

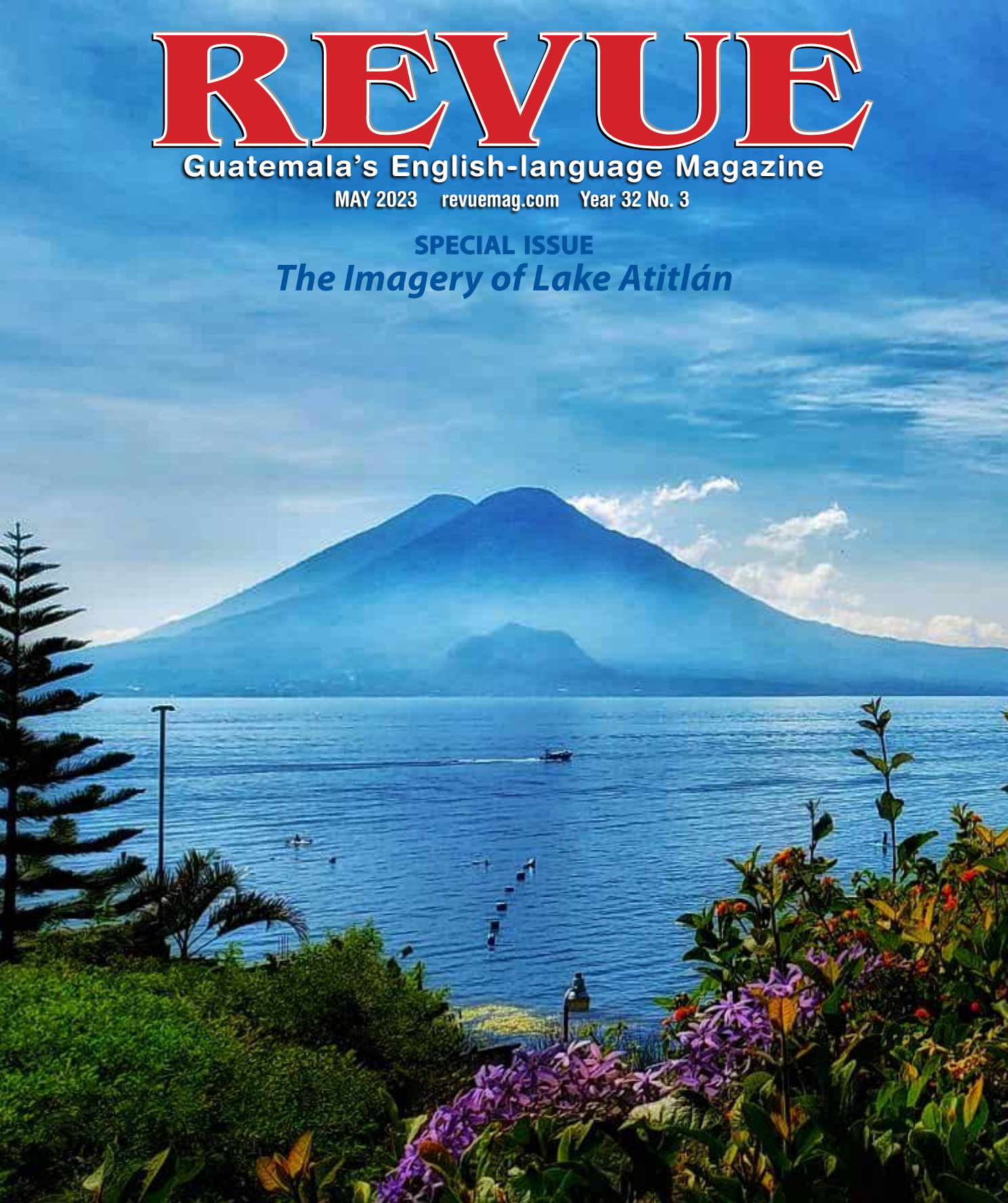
REVUE

Guatemala's English-language Magazine

MAY 2023 revuemag.com Year 32 No. 3

SPECIAL ISSUE

The Imagery of Lake Atitlán



THIS MONTH IN REVUE

On the Cover
"Hermosa Creación"
Lago Atitlán,
Panajachel
by Sara Jolon



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**La Antigua
Interactive Map**



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LAKE ATITLÁN LEGENDS

by Hadazul Cruz

Besides its beauty, this enigmatic lake is surrounded by legends and folklore, some go back to the Memorial de Sololá, Anales de los Cakchiqueles, an ancient chronicle about the origins of the Mayas and Cakchiqueles. In this chronicle it is explained how the lake villages were divided and how the Cakchiqueles stayed there and lived among the Tzutujiles. [...page 32](#)

The Xocomil Legend

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The Cerro de Oro Legend

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AMALIA'S KITCHEN

by Chef Amalia Moreno-Damgaard

BOOSTING FLAVOR While Cutting Calories

*With recipes for Filete de Lomito
con Chirmol de Miltomate
(Filet Mignon with Spicy Tomatillo Sauce)*

The good news is that with Guatemalan food, one can accomplish not only wholesome, but delicious eating too. The country is blessed with a bounty of natural foods. [...page 58](#)



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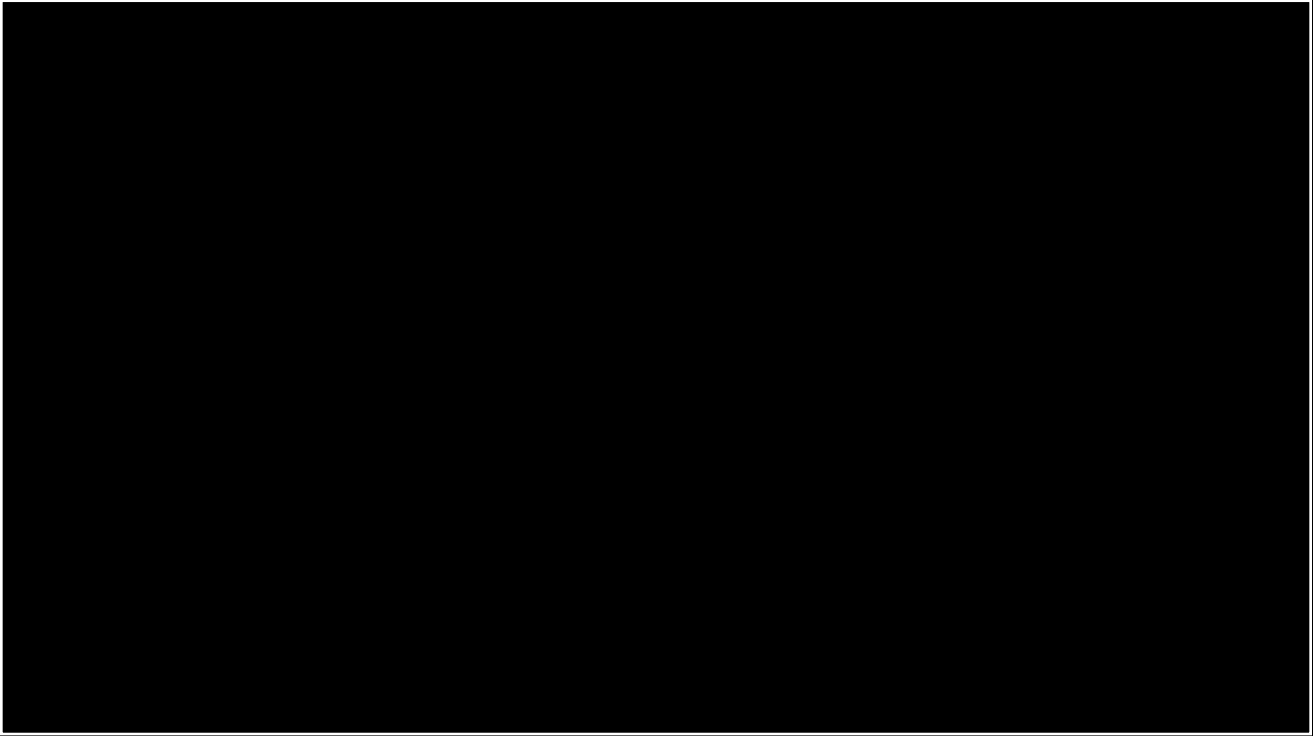


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video courtesy of Mexcal-Rhet

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FROM THE PUBLISHERS

“Every new beginning comes from some other beginning's end.” —Seneca

We started publishing the Revue Magazine in March of 1992 and proudly mention that a deadline was never missed... that is ... until next month. We have decided to stop publishing Revue, this will be our last issue. 31 years is enough. We would like to participate more in our other projects and creating a monthly publication takes up quite a bit of time.

After so many years there are so many thanks to so many people; our staff, the contributors, the advertisers, the printers, the photographers, and of course, we would be nothing without our fabulous readers who have been so supportive over these many years.



It has been an interesting journey indeed. We will still publish the Antigua Map in print and keep the Revue Facebook page going, as well as the Revue website that contains our previous issues and Photo Contests.

As always, we wish you the best.

—Terry & John Kovick Biskovich

REVUE TEAM

Publishers/Editors John & Terry Kovick Biskovich

Photography Luis Toribio, César Tián

Graphic Designer Hadazul Cruz

Contributing Writer Mark D. Walker

Webmaster/Social Media JB

Systems Luis Juárez, Luis Toribio

Publishing Company San Joaquin Producciones, S.A.



SIDE A ↑ SIDE B ↓

ANTIGUA MAP IN PRINT

Revue publishes the La Antigua Guatemala Map and distributes it for free to anyone interested in easily finding their way around town

2000 maps are printed monthly and distributed to the following locations:

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- ... and many more...



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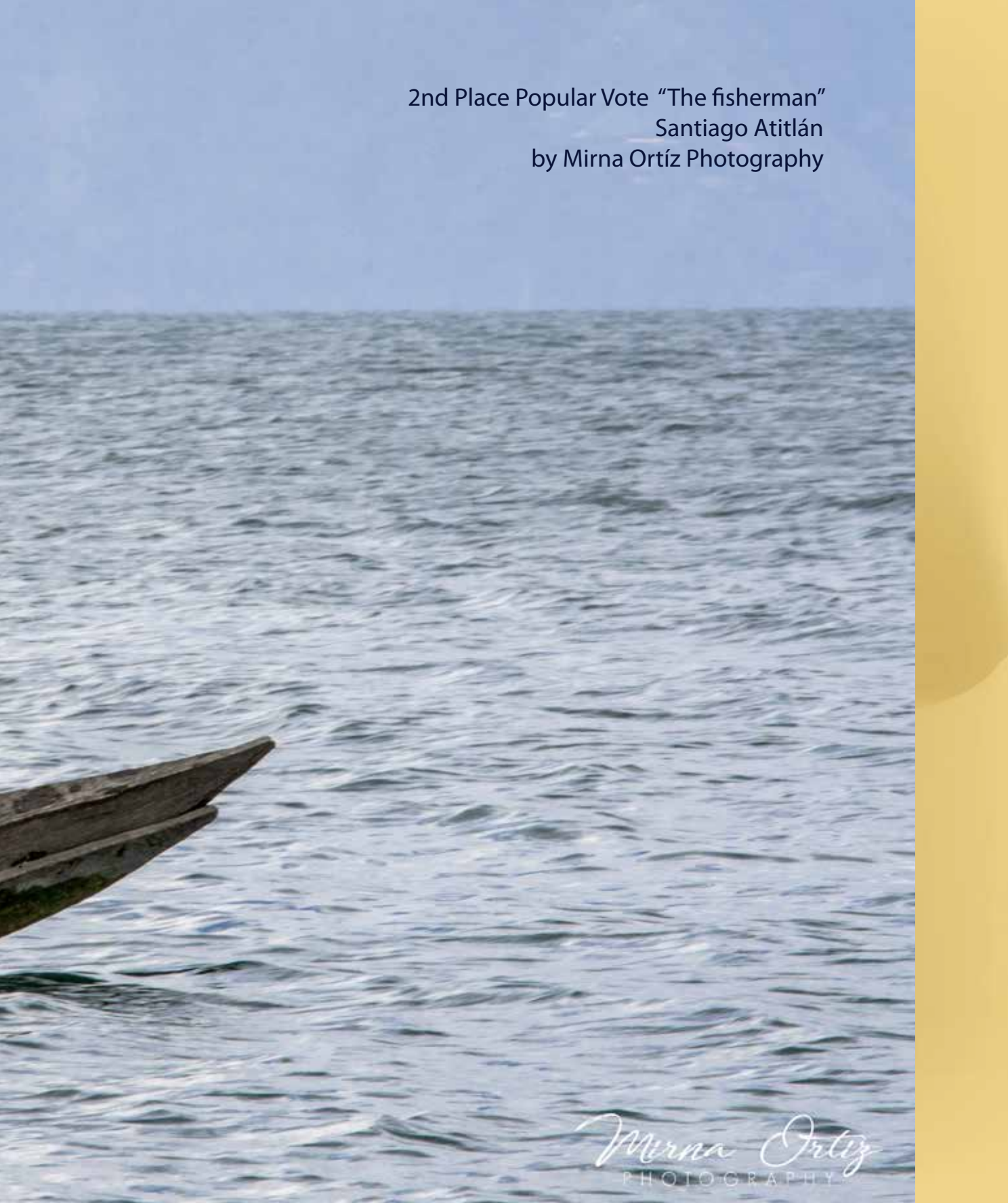
3rd Place Judges Vote "Panoramic View"
Mirador Kaqasiwaan, San Juan La Laguna Atitlán
by Alejandro González







2nd Place Popular Vote "The fisherman"
Santiago Atitlán
by Mirna Ortiz Photography



Mirna Ortiz
PHOTOGRAPHY

MARIO  ARGUEDAS.



1st Place Judges Vote “Panorámica Lago Atitlán”
by Mario Arguedas CR



1st Place Popular Vote "Nadando en el lago"
Bahia Hotel, Panajache, Sololá
by Katherine Fernanda Guevara Orozco







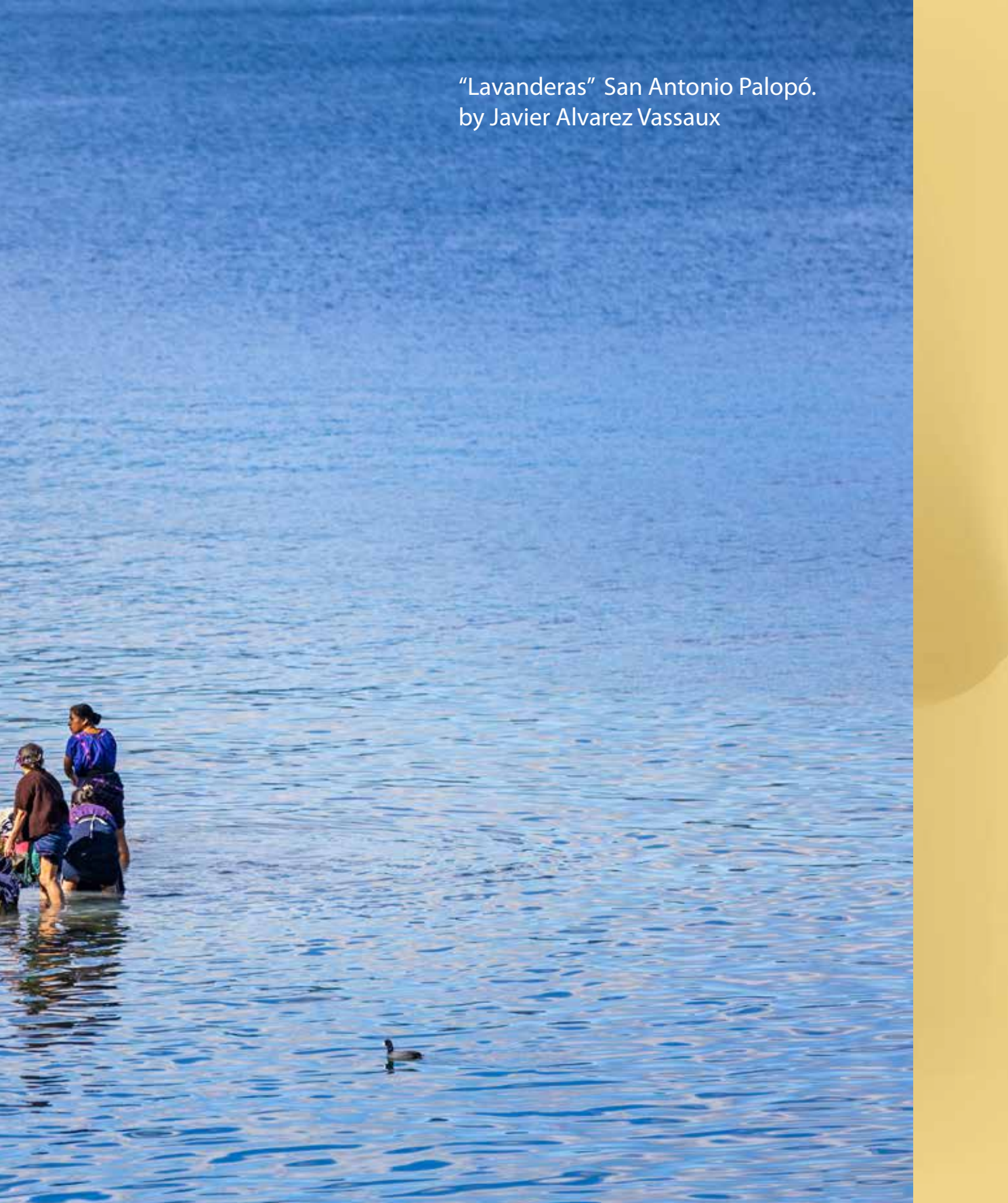
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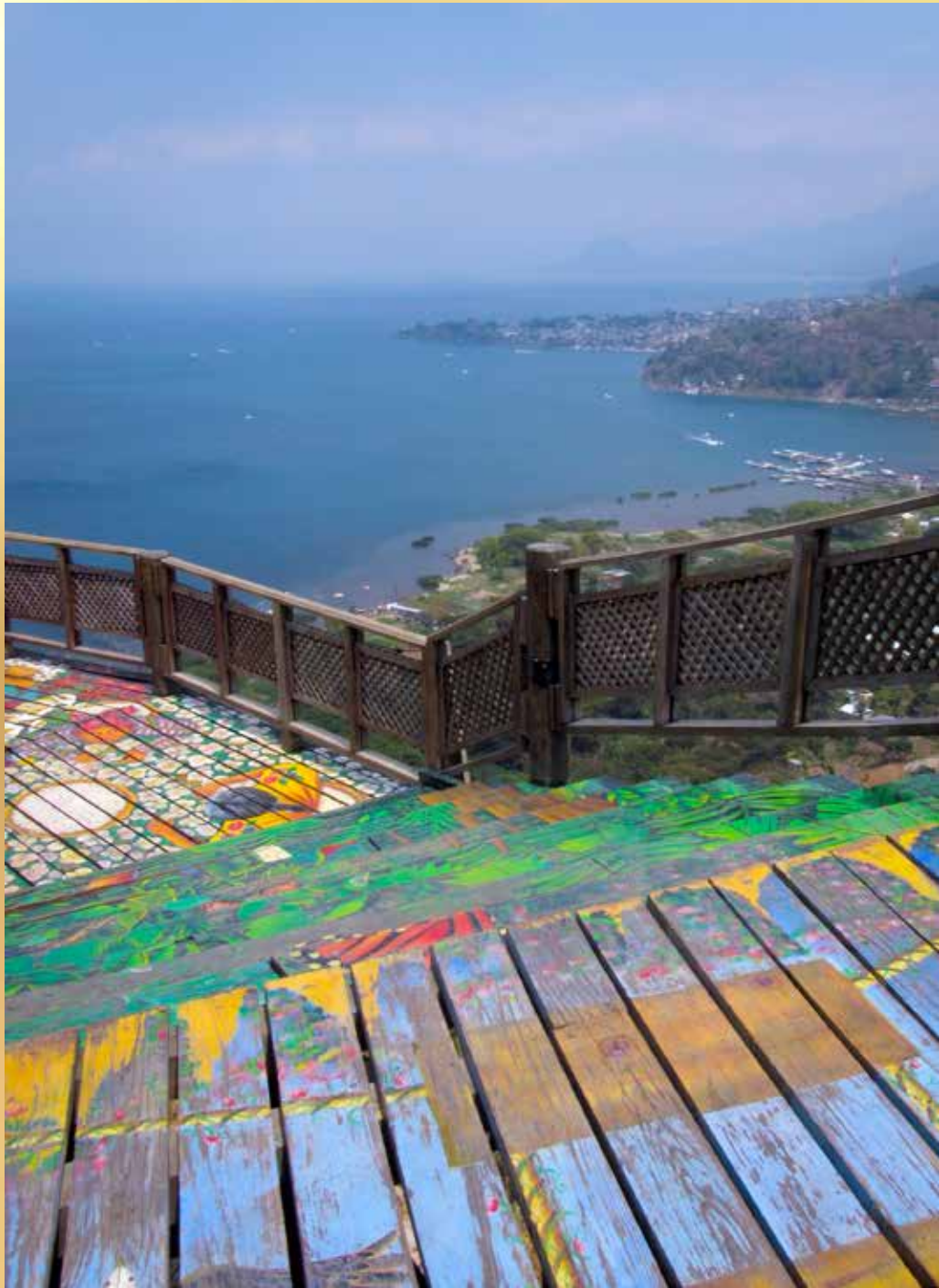


3rd Place Popular Vote "Siluetas de Atitlán"
Hotel Jardines del Lago, Panajachel by Luis A. Soto S.



"Lavanderas" San Antonio Palopó.
by Javier Alvarez Vassaux





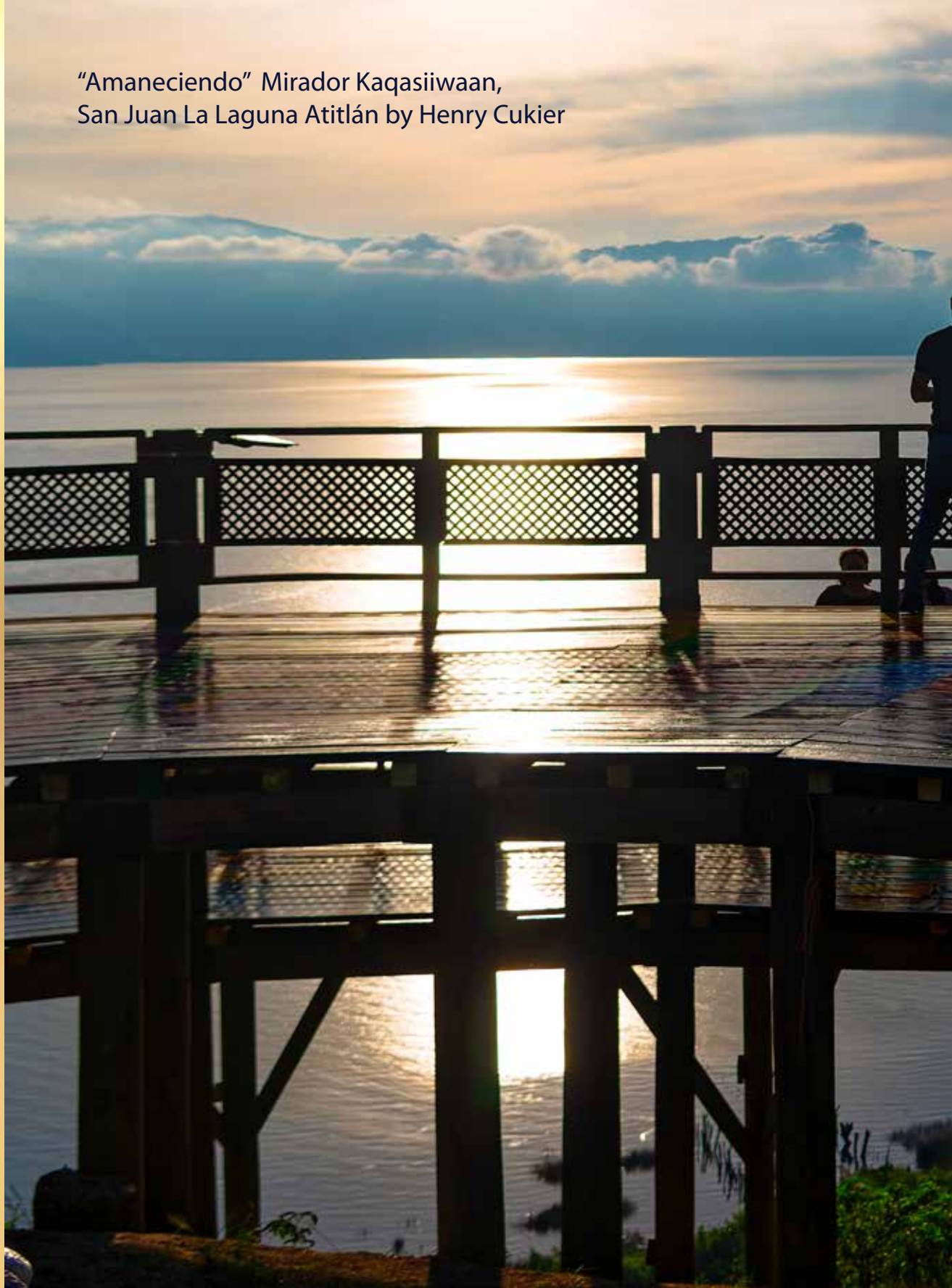
"El mirador" Mirador Kaqasiwaan, San Juan La Laguna
by Pablo Villacinda



LO REYES | SANTA CATARINA PALOPÓ - 2021

2nd Place Judges Vote "Que nunca me falte tu consejo... Que nunca me falte tu paz, que vendré una y otra vez a recargarme de ti... Mi espejo del cielo". Santa Catarina Palopó, Sololá by Lo Reyes.

"Amaneciendo" Mirador Kaqasiwaan,
San Juan La Laguna Atitlán by Henry Cukier



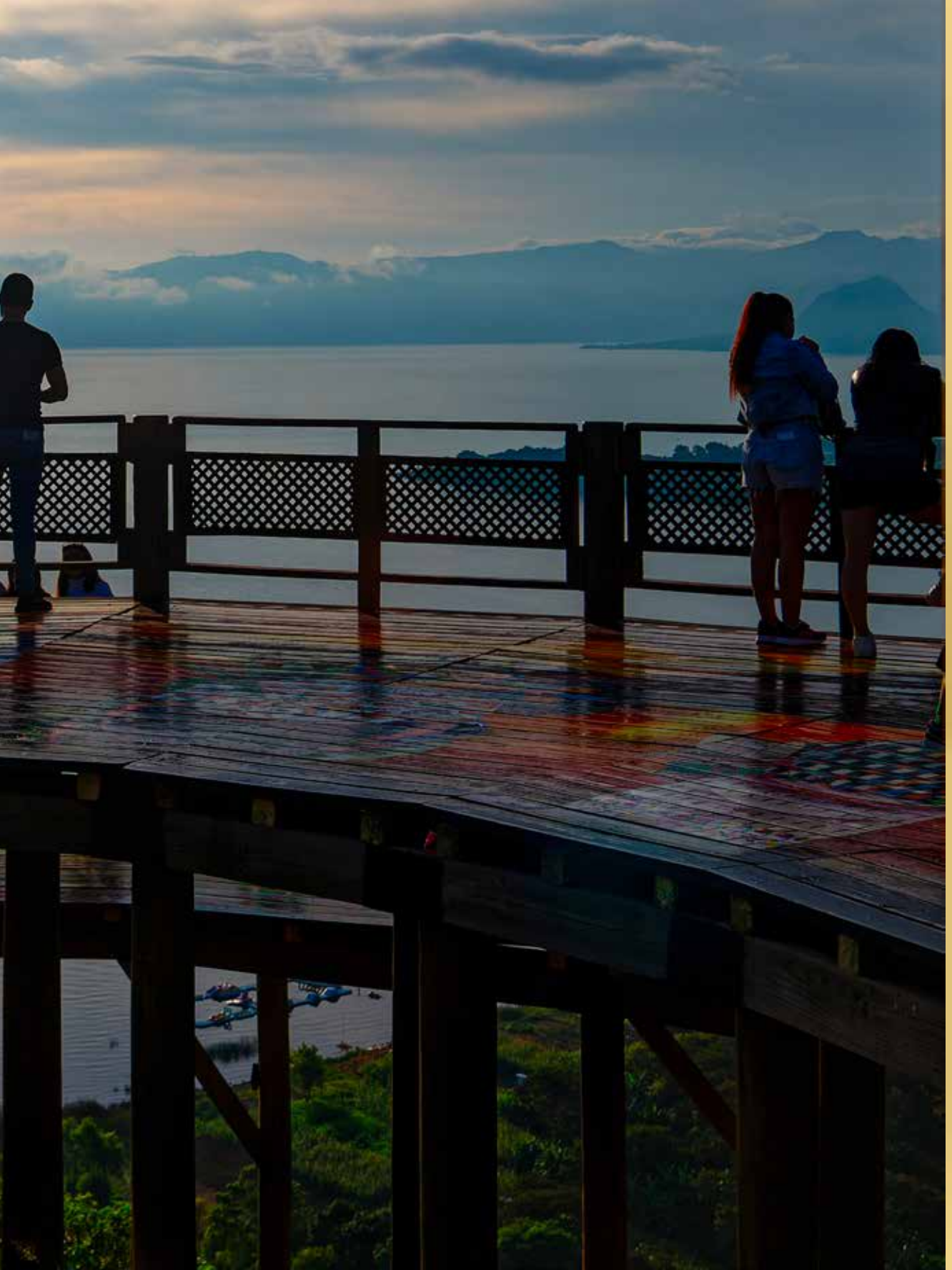


photo by Alejandro González



Lake Atitlán Legends

by Hadazul Cruz

Besides its beauty, this enigmatic lake is surrounded by legends and folklore, some go back to the **Memorial de Sololá, Anales de los Cakchiqueles**, an ancient chronicle about the origins of the Mayas and Cakchiqueles. In this chronicle it is explained how the lake villages were di-

vided and how the Cakchiqueles stayed there and lived among the Tzutujiles.

But trouble began with the death of **Tolgom** when the Cakchiqueles expelled the Tzutujiles from their land between the Cerro de Oro and Volcán Atitlán. There are several hot springs there and it is common for the earth to tremble that



frightened the Cakchiqueles. According to the Memorial, *“Tolgom was an impressive figure, so they asked him who are you? you are not our brother you are not our kin, so, we will kill you. To which he replied, – I am the son of the shaking mud and this is my home – then he surrendered. All he warriors killed him immediately shooting their arrows.*

Then they marched beyond the place named Qakbatzulú and they threw Tolgom’s pieces into the lagoon. Since then, the top of the hill

is famous for being “Tolgom’s Throw Hill.”

After throwing Tolgom’s remains into the lagoon the Cakchiquels separated from the Tzutujiles, ultimately crossing lake Atitlán and settling at the tip of Qabouil Abaj.

Later the land around the lake was split in half, north for the Cakchiquels and the south for the Tzutujiles. *“In this way the division of the lake was made, according to the grandparents. And that was also how our brothers and relatives stayed with the Zutujiles.”*

The Xocomil Legend

Another interesting story is about the **Xocomil**. It is a strong wind that usually starts to blow across the lake late in the afternoon. It is so common that you'll seldom anyone in a boat attempting to navigate a lake crossing.

The word Xocomil comes from two Cakchiquel words "Xocom" which means collect and "il" which means fish.

According to legend, before the lake was formed there where three rivers that merged at the center of the three volcanoes. Every morning the daughter of the Cacique, (ruler) of this region, bathed there in view of the beautiful volcanoes. The princess name was Cit-lazin, which means little star.

She was very beautiful and had a sweet singing voice so the rivers felt in love

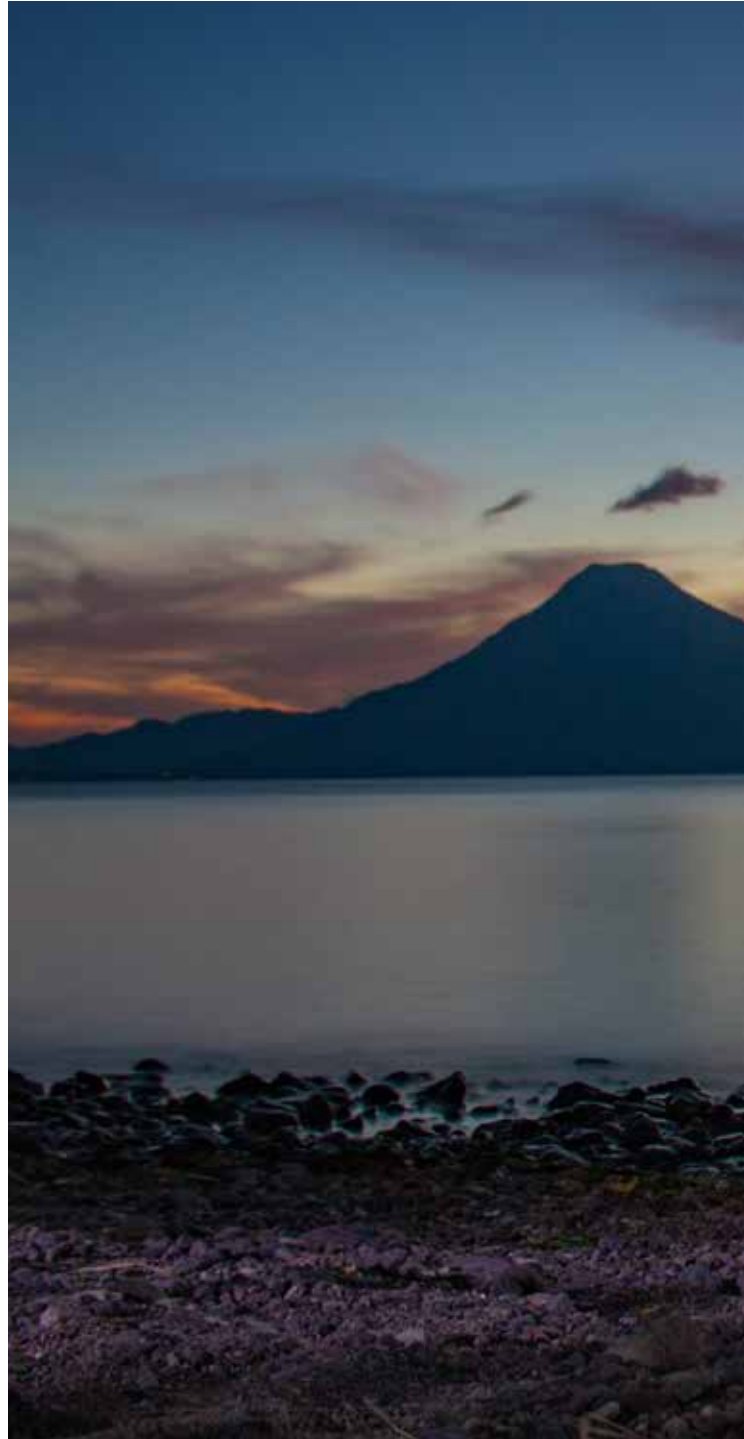


photo Julio Mucún



with her, and each day they long for the maiden's bath.

One day after the bath, Citlatzin found a commoner known as Tzilmiztli and they immediately felt in love. After that they agreed to meet again at the same place at the same time to avoid being discovered and that is why Citlatzin began bathing in a hurry to meet Tzilmiztli, so she stopped singing.

When the rivers felt indifference on the part of the maiden, they decided to ask the wind the reason for her behavior. So the winds told them what was happening between Citlantzin and Tzilmiztli.

The rivers raged and commanded the wind to push Tzilmiztli into the waters to drowned him. It didn't take long for Citlatzin to discovery this plot, so she went to Tzilmiztli, took his hand and together they sank into the depths of the rivers.

Angry, the rivers formed deep currents that covered most of the region. According to legend, this is how Lake Atitlán was formed.

And they never forgot Citlatzin, and the reason that every afternoon the waters and the wind still protest its' sin.

photo by Alejandra Durbin

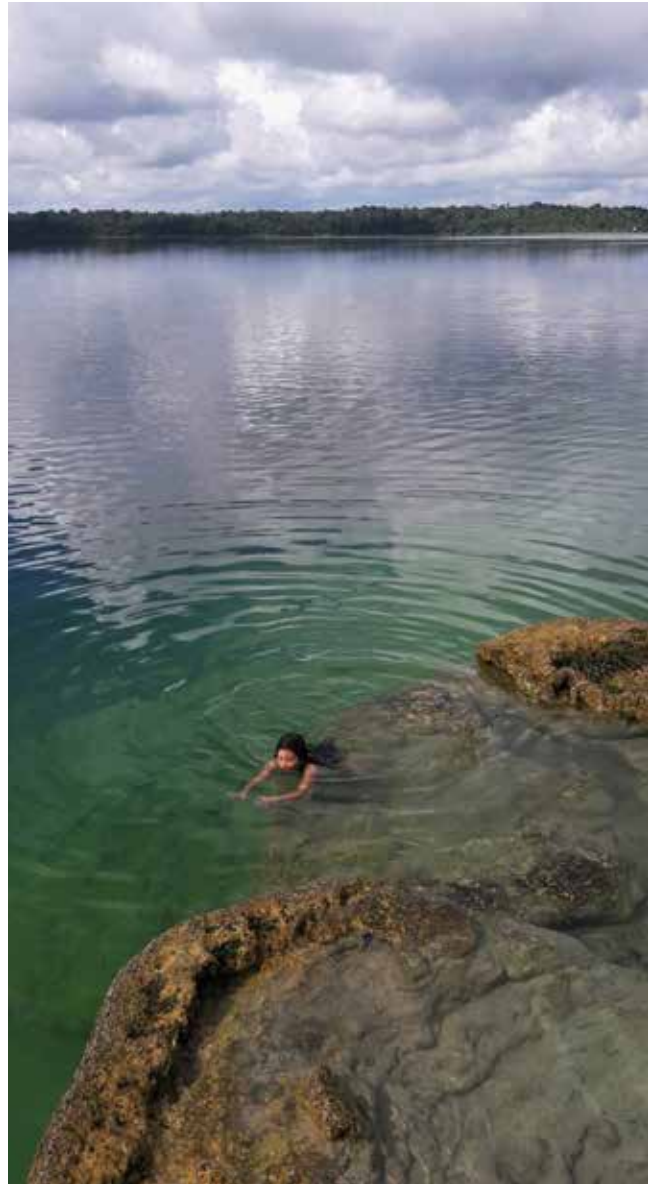




photo by Samuel López

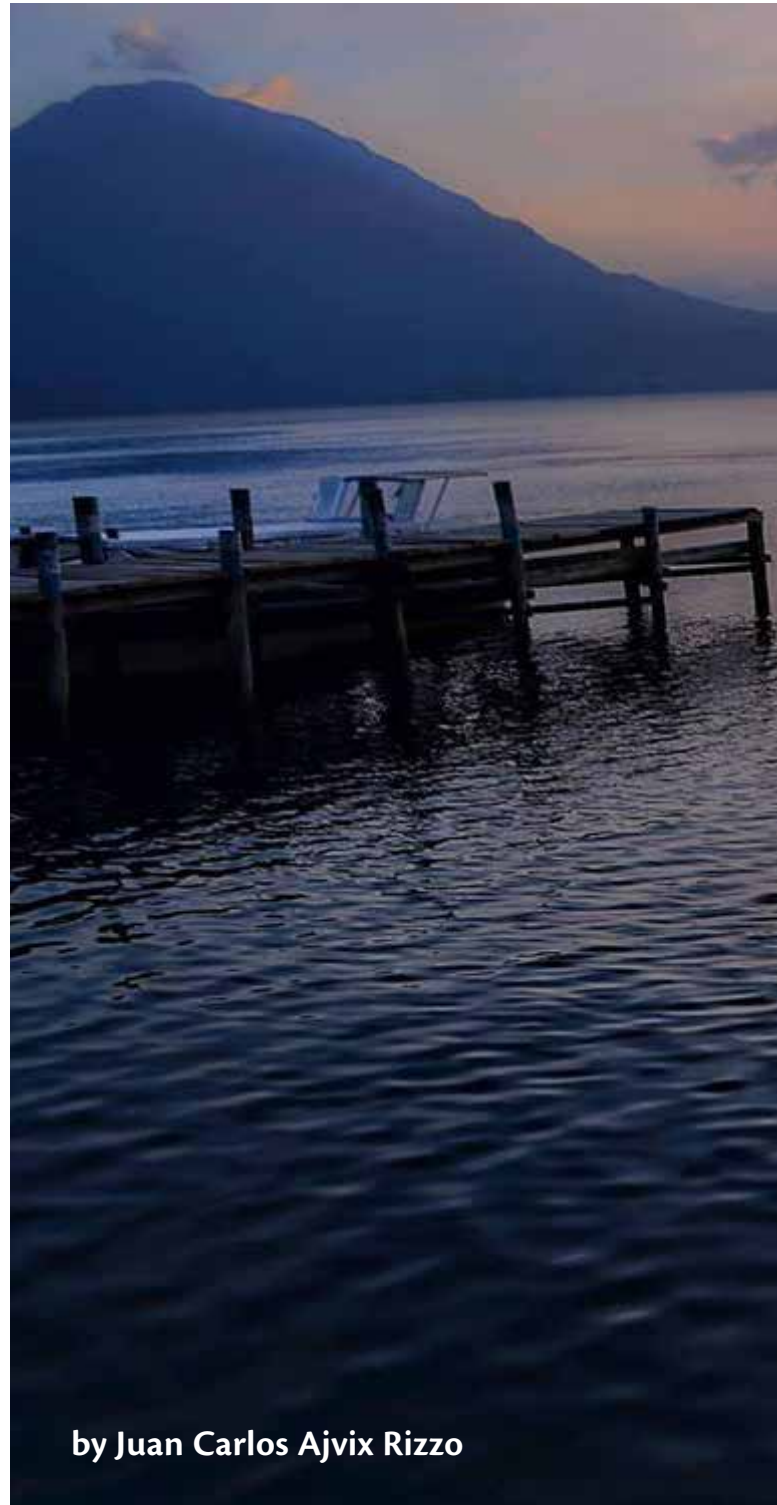
The Cerro de Oro Legend

There are definitely stories about the creation of **Cerro de Oro**. One in particular says that in the beginning the lake was not much more than a puddle, but that changed one day when the angels came down.

They'd decided to cut off the tip of Volcán Atitlán and were transporting it when suddenly they felt very weary. They interrupted their journey to rest and left the tip on the banks of the puddle. But when it was time to leave they could not move it since the tip had adhered to the earth forever.

As time went by, the pool grew bigger and bigger until it became Lake Atitlán, and that little piece of land that the angels left was named Cerro de Oro.

These are just three of the many legends about Lake Atitlán, undoubtedly, its beauty has inspired many fantastic stories and anecdotes.



by Juan Carlos Ajvix Rizzo



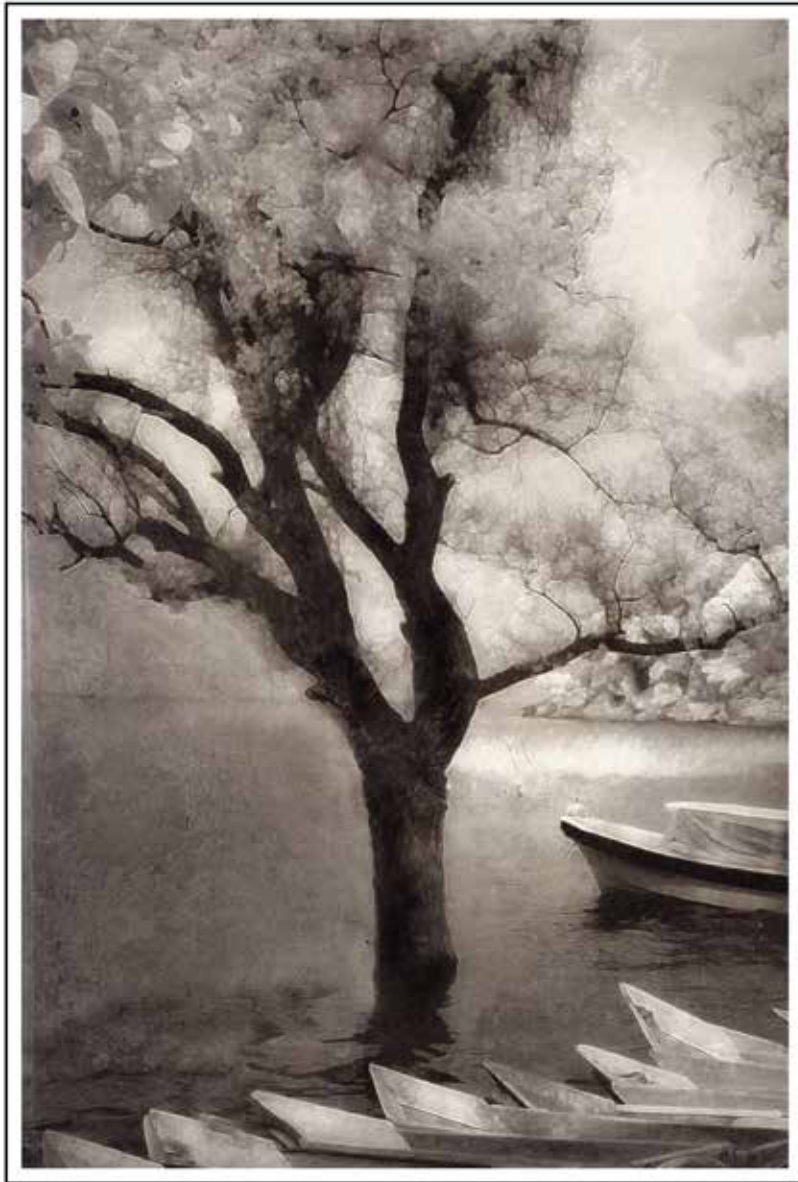
"Solo toma un respiro para contemplar un Amanecer"
Reserva Atitlán by Rodrigo Morales Vives







"Sobre las aguas" Mirador Mario Montenegro,
Santa Catarina Palopó by Samuel López.



Lake Atitlan - Tree and Boats

Terry Kathryn Lawrence

"Tree & Boats" by Terry Kathryn Lawrence

"La Terminal" San Pedro La Laguna
by Aderkee López







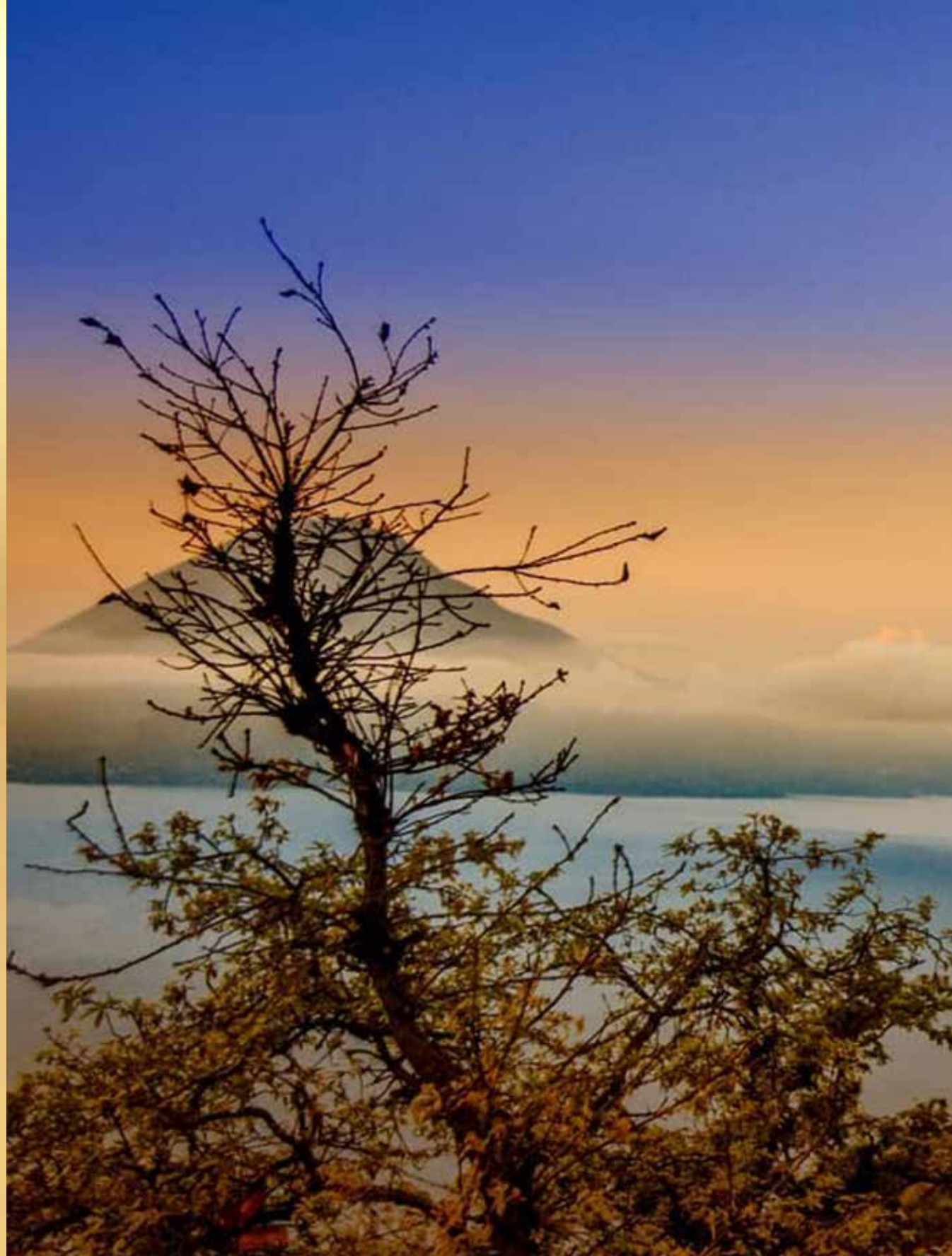
"Mystic Morning" by Bo Chelette



Paz (fisherman with Cerró de Oro in the background)
Lake Atitlán by Claire McGee

***"Make your heart like a lake with a calm,
still surface and great depths of kindness."***

—Lao Tzu



"La felicidad en el lago" by Gabriel Valdez





"Posada Dock" Posada de Santiago
by Warren Capps



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Boosting Flavor While Cutting Calories

The healthier eating trend is stronger than ever in the United States. Native and African Americans and Hispanics are at the top of the risk group for Type 2 diabetes in America, according to the American Diabetes Association.

This trend will have a ripple effect on neighboring countries in the coming years, as chronic diseases related to poor eating habits and lifestyle is a growing concern worldwide affecting manufactured products and food imports and increasing healthcare costs. As the tendency picks up speed, the food industry struggles to stay on top of rising consumer demands for more transparent and cleaner labels.

The good news is that with Guatemalan food, one can accomplish not only wholesome, but delicious eating too. The country is blessed with a bounty of natural foods. Guatemalan cuisine has ancient and rus-

tic cooking techniques, some of which are healthier than others. By combining what is established with more healthful choices, you can obtain better results without sacrificing flavor or quality.

When I attended Le Cordon Bleu, I became more aware of cooking healthier after receiving intensive nutrition classes, which gave me a deeper understanding and appreciation of my own eating habits and those of other multicultural groups. With steady practice, I learned to prepare delicious meals by applying quick and easy techniques that translate into less calories overall.

Some of the most common blended techniques that I use in my home and commercial kitchen today are super simple, and this is the base I use to create foods bursting with flavor in a short amount of time. When I combine the techniques with healthy ingredients, the end result is fabulous.



Amalia's Kitchen

text & photos by
chef and author
Amalia Moreno-Damgaard





Pan and oven roasting (high-temperature cooking), baking, sautéing and steaming are common techniques that can be applied to any type of cooking and food. Healthy cooking fats and sprays such as canola and olive oil are key when using some techniques. Lime, lemon or orange juice, vinegar, herbs, hot chilies and spices are quick ways to boost flavor in any food or drink.

When shopping at a market, focus on fresh vegetables and vine-ripened fruits. Add variety with tubers like yuca, ichintal or other roots, and select fresh and dry legumes like multicolored beans, lima and fava beans, garbanzo and lentils. These ingredients have powerful nutrients, contain fiber, and are a source of vegetable protein (legumes). I call all of these “waist cinchers” because while they are high on nutritional value, they are low in calories.



It is never too late to start a healthy eating style, whether you embrace it for health or personal reasons. It only takes determination and patience, as it is a learned routine that must be practiced to become a lifestyle. Start with baby steps. Here’s a recipe to get you started!

FILETE DE LOMITO CON CHIRMOL DE MILTOMATE

FILET MIGNON WITH SPICY TOMATILLO SALSA

Recipe by Chef Amalia Moreno-Damgaard
(AmaliaLLC.com)

This recipe is an upscale alternative to carne asada con chirmol. Tomatillos give the salsa a different flavor dimension. This salsa’s tangy flavor, chunky texture and green color look and taste great on a steak. Vary the recipe by adding other herbs and ingredients.

Serves 4 to 6 people

4 to 6 cuts filet mignon (1 1/2 inches thick), coated with canola oil and seasoned generously with kosher salt and freshly ground black pepper.

1 batch chirmol de miltomate (spicy tomatillo salsa; recipe below).

Preheat the grill.



Amalia's Notes

Steaks will continue to cook after you take them off the grill. Resting lets the steak reach the proper temperature and retain its juices. The following guide shows the temperature that steak would reach after resting.

To grill steaks on the stovetop on a pan or griddle, start with a medium-hot dry pan, use the following



temperature without overcooking and helps the steak

g guide, and rest the steak before slicing.

Grill the steaks over medium-high heat for 4 to 5 minutes on one side and 2 to 3 minutes on the other side for medium-rare steak. Or cook more or less according to taste, using the guide following this recipe. Prior to cutting, rest the steak for 5 to 10 minutes tented with foil. Top with chirmol de miltomate.

CHIRMOL DE MILTOMATE

SPICY TOMATILLO SALSA

Makes 2/3 cup

8 small tomatillos, husked
1 Serrano pepper
1 1/2 tablespoons finely diced onion
1/2 tablespoon finely chopped flat-leaf parsley
1/2 tablespoon finely chopped cilantro
1 teaspoon freshly squeezed lime juice
1/2 teaspoon kosher salt
Dry pan roast or grill the tomatillos until they're charred and soft (about 8 minutes). Chop the tomatillos finely. Char the Serrano pepper and chop it finely.

Combine the tomatillos and Serrano pepper with the rest of the ingredients.

Taste and adjust seasonings, if needed.



"Atardecer en San Pedro"
Muelle público San Pedro La Laguna, Sololá
by Pedro Arturo Orozco Bautista



"Volando sobre el Lago"
Sololá a más de 12 mil pies de altitud
by Pedro Orozco



"San Juan La Laguna, Sololá"
by Mario Josué Santizo del Valle



"Crepusculo" Santa Catarina Palopo
by Héctor Salaverría





"El pescador". Lago de Atitlán
by Diego Gordillo Quintana





"En compañía de gigantes" San Marcos la Laguna
by Billy Myko Chan Gómez







Volcanes Atitlan y Toliman
Lago de Atitlan by Daniel Iguardia

***“Perhaps the truth depends on
a walk around the lake.”
—Wallace Stevens***



"Serious, Serio, a quieter procession"
San Pedro la Laguna, Lago Atitlán by David Dean

***"In the hearts captivated by innocence, the
eternal peace of a quiet lake is experienced!"
—Mehmet Murat Ildan***



"Vista del Lago" Muelles del lago de Atitlán
by Yosvin Arnulfo Gómez Nimatuj



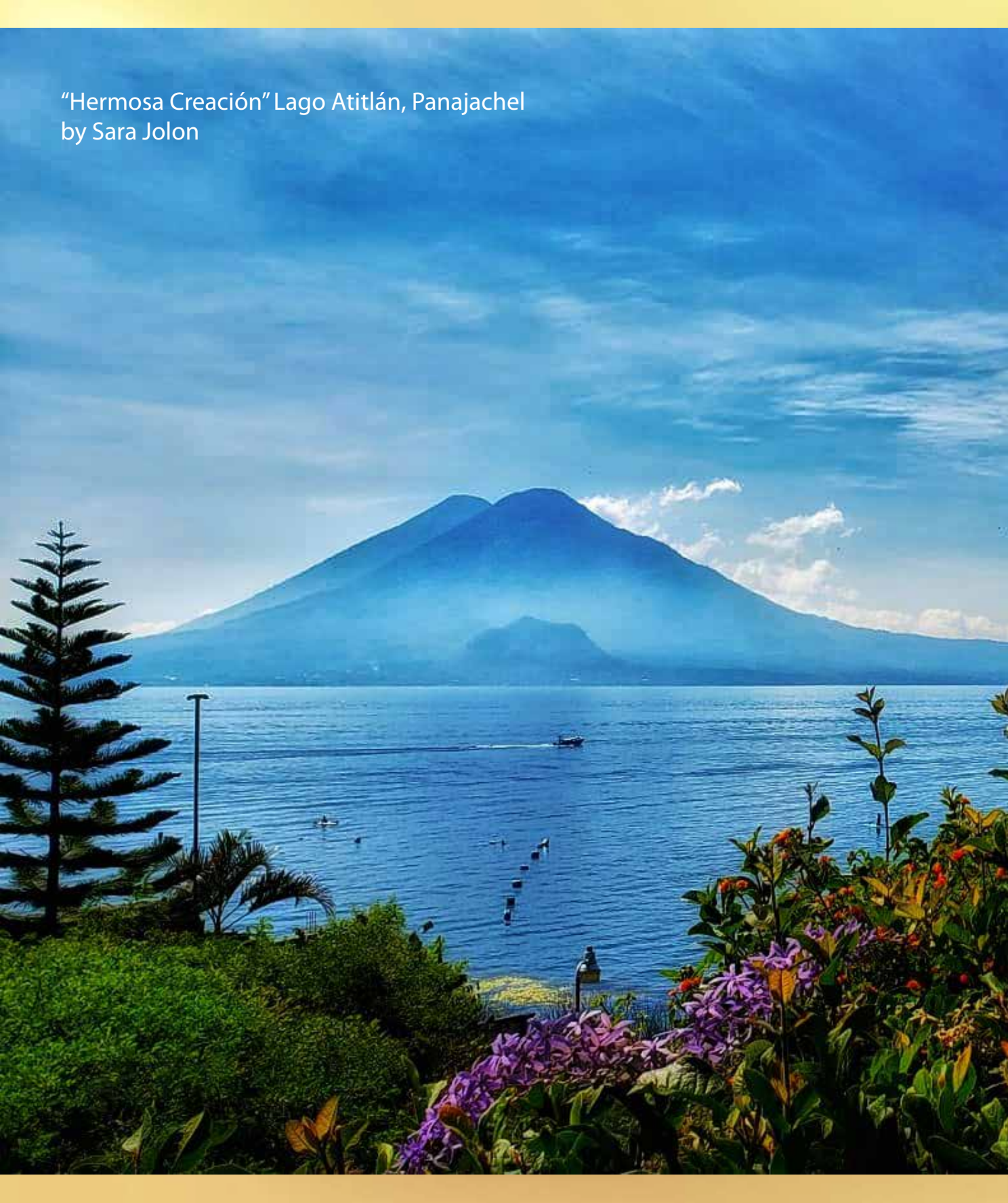
"Lago Atitlán" by José Andres Arguedas CR



MARIO  ARGUEDAS.



"Hermosa Creación" Lago Atitlán, Panajachel
by Sara Jolon



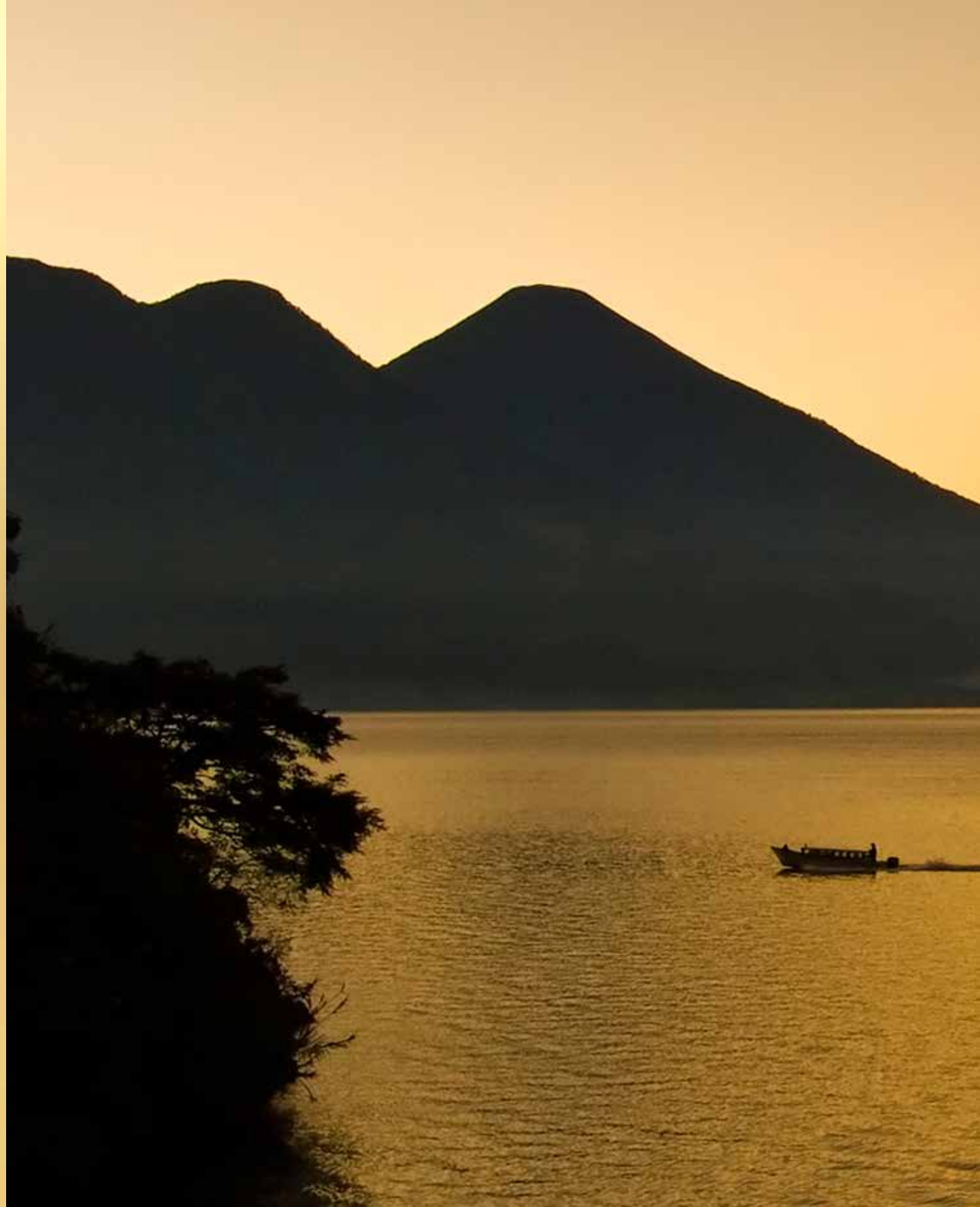


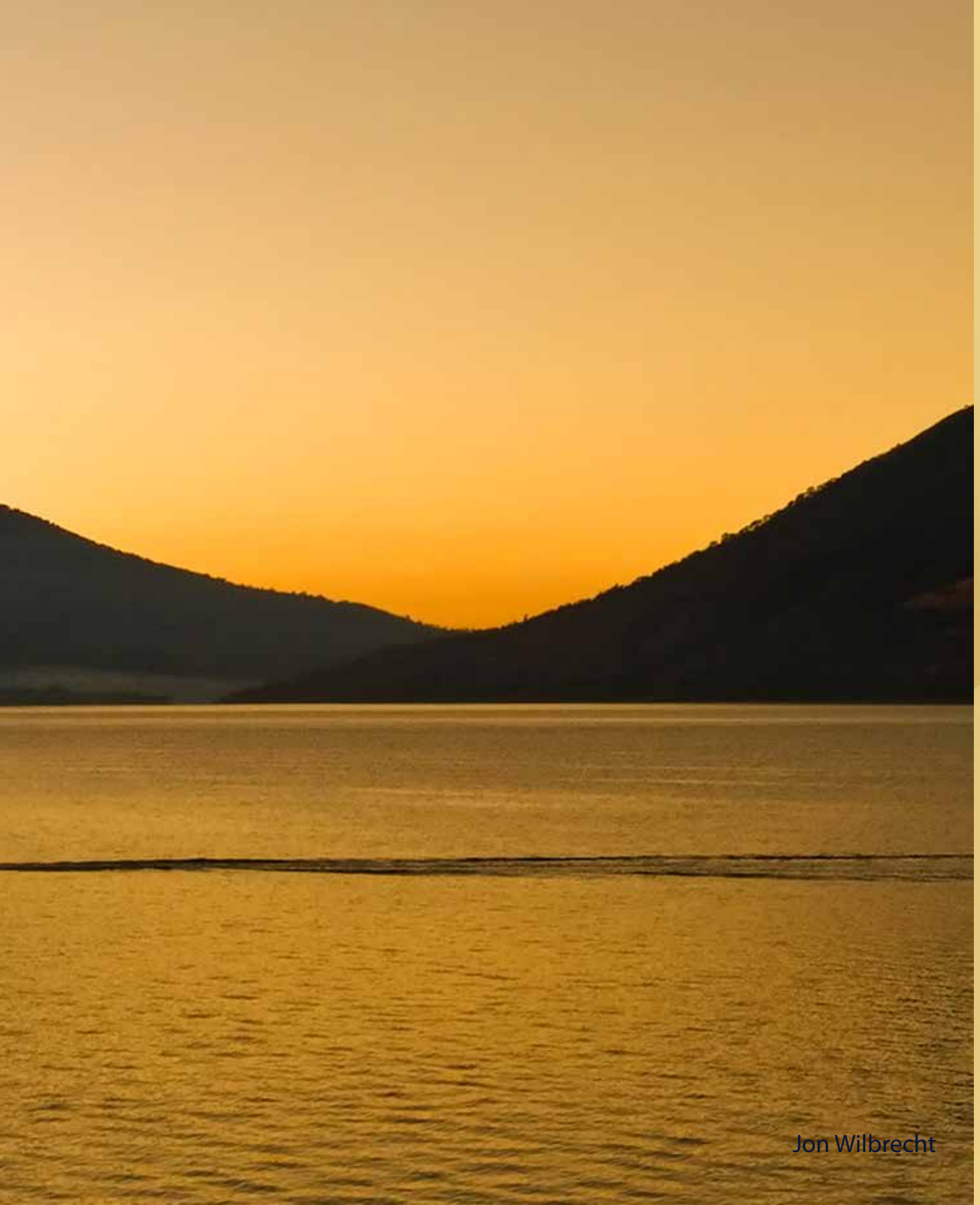
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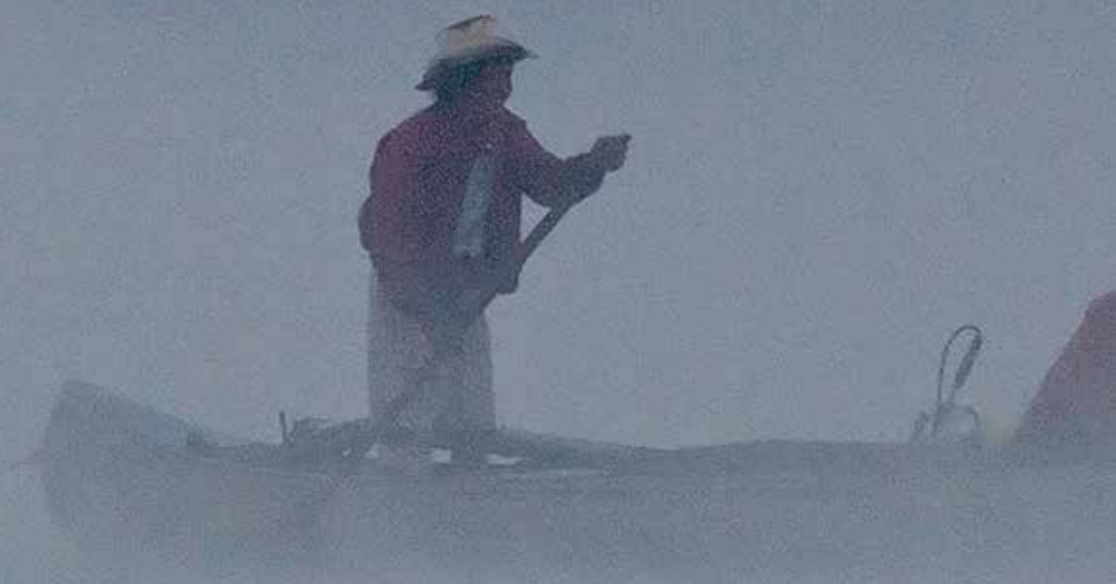


Jon Wilbrecht



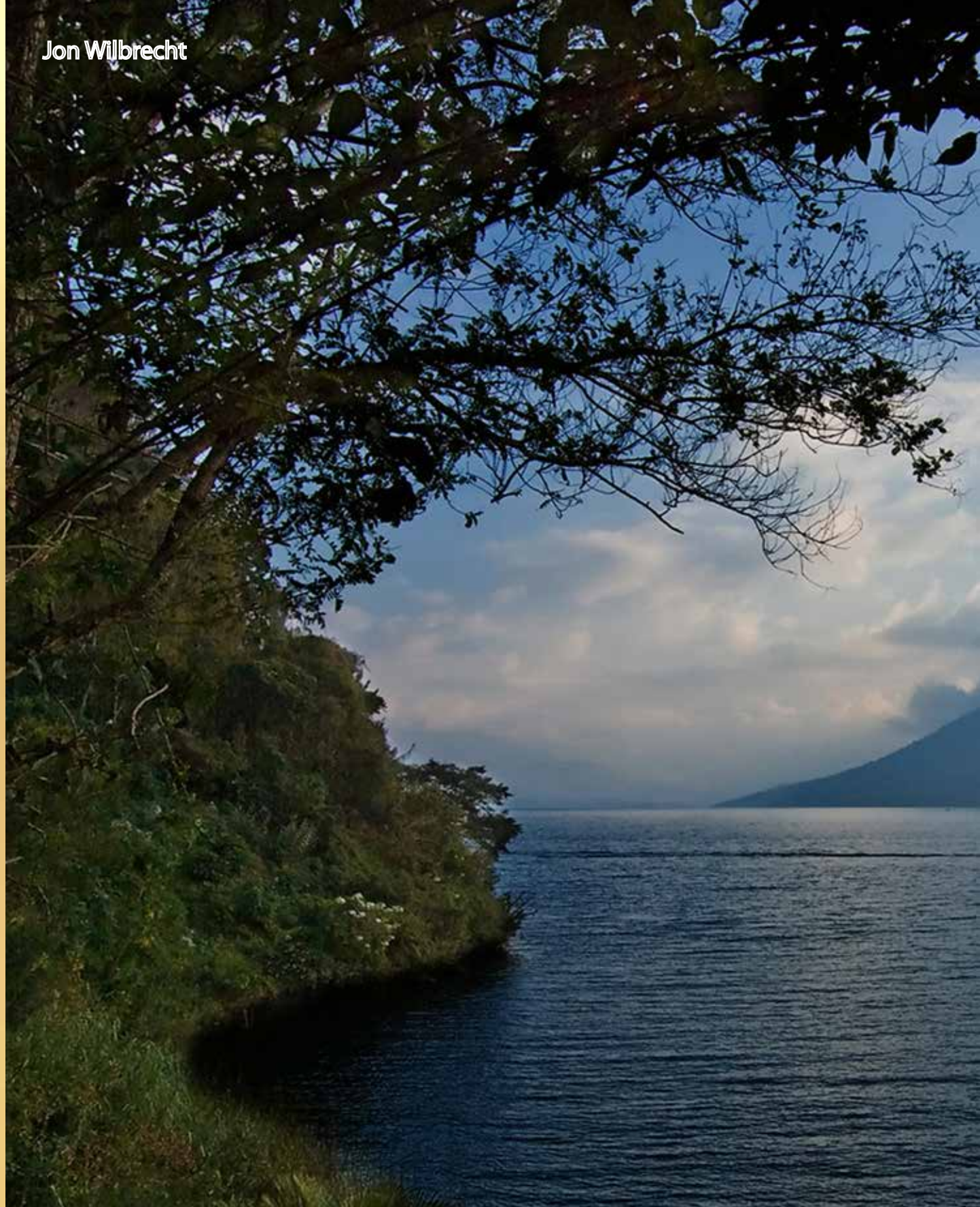


Jon Wilbrecht





Jon Wilbrecht





"La paz que te imprime el atardecer"
Panajachel by Julio Mucun





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