

HOW TO READ ATENAS TODAY

Many of the pages in Atenas Today are in two column format, and the default “view” in the *Adobe Reader* will present these pages in a large size that requires you to scroll up and down to read the whole page.

By changing the “view” to “**Full Screen**” you can fit the page to your screen and avoid the scrolling.

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

If the text is too small for your taste, push the “escape” key to exit the “Full Screen” mode, and change the “zoom” level to get the size you want.

THE NEW YELLOW PAGES

Don't forget to download and save the latest version of the Yellow Pages. Many new businesses have been listed. This section will help you find the goods and services you need.

ATENAS TODAY

Issue No. 147

March 23, 2017



Picture of Atenas Church March 2007



Atenas Church and Cortez Amarillo March 2017
courtesy Patricia Salazar

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

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Publisher's Note



Being involved in the fabric of the community has been my goal in all the places I have lived in during my life. I was delighted in March 2007 when Fred Macdonald embarked on creating *Atenas Today*, immediately volunteering myself as a regular columnist. In 2011, when Fred asked me to succeed him as editor/publisher of *Atenas Today*, I welcomed the summons to continue to expand the community newsletter as I began to don many hats!

Generally speaking I dread change but I have learned over the years that the best thing to do is accept it. As many of you know, at the close of this issue we end a decade of publishing and say goodbye. Instead of grieving, I invite you to celebrate *Atenas Today's* lifespan and to remember that an end is also a new beginning.

Atenas Today has enjoyed a special connection with our readers. The columnists and artists created original work month after month because they shared the belief that you appreciated our efforts and were worthy of our best endeavors. To them, my sincere thanks and best wishes for

continued excellence in all future projects.

To our readers and advertisers, I extend a well-deserved note of gratitude for your continued loyalty. It motivated me to seek ways to satisfy your interests and the needs of the community.

I am thankful that I get to live the life I do. As I contemplate my next step (writing that Great American Novel?), I want to express special appreciation to Shannon Farley and Mary Martin Mason who took the time to request, edit and compile the many comments readers made on the impact of *Atenas Today* in their lives. I was surprised and humbled by the article, which can be found on page 29.

I owe a huge debt to my husband Scott and to our children who supported me at every opportunity and continue to do so. It has been a remarkable ride. Now it's time for a change. The adventure is a challenge that I hope to embrace fully. I encourage you to find your own adventures and continue the tapestry in *Atenas today* and every day!

Marietta Arce
marietta.arce@gmail.com



Atenas Today Ends a Decade Run

By Shannon Farley

From its first edition on March 19, 2007, with only a few articles and one photo of the downtown Atenas Catholic Church, to 10 years later when an average issue numbers 45 pages, the Atenas Today has grown and matured. What began as a free English-language newsletter has evolved into a “still free” full digital magazine containing dozens of articles, full color photos and graphics, which is eagerly awaited every month by Atenas residents and fans.

Started by former Atenas resident Fred MacDonald to help Atenas expats meet others and be in “the know” about what was going on in town, Atenas Today delivered informative articles and creative compositions submitted by local expats to the community. The first edition was sent by email to 6 persons. Today, it boasts a readership of over 600!



“When I started the newsletter there were maybe 50 English-speaking expats in Atenas, and it was a good way for us to get to know each other. I enjoyed interviewing people and telling their stories,” said Fred MacDonald in a recent email from his current home in USA.

In an interesting twist of fate, the very first article written by Fred in March 2007 was an interview with Marietta Arce, current editor and publisher of the Atenas Today who at the time was a key member of CATUCA (Atenas Chamber of Tourism and Commerce). The article was about the 5th annual Climate Fair – yes, the Climate Fair’s been happening since 2003! Edition 1 also contained an article titled “A Bachelor’s Life in Atenas” by Douglas Benn, and a poem about sunrise by Diane Holman.

Readers can find Edition 1 and all past issues of Atenas Today at <http://scomari.com/atenastoday.html> where Marietta is generously hosting the archives permanently on her website.

Many longtime readers might remember reading articles by past regular contributors Martin Lively, Julie and Paul Wagner, Paul Furlong, Diane Holman, Lois Craft, Jan Yatsko, Gordon Klatt, Dennis Easters, Dana Schlieman, and many others. Some are still with us. Some have passed on or moved. We thank them all for the memories.

There have been travel articles, news and how-to information about living in Atenas and Costa Rica, event announcements, talk about home security and organic produce, computer help and musings on life in general, tips on pet care and requests for help from the Animales Atenas Foundation for Abandoned Animals.

Over the years there have been many changes. Atenas Today restyled its look in July 2010 from a simpler version to the PDF format we know today. The biggest change to Atenas Today is when Marietta Arce took over in April 2011 as the new editor and publisher.

Wrote Fred MacDonald when he passed over the reins to Marietta: “Four years ago I started publishing this on line ‘newsletter’ as a communication vehicle for the English-speaking people moving into the Atenas area. The first issue went to only six email addresses. As our community grew ... now some 450 people receive Atenas Today_every month. Recently my wife and I made the hard decision to move back to the U.S. When we came here over nine years ago we had no grandchildren; now we have nine. It has been a wonderful experience, but it’s time to go home. Fortunately a very able person has agreed to take over Atenas Today and keep it going. Her name is Marietta Arce, and you probably recognize her as a regular contributor to the magazine. The success of the magazine has always depended on contributions from local writers. It is this interesting content that has made people want to be on the distribution list. I want to express my gratitude to all who have sent me material, and I hope you will continue to do so with Marietta.”

Working many, many long hours and publishing on the 23rd of every month rain or shine without fail, Marietta reinvented Atenas Today with more columnists, more articles and photos, a virtual art gallery, a community bulletin board of regular club and gathering information, event announcements, ads for community businesses, and more fun than a zero traffic day on Highway 27. Marietta did her best to keep the Atenas Yellow Pages and Atenas Directory of Residents up-to-date – no easy feat given the ever-shifting population and chameleon-like business scene.



Six years and 72 issues later culminate in Marietta’s last Atenas Today – No. 147 – published on March 23, 2017.

For the Atenas community, Atenas Today has improved the lives of residents and enhanced the stays of visitors. The Yellow Pages and Directory are used by many in Atenas as their “go to” resource. Even more so, as Atenas has blossomed to welcome an estimated 1,500 fulltime foreign residents over the years, community spirit and pride have swelled and strengthened thanks to Atenas Today.

Perhaps former Atenas resident, Judi Purdy, said it best: “The public announcements helped us all be more conscious community members and gave us the information needed to keep our days full with fun activities. When I think of Marietta, I think of her being a pillar of strength, support and knowledge that benefited all of us. Marietta and Atenas Today were integral in building our special, little community.”





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)

March 26th – Cattle Auction Fundraiser at and for Hogar de Ancianos

March 27th – After 4 p.m. at Kay's – welcome activity for new owners Ania and Tom

March 31st – April 3rd - Annual Fair at Hogar de Ancianos (see flyer this section)

April 1st – April Fool's Day

April 2nd – International Good Deeds Day

April 9th – Palm Sunday, beginning of Holy Week, please remember to check schedules for banks, buses, etc. because many places close in Costa Rica the entire week.

April 10th Passover begins in evening, ends evening April 18th

April 11th – Juan Santamaria Day in Costa Rica

April 13th – April 14th Holy Thursday, Good Friday

April 22nd – International Earth Day

April 28-30th – Climate Fair (see flyers and programs around town.

April 30th – Oxcart Parade around the streets and park of Atenas

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). Feldenkrais Method with Rubia Santos.

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 bbrashears@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

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

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

OTHER ACTIVITIES:

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

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

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

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

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

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

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

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

Atenas Yoga Center

Class Schedule

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

Feldenkrais Method Classes

**Feldenkrais Classes on Awareness Through Movement
Every Saturday from 9:30 to 10:45 a.m. with Rubia Santos,
GCFP (Guild Certified Feldenkrais Practitioner ®)**

For more info, please contact Rubia at rssantos13@gmail.com

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. PLEASE NOTE THAT DUE TO A TYPO, THE APRIL DATE IS LISTED AS APRIL 4TH BUT SHOULD BE **APRIL 5TH**.

Remember to classify, rinse, and bundle your items. Thanks!

MUNICIPALIDAD DE ATENAS

CRONOGRAMA DE CAMPAÑAS DE RECICLAJE
 DE 7:00am a 11:30am

4 ENERO	18 ENERO	CAMPAÑA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
1 FEBRERO		CAMPAÑA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
1 MARZO	4 ABRIL	CAMPAÑA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
3 MAYO	17 MAYO	CAMPAÑA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
7 JUNIO	5 JULIO	CAMPAÑA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO

MUNICIPALIDAD DE ATENAS

CRONOGRAMA DE CAMPAÑAS DE RECICLAJE
 DE 7:00am a 11:30am

9 DE	AGOSTO	CAMPAÑA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
6 SETIEMBRE	20 SETIEMBRE	CAMPAÑA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
4 DE	OCTUBRE	CAMPAÑA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
1 DE	NOVIEMBRE	CAMPAÑA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO
1 DE	DICIEMBRE	CAMPAÑA DE RECICLAJE. PLANTEL MUNICIPAL 100 M NOROESTE DE ENTRADA PRINCIPAL DE CEMENTERIO



MUNICIPALIDAD DE ATENAS
GESTIÓN AMBIENTAL
 EMAIL: frdriquez@atenasmunl.go.cr
 TELEFONO: 2446-1363.





MUNICIPALIDAD DE ATENAS
GESTIÓN AMBIENTAL
 EMAIL: frdriquez@atenasmunl.go.cr
 TELEFONO: 2446-1363.

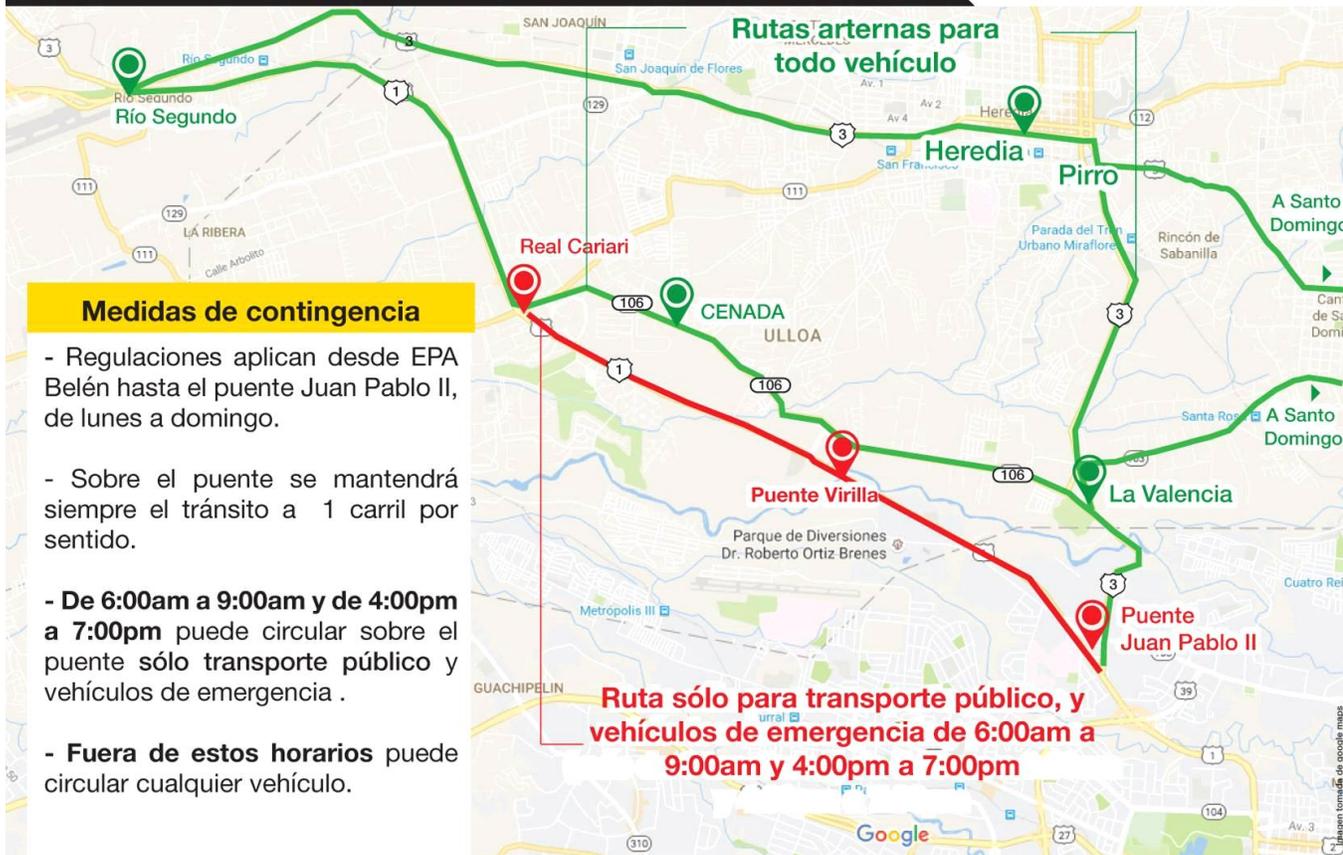


Regulations in effect January 21 to Mid-March for completing work on the “Platina Bridge”

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



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 R 27-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 27-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		
1:30 SJ			07:00		
2:00 R27-CY			8:00 R27		
2:30 SJ			08:00		
3:00 SJ			08:50		
3:30 R27-CY			9:15 AL-AT		
4:00 R27-CY			10:00 AL-AT		
4:30 R27					
4:35 SJ					
5:00 R27-CY					
5:30 SJ					
6:30 SJ					
7:00 SJ					
8:30 SJ					



ABREVIATURAS;

L a V: Lunes a Viernes
 SAB y FE: Sábados y
 Feriados
 AL: Alajuela
 SJ: San José
 AL.M: Alto del Monte
 R27: San José por Ruta
 27 AR: Aeropuerto
 R27-CY: Ruta 27
 Entrando por el Coyoil
 R27-RG: Ruta 27 entrada
 por Río Grande

CONTACTENOS EN:

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contactenos@coopetransatenas.com
 Facebook: Coopetransatenas RL
 Tel: 2446-5767 / Fax: 2446-8838

2017

FERIA SUBASTA

HOGAR PARA ANCIANOS ATEMAS

31 marzo y
01, 02, 03 de Abril

TOPE-CABALGATA

PROGRAMA DE ACTIVIDADES

VIERNES 31 MARZO

- 12:00 md. Inicia la Fiesta con la tradicional cocina
- 2:00 pm. Baile de la Bella Edad (Adultos Mayores)
- 6:00 pm. ●● Exhibición de Caballos Trotadores
- 8:00 pm. Música Bailable

SABADO 01 DE ABRIL

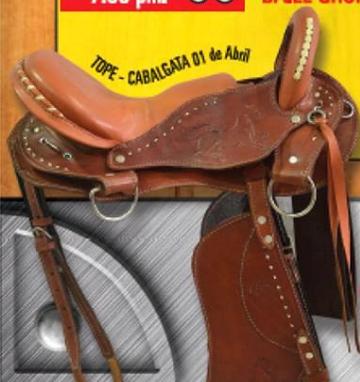
- 8:00 am. Continúa la fiesta
- 2:00 pm. ●● TOPE - CABALGATA Recepción 2 pm. Sale y regresa al Campo Ferial del Hogar de Ancianos
- 2:00 pm. ●● Música ambiente
- 7:00 pm. BAILE GRUPO LOS EMIGRANTES

DOMINGO 02 DE ABRIL

- 8:00 am. Continúa la fiesta
- 10:00 am. ●● Santa Eucaristía
- 11:00 am. ●● BINGO (Premios efectivo 100,000-50,000-25,000)
- 7:00 pm. ●● BAILE GRUPO GENESIS

LUNES 03 DE ABRIL

- 12:00 md. Continúa la fiesta
- 1:00 pm. ●● Carrera de Cintas con fabulosos premios
- 5:00 pm. Música ambiente
- 7:00 pm. ●● Gran cierre BAILE AL AIRE LIBRE (GRUPO LA SELECCION)



TOPE - CABALGATA 01 de Abril



SUBASTA DOMINGO 26 DE MARZO

Deliciosas comidas típicas,
entretenimiento para niños y adultos, ricas bebidas.

INFORMACION 2446-5224

WAYS TO HELP ANIMALES ATENAS

		
<p>- Equipar con personas nuestro stand de venta a lado de los Bomberos y el pequeño en la Feria agricultor los viernes por la mañana aprx. 4 horas (sea regularmente una vez por semana o en rotación en intervalos de 2 semanas)</p>		<p>- Staffing of our 'MiniFeria con Corazón' beside Bomberos & small info & sales booth at the Farmers Market on Friday mornings for about 4 hours (regularly either once a week or in 2-week intervals) & as well special Ferias</p>
<p>-Arreglar cosas donadas y organizar / limpiar nuestra bodega</p>		<p>- Sorting donated items and organizing / cleaning out of our bodega</p>
<p>- Acompañar a Dora durante las visitas al domicilio en respuesta de quejas, y en parte en rescate de animales (carro y resistencia mental necesario) -Organizar ayuda en el vecindario para animales en peligro</p>	<p>Animales Atenas</p> 	<p>- Accompany Dora on house visits due to complaints, partial animal rescue from danger situations (car and mental resilience necessary) - Organize neighborhood help for animals in danger</p>
<p>- Apoyo con la limpieza y desinfección general del domicilio de los animales en la casa de Dora (previsto por lo menos en intervalos mensuales, mejor bimensual),</p>		<p>- Assistance with cleaning and general disinfection of the animal area in Dora's house (planned at least monthly, better bi-monthly)</p>
<p>-Ayuda en nuestras clínicas de castración: Antes - limpiar kennels para transporte Durante - cuidado postcirugía de animales Después - lavar las cobijas usadas</p>	<p>- CASTRACIÓN</p> 	<p>Help with our spay / neuter clinics: Before – cleaning transport kennels During – post-surgery care of animals After – wash the used blankets</p>
<p>- Llamar a las familias de perros y gatos adoptados en el año pasado para comprobar su bienestar</p>		<p>- Calls to families that adopted dogs and cats during the past year to check their welfare</p>
<p>- Subir detalles y actualizaciones sobre animales en adopción a nuestro archivo en línea interno - Apoyo con respuestas a peticiones en nuestra página de Facebook (fluidez bilingüe Español / Inglés de gran ventaja) y la transmisión de mensajes a / de Dora</p>		<p>- Uploading details & actualizations about animals for adoption into our internal online archive - Support with answering queries on our Facebook page (fluent bilingual Spanish/English of great advantage) and passing messages to/from Dora</p>
<p>- Ayuda a organizar eventos de recaudación de fondos (por ejemplo, música en vivo en Etnia programada con intervalos 2-3-mensuales, Bingos...)</p>		<p>- Help organizing fundraiser events (for example live music at Etnia scheduled with 2-3-monthly intervals, Bingos...)</p>
<p>QUIERE AYUDARNOS?</p>	<p>Fundación Ateneense de Ayuda a Animales Abandonados Atenas Foundation for Helping Abandoned Animals Tierschutzverein Hilfe für homeless Tiere Atenas Atenas de Alajuela - Costa Rica Calle 4ta Avenida # 3-966-342025</p> <p>Dora Tel. 8825-9822 Email: dorafrebel@yahoo.com Sylvia Tel. 8860-3386 EL DI - Dora: AnimalesAtenasCRA@aol.com</p> <p>www.AnimalesAtenas.com Facebook: Animales Atenas Costa Rica</p>	<p>WANNA HELP US?</p>

ANIMALES ATENAS PROGRAM

Stop by the community building next to the Fire Station on Friday mornings to see the animals and good quality used clothing and household items. Donated items are needed and can be left at Kay's or at our Friday mornings location.

SPECIAL NEED- FOSTERING

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

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

Animales Atenas does not have a shelter for abandoned animals.

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

DORA 8855-9822
doritrebole@yahoo.com

Sylvia 8868-1386
AnimalesAtenasCR@AOL.com

Friendship Library News*



March, 2017

Greetings, Dear Readers. Last weekend, we stopped by the library for the usual daily routine (deliver the newspaper/shelve the returns/straighten the shelves/collect the donations) and found a treasure trove on the back table. There were lots of books to reshelve (always a good sign) and forty-one donations. I quickly discovered that these books came from a serious, eclectic reader who took good care of her books. And, by the way, she left some really cool bookmarks that I left in the books.

The books added to the library this month cover many genres of literature including historical fiction, romance fiction, thrillers, detective stories, classics, poetry, romance mysteries, social commentary and more. We've added more books for children in English, Spanish and French. Since we will no longer have this forum for library updates, we'll put new books on the shelves along the ramp entrance.

Fans of Wilbur Smith have three new treasures from which to choose. Two are Egyptian historical novels, "Pharaoh" and "Desert God" (F Smi). Wilbur Smith is a master of the art of writing historical fiction and these new additions will not disappoint. The third new Wilbur Smith title is a departure from his usual themes and is instead a modern-day thriller, "Those in Peril: Taken, Tortured, Ransomed". It is a tale that begins with the capture of a nineteen-year-old daughter of wealthy parents captured by Somalian pirates.

I've spent much of the last few weeks engrossed in a 700-page novel of the American Revolution, "The Glorious Cause" (F Sha) by Jeff Shaara. I would not have believed that so much military history could hold my attention, but this author is amazing. He manages to focus on the lives of the human beings involved in the war as he goes battle-by-battle through the revolutionary war. And for those readers who love historical fiction as I do, another new book demands our attention: "America's First Daughter" (F Dra). This is the story of Patsy Jefferson and the impact she had on American history.

As soon as I saw the book entitled "How the Light Gets In" (F Pen), I was intrigued because the title is part of a verse that I love by Leonard Cohen:

*Ring the bells that still can ring,
Forget your perfect offering,
There's a crack in everything.
That's how the light gets in.*

This is a Chief Inspector Gamache novel set in Québec.

A book of poetry will usually cause me to take a break and read a bit. We've now added four new titles: "The Dream Keeper" (NF 8) by Langston Hughes, "Harvest Poems" (NF 8) by Carl Sandberg, "Riley Farm-Rhymes" (NF 8), and "Where the Sidewalk Ends" (Y NF 8) by Shel Silverstein. I consider this last title to be an essential part of the literary/cultural heritage of every English-speaking child.

Here's an interesting challenge for expats who are learning Spanish: "Love in the Time of Cholera" available in Spanish and English. This book by Gabriel García Márquez won the Nobel Prize for literature. Our Spanish version is a bit worn but is intact.

Looking for a romance novel or a romance thriller? Consider these: "The Liar" (F Rob) by Nora Roberts or "Texas! Chase" (F Bro) by Sandra Brown. Or perhaps just a powerful love story: "Raney" (F Edg) by Clyde Edgerton or Jojo Moye's "Me Before You" (F Moy) or "Ordinary Grace" (F Kru) by William Kent Krueger. This last title is on my short list of books to read so it might not be available for a couple of weeks!

There are some really famous books that I never actually read. This could be the time to do so since they are now in our little community library: "One Flew Over the Cuckoo's Nest" (F Kes), "The Great Gatsby" (F Fit), "The Maltese Falcon" (F Ham).

If you've been wanting to join the bridge group but you really need to brush up on your skill, check out these new choices: "The Fun Way to Serious Bridge" (NF 7) by Harry Lampert or the classic "Fundamentals of Contract Bridge" (NF 7) by Charles Goren.

Many of us seem to long with nostalgia for those "good old days, simpler times". Well, check this out: "The Way We Never Were: American Families and the Nostalgia Trap" (NF 3) by Stephanie Coontz.

Here is a short list of new titles by popular authors that we've added this month:
David Baldicci, "The Target", "Zero Day" (F Bal)
Jonathon Kellerman, "Breakdown" (F Kel)
Lee Child, "Tripwire" (F Chi), a Jack Reacher novel.
Eric Lustbader, "The Bourne Enigma" (F Lus)
Janet Fitch, "White Oleander" (F Fit)
John Grisham, "A Painted House" and "Calico Joe" (F Gri)
Liane Moriarty, "What Alice Forgot" and "Big Little Lies" (F Mor)

Fans of thrillers will want to check out these new additions: "The Seduction of Water" (F Goo) by Carol Goodman and "Deadly Decisions" (F Rei) by Kathy Reichs.

Whew! So many good books to read! It's a good thing I married a voracious reader who understands that it is perfectly okay to lay around and read all day. If that is part of your retirement plan as well, you will have lots of tempting choice in the Friendship Library.

On a personal note, for those of you who are teaching English, I have a lot of English lessons for older students or adults that I have put together over the years. I will be happy to share these with anyone who is interested. Just contact me and provide a flash drive that I can load them onto.

Happy Reading!

-Linda Ledbetter, librarian

*located in Restaurante la Carreta, 50mts. east of the church in Atenas Central.

Jimmy Vietz, the Pied Piper of Atenas



*by Mary Martin Mason
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"Ah, hoy eres verde," 9-year-old Naja exclaims, thrilled with the color her amigo, Jimmy, has chosen this particular day to tint his goatee, chest hair, underarm hair and eyebrows. Naja enthusiastically dons silicon gloves before joining Jimmy in the park. They have a singular mission, to pick up trash.

To Naja and some other Atenas children, Jimmy Vietz is like the Pied Piper of Atenas. Blessed with a vibrant personality and an infectious laugh, he changes his look daily with paint that washes out in a nightly shower. He wears matching shades and shorts that show off his golden tan. Jimmy is teaching Naja and her friends the importance of recycling and of not leaving a carbon footprint, a lesson that was somehow forgotten in Costa Rican schools. Years beyond her young age, Naja says, "We need to pick up the garbage so animals won't eat it, to keep the earth clean, to help the plants and to stop global warming."

Most of the year Jimmy is a substitute teacher back in Longuéuil, a city on the south shore of the St. Lawrence River, directly across from Montreal. For thirteen years, stemming with an invitation from his brother to join him in a warm, safe country, Jimmy has wintered in Costa Rica. For the first eight years he stayed in Alajuela, but the Alajuela police did not appreciate his distinctive look that turns heads in Atenas, but does not result in harassment as it did in Alajuela. A town known for its tolerance and warmth, Atenas has come to accept Jimmy who has become a regular fixture in Parque Central, much like the older men gawking at the girls or the teenagers with their amorous displays.

Jimmy's day begins at 6 am when he eats breakfast and starts his stint in the plaza. Between gathering candy wrappers and aluminum cans, he speed walks for 2 hours and moves from park to park. "About 95 percent of the Ticos," he laments, "toss their trash on the ground and in the park. I am concerned. I need to make a good example for evolution, for civilization, for the future. I pick up their trash right in front of them." After lunch he visits friends, talks on the phone, or has quiet time. Sometimes he goes to the beach or to see Humberto in Alajuela, a man he has come to view as a second father. Humberto taught Jimmy Spanish and has helped him complete the inevitable tasks that perplex new-comers.

Ecologically, Costa Rica is a paradox. The country dissolved its Army in 1948 to divert resources for education and environment. In 1996, a ban was passed on the razing of mature forests. In 2015, Costa Rica pledged to become carbon neutral (the result of a net zero release of carbon dioxide into the atmosphere) by 2021. Costa Rica is considered a leader among nations with respect to climate change in stark contrast to the United States that has a new president who along with his appointed head of the Environmental Protection Agency does not accept Climate Change.

Jimmy and others like Naja's mother, Adriana Murillo, are appalled by the general population's attitude about their individual accumulation of waste and trash. Adriana recalls, "Grecia is known as the cleanest city in Latin America. The municipality works hard to live up to that image. When I was a child growing up in Grecia, there were public service announcements on television against throwing garbage out on the street. At some point, those were no longer shown. Today's teenagers don't understand the environmental impact as they toss aside their trash. Their attitude is, 'Someone else will pick it up for me.'" Adriana was thrilled when Naja began, through Jimmy's efforts, to show an interest in ecology and wanted to, along with her friends, help him.

His love of children is evident in his career as a teacher of pre-school students, ages 0 to five, and in his second occupation as a performance clown. He is about to end his winter holiday and already is getting invitations to perform as a clown at children's parties upon his return to Quebec.

Clowns are known for being playful and irreverent, happily taking on the role of a fool with actions that appear ordinary, but in fact are extraordinary. Jimmy Vietz's unique personality fits the clown persona with a far more serious intent than "make 'em laugh." The children of Atenas are the first to understand the cause he champions as they walk behind the trail he is blazing.



Jimmy Vietz



by Atenas Today Staff

Those of us who have been living in Atenas for a while are very aware of how difficult it is to predict whether a newly established restaurant will be successful in our small town. No matter how charming or how good the food is, no place can survive without customers. The owners/operators must work hard to cater to a large segment of the local population so that they keep coming back and make the numbers work, they can't just rely on tourists.

La Finca Pizzeria has become a favorite among Ticos and the growing number of foreign residents and visitors because it has been able to satisfy the expectation of a unique quality and caliber of dining experience. The pizza, pasta and salads are excellent and the menu now includes steak, salmon and chicken specials on a regular basis.

I have been aware that large groups of people go to La Finca for Happy Hour regularly on Fridays, especially during the "dry/high" season. I was there several weeks ago when the crowd was so large they had to wear name tags! It was a lively bunch and I remember feeling curious about how the concept of Happy Hour had made its way into the restaurant. Like a good investigator I visited again last Friday (St. Patrick's day) determined to have my questions answered.



Max decorating

I asked one of the servers what the specials were for Happy Hour! He looked at me with some bewilderment and told me that they did not actually have an established Happy Hour! I pointed to the large community table that was filled with patrons and asked him about it. He laughed and

replied that although the restaurant did not have a Happy Hour promotion that didn't stop their customers from being happy and celebrating the hour, in this case St. Patrick's Day too.



I learned later that one of their regular customers had brought the green balloons and enlisted the help of the staff to decorate the space for the impromptu gathering. In addition, she had asked people to wear something green to commemorate the day and the staff at La Finca provided Irish music in the background! She told me she never knows who or how many people will show up at Happy Hour at La Finca but that a good time is always had by all. From where I was sitting, it certainly looked like fun.

La Finca's success is the result of many things including a bright and inviting open space. The tables can be configured into large community tables or small ones for a couple. The atmosphere is very pleasant, the staff is extremely well trained to consider any and all requests with a smile and the food itself is excellent. You can watch as your pizza is made and Chef Christopher can often be seen greeting customers and asking about their meal. The owners and staff understand that patrons enjoy having a nice place to go to unwind and enjoy a meal and they do all they can to make sure you visit again.

Open Tuesday-Sunday
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Float Like a Butterfly



by Carole Connolly
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Sting like a bee – go ahead, just try it! I did.

So far, it's just me and the bag, and I'm winning. Barely. Today, we did shadow-boxing with a sparring partner. It was my first time since I took up boxing three weeks ago. Whoa, it's a whole different story when someone swings back.

"What? Why on earth would a woman about to celebrate the twentieth anniversary of her fiftieth birthday take up boxing?!" Why, to get in shape to be a "Playboy Bunny Ring Girl" on her birthday, of course!

It hit me at four in the morning – my eyes flew open and I ran to my laptop. Surely, there must be boxing in Santa Cruz. That's where I got this idea in the first place. I had attended a boxing match at the Civic Auditorium right after I did the bungee jump at the Boardwalk to commemorate my forty-fifth birthday. The newspaper reporter that covered the jump – oh, yeah. I dressed up as Wonder Woman and had my nine-year-old son ride up in the cage with me – asked me, "What are you going to do to top this when your fiftieth rolls around?"

She caught me off-guard as I rarely think beyond the present moment. I blurted, "Um, be a ring girl at the boxing match." It just came out of my mouth. And then I forgot all

about it until I came across the newspaper article years later.

My daughter and I did a Wonder Woman bungee re-enactment for my last birthday, so what next? Ring girl! Yeah, that's it. Maybe dressed as a Playboy Bunny? Sure!

I took a good look in the mirror and thought, hmmm, *how did that happen?* A pudgy, soft looking woman was staring back at me. Time to take the bull by the horns. I bought a scale, a jump rope, and started going to the gym regularly. It wasn't enough. I thought about getting a personal trainer. With my limited budget, I knew it was out of the question.

I found Santa Cruz Boxing online and called the number. I left a voicemail explaining my mission. It was only after I hung up that I thought about how that might sound to the person picking up the message. "Oh, hi. My name is CJ and I want to be a Playboy Bunny Ring Girl in Las Vegas for my seventieth birthday. I need to get in shape fast so I want to train at your gym. I have two months before the big day."

Most people would have ignored that message deeming it a prank call. Not Brian Dunningway, owner of the gym. He didn't blink an eye. He simply said, "Hi CJ. I got your message, and I understand your goals. When do you want to get started?" Yeah! My kind of person. To give you an idea, he wears funny socks that say thing like "Bam" and have lightning bolts on them. His favorite expression comes from Yoda: "Do or do not. There is no try." Yeah, baby!

The first time I drove to the gym in Scotts Valley, I began to question my sanity. I thought about turning around and going home to have a Bloody Mary instead. The hardest part of taking on something new is walking through the door. So, I kept going. I intended to just watch, and then go home and forget the whole thing. I must admit, my heart

was in my mouth as I walked toward the entrance for the first time.

I took a deep breath and walked in while the morning class was under way. As soon as I entered, an enthusiastic battered looking dog ran to greet me. He had scars on his face, one mutilated ear, and was wearing a blue jacket. My heart melted. He sat by my side and let me rub his head the whole time I watched the class wondering if I really wanted to do this.

Much to my surprise, the majority of the group was female. And boy, did they pack a punch! As I witnessed the dedication and power of the group, I tried to picture myself joining them. To be polite, I stayed until the end, thinking I would just slip out unnoticed.

"Hi CJ!" came the powerful yet friendly voice. "I'll be right with you."

No slipping out now. At the end of class, everybody gives fist bumps and says, "good job," including Charlie, the dog. Next thing I knew, I was signing up for the two-week trial.

I did not intend to sign up for the two-week trial and I certainly had no intention of signing up beyond the trial. On my first drive from Capitola to Scotts Valley, I rehearsed my excuses, er, I mean reasons for not joining: "It's just beyond my budget. I'm a senior citizen on a fixed income – the monthly fee is too steep for me." (flash toothy grin.) "It's too far. You know with traffic and all..." (shrug shoulders and flash toothy grin.)

"I read on your website I have to buy my own boxing gloves after the loaners that come with the two-week trial. This is just too rich for my blood." (purse lips, raise eyebrows, shrug shoulders and flash toothy grin.)

I figured boxing gloves must be a couple hundred at least. I knew I didn't have to 'splain myself until the trial was up – I was

just practicing my dropout speech. Besides, maybe I would actually fit in here. I already made friends with one of the other students, Suzi Cash. I mean with a name like that, ya gotta like her.

She immediately saved me from a bad move. As I entered the gym for my first group session, she saw me reaching for Charlie, my security blanket. "You might not want to pet Charlie at the moment. He got skunked and he's pretty stinky." I withdrew my hand, beamed a grateful smile at her, and breathed a sigh of relief.

As I watched her expertly wrapping her hands with the long elastic hand-wraps, I knew she was no stranger to this boxing gym. Brian, the gym owner, came to my rescue just when I started panicking, "CJ, come on over here. I'll wrap you." He leaned in and quietly said, "Today's instructor is Robert. He's pretty tough. Go easy on yourself. Just do what you can, and don't feel like you have to keep up with everybody else. If you feel light-headed, take a break, sip some water, – go at your own pace."

I smiled, "Thanks, Brian!" and bounded back to the bench where my new friend was donning her boxing gloves. She cocked her head and got close to my ear, "Listen, Robert is our toughest instructor. Don't kill yourself on the first day. Take it easy at first. I was sore every day for the first month I trained here. You're gonna be sore."

While I appreciated the warnings, I thought to myself, *Ha! they don't know who they are dealing with here. I maybe a bit rusty and pudgy, but I've been a gym rat my whole life. They'll see!"*

Class was about to begin, the students were spread out on the workout area, and I took my place toward the back. Suddenly a gentle voice was in my ear, "CJ, just do what you can.

This is your first day. Go at your own pace. If you feel light-headed, stop. Get some water, and pick it up again when you're ready." And the sweet-looking, soft-spoken friendly man took center stage and transformed into a bad-ass drill sergeant kicking our butts!

I held my own as long as I could, and just when I was about to give out, another newbie, in the midst of holding a seemingly endless "plank," collapsed on the mat spread-eagle and yelled, "God-dammit!" The entire room cracked up, including Robert. He grinned and remarked, "You said it, but everybody else was thinking it!"

I made it through the first week of training, and the numbers on my cheap little home scale were making me happy. My jeans were loose! Not only was I energized, I was so exhausted from the daily sessions, I was sleeping through the night. Wow!

Well, maybe I would sign up for the membership, but only for one month! That's it, one month. And what about the boxing gloves? I went on eBay and found a pair of hot pink twelve ounces for ten bucks! Sold! I'm still looking for the matching shoes.

I'm now entering my fifth week of training at Santa Cruz Boxing and couldn't be more pleased with my progress. Oh yeah, after week one, Brian offered to weigh me on his special scale which gives not only my weight in pounds, but measures body fat, water content, bone density, and physical age.

"Well, does it cost extra?" I asked, trying to get out of it. I weigh and measure at home, but I cheat. I move the scale around the room until I get the number I want and pull the tape measure to the point of breaking just to get a better number.

"No extra charge," grinned Brian. "And we should get some before and after pictures." I sure do get my money's worth at this place.

And talk about being held accountable? To quote Robert, "You ain't cheatin' me, you're cheatin' yourself."

Can't argue with that!

And as far as the place being "too far?" People come from as far away as Pacific Grove, over an hour's drive, to train at this gym. I can hardly wait to try the kickboxing and Tai Chi! There is something for everyone here, including special kick-ass boot camps. I plan to try them all. Never say never.

I'm no longer a newbie at the boxing gym. There are no more excuses. My confidence is up, I have dropped fifteen pounds, gained muscle, and tightened up to the point of showing muscle definition.

The other day, Brian, the gym owner, came up to me, "C J, raise your arms out to the sides." I did so. He smiled and said, "Yes! You have delts. (deltoid muscles). That was fast! Way to go, C J!"

There's nothing like positive reinforcement to keep you working hard. And it's hard, no doubt about it. But then, if it were easy, anybody could do it. And we're not just anybody! I love when I walk into the gym for the tail-end of Brian's Bootcamp. The group, mostly overweight ladies, shouts slogans such as, "We are what we repeatedly do. Excellence is not an act, but a habit (Aristotle)." and "I am committed, I will persevere, I am a Bad-Ass! (Brian Dunning)." (Brian Dunningway)."

In a few short weeks, I have seen tremendous improvement in these students – both physical and mental. I heard one lady say, "When I joined this class I couldn't do one push-up. Now I can do five!" Good stuff.

Speaking of Bad-Ass, Robert, the boxing instructor is a huggy-bear. When he walks in, his smile lights up the gym. If you're in his path, you get a big hug. Sometimes I get one, sometimes I don't. Then, at the stroke of ten,

huggy-bear disappears, and Mr. Strong-voice Bad-Ass instructor comes out. He puts us through the grueling routine and through my straining, sweaty haze, I hear things like:

"Stay with it! Stay with it!"
"You ain't cheatin' me, you're cheatin' yourself."

And when you think you can't possibly do another push-up, the strong voice says, "Come on! Do it! Here's where the magic happens. The rest is just prep."

And I pump out another push-up. And another. And, hey, I can see a six-pack forming. Oh, yeah, it's working! I've got one more month to go before the "Playboy Bunny Ring Girl" execution.

So, the other day, there was a beautiful strong young lady in class named Sandra. I'm pretty sure it was her first time. I had never seen her before and I go almost every day. She was getting her hands wrapped by Brian and I fondly remembered my first week when I got MY hands wrapped. Now, it's "hurry up, C J, get those hands wrapped and get your bag gloves on." No more newbie.

Anyway, we partner up for some of the exercises. I got partnered with the beautiful, young, strong one, Sandra. As we got into position to start, I leaned in and said, "Go easy on me, I'm old." Little did I know Robert was within earshot. He simply smiled and said, "There are no qualifiers here, C J. Get to work." It was akin to Tom Hanks saying "There's no crying in baseball" in the 1992 movie, *A League of Their Own*.

Fine.

Well, I have news for Robert. He sees all, but I don't miss much either. I saw him helping one of the other students – he was demonstrating the jab on the punching bag. It was like lightning! And it was hard. And he didn't even

break stride. I think he could knock someone out with that one jab. I wouldn't be surprised if he has done so. I'm just gonna keep my nose to the grindstone. No more whining.

After we have spent ourselves on jabs, crosses, hooks, and uppercuts we move to the floor for stretching.

You know the class is over when huggy-bear comes back, Robert's smile beams, and you get the best hug ever. And I'm not talkin' about one of those "stick-your-butt-out" hugs where nothing really touches. Everybody in the room gets one – even the "tough" guys.



CJ – disarmed Robert with the Bunny Ears, Pearls and Pink GLOves!



Charlie and Brian fist bumping!

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.

Well things have been sort of quiet around here since Uncle Phil left. He went off to the beaches to learn how to surf! You humans sure do some goofy things... y'know it? Sliding on a board on top of water is NOT something a right thinking perro (dog) would do.

He called today and said he is having a really good time seeing the sights and, when he tries to surf, he is providing comedy relief for the younger surfers!! LOL!!

My car got a low tire the other day. Dad aired it up and then a couple days later it was low again. So....he took it to the service station to get it fixed. He came back home and told Mom, "MAN!!! It sure is expensive to have a tire fixed in this country!!" He said they took the tire off the car, put it in a vat to find the leak. Found a nail and pulled it out. Then they plugged the tire, put it back in the vat to check it, and when they found it was not leaking air anymore, they balanced it and put it back on the car.

It cost Dad a whopping 42¢!!!!!!!!!! Wag wag wag!!!!

Enid and her husband are growing some beautiful orchids!! They grow wild here too but these are in pots. The hummingbirds are still buzzing around that red flower thingy outside Mom's window. It is just LOADED with those flowers!!!

Mom has had a really bad cold for the past few days. She thinks she caught it from one of the kids. Anyway, she went to the farmacia (drug store) and got shots for it. In the pharmacies here they have doctors. You tell the doctor your symptoms. They check you out, ask you some questions, and get you whatever medicine you need. Mom had two shots. One one day and one the next day. They cost \$4.00 each!!! While we were at the farmacia the first night we saw some birds up in the rafters outside!! They are parrots of some kind!!!

The park here in Grecia is full of huge mango trees. They just fall out of the trees onto the ground!! Sometimes they fall on people's heads!!!

OH!!! We went to look at some property the other day and had to use the four wheel drive thingy on the car!! Dad tried to take pictures of the road but, since we were bouncing most of the time, the pictures are kind of funny looking!! LOL!!!

Mom took Dad to meet her new angel yesterday!! Olga is her name. Someone had found 8 little puppies in a coffee field and all of them were dead except for two. Mom said they had starved. The two live puppies were VERY dehydrated so Olga brought them up to our casa today and Mom gave them fluids under their skin. She calls it sub-q fluids. She also checked them for ear mites and when she found some she treated them for that too. She took their temps but said they were normal at between 101 and 102. She gave them medicine for diarrhea too cause they both have it. She also gave them some syrup and told Olga to give them some syrup every three or four hours to bring their blood sugar up.

I helped Olga while Mom was working on the puppies. They yelped when Mom stuck them with the needle and so I talked to Olga and told her it does not really hurt that bad, It just stings a little. They sure are weak little babies. Y'all say a prayer that they make it okay??

Tailwags to everyone!!!!
From BudBud the angel helper

An Idyllic Island Recollection



by Marietta Arce
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Enticed by a verbal job offer in the exciting field of fashion, I moved from New York to Puerto Rico in the early 1980's. I had vacationed there previously and it reminded me of my birth home, Costa Rica, which I missed very much and longed to return to at some point in the future. As added bonuses, I got to experience the *island* feel as well as the special mix of cultures that did not exist yet in Costa Rica.

With some contrition, I admit that being away from some of the obligations to and drama from my small extended family in New York allowed me to blossom in different ways in Puerto Rico. It was an amazing time in my life and my one regret is that I did not take sufficient pictures of the experience. Every now and again, I do look through the one cookbook I purchased and reminisce about the aromatic, unique cuisine I indulged in there.

Several weeks passed before I accepted the fact that the verbal job offer was not going to materialize into anything concrete and that I was going to have to look for work; returning to New York so soon was not an option I even considered. Living

on an island paradise with its warm summer breezes and rustling palm leaves everywhere in March was too strong a reason to stay, at least for a while. I was very optimistic about my future and I blamed no one but myself for my impulsive decision to move to Puerto Rico without a written contract!

It was the first time in my life I actually had to seek employment. All my previous jobs had come through informal channels (friends, colleagues) - connections I no longer had in Puerto Rico. I had never even created a *résumé*. This was all before I owned a "word processor"; I can't even recall where or how I did it. I do remember signing up with Manpower Inc. *the* employment agency of the times.

After several interviews at multinational firms that had recently moved to Puerto Rico to take advantage of tax incentives, I landed a dream job at a company that profited from my previous shipping industry experience and my bilingualism. My job came with many perks, including having my own office and being able to plan my schedule. As long as the work was getting done, my immediate boss did not interfere with my style, a welcome change from some of my previous supervisors who micromanaged everything.

I felt very much at home in Puerto Rico even though the culture was so different from the one I had grown up around. Although I didn't know it at the time, I was exploring what it was like to be an expat, rather than the immigrant I felt myself to be in New York. It proved quite an interesting difference. One of the first groups I joined (and quit quickly) was a cooking club that I found to be an odd mix of competitive aspiring chefs and/or bored

expat wives with a lot of free time and a penchant for gossip. It didn't help that the women were also many years my senior so we had very little in common.

My memory of other groups is blurry and I found that soon I did not need them because I began to meet people whose company I enjoyed and with whom I spent some of my free time. My boss and his wife enjoyed entertaining and included me in their invitations as well.

One day, my boss asked me if I would be able to apartment sit for a week while he and his wife went on a cruise to celebrate his 50th birthday. I happily accepted the request. My duties were very few: water the plants, make sure doors and windows were locked when I wasn't home and generally keep the apartment tidy until their return. And go to work, of course!



Isla Verde Skyline – Wikimedia.org

Although theirs was not the penthouse floor apartment, it was on one of the upper floors (18 perhaps?) of a tall apartment building in a very upscale section of San Juan. I experienced a level of luxury previously unbeknownst to me. I enjoyed the bright and chic decor; the feel of the cool tiles on my bare feet. I loved the way the doorman recognized me and made me feel safe and welcome. I was eager each evening to sit on the terrace and admire the spectacular night views and city lights, in

contrast to the morning's rush to fight the traffic and get to work on time.

Although I am not a beach lover per se, I admit that walking along the sandy path in the late afternoon was a very pleasant and unique experience. There is something almost magical about having dinner in a breezy outdoor restaurant close to "home" and then heading back to unwind and sleep.



Isla Verde Beach – Wikimedia.org

The week went by very quickly. When my boss returned, I noticed that he had gotten a perm, something that shocked and amused me because it was a little out of character for him. His wife joked that he was having a "midlife" crisis about turning 50 and she convinced him to do it while on the cruise! She herself came back a stunning redhead. What a difference a week had made for them and what an impression it made on me about aging and fun, even then.

As I was gathering my belongings and getting ready to return to my humble apartment, my boss offered to pay me for the week's stay saying he was very pleased with my "work". I was not expecting any remuneration. I refused. I had just spent a week in a fancy resort strip of San Juan that I could never have afforded on my own. That experience and many others that I recall from time to time make it impossible for me to lament having recklessly moved from New York to Puerto Rico when I did.

ATENAS TODAY!

2007 - 2017

THANKS FOR THE MEMORIES,

HOW LOVELY THEY ARE



“Thank you so much, Marietta, for taking over from Fred, who got the ball rolling. Marietta, you picked it up and ran. You both have been a gift to the ‘gringos’ in Atenas and for many of the locals. I have especially appreciated having a place to show my art and to see the art of others. I will miss Atenas Today and our monthly comments from our great editor.” – *Harriet Sheppard*

“I started my column with Marietta's encouragement right after our famous ‘Gunfight at the OK Corral’ about five or six years ago. I did three or four pieces on the subject of home security. It had been years since my last publication and I wanted to get back to writing again. Marietta took a chance on me and helped edit my work and kept me somewhat within the lines of good taste. There were times when she put her foot down, but mostly Marietta let me develop my voice and express myself to a small and supporting community ... Atenas Today. We became friends and had coffee once every few months and talked about everything under the sun. This woman has so much good solid nurturing energy. My God ... I can assure you that Marietta Arce does. She will not be found in a hammock under a Malinche tree somewhere. So this is me, Paul Furlong, wishing my friend the best of the best with warm and consistent winds to move her along and a steady hand at whatever she chooses to do next.” – *Paul Furlong*

“The Atenas Today has been a way to inform the international community within Atenas of events and activities that are going on as well as introduce new businesses to the group. It has been vital as a way to integrate the international community with the local community. Personally, I can't imagine this community without it. A tremendous ‘thank you’ goes to Fred and Marietta who started and took on this large responsibility and to all of the writers who have contributed over the years.” – *Tina Newton*

“As a fledgling writer, I approached Marietta when I moved to Atenas in 2012. I wanted to write but wasn't sure anybody would want to read my stuff. She not only welcomed and encouraged me, she featured me! She gave me the confidence to keep writing. And then I wrote a book! Thank you, Marietta!” – *Carole Connolly*

“Atenas Today ... y a través de la gran persona de Marietta, fue para mí un medio en el cual nos dimos a conocer para muchos extranjeros y nacionales. Animales Atenas siempre tuvo las puertas abiertas en todo cuanto quisimos publicar. Mil gracias a Marietta y mil gracias a Atenas Today!” – *Dora Castro, Animales Atenas*

“For many of us, Atenas Today has filled a void by providing a local source of news reminiscent of the local paper in the small towns we left behind. It has been a great way for newcomers and locals to meet their neighbors on a personal level that isn't possible with a simple hello on the street. Thank you, Marietta and Fred, for making many of us feel more comfortable in calling Atenas our new hometown.” – *Shelly Goettl and Roberto Muggli*

“Marietta, your work on Atenas Today has been consistently excellent and done with patient, even-handed thoroughness for a diverse community of readers and contributors. The publication will be missed. We gratefully wish you well in your future endeavors. Le agradecemos.” – *Linda Ledbetter and Bruce Brasington*

“Not wanting the responsibility over others’ lives, Marietta is not fond of hearing that readers living in other countries decided to move to Atenas after reading Atenas Today. Three years ago in Minneapolis, I devoured online issues that delivered a wide variety of activities, but also showed the quirkiness of the residents and the fabric of the community. With apologies to Marietta, Atenas Today did enter into my decision to relocate here. I will always be grateful.”

– *Mary Martin Mason*

“The year before we moved to Atenas, Pete Bogatinoff sent me a copy of Atenas Today. He said it was a ‘must read’ for the English-speaking community here. The Yellow Pages were invaluable! I contacted Marietta who was nice enough to add me to the subscription list. Later, when we moved, I was listed as a resident and was in the Yellow Pages! That’s when I knew I was really home and part of the Atenas community. Since then, knowing Marietta has been one of my greatest pleasures. She is always kind and willing to answer questions (probably the same ones over and over). This little paper was part of falling in love with Atenas. It will be hard to imagine what we will do without Atenas Today. Thank you, Marietta, for all of your hard work and friendship ... and your guidance to being in this wonderful community.” – *Jodie Cook*

“Thank you, Marietta and all of Atenas Today’s contributors, for your years of service to the Atenas community. While living in Atenas for almost 5 years, Atenas Today became an important resource for me. The white and yellow page listings provided an easy path to friends and services. The public announcements helped us all be more conscious community members and gave us the information needed to keep our days full with fun activities. When I think of Marietta, I think of her being a pillar of strength, support and knowledge that benefited all of us. May peace, joy and love be with you, Marietta. You and Atenas Today were integral in building our special, little community.” – *Judi Purdy*

“Thank you so much, Fred MacDonald and Marietta Arce, for providing Atenas with a great resource that kept so many people connected and informed. But I am so sorry to hear that the Atenas Today will be no more. I’m holding on to hope that someone will take up the cause and the Atenas Today will live on.” – *Tammy Rodriguez*

“When I started the newsletter there were maybe 50 English-speaking expats in Atenas, and it was a good way for us to get to know each other. I enjoyed interviewing people and telling their stories. Marietta has done a great job for many years, and I know how much time it takes. It would be nice if someone else would take over. I have been reading it every month, and there has been no shortage of interesting articles and ads. My wife and I have fond memories of our time in Atenas and send our best wishes to our friends there.” – *Fred MacDonald*

“I’m sorry to hear the news that Marietta is retiring from Atenas Today. I’ve always totally enjoyed her interesting articles, not to forget mentioning the directories have helped me numerous times. I wish Marietta the very best in her new endeavors.” – *Diane Petrie*

“We’ve been reading Atenas Today for the last five or so years. It has been a valuable opportunity for me to exhibit my artwork every month and see what my fellow painters, writers, and photographers have been creating. I am really going to miss this. I have used Atenas Today many times to source products and people. Lots of interesting articles regarding life in Atenas and Costa Rica over the years. Marietta is a wonderful person – so positive, hardworking and supportive of the town she so obviously loves. She is a fantastic bridge between expats and Costa Ricans. Very sad to see the end of Atenas Today, but Marietta deserves the break. I am so hoping someone will take up the reins. She is a hard act to follow!” – *Diana Miskell*

“When my husband and I relocated to Atenas in 2014, the process seemed a little overwhelming considering the long move we made, the adjustment to this new culture, and the stress of just getting settled down. What came as a huge relief for us was this amazing publication that Marietta so faithfully produced each and every month. When we arrived, the newsletter had just come out for that month, and we drew a collective sigh of relief in that it was packed with useful and interesting information about this lovely little community. What it did for us was allow to us to quickly assimilate and get the lay of the land. It also helped to introduce us to neighbors, businesses and services that would have otherwise taken us much longer to discover. As a bonus, we were introduced to Marietta shortly after moving at a community fundraising event, and she was so gracious and kind to us and others around us in the same boat. She consistently reaches out to provide support and assistance where needed, and we felt so welcomed in her presence. Marietta's work on this newsletter project will be greatly missed for its content, and also for its welcoming and helpful tone. We wish Marietta and her family all the best, and thank her for so many years of selfless contribution to this community.” – *Adrienne Wiegenstein*

“We found Atenas Today years ago when we were considering Costa Rica as a retirement location. This publication gave a flavor every month as to what it was like to live in this community. It helped in solidifying our decision to make Atenas our home. Since living here, the Yellow Pages and Directory have been invaluable. We are sad to see it all end.”
– *Mike and Karen Elder*

“I came to Atenas in April 2016 and have had a little time to enjoy AT Newsletter. In this time, I had the great pleasure to meet Marietta Arce in November 2016 while preparing for the monthly interview article. Marietta was very curious about my professional work as a Feldenkrais Practitioner, making our encounter feel like it meant a lot to her to include the subject and my personal experience in the issue. She suggested many creative ideas and we connected through her inspiration to make the article interesting, attractive, and lively for the Atenas community. Thank YOU Marietta for your fantastic support!” – *Rúbia Santos*

“Marietta has done such a wonderful job of coordinating so many individual elements to give us a whole publication. Atenas Today has been a way to follow cultural events. Mary Martin Mason and Shannon Farley provided great inside information that broadened my perspective and my horizons. I could also rely on the directory and Yellow Pages to find missing phone numbers! It will be missed!” – *Harriet Cates*

“I have been around since Atenas Today started with Fred. It's been lovely to watch the growth of the contributors for our local community newspaper. I would anticipate with pleasure the monthly mailing. I always enjoyed reading the articles and what's going on in our community. It was like a friend coming home the day it was received. I appreciate all the efforts of the contributors and of course dear Marietta for all her time and hard work that she put into Atenas Today. Our community online newspaper shall be missed!” – *Anonymous*

“When Fred MacDonald started Atenas Today it was the first time for me that Atenas felt like a community, one of expats and travelers and Ticos. By compiling and then sharing with us much that goes on here, Fred and then Marietta Arce made the fabric of this community stronger. I really appreciate their efforts over the years.” – *Al Alexander*

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.



**Mot Mot
7" x 12"
Watercolor**

Artist's Statement: I tried to keep it fresh but still somewhat accurate.

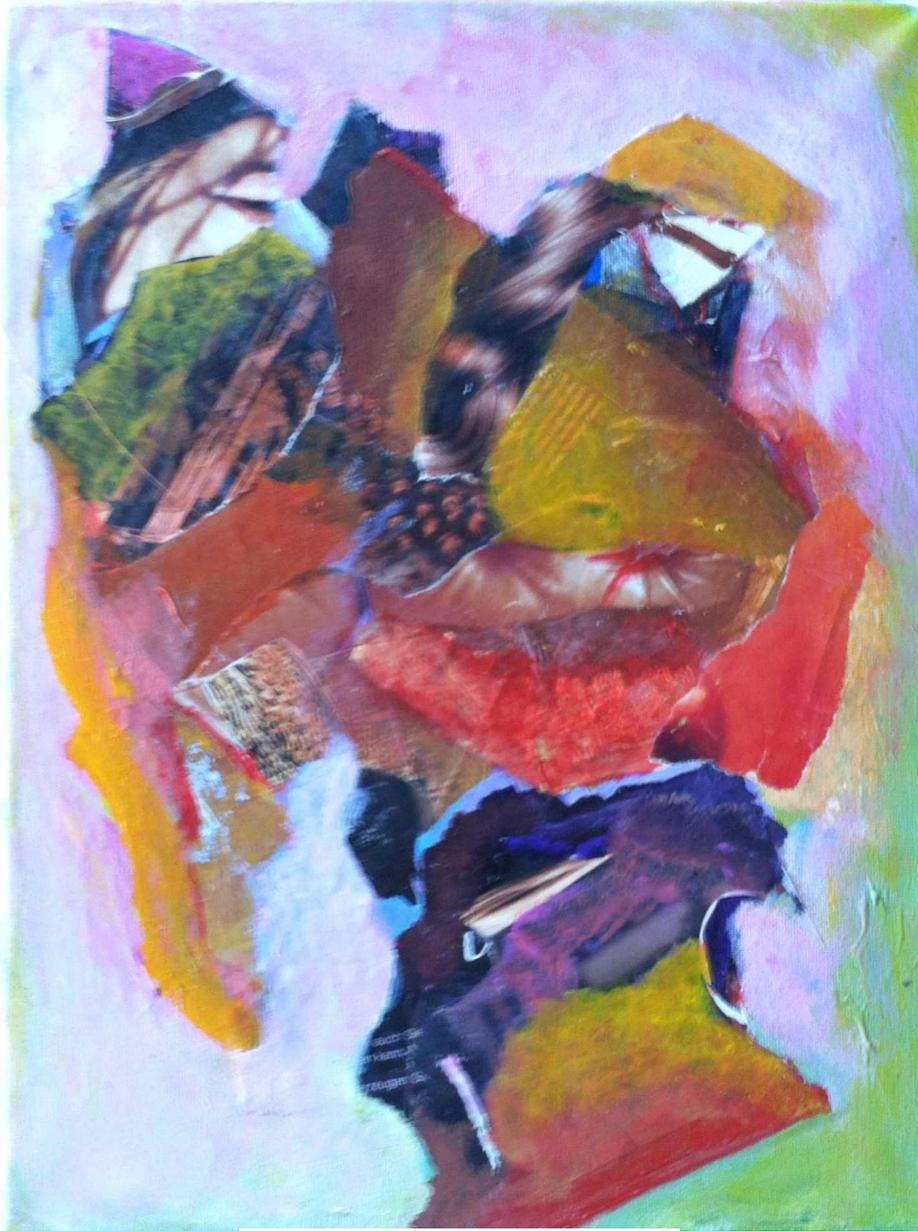
Al Alexander
email: jeanandal@gmail.com
website: www.alalexanderartist.com



Diana F. Miskell

Horse and Cattle Art: www.dianamiskell.com

Costa Rica Blog: www.dianascostaricablog.blogspot.com



Title: Tribute to Marietta
Acrylic on canvas
15 in. X 10 in.

Harriet Sheppard
hweyman@gmail.com



Short-lived Cortez Amarillo Flowers
photograph by Patricia Salazar

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.

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

Charlie Doggett

De La Pura Vida Costa Rica
Dennis Easters/Pure Life Development
Diana Miskell

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

Paul Furlong motorcycle blog

<http://eyeneo.com/>

Pura Vida Mommy

puravidamommy.blogspot.com

Roxana Gonzalez Chaves
Rubiatica

<http://aquaponiajard.blogspot.com>
rubiatica.blogspot.com

Shannon Farley
Somewhere In Costa Rica

<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://tnrealestatecr.wordpress.com>



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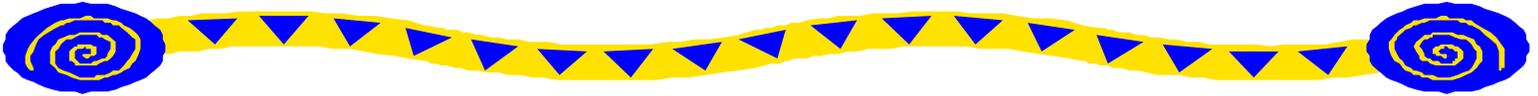
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Diana F. Miskell

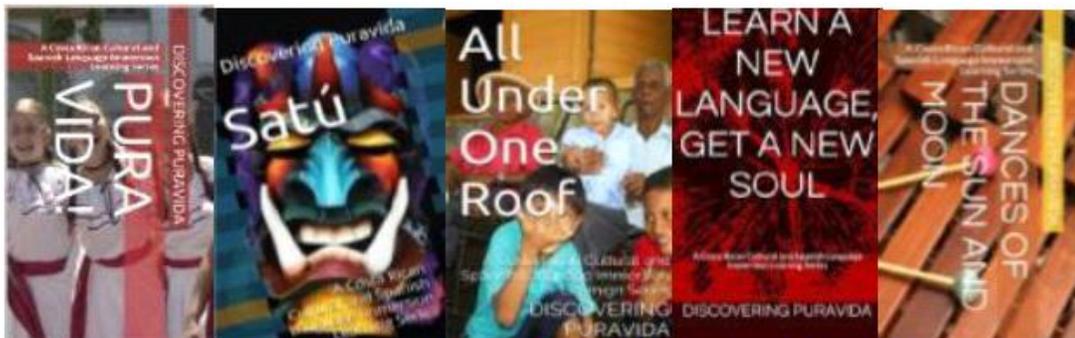
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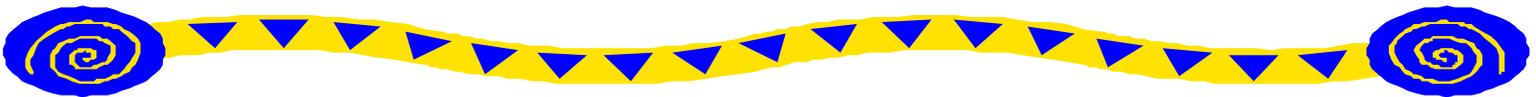
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Paul is excited about his new book (lots of pictures) and suggests that you order from his Facebook Page:

<https://www.facebook.com/bohemianroadtrip/>

He said, "Under the header to the right is a blue Shop Now bar in blue... press that, he says, "and all your troubles will fade into a stream of conscious and take you far, far away." Hey, that's what he said...

He also said, "It will cost more to ship a book to Costa Rica" but he'd choke it down because "we're all in this together."

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The Atenas Today FACEBOOK PAGE will continue to exist and back issues of Atenas today can be found at scomari.com

Thanks again for all your support throughout the years!