

HOW TO READ ATENAS TODAY

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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. 105

September 23, 2013



Coffee Plantation Orosi Valley Photo: Wikipedia

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



September's rains have certainly emphasized that the green season is back! Whether I am here in Atenas or in New York, September is the time when the countdown to the New Year begins in earnest. Although I still wear white in Atenas, there is no denying that 'winter' has set in and my seasonal companions (the sweater and umbrella) can be found within easy reach.

The transition to mostly indoor living and morning activities reminds us that the days go quickly and that much still needs to be done before we can feel satisfied that at least a few of our goals have been reached. I am somewhat content with my progress this year but I am also conscious of the fact that as I write this message, only 100 days are left in 2013!

If you are reading this issue, chances are you have become aware of and involved in the many activities that go on all year in our little town. I was thrilled recently when I learned that the yearly activity (The Climate Fair) organized by our

local chamber of Tourism and Commerce (CATUCA) was a trivia question in the popular program on Teletica Channel 7 "Who Wants to be a Millionaire?" Even more exciting was the fact that the contestant was able to answer correctly!

In the days and weeks to come we will continue to have memorable activities. I hope to see many of you at this year's Day of Cultures to take place on Sunday October 13th in the Central Park of Atenas. Come and be part of the melting pot of cultures, traditions and lovely people that are Atenas today and every day!

Happy Reading!

Marietta Arce
marietta.arce@gmail.com





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 27th – World Tourism Day. Theme for 2013: Tourism & Water: Protecting Our Common Future

September 27th – 29th Ballet “The History of Colors” National Theater, San Jose, 8PM (see flyer)

September 29th - Buddhist Book Discussion at Roca Verde (SEE FLYER)

October 6th, 13th, 20th, 27th

September 24th Atenas Bridge Club meets at Don Yayo’s

October 1st, 8th, 15th, 22nd, 29th Restaurant 25th 1 p.m. to 4 p.m. No partner is required.

October 2nd and 16th - **Recycling** in Atenas from 8 a.m. to 11 a.m. at the Plaza in front of the Central School, near the volleyball court.– Recycling of aluminum, metal, plastic, paper cardboard and tetrapak - NO ELECTRONICS, STYROFOAM or EGG CARTONS Please rinse and separate your recyclables before dropping them off. Thank you.

September 25th (Please confirm with Sara or Kay 2446-0664)

October 2nd, 9th, 16th, 23rd, 30th

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

October 5th – Country Dance Workshop, contact Su Espacio for details.

October 9th - Writer’s Club meets at Colinas del Sol, at Noon. Contact L. Michael Rusin @ crcaseyboy@gmail.com (2451-8063) for more information. Please confirm.

October 13th – 8 a.m. to Noon – Atenas Celebrates Day of Cultures with you in the Central Park. Music, food, entertainment. If you would like to participate with a dish, dance or other tradition from your home country, please contact marietta.arce@gmail.com for details. Come and share a bit of your ancestry in your adopted country!

October 14th - 3 p.m. Abandoned Animals of Atenas Foundation meeting at Antaños Please contact Virginia 2446-5343 or Sylvia 8868-1386 for more information. Volunteers are needed and welcome.

October 21st - PLEIN AIR - Contact Jan Yatsko at 2446-0970 or janyatsko@gmail.com to find out where the next activity will be held.

October 31st – Halloween activities around the town and country

SAVE THE DATES!!!

November 16, 2013 – First annual Atenas Arts and Crafts Fair, details: aannafred@gmail.com

February 9, 2014 - Chili Cook-Off



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

Danzay

PRESENTA

La historia de los colores

BALLET CONTEMPORÁNEO

De Maria Amalia Pendones

27 al 29 de septiembre

TEATRO NACIONAL

Entradas en www.teatronacional.go.cr

Más información al 2010-1111 • [Facebook.com/Danzay](https://www.facebook.com/Danzay)



LA NACIÓN





Centro de Copiado Country
Pasaje Tio Mano, next door to Tio Mano Restaurant
Locale #1, 2446-4761



Located in Rio Grande, now open!!!!
Telephone: 6002-2656



Sala de Belleza Matisse has moved to Romacentro



The 2014 Atenas Charity Chili Cook Off Kicks Off Their Plans for Another Great Event

Join Our Latest Campaign
"KOINS FOR KIDS"

By Judy Timson



Hey everyone, we are gearing up already for the biggest fundraiser in Atenas – our very own Atenas Charity Chili Cook Off! Mark your calendars for Sunday, February 9th. We've already held two meetings with 4-5 new committee members and we are beginning to set the stage for an incredible day. Once again, we are supporting Hogar de Vida, a local children's orphanage here in Atenas.

Last year's Cook Off was a whopping success raising \$20,000 to help build a security wall around Hogar de Vida which provided stronger measures for the safety of the kids. Everyone that participated can be proud of making a difference in this way! In a future article, we'll go more indepth on Hogar de Vida and what the money raised will be used for in 2014. *But right now we are excited to share a new campaign for the kids – read below.*

Koins for Kids Campaign Begins



Last year, our Committee members started saving their coins as an additional way to raise some money for the kids, then we thought, "Gosh, let's give the community an opportunity to do the same" – although this promotional campaign began late last year, it raised over \$200. This year, we are starting earlier (right now!) and asking everyone that can to start saving their "Koins for Kids". You can save your coins (yes, we'll take anything, but we really like the bronze coins) in a jar, a box, a carton, a suitcase – anything. And, on event day we will have an extra special presentation onsite as you toss your collection of coins into a big container. So, get going, start collecting your coins. Let's see if we can raise an additional \$1000 for the kids by merely saving our coins! Even if you cannot attend the Cook Off or you live outside of the area, we can help ensure your coin collections will be part of the "Koins for Kids" campaign. If you have any questions, feel free to contact Judy Timson at timsonjudy@gmail.com.

Can You Help?

Any successful fundraising event cannot be done by just a Committee – it involves volunteers, community sponsors, chili teams, judges, and donations – to name just a few. Here are some immediate needs we have right now:

- 1) Help identify key community sponsors (businesses) that you think might support our event. The best way to ensure a commitment is if you have a connection with that company. You can contact Stef Bogatinoff at stef@costaconcierges.com with your ideas and/or support.
- 2) Think about volunteering for various assignments leading up to the Cook Off, but especially consider working a 60 to 90-minute shift at the Cook Off. Volunteering is fun and you will still get to enjoy the day's activities. We will be contacting last year's volunteers to seek their support once again. If you are interested in helping, please contact Judy Timson at timsonjudy@gmail.com.
- 3) You think you have the best chili recipe around and might be interested in being a Chili Team? We have already filled half the spots, so if you have not confirmed or are interested in possibly being a team, please contact Mary Cook at wmmcook@gmail.com.

Please visit our updated website to see all results from last year at www.atenaschilicookoff.com. Our website is a great way to stay connected to what is happening for the Cook Off, so please visit it regularly.

Itching to make an early contribution? We would welcome that and look forward to hearing from you. Please contact Roxi Dixon at timsonjudy@gmail.com.

Before you know it.....February 9th will be here! I'm getting hungry already for some chili, aren't you?



Fudge Factor, (a Winter Story)

Written under protest, Gaby isn't happy with me for giving up a family secret.

Paul Furlong

Mom had a Model B Ford when I was about knee high. On whimsical bi-weekly pilgrimages we'd clatter out of the city to Short Hills where my Nan lived. She had an acre of land and a house over 200 years old. On silent snowbound nights, Nan made fudge on her wood powered stove and we waited with sweet anticipation for it to come from the pan. Those were the days old timers' remember; creaky worn stairs, the smell of coal and the warmth of family close by. My first sugar rushes came from Nan's kitchen. She used a long wooden spoon to beat that sweet chocolate goo to a standstill; the same spoon I used to scrape the pan clean.

When the Air Force took our small family on the road, fudge happened only a few times a year. It wasn't enough. One day, home with a cold, mom taught me how to make fudge. It wasn't long before I was making it whenever I felt like it. It wasn't easy and I made mistakes, but you know, if the ingredients are there, it still tastes like fudge!

Years stacked up without a care until one day I found myself out of the service and smack-dab in the middle of the '60s. What a great time to be alive! *All* the rules were broken. People can judge us now for what we did back then, but knowledge comes with its own kind of dues and forgiveness. And of course, it was a time when munchies ruled the planet. Fudge came to the rescue. It wasn't uncommon to begin a batch at two in the morning with friends who'd just stopped in to say hi. Everything was impromptu, even the ingredients of my sweet Nan's recipe.

What?! No vanilla? Rum would do. No White Karo syrup? Maple works! Goats' milk, skim milk; whatever was in the fridge at the time. It was hard to know what you'd find in a batch of Farm Fudge. One Christmas collection appeared as hand-wrapped individual pieces done up in aluminum foil with little red and green bows. Each chocolate brought with it an almost unbearable joy. Love blew through the house in warm summer colors and filled us with undeniable proof of our family tree; that indeed, we really *were* all one, yes; all brothers and sisters.

Listen, if you want to make fudge, you'll need:

- 2 squares Bakers bitter chocolate, shaved to melt in your lifetime. (three's better.)
- 2/3 cup of milk; can't fudge that.
- 2 cups sugar. (1.5 if you like, but *real* sugar)
- 1 Tablespoon white Karo syrup.

The above all go into the pan at once. The below go in afterwards:

- Quarter stick of real butter. A bit more if you like.
- Tablespoon of vanilla extract. Even more if you like.

Hint: you can double this recipe.

Glass pie dish rubbed with real butter is best. Set aside.

Bring everything to a slow boil. It will look separated and you'll want to stir it. Resist this impulse. You may use a wooden spoon to slowly check the bottom to see if it's sticking. Good pans help here. Put on a Jerry Jeff Walker album and wait, misty eyed, till you get a slow rolling boil. Put a top on the pan, I like Corning Glass so I can see. Set your timer for 3 minutes or one song from Jerry; but watch it doesn't boil over. *Careful flame; steady as she goes.* If you have an electric stove, you probably don't like fudge anyway.

When the timer goes off, lift the top but don't do anything except check that the bottom isn't getting stuck to the pan. My Nan used a pan of hot water underneath to control the sticking. I'm impatient, and besides, pans are better now.

Clear the sink area, have a stopper ready for the sink and a towel ready to dry the pan so you don't get water in the dish.

Put a quarter stick of real butter aside. Don't need to melt it but you don't want it frozen...right?

Set a bottle of whiskey...er...vanilla by the sink with the top loose. Mom calls for a half teaspoon but I let it spill over until it's about a tablespoon or more.

Butter and vanilla are the last to go in. Something about alcohol evaporating and the butter, well, I don't know, it just don't seem right putting butter in any sooner.

The old soft ball

I add cold water from the tap into my measuring cup. You can use your hat if you're into the whiskey already. Then I dip my wooden spoon into the fudge and allow a few drops to fall into the water. I reach my fingers in and try to gather the chocolate drops. The idea is to pull them together and try to roll them into a soft ball. It seems to take forever. I keep the flame just high enough to keep it from boiling over. I slowly drag the wooden spoon across the bottom to keep it from sticking.

I've never timed it but it's at least 45 minutes before I can have a soft ball rolling around in my fingers. Of course I check it every five or ten minutes. A happy side benefit is that the fudge from the spoon makes a pretty good puddle in the dish. A clever man might even check for the soft ball more than is prudent. When it cools, it's right tasty.

Waiting for a soft ball may cause reflection. Old coots remember the '50s as a solid time, a semi-balanced economy and family values worth having. I sat in my black leather jacket at the back of the class; a rebel without a cause. No one questioned authority until the movie, *Blackboard Jungle* or the first Rock & Roll that came with it, *Rock Around the Clock*; but it set me to bopping, and thinking. Later Lenny Bruce showed me the outside of the box; so when the Beatles came along, I was already reading Jack Kerouac's *On the Road*. By the mid-sixties my fudge experiences caused some batches not to coagulate properly but no one noticed. My reading now included Baba Ramdas, Allan Watts and Ayn Rand. Did we take it too far? Were we "Fooled Again?" Definitely: but you can't get to heaven if you don't break some eggs. No eggs in fudge... back to fudge.

The moment comes; I have a fairly hard/soft ball between my fingers and it's time to move. You'll also recognize the slow thick way it bubbles now, too.

Begin filling the sink to quarter pan depth. Put your towel in a place where you can dry the bottom when you pull it from the sink. Be sure your Corning pie plate is easy to pour into.

Put the pan in the sink so it can start cooling. Throw in the butter and start beating that fudge! At some point you'll notice it begins to thicken, hurry! Put your vanilla in now and beat it in quickly. **DON'T ANSWER THAT PHONE!**

Keep going until it begins thicken to a satiny brown. Now get it into the dish before it hardens!

Cut it into squares with a damp knife while it's still warm. No need to refrigerate, it just tastes better that way, especially in the morning. A good batch will leave a lingering taste that sneaks you back to the fridge till it's gone.

You're done, try not to hurt yourself.

Fuzzlong@gmail.com *I'm interested to know how your fudge comes out. Drop a line.*

Aftertaste: The fudge is done but this story only ends when we address the point of writing it. For me, fudge began as a family gathering; no TV, no cell phones or electronic games; people were here; in the NOW.

Then the family changed; we became cosmic family, and it was real and it was mostly good, but things got out of hand with the Tate murders, hard rock, hard drugs and hard times that left many of us disappointed in ourselves. Suddenly everything was too easy, too plastic and too, too, too... until what flowed out of the pan wasn't sweet anymore. Families apart, no moral compass and a sense of loss no one could put their finger on.

So here we are; our moral compass is beginning to point North again. Nan's house might be 300 years old now. She was 97 when she died, mom made it to 93. Wonder what they'd suggest if we asked how to bring our families back together? I'll bet they'd do it with fudge.



Atenas Today Interviews
Alex Horst



AT: We recently spoke with Alex Horst, owner and creator of La Cosa Rica

AT: **Alex, when we met you almost two years ago, you were very excited about your new adventure. Your exact words were: “I am going to make the best ice cream in Costa Rica! Do you remember that?”**

AH: Well, if you come to a new country and depend on earning enough money to live here you need a clear and realistic goal. To be honest, Costa Rica is a beautiful country that offers lots of great things, but good ice cream (for an affordable price) is not on the list. I knew that the quality of my ice cream was pretty good for an amateur and thus I decided to become a pro. I visited the first school in Germany dedicated to teaching the making of artisan ice cream from scratch from natural ingredients without the use of artificial flavors or colorants. This knowledge combined with creativity and the wonderful fruits you get here led to mouth-watering ice cream and I think I’m on a good way to reach my goal.

AT: **Tell us a little bit about how you became interested in this product?**

AH: I think it’s not hard to get interested in ice cream. Almost everybody likes ice cream and it’s a delicious product. When we had been on vacation in Costa Rica some years ago we lay on the beach at Playa Hermosa, sun was burning and I

was craving for refreshment. No café was open and I thought one could make a fortune selling ice cream at the beaches using a mobile ice cream truck. On that day the idea was born to come to Costa Rica and sell ice cream. Well, for cost reasons I decided against the mobile ice cream truck but the basic idea lived on.

AT: **In our research, we read that you are a biologist. It seems that making ice cream is a bit of a career change. How did that happen?**

AH: Yes, it’s kind of funny. I studied biology for many years and ended up making ice cream. But hey, it makes me happy and enables us this wonderful life in Costa Rica. I worked 17 years in a biotechnology company and every few years I tried to do something new. For me career never was important but I wanted to have enough time to spend the money I earned. At some point we decided we want to have more ‘Pura Vida’ in our lives and we didn’t want to wait until we are 65 because you never know what happens the next day.



Homegrown Passion Fruit

AT: **What made you decide that Costa Rica, and specifically Atenas, was the place that you wanted to move your family to?**

AH: As Antje and I used to dive we saw a lot of beautiful places in the world. But when we first came to Costa Rica we knew this is the place we wanted to live in, well, if not forever, at least for the next years. In the meantime I *can* imagine living here forever. The arguments for Costa Rica were that it is culturally not as different to Europe as it is the case for many beautiful Asian

countries. Spanish is a language that is quite easy to learn and it is a place where you could live cheaper than in Germany, but not as cheaply as we initially thought. And last but not least, the people in Costa Rica. During our vacation we already found them very friendly and helpful and even after two years living in Atenas I'm overwhelmed by the warmth and helpfulness they show.

Initially we wanted to move to a place near the beach but when 'suddenly' our son Nick appeared in our lives we had a new responsibility and we decided to go to Atenas, which offers better medical and educational opportunities.

AT: **Last year, you participated in CATUCA's Climate Fair with great success. This year, we were told that the ICT (Costa Rica Tourist Board) recognized your product as a positive and innovative addition to the offerings of the Climate Fair. How does this kind of endorsement affect you personally?**

AH: The Climate Fair was a great chance for me to present my ice cream to a broader public and it was the perfect point to start my business. I want to use this interview to thank you and many other people here in Atenas for the very kind support you and they offered me. It's so helpful when you are new in a country and want to start a new business.

The following year things developed pretty well but we were still far away from earning enough money to afford living in Costa Rica forever. Thus the award of the ICT was an acknowledgement that I'm on the right way and that I just have to keep going in that direction. A few weeks later, a guy called me on the phone and told me that a friend of his tasted my oatmeal-honey ice cream and that he was delighted. He said that he and his partner wanted to open an ice cream store chain in Costa Rica and maybe I'm interested in providing them with the ice cream. I think you can imagine my face... Well, we met for a tasting

and before we met I was so sure that this will work out and be that thing that will keep us in Costa Rica. Needless to say they liked my ice cream and within the next month the first ice cream store will be opened in San Jose close to the 'Teatro Nacional'.

AT: **That is great news, congratulations! Can you explain in simple English the steps you take to guarantee that your product meets health requirements and also tastes good?**

AH: Cleanliness is a crucial point when producing food. When I went to the ice cream school in Germany I learned all the necessary steps to work in a clean ambience and how to produce a reproducible quality. Of course I also had to do the 'Manipulación de Alimentos' course here in Costa Rica. I just opened a new ice cream lab, which offers perfect conditions for making good ice cream in a spacious and tidy atmosphere.



New Production Lab

However, the key to a good taste is good raw materials; especially when using fruits as the quality, sweetness and taste vary from month to month. Thus, when the quality and the prices are good, we buy and process large quantities of fruits and freeze them until we need them.

Finding all the necessary raw materials in a good quality was the hardest part when I started my business. You need three different kinds of sugar and some other things when you make ice cream. In the meantime I found sources for them here in Costa Rica but some things I still buy in Germany. Believe it or not, cacao beans come from Costa Rica but it

is not possible to find a good quality cacao powder here in Costa Rica. I tried different brands but with all of them the ice cream tastes 'sandy'. So I have to order it from Germany.

AT: **How do you go about selecting the flavors you will make?**

AH: First of all I make flavors I like. Thus I don't offer Papaya ice cream! Second I try to use the fruits I get here like passion fruit, mango, guanabana and cas. However, it is important that they can easily be processed and are available for a reasonable price. All the processing of fruits is done by my wife Antje and me and we don't use commercially available pulps because they often have sugar or preserving agents added.

AT: **How has the community received your product?**

AH: The community gave me fantastic feedback and it's just great when you walk through Atenas and many people know you as the ice cream guy.

AT: **Where can people sample or purchase your delicious ice cream?**

AH: There are several places in Atenas where people can buy our ice cream like Balcon del Café, the Mexican Restaurant 'Mi Casa Es Su Casa' or Finca Huetares. But if you would like to have the full choice or samples you can visit us at home in Barrio Fátima. Exact directions to our house and a list with the other locations in and outside Atenas can be found on our website (www.LaCosaRica.com).

AT: **Tell us about your expansion and the new headquarters.**

AH: I already mentioned the new lab. Within the next few days a new professional ice cream machine and a pasteurizer will arrive and this will enable me to produce much higher quantities. And I'm pretty sure that with that equipment the quality of the ice cream will again increase. I can't wait to taste it.

AT: **Is there anything else you would like our readers to know?**

AH: People always ask me what kind of ice cream I make. Well, it's not so easy to answer. Generally people differentiate between gelato and American ice cream. American ice cream has much more fat than gelato (14% or more), often egg yolk is added for a rich taste and it has much more air included into the ice cream. I also use egg yolk but my milk-based ice cream only has around 7% fat and I only add a little air into the ice cream. Thus it is a mixture of both types and I call my product artisan ice cream using the general meaning of the word ice cream.

AT: **Thank you very much for your time, Alex, we will follow your progress and wish you much success!**

Thank you for the chance to give this interview!



New Production Lab

La Cosa Rica sells artisan ice cream in 140ml (1000 Colones) and 900ml (3500 Colones) containers. For bigger events, larger sizes starting from 3,5 liters are also available. You can contact them at

Info@LaCosaRica.com or 8532-4814.

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.

7/1/2004

Hola Everyone!!

I'm a very tired perro tonight. I even fell asleep on Dad's knee with my chin on the dash on the way home!!

Today we went to Palmares which is another small town near here. It has a HUGE stone church. Mom took pictures of the front of it. We looked around there for some property but didn't find anything we liked.

Before we left Grecia we had lunch at the coffee shop Dad likes. He says they have GREAT pollo (chicken) sandwiches. I get bites of his and Mom's and I agree. They really are good!!!

When we came out there was an old man working under his truck. Mom saw that his best friend was under there with him. It was his four legged friend of course. Most two legged friends would have just stood around and talked to him while he was under there working. But not us canine types. We want to be CLOSE to our humans.

**After we came back from Palmares we went to Sarchi to look in some of the shops.
GUESS WHAT!!!!!!!!!!!!!!**

They are not like Halloween masks either cause you are not supposed to wear them. They are for hanging on the wall. They are REALLY neat and pretty too!!

There were the usual kids who wanted to pet me but two of them were trying to play me a song on a musical instrument that was made out of wood!!

Mom says it is a xylophone. It made pretty music when Mom played with it but it got pretty loud when the kids attacked it. LOL!!!

We also found some of those "ox cart" thingy's that were more my size!! Actually they are bars! The top is two trays for serving drinks and the inside has slots for the liquor bottles, glasses, etc. If I HAVE to pull one these it might not be too bad. They are nearer my size than the ones the oxen pull. (Don't tell Mom but I am looking for an even smaller one before I sign up to actually pull one.)

We found a mortar and pestle in one of the shops. They are made from one of the Costa Rican woods. A mortar and pestle is what the druggists use to grind up medicines and stuff.

We had dinner at a really NICE restaurant in Sarchi. I was just as welcome as Mom and Dad!! They treated me like the gentleman that I am!! I always try to use my "Sunday Go To Meetin'" manners when we are in a restaurant.

Our roof makes funny noises in the morning and at night. Mom says it is because of the change in temperature. The roof LOOKS like Spanish tile but it is made of metal. They don't use the real Spanish tile here any more. There are sometimes earthquakes and the real Spanish tile is heavy and would hurt someone if it fell on them. The metal is lighter and it is made to look JUST LIKE the real stuff!!!

Anyway, Mom says the sun heats it up in the morning and then it cools off at night. That is the reason it makes funny noises.

Will try to write more tomorrow but for now I am going to bed with Mom. She needs me to hold down one end of her pillow.

TAILWAGS from BudBud the tired perro



Luxury Paradise Getaway Less Than an Hour from Atenas!

By Shannon Farley

Atenas is definitely a beautiful, idyllic place to live. At the same time, it's good to get away every now and again. Go somewhere different. Take a break, and get a fresh perspective ... especially out to the seashore.

Less than an hour away from Atenas via the 27 and Costanera highways is an enchanting paradise retreat. The Los Sueños Resort on Costa Rica's spectacular Central Pacific Coast is worlds away from normal daily life. The resort is home to an exclusive portfolio of surprisingly-affordable luxury rental homes and condominiums, the Los Sueños Marriott Hotel, an 18-hole championship golf course designed by Ted Robinson, and world-class Los Sueños Marina.



As I sit on the balcony terrace of my luxury vacation condo, gazing out at the emerald green championship golf course, and further still to the azure waters of Herradura Bay, I feel the stress of regular life's daily demands melt away. The sun starts to dip low over the mountains to the west. Soft lights come on around the shared pool below and the condos winding through lush gardens to the ocean's edge. A pair of wild Scarlet Macaws flies by chattering overhead on

their way to their night's roost. All is perfect.

Making perfect vacations is the business of **Stay in Costa Rica**

(<http://www.stayincostarica.com/>) (2661-9300). The agency offers the largest selection of luxury vacation rentals available at Los Sueños Resort. There are 12 private luxury homes, offering between three and eight bedrooms, with private pools, spacious posh design and décor, and views ranging from the rainforest to the ocean to the golf course.

Premium Condos – there are 15 in the collection – have one to three bedrooms, beautiful views and very spacious living areas. There are 53 Luxury Condos which have one, two or three bedrooms and luxury amenities. The Los Sueños



Resort is gated, and the homes and condominiums are located in their own private, secure gated mini-communities. The condos have community pools and a gym. Herradura Beach is just minutes away, and Jacó is just down the road.



I stayed in a 3-bedroom Luxury Condo that was far better than any hotel I've ever visited in the Jaco area. It had a full kitchen, laundry closet with washer/dryer, two full baths, a dining room/living room, huge flat screen TV with cable, music system, and luxury furnishings. Best of all was the large, covered balcony

terrace with patio table and lounge chairs that looked over the golf course out to the beach and bay. All linens, including pool and beach towels, were provided. They even gave us "spa-quality" courtesy shampoos, conditioners and body lotions, and there was a hair-dryer, iron and ironing board if I needed them. There were two community pools – each with a kiddie pool and Jacuzzi – in our condo complex. We were on the third floor, and there was an elevator for those who need one. Covered parking is in assigned spaces right by the condo entrance, and is gated with a 24-hour guard.

Stay in Costa Rica's accomplished staff handles all reservations. They can help you with golf cart rentals for tootling around, tours like sportfishing or canopy tour (I highly recommend the nearby Vista Los Suenos Canopy Tour;

<http://www.canopyvistalossuenos.com/>), spa services at the Marriott, private chef service, and even babysitting and grocery shopping for you. Stay in Costa Rica also manages real estate sales at Los Sueños Resort in case you are interested in purchasing one of the properties. For

dining, the Los Sueños Marina has several restaurants. On Herradura Beach, my favorite restaurants are El Pelicano or Juana's next door for fresh fish. There is an AutoMercado at the entrance to Herradura Beach, just off the highway, to stock up on supplies.



Accommodation prices range from \$210 to \$375 per night for Luxury Condominiums now in Green Season, through Dec. 15. Split that \$375 between 3 couples and you're looking at only \$125 per couple! A bargain! Premium Condos are priced at \$297.50 to \$800 per night. Luxury homes range from \$600 for three bedrooms to \$1,800 for eight bedrooms.

Stay in Costa Rica's luxury vacation rentals are part of the Costa Rica **Enchanting Hotels Collection** (<http://www.enchanting-hotels.cr/en/stay-in-costa-rica.html>).

Atenas: The little town with a strong sense of community



by Dennis Easters easters3@msn.com

Over the years much has been written about Atenas. From its “perfect” climate, having an ideal location and popularity as a retirement destination for expats from around the globe. However, one of the most important attributes that Atenas has to offer is the strong sense of community one finds within both the local (Tico) and expat community.

The heart of a community is not the amenities that one finds in town like banks, churches, grocery stores or wonderful restaurants. The heart of a community is its people. Atenas is abundantly blessed in that the local Costa Rican community has opened its arms and welcomed us (expats) into their community, sharing the bounty of their surroundings.

For example, most restaurant owners will go out of their way to prepare specialty meals for vegetarian or those with special food allergies. One restaurant in particular has been known to open its doors for breakfast (even though they don’t serve breakfast) when a customer was leaving the country on an early flight. Thanks Frank, owner and chef at La Trocha del Boyero.

Many businesses such as pharmacies and hardware stores have bilingual staff members who go above and beyond the call of duty. Johnny at Farmacia Don Juan often gives out his personal cell and home phone number to clients who may need medicines after hours or on holidays.

In recent years the local banks and utility companies have followed suit in adding bilingual staff members to better serve the expat community. This is also true of many doctors and attorneys in town. Pablo Arias our local attorney is bilingual and will always find time for a free, first consultation.

The local expat community is also very generous and welcoming to new visitors and arrivals, often taking them under their wings and showing them the ropes. Starting a new life in a foreign country can be a daunting task for many people, but within the first few days after they arrive in Atenas, most of our clients feel as if they have been part of the community for years. All one has to do is stop in and see Tom and Kay Costello at Kay’s Gringo Postre’s to get a warm, friendly welcome and a wealth of information about living in Atenas.

Another important aspect that contributes to the strong sense of community in Atenas is the cohesiveness and coming together to support a good cause and those in need. There are several noteworthy organizations such as The Hogar de Vida de Niñez, our local children’s home which receives a big portion of its funding from the annual Atenas Charity Chili Cook-off. The Lighthouse Animal Rescue, started by Frances Jones is always there to lend a helping hand for

our four legged community members who have been abused or abandoned.

When you live somewhere for many years it's natural that you feel welcomed and establish a sense of community. However, in Atenas it only takes days to become "established", feeling like you belong here. A few days ago I stopped in to say goodbye to Mr. and Mrs. Frey, clients who came to Atenas on a scouting mission. The Frey's rented a house and stayed with us for one month. They commented to me that within the first few days they had met so many wonderful people that their social calendar quickly filled up for the entire month of their stay. In the end, they felt they had met and made more friends here in Atenas during their one month stay than they had living in Florida for the past 10 years.



Another such couple, John and Gay Boggs, who are currently finishing up a beautiful custom home in Antigua del Valle, have very similar thoughts on the local community. This is what Gay has to say:

"Our first visit to Atenas was in February 2013, where it didn't take us long to find our dream home and get a sense of the wonderful folks that live here, both Ticos and ex-pats. We returned to Virginia and started communicating with some of the prolific Atenas bloggers and the folks we had met on our trip. Our sense of

community began immediately with offers of help, advice, and a willingness to answer our endless questions!

We arrived in June and are now awaiting the completion of our house. Right after arriving, my husband needed day surgery, and we found the perfect physician. The concern and caring from the folks we had just met was unexpected but very much appreciated!

Since our arrival, we have attended several birthday fiestas, gotten terrific advice on who and how to get things done (especially for our Bichon), and met some very interesting, lovely people. It was nice that owners of our favorite restaurants remembered us from our February visit. We get such a kick out of the butcher and the cajas at the Supermercado helping us with our Spanish!

One of my favorite experiences has been driving by Victoria's office (the local optometrist) when she came running out to talk. I'm not used to parking in the middle of the street, but I am learning!

Finally, we can't begin to thank Dennis and Gerardo for all of their effort, advice and acts of kindness ... they have really shown us the spirit of Atenas! We are so happy to be here!"

Whether you are coming to Atenas for a vacation, retiring or relocating here permanently, you will immediately be welcomed by both the local and expat communities. With virtually no effort on your part, you will become part of our eclectic family.

Aromas and Memories



by Marietta Arce
marietta.arce@gmail.com

A few weeks ago as I was walking around the center of Atenas, the unmistakable aroma of bread baking at Pacheco's Panadería reached my nostrils. In an instant, I was transported back to the streets of the Moravia of fifty years ago, where we lived with our grandparents prior to our departure to the U.S.

Every afternoon on our way home from school, we would stop at the bakery to purchase items for our 'tea'. In my mind's eye, I could still see the broken concrete blocks which were the steps outside the bakery that had to be negotiated carefully. Usually the shopkeeper had just stocked the shelves with the hand-shaped cookies and pastries that would be part of our afternoon repast. To this day, the distinctive and pleasant fragrance emanating from a bakery comforts me more than I can explain.

It is amazing what associations our combined senses can elicit and what memories they stir. I recently walked by the shelves of the soap aisle in the supermarket and the smell of a bar of Palmolive almost reduced me to tears. A powerful memory came to me suddenly: our housekeeper pushing me roughly into the shower so she could finish washing my hair and face before I headed to school. I can still feel

the chill in the air and the frigid water (no heated showers in 1963 Costa Rica!) as well as remember the subsequent pulling of my hair as she was worked to tame my abundant curls! Ticos are tyrants when it comes to morning showers! I am not ashamed to say that when we moved to Brooklyn (with abundant hot water, bathtubs and no housekeeper), it took a long time before I actually bathed without fear of the water suddenly becoming cold. My parents switched to Ivory soap which always made my skin feel dry and uncomfortable! Palmolive and Ivory were banned from my life as soon as I was able to buy my own products!

In the last year or so, I have heard frequent and alarming crying coming from one of our neighbor's children. I listen closely for what seems like an eternity and then the crying stops. I have recently become aware that the child is now old enough to speak and that it is the dreaded daily bath which is to blame. My heart goes out to this child and to the mother who is certainly unaware of the associations that will be attached to the aroma of the expensive shampoo she uses to wash her child's hair. If we only knew the power of a gesture, a word, a smell...



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.



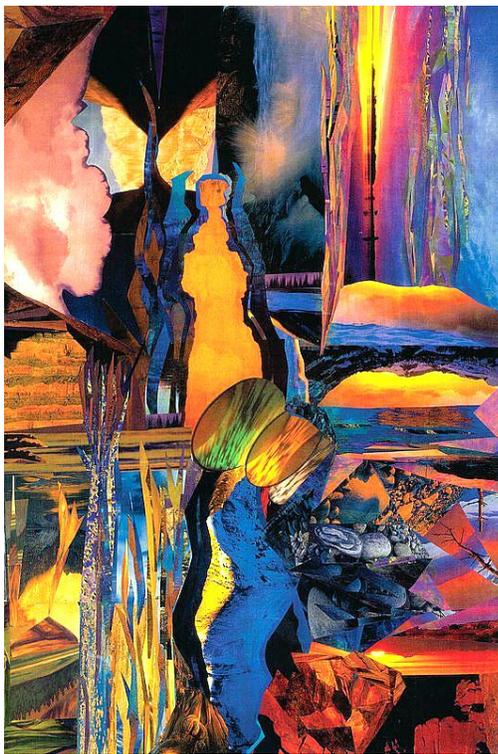
Waves at Playa Jaco

14" x 18"

Oil on Canvas

Al Alexander

jeanandal@gmail.com



'Inverted Sunsets'
Print of original cut & paste paper collage
16" x 20"
Gail Schilke
gaze08@gmail.com



Larry Felder
'Hemingway's Rod and Reel'
16" x 20" oil on canvas, 2009
Email: larry@feldergallery.com
Portfolio: www.larryfelder.weebly.com
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Jocelyn Farquhar
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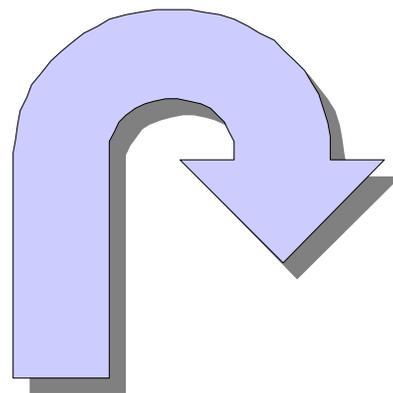


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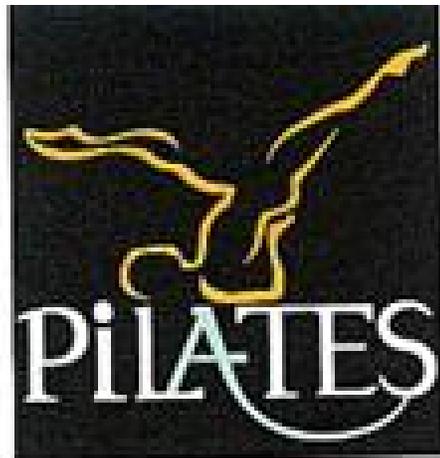
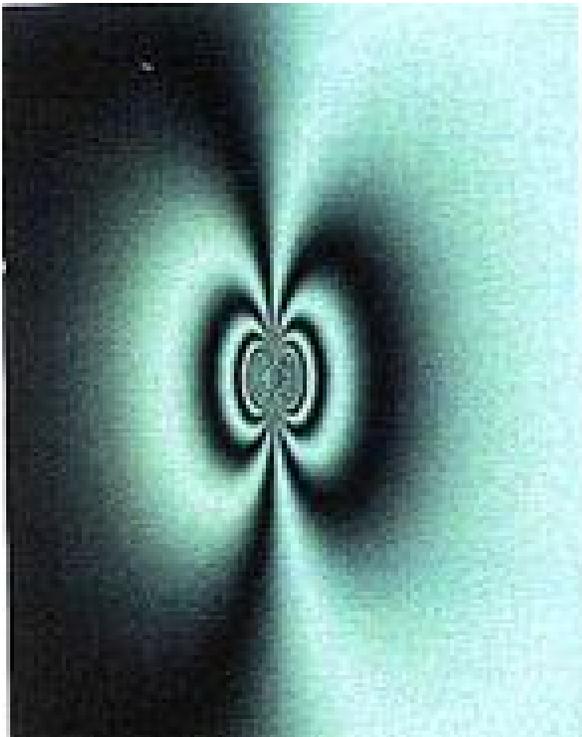
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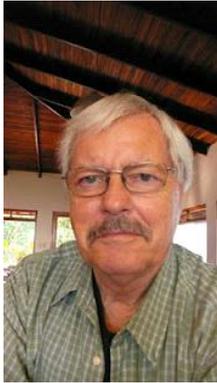
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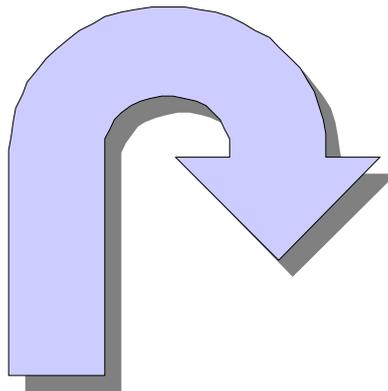
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