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1st PLACE by judges vote:

"Postales de Guatemala" by Leonel Mejía. Prize: Q300 certificate to El Cazador Italiano, La Antigua. All entries can be seen at www.REVUE.gt

JULY PHOTO CONTEST WINNERS, theme: Churches of Guatemala

2nd PLACE by judges vote:



Vive la Leyenda



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Cover Jairo Chamalé

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from the publishers

appy July to one and all. Fun things are happening this month. The patron saint of La Antigua, Santiago Apóstol (St. James), is honored all month long. A highlight of the many festivities is the fourth annual Gastronomic Festival. You can find details on that and other celebrations in the DateBook starting on page 22. You will also encounter other events including art gallery exhibitions, dance recitals, concerts and live music, cultural tours, and lectures throughout Guatemala.

Our monthly photo contest is getting more popular. This month the theme was Churches in Guatemala. We have included a number of the winning photos, starting with our cover.

As always, we have some excellent articles on tap. On the Travel front, environmentalist Thor Janson takes us on a trip through the Cloud Forest Biological Corridor and Tara Tiedemann reminds us of the beauty that is Semuc Champey.

In the Community Service department: Anna Claire Bevan tours the Ecofiltro factory and discovers how they have been bringing technology for clean water to the rural poor since 2009; Dwight Wayne Coop profiles Margaret Blood, who ensures that hundreds of children receive a decent meal along with their education; and *Ayudame a Pintar Mi Futuro* is a non-profit that teaches kids more than just art.

If it's knowledge you're after, check out: historian Elizabeth Bell's piece on Building a Colonial Capital; Louse Wisechild's 10 Tips for Learning Spanish; Carlisle Johnson's second installation of Growing Roses; and Dr. Nicholas Hellmuth's introduction to the Flowers from the Hermano Pedro Tree.

And there's more... we also have excellent stories from Hilary Kilpatric, Shannon McCullough, Sri Ram Kaa and Kira Raa, Ken Veronda, and a special recipe from Monish Welcome.

We hope you enjoy this month's offerings, have a great July.

—John & Terry Kovick Biskovich

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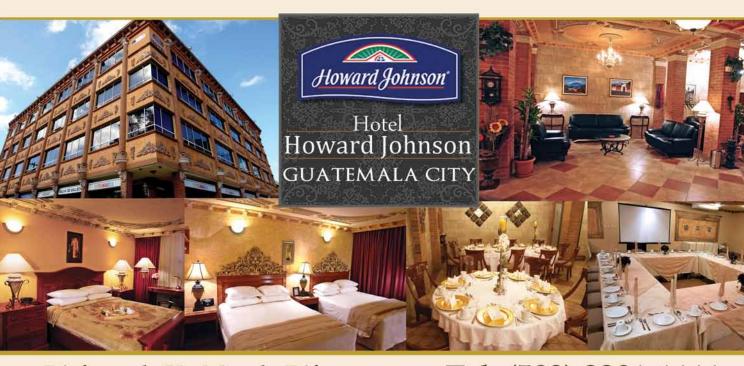
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as well as locations in El Salvador and Honduras.



ON THE COVER

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

"Catedral de San Raymundo" by Jairo Chamalé. Prize: Dinner for two at **La Peña de Sol Latino** All entries can be seen at www.REVUE.gt WWW.REVUE.gt
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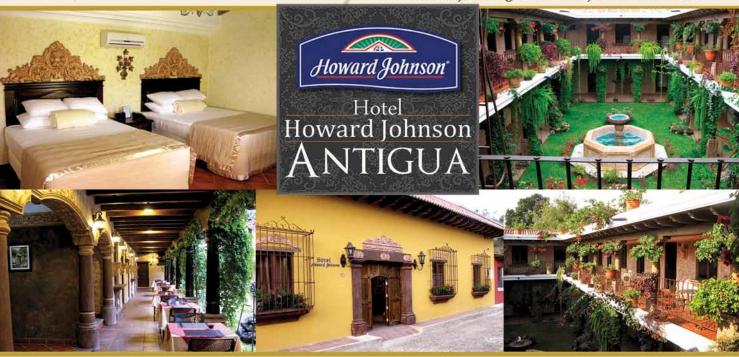


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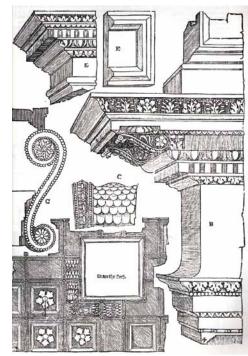


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The Building of a Remarkable Colonial Capital



ntigua's architecture is remarkable. The capital, known as Santiago de Guatemala, was founded by the Spanish (1541) in what was then a remote valley, after the previous capital was inundated by floods and mudslides. Water, climate and fertile soil were the main factors in deciding its new location. In 1543, shortly after celebrating the first city council meeting, there was an unsuccessful effort to move the capital to the Honduran coast—certainly the location was much better for exports, but it was too hot there. With a Caribbean port, later plagued by British pirates, the colonial trade route from Spanish started in Seville, on to the Canary Islands, Cuba, Veracruz and then by land to Oaxaca and Guatemala. Architectural books and drawings took a while to arrive!

The first buildings in Santiago de Guatemala were erected as provisional structures, made out of adobe, mud-fill (barareque), thatch and tile. After 1590 it was mostly all demolished to make way for buildings designed to conform to formal architecture. Joseph de Porres (1635-1703) studied works by the Italian mannerist architect Sebastiano Serlio (1475-1554), including the "Seven Books of Architecture." Porres, born in Antigua of Spanish, Maya and black descent, incorporated local talent who produced fine workmanship that went into many of Antigua's buildings, including the cathedral (after the Spanish engineer, Captain Martín de Andújar was relieved from his position), and also Santa Teresa, to name a few. His son, Diego de Porres (1677-1741) was Fontanero Mayor and then Arquitecto Mayor de La Ciudad and built the Fountain of the Sirens in central park (inspired from the fountain of Neptune in Bologna, Italy); the City Hall palace; Santa Clara; Capuchinas; Escuela de

Cristo, and others. It was remarkable as these architects had never been to Spain. The substantial difference with Spanish/Italian architecture is the city's low, squat 'earthquake architecture' that developed over the years with each mayor earthquake (particularly 1717 and 1751). With few original drawings surviving today in the Archives of the Indies in Seville we see that Santiago's architects may have not attended formal engineering school but certainly they excelled in workmanship.

Most of Antigua's structures were built by Guatemalan architects. However, one Spanish engineer, Ingeniero Luis Diez de Navarro (1699-1776) built the Palace of the Captains General; the University of San Carlos; and La Merced. The plans for the palace have survived and show professional planning.

We can all thank the Captain General Martin de ...continued page 76





Bostonian Margaret Blood finds that the way to a child's graduation is through his stomach.

unny thing about Margaret Blood. She fits no profile of North American do-gooders who come to Guatemala. She hails not from the Bible Belt. Nor is she a hippie-esque proletarian or a homeschooling missionary mom. But a mission she has, a mission of such scope that some of her friends thought it could never be realized. But she may prove them wrong.

Blood, who speaks the King's Spanish, is a Harvard graduate. She is single and childless, unless you count the hundreds—and soon thousands—of Sololá children who may someday carry her picture in their wallets. They may recall her as the vivacious

blond *gringa* whose campaigns filled their tummies each morning and noon, and filled the hours in between the eating with learning.

Much of her story is familiar. She caught "Guatemala Fever" as a casual tourist and utterly succumbed upon spying Lake Atitlán for the first time. What happened next is likewise familiar: She went stateside and daydreamt of returning to the Land of Eternal Spring. But the most compelling pull factor was not Atitlán, but the children.

Like any visitor to the basin in 2003, Blood encountered needy children and wondered why they were not in school. Part of the answer, she

would learn, is that many of those kids were in school, but they attended either in the morning or in the afternoon. But what about the kids who were never in school? She resolved to make her next visit to Guatemala a longer one. She would get some answers, and yet some solutions.

No one was more qualified to do so. Blood had established after-school programs in inner-city Boston and a summer day camp for cultural awareness and the arts. She worked 10 years with the Massachusetts Legislature, eventually founding the Legislative Children's Caucus. Later on, she birthed the Strategies for Children office, continued page 58





THE CLOUD FOREST BIOLOGICAL CORRIDOR

ld travel mates Brenda and Brian were flying in from Vancouver for a three-day weekend and asked me to show their young daughter, Sophia, some tropical wildlife. Sophia, age nine, was already an avid naturalist and bird-watcher. She made it clear via our Skype chitchatting, that she was dying to see what the cloud forest was really like. Her curiosity had been piqued after reading my stories in the Revue. I first met Brenda and Brian as they were rambling around Central America in their VW hippie-bus in '93. Now they are leading genetic researchers with the University of Vancouver.

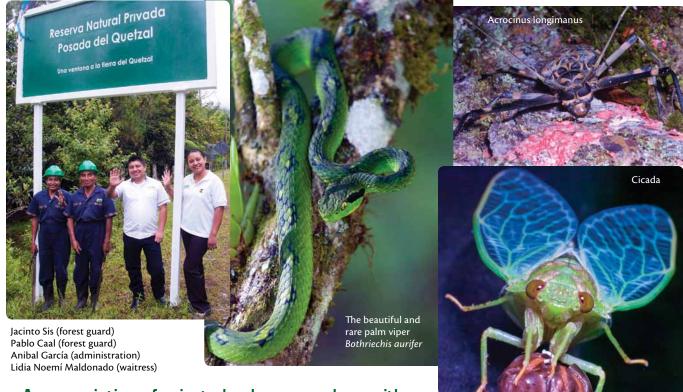
We headed out early, driving north from Guatemala City, dropping down into the sweltering Mo-

tagua Valley on the Atlantic Highway. At kilometer 85 we reached El Rancho and, after a snack of dobladas de loroco (corn tortillas filled with farmfresh cheese flavored with fragrant loroco flowers) washed down with big glasses of Guarapo (fresh-pressed sugar cane juice on ice), we headed up the road leading to Baja Verapaz. Soon the tropical heat gave way to cool mist as we stopped to take in the splendor of the Salama Valley at the kilometer 95 viewpoint. At kilometer 142 we stopped by a large sign welcoming visitors to the Corredor Biológico del Bosque Nuboso, the gateway to the ancient tropical cloud forest. An association of private land owners along with government conservation

authorities has been established to protect these endangered forests, the last refuge of the resplendent quetzal and the rare avian unicorn *Oreophasis derbianus*. The Corridor and all its participating members, including some twenty hotels, private reserves and restaurants are located along a section of highway between km 142 to Km.172 on the road to Cobán.

Just ahead we veered off to the right, driving up a well-maintained dirt road leading to the town of Chilasco. Then on to a walking path leading to the Chilasco Falls, described as the "highest waterfalls in Central America." It's a two-hour walk to the falls, through pristine forest on the edge of the Sierra de las Minas





An association of private land owners along with government conservation authorities has been established to protect these endangered forests.

Biosphere Reserve, established as the result of a project that I initiated in 1985. It was a joy to see the way little Sophia was soaking up the sights as she discovered the magic of the cloud forest. She spotted a whippoorwill nesting by the side of the path and dew-kissed emeraldescent cicada. She also found a wild-looking bug, *Acrocinus longimanus*, on a fig vine whose face, she exclaimed, looked just like her favorite hip-hop artist!

For many years my base of operations in the Verapaz region has been Quetzal Mountain Inn (Hotel Posada Montaña del Quetzal at Km.156) where you can get a nice cottage with a fireplace, essential for

comfort in the this land of perpetual cheepy-cheepy (the Mayan word for cold-misting fog and drizzle). This is also the best place to sample the regional delicacy cak' Ik, a rich turkey soup flavored with chili, pumpkin and sesame seeds and local herbs, accompanied by corn tamalitos. The Lemus family, owners of the Quetzal Mountain Inn, are members of the Cloud Forest Corridor Association and are actively involved in protecting the forest on their land and throughout the region, including frequent reforestation campaigns involving local school children. By patronizing the Quetzal Mountain Inn we help the Lemus Family to save the forest!

The Posada del Quetzal has its own cloud forest reserve with a nature trail leading to a beautiful valley and the magnificent Rochoch Li Kukul Falls. It was here that I took my first series of good photos of the sublime emerald cloud serpent. We spent the afternoon exploring the forest and lounging by the falls. I had been searching for a rare viper for months without any success, but it was Sophia who discovered one. This beautiful palm viper Bothriechis aurifer is an endangered species and only found in a few of our remaining cloud forests. Sophia had been educated to look but not to touch the wildlife, and we observed this emerald-hued serpent for quite a while as I got some good photographs. ...continued page 92





Turquoise pools and mysterious caves are just two reasons why Semuc Champey is a must-visit destination.

traveling, you often find yourself evaluating the many destinations, and here in Guatemala the variety is astounding. One of the must-visit attractions is Semuc Champey. You may have seen pictures of the shimmering turquoise pools, cascading through the jungle. The water is so blue that looks like it was transported right out of the Caribbean Sea. You've probably also heard it is quite a journey and are wondering if it is really worth the trip. I am here to tell you that yes, Semuc Champey really is worth it. Be sure to plan some extra time to explore the surrounding caves and flora and fauna.

The drive from Guatemala City can take up to eight hours. Shuttles are available from a number of travel agencies; another option is a coach-style bus (far different than a camioneta) from Guatemala City. Two companies run coach buses: ADN and Monja Blanca. You'll first head to the city of Cobán, located in the department of Alta Verapaz. This city and its surrounding area have enough attractions to warrant an overnight stay. (There will be more on Cobán in next month's Revue.) From Cobán, you can book a shuttle straight to Lanquín, your jumping-off point to all the adventures in and around Semuc Champey.

You'll descend down from Cobán through cool cloud forests and into Lanquín, a welcoming and warm tropical retreat with flowers, cacao trees and flowing cobalt rivers. There are a number of beautiful palm roof-style lodges to call home for a few days. My favorites include El Re-

tiro Lodge, featuring private cabanas and a new hot tub; the Zephyr Lodge, with its signature wood-fired pizzas and homemade bread; and the Utopia Eco Hotel, with its all-vegetarian and kosher family-style meals at affordable prices. Each one is a slice of heaven nestled near the Cahabón River. To take full advantage of the surroundings without rushing through at a break-neck pace, give yourself at least three nights in the area.

Guided tours of Semuc Champey can be arranged through each hotel and are the best way to fully enjoy the park. They all provide roundtrip transportation and a box lunch, since food and beverage options at the park are scarce. You'll definitely want your camera for the breathtaking views that await at the mirador (lookout), following a strenu-





ous 45-minute hike up. Gazing at the cascading turquoise water, you'll understand why it's sometimes called the Eighth Wonder of the World. After your workout you'll be ready to jump into the water to cool off. Be careful—the rocks around the pools can be a little slick. Be sure to visit the impressive El Sumidero, where the river tumbles through extreme rapids and disappears underground—a great photo op but don't fall in.

After the pools, your guide will take you up to the Kan'Ba Caves for some heart-pounding excitement. You'll be escorted through with only a candle for light—and you'll be swimming with your candle most of the way. Don't splash too much or you'll put your candle out. Crawl up a rope through a tumbling waterfall and take a blind leap, splashing

down into the pool on the other side.

After a full day at the park you'll be ready for a hearty dinner, at your hotel the staff will be waiting with an amazing spread to help you recover. Fall asleep to the sound of crickets and the "hoot hoot" of the owl—leaving the rumbling buses and car horns miles away.

In addition to Semuc Champey, you can also explore the Lanquín Caves, which offer a spectacular view of bats leaving at dusk, and go tubing down the Cahabón River. If you haven't already reached your adrenaline quota, try the "extreme tubing" tour, which leaves from Utopia Eco Hotel and starts with a jump off the bridge. There is plenty of hiking in the area, and the bird watching is fabulous with more than 90 species recorded.

So look at your calendar and schedule your trip to Semuc Champey. You'll come back telling your friends, "Yes, it really is worth it!"





ow that you've planted those roses, which flourish so vigorously in Guatemala, what do you do with them? I once started an article for a Guatemalan newspaper with the comment that it's hard to kill a rose here. The editor took that comment out with a rebuke, "That's not what the readers want!"

But roses are hardy, especially in Guatemala's mild and even climate. That said, there are a few things to look out for. Bugs range from Japanese beetles to aphids and thrips. The latter tiny under-leaf insects are easily eliminated with a soapy spray (I like Axion dishwashing liquid) that cannot harm the environment. Those beetles are a different matter. Whatever you do don't buy a Japanese beetle trap, containing a pheromone to attract the pests. For sure you'll have a bag of bugs, but you'll also attract every beetle for blocks downwind of the pheromone. Earwigs love roses but don't like a soap spray. You can pick the beetles off, even when they are busily munching a bud or bloom, and drop them in a bottle of Axioned liquid.

Rose leaves are almost always affected by a fungus called black spot. See it once and you'll recognize it forever. It debilitates the leaves and can cause leaf drop. But I have never seen a rose fatally affected by black spot, so while fungicide does work, so does regular picking of leaves affected by the fungus. Avoiding extremely blighted plants in the nursery is also a good idea. Picked leaves should be deposited elsewhere to avoid reinfection of existing or fungus-free plants.

The most fun I've had with roses has come from propagating them. You can let the rose go to seed in the form of a rose hip, give it a dormant period in the refrigerator for about 30 days and then plant the seeds. There is one drawback, or maybe exciting discovery through this method. You know the genes, and the color and fragrance of the parent

plant that produces the hips and seeds, but the other partner plant is whatever bloom the bee, butterfly, hummingbird or even beetle visited before pollinating the host rose blossom. Who knows what you'll end up with?

Cloning by layering I'm saving for an article on children's gardening.

Pruning is a welcome relief to the rose. Inward growing canes (the long spindly branches) can scratch an undamaged cane, and roses do not like to be pricked with even their own thorns, any more than I do.

A teaspoon of fertilizer, usually Triple 15 here, does wonders for a rose. Beware of pure nitrogen, or urea, since it can and will burn plants. (On the other hand if you want to burn your initials in a lawn, or a heart in your girlfriend's, urea is ideal.)

Raking around the base not only eliminates competing weeds but also creates mini furrows for that Triple 15.

I'll close by wishing you a very happy rose garden!

Thirst Quencher

ECOFILTRO has been using ceramic pot filtration technology to bring clean water to the rural poor on a mass scale since 2009.

ago with a man named Fernando, directing artisans working potter wheels in the small town of Rabinal in Alta Verapaz, has resulted in a worldwide water Revolution.

There are approximately one million families living in Guatemala without access to clean drinking water. Unable to afford purified bottled versions, they have two options: either spend a large proportion of their salary on firewood to boil water, causing deforestation and polluting the environment, or drink dirty water, causing infections and some cases leading to death.

In 1981, Fernando Mazariegos developed a technology termed ceramic pot filtration. The following year his design was awarded the top prize by the Latin American Institute of Water Engineers for its effectiveness in treating contaminated water. His filtration system has since gone on to receive awards from the World Bank.

Born from the idea that every Guatemalan should have access to a sustainable source of clean drinking water, Ecofiltro has been using ceramic pot filtration technology to bring clean water to the rural poor on a mass scale since 2009. Perfecting low-cost water filters, and working with NGOs to distribute them,

the company believes that 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.

"We organize rural communities to take control of their own health in the same way that affluent nations do: through awareness and affordable, clean water," said Richard Finlay, director of operations and finances at Ecofiltro.

"The water problem is the most significant thing that is impacting global health; it's the problem that is inflicting the most pain and suffering on the most people. We try to reach those
who are either very
sick because they are drinking
dirty water and losing days of work,
or worse: are losing children (to disease and infection)," said Finlay.

Ecofiltro works primarily through its foundation *Ecofiltro: one* which distributes the filters, teaches customers how to use them and helps them set up a savings and payments plan of around Q10-15 a month

...continued page 34

datebook

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

Wed., through Fri., 5, 6-8pm — (Spanish) CURSO: Una historia del arte compartida: Chiapas y Guatemala en los siglos XVI, XVII y XVIII, impartido por Gabriela Ugalde. Q400; estudiantes y guías de turismo Q300. Museo Popol Vuh, 6a calle final z. 10, Universidad Francisco Marroquín, Guatemala City

Thurs., 7pm — ANTIGUA PHOTO CLUB: Club Fotográfico de Antigua (CFA) feature talks by special guests, photo contests in color, b/w and digital categories. CFA welcomes novice & professional photo enthusiasts. Info. & details visit www.clubfotograficoantigua.com or Facebook.com/ClubFotograficoAntigua. Free. Ruinas de la Iglesia La Merced (1a calle poniente y 6a av. norte), *La Antiqua*



Sat., 9am-noon — COOKING CLASS: Guatemalan cuisine; \$40 incls. three hours of instruction, a coffee break and a delicious lunch (prepared by the class), incls. a glass of wine or other beverage; next, a visit to the mercado to find out where to buy the best ingredients. Limited enrollment. Call for a reservation, 7882-4468. La Peña de Sol Latino, 5a calle poniente #15-C, *La Antigua* See related article, pg. 54 (Mar. 2013, www.revuemag.com)

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

5 Fri., through Sat., 13, 9am-5pm— PHOTO EXHIBIT: *Armadura de flores* by Manuel Rionda. Portraits with color and texture elements from the Guatemalan culture. 6a calle final, z.10. (tel:2361-8081), Centro Cultural UFM, *Guatemala City* ▼



5 Fri., 6:30pm through Sun., 14— ART EXPO & SALE: *Fractal* by Mexican artists Emilio Márquez and Edgar Ruiz. Proceeds support the fight against malnutrition in Huitán, Quetzaltenango. Café Lounge (tel: 7765-8418) 1a calle 14 A-64, z. 1, **Quetzaltenango** ▼



Sat., 1-8pm — 4th of JULY CEL-EBRATION: The Democrats Abroad Guatemala and The American Society invite you to the Fourth of July with a red, white, and blue U.S. Independence Day celebration. Casa Convento Concepción 4a calle oriente #41, *La Antigua*. See related article on page 26.

Sat., 5pm — PHOTO EXHIBIT: Inauguration *Antigua Mágica*, inside the Museo de Armas, Municipalidad de La Antigua Guatemala building (M-F); **Sundays, 10am-5pm**: on display beneath the Calle del Arco. *La Antigua* ▼



Mon., 7pm through Sat., 13 — SE-MAINE DE LA FRANCE: A table, collective culinary design exposition by artists from Guatemala and Costa Rica. Galería de Arte de la Alianza Francesa. Free. 5a calle 10-55, z. 13, *Guatemala City*

Tues., 7pm — MUSIC: *El Principito* featuring Clara Cernat and Thierry Huillet (violin & piano), with the participation of the Orquesta Sinfónica Juvenil Municipal. Free. www.semanadefrancia.org. Park on the entrance to Elgin, 2a av. and 23 calle, z. 13, Las Américas, *Guatemala City*



his month the city and townspeople of La Antigua Guatemala honor its patron saint Santiago Apóstol (St. James). A highlight of the many festivities is the IV Gastronomic Festival. The cooking begins on Sunday July 21 in the atrium of the Cooperación Española, At 6 a.m. chefs gather to prepare dishes that will compete in the following categories: platos fuertes (main dishes), entradas (appetizers), platos dulces (sweet dishes) and atoles and refrescos (beverages). Culinary delights include pepián, hilachas, chiles rellenos, tamal colorado, enchiladas, tamalitos de chipilín

(frijol or loroco), tacos de carne, chuchitos, tamalitos, buñuelos, canillitas de leche, empanadas (dulces o saladas) and many other delicious regional dishes

of Sacatepéquez. From 8 a.m. to 10 a.m. a select group will judge the dishes, evaluating taste and smell, presentation, hygiene, and presentation. Awards for 'the best of the best' will be issued later in the afternoon. At 11 a.m. the doors are open to the public, giving everyone an opportunity to purchase a sampling of their favorite dishes. This event will be accompanied by the melodious sounds

of live marimba music.

The event closes at 4 p.m.
Compañía de Jesús/Cooperación Española, 6a av. norte, La Antigua

The organizing committee: El Comité de Autogestión Turística de Sacatepéquez CAT, the city of La Antigua Guatemala, INGUAT (Instituto Guatemalteco de Turismo), and Intecap, along with support from commercial enterprises: Casa de Don Ismael, Hotel Palacio Chico, Cooperativa UPA, Finca La Azotea, Grupo Gestores de Antigua Guatemala, Diputada Regina Guzmán, and Don Jorge Méndez (member of del comité de la maratón de las Rosas, Guatemala Land Royal Tours & Travel and the Hotel Euro Maya.

DATEBOOK

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

10 Wed., 2pm — (Spanish) TALL-ERES: Au temps des Cavernes, Reconstrucción de una gruta y talleres de: fuego, pintura rupestre, caza, talla de obsidiana, con el prehistoriador francés Cyril Calvet. Entrada libre. www.semanadefrancia.org Alianza Francesa de Guatemala, 5a calle 10-55, z. 13, **Guatemala City**

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

Thurs., 7pm — ART: Inauguration, *Aldeas oníricas en el país de la Eterna Primavera* by Rudy Cotton. Through August 16. Free. Galería de Arte de la Alianza Francesa. 5a calle 10-55, z. 13, *Guatemala City*

Thurs., 8pm — MUSIC: *Jazzuela, el Jazz en Rayuela* by Lester Godínez & Orquesta and Raúl de la Horra reading sections of Rayuela from Julio Cortázar. Q75. Teatro Dick Smith, IGA, *Guatemala City*

12 Fri., 7pm — EVENT: Soirée French Cancan Cabaret. Details and info., www.semanadefrancia.org Hotel Intercontinental, Salón Gran Roble, 5a calle 10-55, z. 13, **Guatemala City**

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

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

13 Sat., 2pm — FOOD & MUSIC: Foire Gastronomique et Bal Francais, closing of the Semaine de la France, gastronomic festival and concerts. www.semanadefrancia.org Free. Paseo Cayalá, Bulevar Rafael Landívar 10-05, z. 16, Guatemala City

13 Sat, 4-7pm — ART: Anthropos, a one-man exhibit by renown Guatemalan artist Rogelio Barillas. Known for his paintings of voluminous figures, he feels that round figures tend to provoke certain sensual pleasure. Obesity can provoke the most diverse feelings, but in these characters there is no censorship. These people are happy and optimistic and overflowing with a sense of self-complacency. A collection of more than 20 new pieces in oils and his latests drawings are part of this collection. Through August 12. La Antigua Galería de Arte, 4a calle oriente #15, **La Antigua** ▼



16 Tues., 5:30 — TALK: Life in Guatemala: Brief History and Current Conditions, presented by Sue Patterson,

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

17Wed., 2pm — TOUR: Open Windows Learning Center, San Miguel Dueñas; join David Dean on a visit to this educational and community development foundation. Meet in front of the Café Condesa, Central Park; return by 3:30pm. FREE!. www.openwindowsfoundation.com, *La Antigua*. See related article, pg. 12 (May 2013, www.revuemag.com)

17 Wed., 8pm — MUSIC: Imox jazz, Jacobo Nitsch, invited artist. Free. Teatro Dick Smith, IGA, *Guatemala City*

17Wed., 9pm — MUSIC: Retro Night, VJ Mixx. Personajes de La Antigua, (tel: 7832-3758), 6a av. norte #6, *La Antigua*

19 Fri., 5:30pm & Fri., 26th, 5:30pm — DINING at KIDS Restaurant: The only restaurant run by KIDS. They learn cooking, English and computer skills at the Education Center of TESS Unlimited. Every month the the KIDS restaurant offers delicious food from countries around the world. Fri., 19-5:30pm: Spanish cuisine; Fri., 26-5:30pm: Japanese cuisine. Reservations: kidsrestaurant@gmail.com or tels: 4550-7798 or 5279-6976. **5pm**: Our mini chef will wait for you in front of Café Condesa (5a av., central park, Antigua), where you will be picked up at by our shuttle service to bring you to the KIDS Restaurant in San Gaspar Vivar. See related article, pg. 54 (May 2013, www.revuemag.com)



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Antigua Limpia

On June 5, wearing Antigua Limpia T-shirts and holding brooms, our group assembled at the central park to celebrate International Environment Day. We gathered that day for another purpose as well—to alert citizens and the city government of La Antigua Guatemala about our growing concern over critical issues that are negatively affecting this beautiful World Heritage city. Solutions must be found in order to eradicate the ongoing environmental contamination, including garbage, sound, air and visual pollution and administrative disorder, including violence, crime and corruption.

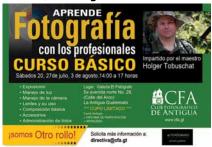
Signatures in solidarity for our cause, pages of them, were collected and submitted to the municipality, along with our petition. Our task is not done. Please watch for announcements concerning meetings and upcoming events. Interested parties are most welcome to join. For more info., (Spanish & English), contact antigualimpia@hotmail.com

—Antiqua Limpia committee

DATEBOOK

19 Fri., 9pm — MUSIC: Electro Night, guest D.J. Personajes de La Antigua, (tel: 7832-3758), 6a av. norte #6, *La Antigua*

20, Sat., 27 & Aug., 3, 2-5pm — PHOTO WORKSHOP: with Club Fotográfico de Antigua's instructor Holger Tabuschat. Galería El Fotógrafo, Calle del Arco, *La Antigua*



20 Sat., , 9am-noon — COOKING CLASS: La Peña de Sol Latino, 5a calle pon. #15-C, *La Antigua*. *SEE LIST-ING*, *Sat*. 1st

21 Sun., 11am-4pm — FOOD FES-TIVAL: The IV Gastronomic Festival, Compañía de Jesús/Cooperación Española, 6a av. norte, La Antigua. See page 23.

Tues., 5:30pm — TALK: Ecofiltro: one, Changing the cycle-Providing Clean Water to the families of the 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. See related article on page 21.

25Thurs. — CELEBRATION: Cultural and religious activities to honor Santiago Apóstol. Most banks closed. *La Antigua*

26 Fri., 5:30pm — DINING at KIDS Restaurant featuring Japanese cuisine. More info. see listing Fri., 19th.

27Sat. — ART EXPO & TALK: Artists the Méndez Chavajay brothers, and advanced students feature work with Mayan Tz'utujil life and traditions; **2** pm: Talk on the rich local painting tradition. Proceeds benefit Ayúdame a Pintar Mi Futuro. La Fuente, 4a calle oriente #14, *La Antigua*. See article on page 82.

Tues., 5:30pm — TALK: Camiando por la paz (Walking for Peace). This program operates in zone 18, Guatemala City. It focuses on two areas: Educational efforts by providing all expenses related to school for 22 neighborhood children; backed up by tutoring at the project, open to all children including those who are unable to go to school. Community service: resurfacing the soccer field as well as making significant repairs to a neighbourhood home. Donation Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, La Antigua

30Tues., 6:30pm — (Spanish) CONFERENCIA: Costumbres bioculturales en el área maya: Deformación cefálica y decoración dental, dictada por Shintaro Suzuki. Contribución Q30; estudiantes y guías de turismo Q15. Museo Popol Vuh, 6a calle final z. 10, Universidad Francisco Marroquín, **Guatemala City**

31 Wed., 8pm — MUSIC: Piano concert by Oswaldo Dubón. Q75. Teatro Dick Smith, IGA, *Guatemala City* ▼



Democrats Abroad Guatemala and The American Society of Guatemala Announce a Star-Spangled U.S. Independence Day Celebration

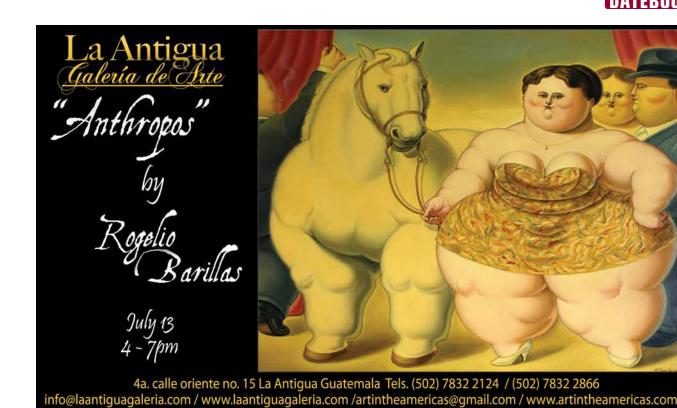
Democrats Abroad Guatemala and The American Society invite you to the Fourth of July with a red, white, and blue U.S. Independence Day celebration on **Saturday, July 6 from 1:00 p.m. to 8 p.m.** in La Antigua Guatemala.

Pappy's BBQ will provide mouth-watering, all-you-can-eat Texas barbeque and other picnic fare from Pappy's BBQ at the historic Casa Convento Concepción in Antigua. Enjoy kids' games; 4pm: Looking for Palladin, a movie filmed onlocation in Antigua, (4 p.m.), a raffle, and a small fireworks display at dusk, weather permitting. Everyone is welcome!. Tickets Q125, cash bar. Kids under 10 free.

A portion of the proceeds will support "Centro Educativo Mixto José Antonio Gutierrez." This junior high school in Jocotenango is named in the memory of Guatemalan-born U.S. Marine Lance Corporal José Antonio Gutierrez, one of the first U.S. soldiers killed in the war with Iraq in March 2003. Orphaned at age 8, Gutierrez overcame incredible obstacles to seek work in the U.S. at age 14, but instead found a caring adoptive family. He volunteered to serve in the Marines in an effort to give something back to the new country he loved.

Democrats Abroad Guatemala and the American Society will honor the memory of this courageous and determined young man by supporting the school that bears his name and provides free education, books and uniforms to needy children.

Tickets on sale now in Antigua at the Revue (3a av. sur #4-A), Jade Maya (4a calle oriente #34), Ocelot Bar (4a avenida norte #3), and Pappy's BBQ (6a. calle poniente #2). You can also email tor tickets: mayadems@yahoo.com, parroyave@gmail.com, juneaupup@yahoo.com, or AlisonSchwarz@icasa.com.gt



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MUSIC

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

Mondays — Nelson Lunding, New Orleans Jazz

esdays — Jazz Duo with Lisandro days — Buena Vista de Corazón, Ignacio Perez on

congas and Aniet Gonzáles on flute.

— Latin Trio, Denis Medina on Cubano Tres

Fridays — Latin Trio, Denis Medina on Saturdays, 5-6pm — Classical Recitals with Seth

Montforth and friends. (Q100 suggested collaboration) Saturdays, 8pm — Nelson Lunding, New Orleans Jazz

Trova Jazz

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



La Peña de Sol Latino

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

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

Tuesdays — David with easy listening jazzy coffee house guitar and vocals (Pique on the conga) Wednesdays thru Sundays — 7-10pm: Grupo Sol Latino plays Andean music (pan flutes).



Fridas

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

Fridays — World music.

Kape Paulinos

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

Sundays — 1 to 4pm: Live marimba band

Posada de Santiago tel: 7721-7366 1 km south of Santiago Atitlán, Lake Atitlán

Every week, usually on Fridays and Saturdays. Check Gringos of Santiago on Facebook for details.

Rainbow Café

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

Mondays — Don Jorge: classic latin folk music by candlelight

Tuesdays — Pat'za: let this Mexican-Italian singer/songwriter amaze you with her voice and lyrics.

Wednesdays — Open Mic Night! Hosted by different musicians; come along and show your skills!

Thursdays — Eric Fry: enjoy a great mix of Western and rock music!

Fridays — Different guest artists

S — A variety of bands and musicians!

Sundays — Kenny Molina, one of Antiqua's best loved musicians plays a variety of Latin music that will make you dance!



El Café at LA CASBAH

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

Tuesdays — Salsa Night **Wednesdays** — Cumbia Night

Thursdays — Rock night

Saturdays — Chill out party, starting at 1pm

Live DJ at the Terrace.

Restaurante Personajes

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

18 Thurs., 9pm — Viento en Contra. Q40

20 Sat., 9pm — Los Patanes. Q40, includes a Gallo beer

Fridays & Saturdays — 9pm-11:30pm: Rock in English and Spanish. Cover Q20



Las Palmas

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

esdays & Thursdays — Bossa, Brazil/North American, sofa rock and boleros with Trujillo, René, Gilberto and Bryan.

— Tropical salsa by Grupo Caribe and DJ Antiqua (Julio Morales)

- Surprise group



TRATTORIA LA NONNA

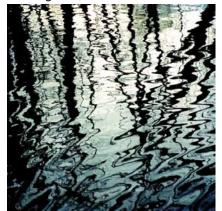
Tel: 7840-4036 Km 86.5, Carretera Interamericana, Tecpán

aturdays — 7am-10pm: Live music

music

THROUGHOUT THE MONTH

Il month — ART: ArtPhotoSynthesis™2 by Vera Richardson-Wilson. Galería Panza Verde (tel: 7832-2925), 5a av. sur #19, **La Antigua**. See related article, pg. 30 (June 2013, www.revuemag.com) ▼



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

ondays, 10am & Thursdays at 2:30pm: Common Hope offers a free 2-hour village tour. Departs: fountain, central park. Tel: 7922-6600 for a private tour; visit www.commonhope. org. La Antigua

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

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

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

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

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

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

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

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

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



LA CASBAH MONTHLY CALENDAR
Tuesdays — Rock night, all night: Budwiser 2x1; chicken wings 2x1; Wednesdays — Cumbia night, all night: Tequila 2x1, soup 2x1; Thursdays — Salsa night, all night: Cuba libre 2x1; onion rings 2x1; Fridays — Ladies night, all night: caipirina, mojitos & margaritas Q10, salads 2x1; Saturdays,1pm — Chill out party: Live D.J. on the terrace, 2x1 premium beers, pitcher of sangria, 1/2 price, special ceviche; Sundays — Family lunch: sandwiches 2x1, ice-cold draft beer 2x1. (Calle del Arco/5a av. norte), La Antigua

PLAN AHEAD

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

August 4-17 — EVENT: Festival Internacional de Poesía de Quetzaltenango dedicated to Carolina Escobar Sarti. **Quetzaltenango**

La Comisión Sociocultural Conservación y desarrollo de La Antigua Guatemala CONVOCA al Segundo certámen fotográfico Antigua Monumental, "Artesanías tradicionales del Valle de Panchoy", en tres categorías: Estudiantes con cámara digital, profesionales, con cámara digital y profesionales con material impreso. Ver bases en Facebook: Comisión Sociocultural de La Antigua Guatemala ó certamenfotograficoantigua@gmail.com







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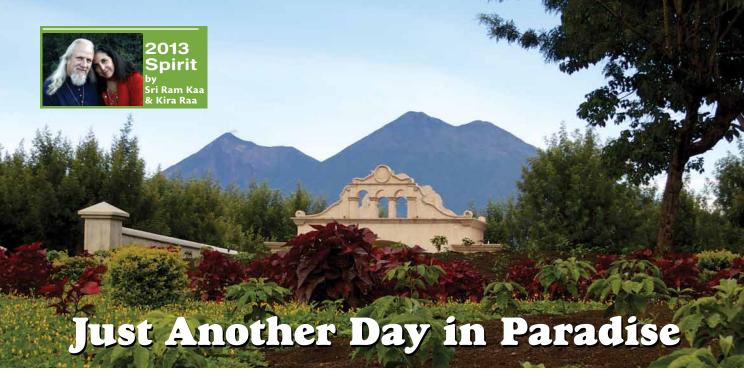
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Thether sun, wind, rain or clouds embrace the mountains, one thing is always certain—in Guatemala, it's just another day in paradise.

Guatemala has many contrasts and cultural paradoxes. These contrasts are part of the journey of discovery. Whether you live here, or you're on vacation, on a mission, a potential relocation or simply passing through, the discoveries that are yours to claim here are limitless— if you allow yourself to find them.

Being in a unique culture opens us to understand the "beginner's mind." That rare and precious moment when you see or learn of something for the first time! Imagine now the first taste of what has become your favorite food, or the beauty of a tree that took your breath away, or when you experienced a new culture with the eyes of a child!

These moments of discovery sow seeds that illuminate our inner being.
They invite us to become more aware and to do more with our lives.

July is a wondrous month in Guatemala, and we often smile as we witness many who are obviously here for the first time, navigating the ever-changing, yet always stunning weather, tentatively interacting with the locals and finally relaxing into the joy of discovery. The trees are greener and the mountains have a lushness that comes forward from the rainfall ... a call to "presence."

"Perma-cation" is our made-up term that defines living and viewing everything around you in such a way that allows you to be open to the fullness of your surroundings. It allows you to take in the totality without becoming numb to the reality of a myriad of experiences that you are traversing every day.

One cultural discovery we first experienced in Guatemala is the reluctance of workers to say no when asked to do something. Even if the task being asked is not realistic for them, they will usually say yes and then simply not complete the task. Or, if you ask someone, using your best traveler's Spanish, if they un-

derstand you they, too, will usually say yes. A cultural politeness that can lead to some fascinating interpretations!

How about the simple pleasure of ordering two amazingly good, large cappuccinos (*capuchinos*) and a pastry at an excellent coffee house and paying less than \$5 for all of it! We always smile, too, at the value you receive in Guatemala and the consistent presence of those who really enjoy their jobs.

Sure, the rain may be falling in the afternoon, and there might be a group tying up traffic because they want their voices heard. Or tourists who have just arrived at the central park huddled together, uncertain, and then they relax and start allowing themselves to explore the beauty of La Antigua Guatemala. From that self-discovery they were able to take that smile with them as traveled to other parts of Guatemala.

The joy of discovery will lead to incredible insights and fascinating journeys that will forever enrich your life. After all, it's just another day in paradise, so why not begin the joy of discovery today?

Sri and Kira have authored several books and are the owners of TOSA La Laguna. email: office@tosaspa.com www.LakeAtitlanSpa.com



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Thursday Services Contemplative 12:15 pm

Sunday Services Contemporary 8:15 am Traditional 11:00 am

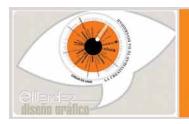
The Worship Experience 6:00 pm

Caring for the English-speaking Community

tel: 2361-2037, 2361-2027 email: unionchurchquatemala@gmail.com web: www.unionchurchquatemala.com

12 calle 7-37 zona 9 Plaza España, Guatemala

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do, and you've done it. -Margaret Thatcher



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Ecofiltro cont. from page 21

to pre-pay the next filter—thus securing clean water for themselves and their family for the rest of their lives.

Each filter takes around four weeks to build and lasts for approximately two years. Locally sourced clay and sawdust are mixed together with water to form the filter's shape, then it is left to dry for up to two weeks before being fired in kilns, coated in colloidal silver and randomly tested to ensure meeting company standards. Once distributed, the filters are placed inside a container and clean drinking water filters though at a rate of 1.5-2 litres per hour.

"Mothers especially love the filters. It's one of the first things in their homes that they own, and they are not dependent on anyone in their village to buy chlorine tablets," said Sam Snyder, director of *Ecofiltro: one*.

While Ecofiltro's focus is on rural communities, its products are also available to the urban population. Last year the company sold 20-25,000 filters to rural people and 10,000 to residents of La Antigua and Guatemala City who wanted a cheaper, more ecological alternative to bottled water.

"We started using the filter for various reasons," said Charlotte Rumel, director of Alianza Francesa in Antigua. "It's a more economical way to consume water, it's an ecological system, and we think that Guatemala needs to develop a more environmental conscience."

By using urban filter sales to subsidize filter costs in rural areas—urban communities pay market value and rural communities pay at cost—Ecofiltro hopes to solve the water crisis in Guatemala in around 10 years.

"We know there are a million families in Guatemala that we need to address. I'd like to think that in five years we'll have at least 40-50% of those families with a sustainable water filter and in ten years we'll get to all of them and have a record of who they are so that we can keep servicing them in the future," said Finlay.

Before using the filters, rural customers used to complain about the pains inflicted after drinking unfiltered wa-

Photos: Various stages of production of the Ecofiltro



ter or the taste of chlorine that was left over from boiling it with sterilising tablets.

Maria Clara Xaji used to get stomach cramps that kept her up at night: "Now I sleep like an angel," she said, after installing the water filter in her house in Cruz Nueva, San Martin Jilotepeque.

Although the filters were originally created in Guatemala, the first factory to start using the technology was built in Ecuador. Today, Mazariegos has an office in the Ecofiltro factory in Ciudad Vieja, Sacatepéquez, but his ceramic pot filtration method is being produced in over 30 countries in Asia, Africa and Latin America.



To learn more about Ecofiltro and Ecofiltro: one visit: www.ecofiltro.com

We never know the worth of water till the well is dry.

—Thomas Fuller

I believe that water is the only drink for a wise man.
—Henry David Thoreau

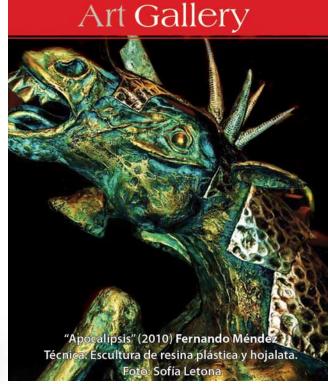
Pure water is the world's first and foremost medicine.
—Slovakian Proverb

Let there be work, bread, water and salt for all.

—Nelson Mandela

GUATEMALA CITY dining







When you're dead, you're dead. And until then, there's ice cream. —Bruno Heller

Happiness is life served up with a scoop of acceptance, a topping of tolerance and sprinkles of hope, although chocolate sprinkles also work. —Robert Brault

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



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Character is what emerges from all the little things you were too busy to do yesterday, but did anyway.

—Mignon McLaughlin

Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all. —Sam Ewing





Saving the Dinner Party

sn't it time we bring back the dinner party? There nothing more satisfying than serving delicious food in gracious surroundings where friends have gathered together to share a wonderful meal. Evenings when none of your guests want to say goodbye and want to linger late into the night. The sounds of laughter and joy are wonderful memories and dinners parties have provided all of us with many memorable moments.

It wasn't until I was in my mid-twenties that I hosted my first a dinner party and it was only after a friend gifted me with a book. It was "Country Weekends" written by Lee Bailey. I read it front to back, as I would a good Grisham novel. After reading it, I somehow felt more sophisticated and discovered a passion for entertaining.

Lee Bailey wrote a series of home entertainment books which included dreamy photographs of food and table settings in timeless poetic settings. In the late seventies or early eighties (who can remember anything in that era) on a long weekend trip to New York I made my way to Lee Bailey's legendary boutique of home goods at Henri Bendel. I distinctly remember two things about the boutique. First, nearly everything in the store was white and beige. Second, it was there that I met Chrissie Hynde from the band "Pretenders" and we had a lengthy conversation about dinnerware. I am not convinced if it had 38



anything to do with my impression of Lee Bailey's style, but to this day, I only serve on white plates and most always my homes have had beige walls. I remember reading some time ago that Chrissie Hynde opened a restaurant in her hometown of Akron, Ohio. I was curious and Googled her restaurant and had to laugh ... beige walls and white plates. What can I say, it works.

The late Nora Ephron, who was also well known for her parties, wrote on more than one occasion that the most successful dinner parties are held around large, round tables so everyone was close and could enjoy the conversations. I have to agree, but I have never purchased one. Now that I live in Guatemala with the wonderful artisans, I am sure to have one.

Creative inspiration for entertaining comes to us in many different ways. I have found it in people's homes, food magazines, cookery shows, books or simply walking through an outdoor market. I have collected and read a good amount of cookbooks. What feels like a hundred years ago, I bought the entire series of "Mastering the Art of French Cooking" by Julie Child. Honestly, I don't think I ever cooked one recipe out of those books. I think I must have been so exhausted after reading the long and very detailed recipes, that I was probably too tired to cook. Anyway, they looked great on my bookshelf. I did however enjoy the film "Julie and Julia." It was written and directed by Nora Ephron and her love of food is transparent. Again... more inspiration.

Over the years I have also learned that a fabulous dinner party is not just about the food, but an exceptional mix of guests. I have been to dinner parties where I was certain the starter was laced with Ambien, we all have. If you get the wrong combination of people, no one will remember the night, let alone the marvelous food you spent two days preparing.

Here in Guatemala we can easily find inspiration to add atmosphere and warmth to our parties. We are surrounded by color and extraordinary artisans. The handmade table runners, table cloths and napkins are perfect for any table setting. A quick stroll through the market in La Antigua and your arms are soon full of tropical flowers at such a low cost that you are positive the person who sold them to you has made a mistake.

As it is the rainy season (typically May-Nov), it is a perfect time to tuck in for lunches and dinner parties and a great excuse to invite old friends, new acquaintances and people you've owed a dinner since the last Semana Santa. Remember to keep it simple. Don't attempt things that are beyond your capabilities as a cook. There is nothing worse than calamity in the kitchen twenty minutes before your guests arrive and you are sweating like a passenger on a runaway camioneta. And always ... make a list.

Here is mine. I call it my

"Over Time I Have Learned List"

- Whoever has influenced your style, it will never be as good as your own
- White plates really do make food look appetizing
- Not all of Nigella Lawson recipes work

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No matter what happens... somebody will find a way to take it too seriously. —Dave Barry

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Dinner Party cont. from previous page

- Never serve anything with beets as a finger food
- There is nothing similar to Whole Foods Market in Guatemala City
- Thirty minute meals are a bad idea
- Simplicity is the ultimate sophistication
- An iPad is not the same as holding a cookbook.
- Manchego cheese on a Carr's water-biscuit cracker goes best with a bottle of Veuve Clicquot Champagne.
- You can never find a steak knife in a vegan's kitchen
- Iceberg lettuce is only good with chunky blue cheese dressing and crispy bacon
- Never cook in white jeans, better yet, don't wear them at all

Have fun at your dinner party and Bon Appetit!

Shannon McCullough is a writer living in Antigua. He is co-owner of AntiguaCatering.com and is currently writing a book on cooking and entertaining in Guatemala.

Never be the first to arrive at a party or the last to go home, and never, ever be both. —David Brown

At every party there are two kinds of people - those who want to go home and those who don't. The trouble is, they are usually married to each other. —Ann Landers

I am thankful for the mess to clean after a party because it means I have been surrounded by friends. -Nancie J. Carmody

Always serve too much hot fudge sauce on hot fudge sundaes. It makes people overjoyed, and puts them in your debt. - Judith Olney



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Exercise is a dirty word. Every time I hear it, I wash my mouth out with chocolate. —Diane Lange

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My idea of exercise is a good brisk sit. -Phyllis Diller

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I really don't think I need buns of steel. I'd be happy with buns of cinnamon. —Ellen DeGeneres

until the feeling passes. —Robert M. Hutchins

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I consider exercise vulgar. It makes people smell. —Alec Yuill Thornton

Whenever I feel like exercise, I lie down



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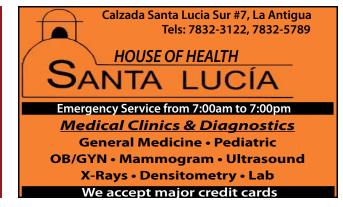
I think the next best thing to solving a problem is finding some humor in it. —Frank A. Clark

Some persons are very decisive when it comes to avoiding decisions. —Brendan Francis

Once you make a decision, the universe conspires to make it happen. —Ralph Waldo Emerson

You cannot plough a field by turning it over in your mind.
—Freddy Matson





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Nobody is bored when he is trying to make something that is beautiful, or to discover something that is true. -William Inge

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While the spirit of neighborliness was important on the frontier because neighbors were so few, it is even more important now because our neighbors are so many.

—Lady Bird Johnson

Humor has a way of bringing people together. It unites people. In fact, I'm rather serious when I suggest that someone should plant a few whoopee cushions in the United Nations. —Ron Dentinger





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The kind of humor I like is the thing that makes me laugh for five seconds and think for ten minutes.

—William Davis

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—Sidney J. Phillips



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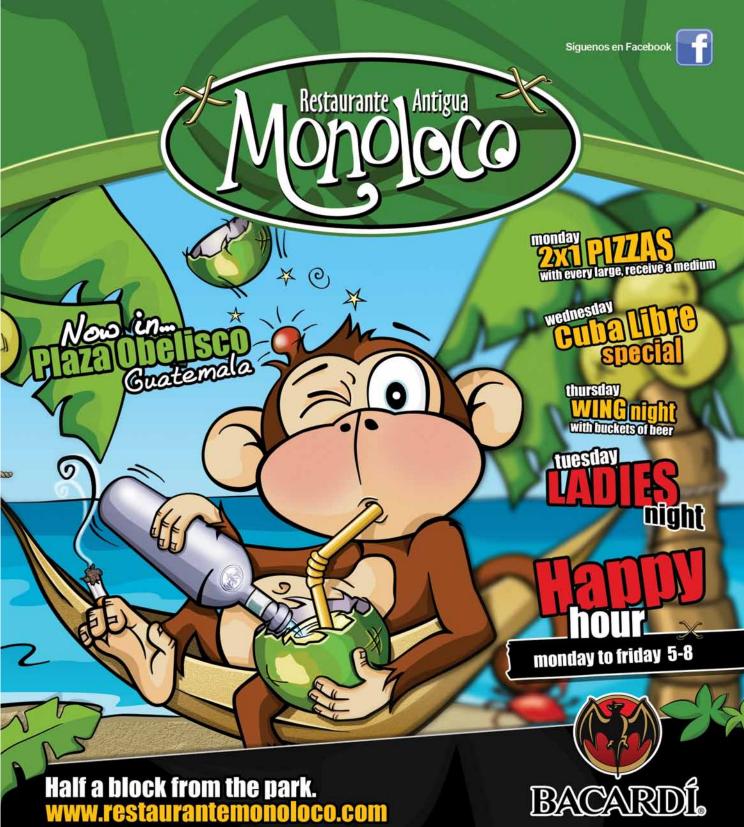
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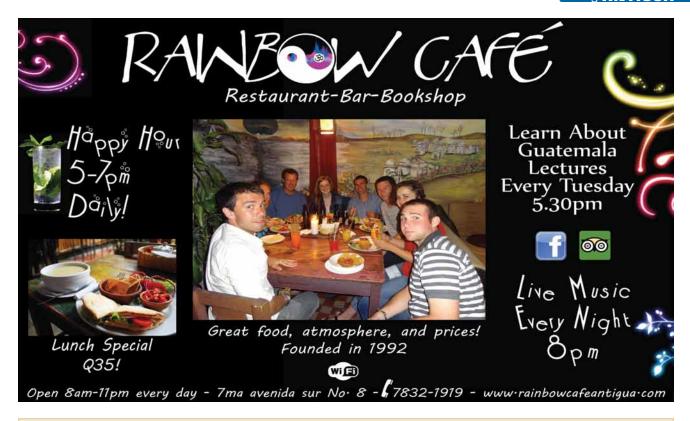
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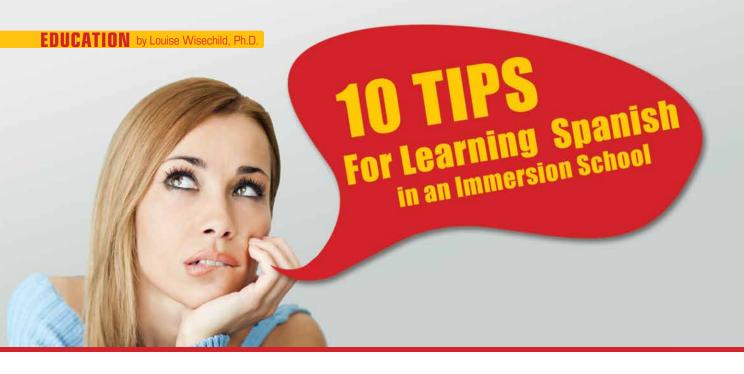








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earning Spanish can be a great asset for traveling in Latin America. Studying in Guatemala can open a door to the incredible cultural richness of Guatemala and to new Spanish-speaking friends. At the same time, learning Spanish can be daunting, especially in the beginning when you don't know what to expect. Here are a few things to keep in mind.

- A few people possess a genetic gift for learning languages. This does not mean that the rest of us are stupid. But it does mean we will likely be using flash cards and at times we'll marvel at the patience and kindness of the native speakers.
- 2. Immersion learning allows more opportunities to hear and to practice Spanish but it does not magically insert the language into your brain, just as throwing a non-swimmer into deep water does not teach her how to swim. This is why language schools assign homework.
- 3. Spanish is composed of about 100,000 words—only about half the number of words that exist in English. Still, how many new words of any language do you routinely add to your vocabulary? Fortunately, some Spanish words resemble the English counterparts. Beyond this resemblance is the matter of the feminine and masculine articles, irregular verb forms in a multitude of tenses, greater flexibility of sentence structure and of course the actual sound of the words in Spanish. To stay optimistic, comfort yourself with the fact that you are getting a great brain workout.
- 4. Grammar is basic to learning language. Perhaps you were absent the week that indirect objects or past participles were being covered in grade school. In Spanish immersion school, the teachers will likely assume that you already know the parts of speech. Don't be ashamed of scuttling off to the internet café and reviewing the basics of English gram-

mar. Congratulate yourself on becoming more fluent in both Spanish and English.

- **5.** The squiggles above the words are not optional, but are actually part of the word, e.g., mañana, tú.
- **6.** While it is tempting to mumble the endings of the words instead of actually learning the slight but significant variations in their endings, which indicate tense and gender, this is a short-term solution that an adept Spanish teacher will not let pass. Practice saying the whole word distinctly.
- 7. Cramming many verbs and tenses into your mind in a short period of time will not help you become conversationally adept in Spanish. This is why immersion teachers have you play word games and engage you in conversation. This is also the reason some people with university degrees in Spanish cannot actually speak the language. ...cont. page 76



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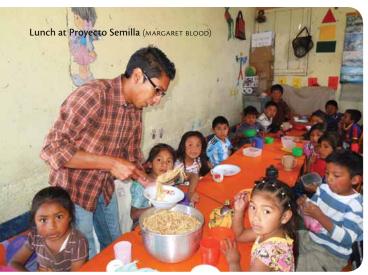
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New Blood cont. from page 14





which led to universal access to highquality early childhood education in the state. Blood then went on to address substandard reading levels among Bay State kids and secured state-funded scholarships for early educators.

Given this background, her first instinct on returning to Guatemala was to help teachers. But she soon learned that this intention, though noble, was misplaced. The main issue was not class size, broken ditto machines, or the lack of tetherball courts.

"It was the lack of nutrition," she says. "Some children were coming to school without having eaten breakfast. Others would not even show up. Their families were so poor that children were going to work in the fields—and elsewhere—instead of going to school."

The solution, as Blood saw it, was for schools to serve food.

"I was told," she says, "that some kids were practically starving." She cites a USAID study that found that only 40 percent of Guatemalan children finish sixth grade, and other reports that in some areas eight of ten children are chronically malnourished.

By 2008, Blood had raised enough funds to create a non-profit entity, Mil Milagros, and to pioneer her ideas in two community schools (Proyecto Semilla in Panajachel and Pacamán in San Andres). Her Guatemalan commitment quickly snowballed, and within a few years she had to resign as president of her Boston NGO in order to run Mil Milagros.

Mil means a "thousand" but its appearance in the organizational handle takes specific inspiration from the United Nations' "Millennium Development Goals," which include a double-pronged offensive to eradicate hunger and ensure completion of primary education.

"In order to realize our goals," Blood says, "we felt it necessary to align our work with a broader movement." The rest of the name, *Mila*-

gros, means miracles; Blood, a lifelong Protestant, is counting on divine assistance. Mil Milagros offers tax exemptions for its donors, the first of whom were drawn from Blood's own circles in Greater Boston.

The pilot projects in Panjachel and Pacamán worked by involving students' families. School kitchens were upgraded, with mothers and grandmothers recruited as volunteer cooks. Fathers were brought in to plumb the bathrooms with running water and do other handiwork. The kids bring their own dishes and silverware, along with quotas of firewood for the school stoves.

"My own childhood was so different," Blood says. "I took going to the dentist for granted, whereas these children jump for joy when we give them (what for many is) their first toothbrush. And I never went to school without breakfast. I never missed lunch. Much less did I have to go to school in order to eat."

...continued page 60



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New Blood cont. from page 58

She has seen basic hygiene become a habit, too. "Where I grew up, hand washing was inculcated early on. And we did not have to use leaves instead of toilet paper." Blood has noted that in the time Mil Milagros has operated, children whom they knew as kindergartners are today junior "lobbyists." These fifth- and sixth-graders ask their parents to keep toilet paper in their homes. And they petition their mayors for things needed by their schools.

Blood estimates that \$1 per child per school day is enough to cover meals, a textbook, some school materials and hygiene supplies.

"But the real engine of success," she insists, "is the children's motivation when their basic needs are met."

Mil Milagros maintains a database for each of its partner schools to track children's height and weight, school attendance and hygienic interventions. In 2011, 95 percent of the children supported by Mil Milagros were graduated from sixth grade. For 2012, this increased to 98 percent. Almost all of these laureates want to go on to *básico* (middle school).

"Malnutrition has irreversible consequences by age 3," Blood notes. To preclude this, Mil Milagros and a sister NGO (Wuqu' Kawoq) organized mothers in all of the partner communities and put 200 babies and small tykes on vitamin regimens. Each month the mothers attend workshops on nutrition and women's health. They weigh and measure the babies quarterly, and arrange medical follow up for those who need it.

Mil Milagros now operates in six communities in Sololá Department. It serves over 1,000 children with the help of 400 family women and 42 teachers. Blood's goal is to increase this a hundred-fold. Her in-country director, former Peace Corps volunteer Carolyn Daly, from upstate New York, thinks it will happen.

"Right now, it's about expansion," Daly says. "Mil Milagros has a waiting list of over 20 schools in the province. Our dream is to see all children in Sololá—and eventually in all of Guatemala — graduate from sixth grade healthy and literate, and prepared to continue their education. With a leader like Margaret, and more resources, we will see it happen."







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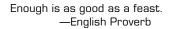
















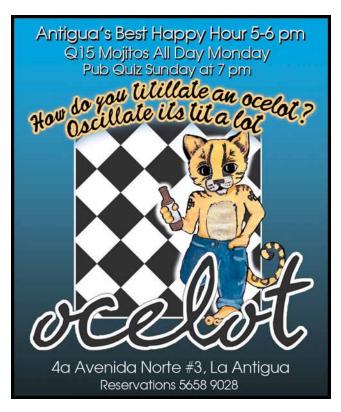
There's no diet list I'll follow that would rule out cherry pie. -Edgar A. Guest

El costo más bajo por ejemplar en **REVUE**



A machine has value only as it produces more than it consumes - so check your value to the community.

—Martin H. Fischer



I nod to a passing stranger, and the stranger nods back, and two human beings go off, feeling a little less anonymous. —Robert Brault



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The Full Measure

Mars Orbiter Crashes: NASA Should Have Consulted Guatemalans

n late 1999 a would-be Mars orbiter, manufactured for NASA by aerospace titan Lockheed Martin, entered too low an orbit around Mars, burned up and crashed, costing U.S. taxpayers at least \$125 million. The subsequent investigation revealed that one of the engineering teams had been calculating using metric measures (meters, kilometers) and the other the English system of feet, yards and miles.

They should have used Guatemalan engineers.

Is there another country in the world whose people so effortlessly and daily interchangeably balance meters and inches, gallons and liters, kilometers and varas? Not to mention manzanas, caballerías, leguas, different varas, arrobas, tareas, cuerdas, and my new favorite, the paja.

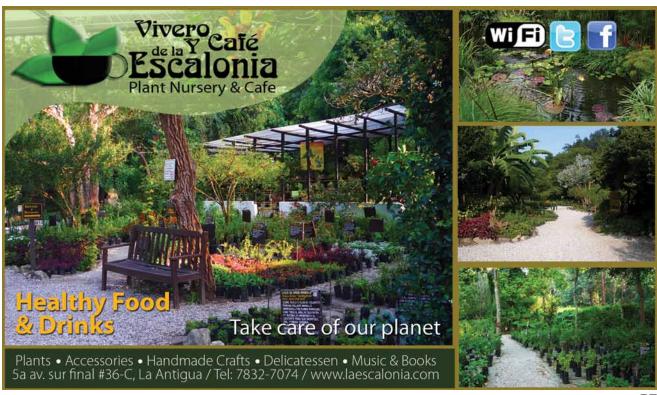
Consider the label on my bottle of Pine-Sol floor cleaner: "mix four ounces of liquid with five liters of water." Say what? Send me to the web and I am still in the dark. My gardens measure several cuerdas, and my firewood is stacked in tareas (literally tasks) but I have no idea what that all means.

Guatemala's weights and measures apparently reflect different predominating foreign influences throughout its history. When the Spanish were the kings of commerce, manzanas, caballerías, arrobas, varas and libras dominated. Alas the Spanish libra, or pound, is apparently different from the English one. When the British ruled trade, ounces, gallons, miles and inches came into use. We can all be thankful that a person's body weight in Guatemala is not stated today

in "stones," a measure still used by many Britons. "Say, looks like you've put on a few stones."

Here is my guide* to some of the more arcane Guatemalan units of weights and measures. A vara is a length of about 30 inches. Its length varies from area to area around Guatemala. It is also the word for the staff (scepter), decorated usually with silver that town officials carry as a badge of office. An arroba loosely translates to an armful. A cuerda translates, again loosely, to a cord, when applied to firewood, or a unit of surface measurement as in, "Pancho owns x cuerdas of land." A caballeria, perhaps apocryphally is said originally to have meant the amount of land a knight, or caballero, could square off in a single day between sunrise and and sunset on his horse. ...cont. page 76













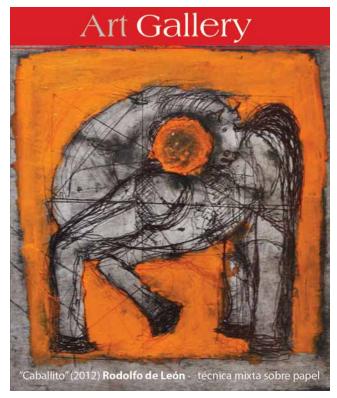




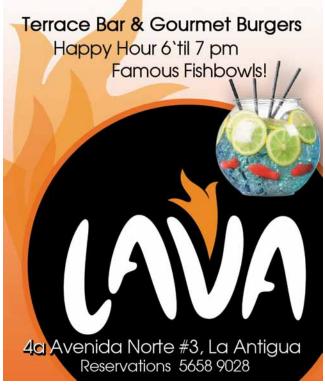
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Aerobics: a series of strenuous exercises which help convert fats, sugars, and starches into aches, pains, and cramps. —Nancy Repriso The word aerobics came about when the gym instructors got together and said, "If we're going to charge \$10 an hour, we can't call it jumping up and down." —Rita Rudner



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Flowers from the Árbol del Hermano Pedro

he peculiar and long-lived esquisúchil tree (scientific name Bourreria huanita) is better known locally as the "Tree of Santo Hermano Pedro." One was planted some 350+ years ago in front of the El Calvario church in La Antigua Guatemala. Saint Hermano Pedro de San José Betancur was the gardener and sexton at El Calvario between 1654 and 1658, giving rise to the tree's popular name. Native to southern Mexico and northern Guatemala, it is considered to be on the edge of extinction. However, we were fortunate to find one tree in a private garden, and now with the assistance of Dr. Miguel Torres, we have found many more.

This species has been appreciated in Mesoamerica since pre-Hispanic times for its unique beauty and medicinal properties. Tea from the dried flowers are attributed various medicinal properties, mainly as a tranquilizer, analgesic and to control high blood pressure and heart disease. Scientists are investigating its antidepressant effect.

Although the esquisúchil tree is famous due to its association with Hermano Pedro, our interest at FLAAR is entirely because these flowers are a flavoring for cacao (a local predecessor of chocolate a thousand years ago). The flower is best known as a flavoring popular with the Aztec, but since the treesgrow in Guatemala

(and Chiapas, Mexico, and El Salvador) you can assume that the Classic-period Maya were also familiar with its ability to be a flavoring. I have a note that in Copán pollen of Bourreria huanita was found to be indeed associated with the Classic Maya.

The tree blooms in May and June, but every year the climate deviates so the phenology will also vary accordingly.

Upcoming editions will highlight natural flavorings used by the ancient Maya for tobacco (pipe, snuff, and cigar tobacco, incense and flavoring for cacao.

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





"It was a joy to see the way little Sophia was soaking up the sights as she discovered the magic of the cloud forest. She found a wild-looking bug, *Acrocinus* longimanus, on a fig vine whose face, she exclaimed, looked just like her favorite hip-hop artist!" Photo by Thor Janson:

full story on page 16





(am proud of my artistic abilities. It makes me happy Lto work here with my brothers, and I love creating things out of wood," explained Salvador of the artisan group Recycled Roots.

Recycled Roots is a small wood workshop in the western highlands run by three brothers who use tropical wood and coffee root to create a variety of pieces, including puzzles, animal napkin rings, jewelry boxes, coasters and spoons.

The tropical wood comes from sustainable wood farms on the coast of Guatemala; the coffee root comes from various coffee farms around the country

The group is one of the first to work with coffee root. Since coffee farms are abundant in Guatemala, the brothers of Recycled Roots saw 70

a unique opportunity. Coffee plants are productive for eight years and then must be replaced. Generally, the coffee farms burned the roots of the old plants as they replaced them with new plants. However, the brothers of Recycled Roots decided to try using these roots as a new medium for crafts and now have an admirable line of coffee root products.

"It is our way of recycling. Once the plant no longer produces coffee, we can use the wood to create products such as spoons, jewelry boxes and coasters," Diego said. Each root is unique, so the brothers work with each piece and decide what to carve based on its size and shape.

Diego, the oldest of the trio, runs the workshop. He learned to work with wood by working at various workshops from the time he was 17.

When he was 22 he taught his brother Gaspar the trade and they opened their own workshop. A few years later their younger brother Salvador joined them.

Now 36, married and the father of two children, Diego supports his family through the Recycled Roots workshop. Gaspar is 30 and Salvador, 22; both are single.

The Recycled Roots workshop was flooded during hurricane Stan seven years ago. Although this was devastating, the brothers built a new workshop so they could continue their craft. This time their workshop is on the second level "to ensure that it never floods again," Diego explained.

Diego loves creating designs out of wood and the process of carving them. "The more complicated the design, ...continued page 94





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bilingual "cruci-word

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

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

DOWN

- 1. cure-all
- 2. unilateral
- 3. fond of visiting
- 4. is
- 5. roses
- 6. nudoso
- 7. redondo
- 8. tapadera
- 9. cuesta, declive
- 14. "I threaded it"
- 18. gyration; turn
- 22. antler: shaft
- 23. famous garden
- 24. río europeo
- 26. color
- 29. soy, estoy (contraction)

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

Puzzle by Michael Hopkins

SOLUTION ON PAGE 62

ACROSS

1. modelos fotográficas

10. harmonía

11. aceite

12. beast, animal

13. greetings, salute

15. they gave shelter

16. encendido

17. trineo; almádena

19. lyrical poems

20. in: on

21. henificar

CRUCI-WORDS

22. pegar, prender

25. olores

27. ídolo

28. reteiar

30. daringly, boldly

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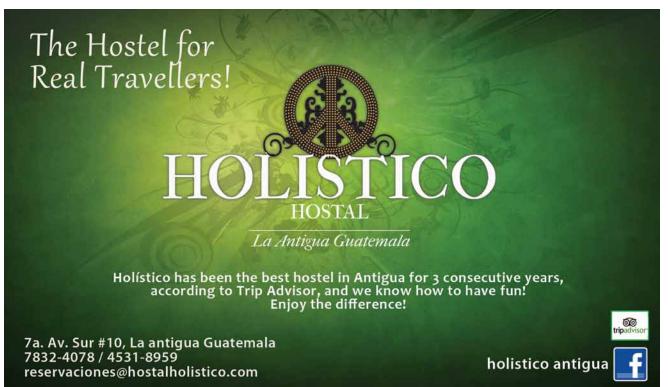
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The difference between try and triumph is a little umph.

—Marion Sweet

There's nothing like biting off more than you can chew, and then chewing anyway. —Mark Burnett



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Nothing is as frustrating as arguing with someone who knows what he's talking about. -Sam Ewing



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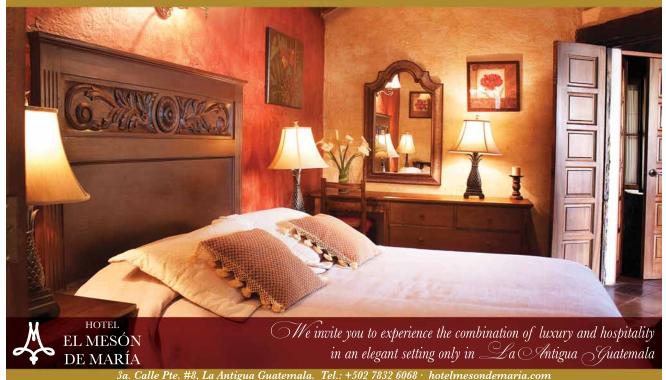


Question: We have two four-year-old miniature poodles. About six weeks ago Jack started to lick Lucy's right ear. Now he is licking her ear more and more frequently, and she is starting to run away from him. How can we get him to stop?

Answer: It is likely that Lucy has an infection or other abnormality in her right ear that Jack is simply responding to. Have your veterinarian examine Lucy's ear canal and eardrum to look for abnormally high numbers of yeast or bacterial organisms, as well as evidence that her immune system is attempting to fight off an infection. Treatment will likely end Jack's attention to Lucy's ear.

If Lucy's ear shows no abnormalities or infection, and Jack's behavior continues, it may be that he has become "compulsive." Increasing the amount of exercise for both dogs may help because a tired dog is usually a content dog. Giving them both special chew toys or long-lasting food treats at bedtime which may also redirect his attention.

Very sorry can't come. Lie follows by post. —Charles Beresford, telegram reply to a dinner invitation





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10 Tips cont. from page 56

8. While a student can err in trying to learn too many verbs in a short time, it is also possible to become too firmly attached to your five favorite ones. When you notice you're relying on the same words in your conversation, start adding synonyms and more specific words to your vocabulary.

9. Obviously, it is better to socialize with native Spanish speakers than English-speaking language students. But this involves risking conversation when you're not very adept at it. Once, after speaking in what I thought was a pretty good Spanish, the Guatemalan I was talking with said, in perfect English, "This is why I love Americans. They just start talking in Spanish, whether they know how to speak it or not. We Guatemalans are too afraid of making a mistake to practice our English." This gave me the perfect opportunity to invite him both to correct my Spanish and to recklessly practice his English with me.

O. At some point it will seem as if you can only speak Spanish on alternate days or that you careen from understanding entire conversations to not understanding the simplest question. This is normal and for this reason, immersion teachers will tell you poco a poco, little by little, and remain hopeful on your behalf, even after a bad day in class.

There are many excellent Spanish schools and private Spanish teachers in La Antigua Guatemala as well as in Quetzaltengo, San Pedro La Laguna, Panajachel and Flores. There are also a

number of language schools in more rural areas. If you don't like your teacher, there is no need to suffer more lessons with him or her, as there are many excellent and capable Spanish teachers in Guatemala. Just let the school know that you would like another teacher, and it will be happy to switch teachers. Or you may want to try another school instead. Many Spanish schools offer a wide range of activities and volunteer opportunities, which are also great places to practice and to perfect your Spanish.

Louise Wisechild, Ph.D., is a writer, educator and community-based travel facilitator who blogs about Guatemala at www.brightfutureglobaltours.com/blog

Full Measure from page 64

"Better use a fast horse, milord!" A manzana, of which there are many to a caballeria, is apparently 10,000 square varas, but which vara?

A tarea was apparently originally a defined unit of work/labor: In the late 19th century Guatemalan farms, or fincas, often issued tokens to employees denominated a tarea, presumably exchangeable at the company store. Today these are called finca tokens. I know from having given rides to people in remote areas that a legua, or league, is a long way. Webster's Dictionary is not much help, defining a league as "between 2.4 to 4.6 statute miles." The French don't help either what with Jules Verne's 20,000 Leagues under the Sea.

My newest favorite is the paja, a measure of cubic volume of water now entering my house from nearby Lake Atitlán.

I have no idea. But then when I was a schoolboy in England, I couldn't fathom (how much is that?) rods, chains (66 feet) and furlongs (220 yards), either!

And, we'll have to leave the U.S. system of bushels (depends on the product), a barrel (depends on the temperature) and pecks, as in the lyrics "I love you a bushel and a peck" from (Guys 'n Dolls) for another day.

Back to the original point. Any Guatemalan schoolchild could have told the Lockheed and NASA engineers working on the Mars orbiter that Mars is exactly 7,412,000,000,000 (that's quadrillion) varas from Cape Canaveral, or who knows how many leagues?

*We would all be completely lost if the Revue didn't publish a monthly table of real estate measures.

Colonial Capital from page 12

Mayorga for forcing a move from Santiago de Guatemala to the new capital, Guatemala City, in 1773-1774. Santiago de Guatemala was not completely dismantled but it was completely abandoned. The fine structures, built mostly out of brick, stone and mortar in a mixture of Roman-style building techniques with ornate plasterwork and Moorish influence reflected in fountains and architectural details. Many have fallen into partial ruin over the two centuries when Antigua was sparsely inhabited. Earthquakes and the lack of maintenance took its toll. The city began to come to life again, particularly after 1969. •





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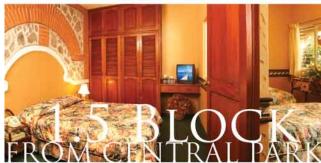


A man is called selfish not for pursuing his own good, but for neglecting his neighbor's. —Richard Whately

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To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug. —Helen Keller The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do. —Galileo





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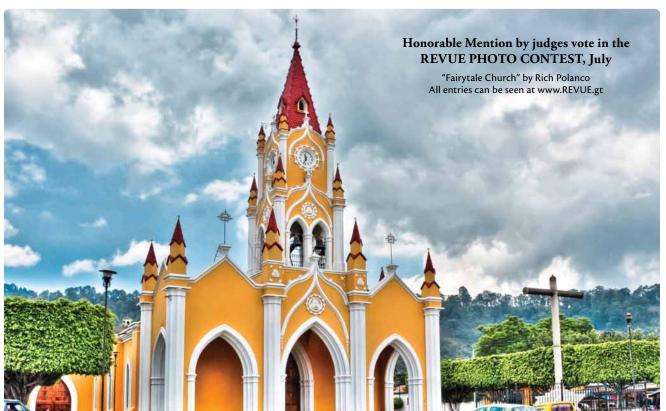
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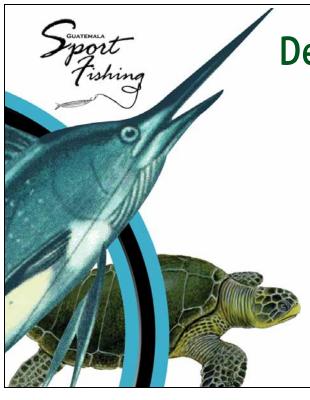
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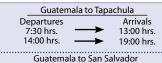
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PAINTING THE FUTURE

Ayúdame a Pintar Mi Futuro teaches kids more than just art

n 2008 brothers José and Henry Méndez Chavajay, Maya Tz'utujil painters from **San Pedro la Laguna**, Lake Atitlán, found out that the children who were visiting their gallery—watching them paint and wanting to learn how themselves—were fatherless, and that their mothers were struggling to raise them and keep them in school.

The young men decided to help these children whenever they could by using proceeds from the sale of their paintings to provide food, shoes, T-shirts and school supplies. They also began to teach the children how to paint in oils. But the brothers dreamed of doing more.

Four and a half years later, thanks in part to the help of Miranda Pope, retired psychologist from the U.S., Ayúdame a Pintar Mi Futuro now has 22 families enrolled. The brother's dreams have come true. Families receive monthly food baskets, and 30 or more children attend art class every Saturday morning. Several students from the class, because of their talent and willingness to followthrough, have been chosen to receive individual lessons thus realizing their dream of becoming artists.

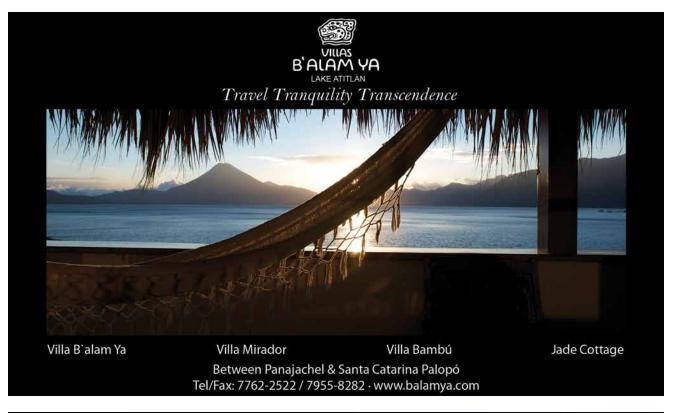
But the class teaches more than just art. All of the children are subject to the stresses of poverty, and many have emotional problems (the absence of a parent due to death, divorce or alcoholism). As well, some families have drug or criminal issues, and the children are at risk. Along with traditional painting subjects, the class introduces themes of emotional self-maintenance, making positive choices and provides personal attention and self-esteem building. ...continued on following page



Artist José Méndez started Ayúdame with his brother Henry

More than 30 children attend art class every Saturday morning







Painting the Future cont. from previous page

Today many parents say their children are behaving better at home and in school, and one single mother said, "Thank you for giving my child the attention that I never have time to give him."

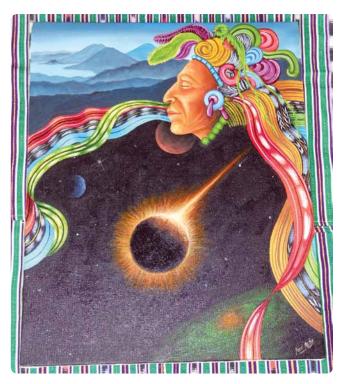
Recently the program initiated a communal garden; the land has been cleared and is ready for seeding. The parent group will decide how to manage and maintain the garden and its produce. Children in the program will participate, learning along with their parents the value of organic farming (both for soil preservation and their own health).

On **Saturday, July 27**, (inside La Fuente, 4a calle oriente #14, La Antigua), you can meet the Méndez Chavajay brothers, see their beautiful paintings and those of their advanced students—most with themes of Mayan Tz'utujil life and traditions. At **2 p.m.** José Méndez will speak about the rich local painting tradition, afterward you'll have an opportunity to chat with the brothers and one of their students. The paintings and original clothing made from traditional Guatemalan fabric will also be available for sale, along with snacks and beverages; proceeds benefit Ayúdame a Pintar Mi Futuro.

For more information, please visit www.paintmyfuture.info

Painting by Henry Méndez





Some of the students have realized their dream of becoming artists.







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Forget not that the Earth delights to feel your bare feet and the winds long to play with your hair. —Kahlil Gibran

Man's heart away from nature becomes hard. -Standing Bear

Photo by Willy Posadas



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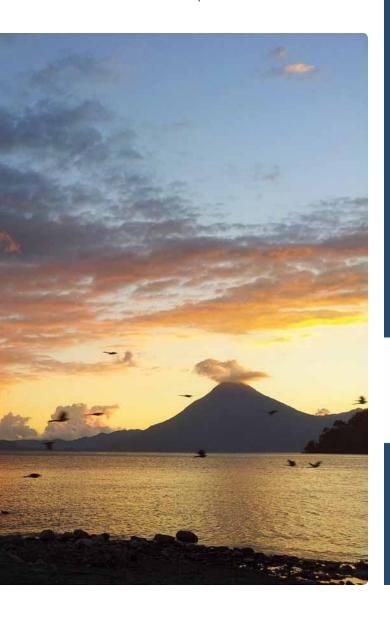
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How glorious a greeting the sun gives the mountains!
—John Muir

Adopt the pace of nature: her secret is patience.
—Ralph Waldo Emerson



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The Internet is full. Go away.
—Author Unknown

Information on the Internet is subject to the same rules and regulations as conversation at a bar. —George Lundberg







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The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck! —David Ruby

I believe that the good Lord gave us a finite number of heartbeats, and I'm damned if I'm going to use up mine running up and down a street. —Neil Armstrong

hawaii

Sometimes in life you have an appointment with destiny, and sometimes you just have to get destiny to squeeze you in.

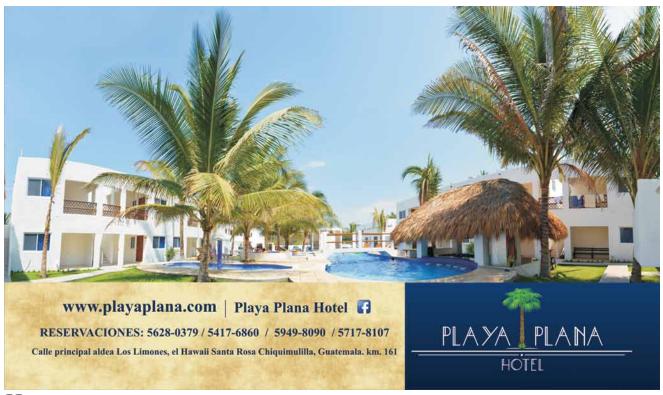
—Robert Brault

A person without a sense of humor is like a wagon without springs - jolted by every pebble in the road.

—Henry Ward Beecher

Imagination was given to man to compensate him for what he is not; a sense of humor to console him for what he is.

—Francis Bacon







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Hospitality is making your guests feel at home, even if you wish they were. —Peter S. Lakey



Cloud Forest cont. from page 17

For the next two days we explored the region including visits to the Mario Dary Biotope Reserve (Biotopo Mario Dary), Chicoy cave where we witnessed part of a sacred Mayan ceremony, and the Hacienda Shamen dairy farm where we sampled delicious homemade cheeses.

Most hotels along the Corridor have their own system of nature trails, some leading to spectacular falls. By giving your business to these local providers you will be helping to protect the cloud forest. By the end of the weekend Sophia's mind and imagination were chock-full of exotic impressions and memories to take back home with her to share with other budding naturalists.



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The first time you buy a house you see how pretty the paint is and buy it. The second time you look to see if the basement has termites. It's the same with men.

—Lupe Velez

Women speak because they wish to speak, whereas a man speaks only when driven to speech by something outside himself - like, for instance, he can't find any clean socks.

—Jean Kerr



cobán







Every individual has a place to fill in the world and is important in some respect whether he chooses to be so or not. —Nathaniel Hawthorne





petén



You can't be suspicious of a tree, or accuse a bird or a squirrel of subversion or challenge the ideology of a violet.

—Hal Borland

Recycled Roots cont. from page 70

the more I like it. I love a challenge," he said.

When asked about his hopes for the future, Diego dreams, "In the future I would like to expand our workshop and have unique designs that no else can do. I also want to help my family to have a better life and be able to send my children to school."

Gaspar learned to work with wood after he finished middle school and has made a living from the craft ever since. When asked why he enjoys his work, he said, "I am happy with my talent, and I keep learning every day."

Salvador, the youngest, is a fast learner. He remembers his first piece was a cabinet that did not come out very well. However, through practice he has grown to be a great addition to the team.

"One day I want to be a designer for wooden products. The more I work with the wood, the more ideas I get," Salvador said.

The wood products made by Recycled Roots can be found in La Antigua Guatemala at Casa de los Gigantes, 7a calle oriente #18, across the street from the San Francisco Church.





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Small deeds done are better than great deeds planned. —Peter Marshall



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—Ilie Nastase

Anyone who lives within their means suffers from a lack of imagination.

-Oscar Wilde

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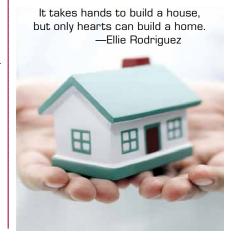
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> My opinions may have changed, but not the fact that I am right. —Ashleigh Brilliant

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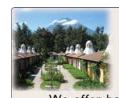


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Life without you would be like a broken pencil...
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My garden is my favorite teacher.
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It seems to me that any full grown, mature adult would have a desire to be responsible, to help where he can in a world that needs so very much, that threatens us so very much.

—Norman Lear

I always feel that I have two duties to perform with a parting guest: one, to see that he doesn't forget anything that is his; the other, to see that he doesn't take anything that is mine.

—Alfred North Whitehead



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Island Cooking—Roatan

ine on fresh seafood as you look out over the clear blue Caribbean Sea; sip a cool, tropical drink as you watch the sunset burst into an explosion of pastel blues, pinks and yellows; or enjoy a delicious island-inspired meal under the stars.

The culinary cuisine of Roatan is an amazing blend of tropical tastes and multicultural influences. It is a celebration of aromatic, sweet and tart, piquant and mild citrus flavors. Whether it is a sumptuous meal of perfectly grilled freshly-caught fish, burgers cooked to order on the beach or gourmet dining at one of the island's fine restaurants, you'll delight in island cooking. At West End you can find restaurants that feature Mexican, Creole, Argentinean, Thai and Italian gastric delights. Or how about a boat tour through mangrove forests to a floating restaurant that offers an all-you-can-eat menu, including lobster tails?

For breakfast? How about signature banana pancakes, fresh-brewed Honduran coffee and fruit smoothies, or the traditional *baleada*. Lunch? Delicious lobster salad, ceviche or

Caribbean-style rotisserie chicken. Dinner? Who could resist Coconut Tequila Shrimp! Dessert anyone? Options include yucca cake, coconut brownies or perhaps a big slice of Key Lime pie?

For cooks, you can bring island cuisine into your kitchens with this sumptuous dish.

Roatan-inspired Coconut Tequila Shrimp



1/3 stick butter
2 stalks celery, diced
2 red sweet chili peppers, chopped
2 green sweet chilies, chopped
2 medium yellow onions, chopped
4 ounces chicken stock
1 tablespoon fish consommé
4 ounces coconut milk

Ingredients

by Monish Welcome

1 medium jalapeño (seeds and ribs removed), minced

1 bunch green onion tops, finely chopped

2 pounds extra-large shrimp peeled and deveined

4 ounces tequila

1/2 bunch cilantro, finely chopped (reserve a portion for garnish)

4 cups cooked rice

Preparation

Melt butter in a sauté pan, add 1/2 of the celery, sweet chilies and onions, cook until translucent. Remove mixture and puree in a blender, adding a touch of the chicken stock as necessary.

Return mixture to the burner. Add the remainder of the chicken stock, coconut milk, cook until it is reduced by half. Add fish consommé, green onions, remaining celery and jalapeño, simmer until tender. This can be prepped in advance.

Bring the mixture to boil, add shrimp. Once combined, add the tequila and flambé. Toss in cilantro, turn off the burner and cover the pan for 10 minutes.

Serve with rice and garnish with reserved cilantro.

¡Buen Provecho!

...continued page 105

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2nd PLACE by popular vote in the monthly REVUE PHOTO CONTEST, July Congratulations to Christian Alexander Molineros on his photograph titled "Fe Cristobalence" Prize: Carved Jade Paper Weight from Jades Xibalbá. All entries can be seen at www.REVUE.gt

Island Cooking cont. from page 102

uring the history of the slave trade many captives who escaped migrated throughout the Caribbean, and in time they developed uniquely Caribbean dishes. As well, the Caribbean was the 'spice-trade highway,' bringing exotic spices to New World islands.

As a private chef, it is my experience that many visitors to Roatan

delight in ethnic, typical or local Caribbean food. From a culinary standpoint, the Caribbean is where the East truly meets the West.

The hearty one-pot meals, originating from Africa, are a treasure for the food enthusiast. Imagine having an abundance of spices, fruits, seafood, vegetables and meats to work with, using a minimum of cooking

fuel. In one-pot meals, vegetables are placed in 'rounds' with raw items added slowly. Early veggies are simmered for the longest time which imparts a most wonderful flavor profile. The veggies added in later rounds provide a mouthful for an excellent finish."

—Roatan chef, Jack Mitchell, owner of Lionfish Louie's in West End

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Tourist Police (Antigua): 7832-4131

Fire Dept: 7832-0234 **Guatemala City Tourist Assistance:** 1500 (24-hour)

Pyrotechnics

ou discovered how Guatemalans enjoy pyrotechnics the first morning you awoke before dawn to strings of pops and loud booms. Nothing serious happening, just friends celebrating a birthday or anniversary. That evening you may see

niversary. That evening you may see fireworks from next door or across town, from a fiesta, concert, or just having fun. Fireworks are for any old day, not just for independence.

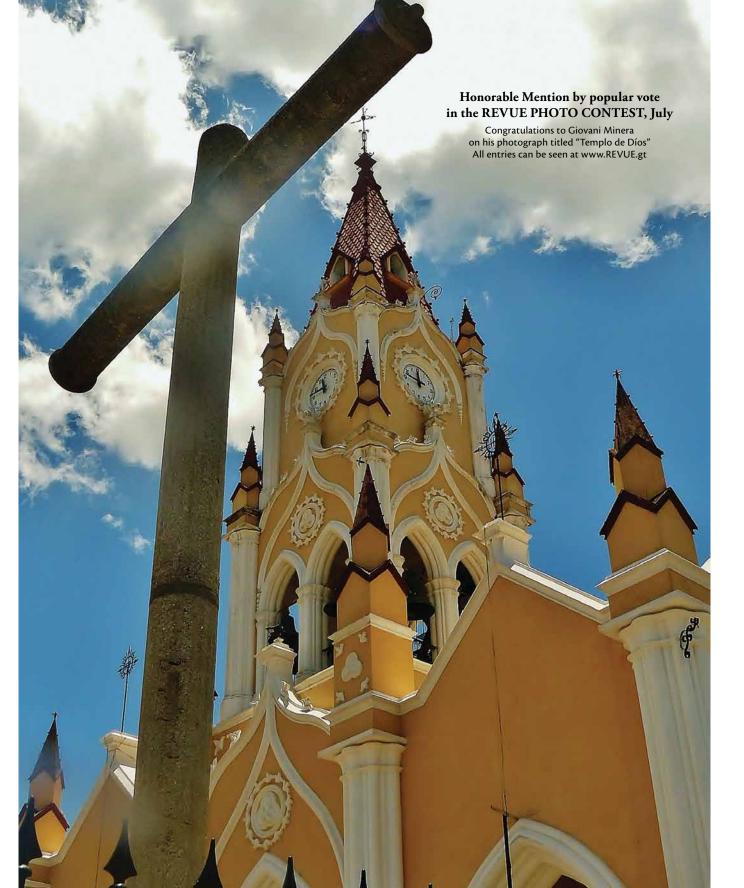
Pyrotechnics delight four of our five senses. The colors in the sky, the sound of fire crackers, the smell of gunpowder, even the metallic taste of smoke in the mouth, all senses but touch are pleased, and we hope that last sense isn't hurt by a burn. Guatemalans fire them off at dawn and dusk, year-round, with especially wild displays for Christmas, New Years and other holidays, just for fun.

The ear-ringing boom of a mortar comes from a bag of powder dropped in a short pipe standing in the street. If you see a pipe with a cord stretching from it, stay clear; the boys who place them may be ready to light the fuse. Mortars are placed at street crossings in advance of a procession or simply shot off at a house as a celebration.



Same with firecrackers, strung along the sidewalk in front of a house or sometimes all the way down the block. Firecrackers can be attached to wood frames in the form of *el torito*, a bull, with a young man underneath to delight little kids by chasing them as the crackers go off. The guy inside charges close to the screaming kids, all in fun even if a bit loud.

Fireworks are beautiful against the velvety night sky, though my favorite are *globos*, colored tissue-paper balloons as big as the maker, filled with hot air from a smoldering cotton wad at the base and set free to float over town. Quiet, too. Maybe too quiet, as globos are launched rarely, but good loud mortars and firecrackers are to be heard and enjoyed daily.









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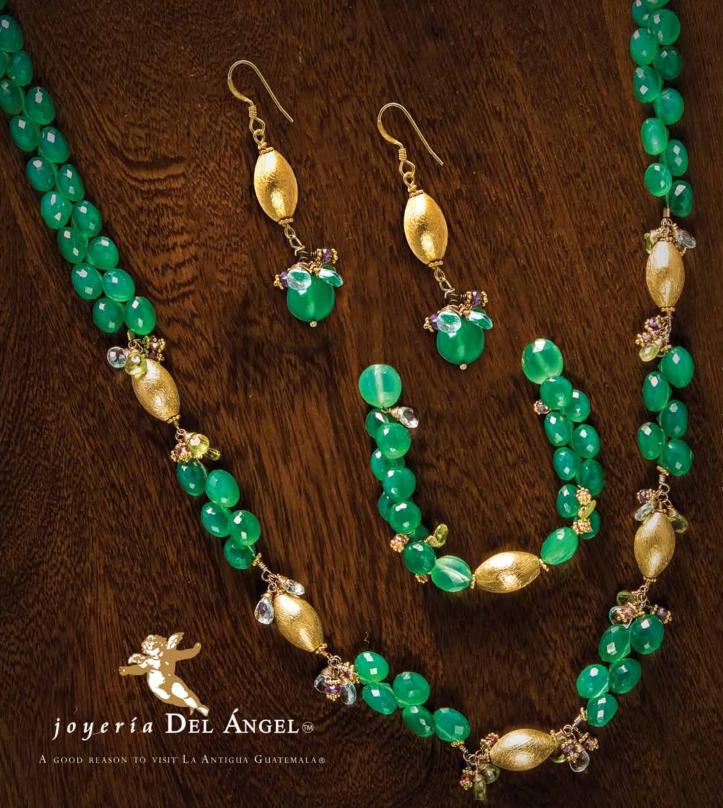
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