

# QUEPOLANDIA®

since 1998

Quepos Manuel Antonio Jaco Dominical Uvita



Photo by Toni Tsay

SEPTEMBER/OCTOBER 2024

Phone: 8632-7489 [info@quepolandia.com](mailto:info@quepolandia.com) [quepolandia.com](http://quepolandia.com)



# Find Your Dream Home in Costa Rica

Amazing Sunset Views!  
2 Acre Estate plus guesthouse  
in Hills of Portalon

**Reduced!**  
50k

**\$1,240,000**

Stunning 4 bdrm luxury home  
Architectural masterpiece  
Gated Community-Portasol

**\$1,075,000**

**New Listing!**

Dominical/Baru!

3 bed/2 bath plus detached guest suite  
Mountain, River and Ocean Views!

**\$400,000**

Platanillo, Ocean/Sunset views  
5 Acres, 4 bdrm

**\$789,000**

Playa Bandera

New Listing!  
Multiple Beach Incomes!  
BnB and Campground

**\$498,000**

**New Listing! Baru**

2 Bdrm, Solar with Battery backup

**\$439,000**

# Dominical | Uvita | Jaco | Manuel Antonio | Quepos

Private, Sustainable Living!  
Immaculate home  
15 minutes from Dominical

**\$597,000**

**New Listing!**  
3 Houses, Multi-family!

Parrita **\$689,000**

**Reduced!**

3 House Acreage! Sustainable Living  
Fully matured fruit trees, gardens, workshops!

**\$650,000**

**Reduced!**

Dominical  
2 bed/3 bath/2 kitchens! Rent lower unit!  
Artistic River Home in the Rainforest

**\$299,000**

1.5 acre ocean view home!

**\$449,000**

Playa Bandera, near Parrita  
2-Bedroom, Pool

**\$239,000**

Chic 1 bdrm Mountain view,  
1.7 acres, plus extra adjacent lot, 1.7 acres!  
close to Quepos, **\$220,000**

**Great Deal!**

4 Bedroom, Central Quepos

**\$155,000**

I can guide you through the do's and don'ts of buying, selling or investing in this beautiful country. Whether you want to live in Costa Rica full-time or part-time, create a lucrative ROI through renting your home, purchasing land or a successful business. Let's connect!

Melissa Klassen +506 8882 0009 [melissa@bluezonerealty.com](mailto:melissa@bluezonerealty.com)



About Me



[melissa@bluezonerealty.com](mailto:melissa@bluezonerealty.com)



Quepos

**NEW**  
in town  
Manuel Antonio

Doctor At Your Door!

ER  
Urgent Care  
Labs  
Imaging

ExpressMedical Costa Rica.com

ExpressMedical  
Doctor At Your Door!

American Doctor  
Owned

+1(443) 436-2669  
(4-DOCNOW)

506 8836-2669  
(88-DOCNOW)

**ExpressMedical**  
Doctor At Your Door!

**MOBILE  
URGENT CARE**

**SERVICES**

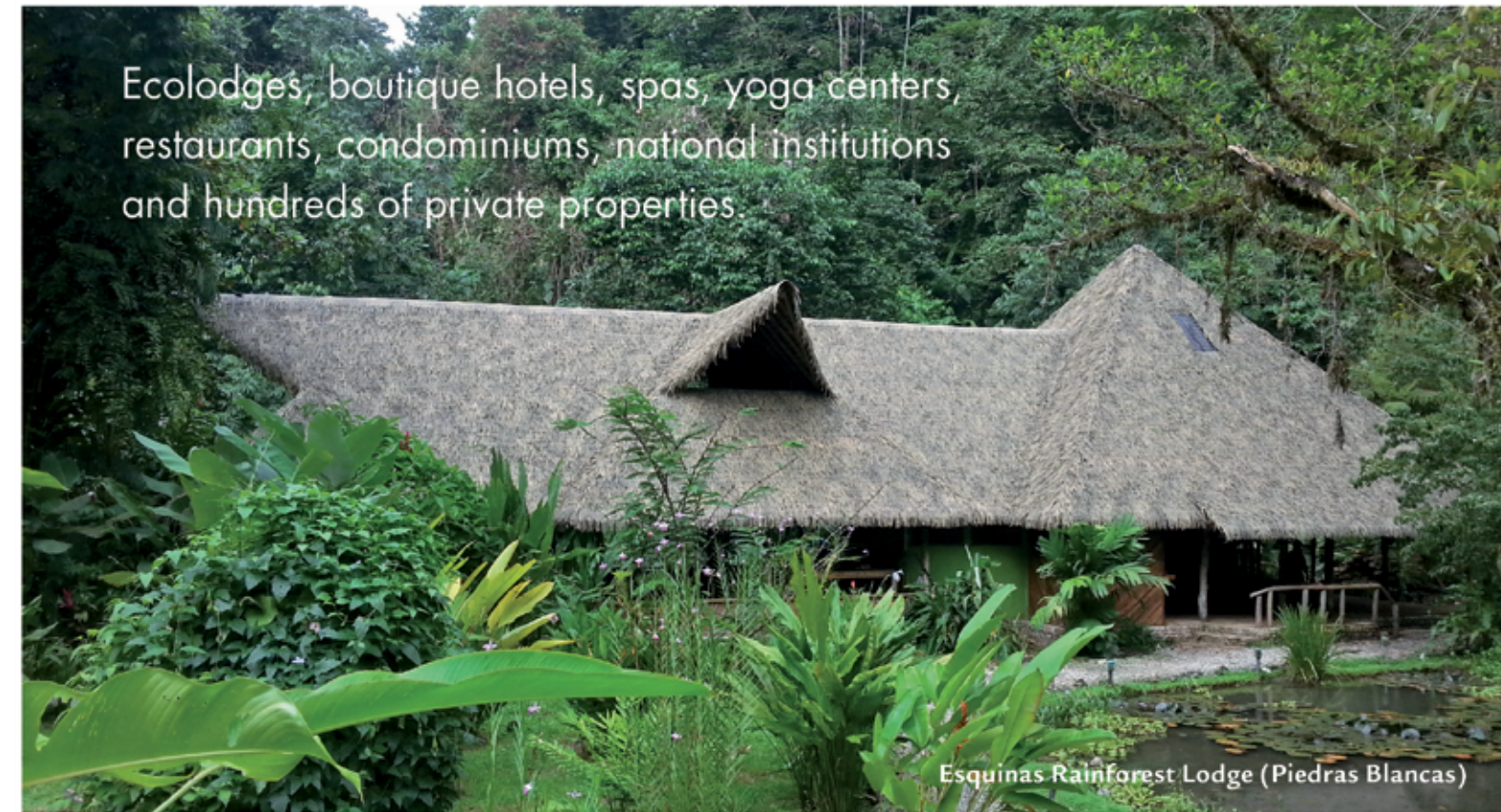
- Prescriptions
- IV fluids/ lab work
- IV Antibiotics
- EM transport Available
- Wound Repair-lacerations
- GI issues
- Cold-Flu treatment
- Pediatric care
- Allergies-Allergic Rxn

24/7 SERVICE

88-DOC-NOW  
8836-2669



Making beautiful and long-lasting roofs all over Costa Rica since 2007



100% recyclable heavy-duty roofing material with a 20-years decreasing warranty. Certified LEED (Leadership in Energy and Environmental building Design).



**Techos Tropicales Palmex - Tel. (506) 2786 5126**  
**palmex@palmex-costarica.com - www.palmex-costarica.com**







**Tuesday October 8 ..... QUEPOLANDIA DEADLINE**

Mon Sept 2 ..... Labor Day (NA)/New Moon  
 Sun Sept 15 ..... Independence Day (CR)  
 Tues Sept 17 ..... Super Full Moon (Harvest Moon)

Tues Oct 1 ..... International Coffee Day  
 Wed Oct 2 ..... New Moon  
 Thurs Oct 17 ..... Super Full Moon (Hunter's Moon)  
 Sat Oct 19 ..... Sweetest Day  
 Sun Oct 20 ..... International Sloth Day  
 Thurs Oct 31 ..... Halloween



Bienvenidos... Welcome to the Rainforest. It may be rainy season but that doesn't mean we slow things down here in the central pacific. September and October are full of activities that should not be missed.

The Humpbacks have arrived and is a must do tour this time of year that you will never forget. Marina Pez Vela is your whale watching headquarters for experiencing this annual migration . Brisa Elegante and Sunset Sails are ready to show you our spectacular coast and these majestic creatures so book your tour and enjoy the ride.

Are you ready for some FOOTBALL? The NFL kicks off on September 5th and we've got all the action this season at **Quepoa Sport Bar** and **Sunset Restaurant**. Some come and enjoy great food and drinks and cheer for your favorite team.

September 15 is **Independence Day** in Costa Rica, marking 203 years of independence from Spain. Ticos are very proud of their freedom and love to celebrate and share the Pura Vida. Quepos will be hosting their annual parade along the seawall with bands, kids in traditional costumes, and dancing in the streets. Always a great time for the entire family to experience and celebration of our freedom.

Halloween in the jungle is always a highlight event at **Marina Pez Vela**. This event is a favorite for families providing a great place to bring the kids for Trick or Treating, live music and restaurant specials. So, mark your calendar and start thinking about your costumes for fright night in the jungle.

We want to thank **Toni Tsay** for this month's incredible Quetzal cover and photos used in our **Birds Eye View** article, (Pg 57).

September/October is a double month issue so we will be back to guide you in November. We hope you have enjoyed our magazine and it helps guide you through this enchanting paradise we call home. You can always follow and share us at [Quepolandia.com](http://Quepolandia.com) and [Facebook/Quepolandia](https://Facebook/Quepolandia). We welcome and appreciate your comments.

Peace and Enjoy... D



16

# Contents

- 4** ¿Qué Pasa en Quepos?
- 12** Congratulations! Brisa Hennessy
- 16** The First Rewilded Parcel on Hacienda Barú
- 20** A Story of Resilience
- 23** Memoirs of a Masseur
- 26** Crackers!
- 30** That's Fishin'
- 34** Spanish Sucks
- 38** Hawaiian Coconut Syrup for Pancakes
- 43** What's Shaking @ Marina Pez Vela
- 46** Sustainable Practices in Tourism
- 51** Saving Sea Turtles at Playa Linda'
- 57** Let's Talk About the Resplendent Quetzal'
- 62** Curtains-Drapes-Blinds'
- 64** Getting Things Stolen From My Car in Costa Rica

- Regular Features**
- Advertising Information **66**
  - Bus Schedules **53**
  - Calendar **4**
  - Community Bulletin Board **55**
  - Crosswords **44**
  - Crossword Solutions **61**
  - Just for Laughs **56**
  - Live Music Schedule **60**
  - Map **58**
  - Sudukos **4**
  - Sudoku Solutions **61**
  - Telephone Directory **52**
  - Tide Charts **48**
  - Travelers' Numbers **53**

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

*Sudoku1 Solution on Page 61*

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

*Sudoku2 Solution on Page 61*







Townhouse gated community | \$315,000



Villa Oasis | \$875,000



Estate Luxury Home | \$2,500,000



Luxury Estate in Exclusive Community | \$1,500,000



Los Altos Condos | \$699,000



Contemporary Tropical Luxury Home | \$1,795,000



Mountain and Valley View Luxury Home | \$990,000



Manuel Antonio Park & Ocean view lot | \$795,000



Ocean Panoramic View | \$349,000



Luxury Ocean View Estate | \$1,595,000



Income Opportunity Luxury Home | \$1,950,000



Vista Verde Farm | \$295,000



# 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.

Featuring two expansive teak decks, grand banquet tables, a wet bar, multiple spacious lounge areas, and a selection of water toys.

## DISCOVER OUR CRUISES

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

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

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

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

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

[SailCR.com](http://SailCR.com)





# HALLOWEEN AT THE MARINA

THURSDAY 31ST

TRICK OR TREAT - 5 PM  
MASCARADA - 7 PM  
LIVE DJ MUSIC

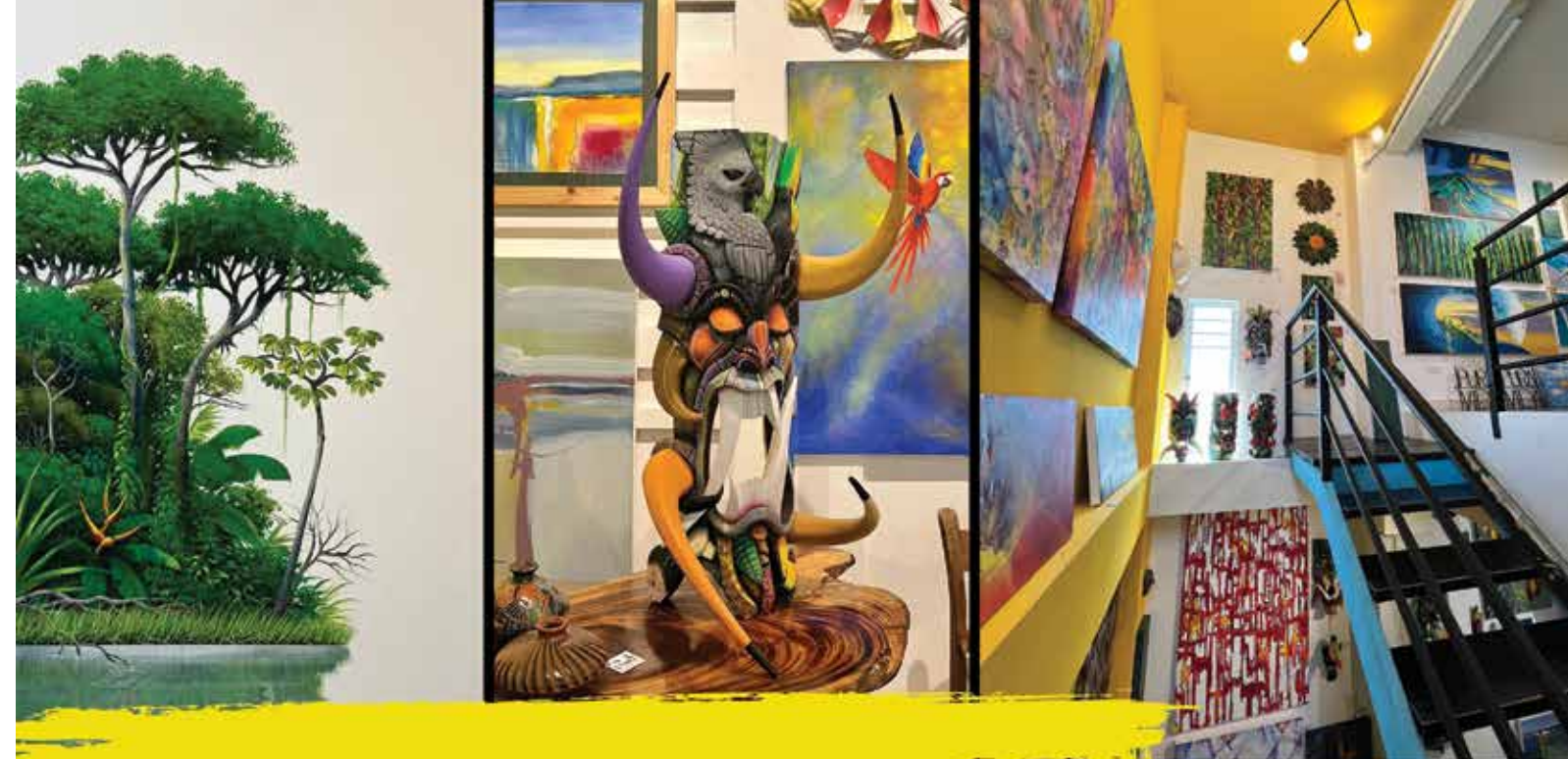
RESTAURANT SPECIALS

MARINA PEZ VELA  
QUEPOS COSTA RICA

Sweet **CREPES**

MADE WITH **LOVE**

AT MARINA PEZ VELA



FIND THE COLORS OF COSTA RICA

@TICOPOD\_ART



THE ULTIMATE LOCAL ART DESTINATION

WAZE: TICOPOD ART  
JACO CENTRO • BESIDE | CONTIGUO A PIZZA PATA



"Voted **BEST PIZZA** in Quepos/MA By All the People Who Eat Here"

**3 Large Pizzas ₡24,000**

And try our **Great Wings TOO!**

**Quepos**  
2777-4236  
2777-0838

ILLIANA GRANADOS  
CONSEJERA METROPOLITANOS

WE HAVE THE **BEST** LIFE AND HEALTH **INSURANCE**

FOR FOREIGNERS, A RESIDENCE CARD IS NOT REQUIRED.

Illiana Granados Gamboa  
+506 8998 8102

Solmar Largaespada Morales  
+506 8385 9248

Jazmín Zúñiga Solís  
+506 8969 3555

Ricardo Coto Cerdas  
+506 8841 2354

**UBICANOS**  
En nuestras oficinas  
• QUEPOS • UVITA  
• PEREZ ZELEDON  
+506 8523 7070

**FOLLOW US**  
in social media







# BRISA HENNESSY



Brisa Hennessy came tantalizingly close to an Olympic medal at the Paris 2024 Games, finishing fourth in the women's surfing competition. The event, held in the legendary waves of Teahupo'o, Tahiti, saw Hennessy battle fiercely but ultimately fall to France's Johanne Defay in the bronze medal match.

Despite the disappointment, Hennessy's fourth-place finish marks a significant achievement for Costa Rican surfing on the global stage. Her performance showcases the growing strength of our nation's surfing program and sets a new benchmark for future Tico athletes in the sport.

The competition highlighted the intense level of talent in women's surfing, with all finalists demonstrating exceptional skill in Teahupo'o's challenging conditions. This spot, known for its powerful waves, provided a spectacular backdrop for the Olympic contest.

While Costa Rica may have missed out on a medal this time, Hennessy's performance has undoubtedly inspired a new generation of surfers in our country. As we look ahead to future Olympics, there's renewed hope and determination to see our flag on the podium in this exciting sport.

*Reprinted from Tico Times Aug 5 2024*



# LET'S PLAN YOUR MOVE TO COSTA RICA



## ARE YOU LOOKING TO OWN YOUR SLICE OF PARADISE?

Let us assist you in making that dream a reality.

Make Your Move to Costa Rica Easy with Our Expert Assistance: At Coldwell Banker, we understand that moving to a new country can be exciting and overwhelming. That's why we are here to be your trusted friend, advocate, and ally throughout the process. We will provide honest advice, work with you to achieve your goals, and support you every step of the way.

Our Relocation Specialities include: Family, Retirement, Digital Nomads and Investors.

Our privileged Concierge Service connects our clients to our global network of resources. Book a relocation consultation to gain exclusive access to: 1:1 Consultation with a Local Expert, Buyer's guide, Home Buying Resources and In-Country Support.



**COLDWELL BANKER**

**VESTA GROUP DOMINICAL**





# RECHERCHÉ

## FINE HOME FURNISHINGS

**THANK YOU! We've had a blast, but now it's time to RETIRE!  
EVERYTHING MUST GO!**

We have loved every minute, helping Ticos and expats,  
Turning their homes into lovely places with class.  
Unique and gorgeous décor, furniture, and plants  
But that time is about over, it is soon to be in the past.

Everything must go, from sofas and chairs,  
To gorgeous art nouveau and kitchen wares.  
Purchase one or lots, or things in pairs,  
With these discounts you don't have to be a millionaire.

Why, you may ask, are we closing up shop?  
Well I'm turning 70 and it's time to stop.  
Retiring while we made it to the top,  
Seemed best, since we've been going nonstop.

We made friends and met a lot of VIPs,  
So come on in, if you please,  
Our friendly staff will put you at ease.  
You'll have fun, save money, and it'll be a breeze.

Want incredible additional discounts? Just ask what it requires.  
On any of our exquisite items your heart desires.  
Come early, as we have over 1,000 "regular" buyers  
And we will not be re-ordering from any of our suppliers.



**We have over 1 million dollars in inventory!**

**EVERYTHING** will be on sale,  
From 20% to 90% off the MSRP  
(Manufacturer's Suggested Retail Price.)

Scores of customers from the Guanacaste  
to the Central Valley to the Osa have  
stated this is **their favorite store in all of  
Costa Rica.**

ALL of the furniture and décor in our store is  
**EXCLUSIVE** to us. You can **NOT** purchase these  
items anywhere else in Costa Rica.

The first 6 weeks of the sale we will be open to **the  
public.** After that, we will allow any and all Costa  
Rican retailers to also **purchase the remaining  
inventory at wholesale prices.**


**The ultra-modern 2 year old building** is also  
for sale. We believe it will be sold to a  
savvy investor, most likely for a restaurant  
with a deli-take-out, becoming **the only air  
conditioned ultra-modern restaurant** in the  
Southern Zone.




**HOURS:** Mon- Fri 9:30 AM to 5 PM / Sat 10 AM to 3:30 PM Closed Sun

**LOCATION:** 250 meters west of The Coronado Bridge, on The Costanera Sur,  
Puntanenas, Coronado de Osa; 4km south of Ojochal de Osa

 Recherché Fine  
Home Furnishings

 +506 2102 9069

 [jerry@puravidaimports.com](mailto:jerry@puravidaimports.com)  
[blake@puravidaimports.com](mailto:blake@puravidaimports.com)





## Memo's Cornfield

When I began working at Hacienda Barú in 1972, the owners were a group of investors from North America. They had recently purchased the hacienda, and according to the sale contract the property was supposed to be free of squatters. That turned out to be false. About three months before the closing, a guy named Memo had felled seven hectares of primary forest on the upper slopes of the hacienda, built a one-room, dirt-floored shack where he lived with his wife and four kids, and planted corn on the land. He claimed it as his own.



*Hacienda Barú 1972*

My first job was to evict Memo. I didn't have any idea how to carry out that task and was more than a little apprehensive. I knew that the law was on our side. The land was titled in our name, and Memo had only been there a short time. I called our lawyer in San Jose,

but he was a city slicker and had less idea than I did about how to deal with the situation.

"For me to file charges and carry out a legal eviction would take several years and cost a fortune," he informed me, "and I don't think your employers would be too happy about that. Out in the boondocks people do things differently. Ask your employees. Ask your neighbors. They know how campesinos deal with these situations."

Tonio, the head cowboy at Hacienda Barú suggested talking to the policeman in Dominical. I had already met Don Antonio. I liked him and liked the idea of consulting with him. I jumped on my horse and headed for Dominical. I found him in his office near Bar and Restaurant Miramar (today known as Roca Verde) and explained my problem.

"I think all we need is to get Memo here and talk this out," he commented calmly. "Talking is a great way to solve problems like this." Don Antonio wrote a summons for Memo to appear at the police office at 3:00 pm that afternoon, gave it to Tonio, and said: "Take this to Memo. He can't read so you'll have to tell him it says to be here at three."

I was already there when a small, skinny, barefoot man appeared in the doorway. I assumed it was Memo. He was all fired up: "I know what you gringos are up to. You're gonna take away my farm. I got 10 manzanas of corn. I worked my butt off chopping down those trees and planting that corn. (Memo didn't understand hectares. In those days he, and most other campesinos, used a measurement of area called a manzana. One manzana is equal to 7/10 of a hectare or 1.72 acres.)

Don Antonio interrupted Memo. "Hey man. You're gittin all worked up. Tranquilo! We're here to talk. We know you worked hard clearing that land and planting that corn. What do you figure your work is worth? Maybe Don Jack would be willing to pay you something."

Memo's face lit up. "I'd need at least 500 colones," he blurted out. (In those days 500 colones were worth \$58.34.)

Don Antonio saw me smile. "Whatta ya say Don Jack? Pay Memo 500 colones for his corn, and he'll leave the land, the rancho, and the corn and go somewhere else.

"I'll give him 250 colones right now, and the rest when he leaves."

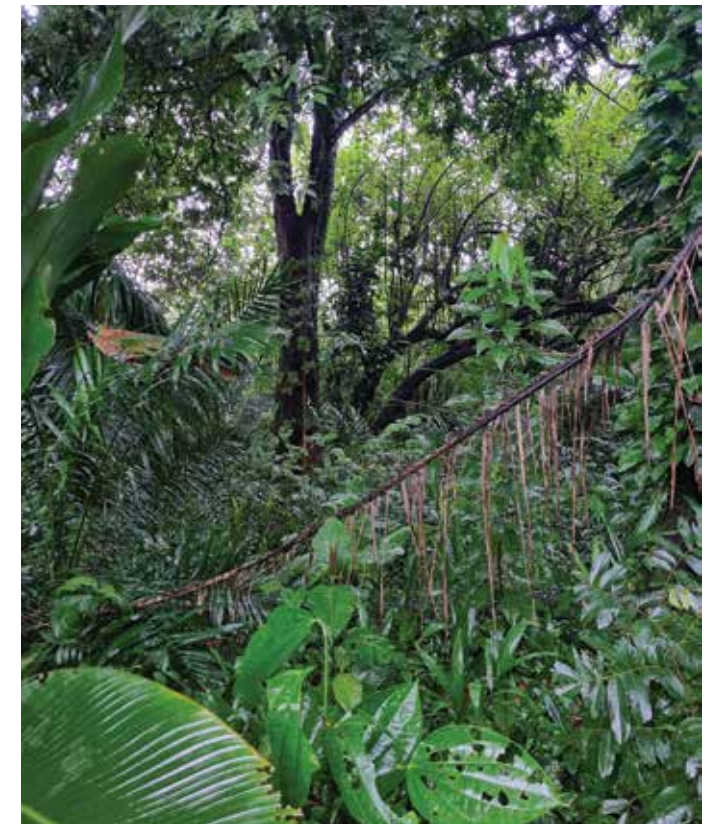
"Sounds like a good deal to me," smiled Don Antonio.

Memo agreed. Don Antonio typed up a short note with the terms of the agreement, I signed, Memo put his X on the line, I gave him half the money, and everyone went home happy. Two days later Memo came by the house for the 250-colon balance. I sent Tonio up to make sure they were all gone and had taken all their belongings. He soon returned saying they had, I paid Memo, and that was the last we saw of him.

I told the Hacienda Barú workers they could have the corn if they wanted it, but while they were waiting for it to ripen the monkeys ate it all. That seven-hectare parcel was taken over by Mother Nature who returned the land to its natural state. In other words, She rewilded it. For the first 25 years the area was dominated by a fast-growing species of tree called the gallinazo (*Schizolobium parahyba*). The faster a tree grows, the younger it is when it dies and falls over. These gallinazos began toppling at about 20 years. New species of trees sprouted and filled the spaces where the gallinazos had been. Today more than two dozen tree species cover the parcel and lots of undergrowth. It looks just like the rest of the jungle. Memo's cornfield was the first part of Hacienda Barú to be rewilded. Little by little and parcel by parcel 96% of the pastureland was rewilded. Today the hacienda is an officially recognized nature reserve called Hacienda Barú National Wildlife Refuge.

One day in the early 2000s I was driving to San Isidro and saw a heavysset man with a fancy cowboy hat, boots, and a big silver belt buckle standing at a bus stop. He had missed his bus. I felt sorry for him and gave him a ride. He told me all about his farm near Paquarito where he raised cattle. I told him I was from Hacienda Barú.

"Oh my God. You must be Jack. I thought you looked familiar. I'm Memo. Don't you remember me?"



*Memo's Cornfield 50 years later*

"If you're the Memo I think you are, you look a lot different than you did last time I saw you," I exclaimed.

Memo went on to tell me the story of their life after being evicted. When they left Hacienda Barú they had gone to the Osa Peninsula where he and his two sons mined gold. They had a huge stroke of luck and found an enormous six-and-a-half-pound nugget. I figured it would have been worth about \$75,000 at the time. Memo showed me a Polaroid photo of him with his two sons, each with a big cowboy hat, a pair of fancy boots, and a revolver strapped to his hip. I hope he bought something nice for his wife and daughters too. I was pleased to see that he had been smart enough to invest most of the money in the farm and cattle. Memo had come a long way since I first met him.

I wish I had a copy of that photo.

*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*.*





# MARINA PEZVELA

## QUEPOS COSTA RICA

9° 25' 35" N | 84° 10' 22" W



[marinapezvela.com](http://marinapezvela.com)

FOLLOW US   

RESTAURANTS | VILLAS | COMMERCIAL PLAZA | YACHT YARD



# A Story of Resilience A Young Howler Monkey's Journey After Losing Her Mother on Powerlines

On June 6th, at 6 a.m., we received an urgent call from Hotel Costa Verde about a howler monkey being electrocuted. Our team immediately rushed to the site. Upon arrival, they discovered an adult female howler monkey who had passed away after the shock. Clinging to her back was a juvenile, who we later named Athena.



## The Initial Assessment and Treatment

Our veterinarian quickly assessed Athena's condition and began immediate treatment. She received fluid therapy to treat dehydration. Determining the severity of electrocution on the initial exam wounds can be challenging on the intake exam, as they often worsen over the first weeks. Our team monitored Athena's external wounds and internal health, taking weekly blood samples to ensure her treatment was effective.



Athena's wounds did worsen during the first weeks, prompting our veterinary team to use tilapia skin bandages, changing them weekly to check for improvements. Fortunately, she responded positively to treatments and began to recover, showing signs of improvement and starting to eat within the first two weeks.

## Special Care for a Special Monkey



Howler monkeys are challenging animals to rehabilitate due to their specific dietary needs and social nature. Recognizing this, our team knew Athena needed to be with her own kind to continue her recovery. Working alongside CR Green Airways and International Animal Rescue, we arranged for Athena to be transported to Nosara. There, she would join a group of six monkeys

her size and be introduced to a larger group of 26 individuals, preparing them for release back into the wild later this year.

## A Brighter Future for Athena

We are thrilled to have been part of Athena's rehabilitation. Her resilience and the compassionate care from our team have given her another chance. We kept in touch with the veterinary team at International animal rescue and they gave us updates this week that she has made some friends with another juvenile the same age named Sky.



Athena's journey is a testament to the power of resilience and compassionate care. She has come a long way from that tragic morning, and we look forward to seeing her flourish in her natural habitat soon.



## MODERN PRIMITIVE LIVING

FURNITURE • FOLK ART • LIGHTING • GIFTS

modernprimitiveliving.com 2777-7797

Main road across from Amigos del Rio, Manuel Antonio, Costa Rica

Find us on WAZE or Google Maps







¡NUEVO! Ronny's Place NEW



RESTAURANTE - MIRADOR  
MANUEL ANTONIO - COSTA RICA

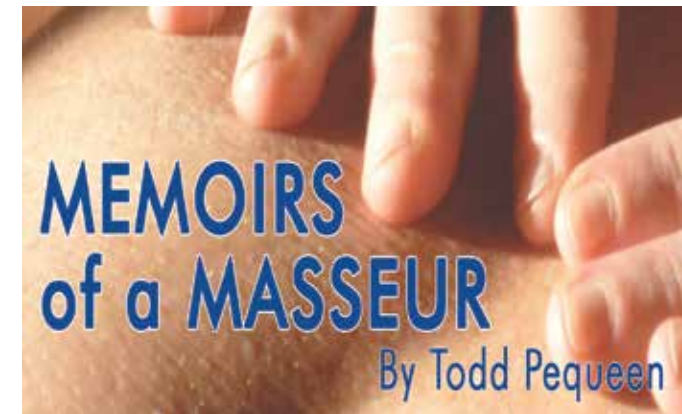
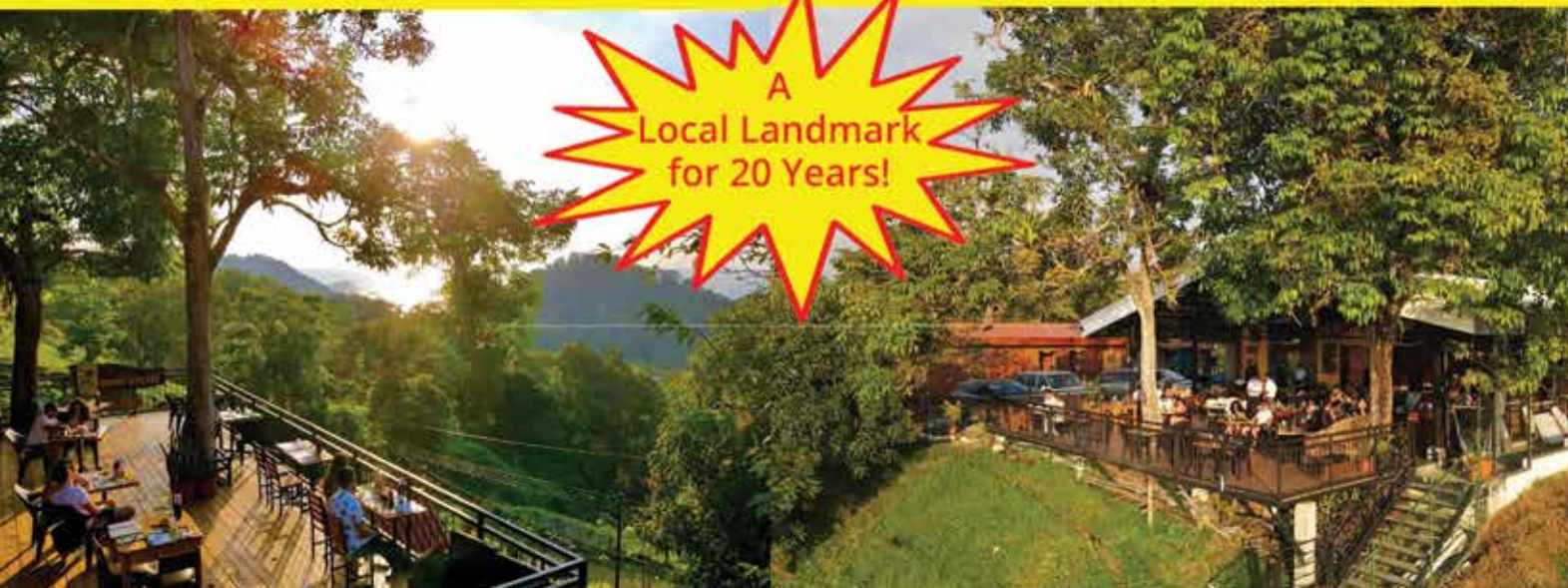
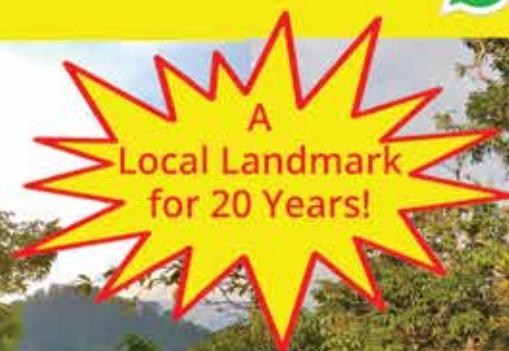
- Since 2003 -

Full Bar & Restaurant specializing  
in fire-grilled seafood, steak, chicken,  
lobster & the BEST SANGRIA anywhere!!

@Ronny'sPlace @Ronny'sPlace

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

2777-5120 & 2777-7575 8820-5120



*"The meaning of life is to find your gift. The purpose of life is to give it away", Pablo Picasso*

Last month, I entered my fifty-third year of living and have been contemplating the essence of my motivation when I wake up each morning. I discuss this with my peers, the moment when consciousness returns after a night's sleep, what is "it" that gets one out of bed. For me the answer is simple and unwavering. Creating positivity and to keep spreading the gift I have as a bodyworker, for it is an addiction. My tenured twenty-six years of physically manipulating bodies is also a workout and a meditation. I am a slave to it. I desire to do it every day and the physical, spiritual, and mental energy involved is simply a part of me that continues to grow. Whether it is one hour of work or seven, I am whole heartedly there to give everything I have. Each booking comes with gratitude, and each encounter with my clients is an opportunity to share and learn and the result is always two humans that feel better. I am often drained even wounded after my big days, yet I want more. Trust me on this it is not my earnings that keeps me going. How many massage therapists do you know that are financially cruising through life? The entrepreneurs in my field open spas and become managers and owners. The grass root individuals massage on and earn their gratitude from each client. None of us are wealthy but in the world that I live in, that we live in, our gift is sustainable. The two dozen massage therapists I know never talk about income. We talk about our growth as practitioners and about the systems and commissions that try to control us.

For any government worker or a suit slave to the system this might sound strange. I never wake up and grind out my day with thoughts of the finish line pension and what is to come. I muster energy to give to my next client and hope to make them a better person by laying on my massage alter table. I desire to relax them, to de-stress them, to help "tune-in" their frequency. It is my oath and my



direction for over a quarter century. I'm serious, massaging the world a day at a time has brought me riches beyond my dreams and so I dream bigger. My type of passion for any type of work that you the reader may have I applaud you as well. If it isn't there now, change it up and seek out your desires. Find your gift and interweave it with your dream and go for it. Train your body and mind to be unwavering and be prepared to suffer until it is realized. It is not a complicated equation. You do not want to be courageous when there is no risk.

Tenacious. Unwavering. Laser focused. At any age. Every step is a moral decision. Independently employed is an option for everyone. I even found it without social media but now I am showing my age. Don't let all the questions of how, outweigh the energy of your desires. I warn that the path must be as true as the day turns to night. Discipline and sacrifice can realize all dreams. Drugs and alcohol and "retreats" based on yoga or ayahuasca or fasting or veganism might help but confidence is the major player. Trust funds and living easy are detrimental and can derail the goal. A state of liberation is the gratitude of one's dreams, and the hard work that follows. I can feel with every client I massage if they are satisfied with the lives they have chosen. Be the person who is unafraid to make the hard decisions. It is never too late. Embrace faith. Give your gift away....

*(Todd can be reached on WhatsApp at 506-8830-7727 or at [tpequeen@yahoo.com](mailto:tpequeen@yahoo.com). Todd runs a brand new, tree-top Bed and Breakfast in the heart of Manuel Antonio with his amazing photographer wife, Sarah Yunker. The website is [sarahthoninbnb.com](http://sarahthoninbnb.com). Their off-season is spent traveling the world and finding more dreams to turn into reality.)*





**BAR & TAQUERIA**  
**EL MEZCAL**  
MEXICAN RESTAURANT

Enjoy our Happy Hour:  
Tuesdays, Thursdays &  
Fridays from 4pm-6pm

*Authentic*  
**MEXICAN FOOD**



📍 **El Mezcal Quepos:** 125 mts west of National Bank  
 ☎️ **+506-6287-6759**  
 🌐 **www.elmezcalcr.com**

📍 **El Mezcal Bejuco:** Inside Esterillos Town Center  
 ☎️ **+506-4709-5903**  
 📱    




**KR's Cocina**  
By Chef Karen Roman

Delicious Sandwiches, Smoked Meats,  
& Daily Specials  
Open Tuesday - Saturday  
7am - 4pm



☎️ **506-8497-1168** 📞





¡Hasta pronto!  
See you soon!  
Bis bald!

**Cascada Verde**  
a Jungle **Hostel**  
by Uvita's waterfall

A family run hostel, surrounded by tropical nature  
~1 km in the hills, going up at the BCR bank in Uvita, Puntarenas

www.cascadaverde-costarica.com  
(506) 8607 0207  
mail@cascadaverde-costarica.com



**SUNSET**  
(506)2100-8608

**GREAT!**  
• View  
• Food  
• Drinks  
• Prices



☎️ **SCAN ME**



**SUNSET RESTAURANT & SPORT BAR**

SUNSET     

- **HAPPY HOUR EVERY DAY FROM 4 PM TO 7 PM**
- **BURGUERS 2X1 EVERY TUESDAY 4 PM TO 7 PM**
- **WINGS 2X1 EVERY WEDNESDAY 4 PM TO 7 PM**
- **CHICKEN NACHOS 2X1 EVERY THURSDAY 4 PM TO 7 PM**
- **OLLA CARNE EVERY SUNDAY ALL DAY**

Sunset-manuel antonio    Sunset\_manuelantonio

📍 NEXT TO DIVISAMAR HOTEL, ACROSS THE STREET FROM THE OLD BARBA ROJA





# CRACKERS!

Michele Poff, PhD

It's the usual conundrum. You want a salty snack but don't want to eat junk. Or maybe you're not in the mood for a meal at dinnertime; you really just want crackers. Here, that means basically saltines. Even back home, it's tough to find crackers that you feel good about eating—that nourish your body, not just fill your gut with white flour. Wouldn't it be great to find crackers that you can munch on and get your nutritional needs met? Or grab some for a plane ride rather than trying to deal with airport food? And kids? Don't we little humans come out naturally liking crackers?

The most excellent news is that you can make your own crackers at home very easily, from any kind of ingredients you want. Beans, tofu, garbanzo flour, oats—whatever you want. Gluten-free, no problem. Hi-protein, done. Hidden veggies for the kids? We've got you covered. Crackers are fast, easy, delicious, nutritious, highly transportable, and easily kid-friendly.

## The Cracker Strategy

Before we talk about how to construct the perfect cracker for your own personal delights, let's deconstruct the cracker so we know what we're working with.

Like all baked items, crackers need ingredients from certain specific categories so that they'll behave like we want them to once we cook them. We are making a dough. That means we are combining wet items with dry items. We need the following:

- Base ingredient(s) (may be wet or dry)
- Tablespoon ground flax in water as binder
- Liquid if working with dry base
- Fat. Helps bind to limit crumbling and helps the crackers not taste dry.
- Grain
- Rising agent. Otherwise they're just hard little pucks.
- Salt
- Flavorings

This list is actually the fundamentals for all things you'll want to bake. Let's see how this works for crackers.

## Cracker Construction

### Base Ingredients

You can use any legume or grain as a base. Legumes may be wet, such as tofu, a bowl of beans, or bowl of sprouted lentils. They may also be dry, meaning any kind of flour or even whole rolled oats. Use any combination for any nutrient goals you may have. Wet items will need to be crushed. Tofu and soft beans may be mashed, but otherwise use a blender on low. They don't need to be completely smooth but they can if you prefer.



### Ground Flax

Mix a tablespoon of ground flax with a tablespoon water and let set 5 minutes. It'll gel up and make a nice binder.

### Liquids & Veggies

Here is where you can sneak in some vegetables. Puree whatever veggies you want or use a lower blender setting and leave them in tiny chunks. Zucchini has a lot of water while carrots do not. Spinach, you can't even tell is there except the color. Peppers add a bit of flavoring. Add spicy peppers if you dare. Also consider something zesty like kimchi or sauerkraut.

You can also just add water or vegetable stock.

If you're working with a base that's already wet, like tofu or beans, you won't need to add any more liquids. You can, of course, add as many veggies as you want. The wetter your mixture, the more flour you will need, so keep that in mind. Sometimes intended small batches get very big very fast when a lot of flour needs to be added to soak up the liquid.

### Some Fat

Coconut oil, olive oil, ripe avocado, or nut butter. Your recipe; you choose the quantity.

### Some Grain

It's great to experiment with any kind of flour desired for this ingredient. Whole rolled oats also work well. About one-third-to-one-quarter of the overall mixture should be a grain. If you want to make the crackers grain-free, use a legume flour instead. Better results tend to come with including a grain or grain flour. You need to add enough of this to make your dough easy to handle without it sticking to everything.

### Rising Agent

Baking soda or baking powder. About a half-teaspoon.

### Flavorings

Salt is the most important flavoring, so it gets its own ingredients line. About a half-to-full teaspoon.

Whether or not you want to eat your crackers all comes down to your flavorings. Use strong flavorings, and a lot of them. Err more on the side of overdoing the flavorings than underdoing them.

Rosemary and fennel are both excellent choices. Both are strong flavors and very nice in a cracker.

Other ideas: miso paste, veggie stock/cube, soy sauce, Bragg's aminos, mustard (powder), vermouth, and/or your favorite spice blend. Brine of pickles, sauerkraut, olives, capers. Dehydrated onion, powdered garlic and onion, chili powder, ground pepper. And anything else with flavor.

Also consider adding chopped nuts and seeds: almond, hazelnut, walnut; chia, flax, hemp, sesame—whatever you like in a cracker and whichever nutrients you're targeting.

## Bake

After mixing well, with a fork is fine, grab about a teaspoon or tablespoon of dough, pat it down as flat as you can, maybe dip it in some toppings, and lay it onto the sheet. You might also refrigerate the dough for a couple hours and roll it out, then cut your crackers. Or, you can roll up the dough fat, like a biscuit tube, and slice off rounds. Toppings are always nice: dehydrated onion, chia, sesame...

Bake at 350F until dark brown and crispy. Air-frying also works well. If you want them as a raw food, use a food dehydrator (may not get crunchy).

Be sure to cook until completely crispy. The color needs to turn darker. Any remaining softness means moisture. If totally done, they will stay crunchy and fresh in a sealed bag easily long enough for you to eat them. They won't last long!



## Enjoy!

Taking charge of your snacking in this way is tremendously self-satisfying. It's also a wonderful expression of self-love. Not to mention how easy it is to open up new meal possibilities, especially while travelling, and impress all your friends with your delicious ingenuity!

Experiment with small batches. What do you like best? Enjoy!

*Dr. Michele Poff is a professional writer, editor, instructional designer and qualitative researcher, working primarily in formal spaces and healing sciences. She hosts well-being tours in the Brazilian Amazon, [paradisefoundretreat.com](http://paradisefoundretreat.com). Her latest endeavor, *The Alignment Portal* website, [thealignmentportal.com](http://thealignmentportal.com), hosts materials to help people find and follow their life purpose, aiming at fulfilling their life potential. She lives on the Central Coast and gets a lot of great thinking done in the jungle.*





**Desayunos**

**Almuerzo**

**Cena**

**Service Express**  
2777-9494  
@CoffeeStopBistro

**MINI STOP MARKET**

**¡TENEMOS TODO LO QUE NECESITAS EN UN SÓLO LUGAR!**



**Cold Cold Beverages**  
**Fresh & Ready Togo**  
**Liqueur & Snacks**  
**International & National BEER**

**Servicio express 2777-0056** @MiniStopMarket

**Thomas Chernley**  
CENTURY 21  
+ (506) 8866-1649  
C condominio Finca Tranquila, Quepos, Puntarenas, CR, 60601  
tom@c21puravida.com

**A GORGEOUS DESIGN HOME Tucked Away in a Private Natural Neighborhood:**






Discover the expansive 6,283 square meter (1.5 acres) Casa Blanca Estate when you enter the Finca Tranquilla.

It's an oasis twenty minutes from Costa Rica's famous Manuel Antonio National Park. Enjoy the views of serene rivers and stunning mountains that will make you feel like a rock star.

4 Bedrooms,  
5 Bathrooms,  
4 Garages,  
557.00 m<sup>2</sup> = 6,000 sq ft.

USD 2,495,000 (financing available).  
You have never seen anything like this before, so be ready to be astounded!

**Pool View to the Mountains**

**Farmacia Drugstore LA ECONÓMICA**  
¡tu salud a precio bajo!

- ENGLISH SPOKEN
- DELIVERY EXPRESS
- THE BEST PRICE
- PAYMENT OF UTILITIES

**SERVICIO EXPRESS**  
2777-0079 @FARMACIASLAECONOMICACR

**WE OFFER FREE DELIVERY**  
SOME RESTRICTIONS APPLY

**VENTA DE PROTEÍNAS**  
**GOODLIFE**



**MARISQUERIA La Langosta Feliz**  
Matapalo

2787-5214  
8345-6445  
8872-1578

**SEAFOOD SUSHI CABINAS**







**That's Fishin**  
**Benn Gilmour**

Welcome to the September and October edition of That's Fishin for a quick round up of all things Fishing in the Quepos area.

### OFFSHORE FISHING

August produced the best Marlin fishing of the year so far, after a quiet few months on the Marlin front which had us all wondering where the Marlin were this year. Hawaii experienced some of their best Marlin fishing ever this season leaving us to believe that our usual run of Blue Marlin had taken a different migration route this year and made their way to Hawaii. Thankfully during August the Marlin arrived and the Quepos and Los Suenos fleets were delighted to get back into some epic Marlin fishing.



The 35' Monkeyshine released 5 Blue Marlin during one day's fishing and then 3 Blue Marlin the very next year. GOOD DAY released a Black Marlin, Blue Marlin, Sailfish

GRAND SLAM on August 15<sup>th</sup> to celebrate CR mother's day with the fish of the day being a 350lb Black Marlin.



Now that the Marlin are here and with water temperatures in the 81-83 range the Marlin bite should continue throughout September and October, a Full Day Offshore trip or a trip out to the Costa Rica FADS & SEAMOUNTS will give you your best chance of catching a Marlin.

There have been good numbers of Sailfish showing also, TOOSEA released 6 Sailfish & 1 Blue Marlin in a day and we are still seeing Sailfish on most Offshore charters.

The Wahoo fishing over the Offshore reefs has been solid with most fish in the 15-40b range and some bigger fish possible too. There was some great Tuna fishing during August with lots of 30-40 pound fish and some big guys also. Expect this to continue through September and October during full day Offshore charters in the 20-40 mile range.



### INSHORE FISHING

The next couple of months can be the most challenging for Inshore fishing here in Quepos due to the afternoon/evening rains and the run off from the rivers making the inshore waters murky. There will still be opportunities to catch Roosterfish, Snapper, Mackerel, Jacks and more during Inshore trips.

Catching livebait can sometimes be a challenge at this time of year but if you can get good bait then you will be in with a chance of success. Our Offshore bottom fishing is also a great option at this time of year for Snapper, Grouper, Tilefish & Congrio. Bottom fishing and jigging at our Offshore reefs can also produce Amberjack, Pompano, Snapper and more.



We have some excellent inshore boats available at the Marina Pez Vela to suit all budgets and sizes, just let us know if you would like an Inshore trip of your own.

### DORADO DERBY TOURNAMENT

The first tournament of the new season are just around the corner, the Dorado Derby 1 & 2 taking place on 9<sup>th</sup> & 16<sup>th</sup> November. We cannot wait for this one!! The Dorado Derby is most definitely one of our favourite tournaments of the year with more boats, more prize money and more FUN each and every year.

Prizes for Heaviest Dorado, Top Lady Angler, Top Junior Angler plus a host of other cash Jackpots and prizes will be up for grabs. We hope to see you there either to join us for the tournament or to come down to enjoy the weigh in and live music at the after party. If you would like to fish the Dorado Derby please start looking for your boat immediately and just let me or the Team at the Marina Pez Vela Guest Centre know if you need some help finding a boat.



### Tournament Dates

The rest of the 2025 tournament calendar is coming together and you can find our full event schedule at [marinapezvela.com/tournaments](http://marinapezvela.com/tournaments)

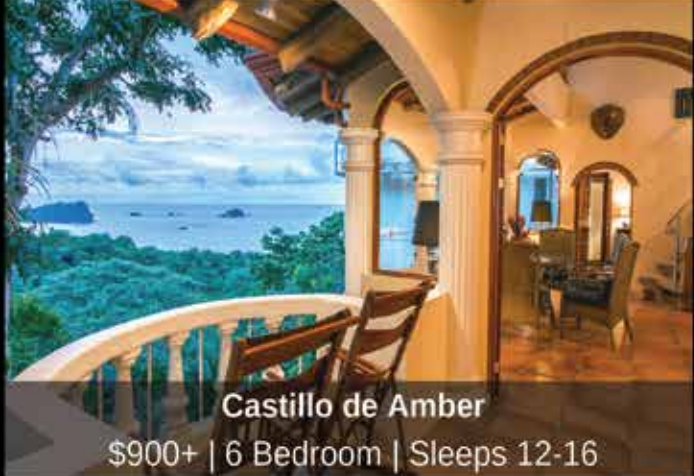
|           |   |
|-----------|---|
| Nov 9     | Dorado Derby 1                                |
| Nov 16    | Dorado Derby 2                                |
| Jan 9-12  | Pelagic Rockstar                              |
| Feb 1     | Roosterfish Rodeo                             |
| Feb 20-22 | Pescadora Billfish Championship (Ladies Only) |
| Mar 8     | Sailfish Slam                                 |
| Apr 5     | Marina Pez Vela Open                          |



Benn Gilmour, Jackpot Sport Fishing  
 Marina Pez Vela, Quepos  
 Cell: 8458 4997  
[info@jackpotssportfishing.com](mailto:info@jackpotssportfishing.com)  
[jackpotssportfishing.com](http://jackpotssportfishing.com)







scan me



www.ManuelAntonioRentalProperties.com  
info@ManuelAntonioRentalProperties.com  
Toll Free: 1 (855) 999-8101 CR: 8888-8850





# SPANISH SUCKS

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

## La Mascarada Tradicional Costarricense

En el año de 1996 el gobierno de Costa Rica definió el 31 de octubre como el Día de la Mascarada Tradicional Costarricense. Esto es una tradición popular de Costa Rica que nació en la época colonial del país, y que todavía continúa. Su origen se dio en actividades festivas coloniales y amerindias. Está relacionada con la festividad española de los gigantes y cabezudos y con influencias de comunidades indígenas autóctonas, lo que le da un carácter pluricultural y sincrético.

### ¿Cómo se celebra la mascarada?

Los mascareros o personas disfrazadas con máscaras, se pasean por las calles persiguiendo a los espectadores, bailando al son de la música interpretada por una banda llamada cimarrona y acompañados de fuegos artificiales.

### ¿Dónde se celebra la mascarada?

Se celebra en las diversas festividades populares o religiosas y turnos de las ciudades o pueblos del país.

### Tipos de máscaras

Los aparatos: están hechos de estructuras grandes que forman animales.



Los cabezudos: son máscaras grandes que cubren toda la cabeza.



La careta: son máscaras que cubren la cara solamente.



Las gigantes: son máscaras grandes montadas sobre bases altas que están formadas por alambre o estructuras metálicas.



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



(506) 8861-8377

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

# SPANISH SUCKS

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

## La Mascarada Tradicional Costarricense

### Personajes principales

Algunos de los principales personajes tradicionales de las mascaradas en Costa Rica son: la Giganta, el Diablo, la Segua, la Muerte, la Llorona, el Padre sin Cabeza, el Diplomático, el Borracho, el Policía, el Polizonte, el toro, los enanos y la Bruja. Estas máscaras normalmente son exageradas y caricaturescas, representan el anonimato, el misterio y hacen crítica a figuras públicas.



La Segua



El Diablo



La Bruja



El Borracho



La Muerte



La Giganta

### La música de las mascaradas

Los personajes de las mascaradas bailan siempre al son de la música de la cimarrona, la cual es una pequeña banda de músicos aficionados, propia del folclor de los cantones y pueblos de Costa Rica.

La cimarrona se caracteriza por estar conformada únicamente por instrumentos de viento y percusión.



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



(506) 8861-8377

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



## 20 YEAR ANNIVERSARY

Serving the Community of Manuel Antonio and Dominical with joy  
No more assembly line spa massages!

# Massage Todd

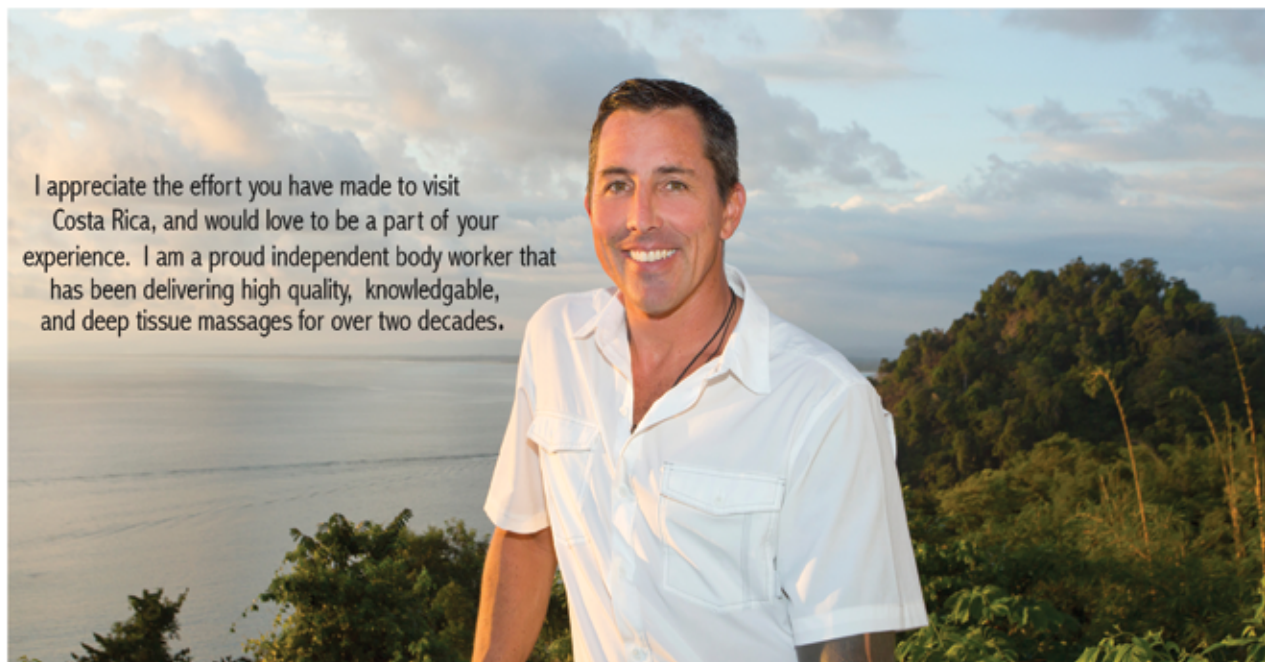
www.massagetodd.com

tpequeen@yahoo.com

New York Institute of Massage Graduate and USA Nationally Certified

Call or Whatsapp **8830-7727** for appointment

Tree top home studio or on location (free transportation)



I appreciate the effort you have made to visit Costa Rica, and would love to be a part of your experience. I am a proud independent body worker that has been delivering high quality, knowledgeable, and deep tissue massages for over two decades.

Integrative packages available in partnership with Chiropractor and Acupuncturist Dr. Constant Boshoff, Licensed in the USA and Costa Rica

Local hygienic and organic hand pressed coconut oil by Krishna Carlos.  
Biotone oils and creams

## FINE BODYWORK

A pioneer of the wellness community since 2000.

LIGHT OF DAWN ADVENTURE TOURS  
20 YEARS EXPERIENCE  
Book With Confidence  
Stress Free  
Proudly Announcing 2 New Tours!

GOLD & TREASURE HUNTING TOUR!!

STUNNING RAINFOREST WATERFALL TOUR!!

BOOK YOUR TOUR TODAY!  
<https://www.costaricavacationslightofdawn.com/about-4>  
US 225.414.9099 WA 506.8467.8210

**FIVE MAES**  
BURGERS • WINGS • SHAKES

f i @FIVEMAES

ANGUS BEEF BURGERS  
DELIVERY AVAILABLE  
OPEN EVERY DAY!!

MENU & ORDER

UVITA, COSTA RICA

PLAYA ESPADILLA  
ESCONDIDO

In the heart of Manuel Antonio  
Experience our lunch and dinner  
exquisite menu in a relaxed, tropical and  
rainforest surrounded environment

www.espadilla.com

**JACKPOT SPORT FISHING**  
MARLIN ★ SAILFISH ★ TUNA ★ MAHI ★ SNOOK ★ ROOSTERFISH


31' GOOD DAY  
Captain: Manuel Gabuardi  
Owner: Benn Gilmour

CALL US NOW! (506) 8458 4997 / 8458 5049  
info@jackpotsportfishing.com  
www.jackpotsportfishing.com  
MARINA PEZ VELA, QUEPOS



**Tentación**  
*Restaurante & Bar*

**Seafood, Pasta  
 & Steaks**




**Cocktails, Beers  
 & Smoothies**


**Live Music**

Across from the Malecón  
 on the Main Road into Quepos

Every Day 8 am to 10 pm

Express Delivery  
 2777-3663

 **Restaurante Café Tentación**

 **Tentacion\_quepos**



**Chef's  
 Corner**

*By Desiree Brassert*  
 costadezz@gmail.com

Follow me on facebook@paradise.chefs

**Hawaiian Coconut Syrup  
 for Pancakes**

Out of maple syrup? Try this delicious tropical Haupia sauce and never look back.

**Ingredients**

- 1 can (400 ml or 13.5 ounces) of coconut milk
- 1 tablespoon of cornstarch
- 1/2 cup of white sugar
- 1/2 teaspoon of salt
- 1 tablespoon of light corn syrup
- 1 teaspoon of vanilla

**Directions**

1. Pour the coconut milk and cornstarch into a saucepan and mix completely before turning on the heat to medium.
2. Add the sugar, salt, and corn syrup.
3. Stir continuously until the sauce thickens, bubbles, and pops.
4. Stir in the vanilla and serve with pancakes, waffles, crepes, French toast, ice creams etc.

**Bonus recipe: Japanese-style fluffy pancakes**

**Ingredients**

- 4 eggs, separated
- 1/4 cup sugar
- 1/2 cup of flour
- 1/2 teaspoon of baking powder
- 1 pinch of salt
- 3 tablespoons of milk (any type)
- 1/2 teaspoon of vanilla
- 4 tablespoons of water for cooking
- 4 pats of butter

**LIC. KATHERINE ALPIZAR C.**



Hacienda Pacifica Local #27

+(506)2774-0293 / 8311-4874

katherine.alpizar@grupoacgestion.com

**GRUPO AC**  
 ASESORIA & GESTION

**Directions**

1. Combine egg yolks, milk, and vanilla in a bowl.
2. Add flour, baking powder, salt, and mix well.
3. Beat egg whites with beater until frothy.
4. Add sugar and continue beating until marshmallow-like.
5. Gently fold everything together while melting one pat of butter in a nonstick pan.
6. Spoon batter onto the hot pan and cover with a lid for 3 minutes.
7. Flip over, add 1 tablespoon of water into the pan and cover again until pancakes are cooked through.




**VIVERO LA CASCADA**

**PARRITA**

Tel: 88294369 / 83103327 / 83363661



**For Sale By Owner**

2 lots in Damas  
 1 Hectare each  
 20 minutes to Quepos  
 Documents ready for sale

**En venta por propietario**

2 propiedades en venta en Damas  
 1 Hectárea, cada una  
 20 minutos de Quepos centro  
 Documentos listos para la venta

**Yesenia 506-8320-9397**





LEGAL SERVICES  
ATTORNEYS AND NOTARY PUBLICS

## SOME OF OUR SERVICES

- Real Estate-Contracts-Transfers-Due Diligence
- Labor Law
- Residency, all types
- Corporate and Commercial law
- Vehicle transfers
- Marriage registration and ceremonies
- Intellectual Property
- Translation services

SERVING OUR CLIENTS SINCE 2010

UvitaLawFirm.com  
 011 (506) 2743-8416, 2743-8619  
 011 (506) 8434-7459  
 Dome Plaza, Office #7, first floor. Uvita, Osa.  
 Info@UvitaLawFirm.com, KristiPenland@gmail.com



## 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.



# Sunset Sails

TOURS

## AFTERNOON TOUR:

- Ideal for honeymooners, but romantic for any couple.
- Free cocktails.
- Private cruise also available upon special request.
- Full course dinner.

(506) 8317-5072

Sunsetsailsfourfotos

info@sunsetsailstours.com

www.sunsetsailstours.com

Toll free number: +1 888-268-5671

Office phone number: (506) 2777-1304



ROYAL PALM  
INTERIORS

HOME STAGING  
&  
INTERIOR DESIGN  
SERVICES  
COMING SOON!



Under new ownership!



RoyalPalmInteriors.com    Next to BCR, UVITA de OSA    2743-8323    RoyalPalmInteriors@gmail.com



**10 MIN WALK TO FALLS**  
CAMINATA DE 10 MINUTOS



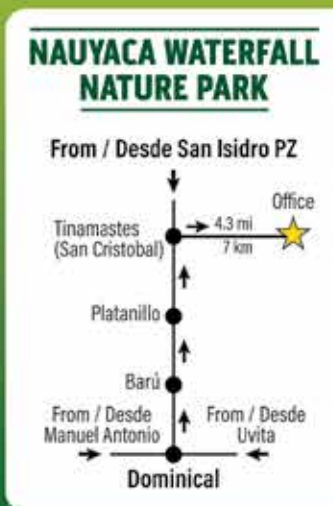
**WHY VISIT US? / POR QUÉ VISITARNOS?**

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

  
There are 2 entrances for Nauyaca Waterfall but only 1 Nauyaca Waterfall Nature Park!

FOLLOW OUR LOGO TO FIND US  
PARA ENCONTRARNOS SIGA NUESTRO LOGO

**#1 waterfall experience in Costa Rica**



San Salvador, Barú PZ

[WWW.NAUYACAWATERFALL.COM](http://WWW.NAUYACAWATERFALL.COM)  (506) 8771-4222



What's Shaking   
@ MARINA PEZ VELA  
QUEPOS COSTA RICA

**WHALES ARE WHAT'S SHAKING!**

The world's longest mammal migration with humpback whales from both hemispheres coming to our pristine waters to have their young, teach them the art of survival, breaching and feeding and begin the migration to the colder waters of both hemispheres. The Humpbacks are the main attraction and can be found just off the coast of Manuel Antonio and during these two months the whale watching tours are jaw dropping experiences with these majestic giants. Costa Rica has become so well known for **once-in-a-lifetime** experiences and the experience of seeing these mammals up close, marveling when they breach with the dramatic background of Manuel Antonio is unforgettable.

The Marina Pez Vela Guest Center has created opportunities for every budget and every style traveler so do NOT mis out on this opportunity to create memories with friends and family and also to support the local tour operators and economy during what are traditionally the most challenging months of the year.

**Costa Rican Independence Day, September 15**

Come by the Marina as we will have some events, typical foods, some traditional folk dances, and music popping up in and around the monthly long celebration of our Independence.

**Halloween, October 31**

What was once an expat holiday, hidden in the bars of the area, has become one of the most enjoyable family evenings and cultural fusion of the entire year. The Marina, with an easy and safe trick or treating has become the PLACE to



be for Halloween. Seeing both the expat and local families come together with their kids and extended families to celebrate everything that is so special, but our community and this project is one of the highlights of the year. As the dates approach, stay tuned for restaurant specials and details on the schedule and security measures to insure a safe and enjoyable Halloween here at Marina Pez Vela.

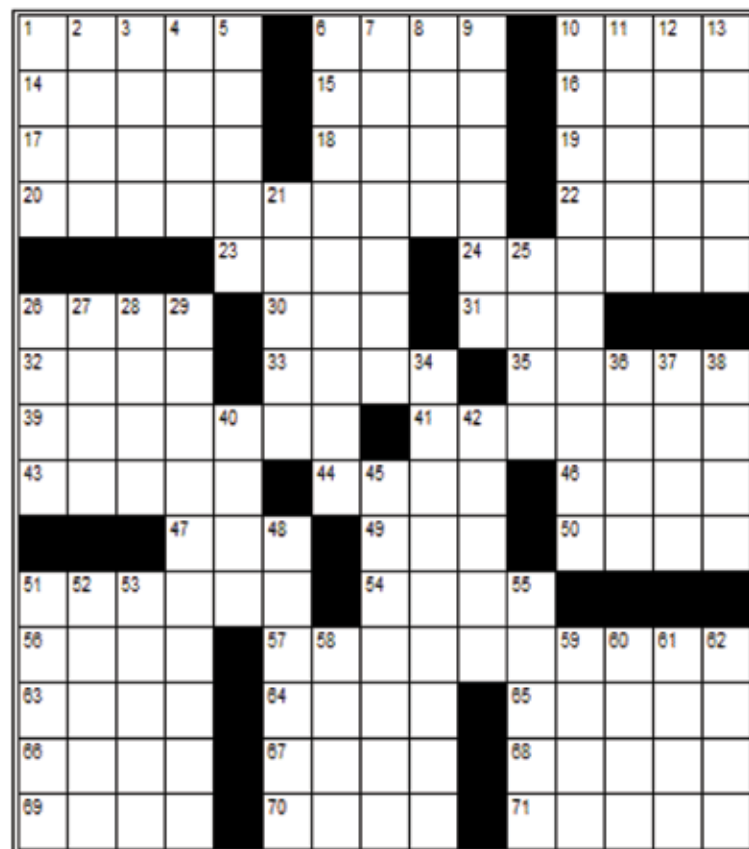
**TOURNAMENTS ARE COMING**

Get ready for the iconic Dorado Derby which is coming soon on November 9th & Dorado Derby Dos on November 16th. These are super fun tournaments, ideal for families, friends, first time anglers and anyone just looking to experience a day on the water, the fun of fishing at a great price in a great environment. Inquire now at the Marina Pez Vela Guest Center for your reservation and more details (+506 2774-9006).



**ACROSS**

- 1. A wind does this
- 6. Footnote note
- 10. Mother
- 14. Boundary
- 15. Beak
- 16. Anagram of "Bone"
- 17. Alpha's opposite
- 18. Story
- 19. Sound a horn
- 20. Analyzed
- 22. Diversion
- 23. Geek
- 24. Is melodramatic
- 26. Against
- 30. Type of primate
- 31. Downturn
- 32. Unit of paper
- 33. Forsaken
- 35. Wanderer
- 39. Rugs
- 41. Usefulness
- 43. Athletics
- 44. River in Spain
- 46. Computer symbol
- 47. Half of a pair
- 49. Estimated time of arrival
- 50. Identical
- 51. Tent material
- 54. Rump
- 56. African sheep
- 57. Place of many trials
- 63. Cone-bearing trees
- 64. Abbey area
- 65. Spring month
- 66. Being
- 67. Jury member
- 68. What trains run on
- 69. Sow
- 70. Stops
- 71. Fill with joy



**DOWN**

- |                       |                              |                     |
|-----------------------|------------------------------|---------------------|
| 1. Alliance           | 13. Initial wagers           | 42. Breakfast bread |
| 2. Luxury car         | 21. Administered             | 45. Perplexed       |
| 3. Portent            | 25. Short skirt              | 48. Get away        |
| 4. Hairpieces         | 26. Circle fragments         | 51. Coffee shops    |
| 5. Spot               | 27. Half-moon tide           | 52. Come up         |
| 6. Interject          | 28. Tropical root            | 53. Care for        |
| 7. Lodger             | 29. Ad-libbed                | 55. Divvy up        |
| 8. Small island       | 34. Caregivers               | 58. Not closed      |
| 9. Conveyed ownership | 36. Isinglass                | 59. Iridescent gem  |
| 10. City              | 37. "Smallest" particle      | 60. Murres          |
| 11. Give or take      | 38. Physics unit             | 61. River deposit   |
| 12. Antlered animal   | 40. Europe's highest volcano | 62. Apart from this |

**ACROSS**

- 1. Donkeys
- 6. Overtake
- 10. Speed competition
- 14. Neighborhood
- 15. Cain's brother
- 16. Winglike
- 17. Dirty look
- 18. All-night party
- 19. Not stereo
- 20. Foolish
- 22. Outbuilding
- 23. Cell alternative
- 24. Stage
- 25. Cuts (down)
- 29. A skin disease
- 31. Bestial
- 33. Fastened
- 37. Inclined
- 38. Bakeshop
- 39. Manifestation
- 41. Thousand million
- 42. Vocabulary
- 44. Celtic language
- 45. A very prickly woody vine
- 48. Serious
- 50. Deserve
- 51. Quality of being surly
- 56. French for "State"
- 57. A period of calm
- 58. Female demon
- 59. Give as an example
- 60. Away from the wind
- 61. Rewrites
- 62. Tilled
- 63. Require
- 64. Satisfies



**DOWN**

- |                       |                           |                          |
|-----------------------|---------------------------|--------------------------|
| 1. Seaweed            | 13. Wear away             | 40. Govern badly         |
| 2. Traded             | 21. Contradiction         | 41. Long racing sled     |
| 3. Cigarfish          | 24. Flower feature        | 43. Deep gulch or ravine |
| 4. Noble              | 25. Overlook              | 45. Kind of nut          |
| 5. Slumber            | 26. Sole                  | 46. Relative magnitudes  |
| 6. Ideal              | 27. Which person?         | 47. Angered              |
| 7. Lets up            | 28. Superseded            | 49. Angers               |
| 8. More than a couple | 30. Hutch                 | 51. Extended family      |
| 9. Sleigh             | 32. Metric unit of length | 52. Nil                  |
| 10. Dilapidated       | 34. Inheritor             | 53. Broadcast            |
| 11. Hawaiian greeting | 35. "Aeneid" figure       | 54. Location             |
| 12. Walking sticks    | 36. Physics unit          | 55. Back talk            |





## Sustainable Practices in Tourism: Steps You Can Take To Be A Green Visitor



Tourism brings visitors to the Quepos and Manuel Antonio area from all across the world. They come to experience incredible sport fishing and scuba diving, as well as the many natural wonders available for view just down the road. It is an integral aspect of Quepos and its economy, but is it becoming “too much of a good thing”? It is important that we keep a balance and encourage sustainable tourism as much as possible to conserve our environment.

Sustainable practices in tourism can be a source for mitigation of the problems brought on by the growing number of foreign visitors flowing in and out of any area. But what is sustainability?

“Sustainability” refers to the use of resources in a means that protects and preserves them for the sake of future generations. The following simple actions can be implemented by all of our visitors and encouraged by residents in order to maintain a beautiful, thriving Quepos and Manuel Antonio.

### Use of Safe Sunscreen

Coral reefs are vital organisms that are crucial to supporting Costa Rica’s rich marine biodiversity. They are extremely sensitive to even the slightest of environmental changes, including exposure to chemicals commonly found in sunscreens. It is our duty as naturalists and stewards of the Earth to take care of these organisms for the sake of all living things. Although a brand may display itself as “reef-friendly” or “reef-safe”, it does not guarantee their product is completely free of dangerous materials. Before purchasing, be sure to look out for the following ingredients:

- Oxybenzone
- Octinoxate
- Octocrylene
- Homosalate
- 4-methyl benzylidene camphor
- PABA
- Parabens
- Triclosan
- Any nanoparticles or “nano-sized” zinc or titanium
- Microplastics, such as “exfoliating beads”

Any of these chemicals can cause deterioration, illness, and contamination to corals, who often struggle to recover efficiently due to a multitude of environmental stressors occurring at once. Next time you need a new bottle of sunscreen, do your part for our oceans and check labels carefully!

### Passive Interaction with Wildlife

Costa Rica is famous for its rich biodiversity, both on land and in sea, but it’s crucial to know how to interact with any wildlife you may come across. The first rule of thumb is to observe species from afar and to not physically interact with them. As we are often taught by our mothers, treat others as you wish to be treated; this principle applies with wildlife as well.

Stay quiet and calm around animals to avoid disturbing them. Don’t chase or harass wildlife, as they may react defensively or aggressively (it’s also illegal). Wounds like bites or scratches could result in more serious complications, like infection, if not properly treated. So, the next time you wish to feed bananas to the capuchin monkeys, just let them be. When exploring underwater, it’s vital to be aware of your movements and avoid thrashing about or kicking any wildlife that may be residing beneath you. Be sure to stay streamlined when scuba diving, keeping all attachments and gear close to your body. Always observe from afar, and be sure to keep your flash off when taking photos and/or videos, so as not to cause disruption.

Before you begin exploring the jungles and oceans of Costa Rica, be sure to read up on potentially dangerous species that you might encounter. For example, Costa Rica is home to the Bullet Ant, which has the most painful sting according to the Schmidt Sting Pain Index. Lastly, it’s best to follow the “Leave No Trace” policy whenever you’re in a natural habitat. The purpose of this motto is to leave each space better than you found it. This means picking up after oneself and leaving all nature where it was found, as well as taking care of any other trash you may encounter during your adventures.

### Sustainable Food Choices

Costa Rica has an extensive menu of incredibly flavorful and traditional food to offer. However, it’s important to keep in mind where and how your food makes it to your plate. In order to maintain a truly sustainable diet, ensuring your meals come from locally and responsibly sourced places is the number one rule to follow. When possible, always ask your server or vender where and how your meat or seafood came to arrive in their hands. If they cannot answer, it’s best to go with a more plant-based meal item. Additionally, a sustainable diet is made up of diverse and well-rounded sources of plant-based nutrients, like beans and lentils. Generally speaking, the less meat, the more sustainable. Another consideration

when choosing meats and seafood especially is how far it must travel to get to your fryer. Shopping at local stores and farmer’s markets are often the best option when it comes to a short travel distance, which almost always guarantees a fresher batch as well. The less energy it takes to get a food from its source to your pantry, the more sustainable it is considered. Farmer’s markets take place nearly every Friday and Saturday in Quepos, making supporting local workers and purchasing sustainably even easier.

### Checking Your Utility Usage

Utility usage primarily refers to water, electricity, and gas. Preserving these resources doesn’t only mean saving money, it means saving energy. Electrical power is the second largest emitter of carbon dioxide into the Earth’s atmosphere. This not only contributes to climate change, but also possesses an abundance of human health risks. Potable water, although a natural resource, is not as easy to come by as it may seem. Many places throughout the world do not have consistent access to a reliable and safe water supply. Thus, we must use water safely and respectfully so as to conserve it for those in need both now and in the future. Natural gas is a highly toxic and flammable liquid. Burning natural gas releases methane into the atmosphere, which is the second most significant climate pollutant. Natural gas is a finite resource that cannot be quickly replenished naturally, so conserving our supply is vital.

### Getting Around Locally

Most motorized vehicles today are powered by gas. These vehicles are responsible for about half of all nitrogen oxides present in our air. This gas and countless others are responsible for burning a small hole in our ozone layer, which protects us from the sun’s harmful ultraviolet rays. The best way to limit the further spread of these toxins is to carpool with others, take public transportation, and walk when given the opportunity. These simple choices also help out the local community, where bus and taxi drivers make their livings by driving other people where they need to go.

So, You think you can help and take a couple of these steps?

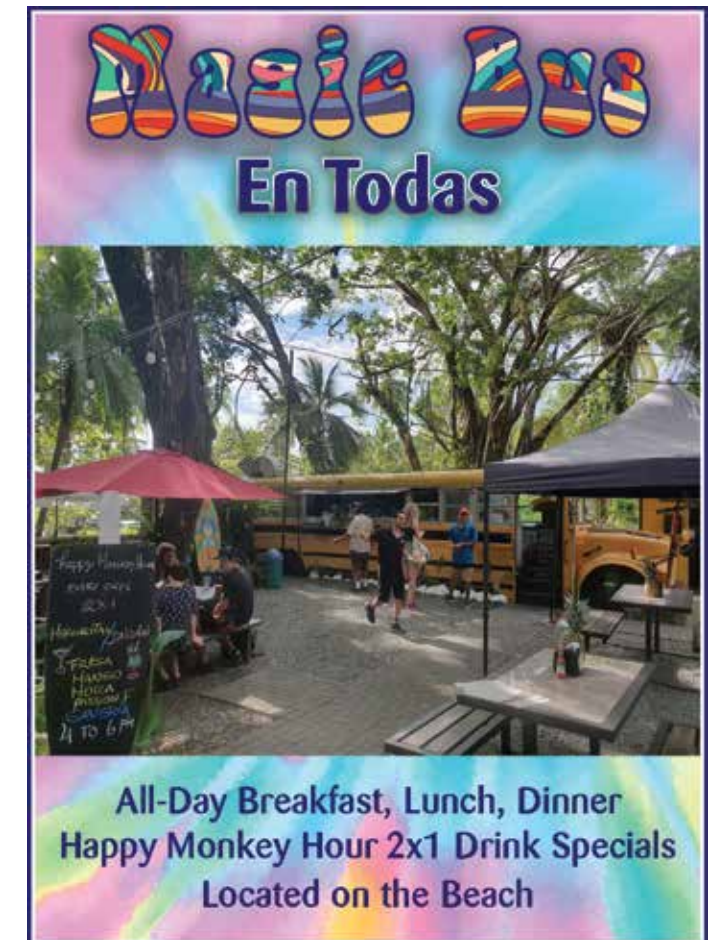
All of these actions and more will ensure Quepos as well as many beautiful places around the world remain able to welcome visitors for generations to come. When in doubt, check labels, ask questions, shop local, and respect all life!



Oceans Unlimited



Marine Conservation





# TIDES for SEPTEMBER 2024

| Day    | High           | Low            | High          | Low            | High          | Phase         |
|--------|----------------|----------------|---------------|----------------|---------------|---------------|
| Sun 01 | 01:39 7.90 ft  | 07:45 1.60 ft  | 13:53 8.16 ft | 20:08 0.90 ft  |               |               |
| Mon 02 | 02:23 8.31 ft  | 08:29 1.23 ft  | 14:36 8.40 ft | 20:46 0.64 ft  |               | New Moon      |
| Tue 03 | 03:01 8.65 ft  | 09:06 0.90 ft  | 15:14 8.58 ft | 21:20 0.45 ft  |               |               |
| Wed 04 | 03:36 8.91 ft  | 09:41 0.66 ft  | 15:50 8.66 ft | 21:53 0.37 ft  |               |               |
| Thu 05 | 04:10 9.04 ft  | 10:15 0.52 ft  | 16:24 8.62 ft | 22:24 0.42 ft  |               |               |
| Fri 06 | 04:42 9.05 ft  | 10:48 0.50 ft  | 16:58 8.45 ft | 22:56 0.58 ft  |               |               |
| Sat 07 | 05:14 8.93 ft  | 11:22 0.62 ft  | 17:32 8.15 ft | 23:28 0.87 ft  |               |               |
| Sun 08 | 05:47 8.69 ft  | 11:56 0.86 ft  | 18:07 7.75 ft |                |               |               |
| Mon 09 |                | 00:01 1.23 ft  | 06:21 8.35 ft | 12:34 1.19 ft  | 18:45 7.31 ft |               |
| Tue 10 |                | 00:38 1.65 ft  | 07:00 7.96 ft | 13:15 1.57 ft  | 19:29 6.87 ft |               |
| Wed 11 |                | 01:20 2.07 ft  | 07:45 7.56 ft | 14:05 1.92 ft  | 20:23 6.53 ft | First Quarter |
| Thu 12 |                | 02:14 2.42 ft  | 08:43 7.23 ft | 15:06 2.15 ft  | 21:31 6.41 ft |               |
| Fri 13 |                | 03:22 2.59 ft  | 09:55 7.12 ft | 16:17 2.12 ft  | 22:46 6.64 ft |               |
| Sat 14 |                | 04:40 2.42 ft  | 11:10 7.33 ft | 17:27 1.77 ft  | 23:53 7.23 ft |               |
| Sun 15 |                | 05:53 1.87 ft  | 12:15 7.82 ft | 18:27 1.18 ft  |               |               |
| Mon 16 | 00:50 8.03 ft  | 06:53 1.09 ft  | 13:11 8.46 ft | 19:19 0.48 ft  |               |               |
| Tue 17 | 01:39 8.91 ft  | 07:46 0.26 ft  | 14:01 9.11 ft | 20:07 -0.20 ft |               | Full Moon     |
| Wed 18 | 02:26 9.72 ft  | 08:35 -0.48 ft | 14:48 9.63 ft | 20:53 -0.73 ft |               |               |
| Thu 19 | 03:11 10.34 ft | 09:21 -1.00 ft | 15:34 9.94 ft | 21:37 -1.03 ft |               |               |
| Fri 20 | 03:56 10.68 ft | 10:07 -1.24 ft | 16:20 9.98 ft | 22:22 -1.04 ft |               |               |
| Sat 21 | 04:41 10.68 ft | 10:54 -1.16 ft | 17:07 9.74 ft | 23:08 -0.74 ft |               |               |
| Sun 22 | 05:28 10.36 ft | 11:41 -0.78 ft | 17:56 9.25 ft | 23:56 -0.19 ft |               |               |
| Mon 23 | 06:17 9.77 ft  | 12:32 -0.18 ft | 18:48 8.60 ft |                |               |               |
| Tue 24 |                | 00:47 0.55 ft  | 07:10 9.00 ft | 13:27 0.54 ft  | 19:46 7.91 ft | Last Quarter  |
| Wed 25 |                | 01:45 1.33 ft  | 08:10 8.21 ft | 14:30 1.22 ft  | 20:55 7.35 ft |               |
| Thu 26 |                | 02:54 1.99 ft  | 09:21 7.58 ft | 15:43 1.68 ft  | 22:11 7.10 ft |               |
| Fri 27 |                | 04:15 2.31 ft  | 10:37 7.28 ft | 16:59 1.80 ft  | 23:25 7.20 ft |               |
| Sat 28 |                | 05:35 2.23 ft  | 11:47 7.32 ft | 18:06 1.65 ft  |               |               |
| Sun 29 | 00:26 7.53 ft  | 06:37 1.90 ft  | 12:45 7.55 ft | 18:58 1.38 ft  |               |               |
| Mon 30 | 01:14 7.94 ft  | 07:26 1.48 ft  | 13:32 7.84 ft | 19:40 1.10 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.

Photo: Frank Schulz

# TIDES for OCTOBER 2024

| Day    | High           | Low            | High          | Low            | High          | Phase         |
|--------|----------------|----------------|---------------|----------------|---------------|---------------|
| Tue 01 | 01:55 8.33 ft  | 08:05 1.08 ft  | 14:12 8.12 ft | 20:16 0.85 ft  |               |               |
| Wed 02 | 02:30 8.67 ft  | 08:40 0.72 ft  | 14:48 8.34 ft | 20:48 0.66 ft  |               | New Moon      |
| Thu 03 | 03:04 8.92 ft  | 09:12 0.44 ft  | 15:22 8.46 ft | 21:20 0.57 ft  |               |               |
| Fri 04 | 03:35 9.06 ft  | 09:44 0.28 ft  | 15:56 8.46 ft | 21:51 0.59 ft  |               |               |
| Sat 05 | 04:07 9.07 ft  | 10:17 0.25 ft  | 16:29 8.33 ft | 22:23 0.73 ft  |               |               |
| Sun 06 | 04:39 8.95 ft  | 10:50 0.37 ft  | 17:03 8.08 ft | 22:55 0.98 ft  |               |               |
| Mon 07 | 05:12 8.70 ft  | 11:25 0.62 ft  | 17:39 7.74 ft | 23:30 1.30 ft  |               |               |
| Tue 08 | 05:48 8.35 ft  | 12:02 0.97 ft  | 18:17 7.37 ft |                |               |               |
| Wed 09 |                | 00:09 1.67 ft  | 06:27 7.93 ft | 12:45 1.35 ft  | 19:02 7.02 ft |               |
| Thu 10 |                | 00:54 2.03 ft  | 07:15 7.51 ft | 13:35 1.71 ft  | 19:57 6.78 ft | First Quarter |
| Fri 11 |                | 01:52 2.32 ft  | 08:16 7.17 ft | 14:35 1.95 ft  | 21:05 6.76 ft |               |
| Sat 12 |                | 03:03 2.39 ft  | 09:30 7.05 ft | 15:45 1.94 ft  | 22:17 7.07 ft |               |
| Sun 13 |                | 04:20 2.12 ft  | 10:44 7.27 ft | 16:54 1.62 ft  | 23:22 7.68 ft |               |
| Mon 14 |                | 05:30 1.51 ft  | 11:50 7.77 ft | 17:55 1.07 ft  |               |               |
| Tue 15 | 00:19 8.48 ft  | 06:30 0.73 ft  | 12:46 8.39 ft | 18:49 0.43 ft  |               |               |
| Wed 16 | 01:10 9.30 ft  | 07:23 -0.07 ft | 13:37 9.01 ft | 19:38 -0.17 ft |               |               |
| Thu 17 | 01:58 10.01 ft | 08:12 -0.73 ft | 14:25 9.50 ft | 20:26 -0.62 ft |               | Full Moon     |
| Fri 18 | 02:45 10.51 ft | 08:59 -1.16 ft | 15:12 9.77 ft | 21:12 -0.83 ft |               |               |
| Sat 19 | 03:31 10.70 ft | 09:45 -1.31 ft | 15:59 9.80 ft | 21:59 -0.76 ft |               |               |
| Sun 20 | 04:17 10.58 ft | 10:32 -1.15 ft | 16:47 9.57 ft | 22:46 -0.42 ft |               |               |
| Mon 21 | 05:05 10.15 ft | 11:20 -0.73 ft | 17:37 9.13 ft | 23:36 0.15 ft  |               |               |
| Tue 22 | 05:55 9.49 ft  | 12:10 -0.11 ft | 18:30 8.55 ft |                |               |               |
| Wed 23 |                | 00:29 0.85 ft  | 06:48 8.70 ft | 13:04 0.59 ft  | 19:28 7.97 ft |               |
| Thu 24 |                | 01:28 1.55 ft  | 07:49 7.94 ft | 14:05 1.24 ft  | 20:34 7.51 ft | Last Quarter  |
| Fri 25 |                | 02:37 2.09 ft  | 08:57 7.35 ft | 15:13 1.70 ft  | 21:45 7.31 ft |               |
| Sat 26 |                | 03:55 2.33 ft  | 10:09 7.05 ft | 16:24 1.89 ft  | 22:53 7.38 ft |               |
| Sun 27 |                | 05:07 2.23 ft  | 11:17 7.06 ft | 17:27 1.85 ft  | 23:50 7.63 ft |               |
| Mon 28 |                | 06:07 1.92 ft  | 12:13 7.24 ft | 18:18 1.68 ft  |               |               |
| Tue 29 | 00:37 7.95 ft  | 06:54 1.53 ft  | 13:00 7.51 ft | 19:01 1.47 ft  |               |               |
| Wed 30 | 01:18 8.29 ft  | 07:33 1.14 ft  | 13:41 7.78 ft | 19:38 1.26 ft  |               |               |
| Thu 31 | 01:54 8.59 ft  | 08:08 0.78 ft  | 14:18 8.01 ft | 20:13 1.09 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.

Photo: Frank Schulz





**VIDRIOS QUEPOS**  
Puertas y Ventanas  
Doors and Windows

Vidrios y Espejos Personalizados  
Custom Glass and Mirrors

Puertas Para Baño  
Shower Doors

Cortinas Metalicas  
Metal Curtains

Accesorios  
Accessories


☎ 2777-7425 / 8874-7532  
☎ 6041-0340  
✉ isavidriosquepos@gmail.com  
📍 Del Colegio Técnico Profesional  
de Quepos, 50 mts Sur



**MOT/MOT**  
Handcrafted Gallery

The Finest Woods in the World  
Specializing in Costa Rica  
handicrafts from native woods.  
We are ever-expanding our  
selection of products and  
services with special emphasis  
in home decoration.

Come see us in our beautiful new  
location behind Promerica Bank in  
Plaza Vista II ~ 1st Floor  
Manuel Antonio Tel: 2777-7887



**The Cracked Pot**  
*Finding Beauty in Imperfection*

Taking Orders 📞 (506) 8811-4961

WELCOME TO **Quepolandia**  
Quepos Manuel Antonio José González Costa Rica 1998

**Marketplace**

We have your Peace in Paradise



**REAL ESTATE DIRECTORY**

For Sale By Owner  
Brokers  
Land  
Commercial  
Property Management




ENJOY!  
15th September  
INDEPENDENCE DAY

## Saving Sea Turtles at Playa Linda: A Call for Volunteer Beach Patrols

Elly King, Volunteer Coordinator at The Sloth Institute



COSTA RICA

The Sloth Institute is excited to continue our collaboration with the Playa Linda community! Together we have previously addressed significant deforestation issues with the installation of Sloth Speedways in the area and also teamed up with a local landowner to plant over 300 Cecropia saplings from our tree nursery. We're delighted to report that these saplings are thriving and will soon provide essential habitat for sloths and other wildlife.

Playa Linda has recently launched Conservación de Tortugas Marinas Playa Linda (CTMPL), an initiative approved by SINAC, aimed at protecting this vital sea turtle nesting site. This time of year sees Olive Ridley and Pacific Green turtles nesting, while Hawksbill and occasionally critically endangered Leatherback turtles visit at other times.

Sadly, these sea turtles face serious threats from poachers who illegally harvest their eggs, putting their populations at risk. To combat this, Playa Linda is seeking passionate volunteers to assist with beach patrols. Volunteers will help monitor nesting activities and conduct surveys, these findings will aid the relocation of eggs to safer areas and ultimately ensure the successful release of hatchlings back into the ocean. This hands-on involvement is a meaningful way to contribute to the conservation of these magnificent creatures.

The CTMPL conservation project is teaming up with Reserva Playa Tortuga, local volunteers from The Playa Hermosa project as well as a local landowner, where the community has seen significant success in reducing poaching. We deeply appreciate the efforts of all involved and are enthusiastic about our continued collaboration.



Delicious **FRAPPÉ** MADE WITH LOVE



AMOROSI  
AT MARINA PEZ VELA

If you're interested in making a difference, please contact [playalindaturtlepatrol@gmail.com](mailto:playalindaturtlepatrol@gmail.com) for more information. Whether you can commit to one or two days a week or just a few hours on the weekend, your support will have a profound impact on sea turtle conservation. We look forward to seeing you on the beach!







# 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



**CAFE Agua Azul**

☎ **2777-5280**  
 Open 11:00 am - 9:00 pm  
 Lunch - Dinner

**01 ON THE MAP!**  
**Manuel Antonio**  
 Across from Latitude 9 - Top of Volcans el Parque


**NFL** **1a ON THE MAP!**

**QUEPOA**  
 SPORT BAR

**Live Music EVERY FRIDAY** **Happy Hour EVERY DAY 4 pm - 6 pm**

**Open 7 Days a Week 3 pm - 10 pm**

Book Reservations: ☎ (+506) 2102-9125

 **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

**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.**



**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**

**Beach Church**  
 MANUEL ANTONIO, COSTA RICA

**Playa Espadilla 9:30 am**


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

**Welcome Visitors**  
 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](http://catholic.org)

**Catholic Church, Quepos**




 **IGLESIA DE LA COSTA**

**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](http://www.iglesiadelacosta.com)





A New York attorney representing a wealthy art collector called his client and said to him, "Saul, I have some good news and I have some bad news."

The art collector replied, "I've had an awful day, let's hear the good news first."

The attorney said, "Well, I met with your wife today, and she informed me that she invested \$5,000 in two pictures that she thinks will bring a minimum of \$15-20 million. I think she could be right."

Saul replied enthusiastically, "Well done! My wife is a brilliant businesswoman! You've just made my day. Now I know I can handle the bad news. What is it?"

The attorney replied, "The pictures are of you with your secretary."

A guy said to God, "God, is it true that to you a billion years is like a second?"

God said, "Yes."

The guy said, "God, is it true that to you a billion dollars is like a penny?"

God said, "Yes."

The guy said, "God, can I have a penny?"

God said, "Sure, just a second."

Donald Trump was walking through Manhattan and saw a long line. Wondering what it was for, he joined it.

People would look over their shoulder, see that it was Donald Trump behind them, and leave the queue, so he would proceed closer and closer to the front.

As he was getting closer to the head of the line, he asked one guy, who also looked and was about to walk away, "Wait a second, what is this line for and why are you now leaving it?"

The man said "This is the line for Canadian Immigration Visas, but if you are getting one, I don't need one now."

Putin is being held hostage by a terrorist.

A Russian truckdriver stops at the back of a long queue on the motorway. He sees a policeman walking down the line of stopped cars to briefly talk to the drivers. As the policeman approaches the truck, the truckdriver rolls down his window and asks, "What's going on?"

Policeman: "A terrorist is holding Putin hostage in a car. He's demanding 10 million rubles, or he'll douse Putin in petrol and set him on fire. So we're asking drivers for donations."

Driver: "Oh, ok. How much do people donate on average?"

Policeman: "About a gallon."

"If there are any idiots in the room, will they please stand up", said the sarcastic teacher.

After a long silence, one freshman rose to his feet.

"Now then mister, why do you consider yourself an idiot?", inquired the teacher with a sneer.

"Well, actually I don't," said the student, "but I hate to see you standing up there all by yourself."

Tim decided to tie the knot with his long time girlfriend. One evening, after the honeymoon, he was organizing his golfing equipment. His wife was standing nearby watching him.

After a long period of silence she finally speaks: "Tim, I've been thinking, now that we're married maybe it's time you quit golfing. You spend so much time on the course. You could probably get a good price for your clubs."

Tim gets this horrified look on his face.

She says, "Darling, what's wrong?"

"For a minute there you were beginning to sound like my ex-wife."

"Ex-wife!" she screams, "I didn't know you were married before!"

"I wasn't," he replied.



The Resplendent Quetzal (*Pharomachrus mocinno costaricensis*) is a small bird found in Central America and southern Mexico that lives in tropical forests, particularly cloud forests. Like other quetzals, the resplendent is mostly omnivorous; its diet mainly consists of fruits of plants in the laurel family, but it occasionally also preys on insects, lizards, frogs and snails.

It is a small bird found in Central America and southern Mexico that lives in tropical forests, particularly cloud forests. Like other quetzals, the resplendent is mostly omnivorous; its diet mainly consists of fruits of plants in the laurel family, but it occasionally also preys on insects, lizards, frogs and snails.

The species is well known for its colorful and complex plumage that differs substantially between sexes. Males have iridescent green plumes, a red lower breast and belly, black innerwings and a white undertail, whilst females are duller and have a shorter tail. Grey lower breasts, bellies, and bills, along with bronze-green heads are characteristic of females. These birds hollow holes in decaying trees or use ones already made by woodpeckers as a nest site. They are known to take turns while incubating, males throughout the day and females at night. The female usually lays one to three eggs, which hatch in 17 to 19 days. The quetzal is an altitudinal migrant, migrating from the slopes to the canopy of the forest. This occurs during the breeding season, which varies depending on the location, but usually commences in March and extends as far as August.

Resplendent quetzals generally display shy and quiet behaviour to elude predators. In contrast, they are rather vocal during the mating season and their behavior is designed to exhibit and attract mates. Their known predators include the ornate hawk-eagle, golden eagle, and other hawks and owls as adults, along with emerald toucanets, brown jays, long-tailed weasels, squirrels, and kinkajous as nestlings or eggs. The resplendent quetzal plays an important ecological role in the cloud forests, helping disseminate the seeds of at least 32 tree species. Its scintillating green tail feathers, symbolizes spring plant sprout, were venerated by the Aztec and Maya. The Maya also regarded the quetzal as representative of freedom and wealth on account of quetzals dying in captivity and the worth of their feathers along with jade, correspondingly. Mesoamerican rulers and some high ranked nobles wore diadems created from quetzal feathers, symbolically linking them to Quetzalcoatl. Since the killing of quetzals was forbidden under the Mayas and Aztec criminal law, the bird was merely seized, its

prolonged tail feathers depilated, and was set loose. In ancient Mayan culture, the quetzal feathers were considered so precious that they were even used as a medium of exchange. Thus the name of the Guatemala currency, the quetzal. In various Mesoamerican languages, the word quetzal can as well mean precious, sacred, or king, warrior, prince.



The resplendent quetzal is considered near threatened on the IUCN Red List, with habitat destruction being the main threat. It has an important role in Mesoamerican mythology, and is closely associated with Quetzalcoatl, a deity.

One Mayan legend has it that a resplendent quetzal accompanied the hero, Tecún Umán, prince of the Quiché (K'iche') Maya, during his battle against Spanish conquistador Pedro de Alvarado. Tecún, equipped with just an arrow and bow, nevertheless is able to incapacitate Alvarado's horse on the first strike. Alvarado was then given a second horse and counter-charged against Tecún, running his chest through with a spear. A quetzal flew down and alighted on Tecún's body, drenching its chest in his blood. It was then that the species, which used to be completely green, obtained its characteristic red chest feathers. Additionally, from that day on, the quetzal, which sang delightfully before the Spanish conquest, has been mute ever since; it will sing anew solely when the land is fully liberated.





**Restaurants, Bars, & Casinos**

- 01 Agua Azul
- 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
- 12 Miguelito's
- 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**

- 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**

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





# LIVE MUSIC SCHEDULE



**BURÙ 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

---

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

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

---

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

Live Music  
Every Night, 7 - 9 pm

---

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

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

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



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

Son Duo (Latin Music)  
Thurs, 7 - 10 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: tortillafatsdominical

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



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

Sudoku1 on Page 4

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

Sudoku2 on Page 4

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

Crossword1 on Page 44

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

Crossword2 on Page 45

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



# CURTAINS-DRAPES-BLINDS

More and more people are choosing bold colors for their curtains. This is changing how we see curtain design. With the right colors, your windows can become a focal point. Using contrasting colors or patterns is a trendy way to design curtains now. It really catches the eye. Color blocking, where different parts of a curtain show unique colors, is another way to make them interesting. With these bold choices in curtain design, you get to show off your style. It's a fun way to make your home unique.

Linen, cotton, and silk blends are very popular. They look elegant and feel warm in a room. These fabrics work well in all kinds of design styles, like minimal or boho. Using eco-friendly drapes is also a trend. Many are picking organic cotton and linen draperies. These materials are made without hurting the environment. So, they're good for the planet and your home.



You might love daring jewel tones or prefer soft, calming pastels. Jewel tones like emerald green, sapphire blue, and ruby red are great for making a room stand out. If you want something more peaceful, pastel colors like blush pink, light blue, and mint green help create a serene environment.



The drapery trends are focused on nature and expressing yourself. They're also about changing how we see patterns. Bold, vibrant colors are in for drapes this year. Forget about the neutral tones of the past. Today's window treatments strive to stand out. With colors like rich jewel tones and vivid primary colors, your room can show off its personality beautifully.



More and more people are choosing bold colors for their curtains. With the right colors, your windows can become a focal point. Using contrasting colors or patterns is a trendy way to design curtains now. It really catches the eye. Color blocking, where different parts of a curtain show unique colors, is another way to make them interesting. With these bold choices in curtain design, you get to show off your style. It's a fun way to make your home unique.

# B GREEN

## VOTE

The Intergovernmental Panel on Climate Change continues to issue severe warnings of the failure of governments and systems to suitably react to the rapidly changing climate.

Policymakers and industry leaders need to make big strides as soon as possible.

Panels with eye-catching patterns are also popular. Whether you prefer florals or geometric shapes, these curtains grab attention. They let you bring in unique, global flair, turning your drapes into a form of art.

Lightweight and sheer drapes are timeless favorites. They let in natural light and add a soft, sophisticated touch. They are perfect for spaces that need a bit of lightness.

Layering curtains is a trend that's both stylish and useful. Mixing different fabrics adds a contemporary flair. Plus, it offers more privacy and better insulation. Think about combining linen, cotton, and silk for a multi-faceted look.

The aim is to bring the outside in, with a big love for earthy textures and eco-friendly fabrics. Mixing textures and fabrics is also important. This creates a modern, eye-catching vibe.

New ways to hang curtains and smart designs are trends that we will discuss in our November issue. They're making window fashion more exciting. Cultural designs and high-tech touches are turning curtains into art.

It's all about making homes stylish and personalized

WELCOME TO **Quepolandia**  
Quepos - Manuel Antonio - Jacó - Dominical - Uzuacá - San José

## Marketplace

### RESTAURANT DIRECTORY

- Menus
- Dine-in
- Take-out
- Delivery
- Reservations

# DREAM ACHIEVE LIVE

## LIFE SIGNS





# Getting Things Stolen From My Car in Costa Rica

Greg Gordon



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

To continue the theme from the last article, I am sharing my experiences of being robbed in Costa Rica so other travelers will not have the same misfortune. These are the times I had things stolen from my vehicles, both my own and rentals. It has happened four times in the last 28 years. I am not trying to scare anyone, but want to ensure that every traveler has a great experience in Costa Rica so they want to come back.

The first time was in Jaco back in 1999. I had been living in Dominical for about a year and had a friend come visit from the United States. He worked in the surf industry and brought down a bunch of gear - sunglasses, t-shirts, surf trunks, fins, and packed them in two brand new travel backpacks. I took the bus to San Jose and we rented a Toyota Rav4 for the ride back to Dominical.

We stopped for lunch in Jaco at Soda Marea Alta. Since we had boardbags on the roof we parked right in front of the restaurant so we could keep an eye on the vehicle. However, while we could see the roof, we were not looking into the locked vehicle. Someone used a butter knife to pry out the rubber seal around the back panel of the back seat window on the far side of the car (in the middle of the street) and reached in to unlock the door.

They were able to open the door and slide out both backpacks without us seeing anything. We were shocked when we approached the car. Sadly my

friend had his passport inside one of the packs so we decided to drive back to San Jose to get a replacement. We still got to surf Boca Barranca and Ollies Point, but the theft left a bad taste in my mouth about Jaco.

The second time was in my truck in San Jose in 2002. I was staying at a hotel downtown and arrived late. Their lot was full so I had to park in the street. I locked up the 1992 Toyota, thinking I had nothing of value inside so nothing would happen to it. When I came back in the morning I saw that the rear side window was broken out. They had stolen my \$30 tool kit from behind the front seat as there was nothing else to steal.



The third time I was visiting Costa Rica on a two week trip. I had rented another SUV and was back in Jaco. I parked it inside a secured lot at my friend's house who had lived there for 20 years. We took his SUV down to Esterillos Oeste and parked it in front of a busy elementary school right off the beach. I knew that area was known for car break ins, but with surf looking so good and all the kids and teachers walking around I was not cautious enough.

We surfed for two hours and when we came in, we saw the passenger window was broken and they had taken my beach bag. I had just left it along with my shorts in the front seat, too easy to see and snag. In that bag was my wallet and the rental key, which cost \$450 to replace. There was not one person around to ask if they witnessed anything. I filed a report at the police department in Jaco and then filed a claim through my travel insurance, which after a few months reimbursed me for my loss. It still sucked, especially after that epic surf session.

The lesson to be learned is to not leave anything valuable in your vehicle. I know that sometimes it has to be done, like when you paddle out and have to hide your keys and phone. What I do is find a dried out coconut shell and hide the keys inside, and then hide it amongst other beach driftwood or up in the dunes. Be sure it stays above any rising ocean tide. And for the phone, I try to hide it inside the vehicle as far as possible from any windows, like back where the spare tire is. At least this way the thief needs to take some time to find it. Keep in mind that the thief may be watching where you hide things, so try to be inconspicuous. The longer it takes a thief to steal something, the less likely they will attempt to break in.

If you own a vehicle you could cut a small hole in the floorboard rug and slide a phone or money into that. Or you could install a small safe with bolts or welding just for your phone/wallet/purse under the seat. Those combo locks that hold keys seem to be too visible and easy for a good thief to break open.

If you are renting a vehicle, first try to park where there is a paid security guard. Even if they look like they just showed up for the job and put on an orange strap, they still will take your money and tell you where it is safe to park. At least that is one less person who may steal your belongings and for a few dollars offers a little piece of mind. Of course never leave your luggage in the vehicle, or backpacks, cameras, computers, or passports. If you stop to eat and there is no guard, then park in a spot so you can easily see all the doors and the trunk. You could also put a surf sticker on the back of the vehicle or a Saprissa flag under the rear view mirror so your vehicle looks more local. And if you get it dirty it will look less flashy. If you are on an empty beach and someone walks by offering a pipa or some pastry or a copa, buy it. They may actually be the thief and if you are nice to them they will not break into your car when you go into the water. But also be aware they may be checking to see where you keep your money and what valuables you have so stay vigilant.

One final tip, new technology allows thieves to block the electrical signal from your key to the vehicle. You think you locked the car when you heard the beep, but you really didn't. So everytime double check it is locked by pulling on the driver's side handle.

**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, parasitacal flora and fauna, the park also has several other interesting features: The blowhole at Escondido Harbor that is best viewed as the tide surges in, Serrucho Point, an eroded cliff that looks like a saw and is honeycombed with sea caves, and a pre-Columbian, underwater turtle trap located on the western tip of Manuel Antonio Beach.

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



# ADVERTISING

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

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

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

### Payment Options:

Deposit to BAC San José: Quepolandia S.A.  
Dollar Account 902973890

Bank transfer: 10200009029738906  
IBAN#: CR30010200009029738906

Cedula juridical: 3-101-308980 • Quepolandia S.A.

Please email your deposit information to [info@quepolandia.com](mailto:info@quepolandia.com) so we know that the deposit/payment belongs to you.

**DEADLINE FOR NEXT EDITION IS ALWAYS IN THE CALENDAR ON PAGE 4. NORMALLY IT IS THE SECOND TUESDAY OF PRIOR MONTH.**

### AD SIZE (in inches – width X height)

|  | BLACK & WHITE | COLOR |
|--|---------------|-------|
| Full Page (8.5x11) <i>Must have a 5/8" (1.5 cm) margin with NO text or important graphics that may be trimmed off.</i> | \$140         | \$265 |
| 2 Facing Pages   | \$240         | \$515 |
| Half Page Vertical (3.54 x 10)   | \$85          | \$175 |
| Half Page Horizontal (7.25 x 4.9)  | \$80          | \$170 |
| 1/3 Page (Horizontal-7.25 x 3.25 & Vertical-3.54 x 6.65)   | \$65          | \$130 |
| 1/4 Page (Horizontal-7.25 x 2.4 & Vertical-3.54 x 4.9)   | \$55          | \$110 |
| 1/6 Page (3.54 x 3.25)   | \$50          | \$100 |
| 1/8 Page (3.54 x 2.4)  | \$40          | \$80  |
| Back Cover   | Sold          | Sold  |
| Inside Front Cover   | Sold          | Sold  |
| First Inside Page  | Sold          | Sold  |
| Inside Back Cover  | Sold          | Sold  |

Special Placement - Add 10%  
Discounts for advance payment of three editions - 5%  
Discounts for advance payment of six months - 10%  
Discounts for advance payment of one year - 15%

**Let us design your ad. Full-page \$120, 1/2-page \$60, 1/4-page \$40, 1/6-page \$20 & 1/8-page no charge.**  
For ad design please contact us at least 1 week before deadline at [info@quepolandia.com](mailto:info@quepolandia.com)

File format: tif, pdf, or jpg at minimum 300 dpi resolution.  
Large graphic files must be sent to [info@quepolandia.com](mailto:info@quepolandia.com) via Dropbox or WeTransfer.  
Please do not send graphics by WhatsApp because it compresses the file.

# Quepolandia

**Publisher and Director of Sales and Marketing:**  
David Bolger

### Regular Contributors:

Benn Gilmour  
Dave Bolger  
Desiree Brassert  
Greg Gordon  
Kids Saving the Rainforest  
Jack Ewing  
Marina Pez Vela  
Manuel Antonio Spanish School  
Michelle Poff  
Oceans Unlimited  
The Sloth Institute  
Todd Pequeen

Tel: 506-8632-7489  
[info@quepolandia.com](mailto:info@quepolandia.com)  
[quepolandia.com](http://quepolandia.com)

# WELCOME TO Quepolandia Marketplace

Quepos Manuel Antonio Jaco Dominical Uvita  
New 1991



Real Estate



Restaurants & Bars



Shopping

Advertise your business online at our Marketplace. Up to 10 photos, your contact info, description maximum 400 words or 2000 characters, menu/price list/services, video link, location, & map. For details email [info@quepolandia.com](mailto:info@quepolandia.com)



Services



Tours

## YOUR FEATURED BUSINESS AD

### Slideshow



El Patio de Café Milagro

### Contact



### Description

All El Patio de Café Milagro, we have you covered from sunrise to sunset and beyond. Help with our world famous freshly roasted coffee and hearty breakfast. We're serving something on each coffee. And when the sun goes down, we'll look after you with a cocktail, craft Cacha Ron flavors and local ingredients infused into delicious dinner plates, cocktails and of course, the most tasty bedtime beverage!

### Menu Price list Services



### Menu Download



### Video



### Map







# Complete Property Management and Vacation Rental Solutions

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



Offices in Quepos/Manuel Antonio, Dominical and Uvita.

+1.763.306.8981 +506.8670.2572 | info@osapropertymanagement.com

Vacation Villas LUXURY HOME RENTALS

Contact us: www.villascr.com +506 8519 7249 info@villascr.com



*Casa Cristal*  
4 BEDROOMS | 12 GUESTS | \$850.00 / night

*Villa Macaw*  
5 BEDROOMS | 10 GUESTS | \$890.00 / night

*Casa Ventanas*  
4 BEDROOMS | 8 GUESTS | \$1 150.00 / night

*Casa Alegria*  
4 BEDROOMS | 8 GUESTS | \$650.00 / night

*Casa Paraiso en la Jungla*  
4 BEDROOMS | 10 GUESTS | \$550.00 / night

*Villa Grande*  
5 BEDROOMS | 14 GUESTS | \$770.00 / night

FOR YOUR REAL ESTATE NEEDS:



40+ years of experience in Costa Rica

paul@latitude9.com www.latitude9.com +506 8843-3636







# HBR Exclusive Properties



**Iconic Ocean View Hotel In Manuel Antonio**

Discover a unique investment opportunity in one of Central America's premier tourist destinations. Nestled on a sprawling approx. 3-acre estate, this stunning property offers a seamless blend of natural beauty and modern comfort.

**\$3,800,000**



**Beautiful Remodeled House  
In Quepos Town  
LEASE TO BUY**

5 Bedrooms, 2 Bathrooms  
2200 Sq Ft Construction

**\$259,000**



**Casa Iguana**

Located in Quepos Town  
3 Beds / 3 Baths  
12,000 Sq Ft Construction

**\$529,000**



**2 Homes For Sale  
In La Florida (Above Dominical)  
Stunning Pacific Ocean Views**

2 Bedrooms, 2 Bathrooms  
1.33 Acres

**\$340,000**



**La Casona, 5 BDR Home  
Close To Quepos Town**

5 Bedrooms, 3.5 Bathrooms  
5000 Sq Ft Construction, 2.47 Acres

**\$895,000**



**Montebello Ranch**

Located in Naranjito  
167 Acres

**\$3,100,000**



**River House 5BDR, Dominical**

5 Bedrooms  
2.5 Bathrooms  
Built in 2019

**\$595,000**

**WWW.HIDDENBAYREALTY.CR**

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

**Ron Neal**  
8366-1759  
ron@hiddenbayrealty.cr

**Office**  
2774-0212  
info@hiddenbayrealty.cr

**Kurt Hocker**  
8885-2525  
kurt@investment.co.cr