

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



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.atenascatua.com. Click on the English version and then Atenas Today on the business page.

Issue No. 82

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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



By this time each year, we are all looking forward to respite from the rains. Although I love the profuse and delightful tropical landscape, there is nothing quite like the panorama that November brings. The flowers of the sugar cane greet me in the morning with the gentle dance that heralds the end of the year.

Canada has recently celebrated Thanksgiving and in this month's issue, we are delighted to have a couple of articles that touch on abundance and gratitude for the life we are privileged to live in this part of the world. We have cheerfully survived another winter and look forward to welcoming visitors and tourists in the coming months.

This issue is both informative and entertaining. We introduce several new columnists who will provide you with food for thought and who will also hold your attention. Feedback, which is always welcome, may be sent to them directly or to me at the address provided below.

I am happy to communicate that unsolicited articles for publication and requests for space on the Community Bulletin Board arrive on a steady basis. This confirms my belief that people are motivated to be part of their communities when those communities are interesting and welcoming, as is the case of Atenas, today and every day.

Happy reading!

Marietta Arce
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This is a short story that I recently submitted to a contest being held by National Public Radio. The contest is for the best story that can be read on the air in under three minutes, which means that the story must be limited to 600 words. The other contest rule is that the story must involve a character entering a town, and a character leaving a town.

Responders



by Fred Macdonald
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“911 New York Center. What’s the nature of your emergency?”

“I think I see a missile pointed at the airport.”

Gladys had been a 911 operator for ten years and had taken her share of crackpot calls. Still, you never knew.
“What is your name sir?”

“John Burbridge. I just today moved into this house in Meadowmere, right across the water from Kennedy. There is something very strange in the window of the house next door.”

The computer screen in front of Gladys flickered, and the street address of the caller appeared; it was a house on 184th street. Gladys punched a key that brought up a map centered on the address. One of the main runways of JFK International Airport pointed right at the house. It had been a busy night for the police in that area, but Gladys felt this was a report worth checking out. She dispatched a car—suspicious activity, medium urgency.

“OK Mr. Burbridge. A police officer is being sent to your house. Please stand by.”

Meanwhile in the second floor bedroom of Burbridge’s neighbor the timer engaged, and a motor-driven positioning table began its computer controlled indexing routine. Every five seconds the motor whirled and the platform moved an inch and then stopped. The terrorist known as “the engineer” had set up the system earlier in the day. At that moment he was leaving the country on a plane from Newark.

Mounted on the moving table was an SA-18, the Russian version of the U.S. Stinger missile. When it became aimed in the region of the hot engine of an aircraft, a tone would sound indicating that the infrared guidance system had acquired a target and the missile was ready to fire. A simple sound detector was rigged to pick up the tone and energize a solenoid to pull the trigger.

Less than two miles away airliners were taking off every few minutes. It was only a matter of time until the missile locked on to one of the hot engines. The projectile would then launch and follow the plane until impact.

Thousands of SA-18’s had been looted in Libya. One had been smuggled into the U.S. inside a box labeled to contain a refrigerator. To design and build the automatic tracking and firing mechanism had been trivial. The only hard part had been finding a suitable location.

Weeks of careful surveillance by the terrorist cell had finally identified the unoccupied house on 184th street. The “engineer” had broken into the house a few hours before the fake refrigerator was delivered.

It was dark by the time the police arrived. Burbridge took them around to the back and showed them the window. The missile tube was back from the window opening and not visible in the low light, but the fact that the window itself appeared to have been removed aroused the curiosity of the officers. They went back to the front and rang the doorbell. There was no response.

“Break in!” urged Burbridge.

The lead officer keyed his radio.
“Unit 22; we have a missing window facing JFK in a house that seems empty. Request permission to force entry to investigate.”

“Whoa on that! Do you perceive an immediate threat to life or property?”

“Well, yea. Could be 400 people on an airplane about to get shot down.”

“That’s real speculation. I’ll ask the chief, but I think we’ll have to see the judge to get a warrant.”

“Ten four. We’re leaving. Call if you want us to go back.”

Burbridge waited until they left and then broke into the house.

Welcome to World of Ives Images

Jeanita and Jerome Ives have a passion for documenting their surroundings. Be it man-made or of nature, nothing escapes their camera lenses.

Since moving to Costa Rica over 2 years ago, Jerome, a contractor and professional photographer, and Jeanita a science teacher, photo-exhibitor and garden writer, have observed what they like to call the "Butterfly" and the "Bird" Seasons of Costa Rico.. They noticed that while the butterflies thrive during the wet, green season, they tend to become less noticeable when the birds migrate from the north during the hotter dry time of Costa Rica. Can you say "bird food"?

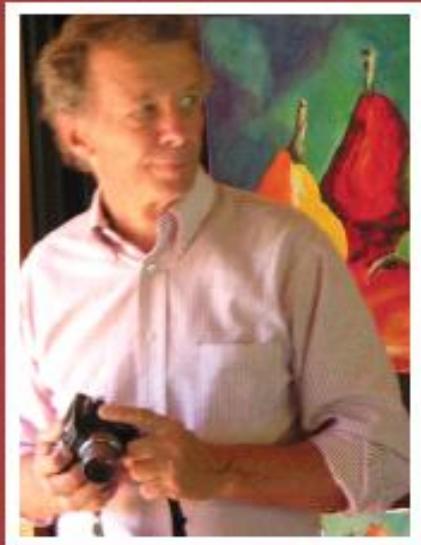
Photographing birds and plants has always been a passion of Jeanita's, but butterflies, not being prolific in the States since she was a young child, have just recently made her hot list in her new home.

The Ives have a growing photographic portfolio of native

butterflies, birds and other living things of the area and thought it would be fun to have a "Name that Critter Contest" over the next few months as a means of sharing their finds. They will be publishing several photos of critters from their portfolio, focusing on central valley species, most shot in their small front yard in Atenas. Along with publishing some of the photos each month, we invite you to help us learn more about them by sharing back.

So get out the field guides, search the internet and learn with us as much as you can about each critter posted. Butterflies will lead the show as they are still flitting around now. .

The joy is in the search and the learning. Together we can connect a bit more with our environment as we learn to appreciate the creatures that live among us. Join us on our path to discovering to appreciating what "Green" is all about!





NAMETHAT CRITTER CONTEST

PURPOSE: To learn as much as we can about the featured critters each month and share that information with others.

For each of the 4 butterfly photos on the right, email the number, common name, and the scientific name of each. Sign your entry with name phone number, email, and where you are living currently.

Please share any other information you know about each species of interest and resources you find helpful. The following month we will publish the results and number of people who correctly identified the photo subject. Email your answers to Jeanita at ivesig@mac.com as soon as you can so I will have time to include your information in next month's letter. We hope to have local participants join us for coffee after we hear from you.

NOTE: The flowers on this page are some that the butterflies have been attracted to in my yard. Lantana would be included if I had a photo.



Butterfly 1



Butterfly 2



Butterfly 3



Butterfly 4

Abundance: Living the “Pura Vida” in Costa Rica



by Dennis Easters easters3@msn.com

The word abundance brings about many thoughts. Oftentimes in our western society, we associate abundance with excess and material things. Over the past year or so, I wanted to really bring abundance into my life. I had been feeling I was not living abundantly, not squeezing every drop of juice out of life. Along the path of my journey, I began to realize that I do live abundantly, and became very aware that my upbringing helped to create the way in which I live my life. Those of us who have chosen to live in Costa Rica have already chosen a path of abundance. Now we must soak up all the experiences, culture and natural beauty this dynamic country has to offer.

So what is the meaning of abundance? For me it is simple. Living abundantly means living life to its fullest: being grateful for everything, from the most extravagant to the simplest of pleasures. Growing up, one of the ways we lived abundantly was through food. Our family in particular loves to eat, and you'd better have enough food on the table for family and any guest who comes around. My mother and grandmothers would spend all spring canning vegetables and making fresh preserves with things like tomatoes, corn, green beans, black eye peas, mustard greens, lima beans, strawberries and peaches. During these times not only did we have an abundance of food, but we had an abundance of love, stories being told, time being shared, and families coming together.

Lessons were also taught on how to prepare these fantastic treats, and on where your food comes from, and the work it takes to get it to the

table. You see, before the canning started we had to go to the fields and pick the produce! Every Friday when I go to the feria here in Atenas, I go back to my childhood and I know and appreciate all the hard work that goes into my being able to just buy my produce and food ready to prepare. With something that just “is”, our life becomes abundant. Someone else's sacrifice of time creates an abundance of time for us.

Yesterday I was feeling completely drained. After weeks of running like crazy, I was ready for a break. I needed some “me” time. I wanted to be pampered and absorb the beauty that surrounds me. The answer? A deep tissue massage and herbal Jacuzzi soak at Xandari Spa in Alajuela. I arrived at 1 p.m. and Conrad, the spa director, greeted me and we had a nice chat. Luck was on my side and he would be giving me my 90 minutes of pleasure (and at some points, pain). Afterwards I would have a one hour soak in a private Jacuzzi that has been infused with herbs to create a green tea colored water, with an aroma that stimulates the senses. The setting is glorious and is just as important as the massage and Jacuzzi.

Xandari is located up in the mountains above Alajuela, overlooking the Central valley below. The Spa features a beautiful reception with many hand-made gifts that can be purchased and a nice waiting area. Behind the reception are 5 private bungalows, all open air with massage tables, sinks, showers, and private Jacuzzis that overlook the jungle with amazing views of Alajuela below. Each bungalow has a palapa roof which is the traditional cone shaped roof covered with palm fronds. Everything is set up perfectly. The massage bed with fresh crisp linens, a flower tucked into the sheets, fresh flowers on a side table, soft music playing, and the views! The Jacuzzi is set up and bubbling with a huge cloth bag of herbs brewing away, giving off steam and an amazing aroma. Placed on the side of the Jacuzzi is a carafe of water, snacks, and of course more fresh flowers. The

bath mats are set perfectly on the floor, with you guessed it, more flowers carefully placed on opposing corners.

While having my massage I allowed the experiences of the past weeks to release from my body with each knot that was massaged away. I listened to the breeze, and the sound of soft rain that fell on the lush foliage outside my bungalow. A cold mist hit my back, while the rest of my body was being warmed by a heated bed. The smell of lime teased my sense of smell, as Conrad worked the lime infused oil into my tightly knotted back and shoulders. At one point I wanted to cry as the stress was being forced out of my body. After my massage it was time for the Jacuzzi of green tea! I was in a state of pure bliss. This is heaven on earth, I thought, as the clouds drifted by and small birds darted in and out of the trees, seeming to play in the rain. With the cool breeze outside, the Jacuzzi which was 104 degrees, felt like pure heaven. In a completely relaxed state, I could absorb and appreciate every detail of my surroundings: the forest, the birds, the butterflies, the hummingbirds, and the distant views of Alajuela peeking through the clouds. I again became aware of my body and all the areas I hold stress, as the tiny bubbles continued to massage my aching shoulders and neck. I truly felt at peace and appreciative of the abundance in my life, and accepted it with open arms.

A friend of mine from long ago would always say of life "this ain't no trial run, baby". In this modern world in which we live, we all have to find a way to slow down and absorb life and make room for the abundance life has to offer. Enjoy a cup of cafe con leche with your Tico neighbor. Even if you don't speak Spanish, happiness is a universal language. The experience will enrich your life, I promise. Go have that massage, or manicure. Climb that mountain, Chirripó for example, or explore that new beach that is off the beaten path. Accept help from someone you love, or who loves you. Give to a local charity of your time or financial support. Abundance cannot come to you if you have the doors and windows to your soul closed. Below I have created a list of things I enjoy here in Costa Rica that create abundance in my life. I hope you can find ways to do the same for yourself.

"Abundance" ideas in Costa Rica

1. Invite your Tico neighbor over for coffee. You provide something from your cultural background, and ask them to do the same. Even if you don't speak the same language, happiness is universal, and who knows, you both might learn something!
2. Treat yourself to that massage or other spa treatment at XANDARI. Check them out at: <http://www.xandari.com/>
3. Be adventurous and climb Mt. Chirripó. You can reserve with the offices of MINAE in Perez Zeledon at: 2771-5116 or 2771-3155.
4. Go immerse yourself in nature and soak it up in the hot springs at Termas El Bosque, San Carlos:
<http://www.termasdelbosque.com/>
5. Make a special homemade dinner for your family or loved one. Don't cook the same old thing. Make things that have a special memory for you. In our house something that does that for us is Grandma Murphy's Sour Cream Pound Cake, Aunt Jewel's Pumpkin Pie or my Nana's Chicken and Dumplings.
6. Take some "me" time. Even if it is just a few hours, a day or weekend, we all need to relax and be ALONE. Here are some of my weekend getaways:
 - a. Tabacón Grand Spa and Hotel:
www.tabacon.com
 - b. Refugio del Sol: www.refugiodelsol.com
 - c. El Trogón Lodge: www.grupomawamba.com
 - d. Termas del Bosque:
www.termasdelbosque.com
 - e. Hacienda Pozo Azul:
www.pozoazul.com/cuculmeca.html
 - f. Hacienda Guachipelin: www.guachipelin.com
7. Plant a garden and watch the fruits of your labor mature. For me getting my hands dirty in the earth, grounds me and takes me back to my roots. There is nothing better than eating a fresh, home grown, tomato and mayonnaise sandwich, with a big glass of sweet tea!
8. Creating abundance for someone else, is the best way to give it to yourself. Give back to your community anyway you can, be it with financial support or your time. There are many people who can help you with volunteer work in the Atenas area. Speak with Marietta Arce, Tina Newton, or Francis Jones, all of whom are very knowledgeable about projects going on in the area.

What I observed and learned in Costa Rica



by Kathy Reyes
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The Costa Rican National tool is the weed eater

The Costa Rican National weapon is the machete

The Costa Rican National anthem is the car alarm

The Costa Rican National alarm clock is chickens - only don't count on them since they are confused and crow 24 hrs a day

The most often heard phrase by Gringos in Costa Rica – “It's Costa Rica - what do you expect!”

Things you will never (or rarely) see in the US, but commonly see in Costa Rica on a normal day (not in a parade)

- § Someone riding a bull bareback down a city street
- § Someone carrying a bunch of bananas on their shoulder
- § Someone with an oxcart being pulled by real oxen
- § A large group of men building a house with primitive tools happily working from 6 a.m. until dark 6 days a week making \$4 an hour
- § The same group of men gratefully living on the construction site without pay in a shack made of sticks and corrugated metal hastily put together with a bare light bulb for light, no plumbing, no refrigerator, no stove, and no TV to protect the primitive tools and construction materials
- § Moms and dads walking down the street holding hands or with their arms around their children – including little kids, teenagers, adult children

- § The majority of people dressed neatly, with clean clothes, no piercings, no tattoos, no underwear showing happily greeting each other with great warmth and respect
- § Chickens, cows, and other livestock everywhere in people's backyards (except in controlled gringo neighborhoods) and on the front lawn of your church on Sunday morning
- § Products on the shelves in grocery stores with no packaging other than a clear plastic bag and a label on the shelf telling you what it is
- § No one standing on a corner with a sign that says “will work for food”
- § Miles and miles and miles of roads with absolutely no McDonalds or any other fast food place
- § People making fires with sticks to cook their food in a public park with no permit and no one telling them to stop
- § No military forces since 1949

Things you should never do in Costa Rica:

- § Put your toilet paper in the toilet – it goes in a trash can next to the toilet – eewoo
- § Ask a local for directions – they will give you some whether they know the way or not
- § Look for street signs – they don't exist
- § Assume a major highway will be open since they are frequently closed for mudslides, to allow traffic to return to the capital from the beach, or for no reason you can figure out
- § Expect your phone, internet, TV, electricity, or water supply to always be available.
- § Expect any of the above to be fixed in a timely fashion or when you are told it will be fixed
- § Assume people will show up on time, apologize for being late, or show up at all
- § Step onto the road unless you look all ways many times. If there is "alto" (stop) sign, the cars may stop - if they happen to feel like it. In Costa Rica, cars (carros) come before pedestrians
- § Leave your house without your passport since you will be asked for it often and can be in big trouble if you cannot produce it
- § Carry your passport with you since it can be easily stolen and hard to be replaced – see item above and pause to go hmmp
- § Go anywhere without your umbrella
- § Expect to do your banking in less than 45 minutes since you take a number, sit in chairs waiting with at least 25 other people for your number to be called – unless you are over 65 as then you are considered handicapped and can go directly to the handicapped window.

Survival 101 for Costa Rica:

- § LEARN SPANISH!!!!!!!!!!!!!!
- § Expect bugs – screens are not used since the bugs will have no way to get out of your house
- § Learn to wait or go back to the US
- § Always look down more than up when walking. Develop a new walking style - heel down hard. If you forget to lift those toes, expect to find your face on the pavement or in the dirt since pavement does not exist in most places. Keep your eyes to the concrete also when stepping from the sidewalk to the road. In between is a ditch, at least 18 inches deep and at least a foot across. The ditches are for the rivers that run through the city streets during rainy season.
- § Learn to avoid potholes when driving
- § Always carry a map or GPS, but don't assume either one to be accurate
- § Always carry a cell phone and numbers of friends you know will help you with you wherever you go, but don't assume you will get a signal
- § Make lots of friends, especially ones you can count on – see above
- § LEARN SPANISH!!!!!!!!!!!!!! in case the three things above fail
- § Bring all of your electronics with you when you come, but do not assume they will make it through customs or they will work when you get here. Also do not assume they can be fixed if they stop working.
- § Learn to live without Lay's potato chips, your favorite NFL team, movies unless you want to live in the big city, washcloths unless you stay in and can afford to stay in US run hotels, and most things you take for granted in the US, but are generally not good for you
- § Learn to get used to earthquakes
- § Give up TV or LEARN SPANISH!!!!!!!!!!!!!!
- § Learn to love rice and beans
- § Learn the metric system – a typical official address may be 300 meters west and 50 meters north of the bus station. You will get a \$500 ticket for speeding if you do not know that 80 kph means 50 mph.
- § LEARN SPANISH!!!!!!!!!!!!!! if you want to have any hope of getting out of a speeding ticket
- § Get a Costa Rican driver's license to improve your chances of avoiding the \$500 speeding ticket, but pay \$40 to have a Costa Rican walk you through the process or expect to spend a whole day getting one.
- § Learn landmarks if you want to ask for directions. Do not expect the landmarks will be

described accurately since the green church on the corner was re-painted blue 5 yrs ago, but everyone still refers to it as the green church.

- § Learn to use a bus and taxi
- § If you absolutely cannot get along without a car, expect to pay \$15,000 or more for a 12 yr old car with 120,000 or more miles on it. Do not buy a car without having a mechanic you trust check it out and assure you he can get parts for it in Costa Rica. Buy one with 4 WD, manual transmission, 6-8 cyl, and a diesel engine if you plan to drive anywhere other than the 2 main highways in the country.
- § When on a beach, if you frighten a crab out of his hole, move your foot away really fast before the large lizard gets you for lunch as well as the crab
- § Most importantly - LEARN SPANISH!!!!!!!!!!!!!!

Facts about employment in Costa Rica

- § There is virtually no unemployment in Costa Rica because at least 4 people are employed to do what 1 person or a computer does in the US - you have to go through 4 people to check out one 50 cent item at the hardware store
- § Cement is mixed and carried by bucket or wheelbarrow by a crew of men to where it is placed
- § You can afford to hire 4 Ticos (Costa Ricans) to do a job and nothing is outsourced since minimum wage is \$4/hr
- § You cannot work in Costa Rica unless you are a citizen or a permanent resident or have a permit
- § Employees are willing to do whatever is expected of them. Example: Pilots on puddle jumper planes are versatile and accommodating....they will take your picture if asked, load the luggage to help out.....or was the luggage handler flying the plane?
- § You can afford a maid that will come 3 times a week.....but it is hard work to have maid. Expect to get up to let her in at 7:00 a.m. and not leave the house while she is there. This may not be the way you planned to spend your days in Costa Rica.
- § You can hire someone to wait in line for you at the bank or the place where you get your drivers license. They will call you on their cell phone when they get near the front of the line. It is well worth the \$4-10 they will charge you.
- § There are people whose job it is to help you park or back out of a parking space.

Reasons to deal with all of the above:

- § You laugh at all of the above
- § You get to live in a spectacularly beautiful country
- § You are surrounded by people who are happy, joyous and free
- § Most children are well-behaved, do not whine, or throw temper tantrums
- § You are happy with so much less. Materialism is looked down upon. You will be respected for having less rather than more.
- § You will see Toucans, Scarlet Macaws, monkeys, sloths, alligators, turtles laying eggs on the beach, and amazing birds and butterflies. You will see all of these things outside of a zoo.
- § You will never have a reason to be bored. You can see volcanoes, sit in natural hot springs, go to the beach, go zip lining, kayaking, hiking, biking, horseback riding, white water rafting any day you want.
- § You are never be more than 6 hrs away from the Pacific ocean or the Caribbean
- § You will never need a coat, mittens, or winter boots
- § You will never have dry skin
- § You can have 9 fillings done by your dentist for less than \$300
- § You can see a world-renowned orthopedic surgeon the day after you call for an appt. It will take one appt that will take less than 2 hrs for him to examine you, get x-rays, have them read by the same doctor, and get a diagnosis. This will cost you \$150.
- § You will be able to get all your drugs (except for narcotics) directly from the pharmacy without a prescription.
- § You can take your dog to the vet to have her teeth cleaned, 4 teeth extracted, toenails clipped, and get 3 cans of dog food for \$70 without an appt.
- § You will have friends from Germany, Switzerland, Belgium, Canada, and all over the US. Most of them will be incredibly willing to help you.
- § You will be able to buy 3 totally ripe pineapples for \$2, mangoes that are yellow (which is the way they are supposed to be when they are ripe), bananas still on a stalk, fresh whole bean coffee that is produced in the town where you live, and fruits and vegetable so fresh you never even knew how they were supposed to taste. All of these things are readily available year round.
- § You will find out what chicken is supposed to taste like since it is grown naturally with no hormones. You will buy it from the farmer who raised the chickens.
- § You will buy fish (Tilapia, Tuna, Corvina, Shark etc, etc, etc) that was caught the same day and brought to the market directly from the ocean or river where it was caught.
- § You know the meaning of tranquilo. Relaxation will become a part of your day.
- § You ask for help and become resilient and resourceful.
- § You will find strength you never knew you had.
- § You become tolerant and accepting – you will give and receive both.
- § You will discover it is far more rewarding to be invited to the home of a simple Tico family than to an elegant event put on by a rich gringo.
- § You will celebrate and find a reason to have a party for just about anything.

So when are you going to move?

Atenas Today Interviews
Birgitta Paul, Owner/Manager



- AT: Thank you, Birgitta, for inviting us to visit you. This is a beautiful setting and so centrally located right here in town!
- BP: Yes, the weather in the last few weeks has been difficult and it won't be possible to show you everything today in the way that I would like. We have worked hard through the years to provide our guests with a setting that is tropical and serene yet modern and efficient, whether they stay for a day or a year!
- AT: I noticed there are many workers on the grounds and buildings. Is it routine maintenance or do you have something special being built?
- BP: Actually, it's a bit of both. There are some cabins that are older which we are modernizing and refurnishing to provide optimum comfort; and we have just begun the construction of a spacious covered area that will be suitable for special events and will comply with the new regulations for Special Needs accessibility.
- AT: When do you think you might be able to offer this space as an option for showers, weddings, and other special events?
- BP: We are hoping that the weather will improve and that construction will end around mid-November. We have a large group coming around that time, as they have done for many years and they will

inaugurate the area with their activities. We expect to be able to offer the room to the general public in the early part of 2012. In the meantime, we have our restaurant which can be rented for special events and has room for about 60 people comfortably.



- AT: This is a lovely area also. Why don't you tell us about the restaurant?
- BP: The restaurant is open all day and our menu offers both national and international cuisine. We offer a variety of wines and spirits and traditional 'bocas'. It is open to the general public and we occasionally have live music/karaoke. Our next activity is a Halloween party on October 29th where we will award prizes for best costume. I hope your readers will join in us!
- AT: Thank you, I am sure that more than one of our readers will take you up on that offer and creatively work on their outfit. I always like to offer something a little different to the community so that they are entertained, especially during these long days of rain!



AT: Yes, it is getting tiring. I don't suppose you have too many visitors at the pool lately

BP: That's right but we still maintain and clean the pool regularly so that everything is ready if a guest is willing to stand a little chill! The pool area is a nice place to sit and read a book or just take a look around and notice the natural beauty that surrounds us.



AT: Yes, you certainly do have plenty of eye-catching beauty and I notice all the exotic plants that are part of the landscape. It must be very relaxing to be staying in one of the comfortable cabins.

BP: The cabins are very nice and they are equipped with the necessary items to make your stay enjoyable and something that you would recommend to friends.



AT: Well, Birgitta, is there anything else you would like to add so that our readers can know you and your ideas more fully?

BP: Yes, I would like everyone to know that Hotel and Restaurant Colinas del Sol is looking forward to being a more visible

part of the community. We are currently undergoing an evaluation process so that we can obtain certification as a member of CST (Certificate of Sustainable Tourism). This is a valuable certification, not only for us, but also for our guests. It informs them that we are doing what we can to lessen our impact on the environment by practices such as recycling and participating in community projects.



AT: That's wonderful and something that cannot be overlooked by establishments such as yours if Atenas is to continue to enjoy the "Best Climate". On behalf of our readers, I thank you for the time you gave us for this visit.

BP: Thank you also and please stop by and say hello again soon.



The Start of the Chili Wars Or: How One Man Took On Texas



by Patricia Diekroger
trish.redacorn@gmail.com

When last we left-off it was 1893. We were at the Chicago World's Fair at the first San Antonio "Chilley" stand. Had we stood on line we would have been rewarded with a sampling of meat seasoned with a blend of hot chili peppers and other spices. It was a hit!

Jump ahead to 1967 and we're now in the town of Terlingua, Texas. The town resides 10 miles inland of the grand canyon of the Rio Grande with hundreds of thousands of acres preserved as wilderness in the Big Bend National Park. In 1967 it was quite isolated, being 80 miles from a real town, and it had no guest accommodations.

A bit of history: Terlingua is a corruption of the original name of Tres Lingos, named for the three languages spoken in the area in the 1800's; English, Spanish, and Comanche. At one time Terlingua was a major mining area for a brick-colored ore called cinnabar, from which mercury is extracted. A man from Cleveland, named Howard Perry, owned the mines and he moved the town closer to them. Along with 1280 acres, he pretty much owned Terlingua and controlled everything in it. He discouraged visitors to his territory so it would not have pleased him to know what was coming, albeit more than 100 years later.

In 1966 Frank Tolbert had written the first edition of his book * "A Bowl of Red," which revived interest in chili con carne. The First World's Chili Cook Off in Terlingua was an attempt to promote the book. There were to be two cooks; Elizabeth Taylor's chef was the intended competitor against Wick Fowler of the Chili Appreciation Society Intl. Tom Tierney, the owner of a public relations

firm, called Frank Tolbert to tell him about something he had read in "Holiday" magazine. H. Allen Smith of Mt. Kisco, N.Y. had written an article titled "Nobody Knows More About Chili Than I Do." In it Smith disparaged Texas and its chili. He also printed his own recipe which, along with onions and canned tomatoes, included kidney beans and sweet bell peppers. Chili heresy! The war was on. Smith was chosen to compete against Fowler. However, in an abusive and childish response, Smith declined the invitation. Fowler responded by saying "Smith has taken to his bed with the Buff Orpington syndrome": the Buff being a breed of chicken! So, Smith acquiesced and the date (unknown) was set as was the time: high noon.

On an autumn day, two pots of simmering chili scented the air while a band played and people milled about, assuaging their hunger with the other cowboy foods on offer. There had not been much hope for a big turn-out considering the remote location. It was believed all the attendees could be transported on one big chartered plane from Dallas and another from L.A. To everyone's astonishment, people arrived by car, bus, jet, and large and small prop-planes. 209 chapters of the Chili Appreciation Society from across the U.S. would be represented in Terlingua that day.

Finally, the chili was ready. Three judges would decide the winner; David Witts, the mayor; Floyd Schneider, a brewery exec from San Antonio, and Hallie Stillwell, Justice of the Peace of Alpine, Texas, who was also happened to be Smith's cousin. The judges were blindfolded, a moot point since one chili had beans and one didn't. Though the pots were labeled 1 and 2, everyone knew which belonged to whom. Judge Stillwell was the first to taste, her spoon was dipped into the pot numbered 1, but...that's another story.

* "A Bowl of Red" by Frank X. Tolbert revised edition 1972 Doubleday & Co.

The Lofty Lychee (Mamón Chino)



by Elizabeth González

The lychee (*Litchi chinensis*, and commonly called leechi, litchi, laichi, lichu, lizhi or mamón chino in Costa Rica) is the sole member of the genus *Litchi* in the soapberry family, *Sapindaceae*. It is a tropical and subtropical fruit tree native to Southern China and Southeast Asia, and now cultivated in many parts of the world. The fresh fruit has a "delicate, whitish pulp" with a "perfume" flavor that is lost in canning, so the fruit is mostly eaten fresh.

The lychee tree is handsome, dense, round-topped, slow-growing, 30 to 100 ft high and equally broad. Its evergreen leaves, 5 to 8 in long, are pinnate, having 4 to 8 alternate, elliptic-oblong to lanceolate, abruptly pointed, leaflets, somewhat leathery, smooth, glossy, dark-green on the upper surface and grayish-green beneath, and 2 to 3 in long. The tiny, petalless, greenish-white to yellowish flowers are borne in terminal clusters to 30 in long. Showy fruits, in loose, pendent clusters of 2 to 30 are usually strawberry-red, sometimes rose, pinkish or amber, and some types tinged with green.

Most are aromatic, oval, heart-shaped or nearly round, about 1 in wide and 1 1/2 in long; have a thin, leathery, rough or minutely warty skin, flexible and easily peeled when fresh.



Immediately beneath the skin of some varieties is a small amount of clear, delicious juice. The glossy, succulent, thick, translucent-white to grayish or pinkish fleshy aril which usually separates readily from the seed, suggests a large, luscious grape. The flavor of the flesh is distinctive. There is much variation in the size and form of the seed. Normally, it is oblong, up to 3/4 in long, hard, with a shiny, dark-brown coat and is white internally.

Through faulty pollination, many fruits have shrunken, only partially developed seeds (called "chicken tongue") and such fruits are prized because of the greater proportion of flesh. In a few days, the fruit naturally dehydrates, the skin turns brown and brittle and the flesh becomes dry, shriveled, dark-brown and raisin-like, richer and somewhat musky in flavor.

Because of the firmness of the shell of the dried fruits, they came to be nicknamed "lychee, or litchi, nuts" and this erroneous name has led to much misunderstanding of the nature of this highly desirable fruit. It is definitely not a "nut", as the seed is not edible.

Drying of Lychees

Lychees dehydrate naturally. The skin loses its original color, becomes cinnamon-brown, and turns brittle. The flesh turns dark-brown to nearly black as it shrivels and becomes very much like a raisin. The fruits will dry perfectly if clusters are merely hung in a closed, air-conditioned room or dried in the sun on hanging wire trays but kept away from rain.



Dried fruits can be stored in tins at room temperature for about a year with no change in texture or flavor.

Lychees are most delicious when eaten fresh. Peeled and pitted, they are commonly added to fruit cups and fruit salads. Lychees can be stuffed with cottage cheese and served as salad topped with dressing and pecans. Or the fruit may be stuffed with a blend of cream cheese and mayonnaise, or stuffed with pecan meats, and garnished with whipped cream.

Sliced lychees, congealed in lime gelatin, are served on lettuce with whipped cream or mayonnaise. The fruits may be layered with pistachio ice cream and whipped cream in parfait glasses, as dessert. Halved lychees have been placed on top of ham during the last hour of baking, or grilled on top of steak. Pureed lychees are added to ice cream mix. Sherbet is made by extracting the juice from fresh, seeded lychees and adding it to a mixture of prepared plain gelatin, hot milk, light cream, sugar and a little lemon juice, and freezing.

Calories per 100 grams: 63-64, fresh 277, dried

Peeled, seeded lychees are canned in sugar syrup in India and China and have been exported from China for many years. Browning, or pink discoloration, of the flesh is prevented by the addition of 4% tartaric acid solution, or by using 30° Brix sirup containing 0.1% to 0.15% citric acid to achieve a pH of about 4.5, processing for a maximum of 10 minutes in boiling water, and chilling immediately.



References:

<http://www.hort.purdue.edu/newcrop/morton/lychee.html>

<http://en.wikipedia.org/wiki/Lychee>

Making brown eyes blue...



by Theresa Fulton

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Watching the Detroit Tigers lose their chance to go to the World Series recently, I was interested to see that their pitcher, Max Scherzer, has heterochromia iridum – he has one blue eye and one brown eye. This is a fairly rare condition that can be caused by trauma or injury or can be genetic (rare in humans at least; more common in dogs, cats and horses). I don't find any mention of Max having injured his eye, so I assume his is the inherited type, where one of the eyes gets too much or too little melanin, the pigment in the iris. You would have to look into a person's parentage to figure out which eye is "wrong". Max seems quite proud of his heterochromia, as when his bobblehead was being designed, he insisted it had to correctly represent his eye colors or he wouldn't endorse it! A number of other famous people have this, including Dan Aykroyd (one green, one brown), Jane Seymour (hazel and green), Kate Bosworth (brown and blue) and Christopher Walken (blue and hazel). David Bowie also has different colored eyes, but his is purportedly due to one having been damaged in a fight.



In general, much has been learned about the genetics of eye color in just the last few years. It used to be thought that blue eyes were recessive – that is, you had to inherit the gene from both of your parents in order to get blue eyes. (Coming from a family that is Czech on one side and Pennsylvania Dutch on the other, everyone in my family and most of my extended family has blue eyes, so I was a teenager before I realized that brown eyes are more common!) But now with the new human genome information, we now know that there are at least 11 genes that affect eye color, and in fact almost any eye color is possible among the children of most people (probably a relief to those blue-eyed parents having a brown-eyed kid!). So much is known about the DNA variation that relates to eye color that one study (*Current Biology*, 2009) showed that a person's eye color can be correctly predicted most of the time if DNA was available (handy if a criminal's DNA was found at a scene where there were no eye witnesses available).

Originally all humans had brown eyes. Blue eyes have much lower levels of melanin than the other eye colors, and this is due to a biological "switch" where the ability to produce melanin in the iris has been "turned off" (not completely – a complete lack of the ability to make melanin results in albinism). A study done in Copenhagen in 2008 that looked at the DNA of blue-eyed people all over the world suggested that one genetic mutation which took place 6-10,000 years ago is the cause of the eye color of all blue-eyed people.

In the cases of heterochromia, like Max, not as much is known about the exact genetic cause but it is known that it is inherited autosomally, that is, it is not sex related (not due to a gene on one of the X or Y chromosomes, but one of the other chromosomes). So it can be inherited either from the father or the mother, and apparently is not related to any other inherited issues (good pitching arm maybe?).



More information:

<http://www.sciencedaily.com/releases/2008/01/080130170343.htm>

http://en.wikipedia.org/wiki/Eye_color

<http://www.columbiatribune.com/news/2011/jun/25/scherzer-eyes-better-results-consistency/?tigerextra>

For questions or suggestions for future topics,
email Theresa at tfl2@cornell.edu

The Center for Sustainable Development Studies (CSDS, Universidad de La Presa) reaches 20 years of continuous education, research and community outreach in Costa Rica

By Dr. Gerardo Avalos, PhD
Center Director

The Center Sustainable Development Studies is one of the 5 field stations that The School for Field Studies (www.fieldstudies.org) has across the world associated to Boston University. SFS has Centers in Tanzania and Kenya, Bhutan, Turks and Caicos, Australia and Costa Rica. Our mission is to educate, investigate and provide information to improve the understanding, management and conservation of natural resources in order to identify and promote strategies for sustainable development across the world.

The Costa Rica Center initiated activities in the Fall of 1991. Since then, it has received hundreds of American college students, and has provided basic training and experiential learning education on the impacts of different development alternatives for the conservation of natural resources within the economic, ecological and cultural context of Costa Rica. The Center has generated high quality research for the benefit of communities and protected areas through the country, as the result of the practical learning of our students and the development of the capacities of all staff. The Center maintains strategic agreements with the Ministry of Natural Resources of Costa Rica (MINAET), and organizations like APROSOCUENCA (a group of local farmers working on watershed protection in Atenas), AMPALEC (a cooperative of agricultural producers in the Caribbean slope of Costa Rica) and APROCAFE (a group of local organic coffee growers in San Isidro de Atenas), and has

worked closely with a vast number of National Parks (Volcán Poás, Braulio Carrillo, Manuel Antonio and Carara just to mention a few). All the professor at CSDS hold PhDs, and have worked hand in hand with protected areas and local communities, focusing on issues as diverse as the ecosystem services provided by coffee plantations under different management strategies (conventional, organic, environmentally friendly), the quantification of changes in land cover in the protected zones of Atenas, the impacts of tourism expansion on local communities near important protected areas, the ecological impacts of roads on birds, people's perception of climate change, the dynamics of extraction of heart of palm from national parks, and the use of aquatic insects as bioindicators. The Center also maintains a diverse agenda of outreach projects that includes work with the nursing home, local schools, the Boy Scouts, the INA English group, Hogar de Vida, and the Atenas Municipality, volunteering to support the monthly recycling activities.

The current campus of SFS in Costa Rica was established in La Presa de Atenas in 1993 (and since then our nickname has been "Universidad de La Presa"). Just this year, CSDS reached 20 years of continuous service in Costa Rica. We calculate that about 1800 students have participated in our Programs in these 20 years. Through the O'Neill scholarship, Costa Rican college students have also participated in various Programs in the last 2 years. The Center

facilities provides access to a 2 Ha Forest, a mango and orange farm, a forest interpretative trail, a vegetable garden, a chicken house (with fresh eggs produced daily), lodging facilities, a dining hall, and an administrative building. In 2010 the Center's Forest became part of the Program of Payments for Environmental Services for the protection of water resources, and very recently (September 2011) the Center's farm was certified as Sustainable Farm by the organization Rainforest Alliance.

We feel that Atenas has a very important asset in CSDS, and we would like to continue contributing with the county and with the whole country. In this process of continuous improvement, our Center has inspired many students, who go back home to apply what they have learned here. Along the way, the Center has fostered the sustainable use of natural resources in Costa Rica for the benefit of local communities and protected areas. We hope that the positive role of our Center will be maintained for many years to come. Happy Birthday Universidad de La Presa!

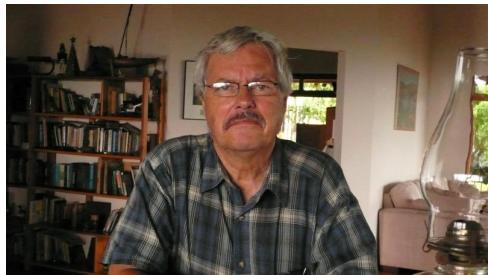


SFS Costa Rica, faculty, staff and students.
Summer 1, 2011. Photo taken on the 4th of July.



The above picture is an 'outreach' which took place in the Municipal Forest during which an interpretative hike was taken with students from the Fifth grade of the Barrio Jesus School.

Room for a View



by Paul Furlong
fuzzlong@gmail.com

"A human being should be able to change a diaper, plan an invasion, butcher a hog, conn a ship, design a building, write a sonnet, balance accounts, build a wall, set a bone, comfort the dying, take orders, give orders, cooperate, act alone, solve equations, analyze a new problem, pitch manure, program a computer, cook a tasty meal, fight efficiently, die gallantly. Specialization is for insects."

Lazarus Long

As the above quote implies, I want to cover many topics in my column, not just "security." Still, I think we need to be proactive on crimes that affect us as homeowners... before decisions are made for us... Paul

As our year winds down, a mist of foreboding fouls the air ... a sense of something not attended to, a flicker in the mirror that says "we've not been watching." This feeling we can't put our finger on is primal. "Security" is its name.

Late night viewers will remember National Geographic documentaries showing herds of Antelope... a Lioness stalking...low slung and dangerous...about to claim a victim. A chase ensues, an old Cow dies, cubs get fed...

But watch what happens with the herd. They run just far enough to let the Lioness through to the victim...and go back to grazing. It seems almost orchestrated...in moments forgotten.

Fleet Antelope, Lions with teeth and claws... and us with these little brains to keep us fed and warm and safe. Self aware, tool wielding and naked, we've done all right for ourselves. We can form committees and build ships...look at us! Let's not be Cows about home invasions. Let's not be victims to the lowest class of human ever to walk the planet...thieves.

Criminals are not stupid or unaware of their inner selves. They have girlfriends, love their mums, and believe in God. They think of themselves as modern Robin Hoods; as "getting even" with society and at least, defending themselves from it. It's easy to pass them off as unimaginative or ignorant... easy and dangerous.

See... they're thinking about us. It's a game for them. It's sport, like soccer or tennis. They're the Lion; we're the Antelope... at war all the time with us, looking for soft targets. They hang in bars and talk to our maids or their husbands. They have an uncle who's a cop, a brother drives Taxi. They wear nice clothes and often drive nice cars. What they do is looked up to by barrio kids. Someday they can have a gun and a car... and they will continue to steal from us as long as we let them.

"The will to survive is not as important as the will to prevail... the answer to criminal aggression is retaliation." Jeff Cooper (father of modern Pistolcraft)

In Atenas, there are police to stop a fight, keep criminals off the streets, and investigate robberies. Readers may disagree, but I think they do a good job. Let me explain: I once lived in a farm community with only one cop. He was a hangdog kind of character with droopy ears... we called him "Deputy Dog." He never caught a robber or stopped a fight that I know of, but he was a presence there in our sleepy town and had a radio. Then the Mayor began to advertise for

people to come where the taxes were low and crime was non-existent...and they came. They fixed the roads. Speculators came and built Ticky Tack Estates... taxes rose, they hired cops and painted lightning bolts on the sides of their cars... soon it wasn't fun to ride down Ellisdale Road any longer... all those cops with nothing to do... traffic violations, stricter building codes, people in suits at my farm checking to see if my dogs were fixed and licensed... as I drove through Trenton one night, I realized the graffiti I'd been admiring was something else... it was the writing on the wall.

I sold the farm and pinball bumper bounced my way through the Caribbean to Atenas... Now, slip sliding into them "Golden Years," I ask, what dark day will I submit to a generation who hasn't learned how authority begets itself? Where would I go that isn't in bad economic straits? Where are there no fleas, bees or thieves? The writing is on the wall again, let's not let this happen in Atenas.

"The police cannot protect the citizen at this stage of our development, and they cannot even protect themselves in many cases. It is up to the private citizen to protect himself and his

family, and this is not only acceptable, but mandatory."
Jeff Cooper

Please don't misunderstand me. I'm not suggesting we buy khakis and begin paramilitary training. In fact, if you have a gun and aren't trained, get rid of it. Thieves get their weapons by stealing them. Without training and some common sense perimeter control, we only provide criminals with more guns... There's a saying here in Tico-Landia, "Compre nalgas o venda pantalones," ("buy a butt or sell your pants.") Truly I say unto you... *get training or sell your guns.*

"Owning a handgun doesn't make you armed any more than owning a guitar makes you a musician."
Jeff Cooper

So before we give up our sovereignty and before we have a war on...drugs, theft, crime, stretch marks or crooked teeth... let's take responsibility for our own safety...

And let's make it fun like the bad guys do. Think of security as a creative project... a painting for instance. First the laborious stretching of the canvas. Then a wash to seal it and some base colors for those broad strokes we're about to make...

Let's begin at the gate and move along the perimeter with some creative gardening. If you already live in a gated community, all the better, but we want real peace of mind, so let's get to it. If we have a fence around the property, how about some bushes to cover that fence..."Veranera" comes in many colors and has thorns that will discourage anyone...even your gardener. Buy him gloves and keep that bush trimmed. You want people to see your house from the road. One last thing about the fence, make it "L" shaped so that the bottom of the "L" points inwards to your property... cover it with dirt. Later, when you have a dog, he can't dig under the fence.

End of Part I

In part II, we'll clear away some obstacles between your house and the fence and move to lighting and that critical early warning. We'll address doors and windows and try to get indoors if there's room to fit it all in.

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.



"Egrets in the Mangroves"
Oil on Linen
Al Alexander
jeanandal@gmail.com



"Dancer in the Red Dress"
Alice Constantine
www.aliceartworks.com



Rinse Cycle
Dragonfly Animal Portraits
www.dianamiskell.com
<http://dianascostaricablog.blogspot.com>



Chat - A Photomontage
Evelyn Levchenko
levtchenko.art@gmx.eu

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

Take Dennis Easter's' suggestion and try this out for a relaxing change:



To Fugue or Not to Fugue...



by *Marietta Arce*
marietta_arce@yahoo.com

In the early 1980's, I lived and worked in Puerto Rico. I was the export supervisor for a multinational corporation, a job I was good at and absolutely loved. I had an expense account (which I rarely used), owned a brand new, red, Nissan Sentra that I purchased myself, and was (on my initiative) newly single, which I thought added a bit of mystery and dimension to my personal profile!

My boss and his wife lived in an elegant apartment building in an upscale suburb of San Juan. They asked me if I would stay in their apartment for a week while they went to the Island of Saba where they also owned a small cottage. I agreed immediately, since my only duties (besides going to work, of course) were to feed the cat (whom I never saw) and water a couple of plants.

The security in the apartment building was excellent and I ventured in and out often, amazed by the different lifestyle that was suddenly mine. I took long walks in the neighborhood. I drove to the beach where I would sit (alone) on a bench listening to the sounds of the waves and watching the gentle breezes swaying the palm trees. I felt a reassuring solitude; I never felt alone as I had previously even when I was surrounded by dozens of people. It was an exhilarating time.

When I was attending junior college, I was able to enroll in a few psychology courses as electives, something that has probably contributed to my lifelong interest in the workings of the human psyche. I remember being fascinated by the whole idea of multiple personalities and by something called 'fugue state', which meant that a person experienced short-lasting, reversible amnesia.

One evening, I sat on my favorite bench looking out at the ocean, feeling the salty mist of the waves in the air and sipping a Margarita. I thought long and hard about the 'fugue state'. I was so enamored of my new life in the hi-rise that I wanted to stop time so that I could live like that forever or at least for a few more weeks. Although I missed my family in New York a great deal, I admit somewhat shamefully that it was appealing not to feel I needed to report my whereabouts on a weekly basis so that they wouldn't worry about me.

The more I thought about short-term 'pretend' fugue, the more enticing it became: I could be anyone I wanted (a stand-up comedienne), I could do anything I wanted (stay up all night and read or write), I could live anywhere I wanted (a secluded island) and when I became tired of the whole thing, I could just reverse my amnesia, reclaim my old life and my old self and no one would be angry! Of course, the reason people 'fugue' in the first place is because of some serious trauma and I recognized in my character an opposition to practice any type of dishonesty such as this!

I smiled at my wisdom, sat a while longer, and then I slowly made my way back to the apartment. I began to write my thoughts in a journal that very evening. Writing was and continues to be the glue that holds me together when I find myself feeling overwhelmed by the impact daily living sometimes takes on my soul. I wrote pages and pages in an effort to record my longings in a coherent and explicit manner. I eventually went to sleep, aware that my employer would expect professional behavior from me during his absence; I expected no less of myself.

My boss and his wife returned from their vacation and found everything at home and at work in order. I returned to my tiny, scruffy apartment in an overcrowded urban area and analyzed my life. A few months later, I found myself back in New York, living with my parents and working at my former place of employment. It wasn't failure or 'fugue'; Puerto Rico had just become too small for both my ex-husband and me to live in.

I came across parts of my old journal a few weeks ago. I read for the first time in many years the thoughts I had as a woman in her late 20's when life was offering her choices and she knew it. I admire her wisdom. It is the source of the wonderful life that I am living today. I am proud of my accomplishments; I still have many more goals to fulfill.

I celebrate that young woman, who was wise beyond her years and bruised more than she deserved to be. She has shown remarkable resiliency and awakens each morning with optimism that makes the fugue state an unwanted one. That's the truth!

TECH TALK by Gordon Klatt

If you use the internet like most people, the number of passwords you need to keep track of can be daunting. From social media to shopping sites, web-based mail to online banking, more and more sites, each requiring a user name and password. Having one password for all your online accounts is a very bad idea, so how do you keep track of so many passwords? And with computers becoming more powerful, so too is the ability of hackers to crack your passwords, so using strong passwords is critical. I decided to take a look at some password management software.



FEATURES

Secured by a single password, password managers store your passwords and automatically recall them as needed. Some also function as automatic web form fillers. They have powerful password generators which can be customized to meet various site password requirements, for example, a site which requires that your password contain upper and lower case letters, or no vowels. Some managers work only on a single computer, others will store and sync your passwords on multiple devices. Some managers are cloud-based, storing everything online. Most managers can store passwords on a USB thumb drive, allowing for portability between computers.

Steganos Password Manager has been around for a long time, and at \$15.95, is a good value. It does form filling, password generation, and is USB-stick portable. For Windows computers only. Learn more here: <http://www.steganos.com/us/products/data-security/password-manager/overview/>

Kaspersky Password Manager 4 for Windows automatically captures your login credentials as you enter them and offers to fill them in when you visit the same site later. Contains a versatile password generator, and is thumb drive portable. \$24.95. To visit their web site, click here:

<http://usa.kaspersky.com/products-services/home-computer-security/password-manager>

For the Mac, there's Wallet, from Acrylic Software. It's available for both OS X and iOS so you can use it on your Mac as well as your iPad or iPhone. You can buy it at the Mac App Store for \$19.99. A free trial version is also available. Visit Acrylic Software's web site for more information:

<http://www.acrylicapps.com/wallet/mac/>

Those of you who are regular readers of this column know of my fondness for free software. After all, why pay for something when you can get it for nothing? Here are two freeware password managers worth considering.

KeePass Password Safe is a great program that does everything most people would need in a password manager. It's available in Windows, Mac, and Linux versions, and in 30 languages. Learn more here:

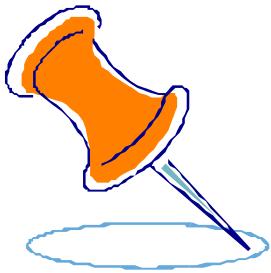
<http://keepass.info/index.html>

Password Safe is the password manager I'm currently using. It's free, easy to use, has a powerful password generator, and can be customized to automatically enter user name and password. Memory stick portability is not included, but a portable version is available for \$9.99. It's Windows only, and is available in English, Spanish, German, French, and other languages. Learn more, or download here:

<http://passwordsafe.sourceforge.net/>

So if your system of storing passwords involves yellow sticky notes, or if you think using your pet's or children's names for passwords seems to be working OK, maybe you should consider using a password manager.

If you have a question or comment, you can send me an email at gklatt@live.com. I also do computer service and repair.



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.

October 24th – Feast of Patron Saint of Atenas (San Rafael) – Activities in the park. Post office, Municipality and banks are closed.

October 24 & 31 – Expat Night at the La Trilla Restaurant

October 25 – Atenas Bridge Club meets at the new, renovated Don Yayo's Restaurant.
12:00, no partner required.

October 26th - November 2nd, 9th, 16th, 23rd, 30th (Please confirm with Sara and/or Kay)

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

October 29th - Halloween Celebration at Colinas del Sol Hotel (see flyer)

October 30th – 10 a.m. to 4 p.m. Arts and Crafts Exhibition Cariari Country Club (see flyer)

November 1st and 2nd – RECYCLING CAMPAIGN CENTRAL PARK OF ATENAS 9A.M. – 3 P.M.

November 1st, 8th, 15th, 22nd, 29th – Atenas Bridge Club, noon, Don Yayo's Restaurant
no partner required.

November 5th – Dance Festival organized by Tina Newton/Su Espacio. For more details
or if you wish to participate, contact 2446-7735 or info@suespacio.org

November 8th – 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.

November 21st - PLEIN AIR - A group of people with curious minds who meet the 3rd Monday
of every month at a different location to explore and express their creativity
through visual art and writing. Contact Jan Yatsko at 2446-0970 or
janyatsko@ice.co.cr to find out where we have been and where we are going.

November 24th U.S. Thanksgiving Day Celebrations – U.S. Embassy closed.

DON'T FORGET TO CHECK OUT www.atenaslife.com FOR REGULARLY SCHEDULED ACTIVITIES.



Colinas del Sol
Invita...

Karaoke de Halloween

Con Alba Rosa

29 de octubre del 2011

Entrada: € 1.000
(con derecho a la rifa)

¡Premios para el
mejor disfraz!



Hotel Colinas del Sol
600 m. Este del Gimnasio del Liceo

Tel. 2446-4244

info@hotelcolinasdelsol.com



Imprenta Ateniense Tel/Fax: 2446 -5705



The background of the entire advertisement features a painter's palette. It is light-colored with several dollops of paint in different colors: red, yellow, green, blue, purple, and orange. Two paintbrushes are standing upright in the palette, one near the top center and another towards the bottom left.

Show and Sell Arts & Crafts Exhibition

Sponsored by
Newcomer's Club of Costa Rica

Sunday, October 30
10:00 am – 4:00 pm

The Cariari Country Club

Over 50 talented Artists and Craftspeople

Enjoy the day shopping for unique Holiday gifts, home furnishings and decorations, birthday inspirations, fine arts, used books, clothing, shoes, jewelry, wonderful foods and coffee

www.NewcomersCRShowandSell.info

For the bloggers...



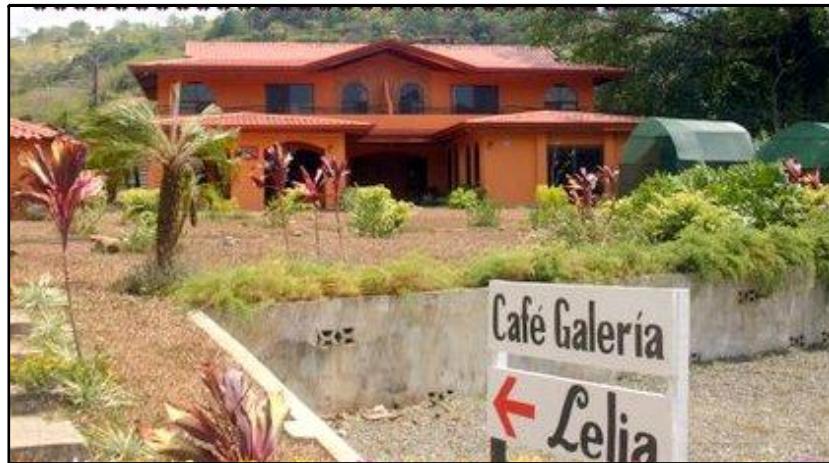
We are providing a list of *blogs* that might be of interest to our readers. By providing this information, we are not endorsing or accepting responsibility for any content therein. Please contact us if you have any other blogs of interest that you would like to share.

Bolley Buzz	bcrcoffee.com
De La Pura Vida Costa Rica	delapuravida.com
Fabulista De Costa Rica	fabulistadecr.blogspot.com
The Very Worst Missionary	theworstmissionary.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
Mi Chunche	michunche.com
New Life in Costa Rica	http://www.anewlifeincostarica.com/nuevo_vida/
Pura Vida Mommy	puravidamommy.blogspot.com
Rubiatica	rubiatica.blogspot.com
Somewhere In Costa Rica	http://somewhereincostarica.com
The Real Costa Rica	blog.therealcostarica.com
The View From Here	theviewfromherecr.blogspot.com
Claudia Leon	http://photoleraclaudinha.smugmug.com/ http://straightline-cmk1.blogspot.com/
Going Like Sixty	goinglikesixty.com
Lois and Jim Craft	adventurecraft.blogspot.com
Dovile Vaigauskaite	www.powerofindividual.org
Diane Miskell	http://dianascostaricablog.blogspot.com
Marietta Arce	http://marisundays.wordpress.com

Issue Number 82

October 23, 2011

Café Galería Lelia



Sabana Larga, Entrada a Vista Atenas/Entrance to Vista Atenas
Abierto martes a domingo de Mediodía a 7 P.M. Wi-Fi de cortesía
Open Tuesday to Sunday from Noon to 7 P.M. Complimentary Wi-Fi
Todos los domingos: lasaña de pollo / Every Sunday: Chicken lasagne
Reservaciones/Reservations: 2446-6469

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Quality Wines
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From 3,900 colones and up!

Chardonnay	Cabernet
Sauvignon Blanc	Shiraz / Syrah
Pinot Grigio	Pinot Noir
Viognier	Merlot
Torrontes	Malbec
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Sparkling wine	Rosé

Free Delivery in Atenas!

**Shannon Farley, Fine Wine Representative for
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- Electrical repairs / upgrades
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- Fountains
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8840-1205 Rolando Perez (Spanish only)
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Mosaic fountain that flows into a pool



Flagstone fountain



Custom spa (jacuzzi)



Custom driveway



Water tank platform & screening wall



Stone retaining wall (90m)



Garden fountain

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 \$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) 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.