

HOW TO READ ATENAS TODAY

Many of the pages in Atenas Today are in two column format, and the default “view” in the *Adobe Reader* will present these pages in a large size that requires you to scroll up and down to read the whole page.

By changing the “view” to “**Full Screen**” you can fit the page to your screen and avoid the scrolling.

When in “Full Screen” view, left click to advance to the next page, or right click to go back a page.

If the text is too small for your taste, push the “escape” key to exit the “Full Screen” mode, and change the “zoom” level to get the size you want.

THE NEW YELLOW PAGES

Don't forget to download and save the latest version of the Yellow Pages. Many new businesses have been listed. This section will help you find the goods and services you need.

ATENAS TODAY

Issue No. 95

November 23, 2012



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 470 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.

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DIRECTORY OF ENGLISH-SPEAKING PEOPLE IN THE ATENAS AREA

New names and numbers have been added to the directory. With each issue Atenas Today subscribers will receive an updated file containing the names and contact information of people who have chosen to be listed. Simply download the PDF file attached to this Atenas Today email and print it or save it on your computer.

If your name is on the list without contact information, it is because you are a subscriber to the newsletter, but have **not authorized the publication of your email address or other information**. To add or correct data please send an email to atenastoday@gmail.com

Publisher's Note



It seems especially fitting to me that I am able to offer you this issue of Atenas Today on the day after most of us have celebrated Thanksgiving. For me, the Thanksgiving celebration is very important. It is a day that I look forward to with care and anticipation for most of the month of November. It is a day about family, friends, tradition and food.

This issue of Atenas Today is a cornucopia of food for the mind! What better day to digest it slowly, than the day after a huge culinary undertaking, a day when all we want to do is lie around and relax?

The articles and art brought to you this month are contributions meant to interest, challenge and inspire you. I believe that we are in the middle of a cultural blending, celebrating the best traditions of all the nationalities that have somehow found their way to our magical town.

I (and all our columnists and artists) look forward to hearing your feedback. Nothing pleases me more than being stopped on the street to be told that the pages of this publication entertain and inform, motivate and inspire. That is our goal!

Although many of you are only here temporarily, perhaps thousands of miles from what you consider your home, I invite you to lose yourself in discovering what is available in Atenas, today and every day.

Happy Reading!

marietta.arce@gmail.com





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.

November 22nd – The U.S. Celebrates Thanksgiving
November 24 & 25 - MTB/Bike/Walk to Piedra La Zopilota info:
www.paseolazopilota.blogspot.com

November 25th – Art Exhibit at Café Lelia, located at entrance to Vista Atenas
9 to 5 p.m. Refreshments available for purchase
November 27th, December 4th -- Atenas Bridge Club meets at Don Yayo's Restaurant
December 11th, 18th 1 p.m. to 4 p.m. No partner required.

November 28th (Please confirm with Sara or Kay 2446-0664) and
December 5th, 12th, 19th

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

December 2nd – Arts & Crafts at Cariari sponsored by Newcomer's Club (See Flyer)

December 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.

December 5th & 19th Recycling in Atenas from 7 a.m. to 11 a.m. at the Plaza in front of the Central School, near the volleyball court.– Recycling of aluminum, metal, plastic, paper, cardboard and tetrapak - NO ELECTRONICS, STYROFOAM or EGG CARTONS Please rinse and separate your recyclables before dropping them off. Thank you.

December 12th - Writer's Club meets at Colinas del Sol, at Noon. Contact L. Michael Rusin @ crcaseyboy@gmail.com (2451-8063) for more information.

December 17th - 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.

December 25th – Christmas

December 31st – New Year's Eve!!!



Show and Sell Arts & Crafts Exhibition

Sponsored by
Newcomer's Club of Costa Rica

Sunday, December 2, 2012
10:00 am - 4:00 pm

The Cariari Country Club

Over 70 talented Artists and Craftspeople

Enjoy the day shopping for unique Holiday gifts, home furnishings and decorations, birthday inspirations, fine arts, used books, clothing, shoes, jewelry, wonderful foods and coffee

Exhibition y Ventas de Artesanias Confeccionadas en Diferente Materiales

Patrocinados por el club de Bienvenidos
Día: Domingo 2 de Diciembre 2012
Hora: 10:00am - 4:00pm

Lugar: CARIARI COUNTRY CLUB, Cariari, Belén

Email: showandsell@newcomerscr.org



FANTASY ICE CREAM - Located in Los Angeles, across the Street from La Fiesta de las Pupusas on Route 3 (the old road!)
Open every day from 11:30 a.m. to 9 p.m.



Su Espacio has been doing an Angel Tree for seven years. By October 12th, 325 angels were on the tree. Each year it grows and grows and Su Espacio thanks volunteers that put the information on the angels and hang them on the tree, post flyers. Most of all thanks to the wonderful people who buy the gifts and those who help with the party and keep 300+ kids and parents under control! This is not a project that relies upon government or company donations. This is directly from the community of Atenas, all of us that live here, and many who have left but still want to help. If you want to help, come on by and pick out your angel. Gifts should be brought to Su Espacio before the end of November.



Calling ALL Chili Teams– we are looking for you! For more information to sign up, please contact Mary Cook at 2446-7138 or email her at wmmcook@gmail.com . *Do you know a company or individual interested in being an event sponsor?* Please let us know by contacting Stef Bogatinoff at 2446-6234 or email her at stef@costaconcierges.com. **CHILI COOK-OFF FEBRUARY 10, 2013**

ANGELS IN ATENAS: Angel Tree in Atenas Helps Less Fortunate Children Enjoy Christmas



by Dennis Easters easters3@msn.com

It all started 7 years ago when Tina Newton, owner and director of Su Espacio in Atenas decided she need to do something to help less fortunate children in Atenas enjoy Christmas. Having seen various Angel Tree projects in United States and in her native Oklahoma, Tina knew what she must do. With Tina's hard work, determination, and overwhelming support of the local community, the Angel Tree project in Atenas was born!

The Angel Tree project has special meaning to me for many reasons. First of all, Gerardo and I love to support our community every chance we get, because the community of Atenas has given us so much, it feels good to give back in return. Personally speaking, growing up Christmas and other holidays were very special in our house. My mother always went out of her way to make Christmas special. I can remember decorations going up, cookies and cakes being baked and presents being wrapped and placed under the tree. My mother always involved me in these activities, sharing life lessons along the way. When Christmas Eve came the stockings were hung with the anticipation of Santa Claus' arrival.

Looking back I realize that Christmas was always abundant in our house, even though at the time I did not think so. Because I was an only child, my parents could afford to give me just a little extra. That does not mean that my parents spent thousands of dollars on me and lavished me with computers, TV's and iPhones like children today expect. There would always be one big gift, then many smaller ones like

puzzles, matchbox cars, Lifesaver story books and clothing. One year my mother bought me 12 pairs of socks and she took the time to individually wrap each pair so that I could have my huge stocking filled to the top and overflowing. My mother said she thought that I would get mad because there were so many socks but that I was so polite and each time I opened another pair I would just smile and say thank you. This is her favorite story to tell about Christmas memories when I was young.

Once I grew up I never forgot how special Christmas had been for me in my childhood. As a teen my first job was at a local grocery store. Every year, we would have a Christmas party with a big dinner, then the employees would exchange gifts. One year a friend of mine and I had seen the Angel Tree at our local McDonalds. This was a new concept in our area and we loved the idea and wanted to figure out a way we could help on a large scale. We decided to approach our colleagues and see if they would be interested in giving a donation to the Angel Tree, instead of exchanging gifts. There were no questions asked and everyone was on board immediately. Instead of exchanging gifts, we would each take an angel from the tree and give a gift to a child in need who otherwise might not receive a Christmas present. Each year our team was able to provide gifts to over 50 children in our hometown. As you can imagine, that really touched our hearts and put us all in the Christmas spirit.



I recently sat down with Tina Newton to learn more about the Angel Tree project here in Atenas as well as to have a little insight into what Su Espacio is all about and what services they provide to the community of Atenas.

Tina, what would you like us to know about

Tina, what would you like us to know about the Angel Tree project you started here in Atenas 7 years ago?

Tina responds: "The Angel Tree project has taken on a life of its own. Every year we start taking names in October for children from the Atenas community whose families are in need and may not be able to provide gifts for their children. Volunteers hand paint angels that are hung on our tree with the details of what each individual child is wishing for including the child's age, gender and desired gift. It is very important that the children remain anonymous. All the gifts must be wrapped and delivered to Su Espacio by the end of November. In mid December we throw a party for the children to distribute the gifts. This year's party is scheduled for December 12th.

Tina do you set price limits for the gifts or are there any special requirements?

"No, we don't set a price range for the gifts. We leave it up to the individuals purchasing the gifts on how much they want to spend. The gifts do not have to be expensive, but should be something nice, that the child would like to play with and can use or relate to. You can find a nice gift from between 5,000-10,000 colones (\$10-\$20) but oftentimes less. I recently found a great deal on play dough. What child doesn't like to play with play dough? In past years we have had people give large gifts like bicycles which is very generous of them, but then the next year, every child wants a bike."

How has the community responded in support of the Angel Tree Atenas?

Tina says: "The support has been amazing. People are always calling ahead of time for information on the current year's project and want to know when we will start to collect the angels. This year in the first 24 hours of October, we had received 160 names to go on the tree." Tina continues by saying: "What I am proud of is that our support comes directly from the Atenas community and is more or less an even split between locals (Ticos) and expats. I have been here in Atenas long enough (13 years) that I can walk in anywhere and ask for help and receive great feedback. Almost everyone wants to help because they know our reputation and Atenas is such a giving community. That is a great feeling for me."

How many "Angels" do you typically provide gifts for?

"This year we have 335 angels on our tree but one year we had 400. That was a bit overwhelming. When we have more than 350 children to provide gifts for, by the end you are on your hands and knees begging to accomplish your goal. I know we could get a corporate sponsor and probably help a lot more children, but I am proud that our support comes directly from the Atenas community. Each child receives a personalized gift, so we don't have say, 400 teddy bears."



Tina, can you tell us a little about Su Espacio?

Tina states: "My idea of Su Espacio (Your Space) came to me 8 years ago as an idea where teachers and instructors could come together and teach their classes without having to rent an entire space on their own, which is often cost prohibitive." Tina tells me that there are no set fees at Su Espacio for renting the space; instead each teacher pays a small percentage of their income for use of the space.

What classes are offered at Su Espacio?

"At the moment we offer dance classes ranging from ballet to modern and Latin dance. There are also classes for yoga, karate, English and Spanish. Starting November 3rd will be offering gymnastics with an instructor coming from Alajuela. In the past we have offered art and craft classes too."



What are some of the other services offered at Su Espacio?

“In addition to offering a wide variety of classes and the Angel Tree project, we like to provide cultural activities to the community of Atenas such as the annual Festival of Dance and Sundays in the Park. We were also active in bringing the Philadelphia Boys Choir to Atenas. I feel like we are a go-to center for people who are looking for information or activities. Another thing I organize on my own and via Su Espacio is volunteer groups. Each year we bring in around 100 volunteers who stay with host families to work on various projects depending on the needs in and around the community of Atenas. This is a great influx of money not only for the town, but the host families. It is really a win-win situation because it provides a great experience for the volunteers who always go away loving Atenas and say they are leaving with far more than they gave.”



Do you have any pet projects in the works for Su Espacio?

“We want to continue offering a large variety of classes. One of my projects that I hope to start in January is a literacy program. Many of the families whose children receive gifts via the Angel Tree are illiterate. I would love to teach these people to read and write with the hope that it would improve their lives and standard of living.”

Many people come to Atenas and want to find an outlet, a way they can give back to their new community. In ending our conversation I asked Tina if she could offer advice to those looking for opportunities to help the local community. Tina says in a matter of fact way: “If people have a project in mind, I am here to lend a hand. I

may not be able to do everything, but I can help organize anything. I often hear people saying that this or that is a problem but I don't see them doing anything to solve the problem. When you see a need for something, then do your best to fill that need. Not everything requires a lot of money. Oftentimes it requires work and a little bit of imagination. If people have special skills or are interested in volunteering they can come see me and we can figure out a way to put those skills to good use.”



In a world where everyone seems to have everything, it's important to slow down and realize there are many who don't have the tools or basic necessities in life to survive. I believe it should be our common goal to help our communities THRIVE, not just survive. It does my heart good to see people like Tina Newton and places like Su Espacio being of service to their community. My family instilled in me from an early age that I lived a fortunate life and I was told to be aware that it could just as easily be me in a place of need and not to take my blessings for granted. If we all take a moment to look within and reflect on our lives, we can realize how rich we really are. As we go into the holiday season, let's all be thankful for our blessings and find an Angel we can generously help. In the end you will have received the biggest gift because being generous is the best gift that you can give yourself.

To learn more about the Angel Tree, Su Espacio or how you can help out in the Atenas area you can contact Tina Newton at:

2446-7735 OR Facebook – Su Espacio Atenas
info@suespacio.org www.suespacio.org
suespacioatenas.blogspot.com

Soul Harmers



by Suzanne Mark

Suzanne@suzannemark.com

Sometimes I forget to eat. I am too involved in my head and tasks, and I start feeling a bit off.

Rob Brezny (www.freewillastrology.com) has formulated a fresh set of “**Soul-harmers, the Four Foolish Virtues**“. They are as follows: (1) being analytical to such extremes that you repress your intuition; (2) sacrificing your pleasure through a compulsive attachment to duty; (3) tolerating excessive stress because you assume it helps you accomplish more; (4) being so knowledgeable that you neglect to be curious.**

Not to outdo Rob, I respectfully wish to add another “Soul Harmer” to the list:

#5: Refuse to take the time to shop for, prepare, and share organic, delicious and nutritious food.

I recently re-connected with an old friend who sort of refused to feed her body back when we were hanging out. I noticed how strong and vibrant she looked when I saw her again after a long absence. The difference was AMAZING! Healthy hair, sparkling eyes, really strong looking. Before she was thin, wan and diminished looking. She was also often in a bad mood, placing a veneer of “I’m great!” on the underlying vulnerability.

When I commented on how great she looked, she happened to tell me that her new partner and she were preparing great food together and that she really enjoyed it. (She actually loves to eat, but just did not really know how to take care of herself due to a rocky childhood.) She also happened to mention that she had decided that she had spent too much time being angry and that she was not angry anymore. After I thought about it — I could be wrong — I intuitively felt that because she was strong and well-nourished, her ole’ buddy anger flew the coop. I could SEE it in her countenance. Wow.

Food changes mood. I remember the first time I ate a macrobiotic meal. I literally felt PEACE wash through me. Kristina Turner wrote a great book: [The Self-Healing Cookbook, a Macrobiotic Primer](#). I highly recommend it. I also notice that I feel much more vital and alive when I eat organic food. I buy my veggies every Saturday morning from Vida Organica at Café Cultura here in Atenas. You can order from them at lavidaorganica@hotmail.com.

Feeding yourself well is THE main way to stop:
~being overly analytical (by following your intuition about what your body needs) and...
~sacrificing pleasure
~tolerating excessive stress because you assume it helps you accomplish more (Imagine stressing

Feeding yourself well is THE main way to stop:
~being overly analytical (by following your intuition about what your body needs) and...
~sacrificing pleasure
~tolerating excessive stress because you assume it helps you accomplish more (Imagine stressing your body to accomplish more!)
~ being so knowledgeable that you neglect to be curious — “epicurious” in this case 😊

Are you victimizing yourself by any of these Four Foolish Virtues? If so, what are you going to do about it?

Nourishingly yours,

Suzanne

www.suzannemark.com

Here is a salad I make to nurture myself when I know I won't take the time to prepare and eat. It is GREAT to have on hand.

Self Nurturing Salad

2 cans chick peas, drained and rinsed
2-3 cups cooked Quinoa (Follow package directions and reduce water by a TOUCH so it is nice and “Grainy”).

Chopped organic veggies: red pepper, red or green onion, radish, celery, tomato, cucumber, LOTS of Italian parsley, cilantro, or whatever suits you.

Spices to taste: A bit of ground cumin, salt, pepper, herbs (dill, basil, etc...) Cajun Spice, etc...

Lemon Juice or Rice Wine Vinegar

EV Olive Oil

Tuna – Mix this separately into your serving portion, unless you plan to eat it all within a day or so.

Mix it up and let it macerate in a Tupperware container in the fridge. Serve with fresh bread or crackers. The great thing about this salad is that you can add other things to it, like greens or cheese cubes, or chicken or shrimp to make it a varied main dish. It can last me about three days.

**The preceding information comes from the book by Robert Brezny, PRONOIA. Pronoia is the Antidote for Paranoia: How the Whole World Is Conspiring to Shower You with Blessings.

A Gratifying Experience

by

Rob and Denice Key
denice@8990ft.com

When we initially decided to move to Costa Rica we knew it would be important to take part in activities that not only kept us busy but also gave back to our new home country. We had some experience doing volunteer work on a small scale back in the states so we decided to expand upon that while we were living in Atenas.

One of the first opportunities to present itself was discovered in an advertisement that had been placed here in *Atenas Today*. A local University, Universidad Técnica Nacional (UTN), was looking for native English speakers to be conversational partners with a group of students enrolled in their *English as a Second Language* program. Figuring that we were indeed qualified to speak English, we sent an e-mail to UTN and asked for more information.

We learned that the conversational groups were to meet at the UTN campus in Alajuela. Initially, we were reluctant to participate due to the approximately forty minute commute we would have in order to reach the campus. However, we decided to attend the introductory meeting that was being held a few days later in Atenas and learn more about the program. At this meeting, which was led by the chair of the English Language Department and one of the professors, we decided that this was an opportunity we couldn't pass up. We would be helping students eager to learn English with the added benefit of meeting some local people and breaking out of our 'gringo' rut. We soon realized that driving to and from the sessions was not necessary because of the easy and inexpensive bus system between the two towns (if you haven't ventured into the bus system yet just know that it is not a bad experience at all!).



Post conversation session mini-fiesta

We were somewhat concerned about having enough in common with a group of college aged students to find mutually interesting discussion topics. After all, what would young, college-aged adults find interesting about a couple of 'old gringos'? We soon realized that this fear was unfounded; however, we discovered that the students had a wide range of ages, had greatly varied backgrounds, were very interested to learn about us and the United States, and were more than eager to engage in friendly discussions about a broad range of topics.

One topic that was visited several times during our discussion sessions was that of the cultural differences between Costa Ricans and Americans. It was often interesting and humorous to discover that some of the things that we take for social 'norms' in the US are totally foreign to Costa Ricans and vice versa. Current events, recent holidays, and other topics naturally sprang up in the course of the evening so there was never a lull in the

conversation. Notwithstanding the relative ease of the conversation, the UTN team was nonetheless prepared with a binder full of topics should we have needed a little help.



Not only students but friends too!

Soon after we started working with the students they discovered that we were studying Spanish. Some of the students and professors selflessly decided to spend some time with us after our English conversation sessions in order to help us with our speaking and understanding of Spanish. We were quick to discover that having actual conversations in a language you are attempting to learn is invaluable! But then again, wasn't this the whole idea behind the English speaking volunteer opportunity being offered by UTN?

As is often the case with volunteering, we ended our time at UTN feeling that we received far more from the experience than we gave. We met many new, wonderful, and interesting people and are now proud to consider the professors and students of UTN our friends!

*UTN is always looking for more volunteers.
If you are interested in a truly rewarding
opportunity please reach out to them:
email: utnile@gmail.com
phone: 2435.5000 ext 1248*



"Ron" means *Rum* in Latin America, Paul

Just Desserts

Paul Furlong

Oh, temptation dark and sweet

I love when you lie to me

The days smile till late at night

Never more the moral plight

Sock it to me your

Mountain Woman's deep chocolate shit

And the lie that I'll not pay a dime for it

Let them who do not know

Tend the herd and pay the dough

I'll meet you halfway, in our belief

That though I steal, I'm not a thief

Wiser now when she hikes her skirts

I'll know by God, my just desserts.

Red Rider

Whist leafing through the internet for a set of sprockets, I came across a company who made the wildest claim, "Lifetime chain and sprocket combo," It was an old company, and I wanted to believe them. Hundred thousand mile spark plugs exist... why not chains and sprockets? So I dared to call and ask a price for my 2000 BMW F650. I put the phone down carefully and considered what the old coot said.

Lessee, \$500 plus dollars for a life time chain and sprockets... First question is, who's lifetime we talking about? Mine? It's a miracle I lived past forty, every day is a miracle, but if I make it another ten years, the chain is a good deal, I'd have to be real careful.

The lifetime of the salesman? He's an old coot. With any luck, he could drop tomorrow.

The life of the company? In today's economy, what makes me believe there's more than fifteen minutes left?

"You can't cheat an honest man." W.C. Fields

Musing towards the kitchen for water, Jimmy, (the bad side of me), whispers, "*who cares if they go out-a business after we get our new lifetime sprockets?*" Still, I'm thinking, *could* a chain really *last* that long? We went to the moon, right? The chain they used worked okay. Wonder if it was a Sidewinder chain? They got Sidewinder missiles you know...

Will the bike itself last? Yes. Would I keep it? Yes, it was a gift, thereby lashing it to my heart like a wife. So I said,

"Yes, I'll take the chain and sprockets."

My bike is my main means of transportation. I ride it through rain, mud, beer and heartache. Aficionados' polish and buff their machines daily, while mine collects grit with miss-matched bungee cords to hold my rain gear and luggage down. But when a tire's down to the last twenty percent, the chain's hanging low and there's at least one bulb out, I take the time to clean my shop and re-evaluate the whole machine.

A motorcycle is a series of systems that work together; engine, drive train, suspension and so on. When everything's working, it doesn't matter what it looks like, there's music, symmetry and grace in motion; a joy to the rider. Usually, when everything's working well, the beauty's there too, as it tends to follow function. This is the way of submarines, soccer teams, governments and family units.

As I write this, I'm on my fourth cup of coffee and second bag of cookies. Talk about systems, I wonder if there's any correlation to how I feel, overweight, dull headache, iron poor blood and a weak pee stream.

Swallowing a lie is bad for the digestion too. Just wanting something to be true doesn't work with systems. We can't fool the laws of physics, the laws of economics, or run faster than a Karmic dart. Even Mother Nature is hip to us. So it's just us, eating lies and regurgitating them for others on a plane of lowest common denominator; the very plain from which we pick our leaders.

Imagine my surprise a few months ago, when my chain broke and stopped my rear wheel suddenly in the twisties. As fate would have it, I lived. RJ and Willy were kind enough to stuff me and my sorry bike into the Moto Tours Costa Rica truck and haul us home. While we joked, I turned my head and watched the panorama of La Garita pass by the window; and I began to feel the burn. Yeah, I'd been complicit; Sidwinder Chains and I had fooled me. Even the lifetime rear sprocket is beginning to roll at the edges of its teeth.

At home I look at my maintenance sheet. I'd got ninety-six hundred kilometers out of it. That's less than six thousand miles! Hell, a *cheap* chain will give you ten, twenty thousand miles. So when it started squeaking, I paid it no mind, it's just a nagging chain looking for a little oil. Come to think of it, a motorcycle really isn't much different than a wife. You know you've got to dress up for the in-laws', but until that moment, no sense in paying much attention to the noise.

"There's a sucker born every minute" P.T. Barnum

I called Krause Racing's Sidwinder Products. They said they didn't guarantee the chain, just the sprockets and the old coot who sold them to me doesn't work there anymore. They'd sell me a new, better one for \$75. My options grew small. Thinking about it, I shouldn't have bought the second one, like re-electing a president who doesn't like you.

Which reminds me, there was a man who ran for president in 1988, 2008 and 2012 who understood systems; he was a doctor and 12 term congressman. He knew his history and spoke the truth. He said,

"I know how to fix the problem."

In essence, he said that we'd have to eat our vegetables, take our medicine and stay out of each other's pockets, but we'd survive. America could be redeemed if we'd just take control of the Fed, live within our means, bring our troops home and live in peace. It had the ring of truth. Young people looked up, surprised to hear the call. They registered republican just to vote for him.

But the furrows of power are deep and old, and little by little, the doors closed for Ron Paul. The media cooperated willingly and even though they had him on the air, they declared him unelectable. They backed it up with tricks and lies. Mainstream TV viewers, left and right, dutifully scratched him off their list. His image became fainter but his prescience still reverberates throughout the net. He'd started a revolution.

Gray and diapered, the GOP put a stooge in his place and prayed people might vote for him. But there was no principle, no truth and no peace in the man. His constituents waited for the results, *wishing* him to win, *wanting* him to be the man that he never would be.

Happy for a break from my computer, I step out to help Gaby with her groceries. The sun is down and the valley is lit. As she draws close to our tiny finca, I take her bags and begin to carry them up to the house. I stop midway up to watch her in the moonlight. Girt and Raul, our two geese, stand guard as our ducks, chickens and guinea hens follow her to their coops with quiet anticipation. I realize how much I miss of our daily life here, just by being in the office or the shop.

I reflect on the difference between an egotistical charlatan who breaks his government's laws with impunity and encourages people to vote for him for handouts and *revenge*. The man he ran against said he'd continue with the bail outs, keep our troops overseas and build an even bigger military. Such a deal...

I look down at our chickens and ducks, and suddenly I realize these terribly small minded men have no happiness, no grace or *truth* in them. These things can't be taken by force. One cannot conger them by desire or self perceived need. No, we need to deserve them, and we don't. I look down at Gaby with the geese,

...and I'm captured in one of those moments even a motorhead can see; a painted sky hung like a backdrop, and the peace, duty and love in Gaby's movements, talking to Raul and Girt, scattering food. Suddenly the world stops like a snapshot for all time...and hear myself say, "thank you."

fuzzlong@gmail.com

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



Stories from Mr. BudBud, Primero Perro of Lighthouse Animal Rescue. They were written 8 years ago when he first came to Costa Rica for a house sitting job.

6/13/2004

Hola!! Everybody!!

We just kind of relaxed today and didn't do anything out of the ordinary.

We did go into Grecia and walk around for a while. I rode in my stroller of course.

Dad is pretty impressed with how well I do in the stroller. Mom just says, "Hang on." and I know exactly what to do.

She goes off the curb with the whole front of the stroller pointed down and I hang in there.

When we get across the street she goes UP on the curb and I still hang in there.

I KNOW how to ride a stroller.

Everyone who sees me is EXTREMELY impressed!!

Mom says a human baby would be out on their nose.

LOL!!! Mom says fuzzi-butt is MUCH smarter than humans!!

We went out to a fancy restaurant with Cliff and Claire tonight. They are some American friends of the owners of the house we are staying in. Guess who had to stay on the car....sigh.....

It was okay though because I KNEW Mom would bring me something good.

Sure enough....after a while...here she came with a



Is Eco-Friendly Hospitality Really Green?

By Shannon Farley

Do you like to work out in your hotel's gym when you're away? If you happen to be staying in Denmark's Crowne Plaza Copenhagen Towers, keeping fit while traveling will help generate the hotel's electricity and earn you meal vouchers in their restaurant. The flagship eco-hotel is the first hotel in Denmark to generate all of its power from renewable sources – solar panels, geothermal heating and cooling pumps, and stationary bicycles connected to generators which provide the hotel's electricity. Guests can pedal for only 15 minutes or so and “earn” enough electricity wattage to score a free meal voucher, plus personally contribute to the planet.



This novel idea is the latest twist in the eco-friendly hospitality movement that not only benefits the hotel, but gets guests involved in a real-time personal way. Eco-consciousness as a buzzword has turned into a billion-dollar business ranging from everything from the hospitality and tourism industries to clothing, cosmetics, cars, cleaning products, and corporate philosophies.

In technology, you've got solar-powered laptops, bamboo iPhone cases, and now a new eco-friendly light bulb called LIFX LED that you can manipulate its color and brightness from your smartphone via WiFi. You can even match the light's settings to the songs on your playlist. How geeky is that?



Eco-friendly travel is one of the fastest growing sectors in the tourism industry worldwide, growing 10-15% annually. “Go Green” is the slogan you hear most often nowadays. Green efforts can be everything from simple water conservation measures (guests re-using linens and towels in hotels), using biodegradable cleaning products and recycling, to all-out 100% environmental construction. In the U.S., that would mean being certified by the Leadership in Energy and Environmental Design (LEED) program of the U.S. Green Building Council.

Earth-conscious travelers are more frequently seeking out eco-friendly lodging. Boutique hotels are at the forefront of this trend. The most common environmental practices include:

- Guest towel & linen re-use
- LED and compact fluorescent lighting to save energy

- Water-efficient toilets and showerheads
- Reduce waste output
- Reduce energy & water use
- Reduce carbon footprint
- Eliminate pollution
- No pesticides in the gardens
- Window films (like Huper Optik films) that reduce energy usage and protect furniture, carpets, paint, etc. against fading



In our ecotourism hotspot of Costa Rica, Pranamar Villas is a leading boutique hotel for planet-conscious places to stay. The holistic yoga-surf hotel on the Nicoya Peninsula's top-rated Santa Teresa Beach isn't just "greenwashed" (eco-friendly in advertising only). Owners and staff are committed to following a long list of environmental practices every day.

The luxury hotel cleans and reclaims its water used at the property to irrigate their organic gardens. A completely independent septic system recycles treated water that passes through a three-tank aerobic system using natural bacteria to clean the water, and then enters a drip irrigation system in the gardens which maximizes water usage.

Sustainably farmed and recycled woods were used to create the hotel's natural earth-friendly interiors for ecologically-constructed

bungalows and villas. The elegantly designed accommodations offer tropical simplicity with plenty of windows and doors to open to sea breezes and enjoy nature. Granite stone tubs ringed by tropical gardens give an exotic touch to open-air bathrooms in the villas.

Pranamar's lush tropical gardens are completely organic; they use no herbicides or pesticides on the property. Much of the vegetation is "edible" – fruits, vegetables and herbs that supply the open-air restaurant with fresh, healthy cuisine. They grow mango, papaya, banana, starfruit, guanabana, passion fruit and Suriname cherries. During the dry season, melons and squashes underneath ornamental and fruit trees provide ground cover to help hold moisture. The herb and vegetable garden flourishes with mint, basil, oregano, rosemary, thyme, tarragon, turmeric, arugula, mustard greens, tomatoes, chili peppers, okra, cucumber and eggplant. The hotel's composting system completes the food cycle by turning the restaurant's organic waste into natural fertilizer.



All soaps, laundry detergent, cleaning supplies, and even guests' amenity shampoos, conditioners and bath soaps are biodegradable. Energy-saving light bulbs and appliances reduce electricity usage. Even the free-form swimming pool is eco-conscious: it's filled with salt-water, meaning less chlorine and other chemicals.



The difference is that Pranamar Villas' owners, Susan Money, Greg Mullins and Stefano Allegri, created their hotel following a natural "Earth first" vision. They believe it is "important to consider the imprint we leave and the effects we have on our environment and planet."

The business of ecotourism aside, here's some food for thought for all of us:
"Our most basic common link is that we all inhabit this planet. We all breathe the same air. We all cherish our children's future. And we are all mortal" – John F. Kennedy

Fun eco-friendly links:

<https://www.ecogreenhotel.com/>

<http://keetsa.com/blog/green/green-news/trends-in-eco-friendly-gadgets/>

<http://www.environmentallyfriendlyhotels.com/>



shannonfarleycr@gmail.com

Ten Art Lessons I Should Have Learned in School



by Jan Yatsko

Do you remember the book "The Things I Learned in Kindergarten"? I recently found "The Ten Lessons the Arts Teach" by Elliot Eisner. Mr. Eisner, who was an art education teacher in high school and at various universities, discovered that schools were offering an unbalanced approach to education and cognitive thinking by not appreciating the significance of art in the curriculum. As adults we also need to know why art is important in our lives. Here are the ten lessons:

1. The arts teach us to make good judgments not based on correct answers and prevailing rules.
2. The arts teach us that problems can have many solutions and that questions can have many answers
3. The arts celebrate multiple perspectives and help us to see and interpret the world.
4. The arts teach us to be flexible during the problem solving process and to surrender to unanticipated possibilities
5. The arts teach us that words or numbers do not define the limits of our knowing.
6. The arts teach us that small differences can have large effects.
7. The arts teach us to think through and within a material.
8. The arts help us to express our feelings, which cannot always be expressed verbally.
9. The arts enable us to discover the range and variety of what we are capable of feeling.
10. The arts position in the school curriculum symbolizes to the young what adults believe is important. So go out and create and support the arts!

Here are a few things you can do right now:

1. Visit the exhibit Valoarte at Avenida Escazú (located next to Cima Hospital). In 10 years this exhibit has turned into a prestigious show of Central American contemporary art. Sales benefit Hogar Siembra, a support for young women at social risk. Hours are 11 AM-8PM until December 15 with a 1,500 colones entrance fee.
2. A retrospective of the works of Lola Fernández at Museos del Banco Central (at the Gold Museum next to the National Theatre) in San Jose. A chance to see how an artist's work changes over a 60 year period to the present. Hours are 9AM-5PM until April 28 with a 1,500 colones entrance fee. Wednesdays are free with a resident card.
3. Join a Plein Air activity every third Monday of the month. Participants visit art museums, exhibits and Costa Rican artist's studios, create in various art workshops and learn how to view Costa Rica through an artist's eye. ALL abilities and interests are welcome. For more information, contact Jan Yatsko at janyatsko@ice.co.cr

My 11th lesson is: The arts promote world peace. It's almost impossible to destroy when you are creating a song, a poem, a dance, a character or a painting.

The "Carder" , the Harder...



by José Andrés Solano Espinoza
jssolano@est.utn.ac.cr

The history of mankind has always been a clear instance of how some groups try to have power over other groups. Entire wars have happened over this, and the list of civilizations, nations and countries involved in domination and massive-control conflict is endless. Just to cite a few examples: Romans and Greeks, Europeans and Americans (1492), Nazis and Jewish, rich and poor, black and white, men and women, right wing and left wing, oligarchy and workers, among others. Such conflicts have counted on a wide variety of control methods used, ranging from cultural, social, and economic nature, to physically oriented methods. This dominance has not disappeared though, and even when times and contexts have dramatically changed over the centuries, their essence has remained untouched. Yet one feature of this dominance has, not only changed but evolved, to scary and unsuspected levels: Its ability to simultaneously remain concealed, and powerfully active. With no more preambles I want to deliver some thoughts on one of the most sophisticated, underhanded, and successful methods of massive control existing: The credit cards.

Decades and decades of different sorts of processes have resulted in a model of society based on the principle of excessive consuming, being this principle what supports the whole structure. Subsequently those who control companies, money and production, depend on our means to continue excessively consuming so this control can be perpetuated (domino effect). That is why the capacity of spending (A.K.A consuming) has been culturally promoted to a different category, as nowadays it is naturally seen as an indicator of social and economic status; or more wickedly, it is seen as a critical condition for personal success. This is the ground on which credit cards' influence grows strong and deep, and the easy-access "plastic money" shows its ability to keep us spending, or consuming. In this line, there exists a series of factors engaged, and when combined, might explain why credit cards are a commonly chosen method of payment. In order to understand this combination, and its effects, we need to understand every factor individually.

Advertising campaigns, particularly the ones targeting kids: Ever since I was a kid I recall TV ads promoting debit and credit cards "especially designed" for children and teenagers. These campaigns clearly point out that people who use cards are "cooler", more sophisticated, more socially accepted and more admired than those who do not. These advertising efforts eventually pay off, and the predisposition to sense credit cards as appropriate, or as a need, is internalized and even respected by a big portion of the population. It would not be wise to forget that these advertising strategies are also created and executed targeting adult segments, also having high levels of efficiency. In summary, the bombing of pro-credit messages is a reality that starts during childhood and remains through other stages of human life, and it definitely works (as marketing does worldwide).

Banks and their direct insistence: Randomly pick 15 people and ask them this question: Do you know at least one person who has sometime felt bothered or harassed by banks and their aggressive marketing strategies? I would expect to get a huge percentage of positive answers. Emails, phone, and physical mail, are instruments used to reach customers and try to convince them to own these cards. Here is a hateful fact: The sales and negotiation skills developed by bank representatives in charge of executing these strategies are hidden, effective, and likely to succeed with many potential customers.

Something will then happen for sure (and banks know this): Owning a credit card is for many people a good enough reason to use it.

Reward programs offered, but at what cost? The wonderful and colorful tale of points accumulated on every purchase, or on a determined amount spent with the cards, is a formidable attraction factor for potential card holders. These points can be later redeemed in different attractive ways, like products/services traded for points, or money reimbursed; let's be honest, some of these reward options might actually represent interesting incentives. Although the real trick here is: At what cost? Such kind of rewards could be an excellent option for card holders who have developed solid skills to manage cards (payment timelines and expense control). But reality proves this thesis wrong for most of Costa Rican card holders. According to *La Nación*¹, in Just 4 months, the total balance owned in credit cards in Costa Rica increased by 11.648 million colones (beyond belief!!); this perceptible ineptitude when it comes to managing credit cards efficiently is something banks are well aware of. So here's the dark part: Many card holders will see these reward programs as strong motivation to pay with their cards (even when cash payments are an available possibility), entering a risky game in trying to control something that could eventually control them: Points accumulated versus the balance of the credit cards. Thus, sooner or later, this balance could increase to levels out of control, and this is exactly what banks want.

Treatment given to crime news seems oversized: Talking within the limits of my subjectivity, many times I find the treatment given to some crime-related news oversized and exaggerated. Costa Rica is obviously not a country with dreamed crime statistics, and with some frequency we will come across horrible news. However, my personal perception tells that Costa Rican traditional news media takes every single opportunity (typically crime news) to make us feel far more scared and insecure, than we should actually be. The way I see it, this scenario has everything banks and advertisers require to create a positive relationship between using credit cards, and being safer. Interesting uh?

Having explained these four factors above sets very interesting circumstances in which I sense the typical result would mostly be the inevitability of using credit cards (Yet counting on the possibility of a cash payment). Let me try to explain the way all this works: We have been receiving direct attacks, at conscious and subconscious levels since we were babies, stating that credit cards are "good" and "cool", creating the first necessary condition for banks to succeed. Then, as soon as we become capable of having incomes, banks begin hunting us trying to sign us up for their credit cards, impressively supported by the famous reward programs that almost assure them success. This implies accordingly two significant reasons to start using, and continue using, the card (or cards): First, having a credit card seems enough to have to use it. Secondly, if we are to get the "great benefits" of the reward options we are offered, then it is even more "necessary" to use it. On top of that, the media and their scary and fatalistic vision of the country's public safety push us in one very clear direction: Avoid cash as much as possible, and start using cards as it is "safer"; or more perversely, regardless of how much cash you carry, use the cards, it is "safer".

¹ Arias, J.P. (2012, October 21). Deudas de ticos con tarjetas de crédito creció ¢ 11.648 millones en cuatro millones. *La Nación*. Taken from: <http://www.nacion.com/2012-02-07/Economia/Deuda-de-ticos-con-tarjetas-de-credito-crecio--11-648-millones-en-cuatro-meses.aspx?Page=2>

So far I have been able to provide some ideas on why we are motivated to accept, use, and possibly overuse, credit cards. Now it is time to try to explain how all this links to social control methods: As stated before, we are socially motivated to increase and prove our capacity of spending, because it is seen as a sign of social and economic status. Credit cards are a very useful tool to demonstrate this capacity, as chances are high that people keep spending and spending, possibly on things they do not need, using money they do not have. Remember the domino effect? We irrationally spend money with credit cards, promoting excessive consuming, as a result bringing direct benefits to the owners of the companies, money and production, then providing support to the whole structure we know as society. The picture is clear to me, and the social control is evident.

My analysis stirs feelings and beliefs on credit cards, and under the apparently poor financial behavior of most Costa Rican card holders, I do not see them as the best payment option whatsoever. The stories of problems, complications and unhappy endings related to credit cards, are countless; I would dare say that we all know one person who has had issues with credit cards. If you ask me, I could use two approaches here: Do not accept a credit card based on momentary emotions, sales rhetoric, or fantasy rewards; remember banks see in card holders potential and huge extra incomes. I think the phrase "The "carder", the harder" could make sense by keeping in mind that refusing credit cards will not kill you, and it will probably spare you predicaments and headaches instead. The second approach is a very objective and balanced attempt to honor impartiality, and I cannot (Nor should) label credit cards as something demonic, apocalyptic, or incorrect using an absolute perspective. More in detail, the possible use of credit cards should be assessed in the context of every person's reality, needs, capabilities, conditions, particularities and goals; once again, credit cards may entail benefits for some people. Going further in trying to capture a bright side in all this, interesting information (Like market comparisons and healthy practices) is available online to understand better how credit cards work and can impact our lives. This website is a good resource: <http://www.meic.go.cr> .

Editor's Note: José Andres Solano Espinoza is a Student of English as a Foreign Language at the
The National Technical University (UTN) in Alajuela

Claiming Your Braggin' Rights: 2013 Atenas Charity Chili Cook Off

By Judy Timson



When:
Sunday, February 10, 2013. (the Sunday after Super Bowl)

Where:
Quinta Romavista, Barrio Mercedes, Atenas
two kms. off the old Alajuela to Orotina, Highway #3

What Time:
Open To Public 11:00AM to 4:00PM

All proceeds go to support the Hogar de Vida home for abandoned, abused and orphaned children in Atenas

As this title indicates there is enough room for all to claim "braggin' rights" in this year's Atenas Charity Chili Cook Off to be held on Sunday, February 10th, 11am to 4pm at Quinta Romavista in Barrio Mercedes. For sure, the chili cooks want to seize their braggin' rights entitlement for making the best chili! Volunteers who are helping this event beforehand and on the day of the Chili Cook Off can claim their braggin' rights for supporting such a great cause! And, anyone who attends can also get their rightful braggin' rights because by attending they are making a significant difference in supporting Hogar de Vida – a children's home right here in Atenas!

Is a Chili Cook Off an art, a passion or perhaps just an opportunity for a gathering of individuals to share food, laughter, fun and entertainment? I would say it is a little bit of everything. We've got something for everyone – check out our newly designed website detailing all specifics:
<http://www.atenaschillcookoff.com>.

History of the Chili Cook Off

Am I the only one that has never been to a Chili Cook Off? Admittedly, I have not, but I am so excited to attend my first one right here in Atenas, Costa Rica. Come join me! In doing a little research on the History of Chili Cook Offs, I discovered it all began in a small, remote ghost town in Big Bend Country – Texas, that is – Terlingua, Texas. And not as early as one would think – the first chili cook off took place in 1967, but the idea came about in the early 1960's when a competitive-style event was held in Terlingua for individuals to create their own definition of a "good bowl of Texas Red". Well, the news of the competition spread like wild fire and from that one event held in 1967, the rest is history. Now there are literally thousands of chili cook offs held annually all over the United States and other countries, including our very own right here in Costa Rica! So Terlingua, you have competition here in Latin America –our Atenas Charity Chili Cook Off draws over 1000 people, has over 25+ chili teams, hosts a great selection of judges, and we provide guaranteed fun for all who attend!

Raising Your Spoons for Charity – Hogar de Vida

By raising our spoons and tasting various chilis' at our Chili Cook Off, we couldn't have created a more fun way in making a significant difference for Hogar de Vida, where approximately 35 children live, ages birth to 10 years old. This year we hope to double what we raised last year for Hogar – our goal is to raise \$10,000. The proceeds from the Chili Cook Off will help fund new security measures on the property. Due to a recent break-in at Hogar, increased security is a necessity in order to fully protect the children living there. In next month's *Atenas Today* we will feature Hogar de Vida and how their organization's mission serves children in Costa Rica. So, let's raise our spoons for Hogar de Vida!

Volunteering With Purpose

Can you volunteer and still experience the day's activities at the Chili Cook Off? Of course! We aim to make everyone's volunteer experience a meaningful and fun one. We are starting to recruit volunteers willing to give us a few hours of their time. There are many areas where volunteers are needed: set-up and tear-down, entrance gate, parking, booth help (entrance, food/beverage, raffle, etc.), activities, etc. We will need about 75 volunteers for the day, so if you can help out, please contact Judy Timson, jteci@yahoo.com or visit our website for additional information at <http://www.atenaschilicookoff.com>.

Ready to Claim Your Braggin' Rights?

Join us on Sunday, February 10 to claim your braggin' rights!!! There will be some great chili to taste, some excellent judging going on, some good food and beverages to consume, some fabulous raffles to vie for, opportunities to ride the mechanical bull, some fun music and dancing to enjoy AND much, much more. See you in February!!!



POCHO – Biking Poas for Cancer!

by Atenas Staff Writer

Peter Kapitein, a Dutch citizen, learned that he had a cancerous mutation in his lymph nodes back in 2005. At the time, he had competed in hundreds of triathlons and was in excellent shape, hardly the idea one has of a cancer sufferer.

Peter was a husband and the father of two young children whom he wanted to see grow up. His will to live was motivated by them and even though his treatments were severe he survived them. A year later, he learned that the cancer had returned and was told that he would not ever be free of this disease.

Rather than feel sorry for himself, however, Kapitein decided that he would do something that seemed impossible to do at the time. He picked the most difficult mountain in the Tour de France and challenged himself and fellow bike riders to climb it six times in one day. This was an effort to share with people the kind of suffering those with cancer had to face every day. His reasoning was that as one bikes this difficult mountain, one can begin to understand and empathize with cancer patients.

After the 2006 ride in France, Kapitein launched Inspire2Live, a charity organization which raises funds to research how to transform cancer from a lethal disease into a chronic disease. The ride up Alpe d'Huez (known as Alpe d' HuZES) has become Holland's biggest charity foundation, raising increasing amounts of money each year, which is then dedicated almost exclusively to cancer research.

Inspire2Live has raised awareness around the world and global events are taking place each year. In 2012 the first Inspire2Live event was held here in Costa Rica. The mountain chosen for this event is the Poas Volcano which is climbed eight times. This is the reason the event here has been dubbed POCHO or Po-8, fusing the words Poas and ocho (eight in Spanish).

Ed Smit, a Dutch citizen residing in Costa Rica for many years is an active supporter of Inspire2Live and is the current president of POCHO. This is a challenging responsibility because it is often difficult to generate the kind of support necessary to make this a successful event. Ed has promoted the event at many organizations and has gathered the support of the Costa Rican Institute of Sports and recreation (ICODER), the national cancer foundation Fundacancer and a host of other government agencies.

The next POCHO event will be held on Saturday February 23, 2013. The fee for riders and walkers that participate in POCHO is \$50. Riders will be able to bike as individuals or be part of a team. Sponsors can also provide funds for riders or teams.

The long-term goal of POCHO is to have enough funds to build a shelter in San José for cancer patients. This shelter will be volunteer run and will provide free services for patients, with low income, who cannot afford to pay to stay in a hotel or travel day after day from home to the hospital to receive their treatment.

ZERO-COST!

POCHO is run by volunteers only, meaning that all the funds generated will benefit POCHO and the patients treated for their cancer.

The first POCHO event, which took place on February 25th 2012, generated over US\$ 100,000 for the shelter.

The goal for the 2013 event is to have at least 300 Costaricans and 50 foreign participants.

Atenas resident, Loek van Mook is head of the Sponsors Committee. He can be reached at loekvanmook@aol.com or 8814-1323.

POCHO is looking for YOU to participate in POCHO, and/or volunteer in the POCHO event, and/or become a sponsor of POCHO!
See you on February 23rd 2013!

MAKE A DIFFERENCE IN A STUDENT'S LIFE



by *Mary Callahan*
mkcallahanm@gmail.com

Green Valley High School, a private high school here in Atenas, has started a program to enable students from the public schools surrounding Atenas to attend Green Valley High School. This is a very important opportunity for these students. The students are from low income families and would not normally have a chance to attend a bilingual school like Green Valley.

Attending a bilingual school will help the students in college and in their eventual careers. Being bilingual in Costa Rica is an advantage in dealing with the visitors and residents who do not speak Spanish. Five students who will start high school next year have been selected from Barrio Jesus, Morazán, Santa Eulalia, Sabana Larga and Rio Grande. Five more students are waiting to see if the funds will be available.

The tuition for one student is \$2500. Green Valley principal, Marta Ramirez, is seeking sponsors for these students. Knowing that the cost may be

too much for one person, she is hoping for groups of people to donate \$250 each to help support one student. Of course all donations are welcome! She would also like for anyone to visit the school to see what goes on in the classrooms, especially the bilingual classes.

If you are interested in "thinking globally, but acting locally" for education of our young here in Atenas, please contact Marta Ramirez at 2446-8281 ext. 3 or martaru08@yahoo.com.





Atenas Artists Shine in Women's Club Chair Auction!

(by Joan Ritchie Dewar)

Many thanks go to Jan Yatsko, Christina Marques, Julie Hawkins & José Bernard, Atenas artists who all contributed to the success of the Sensational Chair Auction held in September by The Women's Club of Costa Rica. The event raised almost \$13,000 for WCCR's scholarship and library programs.

I have personal knowledge of the excited bidding on Jan's & Christina's chairs – cute stories to share with you:



Christina's tiny doll-size chair, named **Iggy & 5 Ants**, was exquisitely decorated, complete with a glass mosaic seat. It was fought for and successfully won by bidder Frances Chavarria, a long-time resident of Costa Rica who is returning to the USA to be near family for her retirement years. "What better souvenir of Costa Rica than iguanas and ants?" she said to me, about her adorable win.

Jan's chair theme was inspired by and named after a Chinese Proverb: **Keep a green tree alive in your heart and a songbird may come to sing there.** It featured birds, (some hand carved from wood, some fashioned from beer cans) and a beautiful hand-painted cushion of artists' canvas. Competition was keen and Maria Hon, successful bidder and owner of Tin Jo - the well-known Asian Restaurant in downtown San José, was thrilled to be able to present it next day as a birthday gift to her mother.

The chairs of art created by José Bernard (**My Costa Rican Birds**) and Julie Hawkins (**Pets Allowed!**) were also hotly contested and now adorn the homes of two long-time members of WCCR.

Thanks to all from Atenas for your support.



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.



"Flower Still Life"

7.5" x 14"

Oil on Linen.

AlAlexander

jeanandal@gmail.com



Watercolor

gavalos@fieldstudies.org



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



Ain't Got Time
Harriet Sheppard
hweyman@hotmail.com



"The Dancer"

Photo by Jerome Ives

ives images photo-art

kcjb2009@gmail.com

8355-7333



Lila with Flowers

Photograph by Dana Schlieman



Christmas Star
Jocelyn Farquhar

5 Greeting Cards and Envelopes \$15.00
squibblesdesigns.com



Larry Felder

"Boatlifts at Port Aransas Harbor"

90" x 60" oil on canvas, 2012

Email: larry@feldergallery.com
Blog: www.larryfelderart.blogspot.com
Portfolio: www.larryfelder.weebly.com
Gallery: www.feldergallery.com

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. These are alphabetized for your easy reference.

Biolley Buzz	bcrcoffee.com
Claudia Leon	http://photoleraclaudinha.smugmug.com/ http://straightline-cmkl.blogspot.com/
Costa Rica: Sisters in Transition (Judy & Roxi)	http://costaricasistersintransition.blogspot.com
De La Pura Vida Costa Rica Diane Miskell Dovile Vaigauskaite	delapuravida.com http://dianascostaricablog.blogspot.com www.powerofindividual.org
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G. Martin Lively Going Like Sixty	fishinginandaroundcostarica.blogspot.com goinglikesixty.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
Lois and Jim Craft	adventurecraft.blogspot.com
Marietta Arce Mi Chunchu	http://marisundays.wordpress.com michunche.com
New Life in Costa Rica	http://www.anewlifeincostarica.com/nuevo_vida/
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Pura Vida Mommy	puravidamommy.blogspot.com
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Somewhere In Costa Rica Su Espacio	http://somewhereincostarica.com http://www.suespacioatenas.blogspot.com/
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email: jeanandal@gmail.com

website: www.alalexanderartist.com

Pet Boarding



All types of pets cared for while you're away.
Short-term or long-term.

- 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).
- We can pick-up and drop-off your pet at your home (Atenas area).



4,000 –7,000 colones per night.

We are located on a small mango farm near Escobal.
You are welcome to visit us before placing your pet with us.

Phone us at: 2446-8911, 8393-0243 or email: Wobbles1977@gmail.com



English as a Foreign Language Major – EFL

Universidad Técnica Nacional

English as a Foreign Language major at UTN, Alajuela, is seeking for volunteers to become part of the English language major as guest conversational partners for students.

Live an enriching cultural and friendly experience with college students learning English as a major.

Please contact us at

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A nonprofit organization that harnesses the power of the Internet to provide adolescent health education services to youth and family development organizations who seek to improve the health, education and well being of youth.

TeenSmart International Seeks Volunteer Translators

Job Requirements:

- Able to translate from English into Spanish or from Spanish into English
- Able to write well
- Access to computer and Internet services

Interested persons should contact clindenb@u.washington.edu or call for more information 8837 6478 or 2433 1023 in Costa Rica, Central America.



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