

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. 118

October 23, 2014



Hibiscus: What Colors!

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.

Compositions from back issues are now archived on scomari.com / Atenas Today.

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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



Every once in a while someone will ask me whether I am interested in taking *Atenas Today* to the 'next' level. When I explain that I don't quite understand what that means, I am given the following examples: (1) Put it on a website and let people look for it, rather than sending it to the subscriber list. (2) Include hot topics like politics and current events. (3) Have another edition in Spanish (4) Make it a weekly or daily publication! The list goes on if I let them continue.

When Fred first thought up the idea of this newsletter, he had a very specific goal in mind. Although the years (+7) have seen some changes, the basic mission and vision remain: a community publication that allows members to contribute their essays or artwork and keeps abreast of activities that are going on in town. My goals have always focused on how important it is for expats from all countries to establish roots that enable them to face the many issues that will confront them as they navigate their chosen new home.

Every issue of *Atenas Today* is prepared a few days in advance and every once in a while (like this issue) I have to rush the talented contributors so that I can do what I need to before I travel.

I am humbled and encouraged by their response because I know that they feel the responsibility to deliver quality material to our ever increasing audience. It is heartwarming to know that what I want to accomplish resonates with all of them.

There are many changes going on in our little town right now. I take my walks and notice new shops constantly. In the next few months, I expect to be able to make a proper listing of the stores and businesses that have cropped up in the last few months, perhaps even add a few pictures.

This issue is a large and colorful one. I am certain you will enjoy it and that you will be glad that it arrives at your inbox every 23rd of the month, giving you the choice of when you read it. Whenever you do so, you will read something that will make you smile and make you happy that you chose *Atenas*, today and every day.

Marietta Arce
marietta.arce@gmail



COMMUNITY BULLETIN BOARD

This space is available for posting community activities for the following weeks. Please provide information about your activity or event to atenastoday@gmail.com by the 15th of the month.

October 13th – Canadian Thanksgiving

October 17th -October 26th – St. Rafael Parish Celebrates Patron Saint Festival

October 24th – United Nations Day

October 31st – Halloween

November 1st – All Saints day

November 2nd – All Souls Day (Daylight Savings time ends)

November 11th - Veteran's Day (U.S.) / Remembrance Day (Canada)

November 22nd – Teacher's Day (Costa Rica)

November 27th U.S. Thanksgiving

REGULARLY SCHEDULED ACTIVITIES

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

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

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

Every Tuesday: Atenas Bridge Club meets at Don Yayo's Restaurant . 1 p.m. to 4 p.m. No partner required.

Third Tuesday of every month: PLEIN AIR ART GROUP. Art activities as varied as the members. Contact Jan Yatsko at 2446-0970 or janyatsko@gmail.com

Every Wednesday: (Please confirm with Sara or Kay 2446-0664)

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

Second Wednesday of each month: The Costa Rica Writers Group meets at noon at Colinas del Sol Hotel in Boqueron. For more details contact Larry Rusin at rcaseyboy@gmail.com



Buddhist Book Discussion

*****'

Every Sunday

Meditation (optional) 1:30pm

Book Discussion 2:00pm

218 Roca Verde, Atenas

A gathering for those interested
in Buddhism and Buddhist writings.

ALL ARE WELCOME.

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

Adrienne and Richard Baksa

2446-8509

adriennebaksa@me.com

rbaksa@me.com



ATENAS NEW COMMUNITY (associated with the Tico church, Iglesia Bíblica de Atenas)
facebook.com/groups/145046998883605

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

SERVICES:

Tuesday - 6pm - Bible study in English.

Wednesday - 6pm - English worship service

1st Sunday of each month - an English translator is provided for the 9:00am Spanish worship service (after 1st Sunday service many of the ex-pats gather at Don Yayo's to eat lunch together.)

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

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

ADDITIONAL CONTACT: Judy Hickman • 2446-4791 • judy@proslink.com

DIRECTIONS: On Highway 3 at the blinking light

Atenas Yoga Center




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

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

Class Schedule

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

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



* Class taught in Spanish.

All classes are 3000 colones or US\$6

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

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

classes@atenasyoga.com www.atenasyoga.com

Atenas Yoga Center

Leah MacLauchlan
Yoga Instructor

Contact Us: 2446 3170
nomosno21@gmail.com



Atenas Yoga Center

Anna Hunt | Yoga Instructor

Contact Us: 8338 9968
classes@atenasyoga.com



DOG AND CAT OF THE MONTH



Fundación Atenense de Ayuda a Animales Abandonados
Atenas Foundation for Helping Abandoned Animals
Cedula Juridica # 3-006-542026
ATENAS de Alquiler - COSTA RICA

Get Cash out of Jail!



Cash is a good example of how a dog's life should not turn. Even before her birth a lot went wrong. Her mom was obviously dumped in front of a private school in Sabana Larga, she was a nice girl and therefore tolerated and fed on site. But, unfortunately, the most important thing was forgotten-to neuter her! We learned about this female in trouble when she was highly pregnant and 'suddenly' no longer welcomed by the school. She came to Dora's house and gave birth. One of the pretty puppies was Cash. All members of this small family found new homes, so did Cash. But destiny did not mean it went well with our beauty. The couple that had adopted her separated and none of them wanted to dedicate caring for the four-legged family member. ...so she came, not even a year old, to a foster home and afterwards back to Dora's. There she is now waiting for her loving forever family. She is friendly, keen, attentive and will tolerate further training. Cash is of course neutered and easy going with other dogs and cats. Are YOU the one meant for her

This Angel needs a home!

Angel is a young male cat, about two years. He suddenly showed up in the street not long ago. His special feature is that he has no tail. We do not know how that happened nor where it happened. Interestingly, he was already neutered. As he seemed to be in pain, a neighbor with a good heart took care of him. She informed us of the cat's pain and at our request, took him to the vet. Medical revision showed a severe urinary tract infection (cystitis). Angel is a quiet, very cuddly fellow and now urgently needs a place where he can recover. He requires special urology food to prevent further crystal formation-possibly throughout his hopefully very long and happy life. Who falls for this sweet angel?



ANIMALES ATENAS

NOVEMBER 9 NEXT SPAY-NEUTER CLINIC

702 spayed or neutered animals last year

300 animals adopted

The main goal of Animales Atenas Foundation is to stop the suffering of the many street dogs and cats. We also work with animals that come from low-income families assisting with the proper care of pets. Spay-Neuter clinics are organized in different parts of Atenas County on a regular basis.

Educational programs are offered in local Atenas schools to teach children respect and love for all creatures and to live with them in a healthy home.

www.AnimalesAtenas.com and Facebook-Animales Atenas-provide our internet presence and photos of adoptable pets.

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.

By Sylvia Spix, Myrna Kastner, Karol Bennett

Healthy Pet

PREVENTIVE MEDICINE FOR PUPPIES

This is basic information for keeping your puppy healthy. Feeding, vaccinating, worming, taking the temperature and cleaning are some of the most important factors to be considered. Also, it should come to your mind that some diseases can be prevented with some easy steps which are going to be followed according to the criteria used by your veterinarian.

The first month nursing by the mother is crucial. She is going to keep her puppies clean and fed and with her own warmth she will maintain a stable temperature in their little bodies, because the first 30 days the babies cannot regulate their temperature. At a very young age, 15 days old, mother and puppies should get the first worm medicine due to the fact that some larvae could be transmitted by the milk of the mother. Babies get Pirantel, which is safe for them, the mother can get something stronger like Albendazole or Fenbendazole. For adult dogs the pills available in the market contain a combination of deworming products. Second puppies and mother worming time is at 30 days old and then it should be done every month until they reach five months old and after that every two months till a year old.

Puppies are ready to eat wet food at 25 days old, two weeks later the teeth have grown so they can start eating dry food. It is very common that people feed baby dogs with dairy milk but this is not necessary, dairy doesn't have the nutrients required by dogs and is going to change the consistence of the feces or cause diarrhea, as a consequence they may suffer dehydration, weakness and die.

Your puppies are highly susceptible to certain infectious diseases and should be vaccinated against them as soon as they are old enough to build up immunity. These diseases are distemper, infectious hepatitis, parvovirus, parainfluenza, leptospirosis, bordetella (kennel cough), coronavirus, giardia and rabies. The protocol for the inoculations varies depending on occurrence of these diseases in your area and your dog's individual risk factors. For instance, Rotweilers are very susceptible to parvovirus even when they are 4-5 months old and have received their vaccines.

In Atenas the times of the year when the seasons are changing are when some outbreaks of parvovirus, coronavirus and distemper occur. The most dangerous months for this area are in between May and August; even though in our clinic we receive cases of these diseases all through the year. For this reason, the inoculations should start at an age of 6 weeks for giving some immunological protection as soon as possible. It is not a good idea to take young puppies to public places such as the parks or the street because they can catch some of these viruses very easily in our tropical conditions. Our animals are more prone to suffer some contagious diseases. The protocols in Atenas for vaccinations are different from North America or Europe.

Rabies vaccination is extremely important, rabies is a zoonotic disease, that means it can be transmitted to human beings, so in our country the government ruled the rabies vaccination for dogs and cat according to the Reglamento de Reproducción y Tenencia de Animales de Compañía. This document requires that any cat or dog older than three months should be vaccinated for rabies and after that, they should get rabies vaccine yearly. It had been almost 25 years without any case of rabies in dogs or cats but in the first quarter of this year a case of rabies in a dog happened in the southern area of Puntarenas. A child died from a bite by the same squirrel that had bitten the dog. That reminds us that rabies is always present, so the vaccination is also necessary.

Preventive medicine is the key for the health of your pet. It is easier and cheaper to prevent instead of treating or losing your puppy. It's also a matter of public health.

Dr. Olman Solano Garita
Clínica Veterinaria Dr. Solano

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

Table for Two?

by Joni Lockwood mikenjoni2000@yahoo.com

I was sitting in my Jacuzzi with my husband Mike early one morning (tough life, right?) thinking about the best way to raise some money for Animales Atenas. I had organized dances at Don Tadeo in the past but the last one was a little disappointing when we totaled up the cash at the end of the night so we needed something better. The foundation was hurting from being excluded from the new feria and new sources of funding were badly needed. My simple-minded logic told me not everybody likes to dance but everybody likes to eat and lots of people like to cook so... how can we put those together? Raffles are the easiest way to raise cash so, borrowing raffle ideas I had seen at the Chili Cookoff, the idea for Table for Two? was born. I told Mike, always my best advisor, my idea and he gave it a thumbs up so I started telling my friends and when everybody gave it a nod of approval, I asked my good friend Pat Wegner to join me in presenting the idea at a monthly meeting of Animales Atenas. Lynn Davis and Dina Duffy were there that day and enthusiastically agreed to be on a committee with Pat and me to work it out.



The first thing to be done was recruit people willing to prepare and donate a meal and provide us (when I say "us" I mean Pat, the techno-wiz) with a tantalizing description of that meal we could include in a menu. 24 mouth-watering meals later, Pat had developed a beautiful menu we could publish online and send to everybody we could find an email address for, along with a brief explanation of how this new concept would work. In a nutshell, people buy raffle tickets to try to win the meal or meals of their choice, then we have a drawing and notify the winners.

We give them and their "chefs" each other's contact info and the winners tell the chefs when and where they want their meal delivered. We had an unbelievably eclectic menu with everything from BBQ brisket and ribs to enchiladas, tacos, lasagna, ziti, linguini, chicken parmigiana, stews, salads, brunches, breakfast, paella, chicken curry, an Asian Vegan feast, a New Zealand-style feast, Mom's Sunday roast dinner, and a 4 course Italian meal complete with wine and bread, just to mention a few! Are you drooling?



Next we started planning a kickoff event to raise awareness and sell tickets. We thought a Wine & Chocolate party would be the perfect way to start things off and we approached Gary and Josanne Flemming at Poco Cielo who we know to be supporters of Animales Atenas and they graciously agreed to let us host the event at their beautiful resort.

Pat got to work compiling an email list and sending out emails and an Evite for the Wine & Chocolate party, along with a website where people could read the menu ahead of time and even buy tickets online using PayPal. Lots of volunteers stepped up to help with baking yummy chocolate treats, serving wine and soft drinks, selling tickets, donating works of art for a silent auction, and we even had some local musicians volunteer to provide live music.

The party on Sept. 20th was a huge success and everybody had a great time. Later I told Mike I didn't know what was better, the money we raised or the good feeling that permeated the crowd. We are all animal lovers so everybody was smiling and thanking everybody else and

there was a shared feeling of warmth and good will. That alone was worth the effort to me.



We delayed the drawing for 10 days after the party to give us time to sell more tickets via the website or in person to people who couldn't make it to the Wine & Chocolate party. On Oct. 1st the committee and some volunteers gathered for the drawing and totaled up all the money we had raised. All winners have now been notified by email and provided with the contact info of their "chefs" so let the fine dining begin! All meals will be delivered during the month of October. Buen Provecho and muchas gracias to all who helped us raise.....drum roll.....here it comes....

\$2,673.00 USD

Or

1,425,161 colones!!!!

If you didn't get a chance to participate, no worries, we will do it all again in April! So get on the email list if you aren't already by sending it to pat@patwegner.com and start honing your culinary skills so we can make this a regular event to support our furry four-legged friends.



Music and the dream of speed

Musical Chairs

Paul Furlong

Arrange a circle of chairs with one less than the number of players in the game. Contestants line up outside the ring of chairs while loud Rock & Roll music is on the box—the players boogie, shake, and shimmy in a circle around the chairs, suddenly the DJ stops the music, players race to find a chair fast. One player won't find a seat and gets eliminated; he takes a chair with him so the game is still one chair short. This continues until one player remains; the winner. They did something like this on the Titanic with lifeboats; music played there, too, so I guess the games we play as kids are practice for the real thing.

One day Fast Eddie called me to say he'd made a come-back and was winning. He said "meditating" just before a race made him faster. I was between wives so I took a tool loan from the bank and made a come-back too. I wasn't as successful as Eddie, who won I think, two championships' in a row, but I won sometimes and worried hell out of anyone in front of me. So I took twenty minutes before each race fully dressed in leathers and boots and allowed myself to drift and bake in the van to that place where the turns were. It worked so well, I began to practice it whenever I could. One place I always had time was modeling for artists and schools in the area. We were pretty much naked at the farm anyway; so it was easy to drop my drawers for a bunch of kids at \$10 an hour.

One sweltering afternoon at the Kelsey building in downtown Trenton, I was sitting for a sculpture class. The windows and doors were open to get some air. There was a bus stop outside. They had me on a sort of turntable. Every five minutes or so, they'd give me a turn and a different part of my posterior faced the class. Of course the view also changed for people on bus; I was nationwide. This is where musical chairs come in. It doesn't matter if the music's just in your mind; if you got a good seat on the bus, odds were you'd see my keister.

Meanwhile I raced in my head, envisioning every turn from Daytona to Mosport. People laughed at the hippy sitting there with no clothes on but they had no idea how fast I was going. Whenever I catch myself judging someone, or feel their creepy evaluating fingers on me, I remember those days on the pedestal, and how I learned that judgment has no power except what you give it.

Personal labels: cowards, heroes, brilliant, stupid, patriot or traitor all change with the landscape and the times, but they serve the same master; judgment *for or against good or evil* as if there were more than one Power. Imagine if we were actors and our stage was the world. During a production, a curious thing takes place when a tragic or comic scene is needed. *The music stops, center stage lights blink on*, and I step into the void; say something wise, cruel, funny or stupid; whatever the script calls for. Often, in that moment when I feel my lips move, I haven't a clue what's going to come out. Since whatever it is I've said is already *out there* walking like a duck, I shouldn't judge myself too harshly, I mean Jeez, it's only a play and when it's over, we'll all be removing our makeup for another season. It must dawn on us during this timeless moment between lives that there never *was* a good or evil, just us playing our parts the best we can with the Grand Wazoo expressing Himself through us.

It occurred to me today that the lamb and the lion may lie down together in our consciousness, but at some point one must choose which of the two that he or she is, and play hell out of it. I admit to being prideful and pushy; my insignificant part in the Spirit's great play. In reading Gandhi's autobiography, it strikes me that humility came naturally to him; he never needed to bite his tongue; only to hold it. Then I wondered if there can ever be peace for the lion. I worried so much about it that I missed last month's deadline. I didn't know what to say because I didn't know what to *be*. I guess it depends on the script. Most of us don't even know there *is* one; so I guess it's okay for me not to know the part I'm supposed to play. Maybe it's how we're *turned* and who's on the bus. Lambs never raced, lions aren't humble...maybe it's not all so black and white; after all, we hide from ourselves too.

I tap my fingernail on the table and wonder how well the dream expresses itself. Take a man who sees nothing wrong with a gal on the side. At home he plays with his kids and watches TV. His wife belongs to the PTA and he's at peace as he drives the road that is his life. Suddenly he comes to a four way stop and runs into his wife. His girlfriend's head rests sleepily on his shoulder; he checks his mirror to see his other self for the first time. His wife pretends not to see but he knows that he's busted; not only by her, but by himself. A catharsis may then occur in good people; an awakening for the actors in their particular play. Violins set the mood as our script writer contemplates His next move. Surely this can't be all there is; the show really *must* go on, but for now the music has stopped and the quality of the people standing at a truthful man's grave is a good indicator of the part that he played.



Places on the planet worth visiting: Playa Nicuesa

By Shannon Farley

Sometimes the places most worth visiting require a little more effort to get there. Like Playa Nicuesa.

I've taken a small 19-passenger plane 50 minutes south from San Jose, the capital city of Costa Rica, to the pancake flat coastal town of Puerto Jimenez. We disembark into the sweltering tropical heat of the near-equator and quickly jump into the air-conditioned taxi waiting to drive us five minutes to a rickety, dubious-looking boat dock. All smiles, we are greeted by our very friendly boat captain and guide, who assist our little group to clamber down the dock steps into the little *panga* boat – thankfully outfitted with a canopy roof.



The author & Atenas friends at Pt. Jimenez airport.



As we zip across the calm blue-gray waters of the Golfo Dulce (“Sweet Gulf”) for our 25-minute boat ride to Playa Nicuesa – the only way to get there – I am mesmerized by the scenery. The horizon is filled with dense green forest and mountains; the Gulf stretches on and on like a giant mirror to the sky. There are no buildings to be seen, not even another boat. And I wonder if this is what Costa Rica must have looked like hundreds or even thousands of years ago.

Soon, we are pulling up to the long, very solidly built boat dock at Playa Nicuesa Rainforest Lodge (<http://www.nicuesalodge.com/>). Here, the clear water looks like liquid jade, reflecting the endless shades of green of palm trees and jungle that crowd the edge of the pebble and sand beach. We are helped off the boat by smiling, friendly staff, and as we walk down the



dock toward shore, I nearly expect to see Ricardo Montalban of *Fantasy Island* come out to greet us.



Our luggage is whisked off in wheelbarrows to our respective rooms and cabins, while we leisurely saunter along gravel pathways lined with brightly-colored tropical plants – our tour of the lodge now beginning. There is a large wooden deck with comfortable lounging furniture by the beach, sheltered under the tree canopy, and plenty of chaise lounges out on the shoreline. Candy-colored sea kayaks are stacked in a covered rack to the side. The nicest touch is a water cooler on the deck filled with fresh, cold water, which we

thirstily gulp. A little wooden bridge over a small lagoon leads to the yoga platform down the beach.

The extraordinary Costa Rica eco-lodge was designed for sustainable travel. Lodge buildings and bungalows are tucked into the forest, built to avoid cutting trees, and preserving the beautiful coastline. Everything is constructed from naturally fallen or farmed trees and recycled materials, like the roof tiles

made from recycled plastic banana bags and other plastics. Lights and electricity come from solar panels and a biodiesel generator that burns recycled fast food oil and other vegetable oils. All water on the property is potable, being piped in from a mountain spring and filtered. The Costa Rica rainforest lodge is one of only three dozen hotels in Costa Rica that have received the highest rating of Five Leaves in the Certification for Sustainable Tourism Program (CST).



Seeming to soar into the sky like the immense trees around it, the two-story main lodge building looks like a giant tree house. Open sides let you experience the rainforest with all of its sounds, smells and sights, and also let fresh breezes blow through. They have a “shoes off upstairs” policy to protect the gorgeous almond wood floors, which adds even more to the

“castaway” jungle feel. We sip delicious papaya-mango juice while continuing our orientation to the lodge.

Guests are spread out around the lodge area – located on a 165-acre private preserve that borders the Piedras Blancas National Park – in six private cabins and the four-room two-story Mango Guesthouse. My private cabin appears to be isolated in the jungle, although I can just hear my neighbors not too far off, so I



know I am not alone. Made of dark wood, it sits above the ground on low stilts and features louvered folding doors that open completely to put you right in the rainforest, or shut for privacy. Mosquito-netting canopied beds give a romantic touch, but are essential at night for peaceful sleeping. The best bit is the bathroom with a high-walled yet open-air garden shower.



Over the next three days at Playa Nicuesa Rainforest Lodge, I enjoyed dolphin and whale-watching to see migrating Pacific Humpback Whales that come into the pristine Golfo Dulce to give birth and breed – we saw a mother whale and her calf. I hiked in the rainforest on lodge trails; kayaked in the mangroves of Esquinas River; enjoyed a yoga class; sat at the beach and relaxed; swam in the warm Golfo Dulce; and had fun socializing with other guests at happy hour every night in the bar, and while savoring

delicious, fresh, creative dishes from Nicuesa’s commendable kitchen.

Playa Nicuesa Rainforest Lodge (<http://www.nicuesalodge.com/>) is located by the Osa Peninsula on Golfo Dulce in southern Costa Rica. To get there, drive or fly (NatureAir or Sansa Airlines) to either Puerto Jimenez or Golfito. Nicuesa Lodge will pick you up by boat and transfer you to the lodge (about 30 minutes one-way). Included in lodge rates are all meals, boat transfers, all taxes, all meals and snacks, unlimited self-guided hikes on preserve, use of kayaks, snorkeling and fishing equipment.

Fun After Fifty



By Carole Connolly-Shaw
caroleconnolly@gmail.com

Maybe - You can't go home again. But you sure can have fun visiting!



Lucky me! I got to stay in the newlyweds' apartment in my old city by the bay. Tyler, my son, and his beautiful new bride, Colette, set out for an extended honeymoon in Tahiti, New Zealand, and Australia ... gone for a month. Oh boy! I got to stay in their apartment near Golden Gate Park for a whole month.



I had visions of re-living my youth from when I lived in the city in the early 1970s. The apartment is within walking distance of my old apartment at 533 Lincoln Way. On a bright, warm sunny September day, I struck out to find my old building, across the street from the ballfields in Golden Gate Park.

As I stood there looking up at the windows facing the busy street, a flood of memories whisked through my brain; most good, some, well, not so good— like when I had to do the *moonlight flit* to avoid a mentally disturbed roommate. I lived through it, he has since passed away, but I could almost see his deranged face staring down from the window. In case you didn't know, *Moonlight flit* is a British term used for our *slip out the back, Jack!* Yeah, Paul Simon and his “Fifty Ways to Leave Your Lover.”

Snap out of it, Carole Jean, I shouted in my head. Walk across the street to the park and enjoy this glorious day! As I approached the green fields, I felt a surge of joy. I saw a dog that looked like Jason, the Great Dane, romping through the grass. Jason belonged to an old friend I knew in the Virgin Islands, where I lived just prior to the move to San Francisco. Incredibly, as I watched the dog from afar, I heard a familiar voice, “Jason! Jason!” and there was Ted, unaware that I was standing on the stairs watching. I flew down the entire flight in seconds, ran toward my old friends and we had a happy reunion.

This sunny Saturday as I stood on those same stairs, I saw lots of dogs, young people playing Frisbee, college students playing Sumo Wrestler with the big, inflatable costumes, Little Leaguers on the baseball field, runners, bicyclists, even helmeted Segway riders; but no Great Dane. Jason would be 49 in human years; wow, am I that old? Cool! Let the fun begin.

I got lucky with the weather; it was sunny and warm for most of the time I had become a regular at The Posh Bagel and The Beanery coffee shop, across the street from the N-Judah streetcar. After half a dozen times of paying the \$2.00 fare, I discovered there was a 75 cent senior fare. I was excited and eagerly awaited my next trip to downtown so I could get the senior fare. I smugly handed the bus driver a dollar bill. He pointed to the metal tray designed to accept dollar bills. He handed me a receipt and gave me a dismissive nod. *Hmmmm, where's my quarter?* I thought as I moved deeper into the car, feeling a push from the oncoming passengers who all had electronic entry cards. At that moment, I realized I had become a country mouse living in the small Costa Rican town of Atenas.

Two days later, I was planning to meet an old airline friend in Sausalito for lunch at the Trident, a waterfront restaurant we frequented in the 70s. If I took the MUNI (N-Judah) at 10:00 am, that would position me nicely for the 11:35 Ferry from San Francisco's Ferry Building without rushing. This time I had 3 quarters clutched in my hand and tried to hand it to the driver. He grimaced and nodded toward a metal funnel sitting next to the dollar-eating machine. *Why didn't anybody tell me about that before?!* By the time I finally got the system down, it was almost time to go home to Atenas. I would say I'll be ready next time, but by then they will probably have an even more sophisticated system like thumb or eye recognition; maybe they will just have chips installed in people by then, who knows?

After a delightful lunch on a warm, clear, sparkling day, I ferried back to the city, *jonesing* for a Ghirardelli Chocolate Manufactory hot fudge sundae. I was in the neighborhood, and promised myself I would walk the stairs the next morning to burn it off. I found Ghirardelli Square, ordered my sundae, and on the advice of the cashier got it to go. She confided that tables were

scarce, table-service was slow and there were benches in the square where I could enjoy my ice cream while watching the street performers.

As I stood at the pick-up counter waiting for my name to be called, one of the sundae-makers announced “Vivian” for the seventh time. He was holding a butterscotch sundae, scanning the room from left to right, right to left, waiting for Vivian to pick up. Finally, he said, “Okay, Vivian, you’re out. Who wants a free sundae? Free butterscotch sundae right here! Somebody come get it. Free sundae right now.” Nobody stepped up. He caught my eye. I smiled as though I



was in on the scoop. His face lit up as he handed it to me. I said, “No, no. Really. I have one coming.”

His look said, *please, take it! I just need to get rid of it. Please.*

I was reluctant knowing I had one coming, but I took it out of his hand and he looked relieved. Ten seconds later, I heard, “*Carole Jean!*” and my hot fudge was sitting on the counter. Well, somebody had to do it. Yes, I was a two-fisted sundae eater. Off to the bench I went. And yes, I ate both of them. I alternated taste treats and was in sundae heaven. It’s a good thing I had an elastic waist on my pants; it was worth every bite. All right, I would do the stairs twice the next day.

The Sunset District of San Francisco is famous for its stairs. I had no idea when I was descending flight after flight that I was working off my sundae excursion on a work of art. It wasn’t until I turned around to go back up that my breath taken away, and no, it wasn’t because I’m out of shape and the stairs were doing me in. It’s because the work was breathtaking.

So, if you are visiting San Francisco and you off an ice cream sundae or two visit the 16th Avenue stairs in the Sunset district.

While it’s true that nothing stays the same and “you can’t go home again,” you can sure have fun visiting. And if you are over the fifty mark, add a little extra spice!



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.

8/6/2004

Hola!!! Y'all!!!

Yesterday and today have been sort of fun!!

Yesterday we went to look at some property in a rain forest!!!! Rain forests are REAL neat!!!! There are toucans, sloths, parrots, white faced monkeys, howler monkeys, and lots of other wildlife there!!

Mom was asking the man if there were howler monkeys on the property and he did not speak any English. So...Mom made a REAL WIERD sound....like a howler monkey...and SCARED me!!!

I thought she was having some kind of ATTACK!!!!!!!! Mom can be pretty strange sometimes.

The man who is selling the property says there are three waterfalls on the property too!!!

He took us to see it in his van so Mom finally got to just RIDE instead of having to do the driving! She really enjoyed that. Uncle Lance and Aunt Joan enjoyed the trip too!! It was a two hour trip there. We went over that same mountain that Mom got us lost on. You remember, the one where the road kept getting narrower and narrower and we were REAL high up in the mountains!! YEAH!!! The one where we saw the tarantula crossing the road and Dad took pictures!!!

Aunt Joan was not crazy about that part of the trip. There are some pretty narrow spots, where part of the road has fallen off the mountain, and it looks really scary when you can see straight down!!!

On the way there we came up behind some folks taking some cows to a new pasture! We had to wait until the cows got out of the road. It was kind of neat looking at cow butts from inside the car!! LOL!!!!

Then we got to the property and it was really PRETTY!! The guy who owns it has put in a cabin and a pool. There are also footpaths to walk on! It was raining most of the time we were there, (after all...it IS a rain forest) and so we did not walk all over the property, but we saw enough to know that it is beautiful.

We went to see the river while we were there. It was pretty swift because of all the rain. It was neat though. I went down to the dock with Javierre Sr. and Javierre Jr. That is where the tour boats dock.

They also have rafting on this river cause there is LOTS of whitewater!!!!

Then today we went to San Ramon!! We went to see Mary Ellen and Fernando. They are moving into the house they just had built and they have a little Doxie!!

She is a real cutie and, even though I resisted mightily....she FORCED me to play with her. We chased each other around the house and played slip'n'slide on the tile floors!! It was FUN!!! It made me miss my brothers and sisters back in the states though.

GUESS WHAT!!!!!!!!!!!!!!!!!!!!!!

We saw a truck that had turned over!!!!

Mom says he probably got his front wheels off the road just a LITTLE bit and his load of river rock must have shifted. Once that happens the rest is history!

The driver was not there so we figure he must not have been hurt.

Mom says he probably thought, "Well....I'm fired anyway so I'll just go home!" LOL!!!!

Then we went to the farmers market in San Ramon. They have ALL KINDS of vegetable and fruits and stuff!! It is a really big place and LOTS of farmers bring their crops there to sell. I was enjoying the experience until Mom and Dad started using my ride (stroller) for a vegetable cart!!!

I ended up looking like a vegetable vendor!!!!

"HEY!!!! Get that bag off me!!"

Anyway....I will write more later.

Hasta luego y'all!!!!

BudBud the vegetable vendor

The Holistic Treatment

By Konrad Esquivel

Is it a massage? A holistic treatment may include a massage, it may not. Then, what is it? What's the difference?

I've been asked this question MANY times and will try to cover several angles in a series of articles. If you love to take care of yourself, then it is important to clarify this, as Costa Rica has a lot to offer in this area.

Let's start from the beginning. A massage is usually a technique commonly known as the Swedish massage. Normally, the person lies down on a massage table and receives a massage, starting from the extremities, moving towards the heart to help the overall blood and lymph circulation. Special attention is given to the muscles aligned on the sides of the vertebrae. Muscle manipulation is done in different ways, and their original names are in French. You will recognize them by their description: Effleurage (long sweeping strokes), Friction (generate heat), Petrissage (kneading the knots, rolling to deeper

levels), Tapotement (percussion), Vibration (shaking and trembling movements). All of these are combined to produce treasured benefits, including relaxation by easing the tension in the muscles, better circulation and, with it, enhancing the level of oxygen.



This type of massage will not be too strong in pressure; otherwise it becomes a deep tissue massage. Deep tissue massages focus on reaching deeper into chronic tension, tendons and fascia.

So, what is the Holistic Treatment?

I'll explain with a story.

There was a teacher of sorts and, in his youth, he lived an alternative lifestyle, serving as a holistic therapist. As a new student, Juan went to the Master (as he called him) and asked him, "What is a holistic treatment? What makes it so effective?" The Master took his time as if many answers were fighting to burst out.

"Let's simplify it." He said, "in general, it is a session where the client is considered in his whole state, the integration of mind, body and spirit. That is, a holistic therapist would know that tension in the body can be from repetitive movements or lack of it, from mental tension or emotional stress so, in his treatment, he is open to reveal the cause of the illness and assist in the healing process. You see, Juan, a holistic treatment will be performed with a clear intention to see the client grow and heal towards wellbeing. Some holistic therapists will be inclined to use conventional medicine mixed with psychotherapy, while others will be more alternative in their approach, and others will be spiritually inclined. There are MANY styles of holistic treatments."

"Which one is better", asked Juan?

The Master answered by saying, "no one is better than the other. What is good for me might not be good for you, and one treatment may work for me for a time and then it may not work the next time."

"Let me rephrase the question, Juan. If there are many styles, then which one is better for me? The answer to that one is another question. What are you looking for? What do you want? To be free from physical pain? To feel balanced out in your energies? To learn how to find your own peace and a quiet mind? To learn how to cope with stress, face and overcome fears? To be more flexible? To heal and enhance your relationships? What is it that you really want?"

The Master looked at Juan who was quietly organizing his thoughts and feelings.

Juan slanted his head saying, "I didn't expect this to be so deep."

The Master laughed and said, "It doesn't have to be deep, it just depends on what you really want."

??

So, let's say that we have defined what we want, or maybe we are just curious and want to try. How do I choose a treatment? Excellent question. Then there is also the question, how do I recognize a good holistic therapist? What is the price range in Costa Rica? What therapies are available in the Central Valley? Are there Holistic Treatments in spas, or are they available at freelance? What if we want to learn, where do I learn different techniques?

I will cover all these questions with future articles in Atenas Today, so stay tuned!

For now, I will leave you with the basic list of treatments. Some of these therapies are more common, and some are rather new in the market.

Reflexology

Reiki

Watsu

Shiatsu

Quantum Touch

Cranial Sacral

Reconnection Medicine

Acupuncture

Aromatherapy

Thai Massage

Bee therapy

The Angel Tree by Tina Newton



As we enter the holiday season, it seems we are all more inundated with charity projects than we can comprehend. Luckily, in Atenas, we have many wonderful projects to choose from. The Angel Tree, one of those projects, is in its 9th year. So, I wanted to make sure that everyone knows how this project is implemented.

First, we gather the names and information of the children in the poorest neighborhoods in Atenas. Many of us don't see the poverty because it is tucked away in small areas rather than being all together in large communities. Of course, none of these neighborhoods are as bad off as children in India or Africa, but they are our children, in our community. Many of these houses are shacks made of tin or wood slats, some with dirt floors. They are areas such as sections of Fatima, Boquerón, the homes at the entrance of Ana's Place, and the homes next to the roasted chicken place just a couple of blocks south of the tribunal building. A few come in as far as Altos de Naranjo and San Isidro. In some of the neighborhoods, we go house to house and collect the information. In others, they come to Su Espacio to put the names of the children, where they live, and more. After 15 years here in Atenas, I know most of these people and feel that each year we are able to eliminate those who try to scam the system. It is always a difficult process determining who is more needy than others, but we do the best we can. The requirements include living in these terrible conditions and the parents are not supposed to have permanent jobs. Even with this, we always have between 300-350 children on the list. The goal is to give a gift to those children that would probably not have anything for Christmas.



Then, the information about each child is placed on an angel which goes on the tree. Wonderful volunteers have colored, cut, and pasted each angel so that we can be ready once we have the names. The public is notified that the angels are on the tree and they come to choose their angel. We have many people who ask in advance as to when the angel tree will be going up as it has become a tradition in the town. Approximately ½ of the angels are chosen by ex-pats and the other ½ are taken by Ticos. Although it is a type of project that we are often accustomed to in North America, it was something very new here when we started 9 years ago. It makes me very happy when I walk into a local business and they ask me about the angels and ask if there is any way that I can bring some into their business so that they can choose some. The cashiers in Coopeatenas and the hair and nails ladies in Roxana's hair salon Matisse have already asked for some to be taken there. The typical gift is about \$10-20 although some wonderful gifts can often be found for less. The gifts are then brought wrapped to Su Espacio so that we can check the list and make sure that all of the children have gifts. The angels are currently on the tree and the deadline for gifts to be turned in is November 25th.



The final part is the Angel Party. This year it will be in the main Catholic Church hall as in years past. Donations support the purchase of food and cost of entertainment for the children. The kids all get dressed up in their Sunday best and excitedly show up often an hour in advance for the registration. It is a great delight to have volunteers helping deliver food and gifts to the kids and last year, the Young Lion's Club and Scouts asked to help. The party will be on Saturday, December 6th at 9:30 a.m. and anyone who wants to help can sign up as a volunteer and meet at Su Espacio at 8:00 to haul gifts and supplies over to the church hall.

I have had parents come to me with tears in their eyes thanking us for doing this for the kids and children giving me the biggest hugs ever. It is a project that does make a difference in their lives and I hope that this is one of those projects that you continue to support. Thank you for all that you do and I hope to make this the best year ever for these kids. I have included a couple of photos for you to see and if you have any questions, please let me know.



by Bonnie Fluke bfluke@yahoo.com

Who took first place at the 2014 Atenas Charity Chili Cook-Off? If you live in Atenas you know - Ana Mercedes Mas s P rez and Katia Marcela S nchez Hern ndez, the *Costa Rica Chicas*. Mercedes and Katia are natives of Atenas, *Ticas* through and through. Neither had tasted chili before they went to work for Kay and Tom Costello, Mercedes thirteen years ago, Katia six years ago. After helping Kay prepare and sell food, decorating and making signs and banners at past Chili Cook-offs, in 2013, they competed for the first time. *Costa Rica Chicas* took 4th place in the chili competition, while Marcie was crowned the Queen of the Chili Cook-Off. And last year they took first place, ahead of 23 other teams from New York, New Delhi and much of the rest of the world, **including** Texas. They've been working to put new Pow! in their chili spice recipe since last year's win, and Mercedes promises "a few good surprises" with a sweet grin. Chili Chefs, these women are throwing down the gauntlet! I can't wait for the 2015 Atenas Chili Fiesta!

Costa Rica Chicas Chili is not "Costa Rican Chili", and it's not some new-fangled "Fusion Chili" or a Middle American blend of spaghetti a sauce, onions and chili powder. The *Costa Rica Chicas* make a true chili based on the marriage of the beans Mercedes learned to make from her *Abuela*, the spice blends the two have concocted with their chili mentor Bill Cook, and secrets. Ingredient secrets. Technique secrets. Secrets learned from Kay first, then during Mercedes' four years of advanced culinary training. Their chili has heat, spice, texture and delicious taste. That's why it was awarded First Place.

But thirteen years ago when Ana Mercedes Mas s P rez began helping Kay at home, she was an isolated new mom with a three-month old daughter. I asked Mercedes a question about the job that she thought was odd. "What were your hopes and goals when you began to work for the Costello's." She got a quizzical expression.

"I wanted to work. And I wanted to help them. But they helped me. They respected me, they gave me a good feeling about myself. Tom gave me a father's advice. He always gives me good advice."

"And they are always right! Always!" Katia chimes in, and then says "let me tell you about my life. I worked very hard to finish high school. I was studying at Kay's, using the library. I was studying at Instituto Nacional de Aprendizaje (INA) to learn English and job

skills. I saw Kay one day working by herself, all alone, so when I left I gave her my number, telling her to call me if she needed me to help. That was on Friday. On Saturday she called me and I started on Monday. I've worked here ever since. She has helped me so much! And I've learned so much!"

Katia beams. Mercedes beams. I beam. We are sitting in the corner at Kay's, eating and telling stories and discussing in two languages. We are being pleasantly interrupted by everyone who comes in after lunch, because Mercedes and Katia take seriously their role sharing information and cultural translation with the gringo community. And as they smile and greet and share, we continue to communicate with smiles and moist eyes and laughter in addition to our two languages. And they convey very eloquently how deeply they appreciate the love, wisdom and opportunity Kay and Tom have so generously given them. Love, wisdom and opportunity are their words. *Costa Rica Chicas* have been blessed and they are filled with gratitude. That's what they want me to convey here.

One of many joys I find living in Atenas is the very sweet and respectful cultural mash-up going on all the time. The Atenas Charity Chili Cook-Off becomes the Atenas Chili Fiesta. Santa Eulalia sausage sold at the feria and Kay's is flavored with German spice. Sitting with Mercedes and Katia, enjoying the table cloths and new library, I can feel how important they are to the new mash-up occurring with Harold and Lisa, as they take Kay's Gringo Postres into its next decade. I don't think the *Chicas* know, but Harold and Lisa do. And they are also grateful.

If you want to try *Costa Rica Chicas Chili* before the Atenas Chili Cook-Off on February 8, 2014, half-liter containers can be purchased for c3,000 by contacting Mercedes at 8877-6611, or Marcie at 8385-2952.

Kay's is gringo central for visitors, new residents, and people homesick to hear a twang, or a blast of chili spices, or on Sundays, Eggs Benedict Brunch. While the restaurant has changed hands this year, Lisa & Harold Beasley, the new owners, continue to create a port in the storm for new folks and a pleasingly familiar caf  and library for everyone in the area. Chili is always on the menu.



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.



"The Parade Begins"
18.5" high x 32" long

Al Alexander
jeanandal@gmail.com

Artist's Statement: I was trying to capture another wonderful and unique cultural moment in Costa Rica.



Isn't She Lovely?
Acrylic on Paper

Diana F. Miskell
Horse and Cattle Art: www.dianamiskell.com
Costa Rica Blog: <http://dianascostaricablog.blogspot.com>

Artist's Statement: This was a cow I saw at an agricultural fair in Abbotsford, B.C. The way she was holding her head, I do believe she thought she was lovely!



RAINY SEASON VIEW FROM PETES GARDEN

PETER S.

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BY PETER S.

**CONTACT: gibalter@gmail.com
8803-7167**

For the bloggers...



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Carole Connolly	http://carolejeanscostaricacapers.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	delapuravida.com
Dennis Easters/Pure Life Development	http://www.atenasrealestate.cr/index.php/blog
Diane Miskell	http://dianascostaricablog.blogspot.com
Fred Ball	http://natureboy70.blogspot.com/
Going Like Sixty	http://goinglikesixty.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
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Mi Chunche	michunche.com
Nadine Hays Pisani	happierthanabillionaire.com
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