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Quepos Manuel Antonio Jaco Dominical Uvita

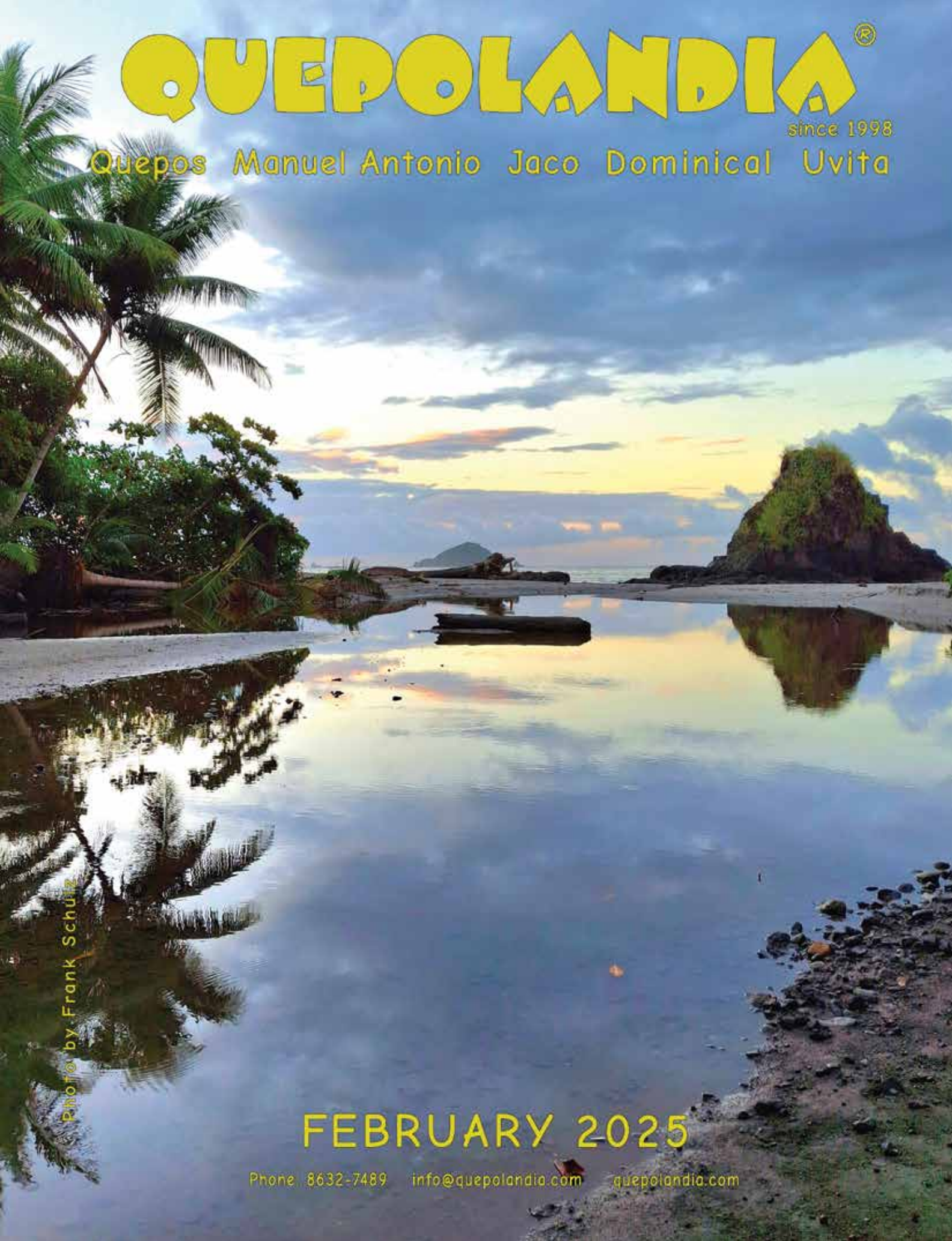


Photo by Frank Schütz

FEBRUARY 2025

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Video

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Video

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Video

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 of fruit trees 1.5 Acres, near
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Video

Dominical | Uvita | Jaco | Manuel Antonio | Quepos

Amazing Sunset Views!
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 in Hills of Portalon
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Video

NEW LISTING!!
 Dominical Hotel
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Video

Private, Sustainable Living!
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Video

Reduced!
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 Parrita \$689,000



Chic 1 bdrm Mountain view,
 1.7 acres, plus extra adjacent lot, 1.7 acres!
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 Dominical/Baru!




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



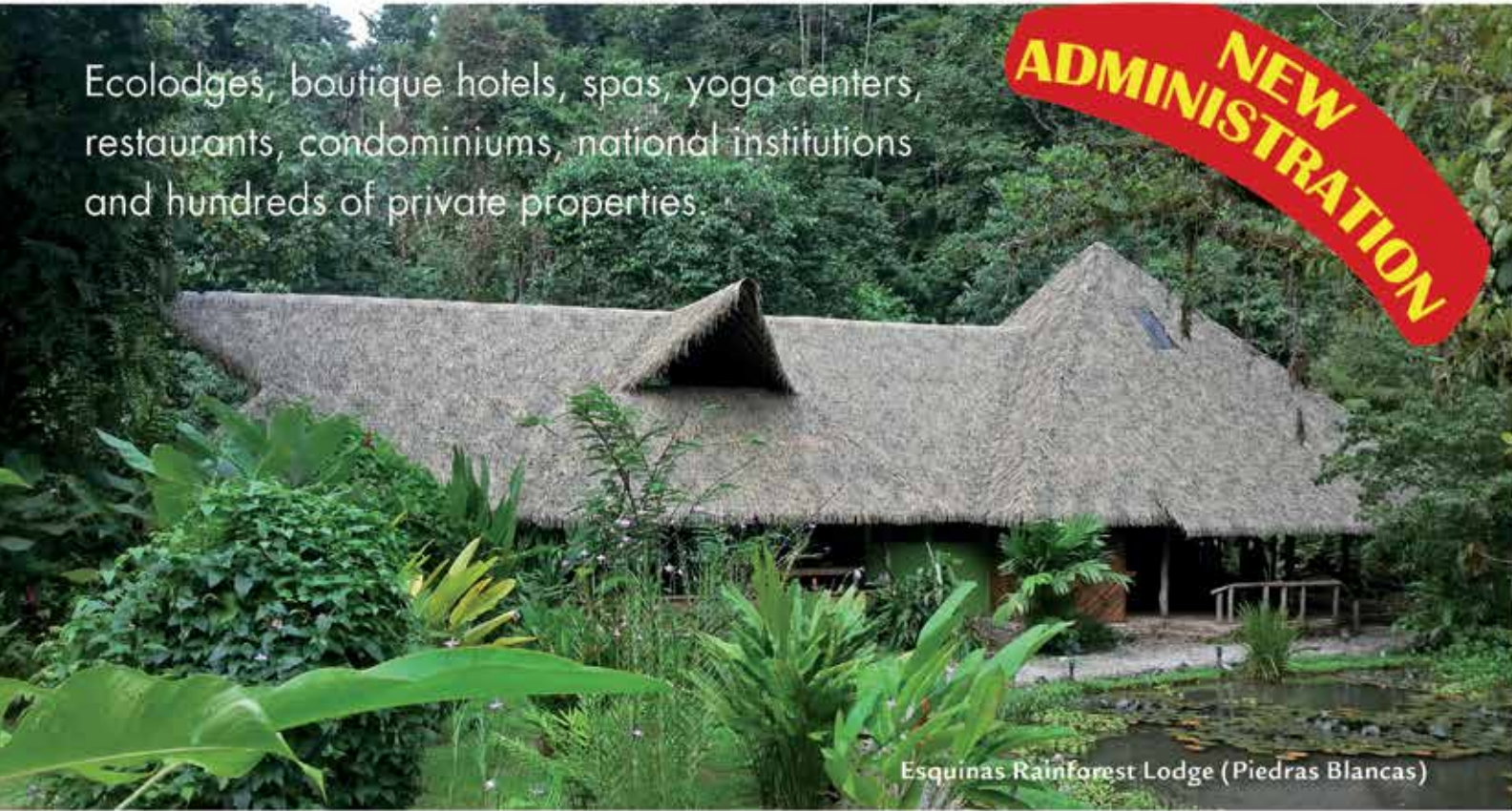
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100% recyclable heavy-duty roofing material with a 20-years decreasing warranty. Certified LEED (Leadership in Energy and Environmental building Design).

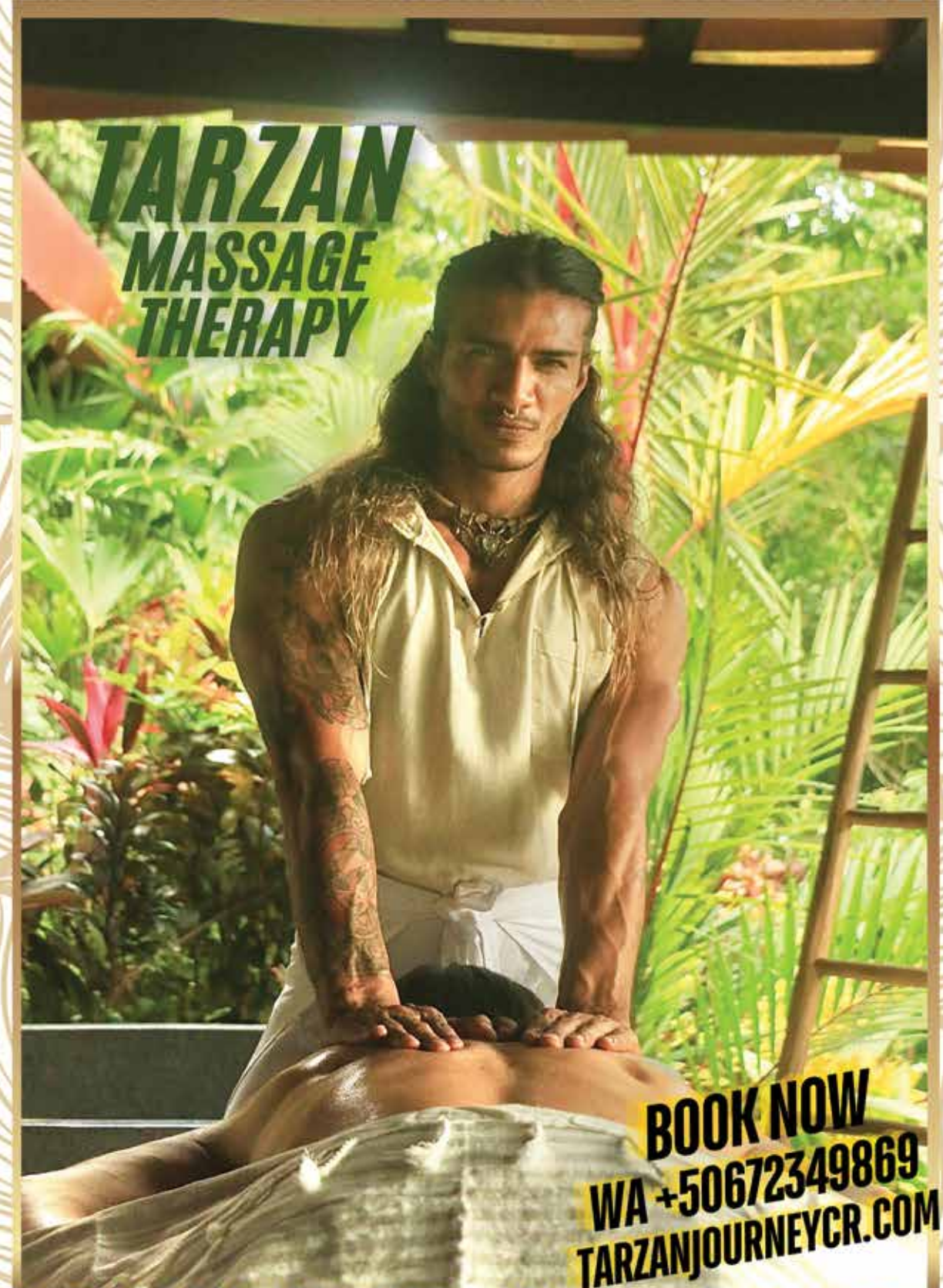


Hacienda Pinilla

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HEAL THE MIND, CALM THE SPIRIT



Bienvenido ...Welcome to an Amazing 2025 here in the Central Pacific and what better place to keep it going than in paradise. January was an outstanding month to kick off the new year and we guarantee February to be more of the same. The weather is perfect, so shed those winter clothes and forget about the snow shovels and let us guide you to an unforgettable trip. Whether you are hiking one of our incredible National Parks or just chillin on the beach don't forget to drink a lot of water (not just cerveza) and keep hydrated and sunblock, Sunblock, and more SUNBLOCK.

Start the month Feb 2 with what is always a great time, great food, great music , and a really GREAT cause. Paws " **Battle of the Bands** " is being held this year at **Quepoa Sport Bar** with raffles, silent auction, and continuous live music 4-8pm.

Marina Pez Vela kicked off the season with the **Pelagic Rockstar Tournament** in January and the results were nothing short of record breaking. 107 boats, 606 Anglers took part in the largest tournament in Central American history with \$2.3 million on the line. Congratulations to Team Game Plan for taking top honors with 5 Blue Marlin and 63 Sailfish over the 2 days.

MPV is wasting no time keeping that energy going. The **Rooster Rodeo** starts February off with a fun and exciting one-day catch and release event for anglers of all skill levels which focuses on our spectacular inshore fishing on February 1st. MPV will be hosting the now famous **PESCADORA Billfish Championship** with the top women from around the world competing for the title of Champion Female Angler 2025, truly a first-class event that should not be missed.

For all the sports fans we got **Super Bowl LIX** on Feb 9th. Best places to watch the action and commercials of the Super Bowl in Manuel Antonio are **Quepoa Sport Bar** and **Sunset Restaurant** on the mountain. **Marina Pez Vela** has the Super Bowl playing on the largest outdoor screen in Costa Rica along with restaurant specials for Game Day. Fly Eagles Fly

February is also the month of Love. So, don't forget that special person on Valentine's Day and book that massage, buy some chocolate or flowers, and make

your dinner reservations early at one of our fine restaurants and pamper yourselves. You deserve it.

We want to thank **Frank Shulz** for yet another amazing beach shot on this month's cover. We also want to welcome **Alma Vida Wellness Hotel** and all they bring to the area: Daily classes and workshops with **Soulful Yoga**, **Limitless Coworking** providing an air-conditioned workspace for business, **Roots Restaurant**, **Karma Coffee**, and **SkyBar Rooftop Lounge** with nightlife starting with Happy Hour 3-6 pm

You won't want to miss these awesome events so mark your calendar in March. **Eco Beer Fest** returns to **Fuego Brew Co.** in Dominical March 1st (pg 14). Come enjoy music, great food, and craft beers from breweries all over Costa Rica. Also, early March **Alma Vida Hotel** brings **Pura Fest** to Manuel Antonio. A wellness and music festival experience March 3-9 (pg 11) purafest.com.

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 also on [Facebook/Quepolandia](https://www.facebook.com/Quepolandia). We appreciate and welcome your comments.

Peace and Enjoy...D



Tuesday Feb 4 QUEPOLANDIA DEADLINE	
Sat Feb 1	National Freedom Day
Sun Feb 2	Groundhog Day (NA)
Sun Feb 9	Super Bowl (US)
Wed Feb 12	Full Moon (Snow Moon)
Fri Feb 14	Valentine's Day
Mon Feb 17	Random Acts of Kindness Day/Presidents Day
Sat Feb 22.....	Margarita Day
Fri Feb 28	New Moon



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Casa Laguna | \$829,000



Villas Oasis | \$875,000



Jungle Villa Canyon Verde | \$495,000



Uvita Ballena Bay | \$9,990,000



Los Altos Condos | \$699,000



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



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



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



Luxury Ocean View Rental | \$1,950,000



One Level Modern Hacienda | \$1,195,000



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



Tropical Luxury Villa | \$2,089,000

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.
More information on 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.

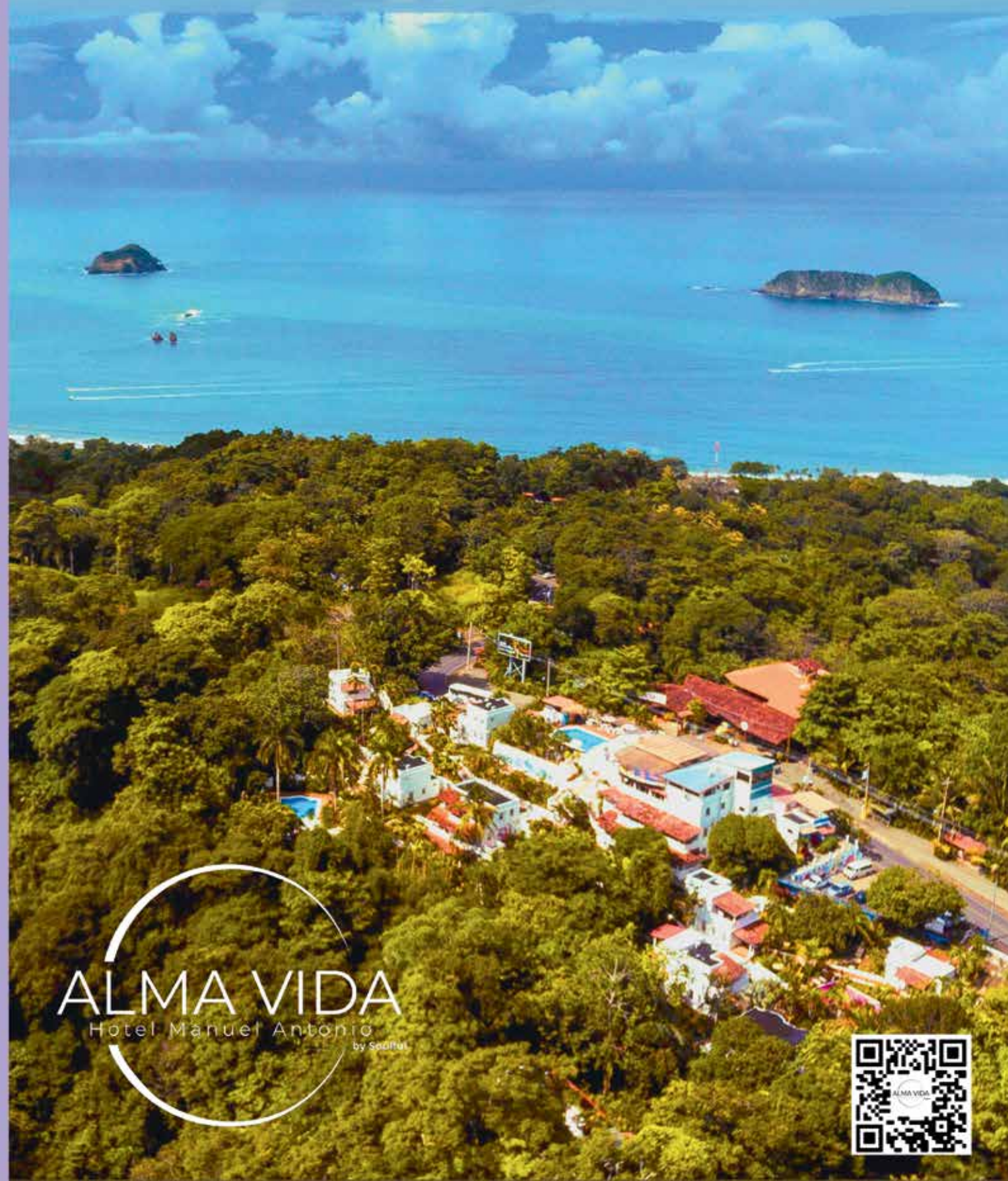
The sunset aboard Brisa Elegante is an experience lasting a lifetime.

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

SailCR.com



TOURS | YOGA | COWORKING | EVENTS | MUSIC | FOOD | BAR | CAFE



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PURA FEST

A WELLNESS & MUSIC FESTIVAL EXPERIENCE



COSTA RICA

MARCH
3-9
MANUEL
ANTONIO



WWW.PURAFEST.COM

SPANISH SUCKS

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

EL VERBO GUSTAR

Para expresar negación

Yo	A mí	no me
Tú	A ti	no te
Él-ella-usted	A él-ella-usted	no le
Nosotros(as)	A nosotros (as)	no nos
Ellos-ellas-ustedes	A ellos-ellas-ustedes	no les

GUSTA

verbo infinitivo
(leer, comer, caminar, etc)
sustantivo singular
(el café, la playa, Manuel Antonio etc)

GUSTAN

sustantivo plural
(los mangos, las mariposas, etc)

↑
Ponombres Personales
NO se usan

↑
Su uso es opcional

↑
Persona (s) con el sentimiento (Pronombres O.I.)
Su uso es obligatorio

↑
Lo que causa el sentimiento (objeto)

EL VERBO GUSTAR

El verbo **GUSTAR** es considerado un verbo especial ya que va acompañado de pronombres de Objeto Indirecto (*me, te, le, nos, les*) y se conjuga en tercera persona singular o plural, según el objeto de la oración. A continuación algunos ejemplos:

Oración Afirmativa



Oración Negativa



Preguntas:

- ¿Qué le gusta cocinar normalmente?
A mí me gusta cocinar carne normalmente.
- ¿Dónde les gusta nadar los fines de semana?
Nos gusta nadar en playa Biesanz.
- ¿A qué hora les gusta hacer ejercicio?
A ellas les gusta hacer ejercicio temprano en la mañana.
- ¿Por qué te gustan los pejibayes?
Me gustan los pejibayes porque son muy nutritivos y deliciosos.

SPANISH SUCKS

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

¿Qué le gusta a usted y a sus amigos?



ME GUSTA/GUSTAN



NO ME GUSTA/GUSTAN



Observe el gráfico presentado arriba, escriba oraciones sobre lo que le gusta y no le gusta a usted y a sus amigos.

Ejemplo:

A mí me gusta leer. A Luisa no le gustan los tomates.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

www.manuelantoniospanishschool.com



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ECO BEER FEST 2025



12PM-12AM

MARCH 1ST

INDEPENDENT CRAFT BREWERIES FROM ALL OVER COSTA RICA
LIVE MUSIC ALL DAY, FOOD, GAMES & MORE

AT FUEGO BREW CO, DOMINICAL

PRE SALE: \$15 AT DOOR: \$25

ATTENDING BREWERIES



TICKETS AVAILABLE AT FUEGO BREWERY OR ONLINE
(LINK ON FACEBOOK EVENT PAGE)



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

Lifeguard Letter 2025

Dear Costa Ballena community,

This has been a challenging year for our program, but with the help of some new energetic volunteers and board members that have been with us for over 20 years we have not only survived but have laid out a pathway to a future with more Lifeguards.



Our program would not have stayed afloat without the help of our community members, both individuals and businesses. We have had some very successful and very fun fundraisers in 2024 including the Eco Beer Fest at Fuego Brewery, the Semana Santa Classic surf contest, the Fourth of July River Float and Party, and a private dinner hosted by El Cocodrilo restaurant in Villa Rio Mar.

We have also been blessed for the last three years with a \$30,000 grant from the Five Together Foundation. The first year we used it to reconstruct the Lifeguard tower in Playa Hermosa, but for the last two years we needed those funds in order to pay the salaries for the four lifeguards that we have fully employed and our one part-time guard.

The shortfall in funding is because from 2019 to 2023 we were funded by the municipality. They gave us \$67,000 each year to cover the salaries of the Lifeguards and our administrator. Unfortunately they stopped funding in 2024 and in 2025 they have yet to award a contract, even though they have the money in their budget to pay for a lifeguard program. This is shameful since because of the shortfall in funds there have been drownings at Playa Hermosa and at Playa Dominical, both when lifeguards were not on duty. We cannot let this continue. We need to push the municipality to award a contract and pay to protect their citizens and the tourists that support the local economy.

Until the contract is awarded we are relying solely on funding from the community. Both large hotels and private individuals have sent us checks, made bank transfers, donated hotel stays and meals to our instructors, and also volunteered their time. They know that this program is vital for our beaches. We need to continue funding these efforts not just through fundraisers, but through our Dollar a Day program created by Richard Abraham, one of our biggest supporters over the lifetime of the program. He would say - "If you can buy a cup of coffee a day, then you can support our lifeguards."

Right now we have only 30 businesses signed up and there are over 1000 businesses in the area. If only a fraction of them would donate to the Dollar a Day program we could fund the entire program without the help of the government.

We know the future of our lifeguard program rests in the youth of the Costa Ballena community. Kids that grow up swimming and surfing on these beaches learn to understand the powerful currents and where it can be dangerous to go into the ocean. They will have the experience to guide beachgoers to safe areas of the beach and could reach rescue victims the quickest.



We want to hire an additional member of our team that will not only be the lifeguard captain, but can also provide training and instructions for potential lifeguards. They will help create a volunteer lifeguard program so that on busy weekends we can have volunteers walking the beach informing swimmers of dangerous rip currents. There will also be a Junior Lifeguard Program for the local youth. Both groups will receive first aid and CPR training, plus participate in beach activities relating to ocean rescues.

I dream of a future where there are lifeguards on the beaches from Parrita to Playa Tortuga, a network of volunteers that support them, and a business community that funds them. It is up to us now to make this dream come true.

lifeguardscostaballena.com/donate



- Safe and Secure Parking
- Pick up and Drop off
- Tents, Chairs, Umbrellas
- Food and Drink service
- Surf and Boogie boards
- Surf Lessons (bilingual instructors)
- Pool
- Photographer
- Bathrooms and Shower



Tortillas, roti, wraps—whatever you want to call them, you can make these delights out of just about anything. Focus your nutritional intake by making a wrap out of whatever is it that you would like to eat more of at the moment.

If higher protein is your goal, you may want to make wraps from legumes, as in lentils, garbanzos, or even beans. You can use flour if you can find it, blend cooked beans, or soak raw lentils in an equal part water for a couple of hours before blending well and pouring into a hot pan. When you're looking to cut down on the carbs, this is an excellent option. You'll want to eat them freshly made, and you may want to load them with spices or herbs before cooking. Curry powder and turmeric seem to work well with these ingredients, along with perhaps a bit of nutritional yeast. Don't forget the salt! The pan should be hot before pouring in the batter, and have either a solid non-stick surface or light oiling. Spread the batter thin. Be patient.

If you're looking for a smoother consistency and prefer to wrap up with a grain, you can make a tortilla wrap from just about any of them. If the grain softens with soaking, such as oats or farro, you can just wait until the grain absorbs the water before blending and pouring into a hot pan. Other grains will need to be cooked first, such as rice and quinoa, unless you're using flours from these grains. Flavoring with rosemary can add a lovely nuance to your wraps; just be sure to break the herb into small pieces.

Naturally, it's also fine to blend a mix into your wraps. Chickpea-whole wheat? Red bean-brown rice? Chickpea-lentil-quinoa? Use vegetable juice in place of the water for a super power-packed wrap.

The next decision is how to eat them! You can pile some yumminess into the middle and wrap it up like a burrito, use as a side accompaniment for a delicious meal of soup or perhaps scooping up dal, or enjoy them in their own right as chips.

Your chips can be oil-fried, air-fried, toasted, or baked. If you're going the chip route, think about how you will eat them. If you plan to eat them by themselves, consider the flavoring situation. You may want to sprinkle with some onion or garlic powder, or even cinnamon and sugar for that sweet-tooth satisfaction. Chips are of course also great for scooping, though you'll find some ingredients hold up better than others with it comes to dipping the chips into toppings.



Because most are made from corn or wheat, wrap shells are typically a carbohydrate serving. No doubt, this is all we can find in the stores because shells made from the other kinds of ingredients simply do not have a reasonable shelf life. But we can eschew these carb servings and turn them into protein servings, and target our own nutrient intake, by making our own wraps at home from our own selected ingredients.

This is an excellent way to take more control of your diet. And for a lot of people, the legume-based tortillas feel like a bread serving, so they're getting fewer carbs with the same tongue satisfaction. It's easier than you think!

Michele Poff lives in the area and works as a professional writer, editor, course creator, and investigative researcher.



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

🏠 x5 🚗 x5 📏 10.9 acres



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

🏠 x12 🚗 x40 📏 0.33 acres



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

🏠 x3 🚗 x3 📏 3 acres



Ojochal | Spectacular Ocean View
| \$899,000

🏠 x4 🚗 x3 📏 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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Quepos | TWO Poolside
Dream Jungle Apartments
to choose from, only 15
minutes from Manuel
Antonio National Park!

🏠 x2 🚗 x2 🏠 990 SQ FT | \$180,000



| \$180,000 🏠 x2 🚗 x2 🏠 990 SQ FT



Uvita | Ocean Teak Palace
| \$279,000

🏠 x2 🚗 x2 📏 0.06 acres



Ojochal | Stunning lot with POTENTIAL!
| \$365,000

📏 0.65 acres 🌊 🌳 🏞️ ocean, mountain, jungle views



Ojochal | River, Waterfalls Property
| \$1,425,000

🏠 x2 🚗 x3 📏 3.8 acres



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

🏠 x3 🚗 x4.5 📏 6.5 acres



Ojochal | Prestigious Location
| \$749,900

🏠 x3 🚗 x3 📏 3 acres



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

🏠 x3 🚗 x2 📏 0.48 acres





FEBRUARY 20-22, 2025 | QUEPOS, COSTA RICA

JOIN US In Quepos, Costa Rica, For The Pescadora Billfish Championship, The World's Most Unique Ladies' Bill-fishing Event. This Ground-Breaking Tournament Brings Together Women Of All Nationalities And Experience Levels To Share Their Love Of The Ocean And Fishing In A Fun, Competitive, Champagne-Filled Weekend Designed By Women, For Women. Compete For The Title Of World's Top Lady Anglers With Two Top Awards: One For Hook & Hand And Another For Hook Your Own (Per IGFA Rules), Along With Overall Team Awards.

This Event Encourages You To Step Out Of Your Comfort Zone And Improve Your Skills, Whether It's Catching Your First Billfish, Learning To Use Different Tackle, Or Mastering Catch And Release In Stand-Up Gear. Held At The Prestigious Marina Pez Vela, The Two-Day Tournament Donates A Portion Of All Proceeds To Local Costa Rican Organizations Each Year. Register Now For An Unforgettable Experience!

What's Shaking

@ **MARINA PEZVELA**
QUEPOS COSTA RICA

AMOR, GALLOS, SUPERBOWL, Y PESCADORAS! That is right, 2025 is here and after an epic January here at MPV, we are extremely excited to share with you an action-packed schedule for February 2025.

ROOSTER RODEO February 1

February starts with a bang with our annual ROOSTER RODEO Tournament. This one day shootout targeting one of the most amazing species in our inshore waters- the Rooster Fish or Pez Gallo- is an event not to be missed. This catch and release tournament which is an incredibly fun event for anglers of any skill level and is one of the only tournaments here in Costa Rica which focuses on and celebrates the amazing inshore coastal fishing that we are blessed with at MPV. There are prizes for the most released points and largest caught, but more than anything this is this is a inexpensive and fun one day tournament which brings together friends, family, coworkers, and some of the top inshore fishermen and women in the area for a great time. There is still space so reserve your charter boat and join the Rodeo!

marinapezvela.com/events/rooster-rodeo-2025

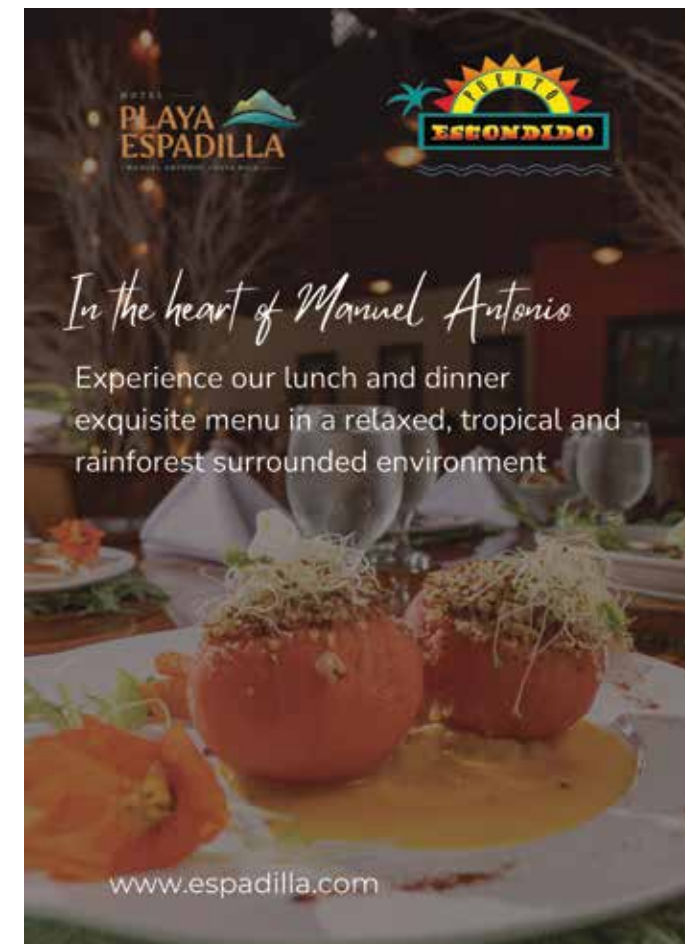
SUPER BOWL February 9

Costa Rica's biggest Super Bowl party is BACK. There is no better place to come and watch the big game with friends and family. All of our restaurants here will be open and with specials on food and drink, so there will be something for everyone. Come early and enjoy the pre-game and then the full game, with US commercials

on the largest open-air screen in Costa Rica. Whether your favorite team is playing or not or you just need an excuse for some Sunday afternoon wings and beers, MPV is the place to be on Super Bowl Sunday

VALENTINE'S DAY February 14

If you are reading this prior take note-make a dinner reservation, buy some flowers, and come to celebrate the ones you love here under the



stars and with the twinkle of the boats floating the basin. With more than a decade of operations, more relationships have started (and a few ended) here at the project, but it is a beautiful place to celebrate Valentine's Day in any of the restaurants at the project and celebrate those you love.

PESCADORA BILLFISH CHAMPIONSHIP February 20-22

The MOST EPIC all-women's fishing tournament on the planet is back and bigger than ever. We have a lot of iconic tournaments here at MPV, including the Rockstar we hosted in January, the Rooster Rodeo earlier this month, but nothing quite compares to the fun and competition of this all-lady angler event. This two-day event brings some of the flashiest costumes, smiling faces, and fun time to MPV, but make no mistake, the competition is FIERCE. This tournament brings the best female anglers from around the globe and the level of fishing is every bit as competitive as any other tournament we host. If you have not already signed up, get your team together and get involved and be a badass. If you have a Y-chromosome or just didn't sign up in time, at least come by for the weigh-ins and enjoy the Vibes.



RECHERCHÉ

FINE HOME FURNISHINGS

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

EVERYTHING MUST GO!

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

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

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

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

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



We have over 1 million dollars in inventory!

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

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

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

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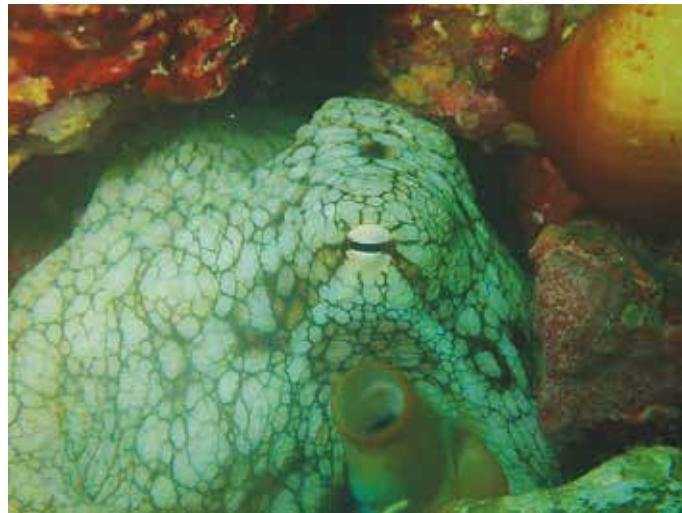


Night Diving: Unlocking the Mysteries of the Dark Waters



When the sun dips below the horizon and the stars light up the Costa Rican sky, an entirely new world awakens beneath the ocean's surface. Night diving, a thrilling adventure available in the stunning waters surrounding Manuel Antonio, offers a unique opportunity to explore the ocean in a way most never experience. For the adventurous traveler, scuba diving under the cover of darkness promises mystery, excitement, and an unforgettable connection with marine life.

If you've never tried night diving, here are five compelling reasons to take the plunge in Manuel Antonio's waters, where the marine ecosystem transforms into a wonderland of nocturnal activity.



1. A Front-Row Seat to Nocturnal Marine Life

During the day, Manuel Antonio's waters are vibrant and teeming with life, but at night, a whole new cast of characters takes center stage. Many marine creatures are nocturnal, emerging only after dark to hunt, feed, and interact in ways unseen during daylight hours. The invertebrates in this region, including the spectacular nudibranchs and elusive octopuses, become the stars of the show.

Nudibranchs, often called the "jewels of the ocean," are brightly colored sea slugs that come in an astonishing variety of shapes and hues. Their

vivid colors glow under the beam of a dive light, creating a surreal experience. Octopuses, masters of camouflage, are more active at night, displaying fascinating behavior as they hunt and explore their surroundings. Watching an octopus glide effortlessly across the reef or change colors in an instant is an experience that will leave you in awe.

2. The Magic of Bioluminescence

One of the most enchanting phenomena you can witness during a night dive is bioluminescence. Certain microorganisms in the water emit light when disturbed, creating a mesmerizing display of glowing trails and sparkles. Imagine waving your hand through the dark water and seeing it light up with tiny, shimmering stars. It's like swimming through a galaxy, and it's an experience you'll carry with you long after your dive is over.

In the waters around Manuel Antonio, bioluminescence is especially striking, providing a natural light show that few other places can rival. Night diving allows you to immerse yourself fully in this phenomenon, making it a highlight of any trip.



3. A Different Perspective on the Reef Ecosystem

By day, reefs are bustling with activity as fish dart in and out of coral formations and sunlight dances across the seabed. At night, however, the dynamic shifts completely. Many daytime fish retreat to crevices to sleep, while nocturnal predators like moray eels, lobsters, and crabs come out to forage.

Night diving gives you a rare glimpse into this hidden side of the reef's ecosystem. With a dive light in hand, you'll spot creatures you'd never see during the day and observe behaviors that reveal the intricate balance of life underwater. It's an intimate, almost secretive experience that makes you feel like a privileged guest in the marine world.



4. Heightened Senses and a Thrill of Discovery

Diving at night heightens your senses in a way that's both exhilarating and calming. With visibility limited to the beam of your flashlight, your focus sharpens, and every movement becomes more deliberate. Sounds—the crackle of shrimp, the occasional whoosh of a passing fish—are amplified, drawing you deeper into the moment.

The limited field of vision also creates a sense of discovery. Each sweep of your dive light reveals something new: a shy octopus peeking out from a rock, a colorful nudibranch gliding along the reef, or the glowing eyes of a lobster in the distance. The thrill of uncovering these hidden wonders is what makes night diving so addictive.

5. Unmatched Serenity and Connection

There's a special tranquility that comes with diving at night. The absence of sunlight and the soft glow of your flashlight create an otherworldly atmosphere,

making you feel completely immersed in the underwater environment. The silence and darkness foster a deep sense of connection with the ocean, allowing you to tune into its rhythms and appreciate its beauty on a profound level.

For many divers, night dives are a meditative experience. The pace slows down, distractions fade away, and you're left with a pure, undisturbed connection to the sea. This sense of serenity is one of the many reasons divers return to Manuel Antonio for night diving time and time again.

Dive into the Night with Oceans Unlimited

For those eager to embark on a night diving adventure, Oceans Unlimited, a premier dive center in Manuel Antonio, offers guided night dives tailored to divers of all experience levels. Their experienced instructors ensure a safe and enjoyable experience, providing insights into the nocturnal marine life and helping you spot the incredible creatures that come alive after dark.

Whether you're a seasoned diver or trying night diving for the first time, Oceans Unlimited's passion for marine conservation and education makes every dive both thrilling and enriching. Plus, their dedication to sustainable diving practices ensures that your adventure leaves a positive impact on the ocean ecosystem.

Conclusion

Night diving in Manuel Antonio is more than just an adventure; it's an opportunity to see the ocean in a completely new light. From the vibrant invertebrates and bioluminescent displays to the serene beauty of the nighttime reef, the experience is nothing short of magical.

If you're ready to unlock the mysteries of the dark waters, there's no better place to start than the pristine waters of Manuel Antonio. So grab your dive light, take a deep breath, and let the wonders of the night ocean captivate you. Come visit us at the dive center located in Marina Pez Vela and see when our next Dive is heading out.



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Simply wow! What a week we all had during this year's PELAGIC ROCKSTAR TOURNAMENT which took place over the weekend of January 9-12 here at the Marina Pez Vela. The energy, live music and dock socials were just electric, and the fishing and tournament results were nothing short of record breaking.

107 boats and 606 Anglers took part in the largest tournament in the history in Central America with \$2.3m prize money on the line. Teams released 2325 Sailfish and 100 Marlin, whilst 20 Tuna and 11 Dorado were brought to the scales.



TEAM GAME PLAN took top honours in the tournament in the SONAR BILLFISH DIVISION catching 5 Blue Marlin and 63 Sailfish over the 2 days winning them US\$1,16m to secure the largest tournament payout in history in Central America! Huge congrats guys and well deserved.

Team WAR PARTY took 2nd place with 4 Blue Marlin and 58 Sailfish, followed by MAMA SEATA in 3rd with 2 Blue Marlin and 60 Sailfish.

No one works harder on the dock than TEAM KELLY DAWN who took a totally deserved win in the NON-SONAR BILLFISH division with 44 Sailfish and 1 Marlin. Together with their day 1 winning Dorado TEAM KELLY DAWN walked away with the second largest cheque of the weekend, \$341,050, just wow guys, huge congrats!



Team SALTY CANUCKS aboard GOOD DAY caught the largest TUNA in the tournament's 9-year history, a stunning Tuna of 171lbs which helped them secure the Top Tuna prize and \$107,060.

Team FIRE FLY took top honours in the DORADO DIVISION with a combined weight of 58lbs, the only team in the tournament to catch Dorado on both fishing days scooping them \$121,460 in prize money.

WHAT A WEEKEND! Mark your calendar for the 10th anniversary of the PELAGIC ROCKSTAR which will be held 15-18 January 2026 here at Marina Pez Vela, you will not want to miss that one!

OFFSHORE FISHING

We started the new year off with a bang as in January we witnessed some of the best billfishing anywhere in the world. An epic Sailfish bite welcomed in the new year as the Charter and Private fleets out of Quepos and Los Suenos recorded some truly mouthwatering

catch numbers. Many boats pushed their daily release records to the limit catching large numbers of Sailfish. The Blue Marlin fishing has been exceptional also. Lots of Blues in the 100-250lb class and some real big units mixed in also. TEAM PELAGIC released an estimated 600-700lbs Marlin. GYPSY GIRL released a 400lb Blue Marlin with their Anglers from North Carolina. GOOD DAY released a 400-500lb Marlin and lost a similar one in the same few days.

There have been some big Black Marlin over the Offshore Reefs, you can target these with Bonito Livebaits and there have been a few striped Marlin mixed in also out deep whilst Sailfishing.

There were a few Dorado showing early January but then they slowed up as the month progressed. Ocean currents and temperature seem to have diverted the Dorados from their usual migration pattern this year so we are not catching the numbers that we usually would, but you still have a chance of catching one whenever you have bait in the water during an Offshore trip. February to April usually provides the best opportunity of the year at catching a true trophy sized Bull Dorado in excess of 40lbs.

There have been some huge TUNA caught this year during December and January with many fish over 100lbs reported. That should continue during February and we would expect the Tuna schools to increase and move in closer during this next month or two as they usually do this time of year. Last year we experienced some of the best, most consistent Tuna fishing we have ever seen and we are hoping for a repeat this year.



INSHORE FISHING

January provided some truly exceptional Inshore fishing. The bait has arrived and the beaches to the north and south of Quepos have an abundance of sardines which is the main food source for our Inshore species at this time of year. The Roosterfish bite along the beaches was excellent with lots of small to mid-sized Roosterfish showing. Larger Roosterfish were caught at the rocks and islands. February should continue the excellent Inshore fishing. Snook,

Snapper, Tripletail, Jacks and Mackerel should be abundant along the beaches. Corvina can be targeted at the rocks with slow pitch jigs and livebaits. The Snapper fishing so far this year has been excellent and should continue during February and March. We have a host of different Snapper species in our area such as Cubera, Red, Yellowtail, Rock, Mullet, and Spotted Rose Snapper. Amberjacks, Pompano, Grouper and more can also be targeted out in the deeper water at the Offshore Reefs.

We have an excellent Inshore fleet at Marina Pez Vela ready to take you Fishing and put you on your dream catch. Check out GOOD DAY, THE BITE, ASI O MAS, THE CROCODILE, FLY CATCHER, IDRA 2, SKY 2, TUNA COLADA who all provide excellent half or full day inshore charters.

UPCOMING TOURNAMENTS

The ROOSTERFISH RODEO is back on 1st February and we cannot wait for this one! This event goes from strength to strength each year and is one of the favourite tournaments of the year for our Inshore fleet. Asi O Mas and Good Day have taken the top honours in recent years, who will be crowned Roosterfish Rodeo champions this year?

The weekend of 20-22 February then sees the bright light of the PESCADORA LADIES ONLY BILLFISH CHAMPIONSHIP here at the Marina. This is such a special event and brings some of the best lady Anglers on the planet together to enjoy a weekend of fun, world class fishing and girl power! Most certainly our classiest event of the year and we cannot wait to see everyone at the Marina for this year's PESCADORA!

You can find our full 2025 tournament calendar at marinapezvela.com/tournaments. I hope you can join us.

Feb 1	Roosterfish Rodeo
Feb 20-22	Pescadora Billfish Championship (Ladies Only)
Mar 8	Sailfish Slam
Mar 13-15	IGFA Open (New!)
Apr 5	Marina Pez Vela Open
Apr 6-10	Offshore World Championships
Nov 15	Dorado Derby 1
Nov 22	Dorado Derby 2

Hope to see you out there!

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Discover the Importance of Leaf Cutting for Sloth Rehabilitation at The Sloth Institute!



COSTA RICA

Leaf cutting is one of the most important tasks we carry out here at The Sloth Institute. Every day, our team spends hours driving around the local area, searching for and cutting fresh leaves to bring back to our rehabilitation centre to feed our sloths. Sloths are habitual leaf eaters, and since they consume

a significant amount daily, providing the right leaves is critical to their care and recovery.



Fresh, tender leaves are essential because sloths are extremely picky eaters. They will only eat the young, soft 'baby' leaves - those that are newly grown and juicy! These are the parts sloths naturally seek out in the wild, and if we don't provide them with the right leaves, they won't eat. It's a precise process, we can't just cut any old leaves, or our sloths will refuse our offerings.

Over the years, we've spent extensive time observing sloths in the wild, learning that they consume a variety of leaves from different tree species. Their leaf diet is surprisingly diverse, and the two species of sloth that are found in Costa Rica have distinct leaf preferences. To ensure they receive the proper nutrition, we tailor our leaf collection to match the species we are rehabilitating at any given time. We collect sacks of leaves from a variety of trees, ensuring that each species gets the specific types they prefer. Offering them a varied diet isn't just about meeting their immediate needs, it's also about preparing them for life in the wild. When our sloths are eventually released, they'll need to forage for a wide range of leaves in their natural habitat. By providing them with a selection of leaves during rehabilitation, we're helping them regain the skills and instincts necessary to thrive once they return to the wild.



Our leaf-hunting journeys take us far and wide, from Manuel Antonio to Dominical and even as far as Jaco. Whether it's beaches, edges of football or palm fields, or even a random tree spotted along the roadside, no place is off-limits when it comes to finding the highest quality leaves! However, as we enter the dry season in Costa Rica, sourcing fresh leaves becomes increasingly difficult. The lack of rain causes many trees to stop producing new growth, resulting in a shortage of fresh leaves. While this challenge affects us, it's even harder for the sloths. They don't have access to vehicles to search far and wide, nor can they reach the isolated spots we can! These inaccessible areas are often a result of urbanisation, which forces sloths to search for food in an increasingly developed world. Deforestation continues to shrink the habitats of Costa Rica's wildlife, leaving sloths with fewer places entirely to forage for the food they depend on.



This is one of the reasons we launched our tree nursery a year ago: to help replenish the diminishing food sources for our sloths and other wildlife. Last year, we planted 935 trees, and this year, we aim to plant even more! If you know of any land that could benefit from reforestation, please contact us at pedro@theslothinstitute.com. Your support helps us continue this essential work, ensuring that our sloths and the broader ecosystem have the resources they need to thrive.

As always, our motto is:
Save a sloth, Save a tree, Save a forest!

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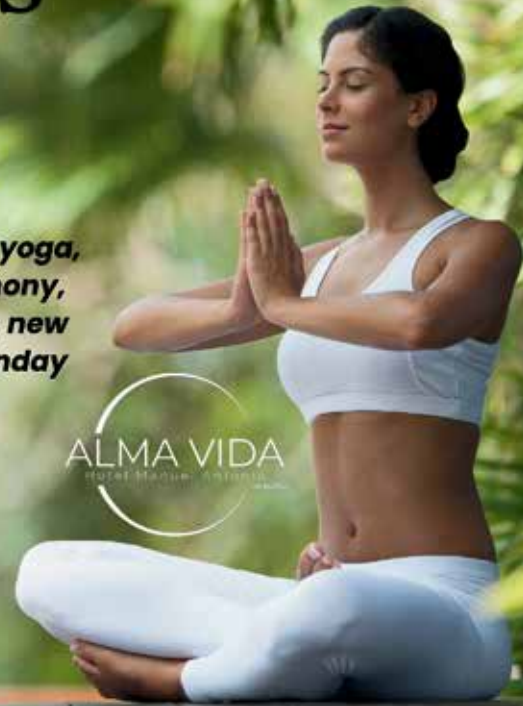
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- 1 bunch of basil leaves, more for garnish
- 2 cups of prepared marinara sauce*
- 2 cups of ricotta or cottage cheese
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Sudoku Solution on Page 65

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SEAFOOD SUSHI CABINAS

Directions

1. Roughly chop the vegetables and saute in olive oil until nicely caramelized. This should take 10 to 15 minutes.
2. Season with salt and pepper and lightly pulse in the food processor.
3. Mix with ricotta cheese.
4. Begin the layers in this order: 1/2 cup of marinara sauce, then noodles, then half of the veggie mixture, then 3/4 cup of tomato sauce, then 1/2 cup of mozzarella, then noodles, then remaining veggie mixture, then 1/2 cup of mozzarella, then noodles, then remaining sauce, then remaining cheese.
5. Cover with foil or parchment paper trying to not touch the cheese and bake at 400 degrees Fahrenheit for 10 minutes.
6. Remove the cover and finish baking for another 15 minutes until the top is brown and bubbly.

*You can make a quick 10 minute marinara sauce by cooking down some tomato passata with chopped garlic, salt and pepper.

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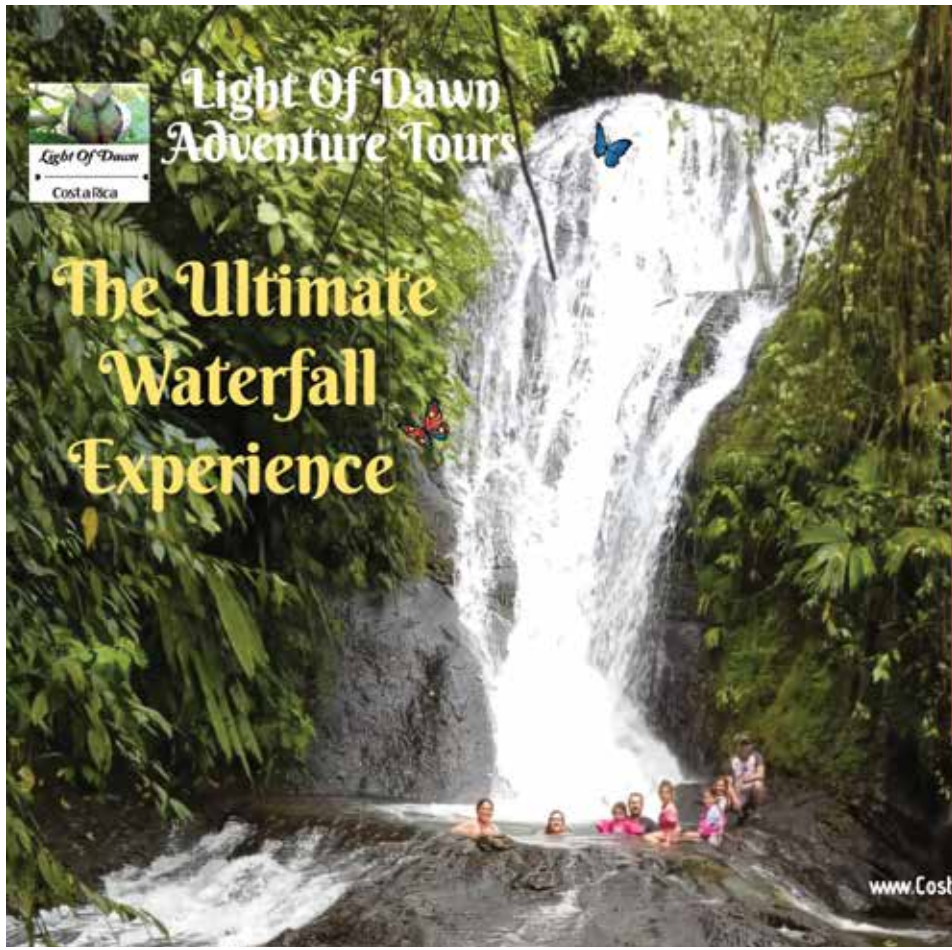
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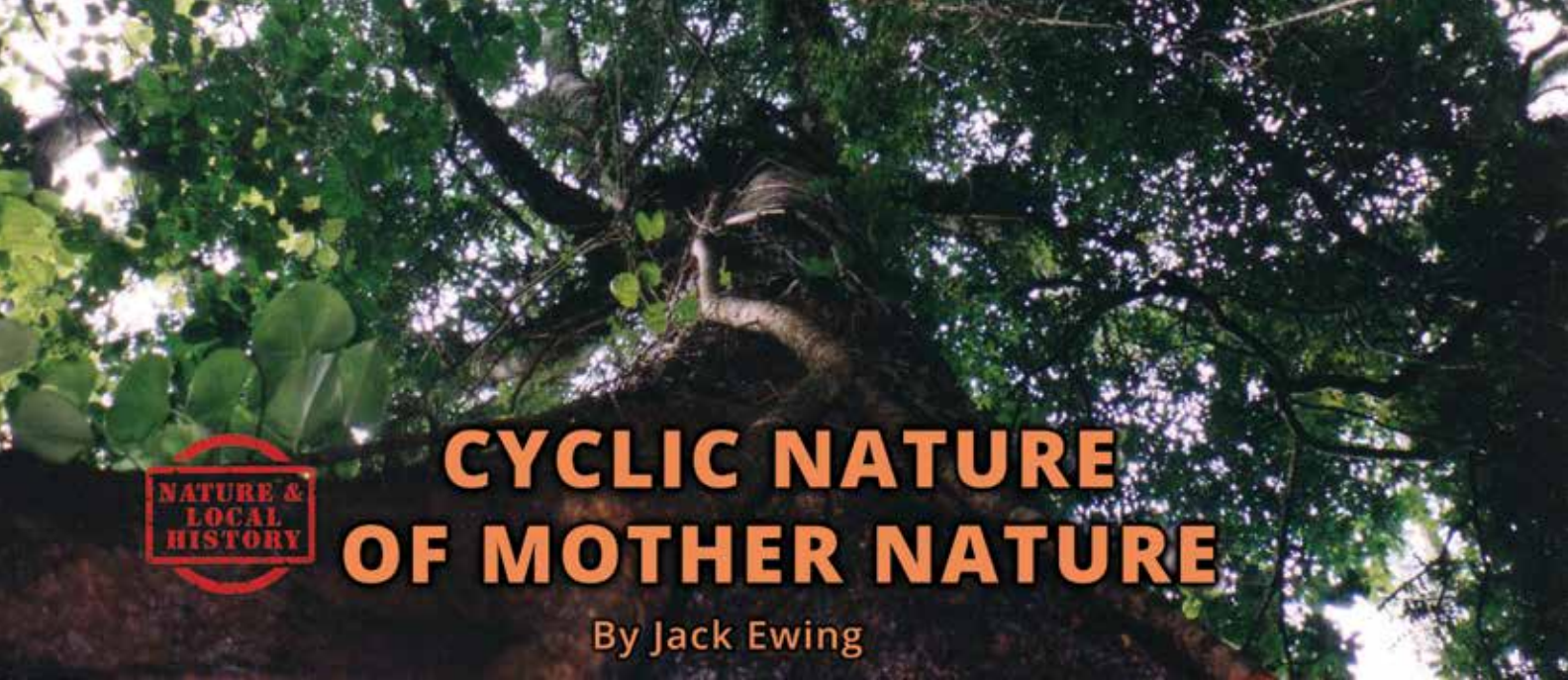
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CYCLIC NATURE OF MOTHER NATURE

By Jack Ewing

Life and Death are a Perpetual Cycle with no Beginning or End

Life has become an integral part of the water cycle as well. Plants take up water molecules and carbon dioxide and combine them, in the Sun-driven process of photosynthesis, to manufacture roots, stems, leaves, and fruit. And when those nutrient rich plant tissues are eaten by animals and broken down by the metabolic miracle of respiration, the waste products, exhaled with every breath we take, are reassembled molecules of carbon dioxide and water.

Robert M. Hazen, The Story of Earth - P 91

Yin and yang is a concept of dualism describing how seemingly opposite or contrary forces – life and death, love and hate, light and dark, female and male, sky and earth – may be complementary, interconnected, and interdependent in the natural world. The concept is a perfect example of nature. When you walk through a tropical forest the amount and diversity of life of all kinds is overwhelming. But if you pay attention to the surroundings, you will find death everywhere, rotting logs on the ground, fallen branches and seeds in a state of decomposition, leaf litter all over the forest floor, perhaps the putrid smell of a decomposing animal body not yet consumed by scavengers. The dead matter is being consumed by innumerable living beings: insects, bacteria, fungi, mold, invertebrates, and the occasional bird or mammal. Everything now living in the forest will eventually die and become food for other living things that will eat, assimilate and break down into the basic building blocks of life, and the cycle goes on. Creation followed by destruction and back to creation, inseparable opposites melded together until they appear as one. Yin and yang.



One morning while walking through the rainforest I was astounded at a sight that met my eyes. I stood and stared at a clearing, half the size of a football field,

that had replaced an old iguano tree and much of the surrounding jungle. The trunk was on the ground. My companion Pedro and I chopped our way through a tangle of branches and vines to get to the trunk which had broken at ground level. The entire circumference of the base was visible. I estimated that the diameter was about three meters, the height of an NBA basketball hoop.



A long narrow fissure, not wide enough for a person to crawl through, penetrated deep into the trunk inviting all sorts of small living beings to crawl inside and explore or take refuge. Watching an oval-shaped scarab beetle with large powerful pincers crawl into the dark crevice, I pondered what was happening. Black ants were exploring every little nook and cranny. These were some of the first arrivals to consume the windfall of decaying vegetable matter. More and different organisms would arrive to claim their share of the fallen giant. Eventually, the entire tree would be eaten, broken down into its basic elements, and recycled back into the ecosystem from which it came. The old tree had begun assembling the building blocks that laid before me, as much as three centuries ago.

Life and death are a continuous cycle, and it would be incorrect to define a starting point, but let's begin the story when the old iguano was a seed in a clearing like the one that surrounded us.



Sunlight poured into the open space warming the moist soil, and the seed germinated, sprouted, and grew as fast as it could, perhaps reaching the height of a tall person, before the larger, taller plants, all fighting for as many of the life-giving rays as they could capture, closed the gap. Now only a fraction of the sunlight falling on the forest canopy filtered down through layer after layer finally reaching the small iguano tree. Photosynthesis dwindled to the point that the young tree entered a semi-dormant state, alive and healthy but with little growth. Years separated the bursts of sunlight, large and small, brought about by nearby tree falls, or perhaps the breaking of a large branch from a neighboring tree. With each such occurrence, the iguano tree utilized the sun's energy and sprinted upward until again the upper levels of the forest closed out the light. It slowly struggled through layer after layer of leafy branches each step bringing it a slightly larger share of the energy-laden rays. Until one day, after a neighboring tree fell to the ground and opened a huge hole in the canopy, our iguano reached its goal and took its place in the direct sunlight among the crowns of other rainforest giants.

After having struggled for one hundred years, or much more, to earn its place among the titans of the rainforest the struggle continued. The crown of the iguano competed and battled with other trees and expanded to fill as much of the open space as it could until the tops of the nearby behemoths closed in around it. The leafy crest now captured a tremendous amount of the sun's energy, which it combined with water and nutrients drawn from the soil to fuel the creation of wood fiber, roots, flowers, fruit, seeds, and leaves. The tree became a haven for other forms of life. Huge bromeliads adorned the limbs and thick lianas dangled down through the foliage below. Every crevice and hollow in the trunk and branches held more lifeforms as did the numerous hiding places within the bodies of the leafy plants hanging on every arm. The curved leaves of a bromeliad captured rain and channeled it to a holding chamber at the base, where small amphibians and reptiles, along with insects of all kinds, found refuge, especially during

the time of year when rain was scarce. Birds used the iguano's limbs and trunk for resting and nesting. Squirrels scampered back and forth, sloths slept, and monkeys played. Another 100 years or more may have passed with the tree thickening its trunk and branches, deepening and expanding its root system, and strengthening its fibers. Still, one day it reached a point where the new tissue being created by the wonder of photosynthesis was not equal to the loss of old tissue through the counter forces that wear away at every living being, and visible deterioration began. The first step may have been a small branch breaking off from a larger one, leaving exposed inner tissue which in a younger tree would have simply closed over to form a scar. But our old giant was losing its resistance, and its defenses were weakening. The wound remained open allowing fungi, mold, burrowing insects, and decomposition bacteria to penetrate and prevent it from sealing. These slowly ate away at the major branch, to which the fallen limb had been attached, until one day, with a resounding "kraaak", it broke, but not completely. The huge branch remained partially attached for a month or two until the weight of all that wood dangling in the breeze ripped away bark and fiber, and it went crashing through vines and lower branches to the forest floor, damaging a superficial root when it landed. Now there were two substantial wounds, one on the trunk where the large branch broke and one on the root where it landed. All the living beings that fed on the dying tree now had two major openings to the inner tissues. The process could have gone on for years, the rainforest giant plunging to the ground piece by piece, or it could have ended in one violent thunderstorm whipping the crown and twisting the trunk until its old, tired wood could no longer withstand the force. One way or another all of those tons of once strong fiber eventually gave way, allowing our old iguano to topple. On its way to the ground, it crashed against neighboring upper canopy trees, taking them with it and dragging others with a tangle of branches, vines, and lianas. An enormous amount of vegetation from the lower layers of the canopy was taken down with the falling mass to the forest floor. This brought to an end the life of a truly magnificent living being, our rainforest giant, but the cycle continued as energy-laden sunlight again reached the ground and stimulated the growth of other plants that would eventually fill the gap. And around and around the cycle persists.

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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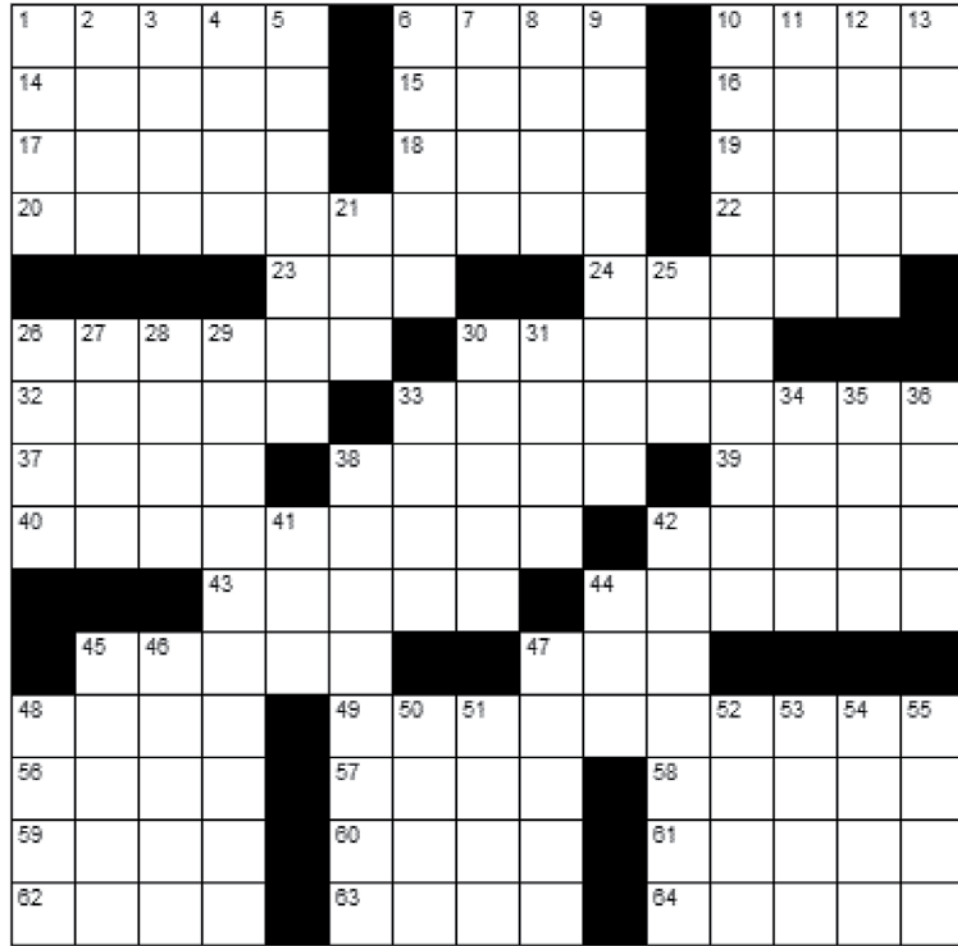
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Crossword Puzzle

ACROSS

- 1. Nosed (out)
- 6. Acquire
- 10. Not this
- 14. Plaster
- 15. Beige
- 16. Cravings
- 17. Manner of speaking
- 18. Store
- 19. Indian music
- 20. Coherent
- 22. Affirm
- 23. G
- 24. Not outer
- 26. Stumblebum
- 30. Unadorned
- 32. Not silently
- 33. Car exhausts
- 37. A noble gas
- 38. Feudal workers
- 39. Grotto
- 40. Exterminate
- 42. Consumer of food
- 43. Foolishness
- 44. Attraction
- 45. Coast
- 47. Beer
- 48. Relating to urine
- 49. Paltry
- 56. Rescue
- 57. Broad valley
- 58. Something to shoot for
- 59. Biblical garden
- 60. Not under
- 61. Exclamation expressive of regret
- 62. Fender blemish
- 63. Lease
- 64. Yields



DOWN

- | | | |
|-------------------------------|------------------|--|
| 1. Sweeping story | 21. Gender | 41. 16 1/2 feet |
| 2. Carpenter's groove | 25. Bite | 42. Melancholy |
| 3. Smile | 26. Alley | 44. Anagram of "Ail" |
| 4. Prima donna problems | 27. Gorse | 45. Rank |
| 5. Part mortal and part deity | 28. Debatable | 46. Energize |
| 6. "Beau ____" | 29. Lavish | 47. Watchful |
| 7. Throb | 30. Celebration | 48. Utilized |
| 8. Press | 31. Vitality | 50. Overhang |
| 9. Wedding ceremony | 33. Blue-green | 51. Secluded valley |
| 10. Despotic | 34. A Maori club | 52. Doing nothing |
| 11. Throw with effort | 35. Always | 53. Tiny sphere |
| 12. Rile | 36. Arid | 54. Shoestring |
| 13. Russian emperor | 38. Magnificence | 55. Large North American deer (plural) |

Crossword Solution on Page 65

My Experience Volunteering at Kids Saving The Rainforest

Laura Camila Pinilla Ocampo
Medica Veterinaria - Colombia



Having the opportunity to volunteer at Kids Saving the Rainforest as a Colombian and veterinarian has been an unimaginable experience that has allowed me to learn about unique and valuable species and ecosystems.

Learning and contributing at the sanctuary about the care of animals that can no longer be released for different reasons has allowed me to really realize how much humanity destroys or can improve.

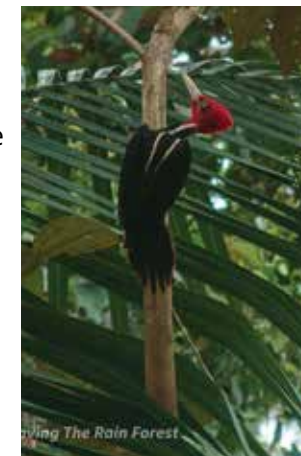


We can intervene in the conservation of fauna species, but we can also affect them if we are not aware of the importance of these species in the ecosystem.

In Costa Rica it is of utmost importance to ensure the conservation of species, since by contributing with more than

5% of the world's biodiversity between fauna and flora, this country plays a key role in environmental sustainability and it is very important to take care of it, because the conservation of ecosystems is not only an environmental issue, but also a necessity for the survival and welfare of humanity. Protecting biodiversity is essential for the health of the planet and to ensure that future generations can enjoy a functional, balanced and sustainable natural environment.

Finally, it only remains for me to mention that, without a doubt, volunteering focused on wildlife conservation is one of the most powerful ways to contribute to the well-being of the planet and its inhabitants, as well as a valuable personal transformation.



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DAY	☀	TIDES FOR QUEPOS			
		1 st TIDE	2 nd TIDE	3 rd TIDE	4 th TIDE
1 Sat	▲ 5:58 am ▼ 5:42 pm	4:27 am 2.9 m ▲	10:43 am 0.2 m ▼	4:52 pm 3.0 m ▲	11:09 pm 0.1 m ▼
2 Sun	▲ 5:58 am ▼ 5:42 pm	5:10 am 2.8 m ▲	11:24 am 0.2 m ▼	5:35 pm 3.0 m ▲	11:54 pm 0.1 m ▼
3 Mon	▲ 5:58 am ▼ 5:43 pm	5:55 am 2.8 m ▲	12:08 pm 0.1 m ▼	6:20 pm 3.0 m ▲	
4 Tue	▲ 5:57 am ▼ 5:43 pm	12:41 am 0.1 m ▼	6:43 am 2.6 m ▲	12:54 pm 0.0 m ▼	7:09 pm 2.9 m ▲
5 Wed	▲ 5:57 am ▼ 5:43 pm	1:33 am 0.1 m ▼	7:35 am 2.5 m ▲	1:44 pm 0.2 m ▼	8:02 pm 2.7 m ▲
6 Thu	▲ 5:57 am ▼ 5:43 pm	2:30 am 0.2 m ▼	8:35 am 2.3 m ▲	2:42 pm 0.3 m ▼	9:04 pm 2.6 m ▲
7 Fri	▲ 5:57 am ▼ 5:44 pm	3:35 am 0.3 m ▼	9:44 am 2.2 m ▲	3:50 pm 0.5 m ▼	10:13 pm 2.4 m ▲
8 Sat	▲ 5:57 am ▼ 5:44 pm	4:49 am 0.4 m ▼	11:00 am 2.1 m ▲	5:07 pm 0.6 m ▼	11:26 pm 2.4 m ▲
9 Sun	▲ 5:57 am ▼ 5:44 pm	6:03 am 0.4 m ▼	12:14 pm 2.2 m ▲	6:23 pm 0.5 m ▼	
10 Mon	▲ 5:56 am ▼ 5:44 pm	12:34 am 2.4 m ▲	7:08 am 0.3 m ▼	1:16 pm 2.3 m ▲	7:28 pm 0.4 m ▼
11 Tue	▲ 5:56 am ▼ 5:45 pm	1:32 am 2.5 m ▲	8:01 am 0.2 m ▼	2:09 pm 2.5 m ▲	8:22 pm 0.3 m ▼
12 Wed	▲ 5:56 am ▼ 5:45 pm	2:22 am 2.6 m ▲	8:47 am 0.1 m ▼	2:54 pm 2.6 m ▲	9:08 pm 0.2 m ▼
13 Thu	▲ 5:56 am ▼ 5:45 pm	3:07 am 2.6 m ▲	9:27 am 0.0 m ▼	3:34 pm 2.7 m ▲	9:48 pm 0.1 m ▼
14 Fri	▲ 5:55 am ▼ 5:45 pm	3:47 am 2.7 m ▲	10:04 am 0.0 m ▼	4:12 pm 2.8 m ▲	10:26 pm 0.1 m ▼
15 Sat	▲ 5:55 am ▼ 5:45 pm	4:25 am 2.7 m ▲	10:39 am 0.0 m ▼	4:47 pm 2.8 m ▲	11:02 pm 0.1 m ▼
16 Sun	▲ 5:55 am ▼ 5:46 pm	5:01 am 2.6 m ▲	11:12 am 0.0 m ▼	5:22 pm 2.7 m ▲	11:38 pm 0.1 m ▼
17 Mon	▲ 5:54 am ▼ 5:46 pm	5:37 am 2.5 m ▲	11:46 am 0.1 m ▼	5:56 pm 2.6 m ▲	
18 Tue	▲ 5:54 am ▼ 5:46 pm	12:14 am 0.2 m ▼	6:14 am 2.4 m ▲	12:19 pm 0.3 m ▼	6:32 pm 2.5 m ▲
19 Wed	▲ 5:54 am ▼ 5:46 pm	12:51 am 0.3 m ▼	6:52 am 2.2 m ▲	12:55 pm 0.4 m ▼	7:10 pm 2.4 m ▲
20 Thu	▲ 5:53 am ▼ 5:46 pm	1:33 am 0.4 m ▼	7:35 am 2.0 m ▲	1:35 pm 0.6 m ▼	7:53 pm 2.3 m ▲
21 Fri	▲ 5:53 am ▼ 5:46 pm	2:21 am 0.5 m ▼	8:27 am 1.9 m ▲	2:24 pm 0.7 m ▼	8:47 pm 2.1 m ▲
22 Sat	▲ 5:53 am ▼ 5:46 pm	3:19 am 0.6 m ▼	9:32 am 1.8 m ▲	3:26 pm 0.8 m ▼	9:53 pm 2.1 m ▲
23 Sun	▲ 5:52 am ▼ 5:47 pm	4:28 am 0.6 m ▼	10:46 am 1.9 m ▲	4:41 pm 0.8 m ▼	11:05 pm 2.1 m ▲
24 Mon	▲ 5:52 am ▼ 5:47 pm	5:37 am 0.6 m ▼	11:54 am 2.0 m ▲	5:54 pm 0.7 m ▼	
25 Tue	▲ 5:52 am ▼ 5:47 pm	12:09 am 2.2 m ▲	6:37 am 0.4 m ▼	12:49 pm 2.2 m ▲	6:56 pm 0.5 m ▼
26 Wed	▲ 5:51 am ▼ 5:47 pm	1:05 am 2.4 m ▲	7:27 am 0.2 m ▼	1:37 pm 2.4 m ▲	7:48 pm 0.3 m ▼
27 Thu	▲ 5:51 am ▼ 5:47 pm	1:53 am 2.6 m ▲	8:12 am 0.0 m ▼	2:21 pm 2.7 m ▲	8:34 pm 0.0 m ▼
28 Fri	▲ 5:50 am ▼ 5:47 pm	2:38 am 2.7 m ▲	8:54 am -0.1 m ▼	3:03 pm 2.9 m ▲	9:19 pm -0.2 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

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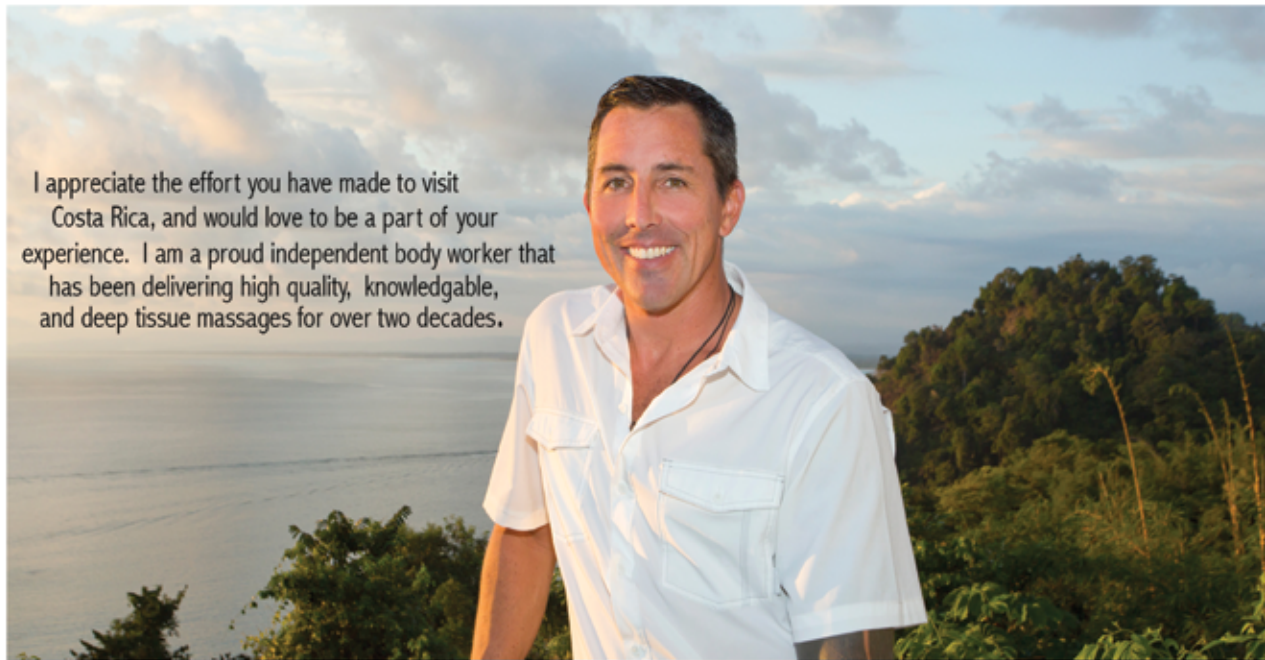
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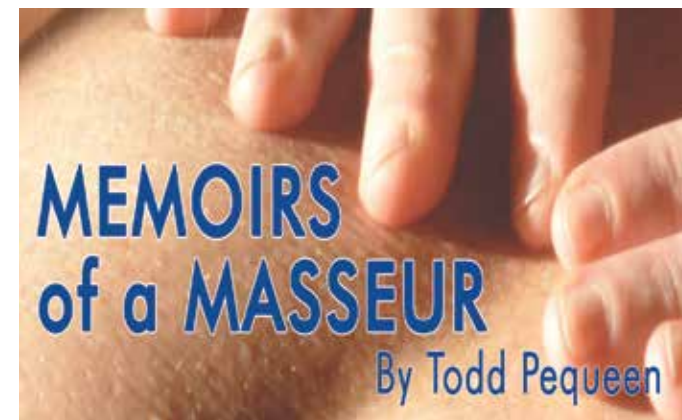
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Liberating

Giving up what doesn't serve us anymore. It sounds simple but it is truly a malady of society. As humans we have a tendency to hold onto things, even those that we know are harmful to us. I believe everyone has an organic compass that announces when the body, mind, or spirit needs some change. It starts subtly, but it is always there. Over time a clear mind can state new intentions but the process which needs to be followed is up to each individual. Why each of us have this ability is a mystery. Some say it is the grace of God; others scientifically believe humans survival for 200,000 years has internally wired us this way. Regardless, when we as individuals take strides to betterment our lives become more fulfilling. A whole soul walks with a lightness to their step, it is observable to others. As a massage therapist who has touched over 15,000 people, I can tell when my clients are holding onto tension. The burden is upon us, there is no one else to blame. I have a Chinese Proverb written on page one of my journal (yes, I still journal) which states: "He who blames others has a long way to go on his journey. He who blames himself is halfway there. He who blames no one has arrived."

No matter what our lives seem to be in the moment small shifts in routine can help us to give up what doesn't serve us. I ran marathons on and off for almost 20 years. There were days when putting on the shoes were literally the hardest part of my training regimen. I can honestly say once I got the wheels moving and I was outdoors seeing the world around me, breathing deep athletic breaths, covering mile after mile, I always thought to myself that the hesitation to run and the excuses were silly. My point being that getting started is often the battle. "Just do it" is a fine reminder from the behemoth sports company



Nike. Right now, you can stand up and do some stretches for example. You can choose to swap out that beer or wine for another beverage. The garden work you have been neglecting can be attacked in 20-minute sections starting at sunrise. The email you must write, the phone call that is long overdue, the kind and compassionate words you meant to say. Now is the time.

Attaining happiness comes in baby steps as we grow wiser. Things that once meant the world to us may be just fond memories now. Giving up what doesn't serve us anymore is an excellent practice into new lights of excitement. Nothing is written in stone, and our own free will must be exercised. Get crazy with yourself and your plans for the year to come, why the hesitation? Be brave and dream big, just get going. If you need help to lose some old habits reach out to friends and family or a professional. Time is passing and there is no time like the precious present. We can free ourselves and recognize the value we possess currently and with this acceptance, we open doors to new experiences, thoughts, and emotions. Having specific notions for how the future will unfold is futile. Let go, unwind, and let's let the natural course of life be our friend.

Todd is a pioneer of the wellness community in Manuel Antonio. He has been massaging for 27 years and is available by appointment in his home studio or at your location. 8830-7727 on WhatsApp or tpequeen@yahoo.com. Todd also owns a new tree-top B@B in the heart of Manuel Antonio for long- or short-term rent. sarahntoninbnb.com.



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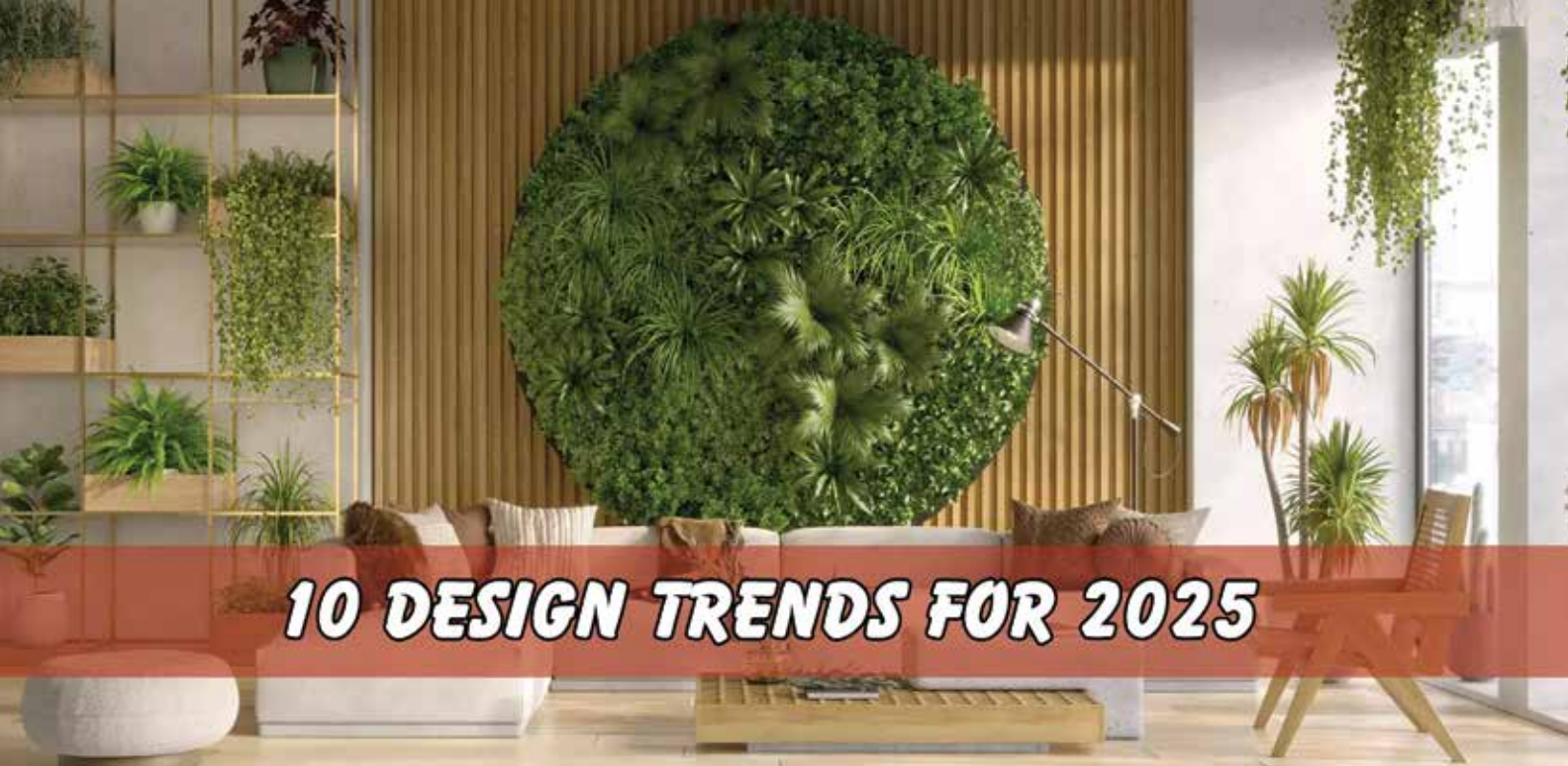


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10 DESIGN TRENDS FOR 2025

Interior design trends for 2025 are shaping up to focus on comfort, sustainability, and the blending of nature with technology. Here's a look at the key trends:



1. Biophilic Design

Nature-inspired interiors continue to dominate. People will increasingly look for ways to integrate natural elements, like plants, natural wood, and stone, into their living spaces. Expect to see indoor gardens, green walls, and natural textures in furniture and finishes.

2. Sustainable Materials

Eco-conscious design will remain a top priority. Expect an emphasis on sustainable materials such as recycled or upcycled items, low-impact production methods, and eco-friendly fabrics. This extends to everything from furniture to wall coverings, flooring, and finishes.

3. Smart Homes with Human-Centered Tech

Technology will become even more seamlessly integrated into homes. Expect more intuitive smart home devices, AI-driven interior design, and energy-efficient solutions that optimize comfort and sustainability without compromising aesthetics.

4. Maximalism with a Personal Touch

While minimalism isn't going anywhere, maximalism will rise. In 2025, people will embrace layered, bold, and eclectic designs that reflect personal stories and preferences, mixing patterns, textures, and colors with intention rather than chaos.

5. Color Palettes Inspired by Earth and Water

Earthy tones—think deep greens, terracotta, ochre, and rich browns—will dominate color schemes. These colors evoke a sense of calm and connection to the natural world. Along with this, watery hues like sea blues and ocean greens will emerge, creating tranquil, spa-like atmospheres in living spaces.



6. Functional Luxury

The idea of luxury will continue to evolve into spaces that are not just beautiful but also functional and comfortable. Furniture and decor will prioritize usability without sacrificing elegance. Think soft, cozy textures like velvet, wool, and leather paired with ergonomic designs.



7. Vintage Revival

While modern and contemporary designs remain relevant, there's an increasing return to vintage and retro styles, especially from the mid-century and '70s. Vintage furniture, art, and lighting are being reinterpreted in new ways, often mixed with modern touches for an updated look.

8. Wellness-Focused Spaces

Homes will become sanctuaries for mental and physical wellness. This includes dedicated spaces for mindfulness and relaxation, such as meditation rooms or yoga studios, as well as the use of air-purifying plants, non-toxic materials, and soothing lighting to improve overall well-being.



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9. Curves and Organic Shapes

Sharp lines and angles will give way to softer, more organic forms. Expect furniture with rounded edges, curvaceous walls, and undulating patterns. This trend is meant to create a more inviting, comfortable, and fluid atmosphere in the home.



10. Multi-Use Spaces and Adaptability

With changing work and lifestyle habits, spaces that can easily transform for different uses will gain popularity. Flexible furniture, foldable walls, and convertible areas that can be used for work, entertainment, or relaxation will be key.

These trends reflect a growing desire for interiors that offer comfort, sustainability, and a deeper connection to nature and technology in meaningful ways.



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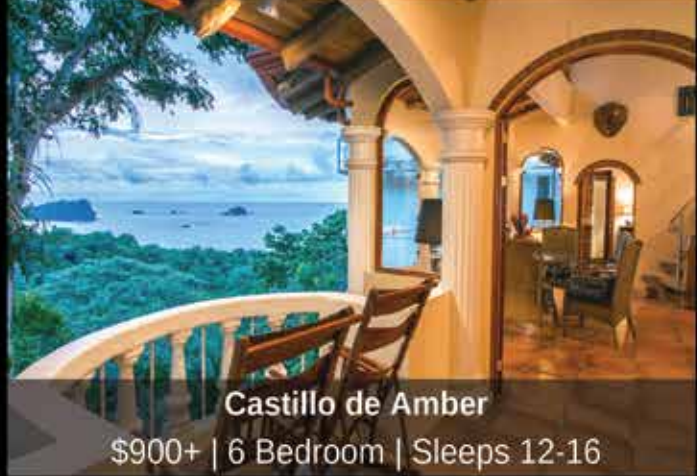
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Sundays 5 pm, Rio de Gracia Church, Hatillo, Quepos

CONTACT

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A Spanish teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. "House" for instance, is feminine: "la casa." "Pencil," however, is masculine: "el lapiz."

A student asked, "What gender is 'computer'?"

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether "computer" should be a masculine or a feminine noun.

Each group was asked to give four reasons for its recommendation.

The men's group decided that "computer" should definitely be of the feminine gender ("la computadora"), because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The women's group, however, concluded that computers should be Masculine ("el computador"), because:

1. In order to do anything with them, you have to turn them on;
2. They have a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won.

Top 10 Old Folks' Party Games

10. Musical Recliners
9. Spin the Bottle of Mylanta
8. Hide and Go Pee
7. Simon Says Something Incoherent
6. Doc, Doc Goose
5. Red Rover, Red Rover, the Nurse Says Bend Over
4. Kick the Bucket
3. 20 Questions Shouted into your Good Ear
2. Pin the Toupee on the Bald Guy
1. Sag, You're It!

I don't usually pass on news like this. I know how busy you all are but sometimes we have to pause and truly remember what life is about...so pass on this sad, sad news. . . There was a great loss today in the entertainment world. The man who wrote the song "Hokey Pokey" died. What was really horrible is that they had trouble keeping the body in the casket.

They'd put his left leg in and.. .well, you know the rest...

The only time the word incorrectly isn't spelled incorrectly is when it's spelled incorrectly.

Cows kill more people every year than sharks do.

The color orange was named after the fruit.

There is a city in Alaska named Unalaska.

There are more trees on Earth than there are stars in the Milky Way. The number of trees on our planet is estimated to be about 3 trillion, while the number of stars in the Milky Way is estimated to be around 100 billion.



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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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- 07 Sunset Restaurant
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- 12 Miguelito's
- 14 Ronny's Place
- 15 Coffee Stop
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Fri Sat DJed Pool Party

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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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fb/chilebus.quepos
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elaradorestante.com
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8455-0920
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Fri 6:30-9pm - Jordan Tolentino

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Thurs 7-10pm

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php?id=100069923671965
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Only 3 percent of the Earth's water is freshwater, and less than 1 percent is safe for drinking. Conserving this natural resource is essential not only for the health of humans, animals, and plants, but it's also beneficial for the environment reducing water usage saves energy and reduces greenhouse gas emissions needed to clean that water. Easy ways to conserve water at home include turning off the faucet while brushing your teeth or washing dishes, taking shorter showers, and watering your garden with a watering can instead of a hose.

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

Sudoku on Page 36

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

Crossword on Page 44


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A Bird's Eye View Great Kiskadee



The adult Great Kiskadee (*Pitangus sulphuratus*) is one of the largest of the tyrant flycatchers. It is 25 to 28 cm (9.8 to 11.0 in) in length and weighs 53 to 71.5 g (1.87 to 2.52 oz). The head is black with a strong white supercilium and a concealed yellow crown stripe. The upperparts are brown, and the wings and tail are brown with usually strong rufous fringes. The bill is short, thick, and black in color. The similar boat-billed flycatcher has a more massive black bill, an olive-brown back, and very little rufous in the tail and wings. A few other tyrant flycatchers — the social flycatcher for example — share a similar color pattern, but these species are markedly smaller.



The call is an exuberant BEE-tee-WEE, and the bird has an onomatopoeic name in different languages and countries: In Brazil its popular name is bem-te-vi ("I saw you well") and in Spanish-speaking countries it is often bien-te-veo ("I see you well") and sometimes shortened to benteveo.



The Great Kiskadee is a common, noisy, and conspicuous bird. It is almost omnivorous and hunts like a shrike or flycatcher, waiting on an open perch high in a tree to sally out and catch insects in flight or to pounce upon rodents and similar small vertebrates. It will also take prey (such as small snakes, lizards, frogs, perched insects, spiders, millipedes and land snails) and occasionally dives for freshwater snails, fish or tadpoles in shallow water, making it one of the few fishing passerines. It also visits feeding stations to eat bread, dog food, bananas and peanut butter/seed mixture. Kiskadees like to hunt on their own or in pairs, and though they might be expected to make good use of prey flushed too large for the smaller birds of the understory, they do not seem to join mixed-species feeding flocks very often. When they do, they hunt in the familiar manner. Such opportunistic feeding behavior makes it one of the most common birds in urban areas around Latin America; its flashy belly and its shrill call make it one of the most conspicuous.



Great kiskadees are monogamous and defend a territory. Both sexes build a large domed nest that has a side entrance. It is chiefly composed of grasses and small twigs but can also incorporate lichen, string, and plastic. The birds will steal material from other nests. The nest is placed in a wide range of sites, often in an exposed position high up in a tree or on man-made structures. The clutch is 3 to 4 eggs. These are moderately glossy, light yellowish cream in colour with purplish black and purplish brown spots. Only the female incubates the eggs; the male guards the nest while she leaves the nest to feed. The eggs hatch after 16–17 days. The chicks are fed by both parents and fledge after 17–18 days.

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

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

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



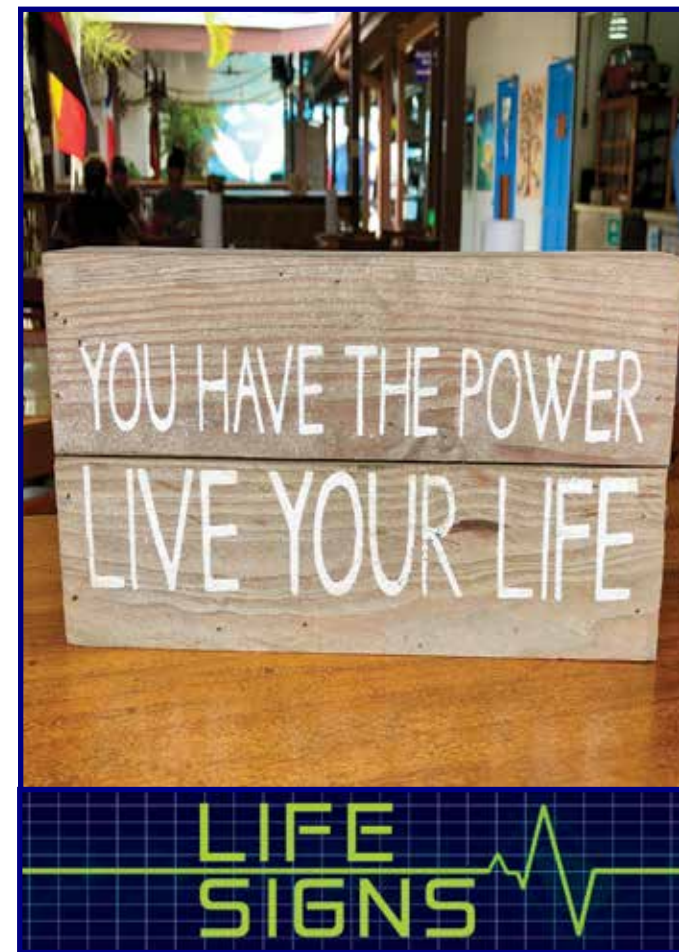
Here's why you should not feed our wildlife:

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

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

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

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



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.

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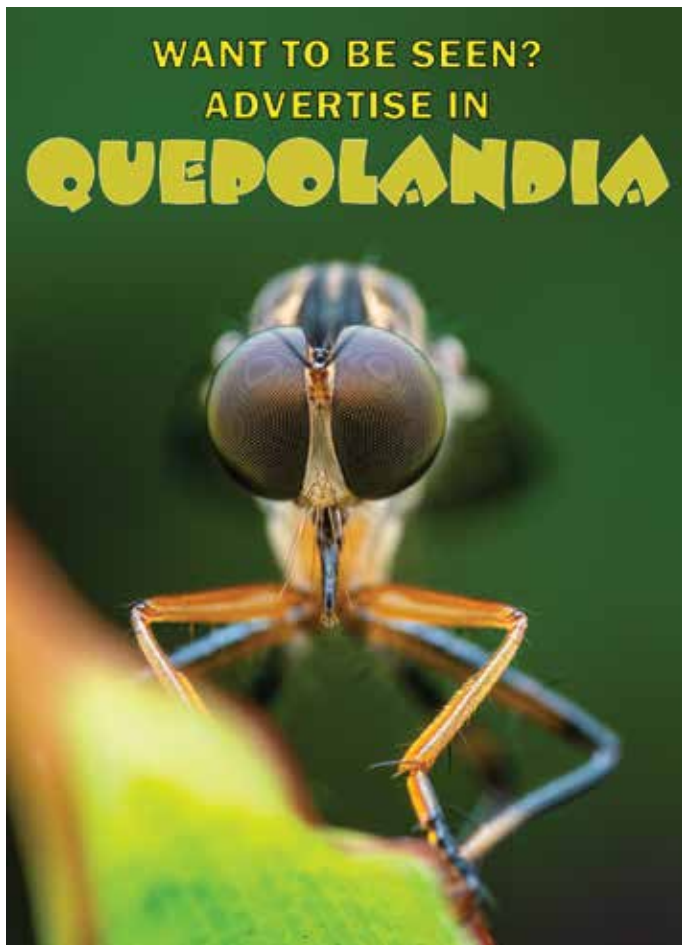

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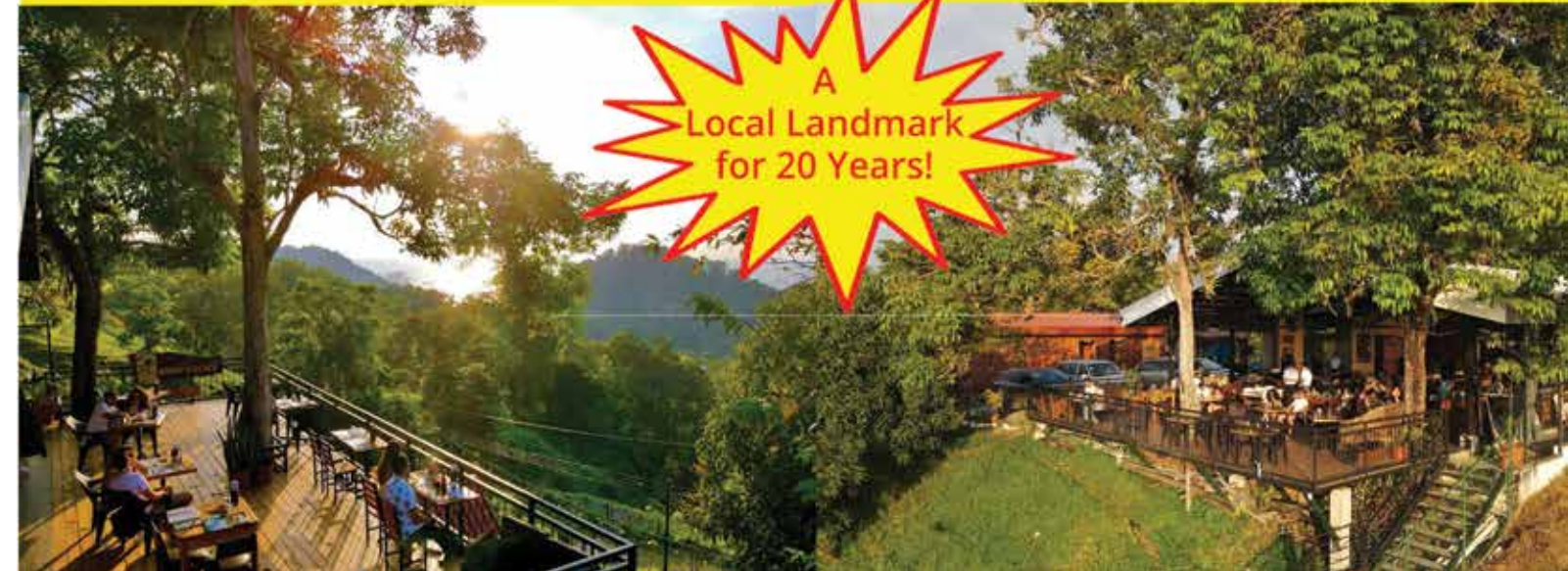
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SINCE 1998

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
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Menu Price list Services



Menu Download



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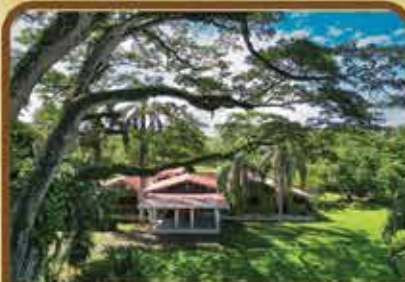
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\$395,000



River House 5BDR, Dominical

5 Bedrooms
2.5 Bathrooms
Built in 2019

\$595,000

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

Ron Neal
8366-1759
ron@hiddenbayrealty.cr

Office
2774-0212
info@hiddenbayrealty.cr

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