

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



Male Flowers of the Papaya Tree

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. 85

January 23, 2012

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Publisher's Note



It is now almost the end of January. I have been enthusiastically perusing all types of inspirational and motivational literature to help me maintain the strong determination to meet my goals with which I began 2012. I find that reading other people's thoughts and struggles serves to remind me how blessed I am to be living in Atenas.

The 'summer' is in full swing here. February will bring many activities to our little town: the traditional fiestas in Sabana Larga and Santa Eulalia, not to mention the eagerly-awaited Chili Contest which will be taking place on February 12th at Quinta Romavista in Barrio Mercedes. This is an important yearly fundraiser and I urge you all to participate in a day that will surely deliver what it promises.

I will be on hand there that day and I hope to have the chance to meet and greet the many subscribers who I only know by name. Please stop by and say hello.



Enjoy this issue of Atenas Today. It is filled with great articles to inform and entertain you and to make you feel a part of the community of Atenas, today and every day.

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.

January 24th, 31st - Atenas Bridge Club meets at the new, renovated Don Yayo's Restaurant. 1:00-4:00 p.m. No partner required.

January 28th, 10 a.m. – 12 p.m. The Professional Women's Group (PWG) of The Women's Club of Costa Rica (WCCR) are holding the Workshop: 10 Easy Ways to Increase Business in 2012 at the Pan-American School 300 m south of El Rodeo Hotel & Restaurant, San Antonio de Belén, Costa Rica Price: First Time Non PWN: WCCR Guest - ₡1.000, PWN: WCCR Member - ₡2.000, Repeat Non PWN:WCCR Guest - ₡4.000
To make reservations: <http://pwgjanuary2012meeting.eventbrite.com/>.

January 31st and February 1st – 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.

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

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

February 7th, 14th, 21st, 28th - Atenas Bridge Club meets at the new, renovated Don Yayo's Restaurant. 1:00-4:00 p.m. No partner required.

February 12th – 5th Annual Chili Cook-Off; Visit atenaschilicookoff.com for more details.

February 14th – 3 p.m. Abandoned Animals of Atenas Foundation meeting at Kay's Gringo Postres Please contact 2446-8397 / 2446-5343 / 2446-0568 for more information. Volunteers are needed and welcome.

February 14th - Writer's Club meets at Kay's Gringo Postres Contact L. Michael Rusin @ crcaseyboy@gmail.com (2451-8063) for more information.

February 15th – 'Getting Published', International Baptist Church (see agenda attached)

February 20th - 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 REGULARLY SCHEDULED ACTIVITIES.

Costa Rican Author's Group

presents:

GETTING PUBLISHED

February 15, 2012

- 1:00 - Opening and Welcome Greeting -- John Huckel.
- 1:15 - Presentation: Article and Short Story Markets – Allen Dickinson.
- 1:30 - Q & A.
- 2:00 - Break.
- 2:15 - Presentation: Print Publishing – George Farrell.
- 2:30 - Q & A.
- 3:00 - Break.
- 3:15 - Presentation: The Future: E-Publishing -- L. Michael Rusin.
- 3:30 - Q & A.
- 4:00 - Open discussion / Closing: John Huckel.

For compliments, criticism, or complaints, email:

Allen Dickinson: allen@humphree.net

George Farrel: gtfarrell@msn.com

Larry Rusin: crcaseyboy@Gmail.com

John Huckel: jh4pmc@lavabit.com

If you have any suggestions for future Seminars, please pass them on to the above.

Many thanks to the International Baptist Church for their generous hospitality.

Thanks to John Huckel for serving as Moderator for this event. Proceeds will be used to defray the expenses of producing the seminar. Attendance fee is 5,000 colones with RSVP to L Michael Rusin or Allen Dickinson. 7,000 will be collected at the door without an RSVP. Your email will serve as your prior intentions to attend.

Complimentary pastries and coffee will be served at Breaks.

Thank you for attending!

Atenas Today Interviews
Miguel Angel Soto Valerio
of
Artesanía Alimentaria S.A.



AT: Miguel Angel, thank you for joining us this morning. We know that our readers will be very interested in learning about you and your family's project. Why don't you tell us how it came about?

MASV: It is a pleasure for me to be here. I am very excited about our project and grateful for the opportunity to share it with your community. My family had a good-sized coffee plantation located in Santa Barbara de Heredia. About twenty years ago, it became clear to my father that our coffee trees had reached the end of their productivity. Coffee prices at the time were low and we needed to make an urgent decision of whether to renovate or eliminate the coffee. I was still in college (Food Technologies) at the time and my father had recently become interested in growing asparagus. We made the decision to begin growing asparagus in part of the farm.

AT: We know that it takes a long time to harvest asparagus, and now your project is focused on beef production, so please tell us more.

MASV: In our family, we believe in doing things slowly so that the end result will be what we are striving for: consistency and quality. We planted the asparagus and our harvests eventually materialized with good results. We began noticing after a time, that the plants were losing vigor and yield due to some disease. We cut them down, and put them back in the soil believing that this would return the

nutrients back to the soil. Unfortunately, this resulted in the new crops being infected with the same disease. It was my father's desire to keep the fields in continuous production. When the last of the coffee plants needed to be replaced, we did not replace them but turned that land into pasture. We subsequently began experimenting with the cattle and asparagus-based nutrition. We continued to seek ways to eliminate the disease from the asparagus as well.

AT: Where you working in the family business by then?

MASV: No, actually I worked as a consultant to a Spanish company that focused on the meat industry. I was involved in new process development/design for machinery and equipment and also spices and additives. At the same time, my father began to notice that the beef from our farm was noticeably different from other beef we had tasted. We began to think that there might be a connection, if not directly to the asparagus feed, at least due in part to the balanced nutrition and accelerated growth that would give us very young animals ready for market. I remember listening to customers of the upscale stores that sold premium quality beef. Most of the customers mentioned the impossibility of obtaining tender, juicy meat consistently. They were willing to pay more for a good product. Our family became passionate about finding a breed that would consistently satisfy this market. After years of research and testing, we settled on the Brangus, a cross between the Brahman and Angus breeds.

AT: Tell us why this breed was chosen.

MASV: Brahman have demonstrated their ability to withstand hot and humid weather and to resist insects. They do, however, have issues with their connective tissue, making them less tender than what we desire. Angus are known throughout the world for their ability to consistently produce a superior meat because of their intra-muscular marbling (taste) fat.

However, they would not be able to withstand Costa Rica's weather, except for very few places in the highlands where milk production is preferred. The Brangus was selected because they have good growth ratio, great tasting, tender meat and good genes for future generations.

AT: This is a fascinating topic and I am sure we could discuss it for a long time, but let's get on to the business that you and your family are starting.

MASV: Yes, I could talk about this forever! My family and I are passionate about beef and we believe that getting a quality product to market consistently is our most important objective. We have spent years researching and testing the aspects that we could control to make a premium product. We are now breeding, raising and fattening our Brangus so that we can ensure tenderness and flavor that we wish to offer to our customers.

AT: What are you doing differently from your competition?

MASV: What we have found is that there is no true incentive in Costa Rica to produce a better product. Our way of doing business with our suppliers is very unique. As we are producers, we know that it is vital to have a good relationship with the producers so that they will feel part of a 'family' and will help us deliver a product of premium quality every time.

AT: What constitutes this unique way of doing business that you mention?

MASV: We are willing to pay our producers more for their cattle if they agree to adhere strictly to the procedures that we outline for them. We believe that if our suppliers receive just compensation for doing the extras we require, it will make them more willing to continue to work with us to the benefit of all. Our hope is that eating tender meat will begin to be an everyday experience.

AT: Well, Miguel Angel, I have to say I am very impressed with the ethical thinking that is behind this project. We wish you and your family every success in this endeavor. What are your immediate plans? Will you be opening a store soon?

MASV: We are taking orders for delivery at the moment. We have left our product price list with Tom and Kay Costello. Orders can be placed with them (2446-0664) by Wednesday morning and I will personally deliver them on Thursday morning. We are also planning to open a Butcher Shop in Lindora, Santa Ana by the end of January. We will give you full details about that very soon. We will offer a selection of pork and lamb as well.

AT: Thank you Miguel for your time and for letting us know about this wonderful news. If the beef is as good as you say it is, I might not have to fly to New York just to have a good steak!

MASV: I hope the beef that I brought you will be as tender and tasty as I have advertised and I will truly appreciate any suggestions you have to improve any aspect of our business.

AT: Thank you again, Miguel. We will be giving you feedback very soon.

EDITOR'S NOTE: We purchased and cooked several different cuts (T-bone, coulette, Delmonico, ground beef) and were delighted with the taste, it is every bit as tender and delicious as Miguel promised. My husband says we can now add beef back to our weekly menu – twice!

One Way to Spend New Year's in Atenas



by Ruth Thumm

I was looking forward to my daughter Ellie and her family joining me for New Year's Eve (arriving on the 29th of December). As I waited at the Santamaría Airport, I saw Ellie with tears running down her face and my two granddaughters (17 and 20) arriving with long faces; it was 12:30 p.m. Certainly not the usual happy smiling faces that I had come to expect. Reg (Ellie's partner) had two men escorting him back to the airplane, to fly back to Chicago because his Canadian passport would expire in February 2012. That's what happens when men don't listen to the advice of their spouses!

Reg was put on the same airplane and returned back to Ft. Lauderdale, then back to Chicago, arriving at 11:00 p.m. While waiting for his connection flight from Ft. Lauderdale, Reg contacted the Canadian Consulate in Chicago and they advised him to get there early...office opening at 8:30. Leaving his house at 7 a.m., Reg got there at 8 a.m. but the office only opened at 9 a.m. Here they informed him that the only option to get a passport was to drive to Windsor (Canada), a six hour drive. Reg left Chicago the same day at 9:30 a.m. and got to Windsor at 3 p.m. where they were expecting him. All this in pouring rain! They verified his paperwork

and let him contact his references to make sure they would be able to contact them. By 4 p.m., he had a new passport.

In the meantime, Ellie and girls were busy surfing the net, looking for a flight back to Costa Rica for Reg.

Cheap Tickets, explained that Spirit Airlines would not honor his flight or assist in getting him back to Costa Rica. They bought a one-way ticket on American Airlines and managed to get Spirit Airlines to honor his original return flight back to Chicago. *

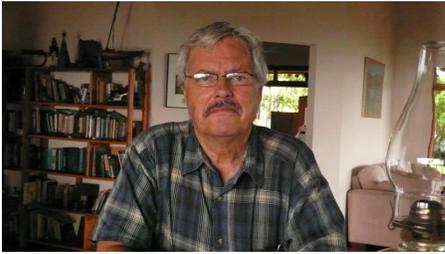
Ellie drove happily to the airport on December 31st at 1:30 p.m. to pick Reg up, so we could all go out to the New Year's Eve party at Moni's and Bernhard's place. Reg said the effort was certainly all worth it.

*Reg had to buy a return ticket in Costa Rica on January 5th, when returning to Chicago. "They" said it was a bogus number that "Cheap Tickets" gave him. He is still trying to straighten this out.

NOTE: In Costa Rica, one has to have a passport that is valid for at least 3 months when entering. USA immigrations laws are at least 6 months prior to expiry.

EDITOR'S NOTE: It is always a good idea to check **current** regulations when making travel plans.

Room for a View



by Paul Furlong
fuzzlong@gmail.com

Home Security IV
(Last in a four part series)

*So here I've stood while wind and rain
Have set the trees a'sobbin'
And risked my life for that damned stage
That wasn't worth the robbin'.*

Black Bart Sometime in the 1880s

Armed robbers I've spoken to become animated when I ask about the "old days." They slide forward in their chairs to recount in detail the thrill of leaping over a counter with a Colt 45 and taking control... Psychologists blame this on poor conditions growing up, or that vague body in tie and jeans called "society." Living close to Trenton's decaying urban gangland...and Princeton; Ivy League, privileged, select...my personal observation is that affluent children are quite capable of gun and heroin shooting, too. Key words above are, "thrill" and "control" ...like

motorcycle racing without the skill. Anybody can do it and the money is good till someone gets caught or shot. In Costa Rica, a dead robber at the scene will stop criminal activity for months. Getting caught, with its catch/release clause...has no effect. We can't fix a problem that begins at the top. All we can do is shoulder the responsibility for our own safety...where it's been all along. I teach this in my Defensive Pistolcraft courses...how to practice awareness in our daily lives and develop skills to protect our families and ourselves from violence.!

Life is sacred. Each of us is a walking talking representative of the Spirit. If you don't believe, it's okay this isn't sales, just move to the next paragraph. If you do, by whatever Name, then life has a purpose. Paths vary, some rise to mysticism, others struggle for Klean Karma; while some appear unable to reach that first rung. These people, for whatever reason, weren't dealt a conscience card, and make up a large portion of our prison community.

Suppose a giant boot came out of the sky and stomped to death every TV on the planet. Would we sit on the stoop with our neighbors again? Might we learn their children's names and enjoy homemade tamales as people wave in passing? Maybe a neighbor like that would help us fight a fire or warn troublemakers away. We're lucky enough to be living in a culture that still lives in the '50s. Isn't that why we're here? "*Have we danced outside of the room? Have we danced outside the womb...?*"ⁱ Do we want to live in the Tico culture or change it? As Americans in the US complain about foreigners who don't learn our language and culture, Gringos here discover how hard it is. Humility is key here.

As we finish out the last days of December, I'm writing this last installment on Security for the end of January. Atenas seems caught up in the fever. Old values are draining out at the same rate as the money. No one seemed to mind when it was in San Jose or Jaco... there's a place for such things... Drugs and shady women on the street, more and more aggressive robberies... and the conflicting views on how to stuff it all back into poor Pandora's box.

Views abound...how to deal with the worst of it, armed home invasions. Many are frustrated because these guys aren't getting caught... or not for long. The two I personally know of were both straight from prison. Some believe life is sacred, that any sort of defense that could result in death is deplorable and that if one's Spiritual ducks are in order, Robin' Roachdip will pass them by. It *does* seem to work that way... but I'll leave it to others to decide how God feels and what He wants. He

did give us the wit, curiosity and spunk to defend ourselves, coming natural as it does, I know that. One can only ask for guidance and humility... a thing that *doesn't* always come naturally.

Another group is raising money through donationsⁱⁱ for drug dogs, more cops and cameras. As with the laws of physics, every action has an equal reaction. Look at US policies to force peace on the world... Now apply this to Atenas...do we really want to raise the ante like this? Do we want to live in an over taxed and angry community... frustrated with "no see-em's," no-catch-em's and no-keep-em's?

Angry people with guns and no training worry me because they're most likely to make us look irresponsible to an already wary Tico culture.

Indignant men and women with training, however, may win the day. This includes Ticos who have businesses to defend and families to worry about. Its soul searching time... a time to clear the bridge and make room for a view...a view of what "*is*."

This is the last of four pieces on Security. I sincerely hope you enjoyed the read and welcome comments. I can be reached at...

Fuzzlong@gmail.com

<http://shootright.blogspot.com/>

Endnotes:

¹ Not how to kill, bran dash or threaten... Security lies not in our willingness to shoot... rather, it is found between our ears. A person with a gun and no training is dangerous to all of us.

¹ Stepping into action is somewhat like stepping through an invisible membrane into "real world"... training helps us do it. Aggressive grade 4/5 white water rafting is an example... motor racing, running from a cop, fire walking...all require us to step through that invisible membrane. This is where you'll find Robin' Roachclip...and the only place you'll have a chance against him.

¹ The art of defensive Pistolcraft is more than learning to squeeze a trigger. It involves practical application of theory and tactics, mental set and hands on training to develop muscle memory. The idea is to build in habits that will make us safe for anyone except a man who is attacking. Think of it as Schutzhund training for humans.

1



¹ (T. Rex)

¹ Donate voluntarily or through a sort of "forced donation" through taxes or inflation. Private donations only come from persuasion. Government donations are done through force

CHILI COOK-OFF IN ATENAS SUPPORTS LOCAL CHILDREN'S HOME.....



by Dennis Easters easters3@msn.com

It's that time of year in Costa Rica where the weather is perfect; dry and sunny. The annual festivals are in full swing. Traditional "topes" are everywhere, with Palmares leading the way. Here in Atenas, February brings another great event, the Annual Chili Cook-Off to support the Hogar de Vida de Niñez in Atenas (www.homesoflife.org). This year will be the 5th Annual Atenas Charity Chili Cook-off (www.atenaschilicookoff.com), which was started and hosted by Kay and Tom Costello of Kay's Gringo Postres. Mary Cook, a great friend and client of ours, somehow wrangled Gerardo and me into entering the contest as chili cooks this year (we usually take a more behind the scenes approach by a monetary donation). In the end, we decided it would be a lot of fun and we love the feeling of being able to be proactive and do something for the community!

ABOUT THE EVENT:

Five years ago, Tom and Kay Costello wanted a way to help the local children's home. The idea of a chili cook-off was born with the idea of getting the community involved as well. Since its

inception, the annual chili cook-off has grown into a full blown event. Last year there were 14 chili cooking teams, with over 600 people in attendance from all over Costa Rica and around \$3,400.00 was raised to support the Hogar de Vida de Niñez in Atenas. This year the event has attracted 30 chili cooking teams (including Pure Life Development of Atenas) and we are expecting over 1,000 attendees with hopes of exceeding the amount of last year's donations.

The Atenas Charity Chili Cook-off is not child's play, it's serious business! The contestants are judged by a panel of 5 judges flown in from TEXAS, where chili is an art form. The judges will be judging on the following criteria:

1. Aroma
2. Color
3. Taste
4. After taste
5. Consistency

The judges cannot make faces or commentaries. In the end, they will pick the top three chilis. In addition to the panel of judges, the public gets to vote and there will be a People's Choice

Award. For the contestants there are very specific rules and regulations that must be followed. If the rules are not followed, you will be eliminated!

This year's chili cook-off will take place on February 12, 2012 at Quinta Romavista, in Barrio Mercedes of Atenas. The event is open from 11 am until 4 pm. The entry fee is 1,500 colones per person. In addition to the chili cook-off/tasting, the event features live music, a silent auction, raffles with prizes, contests, games, a beer and wine garden, hot dogs, wings, pies, cakes, and many other things to keep the senses happy!

For a map and more details, please check out the website at:
www.atenaschilicookoff.com.

If you have any questions on how you can get involved or learn more about the event, go to the contacts page and fill out the form online, or mail one of the event coordinators directly.

ABOUT THE HOGAR DE VIDA DE NIÑEZ:

We learned about the Hogar de Vida de Niñez and Tim and Dena's wonderful work via Tom and Kay and many of our amazing clients-turned-friends, like Doug and Kathy Case, who have volunteered at the "Hogar" over the years. It is always a privilege to be asked to work with an organization that provides an invaluable service to our community, especially to little ones who otherwise would have no place to go. Directly from their website, the mission of Hogar de Vida is:

"Homes of Life" is a Christian mission dedicated to caring for orphaned children through mission work in Costa Rican and Guatemalan missions. In partnership with Children of Promise International, Homes of Life provides a safe, loving environment where children can thrive. We count on the generosity of volunteers, donors and other organizations who share our dedication to the well-being of children around the world."

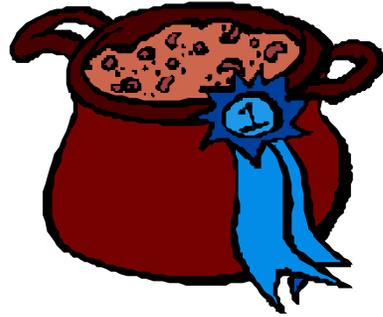
To find out more about the Hogar and how you can help, please check out their website at: www.homesoflife.org. Please remember, "helping" is not just about money...volunteering is just as valuable.

ABOUT TOM AND KAY:

Everyone who knows Tom and Kay can see from the moment you meet them what big hearts they have. Over the years, they have not only lived in Atenas, but have both made a concerted effort to become part of the community that is Atenas. Having a soft spot for children, they wanted to find a way to help support the local children's home, Hogar de Vida de Niñez. Thus, the Atenas Charity Chili Cook-off was born. The small dessert business they started over 7 years ago has blossomed into a great little diner (Kay's Gringo Postres) where expats and locals can meet and have coffee, something sweet or a great meal. Sunday brings the breakfast buffet with goodies such as eggs, bacon, sausage, gallo pinto, biscuits and sausage gravy, fresh fruit and sweet rolls! You will always be greeted with a big smile and hello....and more often than not, a hug and kiss.

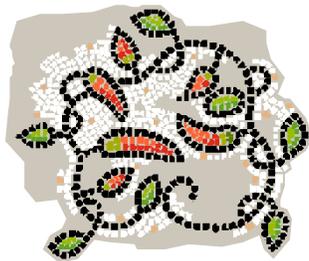
Come on, you're at home, so don't be shy! You can enjoy Kay's Gringo Postres Tuesday through Friday, 7:30 - 6:00, Saturday 8:00 to 4:00, and Sunday 8:00 to 1:00. Kay's Gringo Postres is located just past the Red Cross in Atenas, on Calle Güisaro

Gerardo and I want to ask all of our friends, family, and clients to come out and support not only Team Pure Life Development but the whole community participating in this Fundraiser on February 12th. Your support will do amazing things for some very deserving children. Not only will you be supporting a worthwhile cause, you will have a great time in a positive atmosphere while socializing and enjoying the great entertainment and tasty food! We look forward to seeing you all!



Some Like It Hot

Or: Six Ways to Make (award winning) Chili Chili Recipes



by Patricia Diekroger

In honor of the 5th Annual Atenas Chili Cook Off coming to Barrio Mercedes on Feb 12th, here are six varied recipes to try, along with a simple chili dip. Most of the recipes are award winners. Experiment with them and have fun! Be aware that some recipes require long cooking times. You can choose how hot to make it. When in doubt, start with less spice, you can always add more. Though it is heresy in regard to traditional chili, feel free to add beans, grated cheese, rice, or elbow macaroni. Serve with a hunk of warm corn bread and an ice-cold cerveza. With thanks to: *The All-American Chili Cookbook.

1994 Golden Chili Pepper Winner (Makes 4-6 servings)

Spice mix: combine all in small bowl and set aside

1/3 cup chili powder	1 tab. ground cumin
1 tab. garlic powder	2 teas. onion powder
2 teas. paprika	1 teas. dried oregano, crushed
½ teas. salt	½ teas. cayenne
1/8 teas. black pepper	1/8 teas. white pepper

Chili

2 ½ lbs. ground beef	1 can (13 ¾ ounce) beef broth
1 can (8 ounces) tomato sauce	1 cup water
¾ cup beer	

1. In a large, non-stick saucepan saute' the ground beef, stirring frequently, until crumbly. Drain off excess fat, stir in reserved spice mixture and cook, stirring constantly, about 1 minute.
2. Stir in beef broth, tomato sauce, water, and beer: bring to a boil, reduce heat, simmer covered for 1 hour or until thickened.

Buzzard Breath Chili 1990 winner (Makes 6 servings)

Spice mix: combine in small bowl and set aside

¾ cup chili powder	2 tab. ground cumin
4 ½ teas. garlic powder	1 teas. dried oregano, crushed
½ teas. ground nutmeg	½ teas. curry powder
½ teas. ground sage	½ teas. dried thyme, crushed
¼ teas. ground ginger	¼ teas. ground cinnamon

Chili

4 tab. olive oil	4 pounds boneless sirloin, cut into ½ inch cubes
2 onions, finely chopped about 1 ½ cups	1 ½ cups water
1 can (8 ounces) tomato sauce	1 chicken bouillon cube
1 beef bouillon cube	1 square (1 ounce) semisweet chocolate, grated, for garnish

1. In a large pot, heat 1 tab. oil, add ½ of the meat, and cook, stirring occasionally, until well browned on all sides. Remove meat and its juices to a large bowl: repeat using another tab. of oil and remaining meat: remove to bowl.
2. In the same pot, heat remaining 2 tab. of oil, add onions, and cook, stirring occasionally, until softened. Return meat to pot and add spice mix, stirring to coat meat. Add water, tomato sauce, and bouillon cubes: bring to a boil, then lower heat and simmer, uncovered, until sauce is thickened, about 20 minute. Serve with grated chocolate.

Howard Windsor's * 6th Annual World Championship* Winning Chili (Hot: makes 6 servings)

1 med onion	5-6 large cloves garlic
½ cup water	2 lbs. lean beef, cut in ¼ inch dice
1 lb. pork, cut in ¼ inch dice	1 can (7 ounces) green chiles with liquid
5-6 jalapeno peppers	1 can (35 ounces) whole tomatoes
¼ cup chili powder	4 bay leaves
1 tab. dried oregano	1 teas. + (to taste) salt
1 teas. ground cumin	(cooked pinto beans)

1. Using a blender or food processor, chop onion and garlic in the water. Place in a saucepan and cook over med. heat until softened. Place in a large pot and add beef and pork, cooking until meat loses its red color.
2. Put canned chiles and jalapenos in the blender and puree. Add the pulp to the chili pot along with the tomatoes: bring to a boil, then lower heat and simmer 20 mins. Add chili powder, bay leaves, oregano, salt, and cumin: cover and simmer 1 ½ hours.
3. Remove bay leaves and simmer another hour and 15 mins. adding water if necessary. Serve with or over hot pinto beans.

Betty Finchbaugh's Award Winning Chili (makes 10 servings)

Olive or veg oil	5 lbs. chuck, ½ cut into small cubes, ½ ground
5 tab. chili powder	2 cans (12 ounces each) beer
1 ½ teas. dried oregano	1 tab. ground cumin
1 tab. paprika	2 large onions, diced (about 2 cups)
6 cloves garlic, minced	½ large red bell pepper, diced (about ½ cup)
2 jalapeno peppers, seeded and diced	1 can (4 ounces) chopped green chilis, seeded, drained
1 can (15 ounces) crushed tomatoes	1 teas. Tabasco sauce
1 tab. brown sugar	1 teas. red wine vinegar
1 teas. flour (opt)	salt to taste

1. In a large skillet, heat a little oil and brown meat with ½ of the chili powder until no longer pink. Drain off fat. Meanwhile, in a large pot, combine beer, oregano, cumin, paprika, and remaining chili powder and bring to a slow boil. Add meat and simmer 1 ½ hours.
2. In a large skillet, heat a little oil, sauté onions and garlic until softened, and add to chili. Add peppers, chilies, and tomatoes and simmer another 1 ½ hours. Add Tabasco, sugar, and vinegar and cook another 45 mins.
3. About 20 mins before serving, stir in flour to thicken (if needed) and salt to taste.

Vegetarian Chili (makes 10-12 servings)

2 tab. olive oil	1 med onion, diced
1 red bell pepper, diced	2 cloves garlic, minced
1 cup diced carrot	1 large zucchini, diced
2 (14 ounce) cans diced tomatoes	1 (14 ounce) can crushed tomatoes
1 small can green chilis, chopped and seeded	1 teas oregano
2 Tab chili powder	1 tab. ground cumin
1 teas. sugar	salt to taste
1 (14 ounce) can black beans, (rinsed and drained)	
1 (14 ounce) can kidney beans (rinsed and drained)	

1. Heat oil in a large, heavy sauce pan or dutch oven over medium heat. Add onions, and cook 1-2 minutes, until softened.
2. Add diced red pepper, garlic and carrots. Cook another 3-5 minutes. Add zucchini. Cook another 2 minutes or until vegetables are softened.
3. Add remaining ingredients. Simmer, stirring occasionally, until carrots are fork tender and flavors meld together, about 20 minutes.
4. Taste and adjust seasonings

Easy Chili Dip (for leftovers)

8 ounces cream cheese, softened	1 cup chili	1 large tomato (diced)
8 ounces sharp Cheddar cheese	2 jalapeno peppers, diced (opt)	tortilla chips

Preheat oven to 375 . Spread softened cream cheese in a small glass pie plate and cover with chili. Top with shredded cheese and bake for 10 minutes. Top with diced jalapenos and tomato and serve with tortilla chips.

- *All-American Chili Cookbook Copyright 1995 Pub: William Morrow & Co, Inc.

Body and Spa



by AT Staff writer

I recently purchased a “Baño de Luna” (Moon Bath) from Sala de Belleza Mariana. I had been told by a friend of mine that this particular ‘spa’ treatment (originally intended for the honeymoon) has become very popular for women who want to indulge in a couple of hours of extreme pampering. Mariana offers a chocolate-themed treatment (**for women only**) which is the one that I chose because it seemed like a great way to satisfy my passion for chocolate without the calories!

After arriving at the ‘spa’, I was given a plush bathrobe and slippers and shown a room where I could undress in privacy. Every detail in the room made me feel comfortable. The sun was shining, the birds were singing and the colors in the room were warm and inviting. I didn’t really know what to expect, although I schedule myself for massages regularly.

Mariana entered the room and began to gently apply a creamy concoction of a chocolate (and probably sugar) containing scrub that would exfoliate, hydrate and soothe my skin. As she worked on my body, I was very aware of the scent of chocolate all around me. It was a wonderful experience, I felt like I was floating away to some magical place. I’m convinced just the aroma of chocolate increased my endorphins!

The scrub was removed and followed with another creamy product (without sugar this time) which would serve as the base for the body wrap. After concluding the wrap, Mariana left me to relax and I slipped into a pleasant drowsiness.

A warm shower followed the wrap and then I was treated to a twenty-minute relaxation massage which bestowed on me an overall feeling of well-being. I rested quietly before allowing myself to engage in the reality of afternoon appointments.

I left Mariana’s “Spa” feeling refreshed and invigorated, ready for the busy afternoon that was before me.

I highly recommend this ultimate beauty treatment as something that is luxurious, therapeutic and well worth the investment of time and money.

Mariana works by appointment only and she can be reached at 8339-8000.

The Perennial Papaya



by Elizabeth Gonzalez

The **papaya** is the sole species in the genus *Carica* of the plant family Caricaceae. It is a large tree-like plant with a single stem growing from 5 to 10 meters (16 to 33 feet) tall, with leaves arranged in a spiral and confined to the top of the trunk. The lower trunk shows the scars of where leaves and fruit had been. The leaves are large in diameter, and palmate lobed. The tree is always unbranched.

The flowers are very similar to those of the plumeria but are smaller and wax-like. They appear on the axils of the leaves and mature into the large, long fruit. The papaya is native to the tropics and believed to have been first cultivated in Mexico many centuries ago.

The papaya grows rapidly, fruiting within three years. The fruit is ripe when it feels soft (as soft as a ripe avocado or a bit softer) and its skin has attained an amber to orange hue.

Two kinds of papayas are commonly grown. One has sweet, red (or orangish) flesh, and the other has yellow flesh. Either kind, picked green, is called a "green papaya."



female flowers of the papaya tree

Papaya fruit is a rich source of nutrients such as provitamin A carotenoids, vitamin C, B vitamins, dietary minerals and dietary fiber. Papaya skin, pulp and seeds also contain a variety of phytochemicals, including polyphenols.

The ripe fruit of the papaya is usually eaten raw, with or without skin or seeds (although it is not common to eat the skin or seeds here in Costa Rica). Papayas have a high amount of pectin which can be used to make jellies.

Green papaya is used in cooking (curries, salads, and stews) and in Asian cuisine even the flower buds have worked their way into the menus. The seeds of the papaya are edible and have a sharp, spicy taste. These can be ground and substituted for black pepper. In some parts of Asia, the leaves are steamed and eaten like spinach. In other parts of the world, the leaves are made into a tea and used as a treatment for malaria. The success of malaria treatments has **not** been scientifically proven.

Green papaya fruit and the tree's latex are rich in papain, a protease used for tenderizing meat. Papain's ability to break down tough meat fibers was used for thousands of years by indigenous Americans. It is a component in today's powdered meat tenderizers.

PICADILLO

In some countries, the latex (white, milky fluid) is used to remove freckles; the bark is used for making rope and the leaves are used as a soap substitute, as they are supposed to remove stains.



Papaya Seedling

Externally the latex is irritant, dermatogenic, and vesicant (blister producing). Internally it causes severe gastritis. Some people are allergic to the pollen, the fruit, and the latex. Excessive consumption of papaya can cause carotenemia, the yellowing of soles and palms, which is otherwise harmless. However, a very large dose would need to be consumed.

The most popular way to eat papaya in Costa Rica is in fruit salad, with gelatin or as a drink in water or milk. In the countryside, it is common to make 'picadillo' or desserts from green papaya and the following recipe is a good one to try.



Start by making cuts with a knife on the skin to drain the latex and eliminate the bitter flavor. Peel, seed and cube the green fruit. Place in salted water to which a pinch of baking soda has been added for 15 minutes, drain and rinse.



Bring fresh water to a boil and Cook the papaya for 15 minutes. It should be 'al dente'. Rinse and cool. Shred on the large holes. Place the shredded papaya on a cheesecloth and squeeze the excess water as much as possible.

Sautee diced onion, pepper, celery, thyme and a tiny bit of 'achiote' (annatto) in oil. Add the shredded papaya and cook until the flavors are blended and the papaya is dry.

Add previously cooked ground or shredded beef and continue correcting flavors until you are satisfied. Serve with tortillas and enjoy!



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Just Let Go!



by Marietta Arce
marietta_arce@yahoo.com

In August of 2006, my daughter and I travelled to Monteverde for the first time to celebrate her 11th birthday. I had never been to Monteverde and people who know me well felt that I would probably have settled there if I hadn't come to Atenas first.

Monteverde is a small Puntarenas town, known for numerous reserves, perhaps the most popular being the Reserva Biológica Bosque Nuboso. I couldn't wait to visit it since mountain biodiversity is my favorite. I imaged taking long hikes, being at one with Nature as I experienced the air way up there. I envisioned us visiting the Monteverde Cheese Factory (no one who doesn't go there can say they went to Monteverde the locals claimed!) and sampling their ice cream. I even suggested we might walk in the center of Santa Elena and see whether or not I might have settled there.

My daughter had her own ideas: a visit to the Frog Museum, the Bat Jungle (yes, they have one), horseback riding and the zip lines. I was enthusiastic about everything except the last two!

It was August (rainy season), so the ground was quite saturated and our horses had to negotiate terrain that was extremely challenging. I kept thinking my horse would soon tire of my panic-stricken contradictory

commands and really send me close to nature by tossing me downhill. It all worked out thanks to the professionals who were beside us at all times! When we retired for the evening, we were both exhausted and in considerable discomfort from our ride. Morning came too quickly.

We had made reservations for the Canopy Riding but I was hoping to persuade my daughter that walking the suspended bridges would prove just as exciting as riding the zip lines. I could not bring myself to tell her that flying through the air was an experience I didn't think I could handle at 50! I pointed out the merits of being at once suspended in the canopy but "grounded" as well if we did the suspended bridges. I talked about walking at one's own pace, about the ability to change one's mind and turn back. All of these were met with silence and bewilderment. She finally convinced me by stating matter-of-factly that she would do the zip lines and I could do the bridges and wait for her to finish!

We were given extensive training at the start of our canopy tour. I listened attentively and tried to quiet my mind and calm my nerves. Our adventure began. Although she was just 11, my daughter was able to ride alone because she had previously done it with her dad! She went ahead of me.

When it came time for me to do my first zip line, I changed my mind but it was too late, I was already harnessed and gently pushed. The ride was interminable and when I reached the platform, I promptly smashed my head against a metal pole because I had forgotten everything they taught us in the training! The attendant became very concerned and asked if I was okay. I said I was (I wasn't!) and he promptly sent me on the second trip. I was still shaky when I arrived at the next platform but at least this time, I had the sense to move my head to the side as they had told us. The guide quickly sent me to the next line. By this time, I had decided I had enough and would quit at the next one.

I arrived at platform number 4 and informed the fellow that I was done. He told me it was impossible to quit now, that I had no choice, I had to continue. I asked him if he wanted to kill me. I told him I was really, really nervous, that I didn't think I could handle another long zip line. He promised me that all the remaining ones (at least 10) were shorter, closer to the ground (!) and that my daughter was having a great time and I should be also.

I suppose that last remark jolted me and I convinced myself to put my fears aside and try to join in the spirit of adventure and daring, like my daughter apparently had.

I will admit that the next 10 zip lines **were** shorter than the first three. I relaxed enough to be amazed at the magnificence of zooming high above the canopies overlooking the picturesque panorama beneath me as the wind brushed against my cheeks.



When I arrived at the last platform, I congratulated myself on my resolve to just let go and enjoy the ride.

My daughter and I were eventually reunited and she was accompanied by a small number of people from our original large group. One young woman remarked to my daughter that her mother would **never** have agreed to ride the zip lines. I didn't confess how close I had come to quitting!



TECH TALK *by Gordon Klatt*

This past Friday both houses of the US congress decided to shelve the bills they had recently introduced which were intended to protect artistic and intellectual property by shutting down foreign internet sites that make available copyrighted material for download. The Stop Online Piracy Act, SOPA, and the Protect IP Act, PIPA, initially had widespread bipartisan support, but many members of congress dropped their support after both bills drew widespread public criticism. Wikipedia and other sites shut down service last Wednesday in protest, and Google received over seven million signatures to its online anti-bill petition. An alternative bill, the Online Protection and Enforcement of Digital Trade Act (OPEN), was proposed on Wednesday, so stay tuned.

Smartphone Battle Heating Up

Industry analysts at iSuppli have predicted that Windows Phone will become the number two smartphone operating system in the world by 2015. The analysts say that Google's Android will remain the top operating system, but Windows Phone will steadily rise until it overtakes



Nokia Lumia 900

iOS, the operating system used in Apple's iPhones and iPads. The key to the surge in Windows Phone popularity will be Nokia, and in particular its US-focused Lumia 900 handset, which launched at this year's Consumer Electronics Show in Las Vegas, the first time Nokia has debuted a new product in the US instead of their home European market. Previously number one in global smartphone shipments, by the second quarter of 2011 Nokia had fallen to third behind Samsung and Apple. Nokia is counting on their

commitment to the Windows Phone OS and their focus on North America to help them reclaim some of their lost market share. The Lumia 900 will be available from AT&T in the US beginning in March. Retail price will be \$199.

Microsoft has been developing Metro, a typography-based design language for several years



and it is fully implemented in Windows Phone. Gone are the icons we've become used to, replaced by larger 'tiles', with typographical UI elements using a typeface called Segoe WP. (The Segoe UI typeface is used in this article.) The Windows design team was inspired in part by signs found in King County Metro stations, like the one shown here.



To learn more, visit the Windows Phone channel on You Tube.

<http://www.youtube.com/user/windowsphone?feature=watch>

Windows 8

Looking a lot like Windows Phone, Windows 8, due for release later this year, will be a striking departure from the icon-based interface of earlier versions of Windows. It utilizes the same Metro user interface as Windows Phone, further blurring the lines between smartphone, tablet, and computer.

Windows 8 will include the Windows Store, similar to Apple's App Store, where you'll be able to download Metro apps created by Microsoft and other developers. The Windows Store will be available to Windows Phone users beginning next month.

Microsoft has enhanced its Defender application in Windows 8, presumably eliminating the need for additional anti-virus/malware software.

New Reset and Refresh options return your PC or tablet to its original clean installation. Reset will remove all user data and applications, while Refresh will install a clean operating system while retaining most user data and Metro apps.

I'll write more about Windows 8 in upcoming issues.



Send your question or comment to gtklatt@live.com.

2012

by Ron Yankowski

I Wonder what this new year, 2012, will bring

Charles may become an elderly king

The world may come to an abrupt end

But what lies around the next bend

Will Barack Obama still be our President?

Leaders of Iran and Syria, will they calm down and repent?

The world economy may still be in turmoil

What about the price of crude oil?

Will the rich get richer and the poor get poorer

Drug cartels lose their violence, luster and lure

Will the lawmakers in Costa Rica get the taxes right

Before December 31 at the stroke of midnight

Will peace come finally to humanity?

So that we can all live safely

But, if this delicate world of ours becomes destroyed by an atomic weapon

Will a new beginning assure humanity that it has learned a lesson?

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.



'Forces of the Darkness'

Evelyn Levchenko

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GERARDO AVALOS PORTRAITS



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Fabulista De Costa Rica	fabulistadecr.blogspot.com
The Very Worst Missionary	theveryworstmissionary.com
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Marietta Arce	http://marisundays.wordpress.com
G. Martin Lively	fishinginandaroundcostarica.blogspot.com



Atenas Chili Cook Off

RECAUDACIÓN DE FONDOS PARA LA CARIDAD EN BENEFICIO
DEL HOGAR DE VIDA PARA LA NIÑEZ
UNA CASA PARA NIÑOS ABUSADOS, ABANDONADOS Y HUERFANOS.

FUNDADO POR KAY'S GRINGO POSTRES

Fecha: Domingo 12 de Febrero, 2012

Hora: Abierto al publico de 11:00 am a 4:00 pm

Lugar: Quinta Romavista, Barrio Mercedes, Atenas.

Siga los rotulos desde el semaforo de la iglesia.

Entrada: 1500 colones (incluye el uso de la piscina)

Habra degustación de chili, jardin de cerveza, rifas, subastas, musica en vivo, hot dogs, postres, y más!

Venga con nosotros para un dia de diversión!

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Atenas Chili Cook Off



CHARITY EVENT TO BENEFIT THE HOGAR DE VIDA PARA LA NIÑEZ
A HOME FOR ABUSED, ABANDONED AND ORPHANED CHILDREN

When: Sunday, February 12, 2012

What Time: Open to public 11:00 am to 4:00 pm

Where: Quinta Romavista, Barrio Mercedes, Atenas.

Follow the signs from the blinking light of the church.

Admission: 1500 colones (includes use of swimming pool)

In addition chili, beer garden, raffle, silent auction, live music, hot dogs, pastries, and more!

Come on out and join us for a day of fun!

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SAVE THE DATE

FEBRUARY 12, 2012



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- Dogs, cats, birds, small animals cared for at my home.
- Pets will be kept indoors, outdoors or allowed access to both at your request.
- We are not a kennel (no cages), your pet will be a guest in our home.
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Payment can be made in any of the following ways:

- 1) deposit to BCR Account No. 962-0003149-6 Marietta Arce Valverde
- 2) deposit to Paypal account of Marietta Arce (marietta_arce@yahoo.com)
- 3) cash in envelope in PO Box 65 (Marietta Arce Valverde) in Atenas.

In all cases be sure to include your name and what the money is for.