

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.

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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

Issue No. 87

March 23, 2012



FLOR DE ITABO

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

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Publisher's Note



It is with extreme satisfaction that I write you this monthly greeting. Our readership has grown significantly in the last few months with unsolicited (and appreciated) contributions arriving on a weekly basis. I am proud of the impact our publication is having on the lives of our residents and visitors. Thank you once again for your support and interest in keeping the publication alive.

I have been made aware that an increasing number of you are interested in providing feedback or response to what you consider provocative columns. All of our contributors can be reached by email, something I encourage you to do directly.

March is winding down but there are still plenty of activities going on in these last few weeks of 'summer'. The strong winds that have kept us alert will soon be just a memory as we transition into the season which will bring us the lush, tropical vegetation for which the world recognizes

us. It's time to bring out those rubber boots and check umbrellas for any necessary adjustments, or repairs and start purchasing your seeds for planting!

Easter will be celebrated on April 8th and I recommend that you check in with important organizations and institutions so that you can plan your days and not be surprised when your favorite shops are closed in observation of Holy Week. Many people take off to the beaches and it is a great time to visit places that are usually too crowded to enjoy peacefully.

I am very pleased to share that the Chili Cook-Off final results are in. The Hogar de Vida is the happy recipient of \$5,000! This is proof of the importance of our expat community in Atenas, today and every day.

Happy Reading!

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.

March 1-25 International Arts Festival San Jose; www.festivaldelasartes.go.cr

March 24th – 6 p.m. “Tope” Nocturno organized by ACACOINSA to benefit Atenas institutions

March 25th – “Oxcart Drivers” fundraising auction in Plancillo Mass at 10:30 a.m., Auction at noon (not just for cattle!) and Rodeo at 5 p.m. Details 2446-7511 (Spanish)

March 27th - Atenas Bridge Club meets at the new, renovated Don Yayo’s Restaurant. 1:00-4:00 p.m. No partner required.

March 28th - 6:00 – 8:00 PM Professional Women’s Group workshop (see flyer) in Escazu.

March 28th (Please confirm with Sara or Kay 2446-0664) and

April 4th, 11th, 18th, 25th

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

March 26th, April 2nd, 9th, 16th, 23rd, 30th, 9:00 a.m. to 11:30 a.m. ART CLASSES with Mary Park. Please call or email to: mandgpark@shaw.ca; 8330-3274

March 31st – Personal Symbols and Mandalas Workshop (See Classified Ads)

April 2nd & 3rd – Recycling of aluminum, metal, plastic, paper, electronics in the Central Park of Atenas from 8 a.m. – 2 p.m. Please rinse and separate your recyclables before dropping them off. Thank you for your continued efforts in this campaign.

April 2nd Beginning of Holy Week in Costa Rica banks and institutions alter schedules.

April 3rd, 10th, 17th, 24th - Atenas Bridge Club meets at the new, renovated Don Yayo’s Restaurant. 1:00-4:00 p.m. No partner required.

April 5th, 6th, Holy Thursday, Good Friday Banks, institutions, businesses closed.

April 8th – Happy Easter

April 10th - Writer’s Club meets at Kay’s Gringo Postres Contact L. Michael Rusin @ crcaseyboy@gmail.com (2451-8063) for more information.

April 10th – 3 p.m. Abandoned Animals of Atenas Foundation meeting at Kay’s Gringo Postres. Please contact Virginia 2446-5343 or Sylvia 8868-1386 for more information. Volunteers are needed and welcome.

April 13-16th Fundraiser at the Hogar de Ancianos (see article in magazine).

April 16th - 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.

April 27th, 28th, 29th, CLIMATE FAIR IN CENTRAL PARK (See preliminary program attached)

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

Women's Group to Host Meet & Greet



Who: The Professional Women's Group (PWG) of The Women's Club of Costa Rica (WCCR)

What: Meet & Greet

When: Wed. March 28th, 6 p.m. – 8 p.m.

Where: Restaurante MYA, Plaza del Rio Escazu

Price: Free

(SAN JOSE, COSTA RICA, March, 2012)--The Professional Women's Group (PWG) will be hosting its March meeting on Wednesday, the 28th, 6 p.m. – 8 p.m. at Restaurante MYA, Plaza del Rey, Escazu. Full registration details available at <http://pwgmarch2012.eventbrite.com/>.

The Meet & Greet is directed at professional women looking to grow their contacts for friendship and professional development.

The meeting is coordinated by the Professional Women's Group, an interest group of the Women's Club of Costa Rica which has been active for 70 years serving local communities. PWN has been developed specifically for women of all nationalities to encourage personal and professional development through networking with other professional women and to develop programs to contribute to all women in Costa Rica. PWN is an English speaking group and beginner level English is welcome. For more information, e-mail pwn.wccr@gmail.com.

Website: <http://wccr.org/professional-womens-group/> Twitter: <http://twitter.com/PWNWCCR>,

Facebook: <http://www.facebook.com/pages/Professional-Womens-Network-Womens-Club-of-Costa-Rica/134514626592466?ref=ts>.

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PRELIMINARY CLIMATE FAIR PROGRAM FOR APRIL 27, 28 & 29

(NOTE: PROGRAM AND TIMES SUBJECT TO CHANGE)

Friday April 27 – Atenas Park : Music, Food, Crafts beginning at Noon

8:00 A.M. Vendors set up tents, those who wish to begin selling may do so.

RED CROSS WILL HOLD A BINGO – Payaso Torrejita and a facepainter will be on hand beginning at noon till 6 p.m. all three days of the Climate Fair.

12:00 P.M. **DJ (space available for presentation)**

1:00 P.M. **DJ (space available for presentation)**

2:00 P.M. (This space is reserved for Christian Amador and his puppet workshop (UNED) We are obtaining permission from Supervisor Circuit 8 (MEP) so that teachers can bring their students to the park for this workshop

3:00 P.M. **DJ (space available for presentation)**

4:00 P.M. – Kurt Dyer – guitarist and humorist (confirmed)

5:00 P.M. – Oscar Espinoza – guitarist from Atenas

6:00 – 9:00 P.M. Hermanos Vargas in concert - confirmed

Saturday April 28

8:00 AM Nature Walk “Atenas Live Your Life” Coordinated by the Parish Church. The walk will head out from the Park, go to various places in Guisaro, make a couple of stops for meditation and return to the park

In the Park RED CROSS BINGO

9:00 A.M. Dance, aerobics or spinning with Luis Arguedas from CAFI **confirmed**

11:00 A.M. Presentation of CAFI Gym’s Children’s Choreography Group directed by Valeria Rojas and Brayan Ortiz

Noon – 2:00 PM **DJ Music / Possible Expo-cuisine**

1:00 PM – 3:00 PM Senior Citizen Groups with dance and presentation **confirmed**

3:00 – 5:30 PM Francisco “Chico” Chavarría (part of La Compañía) with ballads and dance music (**confirmed**)

At Kay’s Gringo Postres Guisaro

3:00 P.M. presentación de Ernesto Raabe cortesía UNED for the expat community

During the afternoon, the percussion ensemble will work with students (coordinated with Teresita Rosales, circuit 08 supervisor) in gym or ECA

4:00 P.M. The Atenas Oxcart drivers will meet in Barrio Mercedes and “march” through Atenas, with the final destination being the Hogar de Ancianos where they will set up and await the arrival of Oxcart Drivers from all over the country. They will have activities and dedications all night in Hogar de Ancianos. (Walter Quesada – retailero from Guanacaste will be there courtesy of UNED)

6:00 P.M. Arrival of Oxcart Families at the “Sesteo” Hogar de Ancianos

In the Park

6:00 – Mass in Church – silence in the park

7:00 – 8:00 PM - Presentation of Percussion Ensemble - UNED **confirmado**

8:00-10:00 PM - La Compañía (Francisco Chavarría) dance music. **confirmado**



PRELIMINARY CLIMATE FAIR PROGRAM FOR APRIL 27, 28 & 29

(NOTE: PROGRAM AND TIMES SUBJECT TO CHANGE)



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Sunday April 29

Hogar de Ancianos

9:00 A.M. Breakfast, inscriptions, etc.

10:30 A.M. Parade begins from Hogar de Ancianos

2:00 P.M. Lunch, Raffles, Music, etc. for the Boyeros

In the Park Parque- RED CROSS BINGO – Food, Crafts, Music all Day

9:30 – 11:30 Mask Workshop for Children by Olga Coronado (UNED), Storyteller Teresita Borges (1PM) and Dennis will set up easels throughout the park and paint – These activities will take place in a separate tent and will not interfere with the other activities because they are intended for small groups that might not be interested in other things.

Courtesy UNED -

10:00 a.m. Dance/Aerobics with Roman Barrantes, Jr. (**confirmed**)

11:00 – Oxcart parade **DJ or short presentation while waiting for parade to get to town**

11:00 a.m. – 1 P.M. Oxcart Parade, Sound/Speeches at the Municipality

2:00 P.M. – Su Espacio Dancers (**confirmed**)

2:30 – 3:30 PM Atenas Music School (**confirmed**)

3:30 – 4:00 PM **DJ music**

4:00 P.M. **Grupo EMERGENTES (confirmed)**

5:00 P.M. Grupo Andrés Cruz (**confirmed**)

6:00 P.M. Mass in Church (silence in the Park)

7:00 – 8:00 PM Grupo de Pira Núñez “Juglares Urbanos”

8:00 – 10:00 Los Tropicalísimos, dance music closes the fair.



For information: 8395-3923 // 2446-8948

Ignorance is bliss?

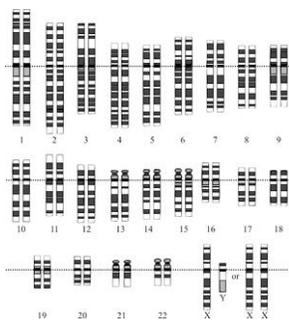


By Theresa Fulton

You may have seen in the news that the price of “*sequencing your genome*” is quickly coming down, and people such as Steve Jobs are having it done in an attempt to fight disease. What does this mean to you? Is it something you should consider? What are the benefits?

First, some terminology. A *genome* is all your genetic material, inherited from your parents, that is separated into *chromosomes*. Chromosomes contain all your *genes*, and lots of other stuff, such as regulatory elements. Humans have 23 sets of chromosomes (a set includes one from each parent); one set is gender-related, and 22 are common to male and female.

Whole genome sequencing identifies the entire DNA sequence of an organism. This is a huge amount of data: genomes are measured in “bases” and the human genome is around 3 billion bases, as compared to rice, for example, which is about 400 million. (See my September 2011 article for more about DNA). DNA profiling or DNA fingerprinting involves just a subset of this data. Think of this as touching down at various spots on the chromosomes – this can be thousands or millions of times, and it is a lot of information, but not the complete story (there are regions of the chromosomes that are not being identified).



A drawing of the 23 sets of human chromosomes. The 23rd set is either male (XY) or female (XX). (image from Wikimedia Commons)

The first whole genome sequence was completed in 2001, simultaneously (and competitively!) by the National Institute of Health for \$3 billion, and a private company, Celera, for \$300 million. The first genomes sequenced were DNA pooled from randomly selected people, though Craig Venter, the pioneering albeit sometimes controversial scientist that led Celera reported that his was one of them (Venter’s pet

poodle, Shadow, was the first dog genome sequenced!). When Steve Jobs had his genome sequenced a few years ago, it cost \$100,000. At this writing the cost is down to around \$5,000. By itself, a genome sequence does not give us a lot of information. It is the comparisons that are important. For example if you compare the genomes of healthy people with those that have a particular disease, you can begin to narrow down the genes that are associated with that disease. Therefore, many DNA sequences are needed to give any useful information. But even knowing which genes have an effect on a specific disease doesn't help all that much. For one thing, most diseases are affected by many genes, not just one. And all genes are greatly affected by the environment, and not only the external environment but nutrition, other genes, etc.

So it is not really as straightforward as getting your genome sequenced and finding out which diseases you are going to get. You will more likely find out that you have particular gene variations that make you more susceptible to certain diseases. For example, a number of genetic variations are known to give a greatly increased chance of a woman getting breast cancer – up to a 60% increased chance (ex. mutations in the *BRAC1* gene on chromosome 17 or the *BRAC2* gene on chromosome 13). Many women feel this risk is so high that they have undergone prophylactic mastectomies, before any sign of cancer occurs. But we also know that exercising, avoiding dietary fat, and limiting alcohol use can decrease the chance of breast cancer even in women that carry a mutation increasing their risk. So how to react to the information you receive from your genome is a personal choice.

One area where genome sequence may have clearer benefits is in “individualized medicine” – knowing exactly which gene variations are causing a disease can help select the most effective drug or medical treatment. Although \$5,000 may seem expensive, compared to the cost of chemotherapy and other less-targeted treatments it may well be a major savings in both cost and suffering. Both the late Christopher Hitchens and Steve Jobs had treatments designed specifically to their cancers, and although this obviously didn't save their lives, it may have contributed to their longer-than-expected life spans. Discovering more about the exact causes of disease will increase our success in treatments.

Meanwhile, if you are curious about what's hiding in your chromosomes, but can't yet afford the full genome sequencing, for just over \$200 and a saliva swab, a company called “23andMe” (get it? 23 sets of chromosomes) will profile your genome at more than 1 million locations, including most known disease-related regions. Via their web-based interfaced, you can then browse through your genetic information yourself! (there is also a lot of great educational info on their website).

For further information:

23andMe: Genetic Testing for health, disease and ancestry. <https://www.23andme.com/>

Wikipedia: http://en.wikipedia.org/wiki/Full_genome_sequencing

Human Genome Project: http://www.ornl.gov/sci/techresources/Human_Genome/home.shtml

National Human Genome Research Institute: <http://www.genome.gov/>

For comments, questions and ideas for future columns, please write Theresa, tf12@cornell.edu



Genetic Similarity: We All Have the Same Genes

Each person has the same set of genes - about 20,000 in all. The differences between people come from slight variations in these genes. For example, a person with red hair doesn't have the "red hair gene" while a person with brown hair has the "brown hair gene." Instead, all people have genes for hair color, and different versions of these genes dictate whether someone will be a redhead or a brunette.

A screenshot from the educational part of the 23andMe website.



Voting from Abroad for U.S. Expats



by Sally Finney Timm
saf58inks@yahoo.com

I grew up in a political family where the idea of not voting in an election, whether it was to choose the next dog catcher or President, was not only unthinkable, it was downright sinful! And the fact that I am now a legal resident of another country hasn't stopped me from wanting to exercise my right to participate in the political process. That's right. I still vote in U.S. elections.

Surprised? In fact, United States' citizens residing outside the U. S. are entitled to vote in federal elections. Yet many don't, either because they aren't aware of this fact or don't know how the process works. So, I thought I would share with you information – some old, some new – about how to participate in Election 2012.

For U.S. citizens, age 18 years or older, residing outside the U.S., here's how it works:

1. You can vote to elect federal offices, namely President, Vice-President, and members of Congress (U.S. House and Senate). Note that a few States allow voting in state and local elections, but you'll need to check your State's requirements to be sure.
2. Your "legal state of residence" for voting purposes is the U.S. State or territory where you last resided immediately before leaving the United States. This is so, even if you didn't own

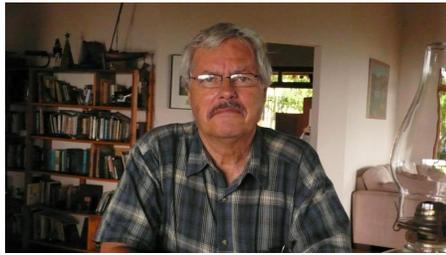
- property there and/or never intend to return.
3. If your state holds a federal primary election, you can vote in that as well as the general election.
4. Starting with the 2010 election, anyone wishing to vote must submit a Federal Post Card Application (FPCA). Even if you've been voting since the Earth was molten rock and never missed an election, it is strongly recommended that you submit a new application after January 1 of each election year in order to avoid having your ballot challenged by your local elections authority.
5. Although staff at any U.S. embassy or consulate can assist with filling out your voter registration form or ballot request, these facilities do not serve as polling stations. All voting is through absentee ballot.

Once your local (U.S.) election authority receives your FPCA, they will confirm your eligibility and place you on their list to receive your blank absentee ballot. Your ballot will arrive via regular mail as well as electronically. You must then complete your ballot and return it by the receipt deadline.

Worried that your friendly Costa Rican mail carrier won't find your *casa* located 50 meters just past the purple dumpster? That's okay. Should you fail to receive a ballot, you will still have a chance to vote using an emergency federal write-in ballot.

All the forms and instructions you need are available at www.VoteFromAbroad.org. If you have difficulty accessing either the web site or the forms, feel free to contact me for assistance.

Dem Bones II



Paul Furlong

Second of a three piece set

Dem bones, dem bones...

dem... dry bones...

dem bones, dem bones

dem dry bones...

dem bones, dem bones

dem dry bones...

Now hear the word of the Lord...

Now da funny bone connected to the giggle bone

and the giggle bone connected to da cackle bone

and the cackle bone connected to the foot tap bone

and da foot tap bone connected to da boogie bone...

now hear the word of the Lord... now hear the word of the Lord...

In the first “Dem Bones,” we asked fundamental questions about the *reason* for government. We pulled apart its Left-Right structure and even questioned the “state’s” authority to play with our money. Here, in Bones II, let’s try to construct a new frame of mind as we plug and play one bone for another.

Years ago, building a race job meant taking a complete motorcycle down to the frame and re-assembling it as a single purpose weapon. Horn, lights, kickstand, sometimes even the frame itself went out to gather frost in the barn. Long winter nights found me cutting, welding

and grinding a tighter, lighter, faster motorcycle for the following season. As the first shimmering rays of light filtered through the cracks of my shop one November dawn; when suspension, tank and seat were all bolted to a freshly painted frame...and it sat on my bench, on its very own wheels...a bike was born... a special moment for this greasy unwashed builder of motorcycles...a moment of purity, an assembled skeleton, unencumbered by trivialities. In that moment, bone weary as I am, I can't stop looking at it... I turn the lights off one at a time and gaze at how the new shadows define the potential I have built... finally I go to bed, soul satiated, excited to see her again, even before my morning coffee...

Standing in the shop of my distant past...bones swept into a pile not resembling a motorcycle...even less a government, I sip my Rum Fandango and study the drops of condensation as they roll down my knuckles to the floor...and think about framers in other times... how must they have felt, hoarse from talk, numb from debate and more than a bit tipsy...slipping between the sheets with a sense of hope for their people. We can read about ancient Greece, conjure up a king at sword point giving up power he had no right to have...ⁱ and imagine Washington's forced march on Trenton...ⁱⁱ How do these few examples differ from waves of war and revolution over wealth and powerⁱⁱⁱ throughout history? Could it be the rarity of principle, a search for a higher truth or belief in the goodness of man? Are these moments in history like the timing of a renaissance? Or do we only look for truth when our economy is on the ropes and we fear our own government?

Again the question: what's a free society need with a government? What defines a good one? Let's patch some words into this crossword puzzle till we find one we like. How about, "fatherly, loving, wise, cultured...caring." Almost sounds like traits people have... but government can't be a person anymore than "society" can be a person... in fact, neither of them can have natural rights^{iv}...surely not self determination, who could say, "no" to an omnificent state? Not until we plug in the word, *force* does the state come into focus. Some things bear repeating...

"Government is not reason, it is not eloquence, it is force; like fire, a troublesome servant and a fearful master. Never for a moment should it be left to irresponsible action."
George Washington

Force it is, then... government at its very core is force.

But the state *we* know today croons a Pied Piper tune through central banking. We've never wanted for anything...newer cell phones, faster bikes, whiter teeth and firmer breasts-a-roonies... Really, aren't these just "wish bones?" ...weak, silly bones^v having nothing to do with work, integrity or substance. Isn't there a vague and distant voice... an unexplained yearning through the sugar rush torrent of plastic electronic *gismo-tion*...don't you feel empty at times? I do. My God, have they bought us? Is our national debt somehow connected with the purchase price?

"A government big enough to give you everything you need, is a government big enough to take away everything that you have.... " **Thomas Jefferson.**

Ask any oppressed war-torn refugee...they just want to be left alone. They've been anesthetized by government shell games and wary of heroesⁱ on their foolish looking white Stallions. Yes, or humble, kindly leaders, blessing us and insisting that half of us can live off the backs of the other half while still paying for a top heavy government. Suckered by nanny states around the globe, have we lost our way? Have we become unworthy of the basic elements of dignity... personal and economic freedom?

Sifting through the pile, I find two rather large bones. They seem to have some size and heft to them. Interesting... for peace bones, they sure look powerful. I wouldn't want to get hit by one... Maybe that's the point, why they called them "Peacemakers"ⁱⁱ I pick up one and smack it against my palm. Force enough to bring a criminal in and make him pay restitution to the victim.ⁱⁱⁱ Imagine if there were no victimless crimes... Suddenly prisons empty out, and only real criminals stay locked up. Pot smokers and sodomites can truck on down, after all, who would complain unless fraud or coercion was used?^{iv}

How about the other "Peacemaker bone?" It's traditional for governments to have armies. They're handy if attacked by foreign nations; good for petulant youth to get a grip, and useful if you plan to build an empire. After Gandhi's non-violent actions in India, Englishmen at home saw the shameful cost... and promptly told parliament to give India back to its people. Thus began the end of English colonization and soon after, the sun finally did set, on the British Empire.

Still someone ought to watch our shores. Should this be a militia bone or an army bone?

The army bone is pretty simple. Build an army and either *take* kids against *their* will, or *pay* them against *our* will, to join. I ask myself... wouldn't red blooded men and women fight on their own if they were being attacked? It's only when we want to attack someone else that there's any resistance. Makes me want to loosen my tie and sit down with a drink...

Which begs the question... why would we keep an army if we didn't plan to use it? Wouldn't it encourage government planners and market manipulators to threaten smaller nations with it? According to

Fredric Bastiat, early French economist, "When goods don't cross borders, soldiers will." Doesn't having an army spread over the earth promote "gun boat diplomacy?"^v Isn't it true if we trade peacefully with other nations, they will beat a peaceful path to our door? Why would anyone attack us if we were selling them a better product at a better price?

A militia, like the US once had, or the current Swiss equivalent, requires volunteers to defend the country only in times of being attacked. Wouldn't this keep politicians polite overseas and dramatically cuts defense costs?

A modern motorcycle frame is rigid. Torque applied by the compound forces of engine, suspension and direction change demand it be rigid. Whatever else is stuck to it, a frame has two main tubes going from the steering head to the swing arm. They handle the force; everything else about them is superficial. Add a swing arm to hold the wheel in line and strong enough to handle the above forces and we have a third main frame member. Just by coincidence, could that be all we need to hold a government in line? Three main pieces? If we have two power bones to keep creeps off the street and people from attacking us from afar... what's the third piece?

Next month we'll try to sum this up and perhaps go where no one has ever gone... we may even need an addendum-bone the following month... stay tuned.

Fuzzlong@gmail.com

ENDNOTES FOLLOWING PAGE

ENDNOTES

¹The Magna Carta was one of the most important documents of [Medieval England](#). It was signed (by royal seal) between the barons and [John](#) at Runnymede near Windsor Castle. The document was a series of written promises between the king and his subjects that he, the king, would govern England and deal with its people according to the customs of [feudal law](#). Magna Carta was an attempt by the barons to stop a king - in this case John - abusing his power with the people of England.

¹ During the night of December 25, Washington led his troops across the ice-swollen Delaware about 9 miles north of Trenton. The weather was horrendous and the river treacherous. Raging winds combined with snow, sleet and rain to produce almost impossible conditions. To add to the difficulties, a significant number of Washington's force marched through the snow without shoes. Such is the power of freedom...

¹ As we watch this tennis match between warring politicians... as they fight over *our* wealth, isn't there a third option? How about us keeping it and pay them what we think they're worth?

¹ A natural right, according to Libertarian principal, is the right to think, believe or act freely so long as it doesn't interfere with another's right to do the same. (Also means no one can have a "right" to food, clothing or education because the state can't produce it. Other citizens within the community must be enslaved by government to provide it).

¹ Not to be confused with "Funny Bones," which appear with laughing children and young couples only limited by their imagination and desire to share from their hearts...

¹ Tina Turner, "We don't need another Hero" ([THUNDERDOME](#))
<http://www.youtube.com/watch?v=F1FPK5-Rm38> Crank up the volume... go big screen.

¹ The Colt Single Action Army (also known as the Model P, for Peacemaker), kept a lot of peace in the North American untamed West. It was hard to argue with a .45, even back then... It should be noted that folks were polite in the days when everyone had a gun, and most people obeyed lawman that carried these famous revolvers.

¹ More on this in Chapter III

¹Not an endorsement of such action, only that it beats having *the best of us being limited for what the worst of us might do*. A person rolling a bone or doing anything at all with a bone in the privacy of their own home is of no concern to the public... and not having police rummaging through our cars, trash or listening for foot taps in public rest rooms is a real cost saver.

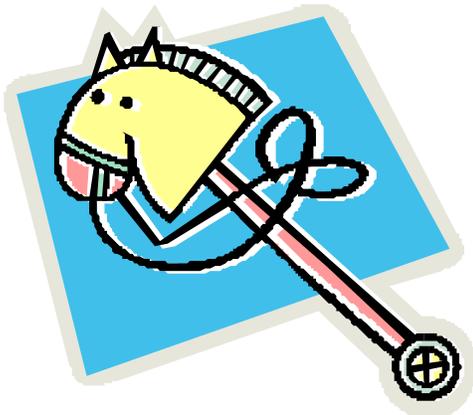
¹ [gunboat diplomacy](#) (May be referred to as The [Big Stick Diplomacy](#) in U.S history) refers to the pursuit of [foreign policy](#) objectives with the aid of conspicuous displays of [military](#) power — implying or constituting a direct threat of [warfare](#), should terms not be agreeable to the superior force.



by *Beatrice Wideman, RN*
etoile7878@msn.com

I recently started to volunteer in the nursing home, Hogar de Ancianos, located in Atenas Central. The institution is organizing their annual traditional fair and auction with plenty of entertainment for 13-16 of April. Some of the offerings include live music, bingo, a ribbon race for the children on wooden horses, a clothes sale by the women volunteers, typical food, refreshments and a bar.

The funds raised will be used for the support of the 75 elderly residents in this institution, some without family or economic resources. Please help by supporting those events and/or donating gently used clothes or other items for the fundraiser. Location : In the field adjacent to the Hogar de Ancianos which is the right turn just before the road block on the closed road to the autopista.



SOME OF THE ENTERTAINMENT WILL BE

- Friday April 13

3pm - polo pony for children

8pm -12am - Dance with Mango Verde,
a well known local group

- Saturday April 14

3pm-7pm BINGO

8pm-12am Dance with Alegros Veteranos

-Sunday April 15

10am-5pm Livestock auction

5pm-11pm Music, food etc

-Monday April 16

2pm - late afternoon - clothes sale, music etc....

If you have any gently used clothing or other household items to donate for the fundraiser please contact me, Beatrice Wideman, RN at 8603-4808. My email is etoile7878@msn.com



The Modern Woman



by Marietta Arce
marietta_arce@yahoo.com

On March 8th, women all over the world celebrated International Women's Day. I, along with many of my colleagues celebrated the day by doing something special. In my case, it was to have a proper cup of coffee with a favorite pastry in a nice place, all by myself.

As I sat and waited for my server, I mused on the meaning of a message I had received early that morning. It said: "The modern woman demands to be a priority while refusing to make commitment. The modern woman demands her rights without any responsibilities. Have a happy day."

The person (a man) who sent it to me is someone with whom I had a very short acquaintance some years ago as a result of his participation in the annual Climate Fair organized by CATUCA (The Chamber of Tourism and Commerce of Atenas). He had been introduced to me by someone who I greatly respect and I was looking forward to his presence in our fair. Trusting someone else's judgment was a tremendous lapse in my own.

Our relationship got off to a rocky start from the beginning. Against my own better judgment, I made a concession that he could pay a deposit for his booth and pay the balance when the fair began. He was travelling from San José by bus, he lamented. Could I safeguard his items in my home under my custody and responsibility so he could travel back and forth freely? I agreed reluctantly and found myself inconvenienced the next day when I had to transport everything back in the early morning so that he could set up again. Not only that, I had to enlist the help of my obliging husband to get things in and out of my car!

We never received the balance of his fee because he claimed his sales were poor. Every so often, he would contact me for information and I always answered promptly and politely requested he settle his account. I began to spot him in different art fairs and chose to ignore his presence although I admit that my body always responded with tension and anxiety at the sight of him.

When I received his recent 'greeting' I debated whether to open the email or not, suspecting it was another request for information. Needless to say, I was (and am) in total disbelief of the audacity of these judgmental sentences coming from someone who has shirked his own responsibilities to us. As a *modern* woman with a pretty good handle on technology, I have **blocked** him forever from my approved contact list! That at least is a start and makes me feel somewhat in control, which is perhaps the only thing this modern woman wishes to have – *some* control!

The Flor de Itabo (Yucca)



and

The Chiverre (Cucurbita ficifolia)



by Elizabeth Gonzalez

Every year between February and April Costa Rican Catholics observe Lent which begins on Ash Wednesday and ends forty days later. During Lent people fast or give up certain comforts in order to prepare themselves for celebrations on Easter Sunday.

There are many traditional foods commonly eaten only during this time in Costa Rica. The blooming flowers of the **Flor de Itabo, or Yucca** (the State flower of New Mexico, U.S.A.) are a gorgeous reminder of the season, as is the ubiquitous squash called chiverre.

Itabos (or yuccas) are evergreen perennials whose sword-like leaves flaunt the white cascading blooms of the edible flower. They grow up to 3 meters tall and are popular landscape plants. Yuccas are also widely grown (and exported) as ornamental plants. References to yucca root as food stem from confusion with the similarly spelled but botanically unrelated yuca (cassava).

Itabos are an excellent source of Vitamin C, they contain lots of iron, phosphorous, niacin and fiber. Itabos are found abundantly in rural Costa Rica in the summer.

There are many culinary uses for Itabo in Costa Rica and in order to reduce the bitter taste (similar to endive), one can use only the petals of the flower. Many enjoy the bitter taste, however for the distinctiveness it lends to a meal.

Traditional Picadillo

Ingredients: Itabo petals
oil
1 small onion
4 diced and boiled potatoes
2 eggs, lightly beaten

Remove petals from an entire 'bunch' if you want to eliminate the bitterness, otherwise use the whole thing. Wash, drain and set aside.

In a frying pan, saute in oil with diced onion and thyme. Add the itabo flowers and sauté until they are soft. You may add water to help the process.



Add the eggs and the diced potatoes. Adjust seasonings to taste (pepper, salt, etc.) and add cilantro (optional) at the end, if desired.

This is the perfect accompaniment to white rice and red meat, or in a traditional 'gallo' made with corn tortillas.

Cucurbita ficifolia



Cucurbita ficifolia (*Chiverre*) is a type of squash grown for its edible seeds, fruit and greens. It is closely related to other squashes in its genus, but it shows considerable biochemical difference from them and does not hybridize readily with them. It is a climbing vine that is an annual in temperate climates and a perennial in tropical zones. The plant stem can grow five to fifteen meters and produces tendrils that help it climb adjacent plants and structures.

The flowers are either male or female but both sexes can be found on the same plant and are pollinated by insects, especially bees. The color is yellow to orange.

The fruit is oblong with a diameter of eight inches or 20 centimeters, weighs eleven to 13 pounds (5 to 6 kilograms), and can produce up to 500 seeds. Its skin can vary from light or dark green to cream. One plant can produce over 50 fruits. They can be stored for up to eight months. The most popular way that chiverre is consumed in Costa Rica is in empanadas during Lent and Easter.

Classic Recipe for Chiverre Filling:

Peel the fruit, take out the pulp and squeeze the excess moisture. Then cook with spices (cinnamon, cloves, ginger, preserved figs, and molasses (tapa de dulce) or brown sugar for about three hours until you obtain a thick, sticky brown paste. Adjust seasonings to taste.

You can store in glass jars or in plastic bags. Use as filling or eat just like that! Every family has its own recipe and way of eating this particular delicacy.



This is a Classic Recipe for Empanadas:

Ingredients:

Prepared chiverre filling

3 cups of flour

1 stick butter or margarine

220 grams cream cheese

2 Tbs powdered sugar (optional)

Pinch of salt

1 egg, separated, lightly beaten

Procedure: Blend flour and butter until they resemble coarse meal. Add salt and sugar. Add the cream cheese by tablespoons until everything is lightly blended. Remove and work pastry with your hands until everything is incorporated. Shape into a large ball, cover with plastic wrapping and refrigerate for 20 minutes.

In the meantime, grease and flour pans. Remove ball from refrigerator and shape into smaller balls, flattening each one to about the size of a tortilla, with your hands, between plastic wrap or using a rolling pin. Preheat oven to 350F.

Place about a teaspoon of the chiverre filling in the middle of the pastry dough. Brush the edges of one side of the pastry dough with the egg white, fold over and press together with the tines of a fork for decoration. Brush the filled pastry with the beaten egg yolk and place on the prepared baking sheet. Bake for about 20 minutes until the dough turns a golden brown. These classics may be eaten warm or cold!



REFERENCES:

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

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

[How to Care for the Yucca Flower | eHow.com
http://www.ehow.com/how_7621282_care-yucca-flower.html#ixzz1pOt2lzy3](http://www.ehow.com/how_7621282_care-yucca-flower.html#ixzz1pOt2lzy3)

HEALING WATERS YOGA RETREAT

April 19-22, 2012

Leah MacLauchlan invites you to participate in a three night Yoga Retreat at Rio Chirripo. Leah is a certified yoga instructor offering Hatha, Yin and Restorative yoga for all levels. Her gentle style walks you step by step through a wide variety of poses focusing on alignment and listening to the bodies' own wisdom.

Rio Chirripo Lodge is situated in Rivas, bordering Chirripo National Park and the Cloud Bridge Reserve. Frank and Orriana will be our hosts. The lodge is surrounded by majestic mountains, spectacular scenery with the swirling waters of Rio Chirripo cascading in the background. The rooms are charming, clean and comfortable and take in the breathtaking views from the outdoor balconies. The uniquely designed swimming pool is situated close to the river with an outdoor hot tub for star gazing in the evenings. There is a natural hot spring within walking distance from the lodge.

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- 3 evening meals, 2 lunches, 2 breakfasts and Sunday brunch
- 7 Yoga classes
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- Non yoga participants are welcomed at \$269

This price does not include entrance fee to the reserve.

Massage available on request.

For further information please contact Leah at
nomosno21@gmail.com

Or call 2 446 3150

Hot Air Balloon

Meditation Poem
Harry Strachan, 120217

I climb up out of dreams of being lost,
Adrenaline in my veins, dread on my mind.
My aged hip, my faltering memory,
My lost hearing, the absence of a paycheck
Remind me I am entering old age.

Experts assure me I'll live thirty year longer
Than the great grandparents I never knew,
That I'm entering the golden years,
A time of greater depth and happiness.
But I am far from convinced.

The secret they say is to see life
As staircase climbing ever upward,
Not as an arc, first rising gloriously,
Then descending to decrepitude.
But is this a truth that sets one free?

I'm also told to meditate on my death.
Until you're ready to die, you won't live.
To review my past for what I can learn,
But not allow myself regrets.
Advice both inconsistent and baffling.

Then I review the history of my garden,
Note that seeds of failure produced the best plants,
See how the unexpected detours
Steered me to my heart's destination.
In paradoxes, there are truths I can trust.

In any case, morning has arrived; the day stretches ahead.
Agnostic about the future, I decide that,
For the present, I'll picture a hot air balloon
Climbing toward the sunset,
As I allow ballast to fall overboard.

Or, perhaps better, as a journey toward home.
I remind myself: Provision adequately.
Believe that no matter what, I'll arrive.
Enjoy my companions. Let fears go.
Concentrate on walking each step ahead well.

Bus Drivers

Meditation Poem 120219
Harry Strachan

Competitive blue buses
Race to the stop.
The winner gets the passengers,
The loser leapfrogs to the next.

Opposite comes a twin blue bus.
It blinks in friendly fashion.
Both competitors respond in kind.
You can feel the warmth between.

What exactly is the message?
Surely not, "Speed trap ahead."
Among the options, probably,
"I see you, travel safely!"

Your blink tells me you see me
As someone of worth, an equal,
Even if we play different roles,
Even if we compete.

My resolution through the day:
Blink at all a smile that says,
"I see you fellow traveler,
Be safe on your journey."

Harry.Strachan@mesoamerica.com

The Atenas Today Art Gallery

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



“Tope”Palmares, Oil on Linen

Al Alexander
jeanandal@gmail.com



"Beach Dog"

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



Bird of Paradise Flower

Jeanita and Jerome Ives
Ives Images Photo Art
ivesjg@mac.com
Ivesimages.com



“Cazador de la Noche”

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

For the bloggers...



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

Biolley Buzz	bcrcoffee.com
De La Pura Vida Costa Rica	delapuravida.com
Fabulista De Costa Rica	fabulistadecr.blogspot.com
The Very Worst Missionary	theveryworstmissionary.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
Mi Chunché	michunche.com
New Life in Costa Rica	http://www.anewlifeincostarica.com/nuevo_vida/
Pura Vida Mommy	puravidamommy.blogspot.com
Rubiatica	rubiatica.blogspot.com
Somewhere In Costa Rica	http://somerwhereincostarica.com
The Real Costa Rica	blog.therealcostarica.com
The View From Here	theviewfromherecr.blogspot.com
Claudia Leon	http://photoleraclaudinha.smugmug.com/ http://straightline-cmkl.blogspot.com/
Fred Ball	http://natureboy70.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
Marietta Arce	http://marisundays.wordpress.com
G. Martin Lively	fishinginandaroundcostarica.blogspot.com
Paul Furlong	http://shootright.blogspot.com/
Paul Furlong motorcycle blog	http://eyeneo.com/

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Invites you to **Save the Dates** for the
7th Annual (Best) Climate Fair

April 2012

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 **27 28**

29 30

April 27th Noon – Activities Begin in Central Park of Atenas

April 28th Entertainment, food, music all day. Family oriented, alcohol free activity.

April 29th Traditional Oxcart Parade



Complete Program Available in March

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March 31 in Atenas

What are your 3 personal symbols?

What do they say about yourself & your relationship to the world?

Morning Yoga. Three hours of calming, awaking + restorative yoga (New!) especially designed to prepare you for the afternoon activity. Taught by Leah Maclauchan, certified yoga instructor.

Afternoon Activity. Three hours of fun discovery and exploration of your 3 personal symbols, creation of a personal mandala and a group mandala from nature. Taught by artist, Jan Yatsko.

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INFO: Jan Yatsko at 2446-0970 or janyatsko@ice.co.cr

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- Dogs, cats, birds, small animals cared for at my home.
- No cages...your pet will be a guest in our home.
- Pets will be kept indoors, outdoors or allowed access to both at your request.
- If you prefer that your dog be kept in a secure outdoor area, we offer large covered runs.
- They'll be fed the food that you provide for them at the times that they are used to being fed.
- Medications administered as per your instructions.
- Any medical attention needed, we will take the pet to the veterinarian of your choice (arrangements will be made for payments in any such emergency).
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Atenas Foundation for Helping Abandoned Animals
Tierschutzverein Hilfe für herrenlose Tiere Atenas



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[www.costa-rica-live.com/
AnimalesAtenas/index.html](http://www.costa-rica-live.com/AnimalesAtenas/index.html)

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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 \$20 per insertion; full page ads are \$35 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.