

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

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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 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

In This Issue:

Marietta Arce --Publisher's Note	p. 3
Fred Macdonald -- Allocating Our Life Energy	p. 4
FOCUS ON...The Perplexing Pitahaya	p. 6
EAGALA Comes to Costa Rica by K. Reyes	p. 8
Theresa Fulton - Biodiversity	p. 12
Dra. Piscina - Pool Tips	p.15
Dennis Easters - Historic Restoration	p. 16
Evelyn Levtschenko - The Latin Lover	p. 19
Art Gallery	p. 22
GET OUT OF TOWN...Cartago	p. 25
Marietta Arce — My Martha Stewart Story	p. 26
Gordon Klatt — Tech Talk	p. 28
Community Bulletin Board	p. 30
Listing of Blogs of Interest	p. 32
Classified Ads	p. 33
Display Advertising	
Advertising rates and policies	p.34

Publisher's Note



During the month of July, we celebrate **Canada Day**, the **Fourth of July**, **Guanacaste Annexation Day** and several **birthdays** of family and friends. These celebrations bring acquaintances and close friends together to enjoy each other's company for several hours in the spirit of friendship and fun; something we all look forward to and should partake in often.

While I was rushing to prepare for two such birthday parties last week, I became keenly aware of my tendency to try to do everything myself, rather than ask for some help. One of my cakes did not cool sufficiently, resulting in a broken cake and melted frosting. The guests were gracious and commented on the taste rather than the looks!

A few days later, I forgot to take the layers out of the baking pans, resulting in another broken cake which could not be camouflaged by simple frosting. My daughter, a generous and clever teenager, rose to the challenge and quickly went to work to repair the damage. Busy with other preparations, I was unaware that her artistic talents were creating a landscape complete with mountains and a river to hide the deep trench!

When I read Dennis Easter's article on Historic Renovations, it occurred to me that his idea of generating grass roots interest is just the thing we need to get people on board to preserve some of the old buildings in Atenas. For too many years, I have tried to rally support for these things on my own, with no success. The article, combined with my recent disastrous baking, has renewed my interest in being part of such a group. I hope you will feel the same way

We receive many new subscribers after each issue and value your feedback which continues to guide our selection of topics. We are contemplating the translation into Spanish of popular articles in future issues to match the bilingualism that is becoming a prevalent feature in Atenas today and every day!

Happy Reading!

Marietta Arce
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Allocating Our Life Energy



by Fred Macdonald

All our lives we make decisions, implicitly or explicitly, about how we are going to allocate our time and energy between various activities. Until we retire these choices are usually driven by circumstance, but if we are fortunate there comes a time when we really do have some options. We can ask ourselves how we want to allocate our energies among the basic alternatives.

I came up with nine broad categories of activities that consume our energies. There may be more, but these will illustrate the point.

1. Surviving

Our basic needs in this area must be met, no matter how much energy it takes. We require food, clothing, shelter, and medical care. In some places in some periods virtually all life's energies are focused here. However, in our society if we are financially okay and in good health "surviving" requires little day to day effort on our part.

2. Being Physical

A step beyond "surviving" is meeting the physical needs of our bodies through exercise and athletics. Some of us put a lot of energy into this; others very little.

3. Performing

Over time we develop some skills that we perform over and over, usually for money. It can be driving a truck or performing brain surgery. After retirement, of course, we do this activity less and less.

4. Maintaining

Some energy must be expended in maintaining our life styles, such as paying the bills, cleaning the house, getting the car serviced, etc. Usually we try to minimize the time spent on these tasks.

5. Learning and Creating

I lump these two together because we learn as we create, although learning can be an end in itself. Appreciating art and entertainment are in this category. Some of us are driven in this area; others less so.

6. Acquiring

We collect, we shop, we buy things. For some it is an ongoing activity; for others it comes in spurts. If we do it professionally, it is "performing".

7. Exploring the Spiritual

Religious activities of all types would be included here. A monk might say ninety percent of his energies are consumed in this way.

8. Helping Others

Given the need and opportunity most of us give a portion of our time and energy to help others, and some choose to make altruism a major commitment.

9. Developing and Maintaining Human Relationships

The amount of energy spent in this area is surprising. Feeling takes energy, and the whole range of human emotions as they relate to other people is involved: love, hate, competitiveness, child rearing, friendship, family, etc., etc. We agonize and plan and talk and listen and laugh and cry. We define our happiness largely based on our relationships. My guess is that the typical person in our society puts over half of their life energy into their relationships.

Is there any benefit to analyzing our lives in this way? Should we try to change the pattern that we have fallen into? Is it possible? The amount of life energy that we have is finite; a review of how we are using it might help guide us on how to spend what is left.

The Perplexing Pitahaya (Dragon Fruit)



by Elizabeth González

The **pitahaya's** (dragon fruit) white flower (cover picture) appeared a few weeks ago in my garden. From previous experience, I know that I have to visit that area at least a couple of times in the month to make sure the birds don't beat me to its delicious fruit.

Earlier this week, my eyes finally rested on the fruit as it 'set' on the end of this cactus-like plant and I have watched it closely in the days following. It will be identical to the one pictured above and as tasty and juicy as the picture below promises.



Hylocereus costaricensis (Costa Rica pitaya, often called *H. polyrhizus*) has red-skinned fruit with red flesh

I cannot remember exactly how the first pitahaya made its way into my life. I recall visiting a supermarket and being shocked by the hefty price per fruit. I was unaware of how difficult it was to grow them and since I didn't know how delicious they were, it wasn't something I worried about. All that changed when I hesitantly took my first bite. I have tasted the yellow pitahaya, which seems to be plentiful, but its taste does not compare.

The vine-like epiphytic pitahaya-producing cacti of the genus *Hylocereus* are native to Mexico, Central America, and South America. Pitahaya cacti rely on nocturnal creatures (bats, moths) for fertilization by other pitahaya. Self-fertilization will not produce fruit. This limits the capability of home growers to produce the fruit. We have recently controlled the bat problem on our property meaning that our own tiny production is probably at its end unless the moths take over. The plants can flower between three and six times in a year depending on growing conditions.

The typical nutritional values per 100 g of raw pitahaya (of which 55 g are edible) are as follows:

- Water 80-90 g
- Carbohydrates 9-14 g
- Protein 0.15-0.5 g
- Fat 0.1-0.6 g
- Fiber 0.3-0.9 g
- Ash 0.4-0.7 g
- Calories: 35-50
- Calcium 6-10 mg
- Iron 0.3-0.7 mg
- Phosphorus 16-36 mg
- Carotene (Vitamin A) traces
- Thiamine (Vitamin B₁) traces
- Riboflavin (Vitamin B₂) traces
- Niacin (Vitamin B₃) 0.2-0.45 mg
- Ascorbic acid (Vitamin C) 4-25 mg

Ways to eat pitahaya:

- The pitahaya is eaten using a spoon, raw, very cold (straight out of the refrigerator), and cut in half.
- The pitahaya is eaten like a kiwi. The edible seeds are the size of sesame seeds and dispersed throughout the flesh.
- The fruit can be used to make juice or wine; the large pitahaya flower is also edible and can be used to make tea.
- The pitahaya is also used to make delicious sherbet and is a very pleasant and colorful addition to fruit salad.



Commercially growing pitahaya in Vietnam

REFERENCES

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

<http://www.metro.ca/conseil-expert/jardinier/panier-fruits/fruits-exotiques/pitaya.en.html>

**EQUINE ASSISTED GROWTH AND
LEARNING ASSOCIATION (EAGALA)
COMES TO COSTA RICA**



by Kathleen Reyes

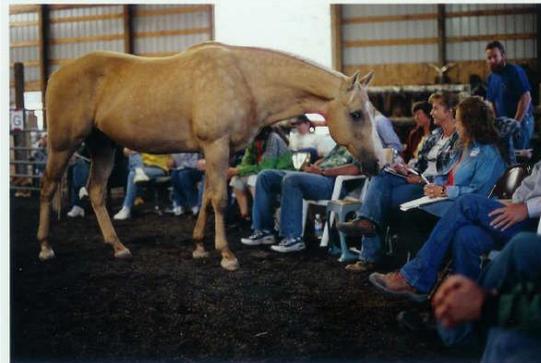
Horses helping people – what a concept! Equine-assisted psychotherapy and learning (EAP/L) is a therapy modality that began in the U.S. about 12 yrs ago. The Equine Assisted Growth and Learning Association (EAGALA) is an organization founded in 1999 to train, certify, promote and support persons and organizations providing EAP/L. EAGALA is dedicated to improving the mental health of individuals, families, and groups around the world by setting the standard of excellence in Equine Assisted Psychotherapy and Equine Assisted Learning, also known as "horse therapy" or "equine therapy." EAGALA has over 3,500 members in 38 countries.

EAGALA and EAP/L has arrived in Atenas, Alajuela, with the launching of Rancho Destino International, a corporation owned by Kathleen M Reyes, MA, CBSW, CPRP. The organization will offer a specialized service for people of all ages who want to address personal problems or experience personal growth using horses. Kathleen is licensed mental health professional certified by EAGALA to offer equine therapy.

EAP and EAL is a highly effective way of working with people using horses as part of the therapy and learning process. It is all ground work, no riding, has nothing to do with riding or horsemanship. No previous experience with horses is necessary.

Mrs. Reyes, a licensed Social Worker, has a lifetime career in behavioral health and has operated her equine-assisted therapy practice for over 4 years. Rancho Destino Intl. currently provides services in Prescott, Arizona, where services are provided to at-risk youth and substance abuse clients. Plans to provide services to veterans are in the works. Kathy can be reached at 2446-8450.

Rancho Destino in Costa Rica will offer a broad range of programs including therapeutic services and personal growth workshops. Currently available are personal growth workshops: one for women called **Accessing Your Inner Wisdom Through Horses** and one for persons in Alcoholics Anonymous called **Working the 12 Steps With Horses**. These groups will help participants discover their strengths by connecting them with horses, other people, and the natural world. Plans are underway to offer "Vacations With Intention" – 7-10 day packages combining a personal growth workshop with a special focus such as marriage enhancement, family dynamics, spirituality, etc. with a Costa Rican experience including tours to major attractions.



The following is an international press release from EAGALA:

GLOBAL EXPANSION INTO 38 COUNTRIES INCLUDING ISRAEL, COLOMBIA, MEXICO, COSTA RICA, SLOVENIA, BRAZIL & CHILE ADDRESSES NEEDS OF POPULATIONS

Santaquin, Utah, June 7th, 2011—As the demand for alternative therapy grows worldwide - partly to address the unique needs of increasing numbers of veterans returning home with war-related trauma, partly because of the augmented stress during the global financial crisis and these times of natural disaster, and partly due to the trigger effects from world events such as Osama bin Laden's capture and 9/11 - the Equine Assisted Growth and Learning Association (EAGALA) is expanding into 38 countries including Israel, Colombia, Mexico, Costa Rica, Slovenia, Brazil and Chile, it was announced today by Lynn Thomas, co-founder and Executive Director of the 501(c)3 nonprofit organization. EAGALA has set the standard for horse-related therapy including both equine assisted psychotherapy (EAP) and equine assisted learning (EAL) and has trained over 8,000 individuals globally in this experiential modality since its founding in 1999.

According to psychologist Annie Ricalde, the Association's Regional Coordinator for Latin America, "The pervasiveness of organized crime and poverty has left many children vulnerable to trafficking, drug and alcohol addiction, and recruitment to

commit crimes. Our programs focus on EAGALA activities which help our youth understand that they have the strength and option to choose a more productive path and take back their lives."

Recently, EAGALA hosted its first-ever training certifications in Guatavita, Colombia, Sao Paulo, Brazil and Santiago, Chile. Each of these countries now have formal EAGALA network groups which support local members and programs in collaborating, learning and addressing the needs, culture and standards of their respective regions. They join other network groups and



programs already in operation in Africa, North America, Europe, the Middle East, Latin America and Australasia.

Dr. Yoni Yehuda, Director of the HavaYot Center outside of Jerusalem and animal assisted therapy expert stated, "Because of the complex security system in the state of Israel with ongoing terrorism attacks, the victims need extensive support for years after the traumatic event. The capture of bin Laden and its concomitant emotions has triggered the trauma in many of our clients, some of whom were victims of the Twin Towers in New York City. EAGALA work has been so successful that elite units from

the Israeli Defense Force have come to the center for help coping with the loss of friends during service as well as to help them deal with the terrorism that surrounds them everyday.”

“Because of their size, acute sensitivity and history with humans, horses have a unique appeal worldwide, helping clients become more engaged in the therapeutic process,” said Thomas. “The EAGALA model has a solution-focused, client-centered approach believing clients have the best solutions for themselves when given the opportunity to discover them. Coupled with the non-verbal nature and appeal of horses, our model has expanded globally crossing cultures and languages and addressing issues indigenous to a respective population,” she added.

Horse therapy, according to a growing number of mental health professionals, can be significantly more productive than talk therapy. According to the RAND report (April 2008), nearly 20 percent of military service members who have returned from Iraq and Afghanistan — 300,000 in all — report symptoms of post traumatic stress disorder or major depression, yet only slightly more than half have sought treatment. “Horses are the best therapists for many veterans, because most vets don’t want talk therapy,” says Julie Giove Sardonía, MA, LMFT, a therapist in California. “Healing happens in nature, especially for the military. Equine sessions, as opposed to traditional talk therapy, are more impactful and shorten treatment time. A soldier’s relationship with a horse can provide emotional insights and self-understanding,” she concluded.

“We have conducted a number of EAGALA EAP sessions with our veterans including a series of workshops focusing on coping resources, resilience and anger management. Across the board, veteran participants have told me that never have they found a group or individual session so useful and life-changing, and that they have found hope. After these workshops, many reflect frequently on the experience and skills learned then take them into their daily lives,” said Susan T. Lisi, AFGE Local 3306 Chief Steward, VA Medical Center in Canandaigua, New York.

Renowned educational consultant Douglas Bodin considers equine therapy an important option when designing plans for treatment and has utilized it in cases involving family reintegration, communication and boundary issues and trauma. Reflecting on a case involving a 23-year-old woman who had been raped and who he had referred to an EAGALA treatment program, Bodin shared: “We gained more insight in a couple of days with equine therapy than we saw in years of the traditional therapy she had been in. When confronted with complex and challenging cases, all of our consultants look to consider and integrate this modality. It is not a ‘magic pill’ but it can play a very powerful role.”

Unlike therapeutic riding where a client is mounted on a horse, EAGALA sessions take place on the ground, are facilitated by both a Mental Health Professional and Equine Specialist, are solution-focused and based on a code of ethics. EAGALA Model EAP and EAL can be used as an adjunct or alternative

to talk therapy. Horses often break through the barriers that in more traditional modes can stall individuals, couples, families and groups. Certified professionals work with a broad spectrum of behavioral/mental health issues and learning goals including ADHD, autism, depression, addiction, eating disorders, couples therapy, stress management, recidivism, teamwork, sexual abuse, leadership skills and trauma-related disorders.

“Since 2005, equine assisted counseling has been increasingly used in a variety of Hazelden programs. Our partnership with EAGALA Certified professionals at Acres For Life, Inc. has incorporated recovery based experiences and learning that have directly assisted patients in identifying and beginning to address recovery issues more quickly than is accomplished through the use of only traditional counseling,” stated Patti Hall, Manager of Wellness and Related Services at Hazelden, one of the world’s largest and most respected nonprofit alcohol and drug addiction treatment centers.

Clients, for example, might be charged with the task of helping a horse through an obstacle. Instead of simply talking about their problems or being led to solutions, the client works with the animal to *find* solutions. The horse acts as teacher and unlocks the client. The animal facilitates emotional breakthroughs, and the effect, therapists report, can be magical.

As Carolle A. Bell, Ph.D, LCSW, Clinical Director of Falcon Ridge Ranch residential treatment center, says, “The EAGALA Model helps our adolescent girls develop

confidence, improve their self image and develop genuine self worth as they seek to develop appropriate boundaries and build positive relationships.”

Or, as one Iraq War veteran reported, “Seeing how differently the horses reacted to each one of us has helped me get closer to my wife. It has brought our entire family closer than we have ever been.”

Why EAGALA?

EAGALA is a nonprofit 501(c)3 organization developed in 1999 to address the need for resources, education and professionalism in the fields of Equine Assisted Psychotherapy and Equine Assisted Learning. The association has set the standard for professional excellence in how horses and humans work together to improve the quality of life and mental health of individuals, families and groups worldwide. In partnership with the Thoroughbred Retirement Foundation (TRF) EAGALA provides an opportunity for a second career for horses retired from racing. EAGALA has more than 3,500 members in 38 countries and continues to grow. Click here <http://eagala.org/Global> to see the complete list of countries.

For more information on EAGALA go to www.eagala.org.

Biodiversity – What It Is and How We’re Saving It.



By Theresa Fulton

One of the things that Costa Rica is known for is having the highest density of biodiversity in the world. While the country has only about 0.25% of the world's landmass, it contains 5% of the world's biodiversity. But what does this mean – what are we talking about when we talk about “biodiversity”?

Biodiversity means just what it sounds like – the diversity (differences) among biological organisms. There are many ways we can think about this. If we are just looking at outward differences among organisms – say height, or flower color – this is called morphological diversity. With new scientific technologies (such as DNA fingerprinting and sequencing), we can now also look at diversity on a gene level (genetic diversity or molecular diversity) or at the most basic level, that of alleles or DNA.

A key discovery with the new technologies is that outward appearance does not always correlate with the level of diversity at the DNA level, and is also affected by the environment. One plant may be much shorter than another not due to its genes but because there was a

drought. And sometimes things that look very different are actually very similar, and vice versa.

For example, any 2 ears of corn, even if they look similar, are 20 times as diverse as any 2 humans or even a human and a chimpanzee!





Why is understanding biodiversity important? For one thing, we know the consequences of a lack of genetic diversity. The Irish potato blight of the 1850s, the southern corn leaf blight epidemic of 1970, and the current Black Sigatoka crisis in banana were all caused by a lack of genetic diversity. When only one variety of a crop is grown extensively, and they are all genetically the same, then when one plant is susceptible to a disease or pest, they all are! Farmers and plant breeders are now more careful about growing a diverse set of plant varieties.

Since scientists have started intensively studying biodiversity, we now also understand its fragility. Millions of species of plants and animals have been lost through extinction. Suppose one of these held the key to a cure for cancer or a drought-resistant plant? This concern has led the push to save and protect biodiversity. Costa Rica is a forerunner in conservation: 25% of the country is in protected reserves. There are a number of proactive biodiversity and conservation stations around the country.

Globally, there are more than 1400 collections worldwide, storing over 6 million seeds.

An international conglomerate known as CGIAR (Consultative Group on International Agriculture Research) maintains a number of centers – called genebanks, or germplasm banks – that store and maintain diversity, in the form of seeds, plants, DNA or other forms (sperm in the case of livestock diversity!). For example, the International Rice Research Institute (IRRI) in the Philippines stores over 112,000 types of rice. CIMMYT in Mexico stores wheat and maize.

In this picture, workers catalog rice seeds at the International Rice Research Institute in the Philippines.



The government of Norway has made an important contribution to conservation, by constructing the Svalbard Global Seed Vault (sometimes called the Doomsday Vault!). Costing about \$9 million, this is an underground vault built into the permafrost on an island 800 miles from the North Pole. It can hold 4.5 million seeds, and does not charge anything for its storage services – whoever gave the seed can get it back at any time (say in the case of some catastrophic loss). The Bill and Melinda Gates Foundation, as well as

governments around the world, help support its operations.

Here is the “front door” of the Norway Seed Vault.



More reading:

The Svalbard Global Seed Vault:

http://en.wikipedia.org/wiki/Global_Seed_Vault

INBioparque: <http://www.inbio.ac.cr>

CATIE: <http://www.catie.ac.cr>

For comments or suggestions for future columns, contact the author at

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Here in Costa Rica, there are a number of stations conserving and studying biodiversity, including CATIE, which has a botanical garden containing more than 280 species of fruit trees and other tropical plants. INBioparque has a walk-through park and educational programs on biodiversity as well as ongoing research and a bioprospecting unit. The Organization for Tropical Studies (OTS) has educational program as well as biological stations around the country. I could go on! But you get the point – while you are in the country with the densest level of biodiversity anywhere, do yourself a favor and go discover more about it!

POOL TIPS



From Dra. Piscina

Last month we balanced your total alkalinity, I know this because our alka pool sales surged 300%. Bad for Dra Piscina because sales in clarifiers and flocculants dropped 50%

This month we address “pH”. pH is the measurement of acidity in your pool’s water. This can be and should be measured once a week with a simple test kit. pH should be between 7.2 and 7.6, this is the same as the pH in your eyes.

High pH- can create scaling on water line, dull, cloudy water, clogging of filter, burning eyes, runny nose, and an increase in algae growth.

Low pH – can create erosion of pool grouting, corroding of any metal parts in contact with the water, i.e. hand rails, ladders, staining especially on infinity edges, burning eyes, and a rapid chlorine loss.

A simple once-a- week test can balance your pool’s pH level and save you money and headaches!

Historic Preservation: The rebirth of a Community



by Dennis Easters

Like many neighborhoods throughout the United States in the late 1950's and 1960's, Ybor City, the "Latin Quarter" of Tampa, Florida, fell prey to the SUBURBANIZATION of America.

Shortly after World War II, the masses started leaving the city centers across the country, and once-vital communities like Ybor City with her spicy Latin flavor, quickly became ghost towns. By the 1960's Ybor City was consumed by drugs, overtaken by low-income tenant housing, and 90% of its business boarded up with no hope in sight. This was the trend throughout the 1950's 60's, 70's and 80's.

In the late 1980's the moon, not the sun, began to shine on Ybor City, when hundreds of bars and night clubs began to open, creating nightlife that rivaled that of Bourbon Street in New Orleans. In 1991 the sun too shone when Ybor City was declared a **National Historic Landmark District**.

Why is Historic Preservation important? Having specialized in Historic Restorations for 16 years, for me, the answers lie in the past. I firmly believe if you know where you come from, you will have a clearer view of

where you want to go. A community's roots are vital for new growth, to create new uses for old buildings, and to bring back the life that once existed there.

The roots of Ybor City are deep, starting in 1885 when Vincente Martinez Ybor, of Spain, via Cuba, set up the first cigar factory in the swamp just outside of Tampa, to create a thriving community of immigrants from Cuba, Spain, Italy, and Germany. These different cultures would forever leave their mark and flavor on Tampa. Social clubs, restaurants, bars, night clubs, casinos, and businesses sprouted up overnight, and Ybor City was born!

When Historic Preservation takes root, it creates jobs, businesses, and pride in ownership. It breathes new life into once-abandoned buildings and homes. Preservation gives a reason for being to old buildings. There is a real draw to having a business in a historic building. It creates interest, it shows integrity, it becomes a conversation piece. For the local government, it generates a larger tax base, with higher property values, taxes collected on sales, and behind it all: TOURISM. For land owners, Historic Preservation offers

many benefits including tax incentives, government grants, low interest or no interest loans, and pride of owning a well-preserved property.

There are a few ways to preserve/restore historic properties. *Preservation Techniques* “refers to methods of maintaining the historical integrity of a building with limited alterations or additions; methods of stabilizing and preventing further decay”. In turn *Restoration Techniques* “denote rebuilding in order to achieve authenticity”. Some believe in strictly maintaining a building with its original use, with no changes whatsoever, only bringing the property back to its original condition (*Preservation Techniques*) which is often practiced on historically significant buildings and homes such as Thomas Jefferson’s, Monticello. Others are more relaxed and believe in keeping all the major details of the interior/exterior but making the building adaptable to a more modern lifestyle, called *Adaptive Use*. *Adaptive Use* is most common in residential areas and business districts/industrial areas using *Restoration Techniques*. Overseeing it all are Architectural Review Boards. This panel is typically elected locally, to ensure that Historic Districts are maintained and preserved within the confines of style and integrity and Design Criteria.

Historic Preservation in Costa Rica? In my 7 years of traveling and 4 years of living in Costa Rica, I have found it unfortunate that more buildings and homes have not been restored or maintained. Costa Rica is not as wealthy, architecturally speaking, as its neighbors to the north like Nicaragua or Guatemala, but Costa Rica has “little jewels” dotted throughout the country that deserve to be protected and polished so they can shine again! I feel that a grass roots effort is needed to bring awareness to the value of these assets, so locals can embrace the changes needed to create pride in preservation of one’s past. The idea of ‘build it and they will come’ also applies to preservation/restoration, “show them and they will follow suit”.

Recently, Marietta Arce and I took a drive to Rio Grande because we wanted to see the newly restored school there. It looks amazing with a new roof, paint job, new tongue and groove ceilings, historically accurate windows and doors, traditional tile floors, and a restored school bell! Now just imagine all the historic buildings in Atenas restored to this level! What an example we could set for the nation.

We can all do our part, starting with a simple paint job that will help preserve the integrity of a buildings exterior. A few weeks ago, Gerardo and I painted the exterior of our office building and created a small ‘snowball’ effect. Now in a short 2 weeks we have brought seven businesses on board with the

goal of painting our entire street in bright happy colors. Big projects are wonderful, but small steps are needed to begin the long tedious process of creating Historic Districts through out Costa Rica.

I am very proud of my hometown, Tampa, and in particular, Ybor City. It took time, but once again Ybor City is the “crown jewel” of Tampa. One by one we can make a change with something as simple as a paint job! I hope to inspire as many people as possible to come together and make this possible for our beautiful “pueblo”, Atenas. Together we are strong and can achieve anything.

The Latin Lover *



by Evelyn Levtchenko

With great concern we observe that the number of threatened animal and plant species is increasing continually. Although the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) has determined exactly which species are particularly worthy of protection, unfortunately this measure comes too late for some of them.

For example, take the Latin Lover. It must be said that this is a human being, not an animal in the original sense. But going back to the roots, all of us are animals - although with a higher developed intelligence - this has been proven by Charles Darwin's theory of evolution. Yes, I know, that's where opinions begin to differ, and I also know that this theory is rejected, especially in the U.S., by the majority of the population. Can one reduce the Christian Genesis and Darwin's scientific findings to a common denominator, without losing credibility?

No matter which category the Latin Lover is assigned to, he is next to the panda and the gorilla on the red list of endangered species and is

considered nearly extinct.

North of the 48th latitude he is virtually unknown and all attempts to naturalize him have so far failed. Only cross-breeds with far lower quality characteristics appeared sporadically. The last of these specimens were taken for a walk shortly after the turn of the century in Monte Carlo by Russian duchesses. Occasionally we still find copies of the closely related Blueblood-Gallant, often with mild symptoms of degeneration, preferably in the circles of the European nobility.

The genuine Latin Lover has been hunted mercilessly for years. Attempts to create closed seasons or reserves turned out unsuccessful. The once proud stock has been reduced by the unrestrained trophy hunting and led to cheap imitations appearing everywhere.

In grand Hollywood movies, we can still make sheep's eyes at some of these dreamy melancholy beings, especially the Cinecitta varieties of De Sica and Mastroianni lovers. These characters with savings contract and paunch penetrate into the Latin Lovers terrain, polluting it with fax and mobile phone sounds,

and place their obtrusive scent marks. While the Latin Lover cherishes himself by classical to light reading and laps up the feature pages for breakfast, the fake uses so-called laptops and reads only the big headlines. The Latin Lover's fur, wrapped in light flannel at daytime, is tinted tan. As a champion of dummy employment in former times, he pretended to be a diplomat. Among the toe walkers, however, he is assigned to the species of Beau Brummell. He enjoys spending time in shady hotel lobbies and bars. He sips drinks with little parasols while examining the feminine talent.

Recently, several expeditions were undertaken to areas of occasional sightings: at hotels on the Lido, at cafeterias on the Galleria Vittorio Emanuele in Milan, and in the street cafes on the Recoleta in Buenos Aires. However, there are no useful new observations. Merely yellowed photographs giving information on the external appearance of the Latin Lover.

His dress is discreetly elegant; he wears his hair combed back smoothly; he shaves twice a day. He has a compliment ready at each rendezvous. He issues small units of flattery as "amuse gueule." In Paris, he accompanies the woman to the fashion houses, to pastry shops and perfumeries and strolls along with her through the 7th Arrondissement. In a side street of the Avenue Montaigne he knows the right bar, where even in the afternoon it feels like the night. He hunts in the dusk and he is patient. Violence is strange to him, because his victim surrenders voluntarily. And should that not happen, he does not give up immediately. To pick up the woman for the first date to a

restaurant, he borrows a car and driver, because he has no driver's license.

He comes from an old but impoverished family, is of Spanish, Italian or South American origin - often all at once.

The Latin Lover practices a good sounding occupation, but there is no office. He writes articles, but in remote journals. He is artistic, economic thinking is alien to him. He does not tell jokes, but anecdotes. He laughs softly. His image dates from those times, when music by Cole Porter and Duke Ellington was still played in the night clubs and goes for "chic."

In general the Latin Lover is unmarried. As a loner, he hates pack living and avoids reproducing himself, because he detests caring for the brood. He does not have a fixed burrow, but uses someone else's caves with many escape routes. His distant relative, the Gigolo, in the prewar years came from the temperate South America to Europe. In his plain Pepita cardboard suitcase, there were shellac records by Carlos Gardel. At his home his wife was speedily vegetating in the family circle. The Gigolo danced divinely, especially the tango. His intellectual abilities, however, were limited, and his career mostly steep and short. He died impoverished and down-and-out.

The Latin Lover forever is an illusion for all women in this world. He possesses all those qualities which are so rare in the northern countries: the slight smile, his most agreeable lightness of being, and above all, his convincing manner - that he has been

waiting only for her all his life - all create the picture of a charming fantasy.

This distinguishes him from the Playboy, a species which is not put under protection. The Playboy celebrates himself publicly. He shows off with very young models at his side, with unusual hobbies - like hurtling over trash cans in a Harley - and may not grow up at even 55 years. That's why he will never get far away from his pack of like-minded. His pastures are the gossip columns. In his designer jeans, he waits patiently for the photographers to show off his latest dental work, his recent conquests, and his Ferrari Testa Rossa.

Since the end of the 20th Century, the Latin Lover is basically extinct. In his place there have come modern entertainers like the Club Med, Robinson, and whatever else they are called. Where individuals are known by their first name only, and where sensuality is put on public display. Preferably reclining on a beach, basted with something that smells like coconut. A Latin Lover on skis, on rollerblades, on rented beach towels, in a diving suit? Unthinkable!

* Please turn to the Art Gallery for the accompanying artwork!

He belongs to the metropolises, on the big Avenues, to the decadent society. He cannot be home in the provinces, because they will not feed him or give him means to escape nor the discretion he needs.

As was known until recently, around the turn of the millennium, an international group of female scientists were able to guarantee the survival of the Latin Lover by seed banks. By that they will try to reproduce the Latin Lover and to reintroduce him in an experimental project. It is also intended to establish a petting zoo, to achieve a greater acceptance for these exotic species among the modern female population.

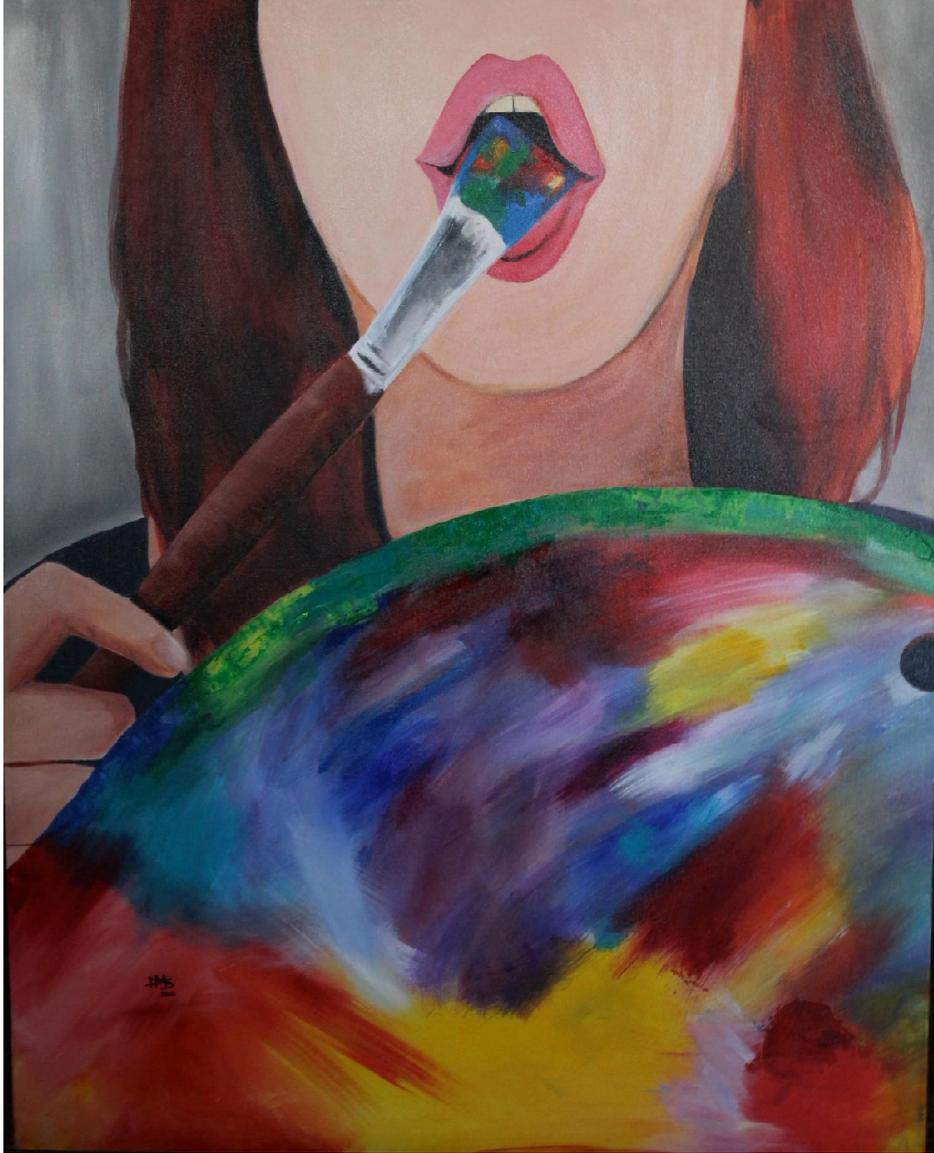
The Atenas Today Art Gallery

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.



Al Alexander

jeanandal@gmail.com



Inspired by deviantART.com

(Not for Sale)

Dana Schlieman, art student
gadget-freak700@hotmail.com>

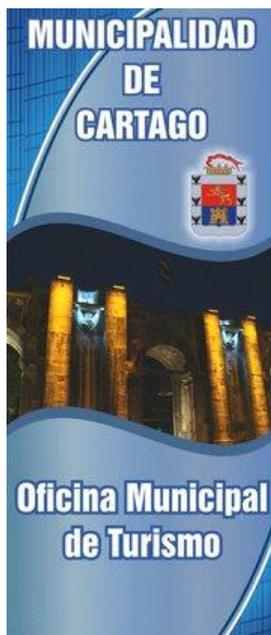


The Latin Lover *

Evelyn Levtchenko
levtchenko.art@gmx.eu

* See Evelyn's amusing story beginning on Page 19

GET OUT OF TOWN!!!



During the month of August, special attention is focused on Cartago, first capital and birthplace of Costa Rica, because of the pilgrimage made each year to the Basilica of the Virgin of Los Angeles, Patron Saint of our nation.

Cartago, however, has much to offer all year round and we join the Municipality and its office of Tourism in inviting you to make your way there to enjoy it all.

Please contact: turismo_minicar@hotmail.com or turismo@muni-carta.go.cr of their very complete Facebook page:

[Visite Cartago...una Ciudad Histórica](#)

for all the details you need.

What Martha Stewart Has Taught Me



by Marietta Arce

Last month, two of my nieces visited us from Georgia and we spent a great deal of time getting to know one another on a more personal level. I can safely say that we enjoyed the days, and it was too soon when it was time for them to return to their parents and their daily routine.

When they arrived, they gave me a gift sent by their mother. It was beautifully wrapped. I took my time noticing the paper and the elaborate bow; trying to predict what could be inside. It was a very heavy parcel and when I ran out of guesses, I neatly (I am a Virgo, after all) opened the package to expose the contents.

My eyes rested on a set of 8 heavy-duty plastic dinner/picnic plates which were just lovely. I had not seen them anywhere and in the first private moment, I turned them over to examine them in a more detailed fashion.

I was not surprised; in fact I was

delighted, when the  logo caught my eye. I smiled and asked my nieces how it was that Martha Stewart had known just exactly what colors would do justice to my kitchen counters. They smiled in return and played along with me, saying simply that “Martha knows you have good taste.” I sighed contentedly and began to plan our next meal just so I could use the plates.

My admiration for Martha Stewart (“domestic diva”, some call her, I prefer entrepreneur extraordinaire) began in the mid-1980’s when I was a newly single and eager to entertain properly.

I purchased what was to be the first of my modest collection of her books, *Entertaining* and began to do just that. I will never forget my first Christmas living alone in the studio apartment that I rented from my parents. I decorated to my heart’s content and made a lovely meal for my family, following the recipes Ms. Stewart suggested in her book. I never felt happier or more accomplished, a feeling I renew whenever I look back at pictures from that time.

Although I consider myself pretty conventional, I am the first to admit that I have not always lived my life in a conventional manner. I was a late bloomer in some areas and in 1987, I found myself back in college full time (after successfully negotiating a flexible work schedule with my employers) with classmates that could have been my children. I was undaunted by this fact and happily unaware of any criticism, even though I realized my graduation was still some years away.

In 1990, after returning from my graduation trip to Spain with my parents, I saw the first issue of *Martha Stewart Living* in the newsstands I passed by on my way to work.

The name 'rang a bell', of course, but I was too busy to stop and purchase the magazine. My life had become very full with activities. I spent a lot of time with my parents and had a serious relationship with the man who is now my husband. I had no time for Martha then.

We married in 1991 and had our son in early 1992. As we had agreed before our wedding, I became a full-time homemaker when our son was born, a decision that startled some people but was the right one for us. It was then that I was able to renew my relationship with Martha Stewart and I rejoiced when she began to appear on television. I silently prayed that my son would take his nap during her show!

I knew even then that Martha Stewart had her detractors as well as her adoring fans. I had a friend and neighbor who seemed jealous of my admiration for her and would look for faults. One day she remarked that she had read that Ms. Stewart was a merciless boss. I replied that I wasn't looking for a job! Another time she told me that Ms. Stewart was a terrible cook, that her staff took care of it. I replied that they were probably happy to have a place to showcase their talents. My friend did not give up but neither did I. It was actually very silly.

We moved to Costa Rica in 1999. I cancelled my subscription to the magazine as I felt the international rate and wait were just not worth it. I had all my back issues, after all. I felt I was living the Martha Stewart way

which, for me, meant setting a pretty table and serving delicious food to my family each night.

In 2005, we visited New York for the first time in six years. I visited with my friend, the Martha Stewart detractor, and was aghast when she asked sarcastically, "So what do you think of your heroine now?" She was referring to Ms. Stewart's legal troubles and time spent in a correctional facility. I answered honestly that Martha Stewart never said she was teaching us morals. I realized in that moment that my friend's celebration of Ms. Stewart's 'downfall' said more about her than about Ms. Stewart.

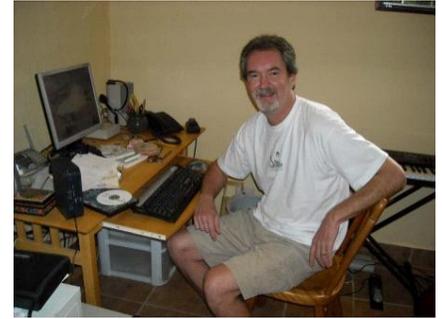
I pondered afterwards what it was I got from Martha Stewart and this is my answer: for the modest cost of a yearly subscription, I learned (aside from much more): how to have a well-stocked pantry so that my children and I could make chocolate chip cookies in a moment of inspiration; how to be a gracious hostess whose guests would feel welcome, expected and cherished; how to find new uses for old items. Most of all, I learned that I was a capable human being with skills and talents just waiting to be discovered and nurtured.

My home is not Martha Stewart inspection-ready and may never be. If Ms. Stewart were to ever show up at my doorstep, however, she would be welcomed and she would graciously ignore everything that was not up to her standards. I believe she would recognize at once my attempts to reflect the lessons I have learned from her over the years. That is a *good thing*, she might even say!

TECH TALK

by Gordon Klatt

Since diacritical marks are rarely used in English and are not included on the keyboards used in English-speaking countries, typing accented letters and the special punctuation used in Spanish and other languages can be challenging if you're using a US-style keyboard.



Fortunately, there are some effective workarounds. If you're using Microsoft Windows the best way to type Spanish characters — especially if you'll be doing it often — is to install software that configures your keyboard with an international character set. (This configuration is also useful if you're using German, French or most other European languages.)

Installing the international keyboard in Windows XP

Start menu > Control Panel > Regional and Language Options > Languages > Details... Under 'Installed Services' click 'Add...' Under 'Keyboard layout' find 'United States-International' and select it. Click 'OK' to exit.

Installing the international keyboard in Windows 7

Start menu > Control Panel > Clock, Language and Region > Regional and Language Options > Change keyboards or other input methods. Click 'Change Keyboards...', then 'Add'. Find 'English United States-International' and select it. Click 'OK' to exit.

A Language Bar icon will be installed on the Taskbar. Click this icon to change keyboards. You can also change keyboards by pressing <Ctrl> + <Shift> together.

There are two ways to enter special characters using the international keyboard. The simplest method involves using the Right <Alt> key found to the right of the <Spacebar> in combination with another key.

Right <Alt> + a	>	á
e	>	é
i	>	í
o	>	ó
u	>	ú
y	>	ü
n	>	ñ
l	>	ì
/	>	ç
[>	«
]	>	»

For capital letters, hold down the <Shift> and Right <Alt> keys.

The second way to enter Spanish characters uses another key combination. To make an accented vowel, press the apostrophe key '<'>', and then, after releasing the key, type the vowel. To make the ü, press the quotation mark key, <Shift> '<'>', and then, after releasing the key, type the *u*.

TECH TALK

Something that takes getting used to when using the international keyboard configuration is a result of this "sticky keys" method. When you type an apostrophe or quotation mark, initially nothing will appear on your screen until you type the next character. If you type anything other than a vowel (which will show up accented), the apostrophe or quotation mark will appear followed by the character you just typed. This can get a little confusing, so switch to the international keyboard when you need it, use the standard US keyboard the rest of the time.

Here's a method that doesn't require installing the international keyboard. Instead, you hold down one of the <Alt> keys while typing in a numeric code on the numeric keypad. For example, to type é, hold down the <Alt> key while typing 0233 on the numeric keypad. Type these numbers on the numeric keypad, not the numbers on the main part of the keyboard, while holding down one of the <Alt> keys. Most laptops simulate the numeric keypad using other keys.

á	0225	ú	0250
Á	0193	Ú	0218
é	0233	ü	0252
É	0201	Û	0220
í	0237	¿	0191
Í	0205	¡	0161
ñ	0241	«	0171
Ñ	0209	»	0187
ó	0243	—	0151
Ó	0211		

Here's how to enter Spanish characters on a Mac. Press the key combination Option + E (press and hold the option key, and then press the <E> key). Release both and press the vowel that you want accented. For capital letters, press <Shift> with the final character.

Option + E, a	>	á
Option + E, e	>	é
Option + E, i	>	í
Option + E, o	>	ó
Option + E, u	>	ú

Other special characters

Option + N, n	>	ñ
Option + U, u	>	ü
Option + l	>	¡
Shift + Option + /	>	¿



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.

July 25th - 187th Anniversary of the Annexation of Guanacaste to Costa Rica (holiday)

July 27th -

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

Immigration In's and Out's in Costa Rica 2011

SPECIAL GUEST SPEAKER :

Immigration Attorney Monika Valerio De Ford

Monika will share current requirements for Resident status and
rules for Tourist Visas.

She will answer your questions concerning Immigration.

This program is opened to the entire community.

July 29th - BENEFIT ART EXHIBIT AT ROMAVISTA, BARRIO MERCEDES
FOR THERAPY ROOM AT THE CLINICA DEL DOLOR (HOSPICE)
TICKETS ARE 10,000 COLONES AND INCLUDE DINNER, MUSIC
AND COMPLIMENTARY CORKAGE. TICKETS ARE ON SALE AT BALCON
DEL CAFÉ, ROMA CENTER.

July 29th- August 2nd Fiestas in Los Angeles

August 3rd - RECYCLING CAMPAIGN CENTRAL PARK OF ATENAS 9A.M. - 5 P.M.

August 4th - Sewing at Hogar de Vida; 9:15 a.m. Contacts MargMacik@hotmail.com
or 2446-3223, cr 8989-0765, Helen Smith at the Hogar 2446-6212

August 7th - 143rd ANNIVERSARY OF ATENAS COUNTY - Activities in Central Park

August 9th - Local Writer's Group meeting at Kay's Gringo Postres at noon
For more information, contact Larry Rusin at 2451-8063. Bring material
you have written so you can share with the group.

August 13th - WOMENS WORKSHOP (See flyer attached)

August 15th - Costa Rica celebrates Mother's Day
DON'T FORGET TO CHECK OUT www.atenaslife.com FOR REGULARLY SCHEDULED
ACTIVITIES.

A UNIQUE EXPERIENCE FOR WOMEN

Accessing Your Inner Wisdom With Horses



Rancho Destino
Horses Helping People

In Atenas

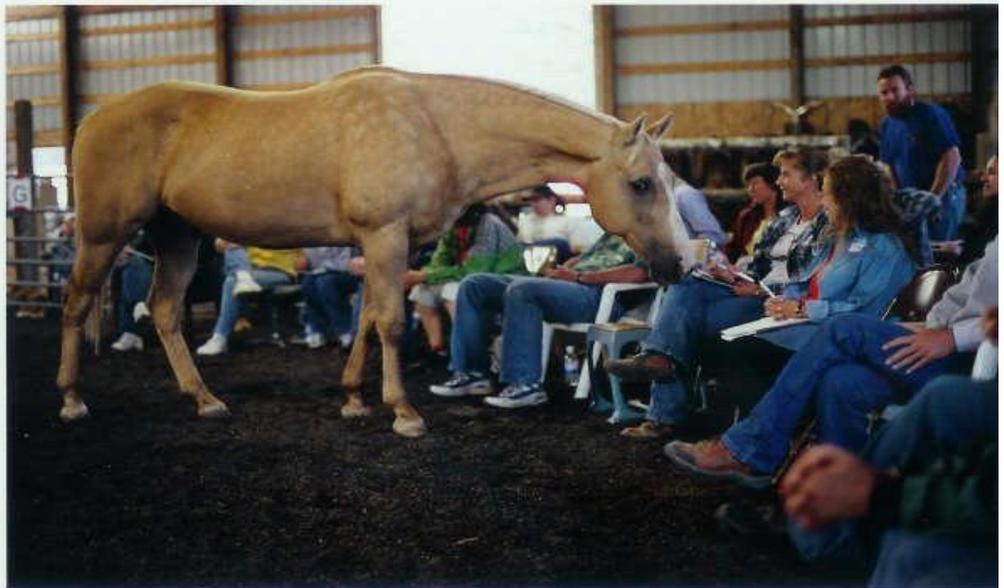
FREE DEMO

August 13
9 a.m. to noon

Facilitated By
Kathy Reyes, MA
Mental Health Professional

Jen Simmons, BA
Recreation Therapist

2446-8450
8736-0203



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Registration Closes August 10

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 therein. Please contact us if you have any other blogs of interest that you would like to share.

Biolley Buzz	bcrcoffee.com
De La Pura Vida Costa Rica	delapuravida.com
Fabulista De Costa Rica	fabulistadecr.blogspot.com
The Very Worst Missionary	theveryworstmissionary.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
Mi Chunchu	michunche.com
New Life in Costa Rica	http://www.anewlifeincostarica.com/nuevo_vida/
Pura Vida Mommy	puravidamommy.blogspot.com
Rubiatica	rubiatica.blogspot.com
Somewhere In Costa Rica	http://somerwhereincostarica.com
The Real Costa Rica	blog.therealcostarica.com
The View From Here	theviewfromherecr.blogspot.com
Going Like Sixty	goinglikesixty.com
Lois and Jim Craft	adventurecraft.blogspot.com
Dovile Vaigauskaite	www.powerofindividual.org
Diane Miskell	http://dianascostaricablog.blogspot.com

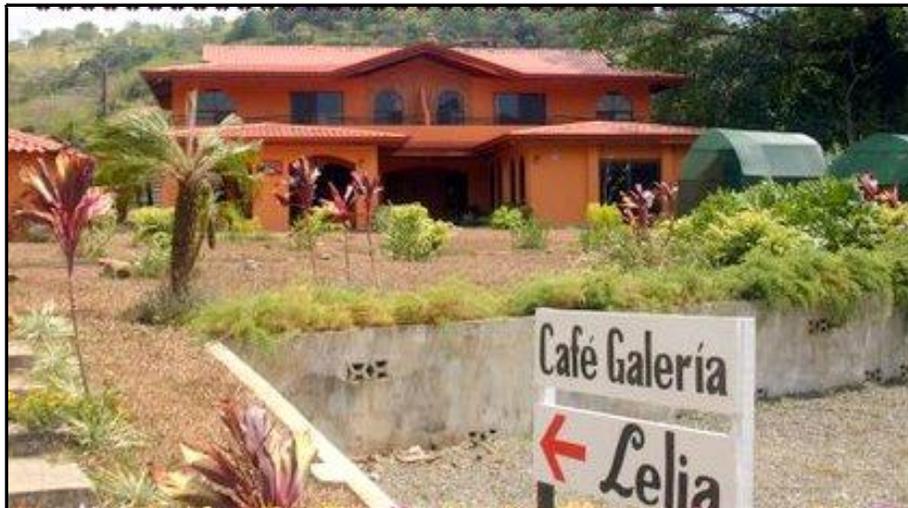
Atenas Today

Classified Advertising

Issue Number 79

July 23, 2011

Café Galería Lelia



Sabana Larga, Entrada a Vista Atenas/Entrance to Vista Atenas
Abierto martes a domingo de Mediodía a 7 P.M.
Open Tuesday to Sunday from Noon to 7 P.M.
Reservaciones/Reservations: 2446-6469

Atenas Today Advertising Rates and Policies

Atenas Today is sent out monthly to over 400 email addresses of people who live or vacation in the Atenas area. Display ads up to half a page in size cost \$50 per insertion; full page ads are \$100 per insertion. Ads in the Atenas Today Yellow Pages cost \$5 per month for one column by one inch, and \$10 per month for one column by two inches.

Advertisers should send the copy via email to atenastoday@gmail.com, with pictures attached as separate files. We will compose the ad and send back a proof for approval. The deadline for material for that month's issue is the 15th of the month.

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.