"If I really think about it, I think I stood up for my family when we had an assignment for Language Arts class. It was actually kind of funny. We were supposed to bring in recipes from our families and make almost like a scrapbook based on the recipe. Like, some stories and some history of ingredients used and maybe extra credit if we brought the food from the recipe to class. But mi abuelita was like, ¡De ninguna manera! She didn't want to just give up her recetas like that. I don't think she really liked my teacher. My teacher didn't like that she didn't want to share it for the project, and said I still had to finish it or else I'd get a bad grade. So I just copied the like three-step recipe from a box in the pantry, a macaroni. Then I added sliced salchichas. You know, a little sabor. Sure it was easy, but what could she say? That we didn't eat that? Anyway, I think I stood up for my family in a small way, and I'm trying to learn from my uncle how to cook some of the things she used to make. She passed away before I came back around to wanting to cook. But I think she'd like knowing how much I value her way of cooking."

-Manny Seattle, WA