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July 2014
Year 23, No. 5

FREE



*Photo Contest: Artists in Action
Antigua Patron Saint Festival
Annual Rabin Ajau Pageant*



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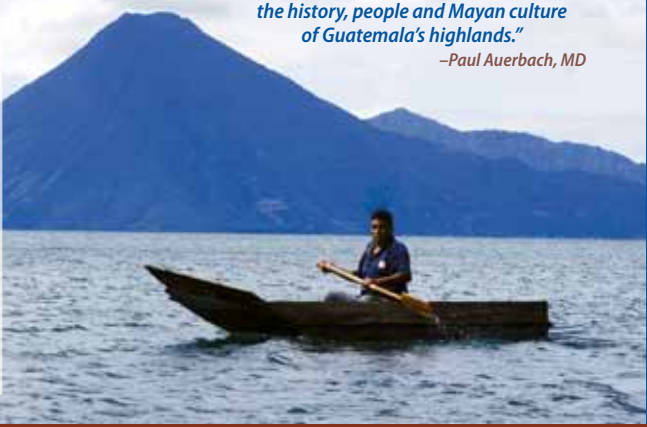
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1st Place by popular vote: "Break Dance en Xela" by Carlos Gramajo. Prize: Q200.

JULY REVUE PHOTO CONTEST WINNERS, theme: Artists in Action: Guatemala

2nd Place by popular vote: "Nuni Canals, Escultora" by Camilo Sarti. Prize: Q250 Brunch at **La Peña de Sol Latino**.





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photo contest:

Artists in Action: Guatemala

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

- Cover** Leonel Mejia
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as well as locations in El Salvador and Honduras.

We hope you enjoy a sampling of the July Photo Contest entries of "Artists in Action." First prize (judge's vote) by Nelo Mijangos graces the cover.

Celebrations this month include "Fiesta Time in La Antigua" by Elizabeth Bell, and Thor Janson highlights the "Rabin Ajau Pageant" in Cobán.

Anniversary celebrations include "CasaSito turns 10" by Linda Conard, and "Antigua's Favorite Primate Turns 15" by Matt Bokor.

On the food front Amalia Moreno-Damgaard introduces "Guatemalan Sazón" with a recipe for Subanik, complimented by "Paring Guatemalan Food with Wine" by Alessandra Esteves. Tara Tiedemann introduces the delights of "Ceviche," and Shannon McCullough takes us to the Caffé Opera Bistro. We round it out with "Is Eating Street Food Safe" by Billy and Akasha Kaderli.

If you are looking for entertainment, there are many possibilities to choose from in DateBook. The highlight focus is "Huipiles/Homenajes" by artist Lena Bartula, along with many art openings, musical events, talks, workshops, book presentations, fundraisers and even more celebrations including "Red, White and Brew U.S. Independence Day picnic," the "National Day of France" and "Noche de media luna." For updates check out the Revue FaceBook page.

Please sit back and enjoy this edition, either in print or online at www.revue.gt. Thank you for reading the Revue, and a thank you from our advertisers for your patronage.

—John & Terry Kovick Biskovich

ON THE COVER

Artesano del barrio de San José
by [nelo] Mijangos
<http://nelomh.com>



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It's fiesta time again in La Antigua Guatemala! July 25th is our patron saint's day—St. James—as the city was founded as Santiago de Guatemala. St. James was an apostle, the conquerors' patron saint and is Spain's patron saint today. The Spanish named many cities after Santiago. When the Spanish formed towns in Guatemala in the 1540s, each town received a patron saint and a corresponding fiesta.

When Pedro de Alvarado came from Mexico to conquer Guatemala in 1523, he founded the first capital (near Iximché) as Santiago de Guatemala. That capital was moved to San Miguel Escobar/Ciudad Vieja in 1527 and then, after mudslides, moved to what is now La Antigua Guatemala in 1541-43. The third capital (also named Santiago de Guatemala) was moved from what is now called La Antigua Guatemala (the Old Guatemala) to present day Guatemala City in 1773-74. La Antigua maintains its holiday in honor of St. James on July 25th, and the celebration begins now! Guatemala City changed names and patron saints and celebrates the Virgin of Ascension (August 15th).

Fiesta Time in La Antigua!

La Antigua maintains its holiday in honor of St. James on July 25th, and the celebration begins now!

Considered VERY important for residents, celebrations were simple up through the 1970s. The main activities still include a ceremony in City Hall on the **24th** to declare Antiguëños Distinguidos. This year, the school parade will be held on **July 25th** at 8 a.m. with a wide variety of schools and somewhat of a competition among school bands as they make their way to the city's stadium. The 3 p.m. procession in honor of St. James departs from San José Cathedral and returns to the same church at about 5:30 p.m. City Hall will sponsor an array of concerts, *baile de gigantes* and fireworks throughout the day and evening!

In the 1980s, while working at the National Council for the Protection of La Antigua Guatemala, we began a cultural calendar for the entire month for Antigua. This includes promoting local artists, musicians and an appre-

ciation of the city's heritage particularly through different school contests. Other groups participate with sports events and all sorts of fun.

Highlights include a lecture on **July 9th** at 3 p.m.; "Anécdotas Antiguëñas;" a concert, "El Tercer Ensamble Coral Interuniversitario," on the **12th** at 5 p.m.; and an art exhibit, "Retrospectiva Pictórica: Realismo y Subrealismo" with works by Rosa María Ruiz Porras, beginning the **14th**—all at Capuchinas. Other activities include reforestation at Cerro de las Cruz on the **18th**, and a favorite will be the lecture by Cronista de la Ciudad, Carlos Enrique Berdúo Samayoa, titled "490 años de Santiago de Guatemala—Ciudad Errante," on the **22nd** at 10 a.m. at Capuchinas. La Antigua has recently embraced Facebook to share cultural activities so stay tuned and we'll see you at our fiesta! 🍷



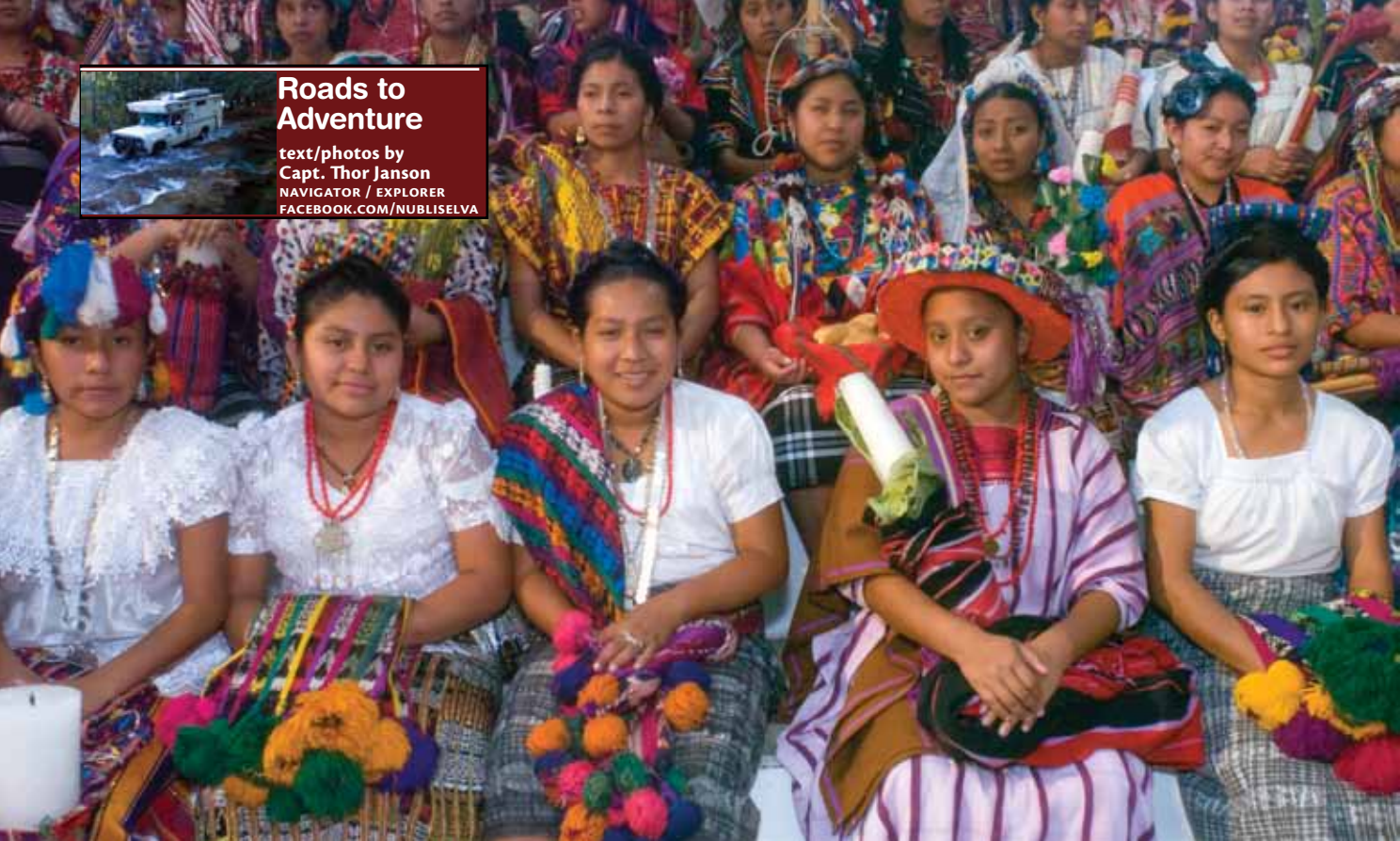
SANTIAGO, Patron Saint of La Antigua

photo: [nelo] Mijangos | <http://nelomh.com>



Roads to Adventure

text/photos by
Capt. Thor Janson
NAVIGATOR / EXPLORER
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MAYA PRINCESSES

RABIN AJAU: The paramount indigenous cultural event of the Mayan world

Candaleria Coquix grew up in the little settlement of Cantón Zapotál, part of the Municipality of San Lucas Tolimán in the Department of Sololá. Just a stone's throw from a little bay on the southern shore of Lake Atitlán, Zapotál is home to the extended Coquix clan, founded by their patriarch Santiago Coquix during the early part of the last century.

Candaleria, known to everyone by her nickname Clara, stood out from

an early age as an unusually curious and precocious little girl. Dressed in the multicolored and elaborately patterned traditional traje of San Lucas, red and white striped blouse and rainbow-hued skirt, she was a beauty. Her long black hair, carefully braided by her mother, was always adorned with colorful satin ribbons, in the old style, the way she liked it. Clara proved to be an industrious child, and she was always busy helping her nana, taking care of the other children or helping with cooking

chores. I have heard foreigners sometimes decry the fate of humble Maya youth because they "have no childhood" since they are at work from an early age. This is a misunderstanding of how things work in the Mayan world. Clara, instead of having a baby doll to play with, always had a real baby to look after, and instead of a cooking play set, she was actually helping to prepare the family's meals. In their culture participation in the community economy from an early age gives the child a sense of







self-worth that does not come from simple child's play.

Village life begins an hour or so before dawn when the women and girls arise to grind the corn, which had been cooked and soaked in lime water from the previous afternoon. In the old days a stone metate, a kind of mortar and pestle device, was used to crush the corn into the masa (dough).

Some women still prefer the traditional way of grinding, saying it makes better-tasting masa, although it is more time consuming and laborious than using the motor-driven mill called nixtamal.

By flickering lamplight the little thatched-roofed, dirt-floored hut of the Coquix family is abuzz with whispering voices, and soon there is the pat-pat-pat sound of tortillas being carefully hand-shaped and placed upon the ceramic grill to be toasted to perfection for breakfast. As morning breaks the



men and boys are getting up.

Soon the entire family gathers around the fire to share the humble repast of delicious hot tortillas, black bean stew and sweet coffee. All but the sugar for the coffee and the salt for the stew had been produced by the Coquix family, and there is a kind of pride and satisfaction that comes from growing your own food. Of course, for the Maya, corn is absolutely sacred and every aspect of its cultivation and production is done according to ancient spiritual principles.

Soon the men and boys have gone off to the fields, leaving the women and girls to themselves. Clara loved learning how to weave with a backstrap loom, and by the time she was a teenager her creations were considered by all the women to be superlative. The traditional huipil (blouse) of San Lucas includes rows of small, intricately detailed figures of plants, animals and



sacred geometry. Clara was an innovator and created her own design motifs, which were so popular that other girls would often copy her patterns.

The Rabin Ajau Pageant occurs every year on the last Saturday of July in Cobán, Alta Verapáz. The pageant and its weeklong lead-up is actually the kickoff for the massive annual Cobán Fair.

Clara went to the Catholic parochial school in San Lucas and even became friends with Father Greg Schaffer, the priest in charge of the church. Father Greg is famous in the lake region, having arrived in the 1960s—by foot—after walking all the way from his home in Minnesota! Father Greg was also instrumental in developing programs that allowed local Maya to own their own land, thereby liberating many from



dependence from unregistered property overlords.

And I suspect that it might have been Father Greg who nominated Clara as a candidate as the local Maya princess, a title conferred upon a lucky girl during the annual town festival. And sure enough, when it came to the election, Clara, dressed in the ceremonial traje that she and her mother had worked on all the previous year, won hands down. The judges also noted that she was particularly eloquent in her oratory skills. With tears of joy, accompanied by princesses from all around the lake, she was crowned the new Princess Te'ej Uleuf of San Lucas Tolimán.

Every Mayan town in Guatemala elects its own princess, whose duty and privilege it is to preside over all the local events during her year's reign. But the real highlight of the girls' experience, and what all Maya princesses look forward to, is participation in the annual election of the Rabin Ajau, the Daughter of the

King, which takes place the end of July in the Imperial City of Cobán, Alta Verapáz. This is the paramount indigenous cultural event of the entire Mayan world. And it is amazing to me that this event as yet receives only paltry support. If I were in charge, I would elevate this event to the world-class status that it deserves. And I predict that this will eventually happen as part of the inevitable Mayan awakening, which is happening now.



Finally, the last week of July arrived and Clara, along with her mother, father, sisters and brothers, boarded the bus for the eight-hour journey to Cobán. The Rabin Ajau event is a week-long affair beginning with the day of arrival when all the girls are greeted by the reigning Daughter of the King. From the time the girls arrive all their expenses are taken care of by the city of Cobán. Accompanying family members must make their own arrangements.

A local photographer covering the event commented that for many of these girls it would be the first time in their lives to sleep in a "real bed." My first reaction was to take this as a somewhat disparaging remark. But, the fact is, what he said was true. In fact, Clara had never slept in what we would call a bed. All her life she had only slept upon rough-hewn slabs of wood covered with a woven reed mat with a homespun wool blanket to keep her warm. And now Clara had her own room in a prominent hotel, complete with her own very soft though foreign bed! Ah, luxury! Would life ever be the same?

The Rabin Ajau event is part of Cobán's annual festival, which is really a massive party for all the residents that includes parades, musical concerts, Ferris wheels and roller coaster rides, and many other events where dignitaries preen, and overly long speeches are delivered. The 100 or so princesses take part, but all of this leads up to the last Saturday in July with the Rabin Ajau Pageant.



After more than four hours of kaleidoscopically mesmerizing color, sound and dance the team of judges selected 10 finalists, and among them was Clara.

The pageant used to be an all-night affair, a marathon during which each and every princess had the opportunity to take the big stage and show off her prowess in delivering a speech in her mother tongue. (There are 21 native languages spoken in Guatemala.) The speech would convey her knowledge of traditional spirituality and etiquette and demonstrate her personal charm and grace. Organizers, taking pity on the audience, have streamlined the event by having a pre-selection a day or two before the main pageant cutting in half the duration of the show. Personally I liked the “all-nighter,” where all the girls had the chance to be in the spotlight. I have even suggested to the organizers that it might be especially magi-



cal to coronate the new Rabin Ajau at dawn. But I understand that for most, an all-night pageant is a bit much, and I did notice the mayor of Cobán himself was snoozing off and on during the last all-nighter.

At last, Saturday night arrives and all the girls, dressed in the most gorgeous traditional hand-loomed costumes, make their way in gaily festooned buses to the enormous hall where the main stage had been trans-



formed into Tikal's Pyramid of the Inscriptions. The auditorium was packed. The bleachers were full of spectators, mainly friends and family of the princesses. Dignitaries sat in places of honor, the mayor of Cobán and family lounging on his traditional black leather couch. A few visitors had traveled from foreign lands, including a small contingent of Cherokee Indians from New Mexico, their leader decked out in full ceremonial regalia.

One after the other, barefoot and



without any hint of makeup, each finalist took to the stage, appealing to the Great Ajau, Lord of the Universe, to bless all those present. Each girl carried a ceramic censer from which wafted copious clouds of sacred copal-pom incense. Their performance included the recitation of ancient Mayan Scriptures and words of wisdom from the grandparent tatas and nanas.

After more than four hours of kaleidoscopically mesmerizing color, sound and dance the team of judges selected 10 finalists, and among them was Clara. As each girl took to the stage to make her final bid to win over the hearts of the judges, her family and friends shouted their enthusiastic support: We love you, Matilde! Go for it, Sara! Yeah, Clara! Everyone from Zapotal thought that Clara was going to win, and I did too, but she did not take the stage for her final performance ...continued page 84



Small, Powerful CasaSito Turns 10

When Alice Lee and her husband, Greg Schwendinger, founded CasaSito in 2004, they envisioned a “small, close-knit organization...that has a deep impact on the communities in which it works.” Ten years later, CasaSito remains both small and close-knit, but is helping children to stay in school and enriching their lives with education in the arts, critical thinking skills and self-awareness in communities throughout Guatemala.

Everything about the organization—even the logo showing the Chinese characters for two people under a tent—reflects the founders’ goal of making CasaSito a “place where everyone feels at home, including the people we serve.”

Alice Lee explains, “I would like to create a place where people who we serve, where people who volunteer, people who donate, and especially people who work, feel like they are at home, *en la casa*, and belong to a big family. ‘Sito,’ a nickname taken from an Italian scooter engine company, signifies something small

but powerful. CasaSito is a small association but, like this small engine, supplies powerful driving force that propels people to be better.”

CasaSito began as a funding source for Antigua-area daycare centers in 2004, but by 2007 its work had expanded to supporting projects such as building community centers, food programs, and schools in the Departments of Quetzaltenango, Totonicapán, Alta Verapaz and Quiché. CasaSito now uses two approaches to increasing access to education: scholarships and support for partner organizations.

The scholarship program now helps 172 students in Sacatepéquez, Alta Verapaz and Quiché succeed in school at the *basico* (grades 7-9), *diversificado* (grades 10-12) and uni-

“...a place where everyone feels at home...”

CasaSito engages volunteers for one month or more to work with its scholarship students or in partner projects. To contribute to CasaSito or learn more about volunteering, see www.casasito.org



“It’s not about just giving money to students, it is about the whole support system that goes with it.”

versity levels. The rigorous, eight-month scholarship approval process assesses grades and income, and includes an extensive application, an on-site workshop, a home visit with the student’s family and a personal interview with the student.

“We’re not necessarily looking for the brightest student or the poorest student. We’re looking for students who are motivated, have the potential to be leaders, are interested in helping others, and come from families who are committed to education and improving their life conditions,” says CasaSito Executive Director Maritza Ortiz.

Once accepted, students receive ongoing attention and guidance. Staff see every scholarship student monthly when the students submit their expenses, allowing staff to identify potential problems at the earliest stages and take immediate action.

“We have two psychologists on staff and they’re quite busy,” says Ortiz. “The monthly visits let us know

when we need to do more follow-up.”

The scholarship program also offers workshops for both parents and students on issues like communications, relationships and time management. Students also join math, theater, reading and debate clubs or take English lessons, which build on skills rarely covered in Guatemala school curricula, such as creativity, self-expression, critical thinking and leadership.

“I feel very, very proud of our scholarship program and its holistic approach,” says Ortiz. “It’s not about just giving money to students, it is about the whole support system that goes with it.”

CasaSito also supports several partner organizations in Antigua and other departments with volunteers, funding and administrative coaching. These partners enhance students’ classroom education with programs in arts, crafts, music, dancing, theater and more.

“Our partner projects are all unique and reflect each of their founders’ personality—you really can’t compare them. Los Patojos encourages children to have a voice through the arts. Semilla de Esperanza y Amor is all about giving students love. Then you have programs like Brillo de Sol and LaVosi for students with special needs, and EducArte, which teaches children to express themselves and fight social injustice,” says Ortiz.

...continued page 37



datebook

JULY 2014 GUIDE TO CULTURE AND UPCOMING EVENTS

COMPILED BY MERCEDES MEJICANOS

1 Tues., 6:30pm — PHOTOGRAPHY: Inauguration of *Luz a través de un lente*, a tour around America, Asia, Africa and Europe by Melanie Pinetta. Through Sat., 5th.

Museo Ixchel del Traje Indígena, 6a calle final, z. 10, Centro Cultural UFM, **Guatemala City**



2 Wed., 7pm — (Spanish) ART DISCUSSION: *Carte Blanche* with artists Alvaro Sánchez, Alejandro Azurdia, Alejandro Marré, Juan Pensamiento Velasco, María Alfaro, Marylin Boror, Quique Lee, Cesar Moncrieff. (Note the art exposition *Carte Blanche* will be on display through Fri., 4th.) Free. Alianza Francesa (tel: 2207-5757), 5a calle 10-55, z. 1, **Guatemala City**

3 Thurs., 7pm — ART: *Trasfondos del tiempo*, painting and sculpture by Carol Yurrita de Masselli. **Wed., 9th-7pm**—(cocktail) Open through Thurs., 31st. Galería el Attico (2368-0853), 4a av. 15-45, z. 14, **Guatemala City** ▼



4 Fri., & Fri., 18th — DINING at KIDS Restaurant: The only restaurant run by KIDS. They learn cooking, English and computer skills at the Education Center of TESS Unlimited. Reservations: kidsrestaurant@gmail.com or tels: 4550-7798 or 5251-0202. **5pm**: Our mini chef will wait for you in front of Cafe Condesa (5a av., central park, Antigua), where you will be picked up at by our shuttle service to bring you to the KIDS Restaurant in **San Gaspar Vivar**. (See related article, May 2013, www.revue.gt, pg. 54)

5 Sat., — ART: *Las Ruinas del la Modernidad* featuring engravings by Cristina Córdón. **Wed., 9th-7pm**—cocktail. Through Sat., 26th. Salón del Coleccionista, Galería el Attico (2368-0853), 4a av. 15-45, z. 14, **Guatemala City** ▼



5 Sat., 11am-3pm — CELEBRATION: Save the date for the *Red, White and Brew U.S. Independence Day* picnic hosted by Democrats Abroad, Guatemala. Live music! Q50 per person. Casa Convento Concepción, 4a calle oriente #41, **La Antigua**

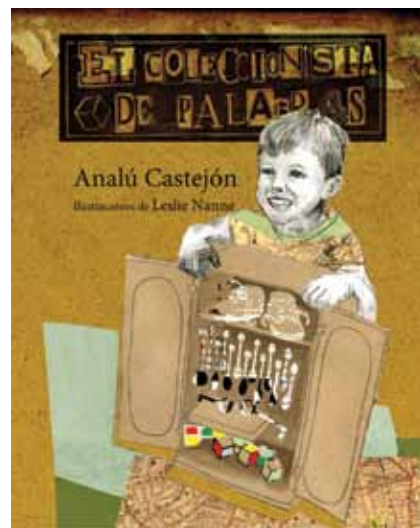


Please submit your DATEBOOK entry for the AUG 2014 edition by July 10

5 Sat. — ART: Inauguration of *Huipiles/Homenajes*, a solo exhibition by Lena Bartula. (Through August). See highlight on page 26. Sala del Artista, Hotel Casa Santo Domingo, **La Antigua** ▼



8 Tues., 4:30pm — ART and CHILDREN'S LITERATURE: Presenting the children's picture book "El Coleccionista de Palabras" (children 8 & under). The author Analú Castejón will do a book reading and illustrator Leslie Nanne will exhibit the original art, La Casa del Escritor (tel: 2503-8720) 3av. 16-67, z. 14, **Guatemala City** ▼



Every creator painfully experiences the chasm between his inner vision and its ultimate expression.
—Isaac Bashevis Singer

8 Tues., 5:30pm — (English) TALK: EducArte is a Guatemalan NGO that promotes social justice through education and art. EducArte believes that education is the basis for social development, and that everyone has a right to education. Suggested donation Q25, all which goes directly to the NGO. Info. & reservations, tel: 7832-1919. Rainbow Café, 7a av. sur #8, **La Antigua**

8 Tues., 6:30pm thru Sat., 12 — PHOTOGRAPHY: *Cuando una Cultura encuentra su color, nace la magia* by Mónica Lagunas. Museo Ixchel del Traje Indígena, 6a calle final, z. 10, Centro Cultural UFM, **Guatemala City** ▼



9 Wed., 6pm — (English) PRESENTATION: Antigua: Behind the Walls with Elizabeth Bell. Enjoy a one-hour slide show of Antigua and its heritage through vintage and contemporary photographs collected over the past 40 years, accompanied by Elizabeth Bell's expert narration. Proceeds benefit educational programs in Antigua. Q30 per person. Questions encouraged. Auto-graphed books available. Join us at Hotel Sor Juana, 4a calle oriente #45, **La Antigua**



9 Wed., 5pm — ART: Inauguration of exposition of works by Dr. Clemens Luhmann. Mesón Panza Verde (Tel: 7955-8282), 5a av. sur #19, **La Antigua**

10 Thurs., 6:30pm — ART: Inauguration of *Metamorfosis* by Fabiola Aguirre. Throuh Aug. 1; Galería Guatemala, 7a av. 14-44, z. 9, **Guatemala City**

10 Thurs., 8pm — FUNDRAISER: A.C.E.S. Afro-Caribbean Entrepreneurial Society supports various projects that encourage entrepreneurship on the Caribbean coast of Guatemala. There will be food, drinks, raffles and games! Tickets Q100 for two people includes two beverages & sampler food plate. Also, a cash bar. For more info. about A.C.E.S. and its projects visit www.acesla.com & www.facebook.com/acesprojects Las Vibras, 5 calle poniente #12, **La Antigua**

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



12 Sat., 7pm — Concert: Vocal group Cafella, a *Tribute to the Virgen del Carmen*. Voluntary contributon. Info: 5697-7231. Rectory Santa Teresa (9a Av. & 4a calle, z. 1), **Guatemala City** ▼



14 Mon., 8pm — CELEBRATION: *National Day of France* with Laurette de Paname, cabaret show. Info. & details: www.alianzafrancesa.org.gt Salón Gran Roble, Hotel Intercontinental, **Guatemala City**

15 Tues., 5.30pm — *Arca: Rescuing Guatemalan Wildlife*. ARCAS is the leading advocate for the rights of wild animals in Guatemala. In the Department of Petén, it manages one of the largest and most success wildlife rescue centers in the world, receiving 300-600 animals of 40+ species per year, the majority confiscated from wildlife traffickers. Suggested donation Q25, all which goes directly to the NGO. Info. & reservations, tels: 7832-1919. Rainbow Café, 7a av. sur #8, **La Antigua**

15 Tues., 8pm — MUSIC: Piano concert by Pascal Gallet. Info. & details: www.alianzafrancesa.org.gt Teatro Dick Smith IGA, **Guatemala City**

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

16 Wed., 7pm — EXPOSITION: *Linaje* with work in batik dreamcatchers, skateboards, light bulbs, crochet and jewelry by Nicole Shelhoup, Mauricio Samayoa and invited artists. Thru Fri., 25th. Museo Ixchel del Traje Indígena, 6a calle final, z. 10, Centro Cultural UFM, **Guatemala City**

16 Wed., 7pm — EXPOSITION: *En el corazón del reino murciélago: 5 años de Investigaciones en Naachtun*. Galería de Arte de la Alianza Francesa; **17 Thurs., 5pm** — guided visit for kids. Free. Alianza Francesa (tel: 2207-5757), 5a calle 10-55, z. 1, **Guatemala City**

17 Thurs., 10am — (Spanish) WORKSHOP FOR KIDS: *Iniciación a la arqueología* by Melanie Forné, director of CEMCA. Filgua, Parque de la Industria, 6a calle, z. 9, **Guatemala City**

17 Thurs., 2pm — SWORDPLAY: Exhibition and workshop. Palacio de los deportes, z. 4, **Guatemala City**

17 Thurs., 4pm (every Thurs.) — (Spanish) WORKSHOP/COURSE: *Una nueva vision de la vida*, AGEAC, Personal development studies. Focusing on human existence and the greatest enigmas of all time, anthropological, scientific and cultural. Free. Info: antigua@ageac.org Chez Christophe, 5a calle poniente #8, **La Antigua**

17 Thurs., 4pm — (Spanish) CONFERENCE: *Arqueología del paisaje en el Zotz, Guatemala* with Thomas Garrison. Q30. Casa Popenoe (tel: 2338-7959), 5a calle oriente #16, **La Antigua**

17 Thurs., 6:30pm — (Spanish) THEATER: *Popol Vuh* by Escenarte, adapted by Rafael Herrera. Q40. Alianza Francesa (tel: 2207-5757), 5a calle 10-55, z. 1, **Guatemala City**

Every child is an artist. The problem is how to remain an artist once we grow up. —Pablo Picasso

18 Fri., 4pm — FESTIVAL: *Noche de media luna*, gastronomic festival, cooking clases, croissants contest and live music. Alianza Francesa (tel: 2207-5757), 5a calle 10-55, z. 1, **Guatemala City**

21 Mon., Wed., 23, Thurs., 24 and Tues., 29, 6pm — (Spanish) WORKSHOP: *Lightroom* by Holger Tobuschat covering photo post production, the the differenes between a good photo vs an outstanding photo. Organized by Club Fotográfico de Guatemala. info@clubfotografico.org/http://www.clubfotografico.org Museo Ixchel del Traje Indígena, 6a calle final, z. 10, Centro Cultural UFM, **Guatemala City**

22 Tues., 5.30pm — *Los Patojos: Forming Leaders for Guatemala* which is an alternative educational program for more than 250 children and teenagers that live in Jocotenango, Sacatepéquez that provides scholarships, tutoring, cultural programs, meals and a medical clinic. Suggested donation Q25, all which goes directly to the NGO. Info. & reservations, tel: 7832-1919. Rainbow Café, 7a av. sur #8, **La Antigua**

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

26 Sat., evening — CULTURAL EVENT: Rabin Ahaw, a paramount indigeous event of the entire Mayan world, the crowning of the Rabin Ahaw, Daughter of the King. See related article on pg. 14. **Cobán** ▼



28 Mon., 6:45pm — (Spanish) BOOK PRESENTATION: *Los indiferentes* by poet and writer Ligia García y García. Exposition of the book's illustrations by artist Sandra Arizandieta. Museo Ixchel del Traje Indígena, 6a calle final, z. 10, Centro Cultural UFM, **Guatemala City**

29 Tues., 5:30pm — *Life in Guatemala: Brief History and Current Conditions* with Sue Patterson. She is a retired U.S. Foreign Service officer, living in La Antigua Guatemala and a former U.S. Consul General (Guatemala) as well she served in Chile, Iran and Italy. Pattenon is also the founder of WINGS, a non-profit dedicated to reproductive health and family planning, and the recipient of numerous award, most recently the 2003 Sargent Shriver Award for Outstanding Humanitarian Service from the National Peace Corps Association of America. Suggested donation Q25, all which goes directly to the NGO. Info., & reservations, tels: 7832-1919. Rainbow Café, 7a av. sur #8, **La Antigua**

30 Wed., 6:30pm — PHOTOGRAPHY: *Petén a través de mis ojos* by Bebo Castillo. Through Aug. 6. Museo Ixchel del Traje Indígena, 6a calle final, z. 10, Centro Cultural UFM, **Guatemala City** ▼



31 Thurs., 7pm — PHOTOGRAPHY: Monthly photo contest, Club Fotográfico de Guatemala. Museo Ixchel del Traje Indígena, 6a calle final, z. 10, Centro Cultural UFM, **Guatemala City**



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Very few people possess true artistic ability. It is therefore both unseemly and unproductive to irritate the situation by making an effort. If you have a burning, restless urge to write or paint, simply eat something sweet and the feeling will pass. —Fran Lebowitz



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HUIPILES / HOMENAJES

Solo Art Exhibition

Lena Bartula

Hotel Casa Santo Domingo

July 5 – August 3, 2014

Artist Lena Bartula belongs to the generation known in the U.S. as baby-boomers. She credits a strict convent education, humble beginnings that bordered on poverty and a fortuitous yet difficult birth order for her escape into the world of imagination and art.

Middle-child syndrome became her position, allowing her to slip unnoticed into a dream world that provided her the materials with which she has built a life of her own making. After 35 years as a professional artist, Bartula says she finally understands her artistic path. Believing that artists have a responsibility to the times in which



they live, she uses her art as a voice to speak of beauty, truth, spirit, joy, pain and justice—everything that this human life entails. And with that voice she speaks for the voiceless, the powerless and the silenced women of the world.

Bartula's solo exhibition, *Huipiles / Homenajes*, comes to the Hotel Casa Santo Domingo this summer, opening on Saturday, July 5. These works are homage appropriations of cultural traditions and folk heroes, political and religious structures, all seen through the matrix of the feminine. One large work titled "Matrix" invites the viewer to take time and reflect on a family member, teacher or mentor, a woman in her/his life that made a difference. They can then write an homage to her upon one of the 104 huipil-shaped papers affixed to a grid on the wall.

...continued page 80



REVUE Photo Contest

Te invitamos a participar en nuestro **CONCURSO FOTOGRÁFICO** de agosto 2014 con el tema **Sonrisas en GUATEMALA**. Enviar UNA (1) foto en ALTA RESOLUCIÓN con el título, lugar donde fue tomada, su nombre y el sitio web para el crédito a: **fotos@revue.gt**

Habrá premios para las fotos ganadoras, incluye **Q200 para los dos primeros lugares**. Para más información **www.Revue.gt**

Serán elegibles las fotos que se reciban hasta el **10 de JULIO de 2014**

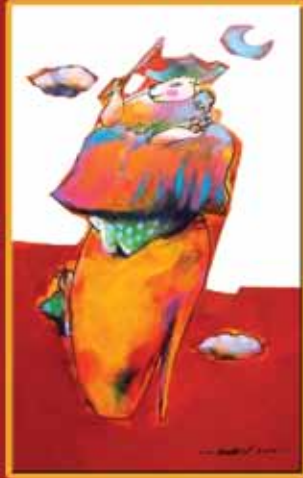
We invite you to participate in our **MONTHLY PHOTO CONTEST** for August 2014 with the theme **Smiles in GUATEMALA**. Please send ONE (1) HIGH RES photo with caption/location and your name & website for the credit line to: **photos@revue.gt**

There will be prizes for winning photos including **Q200 for both 1st place categories**. More information at **www.Revue.gt**

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

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Saturdays, 8-10pm — Sergio Zepeda, guitar. Q35 cover

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Thursdays — Gustavo: this local musician plays a mix of Latin and western classics

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THROUGHOUT THE MONTH



ART: *Once Upon A Time*, showcasing the work of artist Doniel Espinoza featuring his latest acrylics, watercolors and sculptures. Also, presenting new artists Lucy Morán (painter), Patricia Salavería (sculptor) and Josué Hernández (painter). La Antigua Galería de Arte (tel: 7832-2124), 4a calle oriente #15, **La Antigua**



Art: Collective contemporary art exposition featuring the work of Hellen Ascoli, Nora Pérez, Rosario Sotelo, Eny Roland Hernández, Ángel Poyón, Edgar Calel, Jorge de León, Fernando Poyón and Aníbal López. Through Tues., 8th. Casa Convento Concepción, 4a calle oriente #41, **La Antigua**

ART: *Testigos Urbanos* by Jorge Mazariegos. Free. Throuh Aug. 8 — Galería del Centro, 5a av. 12-38, z. 1, **Guatemala City**

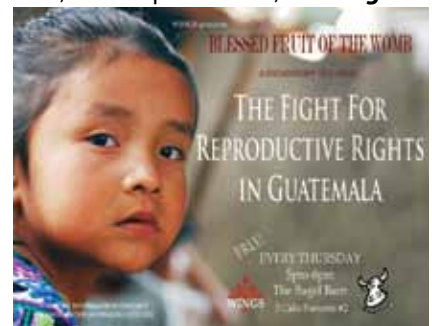
Daily, 2pm & 4pm — MOVIES: Las Palmas (tel: 7832-9734), 6a av. n. #14, **La Antigua**

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

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

Thursdays., 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**

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



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Often we hear that there are left-brain people and right-brain people. Those with dominant left brains tend to be more analytical while those who are right-brain dominant are more creative. We all have the capacity to balance our brain. We can tune into the fullness of our life experience instead of only part of it.

If you are a left-brain analytical type, why not study the fascinating art and colors of Guatemala? Allow your ability to study patterns to become your creative source. Uncover the science of the composition and then simply smile at your discernment when the rules are broken by creative inspiration.

For the right-brain creative, the ability to flow with the explosion of artistry that is abundant in Guatemala can be an overload experience. Step back from the chaos and channel your inspiration into a focus, such as writing or sketching. Both the left and the right brain will begin to discover that there is a harmony seeking recognition as you step fully into your experience of the colorful and chaotic now.

This month seasonal rain brings with it the creation of greater canopies in the jungles and mountains and the freshness of new growth.

Balance your brain!



Colors become more vivid when painted against the pastel cloudy backdrop and everything beckons your attention.

Add in the myriad colorful bugs and the stunning flora that is uniquely Guatemala and the whole brain has a buffet of stimulus to keep it happy and active. It is how you decide to channel this stimulus that will determine your experience.

For example, two people walk into a gallery filled with Guatemalan artwork. They explore the paintings alongside exquisite weaving work. There is also pottery and dioramas of daily life in villages. One may appreciate the time and tenacity that was placed into the creation of the piece, while another simply marvels at what he or she feels when connecting with it. There are levels of engagement with the creations; have you explored them?

It is the ability to witness multiple perspectives that brings forth a fullness from the experience. And this applies to everything in our lives. Here is a simple experiment: Find something intriguing to focus your attention and then consciously connect with it from both of your brain experiences. The left brain will study this object and appreciate the science, colors and balance of its creation. The right brain will take in the object as a whole and marvel at the energy and feeling that it offers. It is your conscious awareness of both hemispheres of your brain being invoked that will create your full experience.

Practice makes perfect. Try this approach as often as you can, the abil-

*Sri and Kira have authored several books and are the owners of TOSA La Laguna.
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My joy may be diminished now, but I am still alive to be more joyful ahead. —Ankam Nithin Kumar



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ity to shift one's perspective is a doorway to deeper meaning and freedom.

When we choose to balance our brain everything else in our lives becomes more abundant. Why not harness this fullness and participate in the living art that is all around you? Whether you are in an airport, walking the streets of La Antigua or hiking in the jungle, the moment is upon you to explore. Dive deeply into your essential creative and balanced nature, and you'll discover even deeper meanings to life's experiences. 📷



Entry in the Revue Photo Contest, July
 "Fotografiando rostros" (Escuela Municipal de Danza)
 by Irina Cruz de Devaux



**WINES &
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Pairing Guatemalan Food with Wine

Guatemala is a beautiful country. There are many places of interest to visit along with the opportunity to treat yourself to delicious Guatemalan cuisine. If you enjoy a good wine with your meal you might be wondering how to pair it with Guatemalan food.

Guatemalan cooking is not as spicy as Mexican food, but rather it is mild with spicy overtones.

This month we're going to select a good wine to enjoy with *Subanik* (Amalia Moreno-Damgaard's recipe is on page 56).

Subanik is prepared by using chicken and

If you enjoy a good wine with your meal you might be wondering how to pair it with Guatemalan food.

pork along with tomatoes, onion, garlic, bell pepper and chile. So it is a fairly heavy dish with lots of flavors.

The first and most important rule of wine and food pairing is that neither the food nor the wine can be dominant. For instance if you choose a powerful fruit-bomb Shiraz to pair with Subanik, the tannins and the black fruit aromas may overpower the dish. On the other hand, if you choose a light neutral wine like an Italian Frascati, the dish will make the wine even more neutral or flabby.

Acidity is important. Acidity is tasted on the sides of the tongue and give you the impression of freshness in wine. It helps clean the palate, so a wine with high acidity is ideal for spicy foods. High acid wines are the whites Riesling, Sauvignon Blanc, Chenin Blanc and most sparkling wines.

Finally, aromatic wines pairs really well with spicy food. Its fruitiness improves the flavors of the dish and creates a one of

a kind combination that will blow your senses away. Aromatic grapes are the whites Riesling, Gewürztraminer, Torrontés and Viogner.

So when choosing a wine to pair with Guatemalan food, I will recommend that you try some demi-sec sparkling wine, a fruity Sauvignon Blanc (from New Zealand, for instance) or a fruity Riesling from Alsace or Germany (feinherb is an expression in German for demi-sec).

If you love red wine and want to try it with Guatemalan cuisine, the only one I recommend is a wine made with Pinot Noir grapes. Pinot Noir is a fairly light red wine with high acidity that might go well with some spicy and fish dishes. It is a hard choice though, you must choose a Pinot from a cool region such as Oregon or Carneros in California or others from Chile or New Zealand.

So pay attention on how heavy the wine and the food is, if the wine has enough acidity to balance the spices in the food and if the grape has good aromas that will compliment your dish. There is an array of possibilities, have fun experimenting with the right combination that works for your palate. 🍷

Cheers and bon appetite!



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Puppy Training

Socialization at an early age for puppies, the benefits outweighs the risks

Much has been said about the benefits of early socialization for puppies and countless studies have proven that it is safe even without having completed the puppy's immunization protocol by vaccine administration.

So when I moved to Guatemala and started training dogs again I was surprised to encounter so many clients with dogs that did not have the benefit of early socialization and must deal with the consequences of a fearful, anxious and sometimes aggressive animal.

I then asked myself: Should my recommendations change? Should I encourage puppy owners to get out there and expose their little fur ball to the world? Is the new environment in which I am working much different than the one I had back home? My further experience has led me to reaffirm my belief in early socialization.

First let's review the early develop-

ment stages of dogs, more specifically the socialization period. The socialization period for puppies starts at 21 days and ends at 14 weeks, sometimes 12. During this period puppies need to be exposed to new experiences and have positive outcomes with a maximum of people, other dogs, other species and situations. The more the puppy sees, the better he/she will be at coping with novel situations during adulthood.

There's an optimum socialization period from 6-8 weeks during which it is crucial to have positive experiences with humans and a fear imprint period between 8-11 weeks that makes them more susceptible to permanent trauma if a bad, scary or painful event happens. The vaccination protocol for puppies is not complete until 16 weeks, so is it possible to ensure proper socialization without compromising the health of your puppy? Socialization goes hand in hand with immunization protocols for puppies. Many opportunities are available for

owners without putting the dog at risk anywhere in the world.

First avoid negative situations:

Don't take your puppy into crowded street-dog areas like public markets or parks.

Don't allow play time with unvaccinated dogs.

Don't overdo it and/or force your puppy to engage in an activity he/she does not comfortable with.

Don't let your puppy just "deal with it."

Then find positive situations:

Do expose your puppy to friendly, well-mannered, vaccinated dogs of all sizes.

Do bring your dog to pet-friendly restaurants even if it means he/she needs to stay on your lap.

Do bring him/her shopping and for frequent car rides.

Do invite people over to your house for puppy parties.

Do respect your puppy by giving him/



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her the time needed to assess an unfamiliar situation. Do set him/her up for success and make every new situation a pleasant one. Do seek positive professional training as early as 8 weeks of age.

Socialization is crucial to the development of dogs and if we fail to provide it, serious behavioral problems will arise as the puppy grows into adulthood and starts showing signs of fear and defensive behavior, compromising the human-animal bond.

You have a puppy? Grab a toy, some treats, smile and get out there! 🐾

Marjolaine Perrault is a professional dog trainer; for more info., visit www.elchuchofeliz.com

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CasaSito turns 10 cont. from page 21

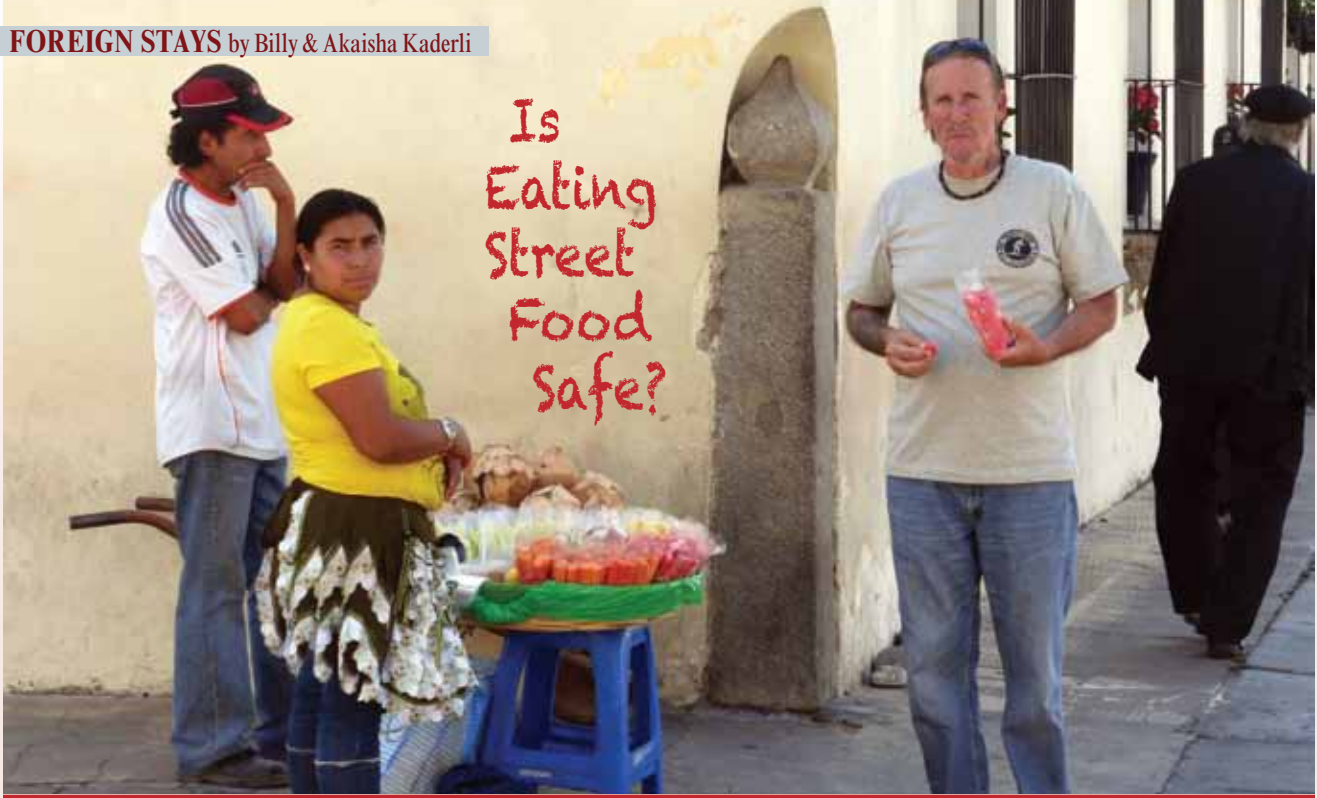
In Antigua, CasaSito is perhaps best known for its November arts festival, a high-energy event where students play music, dance, perform and display their artwork. Ortiz hopes that one day CasaSito can expand the annual festival into a year-round arts program.

In the short term, the staff of CasaSito are evaluating their programs to make their work even more effective. Recently this resulted in expanding the Cobán scholarship program from a few annual staff visits and 19 scholarship students in 2011, to a new on-site Cobán office and 53 scholarship students in 2014.

That kind of improvement is another illustration of the “sito” part of CasaSito: its small-but-powerful staff. Ortiz explains, “What makes CasaSito special is how passionate and committed they truly are toward the vision of CasaSito. They work so hard—not because anyone tells them they have to do it, but from the heart.” After 10 years, that



passion and commitment still extends to the beneficiaries. Ortiz adds, “Just as you see in our logo, internally and among the people we work with—we truly treat everyone like part of the family.” 🐾



One of our greatest joys while traveling is eating local street food. We can't imagine going to faraway locations where everything is pulsating with life and exotic new flavors and only eating at name-brand hotels or popular tourist restaurants. Why limit ourselves and our experiences out of an exaggerated sense of caution? We aren't being careless about food and water choices; rather, we have two decades of world travel experience and want to share our perspective.

No matter where you travel, even from New York City to Los Angeles, there may be different bacteria in the

water, air and food than what we encounter at home. Our bodies react to these as if they are invaders and we could develop headaches, nausea, and a lack of energy or extra activity in our intestines.

It doesn't always mean that the food, ice or water isn't clean. It might have more to do with an individual's immune system and the response to the introduction to different bacteria.

If you are traveling in windy weather, you can develop stuffy sinuses, a headache or an upset stomach. Again, this may have nothing to do with the food, but rather with what is being blown around in the air. So to

be clear, windy weather is a contributing factor to intestinal distress.

If you do choose to eat at a street stall or sidewalk café, it's important to find a busy one that cooks what you want right on the spot. This will assure you that the food is being turned over regularly and not sitting around becoming cold or contaminated.

In normal circumstances if there is going to be an uncomfortable digestive reaction, it happens within the first 10 days to three weeks of being in that new location.

For lower intestinal activity, taking a few Imodium should solve the problem. If not, then antibiotics generally

About the Authors

Billy and Akaisha Kaderli are recognized retirement experts and internationally published authors on topics of finance and world travel. With the wealth of information they share on their popular website RetireEarlyLifestyle.com, they have been helping people achieve their own retirement dreams since 1991. They wrote the popular books, *The Adventurer's Guide to Early Retirement* and *Your Retirement Dream IS Possible*.

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Street Food from previous page

do the trick. We're not doctors and are not prescribing anything, but we have found pharmacists recommend Norfloxacin or Nifuroxazida (400 mg.) and that normally will take care of stomach pain or diarrhea in a matter of hours or a day or so, tops.

We learned years ago that a course of over-the-counter Albendazole or other amoeba and worm pills every six months will eradicate parasites trying to find a home in our bodies. Most eating establishments serve salad or fresh vegetables rinsed in water and if you are concerned that you

might pick up a bug, these pills can allay that fear.

We also recommend washing your hands as often as possible or using a moist towelettes or baby wipes. If you are taking public transportation, going on tours or even visiting museums, this will put you in contact with the general public. Keeping your hands clean will add to your overall protection from getting something that will upset your stomach.

Staying hydrated is important and if you bring your own water bottle, it is wise to check the freshness of

the water in your bottle. This is especially true if you are traveling in the tropics. Mold can grow in a few days; filling your bottle with purified water will not

If you do choose to eat at a street stall or sidewalk café, it's important to find a busy one that cooks what you want right on the spot.

protect you fully. Be sure to wipe off the mouth of your bottle often with something sterile and bleach the bottle out regularly.

Some people like the idea of using SteriPENs when they travel so they can purify their own water while passing through bus stations or venturing out in the boonies. You can also use this pen in hotels and this will allow you to drink from the tap after you have used this pen to sterilize your water. This might be a little more adventurous than you had in mind but at least you know it's an option.

We would rather take precautions than miss the exciting opportunities to experience the street food and flavors when traveling. It is just too large a part of our journeying pleasure for us to give up due to fear. As a matter of course we always drink bottled water, but in general, if you are in a civilized city or town, the ice and water served in restaurants are fine. They are not going to serve something unclean to their clientele and expect to stay in business.

There could be the odd time that food poisoning happens, but this occurs anywhere and everywhere in the world, including the United States.

So is eating street food safe? We think it is, if you follow our suggestions. We hope you find this information useful, insightful and helpful and hopefully it will reduce the fear factor you may have over eating exotic food in foreign countries. 🍷



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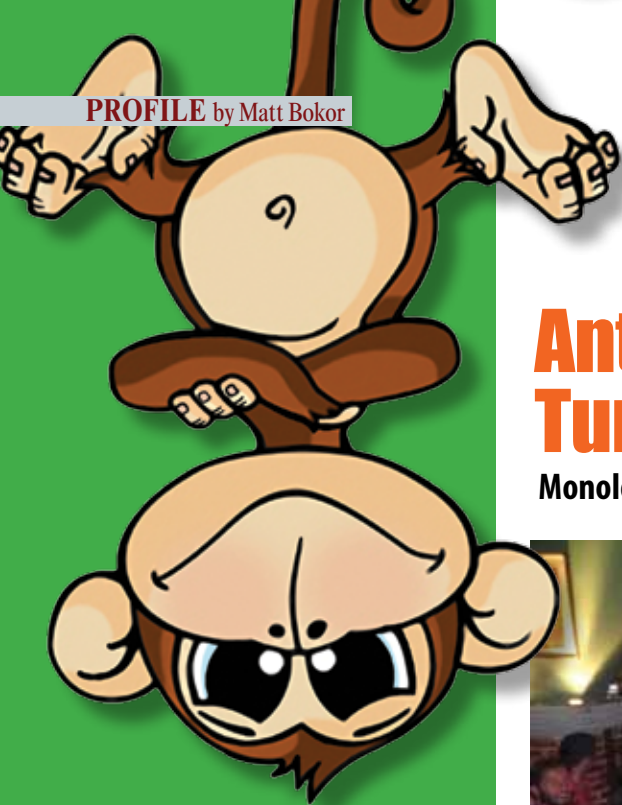
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PROFILE by Matt Bokor



“Mammals descended from reptiles over many millions of years. In La Antigua Guatemala it happened overnight, 15 years ago...”

Antigua's Favorite Primate Turns 15

Monoloco celebrates its anniversary

In evolutionary theory they say mammals descended from reptiles over many millions of years. In La Antigua Guatemala it happened overnight, 15 years ago, when the Gator Grill morphed into our favorite primate, Monoloco.

“I drove down in my 1987 Honda Accord through Mexico with the trunk full of stereo equipment and my CD collection to get things started,” recalls Billy Burns, who like many Antigua visitors “got here with my backpack and felt like sticking around.”

In June 1999 Burns bought out Héctor Castro to become co-owner with Jean-Louis Trombetta of the Gator Grill on 2a avenida sur. From there Burns and Trombetta launched what would become the popular



(PHOTOS BY MERCEDES MEJICANOS)

restaurant and sports bar featuring the zany monkey mascot.

Burns, a recent graduate of the University of Virginia at the time, wanted to make a fresh start with a new name for the bar but was still stumped the night before the paperwork was due. With help from visiting college friends, he chose the name of a favorite saloon back home in Virginia.

“Monoloco seemed perfect because it is easy to say even if you don't speak Spanish, and with all of the O's, it makes a great logo,” Burns says. “Amazingly, the original Monoloco in Charlottesville is still kicking butt as well.”

After about a year in the original venue, Monoloco moved to its present location, becoming the first tenant in the newly renovated space on 5a avenida sur. The move came just days after the notorious 2000 presidential election (Bush v. Gore): “We stayed up watching the election results, and as the controversy wore on through the night, we resolved to drink every beer in the place, so we didn't have to move it to the new location,” Burns says.

Memorable episodes in Monoloco history include the night in 2000 or 2001 when Burns and Trombetta thought they spotted the fugitive

...continued page 66



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Harvesting latex
(Dr. Nicholas Hellmuth)

Latex and Resins

Dr Nicholas Hellmuth, FLAAR Reports

It is common knowledge that rubber trees produce latex. And most people are aware that Charles Goodyear discovered vulcanization, a chemical process for converting natural rubber into a more durable material that turned into a billion-dollar tire industry.

Not many people, however, are aware that the Maya and Aztec learned how to make rubber bounce thousands of years ago by enhancing latex with plant properties rather than isolated chemicals. The Olmec were most likely the first to discover this method about 3,000 years ago. The Spaniards made notes about it, then three centuries later scholars at MIT documented this ancient method by studying how descendants in Chiapas, Mexico continue to treat latex so that it bounces.

At FLAAR we believe there was more than just one single plant that has the necessary chemical make up to convert latex into a bouncy ball, and of even more interest, we are studying other trees that also produce a latex-like liquid.

The two latex-producing trees best known in Mesoamerica are the *Plumeria rubra* or *Plumeria alba*, often referred to as frangipani, Flor de Mayo, or other local names from the botanical family Apocynaceae, and the *Stemmadenia donnell-smithii*, huevos de caballo or huevos del toro, also from the same botanical family.

It is interesting

The Maya and Aztec learned how to make rubber bounce thousands of years ago

to note that a dandelion that grows in Russia can also produce rubber. Indeed German scientists have opened a facility to actually test this for producing car tires. But whether the dandelion was native to Guatemala before the Spaniards, and whether this species produced latex can only be answered with further research.

We continue studying plants in Guatemala that can produce latex and resin. Ink for advanced wide-format inkjet industrial printers for signage and for printing wallpaper use either latex ink or resin ink. Although these inks are made with chemicals, trees and plant chemical bases share several similarities.

You can read more about latex and resin ink (Sepiastix) at www.wide-format-printers.org; and plants of the Maya at www.maya-ethnobotany.org

Stemmadenia obovata (Sofia Monzón)





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GUATEMALAN

Sazón

With a recipe for "Subanik" a traditional Pork and Chicken Stew

Sazón (the right seasoning) is crucial in any cuisine, and it depends on the skill and taste of the cook. Many of us learned the ropes in the kitchen at home with our grandmothers and mothers, and this influences our cooking style and taste preferences. The soul of the kitchen is indeed sazón and it depends on the proper orchestration of spices and other seasonings.

To acquire authentic Guatemalan-tasting dishes, it is best to choose the proper ingredients and seasonings or finding suitable substitutes if you don't live in Guatemala. The spices and seasonings used in Guatemalan cooking correspond to the style of the cuisine, traditional (Mayan-Spanish), home cooking (Spanish-Mayan) or Garifuna (Afro-Caribbean). Taste testing can be a good way to identify substitutes for harder-to-find ingredients or finding cuisines with ingredients with close proximity to Guatemala's, such as Mexican or Salvadoran.

Basic ingredients in Guatemalan cooking are onions, garlic, tomatoes and tomatillos, as well as varieties of

"Despite the wide use of dried and fresh chilis, Guatemalan cuisine is not spicy, but rather tasty..."

squash, corn, beans and rice. Garifuna fare includes coconut, yucca and plantains to flavor stews and other dishes. Typical spices, herbs and seasonings in traditional cuisine are dried and fresh chilis, various dried and fresh herbs and dried and fresh seeds, in addition to dried and fresh flowers. Large Guatemalan mercados (markets) are a feast for the eyes with their wide variety of fruits, vegetables and spices.

Outside Guatemala, it can be challenging (but not impossible) to find the right ingredients. Fortunately, many foods are now available online or at local specialty stores. With the continuing growth of the Latino population in the U.S., it is easier to spot the right ingredients or close substitutes by shopping at

Amalia Moreno-Damgaard is a Chef and award-winning author of Amalia's Guatemalan Kitchen: Gourmet Cuisine with a Cultural Flair (AmaliaLLC.com)

Latin markets.

The most common seasonings in Mayan stews are dried chilis, such as guaque, pasa, ulute (or cobanero), and zambo to a lesser extent; and fresh chilis, such as chiltepe (used for spicy sauces), guaque (for chiles rellenos), bell peppers (for salads, sauces, soups and stews), and habaneros in Garifuna food. Fresh herbs like culantro (cilantro), zamat (wild cilantro), mint, parsley and epazote (a wild, earthy and pungent herb), used alone or combined, give stews a distinctive touch, but aromatic spices, such as cumin, all-spice, cloves, anise, canela (cinnamon) and black pepper, give each cuisine its definite character. The duo thyme and bay leaves, or the trio thyme, oregano and bay leaves, are common in home-style cooking with a heavier Spanish influence. Thyme, ginger and curry flavor some Garifuna cooking.

Despite the wide use of dried and fresh chilis, Guatemalan cuisine is not spicy, but rather tasty, fresh, colorful and for the most part mild because spicy sauces and salsas are often served on the side. Mayan stews have spicy overtones and usually pair well with plain corn masa tamales or rice



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Guatemalan Sazón

“This Mayan stew is not only delicious, nutritious and easy to make, but it also incorporates many of the ingredients and seasonings highlighted here.”

and provide balance, soften spiciness and help absorb delicious recados (sauces). Flor de ayote (squash blossoms) along with pito (added to black beans), izote (yuca flower) and loroco buds (for empanadas and chicken) are fresh flowers used in cooking, while manzanilla (chamomile) and rosa de Jamaica (hibiscus sabdariffa) are dried flowers that traditionally make delicious hot or refreshing frescos (drinks) with taste similar to cranberry.

Dried seeds like pepita de ayote (pumpkin seeds)—as well as dried peppers—are first roasted (and sometimes smoked as done with chile cobanero) on a dry comal (clay griddle) to heighten the flavor and then ground to use on cut-up fresh fruit along with lime and salt. In Guatemala you often see this sold on street carts. Both roasted pumpkin and sesame seeds go alone or together in recados (salsas) for tamales and Mayan stews such as pepián, mole and others. Achiote gives color and not flavor or aroma to dishes. A little goes a long way, and the pasty seeds from the achiote pod produce a light or deep orange tinge, depending on the amount used. Dried or fresh achiote seeds are sold at mercados and supermarkets in Guatemala, and the paste keeps in the freezer for several months after the package is opened. Use fresh achiote paste as is, or steep the seeds in medium-hot oil first.

This Mayan stew (*see recipe*) is not only delicious, nutritious and easy to make, but it also incorporates many of the ingredients and seasonings highlighted above. Like American chili, Guatemalan stews taste fantastic the first day, but even more scrumptious the next day.

¡Buen Provecho!



Subanik

Pork and Chicken Stew

By Amalia Moreno-Damgaard (AmaliaLLC.com)

Subanik is a traditional hearty stew from Chimaltenango, located about 35 miles west of Guatemala City. It is scrumptious and easy to make. It is a perfect one-dish meal for a gathering. This delicious, velvety red stew goes well with *arroz Guatemalteco* (Guatemalan vegetable rice) and *tamalitos de queso* (fresh cheese mini-tamales in banana leaves), which provide a break between spicy bites.

Serves 4 people

3 skinless, boneless chicken thighs, cut into 2-inch pieces
1/2 pound pork butt or shoulder cut into 2-inch pieces
Kosher salt and freshly ground black pepper
1 tablespoon canola oil
2 cups fat-free, low-sodium chicken stock
1 cup quartered Roma tomatoes (about 2 large tomatoes)
1/2 cup husked, quartered tomatillos (3 to 4 large tomatillos) ...continued on following page



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Subanik recipe cont. from previous page

- 1 small yellow onion, quartered
- 2 large garlic cloves, peeled
- 1 1/2 cups seeded, chopped red bell peppers
- 1 guaque (guajillo) chili, seeded
- 1/2 pasa (ancho) chili, seeded
- 1/2 zambo (mulato) chili, seeded
- 2 corn tortillas, torn into pieces

Sazón (*Seasonings*)


- 1 teaspoon ground achiote dissolved in a little water
- 1/4 to 1/2 teaspoon dry thyme
- 1 bay leaf
- 1/2 teaspoon cobán chile powder (or piquín or árbol powder)
- 1 teaspoon kosher salt
- Freshly ground black pepper

Adorno (*Garnish*)

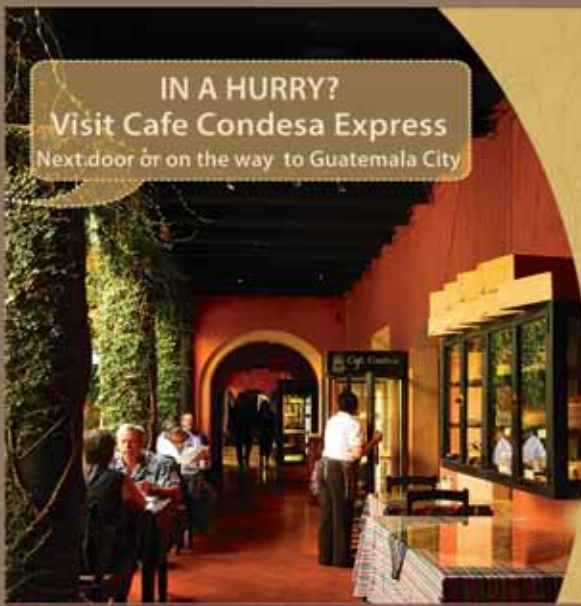
- Chives or sautéed julienned red bell pepper

Season the chicken and pork with salt and pepper. Brown the chicken and pork together in the oil, in a large deep skillet over medium heat. Transfer the chicken and pork to a dish and keep them warm. Save the oil and fat left in the skillet for panfrying the sauce.

In a medium pot, combine the chicken stock, tomatoes, tomatillos, onions, garlic, peppers, chilis and tortilla pieces. Bring to a quick boil, reduce heat, and simmer covered until all the ingredients are soft (15 to 20 minutes). Using an immersion blender (or a regular blender after cooling slightly), purée the mixture to a fine consistency.

Use all or some of the oil and fat left in the skillet to panfry the puréed sauce over medium heat. Add the achiote, thyme, bay leaf, chile powder, salt and pepper. Put the chicken and pork back into the skillet and simmer, covered, for about 15 minutes. Taste and adjust seasonings, if needed. The sauce should have the consistency of ketchup. If it's too thin, cook it a bit longer to thicken it. If the sauce is too thick, add a little stock or water. 

For just the right wine to go with Subanik, see page 34



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—Mark Twain

A word to the wise is—unnecessary.

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Solution to this month's Cruci-Word

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In the night I can't sleep.. I'm so hungry!



Ceviche

Ceviche. It's pronounced SAY-vi-chay, and it is one of my favorite culinary treats on the planet. The key ingredient in all of the varieties of ceviche is lime. The acidic lime juice is added in large amounts to "cook" the seafood. The dish is typically served with saltine crackers or fresh tortilla

chips. Some people proclaim that it is the best hangover cure in the world.

There are many ways to prepare ceviche; each country or region has its own particular method. Some people swear that the ceviche in Peru is the most delicious, while others will only eat authentic Mexican-style ceviche, and happily others have found their

favorite right here in Guatemala.

Ceviche is a cold seafood dish that must be prepared with fresh-caught fish. Most desirable are the dense varieties of fish such as mahi-mahi or shark. Ceviche mixto includes shrimp, squid, conch, octopus or any combination. In Guatemala tomato, onion and a variety of spices, such as garlic, chili, Worcester sauce and salt, are added.

You can take precautions to help avoid a gastrointestinal nightmare. First, make sure you buy your ceviche at a reputable location, preferably in the morning when the fish are fresh from the ocean. Also, if you want to be extra careful with shrimp or conch, you can ask for it precocido (pre-cooked). I typically only order ceviche from a restaurant or stand where I can see the ocean directly in front of me. The freshest ceviche I've ever tasted was prepared for me on a boat, just minutes after the fish had been caught.

I am breaking my rule though when it comes to eating ceviche in La Antigua Guatemala. Fish vendors arrive in Antigua early in the morning with fresh fish, caught only hours before and packed through and through under ice.

One of my favorite places to order ceviche is the Mexican ceviche cart that sets up on the weekends near the IGSS Hospital. It's a little sweeter and the seafood is always spot on fresh. Another favorite is

...continued page 76



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Monoloco Turns 15 cont. from page 50



Co-owner Billy Burns making sure the party keeps going

Whitey Bulger sitting at the bar. Trombetta armed himself with a frying pan but thought better of it. “We should have clocked him—I’m convinced it was him,” Trombetta says. (After 16 years in hiding Bulger was arrested in 2011 and convicted in 2013 of murder and other charges.)

For a while, the Antigua police station was across the street, which led to some breathless moments: “They used to test tear gas canisters at night. Our kitchen extractor fan would suck the tear gas down the hallway, and everyone would have to flee into the street with tears running down their faces and wait for the gas to clear,” Burns explains.

From its modest start with 30 seats and one finicky TV, Monoloco has expanded to over 400 seats and 15 high-definition TVs. Victor Tejada joined the partnership with Burns and Trombetta in 2002. In October 2012,

they opened a 250-seat Monoloco in Guatemala City (Plaza Obelisco, Zone 10), which is also going strong.

Over the years thousands of Peace Corps volunteers have rolled through, as have adoptive parents waiting to take their new Guatemalan kids to the States. An ambassador visits now and then, among scores of tourists, ex-pats and Guatemalans. El

Pescado Ruiz, Guatemala’s soccer legend, stops in occasionally for vodka, Burns adds. And at least 15 couples who met at Monoloco eventually got married, among them Burns and his wife, Kate Flatley.

The Monoloco following converged at the restaurant June 13 to celebrate the 15-year milestone, enjoying gallons of beer, mixed drinks, mounds of food and live music provided by Matt Humke, Eric Fry, Willie Gomez, Tom Graham and Mercedes Escobar, with Los Cachorros Del Occidente playing mariachi classics.

The key to Monoloco’s success has been its cross-the-board appeal, Burns says:

“We have carefully protected our image as an ex-pat destination, but the reality is that 90 percent of our business is Guatemalan. With 3 million Guatemalans in the city 45 minutes away, that makes for much more consistent business than relying on tourism, which ebbs and flows with the economy.”

And the band played on...





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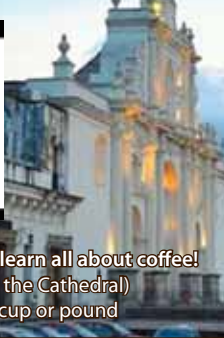
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bilingual "cruci-word"

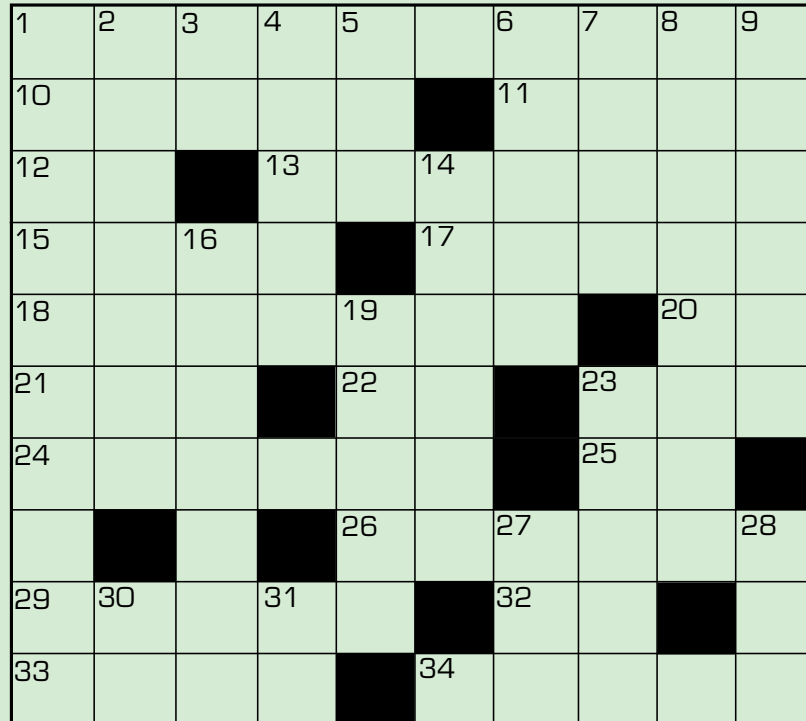
CRUCIGRAMA = CROSSWORD

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

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

DOWN

1. portraits
2. pendiente, cuesta
3. the
4. arrodillarse
5. llorar
6. frogs
7. salida
8. "the treasure"
9. cerca; próximo
14. a big-eared person
16. outrage; insult
19. más helado
23. dance
27. to see
28. señor
30. ¡Oh!
31. anuncio



Puzzle by Michael Hopkins

SOLUTION ON PAGE 62

ACROSS

- | | | | |
|---------------------------------|--------------------------|-----------------|------------------------|
| 1. 1. serigrafía | 13. ebonite | 22. Magistrado | 26. shipments; parcels |
| 10. dwarf | 15. azul | Mayor (abr) | 29. to jinx |
| 11. eje | 17. tasador | 23. chico | 32. he; him |
| 12. Maestro de Ceremonias (abr) | 18. lirios | 24. nerve | 33. cobertizo |
| | 20. antimony (chem. abr) | 25. verb ending | 34. to air (out) |
| | 21. hormiga | | |

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- un pelo / a little bit; a small amount
- una y otra vez / again and again
- bicho raro / oddball (lit: rare bug)
- echar una furia / throw a fit
- en seguida / right away; at once
- media pila / minimal effort (lit: half a battery)

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One small decision can change your life! That's why I always let someone else make my decisions, that way if something goes wrong I have somebody to blame other than myself.

Math is fun, it teaches you life and death information, like when you're cold, you should go to a corner since it's 90 degrees there.



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Food for Thought

by
Shannon McCullough
CULINARY PROFESSIONAL



Ensalada Caffé Opera con pollo

“Me-n-u” sampling Caffé Opera Bistrot



Chefs Rasa Elena Santizo de Jiménez and Oseas Joel Barreras Vincente; waitresses Barbara Ivonne Rodríguez Quiñonez and Mariela Jiménez Santizo (not shown) with Caffé Opera Bistro owner Barbara Trentavizl.



Lunch companions enjoying a scrumptious meal.

If you are craving Italian food complete with handmade pastas, you must make your way to Caffé Opera. It was a “me and you” adventure with my friend Terry and myself when we stopped in for lunch to sample a few Caffé Opera dishes that we had heard people raving about.

Every country and seemingly every person have their own idea of what traditional Italian food should taste like. Caffé Opera’s Italian cuisine is definitely the real deal; the menu is extensive with selections that would please anyone hungering for a true taste of Italy.

Along with our shared chicken salad, we also indulged in spaghetti with pesto and ricotta and spinach ravioli. It was a delightfully scrumptious lunch. 🍴

Caffé Opera is located at 4a avenida sur #1, La Antigua Guatemala (a half block from central park).



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They say that love is more important than money, but have you ever tried to pay your bills with a hug?

If you don't get everything you want, think of the things you don't get that you don't want.

Ceviche cont. from page 64

Hugo's with a very tasty version, adding more lime juice to the mix. You'll especially love it if you prefer a more acidic bite. La Pergolita, on the Alameda Santa Lucía (aka the calzada), prepares ceviche in the traditional Guatemalan style, blending lime and other ingredients into subtle and tangy flavors. For Livingston-style ceviche try Pelicano Dorado in Panorama.

Once you try ceviche, if you're like me, I guarantee that anytime you are near a coastline you'll be searching out the best place for the local version. If you are traveling in Cen-

tral and South America right now, have fun sampling each region or country's offerings of this culinary treat. For good measure order up a local beer or michelada (beer, tomato juice and spices) to go with it. 🍷

¡Buen provecho!

An acidic pH and denatured protein does not guarantee that bacteria, viruses and parasites will be killed. For this reason, it is imperative that only high-quality, clean, disease-free seafood be used to make ceviche. —http://foodreference.about.com/od/traditional_foods/a/What-Is-Ceviche.htm

Entry in the Revue Photo Contest, July "La Sombra y el volcán" by Luis Archila. All entries can be seen at fb.com/revuemagazine



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There was no respect for youth when I was young, and now that I am old, there is no respect for age - I missed it coming and going. —J.B. Priestly



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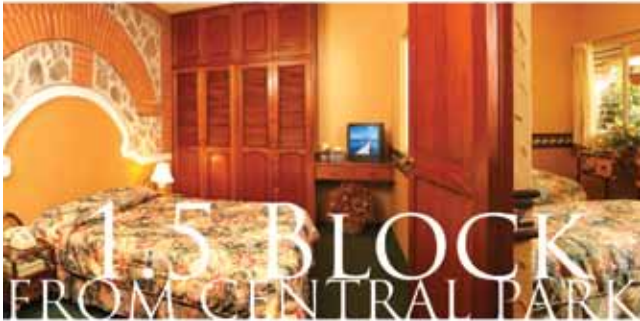
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Gathering for the Rabin Ajau pageant (photo: Thor Janson) see article on page 14





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A good traveler has no fixed plans, and
 is not intent on arriving. —Lao Tzu

Most travel is best of all in the anticipation or the
 remembering; the reality has more to do with losing
 your luggage. —Regina Nadelson

We are never prepared for what we expect.
 —James A. Michener

Lena Bartula cont. from page 26

Bartula also honors all women who have ever silenced themselves. She believes this is something all women have done at least once in their lives, especially those before and of the baby-boomer generation. Thinking back on how many times in her life she remained quiet rather than speaking up, Bartula created “Unzipped.” After being given a bag filled with zippers of all colors and sizes, she posted an invitation on Facebook for friends to send her a word or a phrase they had at one time kept inside. With colored markers, these phrases were written inside the openings of the zippers. Thus, this huipil pays homage to all women who are learning, and teaching others, to speak our truths when we can.

A firm believer that art has the power to transform and to heal, Bartula uses her contemporary huipils as a metaphor to speak about the cover-up and the uncovering of women’s stories. She recently uncovered a story of the ultimate self-silencing, the life and death of popular Chilean singer/songwriter Violeta Parra. Her most beloved tune, Gracias a la Vida, is thought by many to be her suicide note, because just after its release, she ended her life with a single bullet. Her tune is a hauntingly beautiful tribute to the life she chose not to continue. The huipil in her honor includes compact discs, a photo of the singer and her guitar and the words of her song stitched in silver thread. Along the bottom milagros are in the shapes of heads and hearts, visible prayers for those who are seeking hope in what sometimes feels like hopeless times. 🎵





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Rabin Ajau cont. from page 19

until after midnight. It was evident that she was exhausted. Her delivery was not as sparkling as it might have been. The judges finally made their decision.

The master of ceremonies was handed a card and after a few moments of overly theatrical delay, he read out loud and clear: The New Rabin Ajau is the beautiful princess from Tonicapán. The entire hall roared with approval as the outgoing Rabin Ajau solemnly placed her crown upon the head of the new Maya queen from Toto. A moment later the new Rabin Ajau was surrounded by all the other princesses, who showered her with hugs and kisses.

There are no losers here. All are winners! Because the Rabin Ajau is a sacred event, a “beauty pageant” the way a beauty pageant really should be—where stunning princesses from all over the Mayan world come together for a week of sharing and solidarity under a spirit of peace and harmony and where a girl’s spiritual beauty, grace and wisdom are valued above all else.

The Rabin Ajau Pageant occurs every year on the last Saturday of July in the Imperial City of Cobán, Department of Alta Verapaz. The pageant and its weeklong lead-up is actually the kickoff for the massive annual Cobán Fair, a worthwhile-to-visit event in itself. 📺

*Take a few moments to enjoy this event on film at
http://www.youtube.com/watch?v=DU_4ZAN8qx8*





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I really need a day between Saturday and Sunday.
—Anna Scott

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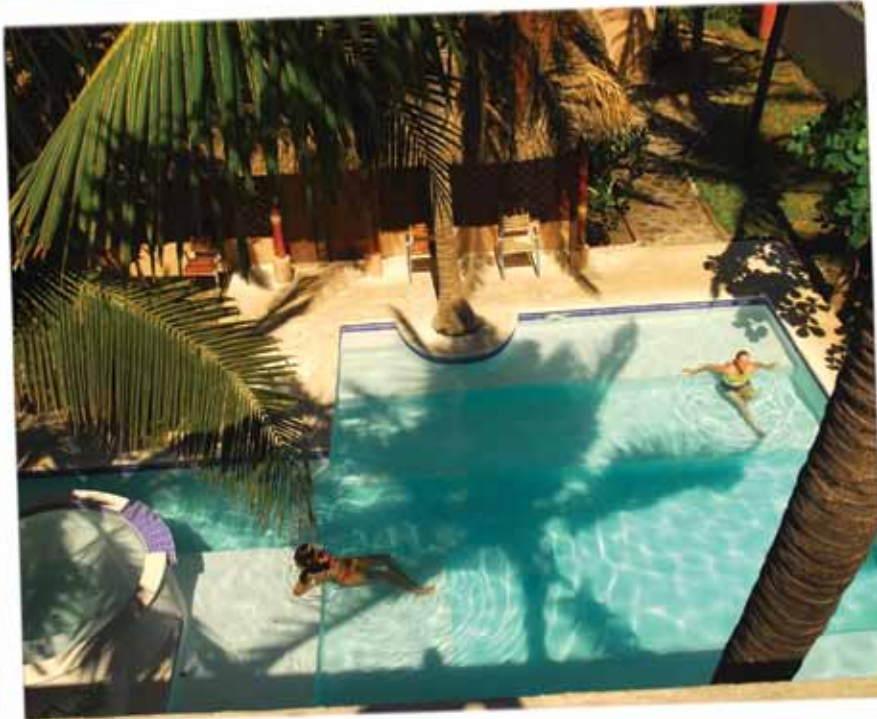
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—Benjamin Disraeli

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I personally believe we developed language because of our deep inner need to complain.
—Jane Wagner

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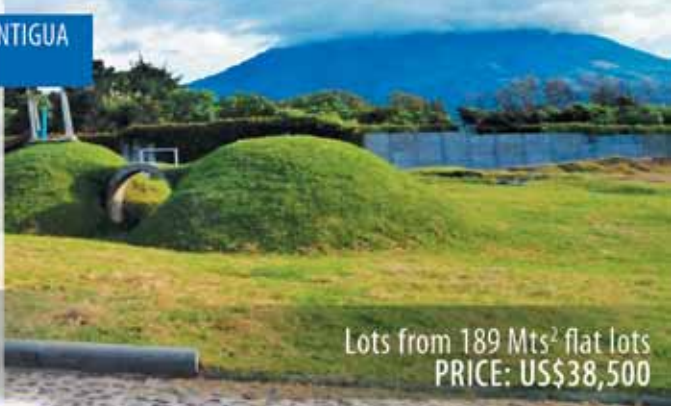
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1 Caballería = 64 manzanas	1 Manzana = 6,988 mt ²
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1 Hectare = 2.471 acres	1 mt ² = 10.764 ft ²
1 Hectare = 1.43 manzanas	1 mt ² = 1.431 vr ²
1 Acre = 43,560 ft ²	1 Vara = 32.9 inches
1 Acre = .4047 hectare	1 Yard = 36 inches (3ft)
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1 Acre = 5645.4 varas ²	<small>Note: the precise size of a vara depends on which source you use!</small>

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My wife told me the other day that I don't take her to expensive places any more, so I took her to the gas station.

At no time is freedom of speech more precious than when a man hits his thumb with a hammer. —Marshall Lumsden



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Entry in the Revue Photo Contest, July "Pintando la ciudad" by Susana Cofiño. All entries can be seen at fb.com/revuemagazine



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Many thousands of people are already working a four-day week, but the trouble is that it takes them five days to do it.



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Real teal fly down to winter here and some stick around, but the color teal is always found in Guatemala if you look for the bluish-green shade among all the more intense blues and greens and browns around this sensuous country. The green-winged teal, a gregarious little duck, comes from the north when it gets cold up there, and is supposed to have gone home by now. Like other North American and European visitors, some decide to nest down and stick around. So the color teal, very popular among interior decorators back in the 1950s and 1960s, is in Guatemala (both indoors and outdoors) all the time if you know where to look for it.

Common teal's eyes are surrounded by the color. The little guys gave their name to the shade about a century ago. You had a teal Crayola in your elementary-school box of crayons, and the sidewalk artists under the arch in Antigua mix it up on their palettes by adding some white to their blue oils with touches of black and gray. The guardians of Antigua's colonial architecture don't include teal on their list of 12 approved colors for the town's walls, but you'll find teal houses anyway where the bright sunshine has faded the origi-


nal blue paint. Sometimes the sun softens the blue of the republic's flag into teal, too.

The teal bird loves our littoral wetlands, especially in the mangrove forests of Manchon-Guamuchal along the Pacific Coast and at Amatique resorts in the Caribbean. The ducks sometimes nest up Lake Izabal and the Rio Dulce, where the gently flowing water in shaded areas is itself a beautiful teal in the filtered soft sunshine. Swim there and you'll spot lots of teal markings on tropical fish, or go deep-sea fishing and find teal colorings on some big trophies.

Teal blue attracted Maya weavers too, sewing teal thread into some Totoncapán designs, into Highland

Teal

Teal is always found in Guatemala, look for the bluish-green shade around this sensuous country.

huipil blouses of San Marcos and Quetzaltenango and painting plastered homes a teal complemented by the red tile roofs. Stroll the tropical gardens of Monterrico beach resorts, or go deep in the jungles of the national parks in the Petén, or explore the forests of Alta Verapaz, and you'll find teal, both the shade in pools and backwaters and the sometimes noisy quacking guys who've never returned north but make Guatemala their year-round home. Thanks to these birds for their name and the sensuous shade. 



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