

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. 116

August 23, 2014



An Atenas August Evening
photograph: Howard Purdy

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 500 email addresses. To get on the distribution list or to submit material, please send an email to Marietta Arce at atenastoday@gmail.com.

Compositions from back issues are archived on the Atenas Chamber of Tourism and Commerce website, www.atenascatuca.com. Click on the English version and then Atenas Today on the business page.

In This Issue:

Marietta Arce --Publisher's Note	p. 3
Community Bulletin Board	p. 4
AT Staff - Using CAJA Services	p. 8
ILE Ethos - School Trip	p. 10
SFS - Waste Management at Poas	p. 11
Marietta Arce - Flying with Aero-Caribe	p. 12
Paul Furlong - Room for a View	p. 15
BudBud Jones - It's a dog's life, really!	p. 16
Dennis Easters - Camino de Carretas	p. 18
Carole Connolly-Shaw - Fun After Fifty	p. 20
Art Gallery	p. 22
Listing of Blogs of Interest	p. 27
Classified Ads and Display Advertising	p. 28
Advertising rates and policies	p. 35



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



The issue you are reading was prepared before I left for New York on August 13th. I am grateful to the contributors who rushed their articles and artwork so that you would not be disappointed by not receiving a timely August publication.

By sheer coincidence, two of the articles in this issue are about flying around Costa Rica in small airplanes. I would love to have some feedback on this topic as I feel it would be interesting to compile a list of the best destinations and compare the different services for an upcoming issue; perhaps closer to the 'dry' season when so many more visitors will be weighing their transportation choices so they can make the best of their limited time here.

I regret that I will not be present when the Atenas Art Show will be held in Hotel Colinas del Sol. I encourage you to attend, as several of *Atenas Today's* regular contributors will be displaying their wonderful works. I know that they will appreciate the support and that you will find many new works to delight and surprise. Who knows? 2015 may find you taking up a new hobby for next year's exhibit!

Although I write this before my trip, I am certain that I will be experiencing long, hazy days in New York's August. Our daughter will be settling in to her second year at college and we will be enjoying the last of the baseball season and a couple of Broadway shows. I am excited and eager to hear everything our sons are working on and then, it will be time to return to Atenas in September!

September is my birthday month. I have my second chance this year to make new plans and cross off the items that haven't served me. It is wonderful to be fully aware of how our lives flourish when we live them in ways that resonate with our deepest desires and needs. For me, that means living surrounded by the sights and sounds of Nature. I behold daily a tiny bit of Earth's beauty in the delicate flowers and birds that visit me in Atenas, today and every day.

Happy Reading!

Marietta Arce
marietta.arce@gmail.com



The beauty of Costa Rica from a small plane!



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.

August 24th – National Parks Day is observed

August 30, 31st – Atenas Painters Group Exhibit their works at Hotel Colinas del Sol. Open to the public 8/30 from 2 to 7 p.m. 8/31 from 2 to 6 p.m. Colinas del Sol is located across from Roca Verde.
(See flyer in this section)

September 9th – Children's Day Observed (like 'little Christmas')

September 13th – The Lion's Club holding dance (see details in classifieds section)

September 14th – Lantern Parade and all activities concerning Independence

September 15th – Costa Rica Celebrates Independence!

REGULARLY SCHEDULED ACTIVITIES

Every day EXCEPT Sundays: Yoga at Colinas del Sol (see flyer)

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

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

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

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

Third Tuesday of every month: PLEIN AIR ART GROUP. Art activities as varied as the members. Contact Jan Yatsko at 2446-0970 or janyatsko@gmail.com

Every Wednesday: (Please confirm with Sara 2446-0664)

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

NOTHING NEW TO REPORT ON RECYCLING



Buddhist Book Discussion

Every Sunday

Meditation (optional) 1:30pm

Book Discussion 2:00pm

218 Roca Verde, Atenas

A gathering for those interested
in Buddhism and Buddhist writings.

ALL ARE WELCOME.

If you wish to know what book we're currently reading,
or if you need directions or any other information,
please feel free to telephone or e-mail:

Adrienne and Richard Baksa

2446-8509

adriennebaksa@me.com

rbaksa@me.com



ATENAS NEW COMMUNITY (associated with the Tico church, Iglesia Bíblica de Atenas)
facebook.com/groups/145046998883605

DESCRIPTION: Atenas New Community is non-denominational with a diverse congregation - Messianic Jews, Presbyterians, Mennonites, Methodists, Catholics, Southern Baptists, etc. The focus is on Jesus Christ and the Bible, not on esoteric and divisive theological differences.

SERVICES:

Tuesday - 6pm - Bible study in English.

Wednesday - 6pm - English worship service

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

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

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

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

DIRECTIONS: On Highway 3 at the blinking light

ART IN ATENAS

A group exhibition by the Atenas Painters Association

where: **Hotel Colinas del Sol, Calle Boqueron, Atenas**

600m east of H.S. Gym, 100m east of Roca Verde gate. 2446-4244 2446-5803

info@hotelcolinasdelsol.com www.hotelcolinasdelsol.com

Saturday

Aug. 30

2 - 7 pm



Sunday

Aug. 31

2 - 6 pm



Hotel Colinas del Sol - Bar & Restaurant open

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



Using the Services:



by Atenas Today Staff

Costa Rica provides universal health care to citizens and permanent residents of the country. Current immigration policy requires potential residents to join the Caja Costarricense de Seguro Social or "Caja" system before their residency is approved.

It has become apparent that many legal (expat) residents are paying their monthly fee but not using the system to obtain all the health care services they are entitled to. Most of those surveyed confessed they do not understand how to use the system so they pay their monthly bill but also carry secondary insurance or visit and pay for private care if they have an emergency.

The Caja has more than 30 hospitals and about 250 clinics (also referred to as EBAIS – Equipos Basicos de Atencion Integral en Salud) throughout the country. Although the system appears overburdened, it is constantly being upgraded with new hospitals, clinics, equipment and training for the staff. Many of our country's doctors and dentists work for Caja in the mornings and then have their private offices or clinics in the afternoons and evenings. The system has worked well for Costa Ricans for over 60 years.

In recent years, Caja Directors have taken proactive measures to encourage preventive medical care in order to avoid the long lines and emergencies that have given the system a bad reputation. While it is true that there can be long wait times, and little choice when it comes to prescription medicines, it is equally true that once you are paying into the system, you will never have a copay or deductible on anything from well visits to emergency care or medicines (generic).

Atenas has the following EBAIS with contact numbers as follows:

EBAIS Atenas Centro	2446-7900
EBAIS Barrio Jesus	2446-7165
EBAIS Barrio Mercedes	2446-7900
EBAIS Concepcion & Balsa	2446-9911

continued next page

EBAIS Los Angeles	2446-7900
EBAIS San Isidro	2446-0194
EBAIS Los Altos de Naranjo	2446-2185
EBAIS Barrio San Jose	2446-4682
EBAIS Escobal (new)	2446-7900 (call here for more info)

The EBAIS that one is assigned to is indicated on the identification card (Clinica Adscripcion). If you move, it is important to notify the Caja so that they can assign you to the new location and transfer your files there.

In Atenas, each EBAIS has certain days of operation which can change without notice. It is best to call ahead and make sure they are working on the day you want to make your appointment (assuming it is not an emergency). Arrive an hour or so BEFORE the EBAIS opens so that you can get on line. If you arrive after they open, it is quite possible that you will have to return the next day because all the available appointments have been filled.

The receptionist will ask for your current identification card and the latest receipt of payment. Your 'case' will be analyzed and you will be referred to the doctor or laboratory, etc.

If you have an emergency, the best thing to do is get to the Clinic in Güísaro (where the identification card was originally issued) which is open every day until 9 p.m. If you cannot get to the Clinic, you can call the Red Cross at 2446-5161 and they will come to you. If you cannot reach the Red Cross, call 911 which is the Costa Rica Emergency number and they will coordinate an available ambulance, etc.

School Trip

by Neskens Sanabria

Around the world Costa Rica is known as important for its conservation, not only because of its variety of climates, but also for its natural diversity. Costa Rica has more than 400 species of birds; for this reason, this small green piece of earth is one of the most famous places for bird watching. Our country has been a refuge for species that have lost their natural habit. If you like bird watching because you study biology or just because you like to see new species of birds there is a special place for this called "Zooave".

This paradise for birds is located about 20 minutes from Alajuela downtown in a place called "La Garita". The place has been designed to provide a nice experience in a comfortable location; for this reason, the paths in this park have been totally cemented. The huge cages "where the animals and birds live" are secure for visitors. Inside of the park, sightseers will hear sounds from nature, so they can feel as if they were in a forest. This zoo was not only built for bird watching, but also to inform about the species; for that reason, the visitors will find in front of each cage a plate with some details about the bird or animal.

The kind of animals and birds visitors can find in this place are the following: For birds people can see macaws, owls, eagles, toucans, ostriches, parrots. For animals visitors will see cougars, monkeys, raccoons, sloths, puma, etc. Finally, for reptiles tourists will see iguanas, turtles, snakes, and crocodiles. The variety of species that

this refuge can offer tourists in a small area can make their day.



Zooave through the years has been famous for taking care of animals and birds that have been abandoned by their owners. In the last years, the park has received more than 500 species with some injured; moreover, the Zooave has created a campaign to destroy cages where species of birds and animals have been taken home as domestic pets. The Zooave has been working hard to breed species that are becoming extinct; this program has saved species like the blue macaw and eagles.

Recently, the Zooave has incorporated a new attraction for visitors. It is a canopy formed by 3 cables hanging all over the cages and trees, with a distance of 500 meters. Over the trees, the visitors will experience how the adrenaline is released out of their bodies when they are almost flying through the woods. The Zooave is a good option if we want to spend time with our family. Children will love watching birds and animals that they have never seen before. We have been blessed with a country that has a lot of nature, so we cannot waste time, nature is outside, go for it.

Students investigate ways to better manage waste at Poas National Park

Mary Little, Professor of Economy and Ethical Issues in Sustainable Development (mlittle@fieldstudies.org)

Due to its proximity to the Central Valley and impressive craters, Poas is the second most visited volcano in Costa Rica, receiving nearly 2 million tourists annually. This high level of traffic raises issues of management and resource degradation. To help address these issues, the Center for Sustainable Development Studies has partnered with the Poas Park Service to collect data on visitors' satisfaction and resource management since 2001.

With so many visitors, Poas National Park faces a waste management problem. To help address the issue they have installed recycling containers, but many visitors continue to ignore or misuse them. During Summer session 1, students worked with park rangers to develop a survey on satisfaction with park services and use of recycling containers.

Students practiced interview techniques to measure Poas National Park visitors' knowledge and use of recycling facilities.

Students also made inquiries as to best practices for disseminating environmental information to visitors. The surveys showed that some visitors noted that they were unclear on which materials could be recycled, so education may be an important additional component of this program. Visitors also indicated that they did not know where the containers were located so maps posting recycling station locations could be helpful. Students will compile their findings and present them to the park as data to minimize visitors' negative impacts.



Group photo by the main crater.



SFS students listen to NRM professor Achim Häger's lecture on park management and carrying capacity near the Botos Crater.

This article reprinted (with permission) from CEDRELA Spring 2014 edition. CEDRELA is the School of Field Studies' publication. The School of Field Studies is located in La Presa, Atenas and is fondly referred to by residents as "La U de la Presa". AT Editor

Flying High Naturally with Aero-Caribe



by Marietta Arce marietta.arce@gmail.com

August 11, 2014 was the day I scheduled weeks ago to take to the sky with my family and a couple of friends. It was a gorgeous morning. I was delighted that everything we had planned was finally coming to pass and that I would soon witness my beloved Atenas the way the toucans that fly overhead do.

Our taxi driver Luis Ramirez took us to the Tobias Bolaños Airport in Pavas where we were met by our friendly, responsible and competent pilot, Esteban Vega of Aero-Caribe. Esteban gave us a brief flight plan and showed us a raised relief map which depicted what we could expect to see. After he made sure he had the necessary provisions for our one-hour flight, we were invited to head for the plane.

Esteban gave his passengers a quick glance; his expert eye calculating the way to distribute our weights for the Cessna Ti-Ger we were about to board. I ended up in the co-pilot's seat! Esteban went over the safety features and regulations and we soon buckled up and prepared for flight. I was disappointed that my [limited] height did not grant me the spectacular front view I would have liked but my side window was ample and clean and I still had my bird's eye view for great pictures!



Esteban Vega, our Pilot



Cockpit Instruments

I have been a passenger on many commercial aircrafts, starting at the age of 8 when my family first left Costa Rica for New York. The privilege of flight has made an amazing collection of memories possible for me. I find myself shamelessly enjoying watching people's behavior at airports as I endure the endless 'lost' hours sitting and waiting to get from one destination to another.

The Aero-Caribe experience was completely different. I had the expertise of a flying professional at my side and at the same time, the flexibility Aero-Caribe has to customize the trip to customer's satisfaction. We asked for a particular route (including Atenas, of course) and Aero-Caribe was able to provide us with a memorable, safe and very enjoyable journey. Flying in this manner is not the means to an end (destination) but the end in itself. Everything looks different, just see for yourself:



Just above Juan Santamaria Airport



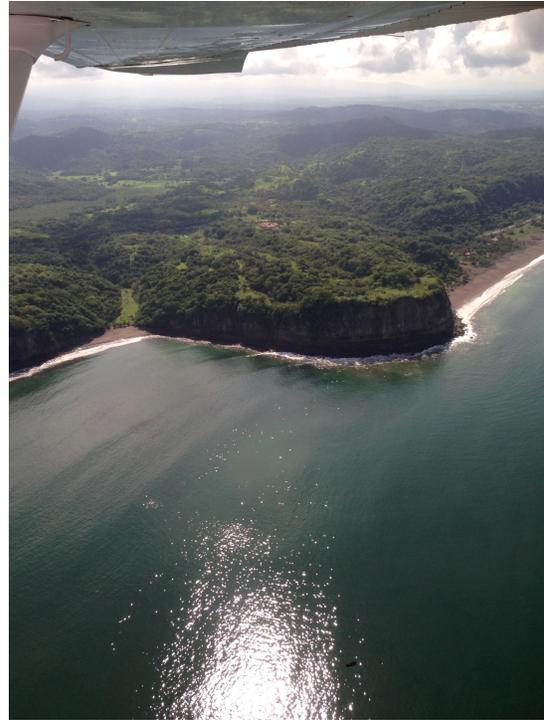
La Liga Stadium Alajuela

Flying in this small aircraft I was able to appreciate exactly what pilots have to do to ensure the safety of their passengers. I could barely hear Esteban but I knew he was communicating with air traffic controls and I witnessed how his dashboard was constantly receiving his careful monitoring. Once I settled into the rhythm of the climbing, I relaxed and enjoyed the scenery; Esteban was in charge!

My love affair with Costa Rica has always existed. Whenever people in New York asked me when I left it, I always replied that in my mind, I never left at all. I adore New York too but flying over the verdant mountains that day lifted my spirits beyond words. Nature's sheer beauty stirs deep feelings of security in me and reminds me that for me, the joy of living is knowing I have roots but also have 'wings' with which to fly. On August 11th Aero-Caribe provided my wings!



Somewhere over Puntarenas 1
Can someone explain this occurrence?



Somewhere over Puntarenas 2
This beauty requires no explanation!



Monte del Aguacate



Atenas Centro

No one can really explain the thrill of riding in a small plane, you have to feel it for yourself. I invite you to take your camera and experience the rush of the ride, the roar of the engine, the wind all around you as you fly over the places you have not seen from this perspective.

Whether you are looking for a quick flight to your next vacation destination or a one-hour tour around Costa Rica's beautiful beaches and volcanoes, make sure you contact Aero Caribe to give your family or friends the warm and professional service they deserve. They can be reached at Aero-Caribe.com or reservations@aero-caribe.com



Ketchup and Restitution

My last story, "Going Home," apparently wasn't big enough to cover it all. Here is a spill-over response from Johnnie "Sign" from the breakfast club.



"See. . . . I guess yer really in the club now! This was a proposed tee shirt design I came up with about a year ago, the guys never saw it but it may be printed some day soon, I just go back every now and then & tweek the layout. . . . I like this one the best . Is it possible to put this in your newsletter & surprise everybody ? Johnny Boy, OUT."

So here it is Jonnie Sign, thanks for sharing your good heart. I take a large. Don't forget the pocket in front; otherwise I'll never wear it. Chip

Fuzzlong@gmail.com

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



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

7/31/2004

Hola!!!

Do you guys remember those Firestone Wilderness tires that they re-called in the states because they explode and cause accidents?

Well we found them!!!!!! LOL!!!!

I guess Firestone didn't want to lose money by destroying them so they sold them to the third world countries!! Nice guys huh???

Actually.....we have found LOTS of things that we can't find in the States anymore.

Y'know when you find a product that you REALLY REALLY like and all of a sudden it is no longer available?

It has been "discontinued" or is "new and improved."

Well you can find most of it HERE!!!! WMFWB!!! (that means waggin' my fuzzy white butt).

We had lunch yesterday at the Restaurant La Finca in Sarchi. The food there is DEEEEEElicious!!!! Mom had a dish called "Pollo Campesino" It is a typical Costa Rican plate.

It has chicken, (It was REAL good!!!) a potato mixture of some kind, a corn and palmito soup, frijoles (beans) with a grated cheese on them, rice, a tomato/onion/ salad thingy, a platano, and tortillas.

They serve the food on a cutting board with banana leaves on it!!!

In the picture you will see the hot sauce. Mom just cannot get used to the bland food here. She likes her food SPICY!!!!!!!

She also had a coke, and a drink made from milk and rice. It was the first time she had tried that drink and she says it was really GOOD!! Her total bill was \$3.50!

We took MY car to the place down the road today and had seat covers and new windshield wipers put on it! Mom says the seat covers will help save the seats.

Dad really seemed to enjoy watching them work! The young lady who installed the seat covers was really pretty and had on a low cut blouse and short shorts.

I just sat there and looked sweet.....as usual.

Today was "market" day in Grecia. That is when the farmers bring their fruits and vegetables into town to sell them. There are also people there who have made cheese, baked goods, etc. There is always a HUGE crowd because that is when the ticos do most of their grocery shopping for the week ahead. Of course everybody there stops Mom and Dad so they can pet me, so it takes us longer than anyone else to get through the market. LOL!!!

They seem to get a real kick out of seeing me in my baby stroller. Mom has learned to say "no muerde" (pronounced mwoar-day) when people stop them.

"No muerde" means I don't bite.

When Mom says that they immediately start lovin' on me.

Anyway, we got our groceries and Mom bought some of the things she has never seen before. She likes to try new stuff and she ALWAYS shares it with me. Some of it I like and some of it I don't.

I usually don't really care for the fruits, but I have become pretty fond of banana sandwiches with mayonnaise and peanut butter!!!

Well, better go for now. Dad wants to use the computer.

Catch you guys in a day or two!!!

**Tailwags from
BudBud the banana sandwich lovin' blanco perro**



Camino de Carretas: Atenas' Importance on Costa Rica's Royal Road....

Traveling through Atenas on Highway 3 near downtown, on the right hand side of the road you will see a small park with a large sculpture of an ox cart and its driver (boyero). The sculpture is strong and proud with a powerful presence. Other than the obvious, what is the sculpture's significance? Why does Atenas and other towns in the Central Valley still celebrate the oxcart and their drivers with annual oxcart parades? The sculpture is a nod to a proud heritage and the towns historic past, but how? For an accurate explanation, we need to go back a few hundred years, helping us to understand these unique cultural traditions.

As early as 1640, the Camino Real or the 'Royal Road' was the only means of transportation between the countries of Central America. In reality, it was not a road in the sense of what we think of today but more a series of trails and paths. In Costa Rica, the Camino Real left San Jose and wound its way down to a narrow bridge that crossed the Rio Grande river in Atenas, near the present day train trestle. From there the Camino continued north, making its way to Guatemala.

During the 19th century Costa Rica's coffee boom created an urgency for a new road to be built from the Central Valley to the port at Puntarenas so that the 'grano de oro', as coffee was also known, could be exported to Europe. In 1843, a cobble stone road was built and inaugurated as the National Highway but the locals preferred referring to it as the Camino de Carretas, or the 'Wagon Trail'.

The Camino de Carretas, a 'super highway' in its day, was wide enough to accommodate two oxen carts at a time. This important route ran through the middle of Atenas and other small pueblos such as San Mateo, which began to grow and gain

importance. Sesteos or boarding houses sprang up along the way to accommodate the boyeros (ox cart drivers) as well as stables to board the oxen and horses. Supplies of coffee, sugar, matches, candles and liquor were offered for sale to the travelers who made the journey from San Jose to Puntarenas.

On an average day, about 700 hundred oxen carts traveled the Camino de Carretas. The journey was neither easy nor short, with rugged terrain and high, narrow, mountain passes, often taking 4 to 5 days for the trip from San Jose to Puntarenas and 5 to 6 days for the return trip from Puntarenas to San Jose.

The conditions were not ideal either. It was common for the drivers to travel barefoot with their thread bare clothing clinging to their bodies, heavy from sweat. The tropical sun was strong and created intolerable heat. Torrential downpours during rainy season left travelers vulnerable to the elements without shelter. The boyeros would often travel from 4 a.m. until about 10 a.m., then take a mid day break to rest, eat, feed and water their oxen. It was not uncommon for entire families to travel together with the older male children helping their fathers and the mothers and daughters assisting in the cooking and feeding of the animals.

To help maintain peace and enforce the 'rules of the road' the government created 'cabo-guardas and guarda-caminos' or road rangers. In December of 1874, the official newspaper, The Gazette reported that the road ranger issued 31 fines along the Camino de Carretas, ranging from drunken oxcart drivers, obstruction of the road and abandoned oxcarts. Because the oxen were well trained and knew the way back home, drunken drivers would often pass out in their oxcarts while the oxen made their way back home. This led to the common expression for someone who is in a drunken state that is still used today "se montó en la carreta" or is (to get) in the oxcart, somewhat similar to our expression of 'falling off the wagon'.

As time passed by and progress came with new technology in the form of the railroad, the camino de carretas was abandoned and the little towns along the way soon lost some of their importance and became distant memories. Atenas held on due to its importance as a coffee growing region and the fact that the railroad passed through the town with a depot in Rio Grande.

The next time you drive past the Boyero monument on the main highway, you will see it in a different light and know a little more about its meaning. Also, take the scenic 25 minute drive from Atenas to Orotina via Highway 3, and along the way, let your mind wander and think about how this drive would have been 150 years ago, not in a car with a powerful engine and climate control, but in a rustic oxcart pulled by a team of oxen, open to the elements. If you want to see remnants of the old cobble stone road, take a hike from the neighborhood of Alto del Monte in Atenas down to present day Desmonte and you can see much of the old cobblestone Camino de Carretas still exposed.

Dennis Easters
easters3@msn.com

Fun After Fifty!

I don't trust my car. It's a cute little around-town car, but taking it long distance is risky. It's like riding around in a little red shoebox. It does have new tires, but the rim is bent on one of the wheels, so the tire loses air. It's all I can do to check the gas gauge, let alone the tire and water levels. Fortunately, the guys at the Atenas gas station are accommodating and never fail to ask me if I want them to check these things. They fix it up and send me on my way with a smile. If I break down in Atenas, I can always walk home.



Not so much if I break down on my way to Nosara in Guanacaste to visit my parents who have lived there for many years. I moved to Costa Rica partly to be near my folks. Ironically, I see them less now that I live in the same country than I did when I travelled from California. It's only a four-hour drive, on a good day, but I don't trust the car.

Just for fun, I checked the flights from San Jose to Nosara. Hey! Nature Aire goes twice a day and they have a special rate for locals! Whoo Hoo. I didn't read the fine print on the ticket and didn't notice the weight limit on the luggage. As usual, my mom wanted me to bring her some essentials from PriceSmart. I loaded up on the large extra virgin olive oil - two containers, 2 large bottles of Listerine, two 3-packs of Italian plum tomatoes, capers, Grey Poupon mustard, and two bags of Hoody's Rice Cracker Mix. I drew the line at the toilet paper and paper towels. All the goodies fit into a carry-on which fit the size requirements for the airline. I don't have to pack clothing since I keep a supply of bathing suits and cover-ups at the house. Of course, I had my laptop and a couple of books in my backpack which didn't count as part of my allowed weight, or so I thought. I was feeling smug until check-in.

The helpful, friendly agent looked over my print-out of my online purchase. I handed him my passport and calmly placed my luggage on the scale at his request. His friendly demeanor took on a dark tone. The smile was replaced by a stern expression. "You are over-weight." I smiled and didn't say a word. I thought, *how dare he say such a thing. I'll have you know I just lost ten pounds!* As he continued to stare at the scale, I realized he was talking about my bag.

"No, look, it says thirty pounds. It's just right."

He picked up my printed ticket and pointed to a section I hadn't noticed before: "Discounted local fares are allowed fifteen pounds of luggage."

I gasped! How had I missed that? I only saw the part about passengers being allowed 30 pounds of luggage; full fare passengers, that is. I clearly saw my error and said so to the agent. I apologized and promised never to do it again if he would just let me go this once. Smile.

He softened up and returned to the pleasant person he was before he knew I was a rule-breaker. He leaned in and whispered, "I will only charge you the minimum, \$7.00."

What a relief! I handed him my credit card, which he handed back, "Cash only. There's an ATM over there." And he pointed to the far end of the airport. I reached into my purse to get my wallet and that's when the bottom fell out of my tummy. No wallet! No credit card. No money. Now what?

Call hubby! He had dropped me off at the airport curb; he couldn't be too far away. Luckily I had my cell phone in the purse. "Honey! Come back. I need you! I left my wallet on the counter at home." To the

rescue he came. Like a little kid, I followed him to the ATM, he gave me some cash, I paid the overweight charges for my mother's olive oil, kissed him goodbye, and turned to head for the gate. "Not so fast, lady." He was pointing to a scale, smiling, and making a head gesture for me to get on. Horrified and incredulous, I pointed to my chest, "Me?" As he nodded his head, I started taking my backpack off. He stopped me. "No, keep it on. We need the total weight for the plane."

Oh, so it's okay if I fill my backpack with rocks or gold bullion and weigh in at say 300, but my suitcase can't weigh more than fifteen. Sure, I get it. Rules are rules. Next time I'll put the Listerine and Olive oil in my backpack. No charge!

I love flying in small planes. I spent three years jumping out of them; mostly Cessna 150s, but occasionally a nice DC3 with thirty other skydivers. I enjoy watching the pilots do their pre-flight duties, kibitz about who gets to fly the airplane and who gets to watch. I like to sit right behind them; on Nature Aire there is no partition between the cockpit and the passenger section. I can clearly see the altimeter from the front row seat, and hear what the pilots are saying. It's fun!



As I entered the waiting area, I noticed an elderly lady sitting on the edge of her seat. She had a worried expression and there was a whole lot of hand-wringing going on. As I approached she caught my eye. I sat next to her and asked if she was okay.

"It's my first time on a small plane. I'm nervous. My husband just died and he always drove us. I have to get to Nosara and my daughter bought me a ticket on this flight. I don't know if I can do it."

I started to ask her if she liked the roller-coaster but stopped myself in case the answer was no. Instead, I asked her if she liked the scenery in Costa Rica. I mean, really, who doesn't? If she didn't answer yes to that one, I was going to walk away.

"Oh yes, of course. It's beautiful." She mused.

"Well, we are going to have a fabulous view all the way to Nosara! I'll point some things out as we go."

She seemed grateful for the company and the distraction. We sat together in the front row behind the pilots and we chatted the whole time. She forgot all about being nervous. When we landed in Nosara, she was all smiles. "That was so much fun! I don't know why it took me so long to discover this. I'll never drive to Nosara again. Who knows, maybe I'll even take up skydiving!" She winked at me and giggled.



She sure knew how to have some fun after fifty! So, if you find yourself about to board a single engine prop plane that shakes, rattles, and rolls choose to have fun on the flight. And if you are past the fifty mark, add a little extra spice!

caroleconnolly@gmail.com

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.



**"Plantains"
17" x 22"**

**Al Alexander
jeanandal@gmail.com**

Artist's statement: I wanted to capture the dramatic afternoon light on the ripening plantains outside my studio.



Work in progress
Unnamed
acrylic

Artist's Statement: This was a matched team at last year's Atenas oxcart parade.

Diana F. Miskell
Horse and Cattle Art: www.dianamiskell.com
Costa Rica Blog: <http://dianascostaricablog.blogspot.com>



TROPICAL BLUE SWIRL
24"X36"
Mixed Media On Board

PETER S.

Contact: glbalter@gmail.com
8803-7167



Coconut Rum Bird

Jocelyn Farquhar
Jocelyn@squibblesdesigns.com

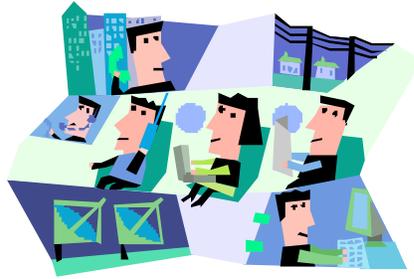


ZEBRA LAMP

PETER S.

Contact: glbalter@gmail.com
8803-7167

For the bloggers...



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

Biolley Buzz Bunky Bartlett	bcrcoffee.com http://www.bestofcostarica.org
Carole Connolly Claudia Leon	http://carolejeanscostaricacapers.com http://photoleraclaudinha.smugmug.com/ http://straightline-cmkl.blogspot.com/
Costa Rica: Sisters in Transition (Judy & Roxi)	http://costaricasistersintransition.blogspot.com
De La Pura Vida Costa Rica 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
Rubiatica	rubiatica.blogspot.com
Shannon Farley Somewhere in Costa Rica Su Espacio	http://enchanting-costarica.com/ http://somewhereincostarica.com http://www.suespacioatenas.blogspot.com/
The Real Costa Rica The Very Worst Missionary The View From Here	blog.therealcostarica.com theveryworstmissionary.com theviewfromherecr.blogspot.com

Pet Boarding



All types of pets cared for while you're away.
Short-term or long-term.

- Dogs, cats, birds, small animals cared for at my home.
- No cages...your pet will be a guest in our home.
- Pets will be kept indoors, outdoors or allowed access to both at your request.
- If you prefer that your dog be kept in a secure outdoor area, we offer large covered runs.
- They'll be fed the food that you provide for them at the times that they are used to being fed.
- Medications administered as per your instructions.
- Any medical attention needed, we will take the pet to the veterinarian of your choice (arrangements will be made for payments in any such emergency).
- We can pick-up and drop-off your pet at your home (Atenas area).



4,000 -7,000 colones per night.

We are located on a small mango farm near Escobal.
You are welcome to visit us before placing your pet with us.

Phone us at: 2446-8911, 8393-0243 or email: Wobbles1977@gmail.com



**ATENAS LION'S CLUB
INDEPENDENCE DANCE**

**SATURDAY
SEPTEMBER 13, 2014**

**MUSICAL GROUP:
LA SELECCION**

7:30 P.M.

SANTA EULALIA DE ATENAS

5,000 COLONES

RESERVATIONS AT:

**2455-0182
2446-6327**



CR-Solar.Com

Proud Distributors of *PURASOL PRODUCTS*



- SAVE MONEY get 15% to 20% on your investment
- AVERAGE 5 year payoff
- GET GRANDFATHERED IN before November 2015. Enjoy same meter rate 15 years
- 10 Year Mfg. Warranty and 25 Year performance warranty.
- CR-SOLAR will register your panels with ICE, handle all permits, technical diagrams and drawings for your new Bi-Directional ICE electrical meter.
- SALES & INFO: info@cr-solar.com Paul Info: 2446-0543 and Peter: Sales 8790-0283

GROOMING

Gabriela Gutiérrez Ch.

Groomer

Ph.: 8340-0808

Peluquería estética para su mascota - Servicio a Domicilio

Alquileres

Freddy

Sillas, Toldos, Mesas y Manteles

Para sus eventos especiales

Gilda Gutiérrez Chaves

Freddy Víquez Gutiérrez

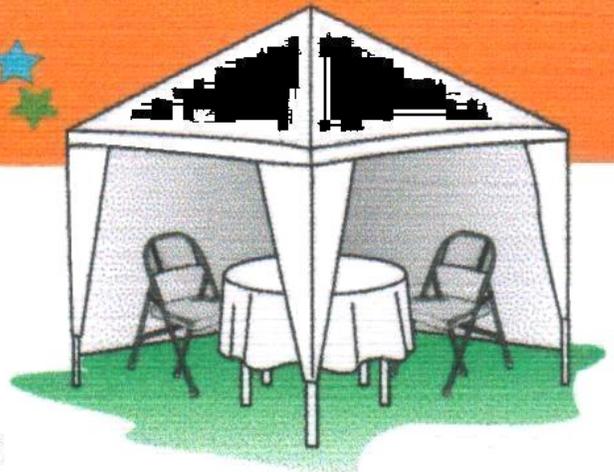
Propietarios



Teléfonos: 24465444 - 24466044

Celulares: 88405444

e-mail: alquileres.freddy@gmail.com



Responsabilidad a su servicio

Atenas, Costa Rica



Diana F. Miskell

Horse and Cattle Art

www.dianamiskell.com
dianafmiskell@gmail.com

Canada: 604-200-7299
Costa Rica: 8670-0365



English as a Foreign Language Major – EFL

Universidad Técnica Nacional

English as a Foreign Language major at UTN, Alajuela, is seeking for volunteers to become part of the English language major as guest conversational partners for students.

Live an enriching cultural and friendly experience with college students learning English as a major.

Please contact us at

utnile@gmail.com

2435 50 00 (ext 1248)

ART INSTRUCTION



All Mediums:

Oil, Acrylic, Watercolor, Drawing

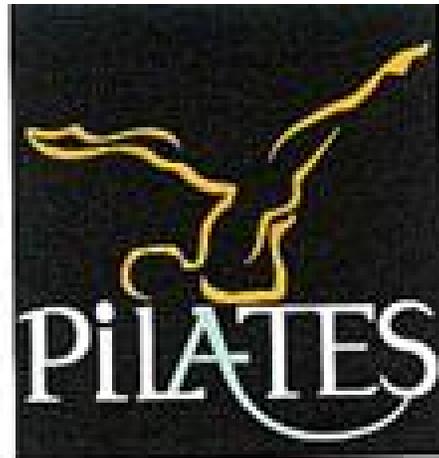
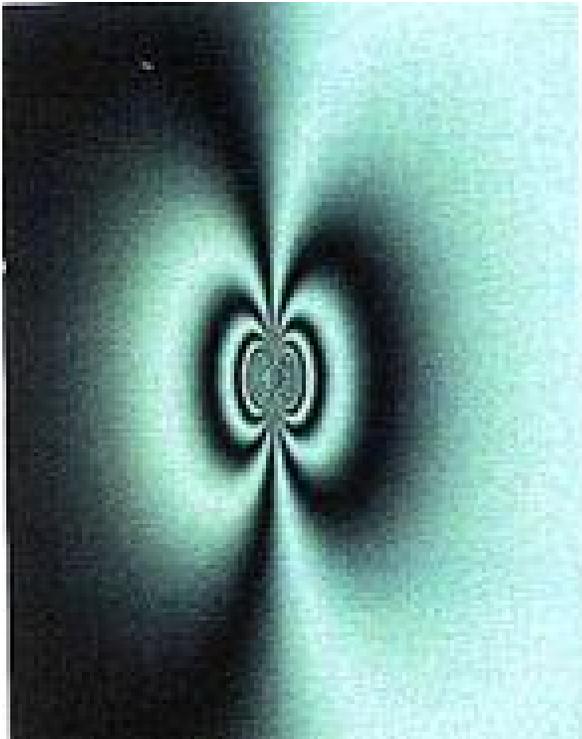
Professional Artist - years of teaching experience

A L A L E X A N D E R

2446-7081

email: jeanandal@gmail.com

website: www.alalexanderartist.com



Personal trainer

Idania Chavarría Salas

Phone: 2446.7956

Cell.: 8376.1721

E-mail: idaniach@hotmail.com



- Taxi services
- Airport transfers 24 hrs
- Van tours
- Affordable flight tours

English spoken. Atenas CR

www.walterstaxiandtours.com

 walter's taxi and tours

walterramirez@yahoo.com



(506) 8873-4266

Atenas Today Advertising Rates and Policies

Atenas Today is sent out monthly to over 500 email addresses of people who live or vacation in the Atenas area. Display ads up to half a page in size cost \$20 per insertion; full page ads are \$35 per insertion. Ads in the Atenas Today Yellow Pages cost \$5 per month for one column by one inch, and \$10 per month for one column by two inches.

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

Payment can be made in any of the following ways:

- 1) deposit to BCR Account No. 962-0003149-6 Marietta Arce Valverde
- 2) cash in envelope in PO Box 65 (Marietta Arce Valverde) in Atenas.

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