



Costambar Monthly

**August
2024
FREE**



ESTABLISHED 2002

HAPPENINGS

Los Tres Cocos in Las Rocas invites you to try something different. Call 809-993-4503 for more information. Also, check out their Facebook page.

Big Lee's Beach Bar on the Malecon is open every day from 10am to 9pm. Plenty of time to enjoy their burgers, hot dogs and fish & chips! They recently added chicken breast strips to their menu! The only 5-star restaurant on the Malecon!

Sam's at Loase is closed for the season but Loase Aparthotel is still open for rentals. Follow them on Facebook for pop-up summer events.

TK Bistro in Luperon is open Tuesday to Friday 12-9pm and Saturday 10-3 for breakfast and brunch. Trivia on Aug 14 & 28 and a Flea Market on Aug 10 & 24

DATES TO REMEMBER

Aug 16 - Restoration Day (DR)



FIND A COPY OF CM AT...

COSTAMBAR

Jenny's Market

Loase

Seahorse Gym

PUERTO PLATA

Big Lee's Beach Bar

Tropico Dental Clinic

LAS ROCAS

Los Tres Cocos

COFRESI

Ocean World Marina

LUPERON

TK Bistro

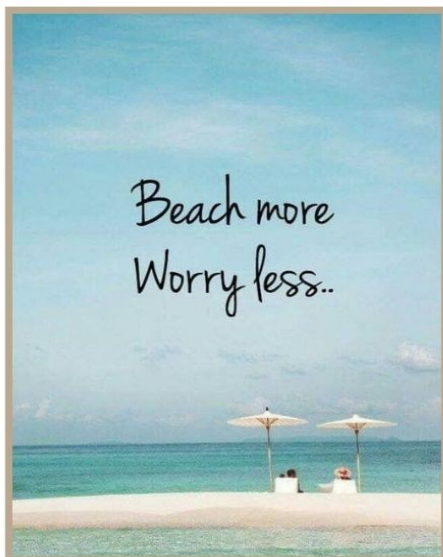
**AUG
19**

The name Sturgeon Moon comes from the giant lake sturgeon of the Great Lakes and Lake Champlain; this native freshwater fish was readily caught during this part of summer and an important food staple for Native Americans who lived in the region. At one time the lake sturgeon was quite abundant in late summer, though they are rarer today.



CRUISE SHIP SCHEDULE

You can find the full monthly schedule for both ports at the following website:
<https://www.cruisemapper.com/ports/puerto-plata-amber-cove-port-1936?tab=schedule>



**SUPPORT OUR ADVERTISERS!
THEY MAKE
COSTAMBAR MONTHLY
POSSIBLE!**

Los Tres Cocos
RESTAURANT
INTERNATIONAL GOURMET
CUISINE
&
AUSTRIAN SPECIALTIES

Tel.(809) 970-7627
Cel.(809) 993-4503
Las Rocas Cofresi,
Martes Cerrado



Pretty sure I only need one more bad decision and I'll have the whole set.

BIG LEE'S Beach Bar

Open Daily at 10am - 9pm

**OPEN 13 YEARS!!
ALWAYS RATED 5-STARS
FOR FOOD, SERVICE,
HOSPITALITY &
LOW PRICES!
WE RECENTLY
RECEIVED OUT 1,000TH
5-STAR REVIEW
COME ON DOWN TO THE
MALECON & ENJOY A
BEAUTIFUL AFTERNOON!**

TK BISTRO
Luperon

TUES-FRI 12-9
SAT 9-3
FOR BREAKFAST
& BRUNCH
829-709-4024

**Beer, Cocktails, and International Cuisine
Daily Specials from Around the Globe
Asian, American, European
Motorcycle Storage Available**

**Aug 14 & 28 - Trivia
Aug 10 & 24 - Flea Market**



What cows see
when I drive past them

Jenny's Supermarket

OPEN DAILY (INCLUDING HOLIDAYS)

Mon-Sat 8am-10pm Sundays 8am-8pm

Everything you need from snacks to supper!

Delivery Service Available!

Calle Principal, Costambar (just inside the gate)

809-970-3028



JOURNEY
International **CHURCH**
est. 2018

José Nuñez de Cáceres #20 Cafemba, Puerto Plata
(outside Costambar's Los Mango's Gate)

Worship Every SUNDAY

10:00 am

Multicultural, Evangelical, bilingual,
CHRISTIAN CHURCH

WORSHIP services in **ENGLISH** and **Spanish**

[Our Focus - Relationships not Religion](#)

- Solid Biblical Preaching
- English & Spanish Worship Songs
- Casual, come as you are atmosphere
- Children's church
- Air Conditioned

email: PastorBruce@journeyinternationalchurch.org

Journeyinternationalchurch.org

**These days, I get
most of my exercise**



**from shaking my
head in disbelief.**

Just heard someone turn down
after-work plans because they
have an avocado at home
that's about to go bad.



APARTA HOTEL

Costambar, Dominican Republic

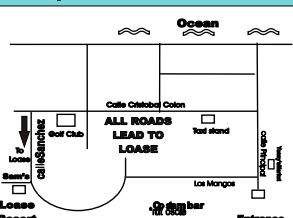
www.loase.com Joiovco@aol.com

809-970-7861 809-837-6845

**ROOMS & APARTMENTS FOR RENT
ON A DAILY, WEEKLY OR
MONTHLY BASIS.**

809-970-7861/809-837-6845

Racquetball
Handball
Pickleball
Billiards
Pool
Big Screen for
Sports Events
And More



Sam's Cafe

At Loase

**SAM'S IS
CLOSED FOR
THE SEASON**

We want to thank everyone
for another great season!
Enjoy the summer and we'll
see you in the fall!

Loase aparta hotel is open
year round for individuals
and groups.

We will have special events.
Like us on Facebook at
Sam's Bar & Grill if you
wish to be aware of
upcoming events.

**A hacker called me
and said he had all
my passwords, I got
a pen and paper and
said 'Thank God for
that, what are they'**

**Last year I joined a
support group for
antisocial people.
We haven't met yet.**

GETTING OLD

#1 I very quietly confided to my best friend that I was having an affair.

She turned to me and asked, "Are you having it catered?"

And that, my friend, is the sad definition of "OLD"!

#2 Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?"

"98," she replied: "Two years older than me"

"So you're 96," the undertaker commented.

She responded, "Hardly worth going home, is it?"

#3 Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked.

She simply replied, "No peer pressure."

#4 I've sure gotten old! I have outlived my feet and my teeth, I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes

I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

#5 I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors.

I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

#6 An elderly woman decided to prepare her will and told her preacher she had two final requests.

First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart.

"Wal-Mart?" the preacher exclaimed.

"Why Wal-Mart?"

"Then I'll be sure my daughters visit me twice a week"

#7 My memory's not as sharp as it used to be.

Also, my memory's not as sharp as it used to be.

#8 Know how to prevent sagging? Just eat till the wrinkles fill out.

#9 It's scary when you start making the same noises as your coffee maker.

#10 These days about half the stuff in my shopping cart says, 'For fast relief.'

#11 THE SENILITY PRAYER :

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Find peace! In paradise!

Costambar Christian Fellowship

Calle Anacaona (follow the signs)

Every Sunday

10:00 am

English and Spanish service

Coffee, tea, and snack

All welcome! Come as you are!

For more information find us on Facebook-
Costambar Christian Fellowship or email Melinda at

melindapball@hotmail.com



Ton Plokkaar

The best massage in town!

PROFESSIONAL MASSAGE

- Therapeutic Massage
- Sport Massage
- Deep Tissue Massage
- Point Massage
- Massage/Drainage
- Relaxation Massage
- Laser Therapy
- Pain Management

Home And Hotel Visits

Tel: 829 549 9516

Email: plokkie@hotmail.com



WhatsApp

Ton Plokkaar is certified and
member of VOMAS:
No. 12721007



I'll be back to work
September 1st!



We speak English, German and Spanish
and have our own dental laboratory.

WhatsApp and local Phone number: 809 586 9245

We are right behind the fire station on the Malecon beside the park.
Opposite to the Centro Sanitario. You can find us also on Google Maps.
Street name: Emilio Prud Homme, esq. Sanchez Puerto Plata
We cater for all your dental needs.



**My parents' dog is on a diet
This is how he greets me now**



CRUISE

7 night Caribbean cruise

5 islands

Inside cabins less than

US\$550 per passenger

Does NOT include drinks package

BOOK NOW! DO NOT MISS THE BOAT!

**CONTACT COLIN FOR
MORE DETAILS!**

Call/Whatsapp
809-449-1819
drcigarman@yahoo.com

HOMEWORK ROOM & EDUCATIONAL REINFORCEMENT

Hours:

Monday to Thursday
8:30am to 3:30pm

Ages: 4 to 7 years

Classes are in Spanish only

Services We Offer

★ Dyslexia (Difficulty in learning to read and write)

★ Dysgraphia (Difficulty in writing skills)

★ Read Writing

★ Mathematical Logic

★ Fine Motor Skills

★ Literacy

★ Cognitive Development

For more information:

Tel/Whatsapp: 849-517-1771
Costambar, Calle El Penon #12
(corner Batoruco)

Niwrka

Bachelor's Degree in Literature (Education)
University O&M

Master in early education (University UAPA)



Note to Self:

**Do not sit on the floor
without a plan on how to
get back up.**

THE RAINY DAY PAGE

SOLUTIONS ON PAGE 10

SUDOKU PUZZLES

Fill in the missing numbers so every row, column and quadrant contains the number 1 through 9.

EASY

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

MEDIUM

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

BREAKFAST

Find and circle all of the words that are hidden in the grid.

The remaining letters spell a hidden message

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

BACON

BAGELS

BISCUITS

BREAD

CEREAL

COFFEE

CROISSANTS

DOUGHNUTS

EGGS

FRUIT

GRANOLA

HAM

HASH BROWNS

HONEY

HOT CHOCOLATE

JAM

JELLY

MARMALADE

MILK

MUFFINS

OATMEAL

OMELETS

PANCAKES

PORRIDGE

ROLLS

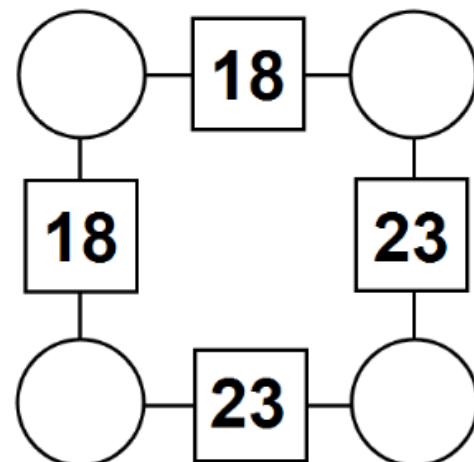
SAUSAGES

TEA

TOAST

WAFFLES

YOGURT



The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. For example, if the number in the square box was 10 you could try 6 and 4, but the numbers must also add up on the other edges, making this more difficult than it first appears.



USEFUL NUMBERS

Police Office	809-320-8510
Police Car	809-320-8840
APC Office	809-970-7877
APC Gate Security	809-970-7015
Codetel	809-220-1111
Edenorte - emergency	809-261-1844
Edenorte - office	809-586-9823
Costambar Taxi Stand	809-970-7318
CONSULATES	
Canada	809-586-5761
Britain	809-586-4244
U.S.A.	809-586-4204
German	809-542-8949
Italian	809-320-7601
HOSPITALS/CLINICS	
Clinica Bournigal	809-586-2342
Clinica Brugal	809-586-2519
Los Tropicos Pharmacy	809-970-7607

TRAVEL INFO

OVERSTAY FEES

Calculation for Stay Payment

Duration of stay	Current rate
30 días a 90 días	RD\$ 3,500.00
3 a 9 meses	RD\$ 5,600.00
9 a 12 meses	RD\$ 7,000.00
12 a 18 meses	RD\$ 9,100.00
18 a 24 meses	RD\$ 11,200.00
24 a 30 meses	RD\$ 13,300.00
30 a 36 meses	RD\$ 15,400.00
36 a 48 meses	RD\$ 22,400.00
48 a 60 meses	RD\$ 28,000.00
6 años	RD\$ 42,000.00
7 años	RD\$ 56,000.00
8 años	RD\$ 70,000.00
9 años	RD\$ 84,000.00
10 años	RD\$ 98,000.00

Note: From ten (10) years, each year or fraction, will increase RD \$ 7,000.00. This payment is not an extension that authorizes the foreigner to remain in the country

Digital Entry & Departure Forms

<https://eticket.migracion.gob.do/>

CLASSIFIED ADS

FOR SALE

Generator 4500w 110/220V Brand new.

Only 25,000 pesos o.b.o.

Call/Whatsapp Chip 809-360-7898

FOR SALE

2001 Toyota Highlander SUV , 3.0 motor, automatic, dual fuel, A/C, power locks, Stereo touch radio with backup camera, Runs great, needs work on the bumpers. 809-448-4226 (Whatsapp) no voice calls (English only) only text. Matricula in my name, Located in Puerto Plata, asking \$390,000 pesos, or best offer



COSTAMBAR MONTHLY

RATE CARD
NOVEMBER 2015

SIZE	APPROX. SIZE	PRICE/MONTH
FULL PAGE – BACK	8"X10"	RD\$4200
FULL PAGE – INTERIOR	8"X10"	RD\$3700
1/2 PAGE	8"X5" OR 4"X10"	RD\$2100
1/4 PAGE	4"X5"	RD\$1150
1/8 PAGE	4"X2.5"	RD\$650
BUSINESS CARD AD	4"X2"	RD\$520
CUSTOM SIZE/SHAPE ADS		Contact Us for a Quote

CONTACT US AT:

WEBSITE www.costambarmonthly.com

EMAIL costambarmonthly@gmail.com

WHATSAPP 849-229-1818

I'm fairly certain
that the person
who put the first r
in February
also decided
how to spell
Wednesday.

INSURANCE

Health Insurance Plans
Available for terms as short as 3
months No medical required

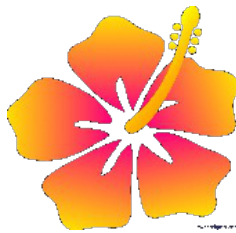
Call/WhatsApp
Colin 809-449-1819 or
Email drcigarman@yahoo.com
For more information

**I lost my job at the
bank on my very first
day! A lady ask me to
check her balance so I
pushed her over ...**

**DON'T WATCH
WHAT THEY WANT
YOU TO WATCH
ON YOUR TV.
WATCH WHAT YOU
WANT TO WATCH.
NO CABLES
JUST WIFI.**

Thousands of TV
channels & movies
available to watch
any time you want.
Watch all the most
popular TV series as
well as live sports &
documentaries.
Available worldwide
for most devises.
Whatsapp me for
more details

Colin
809-449-1819



**People in glass
houses shouldn't
throw orgies.**

**I'm confused
how a
cemetery can
raise its funeral
prices and
blame it on the
cost of living**



**My generation was
expected to climb a
30 foot rope with a
life saving 2 inch
thick mat below.**

**Why must I prove
that I am me to pay my
bills over the phone?
Do strangers call to
pay my Bills? And if
they do, why don't
you let them?**

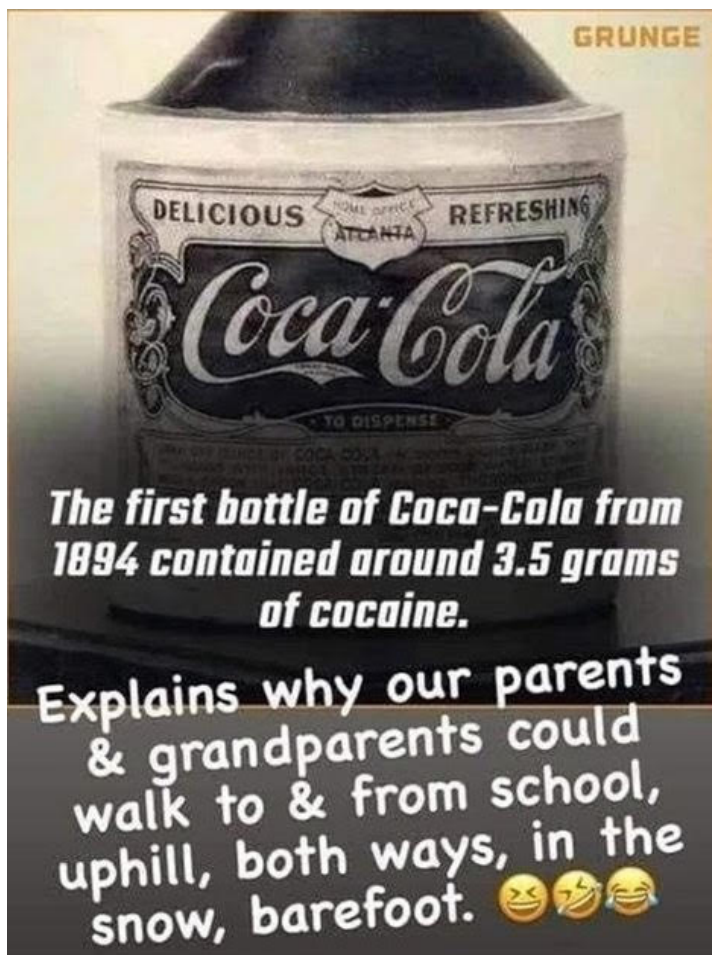


Before the internet
These people would take your order, write
down an address and deliver a pizza to your
home in less than 30 minutes by using a
paper map like some sort of mystical land
pirate.



**My brother took going
to jail really badly.
He refused food, drinks.
He spat and swore at
anyone who came near him
and started throwing things
everywhere.**

**After that we NEVER
played monopoly again.**



SOLAR PANELS FOR YOUR HOME

The Way To Go
550 watt panels
Now available in Costambar

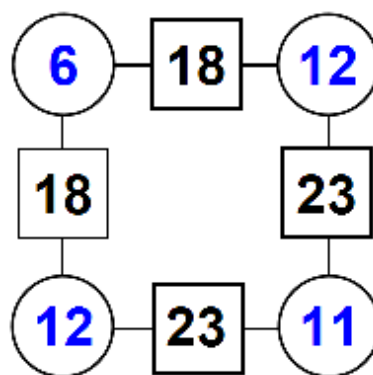
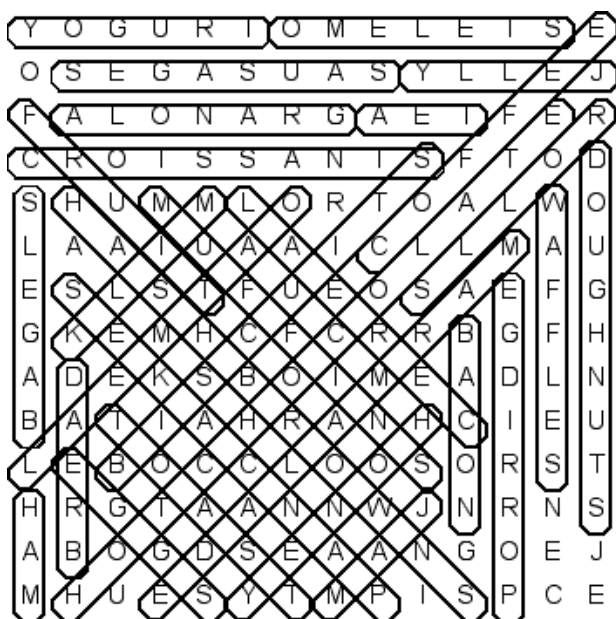
You don't need to spend a lot to make
your life in paradise more pleasant
during power cuts

Whatsapp Colin
809-449-1819

www.costambarmonthly.com

costambarmonthly@gmail.com

SOLUTIONS TO PUZZLES ON PAGE 7



EASY

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

MEDIUM

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

HIDDEN MESSAGE ORANGE JUICE



BOATING NEEDS

ATTENTION BOATERS!

Solar Panels & Controllers
Batteries
Marine Ropes & Halyards
Anchor Line & Chain



**3/8 DOUBLE BRAID
WHITE
RD\$40 A FOOT**

**1/2 INCH BLACK
60 PESOS A FOOT**

**LIMITED SUPPLY OF RARE
WAVYLINE PUBLISHING CHARTS
RD\$1500**

NOW IN STOCK!



Solar lights
ideal for
mounting on
Outboard engine,
boat decks etc
"Be seen!"

**FOR MORE DETAILS
AND TO PLACE AN
ORDER**

BOATER'S SPECIAL

Health Insurance Plans
Available for terms as short as 3 months

Call/WhatsApp Alison 829-805-5196
Or Colin 809-449-1819 or
Email drcigarman@yahoo.com
For more information

SOLAR PANELS IN STOCK

BATTERIES

- **Lithium**
- **Deep cycle AGM 12v**
- **Trojan 6v red and black**
- **Starter batteries**



**Delivered
To Luperon
& Ocean
World**

Call/Whatsapp
Alison 829-805-5196
Colin 809-449-1819
Email drcigarman@yahoo.com



Ocean View Condominiums

65 Guayacannes, Costambar

809-970-7197

809-693-3059

USA 218-348-3050

jackflor@aol.com

seahorsecondos.com

WHY RENT OR BUY ANYWHERE ELSE ?
RENTS \$500-\$1500 PER MONTH
STUDIO TO 3 BEDROOMS
FOR SALE \$99,000 - \$169,000
1-3 BEDROOMS

**STOP IN TO
SEE US!
OR CALL US!
OR EMAIL US!**

- **Best Views**
- **Best Breezes**
- **Best Management**
- **Best Quiet Area**
- **Best Full Time Staff And Manager**
- **Security Guard / Camera Systems**
- **New Water Filtration System Potable Water**
- **Hi Speed Internet Over 100mg and a Back Up Starlink System**
- **Great Gym And Billiard Area On Site**
- **Large Pool And Jaccuzzi**
- **Large Public Balconies For Gatherings**
- **Lots Of Secure Parking**
- **Back Up Power Plant Cummings Diesel**
- **Very Clean And Well-Maintained**

CONDOS FOR SALE AND LONG & SHORT TERM RENT

- 24 backup power plant
 - well water
- Starlink hi speed internet
- 24 hours staff, onsite full-time manager, night security guard
 - very large pool
- High security walls and well lit at night
- Fantastic ocean breezes, highest point in Costambar, great views of mountain & ocean

SEAHORSE BILLIARDS

**3 NEW TABLES
RD\$1500/MONTH
MEMBERSHIP**

**WHEN YOU HAVE SEEN THE REST -
STAY AT THE BEST**

SEAHORSE GYM

**Free weights and machines, New rowing machine,
5 aerobic, bikes, elliptical, treadmills
Best equipped gym in Costambar!
RD\$1000/month - 3 month membership**

**JUST
INSTALLED
Filtered
drinking water**