



Council Patch Program

CHICAS: Discovering Hispanic Heritage Patch

Purpose: Girl Scouts of all cultures will develop an understanding and appreciation of the culture of Hispanic / Latin Americans through Discover, Connect, and Take Action activities.

You do not need to be an expert or have any previous knowledge on the Hispanic / Latino Culture in order to learn about it.

Required Activity for ALL levels:

Choose a Spanish speaking country and make a brochure or display about the people, culture, land, costumes, traditions, etc. This activity may be done first or as a culminating project.

Girl Scout Daisies:

Choose one activity from DISCOVER, one from CONNECT, and one from TAKE ACTION for a total of FOUR activities.

Girl Scout Brownies:

Choose one activity from DISCOVER, one from CONNECT and one from TAKE ACTION. Complete one activity from any category for a total of FIVE activities.

Girl Scout Juniors:

Choose one activity from DISCOVER, one from CONNECT and one from TAKE ACTION. Complete two activities from any category for a total of SIX activities.

Girl Scout Cadettes, Seniors and Ambassadors:

Choose two activities from DISCOVER, two from CONNECT and two from TAKE ACTION. Then, complete the REFLECTION activity, for a total of SEVEN activities.

Cadette, Senior and Ambassador REFLECTION Activity:

Throughout history Latin American countries have experienced many events from civil wars to economic downfalls, leading to an immigration movement throughout the US. On your own, do some research using books and the internet, to create a one page reflection on the following questions. Be creative! Express your reflection as a poem, journal entry, and song or even as an artwork! Also, you can share your beliefs and sent your work to a newspaper, politician, etc.

- How has the big wave of immigration influenced the US economy and culture?
- How has immigration influenced your family? If you were the next president of the
- US, what issues would you be most concerned with in Latin America?





Council Patch Program

Discover

1. Learn some Spanish

Learn to say the Spanish words or phrases as indicated for each program level in the chart below. Girls who already speak Spanish can complete this activity by teaching someone who does not speak the language.

| Words | d | b | j | c | s | a |
|-----------------------------|---|---|---|---|---|---|
| Greet and say goodbye | + | + | + | + | + | + |
| Say the days of the week | | + | + | + | + | + |
| Say the months of the year | | | + | + | + | + |
| Say the names of 10 colors | | | | + | + | + |
| Say the names of 10 animals | | | | | + | + |
| Say the name of 10 fruits | | | | | | + |
| Say the Girl Scout Promise | + | + | + | + | + | + |

2. Read about two Latina heroines and their life story

Explore and learn how and why they became heroines. Discuss with your family, friends, or troop any struggles and obstacles they encountered in order to become heroines. See Resource Guide page 4.

3. Research information on different Latino Musical Instruments

Latino culture is a blend of influences from many different cultures; that is very evident in the music. Find out where Latino musical instruments come from and how they are made. What types of music use them? What country did the music style originate in? Listen to a piece of Latino music and see if you can identify the instruments you hear in the music. See Resource Guide page 4.

4. Latin America fun facts

Complete the specific Girl Scout level activity. See Resource Guide pages 5-11.

5. Currency and Exchange Rate

Learn the currency name and exchange rates for four Latino countries. Use the exchange rate to calculate how much a box of Girl Scout cookies and Girl Scout annual dues would cost in a Latino Country.

6. Watch and Learn

d b j Watch a “Maya and Miguel” episode and learn the Spanish words they use at pbskids.org/mayaandmiguel/flash.html.

c s a Watch The “La Quinceañera” Documentary and compare the Hispanic tradition to the American Sweet Sixteen at laquinceaneradocumentary.com.



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Connect

1. Create and display a craft related to any of the Hispanic cultural traditions.

See Resource Guide Page 12.

2. Meet, greet, and learn

Invite a person from a Latino country to visit your troop. Ask them to talk about their country, what was it like growing up there, when and why they came to the United States, and their experience becoming part of the community here. What do they miss the most?

3. Hispanic Americans and Latinos in History

Use books and Internet resources to learn about 20 famous Hispanic Americans and Latinos listed on the activity. See Resource Guide page 13.

4. Read about the culture!

Learn new things in their costumes and traditions. Compare them to your own culture. Discuss similarities and differences between them. See Resource Guide page 14.

5. Girl Scouting in Latino Countries

Learn about the tradition and history of Girl Scouts/Girl Guides in Latino Countries. Find out if their Girl Scouts/Girl Guides do anything different from Girl Scouts of the USA. Visit waggs.org.

6. Embassy Tour

Take a tour of a Latin American Embassy. Talk to someone who works in the embassy about current events in that country and ask them what services they provide to their community here in the United States.

Take Action

1. Cook the Latino way

Prepare food of Hispanic origin. Share it with friends and/or family. See Resource Guide page 15.

2. Encounter and explore

Visit a Latino culture site within the Washington DC metro area.

- Hispanic Gala Theater (galatheatre.org)
- Smithsonian Latino Center (latino.si.edu)
- Teatro de la Luna (teatrodelaluna.org)

3. Community Service

Research organizations that serve Latinos living in the US and/or Latin America. How was this organization started? What are the main issues they deal with? Learn how you can get involved. Do any famous Latinos sponsor the organization? If you are working on a GS Award, volunteering at these organizations can provide your international hours. See Resource Guide page 16.



Council Patch Program

4. Dance it

Learn how to dance one of the many Latino dancing styles. Where did this dance originate? What cultures influenced this dance? See Resource Guide page 16.

5. Pen Pals

Become a pen pal with a Girl Scout/Girl Guide who lives in a Latino County.

6. Latino Issues in your community

Read local Hispanic periodicals (newspaper and magazines) and learn about issues important to local Hispanic communities. Issues to consider include immigration, housing, transportation, education, employment, and language.

Resource Guide

Here are some suggested books, websites, activities, recipes and songs. If you find another resource, feel free to use it. You can also make the program more challenging by adding extra activities. Be flexible by asking girls to work in pairs or as a troop on the program.

Required Activity

Spanish speaking Countries list:

- México
- Guatemala
- El Salvador
- Honduras
- Nicaragua
- Costa Rica
- Panamá
- Ecuador
- Colombia
- Venezuela
- Perú
- Bolivia
- Brazil
- Chile
- Argentina
- Paraguay
- Uruguay
- Cuba
- Dominican Republic
- Puerto Rico

Discover #2: Read about two Latina heroines and their life story

Books can be checked out at any public library

Girl Scout Daisy, Brownie and Junior:

- My name is Celia by Monica Brown
- My name is Gabriella by Monica Brown
- My name is Maria Isabel by Alma Flor Ada

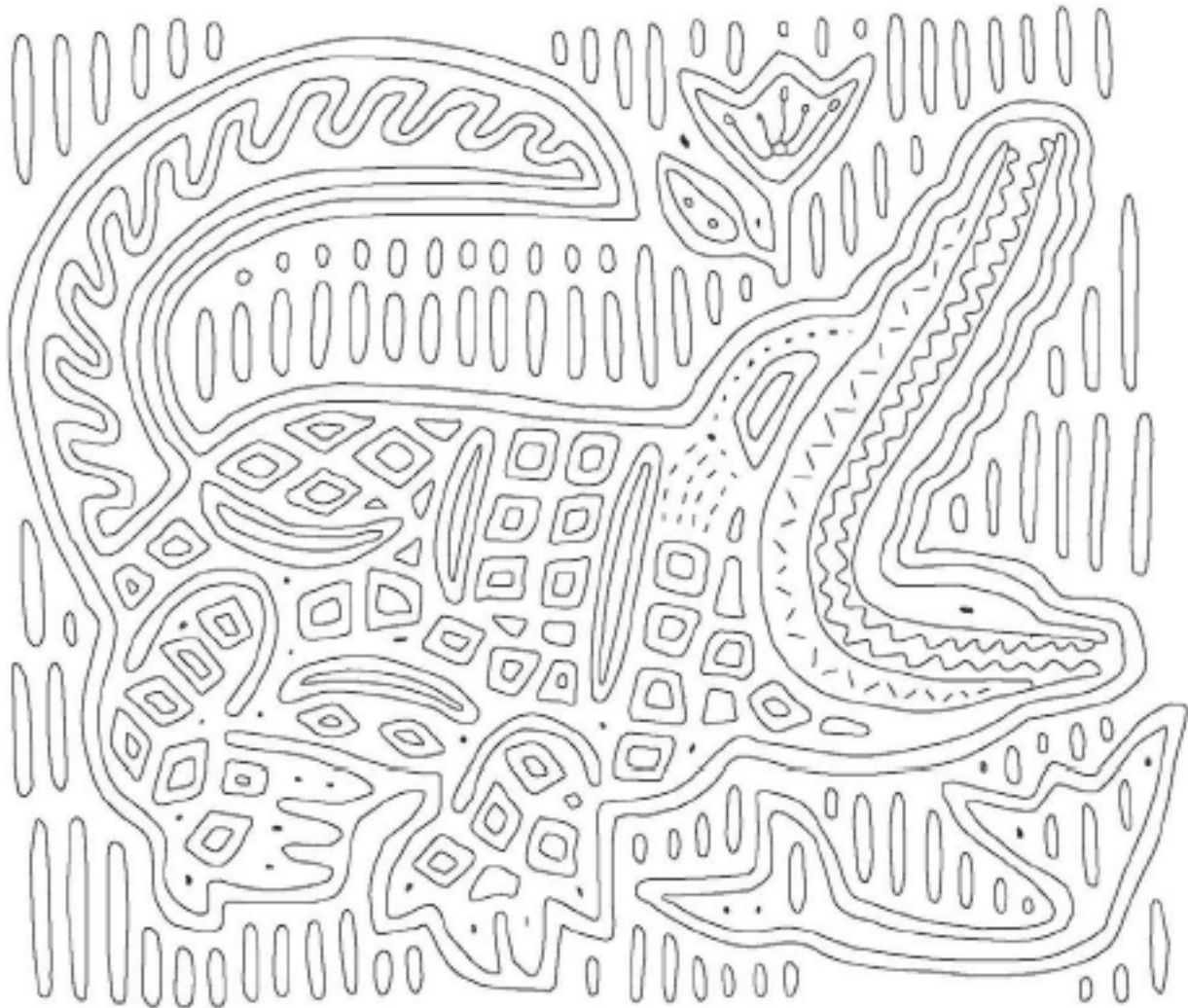
Girl Scout Cadette, Senior and Ambassador:

- The Book of Latina Women by Silvia Mendoza
- Latina Legacies: Identity, Biography, and Community by Vicki L. Ruiz and Virginia Sanchez Corrol
- lasmujeres.com

Discover #3: Research information on different Latino Music Instruments

| | | | |
|--------|-----------------------|--------|------------|
| Guero | Cuatro Puertorriqueño | Tambor | Bongo |
| Maraca | Flauta de Pan | Guasa | Guitarra |
| Conga | Acordeón | Cununo | Marimba de |
| Chonta | | | |

Discover #4: Latin America Fun Facts - Girl Scout Daisy (read, color, learn and display)



The Cuna people live in the San Blas Islands near the north coast of Panama. They are famous for their molas—embroidered pictures sewn from layers of colored cotton cloth. Mola designs usually show animals or scenes from the maker's daily life.

Tourists and collectors pay high prices for molas, so the women who make them are very important to the community.

La gente cuna viven en las Islas de San Blas cerca de la costa nortea de Panamá. Son famosas por sus molas—estas imágenes bordadas están hechas de capas de tela colorada de algodón. Los diseños usualmente muestran animales o escenas de la vida diaria de la creadora.

Los turistas y coleccionistas pagan precios altos por las molas. Las mujeres que las hacen son muy importantes en la comunidad.

Discover #4: Latin America Fun Facts - Girl Scout Daisy (read, color, learn and display)



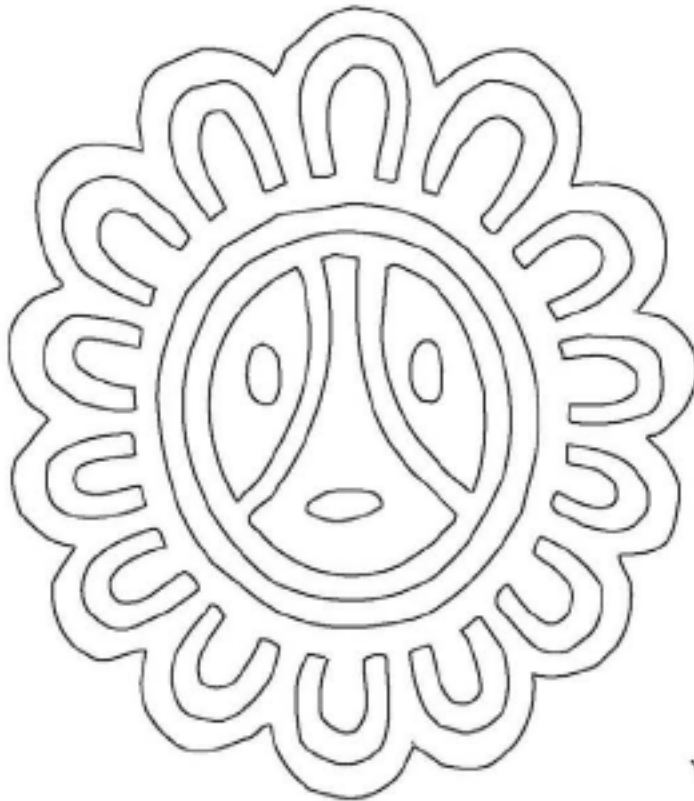
The sun was important to all early cultures. Some worshipped the sun, some used its movement to calculate the seasons, and nearly all told stories about it. Throughout Latin America, people still like to decorate things with pictures of the sun.

This traditional design is from Costa Rica.

El sol fue importante a todas las gentes antiguas. Algunos lo adoraron al sol, algunos usaron su movimiento para calcular las estaciones, y casi todos contaron cuentos sobre él. En toda América Latina, a la gente todavía le gusta decorar cosas con el sol.

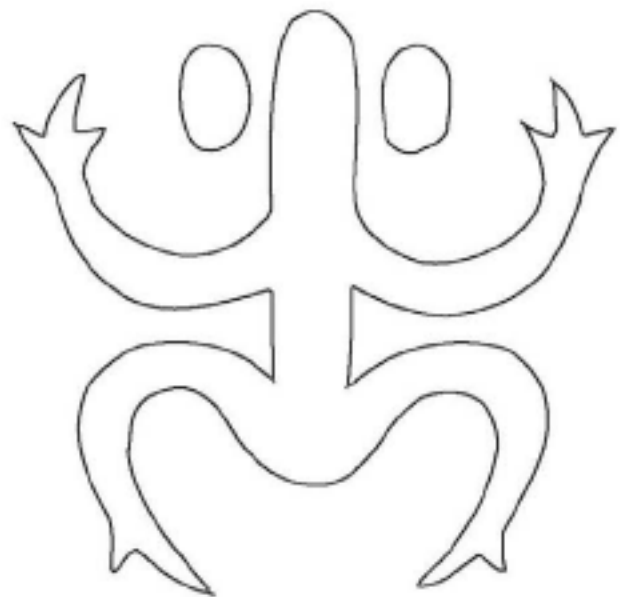
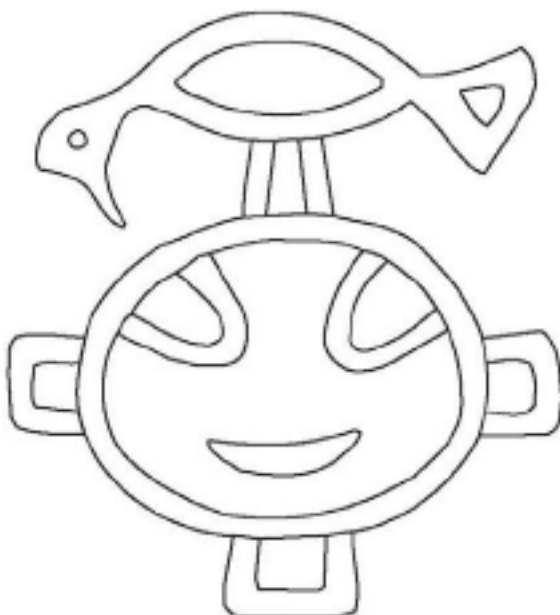
Este diseño tradicional es de Costa Rica.

Discover #4: Latin America Fun Facts - Girl Scout Daisy (read. color. learn and display)



The Taino Indians, who lived in Puerto Rico before the Spanish came, carved petroglyphs (symbols on stone) in a special style.

Los taínos, que vivieron en Puerto Rico antes de que vinieran los españoles, tallaron petroglifos (símbolos en piedra) de un estilo especial.



Modern Puerto Ricans still use the coquí—a small tree frog—as a symbol of their island.

Los puertorriqueños modernos todavía usan el coquí—una ranita de árbol—como un símbolo de su isla.

Why does this design show a bird sitting on someone's head?

¿Por qué muestra este diseño un pájaro sentado sobre la cabeza de alguien?

Discover #4: Latin America Fun Facts - Girl Scout Brownie and Junior

PRODUCTS OF LATIN AMERICA

B A L S A W O O D S O Y B E A N S E H M

 A E T E N S U N F L O W E R S E E D S A

 N O E S E N I D R A S T R E I C L C I H

 A Z S F S L A C I M E H C P S K I O F O

 N P E Q U N I C K E L O I A T E B F I G

 A E P T A E H W C O P E G P U L O F S A

 S T A H A M A N A P P L A T N E M E C N

 L R R E V L I S E O A T R I L I O E H Y

 E O G O L D O R A R R U S L I U T U R N

 E L N O T T O C U O B R H O Z L U T O R

 T E E L I Z A T O B A C C O A L A R M O

 S U G A R C A N E H D O O W R R I C E C

 I M E R E N N R R O C H O C B F R U I T

 T N E M P I U Q E L A C I R T C E L E A

 E N D I A M O N D S H R I M P O S O X E

 R G R A P E S T I O M O L Y B D E N U M

Can you find these items which are exported by Latin American countries?

APPLES
 AUTOMOBILES
 Balsa wood
 BANANAS
 BEEF
 BRAZIL NUTS
 CACAO
 CEMENT
 CHEMICALS
 CHOCOLATE
 CHROME
 CIGARS

COAL
 COFFEE
 COPPER
 CORN
 COTTON
 DIAMONDS
 ELECTRICAL
 EQUIPMENT
 FISH
 FRUIT
 GOLD
 GRAPES

IRON
 MAHOGANY
 MEAT
 MOLYBDENUM
 NATURAL GAS
 NICKEL
 PANAMA HATS
 PAPER
 PETROLEUM
 RICE
 RUBBER
 SARDINES

SHRIMP
 SILVER
 SOYBEANS
 STEEL
 SUGAR CANE
 SUNFLOWER
 SEEDS
 TIN
 TOBACCO
 WHEAT
 WOOD
 WOOL

Most Panama hats are made in Ecuador. But Brazil nuts really come from Brazil.

Discover #4: Latin America Fun Facts - Girl Scout Junior

THE STORY BEHIND THE NAME

Can you match the country with the meaning of its name?

- | | |
|-----------------|--|
| ___ Argentina | 1. An early Spanish explorer named this part of Central America "depths," because of the deep ocean off its coast. |
| ___ Bolivia | 2. Part of this country is bordered by the Río de la Plata ("River of Silver"). Its name comes from the Latin word for silver, <i>argentum</i> . |
| ___ Brazil | 3. This country—which Christopher Columbus never reached—was named in his honor. |
| ___ Colombia | 4. The Equator runs through this small South American country, and gives it its name. |
| ___ Costa Rica | 5. This country was named for a Venezuelan general who helped it and some other countries win freedom from Spain. |
| ___ Ecuador | 6. Native villages built on stilts in Lake Maracaibo reminded Spanish explorers of Venice, Italy (which has canals instead of streets), so they named the area "Little Venice." |
| ___ El Salvador | 7. "Rich Port" first meant the city of San Juan, but is now the name of the whole island. |
| ___ Honduras | 8. This country was named for Jesus the Savior, and its capital translates as "Holy Savior." |
| ___ Peru | 9. Columbus named this area "Gold Coast" for gold ornaments worn by the native people. It was later changed to "Rich Coast." |
| ___ Puerto Rico | 10. Birú—either the name of a small river or the native chief who lived nearby—was the source of this country's name. |
| ___ Uruguay | 11. Trees from this region were exported to Portugal, so the Portuguese called this country "the land of _____ trees." |
| ___ Venezuela | 12. This small country was named for the river which is its western border. It means "bird tail" in an Indian language, after a waterfall which spreads out like the tail of a bird. |

Answers: Argentina: 2; Bolivia: 5; Brazil: 11; Colombia: 3; Costa Rica: 9; Ecuador: 4; El Salvador: 8; Honduras: 1; Peru: 10; Puerto Rico: 7; Uruguay: 12; Venezuela: 6.

Discover #4: Latin America Fun Facts- Girl Scout Cadette, Senior and Ambassador

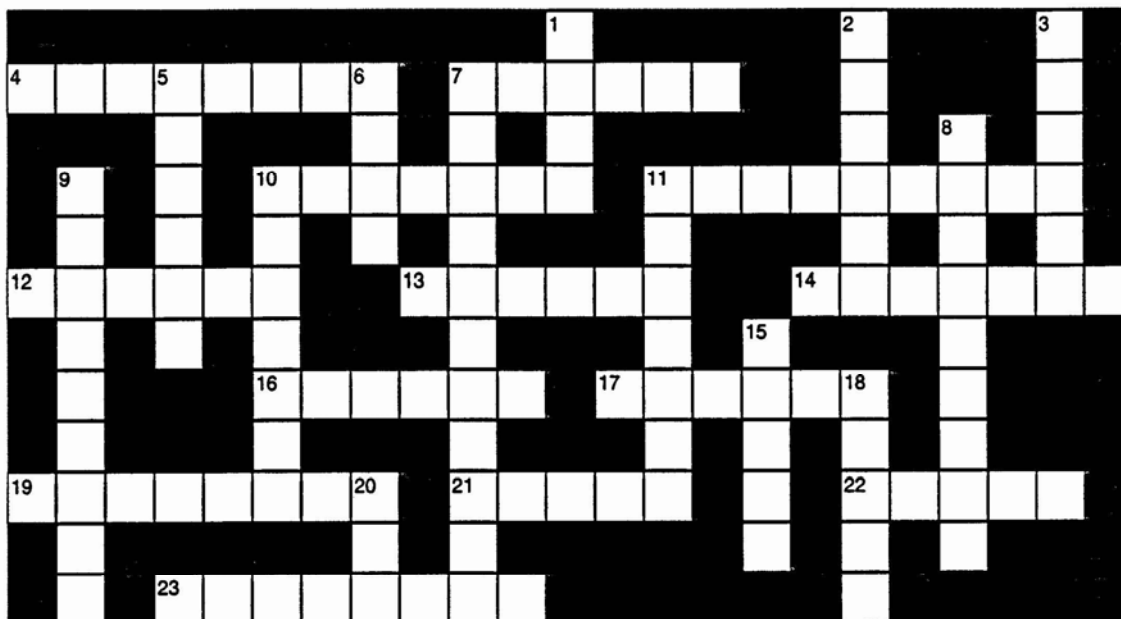
FAMOUS FACTS!

Can you match the country with the information about it? (Some countries appear more than once!)

- | | |
|------------------------|---|
| ___ Argentina | 1. Not one of the 50 states, but its residents are United States citizens. |
| ___ Brazil | 2. Called "Crossroads of the World" because it is the location of the canal between the Atlantic and Pacific Oceans. |
| ___ Brazil | 3. The Day of the Dead is a festival celebrated there to honor relatives who have died. |
| ___ Chile | 4. The largest island in the Caribbean contains two countries, Haiti and the _____. |
| ___ Cuba | 5. Formerly held by Portugal, Spain, and Brazil. |
| ___ Dominican Republic | 6. The Atacama Desert, one of the world's driest places, makes up the northern one-fourth of this country. |
| ___ Guatemala | 7. Center of Inca civilization. |
| ___ Mexico | 8. Caribbean island known for sugar and cigars. |
| ___ Mexico | 9. The ancient Mayas built pyramids in parts of Central America which are now Mexico, Belize, and _____. |
| ___ Mexico | 10. Portuguese, not Spanish, is its official language. |
| ___ Panama | 11. Gauchos are the cowboys of the Pampa, a huge grassland located mostly in this country. |
| ___ Paraguay | 12. This inland nation has almost no industry, but shares (with Brazil) the world's largest hydroelectric dam. |
| ___ Peru | 13. Northernmost country of Latin America. |
| ___ Puerto Rico | 14. Its largest city, Rio de Janeiro, is known for exciting festivals, especially Carnival, where thousands of people in costume ride colorful floats and compete for prizes. |
| ___ Uruguay | 15. Its capital, which has the same name as the country, is the largest city in the world. |

Discover #4: Latin America Fun Facts- Girl Scout Cadette, Senior and Ambassador

CROSSWORD



ACROSS

4. Ocean east of Argentina.
7. Decorated container filled with toys and candy, and broken by Mexican children at Christmas.
10. Don't swim in the Amazon River—this fish will eat you!
11. Largest South American lake, center of Venezuela's petroleum industry.
12. Most popular sport in Latin America.
13. Second longest river in the world.
14. The Andes are the _____ chain of mountains in the world.
16. U.S. state named for a Latin American country: New _____.
17. Largest Latin American country.
19. Today, most have one page per month—but the Aztecs carved theirs on a huge round stone.
21. To reach Nicaragua from Costa Rica, go in this direction.
22. Mountains of western South America.
23. Spanish and Portuguese explorers came here for treasure.

DOWN

1. Ancient empire centered in the Andes Mountains in Peru.
2. A cowboy in Argentina or Uruguay.
3. Carib Indians called their boats *kanús*.
5. Peruvian mammal with valuable long woolly hair.
6. Most important crop in ancient Mexico.
7. Man-made waterway which connects the Atlantic and Pacific Oceans.
8. This "big river" is part of the Mexico-U.S. border.
9. Candy made from the cacao bean.
10. Not just in Egypt—this giant structure was also built in Mexico and Central America by pre-Columbian peoples.
11. Colorful butterfly which spends summers in the U.S. and winters in Mexico.
15. Last empire to rule Mexico before the Spanish came.
18. South American mammal related to the camel, used as a beast of burden and a source of wool.
20. Largest city in Brazil, _____ de Janeiro.

ACROSS: 4: Atlantic; 7: pinata; 10: piranha; 11: Maracaibo; 12: soccer; 13: Amazon; 14: longest; 16: Mexico; 17: Brazil; 19: calendar; 21: north; 22: Andes; 23: New World.
 DOWN: 1: Inca; 2: gaucho; 3: canoes; 5: alpaca; 6: corn; 7: Panama Canal; 8: Río Grande; 9: chocolate; 10: pyramid; 11: monarchy; 15: Aztec; 18: llama; 20: Rio.

Connect #1: Create and display a craft related to any of the Hispanic cultural traditions.

Craft books:

- The Maya by Arlette Braman
- The Inca by Arlette Braman
- Piñatas and Paper Flowers
- 25 Latino Craft Projects
- Latin American and Caribbean Crafts

Hispanic culture traditions:

- Three Kings Day- The Feast of the Three Kings, also known as the Epiphany, takes place every year on January 6th. It is an integral part of Puerto Rican folklore. On the feast of the Epiphany, the Three Kings visited the newly born Christ Child in Bethlehem bearing him gifts. This tradition is repeated and reflected in the present day with the belief that on this eve the 3 Kings will visit every good child to deliver those gifts. Tradition states that on the Eve of the Epiphany children collect hay, straw or grass and place it in boxes or containers under their beds. This gesture is a gift of food for the Kings' Horses while they rest in between deliveries.
- Cinco de Mayo- is a regional holiday in Mexico, primarily celebrated in the state of Puebla. The holiday commemorates an initial victory of Mexican forces led by General Ignacio Zaragoza over French forces in the Battle of Puebla on May 5, 1862. The date is observed in the United States and other locations around the world as a celebration of Mexican heritage and pride.
- Day of the Dead- is a holiday celebrated mainly in Mexico and by people of Mexican heritage (and others) living in the United States and Canada. The holiday focuses on gatherings of family and friends to pray for and remember friends and relatives who have died. The celebration occurs on the 1st and 2nd of November, in connection with the Catholic holy days of All Saints' Day and All Souls' Day on those days. Traditions include building private altars honoring the deceased, using sugar skulls, marigolds, and the favorite foods and beverages of the departed, and visiting graves with these as gifts.
- Hispanic Heritage Month- is the period to recognize the contributions of Hispanic Americans to the United States and to celebrate Hispanic heritage and culture. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. September 15 was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. They all declared independence in 1821. In addition, Mexico and Chile celebrate their independence days on September 16 and September 28, respectively.

Connect #3: Hispanic Americans and Latinos in History

FAMOUS HISPANIC AMERICANS OF THE PAST

PERSON/PEOPLE

- _____ 1. Conquistadors
- _____ 2. Juan Ponce De León
- _____ 3. Hernando de Soto
- _____ 4. Father Junipero Serra
- _____ 5. David Glasgow Farragut
- _____ 6. Pablo Casals
- _____ 7. Dennis Chávez
- _____ 8. Desi Arnaz
- _____ 9. César Chávez
- _____ 10. Roberto Clemente

WHY FAMOUS?

- a. Discovered the Mississippi River
- b. World-famous musician, he played the cello
- c. Led fight for a better life for migrant farm workers
- d. Band leader and actor, was on TV in I Love Lucy
- e. On Columbus's 2nd trip; was governor of Puerto Rico
- f. Baseball player with Pittsburgh Pirates 1955-1972
- g. First full-term Hispanic U.S. Senator (1935).
- h. Civil War Naval hero, led battle to take New Orleans
- i. Spanish soldiers, invaded and took lands from Indians
- j. Founder of the California missions

FAMOUS HISPANIC AMERICANS OF TODAY

PERSON

- _____ 1. Joan Baez
- _____ 2. Antonia Coello Novello
- _____ 3. Henry Cisneros
- _____ 4. Katherine Dávalos Ortega
- _____ 5. Gloria Estefan
- _____ 6. Nancy Lopez
- _____ 7. Geraldo Rivera
- _____ 8. José Canseco
- _____ 9. José Carreras
- _____ 10. Pelé

WHY FAMOUS?

- a. One of the world's best female golfers
- b. Soccer player
- c. Mexican-American mayor of San Antonio, Texas
- d. Folk singer
- e. Singer from Miami
- f. Hispanic Treasurer of the United States
- g. Opera singer
- h. First Hispanic and first female U.S. Surgeon General
- i. Baseball player with the Oakland A's
- j. Talk show host

Hispanic Americans of the Past Answer Key: 1. i, 2. e, 3. a, 4. j, 5. h, 6. b, 7. g, 8. d, 9. c, 10. f.

Hispanic Americans of Today Answer Key: 1. d, 2. h, 3. c, 4. f, 5. e, 6. a, 7. j, 8. i, 9. g, 10. b.

Connect #4: Read about the culture

Girl Scout Daisy:

- “Abuela” by Arthur Dorros
- “Gathering the Sun” by Alma Flor Ada
- “Margaret and Margarita” by Lynn Keiser
- “I Love Saturday’s and Domingos” by Alma Flor Ada
- “Hairs/Pelitos” by Sandra Cisneros
- “La Isla” by Arthur Dorros
- “The Rain Player” by David Winieski
- “Mario’s Mayan Journey” by Michelle Mccunney
- “Preparate Kindergarten Alla voy” by Nancy Carlson
- “We are cousin’s / Somos Primos” by Diane Gonzalez Bertrand
- “Quinitos Neighborhood” by Ina campiano

Girl Scout Brownie:

- “Waiting for Papa” by Rene Colato Lainez
- “De colores and other Latin American Folksongs” by Jose Luis Orozco
- “En mi familia / In my family” by Carmen Lomas Garza
- “Too Many Tamales” by Gary Soto
- “Abuelas Weave” by Omar Casteneda
- “Family” by Diane Gonzales Bertrand
- “Un Dia con mis tias” by Anilu Bernardo
- “Vejigante” by Lulu Delacre
- “Empandas that Abuela Made” by Diane Gonzales Bertrand

Girl Scout Junior:

- “La Mariposa” by Francisco Jimenez
- “A movie in my pillow/ Una pelicula in mi almohada” by Jorge Argueta
- “Recuerdos para un cuento” by Isabel Allende
- “The Honey Jar” by Rigoberta Menchu
- “Baseball Latino, Baseball pioneers and legend” by Jonah Winter
- “El sombrero de Tio Nacho” by Harriet Rihner
- “The most beautiful place in the world” by Ann Cameron
- “The treasure on Gold Street” by Lee Merrill Byrd
- “Birthday in the barrio” by Mayra L.Dole
- “La fiesta de las tortillas” by Jorge Argueta

Girl Scout Cadette, Senior and Ambassador

- “Cool Salsa” by Lori M. Carlson
- “Windows into My World” by Sarah Cortez
- “Voices in First Person” by Lori M. Carlson
- “Growing Up Latino” by Harold Augenbraum
- “Latin American Folktales” by John Bierhorst
- “Drink Cultura: Chicanismo” by Jos Antonio Burciaga
- “Extraordinary Hispanic Americans” by Cesar Alegre
- “Latino Visions” by James D.Cockcroft
- “The Latin Beat” by Ed Morales
- “The Latin Tinge” by John Roberts

Take Action #1: Cook the Latino Way

MADUROS

- 2 ripe plantains
- 1 cup vegetable oil

Slice plantains diagonally into about a 1/2 thick slices. In a skillet, heat oil, should be about 1/4 inch deep over medium high heat. Cook until golden brown on both sides. Put Plantains on paper towel to take away any oil residue.

GUACAMOLE

- 4 ripe avocados
- 1 large tomato diced
- Half a yellow onion diced
- Bunch of cilantro chopped
- Salt and lemon to taste

Mix all together. Best when eaten with tortilla chips.

TOSTONES

- 3 to 4 large unripe (green) or barely ripe (slightly yellow) plantains
- About 2 cups olive or canola oil, for frying

With a sharp small knife cut ends from each plantain and cut a lengthwise slit through skin. Cut plantains crosswise into 1-inch-thick pieces and, beginning at slit, pry skin from pieces. In a 12-inch nonstick skillet heat 1/2-inch oil over moderate heat until just hot enough to sizzle when a plantain piece is added. Fry plantains in batches, without crowding, until tender and just golden, 2 to 3 minutes on each side. With tongs transfer plantains as fried to paper towels to drain.

Remove skillet from heat and reserve oil. With the bottom of a heavy saucepan or a wide solid metal spatula flatten plantains to 1/4-inch thick (about 3 inches in diameter). Into a bowl of warm salted water dip flattened plantains, 1 at a time, and drain them well on paper towels.

Heat reserved oil over moderate heat until hot but not smoking and fry flattened plantains in batches, without crowding, until golden, about 3 minutes. With tongs transfer tostones as fried to paper towels to drain and season with salt if desired.

COCONUT PINEAPPLE BATIDO

- 1(16oz) can cream of coconut
- 1/3 ripe pineapple (4 cups)
- 1 cup evaporated milk
- 1/2 tsp vanilla extract
- 1 cup crushed ice

Mix in blender and enjoy.

Take Action #3: Community Service

| | |
|---|--|
| HACAN | www.hacan.org |
| Spanish Senior Center | www.eofula.org |
| Office on Latino Affairs | www.ola.dc.gov/ola/site/default.asp |
| Latin American Youth Center | www.layc-dc.gov |
| Latino Deaf and Hard of Hearing Association of the Metropolitan Washington Area | www.ldhhamdc.org |
| Neighbors Consejo | www.neighborsconsejo.org |
| Ayuda | www.ayudainc.org |
| Centronia | www.centronia.org |
| La Clinica del Pueblo | www.lcdp.org |
| Hispanic College Fund | www.hispanicfund.org |
| League of United Latin American Citizens | www.lulac.org |
| Congressional Hispanic Caucus Institute | www.chci.org |

Take Action #4: Dance it!

Merengue is a type of music and dance that comes from the Dominican Republic. It is popular all over Latin America. Merengue means whipped egg whites and sugar in Spanish, similar to the English word meringue. It is unclear as to why this name became the name of the music. Perhaps, it traces its meaning from the movement on the dance floor that could remind one of an egg beater in action.

Salsa refers to a fusion of informal dance styles having roots in the Caribbean. The dance originated through the mixture of Mambo, Danzon, Guaguanco, Cuban Son, and other typical Cuban dance forms. There is a strong African influence as well.

Cumbia it is considered to be one of Colombia's national dances and music styles. Cumbia originated from the Caribbean Region of Colombia, and is popular all over Latin America, especially in Mexico, Argentina, Peru, and Panama, all with their distinct forms of Cumbia.

Bachata is a genre of music that originated in the countryside and the rural neighborhoods of the Dominican Republic. Its subjects are often romantic; especially prevalent are tales of heartbreak and sadness. In fact, the original term used to name the genre was amargue ("bitterness," or "bitter music"), until the rather ambiguous (and mood-neutral) term Bachata became popular. The form of dance, Bachata, also developed with the music.

Reggaeton is a form of urban music that became popular with Latin American youth during the early 1990s and spread over the course of 10 years to North American, European and Asian audiences. Originating in Panama, Reggaeton blends Jamaican music influences of reggae and dancehall with those of Latin America, such as bomba, plena, salsa, merengue, Latin pop and bachata as well as that of hip hop, contemporary R&B, and electronica.

Songs

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| "La vida es una Carnaval" by Celia Cruz | "Te Mando Flores" by Fonseca |
| "Lloraras" by Oscar de León | "Cumbia Poder" by El Gran Silencio y Celso Pina |
| "Valió la Pena" by Marc Anthony | "Te Extraño" by Xtreme |
| "Porque Dios te hizo tan bella" by Los Adolescentes | "Mi Corazoncito" by Aventura |
| "Visa para un Sueño" by Juan Luis Guerra y 440 | "Ven Báilalo" by Khriz y Ángel |
| "Pa' Mayte" by Carlos Vives | "Te Quiero" by Dj Flex |

