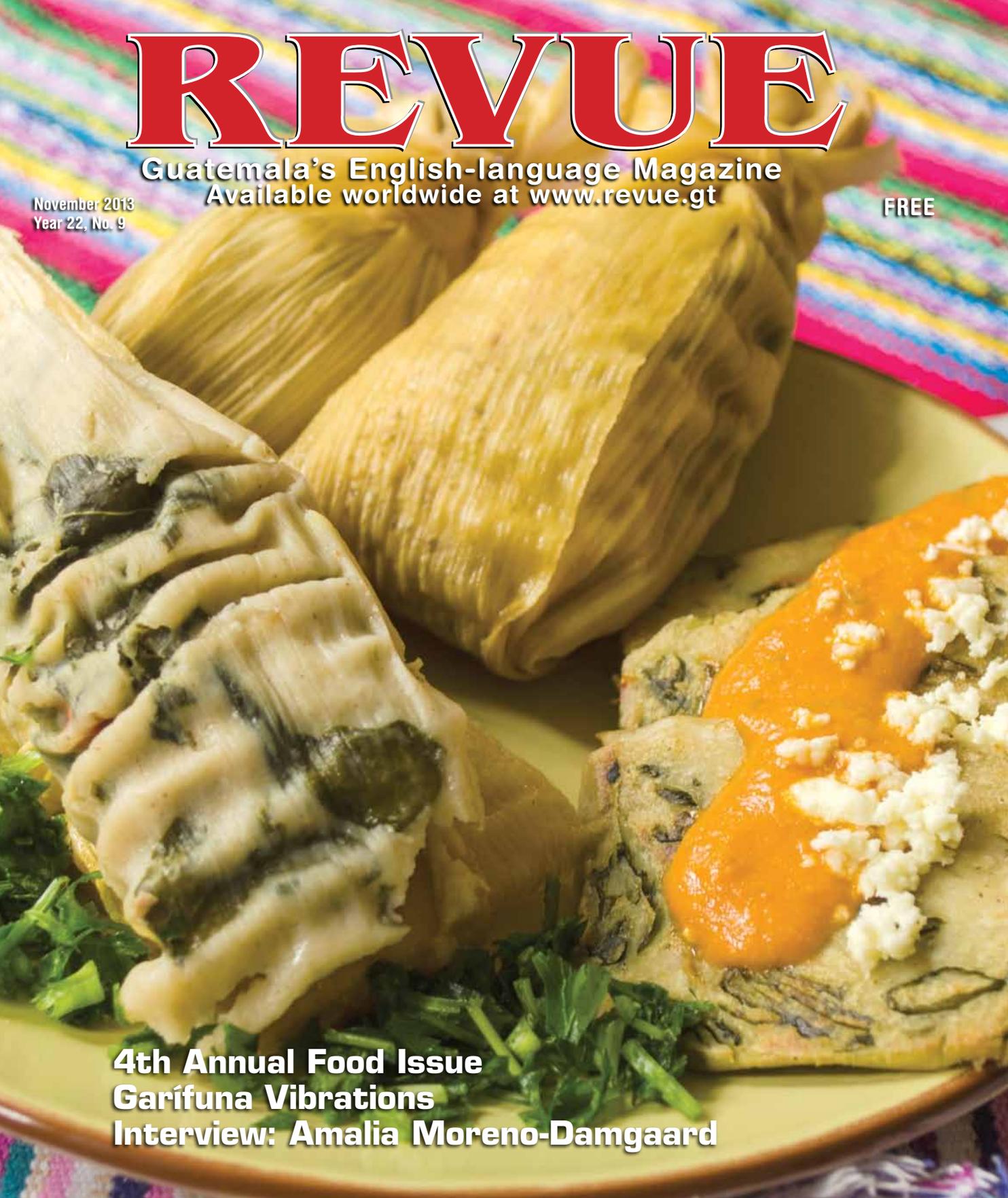


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November 2013
Year 22, No. 9

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Garífuna Vibrations
Interview: Amalia Moreno-Damgaard



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PHOTO CONTEST

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

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

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

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

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

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



Entry in the Revue Photo Contest, Nov. "Colosinas" by Andrés Sierra García

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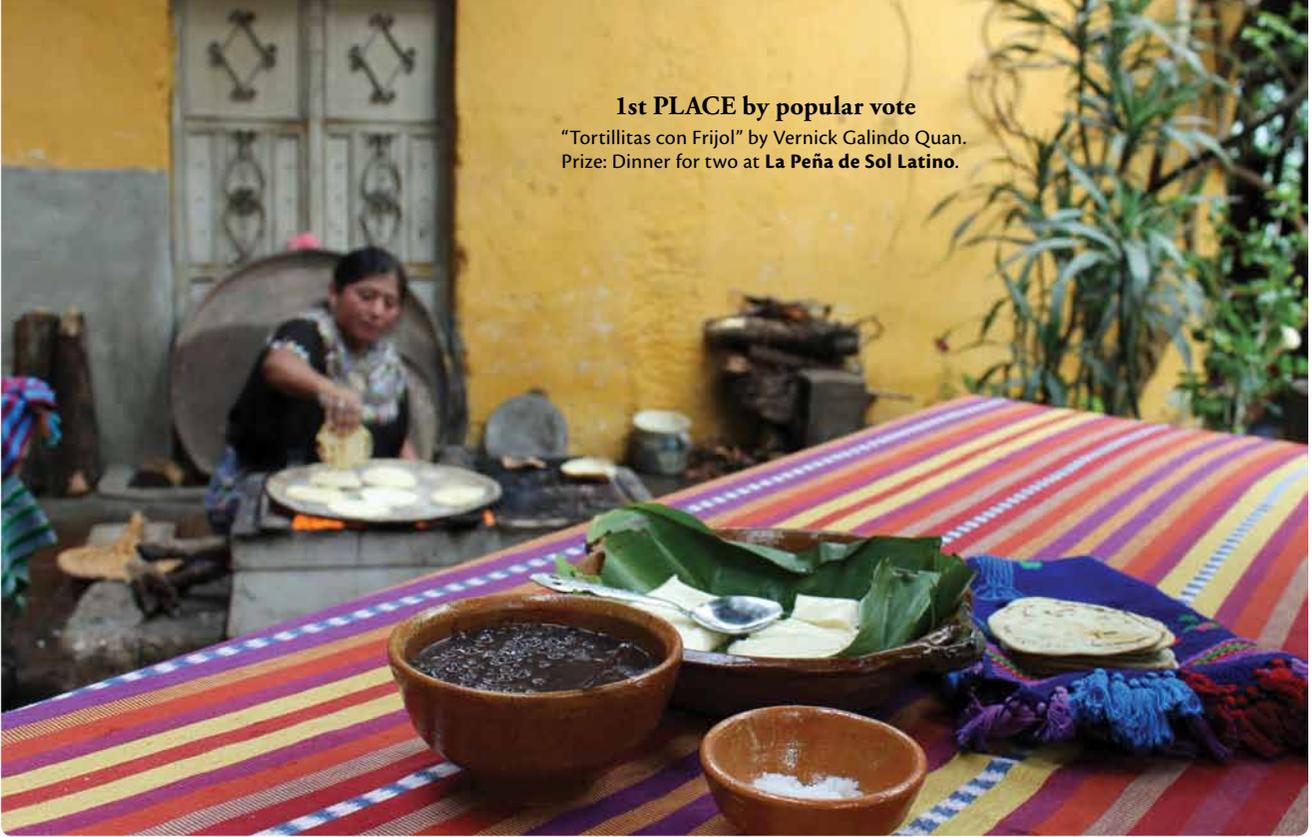
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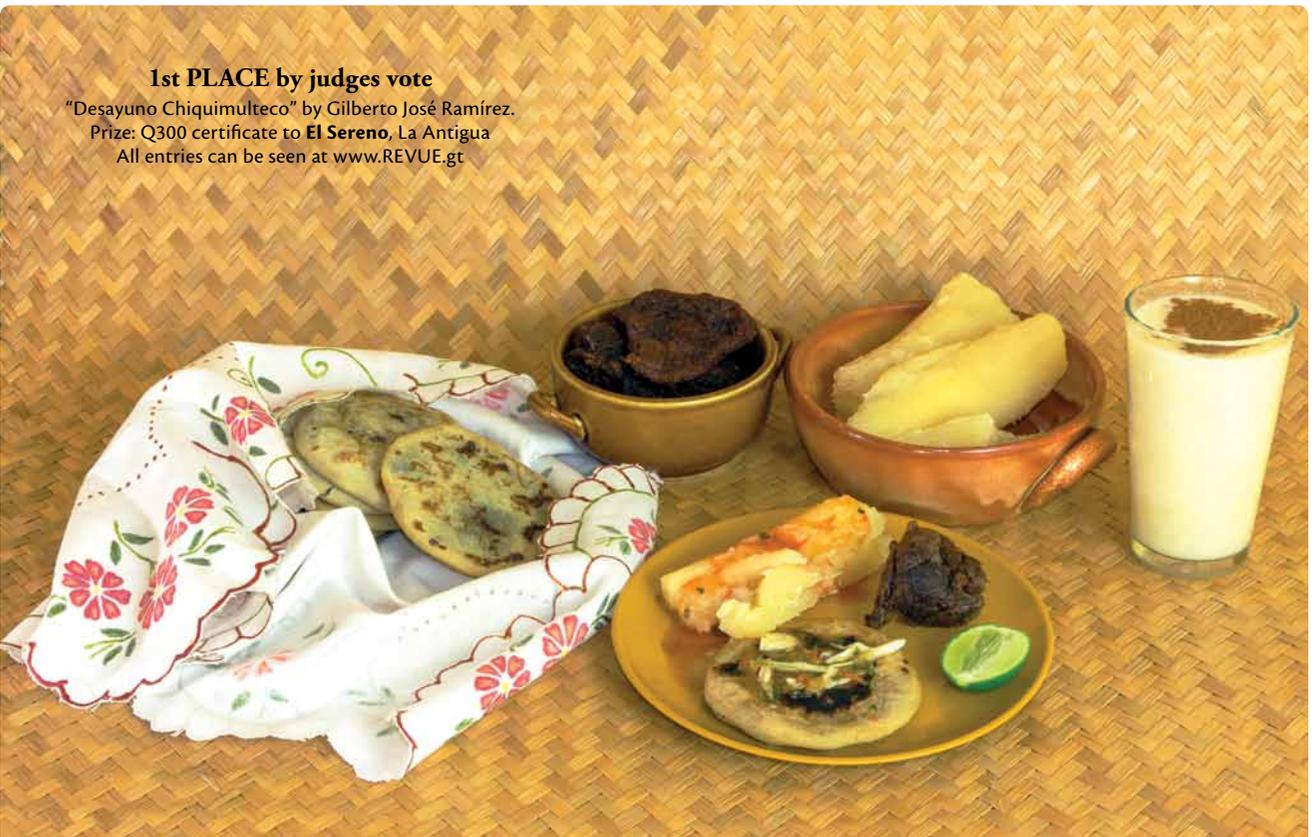
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1st PLACE by popular vote
"Tortillitas con Frijol" by Vernick Galindo Quan.
Prize: Dinner for two at **La Peña de Sol Latino**.



NOVEMBER REVUE PHOTO CONTEST WINNERS, theme: Guatemalan Food

1st PLACE by judges vote
"Desayuno Chiquimulteco" by Gilberto José Ramírez.
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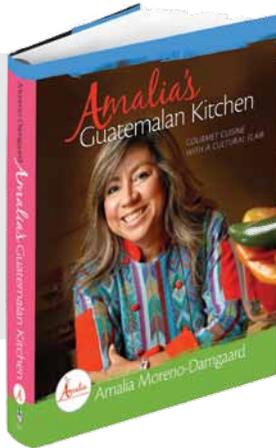
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photo contest: **Guatemalan Food**

All of the Nov. entrants can be seen at
www.REVUE.gt ... here are the winners

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Deadline for the
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from the publishers

The focus is on food! Mouth-watering photos of food grace the pages from this month's Photo Contest theme. *Garífuna Vibrations* tells the story of a remarkable group of people who have brought the world dance, music and unique food. The Book Alert is *Amalia's Guatemalan Kitchen*, plus an *Interview* with the author Amalia Moreno-Damgaard. *A Healthy Taste of Tradition* explains how easy and delicious it is to create Guatemalan fare—vegetarian style. With an eye towards healthy eating *Shopping Organically* explains organic labeling and more. For fresh vegetables and fruits where else to go but *To Market, To Market*. Sensuous Guatemala highlights *Eggplant* and *Liquid Gold* practically drips honey right off the page! Quotes this month are all about food. Find out little-known *Food Facts*, for instance did you know that banana trees are not really trees? They are considered to be giant herb plants; and when Heinz ketchup leaves the bottle, it travels at a rate of 25 miles per year!

On the cultural front you'll find all kinds of listings in *Datebook*: music, art, dance, workshops, retreats, films ... Art lovers will enjoy reading *M@donnas: Reinterpretations of the Image of Mary*, *Spanish American Sculpture in Guatemala* and *Traditions en Madera*; music also takes center stage, with among other concerts, the much anticipated performances of *Handel's Messiah*.

We hope you enjoy this edition, as always feedback is most appreciated. Stay with us on the Revue Facebook page for updates and our website: www.revue.gt where you can download this edition and previous editions, search articles and view some amazing photography submitted via our monthly *Photo Contest*.

—John & Terry Kovick Biskovich

PHOTOGRAPHERS it's time to gear up for the
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ON THE COVER

2nd PLACE by popular vote
in the Revue Photo Contest, Nov.
"Tamales de chipilín"
by Neels Melendez

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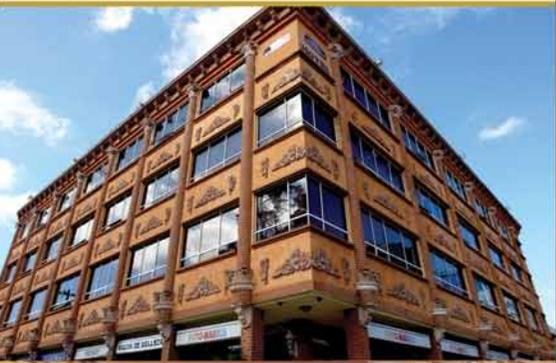
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Guatemala Insight

by Elizabeth Bell
AUTHOR/HISTORIAN

SPANISH AMERICAN SCULPTURE IN GUATEMALA

Guatemala has some of the finest wood sculptures in the world, certainly surpassing those of other Spanish American regions and many artists in Spain. A recent lecture at the Universidad Francisco Marroquin in Guatemala City by Philippe Malgouyres from the Louvre Museum brought light to the importance of Guatemalan sculpture, particularly throughout the 17th and 18th centuries. He suggests that we should not use the word “colonial,” as it implies lesser. As we continue to study Guatemalan history today, with a new wealth of knowledge, we visit new concepts.

The Council of Trent (1545-1563), held by the Catholic Church in Italy, proclaimed that architecture, painting and sculpture had a role as media for propaganda, and any works depicting Christ’s suffering and explicit agony were desirable and proper. This was transmitted in the Guatemalan sculptures made in the sculpture workshops of Antigua (then Santiago de Guatemala). The most famous sculptors are Quirio de

Cataño, Mateo de Zúñiga and Alonso de Paz. Differences in Guatemalan sculpture include particular tenderness and melancholy in the facial expressions. The amount of detail in the creases in the robes and longer proportions is notable. All of the sculptures are made out of cedar (termites don’t eat cedar) and have appliques with paint and then varnish. We have some of the most expressive sculptures!

This contributes to the emotion felt by the faithful as many of the figures are processed around Antigua. Processional figures like the Buried Christ (Señor Sepultado) are in the processions during Holy Week and for anniversaries—such as the one from 4-9 p.m. on **November 2** from Escuela de Cristo commemorating the 64th anniversary of the Holy Vigil and Procession honoring the dead.

I thought that almost all of the religious art was found in the large number of churches in the city. We know that all of the art in colonial times was religious except for a few family portraits. Malgouyres pointed



NAZARENO PHOTO COURTESY OF JOSÉ CARLOS FLORES

out that all wealthy families had large collections of religious art, sometimes surpassing those from their nearby church. These works were taken to Guatemala City when the capital moved from Antigua after 1774. Today, one of the finest sculptures (Malgouyres gives this a “10”) is the San Miguel Archangel found at the Silver Museum at the Paseo de los Museos. The silverwork on the hands and expressive face are exceptional. 



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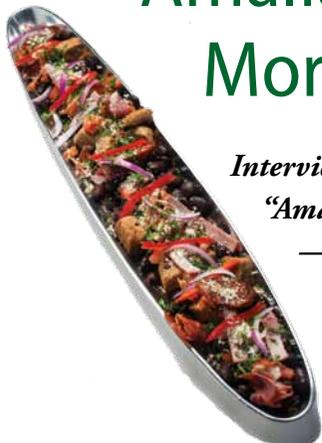
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Amalia Moreno-Damgaard

*Interview with the author of
“Amalia’s Guatemalan Kitchen
—Gourmet Cuisine with a Cultural Flair”*



Understand your Guatemalan grandmother initially taught you to cook. How much of your cookbook was influenced by her?

I would say a lot. My grandmother did not intentionally teach me to cook. I learned by observing and helping her. My approach to cooking is simple, and this I learned from her in addition to great cooking techniques, tips and recipes.

Other than your grandmother, what chef has inspired and motivated you? Julia Child, because she was a regular person cooking candidly, without fuss.

I read that you trained at Le Cordon Bleu. What did you find most challenging about the course?

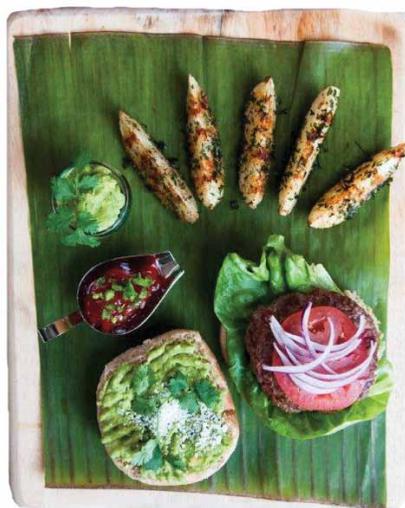
Spending long hours in the kitchen on my feet.

How long did it take you to write your cookbook?

4½ years.

What inspired you to keep writing?

My passion and desire to let Guatemalan cuisine be better known outside Guatemala.



Hamburguesas de Bisonte con Papitas

Cooking in Minneapolis, how did you find Guatemalan ingredients to write a cookbook from your home in the USA?

Through years of testing I have learned to adapt and find suitable substitutes for ingredients that up to this day are not available at Latino markets in the U.S.

What do you miss most about Guatemalan markets?

Freshness, variety, color and culture.

As you have said in one of your YouTube videos, Guatemala cuisine is not well known outside of Guatemala. Has it been a challenge persuading Americans to embrace the food?

No. Americans are open minded and welcome new ethnic cuisines. They also like learning about other cultures. Americans are also demand-

ing consumers. However, when you have a quality offering they pay attention.

What is your go-to comfort meal?

I like delicious, healthy, basic and simple meals. I love warm corn tortillas filled with frijoles volteados and topped with salsa and queso seco.



We have all had a kitchen disaster. Can you share one of yours and what you learned from it?

I've had many, and the fact that I am a professional chef doesn't exclude me from making mistakes now and then. I had a blender with hot liquids blow up once and repainted my kitchen walls in the process. I have learned to let hot foods cool slightly before blending.

What is the most essential item in your kitchen?

A gas stove. That is the only way you have total control of the heat, and for cooking professionally, that is key. I dislike electric stoves.



Your book would be a great source of information for Guatemalans. Will you print a version in Spanish at some point?

Yes. After my cookbook launch events in Guatemala and Antigua and 14 interviews with the Guatemalan media the first week of September, I became

aware that there's interest. However, I am working on a second book now and will probably work on a Spanish version of the first one after the second book is published.

What is the best piece of advice you would share with a novice cook?

Start slow. Don't be intimidated by other people's abilities in the kitchen. Work at your own pace and determine your style. Follow your heart, taste buds and nose. Have fun. 🍴



Chef Moreno-Damgaard in the kitchen



Interested in the cookbook? See page 58.

Shannon McCullough is a writer living in La Antigua Guatemala. He is currently writing a book on cooking and entertaining in Guatemala.



Garifuna Vibrations

1635: Two Spanish ships approached the Windward Islands after a long voyage that began at the slave markets of Dakar. They had been losing precious cargo along the way due to spoiled water supplies and hoped to replenish in the islands before continuing to Hispaniola.

Over 100 years had passed since Europeans had “discovered” these islands but the native Kalipuna and Arawak Indian populations still held on strong. Navigation arts, primitive as they were, informed the captains of the vessels

Trinidad and Santa Isabel that they were nearing the island of Saint Vincent, known to its native inhabitants as Tornabyá. At first the locals had been hospitable to their strange bearded visitors from another world, but when the indigenous chief learned the truth about the kind of business these ships were involved in, slavery, a natural enmity evolved, and he hatched a plan to thwart the great evil.

A lookout ran into the village shouting that some ships were clawing along the coast looking for the cut in the barrier reef. Several score

of men rushed up the beach with torches ablaze intent on deceiving the Spanish into thinking that their village was not where it really was, to lure them close in to the reef until it would be too late. And before there was any time to come about, the Trinidad, followed blindly by the Santa Isabel, crashed.

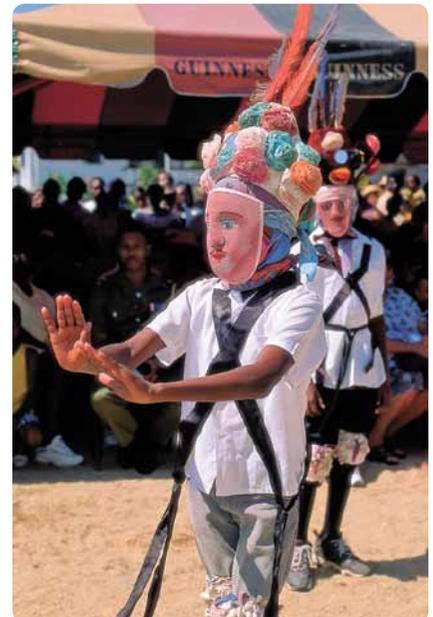
Both were violently driven up by the waves upon the jagged, knife-sharp rocks. Men shouted, rigging cracked and groaned, and captains gave futile orders to put anchors astern to winch them back into depth



Member of the Ebolite dance troupe, Punta Gorda



Making hudut, mashed green plantain



Performing the Wanaragu dance



Celebrating a Garifuna festival in Sambo Creek

as the wooden hulls were smashing to pieces.

Some Christian among them, some unknown soul, took pity upon the doomed slaves and unlocked their shackles. Tradition mandated that slaves must go down with a wrecked ship so as not to pose any threat to the captain and survivors—but this time the African gods were with them and some managed to make it to the beach to be greeted by friendly natives. FREEDOM! DELIVERANCE!

The survivors were all able-bodied Senagalese—somehow no Spanish sailors lived to tell the tale. Though not sharing a common language the chief did address the survivors, some 100 souls, mainly men and a dozen or so women, and the tone of his voice and the gestures he made let them know that they were all welcome on his island.

Over the ensuing months the would-be slave immigrants learned to work with the islanders fishing, cultivating the nutritious cassava root and building thatched-roof cabins. And, as might be expected, some of the local girls found the strong, black African men to be attractive.

The melding and amalgamation of the two races gave rise to a new people: the Black Caribs, later to become known as the Garifuna. Looking decidedly African, with a pronounced reddish tone to their skin, the Garifuna to this day speak a variation of the Arawak language.

The Garifuna (technically their tribal name is “Garinagu”) are universally known by the name of their language, not their tribe. They were fiercely independent from the beginning and resisted any and all attempts by the colonial powers to subdue or

enslave them. A century later British colonial authorities held sway over the Windward Islands and were getting tired of fighting with the growing Garifuna population.

Disease had solved the “Indian problem” throughout most of the islands but the free Black Caribs continued living in their own communities, close-by the slave-owning Europeans and their sugar plantations. This situation became ever more problematic for the plantation lords, as escaped slaves would routinely seek refuge with the freemen.

A “final solution” was ...cont. page 105



Preparing cassava bread



2013
Spirit

by
Sri Ram Kaa
& Kira Raa



A HEALTHY TASTE OF TRADITION!

IMAGE BY PHOTOS.RUDYGIRON.COM

Yum! The típica food of Guatemala... stimulating to the senses! From the complex flavors of a simmering pepián to the everyday staple of a corn tortilla, your palate will ask for more. These unique flavors are part of the authentic Guatemalan experience, and you can enjoy all of that rich flavor and tradition without compromising a healthy lifestyle.

When we relocated to Guatemala and opened a luxury vegetarian resort, there were many who were skeptical whether the creation of healthy, gourmet típica fare was possible. Our goal was to create inspired cuisine that would tickle the taste buds while

satisfying even the heartiest meat-eater and savvy Guatemalan.

With an abundance of fresh vegetables available year round at every mercado, all that is needed is a creative eye toward the preparation of healthy meals. Imagine the aroma of fresh seeds roasting on the grill as a traditional pepián is being prepared. Instead of meat we simmer chunks of unique vegetables and substitute additional spices instead of oils. The results are a savory satisfaction.

Guatemala offers wonderful corn flours. Rather than using heavy fats and oils found in traditional tama-

les, we prefer making them light and fluffy by substituting coconut oil, a tiny touch of baking powder and chilipin. (We lovingly refer to this as Mayan spinach.) We smother these treats with spiced toppings and fresh salsas. Tamales are steamed in traditional corn husks and offer bountiful flavor without the calories of added oil.

Another favorite food is the doblada. This popular food is typically deep-fried and filled with a meat and potato filling. We incorporate East Indian flavors with this native dish and use a filling of mashed potatoes and chopped veggies. They are baked

...continued page 50

*Sri and Kira have authored several books and are the owners of TOSA La Laguna.
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Great Destinations
 text/photos by Tara Tiedemann
 TRAVEL WRITER
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TO MARKET, TO MARKET

IMAGE BY PHOTOS.RUDYGIRON.COM

One of the best things about living in Guatemala is the markets. Local markets can be found all over the country, from the biggest cities to the tiniest aldeas. They are the go-to for fresh and in-season produce and a gathering place to chat with neighbors and learn what is going on around town.

Of course, La Antigua too is blessed with an amazing market; it is my favorite place to browse and take advantage of the freshest fruits, vegetables and flowers at great prices. The main market days in Antigua are Monday, Thursday and Saturday. However, that doesn't mean that the

market doesn't exist on the other days. Sometimes I actually prefer not going on "market days" for a little extra elbow room and the tranquility to wander a bit more slowly around to check out the goods.

All locals have their favorite vendors for certain things, and I've found my favorite stalls for strawberries, pineapple and watermelon, too. It is nice to go back to the same ladies to chat a bit and as a returning customer you are usually given a good price and little tips on what is the most fresh or a new product that has just come into season.

Speaking of in season, the end of the rainy season is a great time to

take advantage of a variety of tasty treats at the peak of their ripeness. Have you tried nispero yet? It is a little yellow fruit, about the size of a large grape that grows on a tree. Just peel the skin away and pop one in your mouth and savor the sweet and tangy juices. Watch out for the pits, though. You may even be able to find a local sweet wine made out of the fruit at the market.

Also in season right now, especially in the Antigua area, are the jocotes. Have you seen a sign for the neighboring town of Jocotenango? Well, "tenango" means "place of" and so Jocotenango—you guessed it—is the place of jocotes. ...continued page 52

NÍSPEROS



JOCOTES



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M@donnas: Reinterpretations of the Image of Mary



Rainbow Madonna. Oil on canvas, 30" x 30"

The work of artist Patrick McGrath Muñiz reveals connections between Spanish colonial art, mythology, the image of the Virgin Mary, consumerism and pop culture imagery. In *M@donnas*, his upcoming exhibition at La Antigua Galería de Arte, McGrath Muñiz offers a satirical look at how “economy and culture of former colonies have become heavily influenced and indoctrinated by new colonial powers, large trans-national corporations and the global market economy.”

In an interview with *Revue*, McGrath Muñiz spoke about his art and the vision for this highly anticipated exhibition.

Revue: Your work presents viewers with traditional religious imagery, astrology, commercial logos and pop culture icons. How did you arrive at that combination?

Muñiz: I travel a lot, especially in the Americas, and I started noticing that churches and fast-food restaurants seemed to use similar tactics, logos and distribution methods. The church indoctrinates the natives and disseminates propaganda. Corporations ruling the world economy imitate that same predictable system of logos and branding and disseminate consumerism pretty much the same way. I began to draw connections

between Spanish Colonial iconography, which is religious imagery, and the Neocolonial, which is pop culture, mass media culture, consumerism, Hollywood culture, etc.

Gradually, I started to see more of a relationship between religion and Greco-Roman mythology, where you see Venus deriving from Aphrodite and Christian images of the Virgin Mary, sharing these pagan roots. I noticed even more connections among mythology, archetypal astrology, tarot and alchemy, and it became even more esoteric. I began to see archetypal significance to branding, logos and labels. These are universal patterns that repeat them-



Virgen Protectora del Libre Comercio. Oil on canvas, 48" x 48"

selves throughout history. Whether it was 500 years ago in the colonies or today, we still see the same stories, the same narratives. Different names, different characters, different places, but the same meanings, the same kind of agenda. So that's really what my work is about.

Revue: Why did you choose to focus on Madonnas for this show?

Muñiz: I always wanted to do a project that was all about the Virgin Mary, which is an image very dear and close to me—one I grew up with in Puerto Rico. The image is all about relationships: the relationship

between the child and the mother, the relationship between the former colony and the colonial power. So I try to find a relationship between this image of the mother and child and that same relationship in contemporary issues, like immigration, how the mass media is looking down people and talking to us as children, etc. I use those very subtle strategies in my work in order to appeal to that same archetype.

Revue: I expected to get a very negative feeling from a painting where, for example, a Madonna is surrounded by smoke-belching factories and oil company logos, but I don't find

that sadness in your work. What does that suggest?

Muñiz: I think it suggests optimism. Before this project, I was dealing very seriously with environmental issues, political issues, gun control rights, everything. Then I came to the conclusion that I should lighten up. It's just a way of trying to deal with all of these issues that is beautiful. That's what I try to do with my work, to create a utopian—but at the same time dystopian in disguise—depiction of our neocolonial present. There's some contradiction there, but I'm fine with that.

The contemporary art scene is very much obsessed with this shock culture. When you see a religious image in terms of contemporary art, you would be expecting something to shock you and to be very negative and controversial. I don't think it all has to be so boringly shocking. Why not make a beautiful image that is a pleasure to look at, but is also subtle and brings the message home? That's what I'm trying to do. At the same time, the mother archetype usually evokes positive thoughts, but as in all archetypes, it also has a shadow side. I wanted that shadow side to be very subtle—very much a second read that you have to discover on your own. You need to look to find the things that are out of place or in place, depending on your perspective. ...continued page 76

datebook

NOVEMBER 2013 GUIDE TO CULTURE AND UPCOMING EVENTS

COMPILED BY MERCEDES MEJICANOS

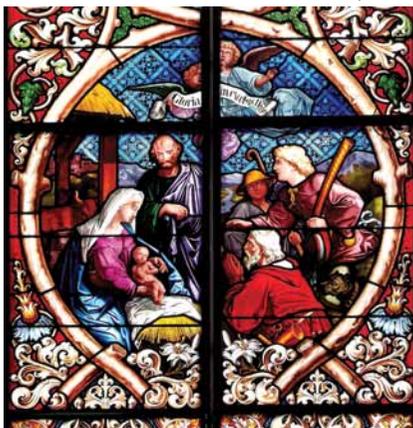
Through Sat., 16 — FESTIVAL Ixchel, Arte de mujer V edición by Naik mader. Locations: Guatemala, Quetzaltenango and Antigua. For information and details, visit www.artenaik.org or [Facebook.com/festival.ixchel](https://www.facebook.com/festival.ixchel) ▼



Fri., November 1 — CELEBRATION: All Saints Day. Guatemalans prepare fiambre, visit cemeteries bringing flowers to honor departed family and friends. Special celebrations, incl. Santiago and Sumpango Sacatepéquez flying huge kites. Most banks and businesses closed. **Countywide** See related article: www.revuelta.gt (pg. 32).

4 Mon., through Fri., 8, 9am-12pm — (Spanish) TALLERES PARA NIÑOS: ¡Aprende jugando! **lunes:** Deja tu huella en piedra; **martes:** Jugando al arqueólogo; **miércoles:** Descubriendo historias; **Jueves:** Músicos de Bonampak; **viernes:** Las fiestas de Guatemala. Q50 por día. Museo Popol Vuh, 6a Calle final, z. 10, Universidad Francisco Marroquín, **Guatemala City**

5 Tues., through Fri., Dec. 13 & Mon., Jan., 6 - Sat., Feb., 8, 2014 — EXPOSITION: *Los misterios de la Navidad*, nativity scenes from around the world. Q20, students with carnet Q15. Casa Mima (tel: 2253-4020), 8a av. 14-12, z. 1, Centro Histórico, **Guatemala City** ▼



7 Thurs., 7pm — CLASSIC FILMS (English): *Black Orpheus*. Free, purchase of food or beverage appreciated. Numa Restaurant, 7a av. norte #16, **La Antigua**

7 Thurs. — MURAL: Within the XVI Festival del Centro Histórico, *Testigos urbanos*, an immense mosaic of street dogs by photographer Eny Roland Hernández combined with the work of painter Jorge Mazariegos, presented on a 2.45 by 53.2 wall. 7a av., z. 1, **Guatemala City** ▼



5 Tues., 5:30pm — MAYAN DANCES: K'a k'a' Saqarik-Nuevo Amanecer/ New Dawn is a local charity dedicated to helping more than 30 indigenous children living in San Andrés Itzapa. The work includes keeping them in good health, maintaining their education and preserving local Mayan traditions such as language and dance which are currently being lost at an alarming rate. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

6, 13, 20 & 27 Wed., 9-11am — (Spanish) CURSO: *La vida, el arte y la música en la Guatemala colonial*, impartido por Dieter Lenhnhoff. Contribución: Q720. Estudiantes y/o guías de turismo Q540. Museo Popol Vuh, 6a calle final, z. 10, Universidad Francisco Marroquín, **Guatemala City**

7 Thurs., 6:30pm — (Spanish) CONFERENCIA: *Textiles prehispánicos*, dictada por Bárbara de Arathon. Contribución: Q30. Estudiantes y/o guías de turismo Q15. Museo Popol Vuh, 6a calle final, z. 10, Universidad Francisco Marroquín, **Guatemala City**

8 Fri., 6:30pm — DOCUMENTARY: *Half the Sky: Turning Oppression into Opportunity for Women Worldwide*, a segment (40 min.) from this four-hour documentary. ECPAT Executive Director Dr. Maria Eugenia Villareal to lead a post-screening discussion on human trafficking in Guatemala. Free; donations gratefully accepted. Food & drinks available for purchase. Brought to you by Democrats Abroad Guatemala. Segafredo, 5a av. #10, **La Antigua** See press release on page 40.

9 Sat., 5pm — MUSIC: *Más música, menos violencia*. Mesón Panza Verde proudly presents a unique musical recital by students of Sistema de Orquestas de Guatemala, (SOG). All proceeds support SOG and its programs. Suggested donation, Q150. Info. & reservations, tels: 7955-8282 & 7832-2925. Mesón Panza Verde, 5a av. sur #19, **La Antigua** ▼



9 Sat., 11:55am — OPERA FOR ALL: *Tosca* (Puccini), featuring Patricia Racette, Roberto Alagna and George Gagnidze; produced by Luc Bondy. *Live in HD*; Q130/Q105, students w/carnet. (TRANSPORTATION from Xela: 5am — Meet in front of IGA, 14a av., z. 1, near central park, returns at 7pm; info, tel: 5697-4440.) IGA (tel: 2422-5555), Ruta 1, 4-05, z. 4, **Guatemala City**

9 Sat., 4-7pm — ART: *M@donas*, a solo exhibition by Puerto Rican artist Patrick McGrath Muñiz. "The collection of oil paintings on canvas and wood are inspired by the sacred imagery of the Virgin Mary from Spanish colonial art. By recontextualizing, the work responds to some of the current global and neo-colonial issues that affect the Americas today. As in most of my work, I appropriate propaganda tactics and painting devices from the time of the conquest and colonization of the Americas in order to provide historical continuity and a link between the colonial and the neo-colonial narratives. Even though one might sense the implied negative effects, the narratives inhabited by baby angels, animals and other fictional characters project a light of satire, charm and even optimism onto the ecological and socio-cultural issues in question." — Patrick McGrath Muñiz Through Dec. 8. La Antigua Galería de Arte (4a calle oriente #15), **La Antigua** See interview with artist, pg. 20 ▼



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

8 Fri., through Sun., Jan., 19, 2014 — ART: Works by Edín Morales within the XVI Festival del Centro Histórico. Edificio del Centro, local 218, 2nd level, 7a av. y 9a calle, z. 1, **Guatemala City**

9 Sat., 2-4pm — OPEN HOUSE: Oxford Bilingual Montessori, parents & kids are welcomed! Join us to learn how Oxford Bilingual Montessori creates a stimulating environment where students are participants, problem solvers, and planners. Knowledge is constructed through play, direct experience and social interaction. 1a av. #35, (tel: 7832-5969), Centro Luterano, **La Antigua**

10 Sun., 3-4pm — GRAND OPENING: Newly-opened artisan shop, *Armonia-Harmonia*, stop by and visit; also enjoy the sounds of musical guests Soleado Blues performing acoustic blues, folk & rock. Armonía-Harmony, 5a calle poniente #4-C, **La Antigua** ▼



11 Mon., 11am-2pm — CUT-THON: Within Golden Studio's 4th anniversary the salon will host a fundraiser with proceeds from haircuts and/or your donations to benefit Unidos para los Animales. This small, local organization is dedicated to rescuing and rehabilitating dogs and puppies. More info., contact Melissa Collins, tel: 4937-0244 or info@goldenstudioantigua.com **La Antigua** (See related article on pg. 70)

Please submit your DATEBOOK entry for the DEC. 2013 edition by Nov. 11



13 Wed., 5pm — ART: A dialogue in two parts by Kass & Eric Mencher. Mesón Panza Verde (tel: 7832-2925), 5a av. sur #19, **La Antigua**

12 Tues., 5:30pm — TALK: *Eco-filtro: One, Changing the cycle-Providing clean water to families in rural areas in Guatemala*, presented by Julio Meléndez and Sam Snyder. Ninety percent of rivers and streams in Guatemala are contaminated. Wells, springs, tap water—it's not a good water source unless it's clean. The best way to make water filtration a sustainable solution, and not just a charitable gift, is to help people secure filters for the rest of their lives. Donation Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

12, 19 & 26 Tues., 6:30-8:30pm — (Spanish) CURSO: *La Inmaculada Concepción en Guatemala* por Miguel Álvarez. Q575/estudiantes y/o guías de turismo: Q435. Museo Popol Vuh, Universidad Francisco Marroquín, **Guatemala City**

13 Wed., 6pm., 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. Auto-graphed books available. Hotel Sor Juana, 4a calle oriente #45, **La Antigua**

14 Thurs., through Sat., 16 — KNOWLEDGE BOWL COMPETITION: 11 schools competing. The Association of American Schools Central America. Colegio Maya, **Guatemala City**

16 Sat., night — RAINBOW's 21st ANNIVERSARY BASH, live music, special offers, and surprises for our great customers who have supported us over the year and are a part of the Rainbow Café and Reading Room Family! Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

19 Tues., 8pm — MUSIC: Una noche con Sinatra, singer José Andrés Barrios and the band Germán Giordano. Q100. Info. tel: 5743-0061. Auditorio Dick Smith, IGA (tel. 2422-5555), Ruta 1, 4-05, z. 4, **Guatemala City**

19 Tues., 5:30pm — TALK: Project Somos (www.projectsomos.org) an eco-sustainable village for orphaned & abandoned children near Tecpán, Chimaltenango. Founders Greg Kemp and Alicia Knox, with Guatemalan architect, Cecilia Rodriguez speak about the amazing benefits of sustainable construction for building projects. Although Project Somos is about taking care of kids, they want to share their building discoveries in the construction phase; It's simple, cheap, fast and a superior quality to block construction. Donation Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

19 Tues, Thurs., 21 & Tues., 26, 3-5pm — (Spanish) TALLERES PARA NIÑOS: *Manos sobre la arcilla ¡Ven y elabora tus propias piezas!* para niños de 8 a 12 años. **martes 19:** *Modela personajes de leyenda;* **jueves 21:** *Modela animales;* **martes 26:** *modela objetos de navidad.* Q30 por día. Museo Popol Vuh, 6a Calle final, z. 10, Universidad Francisco Marroquín, **Guatemala City**

20 Wed., 2pm — TOUR: Open Windows Learning Center, San Miguel Dueñas; join David Dean on a visit to this educational and community development foundation. Meet in front of the Cafe Condesa, Central Park; return by 3:30pm. FREE! www.openwindowsfoundation.com, **La Antigua**. See related article, pg. 12 (May 2013, www.revue.gt)

21 Thurs., 7pm — CLASSIC FILM (English): Coen brothers, *Blood Simple*. Free, purchase of food or beverage appreciated. Numa Restaurant, 7a av. norte #16, **La Antigua**

21 Thurs., 6:30pm — (Spanish) CONFERENCIA: *Arqueología en la Cuenca Mirador*, dictada por Richard Hansen. Contribución Q30, estudiantes y/o guías de turismo Q15, parqueo tarifa única Q30. Museo Popol Vuh, 6a calle final, z. 10, Universidad Francisco Marroquín, **Guatemala City**

22 Fri., time TBA — KIDS ANNUAL CHARITY DINNER: The KIDS run the KIDS restaurant and they take English classes and computer lessons at the Education Center of TESS Unlimited. More info/reservations, tel: 4550-7798 or 5279-6976; email kidsrestaurant@gmail.com Ubi's Sushi (tel: 7832-2767), 6a av. sur #12-B, **La Antigua**.





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Cooperación Española (tel: 7932-3838),
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poniente), *La Antigua*

Museo Popol Vuh (tel: 2338-7937), 6a
calle final, z. 10, *Guatemala City*

Museo Ixchel del Traje Indígena (tel:
2361-8081) 6a calle final, z. 10, *Guate-
mala City*

REVUE mini Cultural Guide

Tuesday Evening Lecture Series
Rainbow Café (tel: 7832-1919),
7a av. sur #8, *La Antigua*

Theater
Teatro Dick Smith IGA (tel: 2422-5555),
Ruta 1, 4-05, z. 4, *Guatemala City.*

Monthly Art Exhibitions

El Attico (tel: 2368-0853), 4a avenida
15-45, z. 14, *Guatemala City*

Galería Panza Verde (tel: 7832-2925),
5a av. sur #19, *La Antigua*

La Antigua Galería de Arte (7832-2124),
4a calle oriente #15, *La Antigua*

23 Sat., 6:30pm — FASHION SHOW: The latest collection created by the weaving association Aj Quen under the brand TRIBU. Cultural Center Cesar Brañas, **La Antigua**. See related article on page 107.

23 Sat., 7:30pm — DANCE: *Tribal Fusion* bellydance by dancing goddess Pandora Michelle Gallardo and students from her academy. Q100 pre-sale (De Museo Century Plaza and Miraflores), Q125 day of the event. Profits benefit Tutorías del Santo Hermano Pedro. Teatro Dick Smith, IGA (tel: 2422-5555), Ruta 1, 4-05, z. 4, **Guatemala City** ▼



23 Sat., 10am — (Spanish) CHARLA: *Aromaterapia*, ven y conoce el uso de aceites esenciales, vegetales y sus beneficios. Gratis. Vivero y Café de la Escalonia, 5a av. sur final #36-C, **La Antigua**

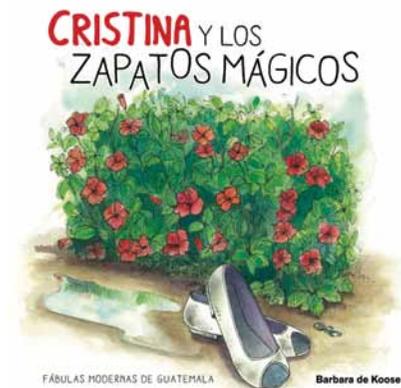
23 Sat., 6pm — MUSICAL: *Navidad en Colores*, grupo musical, coro y bailarines, incluye extracto del Cascanueces. Donation Q50; children Q25. Ermita de la Santa Cruz, **La Antigua**

26 Tues., 5:30pm — TALK: ARCAS: Rescuing Guatemalan Wildlife. The Wildlife Rescue and Conservation Association (ARCAS) is the leading advocate for the rights of wild animals in Guatemala. In the Department of Peten, it manages one of the largest and most success wildlife rescue centers in the world, receiving 300-600 animals of 40+ species per year, the majority confiscated from wildlife traffickers. Presentation includes wild (non-releasable) animals. Donation Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, **La Antigua**

26

26 Tues., 6:30pm-10pm — SEMINAR: *Relationship Tantra - Expanding Women's and Men's Sexuality*. This event brings together several international speakers from the fields of sacred sexuality, health and shamanism. Subject matter includes removing physical & energetic blockages; understanding masculine/feminine polarities; expanding into a more energetic experience of life & sexuality. Q250.00/3½ hours. Reservations recommended, door admission is space available. (More info: www.guatemalatraining.com) Café Flor, 4a av. sur #1, **La Antigua**

26 Tues., 7pm — BOOK PRESENTATION: *Cristina y los Zapatos Mágicos* by Barbara Koose. Organized by Fundación G&T Continental. Instituto Italiano de Cultura (tel: 2366-8394), 16 calle 2-55, z. 10, **Guatemala City** ▼

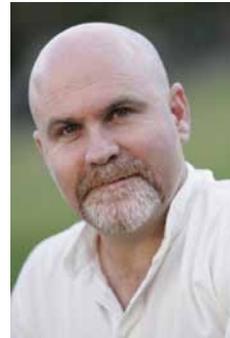


27 Wed., 7pm — BOOK PRESENTATION: *Un dulce rezo* by Rita Vilanueva and Miguel Álvarez. Organized by Fundación G&T Continental. Salón Quetzal del Hotel Vista Real, prolongación Blvd. Los Próceres, km. 9, z. 15, **Guatemala City** ▼



28 Thurs., noon till 10pm — THANKSGIVING PARTY: Special menu. Reservation suggested. Cueva Panza Verde (tel: 7832-2925), 5a av. sur #19, **La Antigua**

28 Thurs., 6pm-9:30pm — SEMINAR: *Expanding Women's Sexuality* with speaker Andrew Barnes, author of "Heart of the Flower" and "Relationship Tantra." Q250.00/3½ hours. (More info: www.guatemalatraining.com) The Sanctuary, **San Marcos, Lake Atitlán**



30 Sat., through - Fri., Dec. 6 — RETREAT: *ISTA Spiritual Sexual Shamanic Experience Level 1*, a six-day residential retreat facilitated by Baba Dez Nichols (founder of ISTA—the international school of temple arts); Araminta Barbour, Andrew Barnes and special guest Karina Velasco. Info: www.guatemalatraining.com; tel: 3234-2058; reservations: info@guatemalatraining.com. Villa Sumaya, **Santa Cruz la Laguna, Lake Atitlán** ▼



La Antigua
Galería de Arte

Presents

“M@donnas” by

Patrick
McGrath Muñoz



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Wednesdays, 8-10pm — Jazz Duo with Lisandro de Leon
Q35 cover

Thursdays, 8-10pm — Buena Vista de Corazón, Ignacio
Perez on congas and Aniet Gonzáles on flute. Q35 cover

Fridays, 8-10pm — Latin Trio, Denis Medina on Cubano
Tres. Q35 cover

Saturdays, 5-6:30pm — Seth Montfort and Friends. "A
weekly musical experience" including recitals by: Diego
Noack, Amelia Rivera, Julio and Cesar Barrios. (suggested
collaboration Q100)

Saturdays, 8-10pm — Guitarra Latinoamericana. Q35 cover

Nov 2: — Seth Montfort,
classical piano



Nov 9: — Más Música Menos
Violencia, los niños del núcleo
Santa Fe

Nov 16: — Diego Noack
& Sergio Zepeda, guitar
and piano, original com-
positions



Nov 23: — Ron Noecker,
classical piano



La Peña de Sol Latino

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

Mondays — 7-10pm: Monday Keny Molina and
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Tuesdays — Charli: His voice and his guitar

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



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

Tel: 7840-4036 Km 86.5, Carretera Interamericana, Tecpán

- Saturdays** — 7pm-10pm: Live music

live music

30 Sat., 6pm — DANCE: Annual ballet presentation by Escuela de Danza Gilda Jolas. Tickets available now Q30, afternoons at calle del arco #25; on the evening of the event, Q40 at the venue. Monumento San Jerónimo, Calzada Santa Lucía norte final, **La Antigua** ▼



THROUGHOUT THE MONTH

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

Mondays, 10am & Thursdays at 2:30pm: Common Hope offers a free 2-hour village tour to learn about its education, health care and housing programs. Departs: fountain, central park; also private tours avail., tel: 7922-6600. Visit www.commonhope.org. **La Antigua**

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

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

Thurs., 8:30am — TOUR: Visit Ciudad Vieja and 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@ninosdeguatemala.org; tel: 7832-8033. **La Antigua/Ciudad Vieja**

Thursdays, 5-6pm — DOCUMENTARY: Wings presents *Blessed Fruit of the Womb: The Fight for Reproductive Rights in Guatemala*. Free. The Bagel Barn, 5a calle poniente #2, **La Antigua** ▼



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

Saturdays, 11am — TANGO CLASSES: *Tango for beginners* with Víctor Melchor. For classes, fees and details contact: tel: 7832-0924 or tangoantigua@gmail.com Panza Verde (tel: 7832-2925), 5a av. sur #19, **La Antigua**

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**

Saturdays, 5pm — MUSIC: Seth Montfort and friends play 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**

Sundays, 11am — (Spanish) TEATRO: *El Árbol*, con un interesante mensaje ecológico. Q50. Teatro Dick Smith, IGA, Ruta 1 4-05, z. 4, **Guatemala City**

PLAN AHEAD

Handel's Messiah — **Dec. 3** at the National Theater, Guatemala City & **Dec. 4** at Casa Santo Domingo, La Antigua. Tickets are on sale at TodoTicket, tel: 2385-6965; also at the National Theater box office; Casa Santo Domingo and Joyeria del Ángel in La Antigua. Prices for the Guatemala City performances are platea Q250, balcon I Q125, and balcon 2 Q60. Prices for the La Antigua performance are Q300 preferential and Q200 general admission. See related press release on page 32.

ART + WATER + LIFE — **Dec. 14**: Ecofiltro will transform its ceramic filter models into masterpieces of art! Well-known artists will participate in a day-long event at the Ecofiltro factory that will exhibit for sale unique filter models with the design and style of popular Guatemalan artists. Participating artists: Arturo Monroy; Sergio Valenzuela, Enrique Cay, Erwin Guillermo, Doniel Espinoza, Pierre Turlin and Pablo Swezey. Proceeds from the sale will help the Ecofiltro:one foundation reach rural communities with clean water through their unique "water for life" program. For more information on this fun event contact Ariana Pizzatti at apizzatti@ecofiltro.com ▼



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PRESS RELEASE:
PLAN AHEAD

Handel's Messiah

*Performances in Guatemala
City and La Antigua*



Professional soloist Sam Lowry had no idea what to expect when he jumped on a plane in wintry Chicago a late November day in 2005 and headed to Guatemala to sing in the Guatemalan Community Choir's production of Handel's Messiah. He had never been to Central America and had certainly never performed as a tenor soloist with a crowd of nearly 100 volunteer choir members he had never met.

"I resolved to approach this trip as I did every other singing 'gig' ... be polite, perform to the best of my ability and head home as soon as the concert is over," says Lowry, who this year marks the 10th anniversary of his participation in the Messiah Christmas concerts produced by Betty Whitbeck and directed by Debby Lyttle.

"When the concerts were over, I was the one who was inspired. I was inspired by Betty and the hundreds of people who had dedicated months of their time and energy for the same common goal: to put on a concert of beautiful music for the people of Guatemala. And they don't do it for their own glory, but as a way of raising money to ease the burden of those less fortunate than themselves."

Ten years after Whitbeck decided to produce the Messiah concert as a testament to her love of the music and her love of Guatemala, the annual event has become a cherished holiday tradition for choir members, invited soloists and the hundreds of families who enjoy the two performances held each year in Guatemala City and La Antigua.

All proceeds from the concerts are donated to charities and institutions that support education for needy children. Over the years funds have been donated to help create an enclosed playground for children who live in the Guatemala City dump, an anti-bullying program in Chichicastenango, and a school for gifted children in need in the country's capital.

"Our family has always loved this work by Handel, and we have always been very committed to contributing to improving the lives of other Guatemalans," says Whitbeck.

Liz Cass, another one of the soloists who has sung in the event since 2008, agrees.

"I am deeply honored to join my friends in making music each year here in Guatemala," she says. "This program

brings us together for all the right reasons. We have the opportunity to raise money for the purpose of uplifting and empowering the next generation, and you simply cannot put a price on that. When we make music together, it's an opportunity to bring joy and healing to Guatemala and the world."

Soprano JJ Hobbs, baritone Phillip Hill and trumpeter Randy Sontag will also return for the anniversary performance. They will be joined by Guatemalan soloists Ana Rosa Orozco and Carlos Salazar, who performed in the original concert 10 years ago.

The concerts this year will take place on **Dec. 3** at the National Theater in Guatemala City and on **Dec. 4** at Casa Santo Domingo in La Antigua. Tickets are on sale at TodoTicket, tel: 2385-6965, also at the National Theater Box Office, Casa Santo Domingo and Joyería del Ángel in La Antigua Guatemala. Prices for the Guatemala City performances are platea Q250, balcon I Q125, and balcon 2 Q60. Prices for the La Antigua performance are Q300 preferential and Q200 general admission.

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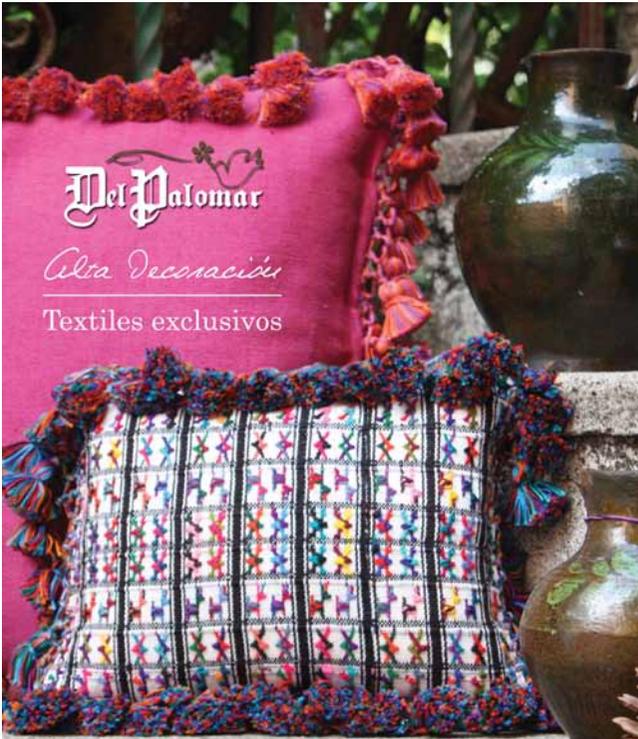
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Guatemalan ARTISANS

text & photos by
Hilary Kilpatric

Tradiciones en Madera

“Carving wood is in my blood, and I have been doing it since I was little. I started out selling the pieces that my uncles made, and then they taught me how to make my own,” explains Manuel Delfino, the father and leader of Tradiciones en Madera.

Tradiciones en Madera is a small artisan group from the Western Highlands. Family members carve the characters from the traditional folk dances out of wood and then elaborately hand-paint them, bringing the characters to life. This craft is a way of keeping these traditions alive for years to come. Tradiciones en Madera carves the characters of several different traditional dances, but mainly the Dance of the Conquest and the Dance of the Deer.

“My grandparents used to tell me the stories of the characters I carve, and about the dances. It makes me



proud to know that I am continuing these traditions and doing my part to make sure that we do not forget the customs of our ancestors,” Delfino says.

Delfino has been doing his craft for 20 years and still loves it. As he reflects on his roots as an artisan he

recalls, “The first piece that I made was a mask of a donkey. I had to paint it over several times before I got it right, but eventually I did, and I sold it.”

Wood carving is a way for Delfino to make a living and still spend time with his family. He learned the craft

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from his father and his uncles and now is teaching his children. Delfino's parents learned from their parents, and he hopes that his children will continue the tradition.

"I am very proud of my work," Delfino explains, "and the best part is that my children help me after school. This allows me to spend more time with them, and the work brings us closer as a family." Delfino also works as a primary school teacher in the mornings and places a high priority on education. However, since teachers do not receive a high salary, and sometimes they are not paid on time or at all, he relies on the income

from his craft to help support his family.

When asked if he wants his children to follow in his footsteps, he answered, "I hope to provide them with an education through my combined earnings as a teacher and an artisan, but I also hope that they continue the family tradition and always practice carving."

When asked about the future, Delfino dreams of "going abroad one day to promote my work on an international stage." 

The wooden carvings made by Tradiciones en Madera can be found in La Antigua at Casa de los Gigantes, 7a calle oriente #18, across the street from the San Francisco Church.





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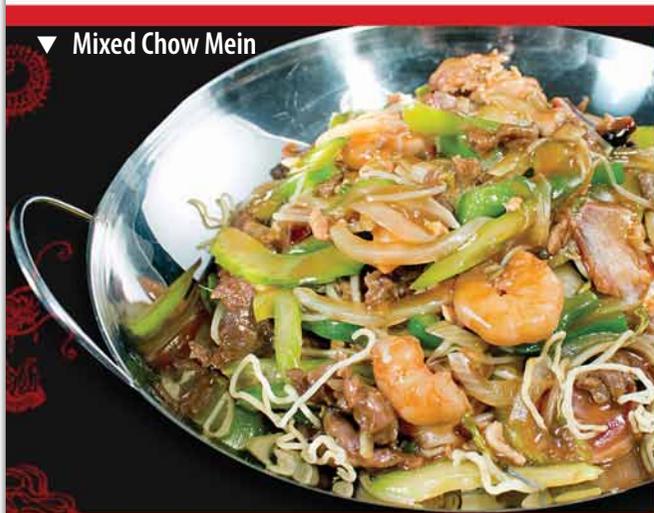
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Entry in the Revue Photo Contest, Nov.
"Tentación" by Mariana Rodríguez de Heffner



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Antigua based Ecofiltro delivered 1,688 ecofiltros to Asociación Verde y Azul for placement in 248 schools that are in the healthy schools program. The schools are located in the Department of Quiché within the municipalities of Chiche and Santa Cruz del Quiché, Chichicastenango, San Pedro Jocopilas.

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Nov. 8, 5-6:30pm

ECPAT Discussion of Sexual Trafficking in Guatemala to follow screening of segment from “Half the Sky”

Democrats Abroad Guatemala will present one 40-minute segment of the four-hour documentary series, *“Half the Sky: Turning Oppression into Opportunity for Women Worldwide”* on Friday, Nov. 8, 5 – 6:30 p.m. on the large screen at Segafredo, 5a av. #10, La Antigua. ECPAT Executive Director Dr. Maria Eugenia Villareal will lead a post-screening discussion on the issue of human trafficking here in Guatemala. Free admission, donations will be accepted. Food and drinks available for purchase from Segafredo.

Half the Sky, inspired by the bestseller of the same name by Pulitzer-winning journalists Nicholas Kristof and Sheryl WuDunn, is a four-hour mini-series tackling worldwide issues in gender-based violence, sex trafficking, education, maternal mortality, and forced prostitution. This screening will focus on one of the most powerful segments of the series, which highlights anti-trafficking leader Somaly Mam to liberate Cambodian girls and young women from sexual slavery and begin their long healing process. The segment features actor Meg Ryan and author Nicholas Kristof.

Human trafficking and sex trafficking are multi-billion dollar illegal industries in the USA, and Guatemala and Central America are corridors of trafficking of girls and boys to the USA. ECPAT International

began working in Guatemala in 2000 to help eliminate sexual exploitation and violence against children and women. Nineteen nongovernmental/nonprofit organizations are part of ECPAT Guatemala’s network, which use research, advocacy, and empowerment to combat exploitation on a regional and national level in Guatemala. Dr. Villareal has led ECPAT Guatemala since its inception. More information is available at www.ecpatguatemala.org.

Democrats Abroad Guatemala Chair John Chudy said, “Women’s rights, children and families, and immigration are critical issues that must remain at the forefront of our both domestic and foreign policies. This film and discussion presentation will be an excellent way to expand our understanding of these important issues.”

Contact: Linda Conard

Email: Sonrisa1122@gmail.com

Event: Sexual Trafficking in Guatemala: Half the Sky Screening and Discussion by ECPAT Guatemala

Date: **Friday, Nov. 8, 2013, 5 – 6:30 p.m.**

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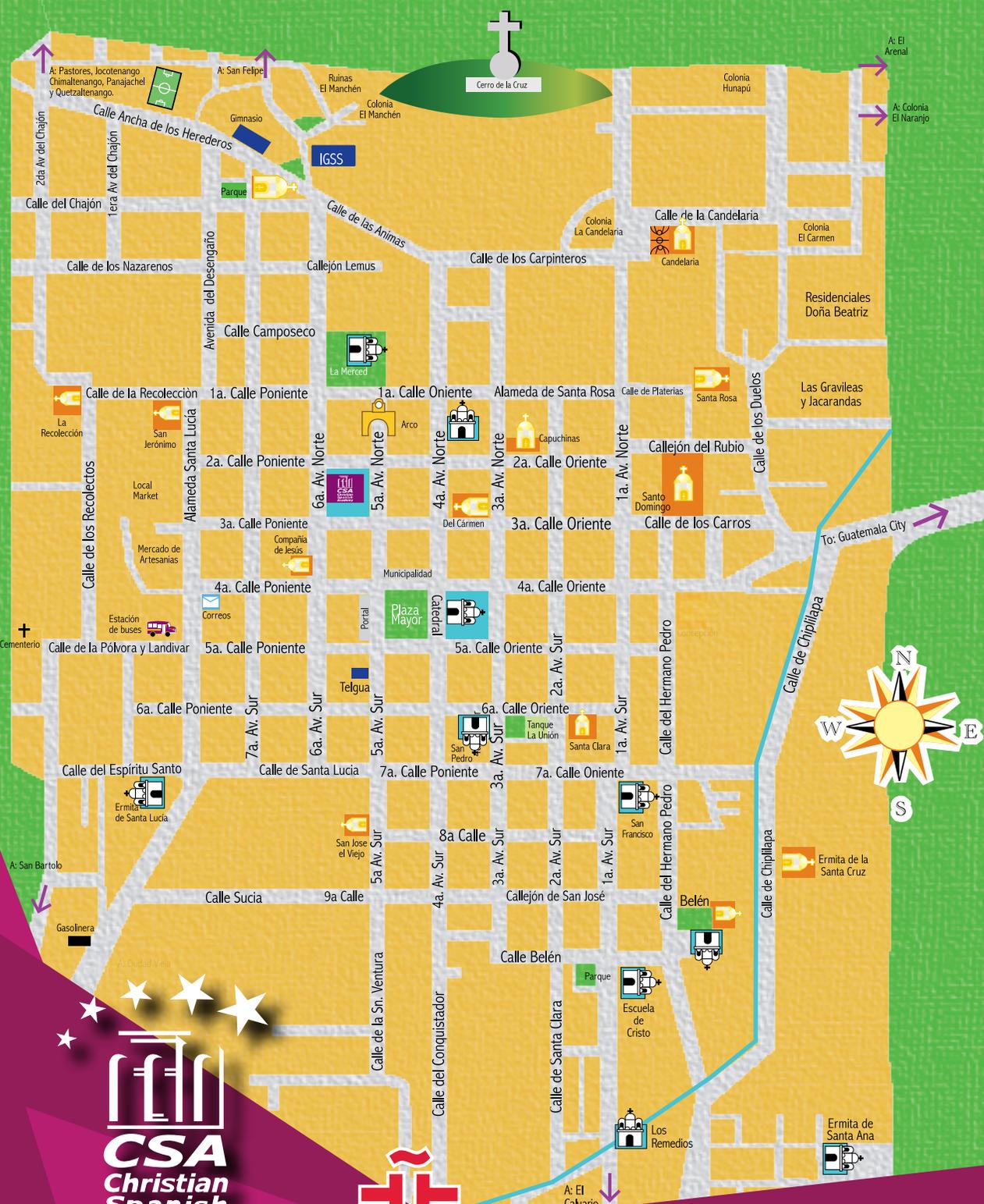
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Taste of Tradition cont. from page 18

and offer all the flavor of its fried relative. However, with a variety of fun fillings and Indian spices, dobladas can become a tasty fusion recipe and healthy ayurvedic meal.

There are many ways you can satisfy your palate while actually giving yourself greater health and vitality. In Guatemala these options expand once you acquaint yourself with the many bountiful delights. Have you tried the local cardamom?

Let's look at Moringa. Many have heard of the value of a wheat grass yet don't enjoy the idea of drinking a shot of crushed grass. Moringa is a locally grown cousin to wheat grass and is available as a powder. Moringa contains more than 90 nutrients and 46 antioxidants and offers great support for your health. Used for centuries in ayurvedic medicine in India, it contains four times the potassium of bananas, four times the fiber of oats, 14 times the calcium of milk, nine times the iron of spinach and two times the vitamin A of carrots and protein of yogurt. We infuse this super-food into many recipes, from smoothies to breads. Even our morning pancakes have Moringa infused into them and are a client favorite at TOSA La Laguna.

Once you play with simple healthy substitutions, you can shift from satisfying hunger to building health at every meal. Food should be enjoyable and healthy and with creativity you can savor cultural gifts while supporting vibrant health.

Part of any Guatemalan adventure is enjoying the many wondrous fruits, vegetables and foods that are a grand discovery. A gardener's paradise, Guatemala's rich soil provides flavors to the food that have disappeared from factory farms found in other countries. Get adventurous! Allow yourself to savor the vitality of our native cuisine along with the rich flavors of the local produce.

And while you are enjoying yourself, why not embrace those studies that keep telling us a glass of red wine is actually good for our health. Guatemala imports fine wines from South America that are delicious companions for readily available and locally produced rich dark chocolate.

With a little education, begin to indulge yourself without compromise!

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To Market... cont. from page 19

They are often sold in little cellophane bags by the fruit vendors in the market. They are about the size of a large stone and have a reddish-orange skin, which you'll peel and then you can suck the sweet juice and pulp from the rather large pit. They are a delicious treat.

Another market favorite is the rambutan. This fruit has a bright red outer shell with what look like little spikes all over. Don't worry; the spiky-looking part is actually a soft fringe. Simply take one in your hand, and with your thumbs pressing in the middle, break the outer shell. You'll find a perfect little white fruit inside that resembles a lychee. These are wonderfully refreshing, but again, watch out for that pit.

Have fun in the market and enjoy exploring and just getting lost. Sometimes I like to play a little game with

myself in the market and try to find one or two things that I have never tried before. Everything is out for display, so it is easy to just look around the baskets and see what you might like. And then if you are unsure of how to eat the item or prepare it, you can ask, "¿Cómo se come?" (How is it eaten?) Usually a demonstration ensues of how to eat or prepare the item, and you are given a little sample to try.

Bring your shopping bags and dive in to see what you can find. The morning is usually the best time for the greatest selection and to beat the afternoon rain. I guarantee you'll emerge with some fantastic finds that will inspire new creations in the kitchen. At the very least you'll have found a snack or two, and you won't leave empty handed. 🍷

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Paab' Ank *A Traditional Mayan Feast*

Central to the life of each and every Mayan community in Guatemala are the activities of the *cofradía*, the traditional religious-political brotherhood, which in reality is a parallel government with its own elected officials and mayors.

In many respects the *cofradía* has more authority than the “official” federal government. It is the *cofradía* that organizes and oversees the main cultural events of the year, which include the celebration of the Saints

Day, the *Rub'el Nimq'e* and of the main village festival *Li Nimq'e*.

Always part of the festivities is the traditional feast, known among the Maya-Q'eqchi as the *paab' ank*, and the whole community is invited to a delicious banquet featuring local delicacies along with traditional music, dance, prayers and speeches. And in the region of Cobán local delicacies include *cak' ik*, a delicious and spicy turkey soup accompanied by *tamalitos* (small steamed cornmeal packets

wrapped in a corn husk), stewed wild herbs like *maqui*, fresh wild fruits and never-ending stacks of steaming corn tortillas. It should be noted that the Maya were the first to domesticate the turkey, evidence of this goes back more than 3,000 years.

As the guests absorb all the sights, smells and sounds of the *paab' ank*, they are transported to another world, a world that has its roots firmly planted in traditions going back thousands of years. 🍷



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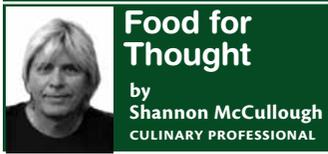
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Shopping Organically

I am currently writing a book on cooking and entertaining in Guatemala. In addition to writing, my partner and I cater intimate dinner parties in people's homes. When doing so, it is a necessary part of dinner party etiquette to meet the gastronomic needs of everyone invited to the host's table. With today's heightened awareness of food



Andres Coutiño at the cashier's desk. (PHOTOS BY ANDREE GABRIELSON)

intolerances, more of us are becoming aware of what food we choose to eat. There can be many considerations: gluten-free diets, food allergies, vegetarians, vegan, dieters and clients who prefer organic ingredients.

We were recently hired to cook a dinner party for a small group which had requested that the entire dinner was to be organic. To fulfill the guests' organic delights of culinary pleasures we went to our regular organic sources. Our first shopping stop was Organica located on 5a calle in La Antigua Guatemala. We frequently use products from

Organica; it is a reliable source for hard-to-find organic products of the best quality. We are also fortunate to have Caoba Organic Farm here in Antigua and we always use its produce at home and at all of the dinner parties we book.

The word "organic" refers to the way farmers grow and process agricultural products, such as fruits, vegetables, grains, dairy products and meat. Organic labeling is the most heavily regulated food system in the United States.

Many factors influence the decision to choose organic food. Some

...continued page 77



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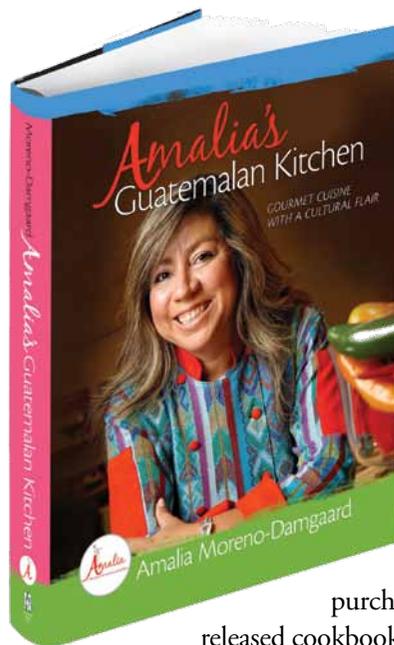
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Amalia's Guatemalan Kitchen

—*Gourmet Cuisine with a Cultural Flair*



As an enthusiastic cook, I am always thrilled to find a cookbook that provides new information that is full of new flavor combinations. Guatemalan flavors, ingredients and menus are especially interesting to me, as I have only lived in Guatemala for one year. I must admit, when I walk through La Antigua's market, at times I am perplexed by some of the fruits and vegetables available. I have learned about many delicious Guatemalan ingredients from a friend's

housekeeper. I have on more than one occasion been invited to join a lunch prepared by her. She loves to cook, and I believe, if she had the opportunity and resources for a good education, that without doubt, she could have been a sous chef at any fine-dining restaurant. We have spent time in the kitchen together and shared our love of cooking. She also can dice a carrot with such skill and beauty it would make Jamie Oliver weep.

I recently purchased a newly-released cookbook, "Amalia's Guatemalan Kitchen—Gourmet Cuisine with a Cultural Flair." The author, Amalia Moreno-Damgaard, is a Guatemalan-U.S. chef, classically trained in the French culinary tradition, and a graduate of Le Cordon Bleu. It is a fascinating cookbook with considerable insights on understanding the Guatemalan food culture with delicious, easy-to-follow recipes. In her cookbook, Moreno-Damgaard also shares interesting facts on Guatemala's historic food culture dating back to ancient Mayan civilization and how it has influenced the cuisine in Guatemala.

Moreno-Damgaard has spent the last four years working on this cookbook and every page demonstrates her impressive efforts and talents in the kitchen. In a cookbook, the ingredients, flavors, textures, timing and cooking methods are essential for the reader to easily understand the recipe. ...continued on following page



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Book Alert

cont. from previous page

In “Amalia’s Guatemalan Kitchen,” she shares her knowledge with easy-to-follow instructions and beautiful photos. Her style of sharing recipes allows the reader to prepare a Guatemalan meal with the ease of a gourmet chef. She has also added many recipe variations, which include vegetarian and gluten-free options.

Moreno-Damgaard was inspired to cook by her grandmother. “I still remember the flavors I grew to love as a girl,” she says. “I remember the banana leaves, Guatemalan chili peppers, the cinnamon, *loroco*, *chipilín*, *zamat* and all those native spices and flowers.”

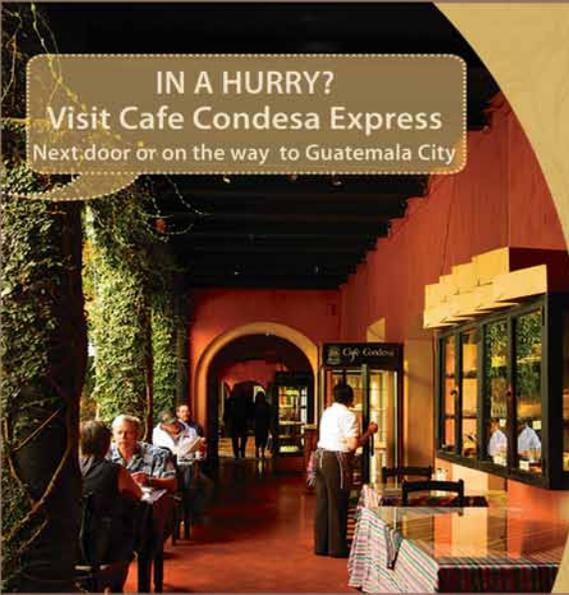
I personally cooked a few of her recipes over the last few weeks. They have inspired my interest in Guatemalan cuisine. My favorite recipe in her book so far is Lomito Adobadousine—marinated pork tenderloin, grilled with *guajillo* *chilis*, *achiote* and *tomatillo* sauce. Muy delicioso! 🍷

For the Moreno-Damgaard interview, see page 14

Amalia’s Guatemalan Kitchen is available at *Sophos Bookstore* (4a avenida 12-59, zone 10 local 1-D, 2nd level, Guatemala City (sophos@sophosenlinea.com)); and *Colibri*, 4a calle oriente #3-B, La Antigua (textilescolibri@turbonett.com), also worldwide at www.amazon.com

In addition to cooking and writing, Amalia Moreno-Damgaard is on the board of La Antigua’s NGO Common Hope. She is also a founder and current president of Women Entrepreneurs of Minnesota, a non-profit fostering women’s entrepreneurship.

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- The average child will eat 1,500 peanut butter and jelly sandwiches by high school graduation.
- Coffee is the world's most recognizable smell.

liquid gold

image by photos.rudygiron.com

An amazing substance that reminds me of liquid gold is found in its purist form here in Guatemala. The honey bee is known for the pollination of plants as it flies from flower to flower, drinking the nectar of the flower and collecting pollen on its legs, then passing the pollen along to the next flower and so on.

But there's more. Did you know these amazing insects are not only necessary for the pollination of plants but also create the most delicious natural sweetener, which also has many health benefits? Honey contains enzymes, vitamins, minerals and antioxidants. These help us in many ways including digestion, cell regeneration, improved blood circulation and even promoting new tissue growth.

Most of the health benefits come from raw honey, which means that the honey has not been heated or pasteurized. Heating honey kills these important nutrients.

In Guatemala honey is pure—I didn't even know what good honey tasted like until now. Here in Guatemala you can look for honey sold in old liquor bottles with no labels. At first I was skeptical, but as soon as I tried it, I was hooked. It was the best honey I have ever tasted. There are a variety of flavors and colors of honey depending on what flowers the bees are pollinating, and

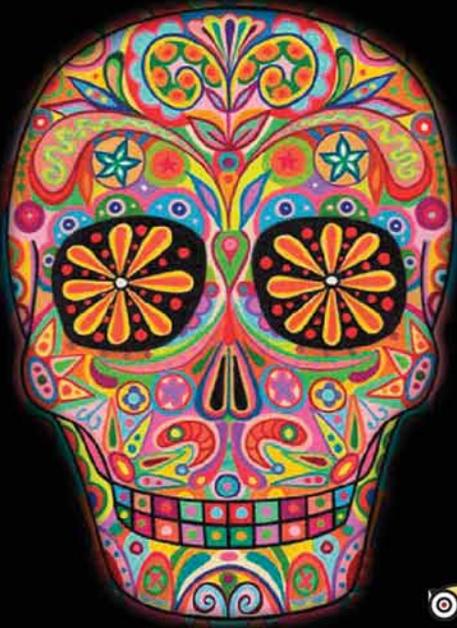
the honeys tend to crystallize quickly, so I suggest transferring them to another container for easier use.

The crystallization of honey is a good thing; it means that your honey is unheated and unfiltered, containing all those beneficial nutrients.

Outside of using honey as a sweetener, when raw honey is mixed with water it creates hydrogen peroxide, which is a mild antiseptic that can be used on cuts and wounds. Because of its cell-rejuvenation properties wounds heal quicker. Honey also does wonders for your skin and is a great exfoliant, containing alpha-hydroxy acids that help remove dead skin cells. These acids also increase elasticity, balance out oily skin and stimulate collagen production, and minimize lines and wrinkles, making you look younger. It holds in moisture due to the high sugar content and helps blood circulation, giving skin a radiant glow.

However you decide to use honey, one thing is for sure, we need amazing insects like bees in our world. Whether you are visiting or call Guatemala home, be sure to try one of Guatemala's amazing honeys. 

Melissa Collins is the owner and operator of Golden Studio in La Antigua. info@goldenstudioantigua.com



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Solution to this month's Cruci-Word

page 72

1	C	2	E	3	R	4	B	5	A	6	T	7	A	8	N	9	A	S
10	O	L	E	O	S	I	D	A	D									
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- Table salt is the only commodity that hasn't risen dramatically in price in the last 150 years.
- On average, a person will spend about five years eating during their lifetime.
- The first product to have a bar code was Wrigley's gum.
- It takes about a half a gallon of water to cook macaroni, and about a gallon to clean the pot.
- The difference between apple juice and apple cider is that the juice is pasteurized and the cider is not.

- Pumpkins are usually labelled as vegetables but they contain seeds and are technically fruit.
- After chocolate and vanilla, orange is considered the world's most favorite flavour.



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- Heinz first started making ketchup in 1876 and the recipe has remained the same ever since
- The first ready-mix food that was sold commercially was Aunt Jemima's pancake flour which was invented in 1889

- During an average person's life, they will consume about 60,000 pounds of food.
- It takes more than 500 peanuts to make one 12-ounce jar of peanut butter.

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eggplant

Royal purple stacks of eggplant sit regally in our vegetable markets, amid the red tomatoes, tan potatoes, yellow squash, and green lettuce. The eggplant fruit is really a berry, though an impressively big one. In the markets are several varieties ranging from large globes to zucchini-like fingers, but it's the purple skin of the European varieties that delights the eye among bright, brash colors in the markets.

The name in Spanish, or for that matter in British English, is much more elegant than prosaic American: *berenjena* and *aubergine* sound so much better than plain old *eggplant*, don't they? And the white

flesh inside the rich skin promises savory baked, deep-fried, or stewed dishes to please every taste.

Though botanically related to this hemisphere's potato and tomato, eggplant was first domesticated in India from the wild nightshade. Eggplant is an important ingredient in many Indian curries and other dishes. The vine came here with the Spanish, who knew how to prepare it as in other parts around the Mediterranean—in a Greek *moussaka*, a French *ratatouille*, or with local cheese as a substitute, an Italian *parmigiana*.

Vegetarian and vegan eggplant dishes are now common in many

restaurants in Guatemala. With or without meat, the white flesh of eggplant soaks up fats and delicious flavors however it's combined.

The eggplant color in crayon boxes is sort of a reddish-purplish-grey, somehow not quite right. Better to admire eggplant under the soft, filtered light of indoor markets, or stacked on the ground in sunny outdoor offerings of fresh Guatemalan fruits and vegetables. The noble purple is a rich contrast to noisier Guatemalan colors in your photographs and paintings. 🍆

The happiest omen for a New Year is first Mount Fuji, then the falcon, and lastly eggplant. —Japanese proverb

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- Lettuce is the only vegetable that is never sold frozen, canned, processed or cooked.
- Worcestershire Sauce is basically an Anchovy ketchup.
- A pound of potato chips costs 200 times more than a pound of potatoes.
- Rice is the main food for half of the people of the world.

GOLDEN STUDIO CELEBRATES ITS 4TH ANNIVERSARY



Four years ago Melissa Collins found herself in La Antigua Guatemala, and like most people she fell in love with the city and chose to make it her home. Soon after she opened Golden Studio, and this month marks its fourth anniversary. Whether you are a client or it's your first visit, everyone is most welcome to attend the Golden Studio anniversary celebration on Wednesday, **Nov. 13**, from 5 p.m. to 8 p.m. The studio is offering anniversary specials all month, including service and product packages.

Collins explains, "I absolutely love what I do, and the best part is meeting such interesting people. I get to talk to people from all around the world who are doing great things to help others and I have the ability to make these people happy when they leave the salon; this in turn makes me feel like I give something back.

"I make people feel good, and that is really amazing!"

Involved in the world of beauty for almost two decades, Collins specializes in hair styling and makeup artistry. Her skills have been put to good use in such venues as film, fashion and education. Going into the fifth year at Golden Hair Salon, she is branching out into editorial work with fashion designers and artists.

In-salon services have expanded to include makeup for special events such as weddings and graduations, and a retail center where you can find professional makeup and hair care products. Her "beauty blog" offers useful advice to care for hair, skin

and makeup issues in this sometimes unforgiving climate.

As a community service, Golden Studio will be hosting a Cut-A-Thon fundraising event on Monday, **Nov. 11**, from 11 a.m. to 2 p.m. Proceeds from haircuts and/or your donations will benefit Unidos para los Animales. This small, local organization is dedicated to rescuing and rehabilitating dogs and puppies, then carefully matching each one in a home where it will live as a loved member of the family.

For more information contact Melissa Collins at 4937-0244 or info@goldenstudioantigua.com 

THANKSGIVING DAY



Thanksgiving lunch or dinner at Restaurant Las Velas Thursday November 28th 2013

PORK CHOICE

Appetizer

Pumpkin cream with thyme and goat cheese

Main Course

Pork leg stuffed with dates

Beetroot and potato puree

Dessert

Chocolate mousse tower with raspberries,
drizzled in mint sauce

TURKEY CHOICE

Appetizer

Heart of palm, artichoke and tomato salad

Main Course

Turkey breast with traditional stuffing, Cranberry
sauce Baked mashed sweet potatoes Vegetables

Dessert

Caramelized pears with rosemary

Q199

Per menu option, per person plus 10% of service.

Beverage not included



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bilingual "cruci-word"

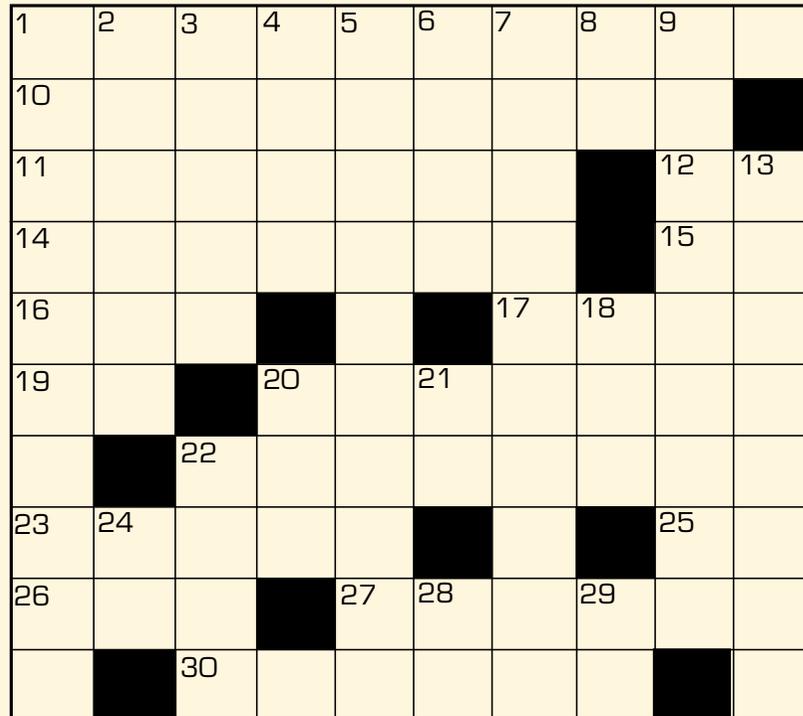
CRUCIGRAMA = CROSSWORD

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. Joint Management
- 2 He Praises
3. volver a anotar
4. tipo de calzado
5. ayuda
6. corbatas
7. diamantino
8. Norteamérica (abr)
9. they will adapt
13. amarraderos
18. Asociación Escolar (abr)
20. Abril (abr)
21. verb ending
22. duele
24. Element #13 (abr)
28. un, una
29. es



Puzzle by Michael Hopkins

SOLUTION ON PAGE 66

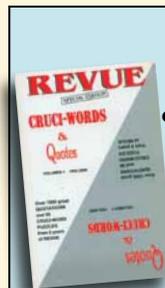
ACROSS

- | | | | |
|------------------------|------------------|-----------------------|------------------------|
| 1. Blowpipes | 14. egotismo | 19. cada uno (abr) | 25. Elemento #17 (abr) |
| 10. oiliness | 15. Correo (abr) | 20. to attempt | 26. enfermo |
| 11. he eats sweets | 16. equipo | 22. he will set aside | 27. perro |
| 12. de la mañana (abr) | 17. capable | 23. montón de piedras | 30. panoramas |

Useful Expressions

THANKS TO LANGUAGEREALM.COM

pagar a plazos / pay in installments
 pasar de la raya / cross the line
 pedir la luna / ask the impossible
 poner en marcha / put into action
 poner mala cara / give a dirty look
 por lo visto / apparently; it seems



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Dustin Phillips of the U.S. has the record for ketchup drinking. He drank a 14-ounce bottle of tomato ketchup through a 1/4 inch straw in 33 seconds on September 23, 1999.

The table fork was introduced into England in 1601. Until then people would eat with their knives, spoons or fingers. When Queen Elizabeth first used a fork, the clergy went ballistic. They felt it was an insult to God not to touch meat with one's fingers.

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Honorable Mention by judges vote in the REVUE PHOTO CONTEST, Nov. "Tamalitos con Chorizo" by Javier Quintanilla. All entries can be seen at www.REVUE.gt

Spitters, Scratchers, & Snappers

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



Question: Our veterinarian recently told us that our 4-year-old male cat, Spunky, has feline leukemia and that there is nothing we can do to cure him. We are devastated. How did he catch this disease?

Answer: Feline leukemia virus is highly contagious among cats of all ages and especially those less than a year old. Research indicates that it does not affect humans or other species. It is spread among felines through saliva (sharing the same water and food dishes), urine (sharing a litter box) and blood (fighting). Unfortunately, feline leukemia is prevalent in Guatemala, mainly because cats tend to roam freely and fight frequently. Also kittens can be infected in the womb.

The most common signs of feline leukemia include:

1. Anemia, a lack of pink or red color in the gums (evidence of a lack of red blood cells).
2. Weight loss.
3. Recurring or chronic illness.
4. Fading Kitten Syndrome, when a kitten becomes progressively weaker.
5. A cat syndrome similar to distemper: lethargy, fever and diarrhea.
6. Persistent or recurring fevers, infections or chronic illness, breathing difficulty or rapid breathing.
7. Jaundice, a yellow color in the mouth and/or the white of the eyes, although this can also be associated with other diseases.

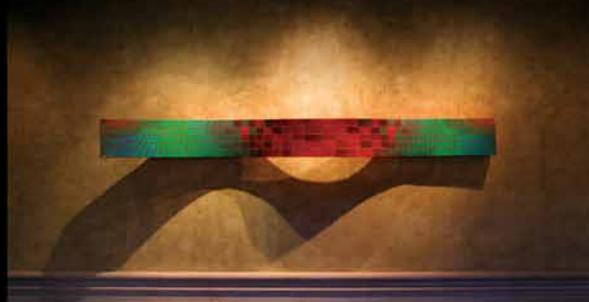
The best prevention is vaccination starting at 8-12 weeks with a booster 3-4 weeks later and then annually. Avoiding exposure with infected cats is of primary importance. Your veterinarian can take a small sample of blood and test to see if your cat is infected.



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Techno Madonna. Oil on canvas, 16" x 24"

Revue: Normally I ask what artists have influenced you, but your paintings really make me want to know what philosophers have influenced your work.

Muñiz: I'm very drawn to Plato, Platonism and Neo-Platonism, as well

as Richard Tarnas. A lot of the ideas behind my work are based on the study of the archetypes in astrology. In this exhibition, I'm exploring the archetype of the mother and child, which corresponds with the lunar archetype in astrology—the feminine.

Revue: How do you think people will respond to this show?

Muñiz: I would expect the show to receive mixed reactions. I don't really think my work is controversial; I wouldn't expect people to be offended by it. I think if you are opened-minded enough, you will even see that the church is being victimized by mass media, consumerism and all of the devices of our contemporary culture. That's sometimes the response I get from some people. The work will have different meanings depending on who is looking at it.

Mostly, I want people to just be able to breathe, enjoy the art, and not burn their brains out trying to figure out what the meaning is. Sometimes when a work of art is too complex, too esoteric, too serious, too deep, too mystical, it becomes alienated from the spectator. What I want people to get from this work is that is easy to digest, easy to understand, and easy to enjoy, but it has a deeper significance. I think that's really important for art—to be complex but easy to understand and enjoy. 

Patrick McGrath Muñiz's "M@donnas" exhibition of 13 oil paintings on canvas and wood will open on November 9 from 4 p.m. to 7 p.m. at La Antigua Galeria de Arte, 4a calle oriente, in Antigua. The exhibit will continue through December 10, 2013. The artist will attend the opening.

people choose organic food because they prefer the taste. Yet others opt for organic because of concerns such as: toxic synthetic pesticides, toxic synthetic herbicides or genetically modified organisms (GMOs) that are used in production.

Skeptics say there is no definitive evidence that organic food is worth the extra effort or money, but common sense should tell us that food grown without harmful chemicals is the best possible way to keep one's health in good condition. The loudest skeptics are generally backed by large corporations, as in the flawed 2012 Stanford University study that suggested that there is no "strong evidence that organic foods are significantly more nutritious than conventional foods." The Stanford study was rumored (and later confirmed) to have been funded by agriculture giant Cargill. The blogosphere responded loudly with cries of foul play and for the most part the Stanford study was dismissed as pure rubbish.

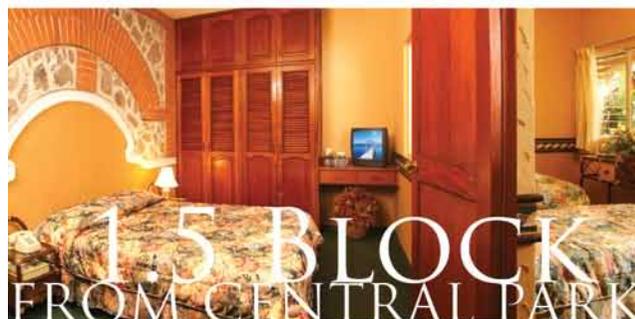
If you have not shopped at Organica, please do. It is a great store with delicious organic and natural food choices. In addition to organic food products, you will find a wide range of products, from personal hygiene and health products, to home cleaning products that are safe for the environment and prevent allergies and other undesirable effects.

Organica also has a nice selection of fresh bread baked daily. At the end of the day the unsold bread (as well as other products) are donated to the Obras Hermano Pedro, an organization which helps those in need. Shopping at stores with responsible social ethics is always an added bonus.

I find it simple to make sense of eating organic. One of the most important health decisions you make is what you feed yourself and your family. Eat confidently with the knowledge that surrounds you, and live your life as if it was forever. 🍌

- Banana's trees are not really trees. They are considered to be giant herb plants.
- When Heinz ketchup leaves the bottle, it travels at a rate of 25 miles per year.

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- Celery has negative calories. It takes more calories to eat a piece of celery than the celery has in it to begin with.

- Eggs will age more in one day at room temperature than in one week in the refrigerator.



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Departures	Arrivals	Departures	Arrivals
7:30 hrs. →	13:00 hrs.	6:00 hrs. →	12:00 hrs.
14:00 hrs. →	19:00 hrs.	11:30 hrs. →	18:00 hrs.
		23:45 hrs. →	5:00 hrs.
Guatemala to San Salvador		San Salvador to Guatemala	
Departure	Arrival	Departure	Arrival
6:30 hrs. →	11:30 hrs.	4:45 hrs. →	10:00 hrs.

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**Sacred Animals
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by
Dr. Nicholas M. Hellmuth

Flor de Muerto



Those of us who live in Guatemala are familiar with flor de muerto. Many people decorate the graves of family members on Day of the Dead (Día de Muertos, Nov. 1, and overlapping on Nov. 2) using this beautiful flower. Yet thousands of years ago, this plant had many other utilitarian uses—actually not the flower itself, but the leaves of this marigold.

Many people identify a completely different variety of marigold as flor de muerto.

So far I have not found a monograph on marigolds that can help, and every time I ask someone locally I get a different answer. In our own garden we consider the smaller multi-colored, orange-brown flower as flor de muerto. It is also my impression that if *Tagetes patula* (scien-

tific name of marigolds) is not available, some local people will call almost any colorful marigold a flor de muerto (as long as it is orange, yellow or brownish-orange mixture).

This year if you are visiting a cemetery on Día de Muertos and you see marigolds, keep in mind that at least one or two of the leaves from this species were common popular flavorings for cacao (cocoa-chocolate like) beverages of the Maya and Aztec. And many of the spices for cacao were also used to flavor tobacco, probably to smoke as a cigar, to use as snuff and also to burn as incense to the gods.

A few of these same dual-use plants also added a flavor to incense. So two marigold species actually

had triple-purpose (or quad-purpose if you count their potential use as medicinal). *Tagetes lucida* (pericon, Mexican tarragon) and *Tagetes erecta* or *Tagetes patula* (flor de muerto).

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

PHOTOS

LEFT: *Tagetes patula*, French marigold
(NICHOLAS M. HELLMUTH)

RIGHT: *Tagetes Lemmonii*, mountain marigold
(SOFIA MONZON)

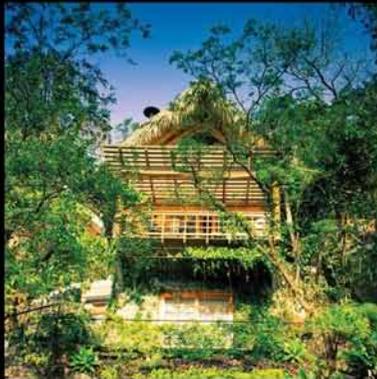


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"Comida en honor a los santos"
by Estela Simaj

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- The Incas measured time by how long it took a potato to cook.



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We plan, we toil, we suffer - in the hope of what? A camel-load of idol's eyes? The title deeds of Radio City? The empire of Asia? A trip to the moon? No, no, no, no. Simply to wake just in time to smell coffee and bacon and eggs.

—J.B. Priestly

When I add a spoon of honey to my tea, I give thanks to a dozen bees for the work of their whole lives. When my finger sweeps the final drop of sweetness from the jar, I know we've enjoyed the nectar from over a million flowers. This is what honey is: the souls of flowers, a food to please the gods. Honeyeaters know that to have a joyful heart one must live life like the bees, sipping the sweet nectar from each moment as it blooms. And life, like the world of honey, has its enchantments and stings. —Ingrid Goff-Maidoff

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If any man has drunk a little too deeply from the cup of physical pleasure; if he has spent too much time at his desk that should have been spent asleep; if his fine spirits have become temporarily dulled; if he finds the air too damp, the minutes too slow, and the atmosphere too heavy to withstand; if he is obsessed by a fixed idea which bars him from any freedom of thought; if he is any of these poor creatures, we say, let him be given a good pint of amber-flavored chocolate... and marvels will be performed. —Jean Anthelme Brillat-Savarin

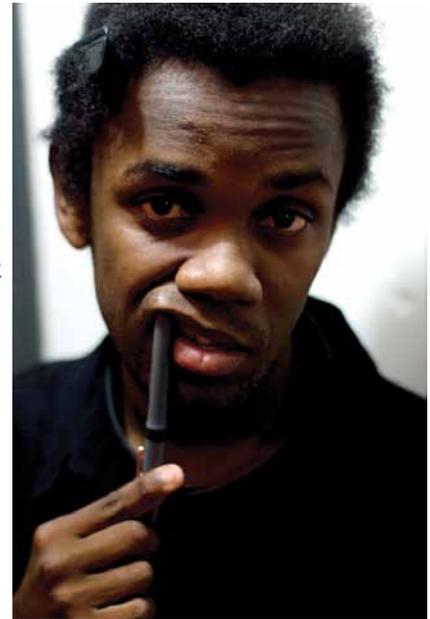
Yeah, where I come from, we eat our sushi cooked—medium rare. And it's made out of a cow. —John Henson,

Latin

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Poetry

Festival



Latinala, the largest Latin American poetry festival in Berlin was held from October 15 to 23. In its eighth year participating poets included Karen Sevilla (PR), Angel Ortuño (MEX), Gloria Dünker (CHI), Rafael Montavi, Nicolas Behr, Erika Zingano and Jackal (BRA), Augusto Rodriguez (ECU), John Jairo Junielles (COL), Laura Wittner (ARG) and the Guatemalan Wingston Gonzalez, who along with prominent German poets gave readings, lectures and workshops in the cities of Jena, Osnabrück and Berlin.

Wingston Gonzalez was born in Livingston, Guatemala, in 1986. He has published books of poetry “Wizards of crepúculos [and blues again]” (Editorial Culture, Ministry of Culture and Sports of Guatemala, 2006), “CaféinaMC” (Catafixia Editorial, 2010; Folia Editorial, Buenos Aires, 2011), “san juan - Hope” (Editorial Literal, Mexico, 2013) and “Miss Voodoo dolls” (Editorial Germinal, Costa Rica, 2013). His work appears in important anthologies of poetry, fiction and essays published in several countries and he has participated in numerous literary events in different countries.

(Photo by the author: Nicola Marcatto)



Philosophers have often looked for the defining feature of humans - language, rationality, culture, and so on. I'd stick with this: Man is the only animal that likes Tabasco sauce.
—Paul Bloom,

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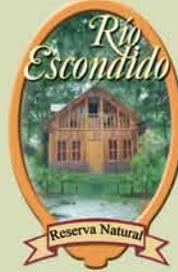
No diet will remove all the fat from your body because the brain is entirely fat. Without a brain, you might look good, but all you could do is run for public office.
—George Bernard Shaw

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—Woody Allen

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I often quote myself. It adds spice to my conversation.
—George Bernard Shaw

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Guatemalan tayuyus (photo by Neels Melendez)





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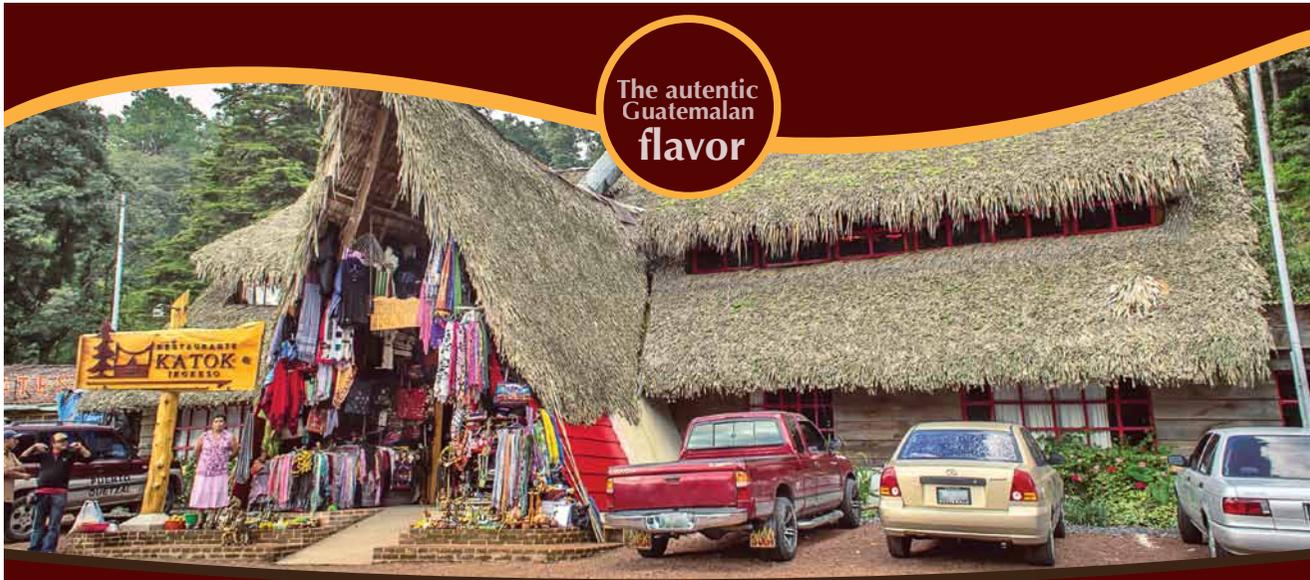


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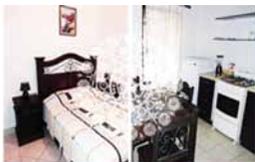


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Never be afraid to sit awhile and think.
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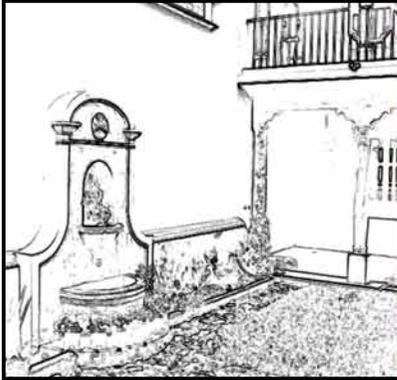
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—Jim Davis



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Mary Cecilia Ruggiero, Latin America's "Mother Damien," died in August, five weeks short of her 100th birthday. Unlike her famous inspirer, Father Damien, she averted leprosy.

Her religious name was Mary Natalis, but I knew her by the handle she used in the Sololá *aldea* of Argueta: "Hermana Ceci." She served this community as a nurse for 23 years. In her career she trained scores of midwives, an endeavor that made her a lifesaver countless times. Yet Ceci was also a gracious conversationalist with an encyclopedic breadth, and a wry sense of humor.

Although she formally retired at 80, she retained most of her duties

and continued as a sage, comforter and part-time parish. Full retirement and repatriation to the United States came at 91, with her mind and memory, if not her health, undiminished. The Massachusetts native spent her final years at a home for retired nuns in New York.

Ceci spent most of her long life abroad. After completing her nursing degree in Washington, D.C., she was sent to Bolivia in 1943 to staff a rural clinic. A year later she was reassigned to a leper colony clinic in Panama and, in 1948, to yet another leper settlement. This latter assignment, in Siuna, Nicaragua, lasted 23 years.

Her final service stint began in Argueta, Guatemala in 1971. This

was then considered a dangerous posting because of the civil conflict, which was underway; some friends and family urged her not to go. She refused, and used her status as a resident foreigner to be a voice for her community, even during the worst years of the conflict (1981-83); locals credited her with protecting the village in this way. For one who lived in such privation, and she turned no one, even strangers, away. By one estimate, she served others for 77 years.

I recall her saying that though cultural differences varied greatly, people's wants ultimately did not. This was, she said, the starting point for discerning the needs of both individuals and communities.

We will miss Ceci.

—Dwight Wayne Coop

ONE-TWO-THREE-FOUR

Training Tips for Animal Companions



Training techniques for our animal companions have come a long way in the last decade. We are stepping away from dominance beliefs and techniques based on erroneous interpretations of wolf pack ideology. More and more dog trainers are basing their methods on the science of learning theories combining both classical conditioning and operant conditioning.

Without getting too technical with the terminology, here's are a few very effective tips to teach your pet a new behavior.

ONE: Make the behavior happen, but be quiet! The most common technique used is luring, where the trainer uses food to put the pet in the desired position. If you want your dog (or cat!) to learn how to sit, simply hold a treat in your hand at his nose level and move it backward over his head. When the dog achieves the desired position, praise and treat by releasing the piece of food you were luring him with. Do this about 10 times or until your pet sits easily and eagerly.

TWO: Put a cue on the behavior. The next step is to put a cue on the behavior. Say your command, in this case SIT, lure your pet into the desired position, praise and reward. One important thing to remember is to only repeat your command once. Remember, your pet is still early in the learning curve so be patient. By repeating the command over and over again to 'make' them do the behavior, you are really teaching your pet to ignore you the first time. So your pet begins to understand what is expected, cue and lure about 10 times.

THREE: Fade the food lure. By using the luring technique we have shown a hand signal to our pet. Now let's put that into practice. Say your command SIT, this time luring with an empty hand. Once your pet is in position, praise and reward. However, the food reward this time comes from the other hand, the one not luring your pet. This way your pet is guided by the motion of your hand, not the food itself.

FOUR: Good job! You just taught your pet how to sit.

If you want to get your training to another level, you could fade away the hand signal and put the behavior on a verbal cue only.

Other things to consider are broadening the learning by practicing in different locations and with different people training your pet (generalization) or by using only intermittent rewards to keep the behavior happening!

Of course, there are many other considerations when training your pet: his past experiences (or lack thereof); conditioned emotional responses, whether positive or negative and; most importantly, his motivations, like food, toys, or attention.

Want to teach your pet a new trick to impress family and friends during your next get-together—now you know how! Find what motivates your pet, smile and train!

Marjolaine is a professional dog trainer and founder of El Chucho Feliz

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devised and the British governor gave the order: All Black Caribs were to be hunted down, shackled and loaded onto ships to be exiled to a nearby uninhabited key. Most of them would die of starvation, disease and sheer desolation of the spirit.

In 1797 the British decided to exile the remaining Garifuna survivors to the remote outposts of Honduras. One of the ships was captured by the Spanish and taken to the port of Trujillo on the Spanish-controlled mainland. The other ships made it to the British Colony on Roatán (Bay Islands) where the indomitable Black Caribs were not kept as slaves but were allowed to establish their own settlements.

Nature was bountiful and easily provided all the basic necessities: palm thatching for waterproof roofs; and coconut, fish and cassava roots for their delicious and nutritious food. From there the Garifuna colonized nearly the entire Caribbean coast of Central America from Belize to Honduras with small outposts in Nicaragua and northern Costa Rica.

From north to south these are the main Garifuna settlements: Dangriga Town (formerly Stann Creek), Hopkins, Seine Bight (Belize); Punta Gorda, Barranco, Livingston (Guatemala); Tornabé, Roatán (Bay Islands); Sambo Creek (near La Ceiba) and Cristales (Trujillo), Honduran north coast.

The Garifuna are the quintessential traveling people. Throughout their entire history they have been on the move and this trait continues today as we see large Garifuna settlements in New York, Chicago and Los

Angeles.

The Garifuna people consider themselves to be members of one nation and they proudly display their own flag of black, yellow and white. Every year there are conferences and celebrations attended by Black Caribs from the entire region. One of the largest is Garifuna Settlement Day celebrated every **November 19** at Dangriga Town. The event commemorates their arrival in 1832 when paramount Chief Alejo Benji led his people out of the Spanish territories to the new Promised Land in British Honduras.

Settlement Day is now one of the most important celebrations in Belize and this is especially true at Dangriga with massive parades, a settlement reenactment, music, traditional foods and all night punta drumming and dance sessions.

Garifuna Cuisine

The Garifuna have developed their own unique cuisine, whose foundation is built on the three most abundant regional food sources: their beloved ereba (cassava bread), delicious serre, which consists of fresh fish simmered in rich coconut milk broth, and always accompanied by mashed green plantain hudut. It is interesting to note that cassava itself is poisonous—its juice contains traces of cyanide.

The resourceful Garifuna use a woven, tube-like device to squeeze out all the juice from the finely grated root. After the toxic juice is extracted the remaining dough is formed into a large flatbread that is toasted on a ceramic griddle.

I love Garifuna food! Some years

back I was visiting the little Garifuna outpost of Cachalate, located on the Pig Islands of Honduras (the most remote of the Bay Islands). A skiff loaded with tourists arrived and the guide contracted with a young woman to prepare a lunch for the guests. I overheard the conversation.

It was decided that since Garifuna fare looks kind of “strange,” it would be better to prepare more normal-looking food: fried fish with ham and cheese sandwiches. As I am wont to do, I decided to stick my big nose into the affair and managed to convince the tourists that they needed to sample a real Garifuna meal.

It was agreed, and half an hour later the tourists were presented with a huge bowl of milky-white, steaming fish broth accompanied by mountains of mashed plantain hudut served on banana leaves. The tourists looked chagrined, they did not know what to do. The proud cook's smiles quickly turned into a look of pained distress.

For a moment I thought that I had orchestrated a big flop—then it occurred to me: I told the hostess to SHOW them how to eat the serre and hudut. Petite and shy, she went right up to the side of a big German fellow, ladled a large portion of soup into his bowl, took a big wad of hudut in her fingers and, upon dipping it into the soup, daintily put it right into the mouth of the big guy. Big smiles! Ummm ... DELICIOUS!

At that the other hesitant guests dove right in and, accompanied by an endless supply of ice-cold Port Royal beers, the party was most definitely ON! 

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ANTIGUA

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ANTIGUA

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ANTIGUA

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EMERGENCY ASSISTANCE

Police: 120 Fire: 122 and 123

Tourist Police (Antigua):

7832-4131

Fire Dept: 7832-0234

Guatemala City

Tourist Assistance:

1500 (24-hour)



Production team members at Aj Quen, Chimaltenango.



Guatemalan Fashion

The latest collection of Guatemalan fashion created by the weaving association Aj Quen under the brand TRIBU will be unveiled on Sat., **Nov. 23**, 6 p.m. at the Cultural Center César Brañas in La An-

tigua Guatemala. This event is open to the public.

Behind the TRIBU label is the blending of traditional weaving techniques, combined with creative designers and an expert Guatemalan production team who have come up with a 100 percent “Made in Guatemala” fashion statement.

For more information or to support the event: desfile.artibu@gmail.com

Some products will be available for sale the night of the event; for the full line, visit TRIBU located at 2a av. sur #21, La Antigua Guatemala. Open daily from 9:30 a.m. to 6 p.m.

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Fees are per person in USD\$, full payment is required before reservation date, bookings depends on availability.



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