

journal

DEL PACIFICO

La Revista de Baja California Sur

winter / invierno 2018 #33

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

BAJA

The Lost Plants

Las Plantas Perdidas

TODOS SANTOS

Historic Home Tour

**Recorrido Historico
de Casas**

COASTAL DUNES

Las Dunas Costeras



by / por Keenan Shoal

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Historic Home Tour of Todos Santos

Sunday, March 4, 2018 - 10 am to 3 pm

Open just once a year to the public, these magnificent homes and buildings allow you to soak in and imagine the tranquil elegance of Todos Santos over a century ago.

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(PalapaSociety.org and facebook.com/PalapaSociety.org).

Tour de Casas Históricas de Todos Santos

Domingo, 4 de Marzo 2018 - 10 am a 3 pm

Estas casas magnificas están abiertas al público para disfrutar sólo una vez al año de la vida tal como era hace más de un siglo en nuestro pueblo.

Boletos a la venta el día del evento por 300 pesos en el Centro Cultural, Calle Juarez junto a Galeria Ezra Katz. Lo recaudado será en beneficio de los programas educativos de la Sociedad de La Palapa de Todos Santos:

(PalapaSociety.org, facebook.com/PalapaSociety.org).



Art by Tori Sepulveda

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PROUDLY PUBLISHED
& PRINTED IN MEXICO

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SPRING / PRIMAVERA ISSUE

DEADLINE: MARCH 5, 2018

FECHA LIMITE: 5 DE MARZO 2018

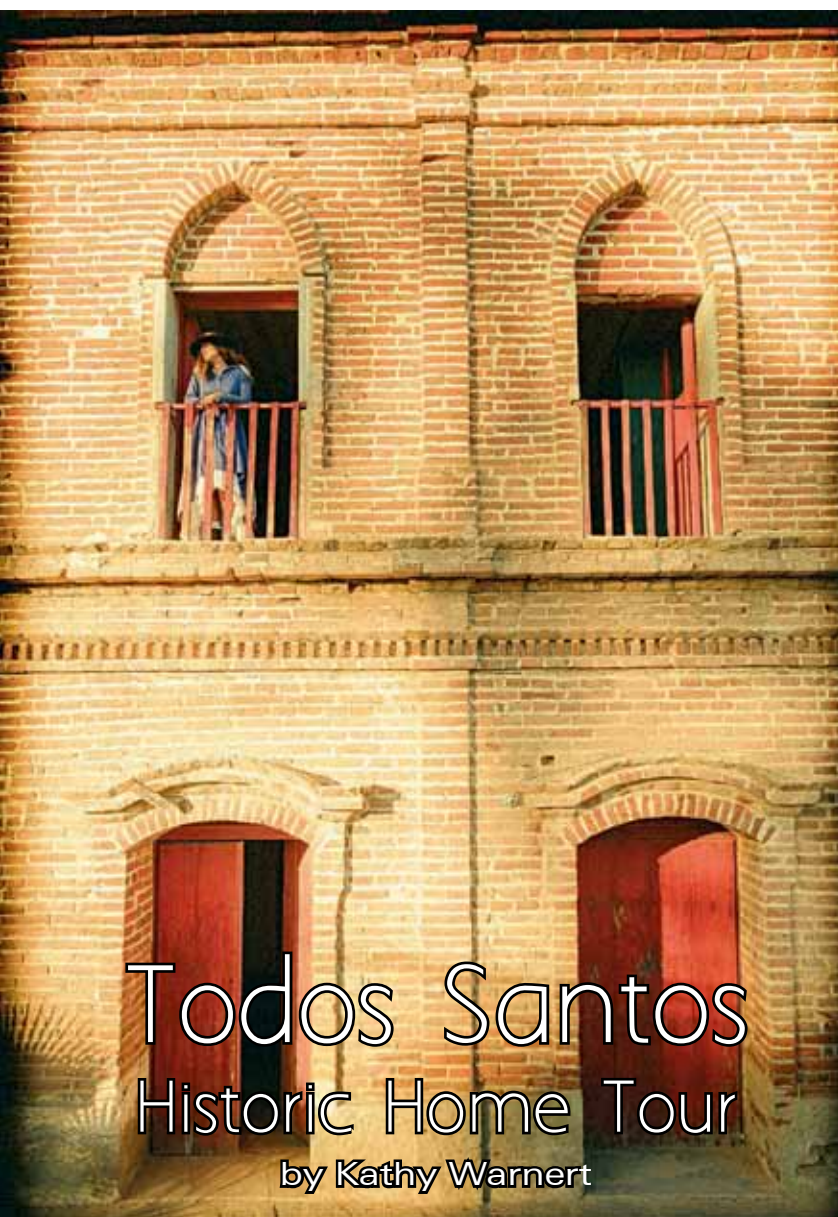


photo by Keenan Shoal

"I stepped through an ordinary gate off one of the charming streets of Todos Santos and found myself transported to another place and time. Each home, each building I walked into, I experienced the rich history of Todos Santos." Kim Dee of Los Alamitos, California, a participant of the Todos Santos' Historic Home Tour adds, "I happened to be in town and took the tour. So many exquisite homes and buildings were open to patrons of the tour. This is a great way to learn about the town's past while seeing inside all the beautiful homes. I plan to coordinate this year's trip to be in Todos Santos again in March."

This year's Todos Santos' Historic Home Tour takes place on Sunday, March 4, from 10 am to 3 pm. This one-day event benefits the educational programs of The Palapa Society of Todos Santos, A.C. Tickets may be purchased on the day of the event at the Centro Cultural located on Calle Benito Juárez. Admission is 300 pesos or \$20 USD. Docents are on hand at each site to offer more information.

This year's coordinator, Paul Bumann says, "We have over 25 historic sites including private homes, hotels/inns, HISTORIC HOME TOUR cont. on page 23



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The Lost Plants of Baja

Las Plantas Perdidas de Baja

by / por Bryan Jáuregui, traducido por Paula Angeloni, fotos por / by Dr. Jon P. Rebman

The National Geographic Society, as venerable an institution as ever graced the shores of the North American continent, has an image problem. Since 1888 the NGS has been supporting adventurers and explorers of every stripe across all the corners of the globe, and such is their success that it is now safe to say that we know it all. Satellites and surveyors, exploring on the ground and from the air, have neatly filled in all the spaces on the old maps where there used to exist nothing but the terrifying admonition: *Here be dragons!* Does this mean that the Age of Exploration is dead? Is there no more geography left around which a society can coalesce for discovery? Is the NGS, as some naysayers opine, obsolete?

Not a chance. A glance at the interactive NGS global explorers map, which shows thousands of explorers engaged in equally numerous projects across our well-mapped continents, definitively lays that notion to rest. A zoom from the global view of the map down to our own Baja California Sur shows just how vibrant an era of discovery we inhabit. Here you'll find a hiker symbol in the Sierra La Laguna mountains just outside of Todos Santos, which is the avatar for NGS explorer Dr. Jon P. Rebman, director of the San Diego Natural History Museum's Botany Department, and author of the definitive *Baja California Plant Field Guide*. Dr. Rebman's work demonstrates not only that the Age of Exploration is alive and well, but that we are always gaining a deeper knowledge of the areas

La National Geographic Society (NGS), una institución tan venerada en las costas del continente de Norte América, tiene un problema de imagen. Desde 1888, la NGS ha estado apoyando a aventureros y exploradores de todos los rincones del mundo, y lo ha hecho con tanto éxito que ahora podríamos decir que lo sabemos todo. Los satélites y topógrafos, explorando en el suelo y desde el aire, han ido rellenando cuidadosamente todos los espacios vacíos en los viejos mapas donde solía haber nada más que la advertencia aterradora: ¡Aquí hay dragones! ¿Esto significa que la Era de la Exploración está muerta? ¿No queda más geografía alrededor de la cual una sociedad puede unirse para el descubrimiento? ¿Será que la NGS, como algunos detractores opinan, es obsoleta?

De ninguna manera. Una ojeada al mapa interactivo de exploradores globales de la National Geographic, muestra miles de exploradores involucrados en proyectos igualmente numerosos en nuestros continentes bien mapeados y nos quita definitivamente esta idea de la cabeza. Un acercamiento desde la vista global del mapa hasta nuestra propia Baja California Sur muestra cuán vibrante es la Era de Descubrimiento en la que vivimos. Aquí encontrará un símbolo de excursionista en las montañas de La Sierra La Laguna, a las afueras de Todos Santos, que es el avatar del explorador de la NGS; el Dr. Jon P. Rebman, director del Departamento de Botánica PLANTAS PERDIDAS cont. en página 10



Astragalus piscinus, far left: flowers, above: fruit. Left: an image of the holotype specimen deposited in the United States National Herbarium (US) at the Smithsonian.

Astragalus piscinus, extrema izquierda: flores, arriba: fruta. Izquierda: una imagen del holotipo de espécimen depositado en el Herbario Nacional de Estados Unidos, en el Instituto Smithsonian.

depicted on our maps. Perhaps more importantly, we are conserving the existing knowledge of these areas that is in danger of slipping away.

Explains Dr. Rebman, "After 20 years of floristic research on the Baja California peninsula and adjacent islands, my colleagues and I created an annotated, voucher-based checklist of the vascular plants of Baja California. We published this in 2016, and when we compared it to the only floristic manual for the entire Baja California region published by Wiggins in 1980, we found that we had added more than 1,480 plant taxa to the area, including approximately 4,400 plants (3,900 vouchered taxa plus 540 reports), of which 26% are endemic to the region. As part of this process we identified several plants in Baja California that are very rare and only known from one to very few collections."

"We got focused on the need for conservation efforts to protect the region's rare flora during a November 2013 expedition in the Cabo Pulmo area to document biodiversity in an area slated for development. My colleagues and I documented two plant species that had been lost, meaning not collected or scientifically documented, for decades. One of these rediscoveries was *Stenotis peninsularis* (Rubiaceae), a micro-endemic species that was last collected in 1902 by T.S. Brandegee. Yes, that means we had not seen this species in over 110 years!"

Inspired, Rebman continued his quest for the lost plants of Baja during a workplace re-assignment from San Diego to La Paz August 2015 to June 2016. Working with local Baja botanists, he rediscovered approximately 50 plant species in the Cape region that were known from just one, or a tiny number, of historical specimens. But there were more. Specifically, there were 15 more "lost" plants, all endemic to the Baja California peninsula, that had been collected between 1841 and 1985, but had not been seen

LOST PLANTS continued on page 16

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Recorrido Histórico de Casas de Todos Santos

por Kathy Warnert, traducido por Cristina Santana
fotos por Ricardo Madrazo

"Atravesé un cancel común de una de las encantadoras calles de Todos Santos y me encontré siendo transportada a otro lugar y época. Cada casa, cada edificio a los cuales entré, fueron una experiencia de la rica historia de Todos Santos." Kim Dee de Los Alamitos, California, participante del Recorrido Histórico de Todos Santos agrega: "De casualidad estaba en el pueblo e hice el recorrido. Tantas casas y edificios exquisitos estaban abiertos a los participantes del recorrido. Es una maravillosa manera de aprender sobre el pasado del pueblo viendo dentro de todas las hermosas casas. Planeo coordinar mi viaje de este año para estar en Todos Santos nuevamente en marzo."

El Recorrido Histórico de Todos Santos tiene lugar este año el domingo 4 de marzo, de las 10 am a las 3 pm. Este evento de un día es en beneficio de los programas educativos de la Sociedad de La Palapa de Todos Santos, A.C. Los boletos estarán a la venta el día del evento en el Centro Cultural ubicado en Calle Benito Juárez. La entrada tiene un costo de \$300 pesos o \$20 dólares. Habrá guías accesibles en cada sitio para ofrecer más información.

El coordinador de este año, Paul Bumann, dice: "Tenemos más de 25 sitios históricos, incluyendo casas privadas,

hoteles/inns, edificios municipales, el templo de la misión, y el trapiche. Vive la experiencia de sitios cuidadosamente restaurados para reflejar lo único de la época antes de la electricidad y el teléfono. Abiertas al público solamente una vez al año, estas casas y edificios magníficos te permiten imaginar y empaparte en la tranquila elegancia del Todos Santos de hace más de un siglo. Asegúrate de traer a tu familia, amigos, vecinos y arquitectos."

Algo nuevo este año es el opcional desafío "Encuentra al Santo." Todos Santos tiene varias estatuas de santos por el pueblo colocados ingeniosamente en nichos en el exterior de edificios. Encuéntralos todos y márcalos en un mapa y entrarás a la rifa de una pintura conmemorativa a cargo del reconocido artista Erick Ochoa. Es una manera divertida de mirar hacia arriba y notar estos pequeños tesoros por el pueblo. Nuevo este año también, es que varios restaurantes ofrecerán descuentos en desayunos y almuerzos a quienes porten brazaletes del recorrido mientras estén en el pueblo por el día.

Como lo dijeron los dueños de una casa en el centro histórico, Lisa Welch y su esposo, Doug Colton: "Estamos encantados de abrir las puertas de nuestra casa teatro al aire libre Casa Cine Viejo para el evento para recabar fondos



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photo by Ricardo Madrazo

para La Palapa de Todos Santos. No se nos puede ocurrir mejor causa que beneficie a un amplio rango de personas de Todos Santos. La historia y la cultura de este pueblo son maravillosas, y nuestra casa—aunque modernizada—todavía conserva las casitas de huéspedes de palo trabado y una pared del teatro. Algunos aspectos arquitectónicos permanecen aún, lo que dará los visitantes la sensación de cómo era allá en 1935.”

El presidente de La Sociedad de la Palapa, Erick Ochoa, lo resume: “Nos encanta trabajar con todos los dueños de casas y con los empresarios para darles a los visitantes y residentes una experiencia emocionante para ver la historia de Todos Santos, a la vez que beneficiar a los estudiantes de La Sociedad de la Palapa.”

Bumann agrega: “El panfleto está en inglés y español y habrá guías disponibles en cada sitio. ¡Asegúrate de pasar la voz a toda tu familia, amigos y vecinos!”

La Sociedad de la Palapa, una organización mexicana y americana sin fines de lucro ofrece:

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Plantas Perdidas

continuó de página 6



del Museo de Historia Natural de San Diego, y autor de la famosa guía de campo de plantas de Baja California "*Baja California Plant Field Guide*." El trabajo del Dr. Rebman demuestra no solo que la Era de la Exploración está viva y saludable, sino que además estamos obteniendo un conocimiento más profundo de las áreas representadas en nuestros mapas. Quizás más importante aun, estamos conservando el conocimiento existente de estas áreas que está en peligro de desaparecer.

El Dr. Rebman explica: "Después de 20 años de investigación florística en la Península de Baja California y sus islas adyacentes, mis colegas y yo creamos una lista de verificación de las plantas vasculares de Baja California. Publicamos esto en 2016, y cuando lo comparamos con el único manual florístico para toda la región de Baja California publicado por Wiggins en 1980, encontramos que habíamos agregado más de 1,480 taxones de plantas al área, incluyendo aproximadamente 4,400 plantas (3,900 ejemplares tipo más 540 reportes) de los cuales el 26% son endémicas de la región. Como parte de este proceso

identificamos varias plantas en Baja California que son muy raras y solo se conocen a partir de una o muy pocas colecciones."

"Durante una expedición en noviembre de 2013 en el área de Cabo Pulmo, para documentar la biodiversidad en un área programada para un desarrollo, nos centramos en la necesidad de esfuerzos de conservación para proteger la rara flora de la región. Mis colegas y yo documentamos dos especies de plantas que se habían perdido, es decir, no recolectadas ni documentadas científicamente, durante décadas. Uno de estos redescubrimientos fue *Stenotis peninsularis* (Rubiaceae), una especie micro-endémica que fue recolectada por última vez en 1902 por T.S. Brandege. Sí, en efecto, eso significa que no hemos visto esta especie en más de 110 años!"

Inspirado, Rebman continuó su búsqueda de las plantas perdidas de La Baja durante una reasignación de trabajo de San Diego a La Paz en agosto de 2015 hasta junio de 2016. Trabajando en conjunto con botánicos locales de Baja

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Bouchea flabelliformis (*Verbenaceae*), extrema izquierda: flores, derecha: hojas. Izquierda: una imagen del holotipo de espécimen depositado en el Herbario Nacional de Estados Unidos, en el Instituto Smithsonian.

Bouchea flabelliformis (*Verbenaceae*), far left: flowers, right: leaves. Left: an image of the holotype specimen deposited in the United States National Herbarium (US) at the Smithsonian.



California, redescubrió aproximadamente 50 especies de plantas en la región del Cabo que eran conocidas por solo un espécimen o un pequeño número de especímenes históricos. Pero había más. Específicamente, existían otras 15 plantas “perdidas,” todas endémicas de la península de Baja California, que habían sido recolectadas entre 1841 y 1985, pero que no se habían vuelto a ver desde entonces. Rebman estaba decidido a encontrarlas. “Con la creciente amenaza de los impactos negativos

hacia las plantas nativas y los paisajes naturales, me di cuenta de que ahora era el momento de intentar redescubrir algunas de las plantas muy raras, únicas y actualmente ‘perdidas’ de la Península de Baja California antes de que desaparezcan para siempre.” La National Geographic Society acordó financiar el proyecto, y Rebman congregó a sus colegas mexicanos—Dr. José Luis León de la Luz, el Dr. Alfonso Medel Narváez, el Dr. Reymundo Domínguez Cadena y el Dr. José Delgadillo—para unirse al esfuerzo. Pero, ¿cómo encuentras una planta “perdida”? Esto no es trabajo para los débiles de corazón—espiritual, física o intelectualmente hablando.

Considere que en marzo de 1889, el autodidacta botánico británico Edward Palmer desembarcó en un lugar de la península de Baja California al que llamó “Cabeza de Laguna,” encontró lo que él pensaba que era una planta o maleza común y la depositó en un herbario sin más alharaca. Algún tiempo después, el reconocido botánico estadounidense

Marcus E. Jones la encontró en el herbario, se dio cuenta de que era una especie de planta endémica de Baja California muy rara, y la llamó *Astragalus piscinus*, (nombre común Lagoon Milkvetch), siendo esa la última vez que alguien la

PLANTAS PERDIDAS continúa en página 18



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Which Came First, the Beach or the Dunes? ¿Qué Fue Primero, la Playa o las Dunas?

by / por Stephanie J. Rousso, Biologist / Bióloga
traducido por Cristina Santana, fotos por / by Laurie Pearce Bauer



We have all seen photos and videos of homes in Florida, North Carolina, and California tumbling into the ocean after a storm. Some are quick to blame it on climate change. However, these homes could have been spared if only they were built behind the dunes.

COASTAL DUNES ARE UNIQUE ECOSYSTEMS

Coastal dunes are transitional areas between terrestrial and marine environments. They provide an ecosystem service as protectors, refuge, storage, and filters. Thus, they not only have a biological value, but also an economic value as well. Since there is an intricate connection between land and water, coastal dunes cannot be considered standalone ecosystems. There are dune sections that are part of the beach. Or is the beach part of the dunes? Actually, they are each part of the other.

The beach is an area that is under constant natural erosion from wave action. Storm surge can intensify the erosion. Dunes serve as an important sand reservoir for the beaches. Before a tropical storm or hurricane, or even offshore storms, winds pick up sand from the beach. Coastal plants specially adapted to salt spray, low nutrients, and constant wave and wind action effectively trap the windblown sand and create the dunes. During a storm, waves pull sand from the beach, in a process termed erosion. After the storm, light trade winds blow this sand lightly and gently back on to the beach, in a process termed accretion.

DUNES continued on page 24

Todos hemos visto fotos y videos de casas en Florida, en Carolina del Norte y en California revolcándose en el océano después de una tormenta. Algunos se apresuran a culpar al cambio climático. Sin embargo, estas casas pudieron haberse salvado si tan solo hubieran sido construidas detrás de las dunas.

LAS DUNAS COSTERAS SON ECOSISTEMAS ÚNICOS

Las dunas costeras son áreas de transición entre los ambientes marino y terrestre. Proveen un servicio de ecosistema como protección, refugio, almacén y filtros. Por ello, no solamente tienen valor biológico, sino también valor económico. Dado que hay una conexión compleja entre la tierra y el agua, las dunas costeras no pueden considerarse ecosistemas aislados. Hay secciones de duna que son parte de la playa. ¿O es la playa parte de las dunas? De hecho, la una es parte de la otra.

La playa es un área que está bajo constante erosión natural por parte de la acción de las olas. El oleaje en tormentas puede intensificar la erosión. Las dunas sirven como una reserva de arena importante para las playas. Antes de una tormenta tropical o huracán, o hasta de tormentas lejos de la costa, los vientos levantan arena de la playa. Las plantas de la costa especialmente adaptadas al riego salado, a los bajos nutrientes y a la acción constante de olas y viento, atrapan de manera efectiva la arena que vuela el viento y crean las dunas. Durante una tormenta, las olas jalan arena

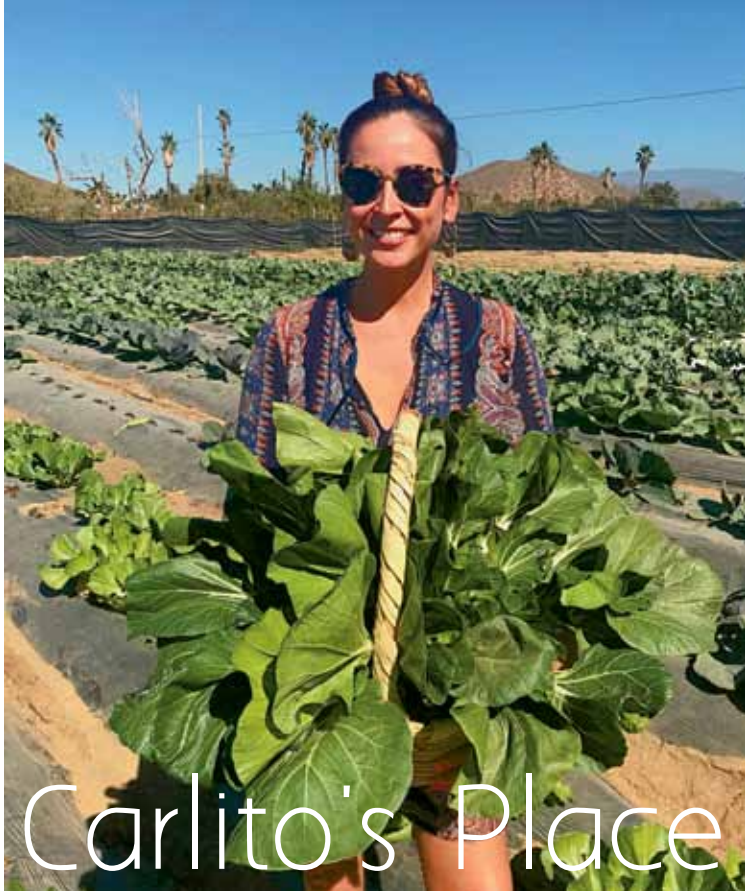
DUNAS continúa en página 22

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Take a seat at the “chef’s table” and watch as Carlitos crafts your meal with a twist of Baja flavors, in the new open-air kitchen—which includes a brick oven for stuffed chocolate clams, seafood pizzas, and prime rib; a smoker for Peking duck; and *caja china* for sucking pig. Carlitos created the newly installed kitchen with upcoming cooking classes in mind.

As a nod to his father’s heritage, Carlitos has added his family’s Chinese recipes to his expanded menu— Peking duck, Mongolian beef, sweet & sour shrimp and chicken, beef broccoli and fried rice.

Another addition is the granite sushi bar, where they serve a large selection of locally caught seafood including: grouper, mahi-mahi, yellow tail, tuna, amberjack, red snapper, scallop, octopus, sea urchin, crab—served in Carlitos’ unique way. Two of his popular creations that must be tried are the King Kong roll and the steamed crabs with a Vietnamese sauce, both best enjoyed while sipping an imported or made in Mexico sake.

Sit at the new outdoor bar and enjoy a cold Baja Brewery draft beer or one of their freshly made signature cocktails that include passion fruit or mango jalapeño margaritas, grapefruit martinis.

“My passion is food,” Carlitos says. “We live in a chef’s paradise, with abundant seafood of all kinds, and fresh
CARLITOS continued on page 58



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Art Talk

by Jill Logan

WHAT TO PAINT NEXT?

I was having dinner with a small group of people, most of whom are artists, when one individual, a retired CEO of a company asked, "How do you know what to paint next?"

This is a great question and one all of us agreed comes up often. Most also agreed that what they were working on is part of a series and in some cases what they are known for and are passionate about.

For me, when this question comes, my answer is "One thing leads to another." Often as I am working on a piece, I get an idea and inspiration to do another one differently, or to deviate in a new direction entirely. I ask myself "What if I did it this way next time?" or "I would love to tackle that scene in this way next."

For instance, my feather pieces were born out of an idea that came to me late at night. Alone in my house, I drew up some visuals of what it would look like with the texture, leafing and glazing, that I do with my abstract pieces. I thought I would love two as a diptych, 72" long by 24" wide, both upright and dancing towards each other. It was another year before I had the time and focused courage to attempt the idea. At first, I decided to do one as a study, a smaller one that I might be less attached to and could experiment with.

The texture was fun to put down and had to be worked with quickly as it sets up in one hour, so there is no back tracking or redoing. I cannot have any interruptions once I start so it can be challenging in the gallery with employees and clients. When I finished the study, I was quite pleased with the texture. After it dried sufficiently—sometimes this can take two weeks—I used an acrylic paint to seal the texture. Then I used silver leafing on top of the design.

This piece, size 48"x24" vertical, hung in the back of my gallery for weeks as I wondered what colors to use over it in my glazing process and how to do the glazing over the metal. There were wonderful reflections onto the piece from an oleander with its pink blossoms that grows close by. I decided to try a faint pink glaze. But this did not work at all, what had seemed so pleasant in the reflective quality died to nothing in the reality as I worked on it. Fortunately, it was very faint, so I then began to put layers of other colors over it. I started with an antiquing amber color. I let it dry and then used a soft translucent gold. My staff loved this effect and encouraged me to stop there. We sealed it and hung it near my work space.

I watched it for two months. Not really happy with the results, I knew I had to do something deeper and richer to make it pop. My staff encouraged me to leave it alone. "No," they said, "It's perfect the way it is." So, one morning before anyone came to work, I got out a great deep blue acrylic color and rolled it into the piece. I was taking a huge risk that could destroy the whole look but fortunately,

it was the perfect risk. The blue added a depth and the other colors flowed into better versions of themselves. We sealed it and hung it in the main room. One week later a wonderful doctor from Monterey came into the gallery and bought it for his home in Austin, Texas. I was highly rewarded for my efforts and extremely excited to try the bigger ones.



“Crash and Flow,” by Lee Mothes , 22” x 30” graphite drawing

From this many new feathers and textured works have evolved. My colors have changed, my glazing has become varied and the light quality as you walk past these pieces is mesmerizing. A feather duster feather lying on the floor looking like a thousand-leg spider became the next piece. And off I went.

Some artists have shared that everything inspires them—from the light in the early dawn, or sunset glowing on

a particular place, plant, or building. Or that an unusual shadow grabs them in its peculiarity. Or ideas can come from doing the same subject over and over in different ways and different colors scheme. Lee Mothes, an artist who I show at my gallery, is a master of painting and drawing graphite work of waves. He

does research up and down the Pacific coast. Last year he spent a month on the coast of Oregon doing studies and photographing the ocean. He is presently working on a Guggenheim Fellowship to sponsor his work. His dedication to producing his works takes many hours daily, working from his small town in Wisconsin. Having grown up the coast of California, he developed a love and understanding of the ocean, that has been transposed into

ART TALK continued on page 26

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Lost Plants

continued from page 7

since. Rebman was intent on finding them. "With the ever-increasing detrimental impacts to native plants and natural landscapes, I realized that the time was now to attempt to re-discover some of Baja California's very rare, unique, and presently 'lost' plants before they are gone forever." The National Geographic Society agreed to fund the project, and Rebman got his Mexican colleagues—Dr. José Luis León de la Luz, Dr. Alfonso Medel Narváez, Dr. Reymundo Domínguez Cadena and Dr. José Delgadillo—to join the effort. But how do you find a "lost" plant? It's not for the faint of heart—spiritually, physically, or intellectually-speaking.

Consider that in March 1889, self-taught British botanist Edward Palmer disembarked from a boat at a place on the Baja peninsula that he called "Lagoon Head," found what he thought was a common weedy plant, and deposited it in an herbarium without further ado. Sometime later, renowned American botanist Marcus E. Jones found it in the herbarium, realized it was a very rare, endemic Baja California plant species, named it *Astragalus piscinus*, (common name Lagoon Milkvetch), and that was the last time anyone recorded it. In 1884 noted California naturalist Charles Orcutt was in a place he christened "Topo Canyon" when he chanced upon the very rare *Physaria palmeri*, took a sample, and recorded it with the fledgling San Diego Natural History Museum. No one has noted a sighting of it since. The entire list of the 15 lost plants Rebman and his colleagues set out to find reads like this, with very precise information about the plant, but incredibly imprecise information about the location. Therefore, the first thing the team had to do was pore over the papers, books and letters of the botanists who originally discovered the plants, and do their best to figure out where, exactly, in this 1,000-mile-long peninsula, these botanists were when they took their samples. As a result, one of the cool byproducts of the expedition is a map put together by the NGS team that shows the place names used by these early botanists with the actual place names in use today. As every good cartographer knows, maps are an ever-evolving business.

The team narrowed down the possible locations for each plant ("Lagoon Head" turns out to be near Scammons Lagoon and "Topo Canyon" in the mountains of northern Baja), but then they had to actually find these very rare plants in an area that they had already demonstrated held over 4,400 different plants. It would seem almost impossible to make any progress while stopping to investigate all the different possibilities. Unless, of course, you are already so familiar with **all the plants** that you can immediately discern the one you don't know, the one you've only seen as a specimen or a drawing. John Rebman and his Mexican botanical collaborators are quite possibly the only people alive today to stand a chance of finding any single one of these 15 lost plants. Yet so far, they have looked for ten and found seven. For the others, they need to wait for rain, in Baja, to find the blooms.

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"It has not been easy" remarks Rebman. "We were in a desolate area in northern Baja where bandits are known to congregate, and I was looking for Orcutt's *Physaria palmeri*. There were signs that the bandits were around, and alarm bells were going off in my head. But I had read Orcutt's journals, had a firm sense of where he had been the day before he discovered the plant as well as the day after, and I really believed I was close. Yet I kept not finding the plant and kept getting more nervous. Finally, I decided that if I hadn't found it by the time I reached the next tree, I would turn around. I got to the tree, got off my horse, looked down, and there it was. Orcutt, probably found it when he stopped to take a break in a shady spot all those years ago."

Finding each of the seven plants they've recovered so far has required serious expeditionary skills and effort, with horses, burros, camping gear, local guides, packed water and food. It's been hot, it's been dusty and, as we have seen, sometimes it's been scary. But, as happens with most NGS projects, the results have been quite tidy. Says Rebman, "For each "lost" species that we encountered, we scientifically documented each population using standard protocols to make an herbarium specimen, we recorded all necessary label data, took a census of the populations, and assessed any visible threats to the well-being of the plant populations. Primary herbarium specimens have been deposited in the SD Herbarium at the San Diego Natural History Museum,



and duplicate specimens have been deposited in the HCIB Herbarium in La Paz, Baja California Sur, and the BCMEX Herbarium in Ensenada, Baja California. I photographed each re-discovered plant using a digital camera, and these images, along with the map depicting old and new place names together, can be found at bajaflora.org."

While looking for the "lost" plants of Baja, Rebman and his team actually made several new discoveries. "From the expeditions we have taken so far, we have already encountered 30 new species previously unknown to science, all sitting in my cabinet awaiting further investigation."

The NGS likes to quote American explorer Vilhjalmur Stefansson, who said you never should have an adventure if your planning is good and you pull off every detail; an adventure is when things go wrong. With multiple expeditions looking for 15 ultra-rare—or possibly even extinct—plant species in poorly-described locations, there is bound to be an abundance of adventure in the process for Rebman and his botanical collaborators. But that is the essence of discovery, the essence of exploration, and Rebman and his team are showing us that there is still a huge amount to be discovered, and re-discovered about the places where the dragons used to roam.

Todos Santos Eco Adventures (TOSEA) provides visitors with opportunities to explore, celebrate and help conserve the magnificently diverse ecosystems of Baja with 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," and whale shark and sea lion adventures in the Sea of Cortez. www.TOSEA.net. (612) 145-0189.

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Plantas Perdidas

continuó de página 11

registró. En 1884 el naturalista de California Charles Orcutt estaba en un lugar que bautizó como el "Cañón del Topo" cuando descubrió la muy rara *Physaria palmeri*, tomó una muestra y la registró con el incipiente Museo de Historia Natural de San Diego. Nadie ha publicado un avistamiento desde entonces. La lista completa de las 15 plantas perdidas que Rebman y sus colegas se propusieron encontrar, cuenta con información muy precisa sobre la planta, pero con información increíblemente imprecisa sobre la ubicación. Por lo tanto, lo primero que el equipo tuvo que hacer fue estudiar detenidamente los documentos, libros y cartas de los botánicos que originalmente descubrieron las plantas, y hacer todo lo posible para averiguar dónde, exactamente estaban estos botánicos, en esta península de 1,500 kilómetros de largo, cuando tomaron sus muestras. Como resultado, uno de los subproductos interesantes de la expedición fue un mapa elaborado por el equipo de la National Geographic que muestra los nombres de los lugares utilizados por estos primeros botánicos con los nombres reales en uso en la actualidad. Como todo buen cartógrafo sabe, los mapas son un negocio en constante evolución.

El equipo redujo las posibles localizaciones para cada planta ("Lagoon Head" resultó estar cerca de la Laguna Ojo de Liebre y "Cañón del Topo" en las montañas del norte de La Baja), pero luego tuvieron que encontrar estas plantas muy raras en un área que ya habían demostrado que contenía más de 4,400 plantas diferentes. Parecía casi imposible progresar mientras se detienen a investigar todas las diferentes posibilidades. A menos que, por supuesto, ya estés tan familiarizado con **todas las plantas** que puedas discernir inmediatamente la que no conoces de la que solo has visto a través de un espécimen o un dibujo. John Rebman y sus colaboradores botánicos mexicanos son posiblemente las únicas personas que viven hoy en día, que cuentan con la capacidad de encontrar cualquiera de estas 15 plantas perdidas. Sin embargo, hasta ahora, han buscado diez y encontrado siete. Para las demás, tienen que esperar a que llueva sobre La Baja, para encontrar las floraciones.

"No ha sido fácil," comenta Rebman. "Estábamos buscando *Physaria palmeri* de Orcutt en un área desolada en el norte de La Baja, donde se sabe que los bandidos se congregan. Había indicios de que unos bandidos estaban cerca y las campanas de alarma se disparaban en mi cabeza. Pero había leído los diarios de Orcutt y tenía una idea clara de dónde había estado él, el día antes de que descubriera la planta, así como el día después, y realmente creía que estaba cerca. Sin embargo, seguía sin encontrar la planta y me puse cada vez más nervioso. Finalmente, decidí que si no lo había encontrado para cuando llegara al siguiente árbol, me daría la vuelta. Llegué al árbol, bajé de mi caballo, miré hacia abajo, y allí estaba. Orcutt, probablemente lo encontró cuando se detuvo a tomar un descanso en un lugar sombreado hace tantos años atrás."

Encontrar cada una de las siete plantas recuperadas hasta ahora ha requerido serias habilidades expedicionarias y mucho esfuerzo con caballos, burros, equipo de campamento, guías locales, empacando víveres y agua. Ha estado caluroso, polvoriento y algunas veces peligroso. Pero, como sucede con la mayoría de los proyectos de la NGS, los resultados han sido bastante contundentes. Rebman prosigue, “por cada especie ‘perdida’ que encontramos, documentamos científicamente cada población usando los protocolos estándar para hacer una muestra de herbario, registramos todos los datos de etiqueta necesarios, tomamos un censo de las poblaciones y evaluamos cualquier amenaza visible al bienestar de las poblaciones de plantas. Las muestras de especies primarias de herbario se han depositado en el Herbario del Museo de Historia Natural de San Diego, y ejemplares duplicados en el Herbario HCIB en La Paz, Baja California Sur, y en el Herbario BCMEX en Ensenada, Baja California. Fotografié cada planta redescubierta utilizando una cámara digital, y estas imágenes, junto con el mapa que muestra los nombres nuevos y antiguos de los lugares, se pueden encontrar en la página bajajflora.org.”

Mientras estaban en la búsqueda de las plantas “perdidas” de La Baja, Rebman y su equipo también hicieron varios descubrimientos. “De las expediciones que hemos realizado hasta ahora, ya nos hemos encontrado con 30 nuevas especies antes desconocidas para la ciencia, todas sentadas en mi gabinete a la espera de una mayor investigación.”

A la National Geographic le gusta citar al explorador estadounidense Vilhjalmur Stefansson, quien dijo que nunca tendrás una aventura si tu planificación es buena y piensas en todos los detalles; la aventura es cuando las cosas van mal. Con múltiples expediciones que buscan 15 especies de plantas ultra-raras (o posiblemente incluso extintas) en lugares pobremente descritos, es muy probable que Rebman y sus colaboradores botánicos tengan una gran cantidad de aventuras en el proceso. Pero esa es la esencia del descubrimiento, la esencia de la exploración, y Rebman y su equipo nos muestran que todavía hay una



Dr. Alfonso Medel Narváez con *Bouchea flabelliformis* (Verbenaceae).

mucho por descubrir explorando los lugares donde los dragones solían vagabundear.

Todos Santos Eco Adventures (TOSEA) proporcionan a los visitantes la oportunidad de explorar, celebrar y ayudar a conservar los magníficamente diversos ecosistemas de Baja. TOSEA ofrece viajes de avistamiento de ballenas y observación de aves, campamentos tortugueros, surfar en la costa del Pacífico, kayak, “glamping,” y tiburón ballena en el Mar de Cortés. www.TOSEA.net (612) 145-0189.



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february

February 7 | 10 am – 4 pm, **LOS BARRILES ARTIST STUDIO TOUR.** Tour 15+ studios of artists who reside in the Los Barriles area. Purchase your tickets the day of the show at Land and Homes Real Estate office on 20 November in Los Barriles, 9:30 am to 1 pm. For more information: eastcapearts@gmail.com or visit Facebook: Festival de Artes – Los Barriles

February 8-13 | **CARNAVAL LA PAZ 2018** with parades and booths along the malecón in La Paz.

February 10 & 11 | **9TH ANNUAL TODOS SANTOS OPEN STUDIO TOUR.** For more information visit: <https://www.facebook.com/todossantosopenstudiotour/>

February 10 | 5 – 9 pm, **THE BAJA 100** art walk/drive in Todos Santos. For more information and map visit their Facebook page: The Baja 100.

February 11 | 9:30 am, **SWAP MEET** at Marina Don José in La Paz.

February 11 | **LOS CABOS HALF MARATHON** (21k, 10k, 5k) For more information, visit: Facebook: Los Cabos Half Marathon

February 13-18 | **WOMEN OF THE DESERT** Earth Based & Healing Yoga Retreat in Todos Santos. For more information: www.kawakenergymedicine.com

February 14 | **VALENTINE'S DINNER** at **Garden by Rancho Pescadero.** Adults 900 pesos, children 6 – 12, \$300 pesos, under 6 free. For reservations: garden@ranchopescadero.com, (612) 135-5849 or <http://bit.ly/GardenOpenTable>

February 14 | 6:30 pm, **VALENTINE'S DINNER** at **La Esquina** on the *otro lado* of Todos Santos. Five course dinner with Mexican wines and live music. 30 seats available, cost 800 pesos. For more information: billaesquina@gmail.com

February 14 | 6 – 9 pm, **NOCHE DE SUPER SALUD** dinner at **Pura Vida**

in Todos Santos. Raw & Romantic dinner for lovers and friends on Valentine's Day with a special menu. Check Facebook: Noche de Super Salud for information.

February 18 | 4 pm, **OPEN READING & STORYTELLING** at **Rumi Garden** in Todos Santos. Up to 10 minutes of original writing. Contact: Zoe@cultivatecreativity.net

February 24 | 6–10pm, **NIGHT RUN LA PAZ HALF MARATHON** (21k, 10k, 5k) For more information: <https://www.facebook.com/events/1598211930225390/>. Tickets at: <http://new.marcate.com.mx/>

march

March 4 | **TODOS SANTOS HISTORIC HOME TOUR.** Sponsored by **The Palapa Society of Todos Santos A.C.** For more information see our article this

issue or visit: <http://palapasociety.org/>
March 7-11 | **FESTIVAL DE CINE TODOS SANTOS & LA PAZ.** For more information visit: <http://www.todossantoscinefest.com/> or Facebook: Festival de Cine Todos Santos

March 9-11, 14-17 | **7 pm, BAJA SHAKESPEARE'S 18TH SEASON** production, *Bullets Over Baja Shakespeare*, a musical spoof with gangsters and molls at the Convention center at Spa Buena Vista Beach Resort. Matinee at 1:30 pm on March 11. Tickets \$20 USD and are available at Baja Homes & Land or Galería Los Angeles in Los Barriles. Call (624) 141-0314 or email: nanatembden@gmail.com

March 10 | 5 pm, **NEW GARDEN EVENTS** cont. on page 51

HAPPY HOUR

Carlito's Place, Su T W Th F Sa 3 – 5 pm, Half price beer, in house favorites & domestic drinks.

Cerritos Beach Inn, M T W Th F 4 – 6 pm, Half price beer, wine and well drinks.

Chez Laura, T W Th F Sa 4 – 5 pm, Free tapas with your cocktail or wine.

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

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

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

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

La Bohemia Su M T W Th F Sa 4 – 5 pm, 2x1 beer, handcrafted drink specials daily. Ask about their pool pass.

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

La Posta del Oasis M T W Th F Sa 4:30 – 6 pm, Special sunset menu.

La Morena M T W Th F Sa 4 – 6 pm

Oasis Bar & Grill Su M Tu W Th F Sa 4 – 6 pm, 50 pesos well drinks and 20% off appetizers.

Rip Tide Bar Su M T W Th F Sa 3 – 6 pm, 3 beers or 3 margaritas for the price of 2.

Sky Lounge at Guaycura Boutique Hotel Su M T W Th F Sa 2 – 4:30 pm, 2 x 1 margaritas and beer *when you mention this listing.*

Sugar Shack M T W Th F 4 – 6 pm, Fresh squeezed margaritas, mojitos and beer specials.



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sunday

10:30 am, **SUNDAY BRUNCH** with Grand Bloody Mary Bar at La Posta del Oasis in Todos Santos.

10:30 am – 2:30 pm, **LIVE MUSIC** with 'Pepe y Razo' at Flora Farm in San José del Cabo.

1 – 9 pm, **SUNDAY LUNCH** at **Garden by Rancho Pescadero** in Pescadero. Open to the public and all ages welcome.

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

monday

6 – 9 pm, **LIVE MUSIC** with 'Pepe y Razo' at **Freesouls** at Cerritos Beach.

tuesday

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

5 – 9 pm, **FAMOUS TUESDAY NIGHT OPEN MIC/MUSIC JAM** at **Mini Super Munchies** in Pescadero. With amazing food, wonderful people, and rocking music. All ages welcome.

6 pm, **ROCKIN' TACO TUESDAY & LIVE MUSIC** with live Latin Fusion at **Chill N Grill** in Todos Santos. 3 meat or potato tacos for \$100 pesos.

6 pm, **DINNER AND A MOVIE** at the **Cerritos Beach Inn**. Dinner at 6 pm, movie starts at 7 pm.

7 pm, **MOVIE NIGHT** at La Posta del Oasis in Todos Santos.

8 pm, **MOVIE NIGHT** at **Gallo Azul**, Todos Santos.

wednesday

9 am – 1 pm, **FARMERS MARKET** at **La Esquina** on the *otro lado* of Todos Santos.

4 – 6 pm, **TEA TASTING SPANISH SESSIONS** at **Corazón de Té** on the *otro lado* of Todos Santos. Practice Spanish in a very casual and friendly manner while tasting two tea selections and homemade cookies. 70 pesos.

4 – 5:30 pm, **WELLNESS WEDNESDAYS** with Moonbloom Botanics at La Bohemia Hotel Pequeño in Todos Santos.

WINE NIGHT at La Posta del Oasis in Todos Santos. All wine flights and bottles are ½ off with dinner.

6 – 9 pm, **LIVE MUSIC** with 'Pepe y Razo' at **Freesouls** at Cerritos Beach.

thursday

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

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

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

WEEKLY EVENTS continued on page 55



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Dunas *continúo de página 12*

de la playa, en un proceso denominado erosión. Después de la tormenta, los vientos ligeros comunes soplan llevando esta arena ligera y gentilmente de vuelta a la playa, en un proceso llamado acumulación.

La infraestructura en las dunas inhibe el proceso de acumulación. Con el tiempo, la playa continuará erosionándose al punto donde toda la arena es depositada lejos de la orilla. Esta arena erosionada debe de ir a algún sitio y normalmente se convierte en depósitos en tierras húmedas en humedales en la costa, los cuales son los viveros para una gran mayoría de especies de peces y crustáceos—las mismas especies que amamos tener en nuestro plato en la cena y que hayan sido atrapados sustentablemente. La arena erosionada también puede arruinar un buen rompiente. A los tipos les encantan las dunas.

La vegetación que crece en las dunas costeras está singularmente adaptada a su ambiente. CONABIO, la Comisión Mexicana de Biodiversidad, consideró las dunas costeras ecosistemas prioritarios en necesidad de alta protección en México. No únicamente por sus servicios ecosistemas, sino también por su función biológica de proveer hábitat para una composición especial de flora. Muchas de las especies de plantas que crecen en las dunas costeras son especies endémicas—lo que significa que solo se encuentran en dunas, y en ocasiones únicamente en ciertas dunas. Estas plantas endémicas proveen refugio y hábitat para fauna que es singular a México y alguna única a la Baja.

El ciclo que las plantas de las dunas proveen atrapando arena que el viento vuela y depositándola en la playa, provee minerales orgánicos que ciertas especies protegidas necesitan para el desarrollo del embrión. Por ejemplo, los charranes y otras cuantas aves de la costa

DUNAS continúa en página 39

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Historic Home Tour

continued from page 5

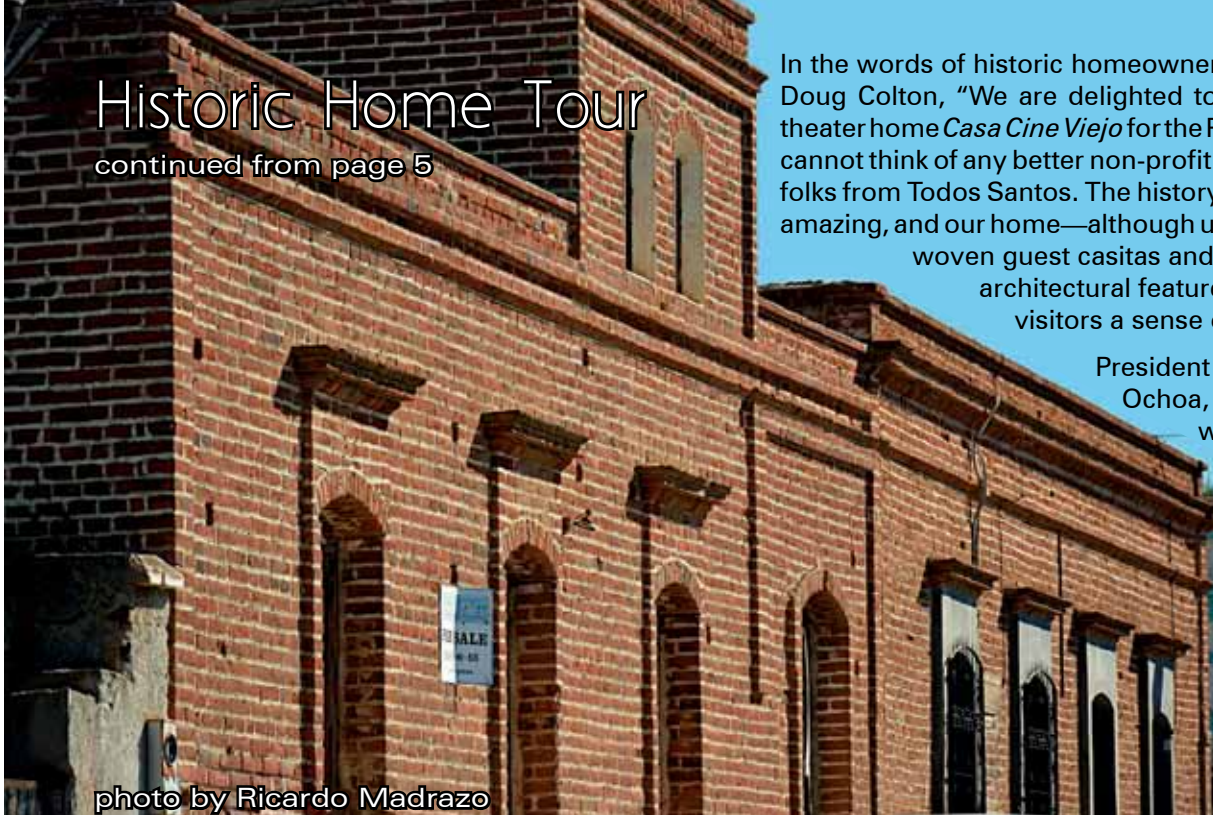


photo by Ricardo Madrazo

municipal buildings, the mission church, and sugar cane processor. Experience sites thoughtfully restored to reflect the uniqueness of the days before electricity and telephone. Open just once a year to the public, these magnificent homes and buildings allow you to soak in and imagine the tranquil elegance of Todos Santos over a century ago. Be sure to bring your family, friends, neighbors and architects."

New this year is an optional "Find the Saint Challenge." Todos Santos (translated All Saints) has several statues of saints around town cleverly perched in niches on the exterior of buildings. Find and mark all of them on a map and you will be entered in a drawing for a commemorative painting by renowned artist, Erick Ochoa. It's a fun way to look up and notice all these little treasures around town. Also new this year, several restaurants will offer discounts on breakfast and lunch to wristband holders while you are in town for the day.

In the words of historic homeowners, Lisa Welch and husband, Doug Colton, "We are delighted to open our historic outdoor theater home *Casa Cine Viejo* for the Palapa Society fundraiser. We cannot think of any better non-profit that benefits a wide range of folks from Todos Santos. The history and culture of this town are amazing, and our home—although updated—still has the historic woven guest casitas and theater wall in place. Some architectural features remain which will give all visitors a sense of how it was back in 1935."

President of The Palapa Society, Erick Ochoa, sums up, "We love working with all the homeowners and businesses to give visitors and residents an exciting experience to see the history of Todos Santos while benefiting the Palapa Society's students."

Bumann adds, "The program book is in English and Spanish and guides will be available at each site. Be sure to spread the

word to all your family members, friends and neighbors!"

The Palapa Society, a Mexican and U.S. non-profit, offers

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Dunes

continued from page 12

Infrastructure on the dunes inhibit the accretion process. Over time, the beach will continue to erode to the point where all the sand is deposited offshore. This eroded sand must go somewhere and usually becomes deposits in coastal wetlands, which are the nurseries for a large majority of fish and shellfish species—the same species we love to have sustainably caught on our dinner plate. Eroded sand can also ruin a good surf break. Dudes love dunes.

The vegetation that grows in the coastal dunes is uniquely adapted to its environment. CONABIO, the Mexican Commission on Biodiversity, considered coastal dunes priority ecosystems in need of high protection in Mexico. Not just for their ecosystem services, but also their biological function of providing habitat for a special composition of plant life. Many plant species that grow in the coastal dunes are endemic species—meaning they are only found in dunes, and sometimes only in certain dunes. These endemic plants provide refuge and habitat for endemic wildlife that is unique to Mexico and some unique to Baja.

The cycle that dune plants provide by trapping windblown sand and depositing it on the beach provides organic minerals that certain protected species need for embryo development. For example, the least terns and a few other coastal birds that live in Baja full time or visit the area during the winter along their migratory routes, stop to nest in certain areas where the dune-beach cycle provides this organic material.

Another more famous species is the sea turtle. Pacific ridley and, on occasion, leatherback turtles nest on local beaches. The female searches for the perfect combination of chemistry and physical factors. If the chemical organic material is lacking or the beach is eroded to a point where she does not find the accurate elevation, she will abandon her nesting attempt and go somewhere else. This is the same case for migrating nesting birds. This increases the energy expense of females and could potentially cause a population decline over time.

COASTAL DUNES AND FOOD

Seafood lovers should also appreciate coastal dunes because of their ecosystem services to capture and filter fresh rain water—that ever so precious commodity in the Baja desert. As rain falls, dune plants absorb some rain and the rest is filtered underground. As the tide ebbs and flows, seawater infiltrates beneath the surface of the beach. The seawater mixes with the fresh water and is pulled offshore. The currents then take this nutrient rich water mix and deposit it into coastal wetlands such as mangroves, coral reefs, kelp and seagrass beds. These important coastal ecosystems provide refuge and nursery for fisheries.

The coastal dunes not only protect the coast from erosion and wetland sedimentation, but also provide a natural filtration system for the fisheries that provide our seafood.



As we seek more sustainable options for seafood that reduce the bycatch of sea turtles, seabirds, rays, and important reef building finfish—like parrotfish—we should also be considering adequate dune and wetland protection initiatives as part of sustainable seafood.

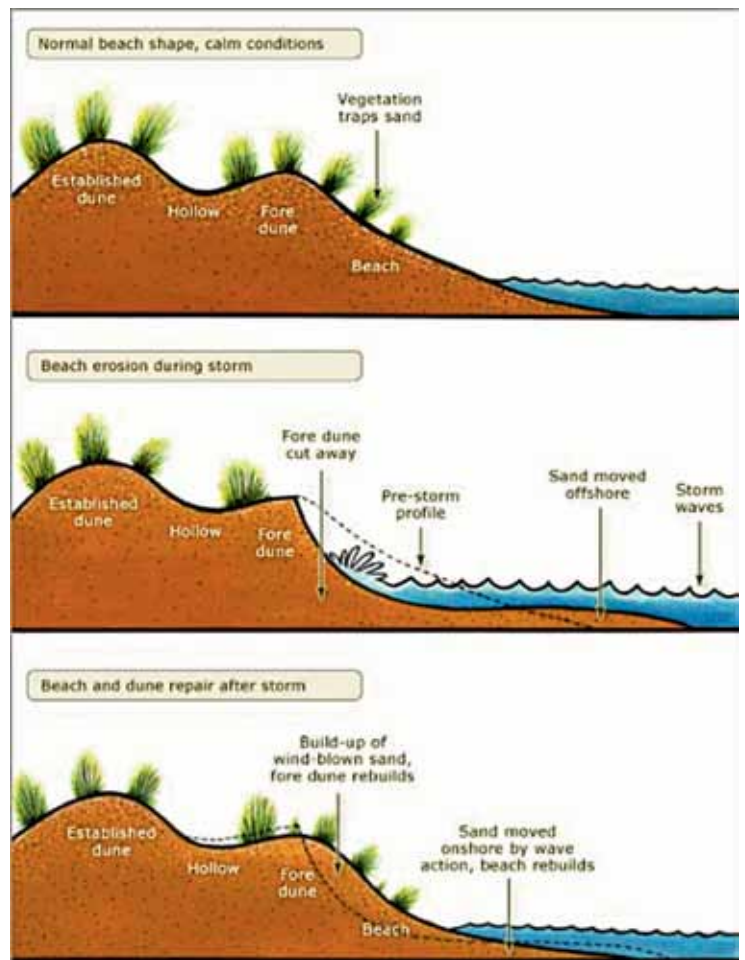
Coastal dunes are also important for locally grown produce. In Todos Santos and El Pescadero, agriculture is intimately close to the ocean. Coastal dunes not only filter fresh water, but also inhibit saltwater intrusion into agriculture fields. Why is this important? No one wants salt in their strawberries, peppers, and tomatoes. Also, the more saltwater intrusion into agriculture fields, the more freshwater is required and then the cost of our food increases.

CONSERVATION LAWS

The Mexican law (NORMA NMX-AA-120-SCFI-2016), established to regulate and protect the beaches, includes measures for dunes—identifying the dunes and beaches as one complex ecosystem. It was first published in 2006, then later updated in 2016. Specifically, in 3.11 of the NORMA law, coastal dunes are defined as areas of large accumulations of sand that are interconnected or influenced by environmental conditions, principally the wind that mold and modify their morphology. The statute further defines different parts of the dunes: embryologic dunes, primary, secondary, and tertiary dunes.

Embryologic dunes are the front of the dune that merges and transitions with the beach or at where the vegetation is the most recent growth. These dunes receive the brunt of the wave action from above during intense storm surge when the beach is submerged and underneath the sand when the wave action is strong enough to infiltrate the coastline. Secondary and tertiary dunes are the back dunes which are characterized by dense vegetation and provide the stabilization of the beach. All parts of the dune are protected under an ecological legislation with specific criteria established to dictate how and where construction or infrastructure can be located.

Section 3.30 of the NORMA explains that there are beaches



designated for conservation priority. These beaches include areas important for bird conservation and where there is nesting activity of birds and turtles. These beaches are therefore defined within ecological regulations at the local, regional, and marine scale. Marine turtle beaches are defined under section 3.32 as those areas utilized by marine turtles for nesting, embryological development, and hatching.

Overall, coastal dunes provide a natural barrier to hurricane force winds and storm action, provide restoration to DUNES continued on page 27

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MORELOS ZARAGOZA



Art Talk

continued from page 15

his elegant renderings of the drama and feeling created by waves, water, and light as it comes through the wave.

Sometimes, for me, the idea of what to paint next is best when I can draw and create several designs and ideas at one time. A series. I know other artists who map out a whole show and the idea of the show before getting down to the serious part of putting down paint. The initial designs and drawings are critical to great results. For the artist to do study after study before beginning to design and draw the final works, is so important to the quality of the show and saves very valuable time later.

The inspiration of what to paint next is very personal and often shows an autobiographical nature about the particular artist. You can track an evolution of their life, psychology and soul in their work. I do know that putting my work out there for display is akin to standing naked in front of the world. In 1986, when I first displayed at the Festival of the Arts in Laguna Beach, California in a booth where eight of my works were on display, I would sit night after night listening to the remarks and comments of people as they came through. I was very thin skinned and sensitive, often devastated by some of the remarks. Only to be highly elated at other wonderful receptive thoughts and the consequent purchases that took place. Over time I have gained a thicker skin. I know that some people are very moved by what I have created and want that energy in their homes. Often these people continue to collect my work and have many pieces around them in their homes and work places. Some people just don't feel any zing from what I do. And I am okay with that.

Painting what you love. Painting one thing after another. And creating a good body of work, would be my suggestion to any new artist working to get acceptance and an audience.

"Innovation is not the result of chance, it is the result of action. It is not a thing to wait for, it is a thing to do."
—Phil McKinney

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Dunes continued from page 25



the beach after storms, provide filtration of water and contaminants, and refuge and habitat for protected species. Dunes are legally protected in Mexico for these reasons and should be preserved for not just sea turtles, birds, and fish to benefit, but also for us to benefit for sun and fun at the beach. Without dunes, there will be no beach left.

COASTAL DUNES ORGANIZATIONS IN BAJA

Several organizations are working to help protect coastal dunes in Baja. For example, CoastKeepers in Los Cabos is working on new legislation; CostaSalvaje, which has a chapter in Todos Santos is working on coastal protection and environmental education; several graduate students at CIBNOR and UABCS are documenting fauna and flora and coastal dynamics; and Niparajá is working on water conservation of underground aquifers from mountains to the Gulf of California.

Alianza Keloni (which means turtle alliance), headquartered at La Duna Ecology Center in La Paz, is working on inventories and biodiversity monitoring of the unique flora and fauna of the dunes and monitoring dune-beach erosion. At La Duna, wildlife biologists and marine scientists are transforming the center into an active citizen science and biological research station for anyone to enjoy and learn about coastal dunes. It is a great place to visit and admire the coastal dunes overlooking La Paz Bay and is a local example of building with dune-beach preservation in mind to protect the flora and fauna, while providing ecotourism and sustainable living. Alianza Keloni has also previously engaged residents of Todos Santos in beach-dune erosion monitoring through a fun, innovative citizen science program designed by UNESCO.

Currently, Alianza Keloni is developing a scholarship program for local Mexican biology students and biologists to learn more about coastal dune ecology at the La Duna Ecology Center and also creating a scientific tourism program where travelers and university students can engage in real-time scientific research. If you would like to get involved or spend a night or two at the La Duna Ecology Center, please contact: info@alianzakeloni.org or visit www.alianzakeloni.org.



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The Banana Chronicles Crónicas Plataneras

story and photos by /
historia y fotos de
Kaia Thomson

traducido por Ricardo Madrazo

My interest in banana plants started out one day when I helped move a sad, small and very unhappy group of banana plants from a house in the desert to the *huerta*. For many years they had lived a stunted existence in clay soil covered in compost with plenty of water and still, no bananas; they were unhappy plants. At first it seemed a bit barbaric to just dig them up, toss the little stalks in a bucket and take them away. In reality, oh what a happy day it was for those bananas! In less than 90 days, they had turned into towering green titans of joy with their new surroundings and their feet in real soil—almost custom made for bananas. I could see their daily delight in connecting with the alluvial ancestors of plants and nutrition that had washed down from the mountains hundreds of years ago.

In the next 90 days, out of the center of one of the banana 'trees'—which is not really a tree, it is a trunk composed of the layers of the sheaths of the leaves called *apsuedostem*—came a big purple torpedo looking structure that is called an inflorescence.

Housed inside the first four to five layers of the modified leaves, called bracts, are the flowers and baby fruits. The

Mi interés en las plantas de plátano comenzó un día cuando ayudé a trasladar un triste y pequeño grupo de ellas, de una casa en el desierto a la huerta. Durante muchos años habían vivido una existencia atrofiada en tierra arcillosa cubierta de composta con agua abundante y aún así, no había plátanos; estaban tristes. Al principio, me parecía un poco brusco desenterrarlos, arrojar los pequeños tallos en una cubeta y llevármelos. Pero en realidad resultó ser un gran día para esas plantas. En menos de tres meses se convirtieron en gigantescos titanes verdes de alegría en su nuevo entorno y sus pies en la buena tierra, perfecta para los plátanos. Pude ver su deleite diario al conectarse con los ancestros aluviales de las plantas y con la nutrición que había bajado de las montañas cientos de años atrás.

En los siguientes tres meses, desde el centro de uno de los 'árboles' de plátano, que no es realmente un árbol, sino un tronco compuesto por capas de las vainas de las hojas y llamado seudotallo, llegó una gran estructura morada con aspecto de torpedo, que se llama *inflorescencia*.

Alojadas dentro de las primeras cuatro a cinco capas de
CRÓNICAS PLATANERAS cont. en página 30

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male flowers / las flores masculinas



rachis / raquis

bracts lift up one by one, to expose the female flowers first—these are the actual banana producers. They are followed later by the male flowers farther down on the rachis—the stem-like structure that supports the bunches of fruit and can weigh up to 50 Kg. Both sexes of flowers produce pollen, nectar and all that good stuff that birds and bees love—the male flowers, however, will not produce fruit.

The former taxonomic name for banana is *Musa sapeintum**, which means fruit of the wise men, and they are the world’s largest flowering herbaceous plant. They are in the same family as lilies, orchids and palms—all sharing a similar type of below ground bulb like structure called a rhizome that likes rich, soft and fertile soil. (Most likely the biggest contributor to their unhappiness with clay.) These rhizomes, commonly called corms, produce new plants called pups, that sprout from the parent plants and the little guys just newly emerging from the soil are called peepers. How cute is that?

Next time you are enjoying one of these yummy, healthy and ancient fruits, here’s a bunch of fun facts that might a-peel to you about bananas.

It takes about nine to ten months from peeper to peel to get a banana ready to eat.

Bananas float in water, as do apples and oranges, and more are consumed than apples and oranges combined!

The fastest marathon ever run by a competitor dressed as a fruit was 2 hours, 58 minutes, and 20 seconds—recorded at the Barcelona Marathon on March 6, 2011. The runner was Patrick Wightman from the United Kingdom, who, you guessed it, dressed as a banana.

More songs have been written about bananas than about any other fruit.

Thanks to its oil, rubbing the inside of a banana peel on a mosquito bite, or other bug bite or on poison oak, will help keep it from itching and getting inflamed.

About 75 percent of a banana is water, same as the human heart and lungs and even the amount of water covering the Earth.

Bananas are actually “born” pointing straight down, but then they become curved as they grow upside-down towards the sun.

*Note: Bananas in modern times are named for the variety of cultivated species, most typically *Musa acuminata*, *balbisiana* and *paradisica*.



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las hojas modificadas, llamadas brácteas, están las flores y el inicio de los frutos. Las brácteas se levantan una por una, para exponer primero las flores femeninas: estos son los productores reales de banano. Posteriormente son seguidas por las flores masculinas que se encuentran más abajo en el raquis, el tallo largo que soporta los racimos de fruta y puede pesar hasta 50 kg. Ambos sexos de flores producen polen, néctar y todas esas cosas buenas que aman las aves y las abejas: las flores masculinas, sin embargo, no producen frutos.

El antiguo nombre taxonómico para el banano es *Musa sapientum**, que significa "fruto de los hombres sabios," y es la planta herbácea floral más grande del mundo. Pertenecen a la familia de los lirios, las orquídeas y las palmas; todos comparten una estructura bulbócea subterránea, llamada rizoma, que gusta de suelo rico, suave e y fértil, lo cual explica que este espécimen no haya progresado en suelo arcilloso. Estos rizomas, o cormos, producen plantas nuevas llamadas cachorros, que brotan de las plantas progenitoras; los más pequeños recién emergidos del suelo reciben el nombre de asomos.



female flowers
las flores femeninas

La próxima vez que disfrute de una de estas frutas sabrosas, sanas y antiguas, tenga en cuenta estos datos inusuales que pueden serle útiles sobre el banano.

El plátano tarda de 9 a 10 meses entre el asomo y la fruta madura.

¡Los plátanos flotan en el agua, como las manzanas y naranjas, y se consumen más plátanos que manzanas y naranjas juntas!

El maratón más rápido jamás realizado por un competidor disfrazado de fruta fue de 2 horas, 58 minutos y 20 segundos, registrado en la Maratón de Barcelona el 6 de marzo de 2011. El corredor fue Patrick Wightman del Reino Unido, quien, lo adivinaste, iba vestido como un plátano.

Se han escrito más canciones sobre plátanos que sobre cualquier otra fruta.

Gracias a su aceite, frotar el interior de una cáscara de plátano sobre una picadura de mosquito u otra picadura de insecto o irritación de la piel, ayudará a evitar la picazón y la inflamación.

Alrededor del 75 por ciento de un plátano es agua, igual que el corazón y los pulmones humanos, e incluso la cantidad de agua que cubre la Tierra.

Los plátanos en realidad "nacen" apuntando hacia abajo, pero luego se vuelven curvos a medida que crecen boca abajo hacia el sol.

* Nota: Los bananos en los tiempos modernos se nombran por la variedad de especies cultivadas, generalmente *Musa acuminata*, *balbisiana* y *paradisiaca*.



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El Cielo: The Baja Sky

by Roc Fleishman
photo by Kaia Thomson

Welcome to the February/March edition of *El Cielo*, highlighting the most interesting sights and movements of the heavenly objects above Baja California Sur.

There are lots of bright stars visible during the clear nights of winter. The most distinct constellation is Orion and its Great Nebula (in the sword, look for fuzzy cloud), 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 the next few months for a few hours each clear night. 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, on March 15 it will be straight up at 2 am and so on.

MOON/PLANET CALENDAR FEBRUARY

- 7th Before sunrise, Jupiter will be in the south, near the waning quarter moon.
- 11th The waning crescent moon will be 2° from Saturn in the SE before sunrise.

- 16th A challenging new moon viewing chance, and if very clear, maybe Venus will be visible below and to its right. Venus is making its first appearance towards taking its place as a springtime evening star.
- 23rd First quarter moon will be near the red star Aldebaran all evening.

MARCH

- 3rd Mercury and Venus less than 1° apart in the sunset. Best chance about 6:45 pm.
- 6/7th Jupiter accompanies the last quarter moon all night after 11 pm when they rise.
- 15th The Equinox, day of equal length daylight and dark. This is effectively the start of spring at this site (Local spring).
- 17th Mercury peaking in its apparition, Venus is to its left and a bit below.
- 18th New moon, 3° to the left of Jupiter.
- 20th Equinox at 9:15 am, when the sun's path crosses the equatorial plane.

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

EL CIELO continued on page 52



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Voces del Pueblo

by Janice Kinne

Todos Santos resident, **Keenan Shoal**, provided our cover photo with model Nicole Mattasantos, as well as the interior shots for the start of the Historic Home Tour article and the Camp Cecil on Isla Espíritu Santo on our La Paz Beaches page. You may remember that Keenan's stunning Pacific Ocean view from La Poza hill was our cover for the Summer 2016 issue of *Journal del Pacifico*. You can see more of Keenan's photography at the his opening at **Galería Ezra Katz** in Todos Santos on March 10.



Two fun tours are coming up, the **Todos Santos' Artist's Studio Tour** at the beginning of February and the **Todos Santos Historic Home Tour** on March 4. Both give a different view of the *pueblo mágico* and benefit the programs of **The Palapa Society of Todos Santos, A.C.**

In this issue, Bryan Jáuregui of **Todos Santos Eco Adventures**, interviewed Dr. Jon P. Rebman, renowned author of the *Baja California Plant Field Guide*, about the 'lost plants of Baja.' It's a fascinating look into the search for Baja California plants that have not been collected or scientifically documented for decades. He covered part of the territory near Loreto by mule with Trudi Angell of **Saddling South**.

Also, in this issue, Kaia Thomson of **Todos Caballos** shares her story and photos in *The Banana Chronicles* with a bunch of fun facts and fabulous pictures.

Café Santa Fé is celebrating its 28th anniversary. I remember meeting Paula and Ezio Colombo when I first came to Todos Santos in 1993 and marveling how such a small town could have a restaurant of this calibre. As Michael Mercer wrote on the occasion of their 20th anniversary:

In late 1990, when the Café Santa Fé opened, there was one restaurant in Todos Santos, a modest Mexican place called the Santa Monica. There were no art galleries (apart from Charles Stewart's living room). Very few tourists, even fewer gringo residents.

"Our first night, we had 15 or 20 people from the trailer park," Paula remembers. "One dish, a putanesca." Everyone loved it, but the peso had just been devalued and no one could afford to pay. "So that night was free."

Many years later, they are still serving perfect pastas, pizza, salads, seafood and local meats.

Artist Carlos Diaz Castro is well known for his vivid paintings of Baja and *ranchero* life. You can see more of his work at his **Diaz Castro Studio & Fine Art Gallery** on 5 de Mayo in the historic district of La Paz.

Chocolates La Laguna, behind the bookstore in Todos Santos, has just the right treat for Valentine's Day. If you're looking for a Valentine's night dinner, there are delicious options available at **Pura Vida**, **La Esquina** and **Garden by Rancho Pescadero**. See our events listing for more details.

La Misión Restaurant at Hacienda Cerritos is now open every day for lunch and dinner, from noon to 9 pm.

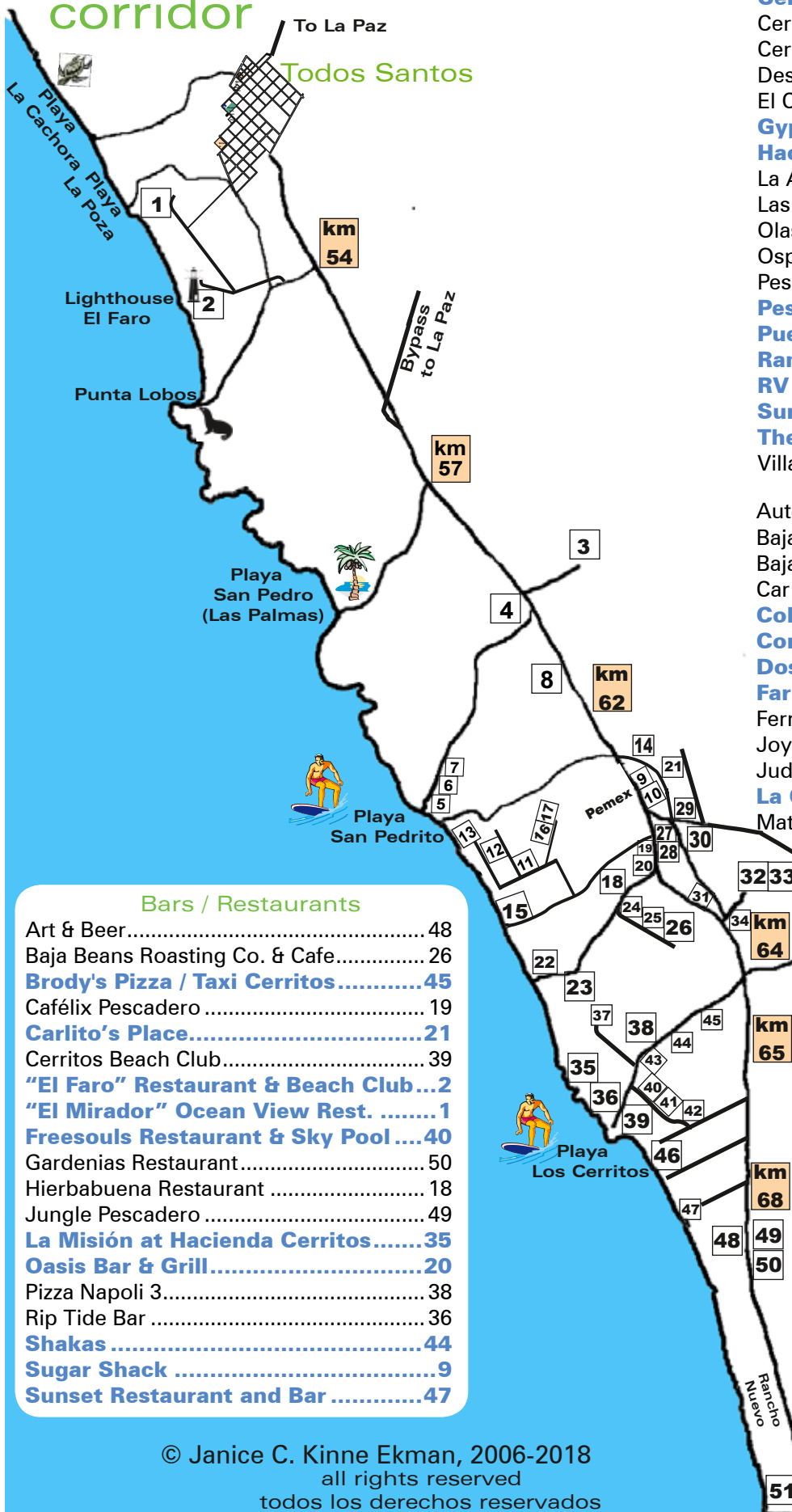
Carlito's Place Restaurant in Pescadero has added Chinese recipes to their expanded menu—Peking duck, Mongolian beef, sweet & sour shrimp and chicken, beef broccoli and fried rice. Cooking classes are coming soon too! See our feature in the issue.

Kimberly's Supermarket & Café on the road to Cerritos Beach has groceries, coffee and snacks from 7 am to 8 pm. And **Shakas** restaurant next door, will be open soon!

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todos santos—el pescadero corridor



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To Elías Calles and
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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UABCS Beach Monitoring

Beaches continued from page 37

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.

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

PESCADERO SURF CAMP, #33 on the Pescadero map, provides surfing lessons and surfaris.

TODOS SANTOS ECO ADVENTURES, #162 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, #85 on the Todos Santos map, sells and rents surf boards, offers beach supplies and activities around Todos Santos. They carry international brands like Vans, Rip Curl, Dakine, Exile, and Rainbow & Havaianas sandals. They also carry many locally handmade wares, clothes, bikinis, accessories, natural sunscreen; and the beloved "Eclipse" boards shaped by Meisy of Todos Santos. They offer tours to swim with whale sharks and sea lions, surfing lessons, fishing trips, trips to Espiritu Santo Island, and whale watching in Magdalena Bay.

Surf reports: checkout Baja under Mexico at <http://wetsand.com/surfreport/> or <http://magicseaweed.com/Todos-Santos-mainland-Surf-Report/1201/>



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Dunas

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que viven en Baja tiempo completo, o que visitan el área durante el invierno en sus rutas migratorias, paran para anidar en ciertas áreas donde el ciclo duna-playa provee este material orgánico.

Otra especie mas famosa es la tortuga marina. Tortugas golfina y, en ocasiones, laúd o baula anidan en playas de la localidad. La hembra busca la perfecta combinación de química y factores físicos. Si el material químico orgánico falta o si la playa está erosionada a un punto en el que no encuentra la elevación adecuada, abandonará su intento por anidar e irá a otro lado. Este es el mismo caso para las aves migrantes que están anidando. Esto eleva el gasto de energía en las hembras y potencialmente provoca con el tiempo un declive en la población.

LAS DUNAS COSTERAS Y LOS ALIMENTOS

Los amantes de los mariscos deberían también apreciar las dunas costeras debido a que sus ecosistemas sirven para capturar y filtrar agua de lluvia—ese lujo tanpreciado en el desierto de la Baja. A medida que cae la lluvia, las plantas de las dunas absorben algo de la lluvia y el resto es filtrado bajo la tierra. Con el ciclo de la marea, agua de mar se infiltra bajo la superficie de la playa. El agua de mar se mezcla con el agua dulce y es jalada lejos de la orilla. Las corrientes entonces toman esta mezcla rica en nutrientes y la depositan en los humedales costeros como manglares, arrecifes de coral y camas de algas marinas y pastos. Estos importantes ecosistemas costeros proveen refugio y vivero para pescaderías.

Las dunas costeras no únicamente protegen a la costa de la erosión y sedimentación de humedales, sino también proveen un sistema natural de filtración para las pescaderías que proveen nuestros mariscos. A medida que buscamos opciones mas sustentables para los mariscos, que reduzcan la pesca accidental de tortugas marinas, aves de mar, mantarrayas, y peces que construyen arrecifes importantes—como el pez perico—también deberíamos estar considerando iniciativas adecuadas de protección a dunas y humedales como parte de mariscos sustentables.

Las dunas costeras también son importantes para los productos agrícolas que se producen localmente. En Todos Santos y El Pescadero, la agricultura está íntimamente relacionada al océano. Las dunas costeras no solamente filtran agua dulce, sino también inhiben la intrusión del agua salada a los campos de agricultura. ¿Por qué es esto importante? Nadie quiere sal es sus fresas, chiles y tomates. También, mientras más intrusión haya de agua salada en los campos agrícolas, más agua dulce se requiere y entonces se incrementa el costo de nuestros alimentos.

LEYES DE CONSERVACIÓN

La ley mexicana (NORMA NMX-AA-120-SCFI-2016), establecida para regular y proteger las playas, incluye medidas para las dunas—identificando las dunas y playas como un ecosistema complejo. Fue publicada primero

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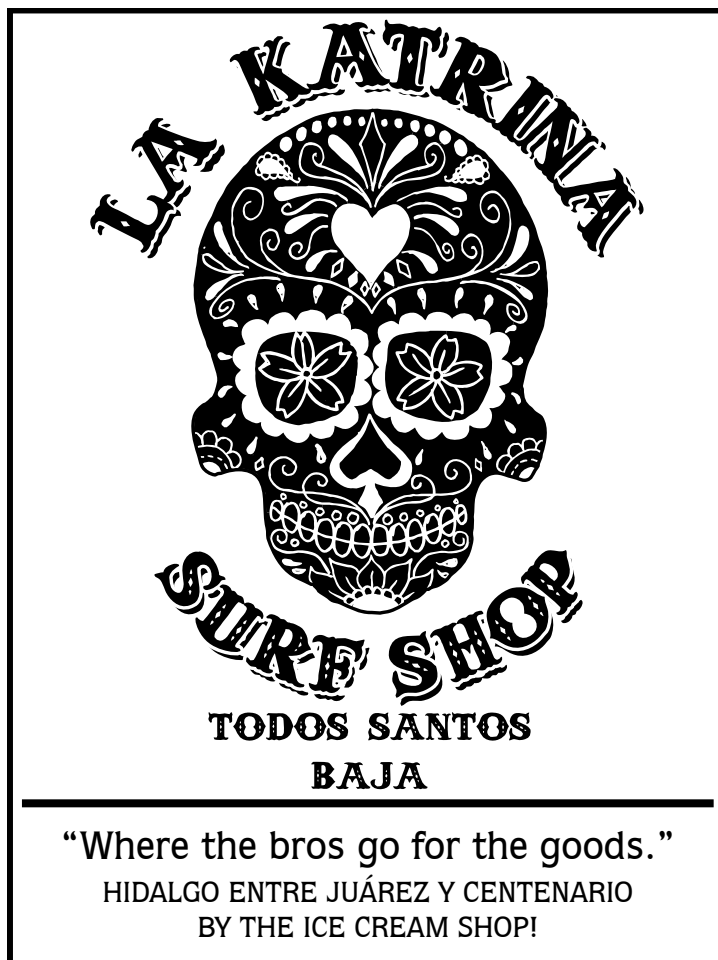


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Dunas

continuó de página 39

en el 2006, y actualizada más adelante, en el 2016. Específicamente, en 3.11 de la NORMA, las dunas costeras están definidas como áreas de grandes acumulaciones de arena que están interconectadas o influidas por condiciones ambientales, principalmente el viento que moldea y modifica su morfología. El estatuto además define diferentes partes de las dunas: dunas embriológicas, dunas primarias, secundarias y terciarias.

Las dunas embriológicas son el frente de la duna que funde y hace transición con la playa o a donde la vegetación es el crecimiento más reciente. Estas dunas reciben el embate de la acción de las olas desde arriba durante el surgimiento de tormentas intensas cuando la playa es sumergida y bajo la arena cuando la acción de las olas es suficientemente fuerte como para infiltrar la costa. Las dunas secundarias y terciarias son las dunas de atrás que están caracterizadas por vegetación densa y proveen la estabilización de la playa. Todas las partes de la duna están protegidas bajo una legislación ecológica con criterios específicos establecidos para dictar cómo y dónde puede ubicarse construcción o infraestructura.

La sección 3.30 de la NORMA explica que hay playas designadas para conservación prioritaria. Estas playas incluyen áreas importantes para la conservación de aves y donde hay actividad de anidamiento de aves y tortugas. Estas playas son, por ello, definidas dentro de regulaciones ecológicas a escala local, regional y marina. Las playas de tortugas marinas están determinadas bajo la sección 3.32 como aquellas áreas utilizadas por tortugas marinas para anidar, para desarrollo de embriones y para salir del cascarón.

En general, las dunas costeras proveen una barrera natural para las fuerzas de vientos de huracán y para la acción de tormentas, proveen restauración de la playa después de tormentas; proveen filtración de agua y contaminantes y refugio y hábitat para especies protegidas. Las dunas están legalmente protegidas en México por estas razones y deberían ser conservadas no solamente para beneficio de tortugas marinas, aves y peces, sino también para que nosotros nos beneficiemos para el sol y la diversión en la playa. Sin dunas, no quedará playa.

ORGANIZACIONES DE DUNAS EN BAJA

Varias organizaciones están trabajando para ayudar a proteger las dunas en la Baja. Por ejemplo, CoastKeepers en Los Cabos esta trabajando en una nueva legislación; CostaSalvaje, que tiene un capitulo en Todos Santos, está trabajando en la educación sobre protección de la costa y del medio ambiente; varios estudiantes graduados de CIBNOR y de la UABCS están documentando dinámicas de flora, fauna y de la costa; y Niparáj está trabajando en la conservación del agua de acuíferos subterráneos de montañas al Golfo de California.

Alianza Keloni (que significa alianza Tortuga), con oficinas centrales en el Centro de Ecología La Duna en La Paz, está

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trabajando en inventarios y monitoreo de biodiversidad de la singular flora y fauna de las dunas y monitoreando la erosión duna-playa. En La Duna, biólogos de fauna y científicos marinos están transformando el centro en una estación de ciudadanos activos e investigación biológica para que cualquiera lo disfrute y aprenda sobre las dunas costeras. Es un gran placer visitar y admirar las dunas hacia la bahía de La Paz y es un ejemplo local de la construcción con la conservación de las dunas en mente para proteger la flora y la fauna, a la vez que proveyendo ecoturismo y vida sustentable. Alianza Keloni también con anterioridad a involucrado a los residentes de Todos Santos en el monitoreo de la erosión playa-duna por medio de un

programa divertido, innovador para ciudadanos diseñado por la UNESCO.

Actualmente, Alianza Keloni está desarrollando un programa para que mexicanos de la localidad, estudiantes de biología, aprendan más de ecología de las dunas en el Centro de Ecología La Duna y también creando un programa científico de turismo en el cual los viajeros y los estudiantes universitarios puedan participar en investigación en tiempo real. Se quisieras participar o pasar una o dos noches en el Centro de Ecología La Duna, por favor haz contacto con: info@alianzakeloni.org o visita www.alianzakeloni.org.



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La Paz Historic District

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La Paz Beaches

by Janice Kinne

Camp Cecil on Espíritu Santo by Keenan Shoal

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

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

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

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

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



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Exploring How to Make a Difference For Good

by Mallory Saylor & James Kerr

"How can we make a difference for good?" This is the question that was asked of us, in the beginning of our school year at The Link School in Colorado. We pondered the question as a group, and it became a filter through which we pursued various activities in our first semester. Then in January 2017, when we headed to Mexico, making a difference for good—which we all wanted to do—moved from being just an idea to consider, to a call to action. This was fairly easy to accomplish in Baja California Sur because so many of the local people with whom we had the chance to interact had dedicated their lives to making a difference for good. In particular, we saw the impact for good that people were having at a sea turtle nesting camp run by a non-profit group called ASUPMATOMA, at the playground we helped build with another local non-profit called SINADES, from our marine biology instructor, and from a local guide at Todos Santos Eco Adventures who had passion for everything he did.

At a sea turtle camp (ASUPMATOMA) there was a significant difference that was being made. Turtles are a keystone species in the ocean; without them, the whole ecosystem could fall apart. Humans have threatened all sea turtle species, through coastal development, pollution, and poaching of eggs. Stephanie Rousso, one of the volunteers, is working on a research project on the isotopes of the barnacles that live on sea turtles. Rousso is focusing on the obligate barnacle. They attach to living organisms and can tell us important information about an animal or plant. In this case, the barnacles—because they eat plankton (microscopic plants and animals) at the base of the marine food web—can tell us what type of habitat the host sea turtle has been feeding on such as mangrove, seagrass, algae, or open ocean and the geographic region where the sea turtle has been for the life of the attached barnacle. As students we began to see how science could be more than just a course in school. We realized that it's important work because knowing these things informs protection efforts; scientific information can give people needed pieces of the puzzle to help solve some big problems.

The volunteers at the site worked many hours a week. They didn't do it for money or prestige but rather they did it because they cared about effecting positive change and stewardship. They worked tirelessly to educate people locally and also visitors, like us, so that well-intentioned people trying to help turtles wouldn't accidentally harm them instead. They worked to do all they could to protect this endangered species and ensure it wouldn't go extinct—either from natural or human causes. They helped us learn

MAKE A DIFFERENCE continued on page 48

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- Kala Thompson
- Laurie Pearce Bauer
- Lee Mothes
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- Mary Chambers
- Mike Turner
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- Nancy Serfas
- Pablo Márquez
- Penny Robertson
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- Rakel Aguilar Verde
- Saskia Onvise
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- Taller de Terreno Pop-Up
- Tom Nowak
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febrero

7 de febrero | 10 am a 4 pm, **TOUR DE ESTUDIOS DE ARTISTAS DE LOS BARRILES**. Visite más de quince estudios de artistas residentes del área de Los Barriles. El día del evento, los boletos son disponibles en Land and Homes Real Estate, calle 20 de noviembre, Los Barriles, de 9:30 am a 1 pm. Mayores informes: eastcapearts@gmail.com o en facebook: Festival de Artes – Los Barriles

8 al 13 de febrero | **CARNAVAL DE LA PAZ 2018**, con desfile y entretenimiento a lo largo del malecón de La Paz.

10 y 11 de febrero | **9º RECORRIDO ANUAL DE ESTUDIOS DE ARTISTAS DE TODOS SANTOS**. Mayores informes en: <https://www.facebook.com/todossantosopenstudiotour/>

10 de febrero | 5 a 9 pm, **PASEO DE ARTE BAJA 100**, Todos Santos. Mayores informes: [facebook.com/TheBaja100Art](https://www.facebook.com/TheBaja100Art)

11 de febrero | 9:30 am, **TIANQUIS DE INTERCAMBIO** en Marina Don José, La Paz.

13 al 18 de febrero | **RETIRO DE YOGA CURATIVO** "Mujeres del Desierto" en Todos Santos. Mayores informes: www.kawakenergymedicine.com

14 de febrero | **CENA DE SAN VALENTÍN** en "Garden" de Rancho Pescadero. Adultos, 900 pesos; niños de 6 a 12 años, \$300 pesos; menores de 6, gratis. Reservaciones: garden@ranchopescadero.com, (612) 135-5849 o <http://bit.ly/GardenOpenTable>

14 de febrero | 6:30 pm, **CENA DE SAN VALENTÍN** en La Esquina, Horizonte y Topete, Todos Santos. Cena de cinco tiempos con vinos mexicanos y música en vivo. Cupo: 30 lugares. Costo: 800 pesos. Mayores informes: billaesquina@gmail.com

14 de febrero | 6 a 9 pm, **CENA DE NOCHE DE SUPER SALUD** en Pura Vida, Todos Santos. Romántica y saludable cena para amigos y amantes en San Valentín con menú especial. May-

ores informes en Facebook: Noche de Super Salud.

18 de febrero | 4 pm, **LECTURA ABIERTA Y CUENTACUENTOS** en Rumi Garden, Todos Santos. Lleve su literatura original de hasta 10 minutos de duración. Contacto: Zoe@cultivatecreativity.net

24 de febrero | 6 a 10 pm, **MEDIO MARATÓN NOCTURNO** en La Paz (21km, 10km, 5km) Mayores informes: [Facebook.com/events/1598211930225390](https://www.facebook.com/events/1598211930225390). Boletos en new.marcate.com.mx.

marzo

4 de marzo | **RECORRIDO HISTÓRICO TODOS SANTOS**. Patrocinado por la Sociedad de la Palapa de Todos Santos A.C.

7 al 11 de marzo | **FESTIVAL DE CINE TODOS SANTOS Y LA PAZ**. Mayores informes: <http://www.todossantos-cinefest.com/> o Facebook: Festival de Cine Todos Santos

9 al 11 y 14 al 17 de marzo | 7 pm, **BAJA SHAKESPEARE** en su 18ª temporada presenta la producción de *Bullets Over Baja Shakespeare*, una parodia musical de gánsters. Matiné a la 1:30 pm, el 11 de marzo. Foro por definirse en Los Barriles. Boletos: \$20 USD, disponibles en Baja Homes & Land o en Galería Los Angeles en Los Barriles. Tel: (624) 141-0314; correo: nanatembden@ymail.com

10 de marzo | 5 pm, **INAUGURACIÓN** de EVENTOS cont. en pg. 53

HORA FELIZ

Carlito's Place, Do Mar Mler Ju Vi Sa 3 a 5 pm, 2x1 en bebidas de la casa, bebidas nacionales y cervezas.

Cerritos Beach Inn, Lu Mar Mler Ju Vi 4 a 6 pm, Cerveza, vino y well drinks mitad de precio.

Chez Laura, Mar Mler Ju Vi Sa 4 a 5 pm, Tapas gratis con su coctel o vino.

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

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

Gallo Azul, Lu Mar Mler Vi Sa 3 a 6 pm, 2x1 mojitos y margaritas. Hotel Casa Tota, **Lu Mar Mler Ju Vi Sa 3 a 6 pm**, 2x1 cerveza y well drinks.

La Bohemia, **Do Lu Mar Mler Ju Vi Sa 4 a 5 pm**, 2x1 cerveza, especiales de tragos artesanales diariamente. ¡Pregunta por el pase para la alberca!

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

La Morena **Lu Mar Mler Ju Vi Sa 4 a 6 pm**

La Posta del Oasis, **Mar Mler Ju Vi Sa 4:30 a 6 pm**, Menú especial de atardecer.

Oasis Bar y Grill Do Lu Mar Mler Ju Vi Sa 4 a 6 pm, Cocteles de la casa 50 pesos y 20% descuento en botanas.

Rip Tide Bar **Do Lu Mar Mler Ju Vi Sa 3 a 6 pm**, 3 cervezas o margaritas por el precio de 2.

Sky Lounge en **Guaycura Boutique Hotel Do Lu Mar Mler Ju Vi Sa 2 a 4:30 pm**, 2 x 1 margaritas y cerveza *con este anuncio*.

Sugar Shack Lu Mar Mler Ju Vi 4 a 6 pm, Margaritas recién hechas, especiales de mojitos y cerveza.

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Cada Semana

Lunes a 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, plástico, baterías, latas, metal, unicel, vidrio claro y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrevolucionmx@gmail.com, (612) 139-4789.

domingo

10:30 am, **BRUNCH DE DOMINGO** con barra de Bloody Mary en La Posta del Oasis, Todos Santos.

10:30 am a 2:30 pm, **MÚSICA EN VIVO** con 'Pepe y Razo' en Flora Farm en San José del Cabo.

1 a 9 pm, **ALMUERZO DE DOMINGOS** en el **Garden de Rancho Pescadero**. Abierto al público de todas edades.

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

lunes

6 a 9 pm, **MÚSICA EN VIVO** con 'Pepe y Razo' en **Freesouls** en Cerritos Beach.

martes

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

5 a 9 pm, **EL FAMOSO PALOMAZO Y MICRO ABIERTO** de martes en **Mini Super Munchies**, Pescadero. Excelente comida, gran ambiente y mucha música. Bienvenidas todas las edades.

6 pm, **MARTES DE TACOS Y MÚSICA EN VIVO** con Latin Fusion en vivo en **Chill N Grill** en Todos Santos. 3 picadillo o tacos de papas por \$100 pesos.

6 pm, **CENA Y CINE** en **Cerritos Beach Inn**. Cena a las 6 pm, película a las 7 pm.

8 pm, **NOCHE DE PELÍCULAS** en **Gallo Azul** en Todos Santos.

NOCHE DE PELÍCULAS en La Posta del Oasis, Todos Santos.

miércoles

9 am a 1 pm, **EL MERCADO ORGÁNICO** en **La Esquina** en el otro lado de Todos Santos.

4 a 6 pm, **CLASES DE ESPAÑOL Y CATA DE TÉ** en **Corazón de Té**, calle Horizonte, Todos Santos. Practique su español en un ambiente casual y amigable mientras prueba selecciones de té y galletas hechas en casa. Cooperación: 70 pesos.

4 a 5:30 pm, **MIÉRCOLES DE SALUD** con Moonbloom Botanics en La Bohemia Hotel Pequeño, Todos Santos.

NOCHE DE VINO en La Posta del Oasis. Todos los samplers y botellas a mitad de precio acompañando la cena.

6 a 9 pm, **MÚSICA EN VIVO** con 'Pepe y Razo' en **Freesouls** en Cerritos Beach.

jueves

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

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

NOCHE DE PIZZA en **Chill N Grill** en Todos Santos.

CADA SEMANA continúa en página 55



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Make a Difference

continued from page 45



how to become part of the solution and not further the problems.

We also aided in building a playground for the kids of El Pescadero with the SINADES group. We used anything we could find (mostly tires) to construct a place where the kids could go to get away. It was a fun and interesting experience learning how to be creative with what was available rather than just ordering a playground kit online. However, what stood out to us more than anything were the people with whom we were volunteering. They truly wanted to make and be the difference in children's lives. They became our role models. The world would not work without the selflessness of these kinds of people.

Lastly, we went to Isla Espíritu Santo, and a man named Bernardo Cruz from Todos Santos Eco Adventures was our guide. In all his actions, he was making a difference for good. He taught us the history of the island and the science of everything that was around us. He really cared that we were informed about where we were and what we were doing. He didn't just want us to have a good time in Mexico,

he also wanted us to head north after the program knowing more about the ecology, the country and the culture we had visited. His job as an eco-adventure guide probably isn't going to make him wealthy, but he significantly enriched our lives. He showed us to be passionate and put our whole self into our work, no matter what we do. He made a difference for good in our lives through his knowledge, actions, and kindness. He showed us that the difference one can make is endless with the right attitude.

The humanitarian Mother Teresa once said, "It's unlikely any one of us will do great things, but we can do small things with great love." This sums up our experience in Baja California Sur. The smallest actions for good can add up in huge ways and often go the furthest. Our take-away was that we may not have the opportunity, at this point, to be solving geo political problems, but we can choose to make a difference for good in other's lives and be stewards for the natural environment as often as possible. We learned from those in Baja California Sur more about being contributors to the world.

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Todos Santos / Pescadero Area Restaurants

Below is a sampling of delicious options for dining in the Todos Santos / Pescadero area. Your choices vary from the best roadside tacos to sitting down at a farm-to-table restaurant featuring local produce and fresh caught fish. Hours are subject to change. All accept Mexican pesos and US dollars. Credit cards are only accepted where noted.

todos santos

ALMA Y MANNY'S

Open for breakfast, lunch & early dinner. Traditional Mexican specialties, seafood. Beer & margaritas. # 92 on TS map

BAHIA RESTAURANT BAR

Open for lunch and early dinner. Seafood and Mexican specialties. Beer & margaritas. # 93 on TS Map

CAFÉLIX / BOYITACOS

Open Wednesday – Monday, 8 am – 9 pm. Fresh coffee beans roasted in house. Mexican & American breakfast, tacos & burritos. Beer, margaritas, tequila & wine. Visa & MasterCard accepted. Tel. (612) 145-0568, email: Cafelixboyitacos@gmail.com # 57 on TS map

CHEZ LAURA

Open Tuesday – Saturday, 4 – 9:30 pm; Sunday 2 – 9:30 pm. Affordable French appetizers, salads, meals and homemade desserts. Full bar. Tel. (612)145-0847, email: info@chezlaura.com.mx # 87 on TS map

CHILL N GRILL

Open Monday – Saturday, 4 – 10 pm. Appetizers, burgers, steaks, ribs, chicken, great salads, taco & pizza nights. Take out. Full bar. Tel. (612) 151-1441 or (612) 199-2938 # 147 on TS map

EL JARDIN RESTAURANT / SKY LOUNGE AT THE GUAYCURA BOUTIQUE HOTEL

El Jardin open for breakfast, 7:30 - 11 am, Lunch and dinner 1 -10 pm. Mediterranean dishes with traditional Mexican flavors. Full bar. Sky Lounge open 12 – 9 pm. Tapas, salads, and appetizers. Full bar. All major credit cards accepted. Tel. (612) 175-0800, email: reservations@guaycura.com # 22 on TS map

EL REFUGIO MEZCALERÍA

Open Monday – Saturday, 7 am – 2 pm; and Tuesday – Saturday 5 – 10 pm. Traditional Mexican food from Oaxaca and Guerrero, & vegetarian plates. Artisanal mescal, wine, beer, & handcrafted cocktails. Tel. (612) 197-8801, email: elrefugio.ts@gmail.com # 116 on TS map

GALLO AZUL PIZZA BAR & ART

Open daily 2:30 – 10:30 pm. Lunch & dinner. Wood fired pizza, pastas & salads. Full bar. Visa & MasterCard accepted. Tel. (612) 158-8457, email: info@galloazulpizzabar.com # 111 on TS map

LA BOHEMIA BAJA HOTEL PEQUEÑO

Open daily 8 – 10 am for breakfast. Traditional Mexican favorites, paired with fresh juice and coffee, 200 pesos. All major credit cards accepted. Reservations requested for large parties. Tel. (612) 145-0759, email: labohemiabaja@gmail.com # 86 on TS map

LA CATRINA CANTINA

Open daily 10 am – 11 pm. Breakfast, lunch & dinner. Mexican, seafood, RESTAURANTS continued on page 50



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Todos Santos / Pescadero Area Restaurants

continued from page 49

meats and pasta. Full bar. Visa & MasterCard accepted. Tel. (612) 145-1033 & (624) 166-6676 # 118 on TS map

LA COPA COCINA

Open daily for breakfast; Thursday – Tuesday, 5 – 10 pm for dinner. Serving International food. Full bar. Visa & MasterCard accepted. Tel. (612) 145-0040, email: todossantosinn@gmail.com # 2 on TS map

LA GENERALA

Open 8:30 am – 9 pm. Breakfast, lunch & dinner. Traditional Mexican specialties, buffet, handmade tortillas. Beer, wine, margaritas, tequila, mojitos & micheladas. Tel. (618) 159-4141. # 129 on TS map

LA POSTA DEL OASIS

Open Tuesday – Saturday, 4:30 – 10 pm, Sunday 10:30 am – 2:30 pm. World cuisine conventional, vegetarian and vegan dinners featuring fresh, local organic vegetables, fish, seafood and meats. Full bar featuring house cocktails, wines and wine flights with dinner. Visa & MasterCard accepted. Tel. (612) 145-4521, reservations: www.opentable.com, <https://www.facebook.com/lapostadeloasis> # 112 on TS map

LANDI'S RESTAURANT

Open Monday – Saturday, 12 – 9 pm. Lunch & dinner. Mexican cuisine from the heart for the soul. Beer, margaritas, wine, full bar. Visa & MasterCard accepted. Tel. (612) 145-0130, email: landis_restaurant@hotmail.com # 35 on TS map

LOS ADOBES DE TODOS SANTOS

Open Monday – Friday, 11 am – 9 pm. Saturday & Sunday, 12 – 8 pm. Lunch & dinner. Traditional Mexican specialties. Full bar. Visa & MasterCard accepted. Tel. (612) 145-0203, email: losadobes@prodigy.net.mx # 44 on TS map

MICHAEL'S AT THE GALLERY

Open Friday & Saturday evenings. Reservations start at 6 pm. Unique Asian cuisine. Full bar. Visa & MasterCard accepted. Tel. (612) 146-0500, email:

mplcope@yahoo.com # 70 on TS map

MIGUEL'S RESTAURANT

Open Friday – Wednesday, 12 – 9 pm. Lunch & dinner. Traditional Mexican dishes, *chiles relenos*, seafood. Full bar. Tel. (612) 145-0814. # 128 on TS map

PIZZERIA NOSTRA

Open daily, 1 – 10:30 pm. Lunch & dinner. Pizza, pasta and salads. Beer & wine. Tel. (612) 145-2095. #132 on TS map

PURA VIDA

Open Monday – Saturday, 9 am – 5 pm. Breakfast & lunch. Daily specials, homemade granola, vegetarian spring rolls, paninis, organic salad, burritos, soups, smoothies and juices. Vegan, gluten-free and wheat-free options. Tel. (612) 145-0471. # 145 on TS map

RESTAURANT CAFÉ SANTA FÉ

Open Wednesday – Monday, 12 – 9 pm. Italian meals, pastas, pizza, seafood, salads, vegetarian. Full bar. Visa & MasterCard accepted. Tel. (612) 145-0340. # 48 on TS map

RESTAURANT LAS FUENTES

Open for breakfast, lunch & dinner. Traditional Mexican specialties, seafood. Full bar. # 120 on TS map.

RUMI GARDEN

Open Wednesday – Monday, 12 – 8:30 pm. Lunch & dinner. Asian fusion cuisine, specializing in organic vegetarian, shrimp, fish, and chicken dishes. Full bar. Tel. (612) 145-1088, US: 1-650-396-7566, email: yanggum@rumigarden.com # 135 on TS map

TODOS SANTOS BREWING

Open Thursday – Sunday, 1 pm – close. Lunch & dinner. Gourmet hamburgers, beer battered fish and chips, slow cooked pork ribs, chicken wing and vegan options. 22 taps of handmade craft beers and sodas, wine and cocktails. All major credit cards accepted. Tel. (612) 145-2023, email info@todossantosbrewing.mx # 74 on TS map

todos santos otro lado

CORAZÓN DE TÉ

Open every day 7 am – 5 pm. Breakfast & lunch. Homemade waffles & tea. Smoothie bar. Tel. (624) 218-2081, email: corazonde@gmail.com # 30 on otro lado map

LA COCINA DE CLEO

Open Monday – Saturday, 8 am – 9 pm. Breakfast, lunch & dinner. Traditional Mexican specialties. Full bar. Tel. (612) 178-0026, email: lavanderiajaqui@gmail.com # 21 on otro lado map

LA ESQUINA

Open Monday – Saturday, 7 am – 7 pm. Sunday 7 am – 3 pm. Breakfast, lunch, early dinner. Mexican & American dishes, salads, sandwiches, soups, appetizers, fresh-baked goods, smoothies & juices. Beer, wine & margaritas. # 12 on otro lado map

PACIFICA FISH MARKET

Restaurant and fish market open Tuesday – Saturday 12 – 7 pm. Fish tacos, fish salads, raw products, takeout, catering, and private sushi dinners by Chef Patricio (reservation required). Beer & wine. Tel. (612) 220-3485. # 3 on otro lado map

pescadero /

todos santos corridor

BAJA BEANS ROASTING CO. & CAFÉ

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BRODY'S PIZZA

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CAFÉLIX PESCADERO

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core yoga



*A creative Yoga flow
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Events

continued from page 20

GALLERY OPENING at **Galería Ezra Katz** in Todos Santos. Presenting the photography of our cover artist, **Keenan Shoal**.

March 11 | 9:30 am, **SWAP MEET** at Marina Don José in La Paz.

March 14 | 6 – 9 pm, **NOCHE DE SUPER SALUD DINNER** at **Pura Vida** in Todos Santos. Featuring a special menu. Check Facebook: Noche de Super Salud for information.

March 18 | 4 pm, **OPEN READING & STORYTELLING** at **Rumi Garden** in Todos Santos. Up to 10 minutes of original writing. Contact: Zoe@cultivatecreativity.net

March 28-April 1 | **YOGA, SURF & NUTRITION RETREAT** at **Rancho Pescadero**. More than your average yoga and surf getaway, you will gain sound practical advice on mindful eating from a nutritionist throughout the retreat. Participants learn how to nourish the body for optimal energy while engaging in what it means to eat mindfully in today's fast paced world. No matter your level of experience in surfing or yoga, all are welcomed and accommodated with safe expert instruction by skilled teachers. The warm water and weather in beautiful Baja Mexico makes for an absolutely perfect environment for both yoga and surfing. It will be a transformational experience, on the waves and the mat! Space is limited. Email or call to reserve your spot. rancho1@ranhopescadero.com, +011 52 1 (612) 135-5849 (Mexico) | 910-300-8891 (US). Or visit: <http://ranhopescadero.com/special-offers/yoga-surf-nutrition-retreat/>

april

April 8 | 9:30 am, **SWAP MEET** at Marina Don José in La Paz.

April 15 | 4 pm, **OPEN READING & STORYTELLING** at **Rumi Garden** in Todos Santos. Up to 10 minutes of original writing. Contact: Zoe@cultivatecreativity.net

may

May 19 & 20 | **GASTROVINO FOOD AND WINE FESTIVAL** in Todos Santos. For more information visit: <http://gastrovino.mx/fest/> or Facebook: GastroVino Baja Food & Wine Festival

May 20 | 4 pm, **OPEN READING & STORYTELLING** at **Rumi Garden** in Todos Santos. Up to 10 minutes of original writing. Contact: Zoe@cultivatecreativity.net

May 30-June 3 | **YOGA, SURF & NUTRITION RETREAT** at **Rancho Pescadero**. More than your average yoga and surf getaway, you will gain sound practical advice on mindful eating from a nutritionist throughout the retreat. Participants learn how to nourish the body for optimal energy while engaging in what it means to eat mindfully in today's fast paced world. No matter your level of experience in surfing or yoga, all are welcomed and accommodated with safe expert instruction by skilled teachers. The warm water and weather in beautiful Baja Mexico makes for an absolutely perfect environment for both yoga and surfing. It will be a transformational experience, on the waves and the mat! Space is limited. Email or call to reserve your spot. rancho1@ranhopescadero.com, +011 52 1 (612) 135-5849 (Mexico) | 910-300-8891 (US). Or visit: <http://ranhopescadero.com/special-offers/yoga-surf-nutrition-retreat/>

december

December 29 | **10TH ANNUAL CARRERA DE TODOS SANTOS 5K WALK/RUN**. For more information visit: <http://palapasociety.org/>

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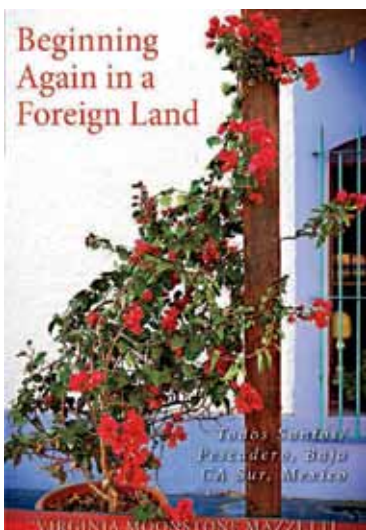
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 Todos Santos Zumba with Jan
 Cuatro Vientos

Voces

continued from page 35

Sugar Shack is also now serving snacks, including *birria*, wings, guacamole, onion rings and more and have expanded to outdoor seating in the back.

Las Olas Recovery provides personal attention and solutions for their clients' addictions with medically assisted detox and 24-hour care. Results are their ambition. See their ad for more information.

La Curandería Health and Wellness Centre in Pescadero has lighthearted, Community Yoga Saturdays at 8 am. 100% donations are given to different area groups. Also, at La Curandería, you can enjoy **Hesed Najeera's** deep, holistic massage and Ayurvedic bodywork.

Do you drive on the beaches? Do you know it isn't legal? The **Friends of the Todos Santos Dunes** ask that you please show some respect for the beauty and magic of Baja and help protect the sea turtles nesting and hatching. You can read more about how the coastal dunes are an important part of the ecosystem in the article in this issue.

We will see you next with our Spring issue. Deadline is March 5.

El Cielo

continued from page 31

LINKS OF INTEREST

- COMETS:** <http://www.aerith.net/index.html>
- METEOR SHOWERS:** <http://www.imo.net/calendar/2018>
- TROPIC OF CANCER:** http://en.wikipedia.org/wiki/Axial_tilt#values or http://en.wikipedia.org/wiki/Circle_of_latitude
- ZODIACAL LIGHT:** http://en.wikipedia.org/wiki/Zodiacal_light
- TIME:** <http://www.time.gov/> and <http://www.worldtimeserver.com/>
- SATELLITES:** <http://www.heavens-above.com/> user "elcielots" password "journal"
- WEEKLY SKY REPORT:** <http://www.griffithobs.org/skyreport.html>
- SATURN:** <http://saturn.jpl.nasa.gov/home/index.cfm>
- ROSETTA:** <http://sci.esa.int/rosetta/>
- DAWN:** <http://dawn.jpl.nasa.gov/>
- NEW HORIZONS:** http://www.nasa.gov/mission_pages/newhorizons/main/
- ALL THINGS ASTRONOMICAL:** <http://www.calsky.com>
User "elcielots" password "journal"

Eventos

continuó de página 46

CIÓN DE LA NUEVA GALERÍA JARDÍN en Galería Ezra Katz en Todos Santos. Con la presentación de fotografía de nuestro artista de portada, **Keenan Shoal**.

11 de marzo | 9:30 am, **TIANGUIS DE INTERCAMBIO** en Marina Don José, La Paz.

14 de marzo | 6 a 9 pm, **CENA DE NOCHE DE SUPER SALUD** en **Pura Vida**, Todos Santos. Menú especial. Mayores informes en Facebook: Noche de Super Salud.

18 de marzo | 4 pm, **LECTURA ABIERTA Y CUENTACUENTOS** en **Rumi Garden**, Todos Santos. Lleve su literatura original de hasta 10 minutos de duración. Contacto: Zoe@cultivatecreativity.net

28 de marzo al 1 de abril | **RETIRO DE YOGA, SURF Y NUTRICIÓN** en **Rancho Pescadero**. Más que un retiro de yoga y surf cualquiera, obtendrá consejos prácticos sobre la nutrición intencional con un nutriólogo a lo largo del retiro. Los participantes aprenderán a nutrir su cuerpo con óptima energía mientras se integran al concepto de alimentarse con intención en este mundo moderno. Retiro abierto a todos, sin importar nivel de experiencia en surf o yoga, serán bienvenidos y contarán con instrucción experta de maestros experimentados. El clima y aguas cálidas de Baja California Sur son el entorno perfecto para yoga y surf. Será una experiencia transformadora en las olas y en el colchón. Cupo limitado, llame o envíe un correo para reservar su lugar. rancho1@ranhopescadero.com, (612) 135-5849 (Mexico) | (910) 300-8891 (US). O visite: <http://ranhopescadero.com/special-offers/yoga-surf-nutrition-retreat/>

abril

8 de abril | 9:30 am, **TIANGUIS DE INTERCAMBIO** en Marina Don José, La Paz.

15 de abril | 4 pm, **LECTURA ABIERTA Y CUENTACUENTOS** en **Rumi Garden**, Todos Santos. Lleve su literatura original de hasta 10 minutos de duración. Contacto: Zoe@cultivatecreativity.net

mayo

19 y 20 de mayo | **GASTROVINO**, Festival de Vinos y Gastronomía en Todos Santos. Mayores informes: gastrovino.mx/fest o en Facebook: GastroVino Baja Food & Wine Festival.

20 de mayo | 4 pm, **LECTURA ABIERTA Y CUENTACUENTOS** en **Rumi Garden**, Todos Santos. Lleve su literatura original de hasta 10 minutos de duración. Contacto: Zoe@cultivatecreativity.net

28 de mayo al 3 de junio | **RETIRO DE YOGA, SURF Y NUTRICIÓN** en **Rancho Pescadero**. Más que un retiro de yoga y surf cualquiera, obtendrá consejos prácticos sobre la nutrición intencional con un nutriólogo a lo largo del retiro. Los participantes aprenderán a nutrir su cuerpo con óptima energía mientras se integran al concepto de alimentarse con intención en este mundo moderno. Retiro abierto a todos, sin importar nivel de experiencia en surf o yoga, serán bienvenidos y contarán con instrucción experta de maestros experimentados. El clima y aguas cálidas de Baja California Sur son el entorno perfecto para yoga y surf. Será una experiencia transformadora en las olas y en el colchón. Cupo limitado, llame o envíe un correo para reservar su lugar. rancho1@ranhopescadero.com, (612) 135-5849 (Mexico) | (910) 300-8891 (US). O visite: <http://ranhopescadero.com/special-offers/yoga-surf-nutrition-retreat/>



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Restaurants

continued from page 50

chilaquiles, waffles, bagels. Beer. Visa & MasterCard accepted. Tel. (612) 198-2689, email: Cafelixboyitacos@gmail.com # 19 on TS - Pescadero corridor map

CARLITO'S PLACE RESTAURANT

Open Wednesday – Monday, 1 – 9 pm. Lunch & dinner. Sushi bar, Asian fusion, farm-to-table, seafood, poultry & steak. Beer, wine, new martini bar & full bar. Tel. (612) 155-4492, Facebook: Carlito's place restaurant # 21 on TS - Pescadero corridor map

"EL FARO" BEACH CLUB AND SPA

Open Wednesday – Monday, 11 am – 6 pm. Ceviches and grilled seafood. Full bar. All major credit cards accepted. Tel. (612) 175-0800, email: reservations@guaycura.com # 2 on TS - Pescadero corridor map

"EL MIRADOR" OCEAN VIEW RESTAURANT

Open Tuesday – Sunday, 2 – 9 pm. Lunch and dinner. Mexican haute cuisine using traditional ingredients and flavors of Todos Santos. Full bar. All major credit cards accepted. Tel. (612) 175-0800, email: reservations@guaycura.com # 1 on TS - Pescadero corridor map

FREESOULS RESTAURANT & SKY POOL

Open Tuesday – Sunday, 12:30 – 10 pm. Lunch & dinner. Oven baked specialties, organic salads, pizzas, Black Angus beef & homemade desserts. Pool available to customers. Full bar. All major credit cards accepted. Tel. (612) 153-8653, email: Marabautista@thefreesoulsproject.com # 40 on TS - Pescadero corridor map

GARDEN BY RANCHO PESCADERO

Open daily for dinner 6 – 9 pm; Sundays 1 – 9 pm for lunch & dinner. Organic farm-to-table cuisine from their garden and Punta Lobos. Bring in your own catch and the Chef will turn it into a wonderful meal. Full bar with resident mixologist. All credit cards accepted. All ages welcome. Tel. (612) 135-5849, email: rancho1@ranhopescadero.com # 15 on TS - Pescadero corridor map

HIERBABUENA RESTAURANTE Y HORTALIZA

Open Wednesday – Monday, 1 – 9 pm. Lunch & dinner. Meals, salads and soups inspired by their harvest. Fish of the day, pizza. organic chicken. Tel. (612) 149-2568, email: ranchohierbabuena@gmail.com # 18 on TS - Pescadero corridor map

KIMBERLY'S SUPERMARKET AND CAFÉ

Open daily 7 am – 8 pm. Coffee, espresso, Chai latte, and snacks. # 44 on TS - Pescadero corridor map

LA MISION AT HACIENDA CERRITOS

Open Monday – Sunday, general public 12 – 10 pm. Lunch & dinner. Appetizers, salads, grilled vegetables, sandwiches, burgers, seafood, meats and desserts. Full bar. All credit cards accepted. Tel. (624) 239-6984, email: cerritosweddings@gmail.com # 35 on TS - Pescadero corridor map

MINI SUPER MUNCHIES

Open Tuesday, 5 – 9 pm for dinner. Argentinian empanadas, black bean and meat stew, vegan garlic lentils, vegan tamales & famous ice cream sandwiches. Microbrew on tap. Cash or Paypal. Tel. (612) 136-5986 # 11 on TS - Pescadero corridor map

RESTAURANTS continued on page 58

Weekly Events

continued from page 21

6 – 7:30 pm, **“CHOYERO NO SE NACE, EL CHOYERO SE HACE”** free walking tour through the historic center of San José del Cabo, during the “Art Walk.” The tour shows historical locations and discusses the history of Los Cabos and BCS in English—such as the life of the Pericúes, the conquest, pirates, invasions and more.

6 – 7 pm, **LADIES’ NIGHT** at **Freesouls** at Cerritos Beach. Ladies drink for free. Live music with ‘Pepe y Razo’ from 6 – 9 pm, at Cerritos Beach.

PIZZA NIGHT at **Chill N Grill** in Todos Santos.

friday

LIVE MUSIC with ‘Pepe y Razo’ at La Posta del Oasis in Todos Santos.

saturday

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

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

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

8 pm, **SALSA NIGHT** at **Gallo Azul** in Todos Santos. Includes classes with Adrian Meza, salsa, bachata and cumbia. Takes place every other Saturday; for dates and information visit: www.galloazulpizzabar.com

LIVE MUSIC with ‘Pepe y Razo’ at La Posta del Oasis in Todos Santos.

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

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

Cada Semana

continuó de página 47

jueves cont.

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

6 a 7:30 pm, **“CHOYERO NO SE NACE, EL CHOYERO SE HACE.”** Paseo gratuito por el centro histórico de San José del Cabo, dentro del marco de la “Caminata del Arte.” El paseo muestra ubicaciones históricas y comenta la historia de los Cabos y Baja California Sur en inglés—la vida de los pericúes, la conquista, los piratas, las invasiones y mucho más. Educativo, porque al ser un tour en inglés, se ofrece a la comunidad el conocimiento y se practica el idioma para así tener tema de conversación con turistas.

6 a 7 pm, **LADIES’ NIGHT** con música en vivo 6 a 9 pm, con ‘Pepe y Razo’ en **Freesouls** en Cerritos Beach.

viernes

MÚSICA EN VIVO con ‘Pepe y Razo’ en La Posta del Oasis en Todos Santos.

sábado

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

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

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

8 pm, **NOCHE DE SALSA** en **Gallo Azul**, Todos Santos. Incluye clase con Adrián Meza; salsa, bachata y cumbia.

MÚSICA EN VIVO con ‘Pepe y Razo’ en La Posta del Oasis en Todos Santos.



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Groups / Grupos

All classes at **Cuatro Vientos** are noted as **@CV**. (#11 on *otro lado* map. The studio is across from **La Esquina**.)

TODOS SANTOS	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
Yoga	9 am Namaste Yoga c/ Paul (612) 204-4432	7:30 - 8:45am Guided meditation c/ Daniel @ CV 9-10:15 am Hatha Flow c/ Marimar @ CV 6-7:30pm Gentle Vinyasa c/ Caitlin @ CV	7-8:30 am Vinyasa Flow c/ Liz @ CV 3-4:15pm Kundalini & Acupuncture @ CV 4:30-6pm Yin/ Restorative Yoga c/ Emele @ CV	7:30 - 8:45am Inter. Vinyasa c/ Caitlin @ CV 9-10:15 am Hatha Flow c/ Marimar @ CV 12-1 pm Silent Meditation @ CV 6pm Yin/ Restorative Yoga c/Aaron @ CV 7-8 pm Hatha 8-8:30pm Yoga Nidra c/ Paul (612) 204-4432	7-8:30 am Vinyasa Flow c/ Liz @ CV 9-10:15 am Core Yoga c/ Janice @ CV 3-4:15pm Kundalini c/ Ross @ CV 4:30-6pm Yin/ Restorative c/ Emele @ CV	7:30 - 8:45am Hatha Yoga c/ Clara @ CV 9-10:15 am Hatha Flow c/ Marimar @ CV 12-1pm Vinyasa workshop c/ Emele @ CV	7-8:30 am Vinyasa Flow c/ Liz @ CV 9 am Namaste Yoga c/ Paul (612) 204-4432
Martial Arts			Ta'i Chi short form For info: 612-157-6088 or barakabaja@gmail.com		Qi Gong For info: 612-157-6088 or barakabaja@gmail.com		
Other/Otros	10-11:30am Dharma talks c/ Robert K. Hall @ CV <i>El primer domingo de cada mes, la plática sobre meditación y lo que el Buda dice sobre la vida y la tranquilidad del espíritu es traducida al español por Elena Ascencio.</i>	Aldo's Gym 6 am - 10 pm 10:30 am- 1:30 pm Vajra Dance @ CV 4:30-6 pm Dance Lab c/ Zoë @ CV 7 pm Cross Training w/ Mao @ San Sebastian beach mauricio@mymotivation.es 7:30-9 pm Capoeira c/ Diana @ CV	Aldo's Gym 6 am - 10 pm 3:30-5:30 pm Manos Magicas @ Centro Cultural chambarecat@mac.com 6-7:30 pm Capoeira c/ Diana @ CV 7 pm Beach Volleyball @ San Sebastian beach	Aldo's Gym 6 am - 10 pm 10:30am - 12pm Dance Lab c/Zöe @ CV 2-4 pm Art Journal c/Zöe @ CV 7 pm Cross Training w/ Mao @ San Sebastian beach mauricio@mymotivation.es	Aldo's Gym 6 am - 10 pm 6-7:30 pm Capoeira c/ Diana @ CV 7 pm Beach Volleyball @ San Sebastian beach	Aldo's Gym 6 am - 10 pm 1:30-3 pm Al-Anon @ CV 3-4 pm Danza Hawaiiiana para niñas, 4-6 pm para adultas c/ Malucha @ CV 6-7:30 pm Core c/ Mao @ CV mauricio@mymotivation.es	Aldo's Gym 7 am - 2 pm
Zumba		10-11 am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista 9-10:15 am c/ Jan @ CV 7-8 pm c/ "Lucy" @ DIF	10-11am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF	10-11am c/ "Lucy" @ Mutualista 7-8 pm c/ "Lucy" @ DIF	8-9 am c/ "Lucy" @ Mutualista 9-10:15 am c/ Jan @ CV 7-8 pm c/ "Lucy" @ DIF
Palapa Society		10 am -1 pm Library / Biblioteca	10 am -1 pm Library / Biblioteca 1 - 5 pm Biblioteca Infantil abierta	9:30 am - 12:30 pm Biblioteca Infantil abierta 10 am -1 pm Library / Biblioteca	10 am -1 pm Library / Biblioteca 1 - 5 pm Biblioteca Infantil abierta	10 am -1 pm Library / Biblioteca	9:30 am - 12:30 pm Biblioteca Infantil 10 am -1 pm Library / Biblioteca

Groups / Grupos

TODOS SANTOS	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
AA	<p>TS AA group meetings are @ blue building on calle Militar</p> <p>"Into The Solution" group AA meetings are at the "El Mirador" building on calle Pedrajo e/ Degollado y Verduzco. Jenny: (612)137-3123, Kenny: (612)152-2995, Catherine: (612)149-5194, Don: (612)157-1256</p>	<p>5 pm TS AA meeting</p> <p>5 pm "Into The Solution" AA closed meeting on calle Pedrajo</p>	<p>5 pm TS AA meeting @ blue building on calle Militar</p> <p>For info: Eric (612) 156-9980</p>	<p>11 am TS AA meeting @ blue building on calle Militar. For info: Eric (612) 156-9980</p>	<p>5 pm TS AA meeting @ blue building on calle Militar</p> <p>5 pm "Into The Solution" AA closed meeting on calle Pedrajo</p>	<p>9 am Women's AA closed meeting on calle Pedrajo Jenny: (612)137-3123, Catherine: (612)149-5194,</p> <p>1:30-3 pm Al-Anon @ CV</p> <p>5 pm TS AA meeting @ blue building on calle Militar</p>	<p>11 am TS AA meeting @ blue building on calle Militar. For info: Eric (612) 156-9980</p>

PESCADERO	Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
Yoga	<p>7-9 am <i>(Feb)</i> 9-10:15am <i>(Mar)</i> Yoga @ Baja Zen 612-142-5038 info@baja-zen.com</p> <p>10-11:30am Mindful Flow Yoga @ Rancho Pescadero</p> <p>5:30-7pm Candlelit Bliss Restorative Yoga @ Rancho Pescadero</p>	<p>7-9 am <i>(Feb)</i> 9-10:15am <i>(Mar)</i> Yoga @ Baja Zen 612-142-5038 info@baja-zen.com</p> <p>8 am Yoga @ La Curandería</p> <p>8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx</p> <p>10-11:30am Mindful Flow Yoga @ Rancho Pescadero</p> <p>10-11 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx</p>	<p>8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx</p> <p>10-11 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx</p> <p>10-11:30am Mindful Flow Yoga @ Rancho Pescadero</p> <p>5 pm Sunset Vinyasa @ Rancho Pescadero</p>	<p>7-9 am <i>(Feb)</i> 9-10:15am <i>(Mar)</i> Yoga @ Baja Zen 612-142-5038 info@baja-zen.com</p> <p>8 am Yoga @ La Curandería</p> <p>10-11:30am Mindful Flow Yoga @ Rancho Pescadero</p> <p>5:30-7pm Candlelit Bliss Restorative Yoga @ Rancho Pescadero</p>	<p>8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx</p> <p>10-11 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx</p> <p>10-11:30am Mindful Flow Yoga @ Rancho Pescadero</p> <p>5 pm Sunset Vinyasa @ Rancho Pescadero</p>	<p>7-9 am <i>(Feb)</i> 9-10:15am <i>(Mar)</i> Yoga @ Baja Zen 612-142-5038 info@baja-zen.com</p> <p>8 am Yoga @ La Curandería</p> <p>8-9 am Yoga c/ Mayra Torres @ Baja Serena 612-131-7564 yogalosarcos@yahoo.com.mx</p> <p>10-11:30am Mindful Flow Yoga @ Rancho Pescadero</p>	<p>7-9 am <i>(Feb)</i> 9-10:15am <i>(Mar)</i> Yoga @ Baja Zen 612-142-5038 info@baja-zen.com</p> <p>8 am Community Yoga @ La Curandería</p> <p>10-11:30am Mindful Flow Yoga @ Rancho Pescadero</p>
Other/ Otros			<p>8:30-9:30 am Movement c/ Anna @ Cerritos Beach next to Mayan hut beach access</p>		<p>8:30-9:30 am Movement c/ Anna @ Cerritos Beach next to Mayan hut beach access</p>	<p>4 pm Cumbia & Salsa lessons @ La Curandería</p>	

AA CABO SAN LUCAS—AA Hacienda Group Cabo, upstairs above Ace Hardware behind McDonalds. Daily 4:30 pm and 6 pm.
SAN JOSÉ DEL CABO—Next to the Calvary Chapel corner of Degollado and Coronado. 6 pm nightly. For more information: (624) 147-0478.

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meat from the local *ranchos*. Everything in my restaurant is fresh within the last 24 hours." The newly remodeled and expanded restaurant—with an outdoor kitchen, sushi bar, and martini bar—is located just a few miles from the beach where fresh fish are caught using hand lines from the small *panga* boats at Punta Lobos and delivered daily.

This is the "Carlitos" art of going from the farm and ocean to the table with an emphasis on Japanese style seafood cuisine. Carlitos has a unique way of demystifying gourmet cuisine and making it accessible to any interested foodie, adventurer or someone just wanting to try something different. We suggest that you give it a try. Your taste buds will thank you.

Carlito's Place is located in el Pescadero, #21 on the Todos Santos-Pescadero Corridor map. It is open Tuesday through Sunday, 1 to 9 pm. Beer, wine, and full bar. Tel. (612)155-4492, Facebook: Carlitos Place Restaurant

Restaurants

continued from page 54

SUNSET RESTAURANT AND BAR AT THE CERRITOS BEACH INN
Open daily 8 am – 9 pm. Breakfast, lunch & dinner. Fish, steak, burgers & Mexican dishes. Full bar with 15 beer brands, Blueberry & Watermelon Margaritas. Visa & MasterCard accepted. Tel. (612) 183-1077, email: jimcoulson@cerritosbeachinn.com
47 on TS - Pescadero corridor map

THE OASIS BAR & GRILL
Open daily 12 – 11 pm. Late breakfast, lunch & dinner. Burgers, salads, soups, American Mexican & Italian food. Vegetarian & vegan available. Full bar. No credit cards. Tel. (612) 130-3360.
20 on TS - Pescadero corridor map

THE RANCH CAFE AT RANCHO PESCADERO
Open daily 7 am – 5 pm. Breakfast & lunch. Organic farm-to-table creations from their garden and Punta Lobos. Full bar with resident mixologist. Fresh hand squeezed juices and smoothies. All credit cards accepted. All ages welcome. Tel. (612) 135-5849, email: rancho1@ranchopescadero.com # 15 on TS - Pescadero corridor map

SUGAR SHACK
Open daily 3 pm – late. Appetizers and snacks like *birria*, chicken wings, guacamole and onion rings. # 9 on TS - Pescadero corridor map

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CASA TOROTE: Brand New 3B/4.5bath. Local builder/architect setting the new standard of design & craftsmanship. Furnished. High end appliances. Laundry. 2-car garage w/auto door. Panoramic VIEWS! Pool, Jacuzzi, Fire pit, 1st Floor Living.

MLS# 17-2687 \$785,000 USD



GOLDEN TRIANGLE: Commercial Opportunity. Live and work here. Perfect for home based-business. 1B/1Ba home + "Ruina." Lush landscaping. All services. Next to La Esquina/Cuatro Vientos! Location! Location!

MLS #15-605 \$235,000 USD



CASA KRISTA: Charming Mexi-Contemporary 2B/2.5Ba Home reverse plan. Great architectural features. + New 1B/1Ba Guest Home. Private. Awesome Pacific Views. Walled & fenced. Furnished. You will love this home!

MLS# 17-2452 \$359,000 USD



VILLA SAN SEBASTIAN: Newly built 2Bed/2Ba. Premium finishes. Elevated lot with stunning ocean views. Well-constructed single story, double thick walls, granite counter tops, travertine floors. Built to the highest standards.

MLS# 17-422 \$329,000 USD



CASA ABRAZOS DEL MAR: 3 Bed/2.5 BA. Resort-style living, open flowing floor plan. 2 Master Suites & guest room/office. Expansive ocean views for whale watching, stroll to beach. Pool. Tranquil surroundings.

MLS# 16-1310 \$335,000 USD



TUSCAN HOME: Exceptional property located in Las Brisas. 10-minute drive to downtown TS. 1-mile walk to beach. Furnished, detached two-car garage. Superlative design makes this home one of Todos Santos' best values.

MLS# 17-1626 \$229,000 USD



VILLAS DE CERRITOS D-1: A 5-minute walk to the famous Cerritos Beach. This 2Bd/2Ba lovely appointed condo is the perfect location for your home away from home. You can relax by the pool, enjoy the hot tub or the beautiful views.

MLS# 17-2416 \$190,000 USD



CASA CATALINA: At the top of our best buy list. Two large bedroom, living room, and bathroom studios with decks downstairs. The upstairs has the kitchen, living area and bathroom and amazing views from both inside and on the large covered patios.

MLS# 17-2561 \$239,900 USD



GRAND PESCADERO VIEWS: This Property is 4,653 m2 elevated and situated at the Northern end of the Pescadero huerta. Naturally sitting higher equal view lines that will always exist. The shape of the property makes it perfect for a family compound or subdivision.

MLS# 12-1700 \$177,000 USD

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