

CITY OF DAVID, PANAMA RECOMMENDATIONS from cruisers

Rev. 1/14/09

NOTE: Land phone numbers are 7-digits and start with a "7"; cell phones are 8-digits and start with a "6"

HOTELS

Hotel Castilla – adjacent to Central Park

Very clean, hot showers, cable TV, telephone, lobby internet, restaurant. \$30-\$40/night double occupancy ("interior" rooms are cheapest, Nov – Mar is high season) - Mon. through Thurs.. \$20 single / \$22 double at retiree/pensionado rate. Telephone 774-5236, Email: hotelcastilla@cwpanama.net

Hotel Alcalá – 3 blocks from Central Park

Similar to Hotel Castilla – very clean, hot showers, cable TV, telephone, free Wifi in room, restaurant. \$28-33/night double occupancy (single-bed rooms may be small). Telephone: 774-9018, 774-9019, 774-9020, Fax 774-9021, Email: hotelalcala@cwpanama.net

Grand National Hotel - Approx. \$60/night - 775-2221

Puerto del Sol - Approx. \$34/night (promotional rate as of Nov. 2008), Wifi - 774-8422

RESTAURANTS

Tamu Country (Tamburelli's) - Good pizza, pasta

El Fogon - Decent steaks and seafood, great Sangria; indoor and patio dining

Casa del Churrasco, 730-3491, Ave Central between Banco HSBC and Banco Continental. Authentic Argentinean parrilla-style grill. Good steak and great pizza. Covered outdoor and A/C indoor dining.

Palacio Oriental – Chinese

Renagado Restaurant – Good Italian food at medium prices. Located on Pan American Highway just before the overpass.

Steakhouse – Great Chinese food, best for lunch

TGIF Fridays – Next to La Arrocha Shopping Center; you'll think you're back in the USA!

MEDICAL & DENTAL

Centro Medico Mae Lewis with clinic attached. Receptionist speaks fluent English - 775-4616

Dentist: Dr. Franklin M. Halphen

Clinica Dental Hermanos Halphen - General Dentistry, Periodonics, Oral Rehabilitation, Endodonics ?
Dr. Halphen and his staff speak good English. Facilities are very clean and modern. Prices are extremely reasonable.

Phone: 775-3344, Cell: 6673-3563, Email: clinicahalphen@hotmail.com, halphen@cwpanama.net

Dentist: Dr. Guillermo Arosemena

General and surgical dentistry. Speaks good English, very gentle (does cleaning himself), small hands!
775-1301, 775-1672, near baseball stadium (Direccion: Estadio Keni Serracin, Emisora Blasch, estuda "Calva", 2nd piso)

Dermatologist: Clinica de Piel

½ Oeste B Sur, Phone 774-0032

Dermatologist: Dra. Deyla Rodriguez de Vergara
Speaks a little English, Office in Chirique Hospital (although may sometimes share an office in Mae Lewis with Dra. Lucy Vizuetta) Cel: 6527 3717

Family Practice & Geriatrics: Dra. Luz Vizuetta Quiel (aka "Doctor Lucy", aka "Doctor Clark")
Good place to start for physicals and checkups. Speaks good conversational English, married to an American. She promptly responds to emails and phone calls. Located in Mae Lewis Clinic.
Email: Lucyvizuetta24@hotmail.com, Cel: 6612-4293; Lucila is secretary (no English) 775-4616 ext 298

Internist: Dr. C. de Leon
Specializes in Arthritis. Understand most English but does not speak it. Located in Chirique Hospital, Cel:6637 8494

Internal Medicine: Dr. Juan Llerena
Suite #109, Does not speak English. 775-4616, Cel: 6676-3793

Ob/gyn: Dr. Gabriel Arrocha
775-0455

Ob/gyn: Dr. Porfina Quintero
At Mae Lewis, Speaks a little English. Phone 775-3724, Cel: 6673-3616

Ophthalmologist: Dra. Sonia Gordon,
775-4616 Speaks English, at Mae Lewis Clinic

Ophthalmologist: Clinica de Ojos Orillac - Calvo
Dr. Ernesto A Calvo
Apartado Postal 55-2533, Paitilla
Panama City, Panama, Balboa Plaza 201 -202, (507) 269-7475, Email: ecalvo@cwpanama.net

Orthopedic Surgeon: Dr. Heradio Barria
Speaks fluent English. Located across the street from Chirique Hospital, Cel: 6671 4444

Urologist: Dr. Oliver Candanedo
One of the top Urologists in Panama. He is legally blind with glaucoma. Fluent English - Very helpful his daughter is a Physical Therapist working out of his office. Phone 775-1945 Cell: 6623-5037

Urologist: Dr. Guerra
Working in the same clinic as Dr. Candanedo, ask receptionist for number

Mammograms and other diagnostic's are given at the Mae Lewis Clinic/Hospital and Hospital Chirique.

Laboratories:

Laboratorio Clinico Bio-Medico
Plaza Oteima 774-2164. Highly recommended by Dr. Oliver as being the best in David

Laboratorios Clinicos Raly in Mall Chirique, on-line access (by you and your doctor) to your test results. Supposedly the cheapest price – they have great specials and discounts, also.

Chirique Hospital and Mae Lewis Clinic also have labs

IN CHANGUINOLA:

Orthopedic: Dr. Arnulfo Guzman

758-9967. Located across from immigration office and about a block up the street in the clinic (Clinica Hospital Santa Isabel?). Jo on s/v Mystic Adventure highly recommended – Dr. injected and prescribed powdered glucosamine sulfate (1500mg 2x/day, I think) for her painful hip bursitis, which gave her significant relief.

FREIGHT and TRANSPORT SERVICES; PERSONAL SHOPPER

Toby Braxton

Very reasonable rates to Bocas from David. Very Reliable, speaks English. Will do personal shopping for you and transport items to Bocas. Also will escort you to Dr. appts. and interpret for you. And more. Born and raised in Texas, has lived in David for 20 yrs.

Toby Braxton 6617-8629, Lola Braxton 6607 9423

SHOPPING

La Arrocha Shopping Center includes: **Rey** – large, new supermarket; **DO IT** - a Home Depot-like store; **Arrocha** - a smaller Target-like store and pharmacy; **Lumicenter** - for light fixtures and bulbs; **AudioPhoto(?)** a nice computer, home entertainment and electronics store. Across the street is **Super-Baru**, a large, *gourmet* supermarket; and the new **Novey** hardware store, which should be open by February '09.

PriceSmart which is like Sams Club and Costco but on a smaller scale. You must join to shop. Have taxi take you or Toby or Lola

Mall Chirique - shoes, sporting goods, book store, small Super Baru market

Hardware Stores - **DO IT** and **Novey** in/near La Arrocha Shopping Center (see above). Clustered together on Pan American Highway are: **Cochez** is largest, **Franklin Jurado** is medium size and **Hopsa** is smallest.

Central Park – surrounding the park are lots of electronics, appliance, clothing and shoe stores; **Revilla** and other pharmacies; **Romero's** department and grocery store; nearby, the **Shopping Center**, a 6-story(?) department store.

ENTERTAINMENT

Grand National Casino, next to Grand National Hotel

Movie Theatre, next to Grand National Hotel – several theatres, new releases, most are in English (ask)

COPYING & PRINTING SERVICES

Patty Copias, also printing from memory stick. 2nd Ave & 3rd Calle, near Hotel Alcala. Office supplies.

FABRICS

Almacen y Tapiceria Peneco. S.A.

Good source for Sunbrella and snaps, grommets, high density and closed cell foam rubber. Upholstery fabrics, etc.. Calle D entre Ave. 2da y 3ra Este. 775-1227 Cel: 6615-1318

Bazar Tun Tun, S.A.

Foam Rubber for Cushions. Zippers, snaps, grommets, upholstery thread, upholstery material. Located across the street from the Hotel Castillo. 775-2972

REPAIR SERVICES

Electrysol.S.A.

Victor Saldano; Xantrax Authorized Inverter Repair
507 618 4146 ? Fax: 774-1080, Email: vsaldane@electrysol.com

Vargas Matamoros

Excellent machine shop. 775-3859, 775-8433

Alternator and Starter Sales and Repair

Auto Partes Electromecanicas

Nelson Mojica – Sales Manager and I think owner
Good selection of OEM alternators and starters. Good people to deal with.

Calle Primera Oeste y B Norte
Edificio Don Jesus, Local 5, Tel: 774-4515, Email: autoelectrochiri@hotmail.com

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IF YOU KNOW OF SOMEONE OR A PLACE THAT HAS GIVEN GOOD SERVICE. PLEASE SEND ME THEIR PHONE NUMBER, EMAIL, ADDRESS, ETC. WHAT THEY SPECIALIZE IN OR THAT HARD TO FIND BOAT PART.

THANKS A LOT,
LOIS PECK
S/V SPICE ISLAND LADY

EMAIL: SCUPPERS42003@YAHOO.COM
CEL: 6768 5105