



A Cultural Publication for Puerto Ricans

From the editor . . .

March is set aside as Women's History Month, to highlight the contributions of women to events in history and contemporary society. Let me tell you Puerto Rican women don't lag behind anyone. Our women on the island as well as on the mainland follow their dreams. We have not only top ranked artists and musicians but top scientists, top business women and innovators as well. There are countless Puerto Rican women in leadership positions all over the nation in government, medicine, education, and NASA.

The stories of women's achievements are integral to the fabric our history. Learning about women's tenacity, courage, and creativity throughout the centuries is a tremendous source of strength. Until relatively recently, this sphere of women's history was overlooked and undervalued. Women's achievements were often distorted, disdained, and denied. But, knowing women's stories provides essential role models for everyone.

Siempre Boricua, Ivonne Figueroa



Puerto Rican Folkloric Dance in Austin, TX
Dr. Ana María Tekina-eirú Maynard, Founder
<http://www.prfdance.org/>



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Ana María Tekina-eirú Maynard, PhD
<http://www.prfdance.org/>

With indigenous roots in the mountains of Puerto Rico, Dr. Ana María Tekina-eirú Maynard is a proud blood descendant of the native Taínos who call the island Boriken. Tekina-eirú continues the mission of her family by serving her community and dedicating her life to preserving and handing down Puerto Rico's cultural traditions to the next generation via the Puerto Rican Folkloric Dance organization she founded in Austin, Texas.

Tekina-eirú is a historical and cultural researcher, playwright, choreographer, teacher and multi-disciplinary performer of Puerto Rico's traditional music and dance. As an innovator (11 patents) holding a doctorate in Electrical and Computer Engineering from Carnegie Mellon, her combined skill-set is unique in the Southwest.

Puerto Rico has a rich culture whose origin is based in native Taíno, Spanish and West African roots. As we teach the traditional music and dances of the Puerto Rico, we also teach the history and cultural significance behind them. Events and classes are held at the dance center on a regular basis.



EL BORICUA is a monthly cultural publication, established in 1995, that is Puerto Rican owned and operated. We are NOT sponsored by any club or organization. Our goal is to present and promote our "treasure" which is our Cultural Identity - "the Puerto Rican experience." EL BORICUA is presented in English and is dedicated to the descendants of Puerto Ricans wherever they may be.

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There are three Puerto Rico's you need to learn about; the old, the new and the natural. Learn about our little terruño. Subscribe to EL BORICUA, a monthly cultural publication for Puerto Ricans.

<http://www.elboricua.com/subscribenow.html>



Mi Puerto Rico

Joe Roman Santos, Editor

Did you know that . . .

- Puerto Rican coffee is the best in the world. It's so good, this is the coffee that the Pope drinks. Some say it's the official coffee of the Vatican.
- The Camuy Caves System is the 3rd largest underground river system in the world.
- The Arecibo Observatory? The largest radiotelescope in the world!
- El Yunque? The ONLY rain forest in the US National Forest System
- The Bioluminescent Bay is something else! There are 5 in the world and PR has 3 of them!
- The San Juan Cathedral and San Jose Church are the two oldest churches in the Western Hemisphere
- La Fortaleza is the oldest (continuously working) executive mansion in the New World.
- El Morro and San Marcos Fortresses are the oldest in the US
- Old San Juan is a UNESCO site as well as various other places in PR
- ‘Plaza Las Americas’ mall in San Juan is the most profitable mall per square foot in the world and the largest mall in the entire Caribbean Basin.
- Puerto Rico is the country with the most cars per square mile in the world: 146 vehicles per street mile and 4,300 vehicles per square mile.
- Piña Colada was “born” in Puerto Rico in 1954.
- The place in the world with more pharmaceutical companies per square mile is Puerto Rico.
- Puerto Rico is the third country in the world with more physicians in proportion to its population.
- It is estimated that there is more Nickel in the mountains of Puerto Rico than the whole United States, including Alaska and Hawaii.
- The state of Florida was discovered by Puerto Rico’s first governor, Don Juan Ponce de Leon.
- 86% of the rum consumed in the world is from Puerto Rico – Bacardi
- Puerto Rico has one of the world’s highest productivity ratios in the world.
- Puerto Rico ranks 6th in the world when it comes to college graduates.
- The second radio station to be inaugurated in the US was in Puerto Rico.
- The first Emmy went to Puerto Rican Jose Ferrer, who also got the Academy award for the same role.

Joe is a schoolteacher in Houston and spends most of his holidays and summers in Puerto Rico.

Jorge Otero-Barreto from Vega Baja is also known as the Puerto Rican “RAMBO”. The most decorated soldier of the Vietnam War.



Puerto Rico is made up of at least 143 islands, cays, islets, and atolls. Only the main island of Puerto Rico and the islands of Vieques, and Culebra are inhabited. The island of La Mona has personnel from the Puerto Rico DRNA (Departamento de Recursos Naturales y Ambientales) stationed there year-round but no private citizens inhabit it (other than overnight camping guest and nature enthusiasts). The other 140 islands, keys, islets and atolls and not inhabited.

Refrán . . .

Tiene más vida que un gato.

Trivia

Puerto Rico is found in the Caribbean Sea, it is part of the Greater Antilles.



http://www.elboricua.com/CCNOW_Calderos.html

BORICUA . . .
is a powerful word.
It is our history,
it is our cultural affirmation,
it is a declaration,
it is a term of endearment,
it is poetic . . .
. it is us.

Taínos

The ancestors of the Taíno entered the Caribbean from South America. At the time of conquest, the Taíno were divided into three broad groups, known as the Western Taíno (Jamaica, most of Cuba, and the Bahamas), the Classic Taíno (Hispaniola and Puerto Rico) and the Eastern Taíno (northern Lesser Antilles).

At the time of Columbus' arrival in 1492, there were five Taíno chiefdoms and territories on Hispaniola (modern-day Dominican Republic and Haiti), each led by a principal Cacique (chieftain), to whom tribute was paid. Ayiti ("land of high mountains") was the indigenous Taíno name for the mountainous side of the island of Hispaniola, which has kept its name as it is used as the Haitian Creole form for Haiti.

Cuba, the largest island of the Antilles, was originally divided into 29 chiefdoms. Most of the native settlements later became the site of Spanish colonial cities retaining the original Taíno names, for instance; Havana, Batabanó, Camagüey, Baracoa and Bayamo. The name *Cuba* comes from the Taíno language; however the exact meaning of the name is unclear but it may be translated either as "where fertile land is abundant" (cubao), or "great place" (coabana).

Puerto Rico also was divided into chiefdoms. As the hereditary head chief of Taíno tribes, the cacique was paid significant tribute. At the time of the Spanish conquest, the largest Taíno population centers may have contained over 3,000 people each.

*Wikipedia

Sato Wall of Fame



Hola, mi nombre es Flaco Alcón

I live in Atlanta with my new family. I have my own room under the stairs, if I want to be alone, but I usually sleep with my brother Tommy in his bed and I take his pillow. He doesn't mind. He tells me he loves me and I tell him I love him too. I eagerly wait for him to come home from a place called school. Then we go to the back yard and play catch. I love my new home and my new family.

*I have other friends in PR that also need to find a home.
<http://www.saveasato.org>*

Boricua Calendar

- March 2, 1938 -Eurípides Rubio, U.S. Army Captain and Vietnam War Hero, born
- March 2, 1917 The Jones Act grants U.S. Citizenship to residents of Puerto Rico.
- March 3, 1908 -Juan Antonio Corretjer, poet - born
- March 3, 1952 The Puerto Rican Constitution is approved.
- March 9, 1915 Francisco Matos Paoli, poet born
- March 12, 1903 The University of Puerto Rico is established.
- March 15, 1916 Hiram C. Bithorn, the first Puerto Rican major league player is born.
- March 16, 1969 José Feliciano wins Grammy for "Light My Fire"
- March 22, 1873 Slavery is abolished in Puerto Rico.



Don Guillermo Alcón . . .

The yuca is the perfect patio and garden plant for those who want the tropical look. They have big leaves and grow tall quickly. Taínos grew and harvested yuca for food. The yuca we eat is the root of the plant.

Yuca plants are woody, perennial shrubs native to North America, South America, Central America and some parts of the Caribbean. Yuca is valued for its attractive evergreen foliage, which is topped by showy white flowers that appear on waxy flower spikes during the summer months. Yuca can reach an overall height of up to 10 feet and makes a dramatic statement in the garden or patio. Yuca plants, hardy in zones 4 through 10, are easy to grow once established and require very little maintenance to thrive.



Steps from Santurce's Farmer's Market 'La Placita' in San Juan, Puerto Rico. Chef Santaella transforms what used to be his catering workshop and a former hardware store into an architectural acclaimed space committed to offer a menu full of flavor using many local ingredients sourced fresh daily from 'La Placita'. The view of a tropical interior garden serves as the focal point of the main dining area and an abstract artistic wallpaper does the same at the bar area inspired by tropical plants.

Santaella celebrates the roots of the island's comida criolla, and incorporates techniques, flavors and fusions from around the world into its food. **Santaella's Restaurant** 219 Calle Canals



Lisa Santiago Brochu Restaurant Reviews

** Lisa Santiago Brochu, is a trained professional Chef and a former restaurant owner in New York. She travels to Puerto Rico on business often. Her island roots are in Caguas.*



Orange Crush Punch

3 cups Don Q Añejo rum
2 cups Pineapple juice
1½ cups Orange juice
1 cup Simple syrup*
One Pineapple, cubed
Two Oranges, sliced

Add all ingredients directly in a punch bowl and stir well. Refrigerate for at least 2 hours prior to serving.

Serve in an ice-filled rocks glass. Garnish with pineapple cube and orange slice.

Yields about 2 liters - Serves: About 8

*Simple syrup: dissolve 8 oz. granulated sugar in 8 oz. hot water.



** Diego Matos Dupree, born in Bayamón, is a tavernero for a popular cruise line and lives on board most of the year. He gets to travel the world for free.*

PRIMOS

Our PRIMOS section journeys through Latin America celebrating our cousins.



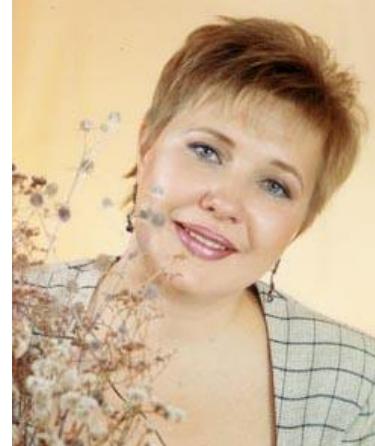
This section was added in 1998 in order to become more inclusive and at the request of several public schools using our publication in the classroom.



When people think of street food, sweets don't usually come to mind. But **memelos** — also known as **churumbeles** and **coquitos** — are a perfect exception to the rule. These tiny pops are made of creamy coconut centers covered in a thin layer of crunchy, candied caramel.

14 ounces sweetened condensed milk
2 cups dried shredded coconut
3 cups white sugar
 $\frac{1}{2}$ cup light corn syrup
1 cup water
2 teaspoons red food coloring
1 tablespoon oil

1. Place the sweetened and condensed milk in a pot over high heat.
2. While the sweetened and condensed milk is heating up, using a food processor, chop finely the shredded coconut to get a very small pieces consistency.
3. Once the sweetened and condensed milk starts to make bubbles, when is about to reach the point of being fully boiling, add the finely shredded dried coconut.
4. While heating the coconut and sweetened and condensed milk mixture, keep stirring so it does not stick to the bottom.
5. Take it off the heat once milk has reduced, color turns a bit darker and all has become a tick paste.
6. Using some of the oil, grease a cookie sheet and lay evenly the hot creamy coconut paste on it to let it cool. The oil will help avoid sticking to the cookie sheet.
7. Once it has cooled of, take a spoonful of the mixture and with your hand form balls and place a candy stick on each ball to form the coconut pops.
8. Dip the pops on the red caramel. To make the caramel follow these steps:
9. In a pot over high heat, mix sugar, water and corn syrup.
10. Keep heating until the mixture becomes thick like candy caramel or until a candy thermometer reaches 265F.
11. Once you dip the coconut pops on the caramel, place them on a oil greased cookie sheet to avoid sticking to the bottom.
12. Let them cool until caramel gets hard and enjoy!



Elena Cintrón Colón
Primos Editor

* *Elena, born and raised in Puerto Rico to Brazilian and Peruvian parents, lives in Buenos Aires most of the year. She works for a large South American firm and travels throughout Latin America. She comes home to San Juan.*



Punta Cana is a popular vacation destination within the Dominican Republic on the island of Hispaniola. In this city, there are 21 miles of beaches, many of which are public. Punta Cana has become the most popular tourist area on the island due to its acres of white sand and aqua-blue water.



Chicken Avocado Salad

This is one of my favorite salads. It's so easy to make, pretty, and delicious! Who doesn't like avocados?

I usually make this with left over chicken, about 2 cups cooked chicken, diced into one-bite pieces, 2 medium avocados, diced; about $\frac{1}{4}$ cup thinly sliced green onion; $\frac{1}{2}$ cup finely chopped fresh cilantro; 4 tbsp Mayo or to your taste; sprinkle of Adobo seasoning; and salt and pepper to taste.

Mix everything together and refrigerate until needed.

Serve with a piece of toasted, buttered French bread and a green salad.



Cocina Criolla – Cooking Hints

By: Anna María Vélez de Blas

*Anna, born in Bayamón and raised in Aibonito, is a Recipe Tester for EL BORICUA and is also a professional Chef. She lives in California with her husband, Joe and their three children.



Jaime in the Kitchen

A Food Blog

Back when I was growing up in Mayagüez there was absolutely nothing to do on Sundays except going to mass and visiting with relatives, playing on the streets with your buddies, etc. There were no video games, no movies on demand, and no cable TV. If the weather was bad, which was not that infrequent, we were stuck in the house, couldn't be on the roads to visit relatives and eat at their house. So, Mami would make us a delicious lunch of Tortilla de papas or Tortilla Española, which is a Spanish omelet. I've always made this tortilla for my family, so you know it's simple. My kids love it too. Sometimes they call and ask . . . Papi, how many potatoes makes one pound?



Tortilla de papas . . .

This tortilla is simple to make and delicious! You just need about 1/3 cup olive oil; 1 pound potatoes, scrubbed and thinly sliced; 1/2 of a large onion, thinly sliced; 6 eggs, and salt and pepper to taste.

Cook the potatoes in a greased skillet over medium low, you just want them done, not crispy or anything, however, crispy is good. Add the onions then potatoes are almost done. Next whisk the eggs and salt and pepper them, pour over the potatoes and cover. Let this cook over low heat for 5 to 7 minutes then once the bottom is done, carefully flip over and continue cooking another 5 minutes.

This makes a large skillet full, Just serve with a green salad.

* Jaime Garibay Rivera, Ph.D. is a retired college professor (Aerophysics), now living in Miami. He has three children and his family roots are in Mayagüez.

Nuestra Cocina Criolla

Islanders love all foods with oranges.



Orange Muffins

4 cups flour
1/2 cup sugar
2 tablespoons baking powder
1/4 cup shortening
1/4 cup butter
2 cups orange marmalade
1 cup orange Juice
1 teaspoon vanilla
2 whole eggs, beaten

Topping

3/4 cups sugar
1 teaspoon cinnamon
1 teaspoon nutmeg
1 tablespoon (plus 1 teaspoon) melted butter
1/4 teaspoon salt

Preheat oven to 375 degrees.

Sift together flour, sugar, and baking powder. Place in a mixing bowl. Use a pastry cutter to mix in shortening and shortening into the flour.

Mix marmalade, orange juice, and vanilla in a small bowl. Pour into dry ingredients. Beat eggs and pour into the bowl. Mix all ingredients together gently, using fewer than 10 large strokes.

In a small bowl, mix topping ingredients.

Spray oil in muffin pans and fill with batter. Sprinkle 1 heaping teaspoon of topping ingredients over each muffin.

Bake for 20 to 22 minutes until done. Remove from pan and cool on wire rack. Eat warm or at room temperature.

*Use an ice cream scooper/disher to measure same amount into each cup and have same size muffins for all.



Potato Salad with Bacon

2 pounds red potatoes
1 teaspoon salt (for boiling potatoes)
12 ounces bacon
1/3 cup apple cider vinegar
3 tablespoons sugar
1 tablespoon Dijon mustard
1/2 teaspoon salt
Freshly ground black pepper
1 tablespoon minced/mashed fresh garlic (about 3 large cloves)
1/2 cup chopped fresh parsley

1. Scrub potatoes and cut any very large potatoes in half so that all potatoes are of approximately equal size. Place potatoes in a large pot and cover with cold water. Bring to a boil and stir in 1 teaspoon of salt. Reduce heat and simmer potatoes for 15 to 20 minutes or until potatoes are tender when stabbed with a fork. Drain water. Leaving potatoes in pot, return pot to still-hot (turned off) burner. Leave lid off of pot and allow potatoes to steam dry for a few minutes.

2. Set a large caldero over medium heat and use kitchen shears over pot to cut bacon strips into approximately 1-inch pieces. Cook bacon, stirring occasionally, until crispy. While bacon is cooking, cut potatoes into 1/2-inch thick slices. Cut any extremely large slices in half. Set aside. Once bacon is done, remove caldero from stove and use a slotted spoon to remove bacon to a bowl while leaving bacon grease in the caldero (I had about 1/4 cup).

3. To the bacon grease, slowly and carefully add vinegar, sugar, Dijon, salt, and pepper. Place pot back on burner, bring mixture to a simmer, and stir for a couple of minutes. Stir the minced/mashed garlic into the mixture and cook for 30 seconds to 1 minute, or until garlic starts to turn a light golden. Remove pot from heat and toss in the sliced potatoes, gently mixing until potatoes have absorbed all of the liquid. Carefully fold in the cooked bacon pieces and chopped parsley. Transfer potato salad to a serving dish and serve hot or warm. Potato salad should not sit at room temperature for more than two hours before refrigerating any leftovers.

Nuestra Cocina Criolla



Garbanzo Vegetarian Criollo Soup

2 tbps olive oil
 1 medium onion, thinly sliced (about 2 cups)
 1 tbsp minced garlic, or 4 cloves garlic, finely chopped
 2 tbs Sofrito
 1 tsp. ground cumin
 4 cups vegetable broth
 1 medium butternut squash (about 2½ lbs.), peeled, seeded
 and cut into ½" cubes (about 4½ cups)
 2 cups potatoes, peeled and cubed small
 2 cans (15.5 oz. each) Chick Peas, drained and rinsed
 6 oz. spinach, coarsely chopped (about 4 cups)
 Adobo All-Purpose Seasoning with Pepper, to taste
 1 pkt Sazón with achiote

Heat olive oil in medium size caldero, over medium-high heat. Add onions; cook, stirring occasionally, until soft, about 5 minutes. Stir in garlic, sofrito and cumin, cooking until garlic is fragrant, about 30 seconds more.

Stir in broth, 2 cups water, squash and potatoes; bring vegetable mixture to boil. Reduce heat to low. Simmer, stirring occasionally, until vegetables are tender, about 20 minutes.

Stir in chickpeas and spinach; season with Adobo and Sazón.

Continue to simmer, stirring occasionally, until spinach is wilted and chickpeas are warmed-through, about 5 minutes more.



Rellenos de Papa (baked)

You've asked for a healthier baked version of and here it is. Rellenos de Papa or Stuffed Potatoes (actually mashed) is another Puerto Rican delight. Slightly crunchy on the outside, tender on the inside and stuffed with deliciously seasoned meat.

The recipe is exactly the same, the assembly is different. We use instant mashed potatoes but left over mashed potatoes will do as well as long as they are not too runny.

1½ cups water
 7 tbsp margarine
 salt and pepper to taste
 ¼ tsp. garlic powder
 1 cup milk
 4 cups instant potato flakes
 1 egg
 3 tbsps. corn starch (for dusting rellenos)

Prepared cooked picadillo (ground beef and/or pork seasoned with sofrito) - make sure not too add too much liquid. ½ lb ground meat, salt and pepper, and sofrito, minced garlic, chopped onions and peppers, 2 tsps tomato sauce and cook until done. The meat should be moist and tasty.

For the potatoes, bring water to a boil and remove from heat. Add margarine, salt, pepper, garlic powder, and milk. Stir until the margarine is melted. Add potato flakes. The mixture should be pretty thick and dry (should stick to spoon), if not let it cook uncovered for a bit longer. Cool slightly then add a slightly beaten egg and mix well. Let the potatoes sit to cool down.

Use a muffin pan to cook the rellenos. First spray oil in each cavity. Fill half way with potato spreading slightly up on the sides. Next add some picadillo, then top with more potatoes pushing down slightly, then making it nice and round on top. Don't worry if it is not smooth. Since all the ingredients are cooked and warm all that needs to be done is to bake the rellenos at 400° until the tips begin to brown, about 20 – 30 minutes. Let them cool a bit and flip over carefully.

Bilingual Education

Introducing **Ms. Marilda Cruz**. She is a New York City educator working for the Department of Education since 1996. The dynamic educator born in Rio Piedras, Puerto Rico is making a huge impact on bilingual education.

Ms Cruz arrived in New York City in the 7th grade and had her first experience has an English Language Learner (ELL) in a bilingual classroom that year. She stated that, that first bilingual class facilitated her learning English and adjusting to the differences of being a culturally and linguistically diverse student. She has been an advocate of ELLs and bilingual education ever since.

Her accomplishments are many. Ms. Cruz worked with monolingual and bilingual students providing speech and language services to Pre-school thorough Middle School students for 14 years. She supported both students and teachers with strategies to help students gain language and achieve their first words. Besides teaching, she has been a speech and language evaluator. Currently she works as a Bilingual Special Education Specialist with the Division of Specialized Instruction and Student Support. She works with teachers and administrators providing professional development in order to improve outcomes of English Language Learners with a disability. Part of her role is to work with the state. She provides professional development in order to improve outcomes of ELLs with disabilities. She is also an adjunct professor at Hunter College.

In Ms. Cruz's words – As a bilingual student myself, I truly believe and have experienced the benefits of bilingual education. I believe that a good bilingual education program can benefit many students, especially those students that have received formal academic instruction and can read, write and demonstrate cognitive functions in their native language which would benefit from a transitional period of instruction in their native language as they learn English. Dual Language programs can also be a form of bilingual education. Research demonstrates that being bilingual and having a bilingual brain has benefits of being able to think quicker, enhances ability to concentrate, as well as cognitive benefits, and as your age advances it could protect against dementia and Alzheimer. We know that students can function in an education setting best when they can understand what is being said to them, we also have research that backs up the need for support as students are acquiring a second language, as well as the increasing dropout rate that continues to increase for our English Language Learners, as they don't receive the necessary support to learn a second language. Why wouldn't we want to provide those scaffolds in order for our students to succeed?

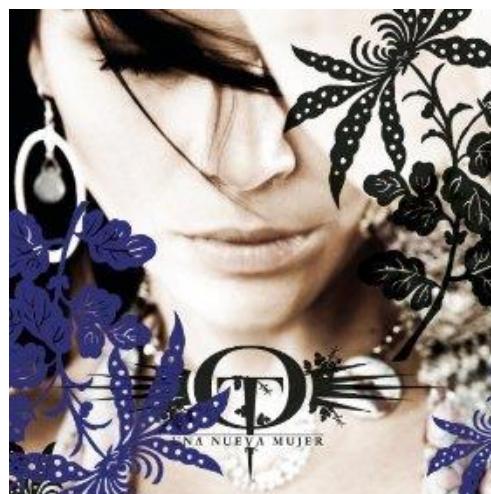
The insightful educator is contributing on many levels to the importance of language, bilingual education, and cultural awareness. She a powerful representation of the greatness of diversity. Ms. Cruz is proud of her Puerto Rican heritage and how she is contributing to learning. She stated, "I absolutely believe that language ties into culture. Language is a method of communication that can involve spoken and written words, but depending on your culture, mannerisms and body language tie into it."

Culture is not only viewed in food, clothing and music, it is also a set of beliefs and attitudes reflected in the way you live your life and the choices you make, and the dynamics of your family, friends and community, but most importantly it influences the way you think."



*Betty is a literacy teacher in Harlem and writes children's books. She is publishing her first, "La Despeinada" in late spring. Betty lives with her two children Natasha and Xavier in Brooklyn, New York.

Nuestra Música



Olga Tañón, Una Nueva Mujer
available online



Rose Franco (born January 22, 1934), a Puerto Rican, was the first Hispanic woman to become a Chief Warrant Officer in the United States Marine Corps.



Lauren Velez the Puerto Rican actress, who is known for her roles in "New York Undercover," "Oz," and "I Like It Like That," is still just one of a handful of women representing Afro-Latinas on television, as Captain Maria Laguerta on Showtime's hit serial killer drama, "Dexter."



María de las Mercedes Barbudo (1773 – February 17, 1849) was Puerto Rican political activist, the first woman Independentista in the island, and a "Freedom Fighter".