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Photo by Laurent Hesebans

DECEMBER 2024

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Video

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Video

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Video

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Video

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Video

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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



About Me



Wishing you all a joyous  
holiday season!



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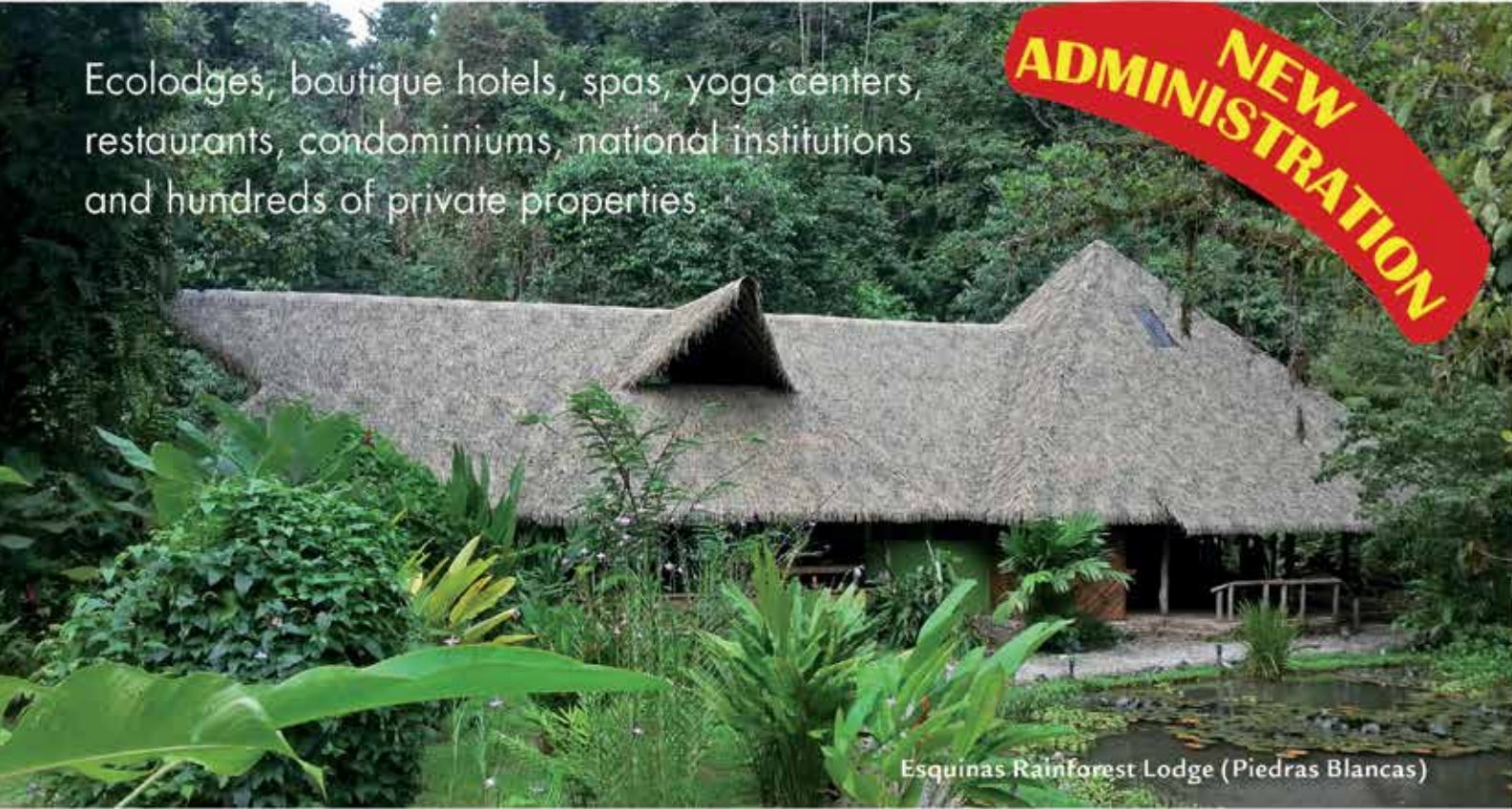




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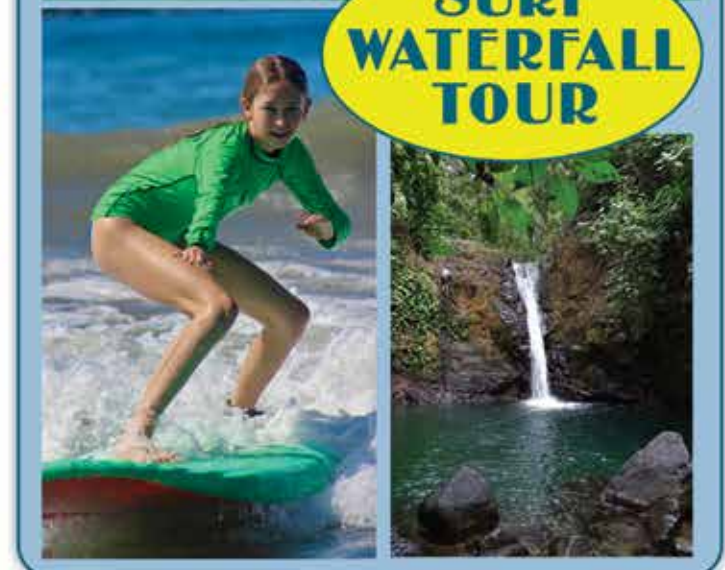


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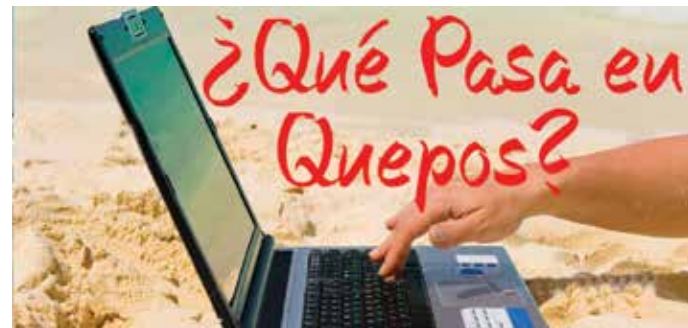
**CALENDAR**

**Tuesday Dec 3 ..... QUEPOLANDIA DEADLINE**

Sun Dec 1	.....	Giving Tuesday Day
Sun Dec 8	.....	Immaculate Conception
Sun Dec 15	.....	Full Moon (Cold Moon)
Sat Dec 21	.....	Winter Solstice
Mon Dec 23	.....	Festivus
Wed Dec 25	.....	Christmas, Hanukkah begins
Thurs Dec 26	.....	Boxing Day (NA)
Mon Dec 30	.....	New Moon
Tues Dec 31	.....	New Year's Eve

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3								
	6	8				7		5
7						1		8
1	5				8		4	3

*Sudoku Solution on Page 69*



Bienvenidos... Welcome to paradise. We are glad you arrived and look forward to guiding you to an incredible adventure. The rain is slowing, the sun is shining and the jungle is bursting with life just waiting to be explored.

December is the kick off to high season here in the Central Pacific and **Marina Pez Vela** is the place to be to get into the holiday spirit. Along with great shopping, restaurants, and tours MPV will be hosting their Illuminous Festival of Lights following sunset, So come enjoy both the shows nightly at 7pm through December. Wrapping up the month with the New Years Eve celebration along the sea wall in Quepos. So come and enjoy some Pura Vida with live music and fireworks at midnight.

Another great place to welcome in the New Year is **Fuego Brewery** in Dominical. Along with great food and drink, the legendary **Santos y Zurdo** will be performing along with fire dancers and fireworks to kick off 2025. (pg 21)

Our local shops are great for getting your holiday shopping done with unique gift ideas from local artists. Check out **Mot Mot Gallery** (pg 27) and **TicoPod** (pg 26). **Modern Primitive Living** (pg 73) **Royal Palm Interiors** (pg 57), and **Recherche** (pg 22) have wonderful gift ideas for the house. **Toys for Tots** has their donation boxes through out the area to help families in need have a Merrier Christmas.

We want to thank **Laurent Hesemans** for this months Holiday cover and we recommend checking out his collection of mind blowing Macro Photography on instagram **@laurent\_nam**. We also want to welcome our new advertiser **Casa Manuel Antonio**.

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

Quepolandia would like to wish our advertisers, readers, and staff a **Wonderful Holiday** and a **Spectacular 2025**.

Peace on Earth and Enjoy...D



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



Have you seen a classical two-masted sailship cruising along the coast of Manuel Antonio, the sails spread in the wind? Or have you visited Marina Pez Vela, where a wooden sail cruiser dominates the view of the marina?

This is Brisa Elegante, the new landmark of Quepos and Manuel Antonio.



## What kind of sailship is this?

Brisa Elegante was built in 2010 by the Fethiye Shipyard in Turkey. She is a Gulet, a type of sail cruiser known for its spacious and robust design. Shipbuilding in the south of Turkey has a long tradition. More than 2000 years ago, even the Phoenicians had their ships built in this region.

Gulet became popular in the 1930s in the Eastern Mediterranean, with growing popularity during the following decades. Today, Gulets are popular for day cruises and week charters in the Med, especially in Turkey, Greece, and Croatia.

But Brisa Elegante is special! Her hull is built from solid 3-inch mahogany planks, giving her a unique look and strength. She boasts a spacious foredeck, providing room for functions, weddings, and parties, and for your family and friends to enjoy a cruise on the Pacific Ocean.

## Why does Brisa Elegante look like a pirate ship?

She is built in a very traditional way—like sailships have been designed for centuries. In the days of the Buccaneers, pirate ships were about the same size as Brisa Elegante. So, by boarding her, you will get the very feeling that generations of sailors had during the past 500 years!

## How is sailing on Brisa Elegante?

After leaving the marina and setting the sails, the long pacific waves gently roll the cruiser. This feels like sitting in a giant rocking chair on the front porch with a gigantic view! Watch the dolphins playing under the bowsprit and chasing each other. Just relax and enjoy the sound of the wind in the sails and the water murmuring under the keel.



## What are our guests saying?

Daniela from Switzerland is taking a deep breath, saying: **"Now I really feel like being on vacation!"**

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

Contact us at [brisa.elegante@sailcr.com](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.

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

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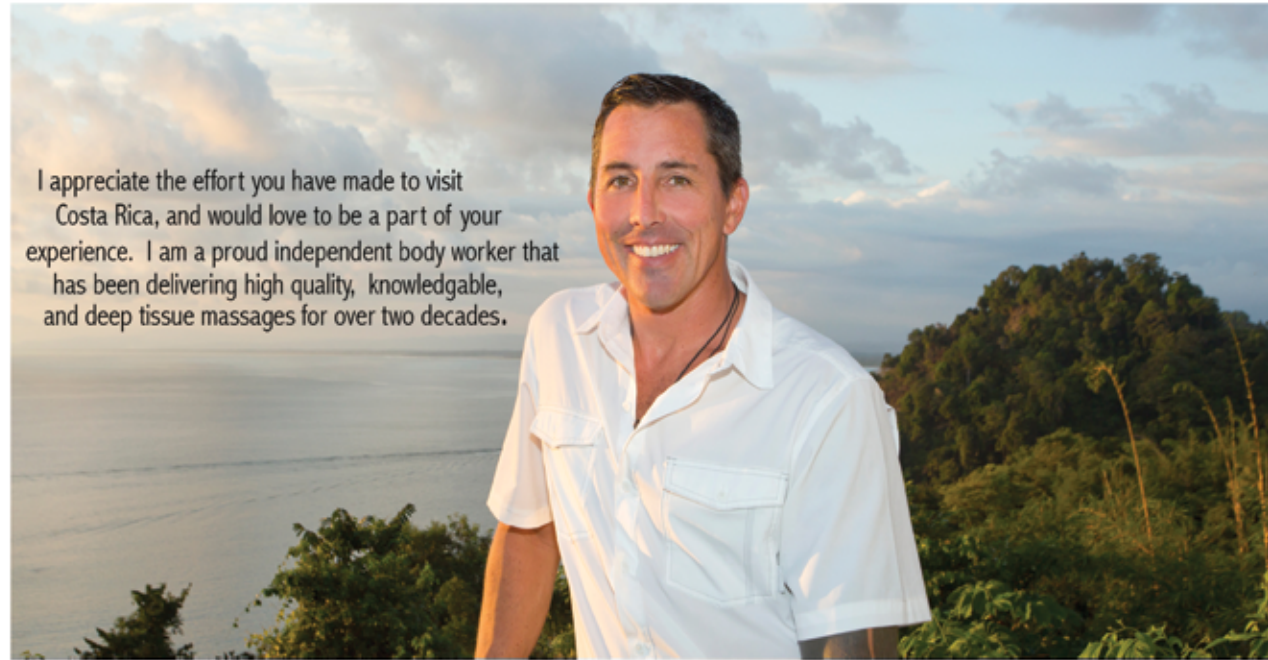
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  - ☆ Access to: Parking, restroom, showers, and changing rooms
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- 
- ☆ Delicioso almuerzo típico
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  - ☆ Paseo en carreta desde la oficina del Parque hasta el Parque Natural
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**Greg Gordon**

# What to Watch Out For When Surfing in Costa Rica



When you watch surfers glide across the open face of a wave it appears like they are dancing and as it ends then gracefully hop off at the end and effortlessly paddle back out for another one. It can look so easy, but those that have tried surfing know it takes years of effort, patience, balance, and plenty of physical strength. If you are just starting out, don't give up hope and meanwhile enjoy just the feeling of being out in the ocean away from the stress on land. Here are some things to watch out for to make that experience even more enjoyable.

## The Sun

Costa Rica is smack dab in the middle of the tropics and so it stays hot all year. Even when it is cloudy the sun is powerful and you can get a sunburn within 15 minutes of being on the beach. The ocean surface reflects that sunshine and so even if you feel cool from the immersion in the water, your skin is still frying. Avoid a sunburn that will cost you days out of the surf by wearing a quality sports sunscreen, one with at least 30 spf. Those with zinc oxide cover your

skin better and are better for the reef ecosystem, too. Wear a rashguard to protect you from the sun and also protect your chest from rashes caused by rubbing on the wax. Also, remember to stay hydrated since you are sweating out in the water, but it doesn't feel like it since the ocean washes it away.

## Rip Currents

Both the Pacific and Caribbean coasts can have strong rip currents. A rip current takes place where deep water is funneled between two areas of shallow water. As the water drains back out to sea there is a visible discoloration of the ocean surface. An experienced surfer knows to use the current to get back out to the outside lineup without using as much energy. A new surfer may not want to get to the outside as that is where the bigger waves are so they don't want to be caught in one since they use up a lot of energy to escape it. The key is to not paddle against it, but instead paddle parallel to the shore line. If you are on a beach with lifeguards, ask them where the rip currents are and stay in front of where the lifeguards are posted.

## Hazards

A lot of beaches in Costa Rica are made up of dark volcanic sand, so it may be difficult to see what is below the surface. If you are surfing an area for the first time, ask a local surfer if there are any rocks

or reef to be aware of so that you don't smack your foot into them while walking out into the lineup. When walking out in the sand, shuffle your feet so you do not accidentally step on a stingray. If walking over a rock or reef shelf in shallow water look out for sea urchins. And once you are in the water, keep an eye out for stinging jellyfish, migrating crocodiles, or a shark's dorsal fin. It is rare you will see one, but it is important to stay vigilant. If there has been a heavy rain, sometimes large tree limbs and trunks will float out in the lineup so be careful when duck diving as well.

## Your Surfboard

If you are renting a board, you want to check that it is in good condition in order to avoid injuries. First check for dings and cracks since any fiberglass jutting out can cut you and if water gets inside your board it will get heavier and eventually be unrideable. You want to check the fins to see they are not cracked or loosely connected to the board. And check that the leash is not frayed or tied in any knots, which could make it snap more easily. Make sure the leash is secured well to the board as that nylon string may also be frayed or dry rotted. Finally, put a good coat of wax on your board so you will not slip off of it as easily.

## Other Surfers

If you are a beginner surfer, besides learning to catch and ride waves you need to learn surfing etiquette. The first is that the surfer closest to the peak of the breaking wave has priority of catching it. Second is that when a surfer is coming towards you riding a wave, you need to paddle towards where the wave is already breaking, not out towards the shoulder as that is the direction the surfer is planning to go. (There are a few exceptions to this rule, but the gist is to not get in the rider's way). Third is to not let go of the board if there are surfers behind you closer to shore. You should learn to turtle roll your board to avoid it being pulled away from you. Not all surfers follow these rules, but the majority do and you should as well if you want to gain respect out in the lineup. If other surfers see you being respectful they may also share more waves with you.

With these tips you will have a much better time out in the surf. It may take time and practice to be able to catch and ride waves consistently, but meanwhile keep this thought in the back of your head - "The best surfer is the one having the most fun." Pura vida!



**HAPPY RETIREMENT**  
**DR. CONSTANT BOSHOFF**

South Africa loaned us a very special jewel about 25 years ago, Dr. Constant Boshoff and his family. With a family vision and a huge labor of love they built the amazing Rafiki Safari Lodge and this community was blessed with the greatest Chiropractor and Acupuncturist we could have ever dreamed of!

With his knowledge and empathy he treated 4000 patients in this community. He was never short of a story or a joke to tell and I'm not alone in saying this community will miss him with our hearts! And probably a pain in our backs, neck and shoulders ... you name it!

So Dr. Boshoff, Constant, we wish you a healthy, happy retirement full of joy and new adventures back in South Africa.. and from your own words " It was a great pleasure and honor to know so many wonderful people and I am humbled if I have been of service. I always say God is in control I only work here."

Happy Retirement and don't forget to visit us when you can!

*Thank You to everyone who came out to say Goodbye at Quepoa Sport Bar on November 18, and also to the great staff there - Contant Boshoff.*





2 Party

ANNIVERSARY

15

DECEMBER

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6 pm

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The reach of Beach Church also extends to indigenous groups throughout Costa Rica. Every year the church does outreaches to these wonderful people helping them with basic necessities and building projects to improve their lives

Pura vida and blessings to all from the Beach Church in Manuel Antonio! We have been meeting on the beach for about 12 years now every Sunday at 9:30 AM. We have enjoyed being part of the Costa Rican beach community where we serve all who come to worship with us on the beach. We exist to share the love of Jesus with the community while bridging people groups together. Our services are bi-lingual so English and Spanish speakers feel comfortable and accepted with us. Half of our church are expats and half are local Ticos. We have a very laid-back atmosphere and love digging deep into God's word and being Jesus' hands and feet in the community.



We would love it if you could join us on the beach sometime! For more information on location, service times and outreaches you can find us at [beach-church.com](http://beach-church.com) or search for us on Facebook at Manuel Antonio Beach Church. You can also reach Pastor Josh at **8511-8572** or by email at [beachchurch.costarica@gmail.com](mailto:beachchurch.costarica@gmail.com)



We often have visitors from all over the world as well as locals who have found out about us. We love leading people to Jesus and enjoy baptizing those who accept the Lord in the ocean after services. Josh, his wife Diana and their three kids Estella, Caleb and Daniel have enjoyed serving the community near and far. The Beach Church supports a kid's club in conjunction with a Tico church Casa De Pan. They also enjoy supporting Casa De Amor. This is a men's rehabilitation center located in this area that helps addicts get off the street and find health and joy through scripture and therapy sessions.





# PLEASE TAKE THIS QUIZ

1. What non-profit organization has underwritten the cost of spay and neuter clinics throughout our local communities for **over 3,000 dogs and cats each year? (over 10,000 in the last 3 years!)**
2. What organization in Quepos Canton is currently feeding, providing shelter and socialization to **70 cats, kittens, dogs and puppies each month on average?**
3. What organization provides spay, neuter, many medications and vital vaccinations for **over 400 animals that are then humanely fostered in and around Quepos each year?**
4. What organization provides adoption services for hundreds of local rescue dogs and cats each year?
5. What organization provides the services above with an all-volunteer staff?

**The answer is PAWS!**

Association PAWS para el Refugio de Mascotas y Animales de La Zona del Pacifico Central.

- PAWS holds fundraisers each year which are generously supported by our community and several local businesses but that revenue is less than **20% of our total expenditures.**
- PAWS receives **no assistance** from any municipalities or the government of Costa Rica.
- In order for PAWS to continue to provide the services listed here for our communities, **consistent financial assistance is vital.**
- PAWS is reaching out to the residents and businesses of the Quepos area to **become monthly sustaining members of PAWS.**

**Imagine what our community would look like if not for the efforts of PAWS!**



Your business can be a sponsor of our events and be featured on our website and social media.

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**Friends Level**  
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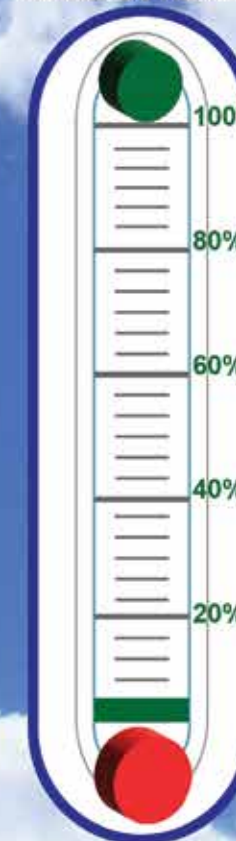
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All donations at [pawscr.org](http://pawscr.org) are tax deductible in USA.



**GOAL**  
**2025**  
30 NEW PATRONS  
50 NEW FRIENDS



Follow our progress in future publications of the Quepolandia and Facebook MALocals



**Meet Luke: Our handsome new arrival at The Sloth Institute!**

**Elly King, Volunteer Coordinator at The Sloth Institute**



**COSTA RICA**

Let us introduce you to Luke, a three-fingered male sloth, was found severely injured in Playa Matapalo. Thanks to the rapid action of the local community, he was quickly taken to Alturas Wildlife Rescue. In partnership with the centre, The Sloth Institute is

providing specialised care and rehabilitation to support his recovery.

Upon examination, it became clear that Luke had been severely electrocuted after being forced to cross a power line. As habitat loss and tree canopy fragmentation make it increasingly difficult for sloths to move between trees, power lines often become an unintended and dangerous route for them. Electrocution typically causes both an entrance and an exit wound, with the exit wound being more damaging. In Luke's case, the burn on his left arm was so severe that his hand lost all functional tissue, and his tendons and nerves were completely immobilised. Additionally, Luke developed compartment syndrome, a condition where increased pressure within the limb restricts blood flow, leading to tissue death. Despite the swift response from the community and our team, the arm had already begun necrotising. To prevent septicaemia and save his life, amputation was the only option.



While we are optimistic about Luke's recovery, we are also focused on preventing similar injuries from happening in the future. Habitat loss, not just in Playa Matapalo but throughout Costa Rica, continues to increase. As tree canopies become fragmented, sloths are progressively forced to navigate dangerous power lines. With deforestation accelerating, the risks to sloths and other wildlife grow.

To help combat these issues, we are expanding our tree nursery and are ready to plant new trees and install more Sloth Speedways – our specially placed ropes that help wildlife safely navigate their environment. If you know of areas that could benefit from reforestation or the installation of Sloth Speedways, please contact [pedro@theslothinstitute.org](mailto:pedro@theslothinstitute.org). Together, we can help prevent future tragedies like Luke's and protect these wonderful animals from harm.



Thanks to the skill and dedication of our veterinary team, Luke underwent a successful surgery and is making great progress toward recovery. Once he's fully healed, we look forward to releasing him back into the wild where he truly belongs!

Fortunately, The Sloth Institute has experience rehabilitating and releasing amputee sloths. We've learned that these animals can adapt remarkably well to life back in the wild, even with serious disabilities. One of our most inspiring success stories is Eric, another three-fingered male sloth who also had to undergo an arm amputation. After months of rehabilitation, Eric was successfully released five years ago and is thriving in the wild. While Luke is still in the process of healing, with physiotherapy and time, we are confident that he will follow a similar path as Eric and soon be ready to return to his natural habitat.

**2025  
NEW YEAR'S EVE  
PARTY**

**FIREWORKS &  
FIRE SHOW**

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*"Ray, Freddie, and Kaylor are the absolute best! So accommodating to any and every need possible! They will make you feel like complete royalty. The food was awesome and the fishing was fantastic! I highly recommend this yacht and staff! Thank you guys for welcoming our family. And thanks for putting us right on the fish!" Sissy Haggard*



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# Chef's Corner

*By Desiree Brassert*  
 costadezz@gmail.com  
 Follow me on facebook@paradise.chefs

## Hug-in-a-Bowl Thai Wonton Soup

This rich and velvety broth delivers big flavors while you allow yourself a little shortcut with frozen wontons.



For 6 portions

- 2 tablespoons of coconut oil or any other oil
- 2 cloves of garlic, finely chopped
- 1 small piece of lemongrass, white part only, finely chopped
- 1 small piece of ginger, finely grated
- 800 ml or 2 cans of coconut milk
- 3 tablespoons of peanut butter
- 2 tablespoons of red curry paste
- 2 cups of low salt chicken broth
- 1 tablespoon of soy sauce
- 1 tablespoon of fish sauce
- 1 tablespoon of brown sugar
- Juice of one lime
- Fresh chili peppers to taste
- Cilantro leaves
- Scallion leaves
- Basil leaves
- Chopped peanuts (optional)
- 1 kilo of ready-made wontons, Bibigo is my favorite brand



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**Yesenia 506-8320-9397**

#### Instructions

1. In a large pot or Dutch oven, fry the garlic, ginger, and lemongrass in coconut oil for about 5 minutes before adding the peanut butter, curry paste, coconut milk, and chicken stock.
2. Allow to simmer for 30 minutes until thick and velvety.
3. Season with the soy sauce, fish sauce, brown sugar and maybe a pinch of salt. Check seasoning and adjust to taste.
4. Add the wontons and lime juice. Bring to a boil for about 10 minutes.
5. Meanwhile prepare the garnishes of sliced scallions, cilantro, basil, sliced chili peppers, and chopped peanuts.
6. Ladle into bowls and sprinkle garnishes on top.





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Having lived on Hacienda Barú with its extensive rainforest for more than 50 years, I have seen numerous animals suffer the effects of snakebite. These include dogs, cows, horses, pigs, and people. Since by far the most common venomous snake in this area is a pit viper known locally as the terciopelo (*Bothrops asper*) we always assume that it is the species of serpent that bit the animal. On average I see three venomous snakes annually, about 150 during my lifetime. Most of these were on the trails of Hacienda Barú, three in the stable, and one in the house. I see a corral snake about once every decade, and I have seen two black-headed bushmasters in 50 years. The others have all been terciopelos.



The people I know who have been bitten received proper treatment in a hospital with antivenin, some very soon after the bite and some up to eight hours later. All survived and the one who didn't receive the antivenin until eight hours later had to have his arm amputated. Most suffered some tissue damage, at least an ugly scar, in the area around the bite, and a few had recurring problems, such as swelling and oozing of pus from pores, for years. I imagine that people have very little if any natural resistance to snakebite.

I have seen around a dozen snake-bitten cows, three of which survived without treatment. Those three were bitten on the foot or lower leg. Those who were bitten on the nose while they were grazing all died, but usually not until a day later.

Horses have very little resistance to pit viper venom and die soon after being bitten. I don't know of a single horse that has survived a snakebite.

Neighbors who have pigs tell me that a pig that is bitten by a venomous snake will more than likely survive. A friend saw a terciopelo bite one of his best pigs, and it didn't show any symptoms at all. Fatter pigs have more resistance than skinny ones. Fat has very few blood vessels. Another advantage of pigs is their thick skin which is hard for the snake's fangs to penetrate. After doing a little research on the web, I discovered that pigs also have a genetic mutation that makes them specifically resistant to a toxic substance called a-neurotoxin found in pit viper venom.



I have never seen a snakebitten opossum, but it is well known that they are extremely resistant to snake bites. Scientists have discovered a protein in opossum blood called Lys49-phospholipase A2 (Lys49-PLA2) which they believe gives the opossum

its strong resistance to pit viper venom. There is hope that this protein can be synthesized and used as an antivenom by humans.

One of our dogs was bitten on top of his head. Within a couple of hours, his head swelled to three times its normal size. He laid on a blanket on the floor and wouldn't eat, only sipped a little water. Every time we went into his room, we expected to find him dead. After four days, the swelling slowly diminished, and he started eating. A large pocket of pus formed on top of his head in the area around the fang marks. We treated it by squeezing the pus out daily and injecting antibiotic creme directly into the empty pocket which eventually healed. That was back in the days when the roads were horrible and there were no veterinarians closer than San Isidro. For the rest of his life, the dog had an indentation on top of his head where the pus pocket had been. His name was Rambo. He certainly earned it.



Cloromiro Picado was a highly respected Costa Rican scientist who, among other distinctions, pioneered the development of the antivenin that is used in the treatment of snakebites. The institute that bears his name is known internationally for its leadership in this field. Highly trained handlers "milk" the snakes by holding them tightly and forcing their fangs through a thin rubber sheet stretched over a glass beaker. The venom flows into the beaker. Later it is injected into horses that, through repeated injections of ever-increasing strength, have developed a natural immunity to snake venom. Antibody-laden blood serum from the horses is the primary ingredient in the antivenin. On a visit to the institute I marveled at the large vipers, many in excess of two meters (6 ½ feet), and at the skill of the handlers. But the most fascinating drama of the day was a fight between two snakes.

Handlers released a terciopelo close to a very dark, gray snake with a metallic sheen. The challenger was called a mussurana (*Clelia clelia*,) and it soon became apparent that the terciopelo was outmatched. The terciopelo tried to hold its ground, striking and biting its opponent on several occasions. The mussurana waited for an opening and struck at

the terciopelo's head catching the upper mandible between its powerful jaws. The mussurana then wrapped around the viper, restraining its thrashing body while biting down hard on its snout, thus obstructing the passage of air through its nostrils. Within minutes, the terciopelo lay still. The mussurana began the long process of swallowing its prey. "This may take a couple of hours, said one of the handlers." The institute has an ongoing study of the mussurana in hopes of learning about its resistance to the pit viper venom and how to apply it to the treatment of snakebite in humans.



Our family had grown fond of the two-and-a-half meter (8 foot) long serpent that, on many evenings, meandered across our back porch. We even gave it a name, "Zopy," after its Spanish common name, "zopilota." The chicken house, the yard and the surrounding area were all part of its territory. Its sheer size was enough to startle the most adventurous of our visitors, but the mussurana never caused any harm even to the chickens. I'm sure the terciopelos would beg to differ. During the eight years that Zopy hung out near our home, not a single terciopelo was seen closer than 300 meters (330 yards.)

*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

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## Dear Readers:

At Kids Saving the Rainforest (KSTR), we are pleased to share with you a summary of our activities and achievements during this year 2024. It has been a year full of effort, commitment and significant achievements in our mission to protect the biodiversity of our tropical forests and to inspire new generations to value, respect and care for our planet. One of our main focuses this year has been, in addition to the rehabilitation and release of wildlife, the education of children from 16 schools in the cantons of Quepos and Parrita, about respect for wildlife and the importance of every living being on this planet we inhabit.



restoration efforts, we have improved the sanctuary's enclosures to comply with international animal welfare legislation, our veterinary clinic finally has x-ray, laser, electroacupuncture, ultrasound equipment, and more. Environmental education has also been a fundamental pillar in our activities. We have given workshops and educational visits for children, adolescents, and adults, providing them with tools and knowledge to understand the importance of preserving ecosystems. We firmly believe that education is the key to achieving long-term change, and we are proud to see how these experiences are inspiring new generations to act for the environment.



In our rescue center, we have cared for and provided specialized care to 245 animals until November 13, so there will surely be many more by the end of the year, many of these have been victims of roadkill, attacks by domestic animals, electrocutions, confiscated pets, among others.

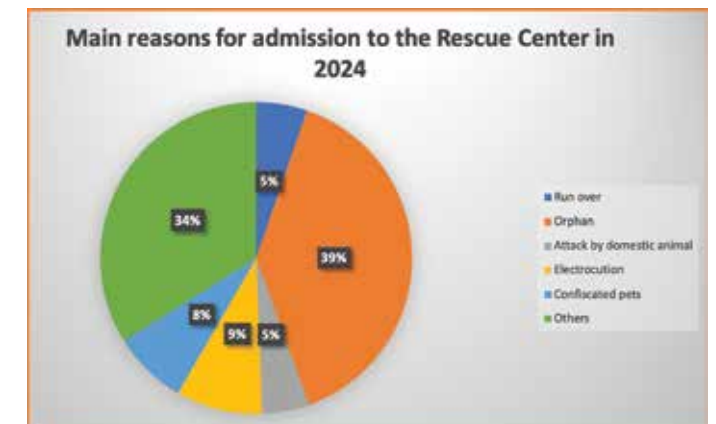


Thanks to our team of biologists, veterinarians, and volunteers, we have managed to rehabilitate many of them and return them to their natural habitat, allowing them to live in freedom again. In addition, we have expanded our reforestation and habitat



We cannot forget to thank everyone who made each of these achievements possible. From our volunteers and donors to local communities and allied organizations, every effort and contribution has been fundamental to advancing our mission. Without you, none of this would have been possible. We would like to end this message by inviting everyone to join this important cause. Every action counts and every support brings us closer to a world where nature and human beings can coexist in harmony. Let's make this planet a better place for future generations together! Thank you with all our hearts and let's continue working together for our forests and their precious biodiversity.

Yeimy Gamboa P. - Director and Biologist, KSTR







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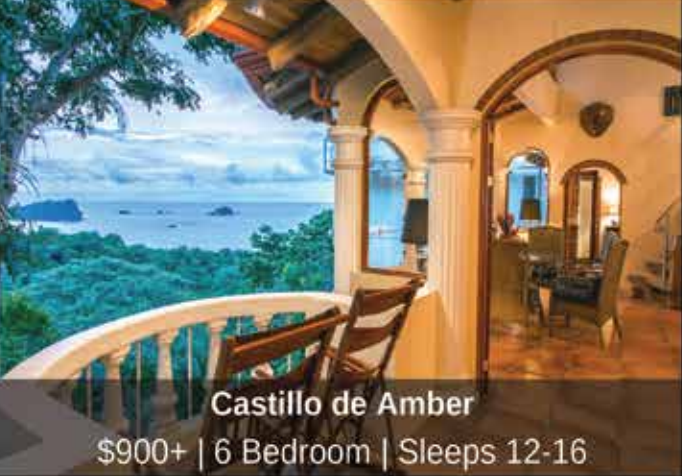
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FOR A BETTER TOMORROW



WE NEED YOUR HELP

We want to thank and wish an amazing holiday season to all our advertisers, contributors, and readers for making this magazine possible. We could not do it without you.

We hope you follow and share all their stories of commitment, dedication, and hard work that these organizations have made since online on our website [quepolandia.com](http://quepolandia.com).



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MEMOIRS  
of a MASSEUR  
By Todd Pequeen

### Sunrises Keep Coming

Do you somehow, by living a righteous life, want to be able to say that you left the world in a better place on the day you die? It is a lofty question, I'm not sure if most people have the time or curiosity to even mentally explore it. Lots of folks achieve that goal by raising families with high moral standards. Some say that they "served their countries" and that is enough to satisfy their quota. Others donate time, blood, or conversation with those that are less fortunate. Others want to serve the public in the form of politics. This last election was a tough one, many people don't even know the trauma they put themselves through. Media generally trends toward what your likes are online, everyone now understands that there is no faith in legacy medias anymore. It is controlled and captured by money, digital platforms, and the prevailing dominant party in the United States. It's dark. Quotations are pieced together, responses are taken out of context, rich exaggerations are made to shape narratives. Legacy media has killed any faith in news. Thus, we saw a divided nation and mental trauma that is similar to the sky falling, the world has grown dark, or the opposite brilliant again depending on your camp. I heard it from my clients on my massage table of all places. Clients telling me their opinions and as a curious individual I often asked for further explanations of why they felt this way. To me it often sounded like a sound bite from YouTube.

After it is all said and done, we must all take responsibility for ourselves and our good will toward each other. In most cases I see this world having a lot of grey and a lot less black and white. Depending on your current health, family history and upbringing, financial situation, marital and friend status, occupation, location, amongst other things, people tend to pick sides. It is our nature as humans and known as tribalism. It is in our DNA and no matter how many books one reads, or countries one visits, it is a part of humanity. The people who feel so extreme often are the ones that may feel backed into some sort of corner in life. It may be real or imagined but it is true. When one has an open and curious mind it is impossible to feel threatened, especially by what is coming over the laptop because we realize that there is a counterpoint to almost everything. There



are hard truths in life and voting tends to equalize what a majority of people think. Whether you are on the winning side or the losing side it is a great time for learning, growth, and hopefully change. To stand staunch and unwavering in one's belief no matter what is literally insane. Examining where those truths have been formed and why, particularly in matters that may never even hit home, is leaving the ego behind and becoming a student of life. We must take personal responsibility for this.

With the new year right around the corner today is a great day to sweep it all outside into our glorious jungle here in Manuel Antonio. Call your best friend and do what you love to do. Schedule a massage appointment and then wake up tomorrow, before sunrise, and be walking on the beach to watch the sunlight shine over the park. Order up your favorite take away or get the ingredients for your favorite food. Get sexy with yourself, do something that you haven't done in a while that brings you pleasure. Try something new. Make amends with a person that you have a conflict with. Re-watch your favorite movie, write a heartfelt letter and send it. Tell your family and friends how much you love them. Pray or give thanks for the health you have, as well as the hardships that have made you stronger. Forget about the glue in your brain because it doesn't have to be a part of you anymore. Dance to your favorite tune, love on a dog or a cat for a while. Spend less time on media for the love of God. Repeat positivity on all matters again and again and again. Today is a blessed day. Leave the world in a better place because there is no voting on the matter, it is the right thing to do.

Todd can be reached on WhatsApp at 506-8830-7727, [tpequeen@yahoo.com](mailto:tpequeen@yahoo.com), or is available for some verbal banter at any local watering hole. Check out or come stay at his new B&B at [sarahtoninbnb.com](http://sarahtoninbnb.com). His wife Sarah is a famous photographer and is available at [sarahyunker.com](http://sarahyunker.com). Love is the light, we are all in this together, Manuel Antonio is one of the most unique places on planet earth so get out and enjoy.

Todd's previous Memoirs of a Masseuer, since 2015, can be read online at [quepolandia.com](http://quepolandia.com).



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# Cool Beans

Michele Poff, PhD

Beans! Grown in many of the world's nations, beans and other legumes nourish a lot of humanity. They're worth a better understanding nutritionally.

## Nutritional Profile

Legumes are a group of foods that includes beans, lentils, and garbanzos. Legumes are high in protein and relatively low in carbohydrates, with no fat. They also have plenty of fiber and antioxidants.

Beans also have some natural toxins that will make us humans quite sick. This is why we soak them and cook them before eating, to help reduce and kill these toxins.

## To Soak or Not to Soak

Whether to soak the beans or not is not really a question of cooking time. Even without a pressure cooker, the time needed to cook pre-soaked or dry beans is just a few minutes.

Pre-soaking can improve the texture of the bean, helping it hold its shape as it cooks. It can also help with getting beans creamier. Some say pre-soaking makes for better flavor.

Most importantly for most people, pre-soaking is a way to leech out some of the toxins in beans. Oligosaccharides are a type of carbohydrate not easy to digest and that can lead to gas, bloating, and other digestive issues, and lectins and phytates are types of proteins and phosphorus compounds that can interfere with nutrient absorption. Pre-soaking beans (and tossing the soaking water) draws out some of the oligosaccharides, lectins, and phytates, helping with easier digestion and better nutrient absorption.

## Soaking Time

Certainly, a main reason people don't soak their beans is because they don't think far enough ahead of time. It's recommended to soak them for five hours or overnight. In this climate, inside the fridge is a great place for this soak.

You can also cheat a little. Bring your dry beans to a boil, then turn off the stove and let them soak in the hot water. In about an hour they'll be plumped up and ready.

## Raw Beans

Most beans have enough plant-based toxins (lectins) in them that they will poison you if you eat them raw or

undercooked. Those toxins get cooked out in the cooking process. But you shouldn't eat most beans in raw or sprouted forms or you will get very sick.

## SAFE legumes to eat RAW or SPROUTED

- Peas
- Fava beans (especially very young)
- Mung beans (have zero lectins; better sprouted)

## Safe to eat SPROUTED NOT RAW

- Chickpeas
- Lentils
- Soy

## NEVER eat RAW or SPROUTED

- Red kidney (highest toxicity among raw beans)
- White
- Black
- Pinto
- Red
- Broad
- Great Northern
- Navy
- Lima (have a chemical that becomes cyanide when digested)
- Peanuts

## Sprouting

If you remember from growing a bean plant in a Styrofoam cup in elementary school, each legume is actually a seed in dried form. When you sprout it, this activates the germination mechanism and releases a whole fresh set of nutrients. This alters the composition of the seed. It also becomes a "live" food, carrying vibrance and vitality. Many people on a raw plant-based diet eat a fair share of sprouted legumes. Some grains can also be sprouted and eaten raw in this way. As indicated above, only a few legumes are safe to eat sprouted. Sometimes sources conflict so please do your own research before consuming raw or sprouted legumes or grains.

## Cookin' dem Beans

To get your beans on the really soft side, a pressure cooker does the trick. Whether the pressure cooker is a fancy new appliance or a crude aluminum pot with a pressurized lid doesn't matter. If you want your beans soft, the heat inside the pressurized pot will help you get there.

**Pro tip:** don't cook your beans with tomatoes or other acidic foods or the beans will not cook properly. They will need hours and hours on the stove and still won't be right. If you want tomatoes with your beans, combine after cooking.

## Sweet Beans?

Yep. In many of the world's countries, they've figured out how to make desserts with beans. In fact, if you want to make vegan brownies or cake with a mix, just add a can of unseasoned beans to the blender with the mix.

However you like them, enjoy your beans!

## Bean Love

This December, share a pot of Brazil's favorite comfort food, vegan style. Follow it up with a mocha mousse cake!

## Vegan Feijoada

- 500 g black beans
- 250 g mushrooms
- 500 g tofu in cubes
- 1 diced onion
- 3 cloves garlic
- 1 carrot, peeled and sliced
- 1 T smoked paprika
- ½ t soy sauce
- Salt, oil, black pepper, and bay leaves to taste
- Water

Soak beans 4 hours. In another bowl, combine soy sauce with smoked paprika, and marinate the tofu also 4 hours. Drain both. Cook beans with salt and bay leaves in pressure cooker over medium heat for 20 minutes after it reaches pressure. Set aside.

Brown onion and garlic in oil. Transfer to beans and add carrot. Cook over medium heat 10 minutes. Brown tofu and mushrooms. Add to bean mixture. Stir well and cook until the broth thickens. Season with salt, black pepper and parsley. Serve immediately.

[terra.com.br/vida-e-estilo/degusta/receitas/3-receitas-de-feijoada-vegana-para-os-dias-frios,a741735fetc909ea03f34b321b71ad22hgavvh3c.html](http://terra.com.br/vida-e-estilo/degusta/receitas/3-receitas-de-feijoada-vegana-para-os-dias-frios,a741735fetc909ea03f34b321b71ad22hgavvh3c.html)

## Mocha & Black Bean Mousse Cake

Serves 8

### Crust

- 1 cup / 125 g hazelnut
- 10 fresh soft dates (100 g / 3,5 oz), pitted
- 3 T cacao powder
- 1 T coconut oil
- 1 pinch sea salt

### Filling

- 1 1/2 cup / 200 g cooked black beans (1 can)
- 5 dates, pitted
- 1 T coconut oil
- 2 shots / 1/4 cup / 60 ml strong coffee
- 1/3 cup / 80 ml plant milk of choice
- 3.5 oz / 100 g dark chocolate (70%)

### Toppings

- 1/2 cup / 65 g toasted hazelnuts
- 50 g / 2 oz melted dark chocolate
- 1/2 cup fresh berries

### Crust

Place hazelnuts in a food processor and pulse until pebbled. Add remaining crust ingredients and combine well. Line the bottom of a 8 inch / 20 cm springform pan with parchment paper. Firmly press in mixture, ensuring it's even. Hold in freezer.

### Filling

Add beans, dates, coconut oil and coffee to the food processor; pulse on high ~60 seconds. Heat milk in small sauce pan on low/medium heat. Break up the chocolate and add to the milk. Use a spatula to stir; remove from heat just as the chocolate starts melting. Keep stirring until smooth and thick chocolate mixture. Add melted chocolate to food processor and mix until smooth chocolate filling. Pour filling into the spring pan on top of the crust and place it back in the freezer for 2-3 hours. You can also leave it in the freezer for weeks; just thaw the cake for at least 30 mins if it is deep-frozen.

Decorate the cake before serving. You can either use a lot of berries, or drizzle with melted chocolate and toasted hazelnuts. Store the cake in the fridge for a few hours if you prefer a creamier texture; just remember to remove the sides of the springform pan while still frozen. Enjoy! [greenkitchenstories.com/mocha-black-bean-mousse-cake](http://greenkitchenstories.com/mocha-black-bean-mousse-cake)

*Dr. Michele Poff, PhD is a professional writer and educator with a focus in the well-being space. Her latest endeavor, The Alignment Portal ([thealignmentportal.com](http://thealignmentportal.com); coming soon!), offers a program consisting of simple and easy ways to feel better quickly and permanently. It delivers deeply insightful formal instruction in small and easy bites combined with live classes on moving energy and guided meditations. Designed for individuals and organizations, it delivers a well-rounded program that will help anyone live a happier and easier life, and will help the workplace improve in every way. For this project, she is partnering with Dr. Mak Kishun, an education specialist in corporate environments, and the Adwait yoga school in New Delhi, India for live classes in kundalini, chakra clearing, and more. She also teaches kundalini and kundalini awakening. Contact her for special rates on both. She can be reached at [alignmentportal@gmail.com](mailto:alignmentportal@gmail.com).*



# SPANISH SUCKS

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

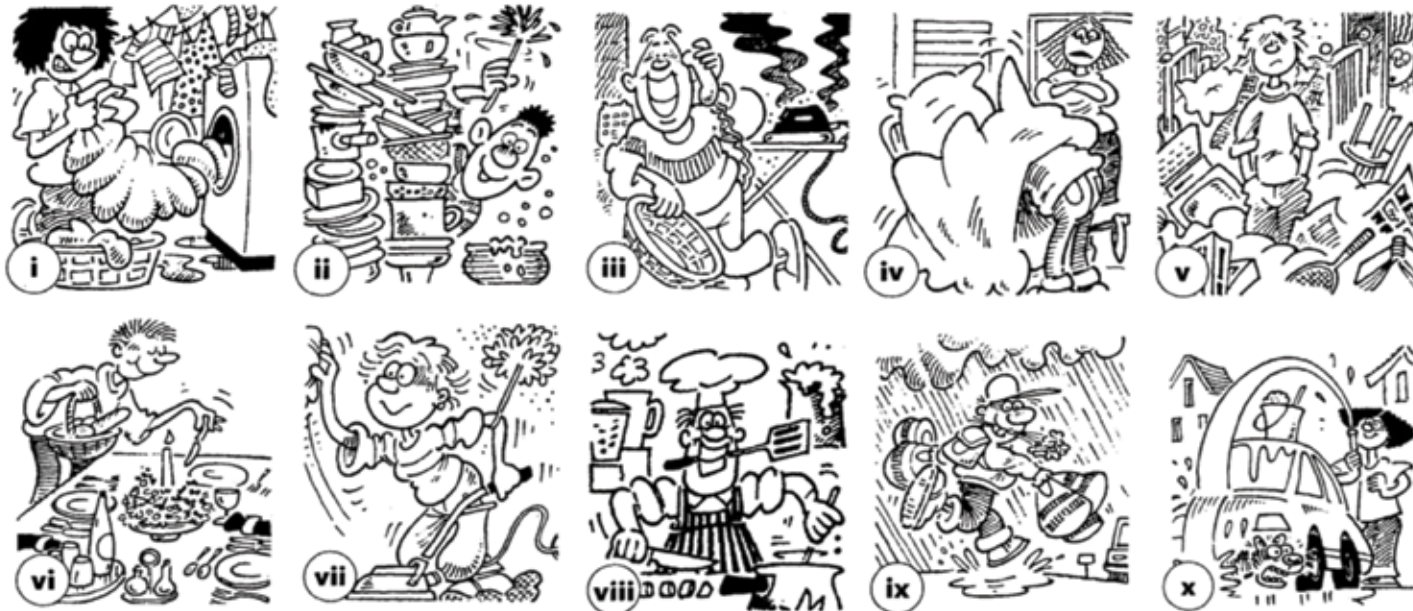
## ¿Qué tan difícil es su vida?

Haga esta pequeña prueba para saber qué tan difícil (o fácil) es su vida.

Frecuencia de los quehaceres del hogar:

A: nunca, B: casi nunca, C: a veces, D: regularmente, E: casi siempre, F: siempre (todos los días / todas las semanas / todos los meses)

Ponga una letra (A - F) en cada pregunta para indicar con cuánta frecuencia usted tiene que hacer algunos de los quehaceres del hogar. Después, revise en la tabla de puntuación cuánto vale cada letra y sume el total.



- |   |                          |   |                          |
|---|--------------------------|---|--------------------------|
| (i) ¿Con cuánta frecuencia hace la lavandería?    | <input type="checkbox"/> | (viii) ¿Con cuánta frecuencia cocina?         | <input type="checkbox"/> |
| (ii) ¿Con cuánta frecuencia lava los platos?      | <input type="checkbox"/> | (ix) ¿Con cuánta frecuencia hace las compras? | <input type="checkbox"/> |
| (iii) ¿Con cuánta frecuencia plancha?             | <input type="checkbox"/> | (x) ¿Con cuánta frecuencia lava el carro?     | <input type="checkbox"/> |
| (iv) ¿Con cuánta frecuencia hace la cama?         | <input type="checkbox"/> |   |                          |
| (v) ¿Con cuánta frecuencia limpia su habitación?  | <input type="checkbox"/> |   |                          |
| (vi) ¿Con cuánta frecuencia pone la mesa?         | <input type="checkbox"/> |   |                          |
| (vii) ¿Con cuánta frecuencia limpia toda la casa? | <input type="checkbox"/> |   |                          |

Tabla de puntuación:

A: 0    C: 2    E: 4

B: 1    D: 3    F: 5

TOTAL: \_\_\_\_\_

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



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

# SPANISH SUCKS

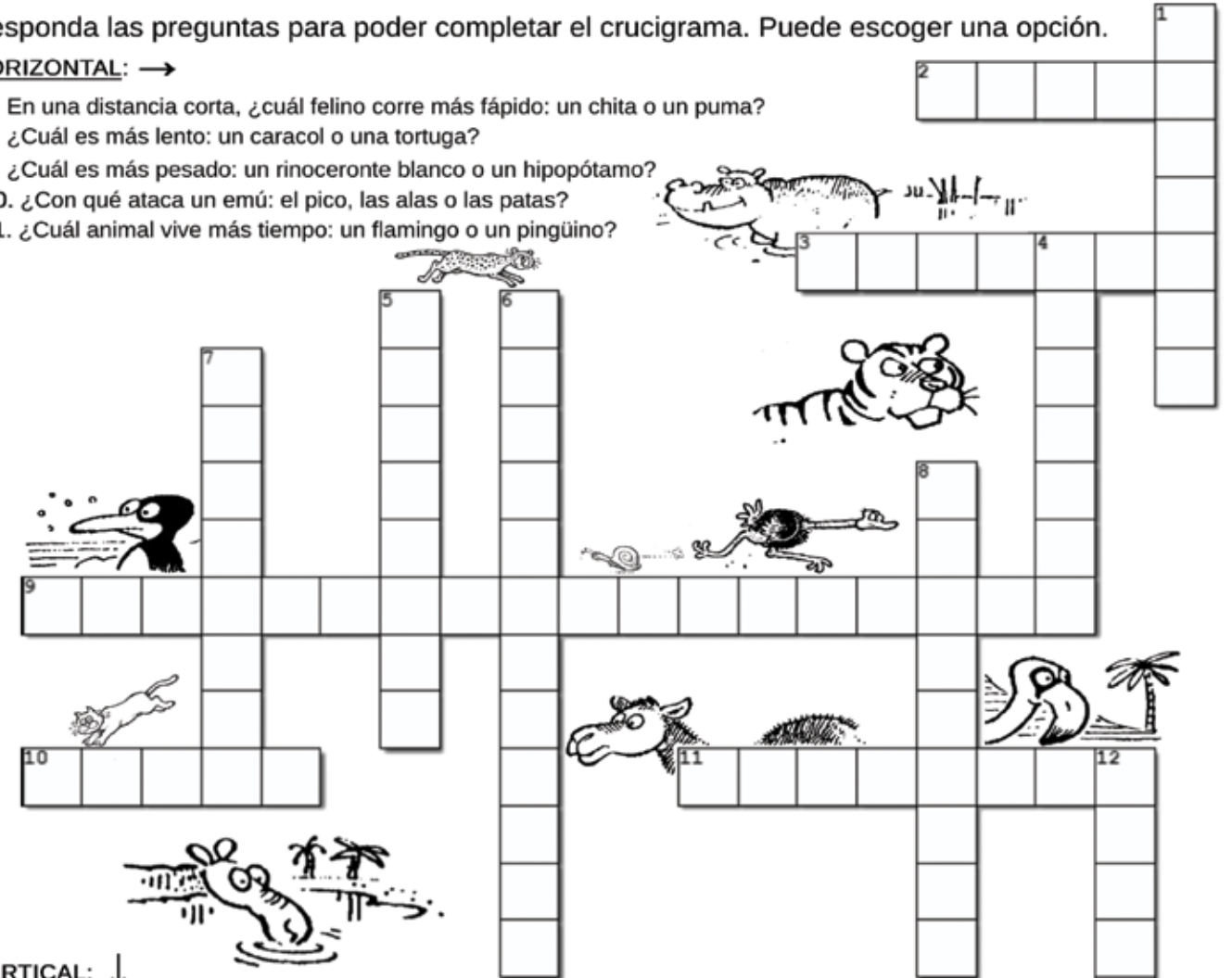
In honor of our dear friend and Spanish teacher, Os.

## ¿Cuánto sabe sobre animales? 🐼

Responda las preguntas para poder completar el crucigrama. Puede escoger una opción.

HORIZONTAL: →

- En una distancia corta, ¿cuál felino corre más rápido: un chita o un puma?
- ¿Cuál es más lento: un caracol o una tortuga?
- ¿Cuál es más pesado: un rinoceronte blanco o un hipopótamo?
- ¿Con qué ataca un emú: el pico, las alas o las patas?
- ¿Cuál animal vive más tiempo: un flamenco o un pingüino?



VERTICAL: ↓

- ¿Cuál animal vive más tiempo: un camello o un chimpancé?
- ¿Cuál es más pequeño: un canguro bebé o un panda bebé?
- ¿Cuál animal corre más rápido: un rinoceronte o un avestruz?
- ¿Cuál animal es más pesado: un elefante africano o una ballena azul?
- ¿Cuál es más larga: una anaconda o una boa?
- ¿Qué come la ballena orca: gente o pingüinos?
- ¿Cuántos litros de agua puede beber un camello en 10 minutos: 20, 80, 121?

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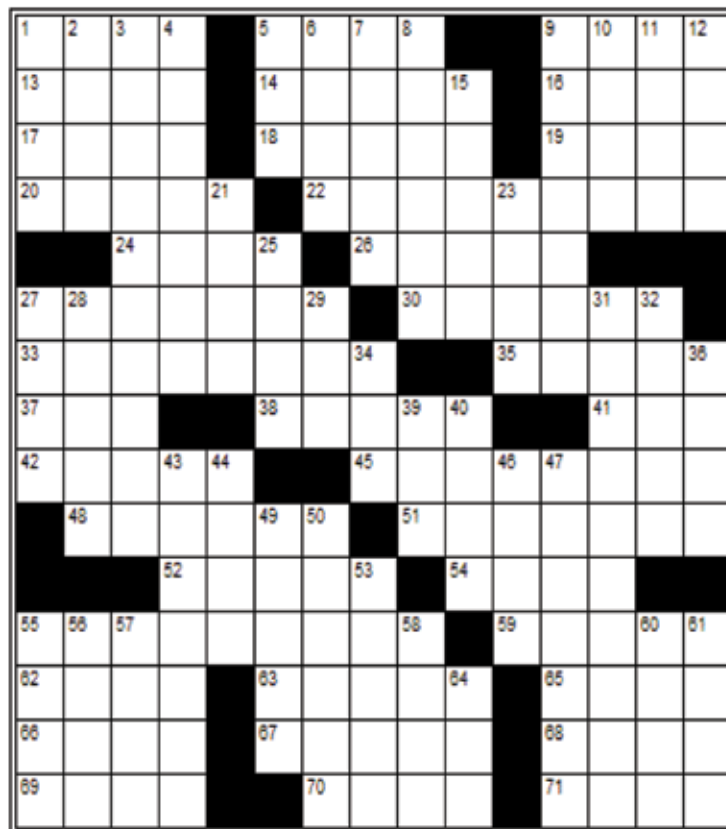
[info@manuelantoniospanishschool.com](mailto:info@manuelantoniospanishschool.com)



**Crossword Puzzle**

**ACROSS**

- 1. Largest continent
- 5. Winglike
- 9. Nil
- 13. On top of
- 14. Flowing garments
- 16. Beasts of burden
- 17. Warm-hearted
- 18. Muse of poetry
- 19. Thin strip
- 20. Brown ermine
- 22. Illegal street racers
- 24. Kiss and cuddle
- 26. Striped wild cat
- 27. Lizard
- 30. Words to a song
- 33. Ranks
- 35. A wind does this
- 37. Consumed
- 38. Kind of nut
- 41. Born, in bios
- 42. Monetary units of Serbia
- 45. Trucker
- 48. Pertaining to teeth
- 51. Give forth
- 52. Fables
- 54. Self-satisfied
- 55. Bargain
- 59. Ardent
- 62. Weightlifters pump this
- 63. Go-between
- 65. One more than three
- 66. Small
- 67. Soft leather
- 68. Hauls
- 69. Appear to be
- 70. Otherwise
- 71. Being



**DOWN**

- 1. Arctic birds
- 2. Expectorate
- 3. Atmosphere layer
- 4. Moderate in tempo
- 5. Air hero
- 6. Animal fat
- 7. Not together
- 8. Sell in stores
- 9. Nose hole
- 10. Spindle
- 11. Darling
- 12. Picnic insects
- 15. Damp
- 21. Hard work
- 23. Belgrade native
- 25. Amorphous shape
- 27. Harvest
- 28. Outward
- 29. East northeast
- 31. Communicable
- 32. Sugary
- 34. Band performance
- 36. Arid
- 39. C
- 40. Gammons
- 43. Opposite word
- 44. Statistic (abbrev.)
- 46. Mother
- 47. Snivel
- 49. Assumed name
- 50. Alliance
- 53. An alloy of iron
- 55. Pesky insects
- 56. A Great Lake
- 57. Departed
- 58. Terminates
- 60. Carpets
- 61. Celtic language
- 64. Golf ball support

Crossword Solution on Page 69

**NEW Ronny's Place NEW**

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## Discover the Magic Beneath the Waves: Join Our Coral Discovery Program

For ocean lovers and scuba enthusiasts, exploring a vibrant coral reef is already a thrilling experience. But what if you could dive deeper—not just into the ocean, but into a world of marine conservation? Starting this upcoming season and running throughout dry season, we are introducing our brand-new Coral Discovery Program. This unique day adventure is designed for scuba divers (ages 10 and up) to dive with a purpose, learn about coral restoration, and contribute directly to the preservation of our beautiful reefs right here in Manuel Antonio.

Whether you're an experienced diver or just beginning your underwater journey, the Coral Discovery Program offers a chance to make a difference—and have a blast while doing it.

The Coral Discovery Program is more than just a typical day of diving. Here's what your adventure-packed day will look like:



### 1. Morning Workshop on Coral Conservation

Your day begins with an engaging workshop led by our passionate marine biologists and restoration experts. In this short, informative session, you'll learn about the essential role coral reefs play in our ecosystem, the threats they face, and how restoration programs are making a difference. Our team will introduce you to the basics of coral biology, the fascinating world of underwater nurseries, and the hands-on work involved in coral restoration.



During this exciting workshop, you will learn about coral biology and reef ecosystems as well as the threats to coral reefs worldwide. You will also get to see how coral nurseries are helping rejuvenate local reefs.

By the time we're done, you'll be ready to jump into the water with a newfound appreciation for the reefs!



### 2. Two Dives on the Reef: Explore Coral Nurseries Up Close

Once you've soaked up the knowledge, it's time to suit up and dive in! You'll head out with our dive instructors from the Marine Conservation Non-profit and take part in two guided dives on our local reef. This is where the adventure truly begins. During these dives, you'll get the rare opportunity to see the coral nurseries—underwater "gardens" where corals are grown and nurtured before being transplanted to the reef.

This is an exciting adventure and will give you and your family and friends a firsthand look at coral nurseries and how they support reef restoration. You will get the chance to learn how transplanted corals help restore damaged areas of the reef as well as swim among a vibrant array of marine life, from colorful fish to other coral species.

These dives are not only breathtaking but also give you a front-row seat to the ongoing work of our local marine conservation team. You'll see the effort and dedication that goes into each coral fragment planted and witness the positive impact these projects are having on the reef's health.

### Why Join the Coral Discovery Program?

This program offers so much more than a typical day of diving. It is an unforgettable experience that you can see first hand. Make a difference with your time here in beautiful Manuel Antonio and get involved with local conservation efforts. Dive with a purpose, your participation helps fund the non-profit's coral restoration efforts, meaning your adventure directly supports the reef.



The cost of this day-long experience is primarily a \*\*donation to the non-profit organization\*\* running the coral restoration program. By joining, you're helping fund critical restoration efforts, with 100% of the donation supporting coral nursery maintenance, coral transplants, and reef preservation activities.

### Who Can Join?

The Coral Discovery Program is open to all certified scuba divers aged 10 and up, making it an ideal activity for families, groups, or solo travelers with a passion for marine life. It's a perfect way to inspire young divers and seasoned underwater adventurers alike, all while giving back to our ocean.

### Join Us and Be Part of the Change

Are you ready to experience the reef like never before? The Coral Discovery Program promises a day filled with excitement, learning, and the satisfaction of giving back. Check out the local dive center in the marina where you can find out about this exciting experience and dive with a purpose.

Secure your spot, dive into a world of conservation, and help us bring our reef back to life, one coral at a time.



Oceans Unlimited



Marine Conservation



# TIDES for DECEMBER 2024

Day	High	Low	High	Low	High	Phase
Sun 01	02:32 8.78 ft	08:49 0.53 ft	15:05 7.97 ft	20:54 1.34 ft		New Moon
Mon 02	03:10 8.89 ft	09:27 0.38 ft	15:44 8.10 ft	21:33 1.26 ft		
Tue 03	03:49 8.90 ft	10:05 0.33 ft	16:23 8.17 ft	22:14 1.22 ft		
Wed 04	04:29 8.82 ft	10:44 0.37 ft	17:04 8.20 ft	22:57 1.24 ft		
Thu 05	05:12 8.64 ft	11:25 0.49 ft	17:47 8.21 ft	23:43 1.30 ft		
Fri 06	05:57 8.38 ft	12:09 0.67 ft	18:32 8.21 ft			
Sat 07		00:32 1.38 ft	06:46 8.10 ft	12:56 0.87 ft	19:23 8.23 ft	
Sun 08		01:27 1.44 ft	07:41 7.83 ft	13:48 1.05 ft	20:18 8.29 ft	First Quarter
Mon 09		02:27 1.44 ft	08:42 7.63 ft	14:45 1.18 ft	21:17 8.42 ft	
Tue 10		03:31 1.33 ft	09:46 7.57 ft	15:45 1.22 ft	22:17 8.64 ft	
Wed 11		04:36 1.08 ft	10:51 7.68 ft	16:48 1.14 ft	23:18 8.94 ft	
Thu 12		05:38 0.73 ft	11:53 7.92 ft	17:49 0.96 ft		
Fri 13	00:16 9.26 ft	06:37 0.33 ft	12:52 8.25 ft	18:47 0.74 ft		
Sat 14	01:11 9.55 ft	07:32 -0.03 ft	13:47 8.59 ft	19:43 0.54 ft		
Sun 15	02:03 9.74 ft	08:23 -0.31 ft	14:39 8.88 ft	20:37 0.41 ft		Full Moon
Mon 16	02:54 9.80 ft	09:13 -0.46 ft	15:30 9.06 ft	21:28 0.39 ft		
Tue 17	03:43 9.70 ft	10:00 -0.45 ft	16:19 9.11 ft	22:18 0.49 ft		
Wed 18	04:32 9.44 ft	10:46 -0.28 ft	17:07 9.03 ft	23:07 0.71 ft		
Thu 19	05:19 9.06 ft	11:32 0.02 ft	17:55 8.84 ft	23:56 1.01 ft		
Fri 20	06:07 8.58 ft	12:17 0.43 ft	18:42 8.57 ft			
Sat 21		00:45 1.35 ft	06:55 8.06 ft	13:03 0.88 ft	19:30 8.27 ft	
Sun 22		01:35 1.69 ft	07:45 7.55 ft	13:49 1.35 ft	20:19 7.98 ft	Last Quarter
Mon 23		02:28 1.96 ft	08:38 7.11 ft	14:37 1.77 ft	21:10 7.75 ft	
Tue 24		03:23 2.13 ft	09:34 6.79 ft	15:28 2.11 ft	22:02 7.62 ft	
Wed 25		04:20 2.16 ft	10:32 6.63 ft	16:21 2.32 ft	22:54 7.61 ft	
Thu 26		05:16 2.04 ft	11:30 6.63 ft	17:16 2.39 ft	23:46 7.71 ft	
Fri 27		06:09 1.80 ft	12:25 6.79 ft	18:09 2.32 ft		
Sat 28	00:35 7.91 ft	06:58 1.48 ft	13:15 7.05 ft	19:00 2.12 ft		
Sun 29	01:21 8.17 ft	07:43 1.12 ft	14:01 7.39 ft	19:47 1.84 ft		
Mon 30	02:06 8.45 ft	08:26 0.76 ft	14:44 7.76 ft	20:33 1.52 ft		New Moon
Tue 31	02:50 8.71 ft	09:07 0.44 ft	15:26 8.13 ft	21:18 1.14 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

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Welcome to the December edition of That's Fishin, the official start of the dry season here on the Pacific Coast where the next few months will deliver some of the best Sport Fishing on the planet.

all sponsors and everyone that took part, we hope to see you back again next year for Dorado Derby 2025 where we hope to continue breaking records!

### Dorado Derby Results

- Reel Freedom 35lbs
- Reel Texans / Stress Reliever 28.5lbs
- Pacific Fly 27.5lbs

- Top Lady – **Madison Scorson** (Reel Freedom)
- Top Junior (Boy) – **Xavi Castro** (Mirse Azul)
- Top Junior (Girl) – **Danna Martinez** (Asi O Mas)

### Dorado Derby Dos Results

- Miami Vice 55lbs
- Scatterbrain 31lbs
- MAGA Crew / Tag n Stick 30lbs

- Top Lady – **Luanne Bozeman** (Tag n Stick)
- Top Junior (Boy) – **Axel Arrieta** (Prime Time)
- Top Junior (Girl) – **Charlee Wade** (Reel Wade)



### DORADO DERBY TOURNAMENT

The Dorado Derby 1 & 2 took place over the weekends of 9<sup>th</sup> & 16<sup>th</sup> November and we witnessed a record setting turnout of 103 teams competing over the two tournament weekends! 63 boats for Derby 1 and 40 boats for Derby 2. Despite some challenging weather spirits were not dampened and everyone had a blast trying their best to be crowned this year's DORADO DERBY champions.

Huge congrats to all the winners, TEAM REEL FREEDOM for taking the win in Derby 1 with a 35lbs Dorado, huge congrats and well deserved guys! And TEAM MIAMI VICE for winning Derby 2 with a huge 55lb Dorado. Fantastic to see a local Quepos team take the win in one of the smallest boats in the boat, great result and well done guys! A huge thank you to

### OFFSHORE FISHING

Early November produced some excellent Sailfishing which surprised most of the fleet with some double-digit Sailfish days posted by charter boats. Sailfish numbers should increase as December progresses and water temps rise. The Blue Marlin fishing during day trips in December should provide some of the best action of the entire year and expect some Striped Marlin mixed in too. Big Black Marlin can be targeted over Offshore reefs with a slow trolled live bonito, patience is definitely required but the reward can be priceless.



We had some fantastic Dorado fishing during November with fish in the 15-20lb range showing and a few larger fish mixed in also. It felt like the peak of this years run had not arrived just yet and I expect that late November/early December will provide the best Dorado fishing of the year. It has been one epic year for Yellowfin Tuna and we typically catch some of the largest Tuna of the year from December to February. Huge congrats to TEAM TRIP for catching a 220-250lb Tuna during mid-November, a fish of a lifetime for sure!



### INSHORE FISHING

December brings some of the best inshore fishing of the year to the Quepos area. The sardine bait schools have arrived and it will provide opportunities for

species galore along the coastline for the next few months. Beaches, rivermouths, rocks and some of the reefs slightly offshore will all hold excellent fishing potential for all our major species. Roosterfish, Snook, Snappers, Grouper, Jacks, Mackerel, Corvina, Tripletail and more can all be targeted here. Half or Full Day trips can be taken to get you on the bite and we have a host of excellent inshore boats and captains ready to take you fishing. Livebaiting with sardines, blue runners, goggle eyes and lookdowns are some of the most popular methods here. Bonito livebaits are a favorite for large Roosterfish and Cubera Snappers. Vertical jigging and popping with topwater lures can also provide excellent results and we have some great boats offering these trips also.



### TOURNAMENT CALENDAR

The next tournament we have to look forward to is the always epic PELAGIC ROCKSTAR tournament which is taking place at the Marina Pez Vela over the weekend of Jan 9-12<sup>th</sup>. More than US\$1m prize money is expected to be on the line with Billfish, Dorado & Tuna Divisions to play for. I hope to see you there!!

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

Jan 9-12	<b>Pelagic Rockstar</b>
Feb 1	<b>Roosterfish Rodeo</b>
Feb 20-22	<b>Pescadora Billfish Championship (Ladies Only)</b>
Mar 8	<b>Sailfish Slam</b>
Mar 13-15	<b>FA Open (New!)</b>
Apr 5	<b>Marina Pez Vela Open</b>
Apr 6-10	<b>Offshore World Championships</b>

See you out there!

Benn Gilmour, Jackpot Sport Fishing  
Marina Pez Vela, Quepos  
Cell: 8458 4997

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







# Telephone Directory

"We've got your number"

2 Costa Rica Real Estate	2519-9415	2777-3270
Agua Azul Restaurant		2777-5280
Alcoholics Anonymous	8814-6251	8485-9893
AYA Water	800-737-6783	2777-0251
Beach Church		7079-6799
Blue Horizon	8994-1424	8984-1702
Burû Seaside Restaurant		2777-3015
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
Hooked Up		8730-4379
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
Katharine Alpizar, Grupo AC	8311-8478	2777-0293
Kids Saving the Rainforest		8568-5335
KR's Cocina		8497-1168
La Langosta Feliz	8345-6445 8872-1578	2787-5214
Latitude 9 Real Estate	8843-3636	2777-1197
Light of Dawn		8467-8210
Los Monos Fleet	8994-1424	8984-1702
MA Rental Properties	855-999-8101	8888-8850
Manuel Antonio Spanish School		8861-8377
Marina Pez Vela		2774-9000
Massage Todd		8830-7727
Melissa Klassen		8882-0009
Mini Stop Market		2777-0056
Miquelito's Pizza	2777-4236	2777-0838
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
Quepoa Sport Bar		2102-9125
Quepolandia		8632-7489
Recherche		2102-9069
Ronny's Place - Mirador Mi Lugar	2777-7575	2777-5120
Royal Palm Interiors, Uvita		8749-7061
Seguros Metropolitanos		8998-8102
Spice Girls	8459-2862	8721-1809
Sunset Restaurant		2100-8608
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Tentacion		2777-3663
Thomas Ghormley, Century 21		8866-1649
Tico Pod		2643-2068
Uvita Law Firm	2743-8416	2743-8619
Videos Quepos	8874-7532	2777-7425
Vivero de Cascadas	8336-3661 8829-4369	8310-3327



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

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

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 Alamo ... 2777-3344  
 Budget ... 2436-2000  
 Economy ... 2777-5353  
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 Transporte Morales, Parrita ... 2779-9058  
 Transporte Morales, Quepos ... 2777-0263  
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 Transporte Tracopa ... 2773-3410  
 Transporte Tracopa, Quepos ... 2777-0263

### BUSINESS SERVICES

Liberia Castro ... 2777-0646  
 Passport photos ... 6232-0000

### 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

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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  
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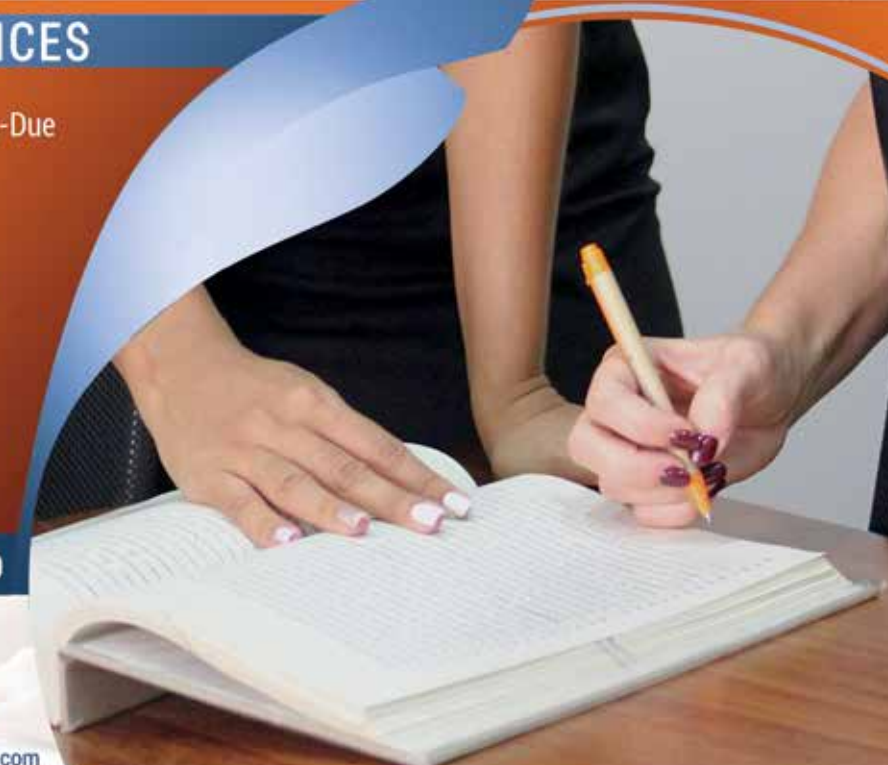
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Sunset-manuel antonio Sunset\_manuelantonio

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## PARQUE NACIONAL MANUEL ANTONIO NATIONAL PARK

Fotos by Unique Photography  
kanuttos@hotmail.com

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

Open from 7:00 a.m. to 4:00 p.m. Closed on Tuesdays. Park admission is \$18.00 for adults & \$6.00 children 2-11. Entrance tickets can only be purchased online at [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).

# B GREEN

## GIVE AWAY BEFORE THROWING AWAY

We know that everyone isn't crafty or handy, but we all know people who are. Share your reusable goods, clothes, and assorted products for friends, family, and neighbors. You can even conduct a semi-regular "Swap Meet," where everyone gets together to trade what they have. Think of all the gently used play clothes you can get for your kid in exchange for an old cabinet you don't need any longer.

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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](mailto:info@delsilencioalalibertad.org)  
[delsilencioalalibertad.org](http://delsilencioalalibertad.org)  
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MUD\WTR

## LIFE SIGNS

## 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](https://www.instagram.com/internationalbeachchurch)  
[InternationalBeachChurch@gmail.com](mailto:InternationalBeachChurch@gmail.com)  
 Service in English with Spanish Translation

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

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

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

Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&Ms. What a fabulous adventure!

Finally she wobbled home with her husband and collapsed into bed exhausted.

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

Her eyes slowly opened and her expression changed.

"I meant my dress size, you idiot!!!"

The Moral: Even when a man is listening, he's gonna get it wrong.

An old grandma brings a bus driver a bag of peanuts every day.

At first the bus driver enjoyed the peanuts but after a week of eating them he asked: "Please granny, don't bring me peanuts anymore. Have them yourself."

The granny answers: "You know, I don't have teeth anymore. I just prefer to suck the chocolate around them."

A lady comes home from her doctor's appointment grinning from ear to ear.

Her husband asks, "Why are you so happy?"

The wife says, "The doctor told me that for a forty-five year old woman, I have the breasts of a eighteen year old."

"Oh yeah?" quipped her husband, "What did he say about your forty-five year old ass?"

She said, "Your name never came up in the conversation."

Q. What's red and white and falls down chimneys?  
A. Santa Klutz!

Q. Which of Santa's reindeer has the worst manners?  
A. RUDE-olph, of course!

Q: How can Santa deliver presents during a thunderstorm?  
A: His sleigh is flown by raindeer

Q: What do you call a kid who doesn't believe in Santa?  
A: A rebel without a Claus.

Q: What do you call a bankrupt Santa?  
A: Saint Nickel-less.

Q: What nationality is Santa Claus?  
A: North Polish

Daughter: Mom, can I get a cat or a dog for Christmas, please?"

Mom: No honey, you will be getting turkey, like every Christmas.

HA HA HO HO!



## A Bird's Eye View Three-Wattled Bell Bird

Because of the secretive behavior of the three-wattled bellbird (*Procnias tricarunculatus*), it is often only detected by the distinctive bell-like call given by the males. At close range, the vocalization of many in Costa Rica is heard as a complex three-part song, the "bonk" giving the bird its name. This hollow, wooden "bonk" is thought to be among the loudest bird calls on Earth.

September) and return to lower elevations in the mangroves for the interim months.



The bellbird has its own unique mating ritual. The male birds sneak up behind the females perching on a high branches. As the male quietly approaches the female, he opens his mouth a full 180 degrees to make his distinctive "bonk" sound in her ear, knocking the female off of her branch. They repeat this sequence, and after the courtship is over, the female departs to build the nest and raise the chicks alone.



The sexes are very dissimilar in appearance. The male has a white head and throat and the remaining plumage is chestnut brown. From the base of his beak dangle three long, slender, black wattles that he uses in display. The female has olive plumage with yellowish streaked underparts and a yellow vent



Famous for having one of the most unusual and distinct vocalizations of any bird in its range, the three-wattled bellbird exist primarily in Costa Rican highlands in the cloud forest (March to







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- 1a Quepoa Sport Bar
- 02 En Todo - Magic Bus
- 04 Colina's
- 05 Tentación
- 06 Gelateria Amorosi
- 07 Sunset Restaurant
- 09 La Langosta Feliz
- 12 Miguelito's
- 14 Ronny's Place
- 15 Coffee Stop
- 16 Burû
- 18 Puerto Escondido

**Real Estate**

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- 20 Coldwell Banker
- 22 Hidden Bay
- 23 Latitude 9
- 24 Melissa Klassen - Blue Zone

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- 40 Skateboard Park & Playground

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- 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





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fb/restaurantburuseaside  
Mon 5:30-8:30pm Los Perezosos  
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Wed 5:30-8:30pm Duo Pura Vida  
Thurs 5:30-8:30pm Los Almendros  
Fri 5-8:30pm Los Howlers)  
Sat 5-8:30pm Live Wire Blues Band  
Sun 5-8:30pm Makondo

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lacantinabbq.com  
Sun 7-10pm John O'Connell  
Wed 7-10pm Echo Elysium

**EL ARADO**  
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elaradorestante.com  
Fri-Sun 6-9pm Arturo

**EL PATIO AT CAFE MILAGRO**  
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tripadvisor.es/Restaurant\_Review-g309274-d27177137-Reviews-El\_Ranchito-Manuel\_Antonio\_Quepos\_Province\_of\_Puntarenas.html  
Fri 6:30-9pm - Jordan Tolentino

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php?id=100069923671965  
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PIATO



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

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



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

Sudoku on Page 4

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

Crossword on Page 44

## What's Shaking @ MARINA PEZ VELA QUEPOS COSTARICA

December brings hope, opportunity, a renewed sense of gratitude for the wonderful community where we live, the manner in which we have come together to endure challenging times and excitement for what looks to be a wonderful high season ahead of us. The energy got rocking here last month with the two Dorado Derby Tournaments, which brought more boats than EVER before and a lot of fun, families and friendships together at the project. December brings with us that holiday spirit, vientos Navideños, and the sense of community, brotherhood and celebration which defines both this country and the family at Marina Pez Vela.

### TRIATHLON RETURNS TO MPV!

One of the most exciting and enjoyable events for our community these past years as been the Quepos Triathlon. We are happy to announce that this December 1th, the COOPENAE TRIATHLON is back! The dates in early December are always a quiet time before the high season and these local sporting events help bolster the local economy and provide a great example and inspiration to the youth and families in our canton. Set your calendars, wake up early, come down for a breakfast at MPV and cheer on these athletes.

### New restaurant alert: Butcher Block OPENS AT MPV!

We are incredibly happy and proud to announce the grand opening of the restaurant Butcher Block here at Marina Pez Vela! A fine dining place with modern aesthetic and great service dedicated to serve you the best meat in the country. Don't miss a chance to go visit the team and congratulate them on their new grand opening!

### HOLIDAYS AT MPV

Our show Illuminous is ready to start in December, don't miss the chance of seeing it. Everyday at 7pm.





# HOW TO CLEAN KITCHEN COUNTERTOPS BEST TRICKS FOR ANY MATERIAL PART 1

Different types of countertops require different methods of care. Read on to learn how to clean kitchen countertops made from granite, marble, tile, wood, and more. With these easy cleaning tricks, keeping your kitchen spotless is simple.



## How to Clean Granite Countertops

To clean granite counters, wipe the surface with warm, soapy water, and rinse thoroughly. For disinfecting, you can also use a mild bleach solution. Don't use an abrasive cleanser or scrub pads because they could scratch the surface.

### How to Remove Stains from Granite

Make a paste of baking soda and water. Gently scrub the spot with the paste and a soft brush. Rinse thoroughly. Several applications might be necessary to remove stains from granite countertops.

### How to Seal Granite

Seal granite countertops with an appropriate sealer formulated for stone. This will help prevent stains and make it easier to keep clean.

## How to Clean Limestone, Slate, and Soapstone Countertops

Wipe the surface with warm, soapy water and rinse thoroughly. A mild bleach solution can also be used. Don't use an abrasive cleaner or scrub pads because they could scratch the surface. Acidic cleaners such as vinegar or lemon are also not suitable for cleaning stone countertops, as these can pit or etch the stone.

## How to Remove Stone Countertop Stains

Make a paste of baking soda and water. Gently scrub the spot with the paste and a soft brush. Rinse thoroughly. Several applications may be necessary to lift the stain on your stone counters.

### How to Seal Stone Counters

Seal with an appropriate sealer formulated for your particular stone to help prevent stains and make everyday cleaning easy.



## How to clean Glass Countertops

Clean your glass countertops with any commercial soap or cleansers that you would ordinarily keep in your home for cleaning hard surfaces, such as glass cleaner or multi-purpose cleaner. Use a soft cloth or sponge to avoid scratching the surface. Avoid using abrasive cleaners and scratchy cleaning tools.

Glass countertops are stain-resistant. No sealing is necessary.

## How to clean Laminate Countertops

Use warm, soapy water, a mild bleach solution, or a nonabrasive kitchen cleaner to clean laminate countertops. Don't use abrasive cleaning pads or stiff-bristled brushes, which can scratch the surface. Use a soft toothbrush along seams or along metal

edging. Take care when using bleach solutions: They could alter the countertop color or cause other surface damage. Test first in an inconspicuous spot.

## How to Remove Stains from Laminate Countertops

For greasy buildup, try cleaning kitchen countertops with natural cleaning ingredients such as vinegar and water. If the surface feels tacky, rub with a paste of baking soda and water, then rinse.

No sealing is necessary for laminate countertops.



## How to clean Marble Countertops

Clean your marble countertops regularly with a damp soft cloth (microfiber works well) to avoid streaks. Wipe dry with a clean cloth. Never let it air dry because marble is prone to water spots. For deeper cleaning, use a pH-neutral dishwashing liquid mixed with warm water. Rinse thoroughly to get rid of any residue and wipe completely dry.

### How to Remove Marble Counter Stains

Acidic liquids can permanently etch your marble, so blot wine, orange juice, tomatoes, and soft drinks immediately. Most marble countertop stains can be removed by applying a poultice, a thick paste that absorbs the stain from the surface. Deep-seated stains might require calling in a professional.

### How to Seal Marble Countertops

Use a product formulated especially for marble's porous surface.





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# QUEPOLANDIA

SINCE 1998

**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)  
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At 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. From cozy and sunny outdoor, from the air and great ambience for lunch with a morning routine on our coffee. And when the sun goes down, kick back with our wine & cocktails, craft Costa Rican beers and local ingredients infused into delicious dinner plates, cocktails and of course, the most amazing chocolate desserts!

### Menu Price list Services



### Menu Download



### Video



### Map







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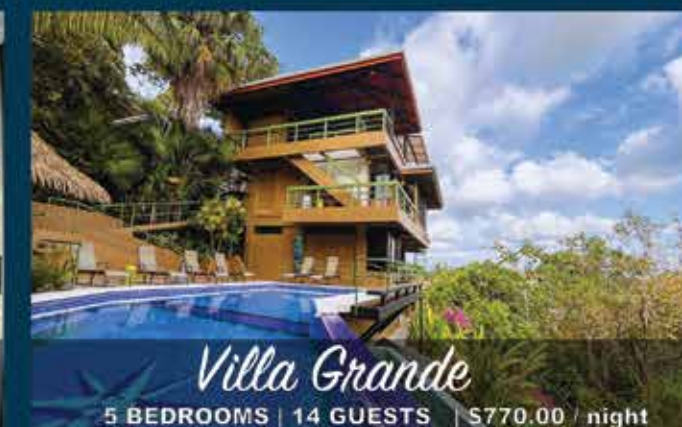
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Indeed a well-known spot due to its location near the beach and one of the top surfing areas in the country. This combination of location and size is quite unique for the region, making it attractive for surfers, tourists, and travelers looking to explore Costa Rica's southern Pacific coast. The hotel's closeness to popular surfing spots adds to its appeal, and Dominical itself is a small but vibrant beach town known for its laid-back vibe and surf culture.

**\$2,000,000**



### 3BDR House in Villas del Rio

3 Bed / 2 Baths, 500 Sq Mts Lot  
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### Casa Iguana

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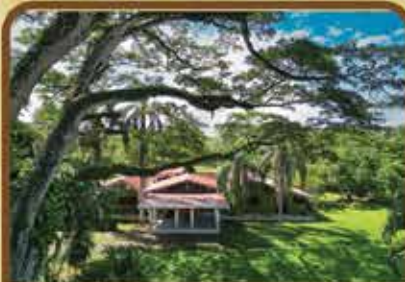
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### La Casona, 5 BDR Home Close To Quepos Town

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Kurt Hocker  
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