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 glorous, from restaurant musicians working for tips to the grand Mariachi

CLASSIC: Steven Sandval of Mariachi Vargas de Tecalitlan.

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."

Please see MARIACHI, Page 3F

Shopping smarter for the hungry

Dietitians recommend donations of protein-rich food

By MEGAN SEXTON
MCALISTER NEWMAN

COLUMBUS, 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

Please see FOOD, Page 3F