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October 16-31, 2018 E-mail: bajatimes@yahoo.com WWW.BAJATIMES.COM


## LOCAL NEWS

**Two Baja Food Events Featured in late October**...from October 18 to October 20, the Baja Culinary Fest will take place in Tijuana at Club Campestre with this year's theme centering around sustainability. Intended to highlight the region's gastronomic tourism opportunities, 20 acclaimed chefs, mixologists, researchers and oceanographers including Joe Magnanelli of Cucina Urbana, Claudette Zepeda of El Jardin, Janina Garaya of Addison Del Mar and Alex Chang of Exchange LA will be leading extensive lectures and demonstration cooking workshops. Saturday's main event will be held at the Club Campestre de Tijuana, where attendees will be able taste dishes from 30 culinary stations, enjoy live music and interact with chefs.from 4 pm to midnight at Finca Altozano with exclusive break-off events featured throughout the weekend. Also, starting on October 18th, is the Berry Good Noche event. The annual dinner, this year celebrating its 8th Anniverary,which seeks to bring together like-minded people in the food industry with a specific passion for sustainability, will be held on October 18 at Troika, the casual dining location at Villa del Valle, which also houses acclaimed restaurant Corazon de Tierra and the Vena Cava winery. The dinner, which will be cooked by nine Valle de Guadalupe chefs, can also be ordered vegan and will cost $150 with Baja wine pairings. Tickets can be purchased online at: www.everbrite.com

**17th Annual Cruz Roja Christmas Bazaar**...not-to-be missed! This two-day event (Thursday 29th and Friday 30th of November) will be held in the Rosarito Beach Hotel's Las Americas Event Center from 9:00 AM to 8:00 PM each day. You are invited to purchase a space to exhibit and sell your wares...jewelry, gift items, Christmas ornaments, etc... in a pleasant & appropriately decorated holiday environment. For more information please contact Cruz Roja Fundraising via phone at: (661) 612-0414, ext 116 or via e-mail at:captaciondefondos@cruzrojarosarito.org.mx

# Seven Baja California Experiences You Probably Didn't Know About

Written By David Duran

Three for the show: surf camp in Rosarito, hiking amongstgiant cacti and swimming with whale sharks. You don't know what you've been missing!


See page 04


# San Diego & Baja Celebrate Trade Deal with Canada

**California & Baja California leaders celebrate deal to save NAFTA at historic Washington D.C. Marriott Hotel meeting**

Written By Jean Guerrero for KPBS

President Trump recently claimed that the North Ameican Free Trade Agreement was "the worst trade deal ever made, " and that he helped forge something far better, The United States-Mexico-Canada Agreement but San Diego and Baja busiensss community leaders in Washington D.C. who are celebrating the revised deal told KPBS that it is actually very similar to NAFTA. It's just been strengthened and updated for the digital age.


See page 05

At a recent meeting of international leaders held in the U.S. capital, a renamed NAFTA survived an awkward name change.

# Colonel Sanders' Loves of Music and Chicken Come Together in Rare TJ Inspired Vinyl Album

Bet you weren't aware of the late Kentucky colonel's dual obsession with the food he marketed and the music he loved most of all.

Written by Jennifer Silvey

After doing some serious digging on the Internet, an album unlike any other has just surfaced: Colonel Sanders' "Tijuana Picnic." The record mixes his love of fried chicken and Latin jazz. The vinyl album has long been out of print, but if you do some searching you'll find it on streaming sites or even Ebay. But be warned, this vinyl is rare.


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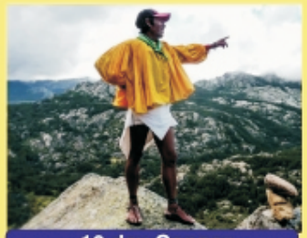

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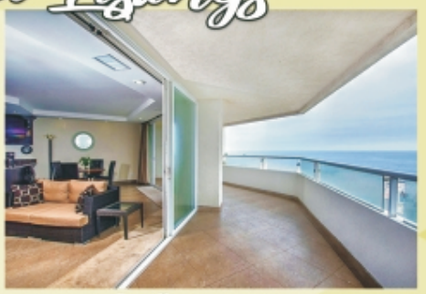

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From Front Page...

# Seven Baja California Experiences You Probably Didn't Know About

With the current administration hell bent on dividing our country from our neighbors to the south, there's no better time to drive across the Mexican border to explore the splendor of Baja California, where the beaches are inviting, the food is deliciously cheap and the people are friendly. Long gone are the days of a dangerous Tijuana, as the border town has jumped on the bandwagon of becoming a tourist attraction. Tijuana is just moments from San Diego and deserves more attention. And of course, just beyond TJ, Baja California is proving that the Mexico accessible by car (for border states) is just as worthy as the Mexico we all dream of flying to (Cabo San Lucas, Cancun, etc.). Check out these unique experiences you can drive to in Baja (or fly to via San Diego and then drive to).

Surf Camp in Rosarito

Just a 30-minute drive from Tijuana, Rosarito is home to some of the best surfing Mexico has to offer. Baja juts out into the Pacific and is exposed to storm-generated swells that can come from the North Pacific, creating some of the best surf on the west coast. When you stay at the Rosarito Beach Hotel, guests can surf the waves where the Mexican national championships were held! Don't forget to re-fuel post-swells with the region's standout delicacy – (cheap) lobster.

Craft Brewery Hopping in Tijuana

While Tijuana still evokes a vibrant nightlife scene, the city has also evolved into a hotspot for innovative craft beer that rivals its north-of-the-border neighbor, San Diego. The Plaza Fiesta craft beer district includes an open-air galleria with 15 craft breweries, many of which have opened in the past five years. Favorite breweries include Border Psycho, Fauna, Insurgente Brewery, and more.

Hike Through Giant Cactus in the Valley of the Giants in San Felipe

A short drive south of San Felipe, you will find the appropriately named park called Valle de los Gigantes. The valley is home to an impressive forest of cardón cacti, the tallest growing cactus in the world. The massive cardóns can only be found in Baja California and Sonora and are capable of growing to heights of well over 60 feet and can weigh up to 20 tons.

Visit a Secret Beach in San Quintin

Located 35 miles from the center of San Quintín, La Lobera is a special place—a huge sea cave, created by a natural ceiling collapse that has exposed a 'secret beach,' often enjoyed by sea lions. It is considered a natural sanctuary for resting and breeding sea lions and has become one of the most impressive and beautiful tourist attractions in the region.

Stargazing in a Bubble Between Ensenada and Valle de Guadalupe

Campera Hotel Burbuja (translation: Bubble Hotel) is an eco-minded resort with 12 clear bubble-shaped tents that offer guests unobstructed views of the vineyards and starry night skies. Immersed in Valle de Guadalupe, the fast growing travel and wine region of Baja California, the hotel is located just minutes from dozens of nearby wineries and restaurants that showcase the same level of next-gen design and innovation.

Swimming with Whale Sharks in Bahia de Los Angeles

Bahía de Los Angeles, also known as the "Bay of Angels," is a coastal village along the Gulf of California where people visit to experience the great outdoors through a variety of adventurous activities. One of the most unique offerings of the area is the chance to swim and snorkel with whale sharks in the Sea of Cortez, where travelers can share the ocean with 20 to 30 of these magnificent creatures, which can grow up to 50 feet in length. For example, trained experts at Ricardo's Diving Tours take groups of 6 on half-day diving or snorkeling boat excursions, after outfitting them with all of the necessary equipment to see the legendary "gentle giants" up close.

Visit Ancient Cave Paintings in Cataviña

Located in and around Cataviña are a number of cave paintings, mostly around 1,000 years old. The paintings hail from the Yumano and Cochimí Indians that inhabited the Baja peninsula for generations. The paintings are usually found in deep caves and in between large rock formations, where they are protected from extreme temperatures and wind.

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# Laughter Copes With Daily Border Tragedies

Written by Sarah Tory for The High Country News

This winter, at a talk in Aspen, Colorado, Luis Alberto Urrea described his childhood in a rough San Diego neighborhood near the border, where his family moved from Tijuana during a tuberculosis outbreak. Born to a Mexican father and an American mother, the blue-eyed, blond child spoke Spanish before he spoke English and spent his early years buffeted by the cultural tensions between his parents.

Urrea's mother yearned for him to be "Louis Woodward," the idealized offspring of her own East Coast origins. His father, who wanted his son to be more Mexican, affectionately called him *cabrón* (in English, "dude," or a more friendly rendition of "dumbass"). "I was raised twice and this was very hard, but I thank God for it," Urrea said.

That complicated family dynamic is the inspiration for his latest novel, The House of Broken Angels, a multigenerational saga about a Mexican-American family, much like his own, in San Diego. It is also a border story, a genre for which he is well-known: Ever since the success of his 2004 nonfiction book, The Devil's Highway, which recounted the struggle for survival among 26 men who crossed the border in 2001, Urrea has been called the "literary conscience of the border."

But his latest book is less about the physical border than it is about the familial relationships that both challenge and transcend it — the small moments that, as one of his characters puts it, allow each of us to see our own human lives "reflected in the other."

Drawing on the final days of Urrea's older half-brother, Juan, who died in 2016, the narrative revolves around Big Angel, the patriarch of the sprawling De la Cruz clan, a raucous cast of characters who encapsulate a variety of American experiences —

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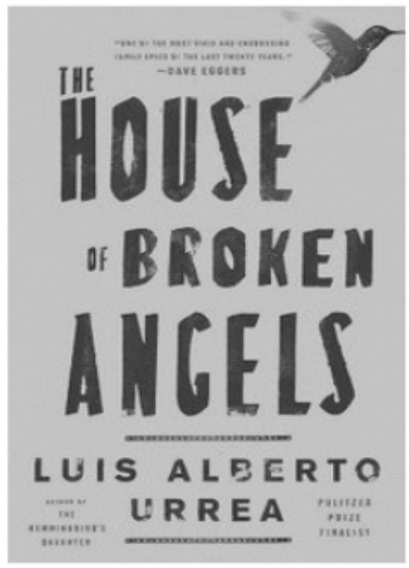


**The author's new novel reflects on the family relationships that challenge and transcend the U.S. Mexico border**

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From Front Page...

## San Diego & Baja Celebrate Trade Deal with Canada

San Diego mayor Kevin Faulconer was among the leaders who traveled to DC with the delegation to lobby for the trilateral deal."Free trade is incredibly important to us in San Diego," Faulconer told KPBS, adding that the original NAFTA created tens of thousands of jobs in the region. "That's a strength we use to compete with other regions around the world — so we want to keep that going."

Trump had threatened to move forward on a bilateral agreement without Canada, saying the country was being too difficult in negotiations. But Canadian Embassy representatives told members of the San Diego delegation that Trump's rhetoric was misleading and that the speed of the negotiations was unusually fast for a treaty this wide-reaching.The delegation members in that meeting, including Mexico's Consul General in San Diego Marcela Celorio, told the Canadian Embassy representatives that Mexican business leaders in San Diego really value their relationships with Canada.

Celorio said she thinks the change of NAFTA's name was to "send the message that NAFTA is no longer in place, but I think that for the common people that have been acquainted with NAFTA for so many years, it's going to keep on being NAFTA, even though we can call it U.S.-M-Kah, or maybe *'Camexus'* in Spanish."

Duncan Wood, director of the Wilson Center's Mexico Institute, spoke to the delegation last Monday evening, saying that the new deal "reflects the needs of a 21st century economy" by expanding beyond agriculture and manufacturing to services and digital trade.

"President Trump has actually done us a huge favor," Wood said. "He opened up the conversation over NAFTA in a way that a disruptor should. I wouldn't have done it in the same way he did, but let's face it, when he opened up the can of worms ... by putting (the agreement) under threat, he succeeded in rallying supporters."

"In the end, it was a good outcome — it would have been disastrous for it to be just the U.S. and Mexico," said Paola Avila, vice president of international business affairs for the chamber. "I say disastrous because you would've been doing away with a trilateral agreement and replacing it with something that's less."The delegation, led by the San Diego Regional Chamber of Commerce, traveled to Washington to lobby for a new version of the trilateral agreement amid growing concerns the U.S. was going to sign a bilateral agreement with Mexico, excluding Canada. The original trilateral NAFTA has long been touted as a boon to the economies of the San Diego-Tijuana mega-region.

The deal still needs Congressional approval. Avila said the goal of the trip will now be to "talk about implementation — what does this agreement mean, how long do businesses have to adhere to new regulations, what will the transition look like and lobbying members of Congress — again, this is not a done deal.The deal includes updates to "help the ease of trade" said Avila, including the elimination of outdated paper transactions, and a new chapter on environmental protections which is expected to help the Tijuana River Valley.

President Trump on Monday morning called it a "great deal," tweeting that it "solves the many deficiencies and mistakes in NAFTA, greatly opens markets to our Farmers and Manufacturers, reduces Trade Barriers to the U.S. and will bring all three Great Nations together in competition with the rest of the world."

Late last night, our deadline, we reached a wonderful new Trade Deal with Canada, to be added into the deal already reached with Mexico. The new name will be The United States Mexico Canada Agreement, or USMCA. It is a great deal for all three countries, solves the many deficiencies and mistakes in NAFTA, greatly opens markets to our Farmers and Manufacturers, reduces Trade Barriers to the U.S. and will bring all three Great Nations together in competition with the rest of the world. The USMCA is a historic transaction!

Trump also added, "Congratulations to Mexico and Canada!"

Members of the delegation will be meeting with representatives for the Canadian Ministry and other leaders through Wednesday.

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# LOCAL & WORLD NEWS

**Mexico nabs alleged gang hitman also tied to illegal fishing**...Authorities in Mexico's Baja California state say they have arrested a drug gang hitman who also allegedly ran fish-harvesting operations that have endangered the rare *vaquita* porpoise. Baja state police identified the suspect only by his alias, "*El Parra,*" and said he was allied with the *Sinaloa* drug cartel. Police said he and two bodyguards were arrested Thursday on a highway with drugs and assault rifles. He had an outstanding warrant for homicide. *Vaquitas* have been decimated by nets set for the *totoaba* fish, whose swim bladder is considered a delicacy in China and commands high prices. Criminals equipped with go-fast boats and apparently allied with drug gangs catch and sell the bladders. Less than 30 critically endangered *vaquitas* remain in the Gulf of California, the only place they live.

**Nurse discovers new colleague to be baby she treated 30 years ago**... Vilma Wong, a nurse working in the neonatal intensive care unit at the Lucile Packard Children's Hospital in Palo Alto, CA worked with a memorable baby 28 years ago.

The baby was a boy, born at just 29 weeks, and he needed to remain at the hospital for a month before his parents could bring him to his home to San Jose.

After nearly 30 years, Wong remembered the baby's last name: Seminatore.

So when a young doctor named Brandon Seminatore recently began working at the same hospital, Wong investigated:"I kept asking questions, like where he was from, and he told me he was from San Jose, and that as a matter of fact, he was a premature baby born at our hospital," she recalled in the Stanford Children's Health blog. "I then got very suspicious, because I remember being the primary nurse to a baby with the same last name. To confirm my suspicion, I asked him if his dad was a police officer. And there was a big silence. Then he asked me if I was Vilma. I said yes!"

Seminatore said the revelation was "surreal," believing that Wong had since retired, but added, "I've come full-circle and I'm taking care of babies with the nurse that took care of me."He is working closely with Wong these days; he works as a child neurologist. As Wong said, "Now he's a pediatric resident to the same population he was part of when he was born."

From Front Page...

## Colonel Sanders' Loves of Music and Chicken Comes Together in Rare Tj Inspired Vinyl Album

The business mogul helped spread finger lickin' good chicken around the world. His album sounds like what you'd find in Quentin Tarantino movies and Baby Driver -- but Sanders died before those movies came into the limelight.

"Tijuana Picnic" can be described as similar to what Herb Alpert created, an American jazz musician who has been playing his original compositions since the '50s.

Alpert's musical accomplishments include five No. 1 albums and 28 albums total on the Billboard Album chart, nine Grammy Awards, fourteen platinum albums, and fifteen gold albums. Alpert has sold 72 million records worldwide. Colonel Sanders' music album sales are not a noteworthy number.

The vinyl's cover features a family eating fried chicken together in their picnic best. The Colonel sits a foot away with a bucket of his famous chicken and a cane.

Based on the back of the sleeve, the Colonel picked out these tunes. The liner notes from the album show an oddly creative side to the Colonel, to the point that it seems he also wanted some author accolades. For the track "Spanish Flea," once popularized by Herb in the mid-'60s, the Colonel went into a musing rage on his personal connection to the song:

"I understand there used to be a flea circus in *Taxco* where the fleas had been trained to dance the *Varsuviana*. At least, the man said they were dancing the *Varsuviana*. To some, it looked more like the Turkey Trot. Speaking of turkey, the Mexicans serve it with chocolate sauce and call it *Mole*. But they also like Kentucky Fried Chicken."

"Tijuana Picnic" was released in 1968. Its genre is listed as jazz, Latin, pop and for easy listening. The album's tracks include:

A side:
"A Taste Of Honey"
"Lonely Bull"
"Chili Verde"
"Spanish Flea"
"Our Day Will Come"

B side:
"Tijuana Taxi"
"Green Peppers"
"El Garbanzo"
"El Toro:
"Third Man Theme"

The back of the sleeve also includes "Colonel Sanders' Famous Picnic Menu" and a short description of each song by The Colonel.

Around the same time as "Tijuana," the Colonel issued a Christmas trilogy series: "Christmas Eve with Colonel Sanders,""Christmas Day With Colonel Sanders," and "Christmas With Colonel Sanders." Also in rare existence, "The Ballad of Colonel Sanders," a 45 rpm single performed by a mysterious character named Bill Hinson which was, judging by the cover, released in 1970.

"Tijuana Picnic" has appeared on Ebay, if curiosity has grabbed you. On the details section, the Record Label was produced by Mark 56 Records. The musicians were listed as the "Tastee-freez studio musicians" and most of the songs were cover songs of, or inspired by, Herb Alpert. Mark 56 specialized in creating promotional LP's for several corporations such as Phillips 66, Trans World Airlines (TWA), Suzuki, Good Humor Ice Cream, and several other companies.

Colonel Sanders was born on Sept. 9, 1890 and died on Dec. 16, 1980. The title "colonel" was honorary -- a Kentucky colonel -- not the military rank. Sanders had a number of odd jobs while growing up from steam engine stoker, insurance salesman, and filing station operator. He sold fried chicken in North Corbin, Kentucky during the Great Depression. He patented his method of cooking chicken in a pressure fryer. The first KFC opened in Utah in 1952.

In his seventies, he sold the company to investors. He became critical of KFC restaurants in his later years, believing managers were cutting costs and allowing quality to fall to the wayside.

The big takeaway: we now know the best music to listen to when eating fried chicken is Latin jazz.

If you want to read a book with a special cameo from the Colonel, read Haruki Murakami's Kafka On the Shore.

# The Worrying Paradox of Modern Medical Miracles

## Written by Thomas Bollyky

"For the first time in recorded history, bacteria, viruses, and other infectious agents do not cause the majority of deaths or disabilities in any region of the world. . . . But the news is not all good," writes Thomas Bollyky, director of the Council on Foreign Relations' [CFR] global health program, in a pre-released essay from the November/December issue of Foreign Affairs. "Today, improvements in health are driven more by targeted medical interventions and international aid than by general development. Without that development, the changes that now accompany declines in infectious diseases are potential sources of instability: rising youth unemployment, overcrowded and underbuilt cities, surging rates of premature chronic diseases, and more migration," he warns. "The world has been getting healthier in ways that should make us worry."

Adapted from Bollyky's new book, **Plagues and the Paradox of Progress**, the essay explains that "the decline in infectious diseases has enabled many more people in poor countries to survive past infancy and adolescence, but their prospects for good health on reaching adulthood have not improved nearly as much." According to the author, "the life expectancy of a 15-year-old in the average low-income country is no better than it was in 1990" and "in large part due to the rise in chronic diseases." Bollyky notes: "It is unsurprising that fewer children dying from plagues and parasites means more adults dying from cancer, heart attacks, and diabetes,"—that is, noncommunicable diseases, which are chronic, "require more sophisticated health-care infrastructure, and cost more to treat than infectious diseases."

While "most of the countries that achieved sustained economic booms over the past 50 years did so some two decades after getting infectious diseases and child mortality under control" and "this same opportunity to harness the benefits of a healthier population is now emerging in today's poor countries," the author cautions that "taking advantage of it will be harder than it was in the past, since more recent improvements in public health have not been accompanied by the same economic and social benefits."

Bollyky urges policymakers "to pair global health aid with investments that can help countries improve their health-care systems, make their cities more livable, and enable their companies to employ more people more productively."

"Progress against infectious diseases cannot be measured just in terms of the lives that were once lost to plagues and parasites," Bollyky concludes. "The real miracles in global health will happen when the people whose lives are saved by better health care can seize the opportunities and gain the prosperity that have come with health improvements in the past."

# Why are Busloads of Real Estate Agents Coming to Baja?

Written By Mario Restrepo for Baja Open House

Why are busloads of Southern California real estate agents coming down to the Tijuana and Rosarito area to look at property? Well, to answer this question directly, it comes down to money and knowledge of what is out there in the market in general.

Just last week we had our second busload of real estate agents cross the border to learn about what is available in our real estate marketplace. There were over 50 agents on the bus, mostly from San Diego, and they had a day trip planned to visit 3 resort minded properties in 3 different cities here in Baja.

They visited a development named *Nivel Diez*, in the *Chapultepec* community in Tijuana, which is focused on the higher-end and modern condominiums. It will have two towers to total 72 condos, very nice tech-smart amenities with prices starting at $300,000 US dollars for a 1679 square foot condo, and then move up to $400,000 for a penthouse.

After, they toured *Palacio del Mar,* in the Rosarito area, located 1 to 2 miles south of Primo Tapia and the sand dunes, with oceanfront condos starting at about $350,000 for 2020 square feet, loaded with high quality amenities. The first tower is built and nearly all sold out with titles delivered and the second tower will be available early 2019.

Their final stop on their tour was at a development in Ensenada named *Viento*, located about 10 minutes south of the *San Miguel* toll gate. This oceanfront project is mostly under construction and is a very large and ambitious project with 4 towers of condos, a hotel, shops, and restaurant. They have a large range of floor plans and condo prices starting at $165,000 for a 1st floor unit to over $800,000 US dollars, with the first condos to be delivered in about a year.

I spoke with some agents on the tour just to confirm some concepts and statistics I have on the market in general. They explained that they are interested in real estate south of the border because they have clients with investment money. In general, many real estate markets north of the border are experiencing an increase in the number of days on the market it takes to sell a home, meaning the markets are slowing down with potential upside at risk in some investors' minds. The agents I spoke with didn't anticipate a large correction in the real estate market north of the border but did feel that upside was not a certainty and therefore wanted to learn of investment opportunities south of the border.

Other reasons why agents wanted to know about south-of-the-border real estate is because of the ability to work remotely and because of the relocation market as the local manufacturing and service sectors occasionally attract international talent.

In many people's mind, Mexico is still not a safe place, but for others, the doors are open and were never closed, but in the recent past, the timing was not right. Now the timing is more on target as home prices north of the border have shown true California capacity and some US-based workers are relocating. So, the stay-at-home analyst, technical writer or sales person, for example, or a person moving south of the border for a new job position, is a thing of today that real estate agents take note of. This gives a north of the border real estate agent an opportunity to bring down an internet-based worker and connect them with an oceanfront residence for a song and of course, earn a commission.

All the agents were impressed with the quality, vision, and detail that was presented to them within these projects. However, since this was the first visit for some of the real estate agents some were surprised by the high cost of bank financing or the lack of financing on the Mexican side of the border. What eased some of the agent's concern for financing was the short-term 7-year financing available right from the developer at *Palacio del Mar* for finished units and how there is no interest for unfinished units. Another piece of information that eased their concern was that financing extended by certain developers here in Baja does not appear on their credit reports north of the border.

In my talks with the agents, their comments were that the development *Nivel Diez*, really would appeal to those with needs to be in Tijuana, maybe because of proximity to schools, their business, the border, or for someone who just wants city life and is less concerned about being near the ocean. While the two other oceanfront developments, *Viento* and P*alacio del Mar*, were set up to appeal to a buyer who wants an oceanfront lifestyle, filled with amenities, close to good food, sunsets, etc.

In sum, all the real estate agents were in good spirits and it was lots of fun working with them. I think they were all enjoying themselves as it is always interesting to look at property. But really, I noted they were all having fun because they were on a road trip and were just enjoying being in Baja, something that we who live here get a piece of daily. They started early and returned late, to complete about a 12-hour real estate tour.

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# The Return of A King of Seafood, the *Percebes*

Written by Michael A. Gardiner

They look like dinosaur toes but taste like the sweetest clams you've ever had with just a hint of lobster tossed into the mix. At worldwide prices around $80 per pound they can be the most expensive form of seafood in the world. They're *percebes*, aka gooseneck barnacles. And, until recently, they were pretty much unavailable in America at any price.

In August, though, Pacific King Inc. took a big step toward reintroducing the delicacy to the American market with a splashy—and tasty—event for local Chefs at Chef Flor Franco's space Franco on Fifth. According to Hazel Hernandez-Supple, Pacific King's CEO, the strategy is to focus on tastemaker chefs to drive demand for the ingredient. She "chose San Diego for the inaugural event because of its proximity to Baja" (where Pacific King harvests the crustaceans) and because of the rich supply of culinary talent in the region. Headliners for the event were Javier Plascencia (Mision 19 and Finca Altozano), Davin Waite (Wrench & Rodent Seabasstropub) and Alex Chang of L.A.'s The Exchange.

*Percebes* are pricey for two reasons. Of course, one of the reasons is the flavor: it's the sea in edible form, featuring a toothsome texture and a briny sweetness. The other reason is suggested by the name of the place in Galicia, Spain where they are harvested: *Costa da Morte* (Coast of Death). Harvesting the barnacles can be treacherous work, because of where they grow: large, slippery boulders jutting out into the ocean and exposed to the waves. One wrong move or one big wave and the best a harvester can hope for is a sliced hand.

Percebes are bizarre looking creatures with a long neck—the edible part—encased in a black sleeve with a white and craggy, hat-like shell that resembles a dinosaur's toe. As a *tapa* in the north of Spain, *percebes* are served in the simplest way possible: boiled in salted water and offered with either an *aioli* (garlicky mayonnaise), *allioli* (a similar Spanish preparation without egg) or melted butter for dipping. The traditional technique for eating is to peel off the black skin, revealing the pale pink neck meat. The dinosaur toe shell functions as a convenient handle.

As good as the *percebes* are when simply cooked, they take well to more elaborate preparations, as the dishes at Franco's on Fifth demonstrated. Highlights included Davin Waite's *percebes* with *percebe-skin dashi*, avocado *mousse*, red rice and tangerine oil. It was a stunningly beautiful dish with the sweetness of the barnacles playing off the richness of the mousse and citrus flavors of the tangerine oil. Javier Plascencia offered his **percebes** with a *salicornia tempura* and *Huichol-ponzu* Sauce, a perfect representation of Baja's multicultural cuisine highlighting one of Baja's best ingredients.

The danger of harvesting *percebes* is real. In three efforts to do so off of Baja's coast, I failed to come away clean or un-cut. *Percebes*' imposing look can be deceiving. Under those prehistoric-looking shells are briny-sweet morsels that are pure delicious luxury. And with Pacific King promising to bring them to local restaurants and retailers, they're available without serious risk of injury.

## John Green's advice: Don't forget to be awesome

# Author John Green: Reaching Young Adults while Dealing with Mental Illness

Editor's Note: 40 years after we graduated from tiny Kenyon College in rural Gambier, Ohio, an extremely talented and erudite young man embarked on a similar academic path that led to lofty pinnacles of success that he has admitted he never dreamed possible. In the pivotal year of 2000, he graduated with a double major in English and Religious Studies. What subsequently occurred was the subject of this recent interview conducted by Jon Wertheim which was recently aired on CBS-TV's "60 Minutes."

"While you may not have heard of the author John Green, be assured that the teenagers in your life have. He is America's answer to J.K. Rowling, with his mega best-sellers spawning blockbuster movies. Green has become wildly popular thanks largely to his loyal teenage audience. Green is also the rare literary talent who doubles as a podcaster and a YouTube star.His success stems from his intuitive understanding of adolescents, his ability to meet them on their level and on their devices. To those who consider today's teens a disaffected tribe, rarely glancing up from their phones and video games, John Green offers a counter narrative.

Jon Wertheim: Let's talk about teenagers.

John Green: 60 Minutes' core audience, I understand.

JW: (LAUGH) It's trending, uh… well, you know. You write a lot about teenagers.

**JG:** Yeah.

JW: Why this cohort?

**JG:** They're doing so many things for the first time and there's an intensity to that. You know, there's an intensity to falling in love for the first time and also there's an intensity to asking the big questions about life and meaning that just isn't matched anywhere else.

JW: You've said before that adults underestimate teenagers.

**JG:** Well, I think sometimes teenagers maybe don't have the language to talk to us in ways that seem compelling to us. And maybe that makes it easy for us to dismiss them or think of them as less intellectually curious or intellectually sophisticated than we are. But I don't think that's true at all.

John Green's books, in the YA — or young adult — genre dominate best-seller lists and while the stories take place in the U.S., They echo worldwide, having been translated into 55 languages.

JW: Lithuanian, Slovenian, Croatian.

**JG:** Yeah, yeah It's really wonderful to have your books travel to places you've never been. I mean it's a weird

but really beautiful experience.

His most famous book, "The Fault in Our Stars," was a best-seller for more than three years. And adapted to a hit film in 2014 that grossed more than $300 million. Tinged with tragedy, the story follows two teenagers with cancer who fall in love – heavy, and heady stuff for an adolescent audience.

JW: The subjects you deal with are quite weighty. Death and suicide and cancer. A lot of teenagers haven't had these experiences per se, but these books resonate with them. How is that?

**JG:** Maybe lots of teenagers haven't had these particular experiences, but I do think they know of loss, and they know of grief, and they know of pain. Maybe the particulars of an experience aren't universal, but the feelings are.

One reason he connects so well with teenagers? At age 41, Green is still a kid at heart. His youthful spirit drives more than book sales. It made him a YouTube star. In 2007, the early days of YouTube, John Green and his kid brother Hank began sharing videos as a way to stay in touch with each other.In short order, and in lockstep with the growth of YouTube, the Greens' videos amassed a huge audience, now nearly a billion total views strong. This online video platform in turn fueled John Green's readership.

JW: They play off each other.

**JG:** Yeah. In a way, they're different sides of the same coin, right? Because what interests me really is the idea of connecting with a viewer or with a reader without having to like actually talk to them and look at them and all that.

This preference, Green said, is the legacy of his own socially awkward adolescence.

JW: Who do you envision are your readers?

**JG:** I don't envision a reader.

JW: You don't.

**JG:** I think in some ways I'm writing back to my high school self to try to communicate things to him, to try to offer him some kind of comfort or consolation.

JW: Who was that guy?

**JG:** I had a difficult time in high school. I wasn't a very good student and I had a lot of self-destructive impulses and I felt scared all the time.

JW: What were you scared of?

**JG:** The short answer is everything.

He explores those fears in his most recent book, "Turtles All the Way Down," a best-seller for 50 straight weeks since it debuted at number one. Its theme: obsessive-compulsive disorder, OCD, based on Green's own. For this book, he obeyed that time honored rule of the craft: write what you know.

**JG:** I wanted to try to give people a glimpse of what it is. I wanted to try to put them, you know, at least a little bit inside of that experience.

JW: You use the word "thought spiral." What does that mean?

**JG:** The thing about a spiral is that it-- it goes on forever, right? Like, if you zoom in on the spiral it can keep tightening forever. And that for me is the nature of obsessive thought that it's this inwardly turning spiral that never actually has an end point. So it might be I'm eating a salad and it suddenly occurs to me that somebody might have bled into this salad. Now, they probably didn't.

JW: This is what you're thinking?

**JG:** But this is what I'm thinking. And instead of being able to move on to a second thought, that thought just expands and expands and expands and expands. And then, I use compulsive behaviors to try to manage the worry and the overwhelmedness that that thought causes me.

JW: So how do you get out of this coil, and how do you break this infinity?

**JG:** I have a few strategies. I exercise. That's probably the biggest thing. Exercise is pretty magical in my life. I don't enjoy it. (LAUGH) I don't relish the thought of going for a run but it is very helpful because I can't think.

John Green lives in Indianapolis, where his life comes short on stress, long on anonymity. He and his wife, Sarah Urist Green, a curator and online art educator, are parents of a son, age 8, and daughter, 5. Sarah began reading his manuscripts when they started dating 14 years ago.

Sarah Green: And I was really nervous because I really liked John, and I knew that if the book was bad it wasn't gonna work. (LAUGHTER)

Jon Wertheim: The relationship wasn't going to work. Not the book wasn't going to work.

SG: No, no. The book might have worked or not, but I couldn't be dishonest about, about that and if I didn't like it, sorry.

**JG:** I mean, I'm super glad I didn't know that at the time. (LAUGHTER) I don't think I coulda handled that pressure.

JW: Unfiltered criticism.

SG: Yeah, (LAUGH) yeah.

**JG:** Yeah.

JW: John, do you remember when you told Sarah about your OCD?

**JG:** I don't know that it was an event so much as it was a process. And part of getting to know me was understanding that I had problems with anxiety.

SG: There was never a moment where John kind of sat me down and said, "I have OCD." Um, it was more of a gradual process-- where we were able to kind of put this label on it. And so I can't say that I would ever wish it to go away, because it's a-- it's a part of him.

**JG:** I-- I'd like it to go away, (LAUGH) for the record

So much so that, in 2015, fresh off the spectacular success of "The Fault in Our Stars," Green decided to take a chance and go off the anti-anxiety medication he'd been taking for years.

JW: Why did you do that?

**JG:** Well, 'cause I bought into this old romantic lie that-- in order to write well-- you need to sort of, like, be free from all of these mind-altering substances or whatever. And the consequences were really dire, unfortunately. And-- and I-- I'm lucky that they weren't catastrophic, but they were serious. And coming out of that experience I found myself wanting to try to give some sort of form or structure—um, to this fear that I had lived with for my-- most of my life.

These John Green fans call themselves "Nerdfighters" – part of a community that now includes hundreds of thousands of members around the world. The Nerdfighters formed in response to Green misreading the name of a video game, "Aerofighters."

JW: What's a Nerdfighter?

**JG:** A Nerdfighter is a person who fights for nerds.

JW: Not against nerds?

**JG:** No.

JW: These are empowered nerds.

**JG:** Yeah. Obviously we're pro-nerd. (LAUGH) Really what it's about is being enthusiastic. Being nerdy is really about how you approach what you love.

JW: Unabashedly.

**JG:** Yeah.

JW: All five of you, proud, unapologetic nerds.

**See next page...**

From page 04...

## Laughter Copes With Daily Border Tragedies

A U.S. immigration officer watches as a car crosses the border in 1964

veterans, academics, undocumented immigrants, a singer in a black-metal band called Satanic Hispanic and a "non-cisgendered, non-heteronormative cultural liberation warrior."

Sick with cancer, Big Angel decides to throw a final fiesta for his 71st birthday with all his friends and relatives — and not even his mother's sudden death will stop him. The party is scheduled for the day after her funeral, and in the lead-up to it, we glimpse the melodrama of daily life amid vivid flashbacks of the past. Like the De la Cruz family, Urrea's writing is exuberant, unruly and sometimes profane, filled with splashes of Spanglish and sensual imagery, from Big Angel's San Diego bedroom to his memories of La Paz: "the creeping smell of the desert going wet."

The writing is political, too, as the author describes the often-arbitrary cruelty of the border that has shaped the characters' lives. Technically, Big Angel and his wife, Perla, are undocumented, having entered the U.S. as teenagers. Urrea, however, does not dwell on legal status, focusing instead on the ever-changing politics of America's immigration laws, which have alternately embraced Mexicans for their labor and expelled them as soon as they were no longer needed.

In Big Angel, we see another side of the story, too: the tale of those immigrants who manage to ascend to the middle and working classes. After years of working multiple jobs, Big Angel is able to buy a home in San Diego. He finally lands a position running computers for a gas and electric company, even though he never liked computers. "A Mexican doing what these rich Americanos couldn't do was the point."

Other family members have not been so lucky. A stepson, Braulio, was killed in a gang shooting. Big Angel's own son, Lalo, struggles with drug addiction and his undocumented status, which even his U.S. military service in Iraq cannot resolve.

In the De la Cruz family, these tragedies live next to the frequent bouts of absurdity that Urrea evokes, a reminder, he says, "that people are funny. Especially in dire circumstances."

Recounting a memory from his own childhood, fictionalized in a chapter of the book, Urrea describes how his "gangster granny" almost became a border smuggler — of a green parrot. Had one bird not awoken from its tequila-induced slumber at the very moment that grandmother and grandsons were about to drive across the border, she might have succeeded. Instead, the parrot erupted from her dress in a burst of green feathers, while the elderly woman calmly rolled down her passenger window. At that moment, Urrea writes, "two Mexican boys, a Mexican grandma, and a U.S. federal agent watched as one as the bird entered the U.S. illegally."

The author's humor does not diminish the daily horrors on America's border; it merely reveals the awfulness more clearly. In Aspen, Urrea explained his choice: "Laughter is the virus that infects humanity. And if we laugh together, how can we walk away and say that person is an animal?"

At a time when the language of borders is more chilling than ever before, with mass deportations and children kept in cages, Urrea hopes more of us will consider this question.

**Sarah Tory** is a correspondent for High Country News. She writes from Carbondale, Colorado.


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From Page 09..

## Author John Green: Reaching Young Adults while Dealing with Mental Illness

Presley: Oh yeah. Yep.

Ben: We take the name with pride.

We met these Nerdfighters last June. They were attending the ninth annual VidCon, a YouTube conference John and Hank Green created to help online video fans and creators meet in person. These five told us they were especially grateful to John Green for writing about his anxiety in "Turtles All the Way Down."

Becky: It's reassuring for sure.

Jack: For someone who does experience anxiety, he like, articulates things I could never articulate before. Which both, like, makes me feel seen but also helps me, like, understand and sort of, you know, feel better from different things.

Presley: Yeah, there's this metaphor of a spiral in the book, and that was one of the most useful things I've ever come across in describing my own anxiety. And we use it in the house all time. And being around this community of people that was so loving really made me grow to be a better person than I would have without it.

Presley at seven years old: I am a homeschooled child… and you all are my favorite teachers.

This was her - Presley Alexander - when she was just seven years old and she first came into the John Green orbit, not by reading one of his books but by watching him on Crash Course, the educational YouTube series that he started with his brother Hank in their manic signature style.

The videos offer lessons in the humanities and sciences with more than eight million subscribers, they are now offered as part of the curriculum in classrooms around the country. On account of his popularity across platforms, Green cuts a figure he never would have imagined when he was a teenager: something akin to a rock star.

JW: I want to know what your high school self would have thought if-- if they saw you now.

**JG:** Uh, my high school would be very-- very happy and excited. (LAUGH) I'm embarrassed to admit. Uh, I wish that weren't the case.

Hank Green: That's a great-- that's a great way to put it. I agree completely.

The Green brothers are exceptionally supportive of each other, especially when it comes to John's OCD – described so vividly in his latest book.

JW: "Turtles All The Way Down." What was it like for you to read that?

Hank Green: It did help me understand John better. And-- and, but-- but in general be more empathetic toward people who deal with anxiety and OCD.

JW: What'd you learn about him?

Hank Green: The extent to which sometimes he is at the mercy of his own mind.

JW: But did it cause you to reexamine or reassess moments in your childhood?

Hank Green: Yeah, I mean, there-- there have definitely been times in, you know, when John had a less stable life where I think, like, the family was worried about him. You know, those, the-- the--

**JG:** With good reason. (LAUGHTER)

Lately, there's a lot less to worry about. With his multimedia, multimillion-dollar empire, John Green is using his pen, his keyboard and his video camera to normalize teenage social awkwardness and also to destigmatize mental illness.

JW: You've said that it's important for young people to be able to see successful, productive adults challenged by mental illness.

*JG:* Yeah.

JW: Expand on that.

**JG:** Well, I have a really wonderful life. I have a really rich, fulfilling life. I also have a pretty serious chronic mental health problem. And those aren't mutually exclusive. And the truth is that lots of people have chronic mental health problems, and still have good lives."

Produced by Sarah Koch and Chrissy

HURRICANE MARIA: 1 YEAR LATER

# A Year Later, Puerto Ricans Face Death in The Wake Of Maria

Written by Simón Rios

Candido Reyes and Luz María Muñiz found love late in life — she in her 50s, he in his 60s — but at least they had found what some people never find. He told her he loved her more than God, and he believed it to the point that he apologized for it in his prayers."[My stepfather] spent so much time telling people about how in love he was," said Debora Perez, a Massachusetts resident whose mother lives in the town of *Sabana Seca*, in *Toa Baja,* Puerto Rico. "He kept telling people at church and strangers."

When Hurricane Maria hit — a year ago Thursday — Perez said she was desperate to know how her mother was doing, but cell service was nil.

"Once the reports started coming in about like flooding in *Toa Baja*, where my mom and my grandma are, that's when the real terror hits you," she said."[Media reports] are talking about drownings, they're talking about people who have been caught up in mudslides. And so you start to really fear that something will happen to your family — or something has happened."A week passed before Perez got word that everyone was OK, but months passed before electricity was restored in *Toa Baja.* Candido Reyes and Luz María Muñiz survived the storm, but the worst was yet to come.

People across the 135-mile-long island say the wake of Hurricane María is the hardest thing they've ever dealt with — it meant life without electricity for months on end. For the elderly and infirm — people whose health care depends on stable electricity — the hurricane was a death sentence. For Candido Reyes, the man who loved his wife more than he loved God, the months after the storm were too much for his heart.

"The fact that they had to search for food and water, or they had to depend on neighbors ... that caused a lot of anxiety and stress on his heart," Perez said of her stepfather. "Walking for miles was not really something that he was supposed to be doing."Three months after the storm, Candido Reyes died of heart failure.

### Counting The Dead

The death count from a natural disaster isn't normally subject to controversy, but Puerto Rico is unique. For months after the hurricane, the Puerto Rican government insisted only 64 people had been killed in the storm. President Trump said when he first visited the island that María wasn't a "real catastrophe like Katrina."But people on the ground thought differently. The Puerto Rican Center for Investigative Journalism led the charge. In collaboration with Quartz and the Associated Press, journalists interviewed the families of 300 people who died in the wake of María, and reviewed the testimonies of 200 more. Journalists determined that by Oct. 1, nearly two weeks after the storm hit, 152 people had died, many because of the lack of electricity. It wasn't until August 2018 that the Puerto Rican government changed the official estimated death toll from 62 to 2,975.

### Coping With the After Effects

Some Puerto Ricans cope with death by means of art. One of them is Pedro Adorno, for 25 years the head of *Agua, Sol y Sereno*, a community theater collective in San Juan. The troupe traveled all around Puerto Rico in the weeks and months after the storm, bringing their puppets to the people, and Adorno says it soon became clear that the true extent of the devastation wasn't being told.

"All of us got this strong feeling: 'Something is wrong,' " he said. "They say it's only 16 [who] people died in this hurricane. This is not possible.

"We knew a lot of hospitals were without electricity, people who [weren't getting] cancer treatment, people who had kidney problems — we knew, we felt that, but [the government] denied the information."

This week, back in Puerto Rico, we drove to *Sabana Seca* to find Luz María Muñiz. The night before she'd told us she'd be glad to receive us, though she wasn't answering the phone in the morning. The first people we saw in the town offered to help find the house. They told us about their own devastation and said the majority of people had left the town, either for the mainland or for other parts of Puerto Rico. We could feel their absence in the air, despite the hum of power tools and staccato of fighting roosters. *Sabana Seca* felt somehow quieter than it should.

Resident Marta María Hernandez said life isn't the same with so many people gone. She said people used to walk their dogs and say hi to one another. Now everything is quiet and nobody leaves their house. Finally we found the house. We rapped on the steel gate — "Mariiiiia!" Hernandez's son shouts — but no one answered.

In the sweltering heat the next-door neighbor, Juana Alicea, offered us cold orange juice on her patio. She recalls hearing the cries from the house next door that Candido Reyes had died. She said she rushed in the direction of the cries, and when she saw Candido Reyes, he was lying on the floor, taking his final breaths.

She brushed her hands over his eyelids and told Luz María not to worry — her husband wasn't suffering anymore.

I texted Muñiz's daughter, Perez, back home, and she'd finally heard from her mother."She said she's been in bed," Perez wrote back. "Doesn't want to get up. Very depressed. Thinking a lot about my stepdad. I cheered her a bit but she's having a tough time today."We left *Toa Baja* and hoped Muñiz would talk to us when she was feeling better, but she never picked up the phone again.

Death is something many Puerto Ricans have been forced to confront in the dark wake of Maria, whether at the side of their loved ones, or more recently, at the assertion that the death count is a fiction designed to malign the president. Perez describes the events as her calling to become an activist. She started a podcast about Puerto Ricans in the diaspora, and after being born and raised on the mainland, she considered moving to the island for the first time.

When her stepfather died, Perez decided she's definitely moving to Puerto Rico: "It's a spiritual journey for me, because I'm able to go back and connect to my culture and my people, and find ways to help on the ground."Puerto Rico lost thousands in the wake of the storm, but the island will gain at least one with the arrival of people like Debbie Perez.

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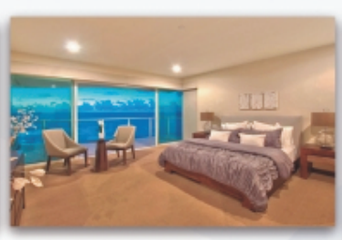

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