Pastimes in Guatemala
On the Cover
“El Juego Ciencia” Guatemala City by Javier Alvarez Vassaux

Previous Revue articles and Photo Contests
RevueMag.com

RevUe stAFF
Publishers/Editors
John & Terry Kovick Biskovich
Photography
Luis Toribio, César Tián
Graphic Designer
Hadazul Cruz
Contributing Writer
Mark D. Walker
Webmaster/Social Media
JB
Administrative Assistant
María Solis
Systems
Luis Juárez, José Caal, Luis Toribio
Publishing Company
Producciones Publicitarias, Estrella Antigua S. A.

FOR MORE INFORMATION ABOUT THE INTERACTIVE REVUE
consultas@revuemag.com
PBX 7832-4619
Corporate offices: 3a avenida sur #4-A, La Antigua Guatemala

For Business Listings, Information, Maps and Events Calendar RevueMag.com
ESQUIŚÚCHIL CENTENNIAL TREE

On March 19th, 1657 in La Antigua Guatemala an Esquisúchil tree was planted by Saint Hermano Pedro de Betancur in the Ermita del Calvario’s garden.

On May 9, 2020 after a rainy night the Hermano Pedro’s centennary tree collapsed after 363 years of existence. From the wood that was recovered, Antigua’s sculptor William Figueroa, sculpted a figure of Hermano Pedro.

Small shoots have recently appeared in what was left of the Esquisúchil tree in Antigua.

Designer: Hadazul Cruz

AMALIA’S KITCHEN
Amalia Moreno-Damgaard

LEGUMES
A Guatemalan Tradition

With a recipe for
Maleta de Frijoles con Arroz

Black beans are a Guatemalan tradition. They are a staple in most Guatemalan homes, eaten for breakfast, lunch, dinner and sometimes even as a snack.
food and drink

restaurants, bars, cafés and diners
ANTIGUA

DOÑA LUISA XICOTENCATL  *home cooked meals and fresh bread baked daily*

CHOCO MUSEO  *artisanal chocolates, restaurant, classes*

CAFÉ CONDESA  *farm-to-table since 1993*

CAFETENANGO RESTAURANT  *surrounded by gardens and volcano views*

CERRO SAN CRISTOBAL  *organic farm, slow food, garden-to-table restaurant*

DEL ARCO RESTAURANTE  *excellent food in a beautiful surrounding*

MESÓN PANZA VERDE  *classic elegance with a twist*

THAI-WOW  *delicious thai food in a beautiful setting*

GUATEMALA CITY - ANTIGUA

ARRIN CUAN  over three decades offering the best of Guatemalan Cuisine
ANTIGUA

REYESS REAL ESTATE sales or rentals, administration, 25 years experience

HOUSE FOR RENT in Antigua, excellent location and price

HOSPITAL PRIVADO HERMANO PEDRO 24-hour emergency service

HOME WITH A VIEW FOR SALE 15 minutes from Antigua

BEAUTIFUL HOME FOR SALE in a natural private reserve

COMUNITEL internet service where no one else gives it

LA FÁBRICA SPORTS & GYM rock climbing, cross training, bilingual trainers

VET PRO veterinary clinic - English, Spanish, French spoken

SHOPPING

LA ANTIGUA GALERÍA DE ARTE Contemporary and traditional artists

RANDOM TREASURES pre-owned clothes, furniture - benefits animal welfare

GUATEMALA CITY

HOUSE & GREEN kitchen and restaurant supply

JOCOTENANGO

PLAZA JOCOTENANGO shopping and convenience under one roof
TO GO, THINGS TO DO UN TO BE HAD...

Hotels - Lodging

ANTIGUA

ANTIGUA HOTEL SOLUTIONS several great hotels to choose from
MESÓN PANZA VERDE boutique hotel, art gallery

LAKE ATITLAN

JARDINES DEL LAGO HOTEL you deserve to relax at the lake

HAWAII / MONTERRICO

PLAYA PLANA relax and enjoy at the pacific coast

RÍO DULCE

HACIENDA TIJAX ecolodge and marina - waterfront cabañas

Travel - Tours

ANTIGUA

FILADELFIA COFFEE RESORT farm and production tours, mountain bikes...

ANTIGUA - GUATEMALA CITY - QUETZALTELANO

TURANSA TRAVEL AGENCY tour packages, bus rental, shuttle service
PRODUCTOS PARA LLEVAR

SANDWICH CON PAPALINAS
- Jamón y Queso  Q30.00
- Roast Beef  Q30.00
- Pechuga de Pavo  Q30.00

YOGURT ARTESANAL con fruta
(Natural, fresa, mora, manzana, naranja con papaya, tutifrutí)
- Litro  Q35.00
- 1/2 litro  Q17.50
- Vaso  Q10.00

VEGETALES FRESCOS
- Lechuga Caoba  Q22.00
- Retoño de Alfalfa y soya  Q6.50
- Tomate Cherry  Q10.00
- Cebolla Morada 3Lbs.  Q10.00
- Papaya  Q7.00
- Banano (unidad)  Q1.00
- Limón (10 unidades)  Q7.00

DESAYUNOS
- Huevos de la casa  Q21.00
- Huevos Rancheros  Q22.00
- Omelete de Jamón y Queso  Q31.00
- Panqueques  Q20.00
- Tostadas Francesas  Q20.00

HAMBURGUESAS CON PAPALINAS
- Hamburguesa Simple  Q33.00
- Hamburguesa con queso  Q37.00
- Hamburguesa con queso y tocino  Q40.00

SERVICIO A DOMICILIO
Llamanos a los teléfonos:
7832-7751
7832-2578

Horario:
6:30am - 5:30pm
FRESH BREAD & ROLLS DAILY
Whole Wheat, Raisin, All-Grain, Black Olive, White, Potato & Onion Rolls, Banana Bread

TODOS LOS DÍAS HAY
Integral, Pasas, Todos los Granos, Aceitunas Negras, Blanco, Panitos de Papa & Cebolla, Pan de Banano

HOME-COOKED MEALS
Breakfasts, Sandwiches, Burgers, Cakes, Pies & Cookies

COMO HECHOS EN CASA
Desayunos, Sandwiches, Hamburguesas, Pasteles, Pays & Galletas
HOUSE FOR RENT
SE RENTA - Excelente ubicación

Only two blocks from La Merced and Calle del Arco and four blocks from Central Park on a quiet and secure family-oriented street

A solamente 2 cuadras de La Merced y 4 del Parque Central en vecindario tranquilo, seguro y de ambiente familiar.

SPACIOUS HOUSE FOR RENT IN ANTIGUA
EXCELLENT LOCATION AND PRICE

• 5 bedrooms
• 4 full bathrooms,
• kitchen with cabinets
• OPEN-SPACE dining-living room

• 2 Water Tanks
• 2 patios
• Terrace with views of Volcán de agua and Cerro De la Cruz.
• Unfurnished

Amplio espacio. EXCELENTE UBICACIÓN y precio

5 habitaciones,
4 baños completos.
Closets en cuatro habitaciones
Terraza con vista al Cerro La Cruz y Volcán de Agua,
2 cisternas,
2 patios interiores.
For more information contact
Gustavo Garcia at:

WhatsApp: 3520-1338

Q4,800 monthly

Para más información
Gustavo Garcia at:

WhatsApp: 3520-1338

Q4,800 mensuales
HOUSE FOR SALE
IN A VERY PRIVATE, EXCLUSIVE COLONY

Located in a private natural reserve surrounded by trees. A very secure, quiet place with a peaceful neighborhood

INFORMATION CALL: 5202-9114
SALE RENT ADMINISTRATION

25 years of Real Estate Experience

Professionalism and capacity to advise in legal, fiscal and banking matters.

We can help you buy any type of property or to promote the sale and rental of yours

Call: 502 5565-5277 or email: reyessbienesraices@gmail.com

PROPERTIES FOR SALE

1. Condominio Monasterio
   Loft Benedicta. Antigua
   144 square mts. Master bedroom, private & guest bathroom, living room, dinning room, kitchen, garage. Luxury finishes
   $230,000

2. Parramos, Chimaltenango
   3,900 square mts.
   500 square mts.
   Construction
   $675,000

   Ideal for business
WELCOME BACK, WE MISSED YOU

CLICK TO VIEW VIDEO

Click here to view our video

www.panzaverde.com
PANZA VERDE EXPERIENCE

In these days we hope that you and your loved ones are staying safe. For us, your safety is the most important thing and we have enabled our facebook and instagram page to communicate our new measures, services and latest business news for you.

We hope to see you soon!

LEARN MORE
DELIVERY SERVICE AVAILABLE

Arrin Cuan que significa además ‘comida típica artesanal’ en ‘K’eqchi’, nació hace 40 años.

Arrin Cuan es pionero de la cocina guatemalteca cocinando con tradición.

BÚSCANOS EN
5ta Av. 3-27 zona 1, Centro Histórico
Teléfono: 2238-0242

Km 18.5 Carr. Interam.
Teléfono: 2438-5
Arrin Cuan
Una rica tradición
40 años

Aquí hay o aquí está en idioma Maya con la intención de servir auténtica guatemalteca, 100% natural.
Famoso en la gastronomía hecho con amor para Guatemala.

americana 5a. Av. 10-22 zona 9 Casa #2 Callejón Concepción, Antigua Guatemala
Teléfono: 2360-5555 Teléfono: 7832-0831
From the Publishers

Here we are in September. Most businesses have been opening up again, using new standards of conduct. Social distancing and limited clientele is the norm. It is still important to use a face covering and keep your hands sanitized. But still, many businesses are hard put to bring in enough income to cover the overhead. Several places have simply shut down for good. How long will this last?

The Revue offices are still closed. We have been working remotely to publish this monthly magazine, primarily to keep our clients’ businesses in focus so, as they do open up, you can click to websites and Facebook pages to see what services and hours they offer and how you can contact them directly.

What has been markedly missing in previous issues of Revue, as well as this September edition, is the DateBook Cultural Calendar. I’m sure we all miss the art shows, theater, live music, special events, etc. Here’s hoping we get back to some of that soon.

We still have some fun stuff in this issue though. The Photo Contest theme was Pastimes in Guatemala and once again the photos are great. Hadazul Cruz brings us the story of the famous Esquisúchil Tree that was planted in 1657 and unfortunately collapsed in a storm just this year. But there is a hopeful ending to the tale.

Speaking of famous, Chef Amalia highlights Legumes and discusses the Guatemalan tradition and various methods of preparing black beans. Included is a special recipe of hers.

As always, we wish you all the best in these times and please stay safe.

— John & Terry Kovick Biskovich

Using the interactive features

As you turn a page you’ll notice some of the text/images are briefly highlighted. All you have to do is click or tap on them to enter the world of interactivity, including virtual reality tours. Double-tap on a page to zoom in. Click on a page to view highlighted content.

In the contents and advertiser index pages just click or tap on whatever subject you’re interested in and that’s where you’ll go. Videos will play directly in the page.
COME AND ENJOY

happy moments

5 minutes from
Antigua Guatemala

Shopping and convenience under one roof

Supermarket - Coffee Shop - Food court
Pharmacy - Dentist - Beauty salon - Electronics
Fashion - Barbershop - Plenty of Parking

Coming soon: Movie Theater

Calle Ricardo Arjona zona 4, Jocotenango Sacatepéquez  
7831-0045
Popular Vote Co-Winner
“Saltando en la cima” Altamira, Antigua
by Claudia Andrea Villatoro
el Relax que necesitas

en el Lago Atitlán!

www.jardinesdellago.com
Tels: +502 7762-0606 - 7762-6114
Calle Monterrey, Panajachel, Sololá

facebook: jardinesdellago  twitter: hoteljardinesdellago
FOR TAKE-OUT ORDERS
PLEASE CALL
40974768
THAI FOOD

Tuesday to Friday 12:00 - 9:00 pm
Saturday 12:00 - 10:00 pm
Sunday 12:00 - 4:00 pm

5a avenida sur #23 Antigua Guatemala
+502 4097-4768
www.thai-wow.com
1st Place Judges Vote “Recordando el ayer”
San Francisco Zapotitlán, Suchitepéquez
by Alexander Alonzo
“My Favorite artist” Jocotenango
by Hadazul Cruz
2nd Place Judges Vote
“El tiempo se me va viendo amaneceres”
Cerro del Rostro Maya by Diego Samayoa
Arbol de Esquisuchil
Sembrado el 19 de Marzo de 1657
Por el Hermano Pedro
de San José de Bethancourt
The Esquisúchil also known as *Bourreria huanita* is a very long-lived tree species that produces aromatic white flowers. It is difficult to reproduce which is why it is considered in danger of extinction.

It is a tree native to Mesoamerica, specifically the region between Mexico and Nicaragua.

During the evangelization process, XVI and XVII centuries, the missionaries used to plant trees in the town squares hoping to attract the natives to the church, who considered many of those trees as sacred.

The military chaplain Juan Godínez planted an Esquisúchil tree in front of the San Miguel Escobar church which still lasts to this day. This esquisúchil tree is the only one known to produce double, curly flowers.

**Esquisúchil**

*Centennial Tree*

Designer: Hadazul Cruz

The Esquisúchil also known as *Bourreria huanita* is a very long-lived tree species that produces aromatic white flowers. It is difficult to reproduce which is why it is considered in danger of extinction.

It is a tree native to Mesoamerica, specifically the region between Mexico and Nicaragua.

During the evangelization process, XVI and XVII centuries, the missionaries used to plant trees in the town squares hoping to attract the natives to the church, who considered many of those trees as sacred.

The military chaplain Juan Godínez planted an Esquisúchil tree in front of the San Miguel Escobar church which still lasts to this day. This esquisúchil tree is the only one known to produce double, curly flowers.

**Esquisúchil**

*Centennial Tree*

Designer: Hadazul Cruz

The Esquisúchil also known as *Bourreria huanita* is a very long-lived tree species that produces aromatic white flowers. It is difficult to reproduce which is why it is considered in danger of extinction.

It is a tree native to Mesoamerica, specifically the region between Mexico and Nicaragua.

During the evangelization process, XVI and XVII centuries, the missionaries used to plant trees in the town squares hoping to attract the natives to the church, who considered many of those trees as sacred.

The military chaplain Juan Godínez planted an Esquisúchil tree in front of the San Miguel Escobar church which still lasts to this day. This esquisúchil tree is the only one known to produce double, curly flowers.
Healing Properties

Esquisúchil or in Nahuatl \textit{izquixóchitl} means flower like corn popped on fire (popcorn).

The healing properties of this tree have been well known since Pre-Hispanic times. The infusion prepared from its bark is used as an astringent and antipyretic while the infusion prepared with the dried flowers is believed to help as a tranquilizer, hypertension, antiseptic and pain reliever.
Arbol de Esquisuchil
Sembrado el 19 de Marzo de 1657
Por el Hermano Pedro de San José de Bethancourt
Tradition and Religiosity

In La Antigua Guatemala an Esquisúchil tree was planted by Saint Hermano Pedro de Betancur in the Ermita del Calvario’s garden on March 19th 1657.

Having been planted by a saint, many people came to collect the dried flowers that fell from the tree, not only for its medicinal effects, but as relics of this Saint.
Latest News

On May 9, 2020 after a rainy night the Hermano Pedro’s centenary tree collapsed after 363 years of existence. From the wood that was recovered, Antigua’s sculptor William Figueroa, sculpted a figure of Hermano Pedro.

Small shoots have recently appeared in what was left of the Esquisúchil tree in Antigua.

Reproduction

Guatemalan ethnobotanist Miguel Torres has studied this species for many years and has promoted its recovery. He has successfully reproduced a species of this tree with a smaller flower than that of Hermano Pedro’s tree.
Equipe su cocina comercial con productos de alta calidad

Therma-Tek
Range Corp.

House & Green
Utensilios, Equipos, Suministros
PBX 2427 4400 | FAX 2427 4401
Linea directa Hoteles y Restaurantes 2427 4455
12 Calle 1-25, Z. 10 Edificio Géminis, Local 124
www.houseandgreen.com.gt
ventas@houseandgreen.com.gt
servicioalcliente@houseandgreen.com.gt
AGENCIA DE VIAJES

TURANSA

Tour Packages, Bus Rental w/driver, Shuttle Service, Hotel Reservations & More.
Worldwide Air Tickets, Professional staff, high quality service for individuals or groups.

24 hour assistance (502) 5651-2289

OUR AGENCIES (Ask for our business hours)

Guatemala City, Zona Viva
Walking distance from all the Zona Viva Hoteles.
12 Calle 1-25 Edif. Géminis 10, zona 10 LOCAL 310
Tels: 2338-2361 74/98/99

Metro Centro Villa Nueva
Tel. 6631 4327/28/29/30

Antigua Guatemala
Tels: 7938-5113 / 5651-2289

info@turansa.com
(reservations & payment online)

THESE AGENCIES OPEN
365 DAYS A YEAR UNTIL 8:00 P.M.

ESKALA ROOSEVELT
Carr. Roosevelt Km. 13.8 Zona 7 local 119
Centro Comercial; PBX: 23905757

PRADERA XELA, QUETZALTENANGO
Tels 77637475 - 79680272/3
77675913/14

Visit our website and Suscribe for discounts and services
turansa.com/blog
3rd Place Judges Vote “Una pausa en la tienda de barrio...”
Guatemala City by Carolina Silvestre
“Del oleaje al celaje”
Panajachel, Sololá
by Diego Gordillo Quintana
Popular Vote Co-Winner

“Great-grandfather, reading Revue at home / Bis-abuelito, leyendo Revue en casa”

Cobán, Alta Verapaz by Emilio Vásquez Robles
“Feeding pigeons” Amatitlán
by Emma Drees de León
“Sube y baja” San Miguel Chicaj, Baja Verapaz by German Velasquez
National Gallery of Victoria, Melbourne
The exhibition is now available for a virtual tour led by the curators.

VIRTUAL MUSEUMS
Around the World

Rijksmuseum, Amsterdam
Classical Dutch art, 17th-century silver and gold objects.
Uffizi Gallery, Florence
More than 300,000 works in the digital archives you can visit. Botticelli, Titian and Canaletto among others.

British Museum, London
The British Museum is the OG national museum. Tap through a musical guide to Africa, Asia, the Americas Oceania and Europe.

MASP, São Paulo
The Museu de Arte de São Paulo is a private, nonprofit museum founded by Brazilian businessman Assis Chateaubriand, in 1947, as Brazil's first modern museum.

Museum, Amsterdam
Asian artefacts and jade and porcelain.

Musée d'Orsay, Paris
The largest collection of Impressionist and post-Impressionist works in the world, which you can click. Interactive galleries featuring van Gogh, Cézanne, Degas and more.
At la Antigua Galería de Arte we have always given space to Guatemalan artists that represent not only artistic qualities, but those of this rich and diverse country. And though we show established artists at the gallery, we are enthusiastic about showing the work of young and exciting artists too.

We would like to recommend the work by these young and exciting artists that have enriched our lives and we hope that their work would enrich yours as well.

Sergio Alvarado, previously a traditional weaver, has developed from impressionism a self-named style called Tipiquismo, which celebrates...
the rich colors and wonderful landscapes of Guatemala; the lavish lyricism of the world of Guillermo Maldonado sometimes leads us to the surreal, but always reminds us where we are; Juan Francisco Yoc lures us into peaceful contemplation through ephemeral portraits and; César Pineda Moncrieff which is a poetic artist and his themes often explore the nature of consciousness in creative ways.

La Antigua Galería de Arte announces that following the government instructions in order to help the current situation created by the COVID-19 our gallery doors will be closed temporarily. Nevertheless, you can browse our online collection from the comfort of your home. We can organize delivery, shipping, and payment through our online platform.

Email us at: laantiguagaleria@gmail.com
“Melodies of the soul / Melodías del Alma”
Totonicapán by Silvanna Arana
Guatemalan Handmade Chocolate

Choco Museo

5ta Avenida norte #15
La Antigua Guatemala
Tel: 7832 0219
antigua@Chocomuseo.com
- Free Museum
- Shop
- Restaurant

Chocolate Workshops
Cooking Classes
“Domingo en la hamaca”
Chapas, Nueva Santa Rosa
by Alex Sierra
¡Siempre tendremos un hotel para ti!
¡We have hotel for you!

#QuédateEnCasa

ESTAMOS TRABAJANDO PARA TI!
¡VOLVEREMOS PRONTO!
If I were to name my favorite pastime, I'd have to say talking about myself. I love it and I think most other people do too. We need, people like us, more listeners and less talkers.

—Hedy Lamarr
Café Condesa

Seasonal Daily Specials
Omelets, Pancakes, Quiche, French Toast, Sandwiches, Salads, Soups, Cakes, Pies, Muffins, Scones, Smoothies, Espresso, Cappuchino, Chai.

Local, organic ingredients, free range eggs, whole milk.

7am - 8pm Sun-Thu 7am - 9pm Fri-Sat

Breakfast served all day! Sunday Brunch
ALL MAJOR CREDIT CARDS

Inside La Casa del Conde, West side of Central Park, La Antigua Guatemala

In a hurry? Café Condesa Express
Central Park - next door to Café Condesa Restaurant
Near La Merced - 6a Avenida Norte #60
On the way to the City - 4a Calle Oriente #51

lastrescondesas@hotmail.com www.cafecondesa.com.gt - PBX: 7832-0038
A unique experience, in a natural environment, elegant and charming, in harmony with nature

Viva una experiencia única, en un ambiente natural, elegante y encantador, en armonía con la naturaleza.

Tel. (502) 7728-0800
hotel@filadelfiaresort.com
150m. North from Iglesia de San Felipe de Jesús, La Antigua G.
Desayuno Buffet
Saturdays and Sundays
Buffet sábados y domingos.

CAFETENANGO
Restaurant

Tel. (502) 7728-0800
hotel@filadelfiaresort.com
150m. North from Iglesia de
San Felipe de Jesús, La Antigua G.
FEATURED VIDEOS, GUATEMALA

Restaurant Cerro San Cristóbal, La Antigua

[Video]

Filadelfia Coffee Tour in Antigua

[Video]
Pizzas
Si extrañabas nuestras pizzas ahora puedes pedirlas a domicilio o pasarlas a recoger a nuestro mini market.
Pizza de Camarones
Pizza del Cerro
Pizza de Salsa Blanca
Pizza de Queso

Vegetales
Albahaca
Aguacate Hass
Arugula
Espinaca
Lechuga
Y mucho más!

Nuestro Mini-Market
Encuentra nuestras pizzas, vegetales, aderezos y vegetales, así como una buena variedad de suculentas y plantas para tu hogar, café, chocolate y mucho más.

Visita nuestro mercadito adentro de Nimpo’it:
5a Avenida Norte #29, Antigua Guatemala

Calle Principal #5 San Cristóbal El Alto, Guatemala
www.restcerrosancristobal.com
Cerro San Cristóbal
rest.cerro.sancristobal
Legumes
— A GUATEMALAN TRADITION
Black beans are a Guatemalan tradition. They are a staple in most Guatemalan homes, eaten for breakfast, lunch, dinner and sometimes even as a snack. Guatemalans appreciate black beans because they are delicious, nutritious and readily available. After all, they are native to this part of the world.

Because they are abundant and affordable, some Guatemalans unjustly call beans “the food of the poor.” But in reality, beans transcend class barriers. Nationwide, most Guatemalans eat them regularly. Like corn, beans are not only nutritious, but also delicious. They are easy to prepare and make the perfect complement to any meal.

While Guatemalans eat mostly black beans, they also consume white and red beans and other legumes of many different colors, shapes and sizes. All legumes grow in pods. Some grow on vines, while others grow as ground cover or on bushes. Some legumes are eaten fresh, while others are harvested green and then dried for storage. Legumes are high in iron, antioxidants and fiber. Legumes plus rice, corn or another grain eaten on the same day make a complete protein and this makes them a high-quality vegetarian and gluten-free food choice.

There is more than one way to cook beans. My cookbook, “Amalia’s Guatemalan Kitchen-Gourmet Cuisine with a Cultural Flair,” offers several simple preparation options, all with a Guatemalan touch. Depending on where you are in Guatemala, you can enjoy eating beans cooked in a variety of methods—as a main meal when combined with pork and accompanied by corn tortillas; as a side dish with fried onions and garlic, refried, in soup and so on. Beans are versatile and easy to work with, and they take on any flavor you add to them. Best yet, they freeze well without losing flavor or quality.
Black beans are high in iron, fiber and protein. Combined with rice or corn, black beans make a nutritious, affordable and delicious vegetarian dish. The traditional Guatemalan everyday bean recipe is combined with a sofrito of minced, fried onion and garlic. Traditional toppings are crema, queso fresco or seco, chilito (spicy pepper salsa) and corn tortillas. This is one of my versions of this easy dish.

**Makes about 4½ cups**

2 cups dried black beans, free of debris and rinsed
1 whole medium yellow onion, peeled and t-scored
1 whole unpeeled garlic head
5 cups water
Kosher salt (added after cooking)
1 cup chopped yellow onion
2 tablespoons canola oil
1 tablespoon minced garlic
½ cup finely diced red bell peppers

1 cup canned crushed tomatoes
1 cup cooked rice
4-5 tablespoons of canola oil

Combine all ingredients in a medium crockpot set on high. Cover and cook until beans are tender, about 3½ hours. (Alternatively, soak the beans in the water overnight, and then cook them in the same water with the onion and garlic on the stovetop over medium-low heat until tender, about 1½ hours.) Discard the onion and garlic.
Panfry 1 cup of chopped yellow onions in 2 tablespoons of canola oil until medium brown. Add 1 tablespoon of minced garlic and sauté 1 minute. Add \( \frac{1}{2} \) cup finely diced red bell peppers and 1 cup of canned crushed tomatoes and cook for 2 to 3 minutes. Add the cooked beans to this mixture, season with salt, and taste. Simmer uncovered to thicken the broth, 15 to 20 minutes. Purée the mixture with an immersion blender. Add 1 cup of cooked rice to the mixture.

Put 4 to 5 tablespoons of canola oil in a skillet and fry the bean mixture over medium heat, stirring constantly, until it is very thick and pasty, it no longer sticks to the skillet, and it can be shaped into any form. This will take 20 to 30 minutes. Traditionally Guatemalans shape refried beans like a small American football.

(To shorten the process above, omit step 1, start with canned black beans, and use the beans and the broth in the can. Proceed to step 2 and 3.)

---

**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](http://AmaliaLLC.com)
***Mascarillas*** ***Face masks***
pintadas a mano Carin Steen  hand-painted

hand-painted face masks for sale, for a good cause
HAND-PAINTED FACE MASKS FOR SALE, FOR A GOOD CAUSE

Lock-down or not, life goes on in Unidos para los Animales' shelter! New rescues, as tiny as a week old pup, keep coming in and all this costs money. You can help by buying one of my hand-painted face masks! All profits go directly towards Unidos para los Animales' medical bills, operational costs or sterilization clinics.

The masks cost Q60 each and are for the moment ONLY available at Harmony (accessories store) at 5a Calle Poniente # 4, Antigua Guatemala, only doors away from Central Park. Open from 11 am till 2 pm. (No deliveries, cash only)

These high-quality masks are made of two layers of cotton with a double polypropylene filter and disinfected with Lysol, ready to use. They can be hand-washed at least 7 times.

The masks are hand-painted by Carin Steen and each one is unique.

unidosparalosanimales.org
I'm perfectly happy complaining, because it's cathartic, and I'm perfectly happy arguing with people on the Internet because arguing is my favourite pastime - not programming.

—Linus Torvalds
Services we provide

- Medicine and General Surgery
- Pediatrics
- Maternity & Gynecology
- Traumatology, Orthopedics & Arthroscopy
- Plastic & Reconstructive Surgery
- Laparoscopic Videosurgery
- Otorhinolaryngology
- Urology
- Cardiology
- Clinic Laboratory
- Videoendoscopy
- Videocolonoscopy
- X-rays
- Electrocardiogram
- Mammography
- Ultrasound
- Computerized Axial Tomography
- Electroencephalogram
- Osseous Densitometry
- Ambulance Service

hpantigua@gmail.com

Avenida de La Recolección #4, La Antigua Guatemala
<table>
<thead>
<tr>
<th>Happy Guests</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Kayak Tour</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

videos by Eugenio Gobbato
HACIENDA TIJAX
Ecolodge & Marina
Río Dulce - Caribbean - Reserve

Waterfront Cabañas
Full Service Marina
Restaurant & Bar
Swimming Pool
Reforestation Project
Jungle Sky Trail
Bird Watching
Horseback Riding
Tours & Much More

Tels: 7930-5505/07
info@tijax.com
tijax.com
Calle principal Aldea Limones, El Hawaii Santa Rosa Chichimulilla, Guatemala, Km.161

Reservaciones: 5628-0379 / 5417-6860 / 5949-8090 / 5717-8107
playaplana.com
“De paseo por Chicabal” Laguna de Chicabal, Quetzaltenango by Guido De León
“Dibujo a lápiz” Huehuetenango
by Hugo Rodriguez
“Ladies Association Futbol”
Chinique, Quiche by Joe Bouchard

In Australia, not reading poetry is the national pastime.
—Phyllis McGinley
“Aspiring street artists” Zone 1, Guatemala City
by Kerstin Sabene
I have a lot of hobbies and I can be very remiss in reminding myself to go down to the basement to work.

—Geddy Lee
“Untitled” San Lucas Sacatepéquez
by Estuardo Gonzales
INTERNET SERVICE WHERE NO ONE ELSE GIVES IT

BROADBAND INTERNET DOWNLOADS UP TO 10MB

OFFICE: 2375-0101
WHATSAPP: 4416-4289
The largest fitness family in Antigua Guatemala

Climbing Wall - Cross Training
Group Classes
Certified, Bilingual Trainers

7832 9840

1a Ave. Norte #7 A, La Antigua
When your hobbies get in the way of your work - that's OK; but when your hobbies get in the way of themselves... well. —Steve Martin
VETEROINARY CLINIC

Vet-Pro

Mon-Fri: 8am - 1pm & 2:30 - 6pm - Sat: 9am - 2pm

Dr. Juan Pablo Calderón
- Vaccinations
- Surgery
- X-ray
- Dental Clinic

- Ultrasound
- Laboratory Services
- Emergencies
- Export Licenses for pets

NEW ADDRESS

Tel: 7965 3347
Km. 47 Carr. a Ciudad Vieja,
Casa No. 1
San Pedro El Panorama

ENGLISH
FRENCH
SPANISH
Spoken

* Gas anesthesia
Pre-owned Furniture for SALE

Proceeds to Benefit Animal Welfare Programs

3a Ave Sur #4-A, La Antigua

Open MON-FRI 9am - 5pm

Tienda Solidaridad Second-Hand Store
offering an abundance of books, CD’s DVD’s (music/movies) clothing, house & kitchen wares, decorative items, and lots more.
ARTISTICALLY DESIGNED HOUSE FOR SALE
San Cristóbal El Alto

Tel: (+502) 5031-0859
www.LuxPro.CA

Kitchen and Dining Room (open floor plan)
Office / Recreation Room
3 Bedrooms / Walk-in Closet / 3.5 Bathrooms
Fireplace / Garage w/ storage room
Very large Terrace / Covered and Open Patios
Firepit Seating Area / Separate Artist Studio
Beautiful Terraced Gardens
Municipal Water and Cistern system
Solar-assisted Hot Water system
Very secure in a peaceful, friendly village

Paved road 15 minutes from La Antigua
“Aprovechan en tiempo” Panajachel
by Julio Mucun
“Exploring your Roots”
by Leceta Chisholm Guibault

Today is life—the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto.
Today is life—the only life you are sure of. Make the most of today. Get interested in something. Let enthusiasm sweep through you. Live today with gusto.

—Dale Carnegie
@revuemagazine

Follow us on facebook

for current Calendar Events and more!
“Pasion por jugar”
San Cristobal El Alto, Sacatepéquez
by Oscar Orantes Ortiz

In ‘Who's Who,’ my hobbies are listed as eating, sleeping, and voicing one's opinion. Not necessarily the right opinion, but it's mine. —Louise Wilson
We invite you to participate in our **MONTHLY PHOTO CONTEST** for October 2020 with the theme: **PETS IN GUATEMALA**.

Please send ONE (1) HIGH RES photo with caption/location and your name & website for the credit line to: photos@revuemag.com

More information at: revuemag.com

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

**Photos in this ad are from previous contests by:** Tato Estradaldy, Gladys Fabiola Chomo, Adonis Mendoza, Luis Toledo, Edinio Quex, Maruna Reyes and Jaquelin Colindres.
Te invitamos a participar en nuestro **Concurso Fotográfico** de Octubre 2020 con el tema: **MASCOTAS EN GUATEMALA**

Enviar (1) foto en **ALTA RESOLUCIÓN** con el título, lugar donde fue tomada, su nombre y el sitio web para el crédito a: **photos@revuemag.com**

Para más información: **revuemag.com**

Serán elegibles las fotos recibidas hasta el 15 de Septiembre de 2020.
“Strawberry vanilla”
La Antigua by Sven Delaye