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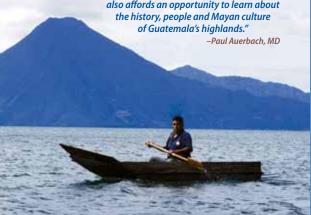
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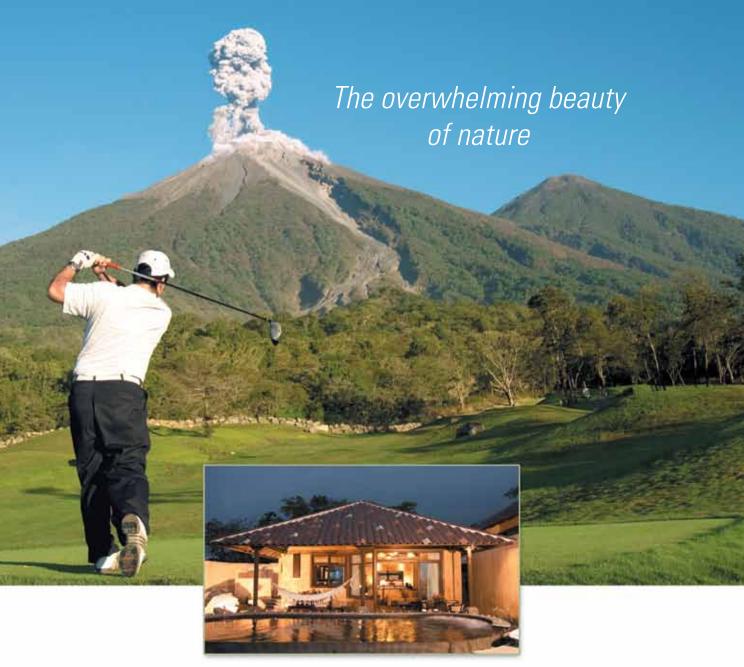


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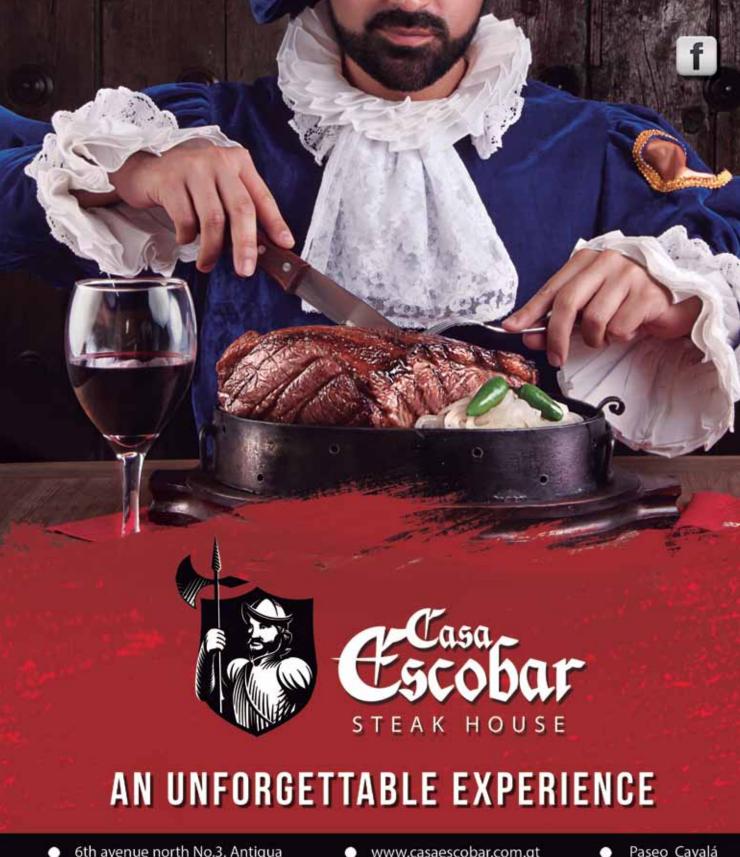


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Mis tamalitos de elote photo by luis pedro de la cerda gordillo

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Food of Guatemala

All of the Nov. entrants can be seen at fb.com/revuemagazine. Here are the winners

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Deadline for the DEC. 2014 issue » Nov. 10

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▼ ood is the focus this month—included are the photo contest entries featuring mouth-watering images, quotes about food that will make you both ponder and laugh, plus a sprinkling of articles that we hope will enlighten and entertain you. Matt Boker brings us Fuel Efficient Cooking, Thor Janson introduces The Three Sisters: Corn, Beans and Squash, Kira and Sri offer Soul Food—Guatemalan Style, Amalia Moreno-Damgaard's ¡Fiesta en mi Cocina! announces that it's party time! And, for dessert, Ken Veronda's "Sensuous Guatemala" serves up Key Lime pie. ¡Buen provecho!

Though not digestible, music is nourishing on so many levels. It can make your heart sing, it can magically move your body to break out in dance and music can soothe your woes ... Lori Shea updates us on A.M.O., Antigua Musicos Organizados, inviting everyone to come out and listen to some of the best music that Antigua's musicians have to offer!

Elizabeth Bell proclaims, "La Antigua Guatemala has become the wedding destination for Central America" in A Wedding to Remember, and Cyrus Sethna asked the question, "So You're A Volunteer?"

Matt Bokor covers Women's Initiative for Justice, while John Ohe addresses Obamacare and U.S. Expats.

For readers who were not able to experience Día de los Muertos first hand Kerstin Sabene shares her observations and photographs. Also, in honor of this day Alex Morritt tells a poignant story of a young child and his grandfather in Words in the Wind.

Looking for entertainment? Flip through Datebook for listings that include music, celebrations, art, lectures and more!

Thank you for reading Revue, in print, online and on your smart phone.

- John & Terry Kovick Biskovich



ON THE COVER

Un día en el mercado by Makensie Brown 2nd place by popular vote in

the Revue Photo Contest, Nov.





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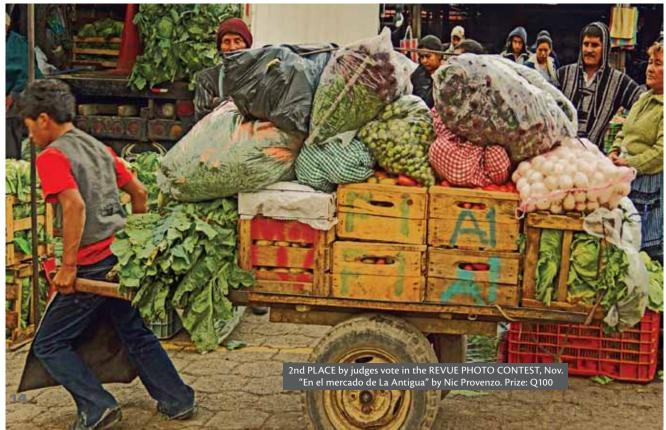
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Sopa de Almejas en Croutte de Pan de Romero

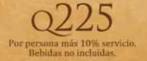
Brisket de Res en salsa Jack Daniels con Vegetales Asados y Puré de Camote

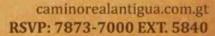
Cono de Chocolate con Mousse de Arándano

Ensalada de Espárragos Asados y Hongo Portobello con Vinagreta tibia de Avellana

Rollo de Pavo relleno, con Salsa Cranbery, Puré de Papas, Zanahorias Salteadas en Mantequilla de Estragón

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FUEL EFFICIENT COOKING

New stove reflects what rural cooks want

y enlisting the cooks in the design stage, an inventive new company has developed a super-efficient, wood-burning stove that incorporates age-old methods of cooking tortillas.

Although other initiatives have achieved positive results from safe, fuel-efficient stoves for rural households, Soluciones Apropiadas found that the clean- cookstove movement had largely ignored many small, predominantly women-owned and -operated food businesses.

This was a concern for Soluciones because these businesses often burn 10 times the amount of fuel in a day as a typical household. And because they often operate out of the home, they expose both occupants and em-

A woman uses a steel plancha over an open fire to make tortillas in the traditional method.





Women use the new stove to make tortillas for sale.

ployees to unhealthy air.

"In a typical tortillería, women are burning more than their own body weight in fuel every day," explained Malcolm Gribble, a mechanical engineer from the United Kingdom who founded Soluciones Apropiadas with three friends and investors in September 2013.

For Malcolm and his team the problem wasn't that women preferred to cook in these smoky conditions but that they had simply not been asked to participate in the development of an alternative. "It is a sad fact that many stove producers develop their models with little input from end-users," he said. "Gua-

"In a typical tortillería, women are burning more than their own body weight in fuel every day"

temalan women have been treated as passive recipients expected to adopt a one-size-fits-all stove design that is often unsuited to their needs."

With support from the United Nations Foundation and the Global Alliance for Clean Cookstoves, Malcolm and his colleagues worked with women in Escuintla to help design and develop a prototype.

...continued page 46

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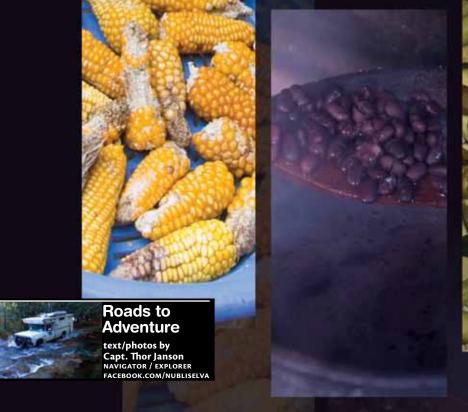
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THE THREE SISTERS

Ixím, Quinak and K'um -

Corn, Beans and Squash

hese three sisters complement each other.

Maya farmers in many areas still plant according to the indications given to them by spiritual guides known as day-keepers. When the time is right all the men and boys go to the milpa field armed with planting poles. At every stride the stick is plunged into the fertile earth and a few seeds are dropped in and lovingly covered with rich humus.

Twenty days later, when the young corn has emerged and reached a height of around six inches, beans

and squash are planted around the young, tender stalks. The beans, which climb the corn stalk, enrich the soil with the nitrogen essential for a healthy crop while the squash spreads over the ground, blocking sunlight and thereby preventing the growth of weeds. The squash leaves protect the soil and create a microclimate that helps keep the ground moist; its vines, covered with prickly hairs, serve to deter pests.

This completely organic system worked very well for thousands of years and only very recently have Guatemalan farmers begun to use agricultural chemicals. Today there is a growing movement to return to the old ways and move away from expensive and toxic chemicals.

Thankfully, most of the corn tortillas we get in Guatemala are natural, nixtamalizado—cooked in lime-water and mill ground into corn masa—then formed by hand-patting the masa into four-to eight-inch discs, which vary widely in thickness from one region to another.

The pixton, for example, is a small but very thick tortilla favored in the central Highlands. In other countries like Mexico and the U.S. nearly all the tortillas are made by machine; corn flour is adulterated with fillers such as sorghum and are not remotely comparable to the fragrant, flavorful Guatemalan variety. Tortillas cooked on a natural clay griddle are much tastier than those toasted on metal, and they last lon-



Tamalitos

ger. Beans stewed in a clay crock-pot are also indisputably more delicious. As for squash seeds, they need to be toasted on a clay *comal* with a pinch of sea salt to release its savory and crunchy charm; they are truly scrumptious and very nutritious to boot. One of the favorite ways to cook squash is to stew it in a syrup made from unrefined sugar (*panela*) and flavored with cinnamon.

Another amazing aspect of the "three sisters" is the fact that corn lacks two of the eight essential amino acids necessary in the human diet and is not in itself a complete protein. Tryptophan and lysine are missing in corn but beans are abundant in these nutrients and perfectly complement the corn. Together they provide the body with the building blocks of health and vitality. Add to this the additional vitamins, proteins and oils provided by squash and

its seeds and you have the basis of an excellent and balanced diet. The foundation of my ancestor's diet consisted of reindeer meat, berries and fish ... but the Maya have always been known as *hombres de maize* (men of corn) and everything indicates that this will never change, despite the onslaught of modernity.

It would not be an exaggeration to say that the "three sisters" are absolutely sacred to the hearts of the indigenous peoples of America. Care of the milpa is the providence of men and boys who take this responsibility very seriously. Maya men, even those who live in the city, will have at least a small milpa plot somewhere, so fundamental is the cultivation of corn to their psyche.

Preparation of the corn, beans and squash is the work of women and over the millennia Maya women have discovered and created a huge array of delectable, corn-based edibles. Tamales in many varieties are always cooked wrapped in banana leaves. There are the delicious baked tamales of the Yucatán and savory turkey-stuffed tamales of Cobán—the filling is a delicious sauce that includes squash and sesame seeds, tomato, a variety of chilies and meat.

Tamalitos are small, all-corn tamales; toiy, convenient for travel, are sliced into flat patties and toasted on an open wood fire. Other corn masa delectables include chuchitos, steamed corn packets filled with sauce and meat; tayuyus, thick tortillas with a mashed bean and squash-seed filling; and tostadas, crispy fried tortillas accompanied by sauce or meat ladled on top.

Beverages like *atol*, a hot corn drink, are sweet (flavored with cinnamon) and savory by adding ground red chili pepper and squash seeds. Rex 'Kor or *pozol* is the drink of choice for men working in the fields, easily made by adding corn masa to ...continued page 58

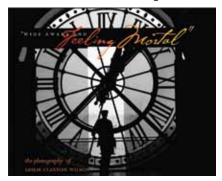


datebook

NOVEMBER 2014 GUIDE TO CULTURE AND UPCOMING EVENTS

COMPILED BY MERCEDES MEJICANOS

Wed., 5pm — PHOTOGRAPHY: Wide Awake and Feeling Mortal by Leslie Wilson, sale & live auction benefit for the Antigua International School scholarship fund. Panza Verde (tel: 7955-8282), 5a av. sur #19, *La Antigua* ▼



5 Wed., 6:30pm — ART/PHOTOG-RAPHY: *Metáforas* by artist Luisa de Ayau and photography by Dr. Freddy Abad. Museo Ixchel (tel: 2361-8081), 6a calle final, z. 10, *Guatemala City*

Thurs. thru Sat., 15 — EXHIBITIONS: Indeleble by Daniel Schaeffer. Galería del Centro, 5a av. 12-38, z. 1; also, — PHOTOGRAPHY: Banners, La Sonrisa, el lenguaje del alma by Ramel Sosa. Organized by Fundación G&T Continental. Portal del Comercio, z. 1, Guatemala City

7 Fri., through Sun., 9 — WORKSHOP: Day Startup, an innovative weekend program for entrepreneurs, coders, or others interested in launching a company to accelerate the development of business ideas in a highly collaborative setting. Contact us to apply to participate! Info., http://guatemalacity.3daysstartup.org

Please submit your DATEBOOK entry for the DEC. 2014 edition by Nov. 10

7 Fri., 6pm — MUSIC: Within the Historic Center festival, *Two Hot Daltonics*, jazz guitar duo Vito Mannarini & Giuseppe Pascucci. Artecentro Graciela Andrade de Paiz, 9a calle 8-54, z. 1, **Guatemala City**

Sat., 5pm — MUSIC: Within the Historic Center festival, *Two Hot Daltonics* jazz guitar duo Vito Mannarini & Giuseppe Pascucci. Casa Ibargüen, 7a av. & 12 calle, z. 1, *Guatemala City*

Sat., 7pm thru Dec., 8 — ART: La otra dimensión, latest art in wood collection by Julio Molina. Angie Angie Café Arte (tel: 5532-1091) 1a av. sur #11-A, La Antigua

Sat., 2pm — OPEN HOUSE: Join us to learn how Oxford Bilingual Montessori creates a stimulating environment where students are participants, problem solvers and planners. Knowledge is constructed through play, direct experience and social interaction. We will also introduce our vision of a Green School concept that empowers our students to become innovative and creative leaders by providing a natural, holistic, student-centered learning environment. Parents and kids welcomed! Oxford Bilingual Montessori (tel: 7832-5969), 1a av. norte #35-B, *La Antiqua*

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*

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Tues., 5:30pm — TALK (English) Fundación Namaste Guatemaya: Making Microcredit Work. Its vision is that low-income women entrepreneurs in the developing world will have the tools and access to information necessary to attain higher business profits and thereby move from semi-poverty towards middle class. Its development program combines personal business mentorship, financial literacy training and customized small (micro) business loans. Everyone is invited to learn more about this program. Suggested donation Q25, all which goes directly to the NGO. Info. & reservations, tels: 7832-1919. Rainbow Café, 7a av. sur #8, La Antigua

11 Tues., 6:45pm — (Spanish) BOOK PRESENTATION: Los ingenieros militares from Jorge Antonio Ortega Gaytán. Museo Ixchel (tel: 2361-8081), 6a calle final, z. 10, **Guatemala City**

12Wed., 3pm — (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 4:40pm. FREE! www.openwindowsfoundation.com, *La Antigua*

12 Wed., 6:30pm — BENEFIT DIN-NER: Kid's Restaurant-Tess Sin Límites, Q125. p/p. Doors open at 6pm. Resv: kidsrestaurant@gmail.com; tels: 4550-7798 or 5251-0202. Chef Rafael Muñoz Gonzáles-Door Eleven, 1a calle poniente #11, *La Antigua*

12Wed., 6pm — (English) PRESENTATION: Antigua: Behind the Walls with Elizabeth Bell. Enjoy a one-hour slide show of Antigua and its heritage with vintage & contemporary photographs collected over the past 40 years, accompanied by Elizabeth Bell's expert narration. Proceeds benefit educational programs in Antigua. Q30p/p. Questions encouraged. Autographed books available. Join us at Hotel Sor Juana, 4a calle oriente #45, La Antigua

12 Wed., 6pm — LECTURE: The Antigua International School lecture series continues this year with speaker Guillermo Montano, CEO of TELUS International. By focusing on serving others, Mr. Montano has radically changed both the corporate culture and sense of service in Guatemala. He will speak about entrepreneurship and integrity. All are welcome! More info: cwilson@antiguais. org. El Cortijo de las Flores, Km. 48.5 Carr. a Cuidad Vieja *La Antigua*

12Wed., 6:45pm — (Spanish) BOOK PRESENTATION: *Más de cien mentiras que nos hemos tragado*, Museo Ixchel (tel: 2361-8081), 6a calle final, z. 10, *Guatemala City*

13 Thurs., 4pm — (Spanish) CONFERENCE: *El gobierno de Manuel de Estrada Cabrera (1898-1920*) by Walter Widmann. Q30, students and guides Q15. Casa Popenoe (tel: 2338-7959), 6a calle oriente #16, *La Antigua*

13 Thurs. and Thurs., 20, 6:30-8:30pm — (Spanish) WORK-SHOP: *Iconografía de Nacimientos* by Rossanna Valls. Q250/Q190 students or guides. Museo Popol Vuh (tel: 2338-7836), 6a calle final. z. 10. *Guatemala City*

13 Thurs., 7pm-9pm — WORK-SHOP: *Enactus*, learn how to network successfully. IMPACT HUB (candidate) 1 av. norte #12, *La Antigua*

13 Thurs., **7pm** — PHOTOGRA-PHY: *Coronas* by Manny Rionda. Reinterpreting funeral wreaths, abstract & modern, focusing on the essence of colors and textures. A tradition of presenting flowers to the deceased as a sign of respect for the family. Museo lxchel (tel: 2361-8081), 6a calle final, z. 10, *Guatemala City*

15 Sat., 5pm — MUSIC: Dos Guitarras by Sergio Zepeda and César Barrios. No cover, but we suggest a donation for the musicians. Cueva Panza Verde, 5a av. sur #19, La Antigua •





15 Sat., — CELEBRATION: Rainbow's 22nd Birthday Party. Join us as we celebrate 22 years of serving delicious food and drinks in a great atmosphere! Live music starting at **8pm**, special offers on drinks, cake and more!!! The Rainbow family would like to give a special thanks to our loyal customers whom over the years have supported us. Cheers to 22! Rainbow Café, 7a av. sur #8, **La Antigua**





፫ Sat. Open thru Dec. 14 — ART: La Antigua Galería has been interested in presenting joint exhibits by family members to highlight each artist's creativity traits while exploring their diversity. In Latir by Andrea Castillo the collection's main character is the eternal mother. La Memoria del Círculo by Ricardo Castillo identifies the circular form as the thread that knits the contents and obsessions of his work. He will be elaborating some of his wire sculptures for public viewing. As well, children, age 6 and older are invited to a workshop, they should bring plastic containers of any kind and chalk bars. Please call for schedules, 7832-2124, 7832-5911. La Antigua Galería de Arte, 4a calle oriente #15, La Antiqua ▲▼



You can find Revue DateBook online: www.REVUEmag.com

15Sat., 4pm — PHOTO: Inauguration of *Las Caras de Atitlán* by Roberto Quesada. Santo Domingo del Cerro, *La Antigua*

16 Sun., 9am-4pm — FLEA MAR-KET: Christmas gift bazaar. Organized by The Rotary Club of Antigua. Info. & details: marujafuego@yahoo.com. Casa Convento Concepción, 4a calle oriente #41, *La Antigua* (see ad on pg. 26)

16 Sun., 9am-6pm — GAMERS, OTAKU, GEEKS: Stands, games, raffles, contests. Centro Cultural César Brañas, 5a calle poniente #44-A, *La Antigua*

17Mon, 6pm, through Tues., 25th (Spanish) — WORKSHOP: Intermediate basic photography workshop by Club Fotográfico de Guatemala. Museo Ixchel (tel: 2361-8081), 6a calle final, z. 10, *Guatemala City*

18Tues., **5.30pm** — Los Patojos: Forming Leaders for Guatemala promotes a common welfare in the community of Jocotenango, Sac. Four fundamental elements form the pillars of this project, education, nutrition, health and civic participation through the arts. Juan Pablo Romero Fuentes, founder and executive director of Los Patojos, has recently been named as one of this year's Top 10 CNN Heroes, Los Patojos: Dreams and Ideas in Action! Suggested donation Q25, all which goes directly to the NGO. Info. & reservations, tels: 7832-1919. Rainbow Café, 7a av. sur #8, *La Antigua*

19Wed., 5pm — CELEBRATION: Mercado de Artesanías: celebrating Women's Entreprenuership Day, hosting a Women Entrepreneurs Market Fair along with discussions on new ideas and initiatives to help the development of female entrepreneurs. IMPACT HUB (candidate) 1 av. norte #12, La Antigua

19Wed., 8am — RACE: XIII Carrera de Charolas. Annual waiter, waitress, bartender competition organized by La Fonda de la Calle Real. Inscription Q25, more info: 7832-0507. *La Antigua*

21 Fri., 6pm and Sat., 22, 11am — DANCE: Presenting Alice in Wonderland, ballet, tap and contemporary dance with Dance Studio by Rosario Wong. El Sitio, 5a calle poniente #15, *La Antigua*

25Tues., 5.30pm — Life in Guate-mala: Brief History and Current Conditions with Sue Patterson, a retired US Foreign Service officer who lives in La Antiqua Guatemala. 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. Sue is 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. Suggested donation Q25, all which goes directly to the NGO. Info. & reservations, tels: 7832 1919. Rainbow Café, 7a av. sur #8, La Antigua

26 Wed., 6:30pm — ART: Guatemala es Guatemala, an artistic and cultural project with a group of Guatemalan fine artists, sculptors and photographers that joined to strengthen and promote cultural exchanges, convinced that art, in its form of expression and binding, can break geopolitical, cultural and ideological barriers. A portion of the proceeds will be donated to Hogar Nuestra Señora de los Remedios. Museo Ixchel (tel: 2361-8081), 6a calle final, z. 10, **Guatemala City**

27Thurs., 6pm-9pm — EVENT: Wine Down on the Roof Deck, mix and mingle with the growing community of entrepreneurs, freelancers and advocates developing business based in Antigua. IMPACT HUB (candidate) 1 av. norte #12, *La Antigua*

27Thurs., 7pm — PHOTOGRAPHY: Monthly contest. Club Fotográfico de Guatemala. Museo Ixchel (tel: 2361-8081), 6a calle final, z. 10, *Guatemala City*

27Thurs., 4pm-10pm — THANKSGIVING DINNER: The most authentic

Thanksgiving celebration in town with great food & drinks, special decoration and music. Reservations suggested. Mesón Panza Verde (tel: 7955-

8282), 5a av. sur #19, **La Antiqua**

27Thurs. — THANKSGIVING LUNCH or DINNER: Special menus. Restaurante Las Velas, Hotel Camino Real (tel: 7873-7000 ext. 5840), *La Antiqua*

29 Sat., 5pm — MUSIC: Classic piano by Ron Noecker, to benefit Nursing Heart Inc. and its project Guatemala Esperanza. No cover, donation suggested. Cueva Panza Verde, 5a av. sur #19. La Antiqua



29 Sat., 6:30pm — BALLET: A Magical Night of Dance presented by students from the Gilda Jolas Ballet academy. San Jerónimo ruins, Alameda Santa Lucía and 1a calle poniente, La Antiqua.



THROUGHOUT THE MONTH & PLAN AHEAD on page 100



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PLAN AHEAD

Handel's Messiah

A fter a whirlwind trip to New York to perform Handel's Messiah with Distinguished Concerts International of New York at Lincoln Center, 12 members of the Community Choir of Guatemala, as well as Heber Morales, music director, and Betty Whitbeck, executive producer, will be back in Guatemala to reunite with the choir and present the concerts here. Performing this year will be J.J. Hobbs, soprano; Liz Cass, mezzosoprano; Phillip Hill, baritone; and Jay Bitner, tenor. Jay joins us this year from the Washington, D.C., area where he is a long-time member of the Washington National Opera and other opera guilds in the Washington and Baltimore area. J.J., Liz and Phillip are well known to the Guatemala audience and will be welcomed once again. Randy Sonntag will again be charming the audience with his trumpet, and joining the group for a special encore will be Ana Rosa Orozco, soprano. Accompanying the choir will be Joy Eisner, pianist, along with members of the Guatemalan National Symphony Orchestra and other members of the Guatemalan musical community.

The choir will present Part 1 of Handel's Messiah and a series of favorite Christmas carols. This year three new encores have been added to the program.

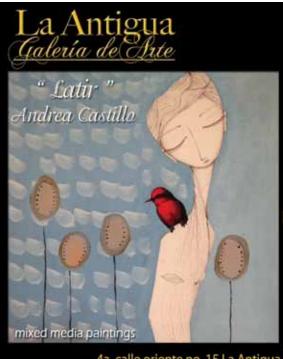
Dates for this year's performances are **Dec. 9** at 7:30 p.m. at the National Theatre in Guatemala City and **Dec. 10** at 7:30 p.m. at Casa Santo Domingo, La Antigua Guatemala. Tickets are Q300, Q125 and Q60 at the National Theatre and Q400 and Q250 in Antigua. Tickets will be available after Nov. 1 in Antigua at Joyeria del Angel and Casa Santo Domingo for the Antigua concert and through TodoTicket for the concert in the National Theatre.

The Rotary Club of Vista Hermosa has collaborated this year with the Asociacion Civil Arte por la Educacion in organizing the concerts; projects of both organizations will share the benefits. This will include Rotary Club projects in the Lake Atitlán area and the Comite de Becas Mary Sue Morris.

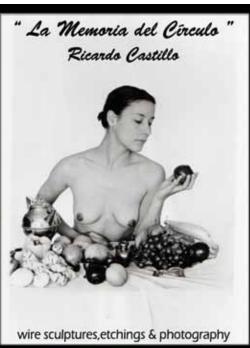
For more information call 2331-2316.







Opening two exhibits on November 15th 4-7 pm

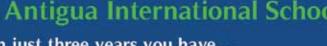


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- Began construction on a new campus to open in August 2015
- Gained approval by the U.S. State Department to serve its dependents
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- Provided scholarships to a significant portion of students
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Nov 8, Sat., 5pm — MUSIC: Más música, menos violencia, a unique musical recital by students of Sistema de Orquestas de Guatemala, (SOG). All proceeds support SOG and its programs. Suggested donation Q150







Nov. 15, Saturday, 5pmDos Guitarras by Sergio Zepeda and César Barrios

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Saturday, 5pm
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Thursdays — Gustavo: this local musician plays a mix of Latin and western classics

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Antigua Musicos Organizados

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he art and music scene in
La Antigua Guatemala
is bursting with exciting
new talent. Alongside
mind-expanding artists and filmmakers, the contemporary musicians
of Guatemala have stepped up to
form a fresh and powerful performance collective: the Antigua Musicians Organization.

This cultural movement of AMO is a collaboration of 40 musicians who came together to showcase brilliant live performances, regularly and enthusiastically, at the best cultural and social venues in the country. Convening their first serious organizational meeting in March of 2014, and coordinating the AntiguaMusica.com website a week later, they were able to present their inaugural concert the following month for 600 appreciative guests at the Cooperación Española, Antigua's well-known Spanish cultural center.

Music is truly the universal language: rhythmic and lyrical, raw or refined, uniting cultures by reaching from the hearts and hands of the generous musicians down to the souls of their long-time fans, as well as the newly initiated. Now, Guatemala's expansive talent and unique chapin style of rock, funk, ethnic, blues, traditional, folk, dance, world, fusion, classical and jazz music is available to everyone.

From the jazz standards of the old masters, to ground-breaking original works, to incredibly innovative covers of well-known contemporary compositions, these musicians can hold their own with the best in the world.

Updates on AMO musicians: Last June, Hedras amazed dozens of internationally acclaimed guitarists from Vietnam to Singapore to the Philippines, during his endorsement tour in Asia, representing Cort guitars. Kenny and Edgar booked gigs throughout Europe all during the summer, just like Manuel and Hener did eight years ago. Mercedes is producing studio recordings in Los Angeles, while Maf and Jueves were rocking the club circuit in Costa Rica. What fantastic news that all of this world-class talent comes home to Guatemala!

AMO is cultivating the most professional performance venues to set the stage for exciting shows to entertain its audiences of every taste and background. ...continued page 60





Oficinas centrales:

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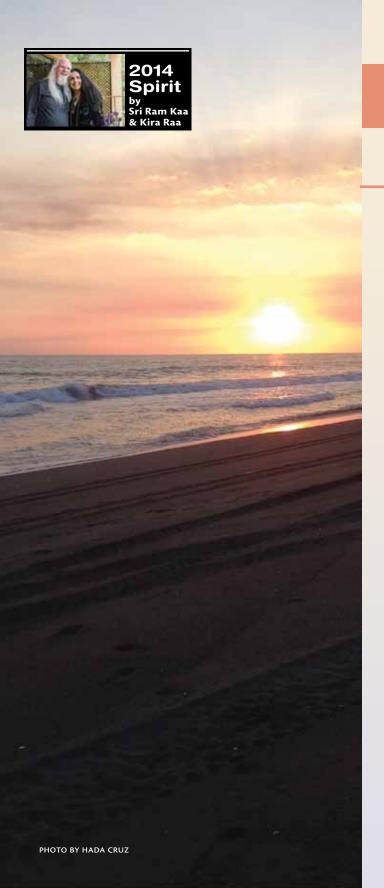
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Soul Food

— Guatemalan Style!

oul food! That sensuous blend of just the right flavor and consistency that relaxes your body while your heart sings. What is it about soul food that calls to us from that subconscious place, yet is so very real?

Now before you think this is an article about black beans, rice and amazing tortillas, we invite you to consider that while these staples of Guatemalan life are tantalizing examples of soul food, there is also food for the soul.

While we often consider the act of ingestion as our primary source of food, Guatemala offers us myriad other options that are just as satisfying.

Consider the brilliant blue skies that contrast with the clouds and greenery on any given day. Simply taking a moment to pay attention to a Guatemalan sky is food for the soul.

If you are open to enjoying a sunrise, your heart will awaken and find a delight for the day ahead as you witness the stunning colors and shifting landscapes of the volcanoes. Equally soul nourishing are the sunsets painting a panorama that makes one grateful for digital photos with their endless availability.

Practically every street in La Antigua Guatemala offers something to tantalize your soul and nourish your day. Perhaps it is the architecture and the colors of the buildings. You may find yourself day dreaming about the days gone by as you walk through the many ruins and discover your favorite.

If you take the moment to engage, there is always the local who is eager to share colorful stories that will stir your soul to greater depths as you sip delicious Guatemalan coffee.



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Soul food is perspective as much as it is tangible. It is that essence of the day, the seed from your experiences that comes forward and invites you to simply relax and feel wonderful. And, it is plentiful if you take the moment to simply allow it in.

There are so many choices before you and the simple ones tend to offer the greatest return. Strolling through an artisan mercado you spot the perfect Guatemalan memento that makes you smile...soul food! Discovering a new place to enjoy lunch or experimenting with new menu choices...soul food!

Choices are everywhere and how you nourish yourself throughout the day, and while you sleep, offer the gift of celebration and compassion for yourself: A powerful cocktail that has the benefit of no hangover.

Of course, La Antigua is filled with many amazing restaurants offering a truly impressive selection for a relatively small area. Discovering several is a must while you are in town and if you live here, there is an endless supply of favorites to add to your list.

After all, some seriously delicious soul food is always a welcome treat to complete your perfect day in La Antigua. 0

Sri and Kira are the owners of TOSA La Laguna Boutique Hotel & Spa at Lake Atitlan and best-selling authors and radio show hosts. www.TOSASPA.com and www.SriandKiraRadio.com

Eat your bread with joy, drink your wine with a merry heart. —Ecclesiastes 9:17

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If you reject the food, ignore the customs, fear the religion and avoid the people, you might better stay at home. -James Michener

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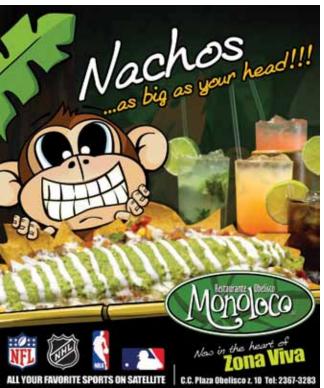
I always plan dinner first thing in the morning.
That's the only way I can get through the day,
having a specific meal to look forward to at night.
—Alan King

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The quality, quantity, method of preparation, way of consuming, the place, the time, etc., all play an important part in the effect that food has on us. —Dr. Vinod Verma

Go to the kitchen to shake the chef's hand. If he is thin, have second thoughts about eating there; if he is thin and sad, flee. —Fernand Point, French chef and restaurateur



I went to a restaurant: It said, "Breakfast anytime." So I ordered French toast during the Renaissance. —Steven Wright







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So you're a volunteer?

A crash course in meaningful development

nergetic volunteers, young and old, constantly arrive in Guatemala looking to make a difference. Such altruistic individuals should be applauded for their commitment to service. Myriad causes, appealing to many different types of people, skill sets and interests, await an aspiring "voluntourist" in Guatemala.

Volunteering can lead to a treasure trove of self-discovery, adventure and greater good. However, the variety of choices can be overwhelming, so what's the best way to spend your precious time as a volunteer? Volunteering can lead to a treasure trove of self-discovery, adventure and greater good.

In my 15th month of service as a full-time development volunteer with the United States Peace Corps, I'd like to share some of my experiences as well as perspectives from other organizations on volunteer work here in Guatemala.

When first deciding a cause to take up, volunteers should try to understand their own strengths and interests and take into account the training period required.

"In grassroots development many of the goals of the organization aren't realized until a lot of time passes. You can't expect to have an immediate impact and it's a slow growth sort of strategy," says Lars Battle, director of community outreach for Long Way Home, an environmentally conscious construction and education organization based in San Juan Comalapa, Chimaltenango.

According to Alice Stevens, operations and development associate with Limitless Horizons Ixil, volunteers should "have realistic expectations about what can be achieved in a short amount of time." Stevens' organization provides scholarships and capacity-building to youth living in the Ixil triangle. Limitless Horizons Ixil does not accept volunteers who cannot commit to at least one month in the community of Chajul, Quiche.

Personal appearance is very important in Guatemalan culture. "Our jobs are professional, you should be the example of what you want to see. Hygiene is very important and making sure you're wearing clothes that don't attract the wrong kind of attention is important as well," says Cris-

The author with a group of local youth who meet to receive English lessons and practice positive life skills activities. Parque Ecológico Paxan, San Juan Comalapa, Chimaltenango.





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tina Monterroza, who has served in the Peace Corps since February.

"Most places you go in the world, how you present yourself reflects to most people how you respect them," states Anna Moccia-Field, the Guatemala country director of Social Entrepreneurship Corps, an NGO that does small business incubation in a number of developing countries. "Cover your shoulders and cover your knees," she says, "that's really, really important." Those looking to do well as volunteers in Guatemala's conservative rural communities should bear this squarely in mind.

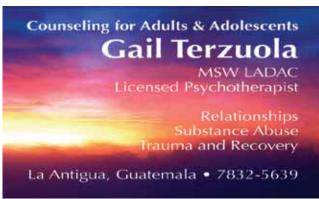
Once properly grasping the scope and perspective of their experience, prospective volunteers ought to consider how they are addressing community needs through their host organization.

Within a few months of my arrival in Guatemala, some school kids I was working with asked me ...continued page 80





Preach not to others what they should eat, but eat as becomes you and be silent. —Epictetus, Greek philosopher



Where the guests at a gathering are well-acquainted, they eat 20 percent more than they otherwise would.

—Edgar Watson Howe



Entry in the Revue Photo Contest: Food. "Kak ik and Horchata" by Lolita Kato



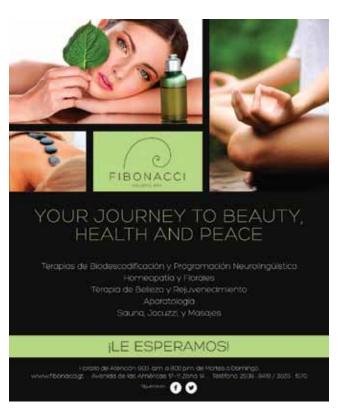
Strength is the capacity to break a chocolate bar into four pieces with your bare hands—then eat just one of the pieces. — Judith Viorst

I've been on a diet for two weeks, and all I've lost is two weeks. —Totie Fields

In eating, a third of the stomach should be filled with food, a third with drink and the rest left empty.

—The Talmud

In two decades I've lost a total of 789 pounds. I should be hanging from a charm bracelet. —Erma Bombeck





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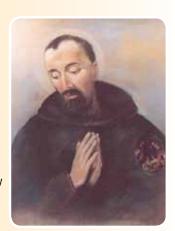
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My doctor told me to stop having intimate dinners for four.
Unless there are three other people. —Orson Welles

I wish my ulcers and I could get together on a mutually satisfactory diet. —Irvin S. Cobb

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie. —Jim Davis

Never eat more than you can lift.
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New Stove cont. from page 18

"Of our group of project participants, some were previously using a steel plancha and some were previously using comals. All of the women working with us say that the tortillas from our stove are of better quality. The masa stays soft and the tortillas are not burning. From a technical side this is due to the even heating of the plancha, the thickness of the plancha and the correct power of the fire," Malcolm said.

At a cost of about Q2,500, which includes delivery, installation and a demonstration, the stove quickly pays for itself. It also reduces the loss of trees for firewood, and, since the fumes go up an eight-foot chimney, the family and employees can enjoy fresh air as they work.

Rosalinda, one of the tortilleras in the initial design phase, said she spent Q60 every day to buy 1.5 bundles of firewood to make tortillas on her simple, open-flame cook stove. With her new stove she pays about Q10 daily on firewood, a monthly savings of Q1,500—a huge saving for her and her family, who were previously struggling to break even.

"Not only is the stove saving her money, the family can now work in a smoke-free environment," Malcolm said. "Our group of tortilleras like Rosalinda are giving us invaluable feedback on how we can improve the design further."

Key to its efficiency is the "rocket" combustion chamber, which uses a unique internal structure to complete-

ly burn the firewood and evenly heat the plancha. While running, the stove produces no visible smoke and its exterior maintains a safe temperature to eliminate burns.

"The buzz we get when we are in the communities with the new stove has taken us by surprise," Malcolm said. "We are often surrounded by groups of people asking questions and wanting to buy one (providing we offer finance). There have been some people who don't want to make the change from a clay comal to a steel plancha, and we are currently looking at offering a similar model that allows the use of a clay comal."

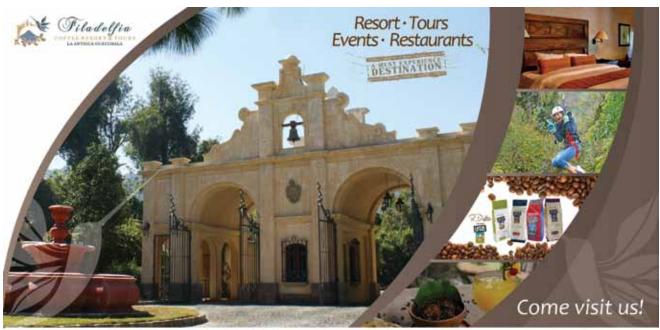
Meanwhile, field-testing continues. "We have a new group of 15 participants and every day we are measuring how much wood they are using," Malcolm said. "We will then install the new stove and repeat the process so that we can accurately measure how much wood they are saving."

Soluciones Apropiadas, which operates from an office and factory near La Antigua Guatemala, will start a crowd-funding campaign this month to launch the tortilla stove into the market. The donations will be used to form a marketing, sales and installation team and to build up inventory for sales, Malcolm added. ©



With her new stove that she helped co-design, Margarita saves Q1,200 every month.

For more information visit solucionesapropiadas.com. Donate to the crowd-sourcing campaign at http://igg.me/at/tortillas.



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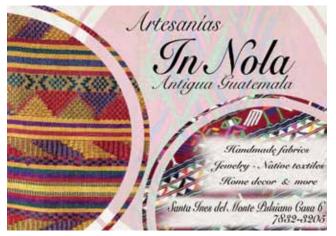
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As a child my family's menu consisted of two choices: take it or leave it. —Buddy Hackett





I cook with wine. Sometimes I even add it to the food.

—W.C. Fields

A balanced diet is a cookie in each hand.

—Barbara Johnson





If more of us valued food and cheer and song above hoarded gold, it would be a merrier world. —J.R.R. Tolkien

He was a bold man that first ate an oyster.
—Jonathan Swift





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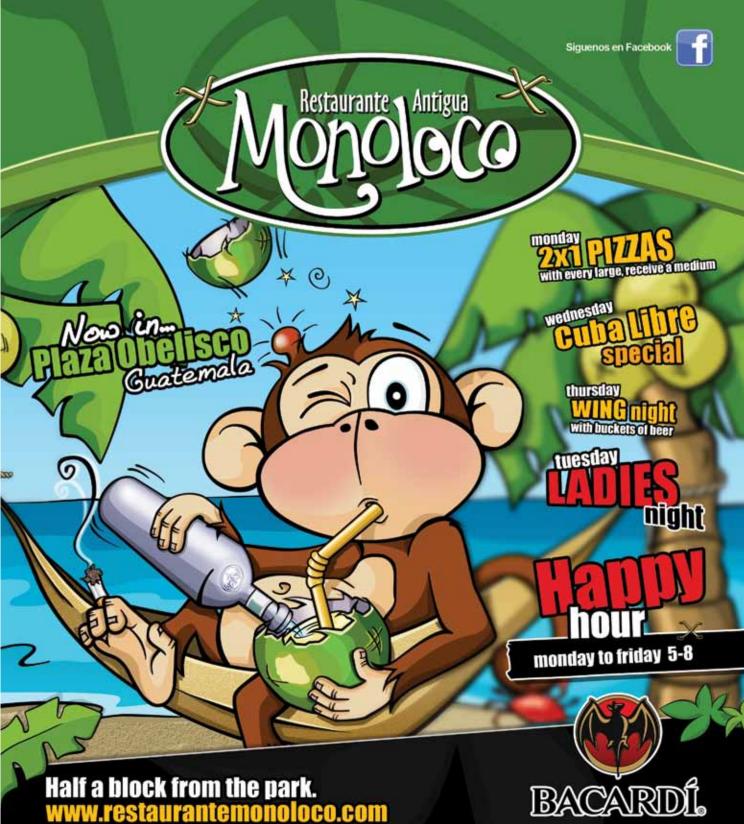


Question:

Question: Both of my cats like to eat out of the dog bowl filled with dry food. In fact one of them basically just eats dog food. Is this bad for them?

If a cat occasionally eats dry dog food, it is not a problem, if the dog will let him. The problem occurs when the cat is exclusively eating only dog food. This is because cats need more than dogs do, of the essential amino acid called taurine, which naturally occurs in fish, chicken and other sources of animal protein. Taurine has vital functions for your cat's heart muscle and retina of the eye and is necessary for overall good health. A lack of taurine may contribute to blindness (due to degeneration in the cat's eye) or in the potentially fatal heart problem known as cardiomyopathy. Low taurine levels may also inhibit the neurological development of the brain and your cat's ability to reproduce.

Unlike other species, cats can only synthesize a small amount of taurine from their food. As a result, they need to obtain high levels of taurine from their diet. Since this problem was recognized, basically all cat food producers either supplement taurine in the food and/or ensure that the quantity and quality of animal protein (fish, chicken, beef, etc.) is high enough to cover the cat's increased taurine needs.



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Amalia's Kitchen

text & photos by chef and author Amalia Moreno-Damgaard

s the holiday season approaches, thoughts of fiestas come to mind. Entertaining at home is fun and personal and it allows me to tailor the gathering according to taste. At many parties in the U.S., especially in my home, guests oftentimes end up in the kitchen. This is only natural; the kitchen is a fun, casual and cozy place to mingle and hang out.

So why not have the party in the kitchen? This is the simplest form of entertaining, close to the food and drink. Once in the kitchen, I like to cook in front of my guests. That special time gives me the pleasure to deliver a welcome message while I share a bit of my cooking passion. I may prepare a very special dish or two with festive flair such as camarones al ajillo flameados con Zacapa Centenario XO (garlic shrimp flambéed with XO rum) to entertain and engage people while they sip their favorite drink. What a fun way to put people in the mood to party with fine drink, food and fun activities!

When I plan my fiesta, I make a simple list to lessen stress before and during the event. I include décor, such as placing votives in safe and strategic places around

l'Fiesta en mi -Party Food- Cocina,

the house. I also include some form of live entertainment, like the cooking demonstration I described, and a solo guitarist, harpist or another musician who plays enjoyable background tunes that allow for conversation. I place a heavy emphasis on the food and drink menu. Finally, I make a shopping list and cook some items the day before the event.

As for the menu, cool or cold weather calls for warm and fuzzy drinks as atol de plátano (ripe plantain hot drink) or ponche de leche (hot milk punch) spiked with indita aguardiente (sugar cane spirit literally meaning ardent water), Ron Botrán

or Zacapa Centenario (award-winning Guate-malan rums). A combination of seasonal foods, including vegetarian and gluten-free options in addition to cold and hot dishes, will please many palates, the likes of ceviche de pescado (fish with cucumber in garlic-lime sauce), tortitas de espinaca (spinach cakes with red bell

pepper sauce), panes con pavo (turkey mini-sandwiches) and ensalada Rusa (marinated vegetables salad in light aioli), to name a few. My goal is to have a simple yet delicious menu with dishes that can be put together easily that are the highlight of the occasion. [®]

¡Felices Fiestas! Happy Holidays!





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1st PLACE by judges vote "Alta Cocina Chapina" by Javier Alvarez Vassaux. Prize: Q200 NOVEMBER REVUE PHOTO CONTEST WINNERS, theme: Food in Guatemala 1st PLACE by popular vote "Dulces Típicos" by Gabriela Romero. Prize: Q200.





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The Three Sisters cont. from page 21

a bottle of water and shaking it. It is also the thickening agent used in thick, creamy chicken stews like *sac por* (white soup) and *pulik* (red soup, with ground up squash and sesame seeds, tomato and red chili peppers).

Corn is even in the weaving of incredible multicolored clothing: Before the cotton thread is arranged on the loom it is soaked in corn-water to slightly stiffen the fibers, thereby making it easier to work with. And, forgive my indiscretion, but if you ever find yourself standing in middle of a crowd of Maya *campesinos*, you might notice a slightly sweet smell—it's the smell of corn being exuded from their pores like a natural perfume, not offensive at all to my nose, but certainly unique and characteristic of the People of Corn. •

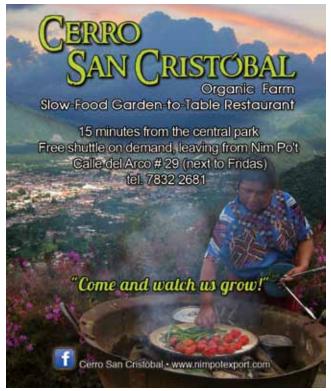
*Mayan words in this article are in the Kaqchikel language

Captain Thor "Bushman Ollie" Janson, ecologist, conservationist, synergetic geometrician, yachtsman and all around "bon vivant," is the author of 15 books, the founder of Guatemala's Fundacion Defensores de la Naturaleza, and was responsible for establishment of the Manatee Biotope located at Río Dulce. brotherijah@hotmail.com facebook.com/nubliselva











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Antiqua Músicos cont. from page 30

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—Andy Rooney

If you simply read the recipes without putting them into practice, it's like knowing about peppers, onions and garlic but never knowing how they taste.

—Ronna Kabatznick, "The Zen of Eating"

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A person who observes the rules of proper nutrition is a person who should never be placed in charge of a barbecue.

—Dave Barry

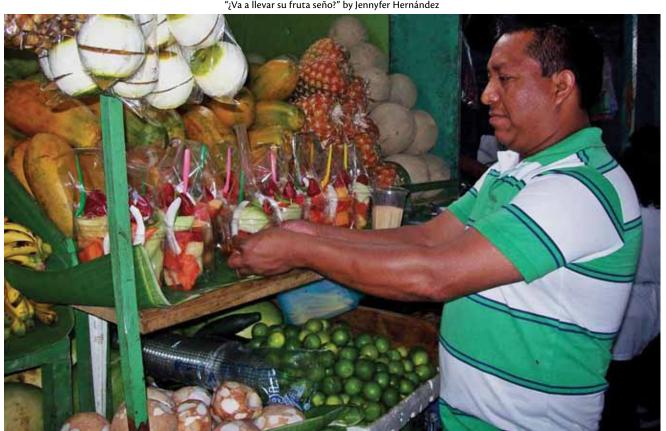
Never argue at the dinner table, for the one who is not hungry always gets the best of the argument.

—Richard Whatley



"Niñas sirviendo "EL TIU", comida típica cobanera" by Emilio Vásquez Robles

NOVEMBER REVUE PHOTO CONTEST, theme: Food in Guatemala "¿Va a llevar su fruta seño?" by Jennyfer Hernández









Women's Initiative for Justice by Matt Bokor

hanks to the Women's Justice Initiative (WJI), hundreds of rural, indigenous women in Guatemala are learning that they too have rights.

Elena, for example, is now one of only a few women in her community who has legal title to her land. Magda, who married at age 15 to escape abuse by both parents, is a leader and mentor. Lety benefits from her newfound strength and self-esteem. All have learned that violence against women is not normal behavior.

"The vast majority of women participating in our programs have suffered from some form of violence—physical, psychological, sexual or economic," said Kate Flatley, WJI's founder and executive director. "It is difficult to provide exact statistics because gender-based violence is extremely underreported in the region where we work. Domestic violence is often viewed as acceptable and, as a result, many women do not identify themselves as victims of violence."

Established in April 2011, WJI empowers Guatemalan women to address inequality and gender violence. Its three program areas are women's rights education, legal services and community advocacy.

Flatley, a University of Virginia School of Law graduate, said she was motivated to help while studying health and human rights in rural Guatemala through a fellowship she received after law school graduation.

"As part of the study, our team of fieldworkers interviewed hundreds of Maya women. We found that the majority of the women we interviewed had little or no knowledge of their rights and had no access to legal services," she explained. "Many women shared devastating accounts of abuse, discrimination and rape. I founded WJI to respond to these needs by providing women with rights education and access to legal resources."

Over 600 women have participated in WJI's programs; 200 currently attend the Women's Rights Education Program, which meets with groups of 15-20 women in their communities once a week for six months.

The initiative targets Patzún (department of Chimaltenango) and 15 surrounding communities; over the next few years Flatley ...continued on following page





Women's Initiative for Justice

from previous page

hopes to extend WJI's reach into all 36 nearby towns. Roughly 60,000 people live in the area.

"WJI began its work in Patzún because of the lack of services and resources available to women in the region. Before WJI, there were no free legal services available for victims of violence and very few programs working directly with women to improve gender equality and prevent violence," Flatley said.

Among the initiative's many success stories is Elena, who attended the Women's Rights Education Program. The workshops on property rights and inheritance caught

WJI conducts its work in Kaqchikel, the local Mayan language, to ensure its programs are accessible to all community members. WJI works closely with community leaders to plan and implement its work. Usually, community leaders will organize a meeting of residents to explain WJI's programs and encourage women to participate. Afterward, WJI staff visit women's homes, often accompanied by community leaders, to invite them to participate.

"We have found that local leaders' support for our work helps us successfully recruit new participants and significantly mitigates resistance from men," Flatley said.

The initiative has six full-time paid staff members and a seventh part-time facilitator for the Women's Rights Education Program. Integral to WJI are its 15 community





her attention. She and her husband owned the land where they lived, and it had been in their family for generations, but they had no legal documents to prove ownership.

Elena and her husband began working with WJI's lawyer, Viviana Patal. Using testimony and historic records, they were able to title their land. As is WJI's policy, the land was titled in both Elena and her husband's name, rather just in the man's name, Flatley said.

"Elena is now one of only a few women in her community who owns land. This is a significant protection for Elena because if something were to happen to her husband in the future, his family members could not kick her off the land and claim ownership."

advocates, who receive a monthly stipend for their work—often the first time they have earned a reliable income.

In addition to mayors and community development councils, WJI collaborates with a number of local organizations and government agencies, including the Oficina Municipal de la Mujer, the Juzgado de Paz and the Centro de AtenciónMaterna. Other collaborative partners include the Population Council's Abriendo Oportunidades Program and the University of Virginia School of Law Human Rights Law Clinic. Funding is derived from individual donors and foundations.

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A Wedding to Remember



La Antigua Guatemala has become THE wedding destination for Central America!

ovember heralds weddings in La Antigua and guests come from all over the world to celebrate. Antigueños recently founded Asociación Destino Antigua to provide better service and to promote the city's tourism. Due to the continual increase in the wedding segment, they have helped co-found the Honeymoon and Wedding Guild through the Chamber of Tourism.

Guatemala's finest wedding planners, many tour operators and hotels are sponsoring a familiarization trip for wedding planners from the U.S. to visit Antigua. Yes, the city is closer to New York and San Francisco than those cities to each other, making it very accessible with the increase in flights from different destinations.

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Architect Norman Muñoz, conservator of the city, welcomes foreign weddings, as they provide a lower impact on the city's traffic and guests get to learn more about the colonial capital and the importance of preserving it. The National Council for the Protection of La Antigua Guatemala has five monuments and the funds from these activities help provide for their maintenance.continued following page



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A Wedding to Remember from previous page

He says he is amazed by the creative decorations provided by Guatemalan artisans and delighted that weddings have provided so many new jobs for the city's inhabitants. Julio Aceituno, president of the Wedding Guild, reports that "effortlessly, this industry was born in Antigua because of its beauty. Antigua also offers a great experience at about 30 percent of the cost for a comparable event in the U.S.—but add the 16th century touch and inviting your guests to a World Heritage Site!"

Historic venues typically include the impressive ruins of Las Capuchinas and Santa Clara; church settings include La Merced and the Cathedral. While the Porta Hotel Antigua has always been a favorite spot for weddings, the new wedding flare began in 1997 with the renovated

church at Hotel Casa Santo Domingo. Couples often prefer the hotel setting, such as the Camino Real, to keep the entire affair within one spacious, full-service and elegant setting.

When visiting Antigua for a wedding, Guatemalans usually spend Saturday night here and invite more guests, while the average stay for foreign guests is four nights in the colonial capital with 80 guests. Ninety percent of these guests visit the city for the first time. Additional tours are available—whether a cultural walking tour, coffee plantation tour, canopy-zip line or a day of golf at La Reunion.

Many guests also stay longer to enjoy Lake Atitlán and Tikal. The wedding segment provides an estimated \$22 million per year to the country's economy.



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Never buy sushi from a vending machine. —Anonymous

Enough is good as a feast. —John Heywood



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There is only one secret to bachelor cooking — not caring how it tastes. —P.J. O'Rourke



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The lunches of 57 years has caused his chest to slip down to the mezzanine floor. —P.G. Wodehouse, English humorist









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Q&A



Obamacare & U.S. Expats

S. citizens who are technically residents of another country are <u>not</u> affected by Obamacare and its requirement to purchase health insurance coverage (plus penalties for not complying). U.S. citizens are also exempt if they spend 330 days or more outside the U.S. during the year.

Interestingly, however, Obamacare—formally known as the Affordable Care Act—offers an opportunity to purchase health insurance at reasonable costs. It may be advantageous for certain expats to purchase insurance. Early retirees (with no Medicare coverage and low income) are clear beneficiaries. That is because insur-

ance premiums are subject to income levels, which means the government provides subsidies to cover part of your insurance premiums.

While Obamacare is federally mandated, it is often operated at the state level. Generally speaking, Democrat states operate their own "health exchanges," or online markets where individuals can purchase health insurance. Purchasing individual health coverage in Republican states is usually done via www.HealthCare.gov.

If you file your U.S. tax return using a U.S. address, then you should apply for Obamacare based on the

state designated on your tax return. If you are currently using a foreign address on your tax return, you will need to change to a U.S. address (i.e. be a resident of a particular state) before you can apply for Obamacare. Therefore, expats who utilize the foreign earned income exclusion are unlikely to qualify for coverage.

Obamacare for expats is a complicated topic, involving both health insurance and tax issues. Unfortunately, there is not a lot of information available online. Moreover, there are very few expat tax professionals who truly understand Obamacare. Let us know if you have questions.

If you would like to submit a tax-related question, please email: info@holaexpat.com.

Responses are provided by John Ohe (IRS-authorized enrolled agent), who resides in Antigua.

Disclaimer: The answers provided in this article are for general information, and should not be construed as personal tax advice. Tax laws and regulations change frequently, and their application can vary widely based on the specific facts and circumstances.

It is well enough that people of the nation do not understand our banking and money system, for if they did, I believe there would be a revolution before tomorrow morning.

-Henry Ford

Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.

—Oprah Winfrey







There's somebody at every dinner party who eats all the celery. —Kin Hubbard

A smiling face is half the meal.

—Latvian proverb

Man does not live by bread alone. Every now and then he needs a cookie. —Groucho Marx

After a good dinner, one can forgive anybody, even one's relatives. —Oscar Wilde

I come from a home where gravy is a beverage.
—Erma Bombeck

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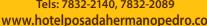
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Entry in the Revue Photo Contest: Food "Sabor navideño" by Geovin Morales

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So you're a Volunteer? cont. from page 37

when I was going to bring them money to build a soccer stadium with a giant screen. In a town where chronic malnutrition and poor waste disposal practices are commonplace, would a soccer stadium with a giant screen truly improve the quality of life?

Dor Lavi, construction assistant at Long Way Home, tells new arrivals that "a good volunteer is one that comes with little predisposition of a local community's needs but rather seeks to understand those from the community itself."

True immersion and meaningful impact comes from "understanding where you are a relative expert," says Moccia-Field. "Along with a healthy dose of humility and understanding where you can fit into your community comes the greatest impact both in yourself and others."

Avoid trying to "do it all" when your time is limited. Define priorities and focus on them. "You can't just move forward blindly—it is essential to plan and constantly examine your actions," says Nathan Rockey. A volunteer for three months, Rockey won Long Way Home's coveted Golden Machete Award for exemplary service.

There's a lot to experience and a lot to be done in Guatemala, and it only takes one person to make a meaningful and lasting impact on another. "It's not what you get done, it's what you set in motion," says Moccia-Field.

Ultimately, your experience is completely your own. It's up to you how you'll shape your time, enrich yourself and contribute to Guatemala. With good intentions, humility and realistic goals, one's potential for impact is tremendous.

ABOUT THE AUTHOR: Cyrus Sethna, 23, is a second-year volunteer integrated youth specialist with the U.S. Peace Corps mission in Guatemala. He lives and works in the rural mountain town of San Juan Comalapa, Chimaltenango, about two hours north of La Antigua Guatemala. His most successful initiatives include teaching martial arts and pioneering local youth radio and television programming to underscore critical values such as hard work, perseverance, positive identity, and gender equality. In his free time, Cyrus enjoys hiking, scuba diving, photography and playing ukulele.

The views and opinions expressed are solely those of the author and do not reflect the policies and practices of the Peace Corps or the U.S. government.









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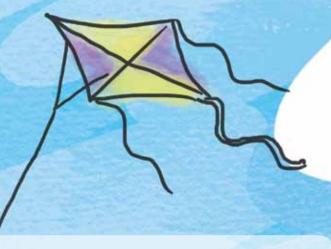
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Words in the Wind



antos was no ordinary child.

That is to say he did not appear to revel in the same pastimes as most nine year olds.

In fact he was quite the loner, often preferring the company of adults.

His aunt attributed this behavioural streak to the fact that he was an orphan. Both his parents had been killed during the bloodiest phase of the Guatemalan Civil War in the mid '80's. He had grown up largely in the presence of his grandfather, old man Santos, and this had profoundly shaped his view of the world and his interaction with it, or not.

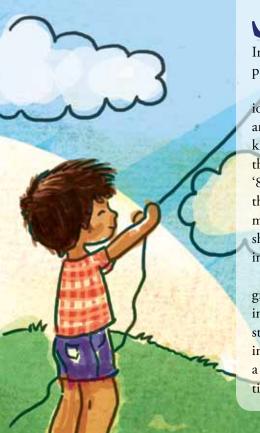
His most vivid memories of his grandfather involved accompanying him on long excursions into the steep hills above their *pueblo*, carrying nothing more than a bag of seeds, a machete, a *sombrero*, and a small tin cup to scoop the icy cold refresh-

ing water from the mountain stream that passed through old man Santos's property.

In later years old man Santos also carried a coffee and caramel coloured 'rodillera' to cushion his frail knees whilst he dug holes in the impossibly steep terrain to sow *milpa*, and occasionally a strong stick for support during the steep vertiginous descent at dusk.

On the first day of November each year, in loving memory of his deceased grandfather, young Santos shunned the artificially coloured plastic kites sold in the local *tiendas* that the other children flocked to; preferring instead to craft his own rendition, sporting all the vivid natural colours that came flooding back whenever he thought of his beloved absent guardian, mentor and friend.

A multitude of greens of every





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which hue symbolising coffee plants, avocado trees, young *milpa* leaves; followed by a palette of yellow and golden tints representing the effect of the sun and wind transforming much of the grass-green slopes into rustling valleys of ripening maize; and in the middle - larger than life - always a depiction of old man Santos in his traditional Mayan attire, master of this simple and unspoilt universe.

Instead of making the long and arduous journey to some of the more celebrated locations to fly kites in homage to the deceased, young Santos preferred to remain within the confines of his grandfather's hillside property; allowing the kite to skit high above the steep slopes along with the birds of prey that invariably circled the valleys in search of food.

He would close his eyes and project himself through the tugging string that connected him both to this physical world and to his grandfather's spirit orbiting high above the earth's surface.

It was as if young Santos's home-

made kite invoked his grandfather's name and for one brief moment, just once a year, the two would once again be reunited.

Young Santos would listen attentively to the messages relayed back to him as the kite fluttered high above, zigzagging left and right, depending on the wind's direction.

When in difficulty making a worldly decision, he would often pose a question to his grandfather and await the answer patiently. If the kite dipped to the right, the answer was affirmative. If it dipped to the left, it was negative. But sometimes it just continued its trajectory unabated and it was then that young Santos wondered whether his grandfather didn't know the answer or whether perhaps he objected to the question being asked.

On those occasions he would give the kite just long enough to veer one way or the other and if it did not, he would promptly ask it another question for fear of offending the old man.

Once he had asked his grandfather via the kite, what had become of his

father and mother, having never been told the facts whilst old man Santos was still alive.

On that particular occasion it was as if the whole valley came to a hushed standstill; an eerie silence; the wind falling away completely. The kite instead of veering either one way or the other just drooped like a deflated balloon - forlorn, sad, a mere shadow of its former self.

Young Santos never forgot that daunting image. It was the only occasion he could recall when his grandfather's spirit seemed to wane like the moon; shrivel like a parched *milpa* leaf; turn from a vivid green to a sickly brown like a diseased coffee plant; dry up like a dwindling mountain stream.

It was only then that young Santos understood that even the spirits felt sadness and loss just like those still left behind on earth, even if they showed it in different ways.

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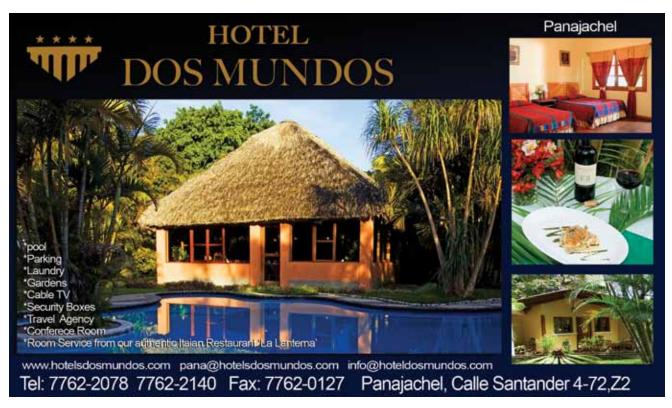


A crust eaten in peace is better than a banquet partaken in anxiety. —Aesop

Why put off til tomorrow what you can eat today?
—Miss Piggy



Entry in the Revue Photo Contest, Nov: Food "Hilachas" by Willy Estuardo Campos Vela





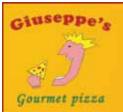
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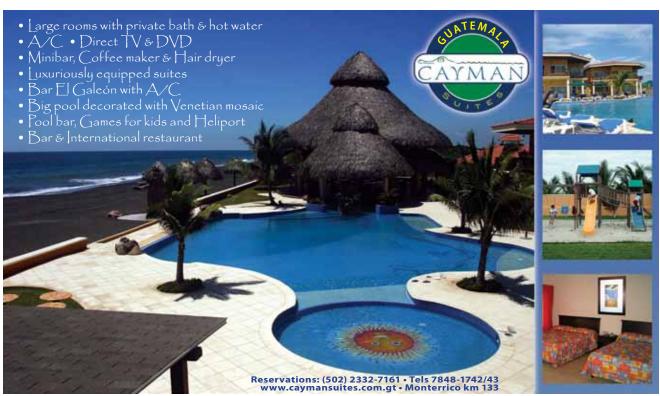


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Día de los Muertos

A Celebration of Life in Guatemala

text and photos by Kerstin Sabene

wasn't sure what to expect as we headed out to visit the cemetery in Sumpango on Día de los Muertos. Nov. 1 and 2 is a sacred time in Guatemala when families throughout the country gather at cemeteries to honor their loved ones. As I would soon discover, the ritual is as touching as it is fascinating. On the road from La Antigua Guatemala, we passed numerous pickup trucks spilling over





with people, their gigantic straw baskets filled with fresh flowers and colorful fruit.

The cemetery at Sumpango is quite expansive, containing every kind of grave from elaborately decorated mausoleums to simple, in-ground burial plots. Family members of the departed show up with brooms, ladders, paint and machetes to clear away weeds from the gravesites, which are then adorned with beautiful flowers and wreaths—coronas—to show thanks to their loved ones.

As I began my stroll through the cemetery, feeling somewhat like an intruder, a sense of calm suddenly came ...continued page 107













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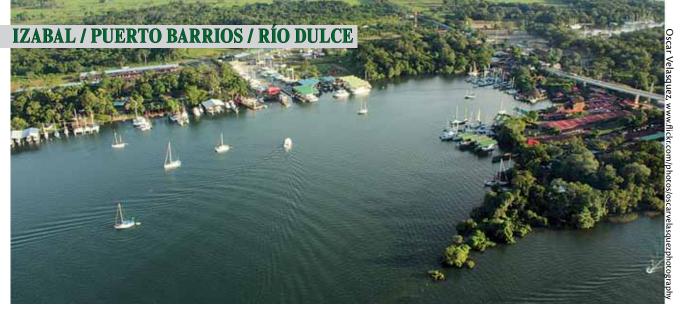
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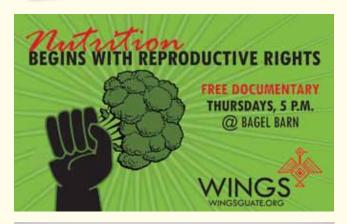
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Cooking is like love. It should be entered into with abandon or not at all.

—Harriet van Horne

Money won't buy you happiness, but happiness won't buy you groceries.

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When ordering lunch the big executives are just as indecisive as the rest of us.

—William Feather

The chief pleasure in eating does not consist in costly seasoning or exquisite flavor, but in yourself.

—Horace, Roman poet

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THROUGHOUT THE MONTH

... continued from page 24

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PLAN AHEAD

Dec. 6 & 7, 10am-4pm—ARTS & CRAFTS FAIR: *Arte en la calle* offering fine arts created by some of Guatemala's best artists, unique bird houses, handmade crafts and Christmas decorations. All proceeds to benefit CasaSito. Palacio de Los Capitanes, central park, *La Antigua*.

PLAN AHEAD

Dec. 9, 7:30pm (National Theatre, *Guatemala City*) and Dec. 10, 7:30pm (Casa Santo Domingo, *La Antigua Guatemala*) — MUSICAL PERFORMANCE: Part 1 of *Handel's Messiah* and a series of favorite Christmas carols. Tickets Q300, Q125 & Q60 (National Theatre) & Q400, Q250, (Antigua). Tickets available Nov. 1 (Joyeria del Angel & Casa Santo Domingo, Antigua) & TodoTicket (National Theatre). See highlight on page 26.

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But the way the tree grows is up to the tree.

— Achaan Chah, Buddhist monk

The dialogue between client and architect is about as intimate as any conversation you can have, because when you're talking about building a house, you're talking about dreams. —Robert A. M. Stern

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The rhythm of life changes.

Cooking must always change with it.

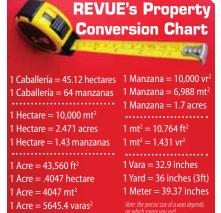
—Alain Ducasse

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—Estèe Lauder





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—Donald Altman



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—Sophia Loren
Life is uncertain. Eat dessert first.
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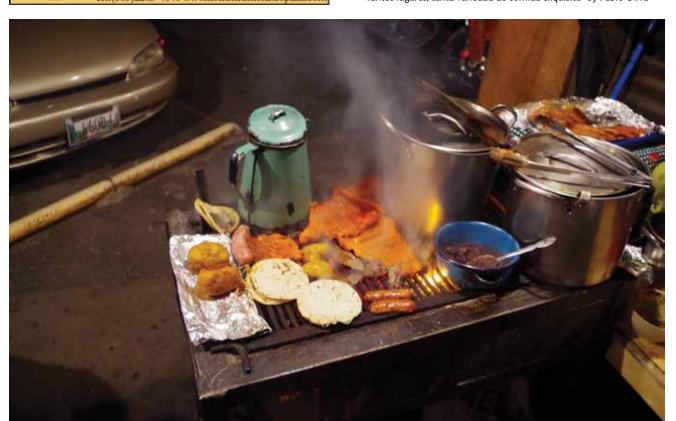


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"Tantos lugares, tanta variedad de comída exquisita" by Pablo Oliva







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Almost every person has something secret he likes to eat. -M.F.K. Fisher

If a man has never been pleasantly surprised at the way custard sets or flour thickens, there is not much hope of making a cook of him. —Robert Farrar Capon



EMERGENCY ASSISTANCE Police: 110 Fire: 122 and 123

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over me. The air was full of quiet conversation as families lovingly set about cleaning and tending to gravesites in what was to be a day of celebration and recognition. I watched with fascination as they stenciled an image, such as a heart, on top of their loved one's grave, and meticulously filled in the outline with sempa, a beautiful orange marigold.

It occurred to me at that moment that there was nothing funereal about this day. The cemetery was full of life and buzzing with social activity. I loved the scent of copal, pre-Columbian incense made from pine resin, wafting through the air. Families also brought baskets of festive food, including a special salad called fiambre, which was shared and consumed throughout the day.

I finally summoned the courage to speak to some of the people. I began by asking whose grave they were decorating. One man told me it was his mother's gravesite. She had died less than a year ago, he recounted, as he painstakingly laid fragrant pine needles and fresh chrysanthemums on her tomb. Nearby, a mother with her two young sons decorated her husband's gravesite. Sadly, she had been widowed much too early but said she was certain that her husband's spirit was present and watching over them.

Eventually, many of these gentle and kindhearted people allowed me to take their photograph ... and it finally struck me what a privilege it was to be there with them on this very special day. •





Rey Lime

ith highly acidic taste, a strong aroma and yellow-to-green color shades, the limes in Guatemala hit several senses—including touch, especially if a sharp spine pricks you while picking some off a tree. Those spines let you know these are Key limes, not the Persian lime more common in other parts of the world. The pungent taste make pies and cakes flavorful, especially when the Key lime juice is blended with condensed milk and baked into the pie that visitors

to Florida love. Key limes carry the name of that string of Floridian islands, but they're really from Asia originally, as all other citrus. Seeds made their way across North Africa into Andalucía, where the Spanish colonists took them to the West Indies and on into Guatemala. Key limes are smooth and round, green when picked turning to yellow when ripe, a more delicate yellow than lemons and definitely full of more flavor.

For English-speakers studying Spanish in Guatemala, limes get a bit confusing. Here, they're *limones*.

And the yellower citrus we call lemons are also *limones*. In Spanish, *limas* are not limes, but another citrus. Don't ask me why.

Pyramids of Key limes are piled in Guatemalan fruit and vegetable markets all over the country, the rich green a pretty contrast to neighboring pyramids of red tomatoes, golden corn, purple eggplant and celadon-green heads of lettuce. Snap a picture with the *señora's* permission as you explore the native markets, and when you're inspired back home consider translating the rich colors into oils on your canvas.

Or you might satisfy another sense by baking an easy treat. When our Key lime tree is overloaded, I get the neighborhood kids to help squeeze juice and bake a pie: just beat five eggs, a can of sweetened condensed milk and a half-cup of juice, baked in a crust of Graham cracker crumbs. One day I let little Giovany use the egg beater to whip it up. He loved helping. The spots of pie filling were all over him and our kitchen to prove it. But the taste of our limones, Guatemala's Key limes, were well worth the cleaning-up afterward.





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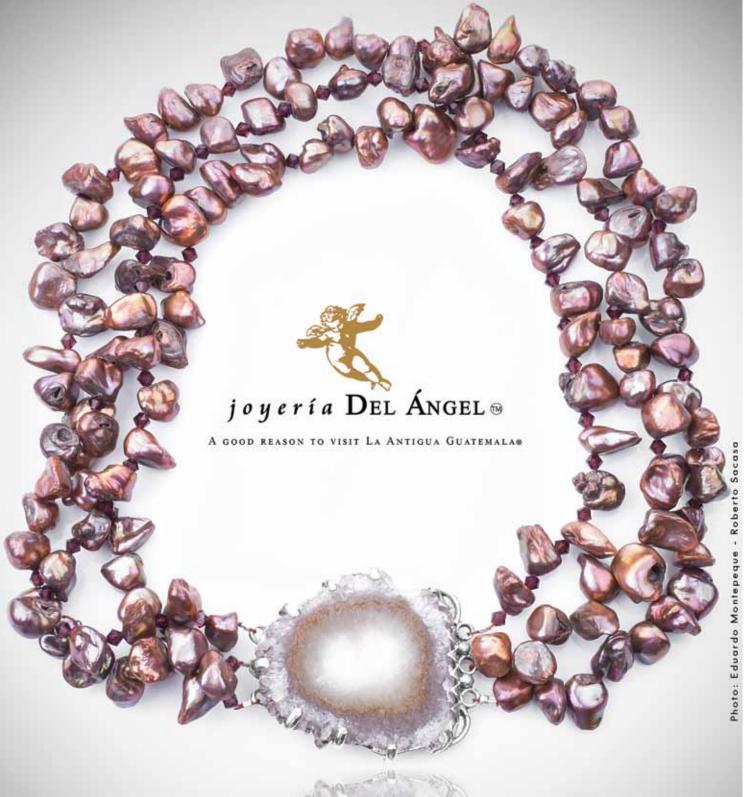
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