

## 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. 117

September 23, 2014



Phasmatodea (Walking Stick) visiting *Atenas Today* office!

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

*Compositions from back issues are archived on the Atenas Chamber of Tourism and Commerce website, [www.atenascatuca.com](http://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](mailto:atenastoday@gmail.com)

## Publisher's Note



I love looking out my windows during the rainy season. Each pane frames the lush green landscape that is a gift to my eyes. I feel serene and ready to face the activities of the day. Before long, the beautiful colors will change and the different hues of brown will inspire us to ponder on the changing seasons.

In the States, the summer is over and school is back in session! I couldn't be happier about this and I eagerly await progress reports from our children as their New York weather transitions into fall. With the magic of Skype, I can actually get a glimpse of their life when they call us. Skype has become a favorite modern tool in our home.

By the middle of every month, I begin to seriously gather and edit the material for the upcoming issue of *Atenas Today*. One of the most rewarding aspects of living in this wonderful town is knowing that the publication is reaching a varied and sophisticated audience. This fact encourages me to be on the lookout for interesting and relevant topics to address in future issues.

By this time most of us have had the opportunity to visit the new location of the Farmer's market. I urge you all to continue to support our local farmers and to make whatever suggestions you have directly to the Centro Agrícola Cantonal. The new venue is still unfamiliar to some and the extended hours are creating a more relaxed view of Friday mornings! It is my hope that the new location will host a variety of activities each week that we can all look forward to. It is wonderful to shop and know that a heavy downpour will not spoil our day.

I will be returning to New York next month for a couple of weeks. When I am away, I think about my small town and all the friends I have made here. It is nice to know that whether we live in a Tico neighborhood of traditional homes or in a modern home on one of the hillside developments, there is ample evidence that our community is strong in Atenas, today and every day.



A view from my window

Marietta Arce  
marietta.arce@gmail



## 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](mailto:atenastoday@gmail.com) by the 15<sup>th</sup> of the month.

September 23<sup>rd</sup> - September Equinox!

September 27<sup>th</sup> - World Tourism Day!

October 1<sup>st</sup> - International Day of the Older Person (Senior Citizens Day!)

October 3<sup>rd</sup> Sundown - Yom Kippur begins, ends October 4<sup>th</sup>

October 12<sup>th</sup> - Day of Cultures (Columbus Day)

October 17<sup>th</sup> - October 26<sup>th</sup> - St. Rafael Parish Celebrates Patron Saint Festival

October 24<sup>th</sup> - United Nations Day

October 31<sup>st</sup> - Halloween

## REGULARLY SCHEDULED ACTIVITIES

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

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

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

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

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

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

*Atenas Wednesday Women*  
informal get together at Kay's Gringo Postres  
every Wednesday afternoon at 12.30 PM

MUNICIPALITY STILL WORKING ON RECYCLING SITUATION



## Buddhist Book Discussion

\*\*\*\*\*'

**Every Sunday**

**Meditation (optional) 1:30pm**

**Book Discussion 2:00pm**

**218 Roca Verde, Atenas**

A gathering for those interested  
in Buddhism and Buddhist writings.

**ALL ARE WELCOME.**

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

Adrienne and Richard Baksa

2446-8509

adriennebaksa@me.com

rbaksa@me.com

\*\*\*\*\*



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

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

### SERVICES:

Tuesday - 6pm - Bible study in English.

Wednesday - 6pm - English worship service

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

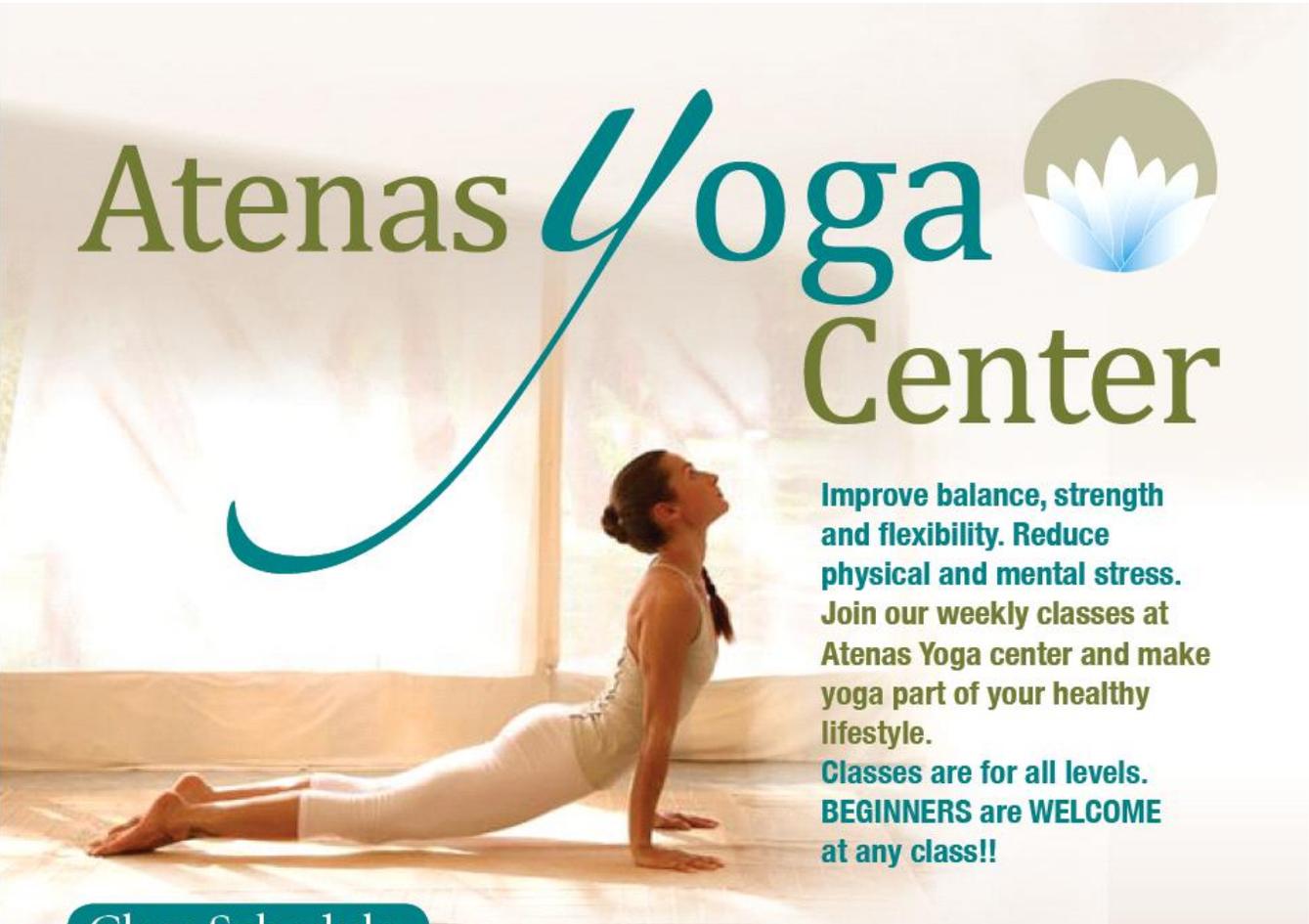
**ENGLISH PASTOR:** Steve Lucas - <https://facebook.com/steve.lucas> • 8764-8960

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

**ADDITIONAL CONTACT:** Judy Hickman • 2446-4791 • [judy@proslink.com](mailto:judy@proslink.com)

**DIRECTIONS:** On Highway 3 at the blinking light

# Atenas Yoga Center




**Improve balance, strength and flexibility. Reduce physical and mental stress. Join our weekly classes at Atenas Yoga center and make yoga part of your healthy lifestyle.**

**Classes are for all levels. BEGINNERS are WELCOME at any class!!**

## Class Schedule

Mondays	9:00 AM – 10:15 AM	Hatha Yoga with Leah
Tuesdays	8:00 AM – 9:00 AM	Hatha/Vinyasa Flow with Anna
Tuesdays	9:30 AM – 10:45 AM	Therapeutic Yoga with Anna
Tuesdays	6:00 PM – 7:15 PM	Hatha/Vinyasa Flow with Clara*
Wednesday	9:00 AM – 10:15 AM	Hatha Yoga with Leah
Wednesday	4:00 AM – 5:15 AM	Men's Yoga with Leah
Thursday	8:00 AM – 9:00 AM	Hatha/Vinyasa Flow with Anna
Thursday	6:00 PM – 7:15 PM	Hatha/Vinyasa Flow with Clara*
Saturdays	8:00 AM – 9:15 AM	Hatha/Vinyasa Flow with Anna

Hotel Colinas Del Sol is located in Atenas centro, about 100 meters after the main entrance of the Roca Verde neighborhood, on the left. We are in the salón de eventos



\* Class taught in Spanish.

**All classes are 3000 colones or US\$6**

**Mats can be rented for 500 colones or US\$1 Please wear loose and comfortable clothing**

**We also offer private sessions. Contact Us: 8660-8921 • 2446-3150 • 8928-5497**

**classes@atenasyoga.com    www.atenasyoga.com**

Atenas Yoga Center

Leah MacLauchlan  
Yoga Instructor

Contact Us: 2446 3170  
nomosno21@gmail.com



Atenas Yoga Center

Anna Hunt | Yoga Instructor

Contact Us: 8338 9968  
classes@atenasyoga.com



## October for the august by Lic. Lucy Watler



This coming October 1st we will be celebrating, once more, the International Day of the Older Person established by the United Nations twenty-four years ago. Costa Rica honors this day with respect, promoting the rights that elderly have to enjoy an adequate lifestyle. In order to strengthen the human rights of the elderly, they should have effective access to preventive health care programs and prompt admittance to hospitalization when it is required. Moreover, obtainable bonuses for housing programs, substitute homes, adequate governmental pension, social security, and active participation in the productive process of the nation, by gaining credits to develop entrepreneurial programs, must be of *utmost* priority.

Knowledge regarding elder legal protection is key to avoid abuse from their loved ones. Hence, divulging the National Elder Law No. 7935, approved since 1999, and its recent modifications, is an absolute must. One of the most common scenarios I have experienced is that of many senior citizens who have been, without full consent, induced to dispose of their assets. This wrongful action typically happens to those who are vulnerable (special care, disability or disease) which, ultimately, affects his or her direct dependents too.

Did you know that, under the same law stated earlier, *you* have the grounds to restore wrongfully transferred estates? In fact, all Costa Rica inhabitants have the right to access the criminal and/or domestic violence court to file a complaint.

Due to a recent enrollment of an international convention, pending approval by the United Nations, elderly around the world are pursuing better and increased exposure of their human rights. Regardless, together we can all promote love, honor and respect to our elders from our homes, marketplace and pulpits as our public debt in recognition for their sacrifice, acquired wisdom, and commitment to this nation's overall well-being and our own.

This year on the International Day of the Older Person, I pay due respect and extend my deepest congratulations to all seniors! asklucycr@gmail.com

# DOG AND CAT OF THE MONTH

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Fundación Ateniense de Ayuda a Animales Abandonados  
Atenas Foundation for Helping Abandoned Animals  
Cedula Jurídica # 3-006-542026

ATENAS de Alajuela - COSTA RICA

DORA TEL.8855-9822 PRESIDENT (ESPAÑOL)

SYLVIA TEL.8868-1386 SECRETARY(ES,EN,DEUTSCH)[ANIMALESATENASCR@AOL.COM](mailto:ANIMALESATENASCR@AOL.COM)

EDDIE TEL 8308-8485 VOLUNTEER (ES,EN) [EDOT13@GMAIL.COM](mailto:EDOT13@GMAIL.COM)



Edad/Age  meses/month **4** años/years  
Tamaño/Size  pequeño/small  mediano/medium  grande/big  
Sexo/Gender  hembra/female  macho/male  
Castrado/Neutered?  si/yes  no/not yet  
Otra/Other characteristic 12/08/2014

Kisha was pregnant when abandoned at the Cebadilla ice plant near La Garita where she had her puppies. Alberto, an ice plant worker and animal lover brought her to Animales Atenas. Her babies quickly found homes and now Kisha needs a home. She is a small, quiet dog and has already been neutered. She is shy but very friendly, she loves her humans, other dogs and cats. She would adapt to a family with no children or where there are gentle children. She is about four years old and has many years left as a loving pet.



\*\*\* BUSCA UNA FAMILIA ESPECIAL \*\*\*  
 LA GATA PERFECTO PARA DENTRO  
 DE LA CASA / PATIO CERRADO!

\*\*\* LOOKING FOR A SPECIAL FAMILY \*\*\*  
 THIS IS THE PERFECT INDOOR CAT!

Edad/Age **9** meses/month  años/years  
 Tamaño/Size  pequeño/small  mediano/medium  grande/big  
 Sexo/Gender  hembra/female  macho/male  
 Castrado/Neutered?  si/yes  no/not yet **12/08/2014**  
 Otra/Other characteristic nació sin unas " was born without claws

Dorothy is a special cat, a small beauty of about 10 months. She and her sister Esther both have birth defects. Esther was adopted with crossed eyes and now we want a special home for Dorothy, born without claws. She is very playful and loves dogs. Because she has no claws, she is an ideal indoor cat or access to a secured garden/outdoor area would be ideal. Dorothy is not limited in any way except that she needs to be kept safe because she cannot climb or flee from danger.

## ANIMALES ATENAS

702 spayed or neutered animals last year

300 animals adopted

The main goal of Animales Atenas Foundation is to stop the suffering of the many street dogs and cats. We also work with animals that come from low-income families assisting for the proper care of pets. Spay-Neuter clinics are organized in different parts of Atenas County on a regular basis.

Educational programs are offered in local Atenas schools to teach children respect and love for all creatures and to live with them in a healthy home.

[www.AnimalesAtenas.com](http://www.AnimalesAtenas.com) and Facebook-Animales Atenas-provide our internet presence.

Stop by the vacant lot next to Mega Super and Pali Grocery on Friday mornings to see the animals and good quality used clothing and household items. Donated items are needed and can be left at Kay's or at our Friday mornings location.

By Sylvia Spix and Myrna Kastner

# Art in Atenas



*by Atenas Today Staff writer*

On August 30<sup>th</sup> and 31<sup>st</sup> the newly formed Atenas Painters Association held their first exhibit at Hotel Colinas del Sol in Boquerón, Atenas. These artists (most of whose work has appeared in issues of *Atenas Today*) contribute to the enrichment of our authentic community because art is a vital ingredient in any small town or city.

Organizing a special event, even a modest one, is not an easy task. It is usually a team effort that requires many months of preparation. Logistical plans and supplies are essential and in the case of an art show, there are special equipment (easels, panels, lighting, placement) needs that must be addressed. In addition, the artists need time to finish and sometimes frame their art for the show.



Jocelyn & Harriet



Diana Miskell

The visitors to this event were (and should have been) completely unaware of the complexity behind the scenes as they made their way around the strategically

placed works. They experienced only the transformation of the well-appointed room into an art gallery. They were welcomed warmly by Sharon Balter and could then comfortably interact with the artists who were present during their visit.



Julie and Diana



Al Alexander

The Atenas Painters Association's members are (in alphabetical order) Al Alexander, Jocelyn Farquhar, Julie Hawkins, Diana Miskell, Sheila Nelson, Harriet Sheppard and Peter Snyder. The group is fortunate to have a strong advocate in their corner. Mr. Gordon L. Balter, an Atenas resident, is passionate about art and he is committed to seeing these local artists thrive and become integrated, even as they continue to individually produce work that is uniquely theirs.

Mr. Balter's marketing savvy came in handy and he is grateful to Jean Alexander for her contribution of time, talent and experience to help bring the whole event together. Indeed, the spouses, relatives and friends of all the artists deserve recognition for their assistance behind the scenes, before and after the event.



Sheila Nelson



Peter Snyder

The Art Exhibit was a resounding success. We look forward to following the group as they continue to delight us with their art and have more artists join them.

Collage courtesy of Sherry Snyder, all other pictures courtesy of Diana Miskell.



## Atenas Friday Farmer's Market prospers in new locale!

*By Shannon Farley*

It is a recent Friday morning in my little mountain town of Atenas, Costa Rica. The traditional Friday Farmers' Market, called a "feria" in Spanish, is abuzz with shoppers and vendors.

Mounds of mangoes, melons, watermelon, pineapples and a myriad of other fruits juicily beckon buyers. Crisp lettuces, spinach, cilantro and other greens glisten with water droplets.

Fat potatoes, onions, sweet potatoes, yucca and carrots stack in pyramids.

The flower man is doing brisk business cutting stems and wrapping up bright yellow sunflowers, lilies, Gerbera daisies, and a rainbow of other flowers.

The herb man sits in his aromatic stall surrounded by cooking and medicinal herbs in packets, bunches and plants.



The back corner of the market resembles a mini-nursery with the amount of potted flowers and starter trees on sale.

Just beyond, gleaming glass cases proudly display fresh meats, cheeses and fish.

And who can pass up the sweet frosted cinnamon buns, fresh breads, and tempting pies and cookies of "Buen Pan, Tomas!" bakery run by Atenas residents Tom and Jan Yatsko!



A hallmark of Atenas culture and tradition, reflecting small town country life, the famous Atenas Friday Farmers' Market is one of the things I love best about living in Atenas. The market is so well-known, it has been written about in most travel guides to Costa Rica and blogged about regularly by new transplant residents.

The Farmers' Market changed location and got an upgrade at the end of August. Once spread around the edge of the small park by the Central Elementary School in the center of town, the new Farmers' Market has relocated to the radial road connecting



Atenas to Highway 27. The new locale is quite capacious with open sides and a cavernous permanent roof – in the past vendors suffered under tents and tarps in the rain or blistering summer sun. The floor is smooth, clean concrete, and there are two little lunch counters and modern public restrooms. A free bus shuttles shoppers back and forth to the center of town (5 minutes) every hour.

Whether you are visiting Atenas in one of the many vacation homes, or have already moved here, the Atenas Friday Farmers' Market is a fun way to spend an hour or two buying fresh wholesome produce and soaking up the local culture. The market is open from 6:00 a.m. to 8:00 p.m. Fridays.



## History of Restaurant La Carreta



*by Fabio and David Zamora, proprietors*

La Carreta was founded in 2004 by the Zamora Family, originally from San Pedro de Poas, a county of Alajuela. The family sought to offer the inhabitants of Poas a 'cafeteria' in which they could meet friends and where they could enjoy different ways to have their coffee, in a centrally-located place in town but which was also comfortable and pleasant.

The idea that they could offer such a service was not far-fetched as the Zamora family had already become established as experts in the kitchen and had a reputation for being excellent chefs who possessed a "buena cuchara"\*\*. This, and the opportunity presented by what they believed was a void in the marketplace, sent the Zamora family on a difficult journey to develop a new 'coffee' concept in a town that was steeped in tradition.



La Carreta, Atenas location

La Carreta in Poas has become more than a cafeteria! It is a small social center where one can relax, partake of a small or large meal or snack, and see a bit of the history of Poas in the pictures and other items that are kept in a small corner. The Atenas location is also becoming a social center where meals and meetings take place. The works of art that adorn the walls are interesting conversation pieces.

Cafeteria La Carreta, S.A. was named in honor of Carlos Zamora Salazar, the father of the founding Zamora Murillo family. During the 1970's & 80's don Carlos owned a combination grocery/liquor store, the type of small business prevalent at that time. The idea his children had for the cafeteria was to begin small and let people know about their products. In one year, the demands of the market forced them to enlarge their location, add employees, and increase the items on the menu.

With the passing of time, exactly six years later, the family decided to expand their operation by opening a second location in Atenas. Their aspirations were to have a presence in the county while maintaining the physical characteristics of their original restaurant and also offer the excellent quality and service their reputation deserved. The idea of opening the second restaurant in Atenas was influenced by the impact the phrase "The Best Climate" has had at a local, regional and international level. The Zamora Family embraced the opportunity to offer traditional cuisine to the world travelers who visit or make their home in Atenas.



Art Work and Books grace the walls of the Atenas Location

In recent weeks, the Atenas location has added colorful art created by local talented artists and is also the home of the recently established Biblioteca La Amistad.

La Carreta in Atenas is located across the street from the South side of the Court Building. Phone 2446-3156. It is open every day, offers Wi-Fi and prides itself in delivering tasty, affordable and traditional meals and drinks. Drop by and experience this wonderful place for yourself.

\*\* In Costa Rica, the term 'buena cuchara' is used when describing a person's innate palate, creativity and skill in gastronomy.

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



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

**8/4/2004**

**Hola!!! Everybody!**

**Well today started out differently!!**

**We had all just finished breakfast and Uncle Lance gave me a bite of eggs with bacon in it. I usually refuse eggs because they upset my tummy!! But this had bacon in it and it was just too tempting.**

**As soon as I swallowed it, it came back up. Dad opened the door right quick and let me outside and told Mom I was throwing up. Mom ran outside with me and I barfed just the tiny bit that was left in my tummy and then I was okay!!**

**Mom and I came back in the house and Mom picked up her cigarettes and started back out the door to smoke. As soon as she stepped out the door she yelled back to Dad, "We've got an invasion out here!!"**

**We all ran out and there were THOUSANDS, maybe MILLIONS, of LARGE ants completely covering the front porch, the yard, and the road!!!!!! There were NONE out there at all just a few seconds ago!!!!!! It was like a scene out of a HORROR movie!!!!!! They were EVERYWHERE!!!!!!**

**They were starting to come into the house!!!!  
Dad grabbed a can of bug spray and ran out to spray them.  
Dad sprayed the threshold real heavy to try to ward them off!!!!**

**They headed the other way so he began spraying the porch and house. Mom was out in the yard telling him that there were too many for that one can of spray when they started crawling on her feet and biting her!!!**

**She called the ants some really ugly names and danced around the yard trying to get them off!! It was really funny to watch!! WMFWB!!! (waggin' my fuzzy white butt)**

**She got them off of her and came back inside.**

**Dad had sprayed his shoes so they didn't crawl up on him.**

**We went downstairs to the garage and there were thousands MORE there!!!!!!**

**Dad used up two full cans of bug spray on all of them!!! They were crawling all over the banks and driveway!!! It was SCARY!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

**Mom saw Enid's husband coming up the road. He speaks NO English but Mom MADE him understand that we were under seige!!!!!!!!!!!!!!!!!!!!!! He went back to his house and got some ant poison. Then he hiked all over the property trying to find the nest.**

**Mom has learned enough Spanish to understand just a LITTLE of what he was saying. He said that they move from "casa" to "casa" and they have MANY amigos!!!**

**He did find the nest finally and put poison on all their trails.**

**Most of them are gone now but there are still a few lurking outside and plotting revenge.**

**When we came home from town, this afternoon, they were laying in wait on the front porch!! Dad unlocked the door and, while I was waiting for him to open it, they snuck up on me and bit me on the toes!!!! Now it was MY turn to dance!!!!**

**Mom didn't laugh at me though. She called me right quick and I jumped up into her arms. She brushed them off me so they would quit biting me. Mom is my hero!!!!!!**

**Hasta luego y'all!!  
BudBud the ant bitten perro**

## Tee Time in Atenas...



by Dennis Easters [easters3@msn.com](mailto:easters3@msn.com)

Growing up in Central Florida, I was no stranger to the sport of golf. Actually, I grew up less than 20 minutes away from Del Webb's Sun City Center, one of the largest golf and retirement communities in the world. On weekends, I can remember spending time with my cousins at our Nana's house where we would take my uncle's golf clubs out into the field behind her house and tee off. We would then proceed to jump on our golf cart of choice, her Massy Ferguson ridding lawn mower, peeling out, making our way to the next 'hole'. Needless to say, the next hole was usually somewhere in the middle of the orange grove.

In all honesty, those weekends at Nana's have been the extent of experience when it comes to golf. However, as the years go by, I am becoming more and more interested in learning more about this sport that is steeped in tradition and history. Actually, with the push from a few clients, I have done some research into golfing opportunities near Atenas. The quality and quantity of courses that I have found will surprise you.

In doing my research, the first person I went to for information was a friend, Marc Chevalier. Marc lives in Atenas

and plays golf every week and suggests three nice courses near Atenas.

**Los Reyes** - Los Reyes is beautiful gated community with a golf course and country club. It is a short 20-minute drive from downtown Atenas. There are 9 holes, which Marc says are very pleasant with ups and downs in the pines and typically not many players. The price for residents is C 19,000 (\$38) for 18 holes.

<http://www.losreyescr.com/ing/index.html>

**Valle del Sol** - Valle del Sol is located in Santa Ana only 30 minutes' drive from Atenas via Highway 27. The course is 18 holes and is relatively easy and forgiving. There are more players here because it is a public golf course and it has the appropriate infrastructure. Prices vary, but a typical week day runs around C 22,000 (\$44).

<http://www.vallesol.com/en/>

**Cariari Country Club** - Cariari Country Club is off the Pan American Highway, just 5 kilometers from the airport, on the way to San Jose. This is one of the first courses built in Costa Rica and is narrow and more difficult. It is a private course and you must be a member, an invited guest, or go on specific 'open' days. Weekday prices are C 22,000 (\$44) plus C 8,000 (\$16) for a mandatory caddy.

<http://www.clubcariari.com/>

In addition, Marc says, "I am also a member of the CVGA (Central Valley Golf Association)

<http://www.thecvga.com/>, which has around 120 members, mainly Americans. We have an organized tournament every Tuesday morning starting at 6:30 a.m. at Valle del Sol in Santa Ana. The people are very

pleasant and it's well organized with a different format of competition every week. Every three months they organize trips to other courses in Costa Rica, including those at Tambor, Conchal and Los Sueños." Marc adds, "You also have Anagolf ([www.anagolf.org](http://www.anagolf.org)), which is the official golf federation of Costa Rica."



Thomas Briggs, another Atenas resident and golf regular, paints a similar picture of local golf options saying, "The best deal in Costa Rica is the Central Valley Golf Association which makes its home at Valle del Sol in Santa Ana. They play a regular weekly tournament at Valle every Tuesday morning. The format varies but the tee-off is between 6:30 and 7:00 a.m. The cost for entry fee, greens fee, and cart is around \$60.00. The association also arranges for 'away' events at courses such as Cariari. Three to four times per year we have a two night special at the Barcelo Tambor for unlimited golf at Los Delfines."

After speaking with several other people in Atenas, I found there are two other golfing options that are a short and scenic drive away.

- La Iguana Golf Course, Los Sueños, Playa Herradura  
<http://www.golflaiguana.com/>
- Escazu Country Club  
<http://www.elcountry.cr/>

If you are moving to Atenas full time, wintering or just here on vacation and want to get your tee on, then check out some of these beautiful facilities that are just a 9 iron swing away. Who knows, you may see me out there on the course in my plaid shorts and pom pom hat!



A few other golf courses around Costa Rica:

Los Delfines : <http://delfines.com/>

Playa Conchal, Guanacaste:  
<http://www.reservaconchal.com/reserva-conchal-golf-course-en.html>

Hacienda Pinilla, Guanacaste:  
<http://www.haciendapinilla.com/golf/>

San Buenas Golf, Dominical :  
<http://www.sbgr.com/>



## 2015 Atenas Chili Fiesta

by Bonnie Fluke [bfluke@yahoo.com](mailto:bfluke@yahoo.com)

**Hola Vecinos, notice anything new?**

**The answer to this question is YES! In this, the Eighth year of the Atenas Charity Chili Cook-off, we have changed our name! We made the change because we are firmly convinced that no proper Spanish translation exists for this phrase with which we Gringos and Gringettes are so familiar – “Cook-Off”. Whereas “Fiesta”...Now that’s a word that is understood in MANY idiomas!**

**So with our new name to symbolize our expanding horizons and dreams, the Atenas Charity Chili Cook-Off Steering Committee is pleased to introduce to All our neighbors and friends the Chili Fiesta, which we hope will be embraced and enjoyed and then belong to ALL the people of Atenas, Ticos, Extranjeros and Los Otros, for many years to come.**

**The Chili Cook-Off, like most traditions born in a small community, has an Origin myth. I heard the story from Helen Smith, who has been the Administrative Director of Hogar de Vida since it opened in 1995. And because her telling of the story has the Chili Cook-Off starting in her kitchen and features Kay and Tom Costello in starring roles, I’m sharing. The first chili cook-off began with friends and new neighbors who were feeling a bit homesick, and a bit like having a chili challenge. Her new neighbors were Kay and Tom. The cook-off was more about creating community than creating a charity event. Kay did the cook-off for three years as a chili cook-off/fundraising event for Hogar de Vida. When it began to get too big and her handful of volunteers to handle, she asked the Wednesday Women’s Group to step in. With their guidance and hard work, they grew the event to what we have now, eight years later.**

**The 2015 Atenas Chili Fiesta, held on February 8<sup>th</sup>, the Sunday following the Super Bowl, comes with more surprises than just our new name. We have a new location at Sabana Larga, just west of downtown Atenas. This venue is beloved by Ticos and we will all appreciate its varied indoor and outdoor spaces, including a spacious salon where the chili contest will take place, a restaurant, a children’s playground and of course, the bull ring. Sabana Larga is located on the Highway 3 bus line, and taxis are plentiful. And there is ample parking for people who come by car. I repeat for those who attended last year’s event: Ample Parking! Even if you arrive in the afternoon or evening!**

**But wait, there's more! We're expanding our hours of operation. We will now be open from 11:00 a.m. to 10:00 p.m. so we can have more events, more food, a bigger beer garden, a new focus on family activities, and LOTS more music and dancing: More divertido for everyone.**

This event has always been successful because of the partnerships established in our community - sponsors, chili teams, chili judges, volunteers, and attendees. It takes our whole village to make the Atenas Chili Fiesta a successful event. Many companies have stepped up in this community and outward in support of this great cause in past years. We honor and thank them. You can read about sponsors and sponsorships on our web page. Many volunteers - over 100 last year - will be supporting this year's success. We could not do this without them, and without you.

Want to know how to make a difference? Want to know how to help us throw the BEST *fiesta* Atenas has seen? Have an itch to volunteer for this wonderful charitable event?

\* Contact our volunteer coordinator at [dinad54@gmail.com](mailto:dinad54@gmail.com).

\* Mark your calendar now for the 2015 Atenas Chili Fiesta on February 8, 2015!

To learn more about Hogar de Vida or the Chili Cook Off, please look on our NEW WEBSITE, [www.atenaschilifiesta.com](http://www.atenaschilifiesta.com)

Hogar de Vida is a local children's home in Atenas that has been helping at-risk children for almost 20 years. Hogar shelters up to 35 children, age birth to six years, and gives love, protection and spiritual guidance to them all. Hogar meets their children's daily needs by giving them each a stable home, good nutrition, clothing, education, and trustworthy authority figures. Hogar does all this on a finca in barrio Fatima de Atenas which includes three houses for the kids and their Tias, a community kitchen, several ranchos, two swimming pools, ample outdoor play areas with sandbox, and a freestanding pre-school. Staff includes Tias, psychologists, a nurse.

The entire finca is sheltered and protected by a tall cement fence built over the last three years by contributions from Chili events, and by a NEW large electronic gate, built with contributions from last year's Chili Cook-Off.

## **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.



**La Paz Waterfall  
24" x 15"  
Oil on Linen**

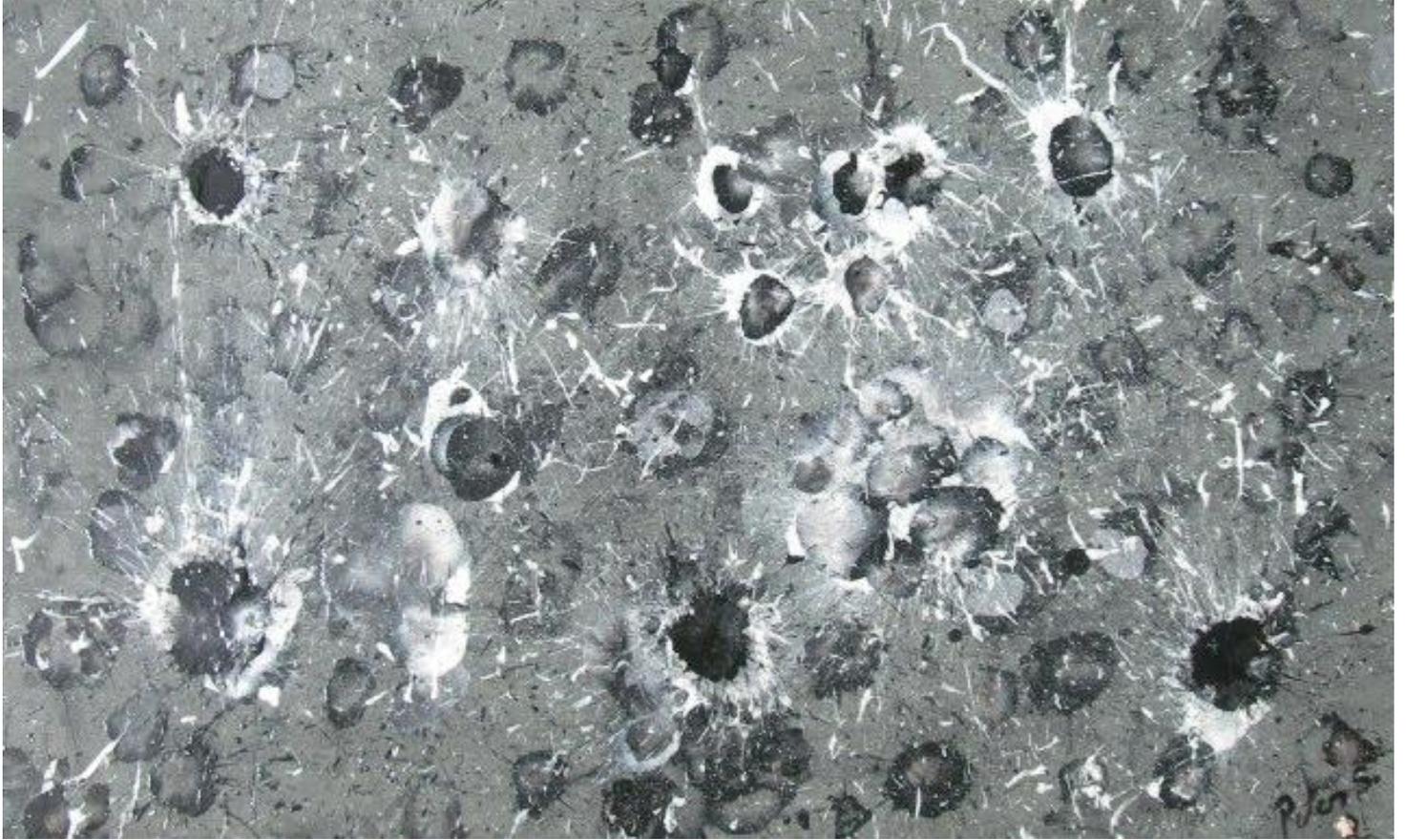
**Al Alexander  
jeanandal@gmail.com**



“En tandem/In tandem”  
Acrylic on Canvas  
34” x 42”

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

**Artist’s Statement:** This was a team that was in the Atenas Oxcart parade last year. I am happy to say it sold at our art show in August and now resides in Pica Flora!



## ASTEROIDS COLLIDING

Mixed Media on Board  
Peter S.

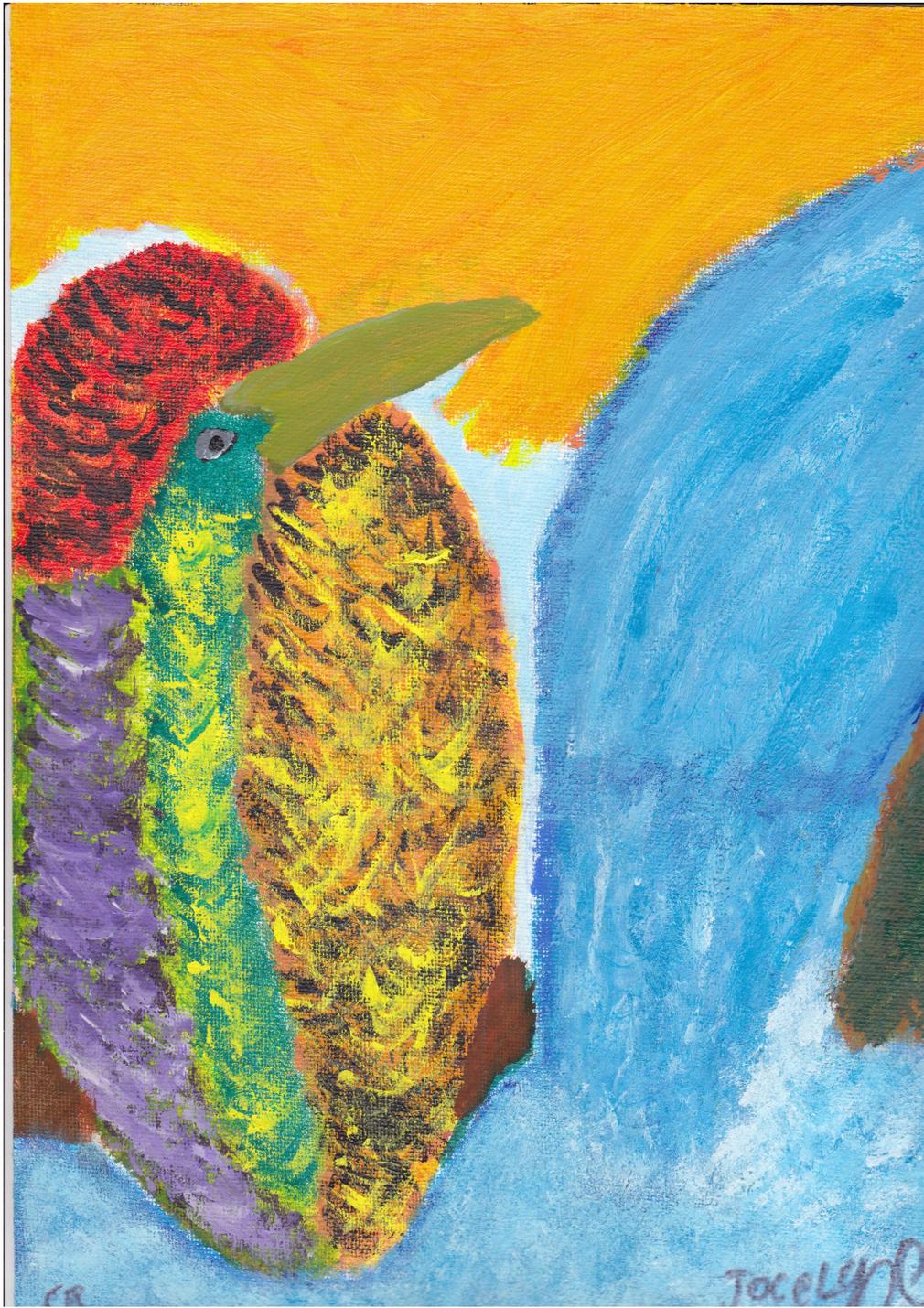
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8803-7167



**Abstract**

**Harriet Sheppard**

**[hweyman@gmail.com](mailto:hweyman@gmail.com)**



**Bird by the Waterfall**

**Jocelyn Farquhar**  
**Jocelyn@squibblesdesigns.com**



## **DARK ELEPHANT LAMP**

**Peter S.**

**Contact: [gbalter@gmail.com](mailto:gbalter@gmail.com)  
8803-7167**

## For the bloggers...



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

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

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- Any medical attention needed, we will take the pet to the veterinarian of your choice (arrangements will be made for payments in any such emergency).
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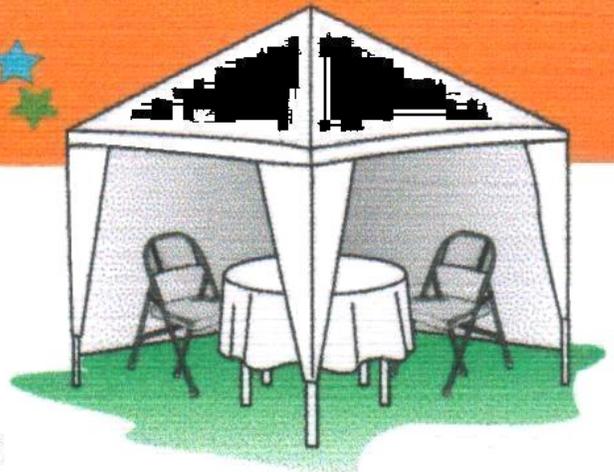
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[dianafmiskell@gmail.com](mailto:dianafmiskell@gmail.com)

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## ART INSTRUCTION



All Mediums:

Oil, Acrylic, Watercolor, Drawing

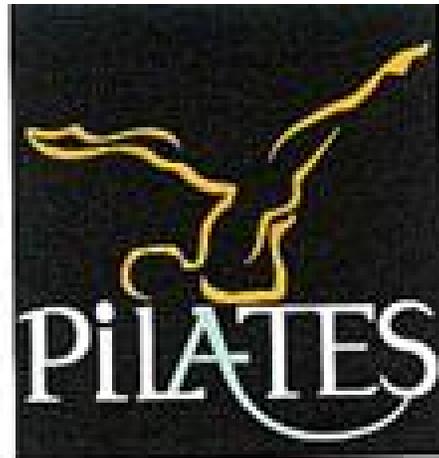
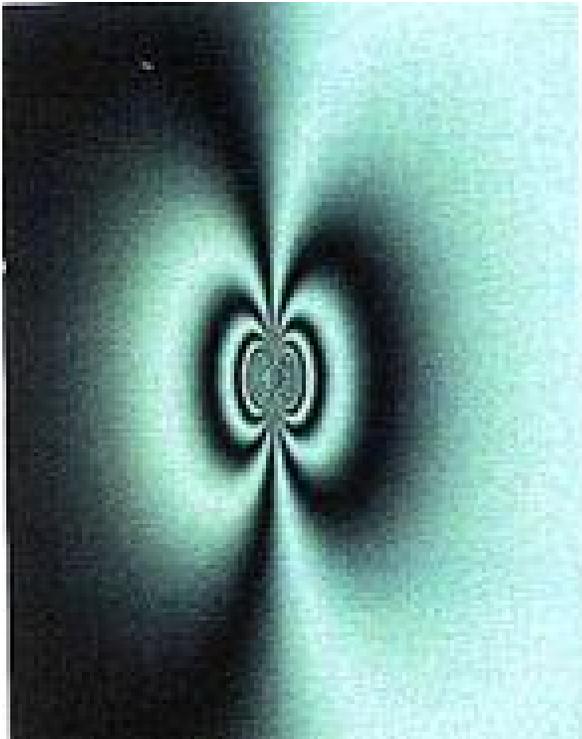
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## Atenas Today Advertising Rates and Policies

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.

Advertisers should send the copy via email to [atenastoday@gmail.com](mailto: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) 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.**