



Artist Studio Tour
Feb 8th 10am—4pm

Follow your friends to the tour!

~ Tickets \$100 pesos/\$5usd ~
Tickets sold at Baja Properties—Los Barriles
Presented by **Asociación de Artes**
Details at
www.eastcapearts.com

*Artist Studio Tour...
Beautiful art, beautiful
homes and one great day!
February 8th, 10am – 4pm*

As the world continues to claw its way back to *normal*, **Asociación de Artes** (AdA) is here to provide you a great day with the Artist Studio Tour on Wednesday, February 8th from 10am – 4pm. Because of the nature of this event, it especially lends to being able to be Covid safe, as it is easy to maintain social distance, lends to small groups and is spread out to several locations. So, *follow your friends to the tour!*

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*Festival de Artes
A Must Do Tradition of
the East Cape Returns!!*

By: Christine Courtright

We're Back!!! After a very long two year 'covid' break, **Asociación de Artes** is proud to announce the 28th Annual **Festival de Artes** at Hotel Palmas de Cortez presented by **Ronival Real Estate**. Always held the third Sunday of March, this year's event is **March 19^h** from 10am – 4pm— a great day of entertainment and fun!

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RONIVAL™ REAL ESTATE Presents the 28th Annual
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March 19th 10—4

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In addition to space in the printed version, your color ad appears in the online version at no additional cost. You can download the 2021-22 Advertising Kit by visiting our website at: www.eastcapearts.com

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. If you would like to volunteer, send an email to: eastcapearts@gmail.com.

Call for Articles

East Capers is looking for fiction and true stories 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

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

eastcapersmagazine@gmail.com

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Publisher

Asociación de Artes del Mar de Cortez A.C.,
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Editor

Christine Kenck-Courtright

Copy Editor

Donna Ryan

Circulation

Brian Cummings

Advertising

Contributors

Christine Courtright

Adam Greenberg

Sheryl Segal

Lane Sykes

Kim Plotkin

Michelle Melehes

Char Wenger

Renée Lagloire

Julie Shipman & Neal Howe

Cody Garrett

Bill Osborne

Rita & Paula Myers

Blackie Gordon

Sefi Held

Kathinka Rosiger

Mark Winkelblack

Treasurer

Wolf Property Management

www.wolf-pm.com

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Printer

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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.



Artist Studio Tour Continued From Page 1

If you have not been on this tour, now is the time to go as it is a two in one event!! Not necessarily a home tour, but you get to see the home and studio of some of the most popular artists in the Los Barriles area... and of course, an art show seeing the latest and greatest work of these select artists. At this year's tour, we have several new homes on the tour— new, both to our tour and new beautiful homes. It is great to see the artists' home as you can learn a lot about their art from their home and studio. You can often see where they get their inspiration for their work, understand their love of textures and color and see where their personalities come out in their work and their home.

The 2023 tour will feature 17 homes (with several are side by side homes) and many of the homes will showcase the works of more than one artist, giving you the opportunity of seeing the work of 25+ different artists! Artists on the tour vary from fabric, jewelry, bead or soft goods medium, weaving, photography, oil, acrylic and watercolor paintings, wood, ceramic and pottery and natural materials and that is just a sample! Artists include Elizabeth Perkins with some silver and precious stone jewelry, Victoria's Sunny Dresses with Baja perfect clothing, the Apron Lady with sewn art creations, San Antonio weavers, Mary Naylor our poster artist, Julie Shipman Photography and the artwork of Colin Harival, Jeff Heintzman, Tamera Hall, and Connie Heinen – just to name a few of the artists. We will also have the first exhibition of the paintings of Steven King since his passing in 2021!

Getting tickets is super easy with our drive through ticket booth located at the **Baja Properties** office in Los Barriles (across from Tio Pablos Restaurant and Hotel Palmas de Cortez). The ticket booth location will be well marked and is easy to find in Los Barriles. You drive in off of 20th Novembre and exit at the side street. It can't get any simpler! Tickets are sold the day of event from **9:30am – 1:30** and prices have remained **\$100 pesos or \$5.00 usd**. You will get your map to the studios and your wrist bands for entry.

We have worked hard to ensure that we can provide for our guests and artists an event where we can maintain the governments Covid Safety regulations and be safe. With that said, make sure you check our website (www.eastcapearts.com) for the latest information on any Covid related restrictions.

The Studio Tour is one of the major fundraisers of the **Asociación de Artes del Mar de Cortez**, whose mission is *“Improving the educational experience for all students of the East Cape”*. This runs from providing school supplies, maintenance at the schools, sports programs and summer programs. Come and help us continue the mission! See you on February 8th, for the **Artist Studio Tour!!** More details at www.eastcapearts.com

Festival de Artes Continued From Page 1

Held in Los Barriles, just a short drive from everywhere, and yes, it is well worth the drive! Come and enjoy the sunshine, the vendors, the traditional entertainment, the food and our second to none beverage garden!

We have gone back to hand selecting our artists. This ensures you are seeing only the best and most original artists in a wide variety of mediums. Artists must produce 90% of their own pieces which ensures you get a one of a kind and original designs. We have added an adventure category of vendors that we hope to appeal to a wider variety of our active and experience driven guests – retired earlier forever young residents! We are refining and expanding our food vendors bringing back our favorites like San Antonio Gourmet, Palmas Carne Asada Taco Stand, La Casita Restaurant, Sausage Ladies and their delicious brats and bringing in some new vendors with a wider variety of tasty things to eat. You will be able to hear the ice crackling on the beverages in our bar hosted by Hotel Palmas de Cortez and Asociación de Artes! We will return with our fantastic traditional folkloric Mexican entertainment, presented by Baja Smart Real Estate, featuring our local school kids, along with dancers from a variety of Cultural dance troupes located here in Baja Sur, and music from some of our musically talented residents! We have tightened up our grounds to leave more parking space and have

Continued On Page 4



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Festival de Artes Continued From Page 3

brought in more tables, chairs and shade, and make the experience for our guests more memorable.

There will be plenty of seats in our 'beer garden', which is situated right by our dance stage, and in the center of all the activity and vendor booths. You can browse through the booths, shop, eat and drink, enjoy the entertainment, and finish browsing the booths! Just come early and get to your table so you can have breakfast and then later, have lunch all while enjoying the sights and sounds of the event. Festival de Artes meets all the 5 "S's" with sights, sounds, smells, selection and shopping!!

You have also come to enjoy our raffle and silent auction area – a definite must-see area, conveniently located right next to the beer garden and the entertainment stage. This is the most important area to the **Asociación de Artes** as this is our major fundraiser that allows us to continue our mission as we support the children of the East Cape area. We will have a variety of great items that you want and need to have. We have golf packages, fishing trips, original art, hotel stays in a variety of towns in BCS, spa packages, jewelry, shopping opportunities and dinner packages – for a start. You can also purchase a raffle ticket – or 10 - for your chance of winning one of our 'packed full of great stuff' packages each worth 100 of dollars!!

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Festival de Artes page for the listing of some of the things in our baskets and our silent auction.

For more information and complete details on this free event that offers free parking, go to www.eastcapearts.com – and go to the Festival de Artes page and keep up with all the details!





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Hamlette and Eggs Opens March 10

By: Sheryl Segal

Baja Shakespeare is excited to be welcoming audiences to our 23rd season. This year's musical, Hamlette and Eggs is a delightful adaptation that's sure to please, with plenty of comedic action, catchy music, and local references. Set in the Renaissance, the story tells of two playwright brothers in competition with the very popular William Shakespeare. Add a cast of characters that complicate the brother's efforts and the result is hilarious.

Our troupe is busy singing, rehearsing and getting our costumes ready to perform. Come see your friends and neighbors on stage!

Hamlette and Eggs is playing at the Hotel Palmas de Cortez for 7 shows, including a matinee. Show dates are March 10, 11, 12 (1:30 matinee), 15, 16, 17, 18. Curtain is at 7 pm.

A delicious Mexican buffet is available before the show. The bar opens at 5 pm and dinner begins at 5:30.

Show and dinner tickets are 500 pesos each and available at Homes and Land of Baja.

Don't miss Hamlette and Eggs. Get your tickets before they sell out!



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East Cape Health Center Progress Report:

By Char Wenger

As we grow and expand our goal is to offer more services with availability for emergencies after hours.

24 Hour Ambulance Service

As many of you may know we received a large donation for a new ambulance. We now have the staffing available for all emergency transport to your hospital of choice. As a private entity we can offer our services to anyone who calls from home, an on-road emergency and we even provide an on-call medical team to supervise and provide medical care as need for large events which due to risks and for public safety, need onsite aid. Please take note of the 24-hour emergency phone numbers. Put them on your phone and have them available at your home. We are here to assist, but you need to know who to call!

We are not the same as protection civil. They rescue and attend to emergencies in the event of a car accident on the highway or untimely accident off road. To get the best service, just direct the driver to East Cape Health Center where we can provide you with first response/emergency care, evaluation, stabilization, X-Rays and treatment. We are your local 'emergency evaluation and stabilization' clinic. And if further care is needed that we cannot provide, we will guarantee to get you to the hospital of your choice in a secure ambulance with reasonable and fair fees. As we continue to expand our staffing for both doctors and ambulance technicians, our 24-hour availability and speed to which we can arrive will only improve.

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Save the emergency numbers on your phone and at home!

Women's Health Care

East Cape Health Center will soon embark on a groundbreaking Women's Health Care unit in partnership with Dra Ingrid Quintero, OB/Gyn. And we just ordered a 3D Doppler ultrasound!! Watch for details of the Women's Health Care and our other growth in upcoming East Capers Magazine or our website.

Of course, all this upgrading of the care we provide and equipment takes money. We are still short of the needed donations; we encourage you to support this much needed program. It is our goal to be able to provide first class care right here in Los Barriles/East Cape that makes your visit and stay here more comfortable, safe and secure. Direct your search for donations to our webpage www.eastcapehealthcenter.org

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Los Barriles Photographers

By: Julie Shipman & Neil Richard Howe

Do you need a professional photographer?

What are you shooting? What are your goals? What are you doing with the images?

When local photographer, Julie Shipman, needed good images of her new home in Los Barriles, did she pick up her camera? No. She called her fellow professional photographer, Neil Richard Howe, (a new advertiser in East Capers Magazine) because he specializes in residential photography and has the appropriate knowledge, experience, gear/software to get the job done well. And, when Neil wanted some wedding photos? He called Julie Shipman, because portraiture is what she does best. Both Julie and Neil also know that while Uncle Bob may have a great little camera or the newest iPhone, he may not be reliable when unforeseen conditions appear on your shoot day. While you will pay more for a professional, great images are an investment in your business and in yourself. Those shots will SELL your home online. And those wedding photos and family portraits will be treasured for generations.

Just like most businesses, photographers are specialists and there isn't a 'one-size-fits-all' approach. Presumably they all use good equipment and have proper training, but the skills, experience and 'eye' of each photographer is very different. Their equipment is different too. To get the best possible outcome, work with someone whose experience and skill set matches your needs. You wouldn't go to a cardiologist if you broke your leg? Similarly, photographers have different areas of expertise within their profession.

Even though Los Barriles is a small, rural town, we have many excellent and highly skilled photographers. Two of them have recently teamed up to offer a full-service photography option. Both have many years of experience as professional photographers and use high-end camera gear best suited for their shoots.

Neil Richard Howe of *Virtually Sold Photography Services* specializes in interior/exterior architectural images, twilight photography, aerial shoots, 3D virtual tours and videography. He is the best in the area when it comes to real estate photography needs for sales or rental properties. Many consumers do not know that it can take up to a dozen shots (and extreme patience) to get the right lighting for an interior room. Several exposures must be combined into one image to get the balance of light to look as your eye would see it. This requires the proper lighting equipment as well as the right lenses for the job. And then, you must have the photo editing skills (and software) to merge the images into one cohesive whole. This isn't easy! But the results speak for themselves. Neil's images enhance the natural beauty of whatever he is photographing and are essential when marketing a property.

Julie Shipman of *Julie Shipman Photography* specializes in lifestyle & portrait photography. She excels in working with people. This encompasses everything from family portraits



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**MLS statistics. 26 Sept 2022.*

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Photography Continued From Page 10

to corporate personal image branding, to action shots and weddings or events. While product or architectural photography takes patience and perfection, photographing people often requires a lot of movement, quick reaction time and interpersonal skills to create fun, unique images. Julie has a background in professional sports photography (US Ski Team, Tour de France, USA college football, etc.) and portraiture – both commercial and private. She’s also shot dozens of weddings over the years. Her style is primarily casual, more of ‘capturing the moment’ than formally posed portraits. Sessions are always fun, easy and never take too long.

Both Neil and Julie are residents of Los Barriles, BCS. They feel it is important to operate as a legal business here in Mexico and to give back to the community. They have both donated their time and services to several local organizations. And they look forward to spending many years capturing

the beautiful locations and people of the East Cape BCS.



One of Neil's home shots



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Just Another Day In Paradise

By: Bill Osborne

Thomas Magnum's favorite description on the popular television show, Magnum P.I. of life in Hawaii was, "Just another day in paradise." That's my description of life in Los Barriles. One of my favorite shirts says. "No Bad Days, Los Barriles."

As a relative newbie in Los Barriles (five years), I am amazed at how wonderful this place is. Every day seems just as nice as the day before. The weather during the time we are here is as close to perfect as possible. By the time we arrive in late October, the temperature and humidity have moderated to a point where we rarely need to use our air conditioning.

Almost every morning, the sun bathes our campground with shorts and t-shirt temperatures. Yes, some days can get a little warm, but the Sea of Cortez is a great place to moderate the heat. Each night, my wife and I try to watch the local news to see what is happening in our home along the Columbia River, twenty miles east of Hood River, Oregon. "Here we are, and it is 75 degrees today," my wife said. "At home, they just had six inches of snow, the main interstate freeway is closed because of boilerplate black ice and the high temperature is going to be 22 degrees. Tomorrow morning, we will be at the beach to watch to another glorious Baja sunrise!"

The first thing my wife Cheryl and I noticed on our initial

trip to Los Barriles were the smiling faces that greeted us from the American and Canadian Snowbirds and the local citizens of this quaint little town. "Everyone seems to be so happy here," Cheryl said.

For being a relatively small town, Los Barriles has a lot of amenities not found outside of Cabo San Lucas and San Jose Del Cabo. As you walk down the main street for the first time, you can't help but notice the wide range of choices for dining. Choices vary from small taco and burrito stands to gourmet restaurants. If you like fresh seafood, you'll love Los Barriles. We have particularly enjoyed the smaller places in town that serve good food at reasonable prices.

Another convenience found in Los Barriles is shopping. There are full-size grocery stores, so for those of us who eat most of our meals at home, there are multiple options. One of the popular shopping events, the Saturday Market takes place beginning in November. There, people can buy fresh food, local art work, and crafts from Los Barriles artisans.

The town also has hardware stores and supplies to do basic home improvements. Need an oil change? Again, the town offers multiple options.

On days where the El Norte winds cooperate, I join a group of water sport people windsurfing, kiting, or foiling on the beautiful blue waters of the Sea of Cortez. Even in December, I can windsurf using my shorty wetsuit! Unlike some other places in Baja, windsurfers, kites and wing

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by

Connie Heinen



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Paradise Continued From page 13

foilers all seem to get along well. We all try to keep it safe on the water and enjoy whatever form of wind activity we like. It's nice to know that people on the water are looking out for each other. Last week, we had an incident where one of my friends suffered a serious equipment failure a mile from shore. Within minutes, an experienced sailor came to her rescue and towed her to safety. One of her friends said, "We all try to make certain everyone is safe out there."

Not every day delivers wind on the water, but there is no despair on my part. I view each day on the water as a bonus. On the non-wind days, Los Barilles still delivers lots of fun. At 75 years of age and lacking the skills and desire to test myself on the hundreds of mountain biking trails, I hop on my ebike and ride for an hour up the "Road to Nowhere." After 11 miles up and down the paved road, my riding buddies and I stop at "The Standing Rock" monument, enjoy a drink of water, and return to town.

Another favorite activity is hiking to "The Cross." Along the way, hikers are provided with spectacular views of the town and the Sea of Cortez. Unlike some of the popular trails in my home state of Washington, we rarely see many people on this very well-maintained trail, used by hikers and mountain bike riders. While the trail gains some altitude, it is not at all technically challenging to hike, so a simple pair of sports shoes are adequate. Because of my limited mountain biking skills, the trail is above my pay grade! The people we meet on bikes consider this a relatively easy and pleasant ride.

The Sea of Cortez offers some world-famous snorkeling options like Cabo Pulmo and Punta Pescadero, both short drives out of town. For us, we like to walk down to the rocks near Mar Y Sol and swim with a wide variety of fish that feed near the shoreline.

Pickleball has become extremely popular with Americans and Canadians. There are multiple places in town where people can play this sport.

Accommodations for visitors range from simple camp sites where people can pitch a tent, to multiple RV/Trailer parks, to hotels that span the gamut of simple and inexpensive to four stars with all amenities found in larger cities.

In the unfortunate event of a visitor suffering illness or injury, Los Barriles has medical facilities including x-rays and some treatment. Need dental work? We had an amazing experience two years ago. We were quoted \$10,000 USD for cleaning, multiple crowns, and a few fillings. Instead of that option, we flew to Los Barriles, stayed and played in the sun for three weeks and had the dental work done to perfection. Total cost for the trip and the work was slightly under \$4,000!

In subsequent issues, I will go into more depth of the things that make the Los Barriles experience, "Just another day in Paradise."



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Exercise: the Key To Preventing Falls

By: Sefi Held

Every single one of us can fall down but as we get older, changes happen to our bodies that can increase the risk of falling. For seniors, falls are one of the top causes of getting injured and ending up in hospital or even a nursing home. My mother had three falls last year, each one a bit more severe from the first and eventually the last fall confined her to a wheel chair. It prompted me to expand my knowledge of the Falls Prevention course I took 10 years ago with a refresher course and here are a few highlights.

Many factors increase our risk as we age, such as:

Vision: Problems such as cataracts make it harder to do things like safely step off a curb - especially here in Los Barriles.

Leg strength: When we were younger, we could re-balance and

recover if we tripped on something left on the floor, but as we age, reduced leg strength might mean that we fall instead.

Foot problems: Issues like foot pain, poor range of motion in your ankle joints, and bunions can all increase your chance of a fall.

Bladder control: People who have urinary incontinence might need to rush to the bathroom and this increases the risk of tripping and falling.

Your surroundings: The environment you live in can put you at risk. For instance, loose rugs on the floor or clutter in your home can all create tripping hazards.

Researchers have recently published up-to-date guidelines for preventing falls. These new guidelines tell health care providers how to assess your risk for falling and what to do about it.

There are steps that you can also take to prevent falls. The guidelines describe how to reduce the risks. Some focus on the person themselves, their health and their fitness level while others focus on the environment a person moves in.

Exercise guidelines to prevent falls

The guidelines describe the types of exercise that can help prevent falls, depending on a person's level of risk – low, intermediate, or high.

Low risk for a fall

'Low' is defined as not having had a fall in the last year. The goal is to prevent falls in the future and the recommendation is to follow current physical activity guidelines. By being physically active and maintaining your fitness level, you decrease fall risk indirectly through its positive impact on staying physically active, avoiding muscle loss and frailty and improving your heart health.

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Fall Prevention Continued From page 15

Physical activity guidelines recommend doing an aerobic activity to raise your heart rate, muscle strengthening, flexibility, and balance exercises. You want to build up slowly and safely so that the activities are challenging and you can keep setting goals to get fitter and stronger.

If you live with osteoporosis, it is a good investment to get advice from a certified fitness professional as they can reduce your risk of fracture while being active.

Medium risk for a fall

This is defined as having had a fall in the last year, plus having issues with your mobility or balance. For this risk level, it is important to concentrate on improving your balance and your lower leg strength so that you can take part in a wider range of activities safely and with confidence.

Your exercises should be challenging and focus on the balance and strength you need for the activities of daily living. Look for supervised exercise classes that focus on balance, gait, and leg strength as this is a great way to learn about these exercises in a safe environment and ensure that you have an effective program.

High risk for a fall

High risk means one or more serious falls in the last year, particularly if the fall required medical attention. The goal is to prevent falling again with an overall assessment and plan. This would take a look at you as a whole person; your medical issues, what you can do physically, and what kinds of activity you prefer. If you are at high risk for another serious fall, it is important that you speak with your health care provider and other people in your life who help support or care for you. Together, you can discuss the

benefits and burdens of each part of the plan. When you are ready for exercise, a safe, supervised routine with a qualified therapist is your best choice.



By: Gordon Blackie

For the last ten years the Feeding the Hungry (FTH) Charity has worked quietly in the background assisting the least fortunate in our local community.

It came as quite a surprise that FTH received the most votes at the signathon event held in the fall. FTH knows what a huge difference their assistance makes to a struggling family but had no idea that so many people in the community recognized the value of what FTH does.

The prize money that was given by the Ronival Estate Agency will enable FTH to increase the amount of assistance that can be offered to each family. In the light of rising prices this is much needed.

Over the last five years FTH has delivered over 7000 food vouchers to those most in need.

Food vouchers are distributed, rather than food, because FTH believes that the people being helped best know their own immediate needs. FTH is committed to support with dignity.

Thank you to everyone who voted for Feeding the Hungry and thank you to all who support FTH in their efforts to assist those most in need in our community. Together we work to make sure no one goes to bed hungry.

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Leaders2Give Protects Vulnerable Children in Baja California Sur

By Adam Greenberg

Successful Fundraising + Building Permit + Spring Ground Breaking = Recruitment of New Board Members

Shall we start at the beginning? So, what about this new home for children being built in El Cardonal? The John Gullo Home For Children will be a home to protect vulnerable children throughout Baja California Sur whose families are experiencing a medical crisis.

Including a very successful donor match fundraiser where we raised over \$30,000 at the end of 2023, Leaders2Give has enough designated funds to undertake our first phase of the building project which will see all the buildings erected. After further funds are secured, the subsequent phases would include finishing the buildings with electrical, plumbing, doors, windows, plaster, paint, fans, and more.

Having the money to begin is one thing. Having the authority to do so is quite another. Anyone who has undertaken any such project in Mexico (or has had to do anything official for that matter) can probably appreciate the challenges we had in obtaining our building permit for the home. But obtain it we did!

We are so excited to announce that we are planning to break ground this Spring with our sights set on the end of March. Stay tuned, we would absolutely love to see you there! We also hope to organize a work party there this year where we can all chip in to help with the progress. Make sure you are getting our newsletters so you can get all the information about these events are hear about the headway being made. Sign up at Leaders2Give.org

And last, but not least, all this progress has led us to the point where we are looking for new candidates to add to our organization. Leaders2Give is now accepting applications for new Directors for its all-volunteer Board. If you're looking for a way to get more involved in your community and help make a difference, this



could be the very thing! To learn more about this opportunity please visit leaders2give.org/board-expansion.

To learn more about Leaders2Give, the John Gullo Home For Children, our partners (New Creation Kids, East Cape Guild, East Cape Health Centre, Feeding the Hungry, and Spay, Neuter And Prevention – SNAP) please visit leaders2give.org

Thank you for all your support in 2022 as none of this would be possible without you! We look forward to 2023 with much excitement.



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A circular inset image showing a group of people practicing yoga in a studio with a sunset background. They are in various poses, some using blue blocks.

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Bomberos – A Real Dept is Coming!

By: Mark Winkelblack

When a woman lost her life to a house fire in La Ribera on August 7, 2019, due to the lack of local fire fighters, Steve Alcorn of Reno, Nevada and La Ribera Light House Point formed a small group of people to address the problem. The nearest fire engine was in San Jose del Cabo, about one hour away. In 2020 they formed a 501c3, the Bomberos Cabo Este, to raise funds to purchase fire engines and firefighting equipment. Since then, 2 fire engines have been purchased at a cost of over \$30,000 USD and are located where they are needed serving the East Cape. Another cost associated with bringing a fire engine to the East Cape is transportation which costs up to \$5,000 USD. More information on the Bomberos Cabo este is available at <https://bomberoscaboeste.com>

Mark Winkelblack, a client of Wolf Property Management, joined the group in late 2019. As a part time resident of Los Barriles and a member of the Rescue Volunteer Fire Association in Rescue, California he was instrumental in bringing over \$30,000 USD of firefighting equipment to Los Barriles. He worked with the Rescue Fire Department’s Fire Chief, firefighters and Board of Directors to donate surplus equipment to Bomberos Cabo Este. The fire equipment included:

- Self-contained breathing apparatus and tanks
- Over 4,000 feet of fire hose
- Thirty (30) sets of fire protective pants, coats and helmets
- Several ladders
- Four (4) Stokes litters rescue stretchers
- Multiple hand tools
- Heart monitor
- First Aid supplies

In all, the donated equipment filled the back of his F250 Ford truck 5 times. Some of the gear was brought down in one of the newly purchased fire engines. The rest (2 truck’s full) was transported by another part time Los Barriles resident, Joe Hupp. Joe also paid the import duty and taxes at the border crossing. The equipment was handed off to the Bomberos Cabo Este at the Los Barriles residence of Mark Winkelblack with the assistance of neighbors and firefighters from the Buena Vista fire station and coordinated by Michael Schroeder, a

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New (to us) Fire Truck!

Continued on Page 20



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Bomberos Coming Continued From Page 19

member of the San Jose del Cabo fire department. The fire gear was loaded onto a local fire engine.

A plan to meet the need for fire engines serving the East Cape is ongoing. Included in the plan is the purchase of at least 2 more fire engines. Individuals interested in making a tax deductible donation can do so at:

<https://bomberoscaboeste.com/donating-to-the-bomberos-voluntarios-cabo-este/>
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Excitement For a Kitchen Appliance!?!?

By: Chris Courtright

I am not a big appliance person. I don't like storing appliances that do one thing. So, when I got the Thermomix ad for the East Capers Magazine from Kathinka Roesiger (you might know her as the co-founder of Wolf Property Management) for the Thermomix, I had to look it up and see what she was advertising. I was so intrigued, I set up a time for a demonstration and actually getting to use it myself. Now, I have never gotten excited about an appliance, but after learning about the Thermomix, I am excited. I count 7+ appliances I no longer will need... juicer, blender, salsa maker, crockpot, instapot, coffee grinder, ice cream maker, tea pot and that is just the few that will go! I could get rid of my Kitchen Aid mixer, but I am emotionally attached to that.

Kathinka, who also has a master's degree in nutrition, explained how easy it will be to eat healthy using fresh ingredients because this is such an advanced appliance. We made

Butternut squash soup in less than 20 minutes – and that is start to eat! We made limonade, and there was no peeling or squeezing....and it was good! Made pizza dough in 5 minutes, let it rise for about 15 min, and then was able to roll it out and make pizza....and there was no quick yeast involved. You can even make a full meal in levels – water and spices, rice, meat, steamed vegetables – all cooked separately. Heck, it even peels potatoes and other things!!!

I am not trying to sound like an *infomercial*, but I think how much easier my kitchen life is going to be and how I can make much healthier meals, and instead of spending hours in the kitchen, I can do it in a very short time. And that is good as I tend to forget to plan dinner with all the things to distract me here in the Baja! There is an app that you find recipes on and then they are transferred to the machine and it tells you everything step by step. They call it *goof proof!* No measuring as it weighs what you put in as it goes – you just follow the scale on the unit.

It is really amazing how it could do so much, and so efficiently. But it is the German engineering that is often superior. Vorwerk, the parent company, has been around for 130 years (they started by selling vacuum cleaners door to door during WW2). They invented the first Thermomix in 1961 and Thermomix has been selling in Mexico since 1980. This newest Model, the TM6, has been on the market for about 2 years. This article would be too long if I listed all it can do, so you just need to check it out for yourself. I know one of their new customers is Pedro at La Casita – so I aspire to that!

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LB Saturday Market

By: Michelle Melches

The Los Barriles Community Market brought the New Year in with record breaking numbers. Saturday mornings at the Community Market are a true "community" experience! As we look back over 13 years to our first season, when we had only a handful of vendors, our currently bustling market is a truly amazing sight. We started with a suggestion made at a town hall meeting 13 years ago and are now a flourishing farmer's market. None of this would be possible without the local support our community offers.

We are fortunate to have the Parque La Laguna as a venue and we are very grateful to the Los Barriles Delegation for working with us over the years. Those of you who attend the market regularly are familiar with our vendors, many of whom have been with us from day one. They have stuck with this market through thick and thin, and Covid, and continue to show up every Saturday. You all know Oscar, the Veggie Man, the Sausage Girls, Barchi and his metal art, and the Basket Ladies, to mention just a few. We appreciate the dedication and commitment it takes to keep this market going and growing.

As the East Cape grows and gets more sophisticated with the "foodie world" we are fortunate to benefit from the incredible products now offered on Saturday mornings. Emilio's Pies, Rancho La Venta's home grown meats, cheeses, and eggs, Bella's French Cuisine, Micro Greens from Todos Santos, locally roasted coffee, fresh local cheeses, and several bakeries that offer everything from homemade bread and crackers to delicious desserts.

After stocking up on your weekly groceries, you can browse through our local artisans' colorful wares from copper to clothing - it's all there for you to enjoy!

Our vendors travel from Todos Santos, Santiago, La Paz, San Jose, and local mountain communities. Ask any vendor and they will tell you how much they enjoy coming to our market because you, the people of Los Barriles, are so welcoming and appreciative. So, the next time you are at the market take a moment to thank them for their efforts!

The Los Barriles Community Market also provides a great venue for many of our local hard-working non-profit

organizations. These organizations support kids, schools, dogs, turtles, local theater, recycling, Rotary projects, and other causes. Our Market is unique in that we don't have a large population to draw from, so we are truly a "local community market" and we rely on you, the community, to come out on Saturday mornings and enjoy what our thriving market has to offer.

The Los Barriles Community Market runs every Saturday morning, 9:00 am to 12 Noon at the Parque Laguna in central Los Barriles, from mid-November to mid-April.

See you at the Market!

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SNAP NEWS!

By: Rita and Paula Myers

SNAP would like to share our gratitude for all of your support this past year during a leadership transition for S.N.A.P. Your support and trust allowed us to surpass our goal of a 1,000 spay and neuters for dogs and cats owned by our Mexican community. We are projecting that S.N.A.P. will close out 2022 with 1,141 spay and neuters. That's a whole lot of prevention going on!

While we learned so much during the pandemic about how to improve our service model, we also know that "clinics" are how S.N.A.P. got its start. We are pleased to announce we have received approval from the Delegation to kick off Spay and Neuter Month by hosting a clinic at the cancha on February 12th. More information and sign ups to volunteer will be coming out shortly.

Beginning in 2023, S.N.A.P. will celebrate its 10th year of service to the Los Barriles and surrounding communities. We are setting 2 important goals for 2023:

1. Strive to provide 1,500 spay and neuter services for pets in the Los Barriles and surrounding communities, preventing more unwanted litters.

2. Creating educational opportunities to interact with children learning how to become responsible pet owners. Another change this year that has allowed us to be successful was partnering with Leaders2Give as a 501(c)(3) which now allows donors to receive a US tax deduction. As the end of the year is quickly approaching, donations processed by Leaders2Give can maximize your giving potential by providing you a 2022 US tax deduction and opens up more ways to donate to include PayPal, Zelle, Credit Cards, Checks, Wire Transfers, Employee Matching Donations, Stock Transfers, IRA Assets and



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S.N.A.P. cannot do this work without your generous donations. One \$20 USD spay or neuter can prevent as many as 512 dogs and 382 cats over a 3 year period. It's easy to donate!

Visit: <https://www.leaders2give.org/donate>

We kicked off our 10th year with a spectacular fundraiser :SPAYghetti and No Balls dinner hosted by Ms. Sherri King and generously sponsored by Homes & Land of Baja and Quadman Baja.

Because of them, this event has become a true fundraiser for SNAP Los Barriles with all proceeds going to SNAP. We have so many people and businesses to thank for their contributions for tonight's event but the list is too long for this publication! You all know who you are so a HUGE thanks!

Because of this tremendous support, SNAP will be able to spay and neuter 500 animals to kick off the year!! Your continued support will get us to our 1500 spay and neuter goal this year!



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The Fabulous Avocado

By: Renée Lagloire, M.A. Anthropology

The avocado is native to the Puebla region of south-central Mexico and has been around for millennia. To those who study such things, the avocado has presented an “evolutionary anachronism.” This is a timing problem due to the fact that in prehistoric times, the avocado evolved to rely on huge animals, like mammoths and giant ground sloths, to eat them whole. By the time the digestion process had completed, the seeds would have sprouted and would be voided, usually away from the mother tree. But, animals large enough to ingest avocados whole were extinct 13,000 years ago and the earliest archaeological evidence shows humans eating avocados in Central America 10,000 years ago. How avocados managed to stay extant until humans incorporated them into their diets is an unresolved mystery.

5,000 years ago, the archaeological record shows cultivation of avocados by the various ethnic groups of the Puebla region. (For perspective, this was about the same time that the wheel was discovered in Mesopotamia, on the other side of the world.) The avocado played an important role in the lives of the indigenous people of ancient Mesoamerica. Not only was it nutritious and delicious, but perhaps more importantly, it was believed to be an aphrodisiac, bringing fertility to men and women. Among the ancient Maya, a glyph of the avocado represented the fourteenth month of their calendar (*K'ank'in*), a testimony to its centrality in pre-Hispanic times.

The Nahuatl-speaking Aztecs were in power when the Spanish arrived in the New World. They were devoutly religious, warriors, poets and artisans ... with a sense of humor. [Imagine nicknames like *Tochnenemi* (he hops like a rabbit) or *Maxtlacozhuehue* (old yellow loincloth)]. The word from which we derive *aguacate* (avocado in Spanish) also brings a chuckle; “*āhuacatl*,” translates as testicle ... for obvious reasons.

Currently, avocado trees (*Persea Americana*) are grown in Mexico, which is the world’s leading producer, cornering close to 30% of the worldwide market in 2020.

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Avocado cultivation occurs in many tropical regions further south, as well as in the Caribbean, California, Israel and southern Europe. The avocado is in the laurel family and botanically, it is considered a berry. It is partially self-pollinating but is often propagated using grafting methods to control consistency.

Avocados were brought to Europe in the 16th century, but it wouldn't be until the third millennium that there would be a global boom and embrace of the avocado, with the US as primary consumer. Americans eat an average of 7 pounds of avocado per year, with consumption tripling since the early 1990's. That's when avocado farmers in California expanded their market by focusing on Super Bowl. It worked! Football fans and their families consumed more than a million pounds of guacamole on game day in 2022.

In recent times avocados have been called a superfood. This is because 75% of the fat in avocados is unsaturated (good fat). Avocados are delicious, and a healthy source of fat. If you want a treat, try this refreshing salad that marries creamy avocado, citrusy orange and crunchy jicama.

Continued On Page 27



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Avacado Continued From Page 26

Ensalada de Aguacate, Naranja y Jicama

- Avocado, Orange and Jicama Salad

Dressing:

- 6 oranges
- ¼ cup fresh lime juice
- 2 tablespoons cider vinegar
- ¼ cup olive oil
- 1 very finely diced jalapeño or serrano, to taste
- Salt and freshly ground black pepper

Using a sharp knife, peel the oranges, removing all of the bitter white pith. Working over a small bowl, cut in between the membranes to release the sections. Set the orange sections aside.

Squeeze the membranes over a bowl to extract the juice. Whisk in the lime juice, vinegar, oil and diced pepper; season with salt and pepper.

Salad:

- 2 pound jicama peeled and thinly sliced into bite size pieces
- 3 - 4 Hass avocados, quartered lengthwise and thinly sliced
- 1½ cups crumbled *queso fresco* cheese
- ¼ cup chopped cilantro

Add the jicama to the dressing and let stand for 15 minutes.

Fold in the orange sections, avocado, cheese and cilantro; serve.



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Why Go Solar?

By: Cody Garrett

With an average of 350 days of sunshine per year, Solar Energy generation is the most sensible form of alternative energy for our area. It not only helps to lower our CFE bills, it also helps protect the environment; how? Solar is a great way to reduce your carbon footprint. Buildings are responsible for close to 35% of all carbon emissions in the U.S. (and Mexico has similar numbers but less reporting) and going solar can decrease that number significantly. A typical residential solar panel system will eliminate 3-4 tons of carbon emissions each year—roughly the equivalent of planting over 100 trees every year.

When many start to investigate adding Solar to their home they quickly become overwhelmed by information. What kind of system do I need? How many panels will cover my CFE bill? Will I have backup power when the electricity goes out? Is solar power actually good for the environment? Although we can't cover every question you might have in this article, we will attempt to cover some basics.

The three types of solar systems. Not all solar systems are equal or alike. In fact, every solar system needs to be custom designed for the needs of the client and the size of the house. Although there are many brands making many types of solar systems, there are three primary types of solar systems.

The first and most common type of solar system is a “**Grid Tied**” or “**Interconnected**” system. These systems are made up of panels with an inverter. This type of system does not contain any batteries so doesn't provide any backup power in the case of a power outage. They are generally connected to the CFE grid and send any excess electricity generated from the Solar panels back to CFE; in turn generating a credit with CFE. The benefits of this type of system is that it is generally much cheaper to install as there are no batteries, and if you have an interconnection contract with CFE the system can pay itself off in as little as 5 years in electrical savings.

The second most common system is an **Offgrid system**. These are generally installed in areas where there is no access to the CFE infrastructure. An offgrid

system is completely isolated and provides 100% of the power that the house consumes. Houses in areas such as Cabo Pulmo and Zacatitos are all offgrid. Why don't more houses go with offgrid systems and skip the connection to CFE – and avoid all of the outages? Generally, because the initial investment is so high. An offgrid system for a mid-sized home with air conditioning can start from \$20,000USD and can very easily cost much more depending on the consumption.

The third type of system is a **Hybrid system**. This type of system is connected to the CFE grid but also has a battery storage system. This is quickly becoming the more popular type of system as it provides backup electricity in the case of CFE outages – which seem to be getting more and more common each year. These systems have a lot of flexibility as they can be programmed to store electricity and only provide emergency backup power; or in the case that a person doesn't have an interconnection contract with CFE, they can be programmed to charge up the batteries

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Solar Continued From Page 29

during the day and use the batteries over the night (Self Consumption). Thus, drawing less electricity from the CFE grid and lowering electric bills. They can also be programmed to work along with generators to top up the batteries on those rare cloudy days.

Battery Storage

To have any kind of backup power from your solar system you need a battery bank. In the past the most common types of battery banks were made up of old technology Lead Acid batteries. These batteries not only were expensive, but they had little capacity, took all day to charge, required maintenance, and were easy to damage. Nowadays the most common battery type to use in a solar system are Lithium Ion which are maintenance free, charge faster, and have much greater capacity. The useful life cycle of a Lithium Battery is 10+ years which is much longer than the typical 3 – 5 years of a properly maintained Lead Acid battery. For these many reasons, virtually all new solar systems use Lithium based batteries for their battery banks.

Getting Connected to CFE

So, is it possible to get a CFE interconnection contract? Although CFE does accept new interconnection applications, they are not currently processing those applications and not connecting new houses. They have blamed the current electrical infrastructure for this; saying that the antiquated equipment is undersized for the number of new homes being built. There is no official word on when they will start granting new contracts. In the meantime, those

fortunate to have gotten an interconnection contract in the past have nothing to fear as those contracts can't be cancelled by CFE.

Environmental Benefits

As mentioned at the outset of this article, installing solar panels can greatly offset your households carbon footprint. And even more so in our area. Why? While many parts of Mexico generate their electricity from hydroelectric dams, wind farms, and Natural Gas; the state of BCS is not connected to the national electrical grid. As we are isolated, our electricity is generated by massive Diesel plants.

So, does installing a solar system still make sense? Absolutely. With the new technologies that have come out solar production and storage systems are more efficient than ever. And remember, it's not just about lowering your electrical bills; you are helping protect the environment as well!



East Cape Guild Scholarship Fund Fun Fundraisers

By: Kim Plotkin

This season will be the biggest yet for East Cape Guild fundraisers. The East Cape Guild, the oldest non-profit in the East Cape, has helped Mexican students from the East Cape attend high school for over 25 years, funding 143 High school students and 75 college scholarships for the 2022-23 school year.

This season the Guild is bringing back Monte Carlo night, a long-time community favorite, and has introduced some new, future favorite, fundraisers.

A second annual Scavenger Hunt will take place on February 2, 2023. It will be followed by a tamale cook-off in the Los Barriles Concha. Multiple delegations will compete for the best tamale and the winner, if you attend, will be you! Check the Baja Pony Express and the Everything Los Barriles Facebook page for ticket prices and location!!

Monte Carlo night will take place on February 26, 2023 at the Spa Buena Vista Hotel, a long-time Guild supporter. For a \$35 (or 700 Pesos) a ticket, participants will get dinner and starter chips and be able to play Blackjack and Craps in an effort to win prizes. This has long been a local favorite for volunteers (dealers and bar staff) and attendees alike. This is always a sell-out event. Tickets will be available for sale at Homes & Land of Baja and other locations. Look to the Baja Pony Express and Everything Los Barriles for further details.

Another expected sell-out event, new this season will be the Guild's premier Music Festival which will take place on March 24 (a private dinner and concert) and March 25 (a concert at the Concha), 2023. Musicians will include Nashville's Combustion Music songwriters and artists, Robert Lamothe (River Dogs fame) and a local favorite Carl Schwitzer. Tables to the private dinner are already sold-out. Tickets to the larger



Guild Continueud From Page 30

concert will be \$50 for premium seating and \$30 for other seats. Tickets will be sold at Homes & Land of Baja. Again, watch the Baja Pony Express and Everything Los Barriles for further details.

Open Mic night, every Wednesday at La Fogata restaurant, supports the Guild through pass the hat contributions. Please support our local artists and visiting out of town musicians by coming to La Fogata.

Not a gambler or a music fan (WHAT?)? How about biking? The second Epic Bike race will take place on February 5, 2023. Registration has opened. Go to Eastsideepic.com for more information and for registration.

Not a gambler, music fan or biker? You can still support the Guild and local scholarship recipients by sponsoring a student or making a donation through the East Cape Guild web-site; Eastcapeguild.com.

Guild recipients are leaders in our community and help Los Barriles and the East Cape be the special place that it is. Please support our kids.

The Guild's next meeting of the season will take place on February 23 @ 11:00. Guild meetings are open to the public. Learn more on how you can help our community by providing education.

Meet Nahilt A Guild Scholarship Student

Nahilt attended Cecyt 03 high school in Santiago from 2015-2018 and graduated with a degree in Primary Education at the Benemérita Normal Urban School "Prof. Domingo Carballo Félix" in 2022. She has lived in Los Barriles her entire life and has a foster brother named Germán. Nahilt's parents have "always been very hard-working people with a great heart". For 14 years they have owned Taqueria Lily. Nahilt's mother is Liliana Cota, "a great cook and has always

had the support of my father Carlos to get ahead". Nahilt says "During those years we have been a great team to be able to get ahead as a family and work together on something that we really like". She goes on to say "they have always taught me that 'nothing is easy in life' but that if you set goals you can achieve them, because as human beings we are capable of many things. Since her childhood, she always

dreamed of helping her parents to get ahead, to be a great daughter and student. Nahilt is currently a teacher in La Ribera, where she teaches 23 second grade students in the primary school Her favorite hobbies are spending quality time with her family, creating memories and adventures with the people she loves. Nahilt's goal in the future is to be an excellent teacher and leave a mark on the hearts of many boys and girls who will be passed down generation after generation during her teaching service. What she likes most about "this humble job is to see the faces of my students when they feel safe and happy in the classroom", in addition to imparting knowledge and new knowledge, she goes on to say "Another satisfaction is when they tell me how happy they are to be inside of the classroom and how much they like attending classes. This scholarship association is one of the best in the area, thanks to the support I received for 7 consecutive years I can say that dreams can be achieved even better when you meet valuable people who help you move forward."

To sponsor a high school or college student like Nahilt, please go to: <https://eastcapeguild.com/causes/scholarships-2019>



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Baja Fun Facts

- The coat of arms of Baja California Sur emphasizes the region's connection to the sea. Silver fish against a blue background stand for the ocean and its abundance, while a silver shell recalls the border battle waged by the inhabitants of Baja California Sur. A narrow golden border symbolizes the region's rich soil, and a wider blue band signifies the virtues of loyalty, justice, and truth. In the center, a gold panel represents wealth and value, while a red panel suggests unity and daring.
- Baja California Sur, bordered by two seas, has the longest coastline of all the Mexican states at more than 2,000 kilometers (1,243 miles).
- Baja California Sur features more islands than any other state. Although most of the islands are located in the Gulf of California, the largest one is Margarita Island, on the Pacific side.
- Todos Santos in Baja California Sur is widely believed to have been the inspiration for the Eagles' song "Hotel California."
- The cardón cactus, the world's largest species of cactus, grows on the Baja California peninsula. It can reach heights of 21 meters (70 feet).
- Every year from mid-December to mid-April, hundreds of gray whales arrive off the coast of Baja California Sur from the Alaska shores. Whale-watchers flock to Guerrero Negro, Laguna San Ignacio and Sierra de Laguna, where they can see whales jumping up to 40 feet in the air.
- Rock shelters in the Sierra de Guadalupe and Sierra de San Francisco feature larger-than-life cave paintings of humans and animals. Loreto Bay, in Baja California Sur, was the setting for the final episode of season seven of the ABC television show, "The Bachelor."



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Archaeological Complexes

One of the main tourist attractions of the region is Las Palmas, a prehistoric archaeological complex. Located on the southern Cape and nearby islands in the Gulf of California, the site features caves and rock shelters containing secondary burials of human bones painted with red ochre.

The Comondú Complex gives evidence of late prehistoric occupation throughout the central portion of the peninsula. It is characterized by small, triangular projectile points may demonstrate the introduction of the bow and arrow into the region.

The Great Mural Rock Art, dating to around 1700 B.C., is the best-known archaeological artifact in northern Baja California Sur. Numerous rock shelters in the Sierra de Guadalupe and Sierra de San Francisco mountain ranges are adorned with larger-than-life paintings of humans, deer and other animals.



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The Human Microbiome – What Is It And What Does It Do For Us?

By: Kathinka Rosiger Master Nutrition Coaching & Dietetics

Did you know that us humans are densely populated with bacteria? They are everywhere – on our skin, throughout all of our digestive tract, inside the respiratory tract and in the urogenital tract. Everywhere in and on us live complex microbial communities. Even in the vaginal area and in the mammary glands of mothers there are important protective bacteria that have a significant impact on the baby from the very beginning.

There are different bacterial communities in and on our body, all of which influence and support each other. Ideally, there is a balanced relationship between “good” and “bad” bacteria in these so-called microbiota (bacterial communities that also include fungi, viruses and other microbial organisms).

What is the microbiome?

The term "microbiome" encompasses a microbial ecosystem or community that inhabits a defined habitat with specific characteristics. Basically, the microbiome is understood to mean the entirety of all microorganisms, i.e. bacteria, archaea, viruses, fungi etc. which colonize a microorganisms (humans, animals, plants).

These microbiota can influence the immune system, metabolism and also the endocrine (nervous) system of the host. The human microbiome is unique to every human being and is made up of thousands of different types of bacteria.

How do we get our Microbiome?

The gut microbiome, i.e. the entirety of all microorganisms in our digestive tract, forms the basis for our general



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well-being. The intestinal microbiome, also called intestinal flora, begins to form at birth when the baby gets the mother’s amniotic fluid and the bacteria present in it in its mouth for the first time.

When it comes to the development of the intestinal microbiome, it makes a significant difference whether the birth happens naturally or whether the child is delivered by caesarean section. Natural birth starts babies off with a much better bacterial composition than cesarean births.

What are the functions of the gut microbiome?

Ideally, there is a high level of diversity in the gut microbiome, which means that many different bacterial cultures are present. "Good" intestinal bacteria help with digestion, for example by promoting intestinal peristalsis (gut movement) and the production of short-chain fatty acids important for many physiological functions. The intestinal microbiome also plays an important role in the detoxification of environmental chemicals and pharmaceuticals.

In addition, intestinal bacteria can produce vital vitamins (e.g. B1, B2, B6, B12 and K) and anti-inflammatory substances and are important for a functioning immune system. Around **80%** of all immune cells are located in the gut, making it the largest immunological organ in the human organism! In addition, the gut microbiome is

Continued On Page 36



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Microbiome Continued From Page 35

responsible for protecting and maintaining the gut mucosa. Various influencing factors can cause dysbiosis, i.e. an imbalance in bacterial colonization, in the intestinal microbiome. In this case, the pathogenic germs can multiply optimally and the barrier function of the intestinal mucosa is weakened. This can result in various diseases, which are not limited to the intestines.

These influencing factors can change the intestinal microbiome

The intestinal microbiome is subject to a variety of different influencing factors. These include, but are not limited to, geographic origin, age, genetics, and lifestyle and environment. With age, for example, the diversity and number of intestinal bacteria changes.

But diet can also have an impact on the composition and functionality of the intestinal microbiome. A one-sided diet with a high proportion of finished products, fast food, additives (e.g. preservatives), sugar, etc. causes dysbiosis. Tobacco and alcohol consumption and lack of exercise are also disruptive factors for the intestinal microbiome. Psychological factors such as fear and stress can throw the intestinal microbiome out of balance. Medications such as antibiotics, statin drugs, antidepressants and chemotherapy, etc. will affect the microbiome in negatively.

This is how you can strengthen your microbiome

You can influence some of the factors that influence the microbiome yourself. When it comes to nutrition, it therefore makes sense to focus on high-quality, fresh and fiber-rich foods. These represent optimal nutrient conditions for the "good" intestinal bacteria. For example, prebiotics, i.e. non-degradable food components such as dietary fibers (e.g. inulin and oligofructose found in legumes, fruit, vegetables and whole grains) promote the growth and activity of the bacteria in the large intestine. Some phytochemicals (e.g. flavonoids in apples or anthocyanins in berries) also have a similar effect on the growth of good bacteria in the large intestine and can thus strengthen the stability of the intestinal barrier.

Regular physical activity has a beneficial effect on the microbiome. Moderate physical activity can positively influence

both the quality and quantity of intestinal bacteria. This in turn has a positive effect on the immune system.



However, certain factors such as age, genetics, or diseases that require medication can hardly or not at all be influenced. In such cases, the use of medically relevant probiotics can make sense in order to restore the balance in the intestine and to support one's own "good" bacteria. The growth of probiotic intestinal bacteria can be promoted by means of prebiotics and the binding of pathogenic germs to the mucous membrane can be prevented.

So keeping your gut microbiome healthy and happy will do you a lot of good – try it!

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A Mouse, a Battery, a Thumb & TV

By: Lane Sykes

Let's start off with something easy that everyone can use. Most of us are using a mouse. Both Mac and Windows have similar mouse functions. In fact, the best mouse for a Mac is a Windows mouse. Mac and most modern PC's gives us an easy install with adding a Bluetooth mouse or WiFi. Once installed, we can scroll and point with ease. A huge number of users have never used the right side of the mouse. Right click is for options and left click is for activate. For instance, you can highlight with the left side but when you click with the right side, you see cut, copy and paste. In fact, there is a long list of options available. I just misspelled "available", I got the red line telling me there was an error, I right clicked over the red line for correct spelling options. By the way, if you tap your track pad with two fingers, that is the same as right click on both Windows or Mac.

Using a wireless charger will extend the battery life of your cell phones. Using a quick charger over long periods of time will shorten it. If you see a slight bow in the center of your phone's screen or delamination around the sides of the screen, your phone battery is in a potentially dangerous state. Worst case scenario, it could catch fire. Most of those problems are caused by overcharging.

Another tip don't leave your phone plugged into the car charger for long periods especially after it's fully charged.

Security is always a top priority. For years Tech Guys have recommended "Last Pass" as a good way to generate tough passwords and store them across multiple platforms. In years past I recommended lastpass.com. Well, they were hacked exposing valuable data including some passwords. Most vulnerable were those folks who used a master password under 12 characters. If you have an account with Last Pass, update and change your master password immediately. Speaking of passwords, if your passwords are used across multiple sites and have dictionary words without special characters, you are vulnerable to hacking.

A couple of close friends have stored valuable documents in the email accounts. Not a good idea. Those two close friends were locked out of their accounts through no fault of their own and now no longer have access to the documents. Any storage of valuable documents should be done in three locations. One in the computer, two in the cloud and three in a removable external drive. Having said that a famous author finished a year long project, left his computer and external drive on the desk while he went out for a celebratory cocktail. Someone broke into his room, stole the laptop and external drive – his only copies. I have several drives located in different areas of the house.

For those of us who watch TV via the Web, it's always a cat and mouse game. I recently discovered a new technique to

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Computer Guy Continued From Page 37

change my location. It's a browser extension called Location Guard. I can relocate my browser to our home in the US. It works better with the Firefox Browser since Google's Chrome has an internal work around. There is an excellent tutorial on YouTube. Search for "Location Guard". I use Location Guard in conjunction with Express VPN. I just received my Amazon Fire TV Stick. In their app store, there is a selection to load Express VPN. I can now watch YouTubeTV as well as other media through the Fire Stick. And it has 4K capability!

Every once in a while someone brings me an external flash drive (thumb drive) that has lost all its data. In most cases the drive was removed while it was still in the process of writing data. That creates an internal disaster. On a Mac I usually right click over the drive and select eject. On a Windows device, open Windows Explorer, select the device, right click and select eject. The simplest and safest way it to shutdown the computer and remove the device. There are several flash drive recovery programs on the web. Search for "Flash Drive Recovery".

Occasionally we need to call an 800 number in the US. That can increase the degree of difficulty down here in Mexico when calling a US toll free number. I connect to my VPN and put the phone in WiFi calling. The phone instantly knows I'm in the US. Another option is

Skype. That works on your phone as well as any portable device and your computer.

(Only if you have room!) Now is your chance to be a hero. Someone is going to loose their phone this week. Finding it is simple if you act fast. Most important, the phone must have a battery charge and a data connection. Go to any computer and type "Find my Iphone" or "Find my Android". You will need your Apple or Android account info such as your sign-in name and password. You should always have that handy! If you can't locate the phone, you can brick the phone on that website.

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We are also listing many homesites. Some are in the growing area of Montemar on the beach, Rancho Cerro up on the hill with incredible views, Las Dunas, a hidden new area with rolling dunes and white sand beaches. Plus we have some great values on view lots in Monte Sereno north of Los Barriles.

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