

## 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



Majestic Guanacaste Tree photo Bing.com

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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



I just returned to my home office after having finished many errands in town. A typical Monday in the middle of the month is unusually busy for me and I am always happy when I can finally sit and begin the day's writing. As I turned on my desktop to begin working on this month's issue of **Atenas Today**, my eyes rested on the many issues of **Hemispheres Magazine** that I have collected over my years of travel.

**Hemispheres** is United Airlines monthly in-flight magazine. According to the editors, the magazine is written with the "affluent, curious, sophisticated and intrepid world traveler in mind". The topics covered include travel, technology, business, fashion, food, global culture and more and they are presented in a very elegant package.

I confess that as I savor each new edition of **Hemispheres**, I look for topics which our monthly **Atenas Today** might include that could spark the interest of

curious, sophisticated and intrepid residents or visitors. I believe "affluence" is a state of mind which we all experience when living in these gorgeous surroundings. Alas, limited time is my predicament month after month, and I am thankful for and pleased with the excellent and thought-provoking articles our contributors provide for our reading pleasure.

Here we are at the end of June, a month that includes a focus on the environment (National Tree Day) and our task to protect it. June also marks the end of school in the U.S. and Canada and many of us are looking ahead to spending lazy days with our loved ones. I am energized by the bright colors of Nature all around and I am delighted that we get to enjoy them in **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](mailto:atenastoday@gmail.com) by the 15<sup>th</sup> of the month.

June 21<sup>st</sup> – Summer Solstice in the Northern Hemisphere!

June 27<sup>th</sup> - Canada Day activity in La Garita (see attached flyer)

June 28<sup>th</sup> – Central Park of Atenas – Animales de Atenas will hold a Miniferia

June 30<sup>th</sup> – AI-Anon meetings begin at Kay's Gringo Postres (see flyer)

July 1<sup>st</sup> – Official Canada Day

July 4<sup>th</sup> – U.S. Celebrates Independence, activity being held at La Cervecería, Heredia (see attached flyer)

July 5<sup>th</sup> – July 15<sup>th</sup> – C.R. National Games will take place in the Zona Norte (San Carlos, Zarceró, Guatuso, Los Chiles and Upala)

July 6<sup>th</sup> – July 19<sup>th</sup> – Costa Rican school children enjoy mid-term vacation

## REGULARLY SCHEDULED ACTIVITIES

Every Sunday: Buddhist Book Discussion at Roca Verde (See Flyer)  
Please note no meeting June 14<sup>th</sup> June 21<sup>st</sup> or June 28<sup>th</sup>

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

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

Every Tuesday: Atenas Bridge Club meets at Don Yayo's Restaurant. 12:30 p.m. to 4 p.m. No partner required.

Every Wednesday: At 11:30 a.m. (Please confirm with Michele Clutter 2446-0664)

*Atenas Wednesday Women*  
informal get togethers at Kay's Gringo Postres

**PLEASE NOTE:** The Costa Rica Writers Group meets in San Jose once each month. For more information, please contact Bob Brashears at [bbrashears0@gmail.com](mailto:bbrashears0@gmail.com) or phone 8684-2526



"SO MUCH ACHIEVED, SO MUCH TO DO"

# CANADA DAY FOR COSTA RICAN CHILDREN

Every child deserves a SAFE, SOUND, CLEAN & HEALTHY environment in which to learn and grow.

**JUNE 27<sup>TH</sup>** 10AM TO 3PM  
AT HOTEL LA ROSA DE AMERICA, CARITA DE ALAJUELA

**¢10 000 #001**  
INCLUDING FOOD

## The Asociación Caritativa Canadiense (The Canadian Charitable Association) Invites You to Join Us for Good Times Celebrating Canada Day

June 27, 10 am – 3 pm

Your ¢10,000 donation includes great food, swimming pool, music, cash bar, raffle, & more!

**Plus, you'll be supporting our outstanding school projects:**

- a new roof & outhouses for an indigenous school in the remote Talamanca mountains
- a new infrastructure project focusing on improving the learning environment in high schools with high dropout rates!

### How to help?

- Purchase a ticket, attend & enjoy!
- Donate a Raffle item!
- Check your cupboards/garage & donate 'gently used' treasures (no clothing) for the Buy-It-Now table!
- Can't join us? Then how about making a donation in lieu of a ticket?

**FOR MORE INFORMATION RE PURCHASE OF TICKETS, RAFFLE DONATIONS AND BANK TRANSFER, PLEASE CONTACT :**  
JOAN DEWAR, 2444-8796 [dewar@casadewar.com](mailto:dewar@casadewar.com) OR  
ELLEN VAN DYK, 8698-0005, [keesellenvandyk@gmail.com](mailto:keesellenvandyk@gmail.com) .  
WE WILL ARRANGE A DATE FOR CONVENIENT PICK-UP OR DELIVERY.  
MUCHAS GRACIAS!!

**Where? Hotel La Rosa de America, La Garita**  
(just east of Zoo Ave)



# The American Colony Committee

invites

All U.S. citizens & their immediate families

## To the 55<sup>th</sup> Annual 4<sup>th</sup> of July Celebration

### Saturday, July 4<sup>th</sup>, 2015

9:00 a.m. to 1:00 p.m.

Cerveceria Costa Rica

Exit off Highway

to Airport

Donation \$10.00 or 5,000 colones

No Credit Cards or Large Bills

Each US citizen may bring  
ONE Tico friend.

Free parking next to

AVIS Rent a Car

Free Shuttle Bus service,

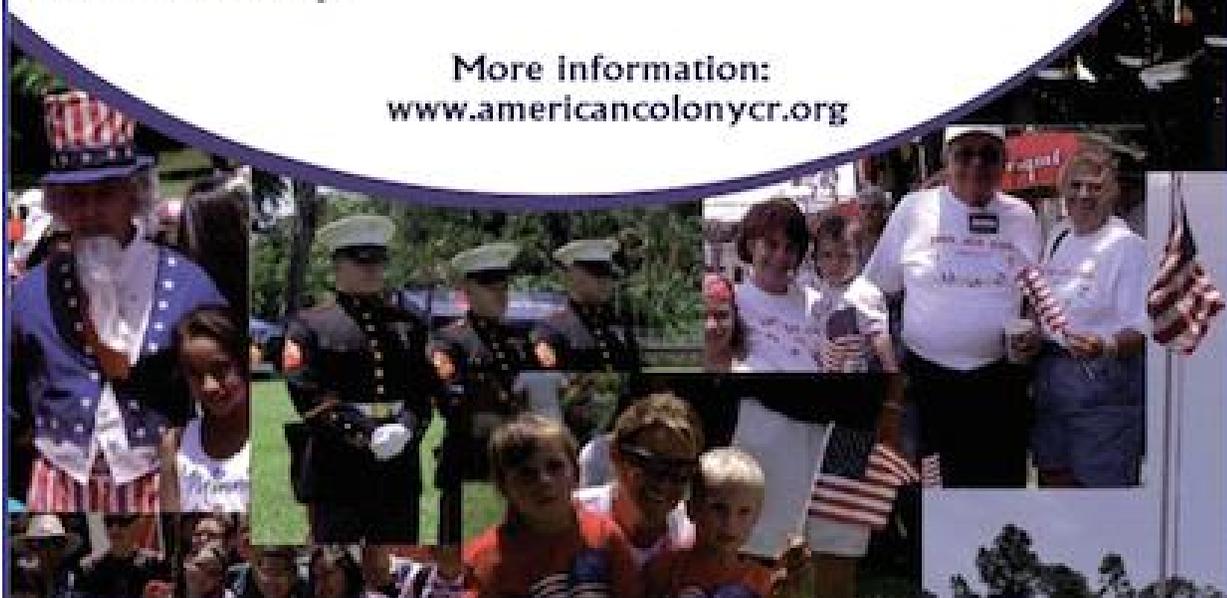
San Antonio de Belén

Proof of U.S. &

Tico citizenship



More information:  
[www.americancolonycr.org](http://www.americancolonycr.org)



# *ANNOUNCEMENT*

Al-Anon in English is coming to Atenas!

*Have you been hurt or embarrassed by a drinker's behavior?*

Ask yourself:

Do you worry about someone else's drinking?

Do you search for hidden alcohol?

Do you pour alcohol down the drain?

Do you cancel plans because the drinker is unable to participate?

If the answer to any of these questions is "YES",  
Al-Anon Family Groups may be able to help you.

Al-Anon meetings are confidential.

Atenas Al-Anon Meeting (Eng.) begins

Tuesday, June 30, 2015

3:00 pm-4:00 pm

Kay's Gringo Postres

Atenas

For more information, contact [jodybaden@gmail.com](mailto:jodybaden@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](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.

Wednesday - 6pm - English worship service

1st Sunday of each month – An English translator is provided for the 9:00 a.m. Spanish worship service.

(After the service many of the ex-pats gather at a designated home for a potluck lunch. Just ask any ex-pat before or after worship for the particulars.)

ENGLISH PASTOR: Steve Lucas - <https://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: On Highway 3 at the blinking light

# Atenas Yoga Center




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

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

## Class Schedule

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

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



\* Class taught in Spanish.

**All classes are 3000 colones or US\$6**

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

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

**classes@atenasyoga.com    www.atenasyoga.com**

Atenas Yoga Center

Leah MacLauchlan  
Yoga Instructor

Contact Us: 2446 3170  
nomosno21@gmail.com



Atenas Yoga Center

Anna Hunt | Yoga Instructor

Contact Us: 8338 9968  
classes@atenasyoga.com



*Friendship Library News*  
*June, 2015*  
*by Linda Ledbetter*  
*lindaledbetter@juno.com*

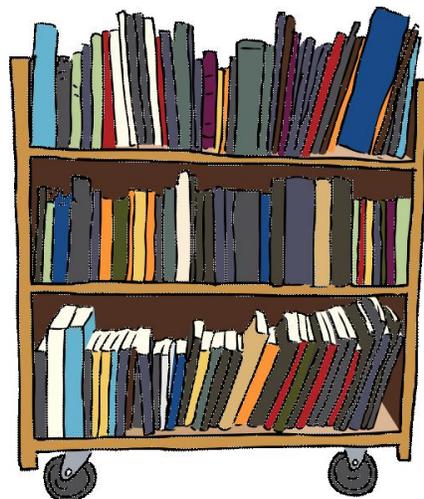
We sometimes receive entire "estate" libraries as donations. After I recover from the initial "Wow! Yikes! What will I do with all these books", I delve into them and find really interesting stuff. I find receipts, bank statements, personal letters and often some clues to the personality of the donor just by the contents of the donation. Books may run the gamut from The Sayings of Chairman Mao (in Spanish) to transcripts of speeches by Fidel Castro, to German erotica, to English literary classics. Viewed as a whole, these collections offer insights to some really interesting people in our community of readers.

A recent large donation reveals a donor with a keen interest in psychology, philosophy, religion, mythology, writing, poetry, herbs, sewing and art. So, dear readers, if you find yourself at a place in life when you have time to explore Sufism (NF 2), Zen Buddhism (NF 2), Jung (NF 1), Kafka (F Kaf) , poetry (NF 8), healing herbs (NF 6), or perhaps the medicinal plants of Costa Rica (NF 5), just stop by the library and enjoy the literary feast.

The donated books of poetry by Rumi are a particular treasure. Rumi was a Persian poet, Islamic scholar, theologian and Sufi mystic in the 13th century. Anyone looking for a dose of inspiration and beauty might enjoy a sampling of some of his best lines at: [www.goodreads.com/author/quotes/875661.Rumi](http://www.goodreads.com/author/quotes/875661.Rumi)

The library is open 9 a.m. - 9 p.m. Monday through Saturday, 10 a.m. - 9 p.m. on Sunday. We hope you enjoy the new books and library signs. And now, readers will be able to enjoy the national newspapers everyday (La Nación, La Teja, and Al Día).

*"I always imagined that Paradise would be a kind of library."*  
~Jorge Luis Borges, translated from Spanish



# DOG AND CAT 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

## LOBITO, a companion



This beautiful big male, probably a Husky / Shepherd mix, has a heart of gold - and a special history. Long ago, some dog rescue people from San José found him there roaming the streets in bad shape. After some recovery time, they brought him to Atenas to a family who wanted him.

- > Unfortunately they failed to neuter him before adopting him out and the
- > new owners were obviously not the right ones for him. Their small
- > property was not completely fenced and Lobito was by himself far too
- > long every day. Being bored, he decided to seek some adventure and
- > escaped. He was crossing highway number one and close to being hit by a
- > car, when the guard of a farm there took him in and wanted to keep him.
- > The property was not fenced, they did not fix him as promised, he
- > escaped again... For a while, he was seen in different parts of
- > Atenas, until a good soul in B° Jesus had mercy and took him in as a
- > foster. He is chained now, a very bad situation for a dog of this
- > nature, and he needs to find an appropriate new home and family ASAP. A
- > well fenced, good sized property and human attention is mandatory. He
- > is easy going with other dogs. Lobito is a fantastic dog and could be a
- > great companion to the right person/s!. We estimate he is about 4
- > years old, and neutered. Who is falling in love with him and can fit
- > his needs? He is deserving of a real family!

# CURIOUS CHARLIE



Meet our 100 % pure 'Ateniense' boy Charlie. He was dumped at the Mercado of Atenas and is now a curious teenager of about 5 months. Of course he is already fixed. Do you want to give him a chance to for a long happy life?

# PARVOVIRUS IN DOGS

Parvo is a serious disease in Costa Rica. If you notice your dog experiencing severe vomiting, loss of appetite, depression or bloody diarrhea, contact your veterinarian immediately.

Parvo is extremely contagious and can be transmitted by any person, animal or object that comes in contact with an infected dog's feces.

The virus can live in the environment for months, and may survive on inanimate objects such as food bowls, shoes, clothes, carpet and floors.

Puppies, adolescent dogs and canines who are not vaccinated are most susceptible to the virus.

Breeds at higher risk are Rottweiler's, Doberman pinschers, Labrador retrievers, American Staffordshire terriers and German Shepherds.

Protect your dog from this potential killer by making sure he is up-to-date on his vaccinations. Parvovirus should be considered a core vaccine for all puppies and adult dogs.

The '5 in 1' common vaccine protects the puppy from distemper, hepatitis, leptospirosis, parvovirus and parainfluenza.

Puppies should be vaccinated by 6-8 weeks, then at 4 week intervals.

Adult dogs who have not received a full puppy vaccination series should receive a least one immunization.

Parvovirus can live in an environment for months. If there has been an infected dog in your house or yard use a solution of one part bleach to 32 parts water on articles soaking for 10 minutes. If not disinfected, these articles should be discarded. The solution can be used on the soles of your shoes. Grass, carpet and wood for example may need to be sprayed with Disinfectant or even resurfaced.

Please note treatment is not always successful-so it is especially important to make sure your dog is vaccinated. webMD

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

# *ANIMALES ATENAS PROGRAM*

Stop by the vacant lot next to Pali Grocery on Friday mornings to see the animals and good quality used clothing and household items. Donated items are needed and can be left at Kay's or at our Friday mornings location.

Sylvia Spix, Myrna Kastner

## **FOSTER PROGRAM**

Animales Atenas needs foster homes for kittens, puppies and adult dogs. The program provides temporary housing for the many needy animals. Foster volunteers open their homes ad hearts to animals that require extra attention and care, including those who are too young for adoption requiring socialization and or need medical care. Animals Atenas provides vet care, food and litter free to foster parents. All foster parents are invited to showcase their animals at our weekly Friday Feria next to Pali Grocery store. Animales Atenas has no shelter for the many homeless and abandoned pets in the area.

ANNOUNCEMENT  
JUNE 28, SUNDAY

MINIFERIA IN THE PARK AND TV COVERAGE

## Harness the Sun's Energy to Cook

by Linda Ledbetter

Since the mid-1980's, when he worked on a science project with his son, Bruce has been tinkering around with solar cookers. We have excellent conditions here in Atenas to continue pursuing this interest. Food put in the solar oven or on the solar cooktop by 7 or 8 a.m. is ready to eat by noon. Really, it's probably ready sooner since the temperature is about 300-320 degrees, but since moisture is trapped in the cooker and nothing dries out, we usually leave it until lunchtime. We (Bruce, actually) regularly cook spinach, corn-on-the-cob, squash, ayote, fruit compote (apple, pineapple, raisins, cinnamon), potatoes, carrots, beans, beet, soup, etc. in the solar cookers. We have cooked chicken and sausages in the solar oven. Anything that would be cooked in a slow cooker can be cooked in the solar cookers. For free. Without heating up the kitchen.



Our solar oven was built from a 55-gal. drum, sliced in half long-wise, one part within the other and separated by an inch or so of insulation. The mirrors were cut to specification by the local glass company and then mounted in window frames no longer needed in our house. Two layers of glass cover the cooking area and the shelf is gimbaled to remain level when the cooker is tilted. All of this sits on a metal rolling frame and cradle so that it can be placed in a sunny spot and rotated to follow the sun. Generally, a single re-positioning during the morning is adequate. Because you are cooking in an enclosed box, all paint, insulation and sealing materials must be food-safe. This cooker cost about \$100 to build, excluding wheels.



Under "Our Current Project" on this website

[http://www.omick.net/solar\\_ovens/current\\_solar\\_oven.htm](http://www.omick.net/solar_ovens/current_solar_oven.htm) , one can find cookers that reportedly reach 400 degrees F. The size of the mirrors determines the temperature to some degree. Most commercial box-type cookers can maintain temperatures in the 300-320 degree range.

The solar cooktop (perfect for a big pot of sweet corn, soup, beans, etc.) utilizes an array of narrow mirrors that can be easily re-positioned to follow the sun. Light is reflected to mirrors under the cooktop and then onto the pot or onto the cooking surface. An alternate top can accommodate a different size pot. Our cooker cost about \$20 to build (excluding wheels). The plans are online and it is called the Primrose Solar Cooker. It is very popular in India and Africa. Try this website for more information: <http://www.solar-cooker.org/cookers/primrose-solar-cooker-or-nelpa>.



Here are some useful tips:

- The inside color of the cooker does not affect efficiency.
- Light weight porcelain cookware is best.
- Glass lids on pots work best.
- The surface that pots and pans are on should be metal to conduct heat best.
- Boil beans for 10 mins. before putting them in the cooker.
- Remember, at 300+ degrees, it's HOT. Be careful.

In the past, it was fairly easy to find information on the internet. Now, with the proliferation of commercial companies selling solar cookers, it is harder to find the solar clubs, or the university research or government sites (such as NASA) that have good information about material and design issues. One good website for ideas about the different types of designs is

<https://www.google.com/search?q=solar+cookers&tbm=isch&tbo=u&source=univ&sa=X&ved=0CFUQ7AlqFQoTCOTJzLiXksYCFUEYjAodmIcAAw&biw=1440&bih=789>

Save some money. Save the earth. Enjoy some solar cooking.

# **Being informed about purchasing REAL ESTATE in Costa Rica...**



**by Dennis Easters [easters3@msn.com](mailto:easters3@msn.com)**

Many people come to Costa Rica for a week long travel adventure and end up falling in love with this lush, tropical paradise. Really, who could blame them? Offering beautiful mountain vistas, long stretches of sandy beaches, exotic flora and fauna, and a mild climate, what's not to like about Costa Rica? However, before you take the next step to make a purchase in paradise, there are a few things you need to know to help avoid costly pitfalls.

Purchasing real estate in Costa Rica is very similar to buying real estate back in the United States, or any other part of the world for that matter. However, doing your due diligence and being knowledgeable about how the system works can save you a lot of time, money, and heartache. Time that can be better used exploring this beautiful country and learning first hand about what the locals refer to as 'pura vida' (aka 'pure life').

## **What is considered "real property" in Costa Rica?**

For those of us from the United States, real property includes the land, any improvements thereon, as well as what is above and below the land, such as water, oil, gas, air rights, etc. However, in Costa Rica, that is not the case. All of those 'extras' like water, gas, and oil are reserved by the government for the people and require 'permission' in the form of a concession for their use and exploitation.

## **Does title insurance exist in Costa Rica?**

Title insurance is all but nonexistent in Costa Rica. There are a few properties that qualify for title insurance, but those are rare cases. In Costa Rica, your attorney is not only your closing and escrow agent, but your 'title insurance' as well. Knowing how titles transfer and how the National Registry works is imperative. Hiring a well respected and reputable attorney goes without question.

## How does the National Registry (Registro Nacional) work?

Understanding how the National Registry works is vital for both the buyer and the professionals involved in the transaction. Just like back home, there are checks and balances in place that are in the public record in Costa Rica. Everyone has access to the National Registry via their website at:

<http://www.registronacional.go.cr>.

First and foremost, all properties in Costa Rica are referred to as farms ('fincas'), regardless of size. In addition, all properties in Costa Rica have a folio number ('folio real') that is a long number divided into three parts; for example: A-BBBBBB-CCC. The first part is for the province that the property is located in (San Jose = 1, Alajuela = 2, Cartago = 3, Heredia = 4, Guanacaste = 5, Puntarenas = 6, and Limon = 7.) The second part is a series of numbers set by the public registry. The last part is the amount of 'owners' of the property. If there is just one owner, then the numbers will be 000. If there are 8 owners, then the number will be 008. This is important to know because if you are buying a property with multiple owners, they all must agree to sell and, if not, there is no sale.

There are two more terms that are important to be aware of. Duplicate ('duplicado') is used for corrections in a case where two properties may have been given the same ID number. 'Horizontal' is the term used for properties that are condominiums.

## What information can be found on a property in the National Registry?

With just a few documents you can glean a plethora of useful information that will help you make an informed decision about the property you are going to purchase.

- The *property certification* is a summary about the property such as ownership, size, liens, restrictions, mortgages, etc.
- The *history report* indicates all activity that has been recorded on the property at the national level.
- The *survey* shows the size of the property. This should match the size recorded on the property certification.
- The *survey report* shows any subdivisions, past or present, that effect the property.

Last, but not least, *annotations* and *liens* (anotaciones y gravámenes) are important terms that are sometimes confusing, especially the use of the term lien. In Costa Rica, the term lien can either be positive, such as to record an easement, or negative, to record such things as debt. Annotations can also be tricky but are often used to note pending legal action against the owners.

property. Keep in mind, the person with power of attorney may not be one of the owners of the stock in the company. To avoid fraud, knowing that the share holders want to sell is a vital piece of information. If you are going to purchase the company along with the property, you want to know that the company is clean and clear of all debts and encumbrances. When you buy a S.A. or LLC, you are taking responsibility for the good and the bad that is attached to the company.

In conclusion, you can see that taking a little time to do your due diligence before purchasing a piece of paradise is imperative to having a positive buying experience. By meeting and working with knowledgeable professionals and using the tools available to you, you can make an informed decision about how to proceed with your new purchase and begin to enjoy your new life in Costa Rica. This is the best way to truly experience what the locals refer to as 'pura vida'!



**Registro Nacional Building Zapote, San Jose, CR  
Bing.com photo**



by Shannon Farley

# What to do to bring your dog or cat from the USA to Costa Rica

A lot of people who move to Costa Rica bring their pets. While it is not as easy as simply putting your dog or cat on an airline, it is straightforward to bring your pet to Costa Rica when you move.

I had to research all of this information last year when I nearly had to bring one of my parents' dogs to live with me in Costa Rica; thankfully we found it a new home in the U.S. It took me a lot of time to find out all of the steps necessary, and I'm happy to share what I learned.

Guidelines given here are for bringing **dogs and cats from the United States to Costa Rica.**

<http://costarica.usembassy.gov/catsdogs.html>

Check this link for **other animals from the USA:**

[http://www.aphis.usda.gov/regulations/vs/iregs/animals/animal\\_costa\\_rica.shtml](http://www.aphis.usda.gov/regulations/vs/iregs/animals/animal_costa_rica.shtml).

For other countries, check with your embassy or governing organization.

It's not cheap, but a lot of people prefer to use a **pet moving service**, which handles the work for you and makes your life easier. Here are two that were recommended to me:

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

<http://www.pettravel.com/immigration/CostaRica.cfm>

## What to do in the USA to bring your pet to Costa Rica

Timing is crucial. You must get a health certificate for your dog or cat from your veterinarian (see below) and it is only valid for 10 days before departure. Many airlines only let you make reservations 13 days or less for your pet to fly. You should have two or three extra copies of all documents. The governing authority for animals leaving, or entering the USA, is the U.S. Department of Agriculture (USDA).

[http://www.aphis.usda.gov/regulations/vs/iregs/animals/downloads/cs\\_pets\\_req.pdf](http://www.aphis.usda.gov/regulations/vs/iregs/animals/downloads/cs_pets_req.pdf)

Your dog or cat must have up-to-date vaccinations against rabies and leptospirosis to enter Costa Rica. You must have certificates of the vaccinations from the veterinarian. Again, be sure to have copies.

Your dog or cat must be examined by a USDA accredited veterinarian, who must fill out Federal APHIS Form 7001 declaring that your pet is healthy. The health certificate is only valid for 10 days. In many cases, the health certificate must be endorsed by the local USDA Veterinary Services office



(check with the USDA for the office nearest to your home). Fees to the USDA for endorsement range from \$38 to \$121 per animal.

Try your best to fly on the same flight as your pet, even if you have a large dog that must go in the special pet area in the baggage hold. If your pet is transported as cargo not on the same flight as you, you must get an import permit for the animal.

## **Flying with your dog or cat**

U.S. airlines that transport pets to Costa Rica include Delta, United and American Airlines. Each airline has very specific requirements for transporting pets both inside the airline cabin, and as “checked baggage” or “cargo”. This includes dates during U.S. summer months when pets are not allowed to fly due to high temperatures in the U.S. Check with the airline for their regulations and fees.

Animals may not be tranquilized or drugged, or muzzled, for their safety while flying. Airlines have very specific requirements for the types of pet carriers allowed.



## **Costa Rica requirements for importing pets**

Hopefully you will be lucky to have a pet small enough to be transported inside the airline cabin with you. Your life, and your pet’s life, will be so much easier, both for traveling and when you arrive in Costa Rica. Otherwise, pay very close attention to the information here.

In Costa Rica, if your pet travels as “checked baggage” or “cargo,” you must use an import company to clear customs. There is no way around this. The import company I found, and that was very easy to deal with for information is Live Animal Shipping.

<http://www.liveanimalshipping.com/en/index.html>

To make the customs process as easy as possible, the import company needs this information before you fly: copy of the passport (or legal ID) of the person sending the animal, copy of the passport (or legal ID) of the person receiving the animal in Costa Rica along with their contact phone numbers and address in Costa Rica, copy of the animal’s valid health certificate and vaccinations, copy of the animal’s flight reservation.

**VERY IMPORTANT NOTE:** The airport customs office in Costa Rica only works Monday to Friday during normal business hours (8-5). If your pet arrives in Costa Rica on a Saturday or Sunday, you’ll be waiting until Monday to pick it up; or if your flight arrives late at night, you will have to wait until the next day. Customs officials are not allowed to take pets out of their carriers, or even open the carriers to give water or food, without the owners present. The process to clear customs takes several hours, so plan your flight accordingly.



## Tryin' to make it real VII

*“Suddenly I wanted to be where I was from—New Jersey. I spent the rest of the day in pain, my lower half chafing on the saddle, my upper half chafing on the businesses of going home.”*

Paul Furlong

Tits-to-Mohave set our coffee and apple pie on the table with moo-cow love at the Maverick Café on the hill above Rattlesnake Canyon; and it just came up—it was getting cold.

“It’s getting cold,” I said.

Kenny gives me a crooked devil-may-care smile and says, “You’re right Pablo; let’s go home in the truck.”

“When?”

“How about tonight?”

“Nah,” I said, “make it tomorrow, give me time to pack.” That’s how it happened, like everything else in those days, moving didn’t take a lot of thinking.

But I *did* have to think. I'd stretched a thin band of inquisitive energy over thousands of miles on the road. A year of wonder, eyes wide, loose, open, on the path—but what had I learned that I could apply if I snapped back to the farm in two days of driving? That I'd been to the mountain? Don't think so...can't lie about a thing like that.

Reflecting on the trip, I went to my lean-to and poked at things as if I were really leaving. I made harmless non-binding decisions like tossing out the things I no longer needed, an old pair of jeans, holey boots, that stupid cowboy hat—then somehow the pile grew in my head; a demonic horse with her trick saddle, a local gal who took her pleasure with me from time to time and an overall sense of dishonesty about who I was, as if I could change my hat and be someone else. Soon I was down to a bike, back-pack, bedroll and out-of-tune dulcimer.

I thoughtfully disassembled my lean-to, folded and returned the tarp, tree branches and rope to their prior locations, thus removing any trace of me—except for the San Juan River that still runs through my veins like a previous life.

Brother Lamb Chop met us in town the following night with a gal who could pee standing up. I met her just as we were about to leave, I said,

“Really, let me see,” so she stepped out a bit and let it wiz from under her dress... always curious about those things, I was impressed, in fact I secretly fell in love with her right there in the dark... but it was not to be as we shall see...wee wee

*The Edge... there is no honest way to explain it because the only people who really know where it is are the ones who have gone over.* Hunter S. Thompson

Well you know we ceremoniously dropped the last of our acid, Orange Sunshine, pure and clean—and loaded their bags in the back of the truck, all of us excited to be going home. We were in no hurry now; the decisions had all been made, leaning on the tailgate, I methodically rolled cigarettes from my can, just letting the conversation roll as we got to know the girl-who-pees-standing-up.

The moment came by itself as we quietly climbed aboard; Kenny flew right seat, me behind the wheel and girl-who-pees-standing-up lying down with Brother Lamb Chop amidst our collection of sleeping bags on a foam rubber mattress in the back.

Just as mister acid was rushing up on us I slipped the clutch on a full truck—gas, grass an’ ass, we had it all; the show was on the road.

It wasn’t long before we were mobilized into a single cloud of consciousness, moving in bemused grace, leaving smudges of mystic gas behind from as far as the Milky Way.

Time passed without notice as Kenny looked to see how the kids were doing in the back.

“Pablo, I think they’re plugged in.”

“That’s nice,” I said, “Love is everywhere...”

And so it was; under a hunter’s moon, leaves of gold covered my path and even my high beams did little to amplify a centerline of finely ground sapphire with massive jade boulders lining curvaceous mountain roads—and all... all of it—breathing as one.

Smoking Bugler at the helm, I activate my anti-authority device and arm the truck’s hyper-flagellation valve to keep methane deposits to a minimum. Effervescent, the sum of all our parts, we sail unfettered through intergalactic clouds of reason—running backwards in hours what it took nearly two weeks for Bonny and me to peddle on our bicycles.

We drove down to the flat lands of eastern Colorado, stopping only for gas, Twinkies, a stretch, a pee, then back on board...and I’m thinking... why do we need to *BE* anything but what we already are?

I’m in the seat of my maker... the soul of Kenny’s pickup is no different from a tree or a moose—all non-reality, all part of the dream. *Real* are sub atomic pranksters; the building blocks that make the stage on which we play out our assigned roles.

AND Just before I’m blinded by the light and shot from the scene of my demise—and enlist what’s left to a slab, box or funeral pyre—in that sparkling moment when God lifts the lid and asks,

“What are you boy?”

“Why, You know Me Father—I’m You.”

“I know son, but I’ve got to put something down here...”

“Then call me driver, please Father.”

“Yes you are son; I’ll mark you down as driver.”

And the sun rises before me like Jesus—a giant red ball with yellow and white jets shooting like thousand mile arms reaching out to the north and south into a golden thread that follows the flat corn amber contour that is the land of Kansas.

It’s morning and as I gently land on a thin strip of blacktop highway straighter than Richard Nixon; rocks become rocks, a broken yellow line disappears under the truck as I pass a car; the sun is up and I’m tired of driving.

Kenny takes the wheel at the next fuel stop and I lay down with the girl-who-pees-standing-up. She makes it clear that Lamb Chop is her man but I put my face to her back, hoping sleep will come or she’ll change her mind.

I must have slept because I woke with the pickup bouncing down a grass median strip of interstate 70. Our red ride rode up on two wheels for a moment, teetered and came to rest on its side. Girl-who-pees-standing-up and I were protected by the stock rack and cushioned by the many sleeping bags to end us up untangling ourselves from each other in a comic moment. In fact, it was a full tilt circus act as everyone clambered from the truck like a Barnum & Bailey clown show.

I was in shock. None of us were hurt but as we stared at the broken axle, wrinkled fender and twisted stock rack, it became obvious we’d be using some other means of transportation to get home. Somehow we got a wrecker out there to tow our red ride away and to drop us off in town.

“What happened?” I asked Kenny.

“Yeah Pablo, me an’ Lamb Chop were smoking joints and I fell asleep.”

His truck, his choice; free people take chances and accept the things that happen. I’m not sure if this makes sense, but the 1971 racing season was still fresh in my mind; I’d been thrown

violently from my motorcycle at over a hundred miles an hour six different times. More than the pain, I resented the time it took to heal and fix my bike—but it never occurred to me that I might die or to stop racing until that fateful day at Road Atlanta—

*“Driving under the influence of your choice is the same as racing, not a careless toss of the dice; but a calculated risk based on your ability to handle whatever happens.”* Mildred Flanagan

The wrecker driver dropped us off at a house, honestly, I don't remember the details...like walking through a black and white movie; we were in the house of a friend of a friend of the gal-who-pees-standing up. Everyone was polite but we were obviously an imposition to these people, vibes were all over the place as I pushed my bicycle through their living room. We'd been tripping since the day before, wrecked the truck—and well, I didn't feel welcome there.

It was in that moment that I kissed my bicycle good-bye and repacked my stuff for hitching. Someone gave me a ride back to interstate 70 and I put out my thumb. It was good to be alone.

A well-used Ford pulled over almost immediately; a big man in his fifties had a habit of winking as he talked. A tic or a prop of some kind, I decided, as he told me about his life as a traveling salesman. I was happy to let him talk until I fell asleep. I guess we traveled a hundred miles or so before he kindly dropped me off with a wink. There was a truck stop on the hill and I walked up for a coffee and a break from wheels rolling under me. There was a phone at my table and I called the farm collect. Kathy answered on the third ring.

“Hey Kathy, I'm coming home.”

“Oh yeah? When do you think that might be?”

“...day or two, long story but if I get good rides it won't be long.”

“Yeah, I'll tell Tom, Jeez, I wish we'd known...”

“Yeah, sorry, just found out myself a couple days ago. You don’t have to move or anything... just relax about that...I don’t have a plan...” I said to a dead phone, wondering if I’d set anything in motion.

It was the witching hour, clear and cold outside as I started walking—through a urine rich field of parked trucks with men in them, watching TV, sleeping or being husbands to their wives through their radios...new age buffalo hunters living far from home...home...I was going home.

I wondered where Laura was and felt a pang of regret. She’d placed a bet on love; left a marriage and wholesome life to move in with me, a crazy man on a giddy ride. Well, it tilted the table somehow... Now I was a crazy man who could be faithful, go to social events with her—while remaining fast on the bike, prepare for next season, and make the money it took to flo at the whole thing. But my life was a dichotomy; no longer drawn to my shop and uncomfortable in the house—see, I’d made a bet too—that I could brook two worlds—and lost them both.

Racing was the attraction...that I loved it more than any woman...and when the racing was done, so was the thing that made Laura love me. I’d made a concession of some sort and brought Timmy in to work on the bike for room and board. I became jealous of her, of every man who passed, even of Timmy’s time in my shop—I could almost hear it snap when it was over.

Down the exit ramp, keeping an easy pace, twisting and peeking for trucks running through the night. The walking helped and I got a ride in a rig through to Kansas City and slept soundly till the driver told me we’d be getting off the interstate; must have been three in the morning and that’s where I stood for the next two and a half hours, stomping my feet to stay warm, rolling cigarettes from my can, pacing and talking out loud to myself.

“Remember the day you quit Fuzz?”

“Yeah, I remember...”

“How come you did that?”

“I dunno know; I just felt my lips move and heard myself say—*I quit.*”

>>>>>>>><<<<<<<<<

[Fuzzlong@gmail.com](mailto:Fuzzlong@gmail.com)

Friends, I’ll finish the last story in this series next month. Thanks for your support, Paul

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



**Stories from Mr. BudBud, Primero Perro of Lighthouse Animal Rescue. They were written 10 years ago when he first came to Costa Rica for a house sitting job.**

**Hola Y'all!!!**

**Well it's me again with more news from Costa Rica.**

**Six of us went for ride with Mom and Dad today. We LOVE going for rides so we were all REALLY excited!!!**

**On the way home we saw another beautiful sight! It was the sun reflecting off the mist of clouds right over our house!! It is not a real rainbow because it does not arc. It is just all the gorgeous colors laying in the clouds mist and nestled in the mountains.**

**Then Mom and Dad decided to go to Sarchí with Enid so Enid could translate for them. They ordered a "chest/bench" thingy to go at the foot of Mom's bed and they wanted to find out when it would be ready. Mom says it will help little Andre', the Chihuahua, and Krystal to get up onto the bed. Andre' is just short (and fat), but Krystal has hip problems from an old broken bone that her former owner never had fixed. So having something sort of like a "step" will help them to get on the bed easier.**

**When we got home we got out of the car and SURPRISE!!!!.....Javercito was hiding in one of the crates we shipped our stuff over in! He is a real cutie and is always up to something.**

**Then Mom took a picture of him and Custer. Mom gave Custer a sweater and a jacket because he does not have lots of hair! He gets cold if it turns the least bit chilly. Mom just could not stand to see him shivering.**

**It was cool here today...in the 60's with lots of wind....so Enid had put Custer's jacket on him. He looks really cute in it and he LOVES to wear it.**

**He says his butt still gets cold though.**

**Mom says we don't need jackets because we have LOTS of beautiful fur to keep us warm.....but sometimes...if it gets chilly.....I like to snuggle up next to Mom to stay warm. I always sleep with her and snuggle my head against hers on her pillow. I tell her that I am holding the end of her pillow down for her but I really just like**

the snuggling part. I put my head against her cheek and sleep REALLLY good!!!  
Mom calls me her "snugglebud."

There are flowers that grow at the top of our back fence. Not only do they provide a sort of "privacy" but they are really pretty too!!

Dad hurt his back the other day. The owner had a BIG tree cut down in the front yard and they just left it there. They skin the bark off the trees here when they cut them down!!!

Anyway...Dad decided he and Mom would move the tree to the edge of the property to get it out from in front of the house. They dragged it with the car and then they had to roll it over about eight feet. Dad strained the wrong way and hurt his back. Mom puts this really smelly stuff on it every night so maybe he will get to feeling better. Delilah LIKES the smell. She is SOOOOOO weird!!!

Anyway, that is the news from here in Costa Rica.

Tailwags from BudBud the snuggler



Image Free Cat and Dog Cartoon Clip Art

## Fun After Fifty!



*by Carole Connolly  
caroleconnolly@gmail.com*

### Bar-Hopping with José

It was a Sunday afternoon and I was working on the daunting chore of packing to move. Again. My dear friend and neighbor in Roca Verde, Lynn, told me she was going bar-hopping with José that afternoon. She didn't invite me, and I thought that was just as well since I had so much work to do, in addition to finishing a blog post.

About an hour later, Toby, my Extra-Large Chocolate Lab alerted me to a car pulling into my driveway. This is a rare occurrence since I live at the end of a long, private driveway, and unless invited, people do not tend to happen by. I pulled myself away from my work, peeked out the back door, and there was Lynn walking toward me.

“Come on! You going bar-hopping with us. Juan Luís bowed out, so there is room in the car for you.

A bit taken aback, I protested, “Thanks, but no. I have to finish writing my blog.”

Lynn doesn't take “No” for an answer. “Oh come on. It'll be fun!”

“Fun? Fun? It'll be fun? Oh, in that case, OK!”

I closed the laptop, grabbed my purse, and realized I was in my hang-around-the-house dress. I paused for a moment, shrugged my shoulders, and decided to just go with it. If I changed my outfit, I would want to look for the right shoes, do my make-up, and comb my hair. I didn't want to keep thirsty people waiting. So what if I looked like I was wearing my nightgown. The skimpy little dresses we wear in the tropical climate don't look any different than a nightgown. And flip-flops would have to do. I had a feeling it was not a stiletto kind of day!

Lucas and José were in the front seat of the pretty slate-colored car with the leather seats. This is a taxi? Pretty nice, ride, I say. José has become the master of his own destiny since graduating from driving people in a company taxi to chauffeuring his loyal customers in his own vehicle.

I had worked up a little heat scampering around to get ready so as to not hold up the party. As soon as I got settled in the seat, and snapped my seatbelt into place, I looked up and an ice-cold bottle of beer appeared before my eyes. Yes! It was going to be a very fun Sunday!

Lucas and José, both native Spanish speakers, animatedly discussed important “man” issues in the front seat while we two chatterboxes giggled and spoke about the upcoming move to California, and which outfits would be worth moving back to the U.S.

Although we, in the back seat, were not paying much attention to where the driver was going, I did notice we were headed to Caldera according to the road sign on route 27. “Where are we going? I thought we were going to a dive bar in Orotina.”

“Yeah, me, too. I don’t know, but leave it to José. I’ve been on the bar-tour with José before. Trust me. Or rather, trust him!”

We pulled off the highway and started climbing a twisty dirt road up the mountain. Looking down to the highway below, I recognized the spot! I had driven by many times watching the paragliders soaring in the sky. I had always wanted to stop there. With my history of sport skydiving, I was very interested in seeing this up close. I was amazed to see, that unlike the parachutes I used in the olden days, these devices had the capacity to gain lift. Yes, they went up! Most of the paragliders were in tandem rigs with qualified instructors. All had huge grins as they swooped in for a landing on the grassy knoll. Several celebrated at the bar/restaurant located there.

I was thrilled with the first stop on the bar tour, as my time is growing short before my return to the U.S. at the end of June. The restaurant was elegant, the drinks were reasonably priced, and the ceviche fresh and delicious.

We piled into the car, and off we went to bar number two. A few minutes after we were on the



road, José pulled into the breakdown lane and said he wanted to check the tires. We thought nothing of it. A few minutes later, there was a knock at the window and there stood a smiling José, white linen napkin draped over his arm, a bottle of white wine, and two fancy wine glasses. Lynn and I squealed with delight. You would have thought we never had white wine before. (If you know *me* at

all, you’re snickering right now).

And off we went, four happy campers to our next destination, one of the oldest bars in Costa Rica; El Bar de Mincho, in Cruce de Ceiba, in Orotina. We were the only gringo patrons. Lynn and I speak enough Spanish to make the locals feel comfortable, and we made friends easily and

quickly. We were served some shot-glasses full of some inky looking ceviche which we enjoyed with our beer and – oh, yeah – tequila shots



We happily swayed to the local music, danced our way to the door and José guided us to the next stop in Barrio Desmonte, Bar el Minero.

José got us over-fifty-partiers home safely and we did get back to the pressing issues at hand. Maybe we can fit one more tour in before the end of June when our happy little trio leaves for California.

You can enjoy a tour with José, no matter what age you are. If you are over fifty, add a little extra spice!



José Brenis 8747-7909 In addition to tours, he drives to the airport at all hours, or takes you to centro for a bit of shopping. And he always does it with a smile. Call José today!

## **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.



**A Spring Parade  
15" x 24.4"  
Oil on Canvas**

**Al Alexander  
jeanandal@gmail.com**

**Artist's Statement: I tried to capture the festiveness and color of the occasion.**



**Uncle Fontaine**  
**Oil on Canvas**  
**15 in. x 15 in**

**Harriet Sheppard**  
**hweyman@gmail.com**

**Artist's Statement:** This is our Uncle who held court at this table for 20 years, mumbling, grumbling, and generally entertaining us with his outrageous remarks on his past and ours.

## 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

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

Carole Connolly  
Claudia Leon

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

De La Pura Vida Costa Rica  
Dennis Easters/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/>

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/](http://www.anewlifeincostarica.com/nuevo_vida/)

Paul Furlong motorcycle blog

<http://eyeneo.com/>

Pura Vida Mommy

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

Rubiatica

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

Shannon Farley  
Somewhere In Costa Rica  
Su Espacio

<http://enchanting-costarica.com/>  
<http://somerwhereincostarica.com>  
<http://www.suespacioatenas.blogspot.com/>

The Real Costa Rica  
The Very Worst Missionary  
The View From Here

[blog.therealcostarica.com](http://blog.therealcostarica.com)  
[theveryworstmissionary.com](http://theveryworstmissionary.com)  
[theviewfromherecr.blogspot.com](http://theviewfromherecr.blogspot.com)

# Pet Boarding



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## **AGA SPA Services**

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# Electrical Installations

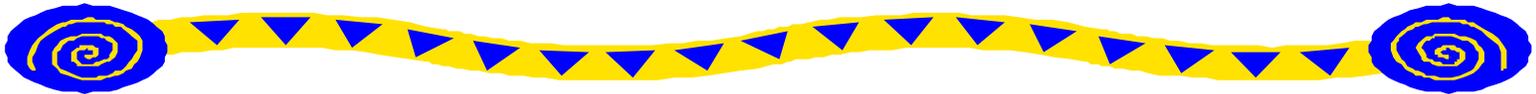


- *Automatic Gates*
- *Alarm Systems*
- *Propane Gas Systems*
- *Complete Wiring of New Constructions*
- *Intercoms*
- *Water Pumps*
- *All Types of Electrical Work*



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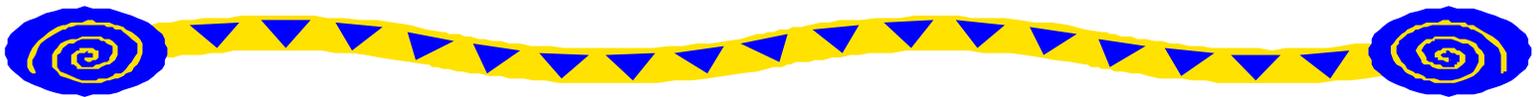
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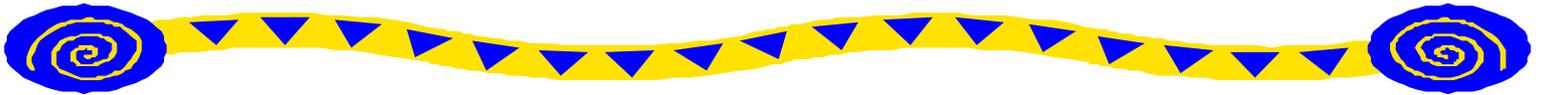
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