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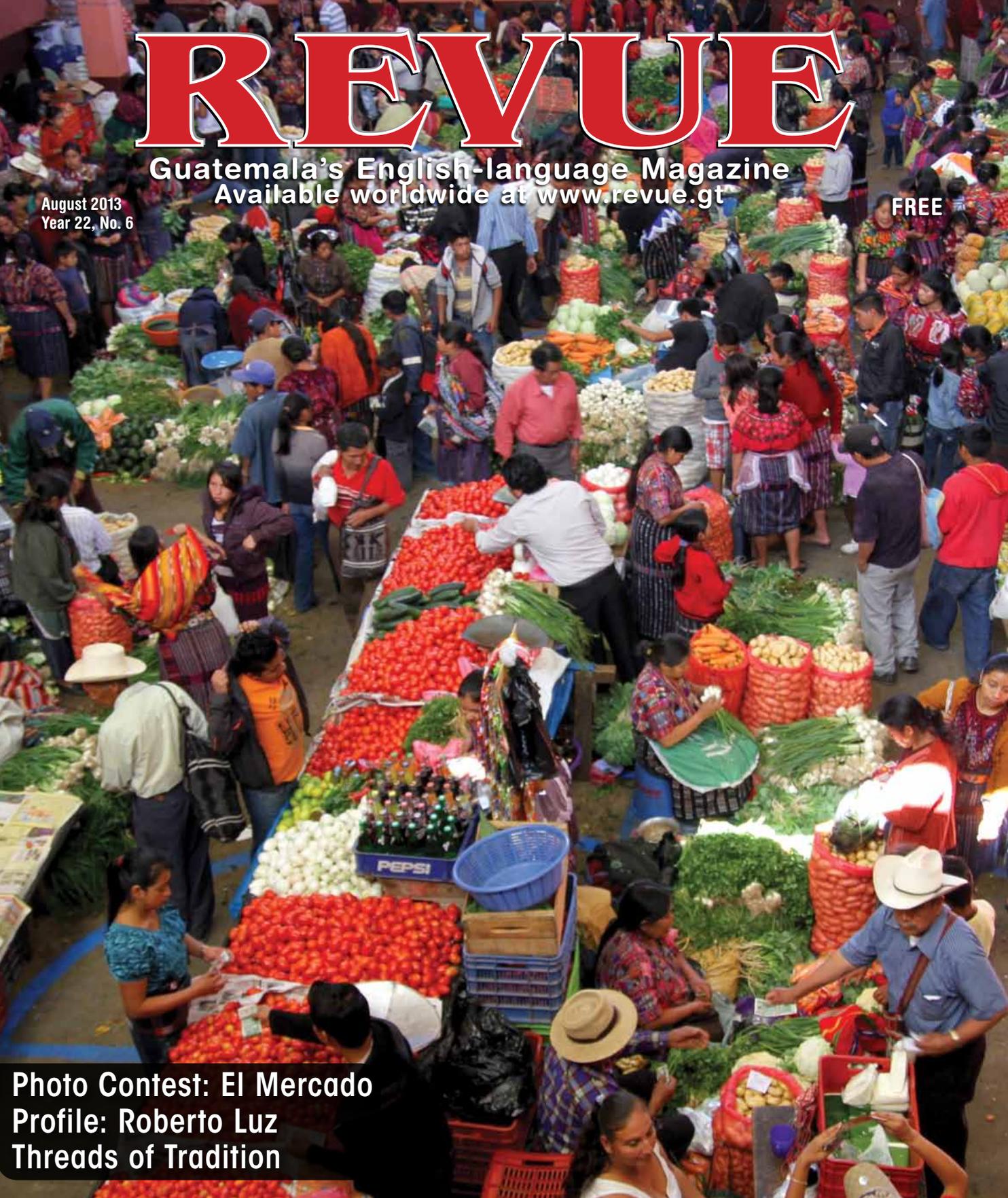


Photo Contest: El Mercado  
Profile: Roberto Luz  
Threads of Tradition



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# PHOTO CONTEST

## CONCURSO FOTOGRÁFICO



Te invitamos a participar en nuestro CONCURSO FOTOGRÁFICO de SEPT. 2013 con el tema **IDENTIDAD GUATEMALTECA**. 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](mailto:fotos@revue.gt)

Habrán premios para las fotos ganadoras, incluye cena para dos en **La Peña de Sol Latino**. Para más información [Revue.gt](http://Revue.gt)

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

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

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



REVUE PHOTO CONTEST ENTRY, August  
"Domingo de Ramos" by Sara Isabel Simbalidi Gomez de Verdugo

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# HUMBOLDT PENGUINS ARRIVE AT LA AURORA ZOO



**T**welve Humboldt penguins have become the star attractions at La Aurora Zoo in Guatemala City. The aquatic birds arrived from a conservation park in France in May as part of a European threatened species program and have been settling in well to their new habitat.

“They’ve been adapting to the environment really well and to the people too. They really like swimming in the pool, and they’re eating well. We’ve also been lucky with the weather as the heat’s passed,” said veterinarian Andrea Castañeda, who is in charge of looking after the penguins.

The six male and six female penguins were donated by France’s Beau-

val ZooParc on the condition that Guatemala would try to breed them and deliver their chicks to other zoos in South America and, if possible, release others into the wild.

With money donated from local Guatemalan businesses over a four year period, the zoo built a 240 square meter aquatic park with a pool and nesting area to welcome their new guests. The pool holds 95,000 liters of water and is regulated at a temperature of between 19 and 23 degrees Celsius.

“The penguins can tolerate temperatures up to 28 degrees. They were in quarantine for three weeks, in air conditioned rooms which we gradually adjusted, so that they’d ac-

climatize to the temperature in Guatemala. When they came out into the area they’re in now they were so happy, they went straight into the water, and we couldn’t get them out,” said Silvia Rodríguez, another veterinarian at La Aurora Zoo.

It is the first time that there have been penguins in Central America, and the flightless birds have drawn quite a crowd. The zoo has had its busiest month since it first opened on Christmas Day in 1924 with a 20 percent increase in visitors.

“The general public’s reaction has been incredible—they’ve visited us a lot. We’ve had about twice the amount of people coming on the weekends, and ...continued page 76

*The overwhelming beauty  
of nature*



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**2nd PLACE by popular vote in the monthly REVUE PHOTO CONTEST, Aug.**

Congratulations to Juliana Skaggs on her photograph titled "Qué cuaje"

Prize: Carved Jade Paper Weight from **Jades Xibalbá**. All entries can be seen at [www.REVUE.gt](http://www.REVUE.gt)

## **AUGUST PHOTO CONTEST WINNERS, theme: Markets of Guatemala**



**2nd PLACE by judges vote in the  
REVUE PHOTO CONTEST, Aug.**

"Untitled" by Francesco Nadalini.

Prize: Carved Jade Pencil Holder from **Jades Xibalbá**

# Vive la Leyenda



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# from the publishers

**M**ercados in Guatemala was the focus for the August Photo Contest. We bring you just a sampling of the many wonderful submissions, you can view all of them on Revue FaceBook.

This month is also packed with articles covering everything from *Threads of Tradition* and *Guatemalan Artisans* to *Great Destinations/Cobán*; community service highlighting *WINGS* and *KIDS at Condesa*; digital partners in Guatemala feature the newly-launched *Mayan Pitz*; plus *Walking Antigua*; *Eating an Inflorescence* and *Sensuous Guatemala with Violets*; also *Penguins at La Aurora Zoo*; and a highlight of *Lake Atitlán Music Man, Roberto Luz*. Other features: don't miss reading *Guatemala Insight*, a *profile of Dr. Nicholas Hellmuth, Tzimin Chac Operating at Lago Petén Itzá* (Flores, Petén), and *Garifuna Traditions*. This month 2013 Spirit reminds all of us, *Poco a Poco!*

For entertainment options, turn to the DateBook listings for events happening all month long, including music, concerts, workshops, art and photography expositions, and more.

We wish you all a wonderful month, thank you for reading Revue, in print or online at [www.revue.gt](http://www.revue.gt). Check Revue FaceBook for updates, announcements and other happenings around Guatemala.

We're cutting our letter a bit short this month ... the search is on to recover this little bird. Your help is desperately needed.

—John & Terry Kovick Biskovich

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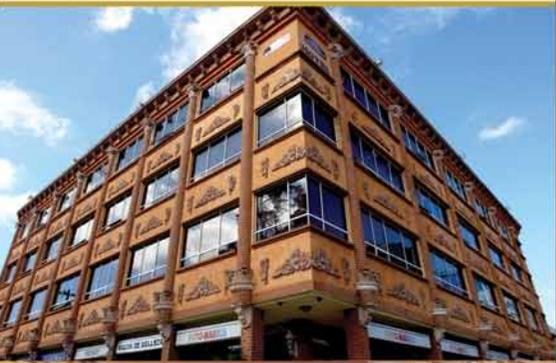
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## What is one of the biggest changes since 1969 in Antigua?



Phones. Yes, phones. Many visitors comment on how Antigua must have changed so much since I arrived in 1969. That was also the year that one of the first Spanish schools formally began (Proyecto Lingüístico Francisco Marroquín) and when the Protective Law for the Protection of La Antigua Guatemala was passed by the Guatemalan Congress.

In 1969, a few houses had three-digit phones—we rented a house because it had a phone, 406. There were only two ground lines out of town: The governor had priority No. 1 and the INGUAT office priority No. 2. If they were on the phone, we would have to either call inside Antigua or wait for one of them to hang up and try to get a line out—and that was to Guatemala City!

No amount of money would get anyone a new phone installed in Antigua in the 70s, 80s or the beginning of the 90s. In the 1990s, we began to get more digits—up from three to five—then seven!

In 1995, we were some of the very first people on the planet to get internet. With Guatemala's mail service in shambles, it was a way to connect. After the 36-year civil war ended in 1996, we complained again to our friend, President Arzú, about the phone company. The Guatemalan government owned Guatel and we all hated the phone company. The president auctioned it off and it was transformed into a private company—Telgua.

Fundación Antigua began burying the phone/cable wires underground in Antigua with Telgua in the late 90s and had the vision of installing fiber optic lines. With cable TV, we could connect with the world after so many years of being so isolated.

By 2003, Guatemala had three million phone lines. And then telecommunications took off. Today's numbers include more than 20 million phone lines for a national population of 15 million. In the last nine years, cell phones have increased 556%!

With Tigo (9 million+ lines) ahead of Claro (6 million+ lines), Movistar (4 million+ lines) and other companies, 95% of the cell phone market is with phone cards. Customers do not pay for incoming calls, so a few quetzales can keep a phone working to receive calls—making calls requires minutes known as a saldo. Telgua leads the market with 1 million+ ground lines, usually bundled with internet and cable TV. Since last year, we use Facebook as a news media. It was launched, last year, also in the Mayan language, Kakchikel. Telecommunications are 10% of the GNP.

Antigua remains a monumental city and we certainly focus on its architectural and historical beauty. In the 70s we were concerned about globalization mostly through movies out of Hollywood and how those would change the culture. With phones, a democratic process continues through abundant communication, so this remains one of the biggest changes—HUGE! 📞



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# Dr. Nicholas Hellmuth

Most people who read the Popol Vuh, the Mayan book of creation, are historians or anthropologists who do so only once to gain an insight into Mesoamerican culture thousands of years ago. Nicholas Hellmuth, Ph.D., has read the text around a dozen times.

He and his team are committed to separating history from legend

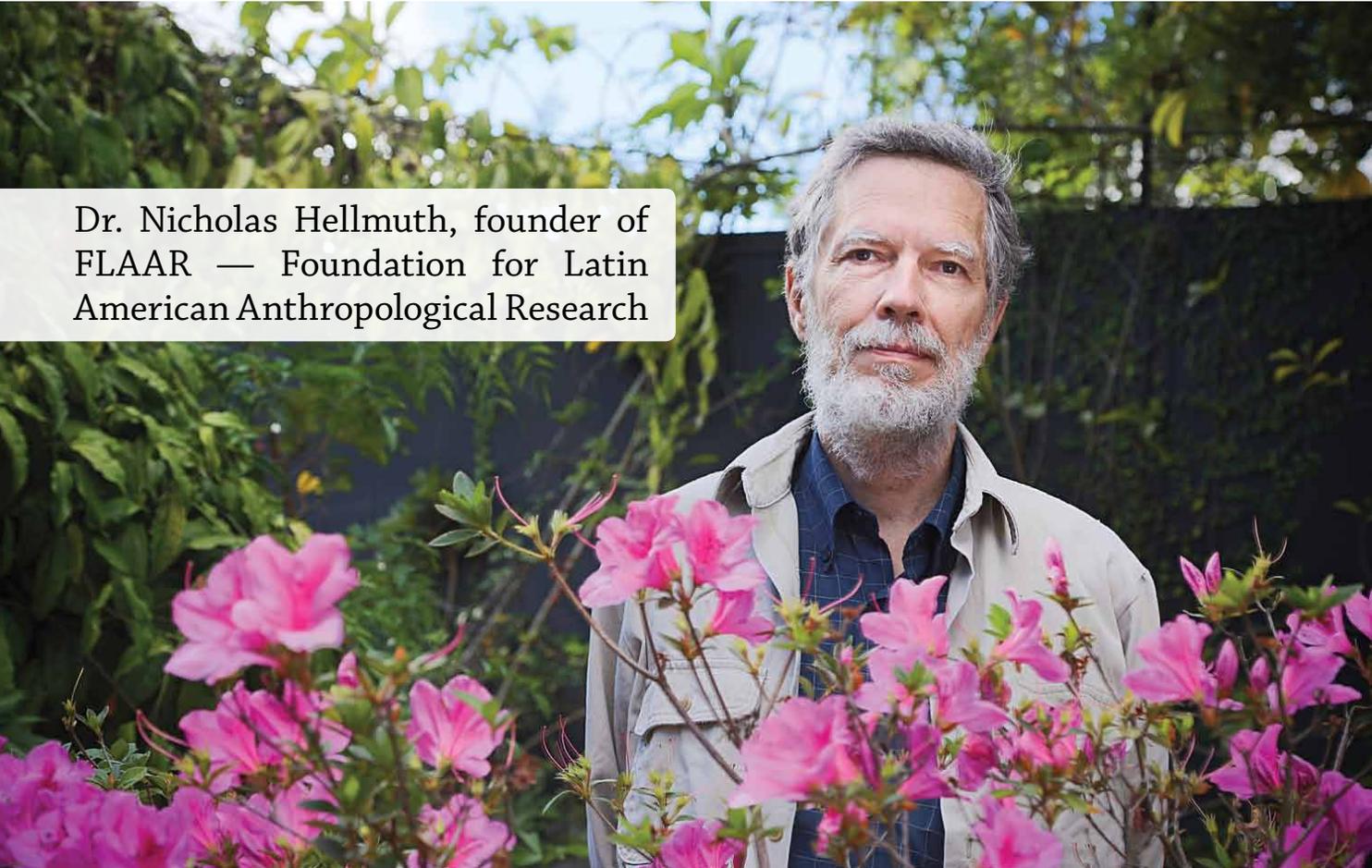
by verifying the authenticity of every mention of flora and fauna that decorate the pages of Mayan texts.

“For example: in the Popul Vuh when Hun Hunahpu is playing the ballgame, at one point he has no head—his head is cut off—and his brother goes out and makes a head out of a pumpkin. What we study is: Is that true? Did they have pumpkins

shaped like heads?”

In search of the answer, Hellmuth and his team embarked on a month-long field trip traveling all over Guatemala. They studied around 3,000 pumpkins, visited every pumpkin patch in the country and spoke with farmers and locals, before eventually stumbling across what they had been looking for in the back of a truck: a pumpkin shaped like a head.

...continued page 60



Dr. Nicholas Hellmuth, founder of FLAAR — Foundation for Latin American Anthropological Research

# eI FOTÓGRAFO

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galería



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# Threads of Tradition

Weaving and textile production have been an integral part of the Mayan culture for thousands of years. The colors and patterns we see today are very different. Still, many of the symbols and motifs used today come from the remote past, maintaining a certain continuity throughout the ages.

In pre-Columbian times the backstrap loom was used to weave thread hand-spun from native *ixcaco* cotton and *ictle* from the agave plant. The Maya had carefully selected *ixcaco* varieties over countless harvests and bred special varieties displaying a wide array of hues: red, green, yellow, white and pink. Natural plant dyes provided added color and the cochineal insect was crushed to add the intense blood-red scarlet hue, considered particularly sacred.

Sadly, time has robbed us of any relics of these early textiles, and we must depend upon painted ceramics and the few intact tomb murals to get a true idea of what Mayan ves-

ture looked like 1,000 years ago. Since all the colors used were natural, we might expect that the overall effect would have been distantly different from what is seen today—rich yet subtle, sacred symbols mingling with plant and animal effigies; geometric patterns blended with underlying, undulating, serpent-like *ikat* variations, produced by tie-dyeing the warp threads ... altogether combining to transform any common market scene into a magical wonderland of kaleidoscopic, psychedelic color.

And there can be no doubt about it, the cosmography of the ancient Maya was indeed very psychedelic and their art, world-view and religion were very much influenced by shamanic visions. The iconic figures and geometric patterns depicted in their clothing were all part of this world where no distinction existed between divine and mundane.

In the 16th century the Spanish conquistadors introduced wool, silk and new techniques such as knitting, crocheting and the vertical foot-loom, all in widespread use today. Each Ma-



yan village has its own distinct costume reflecting both old and new in design and color. Ancient stylized figures of plants, animals and supernatural beings appear alongside the weaver's rendition of airplanes, helicopters, buses and other artifacts of modern culture in today's hybrid motifs. Maya women love bright colors, and in recent years fluorescent colors—especially hot-pink and lime-green—appeared upon the scene. Combine these super-bright colors with metallic gold and silver threads and you have some of the most astonishingly brilliant fabrics seen anywhere on Earth. How can one not be happy when you see beautiful girls attired in such magnificent splendor!

Each individual thread of the clothing has been carefully selected and woven with loving care by a daughter or mother... and we begin to understand the profound significance of the Mayan weaving tradition. This is not ordinary attire. The very cloth from which a blouse or shirt is made is imbued with special magic. And joy! It speaks volumes

about who the Mayan people really are: a fun-loving people who make every day, despite life's hardships, an ongoing celebration of life and love.

Most thread used today is industrially produced and dyed. Nevertheless, a resurgence of interest in home-spun cotton and naturally dyed thread is gaining momentum and many women are experimenting with old and nearly forgotten techniques. The traditional male costume is comprised of a hand-woven shirt, belt and pants and sometimes includes a woolen over-skirt worn for added warmth. The woman's attire consists of a *güipil* or blouse, a corte or skirt, a *cinta* belt, and a *tzute*, which is a rectangular piece of cloth worn folded on the head or across the shoulder.

The combined effects of economic hardship along with the abundance of paca stores selling used clothing imported from the U.S. have conspired against traditional weaving. To buy a nice blouse in a paca a girl might spend 10 quetzals (US\$1.25), to purchase a new ...continued page 105





# Cobán

*Stop and smell the coffee... and the cardamom*

**C**obán, the capital of the department of Alta Verapaz and seat of some of the best coffee-growing terrain in Guatemala, often gets overlooked as visitors buzz right through on their way to Semuc Champey or in search of the quetzal in the nearby cloud forests. However, the city is worth a closer look — and there is plenty to do along with deli-

cious restaurant fare and local treats to keep you energized as you explore. The highlights in and around Cobán include the coffee and cardamom tours, excellent dining, the orchid nursery and the tea cooperative at Té Chirrepeco.

One of my favorite first stops to recharge in Cobán is Casa de Acuña. When I talk about recharging, I mean it literally as it serves one of the most

highly charged coffees I have ever tasted. The house specialty, it is a terrific blend of beans from the neighboring fincas. I always order a slice of chocolate macadamia pie to balance it out. The Casa de Acuña restaurant sits in an amazing garden setting with beautiful orchids perched all around. It is a true little piece of heaven, just a couple of blocks off the main square.

After sampling the local coffee, why not check out the source, either at Finca Santa Margarita, home of Dieseldorff Kaffee, or by taking a short trip out of town to the Coffee Tour Chicoj.

Dieseldorff Kaffee was started by an entrepreneurial German immigrant, Erwin Paul Dieseldorff, in 1888. Enjoy a 45-minute tour about the history of his farms and how the entire coffee process works. The tour ends with a thorough coffee-tasting session, where you will learn to tell



Zip lining at Coffee Tour Chicoj, tour guide Gloria (LEFT) shows how it's done



the difference between the various grades of coffee.

For another coffee experience, travel down a gravel road 10 minutes out of town to the Q'eqchi' cooperative Coffee Tour Chicoj. Suddenly, you'll feel like you've landed in another country. On your way, you'll probably catch a tantalizing whiff of cardamom. At the foot of the cooperative lies an unsuspecting wooden house, where women hand-pluck cardamom seeds out of its pods. As you make the climb up to the cooperative, you'll see women in the traditional flowing white güipil (traditional blouses) and long flowing skirts on their way home, gracefully balancing containers on their heads while children run alongside. At this cooperative, Q'eqchi' is heard more than Spanish. The cheerful head guide, Gloria, is happy to show you around and tell you their story. You can even catch a bird's eye view of the coffee farm via the four zip lines that dot the landscape. Be sure to check out the local crafts made from coffee beans in their store.

After a full day of exploring, I usually work up quite the appetite and I like to ask the locals for their best recommendation. Just two of a few favorites that I have found include Tropicuba, a great little spot, known best as "the Cuban place," or my friend Doña Patty's restaurant, El Merendero, which specializes in Salvadoran cuisine.



Smelling the fragrant cardamom seeds

At the Tropicuba, be sure to order a mojito or two, and you can't go wrong with any of the grilled meat platters — chicken, sausage or beef — all accompanied by a delicious blend of rice and beans con queso and tostones (fried plantain chips). The place is small and you'll soon know your neighbors by name and will be asking for another round of potent mojitos.

Doña Patty has her little restaurant on the corner down the hill just a block off the Central Plaza. She serves up some of the best pupusas I have found in Guatemala. If you aren't familiar, pupusas are basically two tortillas with a filling of beans, cheese or meat, or any combination of the three. The food here is so good and affordable that you might be making a stop again on your way back through.

Cobán has a number of nice hotels to choose from when it's time to settle in for the evening, including Hotel Casa Duranta, Hotel La Posada or the Park Hotel just a few minutes out of town; also Casa del Bosque, Hotel Ram Tzul and La Posada de Don Antonio. Be sure to get some rest, as the next day there will still be plenty to do. Check out the neighboring tea cooperative, Té Chirrepeco, or take a little walk down the old highway to Guatemala City, and check out the orchid nursery, home to over 35,000 plants, including the national flower, the rare monja blanca.

Don't leave Cobán without stocking up on some good coffee and locally produced cardamom candy. You'll be planning your next trip back before you even leave. 📍



# THE ART OF BEADING

*Artisan group Arco Iris gets the community of Sololá involved in the world of crafts*

“I enjoy making new designs and love seeing the designs come to life in the beaded jewelry,” explains Ana Alisia, one of the artisans in the group Arco Iris.

Located in Sololá, Arco Iris specializes in beadwork. The artisan group is led by Salvador, who grew up in a family of artisans and decided to start his own group four years ago when he dedicated his efforts to beading.

“We employ almost 50 people in

the community. Some people work at our workshop while others work at home in their spare time,” Salvador explains. “The ability to work from home makes it much easier for mothers to be a part of the group and help earn an income for their families because they do not have to leave their children. I like being able to help people from my community get ahead in life through the world of crafts.”

Ana Alicia and Marta María are cousins and work side by side in the

workshop. They are both 18 years old and from large families. Both of these young women are single and they like working together at the workshop.

“I learned the art of beading from my mother, because she also does beadwork. But Salvador taught me how to make more intricate designs, and he knows how to find customers so that we always have work,” explains Marta María about how she got involved with beading.

Now that she has a steady income from her beadwork, ...continued page 76



# Working Together

*TziminChac now operating at Lago Petén Itzá, Flores, Petén*

**T**he management had a dilemma when it came time to decide where Tzimin Chac, a new tourist raft, could best operate.

The raft, built on two 27-foot floats, much like a catamaran, needs calm waters in order to provide a smooth ride for its passengers. Due to strong winds, the waters of the Río Dulce often become choppy and uneven in the afternoons. The waters in Lago de Atitlán are much the same.

So for Tzimin Chac's home, the choice was clear. Lago Petén Itzá, the second-largest lake in Guatemala—with its calm waters, lush green tropical surroundings, exotic wildlife and deep Mayan history—was the perfect fit.

Locals in San Miguel, a lakefront town on Lago Petén Itzá, were not exactly convinced. Many of San Miguel's residents work as *lancha* drivers, cooks, waitresses and hotel staff in the bustling tourism industry that surrounds Flores. The boatmen in particular were not pleased by the presence of Tzimin Chac. They earn their living by shuttling tourists and locals alike around the lake, from point A to point B. Outside businesses had tried to come in before without consulting the local community, and the San Miguel *lancha* drivers ran them off.

But Tzimin Chac had a different approach. When building the raft, the owners invited locals to come see

the raft and explained the services they would provide. Instead of offering point A to B service, Tzimin Chac offered a 45-minute tour around the lake for tourists and families, complete with comfy seating and a guided recording with information on the area, including native plants and animals, Mayan history and legends.

Tzimin Chac would make no stops and would charge a higher price than the *lanchas*, so there was little competition. Tzimin Chac also provided handicap-accessible service, which even the most modern *lancha* cannot provide.

The drivers were appeased and even grateful to learn that Tzimin Chac would provide five new employment opportunities ...continued page 76

# datebook

**AUGUST 2013 GUIDE TO CULTURE AND UPCOMING EVENTS** COMPILED BY MERCEDES MEJICANOS

**3 Sat., & Sat. 17th, 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** (See related article, pg. 54 Mar. 2013, www.revuemag.com)

## Galería El Fotógrafo

5a av. norte #29, **La Antigua**

**3 Sat., 5:30** — PHOTOGRAPY: Exposition, #*Guategrams* by Rudy Girón. A portion of sales benefit Unidos para los Animales. ▼



## #GUATEGRAMS

Exposición fotográfica de instantáneas de la cotidianidad guatemalteca por Rudy Girón

**10 Sat., 2-5pm** — PHOTO WORKSHOP: with Club Fotográfico de Antigua's instructor Holger Tobuschat. ▼



**3 Sat., 5:00-6:30pm** — PIANO: Guatemalan pianist Diego Noack. La Cueva Panza Verde (tel: 7832-2925), 5a av. sur #19, **La Antigua** ▼



**3 Sat., 6:30-10pm** — EVENT: Interactive evening to benefit SERES, an organization that engages, educates and empowers people to become leaders of their own sustainable change. The night will include a silent auction (7:30pm) contributing to the program costs of congresses, a talk from the founder of SERES along with the purchase of a ticket for Q100. Tickets at Micho's Gastro Pub, 4a calle oriente #10 and Casa de los Gigantes, 7a calle oriente #18, **La Antigua**

**6 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**

**8 Thurs., 7pm** — EXPO/SALE: *Íconos del belcanto y del cine*, photos and posters. Instituto Italiano de Cultura, 16 calle 2-55. Z.10, **Guatemala City**

**9 Fri., 5:30pm & Fri., 23rd, 5:30pm** — DINING at KIDS Restaurant: The only restaurant run by KIDS. They learn cooking, English and computer skills at the Education Center of TESS Unlimited. Every month the the KIDS restaurant offers delicious food from countries around the world. **Fri., 9th-5:30pm: Japanese cuisine; Fri., 23rd-5:30pm: Guatemalan cuisine.** Reservations: kidsrestaurant@gmail.com or tels: 4550-7798 or 5279-6976. **5pm:** Our mini chef will wait for you in front of Cafe Condesa (5a av., central park, Antigua), where you will be picked up at by our shuttle service to bring you to the KIDS Restaurant in **San Gaspar Vivar.** (See related article, pg. 54, May 2013, www.revuemag.com)

**9 Fri., 4pm** — ART: *Visión de adentro, como de afuera* by David Sacach and Juan Esteban Calderón. Vessica Galería de Arte (tel: 5381-4232), 3a av. 7-35, z. 1, **Quetzaltenango** ▼



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

**THE POWER OF POETRY**

By Linda Conard

Think poetry is the stuff of dust-coated books and long-dead authors? Then come experience the **9th annual Festival Internacional de Poesía en Quetzaltenango (FIQ)** Aug. 14-17. Fifteen international poets will awaken you to the beauty, irony, wit, passion, and social dialogue of contemporary Spanish-language poetry. All FIQ events are free, in keeping with the festival's mission of democratizing culture in Guatemala.

Hundreds of enthusiasts are expected to travel to Quetzaltenango to attend book launches, talks, and poetry readings in venues throughout the city. Featured poets include Khulood Al Mualla (United Arab Emirates); Aleiton Fonseca (Brazil); Adam Fathi (Tunisia); Mayra Oyuela (Honduras); Maria Eloy-García, Rafael Saravia, Marcal Font, Francisco Muñoz Soler and Josep Pedrals (Spain); Rodrigo Balam, Fabiola Flores, César Trujillo, Berona Teomitz, Aaron Rueda, and Chary Gumeta (Mexico); Guillermo Acuña González, Sebastian Arce, and David Monge Maple (Costa Rica); and Wingston González and Enrique Noriega (Guatemala). The 2013 festival is dedicated to Guatemalan poet, journalist, professor, and social scientist Carolina Escobar Sarti.

*Past FIQ events have led to poetry readings in places as diverse as prisons, hospitals, labor and teachers' unions, schools, and the parks and streets of disadvantaged neighborhoods throughout Xela. The annual festivals stimulate international dialogue among poets, encourage creativity in young people, and aim to position Quetzaltenango as the poetry and art capital of Guatemala.*

For details, please visit:

<http://fiq.blogspot.com/>

[www.facebook.com/MetaforaFIQ](http://www.facebook.com/MetaforaFIQ)

<https://twitter.com/metaforafiq>

**10 Sat., 1pm** — MAYAN CEREMONY: Concert & dance by Niños con Bendición from San Antonio Aguas Calientes featuring authentic costumes, dances and music as a benefit for their education. Marimbas flutes and bombas! Come! Discover and take part and enjoy a bit of the ancient Mayan culture. La Peña de Sol Latino Restaurante (tel: 7882-4468), 5a calle poniente #15-C, **La Antigua**

**10 Sat., 7pm** — MUSIC: Accordion concert popular music, French compositions & Mexican and Guatemalan boleros performed by Jorge Herrera de la Cerda. Q50. La Casa del Río (tel: 7832-5438), Calle del Hermano Pedro prolongación #6, **La Antigua**

**13 Tues., 5:30pm** — TALK: *Manos Abiertas* is an integrated women's health clinic and natural birth center. Serving a population that otherwise would not have access to health services it two locations in Guatemala. Since opening in 2008, Manos Abiertas has served over 2,000 women--most of whom have become regular clients. The clinics provide full-scale gynecological and obstetric services, pediatric care, midwifery services, health promoter training and education. Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

**14 Wed.** — ART: Exposition of work by Laurel Jacobson. La Cueva Panza Verde (tel: 7832-2925), 5a av. sur #19, **La Antigua** ▼



**14 Wed., through Sat., 17th** — EVENT: *Festival Internacional de Poesía de Quetzaltenango* dedicated to Carolina Escobar Sarti. **Quetzaltenango**. See highlight to the right.



**14 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 Café Condesa, Central Park; return by 3:30pm. FREE!. [www.openwindowsfoundation.com](http://www.openwindowsfoundation.com), **La Antigua**. (See related article, pg. 12, May 2013, [www.revue.gt](http://www.revue.gt))

**14 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**

**15 Thurs.** — HOLIDAY: *Día de la Virgen de la Asunción*, patron saint of Guatemala City. Some businesses and most banks closed. **Guatemala City**

Please submit your DATEBOOK entry for the Sept. 2013 edition by Aug. 10

**16 Fri., Sat. 17th, Sun., 18th** — ANNIVERSARY CELEBRATION: Come celebrate with the folks at La Peña de Sol Latino on its 7th anniversary, door prizes (wine, CDs, and more!) plus great music! La Peña de Sol Latino, 5a calle poniente #15-C, **La Antigua**

**17 Sat., 9am-noon** — COOKING CLASS: La Peña de Sol Latino, 5a calle pon. #15-C, **La Antigua**. SEE LISTING, Sat. 3rd

**17 Sat., 7pm** — PARTY: La Remolacha beets, Panamerican funky folk music, organic sounds from the Americas. Free. La Casa del Río (tel: 7832-5438), Calle del Hermano Pedro prolongación #6, **La Antigua**

**19 Mon., through Fri., 23** — GASTRONOMIC FESTIVAL: *Fusión Oriental*. Porta Hotel Antigua (tel: 7832-2801), 8a calle poniente #1, **La Antigua**

**20 Tues., 5:30** — TALK: *Educarte: My School*. The program is an initiative which seeks to support families that have a desire and a long-term vision regarding the education of their children. The main goal is that the children have access to a full scholarship starting from kindergarten and lasting as far as their dreams and efforts take them. Join us to learn more about this new program and how you can help us reach our main goal! Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

**20 Tues., 7pm** — (Spanish) TEATRO: *Mistero Bufo*, Obra teatral de Dario Fo, con Marco Stizza e Juan Pablo Asturias. La escuela de teatro Escenarte y el IIC, tienen el placer de presentar unos actos de una de las obras más representativa del dramaturgo y escritor italiano Dario Fo (Premio Nobel de Literatura en 1997), en la cual se enfrenta por medio de la satira el tema de las injusticias sociales. Instituto Italiano de Cultura, 16 calle 2-55. z. 10, **Guatemala City**

**22 Thurs., 6:30pm** — (Spanish) CONFERENCIA: *El archipiélago de Samabaj, nuevos datos*, dictada por Sonia Medrano. Q30. Estudiantes y/o guías de turismo Q15. Parqueo tarifa única: Q30. Museo Popol Vuh, 6a calle final, z. 10, **Guatemala City**

**22 Thurs., 7:30pm** — MUSIC: *Galas de Verano: Verdi 200*. Gianfranco Bortolato (oboe), Andrea Bacchetti (piano). Luis Felipe Girón May, Tita Maegli (invited). Italian masters G. Bortolato & A. Bacchetti will perform music from Verdi, Donizetti, Rossini y Bellini, with the Guatemalans L. F. Girón May (baritone) and T. Maegli (soprano). Tickets info: 2338-7700. Auditorium Juan Bautista Gutiérrez, Universidad Francisco Marroquín, 6a calle final z. 10, **Guatemala City**

**23 Fri., 5:30pm** — DINING at KIDS Restaurant featuring Guatemalan cuisine. More info. see listing **Fri., 9th**

**24 Sat., 7:30pm** — MUSIC & BALLET: Bach baroque intermezzo, Andrea Bacchetti (piano), ballet academy Marcelle Bonge and invited artists. Ticket info: 2338-7700. Aud. Juan Bautista Gutiérrez, Universidad Francisco Marroquín, 6a calle final z. 10, **Guatemala City** ▼



**24 Sat., & Sun 25** — GASTRONOMIC FESTIVAL: *Fusión Oriental*. Porta Hotel del Lago (tel: 2244-0700), 2a av. 6-17, z. 2, **Panajachel, Lake Atitlán**

**27 Tues., 5:30** — TALK: *Guatemalans generating their own opportunities through modern community libraries*. The Riecken Foundation's mission is to promote democracy and prosperity in Central America through modern community libraries that spark a spirit of discovery and foster social participation. In Guatemala, we support and coordinate with eleven lending libraries that offer dynamic programming that engage communities to generate opportunities for themselves in everything from strengthening pride in their local culture and language, to developing leadership and communications skills, and entrepreneurial ideas and ambitions. Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

**28 Wed., 8pm** — MUSICAL COMEDY: Chiqui Cofiño, *clasificación R*, the best show of the year. Q300, includes a light dinner. Trovajazz, Vía 6, 3-55, z. 4, **Guatemala City** ▼





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**16 Fri., 7pm** — (Spanish) SABINA-MENTE: Los miembros de Apaste anónimo invitan a una noche cargada de Sabina desde la visión de los poetas y músicos que conforman en colectivo, interpretando desde su estilo las letras de Sabina y musicalizando otras tantas. Gratis. La Casa del Río (tel: 7832-5438), Calle del Hermano Pedro prolongación #6, **La Antigua**

**27 Tues., 6:30pm** — WINE FESTIVAL: El éxito del made in Italy. Instituto Italiano de Cultura, 16 calle 2-55, z. 10, **Guatemala City**

If it gets to the Supreme Court, I'll have the directors of every museum in the country as expert testimony that my work is legitimate art.  
—Jock Sturges

You can find Revue DateBook online:  
[www.REVUE.gt](http://www.REVUE.gt)

**31 Sat., 5:00-6:30pm** — PIANO: Annette DiMedio, diva pianist from Philadelphia. La Cueva Panza Verde (tel: 7832-2925), 5a av. sur #19, **La Antigua**

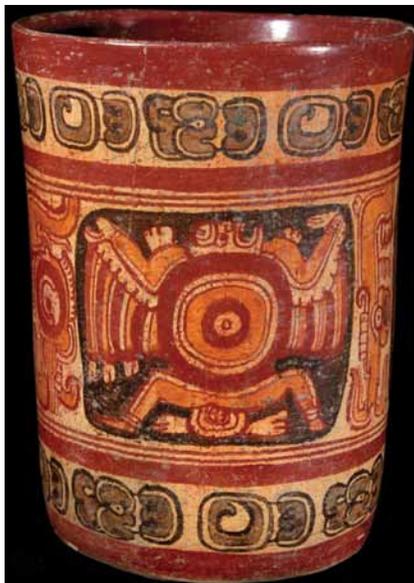


## THROUGHOUT THE MONTH

**All month** — *Anthropos* by Guatemalan artist Rogelio Barillas, renown for his fascination in painting voluminous figures that tend to provoke certain sensual pleasure. Obesity can provoke diverse feelings, but in these characters there is no censorship. He paints people that are happy and optimistic and overflowing with a sense of self-complacency. A collection of more than 20 new pieces in oils, his latests drawings are also a part of this collection. La Antigua Galería de Arte (7832-2124), 4a calle oriente #15, **La Antigua** ▼



**Mon-Fri, 9am-5pm & Sat 9am-1pm** — EXPOSITION: *Los misterios del Sur Mesoamericano*, ceramic from Guatemala, El Salvador and Honduras. Q35, students Q15, children Q10. Museo Popol Vuh, Universidad Francisco Marroquín, Calle Manuel F. Ayau, 6a calle final, z. 10, **Guatemala City** ▼



**Through Sat., 10th** — ART: *Vida y Arte*, photographs by Erick and Marck Juárez Elías. Café Lounge (tel: 7765-8418), 1a calle 14A-64, z. 1, **Quetzaltenango** ▼



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

**Mon., 4:30pm; Tues., 3pm; Wed., 2:30pm** — DUPLICATE BRIDGE: Asociación Guatemalteca de Bridge. Info., Eva: 7832-4327 or Denni: 2478-1595. Vista Hermosa, z. 15, **Guatemala City**

**Tuesdays, 6:30pm** — QUIZ NIGHT: *Paul's Quiz* Reds Bar, near La Merced church, 1a calle poniente, **La Antigua**

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

**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**

**Mondays, 10am & Thursdays at 2:30pm**: Common Hope offers a free 2-hour village tour. Departs: fountain, central park. Tel: 7922-6600 for a private tour; visit [www.commonhope.org](http://www.commonhope.org). **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](mailto:Antigua_office@niniosdeguatemala.org); tel: 7832-8033. **La Antigua/Ciudad Vieja**



**Saturdays, 2-4pm** — RUGBY CLUB: Workouts weekly, come and join us. Q15. Info: <http://rugby.com.gt/antigua> Centro Los Luteranos, 1a av. n. #35, **La Antigua** ▲



**2nd & 4th Thursday, 6:30pm** — The *Antigua Curry Club* meets to enjoy delicious Indian food. Visit [www.cernikovsky.com/curry.htm](http://www.cernikovsky.com/curry.htm). A members-only club, limited memberships available. **La Antigua**

**Saturdays, 7pm & Sundays 5pm** — BALLET: Classic ballet presentations, *La Fille mal gardée*, *Los patinadores*, *Yo, Para dos* (tango) and *Minkus gala*. Platea Q50, balcony Q30. Tickets for sale at Ballet Nacional Guatemala (tel: 2253-3118), 5a calle 3-43, z. 1. Or the day of the event (1 hour before the presentations at the theater's door), Gran Sala del Centro Cultural Miguel Ángel Asturias, **Guatemala City**

**Saturdays & Sundays 8pm & 11am** — MAGIC: *Ilusiones mágicas* featuring magicians from El Gran Jaguar. Q60. Teatro Dick Smith, IGA, **Guatemala City**

**Saturdays, 5pm** — MUSIC: Seth Montfort and friends playing classical & jungle piano. Seth is a multi-award winning musician and founder of the San Francisco Concerto Orchestra. Cover Q100. Mesón Panza Verde (tel: 7832-2925), 5a av. sur #19, **La Antigua** ▼



**LACASBAH MONTHLY CALENDAR**  
**Daily, noon to 7pm** — *Happy hour* 2x1 ice cold draft beer; **Fridays** — *Ladies Night*: caipirinas, mojitos, margaritas, Q9 for her. (Calle del Arco/5a av. norte), **La Antigua**

## PLAN AHEAD

**Sunday, September 15** — INDEPENDENCE DAY: Parades, marching bands; cultural activities, speeches, festivals, and firecrackers. **Throughout Guatemala**



# live music

## La Cueva de Panza Verde

tel: 7832-2925 5a av. sur #19, La Antigua Nightly cover: 8-10pm, Q35

**Mondays** — Nelson Lunding, New Orleans Jazz

**Wednesdays** — Jazz Duo with Lisandro

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

**Fridays** — Latin Trio, Denis Medina on Cubano Tres

**Saturdays, 5-6pm** — Seth Montfort and Friends. A weekly musical experience including recitals by: Diego Noack, Annette Dimedio, Julio and Cesar Barrios. (suggested collaboration Q100)

**Saturdays, 8pm** — Nelson Lunding, New Orleans Jazz

## Trova Jazz

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

**Friday Concerts** — Call for schedule: Live music Thursdays through Saturdays.



## Kape Paulinos

tel: 7840-3806 Km 87.5 Carr. Interamericana, Tecpán

**Sundays** — 1 to 4pm: Live marimba band

## La Peña de Sol Latino

tel: 7882-4468 5a calle poniente #15-C, La Antigua

**Mondays** — 7-10pm: Monday Keny Molina and friends play rock music Guatemala style for listening and dancing...

**Tuesdays** — David with easy listening jazzy coffee house guitar and vocals (Pique on the conga)

**Wednesdays thru Sundays** — 7-10pm: Grupo Sol Latino plays Andean music (pan flutes).



## Fridas

tel: 7832-1296 Calle del Arco #29, La Antigua

**Fridays** — World music.

## Posada de Santiago

tel: 7721-7366

1 km south of Santiago Atitlán, Lake Atitlán

**Every week**, usually on Fridays and Saturdays. Check [www.posadadesantiago.com](http://www.posadadesantiago.com) for schedule.

## Rainbow Café

tel: 7832-1919 7a av. sur #8, La Antigua Music Nightly from 7:30pm

- Mondays** — Don Jorge: classic latin folk music by candlelight
- Tuesdays** — Pat'za: let this Mexican-Italian singer/song-writer amaze you with her voice and lyrics.
- Wednesdays** — Open Mic Night! Hosted by different musicians; come along and show your skills!
- Thursdays** — Eric Fry: enjoy a great mix of Western and rock music!
- Fridays** — Different guest artists
- Saturdays** — A variety of bands and musicians!
- Sundays** — Kenny Molina, one of Antigua's best loved musicians plays a variety of Latin music that will make you dance!



## El Café at LA CASBAH

tel 7832-2640 Calle del Arco #30, La Antigua

- Tuesdays** — Salsa Night
- Wednesdays** — Cumbia Night
- Thursdays** — Rock night
- Saturdays** — Chill out party, starting at 1pm  
— Live DJ at the Terrace.

## Restaurante Personajes

tel: 7832-3758 6a av. norte #6, La Antigua

- 18 Thurs., 9pm** — Viento en Contra. Q40
- 20 Sat., 9pm** — Los Patanes. Q40, includes a Gallo beer
- Fridays & Saturdays** — 9pm-11:30pm: Rock in English and Spanish. Cover Q20



## Las Palmas

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

- Wednesdays & Thursdays** — Bossa, Brazil/North American, sofa rock and boleros with Trujillo, René, Gilberto and Bryan.
- Fridays & Saturdays** — Tropical salsa by Grupo Caribe and DJ Antigua (Julio Morales)
- Mondays** — Surprise group



## TRATTORIA LA NONNA

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- Saturdays** — 7am-10pm: Live music

# live music



# ¡Poco a Poco!

Whenever you find yourself packing for a trip or planning an international move, things may get stressful. It seems that the closer we get to our relaxation destination, the more we invite last-minute stress and fast-paced experiences.

Then, you arrive in Guatemala! You may find that your stress starts experiencing “culture shock.” We smile as we are writing this, remembering our own arrival and the anticipation of relaxation and rejuvenation.

Moving here is truly an adventure. Most people enter their new environment with the perspectives of their former culture of residence. We certainly brought our ideas about daily pace and quickly discovered that they were in direct contrast to the typical Guatemalan lifestyle.

Building our hotel at Lake Atitlán and remodeling a home in La Antigua Guatemala quickly educated us that our idea of schedules and construction sequences needed to shift. Workers here adjust their expectations according to the rainfall and the arrival of materials, not a theoretical vision for a day’s work. At the end of the day we would have a conversation with our workers that usually ended with a smile and the phrase, poco a poco.

At first we really did not embrace the beauty of this powerful phrase, nor did we recognize that it is more than just words. Poco a poco is a wise philosophy of living that invites an appreciation for each day, a recognition that any progress is good progress, because it is a step in the right direction. This is a dramatically different orientation than the typical fast-paced lifestyle that so many of us have embraced as normal.



IMAGE BY PHOTOS.RUDYGIRON.COM

As each year passed we discovered that the seasons of Guatemala and the natural ease that people offer to each other through smiles and conversation are an extension of the poco a poco experience. To recognize progress in our lives and in our personal goals, is to cultivate a sense of gratitude. Poco a poco offers us the opportunity to witness the positive and have more of a “the cup is half full” experience.

Here we are in August, and you have chosen to be in a country filled with beauty and culture. During rainy season poco a poco takes on an expanded richness in its meaning. Most likely you will experience a lovely morning followed by a dependably cool or rainy afternoon. Sometimes afternoon rains create mudslides on the roads, bringing a call to patience. Allowing yourself to pace your

...continued page 38

*Sri and Kira have authored several books and are the owners of TOSA La Laguna.  
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# Game On!

*Mayan Pitz videogame is fun, educational and made in Guatemala*



An ancient Mayan ball game has been brought back to life by a Guatemalan company aiming to encourage youths to reconnect with their ancestry through modern technology. *Mayan Pitz* is the first videogame for mobile phones that has been produced in Guatemala and was recently chosen from a pool of 550 other candidates to represent Central America in November as a finalist at the Latin American Congress of Culture in Spain, which recognizes projects that promote national cultures.

“I wanted to develop a product that was memorable, that would salvage the lost cultural value of our history and could be used to educate,” said Daniel Monroy, creative director of Digital Partners.

The game is set at the end of each *Baktun*, a period of time in the Maya long count calendar, when the Mayans used to choose two warriors to compete in the ceremonial ball game.

In *Mayan Pitz* the contestants are Hun Hunaphu and Ixbalanque and their objective is to pass each of the 15 levels by defeating other warriors at the ballgame and arrive at *Gumar-kaj*, the entrance to the underworld.

Here they must then destroy “los Señores de Xibalbá” to be crowned the winners and save the Maya people.

Andres Salvatierra is a Guatemalan digital art enthusiast who is currently studying in South Korea:

“I really like the style of the game, the idea and the way it’s been designed—our culture being shown to the world like this is something to admire.

“The fact that a Guatemalan business has created a video game for cell phones with these complicated and dynamic animation characteristics, and that it has managed to launch it, surprised me a lot. Sadly, digital art isn’t common in Guatemala and there is a huge quantity of talented digital artists with no one to give them a hand. I’ll keep waiting for more updates on the game so that I can enjoy it more. I think [Digital Partners] is a team with talent and potential that deserves to go far.”

With its emphasis on salvaging Mesoamerica’s ancestral culture, *Mayan Pitz* includes an educational section where players can read and learn about the story of the ancient Maya and where they lived. Each level is set in a different archaeological site,

which has been made to look like the original, and contains brief facts and links to further information about each ruin.

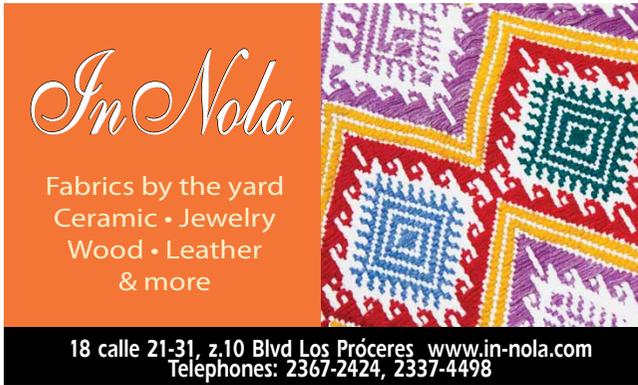
The scoring system is similar to that of tennis with games, sets and points being awarded per set. “We tried to integrate something modern with something old so that it was more understandable,” said Monroy, who hopes that there will be enough demand for *Mayan Pitz* that his company will be able to develop a sequel.

“We’re working on launching another two games this year: one based on football and another about places in Guatemala called ‘Expedition to Guatemala’ that we hope to launch in December.”

Monroy says that *Mayan Pitz*’s appeal isn’t just in Central America—the game has already been downloaded in an array of countries around the world.

“Since the game launched at the beginning of June we’ve had downloads in the USA, France, Russia, Italy, India, Saudi Arabia and Japan.”

Mayan Pitz is available for download on smartphones, tablets, PCs and MACs. For more information visit: <http://www.mayanpitz.com/>



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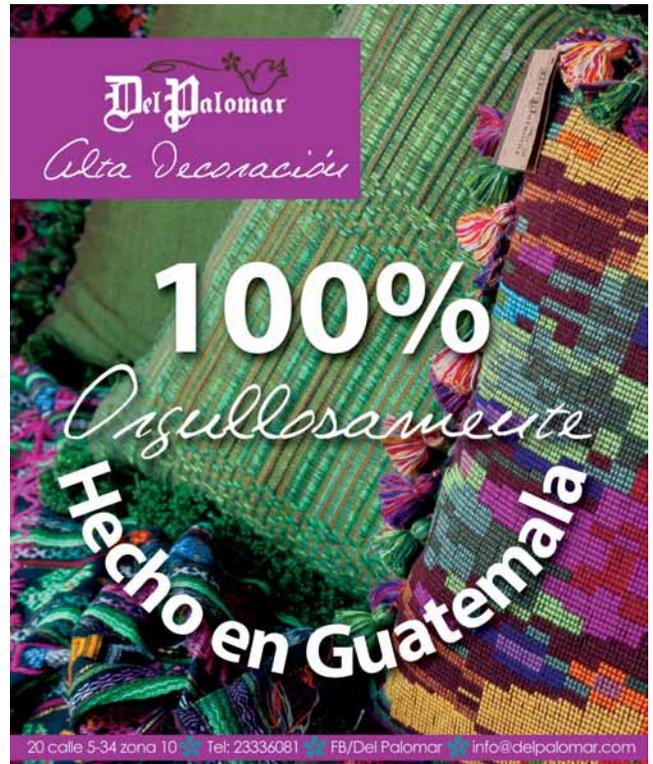


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If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep. —Dale Carnegie

If you see ten troubles coming down the road, you can be sure that nine will run into the ditch before they reach you. —Calvin Coolidge



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# WINGS Re-Structured



*The new program is launched in Alta Verapaz*

The statistics regarding family planning and gender equality in Guatemala are astounding. According to Janeen Simon, executive director of WINGS, the country ranks third in Central America for the highest birth rates in adolescent girls between the ages of 15 and 19. The poorest 20 percent of women in Guatemala have an average of six children each; the world average is 2.5.

With 114 births per 1,000 women between 15 and 19, Guatemala is ranked seventh highest in the world for chronic malnutrition in children under the age of 5. Cervical cancer patients and deaths in Guatemalan women are expected to double by

2025. And in a country where cultural and religious attitudes favor men, gender equality is almost non-existent. Ranked 116 out of 135 countries in gender equality, Guatemala trails behind 85 percent of all other countries in the world in equal rights for women.

WINGS was established in 2001 as an advocate for reproductive health and gender equality. Founded by Sue Patterson, a retired U.S. Foreign Service officer, WINGS provides reproductive health services such as short- and long-term birth control options, cervical cancer screenings and educational outreach to communities in rural and urban Guatemala.

Janeen Simon has been a part of

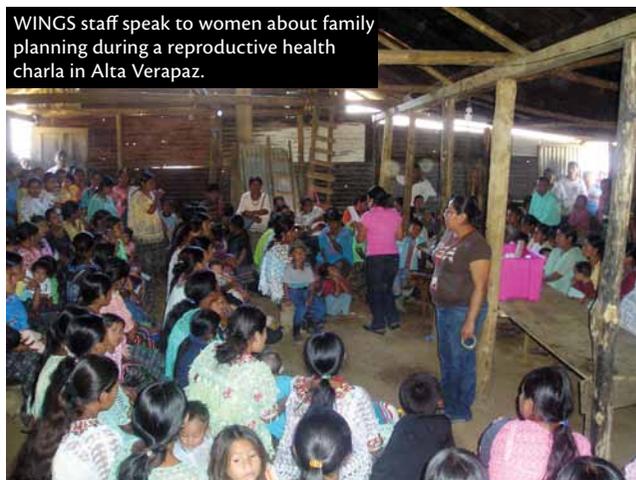
the team since 2008, when she left Mercy Corps. In her almost 30 years in Guatemala, she has witnessed firsthand the toll that a runaway birth rate has on a country with limited resources. Simon's years at Mercy Corps solidified her belief that reproductive health was the answer to mitigating social problems such as chronic malnourishment, human rights, environmental degradation and education on an already over-burdened population.

Simon has overseen WINGS during a period of rapid expansion and growth, and as of early 2012, its programs were stretched to the farthest departments in Guatemala.

Up until that time, the WINGS model had five programs—the men's



Direct Services Coordinator Patty Medina speaks to men at a community charla in Alta Verapaz.



WINGS staff speak to women about family planning during a reproductive health charla in Alta Verapaz.

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program, the youth program, the family planning, cervical cancer screenings and advocacy. These programs were designed to be taught together, to be complementary. But as the organization responded to needs of local communities, which perhaps only had interest in one or two programs, Simon and her team felt the WINGS message was being diluted and, therefore, becoming less effective, especially in areas where all the programs were not utilized.

Simon explained:

The problem with the five-pronged, spread out approach is that any given area, because of resources, only received one or two programs. If a community had a youth program that was working, kids would

start to ask for birth control methods. But parents and community leaders wouldn't support them, because there wasn't that advocacy program educating the community at large about why family planning is important.

Last year, WINGS saw an opportunity to restructure in order to more effectively and concisely communicate its information. To do this, WINGS revamped its model by concentrating its efforts in one area, rather than attempting to reach all areas of Guatemala. Continuing to provide support to its programs in other Guatemalan departments, WINGS began to look for areas where it didn't have a presence.

When looking for a new area in which to grow, Simon stated, "We decided we would implement [this

model] in one department and we wanted it to be an area where we hadn't worked before. We looked at five to six key factors that are important for reproductive health... and we narrowed it down to a few different departments that have the worst [statistics] for those indicators. Alta Verapaz was one of them. Over four or five months, we put together this model, found an office space, hired people and opened in January 2013. We trained all the staff in January and February and started implementing programs in the field in March."

Now the way WINGS distributes its information and services is radically simplified. The new program, deemed the Reproductive Health Integrated Model, has just two components—training ...continued page 94



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—Don Herold

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—Mark Twain

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You can't wring your hands and roll up your sleeves at the same time. —Pat Schroeder

Troubles are a lot like people - they grow bigger if you nurse them. —David Brown

I've developed a new philosophy... I only dread one day at a time. —Charlie Brown



IMAGE BY PHOTOS.RUDYGIRON.COM

**Poco a Poco** cont. from page 30

journey, poco a poco with the natural rhythm of the season, will open you to a depth of exploration that you may not have otherwise embraced.

Little by little does not mean it won't get done; it does offer you the opportunity to see the greater picture. Cultivating a more spacious perspective invites your body to release accumulated stress. Remember, stress is mostly a perspective, an expectation that things should be different. When we open up to the relaxed view of poco a poco, especially when traveling, we learn more, we see more, we become more.

Arriving in Guatemala will always offer something unique to each person. This is the "x-factor" that shifts an ordinary journey into an extraordinary experience. The moment when you allow yourself the relaxation into your own journey of the poco a poco experience, you will start to recognize the joy of being, the peace that resides in our center.

You chose to be here for reasons beyond the agenda. While you are here why not maximize your time and try a simple local philosophy? In so doing you may discover that you are cultivating a new way of thinking, an expanded perception and a smile that comes from within.

Poco a poco might be the souvenir that you bring home with you that continues to enrich your life long after Guatemala becomes just a good memory. 

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Ill habits gather by unseen degrees -  
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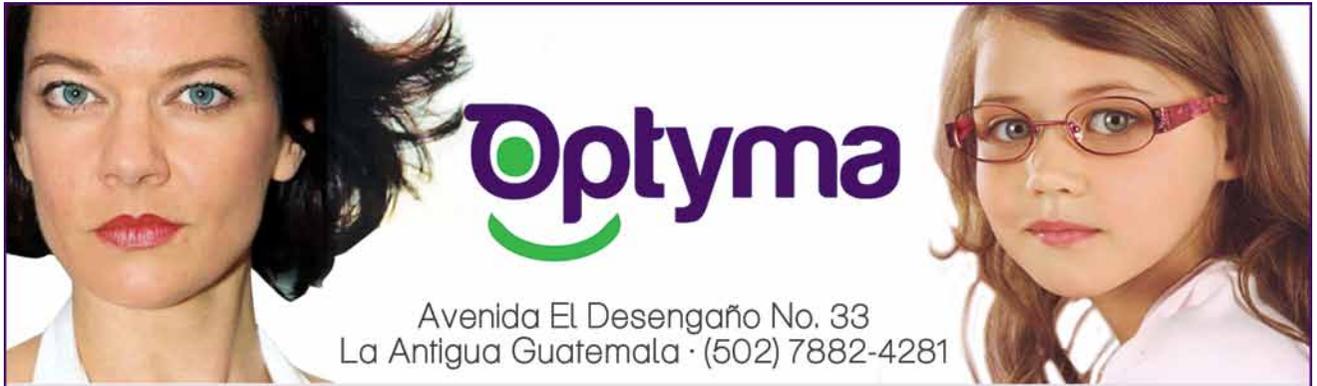


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**Answer:** Humans with allergies usually react by sneezing, but animals scratch their skin. Both people and animals are reacting to an allergen—most of which, like pollen, dust and molds, are airborne and inhaled. Very common in Guatemala is flea-bite allergy, where a flea biting anywhere on your pet causes him to start biting near his tail. A few are of the contact type, like an allergy to wool or a cleaning material used on the floor that the pet is sensitive to. Some allergens are found in food, most commonly corn, wheat, soy, beef and

dairy products.

The first signs of allergic reaction are scratching, licking, biting or rubbing the skin. This can lead to infection, which is characterized by red bumps and pimples. Because of the discomfort and infections, it is important to get professional help as soon as possible. Some allergens, such as pollens, are seasonal. However, others, like dust, molds and foods, can be year-round. Curing allergy problems is almost impossible, but most allergies can be successfully controlled with the help of your veterinarian who may prescribe some type of steroid, antihistamine or special fatty acid supplements. Flea-bite allergy can be successfully controlled using the once-a-month drops on the skin, usually between the shoulder blades.



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We experience moments absolutely free from worry. These brief respites are called panic. —Cullen Hightower

A day of worry is more exhausting than a day of work. —John Lubbock

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Worry never robs tomorrow of its sorrow, it only saps today of its joy. —Leo Buscaglia

I am reminded of the advice of my neighbor. "Never worry about your heart till it stops beating." —E.B. White

There are two days in the week about which and upon which I never worry... Yesterday and Tomorrow. —Robert Jones Burdette

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It is the little bits of things that fret and worry us; we can dodge an elephant but we can't a fly. —Josh Billings

If you want to test your memory, try to recall what you were worrying about one year ago today. —E. Joseph Cossman

I am an old man and have known a great many troubles, but most of them never happened. —Mark Twain

The greatest mistake you can make in life is to be continually fearing you will make one. —Elbert Hubbard



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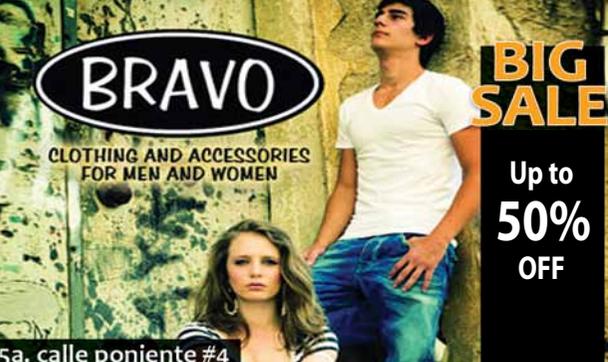
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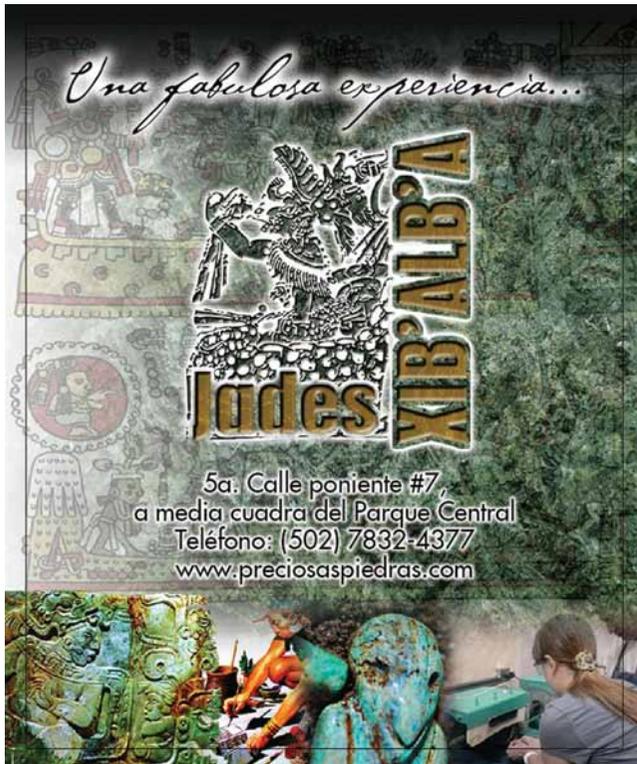
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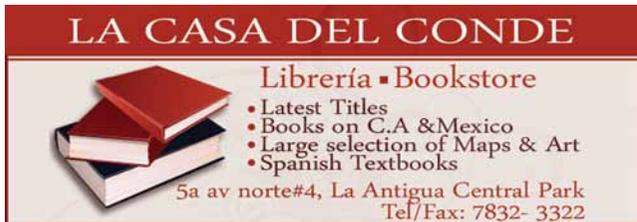
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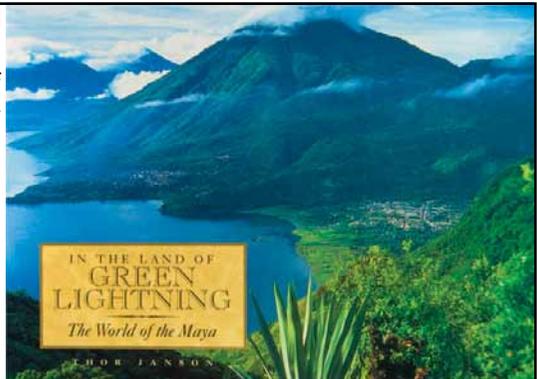
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Yes, risk taking is inherently failure-prone.  
Otherwise, it would be called sure-thing-taking.  
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# WALKING LA ANTIGUA



**T**he good news is that La Antigua Guatemala is a relatively small town and most stores, restaurants, markets, sights, ruins, and lodging are within walking distance of each other. The town is flat and the streets are straight, laid out in a grid matching the compass points.

*Volcán de agua* is directly south and visible from many streets.

There is logic to the layout of the town. Streets (*calles*) & avenues (*avenidas*) are numbered. In relation to central park, those going east-west are calles and include east (*oriente*) and west (*poniente*)—for instance, 6a calle poniente #2 is west of the park. Those going north-south are called avenidas and include north (*norte*) or south (*sur*). All east-west, north-south names change at central park. The park is bordered by 4th and 5th calles and 4th and 5th avenidas.

If you understood the explanation above skip the next paragraph. No? OK. Here's a way to help you remember the layout of calles and avenidas.

Stand in the middle of central park facing the fountain



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*La Fuente de las Sirenas* (water coming out of the sirens' breasts, you can't miss it). With your back to volcán de agua stretch both arms out to your sides parallel to the

...continued page 58



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## Walking Antigua cont. from page 54

ground. I know this looks silly, but it's a sure fire formula. Your left arm represents "calles poniente" and your right arm represents "calles oriente." Fourth calle borders the park in front of you, and 5th calle borders the park behind you. Next, turn 90 degrees to your right (keep your arms out). You are now looking at the cathedral. Your left arm represents "avenidas norte" and your right arm represents "avenidas sur." Fourth avenida borders the park in front of you and 5th avenida borders the park behind you.

Wow! That makes so much sense! So why is it difficult to follow and find addresses in Antigua?

Some calles and avenidas have other names; 1st calle poniente is also known as "*Alameda Santa Rosa*," Fifth avenida norte is known as "*Calle del Arco*," and so forth.

Calle and avenida name signs, when they do exist, are flat against the wall near the corner.

And, you can always ask for directions. Many people, who look like they know where they are, speak some English and/or Spanish. You can't predict language proficiency by looking at a person. Some people who speak English and/or Spanish will not understand English and/or your Spanish. Asking directions is the easy part. The hard part is understanding directions (or is it giving directions?). You can always start your trip over if you can get back to central park.

Lodging and store names are also flat against the building walls and can't be seen walking towards them along the sidewalk. Sometimes they are on small sandwich boards within the doorway. It's better, while walking, to watch for a shop across the street rather than on the side where you are walking.

So once you've mastered the avenidas (norte and sur) and the calles (poniente and oriente), now comes part II.

Antigua sidewalks are very narrow, one or two persons wide and often one to two feet high (sometimes more) above the street level. If you walk in a group some of you will need to walk in the street next to the sidewalk, jumping up to the sidewalk from time to time to avoid a bus, car, truck, horse-drawn carriage, motor scooter/cycle, or tuk-tuk or any combination of vehicles.

The sidewalk surfaces and materials composition are uneven and change (up or down, rocks in cement, cement only, dirt, etc.) from building to building with numerous opportunities to trip or slip.

You also share the sidewalks with signposts (not street name signs), lampposts and window balconies. Everyone over 5' 5" (approximately) needs to be alert to ducking for some of the low signs. The window balconies (*balcones*) of stores and homes are made of cement frames and wrought iron that stick out over the sidewalk about a foot.

Also, the streets' surface cobblestones are comprised of many very different sizes and heights. Walking in the street or crossing the street, you need to pick large rocks to step on, much like traversing a dry stream bed (unless it's the rainy season). In the rainy season there is one more challenge, puddles give motorists many opportunities to splash pedestrians. Remember: If it can happen it will happen.

But mind you, despite the challenges of navigation, I'm not complaining one bit because La Antigua, Guatemala, a World Heritage Site, is the most beautiful colonial city in the world. At least I think so! 

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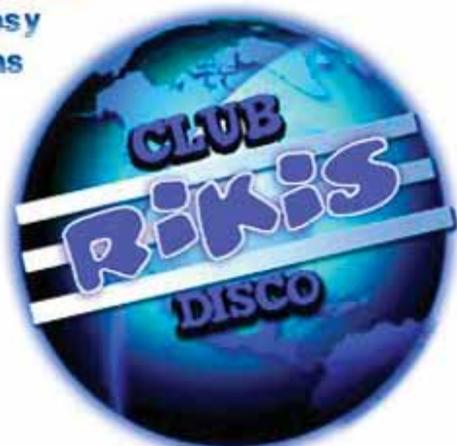
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## Dr. Hellmuth cont. from page 14

According to Hellmuth, no one has ever documented the amount of flora and fauna that FLAAR has recorded to such a detailed level. The organization hopes that its findings will assist in suggesting better diets for local people and save native species from being forcibly removed by residents who are unaware of the plants' benefits.

"We have the first ever list of all the plants used by the Mayas. We decided we were going to make a complete list of every plant they'd ever used: whether it was for cleaning their toenails, cosmetics, eating or smoking—anything. We list them theme by theme: edible plants, edible pulp, edible flowers."

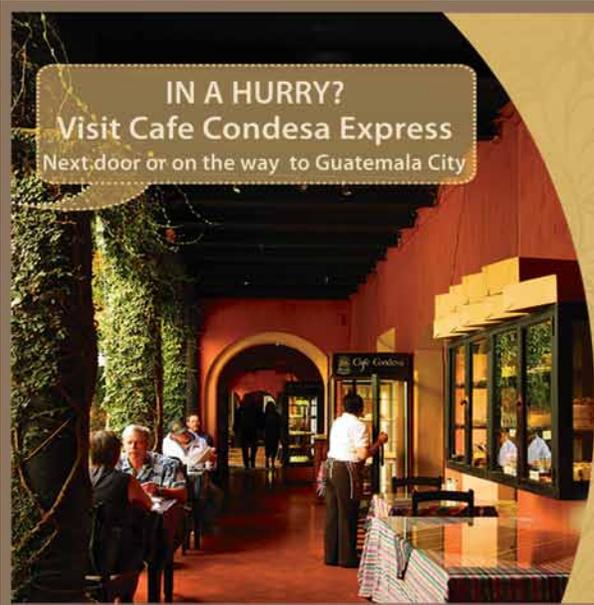
Hopping, skipping and jumping between subjects as new plants start to flower, the FLAAR team goes out at night all over the country to capture Guatemala's nocturnal activity and has developed its own cameras and photography techniques to assist in the quest. Findings are uploaded onto the organization's website as the team slowly begins to tick off the items on its "most wanted" list.

"Finding these plants is very difficult. We were looking for magnolia for four years and we just found it, but we haven't found it flowering. There are some plants that we haven't been able to find anywhere in the country after four years of looking for them. But we know they are here and we will find them," said Hellmuth.

FLAAR's vast operation has turned a small corner of Guatemala City into a mini-jungle and provided the world with the most extensive collection of flora and fauna ever recorded. The organization hopes that it will soon be able to publish its findings in books and animations.

*For more information about FLAAR,  
visit [www.flaar.org](http://www.flaar.org)*

Do not be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better. What if they are a little course, and you may get your coat soiled or torn? What if you do fail, and get fairly rolled in the dirt once or twice. Up again, you shall never be so afraid of a tumble. —Ralph Waldo Emerson



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—Robert Brault

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—Joe Ryan

I've been looking over the list of spring chores I made up  
last fall, and darned if they aren't fall chores, after all.  
—Robert Brault



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# KIDS at Condesa

*Café Condesa hosts KIDS Restaurant in its kitchen*



It is no secret Café Condesa is one of the most popular restaurants in La Antigua Guatemala, serving world-class coffees, quiches, cakes and other delectables. What you may not know about is Condesa's outreach work, its involvement in the community and support for local projects.

For many years Condesa has donated to Antigua's libraries and *los bomberos* (fire department). It regularly gives to projects like Open Windows, an education non-profit serving San Miguel Dueñas. And in April, Condesa's staff sold race entries for the 2013 Carrera Arco Iris, a 5k with all proceeds pledged to La Fundación Ayúdame a Vivir. The organization is fighting to cure children of cancer.

So it should come as no surprise Café Condesa jumped at the chance to host a field trip for KIDS Restaurant. KIDS, one of the many projects run by the NGO T.E.S.S. Unlimited, is the only restaurant in Antigua run completely by, well, kids. Children from local pueblos and aldeas like San Gaspar Vivar, San Pedro Las Huertas and Santa Catarina Bobadilla study the art of cooking in after-school programs and twice a month, run a themed restaurant.

They work in the kitchen, as waiters, bartenders (no alcohol is served) and busers, and serve hungry Guate-

maltecos and extranjeros alike.

KIDS loves, however, to bring its pupils to Antigua to show them what life is like in one of the city's many restaurant and hotel kitchens. And so on a rainy day in June, the kids of KIDS visited Café Condesa.

They spent time cooking with Mayra Elizabeth Rogel, kitchen manager at Condesa for over 12 years, making favorites like apple pie with whipped cream and vegetable soup. They worked downstairs with managers and receptionists, greeting clients and handing out menus. They shadowed waitresses, ...cont. page 80



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Solution to this month's Cruci-Word  
page 72

1	P	2	A	3	R	4	L	5	A	6	M	7	E	8	N	9	T	10	O
10	A	V	I	A	D	O	R	E	S										
11	P	E	C	O	S	O		12	W	13	A	R							
14	E	R	O	S			15	N	I	T	R	O							
17	R	I	S	I	18	B	L	E		19	I	T							
20	B	A		21	A	V	E		22	D	N	A							
23	O	R	A	24	N		25	S	W	E	A	T							
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## Flowers in the Mayan Diet

While in a hotel in Cobán, Alta Verapaz, Guatemala, we were photographing a beautiful peace lily flower, of the *Spathiphyllum* genus. Our Q'eqchi' translator immediately told us that this flower is edible. Our photo assistant also said that his family incorporated these flowers in their meals. He is from the Guatemala-Mexico border area in the Highlands, not a Mayan speaker. The point is that two local people both indicated, in a matter-of-fact manner, that they ate these flowers.

Ilena García suggested the edible flower in Alta Verapaz was *Spathiphyllum friedrichshalii*. Ilena is graduating with a degree in biology from the University del Valle, which is well known for its experienced faculty and their studies of flora and fauna.

Agronomist Ing. Juan Carlos Torres, owner of the Vivero La Escalonia in La Antigua Guatemala and a graduate from the respected biology program of the Universidad San Carlos, has identified

# Eating an Inflorescence

the peace lily that his nursery sells as *Spathiphyllum wallisii*. Kew Gardens lists this as distributed from Colombia to Venezuela. The gardener working in the greenhouse said that the flower was indeed edible.

The Classic Maya would have had *Spathiphyllum friedrichshalii* available to include in their diet. We photographed the plants from Vivero La Escalonia and though this species is from South America, it is 98 percent identical to the native species of Guatemala.

The word “flower,” however, is a lay word. In reality it is a “combination of spathe and spadix called the ‘inflorescence,’ sometimes referred to as a ‘flower,’ as the distinguishing feature of all aroids.” (From [www.aroid.org](http://www.aroid.org).)

Many capable agronomists, botanists, ethnographers and field archaeologists have written helpful articles and monographs on the Mayan diet.

An excellent article by Cyrus Lundell in 1938, “Plants probably utiliz-

*Dr. Nicholas M. Hellmuth is director of FLAAR Reports (Foundation for Latin American Anthropological Research). Contact: [frontdesk@flaar.org](mailto:frontdesk@flaar.org)*





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ed by the Old Empire Maya of Petén and adjacent Lowlands,” is typical in the field of studies of agriculture and diet of Mesoamerica. Although his list is very helpful, and despite his many years of experience living and working in remote Mayan areas of Petén and Campeche, the list needs considerable expansion.

My goal is to literally find every single edible and utilitarian plant in Guatemala and adjacent countries, primarily to help local diets today. But I also wish to improve the lists of plants available 2,000 years ago. I would be curious to know how many lists of edible plants include *Spathiphyllum friedrichsthali*, which is of the family Araceae. Even an early edition of my own list missed this plant!

Yet all local people with whom I speak mention that they know full well it is edible. So there is a good future for getting more accurate lists of the plants that enabled the Classic Maya to sustain major populations in Petén, Campeche, Belize—much larger than modern populations in these same areas today. 

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# bilingual "cruci-word"

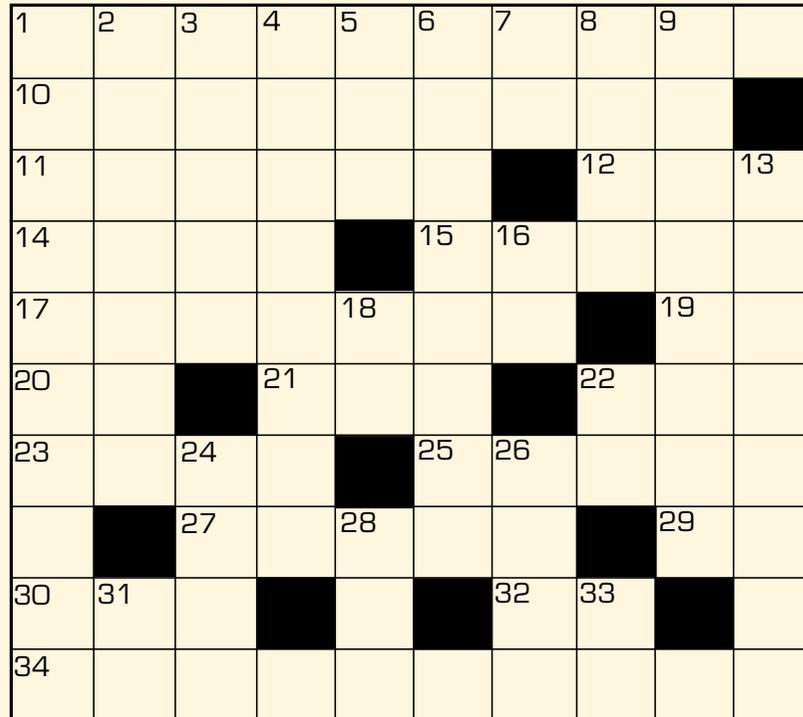
CRUCIGRAMA = CROSSWORD

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. cartón
2. to damage / spoil
3. the rich
4. of an Asian country
5. anuncios
6. sin luna
7. verb ending
8. tritón
9. certain rulers' wives
13. giro; turno
16. es decir (abr)
18. la Virgen Santísima (abr)
22. from
24. prayer word
26. maneras
28. arrepentimiento
31. tantalio (quim. abr)
33. índice de refracción (abr)



Puzzle by Michael Hopkins

SOLUTION ON PAGE 66

## ACROSS

- |                   |                          |                        |                        |
|-------------------|--------------------------|------------------------|------------------------|
| 1. parley; speech | 14. dios griego del amor | 20. S.A. capital (abr) | 27. walrus             |
| 10. airmen        | 15. nitre, saltpetre     | 21. bird               | 29. affirmative        |
| 11. freckled      | 17. laughable            | 22. materia genética   | 30. ruta (abr)         |
| 12. guerra        | 19. pronombre            | 23. they pray          | 32. año (abr)          |
|                   |                          | 25. sudor              | 34. "señal de peligro" |

## Useful Expressions THANKS TO LANGUAGEREALM.COM

correr la bola / spread the word  
 a deshora / at an inconvenient time  
 a contrapelo / wrong way; backwards  
 a mi modo de ver / the way I see it  
 a sus espaldas / behind someone's back  
 aguafiestas / wet blanket; party pooper

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The sooner I fall behind, the more time I have to catch up.  
—David Spurking

Procrastination is something best put off until tomorrow.  
—Gerald Vaughan

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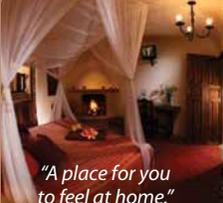
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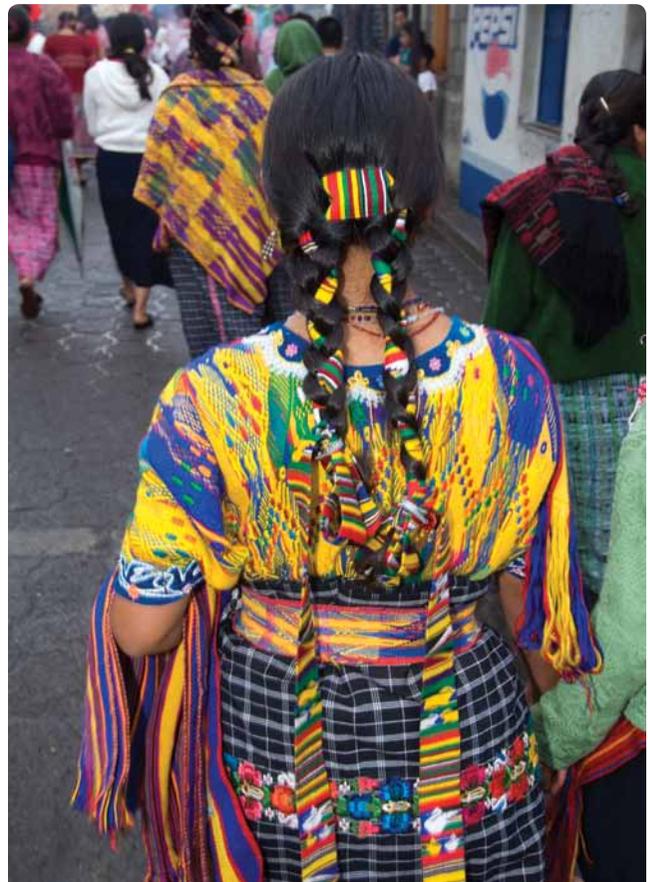


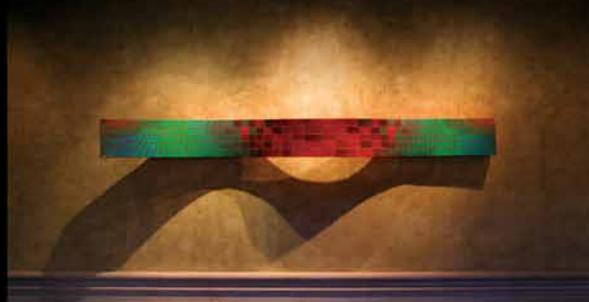
Photo by Thor Janson — see full story on page 16



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## PENGUINS cont. from page 4

they're so excited and interested to learn about the penguins. Many of them have doubts because there's no ice so they've been asking a lot of questions," said Castañeda.

The penguins, which are between one-and-a-half and two-years-old, are native to Chile and Peru and are expected to grow to around 65-70cm in height.

Guatemalan president Otto Pérez Molina attended the penguins' inauguration and congratulated his country for working towards the protection and preservation of endangered species.

"We're confident that the Humboldt penguins will settle in well to their new habitat and what's more that they will breed," said Perez Molina.

Aurora Zoo, which is located in 5a calle, Finca La Aurora, zone 13, currently has more than 110 different species and almost 1,000 animals that can be observed by visitors. The park says it now wants to focus more on animals native to Guatemala and start conservation programs for these species. 📍



Part of the penguins' new habitat

## BEADING cont. from page 20

she can afford to send herself back to school. She is currently in eighth grade and has dreams of one day attending the university.

Upstairs in the workshop several men work on sewing the beads onto leather. Ismael Antonio, 21, has been working with Arco Iris for three years. He is the oldest of three siblings and is happy to earn a salary and help his family survive. His father is a fisherman and his mother sells the fish, but often they do not earn enough to keep the family afloat.

"I like working with my friends and being able to help my family," Ismael said. "I want to send my little sister to middle school, because she is very smart."

When asked about the future of Arco Iris, Salvador exclaimed: "I want to make the best products with the most unique designs, and I want to sell the products all over the world." 📍

*The beaded products made by Arco Iris can be found in La Antigua at Casa de los Gigantes, 7a calle oriente #18, across from the San Francisco Church.*

## LAGO PETÉN ITZÁ

cont. from page 21

for locals—four captains and a watch guard. All of the positions are held by San Miguel locals; two of the captains happen to be single, working mothers. The latter was the reason that the mayor of San Miguel recently granted an official recognition to Tzimin Chac.

The Tzimin Chac team and the San Miguel community work in harmony. Some have even found time to take a spin on the new attraction with friends and family, learning anew about their surroundings and history. 📍

*For more information please visit [www.facebook.com/TziminChac](http://www.facebook.com/TziminChac)*



Two of the new boat captains for TziminChac

I am only one, but I am one.  
I cannot do everything,  
but I can do something.  
And I will not let what I cannot do  
interfere with what I can do.  
—Edward Everett Hale

Reach for the stars,  
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—Susan Longacre



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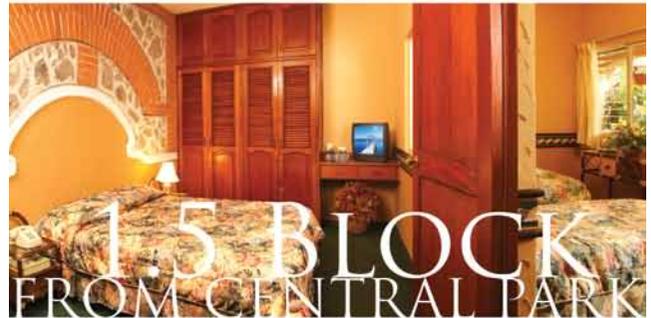


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**KIDS Restaurant** cont. from page 64

taking orders, preparing drinks and learning about the art of espresso making.

The afternoon was a success for both KIDS and Condesa. A particularly apt pupil, Monica, 17, expressed what an experience the day had been. "Today was a pleasure and a great experience. My dream is to go to school and learn how to cook, to work in a kitchen, so to see how a professional kitchen works is very helpful."

Carolina Arana de Pérez, Condesa's general manager, commented, "I was also excited about the experience. The kids have such great attitudes. They will be great with all the experiences they are taking away."

With the soup cooked and the pies out of the oven, KIDS and Condesa staff sat down at a large table to enjoy the fruits of their labors. Questions were asked and answered, experiences shared, and a relaxed atmosphere settled over the table, with seasoned professionals mixing with the next generation.

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For more information about KIDS Restaurant, visit [www.kidsrestaurant.org](http://www.kidsrestaurant.org).  
Natalie Rose is a freelance writing living in La Antigua Guatemala and New York City.

The students at KIDS Restaurant sample their work



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# ROBERTO LUZ

## Lake Atitlán Music Man

Festival performers: Killer Tomato (LEFT), Sotzil (RIGHT), Roberto Luz (CENTER)

Roberto Luz is a tall, enigmatic man with long, dark hair and the posture of the perpetually preoccupied: head bent slightly forward, eyes in the middle distance. In person he's charming and informed, but when talking to him one cannot help but feel as if he's simultaneously elsewhere, listening to a music the observer cannot hear. He may very well be.

The Festival Atitlán has been held almost every year in Santiago Atitlán since 2001. It features an eclectic bill of musicians, including local performers whose talent might otherwise go unacknowledged by the wider world.

"We start with nothing," says Luz, "no sponsorship, no equipment, no

money. Then we start to stir up the cauldron through the social media, banana wireless and word of mouth, and wait for the magic to happen"

Sometimes the magic happens, and sometimes it doesn't. There have been 10 festivals in the past 12 years. Luz recently started broadcasting Radio Festival Atitlán (available at [festivalatitlan.com](http://festivalatitlan.com)) in the hopes of inspiring others to share the work of putting the festival together.

The music on the station, gleaned from many hours of recordings from the festivals and from Luz's own record label, reflect the diversity of artists Luz has drawn to the shores of the lake to perform. In the space of an hour the listener can absorb American bluegrass (LeRoy Mac), righteous feminist rock (Naik Made-

ra), Guatemalan ska (Killer Tomato) and marimba/rock fusion with a Caqchiquel lyricist (AjBatz).

Luz's enthusiasm is apparent when he rhapsodizes about the acts he's seen, and the synergistic impact of both introducing visiting musicians and their fans to the Atitlán area and Atitlán natives to new music.

"When you sit there and watch these little Indian kids bopping to bluegrass, it's, it's, well, it's pretty cool."

His eyes shine with the memory. The font of Luz's zeal is a desire to foster a sense of community.

"I'm a positivist," he says. "People have a lot more power than they realize. It's amazing what you can do when you're motivated."

...continued on following page



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Festival performers: Naik Madera (ABOVE) and LeRoy Mac (BELOW)



**The festival is a non-profit event. All of the proceeds go toward social projects in the Lake Atitlán area.**

city officials into creating their own sanitation program. Luz chuckles as he recalls this interlude.

“Money doesn’t have to be the only motivator for change. Actually, it’s a poor motivator. Everyone who plays at the festival plays for free. People have a whole other attitude when they do something just because it’s far out.”

Luz’s latest efforts have been to collectivize the festival. He says that he hopes that the community notices the *buena onda* the festival represents and will help. At this point the ingredients missing from the “magic cauldron” are upper-level organizers who can take the festival “to the next creative level, and more young folks, who can give us the energy and show us the direction that this needs to go.”

The magic is scheduled to take place in March 2014. 📍

## Roberto Luz from previous page

The festival is a non-profit event. All of the proceeds go toward social projects in the Lake Atitlán area. Beneficiaries have included a hospital, literacy programs, sanitation and environmental causes. In 2010 Luz and his collaborators created a public awareness campaign focusing on the spread of cyanobacteria in Lake Ati-

tlán. Over 5,000 comic books aimed at illiterate adults were disseminated in the Atitlán area giving locals tips on how to protect themselves and the water.

A few years ago the money went toward hiring people to clean the garbage off the streets of Santiago Atitlán, an effort that eventually shamed

*There are many links to the Lake Atitlán Music Festival beginning with <http://www.festivalatitlan.com/>*

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Progress always involves risks. You can't steal second base and keep your foot on first. —Frederick B. Wilcox

There aren't enough days in the weekend.  
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Weekends don't count unless you spend them doing something completely pointless. —Bill Watterson

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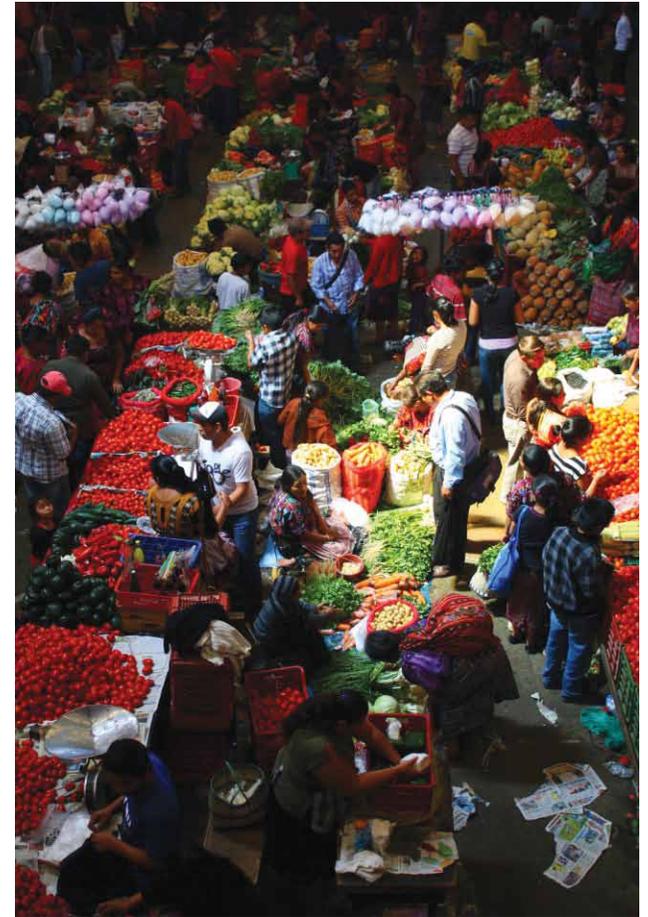
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### Honorable Mention by popular vote in the REVUE PHOTO CONTEST, Aug.

Congratulations to José Hernández on his photograph titled "En algún mercado de Guatemala"  
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—Robert H. Schuller

Adventure is what happens  
when you just did something stupid.  
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When in doubt, make a fool of yourself. There is a microscopically thin line between being brilliantly creative and acting like the most gigantic idiot on Earth. So what the hell, leap. —Cynthia Heimel

Of all the people I have ever known, those who have pursued their dreams and failed have lived a much more fulfilling life than those who have put their dreams on a shelf for fear of failure. —Author unknown

There is always sufficient reason for despair, but there is never sufficient purpose. —Robert Brault

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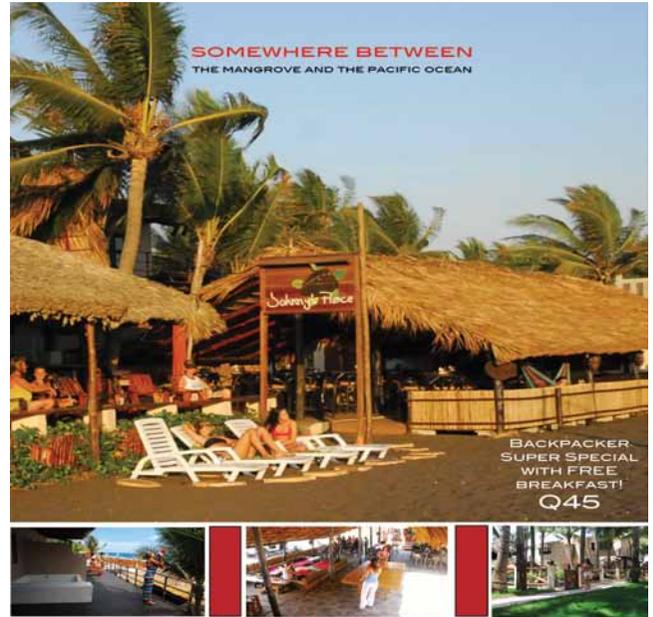
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We can easily manage if we will only take, each day, the burden appointed to it. But the load will be too heavy for us if we carry yesterday's burden over again today, and then add the burden of the morrow before we are required to bear it. —John Newton

Worry is a misuse of imagination. —Dan Zadra

You can never worry your way to enlightenment. —Terri Guillemets

Worry is interest paid on trouble before it comes due. —William Ralph Inge

**WINGS, Alta Verapaz** cont. from page 35

and development and direct service. Training and development reaches out to community leaders, teachers, youth and elected leaders as well as individuals and offers trainings and forums on everything from reproductive health and family planning for men and women, gender equality and cervical cancer awareness. The direct service wing offers the distribution of temporary methods such as condoms, injections and oral contraception through a network of volunteer community promoters, and subdermal implants, IUDs and cervical cancer screenings delivered through its mobile health clinic. One-on-one counseling, referrals and subsidies for permanent family planning methods are given as well.

Simon and the WINGS organization feel the new model, with its more holistic and cohesive approach, as well as the concentrated effort in Alta Verapaz, has been a huge success. "We wanted to see how it worked if we saturated an area, saturated a community," she said. "It's kind of mind-boggling how quickly we pulled it all together but what's exciting is the acceptance we found up there and we've already surpassed some of our goals. I think we're really breaking down some of the barriers." 

WINGS is a 501(c)(3) nonprofit organization. For more information about the organization, including how to help, visit [www.wingsguate.org](http://www.wingsguate.org).

*Natalie Rose is a freelance writer residing in La Antigua Guatemala and New York City.*



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**AA OPEN MEETINGS IN ENGLISH IN ANTIGUA:** Mon. 6-7pm Discussion, Thurs. 6-7pm Step/Big Book (Doña Luisa's Restaurant, 2nd floor, 4a calle oriente #12). www.antiguaguatemala.aa.org

**CLUB ROTARIO:** Meets every Wednesday 7pm at Porta Hotel Antigua. (Last Wed. of the month) Tel: 7832-7600.

**PANAJACHEL CHRISTIAN FELLOWSHIP:** Lake Atitlán's English-language church meets Sundays, 9am at member households. Visitors welcome! More info. 7762-1581 (Wayne)

**ST. ALBANS EPISCOPAL CHURCH SERVICE IN ENGLISH,** Formerly St. Marks. Sundays 12:00 noon. Casa Convento Concepción, 4a calle oriente #41. Tel: 2366-0663.

**VIDA REAL TV CHURCH:** Join us for an experience with God. Sundays: Hotel Casa Santo Domingo, auditorium Los Atrios, 8am and 10am; and Hotel Intercontinental, 14 calle 2-51, z. 10, 3rd level, 10am, simultaneous translation. Special program for children.

**CALVARY CHAPEL SERVICES ANTIGUA,** English/Spanish church meets Sunday at 5pm. See you at the Lutheran Center, 1a av. norte #35, 4 blocks from 4a calle. Everyone is welcome. www.ccantigua.org

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—Benjamin Franklin

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.....	1 Manzana = 1.7 acres
1 Hectare = 10,000 mt <sup>2</sup>	.....
1 Hectare = 2.471 acres	1 mt <sup>2</sup> = 10.764 ft <sup>2</sup>
1 Hectare = 1.43 manzanas	1 mt <sup>2</sup> = 1.431 vr <sup>2</sup>
.....	.....
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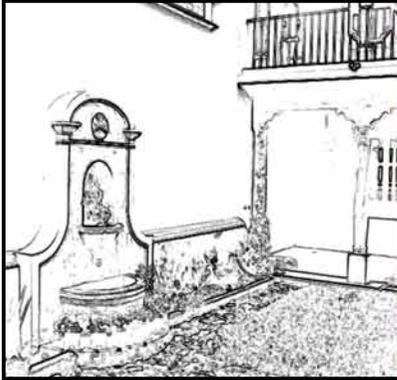
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—Robert Brault

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by Monish Welcome

# Garifuna Traditions

A great number of Garifunas live on the Bay of Roatan, where they maintain their rich cultural traditions of music, dance, cuisine and much more.

Garifuna music styles are known for their heavy use of percussion instruments and distinctive drumming, which combines the beats of primero (tenor) and segunda (bass) drums. Garifuna drums are usually made from hollowed-out hardwoods such as mahogany or mayflower, which are native to Honduras and other Central American countries.

The Garifunas are widely known for their punta, an evolved form of traditional music played on traditional instruments. It is the most popular and well-known genre of Garifuna music and dance. Punta lyrics are typically written by Garifuna

women and often relate to one gender or the other. Described as “consciously competitive,” the energetic punta dancing is always a thrill to watch.

Belize has given birth to a whole new phase of Garifuna music in the last few years, thanks to famous Garifuna musicians like Andy Palacio, Mohobub Flores and Adrian Martinez. This contemporary take on more traditional Garifuna music styles has been described as a mixture of punta and paranda, another Garifuna genre that was barely recorded until the 1990s. Many younger Garifunas tend to show more interest in a popular, contemporary version of punta known as punta rock, a mix of traditional drumming, heavy bass, electric guitar and enthusiastic lyrics.

Garifunas are also known for their tasty food and drinks, typically made

from a combination of native Central American crops and African staples. Most traditional dishes include fish, chicken, cassava, bananas and plantains. Machuca, probably their most famous and recognized dish, consists of mashed green plantains with coconut milk soup and fried fish, and it is the most common example of a traditional Garifuna dish. Dharasa, the Garifuna version of a tamale, is made from green bananas and can taste sweet or sour. The delicious cassava bread is served with most meals along with other Garifuna breads, including buns, banana bread and pumpkin bread.

If you have the chance to visit a Garifuna village, do not miss out. Learn about their food, drinks, dance and much more. 

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This nation was built by men who took risks - pioneers who were not afraid of the wilderness, business men who were not afraid of failure, scientists who were not afraid of the truth, thinkers who were not afraid of progress, dreamers who were not afraid of action. —Brooks Atkinson

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San Salvador, overlooking Lake Ilopango and Volcano San Vicente (LENA JOHANNESSEN)



## Threads of Tradition cont. from page 17

huipil you will have to spend 100 times that. If a girl weaves her own huipil it will be considerably less expensive but still represents considerable investment in materials and weeks of labor to produce.

I love to see the Maya people dressed in their traditional clothes, so for me it is very disturbing to witness this cultural decline. Most Mayan men long ago abandoned their traditional dress. Notable exceptions include two villages in the Cuchumatanes Mountains of Huehuetenango: Todos Santos and San Juan Atitlán, and there are still traditionalists in Nahualá, Sololá, Quiché and Nebaj. Many women still do weave but a casual visit to Chimaltenango or Quetzaltenango will reveal the sad fact that as many Maya girls are dressed in paca as are dressed in traditional costume. Along with this is the reality that many indigenous young people are not learning their own languages. If things keep going like this, it will not be long before they lose their identity as native Americans and simply blend into the Latino culture.

### TO THE RESCUE

But all is not lost! I was recently invited to a weaving workshop in the town of Tac Tic, portal to the department of Alta Verapaz. The workshop was part of a national pro-weaving project called Tejiendo Alimento (Weaving Food) and funded by the Ministry of Development. Presiding over the workshop was Nohemí Chel,

an accomplished weaver from Nebaj, a Mayan town in the department of El Quiché. Nohemí travels all over Guatemala convening workshops where she shares new techniques and styles with local women. The purpose of the program is to promote weaving not only as cultural heritage but also as a means of generating income with which to purchase the necessities of life.

Mayan textiles are famous around the world and all that is needed are new marketing strategies to make these fine weavings available for purchase to a wider public. I found all the women and girls to be extremely enthusiastic. I asked the women who were from little villages surrounding Tac Tic how many girls were learning to weave? They proudly responded that in their villages 90 percent of the girls were weavers. So, in the Mayan heartland and in countless little hamlets all over Guatemala and against all the odds of economic hardship and cultural attrition, the enormous pride the Maya take in producing their own beautiful hand-made clothing continues. 



RIGHT: Nohemí Chel travels all over Guatemala convening workshops where she shares new techniques and styles with local women.



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## *At the end of the Rainbow* **VIOLET**

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Violet plants are a large family, with hundreds of types such as pansies and viola, but we think of the small perennial ground plant when

a violet flower is mentioned. No violets are native to Central America, but the seeds were brought here in the late 1800s by Europeans homesick for the flowers of their gardens back home. In a finca garden of the Western Highlands, I was shown with pride some sweet little flowers descended from plants brought from Germany in 1884.

Violet was the first dye to be synthesized, replacing use of berries and making violet clothing fashionable in Europe and quickly thereafter in Guatemala. Indigenous weavers incorporated the color in several *huipil* blouse designs for you to spot today. Violet perfume came from labs about

the same time. It's still made, and inexpensive, as you can sniff for yourself in Guatemalan markets.

Violet is at the top of what we can see of the visible spectrum. A prism can form all year in Guatemalan skies, as a bright sun breaks through the rain showers that occasionally come all year, delighting us as a rainbow. Because we're still in *invierno*, the rainy season, this month, that magical arc might form any day. Watch for it, and remember the colors of the rainbow that you learned back in primary school: red-orange-yellow-green-blue-indigo—and, at the bottom of the rainbow, violet. **R**





Honorable Mention in the REVUE PHOTO CONTEST, Aug.

"Miradas del pasado" by Camilio Sarti Canals. All entries can be seen at [www.REVUE.gr](http://www.REVUE.gr)

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