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AUGUST 2022

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About Me



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“

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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

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Featured in Architectural Magazine
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Tuesday August 9 QUEPOLANDIA DEADLINE

Fri Aug 5	Beer Day
Thurs Aug 11	Full Moon (Sturgeon Moon)
Mon Aug 15	Mother's Day (CR)
Tues Aug 16	Rum Day
Wed Aug 24	National Parks Day (CR)
Sat Aug 27	New Moon

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

Sudoku Solution on Page 57



Bienvenidos... Welcome to our piece of paradise, we are sure you are going to love it. There are so many wonderful things Costa Rica has to offer and we are here to guide you. So get out, explore and enjoy your vacation. Our beaches are amazing to surf, stroll or just tranquilo. We also have many National Parks to visit and experience all the wildlife each area has to offer. I recommend a trained guide so you don't miss anything. They really do enhance your tour with their extensive knowledge of the parks and the wildlife (pg. 51). **National Park Day** is August 24 so be sure to celebrate it and enjoy nature.

August brings in the beginning of whale season here in the Southern Pacific (pg. 45). This is when the humpback whales come to give birth and is the best time to view them. **Marina Pez Vela** has a fleet of boats to get you out and up close. Book your whale watching tours with **Brisa Elegante** (pg. 26) or **Sunset Sails** (pg. 29) and experience the majestic mammals and their calves frolicking in their environment.

In August there is a lot of reasons for a fiesta. **International Beer (cerveza) Day** is Aug 5 and **National Rum Day** is Aug 16 so "cheers". We also want to wish all you mothers an incredible **Mother's Day**, Aug 15. Thank you for all you do. So don't forget to make those dinner reservations or maybe book a Spa Treatment (pg. 25) for that special woman she deserves it.

Welcome to our newest advertiser, **Osa Property Management**.

We want to thank **Robert Simpson** for this month's pineapple cover shot.

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](https://www.facebook.com/Quepolandia). We appreciate and welcome your comments.

Peace and Enjoy...D



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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.

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Welcome to the August edition of That's Fishin' for more tales of the high seas from World Record setting Snook, monster Marlin, Trophy Roosterfish and the ever-present Tuna and Dorado keeping the lines tight of our visiting Anglers from around the world.

OFFSHORE FISHING

July provided some solid all-round fishing with some great species variety. There were Wahoo showing over the Offshore Reefs with plenty of fish in the 20-30lb category, and a few larger specimens also. Huge congrats to Reg Talbot from England who landed a huge 60lb Wahoo aboard GOOD DAY which measured 65" in length, just an epic fish by anyone's standards. There was a surprise Tuna bite for much of late June/early July when the Tuna schools pushed close in and were popping up only 10-15 miles Offshore right in front of the Marina Pez Vela. Most fish were in the 30lb range but there were some larger 50-80lb Tuna mixed in also giving our Anglers some excellent action and some amazing aerial scenes of the Tuna feeding on Flying Fish and Ballyhoo bait schools.



The Dorado fishing was excellent throughout July, the seasonal rains have been keeping a steady supply of debris such as logs, floating trees etc at the current breaks 5 to 15 miles Offshore where the Dorado like to hang out. There have been lots of Dorado in the 5lb to 15lb class with the odd 30-50lb Bull Dorado also.

We have been seeing Sailfish on most Offshore trips and this should continue through August. The Blue Marlin fishing during day charters in July was better than it was during June with most Marlin in the 150-180lb range but with some larger fish mixed in also. Huge congrats to Satch from North Carolina who had the family fishing trip on a lifetime in mid-July catching a 250lb Blue Marlin aboard GOOD DAY which his 12-year-old son tagged for the GRAY FISHTAG RESEARCH program before releasing it. Memories made for a lifetime! The Blue Marlin Fishing at our Offshore FADS & SEAMOUNTS has been firing on all cylinders with boats HOG WILD & CARIBSEA posting some incredible Marlin catches during June and July with the bite not expecting to slow down during August.

Closer to shore, August should continue to provide excellent opportunities for Marlin, Sailfish, Tuna, Wahoo and Dorado plus Snapper and Grouper for those who want to try bottom fishing.

INSHORE FISHING

A huge congratulations to Mr George Beckwith Jr. for catching one of the largest Snook of the season on July 3rd. The 43.8lb Pacific Black Snook was caught by George on just 6lb line and is a potential IGFA World Record for 6lb line class, currently pending official verification. A huge congratulations to George and Captain Roy Zapata of SKY 2 for yet another feather in his Snook Fishing cap. Roy already holds 3 different Snook World Records and is without a doubt Costa Rica's MR SNOOK, look no further than Capt. Roy if you would like to target Snook here at the Marina Pez Vela.

In addition to Snook, July produced some steady Roosterfish fishing as well as Jacks, Mackerel, Snapper and more.

On the occasions that seasonal rains and murky water make catching livebait a challenge, Captains have the option to push 5 to 15 miles Offshore to search for



Dorado at the current/debris lines or try some Bottom fishing for Snapper, Grouper, Congrio, and Tilefish.

The 25th June marked the continuation of the 2022 ROOSTERFISH STUDY with MARINA PEZ VELA & GRAY FISHTAG RESEARCH. A huge thank you to Angler Mr Peter DiFillipo for his assistance in tagging a 52" Roosterfish during a trip aboard GOOD DAY. After an already epic day catching Tuna, Sailfish and Dorado, Peter and his buddy Sax capped off a perfect day on the water by catching two Roosterfish including the 52" fish that we deployed the Satellite tag into. This was the third Roosterfish that we have Satellite tagged out of the Marina Pez Vela this year, the data received so far has been incredible and we cannot wait to share more results with you as they are received in the months to come.



August will provide more opportunities for Trophy Roosterfish plus Snapper, Jacks, Mackerel and more. If you would like an Inshore trip of your own, be sure to check out some of our great Inshore boats CHLOE FRIJOLE, IDRA 2, MARLIN B, GOOD DAY, SKY 2, MIRSE AZUL, ROCKSTAR, & THE CROCODILE. Half-day Inshore trips are a great way to get your family on the water and be back at the Marina by lunchtime to beat the seasonal rains.

SUMMER SOLSTICE SHOOTOUT

The final tournament of this season took place on 18th June, the Summer Solstice Shootout is a really cool scavenger hunt type format where 16 boats set out to catch as many different species of fish as possible. Planning, Tactics, Teamwork, and of course a bit of luck all played a part in deciding who the winning team will be. The Summer Solstice now in its second year has cemented its place in our FUN tournament fishing series and a huge thanks to everyone who took part and congratulations to our winners, TEAM BLUE DAZE fished fantastically and took the overall win, heaviest Dorado, and most Grouper jackpots, well done guys!

2022 Summer Solstice Shootout Results

1. **Dazed Texans** aboard BLUE DAZE 9 species
2. **Team BILCO** aboard SKY II 8 species
3. **Team Raven & Team Hatta Dream** 7 species

Heaviest Dorado	Blue Daze 39lb
Heaviest Grouper	Pescadora 15lb
Heaviest Bonito	Los Gatos
Most Snapper Species	Hatta Dream
Most Grouper Species	Blue Daze

2022 DORADO DERBY!

One of the most popular events in the Marina Pez Vela tournament calendar is the Dorado Derby which kicks off our 2022/23 tournament season with the Dorado Derby happening on November 12th and the Dorado Derby Dos on November 19th. Now is the time to reserve your boat as this event is always a sell-out. It is a low cost, family friendly, FUN tournament with a simple format of catch the heaviest fish. No experience is required and entry is open to ALL. We would love to see you at the Marina for one of the coolest events on the calendar, simply drop me or the team at iFish Marina Pez Vela online for more info.

DATES FOR YOUR DIARY

The dates for the next seasons tournaments have now been set, be sure to 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
June 17, 2023	Summer Solstice Shootout

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A FLASHLIGHT & A ROLL OF TOILET PAPER

By Jack Ewing



Costa Rica was still a third-world country when I first came here over 50 years ago, and part of me wishes it still was. Some of my most treasured memories are from that period in the early 1970s when I worked on a large ranch

on the Caribbean side of the country. It was only accessible by a narrow-gauge railroad called the Northern Railway. I hadn't been there long when I met a great guy, an Englishman by the name of Johnny James who came to Costa Rica in the 1930s, before the concept of the third world had even come into being. I once accompanied him on a four-day adventure, during which I learned much of what I know about the Caribbean side of the country. It all began in a place called El Cairo in a restaurant owned by Juan Quiros Ching. No sooner had we finished our coffee and empanadas than the owner of the *burro carro*, our mode of travel for the first leg of the journey, walked in and shouted to Johnny that he was ready to go. The *burro carro* was a small platform with four railroad wheels. It was drawn by a mule. During the hour it took to reach the creek at the end of the spur, Johnny talked non-stop. "Years ago," he began, "the immigration of Chinese to Costa Rica was prohibited by law. But what can I say; you know how it works. Laws are for common people like you and me, not for the wealthy, especially not back then. At the beginning of the century lots of Chinese were brought here to work as indentured servants in the households of well-to-do Costa Rican families. After a certain number of years of unpaid service, their debt was fulfilled, and their masters had to free them. Most took the last names of those same former masters and eventually acquired Costa Rican citizenship. Just like Juan Quiros", Johnny continued. "He and his wife were betrothed as children and came to Costa Rica from China at the age of ten or eleven. To put it bluntly, their parents sold them to a rich Tico. They had to work for fifteen years to earn their freedom. Then they moved out here to the jungles of the Caribbean, along the railroad, and proceeded to make their fortune. They worked their butts off, but today they've got the business, a farm, and a pile of money".

At the end of the spur, the man who brought us, unhitched the mule, took it around and hitched it to the other end of the *burro carro*, and returned to El Cairo. A small boat with a tiny outboard

motor was waiting. "We need to get going" urged the boatman. "It's getting late".

We had the current in our favor, and we made it to Parismina just before nightfall. Dinner was delicious, steamed vegetables, rice, and chicken, prepared by the owner of a *pulperia* (general store), a friend of Johnny's and fellow countryman of Juan Quiros. We slept in a couple of upstairs rooms. The next day we puttered on in our little boat through the canals to Tortuguero where a talkative lady, hungry for news, fixed us a tasty lunch of white-lipped peccary in tomato sauce with rice and beans which we ate on a table on her front porch. From there we proceeded on to Limón where we boarded the southbound train.

During the train ride Johnny explained that the Atlantic railroad was owned by the Northern Railway Company, which was founded by a British industrialist named Minor Keith, the man generally credited with accomplishing the gargantuan task of constructing Costa Rica's first railroad. The project was begun in the early 1880s and completed in 1891. Partially financed by United Fruit Company, the railroad made banana production feasible in the Atlantic zone.



Keith soon found that Costa Rican workers had little resistance to malaria and yellow fever and would not be able to provide the labor for building the railway, so he brought in laborers from Jamaica. The Jamaicans were good workers and had a long history of resistance to tropical diseases. Had it not been for them, the Atlantic railway might never have been completed. Nevertheless, they were given little in the way of appreciation for their contribution to Costa Rica's development. Even Jamaicans born in Costa Rica were, for years, considered to be Jamaican citizens and were not afforded the same rights as Costa Ricans. At first, they were allowed to travel no farther west than Peralta, a small town between Siquirres and Turrialba. Later they were allowed to go as far as Turrialba, then Cartago, and finally to San Jose and the rest of the country.

Eventually the Jamaicans were given citizenship and all the rights that came with it.

We stepped off the train at a place called Penhurst. Before we could continue to Cahuita, our destination for the night, we needed to cross the Estrella River. This was accomplished in a small boat called a *cayuca*, which was propelled by a boatman with a long pole. The bus was broken down, so we were met by a truck instead. I remember the driver brushing his teeth in the muddy river water. A light rain started falling as we climbed into the back of the open bedded truck. I noticed that the Tico truck driver and his two black companions were speaking a language I didn't understand. "It's a local dialect", Johnny explained. The older Jamaicans speak only English and the younger ones English and Spanish, but everybody speaks *patois*, except us outsiders". About the time we arrived in Cahuita, the rain stopped. After a delicious dinner of rice and beans and fish cooked in coconut oil by a delightful Jamaican man, who was determined to sell me a lot on the beach, we slept in the only hotel in town.

The bus was working the next day and took us on a morning excursion through the countryside. It broke down again just outside of Puerto Viejo. We hiked into the village and found a guy with a Toyota pickup who took us back to Cahuita where we had a relaxing, uneventful afternoon. The next morning, we returned to Penhurst the same way we came. The rest of the trip home was by rail with one change of trains in Limón and another in Siquirres.

My four-day adventure with Johnny James ended in *El Cairo* at dusk. During dinner at Juan Quiros Ching's restaurant Johnny offered a bit of wisdom. "You're a good listener," he remarked casually. "Now you know a bit more about this part of the country. I have a feeling that you're gonna be in Costa Rica for a long time, maybe even the rest of your life, and you're gonna have plenty of adventures. Just a bit of advice from an old-timer; wherever you go, take a flashlight and a roll of toilet paper, and you will survive."

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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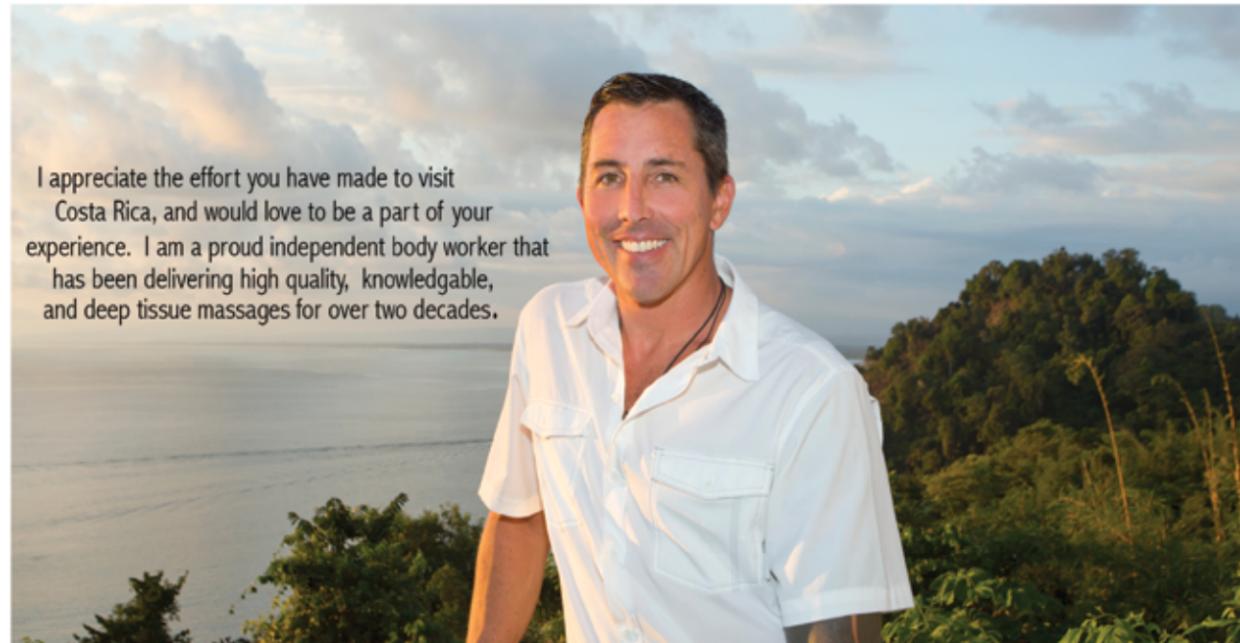
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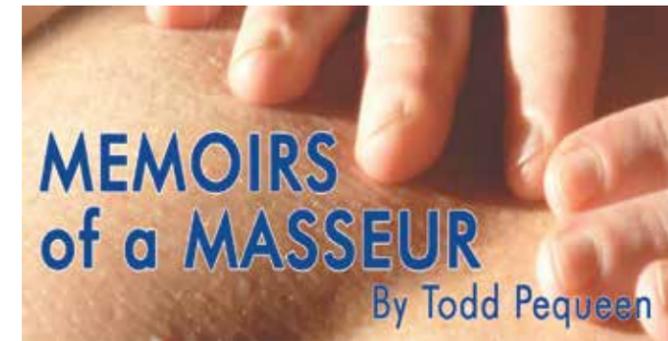
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My Philosophy Self

Most nights I go to bed around 9:00 pm and wake up at 5:00 am. That said, my schedule varies widely due to being an independent massage therapist and completely submerged into the ebb and flow of tourism. I rarely have a set schedule and more often than not my work is on call, tourists want a massage now! It can be frustrating as well as rewarding but after 22 years of living in Manuel Antonio I understand how the game works. Sometimes my intention for the day is altered by a last minute call for work or something having precedent over my desires... meaning life. The little things that happen frequently when maintaining a functioning house, vehicle, marriage, or juggling the bureaucracy of living and surviving in a Costa Rican beach town. The old adage "Murphy's Law" seems to occur more often than not and staying flexible mentally for me is a part time job. My reality is that my 50-year-old self can occupy hours upon hours in my garden, odd jobs around house, or even in front of the computer writing my peace as the world turns. Yes indeed my 30's and 40's have passed me by and most of my closest friends are raising families and doing their best post-covid selves, as aware of their isolation as I am. Mid-life crisis is indeed a reality however I do not feel like I am part of that. My wife and I are currently building a bed and breakfast and re-inventing our future but at times like these I whole heartedly feel like the world is much different now that the restrictions of Covid has passed us by, a recent nightmare of the early 2020's. At times I feel isolated but I have always felt that to be my best self my process of living is about producing daily "pain and self-discipline" as a means to remain inspired. Then finding the peace and power to go about each day with positivity and faith no matter the outcome. It is a personal mental choice that goes beyond the standard of comfortable routine and repetition. I sometimes feel lonely and desperate even with a caring wife, fruitful occupation, and financial security. Although childless I doubt my feelings of emptiness and longing for an intangible something will change. I believe my feelings are simply a part of life for those who take the time to wipe the slate clean and look at exactly what one does on a day-to-day basis and how important these things will be on our death bed. What will the most important aspects of our lives be just hours before we pass on? A morbid thought perhaps but also an honest question for those of us that feel like these decades of living, of unraveling are coming to an end....and it could be tomorrow. What should we do more of or less of? I don't know but I am curious.

Pessimism has never held space for me as I have always felt that philosophy, positivity, and the feeling of love and passion is a bridge to my greater self. No matter what my situation I am the forever optimist in a world that spins both blessings and struggles to all of us. I do not want life to be fair nor do I wish an easy path for anyone, as I have learned that the greatest lessons of life are earned through perseverance and struggle. There are so many distractions to the intentions of the day when I wake up each morning. I believe that limiting my own desires as my day transpires is just as important as having a "wild and free" attitude...but some of my greatest joys have been realized by letting myself go with the flow and having fate take its course. How does one decide? I guess my confusion lies somewhere in the realm of discipline vs. fate. I wonder if other people think of their day as a roulette wheel of fortune between what needs to be done versus what may happen and become awesome due to letting the pre-conceptions wither. Time and time again I can experience hardship yet that only prepares me for happiness and joy in the future. As an ex-patriot for over half my life I am well aware of my gifts as well as the cultural complexities aligned against me. Yet, I have chosen a life that suits my nature and have found an amazing peace here in Costa Rica over two decades later. I wish my Spanish was better, I wish I felt less struggle because even to this day I wake with something to prove...I try to comfort my clients but for me the days of beach life and a worry-free attitude has all but evaporated. I am not sure sometimes whether "living the life" is a permanent actualized statement of a teenage dream or being a trend setter that followed his truth. Is a happy reality as fine of a line as it seems?

Philosophy has a way of never being right or wrong and that is precisely why many people have a problem with it. We are all individuals with vastly different histories, desires, and focus, yet I have always found value in turning myself on end and trying to see myself upside down. My favorite clients are the ones that realize that "perfect health" is not attainable and it is a revolving door between mental, physical, and spiritual health. We get older every hour and the world around us is changing rapidly, how can we possibly remain in the status quo and expect to always be happy? Change is the elixir, for better or for worse, and to underappreciate it or not engage in it is a fearful act of self-preservation for losers. We are victorious at the highest level when we are aware that the devil doesn't come to us in a red cape and pointy horns. He comes as everything we have ever wished for. I am simply using an emphatic description and not being a zoetic preacher. When we think we have everything going for us and are completely dialed in we are in the most danger. Interjecting our ease with submissive respect is the only way to see the reality of this extremely fragile existence. Holding space in this moment and creating a neutrality about where the day, week, or year is going is one way to finally reach a blissful state here on earth. When we bow our heads in gratitude and forgiveness, we rise like conquistadors for ourselves, our families, and our community. Thank you for reading my meanderings...I love you.

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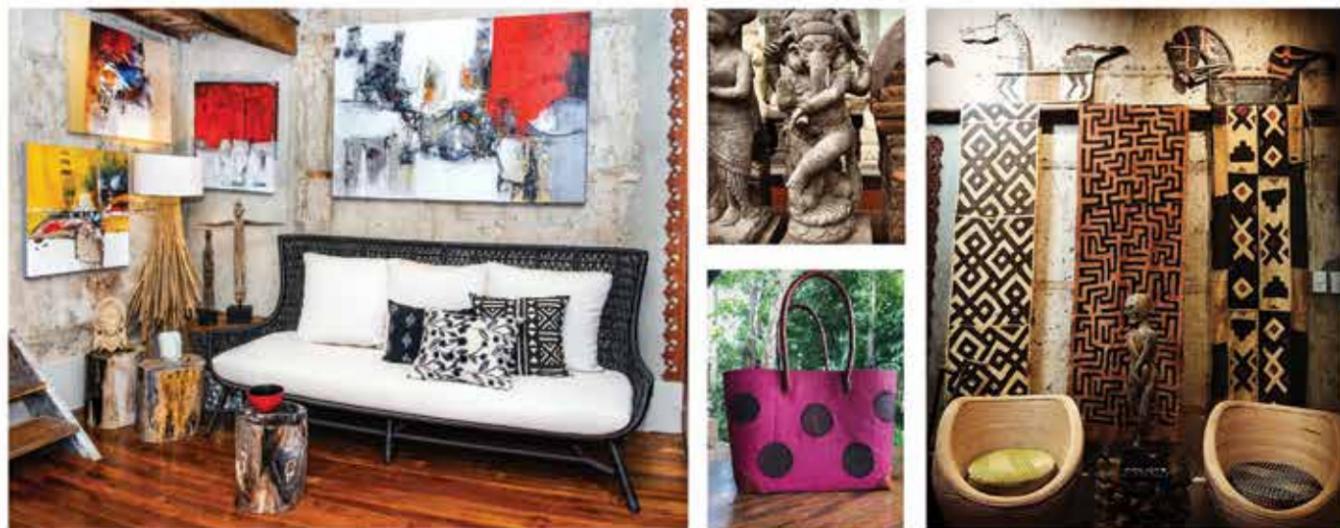
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Let's Talk About Antbirds

Antbirds are generally small birds with rounded wings and strong legs. They have mostly somber grey, white, brown, and rufous plumage, which is sexually dimorphic in pattern and colouring. Some species communicate warnings to rivals by exposing white feather patches on their backs or shoulders. Most have heavy bills, which in many species are hooked at the tip.

Most species live in forests, although a few are found in other habitats. Insects and other arthropods form the most important part of their diet.

Antbirds are monogamous, mate for life, and defend territories. They usually lay two eggs in a nest that is either suspended from branches or supported on a branch, stump, or mound on the ground. Both parents share the tasks of incubation, and of brooding and feeding the nestlings. After fledging, each parent cares exclusively for one chick until it reaches independence.





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Crunchy Vietnamese Salad

The sweet-tangy fish sauce dressing is key to this refreshing chicken salad that can be served either as a starter or a light meal.

Ingredients for 4 to 6 servings

Dressing

- 3 tablespoons of white sugar
- 3 tablespoons of Asian fish sauce (Nam Pla)
- 1 ½ tablespoons of lime juice
- 1 ½ tablespoons of white distilled vinegar
- 1 clove of garlic, finely chopped
- 1 ½ tablespoons of water
- 1 red chili pepper, finely chopped or to taste

Combine these ingredients until sugar is dissolved and set aside.

Salad

- 2 cups of shredded rotisserie chicken meat
- 2 cups of shredded cabbage
- ½ cup of shredded carrot
- 2 red onions, thinly sliced
- Small amount of vegetable oil for frying
- ½ cup of coarsely chopped cilantro leaves
- ½ cup of coarsely chopped herbs such as mint, basil, or saw-toothed cilantro (culantro coyote)
- ¼ cup of coarsely chopped unsalted peanuts

Directions

1. Fry half of the red onion until crispy and set aside.
2. Combine all salad and dressing ingredients.
3. Top with fried red onion and peanuts.
4. Feel free to garnish with more lime wedges and chili peppers.



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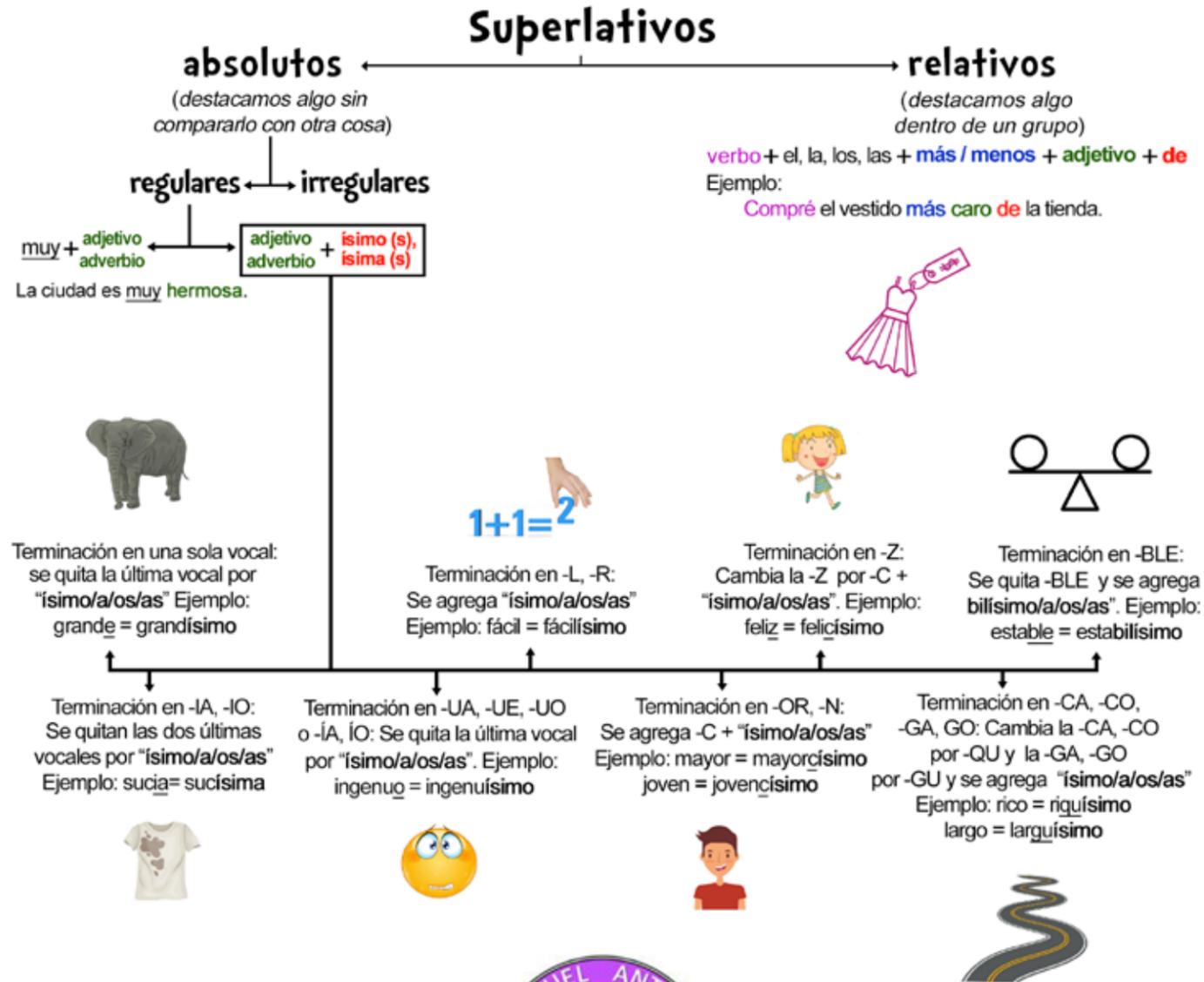


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Superlativos absolutos y relativos

Se usan para destacar una característica al máximo de alguien o de algo. Estos pueden ser de dos tipos: **absolutos** (*destacamos algo sin compararlo con otra cosa*) y **relativos** (*destacamos algo dentro de un grupo*). En esta ocasión hablaremos en detalle sobre los superlativos absolutos regulares y relativos.



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SPANISH SUCKS

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

Escriba las oraciones de acuerdo al ejemplo.

Ejemplo:

Es un señor muy guapo.

Es un señor guapísimo.

1. Es un trabajo muy difícil.

2. Ella es muy generosa.

3. ¡Cuidado se quema!, la sopa está muy caliente.

4. La película que vimos ayer fue muy interesante.

5. Mañana compraré una casa nueva, estoy muy feliz.

6. Mis padres viven muy lejos de aquí, en Japón.

7. Mi casa está muy sucia, tengo que limpiarla

8. Haití es un país muy pobre.

9. El cielo está muy nublado.

10. Mi hermano se cortó el pelo muy corto.

11. Jaime está muy triste, su madre murió.

Haga oraciones destacando algo de los siguientes animales.

Ejemplo: el león es el animal más feroz de África.



1. _____
2. _____
3. _____
4. _____
5. _____

Haga oraciones destacando algo de los siguientes objetos.

Ejemplo: la pluma es la menos pesada de los objetos.



1. _____
2. _____
3. _____
4. _____
5. _____

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him. We also have 4 baby macaws, who lived in the Gaia preserve, but they were abandoned by their mother, so we're taking care of them at the sanctuary until they are old and strong enough to be released at the Gaia again!



All the animals in the nursery, rehab center, and in the sanctuary, get enrichments to keep them busy, and to keep their wild instinct. On Friday, we made a climbing course for a baby racoon out of bamboo and rope! The mice got enrichments too—we stuffed a piece of bamboo with peanut butter, raisins, and honey, and then closed the ends off with cardboard so they can work for their treats! For Afronzito we stuffed a Kong with raisins and peanut butter, and froze it—so he has to use his tongue to break into the raisins...his favorite part!

Any donations you can make at kstr.org will help us take care of the babies—can't wait to share another update with you—thanks, and Pura Vida!



Hi Quepolandia Readers! It's Dani, your spokeskid for KSTR, back again for another article!

I'm back in Manuel Antonio for the summer, and I am volunteering at Kids Saving the Rainforest. Today I am going to tell you about our Nursery and Rehab Center.

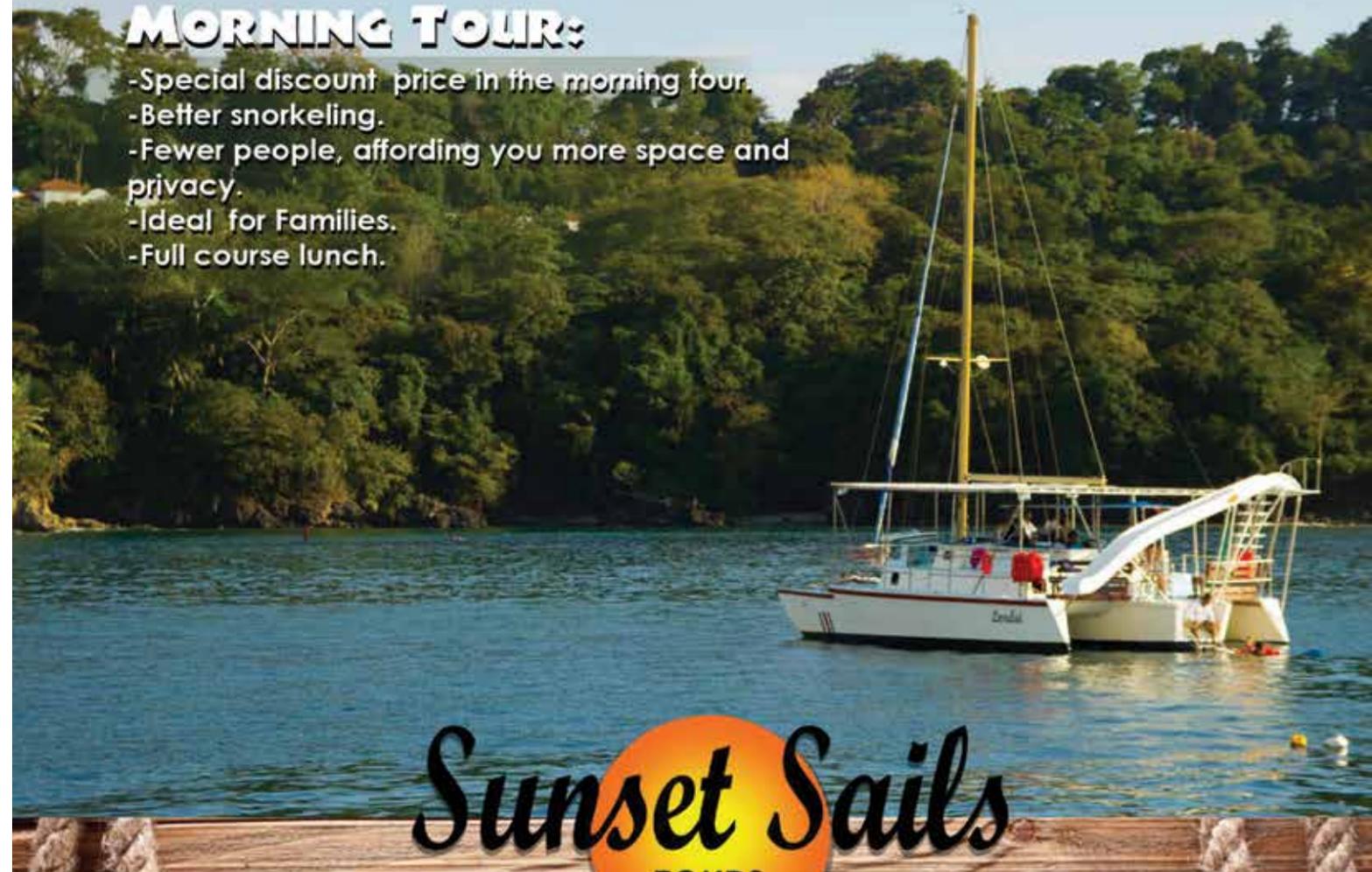
In the Nursery, we have several different baby animals. We have 4 baby racoons, 6 baby opossums, 2 mice, and a lot of birds! All the animals in the nursery are super gentle, loving and adorable—and they each get their own special care routine. The racoons need to be bathed 3 times a week, to keep them clean and healthy—and they get special food like a smoothie, made just for them! The smoothie has carrots, papaya, and banana. Sounds good, right? We also feed them fruit salad, containing watermelon, papaya, banana, potato and other fruits and veggies.



In the rehab center, we have 3 baby squirrel monkeys who lost their mom, and we're going to release them soon! We keep them separate from the other animals, so they have minimal contact with humans. We have a baby Capuchin monkey, named Afronzito, who lost his tail from a shock from a power line. He's healing now, but we probably won't be able to release him—because he'll have a really tough time in the wild without a tail. He's really skittish—so we want to get him more used to the volunteers, so we can care for

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In my 50+ trips to Costa Rica I would always be concerned with how much money to bring and then exchange once I'm there. These are my recommendations. I would take down \$300 in USD in twenties and some ones for tips when you get there. Then I use the cash and get change in colones. Be advised that it is 687.50 colones to one dollar (on July 6, 2022), but a restaurant or store may give you only 650. That is still better than the currency exchange at the airport. When I'd run out, I would get more colones out of the ATM. The best exchange rate will be with the bank (you need your passport for that) and then the big grocery stores give the current rate. The toll operators also give change in colones, but don't give them anything larger than a twenty dollar bill.

is easier to get it the U.S. than using the ATMs in Costa Rica. First most ATMs have a max of \$200 withdrawal daily. You are also getting charged the ATM fee there and at your home bank (in most cases—some credit unions give refunds). And if you get colones you already lose on the exchange rate as the buy and sell price is about 25 colones difference.

A lot of stores will have a calculator and they decide on the amount in colones if you give them dollars. It is not worth arguing with them since they also may factor in the time and resources (gas) to get to the bank and exchange dollars back or deposit them. Some banks can be an hour away and the wait time in them could be hours.

If you are bringing over \$1000, make sure you hide it well. or make sure your room has a safe. Hide some of it in a different place. Get travel insurance that covers theft. I would not carry it on me when I am out. And I would rather pay the international wire transfer fee than carry a lot of cash in the first place. However, each traveler has a different risk tolerance.

Send me a note and I will tell you three of my favorite places to hide money. Safe travels!

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Why Are Sloths So Slow?



This is probably the main question we get (and why they poop on the ground...stay tuned for that). Stereotypically speaking, sloths are often categorized as lazy and dumb because of their cryptic habits. In general, we humans tend to recognize speed and power as the most successful way to go about life. However, their slow lifestyle is not something to be teased or reviled. In fact, their slow lifestyle should be celebrated as they have been highly successful (before human encroachment) at living in a rainforest environment. Their strategy for success is one of deliberate and calculated movements and staying under the radar. Below are the three main reasons why sloths are slow.

A need to conserve energy

Sloths have the least muscle mass of any mammal. They are also herbivores (two-fingered sloths are somewhat omnivorous) which is a diet that doesn't bring in a lot of calories. Therefore, they don't have a lot of calories to exert or a lot of places to store energy. By being slow they can save precious energy while searching for their next meal so they don't get sick or starve to death.

A need to climb carefully

Sloths are excellent climbers but they can also be a little clumsy. They are not known for their vision (although three-fingered sloths have much better vision than two-fingered sloths) or their balance. However, they are extremely flexible and have a strong grip. By moving slowly through the trees, they are able to plan their travel route more carefully and lessen the chance that they will fall somewhere dangerous. Sloths are actually great at falling, however if they fall on some-

thing hard or pointy (or man-made structures) they are more likely to get harmed in the incident.

A need to stay invisible

There aren't many things more important for sloths than not getting eaten by a predator. Obviously, that means the end of everything for them. By being slow, sloths are able to be silent. We have watched sloths for thousands of hours in the forest and can attest to their ability to stay hidden. Not only through amazing camouflage skills, but also through their ability to move silently through the forest canopy. If a predator can't hear them, then they are more likely to not find them.

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Anyone who has spent time in Manuel Antonio area during the months of August-October can attest to the fact that they are months usually dedicated to recharging batteries, renovating spaces, and enjoying a bit of well deserved down time after all the intense high season and busy summer travel dates.

With the incredibly unique whale migration, Marina Pez Vela officially kicks off the whale watching season in August with daily tours leaving the Marina to witness these amazing creatures in the waters just outside the MPV. If you have not been out on the waters, do NOT miss this opportunity as it is simply magical.

For tour information contact IFishQuepos.com.

The authentic taste of Mexican food has come to Marina Pez Vela

Lovers of Mexican food now have a new option at Marina Pez Vela. **Agave Restaurant**, a gastronomic concept that combines original dishes with a special touch of flavors, colors and a varied offer for all tastes.

Among the menu are tacos al pastor, fajitas, enchiladas, guacamole, tortilla soup, nachos, cochinita pibil, fish, shrimp cocktail, and others.



Mexican cuisine is recognized and acclaimed worldwide for its wide variety of aromas, textures and ingredients, including spices and other endemic products that bring richness and a unique flavor to each dish.

Agave's hours of operation are Tuesday to Saturday from 12 a.d. to 10 p.m and Sunday from 3pm to 9pm. For reservations call **8919-1700**.

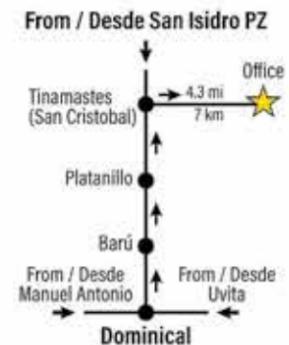


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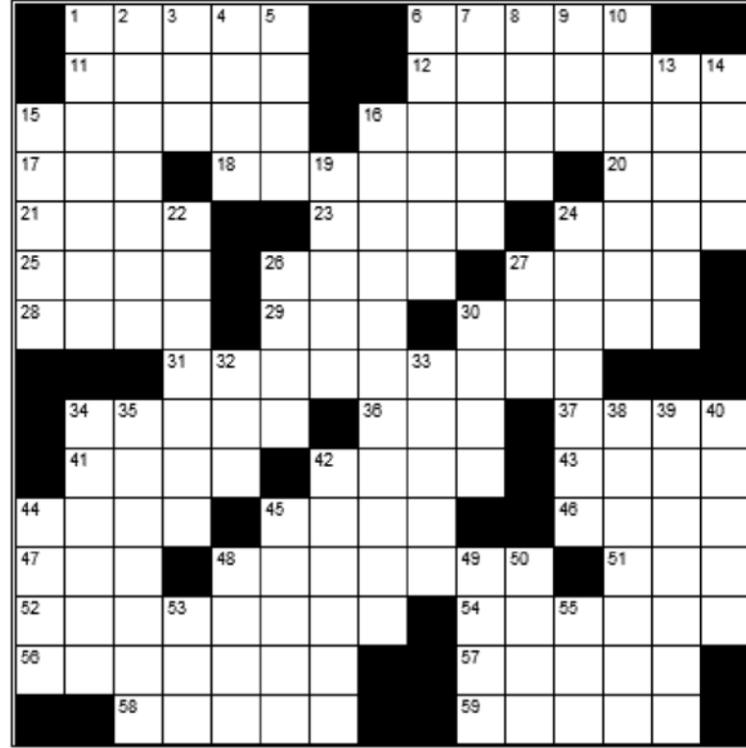


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- 11. Greetings
- 12. An adhesive bandage
- 15. Roof beam
- 16. Emptying
- 17. Mineral rock
- 18. Debt
- 20. Lair
- 21. Indian dress
- 23. Makes a mistake
- 24. Claim
- 25. Biblical garden
- 26. A reserve of money
- 27. Western tie
- 28. Views
- 29. An Old Testament king
- 30. The whorl of sepals



DOWN

- 1. Blatant deception
- 2. Umpire
- 3. Altitude (abbrev.)
- 4. Parasitic insect
- 5. Unit of pressure
- 6. On the train
- 7. Whiskers
- 8. Terminates
- 9. American Dental Association
- 10. In the manner of a dandy
- 13. Refrigerator
- 14. Lairs
- 15. Thorny flowers
- 16. Jargons
- 19. Utilize again
- 22. Coastal
- 24. Cloddish
- 26. Notability
- 27. Prohibit
- 30. Serene
- 32. A large vase
- 33. Inclination
- 34. Artist's workroom
- 35. A very large pot
- 38. A canvas shoe
- 39. For the most part
- 40. Everglades bird
- 42. Frothy
- 44. Complain whiningly
- 45. Loamy deposit
- 48. Gusted
- 49. At one time (archaic)
- 50. Sexual assault
- 53. Before, poetically
- 55. Spy agency

Crossword Solution on Page 57



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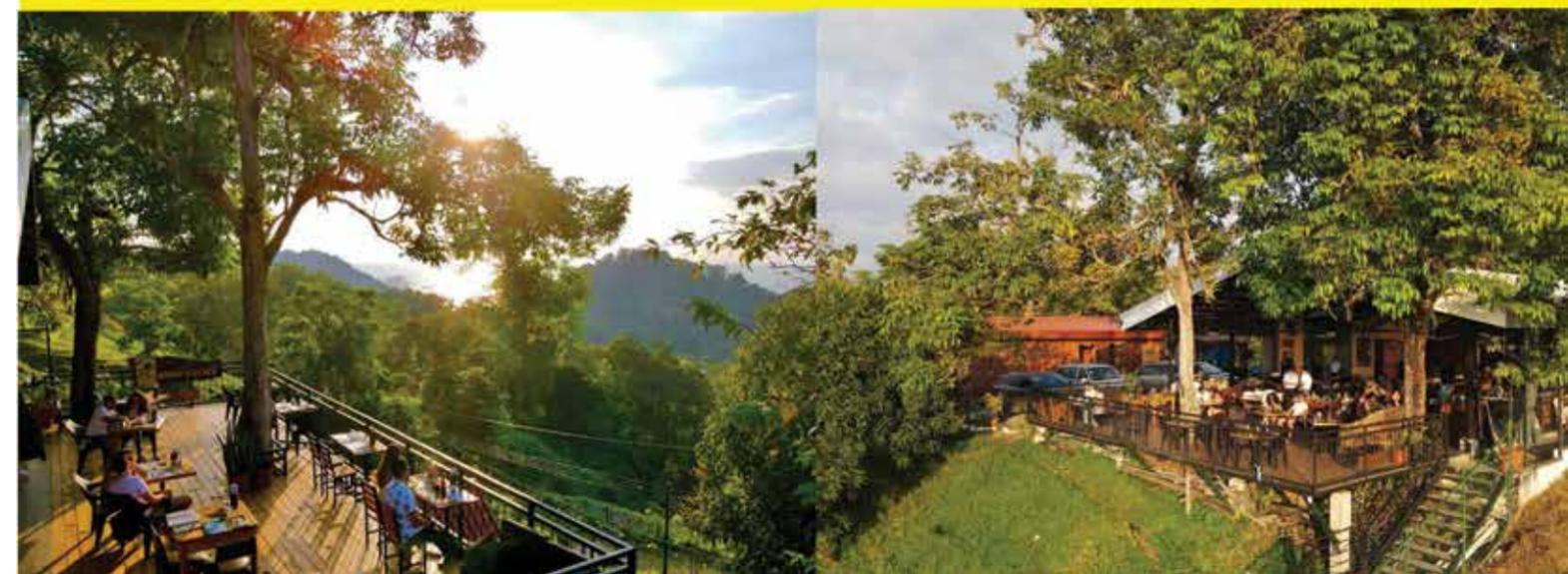
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Humpback Whale Migration to Costa Rica

Alaska/California Migration

- Arrives in CR in December
- Leaves CR in April

**Whales from both locations use Costa Rica's waters to breed and raise their young.*

Antarctic Migration

- Arrives in CR in July
- Leaves CR in November



©TwoWeeksinCostaRica

Costa Rica is probably best known for its wildlife on land. Monkeys, sloths, birds, and butterflies often steal the show and for good reason. But what some forget is that the waters right offshore are full of life too. Sea turtles, tropical fish, dolphins, and whales all frequent the waters of Costa Rica's two coasts.

There are two different migrations for humpback whales: one from areas to the north like Alaska and California, and another from the Antarctic zone to the south. These migrations happen at different times of year but don't overlap. Northern humpbacks typically start to arrive into Costa Rica in December and can be seen until around April, while southern ones don't show up until later in July and stay until the beginning of November. This means that in Costa Rica there is a chance of seeing humpback whales for nine months out of the year.

Costa Rica is a prime whale watching destination and it is all thanks to the spectacular annual migration of two groups of humpback whales. This long journey starts when temperatures in both North and South America start to cool during their respective winters. Humpbacks quickly head toward the equator where waters are warmer—and Costa Rica is one of their favorite spots. An amazing fact is that this migration is the longest of any mammal in the world, spanning a distance of up to 5,160 miles (8,300 km). These whales can go fast too, and one was recently recorded by the National Oceanic and Atmospheric Administration making a 3,000 mile (4,830 km) trip in only 36 days!

Once the whales get to Costa Rica, it's not just about vacationing in the sun. Humpbacks congregate together and use the months that they are here to find suitable mates, breed, and rear young. The temperate waters are thought to be ideal for the growth of baby whales, even though they can already be 13-16 feet (4-5 m) long and weigh up to 1 ton (907 kg) at birth.

Because they spend so much time above the surface spy hopping, fin slapping, breaching, and fluke flipping Humpback whales are by far the most popular subjects for whale watching tours in Costa Rica. Spy hopping is self-explanatory. The whales are popping above the surface to take a look around.



Scientists believe that the other behaviors may be forms of communication because of the incredible sound volumes produced when whale flesh meets water. Others state confidently that the whales leap clear of the water because they are trying to rid themselves of parasites like sea lice and irritating freeloaders like barnacles.

When you see these giants burst completely free of the water it's hard to believe it can be the result of anything but sheer exuberance and joy.

The Antarctic migration has the most whales and peak season is between August and October so have your camera ready and get to Marina Pez Vela and take an unforgettable tour of our beautiful coast.

TIDES for AUGUST 2022

Day	High	Low	High	Low	High	Phase
Mon 01	05:14 8.79 ft	11:14 0.97 ft	17:25 8.57 ft	23:28 0.54 ft		
Tue 02	05:49 8.84 ft	11:52 0.94 ft	18:02 8.37 ft			
Wed 03		00:04 0.68 ft	06:26 8.83 ft	12:32 1.00 ft	18:41 8.11 ft	
Thu 04		00:41 0.88 ft	07:05 8.76 ft	13:15 1.11 ft	19:24 7.81 ft	
Fri 05		01:23 1.11 ft	07:49 8.64 ft	14:03 1.25 ft	20:14 7.53 ft	First Quarter
Sat 06		02:11 1.36 ft	08:40 8.50 ft	14:58 1.38 ft	21:12 7.31 ft	
Sun 07		03:07 1.58 ft	09:40 8.40 ft	16:01 1.40 ft	22:19 7.27 ft	
Mon 08		04:13 1.68 ft	10:46 8.43 ft	17:09 1.25 ft	23:29 7.49 ft	
Tue 09		05:24 1.56 ft	11:54 8.63 ft	18:15 0.89 ft		
Wed 10	00:37 7.96 ft	06:34 1.21 ft	12:58 8.99 ft	19:17 0.40 ft		
Thu 11	01:38 8.58 ft	07:38 0.72 ft	13:58 9.39 ft	20:13 -0.11 ft		Full Moon
Fri 12	02:33 9.22 ft	08:36 0.22 ft	14:52 9.73 ft	21:05 -0.53 ft		
Sat 13	03:24 9.75 ft	09:29 -0.17 ft	15:43 9.92 ft	21:54 -0.76 ft		
Sun 14	04:13 10.07 ft	10:19 -0.37 ft	16:32 9.89 ft	22:40 -0.76 ft		
Mon 15	05:00 10.15 ft	11:08 -0.33 ft	17:19 9.64 ft	23:25 -0.52 ft		
Tue 16	05:46 9.98 ft	11:55 -0.07 ft	18:06 9.18 ft			
Wed 17		00:10 -0.07 ft	06:32 9.58 ft	12:42 0.37 ft	18:54 8.58 ft	
Thu 18		00:55 0.55 ft	07:19 9.04 ft	13:31 0.90 ft	19:44 7.92 ft	Last Quarter
Fri 19		01:42 1.23 ft	08:09 8.44 ft	14:23 1.45 ft	20:39 7.29 ft	
Sat 20		02:33 1.90 ft	09:03 7.88 ft	15:22 1.90 ft	21:41 6.82 ft	
Sun 21		03:32 2.43 ft	10:03 7.47 ft	16:27 2.14 ft	22:49 6.61 ft	
Mon 22		04:39 2.73 ft	11:07 7.29 ft	17:34 2.14 ft	23:55 6.69 ft	
Tue 23		05:47 2.73 ft	12:08 7.36 ft	18:33 1.91 ft		
Wed 24	00:52 6.99 ft	06:47 2.47 ft	13:02 7.61 ft	19:22 1.56 ft		
Thu 25	01:40 7.42 ft	07:37 2.06 ft	13:49 7.95 ft	20:04 1.17 ft		
Fri 26	02:21 7.89 ft	08:19 1.59 ft	14:30 8.30 ft	20:41 0.80 ft		
Sat 27	02:58 8.35 ft	08:57 1.13 ft	15:08 8.60 ft	21:16 0.49 ft		New Moon
Sun 28	03:33 8.75 ft	09:34 0.73 ft	15:45 8.80 ft	21:49 0.27 ft		
Mon 29	04:07 9.06 ft	10:10 0.43 ft	16:21 8.87 ft	22:23 0.17 ft		
Tue 30	04:41 9.25 ft	10:46 0.26 ft	16:57 8.81 ft	22:57 0.18 ft		
Wed 31	05:16 9.32 ft	11:23 0.24 ft	17:34 8.63 ft	23:32 0.31 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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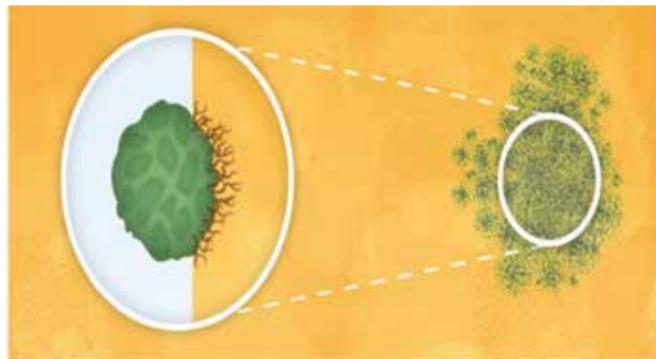
By Shelagh Duncan

Some Easy Ways to Protect Your Home (& Boat) from Mold

What is Mold?

Molds (and mildew) are fungi. Fungi are not plant, animal or bacteria, they are microbial. They are responsible for such wonderful organisms as the delicious edible mushrooms, they are the makers of the "miracle drug" penicillin and the yeast that makes our bread rise, our fine wines ferment and our richly flavoured cheeses taste so good. They play important roles in bio-technology and food science in the production of many foods, beverages, antibiotics and enzymes.

Biologically, all fungi have defined cell walls, lack chlorophyll and reproduce by means of (airborne) spores. Approximately 100,000 species of fungi have been described and it is estimated that there are at least that many waiting to be discovered. The vast majority of fungi feed on dead or decaying organic matter - they are one of the principle agents responsible for the natural recycling of dead plant and animal life.



Mold growth

That is the problem. We live in the jungle, in the tropics, and all around us the cycle of life is renewing itself constantly and producing countless numbers of spores that we breathe in and live with each day. Some of these cause allergies and can have serious health issues, most are just a constant cleaning problem.

Mold has four critical requirements for growth - available mold spores, available mold food, appropriate temperatures and considerable moisture. In other words, if we can control our environment, we can control mold: easier said than done.

Air conditioning and dehumidifiers will help with the temperature and humidity requirements, but it is impossible to eliminate the spores, or their food. Almost every substance that contains carbon atoms (organic substances) will provide food - and carbon is everywhere. It is the sixth most abundant element in the universe. The oil from your skin that is left when you touch an otherwise mold resistant surface like stainless steel, or the soap residue left from a good cleaning will both provide sufficient nutrients to support the growth of most molds. Once a spore finds food it attaches itself, puts out roots and quickly colonizes the area.

If you have used bleach you will see that the mold always returns, usually even worse than before, especially on porous surfaces. Although it eliminates the visible mold growth, it also encourages the next bloom. Bleach is mostly water, and when that dries it leaves a layer of carbon residue behind - which is the perfect mold food.

Also, many of the most common materials found in homes like wood, fabric and other organic fibers are among the most preferred of mold nutrients. So, eliminating mold food from your environment is a virtually impossible task.

What can you do about it?

It has been suggested that anti-fungal, oil based paint works to deter mold growth, and we tried it and agree. Builders here typically use water based paints because they are cheaper and easier to work with. Even with the anti-fungal paint (oil or water based) the mold will still grow on the surface if you don't keep it clean. It grows on almost everything - even specs of dust!

The Ozone Shock Treatments have become more popular recently as a fast and easy solution to get rid of moldy smells in homes. This method blasts the area with a lethal dose of ozone. As long as you evacuate and wait until it has dissipated, it is safe enough for humans. Critics however, say it may kill, but does not remove the mold, and as this high-ozone dose is a powerful oxidizing agent, the ozone could not only damage such things as rubber, it could also actually change the molecular structure of some chemicals to produce other noxious chemicals.

There many other studies that do confirm the effective use of ozone to kill mold, but in conjunction with other remediation techniques.

Stay away from using drywall or any other porous building materials if you can. Concrete ideally should be sealed, because moisture wicks up from foundations and through block walls. Slabs should be

poured onto a thick layer of plastic over a couple of inches of raked sand. Any other kind of moisture-block applied to exterior masonry surfaces is also recommended. Sella Tek SA is a Costa Rican company specializing in sealing buildings against moisture problems.



Cross ventilation

Running hot water pipes through the house is a smart and practical solution for drying closets and storage areas, and locating your water heater in a bodega (or large closet) will give you a 'dry' room. Adding a light bulb inside a kitchen pantry will help keep it dry. Also finishing your wood and bamboo with poly-urethane, instead of shellac, will work well - however marine varnish will out-perform all others. Use car wax along your grout lines to help prevent the moisture seeping up from the concrete below, and especially in showers or anywhere it comes in direct contact with water. (Auto wax is also great to use on appliances once or twice a year to help prevent rust!)

We know that bleach is a no-no. Vinegar kills bacteria and germs, but only some types of mold. Also, any vinegar you buy here is pretty diluted - so again it is almost all water.

You can use natural anti-microbial products like **Concrobium Mold Control** on almost everything including fabric. It really works with a treatment just once or twice a year. This is a natural, safe product that actually kills the mold right down to the 'roots' by suffocating it. The magic is that once dry it sets up an anti-microbial barrier shield, to prevent other spores settling and growing in the treated area. Odour and chemical-free it is easy to use and very effective.



It is available in refillable spray bottles, gallon jugs, and the newest option is a mini fogger. The fogger produces a fine mist that can be sprayed into enclosed spaces like closets and under sinks. This mist coats every surface and gets into the nooks and crannies that may be difficult to access otherwise. It is great for musty smelling clothes, curtains and furniture too.

If you have a boat then it could be your new best friend!. That familiar musty smell that welcomes you when you open it up after a long period can be eliminated with the mini-fogger. It is safe to use on almost all surfaces, has no smell and needs no mask for application. Constant exposure to water and humidity make boat surfaces a



haven for mold and mildew. Now you can protect your investment by controlling mold without using environmentally harmful chemicals.

Concrobium is a mold treatment, not a cleaner. Follow the instructions and you will get great results. If you have staining due to serious mold growth Concrobium Mold Stain Eraser will remove it quite safely, and without scrubbing. It is a powerful cleaning solution that targets tough and embedded mold and mildew stains.



For mattresses and thick cushions - go Tico. Put them outside in the sun, and turn them often. Make use of our solar power. Elevated or propped up on a concrete surface, they will heat up faster than on gravel or earth. When dry, spray with Mold Control to keep the musty smells at bay.

Obvious things like running your fans and maximizing ventilation will increase the air circulation in your house, but unfortunately the most effective, overall solution is still air conditioners and dehumidifiers; or a combination of all of the above.

Some of us have come to the conclusion that no matter how hard we try, we just have to live with ubiquitous mold and the constant battle to keep one-step-ahead. So pour yourself a glass of fine wine, cut a slice of crusty fresh bread, layer on some Blue Stilton, sit back and enjoy.

Paradise has its price—and its rewards.

Until next time...

Shelagh Duncan
Royal Palm Interiors - Uvita
2743-8323
royalpalinteriors@gmail.com

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 naive 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

**PARQUE NACIONAL
MANUEL ANTONIO
NATIONAL PARK**

Fotos by Unique Photography
kanuttos@hotmail.com

Nestled idyllically on some 682 plus hectares of the mid-Pacific coast of Costa Rica, Manuel Antonio National Park (named after a conquistador that is buried there) is one of the most visited tourist destinations of all of the country's 34 National Park and Reserve Systems. Second only to the Poas volcano in admissions, 513,000 visitors in 2019 traversed the park trails and enjoyed the pristine, white-sand beaches that slope down from tropical forest into the clear azure waters of the Pacific Ocean. The park habitat consists of primary and secondary forest, marsh and littoral woodland, an 18-hectare mangrove swamp and 12 islands off of the coast. Over 100 species of mammal and close to 200 species of bird have been identified in the park. It is home to the endangered Mono Titi (*Saimiri oerstedii*) monkey, as well as white-faced capuchin monkeys, howler monkeys, two and three-toed sloths, white-nosed coati, iguanas, and many other species of exotic wildlife. Pacific green turtles and olive ridley turtles occasionally nest on the beach. In addition to its diverse, paradisiacal flora and fauna, the park also has several other interesting features: The blowhole at Escondido Harbor that is best viewed as the tide surges in, Serrucho Point, an eroded cliff that looks like a saw and is honeycombed with sea caves, and a pre-Columbian, underwater turtle trap located on the western tip of Manuel Antonio Beach.

Open from 7:00 a.m. to 4:00 p.m. Closed on Tuesdays. Park admission is \$18.00 for adults & \$6.00 children 2-11. Entrance tickets can only be purchased online at serviciosenlinea.sinac.go.cr, and your passport number is required for registry at the national park. There are discounts for students and senior citizens. Sodas and waters are permitted, non alcoholic drinks, but at the moment, any type of food is not allowed. Guided tours are available and recommended. For park information 2777-5185, manuelantoniopark.com.

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Alcoholics Anonymous	8814-6251	8485-9893
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
Pura Vida Pest Control	8706-7341	8927-5238
Quepolandia		8632-7489
Ronny's Place - Mirador Mi Lugar	2777-7575	2777-5120
Royal Palm Interiors, Uvita		2743-8323
Sarah Yunker Photography		8935-2907
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Veterinarian - Dr. Alfonso Cordoba		2777-4760
Veterinarian - El Colono		2777-3611
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				
		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
 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

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Liberia Castro ... 2777-0646
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 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
 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

8995-2929
2101-9736
Manuel Antonio

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 1/4 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

SERVICES

SPANISH & ENGLISH LESSONS

Also Residency Help and Wedding Officiant
 Jorge Chaves 8365-9703 jorgechaves23@outlook.com

VIOLINIST AVAILABLE

for Weddings, Parties, Live Events, Studio Work or Instruction.
 From Classical to Jazz to Rock
 506 8342 3152 njbfiddle@aol.com

Sweet CREPES
 MADE WITH LOVE
 AMOROSI
 AT MARINA PEZ VELA

FELIZ
DÍA DE LAS
MADRES



Best friends graduated from medical school at the same time and decided that, in spite of two different specialties, they would open a practice together to share office space and personnel. Dr. Smith was the psychiatrist and Dr. Jones was the proctologist. They put up a sign reading: "Dr. Smith and Dr. Jones: Hysterias and Posteriors."

The town council was livid and insisted they change it. So, the docs changed it to read: "Schizoids and Hemorrhoids."

This was also not acceptable, so they again changed the sign. "Catatonics and High Colonics" - No go.

Next, they tried "Manic Depressives and Anal Retentives" - thumbs down again.

Then came, "Minds and Behinds" - still no good.

Another attempt resulted in, "Lost Souls and Butt Holes" - unacceptable again!

So they tried "Analysis and Anal Cysts" - not a chance.

"Nuts and Butts" - no way.

"Freaks and Cheeks" - still no good.

"Loons and Moons" - forget it.

Almost at their wit's end, the docs finally came up with: "Dr. Smith and Dr. Jones - Specializing in Odds and Ends."

Everyone loved it.

SOME THINGS TO PONDER AS WE AGE

The inventor of the treadmill died at the age of 54.

The inventor of gymnastics died at the age of 57.

The world bodybuilding champion died at the age of 41.

The best soccer player in the world, Maradona, died at the age of 60.

And then...

KFC inventor died at 94.

Inventor of Nutella brand died at the age of 88.

Cigarette maker Winston died at the age of 102.

The inventor of opium died at the age of 116 - in an earthquake.

Hennessy cognac, Irish inventor, died at 98.

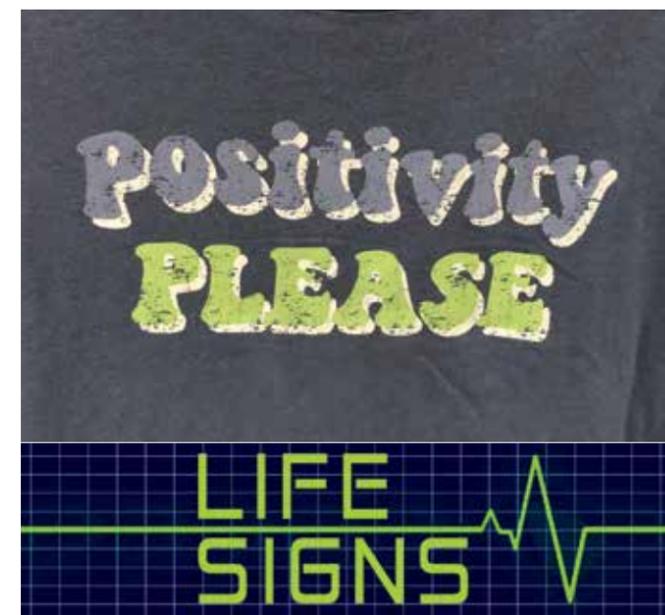
How did doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping, but it lives for only 2 years.

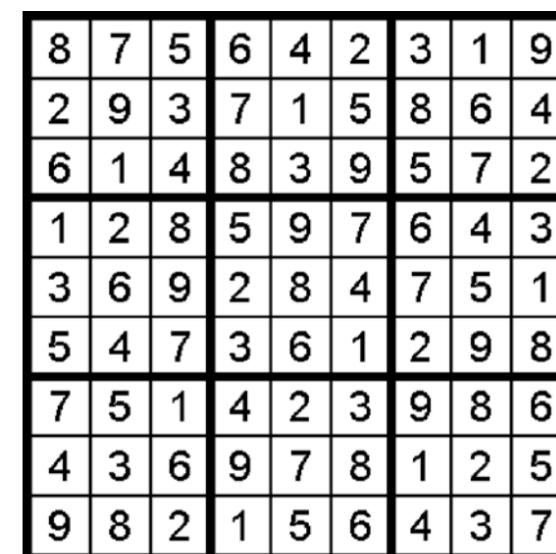
The turtle that doesn't exercise at all, lives 200 years.

So...Have a drink...Take a nap...

And when you wake up, have some bacon and eggs!



Crossword on Page 42



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

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-RestauranBar/215837851792959
Javier & Arturo
Wednesday & Sunday, 5:30-9 pm

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



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

Beach Church
MANUEL ANTONIO, COSTA RICA

Playa Espadilla 9:30 am

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

Welcome Visitors
Celebrate!
The birth of our Savior and Lord Jesus Christ

Sundays
9 am & 6 pm

Weekdays
6 pm

Catholic Church, Quepos




What to do if you're caught in a Rip Current

DON'T PANIC!
Swim Parallel to the shore until clear of the current.
If you can't break free, let the current take you out beyond the breakers.
Then swim diagonally toward the shore. Never try to swim against the current.
Remember it's easier to float in salt water.





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	

Special Placement - Add 10%

Discounts for advance payment of three editions - 5%

Discounts for advance payment of six months - 10%

Discounts for advance payment of one year - 15%

Let us design your ad. Full-page \$120, 1/2-page \$60, 1/4-page \$40, 1/6-page \$20 & 1/8-page no charge.

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

Publisher and Director of Sales and Marketing:
David Bolger

Regular Contributors:

Benn Gilmour
Brisa Elegante
Dave Bolger
Desiree Brassert
Greg Gordon
Kids Saving the Rainforest
Jack Ewing
Marina Pez Vela
Manuel Antonio Spanish School
Shelagh Duncan
Todd Pequeen

Tel: 506-8632-7489

info@quepolandia.com
quepolandia.com

Apartado 293, Quepos 6350, Costa Rica 60601

We've had over
800,000!



visitors &
they keep
coming...

**Advertise on
quepolandia.com**



info@quepolandia.com

8632-7489

Save **50%** with an ad in Quepolandia magazine.



SQUARE 150px X 150px

\$10/mth with ad in magazine

\$20/mth without ad in magazine

Located in multiple positions



HORIZONTAL 300px X 150px

\$20/mth with ad in magazine

\$40/mth without ad in magazine

Located in multiple positions



VERTICAL 150px X 300px

\$20/mth with ad in magazine

\$40/mth without ad in magazine

Located in multiple positions



**NATIONAL WILDLIFE
REFUGE**

www.haciendabaru.com

BANNER 950px X 75px

\$25/mth with ad in magazine, **\$50/mth** without ad in magazine

Spans the top of the website in a prime position above the Quepolandia header



Over 35 years of experience in Costa Rica

-  Vacation Rental Marketing >
-  Pool Cleaning >
-  Landscaping >
-  Home Cleaning >
-  CPA, tax and bill pay >
-  Maintenance and Repair Staff >
-  Community Service >

Complete Property Management Solutions

> Now with an office in Quepos.

Contact us today for a free rental evaluation!



Offices in Quepos and Uvita

Representing Manuel Antonio's Finest Properties

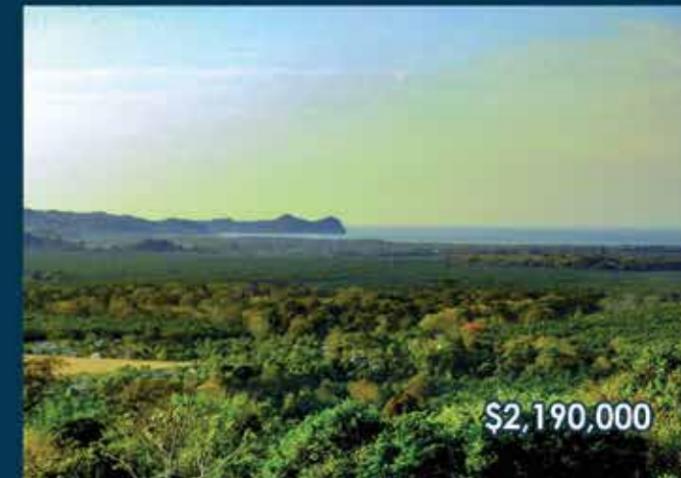
777 Acre Ocean View Ranch

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

\$500,000 PRICE REDUCTION!



\$2,190,000

Amazing Ocean View Development Parcel

This 235 acre ranch is one of the best development parcels in the Central Pacific Coast of Costa Rica. Nearly 75 % of the property has wide open, stunning ocean views of the coastline, Manuel Antonio beaches and year-round sunsets over the ocean. This property is a developers dream, having two separate rolling hills ridge-lines that allow for multiple building sites and unobstructed views throughout; and at the same time, it contains large portions of pristine forest, that create a natural, private reserve like environment with plenty of wildlife sightings and beautiful nature hiking trails.

235 ACRES ONLY \$2 PER SQUARE METER

Rio Seco, 60 Acres

An architectural Masterpiece with a natural backdrop you could only dream of! This new 3 bedroom, 3 bath custom home sits on 60 acres of pristine land. The home combines a sleek modern design and all the amenities you could dream of with a natural setting that is emblematic of Costa Rica. Marvel at the Panoramic 360 degree views of the Pacific Ocean from the front of the home or enjoy a cup of Costa Rica coffee on your back porch with the Fila Chonta Mountain Range and Rainmaker reserve as your backdrop.



\$699,000

20 MINUTES FROM QUEPOS 3,850 SQ. FT.



HBR Exclusive Properties



Ocean View

New Contemporary designed 3/3.5 home. Pool. Borders a nature preserve. Close to beaches and shopping. Gated Community
\$829,500



MA Condo

Location! Location! Location!
 2 Bedroom with 1 Bathroom
 Pool and BBQ Area
\$135,000



Renovated Home in Quepos

Home is separated into 2 apts. One with 3 bedrooms & 2nd with 2 bedrooms. Off-street parking. Close to Marina.
\$259,000



Casa Milena

Outside Quepos
 Large 4 bed & 2.5 bath home
 Plenty of storage, secure parking
\$300,000



Popular Quepos Hotel

Best location in Town
 14 Bedrooms
 Restaurant, Laundry, Pool, Reception.
 Walking distance to La Marina Pez Vela
\$1,095,000



Fuzzy House

Located in Naranjito.
 2 bedrooms/1 bathroom.
 1.44 acres with 360 degree views.
\$190,000



Nature Lover's Dream Home

Ocean View
 Surrounded by Mountains
 4 Beds and 4 Baths
 7.5 Acres of Rainforest
\$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 cabinás.
\$885,000

WWW.HIDDENBAYREALTY.CR

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

Ron Neal
 8366-1759
ron@hiddenbayrealty.cr

Office
 2774-0212
info@hiddenbayrealty.cr

Kurt Hocker
 8885-2525
kurt@investment.co.cr