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Quepos Manuel Antonio Jaco Dominical Uvita



Photo by Brise Elegante

December 2021

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Exclusive Listings

Dear Melissa,

Thank you for all of your help and assistance in the recent real estate transactions. The level of concern and assistance you provided far exceeded the requirement to "sell". We are very appreciative that you took the time and effort to get to know us and what our needs/wants were.

The level of service provided to make us feel welcome, informed, and accepted in Costa Rica, far exceeded our expectations, and made us very comfortable making this kind of purchase in a country we did not know.

Thank You
Craig & Coty



Manuel Antonio Ocean View Estate
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Honored to dedicate my time and experience to making your vision a reality. I can guide you through the do's and don'ts of investing and buying a home/property in our country.



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"Business Opportunity"

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3 bdrm Private Villa on Mountain
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"Reduced to \$447,000!"



3 bdrm Villa + 2 bdrm Apt.
Manuel Antonio Ocean View
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\$649,000



Privacy with mountain nature view
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\$239,000

Exclusive Listings



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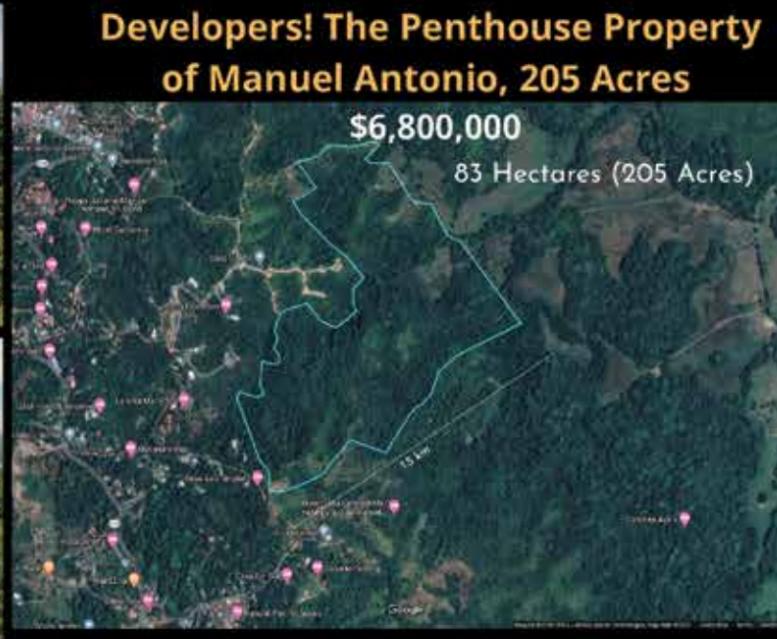
2 bdrm, 2 bath, 1.5 Acre
huge flat lot, matured fruit trees
in Villa Nueva \$169,000



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"Reduced to \$549,000!"



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16 Acre Ranch

Buying a house overseas can be an exciting adventure, but also a stressful life event. More so during a pandemic. Whether in person or virtually, Melissa was prompt, extremely knowledgeable, and a true pleasure to deal with.

Melissa took the time to meet with us and genuinely assess our needs and dreams. She helped us understand the ins and outs of buying a home in a new country. Always with a friendly smile and a wise word of advice, Melissa made the purchase process smooth and our transition into our new home seamless.

We were happy to have Melissa as our agent. We are now even happier to call her our neighbor.

- Daniel, Ilene, Ivy & Alex



New Price!

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Get Started! 2 bedroom Condos
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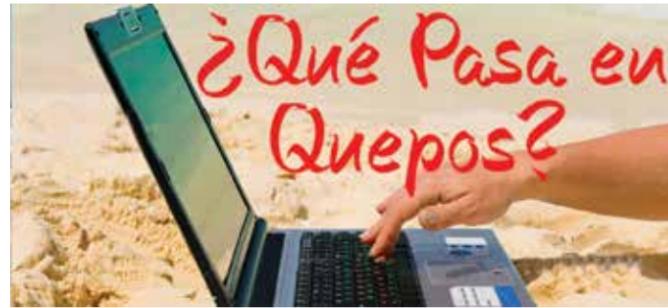
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Bienvenidos... Welcome to paradise. We are glad you have arrived and hope you are ready for an incredible vacation. The rains are slowing, the sun is shining and the jungle is bursting with life waiting for you to explore.

Our pages are full of excellent restaurants of every flavor, **Aqua Azul**, **La Colina**, and **Mira Olas** just to mention a few. Want to catch your favorite games while enjoying great wings and burgers **Jolly Roger** has them all. **Mini Price Store** has your all your Christmas decorations and has added a bakery serving fresh baked goods daily along with a delicious prepared foods section ready to go. **Marina Pez Vela** has great views to relax and enjoy a cocktail or some delicious ice cream at **Gelateria Amorosi**. **Marina Pez Vela** also has all your fishing needs to help get your fish on and also snorkeling adventures and sunset set cruises with **Sunset Tours**.

We also want to thank the **Brisa Elegante** for our cover shot of their maiden voyage arriving in Costa Rica. They are offering morning and sunset cruises along with private charters for dinner, company meetings, and weddings (pg. 36).

Our shops are great for all your holiday shopping, **Mot Mot Gallery** has a variety of handmade one of a kind gifts. **Modern Primitive Living** offers unique items from around the world. **Ojalá** offers a complete line of soothing rejuvenating CBD skin care products straight from nature (pg. 15) New to the marina is **Audio Masters** for all your electronic needs. Another great gift idea is a family portrait with **Sarah Yunker Photography**. Don't forget the **Toys for Tots** boxes in the area and help brighten someone's holiday.

We hope you enjoy our magazine and it helps guide you through this enchanting paradise we call home. You can always follow and share us at Quepolandia.com or on [Facebook/Quepolandia](https://www.facebook.com/Quepolandia). We appreciate and welcome your comments.

We at Quepolandia would like to wish our advertisers, writers, staff and readers a Wonderful Holiday Season and an Incredible 2022.

Peace on Earth and Enjoy...D



Tuesday December 2 QUEPOLANDIA DEADLINE

Sat Dec 4 New Moon
 Fri Dec 10 Human Rights Day
 Sun Dec 19 Full Super Moon (Cold Moon)
 Sat Dec 25 Christmas Day
 Fri Dec 31 New Year's Eve

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Sudoku Solution on Page 49



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2COSTA RICA
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Villa Cielo Dulce | \$1,199,000



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Casa Sonidos del Agua | \$2,300,000



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Villa Mono Titi | \$649,000



Casa Karisma | \$595,000



Beautiful & Modern Home | \$299,000



Hi Everyone, it's Dani, your spokeskid for KSTR!

Happy Holidays!

The holiday period is a busy time here in Manuel Antonio for tourists and locals alike. So I wanted to tell you about all the interactions we do with the animals during this period.

In my experience working with the animals in the winter, we do lots of fun and exciting activities with the animals. We decorate the outside of their cages (so the animals can experience Feliz Navidad, from a distance :)) And we give them presents!



During Christmas time every year we make "presents" for the animals, with their food inside! Then, the animals get to "open" the presents, and eat their food and treats. We try to give them their favorite foods or snacks in these presents. For example, we give the Capuchin monkeys spiders in their boxes (because that's their favorite snack!). The Marmosets get peanuts, and the Coati mundi love watermelon, so we give them lots of extra watermelon in their treat box! Last year, kids in Quepos decorated the presents for the animals! We made sure to use kid-safe non-toxic markers to keep the animals safe.

This is part of the process called enrichment, where we vary the experiences of the animals—it's especially important for animals that we are planning to release after some time in the wildlife rescue center.



Photo by Co-founder, Janine Licare Photography

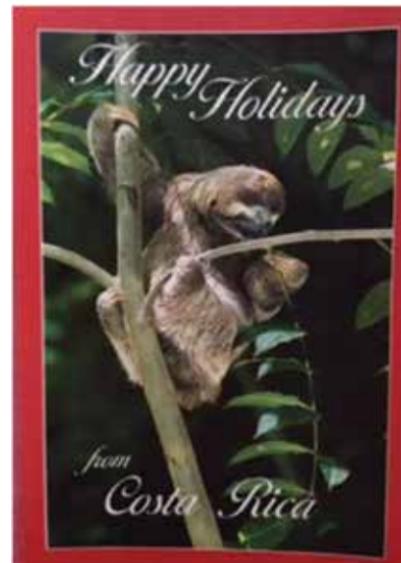
In addition to special treats during the holidays, throughout the year, we vary the way we feed the animals. Two weeks ago, when I was volunteering at the sanctuary, we used egg cartons to make mini-feeders for the birds and small animals. We also used the shell of coconuts (which I drank the water from!) to make "bowls" for the kinkajous, so they could eat their food out of them.

If you want to help the animals at the sanctuary, you can take a tour or volunteer your time. Reach out to Chip via email Chip@kstr.org, and he can help you with the best options!

If you have it in your heart to make a donation to our 501 (c) 3 non-profit, you will get a tax-deductible receipt and you will be helping the wildlife of Costa Rica! Go to kstr.org to make a difference by donating!

We all thank you and wish you a wonderful Holiday Season!

This is Buddy the sloth that we released many years ago!



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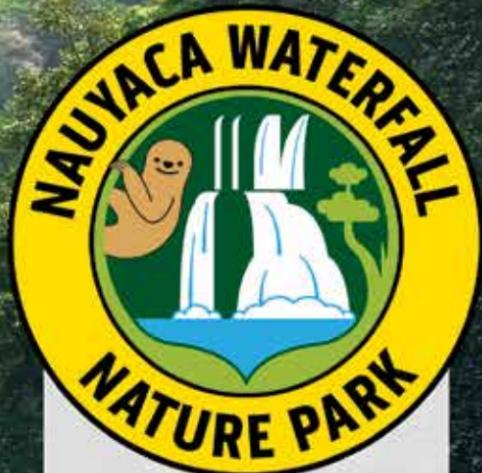
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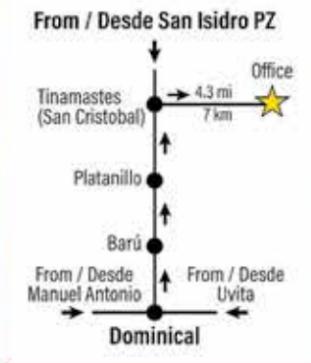


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This large 9 bedroom Villa is comprised of four bedrooms which are all masters, each with King Size bed, high ceilings, spacious areas, with glass sliders allowing you to feel the fresh breezes off of the ocean. All bedrooms are air conditioning to keep you cool, large verandas to take in the panoramic views and to see the monkeys and other various types of wildlife passing through the trees. The fifth bedroom features two queen beds and two single beds, air conditioning, private seating area, and veranda facing the jungle. The sixth bedroom has one king bed, air conditioning, and veranda facing the jungle. The Casita consists of a 2 bedroom apartment, each with double beds and a 1 bedroom suite with a queen bed; the apartment has its own kitchen, living area, and incredible ocean-view patio.

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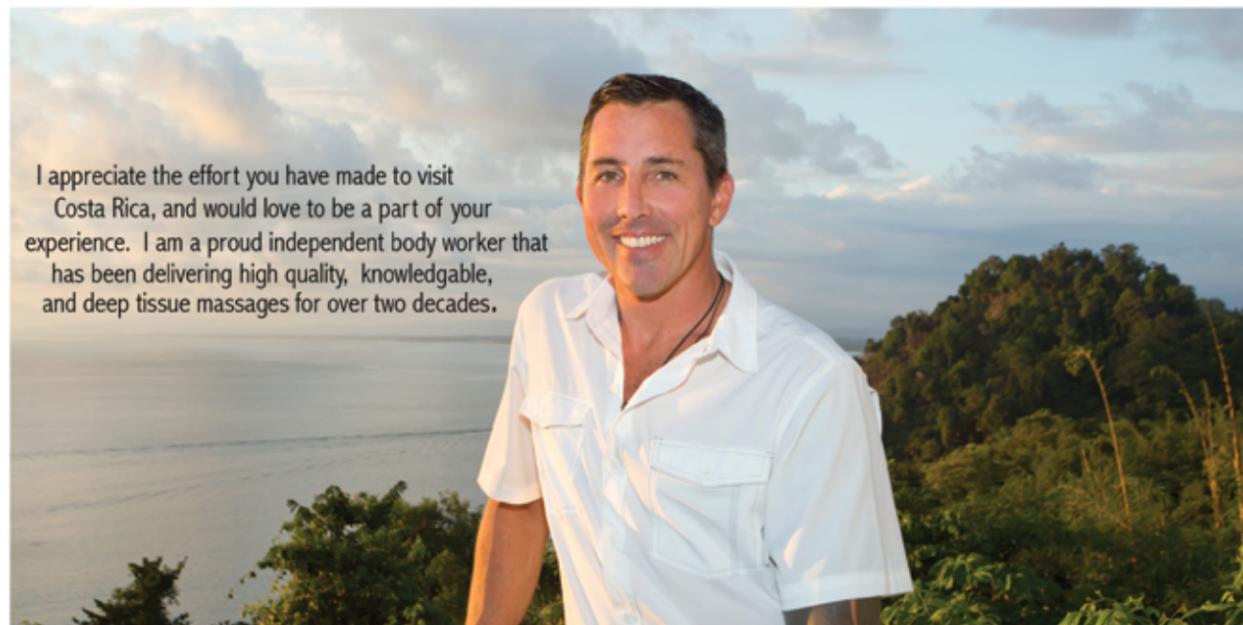
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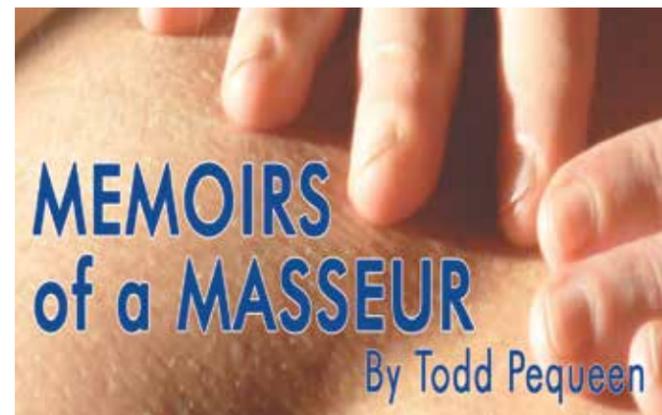
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I tell my nieces and nephews to not be part of the herd. I suggest that they live their lives in a conscious manner recognizing what their peers are doing then choosing to do the opposite. I believe that creating an exceptional and rewarding life often means finding unique ways to navigate time and decisions to obtain one's dream. I find it curious that parents commonly slip from telling their kids to live their dreams yet when they become young adults the advice is to seek a practical way of living. Get a job, pay the bills, buy a house, get married and have kids, we have all heard it before...it's an expired way of thinking. I recently read a Gallup report showing that 70% of Americans polled either hate their job or are "disengaged" from their work, and even perks don't work if they're unhappy with management. To wake up unmotivated is a clear sign that something is missing. If my college-aged nieces and nephews do what everyone around them do they most likely will not become exceptional. Included in this is their physical, mental, spiritual, and financial levels of happiness. It will undoubtedly be much easier to not take chances and to quell big dreams with rationality and practicality. I think a line from one of my favorite artists Bob Marley says it perfectly. "Emancipate yourselves from mental slavery—none but ourselves can free our minds."

A unique mindset, one titillated by the opportunities of the days to come takes creativity and much personal work. One has to create their own mold and must do things differently if they want to over-achieve for the sake of personal challenge and happiness. I am a huge fan of reading autobiographies because they often hold a person's secrets and the turning points of their lives. Never do those decisions, influences, or struggles come easily. The hardship is what creates greatness. Once an individual embraces the challenge of the day and sees it as always temporary, then they are on the path to true liberation. I have watched many creative and energetic young souls slowly get entangled into the choking vines of social expectations and live a lifestyle of a time gone by. I hate to sound like a commercial but daring to set

a singular path to attaining an ethereal existence is possible if one believes in it and structures their lives based on greatness. To be compelled into motivation is a godlike state of being. To be in the moment doing the work needed to achieve whatever goal is in mind is truly being alive. Eternal happiness cannot be shaken by any outside force for those that have struggled and have excelled past the herd...into a space of their own.

The New Year is upon us and personal reflection and goal making is often triggered during the long days of winter and holiday celebrations. The key is to just get started and be consistent. Begin with something that is not your usual habit and embrace the freedom of something novice and desired. I recently spent 16 days without a cell phone, television, any outside distractions, even a house. I was in a tent along one of the grandest of rivers in North America. What I learned was that by having much less, my mind and aura had much more. It is essential in our over-stimulated day and age to neutralize the poisons of social media. The herds of young people gorging themselves on cell phones whenever possible is leading to social consequences beyond what anyone can imagine. To not be able to experience anything new without a "selfie" documenting it is a sin against ourselves and the sanctity of the precious present. Cultivating opposite practices can give personal insights to why we do what we do. Perhaps many of our daily activities are just habits from a time long gone that do not serve us anymore. As I will continue to tell my nieces and nephews find unique pleasures in your day that empower and energize. That rhythm will vibrate into every other aspect of your life. The same old same old doesn't have to be, you need to be the teacher and the student as an adult looking to be freely exceptional.

Todd Pequeen is originally from Buffalo, NY but has been in Manuel Antonio, Costa Rica for over 21 years. He is a graduate of the New York Institute of Massage and is an independent full-time masseur with a tree top studio which is the center of his universe. Call or WhattsApp him at 8830-7727 or e-mail him at tpequeen@yahoo.com for an appointment. His free time is spent surfing, reading, and enjoying the professional photography of sarahyunker.com.



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Is CBD a good skin care option?

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Is Ojalá CBD marijuana?

Ojalá's broad spectrum products are made of CBD-rich hemp, not marijuana, and contain no amount of THC (the chemical component that results in a psychoactive 'high'). Think of CBD and marijuana as lemons and oranges. Just as lemons and oranges are both considered citrus fruits, CBD and marijuana are both part of the cannabis plant genus.

How does CBD Work?

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What Makes the Perfect Surf Instructor?



Greg Gordon, CR Surf Travel Company
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You see them on the beach, sitting between rows of surfboards on the beach, dark tan, with a small sign offering surf lessons. You have always wanted to learn to surf, but not sure which instructor is going to be the best for you. Well, there are some important things to consider for your safety and ability to learn.

The first thing you should ask is what are their qualifications to teach. Just because they have surfed their whole life (if they are 20 years old that may be only 6 or 7 years) does not make them an instructor. In Costa Rica there is a specific certification an instructor must hold in order to give lessons, offered through the ISA (International Surfing Association). If they do not have it, they are working illegally.

Part of this course is knowing how to save someone in open waters. That can make the difference between life and death, and the rip currents in Costa Rica can be dangerous. The instructor should also know how to speak English or your native language, so he or she give clear instructions. They should give the first part of the lesson on the beach, showing you the parts of the surfboards, how to hold it when walking out to the water, how to paddle and stand up.

The second thing to check is their surfboard selection. Longer boards are much easier to learn on than short ones, unless the new rider is a child. There are soft top boards that offer some cushion, but older boards can give the learner a severe rash on the inside of their thighs when sitting on the board. Since they do

not require wax, some soft top boards may become slippery after extensive use. Ideally you want a board 8 to 9 feet long, called a fun board or longboard, and they can be a little smaller if you are short or a little longer if you are heavysset.

Besides the length of the board, you want to check the board on the sides and bottom for cracks and big dents, called dings. The cracks can cut you while holding the board, and dings can affect how the board rides. If the dings were not repaired, water may enter the foam of the board, making it heavier and ride slower. The fins should be without bends or worn down (from people dragging the board in the sand) and there even soft fins that will not cut beginners if they land on them. Also check the leash, being sure there are no knots in it, and that the Velcro strap wraps snugly around your ankle. Check the string connecting the leash to the board to be sure it is not worn out. If anything is wrong with the board, ask the instructor to switch it out.

The second most important part of a surf lesson after safety is to have fun. The instructor can explain to a small group the beach part of the lesson, but once in the water they should be working with just you, or maybe one other person. They should be supportive and encouraging and keep you smiling even as you are wiping out over and over. They should know when to give you a break if you are tired, and each lesson should last about two hours so you are not so exhausted you will not want to try again the next day.

A good instructor will spark a desire to have you surfing every day for the rest of your life. They are certified, provide quality equipment, and have a great attitude towards their students. If you are looking for a surf lesson in Costa Rica, I am a surf travel expert and know incredible surf instructors around the country.

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In honor of our dear friend and Spanish teacher, Os.

Uso de dos verbos en la misma oración

En español podemos usar dos verbos en la misma oración para expresar cosas. Esto se forma con un verbo conjugado y un verbo en infinitivo. Para esta edición trabajaremos con los verbos necesitar, querer, desear y preferir. A continuación veremos la conjugación de cada verbo.

	NECESITAR	QUERER	DESEAR	PREFERIR
Yo	necesito	quiero	deseo	prefiero
Tú	necesitas	quieres	deseas	prefieres
Él, ella, usted	necesita	quiere	desea	prefiere
Nosotros (as)	necesitamos	queremos	deseamos	preferimos
Ellos, ellas, ustedes	necesitan	quieren	desean	prefieren

NECESITAR

verbo conjugado verbo en infinitivo
Necesito practicar mi español.



verbo conjugado verbo en infinitivo
Necesitamos pagar la cuenta.



QUERER

verbo conjugado verbo en infinitivo
Ellas quieren viajar a Costa Rica el próximo año.



verbo conjugado verbo en infinitivo
Tú quieres aprender español rápido.



DESEAR

verbo conjugado verbo en infinitivo
Ustedes desean bailar bachata muy bien.



verbo conjugado verbo en infinitivo
María desea descansar toda la noche.



PREFERIR

verbo conjugado verbo en infinitivo
Lucas prefiere desayunar frutas en lugar de pan y huevos.



verbo conjugado verbo en infinitivo
Pablo prefiere gastar dinero en viajar que en ropa nueva.



Vamos a practicar

Use los verbos necesitar, querer, desear y preferir para completar los ejercicios correctamente.

- Los doctores _____ operar al paciente inmediatamente.
- Algunas niñas _____ jugar con muñecas, otras niñas _____ jugar con bloques.
- Yo _____ estudiar español por la noche que por la mañana.
- La amiga de Laura _____ conocer a Jorge.
- Mis primos _____ viajar a suramérica en sus próximas vacaciones.
- Mis padres _____ viajar a Europa algún día.
- Luisa _____ dormir temprano hoy, ella no _____ ir a la fiesta.
- _____ encontrar las llaves de mi casa antes de salir.
- Yo _____ descansar mucho este fin de semana, trabajé muchas horas toda la semana.
- ¿_____ (tú) ver una película conmigo?

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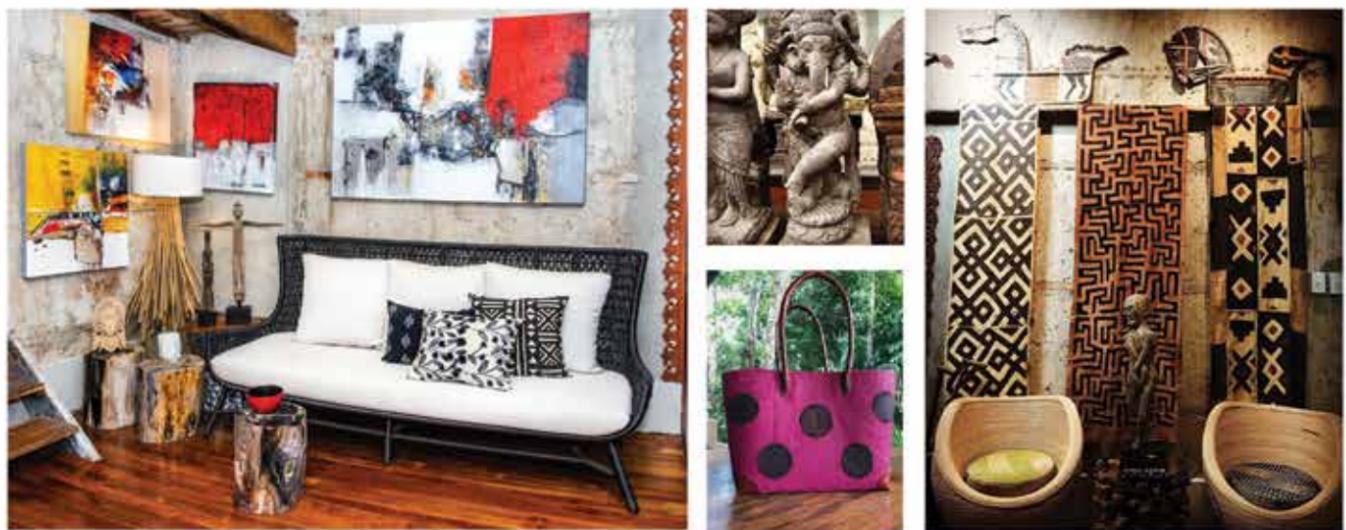
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The rains are almost over, and December officially marks the beginning of the dry season here on the Central Pacific Coast. Expect the fishing and the weather here to be HOT, HOT, HOT and we are so glad that you are here to join us.



2021 DORADO DERBY—WHAT A BLAST!

As I write, we are just coming down from the high that was one of the most successful tournaments ever here at the Marina Pez Vela. The 2021 Dorado Derby which took place on Nov 13th was one for the local history books as no fewer than 56 of Costa's most well-known boats took to the high seas in search of the largest Dorado (Mahi Mahi). The 7am 'shotgun start' literally gave us goosebumps, witnessing the amazing scenes of all 56 boats lined up before racing off into the horizon, with every single one of them truly believing, today could be their day for victory. The FUN & SIMPLE format of this event has been designed so that literally every single boat in the fleet has a chance of winning. Simply catch the heaviest Dorado to take home the winning check & more importantly the lifelong bragging rights! And that is exactly what **TEAM**

OFFENSIVE did, catching a monstrous 65lb Dorado, taking home a check for more than US\$26,000—just wow! Huge congrats to everyone at **TEAM OFFENSIVE!**

A BIG shout out to **MATTHEW ORLOWSKI** who was the Champion Junior Angler with a 25lb Dorado, this young guy fished his heart out and the win was well deserved, definitely one to watch for the future! **CRYSTAL PETEREK** was the top Lady Angler and huge congrats to Crystal, fishing against some of the seriously talented Lady Anglers we have in the Quepos area.



RESULTS—2021 DORADO DERBY (Nov 13th)

1. Team Offensive, 65lb Dorado
2. Team Nastia Bill, 47lb Dorado
3. Team Nameless, 43lb Dorado

OFFSHORE FISHING

The Offshore fishing right now will provide some of the best species variety of the entire year. December water temperatures are ideal, making it perfect for Billfish but also a great time of year for gamefish also. Striped Marlin made a welcome appearance during

November and many of the Quepos charter boats had great days releasing Striped Marlin in amongst the more common Sailfish and Blue Marlin. Most of the Striped Marlin are in the 60-120lb range with most Captains agreeing they are one of the prettiest fish in the Ocean and such a joy to catch on 30lb class tackle. Congrats to regular Manuel Antonio visitor **Ginny Moore** who released a stunning Striped Marlin aboard **GOOD DAY**, tagging & releasing the fish for **Gray Fishtag Research** & naming it in honour of her late father. Lifelong memories are being made out there on the water day in day out and it is no wonder that Costa Rica continues to touch the hearts and minds of our visitors from all over the world.

December is an excellent month for Blue Marlin, most certainly one of the best months of the entire year and with our blues averaging in the 150-200lb range, you are guaranteed some exhilarating sights if you are lucky enough to hook one. The 42' **PACIFIC FLY** released 4 Blue Marlin on November 13th, raising a total of 6 Blue Marlin that day alone, just incredible stuff! The 25' centre console **IDRA 2**, is more accustomed to Roosterfish & Snook fishing but got in the Marlin action also releasing a stunning 300-350lb Black Marlin whilst Dorado fishing, huge congrats guys! Expect more of the excellent Marlin fishing to continue through December and for Sailfish numbers to increase as the month progresses before peak Sailfish season is upon us January through April. Dorado fishing in November was exceptional and whilst we do not expect as many Dorado during December, this is an excellent time of year to catch a Trophy Bull Dorado over 40lbs. Costa Rica is one of the best places on the planet to land a BIG BULL DORADO and every year specimens in the 50-70lb range are landed here. The turn of the year (December/January) is the best time for large Yellowfin Tuna and watch this space for some serious fish photos over the next couple of months. Every year our charter fleet sees Yellowfins up to and over 200lbs at this time of year with Tuna in the 30-100lb range common. And to complete the Pelagic species, there will still be a Wahoo or two over the Offshore reefs for those Angler wanting to target them, in addition to Grouper, Snapper, and Amberjack whilst bottom fishing and jigging.

INSHORE FISHING

The Inshore fishing from December through April is the best of the year here in Quepos. Now that the rains have ended and the Inshore water clarity improves, huge schools of sardines arrive along the beaches of Quepos and bring a vast amount of predators with them. Roosterfish, Snappers, Jacks, Mackerel, Corvina, Snook, Tripletail, Blue Fin Trevally, Grouper, and more can all be targeted during Inshore charters out of Quepos. The beaches and river mouths at Parrita, Naranjo, Savegre, and Baru can often

provide some excellent variety and light tackle fishing with spinning gear is excellent here. Snook are often the most sought after fish at the river mouths and now is an excellent time to target a big Costa Rican Snook. Small to mid-sized Roosterfish frequent the beaches whilst most of the larger Trophy Sized Roosterfish are caught close to the rocks and islands in deeper water. Roosterfish are often top of the Inshore wish list for many of our visiting Anglers and you have come to the right place if you would like to fish for Roosters. We have some excellent charter boats providing Inshore charters, be sure to check out **GOOD DAY, CHLOE FRIJOLE, IDRA 2, CAPTAIN SKY, MUCHO FISHO, & MIRSE AZUL** if you would like an Inshore charter. Half-day 5-hour trips and full-day 9-hour trips are catered for and absolutely no experience is necessary, the crews will teach you everything you need to know.



2022 TOURNAMENT DATES

We are now in the midst of tournament season and from now through June we have a fantastic schedule of events here at the Marina Pez Vela. With tournament formats to suit all experience levels, from beginners to pro-anglers, all our welcome and we would love to hear from you if you would like to join the fun! marinapezvela.com/tournaments/

January 15-16, 2022	Pelagic Rockstar
February 5, 2022	Roosterfish Rodeo
February 17-19, 2022	Pescadora Billfish Championship (Ladies Only)
March 5, 2022	Sailfish Slam
April 22-23, 2022	Marina Pez Vela Open
April 25-29, 2022	Offshore World Championship
June 18, 2022	Summer Solstice Shootout

Tight Lines & I hope to see you out there!

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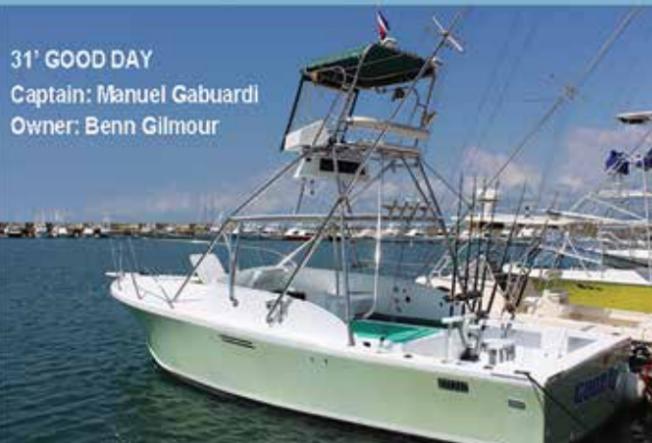
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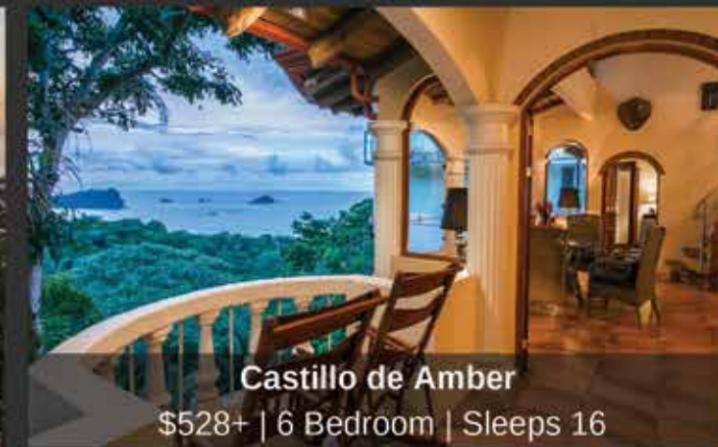
Let's Talk About Red-legged Homecreepers



The Red-legged Honeycreeper (*Cyanerpes cyaneus*) can be found here in Costa Rica and can often be seen moving in mixed-species flocks high up in primary and secondary closed canopy forests as well as right in the garden.

One surprise that the Red-legged Honeycreeper has for any onlooker is the bright yellow color of the underneath portion of the wing.

Red-legged Honeycreepers extract nectar from the flowers of Inga, Calliandra and other legume plants. They also eat small insects, arillate seeds and many other fruits in fairly open edgy areas.



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Cornbread, Chorizo, Cranberry, and Pecan Stuffing

This is arguably the best and the easiest stuffing that will draw you compliments into the next year! Day-old homemade cornbread is optimal, but the box mix is also fine. Toasting and drying the bread cubes is a main step towards that perfect texture.



Ingredients

- 1 stick of unsalted butter, melted
- 1/2 cup coarsely chopped dried raisins
- 10 cups coarsely crumbled cornbread
- 1/3 cup coarsely chopped pecans,
- 1/4 cup olive oil
- 1 pound fresh chorizo, casings removed
- 2 medium onions, chopped
- 4 celery stalks, chopped
- Salt and pepper, to taste
- 2 garlic cloves, finely chopped
- 2 tablespoons finely chopped fresh sage
- 2 large eggs
- 3 cups room-temperature chicken stock

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Directions

1. Preheat oven to 350. Toast pecans in oven for 8 minutes. Toast cornbread bread cubes for 15 minutes turning around in pan several times.
2. Brown chorizo in skillet, transfer to bowl with a slotted spoon.
3. Add onion, celery, garlic, sage, and raisins to skillet and fry until fragrant.
4. Turn off heat and scrape the pan well before mixing with chorizo, bread cubes, and toasted pecans.
5. In a separate bowl, combine the eggs with the chicken stock and pour over the stuffing along with the melted butter. Mix well.
6. You can use this mixture to stuff the turkey's cavity, or bake separately in a prepared pan for 45 minutes at 350 degrees.



Looking over Marina Pez Vela, the wooden sail cruiser Brisa Elegante dominates the view of the marina. She has become the new landmark of Quepos and Manuel Antonio.



Your cruise on Brisa Elegante starts from here and takes you out on the Pacific Ocean.

SO, HOW IS SAILING ON BRISA ELEGANTE?

After leaving the marina and setting the sails, the long Pacific waves gently roll the cruiser. This feels a bit like sitting in a giant rocking chair on the front porch—with a gigantic view!

Watch the dolphins playing under the bowsprit and how they are chasing each other. Just relax and enjoy the sound of the wind in the sails and the water murmuring under the keel.

WHAT ARE OUR GUESTS SAYING?

Daniela from Switzerland is taking a deep breath, saying: “Now I really feel like being on vacation!”.

Anne-Marie from Canada is happy: “This is the single best experience I had during my stay in Costa Rica.”



HOW DOES THE CREW EXPERIENCE BRISA ELEGANTE?

Well, here are some insights.

Let’s hear Don Oscar “Chirrasqui”, the capitán. He has been working on ships his whole life, sailing in North, Central, and South America.

“Brisa Elegante is a grand lady, and she deserves our attention, love, and care!”, he laughs and pads the steering wheel. “She

is definitely out of the ordinary, and sailing with her is exciting!”

Christopher “Kirikito” is the 1st Mate onboard and responsible for the well-being of the guests. He has some 20 years of experience with passenger vessels under his belt. He is happy to have two bars to cater to his guests.



He says: “The large deck area, the lounge area in the cockpit, and the saloon give the guests ample space to enjoy the cruise and to interact. This makes the trip with Brisa Elegante such a personal and unique experience.”

Christian has delivered Brisa Elegante from Florida through the Caribbean and the Panama Canal to Costa Rica. He experienced her as a solid and well-built ship, ready to welcome guests on board to show them her beauty.

After having passed the islands near Manuel Antonio Beach, Brisa Elegante is heading to her mooring. Now is the time to put the water toys in the water! Try kayaking, or grab the stand-up paddleboards, and go swimming and snorkeling.



Work up an appetite for the delicious meal that Iván, our chef, is preparing for you. He uses fresh, local ingredients, preparing everything fresh—and you will taste it! Melanie, our Chief Stewardess, is happy to top up your plate or mix you a cocktail or two.

After the meal, relax on your way back to the marina and enjoy the scene. If you have chosen a sunset cruise, enjoy the stunning view of the sun setting over the Pacific Ocean!



After our return to the marina, Daniela recognizes: “This trip is packed with experiences and impressions. Hard to believe that you can put this much in a half-day cruise.” Walking down the gangway, she says: “I will be back for my next vacation. For sure!”

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It finally feels like the clouds have lifted and we are seeing the end of a long winter both in terms of the end of the rainy season as well as the more than 18 months of impact from the Covid crisis in our tourism based community. December brings hope, opportunity, a renewed sense of gratitude for the wonderful community where we live, the manner in which we have come together to endure challenging times and excitement for what looks to be a wonderful high season ahead of us. The energy got rocking here last month with the two Dorado Derby Tournaments, which brought more boats than EVER before and a lot of fun, families, and friendships together at the project. December brings with us that holiday spirit, vientos Navideños, and the sense of community, brotherhood and celebration which defines both this country and the family at Marina Pez Vela.

TRIATHLON RETURNS TO MPV!

One of the most exciting and enjoyable events for our community these past years has been the Quepos Triathlon, which had to be cancelled last year due to the Covid crisis. We are happy to announce that this December 5th, the COOPENAE TRIATHLON is back! There will be a limited pool of athletes this year, but 500 of the top competitors in CR and about 1500 visiting guests will come to pour their hearts into our waters and streets in this exciting competition. The dates in early December are always a quiet time before the high season and these local sporting events help bolster the local economy and provide a great example and inspiration to the youth and families in our Canton. Set your calendars, wake up early, come down for a breakfast at MPV and cheer on these athletes.

QUEPOS TACKLE SHOP OPENS AT MPV!

We are incredibly happy and proud to announce the grand opening of the Quepos Tackle Shop here at Marina Pez Vela! Marsha Bennet and her team are back to Marina. The marina has long needed the integration of a dedicated tackle shop and we were able to make space for the integration Marsha and Tanners iconic team with the relocation of the marina's social outreach offices. Anything and everything you could need for your angling experience you can find here, and the friendliest and most knowledgeable team is waiting to help anglers of any ability to find the right lures, lines, rods, and

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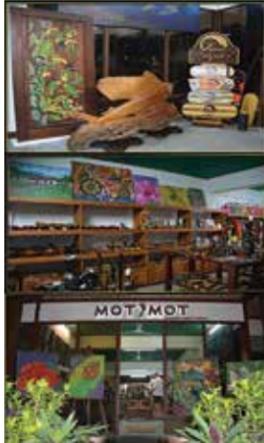
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reels. Don't miss a chance to go visit the team and congratulate them on their new grand opening!

HOLIDAYS AT MPV

While we are not hosting a BRIGHTLIGHTS event this year due to the caution and care regarding the pandemic, there will be some beautiful and fun holiday activities going on all month at Marina Pez Vela. Stay tuned to our Facebook page and website for news on holiday specials at the restaurants, some fun activities for the families of our community and those who are visiting.

HOLIDAY WORLDWIDE TRADITIONS

Jennifer Samaria

December Is Here and It's Time for the Holidays!

There are so many beautifully unique traditions worldwide when it comes to the holiday season in December. Countries around the globe celebrate in their own special (and sometimes VERY interesting) way. If you're dreaming of a vacation in December in another country and want to learn how some of the world celebrates various traditions during this time... keep reading.

Africa—Kwanzaa

This is a seven-day celebration of life December 26th to January 1st by people of African descent to honor their heritage including songs, dances, African drums, storytelling, poetry reading, and a feast on December 31, called a Karamu. A candle on the Kinara representing one of the seven principles upon which Kwanzaa is founded, called the Nguzo Saba, is lit each of the seven nights. Each day of Kwanzaa emphasizes a different principle. There are also seven symbols associated with Kwanzaa. The principles and symbols reflect the values of African culture and promote community among African Americans.

Australia

Australians decorate a "Christmas Bush," a native Australian tree with small green leaves and flowers that turn red during the summer. In each state capital, there is a "Carols by Candlelight" service where famous performers sing holiday favorites. About 4000 partygoers celebrate a summertime Christmas on the beach with DJs, bikini contests and an Aussie BBQ lunch.

Austria

Enter Santa's Evil Twin also known as Krampus who scares bad children. There are parades in Austria with steamed spiced wine and during Advent, Sundays are reserved for sharing time with the family, traditionally singing carols or reading Christmas tales together. One of the loveliest Austrian Christmas traditions is the lighting of the Adventkranz, a wreath of fir branches holding four large candles, to be lit in turn on the Sundays to come. Every year on December 4th, the feast of St. Barbara, families head out to the nearest wood just before dawn to collect twigs of forsythia, apple or cherry. These are then placed in a vase so children and adults can wait for their buds to bloom. If the so-called Barbarazweige reveal their flowers before or on Christmas Eve, it means you'll have a lucky

year, and possibly a wedding in the family. Stille Nacht is sung on Christmas in churches across Austria.

Bahamas

Junkanoo is celebrated 12/26 through New Years. The Bahamas Junkanoo is held in Nassau, Bahamas. Junkanoo is an exciting four-day carnival celebration that showcases Bahamian culture and traditions. For Bahamian people Junkanoo is about joy and happiness. It's a representation of the people and their culture, music and food that makes the Bahamas such a special place. They generally have two street parades held annually on Boxing Day and New Year's Day. So on these days you can expect large street celebrations full of music, dancing, costumes and spirited revellers. Expect an amazing display of local arts, crafts and delicious local cuisine for sale.

Belarus

Performers sing Christmas carols, locally known as "kolyadki," about 100 miles southwest of Minsk in the Belarussian village of Semezhevo. If you're single, Christmastime in Belarus is the time to have your fortune told...by a rooster. Tradition is that the single women gather with a small pile of grains of corn in front of each of them. A rooster from a local farm is then set out among the women. Whoever's corn the rooster eats first is said to be the next to get married.

Brazil

Fireworks explode near a traditional Rio de Janeiro Christmas tree during the official lighting ceremony at Rodrigo de Freitas Lake. In Brazil, Santa Claus is called Papai Noel. Favorite holiday foods include chicken, turkey, ham, rice, pork, and fresh and dried fruits.

If you happen to be in Brazil for New Year's Eve, don't be surprised to find the oceans littered with white flowers and candles. In the South American country, it is commonplace for citizens to take to the shores on New Year's Eve in order to make offerings to Yemoja, a major water deity who is said to control the seas, to elicit her blessings for the year to come.

Canada

Indulge in a "Taffy Pull" (a party for singles to meet) and "Sinck Tuck" (dancing and gift exchanges). Toronto has the Cavalcade of Lights, the kickoff to the holiday season in Toronto. They light the official Christmas tree, there are skating parties, live musical performances, and a fireworks display.

China

To welcome the New Year, families take time to clean their homes, perform rituals, and prepare feasts. Dumplings are bountiful and long noodles are eaten to symbolize a long life. Since the holiday is based on the lunar calendar, the date of celebration shifts from January to February. Each year features one of the 12 zodiac animals. February 1, 2022 marks the new year and it is the year of the Tiger. Dongzhi - is one of the most important Chinese festivals celebrated by the Chinese, Taiwanese, Japanese, Koreans, and Vietnamese during the Dongzhi solar term (winter solstice), some day between December 21 to December 23. The flour balls are occasionally pink or green. They are cooked in a sweet soup or savory broth with both the ball and the soup/broth served in one bowl. It is also often served with a mildly alcoholic unfiltered rice wine containing whole grains of glutinous rice (and often also Sweet Osmanthus flowers), called jiuniang.

Colombia

Day of the Little Candles is celebrated every year beginning at sunset on December 7, and lasts all night long. It marks the unofficial beginning of the Christmas season. Everyone decorates their window sills with paper lanterns and candles, which you'll also find on porches, balconies, sidewalks, parks, and streets. The lights are supposed to honor the Virgin Mary and the Immaculate Conception, so all homes fly white flags with the Virgin Mary's picture.

Costa Rica

Right here in our country, Christmas is celebrated with a whole fair of fiestas, parades, rodeos, bull runs, street parties and dance festivals. Festivities kick off with the vibrant, loud and dazzling Festival de la Luz in San Jose on the second week of December. A major parade strides from Paseo Colon to El Parque de la Democracia, with more than 1500 musicians and volunteers making the spectacle one to remember. Costa Ricans like to decorate their houses with stunning tropical flowers at Christmas time. They make wreaths using cypress branches and decorate them with red coffee berries and colourful ribbons. And, of course, they like to dress their houses, shops and towns with plenty of sparkling festive lights too. Most Costa Ricans also create a nativity scene, called the pasito or portal. These scenes are built by the whole family and include traditional figures - Jesus, Mary, Joseph, wise men - plus often houses and animals too. Offerings such as fresh fruits and small toys are placed in front of the nativity scene. In Costa Rica there is still excitement in the air for the arrival

of gifts at Christmas. The difference here is that it's usually Niño dios (Child God, meaning Jesus) or Colacho (another name for St. Nicholas) that brings presents to good boys and girls. Most families only place a baby Jesus figurine in their nativity scene on the night before Christmas. This is the time when he brings gifts to the children! Everyone puts on their best clothes and heads to midnight mass on Christmas Eve. In Costa Rica, the Misa de Gallo (mass of the rooster) is followed by the main Christmas feast. Expect an extravagant spread of delicious local dishes! Traditional Costa Rican Christmas food includes chicken and pork tamales cooked in plantain leaves, roast pork with rice or mashed potato and pastries. That's followed by tres leches cake for dessert and plenty of eggnog and rum punch to wash it down. On December 26 the Tope Nacional de Caballos horseback parade is one of the most important Costa Rica Christmas traditions. Here skilled horsemen from across the country head to the capital to parade their majestic horses in this national event. Wearing specially designed cowboy outfits, riders lead their horses through fancy steps to impress big crowds. Keep an eye out for hand-painted traditional oxen carts too. The following day many towns and cities kick off Carnival with huge colourful floats, costumed dancers, big rhythmic bands and parades. Stay in San Jose for the biggest fiesta where the parade runs along the main avenues of Avenida Segundo and Paseo Colón. Costa Ricans celebrate Christmas until January 6 with the feast of the three kings, the day it is said the wise men greeted baby Jesus.

Czech Republic

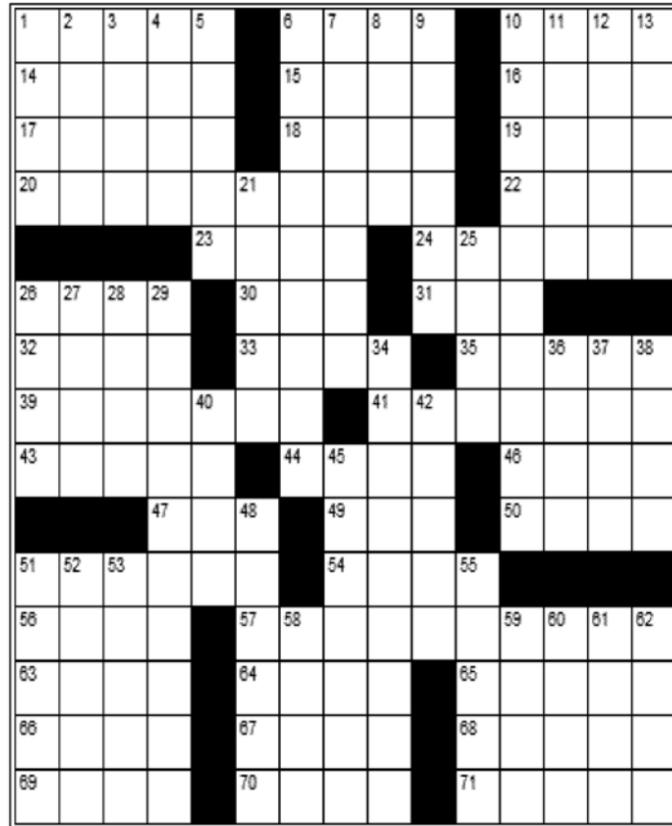
Let's have some fun and throw some shoes! On Christmas Day in the Czech Republic, unmarried women throw a shoe over their shoulders towards the front door. If the shoe lands with its toe towards the door, she will get married in the following year. However, if the heel points toward the door, she'll remain single. The Czech prefer to predict their future fortunes on New Year's Eve with the assistance of an apple. The night before the New Year begins, the fruit is cut in half, and the shape of the apple's core is said to determine the fate of everyone surrounding it. If the apple's core resembles a star, then everyone will soon meet again in happiness and health—but if it looks like a cross, then someone at the New Year's Eve party should expect to fall ill.

Read about more Holiday Traditions on Quepolandia.com

Crossword Puzzle

ACROSS

- 1. Clan
- 6. Qualified
- 10. An enclosure
- 14. Vagabonds
- 15. Dour
- 16. Cain's brother
- 17. "Bye"
- 18. Part in a play
- 19. Cleave
- 20. Possessing a hard shell
- 22. Container weight
- 23. The original matter
- 24. Chemical cousin
- 26. Stun
- 30. An uncle
- 31. Soak
- 32. So be it
- 33. Relating to aircraft
- 35. Freshman
- 39. Distinguish
- 41. Changeable
- 43. Promises
- 44. Care for
- 46. Juicy gritty-textured fruit
- 47. Donkey
- 49. Cover
- 50. Hoopla
- 51. Small piano
- 54. Eye layer
- 56. Gave temporarily
- 57. Variety
- 63. Against
- 64. French for "Black"
- 65. Stories
- 66. Farm building
- 67. Grotto
- 68. Exclamation of regret
- 69. Plod along
- 70. Anagram of "Seek"
- 71. Skating areas



DOWN

- | | | |
|-------------------------------------|------------------------------|------------------------------------|
| 1. Not this | 13. Church officer | 45. Hard to pin down |
| 2. Was a passenger | 21. Transparent | 48. Position |
| 3. Nile bird | 25. Not hard | 51. Thick slices of something |
| 4. Car trunk (British) | 26. Bezel | 52. Prison-related |
| 5. An analytic literary composition | 27. Dogfish | 53. Foreword |
| 6. Accord | 28. Gusto | 55. Fragrant oil |
| 7. Flower | 29. Bewitching | 58. Saturate |
| 8. Humdinger | 34. Plant and meat eaters | 59. Anagram of "Mail" |
| 9. Vomiting | 36. Comply with | 60. Dash |
| 10. Map | 37. Smack | 61. Between the head and shoulders |
| 11. Abreast | 38. Not there | 62. Sounds of disapproval |
| 12. Style | 40. Existence | |
| | 42. Mammary gland of bovinds | |

Crossword Solution on Page 49

COMMUNITY BULLETIN BOARD

Announcements are listed free of charge.

ALCOHOLICS ANONYMOUS

The Pacific Group of Manuel Antonio
 Every Day 9:00 A.M
 At El Arado Restaurant
 on the "Old road to Quepos".
 Tim 8814-6251 cdnguy59@yahoo.com
 Amy 8485 9893

NARCOTICS ANONYMOUS

6:00 P.M. Thurs. English
 7:30 P.M. Daily Español
 CODA Mon., Weds. & Fri. 9:00 A.M.
 Barrio Los Angeles, Quepos
 in front of Cable Tica
 Contact: 8337-3855 & 8933-0051

Iglesia Católica Inmaculada
 Concepción de Maria
 Schedule of Services

Mass every morning at 6 am
 except Sunday 9 am & Thursday 8 am.
 Every evening at 6 pm.

Priest: Juan de Dios Bermúdez
 Quesada
 Parish Telephone: 2777-0230

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Playa Espadilla 9am

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Shopping	  	  
	  	  
	  	

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TIDES for DECEMBER 2021

Day	High	Low	High	Low	High	Phase
Wed 01		05:46 0.99 ft	12:01 7.84 ft	17:57 1.01 ft		
Thu 02	00:22 9.12 ft	06:39 0.35 ft	12:55 8.36 ft	18:50 0.54 ft		
Fri 03	01:13 9.69 ft	07:31 -0.25 ft	13:46 8.87 ft	19:42 0.11 ft		
Sat 04	02:03 10.15 ft	08:20 -0.74 ft	14:36 9.30 ft	20:33 -0.20 ft		New Moon
Sun 05	02:53 10.42 ft	09:09 -1.04 ft	15:26 9.58 ft	21:25 -0.34 ft		
Mon 06	03:43 10.46 ft	09:59 -1.11 ft	16:17 9.68 ft	22:16 -0.29 ft		
Tue 07	04:34 10.25 ft	10:49 -0.96 ft	17:09 9.60 ft	23:10 -0.04 ft		
Wed 08	05:26 9.83 ft	11:40 -0.61 ft	18:03 9.36 ft			
Thu 09		00:05 0.36 ft	06:21 9.26 ft	12:34 -0.11 ft	18:59 9.03 ft	
Fri 10		01:04 0.82 ft	07:19 8.62 ft	13:30 0.44 ft	19:58 8.68 ft	First Quarter
Sat 11		02:06 1.25 ft	08:20 8.03 ft	14:29 0.97 ft	21:00 8.39 ft	
Sun 12		03:13 1.56 ft	09:25 7.58 ft	15:31 1.40 ft	22:02 8.21 ft	
Mon 13		04:20 1.68 ft	10:30 7.32 ft	16:33 1.68 ft	23:01 8.15 ft	
Tue 14		05:23 1.64 ft	11:32 7.25 ft	17:31 1.81 ft	23:55 8.19 ft	
Wed 15		06:18 1.48 ft	12:27 7.32 ft	18:23 1.82 ft		
Thu 16	00:43 8.29 ft	07:06 1.26 ft	13:16 7.47 ft	19:09 1.76 ft		
Fri 17	01:27 8.43 ft	07:48 1.01 ft	14:00 7.66 ft	19:52 1.66 ft		
Sat 18	02:07 8.56 ft	08:27 0.78 ft	14:41 7.85 ft	20:32 1.55 ft		Full Moon
Sun 19	02:46 8.67 ft	09:04 0.59 ft	15:20 8.01 ft	21:10 1.45 ft		
Mon 20	03:24 8.73 ft	09:40 0.47 ft	15:58 8.13 ft	21:49 1.39 ft		
Tue 21	04:02 8.71 ft	10:17 0.43 ft	16:36 8.19 ft	22:28 1.37 ft		
Wed 22	04:41 8.60 ft	10:54 0.49 ft	17:15 8.19 ft	23:07 1.40 ft		
Thu 23	05:20 8.41 ft	11:31 0.63 ft	17:53 8.15 ft	23:48 1.46 ft		
Fri 24	06:00 8.15 ft	12:09 0.82 ft	18:33 8.10 ft			
Sat 25		00:32 1.54 ft	06:43 7.88 ft	12:50 1.03 ft	19:16 8.07 ft	
Sun 26		01:19 1.60 ft	07:30 7.61 ft	13:34 1.22 ft	20:03 8.08 ft	Last Quarter
Mon 27		02:10 1.61 ft	08:22 7.40 ft	14:24 1.36 ft	20:54 8.16 ft	
Tue 28		03:07 1.54 ft	09:20 7.30 ft	15:18 1.42 ft	21:51 8.33 ft	
Wed 29		04:08 1.34 ft	10:23 7.36 ft	16:18 1.36 ft	22:50 8.60 ft	
Thu 30		05:10 1.00 ft	11:26 7.61 ft	17:20 1.16 ft	23:49 8.97 ft	
Fri 31		06:10 0.55 ft	12:27 8.01 ft	18:14 0.93 ft		

The chart is for Puntarenas. The tides for Quepos are about 15 minutes earlier than Puntarenas. Do not use this tide chart as a basis for any decisions that could result in harm to people, other organisms, or property. Check these predictions against officially sanctioned tables. Agencies like NOAA exist because there is a need for certifiably correct tide predictions. Do not rely on these predictions if you need guaranteed results. And remember that weather conditions affect tidal ranges and current speeds, sometimes very strongly.



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Agua Azul Restaurant		2777-5280
Alcoholics Anonymous		8309-4092
Amnet/TIGO Quepos - Cable TV		1722
A.P. Renovations	8588-3369	8485-9893
AYA Water	800-737-6783	2777-0251
Blue Zone Real Estate		8882-0009
Buena Vista Beach Villas		2777-0368
Camara de Comercio, Industria y Turismo		2777-0749
Chamber of Commerce		2777-0749
Chic Fisioestetica and Massage	8927-4853	2777-2136
Coffee Stop		2777-9494
Coldwell Banker	887-309-9238	2787-0223
Colina's		6101-6007
Cracked Pot		8811-4961
Desiree's In-House Chef Service		8998-2204
Dr. Constant Boshoff Chiropractor		2777-4357
Dr. Miguel Rojas	2777-4719	8915-6161
Ennio Knife Sharpening	8826-4594	2777-1342
Farmacia La Economica, Quepos & Delivery		2777-0079
Farmacia La Economica, Quepos Centro		2777-2130
Farmacia La Economica, Quepos Hospital		2777-7421
Fenix Tattoo Studio		6126-0528
Gelateria Amorosi		2519-9494
Gimnasio Mucho Musculo		2777-3400
Hacienda Barú, Dominical		2787-0003
Hello Hemp		6007-7779
Hidden Bay Realty	8366-1759 8566-5410	8885-2525
ICE Emergency - Electric		2777-0126
ICE Emergency - Electric San Isidro		2771-0442
ICE Emergency - Telephone		1119
ICE General Information - Electric		2777-0123
ICE General Information - Telephone		2661-0166

Itza Spa with Abby	8796-0112	8509-4705
Jackpot Sport Fishing	8458-4997	8458-5049
Jolly Roger		2777-0411
Kids Saving the Rainforest		4070-0340
La Langosta Feliz		2787-5214
L'Angolo Ristorante		2777-7865
Latitude 9 Real Estate	8843-3636	2777-1197
MA Rental Properties	855-999-8101	8888-8850
Marina Pez Vela		2774-9000
Marina Pez Vela Shuttle	8860-8331	2777-2931
Marina Pez Vela Villas	1-844-723-4519	2519-9415
Massage Todd		8830-7727
Melissa Klassen		8882-0009
MiniPrice Store		2777-7070
Mini Stop Market		2777-0056
Miquelito's Pizza	2777-4236	2777-0838
Mira Olas		8787-1600
Modern Primitive Living		2777-7797
Mot Mot Gallery		2777-7887
Nancy Buchan, Violinist		8342-3152
Nauyaca Waterfall Nature Park		8771-4222
Pacific Coast Law	US 972-238-0088	2787-0446
Pool Clean CR, Stiven Acosta		8523-3192
Pura Vida Pest Control	8706-7341	8927-5238
Quepolandia		8632-7489
Ronny's Place - Mirador Mi Lugar		2777-5120
Royal Palm Interiors, Uvita		2743-8323
Sarah Yunker Photography		8935-2907
Spice of Life		8394-8491
Sunset Sails	8317-5072	2777-1304
Tecsa Computers		2777-0444
Uvita Law Firm	2743-8416	2743-8619
Veterinarian Emergency, Jaco		8730-1975
Vet Dra. Fabiola Quesada Diaz, House Calls		8848-0103
Veterinarian - Dr. Alfonso Cordoba		2777-4760
Veterinarian - El Colono		2777-3611
Veterinarian - Dr. Alfonso Martinez		2777-2026
Veterinarian - Dra. Desireé Delgado		2777-1921
Victoria's Gourmet Italian Restaurant		2777-5143
Vilma Umana Massage	8314-4515	2777-2558



BUS SCHEDULES

MAY CHANGE FREQUENTLY WITHOUT NOTICE.

We strongly recommend confirming departure times at the Quepos Central terminal.

Buses between Quepos & Manuel Antonio beach leave Quepos & the beach every 30 minutes, on the hour & on the 1/2 hour from 7 AM to 7 PM. During peak periods, there may be more frequent service. The cost is approximately 60 cents.

Quepos to San Jose	San Jose to Quepos	Quepos to Puntarenas	Puntarenas to Quepos	Quepos to Dominical & San Isidro	San Isidro to Dominical & Quepos	Quepos to Villa Nueva	Villa Nueva to Quepos
4:05 AM D	6:00 AM D	4:30 AM	4:30 AM	5:00 AM	7:00 AM	4:45 AM	5:20 AM
5:00 AM C	9:00 AM D	5:30 AM	5:00 AM	8:00 AM	11:30 PM	7:00 AM	7:30 AM
7:30 AM D	10:30 AM D	6:30 AM	7:00 AM	11:30 AM	3:30 PM	9:00 AM	9:30 AM
8:15 AM C	12:00 PM C	7:30 AM	9:00 AM	3:30 PM		1:00 PM	2:00 PM
9:30 AM D	1:15 PM D	9:30 AM	10:00 AM			4:00 PM	5:00 PM
1:00 PM D	2:30 PM D	11:00 AM	11:00 AM			6:00 PM	6:45 PM
2:30 PM D	4:45 PM D	12:30 PM	12:00 PM			8:15 PM	9:00 PM
5:00 PM D	7:30 PM D	2:00 PM	1:00 PM				
		3:30 PM	2:30 PM				
		4:30 PM	3:30 PM	Quepos to Dominical & Uvita	Uvita to Dominical & Quepos	Quepos to Londres	Londres to Quepos
		6:00 PM	5:30 PM	6:00 AM	4:30 AM	5:45 AM	5:00 AM
				9:30 AM	1:00 PM	10:00 AM	6:50 AM
				2:30 PM	4:00 PM	2:00 PM	2:45 AM
				5:30 PM		4:00 PM	5:00 PM

C: Colectivo 5 hrs on ruta 27 / D: Directo 3.5 hrs



TRAVELERS' NUMBERS

AIRLINES

Air France 2220-4119
 American ... 2242-8800
 Delta ... 2257-4141
 KLM ... 31206490787 (WhatsApp)
 Lufthansa ... 2221-7444
 Martinair ... 2232-3246
 Mexicana ... 2231-6814
 NatureAir, Quepos ... 2777-2548
 NatureAir, SJO ... 2220-3054
 Sansa, Quepos ... 2777-0683
 Sansa, SJO ... 2290-4100
 Spirit ... 2441-6522
 TACA/Lacsa ... 2443-3555
 United ... 2442-3151
 US Air ... 800-011-0793

AIRPORTS

SJO Flight Info ... 2441-6069, 2437-2626
 SJO Customs ... 2440-0274

AUTO RENTAL

Adobe ... 2777-4242
 Alamo ... 2777-3344
 Budget ... 2436-2000
 Economy ... 2777-5353
 Toyota ... 2777-2467
 Excellent ... 2777-3052
 Hertz ... 2777-3365
 Payless ... 2777-0115
 Thrifty ... 2777-3334

BUS

TicaBus ... 2296-9788
 Transporte Blanco, San Isidro ... 2771-2550
 Transporte Morales, Parrita ... 2779-9058
 Transporte Morales, Quepos ... 2777-0263
 Transporte Morales, San Jose ... 2223-5567
 Transporte Tracopa ... 2773-3410
 Transporte Tracopa, Quepos ... 2777-0263

BUSINESS SERVICES

Liberia Castro ... 2777-0646
 Todo Foto ... 2777-1442

CREDIT CARDS

American Express ... 2295-9494
 Diner's Club ... 2257-7878
 Master Card/Visa ... 4001-7931

EMBASSIES

Belgium ... 2220-4119
 Canada ... 2242-4400
 England ... 2258-2025
 France ... 2234-4167
 Germany ... 4017-1000
 Holland ... 2296-1490
 Italy ... 2234-2326
 Nicaragua ... 2222-2373
 Spain ... 2222-1933
 Sweden ... 2288-3726
 Switzerland ... 2222-7117
 USA ... 2430-6690
 USA Social Security ... 2291-1032

EMERGENCIES

Ambulance/Paramedics ... 8380-4125
 Fire Emergencies ... 1118

Fire Department ... 2777-0308
 Ebais, Matapalo ... 2787-5298
 Hospital, Quepos ... 2777-1401/0922
 Police/Fire/Medical Emergency ... 911
 Police, Investigative (OIJ) ... 2777-0511
 Police, Immigration ... 2777-0150
 Police, Local ... 2777-3608
 Police, Transit (MOPT) ... 2777-0329
 Police, Matapalo ... 2787-5312
 Red Cross (non-emergency) ... 2777-0116

MONEY TRANSFERS/TELEGRAMS

Banco Promerica ... 2777-5101
 Western Union ... 4800-1703

POST OFFICE

Post Office ... 2777-1471
 Post Office Fax ... 2777-0279

TAXI/TRANSPORTATION

Interbus ... 2777-7866/7867
 Monkey Ride ... 8651-9090, 2787-0454
 Sansa Vans ... 2777-0683
 Taxi ... 2777-0425/0734/1207

TELEPHONE

Information ... 1113
 International Information ... 1124
 International Operator ... 1116
 AT&T ... 800-011-4114
 BT ... 800-044-1044
 CN Direct ... 800-015-1161
 MCI ... 800-012-2222
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H	O	B	O	S		G	L	U	M		A	B	E	L			
A	D	I	O	S		R	O	L	E		R	E	N	D			
T	E	S	T	A		C	E	O	U	S		T	A	R	E		
						Y	L	E	M		I	S	O	M	E	R	
D	A	Z	E			E	M	E			S	O	G				
A	M	E	N			A	E	R	O		F	R	O	S	H		
D	I	S	C	E	R	N				M	U	T	A	B	L	E	
O	A	T	H	S			T	E	N	D		P	E	A	R		
						A	S	S		L	I	D		H	Y	P	E
S	P	I	N	E	T					U	V	E	A				
L	E	N	T			A	S	S	O	R	T	M	E	N	T		
A	N	T	I			N	O	I	R			T	A	L	E	S	
B	A	R	N			C	A	V	E			A	L	A	C	K	
S	L	O	G			E	K	E	S			R	I	N	K	S	

Crossword on Page 40

9	6	4	1	2	5	8	7	3
8	7	1	4	3	9	2	6	5
2	3	5	8	6	7	9	4	1
1	4	6	2	8	3	7	5	9
3	5	2	9	7	4	1	8	6
7	8	9	6	5	1	4	3	2
5	9	8	3	4	2	6	1	7
6	2	3	7	1	8	5	9	4
4	1	7	5	9	6	3	2	8

Sudoku on Page 4



POST OFFICE

Here are the most common rates, in colones, for weights in grams. The average letter will be under 20 grams.

DESTINATIONS	A	B	C	D
Postcards	365	505	505	605
1-20 gm	480	510	570	710
21-50 gm	580	690	950	1220
51-100 gm	970	1220	1840	2370
Each add'l 100 gm	910	1100	1710	2230

A: Central America
 B: North/South America & Caribbean
 C: Europe
 D: Asia, Africa, Australia, & Pacific

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 60601 put after Costa Rica

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ANNOUNCEMENTS

LADIES WHO LUNCH

The Monthly Ladies Luncheon has resumed! If you have not received a recent invite and would like to join us, please forward your e-mail to Julie at gemini05219@yahoo.com. Hope to see you at the next luncheon! Thank you kindly, Julie, Alma, & Ruth. Ladies Who Lunch Committee Members

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Did you ever notice that life seems to follow certain patterns? Like I noticed that every year around this time, I hear Christmas music.

This holiday season, no matter what your religion is, please take a moment to reflect on why it's better than all the other ones.

Let me see if I've got this Santa business straight. You say he wears a beard, has no discernible source of income and flies to cities all over the world under cover of darkness? You sure this guy isn't laundering illegal drug money?

Santa Claus wears a Red Suit, he must be a communist. And a beard and long hair, must be a pacifist. What's in that pipe that he's smoking? Christmas is a time when kids tell Santa what they want and adults pay for it. Deficits are when adults tell the government what they want and their kids pay for it.

Be careful with drinking this Christmas. I got so drunk last night I found myself dancing in a cheesy bar... or, as you like to call it, delicatessen.

Once again we find ourselves enmeshed in the Holiday Season, that very special time of year when we join with our loved ones in sharing centuries-old traditions such as trying to find a parking space at the mall. We traditionally do this in my family by driving around the parking lot until we see a shopper emerge from the mall, then we follow her, in very much the same spirit as the Three Wise Men, who 2,000 years ago followed a star, week after week, until it led them to a parking space.

The Supreme Court has ruled that they cannot have a nativity scene in Washington, D.C. This wasn't for any religious reasons. They couldn't find three wise men and a virgin.

This past Christmas, I told my girlfriend for months in advance that all I wanted was an Xbox. That's it. Beginning and end of list, Xbox. You know what she got me? A homemade frame with a picture of us from our first date together. Which was fine. Because I got her an Xbox.

I've had this look for about a year. I usually grow this beard out around Christmas. I like to go to malls dressed as Jesus, and I like to then walk around the mall and go, 'No! No! This wasn't what it was supposed to be about, people!' Then if there's a Santa at the mall, I walk up to him and say, 'Listen, fat man, you're just a clown at my birthday party.'

Just before Xmas, an honest politician, a generous lawyer and Santa Claus all got into the elevator at the Ritz Hotel in London. As it travelled from the 5th floor down to the ground level, one-by-one they noticed a £50 note lying on the elevator floor. Which one picked up the £50 note, and handed it in at reception? Santa of course, the other two don't actually exist!

Who is never hungry at Christmas? The turkey—he's always stuffed.

I asked my wife what she wanted for Christmas. She told me that nothing would make her happier than a diamond necklace. So I bought her nothing.

A gingerbread man went to the doctor's complaining of a sore knee. The doctor asked him. "Have you tried icing it?"



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Unique beachfront property with two small houses inside the Golfito Nature Preserve. Located on beautiful, idyllic, Cacao beach, with calm water in front, the property is just over an acre in size, fully fenced, and with its own boat ramp. This could also be a perfect house to base a charter fishing company from, because you can moor your boats right out front. There is an air conditioned cottage with two bedrooms and one bath, as well as a duplex with two one bedroom one bath units. This is also one of the only houses on Playa Cacao with road and water access. Playa Cacao is not titled property but the properties have secure rights of ownership from the Golfito Nature preserve.

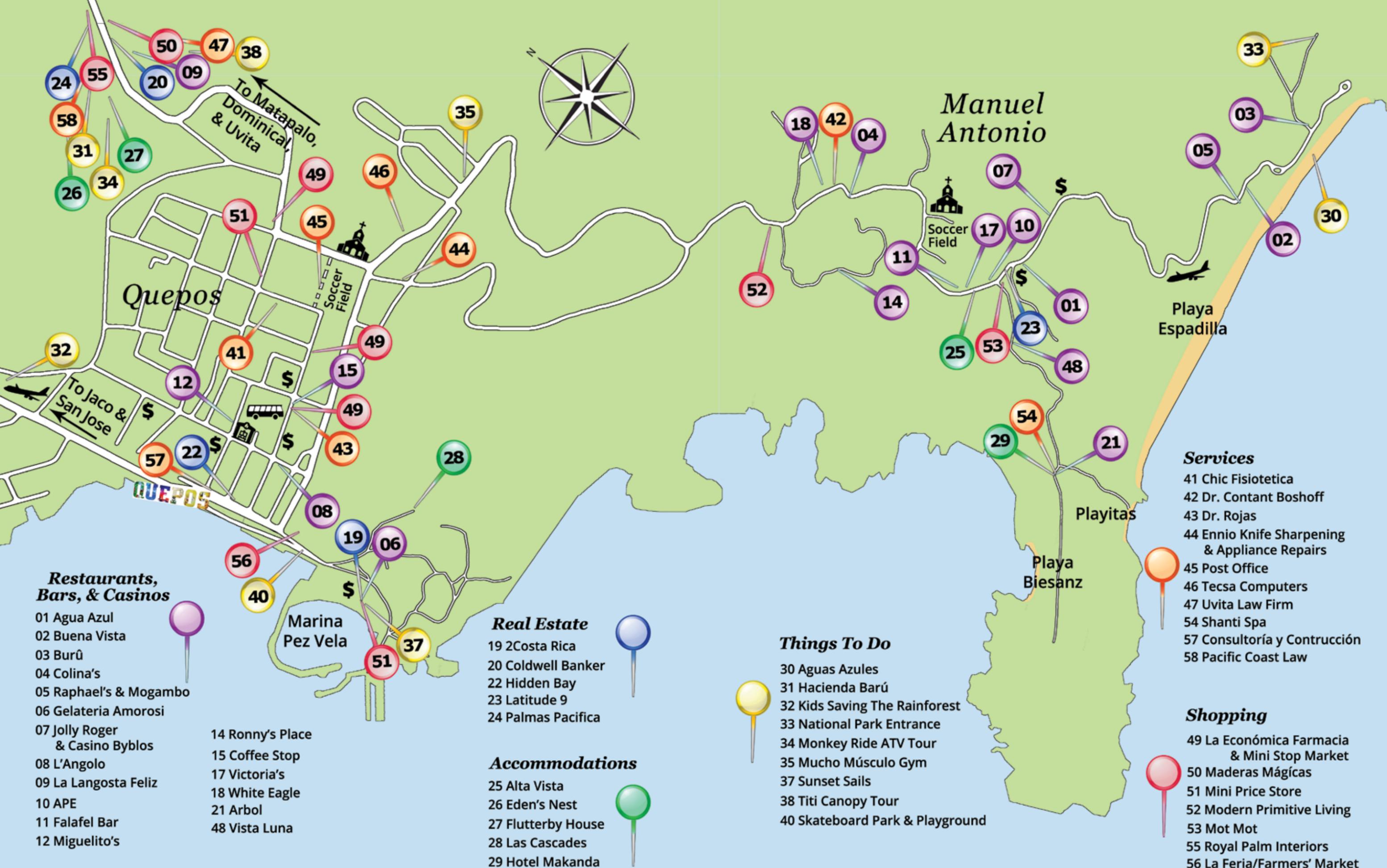


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GREAT IDEAS FOR LIGHTING YOUR BATHROOM & KITCHEN

SHELAGH DUNCAN

"Light is the first element of design; without it there is no color, form, or texture."

Thomas E. Farin—educator, lighting consultant, entrepreneur



Bathroom Lighting

When it comes to lighting, an often ignored area of our homes is the bathroom. We'll choose great tiles and faucets, but lighting usually plays a supporting role. Whether we opt for that minimalist Spa look, luxurious opulence, or just a serene place of refuge, lighting can make or break the effect.



Let's face it, the strip light above the mirror is the cheap and easy fix. A well thought-out lighting plan takes time and money, but makes the world of difference in any room. Basically you should have the three main types of lighting present—Task Lighting, Ambient Lighting, and Accent Lighting.

The ambient lighting usually comes from a central source and illuminates the whole area, but the ones that make us really love our space are Task and Accent lighting.

Especially important around the vanity mirror are the task lights. Remember those old movie star dressing rooms with a row of light bulbs down each side of the mirror? Well, they knew what they were doing! This gives the best overall illumination for using a mirror.

Not the look you were going for? Well, today we would use two wall lights, or two pendant lights flanking the mirror at the right height. This will minimize facial shadows and give a more balanced illumination.



Adding a dimmer to your vanity lights will give the room softness when a bright light is not necessary, and you will be amazed at how much you will find yourself using this feature. Also consider installing a small illuminated concave mirror on, or near the main vanity mirror. The concave curvature of the mirror will magnify what you see in the mirror and help with special tasks such as shaving or applying makeup.

Avoid pot lights here—they will add years to your reflection. Any down-light will cast unflattering shadows so never use them above mirrors.



Recessed down-lights are great in the shower however, as long as they are rated for use in a wet area. They create a subtle look, yet are bright enough

to shower with and even read shampoo labels. Choose ones with a domed 'glass' diffuser for the best light.

If you have a textured stone wall in your bathroom or shower—accent it! Add a down-light close to the wall to highlight the texture.

Undercabinet lighting can make those middle-of-the-night trips safer and easier. Install lighting in the toe-kick beneath the cabinetry, and under the top cabinet. Outdoor rope lights will work well, as will traditional low voltage lights.

Kitchen Lighting

The kitchen is usually the busiest place in the house. It is the gathering place for parties and get-togethers, it is the place we feed bodies and our spirits—and it is the center of the family.



Because it has to work so hard it needs an efficient layout and floor plan, organized drawer and cabinet storage and perfect lighting. Your preparation areas will need good light as well as your cooking and clean-up areas. Kitchen islands ideally should have a pendant light fixture with a dimmer, for variable light intensity. This is usually one of those multi-use areas in a kitchen, where you need great lighting sometimes and more subdued lighting at others.



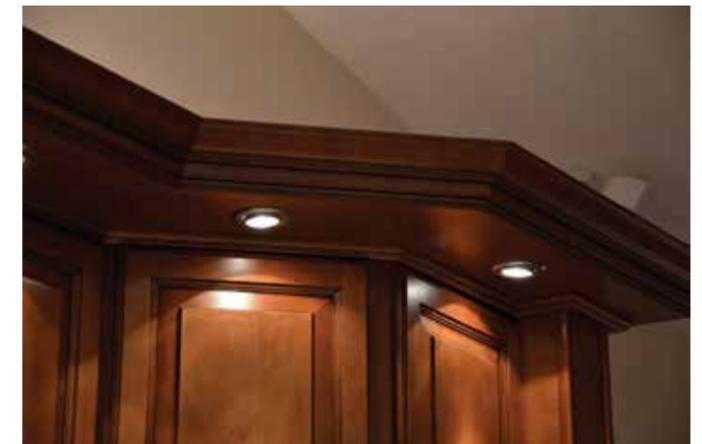
Recessed pot lights are great in kitchens, but as many of us have high, angled ceilings they do not produce enough downlight to be very practical. Undercabinet

lighting is very practical, and can give a really great effect when used alone. If you need to, retro-fit for rope lights, low profile fluorescents, or low voltage puck lights. As usual, the task lighting is the most important element and needs to be well thought out.



Accent lighting will give your kitchen definition and personality and can add a real WOW factor. Illuminate glass-fronted cabinets, under open shelves or the space above your top cabinets. Again, the rope lights will work well there and there are lots around at this time of year.

Strategically placed downlights above your upper cabinets, or those versatile rope lights on top of cabinets or around the toe-kick, will definitely make a statement.



Lighting should be layered, and no one source dominating. It is there to create beauty and ambience.

Some of us love cooking and others—well, not so much. However we can still enjoy spending time in the kitchen if it is well designed and beautifully lit.

Until next time...

Shelagh Duncan
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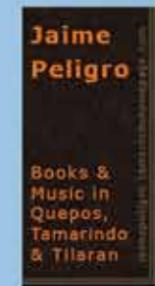


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