

## 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.**

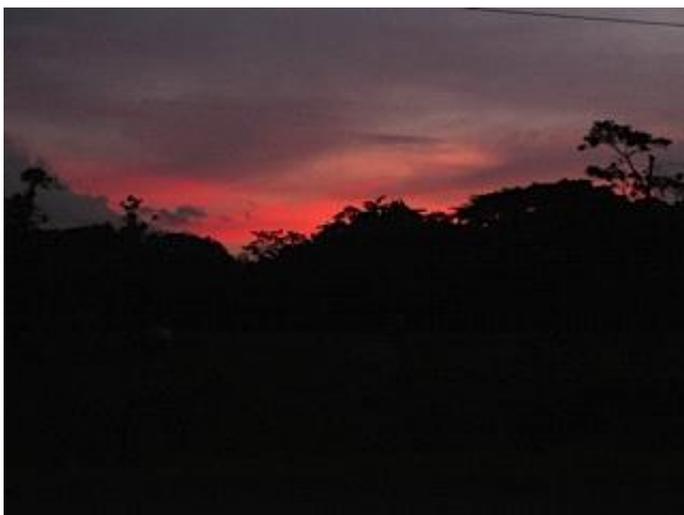
Issue No. 125

May 23, 2015

# ATENAS TODAY

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Sunset in Rio Grande, Atenas May 22, 2015

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*ATENAS TODAY is a free English language newsletter for the residents and potential residents of Atenas, Costa Rica. It contains informative articles and creative compositions submitted by our readers, and is distributed via email approximately once a month to over 600 email addresses. To get on the distribution list or to submit material, please send an email to Marietta Arce at [atenastoday@gmail.com](mailto:atenastoday@gmail.com).*

*Compositions from back issues are now archived on [scomari.com](http://scomari.com) / Atenas Today.*



## 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](mailto:atenastoday@gmail.com)

## Publisher's Note



Every so often it's important to take a break from the bustle in our lives and become aware of how our year is going. As the U.S. and Canada greet summer, many expats are headed "home" while just as many stay and enjoy the downtime from visitors that the rainy season brings

The transitional rains in May not only allow us to prepare for planting, they turn the brown carpet on the ground into a lush, green one that inspires me every time my eyes gaze at the landscape all around.

May is a month that also finds us welcoming college students who are spending some time here on a "travel experience" for college credit. Although their stay is very short, they manage to immerse themselves in our culture and language during their trip. I thoroughly enjoy the tangible energy when I am with these young people, especially because they come with the spirit of discovery that accompanies any worthwhile adventure.

I was very impressed with the kinds of questions posed to the presenters during the conferences I was a part of. It helped me see Costa Rica from a different perspective, something that doesn't always happen until a comment or suggestion is made by someone who does not reside here permanently.

A good part of the student body visiting us commented that they would love to come back and live here; one even joked that she wasn't ready to go back yet! My enthusiasm for the future is buoyed by these positive reviews and I can see tremendous potential for change in the areas that need it.

As I looked around me at the smiling faces I saw in the groups, I took a deep breath of gratitude because I, like most of you, am privileged and fortunate to be at home in Atenas, today and every day.

Happy reading!

Marietta Arce  
marietta.arce@gmail



Los Angeles, Atenas 5/23/2015



## 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](mailto:atenastoday@gmail.com) by the 15<sup>th</sup> of the month.

May 24<sup>th</sup> – MTB activity to raise money for the Atenas Red Cross

May 25<sup>th</sup> – Memorial Day observed in the U.S.

June 14<sup>th</sup> – Flag Day in the U.S.

June 21<sup>st</sup> – Father's Day celebrated worldwide

June 21<sup>st</sup> – Summer Solstice in the Northern Hemisphere!

## REGULARLY SCHEDULED ACTIVITIES

Every Sunday: Buddhist Book Discussion at Roca Verde (See Flyer)  
Please note no meeting June 14<sup>th</sup> June 21<sup>st</sup> or June 28<sup>th</sup>

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

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

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

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

*Atenas Wednesday Women*  
informal get togethers at Kay's Gringo Postres

Second Wednesday of each month: The Costa Rica Writers Group meets at noon at Colinas del Sol Hotel in Boquerón. For more details contact Larry Rusin at [crcaseyboy@gmail.com](mailto:crcaseyboy@gmail.com)



## Buddhist Book Discussion

\*\*\*\*\*

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

A gathering for those interested  
in Buddhism and Buddhist writings.

**ALL ARE WELCOME.**

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

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

\*\*\*\*\*



ATENAS NEW COMMUNITY (associated with the Tico church, Iglesia Bíblica de Atenas)

[facebook.com/groups/145046998883605](https://facebook.com/groups/145046998883605)

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

### SERVICES:

Tuesday - 6pm - Bible study in English.

Wednesday - 6pm - English worship service

1st Sunday of each month – An English translator is provided for the 9:00 a.m. Spanish worship service.

(After the service many of the ex-pats gather at a designated home for a potluck lunch. Just ask any ex-pat before or after worship for the particulars.)

ENGLISH PASTOR: Steve Lucas - <https://facebook.com/steve.lucas> • 8764-8960

TICO PASTOR: Oldemar Artavia - <https://facebook.com/oldemar.artavia>

ADDITIONAL CONTACT: Judy Hickman • 2446-4791 • [judy@proslink.com](mailto:judy@proslink.com)

DIRECTIONS: On Highway 3 at the blinking light

# Atenas Yoga Center




**Improve balance, strength and flexibility. Reduce physical and mental stress. Join our weekly classes at Atenas Yoga center and make yoga part of your healthy lifestyle.**

**Classes are for all levels. BEGINNERS are WELCOME at any class!!**

## Class Schedule

Mondays	9:00 AM – 10:15 AM	Hatha Yoga with Leah
Tuesdays	8:00 AM – 9:00 AM	Hatha/Vinyasa Flow with Anna
Tuesdays	9:30 AM – 10:45 AM	Therapeutic Yoga with Anna
Tuesdays	6:00 PM – 7:15 PM	Hatha/Vinyasa Flow with Clara*
Wednesday	9:00 AM – 10:15 AM	Hatha Yoga with Leah
Wednesday	4:00 AM – 5:15 AM	Men's Yoga with Leah
Thursday	8:00 AM – 9:00 AM	Hatha/Vinyasa Flow with Anna
Thursday	6:00 PM – 7:15 PM	Hatha/Vinyasa Flow with Clara*
Saturdays	8:00 AM – 9:15 AM	Hatha/Vinyasa Flow with Anna

Hotel Colinas Del Sol is located in Atenas centro, about 100 meters after the main entrance of the Roca Verde neighborhood, on the left. We are in the salón de eventos



\* Class taught in Spanish.

**All classes are 3000 colones or US\$6**

**Mats can be rented for 500 colones or US\$1 Please wear loose and comfortable clothing**

**We also offer private sessions. Contact Us: 8660-8921 • 2446-3150 • 8928-5497**

**classes@atenasyoga.com    www.atenasyoga.com**

Atenas Yoga Center

Leah MacLauchlan  
Yoga Instructor

Contact Us: 2446 3170  
nomosno21@gmail.com



Atenas Yoga Center

Anna Hunt | Yoga Instructor

Contact Us: 8338 9968  
classes@atenasyoga.com



## Friendship Library News May, 2015 – by Linda Ledbetter

The next time that nice man asks me if we have any books in French, I can say "Yes!" There are only a few, but they are properly classified, labeled and shelved on the "New Arrivals" cart. Also, we have even more books in German and Spanish as well as continuous donations of books in English.

New shelf labels in the nonfiction collection may help readers find what they are looking for. I use a very abbreviated Dewey Decimal system that keeps books about the same topic together on the shelves but since most folks don't know (or care) what the numbers mean, perhaps these labels will help.

Among the new books in English, some are particularly noteworthy:

Finch, Sheila. The Sharper Exile series, volumes I, II, and III. Fantasy/Science Fiction. Don't judge these books by their covers because inside their rough exteriors one will find a really good story. (F Fin)

Stephenson, Neal. Anathem. Don't start this if you are looking for an easy read. Consider these Library of Congress descriptors: life on other planets - fiction, disasters - fiction, monasteries - fiction, philosophy - fiction, mathematics - fiction. (F Ste)

White, Randy Wayne. Deep Shadows. But if you are looking for a fun read/escapist fiction, try anything by Randy Wayne White, one of my personal favorites. Deep Shadow is another Doc Ford story and is situated in the lower Gulf Coast of Florida. (F Whi)

Eddings, David. Elenium This volume contains all three books of the Elenium series. It is an epic fantasy of an ancient kingdom. (F Edd)

Summerscale, Kate. The Suspcions of Mr. Wicher. Imagine a combination of Ann Rule and Arthur Conan Doyle. This "true crime" book reads like a good novel. (NF 3)

Hildebrand, Laura. Unbroken: a WWII story of survival, resilience, and redemption. Yes, this is the book from which the movie came, the true survival tale of Louis Zamperini. Look for it in the biographies. (B Zam)

Davidson, Hilary. The next one to fall. Set in Peru, in the ruins of Mach Picchu, this crime novel features Lily Moore, amateur sleuth. The dying words of a woman pushed to her death lead Lily to pursue the wealthy man named by the woman only to find a long list of dead and missing women in his past. (F Dav)





Chili Fiesta 2015

Looking back...

It's time to check in and let everyone know that this year's Chili Fiesta was a great event all around. Although the planning stage went through some difficult circumstances, in the end it all came together and resulted in an event we can all be proud of. Overcoming a few obstacles and persevering made Chili Fiesta 2015 a day to remember.

Muchas gracias...

The marvelous team of volunteers deserves our hearty applause. A grateful nod to our international donors! To our local sponsors, our heartfelt appreciation. And to all the gringos and ticos that attended the successful event, our very grateful thanks. It was really more than just a Chili Cook Off.

### **Final tally...**

Hogar de Vida Children's Home in Atenas has dedicated this year's proceeds of \$10,000.00 towards installing new electrical wiring in the old farmhouse on the property. The long overdue upgrade will increase overall safety for the kids and staff in that house. This year's donation has made a significant difference, again!

**Questions** about the Chili Fiesta, contact Bill Cook at: [chiliwillie7@gmail.com](mailto:chiliwillie7@gmail.com). He will be happy to talk to anyone about anything Chili.

# HOW TICOS GOT TO BE TICOS

## by Don Bosque

I first came to Costa Rica in 1968, after spending the summer in Mexico. I was immediately struck by the difference in the look and attitude of the people. It is a difference that I have come to appreciate more. I found the Ticos to be more kind, more hospitable, more open, and more physical in their affection. I still do. Ticos are Latin, sure, with some *mañana* time, some salsa, and a bit of romance, too. But I find them more honest in everyday relations, more solid in their friendship and more stolid in work than most Latins. On the whole, they are a very hard working people, seldom complaining about their lot. A typical Tico worker gives a whole day's work without excuses, often working longer than the contracted time.

Ticos are mostly not impressed by shows of wealth. Fancy cars are few, even though the wealth may be there. Jewelry is modest; watches are ordinary, clothing is utilitarian. On the whole Ticos are not much for show, and they have little appreciation for those who display their wealth.

Better to have land, keep it in the family and raise horses, than buy a BMW.

When I first saw the Costa Rican Legislature (building), I saw that it was surrounded by parked Toyota Land Cruisers and coffee trucks, not fancy cars. And those were driven by the congressmen, themselves. Even today, though Land Cruisers are more luxurious, and old red coffee trucks are almost collectible, those with money are more likely to drive a Toyota than a Benz. Almost no one has a driver.

Each time I came to Costa Rica I noticed one immediate difference. While many in Mexico hide their eyes behind dark glasses, in Ticoland eyes are seldom hidden, especially when in conversation. To me, this is symptomatic of less defensiveness. The art of face-to-face conversation is still alive in Costa Rica. It plays an important part in daily life, and you do it without dark glasses.

But, if Ticos are more personally grounded, more solid and stolid, as well as more personable, how did they get this way? What shaped the national character to make them Latinos of a different stripe?

For me, a look at the history of the area tells the story. Of utmost importance in this history is what did NOT happen here that happened in most of the rest of Latin America. The Spaniards, coming here in search of gold, silver, and land upon which they could raise money crops by enslaving the natives, found little to exploit and few willing natives. They found little gold and less silver. They found few large parcels of land suitable for haciendas. Other parts of the Guatemala Territory appeared more desirable. In what is now Costa Rica, Spaniards found that much of the arable land was cut up by countless arroyos, rivers and mountains, small and large. Transport was a nightmare, especially during the wet half of the year. The rivers of the center and south seemed untamable, while much of the north was too dry. The many insects and the diseases carried by them were daunting. Snakes were everywhere.

But most annoying to those aspiring to be patronos of a hacienda, the natives by and large refused or were unavailable to work for those who now claimed the land. Not only were most of the natives not interested in trading their way of life for the kind of slavery offered, they fled into the hills. Some few went to work for the white men, and a few intermarried, but there were not enough willing to do the organized work necessary to develop a hacienda way of life. Nor would they work for the Catholic Padres. Most showed little interest in changing their ancient beliefs. As a consequence, large mission communities were not built by converted and subdued natives.

Thus, in Costa Rica, unlike most of the rest of Latin America, there was less exploitation of natives by whites, and very few landowners became wealthy from their labor. Here the social scene was more level; one hard working farmer feeling almost as equal as another; brown or white. To survive, they had to work together. Even today, few Ticos pretend to have aristocratic Spanish origins. Social pretense is seen as pretense, and European and native genes show up in the most unlikely places.

The point is that the most rapacious Spaniards who came to this part of Central America in the early years found out that this land was not as rich as they thought. The most ambitious of them moved on to other places. There were no big battles to subdue the natives, who just got out of the way. No conquistadors got land grants from the king that included the natives. No large fortunes were made from exports until the much later arrival of coffee, and social stratification was as rustic, as the life. In my opinion, that has made all the difference; that is what has made Ticos who they are.

When you look closely at Tico faces, you see traces of Eastern European people, because a few Europeans from many countries settled here over the years. They found a country rich in soil, rain and pests. To succeed they had to work the land themselves. And it was a hard life. A good life, perhaps, but with days full of hard work. Many married women of mixed ancestry, as more men than women came. The path to success lay in quickly raising a large family with many boys. Even so, the population did not grow rapidly. Disease took many. There were few crops suitable for export, and fewer ways to get them to market. Cash, law and order, and government were in short supply. One man was as good as another, if he was a hard worker. For most, it was dawn to dusk plowing, planting, weeding, harvesting and tending the stock of pigs, chickens and cows. Fiestas were few, but when celebrated, were times for all Ticos to forget the hardship together.

I see in the stocky bodies and stolid attitudes of Ticos and Ticas today the heritage of these tough farmers. I see the values of their ancestors in the way they work and in their attitude toward work. More important, I see how they value their families and each and every ordinary man and woman of their communities; the cores of which are still made up of a few old names. All along one side of the road to my quinta is the land of the Vargas clan. They have been blacksmiths forever. The past is still with us. It seems that half of all Costa Ricans share about forty family names.

The early diet was limited to what was grown. Corn for flour, rice, and beans. Chicken, pork and stringy beef on holidays. These are still the staples of Tico meals and found at every soda.

Horses became the most important status symbol of the early days because they enabled travel on the bad roads. Those who didn't have a horse didn't travel far. Oxen carried heavy loads, but horses brought the needles, fabric, salt, and news. Because of their importance in the early culture of Costa Rica, and because the Spaniards left a good blood line of Arabians, fine horses and their training are still valued and celebrated at Topes in Ticoland; far beyond their current usefulness.

Summing up. The socially detrimental forces of human exploitation that started early and continued far too long in other Latin American countries were mostly absent in Costa Rica. Because Costa Rica was settled by sturdy working men and women of non-aristocratic European and mixed origin, men and women who lived in large families, and who had little reason to see others as better or worse than themselves; the solid Tico national character was created. They are a People who value family and friendships, local life, conversations, hard work and fair treatment of the worker. People who support a caring government; one with concern for the education and health of all its people. Ordinary people who are not beholden to the rich. Well off people who drive Toyotas and usually treat their workers well. All together, I observe a national character greatly to my liking.

Of course the traditional culture is under attack by the current forces of cultural homogenization; TV, Malls, Cellphones and Facebook. But, the real Tico national character survives in Topes, Mercados, and Sodas. I appreciate this living heritage, and a look at history has helped me to know how Ticos got to be Ticos.

# DOG AND CAT OF THE MONTH



Fundación Ateniense de Ayuda a Animales Abandonados  
Atenas Foundation for Helping Abandoned Animals  
Cedula Juridica # 3-006-542026

ATENAS de Alajuela - COSTA RICA

# Cira



This pretty girl is CIRA, she's a real emergency and desperately needs a good home - permanently or temporarily. This female is about one and a half years old and was owned by an elderly couple in Sta. Eulalia. Her whole life was spent on a very short chain inside the house, locked to a table in a dark corner. She never saw the sun or even grass or had contact with other animals. Her owner's offered her very little water rations to avoid peeing as much as possible and fed her only dry bread or leftovers. Cira is very sweet and affectionate with humans, but does not get along well with other dogs or cats or other small animals. Because of her sad history, she shows some food envy. She cannot stay longer at her current foster place (Dora with 40+ pets), since the many animals there stress her immensely and the situation is also causing a lot of trouble for her foster mom. Please, please - we are looking for somebody with a big heart and no pets (or maybe one with the idea to try get her used to a new furry friend), willing to give her all the love she deserves and let her forget her sad past. Our dream is to find her a loving forever family right now, but we also would be happy if you could commit to offer her a foster place.

# Naty



May we introduce cutie pie NATY:

This kitten of about 4 months old and already spayed! She was trapped in a life trap by the Bomberos of Atenas near their fire station. We assume that she is one of the feral kittens in the Mercado area; often used spot irresponsible owners dump their unwanted pregnant cats or recent moms with newborns. NATY was brought to the vet clinic, El Encanto to get spay. Afterwards she went to Dora's house to get used to living with other cats and dogs. She was very shy in the beginning but warmed up quickly to being petted.. Are you the one who will continue the good work and let her feel trust in humans?

# MANGE

Mange is common in Costa Rica and mainly occurs in animals with a compromised immune system because they are nutritionally deprived. This includes the poor little street dog that has had to eke out a living for so long that it has not had good nutrition. Ditto for the pups born to her. Puppies by nature have undeveloped immune systems for some months, and if mom already has mange due to her compromised system, then the pups soon develop it.

Two types of mange occur in Costa Rica, Demodex mange which tends to occur in pups and young dogs. The mite causing Demodex mange buries down into the hair follicle under the skin and damages the follicle which causes the hair to fall out. A good quality diet high in protein, fatty acids, vitamins and minerals for coat and skin may cure the puppy as the immune system matures.

If the young dog does not get better within a month he will need special medication from the vet.

The second type of mange, Sarcoptic Mange also called Scabies is caused by a mite and can be contagious by direct contact dog to dog. Again it is an immune problem. It can be very itchy, with red scaly skin that usually begins on the body area with the shortest hair, ears, elbows, and tummy. In a dog with a depressed immune system, it can quickly spread to the entire body.

Both types of mange are normally easy to cure with oral medications. Again your vet will guide you for medication

Cats and humans, and many other mammals can get mange. The good news is that most mites are host specific. Dog mange mites do not like cats. Cat mange mites do not live dogs and mites that munch on humans only like us. So while dog mange mites may nibble on someone, we really are not what they want to eat so they quickly leave looking for tastier fare.

DORA TEL.8855-9822 PRESIDENT (ESPAÑOL)  
SYLVIA TEL.8868-1386 SECRETARY (ES,EN,DEUTSCH)  
[ANIMALESATENASCR@AOL.COM](mailto:ANIMALESATENASCR@AOL.COM)  
EDDIE TEL. 8308-8485 VOLUNTEER (ES,EN)  
[EDOT13@GMAIL.COM](mailto:EDOT13@GMAIL.COM)

# *ANIMALES ATENAS PROGRAM*

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

Sylvia Spix, Myrna Kastner

GET YOUR COPY OF

1. 'HOW TO KEEP YOUR PET SAFE, HEALTHY, HAPPY IN COSTA RICA (Pet Care)
2. 'HOW TO RECOGNIZE VENOMOUS SNAKES OF COSTA RICA' English and Spanish

By Gloria Dempsey-Microbiologist-Zoologist#

Part of the proceeds of this work help defray expenses of the costly care of orphaned and sick animals. It also helps to sponsor spay/ neuter clinics.

EMAIL [kastnerm@hotmail.com](mailto:kastnerm@hotmail.com) for your copy.

## ANNOUNCEMENTS

### SPAY/NEUTER CLINICS

- **BARRIO FATITMA – JUNE 13-SATURDAY**-public school of Fatima

Send a text message to Dora at 8855-9822 for an appointment

Please inform neighbors and friends about the clinic and/or help them get their pets and any street animals neutered.

## Don't Die While Still Alive

The fountain that lost its freedom!

I was taking a walk in the center of Alajuela, and I passed by this corner where there is a small park/fountain called "Fuente de la Libertad" (Freedom Fountain). I stopped and thought how sad it is that nobody was able to enjoy that place as it was very unkempt. The place looks dirty, and the garden and pathways are full of leaves and branches. You would expect to see water in a fountain and, maybe it did years ago, but now it is dry. Even if I had the urge to collect some of the branches and walk around, I was not able to because it was locked. Freedom Fountain is locked, unreachable, well protected. I kept walking for a hundred meters and suddenly the "Aha moment" hit me like a ton of bricks! I went back and took these pictures with the sole intent of sharing them in May's Atenas Today issue. I had to; I knew I had to, hoping it is a blessing to at least one of you. If so, then it is all worth it.



I couldn't help but to clearly see how we sometimes lose that feeling of peace and freedom from within, that spiritual spark of light that makes us unique and beautiful. For some of us, it has been a long trip and we wonder where did it all go? Spiritually speaking, we have the capacity to feel, not a trickle of happiness but, rivers of living water gushing through and forth in form of joy, love and peace. But we have locked it up and are now caged. The pretenses we put on for others are not as strong as the ones we put on for ourselves. We have come to believe that humility is a weakness but, in the realm of spirituality, it is a powerful weapon. Things like thankfulness from the heart, free from judgment, seem like a childish thing. But go ahead and try it, and you'll find out that it is a trait of the brave.

When I tell my 6-year old, "SHINE, show me your light", she knows exactly what to do. We cannot only see the light in her eyes, but the sense of freedom from within is awesome. She has no restrictions to be silent and peaceful from within.

What happened to us? You would expect to see flowing energy from our spiritual fountain and, maybe it did years ago, but now it is dry. Even if we have the urge to collect some of the branches to walk around, it is not possible, because we are now locked. Our Freedom Fountain is locked, unreachable, well protected, and we have caged ourselves in an unconscious boycott against our own peace. Was that the socially correct thing to do? It's just not worth it to hold on to the inner fears; let's go in and release that "beautiful you"!

I propose a change, and I will start with myself. I choose to soften my heart; I choose to be as humble as I need to shed my masks and work on my inner peace and freedom. I don't want to be caged any longer. I really want to be as free as a toddler and just be me. I will kick fear in the butt! I don't want to wish for happiness; I want to be happiness. I don't want to look for the answer; I am the answer! I hold the key of that lock on the door, and I choose to open it and let all divine light come in and go out as freely as it wants.

I want to forgive and be forgiven; I want my loved ones to receive the best of me. Daily! I believe that we can be empowered to live life from another place, a different frame of mind, a different sense of control that doesn't work

against me but for me. I don't want to protect my stinking ego; I want to wash it away! I believe we are not weaklings; we are human powerhouses that need to wake up and shine like that 6-year old does.

All seems to come to stillness and quietness when that happens, and that is when our mind is clear and there is no noise to fight with. That is when stress leaves the system and our emotions are at peace. This is how we can let the flow be free in our Freedom Fountain.

Freedom is when you go through life and whatever happens (either you understand it or not), you won't lose your peace and shine. You just keep flowing empowered by the Presence within and not by the "happenings" without.

Don't die while still alive. Don't let that happen to you.

Now is your turn; you choose.



Written by Konrad Esquivel

# What is Riteve (Revision Tecnica de Vehiculos en Costa Rica) and how does the process work?



by Dennis Easters easters3@msn.com

## What is RITEVE?

Have you ever noticed those stickers with a date on them in the front windshield of cars in Costa Rica and wondered what they were? Well, they are to identify that you have successfully passed your annual Riteve inspection. Riteve is an annual inspection for vehicles that circulate on the roads of Costa Rica. The Riteve inspection helps to verify that vehicles comply with safety standards set forth by the auto manufacturer and with Costa Rican traffic regulations. For more details in Spanish, check out their website at: <http://rtv.co.cr>

## What will be inspected?

Below is a list of items that are inspected by Riteve and must be in working condition to pass and receive your new sticker.

- Seat Belts
- Horn
- Windshield washers
- Windshield glass in good condition, without cracks or chips
- Doors working properly
- Windows must open and close
- Speedometer
- Gas cap
- Front and rear bumpers properly attached
- All lights working (including license plate light, brake lights, head lights (high and low), back up lights, and turn signals)

- Brakes properly functioning
- Shocks
- Muffler and emissions that meet Costa Rica's high standards
- Tires in good condition and with sufficient treads
- License plate numbers clearly visible
- Proper levels of oil and other fluids

### **When do I get my car inspected?**

If your car is less than five years old, inspections are only once every two years. If your car is older than five years, then inspections are once per year. The date (month) that your vehicle must be inspected is determined by the last number of your license plate. You will have the entire month to complete the inspection. For example, if your license plate ends with number one, your inspection is in January and if your license plate ends with number two, your inspection is in February.

January, plates ending with number 1.  
February, plates ending with number 2.  
March, plates ending with number 3.  
April, plates ending with number 4.  
May, plates ending with number 5.  
June, plates ending with number 6.  
July, plates ending with number 7.  
August, plates ending with number 8.  
September, plates ending with number 9.  
October, plates ending with number 0.

### **How do I do it?**

The process of having your car inspected is simple. You can make an appointment directly on the Riteve website at: <http://www.rtv.co.cr/Default.aspx?Seccion=1> or call them at 905 788 0000. Once you have chosen a location for the inspection, and time slot, your appointment will be confirmed via a text message. The day of inspection, arrive 15 minutes before your appointment time to check in for your appointment. You will be asked to present the car title, your driver's license, and the previous year's inspection certificate. You will then pay the fee of 9,970 colones, and proceed to one of the inspection bays to start the inspection process.

## Where do I go to have my car inspected?

There are 13 Riteve inspection stations throughout Costa Rica including:

San Jose (Alajuelita)  
Heredia (Lagunilla and San Miguel)  
Cartago  
Puntarenas  
San Carlos  
San Isidro  
Canas  
Nicoya  
Limon  
Liberia  
Alajuela  
Guapiles

After your car has been inspected you will either pass or fail. If you pass, a new sticker will be issued and will need to be displayed in your front windshield. If you fail, you will be advised of the deficiencies and be given 30 days to have them corrected and return for a re-inspection. The first re-inspection cost 50% less than the original inspection.



Typical RITEVE Inspection Station  
Photo Bing.com

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



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

**Hola Y'all!!!**

**Well I've got a BUNCH of stuff to tell you all about but Mom says we may have to put it into two e-mails.**

**First let me tell you about the SNAKE!!**

**Mom was at the huge metal arched doors looking out at the view one night.**

**She just happened to glance down and this little snake came wiggling under the door!!**

**Mom isn't really afraid of snakes but it was kind of dark in the room and she could not tell what kind it was so she called to Dad to come turn the light on.**

**Dad looked at it and he could not tell what kind it was either.**

**They had read that there is a snake here in Costa Rica called the "Bushmaster" and that it is REAL REAL poisonous so they were afraid to just pick it up and throw it outside.**

**So, Dad killed it while Mom held us back from it.**

**They looked it up on the internet and it turns out it was just a "coffee snake."**

**Too bad it got killed but I guess it is better to be safe.**

**It is coffee pickin' time here!!! The coffee beans are ripe and there are LOTS of trucks hauling the fresh picked coffee beans to the co-op.**

**Enid is picking the coffee here at our place and little Javiercito and Berenice were helping her. But Berenice started breaking out and they found out she is allergic to the coffee plants so she gets a reprieve!! LOL!!**

**There is a HUGE festival going on in Palmares. It lasts for two whole weeks and it is the BIGGEST festival in Costa Rica!!**

**People bring "tope" (pronounced toe-pay) horses from all over the country to participate in it.**

**Mom says we are NOT going because she doesn't like human crowds that much. Plus, the people with the tope horses drink a lot so Mom says, "If we don't want to end up in jail we need to stay away." The tope horses are kind of like "dancing" horses and they are really neat!!**

**Mom rode one last time we were here. Mom and Dad saw LOTS of trucks loaded with those horses heading for the festival the other day when they went to get their Costa Rica drivers licenses.**

**Now THAT was an experience!!!! Mom and Dad met a tico friend in San Ramon at 8:00 in the morning and stood in line there until 11:30!! Then they were told that they could not get their first license there but would have to go to San Jose!**

**So....they drove to Grecia and took a taxi into San Jose.**

**There the line was moving pretty quick so they figured "HEY!! We'll be out of here in 30 minutes."**

Well, that was just the line for the paperwork.  
THEN they were told to get in line for their photograph.  
There were about 250 people in that line!!!!!!!!!!!!!!!!!!!!  
Anyway .....they finally got their licenses but they didn't get home until about 8:00 PM.

The bougainvillea here is REALLY pretty!!!  
And the flowers are not the ONLY thing colorful around here. They make these really pretty bathroom sinks and paint them with pretty things like flowers and fish!!!

Javercito got a HAIRCUT!!!!!!!!!!!!!! Man!!! When they cut hair here they REALLY cut hair!!!

We went to Grecia the other day and we took Juliette with us. Juliette has a HUGE crush on me and thinks she is my wife!!

We went to the outdoor farmers market this morning and Princess Joy got to go with us. Juliette had to stay home and BOY was she miffed!!!  
Everybody always wants to pet the "lindos perros blancos"...(that means cute white dogs) so Mom and Dad spend most of their time saying, "Gracias!!".... "No morder" (which means we don't bite)...."eskimal americano" ...which means American Eskimo....and "no...no perritos" which means no we don't breed these dogs to sell.

OH!!! And the sugar cane is ready to harvest!! There are HUGE fields of sugar cane (caña azúcar) (pronounced con-ya ah-zoo-car)

The sunsets are still amazing and the weather is PERFECT so we are all very happy perros and un gato. (one cat).

Mom and Dad like it too!!

HEY!!!! I think we got all the news in one e-mail!!

Tailwags from BudBud who stays away from snakes in the house!!

## Fun After Fifty



By Carole Connolly

[caroleconnolly@gmail.com](mailto:caroleconnolly@gmail.com)

The best reward a parent can have, in my opinion, is to see your grown children happy, successful, and thriving in today's world. I am one lucky "over fifty" who just visited her daughter and son-in-law in Spanaway, Washington where he is stationed in the U.S. Army.

Living in Atenas, Costa Rica, has countless benefits for me and many, like me, who came here for a variety of reasons. We came for the weather, we came to retire and live well on our retirement incomes, we came for adventure in a foreign land, and we came because we saw family reunions happening in Costa Rica during holidays.

I forgot. We are retired and they are not. It's not that easy for the "kids" to drop everything and come visit. Tickets are expensive and time is dear. So, I went to see them during a time when my daughter had a break in her hectic Grad School schedule, and her husband was home and not deployed on one of his special missions.

From the moment I landed and was met at the curb at the Seattle Airport, the fun did not stop! We laughed in the car on the way home. We laughed in the morning sipping coffee in our jammies on the couch while the two doggies cuddled with us beneath the plush blankie. Yes, it was cold and damp outside. I got my sunshine inside with my two precious "kids!"

My daughter said she missed the home-cooked meals she grew up with. There simply wasn't enough time to do it with their grueling schedules. Well – move over. Momma's gonna do some

home cookin' ! We went to the supermarket to stock up and I was like a maniac running through the store scooping up items that I had not seen in years, since moving to Atenas.

Oh, I *love* of the farm-fresh produce we have – all the fresh farm-to-table fruits and veggies I buy every week. It's just different. I stopped short in front of the California artichokes and had a moment. When I grabbed the largest few of the bunch, my daughter looked puzzled. “Do really need those for our spaghetti and meatball dinner?”

Breathlessly, I replied, “No. We don't need them. I simply **must** have them! I, I, I don't get these where I live. Or yellow lemons. Grab some. I'm so happy!”

“OK, what about dessert? How about some Ben and Jerry's?”

Oh, did we have fun! We ate, we drank, we laughed ourselves silly. And then we watched all kinds of movies and shows I never even heard of. They had fun filling me in on the history of “Nashville,” and “The Last Ship.” Of course, we were in our comfie-cozies on the couch watching their giant screen TV while the two doggies jockeyed for position in between and on top of us. We passed chocolates from Fran's in Seattle and sipped a fabulous red wine.

We went to Chihuly Gardens in Seattle to see the blown glass display. My fun was just being with family, so I didn't require outings for my entertainment. But my daughter insisted, “Mom, it's like ‘Alice-in Wonderland’ ; you must see it.”



Sure enough, it was spectacular and I saw the Cheshire cat in several locations as we tip-toed through the giant flowers in the amazing gardens right next door to the Space Needle.

We stopped at the Pike Place Market to buy some fish for dinner. My daughter casually asked if I had seen the fish mongers throwing the fish. “Throwing fish? Well, I don't remember seeing them throwing the fish. I remember seeing fish. And flowers. Lots of beautiful flowers.” I had been there before when I had Seattle layovers during my stewardess days in the 1970s, but I didn't remember fish throwing. She pursed her lips and nodded a knowing smile toward her hubby.



As I was focusing on the glass cases filled with King Salmon, Copper River Salmon, halibut, scallops, oysters, and shrimp I heard some animated shouting, came to a full stand to look in the direction of the voice and “schwipp!” – a fish went flying by my head and was caught by the guy behind the counter. I was speechless, as I watched the fish-thrower wind up for another launch. This time I screeched as the next one came hurtling right at me. It was a spine-tingling scream as I was loosened up from my speechless state. Being a senior citizen now, my eyesight is distorted when I’m not wearing my glasses as I was not at this moment. That salmon looked like it was headed right for my face. I’m sure it brushed my hair before it landed securely in the hands of a receiver akin to the catch of a NFL receiver.

How much more fun can you have than that? We cooked it all up and had a feast at home the likes of which I shall savor for years to come. These are the fun family times I cherish. Raising kids is one of the most difficult and most important jobs we have. When we can enjoy the fruits of our labor with the young adults we call our children, we indeed have a priceless treasure.

So, if you are young and raising a family, enjoy every step of the way. It goes fast. If, like me, you are past the fifty mark, it goes even faster, so add a little extra spice!

# **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.



**Manhattan Sunrise**

**25" x 44"**

**Oil on Canvas**

**Al Alexander**

**jeanandal@gmail.com**

**Artist's Statement:** I tried to recreate the glowing sunrise against the skyline of midtown Manhattan. It's an almost burning brightness against the mostly backlit buildings.



**Big Sam and Camden**  
24" x 18"  
Oil on Canvas

**Harriet Sheppard**  
hweyman@gmail.com

**Artist's Statement:** This is my father and his granddaughter, my niece



**Tranquilo**  
**36" x 36"**

**Acrylic on Gallery Wrapped Canvas**

**Artist's Statement:** I have carried the images over the canvas sides and one side includes a cattle egret.

**Photo reference Gloria Navarro McDermott**

Diana F. Miskell

Horse and Cattle Art: [www.dianamiskell.com](http://www.dianamiskell.com)

Costa Rica Blog: [www.dianascostaricablog.blogspot.com](http://www.dianascostaricablog.blogspot.com)

## For the bloggers...



We are providing a list of *blogs* that might be of interest to our readers. By providing this information, we are not endorsing or accepting responsibility for any content found therein. Please contact us if you have any other blogs of interest that you would like to share. These are alphabetized for your easy reference. **Please advise if you find that some blogs no longer exist.**

Biolley Buzz  
Bunky Bartlett

bcrcoffee.com  
<http://www.bestofcostarica.org>

Carole Connolly  
Claudia Leon

<http://carolejeanscostaricacapers.com>  
<http://photoleraclaudinha.smugmug.com/>  
<http://straightline-cmkl.blogspot.com/>

De La Pura Vida Costa Rica  
Dennis Easters/Pure Life Development  
Diane Miskell

delapuravida.com  
<http://www.atenasrealestate.cr/index.php/blog>  
<http://dianascostaricablog.blogspot.com>

Fred Ball

<http://natureboy70.blogspot.com/>

Going Like Sixty

<http://goinglikesixty.com>

Julie and Rick in Costa Rica

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

Marietta Arce  
Mi Chunche

<http://marisundays.wordpress.com>  
michunche.com

Nadine Hays Pisani  
New Life in Costa Rica

happierthanabillionaire.com  
[http://www.anewlifeincostarica.com/nuevo\\_vida/](http://www.anewlifeincostarica.com/nuevo_vida/)

Paul Furlong motorcycle blog

<http://eyeneo.com/>

Pura Vida Mommy

[puravidamommy.blogspot.com](http://puravidamommy.blogspot.com)

Rubiatica

[rubiatica.blogspot.com](http://rubiatica.blogspot.com)

Shannon Farley  
Somewhere In Costa Rica  
Su Espacio

<http://enchanting-costarica.com/>  
<http://somerwhereincostarica.com>  
<http://www.suespacioatenas.blogspot.com/>

The Real Costa Rica  
The Very Worst Missionary  
The View From Here

[blog.therealcostarica.com](http://blog.therealcostarica.com)  
[theveryworstmissionary.com](http://theveryworstmissionary.com)  
[theviewfromherecr.blogspot.com](http://theviewfromherecr.blogspot.com)

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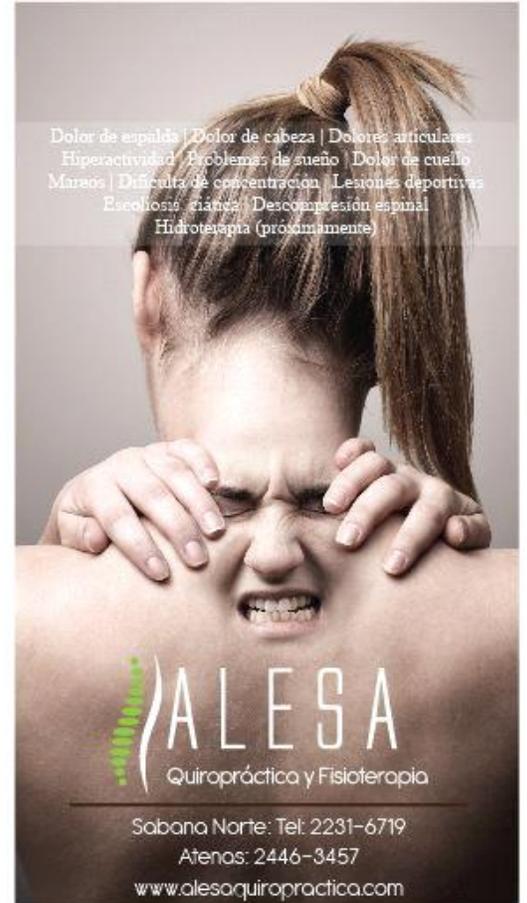
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Mareos | Dificulta de concentración | Lesiones deportivas  
Escoliosis | Ciática | Descompresión espinal  
Hidroterapia (próximamente)



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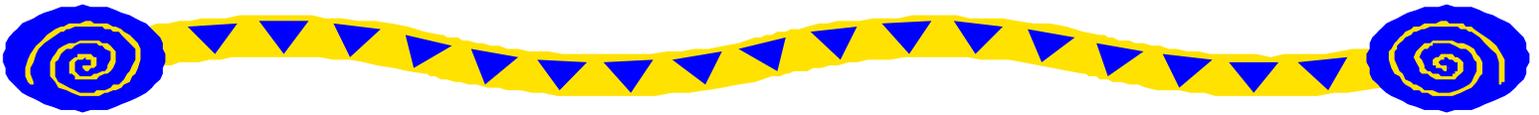
Diana F. Miskell

Horse and Cattle Art

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## ART INSTRUCTION



All Mediums:

Oil, Acrylic, Watercolor, Drawing

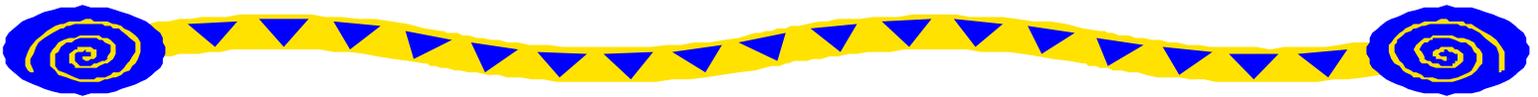
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AL ALEXANDER

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TeenSmart International provides free online health promotion services to youth and young adults 10 to 24 years of age with the goal of preventing six risk behaviors and promoting personal leadership. To learn more take a few minutes to see this Overview: [http://youtu.be/cUeC\\_p5xWjA](http://youtu.be/cUeC_p5xWjA)

Interested persons should contact Cathy Strachan Lindenberg at 2433 1023 or via email at [clindenb@u.washington.edu](mailto:clindenb@u.washington.edu).



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Advertisers should send the copy via email to [atenastoday@gmail.com](mailto: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) 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.**