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**Tuesday August 6 ..... QUEPOLANDIA DEADLINE**

Fri Aug 2	.....	International Beer Day
Sun Aug 4	.....	New Moon
Thurs Aug 8	.....	Happiness Happens Day
Sat Aug 10	.....	Lazy Day
Thurs Aug 15	.....	Mother's Day (CR) / Assumption of Mary
Mon Aug 19	.....	Full Moon (Sturgeon Moon)
Thurs Aug 22	.....	Be An Angel Day



Bienvenidos... Welcome to the jungle. August is one of our favorite months here in this tropical paradise and we look forward to guiding your adventures while you are here. The rains have been bringing new life and the forest is bursting with it and waiting to be explored. This is a great time to experience our National Parks and local treasures like Nauyaca Falls with cooler temperatures and without all the crowds. While hiking through the National Park you probably will notice that a lot of the moms have their babies holding on tight to their backs as they jump from tree to tree.

The whales also return in August to have their babies in the coves throughout the Central Pacific so keep an eye out towards the horizon for them breaching while enjoying a cocktail and beautiful sunset (**Aqua Azul, Ronny's Place, and Sunset** to mention a few). **Marina Pez Vela** is proud to be your Whale Watching Headquarters. In addition to great restaurants, shopping, and world class Sportfishing they have the fleet of boats ready and waiting to get you out and up close to these majestic whales. (**Brisa Elegante and Sunset Sails**).

August 15 is **Mother's Day** in Costa Rica. We want to thank **Frank Schulz** for yet another incredible cover shot of the sloth and her baby. We also want to thank and wish all you amazing woman a wonderful Mother's Day for all you DO. So don't forget to make your reservations, book her a massage, or just take a walk on the beach and let your special woman know how much you care and appreciate all they do.

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

Peace and Enjoy...D



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*Sudoku Solution on Page 61*





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

A UNIQUE SAILING EXPERIENCE

# THE BRISA ELEGANTE

## DISCOVER OUR VESSEL

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

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## DISCOVER OUR CRUISES

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

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

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

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

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

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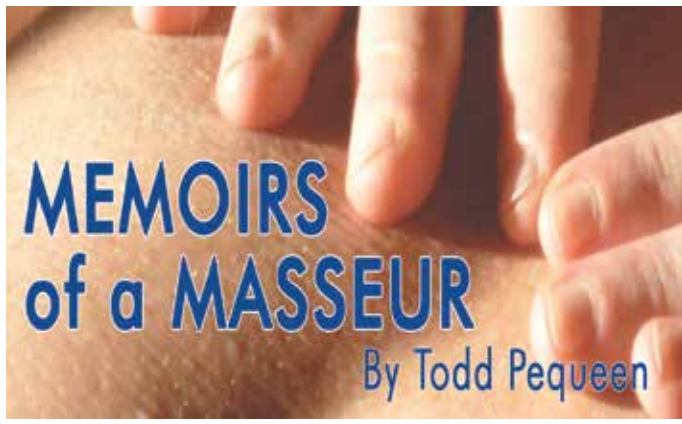
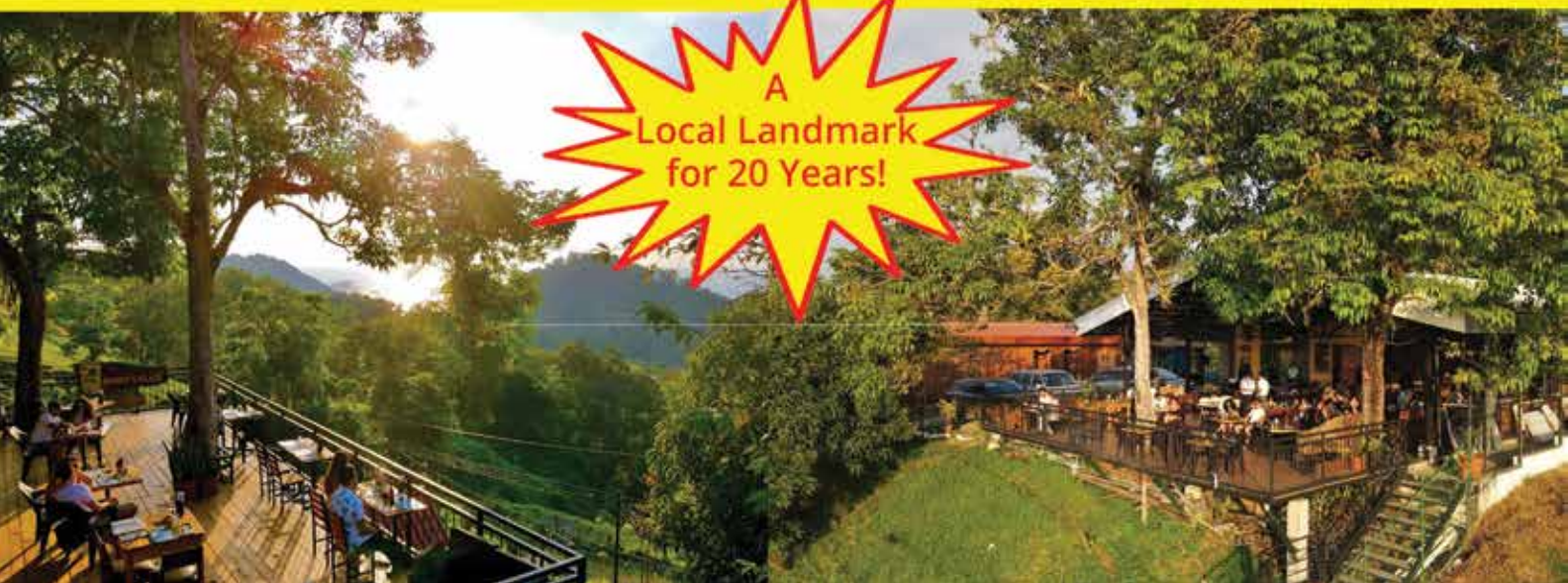
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**The Privilege of Giving**

Seasonal living is a challenge for every local here in Manuel Antonio. It has amazing advantages as well. For us involved in tourism and in the service industry our schedules are often hectic and spontaneous. People on vacation tend to change their minds, not realize transportation times or the wear and tear on the body, and often get fatigued from being in a new place doing outdoor activities. As an independent massage therapist my website says, "it's very simple, anytime and anywhere here in Manuel Antonio," referring to when and where I work. Serving someone can be viewed as one of the greatest of joys a human can have. It is a pleasure to serve our spouses, closest friends, relatives, and for me my clients. Taking that one step further and to provide food, massages, friendships, or something as simple as directions or advice is very fulfilling as a human acting charitable. This may sound odd to you the reader, but I love massaging my client's feet. It is a symbolic in many ways and always makes me feel like I am in a moment of gratitude and fortune. I imagine it must feel the same as a chef delivers his/her main course. For a surf instructor the reward and the thrill of a face that has just ridden their first wave on a surfboard. I could go on and on but the point being that only by giving are you able to receive more than you already have. Massaging and giving of myself is so entwined into my day-to-day life that when slow season comes, and tourism drops considerably, I can go into a restless state from too much time on my hands (literally)! It is in this space that I do much sole searching by staying active and healthy and knowing in my heart the season will pick up again like it always has.

The ebb and flow of the tides, the dark nights versus sunny days, the frequency of work versus off days with relaxation I see as similar cycles. They are one in the same. It is not money that makes my work so satisfying it is the action of my physical nature and the quarter century of experience sharing with my client that makes my work gratifying. Do you know any massage therapist that you would consider financially rich? I don't. However, some people are so poor that

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all they have is money. That money is used to buy material things, yet they haven't a clue about selfless giving onto others which creates true wealth. With our seasonal living here in a tourist town I (among many others) have missed holidays, weekends, and the "normal" vacation times of nine-to-fivers from around the world. I do not have children thus school holidays mean nothing to me although I can see all these influences in the flow of the economy on our beach town. September and October have become my favorite months as I have to seek out work often up north and fill my time with giving in other ways. That in itself is a gift, needing to find ways to stay happy and positive along with absorbing the bumps and bruises of life's unknowns. I hope everyone enjoys the final days of summer and transitions smoothly into their next cycles of this journey called living. We all share that one day we will be on our final day and when that takes place, fulfillment and contentment is all that matters. Having no regrets is perhaps the greatest gift of all.

*(Todd can be reached on WhatsApp at 8830-7727 or by e-mail at [tpequeen@yahoo.com](mailto:tpequeen@yahoo.com). Todd and his famous photographer wife ([sarahyunker.com](http://sarahyunker.com)) recently opened a small unique tree-top bed and breakfast named Sarahonin, [sarahoninbnb.com](http://sarahoninbnb.com). They spend their off season traveling the globe looking for new friendships and experiencing new cultures.)*



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# White or Whole Wheat?

Michele Poff, PhD

We humans have an ancient love affair with bread. Sources vary in terms of how long bread has comprised an essential part of our diet – some say 15,000 years. It's a food that does not require hunting or foraging, and with the spread of agriculture thousands of years ago, bread secured a place in our diets. Who among us does not like bread??

We eat it and we love it, but that doesn't mean we know a lot about it. Many people question the nutritional value of whole wheat bread versus white bread. What are the actual differences?

## Grain Structure

A kernel of wheat has 3 layers: bran, germ, and endosperm.

The bran is the hard outer layer of the wheat kernel and is filled with fiber, B vitamins and minerals. Bran and fiber slow the process of breaking down starch into glucose, thus helping maintain steady blood sugar rather than causing spikes. Fiber helps lower cholesterol and move waste through the digestive tract. It can also help prevent the formation of small blood clots that can lead to strokes or heart attacks. Removal of the bran makes the grain easier to chew.

The germ is the nutrient-rich part of the kernel that sprouts into a new wheat plant when planted. The germ has the wheat's protein, healthy fats, vitamin E, phytochemicals, and antioxidants. Phytochemicals and essential minerals found in whole grains may help prevent some cancers. The germ is removed in refinement because of its fat content which reduces the shelf life of processed wheat products.

The endosperm is the interior layer, filled with carbohydrates, protein, and bits of B vitamins and minerals. It's easy to digest.

Whole wheat flour is made from grinding all parts of the wheat kernel into a powder.

White flour is "refined" by removing the most nutrient-rich parts of the wheat kernel, the bran and the germ, before grinding into a powder.

Refining the wheat creates fluffy flour that bakes up into light, airy breads and pastries.

Refining the wheat strips away more than half of wheat's B vitamins, 90% of vitamin E, and nearly all of the fiber.

White flour is fortified, replacing the nutrients removed in the refining process. This works for some nutrients, but many health-promoting elements of whole grains, such as phytochemicals, can't be replaced.

## Nutrient Content

Whole wheat flour is higher in protein, fiber, calcium, potassium, magnesium, phosphorous, zinc, copper, manganese, selenium, and vitamin B6. It's also higher in phytochemicals, important for disease prevention.

White flour is higher in calories, carbohydrates, folate and folic acid, and iron.

Whole wheat flour has the same or more protein than most beans!

## Glycemic Index

Research by the National Institutes of Health has found that the glycemic response in the body is similar in both whole wheat and white flours. However, when either flour is supplemented with about 40% chickpea flour, the glycemic index reduces.

This is critical information for those with diabetes. In terms of the glycemic index, both whole wheat and white flours perform the same in the body, according to this research.

## Gluten

All wheat contains gluten. Other glutenous grains are barley, rye, malt, brewer's yeast, and all derivatives of wheat including farro. Rice, oats, quinoa, and buckwheat do not contain gluten. Those sensitive to gluten, however, should look for gluten-free oats, as oats are generally processed on the same machinery as wheat and therefore pick up some of wheat's gluten.

Gluten is very high in protein.

Gluten also causes inflammation in the body. Many diseases of inflammation go unseen – e.g., heart disease, cancers, digestive issues. Some, however, cause us regular pain. If you suffer from joint pain, removing wheat from your diet will reduce your discomfort.

## Make Your Own

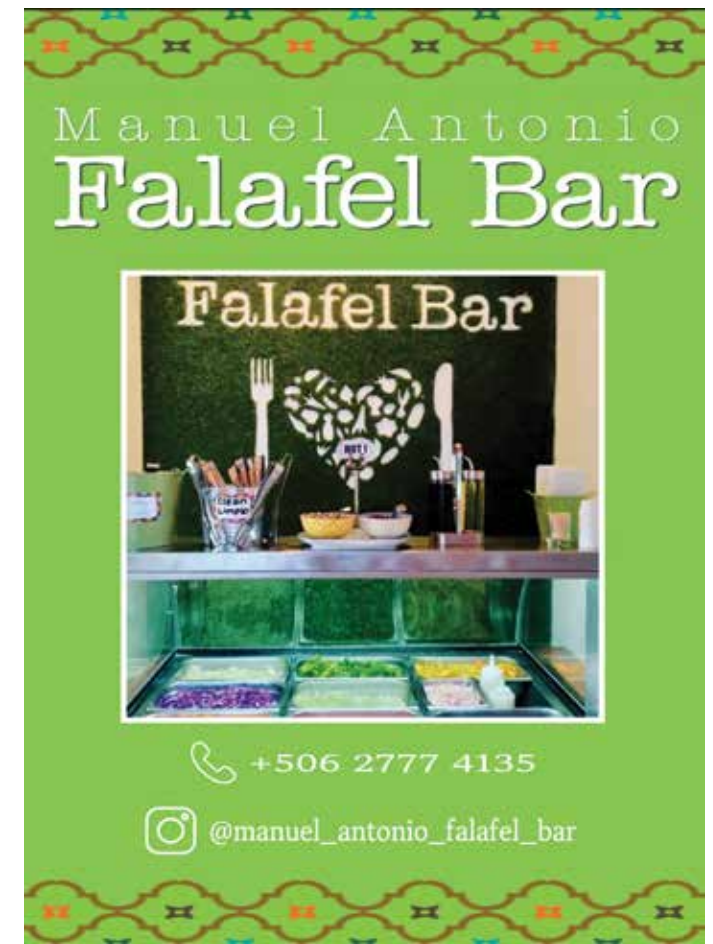
Bread is extremely easy to make, and in this climate, very gratifying. You won't find bread made with 40% chickpea flour in these parts, anywhere. But you can get both whole wheat and chickpea flours around town and easily make it at home. It just takes a moment.

## Low GI Bread Recipe

Dissolve about 1/2 teaspoon of yeast and a teaspoon of sugar in a bit of water. Set aside. This activates the yeast. In a few minutes, foam will accrue on the top. This is necessary and means the yeast is working properly. Close and refrigerate the open yeast packet.

In a large bowl, add your desired flours in your desired combination and desired amount for however much bread you want to make. Put in a half-to-full teaspoon salt.

Add a bit of water and mix it with the flour and yeast mixtures. Add water in very small amounts and mix well until you get a dough. It should not be sticky. If the dough is sticky, add flour until it is not sticky.



Knead the dough on a floured surface for 10 minutes. This process stretches out the gluten and makes the bread chewy. (To knead: press and push the dough away from you, flattening it. Then fold the edges into the center and press and push again. Repeat for 10 minutes.)

Set aside. Cover with a damp towel or piece of plastic. In about 60-90 minutes, it will grow. Poke your fingers into it to shrink it back down, then let it rise again.

Make any shapes you want. Bake at 350F. If you put it into a cold oven, you will get a hard crust. If you put it into a preheated oven, you will get a softer crust.

Keep extra dough in the refrigerator or freezer. Enjoy!

*Michele Poff is a professional writer, living in the Central Coast. She is called to lead people to their best selves. To this end, she writes books to improve the life experience and leads well-being retreats in the Brazilian Amazon. You can find her through her websites [paradisefoundretreat.com](http://paradisefoundretreat.com) and [accomplishcomm.com](http://accomplishcomm.com).*

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Welcome to That's Fishin for a brief roundup of all things Fishing here in Quepos. What a season it has been so far, a truly EPIC TUNA BITE for most of the year, some of the best Sailfishing we have seen for some years during the early part of the season and some record breaking tournaments with our Pescadora Billfish Championship (ladies only), Pelagic Rockstar and Dorado Derby tournaments reaching new heights in terms of number of boats and prize money!

### OFFSHORE FISHING

The main story of the fishing over the past month has been the exceptional Tuna fishing we have experienced. July provided some red hot Tuna fishing, lots of fish in the 10-30lb class but there have been some schools running through with 50-80 pounders and then some with Wicked Tuna sized fish in them, when you see schools of 100-200lb Tuna jumping clean out of the water chasing flying fish, it is a sight to behold and you don't know whether to grab your camera or your fishing rod!



We have been seeing Sailfish on most Offshore charters but July was relatively slow in Quepos as far as Sailfish are concerned until 18th July when Capt Franklin & Alex on the BIG EYE 2 released 10 Sailfish for a fantastic day on the water, which was great to see. There has been a lot of bait out there which has brought the Tuna in close and hopefully we see a consistent Billfish bite off the back of this. AMYS DREAM caught a stunning Black Marlin around a Tuna school mid July and there have been some Marlin showing here and there. During early July we raised 3 Blue Marlin aboard GOOD DAY in one day which was fantastic to see after a fairly slow run on the Marlin prior to that, so they are definitely out there.

The Wahoo bite has been great over the Offshore Reefs with most fish 15-30lb but some big guys also.

There have been days with plenty of small Dorados at the Offshore debris/weed lines around 8-15 miles out, with a few bigger fish mixed in. Conditions are looking great with 83 degree water temps, plenty of



evening rain and debris washing out of the rivers as a result. The Dorado fishing should continue to improve these next couple of months as the seasonal rains intensify before it peaks in November, just in time for the Dorado Derby's.

The Offshore Marlin FADS/Seamounts have been producing Blue Marlin, Striped Marlin & Sailfish and now is an excellent time to take a multi day trip out to the FADS to target Marlin. Our recent guests went 2 for 6 on Marlin aboard the 42' TOOSEA during their 2 night/1 Day FAD trip.

Our friends in Guanacaste have been experiencing a truly epic Sailfish bite this past couple of months, as we did here in Quepos earlier in the season. It is great to see such volumes of fish in the area with boats catching double digit Sailfish on a regular basis and certainly helps give us hope for the future of our fishery.

### SUMMER SLAM TOURNAMENT

The Summer Slam tournament took place on July 6th which has a super fun Species hunt format where teams set out to catch as many of the qualifying species as possible. Totally different from our highly competitive, big boat focussed Offshore Billfish tournaments, this event is wide open for all to compete and a perfect family friendly event to bring the kids along and fish the event on a small Inshore boat. Team Gollita Zapatas caught an amazing 15 different qualifying species to take the win which is a fantastic result, huge congrats to Capt. Rudy Zapata & team, well deserved! Closely followed by the Hatta Dream Ladies with Capt Roberto Gonzalez catching 11 species and the dazed Texans in third with 9 species, well done guys!

### Results - Summer Slam

<b>Gollita Zapatas</b>	15 species
<b>Hatta Dream Ladies</b>	11 species
<b>Dazed Texans on Blue Daze</b>	9 species

### Jackpot Winners - Summer Slam

<b>Reel Freedom</b>	Heaviest Fish 32.7lb Tuna
<b>Blue Daze</b>	Heaviest Dorado 25.2lb
<b>Hatta Ladies</b>	Heaviest Grouper 20.6lb, Heaviest Bonito, most Snapper species, most Grouper species

### INSHORE FISHING

July produced some solid Roosterfishing when conditions were settled. Aboard GOOD DAY we caught 8 stunning Roosterfish over 2 days fishing with Roosters in the 15-30lb range. Boats IDRA,

CAPT SKY & ASI O MAS have been catching some nice Roosterfish also these past few weeks.

Roosterfish can be targeted during full or half day inshore charters from Quepos and August will continue to provide opportunities to catch these fine fish. This time of year is when the large Roosterfish run and catching a 50-90lb Roosterfish from Quepos is most certainly possible. Jacks, Mackerel, Snapper and more can also be caught during these Inshore trips.

Our Bottom fishing in 200-400' for Grouper, Snapper, Congrio & Tilefish can also be excellent at this time of year and well worth investing some time in. Deep dropping with Squid, Bonito or Cigar Minnow baits is very effective as is Jigging.

We have some great inshore boats available at the Marina to suit all sizes and budgets. If you would like an Inshore trip of your own just drop me or the team at the Marina Pez Vela guest centre a line.



### 2024 ROOSTERFISH STUDY

During late June we deployed our 3rd Satellite tag of the year into a 36" Roosterfish at the Naranjo rocks area, just south of Quepos. Amazingly just 10 days later we recaptured the same fish in the same location, aboard the same boat GOOD DAY, what are the chances!? The Tag was still intact and the fish was very healthy so we released it with the Sat Tag still intact. We are looking forward to seeing where the Roosterfish travels over the coming 3 months until the Tag pops off. We are also awaiting the results of a further Roosterfish that we tagged in February with a 5 month Sat Tag applied. This was a larger Roosterfish in the 40-45lb range and we deployed the Tag for 5 months instead of the usual 3 month timeframe that we set the Sat Tags to.

*-Continued on Next Page -*

-Continued from Previous Page -

We will share full results of the data once we receive it. From previous tags we have deployed we are generally seeing a northern migration of the Roosterfish that we Tag in the Quepos/Dominical areas. Most of them head up to the Nicoya Peninsula area, we assume following the current that way and several tags have popped off in the area close to San Lucas Island in the mouth of the Nicoya Peninsula. Two Tagged Roosterfish last year headed 60-80 miles Offshore way over the continental shelf, behaviour we had not evidenced before. We still have many unanswered questions such as when/if the Roosters travel back south. We deployed a Sat Tag in Drake Bay earlier this year to spread our reach of Sat Tags further but unfortunately we did not get any data on that particular tag. It is a long and costly process but we are committed and have a great team. Huge thanks to MARINA PEZ VELA, GRAY FISHTAG RESEARCH and all of our sponsors for their dedication with our ongoing ROOSTERFISH STUDY as we continue to learn more each year about the migration patterns of this iconic fish.

**TOURNAMENT DATES**

We are just 3 months away from our first tournaments of the coming season, the Dorado Derby 1 & 2 taking place on 9th & 16th November. Certainly one of our top tournaments of the year and a firm favourite with Quepenos! Team entries are coming in and boats are getting booked up. If you would like to fish this event please get you boat reserved ASAP as boats will almost certainly sell out for this event.

Team SKY & Team TRIP will be looking to defend their crowns from last years events. I have guests coming in from Ireland and New Jersey to fish the event as well as TEAM PEYTONS PIRATES representing the Costa Ballena area, who just love fishing this event.

The main 2025 tournament calendar is now set, you can find our full Marina Pez Vela tournament event schedule at [marinapezvela.com/tournaments](http://marinapezvela.com/tournaments).

November 9	Dorado Derby 1
November 16	Dorado Derby2
January 9-12	Pelagic Rockstar
February 1	Roosterfish Rodeo
Feb 20-22	Pescadora (Ladies Only) Billfish Championship
March 8	Sailfish Slam
April 5	Marina Pez Vela Open

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### JACKPOT WINNERS

<b>HEAVIEST WEIGHED FISH</b>		<b>HEAVIEST DORADO</b>
Team Coco Loco Boat Reel Freedom		Team Dazed Texans Boat Blue Daze
<b>HEAVIEST GROUPER</b>		<b>HEAVIEST BONITO</b>
Team Hatta Dream Ladies Boat Hatta Dream		Team Hatta Dream Ladies Boat Hatta Dream
<b>MOST SPECIES</b>	<b>MOST SNAPPER SPECIES</b>	<b>MOST GROUPER SPECIES</b>
Team Gollita Zapatas Boat Doña Gollita	Team Hatta Dream Ladies Boat Hatta Dream	Team Hatta Dream Ladies Boat Hatta Dream



JULY 6TH, 2024



## FINAL SCOREBOARD

#	BOAT	TEAM	# OF SPECIES
1	Doña Gollita	Gollita Zapatas	15
2	Hatta Dream	Hatta Dream Ladies	11
3	Blue Daze	Dazed Texans	9
4	Restless	Restless	7
5	Double Nickel	Reel Eyles	6
6	Reel Freedom	Coco Loco	1
7	Showtime	Showtime	1
8	Trip	Carter's & Carters	1



# SPANISH SUCKS

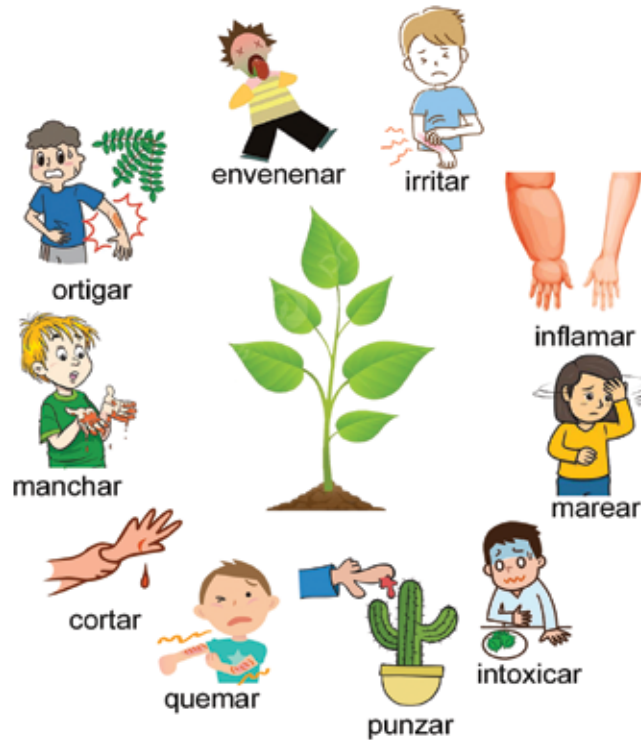
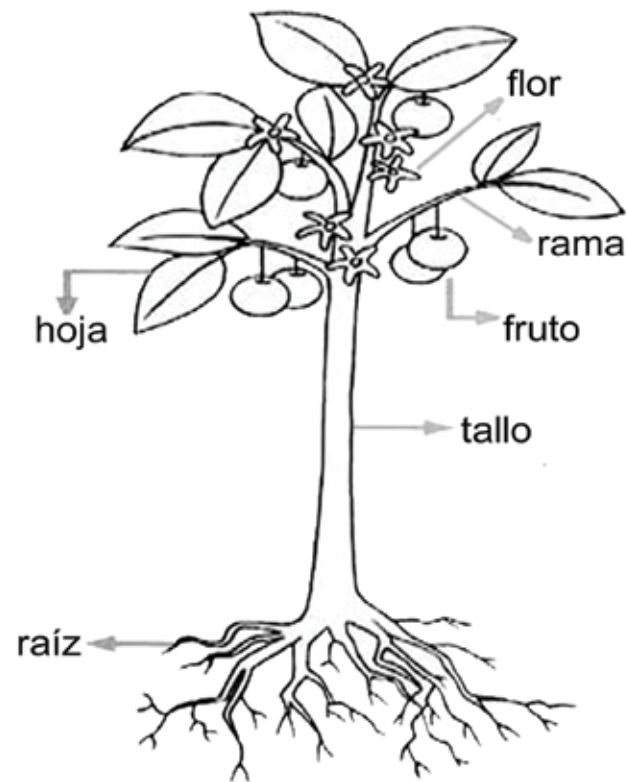
In honor of our dear friend and Spanish teacher, Os.

## Las plantas

Esta vez practicaremos español con las plantas. Las plantas son seres vivos que reaccionan a estímulos externos como agua, luz, oxígeno, etc. Existen plantas sin flores, plantas con flores y unas de sus funciones son producir oxígeno y alimento. A continuación algunas de las partes básicas de las plantas:

Las plantas tienen formas de defenderse física y químicamente. Pueden reaccionar a amenazas producidas por factores externos como animales o situaciones climáticas.

Si una persona se acerca, toca o consume ciertas plantas, las mismas pueden:



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# SPANISH SUCKS

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

## Las plantas

Complete el crucigrama con el nuevo vocabulario de verbos y partes básicas de las plantas.

### Vertical:

1. Brote de muchas plantas, formado por hojas de colores, del que se formará el fruto.
2. Parte que nace del tronco o tallo principal de la planta.
3. Producir enrojecimiento y dolor, también significa *enojar*.
4. Al tocarlas o rozarlas, algunas plantas, medusas y orugas lo pueden hacer.
6. Sinónimo de intoxicar.
9. Órgano de las plantas que crece generalmente en dirección inversa a la del tallo.
10. Sinónimo de pinchar.
11. Lámina, generalmente verde, por donde se realizan las funciones de transpiración y fotosíntesis.
13. Dividir o separar sus partes con otro objeto.



### Horizontal:

5. Esto lo hacen las bebidas alcohólicas cuando no puede caminar en línea recta.
7. Reaccionar a algo poniéndose rojo e hinchándose.
8. Causar cambio de color en alguna de sus partes.
12. Sinónimo de envenenar.
14. Producto del desarrollo del ovario de una flor después de la fecundación, en el que quedan contenidas las semillas.
15. Esto lo hace el sol cuando estamos expuestos a él por mucho tiempo.
16. Órgano de las plantas que crece en sentido contrario al de la raíz.

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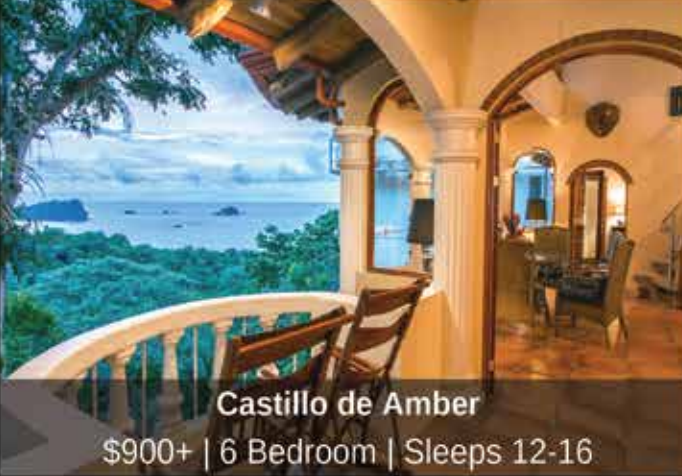
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# Chef's Corner

By Desiree Brassert  
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## Soy Marinated Eggs

Japanese Ramen eggs, or Korean “drug eggs,” are the quintessential umami topping for noodle soups or steamed rice. Here are a few tips to make those perfectly jammy yolks.



### Ingredients

- 6 eggs
- 1 teaspoon of salt or white vinegar
- Ice bath for eggs

### For the marinade

- 3/4 cups of Mirin
- 1/4 cup of regular soy sauce
- 1/4 cup of dark soy sauce
- 1/2 cup of water
- 2 teaspoons of brown sugar
- 1 splash of Sake (optional)



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### Optional additions

- 1 clove of minced garlic
- Freshly chopped hot peppers
- Finely sliced chives
- Toasted sesame seeds\*
- Sesame oil\*

### Directions

1. Bring the marinade ingredients to boil for a couple minutes and then cool down.
2. In a deep pot, bring 1 liter of water to a boil.
3. Add salt or vinegar to prevent leakage.
4. Carefully place eggs into the boiling pan, and set the timer for 7 minutes.
5. Gently stir eggs after one minute so yolks will rest in the middle.
6. After 7 minutes, plunge eggs into the ice bath to stop the cooking and hasten the cooling.
7. Peel and cover with the cooled marinade (a small ziploc bag works well).
8. Store in refrigerator, serve after at least 4 hours, or better yet the next day.

\* Sesame is very popular in the Korean version. Best to add before serving.

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## Dive Deep, Dive Green: Eco-Friendly Practices for Water and Scuba Enthusiasts in Costa Rica



Whilst all of us may not be scuba divers yet, it may be something you are thinking about. Maybe not, maybe you just love the water. Whoever you are and however much you enjoy the water. Costa Rica is certainly a place to enjoy the ocean. But whilst doing that, it is important to engage in eco friendly practices. Here in Costa Rica we have a beautiful underwater paradise that is waiting to be explored. In this article, we explore how divers and water enthusiasts can enjoy the beauty of Costa Rica's oceans while contributing to their conservation.



### The Importance of Eco-Friendly Diving

If you are a scuba diver, Eco-friendly diving is essential for maintaining the health of marine ecosystems. The delicate balance of oceanic life can be easily disrupted by careless human activities. Eco-friendly practices not only minimize negative impacts but also promote the regeneration and sustainability of marine environments. In Costa Rica, where marine biodiversity is a significant draw for tourists, adopting green diving practices is crucial.

### Eco-Friendly in-water Practices

**Buoyancy Control:** Mastering buoyancy is vital for protecting marine habitats, and not just for scuba divers underwater. Proper buoyancy control prevents you from unintentionally touching or damaging corals and other sensitive structures. As a snorkeler or swimmer this could be floating with a good distance from reefs and not walking or stepping on reefs and rocks in the ocean. This skill can be developed through training and practice, ensuring that you as divers and snorkelers can hover effortlessly above the seabed.

**Marine Life Interaction:** Respecting marine life is a cornerstone of eco-friendly interactions. Avoid touching or chasing marine creatures, and maintain a safe distance to prevent stress or harm. Remember, your presence should be non-intrusive and leave no trace. Extremely important as well, do not feed marine life. The same rules apply in the ocean as they do on land. Feeding fish, pineapple, water melon or whatever you have onboard is not part of their natural diet so please refrain from doing so.

**Use Reef-Safe Sunscreen:** Many sunscreens contain chemicals harmful to marine life, particularly coral reefs. Opt for reef-safe sunscreens that do not contain oxybenzone or octinoxate. These products protect your skin without compromising the health of the ocean.



**Minimize Plastic Use:** Plastic pollution is a significant threat to marine environments. Reduce your plastic footprint by using reusable water bottles, bags, and containers. Participate in beach clean-ups and underwater clean-ups organized by local dive shops to help remove debris from the ocean.

**Support Marine Conservation Projects:** Many operators in Costa Rica are involved in conservation projects such as coral reef restoration, marine species monitoring, and education initiatives. Participating in these programs not only enhances your on water experience but also contributes to the long-term health of marine ecosystems.

### In conclusion

Diving and snorkeling in Costa Rica offers an unforgettable adventure, with its rich marine biodiversity and stunning underwater landscapes. By adopting eco-friendly practices, you can play a crucial role in preserving these natural wonders for future generations. From selecting responsible operators to participating in conservation projects, there are numerous ways to make a positive impact.



### So how can you get Involved?

**Discover Scuba Diving Experience:** For those new to diving, the Discover Scuba Diving experience provides a perfect introduction, combining essential skills with a strong emphasis on environmental stewardship. As you dive deep into Costa Rica's oceans, remember that every action counts. Together, we can ensure that these underwater treasures remain vibrant and thriving for years to come. For the Discover Scuba Diving program, where you'll learn essential diving skills and eco-friendly practices in a one-day experience. This includes classroom sessions, pool training, and an open water dive under professional supervision.

**Advance Your Dive Education:** If you are already a diver, pursue advanced diving certifications and specialized courses focusing on marine conservation.

**Volunteer with Marine Organizations:** Get involved with local marine conservation groups. There are many great causes around our area including a turtle rescue center and our own marine conservation center.

By taking these steps, you can contribute to the preservation of Costa Rica's marine ecosystems while enjoying the beauty and adventure of scuba diving.



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## What's Shaking

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Whale Season is an eagerly anticipated time of the year that brings excitement and wonder to Marina Pez Vela in Quepos. The arrival of the humpback whales marks a special time for locals and visitors alike. These magnificent creatures, known for their acrobatic displays and haunting songs, travel thousands of miles from their feeding grounds in the Southern Hemisphere to the warmer waters of Costa Rica to breed and give birth. Marina Pez Vela offers an ideal vantage point to witness these majestic marine mammals up close as they frolic, breach, and tail-slap in the ocean.

Whale watching tours are readily available at Marina Pez Vela, allowing visitors to embark on unforgettable journeys to observe these gentle giants in their natural habitat.

The Marina Pez Vela itself serves as a hub of activity during Whale Season. Its state-of-the-art facilities and vibrant atmosphere create the perfect setting for visitors to relax and soak up the coastal ambiance. The marina boasts a variety of amenities, including restaurants, cafes, boutiques, and a lively promenade, ensuring that there is always something to enjoy after a day of whale watching.

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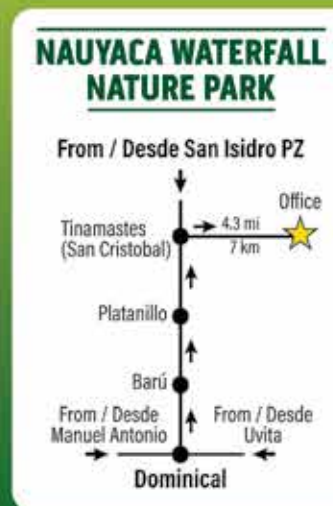
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### The First Time I Had Something Stolen in Costa Rica

Sadly, this is a three part series since I've been robbed more than once. This was the first time, over 20 years ago, when there were a lot less tourists visiting Costa Rica. I had already been on a few surf trips around the country, but this was one of my first times on the Guanacaste coast. I hope this series offers a reminder to others, that even if you think your things are safe it is important to always be vigilant with your belongings.



So back in 1999, before digital cameras arrived, I loved taking surfing photos. I had a Nikon 35mm camera with a decent 500mm lens for getting up close to the surf action. In Dominical I would take photos of local and visiting surfers, then take the bus over the mountain to San Isidro to get the rolls of films developed, and then take the bus again to pick up the finished prints, hoping they were not too blurry or dark or out of center to share.

My friends Tommy and Russ were visiting from Florida and we headed up to Playa Negra, a powerful hollow right wave that breaks on a rock reef shelf. At low tide I was able to walk out over the shelf and take some unreal photos of my friends getting barrelled in the dark blue cylinders that formed 100 meters away. They paddled in and got a few of me as well. We were so stoked.

The next morning at dawn we left our hotel in Tamarindo and headed down to Avellanas. We were the only ones in the parking lot and we walked with our boards and my camera down the beach north to the rivermouth, just across from where Hacienda Pinilla starts now. We had heard not to leave anything in the car so we left it empty.

The waves at the rivermouth were amazing, 1-2 feet overhead on the sets, milky glass conditions and not another person around. I took some shots for about 30 minutes and by then was dying to paddle out and catch a few myself. I looked up and down the beach and didn't see another soul. I thought no one could sneak up on the wide sandy section where I was standing to take my gear without one of us seeing them.



So I set the camera back in its nondescript bag and pushed the bag against a large log that had washed up from an earlier swell. The sun was just peeking over the trees as I walked into the shore break with my board, anxious to paddle out. It took about 5 minutes to get to the peak, and when I turned back to the beach it appeared the bag was still there.

I caught one wave, did a couple of carves and finished with a floater, diving off the board to avoid the shallow sandbar. I looked toward the beach again, and at that moment I saw a man standing over the log with my camera bag in his hands. I shouted to my friends that I was getting robbed and jumped on my board to belly surf to the sand.

I left the board there, somehow running towards the log and removing my leash at the time. I was sprinting to catch up to the guy who had a head start towards the mangroves behind the hotel Cabinas Las Olas. I remember crawling over fallen logs, jumping over grass and mud, thinking the thief was just ahead of me as I could hear the rustling and breaking tree limbs as he crashed through them.

After 10 minutes of running barefoot I lost him but kept plodding forward with my eyes on the ground,



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hoping that maybe he dropped the rolls of film and only wanted the camera. Eventually I reached the hotel grounds and searched all over the property hoping to find the thief or anything that was in the camera bag. I came up empty and both feet were bleeding from the rough terrain.

My friends brought my board back to the car and we drove around for another hour, wondering how he was able to stalk us, get to the bag, and then escape without getting caught. We checked around the nearby village to see if anyone was trying to sell a camera. And we went back to surf the same spot the next day so I could retrace my steps of the chase, hoping again that the thief dropped something.

I will always remember how good the waves were that trip, but not having those photos hurts to this day. The lesson I learned is - Never leave your valuables unattended on the beach - even something as trivial as a pair of flip flops. Someone is bound to be watching you and waiting for the right moment to steal it. For things like keys or a phone, if there is no place to hide them really well and you have to leave them on the beach, put them in an old plastic snack bag and dig multiple holes, and then bury them in one of the holes. Or find an old coconut husk and hide your keys in there, setting it back among other beach debris above the high tide line. At least that way the thief will need more time to find your stuff.

**What to do if you're caught in a Rip Current**

**DON'T PANIC!**

**Swim Parallel to the shore until clear of the current.**

**If you can't break free, let the current take you out beyond the breakers.**

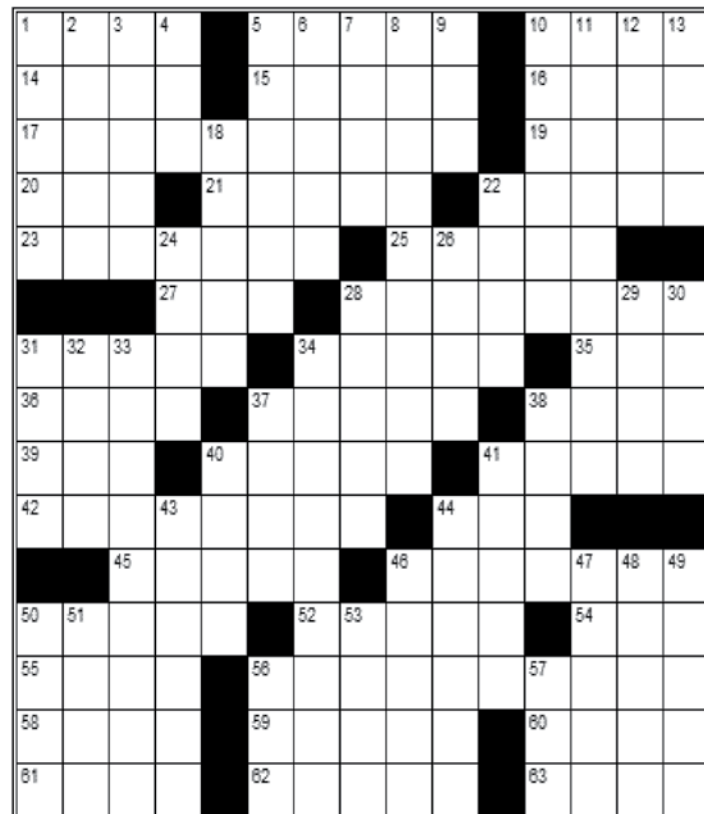
**Then swim diagonally toward the shore. Never try to swim against the current.**

**Remember it's easier to float in salt water.**

Crossword Puzzle

ACROSS

- 1. Bleats
- 5. Mindful
- 10. Overhaul
- 14. Probabilities
- 15. Example
- 16. Smooth or level
- 17. Widely circulated
- 19. Visage
- 20. Downwind
- 21. Sea swallows
- 22. Stacked beds
- 23. A medical procedure
- 25. Jargon
- 27. Type of primate
- 28. Constructors
- 31. Furuncles
- 34. Full of excitement
- 35. Fifty-two in Roman numerals
- 36. Arm bone
- 37. Impales
- 38. Closed hand
- 39. Physically sound
- 40. Forests
- 41. Teals and mallards
- 42. Convincingly
- 44. Honey insect
- 45. Haven
- 46. Colorful duck
- 50. Confuse
- 52. Blood pump
- 54. Falsehood
- 55. Percussion instrument
- 56. Enticement
- 58. Cubes
- 59. Ancient Roman magistrate
- 60. Consumes food
- 61. Didn't dillydally
- 62. Daisylike bloom
- 63. Being



DOWN

- 1. Soup dishes
- 2. Farewell
- 3. Type of viper
- 4. South southeast
- 5. Unit of electric current
- 6. Anxiety
- 7. Gulf port
- 8. Restores confidence in
- 9. Antiquity
- 10. Money returned to a payer
- 11. Pertaining to the gospel
- 12. Ship's floor
- 13. 1 1 1 1
- 18. Stairs
- 22. Hairless
- 24. Big bash
- 26. Prevaricates
- 28. Young lady
- 29. Hazard
- 30. Seats oneself
- 31. Shine
- 32. Hodgepodge
- 33. Bring in
- 34. Shearing buildings
- 37. Mongolian desert
- 38. Propellant
- 40. Sage
- 41. Triangular formation
- 43. Quieted (down)
- 44. Swap
- 46. A tree, leaf or syrup
- 47. Assumed name
- 48. Violent disruptions
- 49. Thick
- 50. Combines
- 51. Dribble
- 53. Broadcast
- 56. Sri Lanka export
- 57. Golf ball support

Crossword Solution on Page 61



COSTA RICA

We are so excited to announce our new Citizen Sloth Scientist program!

Manuel Antonio is the most visited national park in Costa Rica. The natural beauty of the rainforest meeting the ocean is irresistible and of course the wildlife is incredible! Especially the sloths (we aren't biased at all)!

But when you see a sloth in the trees, have you ever had questions? Take our Citizen Sloth Scientist survey and let us know what you saw and where. Don't know what you saw? No problem! This survey will give you our best guess (based on your responses) at the end. You will also have the opportunity to upload photos as well.



**Why?** Not a lot is known about the overall population of sloths in the wild. Any information can be helpful in planning future studies. You will also learn a lot about sloths and who you saw while taking this survey!

In addition to giving us preliminary information about sloths around Manuel Antonio, you can also report a sloth in danger (like on electric wires or in a house) as you are redirected to our emergency number (87-SLOTHS) where our 24/7 expert sloth team will come to assess the situation in a hurry! We will also work to mitigate the danger through our collaborations with the local ICE and Fire department and habitat restoration techniques.

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

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←  
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## IN NATURE TABLE MANNERS AREN'T PART OF EATING

By Jack Ewing



My sister and brother-in-law, live in northern Minnesota where they own and manage a nature reserve called Wolf Song. When they bought the land there weren't any wolves. Now, after 40 years of rewilding, there are plenty. Recently, among other new species, they have been seeing lots of black bears. Not long ago Alan sent me a beautiful photo of a big, healthy, adult bear walking directly toward the trail camera. A couple of weeks later he sent me a video of a lame bear that probably had at least one broken leg. It could have been the same bear, but there is no way of knowing. They suspect it had been hit by a car on one of the local roads. A bear with a broken leg can't catch any prey or wander very far to gather berries and other types of food. It has a minimal diet and will eventually starve.

One day I received a message from my sister saying they thought the bear had died because about a dozen vultures were circling near their house. I responded right away telling her that the vultures wouldn't wait for the bear to die. As long as it was down and couldn't harm them, they would start eating it bite by bite. First, they would pluck its eyes out and then go for the soft parts of its body. They didn't care that it was still alive. It was food, and that's all that counted. Alan tried to find the bear with the mission of shooting it and putting it out of its misery before the vultures got to work on it, but he couldn't find it, and the next day the vultures were nowhere to be seen. No one knows what happened to the bear.

Vultures aren't the only carnivores or omnivores that will start eating another animal that is dying but not yet dead. Some of the workers at Hacienda Barú once watched a group of white-fronted capuchin monkeys attack a big, fat, female, green iguana, rip her open with their claws, scoop the slimy mass of shell-less eggs out of her womb, and slurp them down as fast as possible, each monkey struggling to get a bigger share. When there were no more eggs to be had they tore her apart and ate her piece by piece even though she was twitching and struggling, obviously, still alive. Eventually, she died. Like the vultures, food is food. Eat it while you have it. Waiting around for it to die is not an option.

One of our guides captured a photo of a monkey eating a young iguana without bothering to kill it first. Spiny-tailed iguanas also catch and eat baby green iguanas, and, like the monkeys, they don't wait around for the prey to die before commencing the feast. Bite, chew, and swallow is all there is to it. Kill is not part of the procedure.



Other species do things differently, they kill before they eat, sometimes. In my latest book *Monkeys Are Made of Mangos*, one chapter tells the story of a female puma that tortured a Yapok, (sometimes called a Water Opossum), for 30 minutes before it walked out of the field of view of the trail camera that was filming the loathsome event. The puma reminded me of a domestic cat "playing" with a mouse but stopping short of killing it. The yapok kept trying to return to a nearby stream and the puma would pick it up by the back of the neck, carry it a couple of meters from the water, bat it around with her huge paws, allow it to drag its battered body back to the stream and repeat the process. I don't know if she ever killed or ate the yapok.



Pumas are known to kill their prey with a bone-crunching bite to the back of the neck. I suspect it uses this procedure on prey animals that are too large to torment as it did with the yapok.

Of the Costa Rican felines, the puma is second only to the jaguar in size, but it will be wary of attacking a smaller animal that is capable of meting out a severe wound. Coatis are much smaller than pumas and are often preyed on by them. Nevertheless, if a puma attacks a coati and doesn't surprise and kill it with one bite, the puma could receive a nasty wound before it finishes killing the coati. Coati bites and scratches and are often deep and susceptible to infection. Coatis have a knack for latching onto a patch of skin and ripping it off. A badly infected wound could bring death to the wounded animal. Wild animals can't just run down to the emergency room for a shot of antibiotics.

Screwworms look like maggots, but there is a big difference. I remember my 5<sup>th</sup> grade science teacher had been a medic in the Second World War. One day he explained to us that at their field hospitals antibiotics were not available to treat infected wounds. As an alternative, they would allow blow flies to lay their eggs on the wound. The fly eggs hatched into short, fat, white, little worms called maggots. The maggots ate all of the dead flesh, but they didn't touch the living tissue. Then the medics applied an antiseptic, such as tincture of iodine, which killed the maggots and prevented further infection.



As I mentioned, screwworms look like maggots. They also come from fly eggs, but a different species of flies. The big difference is that screwworms eat living flesh. If a cow, for example, cuts herself on a barbed wire fence; it is likely that a few screwworms will soon appear and eat away at the cut, causing it to get bigger and bigger with more and fatter screwworms. Cattlemen know that it is important to apply an antiparasitic liquid that will kill them. This must be done daily until the wound closes. Most use a product that kills the screwworms and, at the same time, promotes healing of the wound. If a wild animal has a wound that becomes infested with screwworms it has no way of eliminating them. The screwworms will keep eating until the animal dies. It will likely die from infection before the screwworms eat it to death. What a horrible way to die.



And I thought Mother Nature was supposed to be nice. Nice is a human sentiment. Mother Nature doesn't judge the difference between nice and nasty. She knows that food is essential, but table manners aren't.

*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*.*

# TIDES for AUGUST 2024

Day	High	Low	High	Low	High	Phase
Thu 01		05:48 1.94 ft	12:13 8.33 ft	18:39 1.25 ft		
Fri 02	00:57 7.62 ft	06:55 1.85 ft	13:13 8.41 ft	19:36 1.01 ft		
Sat 03	01:53 7.96 ft	07:52 1.63 ft	14:06 8.56 ft	20:25 0.74 ft		
Sun 04	02:42 8.31 ft	08:42 1.37 ft	14:53 8.70 ft	21:07 0.52 ft		New Moon
Mon 05	03:25 8.62 ft	09:26 1.14 ft	15:35 8.79 ft	21:46 0.38 ft		
Tue 06	04:05 8.84 ft	10:06 0.97 ft	16:14 8.79 ft	22:22 0.34 ft		
Wed 07	04:41 8.95 ft	10:44 0.90 ft	16:52 8.69 ft	22:57 0.42 ft		
Thu 08	05:17 8.95 ft	11:20 0.92 ft	17:29 8.47 ft	23:31 0.62 ft		
Fri 09	05:53 8.82 ft	11:57 1.04 ft	18:06 8.15 ft			
Sat 10		00:05 0.92 ft	06:28 8.61 ft	12:34 1.26 ft	18:44 7.74 ft	
Sun 11		00:40 1.30 ft	07:04 8.32 ft	13:14 1.53 ft	19:24 7.30 ft	
Mon 12		01:18 1.71 ft	07:44 8.00 ft	13:58 1.82 ft	20:10 6.87 ft	First Quarter
Tue 13		02:00 2.12 ft	08:30 7.69 ft	14:48 2.08 ft	21:04 6.54 ft	
Wed 14		02:51 2.46 ft	09:25 7.47 ft	15:48 2.21 ft	22:08 6.40 ft	
Thu 15		03:53 2.63 ft	10:29 7.41 ft	16:54 2.13 ft	23:18 6.57 ft	
Fri 16		05:04 2.54 ft	11:36 7.60 ft	17:59 1.80 ft		
Sat 17	00:22 7.03 ft	06:13 2.14 ft	12:38 8.01 ft	18:56 1.27 ft		
Sun 18	01:17 7.71 ft	07:13 1.52 ft	13:33 8.55 ft	19:47 0.64 ft		
Mon 19	02:07 8.49 ft	08:07 0.80 ft	14:23 9.10 ft	20:34 0.02 ft		Full Moon
Tue 20	02:53 9.25 ft	08:56 0.12 ft	15:11 9.56 ft	21:19 -0.49 ft		
Wed 21	03:38 9.89 ft	09:44 -0.42 ft	15:57 9.85 ft	22:03 -0.82 ft		
Thu 22	04:22 10.31 ft	10:30 -0.72 ft	16:43 9.91 ft	22:47 -0.90 ft		
Fri 23	05:07 10.46 ft	11:17 -0.75 ft	17:30 9.71 ft	23:33 -0.71 ft		
Sat 24	05:54 10.31 ft	12:05 -0.51 ft	18:18 9.29 ft			
Sun 25		00:20 -0.27 ft	06:43 9.91 ft	12:56 -0.04 ft	19:09 8.69 ft	
Mon 26		01:10 0.36 ft	07:35 9.31 ft	13:51 0.55 ft	20:07 8.03 ft	Last Quarter
Tue 27		02:05 1.08 ft	08:33 8.65 ft	14:53 1.13 ft	21:13 7.46 ft	
Wed 28		03:10 1.73 ft	09:41 8.08 ft	16:04 1.54 ft	22:27 7.15 ft	
Thu 29		04:25 2.15 ft	10:53 7.76 ft	17:20 1.66 ft	23:42 7.18 ft	
Fri 30		05:44 2.20 ft	12:03 7.73 ft	18:28 1.50 ft		
Sat 31	00:47 7.48 ft	06:51 1.96 ft	13:03 7.91 ft	19:23 1.21 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.



The Great Blue Heron (*Ardea herodias*) is a large wading bird in the heron family Ardeidae, common near the shores of open water and in wetlands over most of North and Central America, as well as far northwestern South America, the Caribbean and the Galapagos Islands.



Notable features of great blue herons include slaty (gray with a slight azure blue) flight feathers, red-brown thighs, and a paired red-brown and black stripe up the flanks; the neck is rusty-gray, with black and white streaking down the front; the head is paler, with a nearly white face, and a pair of black or slate plumes runs from just above the eye to the back of the head. The feathers on the lower neck are long and plume-like; it also has plumes on

the lower back at the start of the breeding season. The bill is dull yellowish, becoming orange briefly at the start of the breeding season, and the lower legs are gray, also becoming orangey at the start of the breeding season. Immature birds are duller in color, with a dull blackish-gray crown, and the flank pattern is only weakly defined; they have no plumes, and the bill is dull gray-yellow.

The great blue heron can adapt to almost any wetland habitat in its range. It may be found in numbers in fresh and saltwater marshes, mangroveswamps, flooded meadows, lake edges, or shorelines. It is quite adaptable and may be seen in heavily developed areas as long as they hold bodies of fish-bearing water. Great blue herons rarely venture far from bodies of water, but are occasionally seen flying over upland areas. They usually nest in trees or bushes near water's edge, often on islands (which minimizes the potential for predation) or partially isolated spots.

This species usually breeds in colonies, in trees close to lakes or other wetlands. Although nests are often reused for many years and herons are socially monogamous within a single breeding season, individuals usually choose new mates each year. Males arrive at colonies first and settle on nests, where they court females; most males choose a different nest each year. Great blue herons build a bulky stick nest. Nests are usually around 50 cm (20 in) across when first constructed, but can grow to more than 120 cm (47 in) in width and 90 cm (35 in) deep with repeated use and additional construction.



As large wading birds, great blue herons are capable of feeding in deeper waters, thus are able to harvest from niche areas not open to most other heron species. Typically, the great blue heron feeds in shallow waters, usually less than 50 cm (20 in) deep,[20] or at the water's edge during both the night and the day, but especially around dawn and dusk. The most commonly employed hunting technique of the species is wading slowly with its long legs through shallow water and quickly spearing fish or frogs with its long, sharp bill. Although usually ponderous in movements, the great blue heron is adaptable in its fishing methods. Feeding behaviors variably have consisted of standing in one place, probing, pecking, walking at slow speeds, moving quickly, flying short distances and alighting, hovering over the water and picking up prey, diving headfirst into the water, alighting on water feet-first, jumping from perches feet-first, and swimming or floating on the surface of the water.



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

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

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



### Here's why you should not feed our wildlife:

- Wildlife are highly susceptible to diseases from human hands. They can die from bacteria transferred off your hand that has no ill effect on you. They can pass diseases to you as well.

- Migration to human-populated areas to be fed increases the risk of dog attacks, road accidents, and electrocution
- Irregular feeding leads to an aggressive behavior toward humans and other species and creates a dangerous dependency on humans that diminishes the wildlife survival abilities.
- Contrary to the stereotype, bananas are not the preferred food of monkeys in the wild, nor other wildlife in the area. Tropical fruits, seeds, eggs, and insects found in the wild are what nature intended. Bananas, especially those containing pesticides, can upset their delicate digestive systems and cause serious dental problems that can lead to eventual death.
- Pregnant females who are fed nothing but bananas during their pregnancy will not give birth to healthy infants. The babies will be malnourished, or even die before birth.
- Feeding interferes with their natural habits and upsets the balance of their lifestyle.
- Contact with humans facilitates poaching and the trade in illegal wildlife.
- Wildlife needs to travel long distances each day to be in good physical condition. If they know that food is available in a particular location, they will not leave that area.

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

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



# 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
<b>Express Medical</b>		<b>8836-2669</b>
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



# BUS SCHEDULES

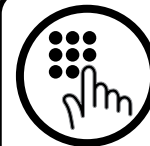
**MAY CHANGE FREQUENTLY WITHOUT NOTICE.**

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	*Domingo 4:30 PM & 6:40 PM			
		4:30 PM	3:30 PM	<b>Quepos to Dominical &amp; Uvita</b>	<b>Uvita to Dominical &amp; Quepos</b>	<b>Quepos to Dominical &amp; San Isidro</b>	<b>San Isidro to Dominical &amp; Quepos</b>
		6:00 PM	5:30 PM	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

# B GREEN

## Unplug Before Travelling

Even if electronic devices are shut off or in sleep mode, they still use energy. Being away for too long wastes energy that could otherwise have been plugged off. So, before going on vacation, unplug your devices from the wall sockets to save electricity.



## 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

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

### NARCOTICS ANONYMOUS

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

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

Mass 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  
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InternationalBeachChurch@gmail.com  
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At a party, a smart young woman approached Mark Twain.

"Mr. Twain, did you know that SUGAR is the only word in the English language that is written as 's-u' but pronounced as 's-h-u'?", said the lady haughtily with a sense of pride and over-smartness.

"Are you sure?", replied Mr. Twain.

A married couple, Jim and Josephine, owned their own circus and one day they walked into an Adoption Agency.

Naturally, they explained their circumstances to the social worker.

The social worker looked a little puzzled. "Are you sure that a travelling circus is the best environment in which to bring up a young child?" he asked. "I mean all those dangerous animals and constantly being on the road?"

"The animals are all well trained," Josephine responded, "and we have a state-of-the-art, sixty-foot motor home, with every comfort necessary."

"But how would you educate the child?" asked the social worker.

"We've arranged a tutor," said Jim. "He'll teach all the regular academic subjects, as well as Spanish and computer programming."

"And we'll have a nanny," Josephine added quickly, "she's certified in pediatric care, as well as child welfare and nutrition."

The social worker had listened carefully and he was impressed.

"Well, you really do seem like an ideal couple," he said. "What age of child did you have in mind?"

"It doesn't really matter," said Jim, "as long as they're small enough to fit in the cannon."

The journey on horseback from Waco to Fort Worth is a long ride along a dusty trail and for any cowboy, it's thirsty work.

So when George passed through a small town along the way he decided to stop at the saloon for a cold beer to quench his thirst.

Well, the locals were none too friendly to strangers passing through their town and George could sense a negative vibe immediately, as he tied up his horse to the post before walking through the saloon doors.

When he'd finished his beer, George walked outside and he was non-too-happy to discover that someone had stolen his horse.

So he walked back into the bar, drew his gun from its holster, spun it around his finger in impressive fashion, and then shot a bullet straight through a whisky bottle standing at the other end of the long bar.

The place went silent and you could hear a pin drop, until George shouted, "Now which one of you sidewinders stole my horse?"

No one said anything. The place was deadly quiet.

George shouted menacingly, "Now you listen to me! I'm gonna sit here and have another beer and if my horse ain't back outside by the time I've finished my drink then I'm gonna do what I dun in Waco. And I don't want to have to do what I dun in Waco."

The locals shifted nervously in their seats. They didn't like strangers much but they liked trouble even less.

So when George had finished his beer, he looked outside and sure enough there was his horse tied to the post and waiting for him.

George saddled up and then started to ride slowly along Main Street.

The bartender had wandered outside and stood and watched George go.

"Hey partner," said the bartender, "so what happened in Waco?"

George smiled and said, "I had to walk home!"

Hello! I am Tyler. I recently visited KSTR. I had an amazing time! I thought you might like to know more about this great place and what you can experience as a KSTR volunteer.



My family lives quite far away, so we began our journey by checking into the Blue Banyan Inn, a property directly on the KSTR reserve. From the beginning, I felt very close to nature. There were frogs on my path, and I had to step over a huge trail of leaf cutter ants to get to our cottage. I later learned that these ants were traveling over a mile from their nest to cut mango leaves off a tree near my room. That night, I could hear iguanas on the roof, moving and crawling around.

On my first full day there, I went on a tour of the reserve. I learned that the inn got its name from a Blue Banyan Tree right on the grounds. I also saw a tree called the Ylang Ylang tree, jokingly dubbed "The Perfume Tree", as it grew the flower that made Chanel Number 5 Perfume.

I enjoyed meeting the KSTR staff and the animals they help. I heard each animal's story and discovered each animal's personality. Don Pedro the Curassow was very feisty, nibbling at our feet and strutting around. Fozzie the sloth seemed lazy at first, but then tried to impress us by crawling upside down. Darwin the spider monkey



Tyler cutting mango leaves

was crazy. He would make loud noises, and I heard he once peed on a staff member! It was interesting to learn how the animals got there and how they were helped by the KSTR community.

In addition to meeting the animals, I was able to help take care of them. Over the next two days, we prepared and delivered food for the animals.

Each animal had its own diet. We had to make the food - and in some cases, help find it! I found mango trees and used a large tool to cut mango leaves for the sloths.

Feeding the animals was interesting. We hung the mango leaves on an enrichment tool and then watched the sloths crawl up to eat. We learned that the animals eat different proteins each day, and that our day was egg day. It was fun to watch many



Animal kitchen

animals fiddle with the eggs, but the monkeys were the best. They would throw the eggs on the ground to see if they were raw or cooked, which was very fun to see.

Volunteers help with other things too. I helped deep clean habitats, which is removing poop, food, and dead leaves, all while avoiding bullet ants. I played with Bella the Marmoset, gave her fresh water and cleaned her enclosure. She was my favorite animal.



Smith family at KSTR

I loved volunteering at KSTR, and I hope to do it again soon. It was so much fun to hang around animals I had never seen before and to meet such amazing people. I am so happy I had this experience, and I hope this article encourages other people to volunteer at KSTR!

Photos by Sienna Smith.



**Restaurants, Bars, & Casinos**

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- 1a Quepoa Sport Bar
- 02 En Todo - Magic Bus
- 04 Colina's
- 05 Tentación
- 06 Gelateria Amorosi
- 09 La Langosta Feliz
- 10 Drunkin Monkey
- 11 Falafel Bar
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# LIVE MUSIC SCHEDULE



**BURÛ SEASIDE**  
2777-0331  
fb: restaurantburuseaside

Pura Vida Band (Latin)  
Mon & Wed, 5:30 - 8:30

Los Almendros (Latin & Variety)  
Tues & Thurs, 5:30 - 8:30

Los Howlers (Rock & Variety)  
Fri, 5 - 8:30 pm

Live Wire Blues Band (Blues)  
Sat, 5 - 8:30 pm

Los de la Costa  
Sun, 12 - 4 pm

Mikando (Piano Jazz)  
Sun, 5 - 8 pm

**CHILI BUS**  
2777-0077 & 8584-0077  
fb: chilebus/quepos

Thomas y Los Demas  
Fri, 7 - 10 pm

**EL ARADO**  
2777-0928  
elaradorestante.com

Arturo (Latin Music)  
Fri, Sat, & Sun, 6 - 9 pm

**EL PATIO AT CAFÉ MILAGRO**  
2777-2272  
elpatiocafemilagro.com

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



**EL RANCHITO - PLINIO'S**  
2777-6123  
fb: profile.php?id=100057355214007

Live Latin Music  
Sat, 6:30 - 9:30 pm

**EL RANCHO (PAQUITA)**  
2777-9483  
fb: hotelrancho

Son Duo (Latin Music)  
Thurs, 7 - 10 pm

**EMILIO'S CAFÉ**  
2777-6807  
fb: emilioscafecostarica

Trio Chocolate (Cool Jazz)  
Aug 2 & 3, 7 - 9 pm

**LA CANTINA**  
2777-0384  
lacantinabbq.com

Live Latin Music  
Fri, 6:30 - 9:30 pm

**LA COLINA**  
2777-0231  
lacolina.com

John O'Connell Open Mic  
Sun, 7 - 10 pm

Howler Duo (Rock & Variety)  
Wed, 7 - 10 pm

**QUEPOA SPORT BAR**  
2102-9125  
fb: quepoasportbarbyaguaazul

Son Duo (Latin Music)  
Fri, 7:30 - 9:30 pm

Occasional Music  
Other nights

**TENTACION**  
2777-3663  
fb: profile.php?id=100069923671965

Latin Fusion Music  
Fri, 7:30 - 9:30 pm

**TORTILLA FLATS (DOMINICAL)**  
8815-0961  
fb: tortillaflatsdominical

Live Music  
Sat, 6 - 9 pm & other nights, call

**YOLO SOCIAL**  
8484-9656  
fb: yolosocialmanuelantonio

Dreamin Stephen (Original Night)  
Mon, 7 - 9 pm

Acoustic Night  
Tues, 7 - 9 pm

Sergio (Acoustic)  
Wed & Sun, 7 - 10 pm

Andres (Latin Night)  
Thurs, 7 - 10 pm

Dreamin Stephen (Loop Show)  
Fri, 7 - 10 pm

Dreamin Stephen (Reggae Night)  
Sat, 7 - 10 pm

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

Sudoku on Page 4

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

Crossword on Page 44

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



# Furnishing Your Vacation Rental Property

There are vacation rental properties, and there are great vacation rental properties. Make yours stand out from the crowd.



Owning a great rental property can make you stand out from the competition and will ensure that your property is rented as often as you'd like it to be. This will also ensure that you not only get top dollar, but good reviews and repeat customers. There are two types of rental properties—those that are used by the owners, and those that are not. Often those used by the owners are favored as they tend to be kept cleaner, better equipped and more up to date. Regardless of whether you choose to use your rental or not, let's help you to create a great rental property.



## FURNITURE

Choosing your furniture carefully will give you better returns on your investment in the long run. Do your homework—and set a realistic budget! The rule of thumb when buying furniture is to buy the best quality you can afford, even for a rental property. If you use a local company to supply a 'package' of furniture for your rental and you chose one within your budget, you will benefit from their expertise in co-ordinating all the pieces, and they usually will deliver and set it up for you too. It may not be as personalized as selecting each piece yourself, but you can save yourself a lot of stress, time, and probably money in the end.

ITEM	visit ready
LIVING ROOM	
Sofa/couch	
Loveseat	
Chairs	
Coffee table	
End tables	
Lamps	
Area rugs	
curtains/drapes	

If you like decorating and prefer to do it yourself then the most important items to concentrate on are the sofas and the mattresses. If your renters are not comfortable sitting or sleeping they

## Shelagh Duncan

will not be happy, and unhappy renters give bad reviews! At the store, I have had many conversations with renters who have had bad experiences like this because there is nowhere for them to relax in comfort—and it's their vacation! Cheap sofas can become uncomfortable quickly and start to look shabby. Better quality sofas will have superior construction and use durable fabrics that are easy to clean.

Remember that you do not need to over-furnish. Make a list of the essentials and as long as renters have the basics and some decent storage you will be okay. Give them somewhere to put away their luggage, their clothes, and their other personal stuff as a minimum. If you have a wall mounted TV, add a table below to hold remotes and other accessories, and a place near the entry where keys, change and other bits and pieces can be placed and easily located when needed.



Back home we are used to having indoor dining, but remember that here we live outdoors. Get an outdoor dining set that will accommodate at least as many people as you can sleep in your rental. Consider selecting multi-purpose furniture when possible. Comfortable outdoor dining chairs are useful in providing some casual outdoor seating when needed, and don't forget the pool loungers. People need somewhere to sit when they come from the pool, so encourage them away from the upholstered pieces and give them some comfortable seating where they can dry off without ruining a chair or sofa!

## WINDOW COVERING

Living down here, we may not worry so much about privacy at the windows unless there is another house close by—but you know that the vacationers will. They

are used to pulling blinds or curtains at home, so reduce possible stress and help them feel comfortable by adding ready-made panels or custom shades to at least the bedroom windows. They are on vacation and may want to sleep in! Window coverings can add some colour and texture to a room, and tie in nicely with the bedding.

If you have the sun beating into your house and heating it up or damaging your furniture, then consider adding window coverings too.

## BED & BATH LINENS

This is not an area where you should cheap-out. You should try to provide at least hotel-quality pillows, sheets and towels for renters. If yours is a luxury rental then go for the luxury linens. It all comes back to the experience you are offering renters—and that's what they will remember. Use mattress and pillow protectors and make sure these are always clean and fresh. Put out extra pillows and towels, and if you have A/C, a blanket for each bed. Towels should be plump and thirsty, and keeping linens all white to make it easier for doing laundry. If you have different size beds here is a tip: use a sharpie to denote the sheet size, F, Q or K on the bottom right corner of each sheet, and then fold them up with their pillow cases so this mark is visible. Twins make a smaller package so are always easier to find.

## THE FUN STUFF: ART, MIRRORS & ACCESSORIES

Be sure to allocate some funds in your budget to decorate the walls, especially if you decide to supply just the basics in furniture. You will have the advantage of being able to add something dramatic, and that will make your rental property stand out from the rest.



**Rule #1** Select art you love. Buy a few pieces to start and try them in different rooms and areas. Once you know where they will work best, you can add more as necessary. If your furniture is more neutral toned, you can go to town on art and accessories to bring the space alive. Choose large art pieces for the living

area and master bedroom, they will add an element of prestige to your promotional photos.

Some people love to decorate with monkey, parrot, or beach art to echo the area. Others may prefer a modern, eclectic, or primitive look. Whatever direction you take, you can use art to be your inspiration for colour throughout the house.



There is no need to have lots of bits of home accessories everywhere. Make it look finished, but not cluttered. Select accessories that are more sturdy than glass or ceramic and not as easily broken. Ideally they will be not too expensive or difficult to replace either. Inexpensive throw pillows are handy for a touch of colour here and there, and you always have the option of adding a new pillow cover later, if you need to hide a stain or damage.

**Rule #2** Less is more. A few carefully placed and well chosen items can bring a room together beautifully.



Try to place a mirror somewhere in the living area, and if possible a long dressing mirror in each bedroom. Renters will appreciate this often overlooked detail. Check the lighting levels too, some people may want to read in the evenings, so have bedside lamps on both sides of the bed, and a couple of table and floor lamps in the living area.

- Continued on Next Page -

- Continued from Previous Page -

## CONVENIENCE


Equip the kitchen with renters in mind. They are going to eat out much of the time, but they will also want to be able to prepare meals at the house too, especially if they have kids. Have all the basic equipment, food prep and cooking utensils, cutlery, dishes and pans, as well as beverage glasses. Supplying sets of unbreakable pool and patio plates and glasses is highly recommended too.

Have some puzzles, books, board games, movies, and copies of local magazines available. Other ideas to add to your renter's positive experience would be to compile a binder containing brochures on local attractions, tours and restaurants—with your recommendations on where to find the best Pizza or Chinese food! Tell them about the community markets and where and when they operate, where the banks, pharmacies, supermarkets, and libraries are, as well as your favourite beaches and waterfalls. Advise them too about the national holidays, when the banks will be closed, and which days are recycling and garbage pick-up.

Providing a "how to" instruction list or book about the house with your property manager's information will help them settle in quickly and add to their overall enjoyment. Especially if you have Spanish instructions on the microwave! Tell them about any quirks, and any special 'personality' your house may have!

Give them the security and internet codes, and let them know where you keep the remote and DVD's or CD's, and how to operate the equipment. Tell them that you provide some basic cleaning supplies in the laundry room, as well as cloths, (so they are not tempted to use your facecloths for cleaning off their sandals!), and they can hopefully deal with accidents as they happen, not wait for the cleaners to come.

There are many other considerations to deal with when renting your house, and furnishing and setting it up is just step one.




**PARQUE NACIONAL  
MANUEL ANTONIO  
NATIONAL PARK**

Fotos by Unique Photography  
kanuttos@hotmail.com

Nestled idyllically on some 682 plus hectares of the mid-Pacific coast of Costa Rica, Manuel Antonio National Park (named after a conquistador that is buried there) is one of the most visited tourist destinations of all of the country's 34 National Park and Reserve Systems. Second only to the Poas volcano in admissions, 366,000 visitors in 2022 traversed the park trails and enjoyed the pristine, white-sand beaches that slope down from tropical forest into the clear azure waters of the Pacific Ocean. The park habitat consists of primary and secondary forest, marsh and littoral woodland, an 18-hectare mangrove swamp and 12 islands off of the coast. Over 100 species of mammal and close to 200 species of bird have been identified in the park. It is home to the endangered Mono Titi (*Saimiri oerstedii*) monkey, as well as white-faced capuchin monkeys, howler monkeys, two and three-toed sloths, white-nosed coati, iguanas, and many other species of exotic wildlife. Pacific green turtles and olive ridley turtles occasionally nest on the beach. In addition to its diverse, paradisiacal flora and fauna, the park also has several other interesting features: The blowhole at Escondido Harbor that is best viewed as the tide surges in, Serrucho Point, an eroded cliff that looks like a saw and is honeycombed with sea caves, and a pre-Columbian, underwater turtle trap located on the western tip of Manuel Antonio Beach.

Open from 7:00 a.m. to 4:00 p.m. Closed on Tuesdays. Park admission is \$18.00 for adults & \$6.00 children 2-11. Entrance tickets can only be purchased online at [serviciosonline.sinac.go.cr](http://serviciosonline.sinac.go.cr), and your passport number is required for registry at the national park. There are discounts for students and senior citizens. Sodas and waters are permitted, non alcoholic drinks, but at the moment, any type of food is not allowed. Guided tours are available and recommended. For park information 2777-5185, [manuelantoniopark.com](http://manuelantoniopark.com).



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