

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. 77

May 23, 2011



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 400 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 archived on the Atenas Chamber of Tourism and Commerce website, www.atenascatuca.com. Click on the English version and then Atenas Today on the business page.



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



As I worked on putting together this month's issue, the steady sound of a backhoe's motor permeated my office. On a property nearby, someone was preparing the ground for construction. I am always energized when a new construction project gets underway, it is a reminder that the community is in constant flux and steady growth.

The undertaking of a new construction or the remodeling of an existing one can be overwhelming. Eventually, though, the job is completed and a beautiful new structure stands ready to be occupied. In the months ahead, and with your support, I will be remodeling *Atenas Today*; building on the strong foundation that Fred Macdonald put in place.

I am committed to the publication entrusted to me and feel called upon to include articles of interest to the local population as well. Belying the notion that Ticos prefer to keep to themselves, many native Atenienses eagerly seek to discover the mysteries of the different cultures that have come to live in their neighborhood. *Atenas Today* can be the perfect bridge that leads to the discovery of the many things we have to offer each other.

In this month's issue, we introduce two new features: *FOCUS ON*: which will showcase a fruit in season (this month, the majestic mango!) and will include facts and recipes. We welcome contributions and ideas to make this feature sustainable.

Our second new feature: *GET OUT OF TOWN!* will highlight an event or place that should not be missed – an invitation to get to know the country, rain or shine. This time, we focus our attention on San José's Art City Tour, a cultural feast which will captivate and entertain you.

We contemplate adding "Letters to the Publisher" and making the "Community Bulletin Board" permanent. We look forward to your comments and suggestions. All of your communications and contributions are important. We want you to feel part of *Atenas Today*, every day.

Marietta Arce
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Adventures to share...



by Lois Craft

Former monthly columnist Lois Craft writes:

I have asked ... to opt me out of being a columnist on a monthly basis, as we will be traveling extensively and it is tough to come out with interesting articles on a regular basis.

However, we will be leaving ... for 10 days in Georgia, then flying over to France, where we will fulfill our visit exchange for 5 weeks, near Carsosonne. In the middle of our visit to we will take a 4-day self-guided barge trip up the Canal du Midi, then back to Caunes-Minervois for another 2 weeks. From there, we will travel to the Netherlands, where Chris and Floyd Winsett will join us for a 5-day bike ride, after which we will all travel to Germany to celebrate Chris' mother's 90th birthday.

Our journey will end in Paris, for one week, then back to the States (GA) on July 11th, and back to CR on August 2nd.

The reason for all of this detail is that I will write a blog about our adventure, which you are welcome to share in [Atenas Today](#). The blog site is: adventurecraft@blogspot.com.

PUBLISHER'S NOTE: We will be following Lois and Jim on their adventures and hope you will too.

Fred's Theory of Everything



by *Fred Macdonald*

Now that I am no longer the editor and publisher of Atenas Today I feel free to express some very personal opinions without being concerned that I am giving an editorial slant to the magazine. The first essay is what I call "Fred's Theory of Everything." I welcome your comments.

In the beginning was the Word, and the Word was with God, and the Word was God.

The apostle John got it right, at least in the way I interpret the introduction to his gospel. The *Word was God*. It has been there since the beginning, if there ever was a beginning. *God* did not create the *Word*; it was just there, inseparable from what we call God.

What is the *Word*? For me it is the summation of the laws of nature. It is gravity, electromagnetism, relativity, geometry, thermodynamics, geology, evolution, everything we call science. It is also love, hate, good, and evil. They all fit together in a great, harmonious system.

John continued: *In him (the Word) was life, and the life was the light of men. The light shines through the darkness, and the darkness has not overcome it.*

The laws of nature allow for the evolution of life. And eventually life resulted in consciousness and intelligence, *the light of men*, which is gradually illuminating the *Word*.

After that astute introduction John illogically, in my opinion, introduces the concept of the special man sent from *God*, and the rest of his gospel espouses the Christian faith, which does not make sense to me.

I am pretty confident (but not 100%) that there is no *God* watching over us and judging us. There is no life after death in the sense that some configuration of our atoms lives after us. We do not have a "soul" that is separate from our material being. We simply flow back into the pool and the laws of nature take over. It's not so bad.

We humans are merely one part of nature's system, a system that is one of constant death and rebirth. Material and energy keep changing forms, but they exist forever in the *Word*. Yesterday the material that makes up our bodies was star dust; tomorrow it may be part of a mountain. The life that animated our atoms resulted from a law of nature that said self replicating cells would be created if you added the energy from sunlight to certain combinations of molecules.

What about the "eternal verities"? Are there not absolutes of good and evil that must have come from a source separate from the impersonal laws of nature? I don't think so. For every act that we would normally characterize as "evil", one can present a situational case for its justification. Otherwise how could the atrocities of the last hundred years have happened?

I have yet to come up with a human behavior that cannot be explained by applying Darwin's theory of evolution. Take monogamy. Darwin's theory of gene propagation would suggest that men would be driven to have as many sexual partners as possible, while women would strive to keep one good man to help her raise her children. In our over-crowded world nature has generally resolved that conflict in favor of the woman, and most men accept the fact that it is in their interest to adapt. Nature works.

The Majestic Mango



by Elizabeth González

While perusing a cook book written in 1970 about the Caribbean Islands, I came across this description of the mango. “Mangoes range from plum-sized varieties to those weighting 2 or 3 pounds. Usually oval in shape. The skin is smooth and yellow...the stone inside is long and flat... Available in *better fruit stores* and Latin American markets between April and September.”

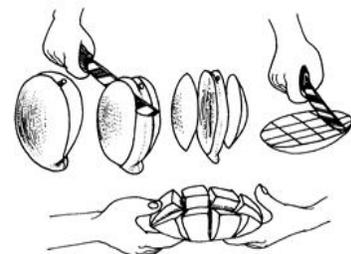
It was this last sentence that made me take notice. I recalled the excitement with which a recent visitor (Jaime) to Costa Rica from Spain described his trip to Jacó. Jaime was amazed by the abundance of mangoes of every shape and color jumping out from the fruit stands. He boasted that he not only purchased some mangoes, he was also rewarded on his morning walks by finding fruit that had fallen from the trees and had been neglected or rejected by the mango pickers. It made a delightful snack for him!

Jaime asked if we had any idea what they pay for a single mango in Spain (we didn't). He was curious to know whether there was a national mango contest inviting creative culinary talents (we don't think so). Jaime concluded that the green season was the best time to come visit Costa Rica and promised to return with ideas on how we might capitalize on this bountiful fruit for our growing national and international tourist niche.

Here are a few facts about the mango: Mangoes have about 107 calories per cup, 24 grams of sugar, 3 grams of fiber. They are rich in Vitamin A, Vitamin C and Potassium.

Mangos should be slightly soft and red and yellow in color. The most delicious are the large mangas, given feminine gender because of their voluptuous size.

As the diagram shows, the neatest way to eat mangoes is to slice them close around the flat oval seed to get two meaty halves. Score each piece into one inch divisions without cutting through the skin. Turn each half inside out, and the delicious bite-sized pieces are ready for consumption!



Ticos love to eat green mangoes sliced and sprinkled with lemon and salt. They also enjoy eating them ripe, without going through the slicing and dicing, but it can be a very messy adventure!

Here are a couple of simple recipes which I have found easy to make:

Quick Mango Bread

2 cups flour
½ tsp. salt
1 tsp bicarbonate of soda
2 tsp. cinnamon
1 cup granulated sugar
3 eggs, beaten
¾ cup oil
1 ¾ cups diced ripe mango

Sift the flour, salt, bicarbonate of soda and cinnamon. Add the sugar. Make a 'well' in the center and add beaten eggs, oil and mango. Stir. Bake in a 9in X 4 in. loaf pan on middle rack of preheated oven (350Deg. F) for 50 minutes. Lower heat to 250Deg.F and bake another 15 minutes. Allow to cool and serve plain or with butter.

Mango Chutney

10 cups diced, firm, ripe mangoes
2-4 cups raisins
½ cup very finely chopped ginger
1 ½ cups chopped onion
1 cup chopped red sweet pepper
1 cup chopped green sweet pepper
1-2 tbsp. very finely chopped hot pepper
1 tbsp. salt (optional)
6 cups brown sugar
5 cups cane or apple cider vinegar

Place all ingredients in a large, thick-bottomed pan. Stir. Bring to the boil. Simmer for 30-40 minutes until thick. Cool for 15 minutes. Beat for 5 minutes. Place in container or jar and use as accompaniment or in curried dishes.

<http://www.cupotico.com/info/General/Mangos.html>
http://en.wikipedia.org/wiki/File:Mango_Maya.jpg

Atenas Today Interviews
Marina Zampieri

Embroidery and Painting



AT: We recently visited **Café Lelia** at the entrance of Vista Atenas and after a delightful cup of coffee with pastries, we went into the sunny gallery and saw your work.

MZ: Yes, the owners of **Café Lelia*** are very gracious and offered me the opportunity to display my work in the gallery.

AT: Tell us a little bit about yourself.

MZ: I was born in Venice, Italy and I came to Costa Rica ten years ago with my husband, Giorgio.

AT: What made you decide to settle here?

MZ: We fell in love with the natural beauty of the country and decided to make it our permanent home. That was ten years ago. Giorgio and I became very active in the community. We loved to travel around the country and meet new people and do different things. I spent many years as a professional photographer in Italy (which I still enjoy doing), so taking pictures was also something we did. A few years ago, Giorgio became ill and he passed away. People ask me why I remain in Costa Rica and I always tell them that this is my home now, I won't leave. I have my friends and my pets and I am quite content even though I miss Giorgio very much.

AT: We are certainly happy to have you as part of our community. Your work is really impressive. Where did you learn how to do this?

MZ: I have always liked crafts and I knew something about embroidery. I had a neighbor who was generous enough to spend time with me, answering my

questions and teaching me how to make certain stitches and learn the technique.

AT: Where do you get your inspiration?

MZ: Sometimes I see a picture or something catches my eye when I am looking at the internet. I think about how I might be able to transfer the inspiration to the painting and then add the embroidery so that it is the picture I have in my mind.

AT: How does the process develop?

MZ: First, I decide on the size of the frame I need to make. You see, I do everything myself. After I make the frame, I secure the canvas and I begin to paint or draw because by that time, I have already decided what I will be working on.

AT: That's very impressive. It must take a long time to go from beginning to end.

MZ: It depends on the subject that I have chosen but my work usually takes a minimum of a month to complete. I enjoy working at night when the house is quiet. That is when I do most of my work.

AT: Can you tell us where this craft originated?

MZ: I have been told that it originated in Mexico and Guatemala, it is something that is very traditional in those countries.

AT: How do you determine what parts of the painting you will embroider?

MZ: It is really a trial and error kind of thing. Sometimes, a picture will tell you where embroidery would cause a nice effect and sometimes I feel that I want to highlight a certain part of a painting. After a while you develop a natural instinct to know what to focus on. I don't worry too much about it, if it doesn't work out, I can always remove the embroidery and start again.

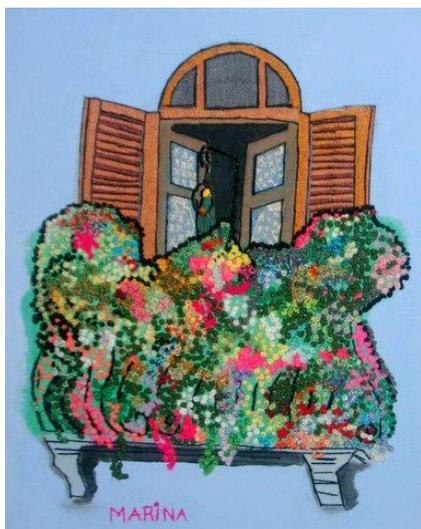
AT: You must feel very content when people admire your work. I see that many of your pieces focus on people, flowers and birds.

MZ: Yes, I have a few favorite themes. I really enjoy painting and embroidering flowers and sometimes I add little details that make my work very unique.

AT: We really enjoyed talking with you and wish you the very best as you continue to perfect your skills.

MZ: Thank you very much. I hope you will invite your readers to visit **Café Lelia** and see my work in person after they have a nice cappuccino!

AT: Yes, our readers will surely stop in to see these incredibly beautiful works for themselves. Thank you for spending time with us and sharing your secrets!



Ventana y Lorita



Las Comadres

**Café Lelia is located at the entrance
to Vista Atenas
It is open Tuesday-Sunday
From 10a.m. to 6 p.m.**



Squash Around the World



by Theresa Fulton

When I first came to Costa Rica, I had never heard of chayote, but this wonderful melt-in-your-mouth squash is now one of my favorite vegetables. (Well, botanically speaking, squash is actually a fruit). The name chayote comes from the ancient Nahuatl or Aztec languages. Chayote (*Sechium edule*) is a member of the Cucurbits family, which includes squash and pumpkins.

This quiet family of unassuming side dishes are actually quite a success story, at least evolutionarily speaking. *Cucurbita pepo* (which includes zucchini, spaghetti squash, and yellow summer squash) was one of the earliest crops domesticated in Mesoamerica, along with maize and beans. Squash seeds and rinds dating back to 10,000 years ago have been found in caves in Mexico. Squash is part of the “Three Sisters” cropping system used by Native Americans, where squash, beans and maize are grown together. Maize provides support for the beans to climb and shade for the squash; the beans help fix nitrogen in the soil; and the squash helps prevent weeds by providing ground cover.

Carried back across the Atlantic by early explorers, the squashes can now be found throughout the world. Antarctica is the only continent that does not have some type of squash. The Cucurbits include an amazing diversity of size, shape and colors. While those found in the wild can be as small as 4 cm (1.5 inches), cultivated types such as pumpkins can weigh over a thousand pounds (see photo). Colors range from green, tan, brown, whitish, blue-gray, to yellow and orange. The squash family include colorful variety names such as buttercup, acorn, spaghetti, turban, banana, and hubbard.



A few varieties of squash

Chayote, while in the Cucurbitaceae family, is within a different genus than most squashes and pumpkins – the genus *Sechium*, and chayote is its only well-known member. A relative, *S. tacaco*, is cultivated ONLY in Costa Rica.

Although here I have only seen the fruit of the chayote eaten, in some parts of Asia, chayote is grown as much for its sprouts and leaves. Though the latter are higher in vitamin content, chayote overall is low in calories, has zero fat, and contains fiber, amino acids and Vitamin C.

And guess what - the biggest collection of chayote varieties in the world is here in Costa Rica, at CATIE (Tropical Agricultural Research and Higher Education Center), in Turrialba.

Some other names for chayote are:

Alligator pear, merlito (southern US)
Christophine (France, Caribbean)
Saosity (Madagascar)
Chouchou (South Africa)
Chuchu (Brazil)
Buddha hand melon (China)
Chocho, Ishkus (India)
English cucumber (Malaysia)
Sayote (Philippines)
Chavote (Norway)
Chouchou (UK)
Pipinola (Hawaii)

For more information, see: Neglected Crops : 1492 from a Different Perspective. 1994. J.E. Hernándo Bermejo and J. León (eds.). Plant Production and Protection Series No. 26. FAO, Rome, Italy. p. 79-84.

Available at:

<http://www.hort.purdue.edu/newcrop/1492/chayote.html>



The Guinness world record winning pumpkin from Minnesota weighed 821 kg (1810 lbs).

"Making Points on our Karma" *



by Evelyn Levchenko

We had passed a rather sleepless night, - we weren't drunk, nor did we get arrested - no, the reason was simple: With the onset of the rainy season an imposing number of male Sapos had chosen our pool as a theatrical stage for their nocturnal courting concerts. What a polyphonic, deafening croak that was! One of them started and all the others followed - fifteen! twenty! thirty! minutes at a time - then all of a sudden they fell silent, as if speakers had been turned off. Again, as if on command, they broke into a new, powerful staccato. At last, in the early morning hours, the breaks became longer, until finally, with the first traces of a new day's light, silence spread out.

As usual, our first walk led us around the house in order to look for the legacies of nocturnal visitors, like bats. We noticed Dipsy and Domino, the two Norwegians, on the edge of the pool, rooted to the spot, obviously fascinated by a current event.

And indeed, it was the desperate struggle to survive of a young rat, which, already visibly exhausted, floated in a circular motion. That rat needed help - fast! My husband rushed to grab the long-handled net, and with a careful motion across the water surface, the drowning rodent was rescued. Sigh of relief! There it lay, in side position, in the grass, dripping wet and did not move. Only on closer observation, there was a rhythmically rising and falling of the small chest.

We had no idea how to get the little one back on its feet. Certainly it was very exhausted, perhaps too cold. Maybe it was in shock? Since my husband had been trained many years ago during his military service as a medical orderly, he thought himself quite able to determine whether the body temperature would be in the normal range. A cautious contact with the back of his hand confirmed this. Meanwhile, I brought a coffee spoon full of cat food from the kitchen, which I lay next to the rat's tiny nose.

Here we were now, the four of us - my husband and I and the two cats - right on the edge of the pool, looking at the brown something down in the grass, and waiting to see what would happen. While our hopes were limited to the rat to get back to its familiar environment, one could assume the cats were dominated by only one thought: to pounce as soon as it moved.

The rat was smart enough to correctly estimate its precarious situation. It would not budge. The attentive glance from its big, brown, plush eyes betrayed utmost vigilance.

So, minutes passed, a quarter of an hour - an eternity. We were trapped in a time bubble, with everything outside of it fading away. At last, awakened by a noise, we realized the morning sun was burning down fiercely and that we had to bring our rescue operation to a successful end.

So my husband approached the little patient with glove-protected hand in order to pick it up and take it to a secure place among the ground cover plants. But one look at his outstretched hand was enough for the rat to strain every nerve, jump round in a 90-degree rotation and disappear into the tall grass in a split second.

Half-frightened, half-amused, we looked at the empty spot, where just before a small something in urgent need of help had been lying. And even our cats seemed to be taken by surprise. Bored, because they had not been given an opportunity to demonstrate their outstanding hunting talents, they stretched their legs long and then, with an offended facial expression, they stalked off, somewhere else.

Of course, we reaped only mockery and unappreciative laughter when we told our friends later about our early morning rescue operation.

But, I'm sure we made points on our karma.

* See painting in the Art Gallery

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.



Making Points on our Karma

Evelyn Levtchenko
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A Grandmother's Lesson

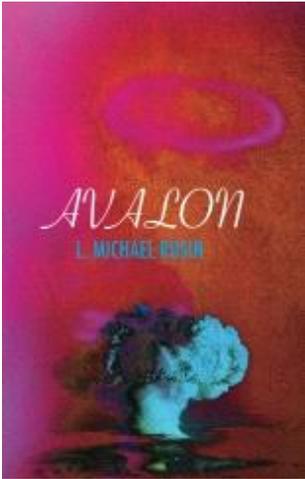
Alice Constantine
www.aliceartworks.com



Canal and Mulberry Streets

AlAlexander

jeanandal@gmail.com



List Price: \$16.00

About the author:

L. Michael Rusin was born, educated and raised in California. He is a Commercial Pilot, SCUBA diver, a Parachutist, ex-military, author, lecturer, and teacher. He is retired and lives with his wife in Costa Rica, Central America. Published in October 2011.

Avalon

Authored by L. Michael Rusin

Initially, there is a terrorist nuclear attack on the east coast of the US which leads to World War Three. It is between the US, Russia and China and is a devastating nuclear war. The East and West Coasts of the US become radiated killing zones. To enter there is to die a slow agonizing death. When the war ends, most of the people on earth are dead.

An old 19th Century abandoned cattle ranch called Avalon becomes a refuge for a select group of people who want to survive anything that happens on earth. Their first onslaught after world war three ends is outlaw motorcycle gangs that terrorize the area.

Face with repeated attacks by cannibalistic motorcycle gangs who have banded together into large feudal groups led by cut throats, and savage butchers who eat children, and make slaves out of the other stragglers they encounter. It is a brutal world.

It is an existence filled with fear and savagery, with no law, and nobody to protect the loner. There is no longer any military or law enforcement to protect those who have survived. The only protection is with the groups who band together. One of those groups of people are the residents at Avalon. The residents themselves, citizen soldiers, are confederated together for mutual support

and protection.

Avalon is a safe haven for those who live there. They have food and all the amenities a real sanctuary offers those who have nowhere to go or to hide, and had the foresight to prepare ahead of time, just in case a disaster happened. These are warrior residents in a world gone mad. Those who are left away from a group are mostly refugees, and at the mercy of anyone who happens along. Alone, one is either a slave, food, or simply a defenseless person at the mercy of anyone who comes along. Those without protection ultimately wind up dead.

If you have ever wondered how to put together a retreat, stock it, and make it ready for any eventuality of cataclysmic proportions, Avalon is a must read. You will see how they did it and realize, you can too.

Amazon purchasers and readers have rated this novel with five stars. It is a spellbinding and fast read. A page turner that cannot be set aside until the last chapter has been read. In this world where we all live, there is political turmoil, terrorism, the threat of economic collapse and radical climatic changes are warning us, something is coming and we better get ready, how ready are you?

Avalon is a blueprint for anyone who has thought about preparedness but doesn't know where to start. It is a How To Book wrapped around an entertaining story that traps the reader with a compelling need to know about what is on the next page.

The novel can be ordered at either:

<https://www.createspace.com/3476769> or at

http://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Dstripbooks&field-keywords=Avalon+by+L+Michael+Rusin&x=12&y=24

GET OUT OF TOWN!!!

In an effort to encourage people to enjoy the sights and sounds of San



José, the was created in September 2009 and devoted itself to compiling a daily list of cultural events happening in the Greater Metropolitan Area of San José (GAM). The success of this endeavor was great and they have recently added the



which is a monthly free, night time activity where you have the opportunity to visit museums, art galleries and cultural centers in San José. You can participate by foot, on bike, or using the free transportation on



electric buses provided by the (CNFL). You must register in advance since spaces are limited. The next tour will be held on June 8. If you have any questions, please contact atenastoday@gmail.com and we will try to help you.

Both the GAM and Art City Tour have Facebook pages which are full of information. If you cannot make the next Art City Tour, there are many other events during the month.

For more information: <http://www.gamcultural.com>
email: agenda@gamcultural.com



How Do You Like to Shop?



by Marietta Arce

When I was a child, my parents did not own a car. My enterprising mother decided that she would open up a small boutique specializing in women's toiletries and undergarments in the space that would have been our garage. I was probably around 7 years old. I remember the excitement with which my parents took care of the details of their (her) latest endeavor.

It was never clear to me where the inventory came from since my parents didn't have the luxury of time or money to be traveling around shopping for things. I suspect my mother asked her affluent friends to help her out by bringing things back from Miami or Panama, both popular destinations with the wealthy at the time. In any event, she had her little business and I had my first experience with customer service.

My mother had little success with her adventure because she worked and depended on the household staff to mind the store for her. As she was always fond of saying: "The goose gets fat under the watchful eye of the master." In their case, it seemed the goose got thinner and thinner until it eventually died!

I learned a lot from that experience, even though I was just a little girl. I discovered that I loved watching people as they shopped and that I enjoyed handing things to them so they could look them over closely while they pondered their decision.

I was still too young to understand about sales and commissions but it was rewarding to me because I felt like I was providing a service to someone. I enjoyed being helpful and the seeds of my lifelong interest in public relations and people began. Even then, I understood *something* about the value of humor and the impression that knowledge about a product makes to a prospective customer.

When we moved to New York, I was astounded once when my mother took me shopping with her and we ended up at Gimbel's bargain basement. I was appalled with my mother's behavior, taking and discarding items from the discount tables and almost coming to blows with other savvy shoppers who threatened to take a coveted item before she got it. I stood by helplessly as she threw item after item into her shopping basket.

Years later, I discussed the event with my mother and she laughed at the memory of it all. She confessed that one of the reasons she loved shopping at Gimbel's bargain basement (or similar places in New York) was that she could *handle* the merchandise rather than having to ask for it from the salesclerk behind a locked cabinet. She enjoyed the freedom, the anonymity, and the sheer assortment of items. It was so different from the impoverished conditions in which she grew up with people constantly at her heels, watching her every move.

I understood for the very first time where she was coming from. My circumstances and upbringing differed so much from hers that I actually enjoy being shown the articles by a salesclerk. Although I do not consider myself a shopaholic, a good salesperson who knows his/her merchandise will usually find a willing customer in me. I normally have made my investigations before I set foot in a store selling something I am interested in. I admire the art of selling when it is done correctly and with respect for the customer.

Last week, Wal-Mart opened its doors in our country. Although they have been in the country for about ten years, last week's inauguration was the first public unveiling of the Wal-Mart name. If you don't look outside the windows and see the beauty of our natural paradise, you could believe you are Anywhere, U.S.A.

I believe that Wal-Mart has spent much of the last decade collecting marketing information and taking surveys and that they are confident of their success. I hope the companies that have committed to supplying Wal-Mart with goods and services will all share the bounty. I wonder what my mother would think if she could take it in. Wal-mart's culture is certainly different from Costa Rica's and it will be fascinating to watch as it negotiates its way. It has much to offer and can succeed if it focuses on customer appreciation.

I will continue to shop locally when I can. I will make my many stops during errand day and go home exhilarated because I have had the opportunity to interact with friends and acquaintances and with sales people whose names I know and who know mine.

Atenas is still a charming and small town and I love it this way!



TECH TALK

by Gordon Klatt

Google Chromebooks

On June 15 Acer and Samsung will release new Chromebook computers based on the Google Chrome operating system. Lacking traditional hard disk drives, these web-centric computers are designed to store applications and data on line, or what's known as "cloud computing". Both feature an Intel Atom processor, 2 GB memory, a 16 GB flash drive, 2 USB ports, 4 in 1 memory card reader, and webcam. Boot up time is less than ten seconds. WiFi is standard, and WiFi/3G models will also be available. The Samsung's screen is 12.1" while the Acer's is 11.6" The Acer has HDMI output, the Samsung has optional VGA output. The price of Samsung's WiFi model will be \$429, their WiFi/3G model will sell for \$499. Acer's WiFi model will be \$349, the price for their WiFi/3G model has not been announced. All will be available at Amazon and Best Buy.



week to make a change to my internet service, so I'll report next month how it went. To learn more, click here.

<https://www.rnpdigital.com/shopping/login.jspx>

New Lenovo Desktop PC

Lenovo will soon introduce a new all-in-one desktop computer, the ThinkCentre Edge 91z. Features include: Intel low power Core 3, Core 5, or Core 7 processor, up to 8 GB ram, 21" 1080p HD screen, 2 megapixel webcam with microphone, HDMI output, WiFi b/g/n, ethernet,



6 USB ports, and 6 in 1 memory card reader. Options include a wireless spill-resistant keyboard, Blu-ray/DVD optical drive combo, and an 80 GB solid state drive which allows for boot up in less that 20 seconds. A 2 TB hard drive will also be available. The new Edge 91z is set for July release at an estimated starting price of US\$699.

Registro Nacional Enters 21st Century

There are few things more frustrating than going to the bank or the ICE office to get something done, only to be told that you need a fresh copy of your personería jurídica. In the past, that meant either hiring a lawyer to get it for you, or going yourself to El Registro. Now, however, it's possible to get it done on line. The procedure is simple and straight forward. After creating a User ID and password, an email is sent to you with a link to activate your account. The web site is easy to navigate. I clicked the 'Carrito de Compras' page, selected 'Personería Jurídica' from a number of documents available, and it was added to the shopping cart. Payment is made by credit card, the charge for a personería jurídica is 2500 colones, plus tax. After paying, I downloaded the personería jurídica. It's valid for 15 days. It includes a certification number, so whoever you're presenting it to can go to the web site and validate its authenticity. It is in .pdf format, and you can print and use it as many times as you wish within the 15 day period. I'm going to the ICE office this

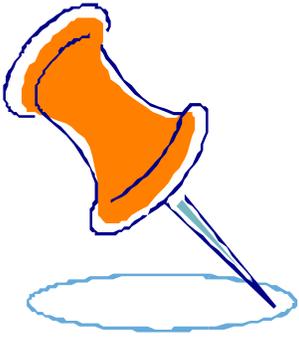
What's Your Home Page

Where does your web browser go when you first open it? For a lot of people, it's their email web site, for some it's Google.com. I'm surprised at how few users take the time, or know how, to create a personalized home page, including things like news, sports, and weather, tailored to your interests. I use Yahoo's service, My Yahoo, Microsoft and Google also offer it. My home page includes international and US news, sports headlines, weather for local and international cities, scores for my favorite teams, and a preview of my email accounts. Here are the web sites if you're interested in setting up a customized home page. Once your page has been created, go into your browser options to designate it as your new home page.

<http://my.yahoo.com/>

<http://www.google.com/ig>

<http://my.msn.com/>



COMMUNITY BULLETIN BOARD

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

May 21st – BINGO to raise funds for the Abandoned Animals Foundation (see attached flyer for the uplifting results of this wonderful event.) Congratulations and thanks.

May 30th – Memorial Day Picnic in Santa Ana (see flyer following)

June 1st - Recycling in Central Park of Atenas

June 2nd – Sewing at Hogar de Vida (see information on following page)

June 5th – Global Environment Day, activities in Central Park of Atenas 9-Noon

June 8th - Art City Tour in San Jose; see details on page 20 of May Atenas Today

June 14th – Local Writer's Group meeting at Kay's Gringo Postres at noon
For more information, contact Larry Rusin at 2451-8063. Bring material you have written so you can share with the group.

June 18th – National Tree day, planting of trees and activities around town. Contact marietta_arce@yahoo.com if you are interested in participating.

June 22nd Local Cooking; RSVP Liena de Jong (lienareina@gmail.com)

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

Sewing at Hogar de Vida

Please look around your homes for good used sheets, curtains and/or brightly colored, washable fabric contributions for use at Hogar de Vida. The wonderful home has a capacity of 36 children in three homes. Donations can be left with the administrator any day after 9 AM or call the contact below for pickup from your home.

Too, we welcome you to bring a machine to the Hogar where we gather to sew at 9:15 AM the first Thursday of each month. (Bring a snack or lunch in case you choose to work until 2 or so.) Too, you are welcome to come along to help cut and measure or call about sewing on other Thursdays.

Contacts MargMacik@hotmail.com or 2446-3223, c 8989-0765, Helen Smith at the Hogar 2446-6212



"BACK HOME" STYLE
MEMORIAL DAY PICNIC
MONDAY, MAY 30, 2011

1:00 pm to 5:00 pm

**at the Villa Amira
Santa Ana**



**Grilled Hamburgers & Hot Dogs
Potato Salad & Baked Beans**



All for only ₡ 6,000

CASH BAR FOR BEER & BEVERAGES AVAILABLE ALL DAY

**RECREATION AREA FOR KIDS, OPEN - AIR RANCHO,
SWIMMING POOL AND HANDICAP/WHEELCHAIR ACCESS**

TICKETS AVAILABLE AT: STAN'S IRISH PUB, ZAPOTE AND KAY'S GRINGO POSTRES, ATENAS

For further information or directions to the Villa Amira, please call

**San José
East**

**Claudio
8876-1394**

**San José
West**

**John
2232-1680**

**Escazú
Area**

**Mel
2288-0454**

**Ciudad
Colon**

**Rich
2249-0446**

**Atenas
Area**

**Bill
8812-0126**



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THE AMERICAN LEGION POST 10 OF ESCAZÚ AND THE MARINE CORPS LEAGUE





Hola Folks,

A very BIG THANK YOU for playing or volunteering in this past Saturdays BINGO game for the Animales Atenas Foundation.

We raised over\$900 !!!!!!!

Last year we raised \$600 for the foundation, so this is the best fundraising yet!

We had a small but very enthusiastic turn out. About 55 - 60 people.

It got quite intense when we had 5 winners on game 8! Thank God for our donors! Wow.... but it sure was fun!

Congratulations to Elaine Rostolsky the grand prize winner of a \$250 shopping spree at La Casa de Ali Baba in Escazu, what a great prize!

Also a very BIG thank you to Laurel Carpenter who was determined to outbid anybody that even tried to bid for the green hand painted chest!

She paid what she bid PLUS a whole lot more as a donation to the foundation, so a BIG BIG thanx to Laurel for donating to such a great cause.

And thank you Lorna for donating items that helped in raising funds!

Willies chili dogs were at hit of course, and the cakes were very popular along with the fabulous arroz con leche with real vanilla pieces!

We raised some great money for the animals and we all had a great time.

Myself and the foundation Thank you all so much for being part of the community and participating.

We are only as good as the support we get and give back to our community, so thank you.

Again thank you to our Prize donors, please remember who they are and support their businesses when you can.

Gymnasio Atenas; Nails by Christina; C.R. Referrals

Paris framing (Isabelle Chevelier); Alidas Pizza; La Trilla Restaurant; La Troche restaurant

Dr. Olman Solano veterinarian; La Casa de Ali Baba; Guanacaste Restaurant

Don Yayo restaurant; Tom and Jan yatsko baked goods (at the ferria)

Lighthouse animal rescue;

Shannon Farley, fine wine rep. for Sabores Argentinos & Jaizkbel distributors

Marietta Arce - CATUCA

Karen Rall - private citizen

El Canto veterinarian; miferta.com

Atenas Life

(my apologies if I have omitted anyone)

Pura Vida !

Camille

www.atenaslife.com

2446-7307

Atenas Today Advertising Rates and Policies

Atenas Today is sent out monthly to over 400 email addresses of people who live or vacation in the Atenas area. Display ads up to half a page in size cost \$50 per insertion; full page ads are \$100 per insertion. Ads in the Atenas Today Yellow Pages cost \$5 per month for one column by one inch, and \$10 per month for one column by two inches.

Advertisers should send the copy via email to atenastoday@gmail.com, with pictures attached as separate files. We will compose the ad and send back a proof for approval. The deadline for material for that month's issue is the 15th of the month.

Payment can be made in any of the following ways:

- 1) deposit to BCR Account No. 962-0003149-6 Marietta Arce Valverde
- 2) deposit to Paypal account of Marietta Arce (marietta_arce@yahoo.com)
- 3) cash in envelope in PO Box 65 (Marietta Arce Valverde) in Atenas.

In all cases be sure to include your name and what the money is for.