

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.

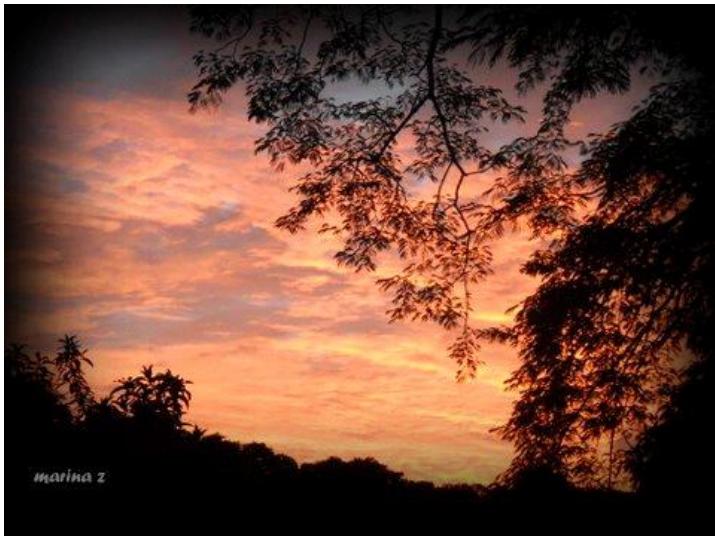
When in “Full Screen” view, left click to advance to the next page, or right click to go back a page.

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



"Atardecer" (Sunset)
photograph by Marina Zampieri
zmarinacr@gmail.com

ATENAS TODAY is a free English language newsletter for the residents and potential residents of Atenas, Costa Rica. It contains informative articles and creative compositions submitted by our readers, and is distributed via email approximately once a month to over 500 email addresses. To get on the distribution list or to submit material, please send an email to Marietta Arce at atenastoday@gmail.com.

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



Issue No. 114

June 23, 2014

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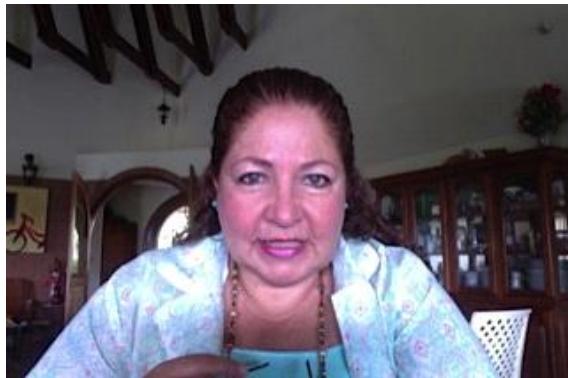


DIRECTORY OF ENGLISH-SPEAKING PEOPLE IN THE ATENAS AREA

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

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

Publisher's Note



As I walked around the center of Atenas last week, I became more aware than ever that this small, dynamic county is constantly in transition. Banco Nacional is undergoing a major renovation; while new businesses are moving in others are relocating; and my favorite, old-fashioned tico-style bakery (Pacheco) is getting new paint and modern lettering!

We seem to be perpetually welcoming new visitors and potential residents who are discovering the joys and benefits of living in a place that provides proximity to busy San José and Escazú but also possesses stillness, stars and breathtaking protected mountains everywhere you look.

I never get tired of the welcome the sunrise and birds deliver. Some evenings, I spend time on the terrace watching a beautiful blue sky turn into a spectacular sunset which will slowly become a star-filled night. It is my idea of paradise and my only regret is that I don't remember to do it often enough.

Community cultural development is something that has been a challenge in Atenas in all the time I have lived here. While we all agree that artists (writers, painters, musicians) stimulate imaginations and help foster a rich and varied quality of life, as a county, we have not been very successful in creating a systematic way to support art and culture in town. Our publication highlights just a few of the talented artists who reside in Atenas and generously share their creations each month.

I feel very optimistic by the enduring sustainability of the Municipal Music School which has recently held a week-long recital series in guitar, piano, violin and voice. Elevating the visibility of the arts and community building are wonderful aspects to encourage and get involved with in Atenas, today and every day.

Marietta Arce
marietta.arce@gmail.com



World Cup Madness in San José
after Costa Rica beat Italy 1-0

6/ 20/ 2014



COMMUNITY BULLETIN BOARD

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

June 20-24th Escobal Fiestas

June 24th – Costa Rica vs England in World Cup at 10 a.m. tico time!!!!

July 4th – U.S. celebrates Independence day (American Colony Committee will celebrate with picnic on grounds of Cerveceria. For information: visit www.americancolonycr.org As of publication date, no further invitations from other locations (Grecia, San Ramon, Jaco, etc.) have been received but please visit the Atenas Today Facebook page for updates as the day gets closer.

July 25th – Guanacaste Anexation day – official holiday in Costa Rica

REGULARLY SCHEDULED ACTIVITIES

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

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

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

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

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

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

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

NOTHING NEW TO REPORT ON RECYCLING



Buddhist Book Discussion

*****⁷

Every Sunday

Meditation (optional) 1:30pm

Book Discussion 2:00pm

218 Roca Verde, Atenas

A gathering for those interested
in Buddhism and Buddhist writings.

ALL ARE WELCOME.

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

Adrienne and Richard Baksa
2446-8509
adriennebaksa@me.com
rbaksa@me.com



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

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

SERVICES:

Tuesday - 6pm - Bible study in English.

Wednesday - 6pm - English worship service

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

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

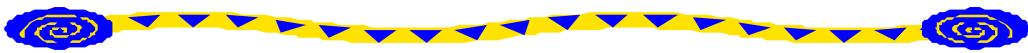
TICO PASTOR: Oldemar Artavia - <https://facebook.com/oldemar.artavia>

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

DIRECTIONS: On Highway 3 at the blinking light



**La Cafeteria relocated to
Highway 03, across from Coopeatenas Offices**



**La Plateria Silvershop relocated next door to POPS
(north)**



OPENING RETAIL SPACE 5 Meters West of POPS



Artisan bread, bagels and other fine pastry

DENGUE FEVER AND CHIKUNGUNYA VIRUS

DENGUE FEVER AND CHIKUNGUNYA VIRUS

A few weeks ago, the Costa Rican Ministry of Health warned of the possible presence in Costa Rica of the **chikungunya virus**, transmitted by the same mosquitoes as the dengue virus, and the likelihood of its spreading throughout the country.

In 2013, Atenas was listed as one of the counties with an alarmingly high number of cases of dengue. The following information is provided to inform the public about the virus' symptoms and steps to take to avoid it. The Municipality of Atenas, in conjunction with other institutions and organizations in town, is conducting regular clean-up campaigns to raise awareness and teach residents how to look for and eliminate potential breeding sites.

Dengue fever (also known as break bone fever) is an infectious tropical disease caused by the dengue virus. Chikungunya is a new viral illness in the Western Hemisphere which can cause serious disability in people who become sick with it, although it is not as deadly as dengue.

Dengue and chikungunya are transmitted by mosquitoes of the Aedes genus, principally Aedes aegypti (widely known as the yellow fever mosquito in years past) and Aedes albopictus (Asian tiger mosquito), both of which are distinguishable by the white markings on their legs. (See <http://www.cdc.gov/dengue/resources/30Jan2012/comparisondenguevectors.pdf>)

The **dengue** virus has four separate types; infection with one type usually gives lifelong immunity to that type. Subsequent infections with different types increase the risk of more severe complications. The CDC lists the following symptoms of dengue:

High fever and at least two of the following:

Severe headache	Severe eye pain (behind eyes)	Joint pain
Muscle and/or bone pain	Rash	Low white cell count
Mild bleeding manifestation (e.g., nose or gum bleed, petechiae, or easy bruising)		

Also according to the CDC, most people infected with **chikungunya** virus will develop some symptoms which include fever and joint pain, and possibly headache, muscle pain, joint swelling, or rash as well. Chikungunya disease does not often result in death, but the symptoms can be severe and disabling. Most patients feel better within a week. In some people, the joint pain may persist for months. Once a person has been infected, he or she is likely to be protected from future infections.

No vaccine is available for either virus. Eliminating or drastically reducing mosquito breeding habitats (standing water where female mosquitoes lay their eggs), thus the number of mosquitoes, is the most effective way to limit exposure.

Treatment:

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

Prevention:

Personal: Apply repellents containing 20-50% DEET to the skin. Health institutions such as the London School of Hygiene and Tropical Medicine and CDC (Centers for Disease Control and Prevention, USA) recommend the use of DEET. To optimize Safety and effectiveness, repellents should be used according to label instructions

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 Blokar 2008

References: Ministerio de Salud, Atenas

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

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

<http://www.coztrica.com/2014/06/09/health-launches-new-alert-to-possible-cases-of-chikungunya/>

CHANGE!



by Ron Findlay, Atenas
fincafive@gmail.com

Dos Pinos, you've changed my life!

Prior to the new pour spout recently introduced on their Tetra Pak products—milk, juices and even Rompope—my life was a series of decisions when it came time to open their products.

What device to use to slice the corner and make a pouring spout—scissors, knife, machete?

Where on the box would be the ideal location for the spout from the tip—1 cm, 2 cm, 3 cm? or more?

What type of cut would be the best for a spout—straight, round, V-shape?

What would be the best way to dispose of the cutout portion of the box—garbage, recycle, burn?

Which way should the new spout cut out be folded—inwards, outwards, upwards?

Would pouring efficiency be enhanced if an air vent was used at the opposite end—left corner, right corner, center?



What device could be used to make the best vent hole—scissors, knife, machete?

And so on. So many decisions and so much time spent before enjoying the Dos Pinos Tetra Pak product contents.

But, no more painstaking decisions to be made. So much time saved now that Dos Pinos has introduced new packaging that includes a built-in pour spout on its Tetra Pak products.

Thank you Dos Pinos!! You've changed my life.



Editor's Note: Dos Pinos Tetrapak fotos from DOS PINOS FACEBOOK PAGE, other from Royalty-free Clip Art.

The Importance of Being Multilingual as an International Realtor!



by Dennis Easters easters3@msn.com

From a very early age I was fascinated with foreign languages. As a child we had a family friend, Elizabeth, who was Mexican-American. Sometimes during our visits to her house, her mother would call from Texas and I would eavesdrop, loving to hear her conversations in Spanish. I would hang on to every word, dying to know what she was saying.

During my high school years, I opted to study French and spent six years (four years in high school and two years with the Alliance Française), studying this beautiful ‘language of love’. Then, while at the University of South Florida I tried my ‘tongue’ at German. If you thought that having masculine and feminine nouns in Latin based languages was strange and difficult, Germanic languages throw in one more twist, neuter or neutral nouns. Was sagen Sie?

I believe that language is something we all take for granted. I think this is especially true when we speak only one language. How we learn and process

language as children is far different than as when we are adults. However, without language, communication is very limited and can even be paralyzing, especially when doing business in a foreign country. As a realtor living and owning a business in an international destination such as Costa Rica, being multilingual is not only important, it is vital. Even though our little town of Atenas is small, there are people from all over the world living here including: Belgium, Brazil, Canada, England, France, Germany, Holland, Japan, Norway, Peru, Russia, Spain, Switzerland, United States and Venezuela, just to name a few!

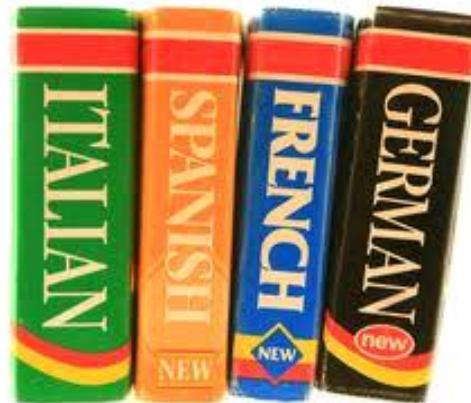
In recent months, I have had to dig deep into the far corners of my mind to start speaking French again. In the past 6 months we have had a minimum of two French clients per month looking for property in Atenas making expressions like ‘Bonjour’, ‘Comment allez-vous’, ‘Voici la cuisine’ and ‘La vue est magnifique’ commonplace. Gerardo and I are currently taking private ‘refresher’ lessons so that we can better serve our French-speaking clients. In all honesty, I understand 90% of what my clients are saying to me but the frustrating part is trying to return the

dialogue and carry on a full conversation. These are the same frustrations I had when I was learning to speak Spanish. However, my new dilemma is that after speaking Spanish for 10 years, French comes out of my mouth with a Spanish pronunciation! C'est la vie!

If you are considering moving to a foreign country, especially if you are making a major purchase or starting a business, it is imperative that you understand everything that you are getting into. Laws, rules, regulations and customs can often be complicated and are easier to understand when conveyed through a language that you understand. If you don't speak the language, make sure those that you work with speak the language OR hire a good translator.

In turn, as a real estate professional, I feel it is my duty to make sure my clients understand everything that is involved within the transactions they will be making. Even though there are not many major differences with purchasing real estate in Costa Rica than other parts of the world, it can be the details of the transaction that are vital for the client to understand. A perfect example: this past week it was necessary to explain the use and reasons for using corporations (Sociedad Anonima, or SA) in Costa Rica. This was a completely new concept to our French clients because in France, corporations are almost exclusively reserved and used for operating a business. If we had not been able to explain this to our clients, they could have missed out on the use

of a very powerful tool here in Costa Rica.



**

Living and working abroad can be very rewarding, although sometimes challenging. It will often test a person to their limits, pushing them to go beyond what they thought was possible. If you are going to live or work in a foreign country, it is imperative that you speak the language of your new host country. If your business is one that also involves an international clientele, then learning a third or fourth language could go a long way in setting you apart in your field of expertise. Even if you can only communicate on a basic level, this will show your potential clients that they and their culture are important to you, giving you an instant leg up on the competition and creating a common ground with your new client. As they say in New Orleans "Laissez le bon temps rouler." or "Let the good times roll." Good luck and safe travels. Bonne chance et bon voyage. Viel Glück und sicheres reisen. Buena suerte y buen viaje!

** Bing Royalty-Free Image

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



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

7/27/2004

Hola!!! Y'all,

**Well today we went to Grecia to try out a used car!
Mom and Dad said we would take it to a mechanic so he
could check it out and see if there was any major
problems.
We took Enid, our Tico friend who comes to clean the
floors, with us to interpret.**

**The car dealer who has the car for sale was fine with
us taking it to a mechanic until he found out WHICH
mechanic.**

**It seems there is one mechanic in town who does not
take kickbacks from the dealers and who is EXTREMELY
thorough.
All the dealers DREAD it when a prospective buyer
takes one of their cars to him.
He is REALLY picky and the car has to be PERFECT,
(like me,) or he won't recommend it!!**

**The car we are looking at is an older one so Mom and
Dad knew up front that there were going to be minor
things wrong with it. But they wanted to be sure that
there were no HUGE problems.**

**The mechanic actually gave it a fairly clean bill of
health but said that the right front brake caliper**

needs fixing and it needs a tune up.

Anyway, we get back to the dealer and he started talking "40 miles a minute" as Mom puts it.

The funny thing was we could not understand a word he was saying!!!! LOL!!!

**Enid could not get a word in edgewise.
Every time she would look at Mom and say "He say...."
the man would start talking again.
Mom got tickled and could not look at Enid without laughing.
Enid got tickled too and they both had to bite their tongues to keep from really laughing out loud!!!**

**Well we have found out over here that if you ask a Tico to "Tell him we said hello" they start talking and they go on for like five minutes!!!
Mom says there is NO WAY it takes that many words to translate something so simple.
Spanish must be a VERY lengthy language!!! LOL!!!!**

**Anyway, the man finally slowed down a bit and Mom grabbed Enid and said "Tell him we like the car."
She gave Enid time to say enough words that it should have covered "We like the car" and then she stopped Enid.
The man got quiet. She said "Now tell him we will be back."
She gave Enid time to say enough words to cover that and then she stopped Enid again.
She said "Tell him we are not worried about the small things but the brakes must be fixed."
Again she gave Enid time to tell him that and then she dragged Enid to our rental car. LOL!!!!
We all went to lunch and sat there and laughed and laughed.**

Mom and Dad say we will go back tomorrow, take Enid with us, and talk to the man again.

Y'all wish us luck tomorrow when we go back to talk to the man about the car!!

**Tailwags to everybody!!
BudBud the sun worshipper**



Piedras Blancas National Park in wild southern Costa Rica

By *Shannon Farley*

Here is the **rainforest** you dream to see. Down at the bottom of Costa Rica, in the very **south of the country** that is thankfully not on the tourism “superhighway” and explored only by adventurous intrepid travelers, lay rugged mountains, free-flowing rivers, plunging waterfalls, striking beaches and magnificent towering trees in dense rainforest.



This is the **wilder side of Costa Rica**. A place where **jaguars** roam freely, **scarlet macaws** soar overhead, and **humpback whales** and dolphins splash in the calm blue waters of the **Golfo Dulce**. There aren’t many roads, and there are far more trees than people.

In the southwestern corner of this **peaceful Central American nation**, renowned for **eco-tourism**, the **Piedras Blancas National Park** (<http://www.costaricanationalparks.com/piedrasblancasnationalpark.html>) is much less visited than its famous neighbor, the **Corcovado National Park**. One third smaller, the Piedras Blancas National Park spans 34,642 acres that tie into the more than 366,000 acres of land and sea protected in national parks, wildlife refuges and private reserves on the **Osa Peninsula**.



Sandwiched between the **Golfo Dulce Forest Reserve** to the west and the **Golfito National Wildlife Refuge** to the east, Piedras Blancas was heavily logged and hunted until land was donated or slowly bought by charitable groups and turned over for public use. **The national park was created in 1993.**

Today, the park protects the remaining lowland tropical rainforest near the Golfo Dulce, and provides a **habitat for all five species of Costa Rica wild cats** – jaguars, ocelots, margays, jaguarundis and pumas – and all **four kinds of monkeys** – spider, howler, white-faced capuchin and endangered squirrel monkeys. The park is considered to be one of the better **bird-watching locations in Costa Rica**, with more than **330 species** recorded.

The best way to visit **Piedras Blancas National Park** is to stay in the area. **Playa Nicuesa Rainforest Lodge** (<http://www.nicuesalodge.com/>) is the **top Costa Rica eco-lodge** on the Golfo Dulce. Its 165-acre private preserve backs into the Piedras Blancas National Park. While visiting, you can explore thriving rainforests and immaculate beaches, powerful waterfalls and the fascinating Esquinas River and mangrove estuary. Just off the coast are many intact coral reefs, providing excellent places to snorkel and swim.

Now, in low season, Playa Nicuesa Rainforest Lodge is offering great discounts, with a 4th night free for reservations of 3 nights.



Wild scarlet macaws at Playa Nicuesa.



Playa Nicuesa Rainforest Lodge bungalow.



Nicuesa Lodge beach on the Golfo Dulce.

Fun After Fifty!



By Carole Connolly-Shaw

caroleconnolly@gmail.com



When the invitation came to attend Jeff's birthday party, I must admit, I was reluctant due to the distance between Atenas and Playa Negra, Costa Rica. It would be a two day process to get there. I would first go to Nosara to group up with my family the day before the party. Then we would caravan from Nosara to San Juanillo, before setting out on the last leg to Playa Negra. My friendship with Diane spans more than thirty years. Jeff has been on the scene for over ten; these friends are family to me. I

would not miss the party.

The friendship was incentive enough, but when I learned the venue was Villa Deevena, the divine hotel/restaurant in Playa Negra, I swooned at the very thought of what was in store for us party guests. I had been there for a lunch the previous month and I was still dreaming about that dining experience when the door was opened for tasty treat number two!

Much like I am in the thirty-nine and holding age bracket, Jeff is in the fifty-something pattern. He certainly doesn't look or act it, but the numbers have a way of ignoring us – they are going to continue to grow whether we like it or not!

From the moment we stepped into the open-air dining room, we were engulfed in fun, caring, love, and a family feeling, including those of the owners, Patrick and Tasia, their son, Dean, and their friendly, capable staff. It was my second visit; not only did they remember me, but I was greeted with warm hugs and sincere smiles. Already, it was worth the drive from Atenas!

My eyes landed on the two round tables festively decorated with strands of pearls surrounding floral centerpieces, royal blue net sacks housing specially engraved wine glasses, and a carefully wrapped gift at each place setting. I asked the hostess, Diane, how she managed to get these specialty items here in Costa Rica. Sure enough, she ordered them online, shipped them to herself via Aerocasillas, a private mail service which receives packages in Miami and forwards them to San Jose, Costa Rica. Seeing all the beautiful Royal Blue 'soldiers' lined up on the table ordering us to "Enjoy" left no doubt; this was going to be a fun party!

It started with the initial "cheers"; the Swiss contingent was good-naturedly teaching Micki (my mom) the proper toasting technique. Longtime friend, Rolf, was sitting next to her at the dining table. We were doing our first (of many) CHEERS!, he gently unwrapped her fingers from the bowl of the wine glass, placed them on the stem, and explained that the heat from her hand would warm the wine in the glass, and destroy the perfect chilling job the Deevena staff had achieved on the Sauvignon Blanc. The next step was to have the proper amount of eye contact at the moment of the glass clink. After years of improper toasting technique, it took several corrections and multiple re-fills



to finally get it right. Micki added her own special eye wink to the ritual and cracked us up every time! Andreas, co-owner of Luna Azul in Ostional, another special place for dining and elegant lodging was the recipient of Micki's new technique ... and this was just the beginning!



The exquisite food arrived in courses. By the time the seared scallop in risotto was served, Rolf, a talented chef himself, displayed a special skill that hushed our rowdy selves; at least momentarily. I've seen chefs flipping food on the skillet, but this? I must admit, this was a first for me!



Yes, the plate was caught intact. We breathed a sigh of relief and the guests at the other end of the table had no idea we were having so much fun-with-food!

I wore my disco ball necklace in case the party required some stimulation. This crowd? Not hardly! Rolf spotted it around my neck and it was a close call; nobody gets my disco ball unless I give it to them, and then it's only temporary. The person whose neck I place it on has to dance. They can keep it for the duration of the party or they can pass it on to somebody else. It eventually finds its way back to my neck, and gets put away until the next party.



I'm certain Rolf was reaching for the disco ball, but he never did get it. Fortunately, the next course arrived and we switched gears. By the time dessert arrived we were not thinking about dancing at all – we were thinking about stretchers to carry us away from the table to the pool-side cabanas Jeff and Diane rented for the guests. I knew every unit was booked, and my plan was to drive back to Nosara after the party. The only hitch was I had to limit myself to only TWO glasses of wine the entire evening. That kind of restriction is not my preference, but if necessary, can be done. I had not packed a bag, a toothbrush, or even a change of shoes, that's how strong my intention was.

As soon as Micki and Don (my parents) saw their unit, they both got the idea at the same time – Carole can stay with us! Their unit had a separate sitting area with a couch more than large enough for lil 'ole me. Yay!

When I got the news, I was excited, but then realized I had no change of clothes. I would have to beg somebody's extra-large t-shirt to sleep in and wear my LBD (little black dress) in the morning! It brought back memories of when I lived in South Beach in the party complex, and on my way to the gym, I would see women with tousled hair in rumpled black dresses scurrying to their cars. We called it the walk of shame.

I was among friends and family, spending the night in my parents' bungalow – hardly the same thing, but still ... I had no choice, but to play it up. I burst into the breakfast area, greeted everyone with a hearty "Good Morning", started dancing around the room, and said: "The party is still going, right?" Yeah, right. Pass the coffee, please!



So, if you find yourself at an elegant party in the middle of nowhere, accessible only by rutted dirt roads, with no street lights, and you get invited to stay, do it and choose to make it fun, even without jammies and a toothbrush! And if you are past the fifty mark, add a little extra spice!

Laughter is Therapy!



by Marietta Arce
marietta.arce@gmail.com

Whenever my mother lived through a particularly joyous experience (watching her offspring graduate from college; hosting a successful dinner party; receiving recognition as a community leader; the birth of grandchildren etc.) she would often hum and comment to no one in particular that her contentment was such she wondered whether she was about to die!

Since my bond with my Mom was so strong and we were often together, I was usually the no one in particular who heard these words. I would chuckle and remind her that there was no question of her dying but that I did not believe it was just about to happen! Then we would revisit the events that had made her happy and I found myself amused by the unique manner in which she interpreted situations and people; so different from my own perspective.

Mom was always a puzzle to me, never an easy one to assemble. I remember that as a young child, I came to the conclusion that although her bark was much worse than her bite, I did not want her to direct either one at me! Instead I looked for the subtle clues that indicated the kind of mood she was in and did my best to distract her with my zany antics which included dancing, singing or telling her a joke.

My mom had grown up in a very dysfunctional and impoverished family so she was a very serious person who had no time or patience for nonsense. I was growing up in a different environment and absolutely loved nonsense and fun so I wasted no opportunity to try out my larks on everybody, including her. It was with Mom that I learned that comedy is a very serious business. It was not easy to make her laugh, but when I did (and I did often) her hearty laugh filled me with such joy that I could hardly wait to hear it again. She once complimented me on my ability to make her forget 'real life' for a little while, it was therapeutic, she said.

My mother's laughter was contagious and every week when I visit her at home, I find myself making faces (she used to tell me I'd get wrinkles from that but she was wrong!) and telling her stories or jokes that I hope will elicit that wonderful sound. Every once in a while, despite her Alzheimer's, she does chuckle in response and makes me feel like one million people are applauding!



Mom & Me Spain 1990

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.



The Westside In The Morning
21" x 30"
Oil on Canvas

Al Alexander
jeanandal@gmail.com

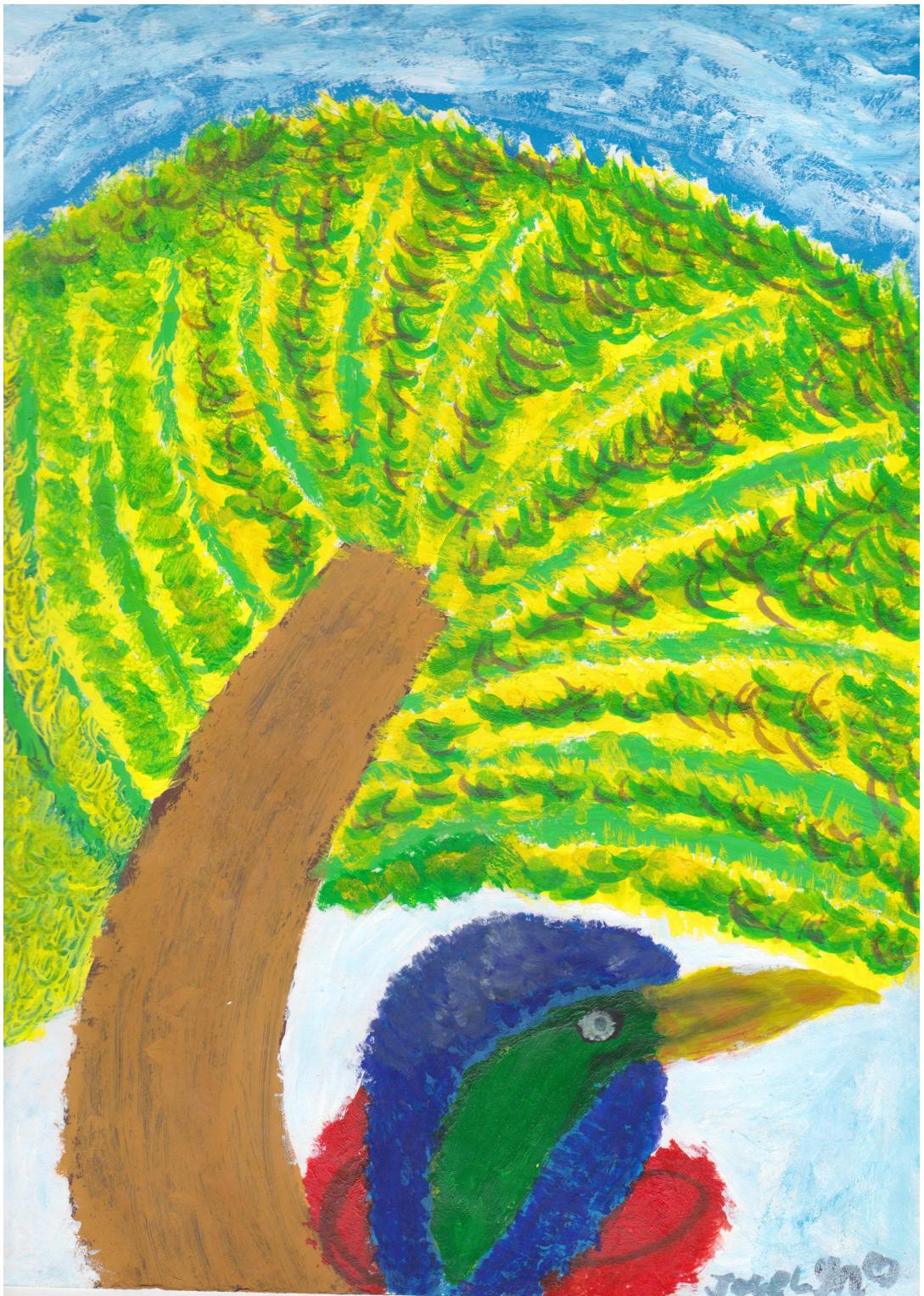
Artist's Statement: I played the reflected light of the morning sky on the buildings on the right off the shadowed left side of the painting. The headlights of the traffic and the perspective line of the curb draw the eye down and back into the painting.



Costa Rica Siesta
Acrylic on Canvas Board
18"x 24"

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

Artist's Statement: My friend Diane Reid took the reference photo and I really liked the shadows and the horse dozing in the shade so decided to paint it.



"Chillin?"

Jocelyn Farquhar
Jocelyn@squibblesdesigns.com



Caribbean Cinnamon
Mixed Media on Board
48"X60"

Peter S.

Contact: qlbalter@gmail.com
8803-7167



**Dining Table
Costa Rican Hardwood W/ Metal inlays and Base
84"X36"**

PETER S.

**Contact: gblalter@gmail.com
8803-7167**

For the bloggers...



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

Bolley Buzz	bcrcoffee.com
Bunky Bartlett	http://www.bestofcostarica.org
Carole Connolly	http://carolejeanscostaricacapers.com
Claudia Leon	http://photoleraclaudinha.smugmug.com/
Costa Rica: Sisters in Transition (Judy & Roxi)	http://straightline-cmk1.blogspot.com/ http://costaricasistersintransition.blogspot.com
De La Pura Vida Costa Rica	delapuravida.com
Dennis Easters/Pure Life Development	http://www.atenasrealestate.cr/index.php/blog
Diane Miskell	http://dianascostaricablog.blogspot.com
Fred Ball	http://natureboy70.blogspot.com/
Going Like Sixty	http://goinglikesixty.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
Marietta Arce	http://marisundays.wordpress.com
Mi Chunche	michunche.com
Nadine Hays Pisani	happierthanabillionaire.com
New Life in Costa Rica	http://www.anewlifeincostarica.com/nuevo_vida/
Paul Furlong motorcycle blog	http://eyeneo.com/
Pura Vida Mommy	puravidamommy.blogspot.com
Rubiatica	rubiatica.blogspot.com
Shannon Farley	http://enchanting-costarica.com/
Somewhere In Costa Rica	http://somewhereincostarica.com
Su Espacio	http://www.suespacioatenas.blogspot.com/
The Real Costa Rica	blog.therealcostarica.com
The Very Worst Missionary	theveryworstmissionary.com
The View From Here	theviewfromherecr.blogspot.com

Issue Number 114

June 23, 2014

Pet Boarding



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Horse and Cattle Art

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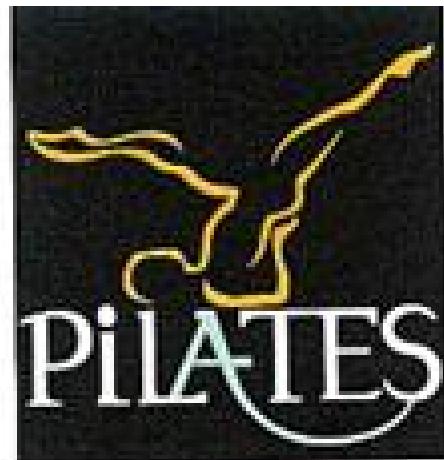
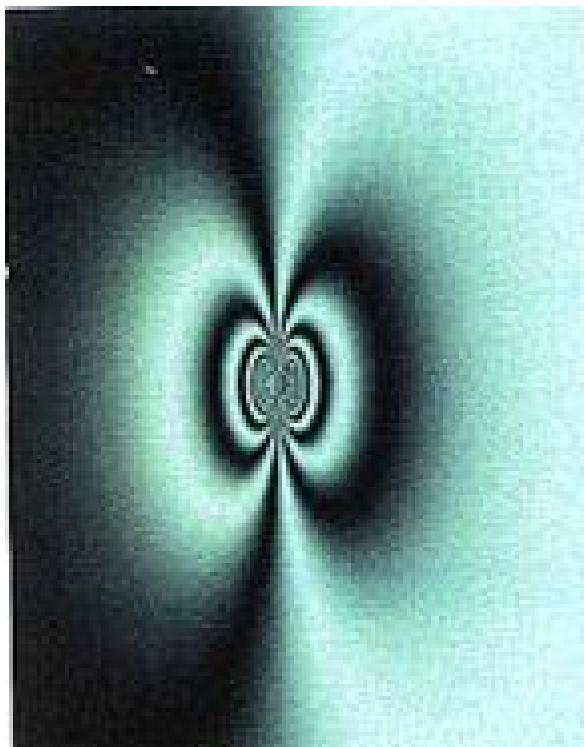
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Atenas Today is sent out monthly to over 500 email addresses of people who live or vacation in the Atenas area. Display ads up to half a page in size cost \$20 per insertion; full page ads are \$35 per insertion. Ads in the Atenas Today Yellow Pages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

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