

Recipes Issue

Spring 2018

MANOS

M A G A Z I N E

RECIPES

Ceviche

Mexican Macaroni Salad

Puerto Rican Coquito

Artist:

Joshie Sanchez

Book Review:

Maria Had A Little Llama

Holiday Story:

Three Kings' Day

Exclusive Interview:

Austin Gonzalez

MANOS MAGAZINE

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EDITOR'S LETTER

This is my fourth issue with *Manos*. I have had the distinct pleasure of working closely with my dear friend Jessica Sanchez-Lammers on this collaboration. Passing on the *Editor In Chief* position to Jessica is something I am excited to do. I recall vividly Jessica telling me it is a goal of hers to be an editor of a magazine. Perhaps this is something that will lead to bigger things for her. I trust Jessica explicitly with this transition. She is meticulous when it comes to her responsibility as *Copy Editor*. She is also committed and transparent with her feedback and ideas. Please join me and congratulate Jessica on her new position.

As mentioned before, *Manos* is for our community members. Our history and the journey as intersectional Latinx DDBDDHLLDD is often marginalized. *Manos* is a platform to highlight our folks who have broken barriers, who are skilled artists (painter, poet, and photographer), who cherish traditional holidays and family recipes. We need to know your stories. Please consider contributing to future issues of *Manos* or encouraging others to do so. Contact us at magazine@councildemanos.org

Thank you Council de Manos and especially Carlos Mendez, Dexter Jones, and Jessica Sanchez-Lammers, for the opportunity to work closely with you for the last three years.

Carlos Aponte-Salcedo signing out as
Editor-In-Chief

Image Description of the Front Cover:

The text description - Recipes Issue, Winter 2018; Recipes: Ceviche, Mexican Macaroni Salad, Puerto Rican Coquito; Artists: Joshua Sanchez; Book Review: Maria Had a Little Llama; Holiday Story: Three Kings' Day; Exclusive Interview: Austin Gonzalez. With opacity blue background, displays an image of a measure glass pours over ceviche's mixing bowl.

ABOUT US

MANOS... the online magazine.

With the consensus of the Board of Directors, the online magazine was created as a vehicle to reach out to our community members (Latinx Deaf, DeafBlind, Deaf and Disabled, Hard of Hearing and Late Deafened - DDBDDHLD) and to strengthen our community partners. The primary purpose of MANOS is to bring the power of knowledge to all DDBDDHLD individuals with intersectional identities in multiple communities. MANOS shall be running and sharing multilingual content to provide equal language access for everyone. With labor of love, MANOS' online magazine is our special gift to you, the reader. Our vision is for the people we serve to achieve self-fulfillment in their identity as a Deaf, Deaf-Blind, Deaf Disabled, Hard of Hearing and Late Deafened Latinx. Also, it is important they know their story (#C5KnowYourStory).

TOP TO BOTTOM:

Carlos Aponte-Salcedo **Editor-in-Chief**

[Latino with caramel skin tone, with manbuns hairstyle, wearing Black Council de Manos' shirt (logo is visible in center) with wood pattern wall tile background.]

Jessica Sanchez-Lammers **Copy Editor**

[Latina with olive complexion and straight, chest-length black hair with bangs brushing her left eyebrow. She is standing sideways, looking at the camera lens. She is wearing a black Council de Manos' shirt (logo is visible) in center to right, with a cream colored wall with some beige tones mixed into the cream color.]

Dexter Jones **Managing Editor** **/Web Editor**

[Latino wearing black shirt (Council de Manos' shirt) and standing in front of an adobe wall. He has olive skin tone, wearing black wide glasses and wrapped ponytail hair.]

In Memorandum of
Oni Zuwena Wilson
Ceviche
Mexican Macaroni Salad
Puerto Rican Coquito
Joshie Sanchez
Maria Had a Little Llama
Three Kings' Day
Exclusive Interview



In memorandum of Oni Zuwena Wilson

December 1, 1985 - November 22, 2017

Oni was born in Panama City, Panama. She moved to Brooklyn, New York with her parents at the age of three. Oni belonged to several communications and was a lover of many things: life, laughter, fashion, literature, history, family, friends, and dance. Oni took two ASL courses and continued her education by attending LaGuardia Community College interpreting program. Oni worked at Lexington School for the Deaf for almost six years. She was respected and loved by colleagues, students, and their families. Oni had deep respect for the Deaf and Latinx communities. She volunteered as a member of the Translation Team for Council de Manos for three years. Oni had a smile like no other. She was a beautiful, kind-hearted, genuine, funny, unique, bright and passionate hardworking angel.



Image Description:

Oni, a young, petite Afro-Panamanian woman, is flexing her right arm while her left arm is on her hip. She is wearing a black cap and a black t-shirt that reads, "Nevertheless, she persisted." The "L" in "nevertheless" is replaced by a Cancer Awareness ribbon. Oni is in a waiting room with a glass room divider in the background.



Image Description:

Selfie of Oni, a young Afro-Panamanian woman, in a living room. Oni has wavy dyed light red hair, and is wearing red lipstick. She is smiling widely, and is also wearing a metallic gold dress.



Image Description:

Oni, a young Afro-Panamanian woman is wearing a traditional white folk dress that has ruffled shoulder trim, and a two-tiered pleated skirt. Oni also has on a white wrapped headscarf with long strands of pearls as necklaces. She is standing in front of a metal garage door with spray-painted letters in black, white, red, and yellow.

Next to Oni is a person wearing a brown mask with a cross design in the front, whose body is concealed by Oni's white skirt.



Ceviche by Oni Zuwena Wilson

Ceviche - Panamanian Style

Serves 10 people

Ingredients

3 lb White Sea Bass (Corvina) skin off, filleted and de-boned

15 limes (juiced approximately 1 ½ cup)

2 medium sized Yellow and/or Spanish white onion (diced)

1 stalk of celery (diced)

¼ cup fresh cilantro (chopped)

¼ cup fresh parsley (chopped)

1-2 Aji chombo, also known as Scotch Bonnet pepper (If using 2, only finely dice 1)

Salt (to taste)

A dash of black pepper

Directions

- Put onions, celery, parsley and cilantro in a medium to large mixing bowl (glass or plastic).
- Add lime juice.
- Add salt, stir and taste. Add more salt if necessary.
- Add a dash of black pepper.
- Add 1 finely diced pepper. Be sure to remove seeds before adding.
- Dice fish and gently fold fish into juice mixture until juice is slightly covering the fish.
- Cut remaining whole pepper in half, remove seeds and place on top.
- Cover and place in the refrigerator overnight for no less than 12 hours but no more than 24 hours.
- Can serve with saltine crackers or plantain chips.
- Enjoy!

Image Description: Ceviche - Mixing bowl with black pepper, finely diced pepper, and fish.



Mexican Macaroni Salad by San Juana Rodriguez

Mexican Macaroni Salad

Ingredients:

1 elbow pasta (codos)

2 green apples

3-5 slices of ham

Mayonnaise

First, cut green apples and 3-5 slices of ham into small strips, then put all cut apples and ham in the bowl. Set the bowl aside. Pour water into a saucepan to boil, then pour codos into the saucepan. When the codos are tender, drain the water and put codos into the bowl, mixing with the apples, ham and mayonnaise.

Enjoy!

Image Description: Mexican Macaroni Salad dish with Saucepan with codos in water.

Coquito

THE
ULTIMATE
COCONUT
EXPERIENCE



Puerto Rican Coquito by Milmaglyn Morales

Puerto Rican Coquito (Drink)

- 1 can coconut milk
- 1 can coconut cream
- 1 can evaporated milk
- 1 can condensed milk
- 1 tablespoon vanilla extract
- 1 tablespoon ground cinnamon
- 2 cups white rum

Put all ingredients in the blender and blend.

Pour the mixture into a wine sized bottle.

Refrigerate it until it is cold to drink.

Enjoy!

Image Description: On the left is a tall glass bottle filled with Coquito. On the right is a small drinking glass of Coquito. Both are placed on a table. Directly above the small drinking glass is text in white font, "Coquito, The Ultimate Coconut Experience."

Note: Coquito is a coconut-based alcoholic beverage traditionally served in Puerto Rico. It is generally made with rum, coconut milk, sweet condensed milk, vanilla, cinnamon and cloves.

MANOS #5

Call for Submission:

**Latinx
Star Athletes
& Coaches**

Recipes

Artworks

Book Reviews

**DEADLINE:
August 1st, 2018**

Email: magazine@councildemanos.org

Image Description: MANOS #5 Sports Issue Submission (flyer). The text description includes - Sports Issue. Call for Submission: Latinx Star Athletes & Coaches, Recipes, Artworks, Book Reviews. Flyer is with dark and light green gradient background, displays an image of a tennis racket/ball, football, clipboard, whistle, soccer, basketball, pom pom and baseball. DEADLINE: August 1st, 2018. Email: magazine@councildemanos.org.



Joshie Sanchez

Artist

The Ginger of Warriors, 2016

I with No Culture, 2016

State of residence: New York

Ancestral origins: Puerto Rico, Spain and Taíno

The media of The Ginger of Warriors are acrylic and water colors, while the media of I with No Culture is acrylic with coconut oil. The reason why I use acrylic is because it dries quickly as well as prevent bleeding of colors. I use coconut oil because it allows me to overlap colors and the overlapping of colors tells a story in a way. Although, the challenge in using coconut oil is it is very hard to clean the excess oil, but I like to use it because it adds shimmer to my work.

The Ginger of Warriors was inspired by my attraction to ginger men, and the painting shows the character of men that I am attracted to. The color of ginger is a loud one and it pops out. It is for this reason that the color is attractive to me. The cultural meaning of I with No Culture represents the absence of Latin culture in my life. Growing up with my family, we were very American even though we are Spanish; yet I felt the need to learn more and to be more exposed to the Spanish culture so I can embrace that part of my cultural identity more freely. Painting I with No Culture took me a while because for most of my life, I felt something was missing. Now that I am older, I am able to realize the importance of my Spanish culture and language, as well as Deaf culture, and I feel the desire to learn more about those two worlds more strongly.

A new friend had invited me to an 'art play date' and while there, I was inspired by his beard which led me to create The Ginger of Warriors. The inspiration for I With No Culture came to me when I was sitting in my bedroom, staring at a blank canvas. While staring at the blank canvas, I began to see my face which made me analyze myself as an individual. Growing up in two worlds - the

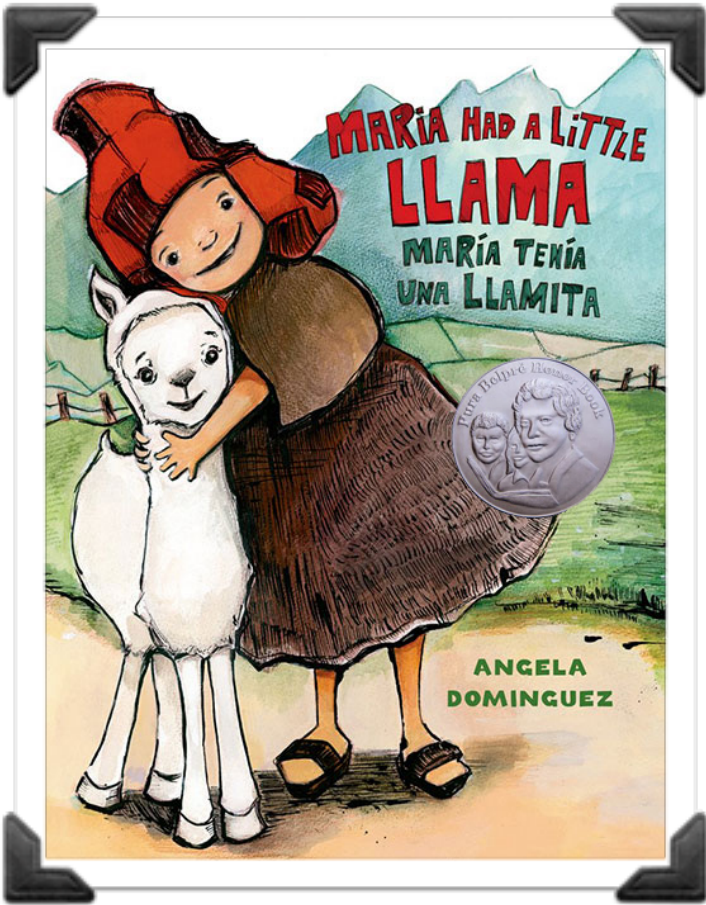
Deaf world and Hearing world - I found it challenging but over time, I realized I had to depend on myself. Both worlds gave me challenges but they also gave me an insight into two cultures. Both cultures gave me a way to express myself through art, not American Sign Language. The reason for this is it is difficult for me to express myself through sign language when I am a "mentally unstable" person. When I say I am "mentally unstable," I mean in the way I see words when someone is talking or signing. The words I see are painted in the background and I can pick up on people's auras. It is challenging to explain the way I see people and the world but through art, it is easy. Interpreter to be a part of a sign language interpreted performance for "El Hombre de la Mancha." We were all very excited. turn custard onto a platter.



Image Description: A smiling Puerto Rican male with light tan complexion, chin-length black hair with beard and mustache. He is wearing black rimmed glasses, denim blue collared shirt with light white floral imprints and black suspenders. He is sitting in front of a mustard yellow colored wall. Behind his left shoulder is a painting.

Book Review

Review by Milmaglyn Morales



Maria Had A Little Llama by Angela Dominguez

In this book, it was about this little girl who lived in Peru and had a llama who followed her everywhere she went. It reminds me of a book called Mary had a little Lamb - a nursery story but in a different country with a different animal. It is bilingual book that I am excited to add to my collection! The author's illustration in this book is beautiful because Peruvian culture was well- incorporated. So adorable to read!

Image Description: Text in red: "Maria Had a Little Llama." Text in green: "Maria Tenia una Llamita." Text in green: Angela Dominguez. Image: A smiling Peruvian girl in a red hat and brown dress hugs a cute white llama, with blue mountains and fields in the distance.



Three Kings' Day

Contributed by Carlos Aponte-Salcedo

On January 6, 2018, I celebrated *Three Kings' Day* for the first time in my adult life. The date takes place twelve days after Christmas. This holiday is also known as *El Día De Los Reyes*, *Epiphany*, *Little Christmas*, *Baptism of Jesus*, and *Theophany*. People in Latin America including the Caribbean celebrate the holiday. It celebrates the story of Three Wise Men who brought gifts to baby Jesus in Bethlehem.

For several years my husband and I have hosted potluck gatherings in our home focusing on different themes. We wanted to share the significant behind *Three Kings' Day* with our friends. Under our Christmas tree, which was falling apart mind you, we set up small gifts for the children. My husband made the traditional dish, the Rosca de Reyes (or Kings' Bread). Dorothy (Latina and CODA) and I read *The Camels' Tale* to everyone in attendance.

Of course, we ended the night with playing a game. This is a tradition in our household when it comes to hosting a potluck.

For more information behind the holiday, check out news article at the following links:

HUFFINGTONPOST LATINO VOICES > Three Kings' Day Celebration: History And Traditions Behind 'El Día De Los Reyes' - Carolina Moreno

https://www.huffingtonpost.com/2015/01/06/three-kings-day-celebration-history-and-traditions-behind-el-dia-de-los-reyes_n_2412379.html

NEWSWEEK WORLD > WHEN IS THREE KINGS' DAY AND HOW IS IT CELEBRATED? - Cristina Maza

<http://www.newsweek.com/when-three-kings-day-and-how-it-celebrated-epiphany-772690>

Image Description (clockwise, start from top-left): 1. Three people in the photo with crowns and long beard props. On the left is light-skinned Latina wearing burgundy top with blue crown. In the middle is light-skinned Latino wearing grey cardigan over black shirt with red crown. On the right is light-skinned Latina wearing light grey sweater with gold crown. 2. Group photo of 16 people of different shades sitting or standing around a room. Everyone is looking at the camera from above. In the background is a Christmas tree. 3. Three small Brown children with crowns and long beard props. On the left wearing white sweater with red crown. In the middle wearing dark color shirt with blue crown. On the right wearing red shirt with gold crown. 4. An illustration of a decorated camel and three old wise men, titled "The Camel Tale." 5. Group photo of 15 people of different shades sitting or standing around a table. People are holding a drink. Most are shot glass of coquito. On the table is display of food. In the background is a Christmas tree.

Exclusive Interview

Austin Gonzalez

Contributed by Carlos Aponte-Salcedo and
Jessica Sanchez-Lammers

1. Tell us your experience growing up with a Puerto Rican Deaf father:

My experience growing up with a Puerto Rican Deaf father was certainly different than the average upbringing. My father is somebody that I have a great deal of admiration and respect for due to all the obstacles he has overcome in his life. My father was born in rural Puerto Rico to a family of coffee growers. He did not experience hearing loss until the age of 5 due to a case of meningitis. When my father was first suffering from meningitis, his family thought he was merely sick and did not initially give him the proper medical attention. This is a great illustration of the experience of being disabled in a more impoverished part of the world. Here in the United States, many of us take for granted the many things that disabled people have fought for and successfully won to help better their lives and guarantee them the same access to institutions and happiness that all other Americans have. Having a father that is both Deaf and Puerto Rican has given me a sense of deep pride not just in the Deaf community but in the Hispanic community as well.

2. What made you get into politics at the age of 16?

Being a Hispanic CODA in a state like Virginia makes it very easy to become politically active. I always had a deep interest and love for the complexities and beauties of both Hispanic culture as well as Deaf culture. These were the cultures that helped raise me and made me who I am. It is out of a sense of duty to help those that helped raise me that drew me to politics. Some often say that they "don't like politics," however, as has often been said, "politics likes you." And boy does politics sure like Hispanic people these days. I was initially raised in Northern Virginia which has a very high population of Central American immigrants as well as others. Some of my best friends growing up were undocumented. The first time I ever participated in a "protest" was when I skipped school in 6th grade during a May Day immigrant solidarity strike. Immigrant rights and other issues that affect Hispanics are near and dear to my heart.

3. Can you provide an example of how your skin color made you a target growing up?

The best example I can provide for how my skin color has affected my life is a very simple one. I have two siblings. My brother and sister are both fair-skinned. I am dark-skinned. We are 100% full-blooded siblings, however, like many Hispanic families, we have varying shades of skin and it has altered our respective paths because of the way our society treats others with darker skin. My brother and I are very similar people. We have lived relatively similar lives. Yet, one of us has had a significantly higher number of run-ins with police. One of us has even been handcuffed by police. Can you guess which one that was? Indeed, I, the dark-skinned sibling have been frisked by police more times than I can count in addition to having been handcuffed on the side of a street whereas my fair-skinned full-blooded brother has not experienced mistreatment to the extent that I have, for obvious reasons.

4. Do you feel that racism has become worse in the past year or has it remained the same for a long time, and why?

Racism has unfortunately pervaded our society for a very, very long time. In the past year the outward displays of white supremacy have given socialist activists like myself great pause. It was just a week ago that I was having a brief chat with an African-American construction worker as I was walking through Richmond. The construction worker, an older gentleman, remarked to me, 'you don't remember because you are young, but back in my day I remember when they were hiding their faces, now they do it out in the open.' He is of course referring to white supremacists dressing up and wearing white bed sheets to intimidate people of color during the Civil Rights era. Nowadays, open white supremacists walk through our streets with impunity and proudly boast of their controversial views. Why do they feel this sudden empowerment to discriminate against others? There is a simple answer to that really. Our President has been very open in his willingness to welcome far-right extremists into his inner circle. It is with this far-right influence that our society has begun to lurch backward. Now, more than ever, people of color need to unite and fight against white supremacy in order to restore the natural progression of equality.

5. What is Democratic Socialists of America, and what is their mission?

The Democratic Socialists of America is a multi-tendency organization that openly campaigns for left-wing or progressive issues as well as supporting socialist values. I am the co-chair of the Richmond, Virginia chapter of the DSA. We are not a political party but we do occasionally endorse candidates who support our same socialist values. What are socialist values? Socialist values are the essential building blocks of a society based upon the uplifting of all people as opposed to a select few. We fight for those who cannot fight for themselves and that includes poor folks, people of color, women, immigrants, disabled folks, LGBTQ comrades and of course the average working person. Making the life of the average worker better is central to all that DSA stands for. This includes expanding Medicare to cover all citizens, for healthcare is a human right. This includes fighting for immigrants against the deportation machine, for had there been no US-backed intervention into these countries their respective economies and societies would not be in the state they currently are. This includes fighting for those who are people of color or disabled or in any way different from the majority of our society, for one's birth is something that should be celebrated, not used as an excuse to prevent them from the basic benefits of society. There is beauty in all peoples and DSA is here to defend and fight for them all.

6. What can individuals wishing to contribute to the resistance against white supremacists do?

There is a duty that we all have when fighting against white supremacy. Show up to counter them when they enter your town. Donate to any progressive or socialist group that is openly campaigning against white supremacy. Do not support far-right organizations that try to co-opt the average working individual. White supremacists need the constant reminder that they are few and we are many. As long as that remains the case there will always be a light at the end of the tunnel. It is up to us to find that light through solidarity and unity with all other downtrodden groups.

7. What tips would you give those individuals who would like to get involved?

I encourage all to join a group. Get involved wherever you can and let your voice be heard. The DSA itself has a thriving Disability Working Group that does great work. I close with what I started with, which is the fact that no victory was ever gained from staying silent. No victory was ever achieved just from one's couch or one's laptop. It takes work and determination to defeat the forces that try to hold us back. There is a simple reminder that is championed by the Disability Working Group and one that we all must live by, "nothing about us without us."



Image Description: Three adults are sitting on a light brown plush couch in a living room. The two adults sitting at the sides are older, while the middle adult is younger. All three of them have either light brown skin or brown skin. From left to right: a woman with dark hair tied back, glasses, and red lipstick is smiling at the camera. She is wearing dangling earrings, a red dress, and a black cardigan. Next to her is a young man with short dark hair, a goatee and trimmed beard, wearing a red shirt that reads "Democratic Socialists of America." He has both his arms draped across the backs of the adults seated on either side of him. He has a slight smile on his face. Next to him is an older male with thick, short, dark hair, and a long handlebar mustache. He is wearing a dark buttoned shirt and jeans. He has a similar smile to the young man's.

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Contributing/Creative Art Editor

Web Editor and More!

Are you interested to *join* the team?

Please email magazine@councildemanos.org

MANOS
M A G A Z I N E



Image Description: A spread of food in various woven or wooden bowls. From bottom left, clockwise: mussels, dried beans, dried corn stalks, dried, golden corn kernels, another larger bowl of golden brown corn kernels, dried herbs and stalks of dried flowers.