

# CM

Costambar Monthly

**August  
2025  
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 daily from 10am to 8pm. Plenty of time to enjoy their burgers, chicken breast strips, hot dogs and fish & chips! The only 5-star restaurant on the Malecon!

**Renee's Beach Cafe** serves great coffee Monday to Friday from 8:30am to 3pm. Full Canadian Breakfast for \$450! Donair, subs, clubhouse sandwiches and more. Margaritas also available!

**TK Bistro** in Luperon is open Tuesday to Friday 12-9pm and Saturday 10-3 for breakfast and brunch. Ask them about their Trivia Nights and Flea Markets.

## DATES TO REMEMBER

**Aug 16** - Restoration Day (DR)



## FIND A COPY OF CM AT

**COSTAMBAR**

Jenny's Market

**PUERTO PLATA**

Big Lee's Beach Bar

Tropico Dental Clinic

**LAS ROCAS**

Los Tres Cocos

**COFRESI**

Ocean World Marina

**LUPERON**

TK Bistro

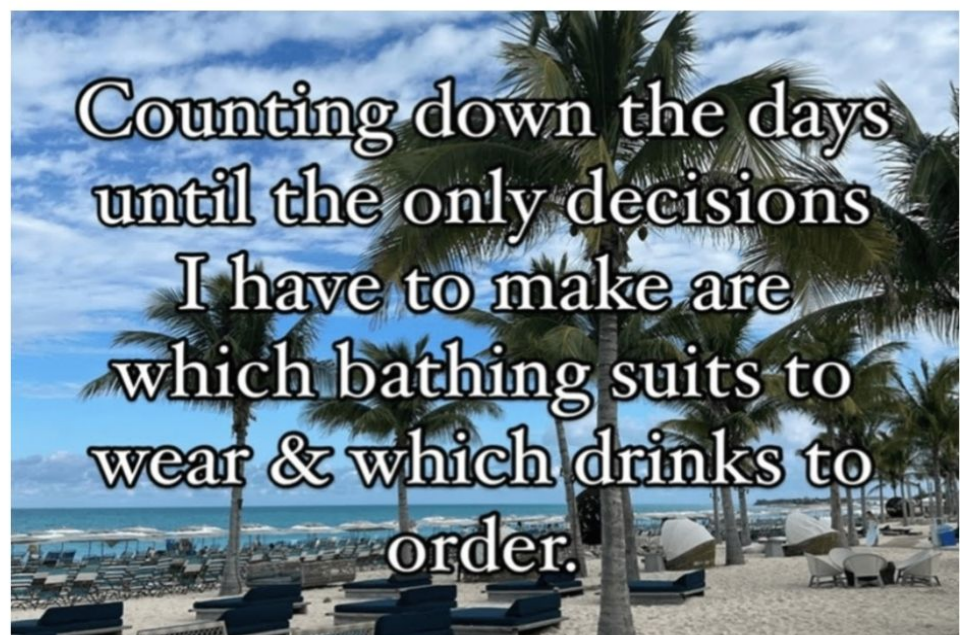
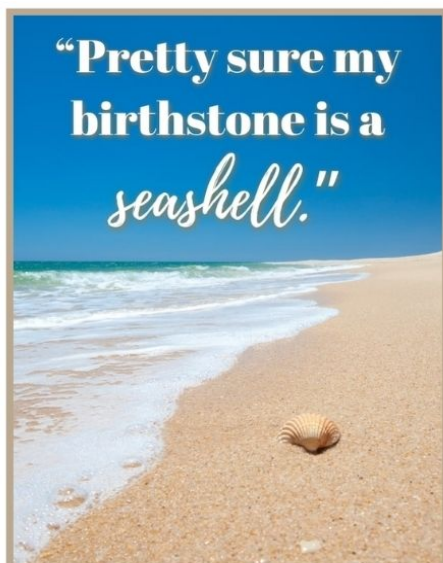
# AUG 9

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

Like I was saying, the circus is just one of my careers. The real money comes from frosted flakes



I woke up at 3 am with a leg cramp, then I sneezed and threw my back out! I'm one fart away from being paralyzed.

# **BIG LEE'S Beach Bar**

Open Daily at 10am - 8pm

**WE ARE CELEBRATING  
OUR 14<sup>TH</sup> ANNIVERSARY  
IN SEPTEMBER!!  
WE WANT TO THANK ALL  
OUR CUSTOMERS FOR  
THEIR BUSINESS &  
GREAT REVIEWS!**

Bar Open 10am-8pm  
(or later)

Kitchen Open 10am-6pm

**Check out our website  
[www.bigleesbeachbar.com](http://www.bigleesbeachbar.com)**

## **TWELVE COMMANDMENTS FOR SENIORS**

- #1 - Talk to yourself. There are times you need expert advice.
  - #2 - "In Style" are the clothes that still fit.
  - #3 - You don't need anger management. You need people to stop pissing you off.
  - #4 - Your people skills are just fine. It's your tolerance for idiots that needs work.
  - #5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
  - #6 - "On time" is when you get there.
  - #7 - Even duct tape can't fix stupid, but it sure does muffle the sound.
  - #8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?
  - #9 - Lately, you've noticed people your age are so much older than you.
  - #10 - Growing old should have taken longer.
  - #11 - Aging has slowed you down, but it hasn't shut you up.
  - #12 - You still haven't learned to act your age and hope you never will.
- ... And one more:  
"One for the road" means peeing before you leave the house.

## Renee's Beach Cafe

Caseta #8, Malecon, Puerto Plata

**OPEN MONDAY TO FRIDAY  
8:30AM TO 3PM**



ALL DAY BREAKFAST & ANYTIME LUNCH  
WE'VE ADDED DAIQUIRIES TO OUR MENU!  
SAME FAN FAVOURITES WITH AN  
EXPANDED MENU  
DONAIR! CLUBHOUSE! SUBWAY SUBS!  
FULL CANADIAN BREAKFAST \$450!

putting a hot frying pan into a sink  
running with cold water makes me  
feel like a blacksmith



People who ask  
me what I'm  
doing tomorrow  
probably assume  
that I even know  
what day of the  
week it is.

## TK BISTRO *Luperon*

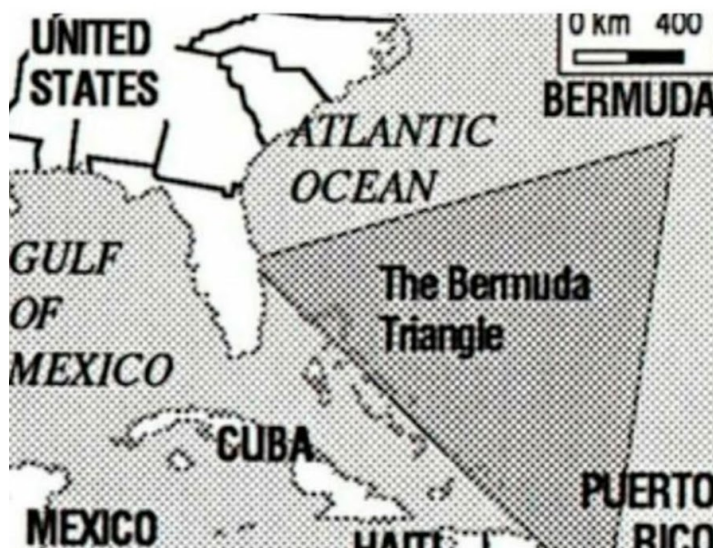
TUES-FRI 12-9  
SAT 9-3  
FOR BREAKFAST  
& BRUNCH  
829-709-4024

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

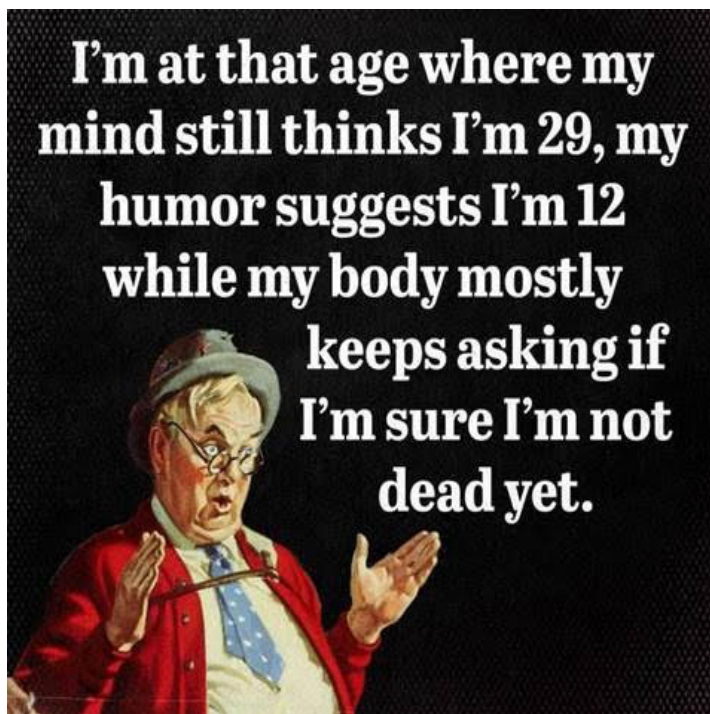
Ask about our Flea Market  
& Trivia Nights



Is it me, or does no one vanish in  
the Bermuda Triangle anymore?



she was new in town and didn't  
have any friends, until she decided  
to trust a handsome stranger  
—hallmark movies and true crime  
podcasts

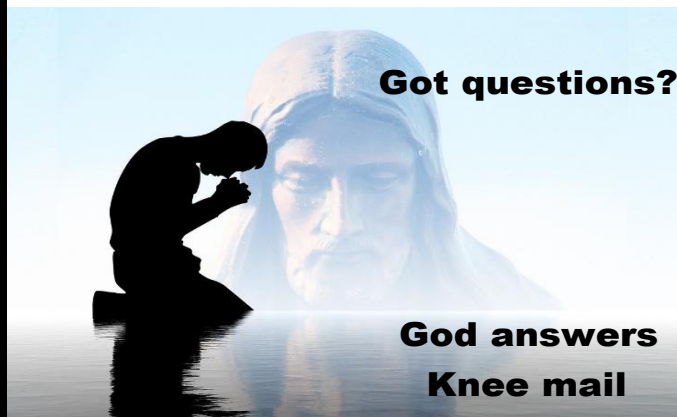


## Costambar Christian Fellowship

Calle Anacaona (follow the signs)

**Every Sunday**

**10:00 am**



**English and Spanish**

**All welcome! Come as you are!**

For more information find us on Facebook-  
Costambar Christian Fellowship or email Melinda at  
[melindapball@hotmail.com](mailto:melindapball@hotmail.com)

the beach is so amazing you just lay  
around in underwear with strangers  
eating chips? what a world

# FOR RENT

- Long term, minimum 1 month
- Mariposa/Girasol, c/Gurabito Costambar
- Luxury fully equipped adult apartments
- Studio and 2 bedroom
- Air-conditioning & fans
- Backup power
- Quiet, peaceful & secure
- Large pool & ocean views
- Onsite manager and maintenance
- Patio dining areas
- Short walk to beach
- Rents from US\$650-1500 monthly



## CONTACT



# 829-354-5548

In retrospect it's crazy that phone companies were like hey we're going to put your name and address and phone number in a book and print a million copies to pass out all over town and everyone was like oh yeah of course

so my mom accidentally ordered an xs dog bed but he's still grateful..



# 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**

after my funeral i want one  
of my friends to take my  
phone and text everyone  
"thanks for coming"

## TOM CIGARS

QUALITY CIGARS AT FAIR PRICES

829-925-2989/829-721-9435  
Thomasaikins644@gmail.com  
16 de agosto, esq. 12 de Julio, Puerto Plata

## CLEARANCE SALE

**International ensign flags**  
**2 ft x 3 ft**

**Great for boats under 50ft**  
**Only 250 pesos each**

**ALSO**

**3ft x 5ft international flags**  
**Only 300 pesos each**

**COLIN 809-449-1819**



## APARTA HOTEL

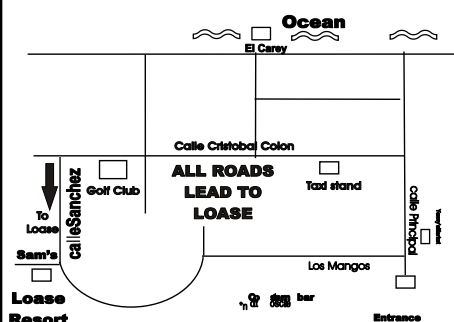
Costambar, Dominican Republic

www.loaseretreat.com

jojovco@aol.com

809-970-7861/ 809-837-6845

**LOASE/SAM'S BAR**  
**IS FOR SALE BY OWNER**  
**TURNKEY OPERATION**  
**CALL JOSE 809-837-6845**



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

**ROOMS &  
APARTMENTS  
FOR RENT  
ON A DAILY,  
WEEKLY OR  
MONTHLY BASIS**  
**809-970-7861**  
**809-837-6845**

*Sam s Cafe*  
*At Loase*

**IS CLOSED**  
**BUT AVAILABLE TO RENT**

**LOASE IS FOR SALE**  
**BUT STILL AVAILABLE**  
**FOR BOOKINGS BY**  
**INDIVIDUALS,**  
**MEDICAL AND**  
**RELIGIOUS GROUPS**



## Ton Plokkhaar

The best massage in town!

### PROFESSIONAL MASSAGE

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

Home And Hotel Visits

Tel: **829 549 9516**

Email: [plokkie@hotmail.com](mailto:plokkie@hotmail.com)



WhatsApp

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

**VOMAS**  
OFICIAL DE PROFESIONISTAS



## TROPICO DENTAL

CLINICA ODONTOLÓGICA

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.

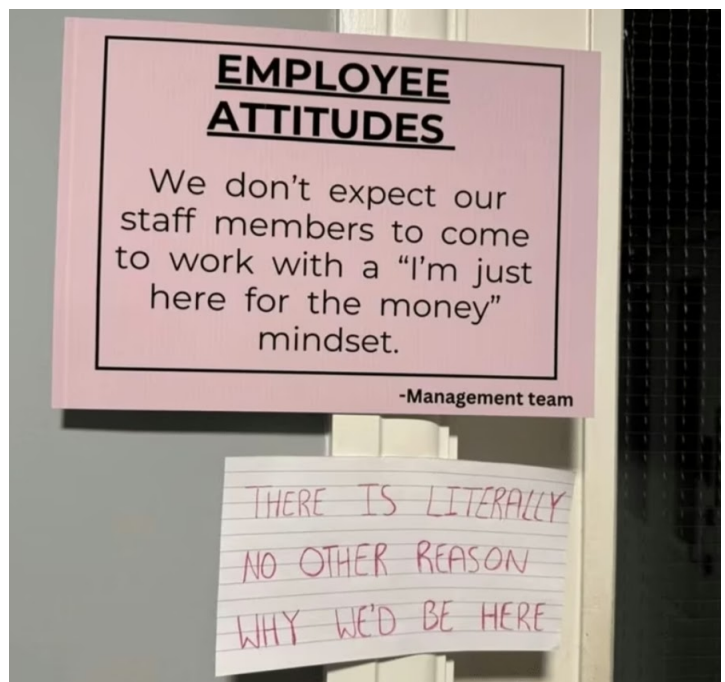
Street name: Emilio Prud Homme, esq. Sanchez Puerto Plata

We cater for all your dental needs.

**Kids today will never know  
how serious Field Day was**



When you already know you're right but you wait as they insist on googling the answer.



# 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

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

### MEDIUM

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

## REFRIDGERATOR

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

The remaining letters spell a hidden message

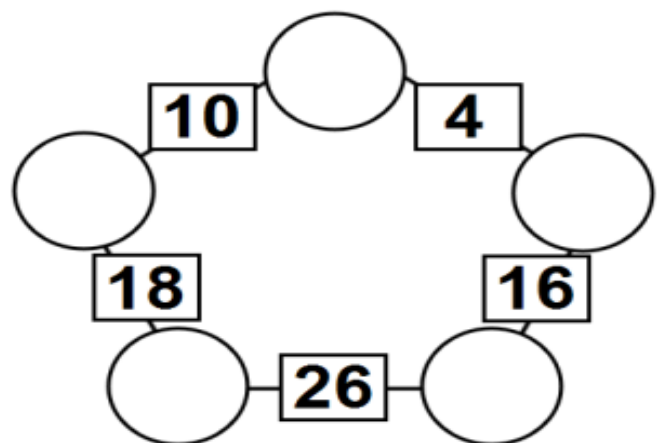
M S C A R R O T S S B U T T E R  
 U T S E C I U J E Y S N O M E L  
 S R S E P A R G B R O C C O L I  
 T A B A C O N B S S M G B A S R  
 A W M B S A R K S A E P U E E B  
 R B A C R E N S P P D V B R P L  
 D E G O A I V L R R I U I R T U  
 S R N D R K E L A E C N O L M B  
 A R E D C S E W E E V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

APPLES  
 BACON  
 BANANAS  
 BREAD  
 BROCCOLI  
 BUTTER  
 CAKE  
 CARROTS  
 CHEESE  
 COLD

DRAWERS  
 DRINKS  
 EGGS  
 GRAPES  
 ICE CUBES  
 JAM  
 JUICES  
 KETCHUP  
 LEFTOVERS  
 LEMONS

LETTUCE  
 LIGHTBULB  
 MAGNETS  
 MAPLE SYRUP  
 MAYONNAISE  
 MEAT  
 MILK  
 MUSTARD  
 OLIVES

ORANGES  
 PEAS  
 POULTRY  
 PRODUCE  
 SHELVES  
 SPINACH  
 STRAWBERRIES  
 WATER  
 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
<b>CONSULATES</b>	
Canada	809-586-5761
Britain	809-586-4244
U.S.A.	809-586-4204
German	809-542-8949
Italian	809-320-7601
<b>HOSPITALS/CLINICS</b>	
Clinica Bournigal	809-586-2342
Clinica Brugal	809-586-2519
Los Tropicos Pharmacy	809-970-7607

**Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've travelled a long way and some of the roads weren't paved.**

### 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](http://www.costambarmonthly.com)

EMAIL [costambarmonthly@gmail.com](mailto:costambarmonthly@gmail.com)

## 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

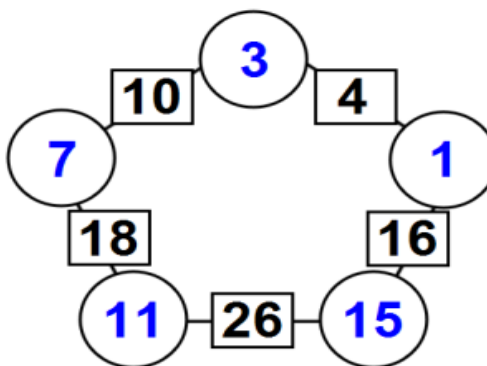
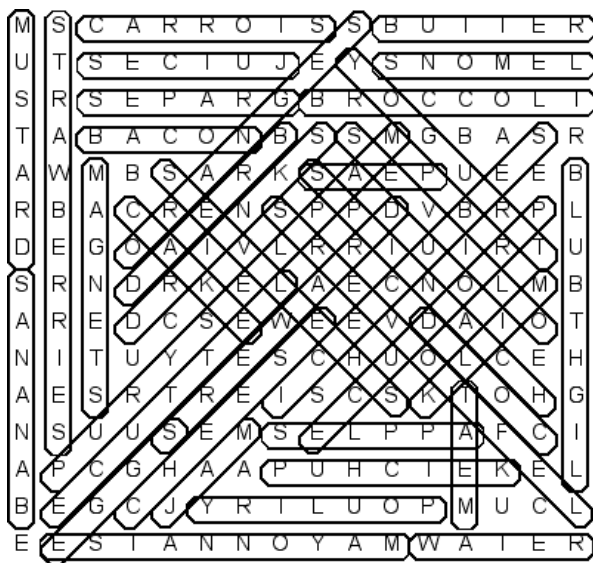
Ford Explorer 2018 Sport Utility 7 passengers. 6 cyl 3.5 L Eco Boost high performance. 87,000 km, Price \$23,000USD. Contact 809-842-5082 in English or French and 809-265-9381 for Espanol.

### Free File Cabinet





## SOLUTIONS TO PUZZLES ON PAGE 8



### EASY

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

### MEDIUM

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

## HIDDEN MESSAGE BARBECUE SAUCE



**Gen X Disaster Kit For Sale,  
4 in 1**



**Earthquake,  
Tornado, Hurricane,  
Nuclear Bomb Shelter**

**No low ball offers  
(I know what I have)**

**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 and movies as well as live sports & documentaries. Available worldwide for most devices. All available for less than 10 pesos a day, with help setting up and local assistance. Works with most devices as well as smart TV's.

Whatsapp me for more details

**Colin 809-449-1819**

*The older I get,  
the earlier  
it gets late!*

## **INSURANCE**

**Health Insurance Plans**  
**Available for terms as short as 3 months**  
**Available up to 65 years of age**  
**No medical required**

**Call/WhatsApp**  
**Colin 809-449-1819 or**  
**Email [drcigarman@yahoo.com](mailto:drcigarman@yahoo.com)**  
**For more information**

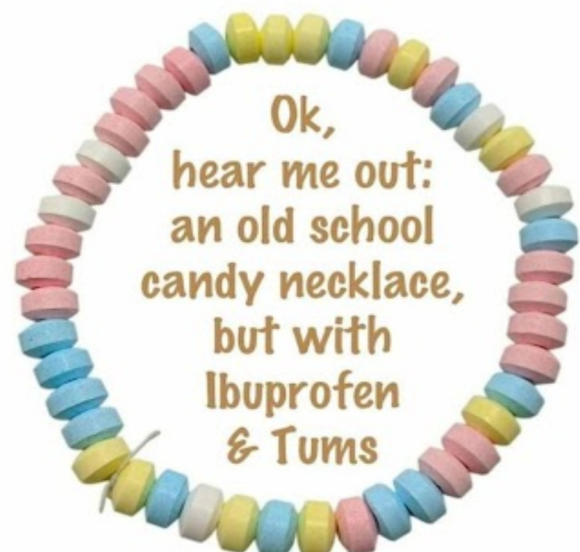
**[www.costambarmonthly.com](http://www.costambarmonthly.com)**

## **Jenny's Supermarket**

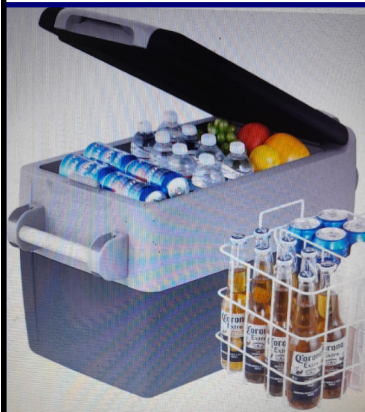
**OPEN DAILY (INCLUDING HOLIDAYS)**  
**Mon-Sat 8am-10pm Sundays 8am-8pm**  
**Everything you need from snacks to supper!**  
**Delivery Service Available!**  
**Calle Principal, Costambar (just inside the gate)**  
**809-970-3028**

**Funny thing about getting older:**

**Your eyesight starts getting  
weaker but your ability to  
see through people's bullshit  
gets much better.**



# BOATING NEEDS



## **BOAT/CAR FRIDGE/ FREEZER**

**- 12/24V DC  
- 110V AC  
ADAPTER  
- LARGE  
CAPACITY**

**DUAL COMPARTMENT  
ANTI-SHAKE DESIGN  
CAN TILT 40 DEGREES  
BUILT IN LED LIGHT  
LOW ENERGY CONSUMPTION  
ENERGY SAVING MODE  
LOW BATTERY PROTECTION  
AUTO-STOP WHEN LOW  
BATTERY**

**ONLY 2 LEFT!  
US\$320**

## **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  
Available up to the age of 65*

**Call/WhatsApp Alison 829-805-5196**

**Or Colin 809-449-1819 or**

**Email [drcigarman@yahoo.com](mailto:drcigarman@yahoo.com)**

**For more information**

## **SOLAR PANELS IN STOCK**

## **BATTERIES**

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



**6v 210ah AGM**

**RD\$11,750**

**Delivered To Luperon & Ocean World**

**Call/Whatsapp**

**Alison 829-805-5196**

**Colin 809-449-1819**

**Email [drcigarman@yahoo.com](mailto:drcigarman@yahoo.com)**