

HOW TO READ ATENAS TODAY

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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. 81

September 23, 2011

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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 400 email addresses. To get on the distribution list or to submit material, please send an email to Marietta Arce at atenastoday@gmail.com.

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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.



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



Labor Day is celebrated in the United States in September, officially ending the summer and launching the academic year in most of the country. This September 11th was particularly poignant for it marked the 10th anniversary of the disappearance of the World Trade Center Towers in New York. We stand together with all whose families were touched on September 11, 2001. We recognize how different our world has become since that day.

September, being my birthday month, has always marked new beginnings for me. I review my year and make a mental blueprint of the things I would like to accomplish before my next birthday. Publishing **Atenas Today** has been the highlight of my year, and I thank you all for your encouragement and continued loyalty.

Dennis Easter's article on a trip to Cerro Chirripó is so exhilarating and inspiring, I am tempted to make visiting Cerro Chirripó something I would like to accomplish before too many more birthdays have passed me by! I am sure you will be as impressed with

Dennis' detailed descriptions as I am, and that you will find yourself amused and pulling for the team while you are reading.

Theresa Fulton provides a fascinating and in-depth narrative on DNA which I found accessible, informative and more enjoyable than anything I remember reading on the subject in the past.

We are missing our "Tech Talk" article this month because Gordon Klatt's computer received Mother Nature's electrical discharge and is being repaired. We wish for speedy reparation so we can continue to enjoy Gordon's savvy advice.

As always, I remind you that we value your feedback to guide our selection of topics. We have been made aware that an electronic newsletter is in the works for the Spanish-speaking Atenas community. We applaud these efforts and endeavor to model the type of communication that is possible in Atenas today and every day!

Marietta Arce
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Cerro Chirripó 2010



by Dennis Easters

The idea started a year or so ago...Let's climb Chirripó, Costa Rica's highest peak. At 3,820 meters high (12,530 feet), you have to prepare. So last December, the gang started talking about doing it in earnest. So in January, Nelson called and made reservations. We wanted to do it in March, however the first available space was in May. So we had the reservations...May 2, 3, and 4th. Now we needed to get in shape. We began walking in January, but fell off the wagon, and the last month before we did the climb, walking became a religion: every morning walking 2 hours, Saturday and Sunday, 4-6 hours each day. Were we listo? NO!!

Saturday May 1st: Travel day. We had clients coming in so we had to wait around to check them in. At 4 p.m. we headed south to San Isidro to stay at Rio Chirripó B&B where friends/clients of ours, Chris and Alison, were celebrating Chris' birthday. Happy Birthday Chris! Driving down we got the bad news that we were not going to be able to start our climb the next day because of issues with the porters who take your luggage up the hill. You have to check your luggage in the day before you hike, before 7 p.m. We arrived at 9 p.m., so needless to say we missed the deadline. We will figure it out

in the morning. Frank greeted us, showed us to our room and left us to enjoy a homemade pizza and glass of wine. Everyone else had gone to bed after one too many glasses of wine. Sunday May 2nd.

We were supposed to wake up around 4 a.m. to start our hike at 5:30 a.m. but with the issue of bags, we had to make other arrangements. We got up, greeted everyone, had breakfast and went to the park services to check in. It was quite a fight, but we worked things out and were allowed to start our hike one day late, and stay one day extra. We had reserved for 2 nights and did not want to stay less time as everyone had warned against it. Now: one issue down and one more to go...the baggage. The thing is you can hike up with your bags if you are prepared, but it really pays to hire a porter to take your bags up for you...you will need the extra energy. It was 10 a.m. and the porters' office did not open until 12 noon. We headed down to San Isidro to the mall for some shopping. San Isidro is a fast growing town in the south of Costa Rica that has a lot to offer and is very, very clean.

After hanging out, having lunch, we headed back up the mountain to Rio Chirripo B&B to get our luggage and ready ourselves for a long day of hiking on Monday. We arrived at the porter's office, and took out our 4 bags of provisions, sleeping bags, and clothes. For those of you who do not know, you must take your own food (I will explain another option later in the story), clothes, and sleeping bags, for the amount of time you are staying. You also need to take your own cook top/burner. The camp has plenty of cooking supplies like pots, pans, dishes, glasses, utensils. We weighed our bags and to our surprise the grand total... 58,000 colones or about \$110. Well it was not about the money but those of you who know me, I am a bit tight, so could not see paying that to have extra luggage. We needed our sleeping

bags and food. The other clothes would just have to stay behind. En fin, we paid 31,000 or about \$60. Back to the B&B to regroup with our bags and get some rest as 4 a.m. comes early. Especially when you have a 8 hour hike ahead of you. Buenas noches, y que descansen bien.

Chirripo Part 2

After a good night's sleep, the alarm went off at 4 a.m. so that we could start our day. Frank had promised to wake us up and 4:30 but we decided on 4 so we could have that extra cup of java to fuel our hike. Rio Chirripó is like a family compound. Beautiful, with a huge rancho that has a wonderful fireplace, kitchen, and dining room. With coffee in hand, Nelson and Gerardo begin to warm up the pinto that Nelson had made for the trip...true Ticos. I must say Nelson makes the best pinto in Costa Rica and I love me some pinto. Frank suggests we get going. We grab our bags, and load up in the truck to head up the hill to the trail head. We touch down and are ready to take off. Group photo first. Thanks Frank. For weeks we had anticipated what the hike was going to be like. On one side we wanted to believe it would be easier than everyone had said. The other side was telling us the fact that you have to climb 14 kilometers (over 8 miles) the first day; it was going to be difficult. In the first 10 minutes of the hike, I knew we had underestimated Chirripó.

It was going to be a real challenge. I love challenges but what had we gotten ourselves into? They say the last kilometer is the worst, the hill of the repentants, but what about the first kilometer? No one warns you about that one. With our fears conquered we push on and dawn begins to break...Did I mention we started before daylight? This is truly God's country as it is some of the most pristine forest and views I have

experienced. About 2 kilometers up, we take a water and photo break. Across the mountain we see a few cabins with tons of pink flowers planted around them. They really stand out surrounded by lush green.

As the morning winds on, things are going smoothly. The views are great. The forest is waking up, alive with birds singing. We hear in the distance the splendid quetzal's beautiful song. If you are lucky you will spot one. We did, but only got a glimpse of the tail as he flew off. Quetzals are very evasive and hard to find, but easy to distinguish because of the 3 foot long tail feather they have. We were happy for just a glimpse. Winding around the mountain, we catch vistas of San Isidro, now several thousand meters below. The sun bright in the sky and the temperature cool and getting cooler with every meter we climb. About 9:30 a.m. we hit the halfway mark "Llano Bonito" which also serves as an emergency camp. You can fill your water here if you need to, use the bathroom (a hole in the ground) and have a snack. At this point you are ready for a break and a bite to eat. But be warned. Do not eat or rest too much. You will regret it.

By the time of our break, we had not passed the first hiker, nor did we have anyone else hiking with us. However by the time we were leaving, another group of four was arriving to take a break too. Up and onward, we continue our journey. With the increase in elevation breathing gets a bit harder. Also the trail begins to get steeper. We pass through a very mystical area called "Barba del Viejo" or "old man's beard". It is a large stretch of trees that are covered with a golden colored moss. Amazing and beautiful. Also the sound of the Yigüirro, the national bird of Costa Rica singing in the background. Just the trek in the forest was worth the journey. Around 11 a.m. you start asking yourself in earnest...what was I thinking? It is hard to explain, because you

are not too tired, but it is building and you are calculating 2 more hours of hiking. Now the air is getting thin, the flora is changing...the trees and plants are getting smaller. This is high altitude. We are now over the 10,000 foot mark. Can you breathe? Me too...In the last few kilometers, you come to an area where once stood large trees but all that remain are dead, charred trunks. Several fires in the 90's and early 2000's swept through, devastating the area. It will take years for this area to recover. Walking through it is a place to reflect on how life can change in a split second. As we were walking it started raining, and Gerardo received a phone call that his father was dying. That was hard to swallow after almost 8 hours of treacherous hiking. Taking a moment to digest, and talk about the options, Gerardo wants to complete the hike in his father's honor. The last 45 minutes up "Cuesta Arrepentidos" or repentance hill was grueling...Raining, cold, and hungry, we struggle up the hill. Once you make it, you see the base camp where we will be spending the next two nights. You are almost there and you thank God. Once at the base camp we check in, go to our room, relax, and try to take in the events of the day. It is very cold and dreary and ..."the sun will come out tomorrow".

Chirripo part 3

Waking up the day after an 8 hour hike is a challenge. Well, the waking up part no, the getting out of bed part brutal. Especially when it is cold outside. Yes folks at almost 12,000 feet, even in Costa Rica it is cold...try 38 degrees Fahrenheit cold. The idea is to wake up early and summit at sunrise. Well we heard our neighbors wake up around 3 a.m. to do just that. We decided we had seen the sunrise before, and 5 a.m. would do just fine. Dressed and ready to go we grabbed a quick cup of coffee before we headed out to the summit of Chirripo. From

the base camp it is another 2.5 hours up to the peak. Up here the topography is amazing. Solid granite peaks that are called the "Crestones" dominate the foreground. A nice river gives a gentle sound of water, with a few small waterfalls in the distance. Every though you are high, there are still tall mountains around you. At this point you still cannot see Chirripo and it is the highest. We take a moment to reflect at the river and a small lake that is calm as glass and reflects the mountains in the background.

Continuing on we reach the Valley of Rabbits; so named because before the fires the area was inhabited by the furry little ones. Unfortunately, like so many things in our environment, they too have disappeared. Looking around I realize that this is one of the most pure places I have ever visited: the air, the water, the smell, all very sweet and understated.

This is a very spiritual place. Even if you are not religious or spiritual, you cannot help but be moved. Finally we see the sign pointing us in the direction of Mt. Chirripo. Which peak is it? Do you guys see a flag? I sure don't. A nice gradual ascent allows for pure enjoyment. Well almost. The air is so thin that you cannot take more than 10 steps without being out of air. Plus I had a pounding headache from the night before. I would find out a few days later this was all due to the altitude, which I had already assumed. Several nice rocks out cropping lend themselves for perching on the edge and enjoying the valley below. We pass our neighbors coming down as we are going up. From the looks on their faces, it was going to get rough.

Up and over one more pass and there it is...Mt. Chirripo. DAMN...it is tall...We had walked 8 hours the day before, and about 2 hours already and I still have to hike up that peak? Are you kidding me? Refund please!!!

But then as you clear another turn, you look to your left and see Lago Chirripo and the Valley of Lakes....what a sight to see. Have I said this is heaven? As you reach the base of Mt. Chirripo, you realize that hiking is going to turn to rock climbing. The trail becomes narrow, rocky, and steep. One step at a time. Towards the very top, it is hand over hand, with careful placement of your feet. One slip and you could be in the lake...floating face down. Gerardo reaches the summit first and has a few minutes to take it all in and reflect on all that has happened. We reach the top and take in the accomplishment.

At the top the views are the best you have ever seen. At 12,530 feet how could they not be? It is always nice to have a sense of accomplishment. That is something that I have inside since childhood, and something I was fortunate to have instilled in me by my family. It is particularly strong with a feat like this. You just have to breathe it in. Gerardo had already signed the guest book that rests inside a metal box. He dedicated his hike to his father who loved to travel.

The descent was bittersweet. Like a child at Christmas, I felt it was over all too soon. However you are tired and not sure how much more you can take. There are plenty of other hikes to do. You can hike a few more miles down to the lakes or take a loop up to the crestones. We decided to go back to camp and make lunch. If we felt up to it we would hike up the crestones later. Coming down, things seem to be in slow motion. We made ourselves hungry thinking about what we were going to cook with the left over food the group before us had left. Nelson was planning on tuna rice with whatever else we could scrape together. Once we arrived we realized that someone had beaten us to the punch. Lucky for us it was a cook from down the hill who was hired to cook

His accomplishment was how he honored him, knowing it was something he would have loved to have done. He wrote " ". We all cried and took in the beauty that surrounded us. You have great views of the lakes below; the Valley of Morenas and Lago Chirripo. In the distance we could see Volcan Turrialba letting off smoke. We had done it. As we had a drink and snack, little birds began to come close. We shared our granola bars with them as we mustered the energy to make our way down.



for a large group. We quickly put in our order for lunch and dinner. It was a nice change from canned tuna and Vienna sausages. Bellies full, we took a nap and realized we would not be hiking more. A quick shower and off to bed.

Showers are another story all together. ICE WATER direct from the river. It is a breathtaking experience, to say the least. It is all you can do to soap up and rinse off. The base camp is very basic and completely solar powered. The rooms are bunk beds and simple shelves to store your baggage. Sleeping bags are a must. We put the bunks together and all slept on the lower level to keep warm. We had such good sleeping bags we got hot. Others were not so lucky and

complained of cold. Most everyone is very friendly and in the common area kitchen/dinning room conversations are easily made. Most travels are Costa Ricans and a few foreigners who brave the hike. It is a form of national pride for Ticos to climb Chirripo...a right of passage if you will.

The next day was our return to civilization. We began our journey about 6:30 a.m. As we were leaving base camp we began to pass the porters who would take our luggage down for us. It is amazing to me that these porters do this all the time. Typically they

can go up the mountain and back down in about 4 hours. These guys just run down. I am not sure how they don't break their necks. We made it down in about 4 hours. Once down we went to the first soda to have breakfast. We were so hungry and thirsty. After a feast, we called Frank who came and picked us up and took us back to the B&B for a shower and fresh change of clothes. Believe it or not, we were not that tired. It would have been nice to just chill at the B&B by the fireplace but we had to get home. Life to deal with. We are now scratching our heads for the next adventure...Osa or Tortugero???

Pura Vida,

Dennis, Gerardo, y Nelson

The Tangy Tamarind



by Elizabeth González

Tamarindus indica is indigenous to tropical Africa, in particular Sudan, where it continues to grow wild. It likely reached South Asia through human transportation and cultivation several thousand years ago. It is widely found from Africa to South Asia, Northern Australia, and the Far East.

In the 16th century, it was introduced to Mexico, and South America by the Spanish and Portuguese colonists and it became very commonly used.

The tamarind is a long-lived, medium-sized, bush tree which can attain heights of 40 to 60 feet. The crown has an irregular, vase-shaped outline of dense leaves. The tree grows well in full sun in clay, loam, sandy, and acidic soil types, with a high drought and aerosol salt (wind-borne salt as found in coastal area) resistance.

The leaves of the tamarind tree are evergreen and bright green and their arrangement is alternate, elliptical ovular with pinnate veins smaller than 2 inches in length. The branches droop from a single trunk and require pruning in order to optimize tree density and ease of harvest. The leaflets close at night.

Although the tamarind does flower it does so inconspicuously, with red and yellow elongated flowers, one inch, five-petaled, borne in small racemes, and yellow with orange or red streaks. Buds are pink as the four sepals are pink and are lost when the flower blooms.

The tamarind is best described as sweet and sour in taste, and is high in acid, sugar, B vitamins and, calcium.



A tamarind seedling

Tamarind is harvested by pulling the pod from its stalk. A mature tree may be capable of producing up to (350 lb) of fruit per year. Veneer grafting, shield (T or inverted), budding and air layering may be used to propagate

desirable selections. Such trees will usually fruit within three to four years if provided optimum growing conditions.



Native Philippines Tamarind

The fruit pulp is edible. The hard green pulp of a young fruit is considered by many to be too sour and acidic, but is often used as a component of savory dishes, as a pickling agent or as a means of making certain poisonous yams in Ghana safe for human consumption.

The ripened fruit is considered the more palatable, as it becomes sweeter and less sour (acidic) as it matures. It is used in desserts as a jam, blended into juices or sweetened drinks, sorbets, ice creams and all manner of snacks. It is also consumed as a natural laxative.

In Western cuisine, it is found in Worcestershire sauce, and HP sauce.

The following recipes for tamarind drink and tamarind chutney are very popular. The chutney can be served cold or at room temperature with chicken or pork dishes.

REFERENCES

<http://en.wikipedia.org/wiki/Tamarind>
Gadia, Madhu "New Indian Home Cooking"
Valdejuli, Carmen Aboy "Puerto Rican Cookery"

TAMARIND BEVERAGE

1 lb. tamarind seeds, with pulp
1 quart water
1 cup sugar

Ice

1. In a saucepan, mix tamarind seeds with 1 cup of the water. Mash and press through a sieve.
2. Put seeds back into the saucepan and proceed as above, adding water, **1 cup at a time** until the seeds are completely free from pulp.
3. Add sugar to the liquid. Mix and set in the refrigerator. Serve chilled with ice. Add more sugar to taste, if necessary.

TAMARIND CHUTNEY

3 ½ ounces packed dry tamarind
3 cups water
1 ½ teaspoons salt
¾ cup packed light brown sugar
½ teaspoon cayenne pepper

1. Remove the seeds from the tamarind. Combine the tamarind and 2 cups of water in a medium saucepan, bring to a boil and cook for 2 to 3 minutes. Remove from heat and let soak for about 1 hour.
2. Grind the soaked tamarind in a blender. Strain the pulp, pour the remaining cup of water over the pulp gradually, stirring with a spoon or your fingers to help strain the tamarind pulp.
3. Return the tamarind pulp to the saucepan. Add the salt, brown sugar and cayenne pepper. Stir until the sugar is dissolved. Bring to a boil over medium heat, stirring occasionally. Reduce the heat and simmer for 15 to 20 minutes. The chutney will thicken as it cools.

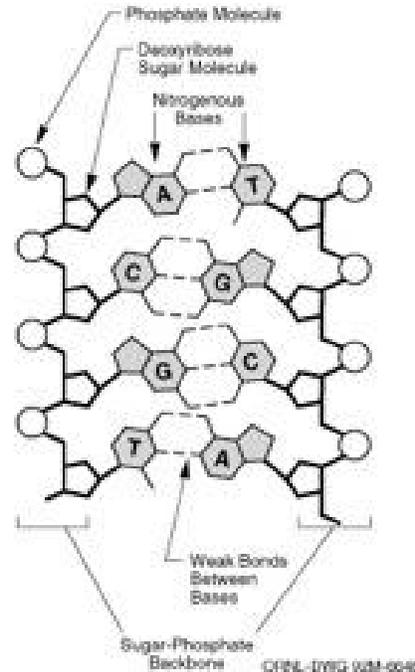
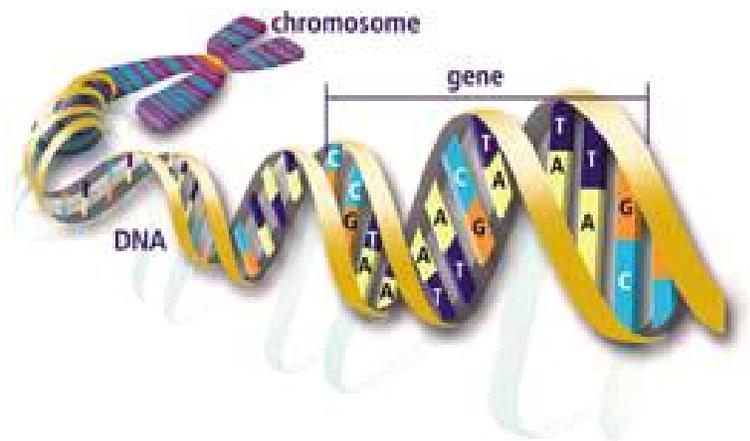
Unraveling DNA Fingerprinting



by Theresa Fulton

We hear a lot about DNA in the news these days, especially in regards to crime. Either people are getting caught because of DNA – or getting exonerated due to “new DNA evidence.” We know that DNA is the stuff that we inherit from our parents, that makes up our genes and chromosomes. An entire copy of your DNA is located in every single cell in your body, and you leave traces of it everywhere, from your skin, hair, blood, etc. I’ve been asked: but if DNA is so small, inside of a cell, how can crime labs see it?

DNA is small but it has some cool properties, one of which is its ability to replicate, that is, make copies of itself (which comes in handy for growing, replacing skin and blood cells, etc.!). DNA (deoxyribonucleic acid) is a chemical molecule consisting of a long strand of a sugar backbone with nitrogen structures, called nucleotide bases, attached to it. There are 4 slightly different nucleotide bases: adenine, thymine, guanosine and cytosine (abbreviated A, T, G, and C). These 4 nucleotides have chemical structures such that A can only fit together with T, and G can only fit with C. So two strands of DNA that are floating around in a cell will always come together in a complementary way to form a double-stranded molecule that twists around a bit to form what is called “the double helix.”



Figures: The figure at the right is a close-up of the chemical structure of DNA; at left is how DNA forms the double helix, which forms our genes and chromosomes.

These strands of DNA are actually millions or billions of nucleotides long, and the order of the nucleotide bases (called the sequence) in a strand of DNA is absolutely unique to that organism. For example, the human genome has around 3 billion bases (sometimes called base pairs, since it is 2 strands together). And when I say unique to that organism, I mean each individual organism – with the exception of identical twins, vegetative plant cuttings, and clones, every biological organism has a unique DNA sequence. (After years of being in science, this is still so amazing to me – every biological organism, fish, plants, humans, are all just variations of strings of Gs, As, Cs and Ts...!) Ok, but how do we see it?

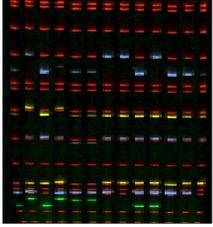
When a group of scientists in the early 1950s – James Watson and Francis Crick are best known, but Maurice Wilkins shared the Nobel Prize with them, and much of the work was done by Rosalind Franklin – figured out the structure of the DNA molecule (using X-ray crystallography) and eventually realized the importance of this – if you know the DNA sequence of one strand, you know the other, AND: this is how DNA replicates itself. Although it requires a number of “ingredients” the process itself is not all that complicated. Imagine a soup, where some DNA molecules have separated into single strands, and little nucleotides are floating around until they find the one other nucleotide they can stick to on a strand, and then another nucleotide finds the spot next to it, and so on, eventually each single strand has a new copy of itself attached to it in a new double-strand. Repeat a billion times.....

Add to this another discovery in the 1980s: a procedure that takes advantage of DNA’s ability to replicate itself. A scientist named Kary Mullis realized that if we could mimic

the conditions under which DNA replicates itself, we could get it to make lots of copies of itself, or even just some piece of DNA that we are particularly interested in – so many copies that there will be enough to see (with some help, such as fluorescence). This is the procedure called PCR, the polymerase chain reaction (polymerase being the enzyme that gets the synthesis process rolling) (Kary Mullis says he was just driving down a lonesome highway when the idea came to him.... he has also been quoted as saying that LSD “may have helped”). A PCR machine (also called a thermal cycler) is simply a machine that recreates the optimal temperatures needed for DNA to keep synthesizing itself over and over. You end up with a big glob of DNA, lots of copies of either a particular gene or random fragments of DNA (depending on your starting ingredients). But, what you really are interested in is the tiny differences in the sequence. Is the DNA from one person or the other? The suspect or the victim? This just requires two additional steps of chopping up the DNA into smaller fragments, then separating those fragments, usually by using an electrophoresis system, which uses electricity to move the fragments through agarose gel (similar to Jell-O). Smaller fragments move through the gel faster than larger (heavier) fragments, so they become separated according to size. The result is a specific band pattern called a DNA fingerprint.

See the example of a DNA fingerprint of maize below (sorry, I’m a plant scientist and didn’t have a picture of human DNA handy!). The DNA was tagged with fluorescence before running it through the gel so it could be seen better. Each column is a different maize type. The smaller pieces of DNA moved faster through the gel and are nearer the bottom. The samples can now be compared for differences and similarities.

This is a highly accurate methodology – however there obviously can be technical errors, contamination, etc., so it must be replicated for accuracy. But compared to the (lack of) accuracy of other evidence in crime trials, especially eye-witness testimony, DNA fingerprinting is a valuable tool in crime fighting, and the reason we are now, unfortunately, hearing so many cases of people that were wrongly convicted, before this new tool became available.



Where are they now?

Kary Mullis won a shared Nobel Prize in 1993, and continued to work in molecular biology, although becoming controversial for his belief in astrology, denial of HIV as the cause of AIDs, among other things. James Watson continued to work in molecular biology, and served in a number of posts at Cold Spring Harbor Lab on Long Island for many years until his resignation in 2007 (due to the controversy over a racist remark he made during an interview – not the first of his controversial comments). Francis Crick later became interested in neuroscience, especially the link between the brain and consciousness. He died in 1988 of colon cancer. Rosalind Franklin died of ovarian cancer in 1958, before the others won the Nobel Prize.

Questions or ideas for future columns?
Email Theresa tf12@cornell.edu

POOL TIPS:

CHLORINE



From Dra. Piscina

Chlorine: what is chlorine? It's an element {#17}, nothing organic or eco about chlorine. It is produced by breaking down common salt; this breakdown produces both pure sodium and pure chlorine. Chlorine in its pure form is a toxic substance and should be used with care. In a pool, chlorine acts as purifier to kill water borne bacteria and inhibit algae growth. Used correctly it will keep your pool crystal clear and with a low level of concentration, you will not even know it's there.

The recommended level of chlorine for your pool is between 1-3 parts per million. A lower level and your pool may turn cloudy and visible algae will occur. A higher level than 3 parts per million and you will experience burning red eyes, runny nose, and the smell of chlorine. In extreme cases of over chlorination your pool may actually turn green.

Recommended application procedures:

Granulated chlorine: {tri-chloro} throw the correct measured amount for the size of your pool directly into pool on a daily basis. The granulated chlorine will dissolve slowly over the period of twenty-four hours giving your pool the correct level of chlorination. This procedure must be done daily. NEVER put granulated chlorine in your skimmer, your pump, or your inline chlorinator.

Chlorine tablets: Chlorine tablets dissolve slowly and deliver a supply of chlorine to your pool. When the pump is running and creating a water flow against the tablets, they dissolve and send concentrated chlorine to your pool to blend and dilute. These tablets have a life of approximately one week. Never put chlorine tablets in your pump or skimmer, they should be put in an Inline chlorinator, which is plumbed after your filter.

Chlorine shock: hipo-clorito, very important to your pool. Bather load will make chlorine dissipate more quickly, so if you have a party and lots of people in the pool after they have left, your chlorine level will be very low and the pool full of water borne bacteria. So after a pool party simply shock. Shock has a life of three to four hours; it raises your chlorine level very high, burns out all bacteria then dissipates. It is recommended you shock your pool once a week, usually after servicing the pool.

I offer a Four Day Course for \$240 (including range fees). I will teach you to shoot and make you able to react correctly under various stress conditions. I include "mental set," and the details of presenting a weapon that, if practiced, will make you dangerous to anyone intending you harm.

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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.



"Riding in the Parade"
30" x 36" Oil on Linen

Al Alexander
jeanandal@gmail.com

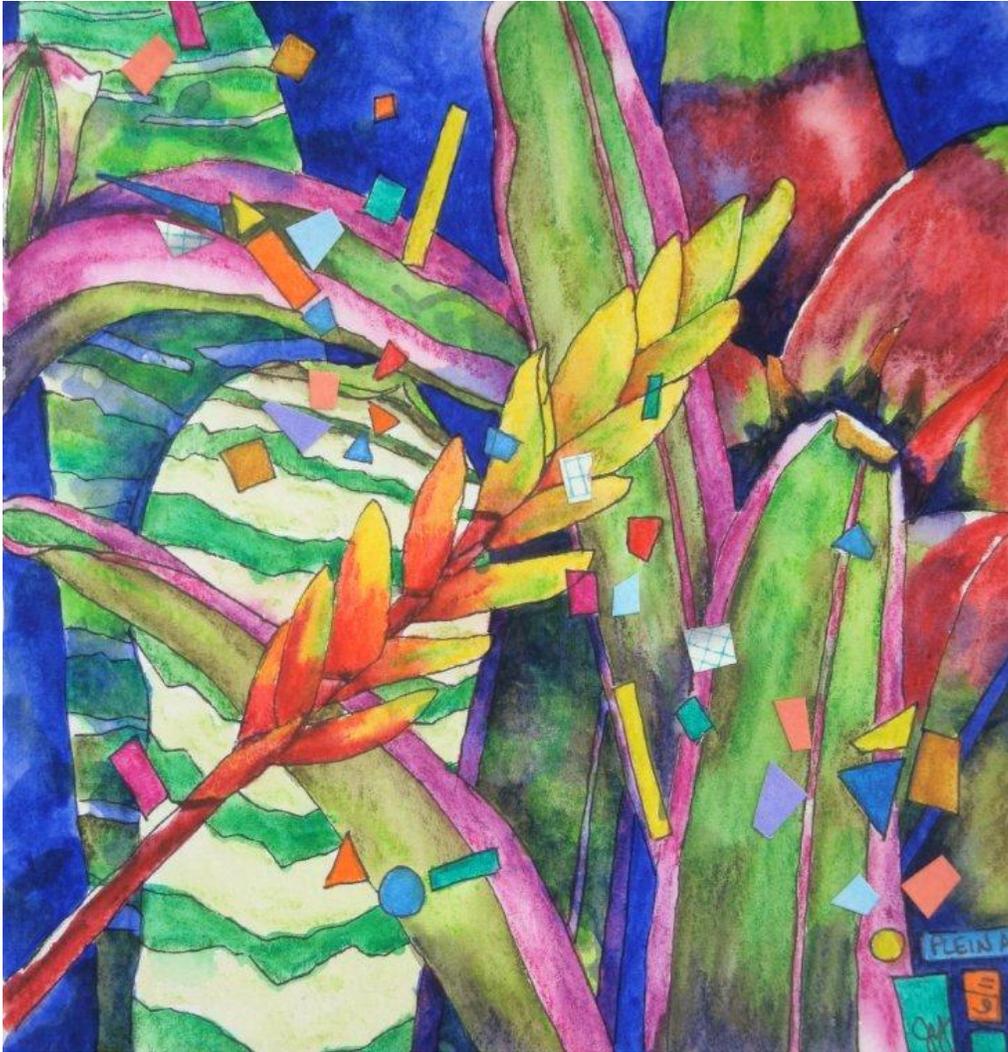


“Babycheeks”

Dragonfly Animal Portraits

www.dianamiskell.com

<http://dianascostaricablog.blogspot.com>



Plein Air art journal page created in the gardens of Xandari Hotel Resort by Jan Yatsko using ink water pencils. June 2011. Check the Atenas Today Community Bulletin Board to join us on future activities.



Cien Años Soledad

Evelyn Levchenko
levchenko.art@gmx.eu

GET OUT OF TOWN!!!



INBioparque Costa Rica

<http://inbioparque.com/en/>

INBioparque Costa Rica is the National Biodiversity Institute of Costa Rica. It is a non-profit organization dedicated to scientific research and to promoting the importance of conserving the country's rich biological diversity.

INBioparque is conveniently located within minutes of downtown San José (in Santo Domingo, Heredia) and it offers an interactive experience through the park. The park is fun for everyone and can be enjoyed with or without a guide.

The above link will provide you with all the information you need to make this memorable day trip. Enjoy!

The Customer's the Boss!



by Marietta Arce

Every week, I spend a little time at Multiplaza Mall in Escazú while waiting for our daughter's art class to finish. Sometimes, I go by myself and sometimes I have company on these weekly sojourns.

When my husband or a friend comes along on these outings, we enjoy chatting over a cup of coffee and pastry. I love my afternoon coffee! It's a ritual that revitalizes me for the rest of the day's events, which often include heavy traffic on the way home.

If I am alone, I love to observe people as they go about their shopping or I enjoy browsing the small (and usually empty) shops and boutiques to see what new product is available.

Usually, our daughter will make a request for a snack to eat on the way home. Recently, she asked for French fries and after I had completed my shopping, I went to the food court to order her snack.

I was at once struck and amused by the attendant (Caesar) who energetically greeted me and asked me my name as he introduced himself. I rarely give my real name under these

circumstances, not because of any particular desire to remain anonymous, but because they usually get it wrong and I have to repeat myself over and over, counteracting the reason for ordering at 'fast-food' place to begin with. I said I was "Maria" and we proceeded with the ordering.

I asked for small French fries and a soft drink. Caesar, who has been trained for this sort of thing, quickly asks me if I would like to 'supersize' my order for an additional (of course 200 colones. I was a bit rushed but he was so earnest that I immediately said yes. I waited for a few minutes and took the opportunity to do a little more people watching while my order was being prepared.

A few minutes later, I found myself walking across the food court with my various purchases, including my daughter's snack. I realized that the French fries must really be super-sized because they were quite heavy. I decided to take a look and was very taken aback when I saw that the French fries I received were drenched in at least three sauces and some meat. Our daughter is not much of a sauce fan so I knew she would not eat them. I returned to Caesar who seemed as delighted to see me as he was the first time!

I calmly explained to Caesar that I had probably not paid attention to what he had offered me for the 200 colones and that **now** I needed to return my purchase and get a replacement of **absolutely plain** French fries. I had decided that he would balk and that I would probably have to pay for an additional order but much to my surprise and delight, he instructed his co-worker to replace my order quickly.

While I was waiting, I complimented Caesar on his enthusiasm and diplomacy. He smiled broadly and told me that in his opinion, the customer was the boss and that (although he could not understand it), if I wanted plain French fries, I was the boss and I had to be happy! This, he reasoned, would encourage me to become a frequent visitor and that would be good for business because I would suggest the place to my friends.

I think I learned more from young Caesar that afternoon than from the many boring lectures I listened to while attending my college business classes. I have not seen Caesar in a long time. I hope that he has found himself promoted or better yet, that he is using his talents and service-oriented skills in his own company!



It is my hope that Caesar is an example of a new generation of young employees who are being reminded that the customer is always king, or in my case, **Queen!**



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.

September 26th – Expat Night at the La Trilla Restaurant



September 27th General Assembly 5 p.m. Café Leila, entrance to Vista Atenas. Please come if you would like to become a member of CATUCA.

September 28 -

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

October 4th and 5th – RECYCLING CAMPAIGN CENTRAL PARK OF ATENAS 9A.M. – 3 P.M. VOLUNTEERS are needed; the recipients of the funds collected from this campaign are the Hogar de Vida (orphanage). Please contact wmmcook@gmail.com if you would like to donate some of your time.

October 6th – Sewing at Hogar de Vida; 9:15 a.m. Contacts MargMacik@hotmail.com or 2446-3223, cr 8989-0765, Helen Smith at the Hogar 2446-6212

October 11th – Local Writer's Group meeting at Kay's Gringo Postres at noon
For more information, contact Larry Rusin at 2451-8063. Bring material you have written so you can share with the group.

October 12th – Día de las Culturas (Culture Day) is celebrated in Costa Rica

October 17th - PLEIN AIR. A group of people with curious minds who meet the 3rd Monday of every month at a different location to explore and express their creativity through visual art and writing. Contact Jan Yatsko at 2446-0970 or janyatsko@ice.co.cr to find out where we have been and where we are going.

DON'T FORGET TO CHECK OUT www.atenaslife.com FOR REGULARLY SCHEDULED ACTIVITIES.

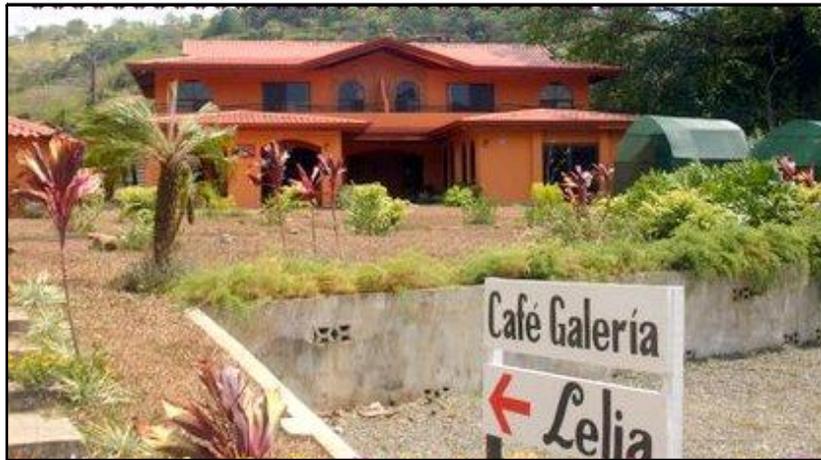
For the bloggers...



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 therein. Please contact us if you have any other blogs of interest that you would like to share.

Biolley Buzz	bcrcoffee.com
De La Pura Vida Costa Rica	delapuravida.com
Fabulista De Costa Rica	fabulistadecr.blogspot.com
The Very Worst Missionary	theveryworstmissionary.com
Julie and Rick in Costa Rica	http://julieandrickincostarica.blogspot.com/
Mi Chunché	michunche.com
New Life in Costa Rica	http://www.anewlifeincostarica.com/nuevo_vida/
Pura Vida Mommy	puravidamommy.blogspot.com
Rubiatica	rubiatica.blogspot.com
Somewhere In Costa Rica	http://somerewhereincostarica.com
The Real Costa Rica	blog.therealcostarica.com
The View From Here	theviewfromherecr.blogspot.com
Going Like Sixty	goinglikesixty.com
Lois and Jim Craft	adventurecraft.blogspot.com
Dovile Vaigauskaite	www.powerofindividual.org
Diane Miskell	http://dianascostaricablog.blogspot.com
Marietta Arce	http://marisundays.wordpress.com

Café Galería Lelia



Sabana Larga, Entrada a Vista Atenas/Entrance to Vista Atenas
Abierto martes a domingo de Mediodía a 7 P.M. Wi-Fi de cortesía
Open Tuesday to Sunday from Noon to 7 P.M. Complimentary Wi-Fi
Todos los domingos: lasaña de pollo / Every Sunday: Chicken lasagne
Reservaciones/Reservations: 2446-6469

Seeking Organic Farm Investment Partner

Environmentalist seeks investment partner and 1 hectare in hills of Atenas near good water source to grow food organically, live in a small house. Would also like to invest in an organic farm of crops already in operation.

Please contact suzannahglidden@optonline.net Subject line: POL



La Trilla

An Invitation - Please Join Us

EXPAT'S NIGHT

Every Monday Night

Featuring:

Live Entertainment, appetizers, and great food



Dear Friends:

Please allow me to introduce myself. My name is Alvaro Morera and I am the new manager of the La Trilla bar and restaurant located 50 meters east of Coopeatenas.

As many of you know, our restaurant has recently changed ownership and during the past few months we have been doing much renovation to the facility to make it much more comfortable and enjoyable for your visit when you dine with us.

It is a pleasure to inform you that we will now be open Monday through Friday at 8:00 AM for breakfast and remain open until 11:00 PM for lunch and dinner. Saturdays and Sundays, our hours will be from 11:00 AM until 11:00 PM.

Our main objective is to ensure that when you dine at La Trilla, you will be served with delicious food cooked with a wood burning oven accompanied by good service in a very pleasant atmosphere, and all at very reasonable prices.

We realize that there are many Expats in the Atenas area and want to give you a place to meet with your old friends and give you the opportunity to meet new friends. Keeping this in mind, we would like to invite you to our new Expats Night that will take place every Monday night beginning at 7:00 PM. For this event, we will provide live entertainment, appetizers and great food. We want to make sure you come, have a great meal and have a good time.

To help defray the cost of the entertainment, we will ask for a small cover charge of 1,000 colones per person. However, to give you the opportunity to see the value in what we are trying to do, the balance of the events for September will be waived. Give it a try - we are sure that you will have a good time and return for more.

This coming Monday (9/12/2011) we will have saxophone and guitar music to entertain you. Please join us.

Any suggestions for some event or activity you would like to be held on Expats Night, just let me know. We look forward to any suggestions you may have.

Sincerely,

Alvaro Morera A
2446- 8593 / 8960-4070
tico1644@yahoo.com

Atenas Today Advertising Rates and Policies

Atenas Today is sent out monthly to over 400 email addresses of people who live or vacation in the Atenas area. Display ads up to half a page in size cost \$50 per insertion; full page ads are \$100 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. 962-0003149-6 Marietta Arce Valverde
- 2) deposit to Paypal account of Marietta Arce (marietta_arce@yahoo.com)
- 3) 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.