

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

August 23, 2015



Oropendola – A regular part of the Atenas skies
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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 600 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 now archived on [scomari.com /Atenas Today](http://scomari.com/Atenas Today).

Advertising rates and policies p. 45



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

Publisher's Note



By the time you receive this issue of **Atenas Today**, I will have been in New York for a few days, enjoying the company of my children who are more or less all grown up! Our sons are working and our daughter is beginning her junior year in college, many miles away from the little town of Atenas where she has lived good part of her life.

I am an emotional person! I admit it. Watching Disney's *Toy Story 3* when Andy heads off to college brought a huge lump to my throat because we were then dealing with our middle son's college adventure. It is hard to believe that he has been out of college for a year and is now employed. The time has flown and I have been a bit slow in adjusting to our new status as almost empty nesters, probably in a selfish attempt to keep us all young!

Before I travelled I spent a few days personally delivering fundraising letters to the business community in Atenas to ask for support for the upcoming III Classic Mountain Bike Event to benefit the Hogar de Ancianos which is taking place on September 6th.

I never know how people will react to receiving these appeals but I was pleasantly greeted and welcomed by everyone I visited. I was glad I did not delegate the task to another person because I thoroughly enjoyed the opportunity to catch up with people I have not seen in a while and get a sense of what the business community perceives about the economy in Atenas these days.

When I am away from my daily (self-imposed!) responsibilities in Atenas, I try to make time to reflect on the people and activities that make up the bulk of the hours I invest in the community. I enjoy feeling the freedom from meetings and deadlines even though I quickly pick up nuances of what is needed in the Queens neighborhood where my parents have their house! Last April, I signed a petition for safer streets for cyclists because, after all, my children might one day decide to ride their bikes again in New York City!

This month's issue is full of information, entertaining articles and wonderful art. I am again indebted to the wonderful group of contributors who rushed to have their material to me so that I could get it ready before I left. Life is full of wonderful surprises and I am glad that all this talent and generosity resides in Atenas, today and every day!

Happy reading and don't get caught in the rain without your umbrella!

Marietta Arce
marietta.arce@gmail





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.

August 24th – Costa Rica celebrates National Parks Day

August 29th – Fundraising Dance at the “New Feria” to benefit Atenas Red Cross and also to celebrate the CAC’s first anniversary in that location. (see Flyer)

September 6th – III Classic Mountain Bike Event to raise funds for Hogar de Ancianos (see flyer)

September 14th – Traditional lantern parade the eve of Independence day Celebrations

September 15th – Costa Rica celebrates 194 years of Independence

SAVE THE DATE: OCTOBER 17th FOR A FUNDRAISER TO BENEFIT THE LOS ANGELES SCHOOL
DETAILS IN FLYER IN THIS ISSUE

REGULARLY SCHEDULED ACTIVITIES

Every Sunday: Buddhist Book Discussion at Roca Verde (See Flyer)
no meetings in August, meetings every Sunday in September

Every Monday: Meditation #10 Roca Verde (Barb Moss), Gate opens at 8:30 a.m. closes at 9:00 a.m. Free and welcoming of men and women. Practice consists of a 20-minute silent meditation, followed by a dharma talk via You Tube by Tara Brach of the Insight Meditation Society in the States.

Every Tuesday, Wednesday & Sunday Atenas New Community (See Flyer)

Second Monday of every month: 4 p.m. Abandoned Animals of Atenas Foundation meeting at Antaños Please contact Virginia 2446-5343 or Sylvia 8868-1386 for more information. Volunteers are needed and welcome.

Every Tuesday: Atenas Bridge Club meets at Don Yayo’s Restaurant. 12:30 p.m. to 4 p.m. No partner required.

Every Wednesday: At 11:30 a.m. (Please confirm with Michele Clutter 2446-0664)

Atenas Wednesday Women
informal get togethers at Kay’s Gringo Postres

Third Thursday: 11:00 a.m. Costa Rica Writer’s Group meets at Henry’s Beach Bar near Multiplaza, Escazu, lunch follows at around 1 p.m.

Contact : Bob Brashears at bbrashears0@gmail.com



Buddhist Book Discussion

*****'

Every Sunday
Meditation (optional) 1:30pm
Book Discussion 2:00pm
218 Roca Verde, Atenas

A gathering for those interested
in Buddhism and Buddhist writings
ALL ARE WELCOME !

If you wish to know what book we're currently reading,
or if you need directions or any other information,
please feel free to telephone or e-mail:

Adrienne and Richard Baksa
2446-8509
adriennebaksa@me.com
rbaksa@me.com



ATENAS NEW COMMUNITY (associated with the Tico church, Iglesia Bíblica de Atenas)
facebook.com/groups/145046998883605

DESCRIPTION: Atenas New Community is non-denominational with a diverse congregation - Messianic Jews, Presbyterians, Mennonites, Methodists, Catholics, Southern Baptists, etc. The focus is on Jesus Christ and the Bible, not on esoteric and divisive theological differences.

SERVICES: Tuesdays - 6pm - Bible study in English. Wednesdays - 6pm - English worship
First Sunday of each month - An English translator is provided for the 9:00am Spanish worship services. (After the service many of the ex-pats gather at a designated home for a potluck lunch. Just ask any ex-pat before or after worship for the particulars.)

ENGLISH PASTOR: Steve Lucas - <https://facebook.com/steve.lucas> • 8764-8960
TICO PASTOR: Oldemar Artavia - <https://facebook.com/oldemar.artavia>
ADDITIONAL CONTACT: Judy Hickman • 2446-4791 • judy@proslink.com

DIRECTIONS: On Highway 3 at the blinking light



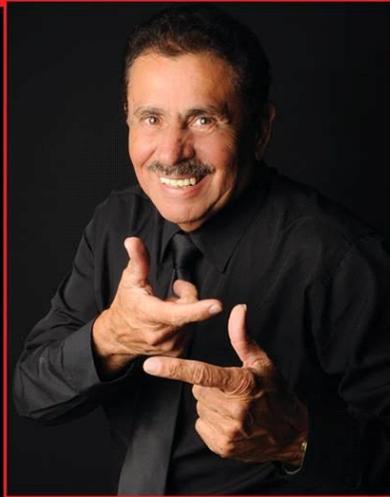
GRANDIDIOSO Baile

A BENEFICIO DE LA CRUZ ROJA
COMITE AUXILIAR EN ATENAS



Cruz Roja Costarricense

Sábado **29** Agosto 2015



Gerardo y
Los **Hicsos**

Entrada General

₡3000

Día del Evento **₡4000**

Aparte su mesa,
comparta con sus amigos por sólo **₡5000**

Venta de comidas y bebidas - Parque

Entradas a la venta: Soda Cruz Roja,
Deco Casa frente al Correo,
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ATENAS
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DISEÑO GRAFICO PROFESIONAL
LA CREATIVIDAD NO SE APRENDE, SE TRAE.

Aniversario del Centro Agrícola Cantonal de Atenas



III CLASICA

HOGAR DE ANCIANOS ATENAS
MOUNTAIN BIKE



Alguna vez yo
te enseñé...

...ahora enseñame vos
lo que significa **MTB**



ATENAS

06 SETIEMBRE 2015

Protejemos y defendemos nuestros años dorados

Esta vez totalmente recreativa,
Parqueo Gratis muy seguro,
Hidratación, Frutas

3 camisetas para que escojas una
o te inscribas 3 veces

Premios espectaculares 2 bicicletas y mucho más

Precio por inscripción 48000
que ira directo a apoyar al Hogar de Ancianos
Creer, Respetar, Tolerar



MountainBike *Style*

Garantizada la mejor recreativa

Síganos



Más información
Tel.: 2446-5224

Recreativa Hogar de Ancianos Atenas

Help the Los Angeles School Build a Needed
Playground

CONTRIBUTE TO A GARAGE SALE!

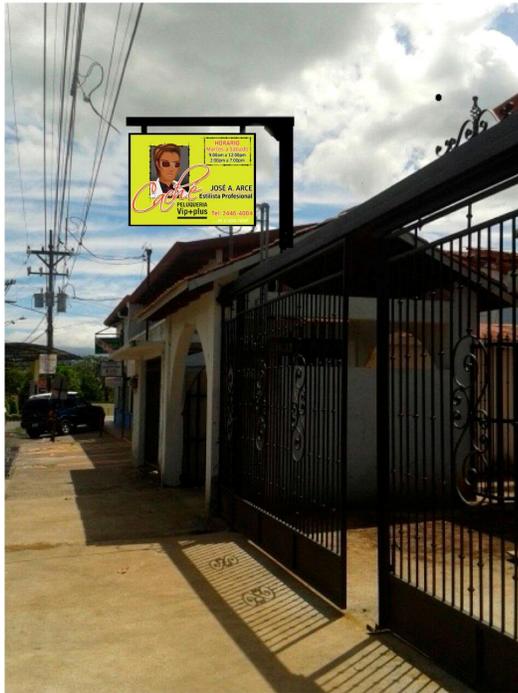
The garage sale is October 17th , 2-6 PM at the school in Los Angeles Barrio of Atenas. We start receiving items for the garage sale on October 5th at either the school during school hours or at Su Espacio Community Center (9-4 Mon-Thu), co-sponsor of the sale.



NEEDED: Mostly good, clean, ready-to-wear clothing of all kinds, adult & children. We also accept most household items, furniture, workable electronics, books, toys, etc. A large selection of clothing and other items will make a great sale! We need your help!



Cache Peluquería (Jose Arce)



Located right next door to Panda on Calle Ronda
2446-4004



DEL MAR SEAFOOD



Now Located on the Corner of Avenida Central
and Calle Ronda
Near entrance to access road to Highway 27
2446-0126

*Friendship Library News, August 2015
by Linda Ledbetter

Greetings, Dear Readers. The library angels have been very generous lately. On the daily check of the library, Bruce never fails to find returned books to shelve and newly donated books to process. He also delivers the current day's edition of La Nación for those who read Spanish.

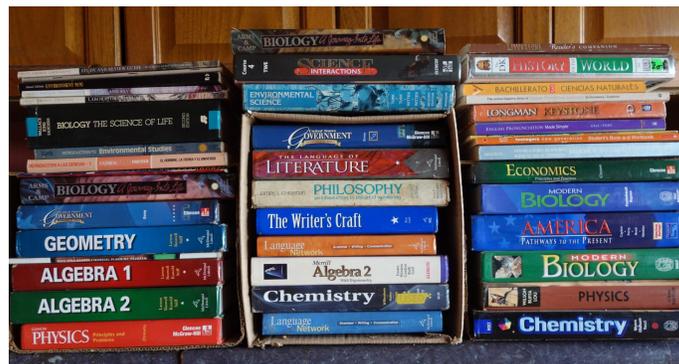
I am delighted at the number and quality of donated books that are in Spanish. We have recently received such diverse titles as novels by Paulo Coelho, the teachings of Confucius, and the Bhagavad-Gita, the ancient Hindu wisdom of Lord Krishna.

And, of course, there are the amazing books in English. I often think "whoever donated this is probably someone I would like to know". This month, I have been treated to Spoon River Anthology (a book of poetry wasted on the college students who are required to read it) and read it again 'for the first time' through the eyes of an older and wiser, hopefully less judgmental, person. (NF 8). Someone donated Bart Ehrman's Lost Christianities (NF 2) which I eagerly re-read and heartily recommend.

A reader interested in a little background on today's news will find food for thought in Christopher de Bellaigue's Patriot of Persia: Muhammad Mossadegh and the Tragic Anglo-American Coup, as well as Jimmy Carter's Palestine: Peace, not Apartheid. And someone with a great interest in China has donated several really interesting books about China. Most of those books (festivals, the story of the Silk Road, Chinese navigators) are in the non-fiction shelves at NF9. Selected Readings of Chinese Philosophers can be found with other books of philosophy at NF1.

A Most Interesting Dilemma

We sometimes receive really good books that aren't exactly right for a general library and we can usually find an appropriate home. Right now, we have amassed a large collection of high school textbooks in English from several different donors. They are in excellent condition and current. We would like to see them put to good use. My entreaties to MEP for donation to CR public bilingual schools have gone unanswered. If anyone knows where these books can find a good home, please contact me.



*The Friendship Library is located inside La Carreta Restaurant, across from the Courthouse, Atenas

DOGS OF THE MONTH



ANAL SAC IMPACTION OF DOGS

Have you seen your dog scooting across the room or outdoors on his bottom? It could be a sign of anal sac impaction. Dogs have two small pouches on either side of their anus. They make a smelly, oily, brown fluid that dogs use to identify each other and mark their territory. It's why they often sniff each other's behinds. Anal sac may begin as an uncomfortable impaction and can progress to an infection or abscess.

SYMPTOMS:

Scooting

A bad smell

Constipation or pain when pooping/sitting

Normally, when a dog poops, the fluid in his anal sacs is squeezed out, too.

It's when they aren't completely emptied that problems develop. The fluid inside can become so dry and thick that it plugs up the openings causing an impaction.

Impacted sacs are easy to treat. The glands can be gently emptied, or expressed with your fingers. You may have to do this regularly.

If your dog repeatedly has impactions, your vet may suggest more fiber in his diet. This increases the size of his poop, which puts more pressure on the sac to empty naturally. Left untreated, the impaction will turn into an infection. Look for yellow or bloody oozing from the anus sacs. Your vet will wash out the sacs and give your dog antibiotics.

An untreated infection will develop into an abscess (a swollen, tender mass of puss) and could break open.

Put your dog on a healthy diet and make sure he gets plenty of exercise. Small obese dogs are at the highest risk of anal sac disease.

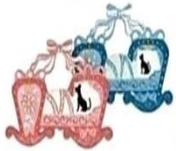


LOOKING FOR FOSTER HOME!

Sasha is a female AmStaff (mix) of about 3 years - and a DOLL! She was used as a breeding machine and when her ex owners moved, they just left her back like garbage. On a main road! She was only skin and bones, with tick disease and very weak. She is healthy and spayed now and enjoys life like a puppy. She loves other dogs but NO CATS. She needs human attention, a little more education (easy learner) and her home a fence.



BUSCAMOS CASA CUNAI

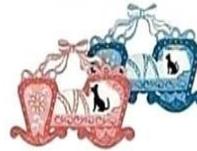


LOOKING FOR FOSTER HOME!

Sofia is a very young female of about 7 month, suffering in the streets of Escobal, very close to highway 27 and in danger to get killed - in a car accident or from neighbours who threatened to poison her. She urgently needs a save place and vet treatment (especially spaying her!). We provide food and cover all expenses. We are begging for community support - she deserves to get rescued and a healthy future, filled with love !!!



BUSCAMOS CASA CUNAI



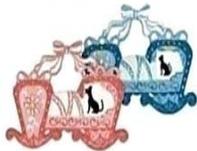
LOOKING FOR FOSTER HOME!

Little Pinky girl (alias now Molly) is less than 1 year old. Unfortunately she was returned because the new (working) owner could not deal with with her anymore. According Dachshund nature she likes to dig - also in the garbage of neighbors... She is spayed, vaccinated, healthy and quite lively. A bit of education would be good, having fun together and keeping her busy !



BUSCAMOS CASA CUNAI

PINKY (-MOLLY)

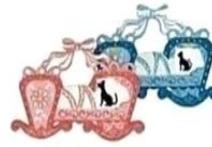


LOOKING FOR FOSTER HOME!

That's Tommy, 4 years old. He had to spend his life surrounded by people who did not care how he suffered, forgotten behind the house, without water, without food. Tommy is not sick, he was just totally emaciated, dehydrated and full of fleas when a neighbor felt sorry and informed us. After two weeks of intensive care, mostly at the vet, his health condition has already improved. Now he needs good & loving foster care or a permanent home to let him 'flourish' and forget his former fate



BUSCAMOS CASA CUNAI



LOOKING FOR FOSTER HOME!

DORA TEL.8855-9822 PRESIDENT (ESPAÑOL)

dbritrebol@yahoo.com

SYLVIA TEL.8868-1386 SECRETARY (ES,EN,DEUTSCH)

ANIMALESATENASCR@AOL.COM

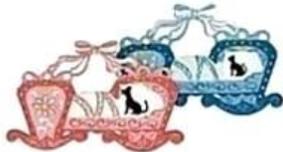
EDDIE TEL. 8308-8485 VOLUNTEER (ES,EN)

EDOT13@GMAIL.COM

This pretty lady is Shakira Vanessa - and she's a new mom! Her six Sunday kids, all boys, arrived on August 9th in this world and she lovingly cares for them. Unfortunately mom herself was not so lucky with her own 'parents'. They turned out to be real human scum as they went up to Altos de Naranjo and recklessly disposed her. Compassionate neighbours take turns now to help them thru this difficult time. We hope for a loving place for the small family, so the little ones - our 'Waka Waka's - can safely grow until they can be adopted and also Mama Shakira Vanessa finds a good forever home.



**BUSCAMOS
CASA CUNA!**



**LOOKING FOR
FOSTER HOME!**



**Mamá & los 'Waka Waka's
* 9 de Agosto 2015
6 varones / 6 boys**



Esta señorita bonita es Shakira Vanessa - y es una nueva mamá! Sus seis hijos, todos varones, llegaron el Domingo 9 de agosto en este mundo y ella les cuida amorosamente. Por desgracia ella no tuvo tanta suerte con sus propios papás. Resultaron de ser real escoria humana mientras subían a Altos de Naranjo y temerariamente la botaron. Ahora vecinos compasivos toman turnos para ayudar a la pequeña familia a través de este tiempo difícil. Deseamos encontrar un lugar lleno de amor para ellos, darles el chance para que nuestros 'Waka Waka's pueden crecer seguro hasta que puedan ser adoptados y también hasta la mamá Shakira Vanessa encuentra un buen hogar para siempre.

ANIMALES ATENAS PROGRAM

Stop by the vacant lot next to Pali Grocery on Friday mornings to see the animals and good quality used clothing and household items. Donated items are needed and can be left at Kay's or at our Friday mornings location.
Sylvia Spix, Myrna Kastner

FOSTER PROGRAM

Animales Atenas needs foster homes for kittens, puppies and adult dogs. The program provides temporary housing for the many needy animals. Foster volunteers open their homes and hearts to animals that require extra attention and care, including those who are too young for adoption requiring socialization and or need medical care. Animales Atenas provides vet care, food and litter free to foster parents. All foster parents are invited to showcase their animals at our weekly Friday Feria next to Pali Grocery store.

Animales Atenas has no shelter for the many homeless and abandoned pets in the area.

How to Speak Tico



by Mary Martin Mason
marymason1946@gmail.com

Even the most advanced students of Spanish may be baffled by Spanish idioms. As in English, these phrases have no obvious meaning and over time have developed into every day usage long past the first time uttered or coined. These are sayings than cannot be explained literally, like “to twist someone’s arm” or “just sit tight” or “take a chill pill” or “face the music.” Idioms capture many words that are distilled into a few for instantaneous understanding.

While thousands of idioms exist in English, one does not have to be in Costa Rica very long to hear some familiar ones that suffice for hundreds of situations. These phrases are important to decipher even for those who will never be fluent in Spanish as a point of understanding.

Nomads that are making Costa Rica their country vary greatly in their ability to learn and speak Spanish. Hearing and recognizing phrases indigenous to Costa Rica is like opening a package that is tagged just for you. While you may never be fluent, to grasp a Spanish expression overheard in conversation or spoken to you is an *Aha* moment to be savored. It is a dessert that is made available even if you never partake of the main course of Spanish fluency.

One may carefully study idioms as I did prior to my first Spanish immersion experience when I travelled to Costa Rica to stay with a Turrialba family I have since grown to know and love. I memorized, “*No entender ni papa,*” a slangy Tico phrase that means to not understand a word. I mistakenly said, “*No entender ni papas,*” which always evoked a laugh, so like a toddler repeating their first off color remark I said it often. My family still enjoys recalling how I kept saying, “I don’t understand potatoes.”

Young ticos and ticas insist that “*mae*” that means “dude” and “*tunais*” that means “cool” are dated and are only used by older folks. That pretty much expresses who still says “dude” and “cool” in English.

The animal kingdom is a universal source of many expressions. Fat as a cow, a sly fox, and sneaky as a snake come to mind. Perhaps it was the cane toad or *sapo grande* that has resulted in calling an overly curious, nosey person who is always interfering a *sapo* or *sapa*. Likewise, *echar sapos y culebras*, that literally means to throw toads and snakes, colloquially translates to rant and rave. I find myself doing that when my resident *bufo* leaves evidence of his nocturnal visits on my patio.

Spanish and English share some idioms such as *El dinero habla* (Money talks). *La amistad no se compra* is interchangeable with "friendship cannot be bought." In both Spanish and English one can *caer enfermo* (come down with an illness) or *dejar caer la voz* (drop one's voice). You can't turn back time becomes *El diente miente, la cana engaña, pero la arruga no ofrece dudas*, literally translated as, "The tooth lies, the gray hair fools, but the wrinkle offers no doubt."

One idiom that succinctly expresses the Costa Rican view of life is, *No hay problema*. After buying a used refrigerator that worked a few weeks before sputtering and dying, I relied on Jose, a Tico friend, who enlisted reinforcements. At one point five men were sitting on my kitchen floor, cutting and reassembling an assortment of colored wires. Whenever I entered the kitchen, Jose would assure me, "*No hay problema*." Indeed it was a problem since the guarantee was made defunct by their tinkering, and although they got the refrigerator to function, by the next morning it was kaput again.

A refrigerator repairman later analyzed and corrected the problem that had been exacerbated by the *no hay problema* party of five. That same repairman was at first baffled by the on again, off again pattern of the refrigerator until he had a dream that provided him with a solution. He returned to perfectly execute the repair. Although he never said, *Consulté mi almohada* (I slept on it) or *Me lo soñé* (It came to me in a dream), I am sure he was thinking, *Esto fue una pesadilla*. (This was a nightmare.)

Beyond a "can do" attitude, *No hay problema* provides assurances in difficult situations and is a polite way of saying, "I can handle this." The phrase resembles the frequently used "*tranquillo*" and "*no te preocupes*," as "Don't worry. Be Happy," bromides. At the heart of what seems to be mere phraseology is an ingrained Tico belief: inevitably life presents snags that may not have a permanent fix but need not ruin one's happiness. Costa Ricans are among the happiest folks on the planet if one believes the many lists compiled from folks who must have a lot of time on their hands, excuse the cliché. Still, as one maneuvers daily living in Costa Rica, the chasm between *No hay problema* and *Houston, we have a problem* can be puzzling and exasperating. A great deal of diplomacy is required at times on the part of guests in this country to meet in the middle of what can be a cultural divide.

And then there is the cherry on top expression that is usually accompanied with a smile or shrug of the shoulders. Costa Ricans use *Pura Vida* as often as American youth say, "like," sprinkling it into nearly every conversation. In 1956, a Mexico movie of the same title featured a bumbling character who brightly uttered, "*Pura vida*" whenever he failed, which was often. Costa Ricans adapted this glass- brimming- with- optimism slogan as the essence of who they are. Puerto Rico is trying to steal *Pura Vida* and make it their own, but it will never happen. *Pura Vida* and Costa Rica are one and the same. The two words express those crystalline moments when one is perfectly still and bathed in an appreciation for the people and the nature here. In this case an idiom, like a picture, is worth a thousand words.

From A Pond To Your Table

Most people like fish. We love shrimp, oysters, lobster, and tilapia. Well, some of these products may soon have the UTN seal on it. Pacific Campus in Puntarenas is working hard in several aquaculture projects such as the one in Río Claro. UTN aquaculture project is successfully implemented in Río Claro, Puntarenas with funding from Fundación Costa Rica Estados Unidos para la Cooperación (CRUSA). The objective of this project is to use fish farming in education for social and economic development. Colegio Técnico Profesional de Guaycará hosts the first fishpond with about four thousand tilapias that were planted last June. It is estimated that these fish will be ready to be harvested in early October. In addition to the pond, there is a small open-air laboratory with tanks and incubators where students can study reproduction techniques and care as is necessary for the fish's well being. The



pond was built in a way that receives water from Lagarto River, and then this water returns to Lagarto River using gravity flow, which makes water recirculate. The school works with the assistance of Pacific Campus Aquaculture Research Director Guillermo Hurtado. Mr. Hurtado has a vast experience in aquaculture and was the one who presented the project to CRUSA and has promoted the idea among MEP authorities, local residents and some organizations. He explains "Nutrition experts urge us to eat more fish; furthermore, it is highly unlikely that wild capture fisheries will be able to produce higher yields in future. Today aquaculture is

almost as productive as the ocean fishing sector. In addition, aquaculture presents an opportunity to diversify income and protect against market fluctuations in the prices of agricultural products. The whole project is an ambitious initiative that will be soon adopted by some



Lic. Guillermo Hurtado

other technical high schools in the South of Costa Rica. This part of the country offers extensive water resources in the form of rivers; however, aquaculture is something new for residents who are used to traditional agriculture and livestock production. Once people learn more about the future of aquaculture, they will support and involve more in these kinds of projects that will spur the economy of an area of the country that is looking forward to finding new sources of jobs and education. To learn more about this project, you can see this video: [Acuicultura sede del Pacífico.](#)





by Shannon Farley

If you can't stand the heat, Throw it out of the kitchen!

Something changed 12, or maybe even 15, years ago, and suddenly I couldn't eat spicy food anymore. It wasn't even gradual. It was just one day spicy food made me sick with the most upset, burning stomach I've ever had (Indian cuisine, if you must know), and that was it. No going back.



I grew up in Southern California, land of Mexican food! I used to pop Jalapeno Poppers with the best of them. Munch a whole jalapeno pepper? Sure! Try a little habanero pepper sauce in my burrito? With moderation, you got it. An ex-boyfriend of mine used to make a chicken curry described by many as "volcanic." Add a little sour cream for smoothness and I would eat bowls of the stuff. Not a problem. OK, there was the one time I accidentally crunched on a Thai chili in lemongrass chicken soup, and had to drink my entire glass of water, my friend's entire glass of water, and the water out of the flower vase on the table (not joking), and then run to the bathroom to rinse out my mouth. Thai chili's I have decided are inedible; they are added for flavor only and are to be avoided at all cost.



It's all changed now. I was wistful about it once. But after continued stomach upsets anytime I accidentally come into contact with anything spicy (as in, "Oh, it's not hot or spicy, it's just flavorful."), or thinking myself that "this little bit surely won't bother me", I walk a straight and narrow path of no spice. Just don't touch the stuff and life will be fine.

Not to say I don't like using spices. Bring on the garlic, basil, oregano, ginger, paprika, cardamom, turmeric, cumin, cinnamon, salt and so on. Nothing in excess ... even garlic in excess can affect your stomach. But ease off the black pepper, white pepper, even lots of bell pepper and radishes; and put a strict stop to any cayenne, hot chili pepper, horseradish, spicy chutney or curry paste, etc. Even Pepper Jack Cheese can affect me.

So what's one to do? Well, luckily I live in Costa Rica and not Mexico or India or Peru, or any of those other spicy cuisine countries.

All of those non-Costa Ricans who complain about the blandness of Costa Rican food? I don't see the problem. Costa Rican cuisine isn't bland; it's spiced with a light touch. Costa Ricans use onions, red bell pepper, garlic, salt, cilantro and cumin to flavor their cuisine. That's plenty!

So, I'll take your subtly flavored *arroz con camarones* or *arroz con pollo*, grilled fish with only garlic, rice and beans, any day. You can keep the spicy heat!





By Atenas Today Staff Reporter

This is an exciting time to explore the secrets of the world of wine right here in Atenas! After many months of remodeling an existing unused space, Marco Valverde Sancho recently opened the doors of Vintage, the cozy and nurturing wine store that carries a carefully curated collection of wines built around his personal philosophy that the pleasures of this beverage are within everyone's reach.



We sat down with Marco a few days ago and learned a bit about his own introduction to wine. When Marco was attending the University of Costa Rica (UCR), he had a professor who was a wine connoisseur and who occasionally offered workshops on wine. Curious to learn more about this drink and its process, Marco attended some of the workshops and also began to read as many books on the subject as he could find. Some of these treasured works are decorating the coffee table in the store!

After graduating from UCR with a degree in Business Administration, Marco went to work for a multinational management consulting firm. Although he was enjoying success in his employment, he felt it was not what he wanted to do for the rest of his life. Marco began to explore the possibility of opening an online retail business but soon discovered that someone else brought his idea to the market just months before he was ready to do so. He turned his attention to opening a wine store but after searching in San José and the surrounding areas, he realized that the competition was too fierce to make this a viable enterprise.

Marco's parents (both engineers) had friends and property in Atenas and in recent years, Marco became acquainted with the area. It was during one of his visits that Marco observed that Atenas had a number of liquor stores and supermarkets that were selling wine but were not satisfying the needs of wine lovers who were making a weekly journey to Escazú or San José for their preferred selections. Moreover, there was no one available to help customers if they found shopping for just the right wine a stressful experience.



Opening a wine store in this friendly, small town is a courageous move. Right now, Marco is the sole employee! So far, the response has been overwhelmingly positive. Marco is very pleased about this favorable beginning and he hopes that his customers notice the effort he makes to make sure that the proper light, temperature, humidity and bottle orientation are taken into consideration in his store to minimize any adverse effects of Atenas' climate.

Vintage offers a lively array of selections with an easy to understand categorization by food pairing and a price-ascending order arrangement which make it easy to find the right wine for the right meal and budget every time. Also available are a limited number of wine accessories to help you preserve and serve your wine better. There is a 10% discount on purchases of 6 bottles (or more) of a wine you love!



In the future, Marco will hold monthly or bi-monthly wine tastings and special events. He is working on a newsletter and perhaps there is a future for a Wine Club in our county.



Marco with his parents, Ana and Marco

Vintage is located 100 meters East of The CoopeAtenas (right next door to the restaurant La Trilla) gas station in Atenas. It is open Monday to Saturday from 9:30 a.m. to 6:30 p.m. Phone: 8817-4760, email: info@vintagecr.net Stop by their Facebook page for updates and whimsical wine-related cartoons!

Being An Athlete

By César Alcócer (ILE Lab Assitant)



People might think that being an athlete is something really easy to do, but in real life it is not as simple as spreading butter in a piece of bread. Also, it is not just to practice any sport. In order to become a successful athlete you must need to have different skills and characteristics, but three special ones: **discipline**, **passion** and **humbleness**. First of all, you need to be

disciplined because you might have to follow specific training routines if you want to improve day after day. Moreover, discipline will help you to achieve everything you dream of not only in sports but also in your real life and also if you are consciously disciplined you will become a more responsible person. Second, passion is another aspect you need to take into account when you are practicing any sport. For example, sometimes it is not easy when you have less free time to train, but if you have passion for what you do, that specific detail will not matter because you know you are doing something that you really like. Also, if you are a passionate person, you are going to train no matter what, when, where or which obstacles you find because I can tell you that a person who has passion is stronger than any problem. Finally, the last aspect to be considered is humbleness.

In sports and life there might be times when things are not going well and you might need this aspect to understand it. Humbleness is something really important for you to accept who you are, take advantage of all the things you can do and recognize the ones that you cannot. As you can see, being an athlete goes beyond just practicing any kind of sport. At the end, you are the only one who has the power to decide what path you want to follow the loser or the winner because the impossible is just what you never try in your life.



“To be big in life learn how to be small, humbleness is the base of true greatness”

A Popular Trend Comes to Atenas



by Atenas Today Staff Writer

Costa Rican cuisine can honestly be described as simple and wholesome, if a little unimaginative. To satisfy the basic need to eat, most expats in Atenas enjoy the local tico restaurants around town for their hearty casados; cook meals at home or venture into the Escazú or San José area when they are in the mood for something a little more like what they used to eat "back home".

After years of eating local fare, many residents find themselves reaching for their cookbooks and then being frustrated because the ingredients they need are not readily available or are very expensive. In my case, favorite meals become items on my list of things to do when I travel or requests of friends and relatives of what to bring when they come visit us in Atenas.

Roving restaurants are a craze worldwide. According to *Conde Nast Traveler* Los Angeles, California claims the honor of having the first (and the most) of these trucks since Korean American chef Roy Choi took his Asian-fusion tacos on the road in 2008. Since then, hundreds of them have sprung up in cities all over the world, most in the U.S. and Canada. The phenomenon has not caught on in Costa Rica yet but we are lucky enough to be able to count on the Vamos Gourmet team to save us from culinary boredom on Friday nights in Atenas!



Husband and wife, Dom and Angela Najab, were born and raised in the trendy and diverse metropolis that is Toronto, Canada and absolutely LOVE food. They

developed a fondness and appreciation for quality cuisine at an early age because they were exposed to dishes from all over the world in while growing up.

Their love of food was accompanied by a desire to travel around the world, which allowed them to partake in an entirely new level of culinary experiences. Dom discovered his passion to master the craft of gourmet cooking and took the time to study this art. He later began to design and perfect his own signature recipes with flavors from around the world. Angela's project management background and organizational skills made her the perfect match for an exciting catering venture, which they embarked on in Canada focusing on small and medium private parties to get some experience. After deciding that the cold was no fun, they brought their talents south to Costa Rica where they poured their passion into every function they served.



There is mystery in the world of food trucks and the Vamos Gourmet one is a great example. You will try and taste phenomenal offerings which have been cooked up by the Chef and his team right before your eyes, but you won't always be able to name the subtle spices that are the secret (and special) part of the recipes. Chef Dom relies on the freshest ingredients available and proudly states that Vamos Gourmet offers an established, North American standard of service both at their weekly location and wherever they are catering an event or party.

The atmosphere on Fridays in Atenas near the Rio Grande Gas Station is festive and relaxed. People who might not otherwise be part of the same crowd interact easily as they acknowledge that they share a passion for the mouth-watering ribs, the spicy Thai chicken or the Vietnamese cold rolls, just to mention a few popular items. The menu varies from week to week but it is always creative and delicious.

One important thing to consider when talking about any food happening is the staff who is working together to serve you. I know I always appreciate staff who are friendly, professional and appear to enjoy what they are doing. Since every dish at Friday's Vamos Gourmet truck is made to order, the waiting time can be filled by chatting with the friendly servers (as long as you're not holding up the line!) who appreciate the neighbors who come out every week. For those who enjoy eating outside, there are a couple of tables set up for that purpose or you can bring your own!



Chef Dom, Kattia and Clary

Dom and Angie have taken the month of August off to visit family and friends and get some well-deserved rest and relaxation. The Vamos Gourmet truck will be back at its location in Atenas on Fridays in September. Check out their Facebook page for more information.



Contact Information:
Phone: 8658-8465
email: info@vamosgourmet.com
website: vamosgourmet.com

Photos: Bebecitos Fotos and 7SeasSelect

It's A Dogs Life...REALLY!!



Stories from Mr. BudBud, Primero Perro of Lighthouse Animal Rescue. They were written 10 years ago when he first came to Costa Rica for a house sitting job.

Hola Y'all!!

Greetings from Costa Rica!!

The landlord had some trees cut down today to let more sun into the yard and house. By the time they are down our view should be REALLY great!!!!
The trees on this property are VERY tall and they tend to block out a lot of the good old sunshine. Only a couple are being taken down cause Mom LOVES trees.

Mom and Dad finally put the hammocks and swinging chair out on the front porch. Us fuzzbutts REALLY like them. When Mom gets in the hammock I start jumping up and down begging to get in with her. Of course...so do all the other perros!!
Spanky has not shown any interest yet but you can bet he WILL!!! LOL!!

Mom and Dad went to San Ramon today to check out the new mall!!! They have a great big grocery store that carries a few items that the other stores don't carry.
Dad even found blueberry muffin mix!! We ALL love those!!! I hope Mom will cook some tonight!!

Mom took some pictures on their trip. She is my photographer y'know.

She took some pictures of the orange trees here. No....not "orange" like the fruit but actually orange in color!!!
I sure hope they are still in bloom when my aunt and uncle get here in February!! They really are pretty!!
Mom saw yellow trees too!! She says the trees come in all colors in this country!!
The poinsettias grow into tall trees and are a BRIGHT red!!!!!!
We haven't seen any blue ones yet though.

Javiercito was here like clockwork this morning wanting to watch cartoons. He and Krystal have become pretty good buddies so she watches cartoons with him and he pets her.

pets her.

When his hands get tired he just uses his foot.

Krystal doesn't care. As long as she is getting lovin' she cares not which body part you use. LOL!!!

I'm in charge of security here y'know.

Some of the other fuzzbutts help me at the gate but I am kind of in charge of the front door!!

It is coffee picking time here and Enid is picking the coffee on our property. She says it is VERY dirty work and Mom took a picture to prove it!!!

Kind of makes me glad I don't have opposable thumbs!!!

As I was saying before, EVERYTHING is colorful here. Even the LIMES are colorful!!!

Okay....I've bored you all long enough

Tailwags from BudBud the chief of security.



Picture: Public Domain/Free to Share Bing.com

Here and There



*by Carole Connolly
caroleconnolly@gmail.com*

It took some doing, but I did it. I got a Costa Rican bank account. I had slipped in just under the wire before the law changed. Now, you must have your cedula (residence card) prior to opening a bank account or obtaining a Costa Rican driver's license. I got that, too.

I made application for my cedula in May 2013. It has been over two years, and my attorney doesn't even know I moved back to the U.S. Perhaps, by the time it is ready, I will be moving back to Atenas. You never know!

Anyway, I have the account at Banco Nacional. I knew about the bank procedures such as being greeted by an armed guard at the door, having your purse searched and being directed to the chairs, usually with a smile. Ah, yes, the chair system! Once you accept that this is the way it's done, you have a choice: embrace it and always bring a book with you, or sit there fuming about how long it takes to get to a teller window, where you may or may not complete your transaction.

If you haven't experienced the chair system, you haven't lived – and it varies from bank to bank. At Banco Nacional it is simple; there are rows of chairs in the middle of the floor in front of the teller windows. You take the empty seat at the end of the row. When the person in the first chair is called to the teller window, everybody shifts down one seat with rows alternating direction like a snake chain.

There are techniques to be mastered in this system. There is the “keep everything in your lap and scoot your butt over one chair,” or the put everything in your bolsa (purse), stand up and move down one chair, sit down and pull everything out again. I became an expert in the bent-over butt scoot.

In the Atenas Banco Nacional, you might run into your dentist or hairdresser seated in the rows surrounding you. I enjoyed the camaraderie of feeling like an accepted member of the

community passing a pleasant hour or sometimes two doing the chair shuffle and catching up on neighborhood news.

Banco Popular, another large Costa Rican bank, has a number system that also involves sitting in folding chairs, but there is no moving down the row. Instead, you receive a ficha (ticket) from a machine as you enter the bank. You then sit and watch the monitor which displays the numbers and the corresponding teller window. I never did quite grasp the numbering method. There was a variety of letters and numbers which could jump from say A56 to M178 to Z37 and back to A57. In addition to the visual display on the screen, a pleasant computer voice would announce the corresponding number. I found it difficult to read a book with this method, but it was a good time to do some people watching or eavesdrop on surrounding conversations to see if I could understand the Spanish. Eventually, you would even get the banking done.

Here in the U.S.A. there is a Bank of America in every city, town, or mall. Every town except Green Valley Lake, that is! The nearest Bank of America is about thirty minutes away down the narrow, winding mountain road. I did it once in the van clutching the steering wheel and pulling into the turnouts regularly to allow faster vehicles to pass.

And then the lightbulb went on. Wait a minute! I had heard about a new system for depositing checks – you simply take a photo of the check, front and back, and email it to the bank. It is then deposited into your account on the next business day. The only problem was I had no cell service at the cabin.

Quite by accident, I discovered I had a signal a few blocks away at the wilderness trail. What?! That is incongruous, but I'll take it! I had built up a fair amount of checks that came in from book sales of "Flying High with Carole Jean." Most were checks for \$20 I figured with the price of gas, I would come out way ahead with the photo system. I diligently photographed all the checks, grabbed my iPhone, and headed for the hiking trail.

I got a strong signal and downloaded the necessary application from Bank of America. As I followed the procedure, I was asked to place the check on a flat surface with all edges within the frame of the photo. Uh oh. The photos I meticulously took were useless. Thinking I had taken the pictures of the checks already, I had left them at the cabin.

Rats! I would have to go back for them and take the pictures through the bank app. In the time it took me to drag my dog, Extra-Large Toby (or rather he dragged me), back to the cabin, the wind had picked up. Also, it was required to take the photos on a flat surface. I had not noticed any flat boulders, so I grabbed a TV tray upon which to set the checks. By the time we got back to the good signal area, the wind had picked up even more.

I set up shop, placed the first check on the tray, and just as I was about to snap, the wind carried it several feet away. I raced to retrieve it before Extra-Large Toby munched it up as an afternoon snack. I snatched it up quickly dodging tree roots and pine cones and tried again with my back blocking the wind. The wind must have shifted – again, as I was poised to snap, the check became airborne! Once again, I retrieved it, and decided to just place my fingers on the edge of it

and hope it would be accepted. The challenge would come with the check I had torn into two parts while ripping open the envelope.

Persistence paid off – I photographed all five checks, the bank accepted the deposits, with rips and fingertips, and I didn't have to drive down the mountain to do my banking!



So, whether you are here or there, enjoy the challenges of banking. Savor the experience – and remember to bring your book. Or your TV tray in case you can't find a tree stump! Pura Vida!

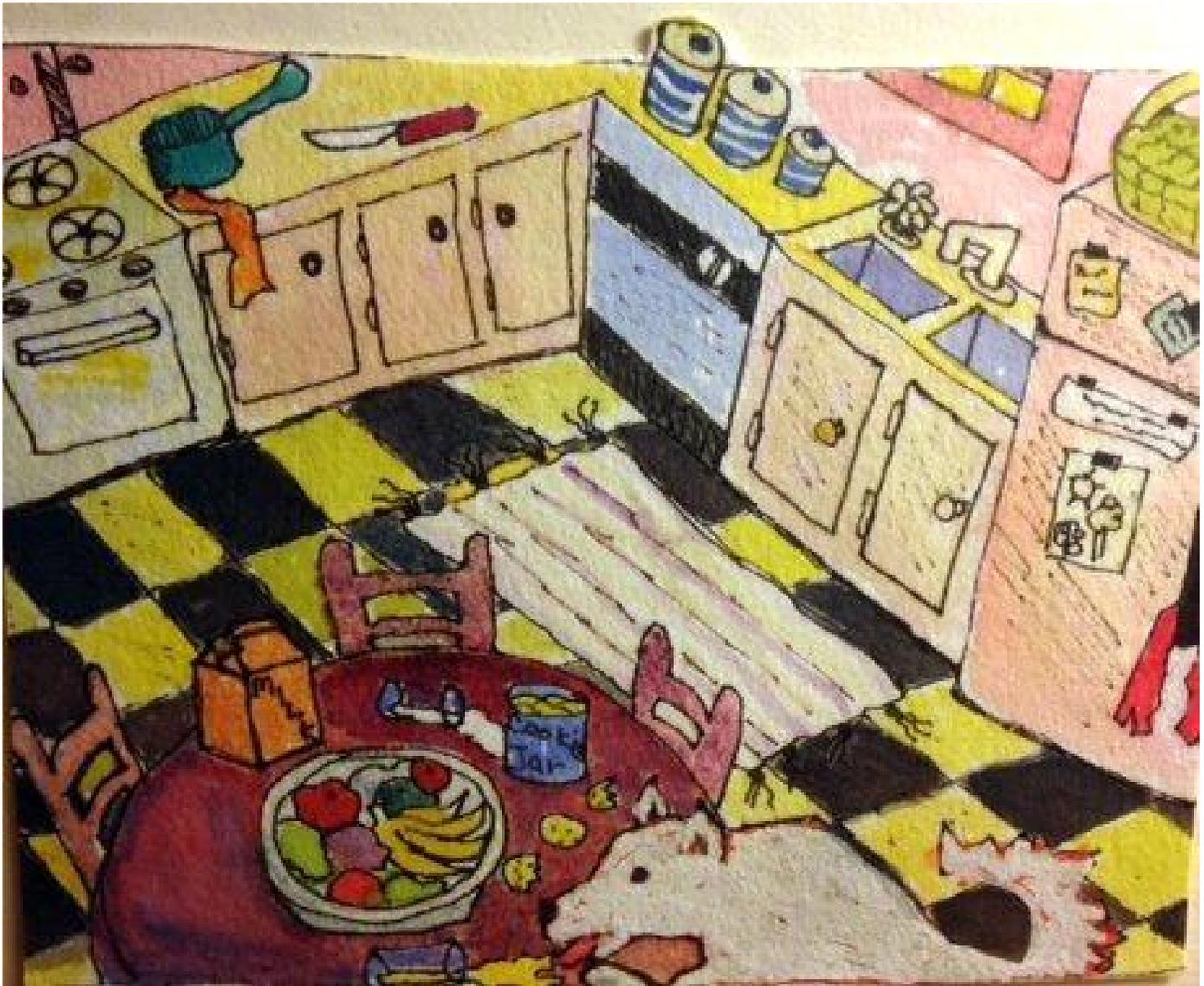
The Atenas Today Art Gallery

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.



**Sunshine on the Rhine
15" x 20"
Oil on Canvas**

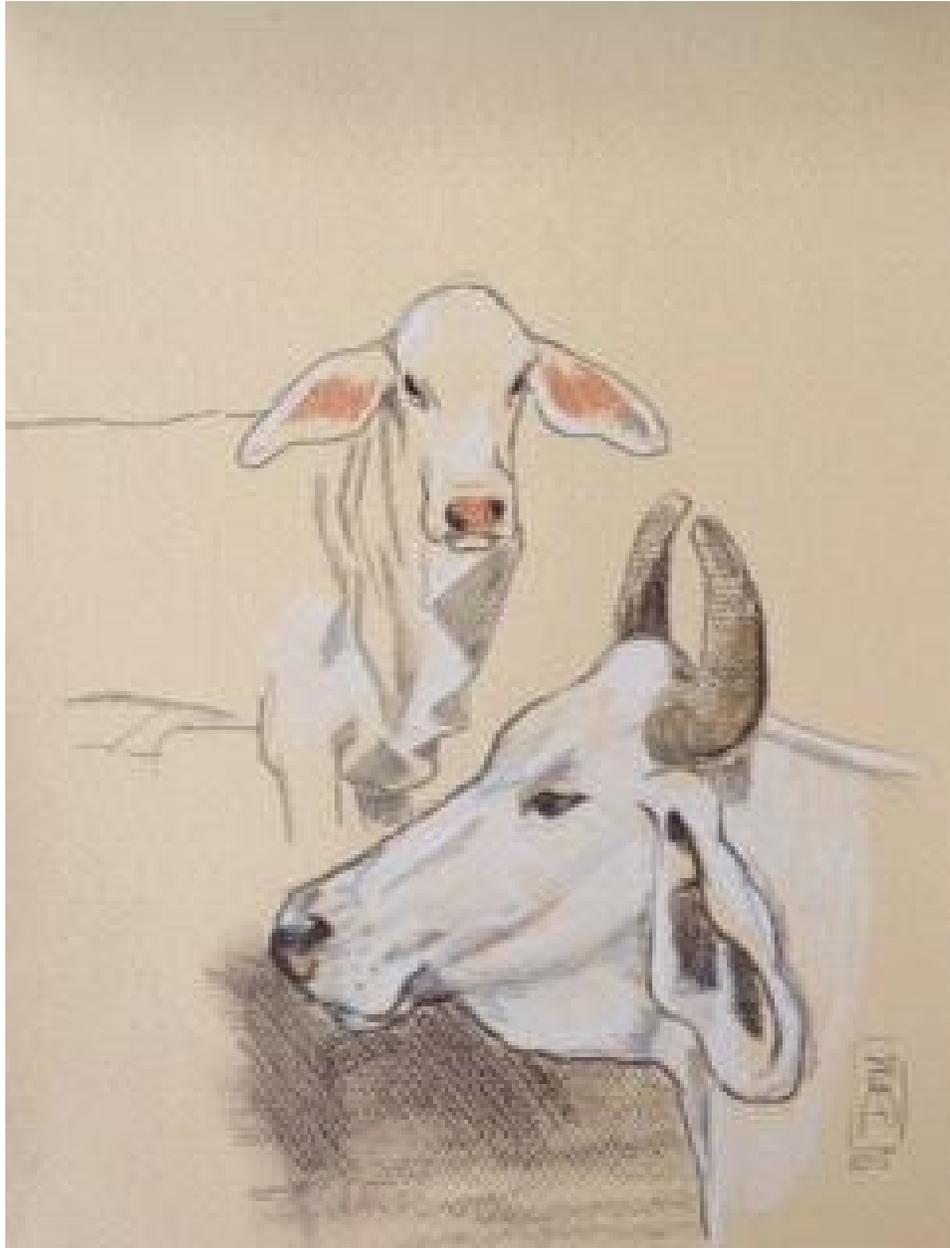
**Al Alexander
jeanandal@gmail.com**



**My Dawg
6" x 8"**

Ink, watercolor on paper

**Harriet Sheppard
hweyman@gmail.com**



Brahma Sketches
9" x 12"
Derwent colored drawing pencils on
Mi-Teintes pastel Paper

Diana F. Miskell
Horse and Cattle Art: www.dianamiskell.com
Costa Rica Blog: www.dianascostaricablog.blogspot.com



Swirl Flower

Jocelyn Farquhar
jocelyn@squibblesdesign.com

Sunsets in Bermuda



Editor's Note: I saw the picture at the top in part-time Atenas resident Susan DeSilva's FB page so I asked whether it was a painting...she replied: "It is a real picture of a Bermuda sunset overlooking one of our beautiful bays", and followed it with about eight more pictures of magnificent views. The bottom picture is another sunset in Bermuda on August 11, 2015. Thank you, Susan (a.k.a.Miss Nina)

For the bloggers...



We are providing a list of *blogs* that might be of interest 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. These are alphabetized for your easy reference. **Please advise if you find that some blogs no longer exist.**

Biolley Buzz	bcrcoffee.com
Bunky Bartlett	http://www.bestofcostarica.org
Carole Connolly	http://carolejeanscostaricacapers.com
Claudia Leon	http://photoleraclaudinha.smugmug.com/
Charlie Doggett	http://straightline-cmkl.blogspot.com/
	http://costaricadecisionprocess.blogspot.com/
De La Pura Vida Costa Rica	delapuravida.com
Dennis Easters/Pure Life Development	http://www.atenasrealestate.cr/index.php/blog
Diane Miskell	http://dianascostaricablog.blogspot.com
Fred Ball	http://natureboy70.blogspot.com/
Going Like Sixty	http://goinglikesixty.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
Marietta Arce	http://marisundays.wordpress.com
Mi Chunche	michunche.com
Nadine Hays Pisani	happierthanabillionaire.com
New Life in Costa Rica	http://www.anewlifeincostarica.com/nuevo_vida/
Paul Furlong motorcycle blog	http://eyeneo.com/
Pura Vida Mommy	puravidamommy.blogspot.com
Rubiatica	rubiatica.blogspot.com
Shannon Farley	http://enchanting-costarica.com/
Somewhere In Costa Rica	http://somewhereincostarica.com
Su Espacio	http://www.suespacioatenas.blogspot.com/
The Real Costa Rica	blog.therealcostarica.com
The Very Worst Missionary	theveryworstmissionary.com
The View From Here	theviewfromherecr.blogspot.com



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Tax calendar for the next four months

		Year 2014				2015
		September	October	November	December	January
FILING IS REQUIRED		Due by				
DUE MONTHLY, BY THE 15th OF EVERY MONTH						
D103	Withholdings at source. Employee wages, 2% of Sales to the State	16	15	16	15	15
D104	Sales tax - When on the Traditional Tax Regime	16	15	16	15	15
DUE QUARTERLY, BY THE 15th BUSINESS DAY AFTER QUARTER END						
D105	Sales and Income Tax - When on the Simplified Tax Regime		15			15
DUE QUARTERLY, BY THE LAST BUSINESS DAY OF THE QUARTER						
	Income Tax - Partial Payment	30				
DUE ANNUALLY						
D179	Solidarity Tax					15
D101	Income Tax				15	
	Vehicle Property Tax and Circulation Permit (Marchamo)				31	
INFORMATIVE STATEMENTS		Due by				
D150	Annual Summary Statement of Withholdings (wages, 2% Gob)			30		
D151	Annual Summary Statement of Customers, Suppliers, Expenses			30		

**Address: 150m North from the Atenas Courthouse.
Office located at Aga SPA facilities.
Email: gabriela@sanchezyconsultores.com**

Electrical Installations

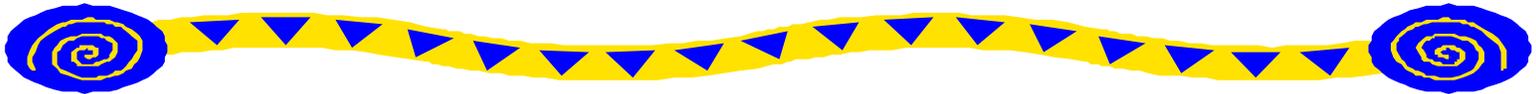


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Teléfono: 2446-3156
E-mail: lacarreta710@gmail.com
f Restaurante la Carreta de Atenas
Horario: Domingo de 11:00 a.m. a 8:00 p.m.
(Segundos y Cuartos Domingos del Mes)

NOTA: El horario para BBQ es de 11 a.m. a 4 p.m.



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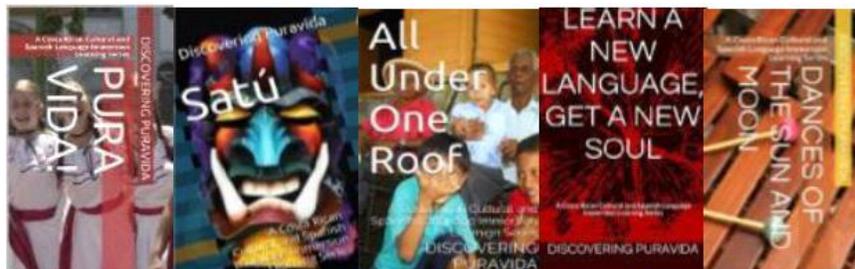


Telephone: 2446-3156
E-mail: lacarreta710@gmail.com
f Restaurante la Carreta de Atenas
Sundays de 11:00 a.m. a 8:00 p.m.
(Second and fourth Sundays of each month)

NOTE: The BBQ is held from 11 a.m. to 4 p.m.

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Remember if you want to read authentic stories made in UTN-ILE, you can find them in Discovering Pura Vida. The books are series of language learning and culture immersion original stories in English with an interesting way of learning Spanish. They are for kindle readers at the moment, but any PC or tablet can display them, too. Each book is \$3.99.



(Images taken from: Amazon: http://www.amazon.com/s/ref=nb_sb_noss/?url=search-alias%3Daps&field_keywords=discovering+pura+vida&prefix=discovering+pura%2Caps&rh=1%3Aaps%2C%3Adiscovering+pura+vida)

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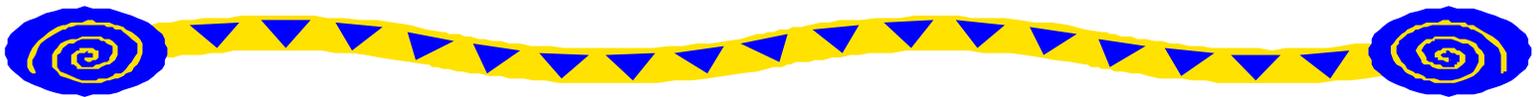
Available as an e-book on Amazon on the following link:

http://www.amazon.com/s/ref=nb_sb_ss_c_0_20?url=search-alias%3Dstripbooks&field-keywords=flying+high+with+carole+jean&srefix=Flying+High+with+Car%2Caps%2C216

For print copy contact Carole Jean directly: caroleconnolly@gmail.com



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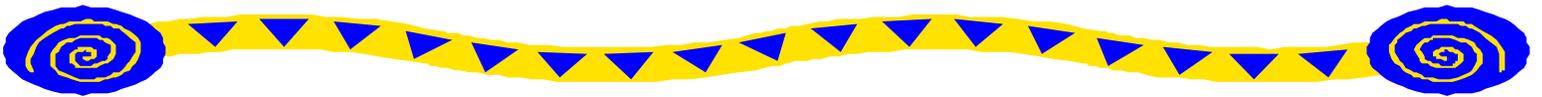
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