

Coming Thursday
Women golfers can
hit the links in style

BOOK

Popularity of mariachi is exploding

■ New book attempts to explain the mysteries of the music genre

By HECTOR SALDAÑA
ENTERTAINMENT WRITER

Mariachi. In this part of the country, the music surrounds us. But in many ways it remains a mystery.

It conjures images both quaint and glorious, from restaurant musicians working for tips to the grand Mariachi

CLASSIC: Steven Sandoval of Mariachi Vargas de Tecalitlán.



LEFTY RAY

Vargas, which performs at Municipal Auditorium on Saturday.

Author and classical violinist Patricia Greathouse grew up in the world of mariachi in New Mexico. Her new book, *Mariachi* (Gibbs Smith, \$30), is an informative, much-needed back-to-basics encyclopedia and cookbook.

Greathouse is a food writer who played with Mariachi Azteca and has developed programs for the Santa Fe Youth

Symphony Association.

She's in town this week to promote her book and to take in the Mariachi Vargas Extravaganza.

"A lot of people don't know much about it in the United States," Greathouse said. "I've been in that world for a long time.

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the piano, composing music, tracking animals to kill them and drain their blood.

Jacob Black
■ **Species:** Werewolf

■ **Pedigree:** Son of the tribal elder of American Indians with canine tendencies.

■ **Look:** Blue-collar with a back-to-nature sensibility.

■ **Vital stats:** Hot-blooded, as in, can keep you warm in a blizzard. Has a pulse.

■ **Talents:** Rebuilding cars from scratch, motorcycle riding, cliff diving, tearing apart vampires with his teeth.

set for big sendoff

CHRIS Marrou is said to be feeling rather emotional as he heads into his last week on KENS-TV.

"He wants to keep it kind of quiet," Allen Lansing, KENS creative services director, said of the retiring anchor, whose name has been synonymous with *Eyewitness News* for 35 years.

OK, but you know



JEANNE JAKLE

KENS isn't about to keep it that quiet. On Tuesday, after Marrou, 62, delivers his final 10 p.m. newscast, KENS will commemorate his exit with a half-hour live tribute at 10:35 p.m. KENS meteorologist Bill Taylor will co-host it with anchorwoman

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Shopping smarter for the hungry

■ Dietitians recommend donations of protein-rich food

By MEGAN SEXTON
McCLATCHY NEWSPAPERS

COLUMBIA, S.C. — Let's be clear up front: Food banks appreciate every bit and type of food that is donated.

But since this is the time of year for food drives and donation pleas, it's

a good time to consider making smart choices when you shop for the hungry.

That means adding protein-rich foods such as beans or canned meat and fish to the bag you are dropping off for your local food bank.

"Any of the dried beans

and peas are powerhouses for nutrition," said Rebecca Gilliam Wrenn, a registered and licensed dietitian with the South Carolina state Department of Health and Environmental Control.

She also suggested including canned fruits, which most people will eat and which are easy to chew, along with canned soups, tomatoes and other

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LARRY CROWE: AP

GOOD CHOICES: Canned fruit, soup and meat.