



FOR IMMEDIATE RELEASE

Date: September 22, 2011

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UPDATE *Eat Your Heritage* project



Throughout its long history as a US territory, Guam has experienced great environmental change that has altered much of its historical, cultural and natural landscape, and transformed cultural knowledge and skills associated with local food production and consumption.

Given how this change has adversely affected the overall health of island residents, the Guam Humanities Council will implement the project, ***I Tano yan I Tasi, Land and Sea - Ecological Literacy on the US Pacific Island of Guam***. The goal of the project is to promote literacy around the principles of ecology and sustainability, and to explore the important connections between food, health, culture and the environment in order to better “grow democracy.”

The Council will start this latest project with a weeklong ***Eat Your Heritage*** tour and interpretive cooking event in which the Council will bring to Guam **Native American chefs Lois Ellen Frank, PhD and Walter Whitewater**. The two chefs own and operate Red Mesa, combining Native American culture and cuisine to provide patrons an educational and culinary experience.

Dr. Frank is a Santa Fe, New Mexico-based chef, author, Native foods historian and photographer who has spent over 18 years documenting foods and life ways of Native American tribes from the Southwest. Her book, *Foods of the Southwest Indian Nations*, features traditional and contemporary recipes, and was the first Native American book to win the **James Beard Award**. She recently received her doctoral degree in anthropology from the University of New Mexico, with a dissertation that examines the ways contemporary Southwestern chefs use indigenous ingredients in their cooking and how this is representational of their own identities. Her continuing research also focuses on medicinal and spiritual plants, as well as the importance of traditional foods

amongst indigenous communities throughout the Americas, as sustenance and in ritual.

Dr. Frank will present a lecture entitled ***Seeds of Health – the Return to Ancestral Foods***, a look at the Native American foods movement, and the cultural, spiritual, and physical connections between the environment and community for health and wellness. The community lecture will take place on **Tuesday, September 27th at 6:00 PM at the Government House.**

The two chefs will team up with award-winning local chefs Peter Duenas, Geoffrey Perez, and Paul Kerner for the *Eat Your Heritage* interpretive cooking event on **Saturday, October 1 at the Hyatt Regency Guam.** Other partners include the Guam Farmers Cooperative.

The Guam Humanities Council is a non-profit organization that provides foundational support and educational programs for the people of Guam. The mission of the Guam Humanities Council is to foster community engagement and dialogue, inspire critical thinking, celebrate diversity and enrich the quality of life of island residents through the power of the humanities.

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