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SEPTEMBER/OCTOBER 2022

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About Me

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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
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MELISSA KLASSEN

WhatsApp+506 8882 0009
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Tuesday October 11 QUEPOLANDIA DEADLINE

Mon Sept 5 Int'l Day of Charity/Labor Day (NA)
 Thurs Sept 15Independence Day (CR)/Yom Kippur
 Wed Sept 21 International Day of Peace
 Sun Sept 25 Rosh Hashanah

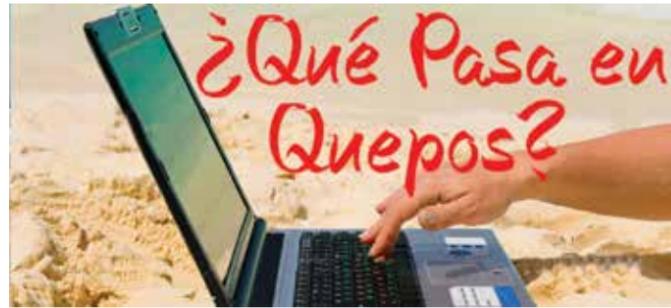
Sat Oct 1 Coffee Day
 Monday Oct 10 Thanksgiving (Cda)
 Sat Oct 15 Sweetest Day
 Sat Oct 22Make A Difference Day
 Mon Oct 31 Halloween

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

Sudoku Solution1 on Page 57

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

Sudoku Solution2 on Page 57



Bienvenidos... Welcome to the rainforest. Green season has arrived, so enjoy the peace and all the lushness it provides. Our mornings are normally sunny and beautiful and the rain rolls through late in the afternoon. So, get out early and enjoy your adventures and get a late afternoon nap or massage. Our restaurants and tour companies are in full swing to make your stay here an unforgettable one. Without the crowds and with cooler weather it's a perfect time to hike one of our beautiful National Parks that Costa Rica has to offer. We recommend calling ahead to our fine restaurants beforehand because some will be closed briefly this time of year for a quick vacation for themselves and their staff.

Marina Pez Vela keeps the action going with one of the best fleets of boats to experience the migration of humpback whales that vacation here just off shore this time of year (Brisa Elegante and Sunset Sails). The sportfishing is spectacular as well (Jackpot Sportfishing and JP Sportfishing). October 31 is Halloween and MPV Annual Halloween Bash will be handing out candy for the kids, a masquerade show and restaurant specials. Always a great time for the entire family. So start thinking of your costume and enjoy fright night in the jungle.

Costa Rica celebrates its 201st year of Independence on September 15th. So get out and celebrate with a country that truly appreciate their freedom. VIVA COSTA RICA!!!

We want to thank and welcome to our pages APE, Falafel Bar, Hacienda Mil Bellezas, and Felipe's.

September/October is a double month issue so we will be back to guide you in November. We hope you enjoy our magazine and it helps guide you through this enchanting paradise we call home. You can always follow and share us at Quepolandia.com or on [Facebook/Quepolandia](https://www.facebook.com/Quepolandia). We appreciate and welcome your comments.

Peace and Enjoy...D



Contents

- 4 ¿Qué Pasa en Quepos?
- 13 Life Project Education
- 16 That's Fishin'
- 21 What's Shaking @ Marina Pez Vela
- 24 All Good Ideas Have A Downside - Biofuels
- 28 Spanish Sucks
- 31 Let's Talk About Bronzed Cowbirds
- 33 French Onion Soup
- 36 Kids Saving The Rainforest
- 44 My First Trip To Costa Rica
- 48 Luxury Bed Linens
- 51 Signaling Intentions

- Regular Features**
- Advertising Information 62
 - Bus Schedules 53
 - Calendar 4
 - Classifieds 54
 - Community Bulletin Board 63
 - Crosswords 42
 - Crossword Solutions 57
 - Just for Laughs 56
 - Live Music Schedule 60
 - Map 58
 - Post Office 57
 - QR Code Directory 40
 - Sudokus 4
 - Sudoku Solutions 57
 - Telephone Directory 52
 - Tide Charts 46
 - Travelers' Numbers 53





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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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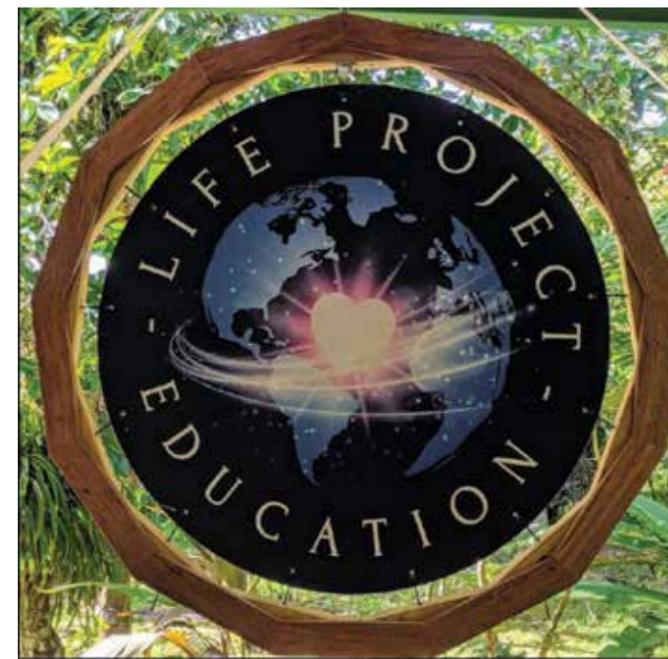
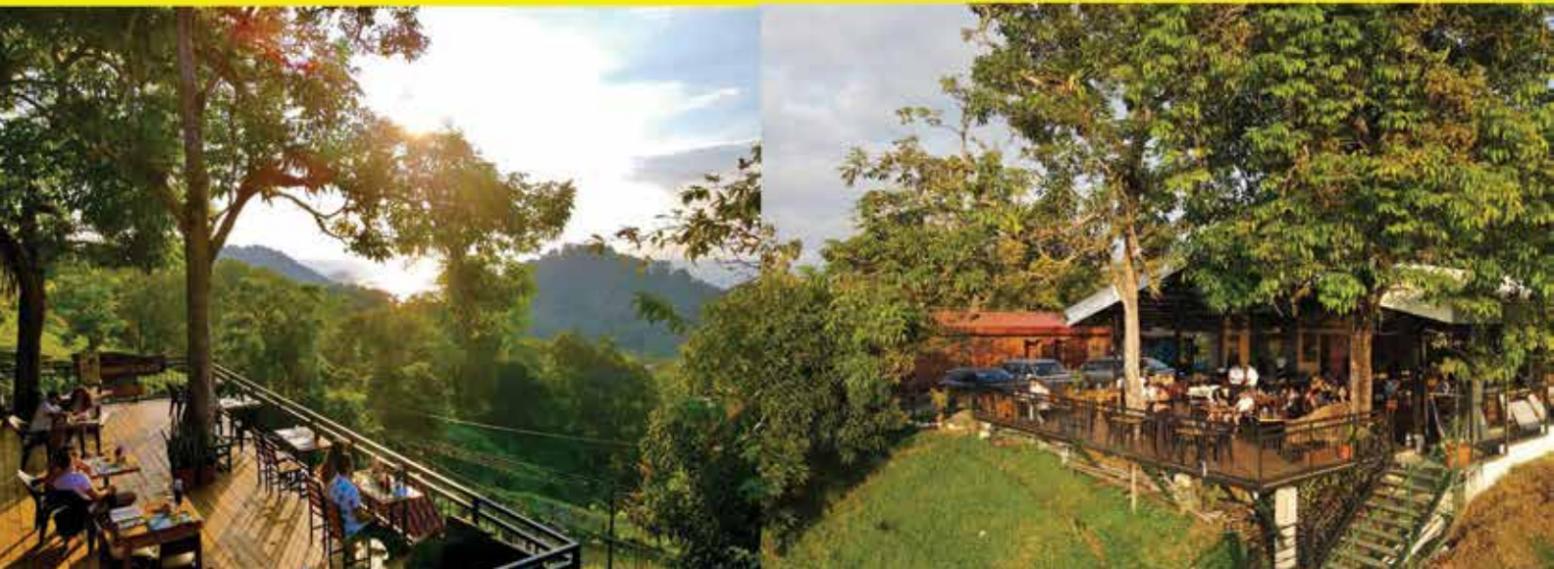
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In 2015, Life Project Education emerged as an experimental homeschool project, a seedling in a modest 2-bedroom, one-bathroom rental home in Manuel Antonio. Four years later, seeking permanent roots, founder Alys Jasmine Robinson relocated to an expansive 16-bedroom, 16-bathroom dream estate where her once intimate project is now a blooming, vibrant alternative educational initiative serving 70 students.



New branches of this tree of learning continue to grow like the young minds it nurtures. Once an offering for ages 5-9, Life Project now offers preschool, prekindergarten, elementary education, and the current Upper Years children (ages 11-13) are co-creating their future secondary education campus, a collaborative project called "The Village". Projected to start construction in December 2022, the Village at Life Project Education will accommodate adolescents through 12th grade.

As community development and authentic project-based learning are the driving pedagogies of Life Project Education, the elder children have participated in every step of the middle & high school expansion. From unrestricted envisioning of their dream campus, to rendering realistic 2-dimensional master plans, creating 3-dimensional models of

bamboo structures alongside bamboo architects, participating in regenerative permaculture and eco-engineering workshops, leading the marketing and fundraising, to actual construction, the children are full participants in the process of creating their future learning environment.

Inspired by the Bali Green School architecture and principles of regenerative, holistic education, The Village at Life Project Education is an ambitious, multi-phase community project. The student-conceived campus will serve as both an alternative learning campus for 120+ local and international middle and high school students, and a dynamic community center offering a community garden, an iconic movement and performing temple, 6 sustainably-constructed classrooms, a media & research center, amphitheater, communal kitchen, ninja obstacle course, and multiple chill-out spaces designed by the students themselves. The Village students will additionally maintain access to the existing main campus swimming pool, art studio, greenhouse (vivero), woodworking studio, and animal farm.



The community space intends to additionally offer weekend markets, concerts, festivals, ecstatic dance, after-school experiences, camps, and community workshops, with the overarching intention to bring together local & international adolescents, children, educators, families, neighbors, and travelers to enjoy this multipurpose space. The expansion is projected to attract both international and local families within the southern zone who seek a less traditional, community-based approach to education.

Life Project Education will host an inaugural fundraising and Open House event on September 24th from 1-4 pm. If you wish to learn more or to explore opportunities to enroll, teach, or invest within our growing project, Life Project Education welcomes inquiries to info@lifeprojecteducation.org.

We invite our community to schedule a visit with us any time, and come experience how this tender seed, planted eight years ago, has sprouted into a prolific flowering tree, with even more abundant growth on the horizon!



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Welcome to the September & October edition of That's Fishin! What a great year of fishing it has been so far, visitor numbers have been fantastic this year and the Quepos Charter fleet have been kept busy on the water taking our visitors from around the world fishing in search of those dream catches.



OFFSHORE FISHING

We enjoyed some truly epic fishing during August. The Sailfish bite popped up a few times and provided some fantastic fishing when the fish were found. The 31 foot BUCKETLIST released 12 Sailfish on a single day charter which was fantastic numbers for the time of year. Capt Franklin aboard BIG EYE had an epic day on August 8th releasing 3 Blue Marlin, 1 Sailfish, 2 Tuna and 2 big Dorado—all in a days work which was one epic day for sure!

The larger boats in the fleet such as THE SPORTSMAN, THE HOOKER, & HOG WILD have been fishing 60-100 miles out at our Marlin FADS & SEAMOUNTS and catching some insane numbers of Blue Marlin. Our Offshores Marlin FAD fishery is one of the only places on the planet where you could be in with a chance of raising upwards of 10 Blue Marlin in a single day when

the bite is on. If epic Blue Marlin fishing is on your Bucketlist, this is the trip for you and just drop me a line for more info.

August produced some really solid Yellowfin Tuna with many fish in the 30-50lb range and some 100lb plus fish landed too. Congrats to our good friend Blake Stevenson from South Carolina who has been fishing aboard my boat GOOD DAY with Capt. Manuel Gabuardi for 18 years now. He had a blast on August 6th when he landed a Tuna in the 90-100lb range plus several more up to 50lbs.

Some nice Wahoo have been present over the Offshore reefs and there has been some good Dorado fishing too with good numbers of small to mid-sized fish and the odd 30-50lb Bull Dorado showing up too.

September and October will provide some incredible opportunities for Dorado fishing at the current/debris lines often found 5-15 miles Offshore.

Our seasonal rains normally intensify at this time which makes the rivers push out logs, trees etc which create debris lines Offshore. We get some great Blue Marlin fishing at this time of year and there will be Sailfish, Wahoo, Tuna, Grouper and Snapper to target Offshore also.



INSHORE FISHING

August provided some good Inshore fishing with mainly Roosterfish, Snappers, Jacks and Mackerel. The Corvina bite switched on during a few days in August and some nice Corvinas were landed by the Quepos Charter fleet. Some real quality Roosterfish were landed during the month which was great to see, our prized Roosterfish is top of many Anglers lists when they fish here and once you get to experience it for yourself you will understand why. We had an 8 year old kid catch a 35lb Roosterfish during the first week of August, just an amazing catch for such a young guy!



Whilst some good fishing is still to be had, September and October are not our best months for Inshore fishing here due to the sometimes murky water caused by our seasonal rains. It is definitely still worth taking a trip, our half day inshore trips work great to get back to the dock before the afternoon rains start. Your Captain has options on where to take you whether it be the rocks, beaches/river mouths or if the water is a bit murky he can take you in search of some Dorado and Sailfish at the debris lines slightly Offshore or bottom fishing for Snapper and Groper. IDRA 2, SKY 2, GOOD DAY, MIRSE AZUL, CHLOE FRIJOLE, THE CROCODILE, ISABELLA, & MUCHO FISHO are all Inshore boats worth checking out if you would like to take a trip for yourself.

2022 DORADO DERBY!

The Dorado Derby, the first tournament of the 2022/2023 season, is just around the corner! We cannot wait for this epic event which is held over

two weekends with the Dorado Derby happening on November 12th and the Dorado Derby Dos on November 19th. Both are separate tournaments and you can enter either one of them or both if you like, like most of us charter boats are! There are still a few boats available but you will need to be quick as they are pretty sure to sell out by tournament day. The Dorado Derby is one of our most popular events in the calendar and attracts a great mixture of locals and tourists, novices and pros. It is a low cost, family friendly, FUN tournament with a simple format of catch the heaviest Dorado on the day. Literally anyone can win this event, you just need a bit of lady luck on your side! Team PEYTONS PIRATES from Dominical will be fishing with me aboard GOOD DAY for Dorado Derby 1, wish us luck in catching the BIG ONE!



To get involved yourself, no prior tournament experience is necessary and this event is open to all. Just drop me or the team at iFish Marina Pez Vela a line to register or for more info.

DATES FOR YOUR DIARY

It is going to be one very cool tournament season here at the Marina Pez Vela, be sure to put these dates in your diary and start getting registered and choosing your boat if you want to take part in an event. 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 |

Tight lines!

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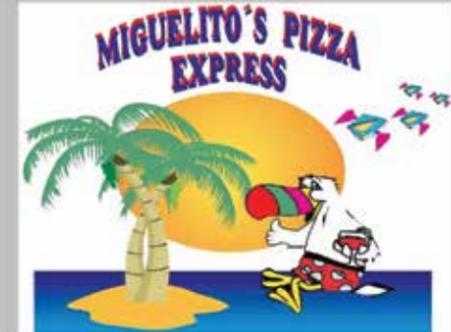
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What's Shaking
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The whales have arrived to Quepos

With the arrival of August, the whale watching season officially begins in our country. This is how the coast of Quepos becomes the ideal setting for tourists to enjoy this impressive and wonderful spectacle of nature.

The visiting season for these marine mammals, which ends in the month of October, is even more pleasant to enjoy thanks to the packages designed by Marina Pez Vela, which adjust to all budgets, tastes and tourists needs.

Because it is one of the most sought-after shows by tourists during these dates, it is very important to reserve the tour by calling 2774-9006 and 2774-9010. Consider that the prices of the different tours are valid for nationals and residents until October 16 and include taxes. In addition, there is also the option of packages with lodging. For more information go to marinapezvela.com.

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ALL GOOD IDEAS HAVE A DOWNSIDE Biofuels

Jack Ewing

The problem with fossil fuels is that they put carbon dioxide and other greenhouse gases into our atmosphere. To be clear, I am talking only about new carbon, not what is already on the surface of the planet, in the atmosphere, the biomass or the soil. Carbon is only detrimental when you bring it up from deep within the earth and add it to the carbon that is already here. That's why biofuel is considered to be an environmentally friendly source of renewable energy. It is derived from carbon, that is already available and doesn't add any new carbon to the atmosphere.



Ethanol, with a few simple modifications to your engine, can be substituted for gasoline. It can be derived from many raw materials but is usually produced from corn or sugarcane. Since the carbon contained in corn and sugarcane is already here and available, ethanol doesn't add any new carbon to the atmosphere. Plant fiber is made up primarily of carbon; so, to grow and produce biofuel these plants need to acquire carbon from their environment. A carbon dioxide molecule is composed of one carbon atom and two oxygen atoms (CO₂). The green stuff in the leaves of growing plants is called chlorophyll. The plants get their carbon through a process called photosynthesis which involves sunlight, chlorophyll, and atmospheric CO₂. In greatly simplified terms, the plant captures the carbon dioxide molecule from the air, keeps the carbon atom and uses it to

build fiber for its own structure, and releases the two oxygen atoms into the atmosphere. When the corn or sugarcane plant is ready, we take it and turn it into ethanol. Cool, right? We get fuel for our cars and trucks and, at the same time enrich the earth's atmosphere with oxygen. Well, not exactly. I must confess that I left out a few steps. Let's have a look at how corn and sugarcane are grown.

Many years ago, when I was still living in Colorado, my dad had a farm where he grew corn in rotation with other crops, and where he often put me to work. That has been more than 50 years ago and is the extent of my personal experience with farming corn. I have zero experience with farming sugarcane, so let's talk about corn. There are certain basic things that haven't changed. To begin with the land must be prepared using a tractor with a plow and/or a disc, and sometimes a large rake. Then the corn is planted using a machine called a planter that is pulled behind a tractor. Later herbicides and insecticides, to eliminate weeds and insects, are applied. This is done with a sprayer mounted on the back of a tractor. Once the corn is ready it must be harvested by a huge, self-propelled machine called a harvester, and a truck, or a tractor pulling a trailer must move along behind the harvester to catch the corn. The next step is to transport the corn in trucks to the processing plant where it converted into biofuel, usually ethanol, which then needs to be transported in tanker trucks to the service station where you can buy it for your car and drive down the road happy that the fuel you are burning is environmentally friendly. Are you starting to get the picture? All that machinery used to grow, transport, and process the corn and get the biofuel to the consumer runs on fossil fuels which, of course, add greenhouse gases to our atmosphere. To calculate how much fossil fuel needs to be burned to produce one gallon of ethanol is beyond my meager mathematical ability. But I have seen a wide range of estimates by scientists who are better mathematicians than I. We can safely say that it takes at least 25 percent more fossil fuel to produce the biofuel than the clean energy we get out of the biofuel, and likely



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more than 100 percent. In other words, it takes at least a gallon and a quarter and very possibly more than two gallons of fossil fuel to produce one gallon of ethanol. That is the downside to biofuels, and it is a pretty big one.



The concept of biofuels reminds me of a perpetual motion machine. For those of you who haven't heard of a perpetual motion machine, it has a wheel that is attached to a generator. You give the wheel a spin, and it starts generating electricity that runs a motor that turns the wheel. And it just keeps turning forever, or until the machine wears out. Great idea. But it doesn't work.

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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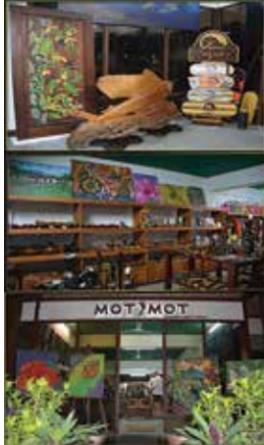
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Superlativos absolutos irregulares

Los superlativos 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 irregulares.

Superlativos absolutos irregulares con 2 superlativos

1. Adjetivos que en su penúltima sílaba tienen **-UE** y cambia a **-O** y adjetivos que en su penúltima sílaba tienen **-IE** y cambia a **-E**.

Por ejemplo:

↪ bueno -> bonísimo / buenísimo
UE -> O ambos son válidos

↪ caliente -> calentísimo / calientísimo
IE -> E ambos son válidos

↪ fuerte -> fortísimo / fuertísimo
UE -> O ambos son válidos

2. Adjetivos que tienen un cambio de raíz irregular.

Por ejemplo:

↪ amigo -> amicísimo / amiguísimo

↪ cruel -> crudelísimo / cruelísimo

↪ simple -> simplicísimo / simplísimo

Superlativos absolutos irregulares con 1 superlativo

⚠ *son poco usados en la lengua oral, es más común muy + adjetivo*

1. Adjetivos que tienen cambio de raíz irregular.

Por ejemplo:

↪ antiguo -> antiquísimo

↪ fiel -> fidelísimo

↪ sabio -> sapientísimo

2. Con **-R** en la última sílaba + érrimo(a)(s)

Por ejemplo:

↪ célebre -> celebérrimo

↪ libre -> libérrimo

↪ mísero -> misérrimo

Superlativos con prefijo

Podemos formar superlativos añadiendo los prefijos: **-super**, **-extra**, **-ultra**, **-archi**, **-mega**, **-hiper**. Recuerde que los prefijos se escribe siempre unidos a la palabra.

↪ feo -> **super**feo

↪ conocido -> **archi**conocido

↪ activo -> **hiper**activo

↪ largo -> **extra**largo

↪ cremoso -> **mega**cremoso

↪ sensible -> **ultra**sensible



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Superlativos especiales

Sin relación con el adjetivo original y solo se usan en algunos contextos.

Por ejemplo:

↪ bueno - bien -> bonísimo / buenísimo / **óptimo**
solo para bueno para bueno y bien

↪ malo - mal -> malísimo / **pésimo**
para malo y mal

↪ alto -> altísimo / **supremo**

↪ bajo -> bajísimo / **ínfimo**

↪ grande -> grandísimo / **máximo**

↪ pequeño -> pequeñísimo / **mínimo**

Observe bien las siguientes imágenes y haga oraciones usando adjetivos superlativos irregulares. Por ejemplo:



1. Lucía hoy viste superelegante.



5. _____



6. _____



2. _____



3. _____



7. _____



4. _____



8. _____

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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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Let's Talk About Bronzed Cowbirds

When birding Costa Rica, if you see a small group of dark birds in flight that resemble "winter finches", you have seen Bronzed Cowbirds. Their dumpy body and shortish bill, gives them this finch-like appearance. When seen close up, they look kind of cool with that red eye.

They forage in flocks, mostly on the ground, searching for seeds, grains, and insects. Males perform a remarkable "helicopter" display to females. Both sexes search for orioles and other birds in the process of building nests; the female stealthily lays eggs in other birds' nests.



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French Onion Soup

With these few details, you will have a complex layering of flavors and the ultimate bowl of comfort worthy of any French chef.

Ingredients for 4 servings

- 1 liter of stock, traditionally beef but a rich vegetable stock is great too
- 6 medium yellow onions thinly sliced
- ¼ cup olive oil
- 2 tablespoons of butter
- 1 dash of nutmeg
- 1 dash of thyme
- 1 bay leaf
- Salt and pepper to taste
- 2 tablespoons of brandy or vermouth or white wine
- 8 thin slices of toasted French baguette
- 4 to 6 slices of Swiss cheese like Gruyere, Emmenthaler, or Baby Swiss



Directions

1. Slowly caramelize the onions in the olive oil for about 20 minutes until it reaches a deep brown color.
2. Deglaze the pan with the brandy and then add the stock and seasonings.
3. Let simmer for 10 to 15 minutes and then discard the bay leaf.

To assemble in bowls

Ladle the soup into heat proof bowls, top with 2 bread slices per bowl, distribute the cheese on top of floating bread slices and place under broiler for 5 to 10 minutes until the cheese is brown and bubbly. Allow to cool very slightly before serving.




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It's Dani, your KSTR spokeskid! I just got done spending several weeks in Manuel Antonio volunteering at KSTR, and I have a TON of exciting updates to share!



First, a huge thanks to everyone who came to Monkey Jam. We had 250+ attendees (the biggest party), lots of fantastic, home-cooked Costa Rican food, and great bands and music. It was nice to see the community connect, all the new improvements to the sanctuary, and have everyone meet the animals. I heard interesting discussions about recycling programs, new hotel owners learning about the services KSTR offers (from an injured sloth to a snake on the loose!)—and



lots of amazing stories about the animals KSTR has saved :) Someone shared such a great story about sponsoring a wildlife bridge on their street and how it made them feel happy every time they saw monkeys crossing. Even a kinkajou family is using it to safely make it across the road with their baby.

Second, KSTR has formally changed hands to two incredible conservationists, who are excited to usher in a new era for the organization. I spent a lot of time with Gabe, one of the new owners, who has an amazing vision for increasing the reach and impact of KSTR. He wants to focus on building a new, state-of-the-art animal hospital, more marine wildlife rescues, and MORE KIDS! We're going to be adding additional spokeskids (who you'll be hearing from here in the future), and raising money for more exciting projects to rescue more animals. Luckily, the old owners are still involved at KSTR and helping out with the transition—I love them so much so I am glad we can continue to work together to help the amazing animals in Costa Rica!



Did you see the architectural plans for the new hospital at Monkey Jam? So cool. I am especially excited about the new animal hospital project, as I got to see so many rescues during the month and half I was there, and the importance of the community working together to save these animals. For example, we rescued a Sea Turtle last month! She was found on Isla Damas in distress, and with community support and expert veterinary care, she got better and we were able to release her back into the ocean!



I love the idea of bringing our community together to help the animals—during the Sea Turtle rescue, we worked with the good folks at Marine Conservation Costa Rica (who help plant new Coral where our oceans need it!). They dove and brought fresh natural seaweed that our Sea Turtle needed to eat while recovering at the Sanctuary! It also reminded me of Milo from Isla Damas Turtle Rescue, who helps protect turtle eggs and make sure the new hatchlings make it safely into the ocean.

I can't wait to tell you more about our new projects and animal rescues next month. If you want to help to make the new hospital a reality, please go to kidsavingtherainforest.org.

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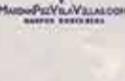
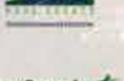
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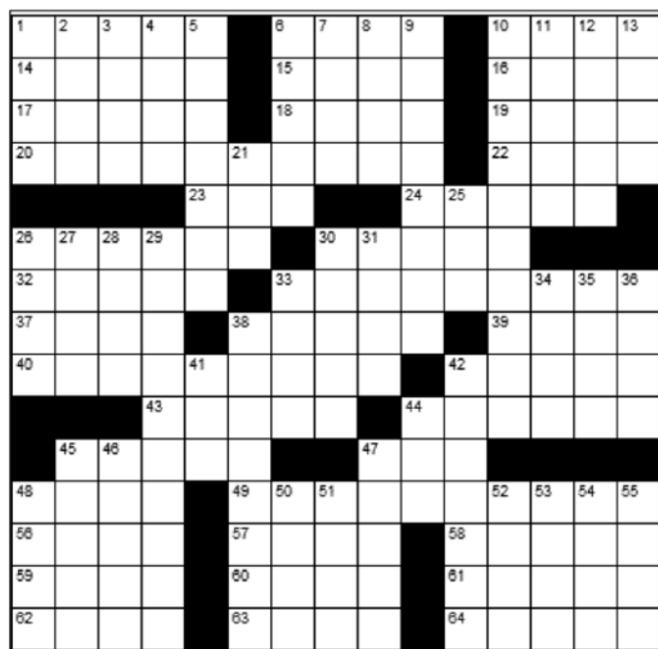
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ACROSS

1. Small drum
6. Small island
10. Spouse
14. Bay window
15. Half-moon tide
16. Frozen
17. A pinnacle of ice
18. Against
19. Novice
20. Severe
22. Burrowing marine mollusk
23. Before, poetically
24. Kind of alcohol
26. Wound
30. Poison plant
32. Child of a male horse and female donkey
33. Besmirch
37. Away from the wind
38. Relating to a city
39. Emanation
40. 19th century riding coat
42. Later
43. Primp
44. Votes that block a decision
45. A type of dance
47. Coniferous tree
48. Relating to aircraft
49. Fully and exclusively control
56. Remain
57. Black, in poetry
58. Open skin infections
59. Head
60. Part of a plant
61. Sea
62. Sleigh
63. Cravings
64. Fine thread

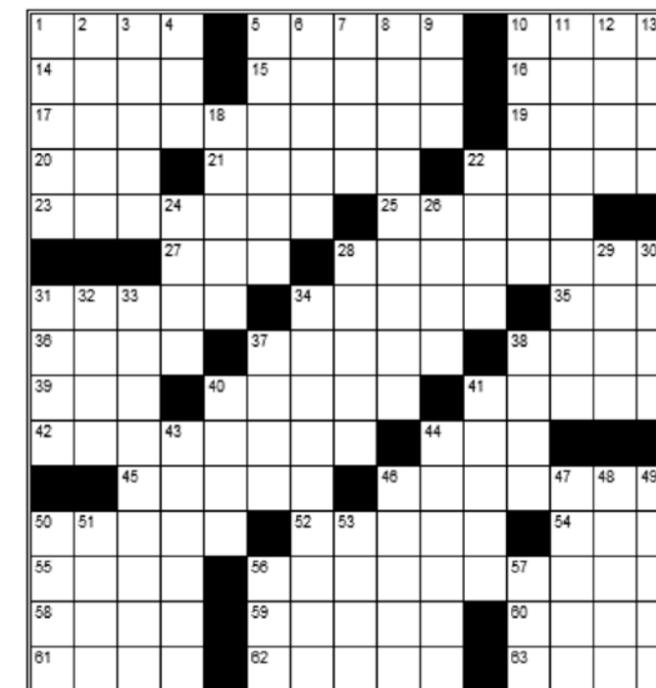


DOWN

- | | | |
|----------------------------|--------------------------|---------------------------|
| 1. Nonsense (British) | 21. Genus of macaws | 41. Biblical boat |
| 2. Region | 25. Children's game | 42. Atomizer |
| 3. Ethiopian monetary unit | 26. Part of a comparison | 44. Very Important Person |
| 4. Its symbol is Pb | 27. Anger | 45. Floral leaf |
| 5. A pseudoscience | 28. Again | 46. Give a speech |
| 6. Absurd | 29. Jobless | 47. Typefaces |
| 7. Transmit | 30. One more than 6 | 48. Vipers |
| 8. Tardy | 31. Module | 50. Double-reed woodwind |
| 9. Outbreak | 33. Water barrier | 51. Midday |
| 10. Sorcery | 34. Car | 52. Hubs |
| 11. In a cold manner | 35. Tall woody plant | 53. Angers |
| 12. Not domesticated | 36. Hearing organs | 54. Ardor |
| 13. Biblical kingdom | 38. Dairy | 55. Feudal worker |

ACROSS

1. Historical periods
5. Concur
10. Vipers
14. Tracks
15. Water soaked soils
16. Gush
17. Bowels
19. Former Italian currency
20. Spy agency
21. Parental sisters
22. Install (2 words)
23. Circus performer
25. Stealer
27. Website address
28. Falling as drops
31. Produce a literary work
34. Young horses
35. Caviar
36. Anagram of "Silo"
37. On the up and up
38. Left
39. L
40. Femme fatale
41. Flower jars
42. How a snake moves
44. Cacophony
45. Hag
46. Female
50. A nymph of lakes
52. Believe in
54. Slime
55. Against
56. Gossamer
58. Seed-bearing capsule
59. Parental brother
60. Coffee dispensers
61. Articulates
62. S-shaped moldings
63. Zero



DOWN

- | | | |
|----------------------------|-------------------------------|-------------------------------|
| 1. Genus of heath | 18. A fencing sword | 40. Not barefoot |
| 2. Anagram of "Incur" | 22. Tastes | 41. Panorama |
| 3. Fragrant oil | 24. In baseball, 3 per inning | 43. Paths |
| 4. South southeast | 26. Sword handle | 44. Plates |
| 5. True | 28. Judges | 46. Double |
| 6. Gleam | 29. Not a single one | 47. Ancient Greek marketplace |
| 7. Deliver a tirade | 30. Obtains | 48. Discovered |
| 8. Asthenopia | 31. Troubles | 49. Civet-like mammal |
| 9. S | 32. Small brook | 50. Apprehends |
| 10. Not awake | 33. Illegally | 51. Dwarf buffalo |
| 11. Quick-tempered persons | 34. Persistent | 53. Dash |
| 12. South American country | 37. Mortgage | 56. Twosome |
| 13. Exchange | 38. Desire | 57. Religious sister |

My First Surf Trip to Costa Rica

Greg Gordon



Greg Gordon, CR Surf Travel Company
CRSurf.com @crsurf

It has been 26 years since I first visited Costa Rica. I had been surfing in Cocoa Beach, Florida and was ready to take on some larger swells. I flew down with my friend Ron and we rented an SUV with U-haul Car Rental (the name sounded respectable). Our first stop was the Caribbean coast.

We made it to Puerto Viejo and ran into Johnny Futch who had been an expat in Costa Rica for many years. He showed us how to get out at Salsa Brava and helped us find a boat to Isla Uvita. Hurricane Cesar just passed through and the Caribbean Sea was filled with small branches and wrack from the storm. We were nervous about the boat driver as he had two sea turtles tied upside down in his shed and he dropped us off in the middle of nowhere with giant tankers passing by. The waves were way bigger than I had ever surfed and we were lucky to make it back alive, as the captain used the swell to ride right over the shallow reef back to shore.

Our next stop was back to San Jose and we drove up to the top of Volcan Irazu. It was so cold at the summit that I had on every piece of clothing I brought for the trip. And on the way down our rental skidded off the slippery road and we almost tumbled 7000 feet in to a ravine. One small tree saved us from certain death, and within minutes there were a dozen locals and two tractors that showed up to pull us back on to the road. Luckily we only had two small dents in the vehicle, but those dents ended up costing us \$1,100 in damages (U-haul turned out to be a poor choice of rental company – and ultimately led me to becoming a travel advisor – to help others avoid poor rental car decisions).

From Irazu we drove to La Fortuna and we ran into a group of Ecology students from a college near our hometown. Since Ron was friends with some of them, we partied with the group while watching the Arenal Volcano spill lava down its sides, lighting up a patch of previously untouched forest like matchsticks. It turned out we would see this group again in Manuel Antonio.

After a few nights in La Fortuna, we drove down to Dominical, but due to the poor condition of the coastal highway at the time it took forever to get there. The waves were giant and stormy, and we caught it good only one morning when the winds and tide were just right. We had heard that the beaches were more protected up by Manuel Antonio so we drove back up the bumpy coastal road, crossing dozens of bridges made of nothing more than old iron railroad ties and planks of wood.

We stayed at a cabina located close to the surf break at Playitas. It had been raining frequently and the road down to the beach was often washed out so we ended up walking to the surf. Surprisingly we ran into the same group of students from Florida and ended up partying with them again. I remember skinny dipping at night with one woman who had a hurt leg, and thinking I may drown since I was trying to help her with chest high waves breaking over us. The guaro shots and Imperials I had drunk did not help either.

Overall, it was a trip of a lifetime and in those moments, I fell in love with Costa Rica - its natural beauty, amazing waves, and friendly locals. I knew that I wanted to move there and so planned to take a year's leave of absence from teaching. I would learn Spanish, surf every day, and immerse myself in the culture, trying to find a way to stay as long as possible. But that is a story for another day.



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TIDES for SEPTEMBER 2022

Day	High	Low	High	Low	High	Phase
Thu 01	05:52 9.25 ft	12:02 0.36 ft	18:13 8.35 ft			
Fri 02		00:11 0.55 ft	06:32 9.06 ft	12:45 0.60 ft	18:56 7.98 ft	
Sat 03		00:54 0.88 ft	07:18 8.75 ft	13:34 0.92 ft	19:47 7.60 ft	First Quarter
Sun 04		01:45 1.27 ft	08:12 8.39 ft	14:31 1.24 ft	20:48 7.29 ft	
Mon 05		02:46 1.63 ft	09:17 8.08 ft	15:38 1.44 ft	22:02 7.19 ft	
Tue 06		03:59 1.81 ft	10:31 7.98 ft	16:52 1.38 ft	23:18 7.44 ft	
Wed 07		05:18 1.66 ft	11:45 8.18 ft	18:03 1.03 ft		
Thu 08	00:26 7.99 ft	06:30 1.19 ft	12:51 8.59 ft	19:05 0.51 ft		
Fri 09	01:26 8.68 ft	07:32 0.58 ft	13:48 9.06 ft	19:59 -0.03 ft		
Sat 10	02:18 9.34 ft	08:26 0.01 ft	14:39 9.44 ft	20:47 -0.44 ft		Full Moon
Sun 11	03:05 9.84 ft	09:14 -0.40 ft	15:26 9.66 ft	21:32 -0.65 ft		
Mon 12	03:50 10.11 ft	10:00 -0.58 ft	16:11 9.64 ft	22:15 -0.62 ft		
Tue 13	04:33 10.11 ft	10:43 -0.51 ft	16:55 9.40 ft	22:57 -0.35 ft		
Wed 14	05:15 9.85 ft	11:25 -0.22 ft	17:38 8.96 ft	23:37 0.12 ft		
Thu 15	05:57 9.38 ft	12:08 0.25 ft	18:22 8.38 ft			
Fri 16		00:19 0.74 ft	06:40 8.77 ft	12:52 0.83 ft	19:08 7.73 ft	
Sat 17		01:03 1.43 ft	07:26 8.11 ft	13:40 1.42 ft	20:00 7.11 ft	Last Quarter
Sun 18		01:51 2.10 ft	08:18 7.48 ft	14:36 1.93 ft	21:01 6.64 ft	
Mon 19		02:51 2.63 ft	09:20 7.02 ft	15:41 2.25 ft	22:12 6.44 ft	
Tue 20		04:03 2.89 ft	10:30 6.84 ft	16:53 2.29 ft	23:21 6.57 ft	
Wed 21		05:18 2.80 ft	11:37 6.96 ft	17:56 2.06 ft		
Thu 22	00:20 6.96 ft	06:20 2.41 ft	12:33 7.29 ft	18:47 1.68 ft		
Fri 23	01:07 7.47 ft	07:09 1.86 ft	13:20 7.72 ft	19:29 1.24 ft		
Sat 24	01:47 8.03 ft	07:50 1.27 ft	14:02 8.16 ft	20:06 0.81 ft		
Sun 25	02:23 8.57 ft	08:28 0.70 ft	14:40 8.55 ft	20:41 0.43 ft		New Moon
Mon 26	02:58 9.05 ft	09:04 0.21 ft	15:16 8.83 ft	21:16 0.14 ft		
Tue 27	03:32 9.42 ft	09:40 -0.14 ft	15:52 8.98 ft	21:50 -0.02 ft		
Wed 28	04:08 9.65 ft	10:17 -0.33 ft	16:29 8.98 ft	22:27 -0.04 ft		
Thu 29	04:44 9.69 ft	10:56 -0.32 ft	17:08 8.83 ft	23:05 0.09 ft		
Fri 30	05:24 9.55 ft	11:37 -0.13 ft	17:50 8.54 ft	23:47 0.39 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.

TIDES for OCTOBER 2022

Day	High	Low	High	Low	High	Phase
Sat 01	06:07 9.21 ft	12:22 0.23 ft	18:36 8.15 ft			
Sun 02		00:34 0.81 ft	06:56 8.74 ft	13:13 0.68 ft	19:31 7.74 ft	First Quarter
Mon 03		01:29 1.29 ft	07:54 8.22 ft	14:12 1.12 ft	20:37 7.42 ft	
Tue 04		02:37 1.70 ft	09:05 7.80 ft	15:23 1.40 ft	21:53 7.37 ft	
Wed 05		03:56 1.83 ft	10:23 7.68 ft	16:40 1.38 ft	23:08 7.68 ft	
Thu 06		05:16 1.57 ft	11:37 7.90 ft	17:50 1.07 ft		
Fri 07	00:14 8.24 ft	06:25 1.05 ft	12:40 8.31 ft	18:49 0.61 ft		
Sat 08	01:10 8.86 ft	07:22 0.45 ft	13:34 8.74 ft	19:41 0.18 ft		
Sun 09	01:59 9.41 ft	08:11 -0.06 ft	14:22 9.08 ft	20:26 -0.13 ft		Full Moon
Mon 10	02:43 9.79 ft	08:55 -0.39 ft	15:07 9.26 ft	21:09 -0.26 ft		
Tue 11	03:25 9.94 ft	09:37 -0.51 ft	15:49 9.24 ft	21:49 -0.18 ft		
Wed 12	04:05 9.86 ft	10:17 -0.42 ft	16:30 9.04 ft	22:28 0.09 ft		
Thu 13	04:45 9.56 ft	10:57 -0.14 ft	17:11 8.67 ft	23:06 0.52 ft		
Fri 14	05:24 9.10 ft	11:36 0.28 ft	17:52 8.18 ft	23:46 1.07 ft		
Sat 15	06:04 8.52 ft	12:17 0.80 ft	18:37 7.65 ft			
Sun 16		00:29 1.66 ft	06:48 7.90 ft	13:02 1.35 ft	19:26 7.14 ft	
Mon 17		01:17 2.23 ft	07:38 7.31 ft	13:54 1.84 ft	20:25 6.75 ft	Last Quarter
Tue 18		02:15 2.67 ft	08:39 6.86 ft	14:55 2.19 ft	21:31 6.59 ft	
Wed 19		03:25 2.87 ft	09:49 6.66 ft	16:03 2.30 ft	22:38 6.72 ft	
Thu 20		04:39 2.72 ft	10:57 6.75 ft	17:06 2.15 ft	23:36 7.10 ft	
Fri 21		05:41 2.30 ft	11:55 7.07 ft	18:00 1.83 ft		
Sat 22	00:23 7.61 ft	06:31 1.72 ft	12:44 7.51 ft	18:44 1.41 ft		
Sun 23	01:05 8.20 ft	07:14 1.09 ft	13:26 7.98 ft	19:25 0.97 ft		
Mon 24	01:43 8.78 ft	07:53 0.47 ft	14:06 8.41 ft	20:03 0.55 ft		
Tue 25	02:20 9.30 ft	08:32 -0.06 ft	14:45 8.77 ft	20:41 0.20 ft		New Moon
Wed 26	02:58 9.71 ft	09:11 -0.44 ft	15:24 9.00 ft	21:20 -0.02 ft		
Thu 27	03:37 9.94 ft	09:51 -0.64 ft	16:04 9.09 ft	22:00 -0.07 ft		
Fri 28	04:18 9.95 ft	10:32 -0.63 ft	16:47 9.01 ft	22:43 0.05 ft		
Sat 29	05:01 9.75 ft	11:17 -0.41 ft	17:33 8.79 ft	23:30 0.36 ft		
Sun 30	05:49 9.33 ft	12:05 -0.02 ft	18:24 8.46 ft			
Mon 31		00:23 0.79 ft	06:43 8.79 ft	12:59 0.46 ft	19:23 8.12 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.

Luxury Bed Linens The Big Exposé

Shelagh Duncan

A Higher Thread Count Does Not Mean You Are Getting A Better Quality Sheet!

Can this be true? After all the hype and marketing we see about luxury bed linens, are the high-end 1000 thread count sheet sets no better than the 200TC ones we can buy at MaxiPal? Of course not—nothing is that simple, but it helps to know the facts and understand what the differences are, and that allows us to make informed decisions when buying our sheets.



The original notion of luxury bed linens began with the designers for the Westin Hotel Group in the early 1990's. Before that time hotels generally used coloured or patterned bedspreads because they were easier to keep clean. The people at Westin wanted to test the market to see how they could improve their guest experience as 'sleeping well' was the stated priority.

What they found is how the all white bed that we are so used to seeing now, came about. They discovered that just by changing the bedding colour to white, guests had the feeling that the rooms had been newly renovated,

and also reported that they had enjoyed a good night's sleep because they felt the white sheets identified with being clean and fresh.



The end result was that the guest felt the rooms with the all white bed, the "Heavenly Bed" as it was marketed, offered a more luxurious experience. And that was where it all began. However, startling enough, the Westin were doing their testing using sheets with a thread count of between 180 and 250, the same TC as you can get today at MaxiPal!

Things have come along since then of course, and higher and higher thread counts are available, so we are lead to believe that higher is better. Not true. The thread count, which is defined as 'the number of horizontal and vertical threads per square inch', is not the best way to judge the quality of your sheets. In fact there are many other things to consider, like the fibers used, their origin, and the type of weave.

The Fibers

The majority of fibers that make up sheets are cotton, and the longer fibers the better the sheet. We know that Egyptian Cotton sets the standard of excellence because it has long fibers and in that category, Giza 45 cotton is King. It has the longest, thinnest, and strongest of fibers, and when expertly woven produces a fabric far superior to any other. As expected it is also among the most expensive.

Longer fibers are ideal, because when you spin the yarn, it gives it maximum strength and a softer feel. Shorter fibers can break and feel itchy or even pill—the endings become tangled and form those annoying tiny knots.

Other good high-quality fiber options to look for are pima and supima, organic cotton, cotton-poplin,



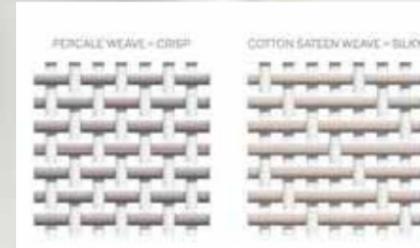
cotton-polyester, and even bamboo, and each type of fiber will have a different feel.

Cotton, bamboo, and other natural materials breathe and help keep us cool. Synthetic materials like polyester and microfiber do not, but they are durable. Blending the natural and synthetic properties in bed sheets helps give us the best of both worlds, while keeping costs affordable.

The Weave

Different weaves change the way a sheet feels against your skin. A percale weave is a closely woven plain weave, the classic over-and-under weave,

using spun fabric made from both carded and combed yarns. This makes a sheet feel light, crisp, and cool. Percale sheeting is regarded as the finest available.



Sateen is weave construction that has more yarn surface on the face of the cloth than other basic weaves because it floats the thread over several rows at a time. This gives a softer and more lustrous look resembling satin.



So, which is better? Cotton sateen sheets are frequently softer than those with a Percale weave because a sateen weave has more warp threads on

the surface. As to which is better there is no answer as it's a matter of personal taste. Some people prefer the smoothness of the sateen weave, and others like the crispness of a percale weave and that it is the cooler fabric for our climate.

The weave will not only affect the way a sheet feels, but also the way it looks, its longevity, and its price.

Not all thread counts are created equal.

In an interview with New York Magazine, Amanda Mettler, a textile buyer for Gracious Home, said "I can guarantee a 200 thread count from Italy is better quality than a 1,000 thread count from Pakistan". France and Italy are regarded as some of the best sheet-makers in the business, even though the fiber they use isn't always from those particular countries (such as Egyptian cotton).

As there no regulations for thread counts, some manufacturers have been known to exercise 'creative math' for their advertising, so even if a sheet is labelled with a high thread count, that can sometimes be misleading. This number can be inflated by manipulating the sheet-making process with a low-quality construction or thread, and there are manufacturing processes that

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boost thread count without improving overall quality. By using ultra-thin polyester blends, textile makers can squeeze more and more threads into a square inch.

Furthermore, lab tests have shown that not all brands advertising Egyptian cotton are actually made from Egyptian cotton, so be skeptical of any sheets that appear to be exceptionally well priced.

As a general rule, buy a minimum 200-thread count sheet, and know that anything over an 500-thread count really doesn't matter. Remember, as in everything, price and quality definitely go together—you get what you pay for.

Now you are ready to create your own 'Heavenly Bed' look at home! We spend up to 30% of our lives in bed so make it a wonderful experience.

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Until next time,
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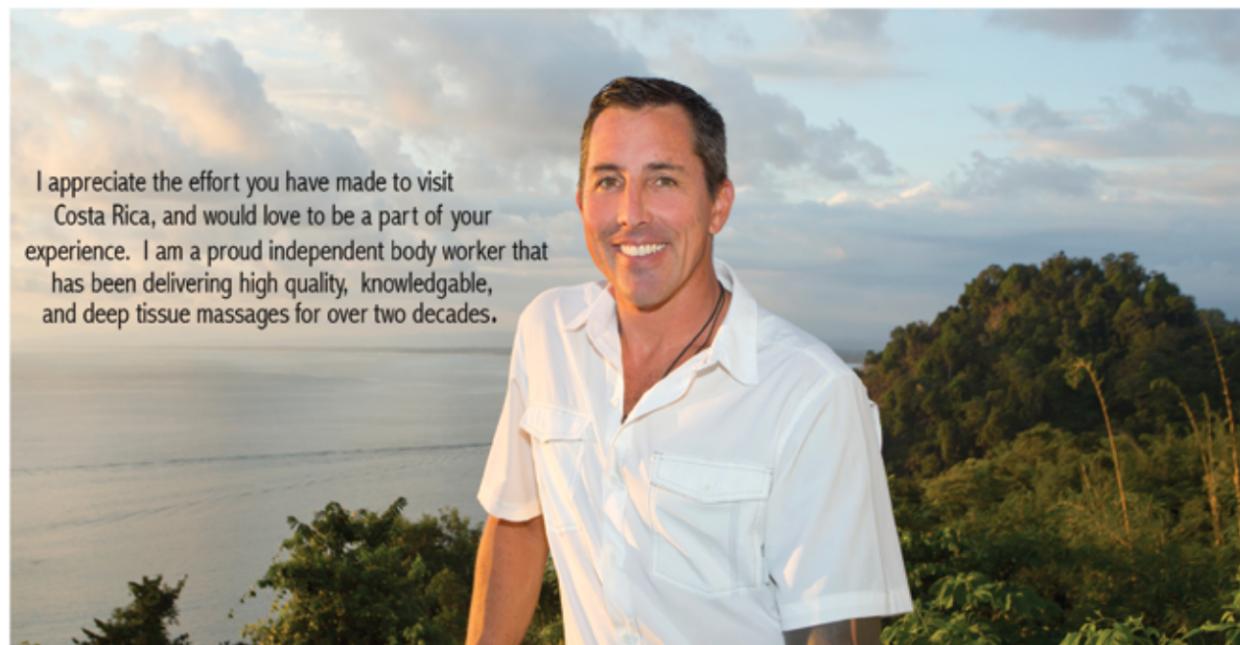
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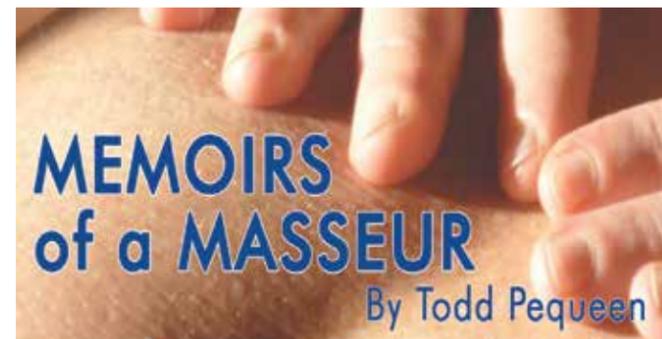
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Signaling Intentions

I've been driving in Costa Rica since 2002, legally. My first wife at that time owned a red Hyundai Excel. It is still a popular model of the "pirate" taxis on our streets today. If you ask an older local, that car (nicknamed the Red Rocket) has legendary status. I can't remember most of the stories but that's not what this month's article is about. This month we explore the mythical subject of the turning signal (which comes standard and free in every vehicle these days). Yes indeed the infamous "blinker." That little bar conveniently engineered under the steering wheel and slightly to the left. Ah yes...you remember! You see, nobody uses that in Costa Rica except for me. I will admit I am a bit obsessed because I literally signal every time I turn left or right. If I'm doing something funky I know where the hazard lights are too. I've studied driving for over 30 years now. However my new attitude is to not care anymore...everything seems to be smooth without using it. Probably another useless invention. In fact, I'm going to stop using the signal all together because I want to be like the taxi drivers. It's all about standards. Drive like the pro's do. My research shows that as early as 1925 an invention was patented that allowed the driver to actually signal their intention to other drivers and pedestrians. To literally say, by the proper use of the directional, if the driver is turning left, right, or is making a move. Downright amazing if you ask me, but what do I know? At the time the big car manufacturers weren't interested, and I'm not interested now, who needs it? From there the history is irrelevant, do your own google search, my point being, why should anyone ever indicate the direction they honestly intend to go to in this life. Whether it is actually on the road, in everyday life, or personally...who knows? Shit happens. I have the right to change my mind is another logical excuse. Why signal, who can even multi-task like that anymore? Life is hard enough. Certainly texting while driving has priority.

It is my choice to be angry or not, for driving can be enraging or simply meditative. After all, it is only my opinion that there are drivers that cannot remember, or simply figure out, the up or down option of the turn signal, or they cannot be bothered or care to use the directional. It is an option for every driver, behind the wheel of a lethal



automobile, to choose a selfish way of driving or not. I guess an invention almost 100 years old isn't THAT important, whatever. I'll try to join the club but it's harder and harder for me to handle as more people are on the road than ever before, sometimes I even have people ride my bumper, which is likewise a brilliant move but another article all together. I even heard that it is fairly easy to get a legal fake driver's license these days...perhaps that explains it. The trait of being courteous has behooved me my entire life, it was something my mother and father taught me (married 54 years now). I suppose they never implied it should be on our roadways, that is my doing. I often watch people while they are driving. The top three on the list, other than keeping one's eyes on the road, are cellular phone use, vanity in checking oneself out in the rear view or sun visor mirror, and lastly, smoking cigarettes/marijuana while driving. The eye can certainly wander off the road when a hot woman/man walks by too. All I'm saying is when in Rome, do as a Roman would do. I am driving, I am free, and I've earned the right to make up my own rules.

(Todd Pequeen is available for comments at his website massagetodd.com or simply by calling 8830-7727. However, he would prefer a call to book an amazing massage as he has been giving professional, knowledgeable and money worthy massages for 21 years. His free time is spent surfing, reading, writing, and studying his wife Sarah's expert photography at sarahyunker.com.)



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2 Costa Rica Real Estate	2519-9415	2777-3270
Agua Azul Restaurant		2777-5280
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
Sunset Sails	1-888-268-5671 8317-5072	2777-1304
Tecsa Computers		2777-0444
Uvita Law Firm	2743-8416	2743-8619
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Vet Dra. Fabiola Quesada Diaz, House Calls		8848-0103
Veterinarian - Dr. Alfonso Cordoba		2777-4760
Veterinarian - El Colono		2777-3611
Veterinarian - Dra. Desireé Delgado		2777-1921
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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

BUSINESS SERVICES

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

CREDIT CARDS

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

EMBASSIES

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

EMERGENCIES

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

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

MONEY TRANSFERS/TELEGRAMS

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

POST OFFICE

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

TAXI/TRANSPORTATION

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

TELEPHONE

Information ... 1113
 International Information ... 1124
 International Operator ... 1116
 AT&T ... 800-011-4114
 BT ... 800-044-1044
 CN Direct ... 800-015-1161
 MCI ... 800-012-2222
 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 Whats App: 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.

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

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

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 +541-930-9009 tgiese@efn.org

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

VILLA NUEVA 1.5 HECTARES WILL SELL 1/2 OR ALL

\$20/m² By Owner Call: 8841-7975.

DISCO / BAR OR RESTAURANT FOR RENT



2 Miles From Manuel Antonio Beach & N. Park, Space for rent good for a Disco / Bar or Restaurant. Located on main road Parking available, with kitchen, 2900ft²

Complies with disabled law 7600, alvaroaaschv@gmail.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

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

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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.

A couple going on vacation but his wife was on a business trip so he went to the destination first and his wife would meet him the next day.

When he reached his hotel, he decided to send his wife a quick email.

Unfortunately, when typing her address, he mistyped a letter and his note was directed instead to an elderly preacher's wife whose husband had passed away only the day before.

When the grieving widow checked her email, she took one look at the monitor, let out a piercing scream, and fell to the floor in a dead faint.

At the sound, her family rushed into the room and saw this note on the screen:

*Dearest Wife,
Just got checked in. Everything prepared for your arrival tomorrow.
P.S. Sure is hot down here.*

A curious child asked his mother: "Mommy, why are some of your hairs turning grey?"

The mother tried to use this occasion to teach her child: "It is because of you, dear. Every bad action of yours will turn one of my hairs grey!"

The child replied innocently: "Now I know why grandmother has only grey hairs on her head."

The class teacher asks students to name an animal that begins with an "E". One boy says, "Elephant."

Then the teacher asks for an animal that begins with a "T". The same boy says, "Two elephants."

The teacher sends the boy out of the class for bad behavior. After that she asks for an animal beginning with "M".

The boy shouts from the other side of the wall: "Maybe an elephant!"

A couple, both age 78, went to a sex therapist's office. The doctor asked, "What can I do for you?"

The man said, "Will you watch us have sex?"

The doctor looked puzzled, but agreed.

When the couple finished, the doctor said, "There's nothing wrong with the way you have sex," and charged them \$50.

This happened several weeks in a row. The couple would make an appointment, have sex with no problems, pay the doctor, then leave.

Finally, the doctor asked, "Just exactly what are you trying to find out?"

"We're not trying to find out anything," the man replied.

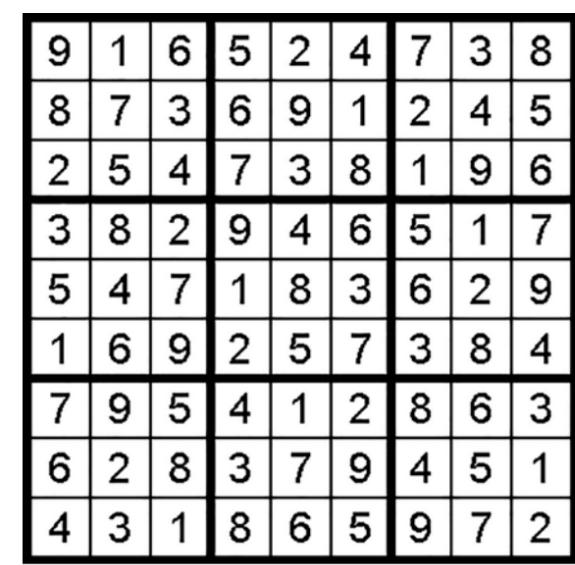
"She's married and we can't go to her house. I'm married and we can't go to my house. The Holiday Inn charges \$90. The Hilton charges \$108. We do it here for \$50...and I get \$43 back from Medicare."



Crossword1 on Page 42



Crossword2 on Page 43



Sudoku1 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.

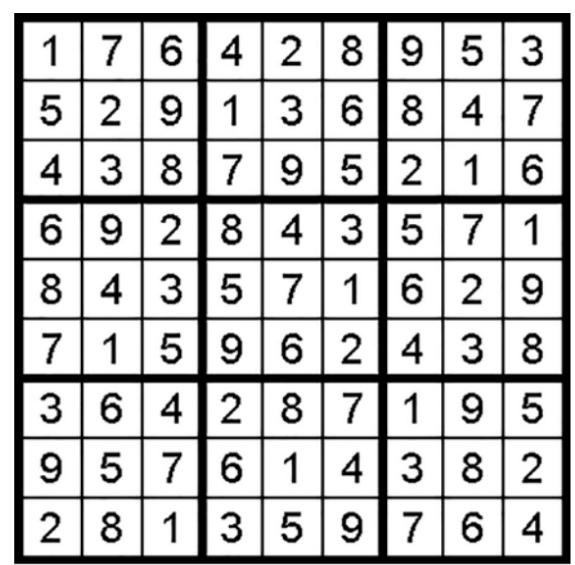
DESTINATIONS	A	B	C	D
Postcards	365	505	505	605
1-20 gm	480	510	570	710
21-50 gm	580	690	950	1220
51-100 gm	970	1220	1840	2370
Each add'l 100 gm	910	1100	1710	2230

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



Sudoku2 on Page 4



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 & Sat, 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

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
Occasional Live Music

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



Playa Espadilla 9:30 am

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



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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.

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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.

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Book a tour today!
Scan the QR code below:



Have you seen
an injured animal?
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Email: info@kstr.org
WhatsApp: 50685685335

Welcome Visitors

Celebrate!

The birth of our Savior
and Lord Jesus Christ



Sundays
9 am & 6 pm

Weekdays
6 pm

Catholic Church, Quepos





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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:

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Colón Account 902973833

Bank transfer: 10200009029738906

IBAN#: CR30010200009029738906

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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Marina Pez Vela

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\$500,000 PRICE REDUCTION!



\$2,190,000

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235 ACRES ONLY \$2 PER SQUARE METER

Rio Seco, 60 Acres

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Outside Quepos
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Nature Lover's Dream Home

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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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