



# East CAPEERS

## Periódico

Free/Gratis



## *A Lot Of Work, But A Lot Of Progress!!*

By: Christine Courtright

What a busy 2022-23 season that **Asociación de Artes** has had! After being the recipient of a grant to help with the 21 East Cape area schools, we set to work to improve and meet the needs that each school had.

We started with surveys of each school asking them what they needed to be done and what they would love to have. A spread sheet was made to keep track of the needs and we worked the budget off of that. Then we set out on shopping trips, getting prices, tracking budgets, lots more shopping (a whole lot of trips to La Paz!) and many Amazon deliveries to Wolf Management. The next step was division of supplies by schools (21 of them) utilizing our spreadsheet, and then the monumental task of the deliveries – which some of you had the opportunity to help. The entire process took way more time than we ever thought. Who would have thought spending money would take so much time! Our personal thriftiness

benefited us well in this project and we made every cent count so we could make the funds go as far as possible to fulfill more.

All in all, we are very pleased with our progress. We are still working on projects, and the AC installation and repair is still a work in progress. The list on the next page does not count the school exterior painting, sports court lights and restroom repairs at LB Secondary and High school. Curtains for La Ribera high school, restroom repair at Santa Cruz and new concrete play area at LB Kinder school. There were many more 'big' projects we worked on, and many that will be in the works this year. You can see just some of what we purchased for the schools last year on the list on the next page.

We just touched the surface of the school needs last season and this project will continue in the 2023-24 season. We will continue to reach out to the residents of the East Cape asking for help with our projects and some of the parts and pieces. Your assistance helped our dollars go so much further because you saved us from having to,

Continued on Page 3

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## 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 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](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.



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## East Capers Periódico

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<http://ciudadninoslapaz.org/english/home.htm>

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.



purchase shelving, toilets and other things. We are so very proud of what we were able to accomplish with our small but mighty group. We would love to have more people join in the fun of the projects and reap the rewards of accomplishment of knowing that you are truly making a difference in the lives of the students of the East Cape. It is only a matter of time before we will see these rewards in the lives of the students! Heck, we see it now in the amount of students that apply for High School Scholarships because their first 10+ years educational experience was so great! And that is what we are all about:

*“making the educational experience the best it can be at the 21 schools we service in the East Cape Area!”*

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Tennis balls	80
Training cones - sets of 8 or 12	3
Ball Inflators	8
Scrimmage Vests - sets	6
Hula Hoops	50
Speakers with microphone	5
Musical instruments - schools received	2
Metal shelves & file cabinet	3
Books schools that received	5
small refrigerator	1
printers & printer ink	8
chairs for students	42
Teacher chairs	16
traffic cones - school that received	1
35 gal garbage cans & waste cans -	13
games and puzzles given out	20
misc play toys for kinders/primers	50
back packs	15
new AC units	10
Repaired AC units	80

## ***Holiday Art Show And Other AdA Events!***

By: Christine Courtright

We are geared up and ready to go! Another season is upon us and we have some great plans and surprises for this season. To get ready for our events, you must first mark your calendars:

### **Holiday Art Show**

Sunday, December 3<sup>rd</sup> - in our new location!!

### **Artist's Studio Tour**

Wednesday, February 7, 2024

### **Festival de Artes**

Sunday, March 17, 2024 – St. Patrick's Day!!

Our first event is the Holiday Art Show (HAS) on Sunday, December 3<sup>rd</sup> from 10am – 3pm. Did you notice the poster on page 1—another great Mary Naylor picture! Last season we worried that we outgrew our old location, but luckily Hotel Palmas de Cortez generously offered for us to move to the hotel grounds where we can spread out, vendors have a little more space, parking is close and plentiful, and it is super easy to find! We are thrilled about our new location, and now we will be able to have additional activities and entertainment. HAS is not going to be as big of a production as the Festival de Artes, and

*Continued on Page 4*

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by  
**Connie Heinen**

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AdA Events Continued From Page 3

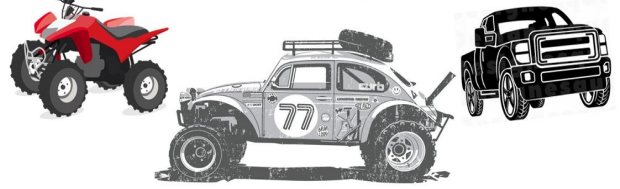
we will strive to keep it as intimate and relaxing as it was before, just with the benefit of more room and much better parking.

Everyone loves the Holiday Art Show as it follows the Taste of East Cape and the show is where you can leisurely catch up with your Baja friends that you have not seen all summer. It is a great time to catch up on everyone's lives and adventures and make plans for this new season's activities.

And it does not hurt that you can get your holiday shopping done in one place in one swoop. We will have an expanded beer garden and Hotel Palmas will be managing our bar, so the drink menu will be greatly expanded. We will also have our great HAS food vendors to ensure you can have breakfast, lunch or snacks and then pick up dinner and or a dessert. You will be able to shop for a while, grab a bite to eat and a cold one, shop a little more after decisions have been made, then have another bite and another cold one, visit with more friends and pick up something for dinner or dessert and finish up your list on your way out! Sounds like a great plan to me!

Complete details will be on our website [www.eastcapearts.com](http://www.eastcapearts.com) So great mark that calendar, make sure you are ready for the improved **Holiday Art Show** at Hotel Palmas de Cortez on December 3<sup>rd</sup> from 10am – 3pm!

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Michael J. Fox reflects on his Parkinson's diagnosis

## Hi everyone! I am happy to announce that **Chocolates by Sonia** is back!!



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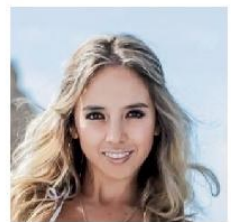
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## ***Club Rotario Los Barriles Cabo Este - Hello Fall. Thanks for Your Support!***

By Linda Snider, Communications Director 2023-2024

Greetings Los Barriles! High season is upon us once again. As our little beach town begins to wake up from its sleepy (hopefully hurricane resistant) summer, here is an update from Club Rotario Los Barriles Cabo Este.

Our Past President and local business owner Priscilla Duran together with our newly elected President & President Elect, retirees and full-time residents Tom Brogan and Brant Dyer have taken up the charge with the Board of Directors (old and new).

### Completed projects:

- Our website has been rebranded and fully updated. Check it out at [www.losbarrilesrotaryclub.org](http://www.losbarrilesrotaryclub.org).
- With the help of East Cape Health Center, local DIF offices & USA Nevada City Rotary Club, health screenings were performed on school children, teachers, staff and local residents of: Santa Cruz, El Campamento, and El Cardonal.
- With the help of Los Barriles Delegación and local residents, the bathroom project at the Rincon Sports Complex is complete.
- With the help of local residents, the Los Barriles Elementary School Library & Special Needs Room has

been remodeled, updated and almost all computers are now fully operational.

- With the help of Los Barriles Rotary Interact Club, free backpacks & supplies were handed out to students of Spa Buena Vista Elementary School.
- College Scholarships were handed out to Los Barriles Rotary Interact Club students.
- With the help of Los Barriles Delegación and local residents, Laguna Park was cleaned, and lighting replaced at Laguna Park in preparation of The Taste of East Cape.
- We toured the Centro de Salud facilities and helped with inventory and disposing of outdated medicines. Also, one of our members kindly donated a refurbished generator and paid for installation.
- Annual community cultural projects we organize and/or participate in: **Day of the Dead Celebration (look for program updates soon)**; Christmas Toy Giveaway; Children's Day Pancake Breakfast & Art Project; Spring Mardi Gras Parade; Earth Day; Mother's Day; Semana

As you can see, it takes a community. Club Rotario Los Barriles Cabo Este sincerely thanks everyone involved with the above projects for their help and support! Photos of these projects are proudly displayed on our Facebook page and our website. We hope we can count on your support for upcoming year.

What's next? In addition to continuation of health screenings and cultural events here is a list of projects we continue to

*Continued on Page 8*

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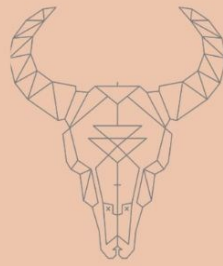


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*Rotary Continued From Page 6*

work on behind the scenes: improvements to Laguna Park, El Cardonal Library, El Cardonal Desal Plant Water Reclamation Project, updating playground in front of Los Barriles Elementary School, and the kitchen at John Gullo Youth Hostel in El Cardonal.

**Fundraising.** The much anticipated, well attended, flagship event "The 8<sup>th</sup> Annual Taste of East Cape" has been rebranded and promises to continue to be one of the "Do Not Miss" events of the high season. When: Dec. 2. Where: Laguna Park. Public comments on how to make this event better have been taken to heart. You spoke, we heard. Tickets will go on sale soon. Come see what all the excitement is about.

This year Club Rotario Los Barriles has added another fundraiser in the Spring. We are partnering with Vita's Art + Fashion and La Playa Restaurant & Bar to bring back (after COVID) the popular 10<sup>th</sup> Vita's Fashion & Art Show. This event promises to be fun-filled for fashionistas and art lovers across East Cape, all at one of Los Barriles' most beautiful venues. Date: March 13, 2024. Where: La Playa Restaurant. Stay tuned for more details!

Look for us on Facebook, our website and in the Baja Pony Express. Come join us at our No Host Team Breakfast meetings on Wednesday mornings @ Tico's Restaurant. Maybe become a member? Freshman Class is always wanted. If you have a community project, you would like us to consider please contact us first. We need to be sure your project will meet Rotarian criteria prior to consideration by the Club. Questions? Concerns? Comments? Go to our website and use the "Contact Us" form. Or message us on Facebook. Welcome back everyone.



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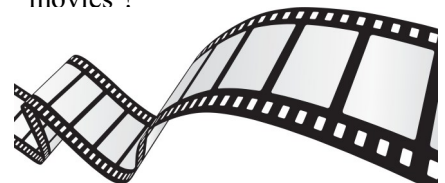
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## *See You At The Movies!*

**By: Theresa Comber**

Join us for the most fun with your friends and family at a movie night fundraiser every two weeks this winter season! We are beyond grateful that our community supports this program to raise money for our three-week environmental education and sports summer camp provided free for 115 kids. It's the highlight of their summer and it's the winter's highlight for us to be together and watch movies! Eating fresh

popped, movie style popcorn, enjoying a cold beer, wine, candy, homemade Kahlua brownies, and it all contributes to the fun and an amazing sense of community while being outdoors, watching a huge screen with professional speakers and first run movies. Please join us! Watch for notices and then mark your calendars and we'll 'See you at the movies'!



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East Cape Guild

***Education is not received,  
it is achieved!***

By Kim Plotkin

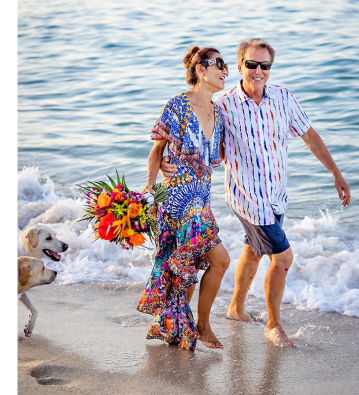
For the 2022/2023 school year the East Cape Guild set a record of funding 218 students for high school and college. This 2023/2024 school year we are pleased to announce a new record with funding 274 students! We had the most applicants in our 26-year history at 391, unfortunately we could not fund 100% of the applicants. High School education remains our priority. The East Cape Guild funded 100% of the qualified high school students. These students have the highest grades in their schools, they volunteer at our Guild events and will become leaders in our community.

This year we also celebrated our first funded college graduates. Many of our Guild scholarship recipients are employed in our community, so we all benefit from the Guilds efforts to help educate.

The East Cape Guild has plans for another busy season with fun, fund raisers. In December, we will have our annual Parade of Homes/Poker Run with several beautiful new construction homes to show off. The Nashville Song Writers Concert will be back with more exciting musicians! March 1st will be the intimate VIP dinner concert and March 2<sup>nd</sup> will be the community concert at Palmas De Cortez.

Supporting the East Cape Guild can help make a lasting impact on the education of students. You can help support the East Cape Guild by joining the Guild, attending the weekly Open Mic night, attending the East Cape Guild Events, or sponsoring a student's education. You can donate through our website [www. Eastcapeguild.com](http://www.Eastcapeguild.com) Sponsor a Student - East Cape Guild, A.C.

***Whether you help through monetary donations, volunteering your time, or spreading our mission through word-of-mouth, thank you. We couldn't accomplish our Education goals without the help of our community!***



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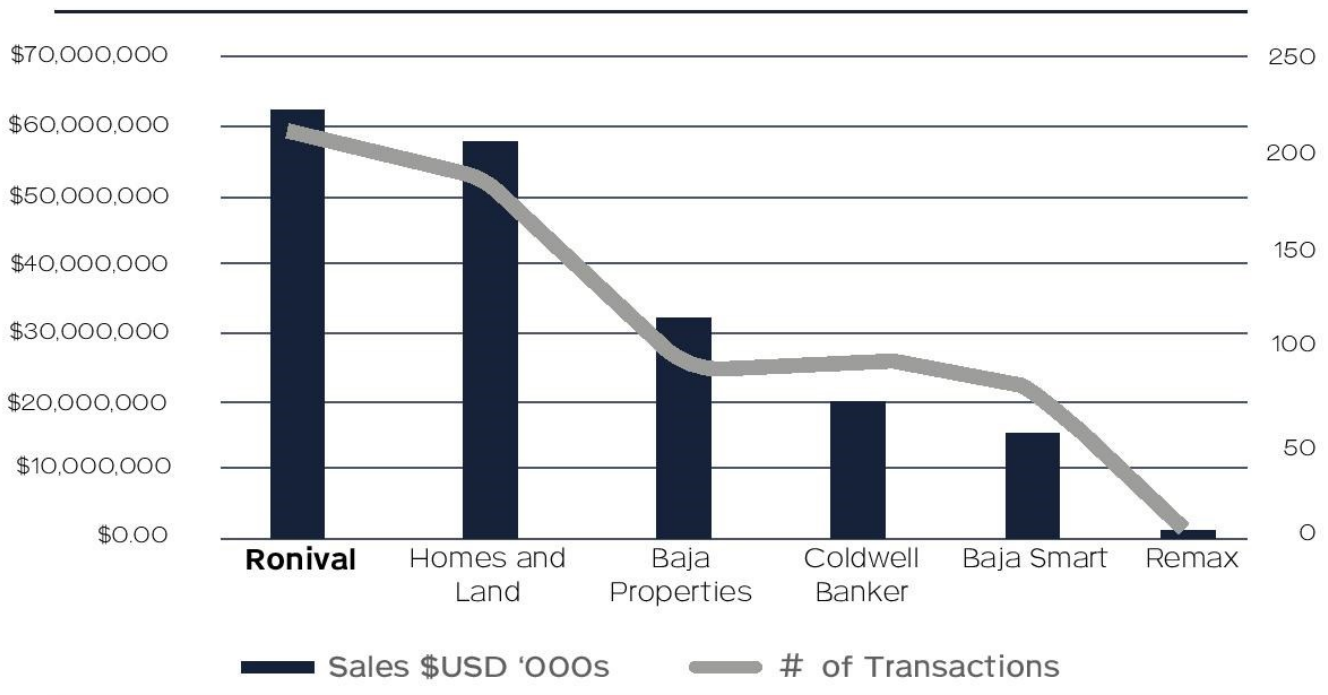
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## ***Everything You Need To Know To Live In The Baja...Tech Wise***

By: Lane Sykes

This Tech article is a compilation of different subjects targeted toward those of us in Baja East Cape. Some subjects may seem very technical, but I encourage you to read on. My wife is my proofreader and she made it to the last article before she fell asleep! Keep it by your bedside in case you run out of sheep!

There are now several options for internet in the BCS area. Some things are common to all. First, make sure you have a Cat 6 Ethernet cable from the Modem to the WiFi Router (most likely not included with the router). Second, make sure you have a WiFi router that can handle the speed – preferably a Gigabit Router. I recommend a Mesh Router to distribute the signal throughout the house and beyond. Remember the WiFi “extenders” will extend the signal but will cut the speed in half at the “extender” connection since it takes turns sending and receiving signals. Mesh routers have a back channel to handle simultaneous signals.

If you have an older Google Gmail account that you haven't used in a long time, Google will begin to deactivate those old accounts after about two years of inactivity. If you have a Yahoo account, remember that it's been sold a number of times and now is owned by a Private Equity company. That means they are interested in profit and that may sacrifice service. Unbelievably I have an AOL account and a Yahoo account. I don't use them for primary emails. I have two close friends who stored all their important business documents in their Yahoo email accounts. For some unknown reason, they were locked out of their accounts. Don't let that happen! Backup your important documents to an external hard drive and in the cloud.

Amazon is now beginning to ship packages in their native boxes. That's going to save a lot of paper, card-



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board, packing materials. If you see a box that looks like the one from a store, that may be from Amazon. Obviously, it should have shipping labels.

In major cities everywhere, the criminals are using Bluetooth scanners to see if you left something of value in your car. No sense in breaking into a car that doesn't have anything worthwhile. Make sure you “power off” all your portable devices. That doesn't mean just turning off the screen. Power down completely. Iphone users, hold the volume up and the power button at the same time and slide the screen to off. Android uses, it depends. Newer

*Continued on Page 14*



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*TechGuy Continued From Page 13*

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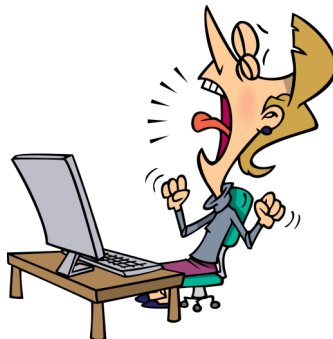
Watch out for bogus QR codes. There are a number of places asking you to honestly pay for a service using a QR code. For instance, when you park in a pay-to-park area, there may be a QR code to scan to pay. Make sure that it takes you to a legit site! Some scammers create their own QR code and place it over the legit one. What's a QR code you ask? That's the square black and white symbol that looks like an unsolvable maze. It contains code to take you to a web page or provide contact information.

You can create your own QR code at [hellohi.me](https://hellohi.me). You can include as much data as you choose. Name, address, phone number, etc. My wife asks: "Why on earth do I need a QR code". Excellent question. She stumped the Geek! But, now I have one.

If you are signing up for a website or service that you are unfamiliar with, there are two things that may be helpful. You can get a "burner" phone number for one week at [www.burnerapp.com](https://www.burnerapp.com). Some credit card companies will issue you a temporary credit card number (virtual card number). Using that will keep you from having your credit card illegally used. Need a burner (fake but real) email address go to: <https://burnermail.io/>

The most frequently asked question is "*how do I watch my favorite media in Mexico?*". The easiest way is to buy an Amazon Fire TV Stick. Next subscribe to Express VPN or Nord VPN. Why those two? They have apps for the Fire Stick. Download and install the app. Login to your VPN account. Now you are good to go. The Fire Stick does not have or store your location information. The VPN will locate you to the US or any country of your choice. Some people like programs from the BBC. You can locate yourself to England and masquerade as a local. Now, that's not 100% fool proof. Content creators are paid by Netflix, Hulu, etc for the number of viewers and the countries viewing. When the creators discover that people are watching in countries not listed in their contract, they call the streamers and demand more money. So, the streaming services shutdown the VPN IP address. It's pretty easy for them to discover when there are 5,000 devices connected to one IP address. The Express and Nord VPN change the IP address. Yes, a cat and mouse game.

Speaking of streaming media. Netflix began the trend and now all the streaming services are following their lead. Not only have they raised prices and now they are cracking down on "passcode sharing". If you have been sharing an account with a family member or friend, that may soon end if they are not in the same household. They can check your IP addresses to see if you are both located in the same household for some of the time. I suspect but can't substantiate that if everyone is using a VPN, that may be a work around.



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## 2024 Solar Eclipse – Mark the date now!

By: NASA

### Where & When

The Monday, April 8, 2024, total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. The total solar eclipse will begin over the South Pacific Ocean. Weather permitting, the first location in continental North America that will experience totality is Mexico's Pacific coast at around 11:07 a.m. PDT.

East Cape, Baja will experience a 90- 95% total eclipse!

~ Specific Scientific Details ~

**@23.074,-109.138**

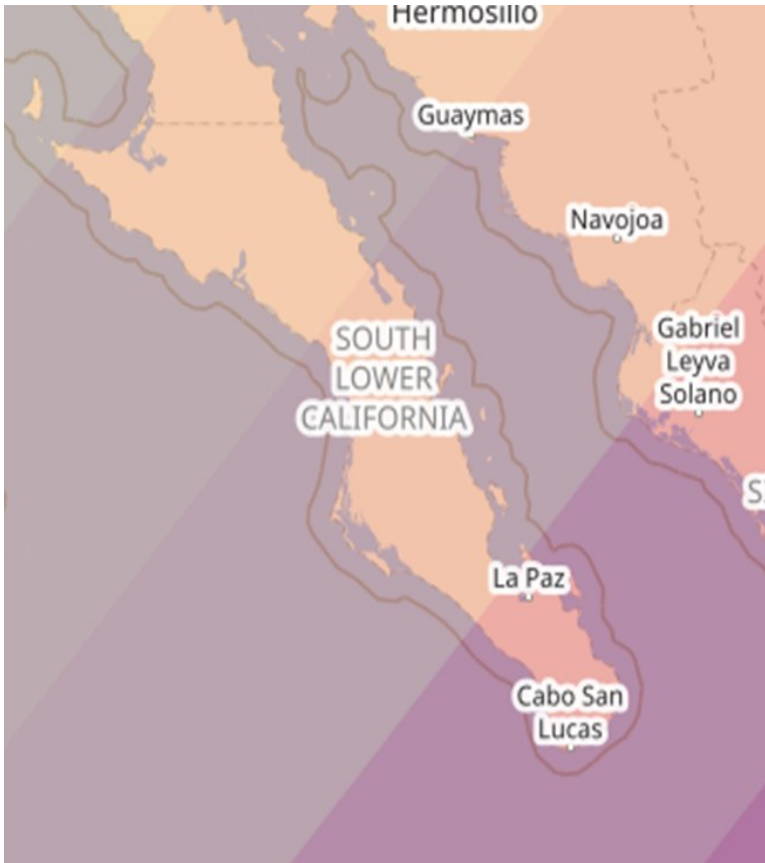
**Partial solar eclipse (96.71%)**

Obscuration	96.71%
Magnitude	0.9651
Duration	2h, 38m, 54s
Partial begins	Apr 8, 2024 at 9:47:57 am
Maximum	Apr 8, 2024 at 11:04:59 am
Partial ends	Apr 8, 2024 at 12:26:51 pm

Times shown in local time (UTC-7)

Weather	Available 14 days before eclipse
Avg. cloud cover	33% (since 2000)

Now, this is something to get excited about!!!



See in color online for a better detailed chart!



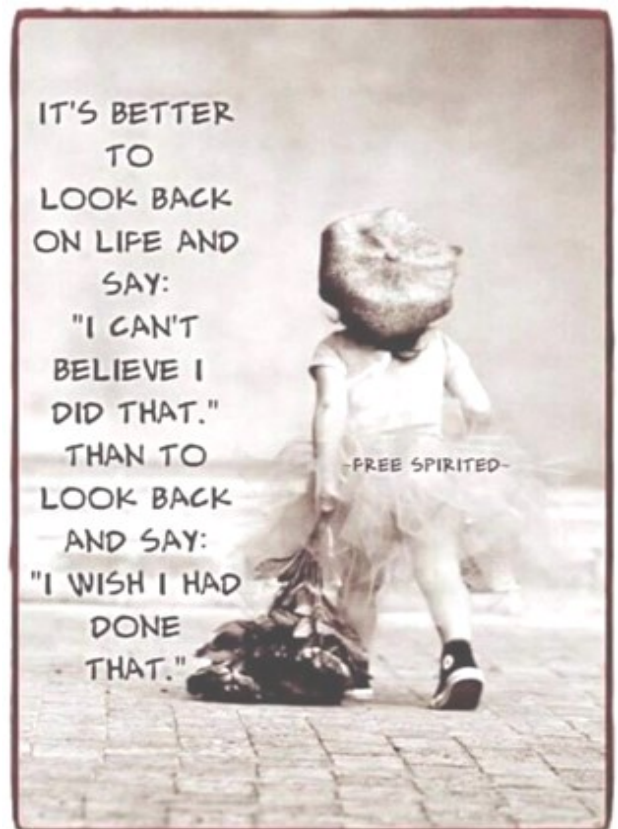
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## ***Volunteering for Cortez Rescue Is A Fun And Rewarding Way To Help Make East Cape A Better Place - For Humans And Our Furry Doggie Friends!***

By: Nancy McGrew, Cortez Rescue Volunteer

Cortez Rescue & Outreach is a non-profit canine rescue and welfare organization that is dedicated to alleviating suffering by improving the lives and welfare of dogs in the East Cape region. Cortez Rescue is run almost exclusively on the dedication of volunteers. It literally takes a village to do what they do. Cortez Rescue needs your help and support. You can contribute to this life enhancing work in many ways. Here are a few examples:

- Volunteering time by joining a dog walking day at the rescue. Dogs get out of their kennels for exercise and leash walking. A favorite activity for many of our volunteers!
- Becoming a Foster Parent - Fostering is perhaps one of the easiest, most impactful and most rewarding volunteering experiences. Learn more about this life saving service on the Cortez Rescue website.
- Be a Flight Escort Angel - many Cortez Rescue pups are rehomed, adopted, in the US and Canada. As you and your visiting families and friends fly out of the Cabo airport it would be of great service to escort a pup to their forever home. All arrangements and expenses are covered by Cortez Rescue. Being a flight angel is easy and rewarding!

- Support Cortez Rescue at the Saturday market in Los Barriles. Consider working the booth at the market or volunteering at our Mini Cortez in town location during market hours where we have actual loveable and adoptable Cortez Rescue dogs for market visitors to come meet.
- Support special projects. It takes a lot of work to maintain a well-managed animal rescue facility like Cortez Rescue. We are frequently in need of folks to help with special projects as they arise. Projects range from building dog houses, to applying fresh paint to our walls, to making dog hammocks, to organizing events and fundraisers, and much, much more. Everyone has important skills that can support the effort in some impactful way.

**SAVE THE DATE!!!!** Sunday November 19, 2023 Cortez Rescue & Outreach will host a volunteer informational reception and appreciation gathering in Los Barriles. Please plan to join us for some delicious food and refreshing beverages. If you are new and curious, come and get acquainted with people who are currently involved with Cortez Rescue who can answer any questions you have about getting involved.

If you are a past volunteer, welcome back. If you are currently volunteering, come take a break and feel the love. Everyone is welcome and we look forward to seeing familiar faces and welcoming new ones!



Please RSVP to [cortezrescueandoutreach@gmail.com](mailto:cortezrescueandoutreach@gmail.com) Keep an eye out for further event details on the Cortez Rescue website

**[www.cortezrescue.org](http://www.cortezrescue.org)**

You can learn more about volunteer options and contact Cortez Rescue to get involved through our website

<https://cortezrescue.org/volunteer-with-us/>



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## ***BAJA SHAKESPEARE TURNS 24!***

By: Sheryl Segal

The 2023-24 season marks another milestone for our very own Los Barriles theater company. Started in 2001 with a production of MacBeth, Baja Shakespeare has performed all of the Shakespeare Comedies, as well as a variety of pantos, fairy tales, and murder mysteries, always with a Baja theme, along with live music, singing, dancing, and laughing.

We are so privileged to play in Baja. With so much goodwill from our community, Baja Shakespeare continues to grow and change along with our ever-growing community of friends and family. Last season, our original production of Hamlette & Eggs was our biggest show ever. We performed 7 shows, for more than 700 people, at the beautiful Hotel Palmas de Cortez convention center.

Our core group of thespians, musicians, and the crew represent a group of enthusiastic, slightly zany folks who work incredibly hard for many months to bring the community a memorable performance. Last year we were thrilled that so many first-timers joined the cast. And, we love our volunteers. Kudos to all of you who come out and help to ensure our show is a rousing success.

Baja Shakespeare is proud to give back to the community every performance. We invite local not-for-profits to participate in fundraising, we shop locally for costumes and



props and support our local restaurants for our dress rehearsal meals and after-show parties.

This year, our performance dates at the Hotel Palmas de Cortez will be in February. Mark your calendars so as not to miss the 2024 production, and stay tuned for the exact show dates and times.

The best part of Baja Shakespeare is that we are a community theater group and anyone can join in.

It's time to start thinking if this is YOUR year to join Baja Shakespeare. We'd love to have you! Would you like to be behind-the-scenes? Set design, costumes, props... our to-do list is long. Time for you to get up on stage? Ready to sing? Dance? Take a small part? Auditions will be held late November- check us out on Facebook and watch for announcements on the BPE.

If you have any questions, please contact .... [ssegal34@yahoo.com](mailto:ssegal34@yahoo.com)

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Cast of Hamlette and Eggs



# *Turtle Season Is Overflowing Literally*

By: Theresa Comber

This may be the largest baby turtle season in the 14-year history of the nonprofit, all volunteer, Grupo Tortuguero program.

Perhaps it's because this season is ushering in El Nino. Perhaps we may be seeing the first full cycle of success because it also takes 13 - 15 years for turtles to reach reproductive maturity. Whatever it is, it has been nearly crushing.

Each morning, July 1 to December 1, Omar Araiza leaves La Ribera in the dark, a big Yeti coffee thermos in his ATV's basket, looking for momma turtle tracks. He's so experienced and well trained that he easily sees tracks and locates the hidden spot where she's covered the nest.

Mommies typically haul themselves ashore in the dark of night, searching for the perfect moist, warm sand to create a strong nest to insulate the eggs. On average, 100 eggs per nest, based on the age of the mother and in six weeks' time they'll hatch. Females may lay as many as 4 nests a season! Omar uses a small wooden stick to assure the exact spot to dig, then on his hands and knees removes up to a foot and a half of sand to gently lift the malleable, golf ball sized turtle eggs into a bag. He counts them going in and records each nest and date so the hatching time will be known. He can manage up to 15 nests a day—that's as many as 1500 baby turtle eggs each morning!

Omar meets his brother Noe at the turtle nursery on the beach in Buenos Aires to 're-nest' the baby eggs, making sure to follow the same nest pattern, structure, depth, width, size that the momma turtle dug.

This is a nonpaid conservation effort selflessly undertaken by the Araiza brothers and their turtle sister Kareema who helps raise awareness. It is from their heart and soul because of their commitment to turtles and their place on the earth. Both brothers have full time jobs, children, wives, homes and commitments. They are not paid. They are not on 'turtle call'. They manage the program they've designed to meet their work obligations. Any turtles that appear on the shore and lay their eggs during the day, may be picked up the following morning. If waves and vehicle tires obscure the momma's tracks, the nest may not be found. Many kind and caring community folks that see a daytime turtle laying eggs create a circle of sticks about a nest which may help protect the nest. Omar encourages observers to stay far away to lessen the stress on the mother turtle as she goes through her laying process.

Eggs can begin to hatch by mid-August. Warmth encourages a six-week hatching cycle and there can be as many as 500, 1000, 1500 baby turtles a day hatching when the brothers escort them to the sea. As days shorten and cool, it can take as much as eight weeks for nests to hatch. On the occasion that a mother turtle lays from mid-December to April, most eggs will not hatch as the sand is not warm enough to insulate them to maturity.



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Seeing baby turtles hatch and make their way to the sea, the males never to return to land, can create memories that last a lifetime. If you have this beautiful experience and would like to help support the costs associated with this six-month program, please donate toward fuel, tires, fencing, netting, to assure the Araiza brothers and their turtle sister Kareema continue their personal turtle conservation efforts.



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## ***Singing for Fun Vocal Workshop at the Yoga Garden***

By: Jeanette Grittani

There's an African expression, "*If you can walk you can dance, If you can talk you can sing.*" That's the philosophy of vocal teacher Jeanette Grittani, (also known as Jeanetti Spaghetti) who is offering her "Singing For Fun" vocal workshop again this season at the Yoga Garden on Saturdays, from 12:30 to 2pm, **starting November 18th.**

The workshop is suitable for anyone who loves or wants to sing, at all levels from novice to professional. Jeanette is a seasoned vocalist, musician, performer, and music educator. She has been leading vocal workshops for many decades, sharing her passion and delight for singing with a multitude of participants over the years.

The workshop is adapted to the abilities and the desires of the participants. Activities include stretching, breathing, vocal exercises, improvisation, harmony, group singing in unison and in parts, and it is all fun! The workshop is delivered with humor, energy and the intention of empowering participants to release, expand and refine their voices and enjoy singing with others. The class is open to drop-ins as well as extended participa-

tion. Often singers bring their visitors to share a session or more with them. There are opportunities to perform for those who choose to, including at the Community Market for Christmas. Some may recall the "Flash Mob" at Open Mic years ago.

Comments from some past participants:

*I really delighted in the community created with our singing group! I'll be back!!!*

*It was a fantastic experience to be in a room with such great acoustics and a great choir leader, and to sing those beautiful songs.*

*Our time singing together, sharing dynamics and harmonies, was pure joy! I loved it! When you broke us into groups and conducted us to sing an original 4-part song. Wowza! Pure magic.*

*So much laughter, joy, songs, and memories shared with these wild and wonderful folks.*

*Thanks for all that you have offered us Jeanette... richer than words can describe!*

*I'm so loving the class. Wish I'd started sooner in the season.*

We hope you'll join us this season.

Jeanette is also available for private music instruction in voice, guitar and piano.

Contact: Jeanette Grittani [jgrittan1@gmail.com](mailto:jgrittan1@gmail.com) +52-624-217-6513 (WhatsApp)



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## Hot Diggety Dog!!!

By: Paula Myers

Hot diggety dog, S.N.A.P. (Spay, Neuter and Prevention) Los Barriles wants to welcome everyone back for the upcoming season. While you've been away, S.N.A.P. has been hard at work during the dog days of summer promoting free spay and neuter services for Mexican owned dogs and cats in our community.

Mexico continues to be ranked number 1 in the world per capita in the overpopulation of dogs and cats. To combat this, S.N.A.P.'s mission is to help Mexican families improve their lives as pet owners by educating them, reducing animal cruelty, and reducing the burden placed on families and rescues caused by unwanted litters. This work cannot be done alone, and this summer was all about partnerships.

We were excited to be included in the 2023 Curso de Verano camp organized by the Los Barriles DIF. It was S.N.A.P.'s first educational program aimed at empowering local children between the ages of 6 to 15 about the importance of responsible pet ownership. These kids spent an hour and a half with Dra. Dea Galvan talking about the basics of how to be good pet owners. More than 115 children participated in this program, and they were eager to learn and make a positive impact on their community.

Every spay and neuter sufficiently reduces and controls the overpopulation of unwanted dogs and cats in our

community, so it seemed only appropriate to partner with Cortez Rescue for a July Spay and Neuter Campaign that not only covered the cost of the spay or neuter surgery but also provided the owner of each dog sterilized a free bag of food. This campaign blew the doors off our monthly numbers. Over 200 dogs and cats were sterilized, which is double our normal rate of services. At the time of this newsletter, S.N.A.P. has seen an increase of 20 percent in dogs and cats being sterilized as compared to last year at this time.

S.N.A.P. is funded 100 percent through generous donations from local business and private donors. To continue providing services at S.N.A.P. needs financial donations to cover the cost of sterilization and educational programs. S.N.A.P. can also use donations of goods and services such as collars, leashes, potty pads, and dog or cat food. Contact us to help: [info@snaplosbarriles.org](mailto:info@snaplosbarriles.org) or WhatsApp: 503-507-1705

What's happening this season? We'll be putting "fun" into fundraising this season by kicking the season off on December 8<sup>th</sup>, 2023. Ms. Sherri King will once again be hosting our fundraising dinner aptly called "SPAY-lendid Lasagna Dinner and sNOwBALLS dessert". Tickets will be 1000 pesos per person. Reservations for tickets are available now to be purchased on November 1<sup>st</sup>. Email ticket requests to: [info@snaplosbarriles.org](mailto:info@snaplosbarriles.org)

Follow S.N.A.P. Los Barriles on Facebook to stay tuned for other upcoming events and news.



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## *Los Barriles Primary School's New Library*

By: Gordon Blackie

Los Barriles High school student, Bianey Lopez, discovered that the local elementary school lacked a library, and the funds to create one.

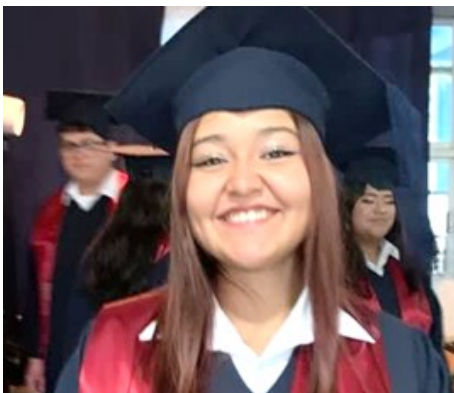


She took it upon herself to make a pitch to the local Rotary Club for financial support. Having secured funds to refurbish the room as a library, she then recruited helpers to assist in painting the walls and assembling the shelves she had purchased.

Due to her leadership the elementary school now has an attractive place for students to visit with foam chairs, alphabet carpet, shoe rack, extensive shelving and half a dozen computers.

Bianey graduated from Los Barriles high school this summer and is heading off to attend university in La Paz. She leaves behind a legacy that will benefit many local children for years to come.

If, when her university studies are completed, Bianey returns to Los Barriles it is likely her initiative, drive, and leadership skills will once again contribute to improving the lives of others in our community.



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## **Mike McMahan Classic Baja Maps Did You Know.....**

By: BB Rancho Las Tinas, BCS

Those of us who have and enjoy the classic Mike McMahan Baja maps over the years may be interested to know they have a local East Cape connection to them. If you look closely at the bottom of the maps they are made by The McMahon Desk Company in Los Angeles California. My parents were close to Mike as fellow members of the Westport Beach Club in Playa del Rey California, and longtime bowling league partners. Throughout the 60's and 70's long before the Baja highway system was even conceived, Mike and his family would explore the peninsula in his famous "La Burrita". Their fascinating adventures are chronicled in his book "Adventures in Baja". Because there were no dependable maps of Baja at the time Mike began to do it having made over 200 trips down. As many of you may remember, back then Americans that had interest in traveling to Mexico for beach vacations usually ended up in Rosarita Beach, or on the mainland in Acapulco, Mazatlan, Puerto Vallarta, or Manzanillo. Flights were available. Baja not so much.

It was truly "the forgotten peninsula" not only by tourists but by the Mexican government as well. When Mike was ready to publish his first edition map through his desk company in 1967, the Mexican government got wind of it and told him he could not do it. Maps were under the jurisdiction of the government. Using his Baja adventure ingenuity Mike got

around the government restriction by making a PURPOSE MISTAKE on the map therefore enabling the map to be designated as art! And thereby sold and distributed. The "mistake" can be found along the Sea of Cortez coast where Baja Norte and Baja Sur meet. Mike named an eastern point, Punta Mary Pitcher, after his longtime girlfriend from Playa del Rey who often reminisced about Mike with my mom after his passing. See if you can find it. In addition, Mike made a VERY LIMITED and expensive run of maps that were etched on copper for a select few that my dad hung in his office for many years. — As for the East Cape connection, Mike along with a son, also had three daughters including Ginger, who married long time La Ribera resident Chuck Potter. Chuck was the "quintessential traveling salesman" who drove up and down the peninsula selling every book available about Baja he could get his hands on to any bookstore, hotel or resident he would encounter. And as you can imagine business quickly boomed as the paved Baja highways were made and interest in Baja exploded. He was an original East Cape gringo resident along with locals Jimmy Smith, Steve Chism, and Bobby Van Wormer. Chuck and Ginger were true pioneering Baja couple. Mary and I first ran into them by chance at Hotel Punta Colorada one afternoon around 1976. Although I had met her father and Mary Pitcher at Westport and at the house as a kid, I didn't know Ginger. My wife Mary's folks also knew Mike from Westport but she had never known Ginger either. What a great afternoon the four of us spent together that day discovering our "six degrees of separation" and sipping margaritas.

*Continued on Page 26*

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Maps Continued From Page 25

Our new Baja amigos friendship would last for decades. Both Ginger and Chuck have been gone for many years now. On a final, personal note, just before he died Mike was due to update his “piece of art”. Through my folks and Ginger, he knew Mary and I had decided to embrace Baja and make it our home. He promised that his new “mistake” along with Punta Mary Pitcher would be Punta Bob and Mary Bowman! Wow what an honor! Alas, with his passing it would not come to fruition. — There aren’t many of us left who personally knew Mike McMahon, Ginger or Chuck Potter (or, Jimmy, Steve or Bobby for that matter). But ask some of your old timers here and they most certainly will have stories about them they might share. Local artist Sally Lask, and Paul Gilbert (Tio Pablo) would certainly be a good places to start. —I hope these memories and personal tidbits about Mike’s “piece of art” will add to your enjoyment of it.



### On Ceviche

By: Renée Lagloire, M.A. Anthropology

One of the joys of living by the ocean is pleasing your palate with scrumptious *ceviche*. In this dish, fish (or seafood) is marinated in the juices of acidic fruit, typically lime or lemon. This bringing together of the fish and acidic juices is called “denature” – a chemical process that transforms fish from raw to firm and opaque. (A note of caution, denaturing is not as efficient at killing para-

sites in foods as heat.) The secret to the healthiest and most delicious *ceviche* is to use the freshest of fish or seafood.

In Latin America, *ceviche* is woven into the culinary traditions of its Pacific coast countries. Modern day Peruvians take ownership of its genesis, consuming and celebrating *ceviche* as a vital part of their culture, pointing to its ancient roots on the Peruvian coast. *Ceviche* is the country’s national dish, and there’s a lot of it consumed there every June 28 which is National Ceviche Day (*Día Nacional del Ceviche*), highlighting its importance in Peruvian culture.

While countering theories abound, it is now accepted that modern *ceviche* arose from the coming together of Peruvian and Spanish culinary traditions. Around 2,000 year ago, in coastal Peru, the Moche people were eating fish that they marinated in fermented banana passionfruit juice. In coastal Spain, there was a dish, *escabeche*, made with macerated raw fish and meat with vinegar, sour oranges and spices. What we know as *ceviche* was born as old world ingredients, such as citrus, cilantro, and onions were merged with the peppers, and fish species used in Moche and Inca cuisines.

The wide regional diversity of *ceviche* in its birthplace, Peru, has been documented through books and , Peru served for 400 years as the capital of the

Viceroyalty of Peru, which at its height covered most of western South America. In this way, *ceviche* radiated out from Peru to outlying regions, over time finding homes in the coastal regions of Latin America, reaching Mexico and eventually many coastal regions of the world.

At its most basic, in modern coastal Latin America, *ceviche* is simply chunks of raw fish (or seafood) marinated in citrus, with sliced onions, chili peppers, salt and pepper. To this base, other ingredients are added. Many *cevicherias* in South America include, as an appetizer, a small glass of the marinade, called *leche de tigre* (tiger’s milk), widely held to be an aphrodisiac. In most Latin American Pacific coastal countries (with the exception of Chile, Panama and Peru), tomatoes or its juices are added to the citrus mix. In Ecuador, broth made from cooked shrimp shells is a common ingredient. In Colombia, mayonnaise is sometimes added, as is mustard. *Ceviche* is served

Continued on Page 27





*Ceviche Continued From Page 26*

cold or at room temperature with accompaniments that change regionally and nationally, and include: corn on the cob, boiled or roasted sweet potatoes, savory pastry, popcorn, crackers. In Mexico, *ceviche* is typically topped with slices of avocado, and served with *tostadas*, *totopos* (tortilla chips) or crackers.

*Ceviche* wasn't born in Mexico, but it has certainly been adopted into its cuisine. As would be expected, Mexican *ceviche* yields all the freshness, textures, and flavors you want when life presents you with fresh fish. Enjoy this recipe for classic Mexican *ceviche*.

**Ceviche a la Mexicana - Classic Mexican Ceviche**

- \* 3 pounds high-quality skinless firm white ocean fish fillet (halibut, snapper and bass are great choices), cut into cubes a little smaller than ½ inch
- \* 4 ½ cups fresh lime juice
- \* 3 small red onions, chopped into 1/4-inch pieces
- Hot green *chiles* to taste (roughly 3 or 4 *serranos* or 2 large *jalapeños*), stemmed and roughly chopped
- \* ¾ cup green olives (preferably manzanillos)
- \* 2 pounds ripe tomatoes, cored, and cut into 1/4-inch pieces
- \* ½ small jicama, peeled and chopped into 1/4-inch pieces
- \* ¾ cup (loosely packed) chopped fresh cilantro (thick bottom stems cut off)
- \* 1/3 cup olive oil
- \* Salt
- \* 1 Tbsp. sugar
- \* 1 ripe avocado, sliced
- \* Sturdy tortilla chips, 3- to 4-inch tostadas, or crackers for serving

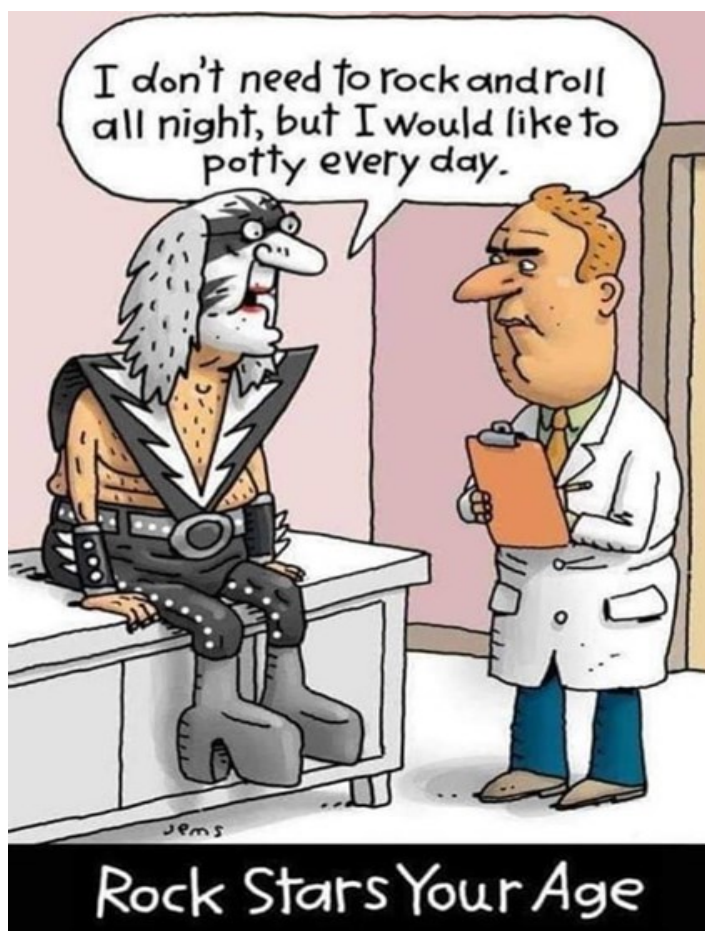
1. In a large stainless steel or glass bowl, combine the fish, citrus juice and onion. The fish should float freely in the juice; if not, add a little more. Cover and refrigerate until the fish is as “done” as you like. An hour or so for medium-rare, 3 to 4 hours for “cooked” all the way through. Drain off the juice and discard.
2. Finely chop the green *chile* and olives. Add to the fish along with the tomato, jicama, cilantro and olive oil. Stir well, then season with salt and sugar.
3. Refrigerate up to 2 hours, add slices of avocado, serve with tortilla chips, tostadas or crackers.



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## ***Does BCS Even Need a New Children's Home?***

By: Adam Greenberg

Recently, we put out a survey to get information from the community about their views on charitable causes and organizations. We also wanted to know what people thought about Leaders2Give, our nonprofit that does most of its work in the East Cape and is expanding to the greater BCS area.

Many of the responses were in alignment with what we knew about our community, but there were some unexpected twists and turns that left us scratching our heads.

Some individuals questioned or failed to comprehend the necessity of the new home, which will provide a haven for children during their families' medical challenges.

Shortly thereafter, some people took to social media to question the validity of the home. We were overwhelmed by the number of positive comments on these posts from the community both Mexican and expat alike who understood the very real need for the home.

Allow us to present the facts that demonstrate the urgent need for this facility:

- Over the last few years poverty has increased in BCS by over 200%. Many of those living in poverty are single mothers with children.
- Childhood leukemia and breast cancer are among the leading causes of death in Mexico with an extraordinary number of cases right here in Baja California Sur.

- Many single mothers living in poverty must abandon their children in order to seek medical treatment for themselves or a sick child.
- This sad situation was confirmed by DIF, the agency responsible for child and family welfare.
- It was also confirmed by FIPCAM, a Mexican non-profit exclusively serving women living in poverty in Baja California Sur requiring treatment for cancer.
- It was the Mexican community which originally advocated for the home.
- The John Gullo Home for Children is being built in collaboration with the government of Baja California Sur, DIF, the local municipality of El Cardonal and has the support of the local Mexican community.

All the hubbub was a good thing, in the end. It gave us a chance to explain the very real need for this home and dispel some of the myths floating about.

And now, I am thrilled to share with you an exciting update on the construction of the new children's home. We are on the cusp of completing Phase One!

That means the construction of all the vital infrastructure (walls, roofs, foundations) across all three new buildings is almost finished.

We are now setting our sights on Phase Two which includes all masonry and finishes such as paint and plaster, doors and windows, tiles, installation of septic, appliances, and fencing for privacy and security, and more.

With most funding now in place, it will then be crucial to continue our momentum to complete the landscaping,

*Continued on Page 30*



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*Orphanage Continued From Page 29*

build the shade pavilion and make all of the other finishing touches to ensure this home is a warm and welcoming sanctuary for these deserving children.

We recognize this is an ambitious project and we need your help.

Our Board along with local resident and philanthropist John Gullo have pooled \$100,000.00 as a donor match. This means that if we can raise \$100,000.00 it will turn into \$200,000.00 which will ensure we have the funds to not only complete capital construction but to move toward operations and annual sustainment.

By participating in the donor match you will be able to turn your \$25 donation into \$50, your \$100 into \$200, or your \$2,000 into a \$4,000 donation!

Our goal is to see this project operational by the winter of 2024, as we know there are already families waiting, but we cannot do it without your help. Every dollar you contribute brings us closer to our goal and closer to creating a vibrant, sustainable space that benefits families throughout BCS.

Naming rights are still available for highly visible areas within the facility. Contact [info@leaders2give.org](mailto:info@leaders2give.org) to learn more.

There are several ways to donate including credit card, paypal, check, wire, stock, IRA, DMF, and more. Please

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*It is on the way!! Progress has been moving along!*





# Feeding The Hungry

By: Blackie Gordon

The seasonal visitors disappeared for the summer, but hunger stays behind for the poorest of the poor in our community. All year long Feeding the Hungry provides a dependable lifeline to families struggling to survive.



Knowing that they will receive support from Feeding the Hungry for a full year gives a reassuring level of security to a family as they try to break the cycle of poverty and get back on their feet. Over the last couple of years we have seen a number of families improve their situations to the point that they have exited the Feeding the Hungry program. What a success.

Feeding the Hungry works quietly behind the scenes changing the lives of the least fortunate in our community. If you would like to be part of this success story making a lasting difference in the lives of a local family, we would be delighted to have your help.

Please contact Ben and Harriet Purkey [purkeybh@gmail.com](mailto:purkeybh@gmail.com) or Gordon and Joy Blackie [gordonandjoy@gmail.com](mailto:gordonandjoy@gmail.com)

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## East Cape Health Center Summer Update 2023

By: Char Wengler

A warm welcome back to all our friends and visitors. We look forward to assisting with your medical and dental needs this season.

Our summer this year was typically long and hot with several rainy days that contributed mightily to the lush green beauty that surrounds us this time of year. The rains, however, also bring with it the return of mosquitos and bobos that can carry nasty diseases. Be mindful of these pests.

This summer also saw a fantastic youth program organized by the local DIF known as "Cursos Verano." This summer program, held after the school term ends, keeps its participants physically active and learning a host of skills including swimming, soccer, art, and English. As part of this valuable program, the East Cape Health Center invited the children into our clinic where they are able to tour our facility, learn about the services we offer, and meet with medical and dental professionals. Highlights of the day included observing wiggling bacteria under the microscope, seeing real images on the x-ray and ultrasound screens, and, for some the greatest attraction - the chance to sit in our ambulance.

We continued attending weekly Rotary meetings in preparation for its 8th annual "Taste of East Cape" event to be held on December 2nd at Laguna Park. The clinic has been invited to manage the cash bar and beverages with our medical and dental teams working as bartenders and servers. We should all come out and enjoy this lovely evening with acclaimed live music that will benefit the clinic as well as the entire community. Tickets can be obtained at the Baja Homes and Land real estate office. This fun event will not only benefit the clinic, but the entire community as well. Be sure to save the date and plan to attend!!

Of great interest to us all, we have begun discussions with the Delegation and other involved parties about how we might improve emergency services in our area. Currently,



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we have 3 independent ambulances available: Protection Civil, Bay Watch and the East Cape Health Center.

We will share the results of these efforts when available. In the meantime, we are in the process of donating our older ambulance to the Delegation. This useful, older rig will provide safe, non-emergent transport that will include the added security of oxygen, suction and sirens to get quickly through traffic — helping to ensure patient safety.

There is tremendous growth in La Ribera and we are very grateful for the opportunity to add our new satellite clinic

*Continued on Page 33*



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to that community. You can find the clinic on the Cabo Pulmo Road just across from the Delegation and Pemex gas station. The new clinic further demonstrates our commitment to serving the entire East Cape region with sound medical infrastructure.

While we can't stop progress, we can expand our services and improve medical and dental care for the ever-growing population.

If you would like to help sustain our efforts, please consider donating today. Information on how to best do so can be found by contacting:

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## Third Annual Fun Ride For Charity

By: Blackie Gordon

The Third Annual Los Barriles ATV Fun Ride for Charity. Get together a group of your friends and register at the Saturday Market in November for 'The Most Fun you'll ever have on your ATV'. Setting off at staggered intervals along the well-marked 35 miles of fun trails your group will visit areas you have never been to before. Much of the driving will be easy, but some parts of the trail may well provide some driving interest.

As well as beautiful scenery you will come across a number of stops where your



group will be challenged to test your knowledge of classic movies. Refreshments will be available in select places, as well as one or two other pleasant surprises. This year extra points can be scored if you come dressed as a movie character! Full details can be found at <http://ATVFunLosBarriles.com>

Your ride will finish at Lazy Daze where you will be able to discover how well you know classic movies, and if you have won a raffle prize. This is an event designed for side-by-sides or quads. All proceeds from the event go toward supporting the Los Barriles Feeding the Hungry Charity. Minimum group size 6 people. Register early to secure the start time that suits you best.







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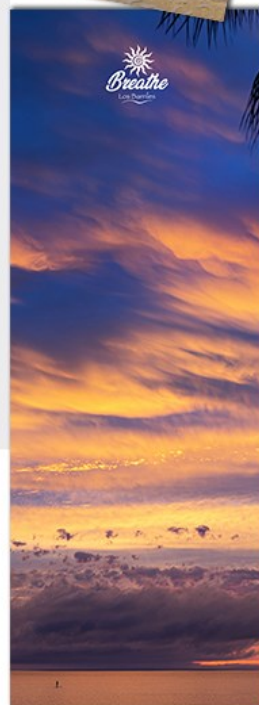
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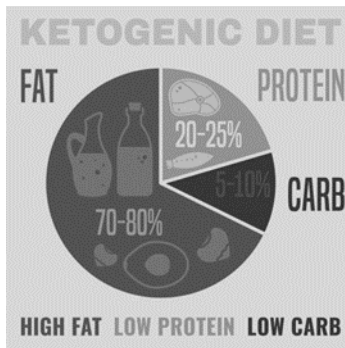
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## Who Should Stay Away From The Keto Diet!

By: Kathinka Roesiger

The Ketogenic Diet is everywhere and I am sure you have already heard about it. Many people are achieving great success on the Keto Diet especially when it comes to weight loss. First of all I want to make clear, that pretty much any diet has the potential to cause imbalances and problems in your body in the long run. A high carb diet for example has the potential to cause insulin resistance, but not for everyone. So there are also people out there, for whom the Ketogenic Diet can cause a whole lot of trouble!



*We can group those people, who should stay away from the Keto Diet into three main groups:*

Persons with any kind of digestive symptoms/problems.

If you suffer from burping, bloating,

constipation, reflux, diarrhea, skin or acne issues, you will probably not do good with the Keto Diet until you fix those issues first. The reason is the following: if your digestion does not work properly, you may not have enough stomach acid to break down protein or you do not produce enough bile and enzymes to break down fats, or maybe both....guess what the Keto Diet mostly consists of...yes, proteins and fats! So if your digestion cannot break down proteins and fats correctly, not only can it not use those for fuel and nutrition, they may also become a problem once they move on half digested through the small intestine.

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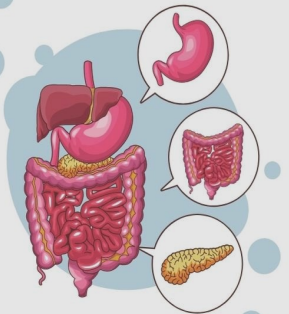
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### Persons with low mineral levels

The Keto Diet allows insulin levels in the body to go real low, this is why it works so great for people with pre-diabetes and metabolic syndrome. But the very low insulin level also causes people to pee out more minerals. This can create some real issues of imbalance in the body and can lead to depression, anxiety, insomnia, cravings.

So for people with low mineral levels (very low blood pressure can be an indication), it would first be necessary to lift those minerals in the body, mostly through improving digestion.

*Continued on Page 36*

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Keto Continued From Page 36

### Persons with an overly alkaline blood stream

When your bloodstream is too alkaline, something called the bore effect kicks in. This means, when the blood is too alkaline, oxygen cannot leave the blood and go into the tissues where it needs to be for energy production.

Here is where the problem comes in with the Ketogenic diet. The burning of carbs, which is much easier than burning fat and protein for fuel, helps the body to produce CO<sub>2</sub>. CO<sub>2</sub> is acidic, so helps to acidify the bloodstream. In people who lean towards being more alkaline, the carbs actually help them balance out their bloodstream. If they reduce carbohydrate intake dramatically, the bloodstream will become even more alkaline and the result will be really low energy. First this imbalance should be corrected, before thinking about going on a Keto Diet.

### Keto with caution!

Before you decide to go on a Keto Diet, make sure you really know how to do it properly. Also make sure your body is ready for it.

In my opinion the Keto diet is not a diet for the long term. It can be extremely helpful to lose weight. You should however, only follow it for 2-3 month max. at a time as you are seriously depriving your gut microbiome of food (the good bacteria that live in your gut). This may cause imbalance in that microbiome and favor the bad bacteria. In the worst case, it can lead to a whole host of other problems like vitamin deficiencies, food intolerance and constipation amongst others.



**See, East Capers Magazine is more than just educational and informational... it is stabilizing!**

## Paul's One-Liners

By: Paul LaGloire

- ⇒ Good decisions come from experience and experience comes from bad decisions.
- ⇒ Recognize a mistake when you perform it again and you'll call it experience.
- ⇒ Reluctance is an unwillingness that is just sitting on the fence.
- ⇒ See no evil, speak no evil, then you'll hear no evil.
- ⇒ He that jumps with cats will fall on his ass.
- ⇒ If you really have to meet the devil, at least go for a reason.
- ⇒ A poke on the butt attracts a different attention than one on the rib.
- ⇒ Running fast with it validates the no-return policy.
- ⇒ We may mean to be helpful but end up being an inconvenience.
- ⇒ The width and depth of our life is easier to manage than the length of it.
- ⇒ All futures will have a different past.
- ⇒ You want to live in a shoe, make sure you're the sole owner with no strings



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## Activity Choices

By: Sefi Held

Being a part of the Fitness Industry for over five decades has been informative, frustrating, enlightening and downright fun. What was the hottest trend and latest information available in the 80's, 90's and 2000's has quickly been pushed aside as more and more research becomes available to us on what is needed to stay fit and healthy. Staying current with fitness information and research can be quite a challenge and I have been attending the same annual, fitness conference with world renowned presenters for the past 30 years to ensure that my continuing education credits are up to date and despite all this new information, it is still difficult to keep up with the latest trends evolving each year. No wonder my participants and clients are boggled when it comes to making lifestyle and activity choices!!

One of the big questions I always get asked "Is cardiovascular (aerobic) fitness more important than either strength, flexibility, mobility or balance training?" To me the answer is a simple NO, because you need strength, flexibility, mobility and balance for overall fitness. Maintaining aerobic fitness has been shown to reduce the risks of coronary artery disease and its related problems, regular strength training can help reduce the risk for problems of osteopenia and osteoporosis. Maintaining flexibility and mobility helps reduce the risk of injury when you are doing other exercises and recreational sports activities and balance is a key component in keeping us from falling and incurring bone breaks especially in the hip area as we age.

Another related question is "To get stronger, do I need to work each muscle group with weights at least three times per week or more?" Many studies have shown that doing strength training exercises (weights, machines, elastic bands, body weight) just twice a week will lead to significant strength gains. The key is to take the muscle to fatigue by performing about eight to 12 repetitions – fatigue means

that the muscles being worked tire to the point that you cannot complete any more repetitions using proper and correct form. Wayne Wescott performed a study where senior participants did just one set of eight to 12 repetitions twice per week and it led to substantial strength improvement in just 12 short weeks. If you are new to resistance training, it is always a good idea to work with a qualified, certified professional to ensure that your program works all the major muscle groups in a balanced fashion.

The question of "Which of the following techniques is best for a mind and body fitness lifestyle; Yoga, Tai Chi, Meditation, Pilates, or Biofeedback, etc." is also a popular one and all of them can have a dramatic impact and are all proven and valid disciplines. Research has proven that optimal fitness encompasses much more than physical capabilities. What's important is the practiced integration of both mental and physical functions. Whatever practice or technique you choose, the benefits of a mind/body program can include reduced stress, lower blood pressure,

*Continued On Page 34*

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*Activity Continued From Page 33*

and an enhanced capability to deal with stressful situations and you may also find yourself smiling a lot more! Remember that fitness is not always about going fast and hard all of the time - something that I have learned as I've gained more experience in life.

Exercise is not only a well-documented means of maintaining muscle mass and losing fat, recent studies propose that it can also revitalize your sex life. In the Journal of the American Medical Association, scientists found that sexual dysfunction is more likely among those with poor physical and emotional health and plays a major role with overall well-being. Doctors believe that exercise has the effect it does on increasing sexual potency because it strengthens the cardiovascular system and improves circulation and good circulation is important for sexual function. Exercise, while not a panacea, can be just what the doctor ordered for physical and psychological complaints.

What exercise is right for you? It is the one that you enjoy and the one you can do consistently. In order to reap the full benefits of the time you spend exercising, you must warm up. Taking those extra few minutes to adjust to increased activity will ensure a better performance from your body, and, in turn, will make your workout more efficient, productive and enjoyable.

The new lifestyle paradigm focuses on things other than exercise and weight loss: healthy eating, positive self-esteem, and perhaps most importantly, self-acceptance are all key to making positive, healthy changes.

Being healthy has less to do with a number on a scale or a dress size than the ability to balance and nurture all aspects of one's life: the emotional, mental and spiritual as well as the physical and keeping your heart and muscles challenged. The key to staying healthy is to do everything in moderation. Moderation is best viewed as something relative to one's OWN fitness level and goals. Don't expect to exercise several hours every day simply because your very fit neighbor does. The body needs to adjust, adapt and even recuperate in response to exercise – exercising to the point of over-training is simply taking one step forward and two steps back. Don't forget to take the time to cool down after your exercise session and stretch those muscles that you just worked - your body will be thankful that you did.



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## Living on the East Cape.

In Real Estate many people talk about how good they are and what they can do for you, but we believe that results say it all. We have closed on 8 houses and 12 lots just in June and July! Many of our sales are from Los Barriles and Buena Vista but also from Light House Point Estates north to El Cardonal and Boca del Alamo. We concentrate our efforts specifically on the East Cape to get the best knowledge of the area and to give our clients the best service.

We would like to thank all our new buyers and sellers for thier support! To all you new sellers, the market is still good so let us know if you would like sell your home or homesite. Our Office is in the center of Los Barriles in the Palapa building next to the yellow Tiki Bar with the big parking lot. It is also across the street from the veggie stand.

# EAST CAPE



## HEALTH CENTER

### **Passport to Health**

This annual program provides a thorough analysis of your health for a reasonable cost. You'll receive:

- Oral Hygiene
- Comprehensive Physical Exam
- 36 Element Lab Panel
- EKG
- Chest X-Ray
- Ultrasound
- Stool and Urine Analysis
- Recommendations for treatment or monitoring health issues.

### **Hospital Partnerships**

Our Partnership with Major hospitals in San Jose supports us with their high-quality, affordable, insurance-friendly services. With our growing network of specialists, we are certain to meet all of the needs of our ever-growing East Cape community. We very carefully select our referrals.

Dr. Luis Cardenas, Orthopedic Specialist is one of our partners at the health center. He is available every Friday for consultations, working closely with his CIFO Get Active Physical Therapy team.

We appreciate your donations which enables us to provide topnotch medical, dental care, and low cost pharmacy for hard-to-find controlled medications for the entire East Cape.

**Clinic 624-124-8203**  
**Emergency line 624-160-1997**

### **Expanded hours on the Weekends**

We are fortunate to have Dr. Nataniel Cordero- Family Practice, and Nurse Cristina to cover our weekends. Stay tuned to our expanded weekly hours, our new women's health room, and our satellite clinic in La Ribera.

Special thanks to our donors for our new gifts.

**Microbiology Lab**

**Digital Portable X Ray Machine**

**Ambulance**

**Preventative Health program "No cavity kids club" still active!**

Under the direction of Dra Veronica Tuchmann, we launched a special children's program. In our efforts to help children and families, we offer oral hygiene and restoration to the children identified through the annual community screening in schools.

**Contact East Cape Dental Clinic**  
**624-141-0375**

### **Affordable insurance is here....**

East Cape Health Center is a trusted provider of a variety of insurance plans from short-term travel policies to comprehensive global coverage for your entire family. TravelMedEvac offers not only Air Evac, but a new rider with medical and dental coverage. Visit our website to get more information and quotes.

**[www.EastCapeHealthCenter.org](http://www.EastCapeHealthCenter.org)**  
**Plaza Libertad, Los Barriles**

**Medical — Dental — Emergency — Physical Therapy — Pharmacy — Insurance**