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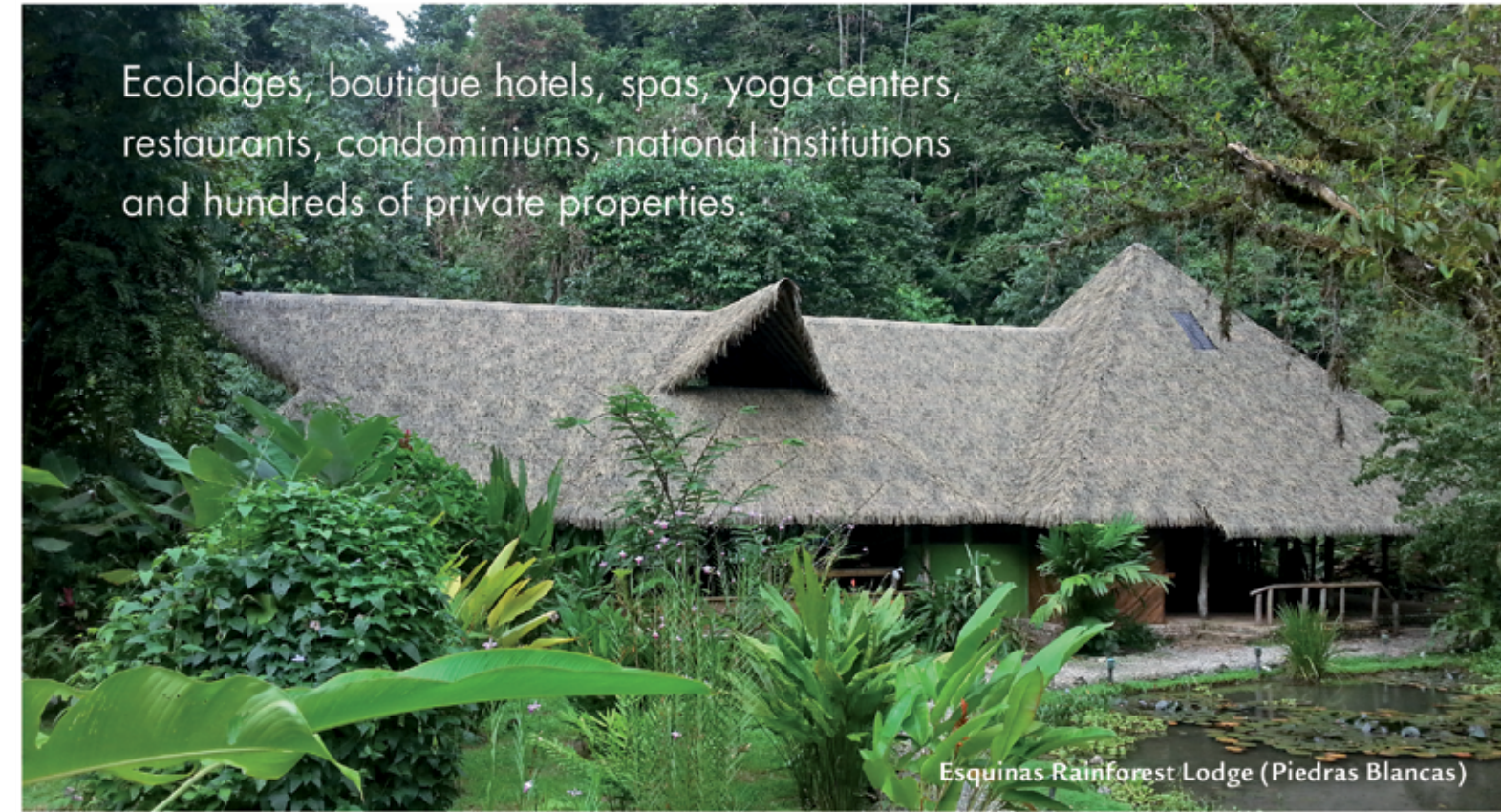
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Tuesday June 4 QUEPOLANDIA DEADLINE

- Wed May 1 Labor Day (CR)
- Sun May 5 Cinco de Mayo
- Tues May 7 National Teacher's Day/New Moon
- Sun May 12 Mother's Day (NA)
- Sat May 18 Armed Forces Day (US)
- Mon May 20 Victoria Day (Cda)
- Thurs May 23 Full/Flower Moon
- Mon May 27 Memorial Day (US)

- Thurs June 6 D-Day/New Moon
- Sun June 16 Father's Day (NA)
- Thurs June 20 Summer Solstice
- Fri June 21 Full/Strawberry Moon



Bienvenidos. Welcome and Thank you for joining us. We are sure you will be glad you did. We have great restaurants offering all types of food with the freshest ingredients and great drinking establishments to quench your thirst. We are starting to get some rain but should not be enough to ruin your fun so get out there and enjoy all our area has to offer.

We have a lot to celebrate in May and June. **Labor Day** (CR) is May 1, **Mother's Day** (NA) is May 12, followed by **Father's Day** (NA) June 16. So make sure to take care of those who made it all possible.

After a spectacular 2024 tournament season The action continues at **Marina Pez Vela** with the **Summer Shootout** on July 6. Get registered now for this one-of-kind tournament. Designed for anglers of all shapes , sizes, and experience level to enjoy a spectacular fishing experience and the diversity of our marine environment here in Quepos.

We want to thank **Toni Tsay**, ig: [@tonitsay](#), for this month's fantastic photos of the beauty of hummingbirds. We also want to thank our new advertisers: **El Mezcal** authentic Mexican Restaurant with two locations (Quepos and Uvita), **Sunset Restaurant** with daily specials and a great view, and **Dawn of Light Tours** with their new adventure designed for kids-Treasure Hunting for gold and jewels

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](#) and [Facebook/Quepolandia](#). We appreciate and welcome your comments.

Peace and Enjoy...D

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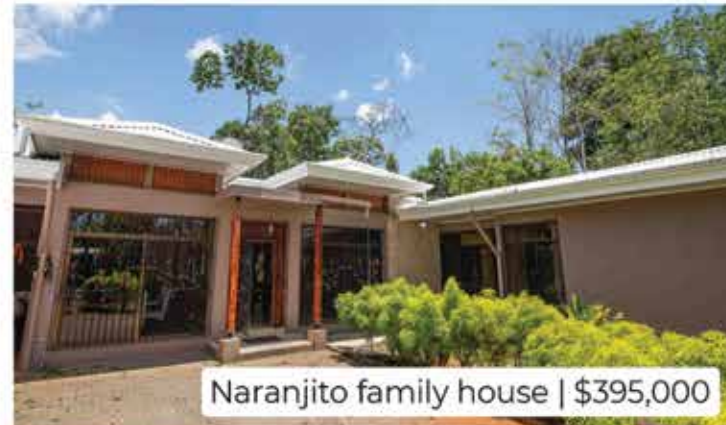
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BRISA ELEGANTE, THE LUXURIOUS SAILING EXPERIENCE IN QUEPOS & MANUEL ANTONIO



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

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

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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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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.

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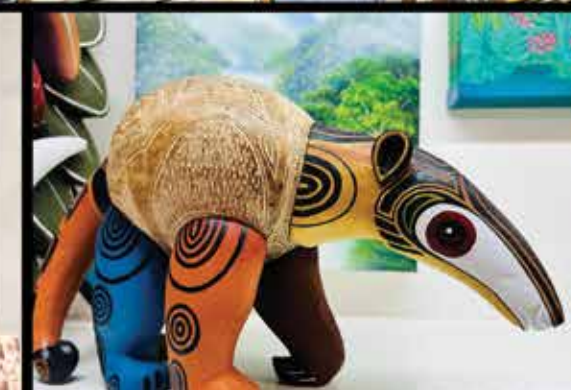

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Reforestation and Tree Nursery

Marijke Buijs
Veterinary technician from the Sloth Institute

COSTA RICA Did you know that sloths and many other animals use the canopy tops of trees to move around? Sloths eat a large number of different tree species but select a territory where they can find their favorite trees and rely on each tree within that home range to keep them healthy and well fed. Recently weaned sloths have the smallest home ranges because after weaning, the mother leaves the "weanling" in a small area with food rich trees while they continue to fatten up and learn how to best navigate the rest of the jungle. If a weanling loses one single tree in their home range during this life stage, they can starve to death.



Due to deforestation, sloths and other species are losing their food! In addition, the fewer the trees, the more likely they have to travel on the ground instead of in the canopy which is when they become victims of dog attacks and traffic accidents. In a dwindling forest, they become desperate to get to their much needed resources and will also use electric wires to get through canopy gaps and that's when they become victims to electrocution. Unfortunately, some sloths never find enough food and we are seeing more and more sloths needing rescue because they've become emaciated from not being able to reach the trees that they need to survive.

How can you help?

- Preserve trees in your garden/property so that sloths (and other wild animals) can travel safely.
- Limit tree trimming. Excessive tree trimming can often be just as devastating to sloth health and welfare as removing the tree entirely.
- If a tree needs to be cut down or falls down, plant a new one in its place. We can help you with this!

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Together with a partner, we've started a tree nursery, where we aim to grow thousands of new trees to help reforest much needed wildlife habitat. So far, we already have 895 trees growing in our nursery! Our goal is to have 500 trees per tree species, and we will have at least 10 different species of trees that sloths and other species like to eat.



Our motto is: Save a sloth, Save a tree, Save a forest. To live up to our motto, we will be giving away our nursery trees for free. Do you have a property where trees are needed or do you need advice? Contact us via email: pedro@theslothinstitute.org.

CHRISTIANE KIRSCH

Long time resident of the Quepos/Manuel Antonio area, Christiane passed away March 29th at her home in Naranjito.

Christiane moved here from Germany in 1993. She worked in numerous businesses from grocery store, sport fishing, flower arranging, event planing, and project management to name a few. She had an amazing love for animals; rescuing many dogs and cats to take care of and love. She was a founding member of PAWS and the organization's first treasurer.

Christiane loved to Salsa dance and was a wonderful friend to many, always meeting everyone with the most wonderful smile...we will miss her very much.

She is survived by her mother and her brother Gunther who live in Germany.

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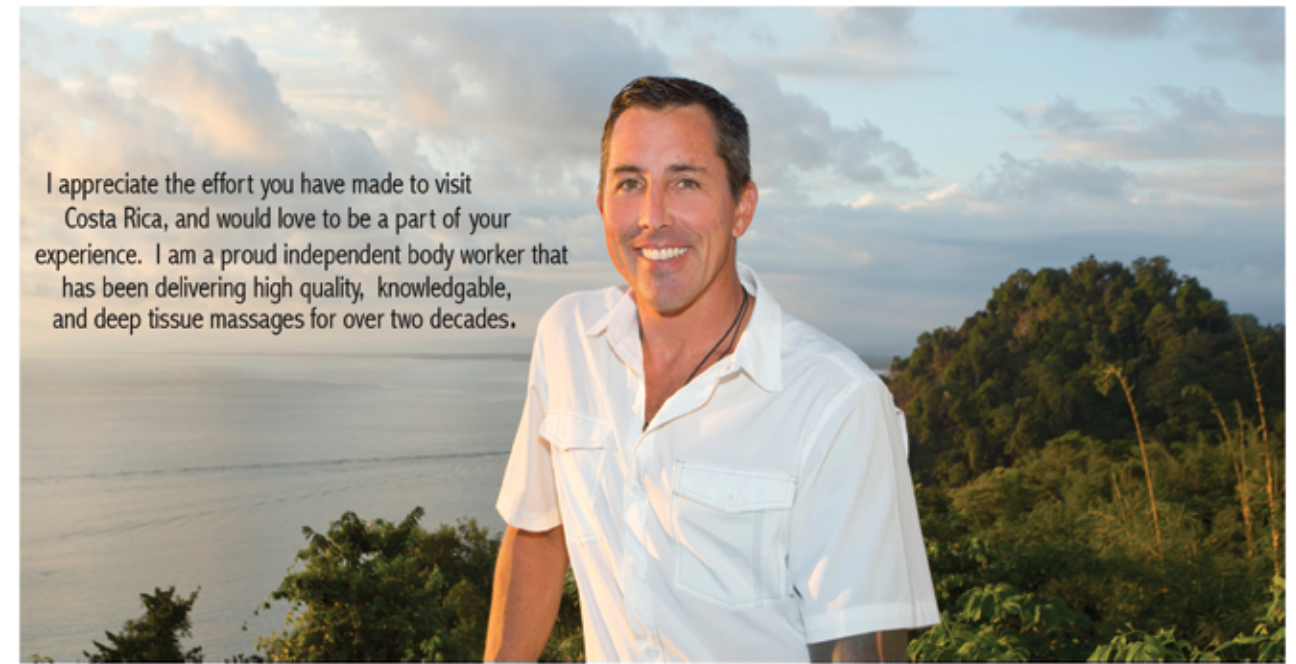
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Los animales

En esta ocasión aprenderemos los nombres de algunos animales, los nombres por los cuales copiamos su sonido para identificarlos y cómo son conocidos en conjunto.

A menudo, tanto los nombres como sus sonidos presentan variaciones regionales y no todos son conocidos de la misma forma ni están registrados en los diccionarios. Además, algunos son específicos de animales concretos, mientras que otros tienen un sentido más general.

Por ejemplo:

| | Animal | Acción | Voz | Nombre en conjunto |
|---|--------|---------|-------------|--------------------|
|  | Abeja | zumbar | bzzzz | enjambre |
|  | Gato | maullar | miau | manada |
|  | Perro | ladrar | guau | jauría |
|  | Vaca | mugir | muuu | ganado |
|  | Lobo | aullar | auuu | manada |
|  | Oveja | blar | baaa | rebaño |
|  | Mono | chillar | uh-uh-ah-ah | manada |

| | Animal | Acción | Voz | Nombre en conjunto |
|---|---------|-----------|--------------|--------------------|
|  | Cerdo | gruñir | oinc, oinc | piara |
|  | Pato | graznar | cua, cua | bandada |
|  | Pollo | piar | pío, pío | parvada |
|  | Rana | croar | croac, croac | banco o rama |
|  | Loro | garrir | truac, truac | bandada |
|  | Caballo | relinchar | hiin | manada |
|  | Gallina | cacarear | cló, cló | bandada |

La "Acción" es el verbo técnicamente hablando, la "Voz" es lo que nosotros como humanos copiamos de acuerdo a lo que escuchamos y "Nombre del conjunto", se refiere al grupo del mismo animal.

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Para practicar un poco, responda las siguientes preguntas.

- ¿Cómo se llama el animal que ladra?

- Los seres humanos tienen piel y las aves tienen:

- ¿De cuál animal proviene el material para hacer gorros y guantes para invierno?

- ¿Cuáles animales ponen huevos?

- Escriba 4 animales que comen carne:

- ¿Cuál animal vuela y produce miel?

- ¿Cuál animal garré y tiene plumas?

- ¿De cuál animal viene el jamón, gruñe y al grupo se le conoce como piara?

- Escriba el nombre de dos mamíferos que duermen de pie, uno muge y el otro relincha.

- Es un animal que croa, salta y necesita agua para vivir.

- Comunmente vive en los árboles, tiene una cola que usa para moverse con seguridad por los árboles, ¿cuál animal es?

- Este animal tiene una membrana entre sus dedos, grazna y viaja en bandadas.

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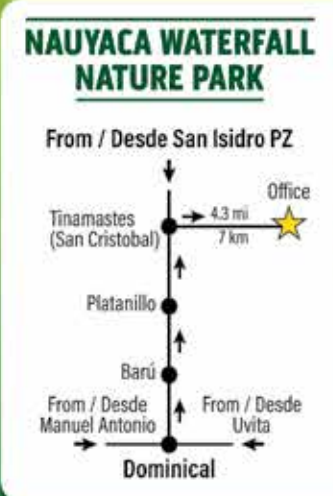


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- ★ Delicioso almuerzo típico
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By Desiree Brasseri
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German Potato Dumplings or Kartoffelklöße

Transform every day potatoes into an elegant side dish by making pillowy and bouncy spheres that are ready to absorb a rich gravy or a simple brown butter sauce as shown in the recipe below.

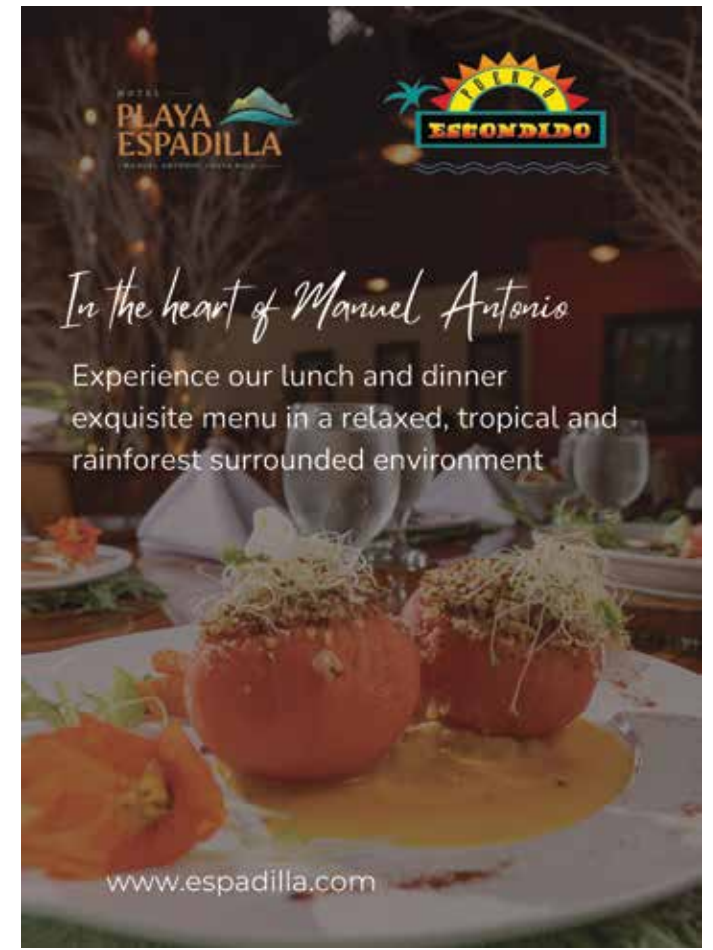


Ingredients for about 10 golf ball sized dumplings

- 1 kilo of potatoes, should be of similar size
- 1 tablespoon of butter
- 1 cup of potato starch
- 1 large egg
- Salt and white pepper to taste

Directions

1. Boil the whole potatoes, skins on, until fork tender.
2. Cool slightly and peel. Mash the potatoes preferably with a ricer. Cool and refrigerate for several hours or overnight.
3. Mix into the mashed potatoes: the potato starch, melted butter, egg, salt and pepper. Make into a smooth dough that holds together. Add a little starch if necessary.



4. Form into balls and drop gently into simmering salted water.
5. Boil gently uncovered for about 10 to 15 minutes. They will float to the top. Remove with a slotted spoon and keep warm.

Ingredients for brown butter sauce & breadcrumbs

- 2 slices of stale bread -- feel free to use GF
- 1 and 1/2 cups or 3 sticks of unsalted salted butter
- 5 sprigs of fresh thyme
- 2 cloves of garlic, finely chopped
- Salt and ground pepper to taste

Directions

1. Melt butter in a medium saucepan, once it begins to bubble, add garlic and thyme.
2. Stir until butter turns light brown.
3. Soak the bread slices in some of the brown butter and toast for 10 minutes before chopping into coarse crumbs.
4. Pour remaining butter over dumplings and garnish with prepared breadcrumbs, chopped parsley or chives.

Guten Appetit!

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Taste the Difference: Eco-Conscious Seafood Options in Manuel Antonio

When dining in Costa Rica, the abundance of fresh seafood options is undeniable. From succulent ceviche to grilled fish platters, the coastal cuisine is a true delight for the senses. However, as travelers and responsible consumers, it's crucial to consider the impact of our seafood choices on the environment and local ecosystems.

Understanding Sustainable Seafood

Sustainable seafood choices refer to selecting fish and other marine delicacies that are harvested or farmed in a manner that minimizes environmental impact and ensures the long-term health of marine ecosystems. This includes practices such as avoiding overfished species, supporting responsible fishing methods, and promoting sustainable aquaculture.

At its core, sustainable fishing encompasses practices that balance marine ecosystems, ensure the long-term viability of fish populations, and minimize environmental harm. This involves adopting fishing methods that limit bycatch, avoid overfishing, and protect sensitive habitats such as coral reefs and seagrass beds.

Sustainable fishing also extends beyond the act of catching fish to encompass the entire seafood supply chain. It includes responsible management of fisheries, traceability of seafood products, and support for initiatives that promote transparency and accountability within the industry.

Why Does Sustainability Matter?

Making sustainable seafood choices is not just about preserving the delicate balance of ocean ecosystems; it's also essential for safeguarding the livelihoods of local fishermen and coastal communities. Overfishing and destructive fishing practices can deplete fish stocks, disrupt marine habitats, and threaten the biodiversity of our oceans. By opting for sustainably sourced seafood, we can support efforts to conserve marine resources and promote the well-being of both people and the environment.



How Your Choices Make a Difference

So, you are sitting down in a beautiful restaurant on the hill, thinking about what dish you would like to try. Every seafood purchase we make sends a powerful message to the industry and helps shape the future of fishing practices. By choosing sustainably caught or farmed seafood, we incentivize fisheries and aquaculture operations to adopt more responsible methods. This, in turn, contributes to the preservation of marine biodiversity, the reduction of bycatch and habitat destruction, and the overall health of our oceans.



How Do You Make the Right Choice?

We recently had the pleasure of welcoming 9 students from Mott Community College in Flint, Michigan, who came to help us in our progress towards protecting our oceans. Months before joining us here in Quepos, they had begun important research into the fishing industry and in particular, the sustainability of certain fish in Costa Rica. Once here, they conducted primary research speaking to restaurants, tourists and fishermen in the local area to find out more about the fishing industry and its sustainability. They produced a sustainable fish guide which is available for download on our website using this QR code.



From the research conducted by MOTT Community College, we found out that 60% of tourists in Quepos, Costa Rica do not know what sustainable seafood is!

Best Choices

Mahi-Mahi/Dorado: Reproduces quickly
Snapper: Reproduces quickly and grows fast

Alternative Options

Yellowfin Tuna: Large in size
Common & Black Snook: Adaptable
Wahoo: High reproductive rate and fast growth rate

You can change this by being aware and educating other visitors and tourists to the area. Below are some species to avoid, as well as alternative options. This helps reduce pressure on fragile species and contributes to the overall sustainability of fisheries.

By making informed and ethical seafood decisions, we can savor the flavors of Costa Rica's coastal cuisine while contributing to the conservation of its marine treasures.

Let's dine with respect for the ocean, ensuring that future generations can continue to enjoy its bounty for years to come.

Avoid

Octopus: Ethically questionable due to their intelligence
Lobster: Overfished due to consumer demand
Tilapia: Questionable farming methods using chemicals
Swordfish: High levels of mercury
Marlin: Often caught by bycatch
Shark: Unsustainably fished



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| <p>SIDES/ACOMPAÑAMIENTOS</p> <p>-RICE/ARROZ €1000 -MASHED POTATOES/PURE DE PAPA €1200 -SALAD/ENSALADA €1000 -FRIES/PAPAS FRITAS €1000 -VEGETABLES/VEGETALES €1200</p> | | |

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Surf Trip To Pavones

Greg Gordon



Greg Gordon, CR Surf Travel Company
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My latest surf trip took place in late March, during semana santa. Many people would say to not go during this busy time but that was the only week my friend Henry had to visit with his son, who was making his first surf journey outside of the United States. Also joining us was my friend Santiago, who is a veteran surf traveler. We had already made a couple of trips to Costa Rica and Bali, but this was going to be his first time surfing Pavones.



If you didn't know by now, Pavones is one of the longest breaking waves in the world. On an epic day the rides can be over a minute long and you can ride over a kilometer on a single wave. The forecast was not looking that promising, but we already had reservations and the rental SUV, so we were on our way.

I had to meet my friends a day late, so I took a private ride with my friend Tony Costa Rica, who had a brand new 15 passenger van for transporting clients. The Ruta 27 was closed due to the weekend traffic so we took the back roads through San Mateo, stopping for some excellent coffee with an amazing valley view. We made it by dusk to Dominical, where we had rooms at Posada del Mar.



The next morning we surfed out back early, catching clean head high waves with offshore winds. The tide was a little low, but when it's not too big, that means a few hollow barrels can be found. Henry got into a nice one since he was riding a bigger board that allowed him to get in early and build up speed. We all got our share of fun waves, and after breakfast hit the road south.

It takes about three hours to get to Pavones, and we added time for gas and to get groceries. A friend has a cozy three bedroom house for rent, halfway between Pavones and Pilon, very convenient if you wanted to surf both spots. It takes a lot of swell to get Pilon to turn on, and for the first couple of days it was going to

be small. So knowing that we headed instead to Punto Banco to catch some more waist to chest high surf before the sun went down.

The following days were spent checking the main point frequently and surfing whenever it looked appealing. Waves were not big, mostly waist high with a rare bigger set, but that kept the crowds away. At one point it was just me and my friends - which hardly ever happens at Pavones. In between sessions, we cooked and napped, played guitar and card games, and just enjoyed the escape from the work grind.



Two days before our trip ended the swell arrived from the Southwest. Pavones was a foot overhead, but with the direction was mostly closing out on the south side of the rivermouth. We paddled out anyway and jockeyed around to find a corner to catch. That afternoon the tide came in and the waves started to peel down the wall and into the bay where the fishing boats launched. It seems like the whole town gathered to watch the show as the locals launched airs and raced down the line. My arms felt like noodles so I was happy to just shoot photos from the beach and recover.

The last day there we woke up pre-dawn and met up with the boat captain who was going to take us to Cabo Matapalo, across the Golfo Dulce. It was about a 30 minute ride and when we first arrived to Pan Dulce it looked small, with a few groms sitting on the one main peak waiting for a set. So we motored up to the tip of the point - Matapalo - and saw the first big waves of the day break with only two other guys out. I snapped a few photos before paddling out from the boat to the lineup.

Sets were breaking two feet overhead and the water color was as clear as the Caribbean. The winds were non-existent as were the crowds. About ten of us shared the stacked surf that provided an easy take off followed by a racy section where it hits the rock shelf. Mason, having gained confidence during the week surfing the other breaks, got caught on the inside and was a little shaken. I took off on a bomb

and had the best ride of my trip, with a short cover up and some fun curves before landing a floater over the inside boil.

I paddled in for a quick break and to enjoy that little piece of paradise. Scarlet macaws were flying over my head in the trees and you could hear the howler monkeys in the distance. The only other noises were the rustling of the leaves in the wind and the waves breaking. I closed my eyes to let the moment sink in, and gave thanks for being able to travel and surf with friends to some of the best beaches on the planet.

I went back out for a couple more waves and then paddled back to the boat. The tide was still too high for Backwash (another right breaking wave close by) and so we motored back to Pan Dulce for one more session. The surf there was only knee to waist high due to the swell starting to drop, but the waves we caught were super long, some over 200 meters. Moms and dads were out with their kids in the lineup, pushing them into the smaller waves and we hooted them on as they caught their first rides. Sharing the stoke is what it is all about.


We had to catch a flight the next day, so it was a rush to get back to Pavones, pack our bags, and drive back north towards the airport. We made it to Playa Bejuco for the last night. It is a powerful beach break with hollow waves when it's on, and a fun uncrowded spot when there is not a board breaking swell. Since our ride to the airport was coming early, only Henry and Mason caught the last dawn patrol, but Santiago and I had caught our fill of waves and were ready to head home with some great memories.

Every surf trip is going to be different, but the best way to enjoy it is to have some good friends around to share the experience. We were lucky to score good days at Dominical, Pavones, and Matapalo. Those are three of my favorite surf breaks in the world. They are great spots even if you don't surf. If you are looking to visit and want my advice, feel free to contact me through my website.



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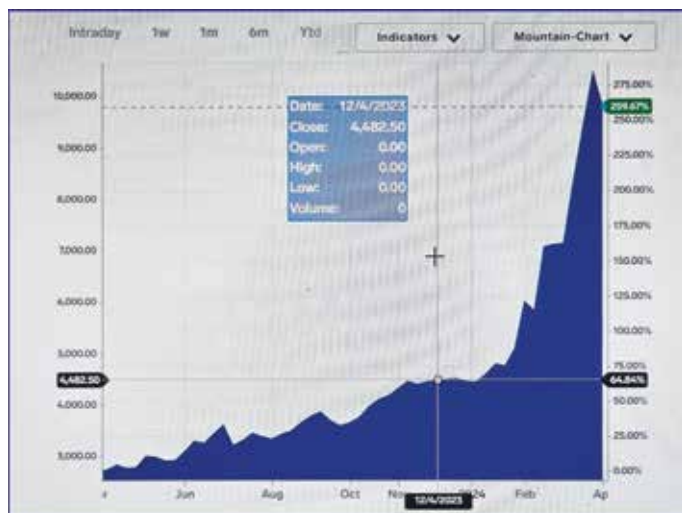
Manuel Antonio • Dominical • Uvita



CACAO A Captivating Experience With Addictive Brown Beans

By Jack Ewing

I couldn't believe it, but there was the headline on the local news, the price of cacao had surpassed \$10,000 per metric ton on the international commodities market. Could that be possible? When in doubt "Google it". I did, and the close for that day, April 2, 2024, was \$10,051 per ton. When I began planting cacao in 1979 the international price of the fascinating, addictive, aromatic beans, was around \$3000 a ton, seven years later, during the course of one year, it plunged to \$700. Our cost of harvesting and processing was more than that. We quit spending money on the plantations and returned them to Mother Nature. We abandoned those years of learning and the hard work of producing and processing those beans that were once considered to be so valuable that they were used as currency.



On a recent trip to Guatemala, I visited a shop that sold many different types of cacao from dry, toasted beans to fancy chocolate. Among other goodies, I bought a packet of beans, which reminded me of the days when we cultivated cacao at Hacienda Barú.

In 1979 and 1980 we planted about 12 hectares of cacao, one of the few crops that require zero chemicals. You can use chemicals, but the end product is tastier and less costly to produce without them. Quality depends on growing, harvesting, and



processing methods. The variety of cacao has very little to do with the tastiness of the final product.

The right amount of shade is important, and the plants you use to provide that shade can eliminate the need for chemical fertilizer. We started the cacao plants in plastic bags filled with organic soil in a nursery and later moved them to the area that would become the plantation. The small cacao plants were spaced three meters apart and surrounded by four pigeon pea plants. Pigeon peas are legumes whose roots fix nitrogen in the soil, thus eliminating the need for it in chemical form. These grew much faster than the cacao and provided shade for the young plants for the first three years. Then the pigeon peas finished their life cycle and died, and we cut them down. Pigeon peas are good to eat, but most Costa Ricans don't know what they are, and there is no market for them. One day a representative from the United Nations Refugee program came to see me. Not far from Hacienda Barú there was a UN refugee camp for people fleeing the civil war going on in Nicaragua at that time. When he found that we had no plans to harvest the pigeon peas he asked if we would donate them to the camp. I agreed, and he brought a truckload of refugees to do the picking and took away a truckload of pigeon peas with happy refugees sitting on top of the sacks.

At the same time, when we planted cacao seedlings and pigeon peas, we planted cuttings that would take root and grow into large leguminous trees called poró. Poró trees are fast growing and need to be pruned



often. The branches and leaves from each pruning contained enough nitrogen to nurture the cacao trees indefinitely. In addition to nitrogen, the pruned debris decomposed and provided organic material that enriched the soil with a multitude of nutrients and bulky fiber. It was a lot like compost.



Once a chicken farmer called me saying that he had a huge pile of chicken manure that he would give me if I would haul it away. I checked with the agricultural department and was told that chicken manure was the best fertilizer I could use. The chicken farmer bagged it in used chicken feed bags, and I hired a large truck to bring it to Hacienda

Barú. From the day we unloaded the truck, some of the workers complained about the chicken manure, saying it was unhealthy and would make them sick. One of them even went to the health department and filed a formal complaint against Hacienda Barú. They told him we hadn't broken any laws or rules and, to the contrary, they were happy to hear we were practicing organic agriculture. Everywhere he went to complain he got pretty much the same answer. Finally, he gave up. About a year later the agricultural department came by and took a dozen or so soil samples at various locations within the plantation. They tested the samples and later gave us a certificate saying that the plantation was chemical-free. At that time organically produced crops didn't earn much of a premium, but there was one cacao buyer who gave a little higher price for the chemical-free product. It didn't cost any more to go the organic route, and I don't understand why more farmers didn't do it.

Harvesting and processing were the most important steps in assuring a high-quality product, one that had an aroma that immediately brought an image of a steaming cup of hot cocoa to mind. The mature pods were orange-colored. The green ones and the dark red ones weren't ready to be harvested. Once cut off the tree the ripe pods were opened with a machete exposing the seeds and a sweet and sour syrup that coated them. It was all dumped in buckets and hauled to the fermenting bins. The raw beans were dumped into the top bin and every two days moved to the next one just below it. Moving them allowed air into the mixture which was an essential part of the process. There were holes in the bottom of the fermentation bins so the alcohol, a by-product, could drain off. A friend of mine always came around when we were

fermenting the cacao to capture the ethanol-laden juice from which he made wine. After three bin changes, about six days, the beans were dark brown and ready for drying.

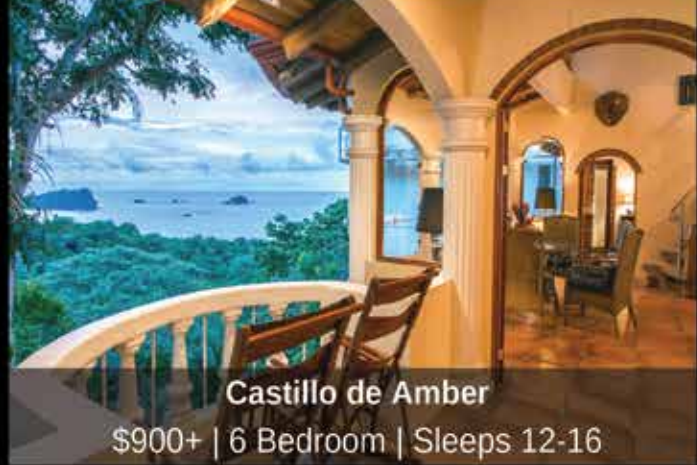
We built drying racks we could roll out when it was sunny and roll back under a roof when it looked like rain. Three days of good hot sun were necessary to dry the beans to the level required by the buyers, 7% moisture. At this stage, everyone who worked with the cacao got in the habit of occasionally grabbing a bean, cracking the outer shell, and eating the dark center which was pure bitter cacao. In other words, they became addicted. Even the neighbor's chickens became addicts. I am a cacao (chocolate) addict to this day.



By the third year, the cacao plants had grown into small trees that produced a few cacao pods, our first harvest. At five or six years the trees reached full production. After a couple of profitable years, the bottom fell out of the market, so we gave the plantations to the monkeys. Today those old plantations are one of the most biodiverse habitats on Hacienda Barú National Wildlife Refuge. But all that is another story. See my first book *Monkeys Are Made of Chocolate*.

There is much more to the story of cacao than the experience related above. If you are interested in seeing and learning the fascinating story of the origin, early usage, and current methods of processing cacao beans, there is a tour available that tells it all. Learn about it at: costaricanchocolate.com

*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*.*










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Emerging Parasite Poses a Great Threat to Costa Rican Primates



Parasitic infections have emerged as a significant contributing factor to the alarming decline in wildlife populations, particularly in light of the escalating frequency of interactions between animals and humans. Human practices, such as deforestation for agriculture, expansion of tourism infrastructure, landscape changes, and urbanisation, have led to the fragmentation of forests and the subsequent spread of parasites from wildlife to humans and domestic animals worldwide. This global phenomenon has had a detrimental impact on primate populations in Costa Rica, posing a grave threat to their health and possibly altering the transmission dynamics of parasites within these vulnerable hosts.

Habitat fragmentation, accelerated by human activities, increases the chances for wildlife to come into contact with parasites. Factors such as how animals interact with others of the same species (intraspecific associations) and how they interact with different species (interspecific associations) affect the spread and impact of parasites. For example, when animals live in smaller or more isolated groups due to habitat fragmentation, it can change how parasites are transmitted between them. Understanding these interactions is crucial for addressing the risks parasites pose to primate populations and their conservation.



In recent years, a specific parasite, *Prosthenorchis elegans*, has emerged as a notable concern, affecting conservation efforts to preserve Costa Rican primates. This article delves into the implications of this emerging parasite and the efforts Kids Saving the Rainforest (KSTR) is making to combat its devastating impact.

The Rise of *Prosthenorchis elegans*

KSTR has observed a disturbing rise in the number of cases involving squirrel and capuchin monkeys afflicted with the parasite *P. elegans*. In 2023, a staggering 36.7% of the primates received by KSTR tested positive for this parasite, and more than one

third of those infected individuals died as a result. This intestinal parasite is spread when monkeys eat insects, such as cockroaches and beetles. Based on observations made by our team of biologists and veterinarians, KSTR believes that inadequate waste management in local communities, worsened by the growth in tourism and urbanisation in Quepos and Manuel Antonio, has created a breeding ground for cockroaches infected with this parasite. As a result, *P. elegans* has become more concentrated in a smaller number of host species, leading to more severe health issues in these infected individuals.

Primate Species Affected

P. elegans poses a significant challenge to several primate species, including the endangered squirrel monkeys and mantled howler monkeys, as well as the vulnerable capuchin monkeys, all of which are listed on the IUCN Red List of Threatened Species. These primates already face threats from agriculture, wildlife trafficking, conflicts with domestic animals, and electrocutions. The emergence of *P. elegans* adds an additional threat to their long-term survival. Moreover, this parasite has also been identified in a number of other American primate species including the Golden Lion Tamarin and the Wied's Marmoset. The presence of *P. elegans* in these diverse primate species highlights the wide-ranging impact of the parasite and the need for comprehensive monitoring and conservation efforts to protect these vulnerable populations.

Impact on Conservation Efforts

The impact of *P. elegans* on conservation efforts is substantial. Researchers have identified *P. elegans* as one of the primary causes of mortality in neotropical primates within rescue centres. The parasites' ability to severely compromise the nutrition and health of infected animals weakens them and makes them more vulnerable to additional threats such as predation or secondary infections. Consequently, this parasite poses a significant potential threat to the conservation of Costa Rican primates.

Detection and Treatment Challenges

Microscopic detection of *P. elegans* eggs in faeces is the primary method of identification. However, there are limitations to this method because *P. elegans* closely resembles other species in the same group. Accurately identifying *P. elegans* requires examining



parasites during post-mortem examinations of affected animals. Unfortunately, as of yet the adult form of *P. elegans* shows limited response to available medications. Primates with a high number of parasites and severe symptoms often need surgery to treat intestinal damage and remove adult parasites. Recently, KSTR performed a successful surgery on white-faced capuchin, removing no less than 85 parasites from its intestine. However, surgery often has a low success rate and may not be effective against the small, hard-to-find juvenile parasites. That's why it is crucial to conduct more research on how this parasite causes disease. Understanding its mechanisms will help develop effective treatments that can combat *P. elegans* and improve the chances of successful therapy for affected primates.

KSTR's Efforts to Combat the Threat

In an effort to mitigate the conservation threat posed by *P. elegans*, KSTR has initiated a comprehensive study involving local and international scientists. The study aims to investigate the potential causes of the disease in primates and the observed increase in cases. Researchers will explore the various factors that potentially contribute to the development and progression of this disease, including the role of primates as the definitive hosts, intermediate hosts (cockroaches and beetles), and environmental factors such as like human activities. Additionally, KSTR plans to conduct a genetic study to ascertain if this parasite is the same species or a new variant affecting primates in the region. This genetic analysis will provide valuable insights into the nature of the parasite and its potential impact on primate populations.

Furthermore, as part of our preventive plan, KSTR finances bi-annual fumigation programs to control cockroach infestations in our facilities. By reducing the presence of cockroaches, which serve as intermediate hosts for *P. elegans*, the risk of primates becoming infected with the parasite is minimised. In line with our hypothesis that poor waste disposal contributes to the prevalence of *P. elegans* by creating a favourable breeding ground for cockroaches, KSTR also aims to support proper waste disposal efforts. By financing initiatives for appropriate waste management, we aim to address one of the root causes of the parasite's transmission and reduce its impact on primate populations.

How Can You Help?

Your support and donations to organisations like Kids Saving the Rainforest can have a meaningful impact in mitigating the conservation threat posed by *P. elegans*. By contributing financially, you can help provide the necessary resources for the rescue, treatment, and rehabilitation of primates burdened with a high parasitic load. KSTR's efforts not only focus on immediate care but also support extensive research into *P. elegans*, which is crucial for reducing its prevalence and addressing the threats it poses to Costa Rica's primate populations.

In addition to financial support, raising awareness about the impact of *P. elegans* and the challenges faced by primates in Costa Rica is essential. By sharing information through social media, online platforms, or local community events, you can educate others about the conservation threat and the ongoing efforts to combat it. Increasing awareness can inspire more individuals to get involved, support initiatives, and collectively work towards protecting these endangered primate species.

Your contributions, whether through donations or spreading awareness, can make a difference in the conservation of primates affected by *P. elegans*.



Conclusion

In conclusion, the emergence of *P. elegans* as a significant parasite affecting Costa Rican primates emphasizes the need for conservation efforts and research. Organizations like Kids Saving the Rainforest play a crucial role in protecting and preserving these incredible animals. By gaining a deeper understanding of the causes and effects of this emerging parasite, we can work together to create a future where Costa Rica's primates can flourish without the devastating impact of *P. elegans*.

It is important to recognise that primates, with their remarkable biodiversity, are one of the main attractions for tourists visiting Manuel Antonio and Quepos. A decline in primate populations, and consequently biodiversity, can result in a reduction in tourism and thus a decrease these area's income. Therefore, addressing the conservation threat posed by *P. elegans* is not only vital for the survival of these species but also for the sustainable tourism and economic well-being of the region.

By supporting conservation efforts, conducting research, and raising awareness, we can contribute to the protection of Costa Rica's primates and ensure the long-term viability of their habitats. Together, we can strive for a future where both primates and humans can coexist harmoniously, preserving the natural beauty and biodiversity of Manuel Antonio and Quepos for generations to come.



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Hummingbird photos: Toni Tsay, instagram: @tonitsay

Most hummingbirds beat their wings 60 to 80 times per second. The name hummingbird comes from the humming sound their wings make as they fly. These birds' flexible shoulder joints allow their wings to rotate 180 degrees, which enables backward flight and stationary hovering.



Hummingbirds have compact bodies with relatively long, blade like wings having anatomical structure enabling helicopter-like flight in any direction, including the ability to hover. Particularly while hovering, the wing beats produce the humming sounds, which function to alert other birds. In some species, the tail feathers produce

sounds used by males during courtship flying.

Hummingbird legs are short with no knees, and have feet with three toes pointing forward and one backward.



The sexes differ in feather coloration, with males having distinct brilliance and ornamentation of head, neck, wing, and breast feathers. The most typical feather ornament in males is the gorget – a bib-like iridescent neck-feather patch that changes brilliance with the viewing angle to attract females and warn male competitors away from territory.

Hummingbird females build a nest resembling a small cup about 1.5 inches (3.8 cm) in diameter, commonly attached to a tree branch using spider webs, lichens, moss, and loose strings of plant fibers. Typically, two

pea-shaped white eggs – the smallest of any bird – are incubated over 2–3 weeks in breeding season.

Hummingbirds have unusually long lifespans for organisms with such rapid metabolisms. Though many die during their first year of life, especially in the vulnerable period between hatching and fledging, those that survive may occasionally live a decade or more.



In the realms of symbolism and folklore, the hummingbird has charmed its way into various cultures, often seen as a messenger of love, joy, and good fortune, they are believed to carry the wishes of the people to the spirit world, a testament to their profound connection to the divine.



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“Veganizing” Your Favorite Foods

Michele Poff, PhD

“Mmmmm.” Delicious foods hit our tongues with a burst of delight. They trigger dopamine releases and allow us to truly enjoy the entirety of our life existence in this fleeting moment. They make us smile from within, let escape an unintended moan, and transport us almost to transcendence. Ahhh. One of life’s simplest and purest pleasures.

No wonder people are attached to our favorite foods!

It is this craving for the transcendence of the dopamine rush that keeps us eating what we eat, for better or for worse.

Plant-based foods don’t exactly have the reputation for triggering delightful transcendental experiences.

What if they did?

Let’s be honest. The primary reason people don’t go fully plant-based is the flavor. Not far behind flavor is the texture. Most plant-based meals are just not the same. And many are severely lacking in tongue appeal. In turn, the dopamine shot isn’t triggered like when you bite into something absolutely delicious.

If plant-based foods could be just as delicious as your usual foods, would you make the switch? It would be a whole lot easier, wouldn’t it!

These are the problems. Let’s find some solutions!

Some Ground Rules

The first thing you need to know about plant-based cooking is that you need to use a LOT of flavorings! So fill up your spice cupboard, your bottled sauce selection, your vegetable stock cubes and miso paste, and your vinegars. You’ll need soy sauce, Bragg’s aminos, mustard, and nutritional yeast. Vermouth and vegan Worcestershire can also come in handy. Visit an Asian market when you can as they have a huge sauce selection – just watch out for the fish sauce, as a lot of Asian sauces contain it. Keep on hand fresh (or frozen fresh) ginger, garlic, and onion, along with your favorite fresh herbs. If you love your sweets, be sure you have good vanilla, excellent cocoa powder, and good raw sugar.

The second thing you need to know is that certain plant-based foods behave differently than you may be aware. For example, ground flax seeds plus water produces a goo that makes an excellent binder in baking. Raw cashews soaked, blended, and heated will become a thick cream—the less water, the thicker the cream. Avocado and ground chia seeds can both be used to make a mousse-type pudding. Frozen bananas in the blender with a little flavoring becomes a perfect substitute for ice cream, especially chocolate. The water from cooking garbanzos is called *aquafaba*—it’s so special it even has its own name. It has a variety of surprising uses including meringue and plant-based butter. These are the main surprising qualities from plants, but by far not the only surprises. Dig into some plant-based recipes and be amazed!

Let the Subbing Begin

For some dishes, you can literally just swap out animal-based ingredients for plant-based ingredients. This works wonderfully in a lot of baking recipes. Swap in “flax egg” for egg, plant milk for milk, and a plant-based cheese for cheese. If you want something creamy, you can use heated cashew cream, pureed silken tofu, or oat milk (homemade, from raw oats works best) instead of cow cream. This one always feels like cheating the system – when Fettuccine Alfredo is back in your weekly rotation because it’s not going to kill you if you eat too much of it. Definitely do a web search for “vegan recipe for X” and see what comes up.

Not all dishes have easy ingredient swap options. Mac and cheese, for example, isn’t just a simple swap of a couple of ingredients. There are many dedicated plant-based recipes for making cheez, from a variety of sources. It’s also pretty difficult to re-create a steak or chicken breast. However, fish-n-chips can be recreated with tofu, seaweed, and a nice breading. Tuna salad can be recreated with tofu or chickpeas, then a lot of all of the other flavorings including celery, onion, pickles, a sheet of seaweed ground, mustard, and more. There are a lot of recipes online for these. It’s not going to be exactly the same as your original favorite, and always remember to go heavy on the flavorings. Eventually, you will like these versions a lot better because of how you feel after eating. For those plant-based eaters who really really want their

plant-based food to taste like their favorite animal-based foods, like eggs Benedict or sauteed scallops, for example, there’s a plant-based chef called “The Gentle Chef”, and he creates amazing replicas of animal-based foods in the plant-based kitchen. He has many cookbooks out, and his recipes are surprising. His dishes fool even dedicated meat eaters.

Plant Milks and Cheeses

Whatever the plant milk or cheese is made from, that’s what you’re eating. Plant-based food knock-offs do not carry the same nutrient profiles as their dairy counterparts, so pay attention to what’s in them. Coconut is one of the only plant-based sources of saturated fat. So, if you’re having coconut milk ice cream, cheese, yogurt, or just coconut milk, you’re having a lot of fat and honestly, not much else.

Cow cheese is the hardest thing to give up for most people. It’s helpful to find a good substitute. Nothing will ever taste exactly like the original, and it will usually not even come close. But some items can be just as delicious, even if different. Local artisan cashew cheeses are available at Dominical, Tinamaste, and Uvita férias, and some, such as Dios del Queso, deliver great flavor and texture. Cashew cheeses tend to stand up better when heated, such as on pizza, than coconut-oil-based cheeses, which melt and disappear completely sometimes. You can also make your own almond milk mozzarella without much difficulty.

Don’t Forget the Nutrition!

When veganizing favorite meals, a lot of people focus on the flavor and texture, and ignore the nutritional profile of the substituted items. This happens a lot in “meals” like jackfruit tacos, mushroom “burgers”, and cauliflower “wings”.

It’s important to always remember that the whole point of eating food is for the fuel it provides the body. The dopamine factor is a bonus. Thus, meals each need to have substantial calories (500-800 per meal), and sufficient macronutrients (min. 20g protein). This is why subbing in a vegetable for a meat is a terrible idea! Suddenly, even if the mouth experience is a good approximation, the nutrition of that “dish” just took a serious dive. Jackfruit tacos or enchiladas can be a side dish, not an entrée. Same with a portobello burger and anything made from cauliflower. Enjoy these foods absolutely! Just don’t be tricked into believing they are actually an appropriate adequate meal in and of themselves, no matter what the waiter, or even the chef, has to say about it.

Anything made from a vegetable is a side dish. Period. To be an entrée, a dish must have sufficient calories, protein, carbohydrates and/or fats.

Please—tell this to your favorite restaurateurs! Ask them to provide a breakdown of the calories, proteins, carbohydrates, and fats in each dish. Help them understand that vegetable sandwiches or wraps need to be served with a full portion of legumes in some form. No one likes to leave a restaurant hungry after paying top dollar for a full meal.

Join Facebook Recipe Groups

There are gazillions of plant-based recipes online. Join a few plant-based recipe groups on Facebook—and watch your feed fill with dozens of ideas for plant-based deliciousness.

On to a New Adventure

“Veganizing” your favorite foods will require a bit of research and some trial-and-error before you get it right for your own palate. You will also need to be a bit flexible, as these foods will never be “just like” their originals. But don’t give up. There are many many recipes out there for very delicious and healthy plant-based meals. Once you get the hang of this way of cooking and eating, your old favorites lose their appeal—you feel so much better eating this way.

Enjoy!

For this double issue, two recipes.

Recipe for Plant-Based Bacon

(intentionally misspelled because it’s not actually bacon)

You’ll find several recipes online for this substitute. People use sliced carrots, rice paper, and other creative ingredients. But those recipes lack all of the protein of the bacon, making those options merely tongue teasers, not actual meal bases. Here is a recipe using tofu, retaining the protein of bacon. Enjoy it in a BLT!

1. Firm or extra firm tofu. Cut the block horizontally first, then slice into 1/4” to 1/8” slices. Place in a bowl or the empty tofu box.
2. Add: Bragg’s soy aminos, coat thoroughly
3. A few drops liquid smoke, coat thoroughly
4. A few drops maple syrup, coat thoroughly
5. Dip each slice quickly into soy milk
6. Air-fry on high until it shrinks (~25 min). Turn, continue cooking until desired doneness. Make it crispy if you like it that way! An oven can be used in place of air fryer, ~375-400F. Watch the tofu and adjust the temperature. Be patient.

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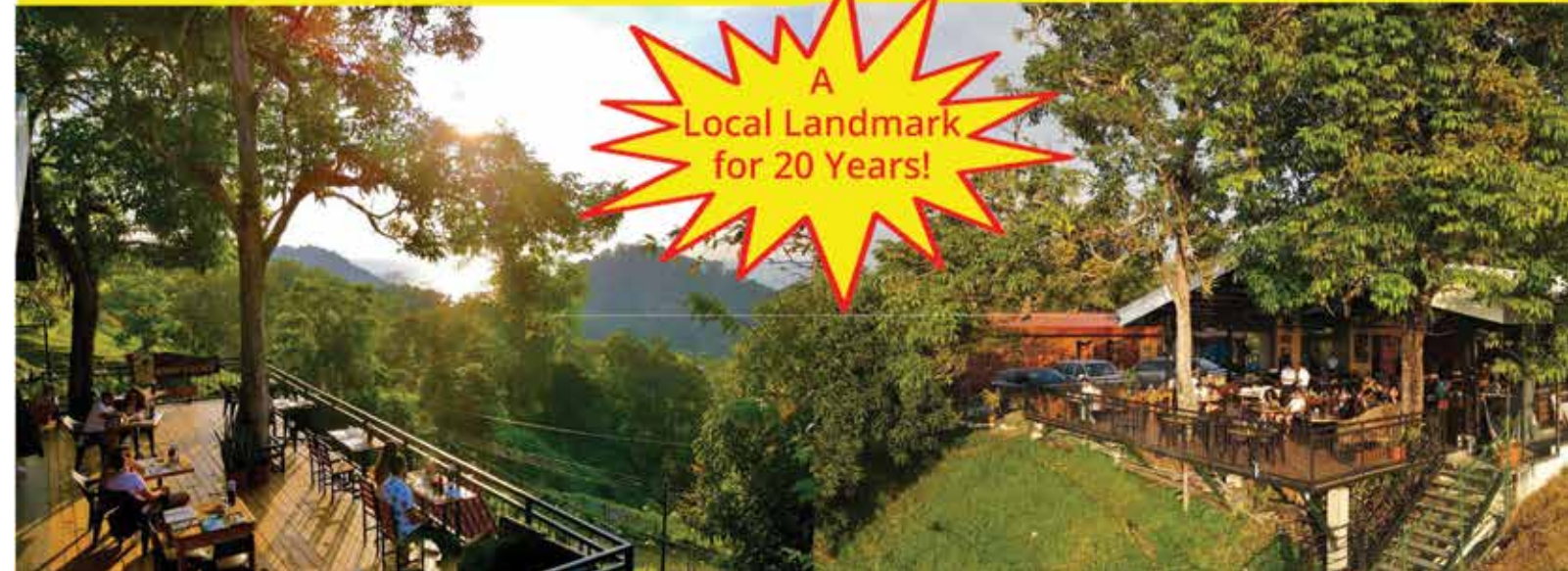
Recipe for Chickpea/Lentil Waffles

In baking, chickpeas impart creaminess while lentils are crispy (making ground lentils a good coating for frying/air frying). Chickpea waffles bend but don't crack; lentil waffles break and don't bend. Blending the flours brings the best of both. You can self-grind brown lentils in a high-speed blender, purchase pre-ground lentil flour, or even use whole lentils that you've soaked and blended. You'll want to add FLAVORINGS to these bases.

1. Heat your waffle iron or pancake pan, a little lower heat than usual.
2. Combine: (Ingredient amounts are estimates. Feel free to add or reduce amounts as you wish)
3. 1-2 plant "eggs" (e.g., 1 T ground flax + 1 T water)
4. 1-1/4 cup chickpea/lentil flour
5. 3/4 cup grain such as whole wheat or rice flour, or whole rolled oats
6. 1/4 tsp salt
7. 1/2 tsp baking soda
8. 2 Tbsp raw cane sugar
9. 2 Tbsp cinnamon, plus other spices you like: clove, star anise, cardamom, turmeric, ginger...
10. Mix. Add
11. 1-1/2 - 2 tsp vanilla
12. Mashed 1/2 avocado or 1 banana, or 1/4 cup coconut oil
13. Plant milk to consistency
14. Pour, cook slowly on medium-low heat. Remember these are legumes so give them time. Cook until very brown, just before burned. If pancakes, spread them thin and press toward the end of cooking to ensure the middle is cooked. These take a long time to cook.

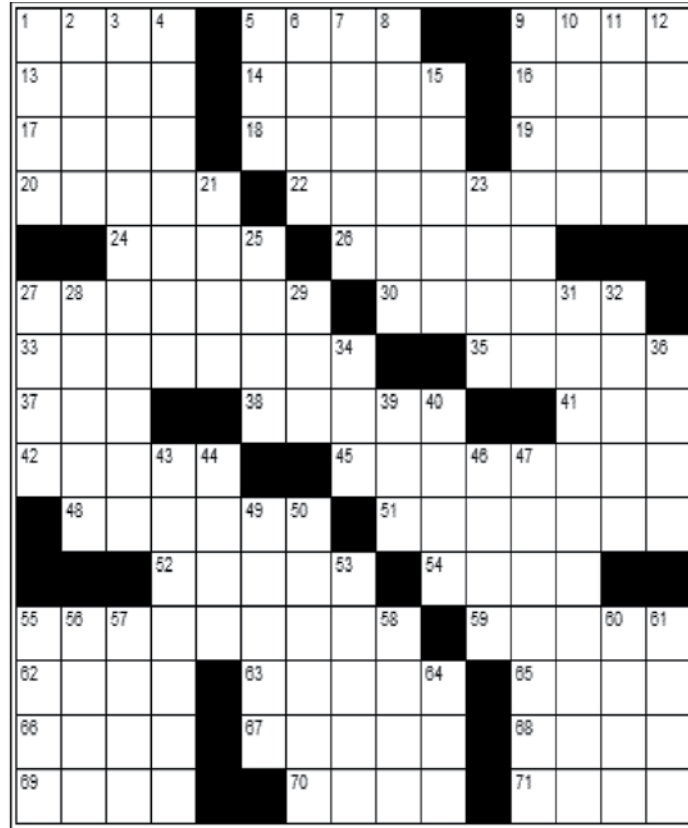
Have plenty of delicious toppings on hand, and enjoy!

Michele is a professional writer, editor, instructional designer, and qualitative/quantitative researcher. Her book Whacked Out presents science-based wellness tips for all major life areas, including a healthy plant-based diet. She also runs wellness retreat tours in the Brazilian Amazon. Michele can be reached through her retreat website: paradisefoundretreat.com.



ACROSS

- 1. Hubs
- 5. Cigarfish
- 9. Seaweed
- 13. Metal used in steel
- 14. Anagram of "Sneer"
- 16. Lunch or dinner
- 17. Hide
- 18. Complete
- 19. Tablet
- 20. Undersides
- 22. In a hapless manner
- 24. Food thickener
- 26. Swindle
- 27. Clique
- 30. Distributed
- 33. Inhabitant of the United States
- 35. Floral leaf
- 37. Tavern
- 38. Wear away
- 41. Layer
- 42. Embarrassment
- 45. Antiseptic
- 48. Alerts
- 51. Bare-breasted
- 52. Daughter of a sibling
- 54. Glance over
- 55. Instances of nonsense
- 59. Outward
- 62. Murres
- 63. Wooden box
- 65. Large town
- 66. Encounter
- 67. Abominable snowmen
- 68. Computer symbol
- 69. Being
- 70. Notices
- 71. Greek district

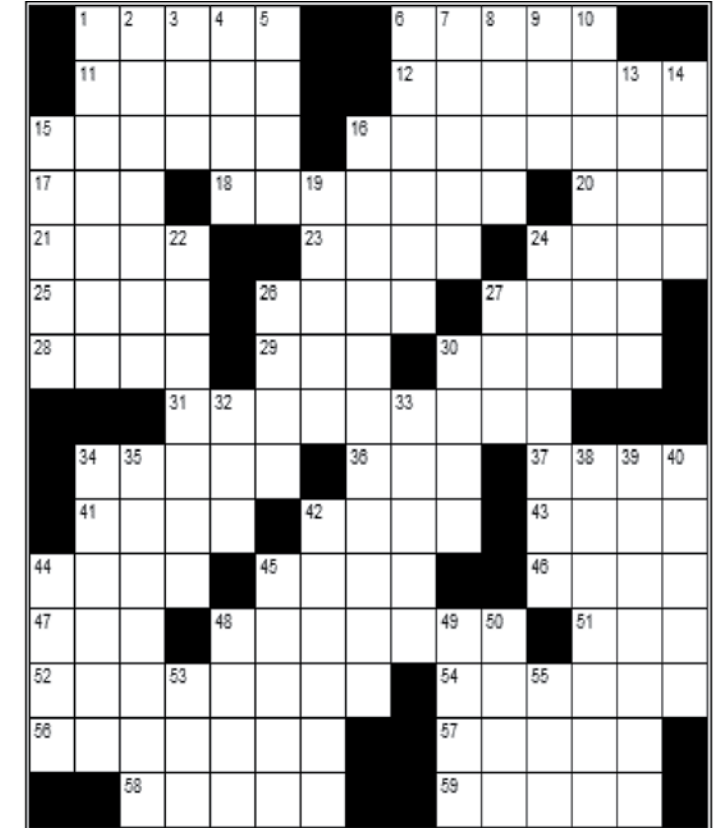


DOWN

- 1. What we kiss with
- 2. Black-and-white cookie
- 3. Incidental
- 4. Whole number
- 5. Band performance
- 6. Harvest
- 7. Caper
- 8. Fatalities
- 9. Someone who has lost a limb
- 10. Luau souvenirs
- 11. Chutzpah
- 12. Friend in war
- 15. Slumber
- 21. Indian dress
- 23. Paddles
- 25. Oriental grain
- 27. Taxis
- 28. A city in Nebraska
- 29. Hearing organ
- 31. Tenderfoot
- 32. Valleys
- 34. Holiday drink
- 36. Strong cleaners
- 39. Cotillion girl
- 40. Makes a mistake
- 43. Require
- 44. A Great Lake
- 46. Riot spray
- 47. Weak
- 49. Compassion
- 50. A large amount
- 53. Gladden
- 55. Be mad, angry, or furious
- 56. Minerals
- 57. Prevaricates
- 58. Eye infection (variant spelling)
- 60. "Smallest" particle
- 61. Physics unit
- 64. S

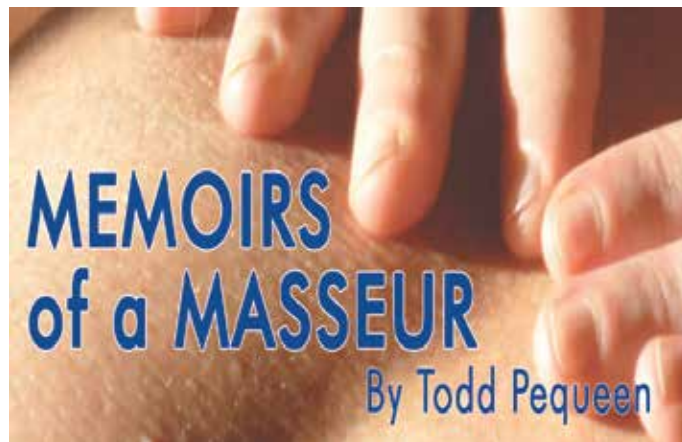
ACROSS

- 1. Water vapor
- 6. Auspices
- 11. Rips
- 12. Most serene
- 15. Foray
- 16. Use the wrong way
- 17. Be mistaken
- 18. Consented
- 20. Music genre
- 21. Precipitation
- 23. Salute
- 24. Fool
- 25. Curved molding
- 26. Metal used in brass
- 27. Kiddie
- 28. We are (contraction)
- 29. French for "Friend"
- 30. Bodily cavity
- 31. Having confidence in
- 34. Orbs
- 36. Obtain
- 37. Digestive juice
- 41. Decorated, as a cake
- 42. Run for it
- 43. Nitpicky to a fault
- 44. Female deer (plural)
- 45. Get ready
- 46. Impact sound
- 47. Picnic insect
- 48. Traditional
- 51. Form of "to be"
- 52. Drawings
- 54. Ink applicator
- 56. Activate
- 57. Electronic letter
- 58. Implant
- 59. Chairs



DOWN

- 1. Warehousing
- 2. Breed of dog
- 3. Consume food
- 4. Diva's solo
- 5. Millisecond
- 6. Having a low pH
- 7. Artist's stand
- 8. Happy
- 9. Evil spirit
- 10. Samurai ritual suicide
- 13. Hillsides
- 14. Sort
- 15. Goat antelope
- 16. Purposeless
- 19. Bell sound
- 22. Sharp pointed implements
- 24. Simpleton
- 26. Heat in a microwave oven
- 27. Can
- 30. Location
- 32. Antiquity
- 33. Ocean trenches
- 34. Having artificial body parts
- 35. Film material
- 38. Occupy
- 39. Honors
- 40. Patriarch
- 42. Falsely incriminated
- 44. Baby's first word
- 45. Dish
- 48. Fourth sign of the zodiac
- 49. Mid-month days
- 50. Arrived
- 53. Sweetened chicle
- 55. Sheep sound



Long Term Rewards

Our lively hood here in Manuel Antonio is based on tourism, or at least mine is, profoundly. This is no surprise to the tourist or a local reading this article. For almost a quarter of a century I have been hustling massages, surf lessons, English lessons (back in the day) and the joy of a lifestyle built around our beach, freedom, and access to the wonders of nature that is literally in our back yards. There is not a single local that will not agree to the fact that Manuel Antonio is a land rich in animals, beauty, and abundance. That said I can slowly feel the pressure and behavior of some short-sighted individuals beginning to take advantage of the bounty here. That is what this month's article is about, the principles around sustainable tourism and the economics behind people who love it here. I see that path as a frail one, something that is not guaranteed and can easily be overlooked. Principles is really what I am writing about. I feel that earning a fair wage today with the knowledge that a return trip will multiply income in the future is a mindset. Return visits and friendships from the "Manuel Antonio family" is literally how we sustain ourselves.

Sometimes I question myself when I give discounts based on volume or situations that I am simply happy to be a part of. Money is very important I agree, but definitely not why I signed up to be a massage therapist. I will forever hold the sanctity of my work over an extra \$20, \$40, or a pay out in order to maintain my integrity. Week in and week out I am faced with challenges relating to individuals expecting commissions for work they have not done. The clearest and most well-known hustlers are the "parking attendants" down near the park, that charge tourists to pay for public parking... I see this tendency as a dangerous practice and will never agree with it. The pressure to access clients vs. being a lone wolf has grown over the years. I see the same mentality with concierges that believe they deserve money for doing a job that they are lucky to have, yet they

don't represent all the options available, they are all about the money today, not in the future, their commissions. This town and many around us face the same challenges as society as a whole. The monopolies, the dominance of the businesses with the means, and the control of the tourist dollar to the effect that every move made is not about the quality, it is about the back end return to the person who facilitates the experience. Fair enough. I am born a capitalist and will forever be one. Karma is not an action believed by all of us but indeed what comes around goes around especially in a town as small as this one. The casual reader may be thinking why even spend the time writing on this topic. That is quite simply how tourist towns work. My explanation is I do not think we are the average tourist destination. I know dozens of people who return every year to have another great week here in Manuel Antonio. They see friends and locals who they appreciate and seek out for a hug and a meal. Show me another place in the world that has a return rate as high as Manuel Antonio or Costa Rica in general. With that blessing comes an obligation to not rip people off that are new to the scene. I have thought about this for two decades. I have traveled the world as a tourist and experienced how other places deal with the same situation. Sadly, most locations are not worth visiting twice. I firmly believe that Manuel Antonio grows on people when they are hosted in proper fashion to the not so discovered tours and into the "underground" network of locals that simply do not have the ability to be ranked number one, two, or three on a google search. In fact, I am here to say that in my humble opinion delete the rental, the high-powered business, the in-your-face online concierge and give a little more effort to yourself and your vacation days, you deserve it. Anyone with a few years under their belt understands that the easiest and quickest route is almost always the one that may be satisfying but surely not the best. Hidden gems are valuable because of this principle and the energy they provide. The surprises, the genuine passion for life, the little things and the little guy will be the most genuine about are in real time. Think about it. All-inclusive everything is a tourist on a leash. Are you that dog?

Air B&B has done an amazing job providing shelter to travelers that previously had to book a hotel. Independents that fight against the monopolies and the side shows they provide has always appealed to me. I am not saying that everyone has to be this. I have witnessed many vacationing north Americans with the attitude of "only the best for me." What they don't even understand is that they are being taken, are paying upwards of 75% more because of their corporate driven advertisement-based attitudes that are comical

when actually broken down. Why does anyone even desire that they most have the best of the best in terms of the more they spend, the more they get. It's lazy. In this day and age, it is simply not true. One can choose to be a tool for the system or not, I'm simply suggesting thinking about it for a moment or two. The more popular the spot the more buyer beware. There are sharks in our Manuel Antonio waters and I do not mean Mother Pacifica (I frequently swim around our closest of islands the gemelas (twins, no sharks). I am simply expressing myself as a long time independent. What you the reader are presented with may be there for reasons that have a current much deeper than your interest in a day of fun. I will admit that almost any tour that anyone signs up for is amazing, Costa Rica is a blessed place. My only request from you the reader is to also seek out your own connection to this amazing town by getting off your ass and talking to locals, getting uncomfortable, and exploring. You will not regret it. I see this entire article is symbolic of life itself. If you are one to listen and follow directions and only go to the places that are online and frequently visited you are missing out, not on experience but on the God given curiosity to explore and take chances. What are you waiting for? Get out of your phone, spend time with your lover not your device and go and explore. Do not be one of these twenty somethings walking on our streets staring at their screens missing the scarlet manawa's flying by, the monkeys frolicking above, and even the kind locals that will give you a free ride and want nothing in return. This town is downright amazing if you just get off the tourist trail and stop being a conditioned part of the herd. I may be a little bit jaded after 24 years (this month), but I recognize the brothers and sisters out there that are seeking authenticity over a pre-packaged meal. By meal I mean experience, imagined security, or going with the "safer" decision. What ever happened to the freedom and the joy of rock and roll baby, and I am not talking about music. When you leave our town and remember what it felt like and incorporate it into your life...what is more genuine? Why do you not want more of it? There is nothing to confess other than you are getting older, I truly wish you the reader a phenomenal year ahead and to meet you the next time around.

(Todd has been writing for the Quepolandia since it was a 6-page pamphlet back in 2001. He has a just opened Bed and Breakfast at sarahntoninbnb.com and is the first male masseur in the area. Reach out to him on WhattsApp at 506-8830-7727 or at tpequeen@yahoo.com. His amazing wife is a lifelong tenured photographer at sarahyunker.com. Please reach out and come for a stay!)

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01 ON THE MAP!

MARCH MADNESS

1a ON THE MAP!

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TIDES for MAY 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.

TIDES for JUNE 2024

| Day | High | Low | High | Low | High | Phase |
|--------|---------------|---------------|---------------|----------------|---------------|---------------|
| Sat 01 | | 03:22 1.07 ft | 09:53 8.54 ft | 16:08 1.13 ft | 22:23 7.74 ft | |
| Sun 02 | | 04:23 1.05 ft | 10:53 8.81 ft | 17:12 0.84 ft | 23:26 7.90 ft | |
| Mon 03 | | 05:24 0.94 ft | 11:51 9.12 ft | 18:11 0.49 ft | | |
| Tue 04 | 00:25 8.15 ft | 06:22 0.78 ft | 12:46 9.40 ft | 19:06 0.15 ft | | |
| Wed 05 | 01:21 8.41 ft | 07:17 0.63 ft | 13:39 9.60 ft | 19:58 -0.11 ft | | |
| Thu 06 | 02:14 8.65 ft | 08:10 0.54 ft | 14:29 9.67 ft | 20:48 -0.25 ft | | New Moon |
| Fri 07 | 03:04 8.80 ft | 09:00 0.55 ft | 15:17 9.61 ft | 21:35 -0.26 ft | | |
| Sat 08 | 03:53 8.84 ft | 09:50 0.66 ft | 16:05 9.40 ft | 22:22 -0.13 ft | | |
| Sun 09 | 04:41 8.79 ft | 10:38 0.87 ft | 16:52 9.07 ft | 23:07 0.12 ft | | |
| Mon 10 | 05:29 8.64 ft | 11:27 1.15 ft | 17:39 8.65 ft | 23:52 0.46 ft | | |
| Tue 11 | 06:16 8.42 ft | 12:15 1.46 ft | 18:27 8.19 ft | | | |
| Wed 12 | | 00:37 0.85 ft | 07:04 8.18 ft | 13:05 1.77 ft | 19:15 7.74 ft | |
| Thu 13 | | 01:23 1.25 ft | 07:53 7.96 ft | 13:56 2.01 ft | 20:07 7.33 ft | First Quarter |
| Fri 14 | | 02:10 1.62 ft | 08:42 7.79 ft | 14:50 2.17 ft | 21:00 7.02 ft | |
| Sat 15 | | 02:59 1.93 ft | 09:32 7.69 ft | 15:44 2.21 ft | 21:56 6.84 ft | |
| Sun 16 | | 03:50 2.15 ft | 10:23 7.70 ft | 16:39 2.11 ft | 22:52 6.79 ft | |
| Mon 17 | | 04:41 2.25 ft | 11:12 7.81 ft | 17:32 1.91 ft | 23:46 6.87 ft | |
| Tue 18 | | 05:32 2.24 ft | 12:00 7.99 ft | 18:21 1.62 ft | | |
| Wed 19 | 00:37 7.07 ft | 06:22 2.11 ft | 12:47 8.24 ft | 19:08 1.28 ft | | |
| Thu 20 | 01:24 7.34 ft | 07:10 1.90 ft | 13:32 8.52 ft | 19:52 0.93 ft | | |
| Fri 21 | 02:10 7.67 ft | 07:57 1.64 ft | 14:17 8.78 ft | 20:36 0.61 ft | | Full Moon |
| Sat 22 | 02:54 8.02 ft | 08:44 1.36 ft | 15:02 9.00 ft | 21:19 0.34 ft | | |
| Sun 23 | 03:38 8.36 ft | 09:30 1.09 ft | 15:47 9.14 ft | 22:02 0.14 ft | | |
| Mon 24 | 04:22 8.66 ft | 10:17 0.88 ft | 16:33 9.18 ft | 22:46 0.04 ft | | |
| Tue 25 | 05:07 8.90 ft | 11:06 0.74 ft | 17:20 9.11 ft | 23:31 0.05 ft | | |
| Wed 26 | 05:54 9.07 ft | 11:56 0.69 ft | 18:09 8.93 ft | | | |
| Thu 27 | | 00:18 0.17 ft | 06:42 9.14 ft | 12:48 0.73 ft | 19:01 8.66 ft | |
| Fri 28 | | 01:07 0.37 ft | 07:34 9.14 ft | 13:43 0.83 ft | 19:56 8.34 ft | Last Quarter |
| Sat 29 | | 02:00 0.64 ft | 08:28 9.08 ft | 14:42 0.95 ft | 20:55 8.04 ft | |
| Sun 30 | | 02:55 0.93 ft | 09:26 9.00 ft | 15:44 1.03 ft | 21:57 7.82 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.



OFFSHORE FISHING

It has been a truly outstanding Offshore fishing season so far with some of the best Sail fishing we have experienced in recent years. The water temperatures remained consistently high this year due to the El-Nino phase and was regularly in the 86-88f range but we encountered some epic Sail fishing when water temps dipped to 84-85f at various stages during the past couple of months.

Most of the Offshore charter fleet have posted regular double digit Sailfish days this season, our best day aboard GOOD DAY was 16 Sailfish during March but many other days we released between 5-14 Sailfish with most of the charter fleet posting similarly excellent catch reports. We found it a much better dry season (Dec-Apr) in terms of the fishing overall compared to 2023 and the Los Suenos Triple Crown tournament shared that it was their best tournament results in terms of number of Sailfish released since 2016, which is just fantastic to hear.



The Tuna reform of 2023 which pushed foreign Tuna purse seine boats out to 80 miles (previously 45 miles), seems to be working wonders and it has been one of the best Tuna fishing years we can recall. I have seen consistently more Tuna schools and Spinner Dolphin megapods Offshore this year (typically 20-30 miles) than I have in any other year since moving to Quepos in 2015. Huge thanks to FECOP for their help in pushing this initiative forward to help better protect our Industry & Ocean.

March & April produced some Bumper sized Yellow Fin Tuna in excess of 100lbs and many smaller Tuna in the 10-30lb range also highlighting the sign of a healthy fishery. The Dorado bite has been fairly slow due to the warm ocean temps but as April progressed the quality of the fish was incredible with some solid 40-50lb Bull Dorado making an appearance.

May and June should see steady numbers of Sailfish, Dorado, Tuna and Wahoo with more Marlin than we have seen in recent months as seasonal rains bring the water temps down. We are now entering peak time for our Offshore Marlin FAD Fishing with the best Blue Marlin fishing on the planet taking place 60-100+ miles Offshore during multi day live a board trips.

MARINA PEZ VELA OPEN

The Marina Pez Vela Open took place on 13th April where 27 boats battled it out to see who would be crowned champions. 86 Sailfish and 3 Blue Marlin were released during the 1 day event and teams brought 6 Dorado and 4 Tuna back to the scales to be weighed for the heaviest fish prizes. Huge congrats to Capt. Rudy & team PURA VIDA for taking the win with an impressive 14 Sailfish, huge congrats guys with TEAM CALIENTE taking second place and TEAM FREZNY in third.

Results - MPV Open 2024

1. PURA VIDA - 14 Sailfish
2. CALIENTE - 6 Sailfish & 1 Blue Marlin
3. FREZNY - 5 Sailfish & 1 Dorado

Top Small Boat **MUY CALIENTE** - 1 Blue Marlin, 2 Sailfish, 1 Dorado
 Top Lady Angler **Aileen Gonzalez** (Pura Vida)
 Top Junior Angler **Patrick Tomlinson** (Sweet Dreams)
 Heaviest Dorado **Tony Bagliore** (Sabe Nada) 54lb
 Heaviest Tuna **Mary Dembosky** (Spanish Fly) 92lbs



INSHORE FISHING

It has been a fantastic dry season in terms of our Inshore fishing and some excellent variety has been caught these past few months. The Roosterfish fishing as always has been world class with lots of fish this season in the 15-30lb range. The next few months from May to August typically produces some of the largest Roosterfish of the year in the Quepos area. A true GRANDE Roosterfish is considered 40lbs but each year there are Roosterfish in the 50-90lb range caught also. A Bonito livebait is the number 1 bait to catch a large Rooster but Lookdowns, Blue Runners, Goggle Eyes, Sardines and Topwater Lures can all account for large fish also. The Snook fishing this year has been exceptional, no new world record Snook have been recorded in Quepos so far this year but the chance of large fish still remains in the coming months fishing the rivermouths.

March and April provided some excellent Corvina (Seabass) fishing with fish falling to slow pitch jigs and sardine live baits fished hard on the bottom with lots of fish in the 10-25lb range.

There has been some excellent Snapper variety this year with lots of Cubera, Pacific Red Snapper & Yellow Tail Snapper all being caught regularly by the fleet Inshore aswell as a few Rock Snapper also.

The Mullet Snapper bite has been good at the Offshore reefs and should continue through May and June. The next few months starts the peak time for our deep drop bottom fishing in 200-400' depth, where Silky Snapper, Snowy Grouper, Tilefish and Congrio can be targeted.

Our Inshore trips are suitable for all the family and are an excellent way to introduce children to ocean fishing. We have a host of great Inshore boats available for charter here at Marina Pez Vela, such as Good Day, Asi O Mas, Fly Catcher, The Bite, Cocodrillo, Idra 2, Sky 2, Mucho Fisho, Mirse Azul, Cayla, Long Zipper, Osmark Fishing, Chloe Frijole & Isabella. All of these boats provide excellent Inshore charters & will do their best to put you on the fish.



TOURNAMENT DATES

What a tournament season it has been so far kicking off last November with a record-breaking number of boats and prize money in the Dorado Derby. Then we had another record setter with 90+ boats for the Pelagic Rockstar in January and great events for the Roosterfish Rodeo and Pescadora Ladies Only in February. March was time for the Sailfish Slam before April made way for the Marina Pez Vela Open and Offshore World Championships. Huge thanks and congrats to the tournament team for all their hard work so far but we are not done yet and the next event is the Summer Slam taking place on July 6th. All are welcome and we would love to see you there!

The dates are now set for the 2025 tournament calendar so mark your diaries and check out our full Marina Pez Vela tournament event schedule at marinapezvela.com/tournaments/

| | |
|----------------|--|
| July 6 | Summer Shootout 2024 |
| November 9 | Dorado Derby 1 |
| November 16 | Dorado Derby 2 |
| January 9-12 | Pelagic Rockstar |
| February 1 | Roosterfish Rodeo |
| February 20-22 | Pescadora Billfish Championship (Ladies Only) |
| March 8 | Sailfish Slam |
| April 5 | Marina Pez Vela Open |
| June 28 | Summer Shootout 2025 |

See you on the water!

Benn Gilmour, Jackpot Sport Fishing
 Marina Pez Vela, Quepos
 Cell: 8458 4997
info@jackpotssportfishing.com
jackpotssportfishing.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 |
| 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 |
| El Mezcal Restaurante | | 6287-6755 |
| 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 |
| J.P. King | 800 | 558-5464 |
| Kids Saving the Rainforest | | 8568-5335 |
| KR's Cocina | | 8497-1168 |
| La Langosta Feliz | | 2787-5214 |
| Latitude 9 Real Estate | 8843-3636 | 2777-1197 |
| Light of Dawn | | 8467-8210 |
| 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 Restaurant | | 2100-8608 |
| Sunset Sails | 1-888-268-5671 8317-5072 | 2777-1304 |
| Tentacion | | 2777-3663 |
| Tico Pod | | 2643-2068 |
| Uvita Law Firm | 2743-8416 | 2743-8619 |
| Yolo | | 8983-0011 |



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 | 6:00 AM D | 4:30 AM | 4:30 AM | 4:50 AM | 5:20 AM | 6:45 AM | 5:00 AM |
| 5:00 AM C | 9:00 AM D | 5:30 AM | 5:00 AM | 6:30 AM | 7:30 AM | 7:15 AM | 6:30 AM |
| 7:30 AM D | 10:30 AM D | 6:30 AM | 7:00 AM | 9:00 AM | 10:00 AM | 10:00 AM | 8:00 AM |
| 8:15 AM C | 12:00 PM C | 7:30 AM | 9:00 AM | 11:30 AM | 12:00 PM | 12:00 PM | 11:00 AM |
| 9:30 AM D | 1:15 PM D | 9:30 AM | 10:00 AM | 1:00 PM | 2:00 PM | 2:00 PM | 1:00 PM |
| 1:00 PM D | 2:30 PM D | 11:00 AM | 11:00 AM | *4:00 PM | 5:00 PM | 4:00 PM | 2:40 PM |
| 2:30 PM D | 4:45 PM D | 12:30 PM | 12:00 PM | *6:00 PM | 7:00 PM | 6:00 PM | 5:00 PM |
| 5:00 PM D | 7:30 PM D | 2:00 PM | 1:00 PM | 8:15 PM | 9:00 PM | | |
| | | 3:30 PM | 2:30 PM | | | | |
| | | 4:30 PM | 3:30 PM | | | | |
| | | 6:00 PM | 5:30 PM | | | | |
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*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 | 4:30 AM | 5:00 AM | 7:00 AM |
| 9:30 AM | 1:00 PM | 8:00 AM | 11:30 PM |
| 2:30 PM | 4:00 PM | 11:30 AM | 3:30 PM |
| 5:30 PM | | 3:30 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
 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
 CN Direct ... 800-015-1161
 MCI ... 800-012-2222
 Sprint ... 800-013-0123



2024 Pescadora Billfish Championship Celebrates The World's Top Female Anglers

61 teams & 264 Lady Anglers representing 13 countries competed. 743 Billfish were released - more than any other women's event in history!

Maria Magalhaes: IFGA Release Division Top Angler on UNO Mas

Christa Forrester: Both Hook and Hand and the Top Tagging Angler on Restless

Elizabeth Arn: Top Junior Angler E&A

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

Iglesia Católica Inmaculada Concepción de Maria Schedule of Services

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

Priest: Daniel Torres
 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 Celebrating 25 Years!

The birth of our Savior and Lord Jesus Christ

Sundays

9 am & 6 pm

Weekdays 6 pm

Daily Readings at catholic.org

Catholic Church, Quepos



LOVING JESUS
 GROWING TOGETHER
 SERVING THE COMMUNITY

Join us for Bilingual Services
 Sundays 10:00 am

75 m North of the Gas Station, Next door to Los Barriles Restaurant, Uvita

www.iglesiadelacosta.com



Project Cat Pill

Theory and Practice

1. Approach the unsuspecting cat. Try to do this as casually as possible, because cats have a sixth sense when it comes to giving pills to them. Cats believe pills and cats cannot co-exist in the same universe.



2. Grab the cat where ever you can when it tries to scoot for safety. Lift it up and pretend you only wanted to hold it in your lap for a while. When it almost believes this, sit down and place it in the crook of your left arm. Someone said you should hold it like a baby, but anyone who owns a cat knows this cannot be done. Firm but kind is the way.

3. Do your best to place your right forefinger and thumb on either side of your feline's mouth. Gently apply pressure while holding the cat pill in your right palm with the help of the rest of the fingers. Don't drop the pill. If you do, it is twice as hard to catch the cat afterwards, because now it knows what you are up to.

4. When the cat opens its mouth, do your very best to drop the pill into its mouth. Allow the cat to close its mouth and swallow. Let go of the cat. Pay attention to the general direction the cat disappears to.

5. Pick up the pill from the floor. Retrieve cat from under the sofa. Cradle cat in left arm. Repeat process. Notice the direction the cat runs.

6. Pick the soggy pill from your carpet and throw it away. Take a new pill from the packet and retrieve cat from bedroom (most likely under the bed). Cradle cat in your left arm, this time hold tightly to its rear paws with your left hand. Force the jaws to open and this time push the pill as far back as you possibly can with your right forefinger. (Yet, cats do growl, get used to it). Hold the mouth shut for a count of ten.

7. Clean the claw-marks on your arm so they won't get infected. Retrieve the pill from the fish tank - it wasn't meant to be fish food and may cause unexpected reactions in your fish. Call your spouse to come in and help. Throw away the pill you took from the fish tank.



8. Ask spouse to hold the darned cat still - both front and rear paws. Force the cat's mouth open. with the help of a folded piece of paper roll the pill into the cat's mouth, shut the mouth and rub cat's throat vigorously.

9. Climb to get cat from curtain rail, get another pill. Try to see where the cat spat the previous cat pill - it wasn't meant for the dog either. Make mental note to repair the curtains and to check if the shattered figurines can be repaired later - especially the one you already sold on eBay.

10. Wrap cat in large towel and get spouse to lie on cat so that it's head is just visible from spouse's armpit. Take a drinking straw and put pill on the other end of it. Force cat's mouth open and blow down the straw into its mouth.

11. Check the package to see if the pill is harmful to humans. Drink a glass of water to take the foul taste away. Bandage spouse's arm. Remove blood from carpet immediately with the help of cold water and soap. Don't use warm water.

12. Retrieve cat from neighbor's shed. Get another pill. Place cat in the cupboard and close the door onto neck so that the head shows. Force mouth open with a spoon and flick pill down with the help of a rubber band.

13. Fetch screwdriver from garage and put the door back on its hinges. Apply cold compress to cheek and check when you last had your tetanus shot. Throw the T-shirt away and fetch a new one from the bedroom.

14. Call the fire department to come and get your cat from the tree across the road. Apologize to neighbour who crashed into fence when swerving to avoid hitting the cat. Get another pill from package.

15. Tie cat's front paws with garden twine and bind tightly to a leg of dining table. Find heavy duty pruning gloves from shed, force the cat's mouth open with a small spanner (a trowel may also come in handy). Push pill into mouth followed with large pieces of fillet steak. Hold head vertically and pour one cup of water to wash pill down.

16. Get spouse to drive you to the emergency room. Sit quietly while doctor stitches fingers and forearm and removes pill remnants from right eye. Call in at furniture shop on the way home and order a new dining room table.

17. Fight the urge to drop the cat at an animal shelter and call the vet instead to arrange for a house call.



Del Silencio a la Libertad

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.

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

B GREEN

Spend Less, Propagate More

Your own plot is the best garden centre there is: collect seeds, learn to take cuttings, and divide plants to stock your own backup nursery. Gaps can then be filled with home-propagated stock plants. Increase what does well in your garden to build a healthy community of plants. If you do go shopping, research a plant's natural habitat to reduce failures.



Restaurants, Bars, & Casinos

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

Real Estate

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

Services

- 44 Massage Todd
- 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 Recherché
- 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



LIVE MUSIC SCHEDULE



BLUE MARLIN
8880-5515
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

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



If you are a venue that has live music and would like to be included here, or you would like to make changes/additions to your existing listing please email: benjaminorton@gmail.com

Si usted es un lugar que tiene música en vivo y desea ser incluido aquí, o si desea realizar cambios/adiciones a su lista existente, envíe un correo electrónico a: benjaminorton@gmail.com



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

Sudoku1 on Page 4

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

Crossword1 on Page 44



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

Sudoku2 on Page 4

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | T | E | A | M | A | E | G | I | S | | | | |
| T | E | A | R | S | C | A | L | M | E | S | T | | |
| S | O | R | T | I | E | M | I | S | A | P | P | L | Y |
| E | R | R | A | C | C | E | D | E | D | P | O | P | |
| R | A | I | N | H | A | I | L | D | U | P | E | | |
| O | G | E | Z | I | N | C | T | I | K | E | | | |
| W | E | R | E | A | M | I | S | I | N | U | S | | |
| D | E | P | E | N | D | I | N | G | | | | | |
| B | A | L | L | S | G | E | T | B | I | L | E | | |
| I | C | E | D | F | L | E | E | A | N | A | L | | |
| D | O | E | S | P | R | E | P | T | H | U | D | | |
| A | N | T | C | L | A | S | S | I | C | A | R | E | |
| D | I | A | G | R | A | M | S | D | A | B | B | E | R |
| A | C | T | U | A | T | E | E | M | A | I | L | | |
| E | M | B | E | D | S | E | A | T | S | | | | |

Crossword2 on Page 45

MORNING TOUR:

- Special discount price in the morning tour.
- Better snorkeling.
- Fewer people, affording you more space and privacy.
- Ideal for Families.
- Full course lunch.



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What's Shaking

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WHAT AN AMAZING START TO 2024! The first months of this year have meant so much to the family at Marina Pez Vela and our local community. Certainly, the highlight of the first trimester of the year has been the overwhelming return of our friends, families, and tourism industry which has surpassed the expectations of even the most optimistic projections. At the Marina, from the record setting RockStar Tournament in January right through to the Marina Pez Vela Open and Offshore World Championships in late April, it has been amazing to see the energy, passion, smiles, and absolute love affair which our new and returning guests are enjoying with our community and facility. While May and June used to signal the end of a high season, they are now a welcomed transition into the refreshing first rains of the year and what promises to be a busy summer travel season.

The Marina continues to celebrate our community and this destination with some great events, celebrations and some incredibly fun tournaments to keep on your schedule for May and June.

Dia de los Trabajadores, May 1

The month of May kicks off with Costa Rica's Labor Day or Dia de los Trabajadores. This 2024 for our MPV family the day takes on special meaning. This years Labor Day we celebrate each and every member of our team who has helped make this amazing project what it is today. The smiling faces, pride and love which every team member brings to the Marina has made this a home for locals and tourists alike and we invite each of you to thank one of the uniformed team when you come to the marina, May 1st or any day for helping to making this such a magical place. We celebrate each of you and everyone blessed with the opportunity to work in this amazing community and country we call home.

Summer Shootout, July 6

The Summer Shootout is a one-of-a-kind tournament that everyone should find a way to participate in if possible. Unlike most tournaments which are focused on either one species (Dorado Derby) or are Billfish-focused, the Summer Shootout is all about diversity and time. Anglers and teams have all day to try to capture as many species as possible in a day. The event is really a celebration of the diversity of our rich marine environment and an opportunity for big and small boats, along with anglers of all shapes, sizes, and experience levels to enjoy fishing inshore, offshore,

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trolling, and bottom fishing with up to 20 available qualifying species. Do not miss a chance to participate and create some unforgettable memories in this year's Summer Shootout.

We Are MPV

While we will always be sharing news and events in this newsletter, we will also be featuring one of our tenants, charter operations, or departments to being to share with you all a glimpse of all of the people and teams who make this project so amazing. This month we highlight **Marsha Bennet** and **Quepos Tackle Shop**.

It is quite simply impossible to think about the Sportfishing industry and history of Quepos without highlighting the fingerprints of Marsha Bennett, owner/heart and soul of the Quepos Tackle shop. Marsha, operated her iconic The Runaway Grill restaurant that has fed so many of our families with love, passion, stories, and laughter. Marsha is a world class angler and has been a part of the growth of the Sportfishing industry here from day one. It is fitting that her Quepos Tackle shop, located right on the waterfront is now equipping our fleet of boats and visiting anglers with everything that need to continue setting record, catching memories, and building the lore of the very industry she helped to put on the map. Whether you are an experienced veteran or preparing for your first trip out on the water, don't miss the chance to visit Marsha and her team at the Quepos Tackle Shop.



Tropical Living

Analyze your Living Style

First of all, the main thing is to analyze how you plan your way of living in Costa Rica. Your culture and religion are vital issues. Are you following any old customs and traditions? Or are you looking for a totally different lifestyle than what you've had in your home country?

if you have selected an off-white color for all the living room walls, you can select green or red for the contrasting wall.

It will give a nice touch to the living room because the off-white color gives calmness to the people, while the red energizes the people.

It's essential to decide the color of the fabric of the cushions, sofas, and curtains according to the color and texture of the wall. Make sure the colors fit the tropical environment.



Consider Colors

The next step is to decide which colors you select for the walls, furniture, curtains, and other details. The color combination must be ideal for your taste and combine well with the tropical environment.

You can apply texture on one wall, while the other walls of the space should be plain. Select the contrast color of the one wall. For instance,



Furniture

As you know, furniture is the essential requirement of every family. If the rooms are big, you can select large furniture. But if the rooms are small, select the small furniture that easily fits

into the room. Big furniture makes a house look small and you can't move around easily.

So first paint the entire home and placing the furniture into it, then select the right rug according to the whole interior.



The Finishing Touch

Various accessories make the entire look of your home elegant and inviting. Dedicate special attention to lighting by using the right lamps in social areas and bedrooms. This will enhance the house's entire interior design and beautify the night view of the house.

Decide if your interior design is a traditional, minimal, modern, industrialist, contemporary, or another style. The showpieces must be placed in the social areas for all to enjoy. These accessories must be selected according to the furniture and your lifestyle.

For sure you'll be surrounded by nature, but you'd want to bring some of it inside. Design green spaces and interior gardens. Don't forget to water your plants on time.



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Menu Price list Services



Menu Download



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Map





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