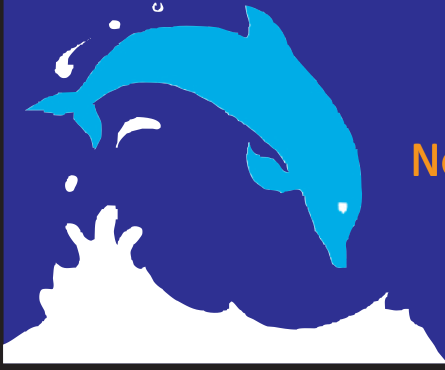


THE SAN PEDRO SUN VISITOR GUIDE



The Island Newspaper

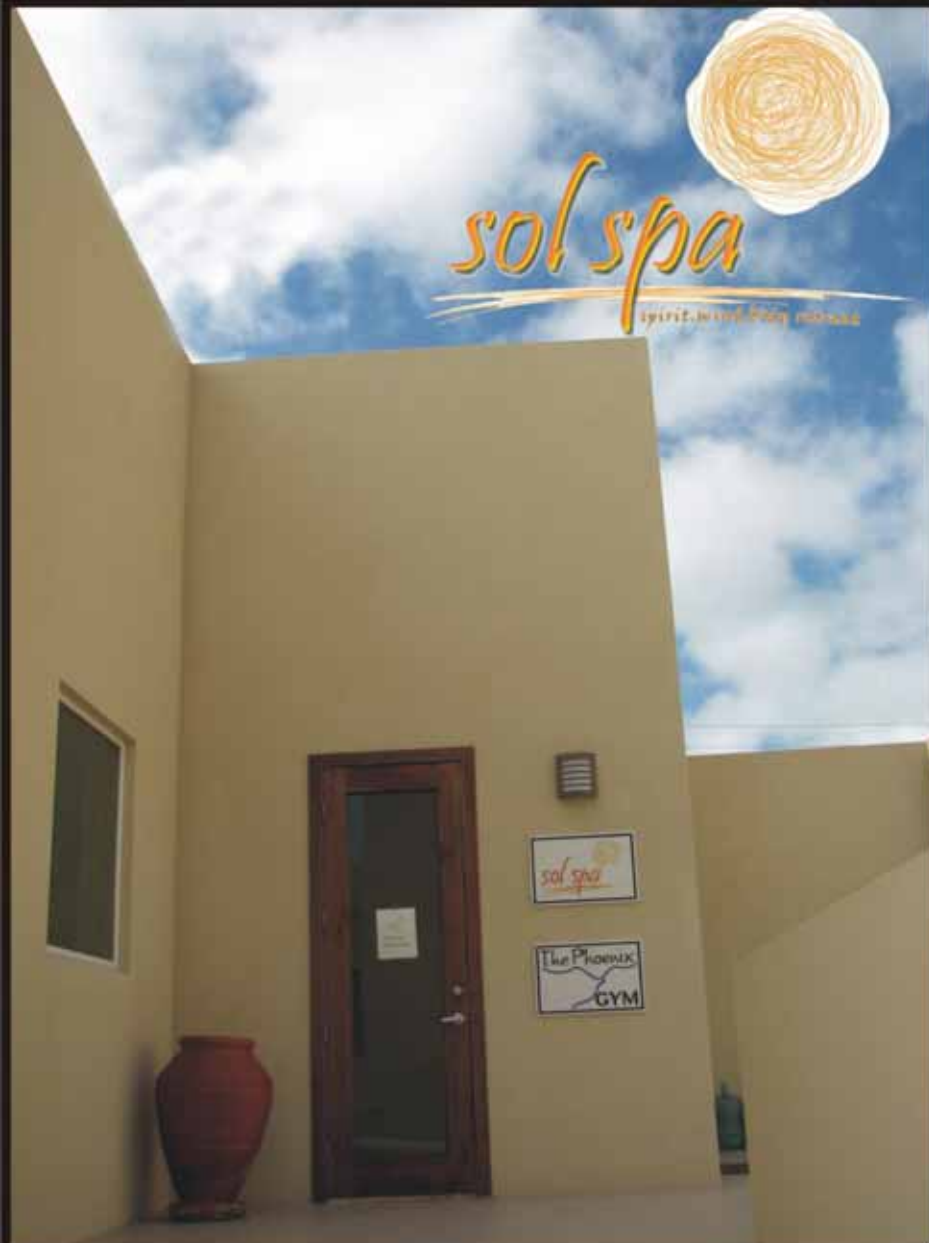
Vol. 20 #03



January 21, 2010

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Central America



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* BODY RETREAT**



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Where did you read your *San Pedro Sun*?

Where did you take your *San Pedro Sun & Visitor Guide*? Take a photo of you and the paper and send it to us at spsun@sanpedrosun.net



Courtney Sage enjoyed a lovely weekend with friends Brad and Joey in **San Francisco**, and she took the time to read her copy of *The San Pedro Sun* with the iconic **Golden Gate Bridge** in the background.

Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Don't forget to include your names and what you were doing.

The San Pedro Sun is mailed everywhere.

Publisher	The San Pedro Sun Ltd. Ron Sniffin ron@sanpedrosun.net
Editor	Tamara Sniffin tamara@sanpedrosun.net
Staff Reporter	Jorge Aldana jorge@sanpedrosun.net
Staff Reporter	Kainie Manuel kainie@sanpedrosun.net
Staff Writer/ Graphic Design	Mary Gonzalez mary@sanpedrosun.net
Office Assistant Mail	Nathalie Manuel <i>The San Pedro Sun</i> , P.O. Box 35, San Pedro Town Ambergris Caye, Belize
Telephone	011-501-226-2070
US Telephone	(307) 460-4114
Fax	011-501-226-2905
E-Mail	spsun@sanpedrosun.net
Internet/WEB	www.sanpedrosun.net www.sanpedrosun.blogspot.com www.sanpedrosun.wordpress.com
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More foreign subscribers than any newspaper in Belize!

SuDoku! Level: *Difficult Answers on Page 5

	8		6				2	
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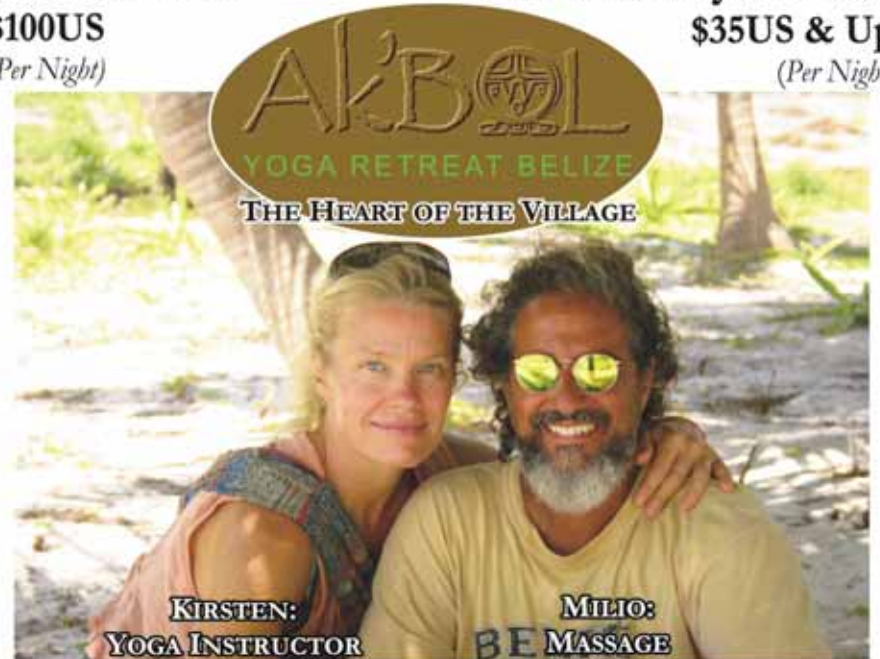


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Relax and Glo at Sol Spa

La Isla Bonita caters relaxation and pure enjoyment of a tranquil Caribbean island, and whether you are on vacation or have been here a while, pampering oneself is most definitely an option. There is a wide variety of activities to keep the mind and body active, and at the end of the day, winding down and soothing those tired muscles call for a delicious massage, and for an amazing and relaxing experience, then definitely head on over to Sol Spa. Now located at The Phoenix Resort, Sol Spa caters deep relaxation and fabulous pampering within one of the most modern and luxurious places on the island. Bliss begins with your surroundings, and Sol Spa couldn't have provided a better spot with their new location.

Treatments

Since 2003, Carrie Tengler-Stuart, Charlene Tengler (co-founders) and company, have been offering excellent services from their sanctuary. Sol Spa continues to provide a delightful menu of treatments that will suit you whatever your needs. Of the plethora of offerings, two lucky *San Pedro Sun* girls were treated to two: A Glo Body Treatment and a soothing body massage.

Glo:

The word Glo brings to mind shine and shimmer, a sort of halo surrounding the body after the treatment. In actuality, it is so much more. Super beneficial, the glo's detoxify and remove dead skin



(Above) The tools of the trade.



(Above, Right) Carrie, Charlene, Heather and Jennifer (not pictured) give you the best of treatments to pamper you from head to toe.



(Above) The Mani/Pedi station where Angie works her magic on your fingers and toes.



Char deftly works in the citrusy-clean sugar scrub into the skin, taking away dead skin cells and stress...aaah, bliss!.

cells (so unnecessary anyway!), and one is left with a sense of renewal, which is characterized by smooth, supple skin and an inner and outer glow. Charlene, or Char as she is affectionately called, prepares each scrub especially for you to ensure freshness and potency. And there is a variety to choose from. Who wouldn't want to succumb to the Lime Margarita, the Sugar and Spice, or the Rosemary and Lavender? Or what

about the yummy-sounding Coconut Milk, Vino Cocoa Almond or Cocoa Masa? For those new to the scrub world, salt-based mixes are more detoxifying, while the sugar-based mix is a gentler exfoliant, which works for even sensitive skin.

For our enjoyment, a Sugar scrub is in the plans, and Char mixes a crisp, clean blend, of brown sugar, extra virgin coconut oil, lemongrass and ginger es-

sential oils. Once primed and ready for the scrub, Char begins with a gentle massage on the back, and then follows with the sugar mix. From the neck down, she gently rubs in the grainy mix, and you can literally feel the stress going the same way as the toxins – out! It is an instant rush of pleasure, and circulation is back up and running. The skin tingles, and feels brand new, and under Char's

Continued on Page 4

FIDO'S
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*Minimum 5 wings

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(Scratch and sniff) The delicious scent of ginger and lemongrass, coupled with the sweet tang of sugar and coconut oil makes for an invigorating experience.



expert hands, elbows, knees, ankles, toes also get the proper treatment, and the promise of a polished (and super yummy scented skin) is not far away.

A refreshing scented washcloth is placed over the eyes while Char works on the front of the body, and at the end of the treatment, a steaming warm washcloth is wrapped around each foot, just another blissful touch to finalize a most delightful (and dare we say *delicious*?) treat. The next step is to rinse off the sugar (*resist the urge to lick!*), and a warm shower awaits, where you rinse off and come out feeling pampered and renewed, recharged and ready to take on the rest of the day!

At every step of the way, Char is most accommodating, and she expertly answers any questions you may have. She is gentle, but can also provide a more invigorating massage depending on what level one is used to. No matter the level of pressure applied, you feel relaxed and taken care of. And that is their goal, to help you relax and be inspired, whether

it is to finish the day on a high note, or to relieve your stress and help you escape for a few moments.

Massage

Carrie Tengler-Stuart has years of experience in the industry, and she provides amazing body work, including therapeutic massages, and those oh-so-delicious stress relievers! A half hour or full hour under her amazing hands render you to putty, and it's so easy to drift off and forget your troubles. From head to toe, she works on sore, tired muscles, loosening them and in so doing, relieves the stress of everyday life.

For that brief hour, you're enveloped by a sense of calm, something we all are searching for. The scents of essential oils being used, combined with soothing background music, and the luxury of being pampered by professionals in a most welcoming setting makes for a fabulous experience.

Visitors can cap off their trip with a
Continued on Page 5

SNORKELING
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Sol Spa

Continued from Page 4

treatment from Sol Spa, residents can chill when times get especially hectic, and overall, everyone can enjoy a sense of wellness and inspiration under Sol Spa's care.

Get Pampered

Sol Spa offers a wide variety of specialty treatments, and along with the Glo and Massage, one can enjoy a Yoga session, or a Maya Abdominal Massage, wherein Mayan techniques are employed to help in the correction of the prolapsed, fallen, or tilted uterus and for the prevention and treatment of benign prostate enlargement in men, and for relief of many common digestive disorders.

Sol Spa takes the entire body into consideration and offers fantastic treatments for every inch. Facials, manicures, pedicures, reflexology, hair braiding and even waxing; at Sol Spa your every need is taken care of. Sol Spa is a getaway, where the spirit, mind and body can reconnect. Open every day from 9:00 a.m. to 5:00 p.m., Sol Spa is located at The Phoenix. Reservations are not required but it is preferred in order to guarantee your time of choice. Carrie, Char, Heather, Jennifer and Angie will gladly accommodate you as best as possible, so give them a call at 226-2410 or visit their website at www.belizesolspa.com.

SuDoku Answers! Puzzle on Page 2

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




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Conde Naste, Magazine UK Edition

"Sol y Luna advisory board selected Mambo Cuisine as one of the best restaurants in Belize and Central America. The food is exquisite and memorable, the wines superb and the company always friendly."

Central America Sol y Luna Guide

"Mambo, the dining room of the Matachica Beach Resort and Ambergris Caye's top restaurant, with superb food and wine and a classy romantic atmosphere... Try the exquisite home-made fettuccini or the original paella."

Belize, The Rough Guide

"...The variety and delectability of the meals served reflects the care and expertise that go into their preparation, particularly the seafood and pasta. The soaring majestic and cosmopolitan palapa dining room has charming decorative touches, like sea-shells used as salt and pepper shakers."

Fodor's Guide

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Wolfe's Woofers by Dennis Wolfe

Making Up

"Linda, what's up with Bob?" I asked. "He sure looks sour today."

Linda, who was tending her bar at Coco Loco said, "Ah, he's just in a bad mood because he and Dulce have been arguing again."

"What were they arguing about?"

"Who knows?" she said. "Those two will argue with each other about anything from politics to Monopoly. Why don't you talk to them both and see if you can't get them to make up?"

"Sure."

"What are you and Bob arguing about?" I asked, when Dulce came in

"We had a disagreement about the weather," she said. "Bob says last week we had the lowest temperatures ever recorded in Belize. I know he's wrong because I've been living here all of my life. I'm not going to talk to him anymore."

"Do you mean to tell me that you two were arguing about the weather? Do you know how ridiculous that is?"

"Well, it seems kind of silly now," she said. "But at the time he really made me mad."

I left her there and went down to the corner of the bar where Bob sat, staring into his beer bottle.

"Bob," I said. "I can't believe that you and my wife got in such an argument about the weather. Weather is not important enough to break up a friendship for."

"You're probably right," Bob said. "But you know how she is. She made me so mad that I swore to never talk to her again."

"Linda," I called. "Bring me a drink for Bob and Dulce."

When she brought them to me, I said, "Dulce, come down here for a minute."

When she came over I handed a drink to her and one to Bob.

"This entire argument between you two is stupid," I said. "Both of you know it is, so you might as well make up. One of you make a toast."

Neither one of them said anything.

"Come on," I said. "You're both adults. One of you propose a toast."

"Well, O.K." Dulce said.

She touched drinks with Bob and said, "Here's wishing for you what you're wishing for me."

Bob turned red and yelled, "There you go, starting in again."

Trivia Tidbits

*Diamonds mined in Brazil are harder than those found in Africa.

*Birds played a role in aerial warfare during World War I. Because of their acute hearing, parrots were kept on the Eiffel Tower to warn of approaching aircraft long before the planes were heard or seen by human spotters.

*The ancient Egyptians recommended mixing half an onion with beer foam as a way of warding off death.

*Chase and Sanborn was the first coffee to be sold in sealed tin cans in the United States in 1879.

*In 1915, the average annual family income in the United States was \$687 a year.

*Rubber bands were first made by Perry and Co. of London in 1845.

*Alexandre Gustave Eiffel, the man who designed the Eiffel Tower, also designed the inner structure of the Statue of Liberty in New York Harbor.

*The Roman Catholic population of the world is larger than that of all other Christian sects combined.

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Riddle Me This:

Q. Who spends the day at the window, goes to the table for meals and hides at night?

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- ❖ Ambergris Bay West Coast beach front \$100,000
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Answer: A Fly



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 Dr. Miguel Allison: 226-4052 or cell 600-9071. (Pharmacy 226-4051)
 San Pedro Chiropractic Clinic 600-7119
 Hyperbaric Chamber - 226-2851 or 226-3195, Dr. Otto Rodriguez - 604-7599 or 226-2854. Antonia Guerrero - 628-3828 or 226-4501.
 San Pedro Polyclinic II - 226-2536. Dr. Zuniga: 670-8755 and Dr. Otto Rodriguez: 604-7599.
 Ambergris Hopes Clinic - 226-2660, Emergencies: 629-3618.
 US Embassy - 822-4011
 Labour Office - 226-2700 (Open 8am - 5pm, Mon. - Fri.)
 Canadian Consulate - 223-1060
 Mexican Embassy - 223-0193
 Guatemalan Embassy - 223-3150
 Honduran Embassy - 224-5889
 San Carlos Medical (MD & Dentist Services) - 7:30am - 9:00pm, 226-2918

Church Services

San Pedro Roman Catholic Church
 Sunday Mass: (English) 8am & 10am & Baptism: 11am; Spanish: 7pm; Mass or Communion Service every night at 7pm.
 Saturday evening: Anticipated Sunday Mass: 7p.m. Daily Masses 7am & 7pm.
Living Word Church Service Sun. 10:45 a.m., Youth Meetings on **Sundays at 7:30p.m.**, Women's meetings on **Wednesday at 7:30 p.m.**, and Men's meetings on **Thursday at 7:30 p.m.** We do Christian charity work. 226-2950.

Assembly of God Church on Angel Coral St. T-W-St.-Sn. at 7:30 p.m.
Lighthouse Christian Radio - 101.3 FM. 226-4673, Cor. Buccaneer & Pescador Drive.

The Church of Jesus Christ of Latter Day Saints - Sunday Service: 9:30 am, Wednesday Scripture Study 7:00 pm. 17 Upstairs of Island Plaza, across from Fido's Courtyard.

San Pedro Community Church - meets Sundays at 10a.m. at the Ambergris Elementary School. All Are Welcome.

Miscellaneous

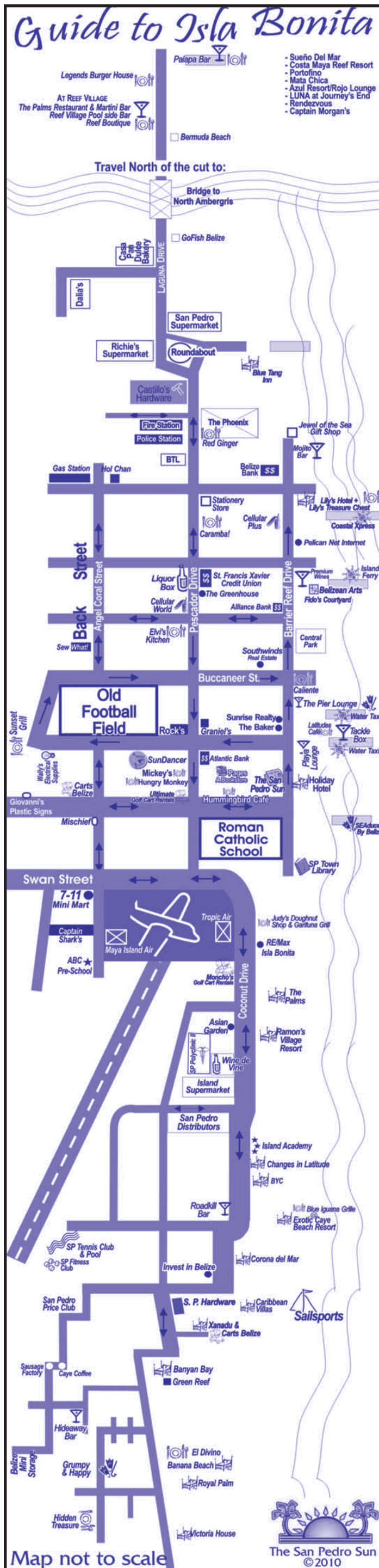
The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause -have dinner with us!
Green Reef A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net /226-2833

San Pedro AA - 226-4464, 600-9061, 624-7705.

Saga Society A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.

CARE BELIZE - Children's Specialist, San Pedro. 622-8200

SP Town Library - 206-2028



Tourist Information

Belize Tourism Board - 227-2419.

Belize Tourism Industry Association (BTIA) - 227-5717.

Belize Hotel Association - 223-0669, bha@btl.net

San Pedro Tourist Guide Association 226-2391.

Water, Sports & Tours

GRUMPY & HAPPY - Snorkeling - private snorkel tours - just you on the boat, no set schedule! Visitors with special needs and children are welcome. Call 226-3420 or 672-1234. Visit www.grumpyandhappy.com, or Email: info@grumpyandhappy.com.

SNUBA - Go Beyond Snorkeling! Enjoy the fascination of diving with the ease of snorkelling. No certification required! Call 226-2882 for more information!

Real Estate...

ELITE REAL ESTATE INVESTMENTS (EREI) - We are Ambergris Caye's real estate specialists. Call now to schedule your free professional investment consultation. Under \$200K to \$4.1M. Call 226-2260, or email: sales@erei-belize.com. By appointment.

SUNRISE REALTY - Land, homes, businesses, condos and investment properties. Call 226-3737, fax 226-3379 or E-mail: info@SunriseBelize.com

SUEÑO DEL MAR - Paradise has a new address! Located on Barrier Reef Drive (Front Street), across from Fido's Restaurant. 8:30AM to 5PM, www.dreambelize.com, Phone: (US #) 719-302-5398, (Belize #) 011-501-226-4001.

CORAL BEACH REALTY - Professionalism at its best. Visit our office on Barrier Reef Drive, 226-2681. www.CoralBeachRealty.net.

RE/MAX Isla Bonita, located at 10 Coconut Drive, San Pedro. 226-4400 e-mail: info@owninbelize.com or visit our website at www.owninbelize.com

CASA CAYO - www.casacayorealestate.com. Check out our weekly specials, and our newest offering: Indigo. Luxury Beachfront Condominium Homes. www.indigobelize.com. Visit our office located at the South corner of Pescador Dr. (middle street) or call 226-2791 or 610-3005.

Transportation...

CRISTAL GOLF CART RENTAL - Along with Island Tour Rentals, have combined to offer the best rates on the island! Special hourly, weekly & monthly rates. Daily rates are \$85 BZ. 4- & 6- Seater golf carts available. Security deposit required. Cristal - 226-4949 or 626-5555. Island Tour - 226-2351 or 226-2972.

MONCHO'S GOLF CART RENTALS - Four & Six seater golf carts available. Open daily 8 a.m. - 8 p.m. We deliver to your room. 226-3262 or 226-4490.

CARTS BELIZE - Conveniently located just one block north of the airstrip. Hourly, Daily & Weekly. Call 226-4084.

ISLAND FERRY SERVICE & WATER TAXI - Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3231.

CRYSTAL AUTO RENTAL - Largest fleet in Belize. Offices at International Airport and Belize City. 223-1600, 0-800-777-7777.

Services...

CASTILLO'S HARDWARE - Storm supplies, electronics, household appliances, tools, home repair items and a wide variety of paints, stains and varnishes. Pescador Drive. Phone 226-2302.

S.P. HARDWARE - Large variety of hardware and household supplies. Will meet or beat any competitor's price! Seagrape Drive; Open seven days a week. 226-4522.

HARMOUCH CENTER - Hardware, housewaers, furniture and more. Pescador Drive across from BTL 226-3860.

THE SAN PEDRO SUN VISITOR'S GUIDE



Dining Out...



MATA CHICA - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, charbroiled seafood and much more! Call 220-5010/5011.

CELI'S RESTAURANT ON THE

BEACH at the San Pedro Holiday Hotel, serves Great Fajitas, salads and local dishes for lunch. Delectable Seafood Specialties for dinner. **OUTDOOR & INDOOR DINING** 11:00 a.m.-2:00 p.m. 5:30 p.m. - 9:00 p.m. Beach barbeque every

Wednesday night with live music.

MICKEY'S PLACE - Open daily 6:30 a.m. - 10 a.m. for breakfast, 11:30 a.m. - 2:00 p.m. for lunch and 6 - 10 p.m. for dinner. Burritos on Wednesdays. Pescador Drive. Call 226-2223.

BLUE WATER GRILL - Island cuisine with a twist! Wood-fired Oven Pizzas, Sushi & more! Open daily. Happy Hour 4 to 6 p.m. 226-3347.

EL DIVINO RESTAURANT at **BANANA BEACH** - Serving breakfast, lunch and dinner from 6 a.m - 10 p.m. Book your party or banquet today! Phone 226-2444.

RENDEZVOUS RESTAURANT AND BAR - The most romantic spot in town featuring award winning chefs. Thai and French cuisine blended to make paradise taste like heaven, or so our customers say. Free Rendezvous Wine tasting from 11:30 a.m. to 4:00 p.m. Fermented, blended and bottled here on the

property. Open for lunch and dinner. Call 226-3426 for reservations and transport options.

BEAN RESTAURANT/SHADE BAR- @Ak'bol Resort- full service- awesome bartender! Local food @ Local prices on the beach \$1-\$15BZ + unique specials+ desserts daily. Interesting pizzas \$25BZ+ up. Saturday Beach BBQ. One pier North of Palapa Bar.

PALAPA BAR AND GRILL - The Coolest Place, North of Bridge. Drink & Dine out over the Caribbean waters with cool breezes and no mosquitoes. Specialty is a BBQ, Slow Smoked, Pork Sandwich and Fresh Caught Fish Tacos. Open 7 days, Happy Hour Drinks from 4:00pm - 6:00pm. Telephone: 226-3111.

LILY'S TREASURE CHEST- Serving beachside breakfast, lunch & dinner. A true island dining experience. Get fresh seafood daily! Beachside at Lily's Hotel. 226-2650.

...Unique Offerings...

SAN PEDRO FITNESS CLUB - A/C Gym, Fully-equipped. Open to the public. Tennis Courts, Lap and Family pools, Aqua Fitness and Toning Classes. Open 7am Daily, 8am Sundays. 226-2683.

THE GREENHOUSE - Fresh Produce & Seafood. Belizean and imported speciality. Fresh herbs, cold cuts, chilled goods, plus an exciting selection of groceries. A/C local on Pescador Dr, next to St. Francis Xavier Credit Union. 226-2084.

CAYE INTERNATIONAL BANK - Offering Demand Deposit Accounts, Loans, Savings Accounts, etc. cibl@btl.net or phone 226-2388.

PROVIDENT BANK & TRUST - Offering a full range of International Banking Services. phone 223-5698 services@prov identbank.bz

PAGES, A BOOK STORE - carrying new and used books. We also trade gently used books. Located at the Vilma Linda Plaza, open Mon. through Sat. 8am-5pm, 206-2254.

SUNDANCER - Unique boutique featuring quality clothing, jewelry and great gift items for men. Phone: 226-2948.

AK'BOL YOGA RETREAT & RESORT- Daily Yoga Classes/Day Retreats/ Group Retreats. The only resort dedicated to the practice of Yoga and Wellness. Yoga studio at the end of the pier overlooking the sea...

Open to All

Beginners Welcome Mats Available

Mon thru Sat 9-10am gentle morning flow,

Tu & Th 3:30-5pm asana+ meditation, Sunday 1pm Kids Yoga + Pizza Day Private sessions/Group Classes available

226-2073, 607-7305, 626-6296

Om Shanti Om-peace to all...

Party...Party!!

THE HOLIDAY HOTEL - Every Wednesday, live music and a fabulous Beach Barbeque 6:30 p.m. - 9:00 p.m. Barrier Reef Dr. 226-2014.

FIDO'S RESTAURANT & BAR - Fun & food on the beach. Live music nightly, island drink specials, new shot menu with over twenty selections!



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