

## 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



The gifts of Nature

*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.*



## 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)

Issue No. 103

July 23, 2013

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## Publisher's Note



On my daily journeys, I have the opportunity to meet and greet people from all walks of life who have somehow found their way to the quiet paradise that is Atenas. I revel when I talk to them. I perceive that they experience the same unexplainable grip this pretty little town has on me.

The time away from home is always a good time to reflect on the events and people that make up my life in the community. While I really enjoy the care-free days of no meetings and no deadlines when I am vacationing, I am always happy to come home to my loved ones, which include my pets and my plants.

After I fell in February, which resulted in a broken humerus bone, I had been unable to do my daily laps in the pool. Being forced to curtail my activities in this manner has resulted in some well-deserved rest. It has also been a good time to begin to pay attention to the ways in which I am investing my time. I urge all of you to investigate this theme in your own lives, without taking a fall to do it! I am back in the pool!

This month's issue is full of information, entertaining articles, gorgeous artwork and two wonderful interviews. I hope you enjoy reading it as much as I have enjoyed editing and publishing it.

I receive pictures with comments from many of our visitors, often taken when they are simply walking from place to place in town. They are tangible proof of the many species of butterflies, birds, flowers and other surprises Nature brings to us each day. No wonder we like living in Atenas, today and every day!

Happy reading and don't get caught in the rain without your umbrella!

Marietta Arce  
marietta.arce@gmail





## COMMUNITY BULLETIN BOARD

This space is available for posting community activities for the following weeks. Please provide information about your activity or event to [atenastoday@gmail.com](mailto:atenastoday@gmail.com) by the 15<sup>th</sup> of the month.

July 25-28<sup>th</sup> Yoga Retreat (see flyer for more information)

July 28<sup>th</sup> – BARTER/SWAP DAY IN CENTRAL PARK (FLYER ATTACHED)

July 28<sup>th</sup> and - Buddhist Book Discussion at Roca Verde (SEE FLYER)

August 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

July 30<sup>th</sup> Atenas Bridge Club meets at Don Yayo's  
August 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Restaurant 25<sup>th</sup> 1 p.m. to 4 p.m. No partner  
is required.

August 3<sup>rd</sup> - YOGA OPEN HOUSE AT COLINAS DEL SOL (See Flyer Attached)

August 7<sup>th</sup>& 21<sup>st</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.

July 31<sup>st</sup> (Please confirm with Sara or Kay 2446-0664)  
August 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

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

August 7<sup>th</sup> – Atenas celebrates 146<sup>th</sup> 'birthday' – celebrations August 9<sup>th</sup> & 10<sup>th</sup> with activities in the park and around the plaza. More information to come.

August 10<sup>th</sup> – 7 p.m. As part of 146<sup>th</sup> celebration Free concert in Central School of Atenas (see flyer attached)

August 11<sup>th</sup> CANINATA – 6 km dog 'walk' ... for more information see flyer (in Spanish)

August 13<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.

August 14<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.

August 15<sup>th</sup> – Costa Rica celebrates Mother's Day. All government offices are closed.

August 19<sup>th</sup> - PLEIN AIR - Contact Jan Yatsko at 2446-0970 or [janyatsko@gmail.com](mailto:janyatsko@gmail.com) to find out where the next activity will be held.

## Practice in Paradise and Free Your Spirit

July 25 – 28<sup>th</sup> 2013

Give your self a loving gift and join certified Yoga Teacher Leah MacLauchlan for this 3 night yoga Retreat at Villas Rio Mar. This Polynesian style resort is a perfect place for an unforgettable yoga experience. Situated on the banks of the Baru River, and only 950 meters from Dominical beach. Offering comfort and relaxation, surrounded by impressive tropical forests, the jungle resort Villas Rio Mar awaits you with traditional, friendly hospitality. Relax and enjoy the lush, tropical gardens from the open terrace or take the opportunity to plunge into the inviting pool. We begin with a guided meditation then start our day with an invigorating yoga routine to smooth your emotions and stave off stress. We will close our day with a gentle yin and restorative practice. Come and let go of all the doing that keeps us from seeing and being with our inner self. This retreat is offered for all levels of practice. Non yoga participants welcome.

### THE RETREAT INCLUDES

- 3 nights accommodation in Junior Room with 2 queen beds A/C and WIFI
- Tea, coffee fruit and juice before the morning practice
- All deliciously prepared meals with menu choices
- 7 yoga classes

*The Cost is \$279 per person based on double occupancy*

*\*Non Yoga participants \$249\**

For reservations or further information please contact

Leah [nomosno21@gmail.com](mailto:nomosno21@gmail.com) or 2 446 3150

*\*\$200 non refundable deposit required by July 1st \**

*\*Transportation not included, to be arranged at a later date\**

## JOIN ADECA FOR THE FIRST 'BARTER/SWAP MEET'

*The Asociación de Desarrollo Pro Conservación del Medio Ambiente de Atenas (ADECA)* is a non-profit organization dedicated to working towards the conservation and recuperation of the environment. In order to accomplish these objectives, ADECA undertakes different actions such as:

- Clean -up of Rivers (Recuperation of Quebrada Matias project)
- Recycling
- Environmental Education
- Purchase of land in order to protect water sources, springs and native flora and fauna
- Socio-cultural activities which strengthen human relations and solidarity among people and their environment and the community (such as the upcoming "Barter Activity")

ADECA accomplishes its mission with donations it receives from people who support its ideals and with support from DINADECO (National Directory for Community Development).

## NOT SPENDING MONEY BUT STILL ACQUIRING GOODS



IS BARTERING!!!

SUNDAY JULY 28<sup>TH</sup> IN CENTRAL PARK OF ATENAS

FROM 9 A.M. TO 4 P.M.

FOR MORE INFORMATION, PLEASE CONTACT 83 70 43 10

OR WRITE [atenastoday@gmail.com](mailto:atenastoday@gmail.com)



OPEN HOUSE  
at  
NEW ATENAS YOGA CENTER



Please join us for this FREE EVENT, Saturday, August 3rd from 8 AM to Noon

Located in our beautiful new yoga center:

- With a convenient covered roof, tiled floor and retractable glass walls
- Situated in the lush tropical gardens of Hotel Colinas del Sol
- Minutes from Atenas Centro with lots of handy parking

EVENT SCHEDULE:



8-9 AM Hatha/Vinyasa Flow Yoga with Anna Hunt



9:15- 10:15 AM Hatha Yoga with Leah MacLauchlan



10:30- 11:30 AM Tai Chi and Qi Gong with Dylan Hunt

Newcomers and current students are welcome to participate or watch these free events. Discover the health benefits of yoga and tai chi in your life during the question and answer segments after each event. Bring your own mat or a limited number of mats will be available for your use.

Yoga Foot Jewelry for sale by Seidy Solís

Win free yoga prizes!

Light refreshments served

See you there! You are the one who will benefit!

For more details: Contact Leah at 2446-3150 or Anna at 8660-8921

[classes@atenasyoga.com](mailto:classes@atenasyoga.com) [www.atenasyoga.com](http://www.atenasyoga.com)



## Buddhist Book Discussion

\*\*\*\*\*

**Every Sunday**  
**Meditation (optional) 1:30pm**  
**Book Discussion 2:00pm**  
**218 Roca Verde, Atenas**

A gathering for those interested  
in Buddhism and Buddhist writings.

**ALL ARE WELCOME,**  
from non-Buddhists to experienced Buddhist  
practitioners, whether you have read the book or not.  
Current book: "A Path With Heart" by Jack Kornfield

Please telephone or email  
for directions or information:  
Adrienne and Richard Baksa  
2446-8509  
adriennebaksa@me.com  
rbaksa@mac.com

\*\*\*\*\*

# Caninata



**ATENAS 2013**

**11 AGOSTO 8:00am**  
**Ruta 6 Km**



salida del parque central de Atenas  
Regalías: pañuelo para perro, hidratación  
para ambos, frutas para dueño, snack  
para perro, bolsa biodegradable  
para desechos.

**Inscripciones: 4000 colones por perro**



# INTERMEZZO



Presenta

# SPIRITUAL and GOSPEL



## Concierto Gratuito

**Sábado 10 de Agosto, 2013**

**Hora: 7pm**

**Lugar: Escuela Central de Atenas**

**Más información al: 8402 - 5346**



**CoroIntermezzo**



Municipalidad de Atenas



"146 años de Cantonalidad (1867-2013)"



Located 100 mts South, 50 mts East of the Courthouse in Atenas, this charming crafts store and workshop is sure to become an Atenas favorite 2446-0822; 7070-3202; elrincondenana@live.com

**See Interview in this issue**



## LA PIZZERIA



**2446-0937**

Located on Calle Ronda next to Don Mario's Pulpería



## Variedades L&H

Across from the Church where Regalos Country was

2446-4003





## COPO LOCO

Located across from the Church  
Open every day except Wednesday  
from 9 a.m. to 8 p.m.



La Casita de Tus Mascotas – Groomer, Pet Shop  
located on Second Avenue near A&A  
2455-0251



*Natural*  
Delicioso y Saludable

[www.naturaldelicias.com](http://www.naturaldelicias.com) / 2446-0082

See Interview in this issue

# DENGUE FEVER

## DENGUE FEVER

Atenas is currently (July 2013) listed as one of the counties with an alarmingly high incidence of cases of dengue. The following information is provided because we have learned that many people in community are unaware of the virus' symptoms and/or steps to take to avoid it.

Dengue fever (also known as break bone fever) is an infectious tropical disease caused by the dengue virus. Its symptoms include fever, headache, muscle and joint pain, and a distinctive skin rash similar to measles.

Dengue is transmitted by several species of mosquito within the genus *Aedes*, principally *Aedes aegypti*, which is distinguishable by the white markings on its legs.



Wikipedia picture of *A. aegypti*

The virus has four different types; infection with one type usually gives lifelong immunity to that type, but only short-term immunity to the others. Subsequent infection with a different type increases the risk of severe complications. There is no commercially available vaccine. Reducing the habitat and the number of mosquitoes is the most effective way to limit exposure to bites.

### **Symptoms (not all need be present):**

- High fever lasting between 5 and 7 days
- Intense headache
- Pain behind the eyes
- Pain in the joints
- Inflammation of the lymph nodes behind the ears.
- Constant diarrhea and/or vomiting
- Depression, restlessness, insomnia, extreme paleness
- Throat pain and difficulty breathing
- Appearance of rash similar to measles 3 or 4 days after fever starts

### **Treatment:**

- See a doctor or visit the clinic
- Take Pain relievers with acetaminophen, NO aspirin
- Get plenty of rest
- Drink lots of fluids

### **Prevention:**

#### **In the neighborhood:**

- Talk to your neighbors about the need to eliminate all breeding sites
- Identify the places in your neighborhood that could be unattended breeding places, such as empty lots, parks and parking lots. Let the Ministry of Health (2446-5045) know about the situation immediately so they can take the necessary action
- Make a weekly inspection

#### **In the home: (OUTSIDE)**

- Clean gutters periodically to make sure they drain properly
- Check for any articles or containers that might be accumulating water
- Cut the grass and keep the yard clean
- Collect any empty bottle caps or other product that might collect water
- Eliminate used car or bicycle tires. If you are using them as barriers, puncture holes so that water cannot accumulate.
- Fill any visible holes in cement block
- Turn empty storage tanks or bottles upside down
- Cover all receptacles that are used to store water
- Wash sinks, pet food bowls, etc. on a regular basis
- Make a weekly inspection

#### **In the home: (INSIDE)**

- Eliminate any vases that contain water
- Eliminate dishes under household plants or clean regularly
- Drain water from sinks
- Make a weekly inspection



Reprinted from brochure edited by Giorgio Blokár 2008

## KNOWLEDGE IS POWER!

If you would like to know more about dengue (where it comes from, what to do about it, etc.) we have provided the following links.

<http://www.cdc.gov/dengue/resources/30Jan2012/aegyptifactsheet.pdf>

<http://www.cdc.gov/dengue/entomologyEcology/index.html>

[http://www.cdc.gov/dengue/entomologyEcology/m\\_habitats.html](http://www.cdc.gov/dengue/entomologyEcology/m_habitats.html)  
**(DISCUSSION OF BREEDING SITES)**

[http://ecdc.europa.eu/en/healthtopics/aedes\\_aegypti/basic\\_facts/Pages/basic\\_facts.aspx](http://ecdc.europa.eu/en/healthtopics/aedes_aegypti/basic_facts/Pages/basic_facts.aspx)

[http://ecdc.europa.eu/en/healthtopics/dengue\\_fever/basic\\_facts/Pages/Factsheet\\_health\\_professionals.aspx](http://ecdc.europa.eu/en/healthtopics/dengue_fever/basic_facts/Pages/Factsheet_health_professionals.aspx)

Our preventive actions in our home and in our neighborhoods are our best allies.

Atenas Today Interviews  
Margarita Valverde and Maria Aragón



**AT:** We recently visited **Natural Atenas** located diagonally to the I.C.E. parking lot in downtown Atenas where we had a chance to speak with Margarita and Maria, owners of this charming restaurant, coffee house and smoothie bar!

**AT:** **Tell us a little bit about yourself.**

**Maria:** I feel passion for healthy food as an important component of holistic medicine, I've always Loved preparing food that is clean, delicious and full of life. It's been my work since I was around 17 years old, cooperating in restaurants and around 8 years ago transforming organic fruits and vegetables into Tropical Organic Delights, offering them weekly in the 2 different Organic markets in San Jose, where I lived until the beginning of this year. At this moment I thank God for the opportunity to manage my own place alongside wonderful women and in such a beautiful place as is Atenas. I share my Home with the three most amazing women on Earth: my mom, and two daughters, for whom I give thanks to the Universe every day. Focused and full of Joy, today, giving the service of food preparation at our place, your place.

**AT:** This location has had some changes, it looks just wonderful and welcoming. **Have you made many changes?**

**M&M:** Actually, from the beginning and as we started with baby steps we focused mainly on providing a nice place where people could enjoy food prepared with high quality ingredients that taste delicious, that's what we do. What we tried though is making the best of the elements we already had here and make them feel like a warm place with soft colors and live elements, like palm trees and plants, that brought out the same colorful and live elements that our food has. Giving more atmosphere to our place is in our top three priorities right now.

**AT:** **How did you get involved in the restaurant business?**

**M&M:** For years we had the acceptance of many people both in San Jose and then here in Atenas that found in our products the alternative they were looking to try: tasty, nurturing food, you know, the kind that makes you feel good and satisfied. Finally here in this community we found the need, the opportunity and the conditions to offer and expand our services in a permanent place.

**AT:** **The setting and the ambiance here are just great. Do you have any other plans that you can share with us? Perhaps using the space as a venue for live music or private parties? An art gallery?**

**M&M:** Yes, now that you bring that up we really feel that we'll move towards that by incorporating nice live music and art.

**AT:** **We wish you great success in this new venture. How have you been received in the community?**

**M&M:** It's been a joyful experience to realize how people feel and appreciate what we are doing. Our guests have moved us, as they take as something personal the promotion of our place by word of mouth and we are heartily touched by all those gestures, good comments and support.

**AT:** We noticed that on your Facebook page you list yourselves as a Health Food and Caribbean Restaurant. What exactly are the components that make this description accurate?

**M&M:** We offer healthy food and this is mostly for the quality of the ingredients we use, the conscious process to prepare them and how we mix them in every dish. We also have raw elements in each one of them which bring a high level of vitamins and nutrients. As to Caribbean, that is because our chef Maria fusions some of the Caribbean typical ingredients and gastronomy in many dishes we serve.

**AT:** Who does the cooking?

**Margarita:** Maria does; she is the magic behind every meal we serve.

**AT:** How do you describe the dishes that you serve as your specials?

**M&M:** As delicious and original meals that incorporate different gastronomical flavors and that always include a kind of white meat. Vegetarian and vegan options are also available according to the special.



Classic Mediterranean Pita and The House Smoothie



Fresh Daily Bread

**AT:** If someone does not want the daily special, can you offer something else?

**M&M:** We are currently working on our new lunch menu according to our clients' preferences. At this time besides everything on the menu, we offer fish or chicken in four different styles: grilled with herbs, "al ajillo", with ginger-basil sauce or homemade cashew pesto.

**AT:** We have heard that the smoothies and desserts here are amazing. Can you tell us something about your 'secret' recipes?

**M&M:** (Smiles) Thank you for that! We guess its just about fresh and real fruits, no preservatives or additives in them and desserts without refined sugars or artificial ingredients. As for the secret recipe: baked at home with Love.



During their first month Senior reviewers recommended **Nátural** on TripAdvisor [http://www.tripadvisor.in/Restaurant\\_Review-g1177889-d4303124-Reviews-Natural-Atenas\\_Province\\_of\\_Alajuela.html](http://www.tripadvisor.in/Restaurant_Review-g1177889-d4303124-Reviews-Natural-Atenas_Province_of_Alajuela.html)

**AT:** We noticed that Thursdays are Caribbean food. Are there other days that are set aside for a particular dish?

**M&M:** Not at the time, we just wanted to set a specific day for one of our greatest specialties.



Caribbean Thursday

**AT:** Is there anything else that you want your readers to know about you, your services or the food?

**M&M:** We would like to let them know, that we are hardworking young mothers and that it is because our heart's intention that we do everything we do. Natural is here to provide you all with affordable and consciously made food and it is thanks to your support that we are growing and being able to provide this service. We thank those that have already come and those who will. Thank you Marietta and Atenas Today also for giving us the opportunity to share all of this with you :)



Display : Participation at the Farmers Market, Atenas

**AT:** Thank you very much for your time.

**Natural Café is open every day from 8 a.m. to 5 p.m. Their phone number is 2446-0082 and you may find them also at [facebook.com/naturalatenas](https://www.facebook.com/naturalatenas). We hope you visit often and suggest this restaurant to your friends so that Natural Café can thrive and bring us more of their special culinary delights!**



Jimmy (James) Flannigan on whittling: "Ya take a piece of wood, see?

Then cut everything out that's not supposed to be there."

## Trash Removal

Paul Furlong

It's been a tumultuous nit-picking couple of months. Business down, truck needs a new engine, dreams fraught with misgiving; it came to a head a few weeks ago with a pain in my lower left cheek. A dull awareness in my chair to the point that, still typing, (a thought had me in its grip) I was forced to stand. I tried to walk it out, no luck. I called Dr. Bill in Alaska, this was an emergency! Dr. Jane, Dr. Bill's good wife picked up the phone and we began the process of tossing out things that it wasn't.

"When did this start?"

"About ten minutes ago."

"Describe to me what you feel."

"Growing pain from my left cheek down to my toes."

"What medication are you on?"

"Ahh...coffee, chocolate, whiskey."

"Okay, find someone who can take you to a good hospital while I get Bill to call you."

"All right."

Standing in my office I weighed dying of the lunging crud against Gaby killing me for not showering. In the shower, I begin my own process of elimination. Who would drive me all the way to Clínica Bíblica and still be my friend if it was some kind of mysterious left cheek gas? The short list: Wayne's on tour, Davey's in the states and besides, I'm never getting on the back of his motorcycle again. Jack pops into my head, he says;

“Listen man, working on the wrong problem don’t you think?” Yeah, I was. If I were really headed for that great cat house in the sky, why spend my last few minutes looking for a ride? I dried myself a more philosophical man and began to put my affairs in order; it was time to walk the walk. I did my best to align myself for clean passage; this could be really cool. The chrome leading edge of adventure tingled through me like a current. Suddenly aroused, a flock of unfinished projects flapped around me like lips in a newsroom and disappeared over San Jose. I was going to see God; it was visitors’ day.

The phone rings; “Hey man, what’s going on?”

“Not much Dr. Bill, I was telling Jane about this pain.... ”

“Yeah, she told me, now you tell me too.” I described the sensation running down my leg and how it was twinkling my toes.

“Any back pain with that?”

“No...”

“It starts right where my... damn, Bill, you know doctors I’ve ridden with told me to take that stupid wallet out of my back pocket. Come to think of it, it comes exactly from my wallet straight down to my toes! Is that my symbolic nerve doctor Bill?

”*Sciatic* nerve asshole, take 800 milligrams of Ibuprofen three times a day and eat something with it. Hey, I just got a new KTM 400 Super Moto. Just getting used to it....”

We talked about our wives, our lives and that Bill had crashed his float plane this year and thought he’d give up flying. It was good to hook up with old friends, even better to be involved in a diagnosis together, made me feel like an insider. Bill once told me that opening a human was like opening an engine; you can see the working parts! These disciplines become art forms with the best mechanics and experienced doctors. Fixing a motorcycle in the pits during a race or a rider still breathing in emergency requires speed with no mistakes. The first look a doctor/mechanic gets of his patient captures most of the problem in a second. Quick, intelligent questions narrow the focus. Brilliance steps up to the microphone; or not. Excuses abound, Enzo Ferrari used to call a blown engine, “spark plug failure.” Si, Il Commendatore, a piston let loose and collided with the spark plug. But that’s not what this story is about. Sitting in my darkening late afternoon kitchen, storm clouds gathered at my window, pen in hand, I turn my wallet around like a turtle on its back. Idly, I pick through its contents.

Permission to ride my motorcycle  
Permission for my motorcycle to circulate our roads  
Permission to drive my truck  
Permission for my truck to circulate our roads  
Permission to carry my gun  
Permission to own my gun  
Permission to be here, (Costa Rica ID card)  
Permission for 65 year old coots to make the front of the line  
Proof of Inspection  
Page showing I’d paid CR Social Security<sup>1</sup>

<sup>1</sup> Disclaimer: this is not an attack on my chosen country, Costa Rica. I rail against crass and impatient governments the world over with their thin lies, pressing brutality and encroaching authority. In its place, a renaissance might take place if we’d just put down the phone and pay attention.

I had to laugh, like the proverbial match that burns twice; these documents have been a pain in the ass since I started riding. If ever there was a case of chickens coming home to roost, this was it. There must be a rule somewhere to never let these things touch you.<sup>2</sup> I put my wallet in my man bag with the growing trash heap there. It goes over my shoulder now, somewhat removed; the baggage of 21st century man.

Where was I? *Trash removal*: the removal of everything that gets in the way of a good time. *Trash removal*: the rejection and ejection of wrong notion, sour notes and grapes and logs in the free river of life; *anything* that doesn't reflect beauty, love, and the glint of spontaneity. The river simply rises over and around unimaginative jams and keeps playing, making new eddies and tributaries no central planner could ever dream of. I'm beginning to think of trash removal as an art form, a holy grail; a standard man can look to that says, "You're free dammit, DANCE!"

Mildred Flannigan did her best to remove the trash for her only boy, Jimmy. She did it so well that Jimmy never saw it accumulating at his feet. Jimmy hated school and quit as soon as he could. He liked to hang on a corner stoop with the guys and carve beautiful things that came out of his head. He had a good voice and wasn't bad with a song, but he always had a reason not to work and that was okay with his mom, she loved him so. You know, I can skip the details, Jimmy James Flannigan went bad. In and out of jail, then prison and one night cranking crystal meth, he killed a man with a greasy ballpeen hammer.

One gray Monday morning at 9:55 in Trenton New Jersey, Jimmy said his last words,

"Bye mom..."

Jimmy was a bright lad, had a way with words, so I can't imagine what was going through his head when the sky lit up that dank evil room, but if I may be permitted, I'll put some words here for him,

"Every mother's son needs to take out his own trash..."

*"...in any melting pot, there's a certain scum that rises to the surface. As a girl, I saw it in school and can trace most of their lives straight to prison or politics. It's all part of a plan I suppose, Lord knows, manure richens the soil. Excuse me for being presumptuous, but it seems to me they put down roots that grow over hundreds of years. Your father where ever he is, used to say that taking over education was a government plot to make us stupid. God knows you're good with your hands Jimmy, but is that what happened to you? Did they teach you not to care son?"* Mildred Flannigan: to her darling Jimmy the night before they threw the switch.

<sup>2</sup> "And Jesus answering said unto them, Render to Caesar the things that are Caesar's, and to God the things that are God's. And they marveled at him." Ed: this may have been the earliest attempt to separate church and state; also the end of leaders declaring themselves a deity.

Maybe in a different time and place, Jimmy could've hauled the trash. Just a note that seems to belong here; over the last five years, Iceland seriously took out the trash. Told they were bankrupt and had to pay back money "they" hadn't borrowed, the people threw a peaceful revolution. I wish Jimmy could have been there, they fired their government and jailed their bankers. Now they have a better economy than the US and Europe,<sup>3</sup> be sure watch this video<sup>4</sup> and ask yourself why you didn't see it on the news.

I took the plates off my truck today. Caked with mud and grime, I carefully put them in a plastic bag. Then I fought rusted screws on the bikes and put those plates in the bag too. I was careful not to knock any dirt off them; this trash was going back to where it came from! These newly mandated more-better-license-plates are a sad moment for cheap freedom loving Irishmen. But like that block of wood below, removing *this* trash, even for a moment offers temporary satisfaction to a longstanding pain.

Suddenly caught in the jaws of desire, unshaven in a three day funk, I start my bike and ride up to Kiko's for another vodka dammit to go. Still in my slippers, no reflective vest, no helmet, breeze blowing my hair, no license plate and no stinkin' wallet; my GOD it feels GOOD!



[Fuzzlong@gmail.com](mailto:Fuzzlong@gmail.com)

The deeper you dig, the more fruitful your discovery  
Here rests Jimmy, good with his hands he was.  
Save me a beer Jim; an' keep me a breast. A friend

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<sup>3</sup> <http://www.forbes.com/sites/traceygreenstein/2013/02/20/icelands-stabilized-economy-is-a-surprising-success-story/>

<sup>4</sup> [http://www.youtube.com/watch?v=8-SiYQ8s\\_6I&feature=youtu.be](http://www.youtube.com/watch?v=8-SiYQ8s_6I&feature=youtu.be)

**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.**

**6/29/2004**

**Buenas noches Y'all,**

**That means "good evening" in Spanish.  
Today is "Martes." That is Tuesday in Spanish.**

**This morning Mom gave me a real scare!! She got up, got dressed, and LEFT with someone!!**

**Now keep in mind that here I am in a strange country, cannot speak the language,(to humans anyway,) and all of a sudden Mom is GONE!!!  
Dad is here but Mom is gone!!!!  
HOLY HORSE POOP!!!!**

**I have had to work double duty, since we have been here, trying to keep them BOTH in sight or at least make certain that both of them are in the same vicinity.**

**Now Mom is GONE!!  
GOOD GRIEF!!!! What do I do now???????**

**Okay....Dad said she will be home after while so I'll just wait.....wait...wait.....wait.... He says she has gone with Claire to a "women's get together."  
Mom NEVER did that kind of thing back home!!!  
...pace...look out window.....pace....stop pacing and listen for the car.....pace....get up in the chair and look out window.....pace.....pace.....ask Dad how much longer....pace.....look out window.....go outside with Dad to work in yard....pace.....look for car....pace.....go back in with Dad.....pace.....**

**OK!!!!!!!!!!!! YAYYYYYYYYYYYYYY!!! She's HOME!!!!!!!!!!!!!!  
WHEW!!!!!! That was a close one!**

**Mom says she knows now why she never goes to those things at home.**

**B-O-R-I-N-G.**

**Also she says all those women are sort of snobs. All they do is try to impress each other. Mom says that is a HUGE waste of time and they ought to be out helping the street dogs and cats.**

**Oh well, at least I won't have to worry about her going off to one of those things again.**

**We went into Sarchi after Mom got home and looked at some of the furniture they make there. Mom says it is all made by hand.**

**While we were there we went to a couple of souvineer shops. Of course I had to put up with pretty girls and kids again.**

**OH!!! What a burden it is being so huggable!!!!**

**Yesterday we went to look at a house that is going to be for rent soon. The people who live there now are going back to the US due to illness in the family.**

**Mom and Dad are thinking maybe about renting for a year so they can look around more before deciding whether to buy a place or not. They want to be sure they are going to be happy here if they decide to move.**

**The house we looked at is really nice!!**

**It is a very BIG house. It has four bedrooms and they are all pretty large! One is HUGE.**

**The living room is great big too!!**

**There is a back area of the house that is kind of like a den but it does not have "walls" so it is like being outside. One end of it is the garage so it is enclosed with white, decorative bars. But the "den" end of it opens up onto the back yard!! I REALLY liked it!**

**The house is furnished and all the tables and beds and wooden furniture in the house was made by the owner.**

**It has to large bathrooms and a walk in closet that is big enough for another bedroom!!!!**

**It even has TWO KITCHENS!!!! The tico owner/landlord, who is one of the artists who designs and builds furniture, says that when he and his family lived there they entertained quite a bit. They had the extra kitchen so that the "kitchen staff" would have plenty of room to work.**

**I wonder what a "kitchen staff" is.**

**So does Mom!!**

**Oh yeah!! The rent is \$450.00 a month!**

**BudBud the pacing perro**

# Chocolate: Food of the gods in Costa Rica



By Shannon Farley

Creamy, gooey, mouth-melting, milk, white, dark, bitter, sweet ... chocolate melts our hearts not just our taste buds.

As the story goes, chocolate was once considered gold. Prized by the Aztecs and Mayans, and formerly reserved only for royalty in Europe, chocolate has held an irresistible allure for cultures worldwide over the past 4,000 years. In some areas, chocolate beans were even used as currency.

(<http://www.smithsonianmag.com/arts-culture/brief-history-of-chocolate.html>)



Chocolate comes from the seeds of the cacao fruit tree, which originated in the Americas, and grows exclusively in the tropics. The cacao tree's Latin name, *Theobroma Cacao*, loosely means "food of the gods." Both the Mayans and Aztecs believed that cacao beans had magical, or even divine, properties and used them in sacred rituals, as a medicinal cure, and for holiday celebrations. ([http://en.wikipedia.org/wiki/Theobroma\\_cacao](http://en.wikipedia.org/wiki/Theobroma_cacao))



Etymologists trace the origin of the word "chocolate" to the Aztec word "xocoatl," which referred to a bitter drink they favored brewed from fermented, roasted and ground cacao beans. Sweetened chocolate didn't exist until Spanish explorers arrived in the Americas and tried the prized libation. Mixed with honey or cane sugar, hot chocolate quickly became popular throughout Spain. By the 17th century, chocolate was a fashionable drink across Europe among royalty and the wealthy.

(<http://en.wikipedia.org/wiki/Chocolate>)

Although cacao is originally from the Neotropical zone in the Americas, today, cacao is hand-grown on small farms in three main regions: West Africa, South and Central America, Southeast Asia and Oceania.

## Chocolate in Costa Rica

Cacao has a long history in Costa Rica. The beans were originally used as currency by indigenous tribes in Pre-Columbian times, and continued to be a form of currency up until the 1930s. Growing and harvesting cacao was one of the country's major industries before the introduction of coffee in the late 1700s outpaced it. Cacao remained an important export in

Costa Rica until a fungus blight swept through the plantations in 1979, drastically reducing cacao production by 95%.

Nowadays, Costa Rica is experiencing a resurgence of cacao production. Small plantations have sprouted up mostly along the Caribbean Coast, and also on the Osa Peninsula. The Center for Tropical Agriculture and Higher Education (CATIE), based in the town of Turrialba in the Central Highlands, houses one of the world's most important genetic banks for cacao, including rare and wild species. Costa Rica's gourmet chocolatiers, Sibú Chocolate, get their 100% organic Costa Rican cacao beans from trees specially developed by CATIE.



Founded in 2007, Sibú Chocolate is the creation of Costa Rican historian and naturalist Julio Fernandez, and former Miami journalist George Soriano. The cottage business makes gourmet chocolate truffles and bars by hand, and sells them in specialty stores around the greater San Jose metropolitan area. Their business name comes from the Central and South American indigenous god Sibú, who is said to have created the world by spreading seeds of life; the cacao tree was among his most sacred gifts. Sibú Chocolate offers chocolate tasting tours at their small

workshop and café located just between downtown San José and Braulio Carrillo National Park (506-2268-1335 / <http://www.sibuchocolate.com/>).

There are several other **chocolate tours in Costa Rica**:

- Tirimbina Rainforest Center and Wildlife Refuge, Sarapiquí
- ChocoRart Cacao Plantation, just south of Puerto Viejo on the Caribbean Coast
- Bribri Indigenous Reserve, also south of Puerto Viejo
- Finca Kobo Chocolate Farm Tour, on the Osa Peninsula near Puerto Jimenez
- La Iguana Chocolate Farm between Puriscal and Parrita, near the Central Pacific (<http://www.laiguanachocolate.com/Visit.html>)

### **Playa Nicuesa Rainforest Lodge**

Cacao was once plentiful in Costa Rica's southernmost region of the Golfo Dulce and Osa Peninsula. The award-winning eco-lodge Playa Nicuesa Rainforest Lodge is built on a former cacao farm that has returned to the jungle. On the lodge's popular Edible Garden tour, they turn raw cacao beans into chocolate cake. Playa Nicuesa Rainforest Lodge is a 165-acre private preserve located within the Golfo Dulce, next to the Piedras Blancas National Park. The area contains Central America's largest remaining Pacific Coast rainforest. Playa Nicuesa Rainforest Lodge is a unique adventure travel destination for its remote, pristine wilderness location. (<http://www.nicuesalodge.com/>)



## WHAT LIVING IN COSTA RICA MEANS TO ME....



by Dennis Easters  
easters3@msn.com

If you were to ask 10 expats from around the world what are the reason(s) that they have chosen to live in Costa Rica, you are very likely to get 10 different answers. However, I can almost guarantee that many of the responses will be similar and overlapping. In the title of this article, "What Living in Costa Rica Means to Me" I am asking for something deeper than "reasons". I am asking for feelings, emotions and spirit. Personally, I need the essence of the meaning to a life lived here in Costa Rica. I am forever in search of the answers to the complexities of life. Therefore, I will start with myself to see if by savoring the flavor, if I can detect the individual ingredients of the meaning of life in Costa Rica.

**FREEDOM** - Having been born in the United States, I feel extremely fortunate and blessed to have been given the opportunities that were afforded me in one of the greatest countries on earth. However, from my very first day on Costa Rican soil, I have had a real sense of freedom that I have never experienced in my life. If I were to give real life examples of this sense of freedom, the first would be nature. I am a real outdoors kind of guy and being surrounded by nature revitalizes and invigorates me to the core. Costa Rica's nature is so diverse and abundant that one instantly feels "put in your place" and part of the natural beauty that surrounds you. When I take a trip up to

Rincon de la Vieja National Park I am instantly surrounded by all the best nature has to offer; natural thermal baths, bubbling mud caldrons from the powerful volcano, cold mountain rivers with cascading waterfalls, dense forest, impressive mountain vistas, wide open savannas all with an abundance of flora and fauna.

To the other extreme as an example is the lack of Big Brother. For example, if I am out cruising around on a Sunday afternoon, day dreaming, soaking up the natural beauty that surrounds me, get wrapped up in the moment and end up with a lead foot, speeding through the countryside, I don't have to worry about being pulled over by the police for going 5-10 miles over the speed limit. Now that does not mean that there are not speed limits and rules to follow in Costa Rica because there are. However, back home I am always in constant "fear" of going over the speed limit, or breaking a minor traffic law, like forgetting to put on a turn signal when stopped at a stop sign. For the most part in Costa Rica, unless you are just unlucky or doing something crazy, there is not much to worry about. Do you remember those car commercials with the handsome couple in their convertible, nicely dressed, sun glasses on, hair blowing in the breeze, not a care in the world? That's the feeling of freedom I am talking about.

**GREEN** - Having had an intimate relationship with Costa Rica for nearly 10 years, just hearing the countries name I immediately see green. In today's world, green has become more than just a color. It has become a new philosophy of living. In my mind, Costa Rica encompasses all the meanings of green. If we go back to the topic of nature about 25% of the countries land mass has been reserved for conservation as National parks. Costa

Rica is only .03% of the worlds land mass but is home to 5% of the planets biodiversity. Now that's green.

Costa Rica is also on the cutting edge of technology when it comes to clean energy. Most of the power produced in this small country comes from nature like wind, hydro and geothermal sources. The country also has a lofty goal of being carbon-neutral by 2021. Is Costa Rica perfect in it's quest for "green"? The simple answer is no. The country still has problems. Many of the rivers are polluted and there is over development in certain areas causing strain on the basic infrastructure. Recycling is just catching on and hopefully will soon become a household habit. However, what we all need to remember is that Costa Rica is a developing country and the old adage of "we must crawl before we walk" is the proverbial shoe that fits. Looking at the countries progress in that light, I feel that Costa Rica is leaps and bounds ahead of most the developed worlds mentality on being green.

**MENTALITY** - The Costa Rican people have a different mentality about life than most of us from the north or Europe. There is an overused phrase here, "pura vida" that really sums up this "tico" mentality. Pura Vida literally translates to pure life and I feel that is how the average Costa Rican lives their lives. What is a pure life in Costa Rica? In my experience pure life is the essence of healthy living. It's stopping on the street to say hola to people you may or may not know. It's home cooked meals with fresh fruits and vegetables. It's free time to just sit, have a cup of coffee and enjoy an hour with your neighbors, friends and family. It's listening to music just a little too loud while dancing the night away. Most importantly it's finding a reason or holiday to throw a party and celebrate life itself.

Gerardo is always reminding me that in Costa Rica we "work to live not live to work". Those of us from most of the Western world live life just the opposite, living to work, not working to live. We are so busy working to pay for the "things" we think we have to have that we don't even have time to use these "things" Living in Costa Rica has brought me back to my roots. Having grown up in a small southern town, where our customs and values were much the same as those of my Costa Rican neighbors, I am convinced that these values are what made me feel at home from day one.

Personally I find that most of us make life much more complicated than it really is. I have been guilty of this a time or two. Living in Costa Rica has allowed me to remember to just breathe. It has also taught me to take life seriously but not so seriously that you forget to live. I can say I have tasted true freedom, which is more that just rules or laws. The freedom I am talking about is that of a butterfly, light, delicate and spiritual. The local mentality has reminded me of the values that were the core of my upbringing in a small Florida town. I find that more times than not it is the small, seemingly insignificant things in life that brings me the most comfort and joy. I challenge you to stop and ask yourself what does living in Costa Rica mean to me? Once you scratch the surface you just may find it means more than you once thought.



Atenas Today Interviews  
Cecilia Tristán

Owner of *El Rincón de Nana Crafts*



**AT:** Several weeks ago, we noticed a new type of craft store in town and went to visit. The following is our interview.

**AT:** Tell us a little bit about yourself. How did you end up in Atenas?

**CT:** I, Cecilia Tristán, was born in Louisiana, New Orleans nearly seven decades ago. My Costa Rican father met my mother, while he was studying medicine at Tulane University. After they graduated they moved to this beautiful country. They had five children, three were born in the U.S. and the last two were born in Costa Rica. I have lived all my life in here, mostly in San José, and I am a dual citizen. I spent twenty years in Puntarenas. I have had the great fortune of being decisive at the right moment and this has contributed greatly to the success I have had in the businesses I have engaged in (ceramic shop, clothing store, custom rug factory, educational institution). I have been a Social Worker, Real Estate Broker and I have just recently become a lawyer and notary public. In addition, I am the proud mother of three adult children who are all interesting and successful people. In fact, to get back to your question, that is how I came to Atenas. I have one son who lives in Roca Verde with his wife and another son who is building a home there.

I feel that coming to Atenas and opening **El Rincón the Nana** is the right decision at this time.

**AT:** How interesting. What makes you feel that?

**CT:** Just three months ago I closed a life cycle of being the General Manager for a small aeronautical corporation and I decided that, once again, I was going to become my own boss. I was going to be the owner of a business, and I was going to start a new project, just like I had done many times in the past. My new project, would involve extraordinary people, who would appreciate learning and eventually becoming experts at good craftsmanship.



Front of El Rincon de Nana

**CT:** Atenas, besides having “the best climate in the world” as everyone knows, has several characteristics that make it the ideal place for me to start **El Rincón de Nana**, a cozy Craft Shop in the middle of town, where experienced craft professionals teach Quilting, Embroidery, Glass and Mosaic, Country and Ceramic Paint, Candle making, Scrapbooking, oil painting, etc. This town is fertile; a virgin spot in the middle of the country, with rural town characteristics and where not only “Ticos” live but also foreigners who have also chosen to spend their “good days” at this lovely place.

**AT:** What exactly prompted you to open this kind of 'nook' instead of a restaurant, or a clothing store?

**CT:** There is a lot involved in teaching for people who *think*. To start with, they are

special. They are people who are receptive to world change, eager to improve themselves, people willing to stretch their natural limits. Therefore I thought I would be working with human beings who, through the process of learning would challenge me which in turn, would make my life still more interesting. Besides...the outcome of it all: I would be surrounding myself with people who would see beauty in arts and crafts, and I would love to share that with them.

**AT: How is your type of establishment different from the kind of stores we already have in Atenas?**

**CT:** Rincón in Spanish means a small, cozy corner and this is the feeling I want the business to have. I would like the “rincón” not only to be Nana’s Rincón, but everyone else’s Rincón...where people can come and find peace of mind, good background music, wi fi, a reading corner, tasty ice creams and pastry and a place to learn crafts!!! It would have dual citizenship feeling...costarican and expatriates...



**AT: How did you come up with the name?**

**CT:** Well, I am a grandma to four boys and a girl and they call me Nana. All my days are spent in this place, therefore this is Nana’s corner...cozy, warm, promising, full of dreams and...happiness!!

**AT: What kinds of people are you hoping to attract to your business?**

**CT:** Both men and women who would like to add another dimension to their current life, either by learning craftsmanship of any

kind, or by joining in with groups of people to have conversations with while enjoying a nice environment.

Groups of retired ladies who do all the housework and would like to get away just for some hours a week, getting back home later with a project in hand such as a painting, embroidery, etc., which would entertain them over endless hours at home.

I have offered the Hogar de Ancianos de Atenas the opportunity to bring some of the ‘abuelas and abuelos’ in groups of six once a week. They can come and receive lessons (free) on knitting or woodworking and have a change of scenery while engaging in a project they can take and continue to work on at the Hogar. This is my way of giving back to the community.

Also, I think it is important for women and men who would like to learn a craft that could easily become income producing. I offer them the chance to sell their finished products at El Rincón de Nana.

Groups of teenagers and children when they are not at school (Christmas and summer vacations) can learn new skills and fill their minds with good and positive thoughts!

As you can see, I am hoping everyone can find something to look forward to at Rincón.

**AT: Do people have to have prior experience in order to sign up for the classes offered in your shop?**

**CT:** Not at all, on the contrary... we love to teach people who don’t even know if they will be able to learn and then find out that they have great ability, huge potential and are able to fulfill a dream that they could have had through life...in other words, people find themselves through doing craft work.!!

**AT: How did you first become aware that this might be a niche that needed to**

**be filled in Atenas, considering the fact that we have many local artisans and crafts people already?**

CT: When I first visited Atenas, two years ago, it resembled the Puntarenas town I had lived in thirty years ago. Good people, welcoming attitude, eagerness to improve as human beings and also eager to live better by being able to increase their family income, etc. Atenas has a lot of needs as modern living standards improve and these needs are easy to fulfill. This became a challenge for me, and from it the idea to eventually come to live in this town. In the meantime I want to provide a "Rincón" for everyone. I want to learn more and more about the town and come up with projects that might seem farfetched to some, but I know they could really materialize with willingness, dedication and tenacity.

**AT: What are the specifics of the costs and the hours of operation:**

CT: EL RINCON DE NANA will be open from 8:00 a.m. to 12:00m. and from 1:00 p.m. to 5:00 p.m. from Monday through Saturday. Everyone is welcome to come and see our installations, class rooms, cafeteria, notions store and gardens. Information on days of lessons will be given at any time during the day by Gerardina, the administrator or by me, the owner. Classes are for anyone who is willing to learn and each course is given to groups of six students.

As a promotion for the period of inauguration and Mother's Day, we are not charging the enrollment fee and all courses cost 15.000 colones per month. The courses are 12 hours per month (3 hours per week). Materials for the courses are all sold in El Rincón de Nana.

**AT: Is there anything else you might care that you feel is important for our local people to know about you or your business?**

CT: Well, I am fluent in English which might be a positive thing for some of the expats who don't speak Spanish but would like to learn the crafts.

I would also like to offer my services as a lawyer, notary or consultant on issues important to the expat community. I have Real Estate experience, and also handle all types of insurance.

**AT: What is the 'feeling' you hope people will come to associate with your cozy shop?**

CT: I would just like people to come over to the different craft courses and also people to come to the Rincón, sit around with their computer (wi fi), bring their book or share any book we might have on the shelves, have a cappuccino o expresso, enjoy a Banana Split, drink a smoothie: In other words, feel right at home! Doesn't that sound cozy ??



**Students enjoying a class in Rincón**

**AT: Yes, it sure does. Thank you very much for your time, Cecilia. We wish you much success.**

**El Rincón de Nana is located 100 meters South and 50 meters East of the Courthouse**

**Tel: 2446-0822 / 7070-3202**

**Email: [elrincondenana@live.com](mailto:elrincondenana@live.com)**

## Following the crowd!



by Marietta Arce  
*marietta.arce@gmail.com*

My mother was born into a poor but educated family in Moravia in 1929. She was the eldest of ten children. Before she had turned one, she already had a younger sister. The siblings followed regularly for the next 18 years!

When it came time for my mother to begin first grade, her father decided that she should wait a year so that her younger sister and she could walk to and from school together. My mother never quite got over the complex she felt by being the oldest in her class and spent the rest of her life trying to differentiate herself from her competitive and more beautiful (in her opinion!) sister.

Back in those days (1937 or so), the public schools were attended by everyone: rich, poor, in between. My mother and my aunt were often the beneficiaries of affluent classmates who handed down their worn (but in good condition) uniforms discreetly, knowing that my grandparents could not afford to replace them every year.

My mother's discomfort with 'used' clothing was permanent and she made sure that each of us had our own clothes, our own beds and taught us to save our pennies so that we could buy our own things.

Although my mother was not a 'fashionista' she always had an eye for quality and design. When we were children she hired a well-known seamstress to copy the designs she saw in magazines so that we could appear fashionable and modern. By that time, of course, my parents were both working and although we were not rich, we certainly enjoyed a much better lifestyle than they had when they were young.

Sixth grade graduations are a big deal in Costa Rica. They were even bigger in 1943, the time when my mother's graduation came around. Knowing that her parents would not be able to afford material for a new uniform and wanting more than anything to wear a pleated skirt made of the finest cashmere, my mother joined her other relatives in picking coffee the summer before in order to raise the money.

One day she was walking along the 'streets' of the large coffee plantation where the group was working and she noticed that there was a large coffee tree that was full of ripe coffee beans. She couldn't figure out why everyone had missed such an obvious gem and promptly rushed to it with her basket. She quickly began to strip the tree clean when she suddenly became the victim of the hundreds of bees whose home she disturbed.



She was eventually rescued by her aunt and she did manage to purchase the material for her skirt that year! She never forgot the lesson, though, and always told me that while she was not a 'follower' she did learn that sometimes the crowd knows something worth finding out about!

## **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.



Clouds over Atenas,  
34" x 44"  
Oil on canvas

**Al Alexander**  
*jeanandal@gmail.com*



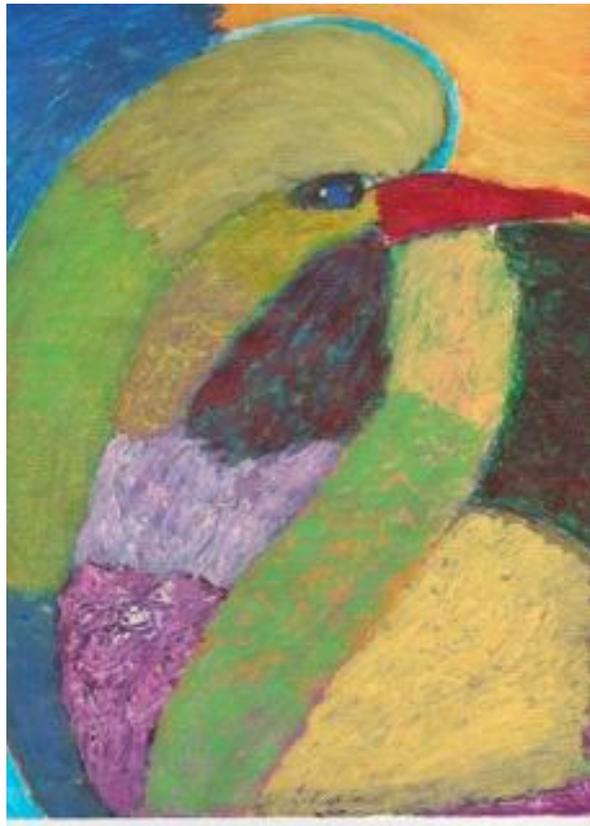
"Scruffy"  
Watercolor and Graphite

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



**Self Search**  
**Oil on Board**  
**48 in. x 48 in.**

**Harriet Sheppard**  
**[hweyman@hotmail.com](mailto:hweyman@hotmail.com)**



**MotMot**  
**Jocelyn@squibblesdesign**



**Picture of Thunder on the Horizon**  
**Peter Boyer**  
**pebo2@me.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. New blogs are added regularly.

Biolley Buzz	<a href="http://bcrcoffee.com">bcrcoffee.com</a>
Casey Bahr	<a href="http://adullroar.blogspot.com/">http://adullroar.blogspot.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	<a href="http://delapuravida.com">delapuravida.com</a>
Diane Miskell	<a href="http://dianascostaricablog.blogspot.com">http://dianascostaricablog.blogspot.com</a>
Dovile Vaigauskaite	<a href="http://www.powerofindividual.org">www.powerofindividual.org</a>
Fabulista De Costa Rica	<a href="http://fabulistadecr.blogspot.com">fabulistadecr.blogspot.com</a>
Fred Ball	<a href="http://natureboy70.blogspot.com/">http://natureboy70.blogspot.com/</a>
G. Martin Lively	<a href="http://fishinginandaroundcostarica.blogspot.com">fishinginandaroundcostarica.blogspot.com</a>
Going Like Sixty	<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	<a href="http://marisundays.wordpress.com">http://marisundays.wordpress.com</a>
Mi Chunché	<a href="http://michunche.com">michunche.com</a>
Nadine Hays Pisani	<a href="http://happierthanabillionaire.com">happierthanabillionaire.com</a>
New Life in Costa Rica	<a href="http://www.anewlifeincostarica.com/nuevo_vida/">http://www.anewlifeincostarica.com/nuevo_vida/</a>
Paul Furlong	<a href="http://shootright.blogspot.com/">http://shootright.blogspot.com/</a>
Paul Furlong motorcycle blog	<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>
Shannon Farley	<a href="http://enchanting-costarica.com/">http://enchanting-costarica.com/</a>
Somewhere In Costa Rica	<a href="http://somerwhereincostarica.com">http://somerwhereincostarica.com</a>
Su Espacio	<a href="http://www.suespacioatenas.blogspot.com/">http://www.suespacioatenas.blogspot.com/</a>
The Real Costa Rica	<a href="http://blog.therealcostarica.com">blog.therealcostarica.com</a>
The Very Worst Missionary	<a href="http://theveryworstmissionary.com">theveryworstmissionary.com</a>
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**Geographic Area:** Heredia Center



### CONTACT:

**Saúl Arce C. 8824-8664 2446-7515 saularcechacon@gmail.com**

**Grace Villalobos G. 8893-1617**

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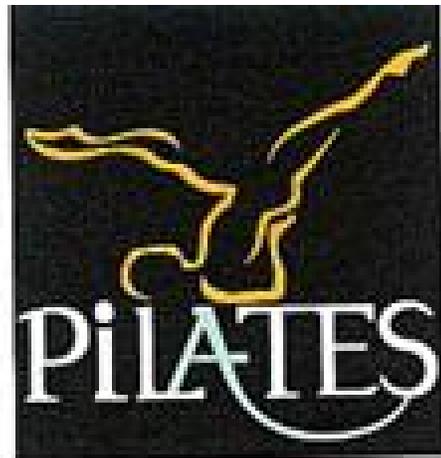
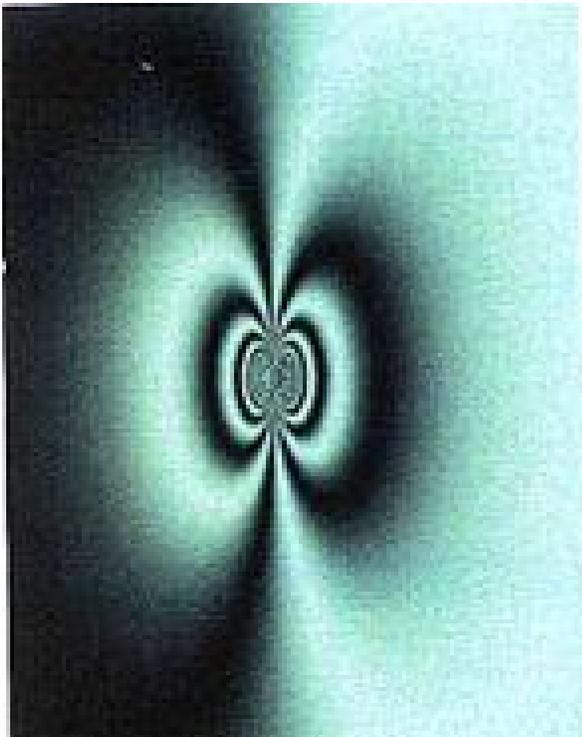
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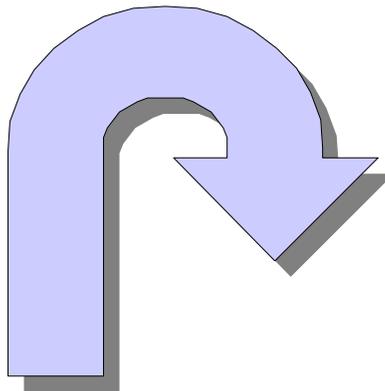
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**Listing Status:** Active  
**Price (US\$):** \$159,900  
**Geographic Area:** Atenas and Alajuela areas  
**Property City:** Atenas  
**Neighborhood:** San Isidro  
**Meters Squared or Hectares:** 1276.19meters  
**Lot Size (sq. Ft.) - Farm Acreage:** 1/4 acre+  
**Year Built:** 2008  
**Construction (sq. ft.):** 1,800  
**Bedrooms:** 2  
**Full Baths:** 2

**Phone Lines:** 1

## Atenas Today Advertising Rates and Policies

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