

# PANAMA

## *Special Report*



**Coronado, Panama:  
Panama's Expat-Friendly Beach Community**

The logo features the letters 'PSR' in a large, bold, black font with a white horizontal bar across the top. Below this, the word 'PANAMA' is written in a large, bold, red font, and 'SPECIAL REPORT' is written in a smaller, bold, grey font underneath.

## Staff

**Kathleen Peddicord**

Founding Publisher

**Kat Kalashian**

Editor in Chief

**Charles Conn**

Managing Editor

**Sophia Titley**

Editorial Assistant

**Hélène Kletochkina**

Design Director

If you have queries relating to your subscription, get in touch at: [CustomerService@PanamaLetter.com](mailto:CustomerService@PanamaLetter.com).

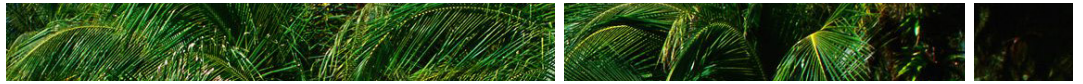
For editorial comments and contributions, reach us at: [Editorial@PanamaLetter.com](mailto:Editorial@PanamaLetter.com).

**©Copyright 2018 by Live and Invest Overseas. All Rights Reserved.**

Protected by copyright laws of the United States and international treaties. This newsletter may be used only pursuant to the subscription agreement and any reproduction, copying, or redistribution (electronic or otherwise, including on the World Wide Web), in whole or in part, is strictly prohibited without the express written permission of the publisher, Live and Invest Overseas, Calle Dr. Alberto Navarro, Casa No. 45, El Cangrejo, Panama, Republic of Panama.

Any investments recommended in this letter should be made only after consulting with your investment advisor and only after reviewing the prospectus or financial statements of the company.





# PANAMA

## LETTER

### INSIDE

An affordable life on the beach.....5

One dollar medical care.....10

Expat happy hour.....14

The Coronado shopping cart.....17

Credit differences in Panama.....20

From fresh off the boat to knowing it all, two kinds of expats.....22

Rancho Santa Fe-Panama, a new development with spectacular views.....30



### Panama's Most Expat-Friendly Beach Community— Coronado, The Furnished Home Of The Tropics

I just got back from the beach, and I wish I could turn my car around and go back to where I just came from. Coronado, only about an hour outside Panama City, is what I'd consider the most turn-key, most expat ready beachfront lifestyle you'll find in Panama. Foreigners living in Coronado have already paved the way, leaving you little to do for yourself in the way of creating a familiar, comfortable, English-speaking atmosphere. It's fear of the unknown that stops many people from making the move overseas.

In Coronado you can rest assured you'll find like-minded foreigners, all living out their dream retirement on the beach, ready to mingle and discover new neighbors.

I arrived in Coronado on a quiet Friday afternoon. Residents of the area were out at lunch, busy shopping in the new El Machetazo (the closest thing to a Walmart here in Panama), or lounging by the beach. The sun was shining, not yet allowing the dark, rainy season clouds to push their way into town. No less than four different vendors had set up shop at the community entrance, selling everything from bunches of assorted flowers to plantains, tomatoes, pineapples, and garlic. Trucks were loaded with fruits and vegetables.

I'd hoped for a weekend like this, calm and peaceful, as any holiday weekend sees many of the upper-middle-class families

*Continued on page 5*

*Continued from page 1*

flocking to their vacation homes on the beach, crowding the grocery store parking lots, and filling up the restaurants. For many years that was Coronado's main purpose, to serve as the vacation home or weekend home for those who could afford a retreat outside the city. That was before so many businesses opened up and so many locals and expats decided that Coronado wasn't just a weekend hiatus, but a place to base their lives full time. Now, this place where some still keep vacant homes to be used only during the much needed breaks from the city, is full of laid back new arrivals, both people and businesses.



**Fresh produce at the town entrance**

I've driven past Coronado many times this past year on my research trips for past *Panama Letter* destinations, so I knew that the town had grown by leaps and bounds, but I had no idea just how much. On the Pan-American Highway, at least three new shopping centers have sprung up, along with a number of restaurants, but it wasn't until this trip that I realized how modern Coronado has become. A friend of mine living in town told me about an expat friend who attended one of the other companies' Panama conferences and heard a speaker say that Coronado was still not a realistic lifestyle option. This speaker claimed that Coronado didn't even have a dry cleaner. This could be no further from the truth. Not only does Coronado have a dry cleaner, it has a brand new gym, at least three pool supply and pool maintenance companies, three major supermarkets, and even an equestrian school. Three international schools are located either in Coronado itself or in the surrounding communities. I don't know when the speaker last visited Coronado, but it clearly wasn't in this decade.



**See...there's a dry cleaner**

What I saw when I visited Coronado, was a place that had almost anything you could ask for. In fact, off the top of my head I can't think of anything that's lacking. And if I could come up with something, it wouldn't matter, because Coronado is so close to the city. If you found yourself missing the nightlife, casinos, large shopping malls, 18-screen movie theaters, or anything else you just had to have, you could either hop a bus into the city, or drive and be there and back before day's end. It's that simple. In other expat-friendly Panama destinations, it can take two (in the case of Penonomé) to eight (in the case of Boquete) hours to get to and from the city. Coronado's only an hour away. It can take an hour to get from one place in the city to the other when sitting in the dreaded Panama City traffic.



**The new Village in Coronado**

The real entrance to Coronado, where the main neighborhood is located, is guarded, which provides security to all those living on the other side of the gate. Plus, right next to the guard shack is the Coronado police station. From what I hear, all household help, such as maids and gardeners, have their bags checked when they exit the area, an added measure to ensure no residents are having their belongings swiped.



**A beachfront mansion**

If you live outside the gate, but in the area, and you wish to go to the Coronado beach, I'm told that it's not hard to pass security. They're used to seeing friendly expats entering and exiting the area, so it's easy to convince them to let you enter. If you're given a hard time, know this, by law they're not allowed to prevent you from going to the beach. All Panama beaches are public, so technically they're not allowed to stop you at the gate (although security is good at giving unwanted guests a hard time).





**This is a five story home, not a condo**

Homes in Coronado range from small, cozy single-family homes to million dollar luxurious mansions to high-rise condos. Some of the houses along the beach look like condos, but I was told they're single family homes, built like four to five story apartment buildings so that each child can have his own floor with his own suite. I heard a couple of times while in town that Coronado is like the Miami of Panama. I'd argue that the Cinta Costera and Avenida Balboa areas along the water in Panama City are more like the Miami of Panama, but I grew up in South Florida, and I can easily see Coronado being the Las Olas, Fort Lauderdale, of Panama.



**Stop by Inside Panama Realty**

The homes on the beach are magnificent. Some are old-fashioned and have probably been around for many years while some others are modern, fancy, even slightly futuristic looking homes. Something for everyone can be found in Coronado if you've got the money to spend. Contact Mike Vuytowecz at Inside Panama Realty, his office is inside The Village shopping center, if you need help locating a home. I highlight Mike's properties in the real estate review on page 35.



**Coronado condos from above**

### **Not As Expensive As You Might Think**

One of the great things about Coronado is the fact that smaller homes do exist, so it's possible to find something in the US\$250,000 range. If you're willing to look on the outskirts of town, even right across the street in the hillside town of Las Lajas, homes can be found for even less. I met a couple living in the beautiful hillside community of Altos del Maria, which is probably about a twenty minute drive from Coronado, and they were there, spending their day enjoying all that the beach town has to offer. Karys, our bed & breakfast owner, is selling a three-bedroom house she owns in Chame, probably fifteen minutes from Coronado, for US\$165,000. In Chame, Gorgona, and even in Coronado you can still find condos at an affordable price, or at least much lower than what you'd expect to pay in Boca Raton, Florida, or any other beachside U.S. city. I highlight some of these real estate options in the real estate review on page 35.

As far as rentals, I found a one-bedroom apartment on the beach going for US\$750. In Las Lajas, that hillside community right across the street from Coronado, I found a two-bedroom house for US\$900 per month. In nearby Chame there's a four-bedroom home that will set you back only US\$650 per month.



**Water straight from the coco**

Chame is so close to Coronado that you could eat in all the beach community's restaurants, do your grocery shopping there, and head to El Machetazo to pick up a T-shirt or an affordable coffee table. My point is that living in Coronado would be the best beach lifestyle option, and if you can't afford to live right in the heart of town, you can move ten to fifteen minutes away. Unlike so many areas of the U.S., where you'd have to move two hours outside the city to find an affordable piece of land, in Panama you only need to drive as far as most people in the States go to pick up their Starbucks coffee.

Something that I've always appreciated about Panama, but I noticed it much more in Coronado than in other places I've visited, is the ability to grow many of your own fruits and vegetables. Mango and papaya trees are everywhere, as are plantain and banana trees. Many people grow their own spices, fruits, and vegetables, in their back yard gardens. At Karys' bed & breakfast, Moran's Paradise, which I'll highlight in my review on page 13, she grows many of the spices and vegetables she cooks with. At the home she's selling in Chame, she has yucca, ginger, papaya, mangoes, aloe, and many other valuable plants and vegetables growing on the property. It's a way of life here.



**Geo Forestal**

If gardening is your thing, there's a Geo Forestal outdoor plant shop near the entrance to Coronado. The great thing about it being an outdoor shop, and right in town, is you know the plants you find are going to last in Coronado weather. Many people buy their plants from outside the area, bring them in, plant them, and then realize the plants can't survive so close to the beach. Whatever you buy at Geo Forestal is already in Coronado, so chances are it'll be okay at your home. If you decide you'd rather have someone else take care of your garden, household help is fairly cheap in town, and lawn care is available as well.

We visited the beach at Punta Barco and found a family that's living right on the beach, in a tiny tin and wood structure, and they've been there for 45 years. It's government protected land

and they can't be forced from their home. This family was sipping from fresh coconut while sitting in hammocks. Locals can afford to live on very low income because of the fact that so much is growing around them. They're not going to starve if they can reach up and pluck a mango from a tree. Many people keep their own chickens for this same reason. Two chickens quickly multiply and then you've got cheap breakfast.



**The beach at Punta Barco**

I break the cost of living down a bit more in the cost of living review on page 17, but utilities, anywhere in Panama, are much more affordable than what you'd pay in most places in the States. One resident of Coronado told us her electric comes out to about US\$100 per month and that's with her pool running every day. Cable packages usually cost about US\$45 per month for high-speed Internet, cable TV, and telephone.



**Cell phone providers  
are in this mall**

Claro and Movistar, two major cell phone providers in Panama, have branches in Coronado, so even Smart Phone and Blackberry service can be set up and maintained right in town. You'd be surprised how cheap phone service can be here. I don't talk on my cell phone all that often, so I've kept mine set up with prepaid service. I buy US\$5 phone cards, which can be picked up at any supermarket, and load the minutes into the phone. Oftentimes, as soon as you put in your new minutes, you get a message stating that they've given you free minutes to thank you for your purchase. For unlimited internet and Blackberry/Whatsapp chatting, I only pay US\$10 per month. I paid over US\$100 per month for my phone service in the U.S.,



and at the time I didn't even have internet. That was before Smart Phones were so popular.

If you have any home improvement projects or any other construction needs, there's a Cochez building materials store in the area. Plus, a Novey just opened up, which is a popular hardware and home supply store in the city. Several other small hardware stores are in town as well as a Sherwin Williams paint store and one other paint store. Getting your car washed will cost less than US\$5.

### A Sense Of Community

At one point in time, Coronado was divided up by which condo or which part of the neighborhood people lived in. People hung out in their condo's social area and got to know their immediate neighbors, but outside of that there wasn't much of a sense of community. The folks at Inside Panama Realty have done a lot to change that attitude and build more of a Coronado-as-a-whole community. To do this, they started hosting a Happy Hour get together at a local restaurant, and have since moved it to a new location, a fun, outdoor restaurant, right off the main road in Coronado, called Picasso Bar & Restaurant.



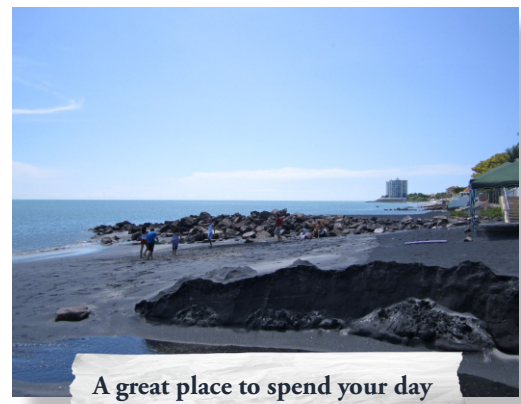
Now, every Wednesday and Friday night, expats gather for cheap drinks and great burgers. When we visited early Friday evening, around 6 p.m., the tables were filled with Americans and Canadians. I've never heard so much English being spoken at one place in Panama. Everyone seemed to be in great spirits. One table was filled with a group of ten to twelve friends gathering for gossip, glasses of sangria, and cold beer. It was a great atmosphere. We didn't hang around long enough, but I'm told Friday nights is salsa night where a d.j. shows up to spin salsa favorites while expats and locals dance the night away.

Just to give you an idea of the community-like environment that is growing in Coronado, Picasso is also hosting a community market on Sunday, October 14 (I realize that date will have

passed by the time you read this, just giving you an idea of what goes on there). They also host hawaiian nights. On the schedule for November is Grupo Pimienta (the 3rd), DJ Alex till dawn (the 10th) and Red Roots Reggae (the 24th). At Cholo's Mexican Restaurant at the entrance to Las Lajas, every Friday, all day long is US\$1 fish tacos and US\$1 draft beer. We missed the fish tacos, but I've heard they're outstanding. Don't expect to find any holiday celebrations going on at Cholo's. Owen, one of the owners there, respects everyone's religion and beliefs. He doesn't celebrate Thanksgiving out of a respect for his Native American friends living in Panama, doesn't celebrate Halloween so that anyone who doesn't won't feel left out, and even stays away from Christmas and Hanukkah parties so that the local Christian and Jewish communities won't feel the need to stay clear of Cholo's. He wants everyone to feel welcome any day of the year. I asked Owen, a mellow and spiritual surfer, what he thinks makes Coronado special, and he said, "Everywhere else in the world everyone is mad and angry. It's not like that here at the beach."

### Keeping Yourself Busy

Entertainment in Coronado mostly has to do with time spent at the beach. Whether it's the beach in Coronado or nearby beaches in Punta Chame, Chame, Gorgona, or even El Palmar beach, water sports and fishing are a major pastime. If you don't own them yourself, wave runners, jet skis, boats, diving and snorkeling gear, surf boards, and probably any other water related equipment can be rented. One place in town advertises four wheeler expeditions, parasailing, and even rides on the inflatable water banana. They can even set you up with canopy tours, bicycle tours, river rafting, and many other activities all over Panama. Go to [www.xtremepanama.com](http://www.xtremepanama.com) to check out all they have to offer. When not at the beach, most residents in Coronado also enjoy hanging out with their new friends. It's common to see barbecues and other get togethers.



We visited Coronado's beach, which is officially called Playa Serena, at about midday Sunday, and found a group of teenagers playing *futbol* (soccer). A family was enjoying the water while their wave runner and jet ski floated nearby. Behind us, in one of the gigantic mansions that line the beach, a party was going on. Colorful balloons knocked into each other at the ends of strings while pop music filled the air, kids played at the pool up on the raised deck, and teenagers sunbathed. To the left of us a set of mountains, just beyond Chame, rose up to provide a beautiful backdrop over the water while the edge of Punta Chame reached out to the ocean. To the right of us was the rest of Coronado, all green, with the occasional condo rising up to the sky. I couldn't ask for a better day. It was wonderful.



**The picture doesn't do it justice**

Away from the beach you'll find other entertainment options. In the new shopping center, The Village, there's a casino to give you something to do at night other than hanging out at the bars and restaurants. The nearest full-size, indoor shopping mall would be the Westland Mall in Chorerra, which is about a half-hour away. Chorerra is also where you'll find the nearest movie theater, although it's a small theater in a local part of town. I'd recommend hopping a bus for US\$2.50 and making your way back into Panama City. The bus will take you directly to the terminal, which is located at Albrook Mall. There you'll find a full-size cinema where Wednesday is cheap movie day at only US\$2.50 per ticket, many restaurants, and even a bowling alley. Monday you can bowl for only US\$2.99 per game at Albrook Bowling.



**The new Ora Le**

Restaurants found in the area include fast food joints like Panama City's popular Chinese take-out, Don Lee, and fried chicken king, KFC. Leonardo's Steak House, Pio Pio (another fried chicken place), Subway, McDonalds, and Domino's Pizza are a few others in the highway-side shopping centers. One of the shopping centers even has a food court. Coronado has a slew of Mexican restaurants. Pizza places are popping up all over the place too. One of the best places in town to grab a burger is California Burger located on the highway.



**Roland's Gym**

Coronado is an area where people are spending more and more time getting fit and into shape. It's common to see people walking up and down the beach or walking to and from the supermarket. Roland's Gym recently opened up in the area and a couple of doors down is a new sculpting spa. Right across the street, in The Village shopping center, a new organic market has opened its doors to the public.



**Coronado Golf & Beach Resort**

If you're a golfer, join the Coronado Golf Club at Hotel Coronado Golf & Beach Club and spend your days on the green. The Coronado Golf Course was designed by George and Tom Fazio, two designers that were rated among the top three in world golf course designers. It's 18 holes, par 72, with 7,116 yards. Also at the golf club is a new executive golf course with 9 holes, all par 3, used to help amateurs who need to work on their skills as well as to teach children. Businesses can also rent this executive course to hold corporate tournaments.





**Marlene with Romeo**

To find out more about the golf club, or to get information about living at the resort or staying in the hotel, go to [www.coronadoresort.com](http://www.coronadoresort.com).

Coronado is also home to a national park called Bosque Seco, meaning dry woods. You can stop by the Coronado community center for info about the area and the park itself, or cross the street to rent a horse for the day from Club Ecuestre Coronado, which also runs an equestrian school. The cost for renting a horse is only US\$30 per half hour, US\$20 for ponies. Speaking of horses, the equestrian club is another source of entertainment. They often put on shows and hold contests.



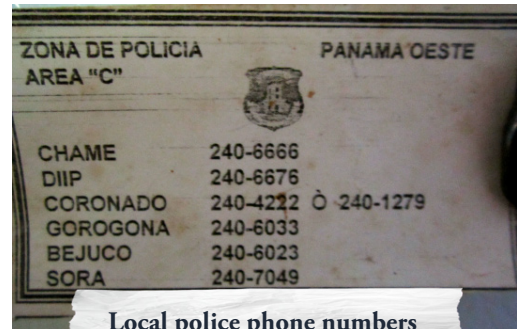
**At Club Ecuestre Coronado**

If you're a horse lover, and own a horse, you can pay the club to take care of it for you. Complete care, which includes such things as food, bathing, and cleaning of the stable will run you US\$400 per month. If you've ever wished you could take riding classes, or would like to enroll your kids in classes, the cost for that is US\$50 for kids and US\$65 for adults. If you'd like to find out more call 507-240-1434. If you're in Coronado, just stop by for a tour. One of the stablehands, a guy named Octavio Rodriguez, walked us all over the grounds. He proudly showed off his horses.

### What Else Is Important?

If you have kids, Coronado would be a great place to raise a family. The area has three international schools. Take it from me as one who lives in the city, being able to enroll your kids

in an international school in the interior of the country is a great thing. My kids wake up at 4:45 a.m. so they can catch the bus at 5:45 a.m. It takes their bus up to two hours to drop them off at school. In the afternoon they get out of school at 2 p.m. and don't reach home until almost 4:30 p.m. In Coronado, traffic isn't an issue. You'd be able to drop your kids off and be back at home in ten minutes. It's one of the main reasons I'm considering a move to the interior. To find out more about the Coronado International School, go to [www.coronadointernationalschool.com](http://www.coronadointernationalschool.com). Gorgona, the next town along the Pan-American Highway if you're headed back towards the city, also has an international school. Go to [www.panamainternationalschool.com](http://www.panamainternationalschool.com) to get info on Panama Coast International School. In Santa Clara, which you'll find if you drive down the highway in the opposite direction, is Five Stars Academy. Their website is [www.fivestarsacademy.com](http://www.fivestarsacademy.com). In addition to regular schools, your kids can learn how to ride a horse at Club Ecuestre Coronado. Other classes being offered in Coronado include music, tennis, golf, and even surfing.



**Local police phone numbers**

Coronado is a melting pot of many different religions. Near some of the large condos on the beach I found a neat little outdoor Christian church. Along the Pan-American highway is an old Episcopal church. Near the beach you'll find a synagogue and on Saturdays its common to see many of the area's Jewish community walking to their place of worship on their Shabbat, or day of rest. Only a couple of exits down the highway, in Punta Barco, you'll find a mosque. Everyone is welcome in Coronado.



**Attend church outdoors**

Banks and ATMs are easily found in Coronado. Right at the main entrance is a Banco General, BAC, HSBC, and across the street you'll find Multibank, Banco Nacional, and Banesco. Down the street is a Caja de Ahorros, one of Panama's main local banks. Having your own P.O. box with a U.S. address is the easiest way to receive mail here in Panama. Mailbox Etc. at the entrance to Coronado makes that simple. So even getting your mail and having packages sent to you is a breeze.



If any medical issues should arise while living in Coronado, you've got the comfort of knowing there's a great clinic right at the community's entrance. Clinica San Fernando is a clean, comfortable place to have any immediate concerns taken care of. I also saw a small medical clinic at the entrance to Las Lajas and a dental clinic at Coronado's entrance. Aside from these clinics, I saw a couple of pharmacies and an OBGYN, right next to the gym.

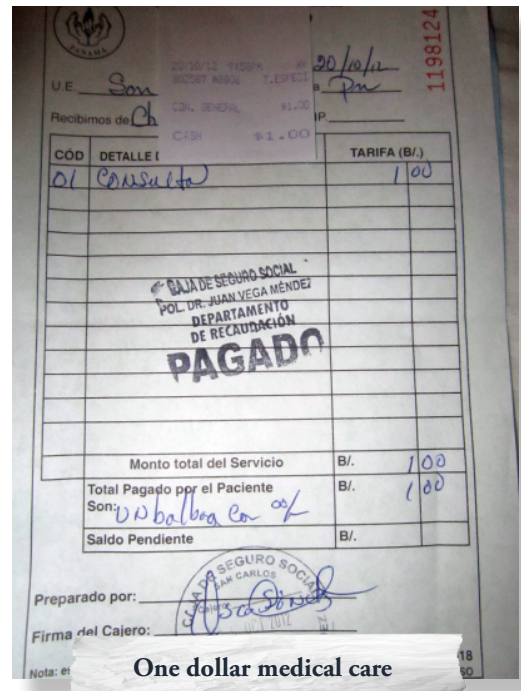


My second night in town, I had a terrible headache and my vision was blurred. I'm borderline diabetic and I have a bad habit of not taking my pills the way I'm supposed to. I knew my sugars were high because of the blurred vision. My wife convinced me to go to the emergency room late Saturday night, and the owner of our bed & breakfast, Karys, was sweet enough to go with us to keep my wife company. She convinced us we'd be better off traveling to a small town about a ten-minute drive away rather than paying the higher prices at the San Fernando Clinic in Coronado. Compared to costs in the

U.S., San Fernando is quite affordable, but Karys assured us we'd pay about US\$60 at San Fernando and much less than that at the hospital in neighboring town, San Carlos.



In the end I was so glad I'd listened to her. At San Carlos, we went into the emergency room and signed in (you don't have to have anything special, just your passport or immigration ID). The doctor only spoke a little bit of English. My wife was on hand to translate, but I'm sure they must have a doctor in the building that speaks English. The doctor checked my blood pressure and my blood sugar level, warned me about the dangers of not taking my pills, and sent me off with a US\$1 bill. No, I didn't leave off any zeros. You read correctly. Only one dollar. I couldn't believe it. I often mention the low cost of medical care in Panama, but until you experience it, it's hard to believe, so here's a photo of my \$1 dollar bill and receipt.



My sugar level was fine, the doctor was a nice guy, and needless to say, if I ever move to Coronado, I'll be making the



ten-minute trek to San Carlos for any of my medical needs. Mike Vuytowecz and Oliver Wolfe over at Inside Panama Realty assure me that care at San Fernando clinic in Coronado is top notch and quite affordable, but you can't beat one dollar in my book.

Supermarkets in Coronado include Super 99, El Rey, and El Machetazo, all major supermarkets in Panama. At all of these stores you'll find all of the necessities. Most of these have some sort of health food aisle where you'll find sugar free products and diet items. If you just want to pick up milk, eggs, or bread, you can stop at any of the mini-supermarkets in town. Coronado even has a dollar store. I give a detailed breakdown of grocery costs in Coronado in the shopping cart section of my cost of living review on page 17.



If you have pets, they're welcome in Coronado. I saw several veterinarians and a Melo Pet & Garden Store, which also has a clinic and grooming station. If you're a pet lover and would like to volunteer or make a donation to assist, a local group of volunteers called Spay the Strays, works to control the stray dog and cat population in the Pacific Beach neighborhoods. They help spay and neuter local street dogs and cats and the pets of low income families in the area. To contact Spay the Strays, email them at [spaythestrayspanama@yahoo.com](mailto:spaythestrayspanama@yahoo.com).

### Coronado Just Makes Sense

Coronado is a place that already has so much to make your move to Panama, especially if you want to live outside of Panama City, as easy as possible. What excited me about the area is the amount of empty commercial spots in the new shopping centers. At three different shopping centers, two of which are on the Pan-American Highway, the third along the main street that runs through Coronado, you see new businesses opening, and real estate available all around them.

This means even more will be coming to Coronado. When these spaces fill up, there's no telling what's going to be available in this town. Plus, once the new airport opens in Rio Hato, even more people will want to move out of the city and into the country's interior. This should mean good things for anyone owning real estate or a business in Coronado. People want to live where living is easy and it doesn't get much easier than in Coronado.

Is there a downside? At Live and Invest Overseas we always promise to present you with the facts, without the rose-colored glasses, or as our publisher, Kathleen Peddicord, likes to say, the warts and all approach. The only caveats I could come up with are the high cost of living and the heat, which you'll experience all over Panama. This is the tropics, and Panama is hot. I know I wrote earlier that Coronado is less expensive than you'd think. It is. However, the cost of homes is rising, and buying a home or even renting one in Coronado may not be within most middle-income retirees' budget. But even that isn't a big deal, because, as I mentioned earlier, if you can't afford to live in the heart of Coronado, pick a place across the street in Las Lajas or down the road a few miles in Chame.

Back in August I wrote that Pedasi was my favorite place in Panama. No doubt, Pedasi touched me. It definitely has something that quickly grows near and dear to your heart. However, as much as I enjoyed my visit to Pedasi, and as much as I can imagine moving there, opening a business, and enjoying long days in my front porch hammock, in some ways, at least for my family, Pedasi isn't a realistic option. It's just too young. We're not ready to blaze those trails just yet. On the other hand, a place like Coronado, would be super easy for us. Everything is there. It's like moving into a furnished home. Local entrepreneurs and the expats already living there have taken most of the guess work out of the equation.

As with any area I visit in Panama, I have to ask myself, could I raise my family there? Could I live there without the shock of dead silence and absolute boredom? Would I be able to easily receive mail and pick up packages? Is internet high-speed and readily available? Are electric and water systems reliable? In the end it boils down to one question. Can I imagine myself living in Coronado? Absolutely I can. I didn't expect to like Coronado as much as I did. I thought it would be overpriced and out of my league. Now I find myself putting Coronado at the top of my list for realistic lifestyle options and I'm considering a move to the area myself. Maybe we'll bump into each other at Picasso's happy hour. **PL**



## Hotel & Restaurant Review

# Fruit Salad In Paradise and Great Mexican in Panama

I knew from a couple of short visits to the Coronado area that hotels were slim pickins. Coronado has resorts and a few bed & breakfasts, but I didn't want to take my chances and just show up in town hoping to easily find a place to rest my head. So I called up Mike Vuytowecz at Inside Panama and asked if there was an affordable place to stay in town. Mike set us up with a room at Morgan's Paradise, a cozy little bed & breakfast on the inside of Coronado's gates. When we first arrived, I wasn't sure we were at the right place. It's a new establishment, and at the moment doesn't have a sign outside. It just looks like someone's house. Mike introduced us to Karys, the proprietor, and we lugged our bags into our room. The room we stayed in has a king-size bed, two comfortable reading chairs, a TV with DVD player, its own bathroom with hot water, and a cold air conditioner. What else could you ask for?



**A comfortable room at Morgan's Paradise**

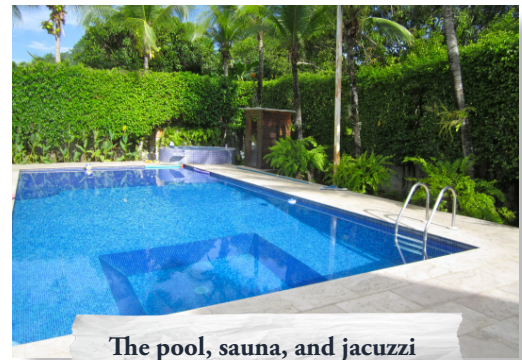
At first we felt a little bit strange. I'm not a fan of bed & breakfasts because at many of them, at least here in Panama, they're just someone's house who rents out rooms, and I always feel like I'm invading someone's privacy. I understand what a B&B is, but it's strange to me to traipse around someone's living room in my pajamas. Our first night in town, my wife took a nap, and I went out to the back patio to let Karys know we wouldn't require breakfast the next morning, as we were planning to meet a developer in the area for breakfast. I'd only meant to pop my head out for a moment, but I wound up hanging out with Karys, chatting about everything you can imagine, for the next three hours.

Talking to Karys was like chatting with an old friend. We spoke about religion, politics, and our childhoods. She's such a wise, spiritual, and inspirational person. When my wife woke up I



**Karys at Morgan's Paradise**

said, "You have to go talk to that lady." Unfortunately, her husband was out of town on business, but I've heard he's a wonderful person too. My second night in town, when I needed to take a trip to the emergency room, Karys went with us, at about 10 p.m., just to keep my wife company. That just shows how great of a host she is.



**The pool, sauna, and jacuzzi**

Her place is great too. Morgan's Paradise has a pool out back, which is kept immaculately clean for her guests. You'll also find a jacuzzi, a sauna, and a large bohio for outdoor entertaining. Karys is always around, checking up on you, and asking if you're ready for a snack. We spent some time in her pool Saturday afternoon, and she came out with plate of *sandia* (watermelon), *piña* (pineapple), and *papaya*. She also offered us fresh coconut juice served right out of the fruit. She cuts the top off and hands it to you like it is. It was all healthy snacking at Morgan's Paradise. Free WiFi is available on the B&B grounds as well.

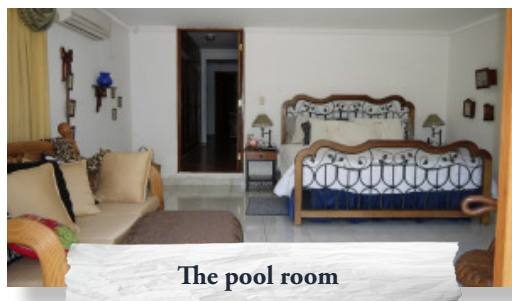
The rooms at Morgan's Paradise range from the room where we stayed, which is the front bedroom, for US\$100 per night, to the middle bedroom, which doesn't have its own bathroom,





**Our fresh snack**

for US\$85 per night, to the largest room, the pool room, which opens up to a patio right next to the pool, for US\$120 per night. The pool room has a king-size bed and a sofa. Morgan's Paradise also has a children's room available for an affordable price. For children under 12 you pay only US\$25 per night. For teenagers you'll pay US\$40 per night. The children's room comes with two sets of bunk beds and a separate twin-size bed.



**The pool room**

Aside from the chance to meet the friendly owner, the real draw is the peace and tranquility you find at Morgan's Paradise. I don't remember ever sleeping as well as I did there. I woke up feeling wonderful and so well rested. Our first morning there my wife turned to me and said, "Oh my God. I feel great. I feel recharged." I had to agree. Karys keeps birds on the grounds and a couple of dogs. Her staff is great too. During the week she has a lady who cleans up and helps take care of things around the B&B. Living on the grounds is Rodrigo, a friendly worker who takes care of maintenance and gardening. Over the three days we spent in town, we never saw him without a huge smile on his face. He runs out to open the gate every time you need to back out of the driveway and is right there to greet you when you return.

Karys and her family are Jewish, and she only cooks Kosher food. For that reason, she serves continental breakfast at her bed & breakfast. She explained that she started cooking full breakfasts for her guests, but either they weren't interested in eating Kosher food, or they'd simply not show up to eat, and she'd be stuck with leftovers. So she's decided to charge less

and just serve continental breakfast, that way, if the guests decide to go out to eat (which many people do since there are so many restaurants in the area), she only has to tie up the bagel bag, put away the boxes of cereal, and put the lid on her delicious homemade olive medley.



**Mr. Rodrigo**

Karys really loves the area where she lives. In fact, if it weren't for her, we would have had a difficult time discovering all of the great things Coronado has to offer. Our last day in town was spent with Karys, as she drove us everywhere in the area. She went in to real estate offices to find coupons and information packets for us to take home, drove us to the beaches, took us to the equestrian club, and explained a lot about some of the local architecture.



**Marlene and Karys...  
greetings from Coronado**

Our last day in town, I asked Karys what it was she thought was so special about Coronado, and she said, "Harmony. It's a peaceful place to be. You also find people with the same value system. People here are mostly retirees, but most have worked hard to get here. For someone who has lived in the U.S., you want to find familiar ground. You want a little bit of home within. I'm Panamanian, but I lived so long in the States that I kind of consider myself American too. Coronado has that part of home we're all looking for. You feel comfortable here. My husband and I don't feel like strangers. We have great neighbors too." In the end, I have to say that I was pleasantly surprised at Morgan's Paradise. What I thought was simply someone's house I was staying in, turned out to be a great getaway from

the tedious 9 to 5 norm of Panama City. The owner made our stay one of the best we've encountered during our research trips all over this country. We're planning to return with the kids so they can enjoy everything that Morgan's Paradise has to offer, the way we did. To find out more about Morgan's Paradise, go to [www.morgansparadise.wordpress.com](http://www.morgansparadise.wordpress.com). Or email Karys and her husband Darin at [vacation@morgansparadise.com](mailto:vacation@morgansparadise.com).



Happy hour at Picasso's

Our first night in town, Friday night, turned out to be happy hour at Picasso's Bar & Restaurant. We got there early in the evening, so when we walked in, the place was nearly empty. A few people sat at tables, mostly couples using the event as a chance to catch up with others in the area. What I thought was great was the way the owner walked around, greeting every customer, and stopping by each table to chat with friends and ask how everyone's visit was going. It was clear that she took great pride in making sure that each person visiting her restaurant would come back again. We didn't stay long, but the place filled up quickly. English was spoken at nearly every table around us and it was evident that happy hour at Picasso's is a success.



A great burger at Picasso's

Food at Picasso's is cooked right out in the open at an outdoor brick oven. We enjoyed the cheeseburgers we ordered and loved the atmosphere. As Picasso's explains on their website:

"Picasso offers a safe off-road parking lot, intimate, comfortable seating for quiet single diners or large rowdy groups, 3 big screens for sports, a professional pool table, a full and funky bar, WiFi, nature's gift of green space, plants & flowers, and plenty of room for meeting, greeting, dancing, laughing, playing, children, dogs, and all other genres of fun!" I couldn't have said it better myself and it sounds like everyone has a place at Picasso's Bar & Restaurant.



Cholo's Comida Mexicana

My first time visiting Coronado, my wife and I went out with friends to a small Mexican restaurant parked beside the Pan-American Highway, called Cholo's. We had a great time, loved the food and margaritas, and enjoyed the company of the owner. In fact, we went back the next day for lunch and discovered that the place had recently opened and had no idea how popular it would be over the holiday weekend. They'd run out of food. We left disappointed. I really wanted a second round of the chicken chimichanga I'd had the night before.



Cholo's has a laid back, surfer-style vibe

Making our way out to Coronado, I couldn't wait to stop by Cholo's again. Then, when we reached town, I felt my heart drop. Cholo's had disappeared. "What...where...how...where did it go?" I asked my wife, dumbfounded and disappointed. I thought it had closed for business the way some restaurants suddenly and quickly do here in Panama. I was relieved when a friend told us it had only moved locations. We found it at the entrance to Las Lajas, almost right across the street from Coronado.



The new location is larger. It has a lot more table space, but it kept the laid-back vibe. It's clear that Owen, the proprietor, is a surfer. Flat-screen TVs hangs from the wall with looped videos of surfers riding waves. A skateboard with Spicoli from the



The chimichanga I missed so much

movie Fast Times at Ridgemont High is bolted to the wall, along with old surfboards, surfing posters, Mexican sombreros, and bongos. Owen is an American who opened up Cholo's with his Mexican wife. He does an awesome job of keeping a friendly atmosphere at Cholo's. Both times I visited the restaurant I held a conversation with the guy. He's a fun loving, spiritual, happy person, who bounces around lively from table to table, keeping his guests comfortable, and making new friends.



Marlene's mixed steak, chicken, and shrimp fajitas

The food at Cholo's is great. Unlike many Panamanian restaurants, even the Mexican ones, Cholo's offers a basket of chips with salsa at the start of the meal. The menu consists of all your Mexican favorites, most for right around US\$10. I was quick to order the chicken chimichanga and Marlene got the fajitas. We both enjoyed our meal. I'm a fan of the fresh bottles of sauces they make and place at each table. The sauce is just spicy enough to give a little kick to the meal, but not overpowering. Every Friday Cholo's offers dollar fish tacos and dollar draft beers, all day long. I've heard the fish tacos are terrific. Next time I'm there on a Friday I'll make sure I stop by to try them out. You should too. **P**

***FOLLOW THESE TWO  
SIMPLE STEPS...  
Are you concerned  
about the state of  
things in the United  
States and around the  
world right now...and  
where we are headed  
this year and beyond?  
If yes, you should take  
this opportunity to  
learn these Two Simple  
Steps that will prepare  
yourself and your  
family for whatever  
might lie ahead.***

***Go here now  
to learn more***

## Coronado, Not as Expensive as You Might Think



Coronado Beach

The city, the mountains, or the beach. Those are your three main lifestyle options here in Panama. For that reason I'll be comparing the high-income rent district of Marbella and Bella Vista in Panama City, the mountain life in Boquete, and of course, this month's feature beach town of Coronado. You'll notice when you look at the budgets, that Boquete is slightly less expensive than Coronado. Boquete is deep in the country's interior. Just like Coronado is the easiest move for an expat wishing to live on the beach, Boquete is that in the high hills.

Rent is much higher in the banking district of the city. In Coronado you can find homes for as low as US\$800 and up to US\$3,000 or higher. Mike at Inside Panama assures me that the average is about US\$1,400.

Remember though, you can find homes in all the surrounding areas, even as low as US\$600 per month. I put US\$200 for entertainment in Coronado because even though there are many restaurants, most of those are affordable, and most of the entertainment there is free (beaches and rivers). Of course, if you play golf, ride horses, and rent wave runners every weekend, your entertainment costs could be much higher than US\$200.

### Pay By The Day For Household Help

A friend in Coronado said he pays only US\$20 per day for someone to clean his house. She comes once a week and spends the whole day. I put \$240 on the budget. If you could find the same set up as my friend, that would mean someone would come to your house three times a week for that amount. Maybe you could set it up for

Monday, Wednesday, and Friday. If you wanted someone there five times per week, you could easily find someone willing to work that schedule. Live-in maids are common as well. That's something you might consider if you have the space and want someone around all the time.

To give you an idea of the grocery costs in Coronado, I visited El Machetazo, the newest of the supermarkets. El Machetazo is three stories and has everything from food to furniture to clothing. Keep in mind, when you see items with familiar names, some of those are imported items and carry a high price tag. More affordable brands are usually available. For example, Quaker oatmeal costs over US\$5. However, bags of local Panamanian brand oatmeal could cost less than a dollar. If you really want to shrink your overall cost of living, it's helpful to learn to buy the Panamanian equivalents. Save the imported brands for the things you absolutely can't live without like the US\$5 bags of bagels.





## The Coronado Shopping Cart

Item	Weight	Brand	Price
Spaghetti	14.11 ounces	Roma	.83
Spaghetti Sauce	24 ounces	Prego	4.29
Mayonnaise	30 ounces	Miracle Whip	4.45
Mayonnaise	30 ounces	Kraft Real Mayo	4.52
Ketchup	20 ounces	Heinz	2.45
Barbecue Sauce	21.6 ounces	Hunts Original	2.40
Peanut Butter	16.3 ounces	Peter Pan	3.42
Mixed Vegetables	14.5 ounce can	Del Monte	1.14
Whole kernel corn	15.25 ounce can	Del Monte	.79
Vegetable Oil	48 ounces	Wesson	6.39
Salt	1 pound bag	Crisal	.22
Cereal	17 ounces	H.Nut Cheerios	4.65
Cereal	18 ounces	Mini-Wheats	4.95
Oatmeal	42 ounces	Quaker	5.65
Pancakes	2 pounds	Aunt Jemima	2.98
Biscuit mix	2 pounds 8 ounces	Bisquick	4.19
Lentils	1 pound	Various	.74
Salt	5 pounds	Cristalin	1.00
Rice	5 pounds	El Machetazo	1.95
Flour	5 pounds	Gold Mills	2.58
White Sugar	5 pounds	Santa Rosa	2.70
Artificial Sweetener	100 packets	Splenda	5.85
White Bread	Large loaf	Pullman's Special	1.25
Cookies	17 ounces	Oreos	3.20
Ice cream	Half gallon	Estrella Azul	3.59
Dog Food	8.8 pounds	Pedigree	12.41
Cat Food	3.3 pounds	Whiskas	4.79
Eggs	Dozen	Various	1.68
Butter	45 ounces	Country Crock	4.50
Tuna	5 ounces	Bumblebee	1.39
Cheese	1 pound	Cre moso	5.25
Cheese (swiss)	1 pound	Sara Lee	8.85
Ham (smoked)	1 pound	Sara Lee	9.60
Ham (chopped)	1 pound	Hormel	3.65
Salami (genoa)	1 pound	Carando	5.15
Hot Dogs	10 pack	Toledano	1.25
Pork Chops	1 pound	Various	2.55
Pork loin	1 pound	Various	2.10
Chicken (whole)	1 pound	Various	1.05

Item	Weight	Brand	Price
Chicken (breast)	1 pound	Various	1.49
Meat (ground beef)	1 pound	Various	2.69
Meat (sirloin roast)	1 pound	Various	2.56
Meat (skirt steak)	1 pound	Various	2.73
Tomatoes	1 pound	Various	.85
Onions (sm. yellow)	1 pound	Various	.80
Potatoes (Russet)	1 pound	Various	1.18
Carrots	1 pound	Various	.45
Cucumbers	1 pound	Various	.30
Plantains	1 pound	Various	.48
Grapes (black)	1 pound	Various	2.09
Grapes (green)	1 pound	Various	1.95
Apples	1 pound	Fuji	1.49
Water	600ml	Dasani	.65
Orange juice	Half gallon	Florida's Natural	3.35
Milk	1 quart	La Chiricana	1.21
Coffee	425 grams	Cafe Duran	4.93
Coffee	293 grams	Folgers	5.98
Soda	2 liters	Coca Cola	2.00
Beer (local can)	12 ounces	Panama	.55
Beer (imported can)	12 ounces	Coors Light	.65
Beer (imported)	12 ounces	Corona	.97
Rum	750ml	Bacardi	7.41
Rum (local)	750ml	Ron Abuelo	5.89
Toothpaste	75ml	Colgate	2.20
Soap	3 bars	Dial	2.25
Charcoal	5 pounds	Para Barbacoa	2.15
Toilet Paper	4 mega rolls	Scott	2.67
Paper Towels	2 rolls	Holiday Eco	1.80
Paper Towels	2 rolls	Scott Multi-use	1.84
Feminine Pads	10 pack	Saba	2.06
Diapers (size 2)	48 pack	Huggies	14.27
Shampoo	400ml	Pantene Pro-V	5.00

\*All prices were taken from El Machetazo, and all prices are in U.S. dollars\*



**Cost of Living in  
Marbella / Bella Vista,  
Panama City**

Rent	US\$1700
HOA Fee	0
Property Taxes	0
Transportation (in town)	60
Gas (for cooking)	5
Electricity	100
Telephone	30
Internet	30
Cable TV	30
Household Help	300
Food	400
Entertainment	400
Health Insurance	160
Travel	200
Miscellaneous	40

**Total Monthly Expenses US\$3,455**

**Cost of Living in  
Boquete, Chiriqui**

Rent	US\$800
HOA Fee	0
Property Taxes	0
Transportation (in town)	50
Gas (for cooking)	5
Electricity	100
Telephone	30
Internet	30
Cable TV	30
Household Help	300
Food	300
Entertainment	300
Health Insurance	160
Travel	200
Miscellaneous	40

**Total Monthly Expenses US\$2,345**

**Cost of Living in  
Coronado Beach,  
Panama**

Rent	US\$1400
HOA Fee	0
Property Taxes	0
Transportation (in town)	50
Gas (for cooking)	5
Electricity	100
Telephone	30
Internet	30
Cable TV	30
Household Help	240
Food	400
Entertainment	200
Health Insurance	160
Travel	200
Miscellaneous	40

**Total Monthly Expenses US\$2,885**





## Ask Alberto

### Hitching a Ride to the Interior



#### Jim and Jacqueline, living in Huntington, West Virginia, write:

“Hola Alberto. We have a question about hitching a ride from the Tocumen airport in Panama City out to the interior of the country, specifically Santiago. So we thought, who better to ask than Live and Invest Overseas’ friendly ex-taxi driver, Alberto. Our question is in regards to the bus system, or getting to the bus terminal.

“The last time we visited Panama, a friend took us to Santiago on the bus, and we thought it was so stress-free not having to worry about finding our own way around and paying the high cost of gas. So this time while we’re in town, we’re just going to do the bus thing again. If we rent a car, we’ll do it out in Santiago.

“When we arrive at the airport, would we be able to go straight from there out to Santiago? If not, how much should a taxi to the bus terminal cost? Thanks.”

#### Alberto Replies

“Hi and thank you for writing to me. To answer your question, no, you won’t be able to go straight to Santiago from the airport. You won’t be able to go straight to anywhere in the interior from there. The only way to do that would be to find a taxi driver willing to make the long trip, and that won’t be cheap. So you’ll definitely want to go to the bus terminal if you’re headed outside of Panama City.

“A taxi to the terminal from the airport should cost about US\$20-US\$25. That’s the real price to the terminal. However, coming from the airport, more than likely someone will try to overcharge you. You might hear anything from US\$30 from a halfway honest driver all the way to US\$40 from a crook. You’ll need to negotiate to get a fair deal. If a driver tells you US\$35, and you’re unable to talk him down, go to a different driver. It might take a little while, but there are honest drivers out there.”

Our friendly resident retired local taxi driver Alberto is standing by to share his long experience and unique perspective on how to get things done in Panama. We invite you to write in to Alberto with your Panama questions. Write in to [customerservice@panamaletter.com](mailto:customerservice@panamaletter.com) and “Ask Alberto.”



## *Cuidado: Credit Differences Can Lead To Trouble*

If you drive down any major street or highway here in Panama City, or even along the Pan-American Highway which leads out to the country's interior, you're bound to see signs on the side of the road announcing new homes in brand new developments for the low low price of US\$250. Just look at the photo below. That was posted outside of Quesos Chela in Capira. Looking up to see this sign reminded me of the dangers of being unfamiliar with the Panamanian waters.

That US\$250 you see isn't per month like you might expect. Here in Panama, everything is done by the *quincenal*, or 15th day. Panamanians live pay check to pay check. The typical payday here is the 15th and the 30th, so stores and banks set everything up to coincide with that payday. So, for example, that home, if financed with the right mortgage rate, would really cost US\$500 per month. Panamanians know that, but we Americans look up at that sign and don't even see the word *quincenal* in small print hovering just below the amount. Even if we saw it, many of us wouldn't know what it means.

My wife, Marlene, recently found this out the hard way. She's Panamanian, but she's lived in the United States for the past ten years and hasn't had to use Panama's credit system. About a year ago, she was talked into one of those department store credit cards, like the Macy's one I cut up a long time ago. Boy did she love that place. This store here, called DDP, is a popular place for women to buy business clothes. So she took out a small line of credit. Her monthly payment was only about US\$20. She made her payments on time every month. Then, one day when we were in the mall, she decided to stop in and find out how much she still owed. Her balance hadn't dropped a bit. In fact, she was close to being reported for not making payments on time. The woman at the counter said, in Spanish of course, "You're supposed to be paying every *quincenal*, and you've only been paying every month."

This goofy situation almost caused big trouble for her. If you're reported to the credit agency in Panama, you're put on a list, and it's difficult to get off. If you're reported, it's almost impossible to get a line of credit. Something as ridiculous as not paying a department store credit card on time, even if you only owe US\$10, could prevent you from getting home financing. You might not even be able to get your cell phone hooked up without leaving a deposit.

You see this *quincenal* set up in store catalogs too. I've flipped through electronic store catalogs that I picked up and it's filled with items available at only US\$20 per *quincenal* or US\$50 per *quincenal*. It sounds so cheap when you're looking at that low number, but when you consider that US\$50 per *quincenal* stereo will really cost US\$100 per month, it doesn't seem like such a great deal. So *cuidado* when playing around with Panama credit. Keep track of your time because the 15th and 30th roll around quickly. Your due date might just sneak up and bite you. **PL**







## Recipe

## Delicious Soggy Cake

It's been awhile since I featured a dessert here in the recipe section. While in Coronado, my wife made me try (for the 3rd time) *tres leches* (three milks) cake. I wasn't a big fan the first two times, but she absolutely loves the stuff. To me it tastes a little like I was eating birthday cake and my vanilla ice cream melted all into it, creating a soggy cake. It's not that it tastes bad. It's actually quite delicious. I just can't get over the sogginess.

I'm not a fan of flan either though, so I can't let my dislikes stop me from posting some of Panama's most popular desserts. If you like sweet treats, give this one a try. I actually found this recipe at [www.allrecipes.com](http://www.allrecipes.com). This is the Panamanian version.

### Ingredients

- 1 1/2 cups of all-purpose flour
- 1 teaspoon of baking powder
- 1/2 cup of unsalted butter
- 1 cup of white sugar
- 5 eggs
- 1/2 teaspoon of vanilla extract
- 2 cups of whole milk
- 1 (14 oz.) can of sweetened condensed milk
- 1 (12 oz.) can of evaporated milk
- 1 1/2 cups of heavy whipping cream
- 1 cup of white sugar
- 1 teaspoon of vanilla extract



### Preparation

Preheat your oven to 350 degrees (175 degrees C).

Grease and flour one 9x13 inch baking pan. Mix flour and baking powder together and set aside. Cream butter and the one cup of sugar together until fluffy. Add the eggs and the 1/2 teaspoon of vanilla extract. Beat well. Add the flour mixture to the butter mixture, two tablespoons at a time, mixing until well blended. Pour batter into prepared pan.

Bake at 350 degrees for 30 minutes. Pierce cake several times with a fork or toothpicks. Combine the whole milk, condensed milk, and evaporated milk together. Pour over the top of the cooled cake. Whip the whipping cream, the remaining one cup of sugar, and the remaining one teaspoon of vanilla together until the mixture thickens. Spread over the top of the cake. Refrigerating overnight makes the cake even better. Be sure to keep the cake refrigerated. Some people pour cherries, coconut, or even caramelized milk over the top. Play around with it.



Interview

## Coronado Newcomers Fit Right In

Sometimes tracking down expats to interview for the *Panama Letter* is difficult. Some areas have none. I remember my first research trip, to Aguadulce, when only one expat lived in town, and he wanted nothing to do with me. I stopped by his house and he wasn't home. I called him and he was never around. Finally, his wife said, "We moved out here to be left alone. We don't want to be featured in a magazine." Fair enough.

In Coronado it's the opposite. Friendly expats are everywhere. It's almost overwhelming when you're trying to figure out who would be best to interview. Sometimes these things just fall into your lap. I wasn't even looking for expats when I stopped by Cholo's for lunch. I was starving and wanted to eat. I saw Rhonda and Gary when we first walked through the door. They were chatting with Owen, one of the owners of the restaurant. I don't like to bother people while they're eating, so I decided not to approach them. Instead, I explained to Owen that we enjoyed our last visit to his restaurant, and wondered if he'd mind us taking a few photos in his establishment so that I could feature it in the restaurant review.

Rhonda and Gary overheard me talking about working for Live and Invest Overseas, and Gary leaned over to me, with a big, warm smile, and said, "Really? We read some of your company's materials when we were planning our move here." That kicked off the conversation. From then it was all good times. They'd arrived in town October 18, only two days before our lunch. They were fresh rookies to the area. They'd visited Panama on a scouting trip (which is an important step in the moving overseas process), but as far as living in Panama, they were brand new. I thought it would be interesting to interview a couple who'd just gone through the process as opposed to someone who did it many years ago.

This couple is a lot of fun, and exactly the type of people who should be moving to the Coronado area. At one point I mentioned that I used to live in Chicago, and Gary reached over and slapped me with his linen napkin, saying, "I used to live in the Chicago area." It was like we were old friends. While some people seem stressed out when they're starting their lives anew in a strange country, Rhonda and Gary seemed to be loving every minute of it. Gary discussed surfing with Owen, glad to be in a place where he can enjoy one of his favorite pastimes. I'll let Rhonda and Gary tell you more about their adventure.



**Q:** Hi guys. Where are you from? And where did you live before moving to Panama?

Rhonda: I grew up in Georgia, then lived in Florida for 22 years.

Gary: From Chicago, I moved to Florida when I was 10. I was living in Daytona Beach when I met Rhonda. We lived in Merritt Island, a few miles from Kennedy Space Center. Our house shook when the shuttles launched and we had the best view right off our driveway.

**Q:** And what did you do for a living there?

Rhonda: I was a Delta flight attendant for 22 years, based out of Orlando.

Gary: I worked in Information Technology. I did that for 25 years. I recently retired from SunTrust Bank.

**Q:** So what made you decide to move to Panama? Were there other places you were considering? If so, what was the deciding factor or factors?

Rhonda: We visited several other places, namely Costa Rica, Puerto Rico, and Mexico. Those places didn't suit us very well for different reasons. I was ready to leave Florida because I like to walk my dog and I was tired of flat surfaces. I really wanted to live in the mountains for the hills and cool temperatures.

Gary: We even thought about staying stateside and giving



New Mexico a go. I was considering working for Los Alamos, but found the climate too arid and it was too far from an ocean. We first visited Panama in 2005. We both loved it and we just knew it was where we wanted to be.

Rhonda: We chose Panama for many reasons. The U.S. dollar is used in Panama, the infrastructure is great compared to many of the other places we visited, it has an ideal climate, the cost of living is less than that of the U.S., and the pensionado visa benefits lower it even more, making Panama quite desirable.

**Q:** Was the Coronado area the first place you moved in Panama?

Rhonda: On our first visit, and after having a real estate agent drive us around Panama City and the outlying neighborhoods, we were ready to give up. A new agent I found in a magazine from Altos del Maria spent the day with us showing us the mountain area and the Altos development. It just felt right.

Gary: Yeah, we don't live in Coronado, but Altos del Maria is very close. We knew it was where we wanted to retire. Rhonda wants to live in the mountains, and I want to live close enough to an ocean to surf, and particularly, the Pacific, my lifelong dream. When our pensions started in 2012, we began our search by coming back to Altos del Maria, in July, for five days. We looked at more than a few homes, but by chance we met a couple, Sue and Nick Roggerio, who knew about a house for sale in the nearby development of Soralpina. We looked at it and we just knew we had found our new home. It doesn't take us long to make decisions when things feel right.

Rhonda: Yes, we loved the house right off the bat. It sits on an acre with many varieties of fruits, nuts, and even a cocoa and coffee tree. We both love working outside and our yard in Merritt Island reflected our love of gardening.

**Q:** If you are living in Altos del Maria, what brought you to Cholo's? That place is kind of off the beaten path.

Rhonda: We came "down the mountain" as they say in Altos, to do some grocery shopping with our new found friends, Linda and Lloyd Sherman. They have eaten at Cholo's often and enjoy the company of Owen, the proprietor.

Gary: As soon as Owen and I met, we were in his surf shop discussing boards, waves, point breaks, and other surfing topics, until I was reminded I needed to eat before my delicious food got cold.

Rhonda: Gary grinned like a Zen Monk the rest of the day. With reassurance from Owen that the waves and point breaks are world class, he had reached the highest level of joy a person can reach on earth.

**Q:** How difficult was your move to Panama? Did you ship your belongings here or just leave everything behind?

Rhonda: We shipped a 40-foot container with La Rosa del Monte.

Gary: Plus two lift vans because Rhonda didn't want to leave all of her plant pots and Christmas decorations behind.

Rhonda: We do have a lot of stuff, probably more than we need, but after getting rid of so much stuff at a two day garage sale, dropping off many boxes at the local Goodwill, and giving a lot of things to friends and neighbors, I wanted what remained to come with us. This is, to us at this juncture, our last move. Also, our new home is almost the same size as our previous home and it comes with a little *casita*.

**Q:** Did you move into your new home right away? Are you there now?

Gary: We are staying in a rental until the current owners of our perspective home remove their belongings and our container arrives, which will coincide nicely, as it turns out. They are also selling us their car, which again, is perfect timing for us.

Rhonda: Our back porch at the rental in Altos looks out across the valley to the peak of Mt. Picachu. We hung a hummingbird feeder on the porch and have spent lots of time watching the beautiful birds flashing and hovering as they feed on the sweet nectar. Breezy, our little kitten scampers about the porch chasing bugs, real and imaginary, and Boyd Crowder, our Golden Retriever, has settled in quite comfortably enjoying the cool mountain air.

**Q:** What methods did you use to find your rental/purchase? Would you say that navigating the market here was difficult? Any tips for others thinking of making the move?

Rhonda: Good luck and God's blessings is all I can say that facilitated us in getting to the right place.

Gary: Yes, it has worked out for us fairly easily with the help of our attorney, Tanya Coronado of PTY Lawyers and her associate, Francisco Zurita, who we recommend highly. Our suggestion would be to start the paperwork to get documents apostilled as soon as you know you want to relocate. Plus, start learning the language of your new country as soon as you know you want to move there. I wish I had sooner.

Rhonda: It is not without stress for sure. Getting our Golden Retriever and the new kitten that popped out of the woods and into our lives just weeks before our departure was very stressful and requires lots of planning and meeting Panamanian defined mandatory timelines. The paperwork is voluminous.

**Q:** Did you guys already have friends living here? I know you're new to the area, but do you feel accepted as part of the community? Are locals and expats friendly?

Rhonda: No, we didn't have friends already living here, other than meeting Sue and Nick once, and another couple, Elaine and Ron Bramson, in Altos when we rented their *casita* for our stay in July. They too are U.S. expats, and have all been so welcoming, making us feel at home in our new country. We met another couple in the grocery store recently. They're from Washington state and we have plans to meet for lunch with them in the near future. It is a close community and we already feel a part of it.

We feel so welcomed. We recently went to an event at Mary's Cafe in Altos with Linda and Lloyd, who introduced us to several other couples from the U.S. It's just amazing that so many people had the same idea as we had, but much earlier, and now we are all living our dream.

Gary: The locals we have met have been very polite and helpful in their own way. Especially the National Police who guided us out of Panama City on our first night here when we became very lost. Two foot-patrol officers we asked for directions, called their supervisor, and shortly after a van arrived that we were able to follow out of the city and all the way to La Chorra, about 25-minutes drive away. We were more than impressed with their assistance and hospitality, especially in spite of the language barrier. It was an adventure for sure.

**Q:** In your short time here, have you started to miss anything from the States?

Gary: Yes, donuts!

Rhonda: And fresh spinach! Plus, our friends...most who have promised to visit.

**Q:** Gary, you mentioned earlier that you wished you'd started learning Spanish before your move. Rhonda, do you speak Spanish? Is it necessary where you're living?

Gary: Neither of us do, but we will begin Spanish lessons soon in Altos. We have already picked up more than a few words and phrases.

Rhonda: Our attorneys have helped a lot. We find that locals are willing to work with us when we are trying to communicate.

**Q:** Okay, what overall advice would you give other expats thinking of moving to Panama? Anything you've learned along the way?

Gary: First, decide where you want to live, whether it's in the city, a beach area, a golf resort, or the mountains.

Rhonda: I can't say enough how important it is to have a good attorney. Follow their advice and get the paperwork started immediately.

**Q:** You've probably been extremely busy, but hopefully you've found some time to enjoy your new, more relaxed lifestyle. How have you spent your days since arriving here?

Gary: Our days are full and pass quickly. We have lots to accomplish as we reconstruct our lives. We have started the immigration process for the pensionado visa.

Rhonda: Plus getting a cell phone and mailbox.

Rhonda and Gary: Thanks Chris for giving us the opportunity to share our experience and give others a glimpse into what has only been a positive experience.

Knowing this is where we want to be has been a huge part of our ability to overcome obstacles that have arisen. It is a huge, life altering change, that requires lots of decisions to be made, but it is so worth it because we are happy. **PL**





Interview

## This Young Expat Makes Knowing Coronado His Business



I decided to do two expat interviews this month. One is the expat couple who just moved to Panama. I thought it would be nice to read about the experience of someone fresh off the plane. Then, for this interview, I wanted to let my friend, Oliver, share his experience as a young guy who knows all about the Coronado area. I first met Oliver through the Inside Panama Realty group. We started discussing our love for writing and traveling around Panama. Oliver is a young, business-savvy, marketing guru, who just may be one of the most popular expats in the country. Months ago, when I visited Pedasi, I mentioned Oliver at dinner with local real estate pros, and right away one of them said, "Oh yeah, Oliver. He used to live around here. We love Oliver." I'd had no idea he spent time in Pedasi. The Americans living there assured me I'd find no better person to help with marketing than Oliver Wolfe.

When I let Oliver know I was headed to Coronado, he immediately offered his assistance. He showed up at our bed &

breakfast and offered to drive us around. He told us about the amazing view of Coronado, Gorgona, Chame, the mountains, and the ocean he had from the condo he's currently house sitting. He's the best source of information on the area, because he makes it his business to know what's going on in and around Coronado. Like a walking encyclopedia he told me about the three international schools, who founded them, and what those founders had planned for the future. He told me about the restaurants in town and where I should go for the best burger. Photography is Oliver's true love, that and writing, and he's great at both. I'll let Oliver tell you a little more about his time spent in Coronado, and what brought him to Panama's most expat-friendly Pacific beach area.

**Q:** Hey Oliver, where are you from?

**A:** I grew up in South Carolina and moved to Washington DC when I was 12.

**Q:** What did you do for a living there?

**A:** Nothing really. I came to Panama straight after graduating from University in Nashville, Tennessee.

**Q:** What made you move to Panama?

**A:** I came to Panama straight out of University. I wanted to spend a year abroad, as my dad had done. Some friends of my mom had a house in Playa Venao, near Pedasi, and offered a room to me if I wanted to come down. I graduated at the beginning of summer, and by late July I was in Panama. I had \$300 with me, knew nobody, and was excited as hell. Three days later and I had spent all of my money leasing a cafe, which I managed for the owner while she was out of town. I watched over the cafe for two months, and then moved up to Coronado in hopes of finding more work. I have a background in photography, and when I looked around I saw that there was a HUGE opportunity for me to put my skills to use down in Panama. The real estate industry in particular was a glaring opportunity for me, as I felt I could take photos that were as

good or better than the competition for a fraction of the price. My plan was always to spend a year in Panama and then go to law school. Well, I got into law school, but I have since decided not to go, and have begun my second year here in Panama. I love my decision every day.

**Q:** You mentioned Playa Venao. Is that the only place you've lived in Panama, aside from Coronado, of course?

**A:** I initially lived on Playa Venao with family friends, and then I lived in Pedasi for a month. Other than that, I have lived in different homes in Coronado and El Palmar, as well as in two different apartments in Panama City. Honestly I could not have made it through the first year here without the incredible generosity of family friends and, essentially, strangers who have since become good friends.

**Q:** Why did you decide to stay in Coronado?

**A:** I was hoping to find work in real estate photography, as I mentioned before. Unfortunately, in Panama there is no MLS, and so very few exclusive listings. Thus, real estate companies are hesitant to pay for photography, as if an agent outside of the company sells the property then the company gets no commission, and thus has wasted money on photography. I met Mike Vuytowecz while staying with another friend in Coronado, and we worked out a deal where I would take photos as well as help work on marketing and on his website for Inside Panama Real Estate. In exchange, he would let me live with him and his wife Martha, and I would have some spending money. I was nearly broke at that time, and the deal more or less fell into my lap. Mike and Martha have been unreasonably generous with me, but the work I have done with them has been fantastic, and the company has been growing at an incredible clip.

I live at the beach and I spend my time traveling to beautiful places and looking at beautiful homes. It could be worse.

**Q:** I know you're no longer living with Mike and his wife. How was it trying to get out on your own here and find a place to rent?

**A:** My main issue with finding a rental was that I had a very, VERY small budget. I put out the word with the community and posted wanted ads on several classifieds websites.

Eventually I was contacted by a man from New Mexico who had bought a home here but was not moving down for at least a year. We worked out a great deal where I pay a minimal amount for rent, and I help set up and furnish his house while he is away. I love the setup, and the home is pleasantly large and in a nice neighborhood in La Paz de Chame.

**Q:** Do you feel accepted as part of your community?

**A:** It depends on which community you are talking about! With the expats, sure. I love the expat community here in Coronado. Even though I'm well below the average age for the area, the people are great, friendly and out for a good time. As for the Panamanian community, it varies. My Spanish is starting to be functional, but I'm nowhere near good enough to shoot the breeze with locals. So any Panamanian friends I make tend to speak English as well, and that rarely happens outside of Panama City and Boquete as far as I've seen.

**Q:** Are there things you miss from the states?

**A:** My friends, of course, but I know that we're each having great new experiences and the best friendships are holding up well. Besides that: India Pale Ale, NFL Sundays and NCAA Saturdays, Chick-Fil-A, Sportscenter, Five Guys Burgers, movie theaters, and country music.

**Q:** You mentioned that you're picking up on your Spanish. Would you say that speaking Spanish is necessary in Coronado?

**A:** I spoke absolutely zero Spanish when I moved to Panama last summer. I spoke passable conversational French from high school, but that was it. I've been working hard at picking up Spanish, though. It's not really necessary to know it in Coronado, but in my opinion it's rude not to try. We're in a foreign country as guests, and the least we can do is try to communicate in the language of the country's people.

**Q:** How hard is it to keep in touch with the rest of the world in Coronado? Is it easy/cheap to receive/send mail/packages?

**A:** The internet works just fine here in Coronado, and that keeps anyone well in touch with the rest of the world. It's



actually nice, being able to tune out the media onslaught in the States by closing my computer. I haven't tried to send or receive packages much here, as there's a pretty solid network of people going between the States and Panama on any given week. If I want an item down here, I order it to a friend's house, and when they come back from the States they bring it with them! I got a replacement Kindle this way a few months ago.

**Q:** If you had to do it all over again would you choose Panama? Would you choose Coronado?

**A:** I would absolutely choose Panama again. This country is spectacular - I can drive twenty minutes in any direction and find something spectacular, every time. There are so many different ecosystems here, and I love the weather. I've made some great friends as well, both Panamanian and expat. And while Coronado is lacking in the young people area, it's where I have found work that I really enjoy, and I can't imagine being able to stay in Panama without the work I have here.

**Q:** What advice would you give other expats thinking of moving to Panama?

**A:** Start learning Spanish now. If 10 out of 10 is fluent, you should aim for getting to a 2 out of 10 before you arrive in Panama. That way you at least have knowledge of the basic verbs and nouns, and can string some sentences together with a bit of forethought. It took me eight months to get from a 0 to a 2 here, but only a couple months after that to get to a 4 or 5 where I am now. Getting that base down will really help you learn the language at a conversational level once you come down.

**Q:** How do you spend your days?

**A:** Real Estate is a 24/7 business, but it's also spent on the beach and in the mountains. Much of my work is done on my computer as well. That means I'm either in the office, taking photos of a property, or relaxing in one of my favorite Panama spots (like Playa Venao!) with a beer and my computer, looking out over the ocean. **P**

# PANAMA

LETTER

## Yes, You Can Retire (And Live Well) On US\$723 A Month Or Less: Here's How!

You have more control over your future than you may realize. You can live well—including a maid, a gardener, regular dinners out, even travel—all on a Social Security budget.

Yes, in the world's best-value, best-living destinations it's all possible on a middle-class budget, even on your Social Security income alone.

Full details of the World's 5 Cheapest Places In The World To Live Well For 2013 are featured in this just-published series of special reports... [that I'd like to send you today free.](#)





A red and orange leather passport cover is centered on a dark, textured wooden background. The cover has a red upper section and an orange lower section. A white document is tucked into the top. The text on the cover is as follows:

**Long-Term Living In  
Panama**

Read all about visas, residency,  
and citizenship options in  
Panama [here](#).

**PASSPORT**

Read all about visas, residency,  
and citizenship options in  
Panama [here](#).

**PASSPORT**





# The World's Top Retirement Haven

Dear *Panama Special Report* Buyer,

I hope you enjoyed reading about one of the top destinations in the world's greatest overseas haven.

I'd like to let you in on something: Each one of our Special Panama Reports is but a single element of the greatest resource available today on insights into life in Panama. This unique service is called the ***Panama Letter***.

Every month, subscribers to the ***Panama Letter*** receive an honest, current, and complete introduction to one of the places we've identified as offering tremendous advantages for the would-be retiree, investor, or part-timer in Panama. These are the locations that should be on your radar, either for your immediate retirement or as places to invest today as part of a longer-term plan in Panama.

Each of these comprehensive reports addresses not only the pros, but also the cons of each destination featured. This is critical if you want to make a smart, informed choice. You'd be hard-pressed to find this information anywhere else in the world.

This is Panama without the sugar coating. From a team of expats, investors, and businesspeople with, together, many decades of experience spending time and making money in the Hub of the Americas. Let us show you why, after considering the whole world, we've chosen to be here.

Our network of contributors will provide you with all the tips, tricks, and firsthand insider intelligence you need to follow in their footsteps, including these popular features in every issue:

- Broad **budget comparisons**, to help you thin-slice the cost of living in this Little country with big upside. Whether it's the cost of bread and milk, furniture and maid service, or rent and utilities, we'll have you covered...
- **“What's On In Panama This Month”**...a guide to events and activities in the country this month. Where to go to watch the playoffs...how to plan your Carnaval adventure...who's appearing live in concert this month... and what's playing at Panama City's English-language theater...

Plus much, much more, including:

- Where to look to find the kind of **life that suits you** — at the beach, in the mountains, in the big city...
- **Insights** into what the community is like, who your neighbors would be (locals, expats, or both), and how they live...

All I ask is this: If you like what you read in your Special Panama Report... keep reading. Subscribe to the ***Panama Letter***, and then, every month, you'll receive in your in-box a new, up-to-the-minute, information-packed Special Panama Report providing another from-the-scene guide of life in another destination in Panama.

I predict it will become your favorite read each month.

Better yet, as a Preferred Panama Reader, you can save an extra US\$79 off this comprehensive Panama service.

[Learn more here.](#)

## **Subscribe To The Panama Letter Today... And Receive 9 Free Reports Worth US\$192.78!**

To get you up-to-speed with Panama as quickly as possible, I'd like to offer you a number of special bonus reports, simply for giving my new ***Panama Letter*** a try.

First, I'd like to send you a **complete library of 7 Panama resources**. This is the world's most comprehensive package of Panama resources, worth a total of US\$147.88. However, it's yours free when you take advantage of this special Preferred Panama Reader offer for the ***Panama Letter***.

### **Limited-time Bonus: The Panama Starter Kit**

Yours free when you try the ***Panama Letter***:

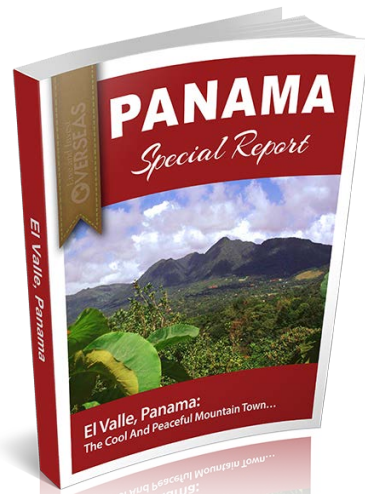
- **“Live and Invest in Panama,”** the complete, 221-page guide (a US\$79 value)--This complete and current guide to Panama introduces you to the country's top seven choices for expat living and helps you to compare them, one to the other, with a clear look at the pluses and the minuses in each case...
- **“Panama 101: 101 Things You'll Wish Someone Had Told You About Panama”** (a US\$9.99 value)--This is the guide I'd love to have had when I first came to Panama some 15 years ago. It would certainly have saved me embarrassment, hassle, delay, and headaches...not to mention a whole lot of cash. In these pages, you'll learn vital lessons, including the absolute maximum you should ever pay for a taxi ride across Panama City...what not to wear if you want to be taken seriously by your new compatriots... where to go to shop for books in English...a guide to festivals and seasons...and helpful Panamanian-isms...





- **“Panama Residency Visas Supplement,”** containing fully up-to-date information on all 14 of this country’s top foreign residency options (a US\$9.99 value)--This is your step-by-step guide with answers to all your residency- and visa-related questions...• **“Little Black Book for Panama,”** our private Rolodex, not available for sale anywhere--This is a guide to our best in-country contacts, which is supplemented every month with the new contacts we’ll introduce you to in your issues of the *Panama Letter*...

- The Special Retirement Report **“El Valle de Anton, the World’s Top Retirement Haven”** (a US\$9.95 value)--To get you started on your Grand Tour of Panama, this special report features the little mountain town of El Valle de Anton, conveniently located 30 to 45 minutes from the beach and about two hours outside Panama City...so you can regularly enjoy the best of the city, without its heat and humidity...



- The Special Retirement Report on **El Cangrejo, Panama City** (a US\$9.95 value) To continue your Grand Tour of Panama, this special report features the metropolitan neighborhood of El Cangrejo. Central, eclectic, welcoming, and affordable, El Cangrejo is a popular relocation choice among young entrepreneurial expats and retirees who want a neighborhood with character and countless amenities—banks, hospitals, restaurants, casinos, and nightclubs—all within walking distance. This report provides all the essential information for establishing yourself in this trendy and very expat-friendly neighborhood, one of our favorite in all Panama City...

- The special report, **“44 Things You Must Know Before You Relocate, Retire, or Invest Offshore,”** the nuts-and-bolts support you need to plan your adventures in Panama with confidence (a US\$29 value)...

But wait, as they say, there’s more.

For this special offer, we’re bundling together every resource we can imagine you might need as you consider and prepare for a new life in this beautiful little country. In addition, therefore, to the complete Panama Starter Kit, when you take advantage of this limited-time launch invitation and subscribe to the *Panama Letter* for two years, we’ll also send you two other important bonus reports:

**Additional Two-Year Bonus Report #1:** Top 5 Medical Insurance Options for the Expat in Panama (a US\$19.95 value) introduces you to Panama's health care systems, both public and private. This country boasts some of the best health care facilities in region. In fact, Panama is increasingly recognized as a leading medical tourism destination. And the top-notch medical facilities aren't limited to the capital city.

Certainly, you'll find the best services in Panama City, but some smaller towns also offer good public and private hospital and clinic options. This report shows you where, beyond the capital, you can find them...plus it also details your top in-country health insurance options (including policies that could provide all the coverage you need for as little as US\$50 per month...

**Additional Two-Year Bonus Report #2:** **Sunsets, Surfing, And Serenity--Early In On The Azuero Sunset Coast** (a US\$24.95 value) is your guide to where the smart money is headed in this country...the "other" Azuero, the only western-facing coast in the country, sitting smack dab in Panama's path of progress (the new president hails from this province and already has is pushing ahead for serious infrastructure improvements in his home region)...

In all, that's nine special reports with a total value of US\$192.78.

They're yours free when you become a subscribe to the ***Panama Letter***.

Now here's the crazy part. These nine special Panama reports that we're standing by to send to you with our compliments together are worth more than the cost of your ***Panama Letter*** Subscription.

The ***Panama Letter*** is valued at US\$189 for one year, US\$289 for two years.

However, as a ***Live and Invest Overseas Preferred Panama Reader***, you can become a subscriber to my the ***Panama Letter*** for one year for only **US\$66**. That's far less than the cost of the special free reports if you were to purchase them on their own...and a discount of **65% off** the regular one-year subscription price!

But here's an even better deal...

***Nine Special Panama Reports With A Total Value Of US\$192.78--Yours Free!***

Subscribe today for **two years** of the support, insider information, judgment, experience, and real-life know-how you'll gain with the help of the ***Panama Letter***, and you'll pay only **US\$100**. That's less than the regular one-year subscription rate...a savings of **65% off** the regular two-year subscription rate!

My new ***Panama Letter*** is your real-life, real-time, real-deal guide to the real Panama. The subscription cost, considered within the context of the resources and the research that will be brought to bear to fulfil this service, is, I fear we will discover, not enough.

However, right now, for a limited time, it's the price on the table.

[Go here now to claim your deep discount and free Special Reports.](#)

**Sign Me Up NOW!**

***Subscribe Now--100% Risk Free***

The ***Panama Letter*** is the most complete and current resource to living, investing, retiring, and doing business in Panama available anywhere. I guarantee it. If you are disappointed in any way with the information, insights, recommendations, and discoveries shared in your ***Panama Letter*** subscription, simply say so. If you do, we'll promptly reimburse you for any issues remaining in your subscription. No questions asked. The Special Reports are yours to keep, no matter what.

Sincerely,



Kathleen Peddicord  
Publisher, Live and Invest Overseas  
Publisher, ***Panama Letter***

P.S. This offer is only available for Live and Invest Overseas Preferred Panama readers. Thanks to a past purchase of a Panama publication, you can now upgrade that purchase to become a one-year Panama Letter subscriber for only US\$66 or a two-year subscriber for only US\$100.

Simply click the button below to subscribe to the ***Panama Letter*** at the exclusive discounted rate.

**Sign Me Up NOW!**



# PANAMA

## SPECIAL REPORT