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EL RESIDENTE

September

October

2022

DESTINOS:

Mercado Central San Jose



ALSO IN THIS ISSUE:

Stock Market Tip
Dealing With the Middleman

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CONTENTS

Across the Board ARCR Board of Directors	4
Destinos Michael Miller	6
Guest Column Bob Normand	10
Day in the Life Allen Dickinson	15
Legal Update Rómulo Pacheco	18
From the Embassies US and UK Embassies	22
On the Grid Ivo Henfling	26
Wild Side Ryan Piercy	28
Design Wise Shelagh Duncan	31
Paradise, We Have a Problem Tony Johnson	34
Club Corner	38
Business Directory	40

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This magazine has been published every two months since 1995 as the official communications media of ARCR Administration. Our organization provides service to thousands of foreigners who have chosen Costa Rica to reside for short periods or for permanent residence.

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Editor's Note

Everyone knows that Costa Rica is filled with an abundance of natural resources; spectacular beaches, beautiful jungles, and a plethora of wild animals are just a few. Even off-shore, the oceans are filled with unique and fascinating creatures.

But many may not know of a mineral resource here, GOLD! Some years ago, a major mining operation was begun here, but after some political wrangling, the government shut the project down in the interest of preserving other natural assets.

But there is another type of "gold" here that isn't mined you may not know about: the Gold Scarab Beetle. To see and learn more about this unique creature, read *Wild Side*. It has a "wealth" of information about this little bug with a huge visual appeal.

Want to know about the status of vehicle inspections? Across the Board has the latest. And there are other interesting articles too – like how an immigration attorney can get frustrated trying to do his job, or to get some tips for the rainy season, or to find out what makes us unhappy. Dig in. It's another issue of *El Residente*, ready for your reading pleasure. Enjoy!



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ACROSS THE BOARD

Notes and News from the Board of Directors

"DIGITAL NOMAD" LAW PASSED On July 4, 2022, a law was officially established regulating digital nomads. A digital nomad is defined as an individual that provides remote services for a third party that is legally located outside of Costa Rica. The law creates a process that provides a new immigration status which allows those receiving it a longer time of visitation and certain tax advantages.

The immigration status is officially known as "Non-Resident Migrant / Service Provider," and it requires the applicant to prove a minimum monthly income of USD 3,000 (USD 4,000 if the applicant includes their family) verified via bank or financial statements or instruments. It also requires the applicant to provide proof of a health insurance policy covering all family members. The government, at its discretion, may run a security check on applicants. Those receiving approval may bring their personal technology instruments (computers, tablets, cell phones, etc.) tax-exempt. Any income earned in Costa Rica, which is paid to them by an external entity, is tax-exempt.

For detailed information on the new law, contact an experienced immigration attorney.

RITEVECLOSED As most have already heard, the Costa Rican vehicular inspection stations, Revisión Técnica Vehicular, aka RTV, closed their doors on July 15, 2022. The Minister of the Ministerio de Obras Públicas y Transportes (MOPT) has said that for at least the next few months, possibly more, the country will be without vehicular inspections while the government attempts to find a temporary operator and a permanent solution.

In the meantime, there has been confusion about what will happen. A temporary solution included the Policía de Tránsito (Traffic Police) being instructed not to sanction (ticket) vehicles with plates ending in 6, 7, 8, 9, and 0. This means that, for the time being, drivers with vehicles bearing those plates can freely transit without being ticketed and experiencing the possible confiscation of license plates for not having a current inspection sticker. (However, vehicles with plates ending in 1, 2, 3, 4, and 5 that do not have the current "sticker" are being advised not to use their vehicles or face fines.)

UPDATE On Friday, August 26, 2022, President Rodrigo Chaves and the Minister of Public Works and Transportation, Luis Amador, announced that a German company, Dekraw, has been awarded the contract to carry out the vehicle inspections in Costa Rica, beginning in September 2022. The announcement said that Dekraw offered their service at half price and without charges for re-inspections for minor defects, but will charge half the fee when vehicles with severe or multiple defects identified during a first inspection are reinspected. The exact charges for the inspections and the stations' official opening date were not announced at that time.

APPLE USERS BEWARE Apple is warning users of a flaw in iPhones, iPads, and Mac computers that can allow hackers to seize control of the device. "Apple is aware of a report that this issue may have been actively exploited," the company said. Patches have been released for iPhones, iPads, and Mac computers, and Apple is urging users to install the software updates immediately.

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DESTINOS

By Michael Miller



Mercado Central; A Slice of Costa Rican Life

Editor's Note: This feature has, in past issues, taken us from the nature preserves on the East Coast of Costa Rica, to a border crossing into Panama, as well as some other interesting sites. This time we will look at a local attraction of the Central Valley, an equally fascinating place to visit right in the heart of San José.

The always busy Mercado Central (Central Market), located on Avenida Central, has been an important part of downtown San José for over 130 years. A visit there provides a real glimpse of classic Costa Rica.

North American visitors often ask, “I am visiting Costa Rica and will be here for a short time. What is the best way to quickly get a taste of real Costa Rican life?” My answer is always ,the Mercado Central in downtown San José. It is more than a slice of Costa Rican life. It is a slice and a half!

The Central Market was built by the city of San José in 1880 and has been a thriving Latino market ever since. It is only one square block, one story high, yet it is jam-packed with hundreds of small stalls and alcoves, all connected by a maze of crowded, narrow walkways that wind their way throughout the teeming marketplace. Today, when you walk inside the Mercado, you will leave behind the reminders of the 21st century; the fast food chains, the bank money machines, the honking cars, and San José’s infamously raucous motorcycles without mufflers. There you will find a marketplace that is not much different than it was 130 years ago.



Entering from the Avenida Central side, the first thing you will see are shops selling tourist souvenirs; Costa Rica beach towels, Costa Rica coffee mugs, Costa Rica T-shirts, and on and on. Walk right on by... this is not the real Mercado experience.

Continue along the first walkway and you will find several stalls with attractive leather goods, like belts, wallets, purses, and other goods on display by the hundreds, much of which have been hand-tooled with intricate designs. Walk a little further and you will see stalls with traditional local clothing; highly embroidered white shirts for boys, or brightly colored dresses that girls traditionally wear for holiday parties and big events such as First Holy Communions.

As you explore the Mercado, you will be amazed at the tremendous variety of merchandise that is available. There are fresh produce shops brimming with all kinds of fruits and vegetables, fresh meat and fish stalls, and cubicles that sell only herbs and spices. I found one location that sold nothing but honey... many different varieties of honey.

There is one modern adaptation that the Mercado has made that is very much for the better; the vendors who

sell fresh meat or fish are required to show their products in glass-domed, refrigerated display cases. This is a good thing because in the old days the meats and fish would have been marinating at room temperature, with the help of the local flies.

The fresh fruit and produce stalls are some of the main attractions at the Mercado. Some fruits will be familiar, and some will be new to most expats. On a recent visit, I stopped by one and saw many of the items you would expect to see in a tropical marketplace; different varieties of bananas, bright yellow pineapples, beautiful mangoes, juicy watermelons, and papayas as big as American footballs. In addition to these familiar fruits, there were many other varieties that I could not identify, like guayaba, yuplon, anona, and maracuya. Wow! How exciting, I thought. Even though I have been coming to Costa Rica since the 1980s, there is still much to discover.

Wandering through the Mercado, you will discover vendors with fresh-cut flowers, shops with forbidding-looking local cheeses, and even live baby chickens. One small shop had “medicinal” plants. The proprietor showed me canning jars packed with combinations of



these plants. He opened one of the jars, assuring me that it would cure any headache just by smelling the contents.

The Mercado Central is also a popular place to get an inexpensive, quick, and nutritious meal. Throughout the Mercado there are dozens of places to eat, which are especially popular with the working class Ticos in the neighborhood. Some of them, small “sodas,” offer the traditional Costa Rican diners a place where you can sit down and have a typical Tico meal... with beans and rice, of course. Another restaurant offered a variety of seafood dishes, including a delicious seafood soup

that would cost much, much more if you ordered it at a restaurant in Escazu.

Other food outlets are so small that they look like tiny stands, similar to small street-food vendors. They usually offer only a few items, such as empanadas or tamales wrapped in banana leaves. Most everything is made right in front of you and the aromas are wonderful. One example was a woman who started with a soft tortilla shell with beans and rice, then added sausage, eggs, pork, or chicken on request. The final product was then folded up in a sheet of banana leaf, ready for purchase.

There are several individual shops in Mercado Central that are worth highlighting. The first is Café Central, which in my opinion, is the best place in Costa Rica to buy top-quality whole-bean coffee; it is considered by many to be one of the best retail outlets for fine gourmet coffee in the entire country. Patricia, the proprietor of Café Central, will talk to you about their coffee the way a winemaker will talk about wines. She proudly boasts about the characteristics and subtle notes that you can taste in different varieties of beans from the different growing regions of Costa Rica, like Tarrazú south of San José, or the slopes of the Poás Volcano.



Café Central gets its coffee beans raw, and then roasts them right there in the market.

The second is a place with a long name, La Sorbetera de Lolo Mora. This ice cream shop has been in the Mercado since 1901. When it opened, in an era before there was a single automobile on the streets of San José, it offered only one flavor of ice cream. Today it still has only one flavor, the same flavor from over 100 years ago: a rich vanilla with cinnamon, a hint of nutmeg, and perhaps a touch of clove. The ice cream is soft and a bit slushy and with a consistency similar to custard. And it is delicious! Each time I visit this shop I always see Tico parents treating their smiling children to this Costa Rican classic. It is obvious that the children are being introduced to this iconic shop with a certain reverence, as generations of Tico children have for over a century.

When you visit the Mercado Central, you will undoubtedly discover your own favorite vendors. It might be a shop with fruits you have never seen before. It might be a stand with a smiling old lady hand-making a tasty snack wrapped in a banana leaf. Quién sabe? (Who knows?) One thing is certain, when you visit Mercado Central, you will experience a bit of the real Costa Rican lifestyle, the kind you will not find at a beach resort or in a gated suburban community.



One note of caution: The City of San José tells us that thousands of people visit the Mercado Central each day, sometimes many thousands. While the vast majority of those people are wonderful Ticos, it can be tight and crowded inside and, like in any big city, there may be a few ne'er-do-wells and pick-pockets wandering around. Use the same common sense you would use in any crowded urban situation; no flashy jewelry, keep your cell phones in a pocket or purse, and gentlemen should keep their cash and wallet in their front pockets. Ladies should keep their purses close to them. Personally, I have visited the Mercado Central numerous times, it is one of my regular shopping venues, and I have never had any problems.

You can join the fun at the Mercado Central six days a week. Located between Avenida Central and Avenida 1, between Calle 6 and Calle 8, it is open Monday through Saturday, and closed Sundays and Costa Rican holidays.

Michael Miller is the author of the number one guidebook that focuses on San José, Costa Rica., Titled The Real San José. His most recent offering is a historical fiction novel about Oakland, California, during the 1991 Oakland Hills fire titled Tribune Man. Both it and The Real San José are available on Amazon. He is currently working on an expanded walking guide to San José. For more stories by Mr. Miller, visit his website at: <https://www.therealsanjose.com/>

GUEST COLUMN

by Bob Normand

Sea Turtles of Costa Rica (And About Respecting Their Habitat)



Part of the amazing diversity of Costa Rica is the number and variety of sea turtles that return to our beaches annually. Up to 13 species (including freshwater varieties) of turtle have been reported in Costa Rica, but four main species of sea turtle predominate and are discussed below. The primary nesting locations are on both coasts. The four main species of turtle to be found here are:

LEATHER-BACK

This is the largest of all marine turtles found around the world. These gigantic reptiles can reach up to six feet in length and weigh upwards of 1,200 pounds. Their name is derived from the leathery skin which covers their bodies and forms their shells. This thick, rubbery skin is black in color, unlike the hard, bony carapaces of other turtles.



Leather-backs are prevalent in nesting on the Caribbean side at Tortuguero National Park but may also be found on the Pacific side. They consume as much as their own body weight of invertebrates, like jellyfish, daily, and are believed to be an important check on jellyfish blooms which can otherwise result in marine ecosystem damage.

Leather-backs are believed to be the oldest turtles on the planet, dating back as much as 150 million years, having survived the extinction of the dinosaurs "until the last several decades when human interactions have taken a major toll."

The typical nesting time for Leather-backs is from March to July, but the cautionary respect for nesting turtles listed below should be observed for them as well as all sea turtles.

ATLANTIC GREEN SEA TURTLE

Green Turtles can be found in both Caribbean (Tortuguero is a favorite for these also) and Pacific versions (Ostional National Park in Guanacaste). Greens are somewhat more modest in size than the leather-backs but can grow up to four feet or (1.5 meters) in length and weigh up to 300 kg



or 650 lbs. Green Sea Turtles nest from June to October along the North Caribbean, but especially in Tortuguero.

OLIVE RIDLEY TURTLE

The Olive Ridley is the second smallest of the sea turtles. They weigh in at 75-100 pounds (34 - 45 kg) and reach 2 - 2 ½ feet (roughly .6 m) in length. The Olive Ridley nests in mass, i.e., dozens to hundreds or even more than a thousand, at a time in an event called an "arribada" (roughly translated as "put into port"). Costa Rica is one of only about a half dozen countries in the world where arribadas occur (others are Mexico, Nicaragua, Panama, Australia, parts of Africa, and a few beaches along the coast of India).



This turtle is named after the color of its carapace, and adults reach sexual maturity around the age of 15 years. They are primarily Pacific Ocean turtles and "omnivores, eating a variety of prey, including crabs, shrimp, lobster, urchins, jellies, algae, and fish. In Baja California, Mexico, their preferred prey is the red crab which is abundant in offshore waters".

HAWKSBILL TURTLE

The shell of this one is considered by many as the most beautiful of turtles. It also has been the undoing of the species due to over-catching and poaching for their shells, which produces beautiful jewelry. Hawksbill turtles nest four times a season (May to September), producing up to 200 eggs each time. The population of Hawksbills is estimated to have declined by 80% in the last century due to overfishing, and they are currently on the critically endangered list.



There is another particular and peculiar aspect to Hawksbills. They feed almost exclusively on sponges, and since this helps the reefs grow coral, the action of the Hawksbills helps protect the reefs. Unfortunately, sponges contain chemicals that accumulate in the tissue of the Hawksbill that can be very harmful, even fatal.

Sea turtles prefer a darkened, quiet beach on which to do their nesting. Any disturbance, in the manner of too much lighting, commotion, foreign objects such as beach chairs, and, particularly, groups of humans wandering about, can interrupt their intention to nest. An example of this occurred in 2015 when a group of several hundred visitors showed up at Ostional Wildlife Refuge in Guanacaste to watch turtles do an arribada. The number of tourists overwhelmed the turtles, and the press reported it this way:

Yahoo News Canada's Daily Buzz reported hundreds of people flocked to the refuge's beaches this past weekend in hopes of watching thousands of pregnant sea turtles emerge from the water. The crowds got so large that several national police officers were called in to assist park rangers. However, efforts to push back visitors came up short. The mass of people led some turtles to turn back to the water without laying their eggs, while some tourists were seen taking selfies with the reptiles

and even touching them or resting small children on top of them. The Ministry for the Environment and Energy workers union Secretary said that the visitors' actions had "a negative impact." In addition to threatening the health and safety of the sea turtles, the overwhelming tourist presence also threatened the future of the sea turtle population.

Only a small percentage of the hatched sea turtles will survive, and that percentage may have been further reduced by visitors stepping on nests and interacting with other aspects of the beach.

Costa Rican authorities have instituted a policy permit only smaller groups, led by licensed and experienced tour guides, to access the beaches in the future.

Typically, the annual "arribada" event is free from the threat of tourists as heavy, river-swelling rainfall usually makes the refuge inaccessible, but 2015 was a remarkably dry season, which added to the eye-popping numbers of visitors.

Regardless, travelers and nature lovers can learn a lesson from the over-zealous tourists. Come on folks, give the turtles a break! Use caution and respect.

This article was previously published in the August 2022 edition to the Golden Gringo Chronicles, (<http://www.bobnormand.com/GGC>) and is reprinted here by permission.



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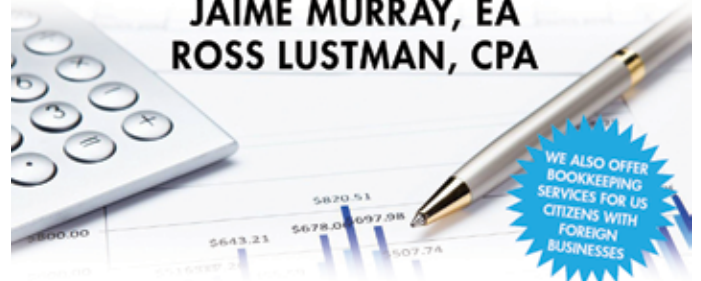
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DAY IN THE LIFE

by Allen Dickinson



Stock Market Tip

If you are an investor and play the stock market, here's a tip: buy stock in battery-making companies. I'm not talking about those companies that make batteries for electric or hybrid cars, I mean the ones that make "flashlight" batteries, particularly if they make the AA or AAA size.

I've checked and come up with an (incomplete) count of 21 toys my grandchildren have which take two, three, or four of those size batteries. Seems like never more than a day or two goes by that I am not asked to install new batteries in some noise-making device - the baby dolls which cry endlessly, the cars that roll around the floor making engine noises, or the "educational" toys that speak (in Spanish of course) giving instructions for what to do: (Can you press the button for the color green? That is blue. Now push the button for green) or praise for correct answers (Very good Now, can you count to 20?). Every button they push makes a beep or some noise,

and the sounds can be aggravating. The worst is those are ones which "make music". Somehow nothing that sounds like music to me ever seems to come out of them.

I don't mind changing the batteries though, the kids get lots of enjoyment from the toys, sometimes learn something, and (mostly) they stay out of trouble while playing with them. But why-oh-why do the toy makers always seem to put a cover over the battery compartment that is held in place with a tiny screw? Sometimes two or three screws. Don't they realize that someone is going to have to change those batteries? I keep losing the (also tiny) screwdriver I need to open the panel, and finding it can add additional time... all-the-while the child stands staring impatiently waiting for abuelo to get them "back on the road" to joy again

I can't leave the battery swap activities to the grandchildren because the cover never seems to get put back on and promptly disappears. Then, the batteries

fall out and go wherever the cover and the screwdriver are hiding. (Side note: Why are some minor everyday things “lost” but never found? Pocket combs, disposable lighters, ballpoint pens, etc., all regularly disappear. Over time I have bought hundreds of those items but never found even a couple of them that others have lost - and most of those I did find were unusable because they had been run over by trucks or had resided at the bottom of a now dried-up mud puddle. Excuse me, I digress.)

I have one other battery-changing complaint; it's about those manufacturers who design a doll with the clothing covering the battery compartment, and the access panel in the clothing is about 50% of the size of the battery compartment it covers, ARRRG!

Anyway, thanks to modern toy makers, I have had to add a line item to my budget planning for “Batteries”. Thank the stars that a local chain store (translation, Small World) sells inexpensive packets of 24 Chinese-made batteries - if I had to fill all the battery demands I get from my grandchildren with four-packs from the grocery store, I'd have to declare bankruptcy

So, if you have children or grandchildren, my suggestion is to invest in battery manufacturing companies. It has got to be a sure thing. Even when they grow up, somebody else will always have some kid in need of batteries; demand will not go away.



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LEGAL UPDATE

by Rómulo Pacheco

Dealing with the middleman

During my years, there has been one total reform of the immigration laws, in 2011, and there have been many little fixes, nothing major, since then. But every time Immigration recruits new personnel, someone is promoted, or someone quits or dies, its like dealing with a whole new set of bylaws.

For example, consider the facts of an applicant's birth. There is only one set of facts for the birth of any and all human beings; they were born on a certain date, to certain parents, in a certain place. That is it. No matter how old the document that states those facts is, the information will always be the same. The only variable is that our immigration law specifies that the document expires after six months of issuance. I agree it has to follow the requirements of certification or apostille, but if the facts are correct, so what difference does the date of issuance make? None! But, the inflexible "expiration date" is an inexplicable requirement the middleman will focus on, and we must deal with, for this specific document.

Another point of aggravation is the documentation of the funds available for a Rentista residency. The spirit of the law is that the applicant who is asking to obtain this residency status must provide proof that they have enough funds to cover they and their dependents expenses for at least two years. That amount has been set at USD \$2,500 per month. So, what does it matter where this person gets the money if there is a banking institution willing to certify that he or she has the funds? What difference does it make if the funds come from a contract, a lease, investments, or another source? But, "No, No!", the middleman says the amount can only come FROM RENTS. Or the middleman says that because a certification letter from a bank does not have a certain number of words, in a certain order, the status is DENIED. I am sure the congresspersons that worked on this law never considered the idea that the middleman would make this issue a bottleneck; that if the person has the funds, and the funds are in the bank, the congressmen would be satisfied.

Those are not the only situations that plagues my professional practice. Another is bank deposits. This is money given to the government, money they are getting for the services provided. Any rational human being would agree that if you make a deposit into their account, the deposit is not being used by anyone else. And not only that, the deposit receipt contains the applicant's name, so the deposit should be enough to proceed with the application.

But that's not how the middleman sees it. To him, if the depositor's name on the receipt is not "complete," the deposit is rejected. This is illogical; some people have very long names, and the bank only allows a certain number of characters on the receipt. But, for the middleman, if the totality of the name on the bank receipt is not EXACTLY the same as it is on the application, the receipt is "no good". What do you do? The only solution is to wait in the bank for at least an hour while the branch manager drafts a letter stating that the deposit in question relates to the applicant in question and do that every time a person has a long name. That is what I have had to do many times. Try it and you will be as frustrated as I have been.

Bureaucracy, inefficiency, and the fact that no one cares are killers in this line of work. And now, the government, in all good faith, has created a new approach to attract DIGITAL NOMADS, and has also created a revised version of the RENTISTA and PENSIONADO laws, both of which will allow tax exemptions for the newcomer's household goods. The first is just coming into existence, and the second has been ready for many months. But the bylaws are not ready. Why? Care to guess who is supposed to create those bylaws? Yes, you're right, the MIDDLEMAN!

Such is the life of an immigration attorney in the tropics.

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Need to know how to convert common measurements used in Costa Rica to Customary US Standard measurements? Use the handy conversion chart below!

Milliliters × .034 = Fluid Ounces

Kilograms × 2.205 = Pounds

Millimeters × .039 = Inches

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Hectares × 2.47 = Acres

Kilometers × .62 = Miles

Centigrade × 1.8 + 32 = Fahrenheit

Liters × .264 = Gallons

(These are APPROXIMATE factors, NOT EXACT.)

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FROM THE EMBASSIES



ASK ACS

Beach Safety in Costa Rica

Costa Rica's pristine coasts, natural parks, and relative safety attract tourists from around the world. Most visitors safely visit one of Costa Rica's 640 beaches and leave with nothing but beautiful memories, and maybe a sunburn. Unfortunately, for a handful each year, the tropical beach paradise turns into tragedy. Surprisingly, drowning is the primary cause of unintentional deaths in Costa Rica among international visitors.

Annually, in Costa Rica, foreigners represented more than 30% of drowning fatalities (study period: 2002–2012), with U.S. visitors constituting the largest group. Statistically, U.S. citizens are up to 40 times more likely to drown overseas than at home, with alcohol use increasing that risk.

Why so Risky?

Experts suggest that international beachgoers may be more at risk of drowning than residents due to their unfamiliarity with local hazards and risks. This, coupled with language barriers and an overall relaxed attitude to safety while on holiday, may increase risky behavior. Further, studies find that foreign beach goers generally do not pay attention to signs and find it difficult to translate and understand image representations of beach hazards, such as rip current warnings.

A Worldwide Health Threat

The dangers of drowning are not confined to Costa Rica. Worldwide, drowning remains a serious and neglected public health threat claiming the lives of 372,000 people a year. To put that in perspective, deaths by drowning equal nearly two-thirds of malnutrition deaths and more than half of malaria deaths worldwide. Alarming, drowning is among the ten leading causes of death of children and young people in every region of the world, with children aged under five years disproportionately at risk. And males are twice as likely to drown as females.

Studies further show that, compared to women, men tend to overestimate their own swimming skills and underestimate risk or their own vulnerability. Over half of the casualties are under 25 years of age. Unlike other injuries, survival is determined almost exclusively at the scene of the incident and depends on two highly variable factors: how quickly the person is removed from the water and how swiftly proper resuscitation is performed. Prevention, therefore, is vital.

Costa Rican Efforts

The presence of lifeguards at beaches is considered to be one of the most effective prevention strategies to reduce drowning risk. Recognizing this, in 2019 the Costa Rican National Assembly passed a bill requiring coastal counties to provide permanent professional lifeguards at the most popular beaches; however, implementation of the law was significantly delayed due to COVID-19 and other issues. Further, a pilot program in conjunction with the Cruz Roja de Costa Rica (Red Cross of Costa Rica) started in January 2020. It deployed permanent lifeguards to six popular beaches in Costa Rica: on the Pacific side at Bahia Ballena, Manuel Antonio, Tamarindo, and Ventanas, and on the Atlantic side at Playa Negra and Manzanillo. The U.S. Embassy and other embassies in Costa Rica continue to work with our Costa Rican counterparts to strengthen the lifeguard program here to protect both Costa Rican residents and international visitors.

Prevention

The first step is to learn how to recognize and avoid rip currents. Many drownings occur due to rip currents. A basic understanding of this coastal phenomenon can save your life or that of a loved one. Conditions for a rip current occur when waves travel from deep to shallow water and break near the shoreline and generate currents. A rip current forms when a narrow, fast-moving section of water travels in an offshore direction. Because rip currents move perpendicular to shore and can be very strong, beach swimmers need to be careful. A person caught in a rip can be swept away from shore very quickly. Rip current speeds as high as 8 feet per second have been measured – faster than an Olympic swimmer can sprint. This makes rip currents especially dangerous to beachgoers, as these currents can sweep even the strongest swimmer out to sea.

Remain Calm and Don't Panic

The best way to escape a rip current is by swimming parallel to the shore instead of toward it, since most rip currents are less than 80 feet wide. A swimmer can also let the current carry them out to sea until the force weakens because rip currents stay close to shore and usually dissipate just beyond the line of breaking waves. Occasionally, however, a rip current can push someone hundreds of yards offshore. Regardless, the most important thing to remember if you are ever caught in a rip current is not to panic. Continue to breathe, try to keep your head above water, and don't exhaust yourself fighting against the force of the current; it will dissipate, and then you can swim back to shore.

Reducing Risk

To reduce your risk of drowning, visitors and residents of Costa Rica should familiarize themselves with local coastal conditions. Swimming areas at some popular beaches around the country lack lifeguards or warnings of unsafe conditions, and rip tides can form quickly. You can check the Costa Rica Tourism Institute (ICT) website or with your hotel or relevant tour operator to request current information on local swimming and surf conditions. Following common sense advice, like not diving into water of unknown depth, not swimming alone, especially at isolated beaches, and avoiding the consumption of alcohol while swimming, also greatly reduces the risk of drowning. In addition, ensuring that children learn to swim and that they are always supervised around water, regardless of their swimming abilities, decreases their likelihood of drowning. Finally, if you are comfortable doing so, you can learn CPR or basic lifesaving skills, and if you have the means, you can provide support to the local Red Cross or other lifesaving activities. These simple actions can significantly reduce the risk of drowning, save your life or those of your loved ones, and ensure happy memories of your Costa Rican vacation.

Additional Important Information:

- For emergency services in Costa Rica, dial 911.
- Medical care in San Jose is generally adequate, but services

can be limited in areas outside San Jose. In remote areas, basic medical equipment may not be available.

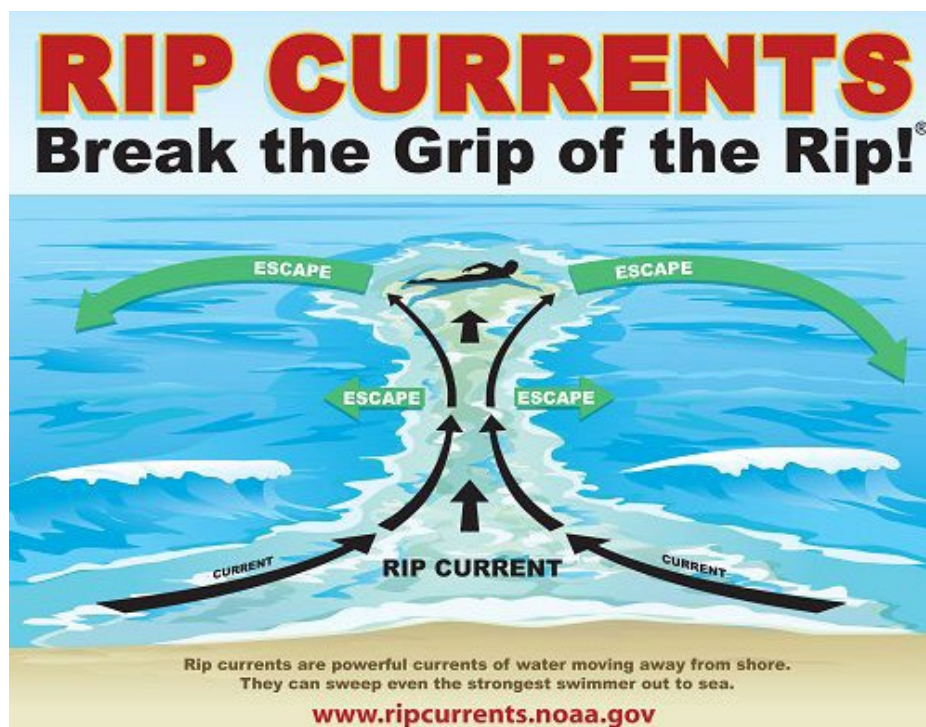
- Ambulance services are widely available, but training and availability of emergency responders may be below U.S. standards. Ambulances may lack emergency equipment and personnel.
- Medical staff may speak little or no English.

References:

- World Health Organization Global Report on Drowning: <https://www.who.int/publications/i/item/global-report-on-drowning-preventing-a-leading-killer>
- Segura, L.E., Arozarena, I., Koon, W. et al. Coastal drowning in Costa Rica: incident analysis and comparisons between Costa Rican nationals and foreigners. *Nat Hazards* 110, 1083–1095 (2022). <https://doi.org/10.1007/s11069-021-04980-7>

Learn more about the dangers of rip currents and how to avoid them from the NOAA National Weather Service's Rip Current webpage. https://oceanservice.noaa.gov/education/tutorial_currents/03coastal3.html

- Information about Costa Rica Travel from the Department of State at Costa Rica International Travel Information (state.gov)
- U.S. Embassy San Jose, Costa Rica Local Resources for U.S. Citizens at <https://cr.usembassy.gov/u-s-citizen-services/local-resources-of-u-s-citizens/>





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This year four Costa Ricans will be heading off to study at top universities in London, Sussex, and Edinburgh, in an exciting range of subject areas ranging from marine systems to innovation and public policy to social change. In the past, we've awarded scholarships to study courses

as varied as Behavioural Economics, Criminal Justice, Film Curating, Political Sociology, and Global Health, so in terms of options, the sky is the limit!

In addition to keeping up with the academic demands of a course, selected scholars can look forward to the prospect of immersing themselves in the social and cultural life offered to them within their university community and in the larger town or city where they live. Throughout the year, the Chevening Secretariat also organises multiple activities that facilitate interaction and engagement among alumni.

By the way – did you know that a former Costa Rican President and a former Ombudsperson were both Chevening alumni? Although there isn't a single template for a Chevening scholar, the ideal candidate possesses the passion, vision, and skills to shape a better world. At the end of the scholarship, that person becomes a part of a 50,000-plus global alumni network that could potentially help them bring their ideas to life!

If you are interested in learning more about this amazing opportunity to study in the UK, then please visit <http://www.chevening.org/> for details and to apply online. Applications close on 1 November 2022, but please don't leave it until the last minute!

If you have specific questions, do not hesitate to reach out to our Chevening Officer Glenda Quiros at: Glends.Quiros@fcdo.gov.uk





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ON THE GRID

by Ivo Henfling



Tips for the Rainy Season

Would you like to break an arm or a leg walking into a Costa Rican shopping mall when it rains? I bet you wouldn't

The rainy season, or the green season as we marketing specialists call it, is a time of year that deserves respect because in Costa Rica, when it rains, it pours. And, if you are not used to monsoon-style rains, pay attention to this article.

Most countries use anti-slip tile or rubber mats at their entrances for when you walk into an office building, store, or strip mall. Not in this country. If you don't watch your step, you can slip and fall on your face or break something. And don't think about suing someone; it's not easy to sue a store or building for medical expenses here. In fact, the legal fees will probably be higher than the cost of getting your injury fixed. And, if you insist, you'll probably be in for a years-long fight. So, if you walk into a store or shopping mall here, watch your step if your feet are wet.

Here are some more tips for when it rains:

UMBRELLAS

Always have an umbrella handy – or several – keep a minimum of one in your car and one in your home so you

won't get wet when you need one, and the only one you have is in "the other place." (In Costa Rican Spanish, an umbrella for a woman is called a "sombrella". For a male person, they are called "paraguas" - {para aguas - for rain}. Another term expats use is parasol, but these are most commonly used here to shade from the sun {para sol - for sun}. There is no different name for a parasol for a male or female user. Whatever you call it, don't use it when it's windy; it will end up in the trash can. Better to get a little wet.)

RAIN GUTTERS AND DITCHES

Don't step into a rain gutter or ditch full of water; you don't know how deep it might be ... and some here are VERY deep.

PARKING

Don't park your car in a rain ditch either; your vehicle could disappear when it starts raining.

TREES

Don't hide from the rain under a tree. This country has a lot of lightning; the Meteorological Institute of Costa Rica reports over 20 million lightning strikes annually.

DRIVE CAUTIOUSLY

If you are on the road when it starts raining, drive VERY carefully for the first ten minutes of rain because the road can be VERY slippery (don't go crazy after those ten minutes though, and say it's my fault). The roads become slippery with the oil from the exhaust that is expelled from the tailpipes of trucks and buses.

BEWARE OF SNAKES

If you live in a rural area where snakes are common, be aware that as soon as it starts raining, snakes will look for a dry and warm place, and they may try to get into your house.

BUGS

No matter where you live, you may also have (more) bugs trying to get into your house to stay dry, like mosquitos, spiders, and ants. Keep the window screens closed and the sugar in the fridge. Get rid of old tires and other garbage in your yard that can accumulate water and attract mosquitos. Be aware of dengue.

CONSTRUCTION

Don't start outside construction projects during the rainy season unless it has progressed to the point where it is already under a roof.

The rains keep the environment green and beautiful; that's the reason we call it the 'green season'. The beauty is a wonderful reason to live here, so don't let the weather scare you away; it doesn't rain all day - it usually lasts for only an hour or two, then the sun returns. You can easily adjust your life to those hours - take a nap or work on an inside project, for instance. Some people even love the rainy season

And when you plan to buy a house in Costa Rica, don't fear any rain; contact us.

Ivo Henfling is a Dutch expat who has lived in Costa Rica for forty years. He founded the American-European Real Estate Group, the first functioning MLS with affiliate agents from coast to coast, in 1999. He is the broker/owner of GoDutch Realty and can be reached at (506) 2289-5125 or (506) 8834-4515 or email to: ivo@american-european.net



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WILD SIDE

by Ryan Piercy



Golden Scarab Beetle

Deep in the jungle is another example that gives the term “Rich Coast” a new meaning. It is in the form of a small insect that glitters like bright gold. I can imagine the stories that would have been taken back to the old world had Columbus and other explorers who discovered this county stumbled across this truly precious creature.

The Golden Scarab Beetle is one of many thousands of insects found in this country. Its amazing metallic color is fantastic to witness and is simply breathtaking. It is quite challenging to spot, especially due to its small size, about 25 millimeters in length and 10 mm wide.

Known scientifically as *Plusiotis Resplendens*, this small insect belongs to the order Coleoptera and is one

of some 30,000 in the species Scarabaeidae. Aristotle originally gave the name Coleoptera to these insects for their hardened shield-like forewings (coleo = shield + ptera = wing).

Though beetles are very common and comprise nearly half of all the insect species on the planet, the Golden Scarab is something special and unusual. Scientists believe that its golden metallic color is due to the microscopic structure of its exoskeleton (its external skeleton) and the way it reflects light. Other members of this genus are bright green or green and silver in color. Some entomologists believe that the brilliant metallic colors help these beetles blend in with the colorful

tropical flowers in their habitat and thereby lessen the possibility of their being detected by predators.

What I find curious is that although gold was highly prized by the indigenous people here, I don't recall seeing any depictions of beetles in their works. In other cultures, such as Egypt, scarabs are highly revered. Could it be that the Costa Ricans weren't aware of their existence? Or perhaps they were revered as magical, or they used only real specimens for decoration, which crumbled to dust with them? Or perhaps ...

In any event, about 1,200 types of scarab beetles are found in Central and North America, and today the Golden Scarabs are among the most highly prized by collectors. A quick search on the internet shows they fetch prices up to \$200 per specimen. More than worth their weight in gold! Hopefully, collecting them won't become so popular that these beautiful creatures become endangered before you have the opportunity to see them.



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DESIGN WISE

by Shelagh Duncan



Mold – Friend or Foe?

WHAT IS MOLD?

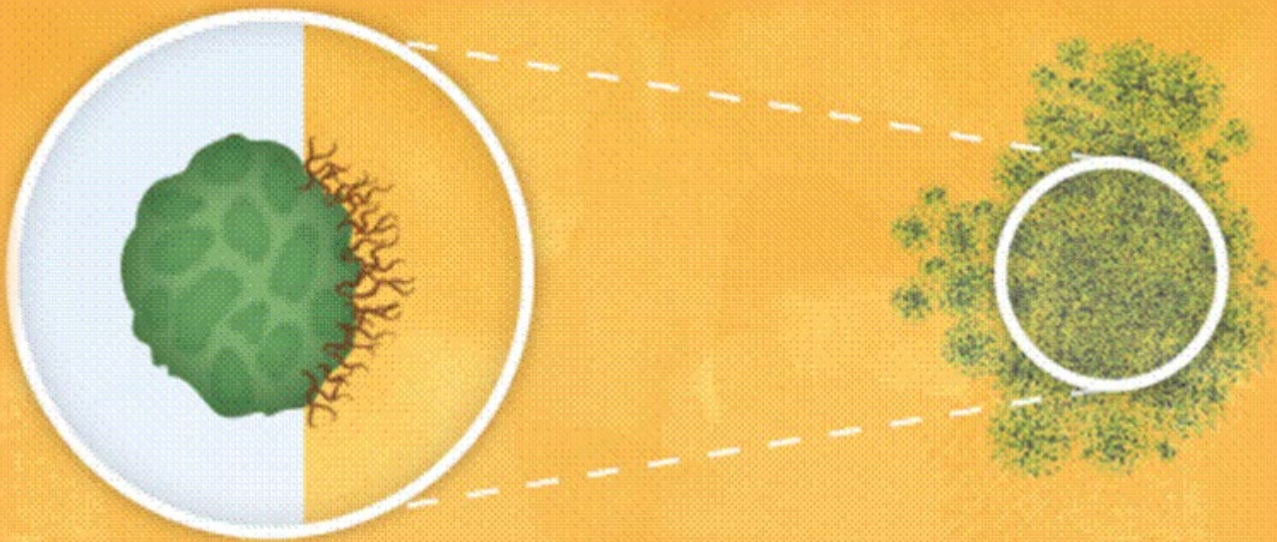
Molds (and mildew) are fungi. Fungi are not plant, animal, or bacteria, they are microbial. They are responsible for such wonderful organisms as delicious edible mushrooms and the makers of the miracle drug penicillin. They are the yeast that makes our bread rise, our fine wines ferment, and make our richly flavored cheeses taste so good. They play important roles in biotechnology and food science in the production of many foods, beverages, antibiotics, and enzymes.

Biologically, all fungi have defined cell walls, lack chlorophyll, and reproduce using (airborne) spores. Approximately 100,000 species of fungi have been

described, and it is estimated that at least that many more are waiting to be discovered. The vast majority of fungi feed on dead or decaying organic matter – they are one of the principle agents responsible for the natural recycling of dead plant and animal life.

That is the problem. We live in the jungle, in the tropics, and all around us the cycle of life is constantly renewing itself, producing countless numbers of spores that we breathe in and live with each day. Some of these cause allergies and can have serious health issues, but most are just a constant cleaning problem.

Mold has four critical requirements for growth – available mold spores, available mold food, appropriate temperatures, and considerable moisture. In other words,



if we can control our environment, we can control mold. Easier said than done.

Air conditioning and dehumidifiers will help with the temperature and humidity requirements, but it is impossible to eliminate the spores or their food. Almost every substance that contains carbon atoms (organic substances) will provide mold food, and carbon is everywhere; it is the sixth most abundant element in the universe. The oil from your skin that is left when you touch an otherwise mold-resistant surface, like stainless steel, or the soap residue left from a good cleaning, will provide sufficient nutrients to support the growth of most molds. Once a spore finds food, it attaches itself, puts out roots, and quickly colonizes the area.

If you have used bleach to clean mold, you will have noticed that the mold always returns, usually even worse than before, especially on porous surfaces. Although bleach eliminates the visible mold growth, it also encourages the next bloom; bleach is mostly water, and when that dries it leaves a layer of carbon residue behind, which is the perfect mold food.

Also, many of the most common materials found in homes, like wood, fabric, and other organic fibers, are among the most preferred of mold nutrients. So, eliminating mold food from your environment is a virtually impossible task.

WHAT CAN YOU DO ABOUT IT?

It has been suggested that anti-fungal, oil-based paint works to deter mold growth; we tried it and agree. Builders here typically use water-based paints because they are cheaper and easier to work with. But even with the use of anti-fungal paint (oil or water-based) the mold

will still grow on the surface if you don't keep it clean. It grows on almost everything, even specs of dust

Ozone Shock Treatments are available as a fast and easy solution to get rid of moldy smells in homes. This method blasts the area with a lethal dose of ozone, and as long as you evacuate and wait until it has dissipated, it is safe enough for humans. Critics, however, say it may kill but does not remove the mold. And, as this high-ozone dose is a powerful oxidizing agent, the ozone could not only damage such things as rubber; it could actually change the molecular structure of some chemicals to produce other noxious chemicals.

Many other studies confirm the effective use of ozone to kill mold, but usually in conjunction with other remediation techniques.

During building, stay away from using drywall or any other porous building materials if you can. Concrete ideally should be sealed because moisture wicks up from foundations and through block walls. Ideally, slabs should be poured over a thick layer of plastic laid over a couple of inches of raked sand. Any other kind of moisture-block applied to exterior masonry surfaces is also recommended. Sella Tek SA is a Costa Rican company specializing in sealing buildings against moisture problems.

Running hot water pipes through the house is a smart and practical solution for drying closets and storage areas. Locating the water heater in a bodega (or large closet) will give you a 'dry room'. Adding a light bulb inside a kitchen pantry will help keep it dry. Also, finishing your wood and bamboo with polyurethane, instead of shellac, will work well. Marine varnish will out-perform all others. Use car wax along your



grout lines to help prevent the moisture from seeping up from the concrete below, and especially in showers or anywhere it comes in direct contact with water. (Auto wax is also great to use on appliances once or twice a year to help prevent rust.)

We know that bleach is a no-no. Vinegar kills bacteria and germs, but only some types of mold. Also, any vinegar you buy here is pretty diluted, so again it is almost all water. You can use natural anti-microbial products like Concrobium Mold Control on nearly everything, including fabric. It works with a treatment just once or twice a year. This natural, safe product kills the mold right down to the roots by suffocating it. The magic is that once dry it sets up an anti-microbial barrier shield to prevent other spores from settling and growing in the treated area. Odor and chemical-free, it is easy to use and very effective.

Concrobium is available in refillable spray bottles, gallon jugs, and the newest option is a mini fogger. The fogger produces a fine mist that can be sprayed into enclosed spaces like closets and under sinks. This mist coats every surface and gets into the nooks and crannies that may be difficult to access otherwise. It is great for musty-smelling clothes, curtains, and upholstered furniture too.

If you have a boat, then Concrobium could be your new best friend. That familiar musty smell that welcomes you when you open it up after a long period can be eliminated with the mini-fogger. It is safe to use on almost all surfaces, has no smell, and needs no mask for application. Constant exposure to water and humidity make boat surfaces a haven for mold and mildew. Now you can

protect your investment by controlling mold without using environmentally harmful chemicals.

Concrobium is a mold treatment, not a cleaner. Follow the instructions and you will get great results. If you have staining due to severe mold growth, Concrobium Mold Stain Eraser will remove it safely and without scrubbing. It is a powerful cleaning solution that targets tough and embedded mold and mildew stains.

For mattresses and thick cushions, go Tico. Make use of our solar power and put them outside in the sun. Turn them often. Elevated or propped up on a concrete surface, they will heat up faster than on gravel or earth. When dry, spray with Mold Control to keep the musty smells at bay.

Obvious things like running your fans and maximizing ventilation will increase the air circulation in your house, but unfortunately, the most effective solution overall is still air conditioners and dehumidifiers; or a combination of all the above.

Some of us have come to the conclusion that no matter how hard we try, we just have to live with ubiquitous mold and the constant battle to keep one step ahead. So, pour yourself a glass of fine wine, cut a slice of crusty fresh bread, layer on some Blue Stilton, and sit back and enjoy.

Paradise has its price - and its rewards.

Shelagh Duncan

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PARADISE, WE HAVE A PROBLEM

by Tony Johnson

"Nothing Can Make Us Happy"

Rupert Spira, Spiritual Teacher

After years of dreaming, preparing, and finally making the move to Costa Rica, I have encountered many satisfactions and some disappointments. The country's beauty can stun as it overflows with natural eye candy. But as visually sublime as Costa Rica is, and as friendly as its people are, it was disappointing to find that life here does not provide me a permanently high level of happiness; I still have down days and the sense that something is missing. Why?

It is because, as Spira tells us, "No THING can make us happy."

How can that be? After numerous actions and experiential "things" that brought me to Costa Rica and to some happiness, how could Spira still maintain that "No THING" makes me happy?

His point is that "things", whether physical, emotional, or cognitive (thoughts are "things" after all, immaterial, but still "things"), are NOT, in themselves, happiness. Those "things" may CONTRIBUTE to the perception of happiness, but they are not happiness itself. And, they do not CAUSE my happiness. Happiness, in Spira's understanding, precedes, pre-exists, things and is our "natural state"; like the blue sky behind a thick cloud cover, happiness is always there, unseen until the cognitive and emotional "clouds" part to reveal it.

Many would argue that the Costa Rica move MADE me happy. And it did, at least for a while. I did experience a connection between the move and my feelings of happiness, but that formulation left out an important link in the chain between the move and my happiness. The move was connected to my happiness, but only indirectly.

Whenever we commit to attaining some end we feel (at least unconsciously) a distance between our current and our preferred state. Furthermore, we can feel uncertain and worried about succeeding. Indeed, the bigger the goal, the greater the worry; larger goals usually require more commitment, steps, and risk of failure.

What my move directly impacted was the PERCEPTUAL gap between where I was and where I wanted to be. I longed to live here, and the successful move ended that longing; it closed that gap and allowed me to feel I had achieved my goal and relieved my worries, ending the longing, allowing me to feel "at peace, content, happy", as Spira would define it. But it did not.

In previous articles, I discussed how many people do not define "happiness" as peace and contentment. Western culture often depicts happiness in physical terms, "Buy this or that thing, and you will be filled with joy. Out of your mind with happiness." So the thought of "peace and contentment" feels like weak, pale versions of happy. Maybe not even worth the bother.

HAPPINESS IS OUR NATURAL STATE

When we think about it, the "kids turned loose at recess" extreme degree of happiness, or the calm enjoyment of a dazzling sunset level of happiness have one thing in common; we see both situations as "good enough," as "satisfactory," as "enough" for now. We don't want or need something more or to be somewhere else. So my move to Costa Rica was a STEP toward peace and contentment because it closed the gap and removed the anxiety that BLINDED me to a "natural, inbuilt state of peace and contentment." It enabled me to be accepting rather than in conflict with the experience, thus, enjoying a peaceful state.

So if happiness is satisfaction with our situation, what then is unhappiness?

Essentially we're unhappy when our situation is deficient, fails to measure up, is disappointing. Another way to say that is we're unhappy is when there is a gap between where we wish to be and where we are.

Consider any situation, any "thing" with which you are unhappy. You might say you are unhappy because you feel some pain, some suffering there. You feel those things because that thing fails to fill the gap between

where you are and your desired satisfactions. You are not where you need to be.

A key element in the chain to happiness is how we SEE our life; it is the most direct link to happiness or unhappiness. If we accept what is, see it as good enough, don't reject it, and we feel happy, content, satisfied. Reject the gap, fight it, and we suffer discontent and unhappiness.

But if happiness is our "natural state," why are we so often unhappy? A necessary question. We're often unhappy because we SEE our situation negatively, as disappointing, falling short of our expectations, and we resist it. We then direct our attention toward things we believe will make us happy, thus more deeply burying the happiness that is present within us.

Happiness is our very nature? That's crazy, some would understandably assert. Almost everyone I know is occasionally, if not chronically, UNhappy. Why aren't THEY happy if it's everyone's 'nature'?" A recent experience of mine might help explain this.

A THAI-BUDDHIST FUNERAL

"Life is not designed to fulfill all our needs," Spira teaches. A few months ago, I attended the funeral of a relative which made that point. It was the fourth such family event in the past two years; my generation of the family is moving to the "Great Beyond". A funeral being the epitome of an unhappy event, it left me vaguely unsettled, unable to clarify what I was feeling and why. So I'm using this column to explore my reaction and demonstrate how to "diagnose" the cause of one's unhappiness.

Tim, the grandfather of our nieces, came to the U.S. from Thailand in the early 1970s. Naturally, his funeral was largely in Thai, with orange-robed monks chanting in a language I don't know. (There was a video of his life, which was, thankfully, in English.)

I participated in unfamiliar rituals out of respect, for example, lining up like everyone else to pour a small capful of water into a bowl on Tim's chest. Although I was outside of my comprehension of their language, I was deeply inside the reality of Tim's fate for everyone there.

It was a beautiful ceremony, but I couldn't imagine anyone feeling happy during the funeral. However, at the following luncheon, people talked and laughed and seemed to enjoy themselves. Their happiness had been restored. It was not happiness regarding Tim's death but, my guess was, with their friendships and good fortune, to escape his fate, at least for now.


But I wasn't happy after that ceremony. Why not?

What was I resisting, failing to accept? What was the gap?

I realized that at 75 I FELT that my time was running out and realized that what was bothering me was my confusion and uncertainty about the best way, the happiest way, to spend whatever remaining time I have left; I can't waste whatever precious time I have, I want to "spend" it well. The gap was between my confusion and my need for clear goals. My anxiety was over the rapidly evaporating time available and my resistance to my not wanting this to be my fate.

How might I use Spira's insights into the nature of happiness to answer my questions? How might you also use those insights if you're feeling unhappy?

Worrying is a
waste of time.
It doesn't change
anything.
It just messes
with your mind
and steals your
happiness.



Life is not a problem to be solved, but a reality to be accepted.

HOW DO I SPEND THE REST OF MY LIFE?

Accept that no **THING** can make me happy.

I need to be acutely aware that at this age I don't need things. In my final years I've got almost every consumer good I've ever wanted. And some desires (a sports car) no longer matter, so I won't waste my precious time worrying about attaining things I don't need. Wanting to have that stuff would just produce a frustrating gap between where I am and where I want to be.

But what do I most need? Basically, I need to seek things for the feeling they help me experience.

What feelings are these? Peace, contentment and satisfaction are what I really need, so how do I spend the rest of my life attaining them?

My career accomplishments, while nothing special, are good enough. I don't need to achieve more. And, during my later years, I have the satisfaction (contentment) of a good relationship, successful, healthy kids, and reasonably good health. Maybe it's time for me to feel my life as a whole has been good enough and that there's nothing more that I need? Yet, something seemed missing.

What's my gap? Since the funeral and turning 75, I've realized that I can't continue to live as I've long preferred. Unlike Tim's grandkids, I don't have a lot of time left. If I'm going to the Louvre and only have

two hours to visit, I want to make sure to see the "good stuff." Make sure I don't waste my valuable time on things that wouldn't really matter to me. But what is that "good stuff"?

That's where my understanding of my discontent hit a wall. Maybe if I had a clear and specific "bucket list," I'd be more confident that the remainder of my life would be well spent, not wasted. The gap would then be closed, my anxiety reduced, and some peace attained.

What must be in that "bucket"? I've got some ideas that I'll probe more deeply next time. Meanwhile, try asking yourself, What's my 'gap'? What's preventing my happiness? What do I resist accepting? Do you notice any contradictions?

Tony Johnson is largely happy, but would be happier with a clear, final "to do" list.

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CLUB CORNER

Due to COVID-19 many groups and clubs in this listing have suspended meetings. Interested persons should contact their groups to determine the status of their group. Group leaders should contact El Residente with information for this section to be updated. Clubs whose listings are not updated will be deleted from future listings.

Organizations are invited and encouraged to post their group activities, information, meeting schedules, and notices of special events FREE in the ARCR Facebook account. Go to www.facebook.com/ARCR123

► Alcoholics Anonymous

Groups meet daily throughout the country; times and places change frequently. Schedules for meetings and their locations can be found at: www.costaricaaa.com.

► Al-Anon

English language meetings open to anyone whose life has been/is affected by someone else's problem with alcohol. Meeting information can be found at: www.costaricaaa.com. Family Resources.

► American Legion Post 10-Escazú

Meets on the second Wednesday of the month at 12 noon at the Tap House, Escazú Village, Escazú. If you wish to attend please call: 4034-0788, or email: commander@alcr10.org or visit our website at: www.alcr10.org. If you need directions, call Terry Wise at: 8893-4021.

► American Legion Post 12-Golfito

Information can be obtained from Pat O'Connell, 8303-0950

► American Legion Auxiliary

The Legion Auxiliary meets the second Saturday of each month, at 1p.m. in Moravia. Contact Doris Murillo at: 2240-2947.

► Amigos of Costa Rica

A US-based non-profit organization established in 1999. As an advocate for philanthropy in Costa Rica, it contributes to the well-being of Costa Rica by connecting donors resources with vetted non-profit solutions. US Government tax-payers donations are deductible. For more information go to: www.amigosofcostarica.org or email to: emily@amigosofcostarica.org.

► Atenas Bridge Club

Informal, friendly duplicate games. Classes at 11 a.m., games at 12:30 p.m. Tuesdays. New members welcome. For more information, visit the website at: www.atenasbridgeclub.com or email to: atenasbridgeclub@gmail.com.

► Birding Club Costa Rica

A private group that travels around Costa Rica to observe and identify the 900+ species of birds found here, learn about different parts of the country, and enjoy the company of like-minded and interested people. For more information, visit the website: www.birdingclubcr.org or email to: info@birdingclubcr.org.

► Canadian Club

Canadian Club welcomes everyone to join us for our monthly luncheons and at our special annual events. No passport required. There are no fees or dues to pay, just sign up with your email address and we will keep you informed of Canadian events. For information go to Facebook: Canadian Club of Costa Rica, or email Pat at: canadianclubcr@yahoo.com to sign up.

► Central Valley Golf Association

Meets every Tuesday morning between 6-7 a.m. at the Valle Del Sol golf course in Santa Ana. Both individual and two person events with different formats every week. We invite all men and woman with all handicaps to join us and enjoy golf on a picturesque course. No membership required. For more information, contact: Larry Goldman 8933-3333, email to: nylarryg@yahoo.com.

► Costa Ballena Women's Network

Begun in Ojochal with a handful of expat ladies, our focus is networking, community, business, and social activities as well as offering an opportunity to meet new people. Monthly lunch meetings held the third Saturday of each month through a variety of social activities at various restaurants with guest speakers talking on interesting topics. For more information please email: cbwn00@gmail.com.

► Costa Rica Writers Group

Published authors and writers, newbies, and wanna-bes make up this group. Dedicated to helping and improving all authors' work with resources for publishing, printing, editing, cover design; every aspect of the writing process. Third Thursday, January through November, Henry's Beach Café, Escazú, 11 a.m. Contact: bbrashears0@gmail.com or visit our Facebook page, Costa Rica Writers Group.

► Democrats Abroad Costa Rica

Provides information about voting in the US and voting issues of interest to US citizens living in Costa Rica. For more information or to join, email: democratsabroadcostarica@gmail.com or visit our website at: www.democratsabroad.org/cr Register to vote absentee at: votefromabroad.org

► Domestic Animal Welfare Group Costa Ballena

DAWG is a volunteer run, non-profit organization focused on animal advocacy in the Costa Ballena region of Costa Rica with

a goal of eliminating the abuse and abandonment of domestic animals in Costa Ballena. We stress education, spay and neuter. Donations are our lifeline. For information visit the website at: www.dawgcostarica.org or email to: dawgcostarica@gmail.com.

► First Friday Lunch

Each month on the first Friday of the month ARCR sponsors a First Friday Lunch at 12 p.m. All are invited to join ARCR officers and others for an informal lunch and BS session. No RSVP or agenda, just good food and meeting new and old friends. Attendees are responsible for their own food and drink expenses. Meetings are at the Chinese restaurant, Marisqueria Mariscos Vivo, located behind the Mas x Menos grocery store located across from the Nissan Dealer near Parque Sabana. Call ARCR (2220-0055) for directions.

► Little Theater Group

An English-speaking theater group located in Escazu. Website: littletheatretegroup.org Email: info@littletheatretegroup.org Whatsapp: 8708-2607

► Marine Corps League

Meets the second Saturday of the month at 11 a.m. at the Tap House in City Place Mall in Santa Ana. We are looking for new members. Former Marines and Navy Corpsmen can be regular members. All other service members are welcome to join as associate members. For information call Andy Pucek at: 8721-6636 or email: andy@marinecorpsleaguecr.com.

► Newcomers Club of Costa Rica

(For Women) The Club, in existence since 1980, promotes friendship and support among members, mostly expats in Costa Rica, through conducting a variety of social and recreational activities. Meetings are held from September to May, interest groups meet year-round. General Meeting at 10:00 a.m. every first Tuesday of the month. For more information go to our Facebook page at: <https://www.facebook.com/newcomers.org/> or email to: newcomersclub.costarica@gmail.com.

► Pérez Zeledón International Women's Club

Formed in November 2009 to promote friendship between English speaking women in Pérez Zeledón and, through friendship, to make positive contributions to our local community. The PZIWC meets for lunch on the second Tuesday of each month, hosts Ramblers Day on the third Tuesday of each month, and has a Games Day on the fourth Tuesday of each month. For more information, please send an email to: pzwomansclub@gmail.com or visit our web site at: www.pziwc.org.

► Professional Women's Network

PWN provides its members with opportunities to network with other professional women with the goal of aiding personal and professional development of entrepreneurs, students, and professionals. PWN sponsors service and outreach programs to "give back" to the community. Meeting schedules vary. For info on the speaker for the month and to register, call Sarah Joy at

8868-6990 or email us at info@pwncr.com The PWN website is: <http://www.pwncr.com>

► Quepos-Manuel Antonio Writers Group

The QMAWG is a group of aspiring and accomplished writers living in the Central and South Pacific Coast area who meet to expand their skills, share resources, and support and socialize with others with an interest in writing. Meetings take place on the second Sunday of each month at 12:00 p.m. at El Avion restaurant in Manuel Antonio, and includes a presentation and Q&A session, followed by a luncheon and social exchange. For more information, email Bob Normand at: bob@bobnormand.com

► Radio Control Sailing Club

Meets at Sabana Park Lake. For information email Walter Bibb at: wwbbsurf40@yahoo.com.

► San Vito Bird Club

A community based birding/nature group centered in the diverse southern zone of Costa Rica. We also facilitate nature education to local elementary schools through Cornell University's Bird Sleuth program. Twice monthly bird walks through the Wilson Botanical Garden and other sites are open to all; binoculars available as needed. Please visit our website: www.sanvitobirdclub.org or email: eltangaral@gmail.com for more information.

► Wine Club of Costa Rica

Social group. Monthly Meeting, Mainly Escazú Email: costaricawineclub2017@gmail.com

► Women's Club of Costa Rica

The oldest, continuously operating, philanthropic organization for English-speaking women in Costa Rica. The club is focused on serving community needs, particularly on children's needs. Along with its philanthropic fundraising activities, WCCR also hosts regular lunches, teas, and many special interest groups. Guests are welcome. Information and a calendar of events can be found at: www.wccr.org.

► Women's International League for Peace and Freedom

Open to men too. Meetings in English in Heredia, Spanish in San José, and English/Spanish in San Ramon. We work on peace and human rights issues. Call Mitzi: 2433-7078 or write us at: mitzstar@gmail.com.

NOTICE: Club officers should review the contact information for their clubs and make sure it is up to date.

Send any changes or corrections to: service@arcr.cr subject line; Club Corner, and post them on the the ARCR Facebook page at: www.facebook.com/ARCR123.

BUSINESS DIRECTORY

Important dates in Costa Rica:

September 15,

Independence Day
(moved to Monday,
September 19, for
2022 by Law 9875
which moved holidays
to Mondays to promote
internal visits and tourism)

**No ARCR Seminars for
Expats scheduled for
September or October**

Funniest One Liners

You're never too old to
learn something stupid.

To be sure of hitting the
target, shoot first and
call whatever you hit the
target.

Nostalgia isn't what it
used to be.

A bus is a vehicle that
runs twice as fast when
you are after it as when
you are in it.

If you are supposed to
learn from your mistakes,
why do some people have
more than one child?

I'd give my right arm to
be ambidextrous.




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