

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. 122

February 23, 2015



Guarianthe aurantiaca orchid flower
Diana Miskell Orchid Collection
Diana Miskell Photograph

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

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



DIRECTORY OF ENGLISH-SPEAKING PEOPLE IN THE ATENAS AREA

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

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

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Publisher's Note



Summer days are here in Atenas and with them come returning expats with energy and time to devote to having some deliberate fun! Hopefully, even those of us who live here year-round can be tourists in our own town too and enjoy a destination others actually find charming. Perhaps we can try a new place for coffee or just spend a few hours in central park taking in the sun.

Earlier this month, we all had a wonderful time raising funds at the 8th annual Chili Fiesta for the well-deserving children of the Hogar de Vida. We do list the winners in this edition but because the event was held in a different venue with lots more action and participation, the final tally will not be available until the next issue. Kudos for the organizers and the many volunteers who set aside time for the months of planning it took to make this event a huge success in its new location.

Everywhere I look these days, it seems our town's streets are undergoing much-needed repairs. Even though these repairs cause traffic jams and other delays,

I am sure we can recognize that the rewards will soon be appreciated by us all.

Our Atenas Today community continues to expand as new arrivals ask to be included in the subscriber list. I am also happy to report that people who move away from Atenas and Costa Rica often ask to be kept on the list because they enjoy reading about what their friends are doing.

Communication has always played an important part in my life, whether written or spoken. I consider my role as the publisher of this monthly endeavor among my greatest experiences and I am grateful to the contributors, advertisers and you, our loyal readers for this opportunity.

Enjoy the carefree days of summer and don't forget to apply the sunscreen in Atenas today and every day!

Happy reading!

Marietta Arce
marietta.arce@gmail



COMMUNITY BULLETIN BOARD

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

February 28th Tope Barrio Mercedes – noon, leaves from Finca Julio Cubero

March 1st – Merchandise auction at the Hogar de Ancianos to raise funds for the Atenas Boyero Association for the Oxcart parade in Aprilth

March 8th – International Women's Day 2015 Theme: Make it Happen!

March 9th – Shareholder's Registry Debate (see flyer this section)

March 17th – St. Patrick's Day!

March 22nd – World Water Day: A day for water and sustainable development

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.

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

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

Second Wednesday of each month: The Costa Rica Writers Group meets at noon at Colinas del Sol Hotel in Boquerón. 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 9:00 a.m. Spanish worship service.

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

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

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

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

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



LUCY LAW
Presents:

A FREE Lecture
on Shareholder's
Tax Registry



 Taxes on the Rise

Costa Rica's Tax Ministry (Ministerio de Hacienda) has now officially announced it has decided to enable an open forum discussion around the Shareholder's Registry Creation for LLC's topic.

 What's in it for me?

Information is power, so they say. Empower your 2015 by having a certified professional assist you with tax decisions applied to your LLC's.



When: March 09th, 2015
Time: 09:30am - 11:30 am

Hosted by:
B&B La Terraza (San Roque, Grecia)
** Snacks and Coffee for only \$2**

SAVE the date!

Limited Seating!

Contact Information Phone: 6049-3062
Email: asklucycr@gmail.com

In response to those who were inquiring...

Shareholder's Registry Heated Debate.

Fairly enough, the comments posted in my recent article, published on 1/26/2015 *in Quepasagrecia*, proved a valid forecast based on what two major daily's, La Nacion and La Gaceta printed on their pages. A decree in consultation, more like a decree proposal, in where the Tax Administration is determined to create a Shareholder's Registry was voiced by La Gaceta this past February 10.

Found under the Economy section, page 20, La Nacion issued a statement 02/18/2015 which reads: "All the information about who owns the business and their assets, including all other shareholders, will become a part of the Tax Administration's record." It is also expressed that entrepreneurs and other attorneys consider this decree proposal excessive and question such a swift change of this magnitude through the means chosen. On the side, Francisco Lobet, Chamber of Commerce president, also agrees the registration of shareholders should be imposed through the means of the law. His words were: "The conformation of a register of shareholders is an obligation that should be imposed by a law of the Republic and not via regulation or executive order."

To your benefit, these are very similar remarks to what you were advanced on in my previous article. You are welcome to join our in depth discussion at my free lecture over this Shareholder Registry on March 09th.

Hope to see you there.

Lucett (Lucy) Watler

Lucy Law

Atenas Chili Fiesta 8th Annual



We would like to congratulate the winners of the 8th Annual Chili Fiesta (Chili Cook Off). We had 20 contestants this year. Some have participated in the past and some were new. The real winners will be the kids at Hogar de Vida since all the proceeds will go to help them bring their homes up to required standards.

Here are the winners:

1st Place Judges Choice - Marine Corps League Chili Cook Off Team

2nd Place Judges Choice - Roca Caliente

3rd Place Judges Choice - South of "South of the Border"

4th Place Judges Choice - Atenas Bridge Club

5th Place Judges Choice - Chili Willas

6th Place Judges Choice - Texa Tico

1st Place Showmanship – Chili Willas

2nd Place Showmanship – Texas Fuego Chili

3rd Place Showmanship – Roca Caliente

Final tally not yet available, but will be for the next issue!

Friendship Library Update



by Linda Ledbetter lindaledbetter@juno.com

We have added one new shelving unit specifically for books in Spanish and Bruce is busy building another shelving unit for books in German. Meanwhile, new books in English are coming in constantly. Look for the rolling cart with the "New Arrivals" sign to find the most recent additions to the collection.

After the article in La Nación and the story on Channel 7 evening news, we had people coming in from places all over the central valley, happy to find free books in English and a place to donate books. We have now received several entire literary estates, books that families did not know what to do with. I believe (or at least hope) that I have put off the symptoms of Alzheimer's as I have classified books that are written in Spanish. I have had a helper to make sure I classified them correctly. Now if some nice person would like to help me classify all these new German books, I would appreciate the help since I failed my German class in college.

So here are some of my favorites among the new arrivals:

Gilbert, Elizabeth. Committed: a love story. For readers who enjoyed Eat, Pray, Love, here is the author's book on marriage; a laugh-out-loud but serious book on love in a committed relationship.

Wiesel, Elie. Night. Winner of the Nobel Peace Prize, this is a must read. It was written in 1972 and this newest edition was edited by the author's wife in 2006. This book is also appropriate for older teens. In the book, the author chronicles his time at Auschwitz, the death of his family and his personal confrontation with evil in the world. I have placed one copy in the nonfiction collection (9) and one copy with the books for young adults.

Hiaason, Carl. Hoot. Okay, so this is also appropriate for older teens but really, it's a good, clean, funny read for the young-at-heart.

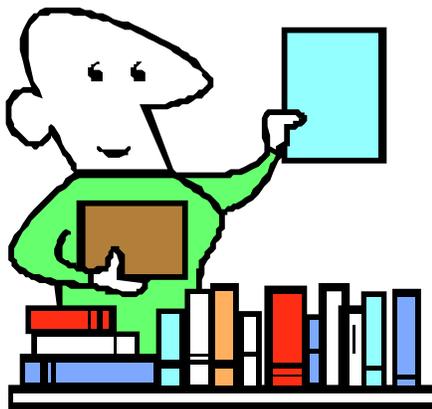
Moore, Michael. Lamb; the gospel according to Biff, Christ's childhood pal. Now, don't get hysterically angry. I (the reviewer) take religion seriously and would never recommend something that is disrespectful. This is one of the funniest books I have ever read and I would never let go of my own copy.

Moyes, JoJo. Last letter from your lover. This is a love story, heartbreaking and compelling, that spans decades. It is not "chicklit" (although there is nothing wrong with chicklit). My husband, who has zero tolerance for cheesy writing, enjoyed it and recommended it to me.

King, Laurie. Mary Russell series. Eleven different titles, all numbered. Mary Russell is the young wife of the semi-retired Sherlock Holmes. She is independent, smart and his equal in every way. As with most series, some are stronger than others and, although each stands alone, it is more fun to read them in chronological order.

Finally, we will soon have newly arrived DVDs (including exercise, yoga and meditation) on the shelf. Be sure to check out the magazines since one loyal patron keeps us provided with the Economist, Bicycling, MacWorld/MacLife, and Money and someone else has donated magazines in French.

To see people coming from all over and turning this into multi-lingual literary destination is wonderful. To see that people are really returning the books they borrow restores our faith. The library is living up to its name: Biblioteca la Amistad. The Friendship Library.



DOG AND CAT OF THE MONTH



Fundación Ateniense de Ayuda a Animales Abandonados
Atenas Foundation for Helping Abandoned Animals
Cedula Juridica # 3-006-542026

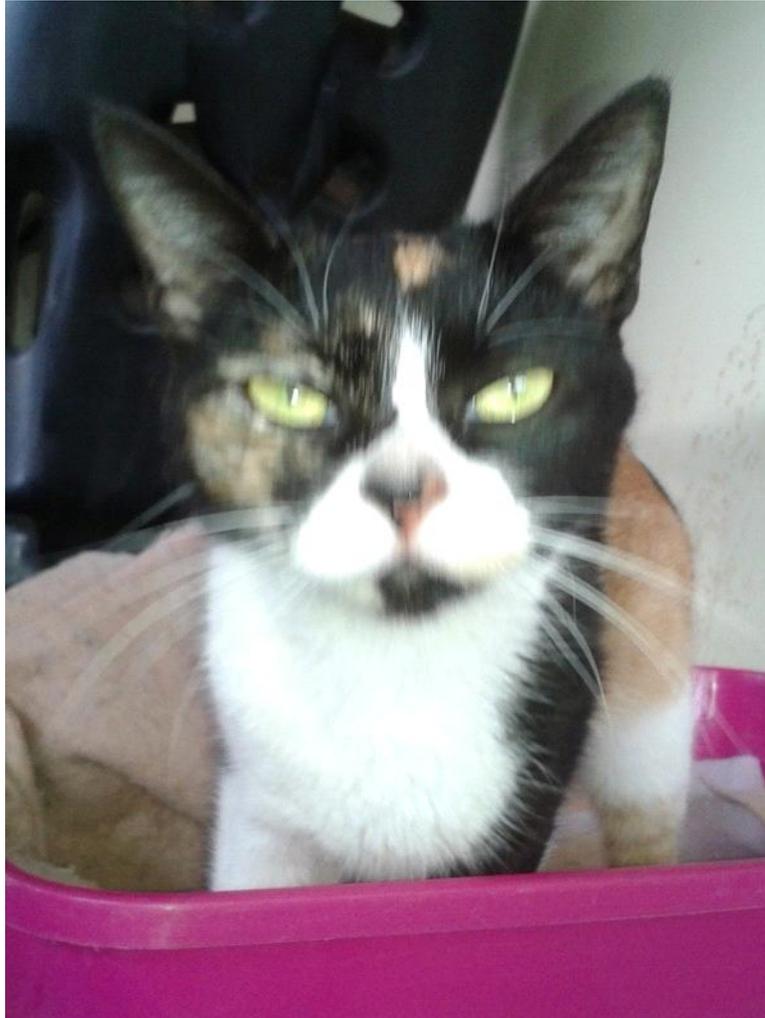
ATENAS de Alajuela - COSTA RICA

CARUSO



Caruso is a very sweet and affectionate to humans, no matter size or age. He is about two years old. He was rescued as a street dog in Barrio Mercedes after a neighbor threatened to kill him. He is a mixed hunting breed with a special hunting bark. Opera enthusiasts? Caruso will gladly join in.

BEAUTIFUL DIVA



Beautiful Diva was rescued together with 3 other kittens, as a feral cat when she was about 4 months old. They were born wild without human contact, therefore they had to be caught with a trap. In the area where the kittens came from, cats multiplied out of control. At one point there were about 20 cats.

It took Diva a long time to trust people and learn to see humans as friends. Now at about 2 years she has become a sweet quiet lady aware of her gracefulness and behaves accordingly. She has been spayed.

SKUNK SPRAY

Has your dog or you been sprayed by a skunk? Even if you have never faced this problem, all animal owners should know how to handle it, just in case. You may have heard of skunk odor remedies like tomato juice or vinegar, but they just cover up the odor.

Thanks to chemist, Paul Krebaum, he developed a recipe in 1993 chemically breaking up the oil and sulphur sprayed by skunks, neutralizing the odor.

WHAT YOU NEED:

- 1 QUART (32 FLUID OZ, NEARLY A LITER) HYROGEN PEROXIDE 3%
- ¼ CUP BAKING SODA (SODIUM BICARBONATE)
- 2 TEASPOOONS LIQUID SOAP
- 1 QUART LUKEWARM WATER FOR A LARGE DOG

In a plastic container combine the above ingredients and mix well. The solution will fizz, as a chemical reaction occurs. Use immediately-do not store.

Do not soak your animal with water prior to bathing. Massage the solution deep into your dog's coat.

Allow the solution to remain on your dog for at least five minutes.

Rinse the animal well with lukewarm water. Repeat if odor is not gone.

The solution can be used to remove odor from clothing and other fabrics. However, it can have a mild bleaching effect on some materials.

Don't worry your black dog will not become a platinum blonde!

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

ANIMALES ATENAS PROGRAM

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

Sylvia Spix, Myrna Kastner

GET YOUR COPY OF

1. 'HOW TO KEEP YOUR PET SAFE, HEALTHY, HAPPY IN COSTA RICA (Pet Care)
2. 'HOW TO RECOGNIZE VENOMOUS SNAKES OF COSTA RICA' English and Spanish

By Gloria Dempsey-Microbiologist-Zoologist#

Part of the proceeds of this work help defray expenses of the costly care of orphaned and sick animals. It also helps to sponsor spay/ neuter clinics.

EMAIL kastnerm@hotmail.com for your copy.

ANNOUNCEMENTS

SPAY/NEUTER CLINICS

- Barrio San Jose Sur March 1

Send a text message to Dora at 8855-9822 for an appointment

Please inform neighbors and friends about the clinic and/or help them get their pets and any street animals neutered.



Getting close with a live volcano in Costa Rica at Arenal Observatory Lodge

By Shannon Farley

You cannot get much closer to the famous Arenal Volcano in Costa Rica than at Arenal Observatory Lodge & Spa. The award-winning eco-lodge is perfectly positioned directly between the massive volcano and the glittering blue Lake Arenal. No other hotel in the tourist



hotspot of La Fortuna and Arenal Volcano in Costa Rica comes as close to the live volcano and its beautiful lake.



Resting on a ridge across the deep gorge of the Agua Caliente River, Arenal Observatory Lodge is 1.7 miles from the south side of Arenal Volcano, although the 5,437-foot behemoth seems so close that you could reach out and touch it. The perfectly-shaped volcanic cone commands every view – from the floor-to-ceiling panoramic windows of the hotel restaurant to the main lodge buildings and many guest rooms. Look the opposite

direction from the volcano, and beautiful Lake Arenal with its many little islands stretches west into the sunset. Tall, whispering pine trees swaying in the wind and luxuriant rainforest surround the eco-lodge in a blanket of green.

Unlike any other La Fortuna/Arenal area hotel, Arenal Observatory Lodge is uniquely located inside the Arenal Volcano National Park. The Aspinall family of Costa Rica purchased the 870-acre property, which was an abandoned cattle farm, in 1972 to grow macadamia trees, pine trees for electrical poles, and



hydroelectric dam to enlarge Lake Arenal; today, the hydroelectric plant is one of the country's most important sources of electric energy. The 29,692-acre Arenal Volcano National Park was founded later in 1991.



In the 1970s, the Smithsonian Institution began keenly studying Arenal Volcano. The volcano once thought to simply be a mountain, suddenly erupted in 1968 after centuries of inactivity. It continued to be Costa Rica's most active volcano until it entered into a resting phase in 2010 as part of its natural evolution.

The Aspinall family built four cabins in 1987 for Smithsonian scientists to use as a research station.

The scientists felt that this property was an excellent place to study the volcano because it is safely situated to the south, away from the active vent on the volcano's western side, and also is protected from any danger of lava eruptions by the gorge of the Agua Caliente River. Over the years, family friends and, later, tourists rented the cabins because it was such a beautiful natural spot. As tourism developed at Arenal Volcano, the lodge also grew and today is one of the finest eco-lodges in the area while still maintaining its close connection with nature.



The lodge is a 20-minute drive from the town of La Fortuna, and it is a blessing to be in peace and quiet away from the frantic hustle and bustle of tourism. Besides, there is so much to do here! Seven miles of well-marked and well-tended walking, mountain biking and horseback riding trails wind throughout the property through rainforest and verdant pastures. You also can hike to the top of the neighboring extinct volcano, Cerro Chato, and to several waterfalls. Bird-watching is fabulous with nearly 400 species identified around the lodge. Daily complimentary walks for guests are led by resident naturalist guides.



Close by are opportunities for more hiking, mountain biking, whitewater rafting, butterfly gardens, hanging bridges, canopy tours, and kayaking, stand-up paddling, boating and fishing on Lake Arenal.

Treat yourself to the area's most stunning views of Arenal Volcano and Lake Arenal at Arenal Observatory Lodge. <http://www.arenalobservatorylodge.com/index.php>



Tryin' to make it real IV

Paul Furlong

Slaughterhouse is killin' hogs

Twisted children killin' frogs

Poor dumb rednecks rollin' logs

Tired old lady kissin' dogs

I hate the human, love that stinking mutt (I can't use it!)

Try to make it real — compared to what? C'mon baby now! Les Mccann

<https://www.youtube.com/watch?v=vZ6INAayEJI>

“...It was early in the afternoon, a sort of half day off, so we relaxed for the first time since we'd left Denver. We found a couple bags of M&Ms to calm our munchies and made noises that cabin hadn't heard in a hundred years.”

Motorcycle enduro riders agree; whether it's mud, roots or rocks, “just keep the wheels moving;” and that's what Bonny and I did with our bicycles — we kept them moving.

Veterans now; Bonny wore dungaree overalls and I was in holey jeans and the shirt I started with. No spandex, no sponsors proudly displayed in rainbow colors, no clip-on's for our peddles or cameramen riding backwards on BMW motorcycles — we would never have drawn

attention at all if it weren't for my long hair and Bonny's astounding front porch. Time was on the chessboard now, getting to Telluride before we ran out of food, money and the energy they provided. It was difficult to distinguish between the good shape our bodies were in against the effects of poor diet, blistering sun, dehydration and pushing those peddles to the beat, to a mantra, a canticle, a forward thrust; each push causes the earth to move another foot behind me.

"You are a function of what the whole universe is doing in the same way that a wave is a function of what the whole ocean is doing." Alan Watts

People we'd talked to mentioned Monarch Pass as a great downhill; said 14 miles of it and you could really cook. Up till then we'd been pure to the bikes and pushed them up hills that took enormous time and energy. It wasn't just a steep climb to the top; it was a loooooong constant incline that kept us hunched over the bars. While taking a break, a pickup truck passed by, I looked in his mirror and waved. He waved back and kept going; Bonny gave me a ruddy smile and we stuck our thumbs out for the next truck. The driver was friendly and talkative; "our kind" weren't seen much in these parts, just curiosity pieces I guess to the men who punched cows, wore boots and brassieres were still a bumper crop.

We asked our driver to drop us off at the top. He seemed surprised and did his best to look Bonny in the eye as she explained our desire to ride the downhill. I watched, amused, as he strained to keep his eyes off that speck of dust on her blouse.

We unloaded our bikes in cold thin air and began to fiddle with our packs as our driver pulled away still chatting to himself. Bikes ready and packs on, we suddenly became aware—the panorama of pine and fir trees with alpine meadows gathered like families nestled in high rocky crags. Gray naked mountains poked like giant breasts through the tree line, many with dollops of crystalline snow at the highest peaks; perhaps a prize for hubris or an afterthought from an artist of another time—and left us with the literal sensation of standing on top of the world.

Soon we were rolling. Bonny smiled her Florida sun drenched freckle smile as our little adventure picked up speed. Like a Charley Brown cartoon with our faces to the wind, we blew past the fastest we'd ever been on bicycles and kept gaining. As turns came up, I tested my brakes and made a mental note to apply them earlier with those silly pieces of rubber pinching

the rim. Motorcycles have good brakes and a solid patch of rubber on the ground with weight behind it to keep you glued to the road—and lots of power to keep everything taut. Not so a bicycle; it bobbles and wiggles and seems unsure of what to do as it begs for power that will never come. I decided not to test traction; we were truly alone in a strange land with no guardrails. I looked back at Bonny who was boldly in the game and had a flash image of her sliding off into the void. I sat up into the wind and stretched my arms no-hands and together we eased slowly into an effortless fun ride to the bottom.

—and the bottom of the money and the bottom of the food—and just to keep me fascinated, I somehow dropped a rock on my big toe while resting in a secluded rock strewn gully. I made a big deal out of it, pain came in waves, then swelled my toe and bled totally out of proportion for the small thing that it was. Bonny loved me out of it and made it all right. We rested and I played with sticks that might support me. I cut my sneaker so my toe was free; eased it on and stood tentatively. The stick went first, a matter of pride; then I discovered I could ride easier than walk, so that's what we did. We stopped at a gas station to get water and there was a grocery store next door. Bonny had a \$5 food stamp that bought the last of our energy bars and a bag of M&Ms. I'd never seen a food stamp before, but like a match that burns twice; I suddenly had food for thought.

“If there must be trouble, let it be in my day, that my child may have peace.” Thomas Paine

I wasn't very sophisticated about economics in those days; didn't know governments actually had no money of their own and I marveled at how a bag of M&Ms could just fall into my lap, I mean—who bought them for me? Would he or she be gracious or resentful—wasn't I supposed to ask?

After Monarch Pass, we hitched up any hill at all. One day somewhere near Gunnison, a cowboy named Ned stopped; looked at our miserable condition and took us home to his double wide and his wife, Kay. We did our best to keep our stuff out of the way and did whatever chores there were. Ned and Kay fed and laundered us and we entertained them with our back east baloney until it was time to leave the next day. I think Kay gave us something to eat for the trip and we made good time.

Poor dumb rednecks rollin' logs...

Ned and Kay would resent that reverse racest line. These Cow folk regarded us as different but I don't remember anything negative aimed at me personally on my trip; except one—a young black kid called me “cracker” as we passed on the street in Denver. My first thought was to say *that* wasn't me! I'd turned to face him but he kept walking. I caught a look of him before he passed. He was young, maybe trying out his newly won black pride thing. Martin Luther King had set him free—pure and clean and right—then pestered three presidents for *restitution* to his people—and sold them back into slavery through entitlement. I didn't know it then, but that \$5 food stamp was the writing on the wall. That young man, I guess he's sixty now; I wonder if he remembers that day and if he can trace the decline in his people from about that time?

“Rightful liberty is unobstructed action according to our will within limits drawn around us by the equal rights of others.....” Thomas Jefferson

From Denver we'd taken 285 south to Johnson Village, on to route 24, kept south to Poncha Springs, then west on route 50.

In Montrose, we turned south again onto route 550 down to 62 to 145 then left into a box canyon with a town by the name of Telluride after riding some 330 miles in nearly two weeks over the Colorado Rocky Mountains.

>>>><<<<<<

Telluride is 9,078 feet above sea level where Butch Cassidy and the Sundance Kid robbed their first bank. It's the first city in the world to have electric streetlights, and is home of the Sheridan Opera House, built by Telluride Miners in 1913 and where, in 1973, it was still possible to get into a fight at the bar. Telluride was a boon town three times, once for silver, again for gold and now as the summer was winding down, it was booming as a sort of early hip ski resort with Hollywood darlings soon to follow—but to Bonny and me it was just a cool unpretentious community with a history; sort of like us—

Kenny met us in town and took us to a small laundry where we washed our clothes, and used the same showers dusty cowpokes used after a drive— .50 cents each for the shower, plus .10 cents extra for a towel. Then Kenny took me across the street and bought me a fresh pair of jeans and a western shirt for the manly country we were in. Soon we were in his pickup riding

out to Rattlesnake Canyon about 25 miles north just outside of Norwood, real cowboy country where Kenny was building a cabin using plans for a “Bear Proof Hog Pen.”

Ours was a timely arrival. Kenny had grown tired of his project and our presence offered a chance of comic relief, a specialty of his. That night we slept under the stars as a babbling San Miguel River crooned through our dreams. Ken showed us how to shoot our dinner with his 22 rifle. I prepared myself for a grisly ordeal, but he took a can of beans out about twenty yards and set it on a rock—then returned with a straight face; and shot it with his gun. We had to carve the top off afterward; maybe it was the lead, I dunno’, but I believe those were the tastiest beans I’ve ever eaten.

Bonny and I spent days walking in circles until we came to grips that the trip was over. There’d been an uneasiness that I couldn’t put my finger on; question marks flying about like inquisitive children—

Is it time to eat?

How long till we get to town?

What will we do about this silence between us?

How does marriage differ from a couple living motionless on the road?

In what way does friendship equate to responsibility?

Is it selfish to want solitude?

“Everyone exists here and now. But where is here? Are we talking about a room or about consciousness? The I of us is not, and never can be, in a room. The room in which our body is, is in our consciousness. That is what makes us aware of it.” Joel S. Goldsmith

It was then that Bonny and I fell into them down home blues. Without a word one evening, we built a small fire between us and poked at it nervously to get it going. Kenny was in town and we were alone. As last light faded over the ridge, a stillness crept over us like a moss-covered carpet. I lit two lanterns and left them low.

I separated some seeds from a bag of dirt weed we’d paid five bucks for in town and rolled a bone for perspective. Damned if it wasn’t a full moon. Well, I lit that thing and passed

it to Bonny. Pretty soon we could hear the music of the river and with the moon up, we began to talk in quiet respectful tones; we were friends after all — and as the moon passed over us, we poked at the dying embers of our fire; and of our time together. There were long comfortable silences that punctuated the truth that we spoke, well into the night, not knowing if we'd ever see each other again.

Then we settled into our sleeping bag and held each other until the Sandman came. There'd been no tears, no lies to explain, no agreements broken; we'd traveled in the *now*, lived in the *what is* — so when it was done, *it was what it was*.

In the morning when Kenny returned, we took Bonny and her bicycle up to the highway and let her go.

The moment she was out of sight; that old familiar mix of sorrow and relief settled over me like a deep midnight fog —

—and then I remembered how it goes; the thread that leads from the *now back then*, to the *now right now*— and how it lingers forever like a dangling participial in the stream of life.

Fuzzlong@gmail.com

Dear Readers, coming up next: “...Making it Real, V;” living and reeling in the cosmos at Rattlesnake Canyon and goin' home. Stay tuned too, later this year I will unleash my upcoming book of essays and short stories.

Debbie Downer Does Costa Rica....



by Dennis Easters easters3@msn.com

Taking in the view from where I sit, high in the mountains above Atenas, I know I have everything I could ask for. To the west, I have a view of the Pacific Ocean. To the east are San José and the Central Valley. Directly in front of me, there are miles and miles of green, forest covered mountains. The temperature is perfect, the breeze gentle and cool. In the distance, a rooster crows and the cicadas perform in unison, creating a natural philharmonic orchestra. My neighbors, both two and four legged, are warm and friendly. The earth provides a bounty of luscious fresh fruits and crisp green vegetables for me on a daily basis.

After an introduction like that, can you imagine that paradise is less than perfect? Well, life is all a matter of perspective, perception, and choice. If you look for the beauty that surrounds you, you will see it. If you focus on the molehill that irritates you, it will soon become Mount Everest. After a quick visit to any local expat hangout in Costa Rica or by perusing expat online forums or blogs, you will see, hear and read the good, bad, and the ugly. Unfortunately, the “Debbie Downers” are usually the ones that have the loudest voices regarding life in Costa Rica and they irritate everyone else in the process.

Discussing this very subject with my neighbors, John and Gay, who happen to be wonderful friends, I asked if they would put some time and thought into what they see and hear people saying about their experiences of living here in Costa Rica. Following are some of their personal observations over the past year and a half of living here in Atenas.

“Time and time again, people visit Costa Rica, fall in love with the country and the people, and then decide to move here. Once they arrive, some folks invariably start bitching about the very things that make Costa Rica unique; the slower pace of life, the country's different approach toward bureaucracy and getting things done, and the attitudes of the Ticos themselves.

#1 bitch: How long it takes to get things done, from getting residency to receiving a driver's license or setting up a bank account.

Interestingly enough, the "slower pace of life" is one of the biggest reasons folks fall in love with Costa Rica. Then, once here, that slower pace of life turns into a major "inconvenience". The Ticos have their own way of doing things that have evolved to suit their needs over the years. It may take several visits or more time to accomplish things here that were achieved in one fell swoop back where you came from. As a Tico gentleman told one of my friends, "We didn't exactly invite you folks down here to change the way we do things."

As the Rolling Stones song says, "Old habits die hard.". Expats really need to keep that in mind. People should move to Costa Rica for a change, not for the same old, same old!

#2 bitch: Getting workers to show up or to complete jobs when they say they will. We know a gentleman who makes beautiful custom cabinetry, which will always be "ready on Friday". He does not mention exactly which Friday, but once he does show up (weeks or a month later), it is on a Friday!

Ticos are famous for saying, "I'll finish that mañana." Gringos need to keep in mind that tomorrow never really comes, as we are always living in the now of today. When all else fails, think of Scarlet O'Hara when she famously said in *Gone with the Wind*, "I'll think about that tomorrow!". The Ticos feel the same way...there's always tomorrow.

#3 bitch: Ticos will always say "yes" even if something is an impossibility. Having a kind nature, the Costa Rican people do not want to disappoint others. After all, they have an expression that only two things in life are impossible; that a river returns to its source, and that a parakeet can suck. Ticos always want to 'quedar bien' or be seen in a good light.

Keep that in mind when you realize that Ticos may overpromise, but under-deliver. They just don't want to disappoint you by saying "no"!

So, from where we sit, the bottom line is that not everyone was meant to live in Costa Rica. If you are bringing baggage with you (and I'm not talking about Samsonite), or if you arrive with the intent of making this country the "way it was back home", then you may want to reassess just WHY you want to move here in the first place, and then strongly reconsider."

At the end of the day, your life is what you make of it, whether you are in Costa Rica or not. It's important to remember the old adage, "Wherever you go, there YOU are." If you are honest with yourself about your reasons for wanting to move to Costa Rica and you stay focused on them, then the experience you will have in this tropical paradise (and in life) will far exceed your expectations!

Simple Truths

By Konrad Esquivel

We all have moments of clarity; it feels really good, and it makes sense all over your being. These moments are what many have called the Aha! moment. Let's say that *understanding* is something intrinsic to the mechanics of the mind, and *comprehension* is something that involves your entire self. Comprehension brings a feeling of harmony or togetherness all through you, spiritually, emotionally, physically and intellectually.

Something that makes sense to you in such a deep manner is worth sharing, so here it is:

“Let me tell you an anecdote that changed my life. A long time ago, while working as a therapist, I went through a huge change. I was working in a beautiful spa, and each Jalapa, or treatment room, had a private Jacuzzi in the middle of nature, with a fantastic view.



Fortunately for me, it was my responsibility to check the jets, temperature, and check for cracks or loose parts. I was happily enjoying the moment until the water became too hot for me. I turned off the jets and sat there in silence. I was very still in order to let the water calm down to see if I could observe the mirror effect of the sky and trees over the water. The water stabilized, and what happened afterwards changed my life.

“I love the simple details that can have an impact on us!

“I remained there, breathing slowly in order not to move the water. I realized that a series of small waves were beginning to flow from my chest towards the Jacuzzi's walls. It was my heart beating!

“It was awesome! I clearly saw that the water is an agent that reveals what's constantly going on.

Continued on next page

“Those same waves are constantly shared through the air, and the same happens with our energy and vibration. We are constantly sharing the essence of what we are at each moment and at this precise instant.

“I saw the transparency of our human condition. Even when we try to hide something, the very act or intention of hiding is manifested and shared along with the truth of what we are trying not to show.

“It’s beautiful! I took a moment to meditate on this great lesson, and the result changed my life.

“I saw how my energy and frequency are constantly emanating, in such a way that I decided to give myself permission to shine the brightest light I could, to be the best “me” I could possibly be.

“I fell in love with the sense of freedom, which allows me to be the best vibration I can be. I decided I wanted to be at a high frequency as often as I could. It’s fantastic and incredible.

“You may ask, ‘what is high frequency?’ Maybe someday we will talk about high frequency but, for today, let’s say it’s Love without any other purpose than to love, free from the object of attention.

“I’m most grateful for the simple truths that nurture our lives.”

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.
8/19/2004 news**

Hola!!!! Y'all,

We have talked to Crystal several times and she seems to have everything under control. She is really something!! After seeing the pictures we know she must have been absolutey terrified...and still she took the best care in the world of all the babies!! She deserves a medal!!!!

We will be leaving here Sunday to head for the states so I don't know if I will get a chance to write again before we leave. Mom is keeping me pretty busy helping her get everything packed and ready!! I am making SURE she packs all of MY stuff AND all the souvenirs!!!!

We are leaving some of our stuff here in the rental house. No sense packing them all the way home when we are coming back in November anyway!!

One of our rescue buddies wrote to us about the rescue effort that is going on for the animals left homeless after the storm. Mom says those folks are wonderful!! I think so too!!

OH!!!!!!!!!!!!!!!!!!!! Yeah!!! Guess who won't be having any more babies!!!!!! NANA!!!!!!!!!!!!!!!!!!!! The mama to the six puppies Mom has been vaccinating. Mom got her spayed today!! She had a bad reaction to the anesthesia and they almost lost her. But the vet, Alonzo, pulled her through and she is now resting in our bathroom. Mom wanted to keep her here overnight to observe her. The vet gave us his home number and said "You call if you have ANY problems!! I will come to your home right away!" He's a really nice guy!!! Almost as nice as our vets back home!!

We also met another vet today. I had to get a health certificate in order to leave Costa Rica. The vet who spayed Nana does not do the health certificates so we had to find a vet who did. This vet, Federico, talked to Mom and found out about her doing rescue and he wants to help too!!!! Mom says with enough help we can round up a LOT of the street dogs and have them spayed/neutered!!!!

Dad went to the store the other day and I was worried about him. He has not driven a lot since we have been here. He isn't crazy like Mom and is a more timid driver. I sat in the window and waited for him til he got back!!

Yesterday we all went to Zarcero. Mom and Dad were finally able to breathe a little easier after talking to Crystal and they wanted Uncle Lance and Aunt Joan to see the park there. Zarcero is where they have the topiary artist who tends the gardens there and he grows the shrubs (cedar) into all sorts of shapes!! It was NEAT!!!! We also took a picture of a painting on the ceiling of the church there. Mom liked this painting because it shows Jesus with animals. No other humans.

On the way there we saw a really pretty waterfall so we stopped to take a look! We had seen it before but Aunt Joan and Uncle Lance had not! It is really pretty and NOISY!!!!!!!!!!!!!!!!!!!!!!

Mom, Uncle Lance, and Aunt Joan all got new glasses today!! They had had their eyes tested Monday and their glasses arrived today! Uncle Lance scared the lady who handed him his glasses. He put them on and she handed him a card to read. He looked at it and said "I can't read it." The lady looked shocked! We all heard him say it and were thinking "OH NO!!! We have to leave Sunday and there is no time for him to get them changed!!" We are sure the lady was thinking basically the same thing because she had this really worried look on her face. She asked him again and he said, again, "I can't read it!" Then he said "It's in Spanish!" LOL!!!!!!!!!!!!!!!!!!!!

The lady just looked at him and then, when she caught on that he was yanking her chain, she started laughing and took a mock swing at him!!! Uncle Lance is a real hoot!!!

Well, enjoy the pics for tonight and say a prayer for Nana to feel better, for things to settle down in Edgewater so Crystal can relax, and for us to make it home safely!!

**Tailwags and hasta luego from
BudBud the travelin' perro blanco**

Fun after Fifty



By Carole Connolly
caroleconnolly@gmail.com

This is the year after the Great Chili Disaster. Last year I just *knew* I had the winning chili. I had spent two days chopping, sautéing, seasoning, and perfecting the biggest batch I could fit into the huge (and heavy) chicharrone pot. It was filled to the brim and made an impressive showing. I set it on the deluxe gas-ring burner, which sat on the plastic folding table. What a visual it was. As I admired the brimming pot of bean-less chili, it started to foam. And stink. I froze, grabbed the arm of my helper and said, "Oh no. I think she's gonna blow!"

Next thing we knew, the bubbling cauldron was sliding toward the front edge of the table. The heat and weight of the whole shebang melted through the table and was on a slow slide toward the floor. In seemingly slow motion, several people came running and broke the fall before the entire contents spilled across the floor of the competition hall. It took three of us to haul that puppy outside and run it to the edge of the hillside to dump the contents overboard before the stench permeated the entire building!

There was nothing left to do but swig some tequila with beer chasers and dance to the live band playing to the outside crowd. I had publicly announced I was hanging up my pots and pans.

People took bets. "She's not a quitter," they said. "She'll be back, you'll see." Right up until the last minute this year, I was determined to not compete. And then it happened; my good friend and editor, Bob, said, "Look, I have a good chili recipe, and it sounds like fun. I'll even sponsor it. You can't go out like that. Let's do it."

"Roca Caliente shall ride again!" Yee ha! My trusty teammate, Iris, said she would make new costumes, and with Bob taking on the Chef role, all I had to do was shake my maracas ... well, alrighty then. Let's go!

The whole point is to raise funds for "Hogar de Vida", an Atenas home for abandoned and abused children, and have fun at the same time. Never did the thought of winning a trophy enter my mind. I am humbled to say my team took second place in the Judge's category for best chili and third place in the Showmanship category. Of course, the real winners are the kids of Hogar de Vida.

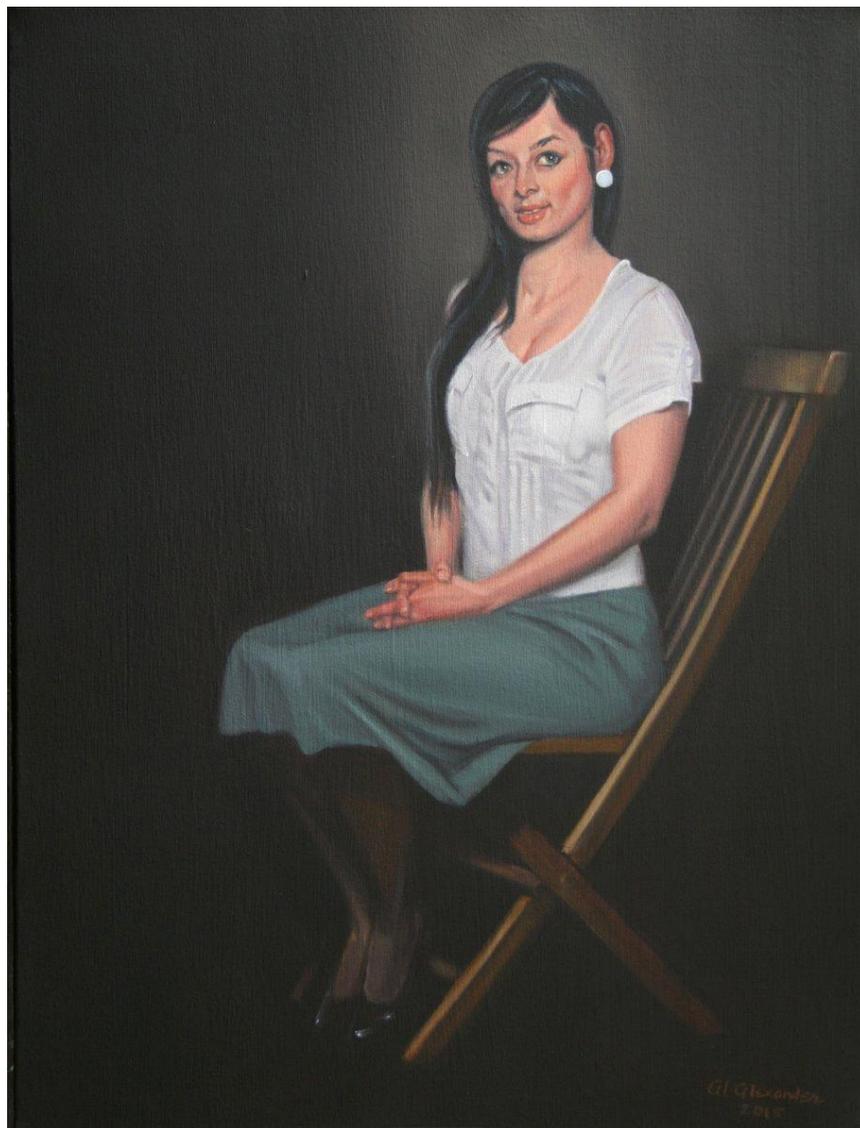


The final results have yet to be tallied, but rumor has it the event raised a hefty amount and a ton 'o fun was had by all.

I am grateful to Iris and Bob for the friendship, expertise, and faith in carrying Roca Caliente to the winners' table. There is a secret to Chef Bob's chili, which shall remain a secret. I'll never tell. Who knows what will happen next year? I just know that when you're past the fifty mark and making chili, it's fun to add a little extra spice!

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.



Gineth
24" x 18",
Oil on Canvas

Al Alexander
jeanandal@gmail.com

Artist's Statement: I tried to capture the youthful elegance of my my neighbor's oldest daughter. A very straightforward attempt.



Title: No Exit
16 in X 12 in
Mixed Media

Harriet Sheppard
hweyman@gmail.com

For the bloggers...



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Biolley Buzz
Bunky Bartlett

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

Carole Connolly
Claudia Leon

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

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

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

Fred Ball

<http://natureboy70.blogspot.com/>

Going Like Sixty

<http://goinglikesixty.com>

Julie and Rick in Costa Rica

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

Marietta Arce
Mi Chunche

<http://marisundays.wordpress.com>
michunche.com

Nadine Hays Pisani
New Life in Costa Rica

happierthanabillionaire.com
http://www.anewlifeincostarica.com/nuevo_vida/

Paul Furlong motorcycle blog

<http://eyeneo.com/>

Pura Vida Mommy

puravidamommy.blogspot.com

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rubiatica.blogspot.com

Shannon Farley
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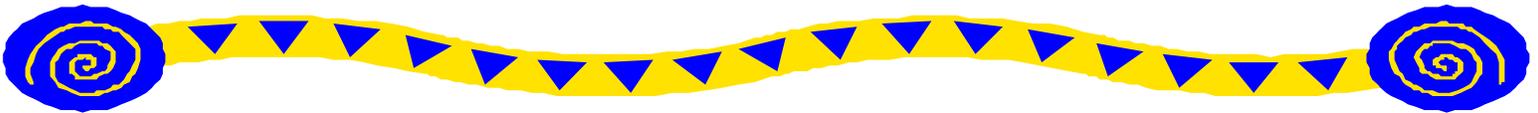
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