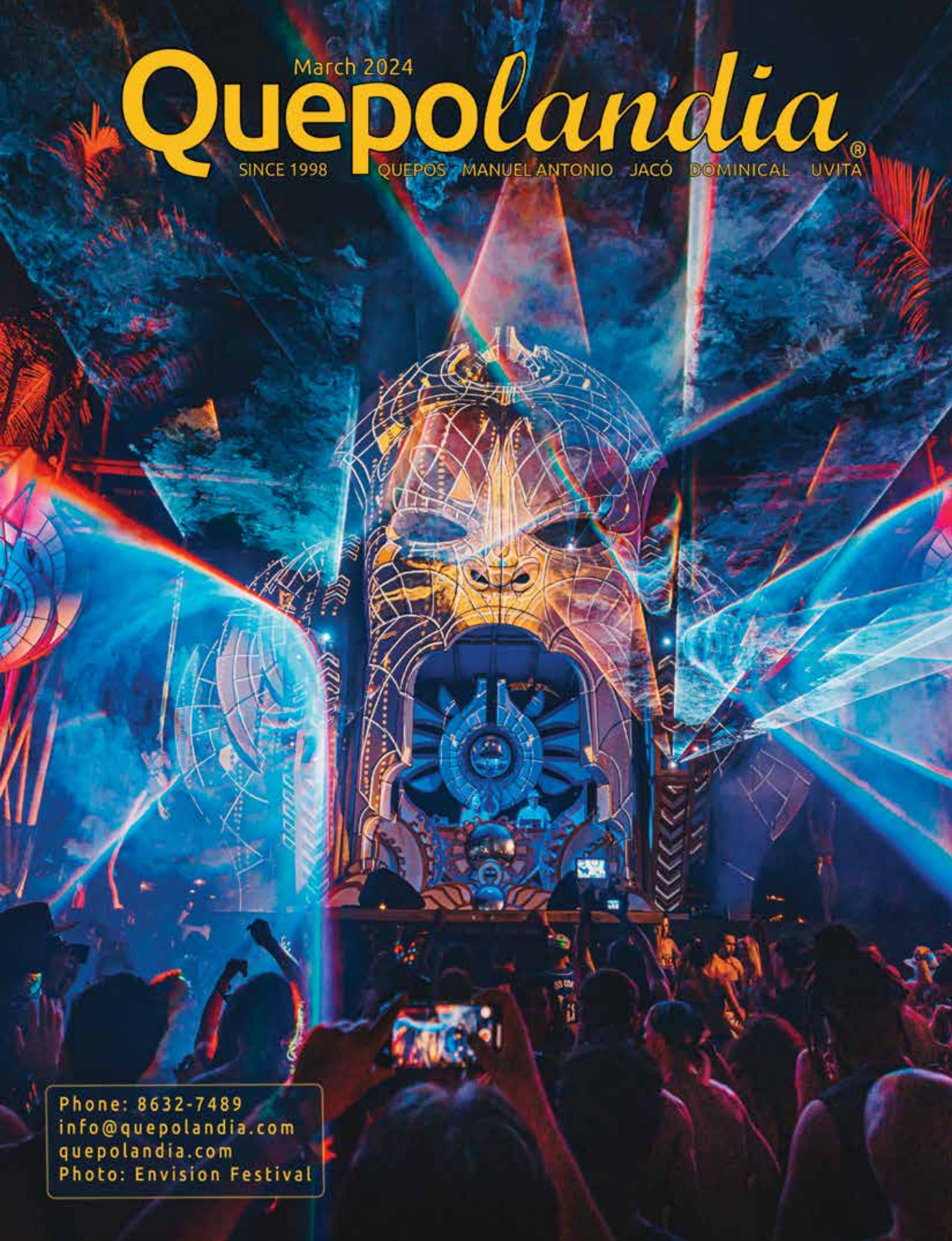


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Photo: Envision Festival

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Tuesday March 5 QUEPOLANDIA DEADLINE

Sun March 3	World Wildlife Day
Mon March 4 - 11	Envision Festival
Tues March 5	Sailfish Slam
Sun March 10	New Moon/Daylight Savings begins (NA)
Mon March 11	National Napping Day
Sun March 17	St. Patrick's Day
Sun March 24	Semana Santa begins
Mon March 25	Full/Worm Moon
Fri March 29	Good Friday
Sat March 30	Semana Santa ends

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Sudoku Solution on Page 57



Bienvenidos...Welcome to Quepolandia. We are here to make sure that you have an unforgettable adventure here in Central Pacific. The weather is perfect, so get out of those winter clothes and forget about those snow shovels, and enjoy being away from the freezing temperatures. Whether you're hiking one of our incredible National Parks, partaking in **The Envision Festival** (pg 28) in Playa Hermosa, or just chillin' at the beach don't forget to drink a lot of water (not just cervasas) and keep hydrated and sunblock, Sunblock and more **SUNBLOCK**.

In addition to the fleet of boats just waiting to take your adventure to the next level with some of the best sportfishing in the world or enjoying an incred sunset cruise (**Brisa Elegante** pg 8 and **Sunset Sails** pg 36). Marina Pez Vela offers air conditioned shopping, great restaurants, fantastic tours, and some of the best Gelato to help you cool down at **Gelateria Amorosi**. The fishing in 2024 has been remarkable and so have the tournaments. MPV keeps it rolling in March hosting the **SailFish Slam** on March 9.

March Madness is upon us, so all you college basketball fans can catch the NCAA Tournament action, delicious food, and cocktails at **Double Hook** at MPV in Quepos. If you're on the mountain check out **Quepoa Sport Bar** (pg 50) or **Yolo** (pg 32) for all your games on the big screens.

Our sunsets are Epic this time of year so you want to get to **Ronnie's Place** (pg 59) in Manuel Antonio or **Mira Olas** (pg 62) in Quepos for great food and drinks. Enjoy the show

We want to welcome back The Envision Festival and thank them for this months cover photo. We also want to welcome our new advertisers, **Cacao del la Bruja** and **J.P. King**. Thank you to all our advertisers for making this magazine possible

We hope you enjoy our magazine and it helps guide you through this enchanting paradise we call home. You can always follow and share us at Quepolandia.com or Facebook/Quepolandia.

We appreciate and welcome your comments Peace and Enjoy...D



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

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

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.

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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.

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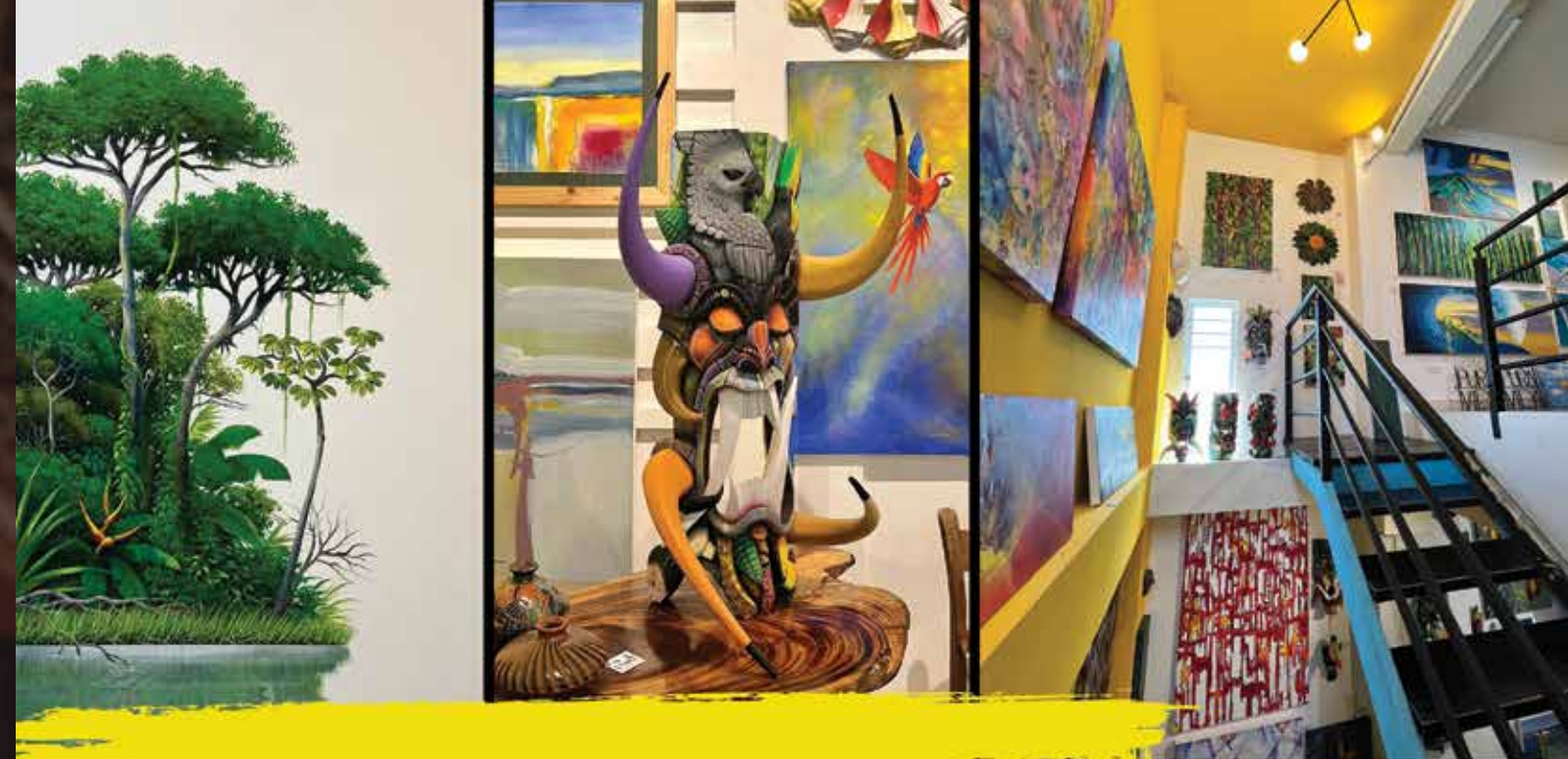
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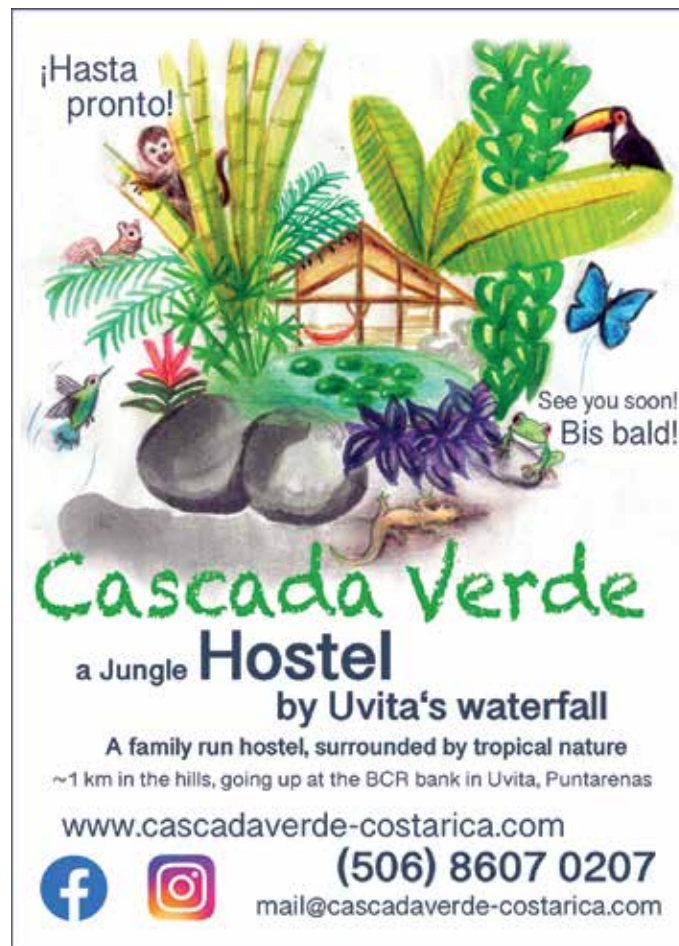
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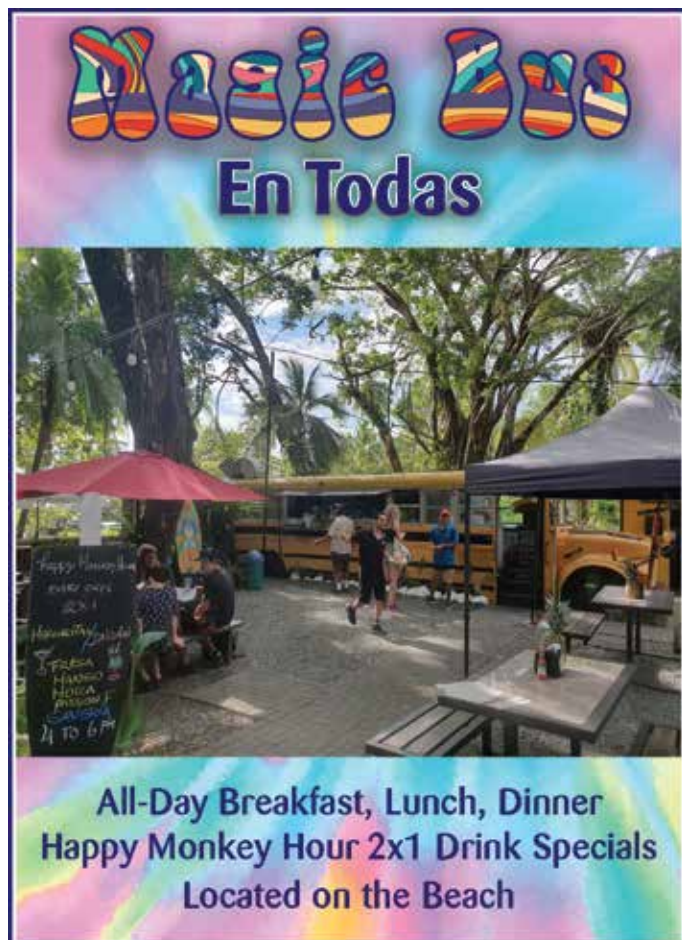
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Restoring Ocean Jewels: The Art of Coral Restoration in Manuel Antonio



Costa Rica is a beautiful paradise both above and below the water. Here in Manuel Antonio we have a wonderful coral reef below the waves all around the National Park area that is home to many species of fish and creatures. Coral reefs are crucial to the health of our oceans, acting as nurseries for marine life and protecting shorelines from erosion. In Costa Rica, corals play a vital role in sustaining the rich biodiversity of the Pacific and Caribbean coasts. Unfortunately, like many coral reefs worldwide, those in Costa Rica face threats due to climate change, pollution, and overfishing. In Manuel Antonio, we are working hard to restore the reefs that we have with a coral restoration project, which is run by the non-profit Marine Conservation Costa Rica in partnership with the local Dive shop Oceans Unlimited. This month we thought we would outline the coral restoration process that we undertake here in the area to give you a better insight into everything that is involved.



Why Coral Matters

Coral reefs are often called the rainforests of the sea, and for good reason. They provide a habitat for countless marine species, offering shelter, food, and breeding grounds. In Costa Rica, hard corals contribute to the vibrant marine ecosystems along both coasts, supporting the diversity of marine life that attracts snorkelers and divers worldwide.

The Coral Restoration Process

Coral restoration involves a delicate and meticulous process to rejuvenate damaged or degraded coral reefs. One of the first things is to identify the species of coral to restore. Here we are restoring 4 types of hard corals that are found all around the Costa Rican reef.



To begin the process we first do something called fragmenting. This involves carefully taking small pieces, or fragments, of healthy coral colonies. We either break off small pieces of colonies already on the reef or look for some that already have broken

off if we are lucky. we cut them using a special saw into very small pieces and place them on plugs. These plugs get moved into our nurseries on the reef where the fragments then start growing. We clean and measure them regularly.



Once the corals have grown sufficiently in the nurseries, it's time for the grand finale – outplanting. This involves carefully transplanting the matured corals back onto the degraded reefs. The locations for outplanting are chosen strategically, focusing on areas where coral cover has been lost or damaged.

Think of it as nature's puzzle – each fragment has the potential to grow into a thriving coral colony.

How do you get to see this and get involved?

So that you can find out and get involved with the project, we regularly hold coral fragmenting workshops in the marina. You can come and watch the process of breaking the corals and sticking them onto the reef plugs. Also, a new addition to the dive shop is now a small fish tank in the front of the shop. We will be placing some of the coral plugs to allow them to grow under more monitored conditions. You

can come and see them in the tank, growing, ready to be outplanted back on the reef. We also will have a couple of other residents in the tank, helping keep the corals clean. If you come down and visit them, you can see who they are.

So, as you are here exploring the enchanting underwater world of Costa Rica, let's remember the importance of coral reefs. They are not only breathtakingly beautiful but also crucial to maintaining the balance of marine ecosystems. Coral restoration, with its innovative techniques of fragmenting, growing in nurseries, and outplanting, offers a promising path to revive these underwater wonders.

Don't forget to come down and visit us in the marina to see the process of coral restoration at work and learn more about it.



By supporting and understanding the process of coral restoration, we can all play a role in preserving the ocean jewels that make Costa Rica's coasts so spectacular. Together, let's ensure that future generations can continue to marvel at the vibrant and thriving coral reefs beneath the waves.



Oceans Unlimited



Marine Conservation

MARINA PEZ VELA ROOSTER RODEO COSTA RICA 2024

The Rooster Rodeo Tournament is all about fun and conservation. We would like to acknowledge the amazing work that Gray Fishtag Research has done with their rooster tagging program and the impact it has on keeping our oceans healthy and helping us to understand how to protect them for future generations.

We would like to congratulate all the participants for their dedication and passion for the sport, and a big THANK YOU to all the sponsors that made this event possible. Let's continue to protect our oceans and the treasures within them. Until the next tournament, tight lines and happy fishing!

What's Shaking

@ **MARINA PEZ VELA**
QUEPOS COSTA RICA

WHAT AN INCREDIBLE START TO 2024! The INSANITY of the Rockstar tournament, to the incredible fun of the Rooster Rodeo, an Iconic Pescadora Tournament & the Super Bowl, have brought more energy and life to MPV than we have ever seen before and the year is JUST GETTING STARTED. March is keeping the pedal to the metal in terms of fun, activities and some more action-packed tournaments.

Sailfish Slam: March 9th

This one day sailfish shootout is bringing both the new comers and the world best anglers together in some amazing fun formats that people just can't get enough of. The event provides a team award to the boat which gets the most RELEASE points, which are awarded for each sailfish caught, and released in the event. It is a GREAT way for friends, family, coworkers or even random groups of individuals to come together to enjoy some amazing fishing and fight for the top boat. There are also awards for the Top Junior Angler, (16 years and under), Top Lady Angler (some of the best in the world are from or frequent this area) and First Time Angler Award. This last prize is in recognition of just how many first-time fishermen and women we have joining in these events and prizes go to the most releases by a first timer. Get your team, sign up and don't miss this epic shootout.

Movie Nights

This is the last month of our free movie nights under the stars. What began as a fun way to kick off the weekend has become part of our community culture here at Marina Pez Vela during the dry season. Whether you are here on vacation or a local looking for a unique way to spend the evening with a selection of dining options and a classic under the stars, this is a great option. Every Wednesday night at 6:30pm, you can pull up a seat, toss down a pad or lay out on the "lawn" and enjoy a free movie on Costa Rica's largest outdoor screen. You can check out the Marina Pez Vela Facebook page to vote each week for your favorite movie! The one with most votes gets the screen time

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Who We Supported in 2023

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Costa Ballena Lifeguards
lifeguardscostaballena.com

For the last three years I have volunteered as the President of the board of directors for the Asociacion de Guardavidas de Costa Ballena. This group pays for four full time lifeguards to patrol the beaches of Playa Hermosa de Uvita and Dominical. Since I surf at both spots often, it feels great knowing a professionally trained lifeguard is watching over me in case anything happens. The rip currents at both beaches can be fierce.

The association pays the lifeguards only through donations from the community since the Municipality had not renewed our contract in 2023. That left us struggling to keep lifeguards in both towers, especially during the peak season when thousands of visitors flocked to the beach to swim and surf. They have a fundraising opportunity called the \$1/ day initiative, where businesses or individuals can pay \$30/month or \$365 for the year and help keep the lifeguard going. We joined that program in 2023. We also sponsored the Semana Santa Classic, a surf contest in Dominical where all the proceeds go to the lifeguards. The next contest will be March 29th and 30th so I encourage everyone to either sponsor the event or come watch it donate at the event.

Community Carbon Trees
communitycarbontrees.org

This non-profit association was created by Jennifer Smith to help stop deforestation in Costa Rica, caused by cattle ranching and development. They employ teams of local Costa Rican men and women from the area of San Juan de Dios to plant and maintain trees. They supervise trees for 4 years, keeping them healthy and re-plant trees that do not survive. They also empower the local community in environmental education workshops, and tree planting days for kids. Through the Global Giving fund we sponsor a tree each month of the year.



CREMA - Centro de Rescate de Especies
Marinas Amenazadas
cremacr.org/en

The Center for Rescue of Endangered Marine Species is a research and conservation organization that works to protect the sea resources and promotes sustainable fishery policies in Costa Rica and Central America. They focus on protecting sea turtles and sharks, by tagging and tracking both species, and volunteering at sea turtle hatcheries. They also are vocal activists at the national level of government, educating policy makers on the value of saving these remarkable creatures. Last year we sponsored tracking devices for 10 sea turtles. I feel that every form of marine life has an important role in maintaining the ocean ecosystem.

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surfrider.org

I have been a Surfrider Member for over 25 years. This US based 501c3 protects our oceans, waves, and beaches through a global network of volunteer based chapters. They even have one in Tamarindo which I helped create back in 2001 when I lived there. Every year, besides paying my annual membership I participate in beach cleanups, help as an activist on policy decisions, and volunteer to educate the public on environmental issues like beach erosion and water quality.

As Margaret Mead once said - "Never underestimate the power of a small group of committed people to change the world. In fact, it is the only thing that ever has." I hope after reading this you will find some inspiration to give back to a cause you believe in.

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AT MARINA PEZ VELA



Birds That Defy Gravity in More Ways Than One

In past writings, I have referred to the Swifts and Swallows as the jet planes of the bird world. They are fast, but not very maneuverable and feed by swooping down with their mouths wide open at high speed through swarms of mosquitos, gnats, and other small insects. Being fast has its downside. Most of them can't take off from a flat surface, and if they unintentionally happen to find themselves on the ground, they're stuck there. Many are known to sleep while clinging to high twigs that allow them a downward launch for their take-off. Others cling to a vertical surface such as a wall, a cliff, or even inside of a chimney. Some species of swifts are even believed to sleep while cruising at high altitudes. In rural southern Costa Rica, there is a saying that the rainy season isn't here to stay until the swifts and swallows arrive. The beginning of the rainy season coincides with the arrival of swarms of small, flying insects as well, and these, of course, are what bring the swifts and swallows.

The flycatchers are the stunt planes of the bird world. I once watched a Social Flycatcher fly straight out from its perch, stop in mid-air, grab an insect with its beak, and return to the same perch without dropping an inch. I think most of the 384 species of flycatcher, all of which are found in the New World, are capable

of doing the same. Of course, they don't always fly straight out. A flycatcher goes to where it sees an insect, up, down, or to the side. *A Guide To The Birds Of Costa Rica* by Stiles and Skutch lists 79 species in Costa Rica, and we have identified 24 species on Hacienda Barú. Without them, our insect population would be many times greater than it already is.



Did you know that all 330 known species of hummingbirds live in the New World? Of these, 51 species are found in Costa Rica, and 18 have been identified at Hacienda Barú.

One morning I was on our porch watching birds when some tiny dark objects, flitting around, above the treetops caught my eye. Zipping up and down and back and forth, it occurred to me that whatever they were, they were eating insects. Reaching for my binoculars and quickly bringing them to my eyes, I determined that I was watching hummingbirds. I knew that insects formed part of their diet, but after a little searching on the internet, I found out just how important they are in fulfilling the nutritional needs of a hummingbird. Caterpillars, larvae, spiders, and insects of all kinds provide protein, fat, vitamins, minerals, other nutrients, and a significant amount of water for the tiny birds. Additionally, the abrasiveness of the insect's exoskeleton naturally cleans and sharpens the beak while the hummingbird catches and chews the insects. We all know that these colorful little birds consume nectar, but in reality, it is more of a quick fix when they need energy fast. It's like when you're engaged in a strenuous sport and grab a high-energy drink for a quick uplift. A hummingbird eats around eight times its body weight daily and needs lots of energy.



Not only do they need energy to catch food but also to escape becoming food for a plethora of predators. Domestic cats are number one on the list followed by birds of prey and many others. I was once watching a Rufous-tailed hummingbird approach a bright orange flower. Sitting on a stump with its head beside to the flower was a Spiny-tailed Iguana. Into the flower went the beak of the hummingbird and fast as lightning the iguana grabbed the bird, gulped three times, and swallowed it. Surprisingly Praying mantises are known to kill and eat hummingbirds. Spiderwebs can entangle a hummingbird and render it helpless where it will soon starve or become food for some other bird or animal.

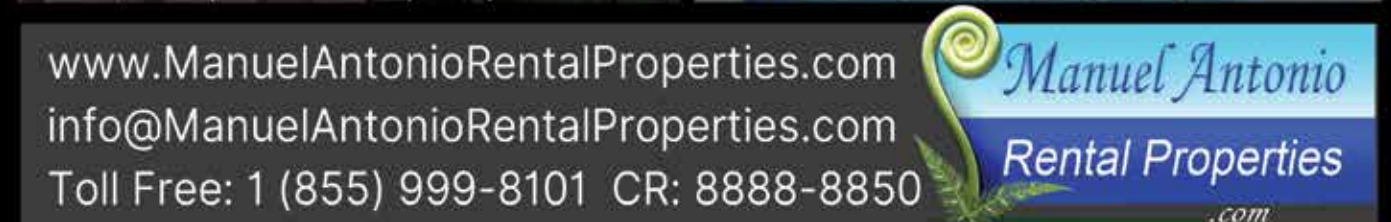
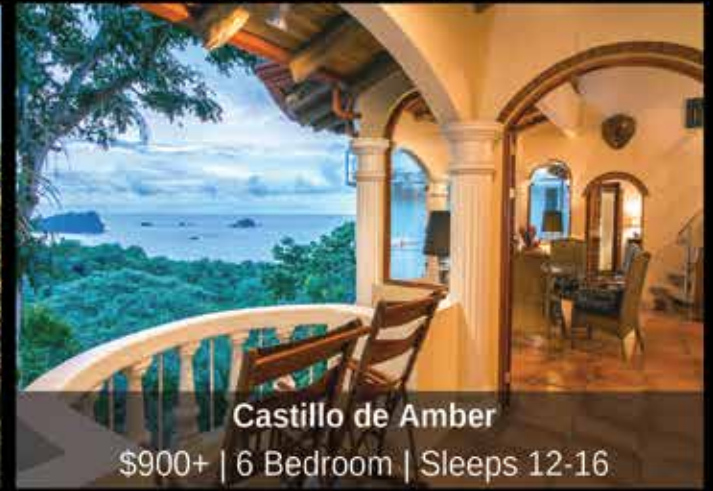
If the swifts and swallows are the jet planes of the bird world, and flycatchers are the stunt planes, I would have to classify the hummingbirds as the helicopters. The unique anatomy of their shoulder

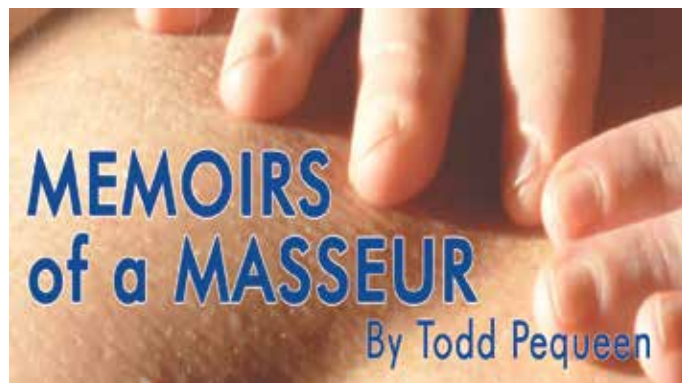


joints permits full rotation of the wings, which combined with rapid wingbeats allows them to fly up, down, back, and forth, and even to hover. Beautiful, interesting, and versatile, hummingbirds are some of the most fascinating creatures found in Costa Rica.



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





WHAT DO WORDS MEAN?

"Honestly, I might have said that but I meant something else." Confusing yes? There is a situation happening in Manuel Antonio that makes me sick to my stomach. Integrity of a person or a group is often found in actions, not words. Like a politician or a street hustler, words can be manipulated to paint a picture that is completely untrue. Advertisement agencies, political special interest groups, developers and some realtors specialize in this type of façade. Say something positive, stretch the truth, and then act in one's self-interest which is always greed. At what point does buyer beware morph into a direct lie. Let's just say to a person, consumer, or a community? If I offered to create let's just say 2000 high-paying jobs, would I be held accountable or can I write fiction combined with non-fiction to produce the image I want. It's artistry of word play, a creative false endeavor not what will actually happen. If someone said that statement here in MA I would say produce the job list and the salaries. Perhaps I would even trade in my 25 years of bodywork because of the high pay. Does actual reality matter when one produces a website or a press release with all great intentions or is it entertainment, something to be half believed. Does the reality actually matter? In my short 52 years I have always needed family or friends to earn my trust, not just to talk about it. For example a blanket statement stating positive impacts for a community reads to me like it depends on whose side you are on, it's a very relative concept. When I have read a prediction that building a skyscraper in the jungle benefits local tourist eco systems extremely loud alarm bells start screaming in my head. Next I wonder if I understand English, or if am I losing my mind when I put these words together? A BA in English must mean something? I have a very hard time nodding my head yes while reading about this tragic fantasy happening a stones throw from our sacred pubic beach and park.

Lets continue...Environmental Compensation Plan. I try to break down these three words and I sink into my own frustrations again. Speaking

of compensation I took the liberty to look up the definition so I can be exact, so my words mean something. Compensation is defined as something, particularly money, awarded to someone in recognition of loss, suffering, or injury. In my layman words if I injure something, or cause loss, lets say by clear cutting a mountain, I can pay money and all is forgotten. It's like a dollar sign penance in the Catholic church. The creatures (the entire eco systems jungle habitat) do not use money so who gets the compensation, the cash? Am I supposed to accept the notion that if I donate money before, during, and after my wrong doings, to every organization that will accept my money, my dirty deeds get absolved? This is great news! Money really is the answer not honesty and integrity. I've had it wrong for 52 years and feel like an imbecile. Sacred natural untouched jungle isn't perfect as it is, it must be completely devastated and built into a vision for a select few. A city vision of high density, minus everything natural that used to live there is better for our community. The old growth rainforest that I personally used to walk through when I hiked down to surf Playitas, our famous local surf spot, has been buzzing with Sunday Chainsaw Fiestas for years. Ironically, stranger then fiction, this skyscraper also is claiming control of the public beach with its own private beach club...their Environmental Compensation Plan must be enormous! These beautiful word play manipulators clearly have my interests and everyone in the community in mind. I feel so silly to not have known this.

I was reading a manifesto of a perfect destructive profitable plan spun into a heavenly utopia. At first solidarity was assured, however then I was slapped with female empowerment as the main the focus a few paragraphs later. That is exactly what I have been missing in my life, oh my, they will bring it to me. The destructive profitable plan is insulting if you understand the way they are spinning the truth. I've had amazing experiences in my life but none of them are ULTRA-Luxury. Apparently, this is what all of Manuel Antonio is missing. Our future depends on it. Surely that is what I've been missing while vacationing to other natural and beautiful parts of the world. Condos in Rwanda near the mountain gorillas. Condos near the elephant rehabilitation center I worked in India. Condos in the Grand Canyon. Condos out on Isla de CoCos here in Costa Rica, for all the world to enjoy in ULTRA-luxury. Let's have a parade to announce the paradox of biophilic construction in a conservation zone. These guys want you to believe their skyscraper is within the 683 hectares of Manuel Antonio Park. Their words! We are told to believe that we need more "celebrities and powerhouse business executives" because what we now have is not enough. They say nature created



it and YOU the condo owner deserves it. As a simple hard working massage therapist of 25 years I apparently have set my life work in the basement of this skyscraper. I never knew I needed such an eco/tower near me. Respect and conservation of wildlife can only be found after destroying it. I am beginning to understand what words mean.

To exploit a community you need to present a story of how great and beneficial it is for everyone. Funny how they came to us, I used to marvel at the beauty of what was there before the clear-cut it. Funny how respectable realtors have turned their back on this perfect addition to our community. Two years ago they blocked our view with huge barricade billboards, it was stolen from us then. An armed guard as well to protect the community from this monster! Signifying its upcoming destruction. Perhaps respect for this project could be re-gained if we saw a carefully written press release on what the community will have to sacrifice for this skyscraper. Construction traffic on a two lane road which is already a problem, water shortages, complete demolition of the rainforest (in February), sewage from a high density skyscraper running onto our beach and bay, construction run off for years as our rainy season is about to kick in, animals, insects, birds, reptiles obliterated, bribes disguised as donations, the list goes on. My suggestion is try some honesty. Stop using the word eco for starters because your Pinocchio nose has grown so large that your ULTRA-Luxury condo idea is a common joke here in the real community. Sneaky and shameful actions speaking louder than words. The sanctity of our amazing Manuel Antonio environment is becoming a twin of Jaco with this project. Everything and everyone will suffer from it...mark my words.

Todd Pequeen is a local of 24 years and was Manuel Antonio's first masseur. He can be contacted at tpequeen@yahoo.com or 8830-7727. He spends most of his free time outdoors enjoying the natural beauty in life.

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The plant-based lifestyle continues to gain converts as more and more people open to the immense health benefits of this way of eating. There are tons of excellent reasons to go plant-based, but that's a different conversation. Today, let's talk about making the transition to plant-based eating.

First, a note on the verbiage. Plant-based means eating only plants. Whole-foods-plant-based means eating only unprocessed plants (e.g., no oil, white flour, white rice). Vegan is more of a lifestyle, and the ethics of animal products become central. Vegans stay away from leather, personal products tested on animals, and everything else possible that harms animals in any way. Both vegan and whole-foods-plant-based are plant-based diets.

A lot of people think that going plant-based is easy—you just eliminate the animal products! That's true. And it's also an oversimplification.

A lot of other people think that vegans LOVE vegetables and eat pretty much only vegetables. This is patently untrue. In fact, plenty of vegans don't like vegetables at all, and plenty of others eat no veggies at all.

Macronutrients

There are three (four with alcohol) categories of foods that provide our essential daily calories: proteins, carbohydrates, and fats. Essential plant-based sources include:

- **Proteins:** Legumes, nuts & seeds, whole wheat
- **Carbohydrates:** Grains, starchy vegetables, fruits
- **Fats:** Nuts & seeds, some fruits like avocado and coconut

These foods provide our essential calories, energy, and nutrients. The three areas need to be balanced for optimal nutrition.

Protein intake depends on body weight, with many scientific sources agreeing on 1 gram of protein per kilogram body weight. People who work out heavily need a bit more, but not much. Overeating protein is harmful to the body—it's a convenient misconception that we just "pee it out". Protein is very difficult to digest, and eating too much means you're putting your digestive organs under stress. If you smell like ammonia, you're definitely way overeating the protein.

Intake of carbs and fats is flexible, but you need both.

Women need 1500-2000 calories per day, and men need about 2000-2500.

Micronutrients

Micronutrients are the individual vitamins and minerals that our bodies need for optimal health. These include iron, calcium, magnesium, vitamins A through K, and many more.

Micronutrients don't have a lot of calories. This is where our fruits and veggies come in.

Most fruits and vegetables are digested within about 20 minutes. So, even if you eat a huge vegetable salad or a whole watermelon or pineapple and you feel very full, in about a half hour your stomach will be rumbling again. That's because fruits and vegetables don't have enough calories or macronutrients to properly fuel us.

How to Eat Plant-Based

To create a proper plant-based meal, first ensure the meal has enough protein. A good rule of thumb is about 20-30 grams of protein per meal. This is easy—it's going to equate to about 100 grams of legumes, tofu, or even whole wheat (whole wheat has more protein than most beans!), with a bit more for men. We want to vary our nutrients, so add 100 grams (a bit more for men) of a grain or starchy vegetable



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like corn, potatoes, or squash. Bring in a bit of fat, like a quarter of avocado or a few nuts because we need fat to help nutrient absorption, but fats are very high in calories so we don't want to go crazy with them. That's not enough food yet and we still need our micronutrients, so add a full cup of vegetables. Feel free to get creative!

This is a well-balanced, healthy, plant-based meal. Enjoy it, and feel great!

Recipe: Pesto Cream Pasta

Ingredients

- ½ box silken tofu (in the blue box, unrefrigerated)
- 1 full bunch basil
- 2 cloves garlic
- 1 handful of a nut: pine nuts, walnuts, or pumpkin seeds
- ½ teaspoon salt, then salt to taste

Directions

1. Blend until smooth.
2. Add more tofu for more creaminess and protein, but be careful it doesn't taste chalky.
3. Pour over hot whole-wheat pasta or use as a filling for fresh ravioli
4. Serve with a cup of veggies on the side.





My Journey from Rainy England to the Rhythms of Costa Rica

By Elly King, research intern



Growing up in England, the daily soundtrack rarely featured the percussion of monkeys on the roof—ok let's be real, it never did! Yet, for the past four months in Costa Rica, this peculiar wake-up call has become my morning norm, and it's a new routine I wouldn't trade for anything.

My initial encounter with the beauty of Costa Rica occurred during a family holiday in 2016. Our journey took us across the country, from the lively streets of San Jose to the tranquil sloth-spotting sessions in Sarapiquí and Tortuguero, concluding in serene moments on the pristine beaches of Guanacaste. It was during this trip that I fell in love with Costa Rica, and I returned home to England knowing I would find a way back some day.

Having closely followed The Sloth Institute, based in Tulemar Gardens, Manuel Antonio, for years through their engaging social media accounts, I discovered the opportunity of internships to join their incredible team. Excitement mingled with nerves as I embarked on a journey to a country where I didn't speak the language, but upon arriving in Manuel Antonio, any apprehension dissipated. Lush rainforests, inviting beaches, and the warm hospitality of the locals greeted me, turning my nervousness into excitement.

Tulemar, where I am fortunate enough to reside, boasts the iconic wildlife that Costa Rica is renowned for due to their over 30 acres of rainforest habitat that ultimately connects to the national park. Bathing in nature, accompanied by a friendly gecko that calls the shower area home, and falling asleep to the rhythmic melody of nearby waves have become the rhythms of my daily life.

My involvement with The Sloth Institute has proven to be not only important but also profoundly rewarding. Spending time observing both wild and rehabilitated sloths—individuals who once arrived as orphans or due to injury—has allowed me to delve into the intricate details of their behaviours. Princess Leia, a three-fingered sloth who arrived as an orphan weighing just a few hundred grams when her mother was electrocuted to death, is one of the many sloths I spend time studying here in Manuel Antonio. For nearly two years, I tracked her story through The Sloth Institute's social media pages. Witnessing her thrive in the wild after her release, I find it surreal—a reality I can hardly believe I'm experiencing with



my own eyes. She is a poignant example of the remarkable transformations these sloths undergo and highlighting the crucial role The Sloth Institute plays in ensuring the success of their journeys. Additionally, volunteering regularly at Alturas Wildlife Sanctuary, a remarkable organisation based in Dominical that The Sloth Institute is currently collaborating with, has added another layer of purpose to my journey. There, I am privileged to witness the unwavering dedication of a remarkable team of veterinarians and fellow volunteers. Their tireless efforts ensure that every animal in need receives the utmost care, and I feel incredibly lucky to be a part of it.



Working closely with the animals I've adored for years has transformed this experience into the best chapter of my life. From a place of initial nervousness, I have blossomed into someone brimming with confidence. Collaborating with an extraordinary team dedicated to the welfare and conservation of Costa Rica's diverse wildlife, not just sloths, has been the highlight of my journey. What started as a journey tinged with trepidation has evolved into an intense desire to never leave—although I'll admit, my Spanish could use a lot more practice!

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For 6 to 8 large portions

- 2 kilos of beef chuck or lomo de res, cut into 2 inch cubes
- 2 tablespoons of coconut oil or vegetable oil
- 1 stick of cinnamon
- 3 cloves
- 1 teaspoon fennel seeds
- 5 cloves garlic
- 1 medium onion
- 2 stalks of lemongrass, white part
- 1 small knob of ginger
- 3 tablespoons of grated coconut
- 1 cup coconut milk
- 2 tablespoons of tamarind juice
- 1/3 cup brown sugar
- Salt and pepper to taste




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Directions

1. Rinse and dry beef cubes and brown in oil on all sides.
2. Meanwhile dry fry the cinnamon, cloves and fennel seeds in a small pan.
3. Crush with mortar and pestle and place in food processor with onion, ginger, lemongrass and garlic.
4. Pulse until well chopped and place into slow cooker with meat, coconut milk, tamarind, brown sugar, salt and pepper.
5. Cook on high for 2 hours or low for 4 hours and checking and stirring occasionally.
6. Enjoy with jasmine rice and ice cold beer.



MARINA PEZVELA

QUEPOS COSTA RICA

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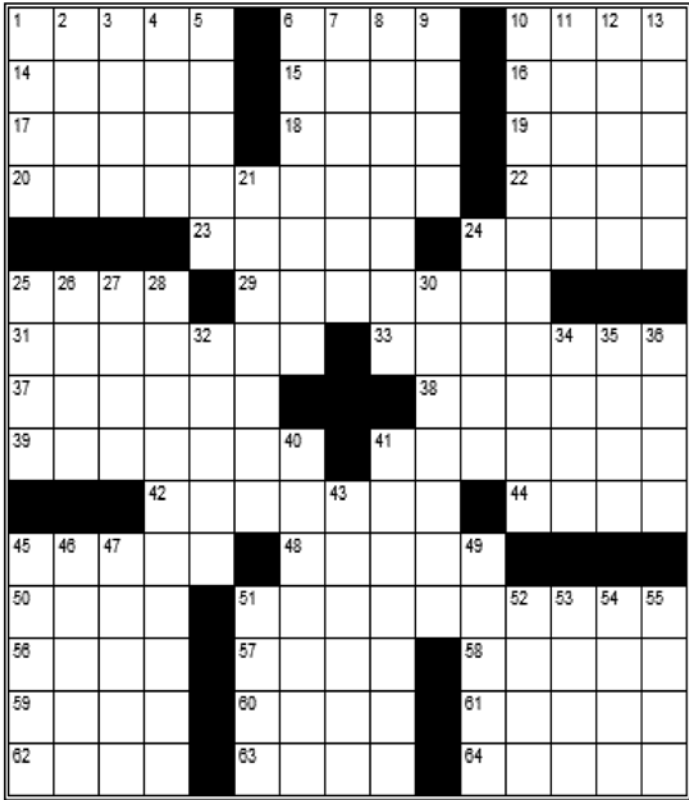


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- ACROSS**
- 1. Greens with dressing
 - 6. Not alive
 - 10. Certain
 - 14. Elicit
 - 15. Countercurrent
 - 16. Dwarf buffalo
 - 17. Consumed
 - 18. Not prerecorded
 - 19. Teller of untruths
 - 20. Based upon
 - 22. Lion's share
 - 23. Engine
 - 24. Usually 30 days
 - 25. Fathers
 - 29. Twisting action
 - 31. Dodger
 - 33. Confined to certain regions
 - 37. Wheel cover
 - 38. Denounce (archaic)
 - 39. Something that is free
 - 41. Hooligans
 - 42. Lettering device
 - 44. Anagram of "Slam"
 - 45. Old Jewish scholars
 - 48. Ballroom dance
 - 50. Implored
 - 51. She wore a glass slipper
 - 56. Difficult
 - 57. Behold, in old Rome
 - 58. Grill
 - 59. Tranquil scene
 - 60. Elk or caribou
 - 61. Fatuous
 - 62. Expunge
 - 63. Makes a mistake
 - 64. Canvas dwellings



- DOWN**
- | | | |
|------------------------------|---------------------------|--------------------------------|
| 1. Exude | 13. Our planet | 40. Siren |
| 2. Jewish month | 21. Clique | 41. Some school supplies |
| 3. Fretted instrument | 24. Example | 43. Any malignant growth |
| 4. Passed with flying colors | 25. Cast aside (archaic) | 45. Plant louse |
| 5. Jeans material | 26. Affirm | 46. Sword |
| 6. Accuser (archaic) | 27. Accomplished | 47. Transparent green gemstone |
| 7. Newspaper bigwig | 28. Style of horse riding | 49. Path around a star |
| 8. Unfavorable | 30. Coddle | 51. Yield |
| 9. Not the original color | 32. Arrears | 52. Coastal raptor |
| 10. It causes food poisoning | 34. Letters and postcards | 53. Amount lent |
| 11. Labor organization | 35. Detail | 54. Fluff |
| 12. Cut of beef | 36. British tax | 55. Anagram of "Sale" |

Crossword Solution on Page 57

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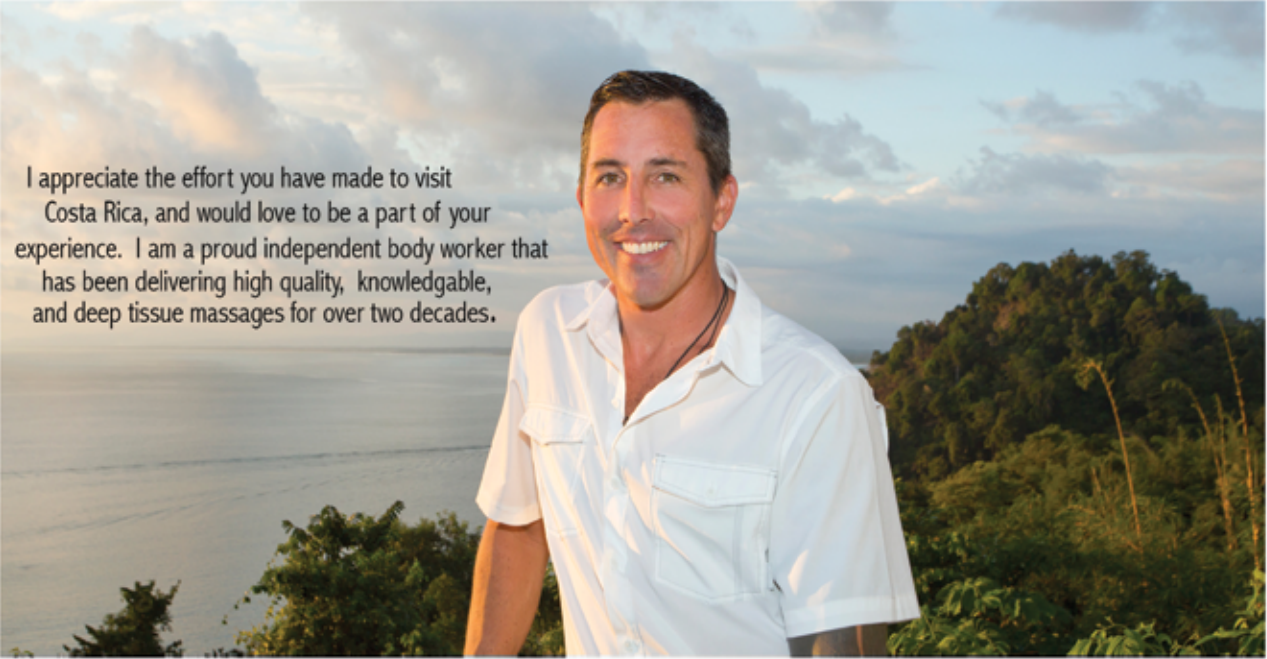
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SPANISH SUCKS

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

Practicemos los verbos de cambio

Hace un par de ediciones pasadas hablamos sobre los verbos para expresar cambios o transformaciones en el aspecto físico, el carácter, el estado de ánimo y otras características de una persona o una cosa, denominados verbos de cambio.

Los más comunes son: **ponerse**, **quedarse**, **volverse**, **convertirse en**, **hacerse** y **llegar a ser**. A continuación la conjugación en pretérito simple:

		PONERSE		QUEDARSE		VOLVERSE	
		Presente	Pretérito Simple	Presente	Pretérito Simple	Presente	Pretérito Simple
Yo	me	pongo	puse	quedo	quedé	vuelvo	volví
Tú	te	pones	pusiste	quedas	quedaste	vuelves	volviste
Él, ella, usted	se	pone	puso	queda	quedó	vuelve	volvió
Nosotros (as)	nos	ponemos	pusimos	quedamos	quedamos	volvemos	volvimos
Ellos, ellas, ustedes	se	ponen	pusieron	quedan	quedaron	vuelven	volvieron

		HACERSE		CONVERTIRSE EN			LLEGAR A SER	
		Presente	Pretérito Simple	Presente	Pretérito Simple		Presente	Pretérito Simple
Yo	me	hago	hice	convierto en	convertí en	Yo	llego a ser	llegué a ser
Tú	te	haces	hiciste	conviertes en	convertiste en	Tú	llegas a ser	llegaste a ser
Él, ella, usted	se	hace	hizo	convierte en	convirtió en	Él, ella, usted	llega a ser	llegó a ser
Nosotros (as)	nos	hacemos	hicimos	convertimos en	convertimos en	Nosotros (as)	llegamos a ser	llegamos a ser
Ellos, ellas, ustedes	se	hacen	hicieron	convierten en	convirtieron en	Ellos, ellas, ustedes	llegan a ser	llegaron a ser

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SPANISH SUCKS

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

A continuación encontrará unos ejercicios en los cuales deberá llenarlos con los verbos de cambio que corresponda: **ponerse**, **quedarse**, **volverse**, **convertirse en**, **hacerse** y **llegar a ser**.

1. Luis desea _____ el mejor profesor de su escuela.
2. El gato de mi vecina lo atropelló un carro y _____ ciego.
3. _____ sorprendido cuando fui al supermercado y vi los precios, todo ha subido mucho.
4. Puede _____ un gran profesional si se mantiene enfocado.
5. Después de unas semanas adentro del capullo, la oruga _____ mariposa.
6. El presidente del banco _____ muy popular y _____ muy corrupto.
7. Anita y Guillermo siempre _____ furiosos cuando su mamá les pide ayuda en la casa.
8. La prima de Carlos _____ muy antipática después de casarse.
9. Cada vez que viajamos a Japón, _____ más conocedores del idioma.
10. Si vendemos este producto, _____ ricos.
11. Cuando están por terminar las clases, los niños _____ eufóricos por salir a jugar.

En la siguiente nube encontrará palabras que podrá usar para crear sus propias oraciones usando los verbos de cambio. Ejemplo: Mi papá quedó calvo a los treinta años de edad.



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TIDES for MARCH 2024

Day	High	Low	High	Low	High	Phase
Wed 01		01:40 1.14 ft	08:07 7.31 ft	14:08 1.71 ft	20:29 7.37 ft	Last Quarter
Thu 02		02:41 1.31 ft	09:12 7.43 ft	15:18 1.67 ft	21:39 7.30 ft	
Fri 03		03:47 1.29 ft	10:19 7.77 ft	16:30 1.35 ft	22:48 7.50 ft	
Sat 04		04:53 1.05 ft	11:21 8.30 ft	17:36 0.83 ft	23:52 7.89 ft	
Sun 05		05:54 0.66 ft	12:19 8.92 ft	18:35 0.22 ft		
Mon 06	00:49 8.36 ft	06:49 0.24 ft	13:11 9.49 ft	19:28 -0.34 ft		
Tue 07	01:42 8.79 ft	07:41 -0.12 ft	14:01 9.91 ft	20:18 -0.75 ft		New Moon
Wed 08	02:31 9.09 ft	08:30 -0.32 ft	14:49 10.12 ft	21:05 -0.95 ft		
Thu 09	03:20 9.22 ft	09:18 -0.33 ft	15:36 10.09 ft	21:52 -0.92 ft		
Fri 10	04:08 9.16 ft	10:06 -0.12 ft	16:23 9.81 ft	22:38 -0.68 ft		
Sat 11	04:56 8.93 ft	10:53 0.26 ft	17:10 9.34 ft	23:25 -0.26 ft		
Sun 12	05:45 8.57 ft	11:43 0.76 ft	17:59 8.73 ft			
Mon 13		00:14 0.27 ft	06:37 8.14 ft	12:35 1.31 ft	18:50 8.08 ft	
Tue 14		01:04 0.82 ft	07:31 7.74 ft	13:31 1.81 ft	19:46 7.49 ft	
Wed 15		01:58 1.33 ft	08:30 7.43 ft	14:32 2.17 ft	20:46 7.04 ft	First Quarter
Thu 16		02:56 1.72 ft	09:29 7.29 ft	15:37 2.31 ft	21:49 6.79 ft	
Fri 17		03:55 1.94 ft	10:27 7.32 ft	16:40 2.23 ft	22:50 6.76 ft	
Sat 18		04:51 2.00 ft	11:20 7.49 ft	17:36 1.98 ft	23:45 6.88 ft	
Sun 19		05:42 1.93 ft	12:06 7.75 ft	18:24 1.63 ft		
Mon 20	00:34 7.11 ft	06:27 1.78 ft	12:49 8.06 ft	19:06 1.24 ft		
Tue 21	01:18 7.37 ft	07:09 1.59 ft	13:29 8.37 ft	19:45 0.87 ft		
Wed 22	01:59 7.62 ft	07:49 1.39 ft	14:07 8.64 ft	20:24 0.55 ft		
Thu 23	02:39 7.85 ft	08:28 1.22 ft	14:46 8.85 ft	21:02 0.32 ft		Full Moon
Fri 24	03:18 8.02 ft	09:07 1.10 ft	15:25 8.96 ft	21:41 0.19 ft		
Sat 25	03:58 8.13 ft	09:48 1.03 ft	16:05 8.96 ft	22:21 0.17 ft		
Sun 26	04:39 8.19 ft	10:31 1.03 ft	16:47 8.85 ft	23:02 0.25 ft		
Mon 27	05:22 8.21 ft	11:16 1.08 ft	17:32 8.65 ft	23:46 0.40 ft		
Tue 28	06:08 8.21 ft	12:06 1.18 ft	18:21 8.38 ft			
Wed 29		00:34 0.60 ft	06:59 8.20 ft	13:00 1.28 ft	19:16 8.09 ft	
Thu 30		01:26 0.81 ft	07:53 8.24 ft	13:59 1.34 ft	20:15 7.85 ft	Last Quarter
Fri 31		02:22 0.98 ft	08:52 8.34 ft	15:03 1.30 ft	21:19 7.72 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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2024 ROOSTERFISH RODEO

This year's Roosterfish Rodeo took place on February 3rd and witnessed 21 boats head out along the beaches, rocks and islands along the central pacific coast in search of the greatest number & largest Roosterfish of the day. Our friends from GRAY FISHTAG RESEARCH were in attendance and were on hand to educate and promote the importance of their Roosterfish tagging program. A total of 67 Roosterfish were caught over the weekend and tags were deployed on 29 of these fish which was a fantastic result and gives us a great head start to our 2024 ROOSTERFISH TAGGING PROGRAM. A huge shout out to Capt. Greivin aboard FLY CATCHER whose Anglers landed the largest Roosterfish of the day a 57" stunning fish, taking home the largest Roosterfish Jackpot as well as a stunning Roosterfish trophy and prizes from our great sponsors.

Taking overall top honours in the tournament was TEAM SALTY BUCKEYES aboard GOOD DAY who were representing OHIO STATE. They put in a great performance releasing 8 Roosterfish with tags being deployed in 7 of those Roosterfish. Taking top female honours was Kim Davis, top first time Angler was Jay Davis and top Junior Anglers was Ainoha Araya aboard ASI O MAS. 2nd place in the event was last year's winners, TEAM ASI O MAS and never far from the podium on our Inshore tournaments was Capt. Roy Zapata aboard SKY II taking 3rd place. A huge thanks to all sponsors, boats and teams that took part and made sure that this event continues to go from strength to strength.



RESULTS – ROOSTERFISH RODEO

- | | |
|---------------------|-----------------------------|
| 1. GOOD DAY | 8 Roosterfish – 1000 points |
| 2. ASI O MAS | 650 points |
| 3. SKY II | 650 points |



OFFSHORE FISHING

Sailfish dominated the Offshore catches during February as we are now in the midst of peak Sailfish season. Many boats in the fleet got to experience double digit Sailfish days with lots of happy anglers getting a chance to enjoy the incredible fishing and make memories for a lifetime. Blue Marlin were fairly scarce with the odd Blue Marlin showing but not so many in terms of overall numbers. There have been some EPIC BLACK MARLIN caught at the Offshore reefs over the past fish, true lifetime catches with fish over 500lbs being released by several boats in the fleet. There have been some huge Bull Dorado running and both GOOD DAY & SWORDFISH caught Trophy Sized Bull Dorado during mid-February. These opportunities should continue through April. There have been lots of Wahoo getting caught by the fleet in recent weeks, what a truly great fish they are, Wahoo look good, fight hard and taste awesome, what is not to love! Huge congrats to GYPSY GIRL for several great WAHOO catches this past month.

There have been lots of tuna and spinner dolphin schools 25+ miles offshore, we have had days where we have caught lots of tuna and other days when there are clearly lots of tuna there but they do not want to bite a thing. That's Fishin! Huge congats to MONKEYSHINE, BIG EYE 2 and MOONWALKER who have all caught WICKED TUNA style yellowfin Tuna this past month with several fish way over 100lbs.



INSHORE FISHING

There has been some excellent Inshore fishing along the coastline these past few weeks with some of the largest Snook of the year making an appearance recently. Some huge 30-40lb Snook have been getting caught at our local river mouths. We are now entering the time of year when it is a real possibility to catch one of our 50lb plus Snook that Costa Rica is famous for and every year we wait with baited breath to see if a world record will be caught. Our Roosterfishing has been fantastic also with lots of Roosters in the 10-30lb range with regular catches in the 40-60 range also.



Snappers, Corvina, Tripletail, Jacks and Mackerel have all been biting consistently also during Inshore charters.

We have some great Inshore boats available for charter here at Marina Pez Vela, check out Good Day, Asi O Mas, Fly Catcher, The Bite, Cocodrillo, Idra 2, Sky 2, Mucho Fisho, Mirse Azul, Chloe Frijole & Isabella. All of these boats provide excellent Inshore charters & will do their best to put you on the fish!

TOURNAMENT DATES

Our next tournament to look forward to is the SAILFISH SLAM taking place at the Marina Pez Vela on March 9th. This is one of our low-cost, 1-day family friendly, fun tournaments and it would be great to have you join us for this one! Our full tournament event schedule at marinapezvela.com/tournaments.

- | | |
|-------------|-------------------------------------|
| March 9 | Sailfish Slam |
| April 13 | Marina Pez Vela Open |
| April 14-19 | Offshore World Championships |
| July 6 | Summer Shootout |

See you out there!

Benn Gilmour, Jackpot Sport Fishing
Marina Pez Vela, Quepos
Cell: 8458 4997
info@jackpotsportfishing.com
jackpotsportfishing.com





Telephone Directory

"We've got your number"

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
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
Cascada Verde		8607-0207
Chamber of Commerce		2777-0749
Cocoa de la Bruja		8684-8019
Coffee Stop		2777-9494
Coldwell Banker	887-309-9238	2787-0223
Colina's		6101-6007
Cracked Pot		8811-4961
Del Silencio a la Libertad		8749-0040
Desiree's In-House Chef Service		8998-2204
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
Hatha Spa		8724-7589
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
J.P. King	800	558-5464
Kids Saving the Rainforest		8568-5335
KR's Cocina		8497-1168
La Langosta Feliz		2787-5214
La Poza Pizza		8448-5383
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
Palmex		2786-5126
Pura Vida Pest Control	8706-7341	8927-5238
Quepoa Sport Bar		2102-9125
Quepolandia		8632-7489
Ronny's Place - Mirador Mi Lugar	2777-7575	2777-5120
Royal Palm Interiors, Uvita		2743-8323
Seguros Metropolitanos		8998-8102
Spice Girls	8459-2862	8721-1809
Sunset Sails	1-888-268-5671 8317-5072	2777-1304
Tentacion		2777-3663
Thomas Ghormley - Century 21		8866-1649
Tico Pod		2643-2068
Uvita Law Firm	2743-8416	2743-8619



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 Villa Nueva	Villa Nueva to Quepos	Quepos to Londres	Londres to Quepos
4:05 AM D 5:00 AM C 7:30 AM D 8:15 AM C 9:30 AM D 1:00 PM D 2:30 PM D 5:00 PM D	6:00 AM D 9:00 AM D 10:30 AM D 12:00 PM C 1:15 PM D 2:30 PM D 4:45 PM D 7:30 PM D	4:30 AM 5:30 AM 6:30 AM 7:30 AM 9:30 AM 11:00 AM 12:30 PM 2:00 PM 3:30 PM 4:30 PM 6:00 PM	4:30 AM 5:00 AM 7:00 AM 9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:30 PM 3:30 PM 4:30 PM 5:30 PM	4:50 AM 6:30 AM 9:00 AM 11:30 AM 1:00 PM *4:00 PM *6:00 PM 8:15 PM	5:20 AM 7:30 AM 10:00 AM 12:00 PM 2:00 PM 5:00 PM 7:00 PM 9:00 PM	6:45 AM 7:15 AM 10:00 AM 12:00 PM 2:00 PM 4:00 PM 6:00 PM	5:00 AM 6:30 AM 8:00 AM 11:00 AM 1:00 PM 2:40 PM 5:00 PM
				*Domingo 4:30 PM & 6:40 PM			
		Quepos to Dominical & Uvita	Uvita to Dominical & Quepos	Quepos to Dominical & San Isidro		San Isidro to Dominical & Quepos	
		6:00 AM 9:30 AM 2:30 PM 5:30 PM	4:30 AM 1:00 PM 4:00 PM	5:00 AM 8:00 AM 11:30 AM 3:30 PM		7:00 AM 11:30 PM 3:30 PM	

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



TRAVELERS' NUMBERS

AIRLINES

Air France2220-4119
American ... 2242-8800
Delta ... 2257-4141
KLM ... 31206490787 (WhatsApp)
Lufthansa ... 2221-7444
Martinair ... 2232-3246
Mexicana ... 2231-6814
Sansa, Quepos ... 2777-0683
Sansa, SJO ... 2290-4100
Spirit ... 2441-6522
TACA/Lacsa ... 2443-3555
United ... 2442-3151
US Air ... 800-011-0793

AIRPORTS

SJO Flight Info ... 2441-6069, 2437-2626
SJO Customs ... 2440-0274

AUTO RENTAL

Adobe ... 2777-4242
Alamo ... 2777-3344
Budget ... 2436-2000
Economy ... 2777-5353
Toyota ... 2777-2467
Excellent ... 2777-3052
Hertz ... 2777-3365
Payless ... 2777-0115
Thrifty ... 2777-3334

BUS

TicaBus ... 2296-9788
Transporte Blanco, San Isidro ... 2771-2550
Transporte Morales, Parrita ... 2779-9058
Transporte Morales, Quepos ... 2777-0263
Transporte Morales, San Jose ... 2223-5567
Transporte Tracopa ...2773-3410
Transporte Tracopa, Quepos ... 2777-0263

BUSINESS SERVICES

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

CREDIT CARDS

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

EMBASSIES

Belgium ... 2220-4119
Canada ... 2242-4400
England ... 2258-2025
France ... 2234-4167
Germany ... 2290-9091/9092/9093
Germany Emergency... 8381-7968
Holland ... 2296-1490
Israel...2221-6444
Italy ... 2234-2326
Nicaragua ... 2222-2373
Spain ... 2222-1933
Sweden ... 2288-3726
Switzerland ... 2222-7117
USA ... 2430-6690
USA Social Security ... 2291-1032

EMERGENCIES

Ambulance/Paramedics ... 8380-4125
Fire Emergencies ... 1118
Fire Department ... 2777-0308
Ebais, Matapalo ... 2787-5298
Hospital, Quepos ... 2777-1401/0922
Police/Fire/Medical Emergency ... 911
Police, Investigative (OIJ) ... 2777-0511
Police, Immigration ... 2777-0150
Police, Local ... 2777-3608
Police, Transit (MOPT) ... 2777-0329
Police, Matapalo ... 2787-5312
Red Cross (non-emergency) ... 2777-0116

MONEY TRANSFERS/TELEGRAMS

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

POST OFFICE

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

TAXI/TRANSPORTATION

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

TELEPHONE

Information ... 1113
International Information ... 1124
International Operator ... 1116
AT&T ... 800-011-4114
BT ... 800-044-1044
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Del Silencio a la Libertad

DSL's mission is to combat the pervasive and accepted occurrences of Rape and Incest in Latin America and the damage caused by them. Using therapy/12-step meetings, education campaigns, and social media, we hope to bring this secret out into the open and promote healing to the victims, and awareness and cultural change in the societies that condone these criminal offenses.

Del Silencio a la Libertad, through meetings in different places in Costa Rica, has been utilizing a 12 steps program (by Survivors of Incest Anonymous) for healing and recovery from sexual abuse. These meetings have had a genuinely positive effect on the lives of the victims who decided to come out of their silence toward freedom.

We have created different programs where information, counseling, support, and healing are available to every individual survivor and are the keys to success. We work with victims and survivors of all ages, all genders, of all forms of sexual violence and sexual abuse; and we also work alongside schools, churches, organizations, etc., where awareness and prevention can be taught to stop sexual abuse from happening.

OUR LONG-TERM GOALS

To be able to assist the victims of sexual abuse from the legal side and thus be able to counteract the chaos that the process entails for the victim. It is well known that the legal system against the abuser has not been optimal in Latin countries. Del Silencio a la Libertad longs to bring justice to the victim.

Del Silencio a la Libertad understands the need for a safe place for victims of sexual abuse. The need to find freedom outside the home, away from their abuser, is critical. In the future, The House of Freedom will be that refuge for many victims seeking freedom.

WEEKLY RECOVERY AND HEALING MEETINGS

Thursdays 6 pm, Uvita Christian Academy, Uvita
Sundays 5 pm, Rio de Gracia Church, Hatillo, Quepos

CONTACT

WhatsApp +50687490040
info@delsilencioalalibertad.org
delsilencioalalibertad.org
Facebook & Instagram @Del Silencio a la Libertad

COMMUNITY BULLETIN BOARD

Announcements are listed free of charge.

ALCOHOLICS ANONYMOUS

The Pacific Group of Manuel Antonio
Every Day 9:00 - 10:00 AM
At El Avion Restaurant
2nd Floor
Tim 8814-6251 cdnguy59@yahoo.com
Amy 8485 9893

NARCOTICS ANONYMOUS

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


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Sunday 10 am & 6 pm.
Every evening at 6 pm.

Priest: Daniel Torres
Parish Telephone: 2777-0230

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Playa Espadilla 9:30 am

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

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Weekdays 6 pm
Daily Readings at catholic.org
Catholic Church, Quepos



B GREEN

Reduce Your Energy Consumption

Use a toaster or toaster oven instead of the main range.
Wash clothes in cold water instead of warm or hot.
Selecte the low heat setting on your dryer, or line drye laundry.
Replace regular light bulbs with LED bulbs.
Use natural light and turn off lights in rooms you're not in.
Turn off computers and other power-drawing equipment completely.
Install thermal shades or other energy-saving window treatments.



A man was sitting on the edge of the bed watching his wife, who was looking at herself in the mirror. Since her birthday was not far off, he asked what she'd like to have for her birthday.

"I'd like to be eight again." She replied, still looking in the mirror.

On the morning of her birthday, he rose early & made her a nice big bowl of Coco Pops, & then took her to Adventure World theme park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was.

Five hours later they staggered out of the theme park. Her head was reeling & her stomach felt upside-down. He then took her to McDonald's where he ordered her a Happy Meal & a chocolate shake.

Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&Ms. Finally she wobbled home with her husband & collapsed into the bed exhausted.

He leaned over his wife with a big smile & lovingly asked, "Well dear, what was it like being eight again?"

Her eyes slowly opened & her expression suddenly changed.

"I meant my dress size you idiot!"

The moral of the story: Even when a man is listening, he is still going to get it wrong!

A husband takes his wife to a disco. There's a guy on the dance floor giving it large--break dancing, moonwalking, back flips, the works.

The wife turns to her husband and says, "See that guy? 25 years ago he proposed to me and I turned him down."

The husband says, "Looks like he's still f**king celebrating."

Dr. Phil was conducting a group therapy session with four young mothers and their small children. "You all have obsessions," he observed.

To the first mother, he said, "you are obsessed with eating. You've even named your daughter Candy."

He turned to the second mom. "Your obsession is with money. Again, it manifests itself in your child's name, Penny."

He turns to the third mom. "Your obsession is alcohol. This, too, manifests itself in your child's name, Brandy."

At this point, the fourth mother gets up takes her little boy by the hand and whispers, "Come on Dick! We're leaving."

A man and his wife enter a dentist's office.

The wife says, "I need a tooth pulled. No gas or Novocain, I'm in a terrible hurry. Just pull the tooth as quickly as possible."

You're a brave woman," says the dentist. "Now show me which tooth it is."

The wife turns to her husband and says, "Open your mouth and show 'the dentist which tooth it is, dear."

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fb: bluemarlinquepos
Occasional Live Music

BURÚ SEASIDE
fb: restaurantburuseaside
BenJammin & the Howlers
featuring Johnny Thompson
Rock & Variety
Friday 5-8:30 pm

Live Wire (Blues)
Saturday 5-8:30 pm

Live Latin Music
Sunday 1-4 pm

Latin Music
Tuesday

DRUNKEN MONKEY
fb: DrunkenMonkeyMA
Live Music & Karaoke

EL PATIO AT CAFÉ MILAGRO
elpatiocafemilagro.com
Live Latin Music
Saturday 7-9 pm

EMILIO'S CAFÉ
fb: emilioscafecostarica
Jazz & Variety
Various nights, 7-9 pm

LA CANTINA
lacantinabbq.com
Live Latin Music
Friday 6:30-9:30 pm

LA COLINA
lacolina.com
Open Mic
Sunday 7-10 pm

Occasional Live Music
Other nights

QUEPOA SPORT BAR
Son Duo
Friday, 7:30 pm

Occasional Music
Other nights

RUM BAR (Dominical)
fb: rumbarcostarica
BenJammin & The Howlers
(featuring Nancy Buchan)
Every other Thursday

Occasional Live Music
Other nights

TENTACION
fb: profile.php?id=100069923671965
Live Music
Tuesday & Saturday 8 pm

YOLO SOCIAL
fb: yolosocialmanuelantonio
Live Music
Wednesday- Saturday 7 pm

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WINGS ^{to} the MIND,
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& LIFE ^{to} EVERYTHING
PIATO



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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



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

Sudoku on Page 4

S	A	L	A	D		D	E	A	D		S	U	R	E
E	D	U	C	E		E	D	D	Y		A	N	O	A
E	A	T	E	N		L	I	V	E		L	I	A	R
P	R	E	D	I	C	A	T	E	D		M	O	S	T
					M	O	T	O	R		M	O	N	T
D	A	D	S		T	O	R	S	I	O	N			
A	V	O	I	D	E	R		E	N	D	E	M	I	C
F	E	N	D	E	R				D	E	L	A	T	E
F	R	E	E	B	I	E		B	U	L	L	I	E	S
				S	T	E	N	C	I	L		A	L	M
A	B	B	A	S		T	A	N	G	O				
P	L	E	D		C	I	N	D	E	R	E	L	L	A
H	A	R	D		E	C	C	E		B	R	O	I	L
I	D	Y	L		D	E	E	R		I	N	A	N	E
D	E	L	E		E	R	R	S		T	E	N	T	S

Crossword on Page 44

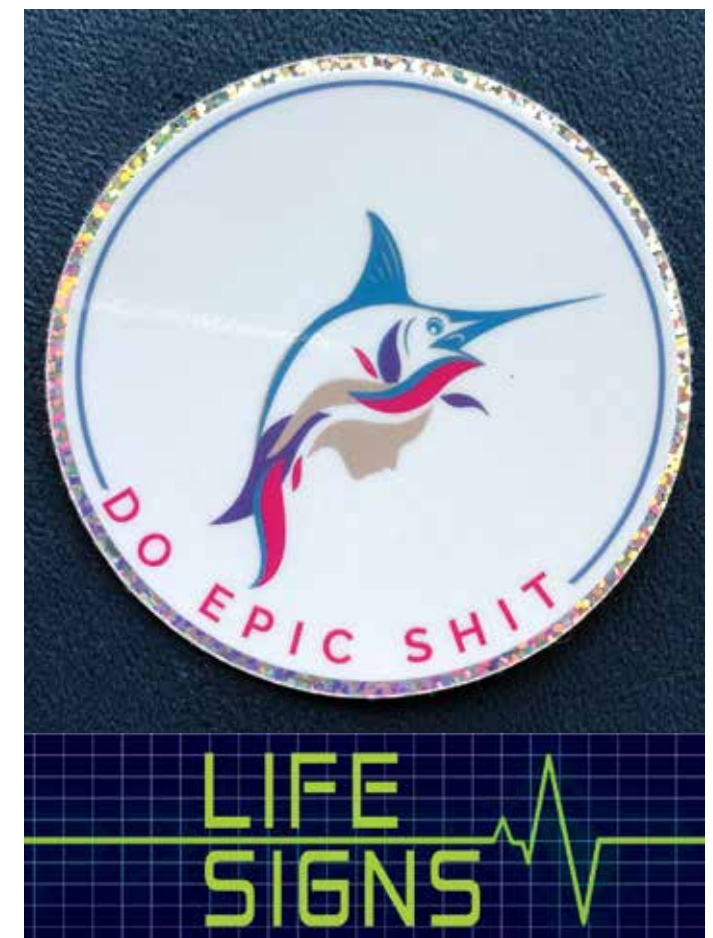
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Let's Talk About Golden-Hooded Tanagers

Adult golden-hooded tanagers (*Stelpnia larvata*) are 13 cm (5.1 in) long and weigh 19 g (0.67 oz). The adult male has a golden head with a black eyemask edged with violet blue above and below. The upperparts of the body are black apart from the turquoise shoulders, rump and edgings of the wings and tail. The flanks are blue and the central belly is white. Females have a greenish tinge to the head, sometimes with black speckling on the crown, and more extensively white underparts. Immatures are duller, with a green head, dark grey upperparts, off-white underparts, and little blue in the plumage.

The golden-hooded tanager's call is a sharp tsit and the song is a tuneless rattled series of ticksounds.

It resides from sea level to 1,500 m (4,900 ft) altitude in the canopy of dense forests and semi-open areas like clearings, second growth and well-vegetated gardens. Golden-hooded tanagers occur in pairs, family groups or as part of a mixed-species feeding flock. They eat certain small fruit usually swallowed whole, and insects are also taken.

The cup nest is built in a tree fork or in a bunch of green bananas, and the normal clutch is two brown-blotched white eggs. This species is often double-brooded, and the young birds from the first clutch assist with feeding the second brood of chicks.

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