

# QUEPOLANDIA®

since 1998

Quepos Manuel Antonio Jaco Dominical Uvita



Photo by Rachel Mary Prout

JANUARY 2025

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# Find Your Dream Home in Costa Rica

**NEW LISTING!! MANUEL ANTONIO**

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Top tier luxury villa! \$3,500,000



Video

Stunning 4 bdrm luxury home  
Architectural masterpiece  
Gated Community-Portasol

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Home Builder!

**Dominical/Baru!**

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

**\$349,000**



Platanillo, Ocean/Sunset views  
5 Acres, 4 bdrm

**\$749,000**



Video

Playa Bandera

New Listing!  
Multiple Beach Incomes!  
BnB and Campground

**\$498,000**



**NEW LISTING!!**

Stunning Boutique Estate home  
1.5 Acres, near Quepos

**\$595,000**



Video

# Dominical | Uvita | Jaco | Manuel Antonio | Quepos

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

**\$1,240,000**



Video

**3 Houses, Multi-family!**

Parrita **\$689,000**



Private, Sustainable Living!  
Immaculate home  
15 minutes from Dominical

**\$597,000**



Video

**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 **\$249,000**



Chic 1 bdrm Mountain view,  
1.7 acres, plus extra adjacent lot, 1.7 acres!  
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**Great Deal!**

4 Bedroom, Central Quepos  
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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



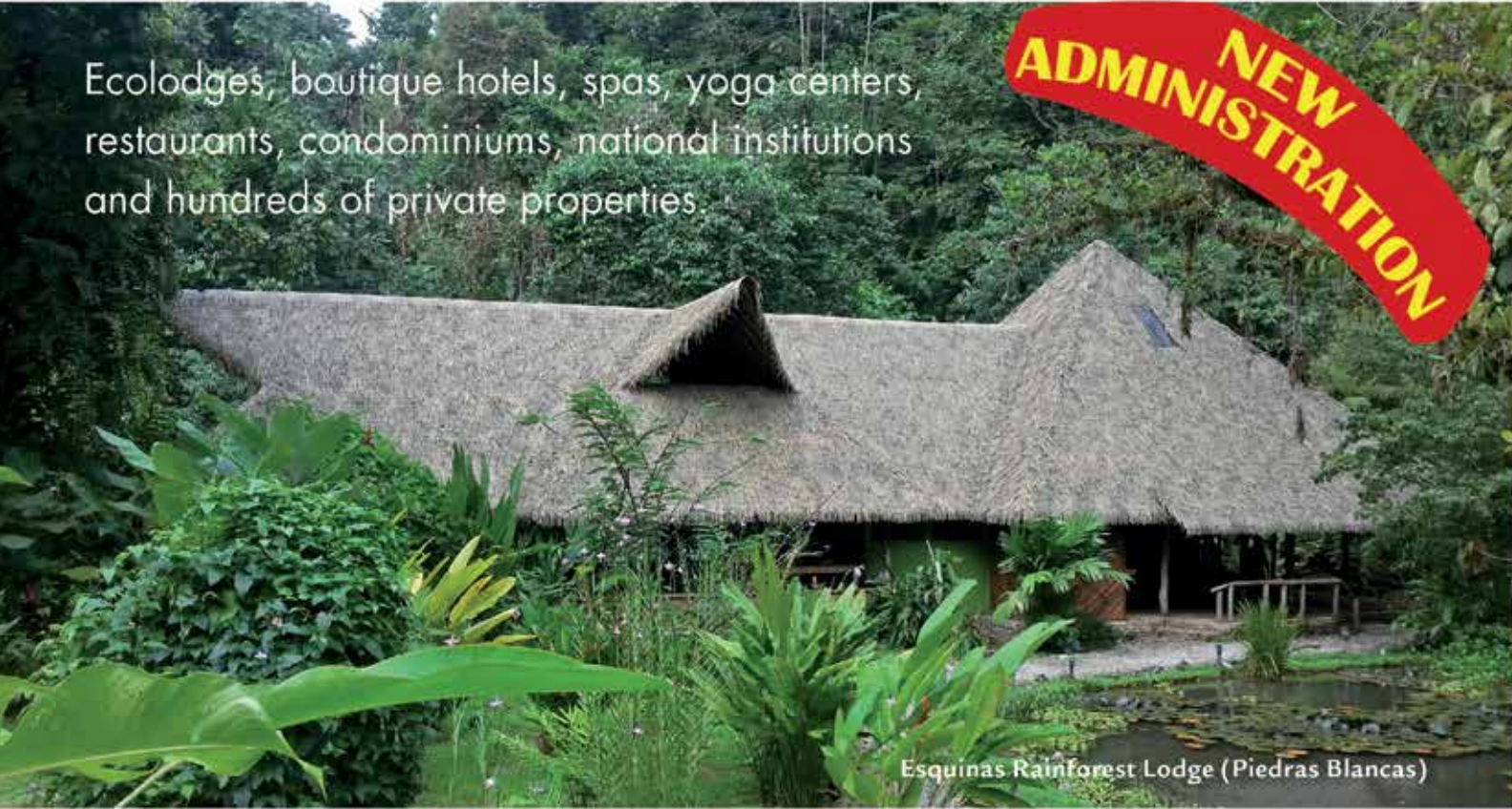
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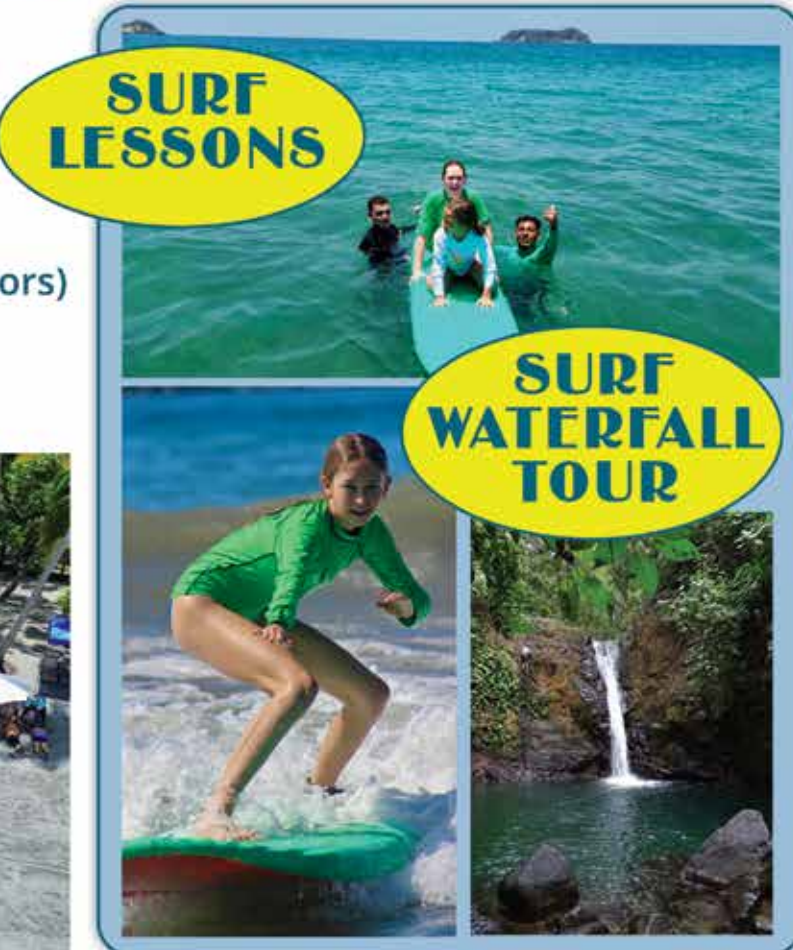
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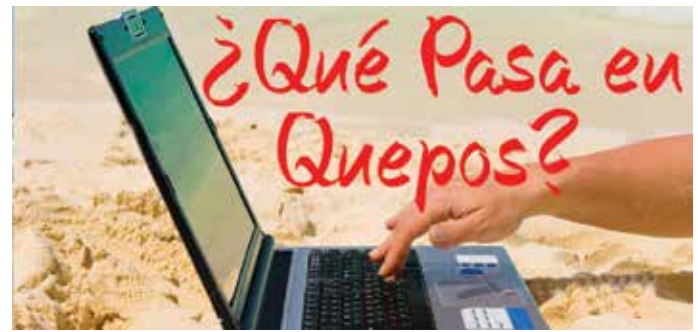
**CALENDAR**

**Tuesday Jan 7 ..... QUEPOLANDIA DEADLINE**

Wed Jan 1	.....	New Year's Day
Mon Jan 6	.....	Epiphany
Mon Jan 13	.....	Full Moon (Wolf Moon)
Mon Jan 20	.....	Martin Luther King Day (US)
Tues Jan 21	.....	National Hug Day
Wed Jan 22	.....	Celebration of Life Day
Fri Jan 24	.....	International Day of Education
Wed Jan 29	.....	New Moon

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

*Sudoku Solution on Page 65*



Bienvenidos...Welcome and thank you for joining us here in the Central Pacific to kick off your 2025. There is no single recipe for enjoying CR. Any road you take will likely bring the same result—a sense of wonder and a shared idea that things will always turn out fine and that life is, above all, beautiful. Pura Vida This is your guide to paradise...perfected. We are celebrating our 26th year of guiding you to the very BEST that the Central Pacific has to offer. Our pages are full of some of the best places to make your time here well spent and for you to agree that Costa Rica is the place to be.

Marina Pez Vela is wasting no time kicking off a sensational 2025. With great restaurants, shopping, ocean tours (Brisa Elegante and Sunset Sails) and World Class Sportfishing (Hooked Up, Jackpot Sportfishing, and Los Monos(pg 30 ), MPV has it all. The much-anticipated Pelagic Rockstar Fishing Tournament is back (Jan. 9-12) and ready to kick off the 2025 tournament season. It is promising to be the biggest, baddest, and largest jackpot tournament this season. So come out and enjoy all the action, it is always a great time. Next on the tournament calendar will be the Rooster Rodeo (Feb 1) this is another tournament you won't want to miss, so sign up now with MPV and be part of all the action. This is a catch and release tournament for anglers of all skill levels.

Mangata Peruvian Restaurant welcomes you to their new location. (#17 on the map). Great food, great atmosphere, and a spectacular sunset.

You will want to mark your calendar for the Paws' Battle of the Bands (pg 20) on February 2nd at Quepoa Sport Bar. Come and enjoy great music, great people, and help support a GREAT cause.

We want to thank Rachel Mary Prout for this month's Titi monkey cover photo. We always welcome your amazing photos so please keep them coming and hopefully becoming a future cover.

We also want to welcome our new advertisers this month, Casa de Humo, Rapido, Re/Max, and Tarzan Massage Therapy.

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](http://Quepolandia.com) or [Facebook/Quepolandia](https://Facebook/Quepolandia). We appreciate and welcome your comments.

Peace and Enjoy...D



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Residential Property Near Ocean | \$539,000



Villas Oasis | \$875,000



Jungle Villa Canyon Verde | \$495,000



Uvita Ballena Bay | \$9,990,000



Los Altos Condos | \$699,000



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



Manuel Antonio Park & Ocean view lot | \$695,000



El Salto Lot #20 | \$249,000



Valle Pura Vida Oasis | \$495,000



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)



¡Hasta pronto!  
See you soon!  
Bis bald!

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### 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.

# What's Shaking

@ MARINA PEZVELA  
QUEPOS COSTA RICA

A new year is upon us, full of new beginnings, new hope, new opportunities and an undeniable sense of energy, optimism, and Pura Vida in every breath of air! The last month of 2024 truly set a tone for what was to come and after an amazing holiday season here at Marina Pez Vela, highlighted by the **Illuminous** nightly show and some amazing holiday celebrations, we are ready to celebrate all that 2025 has to offer. While for many places, after the Christmas and New Years' holiday there is a bit of a lull, at MPV we move into the biggest events of the year to keep that energy and action moving with a super fun slate of news and events.

### ROCKSTAR: January 9-12th

The biggest, baddest, largest jackpot tournament in all of Central America is BACK. The 2025 Rockstar is going to be the event EVERYONE will be talking about for the rest of the year. There are already a record number of boats and anglers signed up for this event at the time of publication and it promises to be the single largest tournament in the history of Central America, both with number of participating teams and with the largest payout in history here. If you are reading this before the 9th, get a team together and join the fun at MPV. If not, the daily weigh-ins and energy around this event is something you will not want to miss!

### Rooster Rodeo: February 1th

While this event is not until February, we wanted to include here to encourage anyone interested to swing by or call the Marina Pez Vela Guest Center and get signed up. This one-day tournament focused on Rooster Fish, one of the iconic inshore fish which is helping to make the local fishery famous all over the world. This catch and release tournament focused on conservation tagging Roosters for research and seeing which of our teams can land the largest Rooster of the day. A super fun tournament for anglers of all skill levels and the inshore nature also makes it a great way for those who might be a bit nervous about heading offshore to experience a tournament all right off the coastline. Whether you are busy fighting this beautiful and fun species, or just marveling at the coast with a cold beer in hand, a day in the Rooster Rodeo is a day to remember!

**10 MIN WALK TO FALLS**  
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- ★ Trolley ride from park office to nature park
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- ★ 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!

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Google Maps



**Tres Rios** | Family Compound  
| \$2,888,000



🏠 +5 🚗 +5 📏 10.9 acres



**Uvita** | Boutique Hotel  
| \$2,149,000



🏠 +12 🚗 +40 📏 0.33 acres



**Ojochal** | Peace, Nature & Sunsets  
| \$1,379,000



🏠 +3 🚗 +3 📏 3 acres



**Ojochal** | Spectacular Ocean View  
| \$899,000



🏠 +4 🚗 +3 📏 10.3 acres



**Heather Mann**  
heather@we-sell-paradise.com  
(506) 8723 - 2323

50m North of the Entrance to Ojochal, Puntarenas, Costa Rica  
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**Ojochal** | River, Waterfalls Property  
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🏠 +2 🚗 +3 📏 3.8 acres



**Tres Rios** | Jungle, River, Waterfall, Home & Guest Cabin, Spectacular Views  
| \$649,000

🏠 +3 🚗 +4.5 📏 6.5 acres



**Ojochal** | Prestigious Location  
| \$749,900



🏠 +3 🚗 +3 📏 3 acres



**Uvita** | Short Distance to The Beach  
| \$599,000



🏠 +3 🚗 +2 📏 0.48 acres





## Protecting Paradise: How to Enjoy Costa Rica's Waters Responsibly



Costa Rica's turquoise waters, vibrant coral reefs, and abundant marine life are some of the country's most captivating treasures. Here in Manuel Antonio, where lush rainforests meet the Pacific Ocean, protecting this unique environment is more than a responsibility—it's a way of life. At Oceans Unlimited and Marine Conservation Costa Rica, we are not only passionate about diving and marine exploration but also deeply committed to preserving the waters we call home. As tourism grows, it's more important than ever to ensure our enjoyment of Costa Rica's aquatic wonders does not harm them. By making mindful choices, visitors can contribute to the long-term health of this paradise. Here are five essential ways to explore Costa Rica's waters responsibly:



### 1. Choose Reef-Safe Sunscreen

The ocean's vibrant coral reefs are vital ecosystems, providing shelter and food for countless marine species. However, many sunscreens contain chemicals like oxybenzone and octinoxate, which can be toxic to corals, causing bleaching and damage.

When visiting Costa Rica, opt for reef-safe sunscreen, which uses non-nano zinc oxide or titanium dioxide as active ingredients. These mineral-based options are not only safer for marine life but also kinder to your skin. Better yet, cover up with UV-protective clothing like rash guards or wide-brimmed hats to reduce sunscreen use altogether.

You can find reef-safe sunscreen at many local shops, including ours, where we are happy to guide you toward products that protect both your skin and the environment.

### 2. Respect Marine Life

It's tempting to reach out and touch a passing turtle or pick up a starfish, but these actions can stress or even harm marine creatures. Wildlife interactions should be on their terms, with no interference.

Whether snorkeling, scuba diving, or paddleboarding, maintain a respectful distance from marine animals. Avoid chasing or cornering them, as this disrupts their natural behavior. Never feed wildlife, as this can alter their diets and make them dependent on human interaction.

Take only photos, and leave behind only bubbles. Observing marine life from afar ensures these creatures thrive in their natural habitat for generations to come.



### 3. Practice Responsible Diving and Snorkeling

Scuba diving and snorkeling are incredible ways to explore the underwater world, but they require mindful practices to avoid harming fragile ecosystems.

When diving, ensure your buoyancy control is excellent to prevent accidental contact with corals. Kicking or standing on coral can break their delicate structures, which take years to grow. Divers and snorkelers should also avoid touching or collecting anything underwater, including shells, coral fragments, or marine plants.

Participating in guided tours with certified operators, like ours, ensures you are accompanied by professionals who prioritize both safety and conservation. We also organize reef cleanups, inviting divers to actively protect these underwater habitats.



### 4. Reduce Plastic Waste

Plastic pollution is one of the ocean's biggest threats. Single-use plastics often end up in the sea, where they can harm marine animals and leach harmful chemicals into the water.

While traveling, bring reusable items such as water bottles, straws, and shopping bags. Costa Rica has made significant strides in reducing plastic waste, and many local businesses support this effort by providing alternatives.

Join beach cleanups in Manuel Antonio to help remove debris from the shores before it can reach the ocean. At Oceans Unlimited, we host regular cleanups to protect our local beaches and mangroves, and we invite visitors to join us in making a tangible difference.

## 5. Support Local Conservation Efforts

Costa Rica is a global leader in conservation, with nearly 30% of its land and water protected. However, preserving paradise requires ongoing effort and resources.

Support local organizations and businesses dedicated to marine conservation. Whether it's donating to a the turtle project at Isla Damas, volunteering with our reef restoration project, or booking eco-friendly tours, your contributions make a difference.

For example, in Manuel Antonio, several initiatives focus on protecting sea turtles, mangroves, and coral reefs. Our dive shop partners with these organizations, and part of our proceeds go directly toward funding conservation projects.

By choosing responsible businesses and activities, you help ensure Costa Rica's waters remain pristine and thriving.

### Closing Thoughts: Be a Steward of the Sea

Costa Rica's waters are a gift—one we are all privileged to enjoy. However, with this privilege comes the responsibility to protect and preserve them. By taking small but meaningful steps, like using reef-safe sunscreen, reducing plastic waste, and respecting marine life, visitors can contribute to the ongoing health of this remarkable ecosystem.

At Oceans Unlimited and Marine Conservation Costa Rica, we believe that every dive, snorkel, and beach day can be an opportunity to protect paradise. Join us in our mission to enjoy Costa Rica's natural wonders responsibly, ensuring they endure for generations of locals and visitors alike.

Ready to explore Costa Rica's waters with care? Visit us at Oceans Unlimited in Marina Pez Vela, where adventure meets conservation. Together, let's protect paradise.



Oceans Unlimited



Marine Conservation

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**PELAGIC ROCKSTAR TOURNAMENT**

The biggest event of the year is finally upon us, the always epic PELAGIC ROCKSTAR TOURNAMENT! I hope you can join us at the Marina Pez Vela January 9-12<sup>th</sup> for a fun packed weekend of live music and the ever-popular weigh-in at sunset on Jan 10-11<sup>th</sup> to see which teams have landed the winning catch of the day. 91 boats fought it out during last year's event and we cannot wait to see this year's teams arriving at Marina Pez Vela to fish for more than US\$1,000,000 in prize money! Prizes are on the Line for most Billfish, most Marlin, largest Tuna, largest Dorado plus awards for Top Angler, Top Lady, Top Junior.

I hope the bite is going to be EPIC, very best of luck to all competing teams and I am looking forward to seeing you at the Marina to join the party!



**OFFSHORE FISHING**

The new fishing season has started with a bang and we have enjoyed some fantastic fishing over this past couple of months. Lot's of Sailfish have been caught and from now through April is our peak time for Sailfish during Offshore trips. Our Pacific Sailfish are some of the biggest in the world with fish over 100lbs possible here. Double digit Sailfish days are common when the bite is on and now is the perfect time to get out there and experience our amazing fishery for yourself. Blue skies, flat calm seas and phenomenal world class fishing, what is not to love! January is also a great time to target Marlin. Blue Marlin are most common here with fish averaging in the 150-250lb range. Large Black Marlin can be targeted using Bonito Livebaits over our Offshore Reefs with many Blacks over 500lbs caught each season. We usually see a few Striped Marlin at this time of year also, there were quite a few Stripeys caught by the fleet Nov/Dec and that should continue



during January as they move between their primary grounds in Mexico and the Galapagos Islands.



January and February should provide some excellent opportunities to catch some big bull Dorados too. November typically sees the peak of our Dorado fishing in terms of overall numbers but some of the largest Bull Dorados of the year are caught during the next few months. Our Tuna fishing is also fantastic at this time of the year with December and January usually providing some of the largest Yellow Fin Tunas of the year with fish in the 100-200lb plus range possible together with lots of fish in the 20-50lb class.

**INSHORE FISHING**

Now that the rains have subsided, this is the best time of year to fish inshore here in Quepos. With lots of bait along the beaches this will provide an abundance of different species to target during Inshore charters. The Snook fishing got going in early December with some really stunning Snook landed by our Inshore captains. Snappers, Jacks, Mackerel, Tripletail and more will all be caught whilst fishing the beaches and rivermouths. There will be plenty of small to mid-sized Roosterfish to target along the beaches and fishing the deeper water at the rocks and islands will give you the best chance of landing a big Rooster.



The past few seasons have seen more and more Tarpon being hooked/captured in our area and I expect this season to be no exception, with Tarpon catches of over 100lbs possible here.

Livebaiting with Sardines, Goggle Eyes, Blue Runners, Lookdowns and Bonitos is the most popular inshore fishing method in our area but there are plenty of opportunities to fish topwater poppers and vertical jigs also. Amberjacks, Cubera Snappers, Pompanos and more can all be targeted at some of our reef/rock locations.



For an Inshore charter of your own check out GOOD DAY, THE BITE, ASI O MAS, THE CROCODILE, FLY CATCHER, IDRA 2, SKY 2, CHLOE FRIJOLE, ROCKSTAR who all provide excellent half or full day inshore charters.

**UPCOMING TOURNAMENTS**

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

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

See you on the water!

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

[info@jackpotsportfishing.com](mailto:info@jackpotsportfishing.com)  
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# BATTLE OF THE BANDS<sup>XV</sup>

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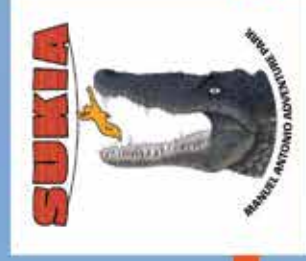
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## How Surfers Support the Tourism Economy in Costa Rica

When you see a man or woman passing by with a surfboard under their arm, wearing just a swimsuit, an old T-shirt and flip flops you may think that they are not big spenders. They probably take the bus, sleep in hostels, and eat rice n beans and some fruit from the market. This stereotype has almost disappeared over the last 20 years in Costa Rica. Now when a surfer passes by he or she may be staying at a five star hotel, driving a Prado SUV rental, and enjoying some fine dining every evening or even have a private chef. Surfers these days do not fit any stereotype. But they all contribute to a local economy when they come to visit Costa Rica. I am going to use my recent trip as an example.



To start I rented a Rav4 for a 10 day trip. That was \$450 USD with the basic collision insurance with Alamo. I'll fill up the tank so that adds another \$90. Tolls add another \$10. (To convert this to colones multiply by 500 which is about the current exchange rate.)

For lodging I stayed four nights at Beach House Incognito in Dominicalito for \$150/night and Pavones Riviera for \$125/night for another four nights. The other nights I stayed with friends.

For food I bought some breakfast items, coffee, fruit, sodas, and chocolate from the supermercado. These purchases added up to \$50. For dinner I ate out every night when I wasn't staying with a friend. My favorite meal cost \$16, fresh sashimi at Restaurante

Ebenezer in Pavones. I also went to my favorite Italian restaurant La Bruschetta also in Pavones. Dinner and drinks there cost me \$40. A few times I had a casado so that cost me a lot less, but overall I spent \$200.



One area where I did not spend money on was tours. All I did was surf. Normally when I come with friends we go fishing or take the boat to Cabo Matapalo, and for first timers we head to Nauyaca or Eco Chontales or Rainmaker waterfalls. Of course if we are around Manuel Antonio we visit the park. And I always love to go ziplining at Hacienda Baru, white water rafting on the Savegre, or do an ATV tour. These tours add up and are part of what makes Costa Rica so special and such a popular destination. For this trip though my total was \$0.

So to summarize my expenses for this last trip - Transportation - \$550, Lodging - \$1100, Food - \$250 - that equals \$1900 for 10 days or \$190 per day. Normally the transportation and lodging cost would be shared but this trip was unique.

My point is this- surfers are an important part of Costa Rica's economy. According to a 2023 ICT survey (The National Tourism Institute) 16.6% of all tourists came to Costa Rica to surf. In 2023 there were 2.47 million tourists who visited the land of pura vida. To do the math that is almost 450,000 surfers. If each of them is spending the same amount on their vacation as I did that is \$854,734,000 a year! Of course this is just an estimate but you can see my point.

My hope is after reading this you will consider surfers as a valuable part of the community. Hundreds of businesses and thousands of jobs have been created in this country to cater to surfers. Also, businesses that support surfing by not building close to the coastline, organizing beach cleanups, and funding lifeguard programs (<https://lifeguardscostaballena.com>) are investing in a sustainable and prosperous future for all of us.

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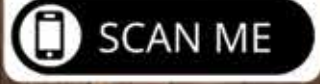
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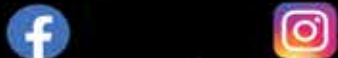
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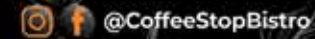
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## My Journey Volunteering with The Sloth Institute



Hi everyone, my name is Katrina, and a few months ago I became a volunteer with The Sloth Institute. In October 2021, I finished a master's degree in marine biology, came out to Costa Rica shortly afterwards and have spent a lot of time here since. Although

I have a wide range of experience with wildlife conservation, including almost two years in Costa Rica, this is my first time working with sloths.

Throughout my previous visits to Costa Rica, I was lucky enough to see both species of sloth found in the country. When I left Costa Rica, I knew I wanted to come back and jumped at the chance to volunteer with The Sloth Institute. Whilst here, my time has mainly been divided between tracking our released sloths and carrying out behavioural observations on them.

It's been great to get to know our sloths – where they are, the trees they enjoy and their individual quirks. The sloths we track have collars that send radio frequency signals to our large antenna using VHF technology, which allows us to pinpoint where they are.

This often involves lots of walking and spinning in circles with the antenna outstretched. The VHF tracker is backed up with Tile trackers (aka repurposed luggage tags – an unusual use for them!). It took me some time to get used to using both but having spent a few months here it's almost become second nature. I say this now, but I'm sure a sloth will throw me a curveball soon – they seem to enjoy testing your skills.



My time here so far has been a bit of a learning curve, especially with our tracking technology. Everyone with The Sloth Institute has taught me well, and I have now settled into a pattern of tracking our sloths everyday... this has really improved my fitness!

Each sloth that we track has a different background, but one that really stands out to me is Elsa's. She was found hanging by her arms from a branch by a volunteer as a baby. We quickly found out she had a fractured vertebrae, which paralysed her hind legs. With careful and extensive physical therapy, The Sloth Institute was able to successfully release her. Although she never regained the use of one of her legs, that doesn't slow her down and since being released she has had a baby. We're hoping she will have a second very soon!

In addition to the sloths, I have seen many other species at Tulemar in Manuel Antonio, where The Sloth Institute has been based at for several years. These species include agoutis, monkeys and scarlet macaws. Coming from a conservation background, I feel a bit spoiled by the biodiversity on my doorstep – it's just a *little* different from the species I can see in the UK. It's been great to see different aspects of species' conservation at Tulemar and the surrounding areas. I try and keep an eye on the connecting ropes between the trees both in Tulemar and throughout Manuel Antonio, as they're great to spot sloths and other animals.

These connecting ropes are called Sloth Speedways which The Sloth Institute has installed many of over the years. They run between trees that are divided by roads and other man-made obstacles. This keeps sloths and other animals off the ground whilst they are moving between areas of habitat to find food and shelter. By setting up these speedways, we prevent sloths and other animals being hit by cars, dog attacks and using uninsulated electricity wires to cross roads. You can contact [pedro@theslothinstitute.org](mailto:pedro@theslothinstitute.org) if you know of any areas that would benefit from these ropes to help keep the wildlife of Costa Rica safe.

Between writing this article and the time it is published, I will have tracked and observed our sloths many times over. I'm excited to see what surprises they have in store for me. I hope whilst you're in the area you see lots of sloths (and other animals) too!

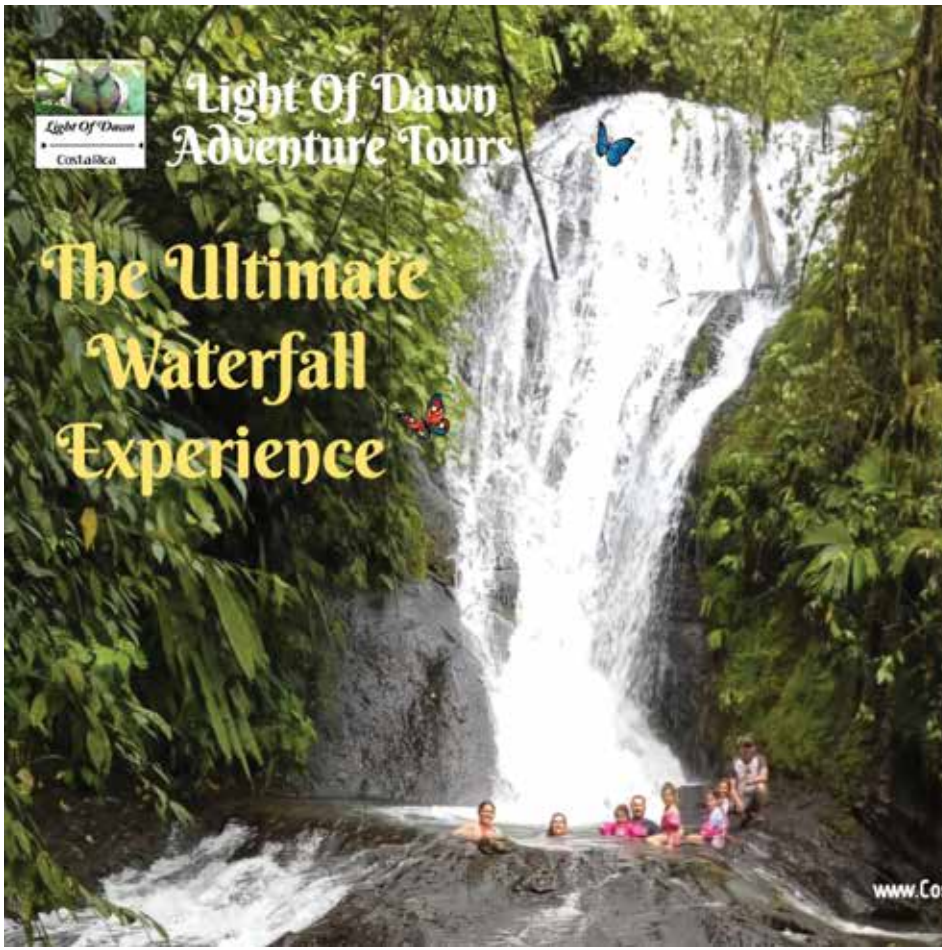




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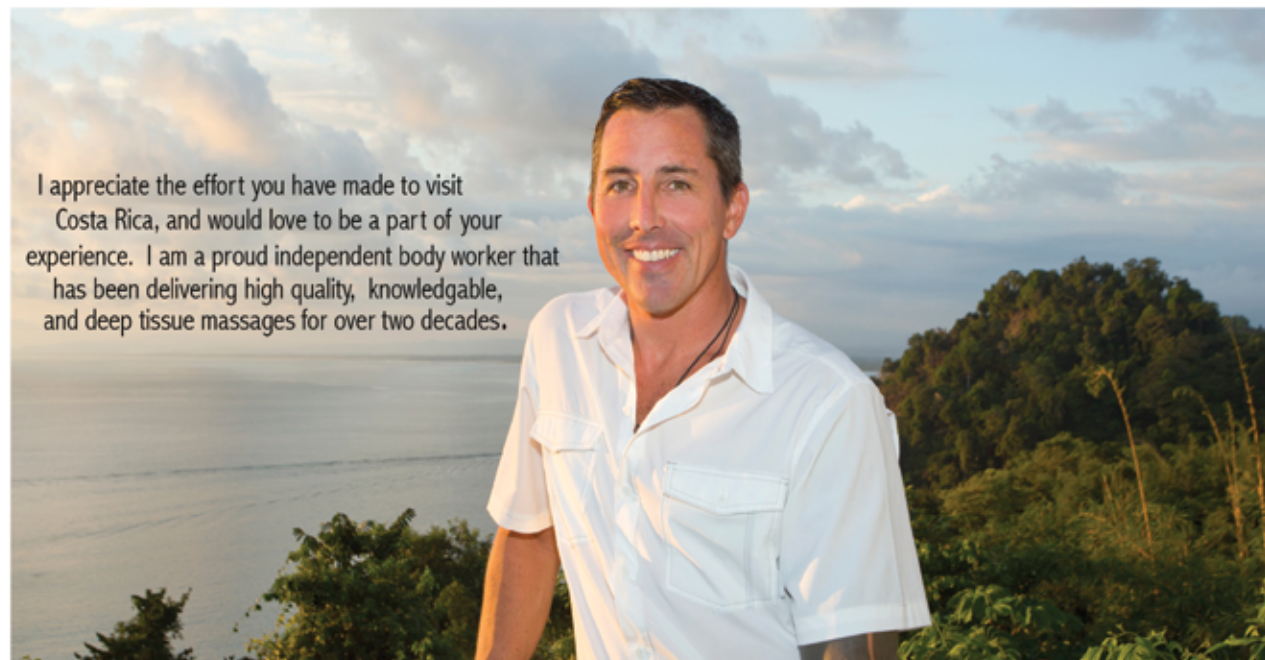
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### Almond Flour Carrot Cake

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#### For the cake

- 3 cups of almond flour
- 1 teaspoon of baking soda
- 2 teaspoons of ground cinnamon
- 1/4 teaspoon of ground nutmeg
- 1/4 teaspoon of ground ginger (a very fine shave of fresh ginger root works well too)
- 1/8 teaspoon of ground cloves
- 1 cup of brown sugar
- 4 eggs at room temperature
- 1/4 cup of maple syrup
- 1/2 cup of coconut oil
- 2 teaspoons of vanilla extract
- 2 cups of shredded carrots
- 1/2 cup of raisins or craisins (optional)
- 1/2 cup of chopped nuts (optional)

#### Cream cheese frosting

- 8 ounces of cream cheese at room temperature
- 1 stick of unsalted butter (1/2 cup) at room temperature
- 500 grams of powdered sugar
- 1 teaspoon of vanilla extract



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#### Directions

1. Prepare an 8 X 8 baking dish with spray or parchment paper.
2. Preheat oven to 350 degrees F or 190 Celsius.
3. In a large bowl combine the almond flour, baking soda, cinnamon, nutmeg, ginger, cloves, and brown sugar.
4. Add the eggs, coconut oil, and vanilla extract.
5. Beat with mixer then add the carrots, nuts and raisins.
6. Mix well and pour into the prepared pan.
7. Bake for about 45 minutes or until a toothpick comes out clear.
8. Make the frosting by whipping up all the ingredients until fluffy.
9. Place in fridge and wait until the cake is completely cool before icing.



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# SAINOS AND JAVELINAS

By Jack Ewing

## Are They Dangerous?

Until they learn better, most people think that peccaries are "wild pigs". The truth is that they aren't even in the same family as domestic pigs. The most populous of the two Costa Rica species is the Collared Peccary (*Tayassu tajacu*), from the family *Tayassuidae*. It is called *Saino* in Spanish. The domestic pig is from the family *Suidae*. The two species are quite similar in appearance, especially their noses, which, in both, are shaped so as to facilitate digging around in soft soil to uncover roots, tubers, worms, and other food.



The next time I saw one was 20 years later in Costa Rica. I thought they were javelinas, but the man I was with insisted that javelinas were different. "They're dangerous. These are sainos," he corrected. "They have tusks, but if you leave them alone, they won't bother you." I didn't say anything but must have had a doubtful look on my face.



"I've never heard of a saino attacking anyone," he insisted. "I remember a time when I was standing in the jungle watching a bird with my binoculars and felt something nudge my leg. I looked down and two baby sainos were sniffing my boots. They were just curious, but I was scared to death about the mother standing a couple of meters away calling softly to the babies. I was afraid she would attack me, but she kept her distance. I moved away, slowly and the babies went to her call. She walked away with her kids and never looked back."

We didn't have internet in those days, but I asked lots of questions of people who had seen many sainos. Nobody had ever seen them act aggressively. There are a few tall tales about a larger Costa Rica species called white-lipped peccary that generally travel in



I first saw peccaries more than 60 years ago in south Texas. My dad and I were visiting a rancher friend and while driving on his ranch we saw four or five peccaries run across the dirt road.

"Look! Javelinas!" expounded our friend. "They have nasty tusks shaped like javelins."

large herds. There is one story about a couple of gold miners who bedded down in the jungle one night. As the story goes, all they found of them were bits and pieces of clothing and their tent surrounded by peccary tracks. A friend of mine who lives in an area where white-lipped peccary are abundant says they are not aggressive and behave much in the same manner as collared peccary. The only danger is if a herd stampedes and there is no place to hide or tree to climb. He says the story about the gold miners is nonsense.

I have lived at Hacienda Barú National Wildlife Refuge for more than 50 years. During that time, we have transformed a cattle ranch into a nature reserve. As a result, there are many more birds and animals now than in years past. I usually walk about one kilometer on the nature trails each day and often see peccaries on my walks. They have a musky smell that is the first indication that one or more are near. When the unpleasant odor reaches my nose, I stop and look around. Usually, I spot them. Their sight and hearing are poor, so if the breeze is blowing from them to me, they don't spot me. If they catch my scent they run away.



I don't know why people think javelinas are dangerous and sainos aren't. They are the same species. I guess I'll have to make friends with someone who lives on a ranch in Texas to find the truth.

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

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On November 6th, a juvenile brown pelican (*Pelecanus occidentalis*) was brought to us by SINAC after being found stranded on the beach, unable to fly. Upon admission, the bird showed signs of general weakness, moderate dehydration, and grade 1 pododermatitis, also known as “bumblefoot”. This condition affects the feet of birds and is caused by pressure sores, bacterial infections, or prolonged contact with rough surfaces. In this case, he had a mild form which led us to think he spent a few days on land, and it remained in a sternal position, indicating significant weakness.



### The Rehabilitation Process

Our veterinary team quickly placed an IV to rehydrate the pelican. During his first day, he regurgitated gastric contents, which contained worms. This finding highlighted a gastrointestinal issue, common in marine birds that scavenge or consume fish in contaminated environments.



To treat this, we administered medication that reduces stomach acid and helps protect the digestive tract from irritation or damage caused by regurgitation or parasitic activity and we started antibiotic therapy particularly useful in birds due



to its effectiveness against common digestive infections caused by parasites or anaerobic bacteria found in marine environments.

We avoided feeding him fish while his digestive system recovered, instead providing oral fluid therapy to maintain nutrition and hydration.

### Road to Recovery

Over the following days, his gastrointestinal health improved, allowing us to introduce fish into his diet gradually. He began walking, perching, and, eventually, feeding on his own. After days of dedication and care by the veterinary team and interns, he was released back into the sea, ready to continue his life in the wild.



Pelicans are remarkable creatures, uniquely adapted for life by the water. Their lack of a tongue and specialized beak help them catch fish efficiently.

This recovery story is a testament to the importance of protecting coastal wildlife and the power of teamwork in wildlife rehabilitation.



## 9th Annual Pelagic Rockstar Offshore Tournament

The Pelagic Rockstar Offshore Tournament returns to Marina Pez Vela, in beautiful Quepos, Costa Rica, for year 9, January 9-12, 2025. With 90 to 100 teams competing for well over \$1,000,000 in prize money, the Pelagic Rockstar tournament is Central Americas largest & richest sportfishing tournament.

Teams from across the globe travel to Quepos, Costa Rica, to compete over two days of fishing for the prestigious title of Grand Champion & for some serious cash & prizes. Target species include sailfish, marlin, tuna & dorado. With some of the best fishing on the planet & the best teams in the fishing world in attendance, the Rockstar never disappoints. Last year saw 91 teams release 1,098 billfish with 22 different winners receiving checks and /or trophies.

New this year: Sonar & Non-Sonar teams will compete separately for general entry billfish prize money, based on the number of entries in both divisions. In addition, several new optional jackpots have been added to make the tournament more competitive. Teams now have the option to place bets in optional Top 3 Overall, Winner Take All & Daily Jackpots for all divisional categories, including both the tuna & dorado categories. Top 3 jackpots will pay a 60%, 30%, 10% split between the top 3 teams in each division. The new Winner Take All billfish mega jackpot, will pay 100% of the buy in back to the single top overall participating team in both Sonar & Non-Sonar divisions, with no fees deducted by the tournament. With upgraded trophies & some special surprises for our winners, this year's event will be the best & most exciting one yet.



### Tournament Schedule

**Thursday, January 9** Team check-in, registration, Captains meeting & Kickoff Party

**Friday & Saturday, January 10th - 11th** Tournament Fishing Days

**Sunday, January 12th** Awards Ceremony, fireworks and Closing Party

For more information & all the details please visit [pelagictournaments.com](http://pelagictournaments.com)



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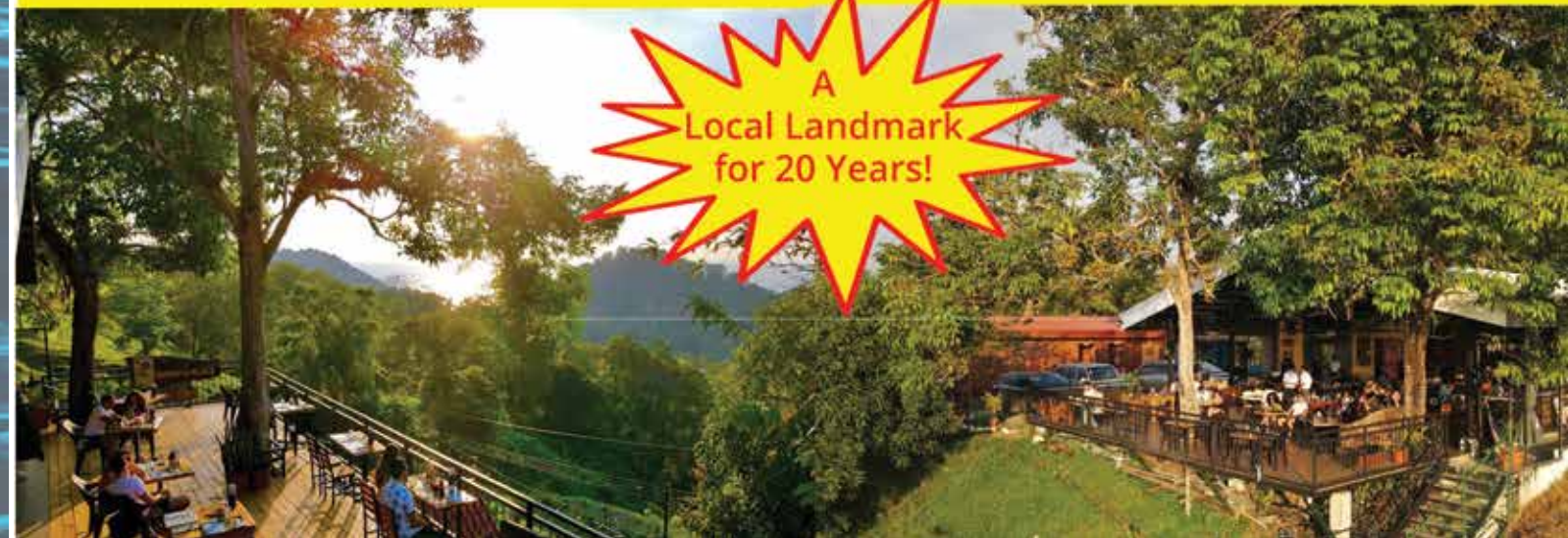


It's Alive!



Fodor's Travel

Best View in Manuel Antonio, Costa Rica



**A  
Local Landmark  
for 20 Years!**

Crossword Puzzle

ACROSS

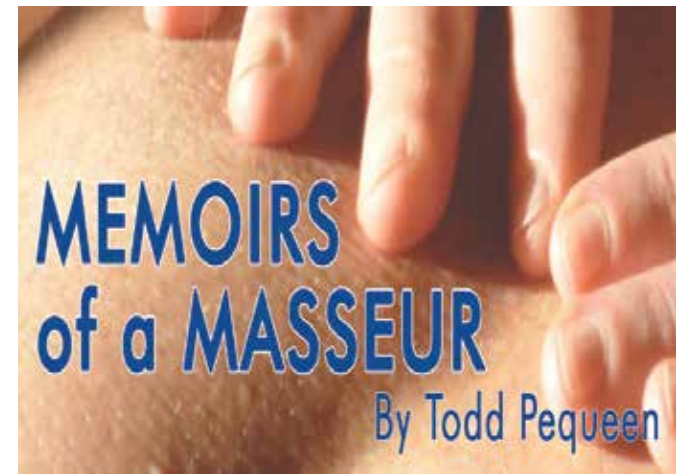
- 1. Water balloon sound
- 6. Terminates
- 10. Breaststroke
- 14. A kind of macaw
- 15. Protective ditch
- 16. Bygone era
- 17. Contests
- 18. Portend
- 19. Three-handed card game
- 20. A diplomat of the highest rank
- 22. French for "Head"
- 23. Nobleman
- 24. The first event in a series
- 26. Voucher
- 30. Fury
- 31. Flee
- 32. Pledge
- 33. Shocked reaction
- 35. Speaks
- 39. On the other hand
- 41. Workaday
- 43. Female demon
- 44. Blend
- 46. Bright thought
- 47. Faster than light
- 49. Crimson
- 50. Domesticated bovine animals
- 51. Sleeping sickness carrier
- 54. Applications
- 56. Iridescent gem
- 57. Culinary art
- 63. Central area of a church
- 64. Pot
- 65. Motherless calf
- 66. Midmonth date
- 67. T T T T
- 68. Betel palm
- 69. To tax or access
- 70. Is indebted to
- 71. Besmirch

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
20					21				22				
				23				24	25				
26	27	28	29		30			31					
32					33			34	35		36	37	38
39				40			41	42					
43					44	45			46				
			47		48		49		50				
51	52	53				54			55				
56					57	58			59	60	61	62	
63					64				65				
66					67				68				
69					70				71				

DOWN

- 1. Epic
- 2. Baby buggy
- 3. Young sheep
- 4. Region
- 5. Thigh armor
- 6. Abash
- 7. Pastas
- 8. Carpenter's groove
- 9. Unsaturated alcohol
- 10. Organized
- 11. Aroused
- 12. Angry
- 13. Gauge
- 21. Type of antelope
- 25. A Maori club
- 26. Hood
- 27. Laugh
- 28. Bit of gossip
- 29. Improvident
- 34. A woman priest
- 36. Adriatic resort
- 37. Was cognizant
- 38. Oceans
- 40. Dines
- 42. Law and \_\_\_\_\_
- 45. Members of a governing board
- 48. Smooth, in music
- 51. Quinine water
- 52. Garden tool
- 53. Roof overhangs
- 55. Soft drinks
- 58. Again
- 59. Standard
- 60. Curved molding
- 61. Flexible mineral
- 62. 365 days

Crossword Solution on Page 65



The Best Thing in Life

In life we must bond with entities to make our lives whole. From birth to death selfish intentions and decisions can lead to much sadness. Humans are inherently social, and studies show people with quality relationships are happier, have fewer health problems, and live longer. As an almost three-decade long massage therapist when I work on other people this releases stress reducing hormones for both the giver and receiver, I find that magical. Connections with my friends and family through letters back in the day, phone calls, and now modern technology has created strong bonds which make my decisions feel solid and fruitful even in trying times. I always have someone to call that will put my journey into perspective for me. I urge you the reader to begin reaching higher forms of intimacy and connection with those lifelong friends as well as with new people. Our calendar year has changed and new declarations to ourselves can be made. We have the grace to do anything we desire from this day on.

January 10th marks is my wife's 40th birthday. We have spent over fifteen years as a couple, she is my best friend and the person I want to grow old with. I believe the saying behind every great man there's a great woman. A literal tear forms in my eye when I think of what a wonderful, caring, and intelligent woman that I have been blessed with. Everyone knows that relationships aren't easy, marriage perhaps even harder if you look at statistics, however to me it is my biggest joy and more fulfilling as the years move on. For anyone that knows us well we are very different people. We allow each other to live freely and to grow; that obsession with our own solidarity creates kinship. I find my wife as sexy and attractive today as I did when she was twenty-three, that is the beauty and the sorcery of love. Changes occur yet the root of a plant, the foundation of a house, the moral of a story is what really matters. My wife is inspiring, independent, and a fighter and I am the luckiest man in the world as we have our dream life transpiring here in Manuel Antonio. The blessed

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struggles and the easy good times help to further our history. Even misfortune can have an upside if you are willing to accept that time changes everything. Lucky is being alive and sharing a bond with other humans. We never give up...together.

I wish all the readers of the Quepolandia love and light and deeper connections in this New Year. Please take the time for self-reflection and develop a morning routine of gratefulness and intentions. The universe will provide when it is meant to happen. Heal those old wounds and rebuild for this year can literally be the best year of your life. Find people that make you curious and sow the seeds to make both old and new relationships even better. There is nothing more worthy than to spend your valuable time cultivating connections, friendships, and familiarity with likeminded souls. Find someone to help you with patience and give selflessly because it is the right way to be. We are off and running into 2025 and I couldn't be more excited.

WhatsApp Todd at **8830-7727** and schedule an appointment for the best massage of your life. He is approaching his twenty-fifth year of living and working in MA. Todd and Sarah just opened an amazing B@B, check it out at [sarhtoninbnb.com](http://sarhtoninbnb.com).



# TIDES for JANUARY 2025

DAY	☀	TIDES FOR QUEPOS			
		1 <sup>st</sup> TIDE	2 <sup>nd</sup> TIDE	3 <sup>rd</sup> TIDE	4 <sup>th</sup> TIDE
1 Wed	▲ 5:52 am ▼ 5:28 pm	3:19 am 2.7 m ▲	9:44 am 0.0 m ▼	3:53 pm 2.6 m ▲	9:58 pm 0.3 m ▼
2 Thu	▲ 5:53 am ▼ 5:28 pm	4:02 am 2.8 m ▲	10:24 am 0.0 m ▼	4:34 pm 2.7 m ▲	10:42 pm 0.2 m ▼
3 Fri	▲ 5:53 am ▼ 5:29 pm	4:45 am 2.8 m ▲	11:04 am 0.0 m ▼	5:15 pm 2.8 m ▲	11:27 pm 0.1 m ▼
4 Sat	▲ 5:53 am ▼ 5:29 pm	5:29 am 2.7 m ▲	11:46 am 0.0 m ▼	5:59 pm 2.8 m ▲	
5 Sun	▲ 5:54 am ▼ 5:30 pm	12:14 am 0.1 m ▼	6:15 am 2.6 m ▲	12:31 pm 0.0 m ▼	6:45 pm 2.8 m ▲
6 Mon	▲ 5:54 am ▼ 5:30 pm	1:04 am 0.2 m ▼	7:05 am 2.5 m ▲	1:18 pm 0.1 m ▼	7:35 pm 2.8 m ▲
7 Tue	▲ 5:55 am ▼ 5:31 pm	1:57 am 0.2 m ▼	7:59 am 2.4 m ▲	2:09 pm 0.2 m ▼	8:29 pm 2.7 m ▲
8 Wed	▲ 5:55 am ▼ 5:31 pm	2:56 am 0.3 m ▼	8:59 am 2.3 m ▲	3:07 pm 0.3 m ▼	9:29 pm 2.7 m ▲
9 Thu	▲ 5:55 am ▼ 5:32 pm	4:00 am 0.3 m ▼	10:05 am 2.3 m ▲	4:11 pm 0.4 m ▼	10:33 pm 2.6 m ▲
10 Fri	▲ 5:55 am ▼ 5:32 pm	5:07 am 0.3 m ▼	11:14 am 2.3 m ▲	5:19 pm 0.4 m ▼	11:39 pm 2.6 m ▲
11 Sat	▲ 5:56 am ▼ 5:33 pm	6:14 am 0.3 m ▼	12:21 pm 2.3 m ▲	6:27 pm 0.4 m ▼	
12 Sun	▲ 5:56 am ▼ 5:33 pm	12:41 am 2.7 m ▲	7:15 am 0.2 m ▼	1:23 pm 2.4 m ▲	7:30 pm 0.4 m ▼
13 Mon	▲ 5:56 am ▼ 5:34 pm	1:39 am 2.7 m ▲	8:10 am 0.1 m ▼	2:18 pm 2.6 m ▲	8:26 pm 0.3 m ▼
14 Tue	▲ 5:56 am ▼ 5:34 pm	2:31 am 2.8 m ▲	8:59 am 0.0 m ▼	3:07 pm 2.7 m ▲	9:17 pm 0.2 m ▼
15 Wed	▲ 5:57 am ▼ 5:35 pm	3:20 am 2.8 m ▲	9:44 am 0.0 m ▼	3:53 pm 2.7 m ▲	10:04 pm 0.2 m ▼
16 Thu	▲ 5:57 am ▼ 5:35 pm	4:05 am 2.8 m ▲	10:26 am 0.1 m ▼	4:36 pm 2.8 m ▲	10:48 pm 0.2 m ▼
17 Fri	▲ 5:57 am ▼ 5:36 pm	4:48 am 2.7 m ▲	11:06 am 0.0 m ▼	5:17 pm 2.7 m ▲	11:30 pm 0.2 m ▼
18 Sat	▲ 5:57 am ▼ 5:36 pm	5:29 am 2.6 m ▲	11:44 am 0.1 m ▼	5:57 pm 2.7 m ▲	
19 Sun	▲ 5:57 am ▼ 5:37 pm	12:11 am 0.3 m ▼	6:10 am 2.5 m ▲	12:22 pm 0.2 m ▼	6:37 pm 2.6 m ▲
20 Mon	▲ 5:57 am ▼ 5:37 pm	12:52 am 0.4 m ▼	6:51 am 2.3 m ▲	1:00 pm 0.3 m ▼	7:17 pm 2.5 m ▲
21 Tue	▲ 5:58 am ▼ 5:38 pm	1:35 am 0.5 m ▼	7:35 am 2.2 m ▲	1:40 pm 0.5 m ▼	7:59 pm 2.4 m ▲
22 Wed	▲ 5:58 am ▼ 5:38 pm	2:21 am 0.6 m ▼	8:23 am 2.1 m ▲	2:24 pm 0.6 m ▼	8:47 pm 2.3 m ▲
23 Thu	▲ 5:58 am ▼ 5:39 pm	3:14 am 0.6 m ▼	9:19 am 1.9 m ▲	3:15 pm 0.7 m ▼	9:41 pm 2.2 m ▲
24 Fri	▲ 5:58 am ▼ 5:39 pm	4:13 am 0.7 m ▼	10:23 am 1.9 m ▲	4:15 pm 0.8 m ▼	10:41 pm 2.2 m ▲
25 Sat	▲ 5:58 am ▼ 5:39 pm	5:17 am 0.6 m ▼	11:29 am 1.9 m ▲	5:20 pm 0.8 m ▼	11:42 pm 2.2 m ▲
26 Sun	▲ 5:58 am ▼ 5:40 pm	6:18 am 0.5 m ▼	12:29 pm 2.0 m ▲	6:24 pm 0.7 m ▼	
27 Mon	▲ 5:58 am ▼ 5:40 pm	12:39 am 2.3 m ▲	7:11 am 0.4 m ▼	1:21 pm 2.2 m ▲	7:21 pm 0.6 m ▼
28 Tue	▲ 5:58 am ▼ 5:40 pm	1:30 am 2.5 m ▲	7:58 am 0.2 m ▼	2:07 pm 2.4 m ▲	8:11 pm 0.4 m ▼
29 Wed	▲ 5:58 am ▼ 5:41 pm	2:17 am 2.6 m ▲	8:41 am 0.1 m ▼	2:50 pm 2.6 m ▲	8:57 pm 0.2 m ▼
30 Thu	▲ 5:58 am ▼ 5:41 pm	3:01 am 2.7 m ▲	9:22 am 0.1 m ▼	3:31 pm 2.7 m ▲	9:41 pm 0.0 m ▼
31 Fri	▲ 5:58 am ▼ 5:42 pm	3:44 am 2.8 m ▲	10:02 am 0.2 m ▼	4:11 pm 2.9 m ▲	10:25 pm 0.1 m ▼

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

# Plant-Based in 2025? Why and How to Transition

Michele Poff, PhD

Is it time? Are you ready to venture into eating more plants this year? Lots of people are going plant-based!

Or maybe you're still on the fence. A part of you wants to, but dang. Bacon. And cheese. How does anyone ever live without that? And more importantly, why in the world would anyone want to?

Part of the good news here is that this is not an all-or-nothing deal. You get to eat as many—or as few—plant-based meals as you darn well please. Of course! You are an adult. You can claim “partly plant-based” or maybe “plant-based most of the time,” if that helps you.

## Why Would Anyone Want To?

The answer to why anyone would want to go plant-based is the only thing that matters in a person's ability to adopt and maintain a plant-based diet. You have to have strong convictions, strong reasons for wanting to go, and stay, plant-based. Because, you know, bacon. And cheese! Let's not pretend for a second that animal-based foods are not delicious. They absolutely are. And for most of us, it's not as easy to get rich and rewarding flavors out of plants as it is out of animal flesh. Let's also be honest about the not-unirritating social realities of having “a special diet.” Going plant-based is a challenge on many fronts. In fact honestly, it's often a total pain in the tail. So if you're going to do it, you need to have your own reasons, and they need to be ones that matter to you.

## Eight Reasons to Go Plant-Based

Here are eight reasons commonly cited for adopting a plant-based lifestyle. If you're at all interested in making this shift, pick the few that most resonate with you, watch a documentary or two to gain a deeper understanding of the issues, then call these reasons to mind in your meal decisions. In all of these, your conscience has to be bigger than your desire to prioritize tastebud hedonism above all else. The noted films will help expand your awareness.

## Global Ethical Reasons

### 1. Resolve World Hunger/Food Insecurity

We can easily grow enough food to feed the world's

people, but large quantities go to feed the animals for rich people to eat instead. So, the poor people starve to death while the animals get fed and fattened.  
Film: *Food Inc*

### 2. Mitigate Climate Change

There are a lot of cows on the planet because beef is a popular food. Their excreted gas and large manure mounds contribute to climate change. Films: *A Life on our Planet*; *Cowspiracy*

### 3. Mitigate Resource Reduction

Protect water reserves (use 50% less; reduce pollution), protect biodiversity (deforestation).  
Films: *Cowspiracy*, *A Life on our Planet*

### 4. Save the Wild Animals

Primarily in the oceans. Film: *Seaspiracy*

## Personal Health & Well-Being Reasons

### 5. Compassion

Not contributing to animal cruelty, respecting other species, and not forcing members of other species to harm. Films: *Cowspiracy*; *Food Inc*; *Fast Food Nation*

### 6. Non-Violence

If you're eating meat and/or industrialized dairy and eggs, you're prioritizing your tongue's few seconds of pleasure over the well-being of our fellow creatures. It's easy to extend your conscience into these areas if you need unequivocal reasons to go plant-based. When you stop consuming this energy of violence, you will be amazed at how much more peaceful you feel in your core. That inner peace beats out any flavors of bacon or cheese any day. If you can wrap your conscience around these perspectives, those temptations no longer exist. Films: *Cowspiracy*; *Vegucated*; *Fast Food Nation*.

### 7. Physical Health

This list is long. The animal-based diet will lead to a plethora of health problems. It can in fact downright kill you, often through an out-of-balance heart or gut. One reason for this, of many reasons for this, is that animal flesh raised for human consumption is loaded with all sorts of hormones and chemicals. No human needs this. Animal foods also lack fiber, and many have large amounts of saturated fat. This list continues. Physical wellness is reason enough for many people to stick with a plant-based lifestyle. Naturally, this commitment is predicated on a deep desire for optimal physical health and deep respect

for your body. Films: *Forks Over Knives* (nutrition); *Game Changers* (elite athleticism); *Food Inc* (industrial food complex); *The Smell of Money* (industrial food complex); *Fed Up* (processed food industry and ensuing health problems); *Eating You Alive* (health transformation).

### 8. Elevate Your Vibe

Once you stop consuming dead animals and consume only live foods, you will resonate at a higher frequency. No animal flesh is decomposing in your gut at nearly a hundred degrees and your system is rid of animal-based toxins (including the neurotransmitters in its flesh from the torture and the kill). Instead, you're filled with life-giving vibrance. Your energetic body is noticeably cleaner.

This list is necessarily brief. Whatever reason(s) you like, learn all you can about that perspective. The strength of your disgust for the animal-based diet—for whatever reason(s) you choose—will form the foundation of your enduring conviction.

If you want to go plant-based but are struggling, one technique is to think about the entire process it takes to get that piece of meat to your plate. Most people can eat animal only because they don't allow themselves to think about these realities. If this is you, learning more about this process through a documentary and recalling those details when deciding on dinner will help you beeline to the tofu.

## How to Transition

The transition to eating more plants is easy.

Swap out animal proteins for plant proteins. That's usually swapping meat for a legume. Get recipes from websites and social media. Please, don't just cut the animal protein without replacing it.

Go slowly. Approach one meal at a time. Stay convicted but don't push yourself too hard. Your drive must come from a deep inner desire to cut out animal foods, not just a disciplined mind, or you won't last long. Find your reasons, and make them matter to you. Watching documentaries will help. A lot.

Supplement Vitamin B12 or eat 2 tablespoons of fortified nutritional yeast daily.

Welcome! Here's to a healthier 2025 for us all.  
Enjoy!

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6041-0340  
isavidriosquepos@gmail.com  
Del Colegio Técnico Profesional  
de Quepos, 50 mts Sur

## Recipe: Un-BLTA

Since we mentioned bacon...

Slice firm tofu thinly, about one-quarter inch or less. Marinate: Bragg's soy aminos with dabs of maple syrup and liquid smoke. When ready, dip quickly into soy milk to form a “skin”. Air fry or bake on high heat until they shrink a little and darken a lot, flipping once. Make them as chewy or crunchy as you like.

Load up your un-BLT sandwich! Remember that mayo isn't plant-based, and don't forget the avocado for some healthy fat.

Enjoy!

*Dr. Michele Poff has been practicing a plant-based lifestyle for 10 years. Her transition followed a professional writing assignment discussing the ethics of going plant-based for a larger book project, while around the same time she realized she does not want to get sick in this country. She draws from all of the above reasons to maintain her conviction, knowing that for her, the plant-based practice is an important element of an overall peaceful existence and evolutionary path. Michele lives in the area and works as a nonfiction writer and editor. She is currently building a web-based program for unlocking your full potential: [thealignmentportal.com](http://thealignmentportal.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
Sunset Sails	1-888-268-5671 8317-5072	2777-1304
Tentacion		2777-3663
Thomas Ghormley, Century 21		8866-1649
Tico Pod		2643-2068
Uvita Law Firm	2743-8416	2743-8619
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	*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  
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## 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

## 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

# SPANISH SUCKS

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

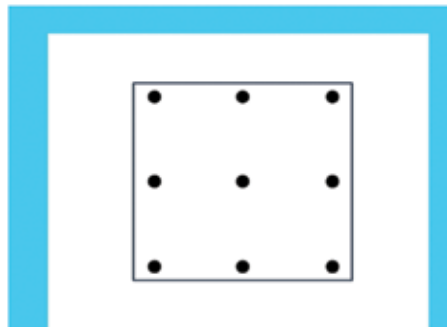
## ¿Quiere ejercitar sus músculos creativos?

Vamos a usar la lógica de una forma poco convencional para alcanzar una solución diferente y creativa a los problemas.

Vamos a buscar, relacionar, cambiar de perspectiva y explorar alternativas que no son evidentes a primera vista para encontrar soluciones a los:



En condiciones normales, ¿hacia dónde se movería el bus?

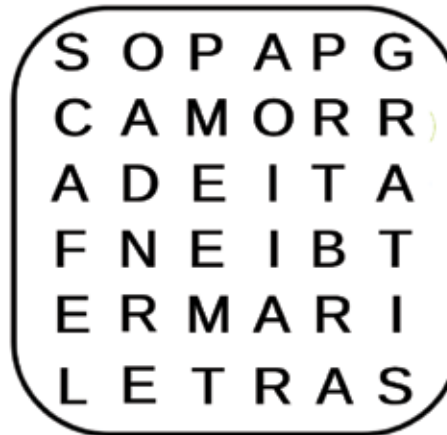
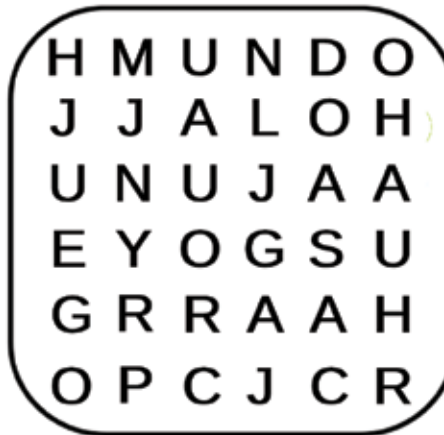


Con tres o cuatro líneas, ¿cómo uniría todos los puntos sin levantar el lápiz?



En estos símbolos hay algo ¿qué puede distinguir?

Busque, encuentre y marque la mayor cantidad posible de palabras en las siguientes cajas. Hay palabras ordenadas vertical, horizontal, diagonalmente y al revés.



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# SPANISH SUCKS

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

## Hablemos sobre la salud

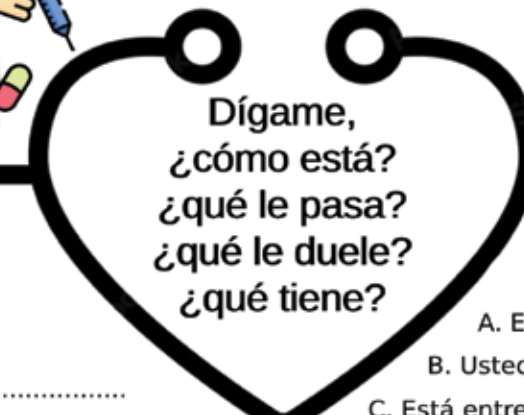
### 1. Relacione la imagen con la palabra

- A. Inyección
- B. Jeringa
- C. Pastillas
- D. Cápsulas
- E. Radiografía
- F. Jarabe
- G. **Estetoscopio**
- H. Termómetro
- I. Médica
- J. Receta
- K. Mascarilla
- L. Curitas



### 2. Relacione los verbos con cada situación

- Tengo.....
  - Estoy **resfriado**.....
  - Me duele/n.....
  - Soy.....
- |                       |               |
|-----------------------|---------------|
| ...celíaco            | ...las muelas |
| ...enfermo            | ...cansado    |
| ...una herida         | ...mareado    |
| ...alérgico al gluten | ...tos        |
- ...resfriado**  
 ...fiebre  
 ...dolor de cabeza  
 ...el estómago  
 ...alergia  
 ...estresado



### 3. Complete las frases con el verbo DOLER

- A. Voy a descansar, después de correr... **me duelen** ... las rodillas.
- B. Luisa no puede hablar bien, ..... la garganta.
- C. Silvia tiene mala cara, ¿ ..... algo?
- D. Vamos a tomar un analgésico, ..... todo el cuerpo.
- E. Si ..... la cabeza a menudo, tiene que ir al médico.
- F. Señora, ¿también ..... los oídos?
- G. Todos los clientes del restaurante dicen que ..... el estómago después de comer ahí.
- H. ¿ ..... los hombros cuando haces este ejercicio?
- I. Estoy molesta con él, ..... su actitud.
- J. ¿Qué más ..... a usted?

### 4. Descubra las partes del cuerpo.

- A. Está entre las mejillas. Es la **nariz**.
- B. Usted tiene veinte en total. Son los...
- C. Está entre los brazos y las manos. Es la...
- D. Con él podemos mover el pie. Es el...
- E. Órgano que sirve para amar. Es el...
- F. Están entre la nariz y la barbilla... Son los...
- G. Con él podemos doblar el brazo. Es el...
- H. Órgano que sirve para pensar. Es el...



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# HOW TO CLEAN KITCHEN COUNTERTOPS

## BEST TRICKS FOR ANY MATERIAL PART 2

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 Tile Countertops

Unless the tiles are rinsed thoroughly, soap can leave a film on the surface. Adding white vinegar to the water can alleviate this problem while cleaning tile countertops. Do not use abrasive cleaners or pads.

### How to Remove Tile Countertop Stains

Although tile doesn't stain easily, grout does. It's also the area most likely to harbor bacteria. Scrub the grout with a mild bleach solution and a toothbrush. Then seal it with a commercial grout sealer.

### How to Seal Ceramic Tile Counters

Glazed ceramic tile does not need to be sealed. Grout, on the other hand, should be sealed with a grout sealant to help it become stain-resistant. Unglazed tile countertops should be sealed with a penetrating sealer for protection and stain resistance.

### How to Clean Concrete Counters

Wipe the surface of your concrete countertops with warm, soapy water and rinse thoroughly. You can also use a mild bleach solution. Don't use abrasive cleaners or scrub pads because they could scratch the surface.

### How to Remove Stains from Concrete Counters

Make a paste of baking soda and water. Gently scrub the spot with the paste and a soft brush. Rinse thoroughly. You might need to repeat several times to remove the stain.

### How to Seal Concrete Countertops

Seal with an appropriate sealer formulated for concrete to help prevent stains and make it easier to keep clean.

### 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.

### How to Clean Wood Countertops

Wash your wood countertops with a mixture of mild dishwashing soap and water. Rinse thoroughly. Dry with a soft clean cloth.

### How to Remove Wood Countertop Stains

Blot up as much of the stain as you can to prevent it from sinking into the pores of the wood. If you're dealing with a light stain, try sprinkling on salt. Then scrub with the cut side of half a lemon. Stain still showing? Let it sit overnight before rinsing with water and drying with a clean cloth. For a darker stain, try dabbing with a cotton swab dipped in a 3 percent hydrogen peroxide solution to lighten it. If the stain seems permanent, you can always sand and refinish a wood countertop.

### How to Seal Wood Countertops

Much like butcher-block countertops, oiling wood countertops keeps the wood from drying out, helps seal the surface, and adds sheen. Wipe the wood with a light coat of mineral oil, let it soak into the surface,

and wipe away oil that does not soak in. Do not use excess oil because the surface can become tacky and attract dirt. Don't use linseed or vegetable oil.

### How to Clean Stainless-Steel Countertops

Wipe down your stainless-steel countertop with a microfiber cloth for dry cleaning. For wet cleaning, use a soft cloth dipped into a solution of warm water and mild dishwashing liquid. Rinse the surface with clean water and dry with a clean, soft towel. Look for commercial stainless-steel cleaners to remove fingerprints and smudges.

Stainless-steel countertops are stain-resistant and do not need to be sealed.



### How to Clean Cultured-Marble Countertops

Wipe the surface with warm, soapy water and rinse thoroughly. A mild bleach solution can also be used when cleaning marble countertops. Don't use abrasive cleaners or scrub pads because they could scratch the surface.

### How to Remove Stains from Cultured-Marble Countertops

Make a paste of baking soda and water. Gently scrub the spot with the paste and a soft brush. Rinse thoroughly. Repeat as necessary.

### How to Seal Cultured-Marble Countertops

Seal with an appropriate sealer formulated for cultured marble to help prevent stains.

### How to Clean Solid-Surfacing Countertops

Cleaning solid-surfacing countertops is best done with water, soapy water, or cleaners developed specifically for this material. Wipe the surface dry after cleaning,

rather than letting it air dry, to prevent a film from building up. You can occasionally disinfect the counter by using diluted bleach (50-50 solution of bleach and water). Rinse thoroughly, then wipe dry.

### How to Remove Stains from Solid-Surfacing Countertops

Solid-surfacing countertops are stain-resistant. Wipe away virtually all stains with soap and water. For scorch marks, scratches, or persistent stains, consult with your countertop fabricator about renewing the surface.

Solid surfacing does not need to be sealed.

### How to Clean Cultured-Stone Countertops

To clean cultured-stone countertops, including those made of quartz and other composite materials, wipe the surface with warm, soapy water and rinse thoroughly. A mild bleach solution can also be used. Don't use abrasive cleaners or scrub pads because they could scratch the surface.

### How to Remove Stains from Cultured-Stone Countertops

Make a paste of baking soda and water. Gently scrub the spot with the paste and a soft brush. Rinse thoroughly. You might need several applications to lift the stain.

### How to Seal Cultured-Stone Countertops

Seal with an appropriate sealer formulated for the surface to help prevent stains and make it easier to keep clean.

### 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.



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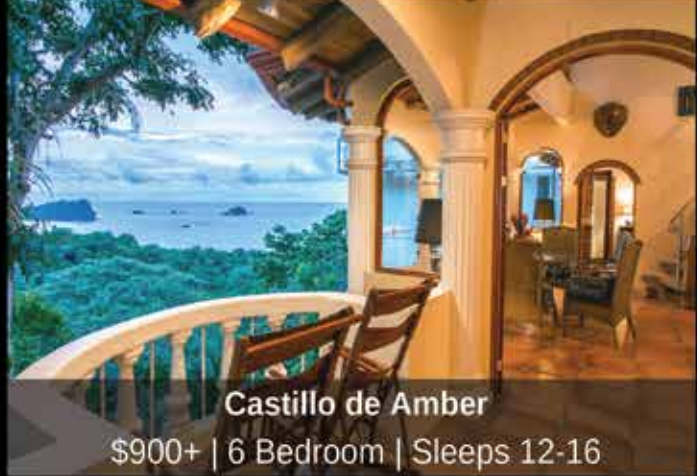
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**PARQUE NACIONAL  
MANUEL ANTONIO  
NATIONAL PARK**



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 [serviciosonline.sinac.go.cr](http://serviciosonline.sinac.go.cr), and your passport number is required for registry at the national park. There are discounts for students and senior citizens. Sodas and waters are permitted, non alcoholic drinks, but at the moment, any type of food is not allowed. Guided tours are available and recommended. For park information 2777-5185, [manuelantoniopark.com](http://manuelantoniopark.com).



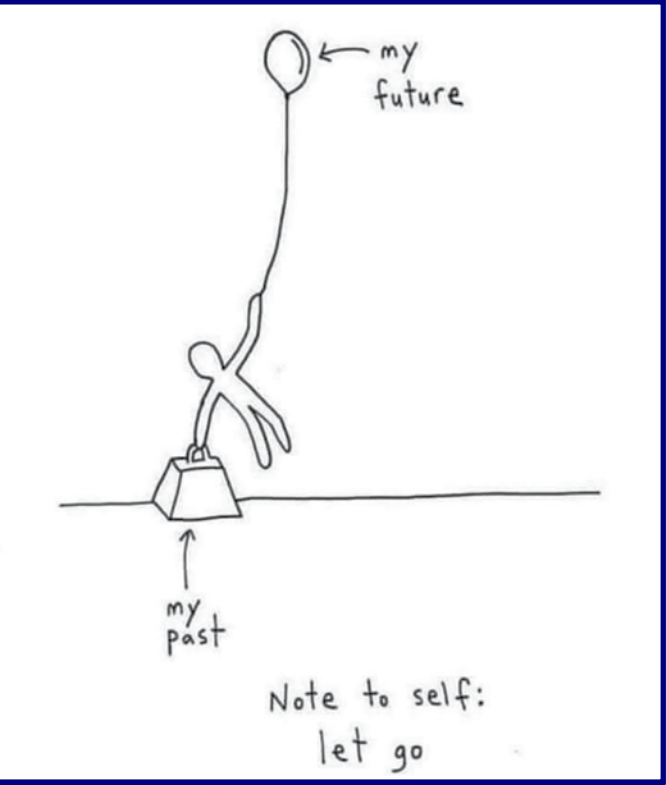
**Del Silencio  
a la Libertad**

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](mailto:info@delsilencioalalibertad.org)  
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Announcements are listed free of charge.

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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

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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  
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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

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Playa Espadilla 9:30 am

Pastor Joshua Boling 8511-8572  
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A priest and a nun were lost in a snowstorm. After a while, they came upon a small cabin. Being exhausted, they prepared to go to sleep. There was a stack of blankets in the corner and a sleeping bag on the floor but only one bed.

Being a gentleman, the priest said, "Sister, you sleep on the bed. I'll sleep on the floor in the sleeping bag."

Just as he got zipped up in the bag and was beginning to fall asleep, the nun said, "Father, I'm cold."

He unzipped the sleeping bag, got up, got a blanket and put it on her. Once again, he got into the sleeping bag, zipped it up and started to drift off to sleep when the nun once again said, "Father, I'm still very cold."

He unzipped the bag, got up again, put another blanket on her and got into his sleeping bag once again. Just as his eyes closed, she said, "Father, I'm sooooo cold."

This time, he remained there and said, "Sister, I have an idea. We're out here in the wilderness where no one will ever know what happened. Let's pretend we're married."

The nun purred, "That's fine by me."

To which the priest yelled back, "Get up and get your own stupid blanket!"

Daughter's text to Dad: Daddy, I'm coming home to get married soon, so get your checkbook ready. As you know, I'm in Australia and he's in the US. We met on a dating site, became friends on Facebook, and had long chats on Whatsapp. He proposed to me on Skype and now we've had a 2 month relationship through Viber. Dad, I need your blessing, good wishes, and a really big wedding. Lots of love, Lilly.

Dad's reply: My dear Lilly, Like Wow! Really? Cool! However I suggest you two get married on X, have fun on Tango, register for your stuff on Amazon, and pay for it all through Paypal. And when you get fed up with this new husband, sell him on Ebay. Lots of love, Dad.

One day, a rich man decided to take his son on a trip to the country. The wealthy man wanted to show his son how the poor people live so he could be thankful for his wealth. They spent two days on a farm of a very poor family. On their way home, the rich man asked his son, "How was our trip with this poor family and what did you learn?"

The son answered, "I saw that we have servants to serve us, but they serve others. We have one dog and they have four. We have imported lanterns in our gardens and they have stars at night. We buy our food, but they grow theirs. We have a big pool in our garden, but they have a creek that has no end. We have large walls to protect us and they have friends to protect them".

Finally, the son added, "Thanks dad for showing me how poor we are."

A sweet grandmother telephoned St. Josephs Hospital. She timidly asked "Is it possible to speak to someone who can tell me how a patient is doing?"

OPERATOR says, "I'll be glad to help, dear. What's the name and room number of the patient?"

GRANDMOTHER says, "Norma Findlay Room 302"

OPERATOR says, "Let me put you on hold while I check with the nurse's station for that room." After a few minutes the operator returned to the phone. "I have good news. Her nurse just told me that Noma is doing well. Her blood pressure is fine, her blood test just came back normal and her Physician Dr Cohen has scheduled her to be discharged tomorrow."

GRANDMOTHER says, "Thank you. That's wonderful. I was so worried. God bless you for the good news."

OPERATOR says, "You're more than welcome. Is Norma your daughter?"

GRANDMOTHER replies, "No. I'm Norma Findlay in Room 302 and no one tells me anything. Thanks again."

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- 52 Modern Primitive Living
- 53 Mot Mot
- 55 Royal Palm Interiors
- 56 La Feria/Farmers' Market
- 57 Tico Pod





# LIVE MUSIC SCHEDULE



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 fb/restaurantburuseaside  
 Mon 5:30-8:30pm Los Perezosos  
 Tues 5:30-8:30pm Los Almendros  
 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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 Live music every night 7-9pm

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 Fri 7-10pm Thomas y Los Demas

---

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

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

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 PIATO



**EL RANCHITO - PLINIOS**  
 8455-0920  
 tripadvisor.es/Restaurant\_Review-g309274-d27177137-Reviews-El\_Ranchito-Manuel\_Antonio\_Quepos\_Province\_of\_Puntarenas.html  
 Fri 6:30-9pm - Jordan Tolentino

---

**EL RANCHO - PAQUITA**  
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 Thurs 7-10pm

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 2777-6807  
 fb/emilioscafecostarica  
 Occasional live Jazz

---

**QUEPOA SPORT BAR**  
 2102-9125  
 fb/QuepoaSportBarByAguaAzul  
 Fri 7:30-9:30pm Son Duo

---

**TENTACION**  
 2777 3663  
 fb/profile.  
 php?id=100069923671965  
 Wed 7:30-9:30pm Latin & fusion

---

**TORTILLA FLATS**  
 8815-0961  
 fb/tortillaflatsdominical  
 Sat 6-9pm live music  
 Live music some other nights (call to check)

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

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

Sudoku on Page 4

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

Crossword on Page 44

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f i G 🕸

## A Bird's Eye View Inca Doves



The Inca dove (*Columbina inca*) is a slender species, with a gray-brown body covered in feathers that resemble a scaled pattern. The tail is long and square and edged with white feathers that may flare out in flight. The underwings are reddish, like other ground doves, and upon takeoff, the wings produce a distinctive, quiet rattling noise.



They range from Costa Rica in the south to the American Southwest in the north and is often common to abundant in suitable habitat. Despite being named after the Inca Empire, this species does not occur in any of the lands that once constituted that empire. Inca doves are expanding their range in the north and south. This terrestrial species forms flocks in deserts, scrublands and cultivated areas and may also be found in urban settings where they feed upon grass seeds and take advantage of the ready availability of water from agricultural and suburban irrigation.



Inca doves build their nests primarily in trees and shrubs. The male gathers nesting material and presents it to the female, who also gathers some nesting material. The nest is composed of twigs, grass,

weed stalks, and leaves and becomes reinforced with the brood's excrement. The nest is often used over and over.



During winter, Inca doves roost in communal huddles, in a pyramid formation that aids in body-heat retention. These pyramids can contain 10 or more birds. They often flock outside of their territories, with flocks growing up to 100 birds-strong.

The song, a forceful cooing rendered variously as cowl-coo, POO-pup, or NO-hope, may be given from a tree, wire, or other open, high perch such as a television aerial.



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# QUEPOLANDIA

SINCE 1998

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

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Since 1998

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### Menu Download



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### Map





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