

The ULTIMATE GUIDE to
Baja Sur Arts,
Culture & Adventure

*The State of Aquaculture in
Baja California Sur*

*El Estado de la Acuicultura
en Baja California Sur*

*Summer in the Sur
Verano en el Sur*

*Hot Paws
Patas Calientes*

Miguel's Restaurant

Mini Super Munchies

Banking in Mexico

by / por Mikayla Jones

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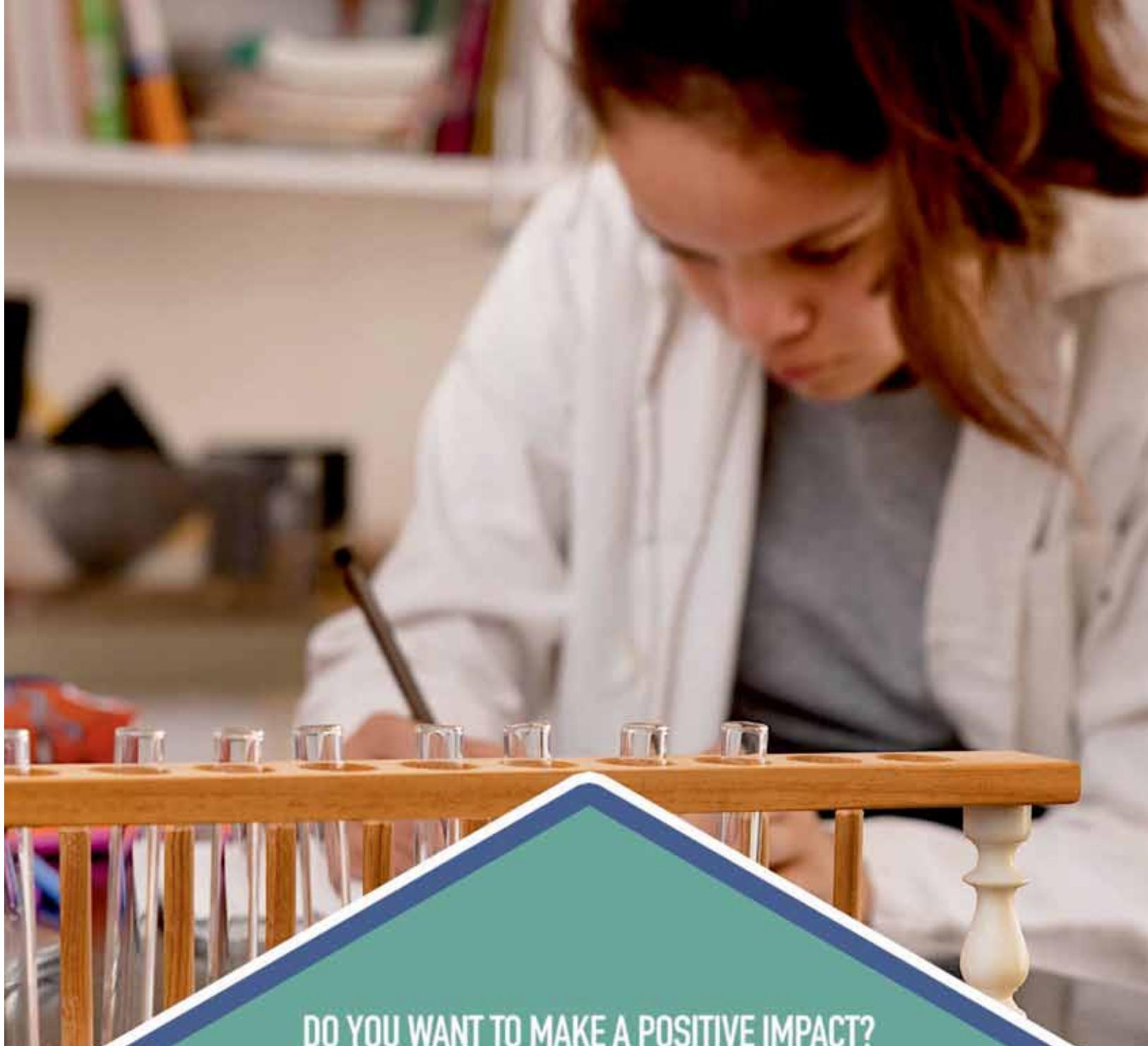
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Finding Sanctuary: The State of Aquaculture in Baja California Sur

Hallando Santuario: El Estado de la Acuicultura en Baja California Sur



by / por Bryan Jáuregui
traducido por Ricardo Madrazo

photo by / foto por Earth Ocean Farms

It is a shocking thing to pick up the menu in a favored restaurant and see a critically endangered species, beautifully prepared, as the daily special. It is a thing worth investigating to walk into another restaurant and find that its *raison d'être* is serving up that same species as nothing more noble than fish 'n chips. Sometimes, a little knowledge is a dangerous thing.

The totoaba is a marine fish species endemic to the Sea of Cortez. It is now on the IUCN's Red List of Threatened Species and listed as "critically endangered" due to Chinese demand for the fish's swim bladder, which is considered a great delicacy. But that is not why Pablo Konietzko, founder of Earth Ocean Farms (EOF) in La Paz, Baja California Sur, started raising totoaba at his state-of-the-art facility. "We chose the totoaba for our program because it grows fast, tastes good, and schools well. That is, it is perfect for aquaculture." Pablo, a Colombian with a degree from Texas A&M, came to La Paz twelve years ago with a view to achieving what many fish farms aspire to but often fall short of: raising fish sustainably. A look at the "honeymoon suite" in his brand-spanking-new hatchery in Pichilingue gives you an idea of what he means. "We raise both totoaba and *huachinango*, or red snapper here at Earth Ocean Farms. We support the brood stock of both species in a very controlled environment. The tanks are maintained in rooms with a completely calm atmosphere, and the lighting and water temperature are moderated to produce the conditions of their regular mating season. The fish are under no stress, they're fed an extremely nutritious diet, a modern filtration system whisks away their excretions, and the oxygen and temperature levels are all computerized." That is to say, the deck is stacked for reproductive success. The fish do look extremely relaxed in their tanks and the results are a testimony to EOF's efforts: 96% of the eggs produced by the females are successfully fertilized by the males.

Es impactante descubrir en el menú de un restaurante que el especial del día es una especie en peligro crítico, bellamente preparada. Vale la pena investigar cuando vas a otro restaurante y descubres que su razón de ser es servir esa misma especie como un simple platillo de *fish 'n chips*. A veces, un poco de conocimiento es algo peligroso.

La totoaba es una especie de pez marino endémica del Golfo de California. Actualmente se encuentra en la Lista Roja de Especies Amenazadas de la UICN y está catalogada como "en peligro crítico" debido a la demanda de su vejiga natatoria en China, donde se considera un manjar. Sin embargo, fueron otras las razones que llevaron a Pablo Konietzko, fundador de Earth Ocean Farms (EOF) en La Paz, a dedicarse a la cría de totoaba. "Elegimos la totoaba para nuestro programa porque crece rápido, sabe bien, y hace buen cardumen. Es decir, es perfecta para la acuicultura." Pablo es colombiano, titulado en la Universidad de Texas A&M, y vino a La Paz hace doce años con el fin de lograr lo que muchos piscicultivos aspiran pero pocos logran: criar peces de manera sustentable. Su nuevo y flamante criadero en Pichilingue nos da una idea de esta filosofía. "Aquí en Earth Ocean Farms criamos totoaba y huachinango. Mantenemos a los reproductores de ambas especies en un ambiente muy controlado. Los tanques se ubican en espacios con un ambiente completamente tranquilo, y la iluminación y la temperatura del agua se ajustan para reproducir las condiciones habituales de su época de apareamiento. Los peces no sufren estrés, gozan de una dieta sumamente nutritiva, un sistema moderno de filtración elimina rápidamente sus deshechos, y los niveles de oxígeno y temperatura son controlados por computadora." Es decir, tiene todo a su favor para el éxito reproductivo. Los peces se ven extremadamente relajados en sus tanques y los resultados hablan por sí mismos: el 96% de los huevos producidos por las hembras son fertilizados exitosamente.

ACUICULTURA continúa en página 12

Then it gets interesting. Leaving nothing to chance, EOF produces its own phytoplankton, or microscopic marine algae, in tightly controlled laboratory conditions. The algae starts off in a laboratory tube, graduates to a beaker, jumps to a plastic bag, then completes its transformation into the very foundation upon which all marine life depends in a tank that a science fiction writer would find compelling. The whole process takes about 12 days, with the algae increasing in color from a very pale yellow to a rich brown. Feeding on this perfectly concocted cuisine, the fish larva advances to the nursery phase and after about 100 days it is big and strong enough to take to the sea. It sounds simple enough but consider all those baby fish swimming in a tank, taking in food, pushing out feces, taking in oxygen, pushing out CO₂. This is why EOF has an advanced recirculating aquaculture system (RAS) that not only controls water temperature but removes those undesirable elements and maintains water quality as well. Notes Pablo, "Many other hatcheries don't recirculate their water, and it is really the key to our hatchery success."

EOF has an ocean concession of 340 square hectares just off of San Juan de la Costa in the Sea of Cortez, making it the largest marine commercial aquaculture concession in all of Mexico. When the juvenile fish graduate from the hatchery in La Paz they are trucked up the coast to this concession where they live out their days in submersible offshore pens. Documentaries such as *Seaspiracy* have alerted us all to the dangers associated with some ocean fish farms. Pablo's not having any of it. "There is absolutely

AQUACULTURE continued on page 13



Earth Ocean Farms, photo by Bryan Jáuregui



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Miguel's Restaurant in Todos Santos Celebrates 20 Years!

¡El Restaurante Miguel's en Todos Santos Celebra su 20° Aniversario!

traducido por Ricardo Madrazo, photos by / fotos por Mindy Theo Di Vincenzo

Owner and Todosanteño, Miguel Ángel Torres, opened his popular restaurant serving seafood and Mexican specialties on April 3, 2001 and from the beginning, it's been a family affair. Miguel's sisters, Angelina, Enriqueta, and Martina Torres Villalobos prepare the delicious homemade specialties, while Juan Pablo Torres Pérez tends the bar and also helps with serving. And during busy times, Miguel's oldest sons help as well.

Miguel started working in the tourism industry in Cabo San Lucas in 1988. He returned to Todos Santos and worked at many different hotels, restaurants, and bars before deciding to open his own place in 2001.

Miguel's Restaurant quickly became known for its friendly service and authentic Mexican dishes and seasonal seafood specialties—especially the chiles rellenos, breaded oysters, homemade flan, and icy margaritas.

Angelina, Enriqueta, and Martina love cooking and it shows in every dish they make. The fresh fish changes daily and the lobster filled chiles rellenos, oysters, and scallops are only served when in season. The accompanying vegetables

Miguel Ángel Torres, propietario del restaurante y nativo todosanteño, inauguró su negocio especializado en mariscos y comida mexicana el 3 de abril de 2001, y desde un principio ha sido un negocio familiar. Sus hermanas Angelina, Enriqueta y Martina Torres Villalobos son las encargadas de preparar los deliciosos platillos caseros, mientras que Juan Pablo Torres Pérez atiende el bar y ayuda atendiendo a las mesas. En temporada alta, los hijos mayores de Miguel también ayudan trabajando en el restaurante.

Miguel inició trabajando en la industria del turismo en Cabo San Lucas en 1988. Después regresó a Todos Santos, donde trabajó en varios hoteles, bares, y restaurantes antes de decidir abrir su propio negocio en 2001.

Restaurante Miguel's se hizo rápidamente de una fama local gracias a su atento servicio y sus auténticos platillos de comida mexicana, así como las especialidades del mar en temporada. En particular, destacan sus chiles rellenos, ostiones empanizados, flanes, y por supuesto, sus margaritas heladas.

MIGUEL'S continúa en página 16

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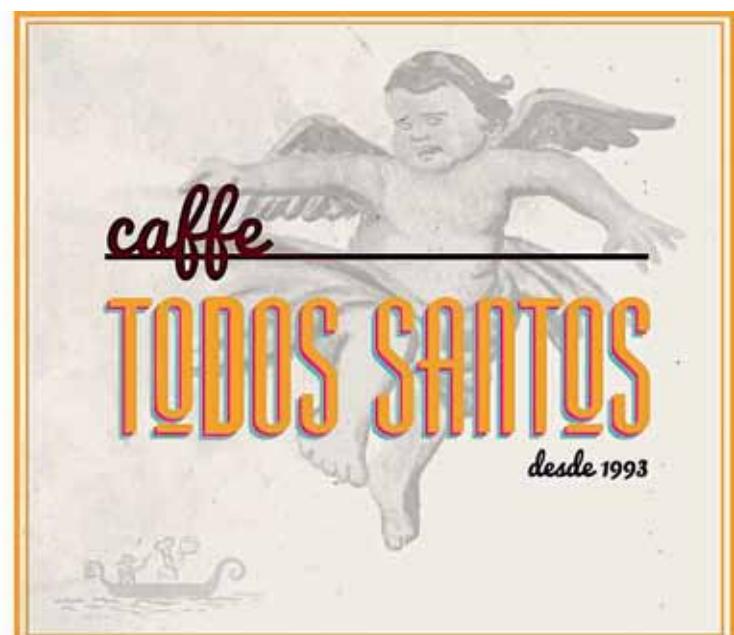
Miguel, Enriqueta, Angelina, and Brenda

and organic salads also depend on what's available locally. Other essential ingredients include garlic, onion, cilantro, and oregano for that authentic Mexican flavor.

Miguel loves meeting new visitors and greeting returning friends. His customers are a mix of regulars who live here full time and those who visit seasonally, all who enjoy traditional Mexican comfort food. He enjoys the diversity of nationalities and personalities who come to his restaurant and as a good host is keen to introduce them to his family's cooking and, of course, offering an ice-cold beer, limonada, margarita, or tropical cocktail.

Many people make the trip from La Paz and Los Cabos just to taste the "signature" dish, their famous chiles rellenos—available with lobster, shrimp, cheese or vegetarian. Tacos, enchiladas, fajitas, and chicken mole are also on the menu. The casual and laid-back atmosphere is perfect for whiling away a lazy afternoon or pleasant evening.

While this past year was difficult, Miguel is looking forward to the future and perhaps opening a second location. He'd like to encourage the youth of Todos Santos who dream of MIGUEL'S continued on page 17





Mini Super Munchies

traducido por Ivonne Benítez

photo by Jen Jones

A sophisticated country corner store with a wonderful selection of hand-picked wines, craft beers, excellent chocolate, and an out of this world Häagen Dazs ice cream sandwich, Mini Super Munchies is an unexpected delight, where the land meets the sea, an oasis of everything you want and nothing you need!

Established in 2014, Mini Super Munchies has served as a community hub, gourmet meets gift shop, and a resource for many of the local non-profit organizations. Owner Emilia is a kind-hearted, sassy visionary with contagious enthusiasm and a natural esthetic that inspires nostalgia and charm.

With genuine curiosity we asked Emilia what inspired her to open such a lovely, well-stocked shop down a long dirt road on the way to just about nowhere. Her response was

Una sofisticada tienda campestre con una maravillosa selección de vinos cuidadosamente seleccionados, cervezas artesanales, excelente chocolate, y un sándwich de helado Häagen Dazs fuera de este mundo, Mini Super Munchies es una delicia inesperada, donde la tierra se encuentra con el mar, un oasis. Ide todo lo que quieras y nada de lo que necesitas!

Establecido en 2014, Mini Super Munchies ha servido como un centro comunitario, una tienda de regalos gourmet, y un recurso para muchas de las organizaciones locales sin fines de lucro. La propietaria Emilia es una visionaria atrevida y de buen corazón con un entusiasmo contagioso y una estética natural que inspira nostalgia y encanto.

MINI SUPER MUNCHIES cont. en página 14



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not what we expected. After a good laugh she explained, "the intention behind the project was to create a space where everyone who passed through our gates would feel truly welcome, appreciated, and leave happier than they arrived. To be a bridge between the old Baja and the new, and above all, to spread joy!"

Bathed in the golden glow of sunset, a peaceful bliss settling over the tree-shaded gardens, sweet melodies of bird song reminding us of a time when the world seemed slower and simpler. With a Hendricks gin & tonic and a lovely glass of Sauvignon Blanc in hand, we admired the fusion of simple elegance and natural beauty.

Many of Mini Super Munchies' patrons frequent multiple times day—for a hot cup of DoceCuarenta coffee in the morning, a snack run on the way to the beach, perhaps a shot of mezcal or a glass of wine in the evening on the way to Hierbabuena, the fabulous "farm to table" restaurant just up the road.

"This project has been one of collaboration from the start," explained Emilia with a smile. "In addition to featuring many wonderful products from local producers, we've had the love and support of our wonderful neighbors and clients, which is what has allowed us to blossom into what we are today."

It was not hard to imagine why this little shop has survived all the challenges of this past year, with so much to offer it is truly a destination unto itself. The unique product selection combined with boutique gifts featuring local

MINI SUPER MUNCHIES continued on page 15



photo by Jen Jones

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Acuicultura

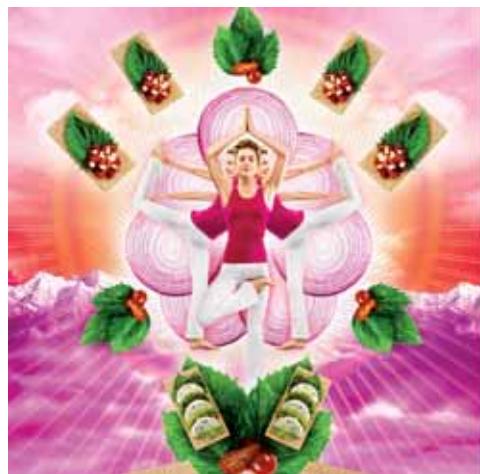
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Pero esto se pone aún más interesante, porque EOF produce en condiciones de laboratorio estrictamente controladas, su propio fitoplancton; es decir, algas marinas microscópicas. El cultivo inicia en un tubo de laboratorio, de ahí a un vaso de precipitados, luego una bolsa de plástico, y finalmente en un tanque especializado se termina de transformar en el alimento base de la vida marina. El proceso entero tarda unos 12 días, durante los cuales las algas cambian su color de un amarillo muy pálido a un marrón intenso. Esta nutritiva dieta le permite a la larva convertirse en cría, y tras cien días el pez ha alcanzado suficiente tamaño y fuerza para nadar en altamar. Suená bastante sencillo, pero estamos hablando de cientos de crías de pez nadando en un tanque, ingiriendo comida y oxígeno, expulsando heces y CO₂. Es por eso que EOF tiene un avanzado sistema de recirculación de acuicultura (SRA), que no solo controla la temperatura del agua, sino que elimina impurezas y

mantiene la calidad del agua. Pablo señala: "Muchos otros criaderos no recirculan el agua, y es realmente la clave del éxito de nuestro criadero."

EOF tiene una concesión oceánica de 340 hectáreas cerca de San Juan de la Costa en el Golfo de California; es la concesión de acuicultura comercial marina más grande de México. Los peces juveniles que salen del criadero en La Paz son transportados por la costa en camiones hasta esta área de concesión, donde viven sus días en jaulas submarinas en alta mar. En documentales como "Seaspiracy" hemos podido ver los peligros asociados con algunos piscicultivos oceánicos. Sin embargo, la empresa de Pablo no es uno de esos casos. "No hay absolutamente ninguna enfermedad entre los peces de nuestras jaulas submarinas. No estoy hablando solo de enfermedad limitada, sino de cero enfermedad. La densidad de peces en las jaulas es muy

ACUICULTURA continúa en página 19



KATE TURNING
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Aquaculture

continued from page 7



Earth Ocean Farms

no disease among the fish in our submersible pens. Not just limited disease, no disease. The fish density in the pens is very low—equivalent to free-range chickens—and they eat only the high quality food that we give them. We have a team of 30 people devoted to keeping the pens clean and well maintained. The pens are at the water's surface for much of the year, but if there is a hurricane or rough weather, we submerge them to 30 feet, as most of a storm's energy is absorbed by the first 30 feet of water. When the pens are submerged, we still continue to feed the fish with an underwater feeding hose." Strong currents in the area prohibit the buildup of the effluents, a common problem associated with fish farms.

Pablo's adventures with the totoaba all started with a fishing trip. "In 2012 we got special permits from SEMARNAT, the agency in charge of protecting marine species, to fish for totoaba breeding stock in the upper Sea of Cortez. Since we brought in those first fish we have kept meticulous records such that we can fully trace the bloodline of every fish from the hatchery to the table. It is impossible for someone to imitate our fish or pass off wild totoaba as EOF-raised."

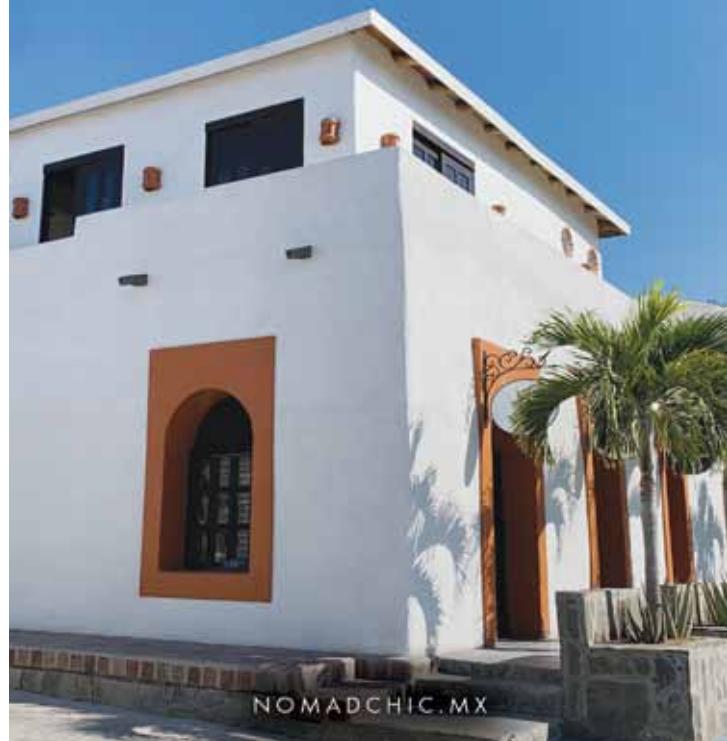
Pablo may have chosen the totoaba because of its potential for success in aquaculture, but he is not indifferent to the plight of the totoaba in the wild. "For the past six years we have held totoaba restocking events in Bahia Concepcion in the Sea of Cortez, near Mulege. We have successfully released over 130,000 juveniles into the sea, and we will continue the program each year." So, head on over to Tre Galline in Todos Santos; Bar El Minero and Toto Frito in El Triunfo—and many other fine restaurants throughout the Baja peninsula—and enjoy your totoaba meal with the full knowledge that your support of totoaba raised at Earth Ocean Farms is helping to support the regeneration of totoaba in the wild. And while you're there, check out the oysters.

"We say that our oysters are 'raised by whales' because they are raised in the pristine waters of El Vizcaino Biosphere Reserve where the gray whales congregate in the coastal lagoons each year to mate and give birth," says Philippe Danigo, founder of Sol Azul Maricultivos and Sanctuary brand oysters. "Back in the early 1990s I was working in the shrimp industry in Ecuador and Colombia when I came to La Paz on holiday. My wife and I fell in love with the area

AQUACULTURE continued on page 18

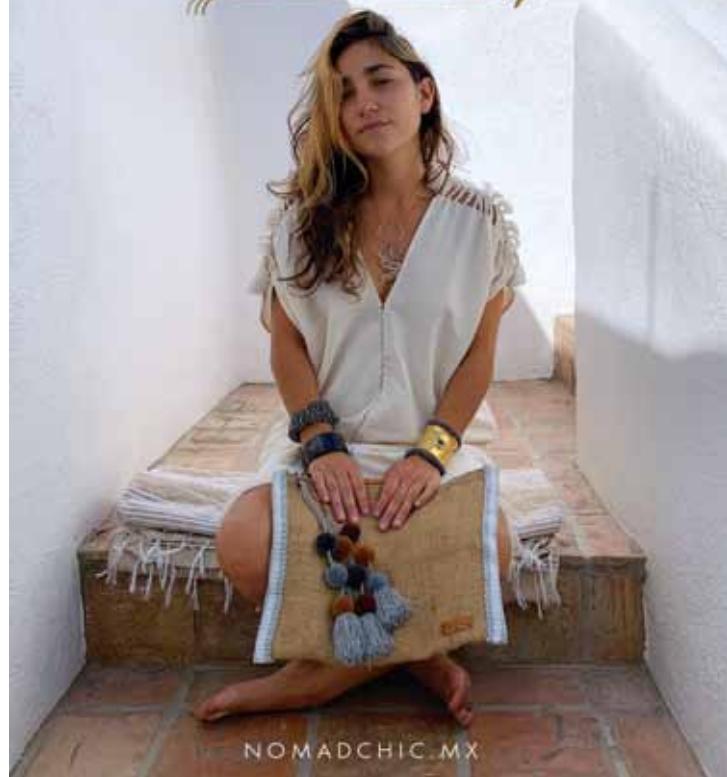
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Mini Super Munchies

continuó de página 10

Con genuina curiosidad le preguntamos a Emilia qué la inspiró a abrir una tienda tan hermosa y bien surtida en un largo camino de tierra en el camino a casi ninguna parte. Su respuesta no fue la que esperábamos. Después de una buena carcajada, explicó, "la intención detrás del proyecto era crear un espacio donde todos los que pasaran por nuestras puertas se sintieran realmente bienvenidos, apreciados y se fueran más felices de lo que llegaron. ¡Ser un puente entre la vieja Baja y la nueva, y sobre todo, difundir alegría!"

Bañado por el resplandor dorado de la puesta del sol, una dicha pacífica que se posa sobre los jardines sombreados por los árboles, dulces melodías del canto de los pájaros que nos recuerdan una época en que el mundo parecía más lento y simple. Con una ginebra de Hendricks y tónico, y una hermosa copa de Sauvignon Blanc en la mano, admiramos la fusión de elegancia simple y belleza natural.

Muchos de los clientes de Mini Super Munchies frecuentan varias veces al día: por una taza caliente de café Doce Cuarenta por la mañana, un refrigerio camino a la playa, tal vez un trago de mezcal o una copa de vino por la noche en el camino a Hierbabuena, el fabuloso restaurante "de la granja a la mesa" justo al final de la calle.

"Este proyecto ha sido de colaboración desde el principio," detallado Emilia con una sonrisa. "Además de presentar muchos productos maravillosos de productores locales, hemos tenido el amor, y el apoyo de maravillosos vecinos y clientes, que es lo que nos ha permitido florecer en lo que somos hoy."

No fue difícil imaginar por qué esta pequeña tienda ha sobrevivido a todos los desafíos del año pasado, con tanto que ofrecer, es realmente un destino en sí mismo. La selección única de productos combinada con los obsequios de boutique con artesanos locales hace que este sea un verdadero lugar para todos los gustos. La ginebra de lavanda y fresa con pétalos de rosa, los vinos del Valle de Guadalupe, la limonada de CBD, las IPA locales, los productos DoTerra, y el famoso sándwich de helado de Munchies hacen que todos pasen una y otra vez.

Radiante de entusiasmo, Emilia se lanzó a las nuevas y emocionantes adiciones a la tienda de este año: vino MINI SUPER MUNCHIES continúa en página 35

Mini Super Munchies

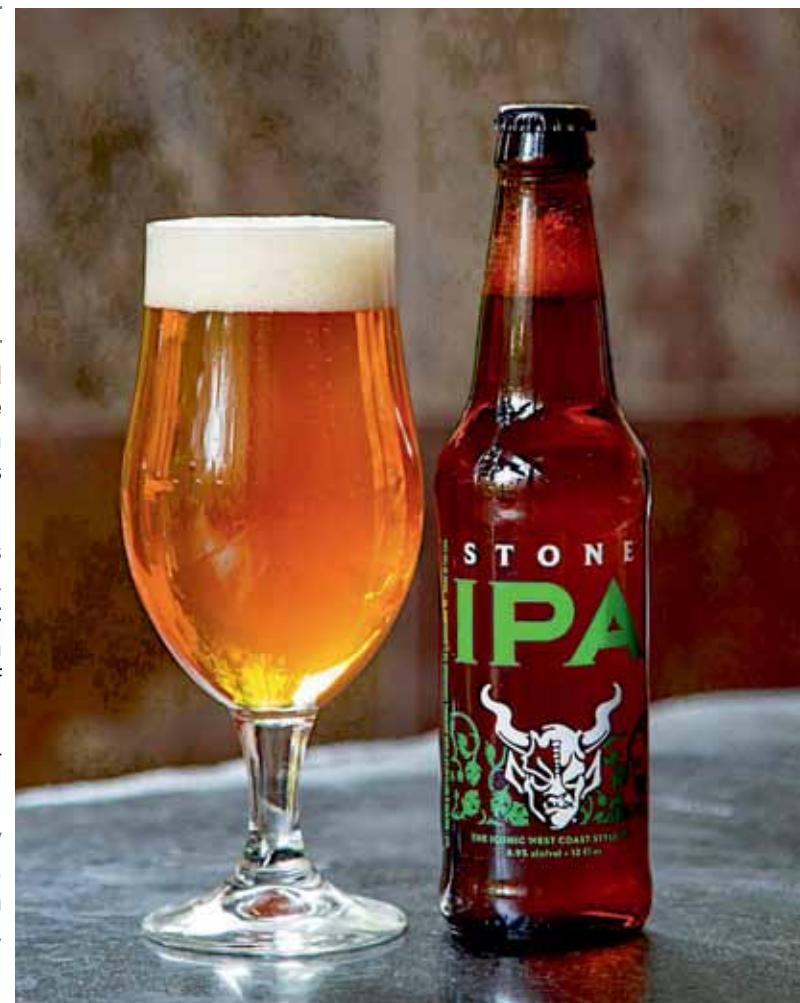
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artisans makes this a true "something for everyone" kind of place. The lavender strawberry rose petal gin, Valle de Guadalupe wines, CBD lemonade, local IPAs, DoTerra products, and Munchies' famous ice cream sandwich has everyone stopping by again and again.

Beaming with enthusiasm, Emilia launched into this year's new and exciting additions to the shop: wine by the glass, top shelf classic cocktails, vegan frozen treats, an EPIC selection of fine chocolate, a water bottle refill station provided by the renowned Water Ways Baja, and most of all, the transition from seasonal to year-round!

Stop in and visit Emilia and her team at Mini Super Munchies for a unique Baja experience.

Mini Super Munchies is now open year-round, Monday to Saturday 8:30 am to 8 pm, Sunday 10 am to 8 pm. They are located on the road past Rancho Pescadero in El Pescadero, #15 on Pescadero map. Tel. 612 136-5986, www.minisupermunchies.com



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The advertisement features a grid of images and floor plans for several residential projects:

- CASA MADERO / LA PAZ:** A two-story house with arched windows and a tiled roof. It includes a carport and a small garden area.
- CASA EL RINCON DEL SOL / CABO DEL ESTE:** A modern, multi-story house with a curved facade and multiple levels, surrounded by landscaping.
- CASA LAS TUNAS / TODOS SANTOS:** A two-story house with a prominent arched entrance and a swimming pool in the foreground.
- HACIENDA DE CRISTOBAL:** A large, rustic-style residence featuring a prominent arched entrance and a tiled roof.
- CARLOS MONTERO:** Contact information for Carlos Montero, including phone number 624.145.25.23, email monteroarqs@gmail.com, and website contact@monteroarchitects.mx. The logo consists of a blue square with a stylized 'M' and 'C' intertwined.

Each project image is accompanied by a detailed floor plan showing room layouts, dimensions, and elevation details. The overall design is clean and professional, emphasizing the architectural quality of the buildings.



Miguel's

continuó de página 8

Miguel y Pablo

A las hermanas Angelina, Enriqueta, y Martina les encanta cocinar, y ese amor se refleja en cada platillo que producen. El pescado fresco del día cambia constantemente, y los chiles rellenos de langosta, ostiones, y callo de hacha solo se sirven en temporada. Los ingredientes de las ensaladas orgánicas y demás vegetales que acompañan los platillos también dependen de la temporada local. Sin embargo, no pueden nunca faltar ajo, cebolla, cilantro, y orégano para ese sabor auténticamente mexicano.

Miguel disfruta mucho de conocer nuevos visitantes y por supuesto, de los clientes que regresan. La clientela es una mezcla de residentes locales y de turistas, pero todos tienen algo en común: disfrutan la comida casera mexicana. A Miguel le da mucha satisfacción ver tanta variedad de nacionalidades y personalidades en su

clientela, y como buen anfitrión, gustosamente les ofrece los mejores platillos que prepara su familia acompañados de una cerveza, limonada, o margarita bien fría.

Muchas personas vienen desde La Paz y los Cabos solamente para probar el platillo insignia de Miguel, los chiles rellenos; ya sea de langosta, camarón, queso, o vegetariano. También disfrutan de los tacos, enchiladas, fajitas, y mole, entre otros platillos que ofrece el menú. El ambiente casual es perfecto para pasar una tarde agradable y tranquila.

A pesar de las dificultades del año pasado, Miguel ve con optimismo el futuro, contemplando posiblemente la apertura de un Miguel's II. ¿Su consejo para la juventud todosanteña que busca abrir su propio negocio? Con perseverancia y mucho trabajo, pueden lograr el éxito.

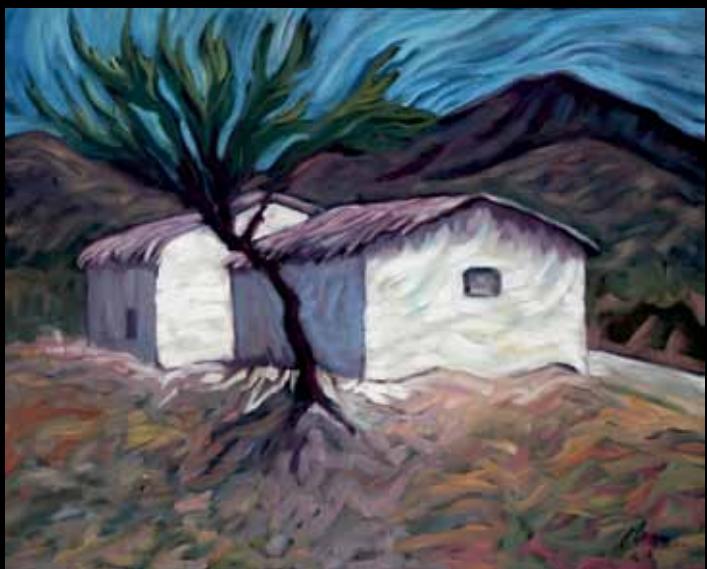
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Restaurante Miguel's está ubicado en calle Degollado, Todos Santos, en contraesquina con la gasolinera Pemex, número 129 en nuestro mapa de Todos Santos. Abierto para comida y cena, disponible para llevar y comer ahí. De lunes a sábados de 12 a 9 pm. Bar completo. Disponible para eventos privados. Tel. 612 183-0632

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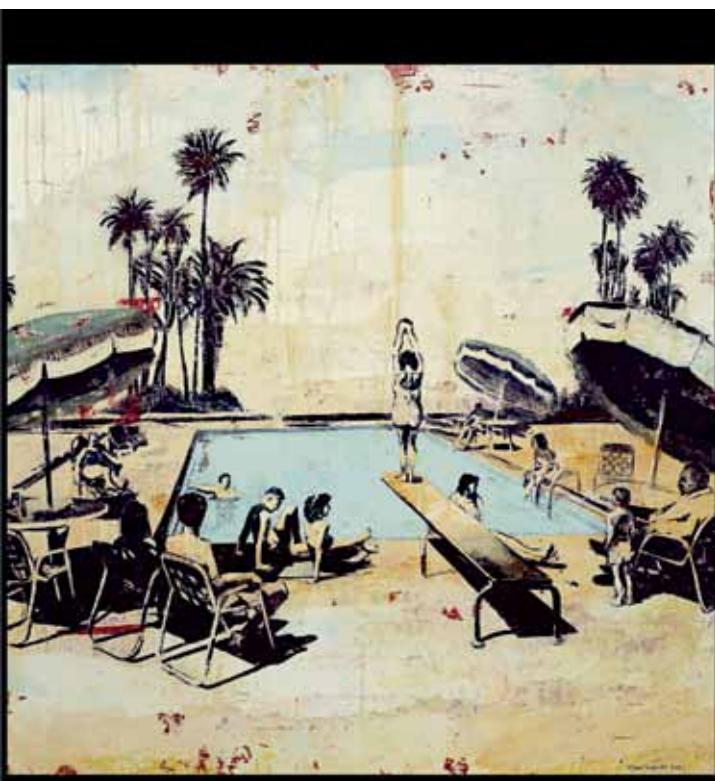
breaded oysters / ostiones empanizados

Miguel's

continued from page 9

one day opening their own business that with persistence and hard work, it can happen.

Miguel's Restaurant is located on calle Degollado in Todos Santos, "kitty corner" from the Pemex, #129 on the Todos Santos map. Open for lunch and dinner, dine in or takeout, Monday through Saturday, 12 to 9 pm. Full bar. Available for catering and private parties. Tel. 612 183-0632



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Earth Ocean Farms

and wanted to stay, but I needed to figure out how to make a living. We took a drive up the coast of Baja and when I saw the incredible waters of Laguna San Ignacio and Laguna Manuela the answer hit me. Oysters. I grew up in Brittany, France, where my family has been farming oysters for four generations. The lagoons are perfect because they are protected from development and surrounded by the Baja California desert which means that there is no freshwater runoff. I realized that I could continue the family tradition and raise oysters in this beautiful, protected place where the oysters are nourished exclusively by the rich, pure, salty water of the Pacific Ocean. When you eat a Sanctuary oyster, the deep, clean, briny taste of the oysters is like the kiss of the ocean."

But kisses were not on the minds of the local authorities. Aquaculture had a bad image at the time, and it took Philippe three long years to convince the authorities that the growing methods wouldn't harm the reserve and its inhabitants. Now, 25 years later, Sol Azul is producing almost 10 million organic oysters a year, all produced by the 60 local citizens who run the farm, including an all-female quality control team. Like Earth Ocean Farms, Sol Azul has a hatchery where fertilized eggs are carefully nurtured, and a nursery where the baby oysters are safeguarded and carefully attended to keep them healthy. The next stage is Philippe's unique, above-seabed growing technique, and it is a key part of the farm's success. "During the growing state, we place our Pacific oysters in mesh bags on racks in the intertidal area. Twice a day, the tide carries natural, nutrient-rich phytoplankton from the open ocean to nourish our oysters and prevent the unwanted growth of epiphytes. Placing our oysters on racks improves the tidal current's ability to feed and cleanse them. This in turn has a very positive impact on their texture, taste, and appearance." About 18 months later, they are ready for the market.

Because of their great taste and the exceptionally clean water in which they are grown, Sanctuary oysters now command a premium in both the US and Mexican markets. That is to say, Sol Azul is strongly motivated to protect its environment. Says Philippe, "If we want to obtain a healthy product, it has to be developed in a healthy environment. If the place where we work AQUACULTURE continued on page 22

Acuicultura

continuó de página 12

baja, equivalente a aves de pastoreo libre, y solo comen los alimentos de alta calidad que les damos. Contamos con un equipo de 30 personas dedicadas a mantener las jaulas limpias y en buen estado. Las jaulas flotan en la superficie del agua durante gran parte del año, pero si hay un huracán o mal tiempo, las sumergimos a diez metros, ya que la mayor parte de la energía de una tormenta es absorbida por los primeros diez metros de agua. Cuando las jaulas están sumergidas, alimentamos a los peces con una manguera que baja hacia ellas." Las fuertes corrientes en el área impiden la acumulación de efluentes, un problema común asociado con las piscifactorías.

Las aventuras de Pablo con la totoaba comenzaron durante un viaje de pesca. "En 2012 obtuvimos permisos especiales de la SEMARNAT para pescar ejemplares reproductores de totoaba en la parte norte del Golfo de California. Desde que trajimos esos primeros peces, hemos mantenido registros meticulosos que nos permiten rastrear totalmente la genealogía de cada pez desde el criadero hasta la mesa. Nuestro producto no se puede imitar, ni tampoco hacer pasar por totoaba silvestre."

Pablo escogió a la totoaba por su potencial en la acuicultura, pero conoce de sobra la difícil situación que vive la totoaba silvestre. "Durante los últimos seis años hemos realizado eventos de repoblación de totoaba en Bahía Concepción, cerca de Mulegé. Hemos liberado con éxito a más de 130.000 ejemplares adolescentes y continuaremos con el programa cada año." Por lo tanto, puedes visitar Tre Galline en Todos Santos, Bar El Minero y Toto Frito en El Triunfo, y muchos otros excelentes restaurantes en la península y disfrutar un platillo de totoaba sabiendo que su consumo de totoaba criada en Earth Ocean Farms apoya la repoblación de la especie silvestre. Y de paso, no olvides probar los ostiones.



Philippe Danigo, foto por Sol Azul

Philippe Danigo, fundador de Maricultivos Sol Azul y de Ostiones Santuario, comenta: "Decimos que nuestros ostiones son criados por ballenas porque crecen en las aguas cristalinas de la Reserva de la Biosfera El Vizcaíno, en cuyas lagunas se apareja y da a luz la ballena gris cada año. A principios de los noventa estaba trabajando en la

ACUICULTURA continúa en página 23



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Events

June

June 4 | 5 – 6:30 pm, COOKING CLASS at Hablando Mexicano. *Tostadas de Salpicón.* Salpicón is an easy shredded beef salad that does not require too many skills in the kitchen and includes some of the most common components of a salad like lettuce, tomato, onion, and a dressing. \$500 MX. For more information visit: www.hablandomexicano.com

June 5 | 6:30 pm, LIVE MUSIC with the Brian Flynn Band at Shaka's Cantina at Cerritos.

June 9 | TODOS SANTOS BREWING 3RD ANNIVERSARY. Food and beer pairing degustación. Six specialty culinary courses paired with TSB beers. \$1000MX per person includes all food and drinks.

June 11 | 5 – 6:30 pm, COOKING CLASS at Hablando Mexicano. Enchiladas. Enchiladas are a typical dish of Mexico, particularly popular in the north. They consist of corn tortillas soaked in a spicy sauce, stuffed with meat, red beans, or cheeses. \$500 MX. For more information visit: www.hablandomexicano.com

June 12 | 6:30 pm, LIVE MUSIC with Stamina at Shaka's Cantina at Cerritos. No cover.

June 15 | 5 – 6:30 pm, SPANISH CLASS at Hablando Mexicano. *El Chingonario.* "Chingar" is the most commonly used word in Mexico. The meanings of this word are so many, that it can be used in almost every situation. Lectorum Mexico decided to publish this entertaining book, that gathers the most popular uses of this word, with expressions, definitions, and examples. You will

learn what to use and what NOT to use. It includes the Chingonario book. \$400 MX. For more information visit: www.hablandomexicano.com

June 18 | 5 – 6:30 pm, COOKING CLASS at Hablando Mexicano. *Tacos de Pastor Negros.* Instead of red chiles and the crimson pigment of the annatto plant, chef Solís uses a traditional Yucatán salsa called recado negro (literally, black message), which gets its dark color from the blackened skin of roasted chiles. \$500 MX. For more information visit: www.hablandomexicano.com

June 18 | 6:30 pm, LIVE MUSIC with Shooter Ford at Shaka's Cantina at Cerritos. No cover.

June 19 | 3–8 pm, GRAND OPENING OF BRIAN MCGUFFEY ART in its new location, Plaza Los Refrane on *el otro lado.* All new work by Brian McGuffey and Leif Holland, in a series titled, 'Sing A Song of Misfits.' Also featuring fine jewelry with Tahitian pearls and gemstones set in silver and gold. For your safety, and the safety of those around you, all current covid protocols will be followed.

June 19 | 6:30 pm, LIVE MUSIC with

Blues Azul at Shaka's Cantina at Cerritos. No cover.

June 20 | FATHER'S DAY

June 24 | 6:30 pm, MUSIC with DJ Dimitri Kota at Shaka's Cantina at Cerritos. No cover.

June 25 | 5 – 6:30 pm, COOKING CLASS at Hablando Mexicano. *Cochinita Pibil.* Cochinita pibil is a typical dish of the Yucatan region of Mexico. Formerly the Mayans cooked it in an underground oven, but now it can be prepared in a conventional oven, marinating it all night.

It is served with pickled onion and habanero pepper. \$550 MX. For more information visit: www.hablandomexicano.com

June 26 | 6:30 pm, LIVE MUSIC with the Tan Lines at Shaka's Cantina at Cerritos. No cover.

June 26 - July 4 | "WRITING DOWN THE BAJA" CREATIVE WRITING RETREAT at Serendipity hotel in Todos Santos. Led by Ellen Waterston. All levels of poetry and prose writers welcome. For more information see article in the Holiday 2020/2021 issue, visit EVENTS cont. on page 41

HAPPY HOUR

Casa Maya/Barefoot Cantina **Su M W Th F Sa 3 – 6 pm**, 25 peso Mexican beer, 50 peso house margaritas and tequila shots.

Cerritos Beach Inn **Su M T W Th F Sa 2 – 6 pm**, 2x1 beer and margaritas.

Gallo Azul **Su M T W F Sa 3 – 6 pm**, 2x1 mojitos and margaritas. Hotel San Cristobal, **F 4 – 7 pm**, Drink specials at the pool bar.

Shaka's **Su M T W Th F Sa 4 – 6 pm**, 2x1 Cerritorita, George's Paloma, J.B. Special, P.P. Paloma, Shakarita, and house tequila. Shut Up Frank's **M W Th F 3 – 6 pm**, 2x1 beer and well drinks.



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sunday

8 am – 1 pm, **ORGANIC AND ART MARKET** at Baja Beans in Pescadero. Takes place through the end of July.

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

tuesday

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

4 pm, **ROCKIN' TACO TUESDAY** at Chill N Grill in Todos Santos. Live music 6 – 9 pm.

thursday

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

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

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

friday

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

9 am – 4 pm, **FARMER'S MARKET** at The Shoppes at Palmilla in San Jose del Cabo. For more information 624-144-6999 or visit: www.theshoppesatpalmilla.com

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

saturday

7:30 – 11 am, **RECYCLING ON THE OTRO LADO**, across the road from Huerto Raices. Cardboard, paper, plastic #1 #2, clear glass only, batteries, by donation. For information: Kevin (612) 149-3729.

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 Orgánico) just outside the San José historic district in Huerta Maria on the Camino a Las Animas. Look for the signs at the big arroyo off Avenida Centenario. Takes place November through the end of June.

9:30 am, **FARMER'S MARKET** at Doce Cuarenta in Todos Santos.

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

La Esquina

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Domingo 8-2
Monday - Saturday 7-2
Sunday 8-2

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Earth Ocean Farms, photo by Bryan Jáuregui

Aquaculture

continued from page 18

is contaminated, our business ends. That is why protecting, defending and caring for the environment is part and parcel of our work here in the Vizcaino Biosphere Reserve." Part of protecting the ecosystems of the reserve is addressing the problems caused by the over-exploitation of natural resources. Working together with NGOs, banks, and others, Philippe has helped inhabitants of the area around the lagoons transition from being hunters to farmers, from being fishermen to raising oysters. Sanctuary is not just for the whales and oysters, but the humans dedicated to their care as well.

Done well, aquaculture allows marine species in the wild to rebound with no negative effects on the environment. The work being done at Earth Ocean Farms and Sol Azul is putting Baja California Sur on the map for something that has proven elusive for other locales: truly sustainable aquatic farming.

Todos Santos Eco Adventures (TOSEA) is the leading eco adventure company in Baja California Sur and since 2002, they have been sharing their passion for the phenomenal natural beauty, unique culture, and extraordinary wildlife of Baja. They have luxury tent camps on Isla Espíritu Santo in the Sea of Cortez and in the Sierra La Laguna Biosphere Reserve. They also own/operate Los Colibris Casitas, a boutique hotel in Todos Santos. Their award-winning trips have been featured in National Geographic, the London Times, Outside Magazine, Coastal Living, Condé Nast Traveler, Forbes, Playboy, Sunset Magazine, and Lonely Planet.

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Acuicultura

continuó de página 19

industria camaronera en Ecuador y Colombia cuando vine de vacaciones a La Paz. Mi esposa y yo nos enamoramos de la zona y queríamos quedarnos, pero no sabíamos de qué íbamos a vivir. Manejamos por toda la costa peninsular, y cuando vi las increíbles aguas de Laguna San Ignacio y Laguna Manuela, me vino a la mente: '¡Ostiones!' Crecí en Bretaña, Francia, donde mi familia ha cultivado ostiones por cuatro generaciones. Las lagunas son perfectas porque están protegidas del desarrollo y rodeadas por el desierto, lo cual significa que no hay flujo de agua dulce. Me di cuenta de que podía continuar la tradición familiar y criar ostiones en este hermoso y protegido lugar donde se nutren exclusivamente del agua rica, pura y salada del Océano Pacífico. Cuando comes un ostión del Santuario, el sabor profundo, limpio y salado es como un beso del mar."

Sin embargo, en ese entonces la acuicultura tenía cierta mala fama, y Philippe tardó tres largos años en convencer a las autoridades de que sus métodos no dañarían a la reserva ni a sus habitantes. 25 años después, Sol Azul produce casi 10 millones de ostiones orgánicos al año, empleando 60 mexicanos locales que administran la granja, incluido un equipo de control de calidad compuesto exclusivamente por mujeres. Al igual que Earth Ocean Farms, Sol Azul tiene un criadero donde los huevos fertilizados se nutren cuidadosamente y un vivero donde las crías de ostión son protegidas y atendidas cuidadosamente. La siguiente etapa es una técnica ideada por Philippe de cultivo en el lecho marino, y es clave en el éxito de la granja. "Durante la etapa de crecimiento colocamos a los ostiones en mallas sobre rejillas en la zona de intermareas. De esta forma, la marea les trae dos veces al día fitoplancton natural, rico en nutrientes provenientes del océano abierto, que los alimenta y previene el crecimiento de epífitas no deseadas. Al ponerlos sobre rejillas, mejora la capacidad de la marea para alimentarlos y limpiarlos. Esto a su vez tiene un

impacto muy positivo en su textura, sabor, y apariencia." Aproximadamente 18 meses después, están listos para el mercado.

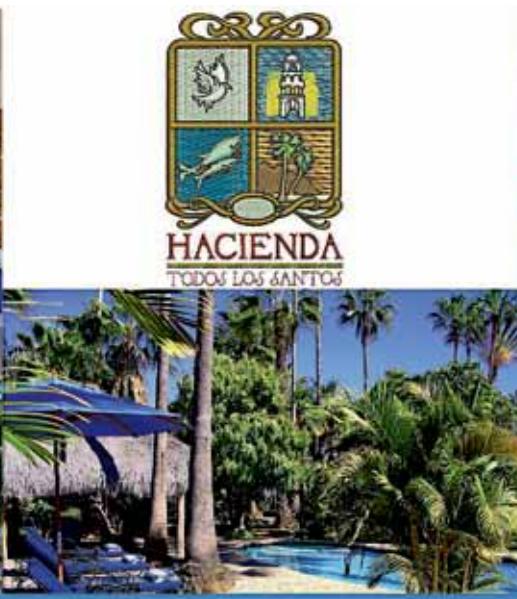
Debido a su gran sabor y al agua excepcionalmente limpia en la que se cultivan, los ostiones Santuario son muy buscados en los mercados de Estados Unidos y México. Por lo tanto, Sol Azul tiene una fuerte motivación por proteger su medio ambiente. Nos dice Philippe: "Si queremos obtener un producto saludable, debemos desarrollarlo en un entorno saludable. Si el lugar donde trabajamos está contaminado, se termina el negocio. Por eso proteger, defender y cuidar el medio ambiente es parte integral de nuestro trabajo aquí en la Reserva de la Biosfera Vizcaíno." Parte de la protección de los ecosistemas de la reserva es abordar los problemas causados por la sobreexplotación de los recursos naturales. Trabajando junto con ONGs, bancos, y otras entidades, Philippe ha ayudado a los habitantes de la zona a transicionar de pescadores a piscicultores y criadores de ostión. El santuario no es solo para las ballenas y el ostión, sino también para el humano que se dedica a su cuidado.

Si se hace de manera correcta, la acuicultura permite que las poblaciones marinas silvestres se recuperen sin efectos negativos en el medio ambiente. El trabajo que se está realizando en Earth Ocean Farms y Sol Azul está poniendo a Baja California Sur en el mapa por algo que ha resultado difícil de alcanzar para otros lugares: una acuicultura realmente sustentable.

Todos Santos Eco Adventures (TOSEA) es la compañía líder de aventuras ecológicas en Baja California Sur y desde el 2002, ha compartido su pasión por la fenomenal belleza natural, la singular cultura y la extraordinaria vida silvestre de Baja California. Tienen campamentos de lujo en la Isla Espíritu Santo en el Mar de Cortés y en la Reserva de la Biosfera de la Sierra de La Laguna. También poseen y operan Los Colibrís, un hotel boutique en Todos Santos. Sus galardonados viajes han aparecido en National Geographic, London Times, Outside Magazine, Coastal Living, Condé Nast Traveler, Forbes, Playboy, Sunset Magazine, y Lonely Planet.



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Summer in the Sur

story & photos by Kaia Thomson

Summer is an amazing time of year in the arid yet subtropical zone of the world that is Baja California Sur. This is generally the time when the rains come, providing the land with much needed water which also generates an explosion of rebirth, renewal, and energy. It is a time of sunshine, flowers, butterflies, afternoon thunderstorms, rainbows, breezes, green grasses and with some luck, just a few hurricanes. Summer here is divided into two seasons, with June and July being warm and less humid, then the monsoon season starting in August and September, increasing heat and humidity, and the rains that generally last well into October.

Sunrise often starts with a clear blue sky, then by late morning, there are little "cotton ball" clouds dotting the tips of the mountains. Around noon, these little clouds have matured into giant mounds of white cumulus, soon turning to gray and then even black. The daily thunderstorm activity in the *sierras* scents the breeze with the sweet smell of wet grass and desert plants. Summer sunsets end the day with a beautiful display of Renaissance light, with the golds and lavenders painting the way as the evening sky fades into the darkness of night.

Almost immediately after the rains comes a green explosion of plants, followed by flowers and then by butterflies of many different sizes and colors. One can almost watch the transformation on an hourly basis, as the plants react to the summer conditions. Along with the lush green landscape and warmer temperatures comes the parade of interesting insects and animal behavior as they adjust their routines of feeding, traveling, and resting to the summer climate. Birds will start up their songs before daylight, reptiles will be sunning in the middle of the day, and most of the desert mammals will change their forage routines to the cooler times of the day and into the night. The extended light from longer days and the rains provide food for the animals, which can also trigger a second breeding season. Plants will often repeat the flowering cycle, thus ensuring even more chances of species survival in a generally harsh environment.

Verano en el Sur



Historia y fotos de Kaia Thomson
traducido por Ricardo Madrazo

El verano es una temporada espectacular en las áridas y a la vez subtropicales regiones de Baja California Sur. Es generalmente la temporada de lluvias, que brindan a la tierra las tan ansiadas aguas que traen consigo una explosión de energía, renovación, y renacimiento. Es temporada de sol, flores, mariposas, tardes lluviosas, arcoíris, brisas, verdes pastos, y con mucha suerte, sólo algunos huracanes. El verano sudcaliforniano tiene dos partes: junio y julio son meses cálidos y menos húmedos; en agosto y septiembre caen las fuertes lluvias, que generalmente terminan hasta octubre; consecuentemente, aumenta la humedad y el calor.

El amanecer de verano por lo general es un cielo azul y despejado, que para media mañana ya se ha convertido en un rebaño de borregos de algodón que juegotea con las cimas de la Sierra de la Laguna. A mediodía, estas nubecillas ya se transformaron y ahora vemos enormes cúmulos blancos que se van tornando grises y hasta negros. Las tormentas que diariamente bañan la sierra empapan el aire con el aroma de pasto húmedo y flores del desierto. Los atardeceres culminan el espectáculo celeste del día con un hermoso despliegue de luz renacentista, y los tonos dorados y purpúreos haciendo suyo el lienzo antes de sucumbir ante la noche.

Al pasar la lluvia, y de manera casi inmediata, se suscita VERANO continúa en página 26

Cape Spiny-tailed Iguana / Iguana de palo
Ctenosaura hemilopha



Bee / *Apis mellifera* on *Mammillaria fraileana*
Abeja / *Apis mellifera* en *Mammillaria fraileana*

Verano

continuó de página 25



Cardon seeds / *Pachycereus pringlei*
Semillas del cardón

una explosión de verdor, que al poco tiempo da paso a las flores, y con ellas, las mariposas de muchos colores y tamaños. Casi puede uno ver la transformación en tiempo real mientras las plantas reaccionan a las condiciones de verano. Junto con el reverdecer de los desiertos y las temperaturas cálidas, tenemos un desfile interminable de insectos y demás animales que ajustan sus rutinas de alimento, migración, y descanso al clima de verano. Las

aves cantan antes del amanecer; los reptiles se asolean a mediodía; la mayoría de los mamíferos del desierto empiezan sus actividades más tarde, e incluso de noche. Los días largos y las lluvias generan más alimento para los animales, lo cual puede resultar en una segunda temporada de apareamiento. Las plantas a menudo repiten ciclos de floración, lo cual a su vez asegura que las especies sobrevivan en un ambiente que por lo general es inhóspito.



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El Cielo: The Baja Sky

by Roc Fleishman
photo by Kaia Thomson

Welcome to the summer 2021 edition of *El Cielo*, highlighting the more visible movements of the heavenly objects above Baja California Sur from June into October.

MOON/PLANET CALENDAR JUNE

- 1 Jupiter and the moon rise within 5° around 2:30 am.
11 New moon with Venus in the sunset.
13 The moon around 3° from Mars. Mars is a little dim these days (but always reddish), so this might help you to identify it.
20 Winter solstice. The day the sun passes directly above Todos Santos. Now the days will start being shorter again.
26/27 The moon and Saturn will rise together just before midnight.

Star notes: Omega Centauri is a great fuzzy ball at 18° of altitude in the south (southwest by end of June) at sunset—a great binocular or telescope target.

JULY

- 8 The thin, waning crescent moon in the sunrise with Mercury. A bit of a challenge to see.
11 New moon again on the 11th with Venus, Mars dim and left of Venus.

- 12 Mars and Venus pass within ½ degree of each other in the western sky after sunset.
28/29 Southern Delta Aquariids Meteor Shower peaks tonight. There will be bright moonlight in the early morning hours, but this shower often produces fireballs, so if you are up for it, good luck.

AUGUST

- 9 New moon.
10 New moon near Venus in the sunset.
11/12 Perseid Meteor Shower maximum. Our usual big summer meteor shower always runs from the middle part of July until late August. The peak this year is supposed to be in the early morning hours of the 12th, and there will be no moon interference after about 11:30 pm on the 11th.
21 The moon passing Jupiter visible from late evening on.

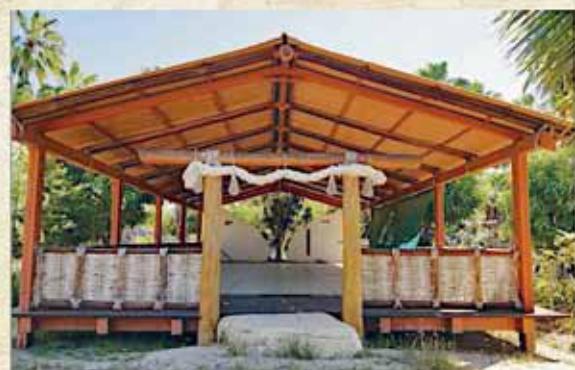
SEPTEMBER

- 8 New moon visible.
9 New moon near Venus.
16/17 The moon is near Saturn tonight.
17/18 The moon passes Jupiter tonight.
22 Autumnal Equinox at midday means the start of astronomical fall.

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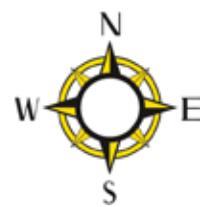
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TODOS SANTOS

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Summertime Drinks

Our friends at Barefoot Cantina at Casa Maya and Shaka's Cantina have shared two of their favorite cocktails to enjoy on a hot summer day.



BALI HAI / BAREFOOT CANTINA

1 ounce Bacardi Blanco
1/2 ounce Bacardi Añejo
1 ounce Coffee Liqueur
1 ounce lime juice
1 ounce pineapple juice
1 ounce cinnamon-ginger-clove syrup
1 dash Angostura bitters

Place all above ingredients in a shaker with ice shake until mixed, strain and pour over ice in a tall glass. Serve garnished with a pineapple leaf, orange slice, and top with a Fireball barefoot gummy.



KINKY KARLA / SHAKA'S CANTINA

1 1/2 ounces Santos Mezquila
1 ounce Chili Liqueur
3 ounces roasted pineapple juice
1 1/2 ounces lime juice
Basil leaves
Rosemary sprig

Dip a tall glass in Tajin salt to coat rim and fill with ice. Place all the above ingredients in a shaker, shake until mixed, strain into the glass.

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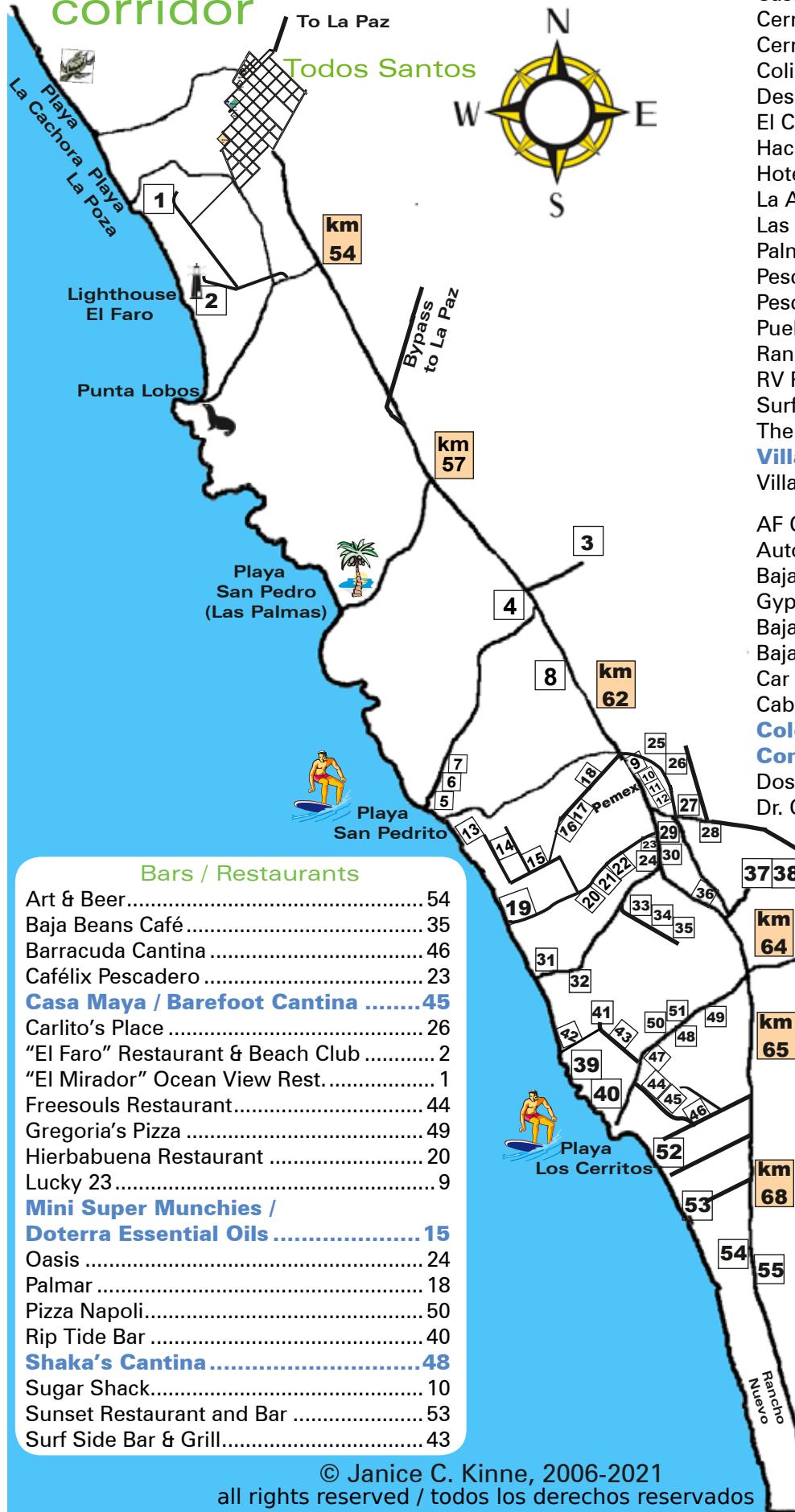
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todos santos—el pescadero corridor



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To Elías Calles and Cabo San Lucas

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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. There are no lifeguards on duty at any area beaches.

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

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

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

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

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

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

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

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

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

PLAYA LOS CERRITOS is located at km 64 about BEACHES continued on page 34

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Beaches

continued from page 33

photo by Mikayla Jones

eight miles (12.8 km) south of Todos Santos. Look for the turnoff after the hill, south of Puente El Pescadero. Los Cerritos is a popular spot for surfing, boogie boarding, swimming, and fishing. Swim with caution due to strong riptides near the rocks. It is recommended to stay at least 50 meters from the rocks. The most secure swimming area is in front of the restaurant/bar. Swim with caution and always have a land reference. There is a long stretch of beach to the south that is perfect for walking or running. Surfboard rentals and other services are available. Due to COVID-19, there are now three access filters. Only 200 people will be allowed to enter per filter to give a total capacity of 600 people per day.

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

PESCADERO SURF SHOP, #34 on the Pescadero map. The surf shop stocks everything you need for surfing: surfboard rentals, used and new surfboards for sale, wax, ding repair, accessories, surf reports and information. You can also arrange surf lessons, surf and SUP tours, and activities at the store with Mario Surf School.

TODOS SANTOS ECO ADVENTURES, #167 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, #88 on the Todos Santos map, sells and rents surf boards, offers beach supplies and activities around Todos Santos. They carry international brands and many locally handmade wares, clothes, bikinis, accessories, natural sunscreen, and "Eclipse" boards shaped by Meisy of Todos Santos. They offer tours to swim with whale sharks and sea lions, surfing lessons, fishing trips, trips to Espíritu Santo Island, and whale watching in Magdalena Bay.

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foto por David Rodrigo Jiménez

Mini Super Munchies

continuó de página 14

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Mini Super Munchies ahora está abierto todo el año, de lunes a sábado de 8:30 am a 8 pm, Los domingos de 10 am a 8 pm. Están ubicados en la calle que pasa por Rancho Pescadero en El Pescadero, #15 en el mapa de Pescadero. Tel. 612 136-5986, www.minisupermunchies.com



foto por David Rodrigo Jiménez

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La Paz Beaches

by Janice Kinne

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

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

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

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

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

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

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

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

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

photo by Mikayla Jones

El Cielo

continued from page 27

OCTOBER

- 7 New moon visible.
9 The crescent moon nears Venus in the evening sky.

The Orionid meteor shower peaks on October 20/21 and will be basically washed out by a full moon this year but you might notice just a generally higher level of meteor activity in the week or so before then.

For more information on any of the above subjects, check out the web links below. If you want to talk, call me on my cell phone at (612) 348-5468 or text on Whatsapp or Messenger. (Not in the office much these days).

LINKS OF INTEREST

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

METEOR SHOWERS: <http://www.imo.net/calendar/2018>

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

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

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

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

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

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

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

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

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

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

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► dial 011-52-area code-phone number

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

All numbers in Mexico are now 10 digits, including cell numbers. No extra "1", "044", or "045" are needed.



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eventos

junio

4 de junio | 5 a 6:30 pm, CLASE DE COCINAR en Hablando Mexicano.

Tostadas de Salpicón. El salpicón es una ensalada de carne desmenuzada fácil que no requiere demasiadas habilidades en la cocina e incluye algunos de los componentes más comunes de una ensalada como lechuga, tomate, cebolla, y aderezo. \$500 MX. Para más información: www.hablandomexicano.com

5 de junio | 6:30 pm, MÚSICA EN VIVO con el Brian Flynn Band en Shaka's Cantina en Cerritos. No cover.

9 de junio | 3^{ER} ANIVERSARIO DE TODOS SANTOS BREWING, Degustación de platillos y cervezas. Seis tiempos culinarios con su maridaje de cerveza TSB. \$1000 MX / persona, incluye alimentos y bebidas.

11 de junio | 5 a 6:30 pm, CLASE DE COCINAR en Hablando Mexicano. Enchiladas. Las enchiladas son un plato típico de México, que son particularmente populares en el norte. Consisten en tortillas de maíz empapadas en una salsa picante, que se rellenan con carne, frijoles rojos o quesos. \$500 MX. Para más información: www.hablandomexicano.com

12 de junio | 6:30 pm, MÚSICA EN VIVO con Stamina en Shaka's Cantina en Cerritos. No cover.

15 de junio | 5 a 6:30 pm, EL CHINGONARIO en Hablando Mexicano. "Chingar" es la palabra más utilizada en México. Los significados de esta palabra son tantos, que casi en todas las situaciones, se puede utilizar. Lectorum México decidió publicar este entretenido libro, que recoge los usos más populares de esta palabra, con expresiones, definiciones y ejemplos. Aprenderá qué usar y qué NO usar. Incluye el libro Chingonario. \$400 MX. Para más información: www.hablandomexicano.com

18 de junio | 5 a 6:30 pm, CLASE DE COCINAR en Hablando Mexicano.

Tacos de Pastor Negros. En lugar de chiles rojos y el pigmento carmesí de

la planta de achiote, Solís usa una salsa tradicional de Yucatán llamada recado negro (literalmente, mensaje negro), que obtiene su color oscuro de la piel ennegrecida de los chiles asados. \$500 MX. Para más información: www.hablandomexicano.com

18 de junio | 6:30 pm, MÚSICA EN VIVO con Shooter Ford en Shaka's Cantina en Cerritos. No cover.

19 de junio | 3 a 8 pm, GRAN INAUGURACIÓN de la Galería Brian McGuffey Art en su nueva ubicación, Plaza Los Refranes en el otro lado. Obra nueva de Brian McGuffey y Leif Holland en una serie titulada "Sing a Song of Misfits" (canta el canto de los inadaptados). Adicionalmente, exhibición de joyería fina con perlas tahitianas y piedras preciosas en plata y oro. Por su seguridad y la de los demás, estaremos observando todos los protocolos de COVID.

19 de junio | 6:30 pm, MÚSICA EN VIVO con Blues Azul en Shaka's Cantina en Cerritos. No cover.

20 de junio | DÍA DE LOS PADRES

21 de junio | SOLSTICIO DE VERANO

24 de junio | 6:30 pm, MÚSICA con DJ Dimitri Kota en Shaka's Cantina en Cerritos. No cover.

25 de junio | 5 a 6:30 pm, CLASE DE COCINAR en Hablando Mexicano. Cochinita Pibil. La cochinita pibil es un plato típico de la región de Yucatán en México.

Antiguamente los mayas lo cocinaban en un horno subterráneo, pero ahora se puede preparar en un horno convencional, marinándolo toda la noche. Se sirve con cebolla en escabeche y chile habanero. \$550 MX. Para más información: www.hablandomexicano.com

26 de junio | 6:30 pm, MÚSICA EN VIVO con los Tan Lines en Shaka's Cantina en Cerritos. No cover.

26 de junio al 4 de julio | RETIRO ANUAL DE LITERATURA CREATIVA "ESCRIBIENDO EN LA BAJA" ("Writing Down the Baja") del Rancho Literario en Serendipity, Todos Santos. Dirigido por Ellen Waterston. Bienvenidos todos los escritores. Para mayor información visite: www.writingranch.com, 001.541.480.3933 o info@writingranch.com.

septiembre

18 de septiembre | FECHA LÍMITE PARA EDICIÓN DE OTOÑO de Journal del Pacífico.

octubre

31 de octubre | CONCURSOS Y PRESENTACIONES del Día de Muertos Todos Santos, en el teatro de la plaza. Este año se realizará el evento sólo si se permite bajo los protocolos COVID en BCS. Mayores informes en: Facebook: Dia de Muertos Todos Santos, fiestadademuertostodosantos.com

EVENTOS cont. en pg. 41

HORA FELIZ

Casa Maya/Barefoot Cantina Do Lu Mier Ju Vi Sa 3 a 6 pm, 25 peso cerveza nacional, 50 peso margaritas de la casa y tequila. Cerritos Beach Inn **Do Lu Mar Mier Ju Vi Sa 2 a 6 pm**, 2x1 cerveza y margaritas.

Gallo Azul, Do Lu Mar Mier Vi Sa 3 a 6 pm, 2x1 mojitos y margaritas. Hotel San Cristóbal, **Vi 4 a 7 pm**, Hora feliz junto a la alberca.

Shaka's Do Lu Mar Mier Ju Vi Sa 4 a 6 pm, 2x1 Cerritorita, George's Paloma, J.B. Special, P.P. Paloma, Shakarita, y tequila de la casa. Shut Up Frank's **Lu Mier Ju Vi 3 a 6 pm**, 2x1 cerveza y cocteles de la casa.



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Cada Semana

domingo

8 am a 1 pm, **MERCADO DE ARTE Y ORGÁNICOS** en Baja Beans, Pescadero. Hasta el fin de julio.

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

martes

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

4 pm, **MARTES DE TACOS** en Chill N Grill en Todos Santos. 6 a 9 pm, música en vivo.

jueves

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

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

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

viernes

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

9 am a 4 pm, **MERCADO ORGÁNICO** en The Shoppes en Palmilla en San José del Cabo. Para más información 624-144-6999 o visite: www.theshoppesatpalmilla.com.

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

sábado

7:30 a 11 am, **RECICLADO EN EL OTRO LADO**, enfrente de Huerto Raíces. Cartón, papel, plástico #1 y #2, vidrio claro únicamente, baterías. Se aceptan donativos. Información: Kevin, 612-149-3729.

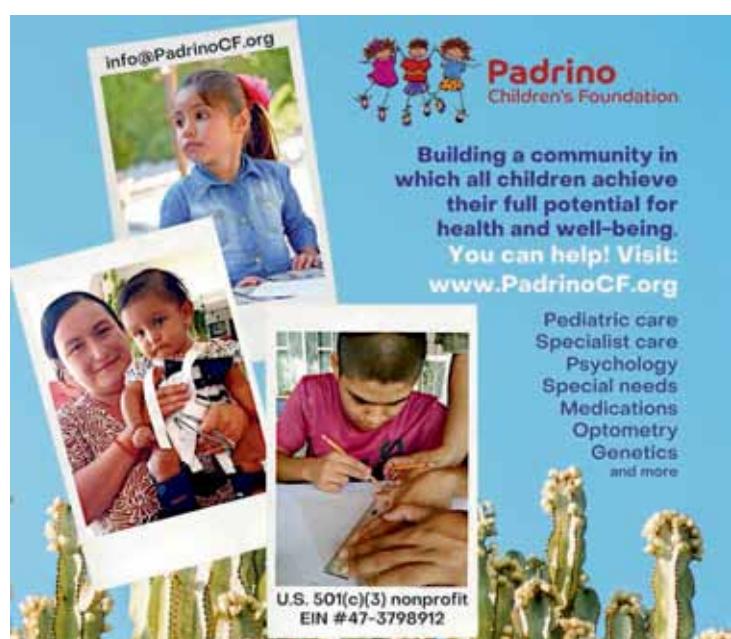
8:30 am a 1 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Madero entre 5 de Mayo y Constitución, La Paz.

9:30 am, **MERCADO ORGÁNICO** en Doce Cuarenta, Todos Santos.

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

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

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



Banking in Mexico

by Bernando Gonzalez Molina

There are many reasons why people are relocating to México, whether it's for budget reasons, quality of life, climate, beaches, or any other reason, it is happening fast. As people arrive, there is a huge demand for services that need to catch up with international standards in order to meet the demand.

After reading several articles, blogs, personal experiences, and publications about "Banking in Mexico" directed to foreigners, I realize there is a lot of fear about requirements and operations. There is also uncertainty and a big gap between what people have experienced and what people should be experiencing.

I decided to write about it from my perspective. I have been in the industry for 10 years and understand the needs of foreigners and nationals when it comes to financial services in México. I enjoy advising customers and meeting people new to Mexico and help them find the services that best suit them.

Many people think that banking in México is hard. There are Mexican banks that provide personalized attention by well-prepared professionals—where you can talk to a person instead of talking to a call center and where your service standards can be met. Also, I believe that opening a bank account in México in a *zona fronteriza*, such as Baja California Sur, shouldn't require being a Mexican resident. You should be able to open a bank account with your tourist visa.

When choosing a financial institution in México, my advice is to look for the following requirements:

PUBLIC BANK: Make sure your chosen bank meets international standards.

INVESTMENTS: Accessibility to investments may vary from one institution to another, look for an institution that offers good returns and that allows you to invest in international assets. You would be surprised of the returns you might get in your Mexican bank account.

ENGLISH-SPEAKING STAFF: Language can be a huge barrier. Make sure your selected institution has English-speaking advisors or executives on-site that can help you out at any time.

OPERATION WITH YOUR HOMELAND BANK: Find out what is needed to move money back and forth from your Mexican and homeland bank. Make sure you can do this easily, in case you need to move capital from one bank to another, just by a click, phone call, or an email.

USD ACCOUNT: There are many Mexican banks that provide USD account service. Ask about the restrictions, exchange rates, accessibility to cash, and wire transfers.

ELECTRONIC OR DIGITAL BANKING: Most Mexican banks have a digital banking service where you can make payments to any other Mexican with a bank account providing you a service or a product.

ACCESS TO CASH: You will normally be provided with a debit card for access to your account at ATMs. Find out the limits on cash withdrawals and deposits at your selected institution.

PERSONAL SERVICE: A lot of Mexican banks do not provide personalized service; it can be hard to find someone to take care of your capital, operations, or other services. Make sure you will be taken care of by a real person who is interested in assisting you with your banking services.

CREDIT SCORE: The easiest way to build a credit score in México is through a back-to-back loan, which is no more than a loan guaranteed by your capital. You can start by making your first loan as soon as you arrive, this way you will get registered in the Mexican credit score institution and start building it from there.

There are financial institutions in México that provide great service, of course you will need to ask questions upfront and state your preferences in order for the bank to understand your needs and for you to find out if it is the right bank for you.

Reach out for any questions, or advice.

Bernardo González Molina,
Director of Actinver Los Cabos.
Office: 624 172-6375, cell: 669 446-6155
bgonzalezm@actinver.com.mx

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Bernardo Gonzalez Molina

Financial Advisor /Actinver Director

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Events continued from page 20

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september

September 18 | JOURNAL DEL PACIFICO FALL ISSUE DEADLINE.

october

October 30 & 31 | DIA DE MUERTOS TODOS SANTOS contests and performances in the theater on the plaza. This year's event will take place if allowed under current Covid protocols in B.C.S. For more information: Facebook: Dia de Muertos Todos Santos, fiestadiademuertostodossantos.com

October 31 | DAYLIGHT SAVINGS ENDS in Mexico.

October 31 | HALLOWEEN.

november

November 1 & 2 | DÍA DE MUERTOS TODOS SANTOS events in the plaza: installation and blessing of altars, Catrina parade, pet parade, and awards for best altars and catrinas. This year's event will take place if allowed under current Covid protocols in B.C.S. For more information: Facebook: Dia de Muertos Todos Santos, fiestadiademuertostodossantos.com

November 7 | DAYLIGHT SAVINGS ENDS in USA and Canada.

November 15 - 20 | BAJA MIL OFF-ROAD RACE, from Ensenada to Cabo San Lucas. For more information: score-international.com.

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

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

Eventos continuó de página 38

31 de octubre | CAMBIO DEL HORARIO en Mexico.

31 de octubre | HALLOWEEN.

noviembre

1 y 2 de noviembre | EVENTOS DE DÍA DE MUERTOS TODOS SANTOS en la plaza: instalación y bendición de altares, desfile de catrinas y mascotas, premiación de altares y catrinas. Este año se realizará el evento sólo si se permite bajo los protocolos COVID en BCS. Mayores informes en: Facebook: Dia de Muertos Todos Santos, fiestadiademuertostodossantos.com

7 de noviembre | CAMBIO DEL HORARIO en EEUU y Canada.

15 al 20 de noviembre | CARRERA OFF-ROAD BAJA MIL, de Ensenada a Cabo San Lucas. Visita score-international.com.

Donations are needed to keep the three little libraries stocked. The little libraries are located at Pinos park, near La Esquina café, and by Padrino Children's Foundation in Todos Santos.

Donations are accepted at the Palapa Society Library, Monday 10 am to 1 pm.



¡Patas Calientes!

por David Divjak, Todos Los Perros
traducido por Ivonne Benítez

El clima de verano llegará pronto y, si bien es tentador llevar a nuestros perros cuando estamos fuera de casa, rápidamente puede volverse demasiado para ellos. Los perros tienen seis almohadillas de piel sin pelo en cada pie. El pavimento, el asfalto, la arena e incluso los senderos de tierra se calentarán y causarán quemaduras, ampollas, y descamación de la piel.

El daño de la almohadilla de la pata puede ocurrir en 60 segundos, así que tome estas medidas preventivas para evitar daños y dé un paseo seguro con su cachorro.

- Toque las superficies antes de caminar sobre ellas, usando la regla de los siete segundos. Coloque el dorso de su mano sobre el pavimento durante siete segundos. Si siente demasiado calor para usted, hace demasiado calor para su perro.
- Evite las caminatas a la mitad del día. Apéguese a las primeras horas de la mañana y a las últimas horas de la noche, cuando las superficies están más frescas.
- Si debe caminar durante la parte más calurosa del día, manténgase alejado de las aceras y el pavimento y manténgalo corto.
- Invierta en un buen par de botines para perros, como *Ultra Paws*. Estos son útiles en los días calurosos.
- Considere usar un producto tópico para endurecer las almohadillas de las patas en preparación para

el pavimento caliente. *Tuf-Foot* y *Musher's Secret* son los favoritos populares, y puede comenzar los tratamientos mucho antes de la temporada de verano.

INCLUSO IR A LA PLAYA SIGNIFICA TOMAR PRECAUCIONES:

- Nuevamente, toque la arena usando la regla de los siete segundos.
- Camine a lo largo de la orilla del agua donde está un poco más fresco.
- Los perros con pelo corto (o con cortes de pelo recientes), los perros blancos y los que tienen orejas rosadas deben tener especial cuidado de no tomar demasiados rayos. Limite su tiempo al sol.

PATAS CALIENTES continúa en página 45

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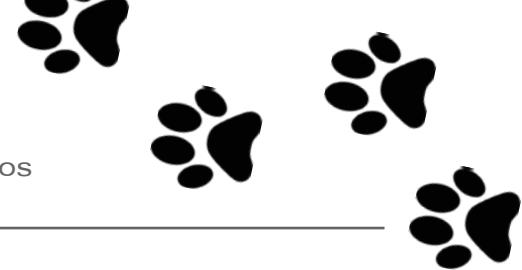
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Hot Paws

by David Divjak, Todos Los Perros



Summer weather is coming soon and while it's tempting to take our dogs along when we're out and about, it can quickly become too much for them. Dogs have six furless skin pads on each foot. Pavement, asphalt, sand, and even dirt trails will heat up and cause burning, blistering, and peeled skin.

Paw pad damage can occur in 60 seconds, so take these preventative measures to avoid harm and have a safe stroll with your pup.

- Test surfaces before you walk on them, using the 7-second rule. Place the back of your hand on the pavement for seven seconds. If it feels too hot to you, it's too hot for your dog.
- Avoid walks in the middle of the day. Stick to the early morning and late evening when surfaces are cooler.
- If you must walk during the hottest part of the day, steer clear of sidewalks and pavement and keep it short.
- Invest in a good pair of dog booties, like Ultra Paws. These come in handy on hot days.
- Consider using a topical product to toughen up paw pads in preparation for hot pavement. Tuf-Foot and Musher's Secret are popular favorites, and you can start treatments well in advance of the summer season.

EVEN GOING TO THE BEACH MEANS TAKING PRECAUTIONS:

- Again, test the sand using the seven-second rule.
- Walk along the water's edge where it's slightly cooler.
- Dogs with short hair (or recent haircuts), white dogs, and those with pink ears have to be especially careful not to catch too many rays. Limit your time in the sun.

HOT PAWS continued on page 46

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SOS/Grupos

sunday / domingo

10:30 am, **KAVIKA HATHA VINYASA YOGA @ Cuatro Vientos**, Todos Santos.

monday / lunes

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

10:15 am **FUSION FITNESS @ Cross2Box**, Todos Santos.

10:30 am, **KAVIKA POWER VINYASA YOGA @ Cuatro Vientos**, Todos Santos.

11 am, **AA MEETING**. On the rooftop at Ricardo Amigo Real Estate on calle Centenario in Todos Santos. For info: Erick (612)156-9980.

12 pm, **VAJRA DANCE @ Cuatro Vientos**, Todos Santos.

5 pm, **AA MEETING** at Casa Catalina / El Tecolote Bookstore on calle Militar, Todos Santos. For information: Kenny: (612)152-2995, Catherine: (612)149-5194, Don: (612)157-1256

tuesday / martes

7:30 am, **YOGA W/C LIZ @ Cuatro Vientos**, Todos Santos.

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

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

4 – 5 pm, **CROSSFIT FOR KIDS**, Cross2box, Todos Santos. (Limited spots available).

4:30 pm, **RESTORATIVE YOGA W/C RUBEN @ Cuatro Vientos**, Todos Santos.

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

wednesday / miércoles

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

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

10:15 am **FUSION FITNESS @ Cross2Box**, Todos Santos.

10:30 am, **GENTLE HATHA YOGA W/C RUBEN @ Cuatro Vientos**, Todos Santos.

11 am, **AA MEETING**. On the rooftop at Ricardo Amigo Real Estate on calle Centenario in Todos Santos. For info: Erick (612)156-9980.

5 pm, **PESCADERO HIGHTIDE AA MEETING @ Baja Beans**, Pescadero. For information: Don (612) 157-1256.

thursday / jueves

7:30 am, **YOGA W/C LIZ @ Cuatro Vientos**, Todos Santos.

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

10:30 am, **MINDFUL YOGA W/C MARY TERE @ Cuatro Vientos**, Todos Santos.

4 – 5 pm, **CROSSFIT FOR KIDS**, Cross2box, Todos Santos. (Limited spots available).

4:30 pm, **RESTORATIVE YOGA W/C RUBEN @ Cuatro Vientos**, Todos Santos.

5 pm, **AA MEETING** at Casa Catalina /El Tecolote Bookstore on calle Militar, Todos Santos. For information: Kenny: (612)152-2995, Catherine: (612)149-5194, Don: (612)157-1256

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

friday / viernes

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

9 am, **WOMEN'S AA MEETING** at Casa Catalina /El Tecolote Bookstore on calle Militar, Todos Santos.

10:15 am **FUSION FITNESS @ Cross2Box**, Todos Santos.

10:30 am, **KAVIKA POWER VINYASA YOGA @ Cuatro Vientos**, Todos Santos.

11 am, **AA MEETING**. On the rooftop at Ricardo Amigo Real Estate on calle Centenario in Todos Santos. For info: Erick (612)156-9980.

12:30 pm, **Qi Gong W/C RHODA** via Zoom. Beginning Tai Chi course. Email for link: barakabaja@gmail.com

4:30 pm, **KAVIKA SACRED CIRCLE OF MEN @ Cuatro Vientos**, Todos Santos.



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saturday / sábado

10:30 am, INVERSION FOUNDATIONS W/C EMILIE @ Cuatro Vientos, Todos Santos.

11 am, AA MEETING. On the rooftop at Ricardo Amigo Real Estate on calle Centenario in Todos Santos. For info: Erick (612)156-9980.

Patas Calientes

continuó de página 42

- No permita que su perro beba demasiada agua salada. Chapalear en el agua mientras retozan en las olas está bien, pero si tragan e ingieren demasiada, todos pagarán el precio cuando tengan un caso desagradable de diarrea y malestar estomacal.
- Lleve mucha agua fresca y ofrézcalo con frecuencia.

NUNCA deje a un perro sin vigilancia en un automóvil o camión en un día caluroso bajo el sol. En un día de 70°F / 21°C, alcanzará los 100°F+ / 38°C+ en un automóvil en solo 20 minutos. En los días más calurosos alcanzará los 140°F / 60°C. Los estudios demuestran que romper una ventana hace muy poco para disminuir el calor.

Si sus perros deben acompañarlo en un día caluroso, viaje con otra persona que pueda permanecer en el vehículo con ellos mientras el aire acondicionado está encendido. Esto los mantendrá a salvo del sobrecalentamiento y también reducirá el riesgo de que su perro salte por una ventana abierta para escapar del calor. Si DEBE dejar al perro desatendido, debe dejar el vehículo en marcha, el aire acondicionado en alto y *Steely Dan* en el estéreo.

Con pequeños ajustes en su rutina durante los meses calurosos aquí en Baja California Sur, usted y su perro disfrutarán juntos del aire libre de manera segura durante todo el año.

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FACEBOOK & INSTAGRAM:
CUATRO VIENTOS TODOS SANTOS

On The Cover En la Portada

Mikayla Jones
traducido por Ivonne Benítez

Mikayla Jones is an 18-year-old wildlife, portraiture, and travel photographer. She lives half her life in British Columbia, Canada, and the other half in Pescadero, B.C.S., Mexico.

Mikayla and her twin sister first came to Baja when they were four-years old, continuing a life of travel and adventure which started with their parents who first visited Baja 30 years ago during a seven-year Pacific Ocean voyage on their sailboat.

Mikayla has enjoyed a life of travel around the world, capturing pictures and images along the way. Whether it's in a town, the desert, mountains, or underwater, you will most likely find Mikayla smiling behind the lens. Instagram: @mjones.photography

Mikayla Jones de 18 años, es una fotógrafa de viajes, retratos, y vida salvaje. Vive la mitad de su vida en Columbia Británica, Canadá, y la otra mitad en Pescadero, B.C.S., México.

Mikayla y su hermana gemela llegaron por primera vez a Baja cuando tenían cuatro años, continuando una vida de viajes y aventuras que comenzó con sus padres, quienes visitaron Baja por primera vez hace 30 años durante un viaje de siete años por el Océano Pacífico en su velero.

Mikayla ha disfrutado de una vida de viajes alrededor del mundo, capturando fotografías e imágenes en el camino. Ya sea en una ciudad, el desierto, las montañas o bajo el agua, lo más probable es que encuentres a Mikayla sonriendo detrás de la lente. Instagram: @ mjones.photography

BEAUTIFUL MEXICAN CLOTHING AND LEATHER
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TOPETE/LEGASPY



ÉTNICA
  etnicatodosantos

Hot Paws

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- Don't let your dog drink too much salt water. Lapping at the water while frolicking in the waves is fine, but if they guzzle and ingest too much you all will pay the price when they have a nasty case of diarrhea and a bad tummy.
- Carry lots of fresh water and offer it often.

NEVER leave a dog unattended in a car or truck on a warm day in the sun. On a 70°F/21°C day it will reach 100°F+/38°C+ in a car in just 20 minutes. On hotter days it will reach 140°F/60°C. Studies show that cracking a window does very little to lessen the heat.

If your dogs must join you on a warm day, travel with another person who can remain in the vehicle with them while the air conditioner is running. This will keep them safe from overheating, and it will also reduce the risk of your dog jumping out of an open window to escape the heat. If you MUST leave the dog unattended you should leave the vehicle running, AC set to high and Steely Dan playing on the stereo.

With minor adjustments to your routine during the hot months here in Baja California Sur, you and your dog will enjoy the outdoors safely together year-round.

US CONSULAR AGENT

Shoppes at Palmilla, San José del Cabo

Tel. (624) 143-3566. For appointments email: appointmentsloscabos@state.gov

For after-hours emergencies, call the Duty Officer at the U.S. Consulate General Tijuana. (619) 692-2154.

<https://mx.usembassy.gov/embassy-consulates/tijuana/consular-agency-los-cabos/>

HOT PAWS PATAS CALIENTES

Air/Aire Pavement/Pavimento

77°F/25°C	→	125°F/52°C
86°F/30°C	→	143°F/62°C
95°F/35°C	→	149°F/65°C

Test surfaces before you walk on them, using the 7 second rule. Place the back of your hand on the pavement for seven seconds. If it feels too hot to you, it's too hot for your dog.

Toque las superficies antes de caminar sobre ellas, usando la regla de los siete segundos. Coloque el dorso de su mano sobre el pavimento durante siete segundos. Si siente demasiado calor para usted, hace demasiado calor para su perro.



AA CABO SAN LUCAS—AA Hacienda Group Cabo, upstairs above Ace Hardware behind McDonalds. Monday – Friday, 4:30 pm and daily at 6 pm. For information: (624) 147-0478

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

LA PAZ—For information call: Rick M. (612)131-7459, JoAnna (612)108-5342, or Leo (612)197-8639.

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Cerritos

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\$ 1,000,000 USD

MLS# 21-452



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Pescadero

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MLS# 20-1949



CERRITOS LOT 2316

Cerritos

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\$ 90,000 USD

MLS# 21-480



LOT 994

Cerritos

2,001.58 Sq.Mt. / M2

\$ 50,000 USD

MLS# 21-45



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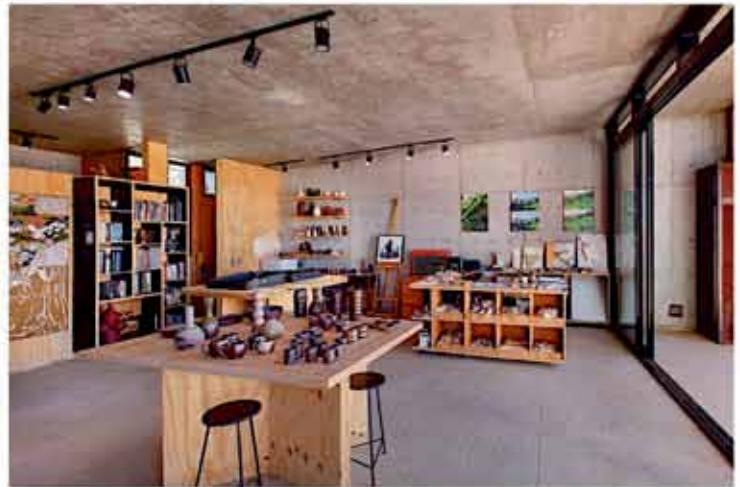


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