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VIDEO

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LENT IN ANTIGUA
2020
by Hadazul Cruz

Lent 2020 will take place from February 26 to April 9

It is an important celebration in La Antigua. It is not a sad time, on the contrary, it is a season full of activities and religious art that begin the last week of February. ...read more

AMALIA’S KITCHEN
Amalia Moreno-Damgaard

¡VIVA LA TORTILLA!

A great way to enhance any menu is to include the versatile and delicious tortilla. The corn tortilla dates back to pre-Columbian times and continues to make culinary history as it passes from generation to generation. ...read more

A DOCUMENTARY
FILM PRODUCTION
Guatemala: Trouble in the Highlands

Climate change, unemployment, and relentless grinding poverty—these are the underpinnings of the current migration crisis. There is also the historic reality of land and economic inequality ...read more
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From the Publishers

*Friends and Lovers in Guatemala* was our Photo Contest theme this month, not a coincidence. We received many wonderful and touching photographs that you can enjoy in this issue.

Hadazul Crua provides us with insightful information on *Lent in Antigua 2020*. This year Lent will take place from February 26 to April 9 bringing us closer to Semana Santa in April.

The corn tortilla dates back to pre-Columbian times and Award-winning chef and author Amalia Moreno-Damgaard brings us up to date with ¡*Viva La Tortilla!* and includes her exclusive recipe for “MIXTAS” - Guatemalan Hot Dogs.

Director Hal Rifken and Producer Mark Walker present their documentary film project *Guatemala: Trouble in the Highlands* which follows family members, grandfather Aapo, son Eduardo and granddaughter Izabella, giving viewers an up-close and personal understanding of this crisis.

There is a lot to do and see this month, including art inaugurations, cooking classes, live music, the national orchid exhibit, a carnival, wine and beer tours and more. If you are a U.S. citizen, you can get involved with Super Tuesday in March.

We hope you enjoy your February and encounter many new friends.

— John & Terry Kovick Biskovich

Using the interactive features

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Democrats Abroad is proud to support the full breadth of candidates in the running for the 2020 Democratic Party nomination, and as such, we reaffirm our commitment to supporting a fair and free impartial election, including before, during and after the Democrats Abroad Global Presidential Primary.

The Democrats Abroad Global Presidential Primary runs from March 3 (Super Tuesday) through March 10, 2020, allowing Americans abroad to cast primary ballots at hundreds of in-person voting centers around the world. In Guatemala, in-person voting will be held at:

Café Condesa in Antigua, on March 3rd from 8:30am to 6:00pm.

Democrats Abroad will send delegates to the Democratic National Convention this July who reflect the results of the primary.

- Primary Voters must meet the following criteria to vote
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  - Not have voted, or plan to vote, in any other 2020 state presidential primary

- Democrats Abroad allows same day registration for voters participating in the Global Presidential Primary

- Voters may register in-person or by signing up at democratsabroad.org/join

Voters abroad may also vote by downloading a ballot and emailing or postal mailing it to Democrats Abroad starting February 18, 2020.

Ballots must be received by DA prior to 12:00 AM Pacific Standard Time on March 11, 2020. Watch for remote voting updates in your inbox, or at: facebook.com/Democrats-Abroad-Guatemala

Join Democrats Abroad today and make sure you receive up to date news about the Global Presidential Primary!
MARCH 3: SUPER TUESDAY

U.S. citizens can vote in-person
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At Café Condesa in Antigua from 8:30am to 6:00pm
Voters must be U.S. citizens, be 18 as of November 3, 2020
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ALSO
On these Saturdays from 11:00am to 1:00pm:
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Democrats Abroad will help U.S. citizens register to vote
and/or help them request their overseas absentee ballot for
the general election in November.

MORE INFO, CONTACT

KEE EVANS at 4170-5537
keeevans01@gmail.com

or

JOHN CHUDY at:
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Lent 2020 will take place from February 26 to April 9.

It is an important celebration in La Antigua. It is not a sad time, on the contrary, it is a season full of activities and religious art that begin the last week of February.

These are some of the activities that will take place in February:

**FEBRUARY 22**
- Holy Vigil Virgin Mary, Santa Catarina Bobadilla
  9am-11:45 pm

**FEBRUARY 26**
- Ash Wednesday - Holy mass in every church
- Holy Vigil Jesús Nazareno de los Milagros,
  San Felipe de Jesús, 9am-11:45 pm
- Holy Vigil Jesús Nazareno del Silencio, El Calvario Church, Antigua Guatemala 9am-11:45 pm
FIRST FRIDAY OF LENT - FEBRUARY 28

Holy Vigil, Jesús Nazareno de la Salvación, Santa Catarina Bobadilla, 9am-11:45 pm

Holy Vigil, Cristo Yacente, Jocotenango, 9am-11:45 pm

Holy Vigil, Cristo del Perdón, San José Catedral 9am-11:45 pm

“For More Information Visit:

Facebook Jesús Nazareno del Milagro
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“...Nothing seems to be more important for an Antigüeño than creating the incredible decorations for these religious celebrations, which date back to colonial times but have acquired a new air of their own.

... More than 60 activities during a 40-day period – Lenten observances actually start the Saturday before Lent begins”

Elizabeth Bell

Read complete article at: revuemag.com
FIRST PLACE JUDGES VOTE
“Join me in being alone” / “Acompáñame a estar solo”
Rio Chixoy, Alta Verapaz by Samuel Lem
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La Antigua Galería de Arte proudly presents “Veredas del Altiplano”, a solo exhibition by Guatemalan artist Sergio Alvarado.

“I was born and live in the landscape ...”

Seeing the paths from afar has always attracted my attention, upon reaching them, other horizons are discovered, other dangerous corners of natural beauty, their scent of pine and flowers, the smell of wet earth, the freshness of the mist, the wind, the taste of the variety of its fruits, the song of the birds and the work of the man that is reflected in the cultivated land, the beautiful transition from morning to sunset and dusk ...

I like tile and adobe houses, where it has not been influenced by modern structures, and crickets are still heard and fireflies shine.

I am also part of the landscape; I can say that I am landscape and my work is a self-portrait. This collection is inspired by the different color changes (specially ochres) on the fields during December, waiting for the next season.
Painting gives meaning to my life and beauty to my existence ... and with that, I am aware that I am part of the continuity of Guatemalan art. My work is the result of who I am.” Sergio Alvarado, January 2020.

For this exhibit, Sergio Alvarado has worked on more than 20 oil and acrylic paintings on canvas, from the highlands of Guatemala.

We look forward to sharing with you his latest works. The artist will attend the opening.

You can see Alvarado’s work at:
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SECOND PLACE JUDGES VOTE

“Love is the Key” Chiantla, Huehuetenango by Abel Perez
Climate change, unemployment, and relentless grinding poverty—these are the underpinnings of the current migration crisis. There is also the historic reality of land and economic inequality and the nationwide infestation of the narco trade which has led to near total government dysfunction.

*Guatemala: Trouble In The Highlands*, which began production several months ago, will spotlight what has happened in the past, what is currently occurring to fuel the U.S. border crisis and what can be done to change the course of a cruel history. The production team expects to have the film done at the end of this year.

Through the eyes of three generations, the Estrada family tells the stories of how migration has traumatized their Guatemalan village of Cajolá.
Following family members, grandfather Aapo, son Eduardo and granddaughter Izabella, Guatemala: Trouble In The Highlands will give viewers an up-close and personal understanding of this crisis.

According to the U.S. Customs and Border Patrol, in 2018 the influx of undocumented immigrants into the United States reached a 10-year high of more than 115,000 and had surpassed that number in early 2019. The Pew Research Center reports that Guatemalans represent the second-largest group of undocumented Latino immigrants (after El Salvador) trying to enter the U.S. The world watched as streams of people walked, rode, and took perilous train rides across hundreds of miles to reach the U.S. border. Where once the majority of these migrants were young males seeking work, the latest influx includes families and children, many of whom seek asylum.

The sharp political divide in the U.S. along partisan lines has made dialogue, and effective legislation, nearly impossible. Public opinion is equally divided, either sympathetic towards those seeking asylum or demonizing the migrants as thieves, drug dealers and rapists. The migrants’ reasons for fleeing Guatemala are as diverse as the geography of the Guatemalan Highlands. Those planning to leave know it is dangerous to make the trip, but they are desperate.

Initial interviews have been recorded both in the U.S. and Guatemala and additional interviews are lined up. The script is in the draft stage and planning is underway for the next production trip to Guatemala.

Producer: Mark Walker was a Peace Corps volunteer in Guatemala. With an MA in Latin American Studies from the University of Texas in Austin, he spent over forty years with groups helping in developing countries. His book, “Different Latitudes: My Life in the Peace Corps and Beyond” was recognized by the Arizona Literary Association literary contest for non-fiction. Over twenty of his articles have been published in literary magazines and one essay, “Hugs not Walls: Returning the Children,” was a winner in the Arizona Authors Association 2019 Literary Contest.
Director/Cinematographer: Hal Rifken has worked for numerous cable and broadcast networks domestically and abroad. His Peace Corps experience in Bolivia has led him to projects that explore inter-cultural issues, particularly as they relate to Latin America. He just completed a documentary on the Shanghai Quartet, a 5-year project that followed the string quartet to concerts and festivals around the States, Asia, Europe and Latin America (“Behind The Strings” is scheduled to premiere winter, 2020).

Editor: Tracy Cring is an award-winning editor with more than thirty feature films. The films she’s worked on have been widely distributed, won multiple awards, and been appreciated by audiences across the globe. NBC Nightly News featured her work for Danseur. Recently “No History of Violence,” which she edited throughout production for four years, was honored for its social and humanitarian efforts.

Consultant: Alana DeJoseph’s latest feature documentary production is the institutional history of the Peace Corps, “A Towering Task.” Alana was associate producer of the PBS documentaries “The Greatest Good” (about the U.S. Forest Service) and “Green Fire” (about conservationist Aldo Leopold) with screenings at 29 film festivals from Colorado to India and New Zealand.

To view the trailer and for more information, which includes partners, a photo gallery, a series of additional resources about Guatemala and immigration, how to support this effort and contact the producers, please visit the film’s new website guatemalastory.net
“New trip, New friends” Tecpán Ruins
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A great way to enhance any menu is to include the versatile and delicious tortilla. The corn tortilla dates back to pre-Columbian times and continues to make culinary history as it passes from generation to generation.

As the “bread” of the southern region of North America (Mexico, Guatemala, and other Central American countries), it is a unifying force that feeds millions providing not only high nutritional value, but great texture and flavor along the way. Tortillas are easy to make using a modern special tool, yet traditionally they are works of art in expert hands that pat a ball of dough between their palms with such precision until it reaches just the right size and thickness.

Not all tortillas are created equal. Guatemalan tortillas are smaller and a little thicker than the neighbor counterparts. Although fresh corn masa tortillas are best, corn masa harina dough contin-
ues to gain ground because of ease and convenience.

The texture and satiety of fresh versus processed corn tortillas is significant. Freshly made tortillas are doughier and because they are thicker, they are very filling and even economical.

The tortilla’s versatility transcends recipes and cooking styles, lending itself not only as a meal complement, but as a base for building a delicious dish and as a conduit for thickening soups and stews, and as a tasty crunch for casual foods. Whether you enjoy a scrumptious taco bursting with all kinds of delicious toppings, or a flauta filled with savory stuffing smeared with spicy sauce, you are always in for a treat with this special food that is so common yet so special to many.

For Guatemalans, the tortilla is an important flavor that brings memories of cozy times with friends, family, and home. Eaten during the three main meals of the day, tortillas are sold in the streets, at tortillerias (small family tortilla shops), or at tiendas (small retail shops). Like bread, these tortillas are made minutes before they are sold making them a scrumptious pairing for any meal.

And speaking of tortillas, here is one of my favorite recipes which I relish from childhood. It is easy, delicious, and perfect for a couple or a group of friends for Valentine’s Day.

¡Buen provecho!

Amalia
MIXTAS - Guatemalan Hot Dogs
Recipe by Chef Amalia Moreno-Damgaard
(AmaliaLLC.com)

Serves 4 to 6 people

8 to 12 corn tortillas or 4 to 6 hot dog buns, halved and grilled on the inside.

1 batch Guatemalan guacamole (recipe below)

1 to 2 packages low-fat beef or turkey hot dogs or sausage of choice, halved lengthwise, grid- dled until medium brown

1 batch Curtido (herbed pickled cabbage slaw, recipe below) or 1 batch Curtido Crudo (spicy lime cabbage slaw, recipe below)

Condiments:
Mustard
Mayonnaise
Hot pepper sauce
Ketchup

To make Mixtas, warm tortillas in a preheated toaster oven for about 1 1/2 minutes or heat them in a nonstick skillet for 1 minute per side. Top each corn tortilla with 1 or 2 teaspoons of guacamole, a half or whole hot dog, slaw, mustard, mayonnaise, hot sauce, and plenty of ketchup.

To make Shucos, spread 2 teaspoons of guacamole on one side of the bun and mayonnaise, mustard, and ketchup on the other side. Add a whole hot dog and top with slaw and hot sauce.
Amalia Moreno-Damgaard is an award-winning bestselling chef author born and raised in Guatemala City currently living in the Twin Cities. She provides individuals and companies with a taste and understanding of Latin cultures through healthy gourmet cuisine education, consulting, bilingual speaking and writing and fun culinary experiences.

Her cookbook “Amalia’s Guatemalan Kitchen-Gourmet Cuisine With A Cultural Flair” has won 9 international awards. AmaliaLLC.com
GUATEMALAN GUACAMOLE
Recipe by Chef Amalia Moreno-Damgaard
(AmaliaLLC.com)

Makes about 1 3/4 cups
3 ripe avocados, mashed to a chunky texture
2 tablespoons freshly squeezed lime juice
1 tablespoon shredded onion
1/2 teaspoon crumbled oregano
1/2 teaspoon kosher salt

Combine all the ingredients in a bowl and mix them well. Taste and adjust seasonings, if needed.

CURTIDO
Herbed Pickled Cabbage Slaw
Recipe by chef Amalia Moreno-Damgaard
(AmaliaLLC.com)

Makes 4 cups
3 cups green cabbage, shredded
1/2 cup thinly shredded carrots
3 cups very hot water
3 tablespoons champagne vinegar or white wine vinegar
3/4 teaspoon crumbled oregano
1 Serrano pepper, thinly sliced (optional)
3/4 teaspoon kosher salt

Combine the cabbage, carrots, with the hot water in a nonreactive bowl.
Add the rest of the ingredients and mix well to blend flavors. Let the curtido sit for 15 to 20 minutes before serving. Taste and adjust seasonings, if needed.

Curtido Crudo (spicy lime cabbage slaw): In a bowl, thoroughly mix 3 cups shredded cabbage; 3 tablespoons freshly squeezed lime juice; 1/2 cup julienned carrots or red bell pepper; 1 thinly sliced Serrano, jalapeño, or other hot pepper of choice; and 3/4 teaspoon kosher salt. Taste and adjust seasonings, if needed.
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Please send ONE (1) HIGH RES photo with caption/location and your name & website for the credit line to: photos@revuemag.com

There will be prizes for winning photos. More information at: revuemag.com

Submissions entered by the 15th of February will be eligible.

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