

journal

DEL PACIFICO

La Revista de Baja California Sur

holiday / navideño 2024/25 #66

The **ULTIMATE GUIDE** to
Baja Sur Arts,
Culture & Adventure

TSWW

The Scholar Garden
El Huerto Escolar

For the Birds
Pajareando

La Mascarita Peninsular

Cacao
The Journey / El Viaje

The Canyon

by / por **Bill Phelps**

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White-crowned sparrow / Gorrión corona blanca
by Kaia Thomson

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journal
DEL PACIFICO

La Revista de Baja California Sur

**PROUDLY PUBLISHED
& PRINTED IN MEXICO**

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WINTER / INVIERNO ISSUE
DEADLINE: JAN. 10, 2025
FECHA LIMITE: 10 DE ENE. 2025



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by / por Bryan Jáuregui, Todos Santos Eco-Adventures
traducido por Paula Angeloni, photos by / fotos por Antonio Diego

AT MELITÓN ALBAÑEZ ELEMENTARY SCHOOL

Antonio Diego, the Cero Basura Coordinator for CSU Todos Santos, is a man on a mission. When CSU assigned him to work with Alianza Cero Basura ten hours a week as part of their sponsorship, the first thing he did was get his own house in order. "We really started working on conscious daily waste management practices at the CSU Todos Santos Center" recalls Antonio. "From July 2023 to June 2024 we diverted 71%* of the waste generated at the Center away from the landfill and into productive uses." To put that percentage in perspective, CSU kept a whopping 1,971.60 pounds of waste out of the landfill in those 12 months. Antonio continues, "49% of that was organic food and garden waste that we used to make compost on the Center's grounds. That compost is now used for our vegetable garden." Antonio started giving workshops on his compost and garden success, and local teacher Leslie Castro got inspired.

"I saw Antonio give a compost and garden workshop and I just knew that I had to have a project like that in my school" recalls Leslie who teaches 3rd grade at Melitón

EN LA ESCUELA PRIMARIA MELITÓN ALBAÑEZ

Antonio Diego, coordinador de Cero Basura en la Universidad del Estado de Colorado (CSU) Todos Santos, es un hombre con una misión. Cuando la CSU le asignó trabajar con Alianza Cero Basura diez horas a la semana como parte de su patrocinio, lo primero que hizo fue poner en orden su propia casa. "Comenzamos a trabajar seriamente en prácticas conscientes de gestión diaria de residuos en el Centro de la CSU Todos Santos," recuerda Antonio. "Desde julio de 2023 hasta junio de 2024, desviamos el 71%* de los residuos generados en el Centro que iban hacia el vertedero, hacia usos productivos." Para poner ese porcentaje en perspectiva, en esos 12 meses, la CSU evitó que entraran 895 kilogramos de residuos al vertedero. Antonio continúa: "El 49% de eso eran residuos orgánicos de alimentos y jardinería que utilizamos para generar abono en los terrenos del Centro. Ese abono ahora es empleado en nuestro huerto." Antonio comenzó a dar talleres sobre el éxito del abono y el jardín y la maestra Leslie Castro se inspiró.

EL HUERTO continúa en página 8



Albañez Elementary School. "I knew I wanted to work with my students to create a garden on the school grounds."

At Leslie's invitation, Antonio started going to Melitón Albañez every week and having lunch with the kids in grades 1 to 3. "My idea was to promote waste separation, seed separation, and compost" says Antonio. "We would all eat fruit together, then the students would take the fruit seeds, put them in napkins, then place the napkins in a shady area of their classroom to dry." The goal was to create an infinite activity, a cycle just like the one nature goes through. After a few weeks Antonio took some soil to the school that he had harvested from the CSU compost pile and the children put it in small containers and planted the seeds from their watermelons, cucumbers, and papayas.

Antonio was impressed with the dedication of the children. "Under Leslie's guidance the kids were really taking care of those plants and tended them in their classroom planters for over three months, even over the Christmas holidays, so we know their families were helping. The plants were doing so well that soon it was time to plant the garden." While the plants were busy growing, the kids got busy creating the compost that the garden needed to thrive. "Every day during recess the kids, supervised by their teachers, used a knife and chopping board to cut their organic waste into scraps for the compost pile. Some children brought their organic waste directly from the family breakfast at home. I told the students that they were caring for an invisible pet, which is the bacteria SIRD0 that specializes in turning their organic waste into compost." The results are exciting says

Antonio. "Just before the *Semana Santa* holiday we were able to harvest 30 kg of our own compost at the school! We used a scale to measure the impact of waste diverted from the landfill and in the first month alone we diverted a total of 46 kg."

When the compost was ready, Antonio and Leslie invited some of the parents to come and help dig a trench on the grounds of the school using John Jeavon's principles of Biointensive Farming. The kids helped add the compost and the plants in the trench, and now there is a scholar's garden blooming at Melitón Albañez! 90 students and teachers in Grades 1 to 3 signed a pledge to continue raising an invisible pet every day at recess.

The staff of Melitón Albañez has seen such a positive impact on the students and their families that it has now fully adopted the Scholar Garden project. Under Leslie's direction there are now nine groups of students in grades 1 through 6 who are actively participating in compost management. In October they planted corn in the garden, and they are in the process of making an irrigation system out of clay, not plastic. With Melitón Albañez now fully launched on its own scholar garden program Antonio is working with Alianza Cero Basura's education program to bring the concept to more schools in Todos Santos and Pescadero. The seeds are indeed being planted for a zero-waste future for our community.

*49% was organic waste which Antonio turned into compost at the Center. 20% was taken to the local recycling GARDEN continued on page 29

El Huerto

continuó de página 6

“Vi a Antonio impartir un taller de huerto y compostaje y supe que tenía que tener un proyecto así en mi escuela,” recuerda Leslie, quien enseña tercer grado en la Escuela Primaria Melitón Albañez. “Sabía que debía trabajar con mis estudiantes para crear un huerto en el predio de la escuela.”

Por invitación de Leslie, Antonio comenzó a ir a la Melitón Albañez todas las semanas a almorzar con los niños de 1.º a 3.º grado. “Mi idea era promover la separación de residuos, la separación de semillas, y el compost,” dice Antonio. “Todos comíamos fruta juntos, después los estudiantes tomaban las semillas de la fruta, las ponían en servilletas y luego colocaban las servilletas en un área sombreada de su salón de clases para que se secan.” El objetivo era crear una actividad infinita, un ciclo como el que sigue la naturaleza. Después de unas semanas, Antonio llevó a la escuela un poco de tierra que había cosechado de la pila de compost de CSU y los niños la colocaron en pequeños recipientes donde plantaron las semillas de sus sandías, pepinos, y papayas.

Antonio quedó impresionado con la dedicación de los niños. “Bajo la dirección de Leslie, los niños realmente proporcionaron muy buenos cuidados a esas plantas en

su aula durante más de tres meses, incluso durante las vacaciones de Navidad, por lo que deducimos que sus familias estaban ayudando. Las plantas crecieron tan bien que pronto llegó el momento de plantar el jardín.” Mientras las plantas estaban ocupadas creciendo, los niños se ocuparon de crear el abono que el jardín necesitaba para prosperar. “Todos los días durante el recreo, los niños supervisados por sus maestros, usaban un cuchillo y una tabla de picar para cortar sus desechos orgánicos en trozos para la pila de composta. Algunos niños también trajieron sus desechos orgánicos del desayuno familiar de la casa. Les dije a los estudiantes que estaban cuidando una mascota invisible, la bacteria SIRDO que se especializa en convertir sus desechos orgánicos en abono.” Los resultados son emocionantes, dice Antonio. “¡Justo antes de las vacaciones de Semana Santa pudimos recolectar 30 kg de nuestro propio abono en la escuela! Usamos una báscula para medir el impacto de los desechos desviados del vertedero y solo en el primer mes desviamos un total de 46 kg.”

Cuando la composta estuvo lista, Antonio y Leslie invitaron a algunos de los padres a que vinieran y ayudaran a cavar surcos para sembrar en los terrenos de la escuela utilizando los principios de la agricultura biointensiva de John Jeavon. Los niños ayudaron agregando la composta y las plantas a la zanja, ¡y ahora hay un huerto floreciendo en La Melitón Albañez! 90 estudiantes y maestros de 1.º a 3.º grado firmaron un compromiso para seguir criando a la mascota invisible todos los días durante el recreo.

EL HUERTO continúa en página 28



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Cacao

The Journey / El Viaje

by / por Anne Patterson, traducido por Ivonne Benítez

Did you know that the world was supposed to end on December 21, 2012?

Doomsday speculation ranged from mega-disasters such as tidal waves, earthquakes, or volcanos on a global scale to inter-planetary collisions resulting in a black hole so large our earth would simply disappear.

That fateful day came and went, of course, sans apocalypse. Despite the 21st century hype and despair, the ancient Mayan calendar ending on December 21, 2012, simply rolled forward in time on December 22, just as our Gregorian calendar rolls forward every December 31.

Perhaps contributing to the widespread speculation of the imminent end of time is the fact that that date was in fact the completion of four calendrical cycles, not just one. The ancient Mayans engineered an ingenious set of four distinct calendars that rolled through time like interlocking cogs in a wheel. The first, called *Cholq'ij*, is a 260-day "self-knowledge" calendar which highlights the differing energies of each day and guides the discovery of ourselves within each day. The second, the *Haab'* or agricultural calendar, consists of 365 days like our Gregorian calendar, but with 18 months of 20 days each, with a 5-day month tacked on the end for celebration and thanks giving. It was under the guidance of this solar calendar—which aligns with the equinox and solstice cycles—that the Mayans successfully grew corn, beans, squash, and cassava in often inhospitable places.

As the *Cholq'ij* and *Haab'* calendars wend their way through time, every 52 years their last calendar days align. This 52-year cycle is known as the Venus calendar, and a person who has lived that cycle is said to be wise, having lived through all the daily energies of the self-knowledge calendar in all four different directions of the compass.

The master wheel holding it all together was the Mayan "Long Calendar" spanning a period of a whopping 5,235 years, said to have its base date around 3100 B.C. and its end date—you guessed it—in 2012.

According to Mayan cosmology the universe was in its sleeping time, or nighttime, in the years leading up to 2012, and male forces were dominant. Starting on December 22, 2012, the universe is said to be in its waking time, or daytime, with an awakening of feminine energy.

CACAO continued on page 19



Adri Jalife

¿Sabías que se suponía que el mundo terminaría el 21 de diciembre de 2012?

Las especulaciones sobre el fin del mundo abarcaban desde mega desastres como maremotos, terremotos, o volcanes a escala global hasta colisiones interplanetarias que resultarían en un agujero negro tan grande que nuestra Tierra simplemente desaparecería.

Ese fatídico día llegó y pasó, por supuesto, sin apocalipsis. A pesar de la propaganda y la desesperación del siglo XXI, el antiguo calendario maya que terminaba el 21 de diciembre de 2012 simplemente se adelantó en el tiempo el 22 de diciembre, tal como nuestro calendario gregoriano avanza cada 31 de diciembre.

Quizá contribuya a la especulación generalizada sobre el inminente

fin de los tiempos el hecho de que esa fecha fuera, de hecho, la finalización de cuatro ciclos calendáricos, no solo uno. Los antiguos mayas diseñaron un ingenioso conjunto de cuatro calendarios distintos que giraban a través del tiempo como engranajes entrelazados en una rueda. El primero, llamado Cholq'ij, es un calendario de "autoconocimiento" de 260 días que resalta las diferentes energías de cada día y guía el descubrimiento de nosotros mismos dentro de cada día. El segundo, el Haab' o calendario agrícola, consta de 365 días como nuestro calendario gregoriano, pero con 18 meses de 20 días cada uno, con un mes de 5 días agregado al final para la celebración y la acción de gracias. Fue bajo la guía de este calendario solar, que se alinea con los ciclos de equinoccios y solsticios, que los mayas cultivaron con éxito maíz, frijoles, calabaza, y yuca en lugares a menudo inhóspitos.

A medida que los calendarios Cholq'ij y Haab' avanzan a través del tiempo, cada 52 años sus últimos días del calendario se alinean. Este ciclo de 52 años se conoce como el calendario de Venus, y se dice que una persona que ha vivido ese ciclo es sabia, ya que ha vivido todas las energías diarias del calendario de autoconocimiento en las cuatro direcciones diferentes de la brújula.

La rueda maestra que lo mantenía todo unido era el "Calendario Largo" maya, que abarcaba un período de nada
CACAO continúa en página 18

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Live Comedy Returns to Todos Santos

photo by Kenny Viese

Get ready for fun! *Comedy Central: Three Killer 1-Act Plays* will light up the stage in February 2025 in downtown Todos Santos. A perfect trio of fast-paced, beloved comedies. *Crafty*, by Paul Rudin, where a middle-aged, Midwesterner brings you the highs and lows of crafts in our culture. *Mere Mortals*, by David Ives, features three construction workers who reveal their alter egos. *Actor's Nightmare*, by Christopher Durang, brings the entire ensemble of actors together to play out a nightmare we've all had, being in a situation with no idea why or how we got there.

Following the success of last year's *Kitchen Witches*, this same group, including Director Pamela Sue Martin, bring you another comedy performance. All proceeds from this evening will benefit *The Palapa Society of Todos Santos, A.C.*

The location for this popular event is the historic Teatro Márquez de León located just off the plaza in downtown Todos Santos. Actress and producer of the show, Kathy Warnert, had this to say. "We are thrilled to again partner with this classic Teatro. To stand on the stage or sit in the audience of this beautiful, indoor theater is a true honor.

"Todos Santos continues to produce quality, artistic events, and we hope the public will support this production with their attendance. We especially hope out-of-towners from La Paz and Cabo enjoy an evening show and stay the weekend or for the day with a Sunday matinee."

THE DIRECTOR: PAMELA SUE MARTIN

Pamela Sue Martin, is an internationally acclaimed actress and director. As a television actress, Martin starred in *The Nancy Drew* series and *Dynasty*. She also starred in many films and stage performances. She's directed dozens of stage plays and brings those combined talents to Todos Santos. Martin says, "Here we go again, only these comedies are crazier. Get ready! Directing comedy is my jam. It includes finding the right timing, and I love the creative spirit that expresses itself so abundantly here in our *Pueblo Mágico*."

ABOUT THE CAST

The ensemble cast includes Josh Lay, Kathy Warnert, Daniel Caracas, Jasmine Pittenger, Alicia Pellegrin, and Jesus Romo. Josh Lay, a professional actor and writer, who splits his time between New York and Todos Santos stated, "I'm excited to be back in the historic Teatro Márquez de León for a good cause. It's always rewarding to share the stage with this cast and crew while driving Pamela nuts during rehearsal. She's the best. This show is going to have lots of LOLs as they say, so join us at the downtown Teatro to laugh and support the Palapa Society! It's going to be fun."

Warnert, who has been in dozens of plays in the U.S. and Mexico concluded, "Every actor in the cast has stage experience, and everyone, including cast, crew, and director are volunteering their time and tremendous talent for this event."

SHOW DATES AND TICKETS

February 14, 15, 16, and 21, 22, 23. Fridays and Saturdays at 7 p.m. and Sunday matinee at 2 p.m. All performance take place at the Teatro General Manuel Márquez de León (just off the town center plaza) on Calle de Legaspy in Todos Santos.

Discounted advance tickets will be available via PayPal beginning in January 2025 at <https://palapasociety.org/events-listing/> or can be purchased in person at El Tecolote Bookstore in Todos Santos. The advance discount price is \$20 USD or 400 pesos. Tickets may also be purchased at the door on the day of the show for a regular price of \$25 USD or 500 pesos.

ABOUT THE PALAPA SOCIETY OF TODOS SANTOS, A.C.

100% of the proceeds will be donated to The Palapa Society of Todos Santos, A.C. The Palapa Society is a non-profit making a positive difference for over 700 local people annually through inspirational, quality education including annual scholarships to secondary schools and universities, English classes for children and adults, a middle and THEATER continued on page 44



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Art Talk

by Jill Logan

INSPIRATION

Inspiration. The word evokes in me a vision of a flower opening from a bud, petal by petal in a dance of erotic playful movements, often seen in time lapse photography.

Inspiration, in my experience, often comes unbidden, and at times seems to fly in and alight at the most unexpected moments. I always want to call it to come, but that is not necessarily how it arrives. Inspiration evokes something inside of me to open up, to wake up, or to startle me into seeing something in a different way. Sometimes there are a slew of possibilities, a kaleidoscope of images I could produce, or a basketful of words tumbling into my head, even a carton full of food to prepare in some unusual way.

It is a moment when I suddenly understand something that is going on and have more compassion for myself and others in a situation. Where I might also know exactly what to do and what not to do.

I often ask myself what was it? A certain smell evoking an avenue of images I had yet to see? A way the light struck a chord with the foliage of the desert, or a rich heart opening moment caught in time. Something moved me.

"Inspiration propels a person from apathy to possibility and transforms the way we perceive our own capabilities."—
Scott Barry Kaufman

When I am exposed to others' greatness, those acts of courage and valor that defy logic inspire me to greater heights. Going against all odds to accomplish the so far unaccomplished. That is inspiring.

I am frequently moved by the light in Todos Santos and how it plays on the desert foliage. I see several colors within the sage greens, for instance purple shadows, red violet edges to leaves with soft lavender interlaced. A shot of cobalt blue where the sky meets the horizon glows out bright around deep violet mountains.

Several of my artists friends use music to move them when they are creating. Loud. I do the same at home in my studio space. I have to watch it though as my stokes may match the staccato of the tune. Then suddenly I am doing Van Gogh like strokes one after another. Sometimes classical calms and centers me. It is all up to the mood.

Inspiration is one thing. Acting on inspiration is a completely different ball game. Taking motivation from anything that hits or touches you and then expressing that in a form is a gift. Sometimes it requires many studies, drawings, and color combinations before I feel satisfied touching down on a large canvas and to begin the real work.

Ideas often come to me in the middle of the night. With my feather series I had this vision to create textural feathers, which in the beginning were just up and down straight



"Dancing Feather" 30"x30" Mixed media w/silver leaf

feathers. Later I found on my desk in the gallery, a feather duster feather that was small and black and looked like a swan dancing. Aha! The next series was born, Dancing feathers. In the gallery I have one with silver leaf and one with copper leaf with a deep red glaze. Both are beautiful.

I love going to art museums and galleries to expose myself to as much art as possible. This really gets me excited, and I often come home with great new ideas and energy for creating.

I am very grateful for this creative place in which I live, as Todos Santos has so much beauty and the light quality at any time of day brings dancing playful shadows wherever you look.

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Gina Frangello

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by Rex Weiner

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AN INTERVIEW WITH GINA FRANGELLO

The Todos Santos Writer's Workshop (TSWW) is now in its 12th year, running February 1 through 8. Gina Frangello will be visiting Todos Santos as part of the faculty and leading its fiction class. With work published in several genres, her fifth book, the memoir *Blow Your House Down: A Story of Family, Feminism, and Treason* (Counterpoint), was included on numerous "Best of 2021" lists and selected as a New York Times Editor's Choice. Her four books of fiction include *A Life in Men* and *Every Kind of Wanting*, and first two, *My Sister's Continent* and *Slut Lullabies*, will soon be reissued by Northwestern University Press. Currently a lead editor at Row House Publishing, her most recent book is what Frangello describes as "a semi-scholarly book" based on Elena Ferrante's Neapolitan Quartet, forthcoming from IG Publishing's "Bookmarked" series in July 2025. Frangello is a member of the low residency MFA faculty at the University of Nevada-Reno/Tahoe and runs Circe Consulting, a full-service company for writers, with the writer Emily Rapp Black.

HOW DID YOU START WRITING?

I started writing "books" before I could even actually write words. I would draw pictures and make up stories and dictate them to my mother so that she could write the captions under the illustrations. My first stories were called "The Danger Adventures of Tammy" and often featured my protagonist walking tightropes over bubbly swamps or fighting alligators and losing a hand—I was about four

years old. There was also a “Bad Man” who wore a tall black hat. By the age of ten, I had graduated to writing a series of novels about four orphans who were always running away from their abusive orphanage and eventually were all adopted into the same family. I wrote the novels—which were sometimes more than 400 pages—on rolls of brown butcher block paper my mother would cut for me into same-sized sheets because that kind of paper was cheaper.

HOW DOES A STORY START FOR YOU, IS IT AN ANECDOTE, A PIECE OF OVERHEARD CONVERSATION, OR...?

This is always different. Sometimes a real event won't stop nagging at me, and I'm trying to imagine motivations or alternate outcomes or more extreme versions of a strange situation—other times, I'll have a visual image, or one line will come to me (often when driving or in the shower) and an entire novel will end up growing from that. With my third book, the novel *A Life in Men*, I had a recurring picture in my head of two men embracing in a dim hospital corridor in Morocco, their bodies forming a kind of arc, while a woman watched them from a hospital bed. I kept wondering: *Who are these men? What's the situation?* It took me years to figure out their identities and their relationships to the woman in the bed. Amidst all that, I also had a line I couldn't shake in my head, “Pretend I'm not already dead,” and it became the first line of that novel.

WHAT INSPIRED YOU TO WRITE [YOUR MOST RECENT BOOK?

My most recent book—my sixth—was an unusual one for

me. It's a semi-scholarly book based on Elena Ferrante's Neapolitan Novels, for a series called “Bookmarked” where writers write about the novels that have most impacted them personally. When I read the first novel in Ferrante's Neapolitan series, *My Brilliant Friend*, I had never encountered a novel that was so similar to my own early life and upbringing, and it floored me. How could an author from Italy, writing about Naples in the 1950s and 60s, be so close to the wire of my own experiences in Chicago in the 1979s and 80s? I became fascinated and captivated and obsessed.

WHAT IS YOUR USUAL WRITING PRACTICE?

I'm a binge writer and it's truly feast or famine. I've raised three kids, taken care of two elderly parents, launched and run a book press for a decade, taught at a good dozen universities, edited five literary magazines, run my own business, have a column for *Psychology Today*... I am not always focused on my own writing. Sometimes that's because I'm immersed in something else I'm passionate about, and sometimes it's due to the basic realities of earning a living or caring for people in my life. But when I am writing, to say I'm all in is putting it mildly. It's very hard for me to do anything else.

WHO ARE YOUR LITERARY INFLUENCES?

Oh, so many, so many. My first major influence was Milan Kundera, whose use of editorial omniscience blew my head open and impacts my work to this day. But Mary Gaitskill, Margaret Atwood, Arundhati Roy, and Jennifer Egan. E.L. Doctorow's *Book of Daniel* may have impacted

TSWW continued on page 27

The Palapa Society
Presents:
14th annual

TODOS SANTOS
OPEN STUDIOS

—Artists' Studio Tour—

SAVE THE DATE

OPENING NIGHT

MEET THE ARTIST
January 24

ARTIST STUDIOS OPEN
January 25 + 26

JANUARY 24, 25 & 26

THE PALAPA SOCIETY
LA SOCIEDAD DE LA PALAPA

TICKET INFORMATION HERE

Cacao

continuó de página 10

menos que 5.235 años, y que se dice que tiene su fecha base alrededor del 3100 A.C. y su fecha final, como ya habrás adivinado, en 2012.

Según la cosmología maya, el universo se encontraba en su período de sueño, o de noche, en los años previos a 2012, y las fuerzas masculinas eran dominantes. A partir del 22 de diciembre de 2012, se dice que el universo se encuentra en su período de vigilia, o de día, con un despertar de la energía femenina.

Lo que nos lleva a la historia del cacao.

CACAO—"ENERGÍA LIMPIA"

Las profecías mayas afirman que el cacao es la medicina que acompaña la transformación del sistema de calendario anterior al actual, la transformación de la noche al día, de la energía masculina a la energía femenina. Reconocieron el efecto del cacao como sutil, poderoso y profundo, que nos conecta con nuestro espíritu y divinidad interior, y nos ayuda a caminar de una manera hermosa y fuerte en esta tierra. La ciencia del siglo XXI respalda que los antiguos mayas estaban en lo cierto. Esto es lo que hemos aprendido.

El nombre oficial en latín del árbol del cacao es Theobroma cacao, que significa "alimento de los dioses." Por lo tanto, teobromina fue el nombre que se le dio a este compuesto natural que predominaba en el cacao cuando fue descubierto científicamente en 1841. La teobromina está estrechamente relacionada con la cafeína, pero sin el nerviosismo ni el inevitable bajón de energía. "Energía



limpia," bromea Adriana Jalife, de Todosanteña, en sus populares talleres sobre el cacao. Este poderoso compuesto puede mejorar la función cognitiva, mejorar el rendimiento, mejorar el estado de ánimo y promover la salud cardiovascular en general.

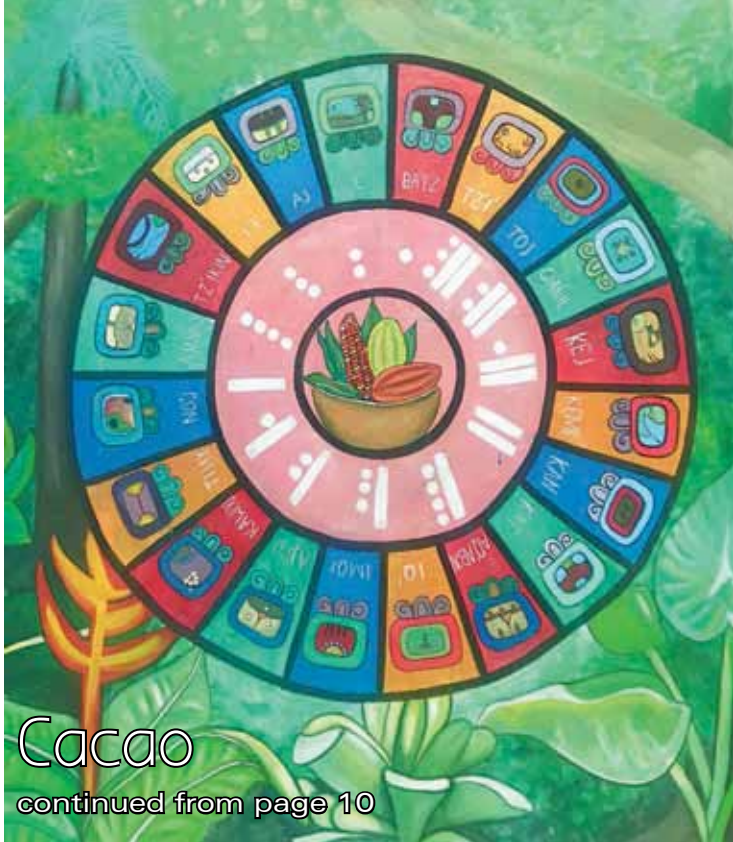
El impacto del cacao tanto en el cerebro como en el cuerpo puede ser profundo. Entre sus beneficios se incluyen la prevención de la hipertensión arterial, la reducción del colesterol LDL, una mejor digestión, y la relajación muscular. No menos impactante es el efecto del cacao en el cerebro; su alto contenido de flavonoides mejora el rendimiento cognitivo y reduce el riesgo de demencia. Para completar los beneficios, el cacao tiene una concentración de las

cuatro "sustancias químicas de la felicidad" (serotonina, dopamina, anandamida, y feniletilamina) que pueden mejorar el estado de ánimo y hacer que uno se sienta más feliz.

Vale la pena señalar: si bien los mayas pueden haber carecido de los métodos científicos para aislar los diversos compuestos químicos del cacao y los beneficios de cada uno, sabían que estaban en algo. No solo bebían xocoatl para rituales, celebraciones y propósitos medicinales, sino que hay evidencia de que los granos de cacao se intercambiaban como moneda desde el año 600 d. C.

Hasta hace muy poco, cada uno de los beneficios que se mencionaban en la literatura médica venía acompañado de la advertencia de "se necesitan más pruebas," lo que generaba cierto escepticismo sobre las afirmaciones generales. Hoy se están haciendo muchos estudios a gran escala y a largo plazo sobre las propiedades del cacao en CACAO continúa en página 20





Cacao

continued from page 10

Which brings us to the story of cacao.

CACAO—"CLEAN ENERGY"

The Mayan prophecies state that cacao is the medicine that accompanies the transformation from the previous calendar system to the current, the transformation from night to day, from male energy to female energy. They

recognized the effect of cacao as being subtle, powerful, and deep, connecting us with our inner divine and spirit, and it helps us walk in a beautiful and strong way on this earth. Twenty-first century science supports that the ancient Mayans were onto something. Here's what we've learned.

The official Latin name for the cacao tree is *Theobroma cacao*, meaning 'food of the gods.' Accordingly, theobromine was the name given to this naturally occurring compound dominant in cacao upon its scientific discovery in 1841. Theobromine is closely related to caffeine but without the jitters or inevitable energy crash. "Clean energy," quips Todosanteña Adriana Jalife in her popular cacao workshops. This powerful compound can improve cognitive function, enhance performance, boost mood, and promote overall cardiovascular health.

Cacao's impact on both the brain and the body can be profound. Benefits include prevention of high blood pressure, reduced LDL cholesterol, improved digestion, and muscle relaxation. No less impactful is cacao's effect on the brain; its high content of flavonoids improve cognitive performance and reduce the risk of dementia. Rounding out the benefits is cacao's concentration of the four "bliss chemicals" (serotonin, dopamine, anandamide, and phenylethylamine) that can improve your mood and make you feel happier.

Worth noting: while the Mayans may have lacked the scientific methods to isolate the various chemical compounds of cacao and the benefits of each, they knew they were on to something. Not only did they drink *xocoatl* for rituals, celebrations, and medicinal purposes, there is

CACAO continued on page 21

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Cacao

continuó de página 18

muchas instituciones del mundo. Y están corroborando en gran medida la evidencia anecdótica.

Una advertencia importante es que los beneficios del cacao no provienen de las barras de chocolate con leche producidas en masa que se encuentran en los pasillos de las cajas de los supermercados, donde el humilde grano ha sido calentado, prensado, desgrasado, molido, y tratado con sales alcalinas y sólidos de leche, lo que hace que la producción industrial en masa de chocolate sea barata y fácil. El cacao ceremonial, por otro lado, se procesa mínimamente a partir de granos que se seleccionan a mano, se fermentan naturalmente y se tuestan suavemente, sin aditivos. Si está interesado en explorar los beneficios del cacao en su cuerpo, el cacao de grado ceremonial es lo que está buscando.

Lo que nos lleva a la historia de Tierra Santa en Todos Santos.

CACAO EN BAJA

Adriana (Adri) Jalife nació y creció en Durango, en el centro de México, y se mudó a Baja California Sur en 2017. Sus caminos de estudio paralelos (recetas ancestrales y las historias detrás de ellas, junto con el estudio de la cosmovisión maya del cacao) la inspiraron a establecer Tierra Santa en el centro de Todos Santos, donde prepara comida saludable, bebidas de cacao, y vende cacao en polvo y barras. Su gentil entusiasmo por compartir el conocimiento del cacao como una planta que ha acompañado a múltiples civilizaciones en América Central y del Sur se evidencia en cada cliente.

Adri utiliza cacao ceremonial de comercio justo de Tabasco, Chiapas y otros lugares. Todos los años, pasa semanas en el sur de México estudiando la cosmovisión maya del cacao con el anciano maya Abuelo Efen Hernández, undécima generación de guardianes de la tradición maya Tokot'an en la plantación de cacao de su familia en Tabasco.

Adri también ofrece talleres de "Alquimia del cacao," reflexivos, creativos, y bien organizados: una experiencia sensorial "del grano a la barra" lo más alejada posible de la producción industrial de chocolate. El corazón de la experiencia reside en la molienda de los granos tostados y pelados en el metate, una herramienta antigua hecha de piedra volcánica que se ha utilizado desde tiempos ancestrales. Uno puede sentir la conexión con la tradición a medida que los granos de cacao se muelen con movimientos suaves y circulares, liberando los intensos aromas. Sus talleres de Alquimia del cacao se han realizado en Hablando Mexicano en Todos Santos, Proyecto Palmita en Pescadero y en numerosos lugares privados y familiares.

Pero si lo que buscas es un estimulante rápido por la tarde sin cafeína, acércate a Tierra Santa (detrás de la estación de autobuses, frente al parque), donde Adri se limpiará las manos en su delantal, sonreirá y te ayudará a comenzar tu viaje con el cacao.

Cacao

continued from page 19

evidence that cacao beans were being traded as currency as far back as 600 AD.

Until quite recently, each of the benefits reported in the medical literature was accompanied by the disclaimer “more testing is needed,” resulting in some skepticism over the broad claims. Nowadays, numerous large scale, long-term studies of the various properties of cacao are being undertaken in many institutions all over the world. And they’re largely substantiating the anecdotal evidence.

An important caveat is that the benefits of cacao do not come from the mass-produced milk chocolate candy bars lining our grocery check-out aisles, where the humble bean has been heated, pressed, de-fatted, ground, and treated with alkaline salts and milk solids, making the industrial mass production of chocolate cheap and easy. Ceremonial cacao, on the other hand, is minimally processed from beans that are handpicked, naturally fermented, and gently roasted, with no additives. If you’re interested in exploring the benefits of cacao on your body, ceremonial-grade cacao is what you’re looking for.

Which brings us to the story of Tierra Santa in Todos Santos.

CACAO IN BAJA

Adriana (Adri) Jalife was born and raised in Durango in central Mexico, relocating to Baja California Sur in 2017.

Her parallel tracks of study—ancestral recipes and the stories behind them, together with the study of Mayan Cosmovision of Cacao—inspired her to establish Tierra Santa / Sacred Earth in downtown Todos Santos, where she prepares healthy food, cacao beverages, and sells cacao powder and bars. Her gentle enthusiasm for sharing the knowledge of cacao as a plant that has accompanied multiple civilizations throughout Central and South America is evidenced by every customer.

Adri uses fair-trade, ceremonial cacao from Tabasco, Chiapas, and beyond. Every year, she spends weeks in southern Mexico pursuing the study of Mayan Cosmovision of Cacao with Mayan elder Abuelo Efen Hernandez, an eleventh generation of guardians of the Maya Tokot’an tradition in his family’s cacao plantation in Tabasco.

Adri also delivers thoughtful, creative, and well-organized “Cacao Alchemy” workshops—a “bean to bar” sensory experience as far from industrialized chocolate production as possible. The heart of the experience lies in the grinding of the peeled roasted beans on the *metate*, an ancient tool made of volcanic rock that has been used since ancestral times. One can feel the connection with tradition as the cacao beans are ground with soft, circular movements, releasing the intense aromas. Her Cacao Alchemy workshops have been held at Hablando Mexicano in Todos Santos, Proyecto Palmita in Pescadero, and in numerous private and family venues.

But if you’re just looking for a quick afternoon pick-me-up without the caffeine, swing by Tierra Santa (behind the bus station, across from the park), where Adri will wipe her hands on her apron, smile, and help you begin your journey with cacao.



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december

KILOMETRO DE JUGUETES. Please donate toys for the children of the Melitón Albañez farming community. You can leave your toys, wrapped or unwrapped, at C21Rojas Todos Santos or **Hablando Mexicano**. The toys will be delivered on January 6, Three Kings' Day. Let's spread joy to the children in our community!

ART SHOW "Retro Tropical Jet Set Series V" at **Galería Militar** in Todos Santos. Featuring new work from our Fall 2024 cover artist, Mark Gabriel. The show will run through Jan 30, 2025.

December 4 | 5 - 8 pm, **LIVE MUSIC** at **La Palapa del Sabor** in Todos Santos.

December 5 - 7 | **CERRITOS MUSIC FEST** at Shaka's in Cerritos.

December 11 | 3 - 6 pm, **SEASON OPENING** at **Galería Logan**. New works by Jill Logan, Linda Lenz, and Trinity Sawyer.

December 11 | 5 - 8 pm, **LIVE MUSIC** at **La Palapa del Sabor** in Todos Santos.

December 12 | 7 pm, **COLLECTIVE PHOTOGRAPHY EXHIBITION** Vol.1 at Cromática in San José del Cabo.

December 13 | 5 pm, **READING** by Alenka Vrecek author of *She Rides, Chasing Dreams Across California and México* at El Tecolote Bookstore in Todos Santos.

December 14 | 4 - 6 pm, **DOG PARK & YAPPY HOUR** at **La Palapa del Sabor** in Todos Santos.

December 18 | 5 - 8 pm, **LIVE MUSIC** at **La Palapa del Sabor** in Todos Santos.

December 19 | 6 - 8 pm, **MARIACHI NIGHT** at **La Palapa del Sabor** in Todos Santos. Reservations: 6122026687.

December 25 | **CHRISTMAS DAY**
December 31 | **NEW YEAR'S EVE**

january 2025

January 1 | **NEW YEAR'S DAY**

January 1 | 5 - 8 pm, **LIVE MUSIC** at **La Palapa del Sabor** in Todos Santos.

January 8 | 5 - 8 pm, **LIVE MUSIC** at **La Palapa del Sabor** in Todos Santos.

January 9 | 5 - 10pm, **MERCADO NOCTURNO** at Baljalla in Pescadero. Enjoy live music, vendors, art, special performances, food, drink, and community.

January 10 | **JOURNAL DEL PACIFICO WINTER 2025 DEADLINE.**

January 15 | 5 - 8 pm, **LIVE MUSIC**

at **La Palapa del Sabor** in Todos Santos.

January 15 - 18 | **TROPICO DE CANCER MUSIC FESTIVAL.** For tickets or more information visit: tropicofcancerfestival.mx

January 16 | 6 - 8 pm, **MARIACHI NIGHT** at **La Palapa del Sabor** in Todos Santos. Reservations: 6122026687.

January 18 | 4:30 - 6:30 pm, **IN THE COMPANY OF MEN** at **Cuatro Vientos** in Todos Santos. The Baja Sur Poets and Writers League, together with Marimar Higgins/Cuatro Vientos, will be holding a bilingual, performing arts event with men writers, poets, dancers, philosophers, and musicians to pay homage to the late Robert K Hall who held our community Dharma Talks there for years and to celebrate the great men in our lives, male energy and the divine masculine. Donation of 50 pesos optional not necessary.

January 18 | 4 - 6 pm, **DOG PARK & YAPPY HOUR** at **La Palapa del Sabor** in Todos Santos.

January 20 - 24 | **ABSTRACTION: IMPROVISE, COMPOSE AND ARRANGE WORKSHOP** with **Anne Hebebrand** at **Hablando Mexicano** in Todos Santos. Delve into the language of abstract painting through improvisation and an exploration of how to give structure to your paintings through studying composition and the arranging of shapes, forms, and color. This workshop is for beginners as well as more experienced students seeking to fine tune their skills. Any medium you would like to work with is great (oil, acrylic, gouache, or collage); a supply list with a variety of drawing and mark making tools will be sent to you after registration. Most demonstrations will be using cold wax medium with oil. To register and for more information: <https://www.annehebebrand.com/todos-santos-workshops>

January 22 | 5 - 8 pm, **LIVE MUSIC** at **LA PALAPA DEL SABOR** in Todos Santos.

January 24 | **14TH ANNUAL TODOS SANTOS OPEN STUDIOS TOUR OPENING NIGHT.** Meet the artists and art auction. Location: TBD. A benefit for **The Palapa Society of Todos Santos**. For more information: <https://todossantosopenstudio.org/>

January 25 & 26 | **14TH ANNUAL TODOS SANTOS OPEN STUDIOS TOUR.** hosted by **The Palapa Society of Todos Santos**. Tour local artists studios over two days. 100% of the proceeds

directly support **The Palapa Society's** community programs that serve the educational needs of local families. For tickets visit: <https://todossantosopenstudio.org/purchase-tickets/>

January 29 | 5 - 8 pm, **LIVE MUSIC** at **La Palapa del Sabor** in Todos Santos.

January 30 | 7 pm, **"TIDES OF LIGHT" PHOTOGRAPHY EXHIBITION** by Dan Taylor at Cromática in San José del Cabo.

february 2025

February 1 | **RUTA EL CARDON MOUNTAIN BIKE RIDE & FIESTA**, presented by **Over The Edge Baja**. A 23 mile/38 km recreational group mountain bike ride and street party. The fun of this event is the shenanigans happening on the mostly single-track mountain bike trails in the Sierra Madre desert foothills and Old Port coastal hills. Registration includes a commemorative Ruta El Cardon t-shirt, two aid stations stocked with tasty treats, and a street party finale where tales of the trail can be shared. Register at rutaelcardon.com or stop by **Over The Edge Baja** in Todos Santos and the guys can provide details.

February 1 - 8 | **12TH ANNUAL TODOS SANTOS WRITERS WORKSHOP** creative writing retreat at **Posada del Molino** in Todos Santos. Offering classes in poetry with Christopher Merrill, fiction with Gina Frangello, memoir with Jeanne McCulloch and Karen Karbo, storytelling strategies with Rex Weiner, and travel/environmental writing with Nick Triolo. Class attendance by registration only, with special readings and discussion open to the public. Special rates for full- and part-time local residents. More information and registration at www.todossantoswritersworkshop.com

February 14, 15, 16 & 21, 22, 23 | Fridays and Saturdays at 7 pm, and Sunday matinee at 2 pm. **COMEDY CENTRAL: THREE KILLER 1-ACT PLAYS** at Teatro Márquez de León in Todos Santos. A live theater production benefiting **The Palapa Society of Todos Santos A.C.** Discounted advance tickets will be available via PayPal beginning in January 2025 at <https://palapasociety.org/events-listing/> or can be purchased in person at El Tecolote Bookstore in Todos Santos. The advance discount price is \$20 USD or 400 pesos. Tickets may also be purchased at the door on the day of the show for a regular price of \$25 USD
EVENTS cont. on page 51

every week

sunday

8 am – 2 pm, **LOCALS MARKET** at **La Esquina Café** on the otro lado.

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

6 pm, **SUNDAY SESSIONS** at Todos Santos Brewing.

monday

10 am – 1 pm, **PALAPA LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

4 – 6 pm, **CHILDREN'S WORKSHOPS** with Anapaula at **Shakti Bowl** in Todos Santos.

tuesday

8:30 am – 2 pm, **LA PAZ FARMER'S MARKET** on calle Rosales between Obregón & Madero, La Paz.

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

TACO TUESDAY at **La Palapa del Sabor** in Todos Santos.

4 – 7 pm, **PALAPA ADULT & CHILDREN'S LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

5 – 9 pm, **TACO TUESDAY** at **La Esquina Café** on the *otro lado*. Choose from meat or vegetarian chorizo tacos with live music 6 – 9 pm.

TACO TUESDAY at 5 Tacos & Beer on the *otro lado*. Live music and 100 pesos margaritas.

wednesday

8 am – 2 pm, **LOCALS MARKET** at **La Esquina Café** on the otro lado. Takes place through August.

8 am – 1 pm, **CHINGROWN COMPOST** in front of **La Esquina Café**. 120 pesos bucket of compost and kitchen waste drop by donation.

10 am – 1 pm, **PALAPA LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

5 - 7 pm, **NORDIC RUNES** by Rodrigo Ojeda Hinds at Allende Books in La Paz.

thursday

9 am – 2 pm, **PUNTO VERDE RECYCLING** behind Super Pollo, off calle Del Huerto at the southern entrance of Todos Santos. Bring your paper, #1 & #2 WEEKLY EVENTS continued on page 25

#lithappens



TODOS SANTOS WRITERS WORKSHOP

12th annual Winter Session
Feb 7 - 8, 2025

Founded in 2014, TSWW is a center for creative writing based in the historic *pueblo mágico* of Todos Santos, Baja California Sur, MX. Our weeklong Winter Session offers workshops for writers at all levels. Written works are read and critiqued in a supportive, participatory setting. Writers may also register for one-on-one mentoring sessions. Special events include guest speakers, craft discussions, and Fiesta Night featuring regional food and music.

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La Mascarita Peninsular



Belding's Yellowthroat (Northern male)
*Mascarita Macho Norteño / *Geothlypis beldingi**

by / por Bryan Jáuregui, Todos Santos Eco-Adventures
traducido por Paula Angeloni, photos by / fotos por Roberto Carmona

BAJA CALIFORNIA SUR'S ENDEMIC, ENDANGERED SONGBIRD

AN INTRODUCTION FROM ROBERTO CARMONA AND GERARDO MARRÓN

Baja California Sur (BCS) may be the driest state in Mexico, but it still boasts 32 natural oases that have a permanent body of water and emergent vegetation. These oases, which cover just over 20 square kilometers, or 0.03% of the state's territory, offer a relative abundance and variety of resources that support a higher density of species than other habitats. In fact, they are the only habitat for the Belding's yellowthroat (*Geothlypis beldingi*), Baja California Sur's very own endemic, and endangered, songbird. Or so we thought.

When Roberto Carmona and Gerardo Marrón of the Autonomous University of Baja California Sur (UABCS) first started studying Belding's yellowthroats, known locally as *Mascaritas*, they agreed with the widely held view that the *Mascarita's* dispersal capacity was low and that the reproductive exchange between birds of different oases was scarce or non-existent. Yet in their most recent research they have found individuals outside of the oases in environments such as mangroves and fruit crops, most particularly outside of the March to July mating season. While it is unclear what is driving this change, Carmona and Marrón note the importance of conserving the *Mascarita's* habitat. When the water source feeding the Todos Santos lagoon was diverted in 2014, the lagoon dried up and the population of *Mascaritas* halved from 120 birds in 2014 to 60 birds in 2015.

The International Union for Conservation of Nature (IUCN) estimates that the entire population of *Mascaritas* is between 650 and 1,670 adult birds, a very small population size for a songbird, especially when compared to similar

MASCARITAS continued on page 27

AVE CANTORA ENDÉMICA DE BAJA CALIFORNIA SUR, EN PELIGRO DE EXTINCIÓN

INTRODUCCIÓN DE ROBERTO CARMONA Y GERARDO MARRÓN

Baja California Sur (BCS) puede ser el estado más seco de México, pero aún así cuenta con 32 oasis naturales que presentan un cuerpo de agua permanente y vegetación emergente. Estos oasis, que cubren poco más de 20 kilómetros cuadrados, o el 0,03% del territorio del estado, ofrecen variados y abundantes recursos que sustentan una mayor densidad de especies que otros hábitats. De hecho, son el único hábitat para la mascarita amarilla de Belding (*Geothlypis beldingi*), un pájaro cantor endémico de Baja California Sur en peligro de extinción. O por lo menos eso creíamos.

Cuando Roberto Carmona y Gerardo Marrón de la Universidad Autónoma de Baja California Sur (UABCS) comenzaron a estudiar a las Mascaritas, coincidieron con la opinión generalizada de que la capacidad de dispersión de las Mascaritas peninsulares era baja y que el intercambio reproductivo entre aves de diferentes oasis era escaso o inexistente. Sin embargo, en su investigación más reciente han encontrado individuos fuera de los oasis en entornos como manglares y cultivos frutales, sobre todo fuera de la temporada de apareamiento de marzo a julio. Si bien no está claro qué es lo que está impulsando este cambio, Carmona y Marrón enfatizan la importancia de conservar el hábitat de las Mascaritas. Cuando la fuente de agua que alimenta la laguna de Todos Santos se desvió en 2014, la laguna se secó y la población de Mascaritas se redujo a la mitad pasando de 120 aves en 2014 a 60 aves en el 2015.

La Unión Internacional para la Conservación de la Naturaleza (UICN) estima que la población total de Mascaritas peninsulares está entre 650 y 1,670 aves adultas, un

MASCARITAS continúa en página 50

Weekly Events

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plastics, batteries, cardboard, cans, metal, Styrofoam, and electronics. 50 peso minimum donation; electronics are 80 pesos. Please separate and clean materials. For information: ecorreolucionmx@gmail.com, (612) 139-4789

11 am – 3 pm, **CASA GIRASOL** open by donation, KM 48, highway 19, just past the Pemex. Provides a wide range of services to seniors and their caregivers, casagirasoltd@gmail.com, WhatsApp: 612-127-2410, www.comfortcare.mx

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

3:30 – 6 pm, **TAROT AND ASTROLOGY** by Eleonora Prizze at Allende Books in La Paz.

COOKING CLASS at **Hablando Mexicano** in Todos Santos. Visit <https://www.hablandomexicano.com/> for menu and prices.

4 – 6 pm, **CHILDREN'S WORKSHOPS** with Anapaula at **Shakti Bowl** in Todos Santos.

4 – 7 pm, **PALAPA LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

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

friday

9 am – 2 pm, **PUNTO VERDE RECYCLING** behind Super Pollo, off calle Del Huerto at the southern entrance of Todos Santos. Bring your paper, #1 & #2 plastics, batteries, cardboard, cans, metal, Styrofoam, and electronics. 50 peso minimum donation; electronics are 80 pesos. Please separate and clean materials. For information: ecorreolucionmx@gmail.com, (612) 139-4789

10 am – 1 pm, **PALAPA LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

11 am – 4 pm, **TODOS SANTOS ORGANIC MARKET** at Palma Serena in the Topete callejón.

10 am – 12 pm, **CROCHET WORKSHOPS** with Anapaula at **Shakti Bowl** in Todos Santos.

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

6 pm, **TRIVIA NIGHT** at Todos Santos Brewing.

saturday

7 am – 2 pm, **PUNTO VERDE RECYCLING** across from 5 Tacos & Beer in Las Tunas. Bring your paper, #1 & #2

WEEKLY EVENTS continued on page 51



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Gridlock / Insuficiencia Eléctrica en Baja California Sur

by / por Bryan Jáuregui, Todos Santos Eco-Adventures

traducido por Francesca Magallon

FOSSIL FUEL'S HOLD ON ELECTRICITY IN BAJA CALIFORNIA SUR

Investing in solar power in a place that averages 2,870 hours of sunshine per year seems a no-brainer and in 2013 Aura Solar of Spain established two private initiatives in La Paz: Aura Solar I, with 39 MW (megawatts) and Aura Solar III*, with 32 MW. Collectively the plants contribute significant solar energy to Baja California Sur, but all is not sunshine and light on the Baja power grid.

Baja California Sur is the only state in Mexico that is not connected to the national electric grid. BCS has two electrical systems: the Baja California Sur Electrical System (BCSES) which covers Los Cabos to Loreto, and the Mulege Electrical System, which covers the northern part of the state. Despite the infinitely renewable resource of sunshine in Baja Sur, roughly 86.5% of the BCSES matrix is run on diesel and fuel oil. Not only do these energy sources have high transportation costs, fuel oil's high sulfur content generates significant air pollution in La Paz, posing a substantial health risk. According to Rodrigo Osorio, Head of the Energy Agency in Puebla, a study by the Management Program to Improve the Air of the State of Baja California Sur (Proaire BCS), "indicates that electricity generation is responsible for 92 percent of emissions of sulfur dioxide (SO2) throughout the state."

In 2013 when Aura Solar entered the market renewable energy was being heavily promoted in Mexico. But since 2018 Mexico has doubled down on its embrace of fossil fuels, most particularly in Baja, leaving renewable sources like solar accounting for only 13.5% of energy generation in BCS. And control of that is tight. Aura Solar's only client is the Federal Electricity Commission, CFE, and CFE policy means that private solar installations in BCS—one of Mexico's sunniest locations—are essentially banned from connecting to the grid. This makes an investment in solar energy more expensive as homes and businesses that do invest do not have the option to sell extra power back to CFE. And because the BCS power grid is isolated from the national electric grid, BCS residents suffer from electricity costs that can be up to four times higher than the national average. Adding insult to injury, the aging BCSES power network has a difficult time meeting the increased energy demands placed on it by a rapidly expanding population and the rising seasonal demand for cooling devices; regular brownouts and blackouts are becoming a defining feature of life in BCS.

CFE currently has eight plants with a total capacity of 638 megawatts (MW) in BCS. Energy analysts estimate that if the energy policy shifted, BCS could produce up to 6,550 MW of solar energy, more than 10 times the GRIDLOCK continued on page 41

EL EFECTO QUE TIENE EL USO DE COMBUSTIBLES FÓSILES EN EL ESTADO

Invertir en celdas solares en un lugar que promedia 2,870 horas de sol por año parecería lo más lógico, así pues, en 2013 Aura Solar, una compañía de España, estableció dos iniciativas privadas en La Paz: Aura Solar I, con 39 MW (megawatts) y Aura Solar III, con 32 MW. En conjunto las plantas proveen con significativa energía solar a Baja California Sur, pero no todo es miel sobre hojuelas en la red eléctrica de Baja California Sur.

Baja California Sur es el único estado en México que no está conectado a la red eléctrica nacional. Baja California Sur cuenta con dos sistemas eléctricos: el Sistema Eléctrico de Baja California Sur (SEBCS) que comprende desde Los Cabos hasta Loreto, y el Sistema Eléctrico de Mulegé, que abarca la parte norte del estado. A pesar de que el recurso renovable de la luz solar es infinito en Baja California Sur, aproximadamente el 86.5% de la matriz del SEBCS funciona con Diesel y combustóleo. No solo estas fuentes energéticas presentan un alto costo de transportación, sino que el alto contenido sulfúrico del combustóleo genera una significativa contaminación del aire que presenta un riesgo sustancial para la salud. De acuerdo con Rodrigo Osorio, jefe de la "Agencia de Energía Estatal en Puebla," un estudio del Programa de Gestión para Mejorar la Calidad del Aire del Estado de Baja California Sur (Proaire BCS), "indica que la generación de electricidad es responsable del 92 por ciento de las emisiones de dióxido de sulfuro (SO2) a través del estado."

En 2013 cuando Aura Solar entró en el mercado, la energía renovable estaba siendo fuertemente impulsada en México. Pero desde el 2018 México ha duplicado su aceptación hacia el combustible fósil, en particular en Baja California Sur, dejando a fuentes renovables como la energía solar contando solamente con el 13.5% de la generación de electricidad en B.C.S. Y hay un riguroso control al respecto. El único cliente de Aura Solar es la "Comisión Federal de Electricidad," CFE, y las políticas de la CFE dicen que las instalaciones solares privadas en B.C.S., que es uno de los lugares más soleados de México, tienen esencialmente prohibido conectarse a la red. Esto hace que una inversión en energía solar sea más costosa, pues los hogares y negocios que sí llegan a invertir no tienen la opción de venderle la energía adicional generada a la CFE. Y dado que la red de suministro eléctrico de B.C.S. se encuentra aislada de la red eléctrica nacional, el costo de la electricidad que pagan los residentes de Baja California Sur puede llegar a ser hasta cuatro veces más alto que el del promedio nacional. Y para colmo de males, a la envejecida red eléctrica (SEBCS) le está costando ELECTRICIDAD continúa en página 45

my debut novel more than any other book ever has. Maxine Hong Kingston (*The Woman Warrior*, oh my god), Pam Houston, my business partner Emily Rapp Black, and my husband Rob Roberge—who are both brilliantly intense and intensely brilliant. I feel lucky to have too many influences to list, and to, at this stage of my life, had the chance to meet and know many of them personally, which my younger self would never have believed possible.

ANY ADVICE FOR WRITERS?

If you're in it for money or (sorry, I'm kind of giggling) "fame," you are probably in the wrong place. But if you're writing because it's a part of your make-up and stopping is inconceivable, then read voraciously, read outside your own demographic, go to readings, meet other writers whenever you can, find a writing group, and don't write with the goal of making the reader understand YOU; write with the hopes that you can make a reader somewhere feel more understood. Because books can do that. It's a miracle and it's the truth.



Belding's Yellowthroat (female)
Mascarita hembra / Geothlypis beldingi

Mascaritas

continued from page 24

species such as the Common warbler (*G. trichas*) and the Black warbler (*G. tolmiei*), whose populations are estimated at 77 million and 11 million individuals, respectively.

The *Mascarita* only lives in Baja California Sur and Carmona and Marrón encourage all of us to do our part to preserve their habitat in the midst of the state's rapid development. They continue their efforts to get the Todos Santos oases protected as an *area critica*.

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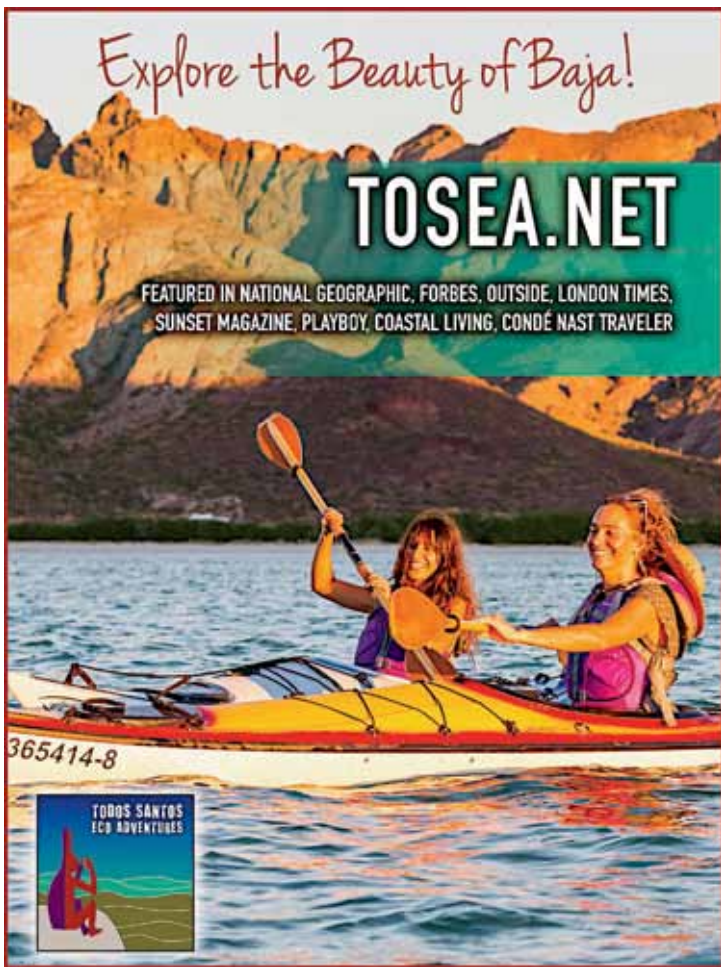
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El Huerto

continuó de página 8

El personal de la escuela Melitón Albañez ha visto un impacto tan positivo en los estudiantes y sus familias que ahora ha adoptado por completo el proyecto del Huerto Escolar. Bajo la dirección de Leslie, ahora existen nueve grupos de estudiantes de 1.º a 6.º grado que participan activamente en el manejo de la composta. En octubre plantaron maíz en el huerto y están en el proceso de hacer un sistema de riego con arcilla, no plástico. Ahora que La Melitón está marchando completamente bien con su propio programa de huertos escolares, Antonio está trabajando con el programa educativo de Alianza Cero Basura para llevar el concepto a más escuelas de Todos Santos y Pescadero. De hecho, se están plantando las semillas para un futuro sin residuos en nuestra comunidad.

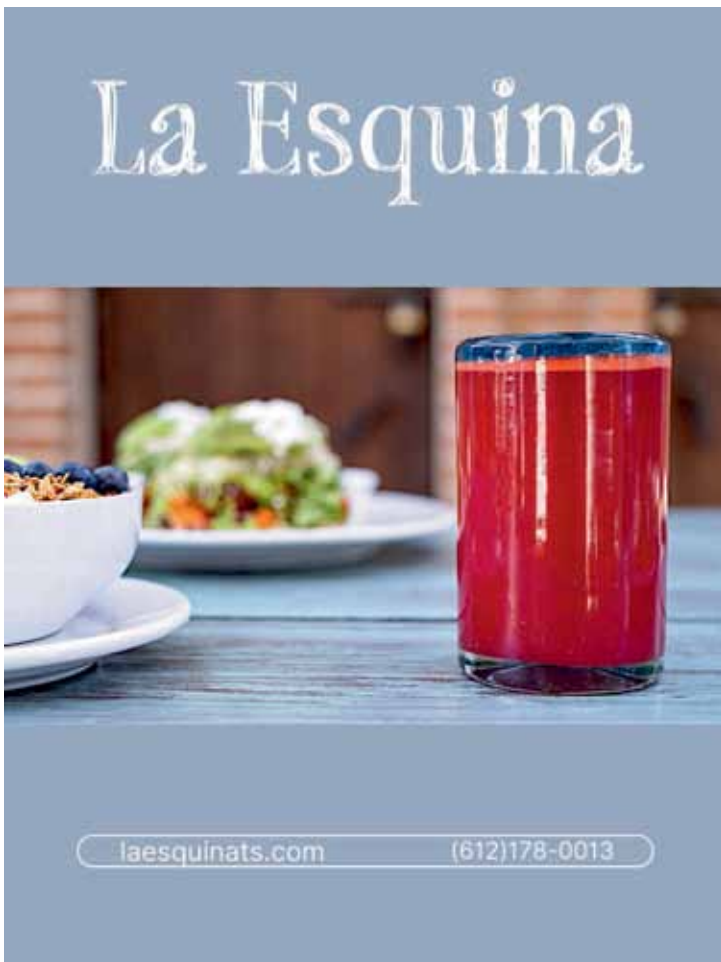
*El 49% eran residuos orgánicos que Antonio convertía en abono en el Centro. El 20% se llevaba al centro de reciclaje local y el 2% se almacenaba en ladrillos ecológicos que se utilizaban para hacer un muro para el huerto del Centro. Solo el 29% de los residuos del Centro CSU, en su mayoría residuos sanitarios, se enviaban al vertedero.

Bryan Jauregui es presidenta de la junta directiva de Alianza Cero Basura, una organización sin fines de lucro registrada en México que trabaja para transformar Todos Santos y Pescadero en el primer destino turístico cero residuos en México. Si deseas obtener más información sobre Alianza Cero Basura y/o apoyar el programa de huertos escolares, visita el sitio web de Alianza Cero Basura en <https://cerobasurabcs.org>.

Todos Santos Eco Adventures (TOSEA) es la empresa líder en ecoaventuras en Baja California Sur. TOSEA te invita a unirse a ellos en las siguientes iniciativas para ayudar a preservar la gloriosa belleza de la Península:

Alianza Cero Basura (ACB). TOSEA es un orgulloso seguidor de ACB, una organización mexicana sin fines de lucro que está trabajando para transformar nuestra comunidad en el primer destino turístico cero residuos de México. Para saber cómo puedes participar activamente en este esfuerzo, visita el sitio web de ACB en <https://cerobasurabcs.org>

Captura de carbono con Tomorrow's Air. TOSEA es un socio educativo de captura de carbono con Tomorrow's Air y hasta la fecha ha apoyado la eliminación de 3 toneladas de dióxido de carbono del aire. Para obtener más información sobre este increíble proyecto, visita <https://www.tomorrowsair.com>





center, and 2% was stored in eco-bricks that were used to make a wall for the Center's vegetable garden. Only 29% of the CSU Center's waste, mostly sanitary waste, was sent to the landfill.

Bryan Jauregui is Chairman of the Board of Alianza Cero Basura, a registered Mexican nonprofit organization that is working to transform Todos Santos and Pescadero into the first zero waste tourism destination in Mexico. If you would like to learn more about Alianza Cero Basura and/or support the scholar garden program, please visit Alianza Cero Basura's website at <https://cerobasurabcs.org>.

Todos Santos Eco Adventures (TOSEA) is the leading eco adventure company in Baja California Sur. TOSEA invites you to join them in the following initiatives to help preserve the glorious beauty of Baja:

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Carbon Capture with Tomorrow's Air. TOSEA is a carbon capture education partner with Tomorrow's Air, and to date has supported the removal of 3 tons of carbon dioxide from the air. To learn more about this incredible project visit <https://www.tomorrowsair.com>

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The Canyon

A short story by
Sarah Joanne Robertshaw Marinucci

When he came to, the first thing Alex noticed was an intense pain in his chest when he breathed. When he tried to move, his entire body exploded in pain. Blood was flowing from a wound on his forehead from a patch of dried blood. When he found the wound with his fingers, he realized that two fingers on his left hand were monstrously deformed and swollen. His wedding ring prevented the blood from flowing back and the inflammation caused him intense pain that ran through his entire arm. He tried to stand up, but his right ankle was so swollen that the boot seemed to be embedded in the skin, a thick, cold tingling sensation attacked his entire foot. With patience he managed to untie the laces; with a handkerchief and a few minutes of pressure, the wound on his forehead stopped bleeding.

With his eyes free from blood, he began to focus on his surroundings. He was at the foot of a steep slope; the same one he was trying to ride down on mule back... How long ago? His watch was broken and the hands marked 10:20, but the sun was now at its zenith. Almost two hours! His mount had done the old trick of inflating its belly when it was girthed and deflating when it got tired of the weight of its rider. So, on the steep slope the saddle lost its firmness and tilted abruptly, and here he was paying for his negligence. A good punch to the belly would have allowed him to tighten the girth. Now the mule was walking with all his belongings, heading home; Rancho Peñasco, where he had left on Saturday, two days ago. There he left his jeep. There he had rented the clever mule. And there was where Chema had shown him (more or less) the way to follow. As an amateur student of the missionary history of his home state, Alex had always been fascinated by Father Ugarte's feat; building a boat in a place totally lacking suitable wood; the desert of Baja California. When he learned that the trees used were cut down in a place in the mountains northeast of Loreto, Alex felt a tingling of curiosity. Would Father Ugarte's poplars still exist, after almost 300 years? He made the decision to go, to follow in the footsteps of the intrepid Jesuit. He only made the mistake of doing so on the back of that mischievous mule.

The slope where he had fallen was part of the seemingly impassable walls of a surprisingly green ravine. He assumed he was at the highest end. If he managed to climb up again, he would be more than two days from the ranch. He had no food or water. He had to think, but his head was buzzing like a swarm of bees.

He still had his Swiss Army knife; he could make a cane or a crutch. "From mule to crutch" he said to himself laughing bitterly. His foot was apparently dislocated but not broken. The pain had become a tolerable throb if he didn't put too much weight on it. Scanning with his eyes, he located a



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few meters away, a hard wood stick with a branch in a "Y", that would serve as a crutch, after the torture of reaching it and modifying it, he took his jacket and placed it on the "Y" where he would rest his armpit. He began to walk slowly towards the greenest part of the canyon with the hope of finding water. The buzzing in his head gradually changed at intervals to music, piano music. It was a Chopin Nocturne! He was not alone! Someone else was in that valley, someone with a tape recorder and, if that someone was listening to music, surely, he did not have to worry about water or food. He tried to follow the sound, but it seemed to come from everywhere. Then he distinctly heard the barking of a dog, from the north for sure.

After walking an agonizing ten minutes, maybe 100 meters, the music was before him. It was not coming from a tape recorder; it was coming from a piano, a piano inside an adobe house, an adobe house surrounded by fruit trees. Still about 70 meters away, was this little house, situated on a hill, the dog that had long since stopped barking, was now running towards him at full speed. Alex took a defensive posture, with his back against a large poplar tree and the crutch like a sabre. The dog stopped a few meters away, raised its head and began to wag his tail enthusiastically. Alex slowly lowered his crutch-saber and the dog came closer to sniff him. After the examination, he allowed Alex to stroke his head. After a pause, the dog gently took Alex's injured hand between his teeth and proceeded to escort his new friend to the house, trying to walk at the same pace as the injured man.

About 50 meters from the house, Alex saw a young woman come out who, upon seeing him, had an instinctive jump

back, then with suspicious hesitation stayed still while calling: "Grand-mere, c'est un homme!" Alex felt his knees buckle and he dropped to the ground. "Mon Dieu! Il est mal blasse!" the girl shouted. Alex felt himself fainting, it was too much: Chopin, a dog that leads you by the hand, an enchanting house, and a girl speaking French.

Alex felt like he was floating. In reality, he was on a board held by the girl, the board was on a wheelbarrow pushed by "Grand-mere." "Maman, une tisane s'il te plait" called Grand-mere as she helped her granddaughter slide the board with Alex to the floor of the corridor. Moments later an angel appeared. She was the most beautiful old woman Alex had ever seen. Her skirt and blouse titanium white, white hair combed in a loose bun that framed a face of sublime sweetness. Her large eyes were the color of the sky just before dusk, an almost lavender blue. Alex drank the tea eagerly; the hot, strange but sweet liquid invaded his body with a feeling of peace.

While Alex slept, the three women went to work. A quick, determined tug straightened the dislocated finger. With a short-wire saw his ring was cut, the broken finger was manipulated and taped firmly to a splint with another finger. The boot was removed and his foot massaged with fragrant ointments. The shirt was removed and the chest anointed and bandaged. All this while he listened in his vaporous mind to the soft French chatter of the three women.

Alex woke at 4:00 p.m. convinced that it had all been an extraordinary dream, but then he saw Grand-mere

THE CANYON continued on page 32





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The Canyon

continued from page 31

sitting beside him with a bowl of broth. The aroma made his stomach growl with hunger. It was chicken broth. The surface glistened with moons of fat, bits of meat, vegetables, and cilantro swimming beneath. Alex found his voice between spoonfuls: "Ma'am, my French is very limited..." Grand-mere cut him off mid-sentence: "Don't worry, we speak French with Mom out of habit but we all speak Spanish and my granddaughter, Marga, was born and lives in the United States so she also speaks English. I'm Alicia and my mom's name is Nicole." Alicia called them and Marga and her great-grandmother, the angel, Nicole, entered the room. Seeing the three of them together, Alex could see the resemblance: oval faces with large, beautiful blue eyes, although not the same shade. Alicia's were rather greenish and Marga's were sky blue but not the incredible lavender-blue color of Nicole's eyes. The young woman, 20 years old, was tall, thin and athletic, as all North American women of her age seem to be. Alicia, shorter, was more corpulent and looked 10 years younger than her age. Nicole must have been a beauty in her 20s, because no one would have believed that she was now 88 years old. She was as thin as a porcelain figure but in no way gave the impression of fragility.

The three of them smiled with the same frank and honest smile. They wanted to know how Alex had gotten there. He explained it in a few words, then began his own interrogation. Where was he? When, and why did three women come to be here? Where are the men? And here begins to unfold the most fantastic story Alex had ever heard.

Nicole was born in France, into a well-off family. Her father, a mining engineer, was employed by the House of Rothschild as an inspector. Her mother died in childbirth, and she was raised by servants, without really knowing her father, as he was always travelling. After finishing her studies, Nicole begged her father to take her with him on his next assignment. And so, she arrived at the age of 16 in Santa Rosalia, Baja California, Mexico, home of the Boleo, the French company's copper mine. It was 1924, there were union problems and France feared for its investment. Nicole's father was sent to check the "grade" of the mineral and the viability of extending the mines.

Nicole was enchanted by the rustic beauty of Santa Rosalia and its surroundings. The company lent them a house with a maid who cooked wonderfully, laughed a lot and talked constantly, thanks to which Nicole learned the language quickly. Her father got her a piano, playing or going around the town with "Chencha" as the maid called herself. Chencha knew everyone and everything, but the most fascinating thing for Nicole was that she mastered the amazing world of herbs and medicinal plants.

One afternoon her father brought a young assistant to dinner, a Mexican geologist called Luis. The furtive glances that passed between the handsome young man and his daughter did not escape the attention of Nicole's father. After dinner, when the geologist left, Nicole was severely reprimanded. He did not want his daughter to have the slightest relationship with the "homme noir." Luis, far from being black, was light-skinned, had hazel eyes and wavy brown hair.

Love, apparently cut short by the father, blossomed in secret. Luis, a proper man, asked for Nicole's hand. Not only was he rejected, but the angry father also informed him that his daughter would be returned to France. The girl cried and begged in vain. But love always finds a solution. They eloped.

Luis' family had a ranch in the mountains southwest of Mulegé. Inside the ranch there was a beautiful ravine whose entrance only the family knew. It was there that the young lovers found refuge. Little by little a house was built, fruit and vegetables were planted, and of course, children were born. Luis helped his father with the ranch. Nicole took care of the house and made a delicious French style cheese and, although Nicole wrote to her father and sent him photos, he never responded. Years later a letter arrived in town addressed to Nicole. It was from a law firm in France, informing her that she was the sole heir of her father.

Life went on and, of Nicole and Luis' three children, Eduardo and Alicia survive. Eduardo would manage the ranch, while Alicia got married and moved to Mazatlán, where three daughters were born. One married an American and went to live in California. Marga is her daughter. Luis died in 1968, but Nicole never wanted to leave the house in the ravine. When Alicia was widowed, she left Mazatlán and returned to her mother. Together the three of them make a delicious French-style cheese that they export to California where it is sold at an exorbitant price. They also keep the secrets of the herbs and healing plants of the beloved Chencha.

It was already dark, and the oil lamps gave off their soft light throughout the house. Alex had forgotten his wounds while listening, and now he had fallen into a deep sleep.

When he woke up in the morning, feeling refreshed, he found the women making a breakfast: eggs, machaca, beans and large flour tortillas; accompanied of course, with a generous piece of cheese. After breakfast he was informed by the smiling ladies that Marga was going to escort him out of the ravine. Obviously, his visit had abruptly ended. There was nothing left to do but to say thank you and accept a cane as a farewell gift. Marga took him by the arm and they walked towards a gap between two enormous boulders; the secret exit from the ravine. As he turned a bend, the green Eden disappeared completely. Marga guided him to a narrow path and indicated that he should walk to the right. Marga gave him a kiss and headed back, disappearing into the gap. Surprised and very confused, Alex began to walk down the hill. About 15 minutes later he heard the sound of an approaching vehicle. He turned around and saw an old Ford pickup truck filled with carefully packed fodder. The driver, a robust man of about 70 years old, wearing dark glasses, invited him to get in. He asked where he was going, and Alex answered "Loreto." "I'll drop you off in Mulegé, okay? You had an accident, huh?"

During the trip to Mulegé, Alex told his whole adventure, starting with the mule and ending with Marga's kiss. "Ah," the Rancher exclaimed, smiling as he reached over to open the door for Alex, "you have to be very careful with mules. They are very mischievous." He shook Alex's hand as he removed his dark glasses and winked at him with one of his lavender-blue eyes.

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For the Birds

story & photos by Kaia Thomson



California scrub jay / *La chara californiana*
(*Aphelocoma californica*)

Northern Cardinal (female) / *Cardenal del norte (hembra)*
Cardinalis cardinalis



Do you enjoy the sight of our fantastic feathered friends? Birds of all species are amazing and the more diverse the birds are around you, the more you will benefit from their presence. Scientists have actually measured the value of satisfaction of being in the presence of bird diversity, and the more diverse the types of birds, the more the value increases. Attracting native and migrating birds to your garden can be as easy as setting up a feeding area or station—add small seeds, scratch, or mix some sunflower seeds in the shell. Providing them with water in a shallow bowl is also helpful, as birds love to drink and bathe, especially in the dry season.

Feeding wild birds goes back thousands of years, when Egyptians first started dedicating entire fields to providing food for the sacred African ibis and peregrine falcons. In ancient Hindu tradition, putting pieces of rice cakes out for the birds would help to repel negative karma by feeding the wild creatures. In 1825 the 'ornithotrophe' designed by John Freeman Dovaston, is thought to be one of the first actual hanging bird feeders. It was made of wood and resembled a small cattle trough fitted with perches and even had a roof to protect the birds in wet weather. Nowadays, one can use feeders of all sorts, or even just throw the feed out on the ground for the birds to forage naturally.

Bird feeders and water sources are a fun way to help us connect with nature and birds as well.

BIRDS continued on page 36

Pajareando

historia y fotos por Kala Thomson
traducido por Francesca Magallon



Green-tailed towhee / *Rascador migratorio*
o Toquí coliverde (*Pipilo chlorurus*)

¿Disfrutas contemplar a nuestros fantásticos amigos emplumados? Las aves de cualquier especie son maravillosas y mientras más diversas sean las aves a tu alrededor, más te beneficiaras de su estar en su presencia.

De hecho, los científicos han medido el grado de satisfacción que nos produce estar en la presencia de una diversidad de aves, y mientras más diversos sean los tipos de pájaros, el grado de satisfacción se incrementará. Atraer aves nativas y migratorias a tu jardín puede ser tan sencillo como instalar un comedero, añadir pequeñas semillas, alimento para pollos, o mezclar algunas semillas de girasol sin pelar. Ponerles agua en un cuenco no muy profundo también ayuda, ya que los pájaros aman beber y bañarse en ellos, especialmente en la temporada de sequía.

El alimentar a las aves salvajes sucede desde hace miles de años, cuando los egipcios comenzaron a dedicar campos enteros para proveer comida a los ibis africanos y los halcones peregrinos. En la antigua tradición hindú, se decía que alimentar a las criaturas salvajes ayudaría a evitar el karma negativo y por esta razón, dejaban afuera pedazos de galletas de arroz para los pájaros.

En 1825 John Freeman Dovaston diseñó el "ornithotrophe," que se considera como uno de los primeros comederos para pájaros colgantes de la actualidad. Estaba hecho de madera y se asemejaba a un abrevadero para ganado con

perchas añadidas e inclusive tenía un techo para proteger a los pájaros en tiempo lluvioso. En la actualidad, uno puede usar comederos de todo tipo, o hasta tirar el alimento directamente al suelo para que las aves lo busquen como harían en la naturaleza.

Los comederos para pájaros y fuentes de agua son una manera divertida de ayudarnos a conectar con la naturaleza y también con las aves. A pesar que las aves salvajes se sienten atraídas por ellos no dependen de los mismos para su supervivencia, pues están acostumbrados a encontrar comida de temporada y agua. Así que, en el mundo de los pájaros, si hay una fuente de buena comida, será usada por ellos, y si no, irán a encontrar otras opciones.

Algunas de las divertidas especies que tal vez vengan de visita son la chara californiana (*Aphelocoma californica*) conocida por ser traviesa y por ser considerada dentro de las aves más inteligentes del mundo. El rascador migratorio o toquí coliverde (*Pipilo chlorurus*) son migrantes invernales que vienen a México y son uno de los miembros más numerosos de la familia del gorrión americano. Los gorriónes corona blanca o gorriónes blancos coronados (*Zonotrichia leucophrys*) por lo general regresan a los mismos lugares invernales cada año y pueden volar a una velocidad de hasta casi 40km por hora, irápido para un pequeño pajarito! El cuitlacoche PÁJAROS continúa en página 53

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Birds

continued from page 34



Gray thrasher / *Cuitlacoche cenicienta*
o *Cuitlacoche peninsular* (*Toxostoma cinereum*)



House finch / *Pinzón mexicano*
(*Haemorhous mexicanus*)

While wild birds are attracted to them, they are not dependent on feeders for their survival, as they are accustomed to finding seasonal food and water. So, in a bird's world, if there is a good food source, they will utilize it, if not, they go on and find other options.

A few of the fun species that might come to visit are the California scrub jay, (*Aphelocoma californica*) known to be mischievous and are among the smartest birds in the world. Green-tailed towhees (*Pipilo chlorurus*) are winter migrators that come to Mexico and are one of the largest members of the American sparrow family. White-crowned sparrows (*Zonotrichia leucophrys*) usually return to the same winter areas every year and can fly close to 40 km per hour, fast for a little bird! The gray thrasher (*Toxostoma cinereum*), a wonderful long tailed songbird, often comes out at pre-dawn and into the twilight hours and is also an endemic species to Baja California Sur. House finches (*Carpodacus mexicanus*) love water and eating cactus fruits, they are one of the strictest vegetarian bird species, rarely eating anything but seeds, buds, and fruit. Northern cardinals (*Cardinalis cardinalis*), in contrast, are very diverse eaters, they like seeds, fruits, insects, and grains. Depending on what they eat, the various carotinoids in the food will affect the color of their plumage as well.

El Cielo: The Baja Sky

by Roc Fleishman
photo by Leah Anton

Welcome to the holiday 2024/2025 edition of *El Cielo*, highlighting the more visible and beautiful movements of the celestial objects above Baja California Sur. Keep this list handy and enjoy the sky.

DECEMBER

- 10 Saturn will be very close to the first quarter moon in the early evening, moving further away all night.
- 17/18 The waning gibbous moon rises around 1 degree from Mars. Mars is near opposition and is quite bright. It should be distinctly visible.
- 21 The Winter Solstice will occur around 2 am our time. This marks the beginning of winter in the northern hemisphere and is the theoretical moment, each year, when the sun is at its lowest angle in the sky relative to the Earth's axis.
- 25 Mercury at its highest in the predawn sky, just above where the sun will rise.
- 28 Mercury slightly below and to the left of waning crescent moon in east before sunrise.

JANUARY 2025

- 1 Should be able to see the new moon in the sunset afterglow.
- 2/3 Maximum of the Quadrantid meteor shower is the early morning of January 3rd. The moon will set early in the evening of the 2nd, but the peak is supposed to be around 10:45 in the morning of

- the 3rd, so the last few hours before dawn should be the best. The peak is only hours long, not days long, so good luck to us all.
- 3 Venus just below the crescent moon just after sunset.
- 4 Waxing crescent moon will be just above Saturn early evening.
- 10 Bright moon near Jupiter.
- 13 Occultation of Mars by the full moon in early evening. When Mars passes behind the moon at about 6:45 pm they will be low in the east, but Mars should still be visible as it disappears. When Mars emerges at about 7:45 pm, the sky will be dark, but you need to be watching carefully to catch it in transition. Binoculars or a small telescope will help with the view.
- 16/19 Saturn and Venus are close together for several days in the west after sunset.
- 30 New moon should be visible.
- 31 Crescent moon near Saturn and nears Jupiter on the 1st.

Venus appears as an evening star all period, while Mercury is rising before the sun in the pre-dawn period. Mars is at opposition basically straight overhead at midnight. Saturn sets pretty early these nights, but Jupiter is up there to
EL CIELO continued on page 44

Panoramic view lots Ocean-front homes Ocean-view homes

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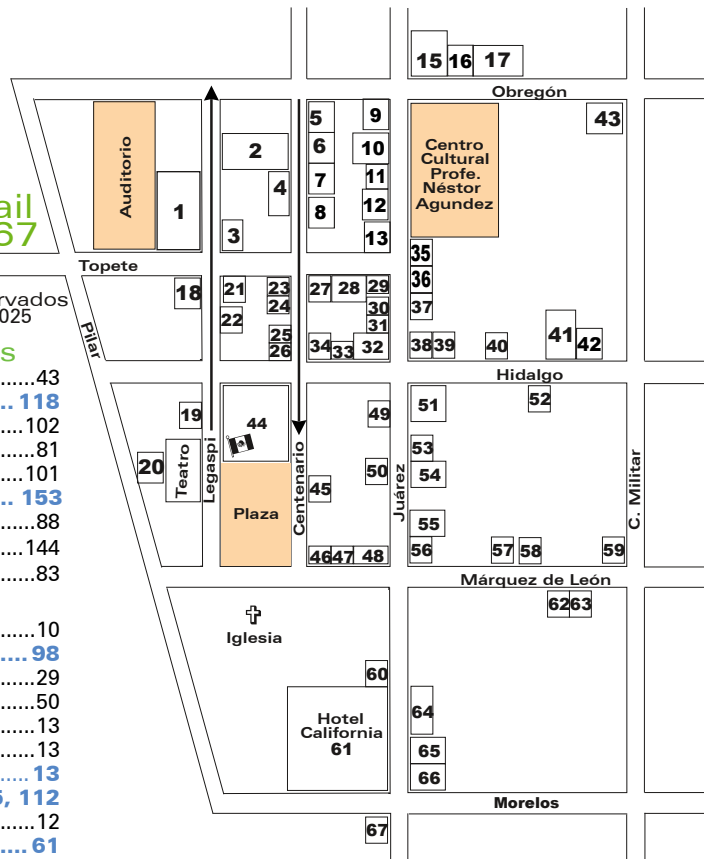
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See
**Todos Santos
 / Pescadero
 Corridor map**



el otro lado
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Belding's yellowthroat (juvenile)
Mascarita juvenil
Geothlypis beldingi



Gridlock

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current electricity capacity. CFE's current plants include Punta Prieta in La Paz (1104 MW), where analysts state that 25% of the infrastructure is over 30 years old and past its useful life. Other plants include Los Cabos (84 MW), Mobile Emergency Unity Los Cabos (74 MW), La Paz (25 MW), Constitución (28 MW), Baja California Sur Internal Combustion Plant (188 MW), Internal Combustion Plant San Carlos (93 MW), Mobile Emergency Unit Baja California Sur (26 MW), Los Cabos/Emergency Mobile Unit (17 MW).

Both governmental and private initiatives continue to push for a greater emphasis on renewable energy sources in BCS, along with increased investment in the state's isolated electrical grid. Extensive research is being done to demonstrate the cost savings and positive health impact that increased use of solar energy would bring to BCS. There is perhaps some solar light at the end of Baja Sur's fossil fuel tunnel.



Todos Santos Eco Adventures (TOSEA) is the leading eco adventure company in Baja California Sur. TOSEA invites you to join them in the following initiatives to help preserve the glorious beauty of Baja:

Alianza Cero Basura (ACB). TOSEA is a proud supporter of ACB, a Mexican nonprofit that is working to transform our community into the first zero waste tourism destination in Mexico. To find out how you can actively participate in this effort please visit the ACB website at <https://cerobasurabcs.org>

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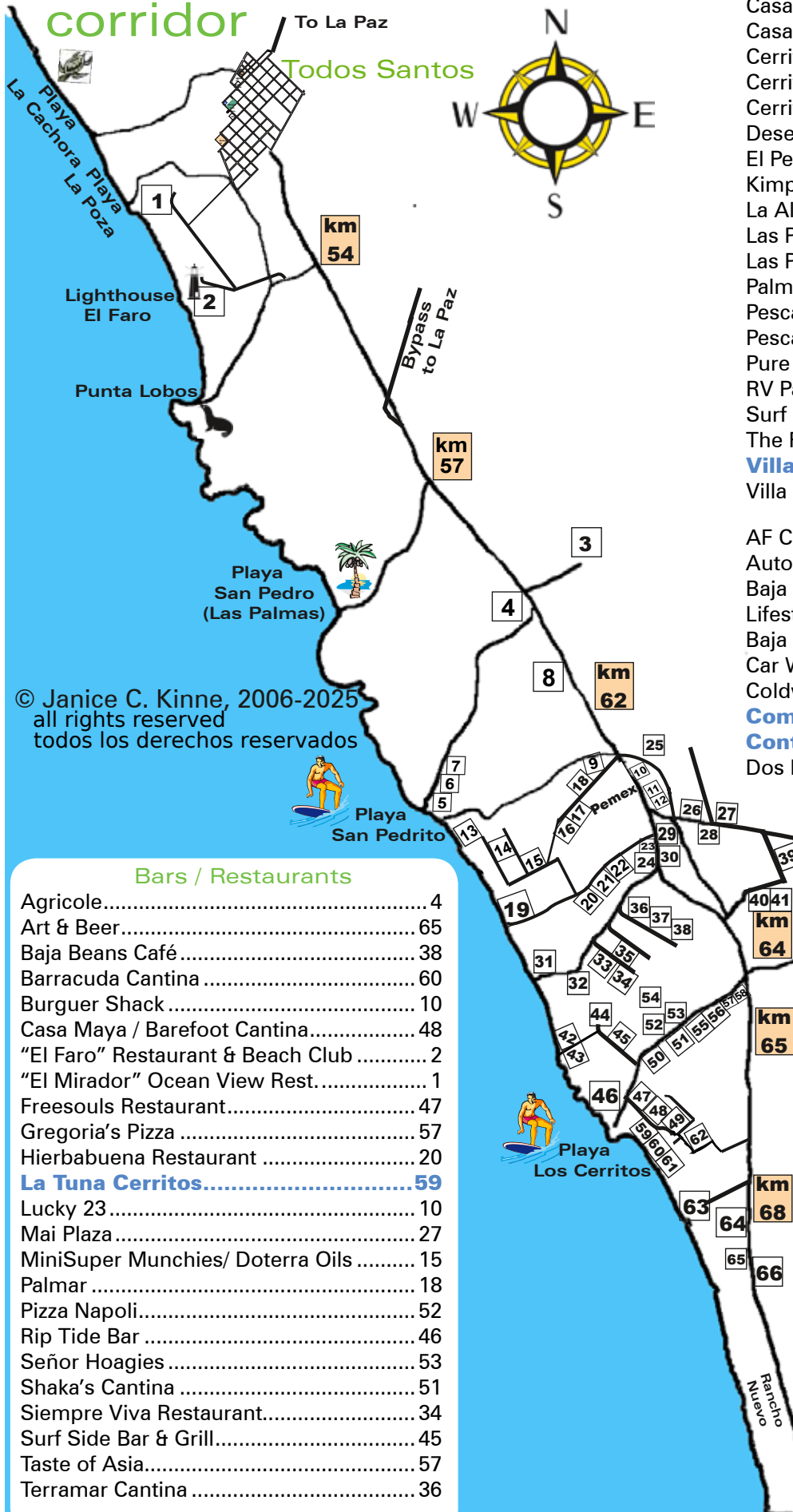
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todos santos—el pescadero corridor



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To Elías Calles, Migriño
↓ Cabo San Lucas

Beaches / Playas

by Janice Kinne

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

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

You can access the **LA POZA** and **LA CACHORA** beaches via the La Cachora road. Both are suitable for walking, fishing, whale watching, relaxing, or sunbathing. They are not swimming beaches.

Because of the big waves breaking on the shore, La Cachora beach has become popular with skim boarders.

La Poza has a large freshwater lagoon that is great for bird watching. If you are going to swim in the lagoon be very careful. The lagoon may appear to be shallow, but has many sudden drop-offs and is actually very deep.

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

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

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

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

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

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

PLAYA LOS CERRITOS is located at km 64 about
BEACHES continued on page 44



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Beaches

continued from page 43

eight 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.

LA KATRINA SURF + SUPPLY, #36 on the *Otro Lado* map is a core shop on the way to the beach. New and used boards, fins, trunks, ding repair, wax, skates, hardware, they've got it.

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

PESCADERO SURF SHOP, #37 on the Pescadero map. The surf shop stocks everything you need for surfing: surfboard rentals, used and new surfboards for sale, wax, ding repair, accessories, surf reports and information. You can also arrange surf lessons, surf and SUP tours, and activities at the store with Mario Surf School.

TODOS SANTOS ECO ADVENTURES, #169 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, #87 on the Todos Santos map, sells and rents surf boards, offers beach supplies and activities around Todos Santos. They carry international brands and many locally handmade wares, clothes, bikinis, accessories, natural sunscreen, and "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 Espiritu Santo Island, and whale watching in Magdalena Bay.

WEST SIDE SURF SCHOOL AND SURF SHOP, #53 on the Pescadero map. Provides surf lessons (includes use of the board for the day, umbrellas, and chairs); board rentals (car straps provided if necessary); boogy boards; and surfboard repairs. Buy / sell / trade used boards. They carry West Side T-shirts, hats, rash guards, surf wax, surf leashes, and board fins.

Theater

continued from page 12

high school, two bilingual libraries, an art program, and community service programs.

Jay Masaschi, Palapa Society Board member, commented, "We're truly fortunate to have such an outstanding theater company in our small town. This production offers a fantastic opportunity to engage with the arts while also supporting The Palapa Society. All proceeds will be generously donated to support the Palapa Society's vital work in addressing the educational needs of our community. We hope everyone will come out and support both the event and The Palapa Society!"

El Cielo

continued from page 37

the west of Mars and can be seen until the early morning hours.

For more information, check out the web links below, or call me on my cell phone 612-348-5468. My office is still in Todos Santos but moving soon—Pescadero Properties and The Wallendorf Collection—upstairs, unit #8—Pescadero Properties, #13 on the Todos Santos map.

LINKS OF INTEREST

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

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

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

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

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

SATELLITES: <http://www.heavens-above.com/>

USER: "elcielots" PASSWORD: "journal"

WEEKLY SKY REPORT: <http://www.griffithobservatory.org/sky/skyreport.html>

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

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

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

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

Electricidad

continuó de página 26

mucho trabajo cumplir con el incremento en la demanda de energía de una población que se está expandiendo rápidamente, y con el aumento en el uso de aparatos de refrigeración durante la temporada de calor; los bajones de voltaje y apagones constantes se están volviendo una característica que define la vida en B.C.S.

Al día de hoy la CFE cuenta con ocho plantas con una capacidad total de 638 megawatts (MW) en B.C.S. Los analistas energéticos estiman que, si las políticas de la CFE cambiaran, B.C.S. podría producir hasta 6,550 MW de energía solar, más de 10 veces la capacidad que tiene en este momento. Las plantas de la CFE que existen en la actualidad incluyen: Punta Prieta en La Paz, donde los analistas dicen que el 25% por ciento de la infraestructura tiene más de 30 años de antigüedad y ya pasó su vida útil. Otras plantas incluyen Los Cabos (84 MW), Unidad de Emergencia Médica Los Cabos (74MW), La Paz (25MW), Constitución (28 MW), Planta de Combustión Interna de Baja California Sur (188 MW), Planta de Combustión Interna de San Carlos (93 MW), Unidad de Emergencia Móvil Baja California Sur (26 MW), Los Cabos/ Unidad de Emergencia Móvil (17 MW).

Tanto iniciativas gubernamentales como privadas continúan presionando para lograr darle un mayor énfasis a las fuentes de energía renovables en B.C.S., de la mano con la creciente inversión en la aislada red eléctrica del estado.

Investigación extensiva se está llevando a cabo para demostrar el ahorro en los costos y el impacto positivo para la salud que el incremento en el uso de la energía solar podría traer a B.C.S. Tal vez haya un poco de *luz* (solar) *al final del túnel* (de combustible fósil) en Baja California Sur.

Todos Santos Eco Adventures (TOSEA) es la empresa líder de eco-aventuras en Baja California Sur. TOSEA te invita a unirte a ellos en las siguientes iniciativas para ayudar a preservar la tan gloriosa belleza del estado:

Alianza Cero Basura (ACB). TOSEA apoya orgullosamente a ACB, una organización mexicana sin fines de lucro que está trabajando para transformar nuestra comunidad en la primera destinación turística cero basura de México. Para saber cómo puedes participar activamente en este esfuerzo por favor visita la página de ACB <https://cerobasurabcs.org>

Captura de Carbono con Tomorrow's Air. TOSEA es un socio educativo para la captura de carbono con *Tomorrow's Air* (que significa "el aire del mañana"), y hasta la fecha ha respaldado la eliminación de 3 toneladas de dióxido de carbono en el aire. Para conocer más sobre este increíble proyecto visita su página web: <https://www.tomorrowsair.com>



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diciembre

KILÓMETRO DEL JUGUETE. Por favor dona juguetes para los niños de la comunidad agrícola Melitón Albañez. Puedes dejar tus juguetes, envueltos o sin envolver, en C21 Rojas Todos Santos o **Hablando Mexicano**. Los juguetes serán entregados el 6 de enero, Día de Reyes. ¡Contagiemos alegría a los niños de nuestra comunidad!

EXPOSICIÓN DE ARTE "RETRO TROPICAL JET SET SERIES V" en la **Galería Militar** en Todos Santos. Presentando nuevas obras de nuestro artista de portada de otoño de 2024, Mark Gabriel. La exhibición estará abierta hasta el 30 de enero de 2025.

4 de diciembre | 5 a 8 pm, MUSICA EN VIVO at **La Palapa del Sabor** in Todos Santos.

5 al 7 de diciembre | CERRITOS MUSIC FEST en Shaka's en Cerritos.

11 de diciembre | 3 a 6 pm, INAUGURACIÓN DE LA TEMPORADA en la **Galería Logan**. Nuevas obras de Jill Logan, Linda Lenz, y Trinity Sawyer.

11 de diciembre | 5 a 8 pm, MUSICA EN VIVO at **La Palapa del Sabor** in Todos Santos.

12 de diciembre | 7 pm, EXPOSICIÓN FOTOGRÁFICA COLECTIVA VOL 1 en Cromática en San José del Cabo.

14 de diciembre | 4 a 6 pm, PARQUE DE PERROS & HORA FELIZ en **La Palapa del Sabor**.

18 de diciembre | 5 a 8 pm, MUSICA EN VIVO at **La Palapa del Sabor** in Todos Santos.

19 de diciembre | 6 a 8 pm, NOCHE DE MARIACHIS en **La Palapa del Sabor** en Todos Santos. Reservas: 6122026687.

25 de diciembre | NAVIDAD.

31 de diciembre | NOCHE VIEJA.

enero 2025

1° de enero | AÑO NUEVO.

1° de enero | 5 a 8 pm, MUSICA EN VIVO at **La Palapa del Sabor** in Todos Santos.

8 de enero | 5 a 8 pm, MUSICA EN VIVO at **La Palapa del Sabor** in Todos Santos.

9 de enero | 5 a 10 pm, MERCADO NOCTURNO en Baljalla en Pescadero. Disfruta de música en vivo, vendedores, arte, presentaciones especiales, comida, bebida, y comunidad.

10 de enero | JOURNAL DEL PACIFICO FECHA LIMITE PARA LA EDICIÓN INVIERNO 2025.

15 de enero | 5 a 8 pm, MUSICA EN VIVO at **La Palapa del Sabor** in Todos Santos.

15 al 18 de enero | FESTIVAL DE MÚSICA DEL TRÓPICO DE CÁNCER. Para boletos o más información, visita: tropicofcancerfestival.mx

16 de enero | 6 a 8 pm, NOCHE DE MARIACHIS en **La Palapa del Sabor** en Todos Santos. Reservas: 6122026687.

18 de enero | 4 a 6 pm, PARQUE DE PERROS & HORA FELIZ en **La Palapa del Sabor**.

18 de enero | 4:30 a 6:30 pm, EN LA COMPAÑÍA DE HOMBRES en **Cuatro Vientos** en Todos Santos. La Liga de Poetas y Escritores de Baja Sur, junto con Marimar Higgins/Cuatro Vientos, realizarán un evento bilingüe con hombres escritores, poetas, bailarines, filósofos y músicos para rendir homenaje al fallecido Robert K. Hall, quien llevaba a cabo las pláticas de Dharma en nuestra comunidad durante años y para celebrar a los grandes hombres en nuestras vidas, la energía y la divinidad masculina. Donación \$50 pesos, opcional no obligatoria.

20 al 24 de enero | TALLER "ABSTRACCIÓN: IMPROVISACIÓN, COMPOSICIÓN Y ARREGLO" con **Anne Hebebrand** en **Hablando Mexicano** en Todos Santos. Ahonda en el lenguaje de la pintura abstracta a través de la improvisación y exploración para saber cómo

dar estructura a tus pinturas mediante el estudio de la composición y el arreglo de las formas, figuras y el color. Este taller está enfocado para principiantes, así como también para estudiantes más experimentados que se encuentran en la búsqueda de mejorar sus habilidades. Puede trabajar con el medio de su agrado (óleo, acrílico, gouache o collage), posterior a su registro se le hará llegar una lista de materiales con una variedad de herramientas para marcar o dibujar. La mayoría de las demostraciones se realizarán usando cera fría con óleo. Para hacer su registro y obtener más información visite: <https://www.annehebebrand.com/todos-santos-workshops>

22 de enero | 5 a 8 pm, MUSICA EN VIVO at **La Palapa del Sabor** in Todos Santos.

24 de enero | NOCHE DE INAUGURACIÓN DEL 14^{AVO.} AÑO DEL "TOUR ESTUDIO ABIERTO TODOS SANTOS." A beneficio de la **Sociedad de la Palapa de Todos Santos**. Para más información visite: <https://todossantosopenstudio.org/>

25 & 26 de enero | 14^{AVO.} AÑO DEL TOUR ESTUDIO ABIERTO TODOS SANTOS. Presentado por la **Sociedad de la Palapa de Todos Santos**. Visita los estudios de artistas locales durante dos días. 100% de las ganancias apoyan directamente a los programas comunitarios de la **Sociedad de la Palapa de Todos Santos**, que atienden las necesidades educativas de familias del lugar. Para compra de boletos visita: <https://todossantosopenstudio.org/purchase-tickets/>

29 de enero | 5 a 8 pm, MUSICA EN VIVO at **La Palapa del Sabor** in Todos Santos.

30 de enero | 7 pm, "MAREAS DE LUZ," EXPOSICIÓN FOTOGRÁFICA por Dan Taylor en Cromática en San José del Cabo.

EVENTOS cont. en pg. 54



Cada Semana

domingo

8 am a 2 pm, **MERCADO LOCAL** en **La Esquina Café** en el otro lado.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

6 pm, **SESIÓN DE DOMINGOS** en Todos Santos Brewing.

lunes

10 am a 1 pm, **BIBLIOTECA PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

4 a 6 pm, **TALLERES INFANTILES** con Anapaula en **Shakti Bowl** en Todos Santos.

martes

8:30 am a 2 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Rosales entre Obregón y Madero, La Paz.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

MARTES DE TACOS en **La Palapa del Sabor** en Todos Santos.

4 a 7 pm, **BIBLIOTECA ALDULTO Y INFANTIL PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

5 a 9 pm, **MARTES DE TACOS** en **La Esquina Café**. Elige entre tacos de carne, chorizo o vegetariano con música en vivo 6 a 9 pm.

MARTES DE TACOS en 5 Tacos & Beer en el otro lado. Música en vivo y 100 pesos margaritas.

miércoles

8 am a 2 pm, **MERCADO LOCAL** en **La Esquina Café** en el otro lado.

8 am a 1 pm, **"CHINGROWN" COMPOSTA** en frente de **La Esquina Café**. \$120 pesos por cubeta de composta y se aceptan donaciones de desperdicios de cocina.

10 am a 1 pm, **BIBLIOTECA PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

5 a 7 pm, **RUNAS NORDICAS**, por Rodrigo Ojeda Hinds en Allende Books en La Paz.

jueves

9 am a 2 pm, **CENTRO DE RECICLADO PUNTO VERDE**, atrás de Super Pollo entrando por Calle del Huerto, extremo CADA SEMANA continúa en página 49

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La Paz Beaches

by Janice Kinne



photo by Bill Phelps

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, beverage service, and kayak rentals are available and there is a restaurant with an upstairs view. The *palapa* bar is popular in the hot summer afternoons.

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

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

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

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

Cada Semana

continuó de página 47

sur de Todos Santos. Traiga su papel, cartón, plásticos de No. 1 y 2, baterías, latas, metal, uncel, y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrevolucionmx@gmail.com, (612) 139-4789.

11 am a 3 pm, **CASA GIRASOL** abierta por donaciones, KM 48, carretera 19, justo después de Pemex. Brinda una amplia gama de servicios a adultos mayores y sus cuidadores, casagirasold@gmail.com, WhatsApp: 612-127-2410, www.comfortcare.mx

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

3:30 a 6 pm, **TAROT Y ASTROLOGÍA** por Eleonora Prizze en Allende Books en La Paz.

4 a 6 pm, **TALLERES INFANTILES** con Anapaula en **Shakti Bowl** en Todos Santos.

CLASE DE COCINA en **Hablando Mexicano** in Todos Santos. Ver <https://www.hablandomexicano.com/> para el menú y precios.

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 Julio.

viernes

9 am a 2 pm, **CENTRO DE RECICLADO PUNTO VERDE**, atrás de Super Pollo entrando por Calle del Huerto, extremo sur de Todos Santos. Traiga su papel, cartón, plásticos de No. 1 y 2, baterías, latas, metal, uncel, y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrevolucionmx@gmail.com, (612) 139-4789.

10 am a 1 pm, **BIBLIOTECA PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

10 am a 12 pm, **TALLERES DE CROCHET** con Anapaula en **Shakti Bowl** en Todos Santos.

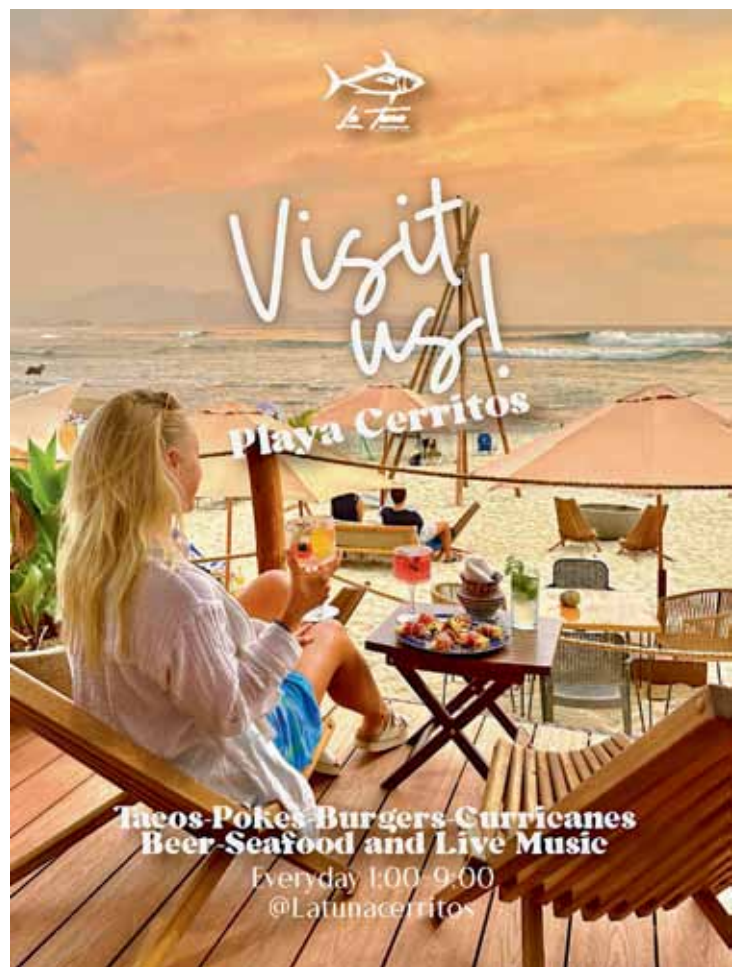
11 am a 4 pm, **MERCADO ORGÁNICO DE TODOS SANTOS** en Palma Serena en el callejón de Topete.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

6 pm, **NOCHE DE TRIVIA** en el Todos Santos Brewing.

sábado

7 am a 2 pm, **CENTRO DE RECICLADO PUNTO VERDE**, enfrente 5 Tacos y Beer en Las Tunas. Traiga su papel, cartón, plásticos de No. 1 y 2, baterías, latas, metal, uncel, CADA SEMANA continúa en página 50



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Cada Semana

continuó de página 49

y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrrevolucionmx@gmail.com, (612) 139-4789.

8:30 am a 2 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Rosales entre Obregón y Madero, La Paz.

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

10 am a 2 pm, **MERCADO PESCADERO** en Gypsea's en El Pescadero. Alimentos, productos artesanales, frutas y verduras, ropa, joyería, y arte hecho a mano.

10:30 am a 2 pm, **MERCADO RANCHERO** en Todos Santos, con arte, muebles y productos frescos de los ranchos de la zona, que incluyen queso, pollo y carne.

11 am a 1 pm, **BIBLIOTECA INFANTIL PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

1 a 4 pm, **UNPLUGGED EN EL PATIO** de Allende Books en La Paz. Micrófono acústico abierto. Todos son bienvenidos.

2 a 8 pm, **PASES POR DÍA PARA PISCINA** en el **Hotel Gallo Azul** en Todos Santos. Adultos 400 MXN Incluye 300 pesos de descuento en alimentos y bebidas. Niños hasta 10 años 250 MXN incluye 150 de descuento en alimentos y bebidas. Reservas/disponibilidad llamar al 612 158 8457.

6 pm, **SÁBADO DE CANTAUTORES** en el Todos Santos Brewing.

MÚSICA EN VIVO en Shaka's en Cerritos.

Mascaritas

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tamaño poblacional muy pequeño para un ave cantora, especialmente cuando se compara con especies similares como la Mascarita común (*G. trichas*) y la Mascarita cabeza gris (*G. tolmiei*), cuyas poblaciones se estiman en 77 millones y 11 millones de individuos respectivamente.

La Mascarita sólo vive en Baja California Sur y Carmona y Marrón continúan sus esfuerzos para lograr que los oasis de Todos Santos sean protegidos como área crítica y nos alientan a todos a poner de nuestra parte por preservar su hábitat en medio del rápido desarrollo que presenta el estado.



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Weekly Events

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plastics, batteries, cardboard, cans, metal, Styrofoam, and electronics. 50 peso minimum donation; electronics are 80 pesos. Please separate and clean materials. For information: ecorreolucionmx@gmail.com, (612) 139-4789

8:30 am – 2 pm, **LA PAZ FARMER'S MARKET** on calle Rosales between Obregón & Madero, La Paz.

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

9 am – 3 pm, **SAN JOSÉ DEL CABO ORGANIC MARKET** (Mercado Orgánico) 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 November through the end of June.

10 am – 2 pm, **MERCADO PESCADERO** at Gypsea's in El Pescadero. Artisanal food, products, produce, clothing, handcrafted jewelry & art.

10:30 am – 2 pm, **EL MERCADO RANCHERO MARKET** with art, furniture, and fresh products from area ranches, including cheese, chicken, and meat, on the *otro lado*.

11 am – 1 pm, **PALAPA CHILDREN'S LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

1 – 4 pm, **UNPLUGGED IN THE YARD** at Allende Books in La Paz. Acoustic open mic. Everyone welcome.

2 – 8 pm, **DAY POOL PASSES** at **Hotel Gallo Azul** in Todos Santos. Adults 400 MXN includes 300 pesos off food and drinks. Children up to 10 years old 250 MXN includes 150 off food and drinks. Reservations / availability call 612 158 8457.

6 pm, **SONGWRITER SATURDAYS** at Todos Santos Brewing.

LIVE MUSIC at Shaka's at Cerritos.

Events

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or 500 pesos. For more information see our article in this issue.

February 13 | 5 - 10pm, **MERCADO NOCTURNO** at Baljalla in Pescadero. Enjoy live music, vendors, art, special performances, food, drink, and community.

February 15 - 23 | **14TH ANNUAL "WRITING DOWN THE BAJA"** at Serendipity in Todos Santos. Enjoy seven full days of workshops and writing for the 2025 creative writing retreat. Join award-winning author and Oregon Poet Laureate Ellen Waterston, guest faculty ninth Oregon Poet Laureate Kim Stafford and writer/teacher Perrin Kerns for a generative week of writing that explores the intersection of internal and external landscapes in poetry and prose. To register and for more information: info@writingranch.com

march 2025

March 10 | **JOURNAL DEL PACIFICO SPRING 2025 DEADLINE.**

March 10 - 14 | **CONTEMPORARY ABSTRACT PAINTING WORKSHOP** with **Anne Hebebrand** at **Hablando Mexicano** in Todos Santos. To register and for more information: <https://www.annehebebrand.com/todos-santos-workshops>.

March 13 | 5 - 10pm, **MERCADO NOCTURNO** at Baljalla in Pescadero. Enjoy live music, vendors, art, special performances, food, drink, and community.

april 2025

April 10 | 5 - 10pm, **MERCADO NOCTURNO** at Baljalla in Pescadero. Enjoy live music, vendors, art, special performances, food, drink, and community.

may 2025

May 8 | 5 - 10pm, **MERCADO NOCTURNO** at Baljalla in Pescadero. Enjoy live music, vendors, art, special performances, food, drink, and community.

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sunday / domingo

9 am, **HATHA YOGA W/C LIZ @ Cuatro Vientos**, Todos Santos.

11 am, **ECSTATIC DANCE TEMPLE @ Cuatro Vientos**, Todos Santos.

4 pm, **YIN & RESTORATIVE YOGA W/C TASHA @ Cuatro Vientos**, Todos Santos.

6 pm, **MEDITATION CIRCLE W/C JACINTA @ Cuatro Vientos**, Todos Santos.

monday / lunes

6, 7, 8 & 9 am, 5 pm, **CROSSFIT @ Cross2Box**, Todos Santos.

7 am, **TS OPEN WATERS SWIMMING @ Punta Lobos**, Todos Santos. Facebook/Instagram: @Todos Santos Waters

7:30 am, **POUND W/C SUE @ Cuatro Vientos**, Todos Santos.

7:30 am, **YOGA W/C MAYRA @ Baja Serena**, Pescadero.

8:15 & 9:15 am, **FUSION FITNESS W/ JULIE @ Cross2Box**, Todos Santos.

8:45 am, **YOGA FOR SENIORS W/C MAYRA @ Baja Serena**, Pescadero.

9 am, **YOGA W/C MARIMAR @ Cuatro Vientos**, Todos Santos.

10:30 am, **YOGA FOR HEALTHY AGING W/C LISA @ Cuatro Vientos**, Todos Santos.

3:30 pm, **AERIAL DANCE KIDS 8 - 14 W/C PAOLA @ Cuatro Vientos**, Todos Santos.

4:45 pm, **AERIAL DANCE ADULTS W/C PAOLA @ Cuatro Vientos**, Todos Santos.

6:30 pm, **CHAKRA MEDITATION W/C MARIE @ Cuatro Vientos**, Todos Santos.

tuesday / martes

6, 7, 8 & 9 am, 5 pm, **CROSSFIT @ Cross2Box**, Todos Santos.

7:30 am, **HIIT WORKOUT W/C CLARA @ Cuatro Vientos**, Todos Santos.

8:30 am, **TRX Y MÁS W/C GRACE @ Villas El Gavilán**, Cerritos. For info: Zu (612) 157-1936.

8:45 am, **YOGA FOR SENIORS W/C MAYRA @ Baja Serena**, Pescadero.

9 am, **ZUMBA W/C JAN @ Cuatro Vientos**, Todos Santos.

10:30 am, **VINYASA YOGA W/C GABRIELLE @ Cuatro Vientos**, Todos Santos.

4 pm, **YOGA FLOW & MEDITATION W/C HOLLY NICOLE @ Cuatro Vientos**, Todos Santos.

6 pm, **DANCE FITNESS W/C NATHALIE @ Cuatro Vientos**, en Español Todos Santos.

7:15 pm, **CANDLELIGHT YOGA W/C HOLLY NICOLE @ Cuatro Vientos**, Todos Santos.

wednesday / miércoles

7 am, **TS OPEN WATERS SWIMMING @Punta Lobos**, Todos Santos. Facebook/Instagram: @Todos Santos Waters

6, 7, 8 & 9 am, 5 pm, **CROSSFIT @ Cross2Box**, Todos Santos.

7 am, **VINYASA YOGA W/C TY @ Cuatro Vientos**, Todos Santos.

7:30 am, **YOGA W/C MAYRA @ Baja Serena**, Pescadero.

8:15 & 9:15 am, **FUSION FITNESS W/ JULIE @ Cross2Box**, Todos Santos.

8:45 am, **YOGA FOR SENIORS W/C MAYRA @ Baja Serena**, Pescadero.

9 am, **YOGA W/C MARIMAR @ Cuatro Vientos**, Todos Santos.

10:30 am, **YOGA FOR HEALTHY AGING W/C LISA @ Cuatro Vientos**, Todos Santos.

2:30 pm, **POWER VINYASA YOGA W/C DOMINIQUE @ Cuatro Vientos**, Todos Santos.

4 pm, **YIN & RESTORATIVE YOGA W/C SAM @ Cuatro Vientos**, Todos Santos.

6 pm, **YOGALATES W/C MARIANA @ Cuatro Vientos**, Todos Santos.

thursday / jueves

6, 7, 8 & 9 am, 5 pm, **CROSSFIT @ Cross2Box**, Todos Santos.

7:30 am, **HIIT WORKOUT W/C CLARA @ Cuatro Vientos**, Todos Santos.

8:30 am, **TRX Y MÁS W/C GRACE @ Villas El Gavilán**, Cerritos. For info: Zu (612) 157-1936.

8:45 am, **YOGA FOR SENIORS W/C MAYRA @ Baja Serena**, Pescadero.

9 am, **ZUMBA W/C JAN @ Cuatro Vientos**, Todos Santos.

10:30 am, **VINYASA YOGA W/C GABRIELLE @ Cuatro Vientos**, Todos Santos.

4 pm, **YIN & RESTORATIVE YOGA W/C HOLLY NICOLE @ Cuatro Vientos**, Todos Santos.

6 pm, **DANCE FITNESS W/C NATHALIE @ Cuatro Vientos**, en Español, Todos Santos.

7:30 pm, **ECSTATIC DANCE MINDFUL MELTDOWN @ Cuatro Vientos**, en Español, Todos Santos.

friday / viernes

6, 7, 8 & 9 am, & 5 pm, **CROSSFIT @ Cross2Box**, Todos Santos.

7 am, **TS OPEN WATERS SWIMMING @Punta Lobos**, Todos Santos. Facebook/Instagram: @Todos Santos Waters

7 am, **YOGA & SOUND W/C KARI @ Cuatro Vientos**, Todos Santos.

7:30 am, **YOGA W/C MAYRA @ Baja Serena**, Pescadero.

8:15 & 9:15 am, **FUSION FITNESS W/ JULIE @ Cross2Box**, Todos Santos.

8:45 am, **YOGA FOR SENIORS W/C MAYRA @ Baja Serena**, Pescadero.

9 am, **YOGA W/C MARIMAR @ Cuatro Vientos**, Todos Santos.

4:30 pm, **DANCE LAB W/C ZOË @ Cuatro Vientos**, Todos Santos.

6 pm, **SALSA BASICS W/C CARLO @ Cross2Box**, Todos Santos.

saturday / sábado

7:30 am, **HIIT WORKOUT W/C CLARA @ Cuatro Vientos**, Todos Santos.

9 am, **HATHA YOGA W/C LIZ @ Cuatro Vientos**, Todos Santos.

11 am, **INNERDANCE W/C ANDREA @ Cuatro Vientos**, Todos Santos.

Pájaros

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cenicienta o cuitlacoche peninsular (*Toxotoma cinereum*), un maravilloso pájaro cantor de cola larga, con frecuencia sale antes del amanecer hasta las horas del crepúsculo, también es una especie endémica de Baja California Sur. Los pinzones mexicanos (*Haemorhous mexicanus*), a ellos les encanta el agua y aman comerse las frutas de los cactus, es una de las especies de aves vegetarianas más estrictas, pues raramente comen algo que no sea semillas, brotes o fruta. En contraste, los cardenales del norte (*Cardinalis cardinales*) tienen una alimentación muy diversa, les gustan las semillas, las frutas, los insectos, y los granos. Así pues, dependiendo de lo que coman, los varios carotenoides en la comida afectarán el color de su plumaje.

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New beginning Tai Chi class starting in December: Thursday 12 pm, at Casa Girasol, located at Calvary Church past the Pemex on highway 19.

AA MEETINGS

CABO SAN LUCAS—AA Hacienda Group Cabo, upstairs above Ace Hardware behind McDonalds. Monday – Friday, 4:30 & 6 pm. For information: Tom (624) 122-2720.

PESCADERO HIGHTIDE—Wednesday 9 am @ Baja Beans, Pescadero. For information: Don (612) 157-1256.

PESCADERO NA—No Todos Somos Santos de Narcóticos Anónimos meets Monday – Friday, 7 – 8:30 pm. For more information: WhatsApp 6241092213

SAN JOSÉ DEL CABO—Next to the Calvary Chapel corner of Degollado and Coronado. 6 pm nightly.

TODOS SANTOS—Monday, Tuesday, Wednesday & Saturday 11 am, & Friday 5 pm, On the rooftop at Ricardo Amigo Real Estate on calle Centenario in Todos Santos. For info: Eric (612)156-9980.

TODOS SANTOS—WOMEN'S AA Thursday 9 am at Casa Janna, & Friday 9 am via Zoom. Call Janna for information: (612) 127-0215.

LA PAZ—For information call: Rick M. (612)131-7459.

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Eventos

continuó de página 46

febrero 2025

1° de febrero | RUTA EL CARDÓN, paseo en bicicleta de montaña y fiesta, presentado por **Over The Edge Baja**. Un paseo en bicicleta de montaña grupal recreativo de 23 millas/38 km y fiesta callejera. La diversión de este evento son los chanchullos que ocurren en los senderos para bicicletas de montaña, en su mayoría de una sola pista, en las estribaciones del desierto de la Sierra Madre y las colinas costeras del puerto viejo. La inscripción incluye una camiseta conmemorativa de Ruta el Cardón, dos puestos de ayuda abastecidos con sabrosos bocadillos y una fiesta callejera final donde se pueden compartir historias del sendero. Inscríbese en rutaelcardon.com o visite **Over The Edge Baja** en Todos Santos y los muchachos le brindarán detalles.

1° al 8 de febrero | 12° TALLER DE ESCRITORES DE TODOS SANTOS (TSWW) edición anual, retiro de escritura creativa en **Posada del Molino** en Todos Santos. Ofreciendo clases de poesía con Christopher Merrill, ficción con Gina Frangello, autobiografía con Jeanne McCulloch y Karen Karbo, estrategias para narrativa con Rex Weiner, y escritura ambiental/viajes con Nick Triolo. Asistencia a clase solo con registro previo, habrán lecturas y discusiones especiales abiertas al público en general. Tarifas especiales para residentes locales de tiempo completo y medio tiempo. Para más información y hacer su registro vaya a: www.todosantoswritersworkshop.com

13 de febrero | de 5 a 10 pm, **MERCADO NOCTURNO** en Baljalla en Pescadero. Disfrute de música en vivo, vendedores, arte, presentaciones especiales, comida, bebida y comunidad.

14, 15, 16 y 21, 22, 23 de febrero | Viernes y sábados a las 7 pm, y matinal del domingo a las 2 pm. **COMEDY CENTRAL: THREE KILLER 1-OBRA DE TEATRO** en el Teatro Márquez de León en Todos Santos. Una producción de teatro en vivo en beneficio de **La Sociedad de La Palapa de Todos Santos A.C.** Los boletos anticipados con descuento estarán disponibles a través de PayPal a partir de enero de 2025 en <https://palapasociety.org/events-listing/> o se pueden comprar en persona en la librería El Tecolote en Todos Santos. El precio con descuento por adelantado es de \$20 USD o 400 pesos. Los boletos también se pueden comprar en la puerta el día del espectáculo por un precio regular de \$25 USD o 500 pesos. Para más información, consulte nuestro artículo en este número.

15 al 23 de febrero | 14^{AVA} EDICIÓN ANUAL DEL TALLER "WRITING DOWN THE BAJA" en Serendipity en Todos Santos. Disfruta de siete días completos de talleres y escritura para el retiro de escritura creativa de 2025. Acompaña a Ellen Waterston, premiada escritora y poeta laureada de Oregón, a la profesora invitada, Kim Stafford, noventa poeta laureada de Oregón y a la escritora/profesora Perrin Kerns, para una productiva semana de escritura que explora la intersección de panoramas internos y externos en la prosa y la poesía. Para hacer su registro y para mas información: info@writingranch.com

marzo 2025

10 al 14 de marzo | TALLER "PINTURA ABSTRACTA CONTEMPORÁNEA" con **Anne Hebebrand** en **Hablando Mexicano** en Todos Santos. Para más información o para hacer su registro visite: <https://www.annehebebrand.com/todos-santos-workshops>

13 de marzo | de 5 a 10 pm, **MERCADO NOCTURNO** en Baljalla en Pescadero. Disfrute de música en vivo, vendedores, arte, presentaciones especiales, comida, bebida y comunidad.



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