

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. 119

November 23, 2014



Celebrate the Bounty of Thanksgiving

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ATENAS TODAY is a free English language newsletter for the residents and potential residents of Atenas, Costa Rica. It contains informative articles and creative compositions submitted by our readers, and is distributed via email approximately once a month to over 600 email addresses. To get on the distribution list or to submit material, please send an email to Marietta Arce at atenastoday@gmail.com.

Compositions from back issues are now archived on scomari.com / Atenas Today.



In This Issue:

Marietta Arce --Publisher's Note	p. 3
Community Bulletin Board	p. 4
New and Noteworthy	p. 8
Chili Fiesta - Save the Date	p. 9
L. Ledbetter - News from Friendship Library	p. 10
Animal Foundation - Dog & Cat of the Month	p. 11
Xinia Nagygyeller - Living Abroad	p. 14
Alonso Vega - Every Class is a Stage...	p. 16
Paul Furlong - Trying to Make It Real	p. 17
Shannon Farley - La Fiesta de Las Pupusas	p. 21
Carole Connolly - Fun After Fifty!	p. 23
BudBud Jones - It's a dog's life, really!	p. 26
Konrad Esquivel - The Holistic Treatment	p. 28
Nancy Sperry - Jorge Washington Goes Solar	p. 30
Art Gallery	p. 33
Listing of Blogs of Interest	p. 36
Classified Ads and Display Advertising	p. 37

Advertising rates and policies p. 45



DIRECTORY OF ENGLISH-SPEAKING PEOPLE IN THE ATENAS AREA

New names and numbers have been added to the directory. With each issue Atenas Today subscribers will receive an updated file containing the names and contact information of people who have chosen to be listed. Simply download the PDF file attached to this Atenas Today email and print it or save it on your computer.

If your name is on the list without contact information, it is because you are a subscriber to the newsletter, but have **not authorized the publication of your email address or other information**. To add or correct data please send an email to atenastoday@gmail.com

Publisher's Note



This coming Thursday, Thanksgiving Day will be celebrated in the United States and in all communities around the world where expats from the U.S. make their home. Costa Rica is no exception. If you have been reading Atenas Today for the last few years, you might recall my mentioning that Thanksgiving is my favorite of all the holidays.

I try to take nothing for granted and I am truly aware of the many blessings I have. Thanksgiving Day, though, gives me the opportunity to spend the day with family and friends, cooking and sharing past memories while making new ones to be remembered in the future.

The weeks ahead will be filled with festivities for all of us. I hope to see many of you during the activities (like the Festival of Lights) that will take place in our little town. The unusually early breezes are coupled with the joy of anticipation that we feel as we prepare our homes for visitors and returning relatives.

Most of us have faced some challenges during the year, as we do most years. I trust, however, that we will all find something to enjoy during the season which will allow us to get into the real spirit behind all the celebrations.

Su Espacio will be holding their annual Christmas party for the little Angels (still a few left on the tree, I am told) on December 6th and anyone who wants to volunteer that morning is urged to contact Su Espacio for details. David Salas and Corinna Bardini, new administrators of Su Espacio are eager to participate in this very worthwhile endeavor and would like the community to know that they will continue the projects already in place and add others as time goes by.

We welcome David and Corinna and we are certain that they will enhance this already wonderful resource so that it remains one of the highlights of living in Atenas, today and every day.

May you enjoy this issue!

Marietta Arce
marietta.arce@gmail.com



COMMUNITY BULLETIN BOARD

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

November 21-23 La Zopilota MTB Altos de San Isidro, activities Friday, Saturday, Sunday for information: 8944-1459 Virgita Rodriguez

November 22nd – Teacher's Day (Costa Rica)

November 27th U.S. Thanksgiving – Celebrations in Costa Rica as well!

November 29th – Family Fair: 2.2 kms east of National Monument to the Oxcart Los Angeles, left hand side. Fun for all ages, crafts, food, fruits, vegetables and flowers available in a spectacular site. 9 a.m. to 5 p.m. Admission 2,000 colones, 3 and under Free!

December 6th – Su Espacio's Christmas Party for Angels, Church Hall 9:30 a.m.

December 6th – Festival of Lights in Atenas, Banco Nacional Tree Lighting, St. Nick's Day

December 8th – Feast of the Immaculate Conception Observed

December 13th – Festival of Lights in San Jose

December 16th – First Annual Friends of Animales Atenas Xmas party (see flyer)

December 16th evening – Chanukah begins, ends December 24th

December 21st – December Solstice

December 24th – Christmas Eve

December 25th – Christmas Day

December 26th – Kwanzaa begins, ends January 1st

REGULARLY SCHEDULED ACTIVITIES

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

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

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

Every Tuesday: Atenas Bridge Club meets at Don Yayo's Restaurant . 1 p.m. to 4 p.m. No partner required.

Third Tuesday of every month: PLEIN AIR ART GROUP. Art activities as varied as the members. Contact Jan Yatsko at 2446-0970 or janyatsko@gmail.com
Please note that the December Plein Air Activity will be the last until further notice.

Every Wednesday: (Please confirm with Michelle Clutter 2446-0664)

Atenas Wednesday Women
informal get together at Kay's Gringo Postres
every Wednesday afternoon at 12.30 PM

Second Wednesday of each month: The Costa Rica Writers Group meets at noon at Colinas del Sol Hotel in Boqueron. For more details contact Larry Rusin at crcaseyboy@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.

Wednesday - 6pm - English worship service

1st Sunday of each month - an English translator is provided for the 9:00am Spanish worship service (after 1st Sunday service many of the ex-pats gather at Don Yayo's to eat lunch together.)

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: On Highway 3 at the blinking light

Atenas Yoga Center




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

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

Class Schedule

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

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



* Class taught in Spanish.

All classes are 3000 colones or US\$6

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

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

classes@atenasyoga.com www.atenasyoga.com

Atenas Yoga Center

Leah MacLauchlan
Yoga Instructor

Contact Us: 2446 3170
nomosno21@gmail.com



Atenas Yoga Center

Anna Hunt | Yoga Instructor

Contact Us: 8338 9968
classes@atenasyoga.com



The Friends of Animales Atenas First Annual Christmas Fiesta

Join us for a fun filled event featuring Live Music for your enjoyment in Barrio Fatima!

In lieu of an entrance fee, this is a donation only event to show our appreciation for the support you have afforded our furry friends throughout the year.



Here are the details... so, mark your calendars!



- When:** Tuesday, December 16th, 2014 from 4:00 PM to 7:00 PM.
- Where:** Casa Wegner in Barrio Fatima next to the Plaza Deportes, 100 meters west of Hogar de Vida (Secure parking in the plaza)
- What to Bring:** BYOB (bring your own beverage) and an Appetizer or Dessert to Share!!
- The Friends of Animales Atenas will provide:** Ice, water, cups, napkins, paper plates and plastic ware.

Donations to Animales Atenas will be gratefully accepted. Your donations make it possible for us to continue our ongoing efforts to help the abused and abandoned animals in our area. Please support this worthwhile cause. If you are unable to attend, consider making a donation by clicking on this link now: [Donate!](#)

If you need more information about the Christmas Fiesta, please contact friends@animalesatenas.com, or call Joni Lockwood 2455-0020, Lynn Davis 2446-7904, Dina Duffy 8968-4827, or Pat Wegner 8375-2226



Fundación Ateniense de Ayuda a Animales Abandonados
Atenas de Alajuela - Costa Rica
Cedula Juridica # 3-006-542026



Relocated to Highway 03 West of Flashing Light



Same great food at a new location!



**Auto Partes Leo is now located 100 meters East of the
Southeast corner of the Catholic Church
2446-7080 2446-4045 2446-2415**



150 meters north of the courthouse in front of Ferreteria Miranda
Open Monday to Friday from noon to 7:30 p.m.
Saturdays 8:30 a.m. to 6:00 p.m.
2446-5556



The 2015 Atenas Charity Chili Fiesta Is Coming to Town

www.atenaschilifiesta.com

MARK YOUR CALENDARS:

Sunday, February 8, 2014

Location

Sabana Larga

11:00 AM to 5:00 PM

The Atenas Chili Fiesta is all new for 2015. This year the event will be held at the famous Sabana Larga Bull Ring and Park. This will be a fun day for all your friends and families in Atenas and Costa Rica. Spend a day listening to great live music, dancing, bingo, eating lots of good food and watching your children play games and ride a pony. You can also purchase products from local artists and craftsmen.

This year we have also added a special concert by one of Costa Rica's newest performers:



C10,000 for VIP (Reserved Seat at a Table)

C8,000 General Admission

For more information on this special family event please go to www.atenaschilifiesta.com

We are looking for more Food Vendors and Arts and Crafts Vendors. Information is located on the web site.

New Additions to the Friendship Library (Located in La Carreta Restaurant)



We are in the process of adding 60+ books from the collection of Shea Dutton. These are all cookbooks and books about nutrition and health. Her sister asked that they be put in the library and now they are ready to circulate. I think folks will love browsing through this amazing collection.

Also, more books for children are on the shelves. If you are looking for non-fiction books for children, look on the lower right shelf. Two of my favorites: Joyful Noise by Paul Fleischman, a book of poems for two voices that give accurate information about various insects, and The Gas We Pass: the Story of Farts, by Shinta Cho. (Really. And very well done.)

Be sure to check out the books in the back dining room. The entire fiction collection is there. Happy reading.

Linda Ledbetter
lindaledbetter@juno.com

DOG AND CAT OF THE MONTH



Fundación Animales de Atenas y Animales Abandonados
Atenas Fundación for Stray Abandoned Animals
Calle 10 Sur No. 2-206-843205
ATENAS de Heredia - COSTA RICA

MILO A FURRY FRIEND



Milo had a difficult start into his-still very young life. The little cat boy was born into a family in which he was obviously never welcome. Unfortunately, the humans failed-as so often-to get his mom spayed. And therefore, Milo was suddenly 'there'. Nobody, except the mother cat, cared for him, he grew up without much social contact to humans. A neighbor offered regular food, but this contact to people ended there. And then it happened-the owner(or better, the people whose grounds he shared) moved. Of course, without Milo. The nice neighbor continued to feed him and worried about his welfare, when new people with dogs inhabited Milos old homestead and there was no longer secure space for him. After some effort the neighbor succeeded to capture him and 'tame' him somewhat. He was neutered and went to Dora's house, where he had to stay for a while in a cage until he recovered from surgery and learned to accept people and animals in his close vicinity. Since he is still so young, the efforts were successful; Milo is now a sociable little cat, he has learned that humans and other animals can be his friends. Meanwhile, he asks on his own initiative for pats. Milo needs his own, quiet family who is willing to offer him the understanding and attention he deserves. He will thank the new owner with a long life of pleasure and joy that only a furry friend can give!

CONNIE CUTE LITTLE LADY

Connie is a young female Schnauzer mix of about 10 months. She suddenly appeared in Concepcion (Rio Grande de Atenas) in front of a soda. She was totally awkward and inexperienced, her life from then on was in the street. She was attacked by larger dogs and was constantly in danger of being run over by cars. Although she is a very handsome and cute little lady, it has not been possible to find her a temporary home or a forever family. We hope that will change now. Connie is recently spayed, she is very affectionate, loves to be scratched on her belly, willing to learn-in short-Connie is just a dream of a dog!



ANIMALES ATENAS FOSTER PROGRAM

702 spayed or neutered animals last year

300 animals adopted

Atenas does not have a shelter for the many homeless and abandoned pets in the Atenas area. Animales Atenas is seeking foster homes for kittens, puppies and adult dogs. The foster program focuses on providing temporary housing for the many animals in need! Foster volunteers open their homes and hearts to animals requiring extra attention and care, including those who are too young for adoption, require socialization and or need medical care. Animales Atenas provides all vet care costs. Donations of food, treats, toys and litter are available free to foster parents. All foster parents are invited to showcase their animals on Friday mornings and other events.

The foundation always needs supporters and volunteers to assist with transportation, for example bringing and picking-up animals to/from the vet, new homes and moving donated items to our weekly sale next to Pali Grocery.

www.AnimalesAtenas.com and Facebook-Animales Atenas-provide our internet presence and photos of adoptable pets.

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

Sylvia Snix, Myrna Kastner, Karol Bennett

EMERGENCY-SNAKE BITE

Living in Costa Rica brings challenges for pet owners. With our mild tropical climate, we live much closer to those choice habitats snakes love than perhaps we would like. Our pets love to play outside and often venture into dangerous areas that put them into close proximity of venomous snakes.

When bitten by a venomous snake TIME IS OF ESSENCE in determining the outcome of a snake bite victim. In ADVANCE, check with your vet to determine if he KEEPS ANTI-VENOM.

The main challenge for us as pet owners is how to know if your pet has been bitten by a snake. Sadly, they can not tell us, and sometimes it is not immediately evident. If you see your pet showing great pain, yelping, whining, shivering, etc and showing pronounced swelling, there is suspect. If you are able to see one or two bloody puncture wounds with the above symptoms, you can be pretty sure you have a snake bite problem. Try to find some puncture wound that won't clot. Some pit viper bites contain an anti-coagulant which results in prolonged dripping of blood from the bite site. Mild swelling may occur or maximum swelling not until many hours later. TIME IS OF ESSENCE.

So, if you have decided that there is sufficient evidence for a snake bite, you need to take prompt action. It would be helpful to know what type of snake bit your pet before going to the veterinarian if the snake is in the immediate vicinity. Do not waste valuable time looking for the snake. Because, unless it is a coral type snake, all pit viper bites are treated with the same anti-venom. Immediately transport your pet to the veterinarian so that treatment can begin. If possible, carry your dog to the car and try to keep him as quiet and inactive as possible, because exercise will only speed up circulation and cause more tissue damage.

CATS are treated for snake bite in the same manner as dogs. The good news is that apparently cats are a bit more resistant to the effect of snake bite than dogs. But a cat bitten by a poisonous snake needs the same emergency treatment as a dog.

The question is 'Should everyone keep anti-venom at home in the fridge?' If everyone made a run on the anti-venom, most of the people would never use it and could deplete a valuable supply. The anti-venom is expensive and has a two year expiration.

BY: Gloria Dempsey, zoologist, Nuevo Arenal, Costa Rica

gdemzool@yahoo.com The following books are in English and Spanish

Author of 'HOW TO KEEP YOUR PETS SAFE, HEALTHY AND HAPPY IN COSTA RICA '

'HOW TO RECOGNIZE VENOMOUS SNAKES OF COSTA RICA'

- DORA TEL.8855-9822 PRESIDENT (ESPAÑOL)
- SYLVIA TEL.8868-1386 SECRETARY(ES,EN,DEUTSCH)
- ANIVALESATENASCR@AOL.COM
- EDDIE TEL. 8308-8485 VOLUNTEER (ES,EN)
- EDOT13@GMAIL.COM

On my Living Abroad Experience...

by Xinia Nagygeller (ILE Professor)



I guess most of us English language lovers, have at some point felt the desire to grab a pair of suitcases and get immersed in an English speaking culture in order to learn more and test the knowledge acquired after three or more years of college studies through real-life experiences.

Well, as an EFL student at UCR, I had always felt the need to go beyond the books and the classroom and see the world with my own eyes, experience new things, confront my fears and weaknesses in the language, and be an insider instead of an outsider in another culture, at least for a while. Nevertheless, I did not get an opportunity to travel to an English speaking country until I had graduated with my BA in English Language Teaching and was already teaching in Atenas' main public high school. I had previously tried to get a scholarship a couple of times with no luck, but this time around the conditions were even better than I had ever imagined. This is because I obtained a position as a Spanish as a Foreign Language teacher in a high school in Virginia, United States, thanks to the Visiting International Faculty Program (VIF).

As you can imagine, things in the real American setting were very different from what I had read and learned in books. Also, they were really different from what we usually

see on TV, where everything happens in New York City or California (as they have brainwashed us to think everything is as shown there). I was placed in a small countryside town where hunting and chewing tobacco were a religion, and the dialect spoken differed greatly from the clear, standard version learned and practiced in college (which is actually what we still use with our pupils here!). This fact, unbelievably, made it difficult to understand and communicate with some people. Students were really different too, and my first six-week period was really hard and scary. Needless to say that I got really homesick and wanted to come back home after the first month's initial falling in love state had faded, when I was feeling the loss of all my cultural signs and experiencing the hostility of some students who did not contribute much in class and were giving me a really hard time. I cried a lot and told my mentor my dream of experiencing the culture was turning into a nightmare instead, and that I wanted to quit. He, an experienced American Spanish teacher, calmed me down and taught me a few tricks to get students more engaged and more into class activities. Some of these tricks included singing things like "Los Pollitos" while accompanying the songs with body

Every Class is a Stage, and Every Teacher Has Their Part

by Alonso Vega (ILE Professor)



I always wanted to be an actor. Since I was a kid, I loved making people laugh. I liked pretending I was someone else and I adored making up stories. Nevertheless, I never considered becoming a professional actor. See, I also wanted a steady job to make a living in Costa Rica. Before I graduated from high school, I started brainstorming about college majors. I wanted to be in a professional field that would allow me to use dramaturgical devices in order to channel all my creative acting energy. Ironically, the answer came naturally: Teaching. As a teacher I would be able to have a script, the lesson plan; a stage, the classroom; and an audience, the students. It was the perfect plan. Little did I know that my “perfect plan” was not as flawless as I thought. I was shocked to learn in my freshman year at the University of Costa Rica that education should be learner-centered. Wait! What? Why are they taking away my spotlight? I am the star in this play! Well, maybe not. Yes, it is true: the students are the focus of the learning process, and we, the teachers, are its facilitators. Ok. I see. I am a facilitator. It is my job to make the learning process easier for

my students. Could I possibly use drama and comedy in order to achieve this goal? Surprisingly, the answer is yes. According to Mark Almond, lecturer in Language Studies and author of the book *Teaching English with Drama*, “teaching is a performing art and can, therefore, borrow from the actor’s craft” (2006). Excellent teachers master body movement and facial expressions to communicate. They are also proficient in using their voices (volume, pitch, pace, and tone) in order to catch their students’ attention. And last, but not least, they are skillful in using humor to make classes more engaging, comfortable, and effective. This does not mean that the teacher has to become the class clown (he or she can be 100% sure somebody else will). But the bottom line is that students react better to learning when their facilitator is spontaneous, dynamic, enthusiastic, energetic, and fresh. Hence, if you are an EFL teacher or an EFL-teaching student, and you are looking to expand your professional effectiveness, join your nearest drama club the next time you have the chance.

Editor’s Note: This article appeared in ILE Post, reprinted here with permission



Tryin' to make it real

Paul Furlong

*"I love to lie and lie to love
I'm hangin' on they push and shove
Possession is the motivation
That is hangin' up the goddamn nation
Looks like we always end up in a rut
Everybody now
Tryin' to make it real compared to what?"* Les McCann

<https://www.youtube.com/watch?v=Jv0fnSBf0Do>

This is for Charley

As I poured coffee over my cereal this morning, I realize I'd been thinking about the road again. "Momentum is your friend," say timeworn enduro riders; mostly from the laws of physics, but maybe with a full moon, laws of the heart are harder to disobey. Wanderlust I suppose; happily married men think of themselves as explorers, thereby leaving the light on and the door open for easy re-entry. Some don't make it home. I met a derelict on the docks of Toulon who spoke eleven different languages. Sadly, he couldn't stay in one long enough to get a point across. It wasn't until our last duty station that I began to really travel. I wanted to see world class racing and took a 3rd class train out of Seville for the races at Nürburgring in the Eifel Mountains of Germany. I turned seventeen just after Le Mans on my way to England. Out

of money, I picked peas and stayed with friends until it was time to leave... that's another thing about traveling, knowing when to leave. Like jumping into cold water, it's hard to work up the nerve; but I pushed off one morning and hitched back to Spain. I used the train when I could through Spain because hitching was dangerous in the time of Franco and the Guardia Civil, especially if you were in a hurry and I was racing to make the first day of school. I took a taxi directly to my first class. Mr. Cormack, our high school principal, watched arms folded, as I passed before him stinking from the road to make the first bell. I'd been to Paris on Bastille Day, ran the bulls in Pamplona, fell in love, stood in the rain, met Phil Hill, starved, slept on the ground, and spoke with interesting people; I loved my teachers, but "*real*" education began every summer for three years; when the last bell sounded.

Coffee over cereal isn't bad, you should try it! I pulled on my jeans, tucked in my shirt and adjusted my pockets to hang right. The keys in my left pocket drove the truck, opened the gate and let me ride my motorcycle. The keys in my right pocket drove the company car opened the company gate, house and shop. Further back is a set of keys on my belt loop; they're the main set that gets me into my house, shop, mail box, other gate locks and I don't know what all. I laughed to myself as I headed out the door; a truly a Spiritual man might not have any keys at all; thereby completing the loop about the road.

I was lost when I quit racing. I sold everything that it took to do it, bike, van, equipment and took a job driving trucks to pay off the debt. I bought a battered VW beetle and lived somewhat less flamboyantly. In the winter of '72 Judy left her boyfriend and we left the farm to go on the road in Cal's old Dodge Dart. We moved slow with stops in Philadelphia, Washington DC, and West Virginia. A month or two later we were in Gainesville Florida tripping in a topless bar. We'd picked up a piano player somehow, not sure where, and he and Judy were getting to know each other. I was entranced by a large breasted blond dancing on a table nearby.

I spoke to her, the topless lady I mean; and asked if we might have a toke outside. Standing about five feet, she smiled sweetly and said it wasn't safe. That was fine by me, the walls were melting anyway. I was happy to drink my coke and watch her dance.

Judy and I split up friendly like in El Paso. We'd tested pharmaceuticals in Miami, where I took out the rear seat and stuffed a mattress in through the trunk so when one of us was

driving, the other could lay, feet in the trunk and look out at the stars through the back window. That old dodge became an art form as we painted the inside in detailed Aztec signs and Egyptian filigree. We stayed at Stephen Gaskin's "Farm" in Summertown Tennessee where I removed my earring, renewed my family name and learned about communal living. We stayed a month or so in Austin, saw John Prine at the Armadillo World Headquarters, then headed west, like I said, to El Paso. We'd started out as lovers, became friends; then partners and finally it was time to get some air. Judy took the dog, can't remember its name, and I dropped her off at an interstate intersection. She had a friend in Tucson and I was looking for a crazy ex-airline pilot who had a place in Telluride.

So I went up to Albuquerque to be alone with myself. There was an unhealed hole in my heart that needed tending. Now that I wasn't racing... what was I going to be?

I stayed with Riley a few days till it was time to go and took a friend to see John Lee Hooker play at the Thunderbird just outside of town. On the dance floor, I displayed the Funky Chicken for John Lee. Suddenly through the haze, I noticed a large breasted blond doing a familiar dance. After the song I moved to her table and asked if she'd ever worked at Trader Dan's in Gainesville.

"Why ya-yus," she exclaimed, her name was Bonny. She was with a bass player named Charley and gave me the phone number where they were staying. That's how it is on the road, unbelievable coincidences become normal. It makes me wonder if everyone else is standing still and only a few of us moving across the dance floor of life.

Zen Proverb

If you want a certain thing, you must first be a certain person. Once you are that certain person, obtaining that certain thing will no longer be a concern of yours.

Maybe it was the next day that I was nearly out of gas coasting down an arid rock strewn road onto a highway in the Sandia Mountains. I'd driven up there hoping that mere proximity would bring me the peace I was looking for. But, I suppose there were no "Rest Areas" in the time of Moses's or solitude for a long hair unless he brings it with him. This was not my first or last trip to mountains. I suppose the lesson is that you can't drive a half hour out of town to "find" yourself before you get thirsty, horny or hungry. Slaloming down the mountain, I stopped to pick up a hitchhiker who seemed to know what he was there for. I confessed my need

for solitude. We got a bucks worth of gas and he directed me to a small rural farm that he was watching while the owner was on honeymoon. I took up residence there, milking the goat and feeding the chickens. Soon I had a job fixing bikes and having too much fun. We worked till lunch and after that we were no good for work. His name was Paul too, and we became friends.

I called Bonny to see how they were doing. She told me it was getting wild where she was staying and was afraid the cops would be breaking in soon. Naturally I asked her and Charley to come over and stay with us. Soon the hitchhiking guy who did Tai Chi every morning decided to go to Peru. So it was Bonnie, me and Charley who inherited the farm. One night we picked up a 16 year old named Billy, who had just escaped the loony bin to find his girlfriend. Someone had given him a good dose of religion; I guess we're all victims of something. Billy believed me to be the devil on one hand, but at the same time he seemed all right with it; I just left it alone, he fit right in and we became kind of a family for a while.

During this time, I put money away for gas to keep moving. Bonny and Charley had a little and we managed to put a few tanks of gas together for more road. Things came to a crashing halt one burning hot day when Nan, the goat got lose and followed one of us into the kitchen. Well you know we chased her and she ran throughout the house, knocking things over. We almost had her till she broke a double bed and leaped through a now broken window. 'Bout this time the owner's jilted ex-girlfriend showed up to see how the farm was. Suddenly my fast talking philosophical BS couldn't get off the ground. We humbly agreed to leave in a couple days as she painfully agreed to take over even though it was plain to see she was still suffering from the jilt.

That night we bought a bottle of wine and made plans for Colorado. Denver was to be the new Mecca, where the streets were made of milk and honey. We spoke to Billy like we cared; somewhere he had a girlfriend, his folks couldn't hurt him again and he knew about institutions and the psychiatric industry as a hole. He just needed to stay away from them and get through these difficult years and we knew he'd find a place that loved him as much as we did. To be continued...

>>>>X<<<<

Fuzzlong@gmail.com

Next: The water faaaaallll!, Manitou Springs, Colfax Ave, peeling pasties, gas crisis, bear-proof hog pen and more...



By Shannon Farley

Wonderful Pupusas of Atenas!

What went through my mind as I took my first bite of steaming, fresh pupusa – after, “Oh my god, this is good!” – was, “Why don’t I eat here more often?”

How easy it is, even in a small town like Atenas, to get stuck in the same old routine of eating in the same places. I pass by the Pupusa restaurant nearly every day driving through Atenas. If it were not for needing to write an article for my work about the National Day of Pupusas in El Salvador – every second Sunday in November, in case you didn’t know – I might not have become reacquainted with the delicious cuisine lovingly prepared by Doña Julita Flamenco and her family. Thankfully I did, and now I plan to be a regular.



Pupusas are the main national dish in El Salvador, the smallest and most densely populated country in Central America. You can find pupusas anywhere in the world where there is a Salvadoran community; and there are many due to the mass exodus during their 12-year civil war from 1980 to 1992.

Made of a thick handmade corn tortilla that is filled with a variety of ingredients – soft cheese, refried pinto beans, pork, vegetables, etc. – pupusas are eaten typically with a slightly fermented cabbage and carrot salad marinated in vinegar, called a *curtido*.

At the very popular La Fiesta de las Pupusas Restaurant in Atenas, founded 32 years ago by Salvadoran immigrant Doña Julita Flamenco, pupusas are made with 100% homemade cornmeal dough called *masa*. Expert pupusa cooks work a large griddle in the kitchen. They first take a ball of *masa*, flatten it slightly with their hands, then add little piles of filling ingredients on top – soft salty white cheese, refried pinto beans, ground-up *chicharrones* (fried pork), stewed pumpkin and carrots, or cooked white flower buds from the Loroco vine (*Femaldia pandurata*), which taste similar to asparagus. They close the dough ball around the ingredients and pinch off any excess cornmeal; then pat it back and forth rapidly between their hands to flatten it into a thick pancake – filling still in the middle – and put it on the hot griddle to cook with no oil. The result is delicious!

In some of the restaurant's TripAdvisor reviews, people erroneously thought that pupusas were fried, and therefore not very healthy. They are cooked on a griddle, but not fried with oil. And no oil, salt or flour is added to the tortilla *masa*; so persons with gluten allergies needn't worry.

La Fiesta de las Pupusas is a family business. Doña Julita's son, Edgar Arce Flamenco, and his wife, Xiomara Acosta Melgar, help run the restaurant in Barrio Los Angeles and some of their sons work as waiters and cashiers.

At 83, Doña Julita still works nearly every day. She is greeted by name by nearly every client on a recent Saturday, since all of them are regular visitors.

"We have had some clients for 30 years. The best publicity is word of mouth!" said Xiomara. "I love Costa Rica very much, and I love being in the kitchen," added Doña Julita.

Both Doña Julita's and Xiomara's favorite pupusa is the "*mixta*" with cheese, beans and chicharrones. "It's the one we sell the most," noted Xiomara. "It has great flavors."

Traditional Costa Rican dishes also are served along with the pupusas. There is no alcohol served, since it is a family restaurant.

La Fiesta de las Pupusas is located in Barrio Los Angeles, next to Don Yayo's Chicharronera, by the Oxcart Monument on Hwy. 3. The restaurant is open from 10:00 a.m. to 9:00 p.m. Monday to Friday, and 8:00 a.m. to 9:00 p.m. Saturdays and Sundays. (506) 2446-6987.



Doña Julita (left) with cook, Ana Iñez, at La Fiesta de las Pupusas in Atenas, Costa Rica.



Fun After Fifty!



By Carole Connolly

caroleconnolly@gmail.com

Halloween is for kids, right? Not anymore. Halloween is big business for adults all over the world.

I was amazed to see the degree of participation and sophistication on October 31, 2014 at Kay's Gringo Postres right here in Atenas! The sold-out party was brimming with happy Halloween revelers decked out in original costumes ranging from an auto mechanic couple to a showgirl adorned with peacock feathers and lots of characters in between. James Bond was there, as were pirates, mimes, gypsies and even a colorful Walmart shopper.



“Showgirl” with Tom and Kay



An unusual threesome!



...anyone you recognize?

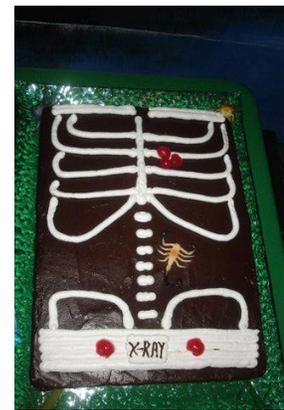


Katia's the Winner!



Creativity and fun abound!

The impressive array of food was perhaps the most original I have ever seen at a Halloween party anywhere – ever. The dishes not only looked like works of art, they tasted delicious, too. Bill Cook cooked! And, boy howdy, did he ever - he outdid himself with the perfectly done display of meats and accompaniments.



We had a marvelous DJ, Ken, and the joint was jumpin' with over-fifty-somethings hopping up and down on the dance floor, partying like it was 1999! There was an exception – the beautiful Katia dressed as an adorable maiden, was our token youth as well as the winner of the costume contest.

The real stars here are Lisa and Harold Beasley, new owners of Kay's.



They have taken everything up a notch and added flair with their personal touches to our favorite expat gathering spot. They have carried on the tradition started by original owners Kay and Tom – keeping a place where “everybody knows your name”. There are tablecloths, little vases of flowers on the table, new innovative dishes, even candles and soft lighting on occasion.

Harold and Lisa are quick to celebrate and promote local events and achievements. I know this from personal experience. They knocked my socks off on a Wednesday; the women's group had kindly asked me to do a book signing of “It's the Parsley”, a family cookbook I had put together for my son's wedding in September. As I stood in front of the group speaking, I watched a huge floral centerpiece come through the front door thinking how gorgeous it was, not realizing it was for ME! As it was presented to me, happy tears sprung forth and I was rendered speechless. Well, only for a moment and then started posing for pictures, of course!

If you are looking for a venue for any purpose – be it a birthday party, a wedding, an anniversary celebration, a book signing, or even an “un-birthday”, book it at Kay's. They do it right!

Whatever the occasion, plan to have a well-planned event with delicious food and drink. And if you are over the fifty mark, add a little extra spice!

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



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

8/7/2004

Hola!!! Y'all,

GUESS WHAT!!!! We put a deposit on the rental house today!!! That means we are coming back to live for a year!!!!

And GUESS WHAT ELSE!!!!!!

A couple of weeks ago Mom told Rosa, the lady we are renting from, that she would like to have Enid, (our tico friend,) and her family as the caretakers at the property. Rosa said she would check around to find out about them first.

Today she asked Enid if she and her husband would like to take the position as the caretakers!!!! She offered them a really nice salary, insurance, and the house rent free. She told them she will also pay the electric bill!!

Enid is going to ask Javierre about it tonight. Enid and her family are maybe going to be moving right behind us in the caretakers' house!!!!

YAAAAAAAAAAAAAAAAAYYYYYYYYYYYYYYYYYY!!!!!!!!!!!!

I really like the kids and they like me too!! I just know all my brothers and sisters will really like having kids to play with. OH!!! And Custer!!! They have a little min pin named Custer! He is a real cutie and he likes to play a LOT!!! Delilah will LOVE him!!!!

They also have a little kitten!! There is a HUGE yard to run in at the rental house so we all should have a BALL!!!!!!!

We went to the market in Grecia today and Uncle Lance and Aunt Joan just LOVE all the fresh veggies and fruits. Each large town has its own "market day" where the farmers bring their vegetables to town.

Yesterday we were at the San Ramon one. Today we went to the Grecia one. They loaded my stroller full again. Mom had a hard time pushing it back up the hill to the car!! She said "BudBud!!! You are getting FAT!!!!!"

When we got home Darrio, Enid's 10 year old son, met us on the road to the house. He followed us home and made Mom count!!!!!!

He is teaching Mom her Spanish numbers and he is a REAL strict teacher!! He just shows up out of nowhere, holds one finger up, and Mom is supposed to start with "uno, dos, trece, cuatro....." He has got her counting all the way up to a thousand!!!! He really had to pound the 14, 15, and 16 into her head. LOL!!! She had a hard time remembering those!!!

After her counting lesson he went home and got his little brother Javierre Jr, the little girl next door, Miryanna and a couple of her friends.

They had foot races and summersault races on the front lawn!! Mom even showed them how to do a cartwheel!!!

Miryanna brought Nana with her. Nana is a cute little black chihuahua mix. She likes me a lot!!!!!! I keep telling her I have a wife AND a girlfriend back in the states but she seems to think there is enough of me to go around.

I guess when we move over here the three of them will just have to share me!!!! Life can be hard when you are a sex symbol!!!

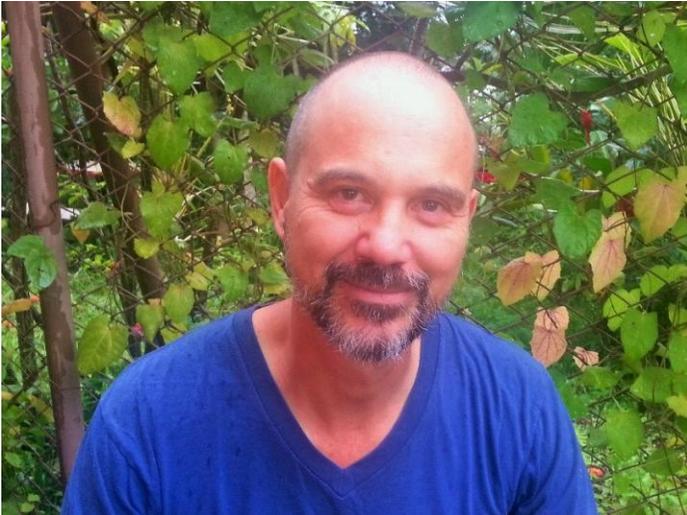
HEY!!! Today I didn't freak out in the ice cream place. Remember??? That is the place where we were when the town had that LOUD celebration because they won that soccer game. All that noise scared me pretty bad and I have not enjoyed Pop's since!! Mom kept taking me back though and today I was able to eat my milk shake there!! I didn't even have to leave and go to the park!!!! Pretty brave huh????

Well, gotta go. Mom says us sex symbols need our beauty sleep.

**More soon!!!
Tailwags from
BudBud the stud**

By Konrad Esquivel

The Holistic Treatment – Part 2



If you are looking for a treatment that leaves you deeply relaxed, if receiving a session that will enable you to deal with stress more efficiently makes sense to you, if organic healthy living is important to you, if you want to come out of a session feeling more at peace and of calm mind, if you are awakening to a spirituality to empower you from within, if you'd rather try alternative therapies instead of chemically-oriented recipes, then the holistic treatment is for you.

Costa Rica has become a place of healing at many levels. From medical tourism (dentistry, eyes, plastic surgery, etc.) to spiritual retreats, to detox centers, to wellness centers. We live not only in a beautiful country, but we enjoy an array of professional treatments at affordable prices. In other countries, you would have to travel long distances to find a Thai Massage specialist. Here you will find them in San Jose, on the Caribbean, on the Pacific and main touristic areas. We have good yoga schools, good spa treatment schools and, all through the year, there are workshops teaching many different alternative therapies. Now, you may say, "this sounds great, but how do I find them, and how do I go about choosing a treatment?" Alright, let's take it step by step.

First, define the area of expertise you are interested in - medical, beauty, wellness, spiritual. Once that is sorted out, then I suggest you talk to knowledgeable people in the market. I'll give you a starter's list but, before that, let me mention that it is important you talk to the right person. If you call a holistic spa, you will be attended by a receptionist that is there to sell the product. It is better to ask for the director or the head therapist, because they are full of the subject. They are the ones who can tell you if the best option for you is a lymphatic drainage due to your condition or suggest a Thai massage if you don't like the pain a deep tissue gives you. The director or head therapist can guide you to choose the treatment that will be more effective for what you want.

As a director for a luxury spa in the mountains of Alajuela, people would call me saying they are stressed and in need of relaxation. You may ask for one type of massage because of what you have received in the past. A good director or head therapist will assess your needs and customize a special healing therapy to address your issues. You see, some people would love to try energy work or hands-on healing, as it is also called; others would be anxious for a 90-minute body treatment of scrub, massage and wrap; and others need a combination of different techniques including clarifying spiritual concepts. True healing often results from a customized approach, and this is why I suggest you talk with someone who has experience. It may be hard to find, but it is better once you connect with a professional therapist who is not selling you their standardized treatments.

There are many options in the Central Valley, and I am almost ready to give you my starter's list. But there is one more important point. How do you recognize a good holistic therapist? Is price an indicator of better service?

Normal massages are around 15000-20000 Colones; holistic treatments are around 25000-45000, or more. Is a more expensive massage a sign of better service? No. It is ideal to talk to the therapist. How comfortable do they make you feel? What is your gut feeling? Are they more interested in selling themselves than your healing experience? Are they genuinely concerned about you?

Based on the answers to these questions, and a meaningful conversation, you will enjoy a holistic treatment designed for you. If you don't understand what the therapist is saying, simply ask, "I don't understand; can you say it differently?" Being able to explain things differently shows you the therapist's ability of putting himself or herself in your shoes.

So here is your starter's list:

Holistic Dentistry	Odontología Holística CR - Dra Ivette Ramírez	https://www.facebook.com/OdontologiaHolisticaCR
Reconnective Medicine	Medicina Reconnectiva. Dra. Patricia Monge	https://www.facebook.com/pages/Medicina-Reconectiva-Dra-Patricia-Monge/235461883243838?ref=br_tf 8890-9685
Homeopathy	Dra. Patricia Madrigal	m.ignatia@gmail.com 8820-5997
Acupuncture	Natalia Schyfter	http://www.nataliaschyfter.com/index-en.php 8707-3263
Energy Medicine & Shamanism	Mauricio Bruce	mauriciobruce@gamil.com 7014-3362
Bee Therapy	Lila Cabañas	https://www.facebook.com/ilianalila.cabanass?fref=ts 8346-8913
Watsu	Natalia Chaverri	http://www.watsucostarica.com/ 8860-7342
Thai Massage & Energy Work	Konrad Esquivel	happymankonrad@gmail.com 6044-1819
Shiatsu & Therapeutic Yoga	Marianele Ortiz	http://yogalamat.com/ 2281-3646
Aromatherapy	Damiana Saborio	Damiana.saborio@gmail.com 8363-3030

JORGE WASHINGTON DECLARES GIANT STEP IN ENERGY INDEPENDENCE WITH SOLAR PANEL INAUGURATION

75th Anniversary Celebration Culminates 3-Year Project Collaboration with CAA

Esuela Jorge Washington of San Ramon is an exemplary educational institution that has taken a giant step forward toward energy independence. It is the first urban public school in Costa Rica to use solar panels to reduce their carbon footprint while simultaneously providing a significant portion of the energy needed to operate the school.



A formal public ceremony to inaugurate the solar panels was held on November 16 as part of the Jorge Washington's 75th Anniversary celebration. Dignitaries awarded a plaque at the celebration included the Minister of Education, Minister of Energy, CEO of ICE, Mayor of San Ramon, President of San Ramon Municipality, US Embassy, Chair of San Ramon Carbon Neutral Committee, President of San Ramon Chamber of Commerce, President of

Community Action Alliance (CAA), and other dignitaries.



"The success of the project," states Community Action Alliance (CAA) Fiscal Cesar Carrillo, "is due to the strong commitment by the school's Board of Directors and Principal, Aida Mendez Jimenez, to the environment in the use of clean



CAA Fiscal, Cesar Carrillo throws the switch

technology, and a steadfast partnership with CAA. We worked

hand-in-hand throughout every step of the process."

School Principal,
Aida Mendez

The solar panel system was a 3-year collaboration financed by CAA's substantial donation, Jorge Washington fundraising, installation services donated by SEVSA, and the support of the Minister of Education. SEVSA is owned by Jorge Araya, and SEVSA engineers Keyner Quiros and Mauricio Ramirez worked with John Nistler of PSIDA, the supplier of the system in Texas, EE.UU.



The 5.5 KW solar capacity panels were installed on the roof of the school one year ago. As a pioneering installation in San Ramon, many steps were required to achieve final approval of the system. Thanks to the tenacity of then CAA President Mike Styles, CAA fiscal Cesar Carrillo and Principal Aida Mendez, the project culminated successfully last month.



On October 1st, ICE inspected the solar panel installation at Escuela Jorge Washington, found it all in order, and turned the system 'on'. The school should be enjoying a reduced electrical service cost for many years to come.



Jorge Washington Students Performing at the Celebration

75TH ANNIVERSARY HEALTH, NUTRITION AND SPORTS DAY

A Jorge Washington Fundraiser in Collaboration with CAA

A Family Cultural Experience

Each of us has fallen in love with Costa Rica for a variety of reasons. Yet sometimes we may feel we live on the 'periphery' of the rich family life integral to the local culture. November 30 is your opportunity to join one of the leading family institutions in our community - Escuela Jorge Washington - for a day of activity, friendship, and healthy living.

Alumni, grandparents, parents, students, and friends are coming together to culminate two weeks of 75th Anniversary celebration activities with a Health-Nutrition-Sports Day to benefit the 5th grade and the community sports association. As a CAA supporter, you are invited to be part of the family experience.

"Jorge Washington is a leader in education, the arts, and sports. Thank you Community Action Alliance (CAA) for your collaboration in this grand event."

-Aida Mendez Jimenez, Director, Escuela Jorge Washington

Event Details

- WHEN: November 30, 7:30am-2:00pm
- COST: C4.000 Includes activities and 'all-you-can-eat' multi-cultural breakfast featuring both typical local fare and Gringo Andy's Pancakes & Sausage
- TICKETS: nancy@actionalliancecr.com
- BENEFIT: 5th graders and Basketball Association of Escuela Jorge Washington

Schedule of Activities

7:30am Physical Conditioning

9:00am Wildlife Conservation and Rescue,

An educational session with live monkeys and parrots presented by MINAE, Centro de Rescate de Vida Silvestre Magallanes, and Parrot Rescue Center of Costa Rica, followed by a presentation by 4 Patas de Puro Amor on street dog rescue and castration. Puppies available for immediate adoption!

8:00am-1:30pm

- All-you-can-eat Pancake and Typical Breakfast
- Alumni & Student Basketball Matches
- Butterflies
- Raffles, dancing, clowns, balloons, face-painting, chess, and more!

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.



Dancers in Pink and Black
36" x 48"
oil on canvas

Al Alexander
jeanandal@gmail.com

Artist's Statement: The painting was based on one of the cultural events that I attended in Palmares. I was very impressed with the color, the atmosphere of the evening, the movement, and the wonderful enthusiasm of the performers. The painting was made from drawings based on photographs I took that evening.



Artist's Comment: "Sneak Peak! This is one of the illustrations I am doing for Carole Jean Connelly's latest book, "Toby to the Rescue" - coming soon!"

Diana F. Miskell

Horse and Cattle Art: www.dianamiskell.com

Costa Rica Blog: <http://dianascostaricablog.blogspot.com>



WILD THANG
15 inches x 22 inches
Collage and Acrylic on Paper

hweyman@gmail.com

For the bloggers...



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

Biolley Buzz	bcrcoffee.com
Bunky Bartlett	http://www.bestofcostarica.org
Carole Connolly	http://carolejeanscostaricacapers.com
Claudia Leon	http://photoleraclaudinha.smugmug.com/
	http://straightline-cmkl.blogspot.com/
Costa Rica: Sisters in Transition (Judy & Roxi)	http://costaricasistersintransition.blogspot.com
De La Pura Vida Costa Rica	delapuravida.com
Dennis Easters/Pure Life Development	http://www.atenasrealestate.cr/index.php/blog
Diane Miskell	http://dianascostaricablog.blogspot.com
Fred Ball	http://natureboy70.blogspot.com/
Going Like Sixty	http://goinglikesixty.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
Marietta Arce	http://marisundays.wordpress.com
Mi Chunche	michunche.com
Nadine Hays Pisani	happierthanabillionaire.com
New Life in Costa Rica	http://www.anewlifeincostarica.com/nuevo_vida/
Paul Furlong motorcycle blog	http://eyeneo.com/
Pura Vida Mommy	puravidamommy.blogspot.com
Rubiatica	rubiatica.blogspot.com
Shannon Farley	http://enchanting-costarica.com/
Somewhere in Costa Rica	http://somewhereincostarica.com
Su Espacio	http://www.suespacioatenas.blogspot.com/
The Real Costa Rica	blog.therealcostarica.com
The Very Worst Missionary	theveryworstmissionary.com
The View From Here	theviewfromherecr.blogspot.com

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- Sunday, December 14th, from 1:00 pm to 4:00 pm
- Silent auction of gift baskets donated by Atenas Lions
- Picnic-style lunch and dessert prepared by Kay's and beverages
- Music and dancing
- Sing traditional Christmas carols in Spanish
- Visit by a very special guest
- Tickets are €10000/person at the door or at Kay's Gringo Postres and Cafe
- Reservations are required as seating is limited to the first 120 persons
- For reservations please send an email to iwriteguy@gmail.com no later than December 10th, 2014
- All proceeds from the auction and luncheon will support the charitable works of the Atenas Lions

The Lions Club Cave is located east of the cemetery on Calle Poza Azul, between the Police Station and Quebrada Azul

Join us, enjoy and collaborate

See you December 14 at the "Cave"



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A vibrant collage of various fruits including bananas, grapes, kiwi, strawberries, peaches, and watermelon slices, arranged in a decorative border at the bottom of the nutrition card.

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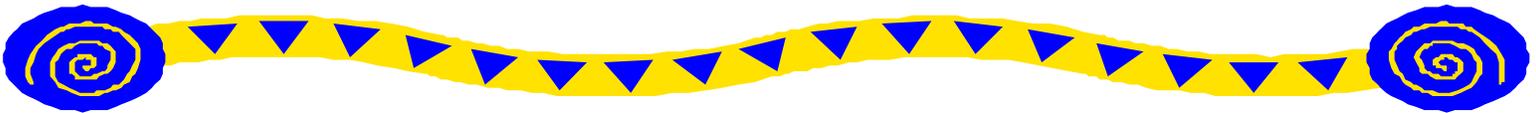
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Atenas Today Advertising Rates and Policies

Atenas Today is sent out monthly to over 500 email addresses of people who live or vacation in the Atenas area. Display ads up to half a page in size cost \$20 per insertion; full page ads are \$35 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) 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.