

# East Capers Magazine



Free/Gratis

Publication from Asociación de Artes Supporting Schools of the East Cape



## A Season To Remember For Asociación de Artes!

By: Chris Courtright

What a season **Asociación de Artes** has had! Memories of Festival de Artes in La Ribera, which was presented by Kapital Grupo Financiero, is fresh in our minds and reminiscing of the great time that was had by all at the 2026 festival with its PERFECT festival weather! I will have to order that weather again!?? **Asociación de Artes** (AdA) is so proud of the overall event, the entertainment we provided, the artists, the food and drink, the car show and the premiere setting. We are already looking forward to 2027 and have plans for improvement! It is not too early to start thinking Festival de Artes 2027 -which will be March 14, 2027!

We want to thank all the volunteers who come out and help us put on the event from the ticket sellers, beer garden staff, set up and take down crew, merchandise sellers and our raffle and silent auction team! As we say, it takes a village, and we are so pleased we have a village that cares about what AdA does

and why we do it! We especially want to thank our dynamic duo raffle/silent auction leaders Janet King and Cheryl Osborne for their diligence in getting the things we need for our silent auction and raffle! The raffle and silent auction are a major part of our fundraising arm at AdA events and our dynamic duo team got us so many fantastic things. The selection was great and those of you that won, know what I am talking about! So, a HUGE thank you to Janet and Cheryl! So, when you see them, please give them a huge "Thank you!!"

This 2025-26 season, started with a fun fashion show, a first for AdA, and then on to our ever-popular Artist Studio Tour. Folks love the Artist Studio Tour and our artists have fun doing it too. Through those events, along with the festival, we raise money to then buy what the schools have requested. So, now it is time to shop! And that is a big job, but it is why we do these events. It is a labor of love.

Sometimes, I feel like I am always 'harping' on what

*Continued On Page 3*

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## Contributions Can Be Made to the Asociación de Artes

The Asociación de Artes del Mar de Cortez A.C., Los Barriles, B.C. Sur, Mexico is a legal Asociación Civil Mexican corporation not affiliated with any other organization, association, club or business.

## Volunteers Needed!

The Asociación de Artes needs volunteers to help support their programs that bring the arts to the local communities and the schools.

To learn more about these programs, visit: [www.eastcapearts.com](http://www.eastcapearts.com). If you would like to volunteer, send an email to: [eastcapearts@gmail.com](mailto:eastcapearts@gmail.com).

## Call for Articles

East Capers is looking for fiction and non-fiction about our region and items that affect our residents. If you are interested in submitting articles, recipes, stories or your personal experiences in Baja, email your 1,000-words or less article to:

[eastcapersmagazine@gmail.com](mailto:eastcapersmagazine@gmail.com)

## Thank You!

This publication is possible with the help of the board members of the Asociación de Artes and members of the community.



## Newsletter Email Address

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The opinions expressed within the articles in East Capers are those of the author and do not necessarily reflect the opinions of the Asociación de Artes del Mar de Cortez A.C.

Asociacion de Artes Continue From Page 1

**Asociacion de Artes** does, but I always get the question “now what does the Art Asociación do?”. So, let me educate you... there will be a test at the end. **Asociación de Artes del Mar de Cortez A.C.** is our legal name. Commonly known as the ‘Art Association’ or East Cape Arts – our web address is [eastcapearts.com](http://eastcapearts.com) – so I understand the confusion.

We are called Art Association, but we do so much more than art supplies! We provide the things each individual school requests. We ask how we can help, and we get lists from each of the 21 schools and provide everything we have the ability to provide from that list. They might ask for art supplies, sports equipment, teacher desks or chairs, computers, printers, AC maintenance, replacement of AC units and ceiling fans, building repairs, crayons, paper or pencils. We get library books, note books, puzzles, musical instruments for Kinder schools and sometimes refrigerators for the lunch room. Last season we had new soccer goals made for several schools. We often provide the paint that the teachers and parents use to re-paint the schools. We were a part of the big furniture delivery to schools 1.5 years ago. And sometimes we are asked for toilet paper and cleaning supplies. It does not matter what they want, we try to get it. Our main focus is supporting schools and we do this by putting on events. This then provides opportunities for area artists to sell their art which is important for many, as it IS their sole income source. So, we are providing jobs too!!

Our mission statement is “*to help improved the educational experience of the students in the schools we support.*” If the first 9 years of education is a good experience, then those students want to continue on to high school and more and more go onto college. An educated person tends to be happier, healthier and a more productive citizen. Having a high school diploma is becoming more important in Mexico, and we are proud be a part of the reason the students’ strive for the additional years and get a High School diploma!

But, we can’t do this alone. We depend on volunteers,

guest coming to our events, people supporting our raffles and silent auctions, businesses providing donations for our raffles and silent auctions and community support. I know our community would not be the paradise it is if we did not have the organizations we have. The more everyone out there supports, the better it is for all of us in the long run.

**Asociación de Artes** is always looking for more folks who want to get involved for more than just the few hours of festival time. We need more folks to step up who want to be a part of making such a big difference in the lives of students here in the East Cape. And we **do make a difference** to EVERY student in East Cape – that is San Bartolo, El Cardonal, Los Barriles, Buena Vista, El Campamento, Santa Cruz and La Ribera schools. That is making a difference in a lot of young lives!

Please contact AdA and we can discuss how you can help us more than just on event days. We promise a great time, and the feeling in your heart that is priceless knowing that you have made a difference to potentially generations of people in the East Cape!

**Test:**

1. What does the Asocaicion de Artes do?
2. Why do we do it?
3. Who are you volunteering for next season??!!

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**Introduction:** I met Nohemi at a planning meeting for Festival de Artes and after learning of her position, I realized that this is someone that we need to know here in Los Barriles and surrounding areas. Other communities, La Ribera included, have this active foreign resident group to help them solve problems and become more involved here in Baja. Please take time to review what this organization can do for you and watch for their meetings to come to LB – this issue just missed the first one in Los Barriles!

## Municipal Coordination of Attention to Foreign Residents Dependent on the Municipal Directorate of Tourism

By: Nohemi Romero Guzman

What can we do for you here in East Cape:

Generate and monitor relations with consulates and embassies

Follow up on the solution of foreign residents' problems and complaints received in CATTAC and in meetings with the different groups of foreign residents along the different delegations in Los Cabos municipality

Installation of citizen advisory board in each neighborhood, district and delegation of foreign residents

2 Monthly meetings with the citizens advisory board and follow-up of cases in their representative communities

Link with culture and municipal areas to publicize activities and events to foreign residents (<https://www.facebook.com/groups/frcabo/>, Foreign Residents Los Cabos), Talk of the town ("Talk of the Town" BCS, facebook)

Installation of foreign residents' business representative board

In CATTAC, you can find:

The Tourist Police

Municipal Tourism

Public Ministry

Federal Consumer Protection Agency (PROFECO)

National Areas Commission Protected Natural Resources (CONANP)

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## Art, New Contacts, Design Ideas & Mezcalitas

By: Michael Thomson

On February 4, 2026, I was fortunate enough, for the first time, to participate in the “Artist Studio Tour of Los Barriles” (the “ASTLB”). At P \$100 for a ticket, it was perhaps the best value purchase of the season. I really had no preconceived notions of what the “Tour” would consist of on that day. Rather, living in El Cardonal, the home of “muy tranquilo”, it was a day trip and road trip rolled into one. Two of my neighbors, one a ceramic artist, drove in with me that day.

While I had previously attended art shows in LB and La Rivera, and enjoyed them, the ASTLB was something altogether different. It is a much more visceral and personal experience. You start the tour by handing in your ticket at Baja Properties in return for a map. The map features about 22 different homes of featured artists. The tour takes you from within steps of Baja Properties to Looney Loop to Buenos Aires to Calle Elephant Tree. It was a little bit like a treasure hunt. After grouching to my compadres that the “map wasn’t to scale”, I realized that the organizers had thought of everything. They had actually printed those very words on the map. Shame on me!

For anyone buying or renovating a home, the ASTLB is a must. The second and fourth stops were a veritable cornucopia of creative design ideas, from use of space to outdoor design and landscaping. One of the artists, Linda Bena had spruced up older cupboards by painting them vibrant colors. Each panel featured a cup, bowl or water jug in amazingly intricate detail. It was a kitchen come art gallery. I ended the tour there by paying for my small original artwork, coffee cups of course, in striking colors, and taking a picture of her azure blue metal, hand crafted French doors.

While walking through Looney Loop to the next stop, home of the Naylor, we stopped, with other tour members, to marvel at a massive orange vine lighting up the entire length

of an exterior wall of a casa. I had never seen a more handsome specimen of the “Orange Trumpet” vine, an evergreen BTW - thanks Google. The ASTLB was life, imitating art, on the way to looking at art.

Our triumvirate next toured the home of the Naylor, Mary and Jim. The Naylor have a spectacular home that bursts with colors, creative spaces, high ceilings and courtyards. Oh, and did I mention the stand of bamboo outside the front door that hosts some 20 – 30 orioles? Jim sat around the kitchen island. He is an interesting and affable man and just happened to mention that he repairs wing foils – good to know for a beginner. Going through Mary’s outdoor studio/casita is a splendid, immersive experience. Hanging up outside was a large-scale painting of colorful fish. Mary nailed the motion inherent in a bait ball. I purchased one of Mary’s prints of a pelican. I’m amazed that my girlfriend, suddenly obsessed with Pelicans on her second ever visit to Baja, didn’t take it home with her yesterday. The piece is that good!

The last stop of the day was in the Buenos Aires neighborhood, at the home of Christine and Jon. It took me a while to wander inside. I first bought a mezcalita featuring Denuvi mescal, 100% agave angustifolia and hecho in Oaxaca. In keeping with the art theme, I went for the upgrade and had it served in an earthen jug or copita. This porous, handmade clay vessel was reportedly designed to keep the crafted cocktail cool and to enhance the smoky aroma. Apparently, it worked on me for soon thereafter I bought a bottle.

I finally made it inside where I bought my sister a birthday present, some whimsical Mexican themed tea towels. I was welcomed into the stylish outdoor kitchen by Jon, one of the owners. Some tasty snacks were soon on offer. The conversation soon turned to micro beer. I tried to concentrate on one of my favorite topics while taking in the intricate tile design and layout of the outdoor kitchen and the beautiful mural on the exterior wall. Of course, the artist of that mural, an older Mexican gentleman, was on site. I’m hoping to have him paint a mural at my Cardonal casa.

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*Artist Studio Tour Continued From Page 5*

Art and artists aside, the epiphany that I had on February 4 was related to the fine people and volunteers in our community. I had my eyes open to the fact that there is a subculture of over achievers, masking as artisans, that tirelessly strive to make the East Cape a better place. I would like to thank all of the artists for opening up their homes. To a person, each artist was an interesting person and ready to share insights on life and art. Reflecting back now, the day was an almost ethereal experience. Or was that the Denuvi mezcal's influence?

I encourage all of you, art lovers or otherwise, to participate in the art shows put on in the local community. The ASTLB was followed up by an art show in La Ribera. Another great art show, another great day. There is no better win, win proposition in the area. You win by having had a great day and possibly having taken home a great piece of art. Meanwhile, the Community also wins, particularly the schools and the students.

**The next *Artist Studio Tour* is  
February 3, 2027  
Save the date!**



***Festival de Artes*  
is March 14,  
2027!**

***Mark your calendars  
for the events of the  
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## *Tech News That Could Save You Lots of Time!*

By: Lane Sykes

Well, AI (artificial intelligence) has been out in the mainstream for quite some time now. The first couple of years, not many people really had an idea of how to use it daily. My first use was just for fun. I took a photo of my neighbor's house just after they had closed up and departed for the season. I uploaded the photo to Gemini and ask it to add 50 people to their front yard. Wow! It worked! Of course, they knew I emailed the photo, and knew it wasn't actually a real photo since it came from me. AI has matured a lot since the early days. Part of the AI building process was scanning and indexing the entire web. That's a lot of data! Google's Gemini had a head start since global data was the Google business model. But, beware of AI hallucinations. That's a generic term used to describe AI results that just don't make sense. AI is not yet a perfect world but getting better by the hour.

I now use AI for all my internet searches. Why spend time looking at 10 different websites trying to get information when AI will search 50 websites and summarize all that

data. For instance, this morning I asked AI to compare a MacBook Pro and a MacBook air. AI looked at over 50 websites and gave me a side-by-side comparison with recommendations on how I might use each.

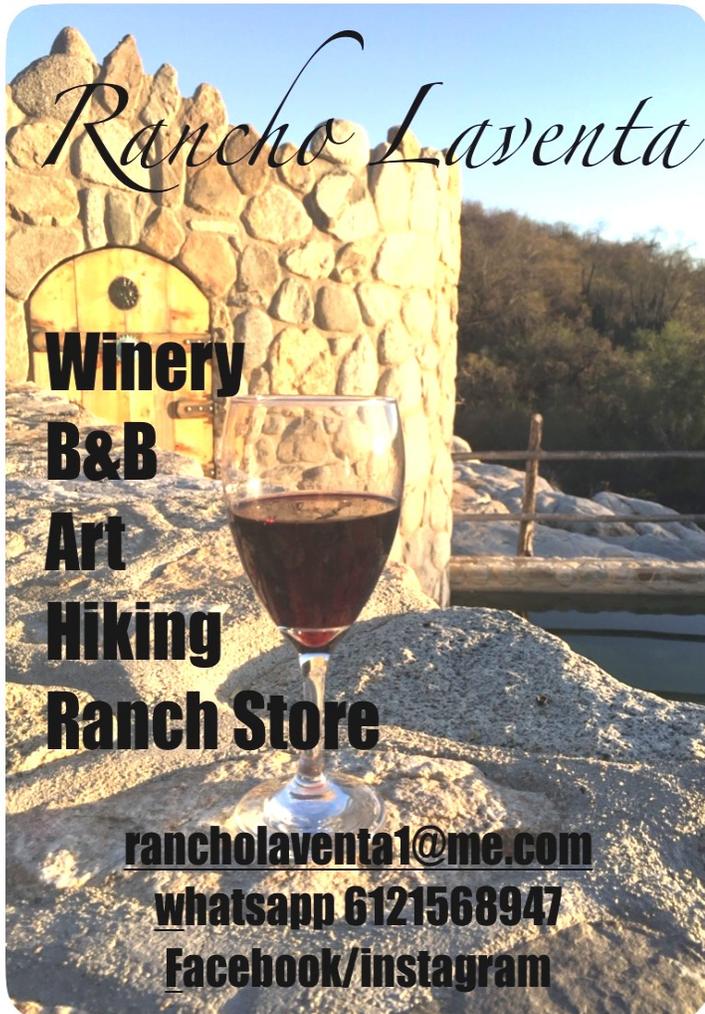
Google's Gemini can create a 30 second song on the subject of your choice with a music genre of your choice. I created three rap songs for my grandkids with their individual interests. They were impressed that I could sing rap.

Beware of internet searches for tech support. Remember Google started life as an internet ad company using search results to post targeted ads. As an example, if you Google a search for HP Tech support, the first few hits that you see are actually ads with an 800 number to call. Scammers by ads from Google that look and feel like HP or any tech company. There are some key warnings: those "tech support people" ask to log into your computer and/or money. I just tested AI for tech support phone numbers, perfect, no ads, no nonsense.

Setup alerts to your phone from credit cards. That's the fastest way to discover a fraudulent charge. Anytime I use my card, I get a transaction alert along with the amount. If you pay by credit card at a gas station and the attendant tells you that the charge didn't go through and asks for cash, then you should request a factura (an official receipt). If you have those alerts setup, you would know immediately that the charge was posted. However, that factura would be evidence of fraud to file with the credit card company.

Tired of searching for cash as you approach all toll roads in Mexico. I just went through the process of acquiring a digital wireless pass. It's not easy but if you're persistent it works. Here is the web address to apply: <https://iave.capufe.gob.mx/#/>. If you have Google Translate installed as an extension, English will pop up. The website will have you pre-purchase the pass which will cost 90 pesos. Make sure you create an account, that's super important later. The tag is valid for one car and is affixed to the front window 2 cm below the rear-view mirror. If you pick up your pass at the north office building, park in the covered area. Follow the sidewalk to the office. The first building is an equipment room. You need to enter the first door at the second building. Tap loudly on the glass. If no one answers, see if there is a spare person handing out the day passes to open the door. I had printed out the purchase forms, very handy. The office doesn't speak English. Once you have the pass, go back online to your account and add the Pass Number (and license plate number) found below the barcode. Do not enter the last number. You can also "top up your tag" via the website and credit card. You can add pesos at OXXO, Sorianas or other locations. You can pick up the pass at the San Jose office as well. But you have to select one location when you apply.

For about five years now I have had a carefree Brother Laser printer. That's totally different than an inkjet printer. How printers work: Inkjet printers spray tiny droplets of liquid ink from cartridges onto the paper. Laser printers use a laser to project an image onto a drum, then apply powdered toner (which is fused to the paper with heat). Sounds complicated enough but the laser printer has no ink to dry out over the summer. No printer heads that consume ink in the cleaning process. If all you need is black and white copy, consider a laser printer.



# EAST CAPE

HEALTH CENTER

## *Health, Innovation, and Community in the East Cape*

In the East Cape, access to quality healthcare services continues to evolve thanks to initiatives that not only address immediate needs, but also prioritize prevention and long-term well-being. East Cape Health Center has strengthened its role within the community through efforts that combine direct medical care with new models of comprehensive care, generating a tangible impact across different stages of life.

### **Prevention from an early age**

As part of our commitment to the community, East Cape Health Center, in collaboration with Club Rotario Cabo del Este and the Rotary Club of Nevada City, carried out its Annual Health Screening in various schools throughout the region. During this initiative, care was provided to children from Los Barriles, Buena Vista, El Cardonal, El Campamento and San Bartolo reaching more than **710 students**.

### **East Cape Integrative / Functional Health**

Beyond community health initiatives, healthcare in the region is evolving toward more comprehensive models, where the goal is not only to treat illness, but to optimize health in an integrated and intentional way.

In this context, East Cape Integrative Medicine emerges as a new concept focused on advanced recovery therapies within a holistic framework, caring for patients from a broader perspective that considers both their physical condition and overall well-being.

As part of this evolution, a dedicated space has been created to bring this model of care

*Continued On Page 10*



**“I guess we’ll never know why they beach themselves”**



# G&T

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*East Cape Health Continued From Page 9*

closer to the community, offering an environment centered on recovery, balance, and continuous patient support, all guided by structured clinical protocols and safety standards. This new center allows for the integration of multiple therapeutic tools in one place, enabling more personalized, closely monitored, and accessible care.



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- Wound care: specialized attention that promotes safer and more efficient recovery processes.
- Hyperbaric therapy: One of the core pillars of this new approach, designed to support recovery, reduce inflammation, and enhance overall wellness, delivered under strict safety protocols and continuous patient monitoring.

In an environment where healthcare needs continue to evolve, initiatives such as the Annual Health Fair and the implementation of new models like East Cape Functional Health reflect an important shift in the way the community is cared for.

**Furalysis**  
noun

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## ***Club Rotario Los Barriles: Serving Our Community, Building Our Future***

By Linda Snider, 2025-2026 President

Club Rotario Los Barriles is a dedicated group of neighbors, friends, and community leaders united by a shared mission: Service Above Self. Rooted in the heart of our community, the club works year-round to improve quality of life, support local families, and invest in projects that create lasting, positive impact for Los Barriles and surrounding areas. Through collaboration, fellowship, and a strong spirit of volunteerism, Club Rotario Los Barriles addresses real community needs. From health and education to youth development and infrastructure, Rotarians are proud to turn compassion into action—always working hand in hand with local organizations, businesses, and government partners.

We wish to thank everyone near and far who partnered with us in our projects and donated money to further the work we do. As vacationers, visitors, part time residents come and go, please take with you a thank you for your support this year. Further, we appreciate the generosity of local busin-

nesses, full time residents, Rotary Clubs in the USA and Canada, non-profits here in Los Barriles & San Jose and assistance from our local government, Delegacion de Los Barriles, Mayor Carlos, Los Barriles DIF, Los Barriles Centro de Salud, Los Barriles Sports Assn. (Carlos Gamboa) and staff at local schools and library.

At the writing of this article we are busy getting ready for our Fiera Vaquera on March 29, 2026 at El Ancon Sports Complex. Thanks to the generosity of the John Gullo Family Foundation, we will be able to host a western themed fair at the complex in an attempt to raise money to add to moneys pledged by La Paz Municipality and finally get started on finishing the complex started 10 years ago. Our beautiful beaches draw campers & vacationers from near and far to our little town for Semana Santa holiday. Fiera Vaquera is just the start of the many activities the Delegation has planned.

Through every project and partnership, Club Rotario Los Barriles remains focused on building a healthier, more connected, and more resilient community. With the support of our members, volunteers, donors, and neighbors, Rotary continues to make a meaningful difference—today and for generations to come. Your generosity fuels programs for children, families, and community development. Scan the QR code to contribute and be part of the positive change.

Questions? Email us at [info@losbarrilesrotaryclub.org](mailto:info@losbarrilesrotaryclub.org).

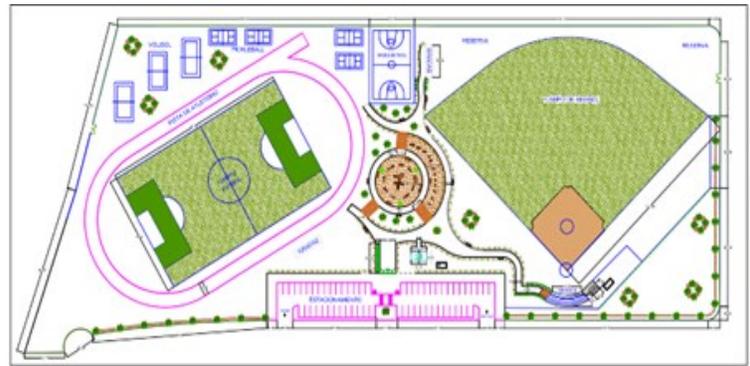


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# Hope Through Adversity

By: Jo Dibblee

Cesar, Nicole, and little Camillo arrived at *New Creation Kids* in January 2024. Fear and uncertainty were etched into every gesture as they clung to each other, fragile and wary. Their eyes were hardened by too many nights under the merciless Cabo sky. Life on the streets had stolen their innocence. Cesar and Nicole were only sixteen. Camillo, their beautiful baby boy, was just ten months old.

They were forced onto the streets by circumstances beyond their control and found each other amidst chaos. Both fled unsafe homes, driven by hope for something better. But the streets offered only coldness, hunger, and fear.

Nicole gave birth to Camillo, and together the young family endured countless nights exposed to danger and despair. When Nicole discovered she was pregnant again, hope arrived. Roberto extended a lifeline: a safe place to stay.

They embraced this chance, determined to build a better future, especially for Camillo.

Both Cesar and Nicole poured their energy into every *Sunday Funday* with us. They helped out with a newfound sense of belonging. Little Camillo clung to his parents, terrified to let them out of his sight. His relentless cries were a raw reminder of the trauma they all carried. Witnessing his heartbreak was almost unbearable.

It took long, patient months for trust and ease to blossom. Gradually, they settled into daily rhythms, laughter replacing silence, and found themselves woven into a new family of hope and acceptance.

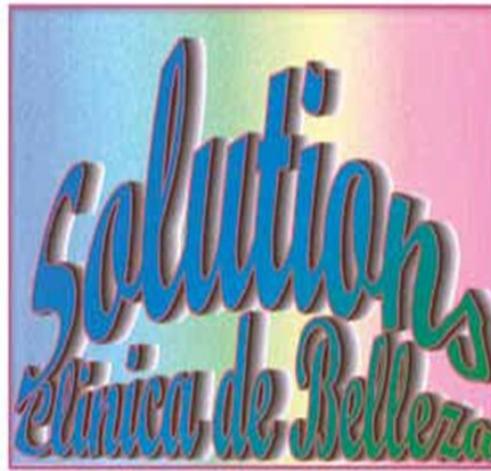
By fall 2024, Nicole and Cesar had blossomed at *New Creation Kids*. Their transformation was remarkable. Strength, confidence, and dreams were taking root. As 2025 began, they made a life-changing decision: to join the organization and work at the Cabo location. They were eager to give back after Illiana was born in December 2024.

New Creation Kids wasn't built for families. When Nicole and Cesar arrived as teenagers, they were separated. Nicole stayed in the girls' dorm. Cesar stayed in the boys. Their longing for unity was palpable, but rules and circumstances forced them apart each night.

In August 2025, Nicole and Cesar moved to Cabo. Jobs and a proper home awaited them. Now, they work for the very organization that changed their lives. They arrived as frightened street kids and left as a family reborn—safe, empowered, and filled with purpose. Their journey is not a tragic statistic; it is a radiant testament to what is possible. Nicole and Cesar are a living, breathing success story of *New Creation Kids* in La Paz.

In December, Nicole returned for a week with Camillo and Illiana in tow. For her, and for the children, it was more than a

*Continued On Page 15*



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Adversity Continued From Page 14

visit. It was a homecoming to the family that had held them through their darkest days.

And yes, tears filled my eyes as I watched them, radiant with happiness, health, and a sense of purpose that once seemed unimaginable. Cesar returned just last weekend, volunteering with a heart full of gratitude and determination to give back to the home that had truly saved their lives. The transformation in these two young parents defies words. Their faces, once etched with fear and struggle, are now lit with a joy and peace that can only come from surviving the impossible and finding hope on the other side.

I share this story so you know the hope your support creates. Without you, Cesar and Nicole would face a very different future — and there are so many more children just waiting for someone to believe in them.

If you have ever wondered where your donations go and whether they make a difference, look no further than Cesar, Nicole, Camillo, and little Illiana. Every peso you give is a lifeline. Every contribution is a chance for another young family to find safety, dignity, and a future worth living for.

Today, we are asking you to be part of that story.

Donate now and help us open our doors to the next Cesar and Nicole. Whether it is a one-time gift or a monthly commitment, your generosity directly funds safe housing, mentorship, meals, and the kind of patient, unconditional love that turns frightened street kids into confident, thriving parents.

And if you are moved to do even more, consider sharing this story. Tell a friend. Post it online. Let the world know that transformation is possible — because it is, and we have seen it with our own eyes.

More exciting news — this season, we undertook a massive project to build a transition house, Alas de Libertad, for the children who age out at 18. Alas de Libertad will ease young people into adulthood with the tools, support, and confidence they need to thrive. We are in the second phase of completion, and every donation brings us closer to opening those doors.

Will you help us finish what we started? Your support today means a young person tomorrow will have a safe, dignified place to land as they step into the world.

***Donate. Share. Believe. Together, we can make more stories like Cesar and Nicole's possible.***

April — May 2026

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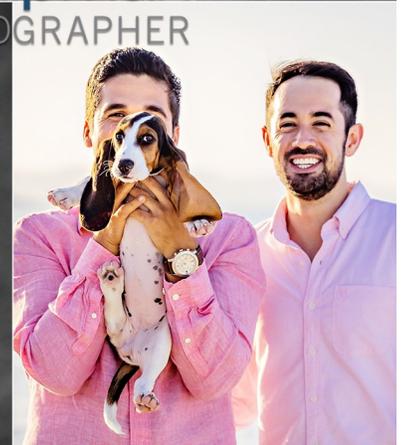


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## San Bartolo Dulce de Fruta

By: Renée Lagloire, M.A. Anthropology

San Bartolo is a village located on the Sea of Cortez side of the Baja peninsula, halfway between San Jose del Cabo and La Paz in the state of Baja California Sur in Mexico. It is situated at km 128 of the Trans-Peninsular Highway, approximately 11 miles (18 km) from coastal Los Barriles, heading inland and upward towards La Paz. San Bartolo is easily recognized for its thatched roof restaurants and shops on the main road. The village has speed bumps along its length. In Spanish a speed bump is called a *tope*, leading to ex-pats jokingly giving San Bartolo the nickname of “*San Bar-tope*.” Locals proudly refer to themselves as “*iguaneros*” (people of the iguana), probably because of the many iguanas found in the village. One tree-climbing and rock-loving species (the Cape Spiny-tailed iguana), is endemic to the East Cape region, and has been found in orchards on the outskirts of San Bartolo.

Located in a canyon on the eastern side of the Sierra de la Laguna mountains, San Bartolo is nestled at an elevation of approximately 1000 feet. It is a semi-tropical oasis in the arid foothills that rise beyond the village. San Bartolo has a supply of mountain-fresh water and is known for its orchards. The irrigation system in the village orchards

relies on a long-standing tradition of controlled flooding, which allows for thirsty trees to thrive. Mango, guava and citrus trees are the most commonly grown fruit. This trio of non-native agricultural crops was introduced into Baja California Sur by the Jesuits from 1697 to 1768, laying the groundwork for an important part of the village economy in modern times.

San Bartolo is known for its cottage industry – the production of sweets from the fruit of the orchards. Local artisan farmers prepare the fruit for their family consumption, and for sale, offering fruit-filled turnovers (*empanadas de fruta*), jams (*mermeladas*), and fruit preserves (*dulces de fruta* or *ate*). The *dulce de fruta* requires the combination of prepared fruit and sugar, and a process of boiling it all down in huge copper vats. The mixture is thickened so that the fruit turns to a paste that can be sliced. *Dulce de fruta* has its roots in ancient Mexican cultures, where honey and agave sap were used to preserve native fruit. The conquering Spaniards introduced sugar, and the modern *dulce de fruta* was born, the product of a hybrid of cultures. Because it has a shelf life, some of the producing families in the village sometimes retained buckets of their *dulce de fruta* not only for their family’s enjoyment, but also as a type of savings account, with the product sold in the off-season to meet unexpected expenses.

In Mexico, *dulce de fruta* is often paired with farmers’ cheese (fresh cheese), known as *queso fresco* or *queso panela* in Mexico. However, if you want to reach a whole new level of appreciation for the pairing, try this recipe for fried cheese and serve it with San Bartolo *dulce de fruta*.

### Queso Frito con Dulce de Fruta de San Bartolo - Fried Cheese with San Bartolo Dulce de Fruta

Queso Fresco or Panela

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1. Cut cheese into planks or sticks.
2. Fry until golden in hot oil.
3. Serve with slices of *dulce de fruta*, and optional salsa and tortilla chips.



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Matthew 28: 5-7

5 Then the angel spoke to the women. “Don’t be afraid!” he said. “I know you are looking for Jesus, who was crucified. 6 He isn’t here! He is risen from the dead, just as he said would happen. Come, see where his body was lying. 7 And now, go quickly and tell his disciples that he has risen from the dead, and he is going ahead of you to Galilee. You will see him there. Remember what I have told you.”



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## Why Should I Exercise?

By: Sefi Held

It would be great if we had a magic potion that could help us live longer, handle stress better, lessen the chance for disease, manage weight and keep us positive and productive. Surprise!! Physical activity is not magic but on a regular basis, it can lead to a lot of amazing benefits and be your most effective secret weapon.

Aging well isn't only about preventing injury - it's about building functional strength and maintaining the energy to fully enjoy life now and in the future. Research clearly demonstrates that light to moderate physical activity, performed regularly, has a profound effect on your health including improved balance and reduced fall risk. As we age we naturally lose muscle mass and proprioception, increasing the risk of falls and injuries.

Coronary Heart Disease (CHD) is a leading cause of death in North America and sedentary individuals have almost twice the risk of developing CHD as physically active individuals. It appears that individuals with hypertension (or borderline hypertension) - a significant factor for CHD - can moderately reduce their arterial blood pressure through physical activity. It can also help increase the good

cholesterol called HDL cholesterol, while at the same time lowering the blood's concentration of harmful cholesterol, known as LDL's.

Physical activity is not the sole answer to the very complex issue of obesity but exercise has a positive impact on maintaining lean body mass. Someone who regularly challenges their cardiorespiratory system becomes more capable of mobilizing and metabolizing fat.

Low impact workouts, walking and jogging which increase mechanical stress on the skeletal system, may reduce bone mineral loss in aging women and men diagnosed with osteopenia or osteoporosis.

The psychological benefits of physical activity include improvement in self confidence, relief of tension/stress, positive changes in mood, relief of feelings of depression and anxiety, increased alertness and energy and development of positive coping strategies in daily activities. People of all ages can realize these benefits especially the increased enjoyment of social contacts. My social connections are very special and with my friends, it is all about presence and not the achievement and performance of our younger, crazier years.

If you are currently committed to an exercise program, congrats - keep up the good work. If you're just starting out make sure that you choose a variety of activities that you enjoy since this will bolster your compliance to the activity. Enhanced health can be yours even without a magic potion!!

Wishing you all an enjoyable summer, move, stay healthy, happy, kind and hopeful.

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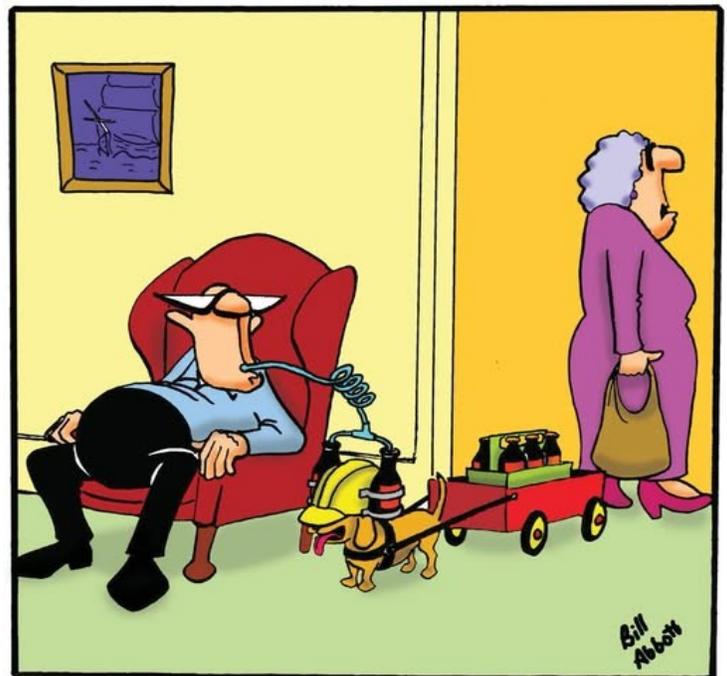
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## *The History Timeline of Baja*

By: KT Morgan - Insider Guide

### The Baja Timeline

\* 1533: The First Landing – Fortún Ximénez leads a mutiny against Captain Diego de Becerra, lands at La Paz, and finds the first black pearls. He is killed by the Guaycura.

\* 1535: The Failed Colony – Hernán Cortés attempts to settle "Santa Cruz" (La Paz). It's a total blowout; 23 men starve, and he abandons it in 1536.

\* 1565–1730s: The Pirate Era – The Manila Galleons begin their trade runs. Pirates like Sir Francis Drake (1578) and Thomas Cavendish (1587) use Cabo's "Arch" as a hideout to ambush treasure ships.

\* 1697: The Jesuit Mission Era Begins – Father Juan María de Salvatierra founds Mission Loreto, the first permanent Spanish settlement. Over the next 70 years, the Jesuits build a chain of 17 missions.

\* 1734–1737: The Pericú Revolt – The Pericú and Guaycura tribes rise up against the missions in the south. They kill Father Tamaral in San José del Cabo and Father Carranco in Santiago.

\* 1768: The Jesuit Expulsion – The Spanish King kicks the Jesuits out of the New World.

\* 1768–1773: The Franciscan Era – Led by Junípero Serra, the Franciscans take over. They quickly shift their focus north to "Alta California" (starting in San Diego in 1769).

\* 1773–1834: The Dominican Era – The Dominicans take over the Baja missions while the Franciscans handle the north. They build the final missions in the northern part of the peninsula.

\* 1821–1822: Mexican Independence – Mexico wins independence from Spain. Baja officially becomes a Mexican territory in 1822.

\* 1848: The Split of the Californias – The Treaty of Guadalupe Hidalgo ends the Mexican-American War. The U.S. takes Alta California, while Mexico keeps the Baja peninsula.

The Modern Baja Timeline

\* 1848–1900: The Mining Boom – Gold, silver, and



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copper take center stage. The French-owned El Boleo mine in Santa Rosalía becomes a massive operation, and the hills around El Triunfo and San Antonio are buzzing with miners.

\* 1890s–1940s: The Sugar Era – Thanks to the freshwater oasis, Todos Santos becomes the "Sugar Capital." Huge plantations and mills (trapiches) dominate the landscape until a devastating, multi-year drought dries up the water table and kills the industry.

\* 1910–1920: The Mexican Revolution – While the mainland is in chaos, Baja remains relatively isolated, though it creates the political foundation for the modern state.

*Continued On Page 21*



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Timeline Continued From Page 20

\*1940s–1950s: The Rodriguez Era – General Abelardo L. Rodríguez (former President of Mexico and Governor in Tijuana) sees the potential for tourism. He builds the first "fly-in" fishing resorts like Las Cruces and Palmilla, catering to Hollywood elites who could bypass the lack of roads.

\* 1952: Northern Statehood – The northern half of the peninsula becomes the State of Baja California, while the south remains a territory.

\* 1971: The Fideicomiso (Bank Trust) – Realizing they need foreign investment but wanting to protect the coast, Mexico creates the Fideicomiso. This is the "Big Bang" for real estate in the Restricted Zone; it makes it safe for Americans and Canadians to invest.

\* 1973: The Transpeninsular Highway (Hwy 1) – The "Baja 1000" dream becomes a reality for everyone. For the first time, you can drive from Tijuana to Cabo. This changes everything, ending the total isolation of the south.

\* 1974: BCS Statehood – Baja California Sur finally officially becomes Mexico's 31st state. □

\* 1970s–1980s: The Infrastructure Explosion – FONATUR (the government tourism fund) steps in. They build the San José del Cabo International Airport (1977) and the Cabo San Lucas Marina (early 80s), turning a sleepy canner town into a global hub.

It's crazy to think that until 1973, you basically had to be a pilot or a pioneer to get down here. The collapse of the sugar industry in Todos Santos was a tragedy at the time, but it's what paved the way for the "Golden Era" of fly-in fishing and eventually the luxury market we have today. The Fideicomiso was the secret sauce—without that legal security, all the highways and marinas in the world wouldn't have brought the investment that built the Cabo we love.



## *A Heartfelt Thank You from Baja Shakespeare*

By: Sheryl Segal

To the entire Los Barriles community,

From the bottom of our hearts, thank you.

Your unwavering support, enthusiasm, and encouragement have been the driving force behind Baja Shakespeare. For an incredible 26 years, every applause, conversation, shared laugh, and word of encouragement reminds us why live theater matters—and why it belongs here on the East Cape.

This year, your support helped bring *The Little Baja Mermaid* to life, a production that celebrates love, family, and our deep connection to the sea. We loved sharing this story with our community, and your warm response affirmed the power of theater to reflect the place

we call home.

Because of you, we are inspired to keep telling stories, taking creative risks, and bringing the magic of live performance to Los Barriles. Your belief in the arts helps ensure that live theater remains a vibrant presence on the East Cape—one that brings people together, sparks imagination, and celebrates our shared humanity.

We are deeply grateful to be part of a community that shows up so generously for the arts. We look forward to continuing our work and welcoming you back for many more nights of live theater.

With sincere thanks and appreciation,  
**Baja Shakespeare**



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# The Storyline and History of Los Cabos

By: KT Morgan – Insiders Guide

Once upon a time, the sleepy fishing village of Cabo San Lucas was cut off from the world due to its remoteness. Every day the people toiled and struggled to feed their families. One day Rod Rodriguez the son of a former President of Mexico decides to build a fishing resort for wealthy celebrities.

He and his American actress wife Lucille Bremer built the very first resort in southern Baja naming it Hotel Rancho de Las Cruces. They invited their celebrity friends from Hollywood who spread the legend of the incredible beauty and amazing fishing to be had on the southern shores on the Baja. This 10,000-acre retreat was only accessible by private plane or large yacht which drew the wealthy celebrities from California and the rich oil barons of Texas.

One day while flying over the southern tip, Rod found a favorable bay near the small colonial town of San Jose called Punta Palmilla. He purchased this area as well as the Bahia Chileno and began construction of the Hotel

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Los Barriles, B.C.S next to Carmens Cafe

Palmilla in 1956. He hired both Bud Parr and Carlos Ungson who both went on to be pioneers of Los Cabos. In 1961 the Hotel Cabo San Lucas opened on the gorgeous Bahia de Chileno. Further cementing Los Cabos as the fishing capital for the rich and famous. Soon after construction of The Camino Real commenced and opened on the famous Medano Beach in 1964.

Another private airstrip was constructed on what is now the Cabo Marina. This iconic hotel was bought by Bud Parr renamed The Hotel Hacienda in 1977. The impressive Hotel Finisterra was opened in 1972 by Luis Bulnes on the craggy hillside overlooking both the Pacific and the Sea of Cortez. Two years later Sr Bulnes opens Solmar Suites Hotel on the southern tip.

Because of these original hotels and tales of the amazing fishing, the government of Mexico got involved. In 1974 they began dredging a modern marina, constructed the daring 1000-mile trans peninsular highway opened an international airport and designated BCS as the newest state to Mexico. And here we are today.

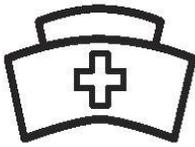
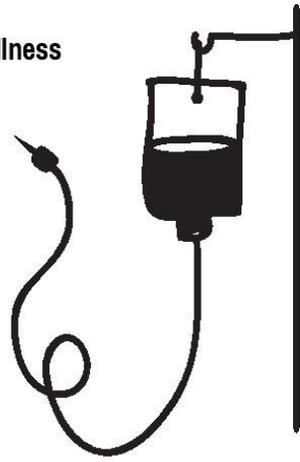
Los Cobos is recognized as one of the top luxury destinations in the world. With already some of the most award-winning resorts Los Cabos is currently exploding in growth. And for good reason. Where else is there such raw natural beauty, clean air and beaches, friendly people and a safe, convenient location as Los Cabos in Baja California Sur.

The big boys of luxury resorts have either just opened or are being built. Names like Ritz Carlton Reserve, The Montage, The Four Seasons, Aman resorts, Nobu, Hard Rock, Cesar's Palace and the St Regis Los Cabos are redefining luxury beach resorts. The future sure is bright for this once sleepy fishing village where Land Ends and adventure begins.



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## *Crescent Moon Project Artist Collective Brings Art in Bloom to Life*

By: Betsy Fox

While this event will have taken place by the time this article is published, we wanted to share how local artists support Crescent Moon Project student artists throughout the season in preparation for one of our most anticipated events of the year—**Art in Bloom: Watch Them Grow!**

At the heart of this special evening is Los Barriles' vibrant and generous art community. Through the Crescent Moon Project's Artist Collective, professional artists volunteer their time and talent to mentor small groups of student artists in multi-session workshops. Spanning disciplines such as painting, sculpture, print-making, photography, collage, and textile arts, these hands-on experiences introduce children to professional techniques and creative processes they might not otherwise encounter.

Even more importantly, these workshops create space for meaningful connections. Students not only learn new artistic skills, but also build confidence, develop their creative voice, and experience the encouragement that comes from working alongside practicing artists.

Guided by Artist Collective Coordinator Sonia Lunceford, Teacher Erika Yasmin Meraz, and a dedicated team of volunteers, each mentorship culminates in a powerful collaborative artwork created by both artist and child. These collaborative pieces are more than just finished works of art—they are tangible expressions of mentorship, trust, and growth. They tell the story of what happens when caring, accomplished artists invest in young people: curiosity expands, confidence blossoms, and new possibilities begin to take shape.

In an extraordinary show of generosity, every participating artist also donates an original piece to the event's auction. Together, the student collaborations and donated artworks take center stage at **Art in Bloom**, an evening that celebrates creativity, community, and the transformative power of the arts—and one that sells out year after year.

We extend our deepest gratitude to our 2026 Artist Collective members, whose creativity and generosity make this program possible:

Cristhian Gabriela Rosas Aguilar: Jean Jacket (Textile) Design

Brett Carl: Candle Making

Christene Comstock

Kathrin Exler: Abstract Acrylics

Susie Frazier: Decoupage

Laurie Riley: Collage and Mixed Media

Lawrence Rovner: Acrylic Painting

Tanis Rovner: Acrylic Painting

Julie Shipman: Photography

Wayne Wagler: Collage

Peny Wallace: Clay

Diane Wright: Slab-Built Clay

Carla Lizeth Yannayon Garcia: Mural Design and Painting

As Crescent Moon Project continues to grow, programs like the Artist Collective remain at the heart of our mission—ensuring that children in our community have access to high-quality, inspiring art experiences. We look forward to expanding these opportunities in the year ahead and invite others to join us in supporting the next generation of creative thinkers and makers. Watch for information later in the year on our Crescent Moon Project Facebook page for information on applying to the 2026-27 Artist Collective.

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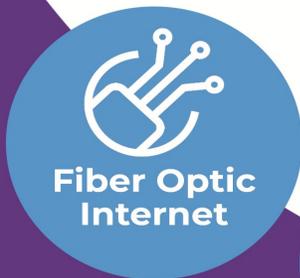
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# When a Family Faces a Medical Crisis in Los Cabos

By Adam Greenberg for Leaders2Give

If you've driven the highway between San José del Cabo and Cabo San Lucas, you've probably seen it. Beyond the resorts and golf courses, the road climbs past hillsides covered with densely built neighborhoods... small homes made from concrete block, plywood, and sometimes tarps, packed tightly together.

These neighborhoods grew quickly as thousands of people moved to the region looking for work in tourism, construction, and service industries. Most people who live there are working hard to support their families. And many of these communities grew faster than basic services could keep up. Many homes still lack reliable running water. Schools may be far away. Public transportation can be inconsistent, and certain areas struggle with crime.

Now imagine something happens to one of those parents or a child. A single mother suddenly needs surgery. A child requires specialized care that is only available on the mainland. In Baja California Sur, medical care often means travel. Sometimes that travel lasts days. Sometimes weeks.

And sooner or later another question comes up.

## What happens to the children? .

In many Mexican families, relatives step in. A grandmother may take the children. An aunt might bring them into her home. Neighbors often help one another when things get difficult

But not every family has that safety net. Sometimes relatives live far away. Sometimes they are already caring for many children of their own. And sometimes the only option is leaving children and asking neighbors to check in on them

From the outside, that might sound workable. But in some of the rapidly growing colonies surrounding San José and Cabo, it can mean something very different. School can fall by the wayside. Older siblings often end up looking after the younger ones. A neighbor might check in now and then, but no one is really responsible for the children day to day.

One of the stories that helped inspire the creation of the children's home in El Cardonal came from a mother named Giovanna who had to take her young son for medical treatments. While the government was able to provide temporary housing for Giovanna and her sick child during treatment, there was no place for the rest of the

*Continued On Page 26*



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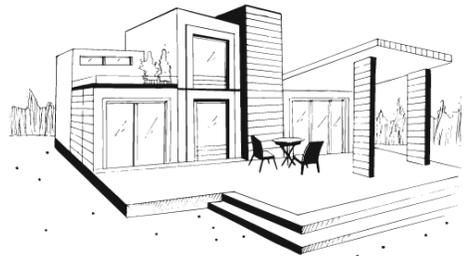


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*Medical Crisis continued From Page 25*

family to stay.

Giovanna had to leave her four other children behind in the colonies near Cabo San Lucas. She explained that they were staying with friends (what she called “aunties”) in a neighborhood where safety was uncertain. School stopped and food and supervision became inconsistent. Situations like this are more common than many people

realize when serious health problems arise. The children’s home in El Cardonal was created to help fill that gap by providing a safe, temporary place where children can stay when their parents must travel for medical care and have no safe childcare options.

As the project has evolved, the facility is now being referred to as the El Cardonal Children’s Home, or in Spanish, *Albergue para niños El Cardonal* (formerly the *John Gullo Home for Children*, and previously known locally as *Casa Hogar para niños John Gullo*). The name reflects the community where the home is located and makes it easier for local families to understand what the home is for (albergue vs casa hogar).

The need for something like this isn’t theoretical. Many people in Baja have lived through situations like these themselves. During a recent webinar, one woman who grew up in Baja shared what her childhood looked like when her mother had to travel frequently for medical treatment.

“When I was born my mom was traveling a lot to Guadalajara for her health,” she said. “We lived in a little 10 by 10 room... there was a lot of chaos, just siblings raising you, and there was a lot of malnutrition and poverty.”

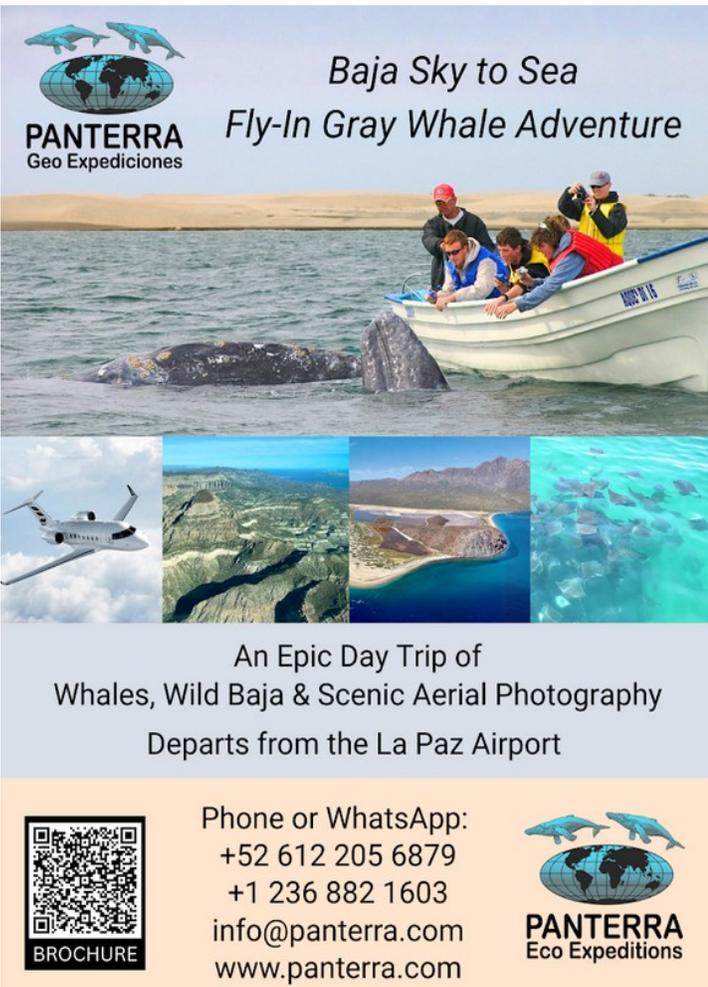
She had joined the webinar because she had heard about the children’s home and thought it was a good idea. “I wish that I would have been left in a place like that instead of at my home.”

People working around the El Cardonal Children’s Home hear stories like this often. Belen and Sarah, the facility directors, spend much of their time meeting with families, listen-

Right now, one of the most important priorities for the team is deepening relationships within local communities through grassroots outreach and collaboration with local leaders who already have the trust of families. If you are someone who has connections within these communities, or who can help introduce the project to people who should know about it, those connections can make a real difference.

The goal of the home is not to replace family networks or the strong culture of neighbors helping neighbors that exists throughout Baja. It is simply meant to offer another option when families run out of safe choices. Because when a parent is facing a serious medical emergency, the last thing they should have to wonder is whether their children will be safe while they are away getting the care they need.

While this article focuses on situations that families face in Los Cabos, the El Cardonal Children’s Home serves families throughout Baja California Sur, where similar challenges exist in many communities across the state. Learn more at [leaders2give.org](http://leaders2give.org).



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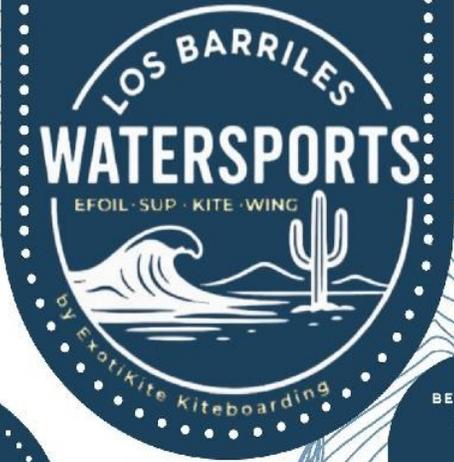
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## ***Community Volunteers Warm Children's Lives with Handmade Creations***

By: Annette Kaiser

During the summer of 2025, the dedicated volunteers of CapsforCancerBaja, a grassroots organization based in Los Barriles, Baja Sur, Mexico, devoted their time and skills knitting and crafting items to bring comfort for children facing medical challenges. Their mission: to provide warmth, comfort and a touch of joy to young patients undergoing medical treatment.

Volunteers produced hundreds of soft caps, cozy blankets, sweaters, warm socks, and stuffed toys, each piece lovingly handmade and delivered to local hospitals and rehabilitation centers.

These thoughtful gifts have made a meaningful difference, with families and medical staff expressing heartfelt appreciation for the comfort and hope they bring to children during difficult times.

Despite varying skill levels, every volunteer shared the same goal: to make a child smile during one of the hardest battles they will ever face.

"Each stitch is a small act of love," one volunteer shared, reflecting the spirit that drives the group's efforts year after

year.

### **A Heartfelt Thank You**

A sincere thank you goes out to every volunteer who contributed their time, creativity, and care. Your dedication and kindness have brought warmth and hope to so many children and families. Your efforts truly make a difference.

### **How You Can Help**

To continue their work, CapsforCancer Baja is seeking soft, child-friendly yarns. Every skein helps the group create more handmade items for children in need.

To donate yarn or learn more about volunteering, please reach out to Annette Kaiser ([iikaiser@frii.com](mailto:iikaiser@frii.com)). Your support helps keep little heads warm and little hearts hopeful.

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## *How the Holy Week and Easter are Celebrated in Mexico*

In the country of Mexico, the majority of people are Catholics, a denomination of Christianity. The Holy Week in this faith begins with Palm Sunday and ends with Easter Sunday. The days in between include Holy Thursday, Good Friday, and Holy Saturday. These days are sacred to the faith, as they are the days Catholics believe Jesus Christ celebrated the Last Supper with his apostles, was crucified, and then rose from the dead after three days. Here is how *Semana Santa* (Holy Week) and Easter are celebrated in Mexico:

### **Palm Sunday**

The 40-day season of fasting ends with *Domingo de Ramos* (Palm Sunday), which celebrates the arrival of Jesus in Jerusalem. He was greeted like a king by the people there, who laid down palms in his path. Churches throughout Mexico will transform the decorations from the simple look of Lent to prepare for the next seven days. Attendees of mass are given a palm that is blessed. Many people may weave crosses, wreaths, or other shapes out of palms to hang in their home until next Ash Wednesday (when the holy palm is burned).

In some cities, the churches may plan a reenactment of the day Jesus entered Jerusalem. Before or after this procession, Catholics will attend mass.

### **Holy Thursday**

This day commemorates the evening when Jesus shared a meal with his 12 disciples. Jesus then prayed in a garden, knowing what the next day held. To commemorate this solemn occasion, Mexicans may travel to multiple churches throughout the evening, praying as the disciples of Jesus prayed.

### **Good Friday**

Most businesses and schools throughout Mexico will close on *Viernes Santos* (Good Friday). Similar to Palm Sunday, actors may be seen reenacting Jesus's journey carrying the cross to the place of crucifixion. They will follow the 14 Stations of the Cross, which are prayed on Fridays throughout Lent as Catholics remember the grueling process.

From 12-3 pm, a quiet will fall over some Mexican cities; these are the hours that Jesus is believed to have been dying on the cross, so the silence is a respectful mourning. As with all Fridays during Lent, meat is not consumed and meals should be modest.

### **Holy Saturday**

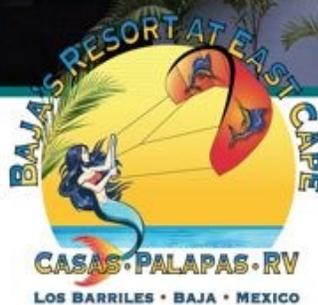
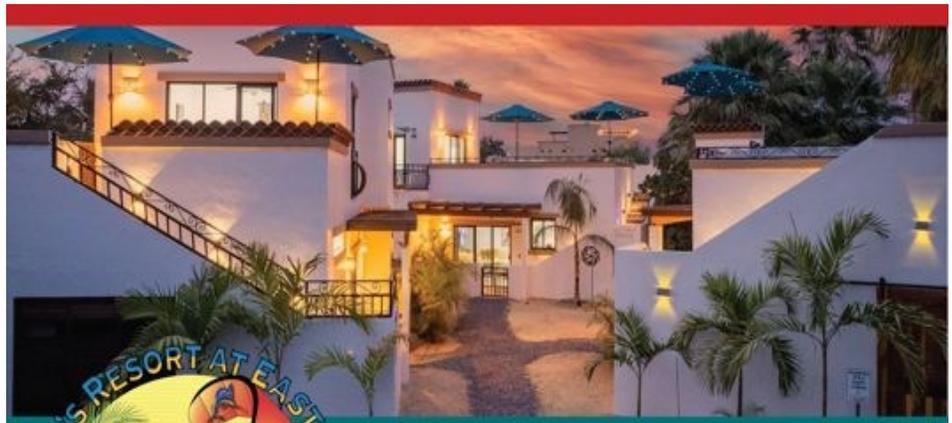
*Sabado de Gloria* (Holy Saturday) is perhaps one of the most unique traditions of Holy Week in Mexico. Judas was one of Jesus's 12 apostles, but he was the one who betrayed Jesus and accepted payment to turn him into the

people who would crucify him. Therefore, he is much despised by the faithful for his failed loyalty.

Cardboard and paper are decorated to resemble Judas. He is made very ugly on purpose, sometimes even resembling a devil or modern celebrities. Then, these figures are burned at a lively gathering that stretches into the late night.

This day is also the Easter vigil. The mass is rather long this day due to a lengthy reading. Candidates for Catholicism and baptized Catholics can also receive sacraments at this mass, after

*Continued On Page 32*



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## Paul's One-liners

By: Paul LaGloire

- ⇒ An expenditure is simply a sophisticated expense.
- ⇒ At the bank, I deposit it; then my wife disposes of it.
- ⇒ Vini, Vidi, Visa ... we'll go, we'll see, we'll pay later.
- ⇒ Vini, Vidi, Scrammi ... I came, I saw, I left without paying.
- ⇒ A credit card with a high credit limit is a thing of beauty that invites a few more indeed.
- ⇒ Avarice was on the minds of Merrill and Lynch a lot.
- ⇒ When money talks, it costs you a fortune just to listen.
- ⇒ After the Christmas holidays, even my Visa card is in the spirit of humility.
- ⇒ The time saved for vacation is payable for months after.



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- ⇒ Charged with another accursed late fee, I get even, mailing payment with a post-dated check.
- ⇒ Home is a place where comfort is on monthly payments.
- ⇒ My rich uncle's fortune is with lots of mutual funds; what part of mutual does he not understand?



### *Easter In Mexico Continued From Page 31*

undergoing the proper preparations.

#### **Easter Sunday**

In contrast with many other countries, the day of *Domingo de Pascua* (Easter) is fairly reserved in Mexico. There are no bunny costumes or hunts for plastic eggs. Families will generally attend mass in the morning and enjoy a large meal together later in the home. During Easter mass, Catholics renew their baptismal promises to the Church and the faith. Some cities may have a festival and parades in the main square. Fireworks and dancing may carry into the evening as the night progresses.

These Catholic feast days are "floating holidays," which means the exact day of the month will change year to year. However, the days listed above always happen within the same week.

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## *Hernán Cortés 1535: The Bloody Arrival and the Modern View*



Bay of Dreams—or Muertos Bay

Long before the luxury villas, the "Bay of Dreams" had a much darker name: Ensenada de Muertos. While modern developers rebranded it to sound more inviting, the original name—Cove of the Dead—is a haunting reminder of the brutal reality of the Spanish arrival.

In May 1535, Hernán Cortés personally led 500 settlers into this region, driven by rumors of the "Island of Pearls." But the desert is a harsh judge of character. Within two years, the colony was a disaster. Starvation and fierce resistance from the local tribes left dozens of Spaniards dead in the sand. Legend says that before Cortés reached La Paz, he landed south of the bay and planted three crosses to claim the land—the site that would centuries later become Rancho Las Cruces.

He named his colony Santa Cruz, but it was anything but holy. Cortés eventually retreated, leaving behind a legacy of blood and a sea that bears his name—though many locals still prefer the name Gulf of California, choosing to distance these waters from the conqueror.

### The KT Insider Look

If you want to experience this history for yourself, head down to the boat ramp at Ensenada de Muertos. Sitting right there is Restaurant 1535, named for the year the madness began.

Now, a little insider tip: the food here is served on "Baja time"—meaning it's going to be a slow pace. Don't fight it. Just order a margarita, relax, and look out at what I consider one of the best beaches in the state. The view to the south, stretching past Los Barriles, is absolutely world-class.

Standing there today, it's hard to imagine the desperation those 500 settlers felt. They came for pearls and found a land that refused to be tamed. It's a reminder that this peninsula wasn't won with fancy resorts; it was founded on the sheer determination of the people who survived here when even the most powerful conquerors in the world couldn't make it work.

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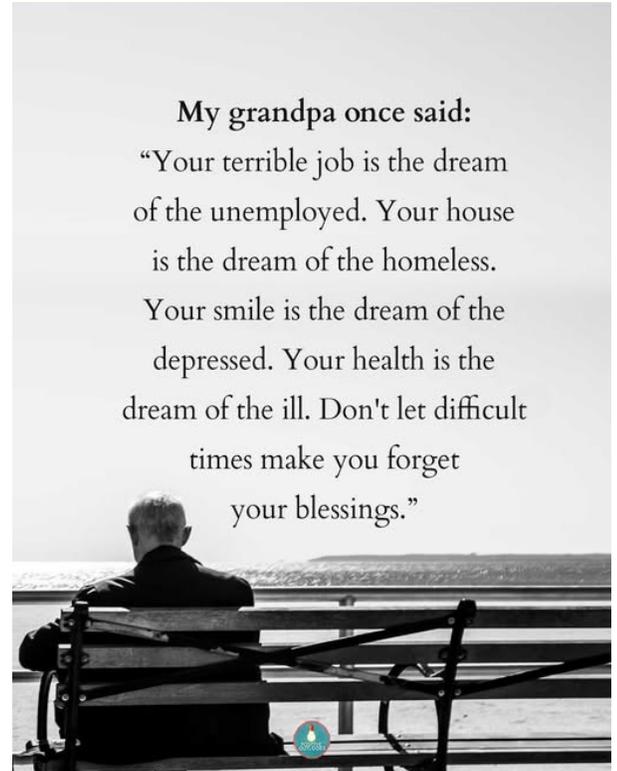
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# Friends Supporting Families: Nourishing a Community with Compassion

By: Robin Neal

In the heart of the Los Barriles community, Friends Supporting Families stands as a beacon of kindness, generosity, and hope. Our dedicated group works tirelessly to ensure that no family goes without basic necessities, providing groceries each month to 24 families in need. Through compassion and community spirit, we are making a meaningful difference—one meal, one household, and one act of kindness at a time.

The mission of Friends Supporting Families is simple yet powerful: to support local families who are struggling to put food on the table. By organizing fundraisers, creating handmade goods to sell, and partnering with generous local businesses, the organization consistently delivers essential groceries to those who need them most.



My grandpa once said:  
“Your terrible job is the dream  
of the unemployed. Your house  
is the dream of the homeless.  
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dream of the ill. Don't let difficult  
times make you forget  
your blessings.”

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### Upgrade your environment

Rubberstone Baja offers a unique, eco-friendly solution for resurfacing driveways, patios, pool decks, and more. Our durable, slip-resistant, rubber coatings transform old, cracked surfaces into beautiful, resilient areas that withstand the test of time. Choose Rubberstone Baja for a cost-effective, attractive finish that breathes new life into your property.

### Transform Your Space

Experience the perfect blend of beauty, luxury and resilience with Vuba Stone. Our advanced stone solutions offer unparalleled style and longevity for flooring, walls, and outdoor spaces. Ideal for both residential and commercial properties, Vuba Stone elevates any area with its superior quality and aesthetic appeal.



Contact us today to explore our diverse range of products!

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ies to those who need them most. this support is more than just food—it is relief, dignity, and reassurance that they are not alone.

This important work would not be possible without the incredible generosity of supporters and partners. Special thanks go out to Joe's Market, John Gullo, and Gringo Groceries for their continued contributions. Their commitment helps keep shelves stocked and families cared for month after month.

Getting involved is easy and impactful. Whether you choose to donate, volunteer, or simply spread the word, every effort counts. If you would like to help support this mission, visit [www.fsflosbarilles.com](http://www.fsflosbarilles.com) to learn more and contribute.

Friends Supporting Families is a shining example of what a community can achieve when people come together with purpose and heart.

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Go with the company with the most experience and knowledge!



**Homes and Land of Baja has proudly served the Baja real estate market since 2007 and has remained a trusted leader in property sales throughout the region. Our success is built on a team of highly experienced and knowledgeable agents dedicated to providing exceptional service to both buyers and sellers. We actively connect with new clients through modern marketing and social media, reaching individuals currently visiting or living in Los Barriles and Buena Vista, as well as prospective buyers from the United States and Canada. In real estate, many companies talk about what they can do—but we believe our results speak for themselves.**

**We sincerely thank our buyers and sellers for their continued trust and support over the years. If you are considering selling your home or homesite, we invite you to contact us or visit our office. We would be happy to discuss how we can help you achieve the best results for your property. Our office is conveniently located in the center of Los Barriles in the Palapa Building next to the Tiki Bar and directly across the street from the blue Modelorama beer store.**

Recycle by sharing with a friend or return to East Capers Rack!

Questions? Send us a [WhatsApp](#) message!  
Medical: 624 160 1997 Dental: 624 145 2565



**Our commitment** to medical and dental care is to provide essential services to the most vulnerable members of our community, ensuring their quality of life. Thanks to your generous donations, we're able to develop health programs that support those who cannot afford the care they need.

Social assistance is also available during our regular public service hours.

*Our medical care is available 24/7, even on holidays. If you require immediate attention.*

 +52 (624) 160 1997



[www.eastcapehealthcenter.org](http://www.eastcapehealthcenter.org)



## Complete healthcare services close to you

We provide medical and dental services, including lab work, X-rays, ultrasounds, and panoramic dental imaging, all supported by modern technology and a team dedicated to the well-being of our community.

Our mission is to be a trusted health partner, providing accessible and compassionate care to everyone who walks through our doors.



## Your health in the hands of the best medical team

At East Cape Health Center, your health is our priority. Our staff stays continuously trained to ensure every patient receives not only comprehensive but also top-quality care. Beyond medical expertise, we bring compassion, respect, and dedication to every interaction, values that set us apart and truly impact your well-being.

That's why, at every step, we focus on listening to you, supporting you, and walking beside you on your path to better health. Choosing East Cape Health Center means choosing a team that truly cares. For support or personalized attention, please contact our reception, We'll be happy to assist you.

 **Dental reception**  
+52 (624) 141 0375

 **Medical reception**  
+52 (624) 124 8203