

journal DEL PACIFICO

La Revista de Baja California Sur

The ULTIMATE GUIDE to
Baja Sur Arts,
Culture & Adventure

Sea Turtles: A Baja Road Trip
Las Tortugas Marinas:
Una Expedición Por La Baja
Magnificent Frigatebirds
Fragatas Magníficas

GASTROVINO
Baja Food & Wine Festival
Gourmet Living
Eating Fish



"San Tequilito" by Kate Turning

Todos Santos • La Paz • Pescadero • San José del Cabo • Cabo San Lucas • El Triunfo



GASTROVINO

BAJA FOOD & WINE FESTIVAL



by / por McCandless Sutton, traducido por Perla Garnica

photo by / foto por Kate Turning

CLIMBING TO GASTRONOMICAL HEIGHTS

Spring is here and our senses are heightened. The flowers are blooming, the crops are ripening, the sun is shining, the bees are buzzing, the hummingbirds are flirting, the ocean mist is looming and the waves are crashing and soon the wine will be flowing. Just as the salty water of the bountiful, teeming Sea of Cortez and Pacific Ocean meet the mineral-rich desert of our rugged, virgin Baja California shores, the beautiful and bold wines of Baja California will blend with the wonderful and authentic gastronomy of Todos Santos. It is time for the Fifth Annual GastroVino Baja Food and Wine Festival.

Three days in April, are dedicated to celebrating the food and wine of our beloved Baja Peninsula. The most recognized and accomplished winemakers of México will be present telling their stories of viticultural adventure and the long road it has been to get their precious juice into your crystal glass. Accompanying them will be the

ESCALANDO LOS SENTIDOS GASTRONÓMICOS

La primavera ya está aquí y nuestros sentidos están elevados. Las plantas están florecientes, la cosecha está madurando, el sol está brillando, las abejas están zumbando, los colibríes andan enamorados, la brisa del océano emerge y las olas están golpeando y muy pronto el vino andará suelto. Así como la abundante agua de mar, pulula el Mar de Cortez y el Océano Pacífico que se mezcla con el desierto rico en minerales de nuestras accidentadas costas de la Baja California, los corpulentos vinos de la Baja se van a mezclar con la increíble y autentica gastronomía de Todos Santos. Ya llegó el 5^{to} Festival Anual GastroVino Baja Food & Wine.

Tres días de abril serán dedicados a celebrar la gastronomía y el vino de nuestra amada península de La Baja. Los más reconocidos productores de vino Mexicano estarán presentes, contando sus historias de aventura vitivinícola GASTROVINO continúa en página 40



best chefs and restauranteurs of Todos Santos and some special guests from Pescadero, Los Cabos and La Paz. Attendees will have the opportunity to vote anonymously for their favorite whites, rosés, reds, bubbles as well as for preferred gastronomical delights.

In the evening of Friday, April 22, the Baja Midnight: Noche Bohemia Party will take place at the Hotel California. Participants can listen and ask questions at educational talks with the winemakers and taste premium wines and local cheeses. At noon on Saturday, April 23, there is the BCS Blind Wine Tasting Challenge (place TBD).

One of the Festival's most exciting events is the GASTROTOUR, which is held in the evening on Saturday, April 23. Each winemaker will take residence in a select Todos Santos restaurant and team up with the chef to design the ultimate wine and food pairing from 6 to 9 pm. Those on the tour will receive an emblematic glass at 6 pm sharp at La Bodega de Todos Santos on calle Hidalgo then are free to follow the GASTROTOUR map to explore downtown Todos Santos. At each featured locale participants will have the pleasure of sampling a glass of wine paired with the chef's specially designed delicacy and enjoy various live music acts.

With dozens of local restaurants and prestigious wineries, this fifth annual GastroVino Festival is not to be missed.

GASTROVINO continued on page 19

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english

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"Santa Terra" by Kate Turning

Gourmet Living

These days many of us are concerned with healthy and delicious eating choices. Eat more vegetables, eat local, eat organic... where do you begin? Luckily, here in Baja California Sur, there are ample opportunities to nourish your body by eating an amazing variety of fresh, organic and locally-produced fruits, vegetables, cheeses, eggs, meats, wines and even desserts! We've put together a list of shops, markets and stands to help you stock up on specialty pantry items, gourmet gifts, and fill up on the finest produce, baked goods, and local handcrafted foods at the best gourmet food stores.

On your way to the beach or outdoor adventure? Many offer all you need for a DIY picnic or pre-made box to go. Don't feel like cooking? No problem. Some shops have full kitchens and a number of restaurants in Todos Santos and Pescadero pride themselves on being truly farm to table, growing their own produce and/or buying the freshest local and organic ingredients. *iBuen Provecho!*

GOURMET LIVING continued on page 10

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Art Talk

by Alan Casty

THE RICH ARTISTIC FRUITS OF SERENDIPITY

Look for a moment of serendipity. Like the promise of spring, it can arrive when you least expect it.

The graciously elegant Guaycura Boutique Hotel is re-vitalizing its fine classically-oriented collection of paintings. The new addition, a rhythmic grace note, is the presentation of a varied set of the glass wall sculptures by Jill Casty—bold, brilliant colors and flowing shapes, a light contemporary touch, graceful and serene, capturing that lovely still moment beyond change and time.

It is bound to be a pleasing, delightful change in itself, but the exhibition of Jill's work came together when two congenial minds—who had never met or even known of each other—came together in one of those moments.

The story behind the story.

About a year ago, Jill was leaving Pisa, Italy to spend the year living and working in Baja California Sur. She had placed her standing sculptures in the interior public spaces and on the spacious grounds of the luxury inn Villa Marta in the countryside near the historic city of Lucca. That year-long exhibition proved to be a success, so Jill reasoned, why not do the same here in Baja Sur? This time placing her *wall* sculptures in a luxury hotel, and why not Hotel Guaycura? An email and some photos later, the moment arrived.

Some years ago, Yolanda Contreras, the general manager of Hotel Guaycura, was gaining a lifetime experience of working at the fabled and romantic Casa Angelina, a luxury hotel high on the cliffs above the sea on the Amalfi Coast in Italy. In the Casa Angelina, there were regular exhibitions of the famous glass art from the Venetian island of Murano—with works of blown glass by some of the most significant artists working in the Murano style, including Sylvia Nahle Bauer and Alfredo Sosabravo.

Yolanda still remembers fondly the exciting work of those glass artists. In the years since, inspired by that Italian experience, she has always endeavored to have a hotel display art in its public spaces but had never found just the right moment, just the right glass art and artist, to re-kindle that Italian experience. Then she saw the email and photos. And the two minds had come together. Fated? Serendipity?

"It was one of those moments, yes," Yolanda says. "I just knew I wanted that kind of art, that brightness, in our hotel, so joyful, open and beautiful."

In her art, Jill enthusiastically follows the banner of the artistic credo of Pierre August Renoir about the place of, indeed the *need for* beauty in the modern world, chaotic and discordant as it is: "To my mind, a picture should be something pleasant, cheerful, and pretty, yes pretty! There are many unpleasant things in life as it is without creating still more of them."

Steve Thurston

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GALLERY365 #86 on Todos Santos map

As Jill explains her artistic journey: "I want to explore an art that is a celebration. I want it particularly to be a celebration of the possibilities of the harmony that can be maintained in our continuing connection, threatened as it is, to the natural world. I want to explore the shapes, the tones, the structures that represent our inter-relationship with the world of nature. My sculptures are *impressions* in abstracted form of the essences of the beauty of nature and its wonders, or *expressions* of my emotional responses to moments shared with the natural world. As summed up in the title of an exhibition of my work in Italy last spring 'Impressions/Expressions.' The thrilling colors of nature itself are embodied in my treatment of the fused glass."

In Baja Sur, she has been thrilled to find the perfect partner for her art of joyful and dramatic color. She feels inspired by the brilliance, the intensity of the light, as it illuminates the dramatic shapes, colors and textures of the amazingly varied natural environment. And recently, she has loved transforming into glass the images, the deep innocence of color, of traditional folk art.

"It's color," Yolanda agrees, "that special brilliance and combinations of the colors. They bring a feeling of pleasure to a room."

Jill can think of no greater teacher about color than Henri Matisse, who, she says, always wanted to see "...how to make my colors sing." He wrote, that "Good color sings. It is melodious, aroma-like, never over-baked... can inspire ideas of joy, of riches, of glory and love."



"Flores de Primavera" by Jill Casty

Jill's sculptures are ensembles of this brilliance of fused glass and a variety of metals. Her works, in the year-long exhibition, will be placed in three key areas of the hotel.

Flores de Primavera, the largest piece, is for many the work with the most impact and, is placed on the wall at the reception desk where it greets visitors with a burst of color and perennial spring-time. The wall across the room features complementary works, colorful renditions of folk art

symbols. The exhibition then flows into the neighboring sitting room, with two works on the far wall—a strong contrast of light and dark. And then around the corner and down the hall, the playful, folk art-inspired *One Fine Day* faces us on a wall past the bar. On the small walls between arches that lead into the courtyard, are two smaller works, *A New Day Dawning* and *Sierra Mar*, with delightful colors that capture differing impressions of nature. The final act takes us up to the rooftop Sky Lounge bar and restaurant, with particularly rhythmic plays of glass and metal on the brick walls at each end of the bar and the rising rhythm of *Sailing Into Space* facing in from the wall at the end of the walkway, near the infinity pool.

"It will be great having these sculptures with us and our visitors for a year," Yolanda has commented. "It's the kind of display I've thought about for a long time. And, of course, there are nice echoes for me of those good old days in Italy."

ART TALK continued on page 9

SCULPTURES IN GLASS JILLCASTYGLASSART.COM



"Reflections on Tecolote I" /
"Reflecciones en el Tecolote I"

Table Top Sculpture 24 1/4" w x 21 1/4" h x 11" deep
Fused Glass, St. Steel, Coral, **Galería de Ida Victoria**



"A Moment's Splendor" / "Esplendor en el Momento"

Wall Sculpture 22" w x 22 1/2" h x 2 1/2" deep

Fused Glass, Stainless Steel
Guaycura Boutique Hotel



"Music at Twilight" / "Musica en el Atardecer"

Wall Sculpture 34 1/2" w x 32" h x 2 1/2" deep

Fused Glass, Stainless Steel
Sorstis Restaurante, La Paz

On the Cover

Kate Turning

EVERYDAY MIRACLES (COMMON SAINTS)

"We all know what a special, magical place Southern Baja is. As a visual storyteller, I feel the spirit of the divine everywhere in our dusty little piece of heaven. This ephemeral magic is the focus of my new series "Everyday Miracles." A trick of light takes my breath away, a lone guitar wailing across the *huerta* breaks my heart, wild horses sauntering down our main street at sunset or the midnight antics of an eccentric amigo—the daily unfolding of the miraculous. With this grace around us—we are all common saints, no matter how tarnished."—Kate Turning

Kate Turning is a nationally acclaimed photographer and painter. She is sought after for her bold use of color, incisive creative direction and production of complex images. Kate has photographed major international advertising campaigns, editorial features, movie posters and some of pop's biggest stars. She loves the creative process, especially the collaboration necessary to bring her vision to life.

She presently divides her time between New York, Los Angeles and Todos Santos with her husband and production partner Steve Jacobi and her two beloved Saluki hounds.



Kate Turning by / por Emanuela Gardner

You can see more of her photography at www.turningpix.com or view her fine art at **Galería de Todos Santos**.

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En la Portada

Kate Turning

traducido por L. Madeleine Castellanos A.

MILAGROS DEL DIARIO (SANTOS COMUNES)

"Todos sabemos qué lugar tan especial y mágico es la Baja Sur. Como una cuentista visual, siento el espíritu de lo divino en todas partes de nuestro polvoriento rincón del cielo. Esta magia efímera es la atención de mi nueva serie "Milagros del Diario." Un truco de luz me quita el aliento, el solitario lamento de una guitarra que suena a través de la huerta me rompe el corazón, caballos salvajes pasando por nuestra calle principal al atardecer, o las disparatadas travesuras a medianoche de un excéntrico amigo-la trama ordinaria de lo milagroso. Con esta gracia alrededor de nosotros—todos somos santos comunes, sin importar qué tan deslustrados."—Kate Turning

Kate Turning es fotógrafa y pintora aclamada a nivel nacional en Estados Unidos. Es buscada por su audaz uso del color, por su incisiva dirección creativa y por su producción de imágenes de gran complejidad. Kate ha fotografiado grandes campañas publicitarias internacionales, artículos editoriales, carteles de películas, y a algunas de las mayores estrellas del pop. Ama el proceso creativo, especialmente la colaboración necesaria para darle vida a su visión.

Actualmente divide su tiempo entre Nueva York, Los Ángeles y Todos Santos con su esposo y socio de producción, Steve Jacobi, y sus dos queridos perros Saluki. Puedes ver más de su fotografía en www.turningpix.com o mirar su arte en la Galería de Todos Santos.

Art Talk

continued from page 7

In her summation of the essence of Jill's work, the American critic Lisa Crawford Watson, calls up deeper echoes: "There are sculptural echoes here of the dramatic flow and sweep, the tensions of abstract expressionism; of the more tranquil rhythms, sharp and clean lines of contemporary geometric abstraction; of the abstracted essences of nature and its wonders, as in the paintings of Georgia O'Keefe. Yet, ultimately, in all their variations, in her works the lights and delights of color and form are ultimately vibrant forms of joy."

You can also view Jill Casty's art glass sculptures at Galería de Ida Victoria in San José del Cabo and Sorstis Restaurante in La Paz.

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Gourmet Living

continued from page 5

CHOCOLATES LA LAGUNA

Chocolates La Laguna is a very special place located just down the little side street behind El Tecolote Bookstore in Todos Santos. The space may be small but it is stocked with a heavenly variety of truffles, chocolate bars, barks, hot chocolate mixes and salts of Baja. All of these products are ready to go (or eat on your way). Our favorites include the yummy varieties of truffles and the chocolate mint bars.

Owner Shauna Hughes loves making chocolate and has fun meeting the locals, as well as those people who come in on day trips from Cabo San Lucas and San José del Cabo. She meets people from all over the world who come into her shop for their love of chocolate. And they aren't disappointed! You can also find Chocolates La Laguna online at Trip Advisor and on the one and only Chocomap, which shows the location of all participating chocolate shops in North America.

Tuesday – Saturday, 11 am – 5 pm or by appointment for large orders.

Located on calle Hidalgo, between Benito Juárez & Centenario, # 32 on Todos Santos map.

Tel. (612) 105-1825

shughesdesign@gmail.com

EMMA'S DELI

Emma's Deli in Todos Santos is your neighborhood grocery store; the third store in a line of small, family-owned and operated stores in Baja California Sur, with their newest location coming to La Paz soon! The accessible and practical location makes for a quick stop-and-go store with lots to offer. They enjoy providing each customer with their personal attention, building relationships and welcoming feedback. This approach allowed them to quickly become members of the *pueblo mágico* community.

They carry a large variety of products like deli meats, cheeses, snacks and specialty goods—many imported items, organic products, health food, vegan, as well as general groceries. They stock many regional products, but only if they meet their high standards of quality and origin.

If you're looking for a quick meal for the road or beach, people rave about the great deli sandwiches. Over the next year they will be adding daily soups and hot sandwiches, as well. Their main store in Los Barriles, Joe's Deli Mart, has a bakery providing fresh pastries like scones, muffins, cookies, tarts, mini-cakes, energy bars, bagels, quiches, French styles breads, and loafs—gluten free or regular. Future plans include adding a bakery to Emma's Deli in Todos Santos.

For Costco or food service orders, email:
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LA BODEGA DE TODOS SANTOS

La Bodega de Todos Santos stocks the largest variety of Baja wines: rosé, white and reds, and bubbly made in the Champenoise style from Queretaro. Their knowledgeable staff can help you pick just the right bottle for any occasion. Or stop in and enjoy one of their popular "flight nights" when you can taste a glass of one of their evening's selections or a flight of all three while listening to live music and enjoying tasty treats from Restaurant "Mi Pueblito" next door.

Other gourmet items include local cured salami, local cured *jamon serrano/iberico* (Spanish style), ranch cheeses, including goat cheese, extra-virgin, cold-pressed Baja olive oils and top quality Mexican cigars.

Owner Mac Sutton, along with Perla Garnica, are the founders and driving forces behind the successful and fun GastroVino Festival which takes place each year in April.

Tuesday – Saturday, 12 – 7 pm
Located on calle Hidalgo, between Benito Juárez & H. Militar, #54 on Todos Santos map.
labodegadetodosantos@gmail.com
Facebook: La Bodega de Todos Santos

MÉXICO GOURMET TODOS SANTOS

México Gourmet Todos Santos, on the plaza in the historic district, offers the highest-quality Mexican hand-crafted gourmet items. Mezcales are their specialty—they stock over 40 varieties—completely handmade from wild and cultivated agaves, distilled in copper alembics and clay pots—including brands that you can't find at any other location in the state: Espadín, Coyote, Tobalá, Arroqueño Barril, Pechuga Ensambles, Largo, Tepeztate and Dobadan. Stop in for a mezcal tasting and learn more.

This well-stocked shop also has many items you can take home or they make great gifts like Mexican chocolates, Oaxacan mole, international spices, vanilla, hot sauces, marmalades, chutney, organic coffee, tea, and Mexican cigarettes and cigars. They also offer exotic salt-sazon blends, including flavors that you just won't find anywhere else, such as peppermint and citrus, worm and *hierba santa*, habanero with orange ginger and grasshopper, ant with cardamom, epazote and jalapeño, and *hoja santa* and lemon.

Monday – Sunday, 11 am – 6 pm
Located on Manuel Márquez de León, between Benito Juárez & Centenario, #50 on Todos Santos map.
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GOURMET LIVING continued on page 50

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Sea Turtles: A Baja Road Trip

Las Tortugas Marinas: Una Expedición por la Baja

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



Eastern Pacific Green Turtle / Tortuga Verde, photo / foto: The Cortez Club

If they had a World Championship for Insult Hurling, China's entry of "Son of a Turtle!" may not seem like obvious prize material. But a review of sea turtle reproductive habits reveals why the insult might be a contender: A female sea turtle will mate with several males prior to nesting season, storing the sperm of all her paramours in oviducts separate from her eggs for extended periods of time—sometimes years. When the time is right for nesting, her body will allow the sperm to fertilize the eggs, resulting in what scientists like to call "multiple paternity" for her offspring. In other words, little baby sea turtles have no idea who their daddies are. Get it?

But that is not the end of a sea turtle's parental woes. While their mothers do contribute more than genetic material, it is a contribution so slim it resists the characterization of maternal. The female sea turtle will drag her enormous body (that's about 100 pounds for olive ridleys and up to 2,000 pounds for leatherbacks) out of the ocean, find the perfect spot for her nest, dig a hole, deposit her eggs, cover them up, turn her (very large) back on them and return to the sea. And that's it. No nest defending, no hatchling feeding, no primers on the sea turtle way of life. The females abandon their eggs to the nests they've prepared and let the world have its way. If the eggs are lucky enough

Si existiera un Campeonato Mundial de Insultos, China entraría con la expresión "¡Hijo de Tortuga!" Podría no parecer como un material de premio obvio, sin embargo, una revisión de los hábitos reproductivos de las tortugas marinas revela por qué el insulto podría ser un competidor: una tortuga marina hembra se aparea con varios machos antes de la temporada de anidación almacenando el esperma de todos sus amantes en oviductos separados de sus huevos por períodos extendidos de tiempo—años—a veces. Cuando llega el momento adecuado para la anidación, su cuerpo permite que el esperma fertilice los huevos; lo que resulta en lo que los científicos gustan denominar "paternidad múltiple" por su descendencia. En otras palabras, las pequeñas tortugas marinas bebés no tienen ni idea de quiénes son sus papás. ¿Entiendes?

Pero ese no es el final de las aflicciones parentales de las tortugas marinas. Si bien sus madres hacen más que simplemente contribuir con material genético, es una contribución tan pequeña que se resiste a su caracterización como maternal. La tortuga hembra arrastra su enorme cuerpo (eso es alrededor de 45 kg para golfinas y hasta 900 kg para las laúd) fuera del océano, encuentra el lugar perfecto para su nido, cava un hueco, deposita sus

TORTUGAS continúa en página 14

to escape predators and the ravages of the sea, in 45 to 75 days (depending on the species) sea turtle hatchlings emerge, whereupon the vast majority promptly become part of the Great Circle of Life as bite-sized snacks for sea birds, fish and crabs. When Hobbes wrote that life is nasty, brutish and short, he quite possibly had sea turtles in mind.

And what of the survivors? Abandoned bastards clinging to seaweed patches with no familial guidance on how to survive. No wonder sea turtles grow up to be total loners with no urge to socialize beyond the mating drive. So what is it that makes a sea turtle's life worth living? Meet Adelita. Adelita was a loggerhead turtle who was captured off the coast of Baja California as a juvenile and raised in captivity. When she was released in 1996 from a small Baja California town at a healthy 223 pounds, she was fitted with a tag to allow scientists to track her movements. And move she did! In fact, she covered the roughly 7,000 miles to the coast of Japan in just one year. Adelita's journey was a strong datapoint in confirming scientists' hypothesis that loggerhead sea turtle hatchlings ride the Great Pacific Turtle Gyre from Japan's nesting beaches to the waters of Baja, where they spend their youth foraging and growing in the warm, food-rich environment. Then, when they reach sexual maturity at around 20 to 30 years of age, they return to Japan to mate and nest. Yep, that's right, sea turtles are the ultimate road trippers!

All seven of the extant sea turtles species in the world—including the five that nest on the beaches of Baja—are road trippers, migrating between nesting and feeding grounds and sampling all the delicacies and attractions

in between. Representatives from Baja's most abundant species, the olive ridley, have been observed by trans-Pacific ships over 2,400 miles from shore, enjoying the shrimp, lobsters, crab and fish of the tropical waters they like to inhabit. Another Baja nesting species, the hawksbill, has been known to travel almost 1,200 miles to dine on sponges and other invertebrates in tropical coral reefs and mangrove estuaries. And while those travel distances are impressive to be sure, the record is held by Baja's most endangered sea turtle species, the leatherback, with some individuals logging 10,000 migratory miles.

Leatherbacks have been cruising the oceans' great Turtle Gyres for 100 million years, consuming several hundred pounds of jellyfish per day mainly in the jellyfish-rich zone within 1000 feet (300 meters) of the ocean's surface. But leatherbacks have been observed doing something that only a few species of air-breathing marine animals are capable of achieving—diving over 3,000 feet (1,000 meters) into ocean basins. Over the millennia that they have been on earth, leatherbacks have evolved into diving dynamos, with collapsible lungs to avoid the bends, flexible shells to accommodate increased pressure at depth, and several other adaptations that allow them to go to great depths and stay there for a while. While there are many theories as to why they dive—escaping predators, looking for other food sources and so forth—a recent UK study using satellite transmitter-derived dive data has lead scientists to conclude that really they're doing what any good sightseeing road-tripper does—having a lark.

SEA TURTLES continued on page 14

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Sea Turtles

continued from page 13

So it turns out that in spite of—or perhaps because of—their fraught beginnings, sea turtles actually lead a totally cool life, cruising the world's oceans, visiting foreign lands, eating great food and getting spa treatments at turtle stations along the way, where "cleaner" fish and shrimp delicately clean up any algae and parasites they may have accumulated during their travels.

Hurray! The sea turtles are happy and having fun. But everyone knows it's all about the *homo sapiens* on this planet, so when you ask Stephanie Rousso, a former Florida Fish and Wildlife Conservation biologist, Todos Santos Eco Adventures' Wildlife Biologist, and co-founder of Alianza Keloni A.C., a sea turtle research organization in La Paz, why we should concern ourselves with sea turtles, she's pretty clear that it's just enlightened self interest for humans to do SEA TURTLES continued on page 17

Tortugas

continuó de página 12

huevos, los cubre, da vuelta su (muy grande) espalda hacia ellos y vuelve al mar. Eso es todo. Se va sin defender su nido, sin alimentar a sus crías y sin dar lecciones de vida a las pequeñas tortugas marinas. Las hembras abandonan sus huevos en los nidos que han preparado y dejan que el mundo siga su curso. Si los huevos tienen la suerte de escapar de los depredadores y los estragos del mar, entre 45 y 75 días después, (dependiendo de la especie) las crías de tortugas marinas emergen, con lo cual la gran mayoría se convierte rápidamente en parte del Gran Círculo de la Vida como aperitivos del tamaño de un bocado para las aves marinas, peces y cangrejos. Cuando Hobbes escribió que la vida es desagradable, brutal y corta, pues muy posiblemente tenía a las tortugas marinas en mente.

¿Y qué con las sobrevivientes? No es de extrañar que TORTUGAS continúa en página 16

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GASTROVINO FESTIVAL RAISES FUNDS FOR LOCAL ORGANIZATIONS

Over the last four years, the GastroVino Baja Food and Wine Festival has brought over 2,500 enthusiastic attendees to the magical town of Todos Santos. Through its altruistic dedication and cultural goal of promoting the creations of both local and international artists; sculptors, painters, writers, musicians and many other talented performers, the Festival silent auction has raised \$24,800 USD for local organizations in a short time.

PROCEEDS FROM THE PAST FESTIVALS HAVE BEEN USED FOR THE FOLLOWING CAUSES:

The local *Internado* boarding school to install a water purification system throughout their facilities and also to re-paint their colorful classrooms and living spaces, in addition to many other smaller projects.

The local Hogar del Niño orphanage to improve the quality of their meal plans, buy more clothes and other basics for students and financed various workshops.

The local DIF (Government Family Integration Organization) to purchase much needed office supplies, new computers, also new remodeled bathrooms and provide breakfasts for hundreds of local seniors and elderly adults.

The local *Bomberos* (Todos Santos Firemen) to fix multiple firetrucks and the ambulance, conduct more emergency training and bought much-needed and updated fire-fighting supplies.

To all those creative community members and local businesses, who have donated in the past, the Festival thanks you and encourages you to keep it up. If you are a local artist and want to make a difference this April in the lives of Todos Santos community members please donate to the GastroVino Silent Auction by contacting Zandra Frame at bajazebra@gmail.com

Arte, Cultura Gastronomía y Vino Baja Californiano

traducido por Perla Garnica

GASTROVINO FESTIVAL RECAUDANDO FONDOS PARA ORGANIZACIONES LOCALES

Durante los primeros cuatro años de vida GastroVino ha traído a más de 2,500 entusiastas visitantes al Pueblo Mágico de Todos Santos. A través de su dedicación altruista y meta cultural de promover tanto talento local como internacional, escultores, pintores, escritores, músicos y muchos otros, la subasta silenciosa del festival ha logrado reunir 24,800 dólares para instituciones locales en un corto plazo.

LOS FONDOS DE PASADOS FESTIVALES HAN SIDO UTILIZADOS EN LAS SIGUIENTES CAUSAS:

El Internado de La Cachora que atiende entre 60 y 70 niños pudo instalar un sistema de purificación de agua en sus instalaciones y pintar sus aulas, aparte de apoyarse en varios otros proyectos menores.

El Hogar del Niño mejoró la calidad de sus planes alimenticios, se compró ropa y otras necesidades básicas a los niños, también financió varios de sus talleres.

El DIF Todos Santos pudo comprar material de oficina incluyendo un equipo de cómputo, remodelaron sus baños y pudieron proveer desayunos para el grupo de la tercera edad.

Los Bomberos de Todos Santos pudieron arreglar su camión y la ambulancia, actualizar su capacitación en entrenamiento de técnicas de emergencias y compraron muchos artículos necesarios para su desempeño.

A todos los miembros de nuestra comunidad creativa y a todos los comerciantes locales que han apoyado GastroVino en pasadas ediciones les agradecemos por este medio y los exhortamos a seguir participando. Si eres un artista o comerciante que quiere apoyar nuestra comunidad y hacer una diferencia por favor comunícate con Zandra Frame quien estará coordinando la subasta silente del GastroVino 2016: bajazebra@gmail.com





Tortugas

continuó de página 14



izquierda: Tortuga Verde
arriba: Tortuga Caguma, fotos: Colin Ruggiero

las tortugas marinas se convirtieran en seres totalmente solitarios, sin la necesidad de socializar más allá del momento de acoplamiento. Los abandonados bastardos se aferran a los parches de algas sin ninguna orientación familiar sobre cómo sobrevivir. Entonces, ¿qué es lo que hace que la vida de una tortuga de mar valga la pena vivir? Presentemos a Adelita. Adelita era una tortuga laúd que fue capturada frente a las costas de Baja California siendo menor de edad y luego criada en cautiverio. Cuando fue liberada en 1996 desde una pequeña ciudad de Baja California en un saludable cuerpo de 100 kg de peso, estaba marcada con una etiqueta para permitir a los científicos rastrear sus movimientos. ¡Y vaya que se movió! De hecho, recorrió cerca de 11,300 kilómetros hasta las costas de Japón en tan sólo un año. El viaje de Adelita fue crucial en la confirmación de la hipótesis de científicos que sostenían de que las crías de tortugas marinas laúd viajan en el Gran Giro del Pacífico desde las playas de anidación de Japón a las aguas de Baja, donde pasan su juventud alimentándose y creciendo en un ambiente cálido y rico en alimentos. Luego, cuando llegan a la madurez sexual entre los 20 y 30 años de edad, regresan a Japón para aparearse y anidar. ¡Sí, así es, las tortugas marinas son de las excursionistas más extremas!

Las siete especies de tortugas marinas existentes en el mundo—incluyendo los cinco que anidan en las playas de La Baja—son excursionistas, que migran entre los sitios de

anidación y los de alimentación probando todas las delicias y atracciones que encuentran en el camino. Representantes de la especie más abundante en Baja California, la tortuga golfinha, han sido observados por buques que atraviesan el Océano Pacífico, a más de 2,400 millas de la costa, disfrutando de los camarones, langostas, cangrejos y peces de las aguas tropicales que les gusta habitar. Otra especie que anida en la península, es la carey, y se ha conocido que viaja casi 1,900 km para degustar esponjas y otros invertebrados en los manglares y arrecifes de coral tropicales. Si bien esas distancias de viaje son sin duda impresionantes, el record está en manos de la especie de tortuga marina más amenazada de Baja California, la laúd, con algunos registros de individuos que realizaron más de 16,000 km en su migración.

Las tortugas laúd, junto con otras especies de tortugas, han recorrido estos grandes giros oceánicos durante 100 millones de años, consumiendo cientos de kilogramos de medusas al día, principalmente en la zona ricas en medusas a 300 metros de la superficie del mar. Pero las tortugas laúd pueden hacer algo que sólo unas pocas especies de animales marinos que respiran aire son capaces de realizar—bucear a más de 1,000 metros de profundidad en las cuencas oceánicas. En los miles de años que han estado en la tierra, las tortugas laúd han evolucionado a verdaderos dínamos de buceo, con pulmones plegables

TORTUGAS continúa en página 18

A large whale shark (Rhincodon typus) swimming in clear blue ocean water. The shark's body is covered in white spots and stripes. In the background, a small boat is visible.

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Sea Turtles

continued from page 14 Armando Vega Bravo

so. "Consider the leatherback," says Stephanie. "Individuals can weigh as much as one ton, and leatherbacks eat their weight in jellyfish daily, making the leatherback one of the top jellyfish predators on the planet. With the huge decline in the number of leatherbacks, jellyfish have proliferated around the world, and in many places species dominance is shifting from fish to jellyfish as jellyfish eat fish eggs and larvae. So protecting leatherbacks is really just protecting a key food source for humans." In other words, if you want to continue having your sushi, save a leatherback.

And that's not all. "Hawksbills eat sponges on coral reefs, allowing the coral reefs to colonize and grow. Sponges have physical and chemical defenses that prevent most predators from eating them, but the hawksbill has no problem ripping the sponges to shreds. If the sponges were allowed to grow unchecked, they would eventually suffocate the coral reefs and greatly reduce the diversity of reef ecosystems. So protecting hawksbills is not only protecting diversity for the food supply, it also keeps the reefs healthy for human enjoyment." In other words, if you want to continue enjoying your tropical snorkeling vacations, save a hawksbill.

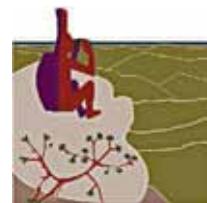
Each of the seven turtle species has their specific role on the planet, all contributing to the natural balance and health of our ecosystems. They even help protect coastal communities from hurricanes. Stephanie explains. "When sea turtles lay their eggs on sandy beaches, all the nutrients found in the shells get into the sand. This helps make the beach a good environment for plants. Plants help hold the sand dunes in place, and the sand dunes help protect communities from hurricanes and storm surge." The role of sand dunes has been demonstrated throughout history, most recently after Hurricane Sandy in New England, when researchers demonstrated in the academic journal *Shore and Beach* that areas protected by sand dunes were relatively unharmed, while those without barrier dunes suffered the greatest damage to structures and infrastructure. In other words, if want your coastal community to be standing after the next storm, save the nesting sea turtle species on your beaches.

So sea turtles help keep us fed, happy and safe from harm. Says Stephanie, only slightly tongue-in-cheek, "The world depends on sea turtles to keep on spinning."

SEA TURTLES continued on page 39

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Tortugas

continuó de página 16

para evitar la descompresión, caparazones flexibles que se acomodan al aumento de presión en la profundidad, y varias otras adaptaciones que les permiten ir a grandes profundidades y quedarse ahí por un buen rato. Si bien hay muchas teorías en cuanto a por qué se sumergen a estas profundidades—escape de depredadores, búsqueda de otras fuentes de alimentos etc.—un estudio reciente del Reino Unido que utilizó datos derivados de un transmisor satelital ha llegado a la conclusión de que realmente hacen lo que cualquier buen excursionista hace—pasarla bien.

Así que resulta que a pesar de—o quizás debido a—sus dificultosos comienzos; las tortugas marinas en realidad llevan una vida muy amena, recorriendo los océanos del mundo, visitando tierras extranjeras, disfrutando de la buena comida y recibiendo tratamientos de spa en las estaciones de tortugas a lo largo del camino donde peces “limpiadores” y camarones remueven con delicadeza cualquier alga y parásito que pueden haber acumulado a lo largo del viaje.

¡Viva! Las tortugas marinas son felices y se divierten. Pero todo el mundo sabe que en este planeta, a fin de cuentas todo está centrado en el *homo sapiens*. Entonces cuando uno le pregunta a Stephanie Rousso, una bióloga de Florida especialista en la conservación de peces y vida silvestre que trabaja en Todos Santos Eco Adventures y co-fundadora de Alianza Keloni AC, una organización de La Paz que investiga tortugas marinas; por qué debemos ocuparnos de las tortugas marinas, deja bastante claro que es sólo por un interés propio en los seres humanos. “Considere la laúd,” dice Stephanie. “Las laúd comen una cantidad equivalente a su peso en medusas diariamente, y siendo que los individuos pueden pesar hasta una tonelada, hace que la laúd sea uno de los principales depredadores de medusas en el planeta. Con la enorme disminución en el número de tortugas laúd, las medusas se han proliferado en todo el mundo y en muchos lugares está cambiando la dominancia de especies de peces por la de medusas. Como las medusas comen los huevos y larvas de peces; entonces protegiendo las tortugas laúd protegemos en realidad una fuente de alimento clave para los seres humanos.” En otras palabras, si deseas continuar comiendo sushi, salva una laúd.

Y eso no es todo. “La tortuga carey come esponjas en los arrecifes de coral, permitiendo al coral que colonice y crezca.” Las esponjas tienen defensas físicas y químicas que impiden que la mayoría de los depredadores las puedan comer, pero la carey no tiene ningún problema para rasgar las esponjas y hacerlas pedacitos. Si se dejan crecer las esponjas sin control, eventualmente estas sofocarían a los arrecifes de coral y reducirían en gran medida la diversidad de los ecosistemas de arrecifes. Entonces proteger a las carey no implica solamente la protección de la diversidad de la oferta de alimentos, sino también mantener a los arrecifes saludables para el esparcimiento humano.”

TORTUGAS continúa en página 41



GastroVino

continued from page 3

Come climb the gastronomical ladder and feel the GastroVino experience heightening your senses.

FRIDAY, APRIL 22

**BAJA MIDNIGHT 6 – 10 pm, at the Hotel California,
\$750 pesos**

6 – 7 pm, Educative talks with the winemakers. Learn about their history and the winemaking process.

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7 – 10 pm, Flamenco, jazz and funk music.

SATURDAY, APRIL 23

**BLIND WINE TASTING CHALLENGE 12 – 1 pm, place TBD,
\$250 pesos**

An educational tasting of 12 of Mexico's best wines led by enologist and engineer Lluis Llopert of Freixenet México, Queretaro. Special prizes for the top three finishers.

**GASTROTOUR 6 – 9 pm, Downtown Todos Santos,
\$300 pesos pre-sale / \$ 350 pesos day of event**

Follow the gastronomical map around downtown Todos Santos with your emblematic wine glass in hand to sample the ultimate pairing in each locale. With live music everywhere and a special after party TBD for those who want to keep celebrating.

SUNDAY, APRIL 24

MAIN EVENT 2 – 6 pm, Plaza Pública

\$450 pesos pre-sale / \$550 pesos day of event

Festival goers receive an emblematic wine glass upon arrival. Mexico's best winemakers are present to talk about their wines. Todos Santos' best chefs and restaurants present their specialties. The chance to bid at the silent auction—100% of proceeds benefit local organizations in need. Live music, art and various forms of entertainment.

For more information visit <http://gastrovino.mx/> or Facebook: GastroVino Baja Food & Wine Festival

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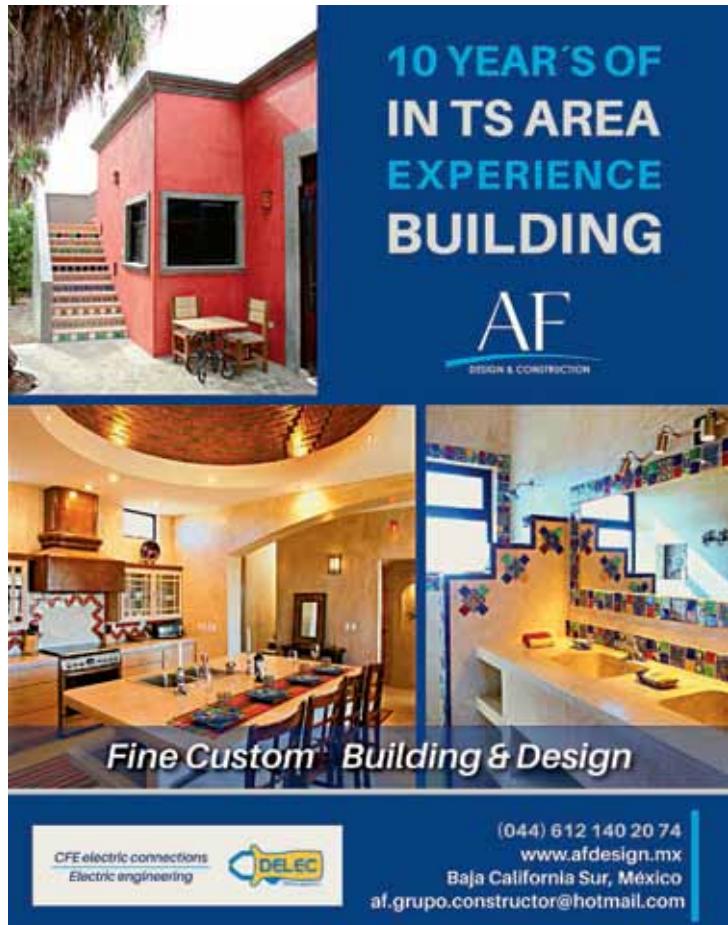
Eating Fish?

story and photos by Carlos Navarro

OUR DECISION-MAKING AT THE RESTAURANT COULD HELP FISH CONSERVATION

I like to eat fish. Most of us, whether on vacation or living along the shoreline, do tend to eat more fish than usual. How can one come to the Baja California peninsula and not eat a *ceviche* or a delicious fillet? However, "fish" is a word used to designate approximately 20,000 species, whose population numbers, fishing pressures and conservation statuses are very different from each other. Most top marine conservationists agree that nine out of ten large fish species on the planet are now gone, this means that we have fished out, to name a few, ninety percent of the big groupers, snappers and sharks. Today, it is more important than ever to realize that poor fishing practices and management, overfishing and other threats throughout the world's oceans have diminished most fish populations. As consumers, we have the power to make informed decisions and favor those fish species that are still relatively abundant and avoid buying or eating those that are not. However, to stop eating fish is not necessarily the solution; our choices are the forces that drive markets, influence fishing practices and ultimately saves or dooms a species. By favoring those fish whose populations are still in good condition, or those that were caught or farmed with methods that cause little damage to habitat and other wildlife, we can keep giving a push to local economies and let fishermen continue to make a living. In order to do that we need, first, to become better informed to ask what kind of fish is being offered at restaurants or fish markets and make sure that people understand why we are choosing or rejecting the product they offer. So, next time when you visit your favorite restaurant or fish taco stand, ask what kind of fish they are serving. Here is some information about some of the most commonly served fish around Baja California Sur.

GROUPERS: There are thirty-eight different species in the Sea of Cortez alone, plus several more on the Pacific side of the peninsula. They are medium to very large fish, usually with big mouths, that live near the sea bottom and are voracious predators. Some are extremely popular as food because of their white flesh and good flavor, whereas others are prized as trophies due to their large size. Many grouper species spawn together in the same places every year, making them vulnerable to overfishing. The largest individuals are always males, and the removal of those larger ones significantly diminishes their population's reproductive success and capacity to maintain its numbers. Most of the larger species, like the Gulf, sawtail, broomtail and goliath groupers—called *garropas*, *bayas* or *meros* in Spanish—are becoming very rare and some are considered endangered. Definitely to be avoided, particularly large individuals. Some of the smaller groupers, like the leopard grouper—possibly the one most commonly referred to as *cabrilla* or *cabrilla sardinera* in local restaurants—are doing



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better, but it is predicted that their numbers will be reduced by 30% within the next ten years at the present fishing rate.

SNAPPERS: Another large group of fish, called *pargos* in Spanish, found over a variety of bottom types. The juveniles of many species inhabit mangrove estuaries. The largest member of the group in the Baja Sur area, the dog snapper—*pargo prieto o pargo perro*—is becoming scarce due to its large size, which makes it a very sought-after species and should be avoided. The smaller yellow snapper—*pargo amarillo*—is still quite abundant. The red snapper—*pargo rojo* or *huachinango*—is a popular food fish from deeper waters usually caught with hand lines over soft bottoms and still in abundance.

DORADO: Also known as dolphinfish or mahimahi, *dorado* grows fast, live short lives and withstand high fishing pressure. Ok to eat and a really good fish for *ceviche*.

CORVINAS: Members of the grunt family, corvinas are called *curvinas* in Spanish. They prefer soft bottoms in bays and estuaries. The larger species, like the white sea bass and the gulf corvina are under heavy fishing pressure in the northern Gulf of California. They are usually caught with gillnets that capture many more non-target species, so those captured by hand lines over sandy bottoms are preferable. The largest member of the group, the *totoaba*, is endemic to the Sea of Cortez and critically endangered due to over fishing, although there are now a few fish farms raising *totoaba* for commercial purposes.

TUNAS: *Atunes* are fast growing, prolific breeders, and

EATING FISH? continued on page 24



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April 17 | OPEN READING at Rumi Garden. All writers are invited to read up to 10 minutes of your original work. Or just come to listen. Storytellers also welcome! Your story does not have to be written down, just told and true. For more information contact: Zoë Dearborn, zoe@cultivatecreativity.net, <http://www.cultivatecreativity.net>, (612) 105-0056

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April 22 | EARTH DAY

April 22 | PASSOVER BEGINS

April 22 | WILDCOAST/COSASAL-VAJE ECO FEST at Parque Gral. Melitón Albáñez in barrio San Ignacio (next to the *Bomberos*) on the *otro lado* of Todos Santos. This is a gathering of environmental and community groups engaged in conserving, preserving and protecting the natural beauty, bounty and health of Baja California Sur. Participants include ASUP-MATOMA (sea turtles), Whale Shark Mexico, CONANP (National Commission of Natural Protected Areas), CIBNOR (Center of Biological Investigations of the

Northwest), Punto Verde (Todos Santos Recycling), SINADES (Sistemas Naturales y Desarrollo), ACTS (Todos Santos Community Association), OLAZUL, and the Autonomous University of Baja California Sur.

April 22 - 24 | GASTROVINO FOOD

& **WINE FESTIVAL** in Todos Santos. For more information see our article on page 2.

April 22 | 6 – 10 pm, BAJA MID-NIGHT at the Hotel California. Educative talks with the winemakers, wine, gourmet specialties and live music. \$750 pesos.

April 22 | 12 – 1 pm, BLIND WINE TASTING CHALLENGE, location TBD. An educational tasting of 12 of Mexico's best wines led by enologist and engineer Lluis Llopert of Freixenet México, Querétaro. \$250 pesos.

6 – 9 pm, **GASTROTOUR** in downtown Todos Santos \$300 pesos pre-sale/ \$350 pesos day of event.

April 24 | 2 – 6 pm, GASTROVINO FESTIVAL in the Plaza Pública of Todos Santos. Festival goers receive wine glass upon arrival. Mexico's best winemakers

are present to talk about their wines. Todos Santos' best chefs and restaurants present their specialties. A silent auction benefits local organizations. Live music, art and various forms of entertainment. \$450 pesos pre-sale / \$550 pesos day of event.

Tickets for all events available at **La Bodega de Todos Santos** and **El Tecolote Bookstore**. For more information visit <http://gastrovino.mx/> or Facebook: GastroVino Baja Food & Wine Festival

may

May 3 | FUNDACIÓN DE LA PAZ.

May 8 | 39° MEDIO MARATÓN COSTERO La Paz. On the malecón in La Paz.

May 8 | MOTHER'S DAY (US, Canada)

May 10 | DÍA DE LAS MADRES (Mexico)

May 15 | OPEN READING at Rumi Garden. All writers are invited to read up to 10 minutes of your original work. Or just come to listen. Storytellers also welcome! Your story does not have to be written down, just told and true. For EVENTS cont. on page 54

HAPPY HOUR

Chez Laura, Su W Th F Sa 1 – 5 pm, wine and tapas for 65 pesos.

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

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

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

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

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

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

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

La Morena M T W Th F Sa 4 – 6 pm

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

Sky Lounge at **Guaycura Boutique Hotel** **Su M T W Th F Sa 12 – 4 pm**, 2 x 1 margaritas and beer.

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sunday

8:30 am – 12 pm, **BREAKFAST** at **FreeSouls** at Cerritos Beach in Pescadero.

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

9 am – 3 pm, **ORGANIC VEGETABLES** at Rancho Buen Día in the *callejon* of Todos Santos.

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

1 – 5 pm, **WINE AND TAPAS** (paté, rillette, etc.) for \$65 pesos at **Chez Laura** in Todos Santos.

2 – 8 pm, **DOMINGO DE PAELLA** at **El Mirador Ocean View Restaurant** in Todos Santos. Live music 5 – 7 pm.

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

monday

9:30 am – 3 pm, **PESCADERO ORGANICS** in the *callejon*, #35 on the *otro lado* map, Todos Santos.

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

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

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

tuesday

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

9:30 am – 3 pm, **PESCADERO ORGANICS** in the *callejon*, #35 on the *otro lado* map, Todos Santos.

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

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

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

6:30 pm, **LIVE MUSIC** at **FreeSouls** at Cerritos Beach in Pescadero.

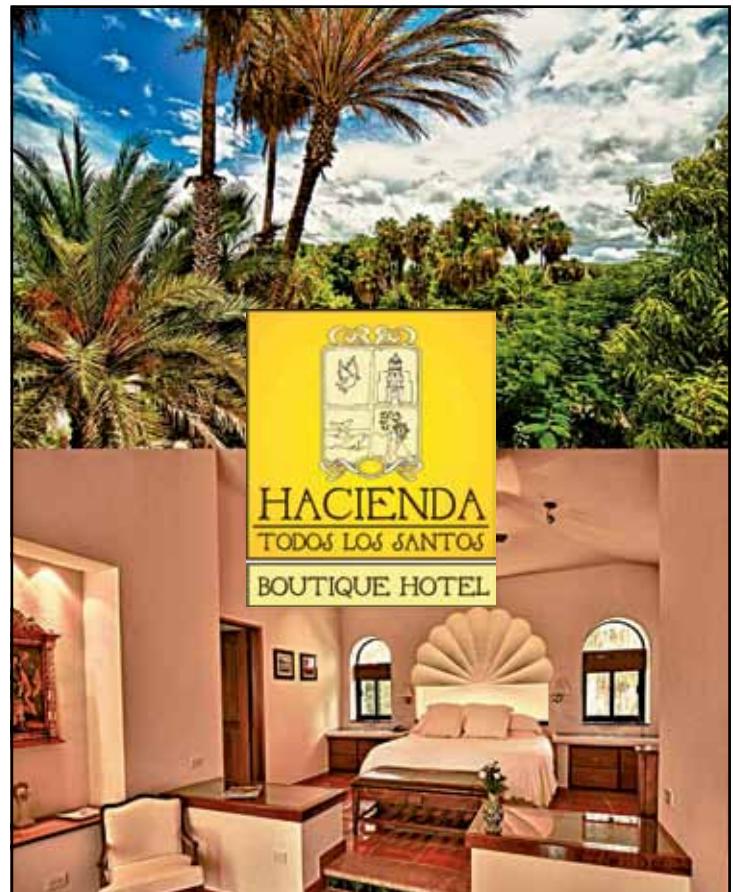
7 pm, **OPEN MIC NIGHT & TACO TUESDAY** at **Chill N Grill** in Todos Santos. 3 meat, picadillo or potato tacos for \$90 pesos.

wednesday

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

9:30 am – 3 pm, **PESCADERO ORGANICS** in the *callejon*, #35 on the *otro lado* map, Todos Santos.

WEEKLY EVENTS continued on page 53



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Eating Fish?

continued from 21

Bumphead Parrotfish

wide-ranging; however, many populations are depleted. The smaller tunas like the white and black skipjacks—*barrilete blanco* and *barrilete negro* in Spanish—are still very abundant, but the larger yellowfin and bluefin tunas—*atún de aleta amarilla* and *atún de aleta azul*—suffer from heavy commercial fishing. Those caught by trolling are a better alternative than those fished by long lining or purse seining.

PARROTFISHES: Five species of parrotfishes could be found around Baja, ranging from one to two and half feet in length, they are always associated with coral and rocky areas and are a very important component of reef environments. They are called *pericos* or *loras* in Spanish and it was not until a few years ago when commercial

fishermen started targeting them as more valuable species that they have now became rare. Like groupers, the largest individuals are males and their removal from the population drastically decreases the population's ability to replenish its numbers. Their flesh is very tasty but *pericos* should be avoided because they are generally caught by gillnetting or spearfishing with hookah gear at night.

TRIGGERFISHES: Three species of triggerfishes live in the Sea of Cortez, although only one is commercially caught. Like parrotfishes, they have only been exploited for a relatively short time as more desirable species. Fished mostly with hand lines over soft bottoms, the *cochito* that they serve you at restaurants is actually quite tasty and still very abundant, their firm flesh makes a very good *ceviche*.



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SHARKS: Sharks grow slowly, have few young, and are victims of widespread overfishing. Increasing demand for shark-fin soup in Asia and Asian communities throughout the USA, Canada and elsewhere drives heavy and oftentimes illegal fishing worldwide. Although some shark—*tiburón* in Spanish—species are protected by Mexican laws, like the great white and whale sharks, indiscriminate fishing methods kill them all without distinction. Gillnet or longline-caught sharks also produce a high bycatch of marlins, sailfish, sea turtles and marine mammals. Definitely to be rejected at the fish market and restaurant.

The Baja California peninsula is a marvelous place, well known for its excellent fishing and diving. But as more and more tourist developments are created and more people move into the area, fishing pressure and other threats like pollution from runoff waters and destruction of estuarine areas also increases. Besides their immense ecological importance, big predators like sharks and groupers are



Grouper

the same creatures that, like tigers and rhinos on land, makes wilderness wild. Without them our lives are less exciting and the richness of life on the planet is diminished for everyone. By making informed and prudent decisions about what we eat, we can keep them around and help restore the living abundance in the ocean. *iBuen provecho!*

To contact Carlos Navarro, email: navarosc@hotmail.com

The Cerritos Beach Inn logo features three stylized blue waves above the text "Cerritos Beach Inn". Below the logo is a photograph of a tropical beach with palm trees, white sand, and blue water under a clear sky. In the foreground, there's a pink lounge chair and a white umbrella.

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How Magnificent are the Frigatebirds!



story and photos by Kaia Thomson

Of the five species of the family Frigatidae, the magnificent frigatebird (*Fregata magnificens*) is the largest that inhabits the water surrounding Baja California Sur. Measuring 89 to 114 cm (35 to 45 inches) from head to tail, and with a wingspan of 217 to 244 cm (85 to 96 inches) but only weighing 1,100 – 1,590 grams (2.43 – 3.51 pounds) they have the largest wing to body weight ratio of any bird and are classified as the eighth fastest bird in the world with a top flying/diving speed of 153 km/h (95.1 mph).

Magnificent frigatebirds frequently spend days and nights “on the wing” flying silently. When not in pursuit of food, they fly an average speed of 10 km/h (6.2 mph) and cover up to 223 km (139 miles) before landing to roost on branches or rocky outcroppings, as they cannot walk on the ground like most other birds!

Large groups of frigates can be seen alternately climbing on the thermal breeze to altitudes as high as 2,500 meters (8,200 feet), and then will descend to near an aquatic

surface to bathe, drink and hunt. The bones of frigatebirds are filled with air, making them very light and contribute only 5% to total body weight. The shoulder joints are exceptionally strong because the *furcula* (“little fork” in Latin) or wishbone is fused to the breastbone. The pectoral muscles are well-developed, and weigh as much as the frigatebird’s feathers—around half the body weight is made up equally of these muscles and feathers.

Frigatebirds are known as pelagic piscivores, (fish eaters of the open sea) who obtain most of their food on the wing. Frigatebirds never land on water, as they do not produce enough oil to waterproof their feathers. Always taking their food in flight, they are sometimes referred to as kleptoparasites, because they occasionally rob other seabirds for food and are known to snatch seabird chicks from the water or their nest, a behavior that has given the family an alternate name, piratebirds.

FRIGATES continued on page 29



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¡Que Magnificas son las Fragatas!

historia y fotos por Kaia Thomson
traducido por L. Madeleine Castellanos A.

De las cinco especies de la familia Frigatidae de aves, la del rabihorcado magnífico o fragata magnífica (*Fregata magnificens*) es la más grande de las que habitan el agua alrededor de Baja California Sur. Miden de 89 a 114 cm de la cabeza a la cola, tienen una envergadura de 217 a 244 cm, pero solamente pesan entre 1100 y 1590 gramos; tienen la más grande proporción envergadura a peso corporal de cualquier ave y son clasificadas como la octava ave más rápida en el mundo, con un vuelo y picada de 153 km/h.

La fragatas magníficas frecuentemente pasan días y noches "en el ala," volando silenciosamente. Cuando no están buscando comida, vuelan a una velocidad promedio de 10 km/h y cubren hasta 223 km antes de aterrizar para posarse en ramas o en afloramientos rocosos, porque no pueden caminar en el suelo como la mayoría de las otras aves!

Grupos grandes de fragatas pueden ser observados subiendo de forma alternada en la brisa térmica a altitudes de hasta 2,500 metros y luego descendiendo hasta cerca de una superficie acuática para bañarse, beber y cazar. Los huesos de las fragatas están llenos de aire, lo que las hace muy ligeras y contribuyen solamente un 5% al peso corporal total. Las articulaciones de los hombros son excepcionalmente fuertes, porque la espoleta (*furcula*, "pequeño tenedor" en latín) se fusiona con el esternón. Los músculos pectorales están bien desarrollados y pesan tanto como las plumas—alrededor de la mitad del peso corporal se compone equitativamente de estos músculos y plumas.

Las fragatas son conocidas como piscívoros pelágicos (comen pescado de mar abierto) que obtienen la mayor parte de su comida en el vuelo. Las fragatas no aterrizan en el agua, ya que no producen suficiente aceite para impermeabilizar sus plumas. Siempre toman su comida

FRIGATAS continúa en página 28

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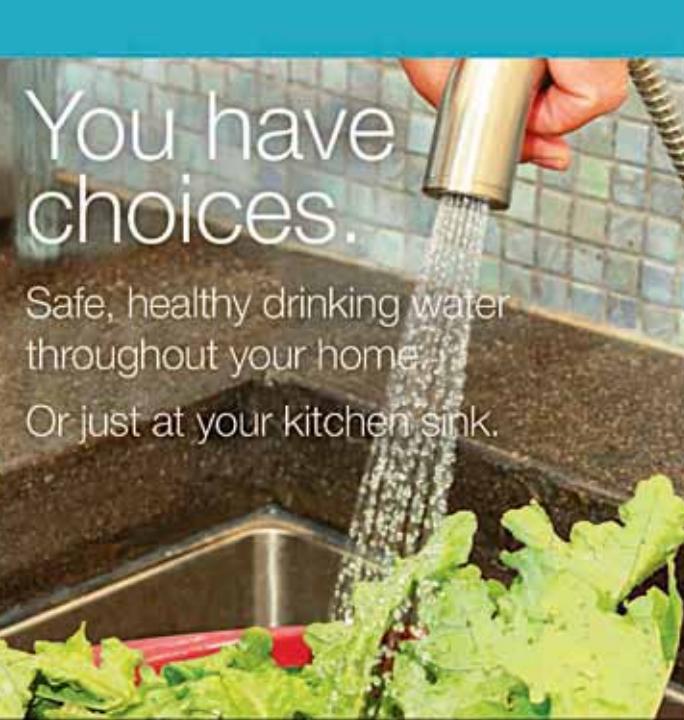
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Frigatas

continuó de página 27

en el vuelo, y son referidas a veces como clepto-parásitos, porque de vez en cuando roban a otras aves marinas para alimentarse y son conocidas por arrebatar polluelos de aves marinas en el agua o en sus nidos, un comportamiento que le ha dado a la familia un nombre alternativo: pájaros piratas.

Los machos son todos negros con una bolsa gular o buche de color escarlata profundo, que se infla como un globo durante la temporada de reproducción. A pesar de que sus plumas del cuerpo son de color negro, las plumas escapulares producen una iridiscencia de color morado cuando reflejan la luz del sol, misma que también ayuda a las hembras en la selección de un compañero durante el cortejo. Las hembras también son de color predominantemente negro, pero tienen el pecho y los lados inferiores del cuello blancos, una banda marrón en las alas, y un anillo ocular azul. Los bebés están cubiertos en un plumón blanco como la nieve. Las aves inmaduras tienen la cabeza y partes inferiores blancas.

Estacionalmente monógamas, las fragatas anidan en grandes colonias de hasta 5,000 pájaros que anidan en grupos de 10 a 40 individuos. Un nido burdo pegado con guano se construye en árboles bajos. Sólo ponen un huevo cada temporada de reproducción, y la duración

del cuidado de los padres está entre las más largas de cualquier especie de ave. Las fragatas sólo son capaces de reproducirse cada dos años, por lo general durante la estación seca o cuando las fuentes de alimentos son abundantes.

Las fragatas tienen las más elaboradas exhibiciones de acoplamiento de todas las aves marinas. Los machos establecen su residencia en la colonia y alardean para la que los vean las hembras que vuelan por encima, apuntando hacia arriba sus picos abiertos, inflando sus bolsas de la garganta y haciendo vibrar rápidamente sus alas extendidas. Mostrando el ala más ligera debajo de la superficie en el proceso, producen un sonido como de tambores haciendo vibrar sus picos y a veces hacen un llamado similar a un silbido. La hembra entonces descenderá para unirse al macho que ha elegido y le permite que tome su pico en el de él. La pareja también se dedica a "probar la cabeza uno del otro" o a los mimos.

Una zona maravillosa para observar estas aves cuando presentan la mayor parte de sus actividades es en la colonia San Gabriel en la Isla Espíritu Santo. Una cantidad prolífica de aves estarán haciendo escándalo, comiendo, criando a sus polluelos, exhibiéndose y simplemente siendo Fragatas Magníficas!



Frigates

continued from page 26

Males are all black with a deep scarlet gular sac, (throat pouch) that inflates like a balloon during breeding season. Although their body feathers are black, the scapular feathers produce a purple iridescence when they reflect sunlight that also aids the females in selecting a mate during courtship. Females are also predominantly black, but have a white breast and lower neck sides, a brown band on the wings, and a blue eye-ring. Babies are covered in a snowy white down. Immature birds have a white head and underparts.

Seasonally monogamous, frigatebirds nest in huge colonies of up to 5000 birds nesting in groups of 10 to 40 individuals. A rough nest is constructed in low trees and cemented together with guano. Only a single egg is laid each breeding season, with the duration of parental care being amongst the longest of any bird species. Frigatebirds are only able to breed every other year generally during the dry season or when food sources are plentiful.

FRIGATES continued on page 30

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Frigates

continued from page 29

Frigatebirds have the most elaborate mating displays of all seabirds. The male birds take up residence in the colony and display to females flying overhead by pointing their open bills upwards, inflating their throat pouches and rapidly vibrating their outstretched wings. Showing the lighter wing under surface in the process, they produce a drumming sound by vibrating their bills together and sometimes give a whistling call. The female will then descend to join the male she has chosen and allows him to take her bill in his. The pair also engages in mutual "head-snaking" or cuddling.

A wonderful local area to observe these birds exhibiting most of their activities is at the colony San Gabriel on Isla Espíritu Santo. A prolific amount of birds will be soaring, feeding, raising chicks, displaying and just being Magnificent Frigatebirds!



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El Cielo: The Baja Sky

by Roc Fleishman
photo by Kaia Thomson

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

Every April we have a meteor shower named the Lyrids. The radiant originates in the constellation Lyra, hence the name, near the bright star Vega. This year it will peak on the night of the 22/23rd with the full moon, washing out all but the brightest of the shooting stars.

The early May Eta Aquariid meteor shower (with its radiant in Aquarius) should produce three or four days of predawn activity on the mornings of May 5th through 8th, this year coinciding with the new moon. Get outside and look up for the last few hours before dawn these mornings, and let me know what you see.

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

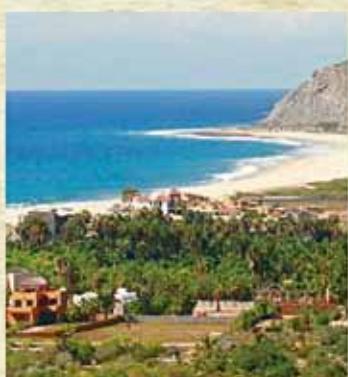
April and May are also the best time to see my favorite globular cluster, Omega Centauri. It is a dim fuzz ball to the naked eye, but dazzling in binoculars or telescope. Look about 14 degrees above and to the left of the Southern Cross. Its light has traveled the 18,000 light years between us, but that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

MOON/PLANET CALENDAR

APRIL

- 3rd Daylight Savings time starts here in Mexico.
- 8th New moon visible, and just possibly Mercury visible below and to the right about 8°.
- 17/18th Moon and Jupiter about 2° apart most of the night.
- 18th Peak of Mercury apparition as an evening star. Look for the bright star in the sunset.
- 22/23rd Peak of Lyrid meteor shower. Look for fireballs in the moonlight.
- 24-26th The moon passes first Mars then Saturn over these two nights. On the 24/25th, the moon will rise in the late evening just to the left of Mars, with Saturn below. On the 25/26th it will rise just below Saturn.

EL CIELO continued on page 45



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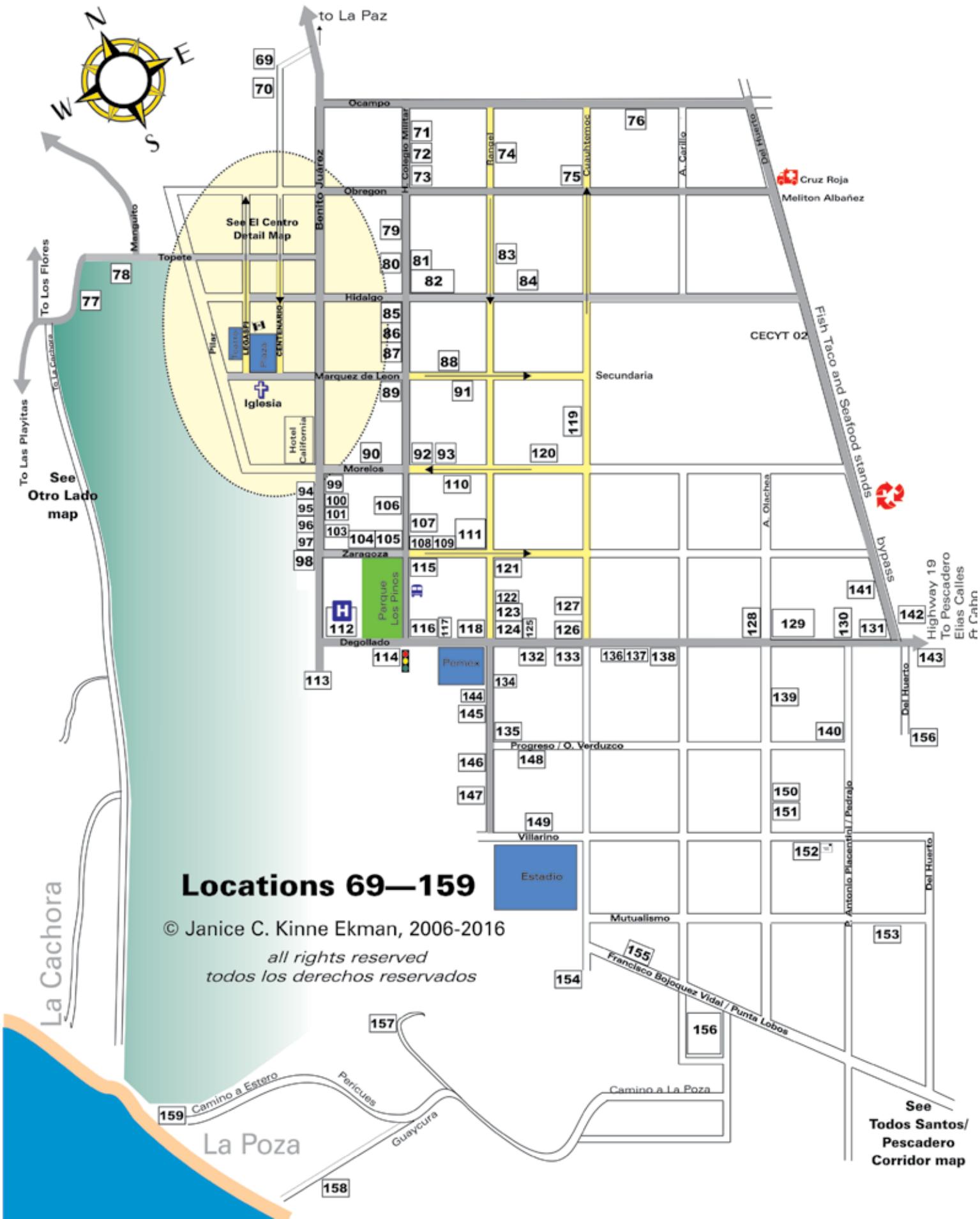
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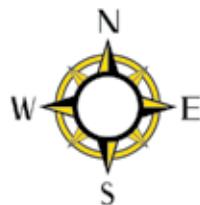
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detail map



el otro lado TODOS SANTOS

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Voces del Pueblo

by Janice Kinne

We're very excited about our delicious Spring issue, that starts with the "Santo Tequilito" cover by **Kate Turning**, which is part of her "Every Day Miracles—Common Saints" series. Kate also designed and photographed the images for this year's **GastroVino Baja Food & Wine Festival**, which takes place at the end of April. See our articles in this issue for more details about this fun festival that celebrates Baja wines and local gastronomy.

Kate's photograph "Santa Terra" graces our feature story on *Gourmet Living*. We've put together a list of where you can buy locally sourced and organic and tasty foods including baby greens, vegetables, fruits, berries, eggs, hummus, yogurt, cheeses, olives, meats, sausages, wines, homemade breads, chocolates and desserts... plus imported goodies like nut butters, rice, crackers... it made us hungry just writing the story!

If you'd rather eat out, Baja California Sur is the land of "farm to table." Local restaurants serve up bounty from the land and sea in delicious Mexican, French, Italian and International fare.

If you love wood fired pizza, **Gallo Azul** in Todos Santos is now open seven days a week. They also have evening special events like movie and salsa nights.

Chez Laura, the affordable French restaurant in Todos Santos, now serves a lunch special of soup, salad and quiche for \$120 pesos, from 12 to 5 pm.

Chill n Grill, in Todos Santos, is now open for Monday Fun Day—grilling up your favorite steaks, arrachera, chicken wings, stuffed potatoes along with garden salads and, of course, happy hour from 4 to 6 pm.

Todos Santos' newest restaurant, **La Generala**, one block off the main drag of Degollado, invites you to try their taco buffet—the only one in town. Open seven days a week,

they also serve breakfast, offer steak, seafood, Mexican dishes and house made delicious deserts.

La Cocina de Cleo can be found on the road to Las Playitas in Las Tunas on the *otro lado* of Todos Santos. It is a small, family run restaurant that serves up traditional Mexican dishes and cold beer, Monday through Saturday, 8:30 am to 7 pm.

In Pescadero, you can enjoy gourmet dining near the beach. **FreeSouls** offers a culinary experience at Cerritos Beach, along with a rooftop saltwater pool and live music on many evenings.

Enjoy bounty from the sea at the elegant **Rancho Pescadero**, or take a weekend cooking class. They are holding their last culinary weekend of the season, with guest chefs Greg Denton and Gabrielle Quiñónez Denton, which takes place May 26 to 29. See events for more information.

Dana's Diner Sports Bar in Pescadero has the best burgers, coldest beer, TexMex and live music. Call or stop in for details.

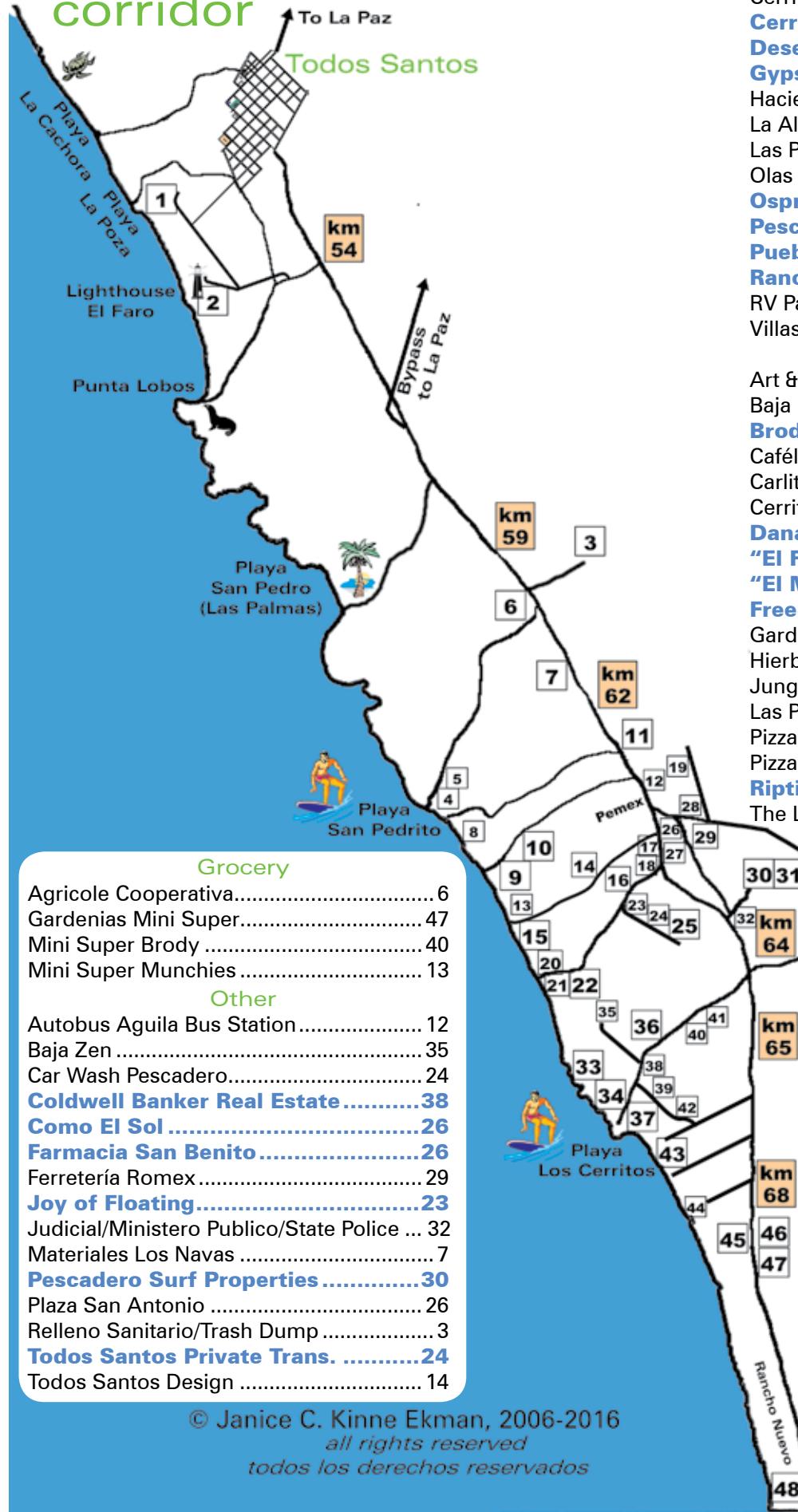
Emma's Deli in Todos Santos and **Joe's Deli Mart** in Los Barriles offer some of those hard to find foods items and tasty deli sandwiches. The family will also be opening a store in La Paz soon!

Artists love Baja California Sur for the light. Many say that it reminds them of Italy. In this issue's Art Talk, Alan Casty talks about the serendipity of a shared Italian experience that brought the glass sculptures of artist **Jill Casty** and the **Guaycura Boutique Hotel** together. Jill's bold, brilliant works are now also displayed at **Galería de Ida Victoria** in the San José del Cabo historic art district and at Sorstis Restaurant in La Paz.

Galería de Ida Victoria's framing service has revamped, remodeled and restocked. They have a huge selection of in stock materials—the combinations are endless! And the service is even faster.

De Madera Framing Service, by Jaime Pedraza, now
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todos santos—el pescadero corridor



Accomodations

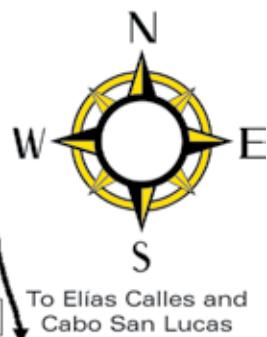
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Beaches / Playas

by Janice Kinne

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

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

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

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

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

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

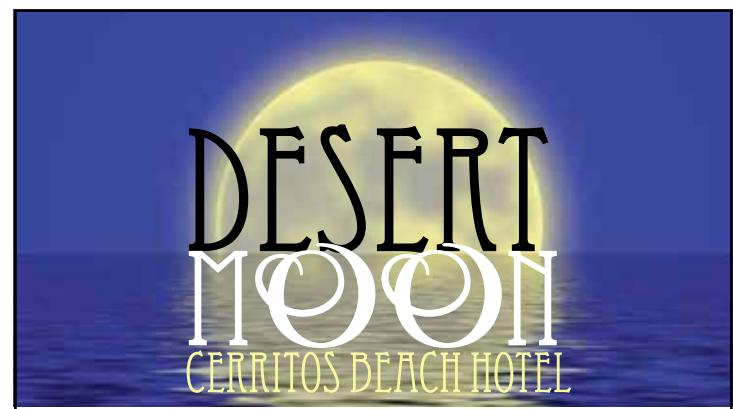
PUNTA LOBOS, named for a sea lion colony, is also known as the fishermen's beach. Simply follow calle Francisco Bojorquez Vidal (formerly calle Punta Lobos) south out of town, or turn off at km 54 from Highway 19. You will pass an old cannery from the days when fishermen could harvest sea turtles legally.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

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

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

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

BEACHES continued on page 38



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Beaches

continued from page 37



Loggerhead Turtle, photo: Colin Ruggiero

with a fresh water lagoon that is home to a variety of plants, birds, and wildlife.

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

PLAYA SAN PEDRITO is a rocky surfing beach around km 60, about 4.6 miles (7.4 km) from Todos Santos. There is a large San Pedrito RV Park sign at the entrance off the highway. (The trailer park is closed but usually open to cars.)

PLAYA LOS CERRITOS is located at km 64 about 8 miles (12.8 km) south of Todos Santos. Look for the turnoff after the hill, south of Puente El Pescadero. Los Cerritos is a popular spot for surfing, boogie boarding, swimming and fishing. Swim with caution due to strong riptides near the rocks. It is recommended to stay at least 50 meters from the rocks. The most secure swimming area is in front of the

restaurant/bar. Swim with caution and always have a land reference. There is a long stretch of beach to the south that is perfect for walking or running. Surfboard rentals and other services are available.

Baja Zen, #35 on the Pescadero map, offers morning and evening yoga classes overlooking Playa Los Cerritos.

La Sirena Eco-Adventures, #151 on Todos Santos map, provides kayak and snorkeling tours, fishing trips, swimming with whale sharks, beach shuttle, surfing lessons, surfboard and boogie board rentals.

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

PESCADERO SURF CAMP, #31 on the Pescadero map, provides surfing lessons and surfaris.

TODOS SANTOS ECO ADVENTURES, #158 on the Todos Santos map. Since 2002 Todos Santos Eco Adventures (TOSEA) has been providing visitors with opportunities to explore, celebrate and help conserve the magnificently diverse ecosystems of Baja. TOSEA offers whale and bird-watching trips in the Pacific lagoons, treks and ranchero culture programs in the Sierra la Laguna mountains, Sea Turtle Camp and surfing surfaris on the Pacific coast, and kayaking, "glamping," whale shark and sea lion adventures in the Sea of Cortez.

TODOS SANTOS SURF SHOP, #82 on the Todos Santos map, sells and rents surf boards, offers beach supplies and activities around Todos Santos. They carry International brands like Vans, Rip Curl, Dakine, Exile, Rainbow & Havaianas sandals as well as many locally handmade, clothes, bikinis, accessories, natural sunscreen and the beloved "Eclipse" boards shaped by Meisy of Todos Santos. They offer tours to swim with whale sharks and sea lions, surfing lessons, fishing trips, trips to Espíritu Santo Island and whale watching in Magdalena Bay.

Surf reports: checkout Baja under Mexico at www.wetsand.com/swellwatch

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Olive Ridleys

photo: Jorge Armando Vega Bravo

Sea Turtles

continued from page 17

Yet the world is contributing to their rapid demise, and all seven sea turtle species are on the endangered species list in both the US and Mexico, as well as the red list of the International Union for the Conservation of Nature. The Sea Turtle Conservancy estimates that commercial fishing practices in the US contribute to the deaths of 250,000 sea turtles every year. And that's just one nation. In Mexico, coastal development rivals fishing as the key threat to sea turtles, as the viability of their nesting beaches falls victim to poor, unregulated development practices. The problem is particularly acute in Baja California Sur, where tourism-related beach development is seen as key to economic success. The law in Mexico states that there can be no development within 20 meters of the high tide line, and this was thought to be sufficient protection for nesting sea turtles. But Stephanie, working with a grant from the prestigious Rufford Foundation, found something decidedly different in the nesting data she collected along a 21 kilometer stretch of beach north of Cabo San Lucas. She discovered that, on average, nests are 76.6 meters above the last officially recorded high tide line. In fact, 52% of nests are found 60 to 90 meters above the official high tide line, while only 22% are found within 30 meters, which includes the officially protected zone. For annual nesters like the olive ridley, this is not such a huge obstacle to overcome. But for more sporadic nesters like the leatherback—which nests every two to three years—this is an enormous problem and the leatherback population has declined 98% over the last two decades. If you're a jellyfish, this is excellent news.

Turtles are loners, but that doesn't mean that they always do things alone. Off the Pacific coast of Mexico for example, female olive ridley turtles will congregate just offshore. Then, on some cue currently known only to them, hundreds and sometimes thousands of them will come ashore at once and lay their eggs. Humans can take note. We don't have to form groups, raise funds, have board meetings and act in concert to collectively respond to the threats to our environment. Each person can respond to their own environmental cues and make individual daily decisions

SEA TURTLES continued on page 48

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GastroVino

continuó de página 2

y lo que les ha tomado llegar a obtener sus preciados jugos hasta nuestras copas. Y acompañándolos estarán de los mejores chefs de Todos Santos y algunos invitados especiales de Pescadero y La Paz. Los asistentes tendrán la oportunidad de votar anónimamente por sus vinos blancos, rosados, espumosos y tintos favoritos, así como su platillo preferido.

En la noche del viernes, 22 de abril, Baja Midnight: la fiesta de Noche Bohemia será en Hotel California. Los asistentes podrán escuchar y hacer preguntas en las charlas educativas con los vitivinicultores y degustar sus vinos premium y quesos locales. El sábado, 23 de abril a mediodía será la cata concurso a ciegas (lugar por confirmarse).

Uno de los eventos más excitantes es el GASTROTOUR, que pasara el sábado, 23 de abril por la tarde. Cada vitivinicultor será invitado a un restaurante participante y juntos diseñaran el maridaje perfecto de 6 a 9 pm. Los participantes recibirán un copa emblemática para que puedan recorrer estos restaurantes del centro de Todos Santos, les recomendamos iniciar puntuales en La Bodega de Todos Santos a las 6 pm en la calle Hidalgo donde recibirán el mapa GASTROTOUR. En cada sitio los estarán esperando con una degustación de vino y una tapa especialidad del chef y disfruta de la música y entretenimiento que varios de ellos tendrán.

Y por supuesto no podrás perderte el festival GastroVino en la plaza el domingo 24 de abril de 2 a 6 pm que este año ofrece increíbles sorpresas y talentos musicales, además de docenas de restaurantes locales y prestigiados viticultores invitados. ¡Ven a escalar la escalera gastronómica y eleva tus sentidos!

VIERNES, 22 DE ABRIL

BAJA MIDNIGHT 6 – 10 pm, en el Hotel California, Noche Bohemia de vinos, quesos, carnes y más. \$750 MXN

6 – 7 pm, Pláticas educativas con los viticultores sobre la historia del vino Mexicano y la industria en general.

Selección de especialidades de Chef Dany, quesos y carnes



locales y varios productos locales orgánicos servido con espumosos, blancos, rosados y tintos.

7 – 10 pm, Música de flamenco, jazz y funk.

SABADO, 23 DE APRIL

CATA A CIEGAS CONCURSO BCS 12 – 1 pm, lugar por confirmarse. \$250 MXN

Degustación educativa de 12 de los mejores vinos Mexicanos. Cata a Ciegas dirigido por el Enólogo y Ingeniero Lluís Llopard de Freixenet Querétaro, México. Premios especiales para los mejores tres catadores.

GASTROTOUR 6 – 9 pm, Centro de Todos Santos \$300 MXN pre-venta / \$ 350 MXN día del evento

Sigue el mapa gastronómico por el centro de Todos Santos con tu copa en mano para que pruebes el maridaje perfecto. Musica en vivo en diferentes lugares y Afterparty para los que quieran continuar celebrando.

DOMINGO, 24 DE ABRIL

EVENTO PRINCIPAL 2 – 6 pm, Plaza Pública \$450 MXN pre-venta / \$550 MXN día del evento

Copa emblemática de bienvenida. Los mejores viticultores de México presenten sus vinos. Los mejores chefs y restaurantes de Todos Santos presenten sus especialidades. Subasta silenciosa a 100% beneficio de organizaciones locales. Música en vivo, arte y otras formas de entretenimiento.

Para más información visitar en www.gastrovino.mx o en Facebook: Gastrovino Baja Food & Wine.

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Tortugas

continuó de página 18

En otras palabras, si quieras seguir disfrutando de tus vacaciones de buceo tropical, salva una carey.

Cada una de las siete especies de tortugas tiene una función específica en el planeta, todo lo cual contribuye al equilibrio natural y la salud de nuestros ecosistemas. Incluso ayudan a proteger a las comunidades costeras de los huracanes, explica Stephanie: "Cuando las tortugas marinas ponen sus huevos en las playas arenosas, todos los nutrientes de la cáscara de los huevos quedan en la arena. Esto ayuda a que la playa sea un ambiente propicio para el establecimiento de plantas. Las plantas ayudan a mantener las dunas en su lugar, y las dunas de arena a su vez ayudan a proteger a las comunidades contra los huracanes, tempestades y mares de fondo." El papel de las dunas arenosas ha sido demostrado a lo largo de la historia. Más recientemente, después del huracán Sandy en Nueva Inglaterra, investigadores demostraron en la revista académica *Shore and Beach*, que las áreas protegidas por dunas de arena fueron relativamente ileñas, mientras que las que no presentaban dunas como barrera sufrieron los mayores daños en las estructuras e infraestructuras. En otras palabras, si quieras que tu comunidad costera esté de pie después de la próxima tormenta, salva las especies de tortugas marinas que anidan en tus playas.

Así es como las tortugas marinas nos ayudan a mantenernos alimentados, felices y seguros de cualquier daño. Dice Stephanie, sólo un poco irónicamente: "El mundo depende de las tortugas marinas para seguir girando."

Sin embargo, el mundo está contribuyendo a su rápida desaparición y las siete especies de tortugas marinas están ahora en la lista de especies en peligro de extinción, tanto en los EE.UU. como en México, así como lo están en la lista roja de la Unión Internacional para la Conservación de la Naturaleza. El "Sea Turtle Conservancy" estima que las prácticas pesqueras comerciales en los EE.UU. contribuyen a la muerte de 250,000 tortugas marinas cada año. Y esto es sólo en una nación. En México, el desarrollo costero se equipara a la pesca en cuanto a ser la principal amenaza para las tortugas marinas ya que sus playas de anidación son víctimas de prácticas de desarrollo pobemente reguladas. El problema es particularmente serio en Baja California Sur, donde el turismo relacionado al desarrollo en la zona de playa es visto como una clave para el éxito económico. La ley en México establece que no puede haber ningún desarrollo dentro de los 20 metros de la línea de marea alta, y esto se pensó que era suficiente protección para la anidación de las tortugas marinas. Pero Stephanie, trabajando con una beca de la prestigiosa Fundación Rufford, encontró algo decididamente diferente en los datos de anidación recogidos a lo largo de un tramo de 21 kilómetros de playa al norte de Cabo San Lucas. Ella descubrió que, en promedio, los nidos se encuentran a 76.6 metros de distancia por encima de la última línea de la marea alta registrada oficialmente. De hecho, el 52% de los nidos se encuentran entre 60 y 90 metros por

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COMO EL SOL
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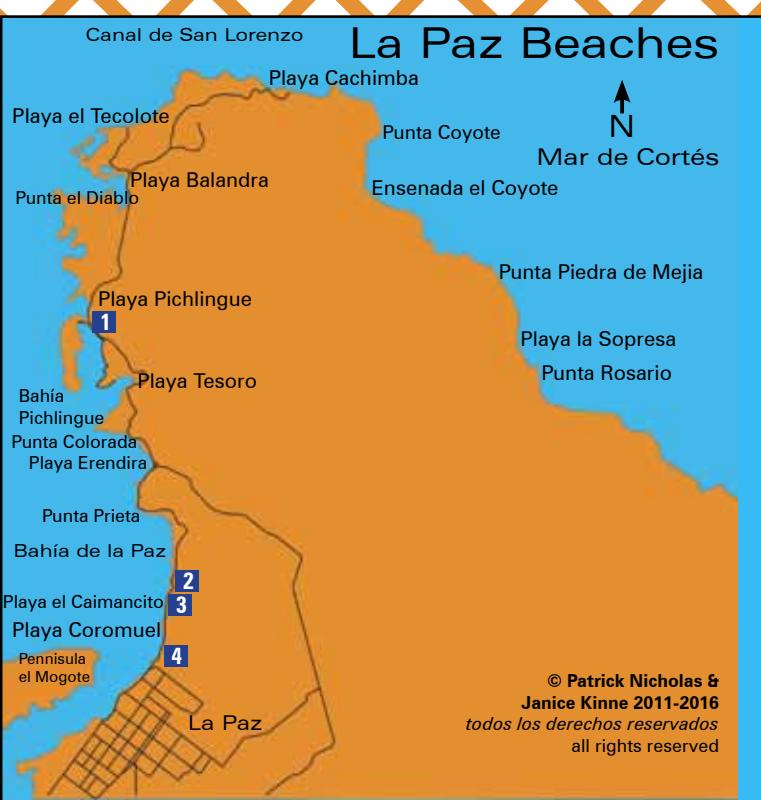
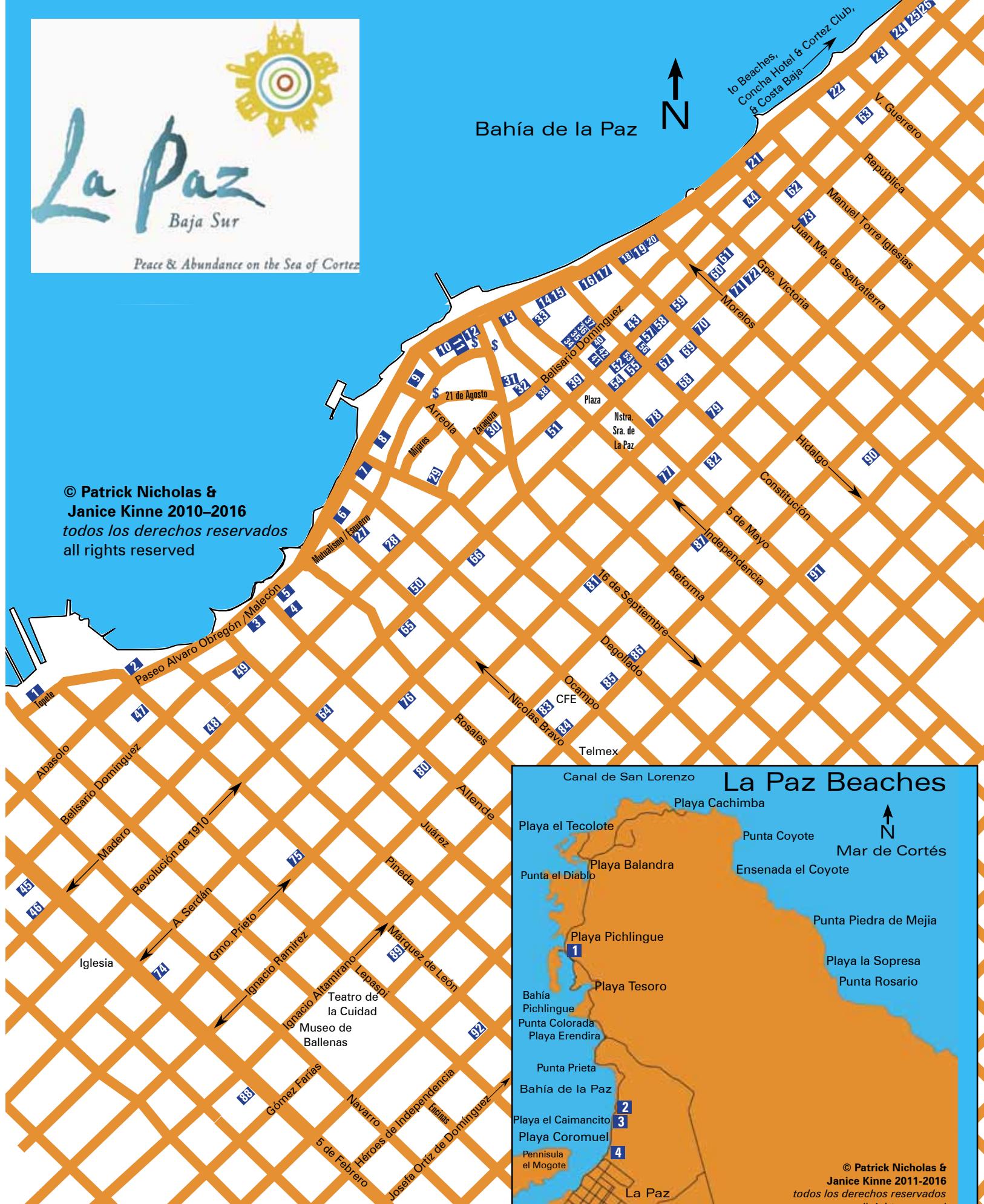
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Bismarckito

Bismark II

Buffalito Grill

Büey Cup

CheisR.....

Dock Café.....

El Rincon de Baruch

Estancia Uruguaya.....

Harker Paddleboards Bar/Restaurant

Ichiban Sushi

Il Rustico

Jiro Sushi

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

Karuna Tea House.....

Koisushi.....

La Fonda.....

La Miserable Mezcalería.....

La Morante Art Bar

Los Magueyes.....

Maria California

Mongus Grill

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Angeles Salon.....

Autobus Station.....

Bank / ATM.....

BOA Kayak Outfitters.....

Carey Dive Center.....

Casa de Cultura

Centro de las Artes

Centro Cultural La Paz

Choya Tours.....

Dr. Angel Hernández (dentista)

Expresión Gráfica

Fox Rent-a-Car

Gimansio Shark

Marina de La Paz

Museo de Antropología

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

Post Office / Correos

Postall.....

RED Sustainable Travel

Se Habla La Paz Language School.....

Teatro Juárez

La Paz Beaches

by Janice Kinne

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

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

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

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

Hawksbill Turtle / Tortuga Carey
photo: Sea Turtle Spotter

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

PLAYA BALANDRA 23 km from downtown La Paz, is known for its famous balancing rock formation landmark that resembles a prehistoric mushroom. You can view the rock formation and *playa El Hongo* by walking in the water around the cliff to your right. The large beach and surrounding area are beautiful. The waters surrounding Balandra are shallow and safe for children.

Sheltered from wave action from nearly every direction, the water warms early and is very safe for swimmers and kayaking. There are also several little beaches (coves) and mangroves to explore. The beach has no services, so pack your own lunches and drinks for the day. There are vendors renting chairs, selling fruit and drinks, beach *palapas* for shade and BBQ pits to the south.

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

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

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



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El Cielo

continued from page 31

MAY

- 7th New moon and then before dawn, the probable peak of the Eta Aquariids.
15th Moon and Jupiter 2 1/2° apart until moonset around 3 am.
21-23rd The full moon will pass Mars the first night and be a bit past Saturn by the second night.

Venus spends this whole period too close to the sun to be really visible, passing from its stint as a morning star to her next gig as an evening star.

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

LINKS OF INTEREST

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

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

METEOR SHOWERS: <http://www.imo.net/calendar/2015>

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

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

WEEKLY SKY REPORT:
<http://www.griffithobs.org/skyreport.html> or
http://www.space.com/spacewatch/sky_calendar.html

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

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

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

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

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

photo: Kaia Thomson



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Todos Santos B. C. S. MEX. #30 on otro lado map

Eventos

abril

14 a 15 de abril | TALLER DE ARTE de tres días con William Hawkins en la **Galería Logan**. Los participantes aprenderán a hacer composiciones, elegir colores para paisajes y expandir lo que se ve cuando se trabaja partiendo de fotografías y también trabajando con color, diseño y valores. Aprendes varias técnicas, consejos, trucos y atajos para crear una buena pintura, principalmente pintando cielos, nubes y el océano. William será muy generoso con sus muchos secretos por la elaboración de miles de paisajes. Prepárate para ir de excursión al exterior para discutir la pintura en base a lo que ves. Una clase súper divertida con un maestro animado y relajado. \$375 USD, Se requiere un depósito de \$100 USD. Regístrate por correo: jilllogan2001@yahoo.com

17 de abril | 5 pm, LECTURA ABIERTA en el Rumi Garden. Una invitación a todos los escritores de cualquier género para leer en voz alta su obra original durante 10 minutos o sólo para venir a escuchar. ¡Estamos también ahora dando la bienvenida a narradores de cuentos! Su historia puede ser oral, no tiene que estar escrita. Zoë Dearborn, zoe@cultivatecreativity.net, http://www.cultivatecreativity.net, (612) 105-0056

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

22 de abril | DÍA DE LA TIERRA

22 de abril | PÉSAJ COMIENZA

22 de abril | Costa Salvaje Eco Fest en el Parque Gral. Melitón Albáñez en el barrio San Ignacio en el otro lado de Todos Santos. Este es un evento de grupos ambientalistas y de la comunidad involucrados en la conservación, preservación y protección de la belleza natural, la abundancia y la salud de Baja California Sur. Los participantes incluyen a ASUP-MATOMA (tortugas marinas), Tiburón Ballena México, CONANP (Comisión Nacional de Áreas Protegidas), CIBNOR (Centro de Investigaciones Biológicas del Noroeste), Punto Verde (Reciclaje Todos Santos), SINADES (Sistemas Naturales y Desarrollo), ACTS (Asociación de la Comunidad de Todos Santos), OLAZUL y la Universidad Autónoma de Baja California Sur.

22 a 24 de abril | FESTIVAL DE GASTROVINO TODOS SANTOS.

22 de abril | 6 a 10 pm, BAJA MID-NIGHT en el Hotel California. Noche Bohemia de vinos, quesos, carnes y más. Pláticas Educativas con los viticultores sobre la historia del Vino Mexicano y la industria en general. Música de flamenco, jazz y funk. \$750 MXN

23 de abril | 12 a 1 pm, lugar por confirmarse. **CATA A CIEGAS CONCURSO BCS.** Degustación Educativa de 12 de los Mejores Vinos Mexicanos. Cata a Ciegas dirigido por el Enólogo y Ingeniero Lluís Llopert de Freixenet Querétaro, México. \$250 MXN

23 de abril | 6 a 9 pm, Centro de Todos Santos, **GASTROTOUR** Sigue el mapa gastronómico por el centro de Todos Santos con tu copa en mano para que pruebes el maridaje perfecto. Música en vivo en diferentes lugares y Afterparty para los que quieran continuar celebrando. \$300 pre-venta / \$ 350MXN día del evento.

24 de abril | 2 a 6 pm, Plaza Pública **FESTIVAL DE GASTROVINO TODOS SANTOS.** Copa emblemática de bienvenida. Los mejores viticultores de México presenten sus vinos. Los mejores chefs y restaurantes de Todos Santos presenten sus especialidades. Subasta silenciosa a 100% beneficio de organizaciones locales. Música en vivo, arte y otras formas de entretenimiento. \$450MXN pre-venta / \$550MXN día del

evento.

Todos los boletos disponibles en **La Bodega de Todos Santos** y la **Librería El Tecolote**. Para más información visitar en www.gastrovino.mx o en Facebook: Gastrovino Baja Food & Wine.

mayo

3 de mayo | FUNDACIÓN DE LA PAZ.

8 de mayo | 39° MEDIO MARATÓN COSTERO LA PAZ. En el malecón en La Paz.

8 de mayo | DÍA DE LAS MADRES (Estados Unidos y Canadá).

10 de mayo | DÍA DE LAS MADRES en México.

15 de mayo | 5 pm, LECTURA ABIERTA en el Rumi Garden. Una invitación abierta a todos los escritores de cualquier género para leer en voz alta su obra original durante de 10 minutos, o sólo para venir a escuchar. ¡Estamos también ahora dando la bienvenida a narradores de cuentos! Su historia puede ser oral, no tiene que estar escrita. Zoë Dearborn, zoe@cultivatecreativity.net, <http://www.cultivatecreativity.net>, (612) 105-0056.

23 de mayo | DÍA DE VICTORIA (Canadá).

26 a 29 de mayo | EL IV FIN DE SEMANA CULINARIO ANUAL en Rancho Pescadero con los chefs invitados Thomas McNaughton y Ryan Pollnow. Para mayores informes: www.ranchopescadero.com o llamar (910) 300-8891.

HORA FELIZ

Chez Laura, Do Mier Ju Vi Sa 1 a 5 pm, vino y tapas 65 pesos.

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

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

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

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

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

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

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

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

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

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

Cada Semana

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

domingo

8:30 am a 12 pm, **DESAYUNO** en **FreeSouls** en Playa Cerritos en Pescadero.

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

9 am a 3 pm, **PUESTO DE PRODUCTOS ORGÁNICOS** del Rancho Buen Día en el callejón de Todos Santos.

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

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

2 a 8 pm, **DOMINGO DE PAELLA** en el restaurante **El Mirador** con vista al mar. 5 a 7 pm, musica en vivo.

lunes

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #35 en el mapa del otro lado de Todos Santos.

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

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

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

martes

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

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #35 en el mapa del otro lado de Todos Santos.

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

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

6:30 pm, **MÚSICA EN VIVO** en **FreeSouls** en Playa Cerritos en Pescadero.

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

miércoles

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

CADA SEMANA continúa en página 49



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Sea Turtles

continued from page 39

that contribute to the conservation of sea turtles, their habitats and therefore ourselves: resist driving motorized vehicles on sea turtle nesting beaches even though it's really fun; refrain from constructing buildings on or near sea turtle nesting beaches and sand dunes, even though it's fabulous to be on the shore; and eliminate the use of plastic bags and bottles even though it's super convenient to use them (leatherbacks often mistake plastic bags for jellyfish). If each person acts solely on their own to address these problems, then collectively we can have an enormous impact. Of course, there will always be those who choose to ignore the environmental cues and act with little regard for the consequences, but it's nobody's fault but their own if the neighbors start referring to them as a Son of a Turtle!

Each summer Todos Santos Eco Adventures operates Sea Turtle Camp in association with our partners at ASUPMATOMA, one of the oldest sea turtle conservation groups in Baja California Sur. Volunteers have the opportunity to work with Stephanie Rousso and a group of Mexican biologists patrolling the beaches at night to look for nesting sea turtles, relocating the eggs to a protected corral, and often releasing mature hatchlings into the sea. This year the TOSEA Sea Turtle Camp will run August 27 to September 5, and we recommend volunteering for only one night at a time. For more information please visit us at www.TOSEA.net or contact us at TSEcoAdventures@gmail.com.



UABC students helping to relocate eggs into the ASUPMATOMA hatchery

GET INVOLVED!

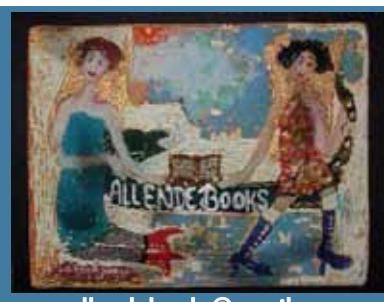
If you're out enjoying the beaches and oceans of Baja California Sur and spot a sea turtle—dead or alive—report it! Sea Turtle Spotter is a project of Alianza Keloni and The Leatherback Trust, and thanks to data provided to the program by visitors and residents alike, scientists have gained important new knowledge about our local endangered sea turtles: they now have new information about the foraging habits of the hawksbill, new nesting site locations for loggerheads and leatherbacks, and new insights into sea turtle health from collecting samples from dead turtles. So please help scientists continue to learn more about our sea turtles by reporting any sightings on the iNaturalist web site at <http://www.inaturalist.org/projects/sea-turtle-spotter>

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Cada Semana

continúo de pg 47

miércoles cont.

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #35 en el mapa del otro lado de Todos Santos.

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

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

1 a 5 pm, **VINO Y TAPAS** (paté, rillette, etc.) por \$65 pesos en **Chez Laura** en Todos Santos.

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

jueves

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

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #35 en el mapa del otro lado de Todos Santos.

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

1 a 5 pm, **VINO Y TAPAS** (paté, rillette, etc.) por \$65 pesos en **Chez Laura** en Todos Santos.

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

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

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

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

6:30 pm, **MÚSICA EN VIVO** en **FreeSouls** en Playa Cerritos en Pescadero.

7 pm, **LADIES NIGHT** en **FreeSouls** en Cerritos en Pescadero con bebidas gratis para mujeres con la cena.

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

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

viernes

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #35 en el mapa del otro lado de Todos Santos.

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

CADA SEMANA continúa en página 51

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Gourmet Living

continued from 11



photo: Bay Laurel Photography

PURA VIDA HEALTH FOOD

Pura Vida Health Food Store and Deli has been in business for almost six years. It is owned and operated by local *todosanteña*, Joella Corado, on her family's property of more than 30 years. Joella feels a sense of duty and passion to be a positive change in her home town while following the entrepreneurial path of her family with hard work, honesty, and integrity. And it shows in the delicious foods and lovely location!

Pura Vida stocks a variety of healthy, organic, whole foods such as: nuts, seeds, grains, legumes, spices, herbs, gluten-free products, many raw and vegetarian items, package and bulk items like rice, chia, oatmeal, Asian noodles, beans, peanut and almond butter and much more.

They serve freshly-pressed juices, smoothies, paninis, spring rolls, salads, soups, and desserts which can be enjoyed in Pura Vida's pleasant café space or to take out. Stop in and pick up specialties from their deli case which offer: homemade hummus, pesto or granola, fresh ghee made from pure New Zealand butter, and Greek yogurt. Oh, and those delicious and healthy snacks and treats.

While there, check out the fashions from Joella's own Ella Bella Bajawear Designs, or inquire about their rentals.

Pura Vida is located in the Historic El Molino property, home to one of the last intact sugar cane mills in Todos Santos. Ample close parking available.

Monday – Saturday, 10 am – 5 pm
Located on calle Rangel between Degollado & Progreso,

left: Spring rolls from Pura Vida

above: Salad with ingredients from iQue Rico!

#145 on Todos Santos map.

Cel. (612)169-2095

puravidahealthfood@gmail.com

www.puravidahealthfood.com

Facebook: Pura Vida

iQUE RICO! SPECIALTY FOOD STORE

iQue Rico! is where healthy meets delicious. The small shop is packed full of goodness. It offers special, unique and hard-to-find products, and provides a place for many community members to showcase their food creations. They enjoy serving the community with fresh, local, and natural products (many artisanal) and knowing their customers' preferences. And usually you can find parking close by.

Quality homemade sausages include: chicken, pork, or lamb, as well as high-quality meats (Sonoran rib eye, filet, ground beef, smoked bacon, pork, and ground lamb). If you're looking for fresh regional chicken raised without antibiotics or added hormones, iQue Rico! is your destination.

They also have regional cheeses, local fresh and flavorful eggs, canned goods and spices, coffees, yogurt, granola and butter, as well as milk substitutes, jams, honey, sauces,

GOURMET LIVING continued on page 55

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Cada Semana

continuó de página 49

viernes cont.

1 a 5 pm, **VINO Y TAPAS** (paté, rillette, etc.) por \$65 pesos en **Chez Laura** en Todos Santos.

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

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

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

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

KARAOKE Y MIC ABIERTO en **Dana's Diner** en el Pescadero. Para más información, llame (624) 141-6336.

sábado

8:30 am a 12 pm, **DESAYUNO** en **FreeSouls** en Playa Cerritos en Pescadero.

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

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

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

9:30 am a 3 pm, **PESCADERO ORGÁNICOS** en el callejón, #35 en el mapa del otro lado de Todos Santos.

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

1 a 5 pm, **VINO Y TAPAS** (paté, rillette, etc.) por \$65 pesos en **Chez Laura** en Todos Santos.

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

5 a 8 pm, **MÚSICA EN VIVO** en el Sky Lounge del **Hotel Guaycura**.

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

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

MÚSICA EN VIVO PARA BAILAR en **Dana's Diner** en el Pescadero. Para más información, llame (624) 141-6336.

7 a 10 pm, **MÚSICA EN VIVO** con "Todos Santos Jazz" en Hotel Casa Tota en Todos Santos.

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Tortugas

continuó de página 41

encima de la línea oficial de la marea alta, mientras que sólo el 22% se encuentran dentro de los 30 metros, que incluyen la zona de protección oficial. Para especies que anidan anualmente, como la tortuga golfinas, esto no es un obstáculo tan grande para superar. Pero para las que anidan de manera más esporádica como es el caso de las laúd—que anida cada dos o tres años—esto es un problema enorme y la población de tortugas laúd ha disminuido un 98% en las últimas dos décadas. Si usted es una medusa, esta es una excelente noticia.

Las tortugas son seres solitarios, pero eso no quiere decir que siempre hacen las cosas solas. Frente a la costa del Pacífico de México, por ejemplo, hembras de tortugas golfinas se congregan en el agua cerca de la costa. Luego, con alguna clave que actualmente solo ellas conocen, cientos y a veces miles de ellas se ponen de acuerdo para ir a la tierra al mismo tiempo y poner sus huevos. Los seres humanos pueden tomar nota. No tenemos que formar grupos, recaudar fondos, asistir a juntas ni actuar de común acuerdo para responder colectivamente a las amenazas de nuestro medio ambiente. Cada persona puede responder a sus propias señales ambientales y tomar decisiones diarias individuales que contribuyen a la conservación de las tortugas marinas, sus hábitats y por lo tanto a nosotros mismos: resistir la tentación de conducir vehículos motorizados en las playas de anidación de tortugas marinas a pesar de que es muy divertido; abstenerse de construir edificios en o cerca de playas de anidación de tortugas marinas y dunas de arena, a pesar lo fabuloso que pueda ser estar en la orilla del mar; y eliminar el uso de bolsas de plástico y botellas a pesar lo fácil y práctico que es usarlas (las tortugas laúd a menudo confunden las bolsas de plástico con medusas). Si cada persona actúa de manera individual para hacer frente a estos problemas, colectivamente podemos tener un impacto enorme.

Por supuesto, siempre habrán aquellos que optan por hacer caso omiso de las señales ambientales y actuar con poca consideración por las consecuencias, pero no es culpa de nadie más que de ellos mismos si los vecinos comienzan a referirse a ellos como ¡Hijos de tortuga!

Cada verano en Todos Santos Eco Adventures operamos un Campamento Tortuguero en asociación con nuestros socios en ASUPMATOMA, uno de los grupos de conservación de tortugas marinas más antiguos de Baja California Sur. Los voluntarios tienen la oportunidad de trabajar con Stephanie Rousso y un grupo de biólogos mexicanos que patrullan las playas de noche en busca de tortugas marinas, recolocando los huevos en un corral protegido, y con frecuencia vivenciando la liberación de las crías en el mar. Este año, el Campamento Tortuguero se ejecutará del 27 de agosto al 5 de septiembre y recomendamos que los voluntarios participen una noche a la vez. Para obtener más información por favor visítenos en www.TOSEA.net o contáctanos en TSEcoAdventures@gmail.com.

iINVOLÚCRATE!

Si estás fuera disfrutando de las playas y el mar de Baja California Sur y detectas una tortuga marina—viva o muerta—ireportala! *Sea Turtle Spotter* es un proyecto de Alianza Keloni y *The Leatherback Trust* y gracias a los datos proporcionados al programa por los visitantes y residentes, los científicos han obtenido importantes nuevos conocimientos acerca de nuestras tortugas marinas en peligro de extinción: ahora tienen nueva información sobre los hábitos de forrajeo de la carey, nuevas localizaciones de sitios de anidación de las tortugas caguama y las tortugas laúd, y nuevos conocimientos sobre la salud de las tortugas marinas a partir de la recolección de muestras de tortugas muertas. Así que por favor ayuda a los científicos a continuar aprendiendo más acerca de nuestras tortugas marinas informando de cualquier avistamiento en el sitio web de iNaturalist en <http://www.inaturalist.org/projects/sea-turtle-spotter>

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Militar e/ Obregón e/ Hidalgo, Todos Santos, #80 on map

Weekly Events

continued from page 23

wednesday cont.

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

1 – 5 pm, **WINE AND TAPAS** (paté, rillette, etc.) for \$65 pesos at **Chez Laura** in Todos Santos.

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

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

thursday

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

9:30 am – 3 pm, **PESCADERO ORGANICS** in the *callejon*, #35 on the *otro lado* map, Todos Santos.

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

1 – 5 pm, **WINE AND TAPAS** (paté, rillette, etc.) for \$65 pesos at **Chez Laura** in Todos Santos.

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

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

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

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

6:30 pm, **LIVE MUSIC** at **FreeSouls** at Cerritos Beach in Pescadero.

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

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

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

friday

9:30 am – 3 pm, **PESCADERO ORGANICS** in the *callejon*, #35 on the *otro lado* map, Todos Santos.

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

1 – 5 pm, **WINE AND TAPAS** (paté, rillette, etc.) for \$65 pesos at **Chez Laura** in Todos Santos.

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

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

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

WEEKLY EVENTS continued on page 54



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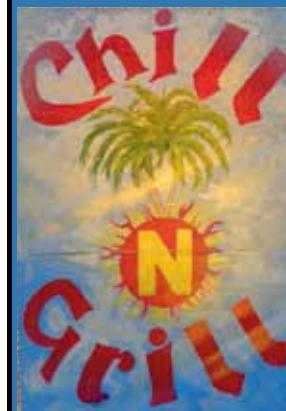
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Events

continued from page 22

more information contact: Zoë Dearborn, zoe@cultivatecreativity.net, <http://www.cultivatecreativity.net>, (612) 105-0056

May 23 | VICTORIA DAY (Canada)

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

May 30 | Memorial Day (US)

june

June 7 - 12 | LOS CABOS OPEN OF SURF

Weekly Events

continued from page 53

friday cont.

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

KARAOKE & OPEN MIC at **Dana's Diner** in Pescadero. Call for more information (624) 141-6336.

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

saturday

8:30 am – 12 pm, **BREAKFAST** at **FreeSouls** at Cerritos Beach in Pescadero.

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

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

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

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

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

1 – 5 pm, **WINE AND TAPAS** (paté, rillette, etc.) for \$65 pesos at **Chez Laura** in Todos Santos.

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

5 – 8 pm, **LIVE MUSIC** at The-Sky Lounge in **Hotel Guaycura** in Todos Santos.

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

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

LIVE DANCE BAND at **Dana's Diner** in Pescadero. Call for more information (624) 141-6336.

7 – 10 pm, **LIVE MUSIC** by "Todos Santos Jazz" at Hotel Casa Tota in Todos Santos.

Eventos

continuó de página 46

cho Pescadero con los chefs invitados Greg Denton y Gabrielle Quiñónez Denton. Para mayores informes: www.ranchopescadero.com o llamar (910) 300-8891.

30 de mayo | DÍA DE CONMEMORACIÓN DE LOS CAÍDOS (Estados Unidos).

junio

7 al 12 de junio | LOS CABOS OPEN OF SURF



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Gourmet Living

continued from page 50

dips and spreads, and rice. A number of their products are certified organic.

If you're looking for something "to go," they have salads, hummus, tapenades, pesto, breads, flatbread crackers, and beef jerky. They also have prepared frozen foods to defrost, heat and serve: Chili Colorado, Pulled Pork, Barbecue Chopped Beef, and Sloppy Joe. To top it off, they have a great selection of delectable gourmet desserts including Flourless Chocolate Torte, Mousse au Chocolat, Meyer Lemon Cheesecake, Carrot Cake, Banana Walnut loaf and several varieties of yummy cookies.

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Tuesday – Friday, 11 am – 5 pm

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80 on Todos Santos map.

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LA ESQUINA DE TODOS SANTOS, LOCAL MARKET

Every Wednesday from 9 am to 12 pm, La Esquina, on the *otro lado* of Todos Santos, hosts a popular local market. Regional vendors share their locally-grown produce, homemade breads and other delicious treats. There is also a large selection of local artisanal crafts, jewelry and organic pest products. Stop in and support the community while enjoying live music by *todosanteño* Antonio Castillo Vargas.

Located on calle Horizonte on the *otro lado* of Todos Santos, #12 on the Otro Lado map.

Tel. (612) 145-0851

www.laesquinats.com

Facebook: La Esquina Todos Santos

LOCAL PRODUCE STANDS

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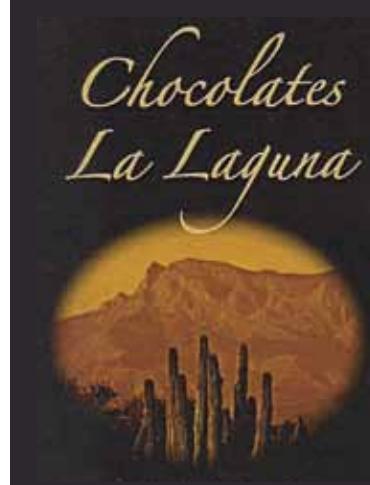
Monday – Saturday, 10:30 am – 5:30 pm,

Sunday 9 am – 3 pm

#34 on the Otro Lado map.

Facebook: Rancho Buen Dia

GOURMET LIVING continued on page 58



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Yoga	All classes at Cuatro Vientos are noted as @ CV and most are 100 pesos. (The studio is across from La Esquina, #11 on otro lado map).	7:30-8:45 am, Traditional Hatha Yoga & Breath c/ Paul @ CV 9:10:15 am Hatha Flow c/ Marimar @ CV	7:30-8:45 am Vinyasa Flow c/ Liz @ CV 7:30-9pm Yoga Conciencia w/ Lyobáá @ CV	9-10:15 am Hatha Flow c/ Marimar @ CV 6-7:30 pm Candlelit Restorative Yoga c/ Teddi Dean @ CV	7:30-8:45 am Vinyasa Flow c/ Liz @ CV 9-10:15 am Core Yoga c/ Janice @ CV yanibaja@yahoo.com 7:30-9pm Yoga Conciencia w/ Lyobáá @ CV	7:30-8:45 am, Traditional Hatha Yoga & Breath c/ Paul @ CV 9-10:15 am Hatha Flow c/ Marimar @ CV	
Martial Arts		3 - 4:15 pm Yang Michuan Tai Chi c/ Steve @ CV	10:30-11:45am Ta'i Chi short form @ CV 612-157-6088 or barakabaja@gmail.com	3 - 4:15 pm Yang Michuan Tai Chi c/ Steve @ CV	10:30-11:45am Qi Gong / @ CV 612-157-6088 or barakabaja@gmail.com		
Other/Otros	10-11:30am Dharma talks with Robert K. Hall @ CV <i>El primer domingo de cada mes, la plática sobre meditación y lo que el Buda dice sobre la vida y la tranquilidad del espíritu es traducida al español por Elena Ascencio.</i>	4:30-6 pm Dance Lab c/ Zoë @ CV 6-7:30 pm Capoeira c/ Diana @ CV 6:30 pm Cross Training w/ Mao @ San Sebastian beach by donation mauricio@mymotivation.es	3:30-5:30 pm Manos Magicas @ Centro Cultural chambaretcat@mac.com 6-7:30 pm Capoeira c/ Diana @ CV	10:30 am-12 pm Yamuna Body Rolling c/ Emily @ CV 150 pesos 1-3 pm Art Journal Lab c/ Zoë @ CV 200 pesos zoe@cultivatecreativity.net (612) 105-0056 4:30-6 pm Dance Lab c/ Zoë @ CV 6:30 pm Cross Training w/ Mao @ San Sebastian beach by donation mauricio@mymotivation.es	9 am Drawing class c/ Tori oscartori@yahoo.com 6-7:30 pm Capoeira c/ Diana @ CV	10:30 am-12 pm Yamuna Body Rolling c/ Emily @ CV 150 pesos 3 - 4 pm Danza Hawaiiiana para niñas c/ Malucha @ CV 4 - 5:45pm Danza Hawaiiiana c/ Malucha @ CV 6-7:30 pm Cross Training c/ Mao @ CV mauricio@mymotivation.es	
Zumba		10-11 am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista 9-10 am c/ Jan @ CV 612-348-1111 Facebook\Todos Santos Zumba with Jan 7-8 pm c/ "Lucy" @ DIF	10-11am c/ "Lucy" @ Mutualista 4:30-6 pm c/ Jan @ CV 612-348-1111 Facebook\Todos Santos Zumba with Jan	8-9 am c/ "Lucy" @ Mutualista 4:30-6 pm c/ Jan @ CV 612-348-1111 Facebook\Todos Santos Zumba with Jan 7-8 pm c/ "Lucy" @ DIF	10-11am c/ "Lucy" @ Mutualista 9-10 am c/ Jan @ CV 612-348-1111 Facebook\Todos Santos Zumba with Jan 7-8 pm c/ "Lucy" @ DIF	

TODOS SANTOS	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
Palapa Society		10am -1pm Library Open <i>Rincon de Cuentos</i>					
AA		5 pm AA meeting on calle Del Huerto by Aliser	5 pm AA meeting on calle Del Huerto by Aliser	11 am AA meeting on calle Del Huerto by Aliser	5 pm AA meeting on calle Del Huerto by Aliser	5 pm AA meeting on calle Del Huerto by Aliser	11 am AA meeting on calle Del Huerto by Aliser
AA CABO SAN LUCAS—AA Hacienda Group Cabo, upstairs above Ace Hardware behind McDonalds. Daily 4:30 pm and 6 pm. SAN JOSÉ DEL CABO—Next to the Calvary Chapel corner of Degollado and Coronado. 6 pm nightly. For more information: (624) 147-0478.							
PESCADERO	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
Yoga	10 am Yoga 100 pesos @ Rancho Pescadero	7-9 am Yoga @ Baja Zen 612-142-5038 baja-zen.com Facebook\BajaZen					
	8-9 am Yoga c/ Mayra Torres @ Los Arcos \$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx	8-9 am Yoga c/ Mayra Torres @ Los Arcos \$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx	8-9 am Yoga c/ Mayra Torres @ Los Arcos \$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx	8-9 am Yoga c/ Mayra Torres @ Los Arcos \$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx	8-9 am Yoga c/ Mayra Torres @ Los Arcos \$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx	8-9 am Yoga c/ Mayra Torres @ Los Arcos \$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx	8-9 am Yoga c/ Mayra Torres @ Los Arcos \$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx
	10-11 am Yoga c/ Mayra Torres @ Los Arcos \$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx	9:30 am, Hatha Yoga c/ Paul Van Vleck @ Villa Cerritos 100 pesos.	10 am Yoga 100 pesos @ Rancho Pescadero	10 am Yoga 100 pesos @ Rancho Pescadero	10-11 am Yoga c/ Mayra Torres @ Los Arcos	10 am Yoga 100 pesos @ Rancho Pescadero	10 am Yoga 100 pesos @ Rancho Pescadero
	10 am Yoga 100 pesos @ Rancho Pescadero	10-11 am Yoga c/ Mayra Torres @ Los Arcos	6-7 pm Yoga c/ Mayra Torres @ Los Arcos	6-7 pm Yoga c/ Mayra Torres @ Los Arcos	\$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx	10 am Yoga 100 pesos @ Rancho Pescadero	6-7 pm Yoga c/ Mayra Torres @ Rancho Pescadero
	6-7 pm Yoga c/ Mayra Torres @ Los Arcos \$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx	10 am Yoga 100 pesos @ Rancho Pescadero	6-7 pm Yoga c/ Mayra @ Los Arcos	6-7 pm Yoga c/ Mayra @ Los Arcos	\$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx	10 am Yoga 100 pesos @ Rancho Pescadero	6-7 pm Yoga c/ Mayra Torres @ Los Arcos \$150 pesos 612-131-7564 yogalosarcos@ yahoo.com.mx

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Voces

continued from page 35

offers professional framing and canvas stretching in Todos Santos.

Tony's Arte, Decoración y Muebles, just off calle Militar in Todos Santos, has a large inventory of rustic Mexican furniture, hand painted ceramics, pottery, art, crafts and more.

Looking for somewhere to stay? **Osprey San Pedrito** has the most spectacular views on San Pedrito beach. Their spacious one and two bedroom suites have full kitchens. Rent one or more for large groups.

Villa Bugambilias Luxury Apartments on the *otro lado* of Todos Santos are now available for rent! The fully furnished one and two bedroom apartments are conveniently located near **La Esquina** café and **Estudio Cuatro Vientos**.

Dance, laugh and exercise with **Zumba with Jan** at **Estudio Cuatro Vientos**. No experience is needed. Check out our Groups listings or Facebook for class times and see why people love Zumba!

Farmacia San Benito is a new drugstore in plaza San Antonio in Pescadero, just off the highway. They stock a variety of name brand and generic medicines.

Clarananda Natural Living Retreat offers natural well-being through meditation, yoga, Ayurveda and sustainable living. Contact Valma Brenton for more information.

We also hope that you enjoy this issue's feature stories on a few of the wildlife species found on our peninsula's wild coasts and ocean. Please help conserve and protect them! We will see you again with our Summer issue. Deadline is May 10.

Gourmet Living

continued from page 55

PESCADERO ORGANICS

Pescadero Organics has a stand in the *callejon* in Todos Santos and frequents the La Paz farmer's market on calle Madero. They grow and sell organic lettuces and other greens, vegetables, fruits, berries and free range eggs.

Monday – Saturday, 9 am – 3 pm
#35 on the Otro Lado map

AGRICOLE

Agricole, on the highway at the north entrance to Pescadero, sells their own organic produce including lettuces and other greens, vegetables, fruits, berries and herbs. They also stock regional cheeses, homemade breads, dates, wine and coffee.

#6 on Todos Santos-Pescadero Corridor map

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



This 79.9 acre ranch (323,508 M²) is plumbed for drip or sprinklers with plenty of sweet water from the ranch well. The ranch has a large 2 bedroom remodeled house, 3 apartments and a large bodega with restroom facilities.



Lic. Claudia Lorena Ruvalcaba

Tel. 331 044 14 84

José Horacio Ruvalcaba

Tel. 612 103 40 56

Other Properties Available

Owner Financing Available

clau431@hotmail.com



"Casita" is located in Huerta Las Quintas. It is a great room with kitchen and fireplace, 2 bedrooms, one bath and a room for washer and dryer (which also can be another bathroom). The rest of the house has a big patio for outdoor cooking and relaxing. It is 130 m² on a lot of 800 m². It has beautiful new walls with electric gate. Has water and electricity. Plenty of room for expansion.



Rancho Colibris. This organic ranch is 5.6 acres (22,380 M²). The ranch is cleaned w/ permit to farm. Water on property and electricity nearby. Currently a working organic farm near Pescadero.



Office complex and 3 apartments in Todos Santos central.

3 room office with full bathroom. Large 2-bedroom apartment. Large 1-bedroom apartment.

Large studio apartment. All completely remodeled with new bathrooms and kitchens.

Walled with door & electric gate. Paved lot that can hold six cars. All utilities.



Pescadero parcel 100 yards from beach, next to Agave Hotel & Homes Development. This 4,555 M² corner lot is cleaned and has water and electricity. Can be subdivided. Room for a Hacienda type complex, small hotel or rentals.

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



CASA ADOBE. Single story, hacienda-style 3 BR, 3 BA home with over 4876 sq.-ft. of interior living space and over 1100 sq.-ft. of terraces. Pacific views, short drive to downtown and the beach.

MLS # 16-530 Offered at \$385,000 USD

CASA FLORES. 2B/2BA new home with ocean, palm, and mountain views. Open floor plan, luxurious terraces for indoor/outdoor living. Turnkey, beautifully landscaped, gated entryway, walled and fenced.

MLS # 16-554 Offered at \$348,000 USD

GOLDEN TRIANGLE. Create a home-based business here. 1,258 M² of land, 1 BR/1 BA home, gated and fenced. Highly visible location, highly traveled. Lush tropical setting.

MLS # 15-605 Offered at \$295,000 USD



CASA PALO DE CRISTO. Turnkey 3 BR, 2 BA home on a 2000 M² lot with Pacific Ocean and Mountain views in Los Cerritos. It is located in a growing neighborhood 500 meters up from the swimmable and surfing beach.

MLS # 15-1386 Offered at \$225,000 USD

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

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

LAS BRISAS STARTER. 1 BR, 1 BA *palapa casita* with kitchen and living room, "rustico" style. Large fenced lot of 1,160 M², with water & electric services, phone at road. Close to town and beaches.

MLS # 15-2654 Offered at \$55,000 USD



RANCHO SAN SIMON CON AGUA. 417 Acres of Pristine Pescadero ranch land, ideal for a private compound, farming, resort or low density residential community. Pacific ocean views, water on site and electric nearby.

MLS # 15-1848 Offered at \$1,500,000 USD

GRAND PESCADERO VIEWS. 4,653 M² property nicely elevated at the Northern end of the Pescadero Huerta. Perfect for a family compound, to be sub-divided as a great investment property or to build out multiple homes. Easy walk to the beach and San Pedrito surf break.

MLS # 12-1700 Offered at \$177,000 USD

2ND TIER LOTS IN LAS TUNAS. Two lots with outstanding ocean and mountain views including views of La Pastora Surf Break. Only steps away from the beach, with both water and electric services on the street. One of the lots has access on two sides of the property.

MLS # 13-1587 Offered at \$55,000 USD Each

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