

REVUE

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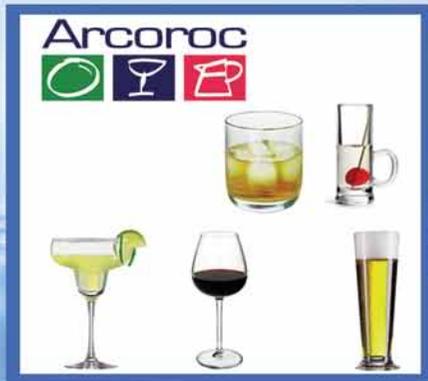
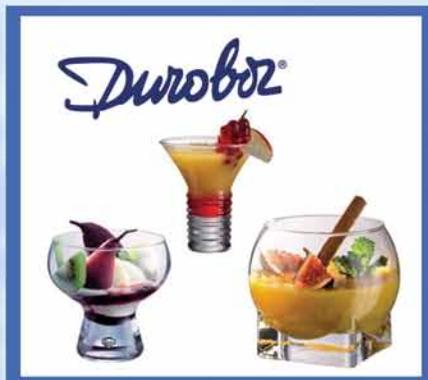
- 
- A close-up photograph of two young girls. The girl on the right is wearing a vibrant, multi-colored patterned blouse (red, green, purple, and yellow) and a pink braided headband. She has a small silver earring and is looking towards the left. The girl on the left is wearing a red ruffled blouse and is also looking towards the left. The background is a textured, reddish-brown surface.
- ▶ Snakes of Guatemala
 - ▶ Profile: Ambassador Valladares
 - ▶ A Quest for Education



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PHOTO CONTEST CONCURSO FOTOGRÁFICO



Te invitamos a participar en nuestro CONCURSO FOTOGRÁFICO de MAYO 2013 con el tema **RETRATOS GUATEMALTECOS**. Enviar UNA (1) foto en ALTA RESOLUCIÓN con el título, lugar donde fue tomada, su nombre y el sitio web para el crédito a: fotos@revue.gt

Habrán premios para las fotos ganadoras, incluye cena para dos en **La Peña de Sol Latino**. Para más información Revue.gt

Serán elegibles las fotos que se reciban hasta el 10 de abril de 2013.

We invite you to participate in our MONTHLY PHOTO CONTEST for MAY 2013 with the theme **GUATEMALAN PORTRAITS**. please send ONE (1) HI-RES photo with caption/location and your name & website for the credit line to: photos@revue.gt

There will be prizes for winning photos including dinner for 2 at **La Peña de Sol Latino**. More information at Revue.gt

Submissions entered by the 10th of April will be eligible.



"Entre soñadas fuentes antiguéñas" by David Rojas López
Revue Photo Contest April -- www.facebook/RevueMagazine

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APRIL PHOTO CONTEST WINNERS, theme: PARKS & PLAZAS



1st PLACE by popular vote in the monthly REVUE PHOTO CONTEST, April

Congratulations to Andrea Pennington on her photograph titled "Momento mágico."
Prize: Dinner for two at **La Peña de Sol Latino**. View all entries at www.REVUE.gt



1st PLACE by judges vote in the REVUE PHOTO CONTEST, April

"Plaza Japón al anochecer" (Xela) by Harry Díaz. Prize: One night stay for 2 people at the beautiful **Villas B'alam Ya**, Lake Atitlán. All entries can be seen at www.REVUE.gt

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contents

**14 THE ROAD
LESS TRAVELED**
by Capt. Thor Janson
Yellow Beard and
other slithering
surprises



Tropical Rattle Snake

11 GUATEMALA INSIGHT
by Elizabeth Bell
Mission Accomplished!

12 COMMUNITY SERVICE
by Natalie Rose
A Quest for Education

18 SPORTS
by Kathryn Robinson
Boulder Challenge

20 PROFILE
by Anna Claire Bevan
David Elron

21 PROFILE
by Anna Claire Bevan
Ambassador Valladares

36 CELEBRATION
by Anna Claire Bevan
25 Years of El Attico

42 BEAUTY
by Melissa Collins
Miracle Oil Manicure

46 COMMUNITY SERVICE
by Anna Claire Bevan
Youth Leadership

52 2013 SPIRIT
by Sri Ram Kaa & Kira Raa
Guatemala Transformations!

54 ART
by Anna Claire Bevan
Leslie Nanne Exposition

64 FOOD
by Natalie Rose
Ubi's Sushi Menu Expansion

70 ARTESANÍA
by Hilary Kilpatric
Gotitas de Pino

72 LANGUAGE
by Dwight Wayne Coop
The Zen of Hot and Cold

100 TRAVEL
by Natalie Rose
Pueblo Hopping at the Lake

102 HONDURAS
by Monish Welcome
The Roatan Reef (part II)

107 SENSUOUS GUATEMALA
by Ken Veronda
Feel an April Day

SECTIONS

- 22 DateBook: April
- 38 Health Services
- 80 Travel
- 94 Marketplace
- 96 Real Estate
- 102 Honduras
- 104 El Salvador

REGIONS

- 32 Guatemala City
- 44 La Antigua
- 82 Lake Atitlán
- 86 Quetzaltenango
- 87 Río Dulce
- 88 Pacific Coast
- 92 El Petén
- 92 Cobán
- 93 Tecpán

MISC.

- 10 From the Publisher
- 45 Antigua Map
- 74 Vet Q & A
- 99 Bilingual "Cruci-Word"
- 106 Advertiser Index

photo contest: Parks & Plazas

All of the April entrants can be seen at www.Revue.gt ... here are the winners!

- 6 Harry Díaz
- 6 Andrea Pennington
- 32 Jorge López
- 105 Mario Mejía
- 105 María José Carranza
- 108 Holger Tobuschat

Deadline for the
May 2013 issue » April 10



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from the publishers

“Some things never change. They just become different.”

—Joshua Caleb

There have been many changes to this magazine since its premier edition on March 27, 1992. The evolution from The Antigua Classifieds to The Classifieds Revue and finally simply the Revue magazine coincided with upgrades in paper quality as color was added, first with spot color, then full color. In the beginning the publication ran weekly, then bi-weekly and then monthly. With the introduction of the internet, the Revue website was born (www.REVUE.gt) where readers can peruse the magazine, page by page; DateBook calendars are posted; past editions are archived; there is a Business Directory; a selection of Map References; the Revue Photo Gallery and much more! Next came a thriving Revue Facebook page (www.facebook.com/revuemagazine) with daily postings, updates and highlights of events you may have missed.

This month, as we begin our 22nd year of publishing, we are introducing yet another transition—a new layout! We hope you will enjoy the new format, bigger yet still portable, packed with articles, quotes, information, photos and advertisers; some have been within the Revue pages almost since its inception. What hasn't changed is our commitment and gratitude to our advertisers, readers, our fantastic staff and the many talented writers who have kept the magazine in circulation, growing and evolving these many years. We would like to hear any feedback you may have.

Thanks for reading this month's edition, we hope you enjoy your stay in Guatemala whether it's for a week or a lifetime.

—*John & Terry Kovick Biskovich*



ON THE COVER

Antigüeñas
by Rudy A. Girón
photos.rudygiron.com

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**Guatemala
Insight**

by Elizabeth Bell
AUTHOR/HISTORIAN

Mission Accomplished!

Restoration of the Paintings at San José Cathedral



Close to 10 years ago, while admiring some Christmas decorations at San José Cathedral in Antigua, I was astonished at the poor state of preservation of the colonial paintings. All of the original colonial art had been moved to the new capital in 1773, except for the 1680 paintings of the apostles by Mexican artist Juan de Correa (1646-1716). Restored at one point many years ago, they certainly needed a “refresh” button!

Previously we had sponsored restoration efforts at the Museo de Arte

Colonial across the street. My goal then was to restore one painting a year; I contacted expert Guatemala restorer Margarita Estrada to begin the task.

The first, San Pedro (of course) presented serious problems. Previous restorations were not done well and most likely damaged the work. Techniques today have become scientific, and we all use UNESCO guidelines to save these priceless art objects.

The other paintings of the apostles followed...usually taking a year or two, as time would tell. We were able to get Flavio González on board—a UNESCO-trained restorer from Antigua with more than 25 years of experience. The painting of St. John was one of my favorites—it was so dark before the restoration that you could not see the

chalice. I was able to learn a lot about the iconography (symbols) in each painting. While considered by most as “dark art,” darker reds, greens and browns are prevalent. Expensive light blue paint was somewhat scarce and the seams on the paintings indicate how wide the colonial canvases for this collection were. Last year we added an 1830 Virgin of Guadalupe to the restoration efforts, as its canvas was so badly damaged; its sheer weight had it pulling itself apart with the passing of each year.

So eight apostles and a Virgin of Guadalupe later, we can say, “We did it!”—I would like to thank those participants on my tours who have also helped in accomplishing the task. 🍷

ABOVE: The restored painting of St. John
LEFT: Close-up of St. John painting showing
the serpent emerging from the chalice



A Quest for Education

Open Windows Foundation creates an opportunity to learn in San Miguel Dueñas

San Miguel Dueñas looks like any other pueblo bordering La Antigua Guatemala. Camionetas come in and out at a regular clip, bypassing an antiquated church alluding to a Guatemala of old. There are a handful of *tiendas* staffed by *abuelitas* selling acid orange carrots and flowers. Dueñas is an agricultural town with a population of around 12,000 inhabitants; many work in the greenhouses dotting the landscape. An average salary at one of the greenhouses is around \$200

a month. Families just have enough to survive. Children are often pulled out of school to help with the harvest, delaying their educations.

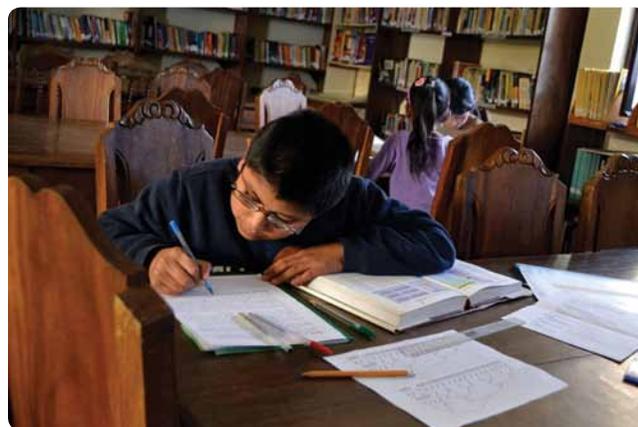
Open Windows Foundation (OW) was founded in 2001 by three energetic and committed women: Dr. Jean Uelmen (U.S.), Teresa Quiñónez (Guatemala), and Ericka Kaplan (U.S.). All three wished to make a difference to the lives of the poor community of Teresa Quiñónez's hometown: San Miguel Dueñas.



Teresa Quiñónez of Open Windows

They found a need and desire for children's books, and so began loaning books within the community. This developed into a free children's learning center, run in one room donated by Quiñónez in her family home in San Miguel Dueñas, with one salaried staff member and approximately 20 children.

Eleven years later, Open Windows has grown to over 2,500 students and its reach in the Dueñas community is immeasurable. In 2003, the Rotary Club donated 10 computers, and



The 2,500 students at Open Windows have access to excellent teachers and a library with 11,000 books

classes in computation and typing commenced. In 2005, faced with outgrowing its reading room, it opened a proper library, which now holds almost 11,000 books.

Every year the project seems to grow; an outdoor space for sports was added, a second-floor complex built for extracurricular activities like art, music, English lessons, and sewing. The Open Windows computer lab now has 21 humming machines, which are open to students and the larger Dueñas community alike. An American doctor and team of dentists are now involved, checking up on the children's health regularly.

The project has extended beyond Quiñónez's one room in the family home; it is now fully an Open Windows facility. In 2006, Open Windows started working with a Canadian nonprofit, Developing World Connections, which began supporting the project through financial, volunteer and construction efforts. At a certain point, Open Windows could not accommodate new buildings, so it began to aid Dueñas families in other ways.

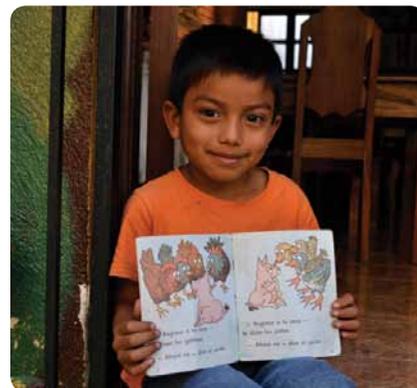
First, Open Windows started donating eco-friendly stoves, which burn wood more efficiently and funnel harmful smoke out of living spaces; it has given away almost 40 to the local community. Next, Open Windows took an interest in housing and started working with the neediest to replace dwellings made out of corn stalks and plastic sheeting with those

made out of cement, metal and glass. A housing project now under way is scheduled for completion within days of this magazine going to press.

Everyone involved in the OW projects are deeply committed to giving the children of Dueñas the same opportunities to learn. When asked what child can come to Open Windows, Quiñónez answered, "Any child who wants to come and learn. We don't make decisions on which child gets to study. Here at Open Windows, every single child in San Miguel Dueñas receives the same support and opportunities."

Of course, she says the project would not be possible without its staff, volunteers, a great group of very dedicated teachers, financial supporters and the Dueñas community. Quiñónez adds, "I want to mention that the success of Open Windows is also the result of hard work accomplished by two boards that are responsible for raising funds in Guatemala and the U.S. We all work as a team." However, what she says makes the biggest difference is when former students from Open Windows return and set a positive example.

"There's a girl who studied with us since eighth grade, and she just graduated from nursing school. This is good for the young children to see. She's now an example, a person who came to Open Windows and, with education, changed her life. All of them can do this; all of them can have a better life." 📖



How many a man
has dated a new era
in his life from the
reading of a book.
—Henry David Thoreau

For more information on
Open Windows, visit
www.openwindowsfoundation.com

Ed note: Tour the Open Windows
Learning Center on
Wednesday, April 3;
see DateBook for details.



Computer lab donated by the Rotary Club



The Road Less Traveled

text/photos by
Capt. Thor Janson
NATURALIST/PHOTOGRAPHER
FACEBOOK.COM/NUBLISELVA

Yellow Beard

and other slithering surprises!

On a recent expedition to the El Triunfo Biosphere Reserve, one of the region's premier protected areas, located just over the border in Chiapas, Mexico, I was walking up a remote river valley when I saw a slight movement on the path. As I approached I made out the form of a large serpent lying, perhaps

sunning, squarely in my way. It was a large, six-foot-long fer-de-lance ... the most feared and reviled snake in Central America.

Known locally as the yellow beard (barba amarilla) because of its yellowish chin, this snake produces venom that is most assuredly deadly. This big one was not moving. She boldly stood her ground, forked

tongue darting in and out, as if to defiantly challenge me to come closer. I did not! I stood back 10 yards and calmly took some photographs while maintaining a "high-alert" status in case the big viper made any move. The dense vegetation on both sides of the path made detouring around her impossible. I stood there for maybe 10 minutes, but she held her posi-

Fer-de-lance. Known locally as the yellow beard (barba amarilla) because of its yellowish chin, this snake produces venom that is most assuredly deadly.



tion. Finally, I gave up. It was a jungle standoff, and I had conceded defeat.

Of the more than 125 species of snakes living in Central America, only a dozen or so could be considered dangerous to humans. And since most of these vipers are nocturnal hunters, it is very unlikely that you will ever encounter one. Nevertheless, most people who are not jungle-savvy worry too much about the danger of snakes. As we journey through the jungle it is always a good idea to watch the path ahead to see what is on it, never to place your hands or feet in places where you cannot see what is there, and to treat any wild animal you encounter with respect and due care. This is especially true of snakes. Most every creature of the forest will flee from approaching humans because, in general, humans are not very nice to them. Your chances of having a problem with a snake are 1,000 times less likely than being involved in collision on the highway.

There are two families of venomous snakes in Central America that deserve our special respect. Coral snakes have the most potent venom and are related to Old World mambas and cobras. The good news is that they are normally very docile. Most problems occur when a child, fascinated by the snake's beautiful colors, tries to pick it up. If you threaten a coral snake it will rear up and sway back and forth in cobra-like fashion. Coral snakes do not have fangs. They have to chew on you for a while to get the venom into your bloodstream. In our region there are numerous, totally harmless, false coral snakes. Their coloration is similar but you can tell the difference if you remember the following, well-known rhyme: "red and black, friend of Jack ... red and yellow, kill the fellow." This is referring to the arrangement of the colored bands on the snakes.

The other families of poisonous snakes are the pit vipers, which include the yellow beard as well as rattlesnakes and the beautiful eyelash vipers. The "pit" refers to a special heat-detecting organ located between the eye and the nostril. These infrared detectors allow the vipers to "see" at night, even in total darkness, as they pursue their quarry. I have encountered many, many vipers



Golden eyelash viper. Belizean jungle guide Jimmi Palacios (ABOVE) points to a small viper. A small green eyelash viper in this same position would be nearly invisible. The venom even of the very small ones (BELOW) is very dangerous. Once I was almost bitten on the face by one due to my lack of prudence in photographing one. Usually, if I want to get very close, I use a "barrier" between myself and the viper.





Deep within the El Triunfo Biosphere Reserve. The forest's canopy is very dense, and most of the year it is covered by a thick mist. Gigantic ferns surround big, evergreen trees covered by lichens, orchids and bromeliads resembling pendant gardens.



ABOVE: **Godman's highland viper** BELOW: **Godman's mountain viper**



along paths in Central America and almost always they are non-aggressive and pose no threat to humans. *Bien mansos...* as we say ... "very tame." They most often will get out of your way long before you ever see them. But sometimes not, and I have often appreciated the fact that my body is always faster than my brain. And so, before I even know what is happening, I jump or sidestep just in time to avoid stepping on a rattlesnake or other dust-bellied brother.

But then there is yellow beard. This is a snake with an attitude. I have heard many stories to simply discount the fer-de-lance's aggressive reputation as myth. If you ever come upon one, keep your distance. A friend of mine related one of his encounters. Jerry was taking it easy at Ixcacel Beach when he noticed something odd occurring on the other side of the campground. He went over to investigate and saw some birds dive-bombing something on the ground. As he got closer he saw that it was a large snake, a yellow beard in fact. Suddenly, the irritated snake, upon seeing Jerry, took off after him. Jerry, terrified, ran at top speed in the opposite direction. After perhaps 50 yards Jerry looked behind and was astonished to see the snake still in pursuit. Jerry kept running and finally the serpent veered off into the bush. Jerry veered

...continued page 68



View from the road on the way to El Triunfo Biosphere Reserve.



Tropical rat snake. This beautifully colored snake is an arboreal non-venomous rat hunter



False coral snake. It is considered to be the snake that most resembles the original ancestral snake form, note the lizardlike skull.



Jumping viper. Known by locals as "el terrible" the jumping viper, upon being disturbed, jumps up to a meter in the air and as it jumps, it bites!



Green vine snake. Also known as the flatbread snake, it is very slender, with a long delicate tail, and grows to a length of 59-79 inches.



Boulder Challenge

Rock Climbing in La Antigua Guatemala

In February onlookers had the unique opportunity to witness a demonstration of extraordinary skill, strength, determination and a seemingly unceasing human desire to conquer stuff at the second annual **North Face Antigua Boulder Challenge**.

Fifty competitors from all over Central America, as well as others from the United States and Canada, took the challenge of scaling the 12-foot-high, five-sided artificial boulder. For those of us not familiar with the climbing world, bouldering is a style of rock climbing without the use of ropes but instead consists of shorter climbs to heights from which

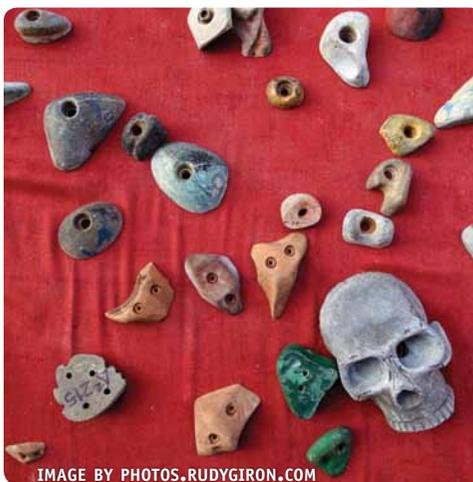


IMAGE BY PHOTOS.RUDYGIRON.COM

it is safe to fall onto a soft crash pad.

The February competition, sponsored by The North Face, featured some of the most skilled climbers in

all of Central America. At stake was a \$1,000 prize for both the first-place male and female winners, as well as a free flight to Chile to compete in the Masters of Boulder tournament on March 15—the final competition for all of Latin America. The winner from there moves on to the world championships in China later this year.

After a glorious battle by all who participated, the final standings from The North Face Antigua Boulder Challenge 2013 were, for the women: in third place from El Salvador, Colin O'Brian; in second place from La Antigua Guatemala, Andrea



Núñez; and in first place, also from Antigua, Paula Méndez with three tops in one try.

For the men: in third place from Guatemala, Junior Fortuny; in second place from Costa Rica, David Ulloa; and in first place, the winner from last year's Boulder Challenge, Diego García from Antigua, with one top in one try.



Bouldering is fundamentally a very basic sport, but its goal of overcoming obstacles no matter how seemingly impossible inspires all. The only way to the top is through the struggle and the fight. And no matter how many times you fall, keep climbing.

You can see how Paula and Diego did at the competition in Chile on [The North Face Chile Facebook page](#). 🇨🇱



David Elron

Improving the well-being of others



When David Elron first visited Guatemala in 2001 he was a carefree backpacker who thought he'd stay for a couple of weeks and move on. However, after meeting a shaman in the highland town of Todos Santos, the Israeli's plans quickly changed.

"I ended up traveling with the shaman, studying with him and eventually teaching with him for eight months—and the experience completely changed my life," says Elron.

Seated on a bench on New Year's Day in La Antigua Guatemala's Central Park, Elron had a revelation:

"With *cobetes* going off all around me I thought: 'I'm going to be a healer and work to better the lives of others.'"

Almost 12 years later that's exactly what the economics and marketing graduate is doing: using holistic treatments such as massage, Reiki and Amanae, a technique that focuses on releasing suppressed and usually subconscious emotions and

trauma, to improve the well-being of people who are unhappy with their lives or want to change an element of them.

Through his belief that everyone can be and deserves to be happy, Elron uses physical, spiritual and emotional therapies to create a positive and lasting change in his patients' lives.

"When you are malnourished in one area you overcompensate for it in another."

"You can't just work with somebody's body; you have to work with their mind and emotions too. When you are malnourished in one area you overcompensate for it in another. So I can tell someone what to eat, but it won't help them if they're undernourished emotionally or spiritually. We have to work together to find a balance," Elron explains.

The health coach, who has worked with patients from 3 to 85 years old,

has a number of businesses all focused on well-being. From infrared saunas to cleanse and detox the body, to independent film screenings to open the mind, and intensive six-day Amanae workshops (emotional release bodywork to heal past traumas), he encourages his patients to listen to their heart and body and not be afraid of addressing the things that hold them back from living the life they want.

"The magic happens when we get outside of our heads and stop thinking. Some things don't make sense, nor do they need to, but you just have to step back and allow the healing process to happen. Magic is all around us," insists Elron.

Many of Elron's clients say his holistic approach (which also encompasses elements of positive psychology) is "life changing" and has enabled them to live in a more fulfilling and positive way. As well as emotional results, physical improvements are often apparent too: ...continued page 76

ASISCLO VALLADARES

Guatemalan Ambassador to the U.K.



There's not a cocktail bar in Central London that doesn't stock Ron Zaccapa, an English Starbucks that isn't preparing to launch a "Guatemala cappuccino" or a high-end British supermarket that doesn't sell petit-pois straight from the country's Highlands, according to Guatemalan Embassy staff in the U.K.

Outside the U.S., Guatemala's biggest export market is Great Britain, and trade between the two countries has been steadily increasing over the past few years. With a new free trade agreement between the European Union and Central America going into effect later this year, commerce between the nations is set to grow even further. It now seems as though the Guatemalan Embassy in London doesn't exist so much for the 300 *chapiques* who live there as it does for the two countries' exchange of ideas and trade.

Asisclo Valladares has been the Guatemalan Ambassador to the U.K. for nearly three years.

"In 2010 we didn't have any economic investment sections, but I established that," says Valladares, who ran for president twice before taking up this position. "Trade is good in both directions, so we work closely with the U.K. Embassy in Guatemala City, which wasn't done before."

"Many countries have more than we have, but nowhere has as much as we do in such a small space."

Valladares and his team recently chaperoned a group of British businessmen to Guatemala, as part of Explore Guatemala, and gave them an insight into the commercial opportunities that exist within the country. Investment missions like these led the health insurance giant BUPA to begin operating in Guatemala and Pollo Campero to set up shop in the U.K.

However, it's not just about new business. Valladares is also the Guate-

malan representative of coffee, sugar, oil and cocoa to the U.K.; he serves as the Guatemalan Ambassador to a host of African countries; and he works closely with Guatemalan President Otto Pérez Molina to gain support for his ideas in Europe.

"I used to be the Attorney General in Guatemala and fought against drug traffickers. It was risky, but it's useless if you take one drug cartel out of play, as another will just fill its shoes. This is why I feel so strongly about Pérez Molina's drug (legalization) policy. We need new methods."

Shortly after serving as the Attorney General, Valladares received his first diplomatic posting, following in the footsteps of his father, who occupied the same position for 18 years.

"I was Ambassador to the Vatican twice and I loved it—it was incredible," he says. "The first time was with Pope John Paul II and the second was with Pope Benedict."

"I met John Paul II many times and always got the same impres-

...continued page 76

datebook

APRIL 2013 GUIDE TO CULTURE AND UPCOMING EVENTS COMPILED BY MERCEDES MEJICANOS

2 Tues., 5:30pm — **BENEFIT DANCE:** Mayan dances performed by indigenous children from Nuevo Amanecer, a local charity dedicated to helping more than 30 children in San Andrés Itzapa, providing health care, education and the preservation of Mayan traditions, including language and dance. Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

5 Fri., 5pm — (Spanish) **TEATRO:** Presentación de la obra teatral Rukemonik Rinuch'akul (el tejido de mi cuerpo) Grupo Ix Saquil Ik', nos presenta el fruto de una investigación artística acerca de la sexualidad y el erotismo como construcción histórica y social de la cultura maya contemporánea. Centro de Formación de la Cooperación Española, 6a av. norte, **La Antigua**

3 Wed., 2pm — **TOUR:** Open Windows Learning Center, San Miguel Dueñas; join David Dean on a visit to this educational and community development foundation. Meet in front of the Cafe Condesa, Central Park; return by 3:30pm. FREE!. www.openwindowsfoundation.com, **La Antigua**. See related article, page 12.

5 Fri., 5:30pm & Fri., 12th, 5:30pm — **DINING** at KIDS Restaurant: Featuring French cuisine; **26th, 5:30pm:** Featuring Italian cuisine. The only restaurant run by KIDS in cooperation with the Education Center of TESS Unlimited. Every two weeks the restaurant serves food with a theme or featuring cuisine from countries around the world. Reservations: kidsrestaurant@gmail.com or tels: 4550-7798 or 5279-6976. You will be picked up at 5pm by our shuttle service. Our mini chef will wait for you in front of Cafe Condesa to bring you to the KIDS Restaurant in **San Gaspar Vivar**



6 Sat., 4-7pm — **ART:** Resiliencias, a group show by renown Chilean artists Pilar Ríos, Gina Intveen, Carmen Erazo and Elizabeth Stuvén. The theme lies in the ability to recover readily from adversity, and using a sense of humor as a strategy to deal with unfavorable situations. The oils and acrylics reveal four approaches to one concept using color, texture and format. More than 30 new works will be on display. The show ends May 5. La Antigua Galería de Arte, 4a calle oriente #15, **La Antigua**



6 Sat., 9am-noon — COOKING CLASS: Guatemalan cuisine; \$40 incl. three hours of instruction, a coffee break and a delicious lunch (prepared by the class), incl. a glass of wine or other beverage; next, a visit to the mercado to find out where to buy the best ingredients. Limited enrollment. Call for a reservation, 7882-4468. La Peña de Sol Latino, 5a calle poniente #15-C, **La Antigua**

9 Tues., 5:30 — TALK: Radio Pre-school presented by Rosa María Ruiz and Quirio Ixtamen Pérez. The program is adapted from a series developed in Africa. It is broadcast in native languages of rural Guatemala on existing community radio stations. Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

10 Wed., 6pm — Presentation: "Antigua: Behind the Walls" with Elizabeth Bell. Enjoy a one-hour presentation through vintage and contemporary photographs collected over the past 40 years, accompanied by Elizabeth Bell's expert narration. Proceeds benefit educational programs in Antigua. Questions encouraged. Autographed books available. Hotel Sor Juana, 4a calle oriente #45, **La Antigua**

11 Thurs., 6pm — (Spanish) TEATRO: Los más solos. Esta obra utiliza la locura de cuatro enfermos mentales abandonados como metáfora para hablar de una sociedad violenta y desquiciada. Víctor, Cerebro, Choreja y Levy, pertenecientes a una generación que sufrió durante su juventud una guerra civil en El Salvador. Esta actividad se emitirá porstreaming a través de la página web www.aacid-cf.org.gt Centro de Formación de la Cooperación Española, 6a av. norte, **La Antigua**



10 Wed., 5pm — PHOTOGRAPHY: Grace by Pattie Traynor. Mesón Panza Verde (tel: 7832-2925), 5a av. sur #19, **La Antigua**

12 Fri., through Thursday, 18th — EXPOSITION: Presenting Leslie Nanne's illustrations in the children's book, Bruyyí: El Origen y la Guerra de los Colores by Silvia Mansillas; in a collaborative effort with fellow fashion designer, Neigher Maximilano Reyes, featuring puppet-size costumes of the characters; and Pietro Moluko, bringing Nanne's illustrations to life with computer-generated animation. Presented by the Museo Ixchel, **Guatemala City**. See related article, page 54.

12th Fri., 5:30pm — DINING at KIDS Restaurant: Featuring French cuisine, Info., see listing Fri., 5th.

12 Fri., through Sat., May 4 — ART: Masculino, a collective exposition by Guatemalan artists from the XIX through the XXI centuries. El Attico (tel: 2368-0853), 4a avenida 15-45, z. 14, **Guatemala City**. See anniversary article on page 36.

16 Tues., 4:20pm — (Spanish) DEMOILUSTRACIÓN: Por Leslie Nanne Lippmann. Aprenda sobre el proceso creativo, la técnica utilizada y de la vida profesional de la artista. Q18. Museo Ixchel del Traje Indígena (tel: 2361-8081), 6a calle final, z. 10, **Guatemala City**. See entry, Fri., 12th; also related article on page 54.

16 Tues., 5:30 — TALK: Life in Guatemala: Brief History and Current Conditions, presented by Sue Patterson, a retired U.S. Foreign Service officer living in Antigua. She is a former U.S. Consul General in Guatemala and has served in Chile, Iran and Italy. She is also the founder of WINGS, a non-profit dedicated to reproductive health and family planning and the recipient of numerous awards for her work, most recently the 2003 Sargent Shriver Award for Outstanding Humanitarian Service from the National Peace Corps Association of America. Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

18 Thurs., 6:30pm — (Spanish) CHARLA: Arte Hispanoreligioso en los corregimientos de Guatemala, dictada por Aníbal Chajón. Q30/Q15 estudiantes o guías de turismo. Museo Popol Vuh, 6a calle final, z. 10, **Guatemala City**

19 Fri., 7pm — (Spanish) CUENTOS PARA ADULTOS: Cuentos cortos para niños largos. Repertorio de cuentos filosóficos, de amor y humor. Relatos extraídos tanto de la tradición oral latinoamericana, como de obras de carácter internacional. Actuación a cargo de Rodolfo de León. Centro de Formación de la Cooperación Española, 6a av. norte, **La Antigua**

REVUE is not responsible for event cancellations or date/time changes

Please submit your DATEBOOK entry for the May 2013 edition by April 10

You can find Revue DateBook online: www.REVUE.gt

20 Sat., 9am-noon — COOKING CLASS: La Peña de Sol Latino, 5a calle pon. #15-C, **La Antigua**. *SEE LISTING, Sat. 2nd.*

20 Sat., 5pm — ANNIVERSARY PARTY: Ubi's Sushi, ceviches & sake tasting. Ubi's Sushi (tel: 7832-2767) 6a av. sur #12 B-2, **La Antigua**. See related article, page 64.

21 Sun., 8am — CARRERA ARCO-IRIS: Organized by Club Rotario Antigua benefitting Fundación Ayúdame a Vivir, an organization that assists children stricken with cancer. This is a family event, bring your pets, bicycles, baby carriages, etc. Donation Q70, includes T-shirt and a medal. Registration at Aserradero Lorenzi (Avenida de la Recolección) and Hospital Veterinario Antigua (6a av. sur #1), also on the day of the event. Begins and ends at Central Park, **La Antigua**

30 Tues., 7pm — MUSIC: Grammy Award winning Editus. Q150 incl. cocktail reception. Finca Finca Filadelfia, (7728-0800), 150m north of Iglesia de San Felipe de Jesús, **La Antigua**

23 Tues. — EXPOSITION: Mosaicos de Lectura, celebrating World Book Day. The exhibition highlights reading, libraries, and archives through a mosaic vision of words and images. Centro de Formación de la Cooperación Española, 6a av. norte, **La Antigua**

23 Tues., 5:30pm — TALK: Reading Village: Cultivating a New Generation of Leaders and Readers. Hear inspiring stories of 40 teen reading promoters who work to foster a love of reading. Hear how Reading Village's combination of youth leadership training and literacy activism has transformed individuals, strengthened social fabric and given rise to new community-based initiatives. During this presentation co-founder Larry Dressler will share three breakthrough lessons that Reading Village has learned about community development. Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

25 Thurs., 6:30pm — (Spanish) CHARLA: La Ermita del soldado de San Juan Chamelco, dictada por Zoila Rodríguez. Q30/Q15 estudiantes o guías de turismo. Museo Popol Vuh, 6a calle final z. 10, **Guatemala City**

26 Fri. — GOLF TOURNAMENT: The Esperanza Juvenil AICSA Open golf tournament will be held at the Guatemala Country Club to benefit the program's 132 children and youth. For more information, tel: 2254-9911 or visit www.esperanzajuvenil.org. **Guatemala City**

26 Fri., 5:30pm: DINING at KIDS Restaurant: Featuring Italian cuisine. Reservations: kidsrestaurant@gmail.com or tels: 4550-7798 or 5279-6976. Info. see listing Fri. 5th.

26 Fri., 7-10pm — GOURMET DINER FOR A CAUSE! Enjoy a glass of wine/kir, hors d'oeuvres, coq au vin with Israeli cous cous, dessert and more, surrounded by unique and beautiful items in Antigua's Casa Chicob. Q100 with cash bar. Net proceeds benefit Brillo de Sol Education Project. Info., contact kamille@brillodesol.org. Casa Chicob, 1a av. norte #21, **La Antigua**

30 Tues., 5:30pm — TALK: Diana Morton founded Helping One Family at a Time in September 2011 out of a clear need to assist an indigenous family in San Andrés Itzapa (35 minutes from Antigua by bus). Diana helps them link to services such as health, employment, and education. Like so many, they want to create a better life for themselves and their children. Join Dianne in a visit to their home and enjoy a delicious, authentically Mayan lunch (Q100). Hear Dianne talk more about this project and how you might help this family and others in San Andrés Itzapa. Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**.





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PLAN AHEAD
May 1 — HOLIDAY: Labor day, most banks & some businesses will be closed. **Countrywide**

When you invite trouble, it's usually quick to accept.
—H. Jackson Brown, Jr.

When you are through changing, you are through.
—Bruce Barton

If I had my life to live over, I'd have fewer meetings and more rendezvous. —Robert Brault

**Congratulations
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As a means to success, determination has this advantage over talent - that it does not have to be recognized by others. —Robert Brault

ALL MONTH: Maya Woman Series by Wendy Carpenter at La Antigua Galería de Arte

*Maya Woman Series on Exhibit*

Wendy Carpenter's work in weaving, dyeing and basketry spans more than 35 years. The accomplished fiber artist has spent the past nine years working with craftsmen and women in Central America and Mexico on textile designs and organizing sewing cooperatives, as well as custom-cutting jadeite and quartz geodes for making jewelry.

Her Maya Woman series on exhibit at La Antigua Galería de Arte features six sculptures from a series of nine, representing her efforts to blend cultures through art. The works express a connection from the past with the present, through form, color and tactile material.

Carpenter purchases hand-woven fabric from local indigenous women and then cuts and weaves portions of the material into her sculptures. Her works depict the essence of the native women in Guatemala, walking the streets arm and arm, preserving tradition in today's modern culture.

Carpenter studied fiber sculpture in Olympia, Washington, in the mid-1970s, tapestry weaving in Taos, New Mexico, and completed her bachelor's degree through the University of Wisconsin.

Her sculptures can be seen at La Antigua Galería de Arte, 4a calle oriente #15, La Antigua Guatemala.



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"Resiliencias"



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Wednesdays — Jazz Duo with Lisandro, Grand Piano & Double Bass.

Thursdays — Buena Vista de Corazón, Ignacio Perez on congas and Aniet Gonzáles on flute.

Fridays — Latin Trio, Denis Medina on Cubano Tres and Coloso Gudierre on congas

Saturdays, 5pm — Classical Recitals with Seth Montforth and special guest. Q100

La Peña de Sol Latino tel: 7882-4468 5a calle poniente #15-C, La Antigua

Mondays — 7-10pm: Malcolm and his own special Voice, Style and Sound. Original music and some oldies thrown in.

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Las Palmas tel: 7832-9734 6a av. norte #14, La Antigua

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Wednesdays & Thursdays — Bossa and Mix with Trujillo, Gilberto, Bryan and René

Fridays & Saturdays — Salsa with Grupo Caribe

Sundays — Surprise Guest

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Fridays — World music.

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Kape Paulinos tel: 7840-3806 Km 87.5 Carretera Interamericana, Tecpán

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Trova Jazz tel: 2334-1241 Via 6, 3-55, zona 4, Guatemala City

Friday Concerts — Call for April schedule: 2334-1241. Live music Thursdays through Saturdays.

Rainbow Café tel: 7832-1919 7a av. sur #8, La Antigua

Mondays — 7:30pm: Don Ramiro will serenade you with some beautiful Latin folk music. Free.

Tuesdays — 7:30pm: Gustavo plays Latino classics, western tunes with some harmonica.

Wednesdays — 7:30pm: *Open Mike Night*: come along and show your skills. Free drink for anyone who performs!

Thursdays — 7:30pm: Kenny and Friends, some of Antigua's best loved local musicians will amaze you with some great music.

Fridays — 7:30pm: Segio, this talented local plays a mix of music including lots of reggae!

Saturdays — 7:30pm: A variety of bands!

Sundays — 7:30pm: Kenny and Friends, some of Antigua's best loved local musicians will amaze you with some great music.



PHOTO: JORGE ORTIZ

THROUGHOUT THE MONTH

Daily, 2pm & 4pm — MOVIES: Las Palmas (tel: 7832-9734), 6a av. n. #14, **La Antigua**

Mondays 10am & Thursdays at 2:30pm — Join the staff of Common Hope for a free 2-hour village tour to learn how we partner with families. Departs from the fountain at central park. Tel: 7922-6600 to arrange a private tour; details, visit www.commonhope.org. **La Antigua**

Tuesdays, 11am-1pm & 3-5pm — CROCHET WORKSHOPS: Info: Wüto (tel: 7882-4641) 4a calle oriente #10, 2nd floor, El Jaulón, **La Antigua**

Tuesdays, 6:30-8:30pm — (Spanish) CHARLA: Similitudes y diferencias entre la arquitectura española y guatemalteca en los siglos XVII y XVIII, impartido por Brenda Porras. Contribución: Q500/Estudiantes o guías de turismo Q375. Museo Popol Vuh, 6a calle final, z. 10, **Guatemala City**

Wednesdays, 8pm — (Spanish) COMEDIA: 1,000 maneras de reir por El Cubo y sus amigos. Q60. Trova-jazz, Vía 6, 3-55, z. 4, **Guatemala City**

Wednesdays, 5pm — (Spanish) FILMS: Cooperación Española (tel: 7932-3838), 6a av. norte (between 3a & 4a calle poniente), **La Antigua**

Thurs., 8:30am — TOUR: Visit Ciudad Vieja, you'll see where many Niños de Guatemala families work and live. Also, visit the school built by Niños de Guatemala. Q200/Q100, students. Proceeds benefit Niños de Guatemala projects. Antigua_office@niniosdeguatemala.org; tel: 7832-8033. **La Antigua/Ciudad Vieja**

Thursdays, 11am-1pm — TRICOT WORKSHOPS: Relax while you create beautiful handiwork. For more information, Wüto (tel: 7882-4641) 4a calle oriente #10, 2nd floor, El Jaulón, **La Antigua**



Saturdays, 5pm — MUSIC: Seth Montfort, a multi-award winning musician and founder of the San Francisco Concerto Orchestra, plays classical & jungle piano. Cover Q100. Mesón Panza Verde (tel: 7832-2925), **La Antigua**



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Congratulations to Jorge López on his photograph titled "Plazuela en ruinas." All entries can be seen at www.REVUE.gt



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It is not the strongest of the species that survive,
nor the most intelligent, but the one most
responsive to change. —David Applegate

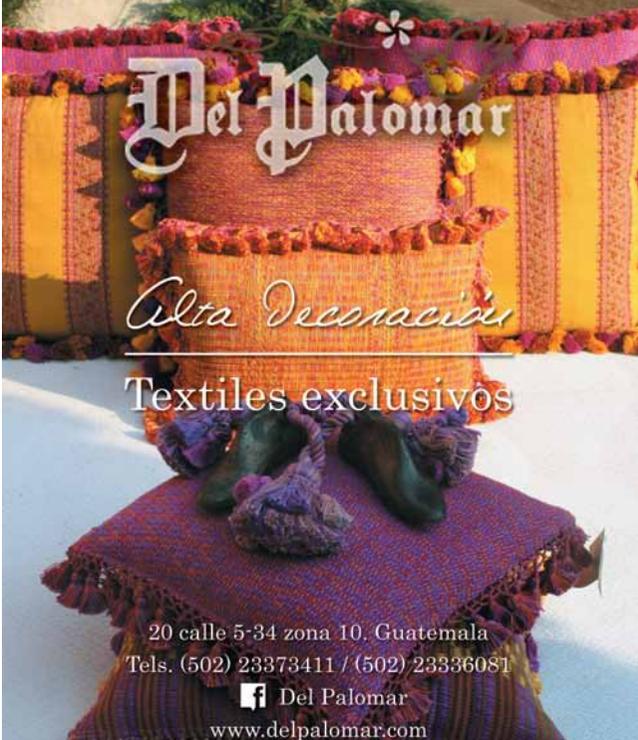


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25 Years of El Attico

*An art gallery that doubles
as a research center*

It's not just technology that has changed since El Attico first opened its doors in April 1988. Back then it was an antique shop that doubled as an art gallery; now it's an art gallery that doubles as a research center.

"The antique shop was dwindling, while the art gallery was becoming stronger and moving in other directions," says El Attico co-owner Guillermo Monsanto.

So, after three months and many requests from visitors to see more contemporary pieces, Monsanto and his business partner, Luis Escobar, decided to close the antiques side of their gallery and use the extra space to develop an exposition area where they could host monthly activities and diverse exhibitions.

Ever since opening 25 years ago in zone 14, El Attico has had a hugely positive effect on Guatemala's art scene: showcasing the country's young, upcoming talent in one room and pieces from more established art-



ists in the other. Its centro de documentación gives students, researchers and collectors access to information about the country's art from the present day to as far back as la Conquista. However, the gallery's patriotism doesn't end there. El Attico also dedicates itself to restoring and conserving important national art that has been neglected over recent years.

The two art enthusiasts chose the name "El Attico" because, they say, "It evokes the idea of rediscovering forgotten objects and paying attention to them so that they come back to life again with another meaning."

The gallery is celebrating its 25th anniversary this month with a special exhibition focusing on the male figure and showcasing selected works by Guatemalan artists.

For both Monsanto and Escobar, their fascination with art started during childhood and since then has become their driving force:

"In difficult times, creativity can save you. There's no age or social

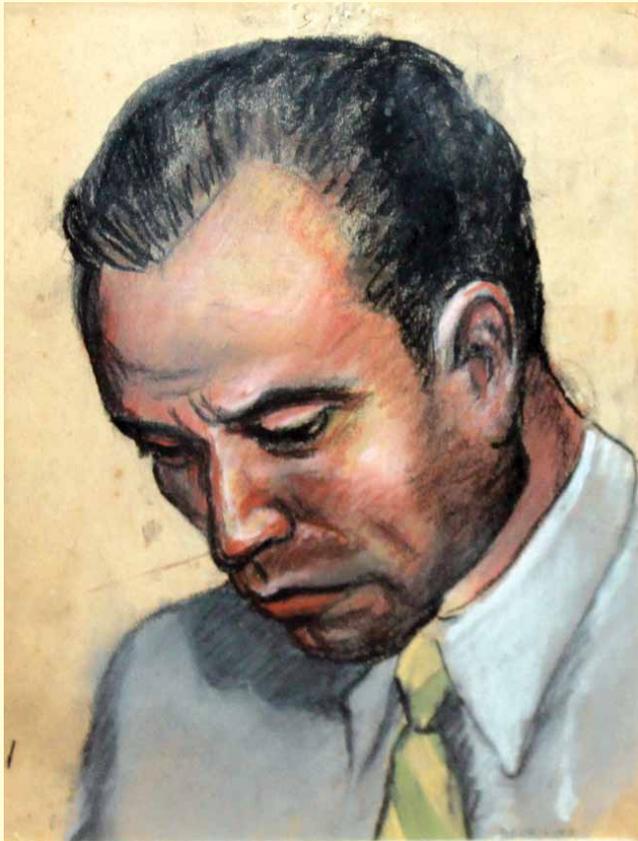


condition necessary to appreciate art. What's most important is not to lose confidence and hope in yourself."

With its emphasis on technical sculpture work and homegrown talent, El Attico's diverse collection is aimed at everyone and is occasionally loaned to museums and theater productions around the country.

"We are very grateful for the help and support that we have received from many people throughout this whole time. We're really happy that we can dedicate ourselves to doing what we love and we're ready to continue evolving," says Monsanto. 🍷

El Attico is located on 4a avenida 15-45, zone 14 of Guatemala City, open Monday through Friday 9 a.m. to 1 p.m. and 3 p.m. to 7 p.m.; Saturdays 9 a.m. to 1 p.m.



Images from the El Attico exhibition for April, 2013



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Solution to this month's Cruci-Word

page 99

1	T	R	A	N	S	L	A	T	O	R						
10	R	O	B	A	L	O	S			T	E					
12	I	B	E	R	I	C	A			13	H	A				
14	B	A	R	K	E	R				15	Y	E	S			
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To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.
—Henri Bergson

If you're in a bad situation, don't worry it'll change. If you're in a good situation, don't worry it'll change.
—John A. Simone, Sr.

The birds are molting. If only man could molt also, his mind once a year its errors, his heart once a year its useless passions. —James Allen

He that will not apply new remedies must expect new evils; for time is the greatest innovator.
—Francis Bacon

Stubbornness does have its helpful features. You always know what you are going to be thinking tomorrow. —Glen Beaman





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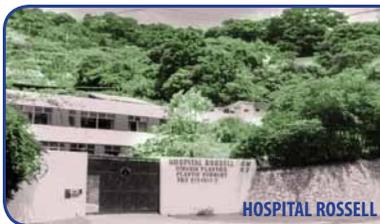
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No two men ever judged alike of the same thing, and it is impossible to find two opinions exactly similar, not only in different men but in the same men at different times. —Michel Montaigne

All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another. —Anatole France

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After you've done a thing the same way for two years, look it over carefully. After five years, look at it with suspicion. And after ten years, throw it away and start all over. —Alfred Edward Perlman

Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use. —Earl Nightingale

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The man who never alters his opinion is like standing water, and breeds reptiles of the mind.
 —William Blake

If you don't like something change it; if you can't change it, change the way you think about it.
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It takes only three to five seconds to make a first impression, and a greeting almost always involves a handshake. That's where having cared-for hands and well-manicured nails are of vital importance for men and women alike. Remember: Your hands are always on display.

Stop and think for a moment about your hands, all they do for you in a day. You are constantly using them, and most of us manage to neglect the very simple nail care that not only makes an impact socially but, more importantly, neglecting them can cause some mildly painful issues such as hang nails to more serious problems like nail fungus.

Common nail problems can be prevented or reversed by taking just a few extra minutes once a week. Your hands and nails will thank you for the extra attention, and in no time they will be stronger, healthier and hydrated.

There are many great things about living in Guatemala, one of them being that we have an abundance of what I like to call the "miracle oil." You may know it by its common name — mac-



adamia nut oil. This oil can be used for many things, although I mainly use it for its skin and hair-care benefits. Macadamia nut oil is almost perfect in its composition; it contains the highest amount of palmitoleic acid (an Omega 7 fatty acid) of any plant that research has proven helps skin retain its youthful appearance. When we are young palmitoleic acid is plentiful in our skin, but as we age it decreases. Also, because of its high count of mono-unsaturated fatty acids, the oil is able to mimic our skin's natural sebum, which allows for easy absorption and can even provide relief for sunburn, wounds and irritations. Our hands are one area where we begin to show the signs of aging first, therefore this light, non-greasy oil is your ideal choice for replacing lost vital oils and increasing suppleness.

Give yourself a mini "miracle" manicure at home by following these simple steps.

1. Begin by removing any old nail polish; in corners you may use an orangewood stick with a bit of cotton soaked in polish remover.



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2. Clip your nails straight across to the length you prefer then file in one direction, gently rounding the corners.

3. Prepare a small bowl of warm water with a few drops of macadamia nut oil and soak your hands for five minutes.

4. Using the angled side of your orangewood stick, gently push back your cuticles. There is no need to cut your cuticles. Clean under the nail with the pointy side of the stick.

5. Apply a small drop of macadamia nut oil to each finger at the cuticle, gently massaging into the whole nail area, moving up the fingers to the hand. (If applying nail polish, be sure to remove the oil of the nail bed with a cotton pad soaked in nail polish remover.)

If you like, you can apply nail polish to your nails, making sure always to use a base coat to protect your

nails from discoloration, followed by two coats of your chosen color and a top coat. If you find your nail polish just doesn't last, then try a gel polish manicure; you can have perfect nails for up to 20 days. It's great for those who have soft or brittle nails, giving the nails extra strength allowing the nails to grow longer.

Be confident the next time you shake hands, pick up that glass or wave hello. You will know that your hands look great and are healthy too. 🍷

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Youth Leadership

SERES works with young people to help instill environmental awareness and create future leaders.

In the small pueblo of Chimaltenango a group of young people from across Guatemala and neighboring El Salvador gathers for a four-day youth leadership congress, organized by the NGO SERES.

In a scene that could be mistaken for an acrobatics class, they discuss how in teams of six they can hold a group pose with only eight hands and three feet touching the ground. There is laughter and high spirits as one by one each human pyramid comes crashing down. But, despite the jovial atmosphere, there is a reason why these young people are here today: each one of them is concerned about environmental issues that are devastating their communities and wants to help put a stop to them.

Aged between 15 and 25, these young adults have come together

to discuss the problems that their hometowns face, create ideas to tackle them and draw up detailed action plans, which will then be presented to their communities with the hope of generating enough support to bring their proposals to fruition.

Daniella Grijalua, 16, comes from Escuintla. She says that garbage used to be so bad in her community that she could smell it from her classroom. But since becoming involved with SERES, she has made her neighborhood more environmentally aware and there are now fines for people who litter.

“I’m so satisfied that I’m helping my community, and each time I come here I get new experiences to take back to my family. I don’t use tins or plastic bags anymore, and since the school in my community doesn’t have a kitchen, we’re collecting bottles and

filling them with inorganic waste so that we can build one.”

SERES’ focus on inspiring and empowering the country’s youth stems from its belief that young people need to be taught the necessary skills to drive their own communities forward, rather than wait for foreigners to do it.

“In Guatemala almost 50% of the population is 18 or under,” says SERES founder Corrina Grace. “But because of the country’s 25-year history of aid and charities that have formed a gift economy, there is this generation rising up that aren’t empowered to do anything with their life.”

Guatemala hosts more foreign NGOs than any other country in Central America. While these organizations are important in providing support for human rights, fighting rural poverty and ...cont. page 76



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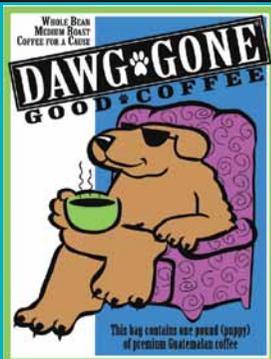
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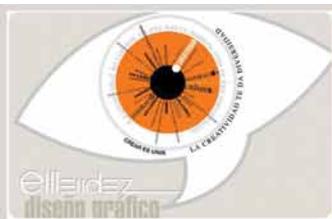
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GUATEMALA TRANSFORMATIONS!

Ever notice how your home environment feels different after returning from a vacation? Perhaps you note changes in your perspectives and feelings after completing a project. We notice this often after teaching workshops and being with so many amazing world travelers at Lake Atitlán.

These transformations in our perceptual field are courtesy of the reticular-activating system. Its role is to sense things around us and sort them out. It acts as a filter in your awareness. Essentially, the reticular-activating system is the “autopilot” of your consciousness.

When we change environments, we open our perceptual fields and are more available to connect with the “now moment.” New environments expand our perceptual field and we are able to take in new data—colors seem more vivid. We become more consciously aware. Alternatively, we can become a bit overwhelmed and fatigued by travel. It is important to stay in the present moment and decide how much activity is inspiring versus tiring.

The beauty of Guatemala provides ample food for the perceptual filters. Changing environments, diverse foods, changing your sleep space—all these things stimulate your biology. You can use this biological function to your advantage.

When creating a travel agenda it is common to over-book your time. Guatemala reminds us that colors, fabrics, soil, smiles and flowers are the essence of the natural world. Why not be bold? You can shift your schedule and take a moment. Perhaps simply enjoy the many sites at the Parque Central in La Antigua. That ...cont. page 60



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*Sri and Kira have authored several books and are the owners of TOSA La Laguna.
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 An illustration at the top of the page shows several ladybugs of various colors (red with black spots, yellow with black spots) crawling on a thick, brown, textured tree branch that curves across the top of the page.

Leslie Nanne

Art Exposition at Museo Ixchel showcases Guatemalan artist's book illustrations.

When Leslie Nanne first decided back in high school that she wanted to be an illustrator, she admits having a few concerns: “I was afraid of becoming a starving artist,” she says. “But I was even more afraid of choosing a ‘safer’ profession and always wondering whether I could have made it in the art world.”

Now, at age 24, the talented Guatemalan has put her fears firmly behind her as she prepares for a week-long exhibition of her work at Ixchel Museum in Guatemala City.

Nanne got her first big break in 2011, shortly after graduating from Savannah College of Art and Design in Georgia (U.S.), when she was asked to illustrate Silvia Mansilla's children's book, *Bruyyi: El Origen y la Guerra de los Colores*.

The exposition, which starts on

Friday, **April 12**, will showcase some of the book's most popular illustrations, bringing the characters to life through puppet-size costumes, made by fashion designer Neigher Maximilano Reyes, and computer-generated animations by Pietro Moluko.

“The longest part of making an illustration is the time it takes to find the right idea and concept behind it. Silvia gave me the manuscript in September 2011 and I only knew what I was going to do for maybe one or two

illustrations. While I was working on one illustration I thought about the next one and slowly the ideas came of their own accord. I was living inside Bruyyi's world—I had to live in that fantasy so that I could shine a light onto the world that Silvia had created,” says Nanne.

In addition to the mounted exhibition on the walls of Ixchel Museum, the artist will be holding classes to show the challenges she faced illustrating this particular story, her illustration techniques and her top tips for other aspiring illustrators.

There will also be a children's workshop on Saturday, **April 13** (9 a.m. to 1 p.m.), where Nanne will help young artists decorate masks and think creatively about how to interpret colors and emotions.

“I know the impact that illustrations can have on children if they manage to remain in their minds; they become the seeds that children



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Leslie Nanne from previous page

plant in their consciousness, and they grow with them.”

Nanne draws inspiration for her work from both old and new ideas: 19th century, vintage Asian art in-

fluences her work, as do modern designs that she sees on websites such as tumblr.

“We’re influenced by what we are surrounded by, what we have grown

up in, and what we aspire to imitate or become. I grew up in Guatemala, so I was regularly exposed to our tenacious and diverse culture. The extravagance in the indigenous people’s



Leslie Nanne at work in her studio



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Leslie Nanne from previous page

clothing taught me not to fear color or pattern and, instead, to use it to enrich my creations.

“I love the challenge of illustrating what is complicated and what has several interpretations and layers. My wish is to make people use their brain; therefore, my work is characterized for having meanings within meanings. It’s a challenge for me to communicate everything I’ve thought of and not lose people along the way,” says the young artist.

Weaving together paper, ideas and emotions, Nanne’s illustrations are said to be like a multi-layered collage with several meanings that change the longer you observe them.

“I want people to appreciate the final product, but also to take their time to pull it apart and enjoy the separate pieces as much as the whole. Illustration is my tool and my voice to reach as far and wide as I can so that all the people in this world realize that we are all connected,” says Nanne. 

The exhibition will start on Friday, April 12, and will run until Thursday, April 18, and will be open on weekdays from 9 a.m.-5 p.m. and Saturday 9 a.m.-1 p.m. You can find Ixchel Museum in Francisco Marroquín University, 6 calle, zone 10, Guatemala City.

The book *Bruyyi: El Origen y la Guerra de los Colores* will be on sale in the museum’s gift shop, as well as in local book stores such as de Museo, Artemis Edinter and Sophos.



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Transformations cont. from page 52

hour spent “doing nothing” will do more for your health and happiness than any planned event. You will cultivate your ability to enjoy the moment and feed your capacity to be peaceful.

Transformation happens when we recognize the need to change or when circumstances force us to change. As a conscious tourist, why not use the heightened perceptual system to enhance your self-awareness? For example, after a travel experience, take a few minutes to reflect and journal. Instead of writing about the agenda, journal about how you feel, what was the impact of your adventure on you? Harvest the full bounty of the experience.

Each time we bring our attention inward we discover our authentic truth. This is a great opportunity. When we are conscious of our true feelings we can make new decisions that support us. When we numb or distract ourselves with pre-set agendas, we miss the opportunity to be fully awake to our inner truth.

Life happens. Transformation happens. Living consciously simply means using everyday experiences to build our peace, happiness and self-confidence. Sitting at the shore of Lake Atitlán you will discover countless interactions, from dragonflies landing on your arm, to the wind dancing on the waves of water. The miracle of a stunning sunset takes root in your core, and transformation happens automatically. Consciously participate in your life and discover that even the most ordinary of days have countless miracles. This is why we opened TOSA La Laguna Holistic Retreat Center at Lake Atitlán; it is nature’s gift of restoration to all who visit.

Be daring! While in Guatemala do something just because you want to. Perhaps you might even join us at the lake and discover just how full the now moment truly is. 

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With 8 employees and 8 tables, Café Condessa opened on Palm Sunday, 1993, for our first Holy Week. Parque Central was the bustling town center, complete with chaotic traffic, parked cars clogging the walkways and a big stand selling hot pupusas camped right outside our door. By walking through the Casa del Conde bookstore and heading back to Café Condessa, you entered a peaceful, beautiful sanctuary, a place that felt like home.

Today, with over 45 employees and 30 tables, Café Condessa is ready for its 20th Holy Week and still takes pride in being a spot for relaxation and good, honest food. When we started, we had to make our food from scratch because we couldn't find a processed product in Antigua if our lives depended on it. But that *hecho en casa* mentality stuck with us over the years and now, in 2013, we still make every single item in our kitchen from scratch and with love.

Our cooks, skilled women from Santa Maria De Jesus, San Juan del Obispo and San Felipe de Jesus, proudly cook every dish in house, including favorites like spicy hot Xochitl soup and bright, springy trendy greens with local macadamias and house vinaigrette. A day does not pass at Café Condessa when countless cheesecakes, pies, cookies and loaves of our homemade bread pass through our ovens under the careful eyes of our bakers. And of course, our servers, baristas and managers will always greet you with a friendly smile and help you feel right at home.

Whether you are one of our beloved locals who stop in for business breakfasts or birthday lunches or you are a tired traveler looking for a homey place to relax, all of us at Café Condessa want to say thank you. It has been our privilege to be a part of your memories for the past 20 years. We are looking forward to the next chapter!

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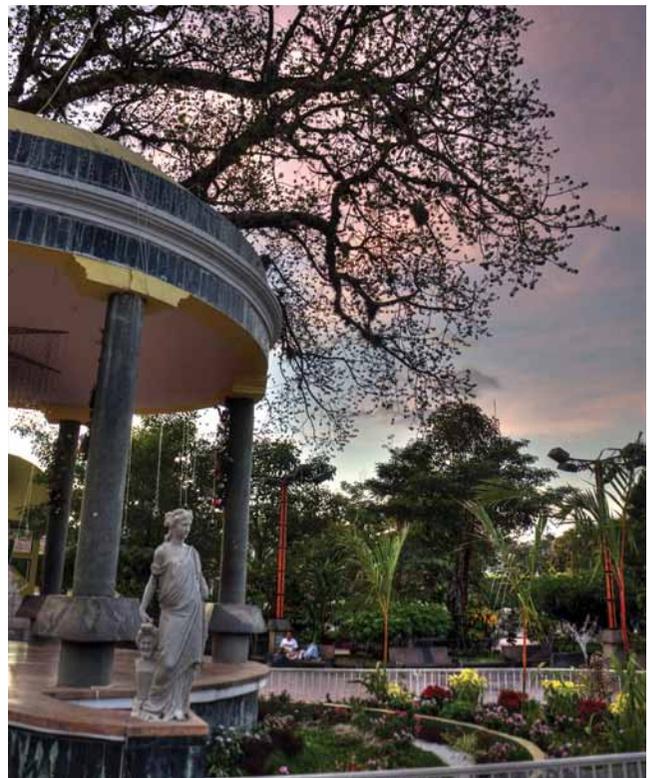

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Ubi's Sushi Expands into Korean Fare

Craving kimchi? That red-hot, chili-laced cabbage condiment ubiquitous to all Korean food things is now available on a new menu brought to you by Ubi's Sushi. Owner and Executive Chef Jeremías López decided to expand into the largely uncharted Korean food territory in La Antigua Guatemala in March, after having success with a similar menu at his restaurant in Guatemala City. Now, in addition to sushi bar creations, you can sample traditional dishes from Korea.

If you are unfamiliar with Korean food, a good dish to start with is *denyanchigüe*, a mild soup of vegetables, tofu and rice, or if you are feeling bold, jump right into the *kimchichigüe* stew. Starting with a base of fragrant beef broth, Ubi's adds strips of pork and



pungent, tangy red chili kimchi to a soup that would cure even the peskiest lingering cold.

The kimchi is made in house with *gochugaru*, a Korean chili powder, and allowed to marinate for at least three days (until it has what some Korean-food enthusiasts call a "funky" flavor). Perhaps the most traditional and well-known dish on the menu is the *bulgogui*—strips of beef marinated in sweet and sa-

very sauce, sautéed with vegetables and served with rice.

Ubi's is banking on the time being right in Antigua to expand into this more obscure Asian cuisine. In 2009, the South Korean Ministry of Foreign Affairs reported that there were close to 10,000 Korean immigrants living here, bringing their flavors, cooking methods and appetites with them. Taking into consideration this rapidly expanding population combined with the sea of food-savvy travelers who pass through La Antigua every year, Ubi's may be right. 

Ubi's Sushi is located on 6a. Avenida Sur No. 12 B-2, Tel. 7832-2767.

Natalie Rose is a freelance writer based in La Antigua Guatemala whose policy on kimchi is "the funkier the better."



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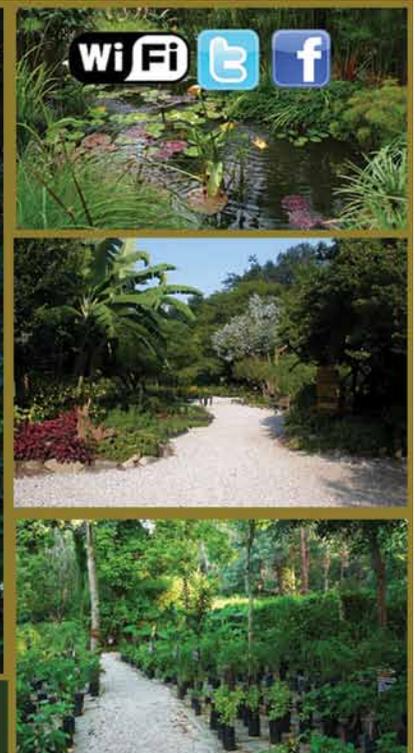


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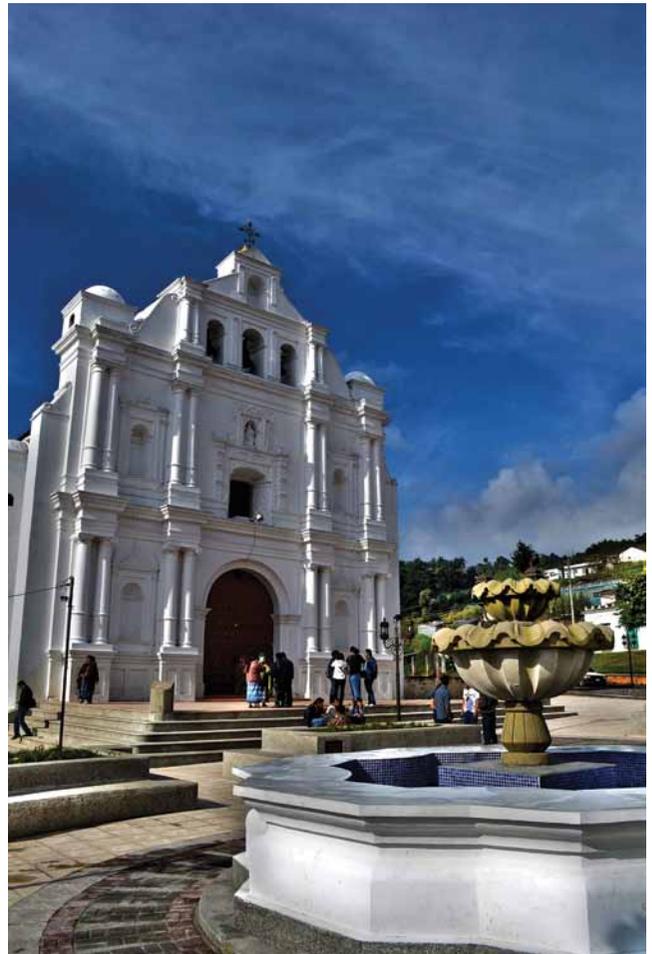
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—Edwin H. Stuart

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The most valuable lesson man has learned from his dog is to kick a few blades of grass over it and move on. —Robert Brault

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WIENER

Jungle Snakes cont. from page 17

off to the local bar where he began happy hour early!

Here are a few facts about one of the most beautiful group of pit vipers, which are the lovely eyelash vipers. Coming dressed in a wide variety of colors and patterns, from lemon yellow, to lime green, to mottled gray and pink, these medium-sized (normally less than a meter in length) vipers are among my favorites. They are very “mansos” and I am always delighted when I run across one, although, being arboreal, these are the ones that you have to take special care not to inadvertently put your hand on. Naturally, they will bite to defend themselves. The eyelash



The **cincuete** is a large snake that lives in the cool highlands and primarily hunts rats. It is widely accused of sneaking into villages at night and sucking milk from both cows and women!

viper will lie immobile for hours upon a leaf or vine waiting for some prey to wander into its airspace at which time a quick lunging strike may land a dragonfly, beetle or even a hummingbird.

Some years ago I came upon a large pink and grey viper hanging from a branch. I went to get my camera but by the time I got back, she was gone. The next day, on the same trail, I was amazed that the viper was back in the exact same position that I had found her a day earlier. This was obviously one of her favored hang-outs. She probably got scared by my presence and only came back in the night. Sadly, in Guatemala, a snake found is usually a snake dead. It is a challenge to convince people that snakes are valuable citizens of the jungle and deserve to be appreciated and respected.

Yellow blotched palm pit viper. This species is classified as Vulnerable on the IUCN Red List of Threatened Species and is therefore considered to be facing a high risk of extinction in the wild.

I encourage everyone to get out into nature—you will find that by associating your mind with the patterns of nature there is a healing and calming effect upon one's soul. The excitement of encountering a wild jaguar, quetzal or a yellow beard can never be experienced in a zoo or theme park. 🐍



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GOTITAS DE PINO

Weaving pine needles into beautiful baskets and other objects creates income for this small rural town



“In my community we all have many dreams, and selling our crafts helps us to see that realizing our goals are not impossible anymore,” explained Lydia López, a member of the group Gotitas de Pino.

The members of Gotitas de Pino live in a tiny rural town in the cloud forests of eastern Guatemala, an area renowned for its natural beauty. While the town is rich in natural resources, economic resources are much harder to come by. However, the artisan group Gotitas de Pino, made up of 19 women and one man, is working to turn some of these natural resources into income to help their families.

The group specializes in weaving pine needles into an amazing variety of creations. Pine needles are widely used in Guatemala. Traditionally, they are woven into rugs to cover floors during festive occasions, offering not only a nice decorative touch but also unique fragrance to these celebratory moments.

With pine trees surrounding the cloud-forest town, the artisans of Gotitas de Pino have a long tradition of weaving pine needles. To obtain their raw materials, all they need to do is gather the needles from the forest floor and buy the thread.

The artisans go out in groups to collect the pine needles. Once they have enough, they take their collection to one of their houses, where they select and clean the best needles. Then they leave them out to dry in the sun. Once the pine needles are dry, the women can start creating.

“We really enjoy weaving the pine needles, little by little giving it the shape we envisioned in our minds,” says Gladys Pérez, one of the youngest members of the group. Gladys’ mother and sister are also members of Gotitas de Pino, and she enjoys the fact that they all participate.

“I really like the way we work together. We all get the same materials and we weave at home without disregarding our usual responsibilities,” explains Rosa, one of the group’s leaders.

This is one important reason why the group has been successful. Women in rural Guatemala are responsible for all household chores, and with an average of eight children per household, free time is scarce. However, being able to weave at home in their precious free time allows them to be productive without neglecting their duties as mothers and wives.

“In my family we are six women and one man,” Gladys says. “Our mother taught us to weave pine needles as we were growing up. We wove everything from little things to bigger baskets, hoping we could eventually sell them. I remember the time I wove a vase, which I liked so much I wanted to keep it. Then I decided to weave more so I could sell them, and I felt so proud to see they were well accepted by clients. It meant I could finally contribute to the family’s finances.”

Pine products made by Gotitas de Pino can be found in La Antigua at Casa de los Gigantes, 7a calle oriente #18, across the street from the San Francisco Church.



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the ZEN of Hot and Cold



If you think hotness and coldness in Spanish are zenny, imagine how they look to students of English.

I once indexed the senses of hot when applied to autocars: hot to the touch, hot to sit in, hot in the temp gauge, hot to look at, hot to drive, or hot meaning stolen. With six meanings, English teachers could ask their classes, “Are we having zen yet?” Caliente suffices only for the first two. The respective right words for the rest are logical: sobrecalentado, bonito, estimulante, robado.

The general noun for heat and hotness, the kind we measure with thermometers, is el calor. Two more letters (-ia) gives us caloría (calorie)—a unit of heat (not of grasa, fat).

Coldness in English is zenny, too. Why, for instance, can cash be cold? And why is someone caught red-handed also caught cold?

If a general statement could be made about where the languages differ in approaching hotness and coldness, it might be that Spanish treats

them logically but—normally—with different parts of speech than English employs.

Usually, this means using a verb other than to be, plus a noun, where we would use an adjective. At least in the case of cold (adjective) and coldness (noun), they have the same form: frío (although the adjective is fría before feminine nouns). Fairly early, we learn to say tienen frío for they’re cold, instead of “están fríos”.

The coldness we refer to here is literal; son fríos could mean that they are cold in temperament, but, again, tener plus a noun is really called for: esta burócrata tiene frialdad is closer to it.

La frialdad, human coldness, does not overlap with la frigidez, which like our word frigidity flags female sexual frigidity. While frigidez is

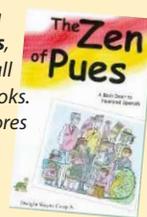
sometimes used, perhaps mockingly, for male impotence, the medical label term is impotencia sexual.

Instead of tener, we can use sentir if the thing in question is, well, sentient. This includes you if frostbite threatens your toes (siento fríos los dedos) or the guppy newly transferred to any aquarium with colder water (siento frío).

I know of one area where things are reversed; i.e., Spanish favors an adjective, and English, a noun. This is the pungent “hotness” in horseradish and chiles.

I was once in a Nicaraguan diner with a friend who desired to tell the waiter that the condiment chiles had “too much hotness” for her. By way of assistance, I could only say ¿Hay unos que son menos picantes? Later I checked the dictionary for a noun, something like picanteza or picantería. The former word should exist, but does not. The latter does exist, but it refers to cheap diners with trademark bowls of escabeche atop picnic-style tables. Someone pointed

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The road to success is dotted with many tempting parking places. —Jeremy Palty

such a place out to me.

Now for some other adjectives of the hot-to-cold continuum. Ardiente literally means burning, yet it works for items that are merely hot and sizzling. Weather or drinks that are warm are cálido, but a warm greeting or personality is caluroso.

Lukewarm liquids are líquidos tibios. Moderate climate is templado.

Cold, in weather contexts, is frío, and cool is poco frío, although this is often used ironically in place of mucho frío. Here, too, Spanish uses nouns where English prefers adjectives; furthermore, the verb you use is hace (does/makes): ayer, hacía poco frío (it was a bit cold—or just cool—yesterday).

In an earlier column I said that one

way to recall this was to think of weather conditions as acts of God. What kind of weather is He making today? Hace frío/calor (He's making coldness/heat). But I have heard polar (po-LAHR) used for another sense of cool in a drug-abuse abatement program: drug abuse no es polar, although polar is properly about polarity (polaridad) in physics. 

Democrats Abroad Outreach *by Kathryn Robinson*

For U.S. citizens living in Guatemala who want to remain connected with the world of politics back in the States, Democrats Abroad Guatemala provides the opportunity to be active. Based in La Antigua Guatemala, the group advances the goals of the Democratic Party, keeps U.S. citizens advised of their rights, encourages involvement in the electoral process, assists in voter registration and hosts events to meet and discuss current issues.

On March 16 Democrats Abroad Guatemala held its annual general meeting in Antigua to discuss the past year's events, current issues and goals for the future. Guatemala, with its 367 members, is one of 50 countries that have active Democrats Abroad groups. According to its website, Democrats Abroad is the official Democratic Party organization for the millions of Americans living outside the United States. The group has

committees throughout the Americas, Europe, the Middle East, Africa and Asia.

"If you are overseas, it's a way to continue to live the principles of the Democratic Party," said John Chudy, chair of Democrats Abroad Guatemala.

He further explained it is a way to continue involvement in the issues and decisions where many expats' families still live.

"My kids live in the States and I want to be sure that when they get older that Social Security is still there for them. Remaining active in Democrats Abroad overseas is one way I can work toward ensuring that," Chudy said. Being a part of Democrats Abroad provides the opportunity for the voices of those abroad to be heard.

As far as voting, you can still vote without being a member of Democrats Abroad. "We'll help you get your bal-

lot, we'll make sure that your ballot gets back, we'll clarify issues, we'll help you get in contact with your local election official," added Chudy. For last year's presidential election, the organization provided absentee ballots and voting information via www.votefromabroad.org as well as hosted its own inaugural party.

Democrats Aboard Guatemala also is actively engaged in many current issues and campaigns outside of the election period, including gay rights, Social Security, immigration and issues that affect Americans living abroad, such as certain taxation legislation and the Uniting Families Act.

For more information about Democrats Abroad Guatemala, how to become a member, or information about making a contribution, visit the Facebook page; for other resources go to www.democratsabroad.org or www.votefromabroad.org.

Spitters, Scratchers, & Snappers

Food Poisoning – Part III Xylitol

PET Q's & A's
by Cynthia Burski, DVM



Xylitol is a common sugar substitute used in sugar-free chewing gum, breath mints, candies and baked goods. It's also found in some smoking-cessation products like nicotine gum. Because of its dental plaque-fighting properties, nontoxic amounts can be found in some pet oral-care products, which is not a problem unless the dog ingested a very large amount. In dogs, xylitol may cause a life-threatening drop in blood sugar and can cause liver damage. Cats and people do not experience this problem. The typical dose needed to cause poisoning is at least 0.05 grams per pound of body weight. The average piece of chewing gum or breath mint contains between 0.22 to 1.0 gram of xylitol. Thus, a 10-pound dog would only have to eat one piece of gum resulting in a potentially toxic dose.

Within 10 to 15 minutes, dogs may develop hypoglycemia (low blood sugar), lose coordination and start vomiting. Collapse and seizures may quickly follow. In rare cases, these signs won't appear until hours after ingestion.

Home treatment consists of promptly inducing vomiting by using either administering a tablespoon of a hyper-saturated solution of salt or a tablespoon of hydrogen peroxide administered at the back of your dog's throat. Follow up immediately with veterinary care for gastric lavage and intravenous dextrose (sugar) fluids.

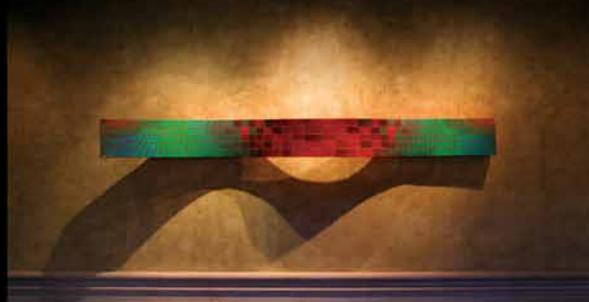
The prognosis is excellent when the ingestion is caught early and blood sugars are monitored frequently and guarded if liver failure has begun to develop.



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David Elron cont. from page 20

“I had a client that came to me for two months of intensive work. He was clinically depressed, his blood pressure was 250/190 and he had kidney problems. But a few weeks into the therapy his kidneys had recovered, his blood pressure was 120/90 and he was feeling much more empowered and happy with himself,” Elron says.

Through individually tailored programs at Santé, Elron’s well-being clinic in Antigua and Guatemala City, clients are given the tools, knowledge and support to transform their lives and become happier, healthier and fully empowered—something that may have seemed unattainable before. 📖

For more information on any of David Elron’s well-being retreats, programs and workshops, visit www.santelife.com.

Ambassador Valladares cont. from page 21

sion—he was a saint. But Benedict is very human and was easier to talk with.”

Sitting in the Ambassador’s residence in London there are nods to his homeland on every wall.

“I love everywhere in Guatemala. Many countries have more than we have, but nowhere has as much as we do in such a small space. I measure my life before and after visiting Tikal. I went when I was 14 and I felt so small in the universe—it’s so special the emotions you get.”

Pictures of La Antigua Guatemala and Lake Atitlán compete for space

alongside photographs of Valladares with various Presidents, Popes and members of the British Royal family.

“When my father met the Queen (Elizabeth II) I remember him writing us a letter saying that she was a charming young lady. So when I met her I said: ‘My father said you were a charming young lady and so you are.’ ”

When asked if there’s anything left that he still wants to accomplish or anyone whom he still wants to meet, the Ambassador describes a meeting with the Guatemalan Nobel Prize-winning poet, Miguel Ángel Asturias.

“I met him in Paris and could tell he missed Guatemala. We spoke of Christmas: the flavors, the colors, el nacimiento and he became very contemplative. I asked him if he was nostalgic and he replied: ‘Sometimes I am.’ Then he stopped and said: ‘I’m not nostalgic about the past; I’m nostalgic about the future. The things I’m going to miss, what people will invent.’ And now I’m becoming the same,” smiles Valladares. 📖

Youth Leadership

cont. from page 46

improving education, to name a few, they often take on tasks that should be carried out by local non-governmental and civil society organizations.

“As (foreign) NGOs, what we really should be doing is writing ourselves out of existence and training up Guatemalans to lead their own communities,” Grace says. “But at

the moment we’re not in this mentality. What SERES is really about is recreating the development paradigm and putting power back into the hands of the people—because this is the only way we can achieve sustainable development.”

Through word of mouth, SERES is creating an organic youth movement: training young Guatemalans who can then go back into their communities and share their skills with others.

Julio Vasquez comes from Uspantán, an indigenous area in the mountains that recently found itself at the mercy of oil drillers, miners and hydroelectric dams.

“My community has a lot of problems from la minería. The mayor gave permission for the mining companies to go ahead two years ago, but they cut down all the trees in the mountains and the birds died. You used to be able to see and hear nature all around you, but now there’s nothing,” Julio says.

Since starting with SERES, Julio has learned the importance of caring for the environment and is currently involved in a project to encourage Uspantán’s youths to engage with local issues and help create change. Through receiving talks from their elders about how life in their community has changed over the past 60 years, taking part in nutritional workshops and watching documentaries about successful youth-run projects, these young Guatemalans are learning how to tackle their communities’ problems and are being

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hate less, love more; and all good things are yours.
—Swedish Proverb

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given the confidence to create their own futures.

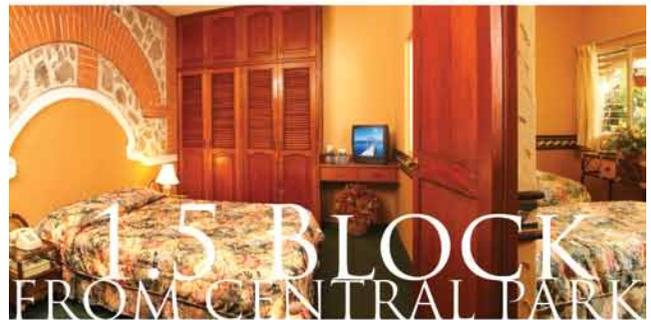
SERES has worked with over 300 youths and helped to facilitate projects such as tree planting, building eco-schools and starting medicinal plant gardens in areas where pharmaceutical products are too expensive.

“Wouldn't it be fantastic if we could train up a whole generation that could grow up to be leaders, look at problems and know how to deal with them? Then we wouldn't need to be here trying to fix things—we would have created a whole generation of leaders that could do that,” Grace says. 📍

There is a certain relief in change, even though it be from bad to worse! As I have often found in travelling in a stage-coach, that it is often a comfort to shift one's position, and be bruised in a new place.

—Washington Irving

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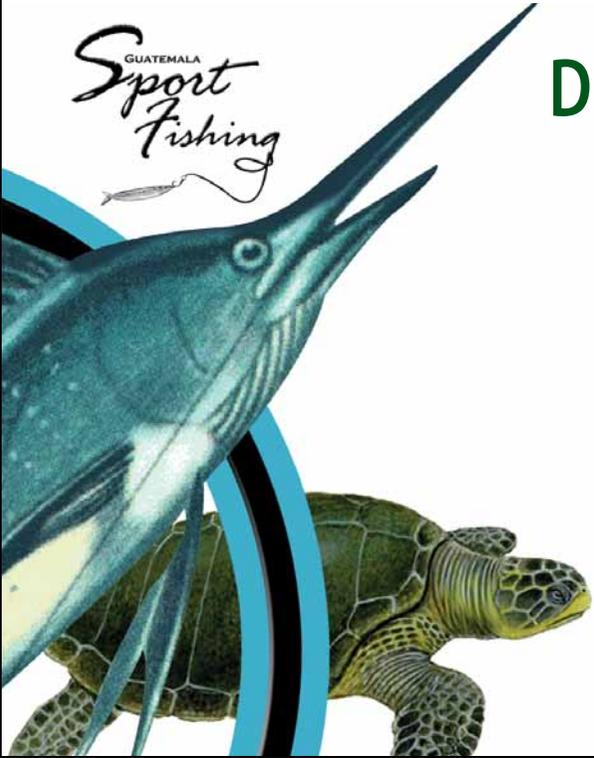


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 —Henry David Thoreau

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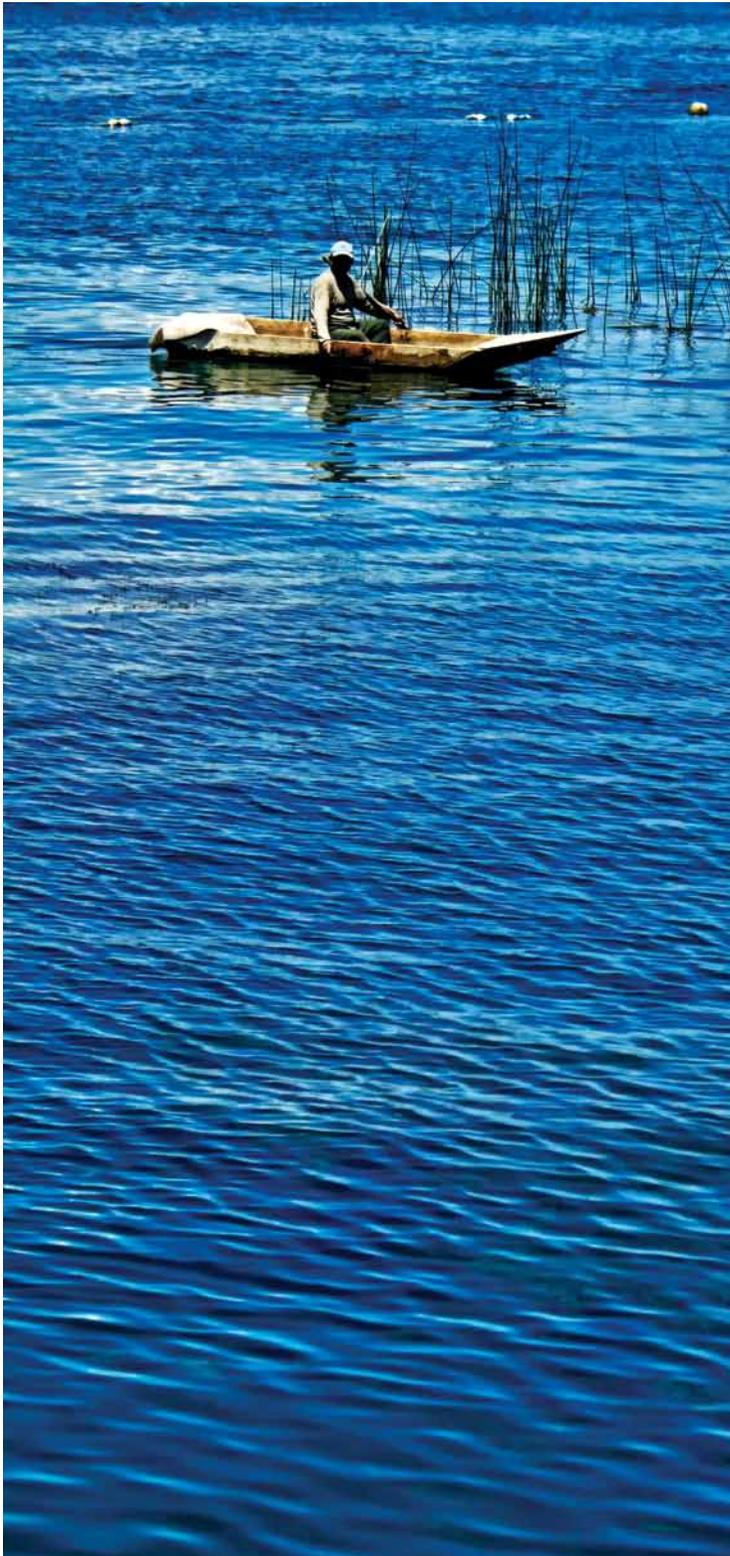
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Snake safari in El Petén – see story on page 14 (THOR JANSON)



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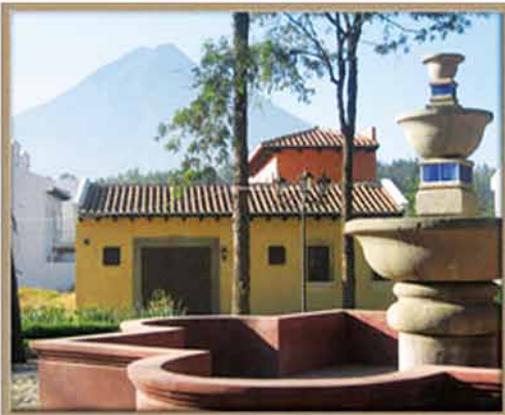
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bilingual “cruci-word”

Translate the Clue to the Opposite Language (Spanish/English)

(Feel free to use the dictionary—the main idea here is to learn new words)

DOWN

1. tax payer
2. he steals
3. anormal, anómalo
4. soplón
5. más astuto
6. stews made of
maize and meat
7. handle
8. otro
9. razones
15. itrio
17. semilla
19. tropical fruits
20. respecto a
23. radiografía
25. Irlanda
28. verb ending
30. correos (abr)
32. notas (abr)

1	2	3	4	5	6	7		8	9
10								11	
12								13	
14							15		
				16		17			
18	19		20		21				
22				23		24		25	
26				27	28				
29			30				31		32
33						34			

Puzzle by Michael Hopkins

SOLUTION ON PAGE 38

ACROSS

- | | | | |
|--------------------------------|-----------------------|--------------------|------------------------|
| 1. traductor | 14. pregonero | 21. fijado [fecha] | 29. gracias |
| 10. sea bass [pl.] | 15. sí | 22. apéndice | 30. igualdad; promedio |
| 11. personal pronoun | 16. face, countenance | 24. you are | 31. vasija |
| 12. of a European
peninsula | 18. lágrima | 26. red; malla | 33. I am |
| 13. aha!, ah! | | 27. radios | 34. presagio |

Phrases that Don't Translate Well (thanks to www.studyspanish.com)

“Like father, like son” El hijo de la gata, ratones mata. (The son of the cat kills mice)

“Look before you leap” Antes que te cases mira lo que haces. (Before you marry, look at what you do.)

“Don't start something you can't finish” ... Entrada de caballo, salida de burro. (Enter on horseback, leave on a donkey.)

“To have money to burn” Tener más lana que un borrego. (To have more wool than a lamb.)

“To powder one's nose” Ir a donde la reina va solo. (To go where the queen goes alone.)

PUEBLO HOPPING

Planning an overnight in Santa Cruz La Laguna, Lake Atitlán

If you were hoping to go by car to Santa Cruz La Laguna, you will be disappointed. This quaint pueblo, separated into the lakeshore property and the Mayan village on higher ground, can only be accessed by boat. But don't fret. This is what gives Santa Cruz its relatively untouched quality, and boat (*lancha*) rides are easy enough to come by. It shouldn't cost you more than Q10 leaving Panajachel from the public docks.

Ask your *lancha* captain to take you straight to Isla Verde, an eco-hamlet tucked into the side of the surrounding mountains. Isla Verde has several charming A-framed private cabins and a few apartments to accommodate larger groups, starting from \$30 a night. All are pleasantly

decorated with traditional Mayan fabrics and artwork; the views are stunning. A sauna and hot tub are available for an additional fee. When you check in, make arrangements for a private sunset yoga class or a massage, all of which the friendly staff can help book.

For lunch, head over to **Casa Rosa**, a lovely lakefront hotel that serves home-style cooking at a com-

Tip: Do not ask a captain how much a *lancha* ride is. If you do, they know you don't know what it should cost. Ask a local in Pana to help you map out what every *lancha* ride should cost, and then hand the captain that amount when you disembark.



munal table. It specializes in traditional Guatemalan cuisine and utilizes as many fruits, vegetables and herbs from its garden as possible.

From Casa Rosa, walk up the hill (or take a tuk tuk, Q5 per person) and explore the village that overlooks the lake. There is a 16th century church and a visitors center, Cecap, which was founded by Amigos de Santa Cruz, a local non-profit. Here you can drink a café (all proceeds support Amigos) and check out some of the projects in the works.

Head back to Isla Verde for a siesta and wake up refreshed for your sunset yoga class. Dinner should be taken at the spectacular slow food café onsite offering a three-course dinner of fresh vegetables, organic chicken or fish and springy, bright greens and herbs grown on premise. A glass of Spanish wine, along with the gentle lapping of the lake, helps you drift off to sleep.

In the morning, attempt to wake up early to enjoy the views from your window. They are by far the most beautiful on the lake. From there, a quick hike into Jaibalito, another Kaqchikel (Mayan) community, starts your morning off right. Back



at Isla, a Spanish omelet with tomato toast on house-made whole grain bread will build your energy back up. Oh, and a cup of Isla's robust, house-roasted coffee.

You really don't want to leave Santa Cruz, but there are 12 other pueblos to explore, so pack up, catch a lancha, and off you go to your next adventure. 📍



The Roatan Reef PART II

by Monish Welcome



Shining gems at the southern end of the spectacular Mesoamerican Reef, the Bay Islands of Honduras, Roatan and smaller neighbors Utila and Guanaja—offer a world of water-sports opportunities. And for divers and snorkelers, the marine life thriving beneath the surface is a world like no other.

Last month's Revue discussed the reef's topography at such destinations as the Sandy Bay Marine Reserve, the famous Hole in the Wall site, Blue Channel and West End Wall. But there's much more.

In Sandy Bay, for example, the wreck of **El Águila** lies near Anthony's Key Resort. The resort bought this 71-meter freighter and sank it in sand flats at 34 meters in 1997 near the base of the reef wall. The following

year, however, Hurricane Mitch broke the ship into three pieces, actually creating even more interesting openings to explore. But divers are advised to be very careful, as it is possible to snag yourself on exposed metal parts. Otherwise, be sure to keep an eye out for the green moray eel and large grouper that inhabit the site.

Bear's Den, just east of Anthony's Key Resort, is a cave system lit from above. The cave entrance is decorated with bold, lettuce coral. The entrance is on the upper part of the steep reef; although it is a tight squeeze at first, it gradually widens out into a very spacious cavern that would leave anyone in awe. It is said to be lit from above thanks to the beautiful, shifting light that bounces off glassy-eyed sweepers that patrol the cave day and night. The cave system continues far-

ther, but it is advised that only experienced divers continue beyond the main cave.

For divers wanting to experience a dark and mysterious dive, **Spooky Channel** is calling you! Located at the eastern end of Sandy Bay, it is exactly what it sounds like. This channel snakes through the reef and it is almost completely closed over. The water is dark, making it unnerving to swim through. This dive starts out at around 12 meters and deepens to a maximum of about 38 meters. Rocks and fossilized coral predominate the lower reaches of the Spooky Channel. Sponges, sea fans and reef barrels are common on the higher reaches of the reef.

A narrow cleft in the reef wall, just west of French Harbour on the south side, is one of the most dramatic dives on Roatan. **Mary's Place**

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is the name of this dive site. It enters at about 25 meters; large sponges, seahorses and colorful fish are just a few examples of the amazing sea life that thrives here. Because of the tight channels, Mary's Place is for experienced divers only.

East of French Harbor is Coco

View Resort. Right in front of this resort is **Valley of the Kings**, a wall dive offering tall stands of pillar coral, an exceptionally lovely dive site. Various types of sponges and other beautiful marine life decorate the wall.

These two installments of articles highlighted but a few dive sites in

Roatan. Other sites around the island that are highly recommended by experienced divers are Mandy's Eel Garden, Lighthouse Reef, Fish Den, Peter's Place, Front Porch, and many, many more. A visit to Roatan and the Bay Islands for any diver is a unique experience, every time! 🇧🇸

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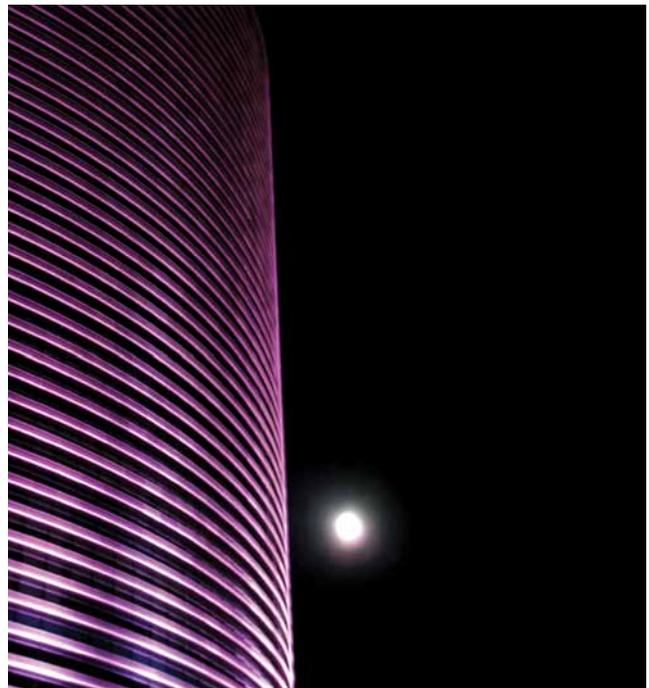


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2nd PLACE by popular vote in the monthly REVUE PHOTO CONTEST, April
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2nd PLACE by judges vote in the REVUE PHOTO CONTEST, April
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All entries can be seen at www.REVUE.gt

advertiser index

LODGING

GUATEMALA CITY

Hostal los Faroles	37
Hotel Antaño	37
Hotel Casa Blanca	37
Novo Hostal	37

ANTIGUA

All Suites El Marqués	79
Casa Familia Ovalle	79
El Mesón de María	75
Hostal San Nicolás	79
Hostel La Sin Ventura	73
Hotel Aurora	73
Hotel Camino Real	71
Hotel Casa de las Fuentes	73
Hotel Casa del Parque	73
Hotel El Carmen	77
Hotel Mesón del Valle	77
Hotel San Jorge	73
Hotel San Rafael	75
Hotel Santa Valentina (Ciudad Vieja) ..	79
Hotel Panchoy	79
Posada El Antaño	77

LAKE ATITLÁN

Apart-Hotel Los Arboles	84
B'alam'ya	83
Hotel Atitlán	85
Hotel Dos Mundos (Pana)	83
Hotel Fonda del Sol (Pana)	84
Hotel Primavera	84
Hotel Rancho Grande Inn	84
Hotel Real Santander	84
Posada de Santiago (Santiago)	84
TOSA Resort & Spa	82

PACIFIC COAST

Asociación Ola Verde	91
Cafe Del Sol	90
Casa Bella	90
Cayman Suites	89
Club Isleta de Gaia	88
Hawaiian Paradise	91
Hotel Dos Mundos	89
Hotel Honolulu	91
Hotel Pez de Oro	90
Hotel Playa Plana	88
Johnny's Place	91

EL PETÉN

Hotel Ecológico y Rest. Mon ami	92
Posada del Cerro	92

COBÁN

Casa del Bosque	92
Hotel Posada Don Antonio	92
Hotel y Restaurante Ram Tzul	92
Park Hotel	92

RÍO DULCE

Amatique Bay	87
El Tortugal	87
Hacienda Tijax	87
Hotel Catamaran	87

QUETZALTENANGO

Casa Doña Mercedes	86
--------------------------	----

RESAURANTS / BARS

ANTIGUA

39 Azul	59
Bagel Barn	62
Bohemia Café	62
Novo Hostal	61
Café Sky	69
Casa Escobar	7
Chez Christophe	62
Christophe Pizza	66
Chocomuseo Café	62
Cookies, Etc	67
Degustaaantigua.com	66
Doña Luisa Xicotencatl	60
El Cazador Italiano	67
El Sabor del Tiempo	63
Epicure	55
Fridas Mexican Cuisine	65
La Casa Colonial	57
La Cenicienta	66
La Fonda de la Calle Real	69
La Peña del Sol Latino	57
Las Palmas	66
La Velada	63
Lava Restaurant	67
Loveat	62
Mesón Panza Verde	59
Monoloco	53
Ni Fu Ni Fa	66
Ocelot	63
Personajes	69
Pitaya Juice Bar	66
Rainbow Café	55
Sabe Rico Chocolatería	67
Ubi Sushi	63
Vivero y Café La Escalonia	65
Wiener	67

GUATEMALA CITY

Caffé De Fiori	34
Pecorino	35
Restaurante Altuna	35
Trovajazz	34
William Shakespeare Pub	34

TECPÁN

Hotel Villa Fatima	93
Restaurante Chichoy	93
Restaurante Katok	93
Kape Paulinos	93
Trattoria La Nonna	93

CHIMALTENANGO

Finca La Loma	77
---------------------	----

LAKE ATITLÁN

Café Bombay	84
-------------------	----

QUETZALTENANGO

El Sabor de la India	86
Shai Long	86
Giuseppe's Gourmet Pizza	86

SERVICES

GUATEMALA CITY

Budget Rent-a-Car	31
Clean Depot	33
Hertz	109
Immigration Services	49
Union Church	32

ANTIGUA

Antigua FM	78
Frank Salon	49
Fumigadora Antigua	50
Funky Monkey	53
Golden Studio	49
Moto Tours	49
Splashoo.com	50

SHOPS.

GUATEMALA CITY

Bernina (Sewing Center)	33
Del Palomar	33
House & Green	inside cover
In Nola (Textiles)	32
Lin-Canola, S.A.	33
Sistemas Solares	98
Super Verduras	35
Vivero Botanik, S.A.	31

ANTIGUA

7th Clothing Shop	50
Artesanías Quetzali	49
Ay Robot	49
Carnes y Mariscos Coloniales	63
Casa de Artes Julia	49
Casa de los Gigantes	47
Casa Del Tejido	25
Colibrí	49
El Mástil	3
Joyería del Angel	back cover
La Casa del Conde (books, etc)	50
Orgánica	44
The North Face	1
Utz Silver Shop	51

QUETZALTENANGO

North & South Bookstore	86
-------------------------------	----

CULTURAL

GUATEMALA CITY

El Attico	25
Museo Ixchel	25
Museo Popol Vuh	25

ANTIGUA

Chocomuseo	25
El Fotógrafo Galería	4
Galería Museo Centro Popular	25
La Antigua Galería de Arte	27

SCHOOLS

ANTIGUA

Christian Spanish Academy	45
Ixquic Spanish School	47

HEALTH SERVICES

GUATEMALA CITY

Dr. Milton Solis Plastic Surgery	41
Dr. Rossell Plastic Surgery	40

ANTIGUA

Antigua Gym	43
Avesa Oasis Holistic Center & Spa	11
Ceiba Porta Hotel Spa	41
Centro Visual G & G	41
Clínicas de la Cruz	38
Clínicas Ovalle	39
Clínica Veterinaria El Arca	48
David Elron, Massage	38
Dermatologist Dr. Samayoa	38
Dermoplastic	43
Dr. César Bravo	38
Family Psychotherapist	39
Gail Terzuola	40
Guatemala Medical Travel	40
Holistic Psychotherapy	40
Hospital Privado Hermano Pedro	40
House of Health Sta. Lucía	41
Le Visage	38
Libelula	38
Optyma Visión y Moda	39
Skin Medika	39
Soldent	38
Vet-Pro	40

REAL ESTATE

Antigua M2 Real Estate	98
Antigua Rentals	96
Carstens S.A.	97
Casa Nova	96
CityMax Real Estate	97
House for Rent	96
REMAX Colonial	97

TRAVEL / TOURS

ANTIGUA

Antigua Tours	25
Filadelfia Coffee Adventure	47
Lax Travel	80
Maya Trails	109
Monja Blanca	81
My Guatemala Country Guide	81
Tabarini Rent a Car	51

MISC.

Adrenalina Tours	86
Fish Guatemala (Parlama)	81
Fortalezas del Sur	80
La Reunion Golf Resort	5
Litegua	87
Rancho Carrillo	87
Sailing Vacation	2
Transportes Turísticos Atitrans	81

He conquers who endures. —Persius



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Feel an April Day



No sign of dawn yet. In La Antigua Guatemala well-bundled people are scurrying along the alameda or cutting through the central square, heading to work, dressed in layers of sweaters and jackets though the air is still and pleasantly cool. At the bus stops, clumps of shivering students have their hoodies up and arms crossed to keep warm as they wait, commenting “how cold” it is today.

The sense of “how cold” is relative. Most of the Northern Hemisphere would delight in an April morning as fresh and mild as this day in Guatemala. Most others going to school or work in Europe or in our Northern Hemisphere would be

comfortable with a light sweater this morning. Not Guatemalans and foreign nationals—“how cold” is their morning complaint, whatever the thermometer says.

By mid-morning, garden workers have shucked sweaters and jackets, down to a sweatshirt or maybe two. “How hot it’s getting!” is the new mantra.

More layers come off as kids leave schools for lunch and join the flow heading to eat, then back to classes and work. Guatemalans tend to be modest folk, not stripping to shorts or sleeveless shirts in the heat, though a few tourist hunks may show off topless. But now “how hot today!” is the universal cry. This lasts

until late afternoon, when “how cold!” returns in earnest and layers of clothes go on again.

Remember the 24-hour temperature spread in the Highlands is only a handful of degrees, whether you’re thinking 12 to 24 in Celsius or 55 to 78 Fahrenheit. April is the warmest month, but an 80F/27C afternoon dropping down to 55/13 overnight wouldn’t stir most Northern Hemisphere’s folk the way it brings the “how hot!/how cold!” cries from our local friends.

Feel an April day. Listen to the temperature comments. You’ll enjoy each hour’s slight change, and you’ll be amused at the reaction to this time of “eternal spring.” 

One day in Zacapa



**Honorable
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by judges vote
in the
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CONTEST, April**

"Parque Central"
Zacapa
by Holger Tobuschat
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has not been
lost at all.

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