

HOW TO READ ATENAS TODAY

Many of the pages in Atenas Today are in two column format, and the default “view” in the *Adobe Reader* will present these pages in a large size that requires you to scroll up and down to read the whole page.

By changing the “view” to “**Full Screen**” you can fit the page to your screen and avoid the scrolling.

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

If the text is too small for your taste, push the “escape” key to exit the “Full Screen” mode, and change the “zoom” level to get the size you want.

THE NEW YELLOW PAGES

Don't forget to download and save the latest version of the Yellow Pages. Many new businesses have been listed. This section will help you find the goods and services you need.

ATENAS TODAY

Issue No. 107

November 23, 2013



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.

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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 swam this morning, I was accompanied by a symphony from the variety of birds around the pool. It was a wonderful feeling and I grew at once peaceful and grateful that all was right in my world in that moment.

November has always been my favorite month. I can glimpse those wonderful sugar cane flowers and the many reminders that Thanksgiving is quickly approaching. I have much to be thankful for and devoting an entire day to giving thanks is something I really enjoy.

Although most of us have been longing for the rainy season to end, I confess that the prospect of remembering to water my garden is not one I am ready for yet. The gentle breezes that alert us to the approach of the holiday season still catch me unprepared year after year but I welcome the optimism and good cheer that accompany most of us these days.

On Wednesday during my routine weekly trip to the Escazú PriceSmart, I met several expats from Atenas shopping for their Thanksgiving goods. I have lived here long enough to remember when PriceSmart did not exist and when Butterball turkeys did not make it our grocer's freezers like they do now. It was very nice to hear expats comment that it has now become their tradition to make sure other expats without families here have someplace to go on this important day. The feeling of community grows stronger each year.

This year, I will celebrate in San José with my parents. It will be a much smaller gathering since our children are all celebrating in New York but I know that it will be just as wonderful.

This month's issue is replete with gems that I hope you enjoy. It was very hard to edit out contributions this month but you will have something to look forward to for next month! As always, keep smiling and looking for ways to make your life better in Atenas, today and every day!



Happy Reading!

Marietta Arce
marietta.arce@gmail.com



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December 11th - Writer's Club meets at Colinas del Sol, at Noon. Contact L. Michael Rusin @ crcaseyboy@gmail.com (2451-8063) for more information. Please confirm.

December 13-14th - Activities and Holiday Sales at Centro Plaza Atenas (across from Monge

December 14th - 6 p.m. Festival of Lights in SAN JOSE (Paseo Colon and Second Avenue)

December 17th - PLEIN AIR ART GROUP. Art activities as varied as the members. Contact Jan Yatsko at 2446-0970 or janyatsko@gmail.com

December 20th - January 1st, Municipality of Atenas is CLOSED, reopens on January 2nd.

December 24th - Christmas Eve, most churches have some activities

December 25th - Merry Christmas to all our friends near and far!

December 31st - New Year's Eve

January 1st - Happy 2014 Everyone!

January 15th (no recycling in December) - 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, glass, and tetrapak - NO ELECTRONICS, STYROFOAM or EGG CARTONS Please rinse and separate your recyclables before dropping them off. Thank you.

There are lots of activities planned for the month of December for which no information was available by the time Atenas Today was published. We will keep you informed of any activities not listed above. Thank you for your understanding.



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

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 email:

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

MTB Y Caminata La Zopilota 2013

Puestos de hidratación,
Refrigerio, Carros escoba,

Almuerzo

Gracias a nuestros
Patrocinadores

Sorpresas!
Reto de Resistencia!



II Recreativa Mixta



24 de Noviembre

Rutas de: 12, 20 y 30 kms

En pro de la construcción de nuestro salón comunal!

LA ESCUELA MUNICIPAL
DE MÚSICA
DE ATENAS

EL CORO
DE CÁMARA
AURORA

LA BANDA
DEL SINEM
DE ALAJUELA

Le Traen

EL
CONCIERTO
SINFÓNICO-CORAL



VIERNES 29 DE NOVIEMBRE A LAS 7 P.M.
EN EL TEMPLO PARROQUIAL DEL BARRIO SAN JOSÉ DE ALAJUELA,

SÁBADO 30 DE NOVIEMBRE A LAS 7 P.M.
EN EL TEMPLO PARROQUIAL DE ATENAS

DOMINGO 1º DE DICIEMBRE A LAS 8 P.M.
EN LA CATEDRAL DE ALAJUELA

ABIERTOS A TODO PÚBLICO

ORGANIZA:

PATROCINAN:



ATENAS SE ILUMINA

CON LA SONRISA DE NUESTRA NIÑEZ



Viernes 6 de Diciembre

Festival Navideno 3 pm

Desfile de bandas 6 p.m

Concierto de Cierre 7:30

Organiza



Trabajamos para usted

PATROCINAN



alcaldia@atenasmuni.go.cr
(506) 2446 46 29

PLEASE NOTE:

By the time you read this announcement in *Atenas Today*, we may have already sold out of tickets for the December 11th performance of *Wassail & Mistletoe*. If you want to be on the wait list, you will be contacted in case there are any cancelled reservations. Because of the enormous response, we are looking into scheduling a second performance. If you call and there are no more tickets, you will be put on the wait list and will receive priority booking. Thank you for the support!



The Little Theater Group of Costa Rica
presents
A Christmas Extravaganza
and Spaghetti Luncheon Extraordinaire
at Kay's Gringo Postres in Atenas

WASSAIL and MISTLETOE
Wednesday, December 11th at 12:00pm

8,000
colones
includes
all!

Lunch to
be served
12-1:30,
show at
2:00 pm
followed by
dessert,
coffee/tea

Please consider bringing a child's toy to support the annual LTB Open Arms Costa Rica Toy Drive
Call for reservations, directions, and more information
8304-7193 or 6014-1979

Feria Navideña



Centro Plaza
ATENAS

¡Precios
de Locura!!!

Viernes 13 de diciembre, 2013

Sábado 14 de diciembre, 2013

**50 m. Norte del Mercado Municipal
Atenas, Centro**

**¡Feliz Navidad y
Próspero Año Nuevo!**

Have You
Heard?



New Location: West Side of Banco Nacional, Atenas

**Authentic Mexican Cuisine, Reasonably Priced
at Mi Casa es Tu Casa, located across the street from the
old CoopeAtenas**



FRIES AND MORE!



Choose your flavor

- USA:** BBQ sauce
- Caribbean:** caribbean spicy
- Greek:** tartara sauce
- Tica:** salsa lizano
- Canadiense:** Original Poutine
- Mexican:** taquito mexicano

Tel: 2455-0081
Costado Este del Parque de Atenas
Email: friesandmore@outlook.com
Derechos reservados



Fries and more

My Story told by my daughter, Hisano Bell!



Portrait of Yoshii taken by Kalina Raboin
(Kalina Raboin Photography
raboindavid@hotmail.com)

My mother's name is Yoshii Sasaki. She was born on January 19, 1922 which makes her almost 92 years old.

She arrived in Costa Rica on Nov. 26, 2008 (almost 5 years ago). She had a heart-attack in June 2008 in Japan, so I (Hisano) brought her here to live in the world's best climate, which should be perfect for people with heart problems, and my prediction was great, as she is still kicking and going strong!

My mother devotes her days to water color painting, singing Japanese folk songs, writing haiku poetry, and also does some gardening.

My mother began painting after she realized that there was no way for her to communicate with people here, in English or Spanish, as she cannot possibly imagine that she could learn them to communicate in those languages. So, she wanted to know how else she could communicate with people and pass the time.

I understood such frustrations of her, and took her to Mary's art class in August 2009 at Su Espacio, later at Kay's Gringo Postres. At the beginning Yoshii was reluctant to go there as she had felt that she would not understand a word of what the teacher would say. I translated all the lessons, and the other students, such as Ingrid, Edel and Anna were very nice to her, treating her like an old friend.

So, Yoshii felt comfortable being there and learned some techniques. After Mary left Costa Rica, Yoshii and other German ladies got together to draw pictures, taking turns for the location, while having great snacks and conversations.

Now, she draws on her own daily, and has a mission which is to raise some money for the children at the orphanage in Atenas. She hopes all the kids are fed, clothed, roofed, and cared for. She knows that she has a long way to go before she is able to draw pictures in the way she dreams of, but in the meantime, she draws every day, and even in her nightly dreams, she is moving her hand as if she is using her brush. (It is so funny, when she tells me that story. Sometimes she wakes up, feeling ticklish around her hip, as she is moving her hand as if she is drawing.)

That is my mother; she takes everything very seriously and works at it (I suppose that is well-known Japanese discipline). Personally, there are some pictures I like, mainly scenery drawing, such as mountains and oceans. And, I really like her haiku poetry. Unfortunately, I do not know how to translate her haiku (a well-known Japanese poetry form using 5, 7, 5 syllables) into English, which was my late husband's specialty. My mother's singing is great. She loves producing vegetables in her veggie garden here, and if I let her, she will use/steal even my flower gardens for that purpose. She takes care of our pet dogs and cat, trains them and feeds them. So, you can imagine that our dogs adore her and obey her, but not me; they ignore me! She loves living here and her only additional wish is to have some people with whom she can talk in Japanese as friends.



With Cecilia Tristan, Owner of El Rincón de Nana

EDITOR'S NOTE: Two of Yoshii's recent water color paintings are featured in the *Atenas Today* Art Gallery.



When:
February 9th, 2014

Where:
Quinta Romavista, Barrio Mercedes, Atenas
2km off the old Alajuela to Orotina Hwy #3

What ime:
Open to public: 11:00am a 4:00pm

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

“ FINDING ONE’S PLACE IN ATENAS ”

www.atenaschilicookoff.com

By Judy Timson, Committee Member
Atenas Charity Chili Cook Off
jteci@yahoo.com

Finding One’s Place in Atenas

Are we talking about finding a place to live? Are we talking about where we find ourselves in the order of things? Are we talking about searching for one’s path and purpose? You can interpret “Finding One’s Place in Atenas” in various ways and hopefully this article might enlist you to think about a different population base as they are finding their place in Atenas.

For many of us ex-pats living in Costa Rica, we can be thankful for many things: the gift of living and residing in this beautiful country while enjoying a home to our liking, shaping a newly-created life of friends and acquaintances here, and for many, it is a real opportunity to look at ourselves and assess how or what we might change within ourselves and perhaps even consider changing the lives of others. One thing I am consistently reminded of during my short period of time while living here in Costa Rica is to try and live more in the moment, not yesterday or tomorrow or next week, but today. Not that we still shouldn’t plan beyond today, we should, but part of the joy of living in this culture is to observe what gifts are being shared – including being thankful for each day, to recognize the value of each day and to consider how we might get involved in something greater than ourselves. The old life is gone and the new life is here – let’s do something together for the greater good!

Do You Remember What it Took to Move Here?

Do you remember the hurdles we each encountered to make such a major move in our life – to relocate internationally to Costa Rica? Our lives were turned upside down with the many challenges before, during and after arrival here: selling homes, cars, possessions, getting paperwork ready for establishing residency, what to bring, how to transport it, where to live, etc. It was major.

Well, imagine if you can, two little eyes looking up at you, scared to death, because their world, too, has been turned upside down? They have been abandoned or abused beyond comprehension and have been taken out of the only home they knew. Fear of the unknown is hard for adults, let alone

children, and that is just what has happened to many of these children who have basically been abandoned due to circumstances having nothing to do with them.



Finding One's Place Here in Atenas

Fortunately, *Hogar de Vida*, a local children's home here in Atenas, has been helping these at-risk children for almost 20 years. They shelter up to 35 children, age birth to ten years old, and provide love, protection and spiritual guidance to all. Their mission helps to meet the children's daily needs by offering a stable home, good nutrition, clothing, education, and trustworthy authority figures.

Tim & Dena Stromstad, founders of *Hogar de Vida* opened its doors in 1995; what started as one home spearheaded by the Stromstads, has grown to three homes on the property, supervised by experienced and loving "Tias" or aunts. Tim and Dena live on the property and are involved in every aspect of the children's lives. Love and hope are delivered in abundance by all those serving these children at *Hogar de Vida*.

My sister and I have had the pleasure of visiting *Hogar de Vida* on several occasions and when we were asked to serve on the Atenas Charity Chili Cook Off Committee, we immediately said we wanted to tour *Hogar de Vida* to learn more about this children's home and what they did. Well, I have to say, we were blown away by their meaningful work and dedication to these kids. Who were we to say "no" to serving at a local event where the proceeds raised would support *Hogar de Vida's* mission. Without any reservation on our part or that of our fellow Committee members, it was probably one of the easiest decisions we've made here in Costa Rica!

One outcome that *Hogar de Vida* always hopes for is to be able to return these children back to their family, but that is not always possible due to individual circumstances. The next best outcome is to be part of finding these children permanent homes with a loving family – these kids deserve that and more!



One Very Special Success Story

Let me share a story about Julio (above with Dena Stromstad). As mentioned, *Hogar de Vida* only serves children birth to ten years old, but their longest staying child was there 15-1/2 years. Julio came to them as an abused baby with multiple disabilities – he couldn't crawl, sit up or even hold his head up. But, Julio was a fighter and although he struggled with gaining strength and learning the most basic skills, he never gave up. And neither did Tim & Dena or the Tias. His whole life was a learning curve and although his quiet nature and strength were definitely evident on a daily basis, he taught others the meaning and importance of forging ahead. In time he did learn to hold up his head, to crawl and even advanced to a walker and eventually forearm crutches, but unfortunately, due to Julio's special needs, his options to be adopted seemed to dwindle each and every year as he got older and older. Everyone loved Julio – it was decided he would not be abandoned again just because he was getting older.

On October 18 of this year, Julio turned 18 and his file was moved to another Costa Rican Government agency that provides oversight of him. A miracle was about to happen. *Hogar de Vida* speaks about the many "graduations" that Julio experienced in his 18 years at *Hogar de Vida* – 6th grade graduation, then graduation from Special School, then high school graduation to name a few. But, his most important graduation – he graduated from *Hogar de Vida* and now has a real Dad, Mom, brothers and sisters. God answered the prayers for a kind and loving family to adopt him. He loves his new family and is looking forward to visiting his old *Hogar de Vida* family during the Christmas holidays. As you can imagine it was so hard to say good-bye to this beautiful young man, but very comforting to know that their love and caring for Julio was just another shining example of how important *Hogar de Vida* is for each and every one of these 35 children. Life changing, for sure!

It indeed takes a village to do what *Hogar de Vida* does and we are part of that village! By supporting the Atenas Charity Chili Cook Off – whether you are a sponsor, a donor, a volunteer, a chili team, a chili judge or attending the event – you are partnering in this community to help care for one child at a time. This annual event, held on Sunday, February 9, will again draw crowds to test over 22 chili's, to visit our sponsor tables, to participate in some fabulous raffle drawings, to eat hamburgers and hotdogs, to enjoy our beer garden, listen to some great music (and even dancing) and to meet and hear more about *Hogar de Vida*. This year's event proceeds will support two areas at *Hogar de Vida*: 1) an automatic steel gate at the entrance to more strongly provide the necessary security for these

kids, and 2) operational costs that ensure that the children's needs are met on a day-to-day basis (food, clothing, lodging, 24-hour adult supervision, schooling, medical, etc.)

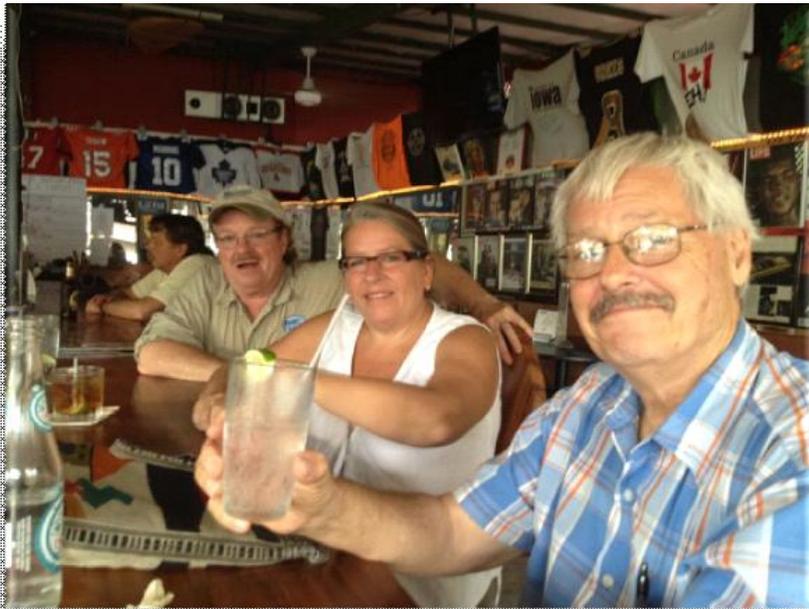
Koins for Kids – Making a Difference Right Now!

Don't forget about the new *Koins for Kids promotion!* Please start saving ALL your coins between now and the Chili Cook Off – preferably the bronze coins, but we'll take it all! We will have a fun way to acknowledge each and everyone's coins as they drop into the Koins for Kids bucket. Save, save, save!



SAVE Your Koins for Kids!

To learn more about Hogar de Vida or the Chili Cook Off, please visit www.atenaschilicookoff.com. Or feel free to contact me at jteci@yahoo.com. Interested in sponsoring, donating, or volunteering? Let us hear from you! See you ALL on February 9th.



Sweet Furlong Clan Jam

(W/ Side of Bug Bash and a bit of News)

Paul Furlong

My cousin Gordon, his wife Carrie and son Jason all came to visit last week. I was on a booze sabbatical, so they had to take up the slack. Furlongs work together when there's a load to share and they drank pretty steady for the three and a half days they were here. We drove to Poas, down to Jaco and back up to Atenas the next day. We ate at Don Yayo's, Alida's, Don Tadeo's and rummaged through the fridge the rest of the time. There's more: We sang and danced while Gordon and son rocked us with their guitars and very tasty licks.

I was thrilled that everyone actually *liked* each other. It had been a nerve racking couple months before they arrived. Let me explain; I'd had a bug, or maybe I should say some bugs had me. They appeared as lumps and scabs on my body. I called my friend James; who'd got his first case of crabs at a tender age in a French Salvation Army camp. His experience was profound over a lifetime; fleas, scabies and rot over his bumpy fun lovin' life, but he'd never run into what I had. So I called don Pedro to come fumigate the house. Maybe it's true what they say about \$8 rooms in Central America. I pulled them from my body and kept them as evidence.

I was a farm to them; I know they loved me; I loved them back, but worried about the pinker pastures of my wife and daughter.

Don Pedro arrived with his side kick and began with their magnifying glasses. They covered my shop, my office and our bedroom. They studied these tiny translucent devils with funny fish eyes and their little eggs. Don Pedro announced they were in no danger of spreading. I let out a sigh. Then he said he'd never seen these bugs before and asked permission to take samples to the highest of the high in the Ministerio de Salud. Weeks went by as they studied. Meanwhile I was losing ground with the buggers. Gaby and I experimented with various remedies. I was raw from picking out eggs. I called my first wife to read my cards. She said I would be a craftsman in my shop but otherwise I'd be fine. I then asked my acupuncturist for a read. She said my liver, kidneys and heart were in a twist. We agreed that parasites can't live in a healthy body. I was shocked to find that coffee, chocolate and whisky were bad for me. I began to drink green tea. Not enough... I ate a plate of asparagus, but a week later I was the same.

At this point, Gaby hauled me off to don Vasquez, the best Homeopathic Doctor in town. His office was teeming with happy people coming for treatment. We were the last patients of the day. Dr. Vasquez smiled a chubby Buddha smile that brightened the room by 200 watts. He got up and looked at my plague ridden body and smiled again.

"Doctor, can you fix this?"

"Yes, by tonight you will feel better."

Well, I'm from New Jersey; we don't trust anyone about anything, but his guru smile and rock solid confidence put me in check. We waded through the waiting room and sat by the door. In due time it opened again with sharp rays of warm yellow light that silhouetted the good Doctor. He gave me three small bottles of liquid that he'd mixed up in the back and a prescription. I shook his chubby hand and drank in his smile as we backed out the door.

Home, we quickly took ten drops from each vile and I drank them down tout de suite. Then I took the pills and was soon sleeping like the dead. The next morning I took my liquid and pills, feeling much better but was soon sleeping like the dead again. This continued for a month. Memory gone, horizontal most of the time, it was like reliving certain parts of a previous life. My body was healing fast. We went for a visit to the good Doctor to thank him for his miracle. It was then that he said I had two more months to go. I told him I couldn't function. He cut the dose of one pill from the pharmacy to half. The stage was set for my cousin to arrive a week later.

Still sleepy and disoriented, Gaby suggested I not to take the pill that makes me sleepy in the mornings, just at night. This seemed to work. I was still spacy but could now continue without falling asleep. I was eating better and now had three months of not drinking. I kind of like the sharpness of it. I'm losing weight and wish I hadn't given away my 34s.

I met Gordon, Carrie and Jason at their hotel across from the airport. They were staying at the new Marriott Courtyard, a spotless new building with restaurant and English speaking staff. Walmart is there, the new hospital, other new buildings. Is there something going on there? Yes, nothing less than the largest mall in Central America. The old mall is rumored to become the new Pan American University. It excites me just to think about it.

As I began to say, we met over breakfast on a Thursday morning. Four highly excited people who hadn't seen each other in years. Gordon and I went off to pick up his rental. It's always fun to watch people who've never been here. He was amazed by the missing man-hole covers in Alajuela; hey, kids need to buy things. Back at the hotel we packed up and headed to Atenas. Jason rode with me in the truck; we had a lot of catching up to do. We stopped to pick up a couple beers. It was almost too much for the truck. We had to use the fridge in the garage to keep it all cold. After sorting everyone in their rooms things began to fall into place. We rested our bodies but our lips kept flappin'. Gaby and Andre gradually slipped in to the conversation and there we were; functioning family.

Next morning we jumped in the car and drove up to Poas. We'd got a late start and it was cloudy but they stayed and suddenly the skies parted and there it was; that big old hole with a stinky turquoise acid lake in the middle. I was surprised at how low it was. This is how you know the volcano's been active. If the lake is high; not much activity, when it's low, there's trouble brewing below. You know how people race to a disaster site? Maybe living there guarantees' a front row seat. Hard to know what makes us tick...still I don't trust a volcano. We go through our law abiding lives, pay our taxes, stop at lights and don't shoot up the town on a Friday night. A volcano? Shhhhhh.....t No permits, no sticking with scientific programs or seismic predictions.... Just BLEWWIEEEEEEE! As James would say, "at jes ain't rot."

Doing my best to balance seeing the country without wearing them out, we drove to see the crocs on our way to Jaco and stayed at the Best Western; maybe the only place left where there weren't "happy life" girls. Speaking of which, I took us for a trip through town. As we passed the Beetle Bar, I noticed a big change. It looked like it did when Jack had it in its hay day. Sometimes after days of dirt and river crossings we'd stop at the Beetle Bar for a beer before checking in. Then Jack sold the place. Suddenly there were doors and air conditioning. The music was terrible. Waitresses dressed like bunnies made the whole thing look fake. Soon they were charging both the customers *and* the girls to get in. There's nothing particularly immoral about a freewheeling trade between consenting adults. The people who charged at the door missed the essence of it and made it dirty. (Immoral is war, government spying on its people, etc.)

But you know you can't fool Mother Nature. Soon people were drinking and playing elsewhere. The Beetle Bar somehow found its way back to Jack. We stopped for a drink. The doors were gone, the music was great and it felt good to be back. Jack showed up just as we were leaving. We remembered each other. I gave him my card, some things never change.

Sunday was the last day for Gordon and Carrie. The three of us went to the range and shot unruly paper targets and left before the rain. Gordon restrung my guitar and made it nice. He and Jason are serious musicians and impressed us all. Carrie sings too, what a family! Gaby and I shared a glass of wine one night and it tasted good. The bugs are gone, my skin is healed but I have more than a month to go. Jason stayed with us a couple more days. I'm glad he did. We became friends and Gaby and Andre both love him. We rode the bike, talked and shared experiences. I expect to see him at a small reunion with my kids in Virginia next year. I swear, I think age makes everything sweeter.

fuzzlong@gmail.com

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



Stories from Mr. BudBud, Primero Perro of Lighthouse Animal Rescue. They were written 9 years ago when he first came to Costa Rica for a house sitting job.

7/4/04

Hola All!!

Well today is the 4th of July!!! Happy 4th everybody!!!

**My day started out with a real bang!!! I swallowed a bug.
Have you ever seen a dog try to SPIT???**

Yep....I was sitting out front with Mom while she had her morning coffee and a cigarette. I'm sitting there enjoying the sun beating down on me and I yawned. Well this totally disoriented, or maybe blind, bug FLEW DOWN MY THROAT!!!! HAAACK!!! COUGH!!!! spit spit...haaaack HAAAACK!!!

Mom didn't know what to do!! She was patting me on the back saying "BudBud are you okay??"

"Well NO!!!!!!!!!! There's a pterodactyl lodged in my throat for crying out loud!!!! DO SOMETHING!!!!" HAAAAACK....cough...cough....spit

Well Mom could not reach down my throat that far to get the stupid bug out so she did the next best thing. cough...HAAAAAACK....spit...haaaaaack

She ran in the house and got a large piece of turkey lunch meat. Mom KNOWS how much I love turkey and she usually only gives me tiny bites. But today!!!! She gives me this WHOLE PIECE of lunchmeat and.....just as she expected....I swallowed it whole!!!! Down went the lunch meat and along with it.....the bug.

Okay....now I'm fine.....except I probably have this MONSTER crawling around in my belly plotting revenge. mumble...grumble....moan....grrrrrr....

Didn't do much today except sit home. But this evening we went to Cliff and Claire's house and had supper. Roy was there too. He is one of our tico friends! We had chicken!! It tasted a LOT better than the bug.

Going to bed now. It is late and Mom needs me to hold her pillow down again.

More tomorrow!!!!

Tailwags from BudBud the bug hater

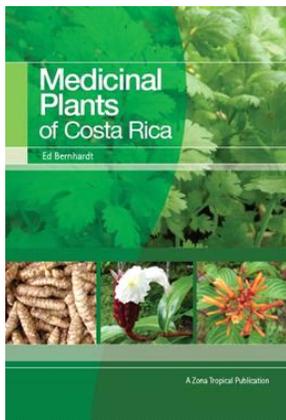


Top Medicinal Foods in Costa Rica to Keep the Doctor Away

By Shannon Farley

What if what we eat on a regular basis actually helps us keep a doctor's visit at bay? Further, what if we could treat our own ailments, including the pesky common cold, with herbs grown right in our backyard and foods we can pick up at the farmer's market or supermarket?

For thousands of years humans relied on foods and herbs for medicine. In Costa Rica, it turns out that plenty of easy-to-find familiar foods are actually just what the doctor ordered.



I bought a book here a few years back called *Medicinal Plants of Costa Rica* by Ed Bernhardt, Zona Tropical Publications. I love this book and have used it time and time again to cure colds and other simple ailments, and just to keep healthy. I've given links at the end of the article for Zona Tropical and also other informative websites. You can buy the book at Libreria International, the airport duty free stores, and the Elsie Kientzler botanical gardens in Grecia (where I got it). The nice thing about the book is it gives photos, common names in English and Spanish, scientific names, botanical information, usage and medicinal information, recipes and any cautionary warnings.

Here are 10 top medicinal foods and a list of herbs commonly found in Costa Rica.

Pineapple

Pineapple is nutritious and full of antibacterial properties. This tropical fruit contains bromelain, which is effective against certain throat and mouth infections. It is high in Vitamins A, B and C.

Papaya

Papaya thrives in Costa Rica and is the most common fruit next to pineapple, especially at breakfast. Papaya is effective at treating digestive problems – indigestion and constipation – as well as liver problems, as a diuretic for the kidneys, and to lower high blood pressure. You can use the seeds in a medicinal tea (see the book for directions).

Coconut

Coconut palms are everywhere along Costa Rica's beaches. Drinking the young coconut water, called "Pipa", which helps revive you after too much sun, too much drink, being seasick, or when you are low in energy. Both the coconut meat and water are used for digestion problems, gastritis, ulcers and liver ailments.





Star Fruit (Carambola)

Called “carambola” in Costa Rica, Star Fruit hails from Malaysia and is a powerful antioxidant with large quantities of C and B-complex vitamins. The tart fruit is served as a natural juice or to decorate plates.

Cilantro

Cilantro, or coriander, was brought to the Neotropics from Europe and is very nutritious. It is used as preventative medicine as an antioxidant and natural cleanser, but also can be used to treat an upset stomach, vomiting and diarrhea. Wild spiny coriander, called “culantro coyote” in Costa Rica, is native to the Neotropics and has the same properties as regular cilantro. My husband always finds this herb growing wild along trails we hike, and we have it in our garden.

Ginger

Ginger has been used for centuries in Asia as a spice and medicine. In India it is known as a universal medicine. Ginger is antibacterial and antiviral and can help prevent infections. Use it to treat colds and flu, sore throats, morning and motion sickness, and circulatory, digestive, kidney, and bladder problems. Ginger is a natural stimulant and good substitute for coffee. Easiest way to use ginger is to boil it into a tea or cook with it as a spice. Sucking on a small piece of ginger will relieve a sore throat and help ease motion sickness.

Turmeric

In the ginger family, bright orange turmeric (“curcuma” in Spanish) has been a staple in Ayurvedic medicine for some 6,000 years. It is an antioxidant and has been used to purify the blood, relieve stomach problems, indigestion, liver and gallbladder diseases, arthritis and rheumatism, and for colds and flu. Raw turmeric applied to the skin is effective in treating inflammations, infections, bruises and sprains.

Lemongrass

Originally from India, lemongrass grows easily in Costa Rica. Lemongrass tea (made by simply boiling fresh leaves) is used to treat colds and flu, gastrointestinal disorders, nervous conditions, pain and inflammation. Add ginger and honey to your tea to really knock a cold on its head. It is really easy to grow in your garden.



Honey

Honey is one of the most well-known antibacterial foods in the world. It has been used for centuries in many different cultures as a medicinal food. Honey was used as an antibacterial treatment long before synthetic antibiotics were developed for wounds and illness. Studies have documented honey's effectiveness in treating cuts, burns, insect bites, yeast infections,

various skin conditions, and fungal infections. Honey also is nature's natural booster for your energy and immune system.



Chan

I'm including this one because it is still served in many Costa Rican "sodas," and most people don't know what it is. Native to Central America, the seeds of this roadside plant have been used to relieve indigestion, gastritis and constipation. The drink – made by mixing dry black Chan seeds in water with honey for sweetener – looks like a glass of frog's eggs. However, Chan is very healthy ... and it doesn't taste like frog's eggs! You can get packets of Chan seeds at Coopeatenas and other stores.

Herbs

There is a long list of beneficial herbs, which are not only a great way to flavor meals but an excellent way to prevent disease. Here is a list of herbs with antibacterial properties you can find easily in Costa Rica:

- Basil
- Bay leaf
- Cardamom
- Chili peppers (Cayenne)
- Cilantro (Coriander)
- Cinnamon
- Cloves
- Cumin
- Dill
- Mints – spearmint and peppermint
- Oregano
- Pepper
- Rosemary
- Thyme

Website Links for more information:

http://www.zonatropical.net/medicinal_plants_cr.htm

<http://voxxi.com/2013/08/08/natural-antibacterial-foods-herbs/>

<http://www.medicinalplants-pharmacognosy.com/>

<http://www.benefits-of-honey.com/antibiotic.html>

<http://www.nutrition-and-you.com/star-fruit.html>

Shipping to Costa Rica



by Dennis Easters easters3@msn.com

One of the major events that buyers and sellers must coordinate with the purchase or sale of a home here in Costa Rica is the relocation and shipment of their household goods and automobiles. Our clients inundate us with questions regarding shipping to Costa Rica on a daily basis. Even though we try our best to be knowledgeable about many aspects of life in Costa Rica, shipping is one area that has remained fuzzy to us until recently. Over the years I have spoken with several shipping companies but the answers I received about shipping goods to and from Costa Rica always seemed vague and incomplete.

Recently, through mutual clients, I was introduced to Arturo Hernandez, the Relocation Manager for Eureka Van and Storage. Arturo has helped two of our valued clients and both have reported having excellent experiences with him. Arturo and ABC Movers are affiliated with several quality shipping and moving companies throughout the world, meaning they can move you door to door, anywhere in the world.

In addition to rave reviews from our clients, Arturo has worked extensively with the United States Department of Defense. I have personally spoken with Arturo on several occasions. We have exchanged numerous e-mails and I've always received prompt and clear responses from him. I can honestly say that it has been great getting to know Arturo. We

actually have many things in common, one being that we are both from Tampa, Florida.



I sat down and put together a list of the most commonly asked questions that our clients have about shipping their belongings to Costa Rica. I forwarded the list to Arturo and he and his shipping partner Philip Aeschleman of Sterling International, kindly provided us with some much needed answers that will help us provide a higher standard of services to our valued clients.

Q. Should we ship our belongings to Costa Rica or purchase them new once we are in Costa Rica?

A. "Shipping belongings to Costa Rica is a common practice and our clients generally determine that it is more cost effective to ship at least some of their belongings compared to purchasing everything upon arrival."

Q. Is it expensive to ship our furniture and car to Costa Rica? What are the import taxes involved in shipping our belongings?

A. "It's all relative of course, but the transportation costs from the U.S.A. to Costa Rica are not that expensive in comparison to other shipping routes. For example, a full 20-foot container of household goods from your residence in Dallas, Texas to your residence in Atenas, Costa Rica will cost about \$9,000.00 USD.

This includes full packing, wrapping, preparation for export, preparation of inventory, ocean freight, customs clearance in Costa Rica, and delivery to your residence. It does not include some incidental costs in Costa Rica like port handling, customs bonded warehousing, customs inspections, etc. which will cost about \$800 to \$1000 USD extra. Shipments to Costa Rica are also subject to a 32% tax upon entry. While 32% sounds like a pretty high number, the tax can be applied to the depreciated, 'garage sale value' which results in a much lower taxable base. Transportation costs for shipping cars to Costa Rica are fairly reasonable, but the tax is set at 52 to 72% of blue book value depending on the vehicle year."



Q. Is it safe to ship our belongings to Costa Rica? Is there insurance we can buy to protect our valuables?

A. "Yes, international shipping is generally safe, especially if professional packing is used to protect and secure the shipment. Still, insurance is recommended and available at a rate of about 2.25% of declared value with a \$500 deductible."

Q. Who will pack up my house?

A. "Our crews generally pack up your house. Sterling International has a network that is made up of hundreds of partners throughout the United States that are available to assist with packing boxes, wrapping and protecting furniture, and

safely loading and securing shipments in crates or containers."

Q. Do I have to inventory my entire house? How detailed do I need to be?

A. "An inventory is very important and required, but this is generally prepared by our team at the time of packing and loading."

Q. Can I ship guns to Costa Rica?

A. "Guns can be shipped to Costa Rica but there are some restrictions and the Costa Rican government will require a permit from the Ministry of National Security. There are some costs associated with a separate clearance and permitting that will cost about US\$500."

Q. Can I ship food products to Costa Rica?

A. "Foodstuffs can be included in the shipment but the government will likely require a permit from Ministry of Health."

Q. If I have purchased new products should I take them out of their original boxes and repack them?

A. "Shipping items in manufacturers' cartons is generally the safest. We are asked to provide the original invoice or a statement under oath pertaining to the product value. New items will be taxed at the invoice value."

Q. How long will the moving process take from door to door (my house in the United States to my house in Costa Rica)?

A. "It depends on where the shipment is coming from and if shipment is moving in consolidation or container. Generally speaking, transit time takes about 5 to 8 weeks. The time on the water is roughly 18 days from the East Coast of the United States. We can also provide storage in the United States or Costa Rica, if needed."

Q. How will our items arrive in Costa Rica?

A. "It really depends on the size of the shipment. Small shipments are generally

packed in crates and moved in a consolidation. Larger shipments can be moved in exclusive use 20 or 40 foot containers. Cars can be loaded in the container with household goods or shipped separately with carriers that specialize in auto transportation.”

Q. Who handles the customs process once our container arrives in Costa Rica?

A. “Our agents will arrange a customs clearance upon the shipment's arrival. Every shipment to Costa Rica must be delivered to a customs bonded warehouse for inspection prior to release. Under normal circumstances customs clearance formalities can be completed in 10 to 15 days.”



Q. Who delivers our belongings to our new home in Costa Rica?

A. “Our assigned agent will deliver to your residence, unload, and place the items in the new residence as directed by the client. They will also unwrap and unpack furniture items and remove debris.”

Q. Are there additional costs involved for the delivery and unloading our items into our new home?

A. “Delivery costs to your home are included in the total door-to-door cost. The agent assigned to manage your customs

clearance will also coordinate the residential delivery.”

Q. Is there anything else we should know about the shipping process or advice you can offer to ease our minds?

A. “Yes, planning! We recommend that our clients begin planning shipments 3 to 4 months ahead of their intended move. We will want to have our local representative meet with the clients for a pre-move survey of items to be shipped. Having a completed pre-move survey is the best way to obtain the most accurate quote for international moving services.”

Moving to a foreign country is a major life event which can be hectic and stressful. With the assistance of true professionals and organized planning on your part, the stress will be minimized and you can actually have a very enjoyable experience. In the end, you must keep your eye on the goal and remember why you are moving to Costa Rica. Your new life has just begun. Enjoy it. Pura Vida!

This is what John and Gay Boggs had to say about their experience working with Arturo.

“The easiest decision we ever made was to move to Pura Vida; however, once we found our beautiful new home in Atenas, the "OMG"s began! How on earth are we going to get ALL this stuff shipped from Virginia to Costa Rica? What could have been a very stressful, overwhelming ordeal actually could not have gone any smoother, because after researching our options, getting recommendations and conducting several phone interviews, we decided to use Arturo Hernandez, Relocation Manager for Eureka Moving and Storage/Sterling International. This company is well-known for moving State Dept employees, US military personnel, and The Washington Redskins. Even though based in Northern

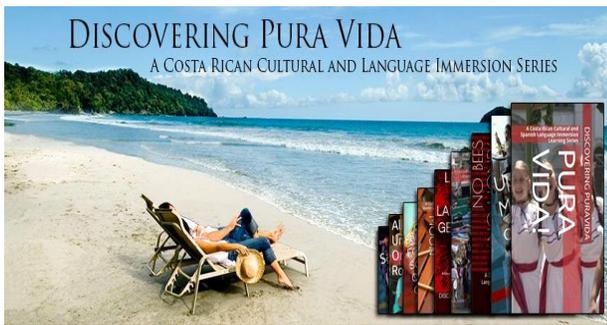
Virginia, this company can coordinate moves from all U.S. locations, and has a great deal of experience with moves to Costa Rica.

Arturo visited our home, helped us to organize, and explained the process from start to finish. He provided a fair quotation promptly and his follow-up was commendable. Once "Container Day" arrived, every individual that was involved in packing and shipping was highly professional, and a week later when our 40' high ocean container was on the high seas, we were contacted each step of the way for updates.

Cynthia Alpizar, their Customs Broker in Costa Rica, was a great resource for answering our specific preliminary questions regarding what we could take in, what permits were required, and once our shipment arrived, she made sure our delivery was on schedule and any Customs' issues were resolved promptly. It is important to note here that there was NO WAY this delivery was going to be easy ... the mountain road to our new home is steep, winding, and a 20' truck is iffy at best. Three trips up the mountain in a smaller truck ... good humored fellows unloading and unpacking ... our stuff arrived in great condition ... a big sigh of relief! We recommend Arturo and his team highly."



You can contact Arturo at:
Arturo Hernandez
Relocation Manager
202-594-2606
703-471-5701
1-877-750-0237 toll-free from USA and
Canada



by Marietta Arce

In June 2012 I received an email from Jose Soto Morera, Head of the Department of English as a Second Language Major for the Alajuela Technical University (UTN). He wanted to meet with me to discuss whether some of *Atenas Today's* readers might be willing to volunteer a few hours per week for conversational opportunities for his students, especially the ones who were close to graduating.

Mr. Soto believed that conversations with native English speakers would improve his students' vocabulary, fluency and confidence. After a few sessions to establish the logistics, the conversational program started and there were glowing reports from the 'teachers' and the students, some of which have appeared in previous issues of *Atenas Today*. A lovely bond was created and I was very pleased that I could be a liaison for this worthwhile project that will hopefully continue.

I have never taken a class with Mr. Soto but it is clear to me (from all the feedback that I have received about him) that he is not your typical professor. In an environment (public university) where students are in

danger of becoming invisible to their teachers, he takes pains to be both a mentor and a cheerleader, providing constant encouragement and motivation. He is a friend and a leader, qualities that are taken for granted but often absent in the educational institutions of today.

I had the opportunity to speak at length with one of Mr. Soto's former students, Yoselin Rojas, a young woman whose passion and exuberance for life was welcome and refreshing. She told me all about the "Discovering Pura Vida" series of 13 books which she and fellow students of English as a Second language have written and brought to the e-book market under the direction of their professor Alex Malikov.

The Discovering Pura Vida series originated with Mr. Malikov, faculty member of UTN. His idea was to promote the learning of customs and language of Costa Rica. This required the students of English as a Second language to translate into English their personal stories and some traditional customs and folklore of Costa Rica so they could improve their own vocabulary and writing skills.

Yoselin talked to me about the many hours each student was required to spend working on their stories before they were finally ready to be edited and published.

Most of these students (Yoselin in particular) have many other responsibilities (work, family, church). Somehow they make the time and harness the energy needed to complete this on going project.

Yoselin confessed that her dream is to see the books printed on paper and distributed as part of the curriculum in the Costa Rican public grammar schools. She is hoping for an opportunity to pitch the idea to the current or future Minister of Education.

Yoselin Rojas, David Chavez (a fellow student) and Alex Malikov were recently the special guest speakers at the Wednesday Women's Luncheon held at Kay's Gringo Postres. Yoselin and her colleagues were grateful to Patricia Rosen and Sara Basloe for the opportunity to present their books to the community of Atenas.

These e-books are available through Amazon.

The following links will take you on that adventure!

http://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Daps&field-keywords=discovering+pura+vida&sprefix=discovering+pura%2Caps&rh=i%3Aaps%2Ck%3Adiscovering+pura+vida

and for more information, please contact:

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Discovering Pura Vida

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E-mail:

yoselin@discoveringpuravida.com

yrojas046@gmail.com

FB:

<https://www.facebook.com/DiscoveringPuravida>

If you are interested in volunteering for future conversational opportunities, please contact jsotom@utn.ac.cr



My Early Education



by Marietta Arce
marietta.arce@gmail.com

The modern technological era with its many portable components makes it easy for me to set up an office in virtually any corner of my world. Right now, I sit in the tiny kitchen of the Queens studio I live in when I come to New York. I previously lived many happy years in this old house and every time I return, I am filled with sentimentality.

Sometimes I ache for the old days, when I had lived fewer years than those I trusted had been assigned to me. The reverse is now true unless by some mystery, I am granted more than the 100 years I hope to live! Each morning when the sun's rays warm my face, I feel deep gratitude for the opportunity to live another day. I strive to make my days good ones for the people around me and for myself.

When I was in the second grade, I had a taciturn, rigid homeroom teacher. Her mother was a great friend of my parents and it was surprising to me that there could be such a great contrast in their personalities. While Miss "T" was almost always frowning, Mrs. "D" was full of charm and enthusiasm.

It didn't take long for my teacher and me to form a relationship that was mutually reserved. This pattern followed me for most of my school days. I always admired the life-long bonds of friendship my classmates formed with our teachers; I was never able to do so.

Although the last time I saw Miss "T" was in 1963, she remains a vivid memory. Despite our reciprocated aloofness, I feel Miss "T" influenced my feelings about learning in general in a very profound and lasting manner. Her haughtiness and unspoken criticism served me well. She inspired in me a deep-seated sense of responsibility for everything that was assigned to me. Her silence on work turned in was tantamount to praise. I learned to accept, if not always enjoy, her methods.

Not long ago, I came across my class picture from 1963. I looked closely at Miss "T" and saw a timid, scared young woman barely ten years older than we were. I counted the pupils: there were 32! I think if I had been in her shoes, I would have hit the ground running and never looked back. Thank you, Miss "T", for staying and teaching us to always try to sign our work with excellence.



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.



"Paris Cafe"

size 24" x33"

Oil on Canvas

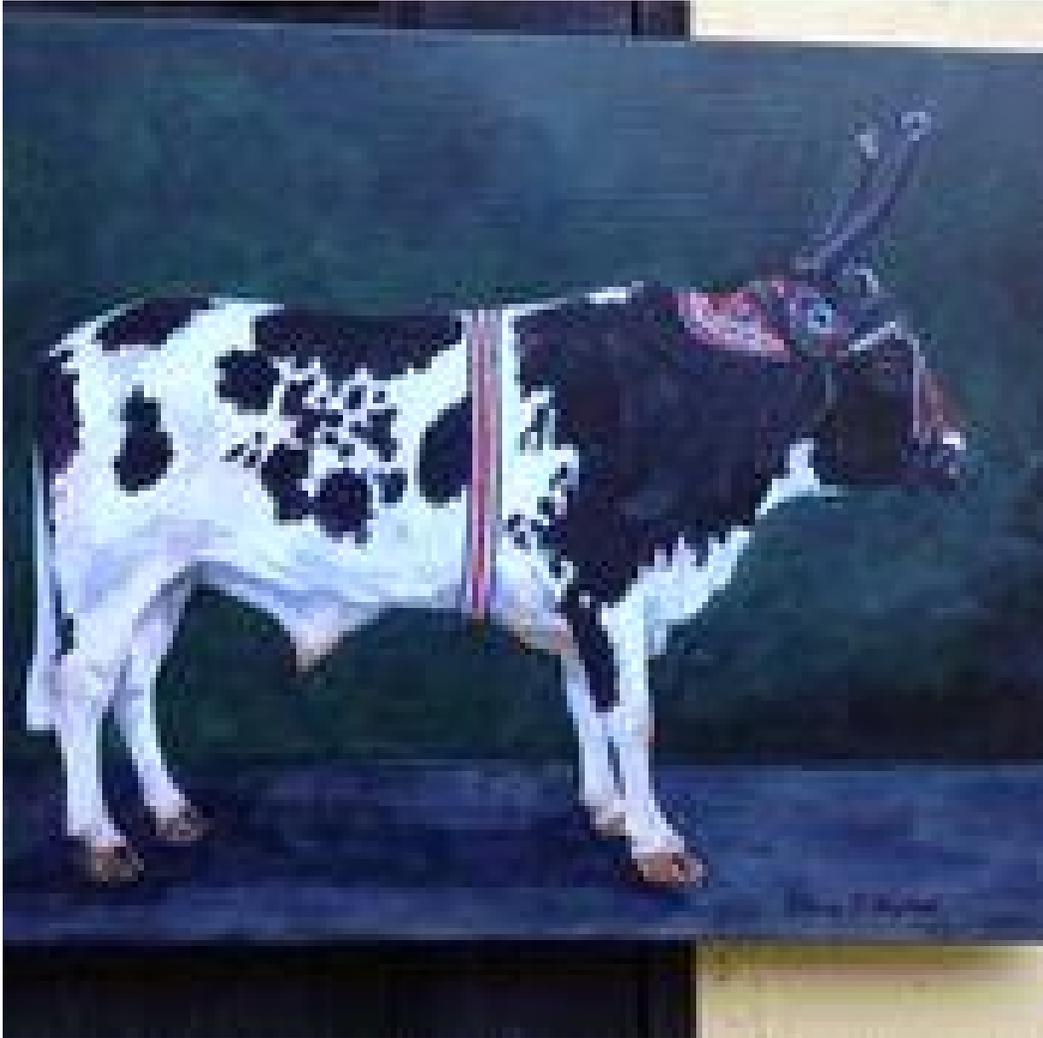
Al Alexander

jeanandal@gmail.com

Artist Statement of Work: I tried to capture the mid-morning activity at an outdoor cafe in the Latin Quarter of Paris. It's late spring, still a bit brisk. The focal point is a young woman with large headscarf and sunglasses. She was an interesting character. The technique is classical but with a contemporary candidness.



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smile@hisanobell.com
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Diana F. Miskell

Horse and Cattle Art: www.dianamiskell.com

Costa Rica Blog: <http://dianascostaricablog.blogspot.com>

Artist Statement of Work: I specialize in cattle and horse portraits, and will paint the occasional dog and cat. Horses and cattle are amazing creatures, with fabulous bone and muscle structure.



"Brown on Blue"
42" x 60"
oil on canvas, 2013
Larry Felder

Email: larry@feldergallery.com
Portfolio: www.larryfelder.weebly.com
Gallery: www.feldergallery.com

Artist Statement of Work: This painting is a commission and will soon make its way to the Felder Gallery in Port Aransas, Texas. The bird is the Brown Pelican, very common on the Texas Gulf Coast. I took this photo about five years ago at a local harbor, early in the morning when the winds were calm and the water reflections best. The brown/orange of the bird and the blue/violet of the water make a simple complementary color harmony.

For the bloggers...



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

Biolley Buzz	bcrcoffee.com
Carole Connolly	http://carolejeancostaricacapers.com
Claudia Leon	http://photoleraclaudinha.smugmug.com/ http://straightline-cmkl.blogspot.com/
Costa Rica: Sisters in Transition (Judy & Roxi)	http://costaricasistersintransition.blogspot.com
De La Pura Vida Costa Rica Diane Miskell	delapuravida.com http://dianascostaricablog.blogspot.com
Fabulista De Costa Rica Fred Ball	fabulista DECR.blogspot.com http://natureboy70.blogspot.com/
G. Martin Lively Going Like Sixty	fishinginandaroundcostarica.blogspot.com goinglikesixty.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
Lois and Jim Craft	adventurecraft.blogspot.com
Marietta Arce Mi Chunchu	http://marisundays.wordpress.com michunche.com
Nadine Hays Pisani New Life in Costa Rica	happierthanabillionaire.com http://www.anewlifeincostarica.com/nuevo_vida/
Paul Furlong Paul Furlong motorcycle blog	http://shootright.blogspot.com/ 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

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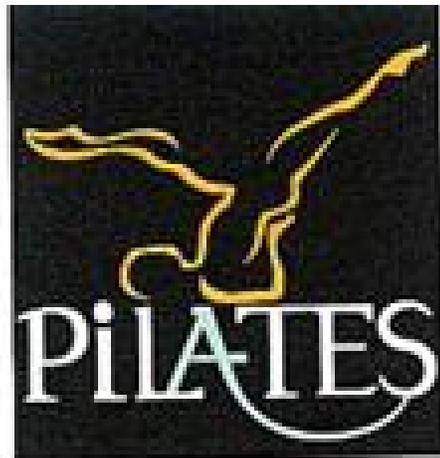
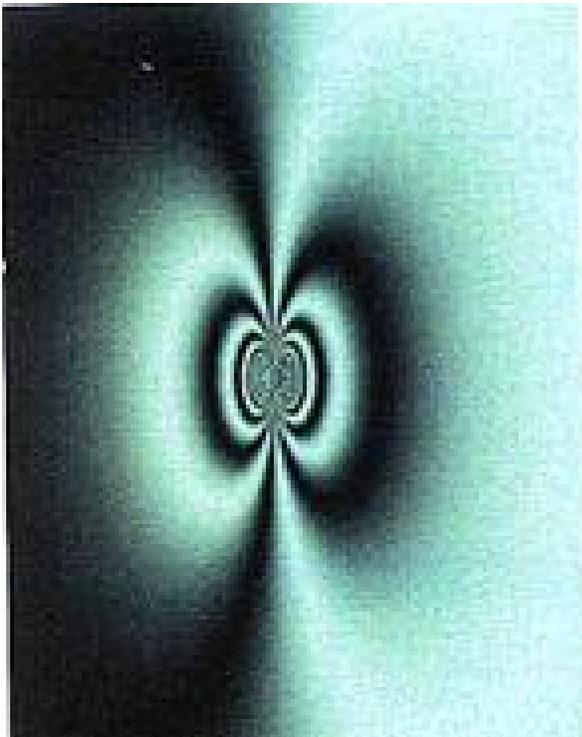
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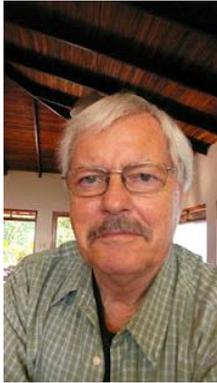
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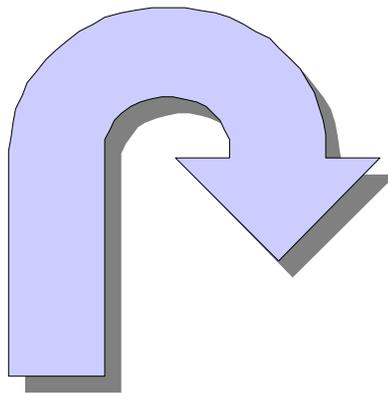
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Meters Squared or Hectares: 1276.19meters
Lot Size (sq. Ft.) - Farm Acreage: 1/4 acre+
Year Built: 2008
Construction (sq. ft.): 1,800
Bedrooms: 2
Full Baths: 2

Phone Lines: 1

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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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