

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



Close-up of Cortez Rosa Flower
Wikipedia picture

In This Issue:

Marietta Arce --Publisher's Note	p. 3
Community Bulletin Board	p. 4
Linda Ledbetter - Friendship Library News	p. 7
Shannon Farley - Quirky Tico Sayings	p. 9
Mary Martin Mason - Expat Focus: Ruth Thumm	p. 11
Konrad Esquivel - Do You Believe in Love?	p. 16
Lucy Watler - Expat Marriages in Atenas	p. 18
BudBudJones - It's a dog's life, really!	p. 20
Art Gallery	p. 22
Listing of Blogs of Interest	p. 25
Classified Ads and Display Advertising	p. 26

Advertising rates and policies p. 33

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

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



DIRECTORY OF ENGLISH-SPEAKING PEOPLE IN THE ATENAS AREA

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

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

Publisher's Note



I have just returned from a week in Cuba and putting together this month's issue has been a somewhat overwhelming task because there is so much going on in the world at large and in my own world these days.

My trip to Cuba was an amazing experience which I had hoped to write about for this month but in the interest of getting the issue to you on time, I have decided to save my impressions for next month's issue.

Upon my return, the first things that greeted me were the yellow blossoms on the cortez amarillo and rosa (tabebuia) that are present at this time of the year. I always feel energized by their colors despite their short stay!

It seems that the strong winds are back but hopefully we will soon be transitioning to the rainy season which will make these long hot days a mere memory.

April is always a busy month in our town and this year is no different. The Hogar de Ancianos will be hosting the Cattle Auction on April 10th and Traditional Fundraiser which includes lots of activities, foods and music from the 15th – 18th. These great activities will be followed by the Climate Fair and Oxcart Parade. This year's Honored Guest for the Oxcart Parade is our President Luis Guillermo Solis. Be sure to be on the look out for the complete program details.

The streets of Atenas are still awaiting municipal input before they are properly marked but it is my understanding that it will happen sometime! Our new mayor takes office on May 1st and it is my intention to assist him in ensuring that things get even better than they are in Atenas today and every day!

Happy reading!

Marietta Arce
marietta.arce@gmail



A 'taxi' ride in Old Havana



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.

March 24-26 – Holy Thursday, Good Friday, Holy Saturday

March 27th – Easter Sunday

April 1st – April Fool's Day

April 2nd – Animales Atenas activity at Balneario El Cerro

April 10th Cattle Auction Fundraiser at and for Hogar de Ancianos

April 11th – Juan Santamaria Day in Costa Rica

April 15th-18th Annual Fair at Hogar de Ancianos (see flyer this section)

April 22nd – Passover Begins in the evening, ends evening of April 30th

April 22nd – International Earth Day

April 22nd-24th - Climate Fair

April 24th – Oxcart Parade around the streets and park of Atenas

REGULARLY SCHEDULED ACTIVITIES

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

Every Monday: Meditation #10 Roca Verde (Barb Moss), Gate opens at 8:30 a.m. closes at 9:00 a.m. Free and welcoming of men and women. Practice consists of a 20-minute silent meditation, followed by a dharma talk via YouTube Tara Brach of the Insight Meditation Society in the States.

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

First Wednesday of each month – Recycling near CoopetransAtenas Bus Depot

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. 12:30 p.m. to 4 p.m. No partner required.

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

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

Third Thursday: 11:00 a.m. Costa Rica Writer's Group meets at Henry's Beach Bar near Multiplaza, Escazu, lunch follows at around 1 p.m.
Contact : Bob Brashears at bbrashears0@gmail.com



Buddhist Book Discussion

*****'

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

A gathering for those interested
in Buddhism and Buddhist writings
ALL ARE WELCOME !

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

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



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

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

SERVICES: Tuesdays - 6pm - Bible study in English. Wednesdays - 6pm - English worship
First Sunday of each month - An English translator is provided for the 9:00am Spanish worship services. (After the service many of the ex-pats gather at a designated home for a potluck lunch. Just ask any ex-pat before or after worship for the particulars.)

ENGLISH PASTOR: Steve Lucas - <https://facebook.com/steve.lucas> • 8764-8960
TICO PASTOR: Oldemar Artavia - <https://facebook.com/oldemar.artavia>
ADDITIONAL CONTACT: Judy Hickman • 2446-4791 • judy@proslink.com

DIRECTIONS: On Highway 3 at the blinking light




Feria

15-16-17-18

abril-2016

HOGAR DE ANCIANOS - ATENAS

EXHIBICION DE CABALLOS CAMINATA & SUBASTA

Programa de actividades

VIERNES 15 DE ABRIL	SABADO 16 DE ABRIL	DOMINGO 17 DE ABRIL	LUNES 18 DE ABRIL
12:00 m.d. Inicia la fiesta con la tradicional cocina	8 a.m. CAMINATA, saliendo del campo ferial del Hogar	10:00 a.m. SANTA EUCARISTÍA	12:00 m.d. Continúa la fiesta
2:00 p.m. Baile de la Bella Edad (3 era Edad)	10:00 a.m. PASARELLA CANINA	11:00 a.m. BINGO CON GRANDES PREMIOS	1:00 p.m. Carrera de Cintas con Fabulosos premios
6:00 p.m. EXHIBICION DE CABALLOS TROTADORES	2:00 p.m. Cimarrona	e100.000 e50.000 e25.000 y mucho más	Música ambiente
8:00 p.m. Disco móvil	5:00 p.m. Música ambiente	7:00 p.m. BAILE GRUPO MANGO VERDE	5:00 p.m. GRAN CIERRE
	8:00 p.m. BAILE, CON EL GRUPO LOS EMIGRANTES		7:00 p.m. BAILE GRATIS AL AIRE LIBRE CON LA SELECCION

Gran Subasta Ganadera 10 de abril de 2016, actividad única para ese día
Deliciosas comidas típicas, entretenimiento para niños y adultos, ricas bebidas

Friendship Library* News

March, 2016



Photograph: Eyleen Vargas *La Nación*

Each month, we receive bags and boxes and stacks of donations. Often, large donations have a specific character that reflects the interests and hobbies of the donors. This month, we have received a whole lot of what I would call 'just good reads'. There is light fiction, serious fiction, historical fiction, true crime, biography, history and award-winning titles. Such a literary feast! Here are some samples:

In the category of **light fiction**, we have "The Little Old Lady who Broke All the Rules" (F Int), which has been described as an "incredibly quirky, humorous and warm-hearted story about growing old disgracefully". Also, two books by Jonas Jonasson: "The Girl Who Saved the King of Sweden" and "The Hundred Year Old Man Who Climbed Out of the Window and Disappeared". (F Jon)

And in the category of **not-so-light-fiction**, we have added a wonderful book by Isabelle Allende, "Island Beneath the Sea" (F All). It is the story of a mixed-race slave girl on the island of St. Dominique who, in spite of a brutal childhood, is determined to forge her own identity.

Anyone who hasn't read "The Alchemist" (F Coe) by Paulo Coehlo might want to take this opportunity to do so since it is now in the library. Translated into fifty-six languages, with more than twenty million copies sold, this book has almost become part of our cultural literacy. The Amazon review gets in right in saying that the book is about "the essential wisdom of listening to our hearts, learning to read the omens strewn along life's path, and, above all, following our dreams". It's a quick read, somewhat philosophical, and I admit that I didn't want to put it down. I'm sometimes put off by what seems to be the gratuitous insertion of a religious theme by Coehlo, but he really can tell a story beautifully.

We have added a couple of books to the **Short Story** collection. The "Stories from Latin America" (SC) will be especially interesting for those who are working on improving their Spanish. All of the stories are in English and Spanish printed side-by-side.

My favorite genre of fiction is **historical fiction**. Two excellent examples of the genre have arrived this month. The first is "Honor Thy Father" (FRor) written by Wyoming Poet Laureate Robert Roripaugh. It is a western novel that tells the story of the ranchers and homesteaders who founded the state of Wyoming. The other is "The Last Kingdom" (FCor) by Bernard Cornwell. This is the first of the Last Kingdom/Saxon Stories series about the making of England in the 9th and 10th centuries. I will try to acquire the entire series.

Two **award-winning** titles have been added this month. One is "The Inheritance of Loss" (FDes) by Kiran Desai, winner of the Man Booker Prize in 2006. Set in the Himalayas and in Harlem, it is the story of a grandfather whose peaceful retirement is upended when an orphaned granddaughter arrives at his doorstep. The other is "Slaves in the Family" (NF9) by Edward Ball, who spent years searching for and interviewing descendants of slaves owned by his ancestors in South Carolina. Anyone with curiosity about the generations-long effects of slavery will find this well-documented and well-told story interesting.

History buffs can learn about the history of Afghanistan and the soviet occupation in "A Bed of Roses" (NF9) by Nelofer Pazira. [For those who like their history within the context of a good novel, read about Afghanistan in "The Kite Runner" and "A Thousand Splendid Suns" by Khled Hosseini. Two of my all-time favorite books.]

Fans of **biography** have two new and interesting choices with a biography of James Michener (actually, it's a memoir, and I didn't know just how interesting his life has been) and a biography of entitled "Edmund White: the Burning Word".

True Crime fans will love Patricia Cornwell's "Portrait of a Killer: Jack the Ripper, Case Closed".

All that **AND** newly added titles by Stuart Woods, Jonathon Kellerman, Daniel Silva, Robert Crais, William Mann, Felice Picano. . . I never cease to be amazed at what comes to us. Oh, and new books in French, Dutch, German and Spanish.

And for a Different Kind of Fun:

Our favorite jigsaw puzzle ever will be disassembled, zip-locked and placed on the shelf under the window with the other puzzles. It has weirdly shaped pieces and a great design. Look for a 1000-piece puzzle with a totem pole theme. It will be on the shelf March 31.

Happy Reading.

-Linda Ledbetter, librarian

Quirky Country Tico Sayings



By Shannon Farley



One of the fun side benefits of being married to a Tico who doesn't speak English (more than a few words) is that a good part of the time I have no idea what he is saying! This isn't because I don't speak Spanish. I do! It has to do with the rich artistry of Costa Rican Spanish, colored more intricately with expressions and proverbs than a Sarchi oxcart.

This is especially true with older generations and people who grew up in the countryside, like my husband. Sayings flavor their conversations like spices in gallo pinto, and there seems to be a proverb for everything.

Here is a small sample of what the language books don't teach you. J

Cada quien pela su vaca. (Everyone peels his cow.)
Everyone needs to take care of themselves. Use: when someone wants you to always do things for them.

Tener la papa en la mano. (To have the potato in the hand.) When someone has everything going for them.

El buey lerdo se toma el agua sucia. (The late ox drinks dirty water.) Like the saying: the early bird gets the worm.

Entre menos burros, más elotes. (Between less donkeys, more cobs.) The fewer people who want to eat, there is more for those who do.

Espantar la mula. (Scare away the mule.) When you're at a place and you want to leave, or you want to get someone else to leave.

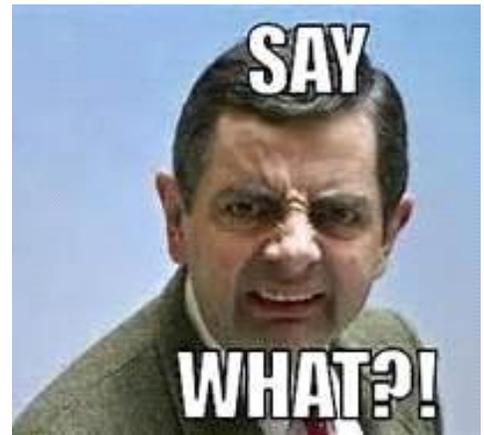
Más Tico quel gallo pinto. (More Tico than gallo pinto.) Very Costa Rican.

Por la boca muere el pez. (By the mouth dies the fish.) People who gossip too much.

Para hablar y comer pescado hay que tener cuidado. (To speak and eat fish, you must have care.) If you gossip about people, you might cause a big scandal. Be careful what you say.

Raja más que la manta. (Rips more than cloth.) Someone who brags too much.

Tiene más hocico que un cocodrilo. (He has more snout than a crocodile.) Someone who brags too much.



A caballo regalado no se le ve el colmillo. (In a gifted horse you don't see the tooth.) Don't look a gift horse in the mouth. When someone gives you something, don't complain or reject it.

Más vale tierra en cuerpo que no cuerpo en tierra. / La cascara guarda el palo. (Better earth on your body than your body in earth. / The bark guards the tree.) When you don't care if you or something is dirty.

No es pasada de peso, es pasada de rica. (She's not overweight, she's over sexy.) A joke when a person is fat.

Estoy más tieso que un cuello de monga. (I'm tenser than a nun's neck.) When you are broke. (Comes from the high restrictive collars that nuns wore.)

Más ahuevado que un mono con un banano plastico. (More annoyed than a monkey with a plastic banana.) When you are annoyed or upset.

Más agarrado que una abuelita en moto. (More clenched than a grandmother on a motorcycle.) When someone is tight-fisted with money.

Estoy como un paquete de galletas soda en la bolsa atrás de un borracho ... quebraditico. (I'm like a packet of soda crackers in the back pocket of a drunk ... broken.) When you are totally broke.

Camarón que se duerme se lo lleva la corriente. (Shrimp that sleep are carried away by the current.) Wake up or you'll miss it. Like the saying: Don't miss the boat.

Más vale una paloma en mano que cien volando. (Better a dove in the hand than 100 flying.) Better to have a little than nothing. Like the saying: A bird in the hand is worth two in the bush.

(I am collecting Tico expressions like these for a book. If you or anyone you know would like to contribute Tico proverbs, please contact me at shannonfarleycr@gmail.com. Thanks!)



Ruth Thumm: A Soaring Inspiration



by Mary Martin Mason
marymason1946@gmail.com

The women of the Atenas Book Club finish the last morsels of coffee cake and take their places around hostess, Elaine Rostolsky's living room. One of several sacrosanct organizational points, dating back to the group's inception in 2004, is that whoever chooses the book leads the conversation. Other rules include holding the meeting the first Wednesday of the month, rotating the venue from house to house, and perhaps most important, respectfully reading the month's selection with enough preparation to defend one's viewpoint. Dissention is readily accepted and even welcomed to enliven the discourse, setting this gathering apart from some other Atenas groups.

Ruth Thumm has selected Amanda Lindhout's *A House in the Sky*, a memoir of a reporter who was kidnapped and held for over a year by Somalia terrorists. "Amanda is a Calgary girl, so of course I had to read her book," says Ruth, her rounded vowels revealing her own Canadian upbringing. "This book dragged up the effects of her harsh upbringing, but if you have had it hard, it makes you stronger and you strive harder."



Ever present Ruth Thumm smile!

Tall and angular, Ruth's white hair peaks out from under a hat, hats and sundresses being her hallmark of elegance. Around her neck is a Pandora necklace that she never removes, each

precious charm representing one of her children whom together gave her the necklace on her 80th birthday.

Ruth's introductory remarks provoke diverse conclusions about why the author purposely put herself in dangerous locales, if her rashness resulted from vanity or was a youthful rebellion, and how she was able to survive heinous torture. The conversation eventually moves towards the author's unstable childhood, leading her in adulthood to seek out places around the world where "all news is bad," so much so that she purposely endangers herself. Perhaps there is a part of Amanda in everyone who purposely relocates to a foreign country, but especially in Ruth who while enduring incredible hardships escaped to the skies, literally and figuratively.

Childhood and the Early Years

To follow Ruth into the firmament, begin with her father who emigrated from Germany to Canada a decade after the end of World War I. In 1928, her mother arrived by ship as one of a group of betrothed German women destined for waiting bachelors. Ruth's father was a master painter, meaning he could execute gold stenciling and repair fine art. In those depression years such work was scarce. Ruth's family quickly grew to include four sisters and one brother of which she was the oldest. Her father was occasionally away, doing coal prospecting and other jobs to support the family, while her mother was left to care for their children. Her father was a strict disciplinarian and staunch in his faith. Of her parents' marriage, Ruth says, "They were unsuited for one another."

When Ruth was 17, her father insisted she quit school and become the bookkeeper for the family painting business for two reasons: first, his distrust of someone outside of the family to deal with finances, and second, as a girl there was no reason for her to continue her studies. When the principal tried to deter this decision, citing Ruth's scholasticism, her father said that she had no need of an education since she would become someone's wife.

A disagreement with her father led Ruth to take a job with Metropolitan Life Insurance. On her way home from work on a streetcar she met Ernest Kindree, a member of the Royal Canadian Air Force. They married in 1949, when she was barely twenty. They lived first in Canada, where Michael and Leah were born, then in England, where Peter was born, and then in post war occupied Germany where Ernest was sent along with American, French, and British troops. Ernest was prone to drink and to be physically violent, leading her to leave him. By then she was working as a restaurant hostess in Canada. Hearing that a detective hired by Ernest was looking for her, she fled with her children to Calgary. At 25, she had three young children and few prospects.

Jurgeon (George) Thumm then entered her life, a man who would become the father of Axel, Charlotte, Ellie, and Martin. As for Ernest, he had disappeared with even his parents not knowing his whereabouts. Years later after his death from cirrhosis of the liver, word would

come that he had been living as a union organizer in England and that his girlfriend's sister had been searching for his children to settle his estate.

As a young mother of seven, ranging from ages 3 to 17, Ruth took her children to Baptist Sunday School and practiced the faith of her family. She was horrified to learn that while she was at work, George was abusing the children. Leaving George meant temporarily resorting to receiving welfare. She was taunted by a statement from an official who accused her of fraud, inferring that she was hiding the fact that her husband was still living with her. Church officials encouraged her to return to George, precipitating a crisis in faith. In response, Ruth says, "Instead of going to church, I went gliding."

Defying Gravity

Inspired by the Disney movie, *The Boy Who Flew with the Condors*, Ruth discovered the competitive air sport of flying in unpowered aircraft called gliders. Women in those days rarely participated in any sport, especially gliding. Acutely aware of that fact, she decided, "I was going to show them. If they said I couldn't, I said, 'I could.'" She recalls her first experience in a two seater, pulled by a tow plane with a rope, gaining altitude before being released to steadily float above the disappearing earth. In subsequent flights she would learn the art of seeking thermal currents that would determine whether she would glide to the ground or soar to the heights. Typically, men qualified to fly alone after 35 training flights, but Ruth's skeptical trainers required 75 tutorial flights. Eventually she would earn the international Silver C award for those who can soar 5000 feet, go solo for five hours, and land after flying 50 kilometers. While her male peers wore their Silver C medallion as a pin, she had hers fashioned into a ring that she still wears.

Gliders were a World War II invention in which troops were transported in a way designed to evade radar. The aircraft would purposely crash into fields, earning them the name of flying coffins. Ruth has survived two crashes, one incurring the wrath of a housewife whose electric wires were severed, and a second while in competition in which a tailwind caused her plane to do a ground loop. Her glider, bought in the United States and transported by trailer across the Canadian border, was destroyed. The \$5000 single-seater, radio-equipped sailplane was a great loss to her. Even worse, the flying club banned her from flying solo with them. "I joined another club that same year," she says proudly. Ruth also earned the record for Canadian women for women's long distance flight of 93 miles.

In one memorable 1975 flight above the New Hampshire town of Mt. Washington, she recalls, at 12,000 feet, not being able to turn on the oxygen. She radioed the ground to get the location of the valve. Later, she wrote of this flight, saying, "Above the mountains, there are winds that sometimes occur, causing a lenticular cloud or clouds... a sign of a strong, steady wind which behaves similar to water running over a stone in a stream. The leeward side of the mountain is where this phenomenon occurs, usually very difficult to find and short-lived."

Each gliding season from April to October, she made at least 50 flights, once telling a reporter, "Soaring gives you such a beautiful feeling. The height doesn't affect me like standing on the top of a tall building would. It's a totally different sensation. When you look up at the sky and think it's beautiful, remember, it's ten times more beautiful when you are up in it."

For Ruth, gliding became an inexpensive way to survive a time in her life that she admits, as the sole breadwinner and caretaker, was overwhelming. "I thought at times, 'I can't do this.' My children were all live wires, all full of spunk. I'd look down from the glider and all my troubles became as small as the tiny houses, the tiny cars."

As for the inherent danger, she says, "I could have been killed, but my urge to fly was stronger than my fear. I conquered my fears by doing it."



Ruth Thumm installs radio in glider, 1975

Changing the Flight Plan

In 1992, Ruth was seeking a warm place to retire. After spending Christmas with her children, she sought a destination with a direct flight from Toronto. After she arrived in Costa Rica, she heard of Atenas, but it would be a year before she discovered the town she now considers home. In a chance meeting at Don Tadeo's Sports Bar, she noticed a woman with bright red hair who turned out to be the manager. Yolanda Vargas Jenkins would become Ruth's confidante and helper in settling into a town that at the time hosted few ex-pats. Ruth found herself staying in Yolanda's guest house. That same year, 1993, she purchased one and a half acres in the barrio of Los Angeles because of its incredible view unmarred by any other properties.

Ruth was married again in 1999 to a Canadian, Don Monroe, and was widowed five years later.

Not surprisingly, Ruth's house capitalizes on a vista that extends to Grecia and includes parts of Alajuela. The slant of the property assures that her view will never be obscured, allowing her to observe the flight patterns of birds as they take wing in a way she once did.

A permanent resident of Costa Rica, achieved during a time that the country was offering amnesty to Nicaraguans with a more simplified process than it is today, Ruth says, "I am glad I chose Costa Rica. In truth, the beauty of the country and the spirit of the people chose me."

Her children visit her often, some owning property with plans of future retirement. She Skypes her seven children, fifteen grandchildren and nine great grandchildren often, who she characterizes as "my great joy. All of my children are successful in their own fields. They need me because I am their mother, but not for financial needs. I'm very proud of them. I don't know how I did it. They inherited some good genes."

Her memories are not always pleasant, admitting that reliving the past during the interview has at times made her stomach queasy. Her secret of surviving difficult times is, "You have to get through this day. Don't worry about tomorrow. I believe there is a plan for everybody. There is an unseen finger, a guiding spirit for us. This is a belief that has grown stronger as I get older. I live each day to the fullest."



Ruth surrounded by her large and loving family

Ruth is an avid bridge player and is seeking a partner in the Bridge Club to which she belongs. Anyone interested in being a regular partner can contact her at ruththumm@gmail.com



Do you believe in love?

Do you think it is important?

Would you say that love has a sweet balm within that helps us feel better and enables us to forgive and be forgiven?

Would you agree with me that love can be part of the solution to our problems of selfishness, greed, jealousy and anger?

If your answer to any of these questions is yes, then keep on reading. This might get interesting.

Could it be that there is such a thing as divine love?

In all truth, I have to admit that I don't know, because first we would have to define and agree on what is divine.

So to simplify things, I would put it differently.

In my experience as a holistic peace therapist, I have encountered, worked with and seen different energies. I'm not the only one that sees or perceives energy. We all do. Some would smell it, others would hear it, others would taste it, others see it, and the most common one is knowing it. If you think you don't, then you just don't believe you do. That can be learned. You are already equipped at birth.

So, back to my work and experience as a peace therapist. I have seen that love has the quality of being of low frequency or of high frequency.

In low frequency love, you would find jealousy, self-service love, love of pride and things, love that has hate within, selfish, divisive. Love in high frequency is expansive, non-cultural, unconditional, unattached, free, non-exclusive, nonjudgmental, unifying. Both are available to us and we have all experienced both.

Healing, miracles, peace and clarity of mind happen seamlessly in high frequency. We can all learn to live there, and it is awesome. It takes a while to get it and to let the body adjust to it but, if you feel attracted to spiritual growth and maturity, then nothing of what has been said is as important as the action of allowing changes in yourself that will make it possible for you to vibrate in a high frequency.

This gives you the power of being part of the solution.

Everything is God/Source. You decide in which range of frequency you want to perceive, live, and create your reality.

Many times as I encounter situations in life, I have asked myself, "what is the loving thing to do now?" The answers I get from within have always been amazing. This journey has taken me deeper and deeper as I realize that Life brings to me at each moment all I need to go deeper. What an opportunity to clear karma; what an opportunity to release weights from unresolved issues. What a gift it is to be alive and in front of a constant chance to do the loving thing.

Distill the love and wisdom that can be found within all experiences, good ones and bad ones.

For many, the loving thing is to sacrifice and give from what you have but, as someone who has walked that road for years in a radical way, I suggest a different approach. Things, money and possessions don't last long in your hands. Your physical service is also limited by your energy, finances and hours of service. Do all of it in good measure and balance, but the one thing you would never run out of, and will actually multiply as you use it, is high frequency love! It rules and leads all the rest.

Shining your light is okay, shining your best light is better, but the most powerful is to shine The Light. The Light shines freely as we melt away our belief of being a separate self.

Once you understand the simplicity of it, we will sit down and agree with just a smile on what is Divine.

Love you all,

K

--

<http://elartedelasimpleza.wix.com/elartedelasimpleza>

"Life gives you at every moment exactly what you need to go deeper"

"La vida te da a cada momento exactamente lo que necesitas para ir mas profundo"



EXPAT MARRIAGES LICENSES & LA CAJA

by Lucy Watler

The Costa Rican authorities must give gentle treatment to all persons residing in the country, preventing their actions convey, a xenophobic message to the increasing migrant population. In this case, we're referring to the Social Security (CAJA) in Atenas. The legal requirements of the Costa Rica Social Security (CAJA) are not written in Stone, they are in order to provide the ultimate service to the inhabitants of this country.

Without going into all the legal details for example, the CAJA should accept the affidavit to be a valid legal instrument, to prove your civil status, taking into consideration that previously, your marriage certificate was presented to immigration to prove your civil status in order to obtain residency. The judicial system accepts the affidavit, as evidence of marital status on the death of your partner, so the CAJA situation should be viewed from a wider perspective in the interest of all parties. People who wish to marry in the country are free to do so, without feeling forced or coerced to do so by attitudes that should not represent the public administration officials.

I previously conversed with the Complaints Service of the CAJA in Atenas, and submitted a written report. I am waiting for their response of the complaint and will be reporting the answer in a future article.

Send your questions to asklucycr@gmail.com and they will be answered in future issues. [Lucy Watler](#) has been a lawyer for 32 years. She has witnessed many changes to Costa Rica's immigration laws over the years in favor of better service to immigrants in this country.



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



Stories from Mr. BudBud, Primero Perro of Lighthouse Animal Rescue. They were written 11 years ago when he first came to Costa Rica for a house sitting job

March 31, 2005

Hola Folks!!

I really need you guys to talk to Mom!!! She has started making me do this "taking turns" thing!! I DON'T LIKE IT!!! It means I have to stay home sometimes while she and Dad let a couple of my sisters and brothers go with them!!! IN MY CAR!!!! (It is my car y'know. Mom said so when we bought it!) Now THAT ain't right!!!

I figure the way it should work is *I* ALWAYS get to go and they can take one of the others along for the ride. Don't y'all think that is a better idea?

After all.....I was the FIRST blanco eskie perro to stroll the streets of Grecia!
Anyway.....this past week has been kind of a bummer!!!

One day...ONE DAY....I got to go with them and they let me be the ONLY one.....but that does NOT make up for the times they didn't take me at all!!! This has got to stop!!! This just ain't right!!!!

Last Sunday they got ready to go out. I was getting my act together and giving the other perros their instructions when all of a sudden Mom says, "BudBud, you have to stay here this time."
HUH?????? Stay here??? What's that supposed to mean????

Anyway, Mom picks up my sisters, Juliette and Bunny, and says to them, "It's your turn today."
Turn????? What the heck's a "turn?" Off they go!! W-I-T-H-O-U-T ME!!!

Mom brought pictures back and it looks like they had a GREAT time.....WITHOUT ME!!!

They went to my favorite video store and strolling on the sidewalk!!!! They even went to POP's and got ice cream and ate it in the park!!!!

Bunny and Juliette took "turns" licking off the ice cream in their bowl until Bunny discovered she could get the whole thing in her mouth and TOOK it!!!

Juliette was pretty miffed about that let me tell you. She is still grumbling about it.

Now see?????? If I had been along Bunny would have minded her manners.

Man!!!! This just ain't right!!!!

Okay....so I'm thinking, "Hmmmmm....maybe I made Mom mad at me about something yesterday and she just did that to punish me. I'll bet she takes me with her today."

But NoooOOOooooo!!!! THAT day she takes my sister Krystal (who is on the large side herself) and my fat chihuahua brother Andre!!!!

HEY!!!!!!!!!!!!!!!!!!!! WHAT ABOUT ME?!?!?!?!?!?!?!?!?

Well Miss "fancy pants" Krystal and "waddling" Andre get to go to the park to meet the gringo's and some

tico kids!! Krystal LOVES kids and will do anything to get them to pet her. She is also an awful suck up. When she meets new humans she offers to "shake hands" with them. How pretentious is THAT???? Krystal is a standard eskie so she takes up MOST of the seat in the stroller....so Andre got SQUASHED most of the time!!! LOL!!! Krystal just could not QUIT bragging about what a good time she had. What a BRAT!!!!!! Andre just thinks he is SOOOOOOOO cute!!! Everybody likes to pet him and it is giving him the bighead.

Well the next day I was REAL good and sure enough, Mom and Dad got ready to go out and said, "Okay BudBud, let's go!!!" BOY!!!!!!!!!!!!!!!!!! Was I GLAD!!!!!!!!!!!!!!!!!!!!!! FINALLY!!! They had come to their senses!!!!

We went to town, met the gringo's, went to the soda for coffee, took one new gringo friend to look at rental houses, went to Irvin's house for tea and cocktails, then we went to the El Rio for a spaghetti dinner. Now don't get me wrong....I like spaghetti....but it is a real challenge to eat!! We also saw some cows out grazing along the side of the road.

The next day Mom puts six of us up on the bench on the front porch and takes pictures. They turned out pretty good. Now I thought everything had gotten pretty much back to normal....and then today Mom and Dad get ready to go out and....again....they say "BudBud, you stay here and guard the house this time. Andre and Bunny are going with us today."

WHAT HAPPENED??? I've been especially good...I've minded ALL my manners...what's the deal???

Anyway, off they go with Andre and Bunny in MY CAR!!!!!!

They got to meet Irvin and the other gringo's in the park, then they went to the soda for coffee and a fried bean thingy. THEN they got to go SHOPPING with Mom while she tried on pants!

Irvin is a really interesting man. He has written two books. "The Feasors" and "Quest." His name is Irvin Mason. His books are about how he and his wife were treated by the "powers that be" when they were working in the Panama Canal Zone. They saw a LOT of the American taxpayers money being spent on personal things for the officials there. They reported it. They were fired, put in jail, deported, and LOTS of other stuff!!! Mom says the books are real eye openers!!

They also got to meet a young man at the post office. He is a tico and he teaches English to ticos and Spanish to gringos!!

He told them the story about what made him decide to become an English teacher.

He said, one day, when he was about 12 years old, he was walking home from school and he saw these two GIANTS standing beside a car talking. (one of the giants was our gringo friend, Robert, who has lived here for about 30 years)

The two men were speaking English so the boy strolled by them VERY SLOWLY in order to listen to them. When he got home he told his mom "I can speak English" whereupon he starts jabbering in some totally NOT English language. He said he decided RIGHT THEN that he wanted to be an English teacher. He went to the library and got some books written in English. He took them to Robert's house, shyly knocked on the door, and asked the "giant" to read the books aloud and record them for him. Robert did as the boy asked. The young man grew up and taught English in North Carolina for SEVERAL years!!! Isn't that a NEAT story???

Mom says tomorrow they will probably let Delilah and Princess Joy have a tum. They both get carsick sometimes so they have to have pills before they go.

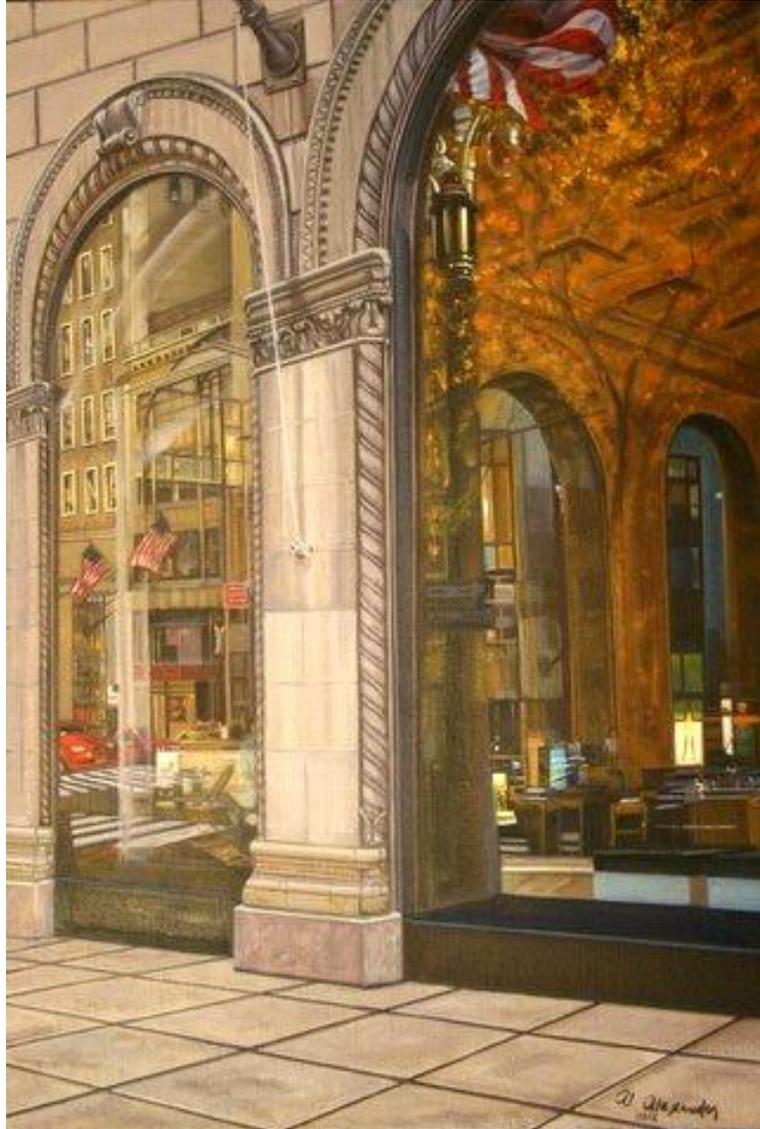
Little, ancient ShaSha hates to go places so I don't have to worry about "taking turns" with her.

Okay folks.....I need you to talk to Mom and Dad about this "taking turns" business. This is NOT the way it is supposed to be!!!

Hasta luego till next time,
BudBud the left at home perro (tail drooping)

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.



Arches and Gold
15" x 22"
Oil on Linen

Artist's Statement: I liked the autumn gold reflected in the bank's window.

Al Alexander
email: jeanandal@gmail.com
website: www.alalexanderartist.com



Goat Sketch for Future Painting
Strathmore Toned Tan Paper
Prismacolor Art Pencils and Derwent Colored pencils

Artist's Statement: I photographed these goats near Picaflora and I am hoping to do a painting of them in the future. You can see where I have erased some of what I did.

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



Trogons and Friends

Jocelyn Farquhar
jocelyn@squibblesdesigns.com

For the bloggers...



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

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



Pet Boarding



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

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



**4,000 –7,000 colones per night.
You're welcome to visit us before placing your pet with us.
Call Clara at: 8393-0243, 2446-8911
or email: Wobbles1977@gmail.com**



Electrical Installations

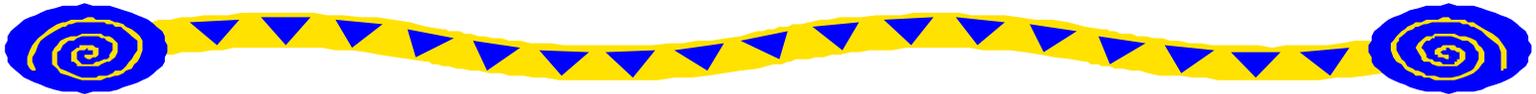


- *Automatic Gates*
- *Alarm Systems*
- *Propane Gas Systems*
- *Complete Wiring of New Constructions*
- *Intercoms*
- *Water Pumps*
- *All Types of Electrical Work*



Fast, Reliable Service
13 years of experience
References available upon request

Contact: Gerardo Murillo Delgado
gerardomurillodelgado@gmail.com
Spanish: 8880-9845 English: 8917-2722



LIMPIEZA DON EDWIN



Professional steam cleaning for all carpets, sofas, chairs, cushions,
car seats and carpets, baby bassinets and cribs, curtains.

Serving the Atenas community and neighboring cities for more than 6 years!

Some English Spoken.

Contact: Edwin Suarez & Marjorie Viquez
2446-0456
8732-2163



SOON with the coming new **power company regulations**, we'll be installing PV (Photo Voltaic) for Solar Electricity. Yes, at last!

NOW is the time to install our new **Super-Ef ficient Solar Hot Water!** New Model for Condos, Perfect for Homes and Hotels.

BUY NOW! You're **Solar Hot Water System**, so in 3 months, we can calculate a lower install price for your PV System.

* PV systems: we use Enphase Micro-inverters; More Flexible, add panels whenever you like, More Reliable than any other system and fully guaranteed!



CALL US TODAY!

Office phone: 506-2446-0543

Cell phone: 506-8898-9398 or
506-8314-8090

OUR EMAIL:

Paul.Furlong@CR-Solar.com

VISIT OUR WEB:

WWW.CR-Solar.com



Take a vacation and leave the rest to us!

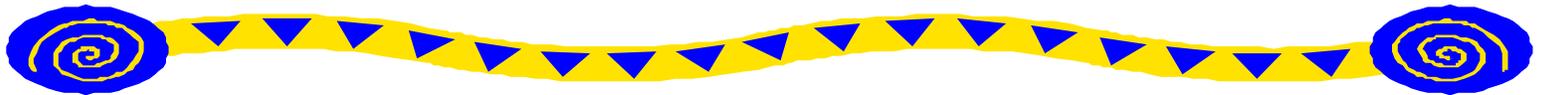
Couple interested in taking care of your home (and pets) when you are away.

- Bilingual couple fluent in English and Spanish.
- Extensive experience in gardening and agriculture.
- English teacher at local school.
- Animal lovers.
- Recommendations available upon request.

Please contact Jonathan or Cana

Telephone: 8318-0857 o 8827-8414

Email: jewerlybyjonny@gmail.com o cana.sarnes@gmail.com



Diana F. Miskell

Horse and Cattle Art

www.dianamiskell.com
dianafmiskell@gmail.com

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



Available as an e-book on Amazon on the following link:

http://www.amazon.com/s/ref=nb_sb_ss_c_0_20?url=search-alias%3Dstripbooks&field-keywords=flying+high+with+carole+jean&srefix=Flying+High+with+Car%2Caps%2C216

For print copy contact Carole Jean directly: caroleconnolly@gmail.com

ART INSTRUCTION



All Mediums:

Oil, Acrylic, Watercolor, Drawing

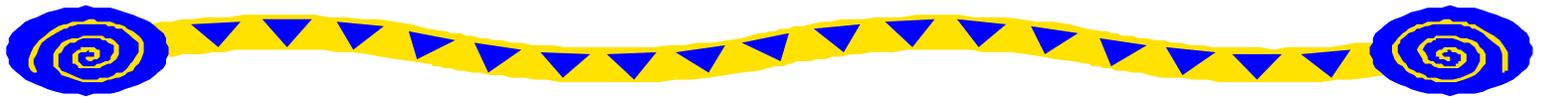
Professional Artist - years of teaching experience

A L A L E X A N D E R

2446-7081

email: jeanandal@gmail.com

website: www.alalexanderartist.com



RELAX & HEAL

happymankonrad@gmail.com

60441819

Konrad Esquivel
30+ yrs. experience
holistic massage therapist





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

English spoken. Atenas CR

www.walterstaxiandtours.com

 walter's taxi and tours

walterramirez@yahoo.com



(506) 8873-4266

Atenas Today Advertising Rates and Policies

Atenas Today is sent out monthly to over 600 email addresses of people who live or vacation in the Atenas area. Display ads up to half a page in size cost \$20 per insertion; full page ads are \$35 per insertion. Ads in the Atenas Today Yellow Pages cost \$5 per month for one column by one inch, and \$10 per month for one column by two inches.

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

Payment can be made in any of the following ways:

1) deposit to BCR Account No.801-0100355-0 (savings, dollars)
SINPE 15202801010035508 Marietta Arce Valverde

2) cash in envelope in PO Box 65 (Marietta Arce Valverde) in Atenas.

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