

unity



Hispanic Heritage Issue
September 15-October 15
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Celebrating Food, Art & Culture



Pride and revelry across the U.S.

INSIDE:

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Unity is published in February (African-American History Month), March (Women's History Month), May (Asian-Pacific American Heritage Month), June (Sustainability Issue), September (Hispanic Heritage Month) and November (Native American Heritage Month).

Pride and revelry across the U.S.

In cities large, small and in between, recognition of National Hispanic Heritage Month (Sept. 15-Oct. 15) takes many forms. During this annual observance, millions of Hispanics – and non-Hispanics – unite in a celebration of the accomplishments and contributions of the 57.5 million people of Hispanic or Latino origin in the United States. Following are 16 gatherings of note in 2018.

Hispanic Heritage Street Fest

Houston, Texas • Sept. 14-16

A game-day ticket is required to enter this three-day event, sponsored by the Houston Astros,

Hispanic Heritage Festival

Dayton, Ohio • Sept. 15

The event kicks off at noon with the Dayton Hispanic Heritage Parade. Highlights include authentic food; live music featuring salsa, merengue, Latin jazz, bachata and cumbia entertainers; and a domino demonstration.

Hispanic Heritage Festival 2018

Inglewood, California • Sept. 15

The city's festival includes live entertainment, carnival-style and interactive games, arts and crafts, vendor and information booths, and a classic car show.

Parade of Nations and Fiesta D.C. Festival

Washington, D.C. • Sept. 15-16

Each year, the parade is a lively display of culture featuring traditional costumes and entertainment from various Latino countries. This year's parade will be held Sept. 15; the festival takes place Sept. 16.

The full-day festival usually includes a wide range of entertainment and food from a variety of Latino cultures, but the featured cuisine this year will be the traditional dishes of Mexico.

Puerto Rican Festival Parade

Philadelphia, Pennsylvania • Sept. 30

No fewer than 1,500 marchers participate in this annual event that takes place on the Benjamin Franklin Parkway and features traditional Latino music, poetry and dance.



Dancers entertain the crowd at Hola Charlotte Festival. Photo courtesy of Norsan Media



Cultural attire is on display at Hola Charlotte Festival. Photo courtesy of Norsan Media

Hola Charlotte Festival

Charlotte, North Carolina • Oct. 6

Sixty thousand people are expected to attend the event in uptown. They'll enjoy the Latin American Cultural Village, authentic Latin American food and beverage, nationally acclaimed Latin American bands and artists, cultural dance performances, Zumba demos and instruction, and displays of Hispanic fashion.

Hispanic Day Parade

New York City, New York • Oct. 7

The city with the largest Hispanic population in the U.S. puts on a procession that draws 1 million people every year to the Upper East Side.

Hawaii Hispanic Heritage Festival and Health Fair

Honolulu, Hawaii • Oct. 13

The capital city's free event features Latin food booths, crafts, cultural exhibits, community/health agencies and lots of live entertainment including Latin music and dancers. It regularly attracts 10,000 attendees.

Other celebrations include:

Tri-City Latino Festival

Columbus, Georgia • Sept. 15

Fiesta Patrias

Houston, Texas • Sept. 16

Hispanic Heritage Parade and Festival

Salt Lake City, Utah • Sept. 22

Latino Heritage Festival

Des Moines, Iowa • Sept. 22-23

La Fiesta del Pueblo

Raleigh, North Carolina • Sept. 23

Fiesta Spokane / Fiesta Spokane 5K Run

Spokane, Washington • Sept. 29

Fiesta Latina

Savannah, Georgia • Sept. 29

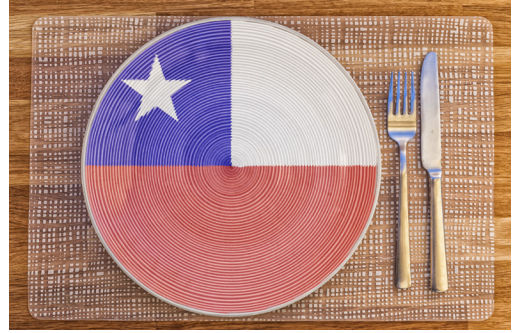
Carnaval Latino

New Orleans, Louisiana • Oct. 13

Test your Hispanic heritage knowledge

National Hispanic Heritage Month begins Sept. 15, the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate their sovereignty during this period.

Find out more about Hispanic culture by taking our quiz.



1. Which country is the world's largest exporter of fresh grapes, plums and fresh fish fillets?

- A. Nicaragua
- B. Guatemala
- C. El Salvador
- D. Chile

2. In the United States, "soda" usually refers to a carbonated beverage. In Costa Rica, "soda" is generally translated as:

- A. Place mat
- B. Diner
- C. Napkin
- D. Condiment

3. Pupusas are corn biscuit-like flatbread stuffed with cheese or other ingredients. Which Indian tribe is credited with creating this staple in El Salvador?

- A. Pipiles
- B. Aztecs
- C. Apalais
- D. Carapanas

4. Throughout Guatemala, natives and visitors devour elotes, which are slathered in cheese, lime juice, mayonnaise or cheese. What's another name for elotes?

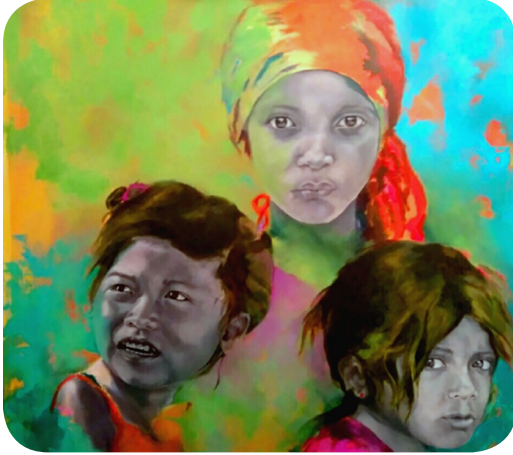
- A. Grilled tomatoes
- B. Grilled peppers
- C. Grilled ears of corn
- D. Grilled onions



Answers: 1. D, 2. B, 3. A, 4. C

Symbols of innocence, perseverance and pride

The artists in this edition of *Unity* convey the raw emotions and experiences of Latin culture and history through their works of art.



"Beauty of Diversity" by Catalina Gomez-Beuth

CATALINA GOMEZ-BEUTH

Catalina Gomez-Beuth was born in Medellin, Colombia, where she received a degree in fashion design from Escuela de Diseno Proyectual College and University (Proyectual Fashion Design School). Her love for art grew when she studied design accessories (belt buckles, buttons, etc.) in Florence, Italy, but Gomez-Beuth maintains that her true passion has always been painting. Since moving to the U.S., Gomez-Beuth says she has seen the beauty of diversity and multiculturalism.

"My paintings of expressive faces, mostly of children, represent those who are innocently exposed to polluted realities filled with boundaries," Gomez-Beuth explains.



"Innocence" by Catalina Gomez-Beuth

Gomez-Beuth's says her piece, "Beauty of Diversity," symbolizes the purity of humanity without limitations based on our differences. She states that "Innocence," which depicts a young boy playing with a ball made of wire presented in 3D, connects the viewer to the innocence of the child.

"Little Mother," she says, "captures the feeling of insecurity and fragility through the most vulnerable stage of the human being – childhood – and the bond between sister and younger brother."

Gomez-Beuth is a member of Contrapunto, a Latin American art group whose mission is to present the richness and diversity of Latin American art in the United States and the rest of the world. She lives in Alpharetta, Georgia.



"Little Mother" by Catalina Gomez-Beuth

GRACIELA NUÑEZ BEDOYA

Born in Lima, Peru, Graciela Nuñez Bedoya grew up in the coastal city of Callao, a suburb of Peru's capital. Bedoya says her father rendered small drawings and paintings that inspired her to pursue art.

"I remember asking my father to draw a volcano for me when I was 6 years old," Bedoya recalls. "I was in awe of its beauty." Bedoya's family moved to Atlanta, Georgia, and she became a naturalized citizen in summer 2014. She earned her BFA in painting, drawing and printmaking from Georgia State University.

During a residency at the Governor's Honors program in Valdosta, Georgia, Bedoya became fascinated with the classical instruction and traditional studio practices honed by the old masters of the Renaissance. She began to focus on Renaissance techniques.

Bedoya once imagined what her life would be like if she had been born in the Andes region of Peru, like her grandparents. "Andean Garb" – whose colors were inspired by Peruvian textiles – embodies what she envisioned.

"Father," painted in a monochromatic style, is a tribute to Bedoya's father who, she recounts, was the



"Andean Garb"
by Graciela Nuñez Bedoya



"Father" by
Graciela Nuñez Bedoya

first in his family to attend college, and overcame every obstacle he encountered.

"Melanin Part II" is one panel of a diptych (artwork consisting of two panels) inspired by a diptych portrait of the Italian Renaissance era of the duke and duchess of Urbino, Italy. Bedoya's portrayal is of a college art student and an art model separated by skin tone.

Bedoya lives in Lilburn, Georgia. Her work has been exhibited in Alabama, Georgia, New Jersey and Pennsylvania.



"Melanin Part II" by Graciela Nuñez Bedoya

CLAUDIO ALTESOR

Claudio Altesor, a native of Uruguay, describes his work as a historical review of moments that led to the birth of candombe, a musical rhythm of strong African roots crafted in Uruguay.

"Candombe at Conventillo," an oil painting on linen, is a typical courtyard scene of a conventillo (a tenement building of African-Uruguayans) playing candombe.



"Candombe at Conventillo" by Claudio Altesor

"Tuning Drums," also oil on linen, portrays a scene in Montevideo, where Altesor was born. "Before drummers play candombe, many times a small fire is lit and all of the drums are laid around the fire to tune the drums with heat," Altesor explains.

Altesor's use of paints and brushes to bring figures to the canvas are often surreal. "I create a vision that takes place in the land of surrealism and social realism," he says.

"Candombe Piano" is one such piece. The long extension of an arm with one hand pounding the drum and the other holding a short baton expresses the rhythmical form of the piano-drum, which is the bass sound of candombe music.

Altesor's work has been exhibited in the Greenwich/Stamford, Connecticut, area as well as New York City, New York. He lives in Stamford, Connecticut.



"Candombe Piano"
by Claudio Altesor



"Tuning Drums" by Claudio Altesor

Culinarian with a purpose and platform

José Andrés, the internationally known culinarian, restaurateur and philanthropist, remains on a never-ending, upward trajectory that only a handful of people in any industry can match.

A pioneer of Spanish tapas in the United States, Andrés is also known for his avant-garde cuisine, award-winning group of 29 restaurants, and a food truck located throughout the country, in Mexico City and the Bahamas. He is the only chef globally who has a two-star Michelin restaurant and four Bib Gourmands.

Over the past year, Andrés has been linked to one of the Caribbean's most calamitous natural disasters in recent history. In recognition of his efforts to help the people of Puerto Rico, the James Beard Foundation presented Andrés its 2018 Humanitarian of the Year award in May.

Along with his nonprofit, World Central Kitchen, and #ChefsforPuertoRico, Andrés served more than 3.5 million meals from a network of 23 kitchens in Puerto Rico following the devastation of Hurricane Maria in September 2017.

Maria's arrival and the aftermath

The category 4 storm, with maximum sustained winds of 155 miles per hour, made landfall in Yabucoa, Puerto Rico, on Sept. 20. Hurricane-force winds spread over the mainland, along with extremely heavy rainfall that produced major-to-catastrophic flooding and flash flooding. Maria's center moved over the coastal waters off northwestern Puerto Rico that afternoon. Even though hurricane-force winds started to diminish once the system moved offshore, tropical storm-force winds continued well into the evening and overnight hours across mainland Puerto Rico.

The strongest storm to hit Puerto Rico in 85 years, Maria left much of the island without power and water, destroyed countless homes and buildings, and might have killed – according to several media outlets – more than 4,000 people.

Feeding the people of Puerto Rico

"I arrive Monday right after the hurricane," Andrés told CBS News in June 2018. "And I ask, 'Who is in charge of feeding the people of Puerto Rico?' And they told me, 'Everybody. Everybody's in charge.' You know, when you have to feed an entire island you need to have one – one person and one organization responsible."

Andrés' solution for feeding many of the island's people? Start with \$10,000 of his own money in cash and multiple credit cards that he used to buy food.



Humanitarian of the Year José Andrés is a leader among philanthropists. Photo by Aaron Clamage

Many assumed there was little to no food on the island. Not true, says Andrés. He found the island's large food distribution companies, which did have food. Then he paired up with local chef Jose Enrique and other volunteers, cooking gigantic pans of paella and stews in a parking lot in San Juan. Before he and the impromptu team knew it, they were making more than 100,000 meals every day.

With the help of private donations and money from the federal government, CBS News reported, Andrés' nonprofit, World Central Kitchen, prepared more hot meals in Puerto Rico than major disaster-relief groups – such as the Salvation Army and the Red Cross.

2018: Another busy year for José Andrés

In addition to being named JBF's Humanitarian of the Year, Andrés:

- Opened Zaytinya restaurant in Frisco, Texas
- Opened Somni restaurant in Beverly Hills, California
- Made Time magazine's list of the 100 most influential people in the world for the second time
- Received the Award for International Commitment by the Arab American Institute
- Opened Fish restaurant in Paradise Island, the Bahamas
- Received an honorary doctorate of public service at Tufts University

Arepas: A winner at breakfast, lunchtime and dinner



Arepa is the ubiquitous, gluten-free bread of Venezuela that originated with the Timoto-Cuicas people during the pre-Columbian period. The dough – consisting of white cornmeal, water and salt – is formed into patties, grilled, baked, split open and stuffed with a variety of ingredients (much like any sandwich). The patties can be any size, from silver-dollar pancakes to jumbo subs.

Depending on the region in Venezuela where they are served, arepas are eaten for breakfast, lunch and dinner. Although usually grilled, they're also fried or baked. They are eaten alone or served with soups and stews as a substitute for bread.

Arepas are also a staple in the Canary Islands, Colombia, the Dominican Republic, Panama and Puerto Rico.

Arepas are wonderfully versatile. One of many recent adaptations pairs the traditional Venezuelan sandwich with its Greek counterpart, the gyro – creating an appetizing union of the tastes and textures of South American and Mediterranean cuisines.



AREPAS WITH CHEESE AND CORN

- 1 cup yellow cornmeal, finely ground
- 1/2 teaspoon salt
- 1/2 cup cheddar or Monterey Jack cheese, grated
- 1 cup milk
- 2 tablespoons butter, more for serving, optional
- 1/2 cup fresh sweet corn kernels, or frozen kernels, thawed
- 1/4 cup scallion, chopped
- 1/4 cup fresh cilantro, chopped
- 1 small serrano or jalapeño chili, seeded and minced, optional
- 3 tablespoons corn, canola, grapeseed or other neutral oil
- Cooked black beans, vegetables or sour cream for stuffing, optional

Put the cornmeal in a large bowl with the salt and cheese. Put the milk in a small saucepan over medium-low heat until steam rises, then add the butter and stir until melted. Remove from the heat and stir into the cornmeal mixture until a thick batter is formed. Fold in the corn kernels, scallion, cilantro and chili, if using.

Let the batter rest until it thickens into a soft dough, about 15 minutes. Gently form 3- to 4-inch balls from the mixture and flatten with the palm of your hand to a 1/2-inch-thick disk. (You can cover and refrigerate the disks for a few hours if you like.)

Heat the oil in a large skillet and cook the arepas, in batches, until golden brown, about 5 minutes, then flip and cook for 3 minutes on the other side. When all of the arepas are cooked and cool enough to handle, carefully slice them through the middle. If desired, serve with butter or stuff with beans, vegetables or sour cream.

Source: The New York Times

Servings: 8 to 12

Culinarian with a purpose and platform

Continued from page 6

Before Puerto Rico, there was Haiti

Andrés founded World Central Kitchen in 2010, after the 7.0 magnitude earthquake in Haiti that affected 3 million people. He supports an orphanage in the capital of Port-au-Prince and created a job-training program for local chefs. Plus, he's leading an effort to reduce the use of charcoal in cooking. In 2014, the World Health Organization reported that exposure to indoor air pollutants (especially in the developing world, where indoor cooking is fueled by wood, coal and cow dung) killed an estimated 3.5 million people in 2012.

#ChefsForGuatemala mobilizes

"The foundation is thrilled to name José Andrés as the 2018 Humanitarian of the Year," said Mitchell Davis, executive vice president of the James Beard Foundation, in a press release. "José's work in Puerto Rico and Haiti shows how chefs can use their expertise and unique skills to enact profound change on a global scale. He has demonstrated how, at the most difficult times, hot-cooked meals provide more than nutrition, they provide dignity. José's work serves as an important reminder of how precious and nourishing food can be."

Weeks after arriving in Guatemala following the eruption of Fuego Volcano, Andrés and the World Central Kitchen team activated kitchens and food trucks to deliver meals to 30 distribution points. Since partnering with other agencies starting in June 2018, #ChefsForGuatemala had served more 100,000 meals. Andrés and the team delivered meals to Ceilán, which was directly in the impact radius of the volcano.



José Andrés operates on an international scale.
Photo by Blair Getz Mezibov

José Andrés' origin story

Born in the northern region of Asturias and raised outside of Barcelona, Spain, Andrés chose cooking as his life's work at the age of 15. He attended the School of Restaurants and Hotels of Barcelona and trained in the kitchens of Spain's best chefs. Two years after arriving in the U.S., Andrés embarked on a venture with two American chefs in Washington, D.C. Their restaurant, Jaleo, would later become one of the first critically and commercially successful tapas eateries in the country. Jaleo's success prompted Andrés to found his company ThinkFoodGroup, the organization that oversees his restaurants and other endeavors.