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28 & 29



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Sustainable Ranching and the Cowboy Museum in El Triunfo

Ganadería Sustentable y el Museo de Vaqueros en el Triunfo

by / por Bryan Jáuregui / traducido por Francesca Magallon



photo by / foto por Miguel Ángel de la Cueva

The new *Museo de Vaqueros del las Californias* in El Triunfo—The Cowboy Museum—is an intimate, yet gorgeously expansive look at the 300 years of families, traditions, skills, and tools that bind the Californias of Mexico and the United States in ways that no war or border can erase. It is a celebration of the great *vaquero* / cowboy culture that was born in Baja California, moved north with the cattle to Alta California, and still thrives today throughout the western United States.

The museum exhibits are punctuated with the fantastically beautiful paintings of La Paz artist Carlos César Díaz Castro, who created ten paintings and two murals to help tell the vaquero's story, as well as stunning photos of present-day vaquero life by renowned Baja California Sur photographer Miguel Ángel de la Cueva. As with its sister museum in El Triunfo, *Museo Ruta de la Plata* / the Silver Route Museum, one of the museum's most compelling exhibits is the oral history section, in which members of local ranching families share their stories, histories, and anecdotes.

But perhaps one of the most interesting themes running throughout the museum in small plaques and chalk drawing prints is that of sustainability. Interwoven with exhibits of criollo pigs and cattle brought from the Iberian Peninsula, is the explanation of Transhumance, livestock practices with minimal environmental impact that the Spanish brought with them to the New World that involved the environmentally sustainable practice

COWBOY MUSEUM continued on page 19

El nuevo Museo de Vaqueros de las Californias en El Triunfo, es una mirada íntima y a la vez maravillosamente expansiva a 300 años de familias, tradiciones, habilidades, y herramientas que unen las Californias de México con los Estados Unidos en maneras que ninguna guerra o frontera puede borrar. Es una celebración de la gran cultura del vaquero que nació en Baja California, se mudó al norte con ganado a Alta California, y que aún sigue prosperando hoy en día a lo largo del occidente de los Estados Unidos.

Las exhibiciones del museo son acentuadas con las increíblemente bellas pinturas del artista oriundo de La Paz, Carlos César Díaz Castro, quien creo diez pinturas y dos murales para contar la historia de los vaqueros, también podemos encontrar impresionantes fotos de la vida del vaquero contemporáneo, obra del renombrado fotógrafo de Baja California Sur, Miguel Ángel de la Cueva. Así como en el Museo Ruta de la Plata, su museo hermano en El Triunfo, una de sus exhibiciones más convincentes es la sección de Historia Oral, en donde miembros de familias ganaderas locales, comparten sus cuentos, historias, y anécdotas.

Pero tal vez uno de los temas más interesantes a través del museo en pequeñas placas e impresiones de dibujos en gis, es la sustentabilidad. Entre exhibiciones de cerdos criollos y ganado vacuno traído de la península Ibérica, está la explicación de la trashumancia, práctica sustentable de ganadería con impacto ambiental mínimo, que los

MUSEO DE VAQUEROS continúa en página 8



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Museo de Vaqueros

continuó de página 6

españoles trajeron al nuevo mundo, y consistía en el desplazamiento estacional del ganado por rutas migratorias de pastoreo. Esta práctica es ahora la piedra angular para la ganadería regenerativa, y no tienes que alejarte mucho del museo para verlo en acción, aproximadamente a una hora en carro, en Rancho Cacachilas puedes ver como los vaqueros modernos trabajan rápidamente en restaurar la tierra. Innovaciones Alumbra, de Christy Walton, es una alianza de negocios sustentables en Baja California Sur, propietarios del Museo de Vaqueros y también de Rancho Cacachilas.

Florent Gomis es un francés que vino a Baja a estudiar la ecología de los climas desérticos, es el director de Sustentabilidad en Rancho Cacachilas, y la trashumancia es el centro de sus esfuerzos. "En Baja California Sur, así como en cualquier otro lugar del mundo de la ganadería, se ha culpado al ganado por la destrucción de la tierra. En realidad, el ganado no es el problema, es el manejo del ganado." Florent se adentra en la explicación, "Antes de que existieran los vaqueros, había rebaños de animales herbívoros motivados por predadores a moverse de lugar en lugar, y ese desplazamiento evitaba el sobrepastoreo de la tierra. Lo que tratamos de lograr en Rancho Cacachilas es la restauración del impacto que alguna vez tuvieron las manadas salvajes de animales herbívoros sobre la

tierra. Estas manadas salvajes, se movían frecuentemente, dándole a la tierra el tiempo necesario para recuperarse de dicho impacto antes de su regreso. Aquí en Rancho Cacachilas, manejamos pequeños grupos de animales y los mantenemos en movimiento, dejando que la tierra que ocuparon previamente descance por lo menos un año."

Mientras que el ganado es frecuentemente condenado como destructivo, Florent lo ve como parte de un proceso creativo restaurativo. "Verdaderamente nosotros vemos al ganado como jardineros, cuando se mudan a una nueva zona de pastoreo, sus pezuñas, rompen la tierra compactada, permitiendo que el agua y minerales se infiltrén en el terreno. El estiércol y la orina del ganado son carbón y nutrientes que revitalizan el suelo por completo, y mientras que el ganado pastorea, pisotean estas riquezas en el suelo, resultando así en la regeneración de la tierra. En un periodo relativamente corto de tiempo hemos visto estas tierras estériles, y deterioradas, cubrirse de vegetación."

Los beneficios de la trashumancia no terminan aquí, "Una de las cosas geniales de este proceso de regenerar el suelo, es que también se regenera el ciclo de la lluvia," explica Florent. "Mucha vegetación produce un efecto refrescante en la atmósfera, causando la precipitación de las nubes en la tierra. Así que de lo que antes fue un vasto ciclo de muerte: sobrepastoreo, monocultivo, fertilizantes, y pesticidas—obtenemos este gran ciclo de vida. Las vacas crean un suelo nutritivo, por lo que no se necesitan químicos, el suelo retiene agua y apoya a la vegetación, MUSEO DE VAQUEROS continúa en página 18

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Hoteles Cero Basura

por Bryan Jáuregui
y Megan Wehrenberg
traducido por Ivonne Benítez

Alto involucramiento de la comunidad, bajo impacto ambiental. Los nuevos chicos de la cuadra están trayendo un nuevo paradigma de desarrollo al pueblo que es alentador de ver. El Hotel Desierto Azul en Todos Santos y el Hotel So Far So Good en El Pescadero están demostrando cómo los nuevos hoteles y restaurantes que llegan a nuestras costas pueden tener el menor impacto en la abundante naturaleza y la infraestructura limitada de nuestros pueblos, mientras tienen un impacto tremadamente positivo en la vida comunitaria.

Desierto Azul es el proyecto pasión de Nilú Feregrino y Fabrizio Cavallo, una pareja mexicana-italiana que inauguró su hotel y la escuela de cocina hace aproximadamente un año. Su ambiente es claramente la nueva era ("Descubra un enfoque más consciente de las vacaciones. Desconéctese y regenérese en armonía con la naturaleza.") pero detrás de la cocina a base de plantas, suites aromáticas, y energía de desintoxicación diseñadas para tener un efecto esclarecedor impactante en la conciencia de los huéspedes, es el trabajo extremadamente duro de limitar su impacto en la tierra y los recursos locales. "Los paneles solares que proveen la electricidad, el biodigestor que convierte nuestras aguas negras en aguas grises para el jardín, las Water Ways Baja central de filtración de agua de Baja que proporciona agua potable en todo el hotel, todas estas son opciones costosas," señala Nilú, la mitad mexicana de la pareja. Fabricio, la parte italiana de la asociación retoma su tema. "Porque elegimos implementar estas opciones de desperdicio cero desde el principio, tuvimos que limitar nuestra inversión en otros lugares. Actualmente



solo tenemos cuatro suites y solo hemos implementado la etapa uno para nuestra zona de jardín y piscina. Nuestro objetivo es ayudar a los huéspedes a ver una alternativa a los productos químicos que nos bombardean todos los días y para ayudar a influir en las decisiones que toman para lograr un estado más saludable. Predicamos con el ejemplo en las elecciones que hacemos para el hotel y escuela de cocina." Se alienta a los residentes a participar en sus actividades basadas en plantas y clases de cocina.

Alejandro Guerra Uribe y Enrique Velasco, propietarios del nuevo Hotel So Far So Good (Hasta ahora todo bien) HOTELES CERO BASURA cont. en página 24



Zero Waste Hotels

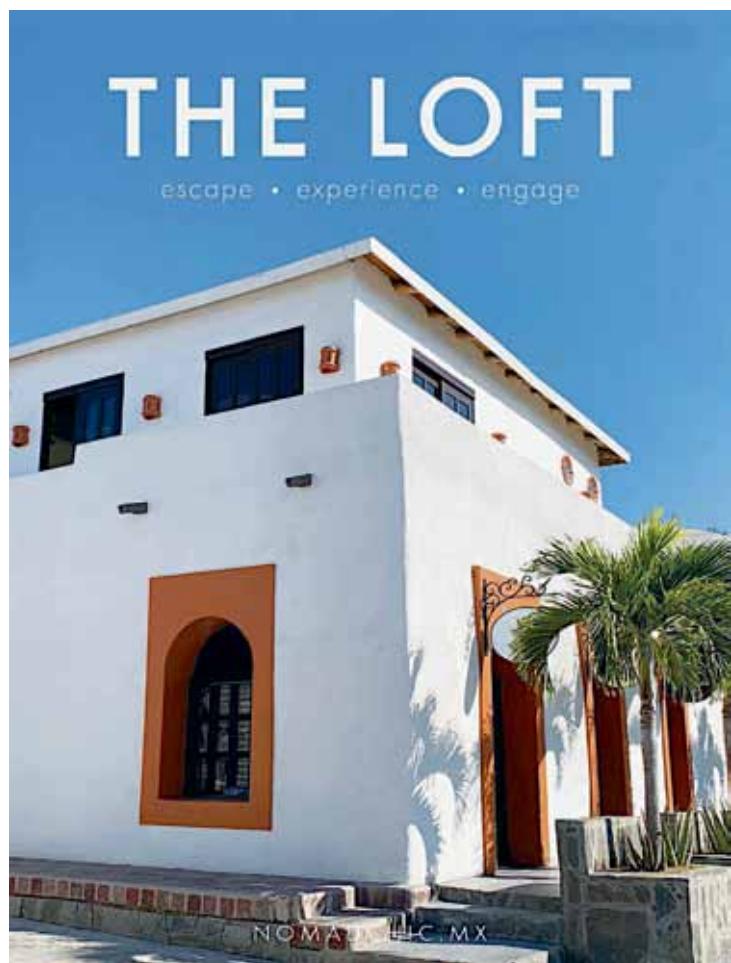
by Bryan Jáuregui
and Megan Wehrenberg

High community involvement, low environmental impact. The new kids on the block are bringing a new developmental paradigm to town that is encouraging to see. Hotel Desierto Azul in Todos Santos and Hotel So Far So Good in El Pescadero are demonstrating how the new hotels and restaurants arriving on our shores can have the lightest impact on the bounteous nature and limited infrastructure of our towns, while having a tremendously positive impact on community life.

Desierto Azul is the passion project of Nilú Feregrino and Fabrizio Cavallo, a Mexican-Italian couple who opened their hotel and accompanying cooking school about a year ago. Their vibe is distinctly new age ("Discover a more conscious approach to a vacation. Disconnect and regenerate in harmony with nature.") but behind the plant-based cooking, aromatic suites, and detox energy designed to have an enlightening impact on guest consciousness, is the extremely hard work of limiting their impact on the earth and local resources. "The solar panels that provide the electricity, the biodigester that converts our black water into gray water for the garden, the Water Ways Baja central water filtration system that provides drinking water throughout the hotel—all of these are expensive choices," notes Nilú, the Mexican half of the couple. Fabrizio, the Italian part of the partnership, picks up her theme. "Because we chose to implement these zero waste choices from the beginning, we had to limit our investment elsewhere. We currently have only four suites, and we have only implemented stage one for our garden and pool area. Our goal is to help guests see an alternative to the chemicals that we're bombarded with every day and to help influence the choices they make to achieve a healthier state. We lead by example in the choices that we make for the hotel and cooking school." Residents are encouraged to participate in their plant-based cooking classes.

Alejandro Guerra Uribe and Enrique Velasco, owners of the new Hotel So Far So Good and the adjacent Mucho Bueno Restaurant likewise have invested in their facilities with the health of their guests and the local environment in mind. They use only solar energy for power and heating water. They have their own treatment systems for black and gray waters. They compost the organics from their all plant-based restaurant, and they collect all recyclables and deliver them to a facility in La Paz. But their efforts don't stop at their own front door. They encourage people from the community to drop off recycling in their bins, and they organize a beach and road cleanup every Saturday morning in Los Cerritos. If you'd like to join, they meet at Mucho Bueno Restaurant at 7 am.

ZERO WASTE HOTELS continued on page 25





Construyendo el Futuro del Cuidado de la Salud para los Niños

por Nancy Naigle / traducido por Francesca Magallon

¿Como era ser un niño pobre de Todos Santos o El Pescadero con necesidad de atención médica en 2016? Probablemente la familia tendría que haber ido al Centro de Salud, y frecuentemente a los padres se les recomendaría ir a ver un especialista en La Paz, el pediatra. Los padres habrían sufrido para poder costear la transportación, irse por horas de su trabajo, y pagar la consulta del especialista. En muchos casos el niño hubiera continuado así, sin el cuidado que tanto necesitaba.

Estas eran las circunstancias cuando se fundó la asociación para niños "Padrino Children's Foundation" en 2016. Fuimos extremadamente afortunados de que la Dra. Alejandra Peña Salguero, ahora nuestra Directora Ejecutiva, se uniera a nuestro equipo, en ese entonces como médico, y Antonia Ruiz Gonzales como nuestra trabajadora social.

Solíamos trabajar en una oficina que era una pequeña habitación, apenas lo suficientemente grande para cuatro personas. Nos visitaban niño tras niño con enfermedades crónicas, en malas condiciones, que llevaban mucho

tiempo sin atenderse. Rápidamente llegamos a la asombrosa conclusión de que la incapacidad de los padres de poder costear la transportación de un viaje de 90 millas ida y vuelta era la razón principal por la que muchos niños no estaban recibiendo atención médica. Así que empezamos a darles apoyo a las familias locales para encontrar los especialistas adecuados, agendar una cita, y hacernos cargo de los gastos de transportación.

Inmediatamente empezamos a crecer, contratamos una maestra en educación especial para poder dar terapias a niños con desordenes en el desarrollo que afectan habla y motricidad. Conforme nuestro volumen de pacientes aumentó, añadimos otra habitación. Siguieron llegando más niños con capacidades especiales, contratamos una segunda maestra, Leslie Castro, y añadimos una tercera habitación.

A finales de 2018 nos era muy obvio que nuestra clínica de tres habitaciones no era suficiente para dar servicio a las necesidades de nuestra comunidad. Nos mudamos PADRINOS continúa en página 20



La Esquina

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Building for the Future of Children's Healthcare

by Nancy Naigle

What was it like to be an impoverished child from Todos Santos or El Pescadero who needed healthcare in 2016? Most likely the family would have gone to the *Centro de Salud*. Often, the parents were advised to see a specialist in La Paz, such as a pediatrician. The parents would have struggled to afford the transportation and hours away from work for the specialist consultation. In many cases, the child would go without the needed care.

These were the prevailing circumstances when Padrino Children's Foundation was founded in 2016. We were extremely fortunate to



PADRINOS continued on page 21



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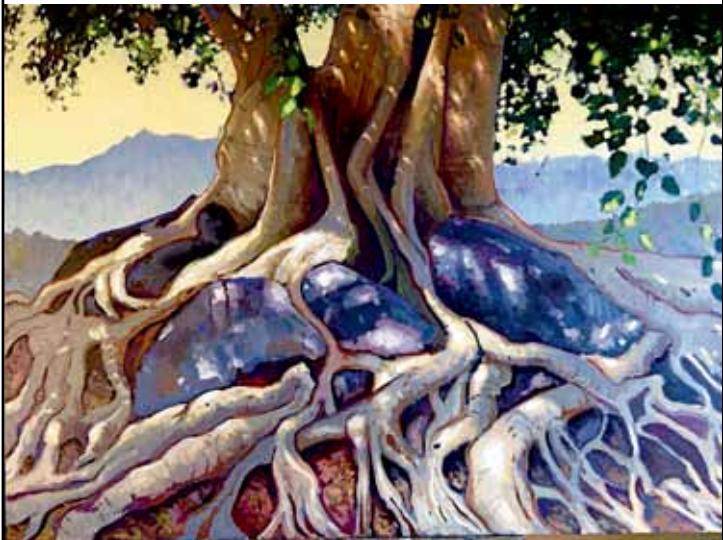
have Dr. Alejandra Peña Salguero join our team as our physician, now our Executive Director, and Antonia Ruiz Gonzalez as our social worker. We operated out of a tiny one-room office that was barely large enough for four people. We saw child after child with long-term, chronic, and untreated conditions. We quickly reached the astounding conclusion that the inability to afford transportation for a 90-mile roundtrip was the primary reason so many children were suffering from lack of care. So, we began to support local families in finding the right specialist, scheduling the



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Art Talk

by Jill Logan

FEELING LIKE MOLASSES

An artist friend of mine told me the other day that he went into his studio to paint and “felt like molasses.” But he stayed and worked on a piece he needed to finish and felt he had a breakthrough, saying he felt much better afterwards. It has been said that talent is only a small part of the successful artist; mostly it is showing up and doing the work.

There are many times I feel slow and in the wrong gear. Often if I have been away from the studio for any length of time, I feel rusty and awkward with the work. At these times I have found that if I paint some quick studies on paper, I break open my flow and find my inner rhythm again.

In Canadian artist, Robert Genn’s recent art blog he wrote about a book by Peter Sims, “Little Bets: How Breakthrough Ideas Emerge from Small Discoveries.” Its premise is that there is value in lots of small failures to get to large successes. In other words, it is a way to take low-risk action to discover and develop and test an idea, where you are not hindered by the need for perfectionism, excessive planning, or risk aversion.

Sims says that what the former Apple CEO Steve Jobs, comedian Chris Rock, and prize-winning architect Frank Gehry all have in common is that they all achieved remarkable results using a surprisingly similar approach: rather than believing they have to start with a big idea or plan a whole project in advance, trying to foresee the final outcome, they make a methodical series of little bets about what might be a good direction, learning critical information from lots of little failures and from small but significant wins that allow them to find unexpected avenues and arrive at extraordinary outcomes. That this process frees up their minds, opening them up to making unexpected connections and perceiving invaluable insights.

Robert Genn says that when students of art are encouraged to do volumes of small items, they become accepting—even proud—of their failures and more readily able to move on to ideas that work better for them. “Fail often in order to succeed sooner.” Or as he also quotes, “It’s better to have a small diamond than a large piece of glass.”

How does this all relate to the artist in the studio feeling like cold molasses? There I am poised to paint and know what I need is a jump start of some electrical current not easy to obtain. We are back to the idea that creating a lot of small pieces fast can create a breakthrough.

GENN ADVISES:

Prepare a slew of paper for painting.

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Start bashing off everything that comes into your head,

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Peter Sims says: "Many of the things we observe today as great are the result not so much of brilliance but diligence, humility, and empathy. Prior to building something great, it isn't necessary or even useful to have a brilliant, buttoned-down plan, researched to exclude potential errors and risks."

I say, when stuck in molasses, swim small strokes, small steps, until the gooey black stuff is soft, warm, and moving. Then when your inner essence has opened you can let it flow. After all, Frank Gehry wrinkled up a piece of paper and told his assistants to make it into a building. Chris Rock stands in front of a small audience night after night exploring what is really funny or not, at the expense of



"Creation" 48"x 60" acrylic/canvas, by Jill Logan

looking like an idiot, only to come out with some amazingly funny stuff.

Twitter originated out of little bets made inside Odeo, a podcasting company that was going nowhere. After asking employees for suggestions about what the company should do, Odeo's founder, Evan Williams, gave Jack Dorsey two weeks to develop a prototype for his short messaging idea. Twitter was soon born. So, I say when you are stuck, swim. Lots of small awkward strokes until you get it just right.

GALERÍA LOGAN

Saturday
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"Salt Spray Desert Wind" by Lee Mothes, 24"x 36" acrylic/canvas

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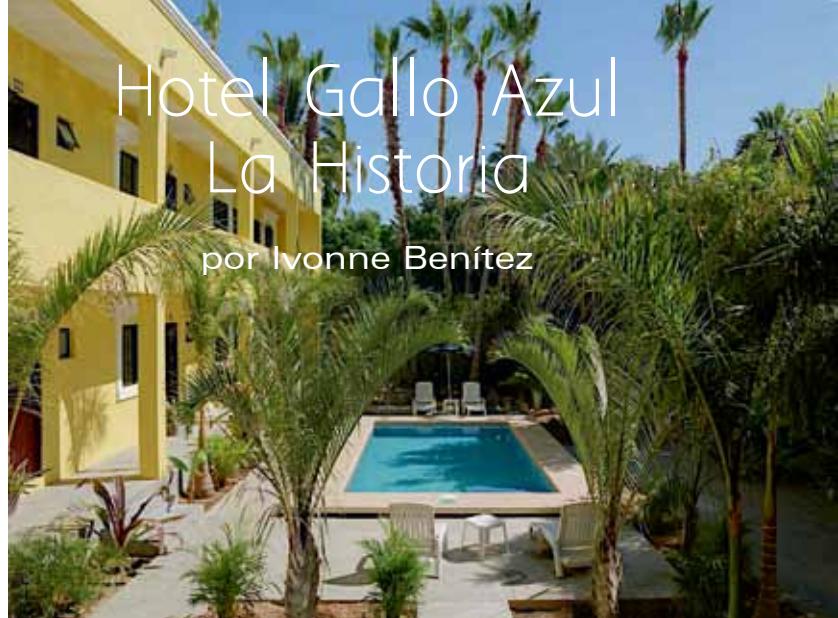
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Hotel Gallo Azul

La Historia

por Ivonne Benítez



Comenzar un negocio no es fácil, hay muchos desafíos y la historia de Alan Becerril es una de esas que inspira. Su negocio es un ejemplo para muchos. Alan nació en la Ciudad de México en 1980 y en 1990 su familia se mudó a La Paz, Baja California Sur donde estudió Administración de Empresas en el Tecnológico de La Paz. Después de graduarse vivió en varios lugares de México adquiriendo experiencia en su campo. Su familia se instaló en Todos Santos en 2003 y Alan decidió mudarse definitivamente aquí en 2005, comenzó a trabajar en la industria alimentaria. Conoció a mucha gente de la comunidad multicultural, muchos de los cuales se han convertido en amigos cercanos.

En 2006 decidió abrir su propia tienda, Pintoresco, en el centro histórico. Alan disfrutaba la interacción con los visitantes que llegaban al Pueblo Mágico, no solo haciendo más amigos sino también descubriendo nuevos caminos que le permitirían crear y alcanzar algunos de sus sueños.

Gallo Azul Pizza Bar abrió por primera vez en 2014, y debido a su carisma, rápidamente se convirtió en un lugar de reunión favorito para celebraciones especiales. ¡El lugar para ir a cumpleaños, reuniones familiares, bodas, así como noches de cine semanales, y noches de salsa los viernes, y algunas fiestas inolvidables de Halloween y Nochevieja! Siempre con una mentalidad comunitaria, Alan ha organizado eventos de recaudación de fondos para organizaciones locales como la Sociedad de la Palapa de Todos Santos.

Unos años más tarde, en 2018, Alan agregó cuatro apartamentos tipo *loft* de dos pisos, una opción de alojamiento económico para visitantes que es ideal para estadías cortas o largas. Las habitaciones tienen una cama tamaño *queen* y una sofá cama, o un estudio con una cama tamaño *king*.

Finalmente, en 2022, el sueño de Alan de agregar el Hotel Gallo Azul se hizo realidad y es gracias al ingeniero civil Irving Zamora, quien ayudó a hacer realidad su sueño. El hotel cuenta con diez habitaciones espaciosas, bien equipadas, elegantemente sencillas, y de estilo minimalista. Todas tienen aire acondicionado, baños privados, camas

HOTEL GALLO AZUL continúa en página 39

Hotel Gallo Azul

The Story

by Ivonne Benítez

Starting a business is not easy, there are many challenges and Alan Becerril's story is one of those that inspires. His business is an example for many. Alan was born in Mexico City in 1980 and in 1990 his family moved to La Paz, Baja California Sur where he studied Business Administration at the *Tecnológico de La Paz*. After graduating he lived in various places throughout Mexico gaining experience in his field. His family settled in Todos Santos in 2003, and Alan decided to move permanently here in 2005 and started working in the food industry. He met a lot of people from the multicultural community, many of whom have become close friends.

In 2006 he decided to open his own store, *Pintoresco*, in the historic district. Alan enjoyed the contact with visitors who came to the *Pueblo Mágico*, not only making more friends but also discovering new pathways that would allow him to create and achieve some of his dreams.

Gallo Azul Pizza Bar first opened in 2014, and due to his charisma, it quickly became a favorite meeting place for special celebrations. The place to go for birthdays, family reunions, weddings, as well as weekly movie nights and Friday salsa nights and some unforgettable Halloween and



New Year's Eve parties! Always community minded, Alan has hosted fundraiser events for local organizations such as The Palapa Society.

A few years later in 2018, Alan added four, two-story, loft-style apartments, an economical accommodation option
HOTEL GALLO AZUL continued on page 54





Museo de Vaqueros

continuó de página 8

foto por Alfredo Martínez

la vegetación mejora el suelo, atrae más lluvia y alimenta las vacas, y la lluvia revive el sistema holístico.” Florent remarca que en Rancho Cacachilas, la misma cantidad de tierra que antes era suficiente solo para una vaca, pronto rendirá para cuatro. Es más, con el incremento en la vegetación para alimentar al ganado, las necesidades del rancho de conseguir suplementos nutricionales para las vacas han disminuido dramáticamente, resultando en ahorros substanciales.

El Rancho Cacachilas quisiera llegar a ser un tipo de Museo de los Vaqueros en su estilo particular. Han tomado las lecciones del pasado, las han aplicado al presente, y planean compartir todo lo que están aprendiendo sobre el manejo del ganado bajo las condiciones específicas de Baja California Sur, con ganaderos a lo largo de la península. El pasado cobra vida en el hermoso Museo de Vaqueros en El Triunfo. El pasado *está* vivo al final del camino, en Rancho Cacachilas.



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Cowboy Museum

continued from page 6

of seasonal livestock migration. This practice is now a cornerstone of regenerative cattle ranching, and you don't have to go far from the museum to see it in action. Christy Walton's *Innovaciones Alumbra*, an alliance of sustainable businesses in Baja California Sur, is the owner not only of the Cowboy Museum, but also of Rancho Cacachilas—about an hour's drive from the Cowboy Museum—where modern-day cowboys are fast at work restoring the land.

Florent Gomis, a Frenchman who came to Baja to study the ecology of desert climates, is the Director of Sustainability at Rancho Cacachilas, and Transhumance is at the heart of his efforts. "In Baja California Sur as elsewhere in the ranching world, livestock has been blamed for the destruction of the land. In reality, the cattle aren't the problem, it's the management of the cattle." Florent explains further. "Before there were vaqueros, herds of herbivores were motivated by predators to keep moving from place to place and that movement kept the land from being overgrazed. What we are working to achieve here at Rancho Cacachilas is the restoration of the impact that wild herds of herbivores once had on the land. These wild herds would continually move location, giving lands time to recover from their impact before their return. Here at Rancho Cacachilas we manage animals in groups and keep them moving, letting the land they had previously occupied rest for at least a year."



While cattle are typically decried as destructive, Florent sees them as part of a restorative, creative process. "We really view the cattle as gardeners. When they move to a new grazing area, their hooves break the hard-packed dirt, allowing water and minerals to infiltrate the land. The cattle's dung and urine are full soil-revitalizing carbon and nutrients, and as the cattle graze they trample these riches into the ground, resulting in the regeneration of the land. In a relatively short period of time we have seen these eroded, barren lands become covered in vegetation."

COWBOY MUSEUM continued on page 49



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Padrinos

continuó de página 12

a nuestra actual ubicación que rentamos en barrio San Vicente, en principios del 2019. El crecimiento continuo en el número de pacientes con trastornos del neurodesarrollo nos obligó a rentar otro pequeño espacio en 2020. En total estábamos trabajando en 1,500 metros cuadrados, el mismo espacio donde ahora estamos dando servicio a casi 120 niños al mes.

Desde el principio construimos nuestros servicios alrededor de los problemas de salud pediátricos presentes en los niños de nuestra comunidad. La necesidad más evidente era la de tener un pediatra residente. Logramos reclutar y transferir a la Dra. Mitzy Cervantes desde Ciudad de México en 2020. Posteriormente la pandemia trajo a la luz los exacerbados y graves problemas mentales afectando a los niños y adolescentes de la comunidad y contratamos a la Lic. Jessica Ávila como la primera psicóloga infantil en trabajar en Todos Santos. Edith Salvatierra y Claudia Falcón, completan nuestro actual personal, de siete integrantes, asistiendo con trabajo administrativo, agenda de pacientes, y manejo de medicamentos.

Comenzando el año 2023, un niño pobre puede recibir un cuidado muy diferente del que estaba disponible en 2016. Hoy, el niño, primero visitaría a nuestro pediatra o psicólogo, se le harían exámenes médicos, tomaría terapias, medicamentos, pruebas de laboratorio, y recibiría ayuda médica. De ser necesario se le recomendaría algún especialista pediátrico regional, aunque la necesidad de viajar se ha reducido en gran medida, pues llevamos a cabo el 50% de las consultas de especialidades en nuestra clínica de Todos Santos, donde alojamos médicos especialistas como, por ejemplo, un Cardiólogo Pediatra y un Neuro Pediatra.

De surgir la necesidad de ver a un sub-especialista que no sea residente en Baja California Sur, la Dra. Mitzy agendaría una consulta de telemedicina con algún especialista en el resto del país. Para los casos más raros de enfermedades sin diagnosticar, un paciente de Padrino puede recibir una prueba de secuenciación del genoma completo. Esta prueba no está disponible en ningún otro lugar en México, y es posible hacerla aquí mismo en nuestra comunidad! Esto se logró gracias a un subsidio otorgado por el líder en biotecnología de EUA Ilumina Inc. (Journal del Pacifico #41, Fall/Otoño 2019). En todos los casos el personal de Padrino, monitorea diligentemente el cuidado del paciente, da seguimiento, y documenta tanto el tratamiento como los resultados en un registro médico electrónico. Básicamente un niño pobre, hoy en día, puede ser atendido en Padrino y recibir servicios que sobrepasan el estándar del cuidado médico en Baja California Sur.

Desde que Padrino comenzó sus operaciones hemos atendido a más de 1200 niños y hemos provisto más de 20,000 servicios que no están disponibles dentro de los PADRINOS continúa en página 46

Padrinos

continued from 13

appointment, and funding the transportation.

Immediately, we started growing. We added a special education teacher to provide therapies for children with developmental disorders affecting speech and motor skills. As our patient volume grew, we added another room. Still more children with special needs came to us, and we contracted a second special education teacher, Leslie Castro, and added a third room.

By late 2018 it was obvious that our three-room clinic was not sufficient to serve the community need. We moved to our current rented location in barrio San Vicente in early 2019. Continued growth in the number of patients with neurodevelopmental disorders necessitated yet another small rental space in 2020. In total, we were operating in about 1,500 square feet—the same space from which we are now serving nearly 120 children per month.

From the start, we built our services around the pediatric health issues present in the children of the community. The most glaring need was for a resident pediatrician. We were able to recruit and relocate Dr. Mitzy Cervantes from Mexico City in 2020. Then, the pandemic brought to light the serious and exacerbated mental health issues affecting local children and teens. We contracted Lic. Jessica Ávila

as the first child psychologist to practice in Todos Santos. Assisting with administrative work, patient scheduling, and medication management, Edith Salvatierra and Claudia Falcon, complete our current staff of seven.

As we begin 2023, a local impoverished child can experience very different care than was available in 2016. Today, the child would first visit our pediatrician or psychologist. Examinations, therapies, medications, lab tests, and medical aids would be provided. If necessary, the child would be referred to our large network of regional pediatric specialists, but the need to travel is now greatly reduced because we complete 50% of all specialist consultations in our Todos Santos clinic by hosting physicians such as a pediatric cardiologist and a neuropsychiatrist. Should the child need to see a sub-specialist who is not resident in Baja California Sur, Dr. Mitzy sets up a telemedicine consultation with the specialist on the Mexican mainland. For the most complex cases of undiagnosed rare disease, a Padrino patient is even able to receive a Whole Genome Sequencing test, right here in our community! This test is not available elsewhere in Mexico but is made possible by a grant from US biotech leader, Illumina Inc. (Journal del Pacifico #41, Fall/Otoño 2019). For all cases, the Padrino staff diligently monitors care, provides follow-up, and documents treatment and outcomes in an electronic medical record. In essence, an impoverished local child today can receive services at Padrino that exceed the standard of medical care in Baja California Sur.

Since Padrino began operation, we have served 1,200+ PADRINOS continued on page 47

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Events

february

February 2 | OPENING RECEPTION FOR MARK GABRIEL RETRO TROPICAL JETSET IV at Galeria Militar in Todos Santos. Enjoy cocktails and incredible art. Open to the public. Works will be displayed through March 16. Learn more at www.galeriamilitar.com

February 3 | 5 – 7 pm, TODOS SANTOS OPEN STUDIO TOUR MEET THE ARTIST: OPENING PARTY. Art sale to benefit The Palapa Society of Todos Santos' community programs. Tickets on sale at <https://todossantosopenstudio.org/> For more information visit: TodosSantosOpenStudio.org, palapasociety.org or Facebook: todossantosopentour

February 4 & 5 | 10 am - 4 pm, TODOS SANTOS OPEN STUDIO TOUR. Ticket Price: \$300 MXN for both days, children under 17 are free. Tickets on sale at <https://todossantosopenstudio.org/> For more information visit: TodosSantosOpenStudio.org, palapasociety.org or Facebook: todossantosopentour

February 8 | 10 am – 4 pm, ARTIST STUDIO TOUR in Los Barriles. The 2023 tour will feature over 17 homes and 25+ different artists. Tickets are \$100 pesos or \$5 USD, and are sold 9:30 am – 1:30 pm, the day of the show at the drive through ticket booth located at the Baja Properties office in Los Barriles (across from Tio Pablos Restaurant and Hotel Palmas de Cortez). You will receive a map to the studios and your wrist bands for entry. For more information: www.eastcapearts.com

February 9 | 6 pm, MARIACHI NIGHT at La Palapa del Sabor in Todos Santos. Reservations: \$100 pesos per person deposit, or 1 kilo of dog food at the door. Great food, drinks, and mariachi

music. Info: 612-145-2055.

February 9 | 7 pm, UNIQUELY TODOS SANTOS FASHION SHOW benefiting Padrino Children's Foundation at La Esquina Café in Todos Santos. With fashions by Amaya of Creando Tendencia, Daniella of Kynnary, Chanelle and Diego of Saguaro, and Morgan of Zócalo. You'll also learn about the exciting building and expansion plans of Padrino. Tickets are \$50 USD, all of which goes to support the building fund of Padrino. Dinner and drinks are available for purchase from 5:30 - 7 pm. Seating is limited so reserve your seat(s) now by sending an email to Nancy at info@padrinocf.org. Reservations will be accepted on a first come, first served basis.

February 10 | 7 pm, DAVID RAITT AND THE BAJA BOOGIE BAND with Special Guest Rare Earth's Peter Rivera at Shaka's at Cerritos. Tickets are limited and are \$500 pesos advance / \$600 pesos day of show, available at Plaza Amigos and Shaka's at Cerritos.

February 11 | 10 am – 5 pm, BAJA 100 ART SHOW in the plaza next to Bésame Mucho Bazaar in Todos Santos.

February 11 | 1 – 5 pm, LOVING ENERGY MALA MAKING WORKSHOP at Cuatro Vientos in Todos Santos. Learn

about the significance of meditation malas and then create your personal 108-bead necklace using Madagascar lavender rose quartz, infusing an abundance of love for yourself and others into each bead and knot. US\$72/person. Pre-registration required. Information and sign up at www.bajamalas.com

February 11 | 2 – 5 pm, OPENING RECEPTION for Lee Mothes at Galería Logan in Todos Santos. Meet the artist and view new works. Wine and refreshments.

February 11 | 7 pm, DAVID RAITT AND THE BAJA BOOGIE BAND with Special Guest Rare Earth's Peter Rivera at Shaka's at Cerritos. Tickets are limited and are \$500 pesos advance / \$600 pesos day of show, available at Plaza Amigos and Shaka's at Cerritos.

February 16 | SUPERBOWL LVII. You can see the game in Todos Santos at Chill n Grill, Gallo Azul, and Shut Up Frank's, and Shaka's in Cerritos.

February 16 - 21 | CARNAVAL DE LA PAZ 2023

February 19 - 26 | 12TH ANNUAL WRITING DOWN THE BAJA RETREAT at Serendipity boutique hotel in Todos Santos. Led by award-winning writer, EVENTS cont. on page 50

HAPPY HOUR

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

Chill N Grill **Su 10 am – 2 pm**, 2x1 bloody Marys.

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sunday

8:30 am – 2 pm, **ORGANIC MARKET & LIVE MUSIC** at Baja Beans Cafeteria, Pescadero.

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

monday

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

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.

6:30 pm, **PARGAZZ GYPSY JAZZ** at Tre Galline in Todos Santos.

wednesday

8 am - 2 pm, **LOCAL MARKET** at La Esquina Café in Todos Santos.

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

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.

6 – 11 pm, **WINTER SESSIONS** at La Esquina Café in Todos Santos with live music by the Cordovas.

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

10 am – 1 pm, **PALAPA LIBRARY OPEN**, Todos Santos.
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3 – 5 pm, **COOKING CLASS** at Hablando Mexicano in Todos Santos. Cost and menu on: www.hablandomexicano.com.

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

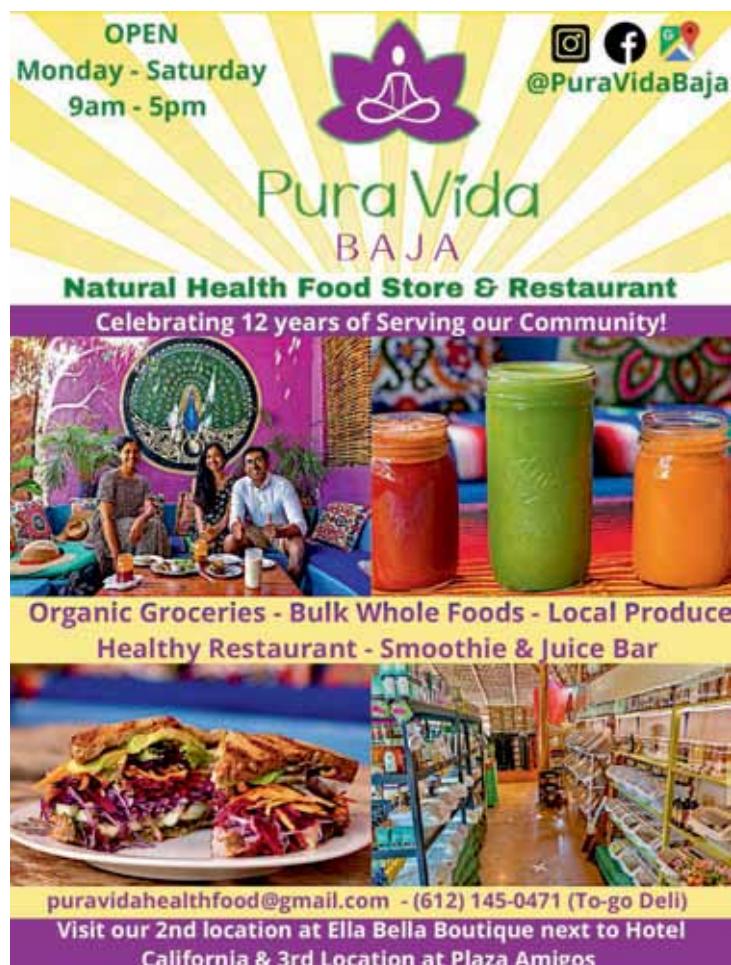
saturday

7 am, **RECYCLING / BEACH CLEANUP** at Mucho Bueno
WEEKLY EVENTS continued on page 54



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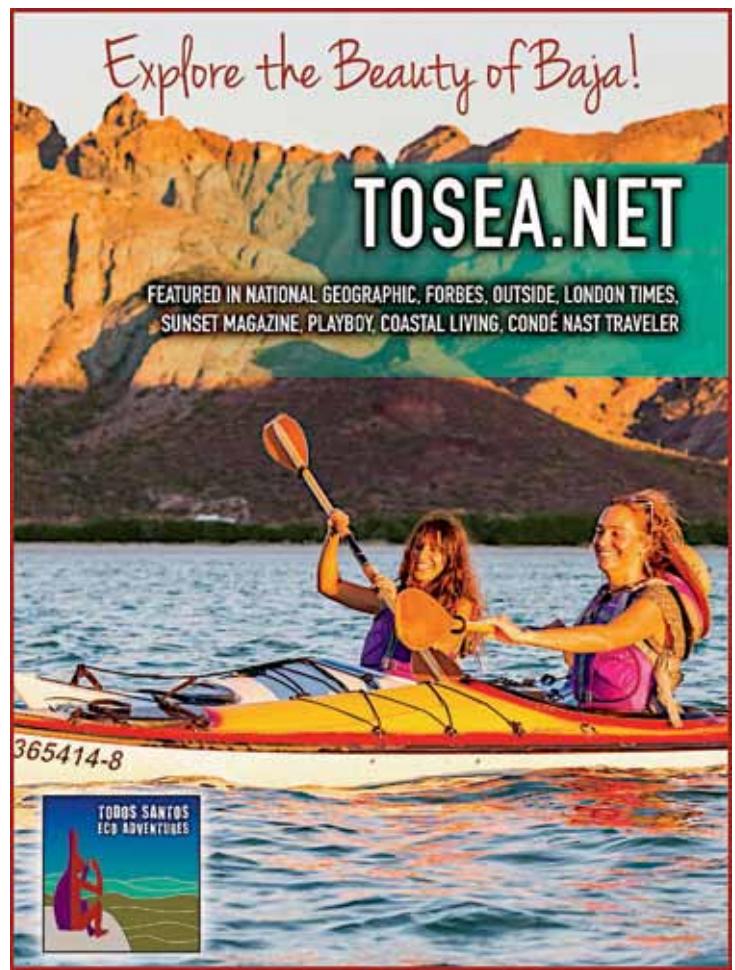


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Hoteles Cero Basura

continuó de página 10



Fabrizio Cavallo, Desierto Azul

y el contiguo Restaurante Mucho Bueno también han invertido en sus instalaciones teniendo en cuenta la salud de sus huéspedes y el medio ambiente local. Usan solo energía solar para energía y agua de calefacción. Tienen sus propios sistemas de tratamiento para aguas negras. Hacen abono con los orgánicos de su restaurante a base de plantas y recogen todos los materiales reciclables y los entregan en una instalación en La Paz. Pero sus esfuerzos no se detienen en su propia puerta principal. Animan a la gente de la comunidad a dejar el reciclaje en sus papeleras, y organizan una limpieza de playas y carreteras todos los sábados por la mañana en Los Cerritos. Si quieres unirte, se reúnen en el Restaurante Mucho Bueno a las 7 am.

Al igual que Desierto Azul, *Hotel So Far So Good* tiene varias prácticas que reflejan su cero enfoque de residuos para los negocios. Entre estos esfuerzos se encuentran:

- Un sistema central de filtración de agua para que no haya botellas de plástico en la propiedad.
- Compras al por mayor de tantos artículos como sea posible, incluidos café, té, y productos para el baño—para reducir el plástico y los envases.

Recursos utilizados por una o ambas empresas para ayudar con sus esfuerzos de desperdicio cero:

- Sirena Vegetal. Una empresa con sede en Los Cabos que ofrece baños biodegradables productos en envases recargables.
- Gratitude Coffee. Una cafetera orgánica en La Paz que se adhiere a cero desperdicios y vende café en recipientes grandes y rellenable.
- Water Ways Baja. Una empresa de filtración de agua con sede en Todos Santos.
- Papel tisú biológicamente activo BATP. Esto se puede utilizar junto con un biodigestor.

Los hoteles Desierto Azul y So Far So Good / Mucho Bueno Restaurant son verdaderos líderes en desarrollo sostenible y proporcionan un gran modelo para otras empresas en la zona.

Zero Waste Hotels

continued from page 11

Like Desierto Azul, Hotel So Far So Good has several practices that reflect its zero waste approach to business. Among these efforts are:

- A central water filtration system so that there are no plastic bottles on the property.
- Bulk purchases of as many items as possible—including coffee, tea, and bath products—to reduce plastic and packaging.

Resources used by one or both businesses to help with their zero waste efforts:

- Sirena Vegetal. A Cabo-based company that provides biodegradable bath products in refillable containers.
- Gratitude Coffee. An organic coffee maker in La Paz that adheres to zero waste principles and sells coffee in large, refillable containers.
- Water Ways Baja. A Todos Santos-based water filtration company.
- BATP Biologically Active Tissue Paper. This can be used in conjunction with a biodigestor.

Desierto Azul and Hotel So Far So Good Hotel / Mucho Bueno Restaurant are true leaders in sustainable development and provide a great model for other businesses in the area.



Alejandro Guerra Uribe, Hotel So Far So Good

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Saint Jude's Walk in Clinic

Practical Magic: Tarot, Breath, and Ritual in Todos Santos

by Amanda Reta
photos @swelldani @leon.jorge @elalexolivares

Jessica Chappell



Todos Santos—known as a Pueblo Mágico—is home to the mystical. Three women put a grounded spin on real magic in this small desert oasis on the Pacific.

Todos Santos is one of Mexico's 132 designated *Pueblo Mágicos*. I don't think the Mexican Ministry of Tourism was considering *tarot* as one of the attractions to this mountain-hugged *pueblo* on the Pacific—and yet it has been—along with a nest egg of other healing arts and mystical traditions.

Typically, *Pueblo Mágicos* are designated for their exquisite nature, cultural riches, or historical significance, and Todos Santos boasts all three.

But what about the supernatural, the magic which cannot be explained by physics or linear time?

Of my local friends and neighbors, most know this town to be magical in the enchanted sense of the word. This tiny international melting pot has residents from all over the world, and yet you don't just *end up* here. This place *chooses* you.

Daily, I thank my lucky, dusty stars this place picked me—it has just the right amount of quirk, grit, refinement, and beauty to keep me on my calloused toes.

While we are all conduits for our own magical experiences, there are mavens of varying forms of magic, and three brilliant ones live and practice here.

These three women—a tarot card reader, a ritual teacher, and a breathwork practitioner—help us mortals tune into something bigger than ourselves while remaining in the awe-inspiring *now*.



JESSICA CHAPPELL + TAROT DE BAJA

Walking the quaint northwest end of Calle Miguel Hidalgo, a sign swings above a brick arch doorway that reads *Tarot de Baja*. If the door is closed, you'll find a note that reads "Magic in Process."

Peek behind these tasseled curtains and you'll find Jessica Chappell—covered in tattoos and dressed in linen—seated beside a captivated querant, interpreting a tarot spread.

While Jessica's tarot practice is tethered to centuries-old Hermetic mysticism, her understanding of magic is anchored in presence: "Being able to pull ourselves back to the now is where real magic happens," she explains.

Perhaps this connection to the now is why Jessica's tarot readings provide such practical and grounded guidance for her clientele.

"[Jessica's] reading was not only insightful and powerful, but I left the meeting with specific tools and goals to better my business and relationships over the next few months." says Hillary Kent, a Creative Director for a Seattle-based interior design firm.

"To me, tarot readings aren't fortunetelling. A good reading is focused on gaining clarity in the now. It's our inherent nature to be balanced, clear, peaceful... Tarot sheds light on where we're out of balance and how to get back to our true selves," Jessica explains.

Jessica was recently mentioned in the December 2022 issue of Vogue. She reads tarot and leads courses in-person and online: www.tarotdebaja.com



Rhiannon Andersen



Join her Tarot + Ritual Magic Retreat, May 18 - 22, alongside Rhiannon Andersen of Hello Rituals. More info: www.tarotandritualmagic.com.

RHIANNON ANDERSEN + HELLO RITUALS

Eyes closed, hands on hearts—twenty women sit among pillows and blankets with the shadow of palm fronds moving across their resting faces at a private Todos Santos residence.

A poised, dark-haired woman walks barefoot among them holding a small u-shaped instrument, kneeling to each, holding the tool near their heartspace. With a gentle strike, the tuning fork resounds a quiet hum, dropping each attendee deeper into her own peaceful center.

Rhiannon Andersen, founder of Hello Rituals, was not always a facilitator of sound healing ceremonies like this. A multifaceted mother of two, when Rhiannon is not facilitating land blessings, ritual advisory sessions, and sound baths, she is the CMO for a top event marketing company in the U.S.

A firm believer in finding magic in the mundane, Rhiannon does not separate a miraculous life from a professional one. A true practical alchemist, it is through intentional, hard work that Rhiannon channels more extraordinary magic for herself and others.

"The mission of Hello Rituals is to teach women how to harness the magic of the universe by embodying the power

MAGIC continued on page 48

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TAROT
DE BAJA

Aloe

story & photos by Kaia Thomson



"Aloe myself to introduce myself"—Austin Flowers

Aloe plants are often mistaken as cacti, because they can be spiky, green to red and sometimes covered in spines. In actuality, they are not in the cactus family, they are in their own realm of succulent plants called aloe. With over 500 species, aloe live all over the *warm* world as they have a very low tolerance to cold and a massive tolerance for heat and dry. This is because their bodies contain over 95% water, good for drought conditions, but not helpful in freezing temperatures and wet conditions.

Aloe has been known for centuries as one of the most common medicinal plants. The most beneficial part is the gel extracted from the leaves that contain the working molecules. Consisting of vitamins, minerals, enzymes, and polysaccharides known as chitosan, cellulose, starch, and xylan. These molecules are used in nature as a structural material to construct the cell walls of crustaceans, insects, and plants. Fatty acids and anthraquinones are also present in aloe. Anthraquinones are organic compounds, found in some plants, that can be used for dyes as well as for curative purposes. Because of these elements in the aloe itself, they also possess self-healing properties and can regenerate in most situations that would normally be detrimental to their survival.

Did you ever wonder why agave die after blooming and aloe don't? This is because aloe are known as polycarpic reproducers, meaning they can bloom for many seasons, as well as produce "pups" and seeds. Most species of agave are monocarpic, meaning that they bloom and then die, but before this happens, the parent plant will produce seeds and "babies" known as bulbils, to continue the existence of the species.

Aloe flowers come in many colors, shapes, sizes, and arrangements. Their leaves come in a spectrum of colors
ALOE continued on page 30



Aloe

historia y fotos por Kaia Thomson
traducido por Francesca Magallon



"Permiteme que me presente, soy Aloe"—Austin Flowers

Las plantas aloe son frecuentemente confundidas con cactáceas, porque pueden ser puntiagudas, de tono verde a rojizo, y a veces estar cubiertas de espinas. En realidad, no forman parte de la familia de los cactus, sino que pertenecen a su propio reino de plantas suculentas llamadas "aloe." Con más de 500 especies, los aloe viven en lugares cálidos de todo el mundo, pues tienen muy poca tolerancia al frío y son muy resistentes al calor y el ambiente seco, esto es porque se componen de 95% de agua, bueno en condiciones de sequía y perjudicial en temperaturas congelantes o condiciones climáticas húmedas.

Los aloe o sábila (como las llamamos en México), son conocidas desde hace siglos como algunas de las plantas con más propiedades medicinales. El gel que se extrae de

sus hojas es donde se encuentran las moléculas activas que nos proporcionan grandes beneficios, estas consisten en minerales, encimas, polisacáridos (conocidos como citosina, celulosa, almidón, y xilano). Estas moléculas se usan en la naturaleza como material estructural para construir las paredes celulares de crustáceos, insectos, y plantas. Los ácidos grasos y antraquinonas también están presentes en el aloe. Las antraquinonas son compuestos orgánicos encontrados en algunas plantas que pueden usarse como tintes, así como también con propósitos curativos. Debido a que el aloe posee todos estos elementos en sí mismo, es que también posee propiedades auto sanadoras y puede regenerarse en muchas situaciones que de otro modo pudieran ser perjudiciales para su supervivencia.

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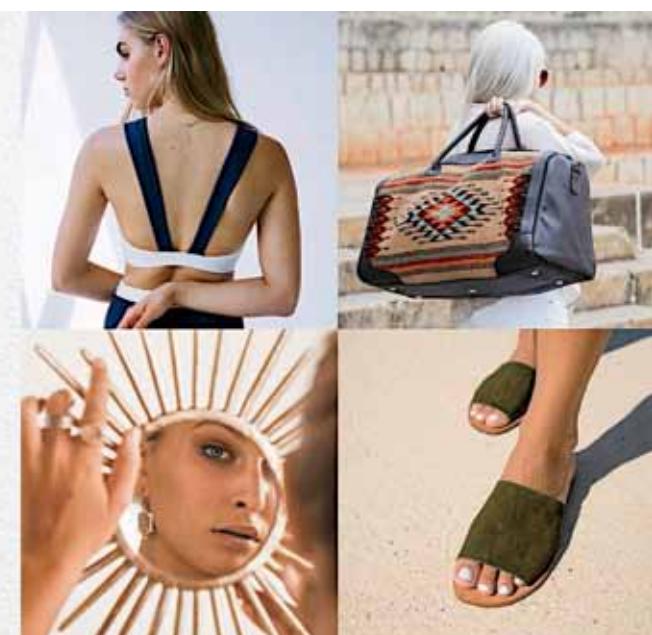
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Aloe

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from green to yellow, purple, red, and gray to blue. Some have spots, stripes, spines, thorns, and even claws. The entire flowering structure is called an inflorescence and the stem that grows out of the plant is called a peduncle. The peduncle can be branching or singular, depending on the age of the plant and the type of aloe. The flowering part of the inflorescence is called a raceme. Racemes can develop in an open pattern, where the flowers are separated, or on a compact raceme, the flowers are tightly packed together. No two aloe species are exactly alike. With individual characteristics of arrangement, and color of flowers, leaves, and spines, they are unique. The size range of aloe

is quite extensive, with some plants being less than an inch (2.54 cm) in height and diameter, to several feet (meters) wide and tall. An interesting fact is that there are species of tree aloe, that grow over 60 feet (18 m) tall, but, since they are considered a tree and not a plant, they are in a different category than their smaller relatives. All in all, the genus of aloe is a fascinating one. No wonder they are one of the most popular succulents cultivated and used in landscape, not to mention the thrill of finding them in nature. The intricate beauty and variety of the aloe is amazing, as well as the variety of birds and insects that feed off the flowers during their annual blooming season.

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El Cielo: The Baja Sky

by Roc Fleishman
photo by Kaia Thomson

Welcome the February/March edition of *El Cielo* for 2023, highlighting the most interesting sights and movements of the heavenly objects above Baja California Sur. Keep this close at hand and enjoy the sky.

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

Mars is overhead all night pretty much, Saturn and Mercury are too near the sun to be seen, but Venus and Jupiter are in a great place to set up some beautiful sunsets.

FEBRUARY

- 21 New moon should be visible in sunset near Venus with Jupiter above both.

- 26 The new moon rises higher up tonight, next to Jupiter.
27 The first quarter moon is overhead near Mars.
MARCH
20 Equinox at just after 2:25 pm, when the sun's path crosses the equatorial plane, and we move into astronomical springtime.
22 The new moon might appear in the sunset, just above Jupiter with Venus visible above.
23/24 New moon passes Venus, below on the 23rd, then above on the 24th.
27/28 The brightening moon passes Mars over these two nights.

The (supposedly) green comet ZTF (C/2022 E3) should be a binocular object by the morning of February 1st. The comet will be in the northwest and best seen after moonset at 3:30 or 4 am when it will be to the right of Polaris about 16°. On the second, the moon will be higher and harder to avoid, and since you can't avoid the moon, you might as well view it in the late evening when it is highest, circling Polaris with the dippers. Locator maps should be available on the web, one site being: <https://theskylive.com/where-is-c2022e3>. Remember, comets are inherently unstable

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Villa Santorini Beachfront Luxury



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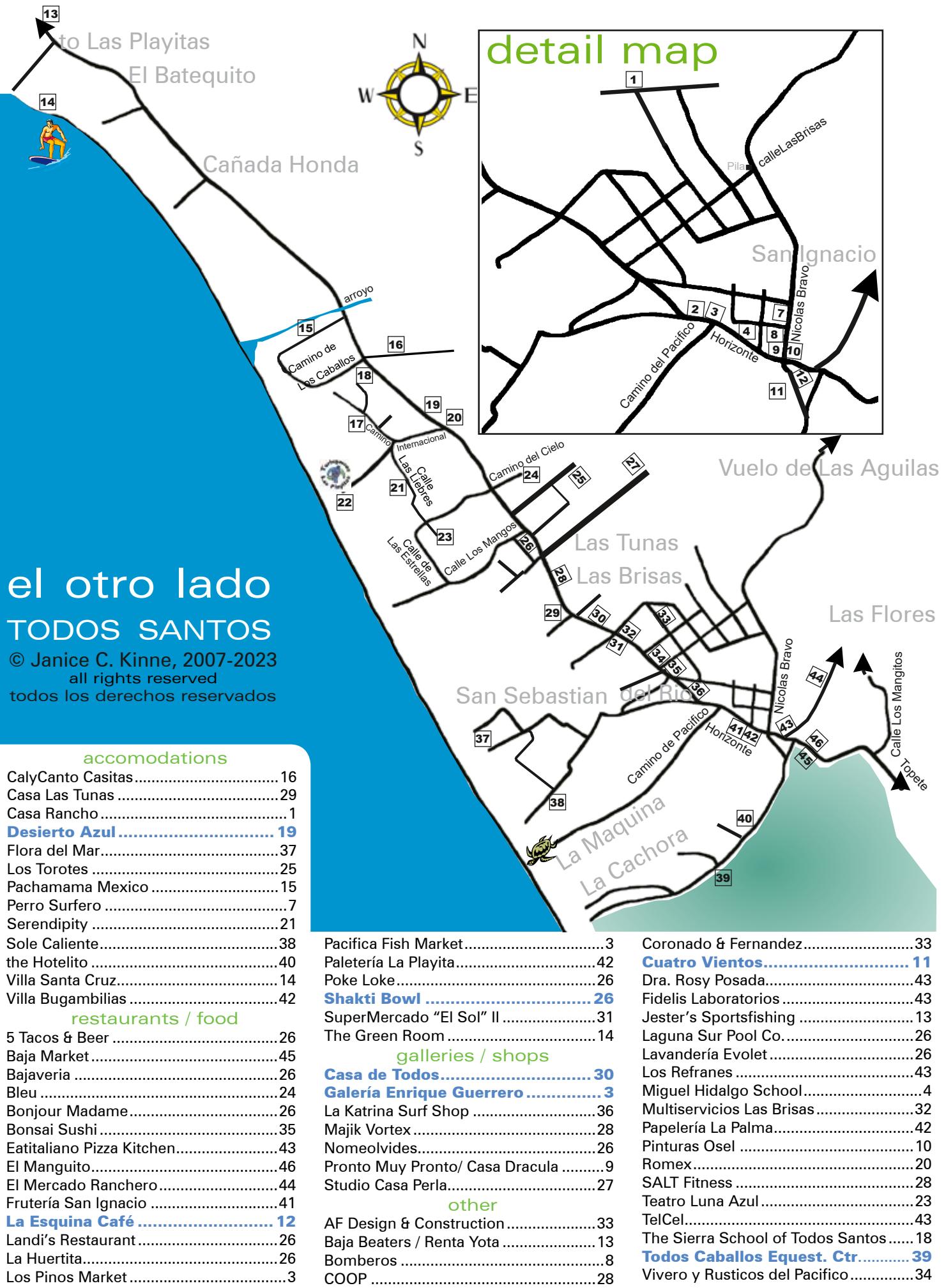
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Voces del Pueblo

by Janice Kinne

Thank you for all your compliments on our Holiday / Navidad 2022/2023 issue with cover by artist **Ezra Katz**. Local photographer **Liz Icedo** shared her beautiful Baja sunset photo for our Winter / Invierno 2023 cover.

In this issue, Bryan Jáuregui of **Todos Santos Eco Adventures** tells of the new Cowboy Museum in El Triunfo, that chronicles the 300-year-old story of the families, traditions, skills, and tools that bind the Californias of Mexico and the United States.

Bryan also shares with us how Zero Waste Hotels, like **Hotel Desierto Azul** in the Las Tunas area of Todos Santos, are working to make a minimum impact on our precious environment.

Nancy Naigle informs us of the impressive gains that the **Padrinos Children's Foundation** has made over the past seven years and their exciting plans for the future.

Ivonne Benítez, of **Hablando Mexicano**, tells the inspirational story of how owner Alan Becerril has created his restaurant and now **Hotel Gallo Azul** businesses. Alan has been a well-known figure in the Todos Santos community since 2005, and **Gallo Azul Pizza Bar** has been a popular spot since it first opened in 2014.

Have you tried the gourmet tacos at **Tacoteca** in Plaza Amigos in Todos Santos yet? Their fresh, daily specials include duck confit, top sirloin, pork carnitas, portabella mushroom, and more. Every Thursday is Taco Thursday with live music in the evening.

Happy 10th year anniversary to **Étnica** in Todos Santos! Their two locations, **Étnica** and **Étnica Dos**, have the finest Mexican handmade women's and men's fashions, leather goods, and home furnishings.

Amanda Reta tells the tale of Practical Magic: how this

pueblo mágico is magical in the enchanted sense of the word. This tiny international melting pot has residents from all over the world, and yet you don't just *end up* here. And how three women—a tarot card reader, a ritual teacher, and a breathwork practitioner—help us mortals tune into something bigger than ourselves while remaining in the awe-inspiring *now*.

Galería Logan is hosting a reception for artist **Lee Mothes** on February 11th. View his newest paintings and drawings of ocean surf, meet the artist, and enjoy wine and snacks.

The luck of the Irish is with you on March 17th. **Shut Up Frank's** in Todos Santos will be celebrating their 28th annual Lucky St. Paty's Day with Frank's special homemade corned beef. And **Shaka's** in Cerritos will be hosting their Shamrock Shindig benefiting the Pescadero Food Bank and Grupo Madre Teresa.

Galería Enrique Guerrero represents a group of young artists who are part of the emerging scene and explore all the visual arts disciplines such as painting, sculpture, photography, video, installation and digital media, with a contemporary vision and self-sustainable proposals. The gallery offers them a space of freedom in which they can exhibit their artistic creation, in addition to spreading their work nationally and internationally. Their newest location is on the *otro lado* of Todos Santos, next to Pinos Mercado and Pacifica Fish Market.

Contigo Cerritos is the perfect balance of home and hospitality. The intimate community of boutique casitas was designed by international award-winning Sanzpont Arquitectura based in Barcelona, Cancun, and Chicago, and features an international design aesthetic with an authentic local touch. As much as possible all materials and craftsmen are sourced in Mexico, as are the interior design touches. With a passion for sustainability, the layout of the casitas was based on a solar study to minimize direct sun exposure to interiors, to maximize efficiencies, and to preserve the view from the road above, so that hikers and bikers can continue to enjoy the ocean views. The casitas are built with sustainable features such as grey

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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 38

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Beaches

continued from page 37



photo by Liz Icedo

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, #36 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, #84 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.

Beach Community Vacation Rentals

Hwy 19 KM 64,
Calle a Playa Cerritos
El Pescadero, BCS 23310
www.villascerritosbeach.com
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WEST SIDE

f [westsidesurfschool](#)
instagram [westsidesurfbaja](#)
www.westsidesurfbaja.com

Healthy fast food in Las Tunas

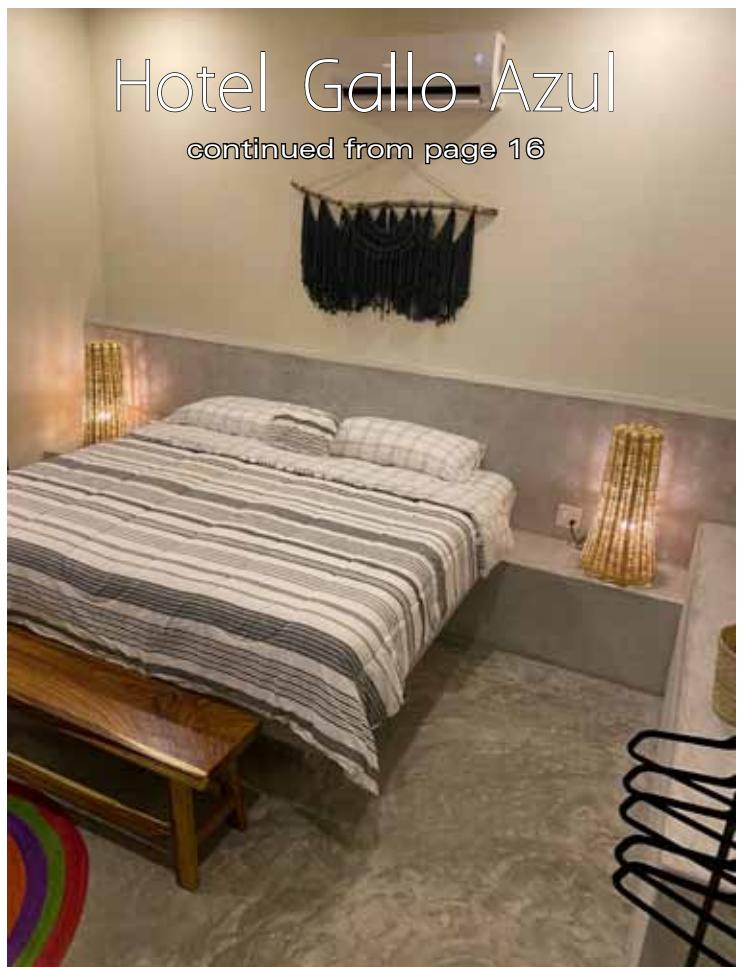
SHAKTI Bowl

qr www.shaktibowlts.com

Instagram **facebook**

Hotel Gallo Azul

continued from page 16



tamaño *king* grandes y cómodas, wifi gratis, vistas a una gran piscina, y un patio muy atractivos. ¡Un lugar perfecto para disfrutar del cálido sol de Baja y tal vez una pizza y un cóctel!

El Hotel Gallo Azul y los *lofts* de Gallo Azul están convenientemente ubicados en el centro de Todos Santos, a poca distancia del centro histórico, muchas tiendas, restaurantes, y el parque local.

El amable equipo de Gallo Azul está ansioso por recibirte, ven y visítanos.

Para más información visita: <https://hotelgalloazul.com/>, email: albezay@hotmail.com, o llama al (+52) 612 158 8457

LITTLE FREE LIBRARIES

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.



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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.

Balandra by Liz Icedo

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

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

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

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

El Cielo

continued from page 31

iceballs, so they can be worth watching when you can, as you never know what they might do.

For more information, check out the web links below, call or message me on my cell phone 612-348-5468.

LINKS OF INTEREST

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

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

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

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

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

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

USER: "elcielots" PASSWORD: "journal"

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

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

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

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

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

Voces

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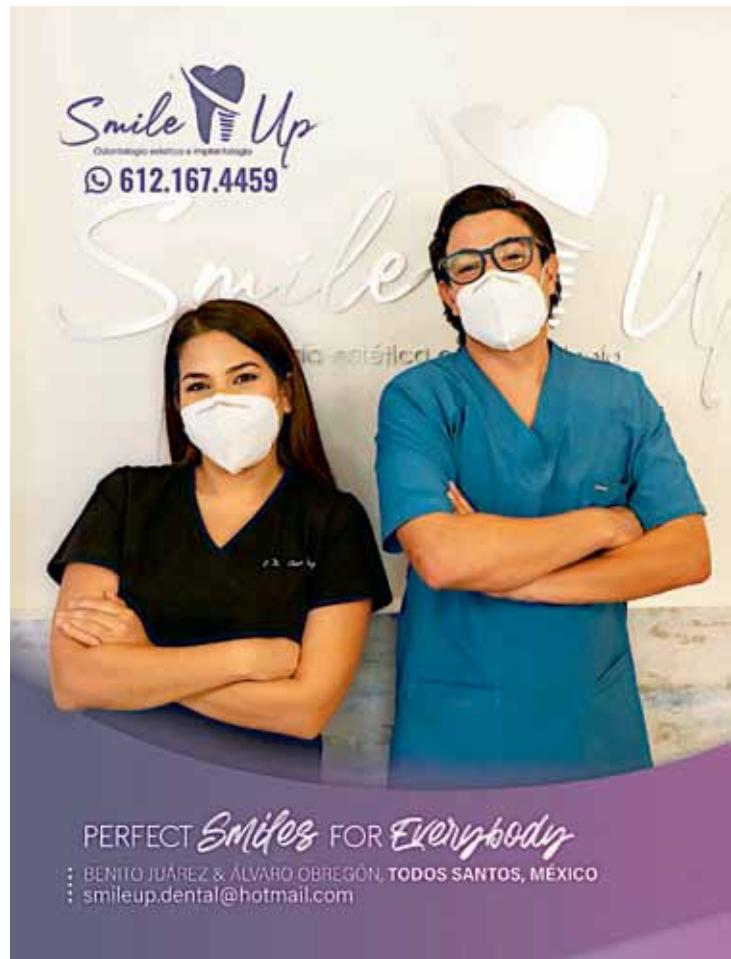
water recycling, partial green roofs, and renewable backup power.

In addition to their popular Las Tunas location, **Shakti Bowl** has a new healthy restaurant at El Mercado in San José del Cabo.

New World Organics Baja produces non-toxic and organic pest control, cleaners, sanitizer, mosquito repellent, and plant fertilizers. Their products are available in various locations in Todos Santos, Pescadero, Cabo San Lucas, La Paz and now on Mercado Libre.

The Palapa Society of Todos Santos is holding a masquerade ball on April 1st. Masquerade masks are encouraged, costumes are optional. Dinner included and beverages are available. See their website for more information.

We will see you with more exciting stories in our next issue, Spring / Primavera 2023. The deadline is March 10.



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Aloe

continuó de página 29

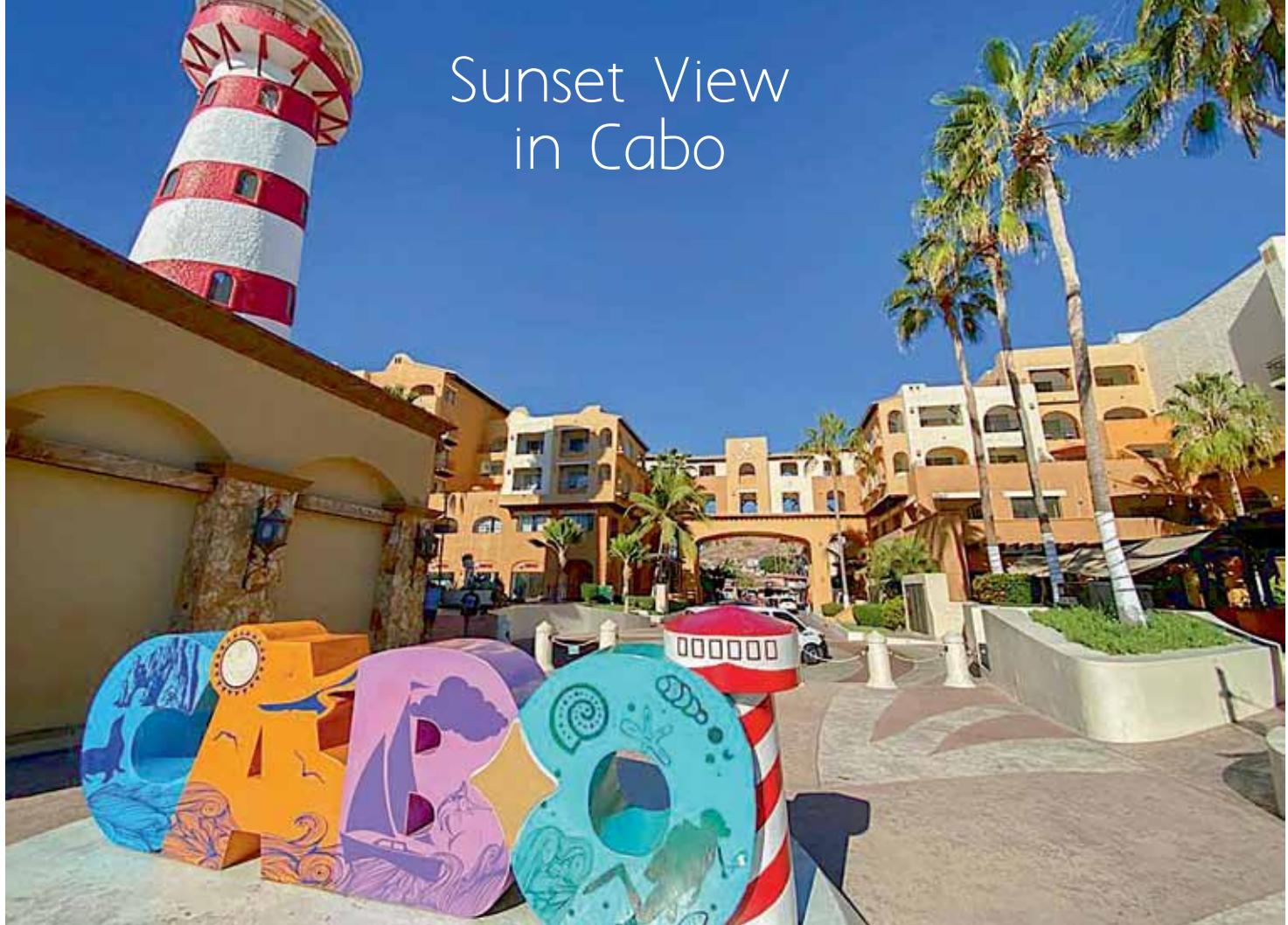
Alguna vez te has preguntado, por que los agaves mueren después de florecer, pero el aloe no? Esto es porque la reproducción del aloe es de genero policárpico, lo que significa que pueden florecer por muchas temporadas, así como producir hijuelos y semillas repetidamente. La mayoría de las especies del agave (maguey) son monocárpicas, esto quiere decir que florecen y mueren, aunque antes que esto suceda, la planta madre producirá, semillas y bebes conocidos como bulbos, para poder continuar la existencia de las especies.

Las flores del aloe pueden ser de muchos colores, formas, tamaños, y arreglos, sus hojas varían en un espectro de colores del verde al amarillo, morado, rojo, o de gris a azul. Algunas tienen puntos, rayas,

espinas, púas, y a veces garras. La estructura completa que es la que florece, se llama inflorescencia, y el tallo que crece hacia afuera de la planta se llama pedúnculo. El pedúnculo puede ser en ramificación o sencillo, dependiendo de la edad de la planta y del tipo del aloe. La parte con flores de la inflorescencia se llama racimo, los racimos pueden desarrollarse en patrón abierto, donde las flores están separadas, o en un racimo compacto donde las flores están juntas. No hay dos especies de aloe que sean exactamente iguales. Con características individuales en su disposición, color de las flores, hojas, y espinas, son únicas. El rango de tamaño del aloe es muy extenso, desde algunas plantas menores que 2.54 cm en altura y diámetro, hasta las que miden varios metros de ancho y largo. Un dato interesante es que hay especies de árboles aloe, que crecen hasta 18 metros de altura, pero como son considerados árboles en vez de plantas, entran en otra categoría diferente a la de sus parientes más pequeños. De cualquier modo, el género del aloe es fascinante, no es raro que sean las suculentas más populares para cultivarse y usarse en paisajismo, sin olvidar el gusto que da encontrarlas en la naturaleza. La intricada belleza y variedad del aloe es asombrosa, así como también lo es, la gran variedad de aves e insectos que anualmente se alimentan de estas plantas en temporada de floración.



Sunset View in Cabo



REAL ESTATE GROUP BETS ON THE HIGH-END RESIDENTIAL MARKET IN LOS CABOS.

This January 2023, RE/MAX Sunset View begins operations, the 3rd franchise of the Sunset Mar de Cortés Group, one of the most important groups in the real estate industry in Mexico and with more than 16 years of experience in the market.

Located in Plaza Marina, in the heart of the iconic Cabo San Lucas marina, this new office will open its doors continuing the work philosophy of its founder Flavio Michel, always putting the client first. This service philosophy has ensured a very high percentage of loyal clients, making its RE/MAX agencies rank in the top 10 sales nationwide.

Grupo Sunset Mar de Cortés is specialized in high-quality real estate services where 65% of its operations have focused on serving foreign clients looking to acquire a property in Mexico, it also has various real estate developments built in Mazatlán, Sinaloa, and in the case of Los Cabos, it seeks to establish itself to provide legal certainty and trust to its clients for many years. Without a doubt, an excellent option now in Cabo San Lucas.

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REMAX Sunset View

www.remaxsunsetview.com

Eventos

febrero

2 de febrero | RECEPCIÓN DE APERTURA DE MARK GABRIEL RETRO TROPICAL JETSET IV en la Galería Militar en Todos Santos. Disfrute de cócteles e increíble arte. Abierto al público. Las obras estarán expuestas hasta el 16 de marzo. Obtenga más información en www.galeriamilitar.com

3 de febrero | 5 a 7 pm, TOUR DE ESTUDIOS ARTÍSTICOS DE TODOS SANTOS CONOZCA AL ARTISTA. Fiesta de apertura. Venta de arte a beneficio de los programas comunitarios de **La Sociedad de la Palapa de Todos Santos**. Entradas a la venta en <https://todossantosopenstudio.org/>

4 y 5 de febrero | 10 am a 4 pm, TOUR DE ESTUDIOS ARTÍSTICOS DE TODOS SANTOS. Precio de la entrada: \$300 MXN por ambos días, los niños menores de 17 años entran gratis. Entradas a la venta en <https://todossantosopenstudio.org/> Mayores Informes en: TodosSantosOpenStudio.org, palapociety.org o Facebook: todossantosopenstudiotour

8 de febrero | 10 am a 4 pm, TOUR DE ESTUDIOS DE ARTISTAS en Los Barriles. La gira de 2023 contará con más de 17 casas y más de 25 artistas diferentes. Los boletos cuestan \$100 pesos o \$5 USD se venden de 9:30 am a 1:30 pm, el día del espectáculo en la boletería ubicada en el Oficina de Baja Properties en Los Barriles (frente al Restaurante Tío Pablos y Hotel Palmas de Cortés). Recibirá un mapa de los estudios y sus pulseras para ingresar. Para más información: www.eastcapearts.com

9 de febrero | 6 pm, NOCHE CON MARIACHI en La Palapa del Sabor, Todos Santos. Reservas: \$100 pesos por persona, o 1 kilo de comida para perros en la puerta. Buena comida, bebidas y

música de mariachi. 612-145-2055.

9 de febrero | 7 pm, DESFILE DE MODA UNQUELY TODOS SANTOS a beneficio de Padrino Children's Fundación en La Esquina Café en Todos Santos. Con modas de Amaya de Creando Tendencia, Daniella de Kynnary, Chanelle y Diego de Saguaro, y Morgan de Zócalo. También aprenderá sobre los emocionantes planes de construcción y expansión de Padrino. Los boletos cuestan \$50 USD, todo lo cual se destina a apoyar el fondo de construcción de Padrino. Cena y bebidas estarán disponibles para su compra de 5:30 a 7 pm. El cupo es limitado, así que reserve su(s) asiento(s) ahora enviando un correo electrónico a Nancy a info@padrinocf.org. Se aceptarán reservas por orden de llegada.

11 de febrero | 10 am a 5 pm, MUESTRA DE ARTE BAJA 100 en la plaza al lado del **Bazaar Bésame Mucho** en Todos Santos.

11 de febrero | 1 a 5 pm, TALLER DE ELABORACIÓN DE MALAS DE ENERGÍA AMOROSA en Cuatro Vientos en Todos Santos. Aprenda sobre el significado de los malas de meditación y luego cree su collar personal de 108 cuentas con cuarzo rosa lavanda de Madagascar,

infundiendo una gran cantidad de amor por usted y por los demás en cada cuenta y nudo. US\$72/persona. Se requiere inscripción. Información e inscripciones en www.bajamalas.com

11 de febrero | 2 a 5 pm, RECEPCIÓN ABIERTA para Lee Mothes en **Galería Logan** en Todos Santos. Conozca al artista y vea sus nuevas obras. Vino y refrescos.

16 de febrero | SUPERBOWL LVII. Puedes ver el juego en Todos Santos en **Chill n Grill**, **Gallo Azul**, y **Shut Up Frank's**, y **Shaka's** en Cerritos.

16 al 21 de febrero | CARNAVAL DE LA PAZ 2023

19 al 26 de febrero | 12º RETIRO LITERARIO "ESCRIBIENDO LA BAJA" en hotel boutique Serendipity, Todos Santos. Dirigido por la galardonada autora, poeta e instructora Ellen Waterston. Sesiones de escritura creativa, presentaciones de autores invitados, talleres, antología publicada y más. Costo: \$2,375 USD incluye hospedaje y alimentos en Serendipity boutique hotel en Todos Santos. Costo por día \$670 USD. Mayores informes en: info@writingranch.com, writingranch.com, 541-480-3933.

EVENTOS cont. en pg. 51

HORA FELIZ

Cerritos Beach Inn **Do Lu Mar Mier Ju Vi Sa 2 a 6 pm**, 2x1 cerveza y margaritas.

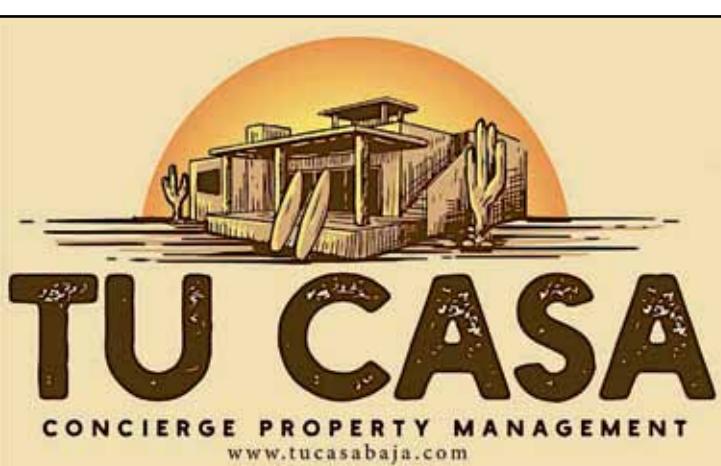
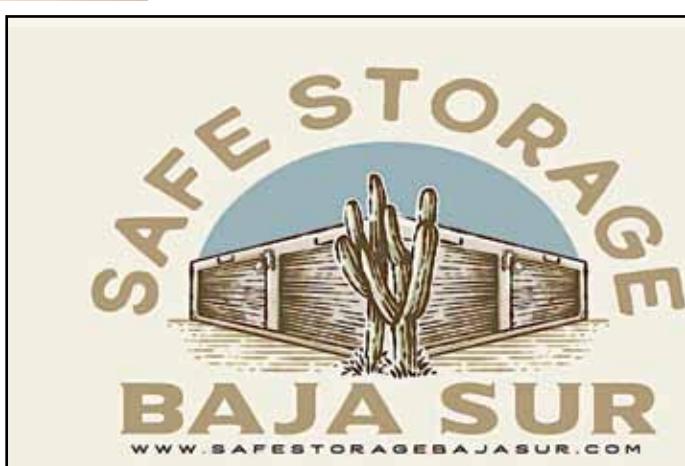
Chill N Grill Do 10 am a 2 pm, 2x1 bloody Marys.

5 Tacos y Beer **Do Lu Mar Ju Vi Sa 4 a 6 pm**, 2x1 margaritas y mezcalitas.

San Cristobal Bar de Alberca **Mar 5 a 7 pm**, Descuentos en bebidas.

Shaka's Do Lu Mar Mier Ju Vi Sa 4 a 6 pm, Mitad precio: Cerritorita, George's Paloma, J.B. Special, P.P. Paloma, Shakarita, magarita de la casa y tequila de la casa.

Shakti Bowl, Las Tunas Do Lu Mar Mier Ju Vi Sa 4 a 7 pm, 2x1 bebidas.



Cada Semana

Descubre las galerías de arte fino en Todos Santos (www.TodosSantos.Art), ahí encontrarás un mapa y mayor información.

domingo

8:30 am a 2 pm, **MERCADO ORGÁNICO Y MÚSICA EN VIVO** en la Cafetería Baja Beans, Pescadero.

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

lunes

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

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.

6:30 pm, **JAZZ GITANO "PARGAZZ"** en Tre Galline en Todos Santos.

miércoles

8 am a 2 pm, **MERCADO LOCAL** en La Esquina Café en Todos Santos.

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

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: ecorrrevolucionmx@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 Julio.

6 a 11 pm, **SESIONES DE INVIERNO** en La Esquina Café en Todos Santos con música en vivo de los Cordovas.

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: ecorrrevolucionmx@gmail.com, (612) 139-4789.

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

3 a 5 pm, **CLASE DE COCINA** en Hablando Mexicano en Todos Santos. Costo y menú en la página: www.hablandomexicano.com.





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Padrinos

continuó de página 20

sistemas de salud gubernamentales. Mientras trabajamos para mantenernos al nivel del crecimiento de nuestra comunidad, nos encontramos con un auge en construcción a lo largo de la región, los desarrolladores necesitan trabajadores, y legiones de familias con bajos ingresos se mudan para acá, muchos con niños que necesitan nuestros servicios. En el pasado año el número promedio de niños que hemos atendido se ha incrementado en un 35%

La mesa directiva de Padrino continuamente evalúa, las posibles maneras en las que podemos servir mejor a los niños. Bajo las circunstancias descritas anteriormente, reconocemos la necesidad de expandir la capacidad de nuestra operación si es que vamos a volvemos sustentables. Ya que no es posible expandirnos en nuestras instalaciones actuales, y no hay ningún espacio en renta que sea del tamaño adecuado o que sea costeable, hemos tomado la decisión y el compromiso de construir nuestras propias instalaciones. De esta manera ya nunca estaremos en riesgo de perder nuestro espacio rentado, ni a merced de los elevadísimos costos que implican rentar un lugar. Así tendremos la capacidad de ofrecer alojamiento a nuestros especialistas visitantes y un lugar donde dar sus consultas, disminuyendo nuestros gastos de viajes. Será posible expandir los servicios con especialistas en estudios del sueño, audiolología, terapia del espectro autista, y terapias familiares, reduciendo aún más la necesidad de desplazarse para recibir atención médica. Por último, el edificio nuevo le dará a nuestro personal un muy merecido espacio para relajarse, recargarse de energía y convivir en privado, creando un ambiente confortable, para compensar su arduo trabajo.

Gracias a un muy generoso donante adquirimos terrenos en 2021. Y con los servicios de diseño del arquitecto basado en Los Ángeles, Peter Hamilton de SPH Architecture, y del residente local Andrés Ariza, ambos completamente gratuitos, contamos con planes arquitectónicos para una clínica de 5,000 metros cuadrados. En Octubre de 2022, lanzamos nuestra campaña para conseguir fondos para cubrir los gastos del proyecto de construcción, que estimamos en \$750,000 dólares. ¡Hasta el momento ya PADRINOS continúa en página 47

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Padrinos

continued from 21

individual children and have provided over 20,000+ services, which are not available under the government healthcare systems. As we work to keep up with the growth of our community, we are faced with a building boom across the region. Development requires workers, and legions of low-income relocating families are arriving, many with children in need of our services. In the past year, our average number of children treated per month has grown by 35%.

The Padrino Board of Directors continually evaluates possible ways in which we can better serve children. Under the circumstances described above, we recognize the need to expand the capacity of our operation if we are to become sustainable. Since there is no opportunity to expand at our current facility, and there is no rental space in town that is of an adequate size nor affordable, we made the decision and commitment to build our own facility. In this way, we will no longer be at risk of losing our rented location nor at the mercy of steeply rising rental costs. We will be able to offer space for visiting specialists' consultations and lodging, reducing our expenditure on travel expenses. Expanded services will be made possible with specialized spaces for sleep studies, audiology, autism spectrum therapy, and family therapies, further reducing travel-required care. Lastly, the new building will provide space for our staff to decompress, refuel, and gather privately, creating a comfortable environment befitting their difficult work.

Thanks to a generous donor we acquired land in 2021. And with pro bono design services from Los Angeles-based architect Peter Hamilton of SPH Architecture and our local part-time El Pescadero resident, Andres Ariza, we have architectural plans for a 5,000 square foot clinic. In October 2022, we launched our capital campaign to

fund the building project, which we estimate at \$750,000 USD. Already the capital fund balance stands at \$300,000 USD! Upon completion, this facility will represent the most important action we can take as a community to improve the health of our current patients and future generations. Help from individuals and businesses, such as the Hotels With Heart program, is needed to raise the remaining \$450,000 USD. By contributing to this vital need your legacy will support the realization of a community in which all children can achieve their full potential for health and well-being. Donations can be received in a variety of ways. Including charitable fund distributions and stock donations. Please write to Nancy Naigle at info@padrinocf.org to discuss a contribution. We and the children sincerely appreciate your support.

Padrino Website: <https://www.padrinocf.org/>

Padrinos

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tenemos \$300,000 dólares! Una vez construida, esta clínica representará la acción más importante que hemos realizado como comunidad para mejorar la salud de nuestros pacientes actuales y de las generaciones por venir.

Necesitamos la ayuda de individuos y negocios como por ejemplo: los Hoteles que llevan el programa "Hoteles con Corazón," para poder recabar los \$450,000 dólares restantes. Contribuyendo a esta vital necesidad, su legado apoyara a materializar una comunidad en donde todos los niños puedan alcanzar su potencial de salud y bienestar. Aceptamos donaciones en diversas formas, incluyendo distribuciones de fondos de caridad, o donación de provisiones. Por favor escriba a Nancy Naigle en info@padrinocf.org para hablar sobre donaciones. Nosotros y los niños apreciamos sinceramente su apoyo.

Página Web: <https://www.padrinocf.org/>



**Providing healthcare
for children in need
and building a healthier future
in our community**

To help us visit: www.padrinocf.org

For more information about us:
info@padrinocf.org
+52 612 145 0506
@PadrinoChildrensFoundation



501(C)(3) NONPROFIT EIN #47-3798912

Magic

continued from page 27

of ancient wisdom through ritual," Rhiannon explains.

When asked how to create magic in daily living, she says, "Create space. A daily ritual practices cultivates the conditions, away from the hustle and bustle, for this communion to be nourished and directed."

Through a recent ritual advisory session, Rhiannon worked with a client on goals around her business: "We worked to gain clarity around their professional desires with the ritual of defining one's desires and speaking them to the universe. Their 24-month goal manifested within 45 days!"

Todos Santos has been an important setting for the development of Rhiannon's passion company, Hello Rituals: "Todos Santos is a permission bringer... those with magic buried in their bones are called to this magical place to explore and share. This energy creates a vortex where seekers can elevate one another."

Discover Rhiannon's offerings: hellorituals.com.

Find her at Pachamama Retreat Center facilitating a Tarot + Ritual retreat with Jessica Chappell May 18 - 22, 2023.

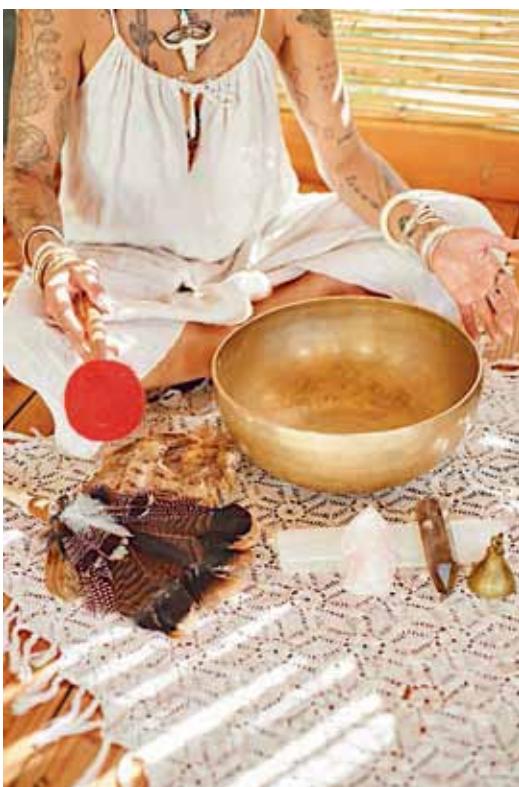
STEPHANIE PENILLA + BREATHWAVE

There is nothing more fundamental than the simple act of breathing. And yet, breath alone has the power to help us transcend.

Stephanie Penilla has supported her clients with significant interpersonal transformation guiding conscious,



Stephanie Penilla



connected breathing through a technique called BreathWave.

In a recent conversation, Stephanie reflected: "Through our beloved breath—life's companion—we look within and get to know and love ourselves more... we are able to receive all that we need; it's all inside of us—magical, huh?"

Offering BreathWave both in groups and privately, Stephanie upholds that each person has the inherent ability to heal themselves. "Opening this space activates our own medicine. We are able to bring ourselves back to balance, harmony, and peace," Stephanie says.

New York stylist and art director, Elizabeth MacLennan, has been practicing BreathWave with Stephanie since last year. "Stephanie has a gift for tuning in to each person in the circle. Each circle has been held with strong intention, reverence, and grace for the process, the participants, and the divine—deep but also gentle."

A Guadalajara native, Stephanie has been facilitating BreathWave circles for 15 years. But moving to Todos Santos a decade ago was pivotal for her and her practice: "I have transformed so much by being here. The openness: everywhere you look, the vision goes infinitely to the horizon, infinite beauty of the ocean, the desert, the mountains. These visions have nourished and permeated to every cell of my being."

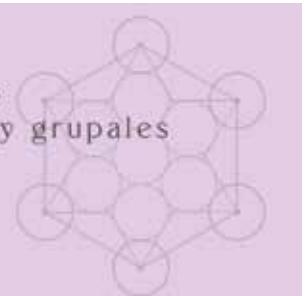
Connect with Stephanie via Instagram @stephanietafa or email anka.ancestral@gmail.com

For a list of 10 incredible magic-makers, healers, and ritual facilitators in Todos Santos, email hi@tarotandritualmagic.com.



Individual and Group
BREATHWAVE sessions
Sesiones individuales y grupales
de BREATHWAVE

anka.ancestral@gmail.com
 [@selfhealingpathways](https://twitter.com/@selfhealingpathways)
 +526121418113



Cowboy Museum

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The benefits of Transhumance don't stop there. "One of the really cool things about this process of regenerating the soil is that it also regenerates the rain cycle" explains Florent. "Lots of vegetation on the land has a cooling effect on the atmosphere, causing clouds to precipitate on the land. So from what was once this vast cycle of death—overgrazing, monoculture, fertilizers and pesticides—you get this great cycle of life. The cows create nutritious soil so chemicals are not needed, the soil retains water and supports vegetation, the vegetation improves the soil, attracts more rain and feeds the cows, and the rain replenishes the whole, holistic system." Florent notes that at Rancho Cacachilas, the same amount of land that could previously support only one cow, will soon support four. Moreover, with the increased vegetation for the cattle to eat, the ranch's need for nutritional supplements for the cattle has dropped dramatically, resulting in substantial savings.

Rancho Cacachilas aims to be its own kind of Cowboy Museum. They've taken the lessons from the past, applied them to the present, and plan to share what they're learning about managing cattle in the specific conditions of Baja California Sur with ranchers throughout the peninsula. The past comes alive at the beautiful new Cowboy Museum in El Triunfo. The past *is* alive down the road at Rancho Cacachilas.

Todos Santos Eco Adventures (TOSEA) is the leading eco adventure company in Baja California Sur. TOSEA invites you to join them in the following initiatives to help preserve the habitats of Baja California that both our native and migratory species depend on:



photo by Alfredo Martinez

Carbon Capture with Tomorrow's Air. TOSEA is a carbon capture education partner with Tomorrow's Air, and to date has supported the removal of one ton of carbon dioxide from the air. All *homo sapiens* who migrate to Baja are invited to join TOSEA in supporting this incredible project that was awarded Newsweek's 2021 Future of Travel Award in the Visionary category—it is not carbon offset, it is actually removing CO₂ from the air and storing it deep underground. www.tomorrowsair.com.

Zero Waste Alliance of Todos Santos and Pescadero (ZWA). TOSEA is a proud supporter of the ZWA which is actively working to reduce the amount of waste that goes to the local landfill and build circular economies around that waste. All *homo sapiens*, both native and migratory, are invited to join the movement! www.facebook.com/alianzacerobasuratodossantos



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Photography / Wedding / Family portraits

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fotografa

Info: 612 22 9128

fotolizicedo@gmail.com

Events

continued from page 22

poet, and instructor Ellen Waterston. Creative writing sessions, guest author presentations, pop-up workshops, published anthology and more. \$2,375 USD includes lodging & meals at Serendipity boutique hotel in Todos Santos. Day student rate \$670 USD. for more information: info@writingranch.com, writingranch.com, 541-480-3933

February 23 | BRANDO'S BIRTHDAY BASH at Shaka's in Cerritos.

February 25 | 5 - 7 pm, AN EVENING OF WORDS at the Palapa Society Library. Reading and reception of Writing Down the Baja participants. No admission, donations to **The Palapa Society** encouraged.

March

March 9 | 6 pm, MARIACHI NIGHT at La Palapa del Sabor in Todos Santos. Reservations: \$100 pesos per person deposit, or 1 kilo of dog food at the door. Great food, drinks, and mariachi music. Info: 612-145-2055.

March 10 | JOURNAL DEL PACIFICO SPRING 2023 ISSUE DEADLINE.

March 11 | 10 am – 5 pm, BAJA 100 ART SHOW in the plaza next to **Bésame Mucho Bazaar** in Todos Santos.

March 13 - 17 | ANNE HEBEBRAND Cold Wax + Oil Workshop 2 (intermediate – advanced) at Barro Sur Studio in Todos Santos. Learn how to balance the intuitive and spontaneous aspect of working with cold wax in an intentional manner. There will be plenty of demonstrations and time to discuss composition, color, surface application, scale, form and content. This workshop is for artists who already have been working with oil and cold wax and want to learn how to balance the intuitive and spontaneous aspects in an intentional manner. There will be plenty of demonstrations and time to discuss composition, color,

surface application, scale, form, and content. For information www.annehebebrand.com

March 17 | 3 pm until the food is gone, LUCKY ANNUAL ST. PATY'S DAY at **Shut Up Frank's** in Todos Santos. Serving Frank's famous homemade, one-month-cured, corned beef and cabbage dinner with potatoes, carrots, hot mustard, and special horseradish sauce.

March 17 | SHAKA'S SHAMROCK SHINDIG ST. PATRICK'S DAY CELEBRATION at **Shaka's** in Cerritos. Get your Irish on and help support the Pescadero Food Bank and Grupo Madre Teresa to continue their work in our community. Raffles, cornhole contest, Jello shots, green beer, and live music. Special of the day: Homemade corned beef, fingerling potatoes, cabbage and carrots.

April

April 1 | 6 – 9 pm, MASQUERADE BALL at Siempre Viva in Pescadero. A benefit for **The Palapa Society of Todos Santos**. Masquerade masks are encouraged, costumes are optional. Dinner is included and beverages are available. For more information visit: palapasociety.org

May

May 10 | JOURNAL DEL PACIFICO SUMMER 2023 ISSUE DEADLINE.

May 18 - 22 | Tarot + Ritual Magic Retreat in Todos Santos. With **Jessica Chappell, Tarot de Baja** and Rhiannon Andersen of Hello Rituals. An alchemical retreat where the ancient wisdom of tarot and mystical rituals are revealed to facilitate your deepest connection to universal wisdom. This five-day, potent immersion into tarot and rituals will connect you with your most magical and innate gift, your intuition. Curated for the spiritually-curious rebel who craves to unlock her inner-knowing. Tarot courses and embodiment rituals lead by Jessica and Rhiannon. Includes: daily restorative meditation, breathwork, intuition, and yoga classes; 5 days and 4 nights deluxe teepee lodging in the Baja desert; three nourishing meals, cold pressed juices, and healthy snacks daily; transportation to and from the San Jose International Airport (SJD); and a highly-curated gift bag including all of the magical tools you'll need for your journey. For more information: www.tarotandritualmagic.com.



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Eventos

continuó de página 44

23 de febrero | FIESTA DE CUMPLEAÑOS DE BRANDO en Shaka's en Cerritos.

marzo

9 de marzo | 6 pm, **NOCHE CON MARIACHI** en La Palapa del Sabor, Todos Santos. Reservas: \$100 pesos por persona, o 1 kilo de comida para perros en la puerta. Buena comida, bebidas y música de mariachi. 612-145-2055.

10 de marzo | JOURNAL DEL PACIFICO FECHA LIMITE PARA LA EDICIÓN PRIMAVERA 2023.

11 de marzo | 10 am a 5 pm, **MUESTRA DE ARTE BAJA 100** en la plaza al lado del Bazaar Bésame Mucho en Todos Santos.

13 al 17 de marzo | ANNE HEBEBRAND, TALLER DE CERA FRÍA Y ÓLEOS 2 (intermedio - avanzado) en Estudio Barro Sur, Todos Santos. Aprende el balance entre los aspectos intuitivos y espontáneos de trabajar con cera fría de manera intencional. Habrá demostraciones y tiempo suficiente para hablar sobre composición, color, aplicación a superficies, escala, forma y contenido. Para quienes cuentan ya con experiencia trabajando la técnica de cera fría y óleos. Mayores informes en: www.annehebebrand.com

17 de marzo | 3 pm hasta que se acabe la comida, LUCKY ANUAL DÍA DEL SAN PATRICIO en Shut Up Frank's en Todos Santos. Sirviendo la famosa receta casera de Frank, curada en un mes, carne en conserva de res (corned beef casero) y repollo con papas, zanahorias, mostaza, y salsa de rábano picantes.

17 de marzo | CELEBRACIÓN DEL DÍA DE SAN PATRICIO de SHAKA'S SHAMROCK SHINDIG en Shaka's en Cerritos. Saque a su irlandés y ayude a apoyar al Banco de Alimentos de Pescadero y Grupo Madre Teresa para continuar con su trabajo en nuestra comunidad. Rifas, concurso de cornhole, tragos de gelatina, cerveza verde y música en vivo. Especial del día: corned beef casero, papas, repollo, y zanahorias.

abril

1 de abril | 6 a 9 pm, **BAILE DE MÁSCARAS** en Siempre Viva en Pescadero. A beneficio para la **Sociedad de la Palapa de Todos Santos**. Para más información visita: palapasociety.org

mayo

18 al 22 de mayo | RETIRO DE TAROT + RITUAL MÁGICO en Todos Santos. Con Jéssica Chappell, Tarot de Baja y Rhiannon Andersen de Hello Rituals. Un Retiro Alquímico en donde la antigua sabiduría del tarot y los rituales místicos se revelan para facilitar su más profunda conexión con la sabiduría universal. Esta potente inmersión de cinco días en el tarot y los rituales le conectarán con su don más mágico e innato, su intuición. Dirigido para las almas rebeldes espiritualmente curiosas que anhelan desbloquear su conocimiento interior. Cursos de tarot y rituales de encarnación dirigidos por Jessica y Rhiannon. Incluye: reconstituyente diario clases de meditación, respiración, intuición y yoga; 5 días y 4 noches tipo de lujo hospedaje en el desierto de Baja California; Tres comidas nutritivas, jugos prensados en frío y saludables refrigerios diarios; transporte desde y hacia el Aeropuerto Internacional de San José (SJD); y una bolsa de regalo altamente seleccionada que incluye todas las herramientas mágicas que necesitará para su viaje. Para más información: www.tarotandritualmagic.com.



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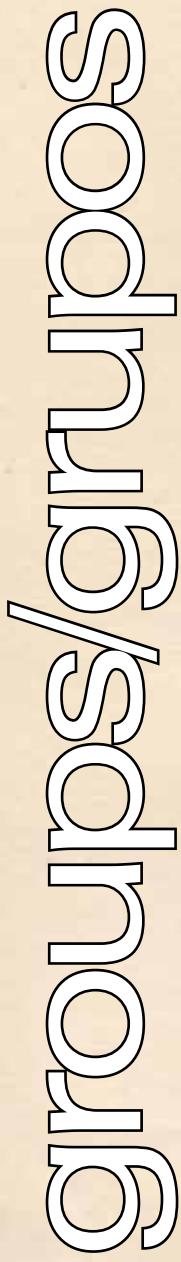


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sunday / domingo

7:45 am, **BEACH BODY @ Cerritos Beach by volleyball nets.**
9 am, **VINYASA FLOW YOGA W/C LIZ @ Cuatro Vientos, Todos Santos.**
11 am, **ECSTATIC DANCE @ Cuatro Vientos, Todos Santos.**
4 pm, **DEEP YIN YOGA W/C MAIRI @ Cuatro Vientos, Todos Santos.**

monday / lunes

6, 7, 8 & 9 am, 5 & 6 pm, **CROSSFIT @ Cross2Box, Todos Santos.**
7 & 8 am, 6 pm, **SPIN @ SALT Fitness, Todos Santos.**
7:30 am, **MEDITATION W/C ANDREA Y JORDAN @ Cuatro Vientos, Todos Santos.**
9 am, **YOGA W/C MARIMAR @ Cuatro Vientos, Todos Santos.**
9 am, **BARRE @ SALT Fitness, Todos Santos.**
9:15 am, **FUSION FITNESS @ Cross2Box, Todos Santos.**
10:30 am, **YOGA FOR HEALTHY AGING W/C LISA @ 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, **VAJRA DANCE @ Cuatro Vientos, Todos Santos.**
4 pm, **AERIAL DANCE ADULTS W/C VANNYA @ Cuatro Vientos, Todos Santos.**
5 pm, **AA MEETING** via Zoom 854 6570 9347 / 61 66 88. For information: Kenny: (612)152-2995, Catherine: (612)149-5194, Don: (612)157-1256
6 pm, **ASHTANGA YOGA W/C TY & SOFITA @ Cuatro Vientos, Todos Santos.**

tuesday / martes

6, 7, 8 & 9 am, 5 & 6 pm, **CROSSFIT @ Cross2Box, Todos Santos.**
7 & 8 am, **SPIN @ SALT Fitness, Todos Santos.**
7:30 am, **YOGA PILATES W/C MARIANA @ Cuatro Vientos, Todos Santos.**
7:45 am, **BEACH BODY @ Cross2Box, Todos Santos.**
9:15 am, **ZUMBA W/C JAN @ Cuatro Vientos, Todos Santos.**
9:15 am, **FUSION FITNESS @ Cross2Box, Todos Santos.**

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

12:30 pm, **ASHTANGA YOGA W/C TY @ Cuatro Vientos, Todos Santos.**

4 pm, **MEN'S GROUP @ Cuatro Vientos, Todos Santos.** First and third Tuesday of the month.

4 pm, **CROSSFIT FOR KIDS @ Cross2Box, Todos Santos.**

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

wednesday / miércoles

7 & 8 am, 6 pm, **SPIN @ SALT Fitness, Todos Santos.**
7:30 am, **POUND W/C SUE @ Cuatro Vientos, Todos Santos.**
6, 7, 8 & 9 am, 5 & 6 pm, **CROSSFIT @ Cross2Box, Todos Santos.**
9 am, **YOGA W/C MARIMAR @ Cuatro Vientos, Todos Santos.**
9 am, **BARRE @ SALT Fitness, Todos Santos.**
9 am, **PESCADERO HIGHTIDE AA MEETING @ Baja Beans, Pescadero.** For information: Don (612) 157-1256.
9:15 am **FUSION FITNESS @ Cross2Box, Todos Santos.**
10:30 am, **YOGA FOR HEALTHY AGING W/C LISA @ 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, **VINYASA YOGA W/C ALENKA @ Cuatro Vientos, Todos Santos.**
4 pm, **AERIAL DANCE KIDS W/C VANNYA @ Cuatro Vientos, Todos Santos.**
5 pm, **AA MEETING** via Zoom 817 0359 7498 / 85 96 40. For information: Kenny: (612)152-2995, Catherine: (612)149-5194, Don: (612)157-1256
6 pm, **TANGO SENSATIONS W/C NOELIA @ Cuatro Vientos, Todos Santos.**

thursday / jueves

6, 7, 8 & 9 am, 5 & 6 pm, **CROSSFIT @ Cross2Box, Todos Santos.**
7 & 8 am, **SPIN @ SALT Fitness, Todos Santos.**
7:30 am, **YOGA PILATES W/C MARIANA @ Cuatro Vientos, Todos Santos.**
7:45 am, **BEACH BODY @ Cross2Box, Todos Santos.**
9:15 am, **ZUMBA W/C JAN @ Cuatro Vientos, Todos Santos.**
9:15 am, **FUSION FITNESS @ Cross2Box, Todos Santos.**
12:30 pm, **POWER VINYASA YOGA W/C ALENKA @ Cuatro Vientos, Todos Santos.**
4 pm, **RESTORATIVE YIN YOGA W/C MAIRI @ Cuatro Vientos, Todos Santos.**
4 pm, **CROSSFIT FOR KIDS @ Cross2Box, Todos Santos.**
6 pm, **DANCE FITNESS W/C NATHALIE @ Cuatro Vientos, en Español, Todos Santos.**

friday / viernes

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

7 & 8 am, **SPIN** @ SALT Fitness, Todos Santos.

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

9 am, **BARRE** @ SALT Fitness, Todos Santos.

9 am, **WOMEN'S CLOSED AA MEETING** via Zoom 863 1292 4030 / 208 002. For information: Kenny: (612)152-2995, Catherine: (612)149-5194, Don: (612)157-1256

9:15 am **FUSION FITNESS** @ Cross2Box, Todos Santos.

12:30 pm, **RESTORATIVE YOGA W/C ALENKA** @ Cuatro Vientos, Todos Santos.

4:30 pm, **HIP HOP ADULTS W/C GABRIELLE** @ Cuatro Vientos, Todos Santos.

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

6 pm, **CONTACT IMPROVISION W/C GERMÁN** @ Cuatro Vientos, Todos Santos.

saturday / sábado

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

9 & 10 am, **SPIN BILINGÜE** @ SALT Fitness, 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.

TAI CHI & QI GONG W/C RHODA New beginning classes in February and March . Email for location, dates, and times: barakabaja@gmail.com

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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Cada Semana

continuó de página 45

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

sábado

7 am, **RECICLAJE/LIMPIEZA DE PLAYA** en Restaurante Mucho Bueno en Cerritos. Dejar el reciclaje en sus contenedores. Mucho Bueno organiza una limpieza de playas y caminos todos los sábados por la mañana a las 7 am en Los Cerritos. Todos son bienvenidos.

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. Noviembre hasta el fin de Junio.

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

10 am a 2 pm, **MERCADO ORGÁNICO LOCAL** en Gypseas en Pescadero. Frutas y verduras orgánicas locales, panes y postres recién horneados, hierbas artesanales, comida deliciosa, joyas y ropa únicas hechas localmente.

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

3 a 4:30 pm, **CLASE DE SALSA** en Hablando Mexicano en Todos Santos. Niveles y registro en la página www.hablandomexicano.com.

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

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Hotel Gallo Azul

continued from page 17

for visitors that are ideal for short or long-term stay. Rooms either have a queen size bed and sofa bed, or a studio with king size bed.

Finally in 2022 Alan's dream to add the Hotel Gallo Azul came to fruition and it is thanks to Civil Engineer Irving Zamora who helped bring his dream to life. The hotel has ten spacious, well appointed, elegantly simple, minimalist style hotel rooms. All have air conditioning, private bathrooms, big comfy king size beds, free WiFi, and overlook a very inviting large swimming pool and patio space. Such a perfect spot to enjoy the warm Baja sun and perhaps a pizza and cocktail!

Hotel Gallo Azul and Gallo Azul lofts are conveniently located in downtown Todos Santos, walking distance to the historic district, many shops, restaurants, and local park.

The friendly Gallo Azul team is eager to welcome you, come by and visit.

For more information visit: <https://hotelgalloazul.com/>, email: albezay@hotmail.com, or call (+52) 612 158 8457

Every Week

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Restaurant in Cerritos. Drop off recycling in their bins. Mucho Bueno organizes a beach and road cleanup every Saturday morning at 7 am in Los Cerritos. Everyone is welcome.

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 María on the Camino a Las Animas. Look for the signs at the big arroyo off Avenida Centenario. Takes place November through the end of June.

10 am – 2 pm, **LOCAL ORGANIC MARKET** at Gypseas in Pescadero. Local organic fruits and veggies, fresh baked breads and desserts, artisanal herbs, delicious food, unique local made jewelry and clothing.

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

3 – 4:30 pm, **SALSA DANCING CLASS** at **Hablando Mexicano** in Todos Santos. Levels and registration at: www.hablandomexicano.com.

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

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