

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

January 23, 2017



Roble Sabana in Bloom in Los Angeles, Atenas

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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.

Compositions from back issues are now archived on 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

Publisher's Note



How can it be January 23rd when it seems like 2017 just began! The days get shorter, the resolutions thin out but my life is busy and happy as I pursue new and exciting adventures.

Two of our children made it home, not in time for the holidays, but certainly in time to benefit from tamales, pupusas and a visit to Yayo's – the neighborhood place where everyone knows our name! It is such a good feeling to be recognized and welcomed, I believe I would not change that for the world. We brought new friends along and they were all impressed with the fun atmosphere and delicious typical food.

As usual for this time of year, the Palmares festivities ended yesterday, the Fiestas in Sabana Larga are approaching and Superbowl fans will be rooting for their favorite team on February 5th! The Chili Fiesta Committee has decided to take this year off but we are sure there will be plenty of local chili parties being hosted around town anyway. Join the fun!

This time of the year (high season) brings many new faces to town. It is so nice to go to the Coope and see tourists, potential residents and returning visitors happily shopping with an unmistakable air of positive expectation as they enjoy a nice cup of coffee prepared just for them.

The warmth with which visitors are welcomed reminds me of the many reasons I love living here and have all these years. I like being part of a place where every greeting I offer is returned with a smile or a nod. It is a small thing, no doubt, but it has endured and will hopefully remain part of the tradition of Atenas, today and every day!

Happy Reading!

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.

January 21st to Mid-March – Repairs on Platina Bridge; for regulations and bus schedule changes
(see flyers in this section)

February 5th - Superbowl Sunday!! New England Patriots vs Atlanta Falcons

February 6th - Public Schools Begin 2016 School Year in Costa Rica

February 10-13 - Fiestas in Sabana Larga (see flyer)

February 14th - Day of Love and Friendship (Valentine's Day)

February 20th – President's Day Celebrated in U.S.

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#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.

First and some third Wednesdays (see schedule this section) recycling

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. Contact : Bob Brashears at bbrashears0@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 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 Bíblica 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

DIRECTIONS TO IGLESIA BÍBLICA: On Highway 3 at the blinking light

DIRECTIONS TO THE BROOK TRAINING CENTER: 200 meters north of Iglesia Bíblica 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

This is the scheduled recycling opportunities in Atenas. You will note that there are months in which there are two days and that there are NO confirmed dates for recycling in June or July at this time.

Remember to classify, rinse, and bundle your items.

MUNICIPALIDAD DE ATENAS	
CRONOGRAMA DE CAMPAÑAS DE RECICLAJE	
4 DE 18 ENERO	DE 7:00am a 11:30am CAMPANA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
1 FEBRERO	DE 7:00am a 11:30am CAMPANA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
1 MARZO	DE 7:00am a 11:30am CAMPANA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
4 DE ABRIL	DE 7:00am a 11:30am CAMPANA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
3 DE 17 MAYO	DE 7:00am a 11:30am CAMPANA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
CRONOGRAMA DE CAMPAÑAS DE RECICLAJE	
9 DE AGOSTO	DE 7:00am a 11:30am CAMPANA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
6 DE 20 SETIEMBRE	DE 7:00am a 11:30am CAMPANA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
4 DE OCTUBRE	DE 7:00am a 11:30am CAMPANA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
1 DE NOVIEMBRE	DE 7:00am a 11:30am CAMPANA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
1 DE DICIEMBRE	DE 7:00am a 11:30am CAMPANA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
MUNICIPALIDAD DE ATENAS GESTIÓN AMBIENTAL	
EMAIL: frodriguez@atenasmuni.go.cr TELÉFONO: 2446-1363.	



FIESTAS

El Sabaneño 2017

Sabana Larga de Atenas

"Un Pueblo para disfrutar en Familia"

Del 10 al 13 de Febrero

Programa

Vienes 10 de febrero

- 12 p.m. Se abre la cocina con deliciosas comidas criollas.
- 5 p.m. Se abre la cantina el Guapinol con música de discomóvil.
- 6 p.m. Exhibición de caballos

Sábado 11 febrero

- 10 a.m. Se abre la cocina con deliciosas comidas criollas.
- 1 p.m. Tope, con excelente recepción antes de la salida.
- 4 p.m. Rodeo Universitario.

Domingo 12 febrero

- 9 a.m. Recreativa MTB
- 10 a.m. Se abre la cocina con deliciosas comidas criollas.
- Presentación de Cimarronas "Los Guijas" de Alajuela.
- y de Grecia "La Espanta Perros" junto con la Gran Cimarrona de Atenas.
- 7 p.m. Copa de Monta con el Grupo Sensación Taurina con los mejores toros y montadores del país.

Lunes 13 febrero

- 3 p.m. Se abre la cocina con deliciosas comidas criollas.
- 7 p.m. Campeonato de rodeo y corrida a la tica con los improvisados de Zapote, monta y mucho más.

Te invitamos a disfrutar con nosotros de nuestra deliciosa comida criolla y de la cantina El Guapinol

www.coocique.fi.cr

 Coocique

Regulations in effect January 21 to Mid-March for completing work on the “Platina Bridge”

Coopetransatenas Bus Schedule for this period is on the following page.

Regulaciones necesarias para completar la ampliación a 6 carriles del puente Virilla RN 1

A partir del 21 de enero por espacio de 6 semanas



Medidas de contingencia

- Regulaciones aplican desde EPA Belén hasta el puente Juan Pablo II, de lunes a domingo.
- Sobre el puente se mantendrá siempre el tránsito a 1 carril por sentido.
- **De 6:00am a 9:00am y de 4:00pm a 7:00pm** puede circular sobre el puente sólo transporte público y vehículos de emergencia .
- **Fuera de estos horarios** puede circular cualquier vehículo.



COOPETRANSATENAS R.L.

Horario Especial por Cierre a la Altura del Puente Río Virilla

Itinerario de Servicio de Autobuses

SALE DE ATENAS			SALE DE SAN JOSÉ		
L a V	SAB Y FE	DOM	L-V	SAB Y FE	DOM
4:30 SJ	4:30 SJ	5:00 AL-SJ	05:30	06:00	06:30
4:30 R27	5:00 AL-SJ	6:00 SJ	05:40	06:30	7:45
4:30 SARET	5:50 SJ	7:00 SJ	06:30	07:00	8:30
5:00 R27	6:00 SJ	8:00 SJ	06:30 R27	07:15	09:15
5:00 AR	6:50 R27	8:00 R27	07:00 R27	07:45	10:30
5:00 SJ	7:00 SJ	9:00 SJ	07:30	09:00	12:00
5:18 AM-SJ	8:00 R27-CY	10:30 SJ	08:00	10:00	12:30 R27-CY
5:35 SJ	8:00 AL-SJ	10:30 R27-RG	8:30 R27-CY	11:00	01:30
5:30 R27	9:00 AL-SJ	11:00 R27-CY	09:00	12:00	02:30
5:40 R27	9:00 R27-CY	12:00 SJ	09:30 R27	12:25 R27	3:00 R27-CY
5:50 R27	10:30 AT SJ	1:00 SJ	10:00	01:00	03:30
6:00 R27	10:30 R27-CY	2:00 SJ	11:00	01:30	04:30
6:00 SJ	12:00 SJ	3:00 R27-CY	12:00	02:00	05:30
6:20 R27-CY	12:00 R27-CY	4:00 SJ	12:30 R27-CY	02:30	06:30
6:30 SJ	1:00 SJ	5:00 SJ	01:00	3:00 R27	07:00
6:40 R27	2:00 SJ	5:30 SJ	1:30 R27-CY	03:30	10:00 AL-AT
6:55 R27	2:30 SJ	7:00 SJ	02:00	04:00	
7:00 SJ	3:00 SJ		2:30 R27-CY	4:30 R27	
7:00 AR	3:30 SJ		03:00	05:00	
8:00 SJ	4:00 SJ		3:30 R27-CY	5:30 R27	
8:00 R27	5:00 SJ		3:45 R27	06:30	
9:00 SJ	5:30 SJ		04:00	8:30 SJ-AL	
09:00 R27	7:00 SJ		4:20 R27-CY	10:00 SJ-AL	
10:00 SJ	8:30 SJ		4:40 R27-CY		
10:30 SJ			4:55 R27		
10:30 R27			05:00		
11:00 SJ			5:30 R27		
11:45 R27			5:50 R27		
12:00 SJ			06:00		
1:00 R27-CY			6:30 R27-CY		ABREVIATURAS;
1:30 SJ			07:00		L a V: Lunes a Viernes
2:00 R27-CY			8:00 R27		SAB y FE: Sábados y
2:30 SJ			08:00		Feriados
3:00 SJ			08:50		AL: Alajuela
3:30 R27-CY			9:15 AL-AT		SJ: San José
4:00 R27-CY			10:00 AL-AT		AL.M: Alto del Monte
4:30 R27					R27: San José por Ruta
4:35 SJ					27 AR: Aeropuerto
5:00 R27-CY					R27-CY: Ruta 27
5:30 SJ					Entrando por el Coyol
6:30 SJ					R27-RG: Ruta 27 entrada
7:00 SJ					por Río Grande
8:30 SJ					



CONTACTENOS EN:

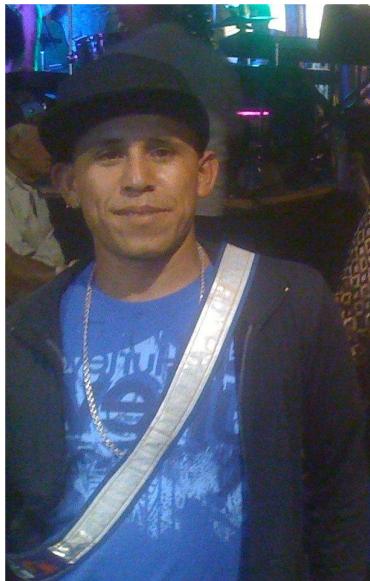
www.coopetransatenas.com

contactenos@coopetransatenas.com

Facebook: Coopetransatenas RL

Tel: 2446-5767 / Fax: 2446-8838

Requiem for a friend



by Michael Elder
mikeandkarenelder@gmail.com

People enter and leave this world with every tick of the clock. There is mostly happiness for the former and mostly sadness for the latter. Most of the time and for most of us, it is of no consequence in our lives.

My friend Derlin left us the day after Christmas after being involved in an accident riding on the back of his motorcycle in San Jose Norte. He was completely run over by a dark Toyota Tundra with business signs on the door. It had started to grow dark and rain. The driver did not stop. Maybe the driver cared enough to look in his rear view mirror to see the aftermath.

You might have seen Derlin around. You might have thought he was just another Nica chopping, digging, carrying; always in the road early, and always working. Derlin Tercero Benavidez was more than just another man.

If you paid attention and looked, you would see a young man with a brilliant smile. You would see his dark eyes sparkle and crinkle up when he smiled even harder. If you were the kind, you would feel the radiant energy given off by this young man however, if you were not the kind, you would at least notice that you are smiling after you met him and felt better than you did before.

If you got to know him, you would know he had a pretty wife of 15 years named Meris and three beautiful children, Fabiola (7), Berlin (3), and Kimberly (8 months). By any standards, they are an attractive family. You would know how much he loved them and how he made them laugh and smile under more than difficult circumstances. He had a plan. He shared that plan with Meris and they were working it the best way a very intelligent but illiterate man who came from a very poor place knew how. His gardening skills spoke for themselves, and his construction skills were learned by watching. You never had to show him twice. He never wavered in his thought that every day was going to be better, and it was.

Derlin was the kind of person that would show up, tell me what he was planning to do and head out to do it. He was the manager of my garden and coffee by default. He was a natural leader. Other workers that he would sometimes bring always deferred to him. No doubt, who knew more and who was in charge.

I know, without a doubt the happiest day of his life was the morning he died.

One morning right before Christmas Derlin asked me if we could have coffee and cookies when he took a break. That was unusual as he was all about staying to the task.

He shared with me how happy he was. I knew he had permanent work as the caretaker in a new development with the possibility of having a new house as the guard/caretaker. He made this land magnificent. He had been paid his *aguinaldo*, for the first time since I had known him. He was in the process of having all his legal residency documents finished in January. He was going to take classes to learn to read and write. His daughter Fabiola had earned a *beca* (scholarship money), his son Berlin was growing into a handsome boy, baby Kimberly smiles and eats, and Meris laughs, shakes her head and hopes for the dream they share. He had also saved some money and bought a shell of a house in Nicaragua. You see he had promised Meris a house one day when they were married and made the decision to seek a better life in Costa Rica. That day was here. Next Christmas he was going to remodel it himself, so they had a place of their own to stay when they visited and could rent it when they were not there. He told me it was going to be a surprise to her with this Christmas present to her.

I could hear him singing when he went back down in the coffee. That day I heard pure joy in his voice.

In just a few days, he would leave us, his family, the plan, and their dreams changed forever.

However, his energy lives on. Fabiola has his smile, his intelligence and presence. I see his face in her as she watches intently when someone shows her something new. Berlin has the sparkle. Doors will open for him. Kimberly has the beaming smile of a father she will not remember. After the horror of the events, Meris has somewhat recovered, and composed herself, however, she will never get over him. She has found the strength to continue their dream. Given the chance, I have no doubt she will. All they have ever asked for is a chance. Yes Derlin's energy lives.

I am sure the person who killed him could not see all this in his rear view mirror as my friend laid crushed and dying on the road to Palmares in the drizzle the day after Christmas. My friend Derlin mattered. Not just to his family or me, he mattered to everyone as an example of someone who works with joy every day chasing a dream. His dream did not die that night on the road; it lives with his family and those he touched.

Note: As juxtaposition to the callousness of the driver of the Toyota, the community of Atenas has opened their hearts to assist in so many ways to Derlin's family since his passing. Tremendous thanks to all that have helped. Your generosity has given this family choices and a chance of continuing his dream.

Friendship Library News



January, 2017

Books donated to the library this month provide an interesting variety of reading material. We have added books about travel, history, philosophy, sewing, cooking and health as well as some historical and contemporary fiction and more books in Spanish, French, and German.

Feeling philosophical? Check out "The Meaning of Human Existence" by Pulitzer Prize - winning author Edward O. Wilson (NF 1). In this book, the Harvard professor emeritus of biology and natural science explores humanity's place in the universe and provides a provocative look at what our future portends.

History buffs may enjoy "English Girl, German Boy: World War II from Both Sides" (NF 9) by expat authors Tessa and Martin Borner. Tessa was five years old living in England and Martin was ten years old living in Dresden, Germany when the war began. They provide a unique perspective of the time before, during and after WWII.

For readers interested in American history, "Founding Brothers: the Revolutionary Generation" (NF 9) is a must-read. Winner of the Pulitzer Prize, this book "explores how a group of greatly gifted and deeply flawed individuals - Hamilton, Burr, Jefferson, Franklin, Washington, Adams and Madison - confronted the overwhelming challenges before them to set the course for the nation." It provides insight into the type of society they hoped to create and the sometimes difficult trade-offs they made.

Here is an interesting travel guide: Eric Weiner's "The Geography of Bliss: One Grump's Search for the Happiest Places in the World" (NF 9). Yes, he traveled around

the world seeking happy places and people and has shared what he found in a delightfully readable book.

When I read fiction, I want the book to take me into places and lives and times very different from my own. I want to learn something. Readers who share that perspective will find some interesting new titles in the fiction collection:

- "The Devil's Queen: a Novel of Catherine de Medici" by Jeanne Kalogridis (F Kal). This will transport readers into the life of 16th century France to tell the story of the strong, passionate and sometime ruthless queen consort of Henry II.
- "The Borgia Mistress" by Sara Poole (F Poo). This is an historical thriller placed in Italy during the Renaissance. Francesca Giordano is the court poisoner of the House of Borgia.
- "The Love Wife" by Gish Jen (F Jen) is the story of a multi-racial Chinese-American family with adopted children of various ethnicities. Into their already complicated lives comes a young and lovely Chinese girl courtesy of the husband's mother. It's an intriguing glimpse into immigrant family life, the blending of cultures and racial identity.
- "Snow" by Orhan Pamuk (F Pam) is the winner of the Nobel Prize in Literature. This timely novel is a political thriller set in modern Turkey that explores the tension between secularism and fundamentalism, told through the life of Ka, a Turkish poet.

And if you just want a good, quick psychological thriller, try "The Girl on the Train" by Paula Hawkins (F Haw).

I'll put all of these books on the new book cart in the back room on Sunday afternoon.

Finally, I have a request. I have a small stack of books in French that I cannot properly classify because of my limited knowledge of the language. If someone out there is proficient in French and can help me out, please contact me.

Happy Reading.

-Linda Ledbetter, librarian

photograph by Linda Ledbetter

Jaguar Smiles across Central America... and Beyond



By Mary Martin Mason
Marymason1946@gmail.com

Author, Salman Rushdie once traveled to Nicaragua as a guest of the Sandinistas. He had decided to write a book that would support the Sandinistas and the vision he mistakenly thought he shared with them. Instead he wrote *The Jaguar Smile*, his non-fictional account about the underbelly of the Sandinistas including their abuse of freedom of press and speech. The title is based on a tale of a young woman who decides to ride a jaguar who, in turn, decides to eat her. It is a cautionary story of a nation pinning its hopes on a leader that ultimately will devour its supporters.

A recent return trip to Granada, Nicaragua, put me on the trail of an American jaguar, William Walker. In 1854, Walker took advantage of a Nicaraguan civil war between the conservatives and the democrats, signing on with the Democratic president Francisco Castellón to bring 60 men to be colonists and to serve the president's government. President Castellón's intention was to defeat his enemies, which Walker managed to do. Too late, Castellón realized he was riding a jaguar when Walker usurped the presidency of Nicaragua through a fraudulent election. In 1857, he ruled for a year. Walker even convinced the United States President Franklin Pierce to legitimize Walker's new English-speaking, slave-owning regime.

Walker was known as a filibuster. Today, a filibuster is a prolonged speech that obstructs progress in a legislature. In 2013, Ted Cruz decided to read Dr. Seuss' *Green Eggs and Ham* to the Senate in order to oppose Obamacare. Some profess that in that 21 hour and 19 minute performance, he was at his most articulate. In the 1800s, a person engaging in unauthorized warfare against a foreign country was called a filibuster.

In the pre-Panama Canal days, goods shipped from New York City sailed on Lake Nicaragua before being placed on a stagecoach bound for a ship to San Francisco. Shipping tycoon Cornelius Vanderbilt oversaw this enterprise. Walker enraged Vanderbilt when he usurped his steamboats for his army. Vanderbilt alerted Costa Rica's President Juan Rafael Mora who, with

Vanderbilt's help, declared war on Walker's government. Vanderbilt also bribed men to defect from Walker's army and financed the Costa Rican resistance.

In response, Walker invaded Costa Rica. After losing the Battle of Santa Rosa in March, 1856, Costa Rica stormed into Nicaragua and defeated Walker's men in the Second Battle of Rivas. The First Battle of Rivas had taken place a year earlier, but was of little consequence. In the Second Battle, Costa Rican hero Juan Santamaria, a drummer boy who set fire to a garrison of Walker's troops, died. The International airport in Alajuela bears his name, as does a national holiday.

After the Second Battle of Rivas, Walker returned to the United States and was declared a hero. Immediately he made plans to return to Nicaragua, believing the country was his. His fame merited a discussion of him in Margaret Mitchell's *Gone with the Wind* between Rhett Butler and slave owners who supported the filibuster cause.

Walker had been a doctor, lawyer, journalist and ardent proponent of slavery. Walker had no military training or experience, and by all accounts was disastrous as a commander. All talk, he let his generals devise strategy, often abandoning his wounded men to face a vengeful enemy that he rarely encountered.

He capitalized on the greed of American and European investors who, like him, viewed Central America as fertile territory for exploitation. Not everyone in America approved of his raids, despite it being the era of The Manifest Destiny during which the United States had added Texas and California, had bought the Louisiana Territory and was eyeing the Philippines, Hawaii and even Cuba. Despite signing a treaty with Great Britain to not interfere in Central America, filibusters were anxious to expand their ambitions. The sentiment of the country was clearly behind that expansion.

Walker was once tried in a federal court for violating laws of neutrality. Human jaguars, though, can be both stealthy and persuasive. Walker's popularity helped acquit him after eight minutes of deliberation by a jury. In the days before Twitter, Walker wrote poems and a play about his adventures as well as a book, *The War in Nicaragua*.

During a previous visit to Granada, I learned that before being surrounded by Honduran, Salvadoran and Guatemalan armies, one of Walker's generals had burned the town. I decided to visit museums and discover more about his imprint on Granada. Supposedly, a sword inscribed with *Aquí fue Granada* or "Here was Granada" was left behind as a "in your face" memento. I wanted to see that artifact, if it existed.

Today, the walls of colonial city of Granada are bathed in muted pastels, broken by contrasting trim of different hues. Horse drawn carriages bear the logo of MoviStar, an Internet company that serves the locals, as evidenced by the many citizens standing in *Parque Central* to receive elusive cell phone signals. Above them is the cacophony of birds so loud that it is miraculous that anyone can hear on their cell phones. Nearby is Calle La Calzada, a pedestrian street

offering lively entertainment, bars and restaurants. Surrounding the park are stalls with artisan wares as well as tacky souvenirs. Street food abounds including *vigorón*, a tasty concoction for which Granada is famous, made of *chicharrones*, yuca, garlic, oregano and cilantro.

My quest for William Walker entailed taking two different rides on carriages, both with drivers offering an identical memorized explanation in English of the various buildings and churches that had been burned by Walker's army. All carriages make a quick stop at the house where Walker lived and set up his dictatorship. The drivers let passengers know that the house is now a private residence. I found myself asking waiters, concierges, and taxi drivers, "*Donde está el museo o información de William Walker?*" Everyone had a different response, all of them resulting in dead ends.

Many years ago I was determined to visit Dachau Concentration Camp in Germany. After a few failed attempts on buses, I managed to find a small sign indicating the location. Clearly, the citizens of Dachau were ashamed of the infamous camp that they claimed to not know about even as it served as a model for subsequent death chambers. Since 1965, Dachau has been converted into a Memorial Site, largely due of the efforts of surviving prisoners. For any country, it is understandable when reviewing history to find discomfort in horrors and atrocities.

Before my trip to Nicaragua, I had a conversation with Oscar Rivera, a Nicaraguan who is the Reservations Manager at The Retreat Costa Rica in Atenas. Oscar said, "Nicaraguans do not know nor remember their history, and thus it is repeated." Oscar's words led me to believe that while there was no museum dedicated to William Walker in Granada, surely somewhere in the city was a chronicle about his misdeeds. I started with the churches that William Walker had burned.

The Catedral de Granada dominates the landscape of the town. During my last trip I had climbed the rickety spiral stairs to experience a panoramic view and a deafening serenade from the two massive bells in the tower. The church was destroyed in 1856, and due to a lack of funding was not rebuilt until 1915. The *guía* spoke to me between selling tickets to the many who were foolish enough to risk their hearing as I had done. "*Necesitas ir a San Francisco Convento,*" he said.

I recognized the *San Francisco Convento* from my walks and carriage rides. First constructed in 1585, like the *Catedral*, it had been razed by Walker in 1856, rebuilt in 1868 and was restored in 1989. Above the door of *San Francisco Convento* was a plaque, saying in Spanish, "This temple was burned by filibuster William Walker in November, 1856 and was rebuilt in a new form in 1867 and 68." The information was hardly useful.

Next door to the Convento, though, at long last was a *museo*. Once inside, I detected a look of wry amusement when I asked about William Walker, a look similar to the one I had seen on the guide at *San Francisco Convento*. How often did North Americans gloss over the many cultural offerings in Nicaragua

to ask about one of their own, an odious man who like so many had altered the history of Nicaragua to advance their own greed?

The only trace of Walker was a brief recounting of Nicaraguan history, complete with Roman numerals like a book report. Carved in stone next to VIII was: "Infringement 1856 General Walker's order has been fulfilled. Granada has ceased to exist." The quote is attributed to General Charles Frederick Henningsen, Walker's commander who had ordered the burning of Granada.

Under that heading was a quote from Horacio Bell, 1857, with this description: "With a city still burning, a coffin was ordered under the sign of Granada, and a tumultuous swarm of drunken filibusters, with an image of Salvador was advanced, and they paraded the square in an impious rite, depositing the coffin in a hollow dug in the center of the square on which they erected an immense sign with this inscription: 'Here was Granada.'"

This was better than an inscribed sword. My mind conjured the Parque Central, devoid of MoviStar carriages and the swarm of folks trying to get a cell phone signal. Walker's men, drunk on revenge and perhaps rum, had taken the time out after incinerating the city to dig a grave and inside, place a sign that announced their victory.

That victory was to be short lived as the army, most who would not survive, realized they had climbed on the back of a jaguar. Walker was captured by the British Navy who handed him over to Honduras who executed him in 1860. Reports vary about his last words, the *New York Times* writing that he said, "Other Walkers shall arise from my blood!"

It was to be an unfulfilled prophecy. Shortly thereafter, the United States entered into the Civil War, delaying efforts to expand borders. William Walker, despite his egomania, is a bare footnote in history, his story assigned to a part of a wall in a museum in the city he was ultimately responsible for destroying. I am glad that it requires effort to discover his tiny jaguar footprint in the lovely colonial city of Granada.



The Enduring Traditions of Costa Rica's Natural Plant Medicine

By Shannon Farley

The first time my husband, Rolando, convinced me to use a natural medicine remedy from his country of Costa Rica, I was suffering so much from an intensely painful sinus headache that I honestly didn't care what solution he proposed as long as it would stop the pain.

When he brought inside the very weird-looking *Pichichio* fruit – also called “nipplefruit” and “cow’s udder”, which to me looks like a miniature alien spaceship – smoldering on top of a metal tray of hot wood coals, I was skeptical. The top of the fruit had been cut off and its insides mixed with *Zepol* gel (the Costa Rican version of Vicks Vapor Rub), made of camphor and menthol. He sat me down in front of the steaming fruit, placed a large bath towel over my head and the tray, and told me to close my eyes and inhale deeply as much as possible through my nose. Doubtful it would work, I did as I was told, inhaling the pungent hot steam for about 15 minutes.



When done, I was a little lightheaded, but I could breathe again and the pounding sinus pain was diminishing. Within 30 minutes my sinus headache was completely gone, and the following day I was 100% healthy again.

Live here long enough and you’ll soon discover that Costa Rican life is full of intriguing traditional home remedies for ailments and diseases. Have an upset stomach or acid reflux? Drink the gel of a fresh aloe vera leaf mixed with milk and a little honey. Feel a cold coming on? Drink hot fresh lemongrass tea with ginger and honey. Seasick, hangover, dehydrated, too much sun? The juice from a young coconut, called a *pipa*, will revive you instantly. It works, trust me.

Most Ticos older than 50 grew up with the traditions of natural plant medicine, mostly consumed in fresh herbal teas. Typical Costa Rican condiments like onion, garlic, cilantro, pepper, thyme, and oregano, all have known therapeutic properties.

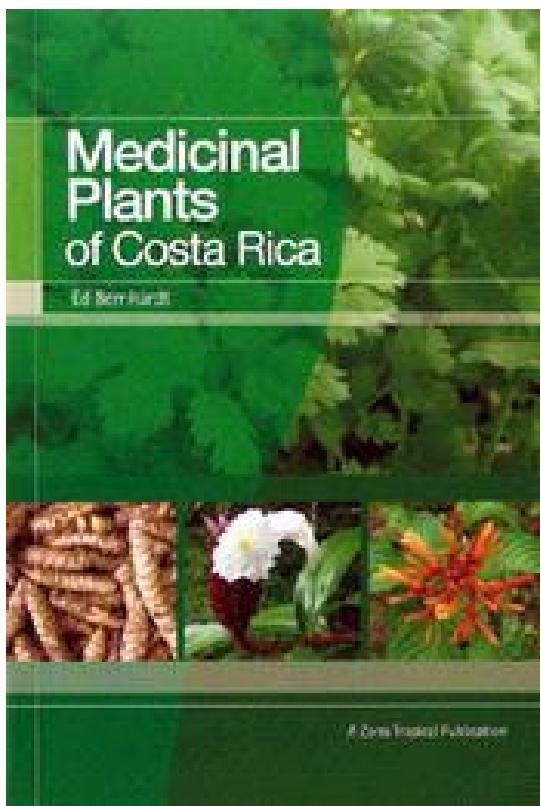
Campesinos who lived out in the countryside especially used home remedies. It was easier to go get a medicinal plant or herb from their garden or along the roadside than it was to travel to see a doctor. My husband, Rolando, learned about medicinal plants from his mother, who learned from her parents, and so on. Raising 10 children on a rural coffee farm, it was much

easier and more economical for Rolando's mother to take care of everyday illnesses, cuts, scrapes and bruises with plants around the farm than to go to town to the medical clinic.

For thousands of years, humans have relied on foods, plants and herbs for medicine. Tropical rainforests, like in Costa Rica, are particularly important for medical research and cures. It is reported that 25% of Western pharmaceuticals are derived from rainforest plants, and over half of the world's cancer treatments are taken from plant sources.

There are least 270 known medicinal plants in Costa Rica, and many treat more than one ailment. If you go to the Central Market in San Jose or the farmer's markets in Costa Rican towns, like ours in Atenas, you will almost always find a knowledgeable herbalist selling fresh and dried herbs and plants for cooking and natural remedies. On the outskirts of Heredia, the **Ark Herb Farm** is the country's largest producer of medicinal plants. (They do guided tours; contact them at 2269-4849 or <http://www.arkherbfarm.com/>.)

What is important when using natural remedies is to make sure you get your information from a reliable source, and to follow instructions closely. Many plants, if used incorrectly, can make you very sick. For instance, returning to that helpful *Pichichio* fruit, it belongs to the Solanaceae family, part of the nightshade genus, and is poisonous if eaten.



Over the nearly 18 years of living in Costa Rica, and especially from my husband and his family, I've learned a lot about traditional herbal and plant remedies. We use natural medicine not only for ourselves, but also for our dogs and cats. While I still occasionally use common over-the-counter things like ibuprofen, and definitely seek regular medical care when necessary, I also check the two natural plant medicine books we have at home: *Naturaleza y Salud: Remedios Caseros Tradicionales* (Nature & Health: Traditional Home Remedies) by Eliecer Rojas and Jorge Ramirez; and *Medicinal Plants of Costa Rica* by Ed Bernhardt (2008), Zona Tropical Publications. I love this second book and have used it time and time again to cure colds and other simple ailments, and simply to keep healthy. The nice thing about the book is it gives photos, common names in English and Spanish, scientific names, botanical information, usage and medicinal information, recipes and any cautionary warnings.

We grow aloe vera in our garden, which is useful for everything from easing the pain of a burn or sunburn to healing a cut or wound, curing an upset stomach or headache, and taking away the itch of insect bites. I also use aloe vera on my dogs if they get a cut or scrape. Eating papaya fruit at breakfast is great for treating digestive problems like indigestion and constipation (dogs love it too!). I've been cured instantly of seasickness symptoms (once back on land) with pure lemon juice and baking soda in a glass of water, and also fresh coconut juice – always plentiful at the beach in Costa Rica.

I eat ginger to prevent motion sickness when riding in a car or bus, and its antibacterial and antiviral properties can help prevent infections. Regular cinnamon powder from the kitchen helps stop bleeding, and also diarrhea (take with a spoonful of honey). When one of my dogs was being treated for a broken foot, after surgery, the veterinarian told me to dress the wound daily with honey – a natural antibiotic. Chamomile tea not only helps you go to sleep, it is anti-inflammatory and good for headaches and general aches and pains. Rosemary is also anti-inflammatory; if you have a swollen area, boil fresh rosemary and then make a towel compress with the cooled tepid water.

And if you are ever at a Costa Rican soda (little restaurant) and see a drink that looks like a glass of frog's eggs, that's Chan. Native to Central America, the seeds of this roadside plant are used to lower blood pressure and relieve indigestion, gastritis and constipation. You can buy packets of Chan seeds at Copeatenas in the spice section. The little black seeds are mixed with water with honey to make the strange-looking drink. It definitely tastes better than it looks!



Atenas Today Interviews:

**Karla D'Ambrosio Eduarte &
Esteban Montero Madriz
Owners of:**



AT: Thank you for taking the time to talk with us today. We know that readers enjoy learning about new places they can visit to enjoy a meal or an afternoon coffee break!

EM: You're very welcome; we enjoy being introduced to potential customers that we look forward to serving.

AT: Why don't we start by telling people the history of Cakery Bistro & Café?

EM: Karla studied to become a chef here at ULatina in Heredia but she felt passionate about cakes so she studied in Argentina to become a pastry chef. When she returned to Costa Rica, she worked at the Four Seasons Resort in Guanacaste. She became homesick so she came back to Alajuela. While she was working at the Intercontinental Hotel, she started baking and selling cakes on special request. When she saw that she could not keep up with the demands of her job and her cakes too, she quit her job and concentrated on just her specialty cakes.

Cakery began as a small coffee and pastry shop. I joined Karla because I had experience in customer service and hotel management.



Special Ice Cream Cake with Caramel

KD: Before we were married, I was in charge of the operation while Esteban took on the administration. Today we still manage Cakery together so it feels like it's our little baby. Since the beginning we felt very attached to Alajuela because we have both lived here all of our lives. We decided we wanted to build our little company here too.

AT: What culinary delights can we expect to try at Cakery?

EM: Well, we basically tried to include a little bit of everything that we loved in one menu. You can find from a regular salad with berries and almonds, an ayote cream or patacones to an elaborately handmade pasta or grilled salmon. We use only

the best ingredients that we can find and make everything from scratch.



Carpaccio de Carne

AT: We noticed that aside from the restaurant section you also have space for events and parties.

EM: We have two different spaces that could work for a party of 120 people or a small gathering of 10 people. Both options allow you to just rent the spaces or we can also help you by catering the food or taking care of all the logistics.

KD: We have held bridal showers, baby showers and weddings. The fountain and gardens also make lovely backgrounds for events.



A Tuesday "Craving"

AT: How would you say your business is different from others in the area?

EM: We highly respect our fellow restaurants. Since the beginning we wanted to bring a different *concept* to La Garita. We wanted everything to be homemade but with affordable prices. Most of the restaurants around here serve traditional food (comida típica) and corn based meals. We knew it was risky but it was worth a try to have a different option. Our main goal was to offer a little bit of everything so you wouldn't have to go to Alajuela centro to have a nice gastronomic experience!



Cheesecake Varieties

AT: Thank you both for your time. We look forward to visiting again and trying out more of your food!

Cakery is located in Dulce Nombre La Garita. Open Monday to Sunday from 10 a.m. to 8 p.m. Fridays and Saturdays open till 9 p.m.

Tel: 2433-4314

email: cakeryencargos@gmail.com

Photographs from Cakery FB page

Beware the Stereotype



By Atenas Today Staff

Betty White turned 95 on January 17th. Norman Lear is 94 and still going strong. These and many other examples of senior citizens living active lives made me do some research on old age and the stereotypes we cling to in our society. One of sites I came across (<https://www.carepathways.com/anoldladyspoem.cfm>) shared the following poem which I thought would be nice to share with readers since "old age" is something we will all (hopefully) be actively living one day!



Betty White (Wikipedia)



[Norman Lear \(Wikipedia\)](#)

The story associated with the poem states that when an old lady died in the geriatric ward of a small hospital in Scotland, a nurse went through her scant belongings and found the poem which would circulate throughout the world. I have often read it and every time I do, I feel sad that I did not pay enough attention to my grandparents when I had the chance to do so. I am glad I still have my parents to spoil.

An Old Lady's Poem

What do you see, nurses, what do you see?
What are you thinking when you're looking at me?

A crabby old woman, not very wise,
Uncertain of habit, with faraway eyes?
Who dribbles her food and makes no reply
When you say in a loud voice, "I do wish you'd try!"
Who seems not to notice the things that you do,
And forever is losing a stocking or shoe...
Who, resisting or not, lets you do as you will,
With bathing and feeding, the long day to fill....
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse; you're not looking at me.

I'll tell you who I am as I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of ten ...with a father and mother,
Brothers and sisters, who love one another.
A young girl of sixteen, with wings on her feet,
Dreaming that soon now a lover she'll meet.
A bride soon at twenty -- my heart gives a leap,
Remembering the vows that I promised to keep.
At twenty-five now, I have young of my own,
Who need me to guide and a secure happy home.
A woman of thirty, my young now grown fast,
Bound to each other with ties that should last.
At forty, my young sons have grown and are gone,
But my man's beside me to see I don't mourn.
At fifty once more, babies play round my knee,
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead;
I look at the future, I shudder with dread.
For my young are all rearing young of their own,
And I think of the years and the love that I've known.

I'm now an old woman ...and nature is cruel;
'Tis jest to make old age look like a fool.
The body, it crumbles, grace and vigor depart,
There is now a stone where I once had a heart.
But inside this old carcass a young girl still dwells,
And now and again my battered heart swells.
I remember the joys, I remember the pain,
And I'm loving and living life over again.I think of the years...all too few, gone too fast,
And accept the stark fact that nothing can last.
So open your eyes, nurses, open and see,
...Not a crabby old woman; look closer ...see ME!!

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.**

Hola Y'al!!!

Well we have had LOTS of excitement lately. The season here is changing and it is starting to rain little each day!! That makes things happen FAST here in Costa Rica!!
Everything is blooming out and the colors just POP out!!!

You guys remember the flower bush outside Moms window with the red flowers on it? Well the hummingbirds REALLY like those flowers!! They are really small. Heck!!! We've got BUGS he bigger than that!!!!

HEY!!!!!!!!!!!!!! WOW!!!!!!!!!!!!!! NEATO!!!!!!!!!!!!!!

While we were typing this Mom heard a funny noise and went to investigate.

GUESS WHAT!!! A hummingbird had flown into the house (we keep the doors all open) and trapped himself in Dad's window. Mom caught it!!!!!!!!!!!!!!

Mom said the little thing was SOOOO scared trying to escape from the window!!

When she put her hands in to catch him he calmed down!!! Mom said he knew she was trying to help him and that is why he calmed down when she touched him.

Mom caught him, took him outside and let him go!!!! MAN!!! Those colors are gorgeous!!!!

Us perros stayed outside Dads door and waited til she caught it. Lluvia wanted Mom to let us play it but I told her "HECK NO!!!! That thing is WAY too little for a bunch of perros to play with!!! BREAK it!!"

Anyway, Mom was THRILLED!!!

WOW!!!!!!!!!!!!!!

She had seen a story on Animal Planet yesterday about a man who works with hummingbirds and said to me, "BudBud, wouldn't it be NEAT to actually HOLD a hummingbird???"

She says God was listening and gave her a gift today!!! He does things like that y'know.

The little perro next door, Custer, has a favorite spot in his laundry room. The sun comes through

Me and Mom went to Olga's house again the other day to take medicines for the rescue babies. One of Moms new angel!! She rescues dogs in Grecia.

While we were eating at the El Rio the other day, with Cliff and Claire, Mom saw a bird fly into the restaurant. She jumped up and grabbed her camera and took some pictures.

It was a bird called Bobo Chisa. We are not sure what the real name is but that is what the tico's call them. They are really neat and have a really funny looking tail!! They have like a "crown" of

iridescent blue on their heads. Mom says they are related to the Quetzal.
The restaurant owner says that bird comes in every afternoon!!!

We saw some really neat flowers!! Mom calls them “Butterfly Flowers” cause they look like a flower with a butterfly on it!! They come in LOTS of colors. I didn’t play in them though cause Mom says they are too beautiful to trample under doggie paws!!

We spotted that goofy looking lizard again too!! Mom got some pictures but still could not get one of him running on his hind legs. She tried but he is WAY fast and they all turned out blurry. Mom says next time she will set the camera for stop motion and try again.

With the rains we are getting we were having some trouble with the rainwater flooding down the back steps. Mom says it is because us perros have done some re-arranging of the dirt back there. LOL!!!
Anyway, some men came the other day and made a new cement spot back there so the rain would go another way!

We all had to investigate as soon as the men left.

Well, Mom says it is time to quit for now. She says I am getting WAY too wordy. I can’t really help it. I just love to talk!!!

Tailwags from,
BudBud the hummingbird/lizard/flower watcher.

That's Entertainment!



by Marietta Arce
marietta.arce@gmail.com

I have always enjoyed slapstick and have often quipped that I don't care if people are laughing with me or at me, I feel a kind of accomplishment when I make them laugh! Lucille Ball and Carole Burnett are among my favorites because they understood the seriousness of physical comedy and would put themselves through many an ordeal in order to have the greatest compliment paid to them by their audience: laughter

A recent trip to the beach with my daughter and her film crew allowed me to experience what it really entails to make even a short film. My experience with my two radio shows in the past taught me a lot about recording sound but it did not sufficiently prepare me for the arduous work of film making.



Member of the Cast Awaiting Cue

We set out for the beach in the morning and after a few hours of enjoying the waves and sun, it was time to begin the actual filming of the scene which was to take place around sunset. The script called for my participation but in a very small way (sitting on a beach chair observing the horizon) so that I actually spent most of my time comfortably reading my book and providing a snack when called upon to do so.

From my vantage point, I could observe my son carrying around the cumbersome recording equipment and I saw how the rest of the cast and crew filmed and re-filmed the scene.



Sound Technician

My thoughts first centered around what permanent life at the beach could be like; surfer current fashion styles and lastly arrived at a stream of consciousness that can only happen when I am forced to sit still and do nothing! I jotted down the odd concrete thought in my notebook glancing at the horizon every now and then.

At long last, sunset came and the day of shooting ended. I watched as everyone carefully packed up all the gear and other belongings. Eventually the crew had assembled all their equipment near a long, wide, fallen tree trunk lying on the sand.

I began to gather my things so that I did not delay us. The chair I had been using had sunk deeply into the sand so getting it out and folding it was not an easy task. I was determined not to ask for any help, knowing the kids were all tired and noticing that they were staring at the horizon catching the last glimpses of the beautiful sunset.



Sunset at the Beach

I succeeded finally and packed the chair in its protective cover, picked up my two beach bags and proceeded to the tree trunk to meet the rest of the group.

When I got to the group, my daughter asked me if I had some repellent because the "no see-ems" were biting. It took a moment to remember where I had stored it.

Picture this: I had slung the chair over my left shoulder and in my right hand, I was holding two beach bags. My daughter was standing on one side of the tree trunk and I was on the other side. As I turned to my right to retrieve the repellent, I could feel myself lose my balance as my left foot sank deeper and deeper in the sand.

In that exact instant, my daughter's eyes met mine and I could tell she knew it too. Before she could react, I heard myself saying: "I'm falling and I am not going to fight it. When I'm finished, please help me up!" Her face registered panic and amusement at the same time.

What happened next was worthy of a Lucy episode! I knew the "free fall" would not injure me because the sand was soft. I was still in possession of the chair's strap over my left shoulder and the two bags were in my other hand. As my face met the sand, I succumbed to an uncontrollable fit of laughter.

My daughter and two of her friends tried stoically to remain serious but the ridiculous scene before them and the contagiousness of my laughter proved too much. After some time, we extricated me from the sand and I experienced the exhilaration that comes from letting go and having a really good laugh, even at my own expense. Laughter is good for the soul, make sure you get a daily dose!

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.



Tope Two
16" x 32"
Oil on Linen

Artist's Statement: The Palmares Tope is an annual day-long parade featuring proud riders and beautiful horses for the viewing enjoyment of several thousand onlookers!

Al Alexander
email: jeanandal@gmail.com
website: www.alalexanderartist.com



Untitled
24" x 28"
Acrylic and Collage on Paper

Harriet Sheppard
hweyman@gmail.com



Desmonte Atenas Sunset January 8, 2017
Photograph: Dennis Easters

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.**

Bolley Buzz
Bunky Bartlett

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

Carole Connolly
Claudia Leon

<http://carolejeanscostaricacapers.com>
<http://photoleraclaudinha.smugmug.com/>
<http://straightline-cmk1.blogspot.com/>
<http://costaricadecisionprocess.blogspot.com/>

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

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

Fred Ball

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

Going Like Sixty

<http://goinglikesixty.com>

Julie and Rick in Costa Rica

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

Marietta Arce
Mi Chunche

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

Nadine Hays Pisani
New Life in Costa Rica

happierthanabillionaire.com
http://www.anewlifeincostarica.com/nuevo_vida/

Paul Furlong motorcycle blog

[http://eyeneo.com/](http://eyeneo.com)

Pura Vida Mommy

puravidamommy.blogspot.com

Rubiatica

rubiatica.blogspot.com

Shannon Farley
Somewhere In Costa Rica

[http://enchanting-costarica.com/](http://enchanting-costarica.com)
<http://somewhereincostarica.com>

The Real Costa Rica
The Very Worst Missionary
The View From Here
Tristan & Newton

blog.therealcostarica.com
theveryworstmissionary.com
theviewfromherecr.blogspot.com
<https://tnrealstatecr.wordpress.com>

Issue Number 145

January 23, 2017



Pet Boarding



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

- Dogs, cats, birds, small animals cared for at my home.
- No cages...your pet will be a guest in our home.
- Pets will be kept indoors, outdoors or allowed access to both at your request.
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- They'll be fed the food that you provide for them at the times they are used to being fed.
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I am a certified physical therapist and massage therapist who specializes in treating musculoskeletal injuries, movement disorders and pain, both acute and chronic. My goal is to find the cause of the pain by doing specific evaluations to give an accurate diagnosis. In this way, I can treat the problem directly from the origin often avoiding invasive surgeries, expensive injections and medications by treating you in a natural way to improve pain and movement.

I tackle the complex issues of pain, acute and chronic, with a combination of education, therapeutic exercises, and other treatments, including electrotherapy. My focus on patient care includes giving you rapid relief through multiple methods of treatment, but just as importantly, accompanying you through the process of diagnosis, treatment, and reincorporation to your daily activities.

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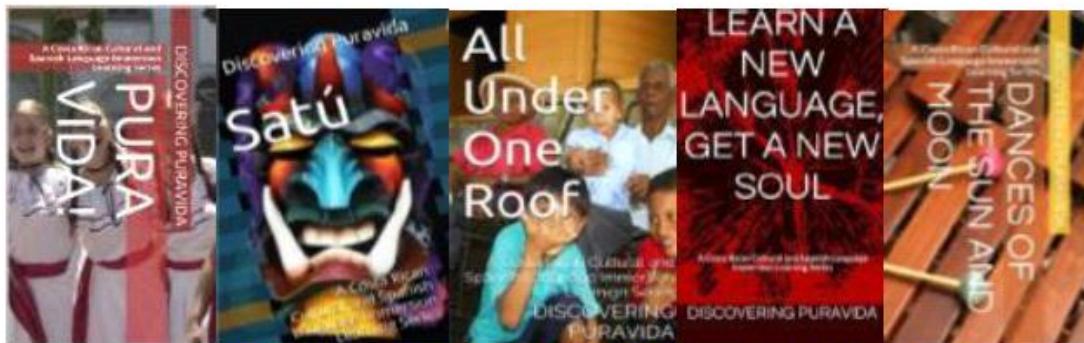
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