

HOW TO READ ATENAS TODAY

Many of the pages in Atenas Today are in two column format, and the default “view” in the *Adobe Reader* will present these pages in a large size that requires you to scroll up and down to read the whole page.

By changing the “view” to “**Full Screen**” you can fit the page to your screen and avoid the scrolling.

When in “Full Screen” view, left click to advance to the next page, or right click to go back a page.

If the text is too small for your taste, push the “escape” key to exit the “Full Screen” mode, and change the “zoom” level to get the size you want.

THE NEW YELLOW PAGES

Don't forget to download and save the latest version of the Yellow Pages. Many new businesses have been listed. This section will help you find the goods and services you need.

ATENAS TODAY



Toronja Rellena (Filled Grapefruit) *

ATENAS TODAY is a free English language newsletter for the residents and potential residents of Atenas, Costa Rica. It contains informative articles and creative compositions submitted by our readers, and is distributed via email approximately once a month to over 400 email addresses. To get on the distribution list or to submit material, please send an email to Marietta Arce at atenastoday@gmail.com.

Compositions from back issues are archived on the Atenas Chamber of Tourism and Commerce website, www.atenascatuca.com. Click on the English version and then Atenas Today on the business page.



DIRECTORY OF ENGLISH-SPEAKING PEOPLE IN THE ATENAS AREA

New names and numbers have been added to the directory. With each issue Atenas Today subscribers will receive an updated file containing the names and contact information of people who have chosen to be listed. Simply download the PDF file attached to this Atenas Today email and print it or save it on your computer.

If your name is on the list without contact information, it is because you are a subscriber to the newsletter, but have **not authorized the publication of your email address or other information**. To add or correct data please send an email to atenastoday@gmail.com

Issue No. 88

April 23, 2012

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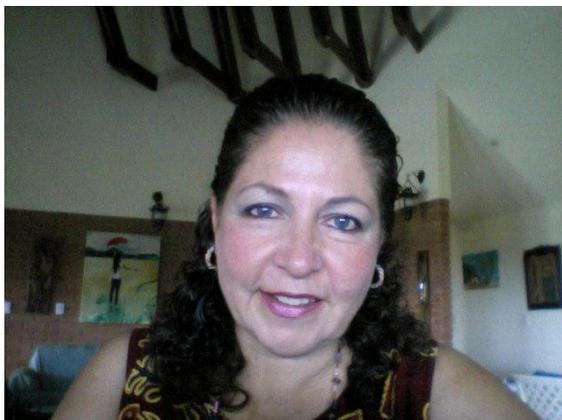
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*Cover Picture Credit:
luis.gonzalez.calvo@gmail.com

Publisher's Note



As I celebrate my first anniversary as Atenas Today's publisher, I am filled with gratitude for all the gifts that have come my way during the year. I have had the privilege of gaining access to the impressive, intelligent group of people that comprises the columnists and artists who share their talents with us each month. My heartfelt thanks to them and to you for your continued support.

We are 'transitioning' from summer to winter as evidenced by the sudden and strong showers of the last several days. The 'green' season is quickly approaching. It is my favorite time of the year because the predictability of that heavy afternoon downpour makes procrastination difficult. I find that I am much more productive knowing an afternoon nap might be in the offing!

April brings many celebrations to our county and this year is no different. The Chamber of Tourism and Commerce of Atenas and the Association of the Atenas Oxcart Drivers are in the final stages in the preparation of the Climate Fair/Oxcart Parade that will be held at the end of this month. I will be around all weekend and I invite you to visit the CATUCA booth to say hello and learn more about us.

Earth Day is on Sunday April 22nd. Although many people suggest we go out there and hug a tree, I think a better idea would be to plant a tree that we can watch grow in Atenas today and every day!

Happy reading!

Marietta Arce
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COMMUNITY BULLETIN BOARD

This space is available for posting community activities for the following weeks. Please provide information about your activity or event to atenastoday@gmail.com by the 15th of the month.

April 22nd, 23rd, 24th, EARTH DAY IS CELEBRATED IN ATENAS. See invitation page 5.

April 23 & 30 and

May 7th, 14th, 21st, 28th 9:00 a.m. to 11:30 a.m. ART CLASSES with Mary Park. Please call or email to: mandgpark@shaw.ca; 8330-3274

April 24th, May 1st, May 8th, 15th, 22nd, 29th - Atenas Bridge Club meets at the new, renovated Don Yayo's Restaurant. Noon-3:00 p.m. No partner required.

April 25th (Please confirm with Sara or Kay 2446-0664) and

May 2nd, May 9th, May 16th, May 23rd

Atenas Wednesday Women
informal get together at Kay's Gringo Postres
every Wednesday afternoon at 12:30 PM

APRIL 27 -29TH CLIMATE FAIR, INCLUDING 'SESTEO' ON APRIL 28TH AND OXCART PARADE APRIL 29TH. See Program page 6.

May 1st - Official Holiday in Costa Rica. Municipality, banks, institutions closed.

May 1st - 8 to 4 p.m. Biofermentation workshop (Spanish). For info: 87034707; or email Eric at eric_semeillon@yahoo.fr to make reservation.

May 8th & 9th (Please confirm) - Recycling of aluminum, metal, plastic, paper, electronics in the Central Park of Atenas from 8 a.m. - 2 p.m. Please rinse and separate your recyclables before dropping them off. Thank you for your continued efforts in this campaign.

May 8th - Writer's Club meets at Colinas del Sol, at Noon. Contact L. Michael Rusin @ rcaseyboy@gmail.com (2451-8063) for more information.

May 8th - 3 p.m. Abandoned Animals of Atenas Foundation meeting at Kay's Gringo Postres. Please contact Virginia 2446-5343 or Sylvia 8868-1386 for more information. Volunteers are needed and welcome.

May 18th - Hotel Colinas del Sol - 7 p.m. Marvin Suarez Concert/Dance

May 21st - PLEIN AIR - A group of people with curious minds who meet the 3rd Monday of every month at a different location to explore and express their creativity through visual art and writing. Contact Jan Yatsko at 2446-0970 or janyatsko@ice.co.cr to find out where we have been and where we are going.

DON'T FORGET TO CHECK OUT www.atenaslife.com FOR OTHER REGULARLY SCHEDULED ACTIVITIES.

EARTH DAY APRIL 22, 2012



To honor **Earth Day**, to celebrate the 10th anniversary of the Finca Escuela Francisco de Asis and as part of the Climate Fair, **Teresita Chacon** invites you to the Casa del Maestro Pensionado, 100 meters East and 75 meters North from the Northeast corner of the Central Park of Atenas.

On display will be a large assortment of plants; stamps with ecological themes; newspaper articles about Atenas; dry flower arrangements and creations made from recycled materials.

Exhibit will be open April 22, 23 & 24th from 10 to 2 p.m. A contribution of 1,000 colones per person is requested to help pay for space rental. Discounts will be given to school groups.

For more information: Contact Teresita at 2446-5796 or 8377-5486



Made by Jorge "Chino" Campos from recycled materials.



PROGRAM CLIMATE FAIR APRIL 27, 28 & 29 2012
(NOTE: Schedule and Program Subject to modifications)

DJ Anthony Eventos y Payaso Torrejita

Friday April 27th – Parque Central de Atenas –

- 12:00 P.M. **DJ**
- 1:00 P.M. **DJ**
- 2:00 P.M. Christian Amador puppet Workshops on stage
- 3:00 P.M. **DJ**
- 4:00 P.M. – Kurt Dyer guitar and show!
- 5:00 P.M. – Oscar Espinoza, singer/musician from Atenas
- 6:00 – 9:00 P.M. Dancing with Hermanos Vargas

Saturday April 28th:

- 8:00 AM Nature Walk “ATENAS VIVE TU VIDA) Leaves from Central Park, making several meditative stops and returns to the park. Coordinated by Catholic Church.
- 9:00 A.M. Dance, aerobics or spinning with CAFI Gym
- 11:00 A.M. Presentation of Grupo Coreográfico Infantil, Gimnasio CAFI, directed by Valeria Rojas y Brayan Ortiz.
- 12:00 PM **DJ**
- 1:00 PM – 3:00 PM Senior Citizens Groups
- 3:00 – 5:30 PM Dúo Francisco “Chico” Chavarría & Son

At Kay’s Gringo Postres Guisaro

3:00 P.M. presentation of Ernesto Raabe courtesy UNED

2 a 4 p.m. Percussion Workshop in the Escuela Central de Atenas

6:00 PM HOGAR DE ANCIANOS: The Atenas Boyero association invites you to the “Sesteo” honoring the founders of the National Monument to the Oxcart Driver. Contests, skills-show, gastronomy, dancing

In the Park

- 6:00 – Mass (Silence)
- 7:00 – 8:00 PM - Percussion Ensemble
- 8:00-10:00 PM - La Compañía (Francisco Chavarría) dance music

Sunday April 29th

Redondel de Hogar de Ancianos

- 9:00 A.M. Breakfast, yolking oxen, parade line-up
- 10:00 A.M. Parade leaves Hogar de Ancianos
- 2:00 P.M. Lunch, Raffles, Music

In the Park - Music, Food, Crafts, Entertainment

- 9:30 – 11:30 Painting Workshops for children by Olga Coronado (UNED) y Storytelling by Teresita Borges in the afternoon
- 10:00 a.m. Aerobic dancing class with Román Barrantes Rodriguez
- 10:00 – 2 PM Parade – DJ music
- 2:00 P.M. – Su Espacio Dancers
- 2:30 – 3:30 PM Escuela de Música presentation
- 3:30 – 4:00 PM **DJ**
- 4:00 P.M. EMERGENTES Group
- 5:00 P.M. Andrés Cruz Group
- 6:00 P.M. Mass (silence en el parque)
- 7:00 – 8:00 PM “Juglares Urbanos”
- 8:00 – 10:00 Los Tropicalísimos dancing

Italian Sausage in Atenas? ¡Claro que sí!



Marcial and Seidy (photo by Stephen Kopels)

by Kat Sunlove

Seated on the sloping grassy hillside at Roma Vista, our team waited anxiously as the first prizes were awarded in the 5th Annual Atenas Charity Chili Cook-off on February 12, 2012. Our friends at Pure Life Development captured one award, then our good pals Sally and Leonard, along with Guanacaste bloggers Andy and Fran took fourth place. When the second place award was announced as Team Sperone, we all jumped up screaming and ran down to the stage to accept the small trophy and pose for pictures. How could we have imagined taking away one of the top prizes when only a few weeks before, our chief cook had never even made chili before?

But that master chef, Marcial Artavia, had one key ingredient: his homemade Italian sausage. Plus, he was a quick study and a determined and astute student. Having recruited me and our mutual neighbor Jackie to serve on his team, Marcial proceeded to organize several festive "practice" dinners with either Jackie or me preparing our own chili recipes, Marcial observing our ingredients and measurements, and a

group of willing neighborhood tasters judging the results. When he brought those lessons to bear on the final pot of chili, the results were outstanding.

The story of how a Tico from San Carlos, raised like every other Tico in Costa Rica on Gallo Pinto, mangoes and bananas, ended up producing top-notch Italian sausage is a simple tale of good luck, hard work and a vision for success. A year or so ago Marcial met a man who was making Italian sausage to sell but needed someone to translate for him when talking to local butchers. With his excellent English skills, Marcial was ideal and the two men formed a partnership. But after only five or six months, the fellow decided to take off for Chile. He offered his unique spices and secret recipe to Marcial along with the chance to take over the struggling business.

Knowing the delicious sausage would sell itself with just one taste, Marcial embarked on a campaign to promote the product by offering cooked samples to potential customers. With word of mouth, especially among the Gringo community where good Italian sausage is prized, sales took off. Soon he found opportunities to serve grilled sausages at local events such as the

Independence Day party at Roma Vista last September and a wine tasting at Colinas del Sol.

When Marcial considered entering the Atenas Charity Chili Cook-off, he realized he needed a "brand," a name that would identify his product. His grandfather, whose nickname was Spur, had always been an inspiration to the young man to dream big and to strive to excel at whatever he did. It was in honor of that special relationship that Marcial decided on the Italian word for spur or *sperone* as his company name. With devoted assistance from his lovely wife Seidy and using all natural spices and fresh local pork, the pair now produces by hand many kilos of sausage each week, which Marcial delivers to his customers, from Rio Grande to Roca Verde and Sabana Larga to Santa Eulalia.

Having lived in Atenas for over ten years, Marcial has seen the community change as foreigners moved into this small town so well known for its great climate. But as more expats have gravitated to the area, local Ticos have had to make adjustments and not everyone has been pleased with the transformation. In Marcial's view, however, the growth of the expat community offers great potential for the future of Atenas and Costa Rica.

Working together, he believes that the two groups can improve the lives of residents in Atenas and open up opportunities for all as we learn from one another and cultivate friendships.



Team Sperone (Photo by Jerome Ives
<http://www.ivesimages.com>)

Let's hope Marcial's vision is the one that prevails so that Pura Vida is not just a slogan, but a way of life for us all. By catering to Gringo tastes with his excellent sausages, Marcial is doing his small part to help bring us together as one community.

Marcial and Seidy live in Barrio Santa Eulalia. He can be reached on his cell phone at 8920-0616 or watch for the tall lanky Tico with the quick smile walking through town in his distinctive white *sombrero*!

Vista Atenas B&B



by Dennis Easters easters3@msn.com

It was a nice fresh morning when I sat down with Vera Fouriau, the owner of Vista Atenas Bed and Breakfast, for a nice cup of organic coffee and to chat about being a business owner in Costa Rica. I have known Vera for many years and was instantly attracted to her energy. She has a special aura that makes you feel at ease and you realize at once that there is substance within this vibrant woman. I felt I had an instant connection with her, and that we are kindred spirits on life's journey, with many interests in common. I quickly found out that she is a fellow yogi, practitioner of tai chi and very holistic in her approach to health and life.

I am always interested in how people "found" Costa Rica, so that is how we started our two hour conversation. Vera's answer to my question was, "It was what people call a coincidence". Vera stressed to me that she does not believe in coincidences. Vera had attended a conference in Brussels on the Mayan calendar and the speaker lived part time in Costa Rica. The way he spoke of the country instantly attracted her attention. After the conference, Vera returned home and announced to her husband and children that she wanted to go to Costa Rica, ALONE! To her surprise, the family was on board and gave Vera the green light. She made arrangements to spend one month in Los Angeles de Atenas which was the beginning of her Costa Rican adventure.

During Vera's stay in Atenas, she took daily walks through the area, stopping to speak with locals. One would think this was a challenge because she only spoke Dutch, French and English, but that was not a problem in Costa

Rica. She was taken aback with how open and friendly the locals were, stopping to chat, offering coffee, and meals, and rides into town. These were things that had long ago become foreign in Belgium. On one outing Vera remembers eating an orange fresh from the tree. It was a "unique" experience because it was the first time she had not taken an orange out of the refrigerator to eat it. "The orange was warm and so fresh!" remembers Vera.



There was another experience that sealed Vera's destiny in coming to Costa Rica. She visited a small hotel in Vista Atenas, a beautiful community in the hills of Atenas, just a few minutes from downtown. Vera said there were many "signs" during that visit. She met another guest with whom she struck up a conversation. This woman and Vera had many things in common, including the fact that they were reading many of the same books. Another sign was that the owner of the hotel (which was for sale) was Belgian. Wanting to stay at the hotel, Vera was informed that the hotel was full and could not accommodate her. But, as fate would have it, her new found friend offered a bed in her room and Vera knew she was at home. In that month Vera recalls, "I felt the whole universe was with me, supporting me. All the pieces of the puzzle just fell into place."



Upon returning to Belgium, Vera knew she had found her destiny, and she told her husband she had found HIS dream. You see, it had been Vera's husband Jean's long time dream to run a bed and breakfast. However, his ideas and dreams had been in the south of France, not on the other side of the world in Central America. This made perfect sense to Jean because he only speaks French! Before her trip, Vera thought she had everything. She lived a wonderful life in Belgium. She had a beautiful family, great home and prize garden, without a need or care in the world. Costa Rica and the little town of Atenas changed all that. After recounting her experiences to her husband Jean, he was more than curious and wanted to see this new found paradise first hand. One month later, husband and wife boarded an airplane together so that Jean could see what had so profoundly changed Vera's life.



During their week long visit to Costa Rica, Jean too fell in love. They were both taken with the charming little hotel that Vera had stumbled upon in Atenas. Vera recalls, "We really did not have to think about it. There was no endless looking, this was the perfect fit." They purchased the hotel! Now the hard work would begin. It would be challenging because Vera would have to go it alone for a while. Jean had to stay in Belgium and take care of all the details that would allow them to move to Costa Rica, not to mention retire. "Nothing was planned. It was going to be a challenge to make it work. We adapted. The hardest part was being apart, but we learned to really listen to each other when we spoke. We actually learned more about one another not living together." Vera says she discovered that the dream life she thought she had in Belgium, was actually in Costa Rica.

"Now my husband's dream of owning a bed and breakfast was my dream too."

Moving to a new country and running a business was a learning experience. I asked Vera what her experience has been like owning a bed and breakfast in Costa Rica. Vera says, "Doing business in Costa Rica is different than in Europe. I had to get used to the "pura vida" mode of things, which is much more relaxed. I learned to slow down and be more adaptable. There is no real sense of urgency here. Because of the culture and climate, oftentimes "plans" are useless." She also discovered that people must have fun at work. Typically upon arriving to work, employees must have a cup of coffee, chat and share a few jokes before work starts. "They must love their work or at least have fun doing it", states Vera. When asked if she had any advice for other expats wanting to start a business in paradise, Vera responded, "Don't think about it too long and don't focus on the difficulties. Have a financial reserve and be realistic and adaptable. Just do it." Vera and I both agree that by having enthusiasm for your work and being positive, you can create your own reality.

What Vera has created is Vista Atenas Bed and Breakfast (www.vistaatenas.com). Set on a large 16,000m² lot (4 acres), this charming getaway has stunning views of Atenas and the valley beyond. It offers 6 rooms, 2 cabins and one casita, a beautiful swimming pool with plenty of outdoor space, and tropical gardens. Vera's approach was to keep things simple and open to the nature that surrounds you in Costa Rica. She chose colors and decor that express her personality with a celestial theme. One thing that Vera has stuck to her guns about is NO TVs. This is crucial because that way you have no distractions. You can enjoy your surroundings and the peace and tranquility that is often missing in our busy lives. As one guest put it, this is a place to "unplug". Breakfast is as organic as possible and consists of fresh fruit, juice, coffee, eggs, toast, jelly, and sliced tomato with cucumber and onion, all purchased and grown locally. "Breakfast is slow. Take your time to digest not only your breakfast, but everything that is around you." advises Vera.



Now, with six and a half years under her belt, I wanted to know what Vera thinks has been the key to her success in a foreign land. “My enthusiasm for people and nature. I love meeting and being around people. This is not work for me; it feels more like a hobby.” Vera attributes many other things to her success such as: creating harmony with her employees, having a profound respect for Costa Rica, its nature and its people. She also says, “I stick to my values and I am attracted to people who find that important.” Also, “Surrounding yourself with locals makes all difference because of the cultural differences.” The one thing that Vera said about having a business in Costa Rica that struck a cord with me was, “It’s not difficult; it’s different.” Having said that, Vera stresses that there are obstacles to overcome that are not always easy.

So what does the future hold for Vera and Vista Atenas Bed and Breakfast? I can say with confidence that the future looks bright. With her creative flare and calm energy Vera has many future projects that she hopes to accomplish. Keeping with her love of nature and conservation, Vera hopes to continue adding solar panels to take over more aspects of the electrical needs. The hotel currently uses solar for its hot water supply and to run the well, but Vera wants to expand that to include things like the pool. Vera also hopes to attract small groups who are interested in nature, yoga, meditation, and tai chi, all of which play an important role in her life. She envisions building a wooden deck off to the side of the swimming pool that would be covered to create a perfect space for these activities. In addition, once Jean retires, he will

be joining Vera and add to the mix his culinary talents. He has just completed a two year cooking course in Belgium and will be providing healthy elegant meals for guests in the near future. Vera says the most important thing is to continue providing and creating peace and harmony between humans and nature. That is her ultimate goal.

I am often asked by friends, family and clients if I regret moving to Costa Rica. My response is always the same, “Yes! I regret that I did not do it sooner.” So I could not resist asking Vera the same question. Vera, do you have any regrets? Without delay she said, “Of course not! I am much more alive now. It was not easy, but if it were easy you would lose the challenge of being really alive.” Vera went on to say, “My life in Belgium was too easy. I had everything and never had to worry. I left my comfort zone and it saved me.” On a personal note, my advice to anyone wanting to move to Costa Rica and try a new business is: Do it! Make sure you do your due diligence and then go for it. Get out of your comfort zone. It just may save you, too!





"1956: day dreaming with Doris Day one sleepy buzzcut morning; as her last note dropped off the box, I suddenly heard the call. Bill Haley's "Rock Around the Clock" came on the radio and instilled in me the need to question authority. Rock and Roll was born. I was fourteen; I bought me a green plaid sport coat and began to wiggle like Elvis. There was no turning back. There was a saying back then, maybe you remember, "Why can't I? It's a free country!" This is me, Mom, doing my best..." Red Rider

Ok, we've assembled the parallel beam bones of force to protect us from afar and to stop criminals from making victims of us at home.ⁱ Following the logic of Classical Liberalismⁱⁱ; we're only one piece away from a complete set of bones.ⁱⁱⁱ We've used bones and racing motorcycles as props to shape and define our ideas. Like children, we made them out of pretend cardboard and pasted them together with the turn of a word or line from a pencil on our mental drawing board.

Frames need to be sized right; otherwise they'll be too heavy, too light or complicated. Over time, "progress" pours on the power and the frames begin to flex and break.^{iv} Let's touch briefly on the third, judicial bone, and then look for the culprits that keep breaking our frames!

Dem Bones III

Paul Furlong

Third of a three piece set (if we're lucky)

The premise of a free society is that each individual owns himself and is sovereign, a miniature country unto himself, a minority of one, yet with more power than all of society.ⁱ These are the people we want in a jury, free men and women with minds of their own, not representatives of the state.

Much of the free world has a jury system and, when it's used, people seem to fare better. Until the mid 1800s, US judges instructed juries to judge the facts of the case *and* the very law itself. In fact, he told the jury they didn't even have to follow his own instructions!ⁱⁱ It was a sovereign citizen, one of us, who decided if a law was fair and if it applied to that particular case. A judge deserves no more honor than a single person in the jury. His job is only to direct traffic. I was surprised to discover this. How about you? Question: do we sign these rights away when we show up for jury duty today?ⁱⁱⁱ

Juror's rights didn't come easy.^{iv} In England during the thirteenth century, jurors were subject to legal action, fine, torture and imprisonment if they brought in a verdict which the court thought contrary to law. Witnesses could be punished for bringing "false verdict." By the sixteenth century, juries had almost unlimited discretion in reaching a verdict. Thus demonstrating the growth of Tom Jefferson's tree...

"the tree of liberty must be refreshed from time to time with the blood of patriots and tyrants."

[As an aside: understanding our own laws, in whatever country we live in, is important. Latin, in its golden age between 75 BC and 14 AD, was the language used in Rome at its height. Medical, religious and legal terms became stuck in that dizzying array of power and ideas during this era and were never translated as the rest of the language died on the street. Much of our law books and medical journals are still in the same Latin they were over 2000 years ago. Today

it takes Doctors, lawyers and priests, who I otherwise have no beef with, to interpret important issues for us. It's worrisome to me that I don't know what they're reading or what spin they put on its meaning,ⁱ especially in a modern courtroom.

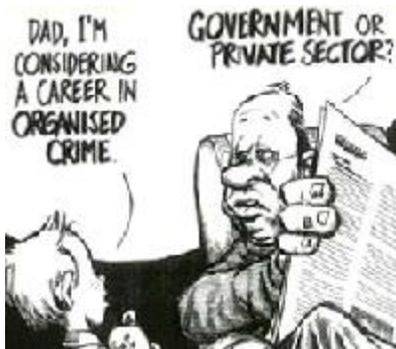
"Minutus cantorum, minutus balorum, minutus carborata descendum pantorum."^{ii]}

Thus ends the last bone, the "bone of contention," and completes the three bone frame of government. These three bones, national defense, police, and a judicial system, should never be confused with the three *branches* of government;ⁱⁱⁱ which seem not to work very well in the US and is anyway, outside the reach of this essay.

There's a problem however. If this three bone frame works so well, how come it keeps breaking? How did politicians get their sticky hands on the throttle? How could we let some sweet talking daddies' ride our race jobs and why would we let them in the door of our carefully limited government? Maybe the frames *are* okay; maybe we just haven't learned how to pick their operators.

Perspective: from the time we became aware, man has always lived under the direction of other men. Wars were held to see who did the directing.^{iv} Labels and dogma were crafted to suit the moment but the fight has always been about who owns us. We've come from self awareness over thousands of years... to self ownership in just a few hundred. My, what a long strange trip it's been. *We are the world*^v.

The morning mist is lifting and our fire is almost out... three empty bottles lay at our feet. We've eaten crow and spoken truth as we know it.^{vi} It's going to be a long day. Tomorrow we'll talk about how to get better help.



Fuzzlong@gmail.com

ENDNOTES

¹ Atenas Today, Feb and March "Dem Bones" and "Dem Bones II"

¹¹ One example of Classical Liberalism, though not limited to, is the breaking off of American Colonies from Great Britain. In those days, to question the king's authority was a heady thing to do. In fact, many completely lost their heads over it. Once freedom was won, the *constitution* became the law of the land, and liberals who had won it, became conservative to their new constitution. Today, the term liberal means taking the *constitution* liberally, a bone of a different color, indeed.

¹¹¹ <http://www.youtube.com/watch?v=gzSAjNIOfal&feature=relmfu> Ayn Rand

¹¹¹¹ <http://www.youtube.com/watch?feature=endscreen&NR=1&v=cM8Ss28zjcE> Volume please.

^v Society is an assemblage of individual nations, now numbering 300,000,000 in the United States, for instance. Globally, one might see us as grains of sand, each with its own destiny and self ownership without owing anything to the "beach," other than to mind its own business. After all, a beach can have no rights.

^{vi} A charge that the jury had the right to consider the law had a corollary at the level of trial procedure: counsel had the right to argue the law its interpretation and its validity to the jury."

^{vi1} Costa Rica has the Roman system of law and doesn't use a jury. Those of us who choose to live here made that choice and I don't suggest Costa Rica change their laws for its visitors, residents, new citizens or refugees.

^{vi11} 1215 The Magna Carta, in part, said "For a trivial offence, a free man shall be fined only in proportion to the degree of his offence, and for a serious offence correspondingly, but not so heavily as to deprive him of his livelihood. http://en.wikipedia.org/wiki/Magna_Carta#Rebellion_and_creation_of_the_document Good reading if anyone is interested.

^{ix} <http://www.youtube.com/watch?v=Rp6-wG5LLqE> Volume please!

^x A little song, a little dance, a little seltzer down your pants.

^{xi} "There aren't any three branches of government. It's all government. And it sucks" - John Matonis, speaking at the 1977 Libertarian national convention.

^{xii} ...of building navies, filling *them with men, and then hauling them into the ocean, to try which can sink each other fastest.* ***Rights Of Man Quotes By Thomas Paine***

^{xii1} <http://www.youtube.com/watch?NR=1&feature=endscreen&v=k2W4-0qUdHY> Volume please, go big screen. We are the children.

^{xii11} "But such is the irresistible nature of truth, that all it asks, and all it wants, is the liberty of appearing."

— Thomas Paine, *Rights Of Man*

The Real Life of a Boyero



by Marietta Arce
marietta_arce@yahoo.com

In the month of January, the Oxcart Association was given the opportunity to participate in the recycling campaign that is undertaken every month as part of our county's response to a government directive about recycling. Since I have been part of this group for a few years, I volunteered to work alongside them for the two days.

We had a very good turnout of oxcart drivers on the first day and although the community kept bringing material steadily, we had no trouble keeping up with the work to be done. When I went home for the afternoon, I casually told one of my colleagues that I would see him the following morning. He shook his head as he told me that he would be unable to participate in the campaign the next day.

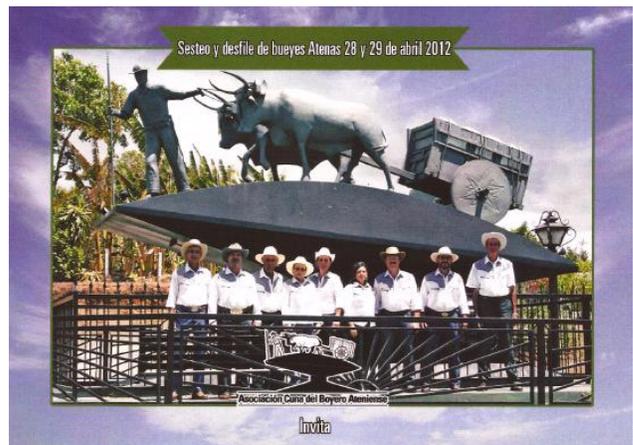
I teased him and assumed that the unpleasant task was not something he wanted to repeat, especially when the financial return is modest and the hours invested are great. He explained, however, that the reason he couldn't come back the next day was because his working farm and his animals required his presence.

I felt scolded when he enumerated (in the unique way our 'boyeros' talk) the severe consequences that could result from cows not being milked for a few days; fields not being worked for a week; sugar cane not being pressed on time. Well, you get the idea. He compared and contrasted the farm to the office. I have to say, the things he pointed out became obvious to me for perhaps the first time in a long time. The life of a farmer is 'real' in ways few other 'careers' are.

In 2005, UNESCO recognized the Costa Rican tradition of 'boyeo' (oxcarting?) as our intangible contribution to humanity. It took many years of research and verification for this honor to become a reality.

On Saturday April 28th, the Oxcart Association of Atenas will hold a 'sesteo' (camping) at the Hogar de Ancianos. On Sunday, April 29th, as part of the Climate Fair, oxcart, oxen and oxcart drivers from all over the country will take part in the parade that will begin in the Hogar, make its way to the National Monument to the Costa Rican Oxcart driver in Los Angeles and return to the Hogar by way of the center of Atenas.

I invite you to come and support the men, women and children who live every day by the law of the farm and are proud of their heritage and should be!



Grapefruit / Toronja



by Elizabeth Gonzalez

The **grapefruit** (*Citrus × paradisi*) is a subtropical citrus tree known for its sour fruit. These evergreen trees usually grow to around 5–6 meters (16–20 ft) tall, although they can reach 13–15 meters (43–49 ft). The leaves are dark green, long (up to 150 mm, 6 inches) and thin. It produces 5 cm (2 in) white four-petaled flowers. The fruit is yellow-orange skinned, ranging in diameter from 10-15 cm. The flesh is segmented and acidic varying in color depending on the cultivars, which include white, pink and red pulps of varying sweetness.

The fruit has become popular since the late 19th century; before that it was only grown as an ornamental plant. Florida, Texas, Arizona and California are major U.S. producers of this fruit, which is known as ‘toronja’ or ‘pomelo’ in Spanish.

The taste of the grapefruit is often disconcerting to some people because it is not as sweet as an orange or as acidic as a lemon. However, because it is high in Vitamin C, it is a good nutritional item.

In Costa Rica, while we do drink the juice straight or add water to make it less acidic, the most popular way to eat grapefruit is ‘crystallized’ or filled with ‘dulce de leche’ as a candied dessert, especially around Holy Week. Here in Atenas, it used to be found year round but it has become scarcer as people have gotten away from planting these citrus trees.



Making this dessert is a lengthy process that might take a few days. The first thing to do is select ripe fruit with shiny skins. Peel the skin, separate the pith from the pulp and leave it in water overnight. In a pot of hot water, add the grapefruit and cook with sodium bicarbonate for ten minutes to get rid of the acid taste. Change the water and repeat the process several times until the grapefruit is soft. When they are soft, rinse them well, squeeze the excess water and let them rest for 24 hours.

The next day, you make syrup with 4 cups of water, 6 cups of sugar, ‘cola’ syrup (red or whatever color you prefer), cinnamon stick, cloves, and lemon juice. Stir constantly and add the grapefruit before the mixture thickens so that it has a chance to absorb the sweetness. Figs may be added to bring out the flavor.

Remove from heat, and cool. You can then dip the fruit in sugar to get the crystallized effect. Some people enjoy the sweet/acid taste that is unique in this treat. You can eat the dessert this way or fill with dulce de leche.



To prepare the dulce de leche (fudge), slowly melt one bar of butter with one large can of condensed milk. Add 400 grams of powdered milk and (optional) chopped cashews, peanuts, or walnuts. Stir until combined and fill the shell. You can cover with sugar and enjoy!



According to Mr. Eladio Valerio Madriz, Claudina Perez Porras created the 'dulce de leche' filled dessert in the early 1970's. This item was sold throughout the county, especially on Route 03 (connecting Alajuela to Atenas). They used to say that if you didn't eat a filled grapefruit while you were in Atenas, you could not say that you'd really been there!

Nutritional Facts:

One cup of grapefruit provides: 97 calories
Vitamin A, Vitamin C, Calcium and Iron

REFERENCES:

<http://www.recetasdecostarica.com>

<http://en.wikipedia.org/wiki/Grapefruit>

www.atenasonline.com

<http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1905/2>

On The Now Technique[©]

by Vincenzo Santiglia



“. . . Nature does not work in parts; she treats everything as a whole." F.M. Alexander

I was just a little boy when I first began to question how to live with my mind and my heart united. I often prayed that I could ask somebody how to do it. I finally found my answer when I was twenty-five years old. The voice of my teacher* gently guided me within and the mind naturally entered the heart. When I reopened my eyes, tears of gratitude appeared on my face. That way of breathing, listening, feeling and observing has grown in me. It has become an art which I continue to share with many friends and two years ago shared with my dying father.

My father lost the joy of living when his mother, and soon after his father, died. He was only six years old. Later on, a few months before his eightieth birthday, he became sick with lung cancer. During this period he often cried out, "Life is not safe, you cannot trust anybody, and you are never good enough." However, he trusted me to guide him through simple meditations: to allow his breath to come, to go. I asked him to do the same with the surging waves of feelings, emotions, thoughts and images. I asked him to simply allow them to come and to go. It eased the pain for us both and I felt blessed to share with him what I had learned through a lifetime of seeking. Until his last breath, this was our mantra. To allow. To let happen. To embrace. To let go. To return again and again to the present moment, without any attachment or anticipation.

He died burning in the fierce fire of cancer, but his mind was clear, his journey here completed. After this I questioned more deeply the purpose of my existence and found the answer only in passion. I have been a student of life with a definite inclination towards harmony, unity, wholeness, oneness and peace. I have studied ancient and modern schools of thinking, and have always been drawn towards what is essential in every one. The essence I have found is one of wonder for the gift of life. For nature, for wo-manhood, and for the Infinite which moves beyond and within all forms.

Common sense and love continue to guide me to embrace parts of myself which I had never known existed. To embrace dualities and paradoxes. To surrender to chaos and order. I dive into the dark inner seas and dry in the bright suns of consciousness and realize that life is whole. Never divided. Never fragmented. Never incomplete.

I have found one way to wholeness. To naturally move my attention through the breath, from the body, to the heart, to the mind and to the vast Spirit and to acknowledge, embrace and surrender to every split and every wall in them and between them. This pattern of present moment exploration has opened doors within that I never imagined existed.

I have investigated the science behind the pattern of self-enquiry which I have intuitively adopted, and named The Now Technique[©].

I think there is beautiful clarity in words of Dr. Grant McFetridge* (Director of The Institute for the Study of Peak States) in a paper on triune-brain biology and brain awareness. He states:

"...the body (reptilian brain) thinks in sequence of sensations, and makes decisions based on association of sensations, and its primary drive is survival and reproduction. The heart (mammalian brain) thinks in sequence of emotions, and its primary drive is connection. The mind (primate brain) thinks in sequence of words or thoughts, uses judgment, and understanding as its primary drive.... For most people, these brain "awarenesses" are separate from each other, and in fact compete and dominate each other."

Upon reading these words I have recognized my original question: "How can I live with my mind and my heart united?"

Dr. McFetridge continues:

" A large class of peak states, known as a group as "triune brain fusion states", exists because it is possible for these brain awarenesses to fully merge with each other in various combinations and degree. Having all of the brain structures' awarenesses fully fused together is optimum, and in fact is how we are designed to live."

It is the autonomic nervous system that connects the brain, heart and body. Nerve impulses move up and down from head to body and body to head communicating harmonious or chaotic signals to the 3 brains. The quality of these signals depends on the state of the autonomic nervous system.

According to Stephen Elliot, author of Coherence™ - A New Science of Breath, in the state of autonomic balance our body relaxes, our mind state becomes at ease, our thinking clear, our sensibilities tempered, our mind body communication becomes free flowing, our sphere of awareness expanded, our intuition increases, we are open to new ideas, we become receptive and accepting.

In his words: *"Optimal autonomic balance results when heart rate variability and breathing rhythms are synchronized. This synchrony both results in, and is a result of, balance between sympathetic and parasympathetic functions as well as harmony between autonomic and somatic branches of the central nervous system."*

In The Now Technique© we weave lines of awareness between our breath and our physical sensations, our emotions, thoughts and images and as we do so our breath becomes naturally deep, slow, rhythmic, whole. As the breath becomes whole our body, heart and mind become whole also. (I also hope to research how and when during the process we naturally touch upon optimal autonomic balance).

"The words of the poet Khalil Gibran come to mind: " Sadness is but a wall between two gardens."

Another way to see it is as wall between the body-centered sensations, the heart-centered emotions, the mind-centered words and reasoning, and images or pictures. The dissolution of

these walls is not a labor of force but the result of presence to what IS.

A momentary yet continuous, dedicated space of attention and awareness to the whole body through the breath. Seeing, feeling and listening to the inner world becomes a moving, melting, changing experience which surrenders our secrets, dissolves tensions, integrates opposites, brightens shadows and leaves us “awake”.

I have a vision of The Now Technique growing into a heart-centered collaboration for teachers and facilitators who can bring it to many around the world.

The “Now Technique” is simply this:

Through the observation of the natural breath,
our attention gently accesses the intelligence of the body.

It acknowledges feelings and emotions.

It becomes aware of thoughts and images.

It expands into a spacious awareness where everything is connected.

Within and without.

Past, present and future merge into this present moment: Now.

In order to deeply explore the amazingly simple, Now Technique©, we are having a course in Atenas in the first weekend of June. Course dates are Friday and Saturday, June 1-2 and we are holding it at Vista Atenas Bed and Breakfast.

We are also offering a deep yoga course on Friday and Saturday, June 8-9, called Embody Awareness, A well-rounded and deep approach that has you enter the body **with understanding**—the way the body wants you to enter it. This course is excellent for anyone who wants to develop body wisdom, yoga practitioners and non-practitioners alike and body workers. No prior yoga experience is necessary. These courses are part of a system of well-being, and can be taken together or separately.

For more information on these courses, see the ad in the classified section of Atenas Today and call Suzanne Mark at 2455-0164 or 8517-3614 or at Suzanne@suzannemark.com. Or, you may go to our website at www.thenowtechnique.com. Thank you, Marietta Arce for publishing this article. We hope to see you soon!

* The teacher is Jean Klein. He introduced me to The Art of Listening. He passed away in 1998.

* Grant McFetridge and The Institute for the Study of Peak States, www.peakstates.com.

* Stephen Elliot and Coherence, www.coherence.com.

The Atenas Today Art Gallery

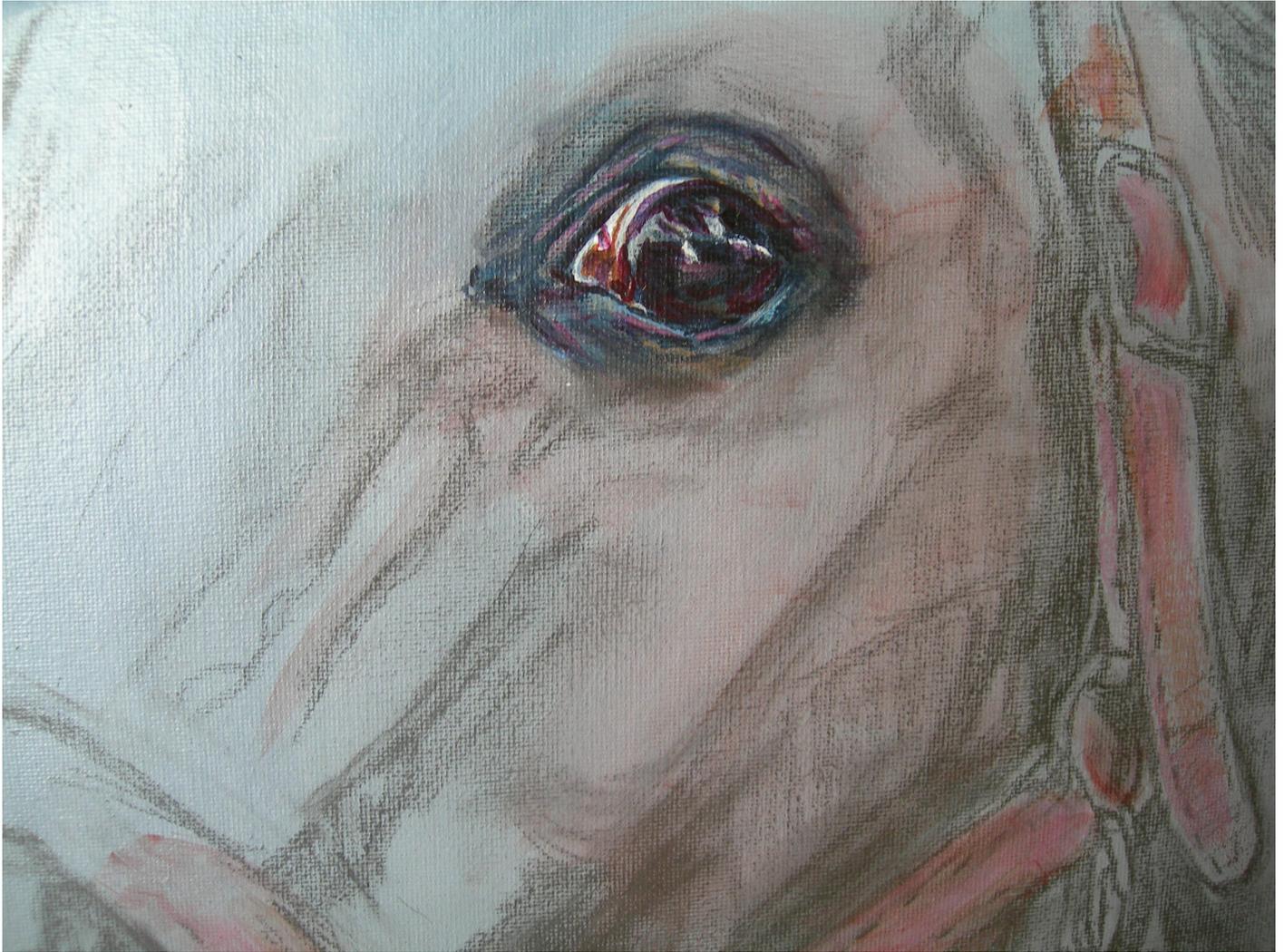
The Art Gallery is a regular feature of Atenas Today. Local artists are encouraged to submit photographs of their works to be included in the gallery, and to send a new picture each month. The artists may be contacted via the email addresses shown.



"Still Life With Cantaloupes and Bananas."

8.5" x 10", Oil on Linen.

Al Alexander
jeanandal@gmail.com



"Not Fade Away"
Acrylic on gallery wrapped canvas

(part of a larger painting that will be auctioned off at HeART of the Horse Charity Dinner and Auction in Woodinville, Washington, in May)

Dragonfly Animal Portraits
www.dianamiskell.com
<http://dianascostaricablog.blogspot.com>



Photomontage: "Still dreaming"

Evelyn Levtchenko
Fantasiewerkstatt
levtchenko.art@gmx.eu
www.levtchenko-art.de



“Nameless” *

Jeanita and Jerome Ives
Ives Images Photo Art
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* Readers are invited to submit ideas for naming this picture!

For the bloggers...



We are providing a list of *blogs* that might be of interest to our to our readers. By providing this information, we are not endorsing or accepting responsibility for any content found therein. Please contact us if you have any other blogs of interest that you would like to share.

Biolley Buzz	bcrcoffee.com
De La Pura Vida Costa Rica	delapuravida.com
Fabulista De Costa Rica	fabulistadecr.blogspot.com
The Very Worst Missionary	theveryworstmissionary.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
Mi Chunché	michunche.com
New Life in Costa Rica	http://www.anewlifeincostarica.com/nuevo_vida/
Pura Vida Mommy	puravidamommy.blogspot.com
Rubiatica	rubiatica.blogspot.com
Somewhere In Costa Rica	http://somerwhereincostarica.com
The Real Costa Rica	blog.therealcostarica.com
The View From Here	theviewfromherecr.blogspot.com
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April 28th Entertainment, food, music all day. Family oriented, alcohol free activity.

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Atenas, Costa Rica, June 1-2, 2012, at Vista Atenas B&B

The Now Technique® is a very simple process that balances the parts of your perception. It focuses your attention and awareness so that you experience release from patterns, pain, trauma and habits and enter the peaceful presence that is your nature. Based on extensive research into mindfulness and whole-brain balancing, The Now Technique is a dynamic inquiry into the parts of your life where you feel stuck and confused, unable to break free of pain or fear of pain.

Are you tired of looking for answers outside of yourself? Are you tired of waiting for answers from within yourself? Join us for this landmark workshop.

TIMES: Friday 4:00 pm - 8:00 pm
Saturday 10:00 am - 5:00 pm
COURSE FEE: \$85.00

Instructors Vincenzo Santiglia, Daniel Sternberg and Suzanne Mark have learned and taught many different modalities to ascertain what creates freedom. They have found that the most direct way to freedom is not in the future or past, but by the direct experience of NOW. www.thenowtechnique.com



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Atenas, Costa Rica, June 8-9, 2012, at Vista Atenas B&B

Vincenzo Santiglia teaches an evolutionary approach to yoga. It is a gentle, deepening Yogic Practice, that moves away from the mind imposing models and goals, and allows you to enter into an expanded field of attention where there is respect and self love. A well-rounded and deep approach that has you enter the body with understanding—the way the body wants you to enter it. Excellent for anyone who wants to develop body wisdom, yoga practitioners and non-practitioners alike and body workers. No prior yoga experience necessary. All abilities and levels welcome. Don't miss this life-changing seminar.

Over decades, Vincenzo has explored extensively and evolved an approach: Embodiment Awareness, which works deeply to create a profound shift that integrates the body-mind-heart and embraces the whole being.

TIMES: Friday, June 8, 4:00 pm-8:00 pm - Meditation and Introduction
Saturday, June 9, 10:00 am-6:00 pm - Bodywork and Dialogue

SUGGESTED DONATION: \$80.00

COURSE REGISTRATION: Contact Suzanne Mark at suzanne@thenowtechnique.com or at tel. 2455-0164 or 8517-3614
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Courses in English. Please register early as space is limited.



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