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Guam Humanities Council Announces *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 the **Fourth Annual Y Tinaotao 5K Run** on **Saturday, September 24, 2011**. This historically themed run follows a course in Hagåtña, highlighting various sites from different periods of Guam's past. The goal of the Y Tinaotao 5K is to raise community awareness and greater accessibility to the Council's diverse humanities programs, to highlight our island's rich history and to encourage an active lifestyle and environmental appreciation among our residents. Runners and walkers are treated to cultural presentations along the route while identifying significant sites highlighted on the course and in an interpretive brochure on the history of our island's capital. The course kicks off at the Dulce Nombre de Maria Agana Cathedral-Basilica, and ends at the Plaza de Espana in Hagåtña with post race festivities.

The Y Tinaotao 5K Run will kick off the 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.

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 Fisherman's Cooperative and 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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