

## 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

October 23, 2016



**Celebrating Patron Saint of Atenas – San Rafael**  
Photo: Courtesy Patricia Salazar

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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



In my opinion, there is no better time than the end of October to sit on my terrace and enjoy the sights and sounds of magnificent Nature around me. We are all looking forward to a break from the constant; heavy rains of the last few days which have brought so much damage with them.

November and my favorite sugar cane flowers across the endlessly-changing horizon will spur me to action as I plan the last weeks of 2016. This November 8th is **Election Day** in the U.S. and I urge all of you who can vote to do so. Regardless of the outcome, many expats will return "home" and as many others will make their way to Costa Rica and Atenas.

My daily walks around town to compile revised and updated listings to include in the Yellow Pages have forced me to rethink my long-held notion that not much changes in the center of town. It will be a few more months before I finally get it done and even then, we can be sure that new businesses will open and others will close or move to another location. Bear with me and please send in any additions or corrections you may run across.

October has been a difficult month in Atenas. Too large a percentage of our population had to contend with no water for 10 days due to damaged pipes resulting from a fallen tree. This was followed by flooding in some of the most fragile areas of the county that have modest houses with children and senior citizens.

The tragic deaths of youngsters Esteban Aguero and Alejandro Alpizar who drowned while enjoying an outing in the Desmonte Mines (Las Minas de Desmonte) have added to the National Mourning resulting from the horrible bus accident in Cinchona.

The unfailing outpouring of generosity, both in time and resources, from the **community** of friends and neighbors of the families affected by all the events of this October in our town has confirmed my belief that solidarity in time of need is one of the reasons to choose to remain in Atenas, today and every day.

Happy Halloween, Happy Thanksgiving, and Happy Reading!

Marietta Arce

[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.

October 23<sup>rd</sup> - Patron Saint Activities continue with 3 p.m. concert featuring band

"Chiqui Chiqui"

October 24<sup>th</sup> - Celebration of Atenas Patron Saint St. Rafael, banks probably closed

October 24<sup>th</sup> - United Nations Day

October 31<sup>st</sup> - Halloween!

November 1<sup>st</sup> - All Saints day

November 2<sup>nd</sup> - All Souls Day

November 5<sup>th</sup> - Animals Atenas Costume Party (see flyer with their article)

November 6<sup>th</sup> - Daylight Savings Time Ends at 2 a.m.

November 8<sup>th</sup> - U.S. Presidential Elections

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

November 22<sup>nd</sup> - Teacher's Day (Costa Rica)

November 24<sup>th</sup> - U.S. Thanksgiving

## REGULARLY SCHEDULED ACTIVITIES

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

Every Monday, Wednesday, Thursday and Saturday: Hatha Yoga at Colinas del Sol  
(see Flyer in this section for more details)

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

Every Tuesday: Atenas Mindfulness Meditation Group at the home of Barb Moss, [barbsms@yandex.com](mailto:barbsms@yandex.com)#10 Roca Verde. All are welcome, attendance is free of charge (donations welcome), and no experience is necessary. The gate will be open between 8 to 9 a.m. Our practice consists of a half-hour meditation, a dharma (teaching) talk, and sharing. We conclude around 11 a.m., please plan to stay till then to fully experience the group energy.

NOTE: Classes will resume 11/15.

Every Wednesday (10 a.m.) and Saturday (9:15 a.m.) - The Feldenkrais Method (somatic education method) taught at Colinas del Sol. For more details, contact Rúbia Santos at: [rssantos13@gmail.com](mailto:rssantos13@gmail.com)

First and Third Wednesdays of each month (weather permitting) Recycling near CoopetransAtenas Bus Depot

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

Second and Fourth Sunday of each month: 10 a.m. in the Catholic Church in San Jose Sur, mass in English said by Father José Brennan Aedth.

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 11:00 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.



## Buddhist Book Discussion

\*\*\*\*\*

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

A gathering for those interested  
in Buddhism and Buddhist writings  
**ALL ARE WELCOME !**

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

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

\*\*\*\*\*



### ATENAS NEW COMMUNITY

Associated with the Tico church, Iglesia Bíblica de Atenas  
[facebook.com/groups/145046998883605](https://facebook.com/groups/145046998883605)

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

#### SERVICES:

Tuesday - 6pm - Bible study in English at Iglesia Bíblica – **temporarily suspended due to health reasons.**

Wednesday - 6pm - English worship service at The Brook Training Center

1st Sunday of each month - an English translator is provided for the 9:00am Spanish worship service at Iglesia Bíblica. After 1st Sunday service many of the ex-pats gather to eat lunch together, either for a potluck or at a local restaurant.

#### OTHER ACTIVITIES:

**On the third Friday** of each month at 6pm it's movie time at the Brook Training Center. Popcorn is provided. Bring your own beverage.

Early, early on **Easter Sunday** morning, we worship together at a member's home for Sunrise Service followed by a potluck breakfast.

On Christmas Eve at 6pm there is a bilingual candle light Communion service at Iglesia Biblica at the blinking light on HWY 3.

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

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

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

**DIRECTIONS TO IGLESIA BIBLICA:** On Highway 3 at the blinking light

**DIRECTIONS TO THE BROOK TRAINING CENTER:** 200 meters north of Iglesia Biblica on the right. After going through the entrance gates, take a left and drive down the hill. Parking will be on your left and the entrance on your right. In the event of heavy rains, the lower parking area will be blocked off. In this case, please park in upper area and enter through the home.

# Atenas Yoga Center

## Class Schedule

Monday	8:30 am - 9:45 am	Hatha Yoga with Leah
Wednesday	8:30 am - 9:45 am	Hatha Yoga with Leah
Thursday	8:30 am - 9:45 am	Hatha/Vinyasa Flow with Clara
Saturday	8:00 am - 9:00 am	Hatha Yoga with Leah/Clara

### Feldenkrais Method Classes

Wednesday	10:00 am – 11:00 a.m.	Feldenkrais with Rubia Santos
Saturday	9:15 a.m. – 10:15 a.m.	Feldenkrais with Rubia Santos

NOTE: Feldenkrais Classes Finish on November 12, 2016 and resume February 6, 2017

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



All classes are 3000 colones or US\$6 Mats can be rented for 1000 colones or US\$2 Please wear loose and comfortable clothing We also offer private sessions. Contact Us: 8835-9853 • 8928-5497  
classes@atenasyoga.com www.atenasyoga.com

## FLASHBACK Raises over \$1000 for Cruz Roja

The classic Rock 'n' Roll band, FLASHBACK, raised \$1026 for Cruz Roja in an event held on Saturday, October 15, 2016 at the new Bar Rill Restaurant in Plancillo. The celebration honored 50 years of critical health emergency services provided by Cruz Roja to Atenas. Band members include Jack Crook (lead guitar, vocals), Piet Asma (rhythm guitar, bass guitar, vocals), Tom Quick (keyboard), Harriet Cates (vocals), Karen Elder (vocals), Bob Cates (drums), and Kip Larsen (bass guitar, rhythm guitar, vocals). Volunteers helping with the event included Stephanie Bogatinoff who took tickets at the door and Camille Hughes who organized a 50/50 raffle that was won by Jean Hanshu.

On October 18, band members Bob Cates, Karen Elder, and Tom Quick along with Karl Richter and Jack Manning, who provide Sound for FLASHBACK, presented a check to Martin Miranda from Cruz Roja.



(L to R) Bob Cates, Karl Richter, Karen Elder, Martin Miranda, Tom Quick, Jack Manning



The Christmas Fair (Feria Navideña) will be held this year on December 16, 17, and 18.

CATUCA, the Chamber of Tourism and Commerce in Atenas, is in charge of the organization of the event in the central park of Atenas. They are setting up the entertainment and booth designations at this time.

If you have performing arts talents or know of a group that should be presenting, you can contact Tina Newton at [tinanewton71@gmail.com](mailto:tinanewton71@gmail.com) to get a scheduled time. If instead you have something to sell or put on display at a booth, contact Birgitta Paul at [bp@caballoe.com](mailto:bp@caballoe.com).

CATUCA would like to involve as many people as possible in this year's event. CATUCA is in charge of the Climate Fair, the Christmas Fair, and participates in tourism fairs around the country. If you would like to join CATUCA as a member, the annual fee is only \$50/year and as more people become involved, more cultural events can be sponsored.

### **CATUCA Board of Directors:**

**Birgitta Paul - President**  
**Gillberth Crespi - Vice-president**  
**Roman Barrantes - Treasurer**  
**Tina Newton – Secretary**  
**Jonathan Arguedas - Director**  
**Gabriela Sanchez - Fiscal**  
**Alex Muñoz - vocal 1**  
**Seidy Campos - vocal 2**  
**Virgita Rodriguez – vocal 3**

*Friendship Library News*  
October, 2016



Photograph: Eyleen Vargas La Nación

First, some thoughts on books that are not pretty on the outside. We recently received a collection of books that will live on the nonfiction shelves at NF 3 (sociology, government, economics) and NF 9 (history, geography, travel). Many of these books are faded and some contain comments by the previous reader. I wouldn't have processed them for the library if they were not worthy of a place on the shelf (yes - we have standards!) so don't be put off by the fact that they aren't in pretty condition. Librarians generally frown on writing in books, but these were privately owned and now shared. Enjoy.

Among the notable donations this month are seven nonfiction titles that are thought-provoking and timely:

- Michael Pollan, *In Defense of Food*. (NF 6) This is the food manifesto that includes the admonition to "eat food, not too much, mostly plants." For many of us who are increasingly distrustful of the food industry, this mantra has become a guiding principal.
- Malcolm Gladwell, *The Tipping Point: How Little things Can Make a Big Difference*. (NF 3) Looking a large range of topics, from Little League to presidential politics, Gladwell makes us take a step back from the obvious and see things in a new way.
- Sara Diamond, *Facing the Wrath: Confronting the Right in Dangerous Times*. (NF 3) This is a compelling (and a bit frightening) book written in 1996, that is relevant for today. The antecedents to today's political/cultural milieu are clearly laid out in an excellent investigative report format.
- Kristin Downey, *The Woman Behind the New Deal: the Life and Legacy of Frances Perkins*. (NF 3) Well, color me woefully uninformed. I had no idea that

- this amazing woman was a driving force behind Social Security, unemployment insurance and the minimum wage. That's a pretty big deal to be so absent from my American History classes.
- Matt Ridley, Genome: the Autobiography of a Species in 23 Chapters. (NF 5) This is a very readable story of the mapping of the twenty-three pairs of chromosomes that make up the human genome.
- Henry Hobhouse, Seeds of Change: Six Plants that Transformed Mankind. (NF 5) Most people think of history in terms of wars, conquests, empires, etc., because that is what's in the history textbooks. Here is another kind of history book - one that highlights the enormous historical impact of six plants: quinine, sugar, tea, cotton, the potato and coca. The author argues convincingly that "as a result of man's need and greed, these plants - in their cultivation and dissemination - possess powers more profound than most wars and revolutions."
- Timothy Egan, The Worst Hard time. (NF 9) This is "the untold story of those who survived the great American Dust Bowl." It is the story of an epic environmental disaster, the endurance of those who survived and a cautionary tale about the dangers of trifling with nature.

### CD Heaven

Someone has decided to part with a lifetime collection CDs. This person is clearly someone with eclectic musical tastes: country, opera, rock, symphonic, choral and classic piano. These will join other CDs and DVDs on the shelves in the back room.

A finally, some parting thoughts for people who love words and language:

- She was only a whiskey maker, but he loved her still.
- Atheism is a non-prophet organization.
- Two hydrogen atoms meet. One says "I've lost my electron." The other says "Are you sure?" The first replies, "Yes, I'm positive."

Happy Reading!

-Linda Ledbetter, librarian

# 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

## PELUCE



Peluçe is a very loving and friendly dog. She is a mature and healthy lady and OK with other pets. She will keep your home safe. Peluçe has much love to share in a forever home.

# PET OWNERS-DISEASES DOGS SHOULD BE VACCINATED AGAINST

## RABIES

Once symptoms develop, rabies is always fatal. The rabies virus attacks the brain and central nervous system, and is transmitted to humans primarily through the bite or sometimes a scratch on an infected animal. It is required by the law to vaccinate your dog or cat against rabies.

## CANINE DISTEMPER

Canine distemper is a serious, often fatal viral infection that causes coughing, nasal discharge, vomiting and diarrhea, and even seizures. Dogs become infected when they come into contact directly with another sick animal or in an environment contaminated by a sick dog. All dogs should be vaccinated against distemper, starting with a series of vaccinations at 6 weeks.

## CANINE INFECTIOUS HEPATITIS

Canine infectious hepatitis is a viral disease of the liver. The virus is transmitted in urine or nasal or eye secretions of infected animals and can cause severe, permanent damage.

## CANINE PARVOVIRUS

Canine Parvovirus is highly contagious and easily spread, and can cause serious or even fatal disease in unvaccinated dogs, particularly puppies. Vomiting, blood diarrhea, and severe dehydration are common symptoms. The virus can remain infective in the environment for years, and all dogs should be vaccinated as puppies.

## CANINE PARAINFLUENZA

Parainfluenza is one cause of upper respiratory infections commonly known as 'kennel cough' in dogs. It is highly contagious and can be spread through the air, causing coughing and sneezing in infected dogs.

## BORDETELLA BRONCHISEPTICA

This is another common cause of kennel cough in dogs. Like parainfluenza, it is highly contagious and can be spread through the air. It is most common in dogs that are housed with or spend a lot of time with many other dogs. Vaccination is recommended for dogs who will be boarded frequently or visit areas of dogs.

## COSTUME PARTY FOR ANIMALES ATENAS



**PRIZES FOR THE BEST COSTUMES - CHILDREN - YOUNG - ADULTS**  
**WILL HAVE GAMES**  
**MUSIC**  
**FOOD SALES**  
**... AND MORE...**



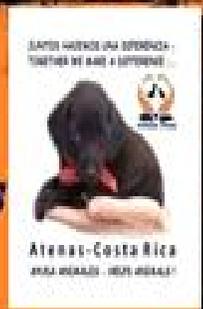
Come and Enjoy with  
your family!!!

Date: November 05

Time: From 3 p.m to 7 p.m

Place: Club de Leones, next to the  
police station in Atenas Town.

Entrance: 1,000 Childrens  
2,000 Adults



# ANIMALES ATENAS PROGRAM

Stop by the community building next to the Fire Station 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

## SPECIAL NEED- FOSTERING

Foster volunteers open their homes and hearts to animals for adoption. Many of these are abandoned by the owners and are starving on the street.

Animales Atenas provides all vet care as well as providing food, treats and toys free to foster parents.

Animales Atenas does not have a shelter for abandoned animals.

If you are not able to foster and would like to help in some other way, we have other options for volunteering.

**DORA 8855-9822**  
**doritrebole@yahoo.com**

**Sylvia 8868-1386**  
**AnimalesAtenasCR@AOL.com**

## Henrietta Boggs: Phantom First Lady of Costa Rica



by Mary Martin Mason  
marymason1946@gmail.com

On December 1, 1948, inside a San Jose military fort that today is the Museo Nacional de Costa Rica, a man who had led his country out of a revolution to serve as the head of the ruling junta, spoke to a crowd of dignitaries. President José “Pepe” Figueres shocked his audience by saying, “Today, the government of Costa Rica officially disbands all of its armed forces. From now on, we will have no air force, no army and no navy. Too often in Latin America, armies have been used by dictatorial regimes to crush opposition and to intimidate their own people. The governing Junta in Costa Rica has no reason to fear its citizens and therefore feels that guns are not required in order to remain in power.” To reinforce his startling declaration, Jose Figueres slammed a sledgehammer into a part of the fort’s walls, the falling stones representing the crumbling of the military.

This historic moment that forever changed the future of Costa Rica is taught to school children and is known by most citizens. What few Costa Ricans realize is that his American wife, Henrietta Boggs, was integral to some of President Don Jose Figueres’ reforms. In her 1992 book, *Married to A Legend: Don Pepe*, she offers intriguing details about his part in the revolution and afterwards, including the fact that the night before his speech that would alter the destiny of Costa Rica, Don Jose had secretly sent a crew to loosen the wall. Sometimes, even history needs a bit of advance preparation.

A newly released documentary, *First Lady of the Revolution*, follows the remarkable story of Henrietta’s unlikely marriage to Don Jose and the historical events that ensued. Filming of *First Lady of the Revolution* began when she was 94. She is now 98. The book and the documentary offer an intriguing view of a woman who in her own way, influenced Costa Rica, then and now. Her book ends with her divorce and return to the United States while the documentary follows her life “after Pepe,” as she remarries, launches a successful lifestyle magazine in Montgomery, Alabama, and enjoys trips back to Costa Rica where her children and grandchild now reside.

Henrietta’s marriage was a loveless match. At 21, she visited relatives in Costa Rica where she met the 34-year-old Don Pepe. Henrietta was encouraged by her dictatorial aunt to marry a man who the aunt prophesied would become president someday. In order to escape what she described as “the Presbyterian suffocating world” of Alabama, Henrietta accepted his offer of marriage that seemed more like an ultimatum than a proposal. When she admitted to him that she did not love him, he said, “You will fall in love with me later, and anyway, I love enough for two.”

Henrietta found herself embracing Jose's destiny as foretold by her aunt. After she joined him on his primitive *finca*, ironically named *Lucha Sin Fin*, or Endless Struggle, she listened to him describe his growing discord with the current government. Corruption was growing inside an alliance between President Calderón Guardia, communist leader Manuel Mora and the archbishop, Monseñor Victor Sanabria. Although her husband seemed averse to her suggestions, Henrietta recommended that he express his viewpoint by using his power of oration on the radio, adding some humor, and breaking the tradition of giving a long speech. He did so, suggesting during a radio program that the president step down. She learned over the just installed telephone at the *finca* that soldiers had interrupted the broadcast and that Don Jose was now in prison. After hitching a ride all night in a truck, she visited him in prison where he asked her to join him in the exile that was about to be imposed on him.

They were first sent to San Salvador, where Henrietta witnessed an oppression against peasants that she likened to the racism that she had despised back in her home in Alabama. Away from the country he loved, Don Jose devised a plan to build up arms that would be smuggled into Costa Rica. Their next two years were spent in Mexico City where, using a ceramics business as a front, Don Jose began bribing officials and sending weapons to Costa Rica. Henrietta assisted her husband, sometimes visiting Xochimilco, the floating gardens under the guise of buying flowers from the boats on the canal, but instead procuring guns.

Because she was a woman, Henrietta was not deemed a threat to national security back in Costa Rica. She was allowed to return to give birth to their first child, a son, named Jose Marti after the Cuban national hero. Thrilled to have a son, Don Jose told Henrietta that he would fill their house with maids but would never change a diaper.

In her memoir, Henrietta described her husband's treatment of her as having the "warmth and spontaneity of the head undertaker dealing with a wayward subordinate." She gave birth to her two children alone and was ignored by him in public.

Allowed to return to Costa Rica in March at the side of her husband in 1948, Henrietta heard the shouts of *Viva Pepe* for her husband. A civil war ensued with Don Jose leading the rebel army that slowly began to build around their *finca*. She awoke one morning to find her husband and the army gone, an action she describes as hurting her deeply because he had not said goodbye nor trusted her enough to inform her of his plans. The war that lasted 44 days resulted in the deaths of 2000 and would be remembered as the bloodiest in current Costa Rican history.

Over the years, she realized that Don Jose's pattern was one of total absorption in his vision for Costa Rica. She wrote, "It is unrealistic to expect anyone pursuing political power will also be a good spouse, parent or even friend. Each of those occupations requires not only time and energy but above all, a sense of commitment. And the political leader has none of the above for a private life. He is always otherwise engaged."

Now the mother of two, with her children, she experienced the horrors of the revolution that broke out after their return, coming perilously close to death as they tried to escape the communist forces led by Manuel Mora.

Don Jose was able to defeat Calderon's forces, setting up a provisional presidency from 1948 to 1949. Gradually, Henrietta warmed to her role as first lady, finding many would ask her to act as a liaison to her husband about problems. He was unhappy with her having any part in government affairs, asking why the person did not come to him directly.

Henrietta encouraged him to grant citizenship to black immigrant children which he eventually did. She also influenced him on one issue that he initially opposed, giving women the right to vote. During one poignant moment in the documentary, her granddaughter is praising her for her efforts, saying, "I am so proud. I have it in my skin."

Eventually, Henrietta chafed at being an appendage of her husband. Shortly after she had an emergency hysterectomy, Don Jose visited her in the hospital for ten minutes, holding a business meeting at her bedside and enjoying a risqué joke in the hall with his companions. At that moment she decided to leave him and take their children back to the United States. The day before she left, he tearfully told her, "You have dealt me a blow from which I will never recover. This is a wound which will never heal." He did not, though, ask her to stay or suggest that they rebuild their marriage.

They divorced in 1952 as Don Jose began his second of three terms as president. Two years later, Don Jose recovered enough from the blow dealt by Henrietta leaving him to marry another American and have four more children. One son, Jose Maria Figueres, would serve as the President from 1994 to 1998. Henrietta and Don Jose's children would maintain their ties to their homeland with dual citizenship in the United States and in Costa Rica. Their daughter, Muni Figueres Boggs, served as an Ambassador from Costa Rica to the United States. Their son, Jose Marti Figueres Boggs, is a successful business executive.

The one and only reunion between Henrietta and Don Jose took place in Costa Rica. In a segment of the documentary, a photograph shows them as he, much older and shriveled, stands across a stage from a white-haired Henrietta. She smiles at him as he does at her. In the background, Henrietta is talking about the luxury provided by a half-century passage of time, permitting "a desire for things to be again as they never were."

Today, since his death in 1990, Don Jose Figueres is revered by many Costa Ricans as the architect of modern day policies and social programs that are still in place and are admired around the world. The few that recall he was married to an American, remember his second wife and not Henrietta. No matter. One can imagine Henrietta's tap on his shoulder, gentle as it might have been, resulting in right and privileges still enjoyed by the citizenry.

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*Married to a Legend: Don Pepe* by Henrietta Boggs was published in 2008.

First Lady of the Revolution, a documentary produced by Sparks Media, <http://firstladyoftherevolution.com/> was directed and written by Andrea Kalin and recently showed in local theaters in Costa Rica.



# Awesome Wildlife Tours at Arenal Volcano

By Shannon Farley

On a recent trip to the Arenal Volcano, my husband, Rolando, and I took a private guided wildlife tour with the company Bushmaster Adventures. Owner and guide, Gary Kritzinger, was infectiously enthusiastic and wonderfully charismatic in his delight to show us the creatures of the Costa Rican rainforest.

We went at night to see the animals you wouldn't normally see during the day, which made for a very exciting tour. We walked along private forest trails at the Leaves and Lizards Retreat by the Arenal Volcano. Here is our story.

It was thrilling to be in the middle of the rainforest at night hearing all of these sounds, knowing there was so much life around us. When I would turn off my flashlight, it was pitch black. I couldn't see a thing, not even my hand holding the flashlight. Rain drops pitter-pattered softly from the still dripping trees and dense foliage after the rain shower earlier in the evening. And I could hear chirping, croaking and humming from the myriad of frogs, toads and insects out there in the night.

During our two-hour tour, Gary explained the animals, plants and trees we saw along the way. Arenal Volcano is an excellent place for wildlife spotting, both during the day and at night. Many of Costa Rica's more than 200 mammal species live here, including sloths, white-faced capuchin monkeys, howler monkeys, coatis, armadillos, collared anteaters, deer, pumas and ocelots. Nearly 75% of the total 870 species of birds that have been identified in Costa Rica can be found in Arenal. Night hikes are great opportunities to see some of the 174 amphibian species that are native to Costa Rica, along with numerous snakes and other reptiles.



© www.BushmasterAdventures.com

**Brilliant Forest Frog**



© www.BushmasterAdventures.com

We saw a lot of animals on our walk that night: baby Cane Toads, Forest Litter Toads, Brilliant Forest Frogs, Smoky Jungle Frogs, a geometric-patterned Hawk Moth, weird-looking spiders, and two doves sleeping on a high tree branch. We could hear the distinct song of Tink Frogs by the dozens, but they are very hard to see.

**Orb Weaving Crab Spider**

Toward the end of our tour, we spied a Fer-de-lance (*terciopelo*) off the left side of the trail near a wide hole in the soft chocolate brown earth. A little over a meter long, by Gary's estimation, it watched us alertly from where it lay in a relaxed coil on top of a bed of wet leaves. Gary was delighted – snakes are his favorite animal and he is quite an expert amateur herpetologist. Gary moved in closer to take photos while we kept a safe distance. He said he has big respect for the venomous vipers, but does not fear snakes given his background in herpetology.



Originally from Johannesburg, South Africa, Gary moved to Costa Rica in 2013. In South Africa, he kept 18 snakes as pets, and was a certified venomous snake handler who did snake removals from people's homes and offices – a talent that has carried over to his new life in Costa Rica. He created Bushmaster Adventures to share his love of nature with others, and has been studying the plants, trees and animals here over the past three years.

### **Bushmaster Adventures Wildlife Tours in Costa Rica**

Bushmaster Adventures operates all over Costa Rica, specializing in the La Fortuna and Arenal Volcano area, the Pacific areas of Manuel Antonio, Dominical and Uvita, and the Osa Peninsula. Gary tailors all private tours (day and night tours) to suit guests' needs, interests and activity levels. Contact Gary directly at [gary@BushmasterAdventures.com](mailto:gary@BushmasterAdventures.com).

**Smoky Jungle Frog**



**Atenas Today Interviews  
Rubia Santos about  
The Feldenkrais Method (FM)**



**AT: Welcome to Atenas, Rubia. thank you for taking time to talk to us about the FM. Before we begin, tell us a little bit about yourself and how you came to Atenas.**

**RS:** I just arrived in Atenas last April (2016), moving here from the US with my husband Jeffrey and our cat Buddha! We chose Costa Rica carefully among many other places in Central and South America. Why did we choose Costa Rica? Its abundant nature and a good feeling from being in the place and around people. Jeffrey is a computer scientist and I am a concert pianist and piano teacher, besides being a certified Feldenkrais practitioner.

**AT: What is the FM and how did it evolve?**

**RS:** The FM is a somatic learning process and it is concerned with wellness integrating body and mind. The process entices our nervous system to make new connections through sensorial responses, practicing movements with attention mostly through a gentle and slow approach at first, but definitely effortless! So that we can calm any busy activity in our brain and give it space to learn!

The Method is based on awareness of habits and development skills of children. The FM teaches how to regain and maintain the ability of primal movements by making us aware of how we are and how we can choose to improve for a healthy and vibrant life. Move better, to feel better! Since Moshe Feldenkrais, the creator of the FM, was a physicist, a bio-mechanical engineer, and also a judo master, the Method integrates martial arts movements, skeletal relationships, and the notion of *neuroplasticity*. It is the continuous ability that our brains have to learn, the “plasticity” through which our nervous system make new connections and master new skills - and **movement** is the method’s main gateway for achieving it all.

Movement is a vital necessity for any living being, much more for humans who depend on it through their entire lives! Movement starts from the moment we are created in the womb, yet as we age and because of circumstances in life, such as accidents, illness, traumas, ill habits, among others, we depart from maintaining the healthy and flexible use of our movements. Other reasons for this departure are due to the way we see ourselves, which is our “body image,” or because we accept living in pain... We do not have to!

Dr. Feldenkrais created his method by having to deal for decades with his own issues related to badly damaged knees and his power over tension in his work, especially as a

judo master. I believe that this true connection and realization through one's life needs to occur if you want to get better in any aspect.

**AT: When did you start practicing the FM and what brought you to it?**

RS: I started my practice in 2010. Playing an instrument, such as the piano, requires careful use of ones movement to achieve technical and artistic excellence. In addition, it requires awareness of fine touch and feelings that arise while playing. Many years ago, I noticed that many students and professionals in the field would become somehow troubled by physical or emotional issues (or a combination of both). So some of them either would give up on playing or would be in constant pain, going under surgery, having ongoing treatments to be able to endure in the profession. I wanted to avoid that! I decided that I wanted to address these issues, so I went to a workshop called "*The Feldenkrais for Musicians – Your Body is a Stradivarius*". I became extremely engaged in understanding how to use our entire self to make music, to get rid of tension, and to improve flexibility, fluidity, and balance. All done in a pleasant way, contrary to the educational motto of "no pain, no gain." Very soon after I went to a professional training and became a Guild Certified Feldenkrais Practitioner in 2015. The training is a 4-year program, with teaching in all of those years. There are very high standard and practicum exams throughout the program.

**AT: What convinced you that this was the method/discipline you wanted to practice rather than other disciplines?**

RS: Many things convinced me! During the first workshop I took, I call it my "baby steps in the Method," I had an experience that was an epiphany – I found again a fresh happiness in performing or practicing the piano and also in communicating to others, because I was feeling better with playing and with myself. I felt the fulfillment of doing what I wanted – that did it! For me it was a profound experience. The most common practices of this type for musicians are the Feldenkrais Method and Alexander Technique. I chose Feldenkrais because it talked to me at a much deeper level, from within, and produced early improvements, bringing me to realize the fundamental issues that I had.

**AT: How much training do you have? Is the FM "industry" regulated?**

RS: I have been deeply engaged in the use of the practice since 2010. I have been a Guild Certified Feldenkrais Teacher since 2015, and an Authorized Teacher for ATM since 2013. To explain, the FM has two categories "Awareness Through Movement" (ATM) group classes, and Functional Integration (FI), the one-on-one category of the practice. The standards of the Guild require ongoing professional development work through advanced training and teaching, which are regulated by the North American Feldenkrais Guild. The regulation has been in place for many years, sharing the same regulatory

measures as the Massage Therapy professionals for example. A great resource for getting more information is the Feldenkrais Guild of North America (FGNA) and the International Feldenkrais Federation (IFF).

**AT: You shared with us earlier that you are a classical pianist. Has the FM has improved or affected your playing?**

RS: As I mentioned before, I could not be more excited about applying Feldenkrais in music and my playing. Issues related to performance anxiety and the ability of enduring hours of playing with no tension or pain, sitting straight on the piano bench has been rewarding. But above all, the sensorial and physical well being is my true reward. I apply the Method in many aspects of my daily life and activities, not only when I am playing. It is all a whole concept and transformation. And, I made it my mission to share all its benefits with others.

**AT: Neuroplasticity is an important subject around FM. Can you give us a brief summary of the experience MF had that led him to do so much research on it?**

RS: Moshe Feldenkrais (1904-1984) was a physicist, engineer, and a black belt in judo. He was a survivor of two World Wars and the sense of having to work hard and be ready to escape conflict was always part of his life. Therefore, for a great part of his life, he was used to applying force to perform whatever was needed, including his work with martial arts and sports.

After he injured one of his knees, he was confronted with the possibility to remain in a wheel chair for the rest of his life. At that time, doctors gave him very few choices, only a risky surgery. Then another event happened: in a fall, his good knee was damaged.

However, when he stood up, he noticed that his “bad” knee was taking over the work of walking without feeling much pain. His curious mind inquired about what it would take for a limb to be able to function again, to relearn, and how in the brain new connections could take place to make this possible. So that started his research in all kinds of fields such as neuroscience, infant developmental skills, and neuroplasticity, to cite only a few. He went on and met with great people of the time, who were involved with hypnosis research and philosophy. For Dr. Feldenkrais the ability to learn and to regain health are fundamental in his Method.

**AT: How do you envision bringing the FM to Atenas?**

RS: Atenas seems to be such a great place for alternative approaches to good health. I think that people who chose to live here like new adventures and experiences. I offered a free introductory workshop last August and will offer **another free-workshop** at the beginning of February when I am back from the US. Many people will be coming back as well with the dry season in its way and Feldenkrais will be a new concept for many of them. If they are curious, hopefully they will

come to learn about it.

Since it is a learning method, it is very important to have a reliable source for reading and getting to know more. Also, there are supporters of the Method, who have experienced the Method and have been spreading the real benefits of practicing it.

Curiosity is a part of what we are and we want to feel health and well. So, come to learn with the Feldenkrais Method as the path!

I am very thankful that the Yoga Instructors included Feldenkrais in the Class Calendar of Colinas del Sol. I am teaching the class twice a week. I have started by highlighting the series about our development skills in movement.

I am also promoting the good research and testimonies on the Method through the Yoga Facebook page so that people can learn from good sources. People can always inquire with me if they want more information. I hope people in Atenas will join and experience the Feldenkrais Method to be able to see what it really does for one's wellness.

In 2017, I am starting my private practice of *Functional Integration* in town. And, starting in February, will offer one-day workshops with topics related to health problems in the pelvic area, back and neck, and the hands.

**AT: You talked about musicians using the FM to improve their playing, what about professional dancers?**

RS: There are many dancers who are Feldenkrais Practitioners. So, that is where their interest went, for a real reason, which is the use of a healthy and mobile body in space. Our core is centered in the pelvic region where the strongest bones and muscles are located. There, is also the beginning of our spine from tailbone to neck! Dancers must use their head in complicated, and sometimes unusual, movements to dance! Also, our pelvis connects to our legs, so they can carry us, hopefully with lightness and elegance in walking, and definitely in dancing! To improve their artistry, dancers must learn the mechanics of the skeleton to perfect their movement and protect themselves from injuries, especially if they want to continue their career longer than most of their peers!

The Feldenkrais Method has many other applications since Feldenkrais works with the refinement of hands, feet, and the teleceptors, such as our eyes and ears. Many of the ATM lessons are specifically related to those areas, always in relation to breathing and the whole body.

**AT: Is body image affected (positively or negatively) by the FM?**

RS: Yes. As you discover better ways to move and use your body, you become happier with it. So your body image improves.

**AT: Does a lot of instructor talking go on while the FM is practiced?**

RS: No, it does not. Although Feldenkrais instructors are guiding and proposing a process of movement in class, the Method wants to give the student the opportunity to discover, to inquire, to sense, and to react in movement. Time to reflect and a non-verbal experience are part of the Method, so that one can become aware of the body's organization. In every lesson, there is time reserved to "rest" and to reflect between movements, for noticing changes and differences. By differentiating one can learn. There is no judgment or idea of "correction" because the experience is different for everyone. Each person in the class is integrating his or her thought process, sensorial perception, and the understanding of how to do a movement.

Many movements will be new, unusual, and unknown at first. This is all part of a process to help students to differentiate how one movement can be easy and helpful, and another is not.

**AT: Do you prefer individual or group lessons?**

RS: I really like both categories of the Method! I think both have incredible potential to help people through their learning process. So, it depends on the client's interest, need, and curiosity. A Functional Integration (FI) session which is the one-on-one category, addresses in great detail relationships of movement so that the client becomes aware and open to learn or relearn healthy choices. FI promotes a deep sensorial experience and understanding for how to improve wellbeing. For more specific and chronic issues, I highly recommend the FI

sessions. On the other hand, the group sessions, Awareness Through Movement classes address the broad subjects of the Method, inviting people to actively engage in the sensorial experience of movement awareness on a mat. Through this non-verbal process, people learn about themselves, their movement habits, and their perceptions. They engage in a deep level of experience, where changes will emerge and they realize the benefits of wellness that these classes bring. In both categories people will be able to apply all they learn to whatever activities they have in their daily lives.



**AT: What can people expect to happen in a class - emotional breakdowns, improvement of painful symptoms, etc.?**

RS: It is difficult to predict how people will react, since we have a complex nervous system and will make connections that will be unique. But one can expect lessening of tension and effort – what many call "relaxation". This state can highlight memories, reflections, questions, and even some new sensations. Dr. Feldenkrais believed that thinking, sensing, and feeling are interdependent and are present in any action. He added the concept of "movement to those three, since we are always moving in relation to ourselves and to our environment. It is critical to take care of oneself when performing the guided movements, and determining where one's comfort zone is, since our brains should be fully present and not occupied with discomfort. That is true for both categories of the FM. Many times, the instructor will

encourage people to stop a movement and rest if there is any sign of discomfort in the process. Dr. Feldenkrais was a proponent of using imagination in the path for learning new connections so if a person cannot perform a movement she or he can follow it through the imagination. The results of that process can be surprising!



**AT: Is there a time in ones life when it is most advantageous to practice the Feldenkrais Method?**

RS: It is for all ages since it is an ongoing process of self-discovery. In my training group we had a dancer who was 23 years old, and a painter and weaver who was 80 years old!



**AT: How can people get in touch with you?**

RS: The best way to get in touch with me is to email me at [rssantos13@gmail.com](mailto:rssantos13@gmail.com). Or go to my webpage [rubiasantos.com](http://rubiasantos.com) under “Contact”.

My Feldenkrais webpage is [conn-activemovement.com](http://conn-activemovement.com) but it is currently under development. By going to [rubiasantos.com](http://rubiasantos.com), people can find out when the Feldenkrais page is up and running!

**AT: Thank you Rubia, for providing this in-depth interview which will be of interest to our many readers!**

RS: I look forward to meeting as many of them as possible soon.

Editor’s Note: Pictures of Rubia Santos as the Feldenkrais Instructor at Dancing in the Desert in Abiquiu

Here’s the link for more information:  
<http://www.dancinginthedesert.net/instructors/>

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



**Stories from Mr. BudBud, Primero Perro of Lighthouse Animal Rescue. They were written 11 years ago when he first came to Costa Rica for a house sitting job.**

Buenas tardes Y'all!!!

(That means good afternoon y'all) Pronounced "bway-nos tar-days"

This is a long post today because Mom has been real busy and has not had time to do my typing for me. I may just have to hire another typist.

This week has been pretty different!!! Dad's gone!!!!

Mom took him to the airport Tuesday morning and he left on a plane!!!

He has gone back to the states to visit our human sister and brother, visit our aunt and uncle, and to put our house there up for sale.

He had to be at the airport at 4:00 AM so there was not much sleep for him and Mom.

Enid, our Costa Rican friend, went with Mom to keep her company. After they left Dad at the aeropuerto (that's Spanish for airport) they went to the new Denny's across the highway.

Mom wanted to treat Enid to breakfast to thank her for going with her.

Denny's was closed when they got there. They close from 11:00 at night until 5:00 in the morning. It was only thirty more minutes until they opened so Mom and Enid went into the new casino they have built next to Denny's.

Mom has only been to casinos once in the states but Enid had NEVER been in one.

Mom and Enid went in and dropped a cool 2,000!! 2,000 colones that is.

That is a whopping \$4.25 in American money!!!!

But Mom says it sounds real neat to say "Hey, I dropped a couple of thousand at the casino."

LOL!!!! Mom gave Enid a thousand and she kept a thousand. They sat at the game machine and blew it all. Anyway, Enid had a good time and so did Mom.

They ate a HUGE breakfast after that and came home.

Mom went back to bed and slept til 11:00!!!! Us perros got to catch lots of extra zzzzzzzz's.

It's pretty crowded too cause a couple of us usually share Dad's bed when we sleep.

Now we all are sleeping in Mom's bed!!!

Javercito, Enid's 5 year old son, is used to coming over about 8:30 or 9:00 to watch cartoons. He could not figure out how to wake Mom up so he sat under her window and sang!!!!!! Mom finally woke up and let him in to watch cartoons and play with the Play Station. After escuela, (that means school) let out Dario came over and they played Play Station together. Soooooo.....Us perros, our gato, and Mom have had "company" all day!!!

Mom went to the market in Grecia and got KNUCKLE BONES for all us perros!!!! We did serious damage to those bones out in the front yard let me tell ya!!

Mom went to watch Dario play soccer today!! He invited her yesterday and told her to be there at 9:00 am. Well, like everything "tico" the game did not start until about 10:30. LOL!! The rescue people, who were here last Sunday to help set up the spay/neuter clinic, left a magazine for Mom. It was in Spanish but Mom looked it over when the people left and that night she gave it to Dario from next door.

He took it to school with him today, like Mom told him to do, and the teacher was SOOOOO happy to get it for the kids to read!! It is all about animals and how to treat them. It is also about adopting street dogs and how important it to have your pets spayed/neutered and vaccinated. LOT'S of good stuff that Mom thinks all kids should learn!!

They even want Mom to come to the school and bring ME!!!!!!!!!!

.....Yeah...and maybe one or two of the other perros too.....yadda yadda yadda

Some of the kids here don't know about loving animals. They are afraid of perros!!!! Can you imagine that????? It will be GREAT to teach those kids about how fun a perro can be. And gatos TOO!!!!!! (gato is cat)

Hey!!! If I go to the "escuela" to teach the kids about lovin' pets that will make me a TEACHER!!! I wonder if I will get a diploma???

Mom says the spay/neuter clinics should help with the overpopulation problem here. The vet charges 6,000 colones per animal. **(Editor's note: Remember this is 2005!!)** That is only \$12.00 in American money but LOTS of people here cannot even afford that much. Mom has already been talking to people with dogs in the neighborhood and she has promised to pay for several already but there are so many!!!! Oh well.....if we just save a few that will be a start.

Snuggles and tailwags to all of you from  
Professor BudBud

## Activities Director: Who, me?



*by Marietta Arce  
marietta.arce@gmail.com*

I recently spent three days at a nearby beach resort with a close friend. If I had gone by myself, I would probably have spent all my time indoors reading, writing and catching up on my emails. Having company with me encouraged my extroverted side and we ventured out in search of adventures and activities.

The first thing we did upon arrival was to ask for a program of activities or events planned for the days we would be there. Having been an events planner at one point in my life, I enjoy learning about ways in which popular activities can be presented creatively to ensure that the crowd present has fun. It is often a very tall order.

Because I know how much work it takes to be a "cheerleader" to unhappy attendees or complainers, I am an ideal participant when someone else is in charge. I feel carefree because no matter what the outcome, it is no reflection on me or the extremely high standards that I place

on my performance when I am in charge of the planning or hosting.



Posing for a close up!

The weather at the beach was typical of the season. The mornings were sunny and we took advantage of them by passing the hours on the sand in our chairs. I took many pictures and videos during our stay.



Enjoying the rhythm of the waves

One day, we played a previously recorded song our kids had made and I filmed footage of a gorgeous bamboo tunnel while we were traveling in the car. It occurred

to us too late that we could have added the music afterwards. Now I will need someone to show me how to eliminate the music, edit the film and put the music back in. Of course, we can always go back and film it properly! You can be sure that an Oscar for cinematography or editing is not in our future but we really enjoyed the outing and learned a great deal about each other in the process, even though we have been friends for more than 30 years!

Aside from the usual resort activities like dance classes, beach volleyball tournaments and karaoke, the DJ planned an evening of Music Bingo. The rules are different from place to place and there are many twists (an event planner's dream!) but essentially it's like regular bingo with songs instead of numbers on the cards. We were really looking forward to participating but when we showed up at the appointed time and place, we were the only ones in there!

If I had been in charge, I would have announced the event many times during the day, emphasizing how much fun and dancing would take place. However, I was not in charge and music bingo was no match for the popular soap opera of the evening after a long day at the beach for the other resort customers! My friend and I decided to play a Paraguayan version of Canasta called "Meche Meche" with the two decks of cards she had brought, just in case!



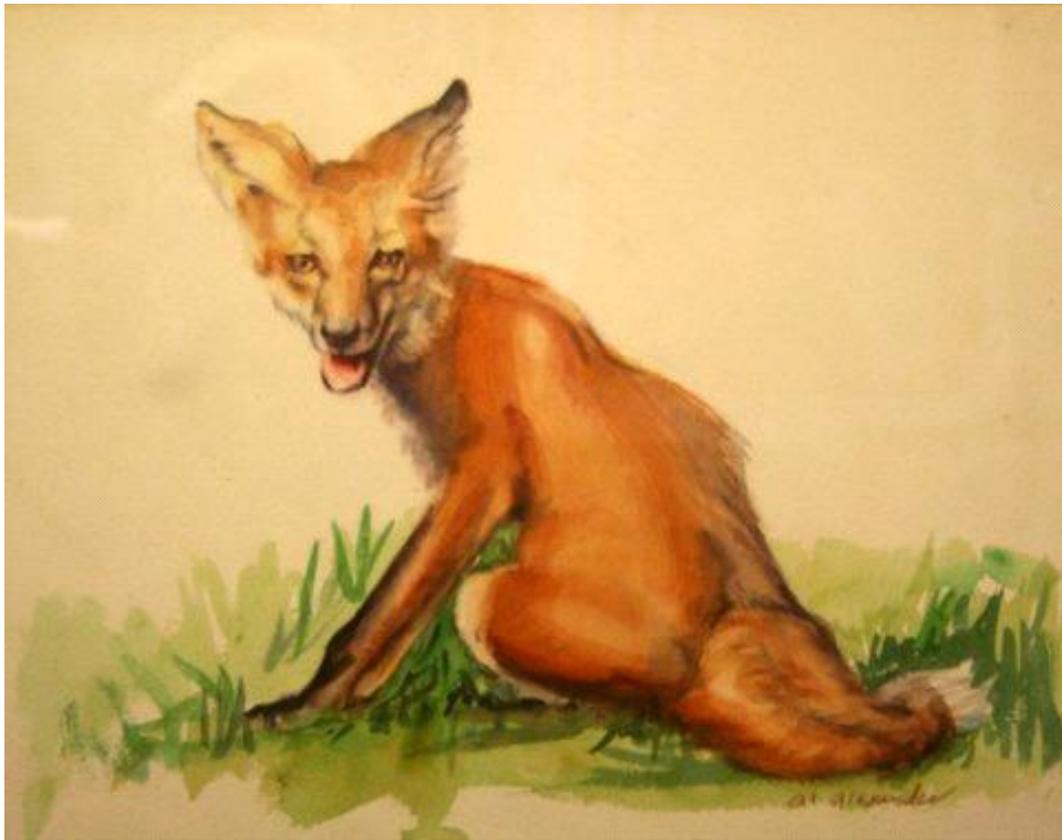
Magnificently manicured entrance

An acquaintance of mine once remarked that she returned home after a trip a little bit disappointed because she had packed a pair of hiking boots but never got the opportunity to use them. I never forgot this short conversation and I now pay close attention to the things I pack whenever I travel. I am happy to report that I wore or used everything I packed, including a trusty, small umbrella that protected us from the sudden downpours! My friend was equally happy to have used the playing cards she threw in her bag as a last minute thought!

Our mini vacation was a welcome breather in our usually busy weeks. As we were checking out, I noticed the DJ setting up for the day's events. I was happy that I was not in control, either at the resort or behind the steering wheel. Sometimes it's just as rewarding to simply be a passenger or observer!

## **The Atenas Today Art Gallery**

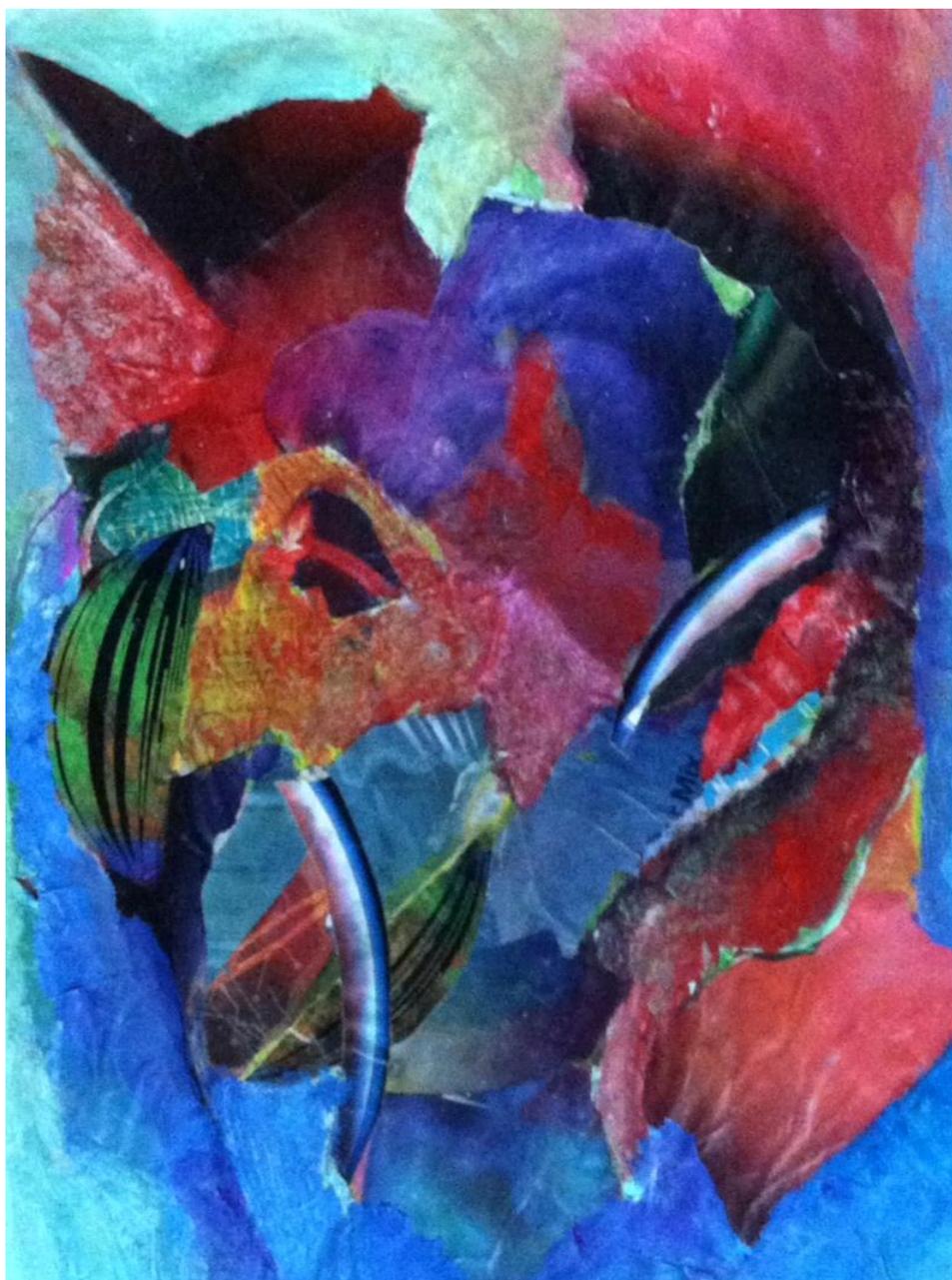
The Art Gallery is a regular feature of Atenas Today. Local artists are encouraged to submit photographs of their works to be included in the gallery, and to send a new picture each month. The artists may be contacted via the email addresses shown.



**Red Fox  
8 x 10  
Watercolor**

**Artist's Statement:** This is a watercolor of a young Red Fox who was hanging around our bird feeder in NJ. They are such paintable animals, I couldn't resist.

**Al Alexander**  
email: [jeanandal@gmail.com](mailto:jeanandal@gmail.com)  
website: [www.alalexanderartist.com](http://www.alalexanderartist.com)



**Horns of a Dilemma**  
**22" x18"**  
**Collage and acrylic on paper**

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



**Show Barn**  
**24" x 24"**  
**Acrylic on Gallery Wrapped Canvas**

**Artist's Statement: Cattle waiting for their turn at the show ring, picture mine.**

**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)**



Jocelyn's tracing of "Parrots in Love"

Jocelyn Farquhar

[jocelyn@squibblesdesigns.com](mailto:jocelyn@squibblesdesigns.com)

## For the bloggers...



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

Biolley Buzz Bunky Bartlett	<a href="http://bcrcoffee.com">bcrcoffee.com</a> <a href="http://www.bestofcostarica.org">http://www.bestofcostarica.org</a>
Carole Connolly Claudia Leon	<a href="http://carolejeanscostaricacapers.com">http://carolejeanscostaricacapers.com</a> <a href="http://photolaclaudinha.smugmug.com/">http://photolaclaudinha.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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Fred Ball	<a href="http://natureboy70.blogspot.com/">http://natureboy70.blogspot.com/</a>
Going Like Sixty	<a href="http://goinglikesixty.com">http://goinglikesixty.com</a>
Julie and Rick in Costa Rica	<a href="http://julieandrickincostarica.blogspot.com/">http://julieandrickincostarica.blogspot.com/</a>
Marietta Arce Mi Chunche	<a href="http://marisundays.wordpress.com">http://marisundays.wordpress.com</a> <a href="http://michunche.com">michunche.com</a>
Nadine Hays Pisani New Life in Costa Rica	<a href="http://happierthanabillionaire.com">happierthanabillionaire.com</a> <a href="http://www.anewlifeincostarica.com/nuevo_vida/">http://www.anewlifeincostarica.com/nuevo_vida/</a>
Paul Furlong motorcycle blog	<a href="http://eyeneo.com/">http://eyeneo.com/</a>
Pura Vida Mommy	<a href="http://puravidamommy.blogspot.com">puravidamommy.blogspot.com</a>
Rubiatica	<a href="http://rubiatica.blogspot.com">rubiatica.blogspot.com</a>
Shannon Farley Somewhere In Costa Rica	<a href="http://enchanted-costarica.com/">http://enchanted-costarica.com/</a> <a href="http://somewhereincostarica.com">http://somewhereincostarica.com</a>
The Real Costa Rica The Very Worst Missionary The View From Here Tristan & Newton	<a href="http://blog.therealcostarica.com">blog.therealcostarica.com</a> <a href="http://theveryworstmissionary.com">theveryworstmissionary.com</a> <a href="http://theviewfromherecr.blogspot.com">theviewfromherecr.blogspot.com</a> <a href="http://tnrealestatecr.wordpress.com">http://tnrealestatecr.wordpress.com</a>



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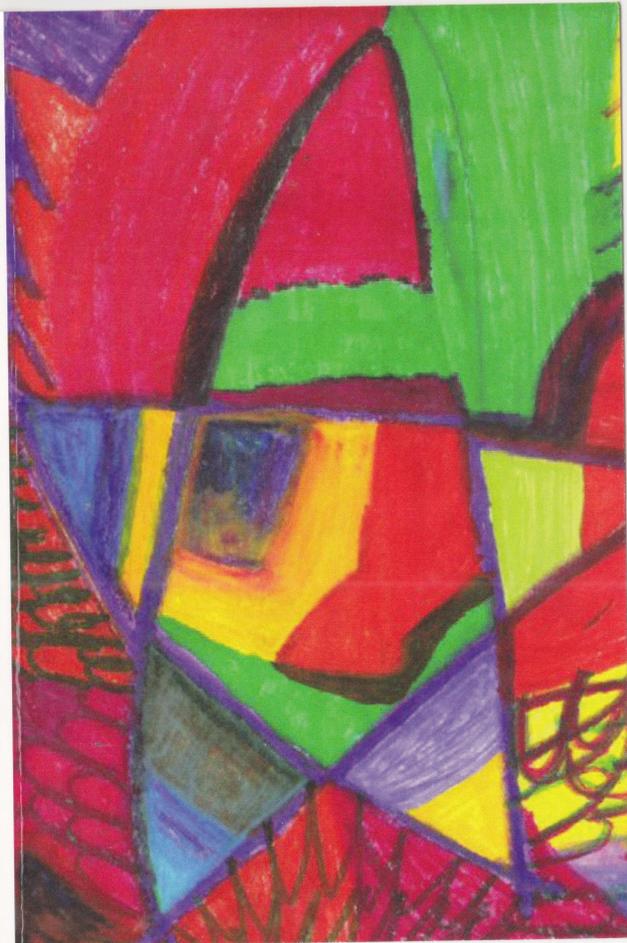
*By Jocelyn Farquhar*



**J**OCELYN is a lively and creative young woman who lives with her family in Costa Rica. Faced with developmental challenges, her imaginative illustrations are a form of expression that has continued to impress her family and friends throughout the years. Squibbles, a family nickname, is a collection of her whimsical designs. Part of our proceeds go to organizations that help others who face challenges lead bright and fulfilling lives.

**J**OCELYN es una señorita vivaz y creativa, quien vive en el hermoso país de Costa Rica con su familia. Haciéndole frente a los retos de su desarrollo, sus obras imaginativas sirven como forma de expresión que año tras año han impresionado a su familia y amigos. "Squibbles", un apodo familiar de Jocelyn, es una colección única de sus diseños vibrantes y llenos de fantasía. Una porción de todos los ingresos recibidos se designan a organizaciones que ayudan a otros a superar retos.

[www.jocelynfarquhar.com](http://www.jocelynfarquhar.com)





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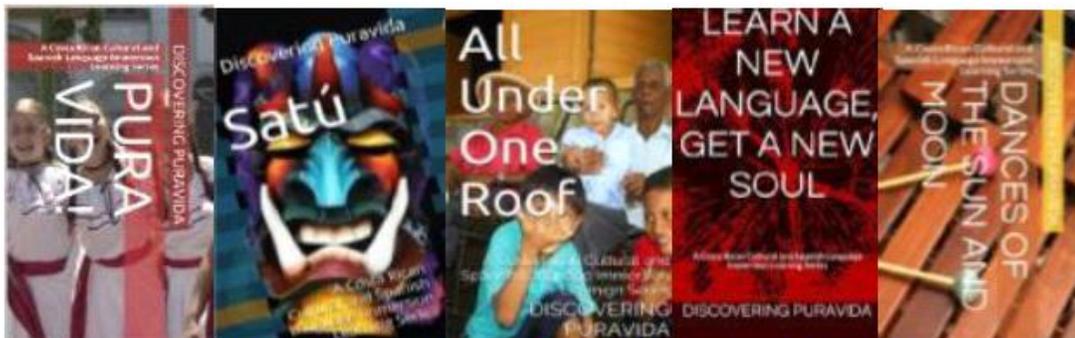
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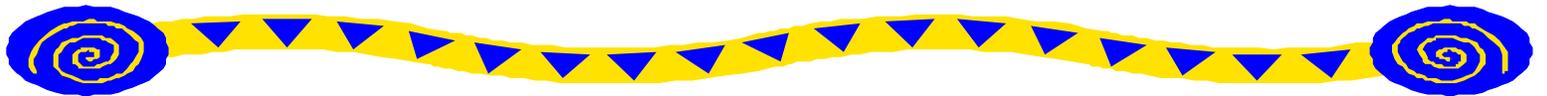
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