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Quepos Manuel Antonio Dominical Uvita

Photo by Frank Schulz



NOVEMBER 2022

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**MELISSA KLASSEN** melissapuravida@gmail.com  
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About Me





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## Exclusive Listings

“

Dear Melissa,

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

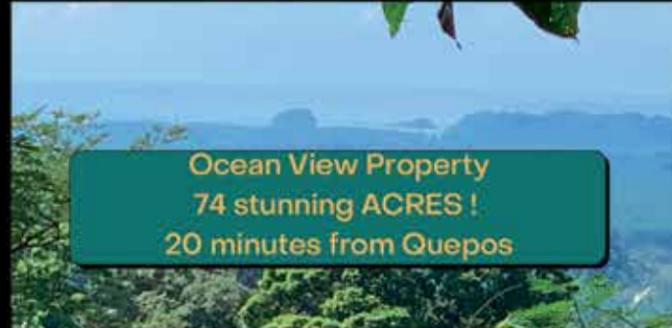
The level of service provided to make us feel welcome, informed, and accepted in Costa Rica, far exceeded our expectations, and made us very comfortable making this kind of purchase in a country we did not know.

Thank You  
 Craig & Coty

”



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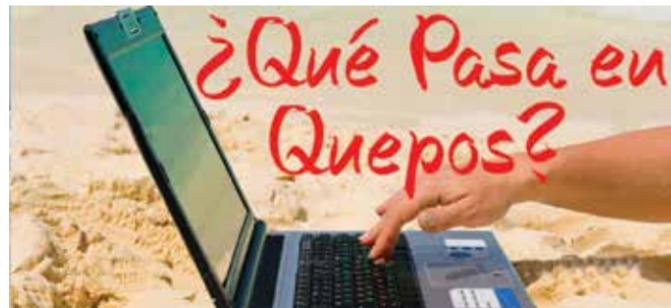
**CALENDAR**

**Tuesday November 8 ..... QUEPOLANDIA DEADLINE**

Tues Nov 1	.....	All Saint's Day
Wed Nov 2	.....	All Soul's Day/Día de los Muertos
Sun Nov 6	.....	Daylight Savings ends (NA)
Wed Nov 9	.....	World Freedom Day
Fri Nov 11	.....	Veteran's Day
Sun Nov 13	.....	World Kindness Day
Sun Nov 20	.....	Pay Back Your Parents Day
Thurs Nov 24	.....	Thanksgiving (US)

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	6			7	8		
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*Sudoku Solution on Page 57*



Bienvenidos....Welcome to the Rainforest. It will probably rain a little while you are here but don't let that slow you down. Thanks to the rain Manuel Antonio National Park is in full bloom attracting frogs, hummingbirds, and butterflies of every color. The rains are also providing great rafting on our nearby rivers and **Nauyaca Waterfalls** (pg. 16) are always amazing. It is also baby season here in the jungle, so look closely as a lot of monkeys and sloths are carrying their young on their backs. Whale season has been fantastic this year so get to Marina Pez Vela and book your whale watching tour. **Sunset Sails** (pg. 50 ) and **Brisa Elegante** (pg. 8) can get you out to enjoy our beautiful coastline and experience these magnificent animals up close.

**Marina Pez Vela** will be hosting for its 5th year, one of the most anticipated sportfishing events—the **Dorado Derby** (pg. 18). This event will be held over two days ( Nov 12 and 19) with anglers from the United States, Central America, and Costa Rica participating in this fun filled event for all ages. Contact Marina Pez Vela and register your team at [marinapezvela.com](http://marinapezvela.com).

US Thanksgiving is November 24. We all have something to be thankful for moving forward to this coming new year. **Colinas** (pg. 18) will be serving their famous traditional Thanksgiving dinner with all the fixings so make your reservations and reserve your drumstick. We want to wish all of our advertisers, writers, readers, and staff a VERY Happy Thanksgiving. We could not do this magazine without you.

**Toys for Tots** will have their collection boxes around the area. So, let's "Be nice" and help the children and their families have a wonderful Christmas by dropping an unwrapped gift to brighten someone's holiday. Santa can always use your help.

We want to thank **Frank Schulz** for getting his ducks in a row for this month's amazing cover shot. We would also like to welcome our new advertisers **Pura Pilates** and **Your Costa Rica Home**.

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](http://Quepolandia.com) or on [Facebook/Quepolandia](https://www.facebook.com/Quepolandia). We appreciate and welcome your comments.

Peace and Enjoy...D



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# BRISA ELEGANTE THE JOURNEY

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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# THE BRISA ELEGANTE

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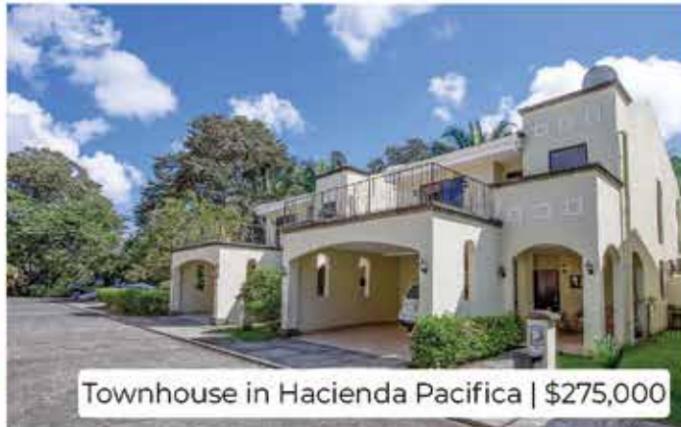
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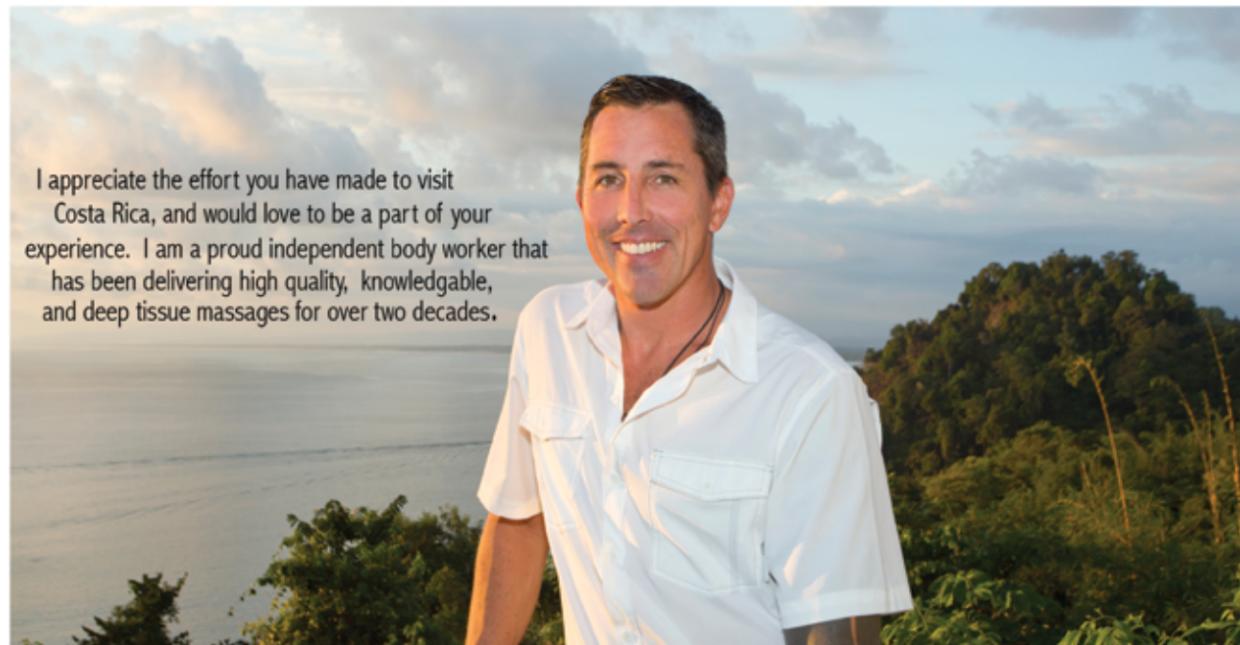
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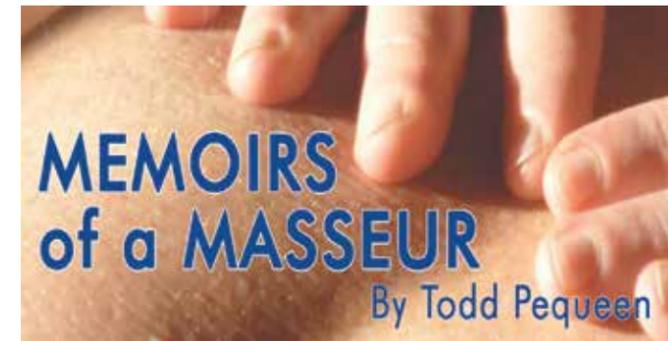
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### Still the Best

I love Manuel Antonio. I sincerely do, with all my heart. In the past year I have been asked, more than ever before, about the validity of the community and its future. There are plenty of doubts, questioning, and sometimes negativity that gets filtered through me while I am massaging my clients, socializing with tourists, and sharing the many wonders of Manuel Antonio. Having lived in this little beach town for over two decades, my opinion on local happenings and the status of the past glory years are always in question. Typically, the questions revolve around construction worries, crowds, traffic, safety, and particularly the loss of freedom that once were focal points of the community. Three examples of change are the complete elimination of our once famed "gay beach," the lack of night life up on the hill, and the new ultra-rich retirees that seem to think Manuel Antonio is an upgrade from Florida and not the beach getaway party town it once was. All of these concerns are valid and are things which I had to go through a personal mental process to stand where I do today, with absolute positivity. Change is important, natural, and fundamental to the point that if Manuel Antonio wasn't experiencing growing pains, I would be alarmed. Evolution is occurring and has transpired everywhere on planet earth due to population gain and the internet. There is no running from it anymore, for better or for worse, till death do we part.

All of us, as humans and adults, can remember when change rocked our worlds, either by intention or by fate. I know for me the more drastic the change, the more I was forced to deal with it, eventually (sometimes a long, long time) it produced knowledge and wisdom. Often times exactly what I needed at that stage of my life. I could have gone on kicking and screaming and fighting what was happening, but that would not have altered reality no matter how hard I tried. Change is as natural birth and death. Very often I was unable to comprehend the benefits, joys, and

wisdom that resulted in one door being closed, then being forced into another room. I feel this way about Manuel Antonio. I cannot resent, I will not be a victim, and my personal resistance with these matters will only lead to bitterness and dis-ease. I refuse to accept either of those things. Instead of being a downer, a depressant, I want to be a stimulant. I want to have the wisdom to speak wisely and have gratitude for this amazing location not only in Costa Rica, but in the world.

I choose to embrace the construction as housing for possible new friends, clients, and the possible missing links who may help to solve old problems. These people could possibly be the ones who may begin ambitious new community projects. Construction means a vigorous economy and is proof the pura vida style of life and love is spreading to more people, and they like it! The new establishments are giving this community a greater variety of night life, restaurants, and options previously impossible just a few years ago. The growth has added a growing sense of refinement and the possibility of more art and culture, as well as... yes, condos and traffic. No matter how developed Manuel Antonio gets rarely have I thought of it as crowded. Admittedly, a bar or bus may be full, but the jungle and ocean have ample room for decompressing. My favorite way to avoid the headache of gridlock is to move opposite of the crowds. Hit the beach at 5:30 am. Do your shopping when stores open. Avoid the rush hours and remain calm...what can be that important to anger, worry, or stress about? Whether a beach or a mountain, when money lays claim to a public natural oasis I cannot help to feel sad. However, I will not let that affect my comfortability, routine, and nature. I firmly believe that this alone is not big enough to alter Manuel Antonios magic.

Yes, change is in the air as it has always been. The beauty of the environment and the local community will never be altered. Manuel Antonio will always be recognizable and in my opinion, still the best.

*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](mailto:tpequeen@yahoo.com), [massagetodd.com](http://massagetodd.com). He spends his free time traveling with his wife, gardening, writing, and massaging the world's problems away.*

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**Bun Cha**

This tasty meatball dish was featured in Anthony Bourdain's 2016 episode with president Obama in Hanoi. For very good reason—super delicious when paired with cold beer.

**Ingredients**

For 4 to 6 generous servings

**Meatballs**

- 1 kilo of ground pork
- 1 stalk of lemongrass
- 4 cloves of garlic
- 1 small red onion
- 2 tablespoons of brown sugar
- 2 tablespoons of fish sauce (nam pla)
- Ground black pepper

**Dipping Sauce**

- 1/2 cup of white sugar
- 1/2 cup of fish sauce
- 5 tablespoons of lime juice
- 5 tablespoons of white distilled vinegar
- 1 clove of garlic, finely chopped
- 1/2 cup of water
- 1 red chili pepper, finely chopped or to taste

**Other**

- 1 package of rice vermicelli
- Fresh greens such as lettuce, cilantro, basil, mint, bean sprouts

**Directions**

1. Finely chop the lemongrass, garlic, and onions.
2. Mix together with the meat, sugar, fish sauce, and pepper and allow to marinate for 1/2 hour.
3. Meanwhile prepare the dipping sauce and the plate with fresh greens. This sauce should be

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- sweet, salty, tangy, and umami. Feel free to play with the proportions.
4. Bring a pot of water to boil and immerse the vermicelli for about 3-4 minutes until soft. Drain and set into individual bowls. It's normal that these noodles become sticky and clumpy. They will loosen with the sauce.
  5. Form little meatballs and flatten slightly. They are wonderful grilled over charcoal but a shallow fry pan is also fine.
  6. This is served by layering the noodles, the meatballs, the greens, and sauce.
  7. Slurping encouraged.



# What's Shaking

@ MARINA PEZ VELA  
QUEPOS COSTA RICA

The arrival of the month of November brings with it two of the most anticipated activities of the year: the Dorado Derby Fishing Tournament and the Thanksgiving celebration, which guarantees fun for people of all ages, the only requirement is want to have a good time and enjoy the adventure to the fullest.

In the case of the fishing tournament, it will take place on two dates: November 12 and 19. Those who are interested in participating must formalize their registration through [marinapezvela.com](http://marinapezvela.com) or by emailing [tournaments@marinapezvela.com](mailto:tournaments@marinapezvela.com).

If you have questions or queries, you can contact the tournament's team at +506 2774-9006. In its fifth edition, the sporting event will bring together people from the United States, Costa Rica and all of Central America on our beautiful Quepos coast.

Another activity that also awaits you is the Thanksgiving celebration, which will take place on November 24. As part of this celebration, the different restaurants that are located in our commercial plaza will have a special menu and activities for the day.

Traditional Thanksgiving Buffet  
at Colinas  
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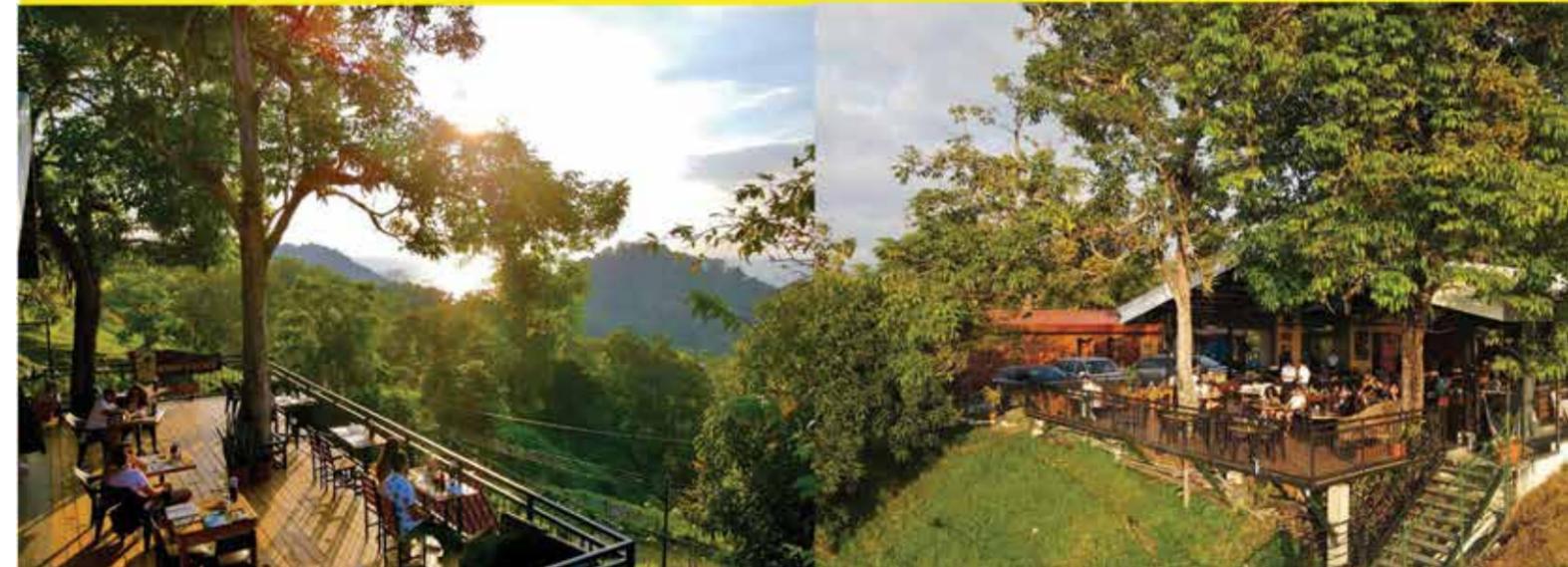
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# COLONCHOS

Jack Ewing

## THE SHELL GAME

“Hey Eduardo! Look. Somebody cut this coconut husk open, and it is full of all these little crabs. Boy, do they stink”.



“It’s not the crabs that stink”, he laughed. “It’s the rotten coconut. They love it. When I need fish bait, I just look for a coconut husk that’s been cut open. If there’s still any rotting coconut meat left, it’s sure to be full of *colonchos*. See...” He stuck his hand through a hole in the coconut and pulled out one of the *colonchos*, which I later learned are called “hermit crabs” in English. Eduardo held tight to the shell, a little smaller than a ping pong ball, grabbed the crab’s head and pincher, and pulled steadily until the little invertebrate came free of its

protective home, which Eduardo dropped on the ground. The head looked like a crab and the back part more like a fat worm. “Fish love them”, he said with a smile. Reaching into his bag, Eduardo pulled out a hand reel with some light fishing line and a small hook which he stuck through the crab and tossed it into the estuary. It didn’t take long before he had a nibble. After several tries, he hooked a fish he called a *machaca*. In half an hour he had four. They weren’t much bigger than his hand, but he took them home anyway. “My wife knows how to fry them up real tasty”.



I once heard a story about a delightful little beach which we will call “Pretty Beach”, and which was lined with coconut palms and Indian almond trees. Away from the hot sand, in the shade of the trees were lots and lots of hermit crabs. One day

a stranger came to Pretty Beach and offered the people who lived there two hundred colones for each hermit crab they brought him. The adults had other, better paying, work to do elsewhere, but the kids ran right out and started gathering up *colonchos* for the stranger. Good to his word he paid 200 colones for each crab. It was easy to find the crabs, and it only took five of them to make a thousand colones, enough for a soda or a bag of chips. The buyer left with several hundred crabs and said he would be back in a week. When asked what he was going to do with so many hermit crabs, he smiled and said he was going to sell them as pets. “Who would buy a *coloncho* for a pet”, they asked incredulously, and he asserted that in North America lots of people would pay good money for them, give them names, and paint fancy designs on their shells. The kids from Pretty Beach all thought that was the craziest thing they’d ever heard, but they kept on bringing him crabs, and he kept on paying for them. Before long it became harder and harder to find hermit crabs until one day the stranger showed up and the kids had less than a dozen for sale. That was the last time they saw him. It wasn’t long before the beach started to smell like rotten coconuts and dead fish.



Before the arrival of the stranger, the hermit crabs had eaten almost any kind of organic matter and kept the beach clean, but now they were all gone,

and the bad smell lingered. There was no more fish bait either. The people thought that before long the ocean would bring more hermit crabs, but that didn’t happen either. Pretty Beach wasn’t the same ever again.

Why didn’t newly hatched hermit crabs colonize Pretty Beach? Because there weren’t any shells for them. The crabs hatch in the ocean and go through several growth stages, but once the larvae become mature hermit crabs they come out of the sea onto the beach and look for a shell in which to live, usually one that used to belong to another hermit crab. The crabs that don’t find shells fall prey to one of many hungry predators. It is important that the shell be the right size, and as the crab grows it must acquire new and bigger shells. Let’s say a hermit crab is feeling a little tight in its shell and decides to get a new one. It starts looking around for a bigger one. Finally, it finds one and tries it on for size, but it happens to be a little bit too big. You would imagine that the crab would keep looking, but that’s not what it does. Instead, it waits beside the bigger shell until a second crab comes along looking for a new shell. Number two tries on the empty shell, but as luck would have it, the new shell is a tight fit and won’t work for it either. So, both crabs wait beside the empty shell until a third one comes along. This goes on, and the crabs form a line according to size until finally one comes along that fits the empty shell perfectly. It moves in and abandons its old shell which the others then start trying on for size. With lots of good fortune everyone ends up with just the right shell, and there is one empty shell left for some other lucky crab. But sometimes the struggle for just the right shell gets violent and can even end up with the death of one or more crabs. The shells are the key to the life of a hermit crab. Please don’t take them away from the beach, and even more important, please, please, please don’t ever buy a pet hermit crab.

Unfortunately, Pretty Beach is doomed to be lined with stinky coconuts for ever and ever. All the shells have gone north.

*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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## ¿Cuánto cuesta (n)?, ¿Cuánto vale (n)?

En español, podemos preguntar por el precio de artículos de diferentes formas, en esta ocasión estudiaremos cómo usar la forma *¿cuánto cuesta (n)?* o *¿cuánto vale (n)?* Dependiendo del lugar, podemos encontrar precios definidos por kilo, por unidad o en promociones como por ejemplo: 3 por ₡ 1000.

**Para preguntar por el costo o el valor de un artículo (singular) usamos lo siguiente:**

1. ¿Cuánto **cuesta** + el nombre del artículo?  
o  
¿Cuánto **vale** + el nombre del artículo?
- Podemos usar cualquiera de las dos formas

Por ejemplo:

↪ ¿Cuánto **cuesta** el vestido rojo?

↑  
nombre del artículo en singular



↪ ¿Cuánto **vale** la botella de agua?

↑  
nombre del artículo en singular



**Para preguntar por el costo o el valor de varios artículos (plural) usamos lo siguiente:**

1. ¿Cuánto **cuestan** + el nombre del artículo en plural?  
o  
¿Cuánto **valen** + el nombre del artículo en plural?
- Podemos usar cualquiera de las dos formas

Por ejemplo:

↪ ¿Cuánto **cuestan** dos piñas?

↑  
nombre del artículo en plural



↪ ¿Cuánto **valen** tres cervezas?

↑  
nombre del artículo en plural



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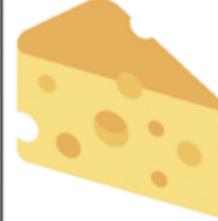
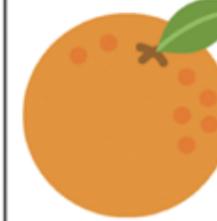
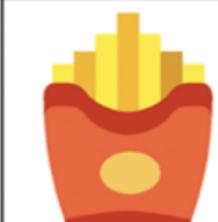
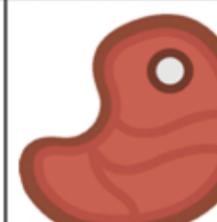
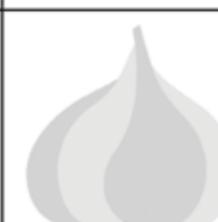
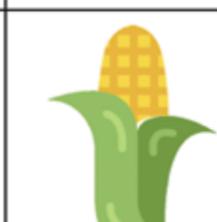
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 ₡5,000/litro	 ₡315/kilo	 ₡100 por unidad	 ₡265 por unidad	 \$5.00

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2. ¿Cuánto vale una hamburguesa con papas fritas?

3. ¿Cuánto cuestan dos copas de vino?

4. ¿Cuántas piñas puedo comprar con ₡2,500?

5. ¿Cuál es la bebida más barata?

6. ¿Cuál es más caro, el queso o la carne?

7. ¿Cuántos dulces puedo comprar con mil colones?

8. ¿Cuánto valen nueve elotes?

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# Car Rentals in Costa Rica

## Deciding on Insurance Options



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

What does this have to do with surfing in Costa Rica? A lot, since when you are planning a vacation, it is one of the most important decisions to make. You have decided to rent a SUV with 4wd and now you have to decide which insurance option to take.

**A.** Full collision coverage with a \$0 deductible and a very low deposit (usually \$100).

**B.** Basic collision coverage with a \$1000 deductible and a higher deposit (usually \$500-1000).

**C.** Use the collision coverage on your credit card and just get the minimum insurance required, called third party liability, which covers the other person's vehicle and injuries and has a \$5000 deductible. Your deposit is the highest (from \$500 to \$2000+).

Option A costs the most and option C the least. The actual costs vary with each car rental company, but for this article I will choose Alamo for my explanation. Their rates when I book the reservation for you are \$30/day for option A, \$15/day for option B, and \$10/day for option C for midsize and standard SUVs. The larger Fortuners, Prados, and vans are \$40/day for option A and \$25/day for option B.

To determine which is best, it depends on your tolerance to risk and your budget. Driving in the city a lot or well off the paved roads in the countryside would have more risk for damages. If you are driving in the peak of rainy season, late September to early November, then the chance of muddy roads, bigger pot holes, and flooding are possible. One way to determine your risk is to confirm with your Airbnb hosts exactly what the road conditions are leading to their house. And even though the weather forecast is going to show rain every day on your trip, be sure to check that there is not a tropical storm or hurricane that will cause heavy rain fall.

Most clients tell me they want **option C**, the cheapest, since their credit card has collision coverage. I send them the terms of the rental company which clearly state – “if the renter provides acceptable proof of current coverage in Costa Rica and declines both CDW-TP and APP (collision coverage), the renter is responsible for the full value of damage to or loss of the vehicle.” That could mean if your bumper is dented, it may cost \$1400 to fix and you have to pay the rental company first and then file a claim with your credit card company to get the money back. The credit card company does not pay the rental company directly. You have to pay. You have TRAVEL insurance, not CAR insurance. In a worst-case scenario, flooding damages the whole interior of the vehicle and causes the computer systems in a 2021 model to need to be replaced and you are charged \$20,000. You would have to pay for all of it.



With **option B**, basic collision coverage, you would only be responsible for the first \$1000 in damages. Then Alamo would cover the rest. There are exceptions, like if you did some illegal like drinking and driving, or driving recklessly, or if you crossed a river, which voids the rental agreement. You still have to pay up to \$1000, but you have some peace of mind that if the vehicle was totaled you would not have to pay more.

**Option A**, full coverage with a \$0 deductible, offers peace of mind. You do not have to pay anything as long as you were not doing something to void the terms of the agreement. A tree can fall on your car, you can be side swiped by another vehicle, you can slide off the road into a river, and you would be covered 99% of the time. Full coverage with Alamo

also includes glass/tire coverage, for any rocks that nick the windshield or random tire punctures. It includes 24/7 free roadside assistance as well. The other options include roadside assistance, but you would have to pay for the tow truck.

For all three options, if the problem is mechanical and was not caused by the renter, Alamo would fix the problem or send a replacement vehicle for no charge. No company is perfect, but Alamo attempts to provide great customer service and keep newer vehicles in their inventory to reduce mechanical problems. Currently all their vehicles are 2020 or newer. That is one reason why I recommend them and Adobe, who also have a newer fleet and great customer service. Both have offices in Quepos which helps if you need assistance quickly.

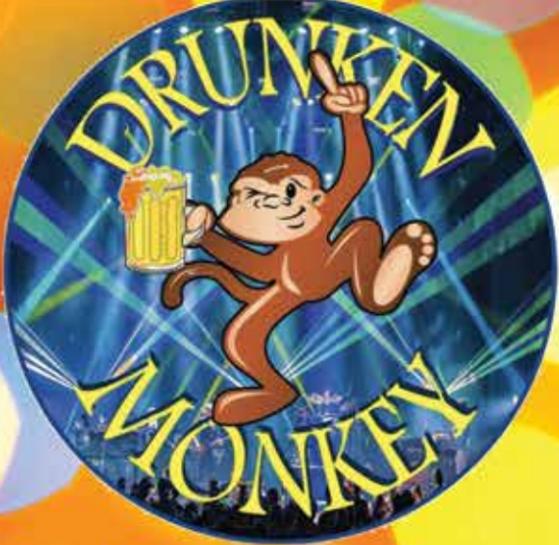
However, no company is perfect, and sometimes it feels to the client that they are being overcharged for a minor repair. A broken rearview mirror could be \$400, a broken tire rim could cost \$800, and an air bag computer over \$3000. That is when having me on your side is a benefit. Even though I partner with rental companies to get you the best price, I work on your behalf to ensure you are being treated fairly.

So, to answer which insurance is best? It really depends on your budget and your tolerance to risk. If you want to save money and are a careful driver with experience driving in Costa Rica and don't think you will be on any unpaved roads, then take just the third-party liability insurance. Be sure to read your credit card's policy for collision carefully so you know what to expect and what is covered and for how long. Some company's max coverage is 30 days. If you want that peace of mind and can afford it, then take the full coverage. And if you want a balance of the two, take the basic collision coverage with the \$1000 deductible.

I love driving around Costa Rica. Most of the roads are well paved and marked, the lower max speed limits remind me to slow down and appreciate the natural beauty of the country, and to respect the small communities that I drive through where many citizens still walk and bike around. And at times I enjoy driving to remote places like Matapalo on the Osa Peninsula or Pavones to surf, and those roads towards the end of the trip are not in good shape especially if it has been raining heavily. So when I go there I am certain to have extra insurance for my rental vehicle.

For more tips on renting a vehicle in Costa Rica, read this article: [crsurf.com/travel-blog/11-tips-for-renting-a-car-in-costa-rica/](https://crsurf.com/travel-blog/11-tips-for-renting-a-car-in-costa-rica/).

*This year we're having a Stress-Free Thanksgiving dinner. I stuffed the Vegan Turducken with Prozac.*



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# That's Fishin'

Benn Gilmour



We are so pleased to welcome you to the start of our brand-new Fishing season! September & October are our quietest months for tourism and mark the height of our rainy season when most of us boat owners take the opportunity to get our boat maintenance done and take a quick break before our new Fishing season begins November 1<sup>st</sup>. And what better way to kick off the 2022/2023 season than with our first tournaments of the new calendar, the DORADO DERBY'S!

## 2022 DORADO DERBY

The Dorado Derby is held over two weekends with the Dorado Derby happening on November 12<sup>th</sup> and the Dorado Derby Dos on November 19<sup>th</sup>. Each event is a separate tournament, you can enter either one of the tournaments or both. Over the past few years, The Dorado Derby has become one of our most popular events of the year and gains great support from both locals, expat residents and tourists. What makes this event so special is that literally everyone taking part in the event has a chance of winning. Simply catch the biggest Dorado on the day to take home the prize \$\$\$ and the all-important bragging rights! If the fun of the weekend of November 12<sup>th</sup> is not enough for you then we are repeating it again on November 19<sup>th</sup> with the DORADO DERBY DOS which follows exactly the same format giving you and your team a second chance at glory.



It is by no coincidence that we choose November to hold this tournament. The Dorado fishing in

November out of Quepos is literally some of the best on the planet. The end of our seasonal rains and build up of debris lines of wood, tree trucks and the likes Offshore, create the perfect hunting grounds for large Dorado. Dorado up to more than 60lbs have been caught in the past few instalments of the tournament and there are much larger fish caught here each year, could this year be the one for a record breaker? If you would like to get involved, simply give myself or the team at the Marina Pez Vela Guest Centre a call to help you find a boat.



## OFFSHORE FISHING

The Dorado fishing typically dominates Offshore catches during the first few weeks of November, however, it is also one of the best months of the year for Blue Marlin during Offshore day charters. Blue Marlin mostly in the 150-250lb range can be targeted Offshore, typically in the 20-40 miles range, however, on occasion can be caught as close as 8-15 miles out along the debris lines whilst Dorado fishing. Further Offshore at areas such as The Corner, Furuno, and The Bolsa can hold some fantastic Marlin fishing with multiple Marlin shots per day possible when you find the fish.

Sailfish will be caught throughout November and Sailfishing will improve into December before it peaks January through April.

It has been a great year for Yellow Fin Tuna, typically they can be found during full day offshore trips when 25+ miles Offshore. Our Tuna average in the 30-50lb range, however, every month produces some fantastic Tuna in the 80-100lb+ grade and the occasional WICKED TUNA style monster. And that brings me to the epic fish landed by the boys on boat MONKEYSHINE which was a huge 271lb Yellow Fin Tuna caught during September this year and one of the largest Tuna ever weighed at the Marina Pez Vela. Fantastic work guys and huge congratulations to the crew & Anglers for the fish of a lifetime!



## INSHORE FISHING

Most of our Inshore boats will be focusing on Dorado fishing for the first weeks of November, however, once the rains subside and the Inshore water clarity improves, we will turn attention to the rocks, islands and rivermouths close to Quepos for the start of the new Inshore fishing season. There is often an early Snook bite during November at the local rivermouths which has produced some excellent numbers of Snook in recent years. Roosterfishing should be productive at the rock locations for those chasing a bucket list Roosterfish and the chance of a lager fish. Snappers, Jacks, Mackerel, Corvina, Tripletail & more can all be targeted during Inshore charters. Our half day charters are an excellent way to get your family on the water and some great options for Inshore boats in the fleet are IDRA 2, SKY 2, GOOD DAY, MIRSE AZUL, CHLOE FRIJOLE, THE CROCODILE, ISABELLA & MUCHO FISHO.



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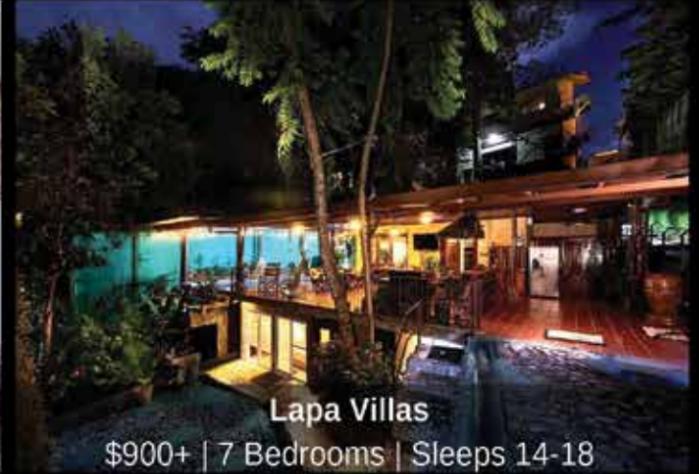
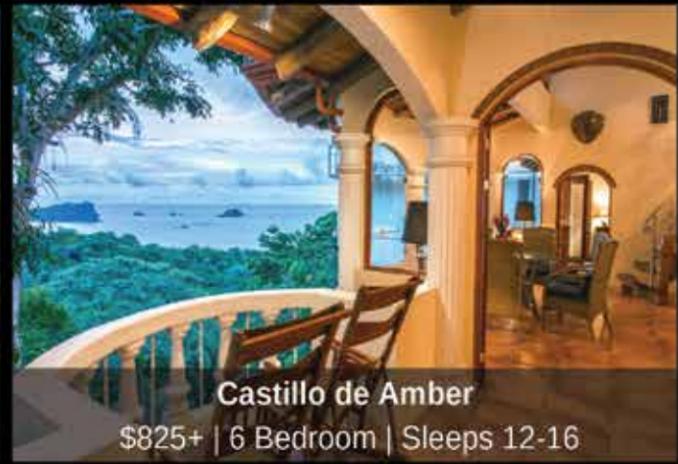
## TOURNAMENT DATES

With some incredible high dollar tournaments and our awesome one day, fun, family friendly tournaments to look forward to, it promises to be one very cool tournament season that we have coming up here at the Marina Pez Vela this season. Be sure to put these dates in your diary and start finding some teammates and selecting your boat if you want to take part in an event. You can check out the full details & schedule at [marinapezvela.com/tournaments/](http://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                  |
| July 1, 2023         | Summer Solstice Shootout                      |

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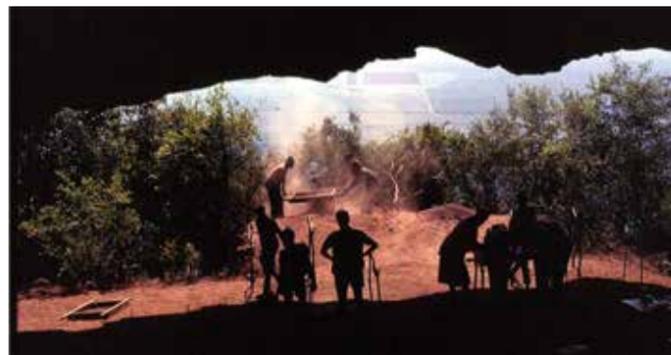
DESIGN WISE

# Let's Hit the Hay!

by Shelagh Duncan

We spend much of our life sleeping. Naturally, where and what we sleep on forms an essential part of our quality of life. Mattresses are the most common bedding material that people use all over the world. We seldom give it a second thought unless we need to buy a new one—but what's the story behind this one item in our home that we use more than anything else?

The development of mattresses began as soon as early man discovered fire. They left the security of trees and started to sleep on the ground as the fire kept night predators at bay. They often used stones covered with grass, straw, and animal skin to sleep. Later came the cave dwellers, and just last year researchers discovered fossilized bedding used by ancient humans dating back about 200,000 years at a site in South Africa called Border Cave\*. This bedding even used a base of ash to deter the crawling critters!



Research at Border Cave, South Africa

In ancient Persia and Egypt evidence shows that goat skins filled with water were also used to lie on—the first waterbeds perhaps? The powerful Egyptians also decided to make platforms to raise themselves above the nighttime crawlers and many very elaborate ones were discovered in Tutankhamen's tomb. The common people had a mat on the ground or a simple wood platform with stuffed cushions and their pillows were often a stone! However, wool was already being

woven at this time so warm blankets kept them cozy. The wealthier Greeks and Romans followed Egypt's elite with their raised metal beds and used woven supports to hold long cotton, feather or straw filled bags: the first mattresses?

The European Middle Ages saw peasants using bags stuffed with things like straw, pea pods, wool, hair, rags, and feathers on a low platform that was usually shared with the family and maybe even their animals for warmth. These would be rolled up and put away during the day. However, the poorest people slept simply on straw or fodder hay.



Viking bed inside the Longhouse in Lofotr Viking Museum

The Vikings however, were already displaying minimalist Scandinavian design with simple slatted wood beds that could be easily loaded on and off their ships for their voyages. Think early IKEA flat-packed furniture! They would use straw and animal skins to lie on.

The wealthy had elevated platforms (beds) made of ornately carved wood and encrusted with jewels or gold. Four poster beds became popular and side

draperies were added to the bed to provide sleepers with warmth and privacy. The 'mattresses' were thickly stuffed with straw, wool, or feathers and down and covered with soft velvet, and silk.

Early Renaissance peasants slept on a hay stuffed bag on the floor or a simple platform. The merchant middle class had poster beds with well cushioned mattresses filled with straw, wool, feathers and down, the wealthy as always enjoyed richly embellished beds with mattresses covered with soft velvet, brocade or silk.



Making a mattress

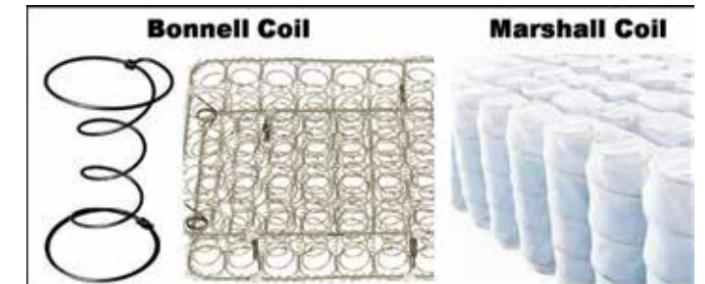
It was not until the 18<sup>th</sup> century that mattresses really started to resemble modern-day counterparts. Only soft cotton and wool were used as fillings and they later included items like horsehair and coconut fibers, and linen and cotton became popular covers for these mattresses. The combination of the new iron beds and linen/cotton mattresses helped create a more bug-free environment which wasn't possible with the older wooden beds.

However, the first major development for mattresses came in 1865—the cast iron spring! This was patented in the UK, and designed to be used in seats for horse drawn carriages on the bumpy cobblestone roads! Next, from the US came the Bonnell spring in 1889 and named after the person who patented this unique hourglass shaped coil.

In Canada in 1899 British-born engineer James Marshall invented and patented the coil for the "inner-spring mattress". These were cylindrical coil springs that were individually encased in fabric and provided more support and less movement than the Bonnell. The Marshall Coil is still very popular today and is used in most premium mattresses.

After that the 20<sup>th</sup> century brought us a more vegan version of the waterbed, futons, and foam rubber mattresses. The natural latex foam is famously said to have originated from an experiment with a kitchen blender, and in 1929 Dunlop Rubber in the UK patented 'Dunlopillo'. In the early days Latex foam mattresses were not as popular because they were a

lot more expensive than their petroleum-based foam counterparts. However, they are becoming more popular these days mainly because of their eco-friendly and cooling properties.



In 1966 NASA developed the synthetic rubber "Memory Foam", and around 1991 the first memory foam mattresses entered the marketplace and they are still very popular and affordable.

The 21<sup>st</sup> century has seen some of the most rapid progress with mattress development, and also a greater understanding about the science of sleeping has provided many wonderful improvements.

Now we can ask ourselves these questions before buying a mattress and choose the most suitable option for our sleeping habits:

1. What position do I sleep in?
2. What firmness do I prefer?
3. How much do I weigh?
4. What type of mattress do I prefer?
5. What's my budget?

Also, remember that Costa Rican mattresses are different sizes than the in US, Canada and Europe. Check the dimensions of your bed carefully before you buy a new mattress!

The mattress has come a long way since the earliest hay-lined pits, but the basic concept is unchanged—a comfortable, safe and warm place to sleep and re-charge your batteries.

So, let's hit the hay!\*\*

\*[sci-news.com/archaeology/border-cave-beds-08750.html](http://sci-news.com/archaeology/border-cave-beds-08750.html)

\*\*Hitting the hay helped dislodge bugs and unwanted critters before you lay down to sleep.

Shelagh Duncan  
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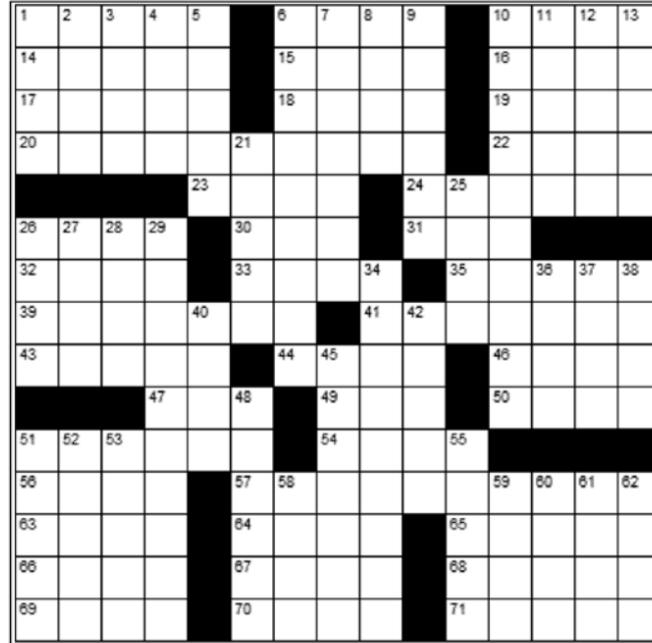


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Crossword Puzzle

ACROSS

- 1. Tranquility
- 6. Picnic insects
- 10. Serene
- 14. Borders
- 15. Small salmon
- 16. 53 in Roman numerals
- 17. Marsh growth
- 18. College girl
- 19. Forearm bone
- 20. Unsalted
- 22. Pleads
- 23. 36 inches
- 24. Kingdom of the elves
- 26. WW1 plane
- 30. Actress Lupino
- 31. Prefix meaning "Modern"



DOWN

- 32. Disabled
  - 33. Homosexuals
  - 35. A flower of remembrance
  - 39. Invaded in great numbers
  - 41. Marsh plant
  - 43. Columbus's birthplace
  - 44. Mountain pool
  - 46. Sea eagle
  - 47. African antelope
  - 49. Regulation (abbrev.)
  - 50. Consider
  - 51. Achieve
  - 54. After-bath powder
  - 56. "Darn!"
  - 57. Unrealistic
  - 63. Audition tape
  - 64. Fail to win
  - 65. Draw forth
  - 66. Lascivious look
  - 67. Winglike
  - 68. Considers
  - 69. Countercurrent
  - 70. Lairs
  - 71. Fertile areas
- 1. Andean country
  - 2. Biblical garden
  - 3. Anagram of "Sage"
  - 4. Formally surrender
  - 5. An analytic literary composition
  - 6. Being in agreement
  - 7. Midday
  - 8. You (archaic)
  - 9. Thoroughly wet
  - 10. Having a deformed foot
  - 11. Suffered
  - 12. Vernacular
  - 13. An unwholesome atmosphere
  - 21. Type of antelope
  - 25. Past tense of Leap
  - 26. Plod along
  - 27. Cover with asphalt
  - 28. Ends a prayer
  - 29. Disparaging
  - 34. Screechers
  - 36. Cut back
  - 37. A coniferous tree
  - 38. The original matter (cosmology)
  - 40. Hindu princess
  - 42. Ell
  - 45. Craftsperson
  - 48. Undressed
  - 51. Befuddle
  - 52. Cornered
  - 53. Domesticated
  - 55. Doctrine
  - 58. Puncture
  - 59. Bright thought
  - 60. Prompts
  - 61. Climax
  - 62. Not more

Crossword Solution on Page 57



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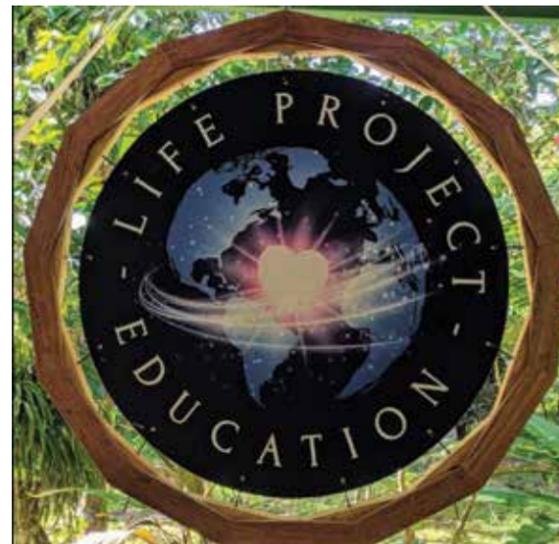
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**Life Project Education (LPE) Sponsors Community Involvement in Ancient Celebration of Light**

Hallowe'en came early this year, with LPE sponsoring the community Trick-or-Treating Halloween Fiesta & Costume Party in Dominical on October 29th.



Hallowe'en, or All Hallows' Eve in the Christian calendar, has Druidic roots, latterly becoming the Celtic festival of Samhain; the traditional division of the year between the light (Summer) and the dark (Winter). Acting as the cross-quarter point between the two axes of the Autumn Equinox and Winter Solstice, it is the time in the year when the veil between worlds is said to be at its thinnest.

Also aligning with the Hindu Diwali Festival of Lights, Samhain is an opportunity to light a candle and celebrate the triumph of good over evil, or of the perpetual choosing to orient our

hearts more with the light than the darkness. Deeply supportive of this process, it is the time to honor family and ancestry; through offering, contemplation and ritual, thereby healing old wounds and moving towards wholeness once again - whilst warding off harmful spirits through the donning of costume, masks and disguise!

In this way, the ritual of trick-or-treating enjoyed by the younger generations serves to demand an offering, or treat, from each neighbouring family—lest they risk a trick, or unwanted visitation from an ancestor!

This year, families from all over the southern zone and beyond united at the annual Fiesta in Dominical, a community-sponsored co-creation. Children collected a variety of treats, including healthy, homemade LPE fayre on the trick-or-treating route as it moved through Dominical village.

Thank you to all the families, community sponsors, event coordinators, and the local community for creating this space for children to gather in the spirit of play and in honor of the ancients.

Want to know more about our community? Email [info@lifeprojecteducation.org](mailto:info@lifeprojecteducation.org) for more info on joining our holistic educational community, to support our expansion, or to spark up any other conversation with us (no trick!).



# TIDES for NOVEMBER 2022

Day	High	Low	High	Low	High	Phase
Tue 01		01:23 1.25 ft	07:45 8.22 ft	14:00 0.93 ft	20:30 7.87 ft	First Quarter
Wed 02		02:34 1.59 ft	08:56 7.79 ft	15:10 1.24 ft	21:42 7.86 ft	
Thu 03		03:51 1.66 ft	10:11 7.65 ft	16:22 1.30 ft	22:52 8.11 ft	
Fri 04		05:07 1.41 ft	11:22 7.78 ft	17:29 1.14 ft	23:54 8.52 ft	
Sat 05		06:11 0.99 ft	12:23 8.07 ft	18:27 0.88 ft		
Sun 06	00:48 8.95 ft	07:05 0.53 ft	13:16 8.38 ft	19:18 0.62 ft		
Mon 07	01:36 9.30 ft	07:53 0.17 ft	14:03 8.62 ft	20:03 0.45 ft		
Tue 08	02:20 9.52 ft	08:35 -0.07 ft	14:47 8.75 ft	20:44 0.41 ft		Full Moon
Wed 09	03:00 9.57 ft	09:15 -0.15 ft	15:28 8.76 ft	21:23 0.49 ft		
Thu 10	03:39 9.47 ft	09:53 -0.09 ft	16:08 8.64 ft	22:02 0.70 ft		
Fri 11	04:17 9.22 ft	10:31 0.10 ft	16:48 8.41 ft	22:41 1.01 ft		
Sat 12	04:56 8.85 ft	11:10 0.41 ft	17:29 8.10 ft	23:21 1.39 ft		
Sun 13	05:36 8.39 ft	11:49 0.79 ft	18:12 7.75 ft			
Mon 14		00:03 1.81 ft	06:19 7.90 ft	12:32 1.21 ft	18:58 7.41 ft	
Tue 15		00:50 2.20 ft	07:06 7.42 ft	13:19 1.62 ft	19:50 7.15 ft	
Wed 16		01:44 2.50 ft	08:01 7.02 ft	14:12 1.95 ft	20:47 7.03 ft	Last Quarter
Thu 17		02:45 2.62 ft	09:03 6.78 ft	15:09 2.14 ft	21:45 7.10 ft	
Fri 18		03:50 2.52 ft	10:06 6.76 ft	16:07 2.14 ft	22:41 7.37 ft	
Sat 19		04:50 2.19 ft	11:06 6.95 ft	17:02 1.95 ft	23:31 7.80 ft	
Sun 20		05:44 1.69 ft	11:58 7.29 ft	17:52 1.63 ft		
Mon 21	00:17 8.32 ft	06:32 1.10 ft	12:46 7.72 ft	18:39 1.23 ft		
Tue 22	01:01 8.88 ft	07:17 0.51 ft	13:31 8.18 ft	19:24 0.80 ft		
Wed 23	01:44 9.39 ft	08:00 -0.03 ft	14:15 8.60 ft	20:08 0.42 ft		New Moon
Thu 24	02:28 9.80 ft	08:44 -0.45 ft	14:59 8.95 ft	20:53 0.14 ft		
Fri 25	03:12 10.04 ft	09:28 -0.70 ft	15:44 9.16 ft	21:40 0.01 ft		
Sat 26	03:58 10.07 ft	10:14 -0.75 ft	16:31 9.24 ft	22:29 0.06 ft		
Sun 27	04:47 9.88 ft	11:02 -0.60 ft	17:21 9.16 ft	23:21 0.27 ft		
Mon 28	05:38 9.50 ft	11:53 -0.28 ft	18:15 8.98 ft			
Tue 29		00:17 0.60 ft	06:34 9.00 ft	12:47 0.15 ft	19:13 8.74 ft	
Wed 30		01:18 0.97 ft	07:35 8.46 ft	13:46 0.60 ft	20:16 8.53 ft	First Quarter

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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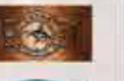
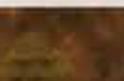


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AYA Water	800-737-6783	2777-0251
Beach Church		7079-6799
Best of Both Worlds		8512-0975
Blue Zone Real Estate		8882-0009
Camara de Comercio, Industria y Turismo		2777-0749
Chamber of Commerce		2777-0749
Coffee Stop		2777-9494
Coldwell Banker	887-309-9238	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
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Gelateria Amorosi		2519-9494
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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
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Marina Pez Vela Villas	1-844-723-4519	2519-9415
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Melissa Klassen		8882-0009
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Mini Stop Market		2777-0056
Miquelito's Pizza	2777-4236	2777-0838
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# BUS SCHEDULES

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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	<b>Quepos to Dominical &amp; Uvita</b>	<b>Uvita Dominical &amp; Quepos</b>	<b>Quepos to Londres</b>	<b>Londres to Quepos</b>
		6:00 PM	5:30 PM	6:00 AM	4:30 AM	5:45 AM	5:00 AM
				9:30 AM	1:00 PM	10:00 AM	6:50 AM
				2:30 PM	4:00 PM	2:00 PM	2:45 AM
				5:30 PM		4:00 PM	5:00 PM

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



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## AIRLINES

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 Delta ... 2257-4141  
 KLM ... 31206490787 (WhatsApp)  
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 Martinair ... 2232-3246  
 Mexicana ... 2231-6814  
 NatureAir, Quepos ... 2777-2548  
 NatureAir, SJO ... 2220-3054  
 Sansa, Quepos ... 2777-0683  
 Sansa, SJO ... 2290-4100  
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 Nicaragua ... 2222-2373  
 Spain ... 2222-1933  
 Sweden ... 2288-3726  
 Switzerland ... 2222-7117  
 USA ... 2430-6690  
 USA Social Security ... 2291-1032

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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  
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 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 [tgieste@efn.org](mailto:tgieste@efn.org)

### PROPERTIES IN GOLFITO AND DRAKE BAY

For more info call Kurt Hocker 8885-2525 at Hidden Bay Realty [www.hiddenbayrealty.cr](http://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 282m<sup>2</sup> \$14,000. Lot #2 457m<sup>2</sup> \$22,000  
 Lot #3 447m<sup>2</sup>. \$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](http://www.villanuevalotes.com) for photos & details.

### OCEAN VIEW HOUSE WITH POOL IN MA

Located in the heart of Manuel Antonio, this 5-bedroom Luxury house is also walking distance to local beaches **\$1,350,000**  
 Contact John Williamson for more information:  
[john@2costaricarealestate.com](mailto:john@2costaricarealestate.com) or 8870 87607/2519-9415

### VILLA NUEVA 1.5 HECTARES WILL SELL 1/2 OR ALL

\$20/m<sup>2</sup> 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, 2900ft<sup>2</sup>**

Complies with disabled law 7600, [alvaroaaschv@gmail.com](mailto:alvaroaaschv@gmail.com)

### LUCRATIVE RENTAL PROPERTY IN QUEPOS

1 commercial space, 3 independent apartments. and a 2-bedroom penthouse.

Turn key, totally furnished proven money maker. **\$290,000**  
 Please call Sara Gomez 8939-7471 or 2519-9415.

### BEAUTIFUL 3 BEDROOM, 2 BATH HOME

Just minutes from the Marina Pez Vela!!! Built by David Garros with high quality Cedar wood finishes and solid concrete structure. Very quiet and safe neighborhood. Car port for two vehicles and a splash pool. **\$319,900**  
 Contact Chris +506 8783-6235

### NICE SMALL HOUSE IN INMACULADA DE QUEPOS

2 bdr, LR, 1 bath w/hot water, kit, 50 m<sup>2</sup> 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](mailto:info@hiddenbayrealty.cr) or call us at 8566-5410

### COMMERCIAL OPPORTUNITY DOWNTOWN QUEPOS

Two story building on a corner lot with long-term tenants. All set to continue as a rental property or run your own business rent free. Asking price \$290,000

Contact Dopper 6075-7376 [dopper@2costaricarealestate.com](mailto:dopper@2costaricarealestate.com)

### 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](http://www.hiddenbayrealty.cr)

## SERVICES

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Also Residency Help and Wedding Officiant  
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**PARQUE NACIONAL MANUEL ANTONIO NATIONAL PARK**  
 Fotos by Unique Photography [kanuttos@hotmail.com](mailto: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](http://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](http://manuelantoniopark.com).

Sherlock Holmes and Dr. Watson go on a camping trip, set up their tent, and fall asleep.

Some hours later, Holmes wakes his faithful friend and says, "Watson, look up at the sky and tell me what you see."

Watson replies, "I see millions of stars."

Watson ponders for a minute and continues, "Astronomically speaking, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Time wise, it appears to be approximately a quarter past three. Theologically, it's evident the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What does it tell you?"

Holmes is silent for a moment, then speaks, "Watson, you idiot, someone has stolen our tent!"

A gorgeous young redhead goes into the doctor's office & said that her body hurt wherever she touched it.

"Impossible!" says the doctor. "Show me."

The redhead took her finger, pushed on her left shoulder & screamed, then she pushed her elbow & screamed in even more. She pushed her knee & screamed; likewise she pushed her ankle & screamed. Everywhere she touched made her scream.

The doctor said, "You're not really a redhead, are you?"

"Well, no" she said, "I'm actually a blonde."

"I thought so," the doctor said. "Your finger is broken."

Just before thanksgiving Jim and Eddie are out hunting for turkeys when Jim keel's over and collapses. He doesn't seem to be breathing and his eyes are glazed. Eddie gets out his cell phone and calls the emergency services.

He gasps, "My friend Jim is dead! What can I do?"

The operator says, "Calm down, I can help. First, let's make sure he's dead."

There is a silence, then a shot is heard.

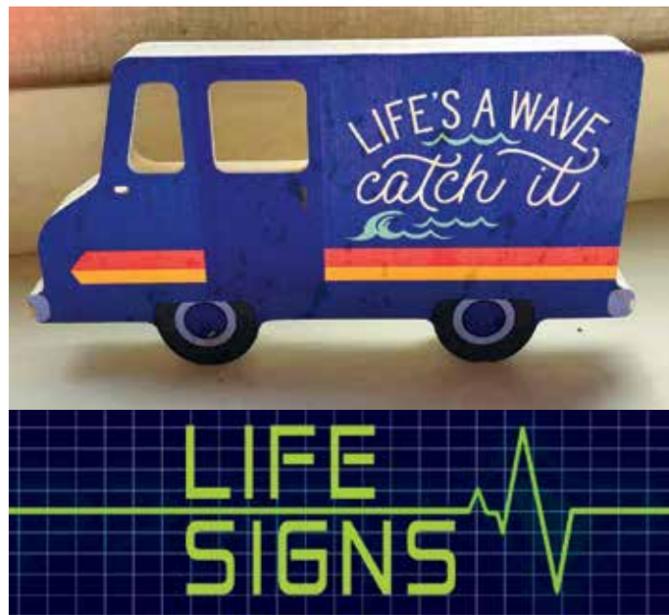
Back on the phone, the Eddie says, "OK, now what?"

A man and a woman were having dinner in a fine restaurant. Their waitress, taking another order at a table a few paces away noticed that the man was slowly sliding down his chair and under the table, with the woman acting unconcerned.

The waitress watched as the man slid all the way down his chair and out of sight under the table. Still, the woman dining across from him appeared calm and unruffled, apparently unaware that her dining companion had disappeared.

After the waitress finished taking the order, she came over to the table and said to the woman, "Pardon me, ma'am, but I think your husband just slid under the table."

The woman calmly looked up at her and replied, "No he didn't. My husband just walked in the door."



PEACE		ANTS		CALM
EDGES		COHO		LIII
REEDS		COED		ULNA
UNSEASONED				BEGS
	YARD		ELF	DOM
SPAD		IDA		NEO
LAME		GAYS		POPPY
OVERRAN		CATTAIL		
GENOA		TARN		ERNE
	GNU	REG		DEEM
ATTAIN		TALC		
DRAT		CHIMERICAL		
DEMO		LOSE		EDUCE
LEER		ALAR		DEEMS
EDDY		DENS		OASES

Crossword on Page 43

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

Sudoku on Page 4

MARISQUERIA La Langosta Feliz

MATAPALO

2787-5214

The CHESTER SPECIAL

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: [QR Code]

Book a tour today! Scan the QR code below: [QR Code]

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



**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

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- 47 Uvita Law Firm

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- 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

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



**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

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](mailto:cdnguy59@yahoo.com)  
Amy 8485 9893

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

**Iglesia Católica Inmaculada Concepción de Maria**  
Schedule of Services

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

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

Join Us Sunday

**Beach Church**  
MANUEL ANTONIO, COSTA RICA

Playa Espadilla 9:30 am

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

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

*Sundays*  
*9 am & 6 pm*

*Weekdays*  
*6 pm*

*Catholic Church, Quepos*




**B GREEN**

Make it a point to buy products made from recycled materials. Do research online to find companies that specialize in eco-friendly items. Make sure your money is going to companies that believe in and support the development of a green economy.



# ADVERTISING

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

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

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

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Colón Account 902973833

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Please email your deposit information to [info@quepolandia.com](mailto: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
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Half Page Horizontal (7.25 x 4.9)	\$80	\$170
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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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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 <b>SPECIAL</b> \$199/year	

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# QUEPOLANDIA

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David Bolger

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- Jack Ewing
- Marina Pez Vela
- Manuel Antonio Spanish School
- Shelagh Duncan
- Todd Pequeen

Tel: 506-8632-7489

[info@quepolandia.com](mailto:info@quepolandia.com)  
[quepolandia.com](http://quepolandia.com)

Apartado 293, Quepos 6350, Costa Rica 60601




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MANUEL ANTONIO  
**TRAVEL GUIDE**

- LOCALS SECRETS
- NATIONAL PARK INFO
- BEST RESTAURANTS
- VOLUNTEER OPPORTUNITIES
- HIDDEN GEMS
- TOP 10 FREE THINGS TO DO

## Let's Talk About Whistling Ducks

Whistling ducks are found in the tropics and subtropics. As their name implies, they have distinctive whistling calls. The whistling ducks have long legs and necks, and are very gregarious, flying to and from night-time roosts in large flocks.

The long, slender neck, plank-like wings, and long legs projecting beyond the tail make this recognizable as a whistling-duck. Juveniles show a pale brown belly, gray bill, and pale pink legs and feet. Fulvous whistling ducks breed during their first year of life. Nest initiation occurs from May through August.



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Contact us today for a free rental evaluation!



Offices in Quepos and Uvita



### Representing Manuel Antonio's Finest Properties

#### 777 Acre Ocean View Ranch

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



\$2,950,000

**\$500,000 PRICE REDUCTION!**



\$2,190,000

#### Amazing Ocean View Development Parcel

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

**235 ACRES ONLY \$2 PER SQUARE METER**

#### Rio Seco, 60 Acres

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



\$699,000

**20 MINUTES FROM QUEPOS 3,850 SQ. FT.**



# HBR Exclusive Properties



### Ocean View

New Contemporary designed 3/3.5 home. Pool. Borders a nature preserve. Close to beaches and shopping. Gated Community  
**\$699,995**



### Casa Ventanas

Gated Community in Manuel Antonio  
2 Bedrooms and 2 Bathrooms  
1100 sq ft construction  
**\$300,000**



### Renovated Home in Quepos

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



### 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**

[WWW.HIDDENBAYREALTY.CR](http://WWW.HIDDENBAYREALTY.CR)

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

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