

## 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.

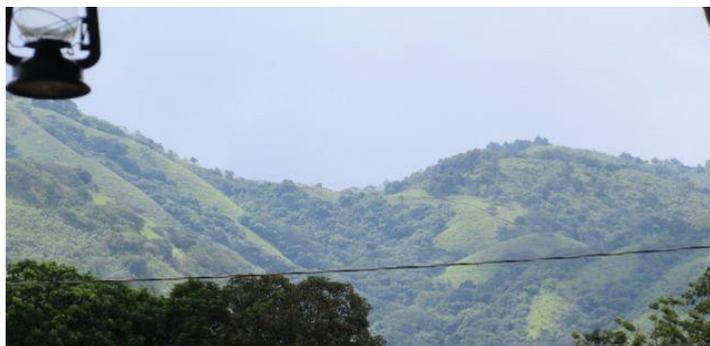
When in “Full Screen” view, left click to advance to the next page, or right click to go back a page.

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



A November Western View

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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/Atenas Today](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



Atenas has been my home for over a decade now and hardly a day goes by that I don't admire the landscape and breathe the fresh air with a wonderful sense of fulfillment. I am always grateful to live another day but during the month of November, which includes our Thanksgiving celebration, it is especially fitting to spend a few moments in contemplation and awareness of the wonderful things all around us.

As I've shared with you in the past, Thanksgiving is my favorite holiday because it is a day that is set aside for family, friends, tradition and food. All of those ingredients are vital for a good life and it is my hope that you will enjoy the special day with your loved ones. The Hogar de Ancianos will welcome the UCR Guitar Orchestra (November 26<sup>th</sup> at 3 p.m.) and perhaps I will see you there, before or after your banquet!

The cultural blending that has been taking place in Atenas in the last few years is a fascinating phenomenon that I enjoy observing. Although I can sometimes relate to the stayers' reluctance to engage newbies, I usually succumb to the curiosity of knowing what their fresh eyes and ideas bring to our table.

Evidence of expat impact can be seen in the plethora of new enterprises opened recently by bold young entrepreneurs seeking to satisfy savvy and intelligent customers. It is an exciting time in our town, a town which will hopefully have (proper) street signs before year's end.

This issue of Atenas Today is a feast for the mind, coming to you from the wonderful mix of contributors which I am honored to bring to you each month.

Whether you are a first time visitor or a frequent one, a part-time resident or a permanent one, I offer you the warm greetings that I experience in Atenas today and every day!

Happy Reading!

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

November 26<sup>th</sup> - U.S. Thanksgiving

November 28<sup>th</sup> - First "Walkathon" For Clinica del Dolor (see Flyer)

November 29<sup>th</sup> - Feria Juventud Sponsored in Part by Municipality (see Flyer)

December 2<sup>nd</sup> - Dance and Art Festival (see flyer)

December 5<sup>th</sup> - Su Espacio Christmas Party for the Little Angels

December 6<sup>th</sup> - St. Nicholas Day - Tree Lighting in Front of Banco Nacional

December 6<sup>th</sup> (evening) - Hanukkah begins

December 8<sup>th</sup> - Feast of the Immaculate Conception - observed

December 13<sup>th</sup> - Atenas Festival de la Luz 6 p.m. (Dec. 11, 12, 13 Christmas Fair in the park)

December 14<sup>th</sup> (evening) - Hanukkah ends

December 22<sup>nd</sup> - December Solstice

December 24<sup>th</sup> - Christmas Eve

December 25<sup>th</sup> - Christmas Day

December 26<sup>th</sup> - Animales Atenas Holiday Fiesta (see flyer in Animales article)

December 26<sup>th</sup> - Kwanza begins, ends Friday, January 1, 2016

January 31<sup>st</sup> - Chili Fiesta/Cook-Off SAVE THE DATE, SEE FLYER

## REGULARLY SCHEDULED ACTIVITIES

Every Sunday: Buddhist Book Discussion at Roca Verde (See Flyer)

Every Monday: Meditation #10 Roca Verde (Barb Moss), Gate opens at 8:30 a.m. closes at 9:00 a.m. Free and welcoming of men and women. Practice consists of a 20-minute silent meditation, followed by a dharma talk via You Tube by Tara Brach of the Insight Meditation Society in the States.

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

First Wednesday of each month - Recycling near CoopetransAtenas Bus Depot

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

Third Thursday: 11:00 a.m. Costa Rica Writer's Group meets at Henry's Beach Bar near Multiplaza, Escazu, lunch follows at around 1 p.m.

Contact : Bob Brashears at [bbrashears0@gmail.com](mailto:bbrashears0@gmail.com) NO MEETING DECEMBER



## 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 !

Book we're currently reading is "The Noble Eightfold Path" by Bhikkhu Bodhi,  
which is available at no charge. 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://www.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:** Tuesdays - 6pm - Bible study in English. Wednesdays - 6pm - English worship  
First Sunday of each month - An English translator is provided for the 9:00am Spanish worship services. (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://www.facebook.com/steve.lucas> • 8764-8960  
TICO PASTOR: Oldemar Artavia - <https://www.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

**If you are interested in attending Catholic prayer  
and communion services *in English***

(Father Claudio has approved Mass with an English translator and English music). The first service took place Monday, October 19<sup>th</sup> 2015 at 4 p.m. at San Rafael in Atenas Centro

**We would like to compile an email list.**

**Please contact David Davis**

**By Phone: 8759 3433 and/or send an email**

**to: [davenansi@gmail.com](mailto:davenansi@gmail.com)**



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## CAMINEMOS POR LOS QUE NO PUEDEN...

AYUDEMOS A LA CLINICA DEL DOLOR DE ATENAS

PRIMERA CAMINATA de La Esperanza 28 Nov.  
8 A.M. CAMPO FERIAL SABANA LARGA • Valor del Paquete €10.000  
RUTA CORTA 4.5 KM. RUTA LARGA 7.5 KM

INFORMACION TELEFONOS: 2446-4431 • 2446-5424



Clínica Dolor de Atenas



COMITÉ CANTONAL DE LA PERSONA JOVEN

# FERIA JUVENTUD ATENAS '15.

Parque Central de Atenas.  
9am - 2pm.

- PRESENTACIONES ARTÍSTICAS Y CULTURALES.
- INFORMACIÓN SOBRE INSTITUCIONES DE SECUNDARIA, PARAUNIVERSITARIA Y UNIVERSITARIA.
- CONCIERTO DE CIERRE.

**PEDRO CAPMANY Y SU GRUPO - 12:30MD.**

ORGANIZA

Atenas

INVITA

Municipalidad de Atenas

Trabajamos para usted



Su Espacio  
PRESENTA:



Fiesta de  
Arte

Festival de arte y danza

Salón Parroquial

MIERCOLES 2 DICIEMBRE

CONTACTO: 2446 77 35 6:00PM



# Atenas Chili Cook Off 2016

## PRO - AYUDA



### HOGAR DE VIDA

**SUNDAY/DOMINGO | REDONDEL**  
**31 DE ENERO | SABANA LARGA**

[www.atenaschilicookoff.org](http://www.atenaschilicookoff.org)



Atenas Chili Fiesta

January 31, 2016  
Sabana Larga

## Friendship Library News\*

### November, 2015



Let's start with a word and number riddle to solve from that delightful (if maddening) book of Freaks of Figures:

"How many peas, of the ordinary size in a pint?"  
(Answer at the end of the article)

And Now: Let's Celebrate Diversity!

Several months ago, a lady who was thinking of moving to Atenas asked me what the folks in the expat community were like. I'm not sure exactly what I told her then, but now I would have to say "diverse, interesting". However one defines oneself, he/she can probably find compatible souls in this community with just a little effort.

That variety of thought and interests definitely showed in donations to the library this month. Check out these additions to the nonfiction collection:

In Psychology & Philosophy (NF 1): Gary Zukov's The seat of the soul, The little BIG book of Chakras, and Ruth White's Using Your Chakras.

In Religion and Mythology, (NF 2): Eckhart Tolle's The Power of Now, Iyanla Vanzant's One Day My Soul Just Opened Up, and The Universe in a Single Atom: the Convergence of Science and Spirituality by his Holiness the Dalai Lama.

In Sociology (NF 3): Erik Larsen's Devil in the White City and Jeffrey Deaver's Hell's Kitchen. Neither of these is new in the sense of being recently written, but both are excellent examples of the "true crime" genre. We have quite a few titles in this genre at NF 3 and all have the "true crime" label on the top of the spine.

In Applied Science (including medicine, nutrition, wellness) (NF 6): The complete book of Essential Oils and Aromatherapy, Travel Health Guide, 50 Ways to sooth Yourself without Food, French women for All Seasons: A Year of Secrets, Recipes and Pleasures.

continued on next page

In History and Geography (NF 9): Butterfly in the City: A Good Life in Costa Rica by Jo Stuart, Essential Morocco, History Makers (a one-volume encyclopedia of people throughout history), Becoming Myself: reflections on Growing Up Female, and An Ordinary Man: and Autobiography of Paul Rusesabagina (who inspired the film "Hotel Rwanda").

I often wonder, when going through the donations, who are these interesting people? They are probably people I would like to know if I could just get my nose out of whatever book I'm reading or crossword I'm working on and talk to real people. The introvert's dilemma.

In addition to array of nonfiction books, some very engaging fiction titles arrived as well. Jeffrey Archer's False Impression, kept both readers in our household engaged for several days. Ahab's Wife, by Sena Naslund tells a story of the young wife of Capt. Ahab. Rick Shapiro's Wild Animus is the story of a young man's search for adventure and life's meaning as he treks through the harsh beauty of Alaska. For fans of romance fiction, we now have two Texas romance novels by Diana Palmer, True Blue and Heartless.

Please stop by and enjoy the literary feast. Happy Reading.

-Linda Ledbetter, librarian  
lindaledbetter@juno.com

The answer to the riddle: One p in pint.

\*Located in Restaurante la Carreta, 50 mts. East of the church in Atenas Central.  
Photo credit: Eyelin Vargas, La Nacion

# DOG 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

## DAHLIA-BOXER



Dahlia was adopted as a puppy by a family that took good care of her however when they moved she was shuffled from family to family who did not care or feed her properly. She was left in a pen in the rain and sun with little food and hordes of fleas that caused a skin infection. In 5 months she went from a healthy happy puppy to skin and bones with little or no hair.

A neighbor reported her condition to Animales Atenas and she was immediately removed and has had vet care for 3 months.

She has regained her health and spirit and her hair is gradually growing. Dahlia again is a happy puppy and in need of a loving family who will care for her. Are you ready for a fun, loving dog?

# DOG JOINT PAIN

Dogs' joints take a pounding, from running and jumping and just being a dog.

The two major categories of joint problems are developmental and degenerative problems. With developmental problems you have things like hip or elbow dysplasia, where the joint does not develop correctly.

Degenerative problems cover a number of areas. But the most common cause of arthritis in dogs is cruciate ligament problems, where the ligament is degenerating over time and causing instability and secondary osteoarthritis.

Most of the time, people notice that their dogs are doing less or having difficulty with common activities. The dog now has problems getting up on the couch or going up stairs. From there it progresses to overt lameness-holding the limb up or holding the limb funny. Usually it is a slow process.

In general, increased size and weight predisposes the dog to joint problems.

There are bred-specific problems. ADOPT A MUTT! The genetic diversity seems to limit orthopedic problems. Arthritis can be inherited especially in pure bred animals.

In foods, companies make foods formulated for joint health, and include fish oils and glucosamine/chondroitin.

There are various medications, food and food additives. For drugs, anti-inflammatory, analgesics and pain relievers are available through your vet.

WEB vet

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

**ANIMALES  
ATENAS  
GRAND CHRISTMAS  
SALES**

**December 4  
and December 11**

**9 a.m. until 11:30 a.m.**

**In the Lot Next to Pali and El Encanto**

**In Atenas Central**

New and Gently used baby and toddler clothing, new items for gifts including necklaces, bracelets and children's watches, Christmas decorations such as florals, swags, garlands, artificial trees, décor, bows, lights, ornaments

**Cedula Juridica#3-006-542026**



# 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

## BINGO PRIZES FOOD

**JOIN US FOR A FUN PACKED BINGO GAME Saturday, November 28<sup>th</sup> at 3pm in the community hall in San Jose Sur. There will be lots of good homemade food and special prizes. All proceeds will go to support the ongoing efforts of Animales Atenas to help mitigate the pain and suffering of abandoned and mistreated dogs and cats in our community. For questions Email Marv Beth Clark [clarkmb.mbc@gmail.com](mailto:clarkmb.mbc@gmail.com)**

## HOLIDAY FIESTA DRINKS FOOD, MUSIC, DANCING

Please join the 'FRIENDS OF ANIMALES ATENAS' for our 2015 Holiday Fiesta with live music and dancing. FLASH BACK-the new band in town will be featured. The party will be held at Pat Wegner's home on December 26, Saturday from 4pm to 8pm in Barrio Fatima next to Plaza Deportes, 100 meters West of Hogar de Vida (secure parking provided on the service road next to the Plaza.)

Donations \$10. US per person or 5000 colones. Additional donations to Animales Atenas will be gratefully accepted. Your donations make it possible for us to continue our ongoing efforts to help the abused and Abandoned animals in our area. Please support this worthwhile cause. If you are unable to attend, consider making a donation right here by clicking on this link now. DONATE PAYPAL.

BYOB or beverage, a hearty appetizer to share, lawn chair and DANCING SHOES! For more information contact [friends@animalesatenas.com](mailto:friends@animalesatenas.com) or Call Joni Lockwood 2455-0020, Lynn Davis 6243-8504, Dina Duffy 8968-4827 or Pat Weaner 8375-2226.

## If I should die before I wake... in Costa Rica: What Every Foreigner Should Know



*by Mary Martin Mason*  
*marymason1946@gmail.com*

Among the many preparations made by retirees that move to Costa Rica, few pose the question, "What if I or my spouse should die here?" The reality of death, never a comfortable topic, gives rise to the need to plan one's exit with specific directions. Uncomfortable or not, it is important to decide in advance whether to be repatriated back to one's country of origin or instead, to be buried or cremated in Costa Rica. Instructions regarding one's wishes in this regard are as important as drawing up a will. Financial arrangements need to be carefully made with an understanding that Costa Rican property and joint bank accounts can prove to be legally complex, even with a will implemented in Costa Rica. That said, it is advisable to execute a Costa Rican will if there are any assets including a bank account or even telephone service held in this country.

Returning one's remains to a country of origin can be expensive. Embalming, not a common practice in Costa Rica and thus costly, is mandated. Before repatriation can occur, an autopsy will be performed on the body by the Judicial Morgue Complex located between Heredia and Alajuela. This process reportedly can happen quickly. It is possible to contact a local funeral home to assist in returning the body or ashes to the country of the deceased. A number of documents are necessary for repatriation including a death certificate signed by a Costa Rican doctor, documentation regarding the preparation of the body, and an affidavit attesting that the urn or casket contains the remains and nothing else, and finally, a transit permit.

The embassy of the deceased's country of origin has helpful information, but depending on the circumstances, may have limited involvement in the process. Upon request, the embassy will issue sealed copies of the death certificate in English that are vital to handle insurance, pensions, annuities and other legal matters in one's country of origin. The United States Embassy will issue as many as 20 official, sealed death certificates without charge.

Joint bank accounts can be problematic in Costa Rica if the death of a spouse occurs. Until a will is probated, if the husband dies, the account will be closed and his widow cannot withdraw the money until after the estate is probated.

Property owners need to be vigilant about having a will because property does not automatically go to a surviving spouse. There are cases reported of false claims made on property by persons who are looking out for unsuspecting victims. At great risk is property in an individual's name that does not include the name of the spouse. Less challenging is incorporated property. Probating a will involves original documentation of the death certificate submitted to the Registrar de Costa Rica.

As in every country, prices vary for traditional funeral services and for cremation. Funeraria Atenas does not do cremations but will provide transportation to a crematory. Atenas Cemetery will not accept ashes. Escazu Memorial Park, Jardines del Recuerdo in Heredia, Funeraria Camposanto la Piedad, and Funeraria Polini in San Jose do accept ashes.

Currently, cemetery plots in Atenas cost 180,000 colones, 12,800 colones in annual taxes and 800,000 colones to construct the requisite bóveda or grave. The United States Embassy estimates the cost of a local burial in San Jose without embalming to be around \$800 and \$1800 with embalming, the cost not including the gravesite. The Embassy reports that cremation is available for about \$1000, including preparation and temporary storage of the remains, but this does not include the cost of the urn that can drive up the cost appreciably. Shipping the ashes to the United States costs approximately \$600. These prices may vary widely.

A resident of Costa Rica for 30 years, Helen Smith, Director and founding board member at Hogar de Vida, treasures the experience of burying a loved one here. When her beloved husband, Dennis, died on February 2, 2012, there was no question of where he would be buried. He would be interred in Atenas Cemetery with their son, Jonathan, who had died of cancer at the age of 10. She says, "Planning on heaven which is our belief, we made a bucket list."

At the time Dennis was designing his funeral, he was receiving hospice care through the Atenas Clínica del Dolor or Management of Pain Clinic. The clinic began in 1984 when a local resident died because oxygen could not be supplied into the resident's home. In response, a committee was formed to provide oxygen to those in need. As the need was identified for a place to store equipment needed for other health services, a pain clinic was formed in 2003 to meet the needs of terminally ill patients. Economic and emotional support is provided to the families. Doctors, nurses and volunteers often go to households in Atenas, San Mateo, Orotina, Alajuela, Turubares, and Turúcares.

After he was diagnosed as being terminally ill, Dennis designed his funeral and chose a plain pine casket made by an Italian. He died in the same room as their son had died, and after his death, with one of her daughters, Helen says, "We dressed him in his Sunday best but without his boots. I considered it an enormous privilege. I closed the lid of his coffin." After the funeral that was held at their church, the procession of mourners walked into a glorious sunset that enveloped the cemetery.

"Death is a very hands on experience here," Helen says. By law, bodies must be buried within 24 hours. There was not enough time to have the construction of the requisite four separate compartments in Jonathan's grave. When her son's grave was opened up and a lace bag was discovered inside, she requested that Jonathan's remains be put into the lace bag that she was allowed to hold before it was put at the feet of her husband. She describes it as, "United in death, forever in heaven."

Helen cautions foreigners living here to make sure that the surviving spouse is the beneficiary on all accounts and to have the papers on hand as proof. She was unable to access one of her husband's accounts because the bank had lost the document proving she was the beneficiary, resulting in a great deal of bureaucratic delays.

"Don't assume anything," Helen advises. "Have your will notarized in the United States in both Spanish and English." She also advises since squatters may attempt to confiscate property, "Think about who has your keys. Who will take care of your property until matters are settled? Find someone responsible who speaks your language, and not your lawyer but someone who can interface with your lawyer."

Maria Elena Fernandez, a former penal judge, says that foreigners living here have the same rights as Costa Ricans. Even so, she emphasizes the need for fiscal and legal preparation in advance of a death. Make family members beneficiaries to accounts. She says, "Check with your bank yearly on such matters."

She also advises that foreigners not live like hermits, but rely on friends living in Costa Rica who have contact information on family back in the country of origin. The family needs to be apprised of a properly executed will as well as final wishes.

Other preparations might include prepaying for one's burial or cremation, or if repatriation is the choice, gathering and updating information annually. A trusted Costa Rican attorney can be engaged to execute a will in both Spanish and English that describes the final wishes regarding the body and other matters.

Moving to Costa Rica required a great deal of advance gathering of material and planning. No less consideration is needed in contemplating the ultimate journey from Paradise.



## Atenas Music School seeks sponsors

By Shannon Farley

Listen to music? Love music? Maybe even play music?

If you are a music enthusiast or a patron of the arts, there is another very worthy community organization in Atenas that could use help – **the Atenas Music School**. Serving about 150 students in Atenas, **the school could use financial sponsors, music teachers and volunteers**.

There is an **immediate urgent need for financial help** for the **Atenas Marching Band** – part of the Atenas Music School – **to pay expenses for a trip on Nov. 26 to David, Panama** to perform in Panamanian Independence Day parades.

Besides that urgent need, the Atenas Music School definitely needs **long-term help and sponsors**.

The Atenas Music School is currently located next to where the city's trash trucks park, and where recycling is held the first Wednesday of every month. The Municipality of Atenas provides the music school location and pays for the utilities. However, the location is not ideal. Being housed next to trash trucks is not only smelly, but not very sanitary. The school has three classrooms, a large central room, bathrooms and a storeroom (which sometimes is pressed into service for lessons!). However two big spaces that could be better utilized have been left unfinished for years with only a roof and walls, due to lack of funds to finish the construction for windows, doors, paint and electricity.



The Atenas Music School is administered by the Association for the Development and Maintenance of the School of Music in Atenas. The president of the Association is Sandra Gonzalez Villegas, a schoolteacher in Atenas. The Atenas Music School was founded officially in 1993. It is dedicated to famous Atenas native, Rafael Angel Fonseca Espinoza (1900-1993) – a renowned musician, composer, educator, music professor, and Director of the Municipal Band of Atenas (1926-1961).

Anyone, from children aged 2-years-old and up to adults, can be a student at the Music School. Classes are given in guitar, saxophone, trombone, trumpet, violin, piano, percussion, glockenspiel, music reading, choral singing, and an introduction to music class for small children. The Music School is also the center for the Atenas Marching Band. Classes are held from 2:00 to 7:00 p.m. on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays. The marching band practices on Fridays from 5:00 to 7:00 p.m.



Students pay 23,000 colones per month and receive three classes weekly – an instrument class, a music theory class, and a practical class either in the marching band or the choral group. Persons who play in the marching band, but who do not take other classes, pay only 3,000 colones per month. Instruments were donated years ago by the National Directorate for Community Development (DINADECO).



However, there are still many talented children in Atenas whose families cannot afford to pay consistently for their classes. Music professors who come from Palmares and Alajuela (no one presently from Atenas) make very little for their time and effort. Often, there are no funds for instrument maintenance, school maintenance, and band uniforms and expenses, or even to pay the president of the Music School Association – who now works out of love and dedication.

The school has a few corporate sponsors now, but the financial help is small. The Atenas Music School needs help with:

- Financial sponsors for children from low-income families to pay for music school fees.
- Financial sponsors to help the marching band with its expenses.
- Funds to pay for maintenance of instruments.
- Funds to pay for maintenance and cleaning of the school.
- Funds to help finish the construction of the two unfinished spaces at the school.
- Funds to help pay salaries for professors.

**If you would like to be a sponsor or help with the Atenas Music School, here is how to do that:**

1. You can contact Corinna Bardini at Su Espacio (Italian, Spanish, English). She is the assistant coordinator on the marching band committee, and the mother of a student in the band and at the music school. 2446-7735 Mon-Thurs 9:00-4:00, or 8335-3742, or by email at [suespacioatenas@gmail.com](mailto:suespacioatenas@gmail.com).
2. The Music School Association has an account in Banco Nacional: 100-01-021-002994-2 in the name of Asociacion de la Escuela de Musica (short version).
3. You can contact the Music School on Facebook under: Escuela de Musica en Atenas with the logo EMA; or by email at [escuelademusicatenas@gmail.com](mailto:escuelademusicatenas@gmail.com).
4. You can contact Sandra Gonzalez Villegas, president of the Music School Association, at 8558-6900.





## **Oneness, a love relationship.**

Konrad Esquivel

Oneness loves to feel separate, and the separate self loves the idea of feeling Oneness. It's a love relationship.

A relationship of Oneness with Oneness (feeling separate).

A beautiful story has been told of a son that left his home with a part of his heritage and used it in experiences commonly known as worldly. He unwisely used up all his money learning the ways of the world, and he found himself lonely, lost and broken. As the famine hit the land, he was forced to work feeding pigs. He was so hungry that he coveted the pigs' food and, in his misery, remembered his wonderful state at home and REALLY, REALLY wanted to go back. He was feeling separate and wanted to go back home. The son took the journey back home; he knew the path. **He knew how to go back Home.** When he was approaching the house, the father came running to him and embraced him. The son felt unworthy of love, communion and togetherness with his father, but the father took him in with unconditional love and Oneness was enjoyed once more.

My point with this story is: **to enjoy the amazing feeling of coming back Home, you definitely have to be not at Home.** You have to be separate. We all are like the son that left on a journey and, at some point, feel that we REALLY want to go back home. Some of us feel the dense energy of a world driven by selfish purposes. Jungles and forests are being destroyed. People that want to live in peace go through the horrors of war due to greed and egotistical lifestyles.

Some of us want peace, really want peace, love and life in a world of love, laughter and abundance for all. That peace we desire is at the core of our being and, just like the son of the story, we start going Home. The son knew the path back, and so do we. Intuitively we mature and **recognize the signs as we repeat** those things that give us peace, stillness, inner silence, expansive feeling of love.

It is a marvelous feeling to return back Home!

But sadly, the idea of Oneness is sold to us as something fantastic and true to only a few lucky humans. It professes to be a state of no self or ego thus labeling it the egoless state, bliss and communion with Source/God.

Do you want to be the real thing? Ha, you are. You may then ask, "So why do I keep feeling separate?" That is exactly what Oneness wants to feel. Enjoy it.

Let's go back to the story and focus on Love. The son was an extension of the Father and, in that state of inner love; they were never separate, even when they felt separate.

Is there something inside you telling you that there is something more to life? A calling to live with an open heart and less egotistical and self-service modern style? Many of us are awakening to the idea, concept and feeling of Oneness not only of the human kind but of all in the Universe. Are you wanting to come back Home to Oneness? The light of Love is already in you; there you are complete. There, behind the structure of language and where simple presence abides without content, there is the certainty of Oneness. Not your presence as

a separate observer, but just presence, unspeakable and unexplainable.

When you feel separate, it is you playing hide and seek with Consciousness.

Again, enjoy and proceed to play, learn and celebrate your journey. Has any one finished their journey? Ha, only that which feels separate is on a journey.

Oneness inside of you has never left Home!

So, is it me feeling Oneness? Nope, it's Oneness feeling a self.

There is nothing lost or out of place, the experience happens when the sense of self and ego melts away and simple presence shines the light of Consciousness.

I am sharing information with you, and it is bound to be terribly incomplete, because the only true sharing of Oneness is done in silence.

Oneness loves to feel separate, and the separate self loves the illusion of feeling separate so it can go through the AMAZING experience of coming back Home and enjoy Oneness. It's a love relationship of Oneness with Oneness (feeling separate).

## Celebrating Día de los Muertos with our Mexican Neighbors



by Mary Martin Mason  
marymason1946@gmail.com

One of the best ways to explore another culture is to purposely travel to that locale at the time of a holiday. While the most popular destinations are cities that hold large celebrations, towns and villages often more fully reveal the nuances and origins of the beliefs that a people holds dear.

Mexico's *Día de los Muertos* is a unique feast for the senses as the country becomes awash in the aroma of sweet bread baking, the sounds of drums heralding a band of skeletal giants, and the splash of bright orange marigolds that the Aztec called *cempasúchitl*. A trail of marigold petals is strewn in a path to homes where a loved one has died in the past year. Altars or *ofrendas* are covered with the flowers in homes, restaurants, churches and museums. Long after their death, Frida Kahlo, Diego Rivera, Benito Juarez and other revered Mexican icons merit elaborate *ofrendas* as do business owners, banditos and pop stars.



Food combining Aztec and Spanish ingredients including poblano chillis with raisins and pecans in a white sauce.

What makes this holiday unique to Mexico is its blend of indigenous and Spanish traditions, making it as intricate as the Mexican diet that melds pre-Hispanic ingredients from 2,500 to 3,000 years ago (chiles, chocolate, fruits) with European (flour, dairy, salt). *Pan de muerto*, or bread of death, placed on *ofrendas* exemplifies this synthesis in a sweet bread of European origin that is topped with skulls, teardrops and human or animal figures of indigenous tradition.

*Día de los Muertos* is a three-day holiday that begins on October 30 where it is believed that the souls of children return. On November 1 adult souls are welcomed back, culminating with pilgrimages to the cemeteries, and on November 2 there is a continuation of the festivities in a mass. The Aztecs celebrated this holiday for a full month in August, but the event now coincides with All Saint's Day and All Soul's Day on the Catholic calendar.

For the three days, it is believed that dead relatives are reunited with the living as in the Aztec world where death heralded a new life as the dead traveled back and forth between worlds. Surviving family members welcome and direct their loved ones back by constructing intricate altars that share what was most enjoyed, a favorite beer, massive bowls of *molé*, toys for children, tamales and desserts. A picture of the loved one and sometimes an effigy is on the altar as is a glass of water to quench thirst, copal or incense to guide the guest home, and always many marigolds. Also displayed are *Calaveras de dulces*, skulls made of sugar, egg whites, water, lime juice and sour cream. These may be decorated with flowers, crosses or the name of the deceased. Mounds of *Pan de muerto* are displayed along with fruit and candles.



Frida Kahlo's ofrenda at her house, Casa Azul, pays tribute to the artist.

Small towns offer the best opportunity to respectfully participate, bringing gifts such as a candle, an apple, an orange to add to the altar. Observe how families hold all night vigils in cemeteries where graves are tidied and decorated with the *ofrendas* placed around the graves. Families might hire a Mariachi band for the procession from the house to the graveyard. In some villages the families construct wooden arches that are decorated with the marigolds.

In the streets costumed children dance, earning candy for their efforts, while singing: *La calavera tiene hambre. No hay un huesito por ahí? No se lo coma todo. Dejame la mitad.* This translates as, "The skeleton is hungry. Isn't there a bone around? Don't eat it all. Save me half." Crowds gather to join in the singing and to reward the children.

In the 18<sup>th</sup> and 19<sup>th</sup> century, it was common to ridicule politicians by painting them as skeletons that were recognizable to the public, but disguised enough that the artist would escape censorship. Typically the illustration was accompanied by a short poem. Since then, skeletal figures that have become symbolic of this holiday include the looming matron *Calavera Catrina* with her ornate hat and toothy grin.



La Catrina pokes fun at Mexicans who aspired to act like Europeans

La Catrina was the invention of the famed lithographer, Jose Guadalupe Posada, who poked

fun at some Mexicans who aspired to dress and act like the European aristocrats. Catrina joins *comparsas*, satirical groups in fancy dress of the century, who parade through past the streets.



Child dressed as Devil



A family ofrenda invites loved one to return to his favorite foods

Each town has its own traditions based on centuries of indigenous practices. In the village of Campeche families remove bones, dust them off and carefully return for the future. In some remote villages of Chiapas cemeteries are blanketed in marigolds before families return home to await the spirits. Other towns have enormous puppets, and fireworks are common in almost every locale.

*Día de los Muertos* has been declared an Intangible Cultural Heritage of Humanity by UNESCO. It's not too early to start planning a trip, booking as much as six months out for next year. Do your homework, researching an area of interest or booking with a tour group that offers trips during the holiday.

Mexican poet and diplomat Octavio Paz, could have been a travel agent for booking travel to Mexico during this time, saying, "In very few areas of the world can one witness an event so spectacular as the great religious celebrations of Mexico with their violent colors, tart and pure, their dance, ceremonies, fireworks, unique costumes and the endless cascade of surprises of fruits, candies and colorful handmade objects sold during these days in the plazas and markets."

**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!!!**

**I told you last time all about Flossie and Mom's return to the states, here's what happened next:**

**Mom also had to go to the states to see about one of her rescue babies who had been in a foster home, got adopted, got returned, and was now in need of a new place.**

**Mom was pretty upset about the condition of the dog but, with our angles Liz and Michelle helping out, Mom got her to the perfect home.**

**Then Mom was at our vet's office, saying goodbye before she came back here, and a cop brought in a little beagle dog that was lost. There was a tag on the dog but when they called the person they said they did not have any beagle. Mom said she didn't sleep that night worrying about the beagle.**

**The next day Mom took a chow to the vet because she had a really bad flea allergy and a skin infection.**

**When they took care of that Mom asked about the little beagle.**

**They told her that they had checked closer and found another tag, stuck to the top tag, and that it was the right owner!!! They came and got her and all ended well!!**

**Mom was SOOOO relieved!!!**

**Our vets there are the GREATEST!! We really miss them. They are not the kind to just turn an animal away or send it to the pound. They will go out of their way to try to help the dog find its home.**

**Mom went to visit my human sister and brother while she was in the states. They live in Tennessee. Mom says it was C-O-L-D there and that it was SNOWING when she left!!! She really enjoyed seeing our brother and sister though so the cold was not TOO bad.**

**Boy!!! I'm glad we live here where it doesn't get real cold.....although it does make for good snuggling.....hmmmmm maybe we should move higher in the mountains. I sure do like to snuggle with Mom in her down comforter.**

**At the airport in Orlando, when Mom was coming home, she met two ladies who were coming over here for some dental work. They got together a couple of days later and went to see some of the sights. They went to see the waterfall at Volcano Poas.**

**Well, this is getting really long so Mom says it is time to stop.**

**Tailwags from Costa Rica!!!**

**BudBud the taste testing perro**

## Family Table 12



by Marietta Arce  
marietta.arce@gmail.com

A few months ago, I attended a family birthday celebration. It was an elegant and well-attended affair, honoring a second cousin who was turning 90! I was able to meet and greet relatives that I hadn't seen in decades as well as meet other family members whom I had not previously been acquainted with.

As usually happens at these events, we were seated by family so my Dad and I shared Table 12 with his 75-year-old sister, his 88-year-old sister, her 65-year-old son, two of his daughters and one of his granddaughters. It was a nice arrangement and I looked forward to an evening of wonderful and lively entertainment and conversation.

The festivities were held at the San José Palacio, an upscale hotel tucked away in a quiet section of the city. The reception room was large and the non-stop activities included a Mariachi band, a Brazilian carnival that provided masquerade paraphernalia for participants, and lots of dance music,

not to mention delicious and plentiful food and drink.



Tasty treats for early arrivals

The evening got off to a wonderful start and I was savoring the marvelous occasion that brought us all together. I observed the dancers, listened to the music and enjoyed catching up on family news. Suddenly, I heard my aunt scolding her son across our table because he was not wearing formal attire. I notice lots of things but unless someone sticks out like a sore thumb, I am oblivious and unconcerned with their fashion choices. I really didn't understand her issue because he looked fine to me; several others had chosen similar clothing.

After a few minutes of uncomfortable silence at our table, my aunt turned to my father (in formal attire) and asked his opinion. Ever the diplomat, my dad replied that people should feel comfortable and that if his nephew felt at ease in his more casual approach to the evening, then that settled the matter. I concurred with this philosophy, silently grateful that women can dress up or down simply by changing accessories and that I was safe from her scrutiny that night!



**Family Table 12 before the event!**

My aunt was not deterred and continued her barrage of criticism while my cousin deftly navigated what must have been familiar waters for him. Finally, she turned to me and asked, “What will people say about **me**?”

I was surprised by this question, sad that she was obsessing about being judged by the people in attendance, most of them relatives. The significance of her way of thinking was not lost on me. My heart ached for her and the fact that at 88 years old, she has still not taken control of her life.



**The Mariachi Band gets to work**

I looked around and noticed that no one was paying any attention to us. Everyone (myself included) had become completely immersed in the marking of this important event, surrounding the

birthday celebrant and hoping to take a picture with her. Making it to 90 in relatively good health and spirits is quite noteworthy in any family. I was particularly touched when she shared with me that she was always aware of what direction my life had taken since 1974, the last time we were together. The memories of the magical time I shared with her family came rushing back all at once and I had to choke back the tears so I would look okay in our picture!



**Good looking and quite delicious!**

The evening’s entertainment seemed to go on and on until the last of the cake was served and the *digestif* (cognac!) was offered. Since I was driving home, I did not indulge but I was happy to see that my dad was making the most of the evening’s closure.

In the months since this event, I have had ample time to cogitate on my aunt’s behavior. I remember a time when my own mother worried about the effects of my actions on her reputation, and believe me I was pretty docile! A smile crosses my face each time I recall her expression years later when asked to consider other’s opinions of her: “Who cares?” she would answer in her heavily accented English. It took a while though. Perhaps there is hope for my aunt still!

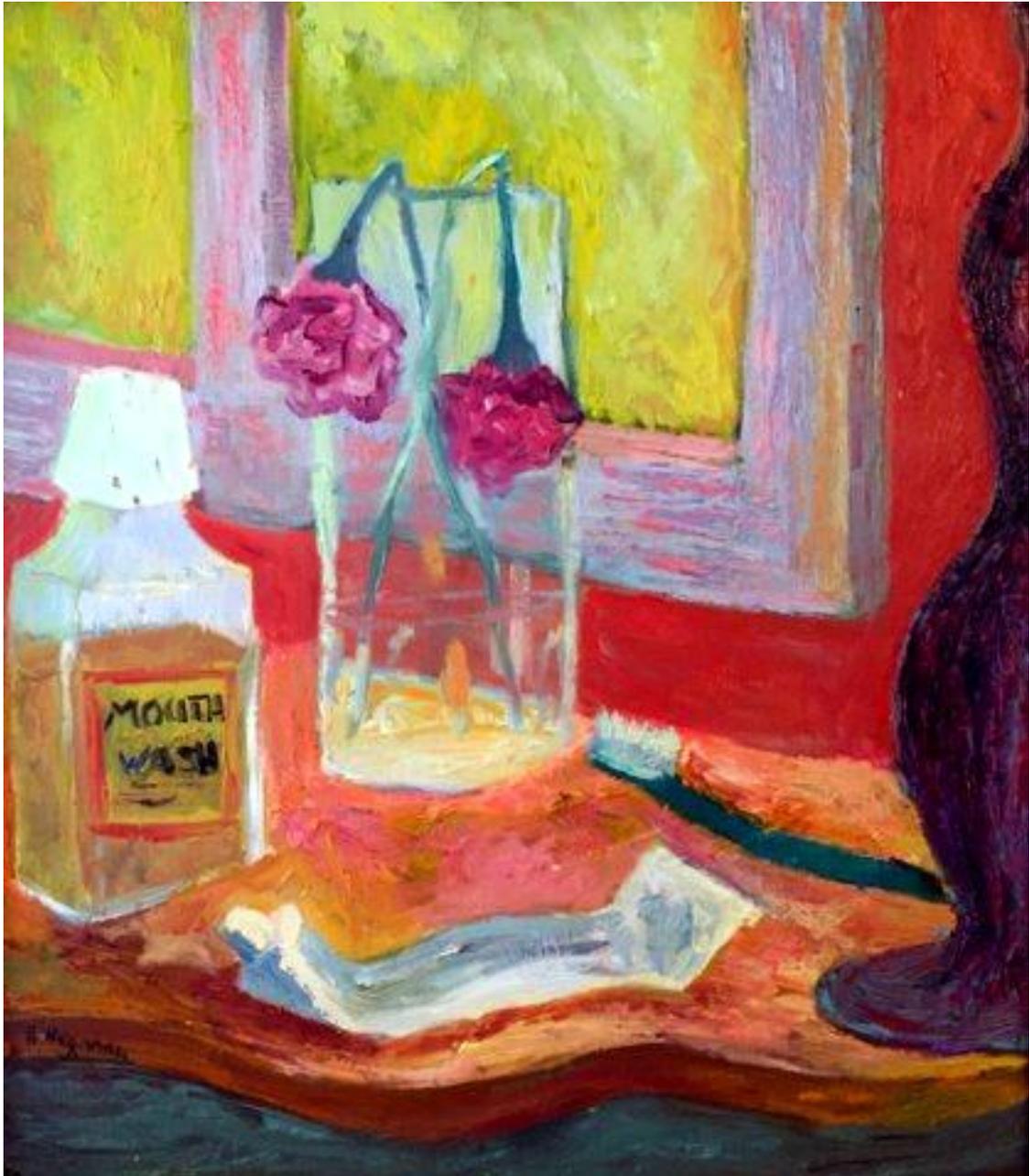
## **The Atenas Today Art Gallery**

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.



**Mangoes  
14" x 16"  
Oil on Canvas**

**Al Alexander  
jeanandal@gmail.com**



**My Brother's Bathroom**  
24" x 12"  
Oil on canvas

**Harriet Sheppard**  
[hweyman@gmail.com](mailto:hweyman@gmail.com)



**The Goat**  
**35" x 35"**

acrylic on gallery wrapped canvas

**Artist's Statement:** Photo reference my own. I enjoy painting animals so much - all kinds.

**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.**

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Carole Connolly Claudia Leon	<a href="http://carolejeanscostaricacapers.com">http://carolejeanscostaricacapers.com</a> <a href="http://photoleraclaudinha.smugmug.com/">http://photoleraclaudinha.smugmug.com/</a> <a href="http://straightline-cmkl.blogspot.com/">http://straightline-cmkl.blogspot.com/</a> <a href="http://costaricadecisionprocess.blogspot.com/">http://costaricadecisionprocess.blogspot.com/</a>
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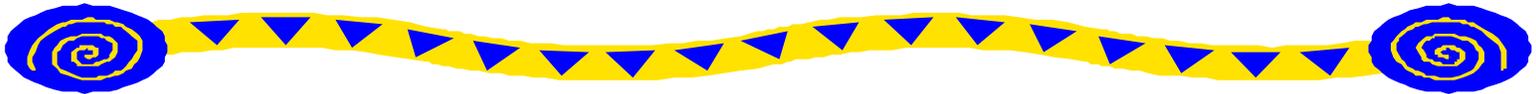


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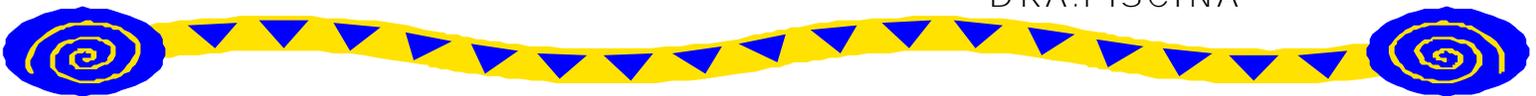
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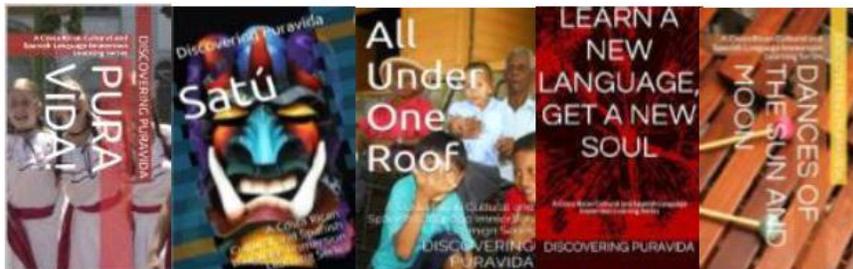


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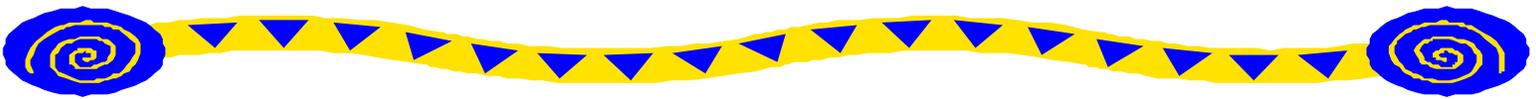
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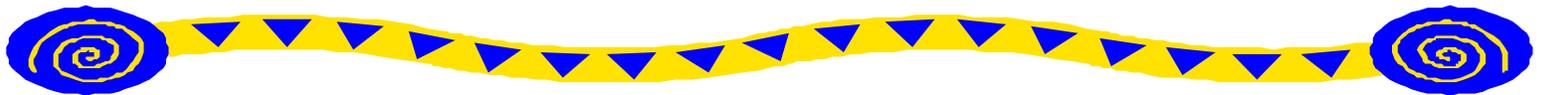
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# WANTED-ANIMALES ATENAS

## A LOCATION FOR OUR PERMANENT HAVEN FOR ABANDONED PETS

Animales Atenas in the very short time since its inception has become extremely successful in rehabilitating abused and neglected animals and finding them new homes. However, this success has created new challenges as we are now becoming the refuge of even larger numbers of animals than previously and our limited facilities can no longer cope with the influx of abandoned cats and dogs and the problems that they bring with them. As an example, we have in the last month rescued, treated and adopted a dog that had been hit by a vehicle necessitating the amputation of one leg and the repairing of another fractured leg; fostered Boris, an elderly black Pekinese which needed the extraction of 15 teeth that had rotted through neglect and also the surgical removal of part of his tongue that had been bitten by another dog and become infected leaving him unable to eat properly. Veterinary care for animals following surgery is a very high proportion of the monthly outgoings of the society as is the cost of special dietary needs and care for animals that have been starved to the point where their body organs (kidneys, liver and heart) have been seriously affected and have started to fail. All animals such as these need quiet, calm facilities to recuperate and it is becoming increasingly difficult to provide this. For this reason, we wish to establish an abandoned animal haven where animals under stress can recuperate and be rehabilitated.

We are looking to establish this haven as soon as possible and are seeking assistance to find a suitable location. This should be close to Atenas so that it can be accessed easily by volunteers who will provide the on-going care that the animals need. A vacant lot, with or without a building, or perhaps the rear of lot being used for commercial purposes such as a mechanics shop or truck park would be ideal. We are prepared to fence the lot and if there is no suitable building install, for instance, a large container that would be converted to part hospital/store/rehabilitation centre. A property that can provide a site for an extended period is preferred and we are prepared to discuss a rental agreement if necessary.

There are many readers of *Atenas Today* who have lived in the district for a number of years and who may know of potential sites for our animal shelter that we are unaware of. We would appreciate advice from readers about any possible site that may meet our needs. We can conduct negotiations directly with the landowner if that is preferred but would welcome the involvement of anyone interested in seeing this vision for the future welfare of the animals of our town come to fruition.

Please contact Eddie Otero with your thoughts as follows:

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