

journal

DEL PACIFICO

La Revista de Baja California Sur

winter / invierno 2025 #67

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

Padrino Children's Foundation

Amanda DuBois
Unshackled

Surfing Genes
Genes de Surfista

Wild Cotton
Algodón Silvestre



Doctor Heroes / Doctores Héroes by / por Kate Turning

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



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La Cachora Beach House 4 Bdrm/4Bath
8000 m2 Ocean Side



Casa La Cachora 2 Bdrm/2.5Bath
1999 m2 Ocean & Punta Lobos views



Rancho Nuevo Ocean Front Lot
3000 m2 On a bluff, gated community



La Cachora Oasis 2 Bdrm/2Bath Pool
1339 m2 Magnificent Huerta & La Poza views



San Pedrito Ocean Front Lot
3564 m2 Adjacent to Mas Olas



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NEW RELEASE

FROM AWARD-WINNING LOCAL AUTHOR

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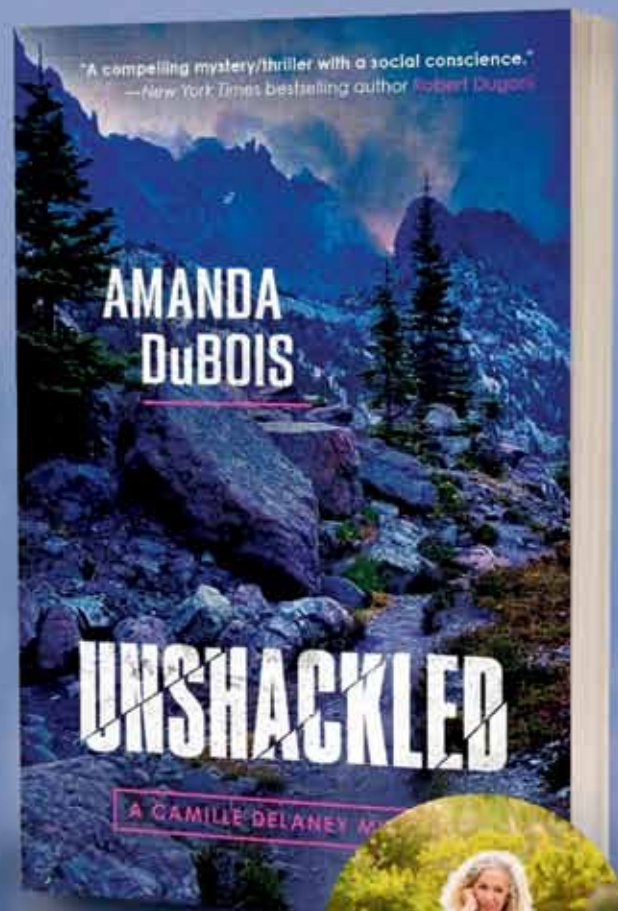
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mystery-thriller with a
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*—Robert Dugoni, New York Times
bestselling author*



**As a formerly incarcerated
mom who was shackled in
the hospital when I gave
birth, this story speaks to
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*—Cynthia Brady, grandmother of
twenty-five and a substance use-
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Padrino



by / por Pedro Benítez Crespo, traducido por Francesca Magallon

The Padrino Children's Foundation has a vision of a community in which all children achieve their full potential for health and well-being. The non-profit organization is dedicated to transforming the lives of children and their families living in situations of financial need. Since its founding, Padrino has worked tirelessly to foster health equity for low-income families through improved access to comprehensive pediatric care in a region that has historically had none. Qualified families with relatively greater economic resources are encouraged to make a small contribution toward the total cost of treatment, but receiving a needed service never depends on payment. Driven by values of solidarity, empathy, and transparency, Padrino seeks to create a lasting impact in the communities it serves—Todos Santos, El Pescadero, and surrounding areas.

But how did this noble organization come about? In 2016, a group of Todos Santos residents recognized a need to improve access to healthcare for children and adolescents in the community. Nancy Naigle, a founder and now the secretary of the Padrino board of directors, has always believed that all children should have access to healthcare. "When we founded Padrino, we didn't realize that our work would lead to such profound changes in our community,"
PADRINO continued on page 20

La Fundación Padrino (*Padrino Children's Foundation*) tiene la visión de una comunidad en donde todos los niños logren alcanzar su potencial completo para su salud y su bienestar. Esta organización sin fines de lucro se dedica a transformar las vidas de los niños y sus familias que viven en situaciones de necesidad económica. Desde que se fundó, Padrino ha trabajado incansablemente para fomentar la igualdad de salud para familias de bajos ingresos a través de acceso mejorado al cuidado pediátrico integral en una región donde nunca antes en la historia, esto había existido. Familias calificadas con ingresos relativamente mayores son alentadas a realizar pequeñas contribuciones hacia el costo total de tratamiento, pero el poder recibir un servicio que es necesario, nunca debería de depender del pago del mismo. Impulsada por valores de solidaridad, empatía y transparencia, Padrino busca crear un impacto duradero en las comunidades a las que les da servicio—Todos Santos, El Pescadero, y áreas aledañas.

¿Pero cómo surgió esta organización tan noble? En 2016, un grupo de residentes de Todos Santos reconocieron una necesidad de mejorar el acceso a servicios médicos para los niños y adolescentes de la comunidad. Nancy Naigle, una de las fundadoras y ahora secretaria de la junta de directivos de Padrino, siempre ha creído que todos los
PADRINO continúa en página 8

Breaking ground in Spring 2025!



The Padrino Pediatric Medical Center



**Bricks and mortar
are just the beginning —
we need your support!**

Healthcare equity creates a solid foundation of wellness on which to build our future as a community. It is in your hands. Give today to ensure a better tomorrow.

Thanks to the generosity of Padrino donors, construction will soon begin on a dedicated pediatric medical center to increase healthcare accessibility for low-income families.

For 9 years, Padrino has increased its capacity to serve by more than 20% annually, meeting the needs of more than 1500 local children and adolescents with chronic conditions, disabilities, mental health issues, and neurodevelopmental disorders. The new purpose-built center will have the capacity to receive as many as 300 children each month.

As we break ground, we are seeking donations to fund construction completion, medical equipment, furnishings, landscaping, and information systems. Your donations will fund state-of-the-art, custom-designed spaces for:

- Pediatric consultation
- Psychology services
- Social Work
- Special needs therapies
- Genetic testing for rare childhood diseases
- Visiting specialist consultation
- Physical therapy
- Speech therapy
- Autism spectrum disorder therapy
- and more



Padrino

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Padrino

continuó de página 6

niños deberían tener acceso a atención médica. “Cuando fundamos Padrino no nos dimos cuenta de que nuestro trabajo nos llevaría a cambios tan profundos en nuestra comunidad,” dice Nancy. “Del punto donde comenzamos hace nueve años, cuando muchas de las familias tenían muy poco o ningún acceso para obtener atención médica pediátrica, hasta el día de hoy, cuando un niño puede recibir cuidado de alta calidad en un modelo integral que beneficie a la familia entera, hemos tenido un éxito conmovedor que nos motiva todos los días.”

Mientras se estaba formando la organizando la Dra. Alejandra Peña, una doctora educada en la UNAM quien realizó su servicio social en Todos Santos, compartió con los fundadores su gran interés en impactar positivamente la salud social. Desde entonces, como hasta ahora, Alejandra cree apasionadamente que la mejor manera de promover el bienestar en una comunidad es invirtiendo en la salud física, mental y social de los niños. Así que los fundadores y la Dra. Peña crearon un plan para desarrollar lo que hoy conocemos como Padrino y diseñaron los primeros programas de la fundación basados en una evaluación aproximación de las necesidades de la comunidad.

Padrino tenía la intención de complementar los servicios

brindados por instituciones locales y federales como el Centro de Salud, IMSS y el ISSTE. Ya que estas instituciones de salud pública por lo general no cuentan con un pediatra en su staff, normalmente los niños son referidos al Hospital Salvatierra en la ciudad de La Paz—a más de una hora de distancia. Dadas las circunstancias en que viven las familias que reciben salarios bajos, muchas no pueden solventar los costos de las consultas médicas, gastos de procedimientos quirúrgicos, estudios de diagnóstico, terapias, medicamentos, o inclusive el costo del transporte hacia La Paz. Aunado a esto, los servicios públicos no ofrecen atención de pediatras con subespecialidades, ni tampoco tratan problemas del desarrollo, desordenes cognitivos o problemas de salud mental.

Los programas iniciales se enfocaban en atención médica que incluía fondos para gastos y transportación para recibir consultas de especialistas. Sin embargo, Padrino se dio cuenta rápidamente de que no solamente se necesitaba atención médica, sino también atención psicológica y terapia para niños con necesidades especiales y con discapacidad. Pronto, los niños con condiciones más complejas incluyendo epilepsia, desordenes de la hormona de crecimiento, falla renal, desorden del espectro autista, pérdida de visión, y cáncer, empezaron a buscar ayuda en la Fundación. Aceptando el desafío, los médicos clínicos en Padrino comenzaron a abordar cada caso de un modo personalizado, ofreciendo servicios integrales a través de los miembros internos del equipo de medicina, psicología y educación especial y de especialistas externos para

PADRINO continúa en página 32

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Perla Gárnica

by / por Marina Gárnica

A TRAILBLAZER IN TODOS SANTOS REAL ESTATE AND COMMUNITY LIFE

Perla Gárnica, a proud daughter of La Paz, Baja California Sur, has spent the last 18 years shaping the real estate landscape of Todos Santos. As one of the first local agents in a market once dominated by a handful of foreigners, Perla's vision, expertise, and deep local knowledge have redefined how business is done in this extraordinary corner of the world. Her mastery of areas like Todos Santos, Las Playitas, and El Pescadero has made her a trusted advisor to those seeking not just a property, but a connection to the unique Baja lifestyle.



Perla's connection to Todos Santos began in childhood when her father, Don Edmundo Gárnica—fondly known as “El Tío”—would bring the family for weekend visits. A favorite destination during these trips was the iconic Café Santa Fé, a landmark Italian restaurant that helped put Todos Santos on the international map.

In 2006, Perla moved to Todos Santos permanently and embraced its artistic spirit by opening La Gallera, a gallery that showcased her passion for creativity. Soon after, she began her real estate career with her then neighbor, Ricardo Amigo Real Estate, quickly standing out for her ability to match clients with their dream properties. Today, Perla continues to shine as a leader in real estate, offering unparalleled expertise and a personal touch that sets her apart.

Perla's portfolio features standout properties like Casa Sophie and Villa Boojum, each showcasing the distinctive beauty of Baja California Sur living.

Casa Sophie, located in Las Tunas/El Posito, is a contemporary treasure. This 3-bedroom, 3.5-bath home is designed to blend indoor and outdoor living, with sliding pocket doors that open to breathtaking views of the Pacific Ocean and the Sierra de la Laguna mountains. Its private central courtyard, complete with a propane-heated pool, offers a serene retreat just a short walk from la Bocana beach. Sustainable upgrades like a solar energy system and water filtration add to the home's appeal, making it a haven for modern Baja living.

Villa Boojum, meanwhile, is a newly built retreat just
PERLA continued on page 19

UNA PIONERA EN EL MERCADO INMOBILIARIO Y LA VIDA COMUNITARIA DE TODOS SANTOS

Perla Gárnica, orgullosa hija de La Paz, Baja California Sur, ha dedicado los últimos 18 años a transformar el panorama inmobiliario de Todos Santos. Como una de las primeras agentes locales en un mercado que alguna vez estuvo dominado por extranjeros, la visión, experiencia y profundo conocimiento de la región de Perla han redefinido la manera de hacer negocios en este extraordinario rincón del mundo. Su dominio de áreas como Todos Santos, Las Playitas y El Pescadero la han convertido en una asesora

de confianza para quienes buscan no solo una propiedad, sino una conexión auténtica con el estilo de vida único de Baja California Sur.

La conexión de Perla con Todos Santos comenzó en su infancia, cuando su padre, Don Edmundo Gárnica—cariñosamente conocido como “El Tío”—llevaba a la familia a visitar este encantador lugar los fines de semana. Uno de los destinos favoritos durante esas visitas era el icónico Café Santa Fé, un emblemático restaurante italiano que ayudó a poner a Todos Santos en el mapa internacional.

En 2006, Perla se mudó permanentemente a Todos Santos y abrazó su espíritu artístico al abrir La Gallera, una galería que reflejaba su pasión por la creatividad. Poco después, comenzó su carrera inmobiliaria con su entonces vecino, Ricardo Amigo Real Estate, destacándose rápidamente por su habilidad para conectar a los clientes con la propiedad de sus sueños. Hoy en día, Perla sigue brillando como líder en el sector inmobiliario, ofreciendo una experiencia inigualable y un toque personal que la distingue.

El portafolio de Perla incluye propiedades destacadas como Casa Sophie y Villa Boojum, cada una mostrando la belleza distintiva del estilo de vida en Baja California Sur.

Casa Sophie, ubicada en Las Tunas/El Posito, es un tesoro contemporáneo. Esta casa de 3 habitaciones y 3.5 baños está diseñada para integrar la vida interior y exterior, con puertas corredizas que revelan impresionantes vistas del Océano Pacífico y las montañas de la Sierra de la Laguna. Su patio central privado, con una piscina climatizada con gas propano, ofrece un refugio sereno a pocos pasos de

PERLA continúa en página 18



Casa Sophie

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Amanda DuBois

by / por Bryan Jáuregui, Todos Santos Eco-Adventures
traducido por Francesca Magallon

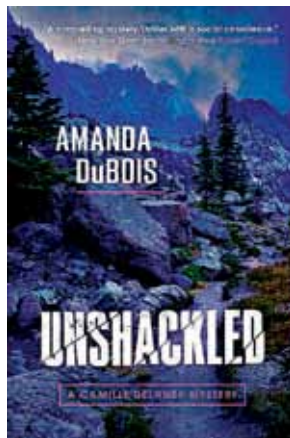


THE RIPPLE EFFECT AND THE FORCE OF FICTION

"Have you thought about the change you want to make in the world?" queries Todos Santos resident, author, lawyer, and justice advocate Amanda DuBois. "It starts with one person taking one small action for the better, and through that action, a ripple effect of change is created." She knows what she's talking about. Amanda created an award-winning fictional series to educate people on the very real and sometimes-brutal injustice of the US legal system, and the way it often rips lives and families apart. Her fiction's ripple has grown into a tsunami of legal empowerment and change for those whose lives have been devastated by the system.

The chief protagonist of Amanda's three medical thrillers, Camille Delaney, charts a career path that looks much like Amanda's own, a path in which doing good is central to the plan. "I started my working life as a nurse and this was wonderful" recalls Amanda. "Everyone loves nurses." She continues, "Working in the hospitals of Seattle I felt medical malpractice lawsuits were terrible injustices." (Amanda has been married to a doctor for 40 years.) "This is part of the reason I switched professions and became a lawyer—to defend the medical profession from baseless lawsuits."

AMANDA DUBOIS continued on page 29



EL EFECTO DE ONDA Y LA FUERZA DE LA FICCIÓN

"¿Has pensado acerca del cambio que quieres realizar en el mundo?" Pregunta la autora, abogada, y defensora de la justicia residente en Todos Santos Amanda Dubois. "Esto empieza con una persona realizando una pequeña acción para el bien común y por medio de esa acción, se crea un efecto de onda de cambio."

Ella sabe de lo que está hablando. Amanda creó una serie de ficción ganadora de premios para educar a la gente en la muy real y a veces brutal injusticia del sistema legal de EUA, y la manera en la que a veces destruye vidas y familias. Su onda de ficción ha crecido hasta convertirse en un tsunami de empoderamiento legal y cambio para aquellos a los que han visto sus vidas destruidas por el sistema.

El personaje principal de las tres partes de la serie de suspense médico de Amanda, *Camille Delaney*, muestra un camino en la carrera de alguien muy parecido al de Amanda, un camino en donde el hacer el bien es central para el plan. "Comencé mi vida laboral como enfermera, y esto era maravilloso" recuerda Amanda. "Todo el mundo ama a las enfermeras." Continúa, "Cuando trabajaba en los hospitales de Seattle, sentía que las demandas por negligencia médica eran unas injusticias terribles."

AMANDA DUBOIS continúa en página 28

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Art Talk

by Jill Logan

GETTING OUT OF A SLUMP

I believe everyone goes through a slump.

A slump is defined as a downward movement, as to sag, flop, plunge, collapse, or fall into a hole, so to speak.

I have been in a slump for the last six months. I felt unproductive, unmotivated and at times I walked into my gallery and thought the work was not good enough.

I remember many years ago a very well-known artist came into the gallery and talked to me about not wanting to paint another Baja landscape in his life. He was a very famous San José del Cabo artist. I was surprised and somehow sympathetic. He wanted a change, I get that.

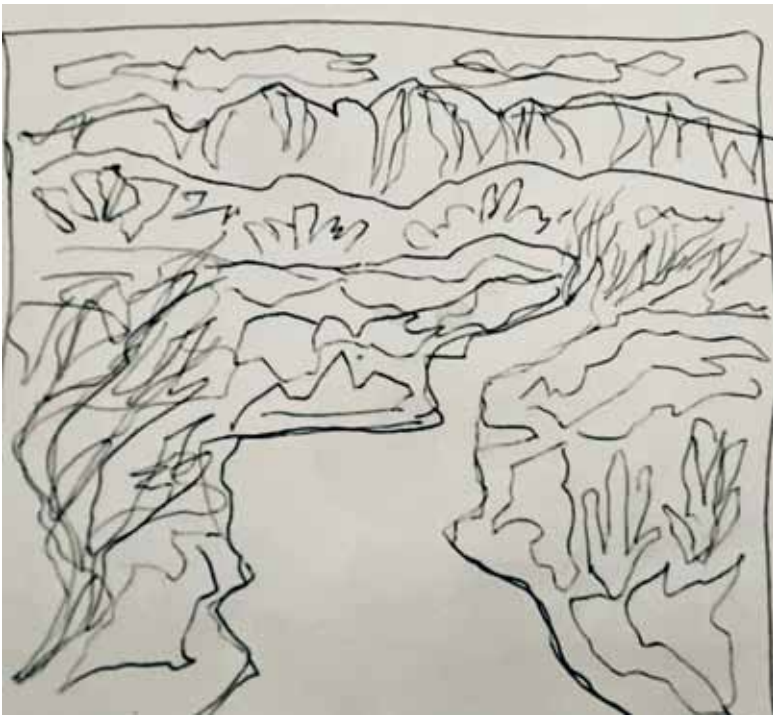
My downhill slump rolled in slowly like a damp fog. I could not define it or understand it. I just know I was not motivated to paint. I think some of the lack of motivation was heat driven and, perhaps, some exhaustion. I notice when I get away from the gallery and rest or have a different venue I am refreshed. But then, on the other hand, when I am in the gallery and talk to someone who really appreciates my art, I get excited to do more. So, it is not a singular thing that drives me as an artist out of the well of doubt.

Finding a new direction often takes me through days of indecision as to what to start next. I say to myself, "What do you really want to create?" At times it's in my kitchen with an interesting new dish for friends to try. Other times it's the idea of doing women or animals in sculptural bas-relief on the canvas in my textural gel. Can I really create dogs, flying horses, or mermaids effectively and then do color or leaving over the texture?

I did speak to Mark Gabriel who was going through a similar time. We jammed about our inner desire to jump-start a new theme that would be a detour from our regular creations.

A new artist in town, Luis Flores from the Canary Islands, would meet with us and shared his story of laying the bare canvas on the ground in the desert and rolling in acrylic paint in a soft watercolor type way; it was inspiring to me. He painted cactus, desert foliage, and sky with simple clear colors that rendered a soft poetic finish. I loved his bold ability to put paint on raw canvas and to paint big, lying the canvas on the desert floor.

When it comes down to it, I found that just diving into the next piece with no expectations was helpful. I started small. For me to get ready to erase it or throw it away seemed very helpful. In other words, do not get attached to the outcome. Let go of perfection. Lean into flow. Go for the simple. I started with paper to get ideas flowing. Paper I could throw away or alter easier. I played with drawing new designs. Creating collages melding many different colors,



"Desert Light" study



"Desert Light" 30"x30" oil/canvas

patterns, and animals into a cohesive look. Meditating on new images. Also, really looking at the landscapes around me and the variation in colors and flow, and how textures change with different times of day. To pay attention to the variation in foliage. Recreate what I saw in a new way.

I love Santa Fe, New Mexico for its clear light, wonderful big skies, high desert foliage, and big cumulus clouds. But also, for the upscale art galleries. In October I went to Santa Fe to support my fellow artist, Doug West, in a show at the Blue Rain gallery. It was a huge success with sales and a great turnout. I was also able to visit many galleries and get new ideas and inspiration from some extremely talented artists. This was a shot in the arm to move confidently in my new directions.

After returning, my focus was on getting my body healthy and into the right zone, to go into the studio and really

create from a clear center. From there it was about getting to it. Not letting the indecision, doubt, or weight of time pull me down into that slump.

Do not let the slump win. Draw ideas. Research color and form. Spend time alone writing and reading. Talk to other artists. Commune with fellow souls on this journey. Explore new mediums and options. Get out of the rut, mentally, physically, and spiritually. Exercise. I like cold water and swimming. Dance around the house to playful music. Whatever works.

And as Nike says, "Just do it." Know it's a normal process to slump, and the other side of the slump is an uphill movement into action that will pull you over the big dip. Retrain the mind to stay positive and see your uniqueness.

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"Sunset at La Poza" 24" x 36" oil/canvas

Surfing Genes

Genes de Surfista

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



THE RISE AND RISE OF CORAL BONILLA BISHOP

Despite the fact that her father is the great Pablo Bonilla, seven-time Mexican National Longboard Champion, 17-year-old El Pescadero resident Coral Bonilla didn't embrace surfing for paternal approval. A much more ancient, powerful force was at work—it's what her older sister and her friends were doing. But Coral has gone way beyond just having fun at the beach and is now a champion member of the Mexican National Women's Surfing Team, competing at events across the globe. Pablo Bonilla is her coach.

Coral grew up in a Mexican Canadian family that moves frequently between the worlds of mountains, skiing and snowboarding, and ocean, desert, and surfing. While her father has been taking her surfing since she was a tiny thing in floaties, her love for the sport and competitive drive didn't really kick in until she was around 12. "During the pandemic I started surfing more because that is really where the people were that I wanted to hang out with."

Coral began entering—and winning—local and national competitions. When she won second place at the 2022 *Escape to the Cape Longboard* contest she got selected for the Mexican surfing team going to the 2022 Pan American Games team. She won 4th place. "It was this win at 14 years old that really motivated me to stick with the team and continue to get results on the international stage" recalls Coral.

CORAL continued on page 27

EL ASCENSO Y ASCENSO DE CORAL BONILLA BISHOP

A pesar de que su padre es el gran Pablo Bonilla, siete veces campeón nacional mexicano de tablón, Coral Bonilla, de 17 años y residente en El Pescadero, no se lanzó al surf para obtener la aprobación paterna. Una fuerza más poderosa estaba en juego: era lo que hacían su hermana mayor y sus amigas. Pero Coral ha ido mucho más allá de solo divertirse en la playa y ahora es campeona del Equipo Nacional Femenino de Surf de México y compite en eventos en todo el mundo. Pablo Bonilla es su entrenador.

Coral viene de una familia canadiense mexicana que se mueve con frecuencia entre los mundos de las montañas, el esquí y el snowboard, y el océano, el desierto y el surf. Si bien su padre le ha enseñado a surfear desde que era una niña pequeña con flotadores, su amor por el deporte y su espíritu competitivo no se manifestaron del todo hasta que tenía alrededor de 12 años. "Durante la pandemia comencé a surfear más porque ahí era donde realmente estaba la gente con la que quería pasar el rato."

Coral comenzó a participar y ganar competencias locales y nacionales. Cuando ganó el segundo lugar en el concurso *Escape to the Cape Longboard 2022*, fue seleccionada para participar con el equipo mexicano en los Juegos Panamericanos de 2022 y obtuvo el cuarto lugar. "Fue esta victoria a los 14 años lo que realmente me motivó a seguir con el equipo de México y seguir obteniendo resultados a nivel internacional," recuerda Coral.

CORAL continúa en página 26




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Perla

continuó de página 10

la playa La Bocana. Mejoras sostenibles como un sistema de energía solar y filtración de agua aumentan el atractivo de esta propiedad, convirtiéndola en un santuario para el estilo de vida moderno de Baja California.

Por otro lado, Villa Boojum es un refugio recién construido, a solo pasos de la playa. Diseñada en estilo Japandi, fusiona líneas arquitectónicas limpias con interiores cálidos y minimalistas. Con 3 habitaciones, 3.5 baños, vistas panorámicas al océano y espacios llenos de luz natural, esta villa es ideal para quienes buscan tranquilidad y sofisticación junto al mar.

Sin embargo, la historia de Perla va mucho más allá del sector inmobiliario. En 2012, cofundó el Festival Gastrovino, una amada celebración de vino, gastronomía y cultura que se ha convertido en un evento emblemático de Todos Santos. Durante más de 12 años, Gastrovino ha reunido a viticultores, chefs, la industria restaurantera local y asistentes, al mismo tiempo que recauda fondos para iniciativas comunitarias. Perla sigue involucrada activamente en el festival junto a su hermana Marina, directora del evento, reflejando el compromiso perdurable de ambas con su comunidad.

Hace cuatro años, Perla añadió otro capítulo a su trayectoria emprendedora con la creación de Café La Perla. Esta acogedora cafetería se ha convertido en un punto de encuentro donde locales y visitantes disfrutan de un café excepcional, postres artesanales y conexiones significativas.

Viviendo en Todos Santos con su esposo, su hijo Camilo y su familia extendida, Perla ha construido una vida arraigada en la conexión, la innovación y el propósito. A lo largo de los años, ha cultivado una red de clientes que se han

Villa Boojum



Casa Sophie



convertido en amigos de por vida y una comunidad que se siente como familia. Su autenticidad, pasión por ayudar a otros y esfuerzo por elevar a Todos Santos como destino le han ganado la confianza y admiración de todos los que la conocen.

Ya sea buscando la casa de tus sueños, disfrutando un café en Café La Perla o asistiendo al Festival Gastrovino, la historia de Perla Gárnica es una invitación a experimentar la magia de Todos Santos. Su experiencia, calidez y dedicación inquebrantable a las personas y los lugares que ama la convierten no solo en una profesional inmobiliaria, sino en una verdadera embajadora del estilo de vida en Baja California Sur.

Perla

continued from page 10

steps from the beach. Designed in the Japandi style, it merges clean architectural lines with warm, minimalist interiors. Featuring 3 bedrooms, 3.5 baths, panoramic ocean views, and natural light-filled spaces, this villa is perfect for those seeking tranquility and sophistication by the sea.

But Perla's story goes far beyond real estate. In 2012, she co-founded the Gastrovino Festival, a beloved celebration of wine, gastronomy, and culture that has become a signature event in Todos Santos. For over 12 years, Gastrovino has united winemakers, chefs, the local restaurant industry and attendees while raising funds for community initiatives. Perla remains actively involved in the festival alongside her sister Marina, the festival director, reflecting her and her sister's enduring commitment to the community.

Four years ago, Perla added another chapter to her entrepreneurial journey with the creation of Café La Perla. This cozy coffee shop has become a hub where locals and visitors gather to enjoy exceptional coffee, artisanal desserts, and meaningful connections.

Living in Todos Santos with her husband, their son Camilo, and her extended family, Perla has built a life rooted in



Casa Sophie

connection, innovation, and purpose. Over the years, she has cultivated a network of clients who have become lifelong friends and a community that feels like family. Her authenticity, passion for helping others, and drive to elevate Todos Santos as a destination have earned her the trust and admiration of all who know her.

Whether you're searching for your dream home, sipping coffee at Café La Perla, or attending the Gastrovino Festival, Perla Gárnica's story is an invitation to experience the magic of Todos Santos. Her expertise, heart, and unwavering dedication to the people and places she loves make her not just a real estate professional, but a true ambassador for the Baja California Sur lifestyle.

An advertisement for Café La Perla. At the top is a circular logo with a coffee cup and beans, surrounded by the text "CAFÉ LA PERLA" and "100% PREMIUM MEXICAN COFFEE". Below the logo is a large image of a coffee cup with a heart-shaped latte art. The text "PASTRIES • SNACKS • TREASURES" is written along the top edge of the cup, and "SOUVENIRS • INTIMATE SPACE" along the bottom edge. At the bottom of the ad, it says "OPEN EVERYDAY 7:30am - 8:30pm".

An advertisement for La Vibra Urban Living. At the top, the word "NUEVO" is written in large blue letters, followed by "RENTA DE DEPARTAMENTOS A LARGO PLAZO". Below this, it lists features: "Sin Amueblar • Cocina Moderna" and "1 Habitación - 1 Baño • Terraza en el Techo". The name "La Vibra" is written in a cursive font, with "URBAN LIVING" in a bold, sans-serif font below it. At the bottom, there is a photograph of a modern, multi-story building with a courtyard. Below the photo, the contact information is listed: "PERLA 612 176 1910" and "MARINA 612 204 8666".



Padrino

continued from page 6

says Nancy. “From our starting point nine years ago, when most families had little or no access to pediatric healthcare, to today, when a child can receive top-notch care in a comprehensive model that benefits the whole family, we have had heartwarming success that motivates us every day.”

As the organization was forming, Dr. Alejandra Peña, a doctor educated at UNAM who did her social service in Todos Santos, shared her strong interest in positively impacting public health with the founders. Then, as now, Alejandra passionately believes that the best way to promote well-being in a community is by investing in the physical, mental, and social health of children. So, the founders and Dr. Peña created a plan to develop what is known today as Padrino and designed the Foundation’s first programs based on an assessment of community needs.

Padrino was intended to supplement services provided by local and federal institutions such as the *Centro de Salud*, IMSS, and ISSSTE. As these public health agencies generally do not have a pediatrician on staff, children are commonly referred to the Salvatierra Hospital in the city of La Paz—more than an hour away. Given the circumstances in which low wage-earning families live, many cannot afford consultation fees, surgical procedures, diagnostic studies, therapies, medications, or even the cost of transportation to La Paz. In addition, the public services do not offer care from pediatric subspecialists, nor do they treat developmental problems, cognitive disorders, or mental health issues.

Initial programs focused on medical care including funding for fees and transportation to receive specialist consultations. However, Padrino quickly realized that not only medical care was needed, but also psychological attention and therapy for children with special needs and disabilities. Soon, children with more complex conditions including epilepsy, growth hormone disorders, renal failure, autism spectrum disorder, loss of vision, and cancer, began to seek help from the Foundation. Rising to the challenge, the clinicians at Padrino began to approach each case in a personalized way, offering integrated services across their internal medical, psychology, and special education team members and external specialists to ensure the achievement of treatment plans. From the beginning, social work professionals have supported every family, to help them navigate complex care issues and to encourage the entire family to promote the health of the child.

Jamie Kelly, Padrino board member, recalls, “I joined the team in late 2016, with more than 20 years of experience working in the U.S. healthcare industry. I know that the goal is patient-centric, integrated services across the spectrum PADRINO continued on page 30



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· **PRP (RICH PLATELET PLASMA)/ STEM CELLS / EXOSOMES** - Regenerative Medicine for diseases, Functional Rejuvenation, Hair Loss, Skin Regeneration, Wounds and more.

· **BOTOX, FILLERS, HYALURONIC ACID, SCULPTRA, RADIESSE, COLLAGEN BIOSTIMULATORS, SKIN BOOSTERS & THREADS, ETC**

· **LASER HAIR REMOVAL, HYDROFACIAL, FACIAL DEEP CLEANSE.**

· **MEDICAL CONSULTATION FOR** - Acne, Rosacea, Hair Loss, Onicomocosis, Weight Loss (Ozempic / Rybelsus, Saxenda).

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events

february 2025

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

February 1 & 2 | 2 - 5:30 pm, DEEP PRACTICE: 108 SURYA NAMASKAR (SUN SALUTATIONS) + MALA MAKING WORKSHOP at **Cuatro Vientos** in Todos Santos. Join Suzi of Baja Malas and Nica Celly for an afternoon of guided flow into intention and practice followed by making your own mala (all supplies provided). Vegan refreshments by Chef Dredz. Cost \$108 USD/person or \$28 USD for asana practice only. Pre-registration required. Learn more and purchase your tickets here: <https://www.yogacraft.org/event-details/deep-practice-108-surya-namaskar-mala-making-workshop>

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

www.todossantoswritersworkshop.com

February 5 - 9 | XXVIII FESTIVAL DEL ARTE TODOS SANTOS. For more information: <https://www.facebook.com/Festivaldelartetodossantos>

February 14, 15, 16 & 21, 22, 23 | Fridays and Saturdays at 7 pm, and Sunday matinee at 2 pm. **COMEDY CENTRAL: THREE KILLER 1-ACT PLAYS** at Teatro Márquez de León in Todos Santos. A live theater production benefiting **The Palapa Society of Todos Santos A.C.** Discounted advance tickets are available via PayPal at <https://palapasociety.org/events-listing/> or can be purchased in person at El Tecolote Bookstore in Todos Santos. The advance discount price is \$20 USD or 400 pesos. Tickets may also be purchased at the door on the day of the show for a regular price of \$25 USD or 500 pesos.

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

February 14 | 7 pm, HOT LAVA SHOW at La Morena Restaurant in Todos Santos. Writers, dancers, and musicians explode with fire and passion. 100 pesos per person. Reservations: 612 145 0789 or lamorenats@gmail.com A Baja Sur Poets & Writers production. Donations go to **Padrino Children's Foundation**.

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

and for more information: info@writin-granch.com

February 15 | 2:30 - 4:30 pm, BETWEEN THE LINES WRITING EVENT at Cien Palmas in Todos Santos. Between the Lines is an Abre Tu Boca writing event with men and women writing, reading, speaking, and listening. Fully guided by Amanda Aileen Fisher, Abre Tu Boca founder, and Dillon Porter of Teatro Pescadero. For the first half, women and men write from the same prompt for 10 minutes and share in separate groups. Then the men and women join to read and discuss the writing together, revealing what emerges when we write from the same starting point. Reserved seat: 500 MXN. For more information: www.abretuboca.org/reserve

February 15 | 3:30 - 5:30 pm, BOOK SIGNING at **Nomad Chic** in Todos Santos. Join author **Amanda Dubois** for a book signing and a glass of bubbly to launch *Unshackled* here in Baja California Sur! See our story in this issue for more information.

February 15 | 4 - 6 pm, DOG PARK & YAPPY HOUR at **La Palapa del Sabor** in Todos Santos.

February 20 | 6 - 8 pm, MARIACHI NIGHT at **La Palapa del Sabor** in Todos Santos. Reservations: 6122026687.

February 23 | 7 - 10 pm, OWNER BRANDO STRAWN'S 54TH BIRTHDAY BASH at **Shaka's** in Cerritos. With live music featuring "Tarrohead."

February 27, 28, & March 1, 7, 8 & 14, 15 | 'ALICE DOWN THE RABBIT HOLE' at **Teatro Luna Azul** in Todos Santos. Doors open at 6 pm, dinner at 6 pm, show time 7 pm. An exciting new play with Alice as an aspiring Rock n Roll singer, who finds a time shift device and transports herself to Wonderland

EVENTS cont. on page 54

DAILY SPECIALS!

Monday

1/4 lb hamburger w/ fries & beer or soda

Tuesday

Mexican Fiesta Night

 ShutUpFranks

Next to the Pemex station

Shut Up Frank's



Open 12 — 10 pm, closed Wednesday

(612) 145-0707 Happy Hour 4 - 6 pm

Thursday

Baked Rosemary Chicken Breast Tacos topped w/ black bean & mango salad

Friday

Fried Chicken

Daily

Rib Eye Steak w/ salad & sauteed potatoes & onions

every week

sunday

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

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

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

monday

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

SPECIAL 1/4 LB HAMBURGER WITH FRIES & BEER OR SODA at **Shut Up Frank's** in Todos Santos.

12 pm, **SPANISH CONVERSATION CLUB** at **Hablando Mexicano**, in Todos Santos.

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

4 – 6 pm, **PALAPA CHILDREN'S LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

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

5 pm, **ABRE TU BOCA MEN'S WRITING CIRCLE**. Takes place the 2nd & 4th Monday, at Teatro Pescadero in Pescadero. \$200-500 MXN. Start with a 10-minute writing prompt, then share for feedback. All genres and writing styles welcome. No previous writing experience needed. www.abretuboca.org

tuesday

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

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

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

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

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

MEXICAN FIESTA NIGHT at **Shut Up Frank's** in Todos Santos.

6 pm, **ABRE TU BOCA CÍRCULO MIXTO ESPAÑOL** at the *Centro Cultural* in Todos Santos. \$50 MXN. Start with a 10-minute writing prompt, then share for feedback. All genres and writing styles welcome. No previous writing experience needed. www.abretuboca.org

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

WEEKLY EVENTS continued on page 54



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The Importance of Having a Mexican Will

La Importancia de Tener Testamento en México

by / por El Licenciado, Humberto Rojas Angulo

March is also known as Will Month in Mexico, making it an ideal time to get your affairs in order. During this month, the public notaries reduce their fees by half to help people create their wills. With only about 10% of Mexicans having a will, the federal government has been offering these discounts in March and September for over 20 years. The goal is to reduce the number of citizens who pass away without a will, which forces their families to navigate the slow and cumbersome probate process, a procedure that can drag on for years.

It is crucial to understand that if you do not have a valid Mexican will, your estate will not be distributed according to your wishes. Instead, intestate succession laws will dictate how your assets are divided.

For foreigners with property or assets in Mexico, having a Mexican will is essential. It ensures a smoother and quicker process for your heirs after you are gone.

When creating a will, the testator (that is you) gets to decide who inherits what. You can name as many heirs as you want. One of the most important choices you will make is selecting an executor, this person will manage your estate, settle debts, and distribute your assets. It is important to choose someone you trust for this responsibility. You can update your will whenever you want, and the latest version will always take precedence.

As a general rule, property held in a bank trust (or fideicomiso) allows the trustee to name substitute beneficiaries upon death, which can sometimes bypass the need for a will. Bank accounts often let you designate beneficiaries, too. However, having a will is still vital for any other assets.

While a will from the U.S. or Canada can technically be enforced in Mexico, the process can be lengthy and expensive. Having a Mexican will is the smarter choice for your estate in Mexico. If you own property or assets in multiple jurisdictions, it is wise to have a will for each one.

If you missed the chance to take advantage of the discounts in September, which is another great season, you are in luck and on time, March is just around the corner, bringing another opportunity for discounted wills. Getting your will in place is one of the best gifts you can give your loved ones.

Before you start drafting a will, it is a good idea to consult with an attorney to ensure it is properly created and notarized.

Attorney Humberto Rojas
Legal & Tax Law Firm
Todos Santos, Baja California Sur.

Marzo también es conocido por ser el mes del testamento en México, convirtiéndolo en el momento oportuno para tener tus asuntos legales en orden. Durante este mes, los notarios públicos reducen sus honorarios hasta la mitad, para ayudar a la gente a realizar sus testamentos. Con tan solo el 10% de los mexicanos teniendo testamento, el gobierno federal ha implementado descuentos durante los meses de marzo y septiembre durante más de 20 años. La meta es reducir el número de ciudadanos que fallecen sin realizar testamento, lo que obliga a sus familiares a navegar el lento y burocrático proceso legal, proceso que puede demorar años.

Es crucial entender que si no tienes un testamento en México, tu herencia no será distribuida conforme a tu voluntad. Por el contrario, las leyes que regulan el proceso del intestado dictaminarán como serán divididos tus bienes.

Para los extranjeros con propiedades o bienes en México, tener un testamento mexicano es esencial. Esto asegura un proceso más fácil y rápido para tus herederos cuando falleces.

Cuando se crea un testamento, el testador (ese eres tú), decide quien hereda cada bien. Puedes nombrar tantos herederos como creas conveniente. Una de las decisiones más importantes que tomaras será la del nombramiento del albacea, esta persona administrará y manejará tu herencia, liquidará deudas, y distribuirá los bienes conforme al testamento. Es importante que escojas para esta gran responsabilidad a alguien en el que realmente confíes. Si deseas puedes modificar o actualizar tu testamento cuantas veces desees, sin embargo, el ultimo testamento es el que prevalecerá.

Como regla general, las propiedades que se encuentren en fideicomisos permiten al beneficiario nombrar beneficiarios sustitutos en caso de fallecimiento, lo cual algunas veces permite evitar la necesidad de tener un testamento para esos bienes. Las cuentas bancarias en algunas ocasiones también te permiten nombrar beneficiarios. De cualquier manera, tener un testamento es necesario para cualquier otro bien.

Los testamentos provenientes de Estados Unidos y Canadá se pueden hacer cumplir en México, sin embargo, este proceso es por lo general muy lento y costoso. Tener tu propio testamento en México es una decisión inteligente para todos los bienes que tengas en México. Si tienes propiedades o bienes en múltiples países, es recomendable tener un testamento para cada país.

Si perdiste la oportunidad del descuento sobre testamentos en septiembre, aun tienes la oportunidad de aprovechar **TESTAMENTO** continúa en página 44



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Coral

continuó de página 16

“El surf tiene muchos aspectos únicos que me encantan,” dice Coral. “Sentir y disfrutar de la energía del océano es una sensación realmente increíble y realmente impulsa mi filosofía personal y mi enfoque en la vida.” Mientras competía en los Juegos Panamericanos en Lima, en octubre de 2024, las condiciones del océano en Perú eran extraordinariamente duras y Coral experimentó un miedo profundo mientras las poderosas olas y corrientes la mantenían cautiva. A pesar de esto, quedó en cuarto lugar en su división y salió de su miedo con una profunda felicidad por estar viva y un fuerte impulso por mejorar. “He crecido mucho como persona al dedicarme al surf,” señala Coral. “Los desafíos mentales pueden ser incluso más difíciles que los físicos y afrontarlos me ha convertido en una mejor competidora y una mejor persona.”

Coral sigue entrenando en las playas de El Pescadero mientras se prepara para un viaje de surf a Portugal en febrero. Un viaje para divertirse y para aclimatarse al surf en aguas frías para futuras competencias. Coral es una estudiante motivada y autodidacta que actualmente está invirtiendo más tiempo en sus actividades artísticas, en particular dibujar castillos. Pero Coral no construye castillos de arena. Si bien dedica más tiempo a la diversión

y a los viajes, su alma adolescente está impulsada por el corazón de una competidora. Después de todo, es la hija de su padre.

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

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

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

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

Coral

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“Surfing has so many unique aspects that I love” says Coral. “Feeling and riding the energy of the ocean is a truly incredible feeling, and it really drives my personal philosophy and approach to life.” While she was competing at the Pan American Games in Lima, Peru in October 2024, the ocean conditions were extraordinarily tough and Coral experienced profound fear while the powerful waves and currents held her captive. Despite this, she still placed 4th in her division and emerged from her fear with a deep happiness at being alive and a strong drive to improve. “I have grown so much as a person by pursuing surfing” notes Coral. “The mental challenges can be even tougher than the physical ones and meeting them head-on has really made me a better competitor and a better person.”

Coral is currently training at home in El Pescadero as she prepares for a February surf trip to Portugal—which is just for fun and to acclimate to cold water surfing for future competitions. Coral is a self-motivated, self-directed learner

and is currently investing more time in her artistic pursuits, particularly drawing castles. But no sand castles in the sky for Coral. While she is making more time for fun and travel, her teenage soul is driven by the heart of a competitor. She is her father’s daughter after all.

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

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

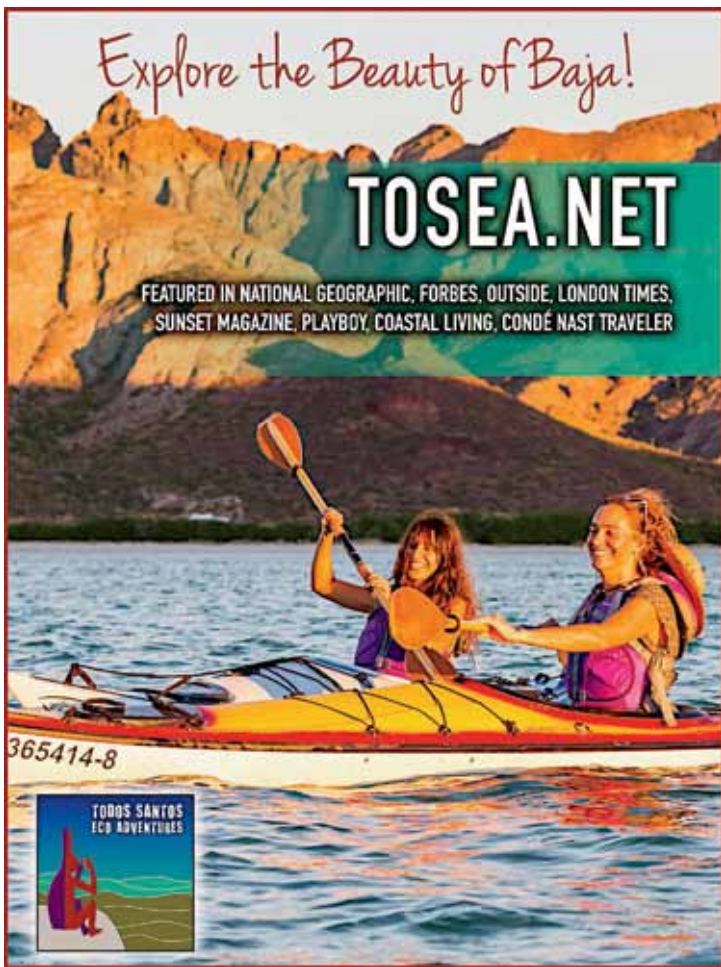


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Amanda Dubois

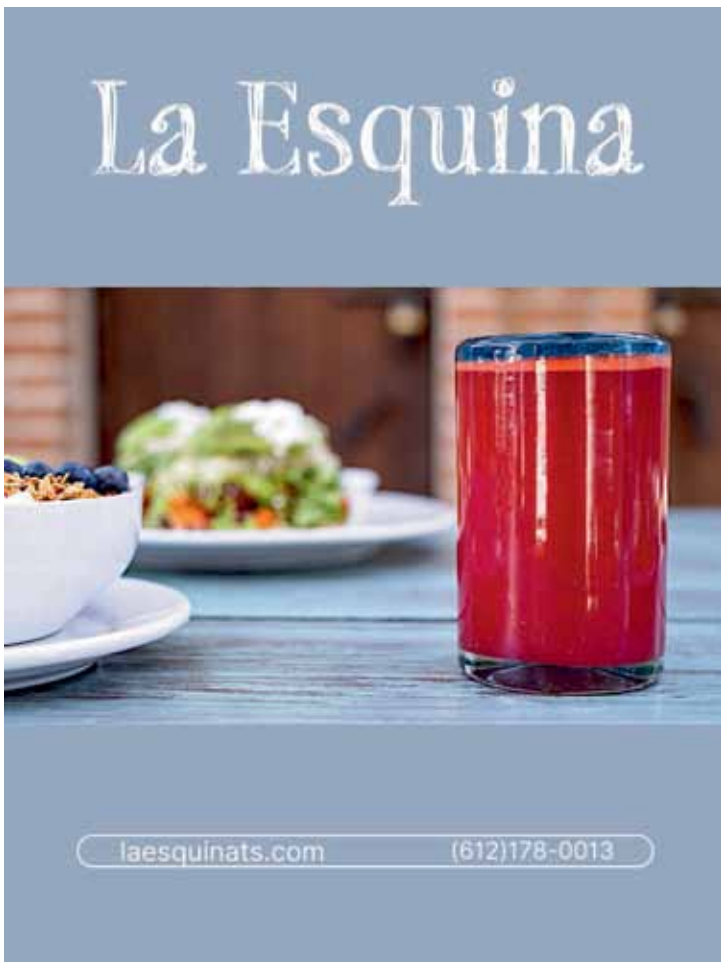
continuó de página 12

(Amanda ha estado casada con un doctor por 40 años). “Esto es en parte la razón por la que cambié de carrera y estudié leyes—para defender a la profesión médica de demandas sin fundamentos.” El cambiar de una profesión amada universalmente a una que no lo es, fue inicialmente duro para Amanda, pero se mantuvo concentrada y se fue a trabajar en una firma que defiende a grandes compañías aseguradoras de lo que ella creía que eran un montón de falsas acusaciones, “¡Y mira si aprendí!” comenta Amanda.

Gracias a que contaba con antecedentes médicos a Amanda le daban los casos de demandas por negligencia médica, como ella lo esperaba, pero no se encontraba preparada para lo que iba a encontrar mientras realizaba su investigación. “Había una cantidad impresionante de malas prácticas de medicina en los casos que examiné,” recuerda. Para empeorar las cosas, pronto se dio cuenta que las vidas de las víctimas de casos de negligencia médica representaban muy poco valor en los ojos de la ley. “Cuando era enfermera le dábamos igual valor a cada persona sin importar el poder adquisitivo o la posición social del paciente y valía la pena luchar por cada vida,” señala Amanda. “En el mundo de los seguros, el tipo que trabaja en tecnología y gana millones de dólares al año vale mucho más en una demanda de negligencia médica que un barista de una cafetería. Eso me impresionó muchísimo.

Amanda quería compartir esta revelación con el mundo y *Camille Delaney* se convirtió en su conducto. “Pensé en escribir artículos para revistas acerca de la verdadera naturaleza de como las compañías aseguradoras devalúan las vidas humanas, pero después se me ocurrió que tal vez la ficción lograría hacer llegar el mensaje a una audiencia más amplia,” recuerda Amanda. Así que hace 20 años Amanda empezó a escribir sus dos primeras novelas, “La Complicación” (*The Complication*) y “Líbralos del Mal” (*Deliver them from Evil*), pero no pudo lograr que fueran publicadas en ese entonces. Después llegó la pandemia y tenía algo de tiempo en sus manos. “Le envié los libros a un amigo editor y acto seguido “La Complicación” fue publicada en 2022 y “Líbralos del Mal” en 2023.” La inundaron con prestigiosos premios, elogios y honores, pero todo esto palidece a la luz del intenso y creciente alboroto que se acumula para cuando la tercera novela de suspenso de *Camille Delaney*: “Sin Grilletes” (*Unshackled*) llegue a las librerías en febrero.

Harta de la industria de aseguradoras, Amanda se había enfocado en la ley de lo familiar y en 2015 escribió una serie de libros llamada “Supervivencia Civil” (*Civil Survival*). La idea era enseñarle a la gente acerca de sus derechos ante la ley mientras van dando algunos pasos claves de la vida, como conseguir un empleo, abrir una cuenta bancaria, o alquilar un departamento. Dio un taller de Supervivencia AMANDA DUBOIS continúa en página 49



Amanda Dubios

continued from page 12

The switch from being in a profession that is universally loved to one that is not was initially tough for Amanda, but she was focused and went to work for a firm that defends big insurance companies from what she believed were masses of spurious claims. Says Amanda, "Boy did I get an education!"

With her medical background Amanda was given the medical malpractice cases she had hoped for, but she was unprepared for what she found as she investigated them. "There was a staggering amount of bad medicine being practiced in the cases I reviewed" she recalls. To make matters worse, she quickly learned that the lives of the victims of medical malpractice held very little value in the eyes of the law. "When I was a nurse we placed equal value on every single person and every life was worth fighting for, regardless of the earning power or social position of the patient," notes Amanda. "In the insurance world, the tech guy earning millions of dollars a year was worth far more in a medical malpractice suit than a barrista at a coffee shop. It really shocked me."

Amanda wanted to share this revelation with the world and Camille Delaney became her conduit. "I thought

about writing articles for magazines about the true nature of how insurance companies de-value human lives, but then I thought fiction could probably get the message to a wider audience" she recalls. So 20 years ago Amanda started writing her first two novels, *The Complication* and *Deliver Them from Evil*, but didn't get around to having them published. Then the pandemic hit and she had some time on her hands. "I sent the books to a publisher friend and next thing you know *The Complication* was published in 2022 and *Deliver Them from Evil* in 2023." Prestigious awards and accolades flowed, but that all pales next to the intense excitement building for her 3rd Camille Delaney thriller that will hit bookshelves in February: *Unshackled*.

Fed up with the insurance industry, Amanda had switched her focus to family law, and in 2015 wrote a series of books called *Civil Survival*. The idea was to teach people about their rights under the law as they go through some key steps of life: getting a job, opening a bank account, leasing an apartment. She held a *Civil Survival* workshop for a group of formerly incarcerated people and they studiously took notes as Amanda explained the law to them. Finally, one guy raised his hand, thanked Amanda for the information, but pointed out that the law also required them to check the "convicted felon" box on all job and housing applications. None of the people in the room was therefore likely to get a job or lease an apartment. Those doors closed behind them the moment they were criminally convicted. Amanda recalls. "In that moment, they started teaching me. I had been working in the legal system for decades at this point

AMANDA DUBOIS continued on page 45



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Padrino

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of care. I've repeated that goal thousands of times to healthcare executives, but I have never seen it in action as I have here with Padrino. We provide truly coordinated care, documented in an electronic medical record, and held to a high standard of quality metrics. It is truly astonishing *and effective.*"

Over the past nine years, the Foundation's programs grew, connecting with more specialists, providers, hospitals, and related organizations that formed a multidisciplinary collaboration network capable of providing comprehensive support for even the most difficult cases. Padrino found it essential to create local access to mitigate the need for parents to travel to specialist care. With donor funding, Padrino broadened its capacity by expanding and training its staff and routinely hosting key specialists at the clinic. Today, over 60% of services received by patients are provided in the Padrino office in Todos Santos and via telemedicine, enabling more than 1500 children to receive care, including many life-changing and life-saving treatments.

With their finger on the pulse of pediatric health needs in the region, Padrino has become acutely focused on the identification of health issues as early as possible. Early detection of developmental delays and medical conditions enables the team to intervene while the window of opportunity is open for the best possible clinical outcome. As part of this initiative, Padrino offers an annual Genetics Clinic in which genetic counselling and testing are provided to any child in Baja California Sur affected by a rare and yet undiagnosed disease. Long-term goals include early detection and prevention programs, not only through the clinic, but also promoting health in partnership with local schools and community organizations.

To ensure that the work of Padrino continues for generations, the Foundation has undertaken the momentous task of building the first pediatric health center in the region, a project that will break ground in early 2025. The building is custom designed for the delivery of pediatric care for the more than 250 patients received each month. This ambitious project will be a lasting symbol of sustainable healthcare for children and stand as testament to a community that generously invests in its own future. Jamie Kelly commented, "In the past 17 years, I have seen tremendous development in our region, much of it positive. Before Padrino, a child could not see a pediatrician in Todos Santos or El Pescadero. It is only because of our unique multinational community that we can self-fund the care of our most vulnerable resource—our local children! Through the work of Padrino, we help to preserve and strengthen our shared paradise."

PADRINO continued on page 33



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Padrino

continuó de página 8

garantizar el éxito en los planes de tratamiento. Desde el principio, los trabajadores sociales profesionales han apoyado a cada familia, para ayudarlos a navegar problemas de cuidado complejos y para impulsar a la familia entera a promover la salud del niño.

Jamie Kelly, miembro de la junta directiva de Padrino, recuerda, "Yo me uní al equipo a finales del 2016, con más de 20 años de experiencia trabajando en la industria de servicios médicos en EUA. Sé que la meta es lograr servicios integrales a través del espectro de atención centrándose en el paciente. Le he repetido esa meta miles de veces a ejecutivos de la atención médica, pero nunca antes lo observé en acción como lo he visto aquí con Padrino. Nosotros brindamos un cuidado verdaderamente coordinado, documentado en un récord médico electrónico, y manteniendo un alto estándar de métricas de calidad. Es realmente asombroso y *efectivo*."

A lo largo de los últimos nueve años, los programas de la Fundación crecieron, conectando con más especialistas, proveedores, hospitales, y organizaciones relacionadas que formaron una red de colaboración multidisciplinaria capaz de proveer apoyo integral aún en los casos más difíciles. Padrino consideró esencial la creación de un acceso local para mitigar la necesidad de los padres de familia de trasladarse para obtener atención médica de un especialista. Con los fondos donados, Padrino amplió su capacidad al expandirse, capacitando a su staff y rutinariamente invitando especialistas clave a la clínica. Hoy, más del 60% de los servicios recibidos por pacientes se brindan en el consultorio Padrino en Todos Santos y vía telemedicina, permitiendo que más de 1500 niños reciban atención, incluyendo muchos tratamientos que pueden cambiar y salvar sus vidas.

Manteniéndose al tanto de las necesidades de salud pediátrica en la región, Padrino se ha enfocado profundamente en poder identificar los problemas de salud lo antes posible. La detección temprana de retrasos en el desarrollo y afecciones médicas permite al equipo poder intervenir mientras la ventana de oportunidad se encuentra abierta para obtener el mejor resultado clínico posible. Como parte de esta iniciativa, Padrino ofrece una Clínica de Genética anual en donde se brindan, asesoría y pruebas genéticas a cualquier niño en Baja California Sur afectado por alguna enfermedad rara y sin diagnosticar. Las metas a largo plazo incluyen programas de detección temprana y de prevención, no solamente a través de la clínica, pero también promoviendo la salud en asociación con escuelas locales y organizaciones de la comunidad.

Para garantizar que el trabajo de Padrino continúe por generaciones, la Fundación ha tomado la tarea trascendental de erigir el primer centro de salud pediátrica

PADRINO continúa en página 51

Padrino

continued from page 30

The Foundation's resources come from individual donors, family foundations, and grants, which pay the salaries of staff members and outside specialists fees along with diagnostic tests, medications, supplies, and transportation. Padrino's board of directors is entirely voluntary, contributing their expertise to advise the Foundation on an unpaid basis. A tightly managed budget includes general expenses for rent, communications, reporting and compliance, and fees related to the maintenance of its binational non-profit status. The Foundation is both a Mexican Civil Association (A.C.) with the status of registered *donataria autorizada* and a U.S. non-profit organization with 501(c)(3) status. This means that both Mexican donors and donors from the US can make tax-deductible donations.

Padrino depends on the support of people and organizations committed to building a strong and equitable society. Sharing her experience, Nancy Naigle adds, "It is a great blessing to be able to use my life and professional experiences to help Padrino grow and develop. I invite others to share their time, talents, and resources to be a part of this joyful experience." Anyone can contribute through donations, volunteering, or by generating awareness of Padrino's work. Every contribution increases the opportunity for health and wellbeing among those



Josué Sebastián, 2 years old, Cerebral Palsy.

Josué Sebastián, 2 años de edad, Parálisis cerebral.

who need it most. In a world full of challenges, Padrino is a reminder that a community, united in caring for one another, can create an oasis of wellness in a desert once devoid of options.

For more information or to join their cause, visit their social networks or their official page: www.padrinocf.org

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Wild Cotton

story & photos by Kaia Thomson



Mexico is the center of the origin of wild species of cotton that grow in the Western Hemisphere. Within the genus *Gossypium*, 11 of the 13 species are endemic to Mexico. In the plant kingdom this family is known as *Malvaceae*, commonly called the mallow family, and there are 244 genera and 4225 species worldwide. A few familiar members are hibiscus, cacao, okra, and cotton. Members of *Malvaceae* exist in the form of trees, shrubs, bushes, and herbaceous plants. These plants often exhibit hairy leaves that are also palmate in shape with lobes radiating outward from a common center point. Some species, like hibiscus, are dentately lobed, which means they have tooth-like projections that point outward along the edge of their leaves.

Have you ever wondered why a single plant of a particular wild species can have different colored flowers? One reason is because the flowers have both male and female parts, so the plant can pollinate itself. On the *Gossypium* plants, this process can be observed with the changing colors of the flowers. They start as light yellow in color, then will get pink bands and hues, then eventually turn a beautiful rich pink—this means the flower has been successfully pollinated!

Another particularly interesting aspect of wild cotton is the seeds. When the seed pods burst open, the cotton fibers protrude in pillowy masses. These fibers act as tiny

COTTON continued on page 36



Algodón Silvestre

historia y fotos por Kaia Thomson
traducido por Ivonne Benítez

México es el centro de origen de las especies silvestres de algodón que crecen en el hemisferio occidental. Dentro del género *Gossypium*, 11 de las 13 especies son endémicas de México. En el reino vegetal, esta familia se conoce como *Malvaceae*, comúnmente llamada la familia de las malváceas, y existen 244 géneros y 4225 especies en todo el mundo. Algunos miembros conocidos son el hibisco, el cacao, el quimbombó, y el algodón. Los miembros de *Malvaceae* existen en forma de árboles, arbustos, matas y plantas herbáceas. Estas plantas a menudo presentan hojas peludas que también tienen forma palmeada con lóbulos que irradian hacia afuera desde un punto central común. Algunas especies, como el hibisco, son dentadas, lo que significa que tienen proyecciones similares a dientes que apuntan hacia afuera a lo largo del borde de sus hojas.

¿Alguna vez te has preguntado por qué una misma planta de una determinada especie silvestre puede tener flores de diferentes colores? Una razón es que las flores tienen partes masculinas y femeninas, por lo que la planta puede polinizarse a sí misma. En las plantas de *Gossypium*, este proceso se puede observar con los colores cambiantes de las flores. Comienzan con un color amarillo claro, luego tendrán bandas y matices rosados, y finalmente se volverán a un hermoso rosa intenso: ¡esto significa que la flor ha sido polinizada con éxito!

Otro aspecto particularmente interesante del algodón silvestre son las semillas. Cuando las vainas de semillas se abren, las fibras de algodón sobresalen formando masas acolchadas. Estas fibras actúan como pequeños paracaídas que permiten que las semillas sean transportadas por el ALGODÓN continúa en página 50

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Cotton

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parachutes that allow the seeds to be carried by the wind. This wind-assisted mechanism aids the plant's ability to colonize and live in new areas, thus expanding its range. The fibers also help protect the seeds by providing a layer that can shield the seeds from physical damage such as abrasion or crushing, as well as helping them reduce the risk of drying out as they retain moisture in the fibers around the seeds when they travel.

These strong fibers also assist in the seed's germination by helping to create a favorable environment for sprouting. When they come in contact with moisture in the soil they swell and help with root germination and support the emerging plant. Cotton plants have especially adapted to drier areas with this strategy of moisture retention for the seedlings. Along with all these amazing adaptations, the fiber of the cotton seeds have many ecological and beneficial interactions with other organisms too. They provide nesting material for many species of birds and can create habitats for small invertebrates. The fibers also accumulate in surrounding soil and this organic matter contributes to soil fertility and nutrient cycling.

In the scientific world, one theory of seed dispersal being proposed is how the use of plants, like cotton fibers, as desirable nesting material helps to spread the species. When birds take the cotton to different locations to build their nests, the seeds go with them and get dispersed in new areas. This new theory has been named "caliochory," derived from the Greek word "calio" meaning nest, a new form of seed dispersal!

El Cielo: The Baja Sky

by Roc Fleishman
photo by Kaia Thomson

Welcome the February/March edition of *El Cielo* for 2025, 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 1. 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, it will be straight up at 2 am on March 15 and so on.

FEBRUARY

- 1 Venus is the bright "star" in the sunset these days, and on the 1st, it will be just below the setting crescent moon.
- 5/6 First quarter moon will set just after midnight with the Seven Sisters of the Pleiades appearing like a tail.

- 6/7 Waxing gibbous moon approaches Jupiter before it sets.
- 28 Chance of seeing the new moon just after sunset, with Mercury close above it.

MARCH

- 5/6 Crescent moon approaches Jupiter throughout the evening before they set just before 1 am.
- 8 Waxing gibbous moon has reddish Mars below left and the Gemini twins, Castor and Pollux to the upper right.
- 10 Mercury is near its greatest elongation of this evening apparition, and with Venus on its right as they set.
- 13/14 Total Lunar Eclipse. It should be a good one. During the totally eclipsed phase of the event, the moon should have a delicate faint reddish glow like it is lit from inside. That period of totality will last an hour or so from about 11:30 pm on the 13th to 12:30 am on the 14th. Take some extra time and watch the hour and a half or so of preliminaries, while the Earth's shadow encroaches on the full moon's glare. You can see the curved shadow edge slowly cover the moon's face, which always amazes me.
- 30 New moon should be visible in the sunset.

EL CIELO continued on page 44



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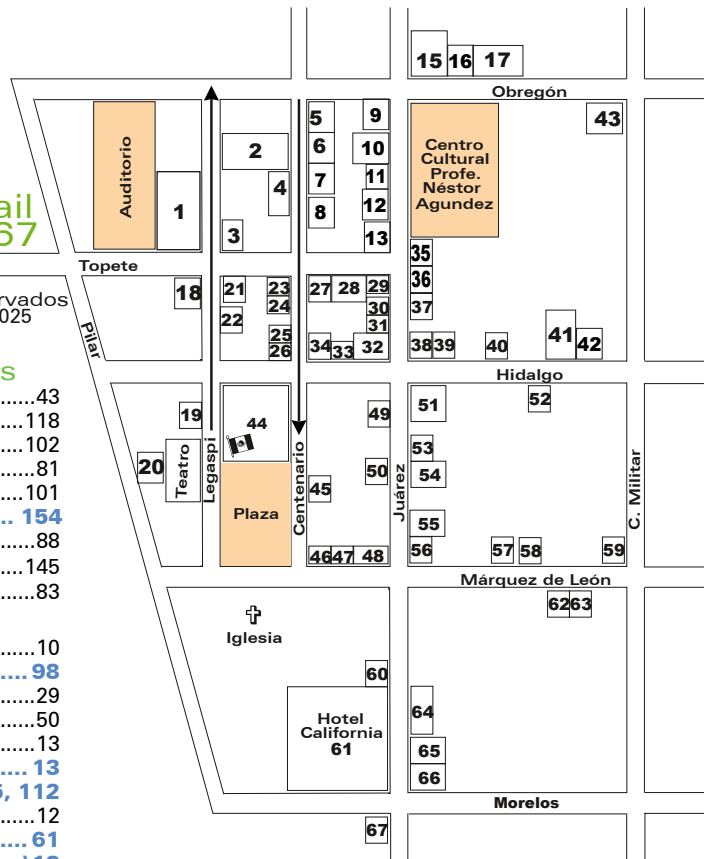
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Voces del Pueblo

by Janice Kinne

Happy 2025! Thank you for all the compliments on our last two issues and their fabulous covers.

The uber talented **Kate Turning** has produced our Winter edition's "Doctor Heroes" cover featuring the medical professionals of **Padrino Children's Foundation**. Inside this packed issue, we have the story of their hard work and the children whose lives they have changed.

March 8th is International Women's Day and we have three features about incredible women who live in the Todos Santos / El Pescadero area.

Amanda Dubois, Todos Santos resident, author, lawyer, and justice advocate, asks, "Have you thought about the change you want to make in the world?" Her career and novels are her answer to this question. The book launch for **Amanda's third novel, Unshackled, will be at Nomad Chic** on February 15. Read about her life and books in a fascinating feature by Bryan Jáuregui of **Todos Santos Eco Adventures**.

Perla Gárnica has spent the last 18 years shaping the real estate landscape of Todos Santos. Her sister Marina shares Perla's Todos Santos connection and the festival and businesses she has created here.

Coral Bonilla is a 17-year-old surfing sensation; her father is the great Pablo Bonilla, seven-time Mexican National Longboard Champion. Bryan Jáuregui tells how her love for the sport grew and was chosen as member of the Mexican surfing team.

Live theater returns to Todos Santos! You won't want to miss **Comedy Central; 3 Killer 1-Act plays** directed by Pamela Sue Martin at the historic Manuel Márquez de León theater on the plaza in Todos Santos. The shows are a benefit for **The Palapa Society of Todos Santos** and take



place the weekends of February 14 - 16, and 21 - 23.

Alice Down the Rabbit Hole will take place at **Teatro Luna Azul** in Las Tunas the weekend of February 27 - March 1, March 7, 8, and 14, 15. See events for more information on both plays.

Caracara is an al fresco dining venue that embraces the beauty and elegance of the outdoors. Serving dinner with an emphasis on seasonal produce and smoky flavors from the grill and wood-fired oven and nestled within the **Villa Santa Cruz's** sprawling farm and agave field. From elevated surf and turf classics to farm fresh salads and pizzas, the rustic flavors of the grill and wood-fired oven will delight your palate.

Valentine's Day is coming up soon and handmade luxury chocolates and truffles from **Valma Chocolate** are always appreciated. You can also find unique and memorable gifts at **Bésame Mucho Bazaar, Nomad Chic, and Zócalo**. See their ads and our handy maps for locations.

Nacuii's organic cosmetics and bath accessories are not only available at the Todos Santos store (see map for location), but also at Agricole in Pescadero and San José del Cabo, and the California Ranch Market at the Shoppes at Palmilla.

March 17th will be **Shut Up Frank's** 30th St. Patrick's Day featuring Frank's famous homemade, one month cured, corned beef and cabbage dinner with potatoes, carrots, hot mustard, and special horseradish sauce. Check out their ad for their new daily specials too.

We'll be back in April with our Spring issue. The deadline is March 10.

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shakascantina Shaka's Delicious Wood Cantina

todos santos—el pescadero corridor



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To Elías Calles, Migriño
↓ Cabo San Lucas

Beaches / Playas

by Janice Kinne

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

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

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

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

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

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

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

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

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

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

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

PLAYA LOS CERRITOS is located at km 64 about
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Beaches

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eight miles (12.8 km) south of Todos Santos. Look for the turnoff after the hill, south of Puente El Pescadero. Los Cerritos is a popular spot for surfing, boogie boarding, swimming, and fishing. Swim with caution due to strong riptides near the rocks. It is recommended to stay at least 50 meters from the rocks. The most secure swimming area is in front of the restaurant/bar. Swim with caution and always have a land reference. There is a long stretch of beach to the south that is perfect for walking or running. Surfboard rentals and other services are available.

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

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

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

TODOS SANTOS ECO ADVENTURES, #169 on the Todos Santos map. Since 2002 Todos Santos Eco Adventures (TOSEA) has been providing visitors with opportunities to explore, celebrate, and help conserve the magnificently diverse ecosystems of Baja. TOSEA offers whale and bird-watching trips in the Pacific lagoons; treks and *ranchero* culture programs in the Sierra la Laguna mountains; Sea Turtle Camp and surfing surfaris on the Pacific coast, and kayaking, "glamping," whale shark, and sea lion adventures in the Sea of Cortez.

TODOS SANTOS SURF SHOP, #87 on the Todos Santos map, sells and rents surf boards, offers beach supplies and activities around Todos Santos. They carry international brands and many locally handmade wares, clothes, bikinis, accessories, natural sunscreen, and "Eclipse" boards shaped by Meisy of Todos Santos. They offer tours to swim with whale sharks and sea lions, surfing lessons, fishing trips, trips to Espiritu Santo Island, and whale watching in Magdalena Bay.

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

Testamento

continuó de página 24

los descuentos en el mes de marzo. Tener tu propio testamento es uno de los mejores regalos que le puedes dar a tus seres queridos.

Antes de hacer tu testamento, es buena idea consultar con un abogado para asegurar que tu testamento sea redactado conforme a tus intereses y ratificado ante notario público.

Attorney Humberto Rojas Angulo.
Legal & Tax Law Firm.

Office: 612-15-87465

Juarez entre Hidalgo y Marquez de León, segundo piso, centro, 23300, Todos Santos.

El Cielo

continued from page 37

For more information, check out the web links below, or call 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>

ECLIPSES: <https://www.timeanddate.com/eclipse/>

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: <https://griffithobservatory.org/explore/observing-the-sky/sky-report/>

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

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

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



Coral Bonilla by / por Sara Vafa

Amanda Dubios

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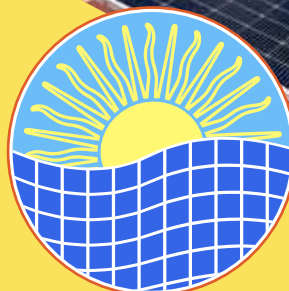
and I really had no idea how much the system is stacked against the most marginalized people in our communities.”

Amanda quickly switched gears and created the Civil Survival organization to teach policy advocacy to formerly incarcerated people. Amanda’s hypothesis with Civil Survival was that if formerly incarcerated people could get their state legislators to meet with them and really see them as people, then maybe some laws could be changed. She was right. Her idea has grown into a huge, highly successful movement and now teams of formerly incarcerated people in their red Civil Survival t-shirts can be spotted in legislatures across the state of Washington during the legislative season. Laws are being changed. From ripple to tsunami.

Amanda’s education continued and she learned that many people in the prison system had incarcerated mothers. “As I learned more about the cruelties of the system I knew it was time to bring back Camille Delaney and send her into a women’s prison where she could expose how prison is designed to separate women from their families and make it extremely difficult for them to reunite with their children.” The opening scene of *Unshackled* unfolds with an incarcerated woman giving birth in a prison while her foot is shackled to the bed. Standard procedure, real life.

Buzz about *Unshackled* has reached a fevered pitch. A formerly incarcerated movie producer is interested in the *Unshackled* project, a screenwriter has been hired and Amanda is dreaming of possible A list actors to play Camille Delaney. All this and the book is not even in bookstores yet. “I think *Unshackled* has really burst out this way because the topic is so timely. My formerly incarcerated girlfriends who were in prison when their children were young really want their story told.”

Join Amanda on Saturday, February 15th for a book signing and a glass of bubbly to launch *Unshackled* here in Baja Sur! 3:30 - 5:30 pm, at Nomad Chic Juarez y Hidalgo, Todos Santos, BCS. All proceeds from the sale of Camille Delaney books go to groups or individuals fighting for justice. That’s a beautiful ripple effect.



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febrero

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

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

1° y 2 de febrero | 2 a 5:30 pm, PRÁCTICA PROFUNDA: 108 SURYA NAMASKAR (SALUDOS AL SOL) + TALLER DE ELABORACIÓN DE MALA en **Cuatro Vientos** en Todos Santos. Únase a Suzi de Baja Malas y Nica Celly para una tarde fluida guiada hacia la intención y la práctica, seguido de la creación de su propio mala (todos los suministros incluidos). Refrescos veganos del Chef Dredz. Costo \$108 USD/persona o \$28 USD solo para la práctica de asanas.

Se requiere preinscripción. Obtenga más información y compre sus entradas aquí: <https://www.yogacraft.org/event-details/deep-practice-108-surya-namaskar-mala-making-workshop>

5 al 9 de febrero | XXVIII FESTIVAL DEL ARTE TODOS SANTOS. Para más información: <https://www.facebook.com/Festivaldelartetodosantos>

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

14 de febrero | 7 pm, ESPECTÁCULO HOT LAVA en el Restaurante La Morena de Todos Santos. Escritores, bailarines y músicos explotan de fuego y pasión. \$100 pesos por persona. Reservas: 612 145 0789 o lamorenats@gmail.com Una producción de Baja On Poets & Writers. Las donaciones se destinarán a el **Padrino Children's Foundation**.

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

15 de febrero | 2:30 a 4:30 pm, EVENTO DE ESCRITURA ENTRE LÍNEAS (BETWEEN THE LINES) en Cien Palmas en Todos Santos. Between the Lines es un evento de escritura de Abre Tu Boca con hombres y mujeres que escriben, leen, hablan y escuchan. Totalmente guiado por Amanda Aileen Fisher, fundadora de Abre Tu Boca, y Dil-

lon Porter de Teatro Pescadero. Durante la primera mitad, las mujeres y los hombres escriben a partir de la primera propuesta de escritura durante 10 minutos y lo comparten en grupos separados. Luego, los hombres y las mujeres se unen para leer y discutir el escrito juntos, revelando lo que surge cuando escribimos desde el mismo punto de partida. Asiento reservado: 500 MXN. Para más información: www.abretuboca.org/reserve

15 de febrero | 3:30 a 5:30 pm, FIRMA DE LIBROS en **Nomad Chic** en Todos Santos. ¡Únase a la autora **Amanda Dubois** para una firma de libros y una copa de champán para lanzar *Unshackled* aquí en Baja California Sur! Vea nuestra historia en este número para obtener más información.

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

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

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

20 de febrero | 7 a 10 pm, FIESTA DE CUMPLEAÑOS DE BRANDO STRAWN, el dueño de **Shaka's** en Cerritos. Con música en vivo presentando a "Tarrohead."

27 y 28 de febrero y 1, 7, 8, 14 y 15 de marzo | 'ALICE DOWN THE RABBIT HOLE' en el **Teatro Luna** EVENTOS cont. en pg. 58



Cada Semana

domingo

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

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

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

lunes

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

12 pm, **CLUB DE CONVERSACIÓN ESPAÑOL** en **Hablando Mexicano** en Todos Santos.

HAMBURGUESA ESPECIAL de 1/4 lb con papas fritas y cerveza o refresco en **Shut Up Frank's** en Todos Santos.

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

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

4 a 6 pm, **BIBLIOTECA INFANTIL PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

5 pm, **CÍRCULO DE ESCRITURA PARA HOMBRES ABRE TU BOCA**: se lleva a cabo el segundo y cuarto lunes en el Teatro Pescadero en Pescadero. \$200-500 MN. Comience con una propuesta de escritura de 10 minutos y luego compártala para recibir comentarios. Todos los géneros y estilos de escritura son bienvenidos. No se necesita experiencia previa en escritura. www.openpipeline.org

martes

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

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

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

NOCHE DE FIESTA MEXICANA en **Shut Up Frank's** en Todos Santos.

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

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

6 pm, **ABRE TU BOCA CÍRCULO MIXTO** en el Centro Cultural de Todos los Santos. \$50 MN. Comience con una propuesta de escritura de 10 minutos y luego compártala para recibir comentarios. Todos los géneros y estilos de escritura son bienvenidos. No se necesita experiencia previa en escritura. www.openpipeline.org

CADA SEMANA continúa en página 52

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La Paz Beaches

by Janice Kinne



Bonilla Bishop family

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

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

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

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

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

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

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

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

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

Amanda Dubois

continuó de página 28

Civil (*Civil Survival*) para un grupo de gente que había estado encarcelada anteriormente y estudiosamente tomaban notas mientras Amanda les explicaba las leyes a todos ellos. Finalmente, un hombre levantó la mano, le agradeció a Amanda por la información, pero le hizo mención de que a ellos se les requería palomear la caja de exconvicto cuando llenaban una solicitud para un empleo o para una vivienda. Por esa razón era muy poco probable que ninguna de las personas en ese lugar consiguiera un trabajo o les rentaran un departamento. A ellos les cerraban las puertas por haber servido una condena por cometer un crimen. Amanda recuerda: "En ese momento ellos comenzaron a enseñarme a mí. Yo había estado trabajando en el sistema legal por décadas hasta este punto, y no tenía idea en realidad de a qué grado el sistema estaba en contra de la gente más marginada dentro de nuestras comunidades."

Amanda rápidamente aceleró el paso y creó la organización de Supervivencia Civil (*Civil Survival*) para enseñar "Defensoría" para gente que ha estado previamente encarcelada. La hipótesis de Amanda con Supervivencia Civil era que, si lograba que la gente previamente encarcelada se reuniera con sus legisladores de estado y que ellos logran verlos de verdad como personas, entonces tal vez algunas leyes podrían ser cambiadas. Tenía razón. Su idea se ha convertido en un inmenso y exitoso movimiento, y ahora podemos ver en las legislaturas a través del estado de Washington a grupos de exconvictos en sus camisetas rojas de Supervivencia Civil (*Civil Survival*) durante la temporada legislativa. Las leyes están siendo cambiadas. De una onda de agua a un tsunami.

La educación de Amanda continuó y se enteró que mucha gente en el sistema penal tenía a sus madres en la cárcel. "Mientras supe más de las crueldades del sistema, supe que era momento de traer de vuelta a *Camille Delaney* y enviarla a una prisión femenil donde pudiera exponer como la prisión esta diseñada para separar a las mujeres de sus familias haciendo extremadamente difícil para ellas el poder reunirse con sus hijos." La escena inicial de "Sin Grilletes" (*Unshackled*) se desenvuelve con una mujer encarcelada dando a luz en una prisión, su pie con un grillete encadenado a la cama. Procedimiento estándar, la vida real.

El bullicio sobre "Sin Grilletes" (*Unshackled*) llegó a la locura. Un productor de películas que anteriormente estuvo en prisión esta interesado en el proyecto de Sin Grilletes, ya contrataron a un guionista y Amanda esta soñando con la lista de posibles actrices de primera categoría para interpretar a *Camille Delaney*. Todo esto está sucediendo y el libro ni siquiera llega todavía a las librerías.

AMANDA DUBOIS continúa en página 53



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Algodón

continúo de página 35

viento. Este mecanismo asistido por el viento favorece la capacidad de la planta de colonizar y vivir en nuevas áreas, ampliando así su área de distribución. Las fibras también ayudan a proteger las semillas al proporcionar una capa que puede protegerlas de daños físicos como la abrasión o el aplastamiento, además de ayudarlas a reducir el riesgo de secarse ya que retienen la humedad en las fibras alrededor de las semillas a medida que viajan.

Estas fibras fuertes también ayudan a la germinación de las semillas, contribuyendo a crear un entorno favorable para la brotación. Cuando entran en contacto con la humedad

fertilidad del suelo y al ciclo de nutrientes.

En el mundo científico, una teoría propuesta sobre la dispersión de semillas es cómo el uso de plantas, como las fibras de algodón, como material deseable para la nidificación ayuda a propagar la especie. Cuando los pájaros llevan el algodón a diferentes lugares para construir sus nidos, las semillas van con ellos y se dispersan en nuevas áreas. Esta nueva teoría ha sido bautizada como "caliochoria," palabra derivada de la palabra griega "calio," que significa nido, iuna nueva forma de dispersión de semillas!

del suelo, se hinchan y ayudan a la germinación de las raíces y sostienen la planta emergente. Las plantas de algodón se han adaptado especialmente a zonas más secas con esta estrategia de retención de humedad para las plántulas. Además de todas estas sorprendentes adaptaciones, la fibra de las semillas de algodón también tiene muchas interacciones ecológicas y beneficiosas con otros organismos. Proporcionan material de nidificación para muchas especies de aves y pueden crear hábitats para pequeños invertebrados. Las fibras también se acumulan en el suelo circundante y esta materia orgánica contribuye a la



en la región, un proyecto que se empezará a construir a principios del 2025. El edificio se ha diseñado a medida para poder brindar atención para los más de 250 pacientes que se reciben cada mes. Este ambicioso proyecto será un símbolo perdurable de atención médica sostenible para los niños y servirá como un testimonio de una comunidad que generosamente invierte en su propio futuro. Jamie Kelly comentó, "En los pasados 17 años, he visto un tremendo desarrollo en nuestra región, mucho de ello para bien. Antes de Padrino, un niño no podía ver a un pediatra en Todos Santos o El Pescadero. ¡Sólo debido a nuestra *tan* singular comunidad multinacional es que podemos auto financiar el cuidado de nuestro recurso más vulnerable— los niños locales! A través del trabajo de Padrino, ayudamos a preservar y fortalecer nuestro paraíso compartido."

Los recursos de la fundación proceden de donadores individuales, fundaciones familiares, y subvenciones, y cubren los salarios de los miembros del staff, las cuotas de los especialistas foráneos junto con los exámenes para diagnósticos, medicamentos, insumos y transportación. Los miembros de la junta directiva de Padrino son voluntarios en su totalidad, brindando sus conocimientos y pericia para asesorar a la fundación sin recibir remuneración económica. Un presupuesto rigurosamente manejado incluye gastos generales para alquiler, comunicaciones, reportes de cumplimiento, y cuotas relacionadas con el mantenimiento de su estatus binacional sin fines de lucro. La fundación es al mismo tiempo una Asociación Civil Mexicana (A.C.) con el estatus registrado de donataria autorizada y también una organización sin fines de lucro de EUA con estatus de 501(c)(3). Esto significa que tanto donadores mexicanos como de EUA pueden hacer donaciones que son deducibles de impuestos.

Padrino depende del apoyo de la gente y las organizaciones comprometidas para construir una sociedad fuerte y equitativa. Compartiendo su experiencia, Nancy Naigle añade, "Es una gran bendición el tener la posibilidad de usar tanto mis experiencias de vida como profesionales para ayudar a Padrino a crecer y desarrollarse. Invito a otros a compartir su tiempo, talentos y recursos para formar parte de esta experiencia llena de gozo." Cualquier

persona puede contribuir por medio de donaciones, siendo voluntarios, o dando a conocer el trabajo de Padrino. Todo aporte incrementa las oportunidades para la salud y el bienestar entre las personas que más lo necesitan. En un mundo lleno de retos, Padrino es un recordatorio de que una comunidad, unida en el cuidado del uno al otro, puede crear un oasis de bienestar en un desierto que antes carecía de opciones.

Para mayor información o para unirse a su causa, visite sus redes sociales o su página web oficial: www.padrinocf.org

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Cada Semana

continuó de página 47

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miércoles

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

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

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

2 pm, **CLUB DE CONVERSACIÓN ESPAÑOL** en **Hablando Mexicano** en Todos Santos.

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

5 pm, **CÍRCULO DE ESCRITURA DE MUJERES ABRE TU BOCA**. Comience con una propuesta de escritura de 10 minutos y luego compártala para recibir comentarios. Todos los géneros y estilos de escritura son bienvenidos. No se necesita experiencia previa en escritura. www.openpipeline.org

4 a 6 pm, **BIBLIOTECA INFANTIL PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

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

6 a 7:30 pm, **CLASE DE SALSA** en **la Palapa del Sabor** en Todos Santos. Para información: 558-0 32-3215.

jueves

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

11 am a 3 pm, **CASA GIRASOL CENTRO SOCIAL PARA ADULTOS** abierta. KM 48, Carretera 19, pasando Pemex. Ofrecemos talleres informativos y una amplia gama de servicios para adultos, personas mayores y cuidadores.

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TACOS DE PECHUGA DE POLLO AL HORNO con romero cubiertos con ensalada de frijoles negros y mango en **Shut Up Frank's** en Todos Santos.

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

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

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

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

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

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

viernes

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

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

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

10 am a 3 pm, **MERCADO ORGÁNICO DE TODOS SANTOS** en Palma Serena en el callejón de Topete.

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

NOCHE DE POLLO FRITO en **Shut Up Frank's** en Todos Santos.

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

sábado

7 am a 2 pm, **CENTRO DE RECICLADO PUNTO VERDE**,



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enfrente 5 Tacos y Beer en Las Tunas. Traiga su papel, cartón, plásticos de No. 1 y 2, baterías, latas, metal, uncel, y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrevolucionmx@gmail.com, (612) 139-4789.

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

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

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

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

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

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.

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

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

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

MÚSICA EN VIVO en **Shaka's** en Cerritos.

Amanda Dubois

continuó de página 49

“Creo que “Sin Grilletes” (*Unshackled*) ha estallado de tal manera ya que trata de un tema tan puntual. Mis amigas que anteriormente estuvieron en prisión mientras sus hijos eran pequeños, de verdad quieren que su historia sea contada.”

iAcompaña a Amanda el Sábado, 15 de febrero en su firma de libros con una copita de champán para el lanzamiento de “Sin Grilletes/Unshackled” aquí en Baja California Sur! De 3:30 a 5:30 pm, en Nomad Chic, ubicada en Juárez e Hidalgo en Todos Santos, B.C.S. Todo lo recaudado de las ventas de los libros de Camille Delaney será destinado para grupos o individuos que estén luchando por justicia, esto es un bello efecto de onda.



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Events

continued from page 22

where she meets The Mad Hatter, the Red Queen, all the colorful characters from the original tale, and the most improbable things happen. Totally Alice, totally original, make sure you get to see this hysterical romp through the netherworld. Runs for 3 weekends. Dinner theater on Saturdays. For more information visit: <https://lunaazultodossantos.wordpress.com/>

march 2025

March 2 | 4 pm, **OSCAR NIGHT** at **Gallo Azul** in Todos Santos. Reservations recommended.

March 2 - 8 | 6 pm, **SISTERS IN SONG MUSIC SERIES** at Todos Santos Brewing in Todos Santos. Annual weeklong music festival in honor of International Women's Day. For more information: <https://www.facebook.com/SistersInSongMusicSeries>

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

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

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

March 15 | 4 - 6 pm, **DOG PARK & YAPPY HOUR** at **La Palapa del Sabor** in Todos Santos.

March 17 | 1 pm until the food is gone, **LUCKY 30th ANNUAL ST. PATY 'S DAY** at **Shut Up Frank's** in Todos Santos. Doors open at 12 pm. Starting at 1 pm, serving Frank's famous homemade, one month-cured, corned beef and cabbage dinner with potatoes, carrots, hot mustard, and special horseradish sauce.

March 17 | 6 - 9 pm, **ST. PATRICK'S DAY CELEBRATION** at **Shaka's** in Cerritos. In-house corned beef, cabbage, fingerling potatoes & carrots. With live music featuring "Hot Stuff." A benefit for Grupo Madre Teresa (Pescadero Food Bank).

March 20 | 6 - 8 pm, **MARIACHI NIGHT** at **La Palapa del Sabor** in Todos Santos. Reservations: 6122026687.

april 2025

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

April 19 | 7 - 10 pm, **LIVE MUSIC** at **Shaka's** in Cerritos. Featuring "Rock or Bust" the premier AC/DC experience.

April 20 | 7 - 10 pm, **SHAKA'S 7TH YEAR ANNIVERSARY PARTY** at **Shaka's** in Cerritos. Live music featuring "The Mike Grabow Band."

may 2025

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

May 10 | **JOURNAL DEL PACIFICO SUMMER 2025 DEADLINE.**

May 17 | 6 am, **TODOS SANTOS 5K RUN & WALK** by **Amy Rex Property Management** & Torote Real Estate Marketing in Todos Santos. A benefit for **Padrino Children's Foundation**. Start/Finish at Casa Tere on Calle Miguel Hidalgo esq. Cuauhtémoc, in Todos Santos. Race starts at 7 am. For more information: amy@amyrextodossantos.com

Weekly Events

continued from page 23

wednesday

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

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

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

2 pm, **SPANISH CONVERSATION CLUB** at **Hablando Mexicano**, in Todos Santos.

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

4 - 6 pm, **PALAPA CHILDREN'S LIBRARY OPEN**, Todos Santos. Palapalibrary@gmail.com

5 pm, **ABRE TU BOCA WOMEN'S WRITING CIRCLE**. Check www.abretuboca.org for location, \$200-500 MXN. Start with a 10-minute writing prompt, then share for feedback. All genres and writing styles welcome. No previous writing experience needed. www.abretuboca.org

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

6 - 7:30 pm, **SALSA CLASS** at **la Palapa Del Sabor** in Todos Santos. For information: 558-0 32-3215.

thursday

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

11 am - 3 pm, **CASA GIRASOL ADULT SOCIAL CENTER** open. KM 48, highway 19, just past the Pemex. Offering informative workshops and a wide range of services to adults, seniors and caregivers. Donation. casagirasold@gmail.com, WhatsApp: 612-127-2410, www.comfortcare.mx

BAKED ROSEMARY CHICKEN BREAST TACOS topped with black bean and mango salad at **Shut Up Frank's** in Todos Santos.

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

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

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

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

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

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

friday

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

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

10 am – 3 pm, **TODOS SANTOS ORGANIC MARKET** at Palma Serena in the Topete callejón.

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

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

FRIED CHICKEN NIGHT at **Shut Up Frank's** in Todos Santos.

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

saturday

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

and electronics. 50 peso minimum donation; electronics are 80 pesos. Please separate and clean materials. For information: ecorrevolucionmx@gmail.com, (612) 139-4789

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

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

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

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

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

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

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

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

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

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

LIVE MUSIC at **Shaka's** at Cerritos.



sunday / domingo

7:30 am, **SLOW FLOW VINYASA YOGA W/C MARTA @ Cuatro Vientos**, Todos Santos.

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

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

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

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

7:15 pm, **DEEP HATHA YOGA W/C NICA @ Cuatro Vientos**, Todos Santos.

monday / lunes

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

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

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

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

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

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

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

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

12:30 pm, **SCULPT & STRENGTHEN W/C ALLISON @ Cuatro Vientos**, Todos Santos.

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

tuesday / martes

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

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

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

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

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

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

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

4 pm, **POWER VINYASA YOGA W/C ALEX @ Cuatro Vientos**, Todos Santos.

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

wednesday / miércoles

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

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

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

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

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

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

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

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

12:30 pm, **SCULPT & STRENGTHEN W/C ALLISON @ Cuatro Vientos**, Todos Santos.

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

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

thursday / jueves

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

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

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

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

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

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

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

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

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

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

friday / viernes

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

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

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



Coral Bonilla by / por Sara Vafa

- 7:30 am, **YOGA W/C MAYRA** @ Baja Serena, Pescadero.
- 8:15 & 9:15 am, **FUSION FITNESS W/ JULIE** @ Cross2Box, Todos Santos.
- 8:45 am, **YOGA FOR SENIORS W/C MAYRA** @ Baja Serena, Pescadero.
- 9 am, **YOGA W/C MARIMAR** @ **Cuatro Vientos**, Todos Santos.
- 11 am, **QI GONG W/C TOVA** @ **Cuatro Vientos**, Todos Santos.
- 12:30 pm, **VAJRA DANCE** @ **Cuatro Vientos**, Todos Santos.
- 4:30 pm, **DANCE LAB W/C ZOË** @ **Cuatro Vientos**, Todos Santos.
- 6 pm, **SALSA BASICS W/C CARLO** @ Cross2Box, Todos Santos.

saturday / sábado

- 7:30 am, **HIIT WORKOUT W/C CLARA** @ **Cuatro Vientos**, Todos Santos.
- 9 am, **HATHA YOGA W/C LIZ** @ **Cuatro Vientos**, Todos Santos.
- 11 am, **INNERDANCE W/C ANDREA** @ **Cuatro Vientos**, Todos Santos.

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AA MEETINGS

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

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

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

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

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

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

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

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Eventos

continuó de página 46

Azul en Todos Santos. Las puertas abren a las 18 h, la cena a las 18 h y el espectáculo a las 19 h. Una nueva y emocionante obra con Alicia como una aspirante a cantante de Rock n Roll que encuentra un dispositivo de cambio de tiempo y se transporta al País de las Maravillas, donde conoce al Sombrero Loco y la Reina Roja. Totalmente Alice, totalmente original, asegúrate de ver este divertidísimo paseo por el inframundo. Duración 3 fines de semana. Cena en el teatro los sábados. Para más información visite: <https://lunaazultodossantos.wordpress.com/>

marzo

2 de marzo | 4 pm, **NOCHE DE LOS OSCARS** en Gallo Azul en Todos Santos. Se recomienda hacer reservaciones.

2 a 8 de marzo | 6 pm, **SERIES MUSICALES "SISTERS IN SONG"** (Hermanas en Canción) en Todos Santos Brewing, Todos Santos. Festival anual con duración de una semana en honor al día internacional de la mujer. Para mayor información: <https://www.facebook.com/SistersInSongMusicSeries>

10 de marzo | **JOURNAL DEL PACIFICO FECHA LIMITE PARA LA EDICIÓN PRIMAVERA 2025.**

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

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

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

17 de marzo | 1 pm hasta que se acabe la comida, **LUCKY 30° ANUAL DÍA DE SAN PATRICIO** en **Shut Up Frank's** en Todos Santos. Las puertas abren a las 12 pm. A partir de la 1 pm, servimos la famosa cena casera de Frank, hecha con carne en conserva curada durante un

mes repollo, con papas, zanahorias, mostaza picante y una salsa especial de rábano picante.

17 de marzo | 6 a 9 pm, **CELEBRACIÓN DEL "DÍA DE SAN PATRICIO"** en **Shaka's**, en Cerritos. Tradicional "Corned Beef" carne de res en salmuera cocida entamente, hecha en casa y acompañada de col, papas pequeñas y zanahorias. Con música en vivo presentando a "Hot Stuff." A beneficio del Grupo Madre Teresa (El banco de alimentos de Pescadero).

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

abril

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

19 de abril | 7 a 10 pm, **MÚSICA EN VIVO** en **Shaka's**, en Cerritos. Presentando a "Rock or Bust", la experiencia AC/DC de primer nivel.

20 de abril | 7 a 10 pm, **FIESTA DEL SÉPTIMO ANIVERSARIO** de **Shaka's**, en Cerritos. Música en vivo presentando a "The Mike Grabow Band."

mayo

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

10 de mayo | **JOURNAL DEL PACIFICO FECHA LIMITE PARA LA EDICIÓN VERANO 2025.**

17 de mayo | 6 am, **TODOS SANTOS 5K CORRER & CAMINAR** por **Amy Rex Administración de Propiedades** y Torote Agencia de Bienes y Raíces de Mercadotecnia en Todos Santos. A beneficio para la Fundación Padrino Niños. Inicio/Final en Casa Tere en Calle Miguel Hidalgo esq. Cuauhtémoc. La carrera comienza a las 7 am. Para más información: amy@amyrextodossantos.com

junio

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



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