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February 2023

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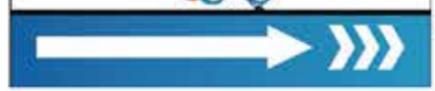
On the Map! MANUEL ANTONIO  
Across from Latitude 9 ~ Top of Villas el Parque

01



1a

On the Map!





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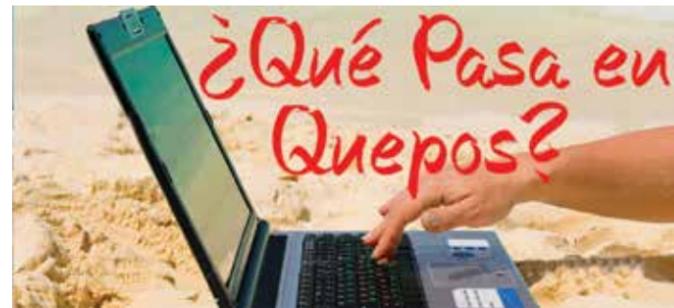


**Tuesday February 7 ..... QUEPOLANDIA DEADLINE**

Wed Feb 1	.....	National Freedom Day
Thurs Feb 2	.....	Groundhog Day (NA)
Sat Feb 4	.....	Rooster Rodeo
Sun Feb 5	.....	Full Moon
Tues Feb 14	.....	Valentine's Day
Fri Feb 17	.....	Random Acts of Kindness Day
Mon Feb 20	.....	New Moon/Presidents Day (US)
Wed Feb 22	.....	Ash Wednesday/Margarita Day
Mon Feb 27	.....	Envision Festival begins

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	9						5
				4			7
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	7		6	5			8

*Sudoku Solution on Page 55*



Bienvenidos...Welcome to an Amazing 2023 and what a better place to keep it going than in paradise. January was an amazing month and we are guaranteeing February to be the same.

Marina Pez Vela has many exciting events planned for February. The Pelagic Rockstar opened up tournament season in January with the largest pay out in CR history, over 1 million dollars (pg 44) and they are not slowing down. The Rooster Rodeo (Feb 4) is a one-day catch and release event for anglers of all skill levels which focuses on our amazing inshore fishing. MPV will also host the now FAMOUS Pescadora Fishing Tournament with the Top Women in the world competing for the title of Champion Female Angler, truly a first class event that should not be missed. (Feb.16-18; pg 45)

Movie Nights under the Stars happens every Wednesday 6:30pm on the biggest outdoor screen in Costa Rica. So bring the family and enjoy a great night, great food, and a great movie.

February is also the month for Love. So don't forget to make your dinner reservations at one of our many fine restaurants—Aqua Azul, Casa Lamia, Mira Olas or Ronnie's Place—to mention a few. Book your massages early with Day Spa (pg 28) or Massage Todd (pg 29) you will be glad you did.

The Envision Festival is BACK and we can't wait. February 27-March 6 at Playa Hermosa. This Festival will be filled with music, yoga, art, and educational workshops to help open our minds to making this a better planet for all. Spreading peace, Love, and knowledge not footprints of waste. Envision is 100% plastic free event. [Envisionfestival.com](http://Envisionfestival.com)

For all of you sports fans, you can watch the Super Bowl (Feb 12) at Marina Pez Vela on the big screen in Quepos. On the hill you can catch it at the new Quepoa Sports Bar (1a on the map) or YOLO (at the old Jolly Roger location). Fly Eagles Fly I hope.

We want to thank Chris Ryba @savannahaerials for this month's amazing cover. We also want to welcome our new advertisers, Casa Lamia, En Todas (Magic Bus), Palmex, Quepoa Sport Bar, Tentación, and Varuna.

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) (we are almost at 1,000,000 views...AMAZING) or on [Facebook/Quepolandia](https://www.facebook.com/Quepolandia). We appreciate and Welcome your comments.

Peace and Enjoy an Amazing 2023...D



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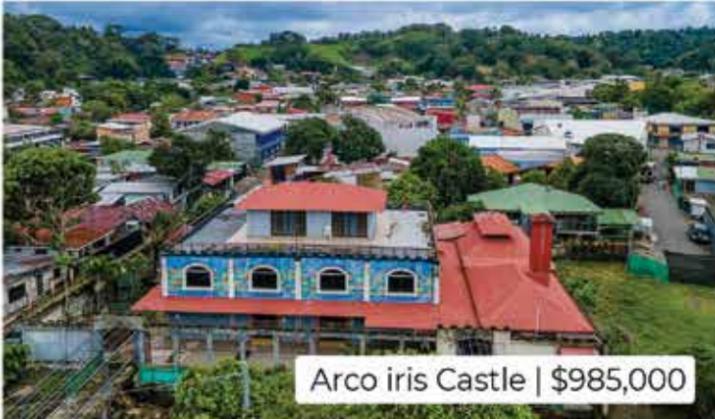
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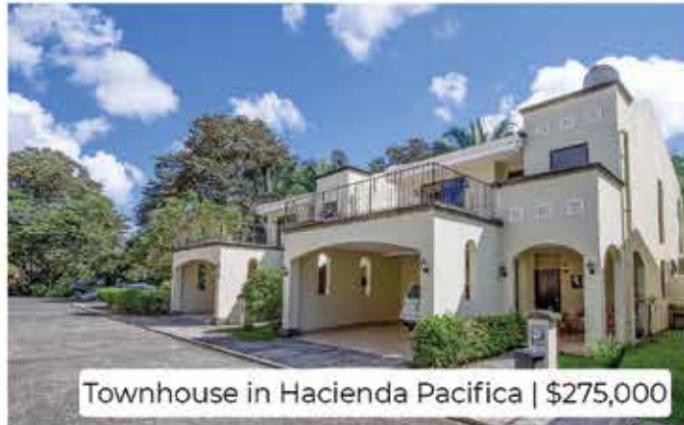
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# BRISA ELEGANTE, THE LUXURIOUS SAILING EXPERIENCE IN QUEPOS & MANUEL ANTONIO



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

Brisa Elegante is a one-of-a-kind luxurious two-mast wooden 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, a wet bar, multiple spacious lounge areas, and a selection of water toys.

## DISCOVER OUR CRUISES

Enjoy a relaxing family-friendly morning or sunset sailing cruise on the Pacific Ocean. Join us on our classic cruiser and explore the Quepos and Manuel Antonio coastline. Your four-hour cruise will take you along Manuel Antonio, the national park, and past the outer islands.

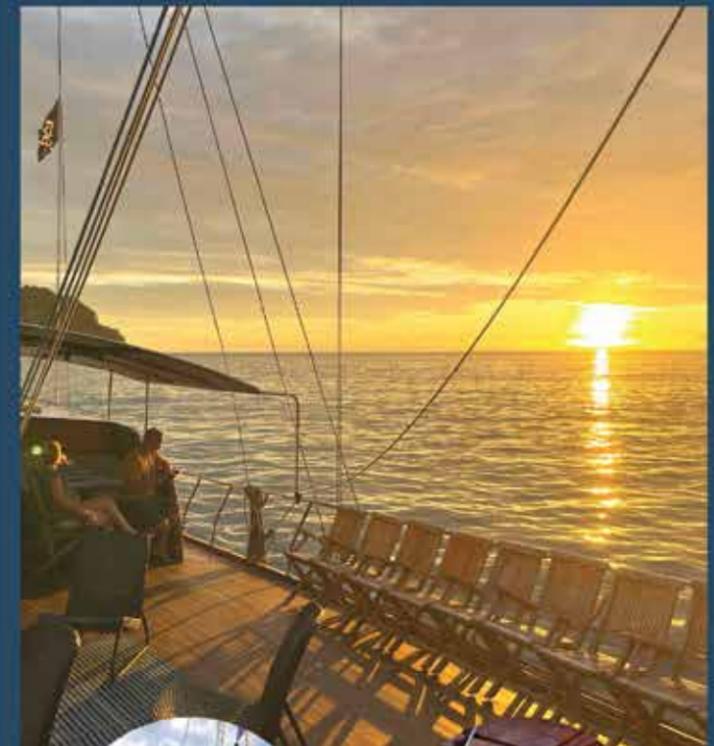
Test your skills on our SUPs and kayaks or snorkel along the local reefs - or do you dare to walk the plank!

Our chef will amaze you with a freshly prepared lunch or dinner using the freshest local produce. Choose from fish, chicken, vegetarian or vegan options.

The sunset aboard Brisa Elegante is an experience lasting a lifetime.

Book us for morning or sunset cruises, private cruises, dinner cruises, rehearsal dinners, weddings, and company events.

SailCR.com





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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](mailto:brisa.elegante@sailcr.com).  
More information on [SailCR.com](http://SailCR.com).



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Kids Saving The Rainforest, is the only registered wildlife rescue center and Sanctuary in the area of Manuel Antonio. Therefore it has the very important mission of saving all the wild animals in need in the area. We help all kinds of wildlife—from sloths, monkeys and anteaters to macaws and toucans. Every animal that needs help will get it in our wildlife hospital.

The main reasons why these animals arrive to our Rescue Center is because of electrocutions, collisions with cars or windows, parasites, and dog and cat attacks. But even though we have a wildlife ambulance we can't be everywhere, and we depend highly on the kindness of some human beings that take the time to help these animals in need and call us to inform about animals that needs to be rescued.

Would you like to be part of our rescue team? Here is a fast guide on how to know if an animal really needs help.

In the case of baby animals, it can get a bit tricky as it is difficult to know if these animals are really in need of help or just getting their first steps into the wild. That's why we created a different guide exclusive for babies, but we always advise people that if they aren't

sure they can always contact us on our WhatsApp: +506 8568 5335

### Do you know what happens to these animals once they reach our rescue center?

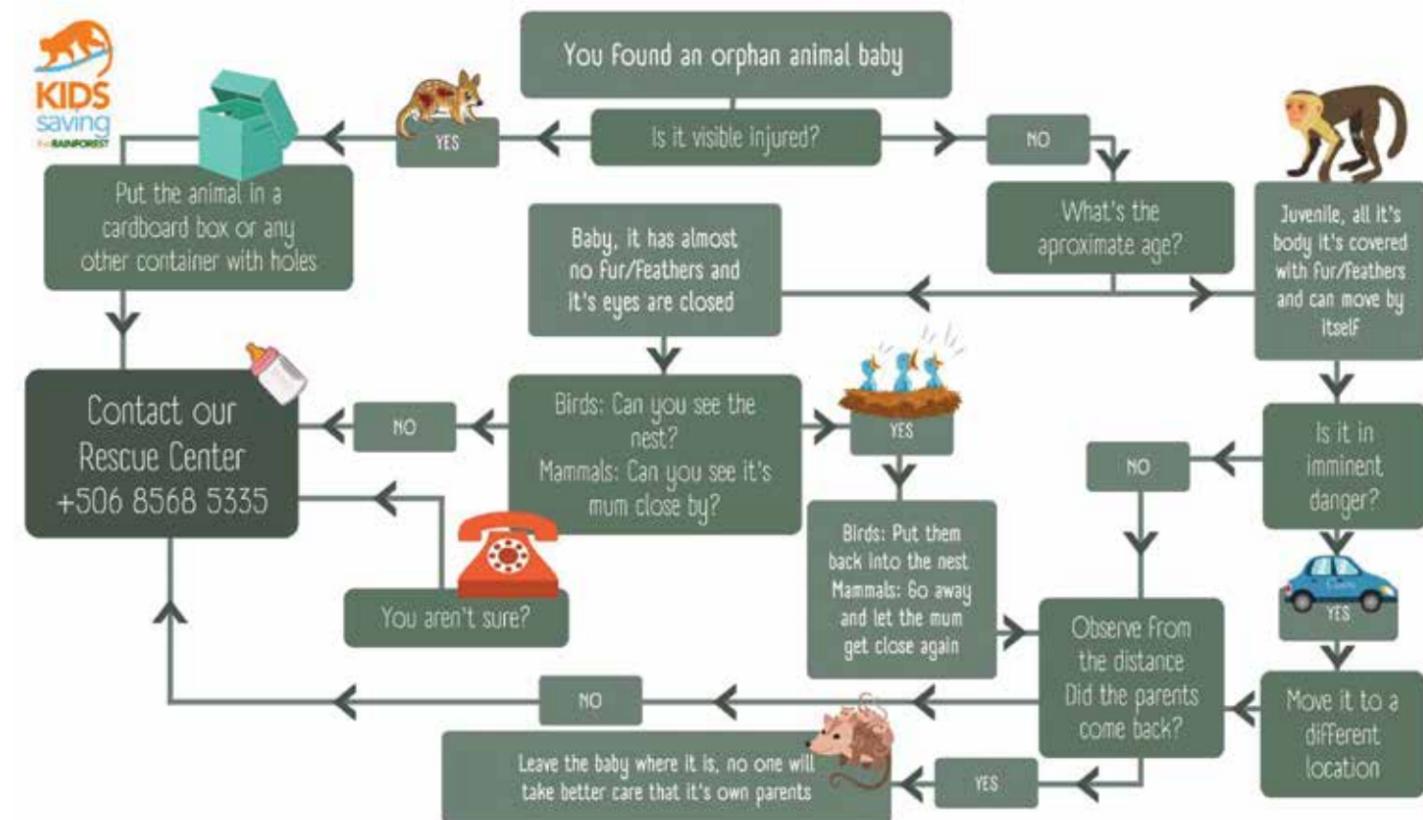
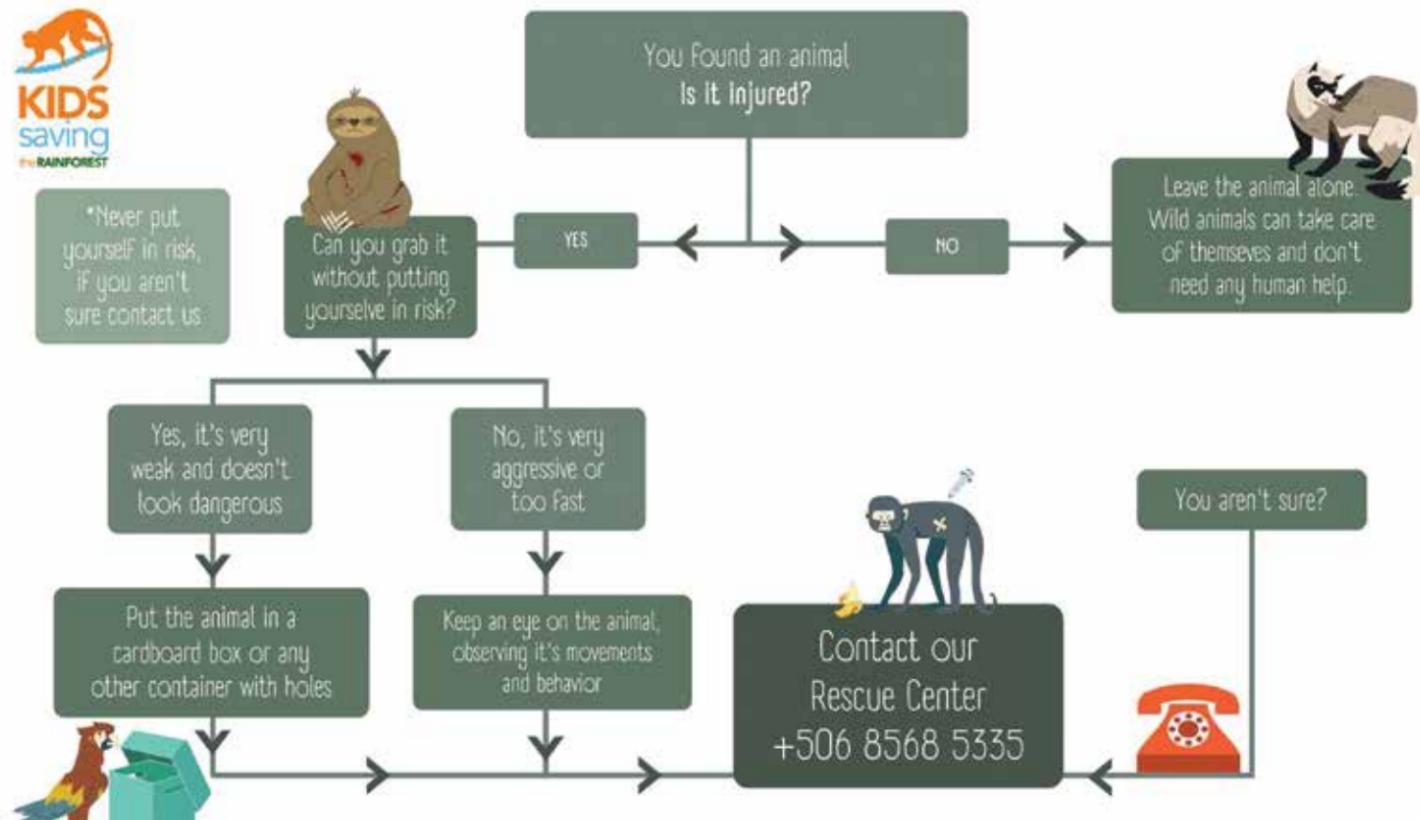
We will take care of them in our Wildlife Hospital where our vets will check on them and will make sure to provide the best treatment. It can take up to a few months for the animals to recover from their injuries or wounds but whenever they are ready, we'll release them into the wild, trying to leave them as close as possible to where they were found.

### But what happens when an animal is not fit enough to go back into the wild?

This can happen when animals spent too much time in contact with humans or when they have a bad fracture that can't heal properly. In these cases we would not release the animals back into the wild but we would put them in our wildlife Sanctuary where we would provide a permanent home for them.

Would you like to learn more about our work and be able to visit our wildlife Sanctuary?

Book your tour or volunteer for a day experience on our website [KSTR.org](http://KSTR.org).





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# That's Fishin

Benn Gilmour



## PELAGIC ROCKSTAR.....WHAT A WEEKEND!

At time of going to press we had literally just reeled in the last lines for this year's 2023 PELAGIC ROCKSTAR TOURNAMENT, which took place January 14-16. 95 boats with some of the world's Top Teams and Crews descended on MARINA PEZ VELA to kick off our 2023 tournaments with A BANG! There is too much to mention right here but let's just say more than US\$1.3 MILLION in prize money was paid out and the fishing was nothing short of epic! 1048 Sailfish, 78 Blue Marlin, 3 Black Marlin, & 2 Striped Marlin were released over the two tournament days. 114 Dorado and 35 Tuna were brought to the scales and a huge crowd gathered to enjoy the weigh in and daily tournament festivities.



## 2023 PELAGIC ROCKSTAR CHAMPIONS BILLFISH DIVISION

1st **TEAM GALATI/FISH TANK** 42 Sailfish  
 2nd **VAQUERO** 33 Sailfish, 2 Blue Marlin  
 3rd **GAME PLAN** 32 Sailfish, 2 Blue Marlin

Heaviest Tuna 149lbs **TEAM WINE TIME**  
 Heaviest Dorado 48lbs **TEAM PURA VIDA**  
 Top Angler & Top Lady Angler **Adriana Finkelstein** aboard **MISS BEHAVIN**  
 Top Junior Angler **Jonah Smith** aboard **SOUTHERN PRIDE**

Special mentions to Quepos teams, **TEAM BUCHANEERS** aboard **GAUEX FLY** & **TEAM FULL NELSON** who brought home the Daily wins in the non-sonar Billfish divisions with some great catches of Sailfish & Marlin.



## OFFSHORE FISHING REPORT

Just wow!! The Offshore bite was electrifying for most of December and January, let's hope it continues throughout February. December saw non-stop action from Dorado and Yellow Fin Tuna with some excellent Marlin fishing and a few Sailfish mixed in also. January brought in the Sailfish, there were still plenty of Dorado but expect Dorado numbers to reduce this month as water temperatures rise with our dry season now in full swing, which is very typical for this time of year. The Marlin fishing has been excellent and should remain so throughout February. The Big Tuna arrived and there have been some huge fish caught with several reports of fish landed in the 150-170lb category and some much larger fish lost. If you have never experienced it before, fishing alongside a mega pod of Central America Spinner Dolphins is a sight to be behold and one that could stay with you for life. Don't take our word for it, be sure to book yourself on an Offshore charter and get out there and experience it for yourself. We are now in the midst of the best Sailfishing of the year, reports have come in of some boats releasing upwards of 20 Sailfish in a day when the bite is on and many boats have been catching 5-10 Sailfish a day plus Dorado, Tuna, and seeing Marlin on most trips also.



## INSHORE FISHING

Roosterfish, Snook, Snappers, Jacks, Mackerel & more dominated the Inshore catches during January. The Snook fishing was literally world class with some fine Fishing taking place at local hotspots Parrita, Naranjo, Savegre, and Baru. Capt. Luis Carlos aboard **MIRSE AZUL** & Capt. Roy Zapata aboard **SKY II** enjoyed some excellent Snook fishing throughout the month. Capt. Ricardo aboard **IDRA** always does a fantastic job providing a great experience to his guests during his affordable half day inshore trips. **IDRA** was into the Snook action also, in addition to catching some big Roosterfish and even a couple of Marlin during January. Capt. Jeffrey aboard **CHLOE FRIJOLE** caught one of the biggest Snook of the year so far which I

heard was in the 50lb range—what a fish! The world record Snook, just shy of 60lbs came from the Quepos area—will this be the year that the record falls again?

Aboard my boat **GOOD DAY** we caught some fine Roosterfish with Rick Collins from Texas & Bill Bona from Tennessee both catching 45lb Trophy Roosterfish. The Greene family from New Jersey caught 3 stunning Roosters, all of which were tagged & released for the 2023 ROOSTERFISH STUDY that we are running in conjunction with the **MARINA PEZ VELA** and **GRAY FISHTAG RESEARCH** from Florida. We are working hard to make sure 2023 is our best year yet for ROOSTERFISH RESEARCH and we plan to deploy a series of Satellite tags this year on Roosterfish to help us continue to understand migratory patterns.

The Inshore fishing should remain strong through April so now is an excellent time to get your family on the water to experience it for yourself.

## TOURNAMENT DATES FOR YOUR DIARY

Our 2023 tournament season is in full swing, we had a total blast during the Dorado Derby's in November and the ever-awesome PELAGIC ROCKSTAR in January. Next up in February is the super fun ROOSTERFISH RODEO which has an ultra-low entry cost of \$300 per team. **TEAM GRAYFISHTAG RESEARCH** aboard **GOOD DAY** will be looking to retain their crown from last year's Rooster Rodeo. Then we have the amazing **LADIES ONLY PESCADORA BILLFISH TOURNAMENT** on Feb 17-18 which sets out not only to crown the world's top female Anglers but also to inspire more ladies into the Sport of Fishing, and raise money for an amazing children's charitable project at the same time.

If you would like to find out more about any of our Tournaments, simply get in touch with myself or the team at the Marina Pez Vela Guest Centre. Full details & upcoming schedule at [marinapezvela.com/tournaments](http://marinapezvela.com/tournaments).

February 4	<b>Roosterfish Rodeo</b>
February 17-18	<b>Pescadora Billfish Championship (Ladies Only)</b>
March 4	<b>Sailfish Slam</b>
April 15	<b>Marina Pez Vela Open</b>
April 16-21	<b>Offshore World Championships</b>
July 1	<b>Summer Solstice Shootout</b>
November 11	<b>Dorado Derby</b>
November 18	<b>Dorado Derby Dos</b>

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### Why Aren't There Any on Mainland Costa Rica?

In the mid-1980s I had the opportunity to visit Caño Island in a small and none too speedy boat. The trip from Drake Bay to the island took more than an hour. Capitan Felix, owner of the boat, was a talkative soul, and fortunately his chatter was not the least bit boring. We learned the story of the island which had, at one time, been plagued with feral pigs. In 1976 when the government created Caño Island Biological Reserve the wildlife department decided it was important to rid the reserve of the feral pigs. Capitan Felix was part of a group of four local hunters who had been contracted to hunt the pigs down and kill them. They assumed that hunting feral swine would be like hunting peccary on the mainland, but then they found out that the wildlife department wouldn't let them bring their dogs into the reserve. Their only alternative was to walk the length and breadth of the island repeatedly and shoot every feral hog they saw until none remained.



Official estimates were that 40 to 50 of the pigs wandered over the 3.26 square kilometers of land area which comprised Caño Island, and the hunters figured they could probably accomplish their task in a month. At first the killing went fast, five or six pigs a day, but within a week it slowed considerably, and the hunters were lucky to shoot one or two a day. There were days when they didn't kill any. After a month there were only four feral pigs left, but they were the craftiest and quickest of the lot, and even catching a glimpse of them was difficult. One day the caretaker on the island found Capitan Felix by himself, sitting on a log taking a breather. "Listen 'Capi', You didn't hear this from me", he winked, "but next Wednesday both game wardens are taking some days off. They'll be leaving the island and won't return for eight days. I'll be here alone. Do whatever you want to kill those last four pigs. It's not my job to supervise your work". Early Thursday morning the Capitan and one companion left in his boat at daybreak. At 9:30 they were back with four hunting dogs. By dusk Caño Island Biological Reserve was free of feral hogs. I never asked Felix what they did with the dead pigs, but I would guess that they ate their fill of pork, took some choice cuts home, and fed the rest to the sharks.

Feral pigs were probably introduced to both Caño Island and Cocos Island at around the same time. Some sources say that pirates brought pigs and left them on the islands in hopes that they would reproduce and provide food for future visits. British and European explorers also sailed the Pacific during the seventeenth and eighteenth centuries, and they may very well have been the culprits who brought the pigs. The most reliable information comes from a genetic research study that claims

that the 400 to 500 feral hogs on Cocos Island were descended from one pair of domestic pigs with genes from both Asian and European swine and that arrived in 1793. Regardless of how and when they got to the island, their presence is extremely detrimental to the ecosystem and eliminating them entirely would be next to impossible. Not only does Cocos Island have 10 times as many feral pigs as did Caño Island, but it has around 15 times more land area as well. Someone once suggested introducing several male jaguars on Cocos Island in hopes that they would kill all the pigs. Who knows? It might work, but I doubt it.



Why are there no feral pigs on the Costa Rica mainland? They were surely introduced here, and are found at other mainland locations.

The United States Department of Agriculture estimates that there are seven million feral pigs in 35 states in the USA, and that they do about \$2.5 billion dollars worth of damage annually, mainly to crops. \$75 million has been budgeted to try to eliminate, or at least control, feral swine in certain target areas. Genetically these animals are slightly different from the Cocos Island feral pigs but are closely enough related that all have the same scientific name of *Sus scrofa*. Numerous common names such as: razorbacks, piney woods roosters, wild boar, feral hog, feral pig, wild swine, and others, all refer to the same species, although there may be differences in appearance. Three million feral pigs reside in the state of Texas, and some of these are crossed with European wild boar that were imported by sportsmen for private hunting reserves and escaped. All the different varieties do massive amounts of damage to many different crops. Hunting season on feral hogs is wide open in the state, no license required, and no bag limit. Kill all you want, the more the better. Nevertheless, sportsmen haven't even put a dent in the population.

Now here is the conundrum: There are lots of feral hogs on Cocos Island, there used to be on

Caño Island, and North America has an enormous problem with them. Why aren't there any on mainland Costa Rica. You may say that predators like jaguars eat them. Yet in 2018 I had the good fortune to visit Pantanal National Park in Brazil. In spite of the fact that Pantanal has the highest density of jaguars of any place in the world, we saw feral hogs in the park. I don't have the answer, but I love pondering Mother Nature's brainteasers. If any of you readers have an idea, I would love to hear it. My own guess is that the few feral pigs that may have been introduced onto the mainland were killed by people and used to make tamales.



**Chris & John Ewing, Feral Pig Hunt**

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



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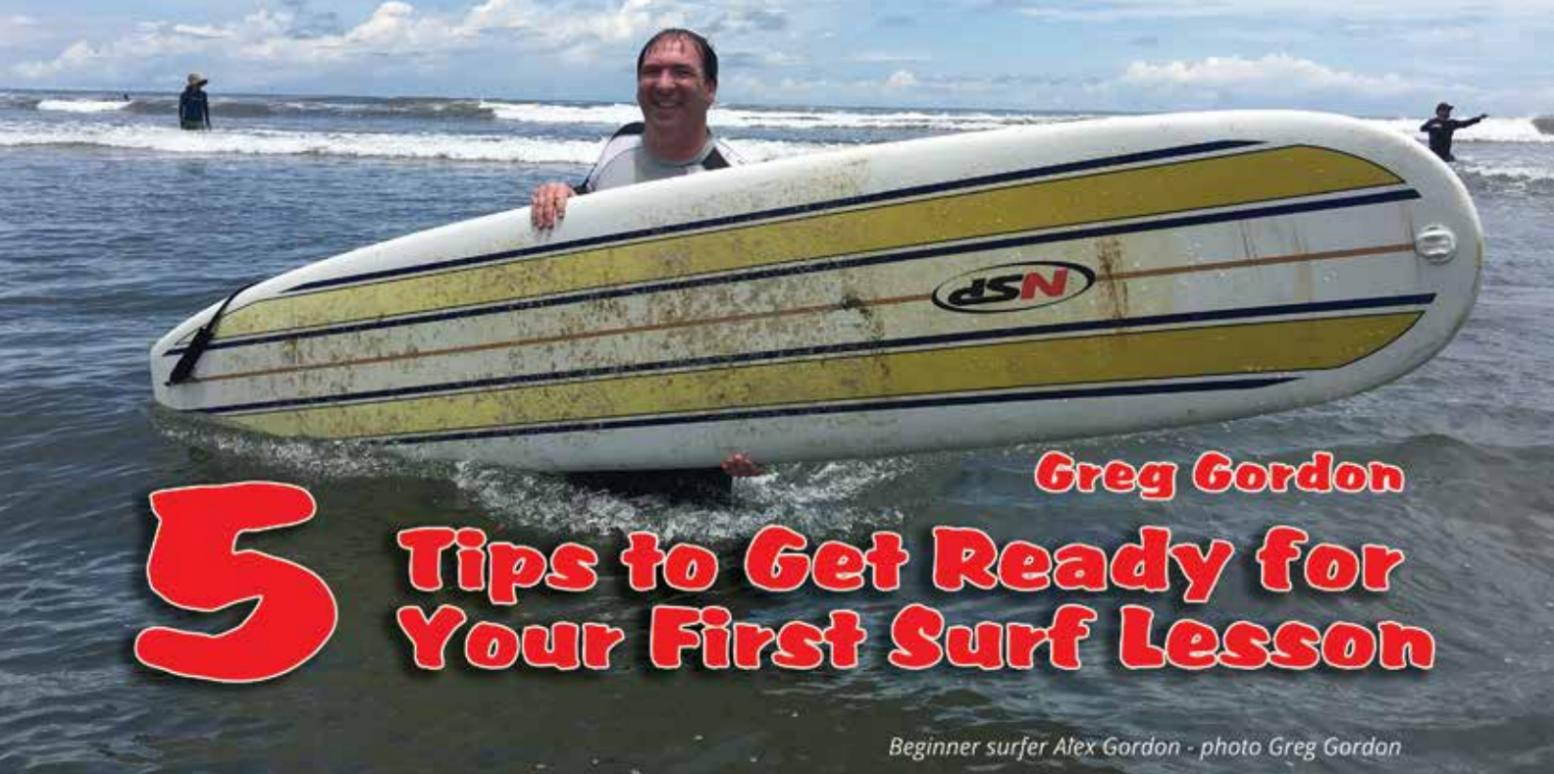
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**Greg Gordon**

# 5 Tips to Get Ready for Your First Surf Lesson

*Beginner surfer Alex Gordon - photo Greg Gordon*



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

When you are visiting Costa Rica, one of the first things you notice when you head to the beach are all the good surfers. They paddle out so easily and catch almost any wave they choose, riding it effortlessly to the sand. It makes you want to learn and enjoy the feeling of riding a wave successfully. You sign up for a surf lesson and then want to know how to prepare for it. Here are five tips to help you make the experience fun and more rewarding.

## 1 Stretch and do some pushups

Getting your body ready to surf is very important. When you see the pros, they often sit or stand on the beach preparing their body by stretching while watching the waves. I stretch first by spreading my legs wide and leaning towards each foot a few times. If you do yoga, it's like Side Angle pose. I also do some Up and Down Dog poses for my back, and then sit and do some groin opening stretches and twist my lower back. Then I touch my toes with legs stretched.

The pushups help with the motion of 'popping up'. Ideally you want to get to your feet in one motion, but many instructors teach you to come up one foot at a time. Then the key to keeping your balance is to stay low. Your stance is similar to a Warrior Two pose. The stronger your triceps and shoulders are, the easier it is to stand up.

## 2 Dress Appropriately

For both men and women, I recommend wearing a rash guard top. This helps prevent sun burn on your back and prevents your stomach and chest from getting a rash from the wax on the board. I prefer a short sleeve rash guard since it is more flexible and does not restrict arm movement as much. Wear a bathing suit that is comfortable and not too loose so it does not come off if you fall. Bathing suits should also stretch around the thighs for flexibility. If you have long hair, bring a hair tie so it stays out of your face.

## 3 Wear sunscreen

Be sure to apply sunscreen with an SPF of at least 30 about 10-15 minutes before you get to the beach. That way you are not sweating in the sand while trying to apply it and it has time to soak in. Many surfers prefer sunscreen with zinc oxide since it is more reef friendly and you can see where you applied it your face. Others like a lotion since it does not burn their eyes and stays on even after rubbing your nose or neck. Whichever you choose, try it out before your lesson so you see which works better for you. You want one that does not make your eyes burn. Remember the sun is more powerful when it is cloudy and when it reflects off of the ocean.

## 4 Hydrate

It is surprising how much you sweat when you paddling for waves and riding them. So



it is imperative that you drink a lot of water (I recommend at least 16 ounces) before paddling out. And after surfing be sure to drink more water as you will have lost a lot of fluids from your exercise.

## 5 Check the surfboard

Many surf schools have quality surfboards to learn on, but a few do not. You want to check that the board does not have cracks in them that could cut you. Look at the leash to see that does not have any knots, or is fraying where it attaches to the board. Check the fins to be sure they will not come out (they do at times and the school may charge you for it). And be sure it has enough wax on the top so you will not slip off. Slide your hand across the top to feel how grippy it is. Also, lift up to see that it is not way too heavy for you to control. If it is an old board, it may have water in it which makes it unstable. If you feel uncomfortable in any way, ask for a different board. You need the right board to help you catch and ride waves more easily.

Post lesson tips - Remember to stretch! This way your arm, shoulder, back, and leg muscles do not tighten up the next day. If you did get sunburn or a rash, remember to hydrate more and apply aloe. Coconut oil also helps with sunburns and rashes.

For tips on how to find the best surf instructor, read this article on my website [-crsurf.com/travel-blog/what-makes-the-perfect-surf-instructor/](http://crsurf.com/travel-blog/what-makes-the-perfect-surf-instructor/)

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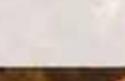
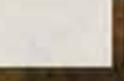
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# SPANISH SUCKS

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

## El pretérito simple

Cuando queremos hablar del pasado usamos el pretérito simple. Este pretérito lo usamos para expresar acciones iniciadas y terminadas en el pasado y que no tienen relación con el presente. Es importante recordar que no todos los verbos regulares en presente son regulares en pretérito simple.

A continuación la tabla de conjugación de los verbos regulares en pretérito simple:

	<b>- AR</b> hablar	<b>- ER</b> comer	<b>- IR</b> vivir
<b>Yo</b>	hablé	comí	viví
<b>Tú</b>	hablaste	comiste	viviste
<b>Él, ella, usted</b>	habló	comió	vivió
<b>Nosotros (as)</b>	hablamos	comimos	vivimos
<b>Ellos, ellas, ustedes</b>	hablaron	comieron	vivieron



Es muy importante pronunciar y escribir el acento de la conjugación de los verbos en pretérito simple.

Es común usar expresiones de tiempo cuando hablamos del pasado, por ejemplo:

- ayer                      -la semana pasada                      -el verano pasado                      -esta mañana
- antier                      -la navidad pasada                      -la primera vez                      -hoy en la mañana
- anoche                      -el año pasado                      -la última vez                      -hoy temprano

Ejemplo:

- Ayer hablé con mi mamá.                      -Esta mañana corrí una hora.
- La navidad pasada Luisa viajó a Colombia.



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# SPANISH SUCKS

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

Responda a las siguientes preguntas escogiendo y conjugando el verbo dentro de la caja que mejor corresponda:

preparar - cocinar - conocer - viajar- crecer - nacer - trabajar - vivir

- Sofía \_\_\_\_\_ en Costa Rica desde 1990 a 1995. Allá \_\_\_\_\_ en una empresa exportadora de café al norte del país.
- Todos nosotros \_\_\_\_\_ en la misma década y \_\_\_\_\_ con las canciones de The Clash y The Cure.
- ¿Dónde \_\_\_\_\_ el verano pasado? ¿ \_\_\_\_\_ muchos lugares y personas diferentes? ¡Qué bueno! ¡Cuénteme!
- Para el cumpleaños de Enrique, su abuela \_\_\_\_\_ pizza y su mejor amiga \_\_\_\_\_ un queque muy rico.

Basado en la imagen, responda la pregunta.



¿Qué hizo usted el viernes pasado?

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¿Qué hizo Eugenia el viernes pasado?

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# DESIGNING A HOUSE IN THE TROPICS

STRATEGIES FOR CREATING A COOL COMFORTABLE HOME IN A TROPICAL CLIMATE

## SITE ORIENTATION



- Prioritise rooms that need the most natural ventilation and position them to take advantage of prevailing winds.
- Orient the shorter sides of your home to face the east and west sun, except where this compromises natural ventilation.

## SUN SHADING



- Have large roof overhangs or covered outdoor areas for shading the north and south facing walls.
- Use vertical screens or shutters to shade west and east facing openings.
- Plant trees and other vegetation to shade east and west walls and to provide cooler surroundings.

## NATURAL VENTILATION



- Have large window and door openings on two or more walls of each room to promote cross ventilation.
- Use upper-level windows or vents near the roof to allow rising hot air to escape.

## WALL MATERIALS AND CONSTRUCTION



- Thermal massing materials like concrete walls and slabs are not ideal unless they are shaded. These store heat absorbed during the day and releases it into the room during the night.
- Consider using lightweight materials and framing construction instead since these will cool quickly.

## ROOF DESIGN



- Use framed, high pitched roofs. High roofs keep warm air high above the people in the room.
- You can also incorporate light coloured, reflective roof covering materials.
- Use a double roof system especially when concrete is the layer underneath.

## EXTERIOR SPACES



- Covered outdoor spaces like patios and verandas with functional uses create great outdoor rooms.
- Courtyards in the centre of the home help promote natural ventilation.
- Connections between indoors and nature makes rooms more enjoyable to be in.

## WATER AND ENERGY EFFICIENCY



- Renewable energy sources like solar water heating and photovoltaic panels are a great addition.
- Use energy efficient appliances and light fixtures. Fans instead of air-conditioning will save energy.
- Install water saving devices and fixtures. Also harvest and store rainwater.



## Coral Restoration at Manuel Antonio & Quepos



It's been a beautiful beginning of the year and we are enjoying the sunshine and exploring the oceans. One of our focuses as scuba divers here in Quepos, is to be ambassadors to the ocean, bringing awareness to our local community about the state of our oceans and what we can do to help. Our flagship project here in Manuel Antonio is our coral restoration project. This is a SINAC permitted and approved project that we have been working on. And since 2019 we have been growing and restoring our local coral reefs in an effort to improve the quality of our local ocean environment.

At Marine Conservation Costa Rica (MCCR), we practice a three-step restoration process. They are Coral Recovery, Growth and finally outplanting.

The first step is coral recovery. With this step, we carefully collect wild healthy coral from the reef. Our preferred way of doing this is to use corals of opportunity. These are corals that have naturally broken off of the reef and would not survive on their own.



The second step is coral growth. We take the corals that we have collected and fragment them. Corals are fragmented using a diamond blade band saw and you may have seen us doing that at Marina Pez Vela in Quepos where we are based. When we are going to fragment, we normally post on social media to let people know, so if you are interested and want to come to see the process in action you are most welcome to. The fragmentation is an important part of the process as it stimulates faster growth in the corals. Fragments are then attached to plugs and transported to one of our ocean nurseries. Here they are placed into the nurseries, where they are looked after for 6-12 months and hopefully grow nice and healthy. We have to attend the nurseries regularly to clean them and measure the colonies that are growing.

The final stage is coral outplanting. Once the corals reach an optimal size in the nursery, they are ready to be moved out to the reef. The plugs are removed from the nurseries and then attached to the reef with some special marine epoxy. This allows the planted colonies to withstand the currents of the Pacific.

This whole project is continually growing as we strive towards our goal of restoring a healthy reef ecosystem in Manuel Antonio. This would allow the corals and marine life more time and a chance to adapt to changing local and global conditions and increase their chances for survival.



We are always looking for scuba divers to come and assist us with our coral cleaning and planting activities so if you are interested, and would like to get trained in coral restoration and then involved in the coral restoration project, we would love to hear from you. With our recent kid's camp programs at Oceans Unlimited, we have been training our next generation of underwater ambassadors, who will be able to assist us in the ocean with our efforts.



You can also come visit us at Oceans Unlimited in the marina and follow us on social media to see when we are having a coral fragmenting workshop. We would love to have your support!

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Did you know coral reefs account for less than 1% of the ocean's floor, yet supports 25% of the ocean? So coral reefs are extremely important. However, they are also under threat. This comes from a number of things including, rising temperatures, ocean acidification, toxic runoff, invasive species, and

unsustainable fishing. These are just some of their major threats. Did you know, that in the past 30 years alone, Costa Rica has lost 70% of its coral reefs!! That's a crazy amount if you really think about it.

So, what does our coral restoration project do to help this?

During the past 3 ½ years we have outplanted approximately 1000 established colonies on our local reefs in Manuel Antonio. Outplanting is where we take the colonies that we have been growing in our nurseries and plant them around the local reef. Bringing healthy coral colonies to the local reef area.

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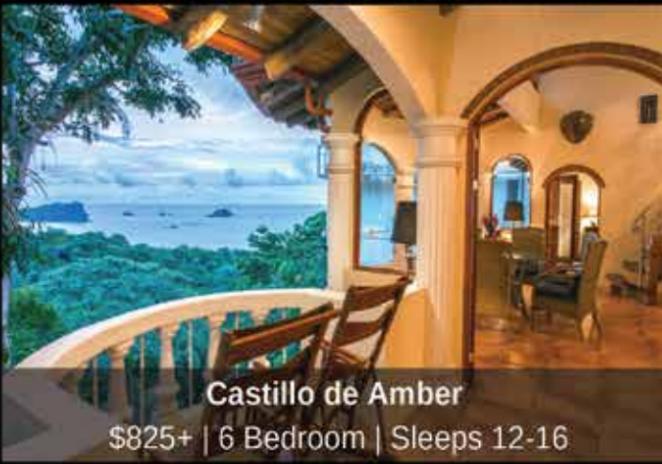
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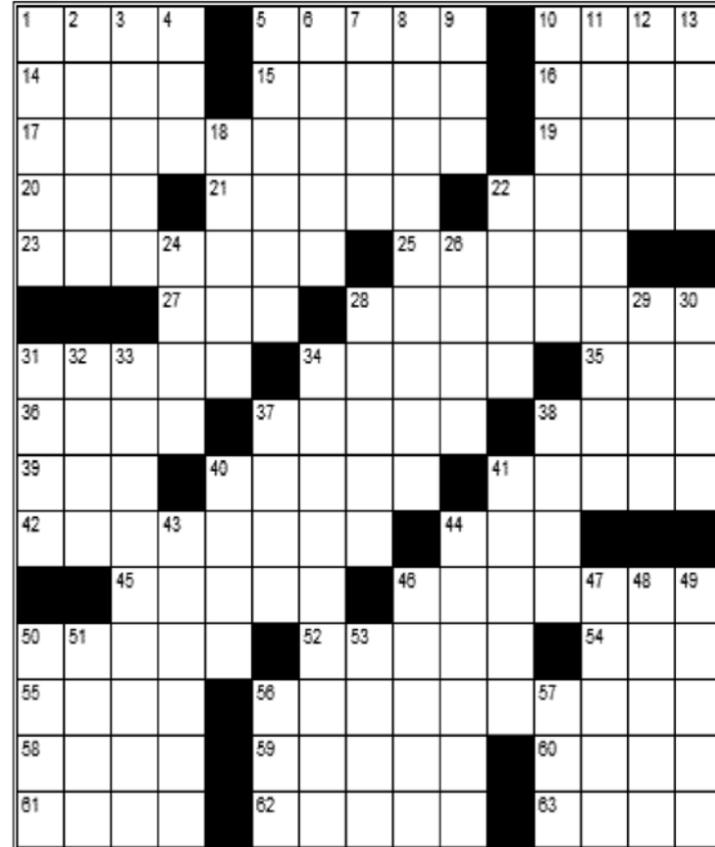
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**Crossword Puzzle**

**ACROSS**

- 1. Hardly believable
- 5. Sleighs
- 10. Desire
- 14. Gorillas
- 15. Radium discoverer
- 16. Close
- 17. Type of illustrator
- 19. Prohibits
- 20. Unit of energy
- 21. Clutch
- 22. Row of shrubs
- 23. Robber
- 25. Suffering
- 27. Anagram of "Dew"
- 28. Parental moms
- 31. Construct
- 34. Angered
- 35. Anagram of "Car"
- 36. Hotels
- 37. Strike
- 38. Notion
- 39. Morsel
- 40. A tree, leaf or syrup
- 41. Great fear
- 42. Sweetener
- 44. Which person?
- 45. Not inner
- 46. Large female feline
- 50. Confuse
- 52. Sully
- 54. Once around the track
- 55. Any narcotic
- 56. Alternative
- 58. Cubes
- 59. Bless with oil
- 60. Ear-related
- 61. Didn't dillydally
- 62. Discourage
- 63. Writing styluses



**DOWN**

- 1. Shoestrings
- 2. Not together
- 3. Get together
- 4. Estimated (abbrev.)
- 5. Tallied
- 6. Associated with the moon
- 7. Greek goddess of discord
- 8. Entirely unlike
- 9. Band performance
- 10. Straighten out
- 11. Prefab
- 12. Crowd
- 13. Celtic language
- 18. Looked amorously
- 22. Sharpen
- 24. Cobblers' tools
- 26. Moveable fence barrier
- 28. Broil
- 29. District
- 30. Cigarfish
- 31. Apron tops
- 32. Freshwater mussel
- 33. Bring in
- 34. Beg persistently
- 37. Fill to excess
- 38. Component of steel
- 40. Small amount
- 41. Hindu loincloth
- 43. Protruded
- 44. Cold season
- 46. Fine thread
- 47. Wash out with a solvent
- 48. Lustrous fabric
- 49. Spectacles
- 50. Combines
- 51. Dribble
- 53. Assist illegally
- 56. Unhappy
- 57. Not bottom

Crossword Solution on Page 55



**WHY VISIT US? / POR QUÉ VISITARNOS?**

- ★ Delicious typical lunch
- ★ Rancho with hammocks, to relax in the jungle
- ★ Trolley ride from park office to nature park
- ★ Access to: Parking, restroom, showers, and changing rooms
- ★ Nicest & short hiking trails
- ★ Delicioso almuerzo típico
- ★ Rancho con hamacas, para relajarse en medio de la naturaleza
- ★ Paseo en carreta desde la oficina del Parque hasta el Parque Natural
- ★ Acceso a: estacionamiento, baños, duchas y vestidores
- ★ Senderos cortos a través del bosque

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# What's Shaking

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AMOR, GALLOS, SUPERBOWL, PESCADORAS y PELICULAS.....That is right, 2023 is here and after an epic January here at MPV, we are extremely excited to share with you an action-packed schedule for February 2023.

## ROOSTER RODEO – February 4

February starts with a huge bang with our annual ROOSTER RODEO Tournament. This one-day shootout targeting one of the most amazing species in our inshore waters—the Rooster Fish or Pez Gallo—is an event not to be missed. This is a catch and release tournament which is an incredibly fun event for anglers of any skill level and is one of the only tournaments here in Costa Rica which focuses on and celebrates the amazing inshore coastal fishery that we are blessed with in the area. There are prizes for the most release points and largest rooster fish, but more than anything this is another inexpensive and fun one day tournament which brings together friends, family, coworkers, and some of the top inshore fishermen and women in the area for a great time! There is still space so reserve your charter boat and join the RODEO! [marinapezvela.com/events/rooster-rodeo-2023/](http://marinapezvela.com/events/rooster-rodeo-2023/)

## SUPER BOWL – February 12

Costa Rica's biggest super bowl party is BACK. There is no better place to come and watch the big game with friends and family. All of our restaurants here will be open and with specials on food and drink, so there will be something for everyone. Come early and enjoy a pre-game live concert with the one and only Kurt Dyer, and then the full game, with US commercials on the largest open-air screen in Costa Rica. Whether your favorite team is playing or you just need an excuse for some Sunday afternoon wings and beers, MPV is the place to be on Super Bowl Sunday.

## VALENTINE'S DAY – February 14.

If you are reading this prior, take note—make a dinner reservation, buy some flowers, and come to celebrate the ones you love here under the stars and with the twinkle of the boats floating the basin. With more than a decade of operations, more relationships have started (and a few ended) here at the project, but it is a beautiful place to celebrate Valentine's Day in any of the restaurants at the project and celebrate those you love.

## PESCADORA BILLFISH CHAMPIONSHIP – February 16-18

The MOST EPIC all-women's fishing tournament on the planet is back and bigger than ever. We have a lot of iconic tournaments here at MPV, including the Rockstar we hosted in January, the Rooster Rodeo earlier this month, but nothing quite compares to the fun and competition of this all-lady angler event. This two-day event brings some of the flashiest costumes, smiling faces, and fun to MPV, but make no mistake, the competition is FIERCE. This tournament brings the best female anglers from around the globe and the level of fishing is every bit as competitive as any other tournament we host. If you haven't already signed up, get a team together and get involved. If you have a Y chromosome or just didn't sign up in time, at least come by for weigh ins and vibe!

## MOVIE NIGHTS

This year at MPV we are continuing with our traditional movie nights but with a special and fun twist. This year, rather than announcing our calendar of movies, each week we will allow the public to vote on our social media channels for the movie of the week and the one with the most votes will be aired each Wednesday. We are also going to be welcoming our friends from Kids Saving the Rainforest the last week of each month to host a special movie night focused on environmental issues, sustainability, and opportunities to support their efforts and wildlife rescue center with donations and special sales. Stay tuned for their schedule of events and the opportunity to contribute to a great cause.

See you all soon and make sure not to miss any of this action-packed month at MPV!



Join us February 16th– 18th, 2023 for the most unique ladies billfishing event in the world! This ground-breaking event brings women from all nationalities and experience together to share in their love of the ocean and fishing! This is a fun and competitive champagne filled weekend catered to women, by women.

**2022**  
Pescadora Billfish Championship

- 41% of all billfish released were by IGFA Rules!!
- Named a "Top 20 Offshore Tournament" winner for all of the America's!
- 2022 FEMALE ANGLERS OF THE YEAR - Jennifer Fields and Kourtney Duffie
- 323 Billfish released in 2 days by 40 Teams
- 16 new teams joined the Pescadora in 2022
- Women from 11 different countries participated
- \$26K+ donated to Costa Rica's Residence of Life private Orphanage!!
- 87 bottles of champagne were used to make Good Luck Mimosas
- 31% of teams tagged fish for Gray FishTag Research. Team Kelly Dawn & Jill Yates won a Sailfish Mount from Gray Taxidermy

"You only live once, you might as well be a badass!"

This 2 fishing day tournament is held in Quepos, Costa Rica at the prestigious Marina Pez Vela. A portion of all proceeds will be donated to Costa Rica's Residence of Life private orphanage! [residenceoflife.org](http://residenceoflife.org)



Jennifer Fields - Top Angler 2022

# TIDES for FEBRUARY 2023

Day	High	Low	High	Low	High	Phase
Wed 01		05:45 1.73 ft	12:02 6.67 ft	17:55 2.36 ft		
Thu 02	00:17 7.50 ft	06:46 1.59 ft	13:02 6.87 ft	18:57 2.26 ft		
Fri 03	01:12 7.62 ft	07:37 1.31 ft	13:53 7.20 ft	19:49 2.00 ft		
Sat 04	02:00 7.84 ft	08:20 0.99 ft	14:37 7.59 ft	20:33 1.65 ft		
Sun 05	02:42 8.10 ft	08:58 0.67 ft	15:15 7.97 ft	21:12 1.29 ft		Full Moon
Mon 06	03:21 8.32 ft	09:33 0.41 ft	15:51 8.30 ft	21:48 0.97 ft		
Tue 07	03:58 8.47 ft	10:06 0.24 ft	16:24 8.55 ft	22:24 0.73 ft		
Wed 08	04:34 8.51 ft	10:39 0.18 ft	16:58 8.69 ft	22:59 0.59 ft		
Thu 09	05:09 8.42 ft	11:11 0.23 ft	17:31 8.73 ft	23:34 0.56 ft		
Fri 10	05:44 8.21 ft	11:43 0.38 ft	18:04 8.67 ft			
Sat 11		00:10 0.64 ft	06:19 7.91 ft	12:17 0.61 ft	18:39 8.54 ft	
Sun 12		00:49 0.81 ft	06:57 7.56 ft	12:54 0.89 ft	19:18 8.34 ft	
Mon 13		01:32 1.04 ft	07:41 7.20 ft	13:37 1.21 ft	20:04 8.09 ft	Last Quarter
Tue 14		02:22 1.28 ft	08:34 6.87 ft	14:29 1.53 ft	21:00 7.85 ft	
Wed 15		03:22 1.45 ft	09:39 6.68 ft	15:33 1.75 ft	22:07 7.73 ft	
Thu 16		04:32 1.43 ft	10:54 6.78 ft	16:48 1.74 ft	23:21 7.85 ft	
Fri 17		05:44 1.14 ft	12:08 7.23 ft	18:04 1.40 ft		
Sat 18	00:31 8.23 ft	06:50 0.60 ft	13:12 7.94 ft	19:13 0.79 ft		
Sun 19	01:34 8.76 ft	07:49 -0.05 ft	14:09 8.73 ft	20:12 0.11 ft		
Mon 20	02:29 9.29 ft	08:41 -0.65 ft	15:00 9.46 ft	21:06 -0.50 ft		New Moon
Tue 21	03:20 9.68 ft	09:29 -1.08 ft	15:48 9.99 ft	21:55 -0.91 ft		
Wed 22	04:08 9.85 ft	10:15 -1.27 ft	16:34 10.25 ft	22:43 -1.04 ft		
Thu 23	04:54 9.75 ft	11:00 -1.18 ft	17:20 10.20 ft	23:29 -0.89 ft		
Fri 24	05:41 9.40 ft	11:44 -0.81 ft	18:05 9.86 ft			
Sat 25		00:15 -0.49 ft	06:27 8.82 ft	12:28 -0.21 ft	18:51 9.29 ft	
Sun 26		01:03 0.09 ft	07:16 8.11 ft	13:14 0.53 ft	19:39 8.58 ft	
Mon 27		01:53 0.76 ft	08:08 7.37 ft	14:04 1.31 ft	20:31 7.86 ft	First Quarter
Tue 28		02:49 1.38 ft	09:09 6.74 ft	15:01 2.01 ft	21:32 7.26 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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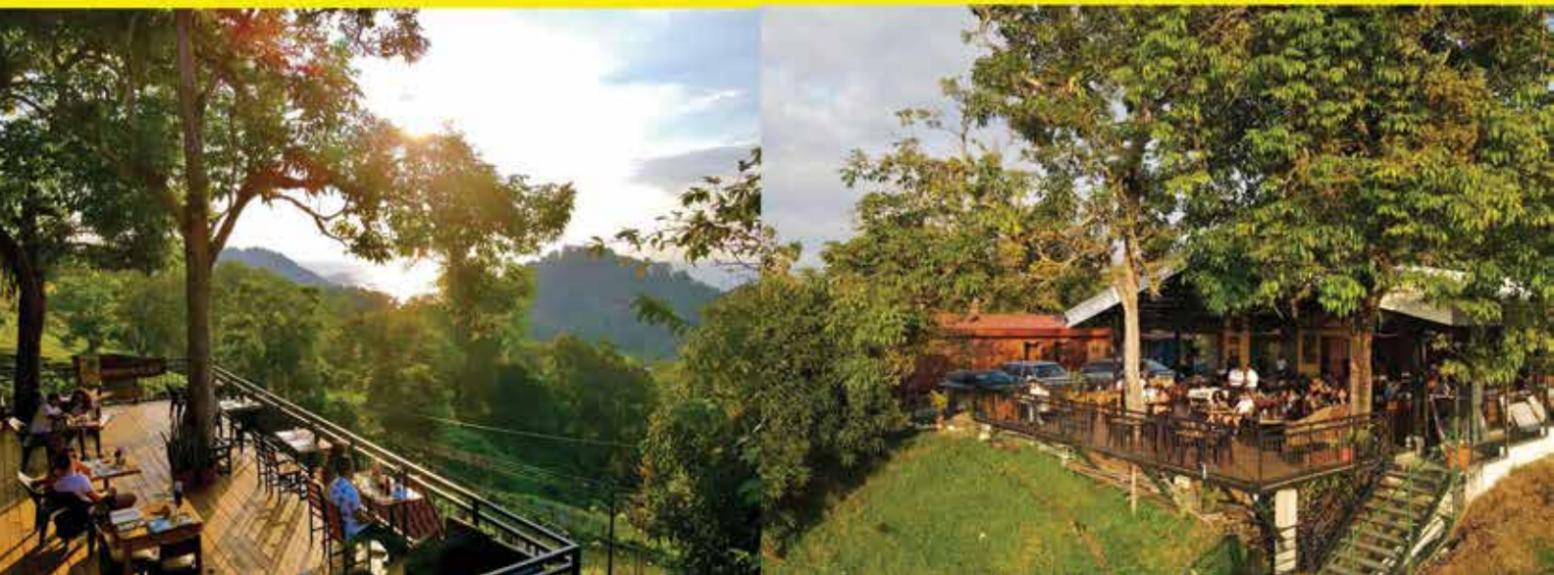
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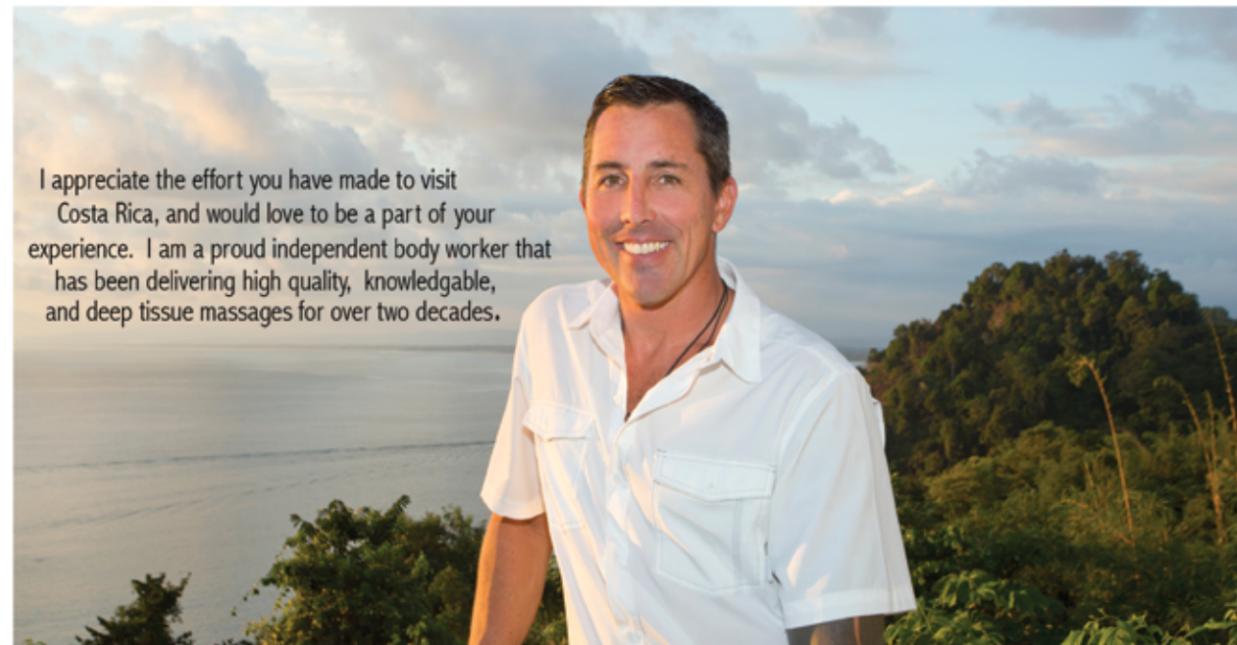
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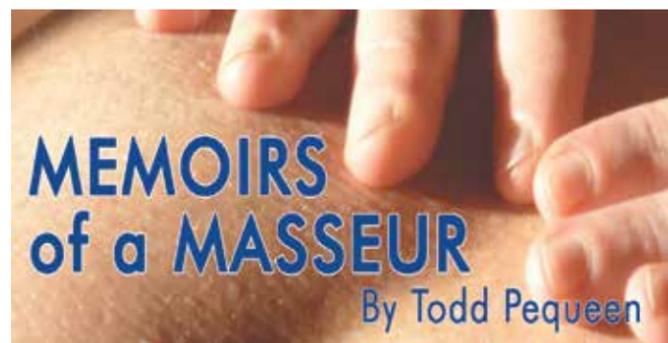
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**PARQUE NACIONAL  
MANUEL ANTONIO  
NATIONAL PARK**

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](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).



## Happy Face

I was leaving a client's room last week and she looked at me with an intensity that was alarming at first. She was on her second day of vacation and we had just finished an amazing ninety-minute session. "Is everyone as happy and nice as they seem in this country?" It made me laugh at first, then I actually got a bit tongue tied, then I replied, "Why yes, I think it is genuine!" With a quick nutshell description, I explained to her that in my 22 years of living here I believe it to be one of the happiest places on planet earth. I have read rogue articles on these topics when a major network or magazine does poles and takes statistics and come up with ratings on what makes a country or society happy blah blah blah. Then I thought about what makes my wife and I happy and tried to do the mental math. We are now well into 2023 and the world continues to spin and these are just a few of the reasons why I believe Costa Rica to be one of the happiest places on the earth. As a life-long traveler and having spent over 25 years living in various countries around the world here are my thoughts on the happy train....

We are who we surround ourselves with. Here in Manuel Antonio, there is not a day that goes by that something in nature doesn't astound me. I sit at my writing desk at 4:30 in the morning and can vibrantly hear the insects in the jungle around me as they sooth my senses as my coffee percolates (some of the best coffee in the world and a shout out to Cafe Milagro). The howler monkeys are roaring and the roosters in my neighborhood awake the restless sleepers. Mother ocean is less than a mile away, but I can also hear the great Pacific waves exploding on our shores of white sand and outcroppings. I await the sunrise as it will crest the mountains to the east and as the nocturnal animals seek refuge our epic variety of birds will sing in a new day. With this amount of nature surrounding the people of Costa Rica it is simply natural as humans are more content in beautiful environments. Beaches, mountains, rivers and jungle.... pick one or all in a day. Nature soothes and reinforces the best in mankind and to have that constant reminder is one of this country's finest assets. Consistent day and night rhythms

(nine degrees north of the equator), comfortable temperatures lacking extremes, and soothing surroundings all add to the happiness and calmness of the people who live amongst it.

Humans need many things to operate at the highest of levels. Primary to a peek performing existence is fuel. For you and me that means proper nutrition and for those of us that enjoy cooking and taking care of our bodies Costa Rica has an extremely diverse choice of natural foods. Everything from the fruits falling from the trees around us to the weekly market filled with seasonal vegetables thus natural and simple eating is easily available. There is no need to eat anything processed. Nobody is starving in Costa Rica. I am an avid carnivore but rarely purchase my protein from the grocery store. I have an amazing German butcher that has delivered directly from his farm to my house. I have a variety of fish caught within 30 miles from my freezer often given to me by my fisherman friends. I've caught my own on lucky days dragging a line from my kayak. Lamb and chicken are easy to come by once again from markets or the butchers that one gets to know, similar to the milk man of days past. Food and the process of preparing it as well as sharing it (I've been given 3 tamales this week from my neighbors as it is Christmas week at the time of writing) creates a high vibration of happiness. The task of growing food, sharing it, and consuming it is an ancestral must for happiness. If one wants to commit to growing their own food it is certainly as option in certain locations in this abundant environment.

A man must work. Work can have a variety of meanings but simply said it means purpose. Mine is to massage the world's problems away one body at a time. My wife photographs families and creates memories so they have life-long moments in time that are captured and shared forever. I have friends that give tours of the park and increase the knowledge of the natural world around us. Most of us here in Manuel Antonio are slaves to tourism and we enjoy meeting and greeting visitors from around the world. Other people's stories will never get old to me, and we are grateful that you the reader is visiting and sharing your vision of the world in 2023. I have many, many retiree friends and although some work on their drinking every day most also tend to their reading, gardening, art, and sharing their love of animals and good will. All those things are a form of work. Simply keeping one's body healthy can be work, for me it is play. I've been literally moving larger stones down into my jungle garden the last few days.... willfully and happily, one stone at a time. Costa Rica was extremely hard-hit by Covid however the country is booming again and it is possible to live and to work in this jungle paradise. I feel like I am one of

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the most fortunate of all to get paid to massage and share my love of people through my two decades commitment to the art of bodywork.

Many things create happiness, contentment, and joy for the day to come and I do think Costa Rica is on the forefront of "happy places" on earth. Kindness is a choice and what makes one person happy and content may not for another. Happiness means you can recognize and appreciate the good things. It is easy to let the bad things in a day have precedent over what is truly important. "Happiness is not something ready-made. It comes from your own actions", Dalai Lama. When I am happy, I realize I can make others happy, I practice faking it as often as I can when I am in a slump. Positive enforcement of simply deciding to be happy will become contagious. Keeping everything in perspective can be done rather simply—breathe and take in all of Costa Rica as it may just change your life forever.

Todd Pequeen can be reached at 8830-7727 or [tpequeen@yahoo.com](mailto:tpequeen@yahoo.com). He is a pioneer of bodywork here in Manuel Antonio and has an awesome home studio. Check out his website at [massagetodd.com](http://massagetodd.com). When he's not massaging the world's problems away, he spends his free time working in his garden, reading, writing, and creating more happiness in the world.



# Telephone Directory

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2 Costa Rica Real Estate	2519-9415	2777-3270
Agua Azul Restaurant		2777-5280
Alcoholics Anonymous	8814-6251	8485-9893
Amnet/TIGO Quepos - Cable TV		1722
APE		2102-6400
AYA Water	800-737-6783	2777-0251
Beach Church		7079-6799
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
Cracked Pot		8811-4961
Desiree's In-House Chef Service		8998-2204
Drunken Monkey		6126-2869
Falafel Bar		2777-4135
Farmacia La Economica, Quepos & Delivery		2777-0079
Farmacia La Economica, Quepos Centro		2777-2130
Farmacia La Economica, Quepos Hospital		2777-7421
Gelateria Amorosi		2519-9494
Hidden Bay Realty	8366-1759 8885-2525	2777-0212
ICE Emergency - Electric		2777-0126
ICE Emergency - Electric San Isidro		2771-0442
ICE Emergency - Telephone		1119
ICE General Information - Electric		2777-0123
ICE General Information - Telephone		2661-0166
Iglesia Católica, Quepos		2777-0230
Jackpot Sport Fishing	8458-4997	8458-5049
JP Sportfishing	1-866-620-4188 8689-5353	2777-1613
Kids Saving the Rainforest		8599-7341
La Langosta Feliz		2787-5214
Latitude 9 Real Estate	8843-3636	2777-1197

MA Rental Properties	855-999-8101	8888-8850
Manuel Antonio Spanish School		8861-8377
Marina Pez Vela		2774-9000
Marina Pez Vela Villas	1-844-723-4519	2519-9415
Massage Todd		8830-7727
Melissa Klassen		8882-0009
Mini Stop Market		2777-0056
Miquelito's Pizza	2777-4236	2777-0838
Mira Olas		8787-1600
Modern Primitive Living		2777-7797
Mot Mot Gallery		2777-7887
Narcotics Anonymous	8337-3855	8933-0051
Nauyaca Waterfall Nature Park		8771-4222
Osa Property Management	763-306-8981	8670-2572
Price Auto Sales		2779-4545
Pura Vida Pest Control	8706-7341	8927-5238
Quepolandia		8632-7489
Recherché		2102-9069
Ronny's Place - Mirador Mi Lugar	2777-7575	2777-5120
Royal Palm Interiors, Uvita		2743-8323
Sarah Yunker Photography		8935-2907
Spice Girls	8459-2862	8721-1809
Sunset Sails	1-888-268-5671 8317-5072	2777-1304
Tico Pod		2643-2068
Uvita Law Firm	2743-8416	2743-8619
Vilma Umana Massage	8314-4515	2777-2558



# BUS SCHEDULES

MAY CHANGE FREQUENTLY WITHOUT NOTICE.

We strongly recommend confirming departure times at the Quepos Central terminal.

Buses between Quepos & Manuel Antonio beach leave Quepos & the beach every 30 minutes, on the hour & on the 1/2 hour from 7 AM to 7 PM. During peak periods, there may be more frequent service. The cost is approximately 60 cents.

Quepos to San Jose	San Jose to Quepos	Quepos to Puntarenas	Puntarenas to Quepos	Quepos to Dominical & San Isidro	San Isidro to Dominical & Quepos	Quepos to Villa Nueva	Villa Nueva to Quepos
4:05 AM D	6:00 AM D	4:30 AM	4:30 AM	5:00 AM	7:00 AM	4:45 AM	5:20 AM
5:00 AM C	9:00 AM D	5:30 AM	5:00 AM	8:00 AM	11:30 PM	7:00 AM	7:30 AM
7:30 AM D	10:30 AM D	6:30 AM	7:00 AM	11:30 AM	3:30 PM	9:00 AM	9:30 AM
8:15 AM C	12:00 PM C	7:30 AM	9:00 AM			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



# TRAVELERS' NUMBERS

## AIRLINES

Air France ... 2220-4119  
 American ... 2242-8800  
 Delta ... 2257-4141  
 KLM ... 31206490787 (WhatsApp)  
 Lufthansa ... 2221-7444  
 Martinair ... 2232-3246  
 Mexicana ... 2231-6814  
 NatureAir, Quepos ... 2777-2548  
 NatureAir, SJO ... 2220-3054  
 Sansa, Quepos ... 2777-0683  
 Sansa, SJO ... 2290-4100  
 Spirit ... 2441-6522  
 TACA/Lacsa ... 2443-3555  
 United ... 2442-3151  
 US Air ... 800-011-0793

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SJO Flight Info ... 2441-6069, 2437-2626  
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Adobe ... 2777-4242  
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 Economy ... 2777-5353  
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 Excellent ... 2777-3052  
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 Thrifty ... 2777-3334

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 Transporte Morales, Parrita ... 2779-9058  
 Transporte Morales, Quepos ... 2777-0263  
 Transporte Morales, San Jose ... 2223-5567  
 Transporte Tracopa ... 2773-3410  
 Transporte Tracopa, Quepos ... 2777-0263

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 Todo Foto ... 2777-1442

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 Diner's Club ... 2257-7878  
 Master Card/Visa ... 4001-7931

## EMBASSIES

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

## EMERGENCIES

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

Fire Department ... 2777-0308  
 Ebais, Matapalo ... 2787-5298  
 Hospital, Quepos ... 2777-1401/0922  
 Police/Fire/Medical Emergency ... 911  
 Police, Investigative (OIJ) ... 2777-0511  
 Police, Immigration ... 2777-0150  
 Police, Local ... 2777-3608  
 Police, Transit (MOPT) ... 2777-0329  
 Police, Matapalo ... 2787-5312  
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 Western Union ... 4800-1703

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 Post Office Fax ... 2777-0279

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

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 International Information ... 1124  
 International Operator ... 1116  
 AT&T ... 800-011-4114  
 BT ... 800-044-1044  
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**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

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\$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 [tgiese@efn.org](mailto:tgiese@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 282m² \$14,000. Lot #2 457m² \$22,000 Lot #3 447m². \$21,000 Call 2777-3671 or 8504-9463.

**VILLA NUEVA LOTS - \$30/sq.m.**

9 nice residential building lots well located in quiet village 15 min. east of Quepos. About 1000 sq.m. each on flat land. 1 lot @ 10,000 sq.m. Also 2 houses. See [www.villanuevalotes.com](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/m² By Owner Call: 8841-7975.

**DISCO / BAR OR RESTAURANT FOR RENT**



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

Complies with disabled law 7600, [alvaroschv@gmail.com](mailto:alvaroschv@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 m² porch w/ view to mtn, many flowers & garden, furniture, refrig, washing machine separate entry. Also 2 cabinas + 2 parking, secure, 2777-3800 8899-8467

**ATTN: BOATERS**

Hidden Bay Realty has a nice selection of long and short term rentals for all your needs. We also have the largest selection of Properties for sale in the area. Please email [info@hiddenbayrealty.cr](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 ¼ ACRE**

Hilltop lot \$79,000. Only minutes from the main road. Perfect for family/vacation rental home. For more info call Hidden Bay Realty 2774-0212 or Kurt Hocker 8885-2525 [www.hiddenbayrealty.cr](http://www.hiddenbayrealty.cr)

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*Crossword on Page 42*

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

*Sudoku on Page 4*

A woman gets pulled over by a police officer.

Woman: Is there a problem Officer?

Officer: Ma'am you were speeding.

Woman: Oh, I see.

Officer: Can I see your license please?

Woman: I'd give it to you but I don't have one.

Officer: Don't have one?

Woman: Lost it 4 times for drunk driving.

Officer: I see... Can I see your vehicle registration papers please?

Woman: I can't do that.

Officer: Why not?

Woman: I stole this car.

Officer: Stole it?

Woman: Yes, and I killed and hacked up the owner.

Officer: You what?

Woman: His body parts are in plastic bags in the trunk if you want to see.

The Officer looks at the woman, slowly backs away to his car, and calls for backup. Within minutes 5 police cars circle the car. A senior officer slowly approaches the car, clasp his half-drawn gun.

Officer 2: Ma'am, could you step out of the vehicle please!

The woman steps out of the vehicle.

Woman: Is there a problem sir?

Officer 2: One of my officers told me that you have stolen this car and murdered the owner.

Woman: Murdered the owner?

Officer 2: Yes, could you open the trunk of your car, please?

The woman opens the trunk, revealing nothing but an empty trunk.

Officer 2: Is this your car ma'am?

Woman: Yes, here are the registration papers.

The first officer is stunned.

Officer 2: One of my officers claims that you do not have a driving license.

The woman digs into her handbag and pulls out a clutch purse and hands it to the officer. The officer snaps open the purse and examines the license. He looks quite puzzled.

Officer 2: Thank you ma'am, one of my officers told me that you didn't have a license, that you stole this car, and that you murdered and hacked up the owner.

Woman: Betcha the lying bastard to you I was speeding too!

A man buys a lie detector robot that slaps people who lie.

The man decided to try it out at dinner.

Dad: Son, where were you during school hours.

Son: At school.

The robot slaps the son.

Son: OK! I was at my friend's house watching a video.

Dad: Which one?

Son: Kung Fu Panda

The robot slaps the son again.

Son: OK! It was an erotic movie.

Dad: What!? When I was your age I didn't even know what an erotic movie was.

The robot slaps the dad.

Mom: HAHAHAHAHAHHA! He is your son after all.

The robot slaps the mom.



### Fresh Mango and Coconut Cobbler

An easy fruity dessert is always a good idea in times of abundance. Today we are using our luscious and exotic mangoes, but any fruit that combines sweetness with acidity such as berries, apples, pineapples or any combination thereof works beautifully.



#### For a 9 X 9 inch pan

- 5 ripe but firm mangoes cut into 1/2 inch cubes
- 1 tablespoon of unsalted butter or coconut oil
- 1/4 cup agave nectar, sugar or sweetener of choice
- 1/2 teaspoon of cinnamon
- Pinch of salt
- 1 teaspoon of vanilla extract
- 3/4 cup of all-purpose flour
- 1/2 cup of shredded coconut
- 1/3 cup rolled oats
- 1/3 cup brown sugar
- 1 stick of chilled unsalted butter cut into small cold cubes



### POST OFFICE

Here are the most common rates, in colones, for weights in grams. The average letter will be under 20 grams.

DESTINATIONS	A	B	C	D
Postcards	365	505	505	605
1-20 gm	480	510	570	710
21-50 gm	580	690	950	1220
51-100 gm	970	1220	1840	2370
Each add'l 100 gm	910	1100	1710	2230
A: Central America				
B: North/South America & Caribbean				
C: Europe				
D: Asia, Africa, Australia, & Pacific				

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

#### HOURS

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

#### POSTAL CODES

6350 put after Quepos  
60601 put after Costa Rica

#### Directions

1. Preheat oven to 350 degrees.
2. In a shallow pan melt 1 tablespoon of butter or coconut oil and stew the mangoes with sweetener and the pinch of salt until soft for about 5 minutes.
3. Add the vanilla and cinnamon, mix well before pouring into the bottom of baking pan. Combine the crumble ingredients with most of the butter saving a few cubes for the top. The mixture should feel like coarse beach sand.
4. Spread evenly over mangoes and top with remaining butter cubes.
5. Bake for 45 minutes or until top is golden brown.
6. Cobblers are often served with ice cream, sorbet, or a dollop of fresh whipped cream.



**Restaurants, Bars, & Casinos**

- 01 Agua Azul
- 1a Quepoa Sport Bar
- 02 En Todo - Magic Bus
- 04 Colina's
- 05 Tentación
- 06 Gelateria Amorosi
- 08 Varuna
- 09 La Langosta Feliz
- 10 Drunkin Monkey
- 12 Miguelito's
- 13 Mira Olas
- 14 Ronny's Place
- 15 Coffee Stop
- 17 APE
- 18 Falafel Bar

**Real Estate**

- 19 2Costa Rica
- 20 Coldwell Banker
- 22 Hidden Bay
- 23 Latitude 9
- 24 Melissa Klassen - Blue Zone

**Services**

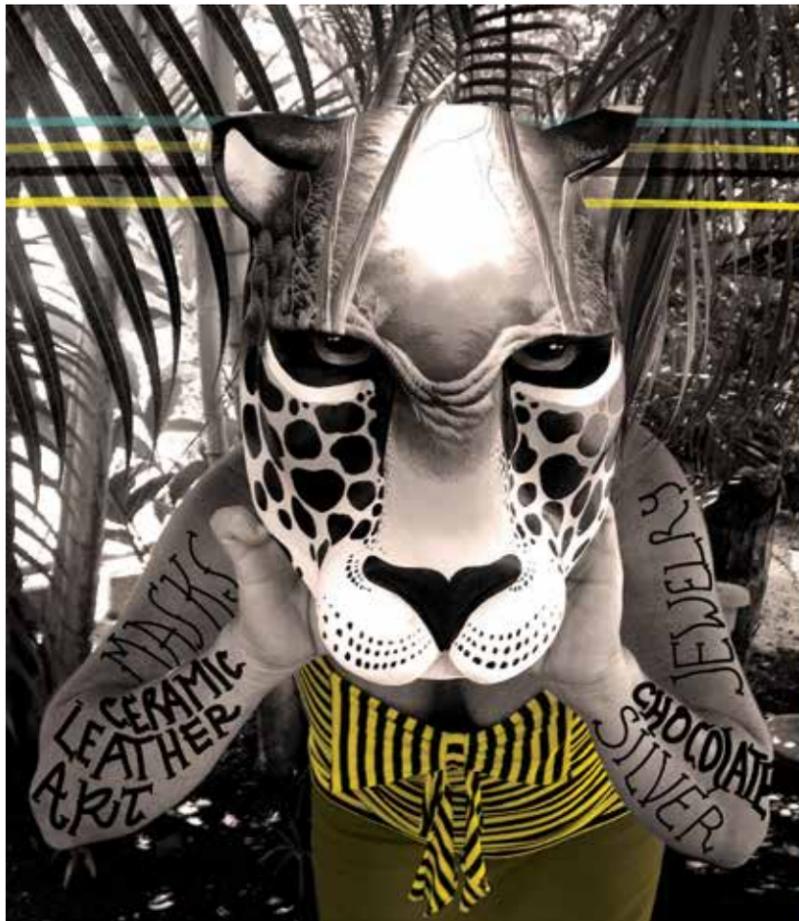
- 45 Post Office
- 47 Uvita Law Firm

**Things To Do**

- 31 JP Sportsfishing
- 32 Kids Saving The Rainforest
- 33 National Park Entrance
- 34 Brisa Elegante
- 36 Nauyaca Waterfall National Park
- 37 Sunset Sails
- 39 Jackpot Sportfishing
- 40 Skateboard Park & Playground

**Shopping**

- 48 Rechargé
- 49 La Económica Farmacia & Mini Stop Market
- 52 Modern Primitive Living
- 53 Mot Mot
- 54 Price Auto Sales
- 55 Royal Palm Interiors
- 56 La Feria/Farmers' Market
- 57 Tico Pod



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## Let's Talk About Orange-Collared Manakins

The orange-collared manakin (*Manacus aurantiacus*) is a passerine in the manakin family. It is an endemic resident breeder in Costa Rica and western Panama, where it is found in forests, secondary growth and plantations. It is a small, plump bird about 10 centimetres (4 in) long. Males have a black crown, mid back, wings and tail and an olive-green rump. The rest of the head, neck, breast and upper back are orange, and the belly is yellow. Females are olive-green with yellow underparts and resemble female white-collared manakins. At breeding time, males are involved in lekking behaviour on the forest floor. This is a fairly common species with a somewhat restricted range.



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# LIVE MUSIC SCHEDULE



**BAMBU JAM**  
fb: BambuJamManuelAntonio  
Live Wire Blues Band  
Tuesday 7-10:00 pm

Occasional Live Music  
Other nights

---

**BAR 506**  
fb: el506  
Ralph Simms  
Thursday 3-6 pm

---

**BURŪ SEASIDE**  
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

---

Latin Music  
Tuesday

---

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

---

**EMILIO'S CAFÉ**  
fb: emilioscafecostarica  
Occasional Jazz & Variety

---

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

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

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

---

**LA COLINA**  
lacolina.com  
Jordan - Open Mic  
Sunday 7:00-10:00 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**  
fb: RunawayGrillCR  
Occasional Live Music

---

**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  
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SOUL to the UNIVERSE,  
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& 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](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



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  
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Sundays

9 am & 6 pm

Weekdays 6 pm

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Catholic Church, Quepos



## B GREEN

### Stop Using Single-Use Plastics

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**Education**

We disseminate factual information about sloths to the general public as well as others working with sloths around the world.



**Conservation Initiatives**

We work to keep the forest connected and safe for sloths via our "Sloth Speedways" and collaborations with electric workers, Firefighters and private land owners.



**SAY NO TO SLOTH SELFIES**

Sloths are being removed from the wild at an alarming rate to fuel the selfie and pet industry.



Always ask where a sloth came from before visiting an accredited facility. Don't visit a non-accredited facility or anyone that displays baby sloths alone..

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



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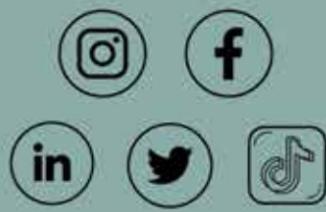
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**WANT TO HELP?**

A great way to help is by donating! You can virtually "Adopt-A-Sloth" and those funds go to daily care for all of our sloths.



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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.**

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For ad design please contact us at least 1 week before deadline at [info@quepolandia.com](mailto:info@quepolandia.com)

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

Large graphic files must be sent to [info@quepolandia.com](mailto:info@quepolandia.com) via Dropbox or WeTransfer.

Please do not send graphics by WhatsApp because it compresses the file.

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

We've had over  
**950,000!**



visitors &  
they keep  
coming...

**Advertise on  
quepolandia.com**



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

**8632-7489**

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



**SQUARE** 150px X 150px

**\$10/mth** with ad in magazine

**\$20/mth** without ad in magazine

Located in multiple positions



**HORIZONTAL** 300px X 150px

**\$20/mth** with ad in magazine

**\$40/mth** without ad in magazine

Located in multiple positions



**VERTICAL** 150px X 300px

**\$20/mth** with ad in magazine

**\$40/mth** without ad in magazine

Located in multiple positions



**506-2779-4545**

[www.PRICEAUTOSCR.com](http://www.PRICEAUTOSCR.com)



**BANNER** 950px X 75px

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

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

# Complete Property Management and Vacation Rental Solutions

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



Offices in Quepos/Manuel Antonio,  
Dominical and Uvita.



## 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.

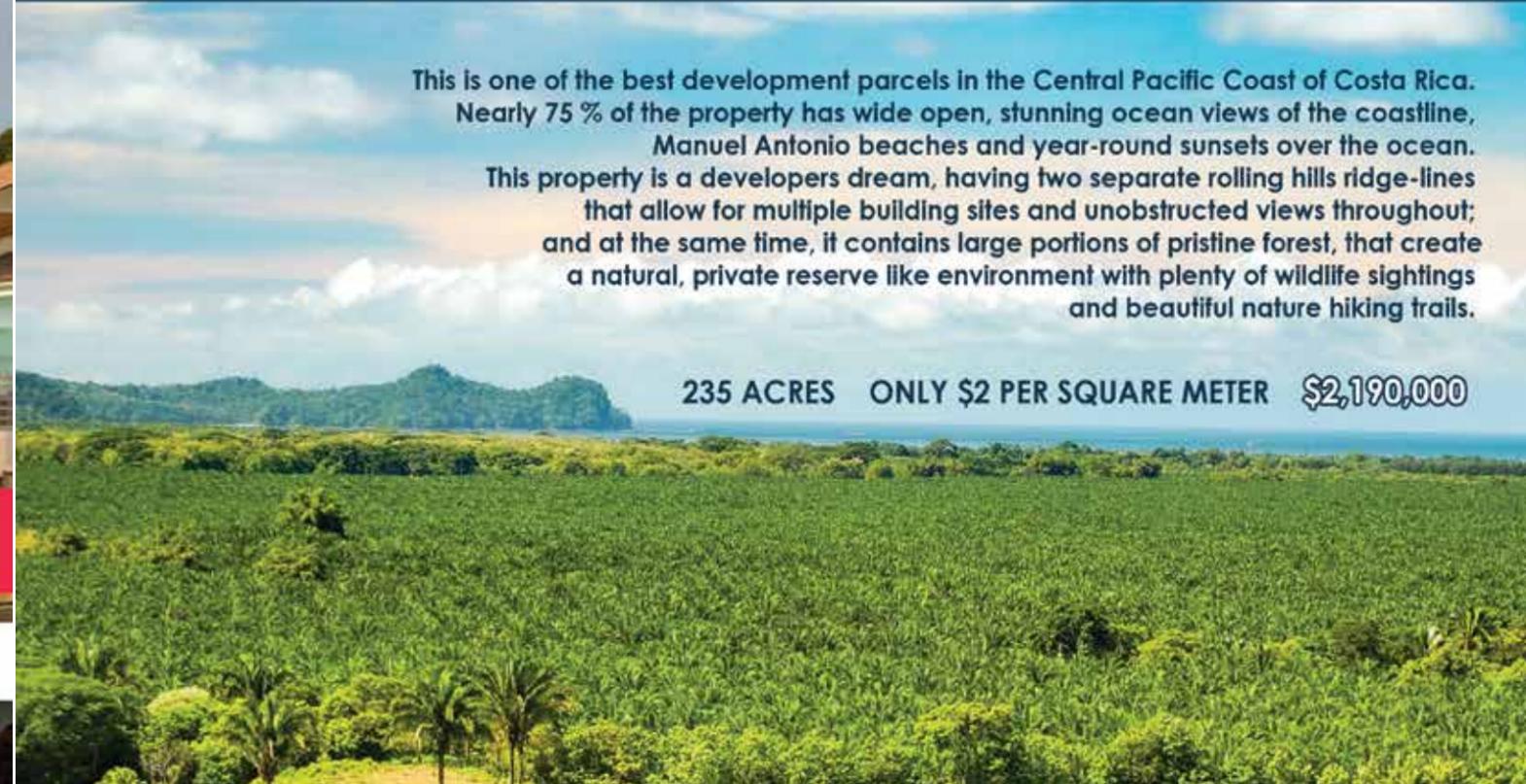
**777 Acre Ocean View Ranch**  
**\$1,950,000**



## 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



**Glass House**  
 Incredibly unique home  
 5 bedrooms / 7 bathrooms  
 5909 sq ft construction on 9.24 Acres  
**\$2,100,000**



**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**



**Double Hook Sports Bar & Grill**  
 Ocean & Marina View  
 Located at Marina Pez Vela  
 Commercial Property  
**\$239,000**



**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)

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 Downtown Quepos next to El Gran Escape Restaurant

Ron Neal  
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