

## 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. 97

January 23, 2013



Sunset at Playa Santa Teresa  
Photograph by Dana M. Schlieman

*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](mailto:atenastoday@gmail.com).*

*Compositions from back issues are archived on the Atenas Chamber of Tourism and Commerce website, [www.atenascatuca.com](http://www.atenascatuca.com). Click on the English version and then Atenas Today on the business page.*



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## DIRECTORY OF ENGLISH-SPEAKING PEOPLE IN THE ATENAS AREA

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

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

## Publisher's Note



It's hard to believe the month that began 2013 is almost over. Summer in Costa Rica is in full swing. Many of us enthusiastically welcome the halcyon days spent flipping the colorful pages of our magazines with nothing more pressing on our agenda than working on a tan and sipping beverages by the pool!

February brings many long-awaited fiestas to Atenas. We begin with the Chili Cook-Off on February 10<sup>th</sup> at Quinta Romavista. It promises to be lots of fun. It is heartwarming to see that this tradition founded by Kay and Tom Costello continues to grow year after year. The children of the Hogar de Vida are the true winners of this Cook-Off and I hope to see many of you there that day. Sabana Larga and Santa Eulalia will also treat us to colorful festivities mid-February and I am sure you will be delighted by the dressed-up horses and their riders.

Every so often, I run into people who comment on the uniqueness of the community we have here in Atenas. Because I have lived here for almost 11 years, it is easy for me to agree; however I often take for granted the particular elements that make it so.

We had relatives staying with us during the holidays. One afternoon, our neighbors sent a basket of homemade pastries for our afternoon coffee. The gesture was not unusual. Almost 20 years ago, when I arrived at our recently-purchased lot, a young girl approached me with a thermos of coffee and homemade bread. Her mother had seen me walking along the road and guessed I might be tired and needing refreshment.

I will never forget that day. I was touched by kindness and hospitality that we can still find in Atenas, today and every day

Happy reading!



Marietta Arce  
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## 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](mailto:atenastoday@gmail.com) by the 15<sup>th</sup> of the month.

January 23<sup>rd</sup>, February 6<sup>th</sup> & 20<sup>th</sup> - **Recycling** in Atenas from 8 a.m. to 11 a.m. at the Plaza in front of the Central School, near the volleyball court.- Recycling of aluminum, metal, plastic, paper, cardboard and tetrapak - NO ELECTRONICS, STYROFOAM or EGG CARTONS Please rinse and separate your recyclables before dropping them off. Thank you.

January 23<sup>rd</sup> , 30<sup>th</sup> (Please confirm with Sara or Kay 2446-0664) and  
February 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

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

January 24<sup>th</sup> and 26<sup>th</sup> - Conclusion of Entrepreneur Camp at the Catholic Church with the following schedule: Thurs from 5-7:30 p.m./Saturday 2-5 p.m.

Donation of any amount suggested, registration required:  
[register@theforerunnerproject.com](mailto:register@theforerunnerproject.com) (see flyers around town for more information)

January 29<sup>th</sup> , -- Atenas Bridge Club meets at Don Yayo's Restaurant  
February 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>: 1 p.m. to 4 p.m. No partner required.

February 10<sup>th</sup> CHILI COOK-OFF AT QUINTA ROMAVISTA - (see article and flyer in this issue)

February 12<sup>th</sup> - 3 p.m. Abandoned Animals of Atenas Foundation meeting at Kay's Gringo Postres. Please contact Virginia 2446-5343 or Sylvia 8868-1386 for more information. Volunteers are needed and welcome.

February 13<sup>th</sup> - Writer's Club meets at Colinas del Sol, at Noon. Contact L. Michael Rusin @ [crcaseyboy@gmail.com](mailto:crcaseyboy@gmail.com) (2451-8063) for more information. Please confirm.

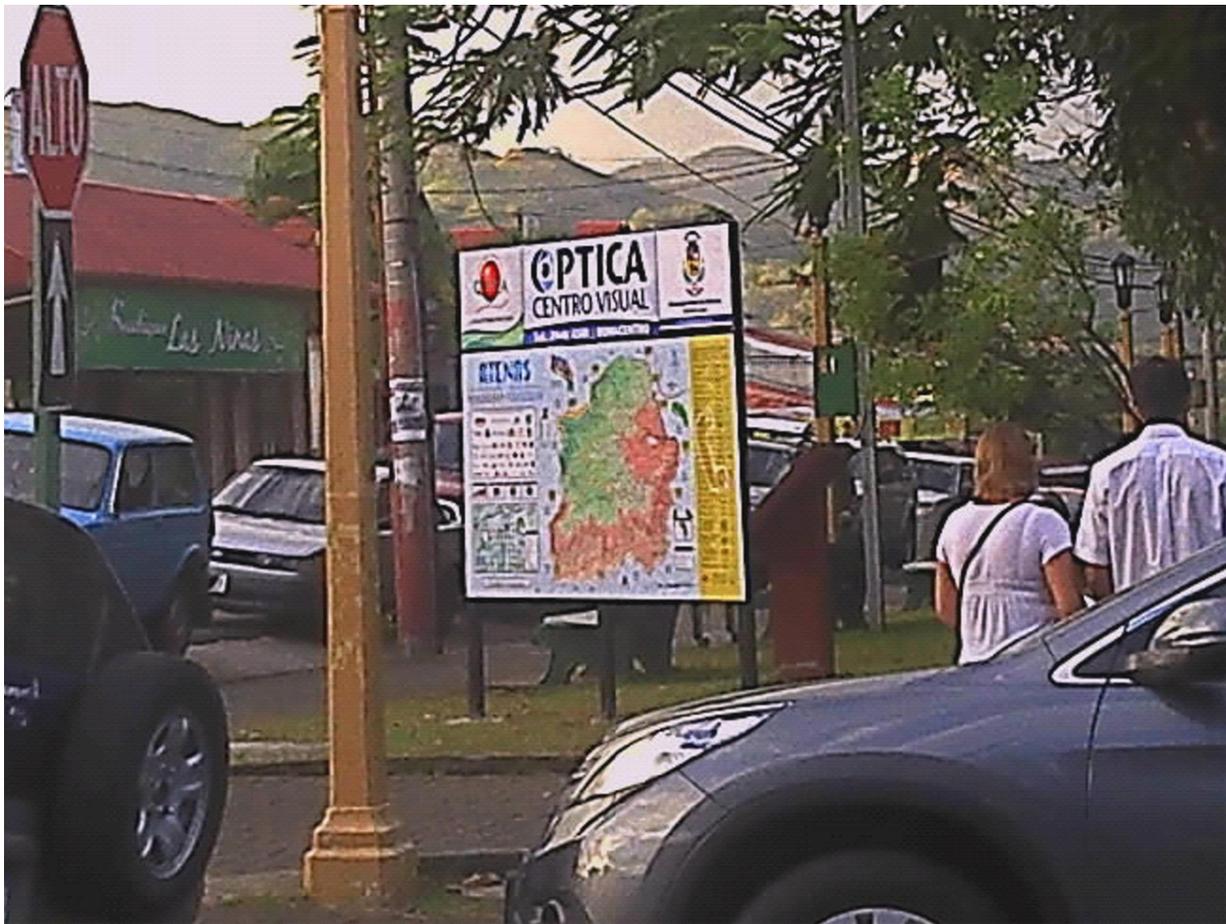
February 16<sup>th</sup> - SABANA LARGA Fiestas

February 18<sup>th</sup> - PLEIN AIR - A group of people with curious minds who meet the 3<sup>rd</sup> Monday of every month at a different location to explore and express their creativity through visual art and writing. Contact Jan Yatsko at 2446-0970 or [janyatsko@ice.co.cr](mailto:janyatsko@ice.co.cr) to find out where the group has been and where it is going.

February 23<sup>rd</sup> - 2<sup>nd</sup> Annual POCHO activity (see article in this issue)



## The Central Park of Atenas Displays County and City Map





**Recycling** in Atenas takes place on the first and third Wednesdays of each month. For the past year, it has been held at the basketball court in front of the Central School from 8 a.m. to about 11 a.m. Many people have joined this effort and volunteers from the community with staff from the Municipality can be seen receiving and separating the contents brought each week.

Although recycling is not new to expats or the local community, it is apparent that many of us do not follow recommendations, making the already arduous task unpleasant, unsafe and inefficient for those working those days.

**Here are some DO'S**



**...and some DON'TS**



**Egg cartons like the above, Styrofoam, mirrors, broken glass and electronics are not received.**

# POCHO February 23<sup>rd</sup> 2013

## Po-8: Cycling the Poas volcano against cancer

Two months ago Atenas Today informed you about a new event called POCHO, held for the first time in February 2012. The 2<sup>nd</sup> edition will take place on February 23<sup>rd</sup> 2013.



## GOAL of POCHO

Pocho's goal is to help cancer patients in Costa Rica, living outside the central valley, who do not have the finances to get their cancer treatment because they cannot afford to pay for the daily travel to San Jose and/or pay for a place to spend the night, to get treated the next day.

## SHELTER

With building a shelter in the center of San Jose (centrally located between the three public hospitals Calderon Guardia, San Juan de Dios and Mexico in San Jose) Pocho will be helping these patients in making it possible for them to stay in San Jose and continue their treatments. Without continued treatment the disease will most likely win, and that is what we are fighting against. Currently 25% of the Costa Ricans whom are offered treatment cannot receive it because of the reasons mentioned above.



## The first ZERO-COST event in Costa Rica!

POCHO is run by volunteers only, meaning that all the funds generated will benefit the patients.

We cannot emphasize this enough. This is the first and ONLY event in Costa Rica that dedicates ALL THE FUNDS RECEIVED FOR THE HELP AND TREATMENT OF CANCER PATIENTS IN COSTA RICA.

The first POCHO event, which took place on February 25th 2012, generated over US\$ 100,000 for the shelter.

## POAS-volcano



On February 23<sup>rd</sup> 2013, participants will be climbing the Poas Volcano up to eight times by bike. This can be done alone or as a team. Teams can be formed by 2 up to 8 people. The eight people would then climb Poas each once on bicycle.

This is the reason the event has been dubbed POCHO or Po-8, fusing the words Poas and ocho (eight in Spanish).



## The fight against cancer

Climbing Pocho, and putting in everything you have got, might be a fight and struggle, but this is only for one day. Cancer patients fight their disease, and they fight it every day, day after day.

Pocho helps by giving them hope. Hope to live and know that one day the disease can be changed from a deadly disease into a chronic disease.



## YOUR help is needed and very much appreciated

To help, Pocho will set-up the shelter. The sooner this shelter will have been build the sooner we can help people in need of staying in San Jose for their treatments.

## There are various ways you can support Pocho:

- 1) Participate on bike on February 23<sup>rd</sup> 2013!
- 2) Donations/Sponsors: Your financial contribution will have the most direct impact on Pocho building the shelter so much sooner, helping patients who are without financial means to continue their treatments. From the company you work for to suppliers to your company, from family member' donations to your own financial donation, or your municipality and (foreign) friends, all are welcome to donate.
- 3) Promotion: Any way you can help us spread the word on Pocho, making the event known and getting people join Pocho, is of great importance.
- 4) Becoming a volunteer: Pocho is a Zero costs event. Most of Pocho's volunteers have a job and limited time. We can use all the help we can get. Either by you becoming a member of the organizational committee, by spreading the word on Pocho, or by volunteering on the day of the event.
- 5) On February 23<sup>rd</sup> 2013: Be a spectator, and motivator to the cycling participants.

## February 23<sup>rd</sup> 2013. Pocho and the Poas welcome you!

The goal for the 2013 event is to have at least 300 Costa Ricans and 50 foreign participants.

If you cannot be a participant, we invite you to be a spectator, supporting the one's climbing the Poas volcano. They need all the support they can get.

Pocho starts at 6 AM at the "Camera de Comercio" in Poasito for all cyclists. At 2 PM, those cyclists that pass the turning point at the Poas Volcano National Park will have to direct themselves towards the finish line. After this hour it is prohibited to make another round.

Come and join us in the fight against cancer.

## Pocho's device: Giving up isn't an option!

For more information: Atenas resident, Loek vanMook is head of the Sponsors Committee. He can be reached at [loekvanmook@aol.com](mailto:loekvanmook@aol.com) or 8814-1323.

[www.po-8.org](http://www.po-8.org)

!!!! GOOOOOOOOOOOO ..... POCHOOOOOOO!!!!





## Cogitations

Paul Furlong

*One man's attempt to thread together his personal bookmarks and see the light*

2012 produced no fall in the cosmic commode, nor did we explode, implode or erode. We've simply arrived at a strangely positive 2013, what could go wrong? What could go right? Maybe it *really is* up to us. If we can read a novel while deciding what to cook for dinner, then we know that there is more than one of us in here. Some are lucky to have several personalities, colliding in the crowded hall that is our mind. Psychologists accuse us of hoarding identities; schizophrenics they call us; while in the same town, wellness people encourage us to meditate; that place where one of us watches the other until he finally stops jabbering. What's left is pure consciousness. Some say this is where God<sup>i</sup> lives.

*"Now when God plays hide and pretends that he is you and I, he does it so well that it takes him a long time to remember where and how he hid himself. But that's the whole fun of it—just what he wanted to do. He doesn't want to find himself too quickly, for that would spoil the game. That is why it is so difficult for you and me to find out that we are God in disguise, pretending not to be himself. But when the game has gone on long enough, all of us will wake up, stop pretending, and remember that we are all one single Self—the God who is all that there is and who lives for ever and ever. Alan Watt's Metaphysics for Children*

On tours to and from Texas, we often stopped at the Copan Ruins on our ride through Honduras. I have a friend, a park guide who speaks excellent English and knows the Mayan calendar as well as anyone. She says our anthropologists always got it wrong about the year 2012. She says the ancients believed there would be a fundamental change in *us*, not the end of the world.

Today we can email a joke or a manifesto to thousands of people in seconds. Never in history have we been so connected. We Tweet, text, beep and fart our way through our days so that every way station of consciousness knows where we are and how we feel. Ox drivers in the field, guys on motorcycles, women driving at four miles an hour are talking on the phone; cars knocking over pedestrians as they text...all to be connected with this powerful stream of consciousness; where God lives, the internet, a veritable switchboard for the enlightened. Fools abound true enough; that's what makes the comedy interesting; the whole of human experience is right there on our computer screens.

Never before has history been so re-evaluated. Curiously, it doesn't match with what we'd slept through in school. Today, with a declining economy and a fifty-fifty split between those who produce and those who take, there's a sudden concern for the history of paper money<sup>ii</sup>. Since government has taken control of it, suspicion rises like a hand upon the knee on a first date; abuse is soon to follow. The herd is awake; the door is open for debate. Indignation is in the air; right and wrong is being properly labeled for the general consumption of CNN and Fox viewers. Unfortunately, through this same door also closes our best shot at mystic improvement. There seems to be no middle ground.

*Things are as they are. Looking out into it the universe at night, we make no comparisons between right and wrong stars, nor between well and badly arranged constellations. Alan Watts*

Sid Chainlash, our chubby bespeckled quantum mechanic, sighs and lifts his head from his quantum gas (not trying to be funny here) microscope. Those pesky little sub-atomic particles are at it again... they either refuse to be there when it's time to be weighed or rush to assemble themselves in a chorus line for the show. Stubbled and unwashed, Sid has begun to see these little guys in a new light. They only seem to assemble when he directs his attention

towards them. Otherwise they sort of ... *don't exist*. This makes a strong argument that rather than *recognizing* our world by what we see, hear, smell or taste; we *create our world by where we direct our consciousness*. This handily solves the eternal question; "if a tree falls in a forest and no one is around to hear it, does it make a sound?" WHAT... NO??? Yes, "no" is the answer if you happen to be Sid. In fact, he can't find a single thing that he can call a solid particle. He's not the first guy.<sup>iii</sup>

Joe Star Gazer stands back from his screen and rubs his eyes. It takes a special kind of man to spend his life investigating an event that took place fourteen billion years ago.

"Out there," he says, pointing with his chin, "our laws of physics don't apply."

I think again about our windows of perception and the glacial drama that is theoretical physics and remember that disappearing planets sound an awful like those pesky little sub atomic particles. It seems every time we direct our Hubble eyeball in a new direction, there's a new show going on. Begs the question, huh... which end of the telescope is the show being produced?

I woke about three in the morning on the third day of a high fever. In the bathroom, though I had to pee, my mind had no time for that, it was watching me face the wall; and I thought to myself,

"My, this has been a good body. It still has use left in it, what a shame to lose it."

I felt a deep paternal love for that weather-beaten body standing there holding himself, and I realized that I didn't have that much riding on him; whether he lived or died. "I" wasn't going anywhere. And I knew again what I'd always known in those moments of knowing, that which Christ knew, that there is no power that can kill the **I** in me...or the **I** you, that **I** is God himself.<sup>iv</sup>

No one knows how many attempts there've been to conqueror the world, after all, some slipped on the ice before anyone noticed, but Caesar, Napoleon and Hitler should be enough to make this point. Behind each front man are deep furrows of power and wealth going back well before the

Americas, some say as far as ancient Egypt. Wars won or lost had little bearing on these people; they played both sides, made money and slinked back to Trollville and waited a hundred years or more for another opportunity. And as they waited, they pushed a pawn here, a bishop there. It appears they're on the loose again.

It starts gradually, control of the banks, the media, then the land, and finally the people. A shell game is played in which one disaster begets another. Television viewers are treated to National Enquirer style sex and violence scandals and low intelligence sit-coms while the laws of the land are gutted. From there, things progress right quick; multiple wars, untold atrocities, intentional destruction of the currency, and righteous indignation from those on the dole and those who pay for it. With internet, it becomes clear that both republican and democrat mud wrestling parties are actually friends and use the same showers at the end of the show. In fact, they belong to the same union. We've seen it all on the History Channel and know where it leads; only this time we won't be the heroes. This time we'll be the army who installs a new world order.

I ask one of my selves, "why not a quiet awakening just below the surface?" Let's put down our swords a moment and have a beer.

What were the Mayans saying? What if we were so much into the game that we'd forgotten who we were? Suppose the nelly left and the angry right had nothing worth fighting for? Supposing there *was* no good or evil... no stupid nelly anger?

Disturbed by a pounding in my temples, I wake from a deep sleep. At first I think it's a dream, then I realize the whole barrio is reverberating. I turn on the TV; it's on the tube! In Gaby's office; it's on her radio! I turn on my computer and there...there it is, threatening to blow my speakers; WAR DRUMS! Boom! Boom! Boom!! A slow hypnotic beat coming from my ancestors and echoing through my family tree. I see friends and family on a grassy hill, all talking at once, animated by the beat. No one seems to know when it began; some obviously heard it sooner than others and are getting into the rhythm of it. The deep sound reverberates in my bones and I feel my blood rushing. A high noted electric guitar slips in, then a base, one at a time, not a song, not a piece, but a mood that permeates the very ground we're standing on. Stars twinkle overhead in the cold October night and I'm reminded of my youth when Orion would hike up his robe and do the Funky Chicken.

Then I dream I'm awake. A bunch of us are in a hollow behind a huge movie set. A small group of men and women seem to be attending some sort of amplifier; and I realize this is where the sound is coming from. Suddenly I recognize the people. They're the bullies' from grammar school, the shrews in the cafeteria and the small minded busy-bodies we hired to watch the store! The Wicked Witch of the West is there with her long painted face. Even Howdy Doody the puppet is there with his sleeves rolled up, cranking on the levers of an enormous amplifier. I suppose I should forgive these people, even love them, but I think, as I roll over and turn on the light, that I don't have to *obey* them.

Fuzzlong@gmail.com

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<sup>i</sup>Atheists and Agnostics have a hard time with the word "God", but often in a progressive atmosphere, they'll accept "Spirit" with no problem. Since there's no word for God anyway, please make yourself comfortable and call Him what you will.

<sup>ii</sup>No paper money has ever lasted. It always starts out as a receipt for something of real value like gold, but ends up as useless paper. Keynesians with solemn degrees legitimize the great counterfeiters of the world and leave starving children in their wake. Dr. Fuzz

<sup>iii</sup>Fun stuff. <http://www.spaceandmotion.com/quantum-theory-albert-einstein-quotes.htm> Branch of mathematical physics that deals with atomic and subatomic systems. It is concerned with phenomena that are so small-scale that they cannot be described in classical terms, and it is formulated entirely in terms of statistical probabilities. Considered one of the great ideas of the 20th century, quantum mechanics was developed mainly by [Niels Bohr](#), [Erwin Schrodinger](#), [Werner Heisenberg](#), and [Max Born](#) and led to a drastic reappraisal of the concept of objective reality. It explained the structure of [atoms](#), atomic nuclei ( [nucleus](#)), and [molecules](#); the behaviour of [subatomic particles](#); the nature of chemical bonds ( [bonding](#)); the properties of crystalline solids ( [crystal](#)); [nuclear energy](#); and the forces that stabilize collapsed [stars](#). It also led directly to the development of the [laser](#), the [electron microscope](#), and the [transistor](#).

Read more fun: <http://www.answers.com/topic/quantum-mechanics-physics-in-encyclopedia#ixzz2HdJWsbEJ>

<sup>iv</sup>Don't start taking on airs, silly. Not you, the "I" in you. Your ability to dance and sing is a gift that comes *through* you, not *from* you. Please, sit down and drink your beer.

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



**Stories from Mr. BudBud, Primero Perro of Lighthouse Animal Rescue. They were written 8 years ago when he first came to Costa Rica for a house sitting job.**

**6/16/2004**

**Hola!! Everybody!!!!!!!!!!!!**

**The internet server here is REALLY slow sometimes. Mom pulls her hair out because she is used to RoadRunner! LOL!!**

**We tried to send out my letter last night but it just WOULD NOT GO!!**

**I did not write Tuesday because I had to spend the WHOLE day ALONE at the house!!!!  
How RUDE!!**

**Dad thought it would be better to leave me home because they were going to get haircuts, going to the bank, and going morning coffee with a group of Gringos.**

**Mom tried to tell him that it was MY vacation too and that I should be allowed to go wherever they go, but Dad did not agree.**

**Well.....when they got to town, EVERYBODY they ran into asked where the "perro" was!!!!**

**HAH!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

**It seems they remember the "perro" better than they remember Mom and Dad!!!!**

**ROFLMFWBO!!!!!! (that means "rolling on floor laughing my fuzzy white butt off")**

Anyway, Mom told Dad that they were NOT leaving me home again so today was LOTS better!!!!

We got up early and headed for a place to look at property. We only went about half way and Mom stopped to asked for directions.

While she was talking to the guy he told her that where the property is is VERY VERY "caliente" which means HOT!!!!!!!!!!!!!!!!!!!!

Dad said they might as well not even go the rest of the way because Mom gets REAL TESTY when she gets hot. LOL!!!

She does not mind a "warm" climate, but "hot" is something else altogether.

So....we turned around and headed back.

On the way back through the mountains we had to drive through clouds. It was a lot like fog.

We stopped at a "soda" for a bite to eat, chicken of course. It was really good!!! Mom ALWAYS saves me some of her food!!

We got back to Grecia and Dad called a lady who had advertised her house for sale. She said "Come on over!!" so off we went.

It was a really pretty house. Big too!!

It is an older house but has really been taken care of.

There are four acres of land with it which would be GREAT for all us rescue babies.

Most of the land is planted with coffee but there is still plenty of runnin' room for the fuzzi-butt.

I checked the house out really good. I know how because Mom always takes me along on the home inspections she does before she places a rescue baby. The lady was VERY impressed with me and said I was "a lovely little dog and so well behaved!!" She said she had seen dogs like me on the "Pet Planet" channel.

She is a writer and she is Canadian.

**She has lived in Costa Rica for several years.  
There are 14 acres in all and three houses.  
She wants to sell the largest house because she says  
she just rattles around in it.  
She said she would sell all of it if someone wanted to  
buy it all.  
Anybody want to buy a house and part of some property  
in Costa Rica??**

**The view was really pretty from there and the yard is  
like a garden!! All kinds of pretty plants and stuff.  
She has two dogs too!!!  
One she rescued after it came to her home and was  
really skinny and sick. She took it to the vet and got  
it well. Then she got it spayed!!  
Mom thought that was GREAT!!!!!!!!!!!!!!!!!!!!**

**Anyway, we finally got back home. All of a sudden we  
heard this REALLY strange noise!!!  
Dad looked at Mom and said "Is that thunder?"  
Mom said she didn't think so.  
They went outside to look around and the wind was  
blowing really hard. BUT!!!! There was no "noise"  
outside except for the wind blowing through the trees.  
When they came back in they could hear the strange  
noise again.  
Somehow, the wind makes this really weird noise,  
inside the house, as it blows over the tile roof!!!  
NEATO!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

**Now it was time to kick back and enjoy a greenie!!!**

**More tomorrow!!!!!!**

**BudBud the "lovely little dog."**

# Where God Painted the Sky into a River



By Shannon Farley

Legend tells that when God made the world, after he finished painting the sky a brilliant pastel blue, he washed his brushes in a beautiful Costa Rican river, coloring the river the same intense sky blue.

**Rio Celeste** (Sky Blue River) is still revered as a sacred site by the indigenous **Maleku tribe** ([http://en.wikipedia.org/wiki/Maleku\\_people](http://en.wikipedia.org/wiki/Maleku_people)) who live in this **Northern Costa Rica** region near the **Tenorio Volcano**. The river begins its journey as crystal clear water tumbling and flowing down the lush rainforest of **Tenorio Volcano National Park**; then suddenly it passes over a visible white line and magically transforms into its distinctive turquoise-sky blue color. Scientifically speaking, the phenomenon is caused by a chemical reaction between thermal sulfur steam that emanates from the bottom of the river and calcium carbonate entering from a small side stream.

The river and stream merge into one at “Borbollones” (which means “bubbling” in Spanish), where gases rising from the river floor make the water look like it is boiling. Rio Celeste carries its color for about 22 miles (35.5 km) downstream.



The stunning **Rio Celeste area** features many attractions, including an impressive nearly 100-foot (30 m) **waterfall** spilling into a picturesque turquoise pool, the tranquil **Blue Lagoon** of deep sky-blue, **natural hot springs**, fumaroles where volcanic gases of temperatures up to 1,500° F (815° C) are occasionally expelled, and a lookout point from where you can see the 6,286 foot (1,916 m) summit of Tenorio Volcano on cloudless days. Swimming in the pool at the waterfall and in the Blue Lagoon is very popular among visitors, as are soaks in the hot springs; however, visitors should be wary of the hot water and boiling mud pots, and use caution while exploring the river’s banks.

Getting to Rio Celeste involves a moderately challenging hour-long hike through the forest from the Tenorio Volcano National Park entrance – a trip well worth the effort. The park entrance, near **Guatuso**, is about an hour’s drive from **La Fortuna** near **Arenal Volcano**, and 2 hours from **Liberia**.

The **Tenorio Volcano National Park** protects 31,794 acres (12,860 hectares) of

(<http://www.costarica-nationalparks.com/tenorionationalpark.html>)



primary cloud forest and rainforest which abounds with an immense diversity of life, rivers and waterfalls, thermal hot springs and Laguna La Danta (Tapir Lake). The Tenorio Volcano, with multiple craters, and Montezuma Volcano with twin craters, are both assumed to be dormant, with no eruptions in recent history, according to the Costa Rica National Park Service.



All of the large mammal species of Costa Rica live within the park – tapirs, peccaries, anteaters, coatis, raccoons, and pacas – and

include most of the feline species, such as jaguars, cougars, ocelots and margays. Three of the four varieties of native monkeys – howler, white-faced capuchin and squirrel monkeys – also live in the area. A large variety of birds, such as toucans, bare-throated bell birds, turkey vultures, crested guans, hummingbirds, and several species of falcons can be seen. Near the park entrance is a majestic towering Kapok (Ceiba) tree that is likely centuries-old and has been designated as a “Tree of Peace” for its “magnificent-yet-serene stature.”

Also located close to the park is the **Maleku tribal reserve** (<http://maleku.com/>), with its three communities of El Sol, Margarita and Tonjibe. **Tourists are welcome** to visit the



reserve to learn about the Maleku’s unique culture, interact with residents and experience their distinctive way of life. The smallest of the native tribes left in Costa Rica, approximately 500 people live on the reserve. Before the Spanish colonization in the 1500s, their territory extended as far west as Volcano Rincon de la Vieja, and included Volcano Arenal to the south and Rio Celeste. Today, the Maleku’s reserve is concentrated south of the town of San Rafael de Guatuso, an hour north of La Fortuna. Their economy primarily relies on indigenous art: carvings, paintings and musical instruments. Community elders work hard to preserve their people’s native language, customs, and natural medicine of the rainforest.



The Costa Rica-based travel service **Costa Rica Special Deals**

(<http://costaricaspecialdeals.com/costa-rica-hotel-special-deals/387-rio-celeste-hideaway.html>) offers a great vacation package deal with the **Rio Celeste Hideaway luxury boutique hotel**.

Stay two nights in one of the hotel’s 26 spacious individual cottages and enjoy a hiking tour to Rio Celeste and the Tenorio Volcano National Park, and a hot stone massage. The hotel is located only five minutes from the park’s main entrance. Rio Celeste Hideaway Hotel (<http://www.riocelstehideaway.com>) received Trip Advisor’s “Excellence Award” for 2012.

## Atenas Hosts The Second Best Study Abroad Program in Science and Math in the World



By Dr. Gerardo Avalos (Director, Universidad de La Presa, [avalos@fieldstudies.org](mailto:avalos@fieldstudies.org))

The Center for Sustainable Development Studies (Universidad de La Presa, <http://www.fieldstudies.org/costarica>) ranked in second place in the top science and math program in the world's study abroad community (see full report in [http://www.studyabroad101.com/rankings#top\\_providers](http://www.studyabroad101.com/rankings#top_providers)). This reflects the hard work and dedication of the Center's faculty and staff delivering a high quality academic program to international students. In recent years, the Center has also offered scholarships to undergraduate students from Costa Rican universities during the summer session programs. La Universidad de La Presa (as it is called in Atenas) reached 20 years of existence in 2011, representing one of the oldest study-abroad programs in Costa Rica. The Center provides students with an experiential learning approach to enable them to assess the impact of different development alternatives congruent with the economic, ecological and cultural context of different communities in Costa Rica, including Atenas. Through this process, the Center has generated high quality research for the benefit of local communities and protected areas through the dynamic learning of students and the development of the skills and personal growth of all staff.

Recently, the Center has engaged in the generation of baseline information on human impacts for the restoration project of the Matías Stream. It has evaluated the ecosystem services provided by coffee plantation and agroecosystems in general. Together with the System of National Parks, la Universidad de La Presa has analyzed the human capital of the communities surrounding national parks in the Central Mountain Highlands. With this information, park managers can decide what sort of community project would work best based on the profile of the community and its potential to provide services and take advantage of new opportunities. The Center has also explored the negative impacts of roads on birds, and has examined the aerodynamic patterns of hummingbirds in order to improve the management of artificial feeders.

The mission of the Center is to educate, investigate and provide information to improve the knowledge, management and conservation of natural resources in order to identify and promote strategies for sustainable development. The Center faculty and staff acknowledge the support of the Atenas community hosting its activities during all these years, and will continue to strive to

maintain and improve this ranking, constituting one of the county's most valuable academic resources.



Students from Universidad de La Presa painting a mural for the School of Sabana Larga.

# ARE YOUR TASTE BUDS READY?

## The Atenas Charity Chili Cook Off Is Just Around the Corner

By Judy Timson



**When:**  
Sunday, February 10, 2013. (the Sunday after Super Bowl)

**Where:**  
Quinta Romavista, Barrio Mercedes, Atenas  
two kms. off the old Alajuela to Orotina, Highway #3

**What Time:**  
Open To Public 11:00AM to 4:00PM

\*All proceeds go to support the Hogar de Vida home for abandoned, abused and orphaned children in Atenas\*

By the time you read this, we will be less than 3 weeks away from the Sixth Annual Atenas Charity Chili Cook Off. The Committee has been hard at work making THIS one of the BIGGEST events in Costa Rica, held right here in Atenas – definitely one of the BIGGEST charity events. We are thrilled to make a significant difference for Hogar de Vida, a local children's home located in Atenas that houses 35 children ages birth to 10 years old. Our commitment in doing this has always been "we do this for the kids"!

Truly, you won't want to miss this year's event. We have an AMAZING day planned. Join us Sunday, February 10 at Quinta Romavista beginning at 11am. We anticipate over 1000 attendees at our Chili Cook Off this year – we'll have a larger Gringo & Tico participation level than ever before, thanks to the many efforts of those involved in helping promote our event. Visit our website for more information:

[www.atenaschilicookoff.com](http://www.atenaschilicookoff.com). Or join our Facebook Page for regular updates – "Atenas Chili Cook-Off 2013".

### What's Happening at the Cook-Off

Listed below you will see all the particulars of what is happening on February 10<sup>th</sup> at the Chili Cook Off.

#### Chili Teams & Judging

There will be over 25 Chili Teams cooking – all vying for the TOP HONOR to claim they have the best chili around! A new category this year has been added: Vegetarian. Their tables will be decorated and they'll be ready to entertain! There's still a few spots available if you have the urge to compete with your chili – to register, contact Mary Cook at [wmmcook@gmail.com](mailto:wmmcook@gmail.com). We have 18 Judges from all over the country and some even outside of Costa Rica. Every single person attending will also be able to participate as a Judge, too, and will be given a little silver bean to place in a container for your favorite chili – a special "People's Choice" Award will be given for that selection!

### Join Us For Lunch

We'll be selling hot dogs, chili dogs, potato salad, baked beans, Kay's Gringos Postres, popcorn, ice cream – we'll have a little bit of this, a little bit of that. Come hungry!

### Beer Garden, Too

Yes, we'll be serving beer, wine, sodas and water all day long! Come thirsty!

### Raffles, Raffles, Raffles – Unbelievable Packages

We have outstanding raffle baskets this year that you may want to try and win several of them. Each basket is valued between \$600 and \$800 – wow! We've packaged some awesome trips all over Costa Rica, overnight stays, tours, meals, electronics, gift certificates, wines/food, and more. We have a special "Atenas Gift Basket" featuring local foods, dining and overnight stays.

### Books For Sale

We have over 400 books to sell and they are only 500 colones each! Come find your favorite author and take home a few books!

### Event Apron – First Time!

You will not want to miss taking home a keepsake from this BIG event – for the first time we have an event apron that any chili cook, or for that matter, any chef, would be happy to wear. Buy one for yourselves or for friends – you will want to buy them early before we run out! Only \$10 each.

### Entertainment

You will thoroughly enjoy the music on this day. We have a DJ that will be playing many different genres of music – something for everyone. And wear comfortable shoes – there'll be a whole lot of dancing going on, too!

There is a swimming pool onsite for anyone to enjoy, so bring your swimsuits! We have a mechanical bull to ride – what fun! We'll have face painting for the children. And I hear we'll even have a massage therapist there, too!

## Details on the Day of Event

Gates open at 11am and the event ends at 4pm. Cost to attend is 2,000 colones per person, children under 6 free. We will have volunteers collecting your entrance amount when you enter the premises, once you have passed thru the gates. There is plenty of parking available and volunteers will help direct you after you have paid your entrance fee.

Once you have parked walk back to the rancho area where you can purchase all your tickets for food, drink and books. We will have ticket stations throughout the property so you can buy tickets at multiple areas. All tickets (except raffle tickets) are 500 colones each and we'll have signage indicating how many tickets required for what you want to purchase that day.

Raffle Tickets\* – you'll see a small rancho showcasing ALL the raffle baskets and you can purchase tickets there. There will also be raffle tickets sales by volunteers roaming the property. ALL Raffle

Tickets are 3 for 1000 colones (not to be confused with the food/drink tickets) and you will place your raffle tickets in the box next to the particular basket you are interested in possibly winning.

There will be a 50/50 raffle, too, which promises to be the best yet this year. Fifty percent of what is collected goes to the winning ticket holder! PLUS, for the first time ever, we are also including a NANO iPod with the winning ticket! So, don't be shy, buy those tickets!

\*NOTE: You must be present to win these raffle baskets or the 50/50 split. Winning tickets for each of these will be drawn at 3pm.

### There's Still Time to be A Sponsor OR Make a Donation

It takes a village to have a successful event like this. Many companies have stepped up in this community and outward (see our website for sponsor support) in support of this great cause. We honor and thank them. Many volunteers – over 80 will be supporting this event's success. We could not do this without them. And many people have asked "how can we make a difference" beyond just attending – or even some that cannot attend, have asked "how can we help".

It is not too late to support this event either with a sponsorship commitment or a desire to make a financial contribution. Please contact Stef Bogatinoff at [stef@costaconcierges.com](mailto:stef@costaconcierges.com)

COME JOIN IN THE FUN!  
See you Sunday, February 10<sup>th</sup>  
[www.atenaschilicookoff.com](http://www.atenaschilicookoff.com)

## Surviving A Playa Bejuco Experience!



by Avtar from EDEN ATENAS  
<http://www.edenatenas.com>

I am very pleased to report that Jan and I are alive today! On December 29th, whilst swimming at Playa Bejuco (as we were to find out later, the deadliest beach in Costa Rica) we were caught in a powerful rip tide and swept out to sea. As it turns out, this riptide is responsible for many deaths each year, including, just last year, a group of students. There are no lifeguards, despite the scores of deaths and famous tragedies that have taken place there. The country claims that they are too poor to pay for them (though we did pass scores of traffic police lounging along the roads throughout the day).

One moment we were surf crashing, the next we suddenly realized, to our terror, that we were being sucked out and under with a force that could not be resisted. Life turns on a dime. One second you are immortal, the very next moment it is entirely clear that, barring a miracle, you will be dead in the next short while. Panic swept through me, I could not breathe, and I was drowning. Jan tried to help me, but it was instantly obvious that if she did not let me go she would drown too. As the current sucked her away from me, we both realized that we were most likely seeing each other for the last time.

The ordeal was to last for over two hours! There was to be no rescue; we were simply swept too far and too fast for anyone to have seen or noticed.

In my new incarnation, here in Costa Rica, I am a meditation teacher. On this day, meditation was to be one of the two keys to my survival. My original and unbidden panic, had it lasted, would have killed me, within a minute-maybe less. I was drowning. I was, however, able to still my mind and focus on my breath. Calmed, though clearly understanding that my chances of survival were small, I was able to stay afloat; resurfacing time and time again as I was pulled under and spun about, lungs filling with water and death ever closer. Perhaps, because of this meditative and observing state there was very little “content” to my hours on the water. I understood that I was in an, almost certain, death experience. I understood that I am very attached to life. I also knew that it was one attachment that I was unwilling to let go of, at least at this time. What was clear, however, was that as long as I was breathing I was not dead.

For the next while, I just focused on breathing and remaining calm. I noted that I was strong. My lungs (ironically for anyone who knows me), were very strong. My heart, slowed through meditation, was very regular and strong. My arms (I never once stopped backstroking though often I was going in the wrong direction-I kept getting turned around) were powerful and filled with strength (though I sure have a sore neck and arms for days after!). There was no “white light” experience, nor did my relationship to god or life alter in any way.

I also had tremendous confidence in Jan. She is ridiculously fit and athletic. She is strong in her will and body. As I floated and stroked, never moving closer to the land (now just a distant tease) I imagined her having made it back to the beach and summoning help. In my mind, I urged her forward, believing her to be my only hope. I was so grateful to have her in my life. Alone,

there is no doubt that I would have died. Even were I to perish, it would be with a profound sense of connectedness and knowing that I have been blessed.

There was, however, to be another terrible and disheartening moment when after about forty minutes, I turned my head to see if I could catch sight of shore, and saw, instead, Jan, maybe 20 meters away, terrified and also struggling to live! I could hear her shouting out words of encouragement to me. At one point we drifted quite close to each other. I wanted to say goodbye (for now I was certain that this was it), to tell her how much I loved her, but I felt to do so might frighten her and sap her will. Instead, our eyes remained locked in desperate and silent communication until, once again, we were swept apart.

After another long time, I again caught sight of her. She was much closer to shore than I and seemed to be making some progress (though she was still far too focused, in my opinion, on not losing sight of, and calling out to, me). It was then that several realizations arose that were to save my life. The first, if she could make progress so could I, and, next, that I did not need to make it to shore, just to where I could stand up; about half that distance. I then put all of my efforts into a renewed energetic backstroke, risking exhaustion for this chance at salvation. Jan kept yelling, "Avtar, away from the sun!" But no matter how I tried, every few strokes I would find myself turned around and heading back out to sea. At one point I was close enough to shore to see where our truck was parked: seconds later I could make out nothing beyond a streak of green.

Big waves began taking me, crashing over me, spinning me. I was nothing more significant than a grain of sand: and then, and without really understanding, I found myself standing, supported by the gravity of the earth and sand beneath the current. I was standing! I could move forward toward the shore! If I was not caught by the rip again, I would survive! As I carefully and most painfully made my way

forward, one cautious footstep at a time, I scanned the beach and water for Jan. And what I saw was frightening. Jan was some twenty meters away, standing shoulder deep in water, but facing the wrong way and diving forward into the waves as if to return to the open waters! At first I could not get her attention. Then she noticed me. I was waving my arms and screaming out "Turn around and walk to the beach". She seemed to hear me then in an awful moment returned to her efforts toward the sea. I realized that she was disoriented and unless something happened she was going to be swept away again. I started to move toward her, all the time realizing that this could mean facing my own death again. My legs were cramped and I could feel the sucking of the undertow. She now turned toward me and calling out to me out of her own fear began making her way to me. Her eyes, when we were finally close enough that I could see them, were the eyes of a helpless child. We clung to each other and carefully started making our way to the shore.

There was to be a last moment of fear when the shallows gave way suddenly to a deep area. There were people not ten meters from where we were. I could feel Jan's sudden desperation. But there was just no f@#\*ing way that I was going to be defeated now. The sea had had her chance and I was not about to give her a second chance with either myself or Jan.

It was surreal as we waded up to a group of two strong young men and a woman. We were returning from death, they were strangers in another, unperturbed and ordinary life.

Later, as we drove away, we both sang along to the music on our vehicle's sound system; Jan, along with me-for the first time ever. Suddenly, life was not worries, challenges to be overcome, annoyances, chores or the next thing. It was now, this song, singing along, and singing along with this wonderful partner whose love and determination had just saved my life!

# One of the Best Tourist Spots

By Jan Yatsko    [www.janyatsko.com](http://www.janyatsko.com)

One of the best tourist spots in Costa Rica can be found in your “backyard” and at 81 other locations. It is a true cultural and social experience where Costa Ricans of all social classes come to hear the latest local news. It is a visual delight, an inspiration for artists and writers, held outdoors and it is free to the public. You can practice your Spanish, learn new words and sample something exotic. It constitutes one of the most important retail markets in Costa Rica where the majority of the products are made nationally. It is the feria de agricultor or nicknamed “la feria” and they are held on a Friday, Saturday or Sunday throughout Costa Rica.

The first feria began in 1979 in Zapote, a suburb of San Jose, to give small producers the opportunity to sell fresh quality products directly to the consumer. At a feria one can purchase not only fruits and vegetables, meat and cheese, but flowers and plants, clothing, shoes, homemade tortilla chips and fruit jellies, local artisan coffee, shopping bags made from recycled rice sacks, handmade baskets and a variety of prepared foods from bakery items and pupusas to a complete gallo pinto breakfast, all at prices less than those offered anywhere else. As you walk through the feria, listen to the words that the stand holders shout to get a customer’s attention. “Lleva mango, lleva cebolla (onion), lleva flores (flowers)” as they tell you to take home their particular product. “Solo bueno” means that only the best products are sold to you. When a customer says “regaleme una ...” (give me a...) you are in business, but when a customer says “ahora pasamos” (we’ll come by later) that is a polite way of saying “no, thanks”.



The feria has something that the supermarkets cannot offer to its customers. It is very often one of the aspects that visitors to Costa Rica comment on and what we are losing in the US and Canada. The feria provides the homey atmosphere where people connect with each other and form relationships, not only with their friends, but with the merchants who produced the product. Familial type relationships are formed between the producer and the customer and frequently an extra product is placed in your shopping bag or a special order is no problem.

The ferias employ over 7,000 vendors (2010 census) which economically support even more people. A phenomenon is occurring right now in Costa Rica that happened 20 years ago in the US. Consumers are

being lured to Pricemart, Walmart and other big stores with the false idea that all prices are lower. Local small businesses suffer. However, the “Buy Local” campaign has raised the consciousness of the consumers up north and it is now ecological, healthy for the local economy and good for your health to purchase products close to home. Continue the “Buy Local” practice in Costa Rica and purchase as many products as you can in your home area. Support the ferias for they not only provide a vital retail market for the local economy, but they continue a social and cultural tradition.

There are three local ferias for you to choose from: Atenas on Friday morning; Grecia on Friday afternoon/evening and Saturday morning and Alajuela on Friday afternoon and Saturday morning. If you are traveling through Costa Rica and would like to know if a feria exists in a certain area, please contact me at [janyatsko@gmail.com](mailto:janyatsko@gmail.com)

I thank Ronald Morales at Consejo Nacional de Producción for providing statistical information about the ferias.

## **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.



**Black River Line**

**16' x 22''**

**oil on linen.**

Al Alexander

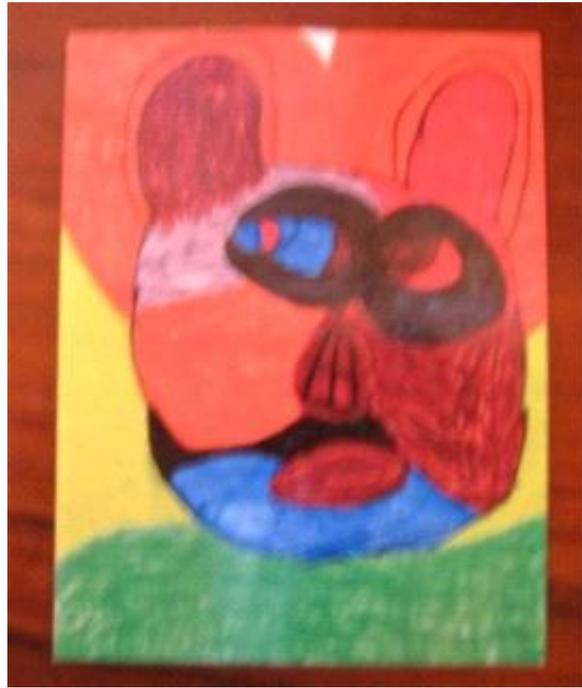
*jeanandal@gmail.com*



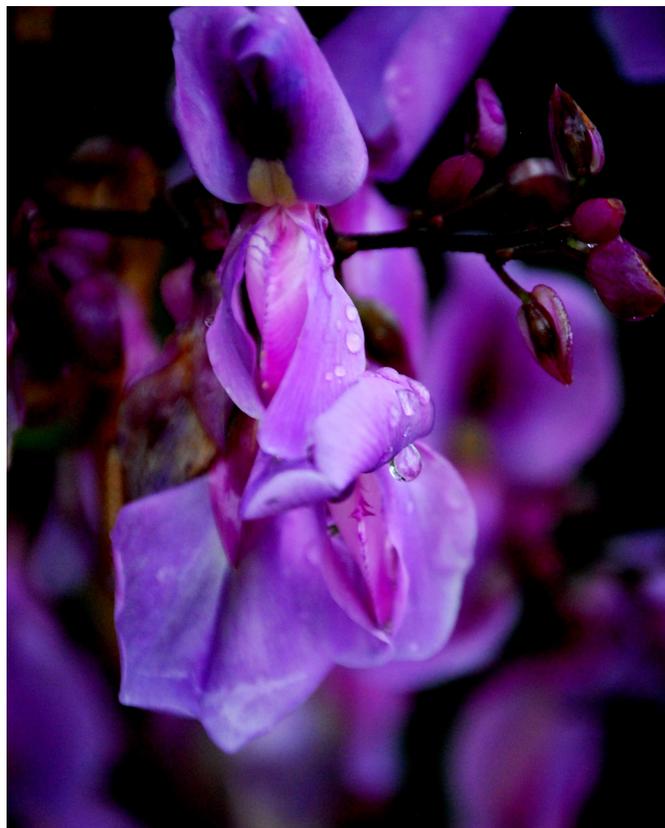
Harriet Sheppard  
hweyman@hotmail.com  
Map Series #1  
23 in. x 31 in.  
Enamel on Canvas



"Headstrong"  
Mixed Media  
Dragonfly Animal Portraits  
www.dianamiskell.com  
<http://dianascostaricablog.blogspot.com>



Scary Easter Bunny  
Jocelyn Farquhar  
[squibblesdesigns.com](http://squibblesdesigns.com)



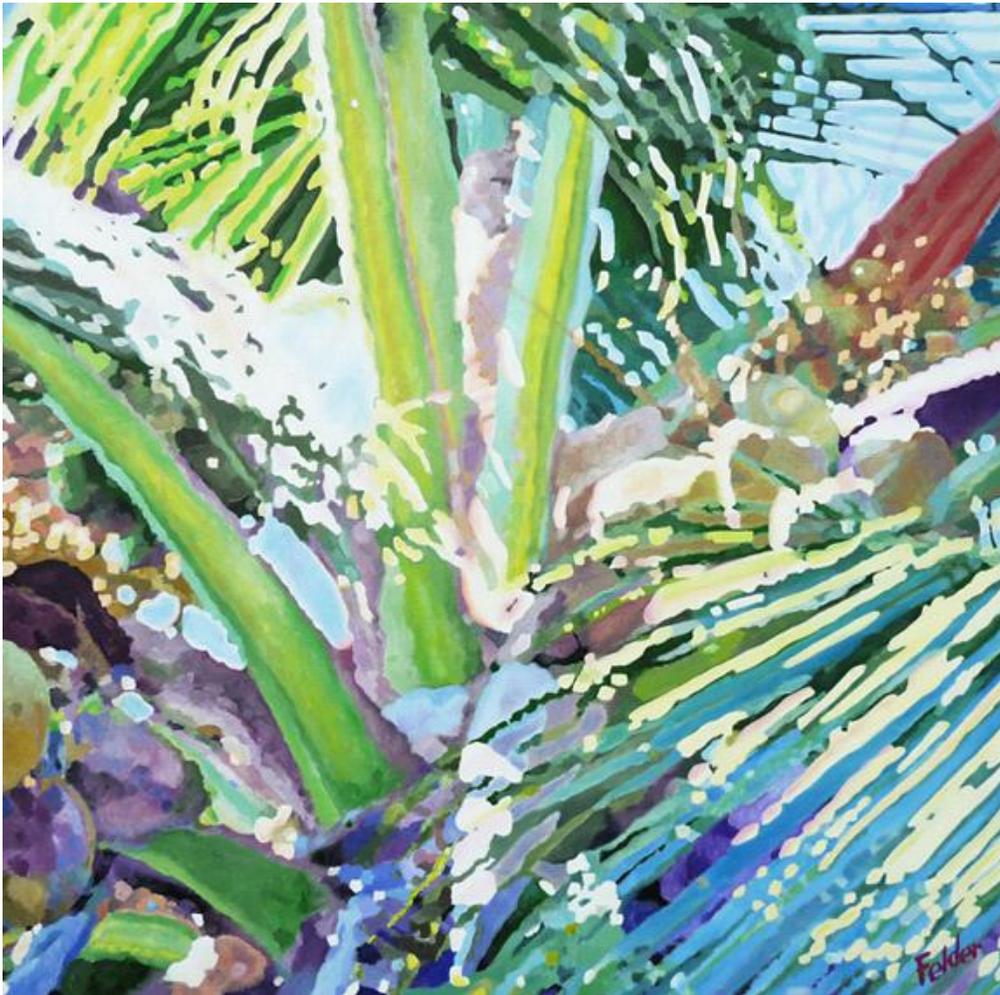
Photograph by Jerome Ives  
Ives Images Photo-Art  
[kcjb2009@gmail.com](mailto:kcjb2009@gmail.com)  
506-8355-7333



Photograph by Peter Boyer, Atenas Resident



Photograph by Belkis Young, Siempre Joven B&B, Barroeta



Larry Felder

"Fractured Palm I"

36" x 36" oil on canvas, 2012

Email: [larry@feldergallery.com](mailto:larry@feldergallery.com)

Portfolio: [www.larryfelder.weebly.com](http://www.larryfelder.weebly.com)

Gallery: [www.feldergallery.com](http://www.feldergallery.com)

## For the bloggers...

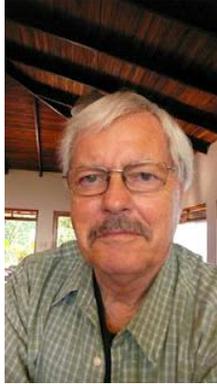


We are providing a list of *blogs* that might be of interest to our to our readers. By providing this information, we are not endorsing or accepting responsibility for any content found therein. Please contact us if you have any other blogs of interest that you would like to share. These are alphabetized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

Biolley Buzz	<a href="http://bcrcoffee.com">bcrcoffee.com</a>
Claudia Leon	<a href="http://photoleraclaudinha.smugmug.com/">http://photoleraclaudinha.smugmug.com/</a> <a href="http://straightline-cmkl.blogspot.com/">http://straightline-cmkl.blogspot.com/</a>
Costa Rica: Sisters in Transition (Judy & Roxi)	<a href="http://costaricasistersintransition.blogspot.com">http://costaricasistersintransition.blogspot.com</a>
De La Pura Vida Costa Rica Diane Miskell Dovile Vaigauskaite	<a href="http://delapuravida.com">delapuravida.com</a> <a href="http://dianascostaricablog.blogspot.com">http://dianascostaricablog.blogspot.com</a> <a href="http://www.powerofindividual.org">www.powerofindividual.org</a>
Fabulista De Costa Rica Fred Ball	<a href="http://fabulista DECR.blogspot.com">fabulista DECR.blogspot.com</a> <a href="http://natureboy70.blogspot.com/">http://natureboy70.blogspot.com/</a>
G. Martin Lively Going Like Sixty	<a href="http://fishinginandaroundcostarica.blogspot.com">fishinginandaroundcostarica.blogspot.com</a> <a href="http://goinglikesixty.com">goinglikesixty.com</a>
Julie and Rick in Costa Rica	<a href="http://julieandrickincostarica.blogspot.com/">http://julieandrickincostarica.blogspot.com/</a>
Lois and Jim Craft	<a href="http://adventurecraft.blogspot.com">adventurecraft.blogspot.com</a>
Marietta Arce Mi Chunche	<a href="http://marisundays.wordpress.com">http://marisundays.wordpress.com</a> <a href="http://michunche.com">michunche.com</a>
Nadine Hays Pisani New Life in Costa Rica	<a href="http://happierthanabillionaire.com">happierthanabillionaire.com</a> <a href="http://www.anewlifeincostarica.com/nuevo_vida/">http://www.anewlifeincostarica.com/nuevo_vida/</a>
Paul Furlong Paul Furlong motorcycle blog	<a href="http://shootright.blogspot.com/">http://shootright.blogspot.com/</a> <a href="http://eyeneo.com/">http://eyeneo.com/</a>
Pura Vida Mommy	<a href="http://puravidamommy.blogspot.com">puravidamommy.blogspot.com</a>
Rubiatica	<a href="http://rubiatica.blogspot.com">rubiatica.blogspot.com</a>
Somewhere In Costa Rica Su Espacio	<a href="http://someswhereincostarica.com">http://someswhereincostarica.com</a> <a href="http://www.suespacioate nas.blogspot.com/">http://www.suespacioate nas.blogspot.com/</a>
The Real Costa Rica The Very Worst Missionary The View From Here	<a href="http://blog.the realcostarica.com">blog.the realcostarica.com</a> <a href="http://theveryworstmissionary.com">theveryworstmissionary.com</a> <a href="http://theviewfromherecr.blogspot.com">theviewfromherecr.blogspot.com</a>

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# Atenas Chili Cook Off

RECAUDACIÓN DE FONDOS PARA LA CARIDAD EN BENEFICIO  
DEL HOGAR DE VIDA PARA LA NIÑEZ  
UNA CASA PARA NIÑOS ABUSADOS, ABANDONADOS Y HUERFANOS.

**Hogar de Vida, our charity of choice**

**Fecha:** Domingo 10 de Febrero, 2013

**Hora:** Abierto al publico de 11:00 am a 4:00 pm

**Lugar:** Quinta Romavista, Barrio Mercedes, Atenas.

Siga los rotulos desde el semaforo de la iglesia.

**Entrada:** 2000 colones (incluye el uso de la piscina)

**Degustación de Chili, Jardin de Cerveza, Hot Dogs, Postres,  
Venta de Libros, Pinta Caritas, Rifas, Musica y Toro Mecanico!**

[www.atenaschilicookoff.com](http://www.atenaschilicookoff.com)

## Atenas Chili Cook Off



CHARITY EVENT TO BENEFIT THE HOGAR DE VIDA PARA LA NIÑEZ  
A HOME FOR ABUSED, ABANDONED AND ORPHANED CHILDREN

**When:** Sunday, February 10, 2013

**What Time:** Open to public 11:00 am to 4:00 pm

**Where:** Quinta Romavista, Barrio Mercedes, Atenas.

Follow the signs from the blinking light at the church.

**Admission:** 2000 colones (includes use of a swimming pool)

**Chili, Beer Garden, Hot Dogs, Pastries, Book Sales,  
Face Painting, Raffle, Music and Mechanical Bull Riding!**

[www.atenaschilicookoff.com](http://www.atenaschilicookoff.com)

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A nonprofit organization that harnesses the power of the Internet to provide adolescent health education services to youth and family development organizations who seek to improve the health, education and well being of youth.

## **TeenSmart International Seeks Volunteer Translators**

### **Job Requirements:**

- Able to translate from English into Spanish or from Spanish into English
- Able to write well
- Access to computer and Internet services

Interested persons should contact [clindenb@u.washington.edu](mailto:clindenb@u.washington.edu) or call for more information 8837 6478 or 2433 1023 in Costa Rica, Central America.



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