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Photo by Gerry Wallace

JULY 2022

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MELISSA KLASSEN melissapuravida@gmail.com
Call or WhatsApp me @ +506 8882 0009

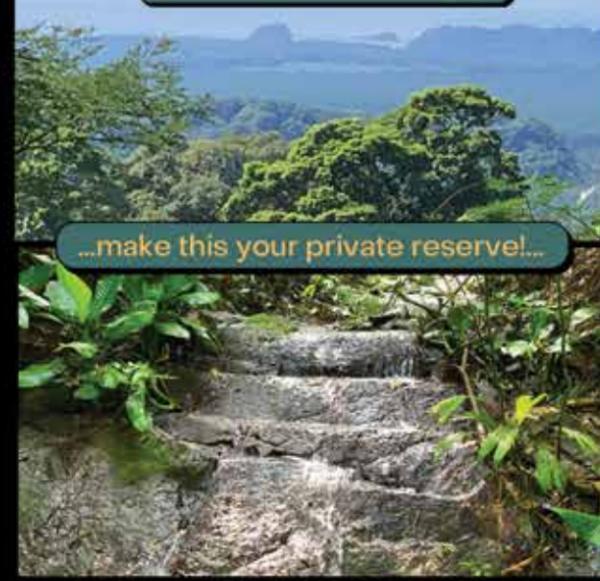
Attention Developers !!!

Several mid to large developments available throughout the Central and Pacific zone.
WhatsApp/Call me for details



About Me

Ocean View Property
74 stunning ACRES !
20 minutes from Quepos



...make this your private reserve!...

...All for \$379,000 !!!



3 bdrm Private Villa on Mountain
270 degree sunset ocean view
"Reduced to \$447,000!"

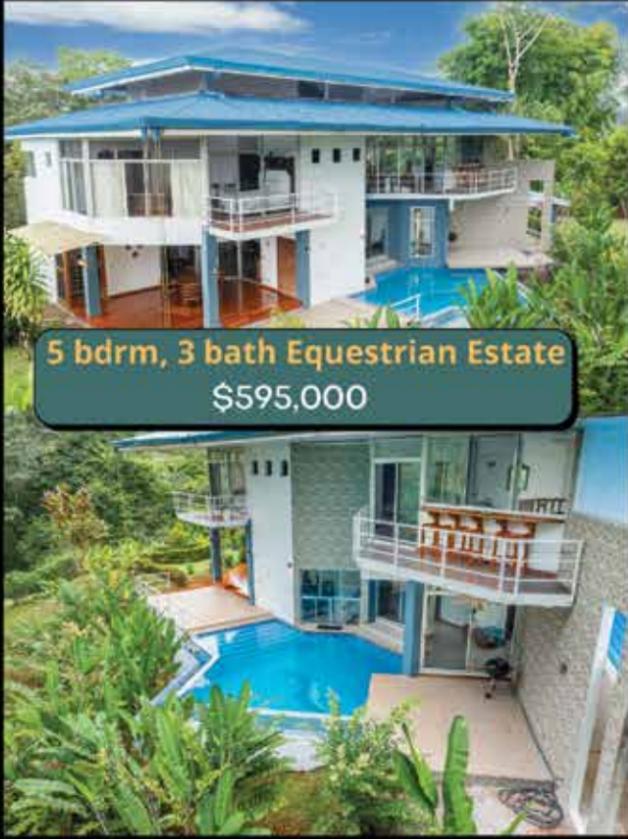


7-Bedrooms
Ocean View, Manuel Antonio
\$695,000



Privacy with mountain nature view
Perfect, couple home, pool
\$199,000

 Equestrian / Ranch “



5 bdrm, 3 bath Equestrian Estate
\$595,000



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

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!

2 Bedroom, Huge lot Near Matapalo Beach \$229,000



Get Started! 2 bedroom Condos near Manuel Antonio From \$99,000

MELISSA KLASSEN
WhatsApp+506 8882 0009
melissapuravida@gmail.com

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



Featured in Architectural Magazine
Ocean View, Modern Design
4 bdrm/4 bath, elevator, 10 Acres!
\$1,249,000



"Cacao Estate, 74 Acres"

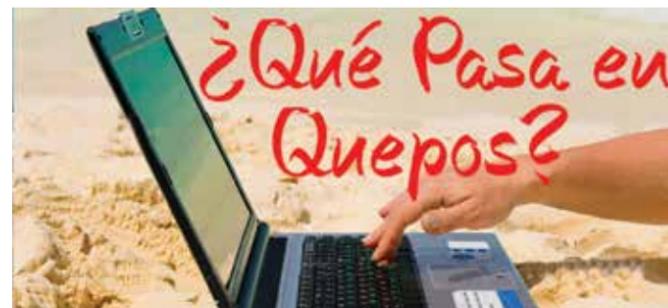
- 10 Acres Cacao Estate \$650k
- 2 Homes + 850 cacao trees!
- 64 Acre mountain ridge \$250k
- Branded Business: \$145k
- Whole Package: \$995,000



8-BEDROOMS!!
Ocean View
Manuel Antonio
\$750,000



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Bienvenidos... Welcome to our piece of Paradise, we are sure you are going to enjoy it. There are so many wonderful things Costa Rica has to offer and we are here to guide you through your best vacation possible.

The summer rains have cooled it down a little and brought the greenness. The rain normally rolls through late in the afternoon so get out early and enjoy the beautiful day. That late afternoon rain is a perfect excuse to book a massage (pgs 9, 20, & 43).

July is the month for Independence and here in Quepos the celebrations will be continuing at **Marina Pez Vela** with a July 4th Weekend Celebration with live music, Movies on the big screen, special promotions at the restaurants. (pg. 15) Don't miss **Cory Butler** on July 2. The movie **Red** on the big screen on the 3rd. Wrapping up the Celebration on the 4th is **Raices**.

We want to wish all our Canadians a happy Canada Day on July 1 and all Ticos and Ticas a Wonderful Guanacaste Day on July 24th. PURA VIDA!!! Remember these holidays commemorate peace and freedom that so many people fought and sacrificed for. It is not all about fireworks and fiestas... they are just what makes them fun.

Don't miss the **Battle of the Bands First Annual Monkey Jam** (pg. 15). Come enjoy great people, great music and delicious BBQ and help support **Kids Saving The Rainforest**.

We want to thank **Garry Wallace** for this months cover shot. We are always looking for great cover shots so please send your best pictures of paradise to info@quepolandia.com.

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 Facebook/Quepolandia. We appreciate and welcome your comments.

Peace and enjoy...D



Tuesday July 5 QUEPOLANDIA DEADLINE

Fri July 1	Canada Day (Cda)
Sat July 2	I Forgot Day
Mon July 4	Independence Day (US)
Thurs July 7	World Chocolate Day
Sun July 24	National Tequila Day
Monday July 25	Guanacaste Day (CR)

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Sudoku Solution on Page 57



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SALES

- 12 month Bumper-to-Bumper Warranty
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2 LOCATIONS



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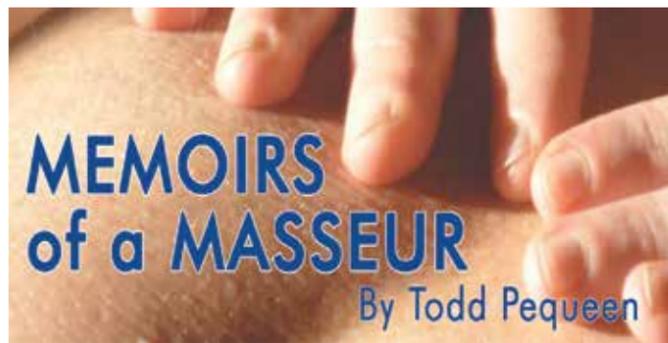


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Illuminate

I woke up early today. The clock said 4:40. I am not a religious man but when I am in a creative artistic mood my mind does funny things. I have never done this before and I wouldn't label myself as a religious man but I opened my laptop and typed in bible quote 4:40. The screen read "LUKE 4:40 While the sun was setting, all those who had any who were sick with various diseases brought them to Him; and laying His hands on each one of them, He was healing them." I found it prophetic as I make my living through massage and the passion I have for my career is a central focus of my life. My intention of this article was going to be about the two pieces of paper I had removed from my refrigerator the night before. One says "Enough is a Feast" the other "When all of your wishes are granted many of your dreams will be destroyed." To add to my intellectual material for this article today is my wedding anniversary and I am finishing a week-long cleanse that I do several times a year. The cleanse is my way to drop a few pounds, treat my body and mind with care, and to sharpen my senses. I am lucky enough to have my writing desk in a location that I can see the sunrise when it cracks the horizon and shortly after the scarlet macaws, toucans, parrots, and a variety of other birds take stage. At 50 years old I am almost brought to tears today, this morning my life seems so enchantingly rich and my level of gratitude is bursting at the seams.

I don't tell this story much but I became a massage therapist because I literally had a vision to do so back in 1996. In a nutshell the fateful juncture came while I was in Japan (I used to teach English abroad). In that moment I was also on a very heavy cleanse called The Master Cleanse (Google it...10 days of no food) and I was in a public park simply enjoying my breath and watching a few dozen Japanese seniors doing tai chi. I somehow had a lightning bolt of electricity rattle through my mind and body that said, for lack of a better description, "turn your focus to massage." To this day I am moved by that split second of my life and soon after I was back in New York State in massage school. Again, this

nutshell version does not do the moment justice. Since that happened, over two decades have passed and through laying my hands and heart on people, most all of my wishes have been answered. I have more than I have ever dreamed of materially but most importantly my soul is content at a very young age. In this article I was going to explore what Enough is a Feast means to me and how I feel smiled on by fate or the gods or what not, but now I am running out of space, and it is all the same topic in the end. Life needs to be lived in a way that makes one whole, whatever that may be. In doing so most of the trivialness and mundanity of our life journey evaporates.

I started this morning, my morning with the intention of figuring out what I needed to do in order to get re-inspired with my writing. In the course of wandering through thoughts of goodness I realized I'm doing it! The blessing of 4:40 that appeared effortlessly, the texts that are flowing in from friends and family wishing me a happy wedding anniversary, and finally figuring out that my Enough is a Feast is the overflowing love I already have in my life comforts me. I am exactly where I am meant to be as I begin the next 50 years of my life. The great Covid vacation actually gave me the time to think and reinvest in myself surreptitiously and to arrive at a new me. One where dreams become reality and that passion and discipline produced results. The searching and longing does end. Peace does exist and for me and it is today and hopefully tomorrow. Those decades of searching and struggling are finally over. My old "less than" mentality has moved on. Obviously hardships are still to come, on any given day life can get intense and break a man. What is given can be taken away in an instant, but embracing the struggle has worked for me in the past. I can sleep soundly knowing that I have a lifetime of ammunition to cope and my realized dream here in spectacular Manuel Antonio, surrounded by an amazingly diverse community of people, is as good as it gets. I hope everyone reading this, from locals to travelers, can find strength to push on to achieve whatever is inspirational to them. If you already have it please spread more joy and peace to help others that need it. Welcome to rainy season, let's get outdoors and enjoy each other.

(Todd Pequeen is a 24 year massage therapist that wants to put his hands on you. Text him or call him at: 506-8830-7727. E-mail: tpequeen@yahoo.com. Website: MassageTodd.com He has a tree top home studio or will come directly to you.)

20 YEAR ANNIVERSARY
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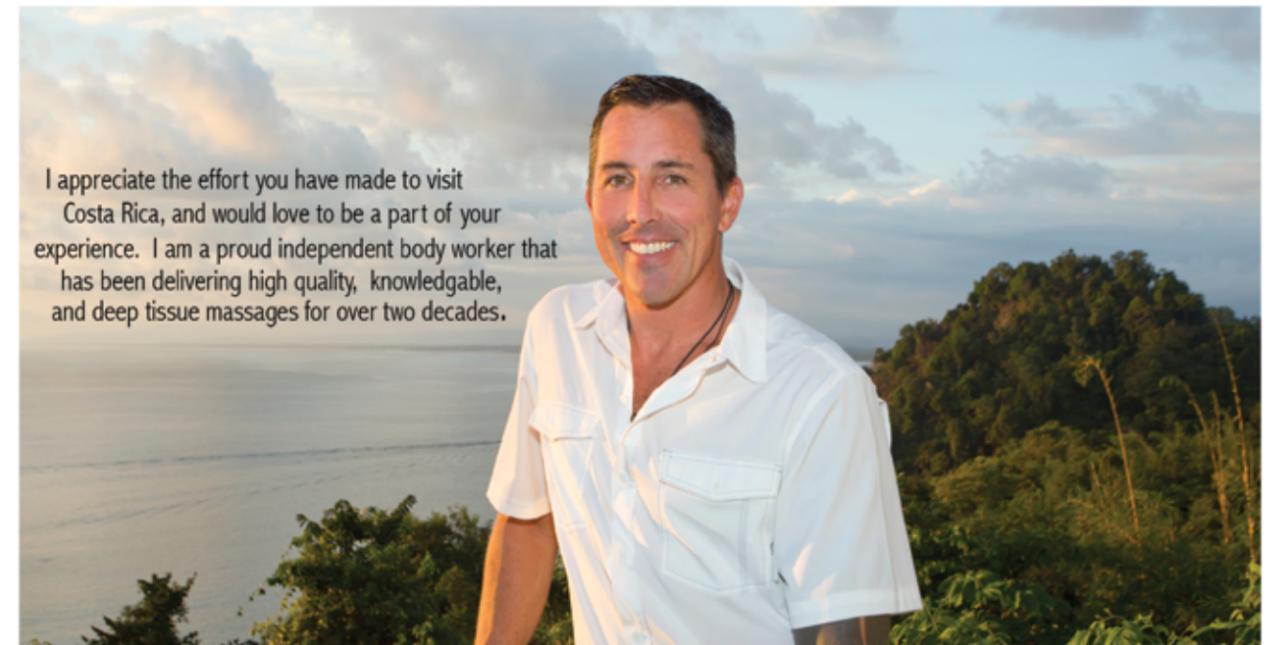
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New York Institute of Massage Graduate and USA Nationally Certified

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Local hygienic and organic hand pressed coconut oil by Krishna Carlos.
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2COSTA RICA REAL ESTATE



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La Reserva 13 Estate Lot | \$199,000



Boutique Riverside Resort | \$1,485,000



Villas Lagartillas | \$349,000



Villas Ali One | \$169,000



Beautiful & Modern Home | \$319,000

2COSTA RICA REAL ESTATE



Vista Divina | \$475,000



Espadilla Ocean Club | \$1,700,000



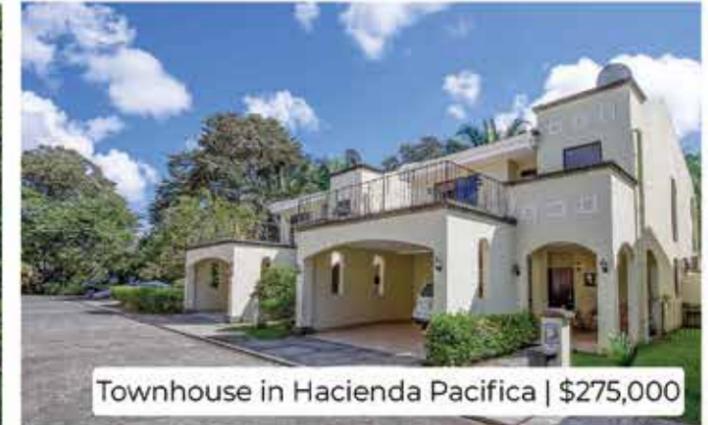
Casa Sonidos del Agua | \$2,300,000



Commercial Corner | \$290,000



Casa Diamante | \$1,400,000



Townhouse in Hacienda Pacifica | \$275,000



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The Brisa Elegante is a one-of-a-kind luxurious two-mast Gulet, built by world-class craftsmen in 2010 in Turkey — designed and maintained to provide charter guests exquisite comfort

Featuring two expansive teak decks, grand banquet tables, wet bar, multiple spacious lounge areas and a selection of water toys. In the salon, you will find gorgeous floor-to-ceiling solid mahogany, comfortable seating and eating space and plenty of natural lighting.

Accommodations are available for up to 12 guests.

BOOKING OPTIONS

- Morning Cruise
- Sunset Cruise
- Whale Watching Cruise (during season)
- Private Dinner Cruise
- Family cruise
- Company cruise
- Weddings
- Multi-day charters for nature lovers, surfers, family & friend gatherings, companies (management meetings & team-building)

SailCR.com



Brisa Elegante is the wooden sail cruiser in Marina Pez Vela in Quepos. She has become the landmark of the marina. It is an impressive sight when she enters the marina after sunset.

Hearing of Brisa Elegante's heritage from Fethiye, Turkey, our guests regularly ask us how Brisa Elegante came to Costa Rica. Well, here is the whole story.

After her completion and initial operation in Turkey, she sailed from Fethiye from east to west through the Mediterranean and past Gibraltar to the Canary Islands. She crossed the Atlantic Ocean to St. Lucia in the Caribbean and sailed to her new home in St. Augustine FL, USA. This whole journey took her three months and has proven one thing—she is seaworthy!



In the Municipal Marina in St. Augustine, we took her over precisely one year ago, in April 2021. This was following a thorough one-week survey, crawling through the bilges, climbing on masts, and testing all systems. It was the highlight of the survey when she left her berth in the marina, sailing under the Bridge of Lions into the open bay for her sea trial. All systems worked, the bilge remained dry, and she moved confidently in the swell rolling in from the Atlantic Ocean. So, nothing stood in the way to take her over and plan her journey to Costa Rica.

Before sailing her to Costa Rica, some repairs had to be made and additional safety systems installed. The first and most crucial step was to find a shipyard with free space available for a 100 ft ship drafting 9 ft. And this was during the peak time when everybody gets their boats ready for the season! Rybovich Shipyard in West Palm Beach ticked all boxes. Brisa Elegante was by far the smallest vessel in this shipyard, and among the few without its own helicopter lashed on deck! We felt like the only non-billionaires in the yard. But the fun part was that, on the second day, everybody in this shipyard

with over 50 vessels knew Brisa Elegante and her crew members by name.

The area from West Palm Beach to Ft. Lauderdale is a paradise for boaters. There is not one spare part that you can't find and not one boat service that you can't order. Need a swim crane? Will be alongside in 60 min!

After 10 days, Brisa Elegante was ready to set sail to Panama, the next port of call. Her route took her south to Miami, then across the gulf stream to the Bahamas. In the Bahamas, the crew couldn't resist the turquoise waters and stopped on sea for a swim break. This was fantastic—for five minutes—until the first sharks arrived! We left the poor guys hungry and sailed on to the north coast of Cuba, then east to Haiti.

During the passage between Cuba and Haiti, Brisa Elegante got hit by short and high waves, rocking the boat quite hard. She remained unimpressed, having seen rougher seas and stronger winds, but not so the crew! The course was set to Jamaica to seek shelter until the seas would calm down. The Jamaican authorities allowed us into the bay of Port Antonio. As everything was under lock-down, we were only permitted to refuel and stock up our provisions. The crew enjoyed their first night of good sleep and excellent reggae music coming from the shore.

After five days of waiting and some maintenance work, the sea calmed down, and the journey to Panama could be resumed. Constant wind and currents helped Brisa Elegante to reach the breakwaters of Colon in less than three days. The crew could set foot on land in the Shelter Bay Marina—that felt great!

Shelter Bay Marina is an exceptional place. It's mostly sailors planning to cross the Panama Canal for a circumnavigation meet there. The evenings at the bar in the marina are unique; there are few places around the world like this. We could witness the 50th anniversary of a Panamanian marine vessel next to us and our crew was invited to join the celebration. In the following, some senior officers from Panama returned their visit to Brisa Elegante.

The passage through the Canal was a story in itself. We had thunderstorms and gusty wind but passed through safely after 30 hours. Without stopping in Panama City, we sailed north to our next port of call, Golfito in Costa Rica! It was a great feeling to be home again and meet family and friends. The whole journey from taking over the vessel to the arrival in Golfito took two months. These were exciting, exceptional, and adventurous two months, bonding the crew together. Ask them when you meet them aboard Brisa Elegante during your next visit.



1-866-620-4188
(506)2777-1613
(506)8689-5353



Corey Butler
Plaza Concert
Saturday July 2
5-7 pm

Red
Movie on the Big Screen
Sunday July 3
6:30 pm

Raices
Plaza Concert
Monday July 4
5-7 pm

Special Promotions All Weekend
Details at marinapezvela.com


MARINA PEZ VELA
QUEPOS COSTARICA

Palma Tica

COMPROMISO DE TRANSPARENCIA

Compañía Palma Tica S.A. le comunica que de acuerdo a nuestra Política de Transparencia, usted puede solicitar los documentos disponibles al público de la siguiente forma:

1. Correo electrónico: siguepos@palmatica.com
2. Llenar el formulario PT-SG-FO-27-03 y depositarlo en los buzones ubicados en las Casetas de Vigilancia.
3. Presentarse en las Oficinas del Sistema Integrado de Gestión en el Plantel de Damas.
4. Llamar al 2777 8126.

Estos son algunos de los documentos disponibles:

1. Política General.
2. Derechos de Tenencia y Uso de la Tierra.
3. Plan de Mejora Continua.
4. Reportes de Auditorías RSPO.
5. Programa de Salud Ocupacional y Atención de Emergencias.
6. Estudio de Impacto Ambiental y Plan de Manejo.
7. Plan de Manejo Integrado de Residuos Sólidos.
8. Estudio de Zonas de Alto Valor de Conservación.
9. Estudio de Impacto Social y Plan de Manejo.
10. Consentimiento Previo, Libre e Informado.
11. Procedimiento Quejas, y Reclamos.
12. Mecanismo de Compensación.



Monkey Jam

Visit KSTR for our very first **Monkey Jam** fundraiser from 1-5pm on July 24. Enjoy battle of the bands as six local bands play for 30 minutes each to win the title of best band in Quepos. Tickets are available through the QR code below or you can visit our website at www.KidsSavingTheRainforest.org. Tickets will include a BBQ, sanctuary tour, and admission to the battle of the bands. Pre-tickets also include a **FREE Monkey Jam shirt!** All proceeds support KSTR and their mission to rescue wildlife. You won't want to miss out on this event that is great for all ages.

Help KSTR save the Wildlife!

Want to volunteer?
Scan the QR code below:



Book a tour today!
Scan the QR code below:



Have you seen
an injured animal?
Message or call us!
Email: info@kstr.org
WhatsApp: 50685685335



2022-06-03 Aqua Inspirations
Marina Pez Vela, Quepos, Costa Rica
 Steve Hargett, IGFTO President



After months of planning, the International Game Fish Tournament Observers (IGFTO), Junior Achievement-Costa Rica, and Marina Pez Vela Youth Career Day, titled Aqua Inspiration, kicked off on Wednesday, June 1, 2022.

Twenty team members and volunteers met up Wednesday at Runway Grill for a walk-through of the sequence of events in the afternoon, followed by a tasty dinner hosted by the IGFTO.

On Thursday, IGFTO personnel and the Junior Achievement-Costa Rica team met all student and school administrative participants at Liceo de Londres School. All participants were presented with event shirts labeled Aqua Inspiration, followed by comprehensive training by Junior Achievement-Costa Rica on critical career-building skills such as team building, communication and self-presentation, and leadership.

Aqua Inspiration Schedule of Events

On Friday morning, June 3, seventy-two junior and senior students arrived at Marina Pez Vela for a day of career opportunity exposure associated with Marina operations, including boat yard repair and maintenance, Costa Rica Coast Guard, FECOP and Marine Conservation and biology, sport fishing including Captain and mate opportunities, fishing techniques, and environmental stewardship opportunities.

Accompanied by chaperones, the students were divided into small groups and rotated through stations every 20-25 minutes. Each station was staffed with experts in the respective fields. The day concluded with a delicious lunch for the kids and a raffle of donated prizes.

Overall, the event was a resounding success. The success was evident in the enthusiasm and participation of the students. Many stations also reported incredible attentiveness and questions asked by the highschoolers.



Volunteers, Sponsors, and Donors—Aqua Inspiration

Team Galati is a proud sponsor of the Youth Career Day, Aqua Inspiration. We are grateful for Team OHANA—2021 68 Viking— and our team members, including Capt. John Lagrone who were willing to donate time and essentials for the event while also providing these youths with an unforgettable experience!

Huge thanks to all volunteers, sponsors, and donors: Marina Pez Vela, Junior Achievement-Costa Rica, Quepos Tackle Shop, Marine Conservation, FECOP, Coast Guards, Carmine Galati and Galati Yacht Sales, Greg Angel and Sea Angel fishing team, Team Ohana, Frank Mejias and IGFA, Adios Sportfishing, Crocodillo Sportfishing, Kelly Dawn fishing team, Runway Grill and all the staff at Colegio Londres school.

The goal for programs and events such as Aqua Inspiration is to stir a passion in the next generation and help guide them in a positive direction. These events can help make a difference and offer kids a promising path in life and future careers.

About the IGFTO—Aqua Inspiration Organizers

The IGFTO is a charitable tax-exempt organization dedicated to the preservation and conservation of game fish worldwide. They provide trained and insured observers to authenticate the “Catch & Release” of billfish and game fish during international big game fishing tournaments. In the IGFTO’s eleven-year history, observers witnessed releases of over 54,587 Billfish. Learn how you can make a difference.

igfto.org/supporters/become-a-supporter





Wildlife Tour

See sloths, monkeys, parrots, kinkajous and more during a guided tour at KSTR. While learning about all of the animals in our sanctuary we will teach you about our conservation projects and how you can get involved.

Ticket Prices:

\$60/ adults • \$45/ children 12 & under • Free for children 3 & under
Snacks are provided and transportation can be arranged.

After your tour, visit our restaurant or gift shop. *All proceeds go towards the animals care and are considered donations towards our 501 C(3) US.*

Help KSTR save the Wildlife!

Want to volunteer?
Scan the QR code below:



Have you seen an injured animal?
Message or call us!
Email: info@kstr.org
WhatsApp: 50685685335

Book a tour today!
Scan the QR code below:



We are so excited to announce our new Citizen Sloth Scientist program!

Manuel Antonio is the most visited national park in Costa Rica. The natural beauty of the rainforest meeting the ocean is irresistible and of course the wildlife is incredible! Especially the sloths (we aren't biased at all)!

But when you see a sloth in the trees, have you ever had questions? Take our Citizen Sloth Scientist survey and let us know what you saw and where. Don't know what you saw? No problem! This survey will give you our best guess (based on your responses) at the end. You will also have the opportunity to upload photos as well.



Why? Not a lot is known about the overall population of sloths in the wild. Any information can be helpful in planning future studies. You will also learn a lot about sloths and who you saw while taking this survey!

In addition to giving us preliminary information about sloths around Manuel Antonio, you can also report a sloth in danger (like on electric wires or in a house) as you are redirected to our emergency number (87-SLOTHS) where our 24/7 expert sloth team will come to assess the situation in a hurry! We will also work to mitigate the danger through our collaborations with the local ICE and Fire department and habitat restoration techniques.

HAVE YOU SPOTTED A SLOTH RECENTLY?
¿HAS VISTO UN PEREZOSO RECIENTEMENTE?



SCAN
HERE



escanea
aquí

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MANUEL ANTONIO
SPA DAY





Chef's Corner

By Desiree Brassert
costadezz@gmail.com
Follow me on facebook@paradise.chefs

Spam Musubi

From the aloha state of Hawaii, this sweet-savory combo of sushi and processed meat is the ultimate quick bite lunch on-the-go.

Ingredients

- 1 can of spam (can substitute with firm tofu)
- ¼ cup of thick teriyaki sauce (or mirin, sugar, and soy sauce)
- 2 cups of Japanese short grain rice
- 5 sheets of nori seaweed folded into thirds, letter-style and then cut with scissors



Directions

1. Rinse the rice until the water runs clear and cook in rice cooker or deep pan in 2 cups of water. Cook until water is absorbed, fluff with a fork and allow to cool.
2. Open the can of spam and slice horizontally about seven times. Clean and save the can.
3. Spray a non-stick frying pan and fry the spam for a few minutes until slightly crispy. Brush spam abundantly with teriyaki sauce.
4. Line the empty can with plastic wrap and place 1/3 cup of cooked rice in the bottom and top with one slice of spam. Press down firmly before pulling out the plastic wrap. You should have 2 compact layers of rice and spam.
5. Wrap in 1 piece of cut nori and press down using the rice side to make it all stick together.

Enjoy!



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6. Estudio de Impacto Ambiental y Plan de Manejo.
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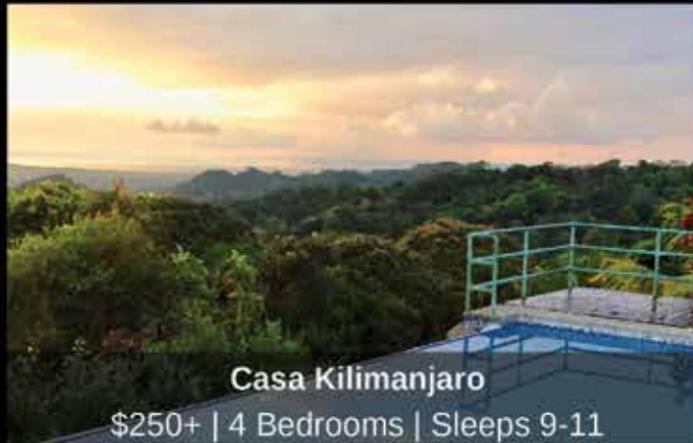
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Hi everyone, it's me, Dani, your KSTR Spokeskid! This week, I am excited to introduce you to Tyler Smith, an awesome kid who recently volunteered at KSTR with his family. He's going to tell you about his experience as a volunteer! I'll be back with an article next month. Enjoy this one from Tyler for now!

Hello! I am Tyler. I am eleven years old, and I recently visited KSTR. I had an amazing time! I thought you might like to know more about this great place and what you can experience as a KSTR volunteer.



My family lives quite far away, so we began our journey by checking into the Blue Banyan Inn, a property directly on the KSTR reserve. From the beginning, I felt very close to nature. There were frogs on my path, and I had to step over a huge trail of leaf cutter ants to get to our cottage. I later learned that these ants were traveling over a mile from their nest to cut mango leaves off a tree near my room. That night, I could hear iguanas on the roof, moving and crawling around.

On my first full day there, I went on a tour of the reserve. I learned that the inn got its name from a Blue Banyan Tree right on the grounds. I also saw a tree called the Ylang Ylang tree, jokingly dubbed "The Perfume Tree", as it grew the flower that made Chanel Number 5 Perfume.



Tyler cutting mango leaves

I enjoyed meeting the KSTR staff and the animals they help. I heard each animal's story and discovered each animal's personality. Don Pedro the Curassow was very feisty, nibbling at our feet and strutting around. Fozzie the sloth seemed lazy at first, but then tried to impress us by crawling upside down. Darwin the spider monkey was crazy. He would make loud noises, and I heard he once peed on a staff member! It

was interesting to learn how the animals got there and how they were helped by the KSTR community.

In addition to meeting the animals, I was able to help take care of them. Over the next two days, we prepared and delivered food for the animals. Each animal had its own diet. We had to make the food - and in some cases, help find it! I found mango trees and used a large tool to cut mango leaves for the sloths.



Animal kitchen

Feeding the animals was interesting. We hung the mango leaves on an enrichment tool and then watched the sloths crawl up to eat. We learned that the animals eat different proteins each day, and that our day was egg day. It was fun to watch many animals fiddle with the eggs, but the monkeys were the best. They would throw the eggs on the ground to see if they were raw or cooked, which was very fun to see.

Volunteers help with other things too. I helped deep clean habitats, which is removing poop, food, and dead leaves, all while avoiding bullet ants. I played with Bella the Marmoset, gave her fresh water and cleaned her enclosure. She was my favorite animal.



Smith family at KSTR

I loved volunteering at KSTR, and I hope to do it again soon. It was so much fun to hang around animals I had never seen before and to meet such amazing people. I am so happy I had this experience, and I hope this article encourages other people to volunteer at KSTR!

Photos by Sienna Smith.

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How to Find Waves Around Quepos and Manuel Antonio



So you are a surfer who is visiting Manuel Antonio with your family or friends. They don't surf but they don't mind if you wake up early and go for a session before breakfast. How do you know where to go?

The first thing to check is the tide. Manuel Antonio is a high tide break. At low tide is mostly closes out. The only spot that does work well at low tide is the Quepos river mouth. To get there, you drive to Quepos and head towards the Pez Vela Marina. Right before the marina there is free parking and you can see the break straight out front. Be sure not to leave anything in your vehicle as break ins are common.

The Quepos rivermouth needs some swell in order to work and is mostly a longboard wave unless it gets to be chest high or bigger. When there is a massive swell, it still is not that scary and is a left breaking wave that you can ride for 300+ yards. There are a few locals who dominate the peak, but there is a second peak farther to the north and on the inside that is easy to sit on. And you could surf the break at mid tide or high tide, but after catching a long ride it is harder to get back to the peak. At low tide you can belly it to the sand bar and then walk up to the top of the break and use the river mouth rip to take you right back to the peak.

If it is high tide in the morning, then first you should drive down towards the national park. Tell the guys who ask to pay for parking that you are just checking it so they don't charge you. In general if there is no swell then it will be knee high or less. You can surf just to the north of the park or anywhere along that stretch of coastline. The waves are about the same. Again, do not leave anything in your vehicle. This stretch is never crowded so you can find your own peak.

If you want bigger surf then you are going to want to check Playitas. You could get there by walking 15 minutes north from the parking near the park. You will pass a large 40 foot rock outcropping just off the beach and then you will see a smaller 8 foot tall rock about 40 yards off the beach. That is the southern end of the break and it goes about 100 yards to the north. Or you could drive right to it.

To get there by car from the national park, drive back north up the hill until you see the Jolly Roger Restaurant on the right and then turn left at the road for Los Altos Resort. If you pass the Barba Roja Restaurant on the left you went too far. Take that road downhill all the way to the beach. You can actually park on the sand (although it is illegal and not recommended). This road is very steep and if it is rainy you may need 4wd to get back up. Once again, leave nothing in the vehicle. Also be careful if driving on the beach as you can easily get stuck in the deeper sand.

Playitas has bigger waves and will also be more crowded with local surfers. Some of them are very protective of their break and so be sure to be respectful when sharing a peak, or just paddle down a little to the next one. In my experience the best spots are at the far north and south ends of the break. There are some rocks on the inside that could be dangerous when paddling back out or at the end of your ride. It is best to first sit and watch the sets and the surfers out to see what the currents are doing and what spot is the least crowded.

So you can enjoy some early morning sessions while your non-surfing friends or family sleeps in. The winds are generally best early and the peaks the emptiest. Just be sure to check the tides first so you save time knowing where to check it first. You can find the tide charts on our website for the whole year, crsurf.com/costa-rica-surf-report/costa-rica-tide-charts-2022

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Please do not feed or interact with the wildlife... it is the law!

Did you know that Costa Rica has a great wealth of nature, with about 5% of the species worldwide concentrated in our small country? We have over 8,500 species of plants, 220 species of reptiles, 160 species of amphibians, 205 species of mammals, and 850 species birds. However, deforestation, poaching, the use of pesticides, illegal pet trade, and improper feeding have caused a decline in populations of many species to levels that threaten their survival.

You might find feeding and interacting with the wild animals to be a thrilling experience, but you are not doing them a favor. In fact, you are actually harming them, and it is against the law (Conservation of Wildlife Act No. 7317 according to Decree No. 32633- MINAE). The only exception is a dire emergency where a species would perish without aid or food.



Here's why you should not feed our wildlife:

- Wildlife are highly susceptible to diseases from human hands. They can die from bacteria transferred off your hand that has no ill effect on you. They can pass diseases to you as well.
- Migration to human-populated areas to be fed increases the risk of dog attacks, road accidents, and electrocution
- Irregular feeding leads to an aggressive behavior toward humans and other species and creates a dangerous

- dependency on humans that diminishes the wildlife survival abilities.
- Contrary to the stereotype, bananas are not the preferred food of monkeys in the wild, nor other wildlife in the area. Tropical fruits, seeds, eggs, and insects found in the wild are what nature intended. Bananas, especially those containing pesticides, can upset their delicate digestive systems and cause serious dental problems that can lead to eventual death.
- Pregnant females who are fed nothing but bananas during their pregnancy will not give birth to healthy infants. The babies will be malnourished, or even die before birth.
- Feeding interferes with their natural habits and upsets the balance of their lifestyle.
- Contact with humans facilitates poaching and the trade in illegal wildlife.
- Wildlife needs to travel long distances each day to be in good physical condition. If they know that food is available in a particular location, they will not leave that area.

In addition, pursuing or getting close to animals for pictures or touching is very stressful to the animal. Sloths may look like they are always smiling, but close human contact causes them to become agitated, so keep your distance!

The wildlife does not realize any of this. **Now YOU do**, so you are no longer naïve to the harm caused by feeding and interaction. Don't facilitate the extinction of nature's most amazing creatures for your own pleasure or financial gain.

For questions or to report violations, please email Kids Saving the Rainforest: jennifer@kstr.org

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PLANTS AND ANIMALS KNOW BETTER THAN WE DO

By Jack Ewing



Years ago, I was hiking in the Hacienda Barú rainforest with my friend, Juan Ramón. Though uneducated he had a vast knowledge of the environment, which had partly been passed on to him by his father and grandfather, and the rest he had learned through personal experience. “Juan”, I commented, “I was thinking that earlier we passed through an area where there were lots of *gallinazo* trees, then there eight scattered *ojoches*, over there are half a dozen *jabillos*, and right now we are admiring three big *ceibos*. I wonder why they grow in the same general area like that”.

“They grow in places they like”, was his simple reply.

His way of putting it was not the least bit scientific, but his answer really made sense. Perhaps certain species thrive in soils with certain nutrients that are abundant in some locations and deficient or absent in others. Different species may need different trace elements. I’m sure that many other environmental factors were in play, but his answer still made sense to me. I thought of people having cravings and remembered a time when Diane and I both were struck with an irresistible urge to eat radishes. For a week we couldn’t get enough of them. We ate them at every meal. We ate them as snacks, whole, in salads, and even in sandwiches. After about a week, the craving simply went away. We figured that our normal diet must have been lacking some essential nutrient that was readily available in radishes.



A couple of years after that I went to work on a cattle farm that had lots of problems that needed solving. Three were quite serious and difficult to deal with. First of all, we were constantly treating animals for a condition called hoof rot, two or three cases every day.

Secondly, every calf that was born on the farm got sick with a disease called calftooth diphtheria, which is usually not fatal, but the treatment is long-lasting and leaves the calf in a weakened condition. And lastly the cows were not coming into heat (estrus) regularly. Whenever one occasionally did, we inseminated her, but to my dismay, less than 10% became pregnant. They were receiving an excellent and well-balanced mixed feed and a well-known mineral mix. It just didn’t make sense. One day a salesman stopped by selling a novel type of mineral for cattle. Instead of giving the cattle a mixture, each element was offered separately, and the cattle chose what they wanted. The macro minerals were ground up like salt and offered in wooden boxes, and the trace minerals were in blocks about the size and shape of a hockey puck. I decided to give it a try. From the first day, the cattle consumed only three minerals, iodine, copper, and phosphorous. Within 24 hours, the blocks of iodine and copper were gone. I called the salesman and ordered more. He brought two more blocks of each. In three days, those were gone. “Unbelievable”, exclaimed the salesman. “Your cattle are consuming near toxic levels of iodine and copper. They must be suffering a severe deficiency”.

For a month the cattle never touched another mineral, only iodine, copper, and phosphorus, then suddenly, and for no apparent reason, they stopped and began licking a variety of macro and trace minerals. From that day forward, we never treated another case of hoof rot or calftooth diphtheria, and in one week 29 cows and heifers came into heat. We inseminated all of them and 28 became pregnant. Never in my life had I seen such a high rate of pregnancy. My three biggest problems had been solved.

My dad owned and managed an animal feed manufacturing plant. I told him the story thinking he would be excited about the idea. But his reaction astounded me. “I would never use that system with my cattle” he said. “I don’t believe a cow is smart enough to know what minerals she needs”. I could have retorted that maybe she didn’t know what she needed, but her body did, but I decided to hold my tongue. No matter what I said it wouldn’t have convinced my dad. He just didn’t get it.

Different plants have different ways of dispersing their seeds. The *ceibo* and *gallinazo* produce seeds that are carried on the breeze to all parts of the rainforest. Once it is mature and dry, the *jabillo* pod explodes with a bang like a big firecracker. The seeds spin outwards and fly in every direction. Bats carry the *ojoches* seeds far from the tree, eat the fleshy outer covering, and drop the seed on the ground. Not all the seeds germinate and grow into healthy adult trees, only those that land somewhere that they like do so.



Last year we planted two identical bushes in our yard about 30 meters apart. Both were healthy, about 30 cm tall and in soil-filled plastic bags, prior to planting. The holes where they were planted were the same size and filled with organic earth which we purchased at a local nursery. Today, a year later, one of the bushes is twice as big as the other. Though the soil in both locations was basically the same, some essential some other necessity, must have been missing from the location where the smaller bush was planted. In other words: “The bush didn’t like it there”. I guess that means that not only does a cow know better than the person who feeds her what nutrients she needs, but also a plant knows better than the person doing the planting where it should be planted.



Jack Ewing was born and educated in Colorado. In 1970 he and his wife Diane moved to the jungles of Costa Rica where they raised two children, Natalie and Chris. A newfound fascination with the rainforest was responsible for his transformation from cattle rancher into environmentalist and naturalist. His many years of living in the rainforest have rendered a multitude of personal experiences, many of which are recounted in his published collection of essays, *Monkeys are Made of Chocolate*. His latest book is, *Where Jaguars & Tapirs Once Roamed: Ever-evolving Costa Rica*.



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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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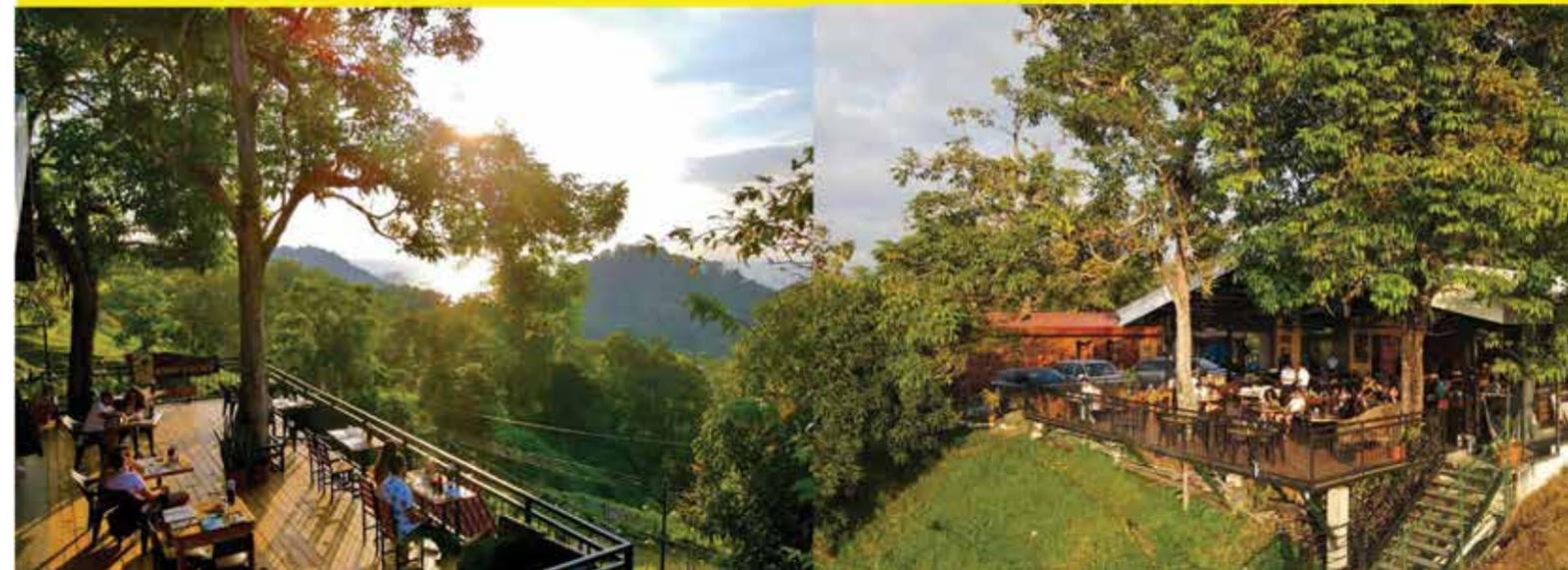
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Welcome to the July edition of That's Fishin! There is never a dull moment here in the Fishing World at the Marina Pez Vela, it has been a great Fishing year so far with everything from world class tournaments and pro anglers visiting us to locals and visiting families taking their kids fishing for the first time. Magic happens constantly when spending time out on the water and it's the reason we love what we do and keeps us coming back for more.

OFFSHORE FISHING

July offers opportunities for almost all of the primary Offshore fish that we catch here. This time of year has traditionally been known as 'meatfish season' with good catches of Tuna, Dorado, Wahoo, Grouper and Snapper all possible right now. Different tactics need to be deployed for each species, we catch the larger Tuna out deep alongside megapods of Spinner or Spotted Dolphins, just seeing these huge dolphin schools can be a life changing



experience in itself! For the Dorado we look for Debris lines where branches, tree trunks and the like gather offshore after being washed out of the rivers during the heavier periods of rain. Dorado love to hang out along these debris lines and the great thing is very often it happens only 6-12 miles Offshore. May-August typically provides the best Wahoo fishing of the year close to Quepos and to target these you need to head to the Offshore Reef pinnacles. Deep diving lures such as Rapala X-Raps, Nomad DTX's work great, as do Skirted Bait type set ups and never forgetting the trusty old cedar plug! For the Grouper and Snapper fishing, this primarily takes place by bottom fishing in 200-400 feet of water using squid, livebaits or jigging is a popular method also. In addition to the meatfish, there will be Sailfish and Marlin out there too, the Sail fishing was fairly slow during May/early June but things change very quickly here and I would expect there to be some good Sail fishing coming soon in addition to some great Marlin fishing that we usually get in July on day trips. There is literally sometime for everyone at this time of year.

RED HOT BLUE MARLIN FISHING

The next couple of months will provide some of the best Blue Marlin fishing on the planet from right here on our doorstep at the Marina Pez Vela. Trips take place from 2-5 nights on large Sportfishing yachts with the primary fishing grounds 60-120 miles Offshore at the FADS & SEAMOUNTS. This is a serious BUCKETLIST trip for anyone that would love a chance at catching a Blue Marlin. When the bite is on, the numbers of Marlin that get released on these trips would make your eyes water, with boats frequently catching

double digit Marlin in a day's fishing. We have some world class charter operations in the Marina waiting to take you on this Marlin fishing trip of a lifetime, be sure to check out the boats HOG WILD, CARIBSEA, SPORTSMAN, THE HOOKER, PELAGIC & PACIFIC FLY who all run these trips, just contact me for more info or to set up a trip.



INSHORE FISHING

The seasonal rains are upon us and this can make getting livebait a challenge on some of our Inshore charters, however, when we can get good livebait there are some fantastic fish to be caught at this time of year. Only today as I write this (June 6th), 13 year old Jackson Ladenheim from North Carolina caught a simply stunning TROPHY ROOSTERFISH aboard my boat GOOD DAY which measured 50 inches, weighed around 35lbs & gave him the fight of his life for 30 minutes! It was such an epic fish for this young guy and the cool thing was he got to tag the fish to support the research efforts of MARINA PEZ VELA & our partners GRAY FISHTAG RESEARCH. What a Fisherman's tale he has to tell for many years to come and hopefully someone else catches this fish in the future so that we can learn where it has travelled from the tag data.

July will continue to present these opportunities with some very large Roosterfish showing every year, with some huge monsters in the 50-80lb range regularly caught. Cubera Snapper, Corvina, Tripletail, Jacks, Mackerel and more will all be possible plus a bonus Snook if fishing at our local rivermouths. Some of our Inshore Rockstar Charterboats that you should check out include GOOD DAY, CHLOE FRIJOLE, IDRA 2, MARLIN B, SKY 2, MIRSE AZUL, ROCKSTAR & THE CROCODILE. Half day trips are a great & affordable way to get the family on the water.

2022 DORADO DERBY!

Just 4 months remain until our first tournament of next season, the 2022 Dorado Derby. This event has been so successful the past few years that we now hold it twice with the Dorado Derby on November 12th and Dorado Derby Dos on November 19th. Most charter boats get booked up for this tournament so if you would like to get involved be sure to get your boat booked early. It is a low cost, family friendly & most importantly FUN tournament with a simple format of catch the heaviest fish. You don't need to be a billfish expert to compete in this one and in fact many of the competing teams in previous years had little to zero tournament fishing experience. We would love to see you at the Marina for one of the funnest events on the calendar and just drop me a line or drop by and see Alcides or Marbely at the iFish office at Marina Pez Vela for more info.



DATES FOR YOUR DIARY

All the major dates for next seasons tournaments have now been released, put these dates in your diary and see the full schedule at marinapezvela.com/tournaments.

November 12, 2022	Dorado Derby
November 19, 2022	Dorado Derby Dos
January 13-14, 2023	Pelagic Rockstar
February 4, 2023	Roosterfish Rodeo
February 17-18, 2023	Pescadora Billfish Championship (Ladies Only)
March 4, 2023	Sailfish Slam
April 15, 2023	Marina Pez Vela Open
April 16-21, 2023	Offshore World Championships

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Let's Talk About Clay-Colored Thrushes



The Clay-Colored Thrush is a very important bird of Costa Rica as it is the Costa Rica National Bird, where it is well known as the *yigüirro*.

It is a rather small bird being only 23-27 cm. It is drab, uniformly brown with slightly warmer belly, dull yellowish bill, and very faint streaks on its throat.

It is found in a variety of shrubby wooded habitats, towns, and parks. Its unique color and blandness make it unlikely to be confused with other species. It tends to stay on the ground or in low vegetation, either singly or in pairs. The song is a varied series of phrases similar to a mockingbird.



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Taxi Quepos

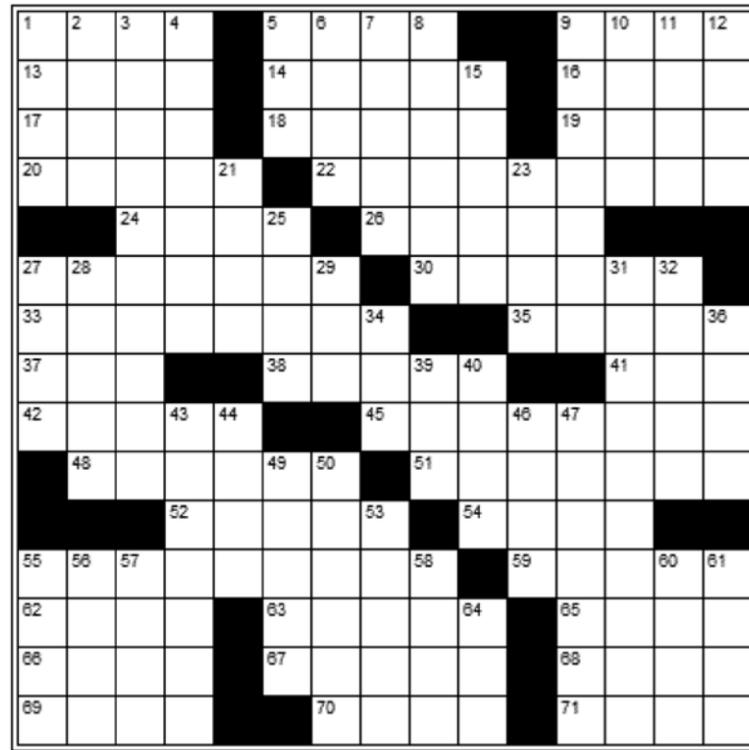
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Crossword Puzzle

ACROSS

- 1. Laugh
- 5. Against
- 9. Expresses relief
- 13. Auspices
- 14. Jeweler's glass
- 16. Great affection
- 17. Blockhead
- 18. Extracted
- 19. Incite
- 20. Foot lever
- 22. Sensory nerves
- 24. Two-toed sloth
- 26. Bog hemp
- 27. Repeal
- 30. 2nd largest country
- 33. Diners
- 35. Exotic jelly flavor
- 37. Genus of macaws
- 38. Beginning
- 41. Chart
- 42. Regenerate
- 45. Feelings
- 48. Render harmless
- 51. A Christian recluse
- 52. Whipped or sour
- 54. Short sleeps
- 55. Menses
- 59. Compartments
- 62. Pile
- 63. Not last
- 65. Hodgepodge
- 66. Backside
- 67. Lustrous fabric
- 68. Forearm bone
- 69. Jab
- 70. Gossip
- 71. Dribble



DOWN

- | | | |
|-----------------------------|---------------------------|------------------------------|
| 1. Assistance | 21. Den | 44. Not cool |
| 2. Chills and fever | 23. Engine knock | 46. Squad |
| 3. A language of India | 25. Pearly-shelled mussel | 47. Irreligious |
| 4. Sideways | 27. Back | 49. Submerged ridge of rocks |
| 5. A high alpine meadow | 28. Dog-___ | 50. Lunatic |
| 6. French for "Black" | 29. Lair | 53. Merriment |
| 7. Channel selector | 31. Miss | 55. Fellow |
| 8. Vomitive | 32. ___-garde | 56. Relating to aircraft |
| 9. Mesa | 34. South southeast | 57. Chore |
| 10. Vagabond | 36. Church alcove | 58. Largest continent |
| 11. Always | 39. An uncle | 60. 1 less than 10 |
| 12. Dampens | 40. Ripped | 61. A cleansing agent |
| 15. Swelling under the skin | 43. Fugitive from justice | 64. Explosive |

Crossword Solution on Page 57

SPANISH SUCKS

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

Vocabulario Coloquial Costarricense / Costa Rican Slang

The following vocabulary is commonly used in informal conversations all over Costa Rica. Depending on the context, some words could have multiple meanings. Usually, it takes some time spent talking to locals to pick up these phrases, but this is a head start.

Gente / People:

Ticos / Ticas: people from Costa Rica	chamaco / chiquillo / mocoso / guila: child or kid	guachimán: informal car parker or watcher	comehuevo: somebody who goes to the beach or park and brings all their own food (often including boiled eggs) instead of buying food on site (literally 'egg eater')
la paca / la ley / el tombo: the police	mae / compa / mop: dude / bro / buddy / mate	tata: father	cabra / cabro: somebody's girlfriend or boyfriend (literally 'goat')

Lugares / Places:

Tiquicia: Costa Rica	chante / choza: home or house	Chepe: San José, the capital city
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Expresiones comunes / Everyday expressions:

pura vida: Hey / how's it going? / great / thanks / you're welcome (literally 'pure life')	(¿) diay (?): well? / interjection expressing surprise or doubt or expectation
tuanis: cool / nice	(¿) al chile (?): really / seriously?

SPANISH SUCKS

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

Dinero / Money:

un rojo: 1 000 colones (literally 'a red one' the ₡1 000 bill is red)	una teja: 100 colones (literally 'a tile')	plata / harina: money (literally 'silver' and 'flour')
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Partes del cuerpo / Body parts:

gaveta: mouth (literally 'drawer')	tarro: face (literally 'jug')	jupa: head	patas: legs
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Comida y Bebidas / Food and Drinks:

yodo: coffee (literally 'iodine')	fresco: fresh fruit based drink often found in sodas	soda: local restaurant serving typical food mostly for breakfast and lunch	tapis: shot of liquor (often guaro, the national liquor)
birra: beer	zarpe: the last drink of the night	goma: hangover	moncha: food

Misceláneo/ Miscellaneous:

vara / chunche / tiliche / carajada: thing / stuff (used like whatchamacallit or thingamajig)	bronca: problem	zaguato: mutt dog, without a specific breed, often a street dog
cuecha: a small amount of something or alternatively, spit	nave: car	mecha: weed / marijuana
chorizo: illegal business, bribes, money under the table	brete / yugo: work	mejenga: pickup game, usually football but could be other team ball game

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TIDES for JULY 2022

Day	High	Low	High	Low	High	Phase
Fri 01	04:25 8.20 ft	10:18 1.57 ft	16:30 8.57 ft	22:43 0.65 ft		
Sat 02	05:04 8.27 ft	10:57 1.54 ft	17:09 8.44 ft	23:20 0.74 ft		
Sun 03	05:42 8.29 ft	11:38 1.55 ft	17:49 8.25 ft	23:57 0.89 ft		
Mon 04	06:21 8.28 ft	12:19 1.59 ft	18:30 8.01 ft			
Tue 05		00:35 1.07 ft	07:01 8.26 ft	13:03 1.63 ft	19:13 7.75 ft	
Wed 06		01:15 1.27 ft	07:42 8.25 ft	13:49 1.66 ft	19:59 7.52 ft	First Quarter
Thu 07		01:59 1.44 ft	08:28 8.28 ft	14:40 1.65 ft	20:51 7.36 ft	
Fri 08		02:48 1.56 ft	09:18 8.36 ft	15:35 1.56 ft	21:48 7.30 ft	
Sat 09		03:42 1.60 ft	10:14 8.51 ft	16:34 1.36 ft	22:49 7.40 ft	
Sun 10		04:42 1.54 ft	11:13 8.74 ft	17:34 1.05 ft	23:51 7.68 ft	
Mon 11		05:44 1.34 ft	12:13 9.05 ft	18:34 0.63 ft		
Tue 12	00:52 8.11 ft	06:46 1.03 ft	13:11 9.41 ft	19:32 0.17 ft		
Wed 13	01:50 8.63 ft	07:47 0.65 ft	14:09 9.74 ft	20:27 -0.26 ft		Full Moon
Thu 14	02:46 9.14 ft	08:45 0.29 ft	15:03 9.97 ft	21:19 -0.59 ft		
Fri 15	03:39 9.57 ft	09:40 0.03 ft	15:57 10.06 ft	22:11 -0.75 ft		
Sat 16	04:31 9.85 ft	10:34 -0.08 ft	16:49 9.96 ft	23:01 -0.71 ft		
Sun 17	05:22 9.94 ft	11:28 -0.01 ft	17:41 9.67 ft	23:50 -0.46 ft		
Mon 18	06:13 9.82 ft	12:21 0.23 ft	18:32 9.21 ft			
Tue 19		00:40 -0.04 ft	07:04 9.54 ft	13:14 0.60 ft	19:25 8.65 ft	
Wed 20		01:30 0.51 ft	07:57 9.14 ft	14:09 1.02 ft	20:21 8.06 ft	Last Quarter
Thu 21		02:22 1.10 ft	08:51 8.70 ft	15:07 1.43 ft	21:19 7.53 ft	
Fri 22		03:17 1.67 ft	09:47 8.30 ft	16:07 1.73 ft	22:21 7.15 ft	
Sat 23		04:15 2.12 ft	10:44 8.01 ft	17:09 1.86 ft	23:24 6.98 ft	
Sun 24		05:16 2.38 ft	11:42 7.88 ft	18:08 1.83 ft		
Mon 25	00:24 7.01 ft	06:15 2.45 ft	12:35 7.89 ft	19:01 1.65 ft		
Tue 26	01:17 7.21 ft	07:09 2.34 ft	13:25 8.03 ft	19:48 1.39 ft		
Wed 27	02:04 7.51 ft	07:57 2.12 ft	14:10 8.23 ft	20:29 1.10 ft		
Thu 28	02:47 7.84 ft	08:40 1.83 ft	14:52 8.44 ft	21:07 0.83 ft		New Moon
Fri 29	03:26 8.17 ft	09:20 1.54 ft	15:31 8.60 ft	21:44 0.62 ft		
Sat 30	04:03 8.45 ft	09:58 1.28 ft	16:10 8.69 ft	22:19 0.50 ft		
Sun 31	04:39 8.66 ft	10:36 1.08 ft	16:47 8.68 ft	22:53 0.48 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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Owning a great rental property can make you stand out from the competition and will ensure that your property is rented as often as you'd like it to be. This will also ensure that you not only get top dollar, but good reviews and repeat customers. There are two types of rental properties—those that are used by the owners, and those that are not. Often those used by the owners are favored as they tend to be kept cleaner, better equipped and more up to date. Regardless of whether you choose to use your rental or not, let's help you to create a great rental property.



FURNITURE

Choosing your furniture carefully will give you better returns on your investment in the long run. Do your homework—and set a realistic budget! The rule of thumb when buying furniture is to buy the best quality you can afford, even for a rental property. If you use a local company to supply a 'package' of furniture for your rental and you chose one within your budget, you will benefit from their expertise in co-ordinating all the pieces, and they usually will deliver and set it up for you too. It may not be as personalized as selecting each piece yourself, but you can save yourself a lot of stress, time, and probably money in the end.

ITEM	Visit ready
LIVING ROOM	
Sofa/couch	
Loveseat	
Chairs	
Coffee table	
End tables	
Lamps	
Area rugs	
Blinds/curtains/drapes	

If you like decorating and prefer to do it yourself then the most important items to concentrate on are the sofas and the mattresses. If your renters are not comfortable sitting or sleeping they

Shelagh Duncan

will not be happy, and unhappy renters give bad reviews! At the store, I have had many conversations with renters who have had bad experiences like this because there is nowhere for them to relax in comfort—and it's their vacation! Cheap sofas can become uncomfortable quickly and start to look shabby. Better quality sofas will have superior construction and use durable fabrics that are easy to clean.

Remember that you do not need to over-furnish. Make a list of the essentials and as long as renters have the basics and some decent storage you will be okay. Give them somewhere to put away their luggage, their clothes, and their other personal stuff as a minimum. If you have a wall mounted TV, add a table below to hold remotes and other accessories, and a place near the entry where keys, change and other bits and pieces can be placed and easily located when needed.



Back home we are used to having indoor dining, but remember that here we live outdoors. Get an outdoor dining set that will accommodate at least as many people as you can sleep in your rental. Consider selecting multi-purpose furniture when possible. Comfortable outdoor dining chairs are useful in providing some casual outdoor seating when needed, and don't forget the pool loungers. People need somewhere to sit when they come from the pool, so encourage them away from the upholstered pieces and give them some comfortable seating where they can dry off without ruining a chair or sofa!

WINDOW COVERING

Living down here, we may not worry so much about privacy at the windows unless there is another house close by—but you know that the vacationers will. They

are used to pulling blinds or curtains at home, so reduce possible stress and help them feel comfortable by adding ready-made panels or custom shades to at least the bedroom windows. They are on vacation and may want to sleep in! Window coverings can add some colour and texture to a room, and tie in nicely with the bedding.

If you have the sun beating into your house and heating it up or damaging your furniture, then consider adding window coverings too.

BED & BATH LINENS

This is not an area where you should cheap-out. You should try to provide at least hotel-quality pillows, sheets and towels for renters. If yours is a luxury rental then go for the luxury linens. It all comes back to the experience you are offering renters—and that's what they will remember. Use mattress and pillow protectors and make sure these are always clean and fresh. Put out extra pillows and towels, and if you have A/C, a blanket for each bed. Towels should be plump and thirsty, and keeping linens all white to make it easier for doing laundry. If you have different size beds here is a tip: use a sharpie to denote the sheet size, F, Q or K on the bottom right corner of each sheet, and then fold them up with their pillow cases so this mark is visible. Twins make a smaller package so are always easier to find.

THE FUN STUFF: ART, MIRRORS & ACCESSORIES

Be sure to allocate some funds in your budget to decorate the walls, especially if you decide to supply just the basics in furniture. You will have the advantage of being able to add something dramatic, and that will make your rental property stand out from the rest.



Rule #1 Select art you love. Buy a few pieces to start and try them in different rooms and areas. Once you know where they will work best, you can add more as necessary. If your furniture is more neutral toned, you can go to town on art and accessories to bring the space alive. Choose large art pieces for the living

area and master bedroom, they will add an element of prestige to your promotional photos.

Some people love to decorate with monkey, parrot, or beach art to echo the area. Others may prefer a modern, eclectic, or primitive look. Whatever direction you take, you can use art to be your inspiration for colour throughout the house.



There is no need to have lots of bits of home accessories everywhere. Make it look finished, but not cluttered. Select accessories that are more sturdy than glass or ceramic and not as easily broken. Ideally they will be not too expensive or difficult to replace either. Inexpensive throw pillows are handy for a touch of colour here and there, and you always have the option of adding a new pillow cover later, if you need to hide a stain or damage.

Rule #2 Less is more. A few carefully placed and well chosen items can bring a room together beautifully.



Try to place a mirror somewhere in the living area, and if possible a long dressing mirror in each bedroom.

Renters will appreciate this often overlooked detail. Check the lighting levels too, some people may want to read in the evenings, so have bedside lamps on both sides of the bed, and a couple of table and floor lamps in the living area.

- Continued on Next Page -

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- Continued from Previous Page -

CONVENIENCE

Equip the kitchen with renters in mind. They are going to eat out much of the time, but they will also want to be able to prepare meals at the house too, especially if they have kids. Have all the basic equipment, food prep and cooking utensils, cutlery, dishes and pans, as well as beverage glasses. Supplying sets of unbreakable pool and patio plates and glasses is highly recommended too.

Have some puzzles, books, board games, movies, and copies of local magazines available. Other ideas to add to your renter's positive experience would be to compile a binder containing brochures on local attractions, tours and restaurants—with your recommendations on where to find the best Pizza or Chinese food! Tell them about the community markets and where and when they operate, where the banks, pharmacies, supermarkets, and libraries are, as well as your favourite beaches and waterfalls. Advise them too about the national holidays, when the banks will be closed, and which days are recycling and garbage pick-up.

Providing a "how to" instruction list or book about the house with your property manager's information will help them settle in quickly and add to their overall enjoyment. Especially if you have Spanish instructions on the microwave! Tell them about any quirks, and any special 'personality' your house may have!

Give them the security and internet codes, and let them know where you keep the remote and DVD's or CD's, and how to operate the equipment. Tell them that you provide some basic cleaning supplies in the laundry room, as well as cloths, (so they are not tempted to use your facecloths for cleaning off their sandals!), and they can hopefully deal with accidents as they happen, not wait for the cleaners to come.

There are many other considerations to deal with when renting your house, and furnishing and setting it up is just step one.

Until next time...

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Amnet/TIGO Quepos - Cable TV		1722
A.P. Renovations	8588-3369	8485-9893
AYA Water	800-737-6783	2777-0251
Beach Church		7079-6799
Best of Both Worlds		8512-0975
Blue Zone Real Estate		8882-0009
Camara de Comercio, Industria y Turismo		2777-0749
Chamber of Commerce		2777-0749
Coffee Stop		2777-9494
Coldwell Banker	887-309-9238	2787-0223
Colina's		6101-6007
Costa Rica Health Medical Center	4704-6172	6200-2190
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
Drunken Monkey		6126-2869
Eilyn Pastrana Floral Therapist		8925-5087
Farmacia La Economica, Quepos & Delivery		2777-0079
Farmacia La Economica, Quepos Centro		2777-2130
Farmacia La Economica, Quepos Hospital		2777-7421
Farmacias Maral		8627-3434
Gelateria Amorosi		2519-9494
Hidden Bay Realty	8366-1759 8885-2525	2777-0212
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
Iglesia Católica, Quepos		2777-0230

Jackpot Sport Fishing	8458-4997	8458-5049
Jolly Roger		2777-0411
JP Sportfishing 1-866-620-4188	8689-5353	2777-1613
Kids Saving the Rainforest		8599-7341
La Langosta Feliz		2787-5214
L'Angolo Ristorante		2777-7865
Latitude 9 Real Estate	8843-3636	2777-1197
Little India	2101-9736	8995-2929
MA Rental Properties	855-999-8101	8888-8850
Manuel Antonio Spanish School		8861-8377
Marina Pez Vela		2774-9000
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
Narcotics Anonymous	8337-3855	8933-0051
Nauyaca Waterfall Nature Park		8771-4222
Pacific Coast Law	US 972-238-0088	2787-0446
Price Auto Sales		2779-4545
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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			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				
		6:00 PM	4:30 PM				
			5:30 PM				
				Quepos to Dominical & Uvita	Uvita to Dominical & Quepos	Quepos to Londres	Londres to Quepos
				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
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 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
 Sprint ... 800-013-0123

\$4 or \$2500 per line
Public Service Announcements are Free

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

REAL ESTATE RENTALS

BEAUTIFULLY FURNISHED HOUSE

2BD/2BA featuring master bedroom with balcony, walk-in closet & a spacious bathroom as well as a deluxe guest room and bathroom. A/C, private pool, patio & garden area. Walking distance to restaurants & stores. 10 min to beach. Long term only. \$1300/mo + \$1300 deposit & cleaning fee. Please call / text between 9am and 5pm WhatsApp +1-650-279-9992

FURNISHED HOUSES IN MA FOR RENT

\$250-\$500/mth. Gated, secure parking, pool, A/C, pet friendly
 506-7042-4434 or 331-245-5980 WhatsApp

FANTASTIC 1 BEDROOM APARTMENT

in Manuel Antonio. Private entrance, separate bedroom, full kitchen, street parking, great balcony/porch with a great view.
 \$500/Month Plus electric 1 year lease
 Maid service available, large garden, perfect private location.
 Only serious inquiries need apply
 Email: Kmdelp1@gmail.com or WhatsApp: 506-8527-5561

ONE BEDROOM APT IN VILLAS EL PARQUE

Great ocean view. Pool. Water/cable/Wi-Fi included.
 6-8 months. \$600 ph:6253-9876

QUEPOS: LARGE 1BR APARTMENT - FURNISHED

Secure parking area with gate, two blocks to downtown. \$185 per month May to Nov, then \$225 per month Dec to April 30 + utilities. Recently Renovated Phone 2777-1805 or 2777-2122

NEW AND VERY NICE INDEPENDENT HOUSE

for rent en La Managua, 3 km from Manuel Antonio, street to the hospital. Gate and very quiet private community. Property is 5,500 square meters. Two bedrooms, kitchen, living room, laundry, 1 bathroom. Big terrace view in the jungle. Private parking. Air conditioning and hot water. Furnished.
 \$900/month, long term. Wifi and cable included.
 506 6109-9755.

ONE BEDROOM LUXURY APARTMENT

Available for weekly or long term rental. Never rented before. Fantastic ocean view, also has pull-out sofa. Very secure. No pets, non-smokers, maid service available
 Call for weekly or long term prices 8360-6637

BEAUTIFUL, MODERN 3 BEDROOM, 2.5 BATH,
 Townhouse for rent #19 Hacienda Pacifica.
 Air conditioned 2 floor townhouse in Colinas Este. Upgraded finishes, bedrooms with large balconies, A/C, appliances, and fiber optics package. Fenced yard across from community pool.
 Covered parking. \$1,575 mth. Year contract.
 8876-0333, 8876-0333 or 8888-8909

2 BED 1 BATH FURNISHED APARTMENT \$800/MTH
 \$800/mth incl internet, cable, water, & electric.
 VillasJacquelina.com 8345-1516

NICELY FURNISHED 1 & 2 BEDROOM APTS.
 in Quepos- Very Secure Call: 8994-1424

APARTMENTS IN MANUEL ANTONIO 1 & 3 BDR.
 FURNISHED from \$200 and up. Call: 8729-8767 or 6035-2102

FURNISHED HOUSE-2 BDR. - KITCHEN & LIVINGROOM
 TV with SKY, Internet. Private and safe parking, very quiet road.
 Long Term \$550/mo call: 8661-2649

LONG/SHORT-TERM RENTALS IN QUEPOS-MANUEL ANTONIO
 Ron Neal 8366-1759 ronnealjr@gmail.com

OCEAN VIEW HOME-LARGE POOL-MANUEL ANTONIO
 Fully furnished two Bedroom home-\$1,400/wk
 TEL: 8392-6122 EMAIL: jhanson@amnet.cr

REAL ESTATE SALES

EXCEPTIONAL OPPORTUNITY!! THREE VILLAS FOR SALE.
 In a lot of 5.500 square meters, view in the jungle.
 Gated, green, and quiet community. Very good neighbors.
 Before \$650,000 now reduced \$539,000
 Contact lucybrusk@gmail.com or call 6109-9755.

100 HA RAW LAND ABOVE PORTALON
 This is a steep valley overlooking Portalon, as well as Brujo, on Rio Savegre. 2 springs, creek. Need to develop better access.
 WhatsApp +541-292-9847 ahimsa2019@protonmail.com

PROPERTIES IN GOLFITO AND DRAKE BAY
 For more info call Kurt Hocker 8885-2525 at Hidden Bay Realty
www.hiddenbayrealty.cr.

WELL LOCATED LOTS IN LONDRES
 Bus stop, Pulperia, Ebais, Cen Sinai, School, River within 200m. Title, water, electricity permits.
 300 m \$13,000, 1007 m riverfront \$39,000
 Info 8495-0358

3 BUILDING LOTS FOR SALE NEW SURVEY
 In Ceros, 20 min from Quepos
Lot #1 Corner 282m² \$14,000. **Lot #2** 457m² \$22,000
Lot #3 447m². \$21,000 Call 2777-3671 or 8504-9463.
VILLA NUEVA LOTS - \$30/sq.m.

 9 nice residential building lots well located in quiet village 15 min. east of Quepos. About 1000 sq.m. each on flat land.
 1 lot @ 10,000 sq.m. Also 2 houses.
 See www.villanuevalotes.com for photos & details.

BEAUTIFUL 2,000 FT² 3 BEDROOM, 2 BATHROOM
 duplex style home in Manuel Antonio with pool. Swimming pool, laundry room - centrally located. Fire Sale!! \$249,000
 Contact Dina 8708-0570 - Office 2519-9415

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GOT BUGS?

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- ✓ TERMITES
- ✓ BEES & MORE
- ✓ FOGGING

Pura Vida Pest Control
www.puravidapestcontrol.com

LOT LOCATED IN A PRIVATE GATED COMMUNITY
 has a beautiful lay out & incredible infrastructure. This community has the only tennis courts in the area as well as a club house with a pool. Each lot is a minimum of 5,000 m², a bit over an acre. Contact Dina 8708-0570 - Office 2519-9415

MANUEL ANTONIO PRIVATE, GATED, 2 BEDROOM
 Beautiful Villa with separate studio apartment. Swimming pool, centrally Located. Priced to sell. \$189,000.
 Contact Dina 8708-0570 Office 2519-9415

NICE SMALL HOUSE IN INMACULADA DE QUEPOS
 2 bdr, LR, 1 bath w/hot water, kit, 50 m² porch w/ view to mtn, many flowers & garden, furniture, refrig, washing machine separate entry. Also 2 cabinas + 2 parking, secure,
 2777-3800 8899-8467

VILLA NUEVA 1.5 HECTARES WILL SELL 1/2 OR ALL
 \$20/m² By Owner Call: 8841-7975.

ATTN: BOATERS

 Hidden Bay Realty has a nice selection of long and short term rentals for all your needs. We also have the largest selection of Properties for sale in the area. Please email info@hiddenbayrealty.cr or call us at 8566-5410

GREAT OPPORTUNITY FOR A LOCAL LOOKING TO PURCHASE!!
 2 homes located in the heart of Manuel Antonio. **1 home** 822 ft² with a land size of 277 m². 2 bdrs. 1bath. Asking price is \$69,000.
2nd home 1,420 ft² with a land size of 132 m². 2 story duplex. Asking price is \$79,000. Both homes have stable rental income.
 More info call Harrison at 2Costa Rica Real Estate. 8-887-0955

MANUEL ANTONIO JUNGLE/OCEAN VIEW LOT ¼ ACRE
 Hilltop lot \$79,000. Only minutes from the main road.
 Perfect for family/vacation rental home. For more info call Hidden Bay Realty 2774-0212 or Kurt Hocker 8885-2525
www.hiddenbayrealty.cr

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 MANUEL ANTONIO
 Across from Latitude 9 ~ Top of Villas el Parque

Ma-Da-Bing!
 Joseph Fitz
 1946-2022
WHY NOT?
LIFE SIGNS

The journey on horseback from Waco to Fort Worth is a long ride along a dusty trail and for any cowboy, it's thirsty work.

So when George passed through a small town along the way he decided to stop at the saloon for a cold beer to quench his thirst.

Well, the locals were none too friendly to strangers passing through their town and George could sense a negative vibe immediately, as he tied up his horse to the post before walking through the saloon doors.

When he'd finished his beer, George walked outside and he was non-too-happy to discover that someone had stolen his horse.

So he walked back into the bar, drew his gun from its holster, spun it around his finger in impressive fashion, and then shot a bullet straight through a whisky bottle standing at the other end of the long bar.

The place went silent and you could hear a pin drop, until George shouted, "Now which one of you sidewinders stole my horse?"

No one said anything. The place was deadly quiet.

George shouted menacingly, "Now you listen to me! I'm gonna sit here and have another beer and if my horse ain't back outside by the time I've finished my drink then I'm gonna do what I dun in Waco. And I don't want to have to do what I dun in Waco."

The locals shifted nervously in their seats. They didn't like strangers much but they liked trouble even less.

So when George had finished his beer, he looked outside and sure enough there was his horse tied to the post and waiting for him.

George saddled up and then started to ride slowly along Main Street.

The bartender had wandered outside and stood and watched George go.

"Hey partner," said the bartender, "so what happened in Waco?"

George smiled and said, "I had to walk home!"

A married couple, Jim and Josephine, owned their own circus and one day they walked into an Adoption Agency.

Naturally, they explained their circumstances to the social worker.

The social worker looked a little puzzled. "Are you sure that a travelling circus is the best environment in which to bring up a young child?" he asked. "I mean all those dangerous animals and constantly being on the road?"

"The animals are all well trained," Josephine responded, "and we have a state-of-the-art, sixty-foot motor home, with every comfort necessary."

"But how would you educate the child?" asked the social worker.

"We've arranged a tutor," said Jim. "He'll teach all the regular academic subjects, as well as Spanish and computer programming."

"And we'll have a nanny," Josephine added quickly, "she's certified in pediatric care, as well as child welfare and nutrition."

The social worker had listened carefully and he was impressed.

"Well, you really do seem like an ideal couple," he said. "What age of child did you have in mind?"

"It doesn't really matter," said Jim, "as long as they're small enough to fit in the cannon."



Portraits/Family photos
Wedding
Architectural
Food
Events
Commercial
Stock-Nature and Landscape

8935-2907

yunker.sarah@gmail.com



BA in photography from Columbia college and experienced photographer. For more information about a photo shoot or about photo tutorials please email.

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Crossword on Page 42

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

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				

You can also send and receive faxes at a reasonable cost. Tel: 2777-1471 Fax: 2777-0279

HOURS
Monday- Friday 8:30 am - 5:00 pm

POSTAL CODES
6350 put after Quepos
60601 put after Costa Rica



Restaurants, Bars, & Casinos

- 01 Agua Azul
- 04 Colina's
- 06 Gelateria Amorosi
- 08 L'Angolo
- 09 La Langosta Feliz
- 10 Drunkin Monkey
- 12 Miguelito's
- 13 Mira Olas
- 14 Ronny's Place
- 15 Coffee Stop
- 17 Victoria's

Real Estate

- 19 2Costa Rica
- 20 Coldwell Banker
- 22 Hidden Bay
- 23 Latitude 9

Services

- 42 Dr. Contant Boshoff
- 43 Dr. Rojas
- 45 Post Office
- 46 Costa Rica Health Medical Center
- 47 Uvita Law Firm

Things To Do

- 32 Kids Saving The Rainforest
- 33 National Park Entrance
- 36 Nauyaca Waterfall National Park
- 37 Sunset Sails
- 40 Skateboard Park & Playground

Shopping

- 49 La Económica Farmacia & Mini Stop Market
- 50 Farmacias Maral
- 51 Mini Price Store
- 52 Modern Primitive Living
- 53 Mot Mot
- 54 Price Auto Sales
- 55 Royal Palm Interiors
- 56 La Feria/Farmers' Market



LIVE MUSIC SCHEDULE



BAMBUJAM
fb: BambuJamManuelAntonio
Live Music
Monday, Friday, Saturday 8-11:30 pm

BAR 506
fb: el506
Live Music
Thursday, 3-6 pm

BURU SEASIDE BAR/RESTAURANT/CAFE
fb: restaurantburuseaside
Los Howlers (Rock & Variety)
Friday, 5-8:30 pm

Live Wire (Blues)
Saturday 5-8:30 pm

Los Hermanos Chuchamon
Sunday 1-4 pm

Jordan & Friends
Tuesday 5-8:30 pm

EL PATIO AT CAFÉ MILAGRO
elpatiocafemilagro.com
Live Latin Music
Saturday, 7 pm

EMILIO'S CAFÉ
fb: emilioscafecostarica
Occasional Jazz & Variety

JOLLY ROGER (Manuel Antonio)
fb: BarJollyRogerMA
Fuerza Dread (Reggae)
Thursday, 7-10 pm

Live Wire (Blues)
Friday, 7-10 pm

Occasional Live Music
Other nights

JOLLY ROGER (Dominical)
fb: pages/Jolly-Roger-Dominical-Costa-Rica/1435304016589496
Occasional Live music

MUSIC GIVES A SOUL to the UNIVERSE,
WINGS to the MIND,
FLIGHT to the IMAGINATION,
& LIFE to EVERYTHING
PIATO



LA CANTINA
lacantinabbq.com
Howlers Unplugged
Monday, 6:30-9:30 pm

Live Latin Music
Friday, 6:30-9:30 pm

LA COLINA
lacolina.com
Live Music
Wed, Sat, Sun 7:30-10:30 pm

Occasional Live Music
Other nights

RUM BAR (Dominical)
fb: rumbarcostarica
BenJammin & The Howlers (featuring Nancy Buchan)
Thursday, 7-10:30 pm

Occasional Live Music
Other nights

RUNAWAY GRILL (Marina Pez Vela)
fb: RunawayGrillCR
Los Howlers
Every other Saturday, 6-9 pm

Occasional Live Music
Other nights

SELINA'S
fb: SelinaManuelAntonio
Johnny Thompson Loop
Tuesday, 7-9 pm

Occasional Live Music
Other nights

TENTACION
fb: profile.php?id=100069923671965
Live Music
Tuesday & Saturday, 8 pm

RAPHAEL'S TERRAZAS
fb: pages/Raphaels-Terrazas-RestaurantBar/215837851792959
Javier & Arturo
Wednesday & Sunday, 5:30-9 pm

If you are a venue that has live music and would like to be included here, or you would like to make changes/additions to your existing listing please email: benjaminorton@gmail.com

Si usted es un lugar que tiene música en vivo y desea ser incluido aquí, o si desea realizar cambios/adiciones a su lista existente, envíe un correo electrónico a: benjaminorton@gmail.com

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

Join Us Sunday



Playa Espadilla 9:30 am

Pastor Joshua Boling 8511-8572
@Internationalbeachchurch
InternationalBeachChurch@gmail.com
Service in English with Spanish Translation

Welcome Visitors
Celebrate 2022!



MASS TIMES
Saturdays 6 pm
Sundays
9 am & 6 pm

Catholic Church, Quepos



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Anexión del Partido de Nicoya
25 julio de 1824



ADVERTISING

All prices are per issue in US\$. Payment may be made in dollars or in colones at the current exchange rate.

PAYMENT FOR ADVERTISING MUST BE PAID IN ADVANCE BY THE DEADLINE DATE PRIOR TO PUBLICATION. ALL PRICES INCLUDE 13% SALES TAX. ACCOUNTS 30 DAYS PAST DUE WILL BE CHARGED AN ADDITIONAL 10%.

We publish 10 times per year. May-June & September-October are double-month editions. We distribute 2500-3500 copies (depending upon the number of ads) the first week of the month primarily in the immediate area through our advertisers and travel/tour agencies, hotels, super markets and also points from Quepos/Manuel Antonio to Jaco to Uvita.

Payment Options:

Deposit to BAC San José: Quepolandia S.A.
Dollar Account 902973890
Colón Account 902973833

Bank transfer: 10200009029738906
IBAN#: CR3001020009029738906

Cedula juridical: 3-101-308980 • Quepolandia S.A.

Please email your deposit information to info@quepolandia.com so we know that the deposit/payment belongs to you.

DEADLINE FOR NEXT EDITION IS ALWAYS IN THE CALENDAR ON PAGE 4. NORMALLY IT IS THE SECOND TUESDAY OF PRIOR MONTH.

AD SIZE (in inches – width X height)

	BLACK & WHITE	COLOR
Full Page (8.5x11) <i>Must have a 5/8" (1.5 cm) margin with NO text or important graphics that may be trimmed off.</i>	\$140	\$265
2 Facing Pages	\$240	\$515
Half Page Vertical (3.54 x 10)	\$85	\$175
Half Page Horizontal (7.25 x 4.9)	\$80	\$170
1/3 Page (Horizontal-7.25 x 3.25 & Vertical-3.54 x 6.65)	\$65	\$130
1/4 Page (Horizontal-7.25 x 2.4 & Vertical-3.54 x 4.9)	\$55	\$110
1/6 Page (3.54 x 3.25)	\$50	\$100
1/8 Page (3.54 x 2.4)	\$40	\$80
Back Cover	Sold	Sold
Inside Front Cover	N/A	\$325
First Inside Page	N/A	\$325
Inside Back Cover	N/A	\$330
Classifieds (one line = about 55 characters & spaces with Arial, 9pt)	\$4 Per Line	
QR Directory	\$25/month or SPECIAL \$199/year	

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Discounts for advance payment of three editions - 5%

Discounts for advance payment of six months - 10%

Discounts for advance payment of one year - 15%

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For ad design please contact us at least 1 week before deadline at info@quepolandia.com

File format: tif, pdf, or jpg at minimum 300 dpi resolution.

Large graphic files must be sent to info@quepolandia.com via Dropbox or WeTransfer.

For information about advertising on our website please visit quepolandia.com/advertising-info. 50% DISCOUNT for businesses that also advertise in Quepolandia magazine.

QUEPOLANDIA

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Brisa Elegante
Dave Bolger
Desiree Brassert
Greg Gordon
Kids Saving the Rainforest
Jack Ewing
Marina Pez Vela
Manuel Antonio Spanish School
Shelagh Duncan
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Located in multiple positions



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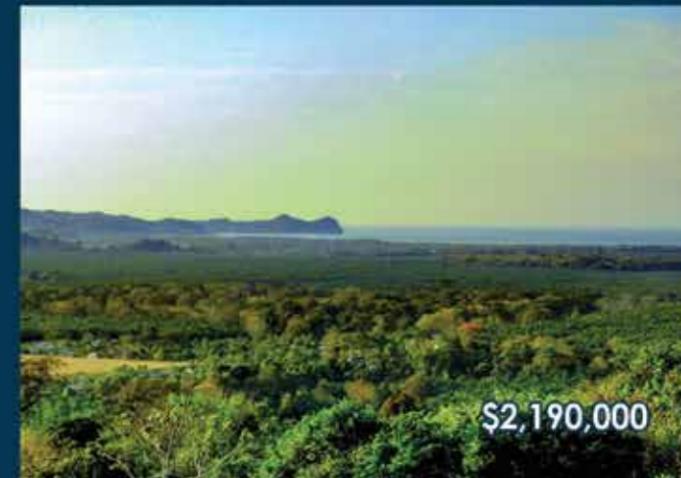
777 Acre Ocean View Ranch

This 777-acre ranch encompasses untouched rainforest, pastures, approximately a mile of Savegre riverfront, numerous waterfalls and creeks, and a plantation of thousands of maturing teak trees. An architect-designed and sustainable tiny home, with sweeping verandas, offers panoramic views with all the luxuries of comfortable air-conditioned living. Sunshine and rain power it all, including hot showers with ocean and wildlife views.



\$2,950,000

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\$2,190,000

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Rio Seco, 60 Acres

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20 MINUTES FROM QUEPOS 3,850 SQ. FT.



\$699,000



HBR Exclusive Properties



Ocean View

New Contemporary designed 3/3.5 home. Pool. Borders a nature preserve. Close to beaches and shopping. Gated Community
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MA Condo

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 Pool and BBQ Area
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Renovated Home in Quepos

Home is separated into 2 apts. One with 3 bedrooms & 2nd with 2 bedrooms. Off-street parking. Close to Marina.
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Casa Milena

Outside Quepos
 Large 4 bed & 2.5 bath home
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Popular Quepos Hotel

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Nauti Ventures 42ft Luhrs

Twin Cummins 430hp 6CTA
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Nature Lover's Dream Home

Ocean View
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\$569,000



Ocean View Lot

Incredible Sunset Views
 Commercial or Residential
 2500 sq. meters/over half an acre
 Perfect for 2 or 3 luxury Villas
\$985,000



Home with 3 Acres

Casa Atlantis located in the Heart of Manuel Antonio. 2/3 main home and 2/1 guest house. Pool. Room to build cabinas.
\$885,000

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LICENCED BROKER WITH OVER 22 YEARS EXPERIENCE IN COSTA RICA
 Downtown Quepos next to El Gran Escape Restaurant

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