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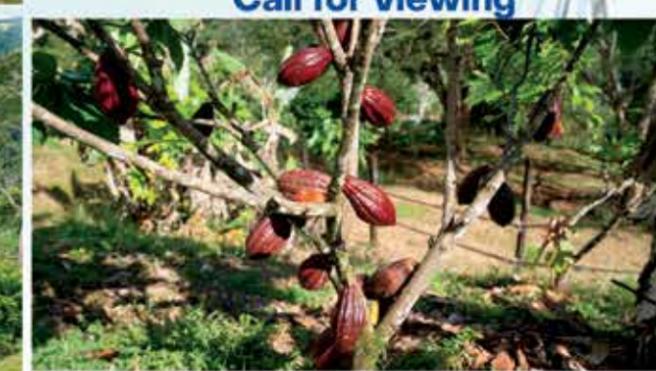
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Dear Melissa,

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



Wishing all Joy and Peace in this special season
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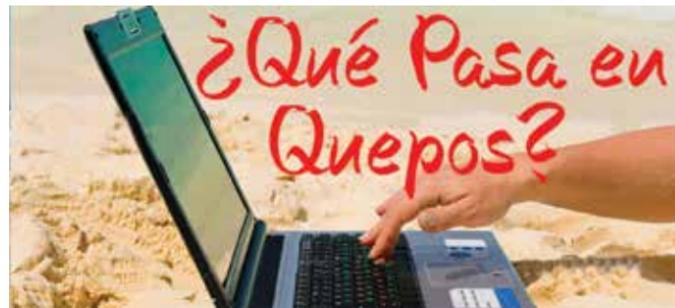
CALENDAR

Tuesday December 6 QUEPOLANDIA DEADLINE

Sun Dec 4	World Wildlife Conservation Day
Fri Dec 16	Chocolate Covered Anything Day
Sun Dec 18	Hanukkah begins
Wed Dec 21	Look on the Bright Side Day
Fri Dec 23	Festivus
Sun Dec 25	Christmas Day
Mon Dec 26	Boxing Day (NA), Day of Goodwill
		Hanukkah ends
Sat Dec 31	New Years Eve

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Sudoku Solution on Page 57



Bienvenidos... Welcome to paradise. We are glad you have arrived and we hope you are ready for an incredible adventure. The rain is slowing, the sun is shining, and the jungle is bursting with life just waiting for you to explore.

December is the kick off to high season and **Marina Pez Vela** is the place to be to get into that Holiday Spirit. Along with great shopping, restaurants, and tours, MPV will be hosting daily holiday festivities from November 24-January 8th. Don't miss **Mariana Grillo's Christmas Concert** on the 1st of December followed by a **Traditional Dance Show** on the 2nd (5-7pm).

Mira Olas Restaurant is holding their annual New Year's Eve Celebration so make your dinner reservations now.

Our local shops are great for getting your holiday shopping done. Check out **Mot Mot** gallery, **Modern Primitive Living**, or **Tico Pod** for unique gift ideas. Another great gift idea, how about a family portrait with **Sarah Yunker Photography**. Don't forget the **Toys for Tots** boxes around the area and help brighten someone's holiday.

We want to welcome our new advertisers **Come Fish With Us**, **Spice Girls**, and **Tico Pod**.

Thanks to **John Williamson** for this month's cover shot of the festivities at Marina Pez Vela.

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

We at Quepolandia would like to wish our advertisers, writers, staff, and readers a Wonderful Holiday Season and an Incredible 2023.

Peace on Earth and Enjoy... D



Contents

- 4** ¿Qué Pasa en Quepos?
- 16** Exploring the Blue in Manuel Antonio
- 20** What's Shaking @ Marina Pez Vela
- 22** 5 Outstanding Features in the Design of Tropical Architectural Style Villas
- 27** Buffalo Chicken Dip
- 28** Let's Talk About White-tailed Kites
- 31** Keep Moving Don't Stop
- 34** Cunning Canids
- 38** That's Fishin'
- 44** Spanish Sucks
- 49** Reverence for Nature with the Winter Solstice Spiral Ceremony
- 50** 7 Things a Surfer Needs to Surf at Their Best
- 57** It's Baby Season for Manuel Antonio Sloths
- 67** Kids Saving the Rainforest

- Regular Features**
- Advertising Information **62**
 - Bus Schedules **53**
 - Calendar **4**
 - Classifieds **54**
 - Community Bulletin Board **63**
 - Crossword **42**
 - Crossword Solution **57**
 - Just for Laughs **56**
 - Live Music Schedule **60**
 - Map **58**
 - Post Office **20**
 - QR Code Directory **40**
 - Sudoku **4**
 - Sudoku Solution **57**
 - Telephone Directory **52**
 - Tide Charts **46**
 - Travelers' Numbers **53**





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BRISA ELEGANTE, THE LUXURIOUS SAILING EXPERIENCE IN QUEPOS & MANUEL ANTONIO



Have you seen a classical two-masted sailship cruising along the coast of Manuel Antonio, the sails spread in the wind? Or have you visited Marina Pez Vela, where a wooden sail cruiser dominates the view of the marina?

This is Brisa Elegante, the new landmark of Quepos and Manuel Antonio.



What kind of sailship is this?

Brisa Elegante was built in 2010 by the Fethiye Shipyard in Turkey. She is a Gulet, a type of sail cruiser known for its spacious and robust design. Shipbuilding in the south of Turkey has a long tradition. More than 2000 years ago, even the Phoenicians had their ships built in this region.

Gulet became popular in the 1930s in the Eastern Mediterranean, with growing popularity during the following decades. Today, Gulets are popular for day cruises and week charters in the Med, especially in Turkey, Greece, and Croatia.

But Brisa Elegante is special! Her hull is built from solid 3-inch mahogany planks, giving her a unique look and strength. She boasts a spacious foredeck, providing room for functions, weddings, and parties, and for your family and friends to enjoy a cruise on the Pacific Ocean.

Why does Brisa Elegante look like a pirate ship?

She is built in a very traditional way—like sailships have been designed for centuries. In the days of the Buccaneers, pirate ships were about the same size as Brisa Elegante. So, by boarding her, you will get the very feeling that generations of sailors had during the past 500 years!

How is sailing on Brisa Elegante?

After leaving the marina and setting the sails, the long pacific waves gently roll the cruiser. This feels like sitting in a giant rocking chair on the front porch with a gigantic view! Watch the dolphins playing under the bowsprit and chasing each other. Just relax and enjoy the sound of the wind in the sails and the water murmuring under the keel.



What are our guests saying?

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

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

- Continued on Page 12 -

A UNIQUE SAILING EXPERIENCE

THE BRISA ELEGANTE

DISCOVER OUR VESSEL

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

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

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- Continued from Page 10 -

How does the crew experience Brisa Elegante?

Well, here are some insights.

Let's hear Oscar "Chirrasqui", the capitán. He has been working on ships his whole life, sailing in North, Central, and South America. *"Brisa Elegante is a grand lady who deserves our attention, love, and care!"* he laughs and pads the steering wheel. *"She is definitely out of the ordinary, and sailing with her is exciting!"*

Christopher, the 1st Mate, is responsible for the guests' well-being. He has 20 years of experience on passenger vessels and is happy to have two bars to cater to his guests. He says: *"The large deck area, lounge area in the cockpit, and saloon gives the guests ample space to enjoy the cruise and interact. This makes the trip with us such a personal experience."*

Iván, our chef, will prepare a delicious meal for you. He uses fresh, local ingredients, cooking everything from scratch—you will taste it! Having worked for many years as a chef in several luxury hotels, he now enjoys the challenges of a ship's cook. *"Welcoming the guests aboard, handling the lines, and setting sails before starting to cook adds additional challenges! I love it being a sailor and chef at the same time!"*

Melanie, our Chief Stewardess, is behind the bar, mixing the finest cocktails on Costa Rica's west coast. She is the sunshine on board, always smiling and cordial. *"My favorite cocktail is the Brisa Elegante cocktail, made from local dark rum and fruit juices (and secret ingredients). I hope you love it as I do!"* she says, smiling.

Last but not least, meet Bryan. He is the 2nd Mate aboard, jumping in wherever required. Being a local Quepoan, his passion is nature and sea life. Having worked for many years on sailboats along the coast, he is your local expert! *"Every day on the sea is different—wind, waves, colors, nature. We see whales, dolphins, manta rays, turtles, and a wide variety of birds, but we never know what we will get—it is always a surprise."*

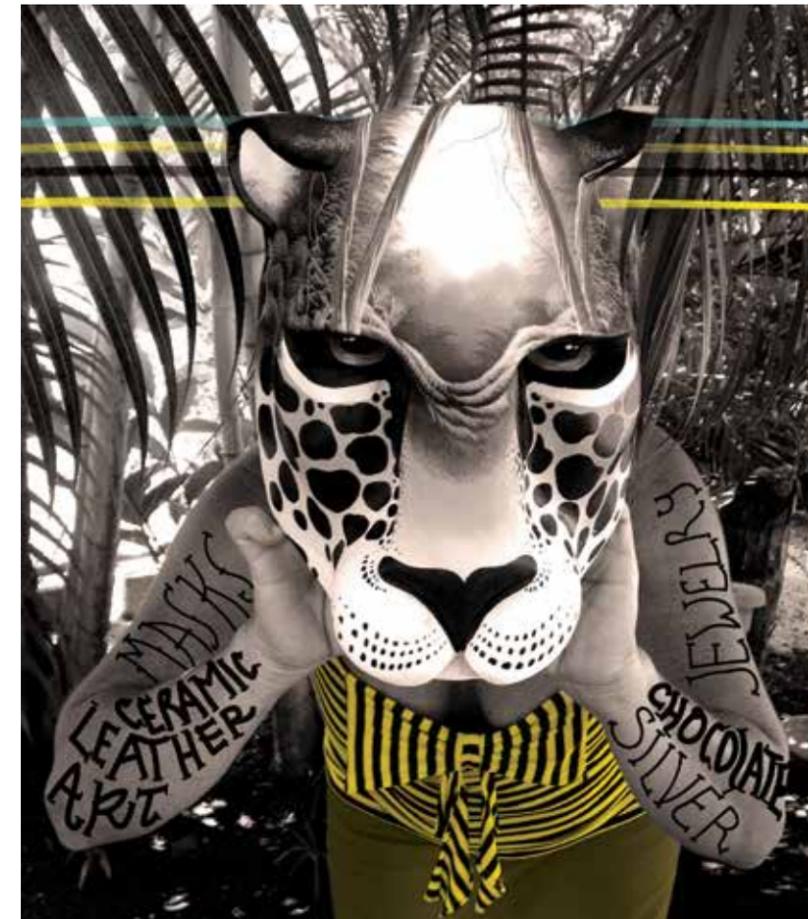
After our return to the marina, Daniela from Switzerland recognizes, *"This trip is packed with experiences and impressions; hard to believe that you can put this much in a half-day cruise."* Walking down the gangway, she says: *"I will be back for my next vacation. For sure!"*

Contact us at brisa.elegante@sailcr.com. More information on SailCR.com.



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Exploring the Blue in Manuel Antonio



Oceans Unlimited Dive center has been a staple in the Manuel Antonio community for almost 17 years. As the new season begins, we are excited to share the news of a change of ownership at the center. Captain Robert McDaniel is stepping down and retiring after many years of great leadership and passing the reins to his right hand, and Director of Training Georgia King.



This is exciting news for us as we move forward into a new era of scuba diving and marine conservation in the Manuel Antonio /Quepos area. With Georgia's close ties with the non-profit Marine Conservation Costa Rica, the partnership and work that both do, in the local area will only grow stronger.



At Oceans Unlimited we have been offering local scuba diving tours as well as trips to Caño island and all levels of training throughout the years. We have

welcomed many people through our doors and taught thousands of people, showing them how to dive and even how to teach others to scuba dive. Even if you haven't had any previous experience, we love offering the chance to try diving in a day with the discover scuba diving program and open water courses. Our professional training programs have always been a strong element of our focus, offering opportunities for life and career changes for those wanting to become dive professionals, either as PADI Divemasters or scuba instructors. All of these programs will continue to be offered here and we hope that many new faces will come to visit us to try diving in this incredible area. We have a great dive team ready at the center, looking forward to taking you underwater.



With the founding of the nonprofit, Marine Conservation Costa Rica by Georgia King and fellow biologist and dive instructor, Katharine Evans in 2019, the main focus of many of these programs shifted. A new drive and eco element were introduced to all of the courses at the center, spreading the importance of the conservation of the oceans. As part of this exciting change at the dive center, we look forward to focusing more on these environmental contributions and giving back with the expansion of our conservation curriculum. Our ocean is in peril and we need to do something fast. With every diver we take underwater, we can show them the beauty and fragility of our underwater environment and hence the importance of working together to save it.

Our main flagship project, the restoration of the corals around the Manuel Antonio National Park has so far allowed 100s of corals colonies to be out-planted on the local reef reinvigorating the area and the underwater life it supports. Workshops are offered at the dive center allowing all those who are interested to see and learn about the work that is being done. In addition to this, the marine conservation education program is building and we hope to spread the message with workshops in the local schools around the area. With so much work to be done, this new era at Oceans Unlimited is an exciting opportunity to strengthen and grow our message of conserving the oceans and the natural environment.



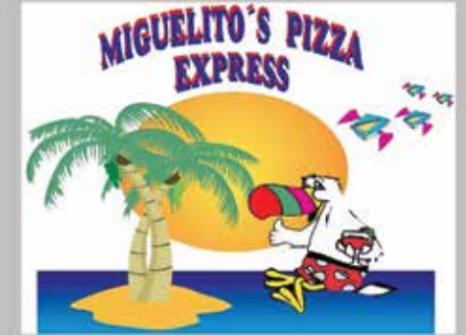
To celebrate this exciting time, we will be running some amazing promotions and competitions throughout the month of December. These will be available online and at the dive center, located in the Marina Pez Vela. There will be weekly giveaways on our social media channels, and at the shop, including free scuba courses so follow online to make sure you don't miss out. We will be open every evening as part of the Christmas light celebrations in the Marina from November 25th onwards, so don't forget to stop by to find out what activities and programs we have going on. We will also be running some free workshops for anyone to attend and a Marine Conservation Kids camp in January.

So, what are you waiting for?

Come join us in celebrating new beginnings with Oceans Unlimited and Marine Conservation Costa Rica.

You can find us online at Instagram @scubadivingcostarica & @marineconservationcostarica. Facebook /oceansunlimitedcostarica/. Email dive@scubadivingcostarica.com Phone: 8885-0770 Marine Conservation Costa Rica email info@marineconservationcostarica.org Phone: 8871-2333

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What's Shaking
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Everything is ready in Marina Pez Vela to start the Holiday Season, one of the most anticipated periods for many throughout the year. It is precisely this illusion and joy that led Marina Pez Vela to organize different activities to enjoy the festivities. We proudly want to invite you to our light show "Illuminous: A Christmas Experience at the Marina", a daily show feature at 7pm, until January 8th. The entrance is free, and the show is around 25 minutes long.

Also, on Friday, December 2nd we'll have a presentation of **Folkloric Dance** at the amphitheater. Later, on Saturday 3rd, there will be a Christmas concert by the singer **Mariana Grillo**, starting at 5 pm, while on Sunday 4th prepare your cheers and your patience, because the **Triathlon** is coming back stronger than ever to Quepos.

The week of Monday 19th to Friday 23rd we'll be hosting a **Christmas Cultural Week**, so that visitors can enjoy folklore activities and musical band presentations.

Finally, Marina Pez Vela will say goodbye to the holidays with the **Illuminous Closing Concert**, which will be in the charge of the instrumental group **Ignis**. This presentation will be on Friday, January 6th at 5pm in the amphitheater.

Hope to see you all at the marina! We want to thank you for your support throughout this year and wish you happy holidays!



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Amidst the hustle and bustle of life, we always want to seek a private and quiet living space that is close to nature. Therefore, a modern architectural style combined with nature, creating a sense of relaxation and peace is what many homeowners are aiming for. This is also the reason why the tropical architectural style (or Tropical Modern) in villa design is highly regarded and chosen by a majority of homeowners. Tropical Modern architectural style is inspired by the liberal, free and natural beauty of the tropical land, thereby giving homeowners the feeling of living on a paradise island. Compared with other architectural styles of villas, the tropical style possesses many distinct features.



Open space layout

The open space layout is the most prominent feature in any Tropical architectural style villa. For this design, walls, partitions and columns are minimized to reduce unnecessary fixed division, creating a sense of connection and spaciousness for the building. Instead, it is a system of glass walls and large tempered glass doors, connecting family members with the outdoor scenery through the glass.

In particular, open space layout also introduces more sunlight into indoor space. Since most partitions are reduced by half in height or completely eliminated, light can pass from one

functional area to another. As a result, not only the living room, bedroom but also the extra areas in the house are filled with natural light.



Colors with bold tropical accents

Color is a major influencing factor in tropical architectural styles. Depending on the region, the main color of this architectural style may vary. If the Tropical architectural style of Latin America is somewhat vibrant and bold, it is shown through prominent and bright colors such as yellow, coral blue, and bordeaux red. In Southeast Asian countries, especially in Vietnam, the focus is on bright colors, overall enhancing the house with relaxing, cooling, and pleasant sensations.



Some typical colors that can be seen in tropical architectural style villas

White, beige and light brown colors represent the coast.
 Yellow represents the sun.
 Green for grass and tropical forest.
 Dark blue of the sky and ocean.



The perfect combination of glass and wood

Glass and wood are two indispensable materials in Tropical Modern architectural style villas. Instead of using walls for the villa front, glass walls and tempered glass doors are prioritized to create a connection between the interior and exterior spaces of the building. Combined with the main glass wall system is the wooden slat system, which not only helps to reduce solar heat and limit noises from the outside, but also increases the aesthetics of the space.

For the interior space, the villa prioritizes the use of wooden items to highlight tropical architectural characteristics. Furthermore, the wood material combined with typical tropical colors also creates a sense of warmth for the home of the family.



Filled with the color of green trees

A building that lacks green elements loses the inherent characteristics of a tropical villa. Trees in tropical architecture play the essential role in depicting a true, definite tropical living space. The villa's space is cleverly arranged with broad-leaved, luxuriant trees that are typical of the tropics, such as ornamental palm, ornamental banana, ornamental coconut, cactus, Indian-almond, to provide family members with the enjoyment of fresh air and thermal comfort in a tropical climate.



Harmonious natural light and wind

Apart from the features in design layout, colors, materials, trees, light is also an important factor in creating a tropical architectural style villa. Tropical lands are famous for their cool and sunny climates. Therefore, the villa space needs to obtain enough natural light and fresh air to accurately convey this architectural spirit. This requires the villa to be designed with plenty of large windows, balconies and gardens, all in an open space layout. Only in this way can we maximize the amount of sunlight and wind so that the indoor space is always well-ventilated and well-lit.

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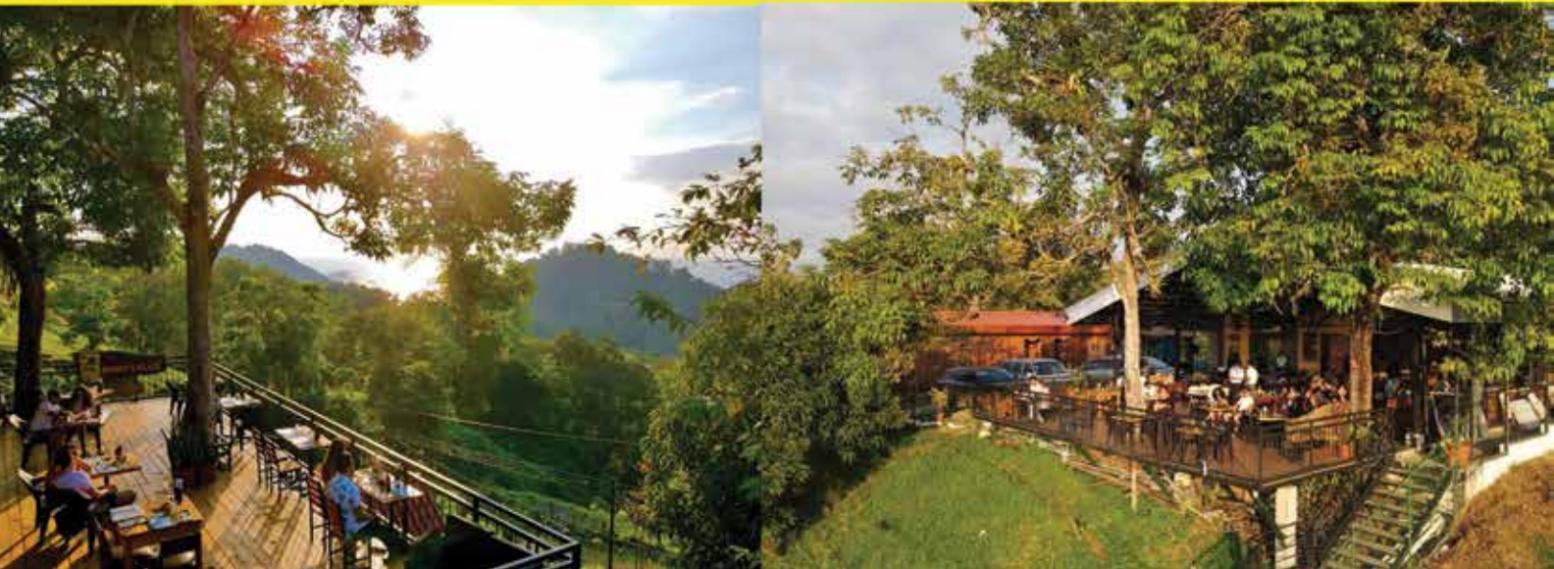
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Chef's Corner

By Desiree Brassert
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Buffalo Chicken Dip

This is a perfect no-brainer for holiday entertaining. This scoopable creamy, cheesy, and much easier to eat version will be your next party's favorite. Provide plenty of fun and crunchy dippers such as raw veggies, chips, pretzels, or pita wedges. Let the slow cooker do all of the work, or broil the top for a few minutes for that extra scrumptious crust.



Ingredients for a 13 X 9 inch baking tray

- 4 cups of shredded cooked chicken meat, 1 tablespoon of butter
- 4 garlic cloves
- 1 full 8 oz brick of cream cheese at room temperature
- 1 cup of sour cream or ranch dressing
- ½ cup of your favorite hot sauce or buffalo sauce
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- ½ teaspoon of ground pepper
- Salt to taste
- 1 cup of shredded cheddar cheese
- 1 cup of shredded mozzarella

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Topping

- ¼ cup of thinly sliced green onion tops
- ¼ cup of shredded cheddar
- ¼ cup or more blue cheese

Directions

Melt butter in a large frying pan, add garlic till fragrant, then add cream cheese, sour cream or ranch dressing. Turn off heat, stir until well blended and then add chicken and cheeses.

For slow cooker, place mixture in cooker withholding the topping ingredients until the mixture is warm and slightly bubbling. You should begin with the setting on high and then lower to warm while serving.

For baking, pour mixture in a 9 X 13 inch pan, and bake for 15 to 20 minutes at 350 degrees F (190 C) until slightly bubbling. Change oven setting to broil, add final toppings, and place on the lowest rack for 3 to 5 minutes. Be careful not to over broil.

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Let's Talk About White-tailed Kites

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During the nonbreeding season, the White-tailed Kite roosts communally. Sometimes more than 100 individuals pile into a few trees or tall shrubs at the edge of a grassland or savanna.



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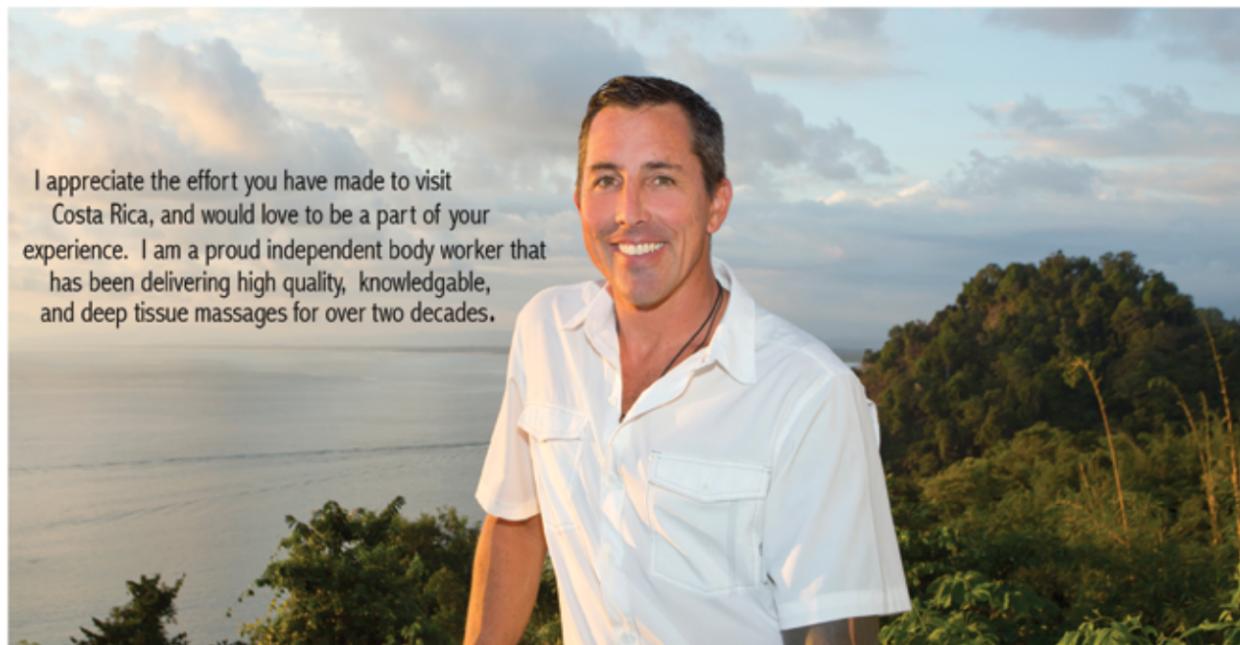
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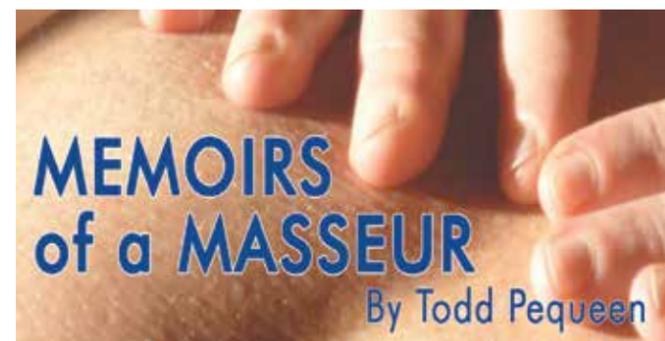
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We are born into this world from a liquid state. Then gravity takes hold. Although our bodies are 75% water, the earth's gravitational pull toward its center gives us our body mass. It is our friend, it keeps us grounded. From the moment of birth this pull is the weight of our body which also gives us a sense of direction. Anytime we move and position ourselves, we expose different parts of our body to gravity's force. Our inner ear and ability to balance can also thank gravity to help in its functioning. Since the 1950's however, gravity has been given a bad name. Modern "conveniences" started to deprive us from playing with our friend gravity. When was the last time you got up out of your seat to change the station on the television? When was the last time you walked to work or the store instead of driving? My point being, inactivity is not a human's friend.

Modern first-world living means less and less physical movement now more than ever in history. Sedentary lifestyles (which we tend to adopt as we get older) not only promotes an overweight body, but also a lethargic one. Structural damage in the form of stiffening of the heart and blood vessels are another guarantee. All of which can be prevented with exercise. Let this fact sink in—70% of Americans are overweight or obese. If you are from the United States then you are from the most obese population in the world which translates into a culture of gluttony, a lack of discipline, and excess.

The amount we move, the times we make ourselves be physical by getting up, twisting, bending over, and reaching is adding time to our lives here on planet earth. Movement (calorie burning) and conscious eating (calorie saving) doesn't exactly need a degree in nutrition. There is no way around the fact that the human systems of the body function better with movement and proper fuel. I recently finished a book by a life-long NASA scientist named Joan Vernikos Ph.D. Her life work involved studying simple everyday movements for health, youth, and energy—without going to the gym. Life sciences involves living a pain free life, clear of illness, preventing early death, and is based on our quality of living no matter the age. All issues I deal with as a massage therapist. I have seen (and felt) the damage caused by stagnant or "locked in" professions such as dentistry, hair stylists, and any desk or computer job.

Not to be over dramatic here but sitting kills, both physically and mentally. Sedentary maladies by both children and adults are as follows: decrease in aerobic

capacity, decrease in bone and muscle density, flabby muscles, a stooped posture, reduce force of power, slower reaction times, increased body fat, decreased testosterone and growth hormone, aching joints and loss of collagen, just to name a few. Modern technological "blessings" we must be aware of because of their negative health impacts. Not too long ago we were pumping water from wells, walking to the outhouse, and very physically involved with our day-to-day survival. Today, not so much. An attitude of doing more and enjoying our bodies can be extremely helpful as we end this year and pursue our better selves in 2023.

A new attitude toward physical movement and fitness can go a long way. Hanging clothes to dry instead of using an electric dryer is simple and money saving, prepping meals instead of using fast or frozen food, even cleaning the house can be looked as a joyful act as opposed to a chore. Does anyone you know get rid of their house cleaner in order to become more fit?

When I wake up each morning and try to keep moving instead of sitting down with a cup of coffee. A body does not need to sit after it has been laying down for many hours. I bend, pick up, and start my body moving in first gear to start warming up. Sometimes I even try out some new dance moves!

Circulation is the key to stagnation's lock. Through my massage work I see bodies that do less physical work relate directly to more physical problems. One of my favorite examples of this is getting off of an airplane. I get looked at funny when I am the one walking up or down a flight of stairs instead of using the escalator. Often the option is right in front of you but most choose the lazy way out. We can consciously shift our thinking and embrace being physical as a way to a happier well-being.

Going to the beach? Get in the water and swim, walk, throw a frisbee or kick a soccer ball; anything instead of sitting there doing nothing. I am surprised at the new "technological advances" being made when I am stateside. Some vehicles rear hatch now requires pushing a button instead of the simple act of reaching up and closing the door. Odd and unnecessary if you ask me. Automation in our lives have a downside and is not physically advantageous. It's time the alarm bells start ringing before obesity, diabetes, and illness is the norm over health, wellness, and a drug free existence. Sitting kills and movement heals both mentally and physically. We must end our reliance on prescription pharmaceuticals through what is God-given and free, exercise! Get moving today then re-fuel yourself slowly and consciously.

Todd Pequeen began massaging here in Manuel Antonio in 2000. He was the first male masseur and is available at his incredible home studio by appointment only, or at your location: 8830-7727, tpequeen@yahoo.com, massagetodd.com. He spends his free time traveling with his wife, gardening, writing, and massaging the world's problems away.



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CUNNING CANIDS

Jack Ewing

Remember Wile E. Coyote who wasn't quite as wily as Beep-Beep the roadrunner? Unlike Wile, real coyotes are indeed cunning. According to Mark Wainwright's excellent field guide *The Mammals of Costa Rica*, coyotes have even been known to play dead as a ruse to lure in scavengers whom they then kill and eat. I guess Wile didn't know that trick or it didn't work on the roadrunner. In Mexico the term *muy coyote* is used when referring to a shrewd or crafty person.



When I was a kid growing up in Colorado in the 1950s, I used to shoot every coyote I saw. I remember how pitiful it was seeing a flock of my dad's sheep that had been maimed and killed by them. We would have all been very happy had they been completely exterminated. In fact, there was a government program to do exactly that. The agricultural department gave us traps, each of which, had a corn cob screwed onto a short tube. When the coyote pulled on the corn cob the trap shot a pellet of cyanide into its mouth killing it instantly. When we set the traps, we painted the cobs with pheromone laced oil. Coyotes couldn't resist the aroma, grabbed the corn cob with their teeth, and ended up dead. Either the government has given up the program to exterminate the coyotes, or the coyotes are wiler than the government. There are still as many coyotes as ever, and they have adapted to many different habitats, even including cities.

I have not been a rancher for many years, and I don't hate coyotes anymore. I admire them. When we still had cattle on Hacienda Barú I worried that they would kill the newborn calves but getting past a furious 300 to 500-kilo mother cow is a huge risk for a 10-kilo canid. Coyotes did hang out around the cattle at calving time, but I believe they did so to feed on the afterbirth (fetal membranes and placenta) that the cows expelled after giving birth.

When the lowlands of Hacienda Barú were mostly pasture there were lots of coyotes. Coyotes are less inclined to hunt in packs than wolves, and when they do the packs are small and made up of close family members. The species is somewhat monogamous, and a pack is made up an alpha male and female, that may stay together for several years, along with their cubs from the last few years. We all loved hearing them howl in the early mornings and late evenings. In fact, the name coyote is derived from the word *coyotl* from language *náhuatl*, spoken by the Aztecs, and meaning "howling dogs". As the hacienda was rewilded and transformed into a nature reserve, the pastures evolved into secondary forests and the howling diminished and eventually stopped completely. I think that coyotes in a forested habitat tend to be solitary rather than forming packs, and solitary coyotes don't seem to howl. I didn't start using trail cameras until about 15 years after Hacienda Barú was declared a National Wildlife Refuge, by which time it was mostly forested, and I have never captured of photo of more than one coyote. Their social behavior has evolved along with the environment.

Coyotes have not been studied as much as other predators in Costa Rica, but studies from north America abound. An adult coyote will weigh around 10 kilos in Costa Rica and will average almost double that in Alaska. This is presumably because their prey here is smaller than that of their northern relatives. Scat analysis has shown that in Costa Rica

they do eat white-tailed deer weighing three times as much as themselves, but researchers believe that the coyotes don't kill the deer, rather they scavenge carcasses of deer that have died from other causes. Their diet in Costa Rica is quite diverse, consisting of mice, rats, rabbits, agoutis, green iguanas, spiny-tailed iguanas, several species of birds, turtle eggs, large insects and just about anything else they can catch and kill. When animal protein is not available coyotes eat fruits, large seeds, and grass. Killing and eating chickens and other poultry earns them a bad reputation with farmers, as does eating and damaging crops like squash and cantaloupe.



In addition to our wily and cunning coyotes (*Canis latrans*), two other canids are found in Costa Rica, the gray fox (*Urocyon cinereoargenteus*), and the bush dog (*Spethos venaticus*). We all know that foxes are sly and foxy. The sarcastic expression "dumb like a fox" means just the opposite of what the words say. But what about the bush dogs? They were discovered in Costa Rica less than 10 years ago, and we don't know much about them. I suspect that they had been here for a long time before a biologist captured images of one on a trail camera. So, they must be both cunning and sly to stay so well hidden from the searching eyes of researchers, naturalists, and those of us who dwell in rural Costa Rica.

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.

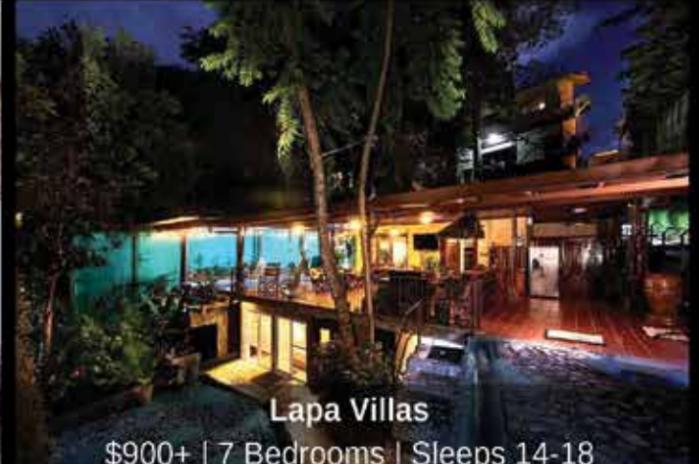
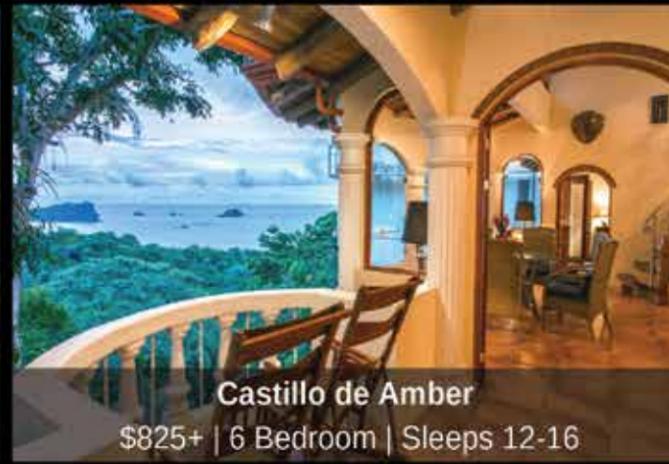


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That's Fishin
Benn Gilmour

Welcome to the December edition of That's Fishin, the official start of the dry season here on the Costa Rican Pacific Coast and our peak tourism period from now through April. I am so pleased that you are here to join us, wish you an amazing, life changing visit and hope that you get to experience some of our incredible fishing.



OFFSHORE FISHING

The Fishing in November was completely world class and safe to say, got the season started with a bang! Allen & Kristy who were visiting from the NJ/NY area, fishing aboard MUY CALIENTE & BUCKETLIST, were ready for a day off to give their arms a rest after fishing 4 days and catching no less

than 58 fish! Now we are not talking about minnows here, we are talking 200lb plus Blue Marlin, beautiful Striped Marlin, Sailfish, Dorados up to 40lbs and some non-stop Yellow Fin Tuna action. The fishing that Allen and Kristy experienced is exactly why November is most Quepos Captain's favorite month of the year. Yes, November will always rain a little or sometimes a lot but when the Fishing is this good, who cares!



The Dorado bite has been nothing short of phenomenal. Seasonal rains in October and November cause huge debris lines of logs, tree trunks and the likes to gather typically around 8-15 miles Offshore which create the ideal feeding grounds for hungry Dorado. Most of the Dorado are in the 12-20lb range but there have already been some huge Bull Dorado in the 40-65lb class landed. Expect Dorado numbers to reduce through December as water temps increase and the debris lines disappear once the rain has stopped. Whilst numbers will likely be lower, the chances of a Big Bull Dorado are at their peak from December through February. November and December are some of the best months of the year for Blue Marlin and this November was no exception with some sensational Marlin fishing experienced by the Quepos fleet. Anglers should book a full day Offshore trip if you would like to target Marlin.

The Tuna fishing in November was excellent also, with lots of fish in the 20-50lb range and some larger Tuna mixed in. December and January often produce some



of the largest Tuna of the year and every year there are 200lb plus Tuna caught here in Quepos.

There were Sailfish out there during November and numbers will increase through December before they typically peak January through April which is prime Sailfish season and chances of double digit Sailfish days are possible when you find the fish.

INSHORE FISHING

Now that the rains have slowed down and the Inshore water clarity has improved, expect the Inshore fishing to be firing on all cylinders during December. Huge shoals of Threadfin Herring (locally known as Sardines) move into the shallow waters along the beaches north and south of Quepos. There can be some excellent fishing for Jacks and Mackerel early mornings close to the bait shoals and as you push closer to the rivermouths there can be some great fishing to be enjoyed for Snook, Roosterfish, Pacific Red Snapper plus other species such as Tripletail, Corvina and more. Our rivermouths and beaches tend to produce small to medium sized Roosterfish in the 2lb to 25lb range, however, our rocks and island locations out in deeper water will hold the best chance of a real Trophy Roosterfish in the 30-80lb class. The waters around Quepos are one of the best places on the planet to catch a Trophy Roosterfish and fish to over 100lbs have been caught here.



Over the past few years with the help of GRAY FISHTAG RESEARCH in Florida we have been tagging Roosterfish here in Quepos with a series of Satellite & static tags to try and help us further our understanding of one of Central America's most iconic Fish. The data we have collected in the past year has literally been mind blowing as we have started to see consistent movement patterns which have taken Fish to Offshore waters in water depths that we never thought possible for a 'coastal fish'. If you are lucky enough to catch a Roosterfish, ask your Captain if you can Tag it to get involved in this fantastic research effort like dozens of our other visiting Anglers.



There are boats at Marina Pez Vela to suit every taste and budget to go Inshore fishing from affordable pangas and centre consoles to more comfortable Sport Fishers. Choose from Half Day or Full Day trips and some excellent Inshore boats are IDRA 2, Marlin B, SKY 2, GOOD DAY, MIRSE AZUL, & MUCHO FISHO.

TOURNAMENT DATES

With last month's Dorado Derby's taking place, tournament season has now officially begun with some epic events happening from now through July. All are welcome in Marina Pez Vela tournaments and we would love to have you involved. Simply drop me a line if you would like to find out more and you can see full details & schedule at marinapezvela.com/tournaments/

- | | |
|----------------------|---|
| 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 |
| July 1, 2023 | Summer Solstice Shootout |

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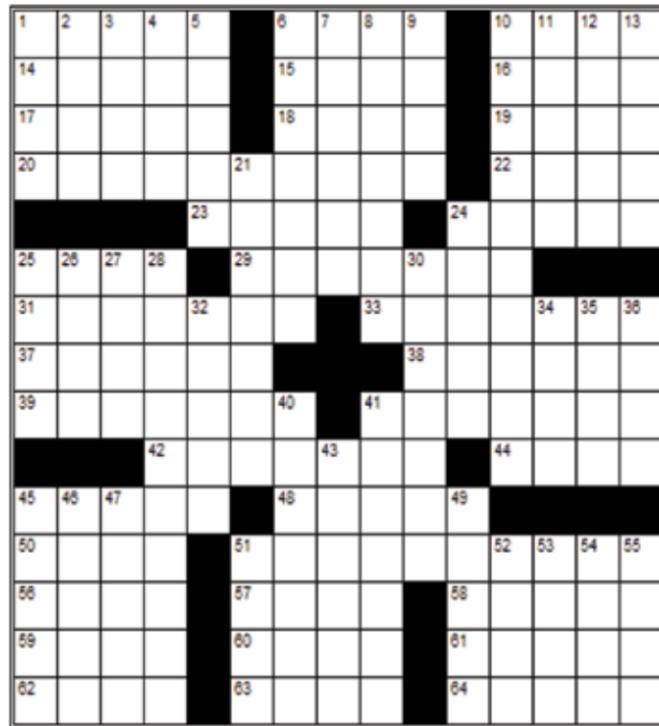


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Crossword Puzzle

ACROSS

- 1. Jazz style
- 6. Proven information
- 10. Shock
- 14. Small egg
- 15. Dwarf buffalo
- 16. Wild goat
- 17. Small finch
- 18. Habit
- 19. "Your majesty"
- 20. Science of cold temperatures
- 22. Smell
- 23. Sheeplike
- 24. Seize
- 25. It forms on a wound
- 29. Alkalizer
- 31. Producing a strong effect
- 33. Genuine
- 37. Trim
- 38. Three times
- 39. Wander aimlessly
- 41. Kit for a baby
- 42. Watered down
- 44. Writing table
- 45. Delete
- 48. Magicians
- 50. Finest
- 51. Intangible
- 56. Savvy about
- 57. Awestruck
- 58. Vibes
- 59. Lascivious look
- 60. Curved molding
- 61. Postage
- 62. Askew
- 63. Catches
- 64. Cash



DOWN

- 1. Pear variety
- 2. Always
- 3. Entomb
- 4. Hodgepodge
- 5. Former Hungarian monetary unit
- 6. Servile
- 7. Bless
- 8. Hide
- 9. Makes lace
- 10. Disarrayed
- 11. Remain
- 12. Naughts
- 13. Put forth, as effort
- 21. Gospels
- 24. Strong flexible twig
- 25. Flower stalk
- 26. Formally surrender
- 27. Seaweed
- 28. The triforium of a church
- 30. Stronghold
- 32. An independent film company
- 34. Liturgy
- 35. Does something of
- 36. Scallion
- 40. Search haphazardly
- 41. Emissaries
- 43. A type of lever
- 45. African virus
- 46. Regenerate
- 47. Daisylike bloom
- 49. Muscle contraction
- 51. Weightlifters pump this
- 52. Car
- 53. Fiber source
- 54. Disabled
- 55. Catch a glimpse

Crossword Solution on Page 57



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SPANISH SUCKS

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El pretérito indefinido o pretérito simple

Con el pretérito simple podemos expresar acciones realizadas y terminadas en el pasado que no tienen relación con el presente, también es usado para expresar una secuencia de acciones en el pasado. La conjugación de verbos que se comportan regularmente en el pretérito simple es la siguiente:

	Cantar - AR	Comer - ER	Escribir - IR
-Yo	é	í	í
-Tú	aste	iste	iste
-Él, ella, usted	ó	ió	ió
-Nosotros (as)	amos	imos	imos
-Ellos, ellas, ustedes	aron	ieron	ieron

misma conjugación en presente similar conjugación

Expresiones de tiempo

Las expresiones de tiempo nos ayudan a contextualizar lo que decimos. Para expresarnos en pretérito simple es común usar:

- Ayer
- Antier: el día antes de ayer
- Anoche: ayer en la noche
- La semana pasada
- La fiesta de cumpleaños pasada
- La primavera pasada
- Hoy en la mañana
- Hoy temprano

- Esta mañana
- La (s) clase(s) de ayer
- La primera vez
- La última vez
- El mes pasado
- El año pasado
- El verano pasado
- El invierno pasado



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Estos son algunos ejemplos de oraciones en pretérito simple:

- ¿Quién habló con Luisa ayer?



- El mes pasado, el bebé de Ana aprendió a caminar.



- ¿Nadaste en la piscina hoy en la mañana?

Conjugué el verbo entre paréntesis de la forma correcta en pretérito simple.

1. Daniela y Luisa (decidir) _____ viajar juntas el año pasado.
2. Hace muchos años, (vivir / nosotros) _____ en Perú por cuatro meses.
3. Anoche Juan y yo (comer) _____ patacones con pico de gallo.
4. Ayer los chicos (visitar) _____ a sus abuelos.
5. ¿(Recibir, tú) _____ la postal que te mandé?
6. Yo (nacer) _____ en la capital y mis hermanos (nacer) _____ en otro país.
7. El fin de semana pasado (ver / yo) _____ una película argentina.
8. (Iniciar/ yo) _____ la escuela a los ocho años.

Seleccione y conjugué los verbos en la caja para completar cada oración correctamente:

escuchar, saltar, recibir, tomar, caminar, enviar, perder, aprender, abrir, cerrar, comprar, gastar

1. Pedro _____ la noticia en la radio esta mañana.
2. La chica _____ de alegría cuando _____ la noticia.
3. Yo no _____ el bus esta mañana, _____ a la escuela.
4. Malena no _____ la tarea por correo a su profesor ayer, por eso ella _____ el curso.
5. Anoche, Luisa y yo _____ a bailar bachata.
6. El banco _____ muy tarde hoy, ayer _____ más temprano de lo normal, ¡qué raro!
7. El año pasado _____ una casa en la playa y _____ mucho dinero, pero estoy muy feliz.



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Day	High	Low	High	Low	High	Phase
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Fri 02		03:35 1.40 ft	09:50 7.72 ft	15:56 1.23 ft	22:27 8.46 ft	
Sat 03		04:45 1.33 ft	10:58 7.65 ft	17:00 1.32 ft	23:27 8.59 ft	
Sun 04		05:48 1.12 ft	11:59 7.73 ft	17:59 1.30 ft		
Mon 05	00:22 8.77 ft	06:44 0.87 ft	12:54 7.88 ft	18:52 1.24 ft		
Tue 06	01:11 8.92 ft	07:32 0.63 ft	13:43 8.05 ft	19:39 1.18 ft		
Wed 07	01:56 9.02 ft	08:16 0.45 ft	14:28 8.18 ft	20:22 1.15 ft		Full Moon
Thu 08	02:38 9.05 ft	08:56 0.34 ft	15:10 8.27 ft	21:03 1.17 ft		
Fri 09	03:17 9.00 ft	09:34 0.30 ft	15:51 8.30 ft	21:43 1.23 ft		
Sat 10	03:56 8.88 ft	10:12 0.35 ft	16:30 8.26 ft	22:22 1.34 ft		
Sun 11	04:35 8.67 ft	10:49 0.48 ft	17:10 8.16 ft	23:02 1.50 ft		
Mon 12	05:15 8.40 ft	11:28 0.69 ft	17:51 8.02 ft	23:44 1.69 ft		
Tue 13	05:56 8.06 ft	12:07 0.96 ft	18:33 7.86 ft			
Wed 14		00:27 1.88 ft	06:39 7.71 ft	12:48 1.26 ft	19:16 7.71 ft	
Thu 15		01:14 2.05 ft	07:26 7.36 ft	13:32 1.55 ft	20:02 7.61 ft	
Fri 16		02:05 2.15 ft	08:17 7.08 ft	14:18 1.78 ft	20:51 7.60 ft	Last Quarter
Sat 17		02:59 2.13 ft	09:12 6.91 ft	15:09 1.91 ft	21:43 7.72 ft	
Sun 18		03:56 1.97 ft	10:10 6.90 ft	16:03 1.91 ft	22:36 7.96 ft	
Mon 19		04:53 1.66 ft	11:07 7.07 ft	16:58 1.75 ft	23:28 8.33 ft	
Tue 20		05:48 1.22 ft	12:03 7.40 ft	17:54 1.46 ft		
Wed 21	00:21 8.77 ft	06:41 0.71 ft	12:57 7.85 ft	18:48 1.08 ft		
Thu 22	01:12 9.22 ft	07:31 0.18 ft	13:48 8.35 ft	19:41 0.67 ft		
Fri 23	02:03 9.63 ft	08:21 -0.29 ft	14:38 8.83 ft	20:34 0.29 ft		New Moon
Sat 24	02:53 9.92 ft	09:11 -0.65 ft	15:29 9.23 ft	21:26 0.03 ft		
Sun 25	03:44 10.05 ft	10:00 -0.84 ft	16:19 9.50 ft	22:19 -0.09 ft		
Mon 26	04:35 9.97 ft	10:49 -0.84 ft	17:10 9.62 ft	23:13 -0.05 ft		
Tue 27	05:28 9.71 ft	11:40 -0.64 ft	18:03 9.57 ft			
Wed 28		00:07 0.15 ft	06:22 9.28 ft	12:32 -0.28 ft	18:57 9.38 ft	
Thu 29		01:04 0.47 ft	07:18 8.75 ft	13:26 0.19 ft	19:53 9.09 ft	First Quarter
Fri 30		02:04 0.82 ft	08:17 8.20 ft	14:22 0.71 ft	20:52 8.78 ft	
Sat 31		03:07 1.14 ft	09:21 7.72 ft	15:22 1.19 ft	21:50 8.57 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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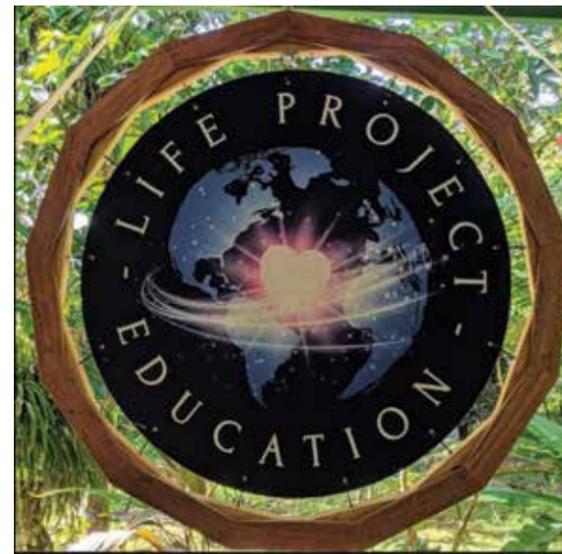
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This large 9 bedroom Villa is comprised of four bedrooms which are all masters, each with King Size bed, high ceilings, spacious areas, with glass sliders allowing you to feel the fresh breezes off of the ocean. All bedrooms are air conditioning to 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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Reverence for Nature with the Winter Solstice Spiral Ceremony at Life Project Education (LPE)

By Harriet Goudard @harrietgoudard



Of all the annual festivals, the Winter Solstice is probably the most notable, as it is the moment we find ourselves at the center of the Solstice Spiral.

The Solstice Spiral or Spiral of Life is part of the language of symbols that pre-dates the Celts, representing the constant ebb and flow of Life.

Having passed through all the

seasonal festivals of the year, on the 27th November 2022 we transition into Advent. In and of itself a sacred space, Advent is the anticipation of what is to come and, in this context, we are speaking of the return, or rebirth, of the Sun into the World (also known as the light of Christ, or Christendom).

At LPE, the Solstice Spiral is made manifest in physical form upon the Shala floor—adorned with foraged flowers, local leaves and greens, crystals and other elements to represent the four elements of Earth; Stones, Plants, Animals, and Man. As the children enter into this sacred space, animated with music and



song from Mentors, they walk the spiral path with a beeswax candle set within an apple, or starfruit, in their hands. Ceremonially moving towards the center, under the steady gaze of parents and friends, they retrace the Sun's journey throughout the year. Upon reaching the center, the Sun is reborn in the hands of each of them and in placing their candles along the spiral as they re-emerge, they aid the lighting of the path for those who follow.



Not only does the celebration of the Solstice Spiral in this way underline our reverence for the Natural world that exists outside of ourselves, but also reminds us to honor the ebb and flow of the seasons that occur within. A beautiful, intentional moment to pause, reflect and connect before leaving school for our familial holiday celebrations.

Would you like to know more about LPE? Email info@lifeprojecteducation.org to find out more about enrolling your child, joining our team as a volunteer or long-term mentor.

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7 Things a Surfer Needs to Surf at Their Best

Greg Gordon



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

Have you ever been watching the waves and see one girl or guy just shredding it? Or styling out on a longboard? They seem to be in the flow, focusing solely on what's coming down the line and how perform the next maneuver flawlessly. The key for them is preparation and mindset. Now I am not the best surfer out there, or even close, but after 35 years of experience I've found these seven things crucial to help me surf my best.

Surfboard

Boards can be short and light for doing tricks, or long and heavy for bigger surf with thicker cloth, but they need to be constructed and maintained well. The board can't have dings that could potentially cut my feet, or dents that could eventually buckle. Also, I surf best when I have the right board for the conditions. Too many times I've pulled up with a shortboard when I needed a longboard or vice versa. A great tip would be whenever possible bring two boards, or if you are traveling, stay at a beach town that has shops with quality board rentals.

Wax

I cannot preach on which wax is best, but for me I use Sticky Bumps. I prefer the paper box for less plastic and the tackiness is good. There is merit for having the correct wax for the air and water temperature, but the key is to make sure you have enough so that your feet don't slip off. That is the last thing you want to worry about when dropping in to some bombs.

Skin Protection

Sunscreen, Rashguard or Wetsuit—You want to choose some form of skin protection. Every surfer has different tolerances to water temperatures. Some are in baggies or bikinis all year, while other put on the 4/3 wetsuit when the water temp drops below

70 degrees (21 C). The key is to having the right skin protection for your comfort. With sunscreen, those with zinc oxide are better for the planet, but might not stick to your face or will burn your eyes. With a rashguard, be sure it fits comfortably and I prefer those with a wide side panel so the stitching does not rub inside my armpit, causing a mean rash. And with a wetsuit, I don't want it too loose where water is flushing through it on every duck dive, or too tight where I'm walking like a penguin.

Hydration

The days I surf without drinking enough fluids are not my best surfing days. And coffee does not count. It is amazing how much I sweat while paddling and riding waves. I know that the more water I had drank before hitting the surf, the less chance I have of cramping up or getting dizzy from overheating. The best part is I don't have to worry about having to go pee if I drank too much (unless I'm in a wave pool which doesn't count as surfing, that is surfing)

Leash

This one may be controversial as there are many surfers who don't like wearing leashes. I have seen a few longboarders that don't use them, but I feel unless you are on par with Joel Tudor or at least CJ Nelson, then you should. It is a matter of safety, not for yourself, but for other surfers and swimmers. I've seen little kids mowed down in the shore break from errant longboards. The other advantage is you can catch more waves if you spend less time swimming in to retrieve your board, and it is one less thing to worry about when trying to complete a risky maneuver that could leave your board on the rocks or dry reef. The leash you use should not be too old, where the Velcro may not stick as well or the cord is dry rotted from the sun. And on every surf trip bring a back-up leash as it is always better to have it and not need it, then need it and not have it.

A Clear Mind

When paddling out, I try to leave my problems back on the shore. When I duck dive I can feel the negatively charged ions being brushed off my body in the white water and replaced by positive ones. I can gaze at

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a pelican or dolphin or even a leaf and lose myself in wonder. Or I stare intently at the horizon with a singular focus of finding that next set wave to catch. Those are my moments of zen, when I surf my best. When I'm pissed off at the world and the ocean for not being ideal, my surfing suffers.

A Surf Buddy

Surfing with a friend always makes the session better. Yes, they can cut you off, but you can cut them off too, and it is alright. My friends will encourage me to push the limits of my ability and to convince me to paddle out when I may not be that enthusiastic about it. They also can help for safety reasons—lost boards, killer rips, random sharks and crocodiles—and the chance it happens to me drops by 50%. Post surf a buddy can brag about your best barrels and joke about your best wipeouts.

These seven things will help any surfer surf better. Some people may say you need waves, too, but I disagree. I've had great sessions surfing knee high slop. It was just a great feeling being out in the water and with the right board I was catching everything and hooting for every thigh high set that my friends caught. I had everything else listed above and was surfing my best. And these days I'm surfing for close friends who want to surf but are struggling with physical ailments that are keeping them on land. That gives me a lot more appreciation for each time I paddle out.



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

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 1 lot @ 10,000 sq.m. Also 2 houses.
 See www.villanuevalotes.com for photos & details.

OCEAN VIEW HOUSE WITH POOL IN MA

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john@2costaricarealestate.com or 8870 87607/2519-9415

VILLA NUEVA 1.5 HECTARES WILL SELL 1/2 OR ALL

\$20/m² By Owner Call: 8841-7975.

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Turn key, totally furnished proven money maker. **\$290,000**
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 Contact Chris +506 8783-6235

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

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COMMERCIAL OPPORTUNITY DOWNTOWN QUEPOS

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MANUEL ANTONIO JUNGLE/OCEAN VIEW LOT 1/4 ACRE

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 Perfect for family/vacation rental home. For more info call Hidden Bay Realty 2774-0212 or Kurt Hocker 8885-2525
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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 few weeks before Christmas a postmaster in a small town received a letter addressed to Santa Claus. He opened it and was touched by its unusually pathetic message.

It read: "Dear Santa, do you think you could give me \$50 for a bike? It's not for myself, but my mother is a widow with 5 children and we have hit hard times. The bike would help me deliver newspapers and get some money for young Johnny's medicine."

The postmaster was so touched that he took it along to his church that night and read it aloud. It prompted a quick collection which raised \$48. The postmaster slipped the money into a church envelope, addressed it to the boy and posted it.

The following week he noticed another letter to Santa in the same lad's handwriting. He slipped the unopened envelope in his pocket and at the appropriate time stood up at church and read it aloud.

It said: "Dear Santa, thank you for sending the money for the new bike, only next time you do this sort of thing be sure not to send it through the church as the bastards took a \$2 commission."

"I'm in a terrible fix," moaned Raymond. "I'm in love with two girls and I don't know which to marry."

"No problem," said Sean. "I know you're not a Catholic but I think the church could help you. Tomorrow morning, kneel down in church and try a sincere prayer to God—that should do the trick."

Next morning Sean arrived to find Raymond with a beaming smile.

"It worked. It's a miracle," Raymond enthused. "I walked in, knelt down and there it was written in red across the altar cloth: AVE MARIA!"

My New Year's resolution is to be more optimistic by keeping my cup half-full with either rum, vodka, or whiskey.

My New Year's resolution is to start buying lottery tickets at a luckier store.

I have only one resolution. To rediscover the difference between wants and needs. May I have all I need and want all I have.

I will no longer waste my time relieving the past, instead I will spend it worrying about the future.

Never put off till tomorrow what may be done day after tomorrow just as well.

Anyone who thinks sitting in church can make you a Christian must also think that sitting in a garage can make you a car.

The reason I talk to myself is because I'm the only one whose answers I accept.

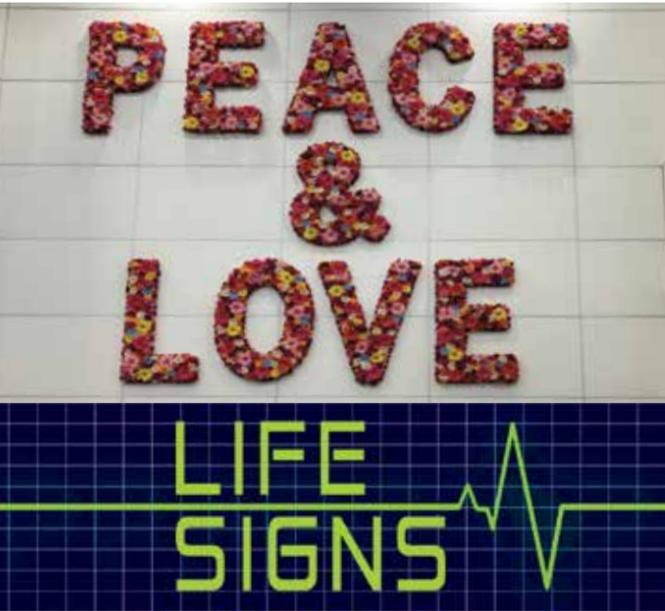
You only live once, but if you do it right, once is enough.

What did the left eye say to the right eye? Between you and me, something smells.

Never criticize someone until you have walked a mile in their shoes. That way when you criticize them, you'll be a mile away and you'll have their shoes.

How did the hipster burn his mouth? He ate the pizza before it was cool.

What did the Buddhist ask the hot dog vendor? "Make me one with everything."



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Crossword on Page 43

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

Sudoku on Page 4

It's baby season for Manuel Antonio's sloths so you might be wondering—What to do if you find a baby sloth alone on the ground?!

1. Check the area for the mom—usually momma sloth is nearby and looking for her baby. Remember, sloths are very good at hiding, so just because you can't see her doesn't mean she isn't there!



2. If the baby isn't in immediate danger leave it where you found it and let it cry. The crying call of the baby is what alerts mom to the baby's location.

3. If you can see mom and the baby is crying then step back and get everyone around you to step back. Try to get out of sight of both mom and baby so mom feels comfortable enough to come to the ground to retrieve her baby.

4. Stay quiet! Strange noises are scary for sloths. They are always on alert for predators so when it is too noisy, they freeze and wait for the danger to pass. Also, if it is too noisy momma sloth won't be able to hear where her baby is located.



5. You can take photos from far away but make sure not to use flash. The flash could scare mom and make her stop from retrieving her baby.

If you follow these steps carefully, usually mom will get her baby within 10-30 minutes.

If you can't find mom or if baby is in danger, is injured, or if you are unsure of what to do CALL our RESCUE number: 87-SLOTHS and we will come within minutes to help!



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

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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

Welcome Visitors

Celebrate!

The birth of our Savior
and Lord Jesus Christ



Sundays
9 am & 6 pm

Weekdays
6 pm

Catholic Church, Quepos



B GREEN

Shop in Person & Alone

Shopping in person, especially if you walk there, is usually greener than online. Clothing shipped across the world has a significant carbon footprint, & often come packaged in plastic. You are also less likely to return things you have already tried on.

It can help to ditch your friends. When you ask a friend if you should buy something, you already know the answer will be yes. It's an unwritten rule of friendship. Think of it as the new version of not going supermarket shopping when you're hungry.



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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.

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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.

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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)

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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
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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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We Deliver

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

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

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



Here's why you should not feed our wildlife:

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

dependency on humans that diminishes the wildlife survival abilities.

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

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

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

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

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MANUEL ANTONIO
SPA DAY






KIDS saving the RAINFOREST

Wildlife Tour

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

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

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

Help KSTR save the Wildlife!

Want to volunteer? Scan the QR code below: 

Book a tour today! Scan the QR code below: 

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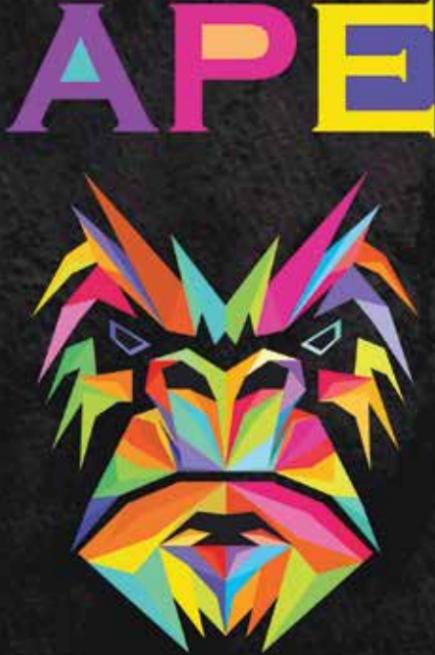



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Kids Saving The Rainforest Spokeskid



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

Happy Holidays!

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

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



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

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



Photo by Co-founder, Janine Licare Photography

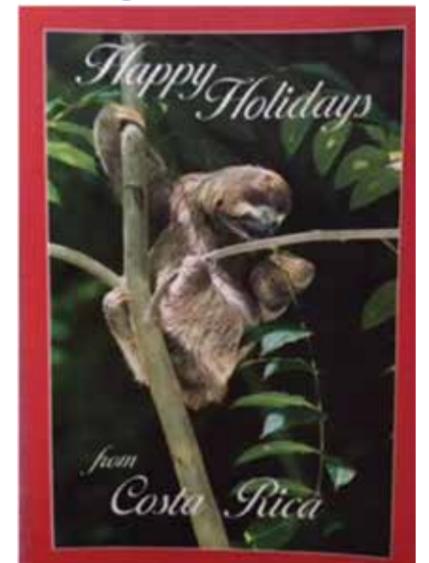
In addition to special treats during the holidays, throughout the year, we vary the way we feed the animals. Two weeks ago, when I was volunteering at the sanctuary, we used egg cartons to make mini-feeders for the birds and small animals. We also used the shell of coconuts (which I drank the water from!)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

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

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

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

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





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Offices in Quepos/Manuel Antonio,
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Alma de la Selva

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.

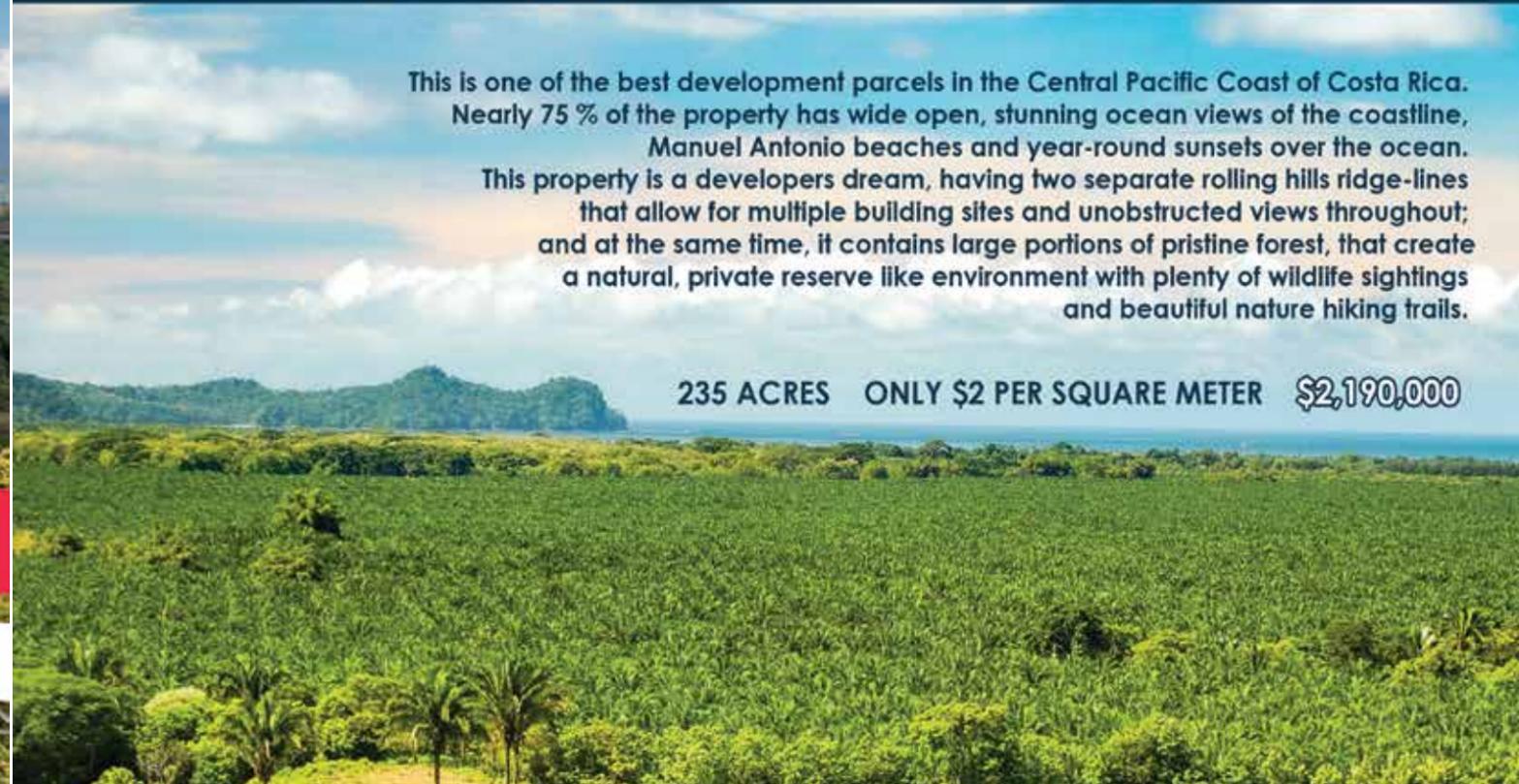
777 Acre Ocean View Ranch
 \$1,950,000



Vista Grande

This 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 \$2,190,000





HBR Exclusive Properties



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Gated Community in Manuel Antonio
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Renovated Home in Quepos

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



Hacienda Pacifica

Quepos Townhome
2 bedrooms and 2 bathrooms
1800 sq ft construction
\$160,000



Popular Quepos Hotel

Best location in Town
14 Bedrooms
Restaurant, Laundry, Pool, Reception. Walking distance to La Marina Pez Vela
\$995,000



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 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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