.

**25 de diciembre | CENA NAVIDEÑA** en **Cerritos Beach Inn**, Pescadero. Cena con jamón, verduras, puré de papa con salsa, y más.

**25 de diciembre | MANJAR NAVIDEÑO** en **EL REFUGIO MEZCALERÍA**, Todos Santos. Barbacoa de pavo, camote al chipotle, y más. Como siempre, cocteles y degustación de mezcales! Mayor información y reservaciones al (612) 100-9993.

**31 de diciembre | BUFFET DE AÑO NUEVO** en **Cerritos Beach Inn**, Pescadero. Buffet con cerdo y pollo ahumado.

**31 de diciembre | 5 pm a 12:30 am, CELEBRACIÓN ESPECIAL DE AÑO**

**NUEVO en El Mirador Ocean View Restaurant** en Todos Santos.

**31 de diciembre | 7 pm, FIESTA DE AÑO NUEVO** con música en vivo en La Esquina, en el Otro Lado, Todos Santos.

**31 de diciembre | FIESTA MEXICANA DE AÑO NUEVO** en **Gallo Azul** en Todos Santos. Baila al son de salsa y otros ritmos latinos. Muchas sorpresas a lo largo de la noche. Cena a las 8 pm, sólo con reservación. 612 158-8457. Fiesta a las 10 pm, abierta al público.

## enero 2017

**4 de enero | 3 a 5 pm, La Sociedad de La Palapa** le invita a conocer el nuevo Centro Educativo, sobre Calle del Huerto junto a supermercado Aliser en Todos Santos. Acompáñenos a celebrar la apertura del sitio que albergará en un futuro cercano al Centro Educativo La Palapa. Abierto al público en general a disfrutar refrigerios, conocer al director, y visitar los tres edificios actualmente en **EVENTOS cont. en pg. 58**

## HORA FELIZ

**Adventure 19, Lu Mar Mier Ju Vi Sa 4 a 6 pm, 2x1 cerveza.**

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

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

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

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

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

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

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

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

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

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

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

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## Cada Semana

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### domingo

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

11 am, **FÚTBOL DE NFL Y TACOS DE PESCADO** en Chill N Grill en Todos Santos. 3 tacos de pescado por \$100 pesos.

**FÚTBOL DE NFL** en Cerritos Beach Inn en Pescadero.

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

5 a 8 pm, **MÚSICA EN VIVO** con Guitarras Tapatias en el restaurante **El Mirador** con vista al mar.

### junes

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

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

**FÚTBOL DE NFL Y TACOS DE PESCADO** en Chill N Grill en Todos Santos. 3 tacos de pescado por \$100 pesos.

**FÚTBOL DE NFL** en Cerritos Beach Inn en Pescadero.

**PASTEL DE CARNE** servido con puré de papas, salsa estilo gravy y ejotes con tocino 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 am a 5:30 pm, **PUESTO DE PRODUCTOS ORGÁNICOS** del Rancho Buen Día en el callejón de Todos Santos.

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

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

**NOCHE DE PALOMAZO MUSICAL** en **MiniSuper Munchies** en Pescadero.

### miércoles

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

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

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

CADA SEMANA continúa en página 51

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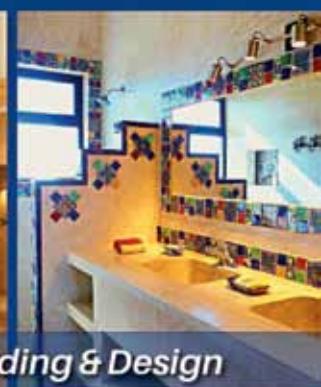
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# Tiny Town

continued from page 29

the owner seemed to understand my dilemma, or perhaps he could see I wasn't in a position to demand perfection, but eventually the nine of us moved into this "rustic" *casita* with ocean, mountain and desert views. I must be truthful here about the lack of Wifi and TV. Their absence made me realize how I'd come to rely on both as companions of sorts—emails, Facebook and TV shows taking the place of face-to-face interaction. I finally understood why kids are obsessed with social media. It is so often easier than being "present" in life's moments or challenging oneself to go beyond the comfort zone.

I think I was taking Todos Santos for granted these past few years. Life here often seemed so surreal, it was like I was watching a movie. I love the horses running freely down the streets and the ever cheerful locals. I especially love the Mexican children who seem far less addicted than their American counterparts to material things. It's the kind of place I always dreamed of living and considering I didn't choose my work based on their retirement plan (like commercial fishing) and never even had a savings account, I have to pinch myself sometimes that I found and could afford such a paradise.

When all is said and done, I think being 75 will be alright. I love being older, free from the endless relationship issues I always used to experience. I'm still overly sensitive to what other people say, which in Tiny Town means you have to read "The Four Agreements" over and over. In a small town you will always hear way more than you're comfortable with, but it's also what makes you feel part of a community. You have a sense of belonging and security, yet you don't have to live communally or share chores (never my thing). So as far as changes go, my place of residence may have changed a few kilometers and I've eliminated half my possessions, but I'm still me, the stranger in a strange land. Then I think of the Syrian refugees who are moved about to strange countries, many of them children without parents, and realize we're all just people and hopefully will treat each other with love and compassion no matter where we're from. In my fifties and sixties I was obsessed with where I would eventually settle down. I took trips to Italy, France, Spain, Honduras, Costa Rica, all possibilities. But when I visited Todos Santos, I felt the local Mexicans actually enjoyed the foreigners living here. They were warm and friendly. It felt comfortable.

So despite my self-imposed call for change at age 75, the recent shifts in my life have not been earth shattering. Most important, the peacefulness, gratitude, and uplifting spirit of my morning beach walks have returned; those angry little voices have given up and let me enjoy my good fortune. Sounds simple—have happy thoughts—but sometimes changes are needed just to be able to free your mind to enjoy the present moment, even if you are older than dirt.

# Cada Semana

continuó de página 49

## jueves

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

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

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

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

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

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

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

**FÚTBOL DE NFL** en **Chill N Grill** en Todos Santos.

**FÚTBOL DE NFL** en **Cerritos Beach Inn** en Pescadero.

## viernes

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

4 pm a cerrado, **PIZZA DE LEÑA** en **Mi Pueblito 3** en Pescadero.

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

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

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

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

## sábado

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

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

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

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

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

7 a 10 pm, **MÚSICA EN VIVO** con el Todos Santos Latin Band en el Sky Lounge en **Hotel Guaycura**.

9 pm, **MÚSICA ROCK EN VIVO** en **Mi Pueblito 3** en Pescadero.

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**#148 ON TODOS SANTOS MAP**

# Getting in Shape

continued from page 42

across several sports disciplines, and for the past ten years, has taught for surf camps, eco-adventure groups, and area boutique hotels. Most recently, she has studied Pilates and its focus on core strength and correct alignment. Now Janice leads a Core Yoga class at Cuatro Vientos, a practice that focuses on strengthening, stabilizing, and mobilizing the spine and the muscles that move the spine.

"My style of yoga is hatha flow with a core focus. I've seen that yoga can aid all aspects of health and personal well-being by increasing body awareness, proper breathing, flexibility, and balance—both physical and mental. In my Core Yoga class, we start by loosening up/stretching out all the muscles, move into a challenging flow that works the whole body and culminates with a peak balancing pose, then end with a relaxing cool down. I like to send my students off feeling energized, relaxed, and ready to master the day!"

Each class is structured around a core focus—hips, glutes, legs, arms, shoulders, and neck—learning how to engage, strengthen, and aid mobility. At every stage in the class, Janice gives intelligent alignment cues and demonstrates modifications and the use of props, so each individual is free to work at their own level. Effective sequencing and teaching the components of each pose helps students make the connections to comfortably work towards executing the peak pose. Students of all abilities and backgrounds feel welcome, including older yogis. Aging has a unique set of aptitudes and challenges, and it takes someone in the trenches to get that. While Janice takes the challenge seriously, she also believes that class should be lighthearted and fun. Teaching at the beautiful and peaceful environment of Cuatro Vientos helps. It is open, light, and surrounded by lovely gardens. All the mats, props, and accessories are provided free of charge to students.

Dianne Weir Chapman says of the Core Yoga class, "Most amazing workout I have ever had; definitely recommend joining us in the fun."

Sandra Sutphen says, "I love Janice's class because while it is vigorous and demanding, she always gives options for those of us who need to scale back a bit. And if one has a particular problem (shoulder, knee, whatever), she'll design a routine for you that addresses that problem."

Lisa Jackson adds, "The clarity and specificity of Janice's instruction is what makes this class special and every week is a new challenge that I'm never afraid to attempt."

Janice states, "I love teaching yoga, the beautiful outdoors in Baja, and am very focused on the balanced lifestyle that I was able to create in Todos Santos—work, play, recreation, relaxation, and nutrition. All come together so naturally for me here."

Core Yoga is Thursday, 9 am, at Cuatro Vientos, #11 on the Otro Lado map. <https://www.facebook.com/CoreYogawithJanice/>

# core yoga

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Rhoda Jacobs

#### TAI CHI AND QI GONG

Tai Chi and Qi Gong are both Chinese healing arts that work with the vital energy that we all have in our bodies—the energy that allows us to thrive in all areas of our being. Both arts cultivate, unblock, and circulate that energy, called Chi or Qi. Physically, the energy travels along acupuncture meridians to all of the organs. When the energy is blocked, it becomes stagnant. This triggers disease, pain, and suffering, and causes us not to perform at our highest potential in all aspects of our being—physical, emotional, intellectual, and spiritual.

The movements and postures help us to relax, focus with more clarity, let go of obstacles, sustain health, improve flexibility, strengthen the immune system, and stay younger as we age. They improve balance and coordination, increase bone density, and connect and harmonize with others and all that surrounds us in nature.

Rhoda Jacobs was most fortunate to have studied in the School of the Master with Professor Cheng man-Ching, who developed the Yang style short form. She first attended classes in Los Angeles in 1973, and then continued as an apprentice in New York. She has been teaching new and advanced students ever since in various locations around the world, as well as teaching apprenticeships for new teachers.

Tai Chi and Qi Gong practitioners experience a sense of well-being, inner strength, and positive outlook with increased harmony with all that comes their way. Continued practice allows them to remain still, serene, and at peace with themselves, in their relationships, and within the chaos in the world around them. It improves every aspect of the being. Nothing is left untouched with this practice.

If practiced as a martial art, it will teach a person to be an empty sensing channel that receives the energy of others and returns it. The most relaxed opponent is the winner.

GETTING IN SHAPE continued on page 55

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#32 on map

# The Pelican Theater Returns for 4<sup>th</sup> Season

by Kat Bennett



This January and February, the Pelican Theatre of La Paz will be returning for their fourth season. This season's production, *Love, Death, and Other Comedies*, will be presented in a performance space at the Ciudad de los Niños, next to the Santuario on 5 de febrero in La Paz.

When scheduling conflicts at the theatre company's previous performance space made this

season seem like a no-go, artistic director David Coxwell teamed up with local businesswoman Juli Goff to find a new space for the company. Thanks to Juli's work in the community, the space at Ciudad de los Niños welcomed the theatre group. And David couldn't be more delighted.

As in previous years, this year's production will consist of three short plays. Audience members will recognize some of the actors—including the *Journal del Pacifico*'s own Celia Devault—from previous productions. There will also be one or two new faces in the cast. Also as in previous years, after the show audience members are invited to meet the cast while sipping a nice glass of wine.

Dates for the performances are January 31<sup>st</sup> and February 1<sup>st</sup> through 4<sup>th</sup>, 2017. Mark your calendars! Tickets will be available in January, at Allende Books in La Paz and El Tecolote Bookstore in Todos Santos.

For more information, visit the Pelican Theatre's Facebook page, <https://www.facebook.com/PelicanTheatreCoLP> as well as their blog, <https://pelicantheatreoflapaz.wordpress.com>

## Temporada para Dar

continuó de página 22

En colaboración con la Alianza Waterkeeper de los Estados Unidos, ICF ha incubado el crecimiento de la Alianza Waterkeeper de la Baja, identificando a los líderes de conservación locales para proteger los valiosos recursos hídricos de la Península de Baja California. Situadas estratégicamente tanto en localidades urbanas, como La Paz, como poblaciones más pequeñas, como Loreto y San Quintín, los Waterkeepers de Baja monitorean colectivamente la calidad del agua, realizan limpiezas de playas y mantienen a los residentes informados sobre cuándo es seguro nadar y pescar en 75 sitios del Golfo de California y las playas de la Costa del Pacífico.

Uno de los papeles más importantes que juegan los Waterkeepers en sus comunidades es monitorear la calidad del agua y publicar los resultados en una guía de natación en línea (que se puede descargar como una app). La demanda pública de esta información en la región se evidencia por el increíble aumento del 544% en el número de usuarios de la Guía Mexicana de Natación entre 2015 y 2016. Además de brindar orientación estratégica y promover su trabajo, ICF está recaudando 500 mil dólares para continuar esta importante labor de recolección y difusión de datos en 2017.

Todo lo que le inspire a dar y donar durante esta temporada de caridad, ya sean los hermosos océanos que nos rodean aquí en Baja California, las dulces sonrisas de los niños locales, el olor a las tortillas recién horneadas o incluso la ética ardua de tus vecinos que se esfuerzan por hacer que esta región sea más sana, vibrante e incluyente para todos nosotros, la International Community Foundation está aquí para ayudar. Para obtener más información, visite [www.icfdn.org](http://www.icfdn.org) o comuníquese con Anne McEnany en [anne@icfdn.org](mailto:anne@icfdn.org)



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# Getting in Shape

continued from page 53

Rhoda teaches at Cuatro Vientos, #11 on the Otro Lado map. Tai Chi is Tuesday, 10:30 – 11:45 am, and Qi Gong is Thursday, 10:30 - 11:45 am.

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Do you remember Ben Stiller's character from *Dodgeball*? That was Zack in 1987 Los Gatos, CA. Spandex, headband, neon MC Hammer pants; his trademark is making exercise fun! Zack has trained all ages and abilities—elderly, beginners, and intermediate level people—with goals of functional strength, postural correction, fat loss, and muscle gain.

In the United States, Zack quickly became the VP of personal training for a large gym chain.

Educating personal trainers and gym management were his specialties, and led to him becoming the National Director of NCEP (the National College of Exercise Professionals). He has consulted and lectured all over the US for large national gym chains, including 24Hour, Golds,

Equinox, Crunch, and Retro. He first came to La Paz, Baja California Sur, on a six-months consultation for a new gym chain in March 2016, after his daughter, Sierra, left for college. Now Zack is semi-retired from NCEP, lives in Todos Santos and is available for you at Aldo's Gym.

As our own hardworking Customer Service Manager, Celia Devault says: "This is no cookie-cutter training program. Zack brings enthusiasm, energy, and knowledge to each session. My sessions with Zack are focused on my strengths and weaknesses, with consideration on areas that I am limited by due to old injuries and surgeries. Each session is challenging, yet there is an achievable goal."

Zack is available Monday through Saturday, 7 am – 3 pm at Aldo's Gym on Degollado at Raul Carrillo, #143 on the Todos Santos map. Cel/WhatsApp (612)-220-6760. <https://www.linkedin.com/in/zackrissmanncep/>

*"No citizen has a right to be an amateur in the matter of physical training...what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable." —Socrates*



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# Events

continued from page 24

**January 9-13 | HEAVEN ON EARTH 2017** in Todos Santos. A clay, mosaic, stone and steel, hands on creative workshop by Peter King, Xinia Marin and Donna Billick. Participants will learn many techniques to design, and build a mosaic and ceramic portal, mural or stair riser for your home. With gourmet lunches by Chef Iker. For information, peterkingceramics.com or donnabillickart.com, email: rockartus@aol.com

**January 12 | 6 – 10 pm, TROPICO DE CANCER CONCERT** at La Esquina on the *otro lado* in Todos Santos. For more information: <https://tropicofcancerconcertseries.com/>

**January 12 | 10:45 pm, TROPICO DE CANCER CONCERTS** at La Morena. Hosted by the Cordovas. A benefit for the *Bomberos*. For more information visit: <https://tropicofcancerconcertseries.com/>

**January 13 & 14 | 6 – 10 pm, TROPICO DE CANCER CONCERTS** at Hotel California. Hosted by the Cordovas. A benefit for the *Bomberos*. For more information visit: <https://tropicofcancerconcertseries.com/>

**January 13 & 14 | 11:30 pm, TROPICO DE CANCER CONCERTS** at La Morena. Hosted by the Cordovas. A benefit for the *Bomberos*. For more information visit: <https://tropicofcancerconcertseries.com/>

**January 13 | 5:30 pm, TODOS SANTOS SPEAKER SERIES** at the Centro Cultural "Prof. Néstor Agundez" in Todos Santos. "Exploring the Ranchero Culture of BCS" with Fermin Reygada, professor of Alternative Tourism at UABC. We have all been impressed by the nobleness of the ranchero families we interact with here in BCS. Their hospitality and rugged lifestyle is legendary with good reason! Understand the history, unique customs, lifestyle and challenges these families face in a fast changing world. Admission of \$150 pesos will go towards supporting the presenters' missions. Seating is limited. Doors open at 5 pm. Advance tickets available at **El Tecolote Bookstore** in Todos Santos.

**January 13 | 10 am - 12 pm, HISTORY OF TODOS SANTOS WALKING TOUR** with Sergio Jáuregui of **Todos Santos Eco Adventures**. Explore the rich cultural heritage of Todos Santos through the eyes of a long-term resident. The walking tour will be limited to 25 par-

ticipants and starts at town plaza in front of church. Cost is \$200 pesos.

**January 15 | 4 pm, OPEN READING** at **Rumi Garden**. All writers are invited to read up to 10 minutes of your original work. Or just come to listen. Storytellers also welcome! Your story does not have to be written down, just told and true. For more information contact: Zoë Dearborn, [zoe@cultivatecreativity.net](mailto:zoe@cultivatecreativity.net), <http://www.cultivatecreativity.net>, (612) 105-0056

**January 19 | 6 – 10 pm, TROPICO DE CANCER CONCERT** at La Esquina on the *otro lado* in Todos Santos. For more information: <https://tropicofcancerconcertseries.com/>

**January 19 | 10:45 pm, TROPICO DE CANCER CONCERTS** at La Morena. Hosted by the Cordovas. A benefit for the *Bomberos*. For more information visit: <https://tropicofcancerconcertseries.com/>

**January 20 & 21 | 6 – 10 pm, TROPICO DE CANCER CONCERTS** at Hotel California. Hosted by the Cordovas. A benefit for the *Bomberos*. For more information visit: <https://tropicofcancerconcertseries.com/>

**January 20 & 21 | 11:30 pm, TROPICO DE CANCER CONCERTS** at La Morena. Hosted by the Cordovas. A benefit for the *Bomberos*. For more information visit: <https://tropicofcancerconcertseries.com/>

**January 26 | 6 – 10 pm, LIVE MUSIC** at La Esquina on the *otro lado* in Todos Santos, (no cover).

**January 28 | 7 pm, LIVE MUSIC** with "Tunnel Vision" at La Esquina on the *otro lado* in Todos Santos.

**January 31 - February 4 | PELICAN THEATER** at the Ciudad de los Niños in La Paz. Tickets will be available in January at **Allende Books** in La Paz and **El Tecolote Bookstore** in Todos Santos.

## february

**February 4-11 | 20<sup>TH</sup> FESTIVAL DEL ARTE TODOS SANTOS.**

**February 5-11 | 4<sup>TH</sup> ANNUAL TODOS SANTOS WRITERS WORKSHOP** and Writing Ranch. The two creative writing workshops, meeting concurrently, will share special events and guest speakers as a celebration of storytelling and the written word in Todos Santos. A reading Tuesday, February 7, by **TSWW/WR** faculty, in the legendary Casa Dracula courtyard is open to the public. Also, a dinner with a special guest speaker (TBA) will be held at **Serendipity**, the Writing Ranch retreat's home base. Several events, including a Publishers Roundtable EVENTS continued on page 59

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# Weekly Events

continued from page 25

## thursday cont.

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

**NFL FOOTBALL** at **Chill N Grill** in Todos Santos.

**NFL FOOTBALL** at **Cerritos Beach Inn** in Pescadero.

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

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

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

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

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

## friday

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

4 pm – close, **WOOD OVEN FIRED PIZZA** at **Mi Pueblito 3** in Pescadero.

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

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

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

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

## saturday

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

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

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

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

4 pm – close, **WOOD OVEN FIRED PIZZA** at **Mi Pueblito 3** in Pescadero.

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

7 – 10 pm, **Live Music** with the Todos Santos Latin Band at the Sky Lounge in **Hotel Guaycura**.

9 pm, **LIVE ROCK MUSIC** at **Mi Pueblito 3** in Pescadero.

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# Eventos

continuó de página 48

construcción. Estarán presentes docentes bilingües que le podrán informar sobre el uso de cada espacio. Conozca al equipo de trabajo cuyo empeño y dedicación están convirtiendo este sueño en realidad.

**5 de enero** | 6 a 10 pm, **MÚSICA EN VIVO** en **La Esquina**, en el Otro Lado, Todos Santos (no cover).

**9 al 13 de enero** | **CIELO EN LA TIERRA 2017** en Todos Santos. Taller creativo de arcilla, mosaico, piedra y metal con Peter King, Xinia Marin y Donna Billick. Los participantes aprenderán diversas técnicas para diseñar y construir portales, murales y escalones con mosaico. Almuerzos gourmet con Chef Iker. Para informes, visite peterkingceramics.com y donnabillickart.com, o por correo: rockartus@aol.com

**12 de enero** | 6 a 10 pm, **CONCIERTOS TRÓPICO DE CANCER** en **La Esquina** en el Otro Lado, Todos Santos. Mayores informes: <https://tropicofcancerconcertseries.com/>

**12 de enero** | 10:45 pm, **CONCIERTOS TRÓPICO DE CANCER** en La Morena en Todos Santos. Con The Cordovas. A beneficio de los Bomberos de Todos Santos. Mayores informes: <https://tropicofcancerconcertseries.com/>

**13 de enero** | 5:30 pm, **SERIE DE CONFERENCIAS DE TODOS SANTOS** en el Centro Cultural "Prof. Néstor Agundez" en Todos Santos. "Explorando la cultura ranchera de BCS" con Fermín Reygada, profesor de turismo alternativo en la UABC. A todos nos impacta la nobleza de las familias rancheras que conocemos aquí en BCS. Su hospitalidad y estilo de vida son legendarios y por buen motivo. Conozca su historia, sus tradiciones singulares, su estilo de vida y los retos que enfrentan estas familias en un mundo cambiante. Entrada \$150 pesos en apoyo a los proyectos y misiones de los conferencistas. Cupo limitado. Puerta: 5 pm. Preventa en **Librería el Tecolote** en Todos Santos.

**13 y 14 de enero** | 6 a 11 pm, **CONCIERTOS TRÓPICO DE CANCER** en el Hotel California. Con The Cordovas. A beneficio de los Bomberos de Todos Santos. Mayores informes: <https://tropicofcancerconcertseries.com/>

**13 y 14 de enero** | 11:30 pm, **CONCIERTOS TRÓPICO DE CANCER** en La Morena en Todos Santos. Con The Cordovas. A beneficio de los Bomberos de Todos Santos. Mayores informes: <https://tropicofcancerconcertseries.com/>

**14 de enero** | 10 am a 12 pm, **CAMINATA HISTÓRICA GUIADA DE TODOS SANTOS** con Sergio Jáuregui de **Todos Santos Eco Aventuras**. Explore el rico historial cultural de Todos Santos a través de los ojos de un residente de muchos años. La caminata está limitada a 25 participantes y dará inicio en la Plaza frente a la Parroquia. Costo: 200 pesos.

**15 de enero** | 4 pm, **LECTURA ABIERTA** en el **Rumi Garden**. Una invitación a todos los escritores de cualquier género para leer en voz alta su obra original durante 10 minutos o sólo para venir a escuchar. ¡Estamos también ahora dando la bienvenida a narradores de cuentos! Su historia puede ser oral, no tiene que estar escrita. Zoë Dearborn, [zoe@cultivatecreativity.net](mailto:zoe@cultivatecreativity.net), <http://www.cultivatecreativity.net>, (612) 105-0056

**19 de enero** | 6 a 10 pm, **CONCIERTOS TRÓPICO DE CANCER** en **La Esquina** en el Otro Lado, Todos Santos. Mayores informes: <https://tropicofcancerconcertseries.com/>

**19 de enero** | 10:45 pm, **CONCIERTOS TRÓPICO DE CANCER** en La Morena en Todos Santos. Con The Cordovas. A beneficio de los Bomberos de Todos Santos. Mayores informes: <https://tropicofcancerconcertseries.com/>

**20 y 21 de enero** | 6 a 11 pm, **CONCIERTOS TRÓPICO DE CANCER** en el Hotel California. Con The Cordovas. A beneficio de los Bomberos de Todos Santos. Mayores informes: <https://tropicofcancerconcertseries.com/>

**20 y 21 de enero** | 11:30 pm, **CONCIERTOS TRÓPICO DE CANCER** en La Morena en Todos Santos. Con The Cordovas. A beneficio de los Bomberos de Todos Santos. Mayores informes: <https://tropicofcancerconcertseries.com/>

**26 de enero** | 6 a 10 pm, **MÚSICA EN VIVO** en **La Esquina**, en el Otro Lado, Todos Santos (no cover).

**28 de enero** | 7 pm, **MÚSICA EN VIVO** con "Tunnel Vision" en **La Esquina**, en el Otro Lado, Todos Santos.

EVENTOS continúa en página 62



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Todos Santos, BCS #19 on map

# Events

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featuring prominent literary agents and editors, will be open to the public for a donation. [www.todossantoswritersworkshop.com](http://www.todossantoswritersworkshop.com)

**February 10 |** 5:30 pm, **TODOS SANTOS SPEAKER SERIES** at the Centro Cultural "Prof. Néstor Agundez" in Todos Santos. "Insights into the Geology of Baja California" with Dr. Markes Johnson, professor emeritus of Natural Sciences at Williams College. Dr. Johnson is an authority on the geology of ancient shorelines and evolution of intertidal life through geologic time in Baja and around the world. He will draw from his most recent book, *Gulf of California Coastal Ecology: Insights from the Present and Patterns from the Past* to explore the impacts of hurricanes our Pacific coast. Dr. Johnson is a lively speaker and for anyone interested in our beautiful coast, not to be missed. Admission of \$150 pesos will go towards supporting the presenters' missions. Seating is limited. Doors open at 5 pm. Advance tickets available at **El Tecolote Bookstore** in Todos Santos.

**February 11 |** 9 am – 12 pm, **ARROYO & COAST WALK**, location TBD. Join Professor Markes Johnson as we explore a local arroyo and coastal environment to make sense out of the complex geology that defines our Pacific cape region. A rare opportunity to accompany a world renowned expert on a ramble though our own backyard. Limited to 20 participants, cost is \$200 pesos.

**February 12 |** **4<sup>TH</sup> MEDIO MARATÓN DE LOS CABOS 2017.** For more information contact Roxana Silva de Fernández, Directora de Carrera Cabo Races, Tel. (624) 147-7518.

**February 11 & 12 |** 10 am – 4 pm, **8<sup>TH</sup> ANNUAL ARTISTS OPEN STUDIO TOUR.** All proceeds benefit the children's art programs at the **Palapa Society of Todos Santos.** Advance ticket sales begin January 28<sup>th</sup> for \$200 pesos, at **El Tecolote Bookstore** in Todos Santos or online at [ts.studiotor@gmail.com](mailto:ts.studiotor@gmail.com). For more information, visit: [www.facebook.com/todossantosopenstudiotour](http://www.facebook.com/todossantosopenstudiotour)

**February 18 |** 7 pm, **LIVE MUSIC** with "Los Coyotes" at **La Esquina** on the *otro lado* in Todos Santos.

**February 19 |** 4 pm, **OPEN READING** at Rumi Garden.

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Bruce Herman

All writers are invited to read up to 10 minutes of your original work. Or just come to listen. Storytellers also welcome! Your story does not have to be written down, just told and true. For more information contact: Zoë Dearborn, [zoe@cultivatecreativity.net](mailto:zoe@cultivatecreativity.net), <http://www.cultivatecreativity.net>, (612) 105-0056

**February 21-28 | RETREAT ON THE CYCLE OF DAY AND NIGHT** with Micheal Katz Robinson at **Tsegayalgar West** in the extraordinary Cape Mountains of San José del Cabo. For more information or to register: [www.TsegayalgarWest.Org](http://www.TsegayalgarWest.Org)

## march

**March 1-5 | 14<sup>TH</sup> ANNUAL FESTIVAL DE CINE DE TODOS SANTOS.**

**March 4 |** 7 pm, **LIVE MUSIC** with "Don Lagrima" at **La Esquina** on the *otro lado* in Todos Santos.

**March 19 | LOS BARRILES FESTIVAL DES ARTES** at Hotel Buena Vista Beach Resort.

**March 25 | CARRERAS DE TODOS SANTOS 5/10K WALK/RUN** in Todos Santos. The Palapa Society event is back, bigger and better. For more information: [info@palapasociety.org](mailto:info@palapasociety.org)

**March 25 |** 7 pm, **DJ NIGHT** with "Febe Esquerra" at **La Esquina** on the *otro lado* in Todos Santos.

## april

**April 21-23 | GASTROVINO BAJA FOOD & WINE FESTIVAL**

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# Groups / Grupos

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

TODOS SANTOS	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
<b>Yoga</b>		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/ Lyobáá @ CV	9-10:15 am Hatha Flow c/ Marimar @ CV  6-8 pm Kundalini Yoga/ Accupuncture for women/ mujeres @ CV	7:30-8:45 am Vinyasa Flow c/ Liz @ CV  <b>9-10:15 am</b> <b>Core Yoga c/</b> <b>Janice @ CV</b>  7:30-9pm Yoga Conciencia w/ Lyobáá @ CV		7:30-8:45 am Vinyasa Flow c/ Liz @ CV
<b>Martial Arts</b>		3 - 4:15 pm Yang Michuan Tai Chi c/ Steve @ CV	10:30-11:45am Ta'i Chi short form @ CV 612-157-6088 or barakabaja@ gmail.com		10:30- 11:45am Qi Gong / @ CV 612-157-6088 or barakabaja@ gmail.com		
<b>Other/Otros</b>	10-11:30am Dharma talks c/ <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  4:30-6 pm Dance Lab c/ Zöe @ CV  5:30 pm Cross Training w/ Mao @ San Sebastian beach by donation mauricio@ mymotivation.es  6-7:30 pm Capoeira c/ Diana @ CV  Aldo's Gym 6 am - 10 pm	3:30-5:30 pm Manos Magicas @ Centro Cultural chambaretcat@ mac.com  6-7:30 pm Capoeira c/ Diana @ CV  Aldo's Gym 6 am - 10 pm	2-4 pm Creative Wrting & Storytelling c/ Zöe @ CV 200 pesos zoe@ cultivatecreativity.net (612) 105-0056  4:30-6 pm Dance Lab c/ Zöe @ CV  5:30 pm Cross Training w/ Mao @ San Sebastian beach mauricio@ mymotivation.es  Aldo's Gym 6 am - 10 pm	9 am Drawing class c/ Tori oscarntori@ yahoo.com  6-7:30 pm Capoeira c/ Diana @ CV  Aldo's Gym 6 am - 10 pm	6-7:30 pm Core c/ Mao @ CV mauricio@ mymotivation.es  Aldo's Gym 6 am - 10 pm	Aldo's Gym 7 am - 2 pm
<b>Zumba</b>		10-11 am c/ "Lucy" @ Mutualista  7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista  <b>9-10 am c/</b> <b>Jan @ CV</b> 612-348-1111 Facebook\Todos Santos Zumba with Jan  4:30-5:30 pm c/ Happy @ CV begins Jan 3  7-8 pm c/ "Lucy" @ DIF	10-11am c/ "Lucy" @ Mutualista  7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista  7-8 pm c/ "Lucy" @ DIF	10-11am c/ "Lucy" @ Mutualista  <b>10:30-11:30</b> <b>am c/ Jan @</b> <b>CV</b> 612-348-1111 Facebook\Todos Santos Zumba with Jan  7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista  7-8 pm c/ "Lucy" @ DIF

# Groups / Grupos

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>	10am -1pm Library Open <i>Rincon de Cuentos</i>				
<b>AA</b>	Todos Santos AA meetings are located upstairs in the blue building next to the Ejido building, across from White Sand Spa on calle Militar	5 pm AA meeting For info: Eric (612) 156-9980	5 pm AA meeting For info: Eric (612) 156-9980	11 am AA meeting For info: Eric (612) 156-9980	5 pm AA meeting For info: Eric (612) 156-9980	9 am Women's AA meeting For info: Eric (612) 156-9980	11 am AA meeting For info: Eric (612) 156-9980

**AA** CABO SAN LUCAS—AA Hacienda Group Cabo, upstairs above Ace Hardware behind McDonalds. Daily 4:30 pm and 6 pm.

SAN JOSÉ DEL CABO—Next to the Calvary Chapel corner of Degollado and Coronado. 6 pm nightly. For more information: (624) 147-0478.

PESCADERO	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
<b>Yoga</b>	9-10:15 am <b>Yoga @ Baja Zen</b> 612-142-5038 info@baja-zen.com  10 am Yoga 100 pesos <b>@ Rancho Pescadero</b> 5:30-6:30pm <b>Sunset/ Restorative Yoga @ Baja Zen</b> 612-142-5038 info@baja-zen.com	8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx  9-10:15 am <b>Yoga @ Baja Zen</b> 612-142-5038 info@baja-zen.com  10-11 am <b>Yoga c/ Mayra Torres @ Baja Serena</b> 612-131-7564 yogalosarcos@yahoo.com.mx  10-11 am <b>Yoga c/ Mayra Torres @ Baja Serena</b> 612-131-7564 yogalosarcos@yahoo.com.mx  10 am Yoga 100 pesos <b>@ Rancho Pescadero</b>	8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx  10-11 am <b>Yoga c/ Mayra Torres @ Baja Serena</b> 612-131-7564 yogalosarcos@yahoo.com.mx  10 am Yoga 100 pesos <b>@ Rancho Pescadero</b>	8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx  10-11 am <b>Yoga c/ Mayra Torres @ Baja Serena</b> 612-131-7564 yogalosarcos@yahoo.com.mx  10 am Yoga 100 pesos <b>@ Rancho Pescadero</b>	8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx  10-11 am <b>Yoga c/ Mayra Torres @ Baja Serena</b> 612-131-7564 yogalosarcos@yahoo.com.mx  10 am Yoga 100 pesos <b>@ Rancho Pescadero</b>	8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx  10-11 am <b>Yoga c/ Mayra Torres @ Baja Serena</b> 612-131-7564 yogalosarcos@yahoo.com.mx  10 am Yoga 100 pesos <b>@ Rancho Pescadero</b>	8-9:30 am <b>Yoga c/ Mayra Torres @ Baja Serena</b> 612-131-7564 yogalosarcos@yahoo.com.mx
<b>Al-anon</b>		5 pm Pescadero Al-Anon For directions: pescaderoafg@gmail.com <a href="http://al-anon.alateen.org/">http://al-anon.alateen.org/</a>					

# Eventos

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## febrero

### 4 al 11 de febrero | XX EDICIÓN DEL FESTIVAL DEL ARTE TODOS SANTOS 2017.

**5 al 11 de febrero | 4º TALLER LITERARIO DE TODOS SANTOS** y Rancho de Literatura. Los dos talleres literarios se celebrarán simultáneamente y compartirán eventos especiales e invitados, a manera de celebrar la narrativa y la letra escrita en Todos Santos. Los eventos incluyen una lectura el martes 7 de febrero con la facultad del TSWW/WR en el patio de la legendaria Casa Drácula, abierta al público. Además, una cena con un invitado especial (por anunciar) a celebrarse en Serendipity, sede del retiro y Rancho de Literatura. Varios eventos, incluida una mesa redonda de editores, con la participación de distinguidos editores y agentes literarios, abierta al público (donativo). Para mayores informes: [www.todossantoswritersworkshop.com](http://www.todossantoswritersworkshop.com)

**10 de febrero | 5:30 pm, SERIE DE CONFERENCIAS DE TODOS SANTOS** en el Centro Cultural "Prof. Néstor Agundez" en Todos Santos. "Una mirada a la Geología de Baja California" con el Dr. Markes Johnson, profesor emérito de ciencias naturales en Williams College. El Dr. Johnson es una autoridad en materia de geología de costas antiguas y la evolución de la vida intermareal a través del tiempo geológico en la Baja y alrededor del mundo. Hablará de su más reciente libro, *Ecología costera del Golfo de California: Visiones del presente y patrones del pasado* para explorar el impacto de huracanes sobre la costa del Pacífico. El Dr. Johnson es un orador muy animado, y esta conferencia es imperdible para todos los interesados en la costa peninsular. Entrada \$150 pesos en apoyo a los proyectos y misiones de los conferencistas. Cupo limitado. Puerta: 5 pm. Preventa en **Librería el Tecolote** en Todos Santos.

**11 de febrero | 9 am a 12 pm, EXPLORACIÓN DE UN ARROYO Y COSTA**, ubicación por definir. Acompáñe al Profesor Markes Johnson en la exploración de un arroyo y costa locales para profundizar en la comprensión de la compleja geología que define a la región cabeña. Una oportunidad única para acompañar a un experto mundial en una ex-

cursión por nuestras propias tierras. Cupo limitado a 20 participantes. Donativo: \$200 pesos.

**11 y 12 de febrero | 10 am a 4 pm, 8º RECORRIDO ANUAL DE ESTUDIOS DE ARTISTAS.** Los fondos recaudados son a beneficio del programa de artes de La Sociedad de la Palapa de Todos Santos, AC. Preventa a partir del 28 de enero (\$200mn) en **Librería el Tecolote**, Todos Santos o vía internet a [ts.studiotour@gmail.com](mailto:ts.studiotour@gmail.com). Para mayores informes visite [www.facebook.com/todossantosopenstudiotour](http://www.facebook.com/todossantosopenstudiotour)

**12 de febrero | 4º MEDIO MARATÓN DE LOS CABOS 2017.** Para mayores informes, contactar a Roxana Silva de Fernández, Directora de Carrera Cabo Races, Tel. (624) 147-7518.

**18 de febrero | 7 pm, MÚSICA EN VIVO** con "Los Coyotes" en **La Esquina**, en el Otro Lado, Todos Santos.

**15 de enero | 4 pm, LECTURA ABIERTA** en el **Rumi Garden**. Una invitación a todos los escritores de cualquier género para leer en voz alta su obra original durante 10 minutos o sólo para venir a escuchar. Zoë Dearborn, [zoe@cultivatecreativity.net](mailto:zoe@cultivatecreativity.net), (612) 105-0056

**21 al 28 de febrero | RETIRO EN EL CICLO DE DÍA Y NOCHE** con Michael Katz Robinson en **Tsegaygar West** en la extraordinaria sierra de San José del Cabo. Mayores informes e inscripciones: [www.TsegaygarWest.Org](http://www.TsegaygarWest.Org)

## marzo

**1 al 5 de marzo | 14º FESTIVAL DE CINE DE TODOS SANTOS.**

**4 de marzo | 7 pm, MÚSICA EN VIVO** con "Don Lágrima" en **La Esquina**, en el Otro Lado, Todos Santos.

**19 de marzo | FESTIVAL DE ARTES LOS BARRILES** en el Hotel Buena Vista Beach Resort.

**25 de marzo | LAS CARRERAS DE TODOS SANTOS DE LA SOCIEDAD DE LA PALAPA.** Carrera y marcha de 5 y 10 km en Todos Santos. Está de regreso, más grande y mejorada! Mayores informes: [info@palapasociety.org](mailto:info@palapasociety.org)

**25 de marzo | 7 pm, NOCHE DE DJ** con "Febe Esquerra" en **La Esquina**, en el Otro Lado, Todos Santos.

## abril

**21 al 23 de abril | GASTROVINO FESTIVAL** de Vino y Gastronomía en Baja.



A.A.T. y F., S. de R. L. de C. V.

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**More listings available in our office with Lisa, Alvaro, Dan, Mark and Becky.**



**HEART & SOL RETREAT.** B&B in downtown, steps from the Central Plaza. Offers 1 complete home + 6 suites, outdoor kitchen, terrace and pool, all within a 4,433 M<sup>2</sup> prime real estate property. Short drive to the Pacific Ocean beaches for whale watching, strolling and more.

MLS # 16-225 \$995,000 USD



**CASA LOS CERRITOS.** 2 BR, 2.5 BA home with two 1BR, 1BA apartments. Very stylish and close enough to walk to the surf break. High-end solar system, great appliances and perfect as live in-and-rent property.

MLS # 13-1147 \$299,000 USD



**TUSCAN HOME.** 1 BR, 1 BA home featuring expansive living, dining, and kitchen areas focused around a large fireplace. Beautiful terraced gardens. Opportunities for more construction, guest casita and swimming pool.

MLS #13-596 \$239,000 USD



**CASA VISTA DEL PACIFICO #4.** Colonial style home with contemporary accents. 1 BR, outdoor fireplace, laundry area and well equipped kitchen. Plenty of room to expand with over 1.25 acres. Parking for RV with hook ups.

MLS # 15-2325 \$235,000 USD



**IMPERIAL VIEW LOT.** This amazing property sitting high above Los Cerritos Surf Point is perfect for the person who truly wants the best. 1,500 M<sup>2</sup> Pacific Ocean view lot. Walk down to the beach, short drive to all amenities.

MLS # 13-2061 \$189,000 USD



**ALTAVISTA TWIN LOTS.** Two side-by-side corner lots totaling 2002 M<sup>2</sup> at the top of Alta Vista development with Pacific Ocean and Mountain Views. Water and underground electricity nearby.

MLS # 16-154 \$70,000 USD



**HIDDEN GEM # 2.** Tucked away but not far from beach or town. Flat corner lot with 1,939.362 M<sup>2</sup> of land, electricity and water nearby, private and pastoral. Get away and build your dream home! Next door lot also available.

MLS # 16-1762 \$58,000 USD



**BELLA VISTA LOT.** Premium corner lot in desirable Las Tunas subdivision. Ideal elevated building pad with gentle sloping terrain and clear Ocean views down a corridor. Municipal water and electric available at the street.

MLS # 16-1206 \$39,900 USD



**RANCHO NUEVO LOT.** 1250 sq.-mt. lot located just 5 lots up from the Pacific beach, offering second-floor ocean views and amazing mountain views. Each lot in Rancho Nuevo has water onsite via a community well and solar power, making it a green community.

MLS # 16-1243 \$28,500 USD

*It feels good when you find your new home...*



A. Paraiso Realty  
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