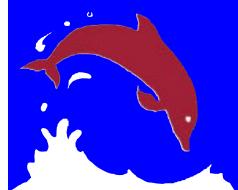
VISITOR GUIDE





February 22, 2007



The Island Newspaper
Ambergris Caye, Belize
Central America

~ Oaph Paki celebrates 7th
Anniversary with an adrenaline rush:
Skydiving with Boogie in Belize!

~ Fabulous food and great sunsets at Sunset Grill!







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Tom and **Elaine Kavanagh** of Hermitage, PA are "Home on The Range", surrounded by Reindeer and Alpacas while reading *The San Pedro Sun*. How they wish they were reading it in Belize instead of in the ice, cold and snow!

They look forward to their next visit to Belize.

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.

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Greetings to my visiting friends



On behalf of the people of San You will also be able to discover trip to "La Isla Bonita" will be no and fauna. ordinary vacation. Our island is sity, where Mestizos, Creole and Garinagu blend to form a unique treasures. Hol Chan Marine Reserve and Shark-Ray Alley are just two of the many spots where you can enjoy our coral reef formation and abundant and breath-

taking sea life. San Pedro is also home to worldclass fishing and scuba diving.

For the more adventurous, "La Isla Bonita" offers a wide array of water sports and for those looking to get a glimpse of the mystical world of the Maya, these historical ruins are just a short expedition away.

Pedro Town, I extend a warm wel- Belize's vast cave systems and come to all visitors arriving to many natural sanctuaries that are our shores. I assure you that your home to our country's unique flora

Whether you are spending your famous for its rich cultural diver- honeymoon at an exclusive resort or looking for an adventurous, yet romantic escape, San Pedro is encounter. While here, I encour- surely the place to be. I invite age you to explore the Caribbean you to explore our home and see Sea and find Belize's abundant the many wonders it has to offer.

> We welcome you with open arms. Bienvenidos a San Pedro!

> > Elsa Paz, Mayor, San Pedro Town

February 22, 2007 Page 2 Visitor Guide

State

Sunset Grill - For amazing food and sunset views!



Located at the docks on the lagoon side of San Pedro, Sunset Grill offers a fun, new waterfront view.

Exploring the many delights of the Caribbean shore, diving, snorkeling and strolling down beaches covered in white sand, is one of the great pleasures of being in San Pedro. Dining takes on a whole new meaning, with fresh seafood and produce starring at the dinner table in the form of culinary delights that tantalize and tease your taste buds. Breakfast by the beach during a glowing sunrise is pretty hard to top, but a new restaurant now offers an incredible experience that matches a beachfront restaurant any day. That restaurant is Sunset Grill.

Located on the lagoon side of the island, Sunset Grill takes advantage of a quiet, romantic location, and offers a stunning setting for some of the most spectacular sunsets ever. Dining at Sunset, during sunset, is pretty hard to pass up, and two San Pedro Sun staffers decided to enjoy dinner where everyone seemed to be heading.

With ample parking for customers, Sunset Grill immediately welcomes its guests with ease and comfort. Perfectly nestled on the water, under a beautiful airy thatched palapa, with local wood accents, Sunset offers a great view of the lagoon, and if you're lucky, you can see water fowl settling in during the last glowing rays of the sun. This new

Continued on Page 4



Tasty, tangy guacamole with flour tortilla chips and a fresh margarita are the beginning to a perfect meal

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Walter tops off some truly tasty margaritas.

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Sunset Grill Continued from Page 3

restaurant brings to mind the San Pedro of old, when it was a quaint fishing village. It's a real treat to enjoy a meal while watching the boats come in for the night with fishermen bringing home their catch of the day.

We're greeted by our affable waiter Walter, whose charm and friendliness indicates that we are in for a treat. While he hastens to make us some delicious and refreshing margaritas, we peruse the menu, which features lots of fresh seafood and produce. To our delight, Chef Victor Nal sends out a special treat for us - a platter of scrumptious guacamole. This is no ordinary guacamole - fresh, ripe avocados are smashed with some salt and ground pepper, mixed with diced tomatoes, a squeeze of lime and sprinkling of hardboiled egg bits round out the appetizer. This spicy, tangy treat is accompanied by some stuffed chicken and cheese jalapeño poppers and fried flour tortilla strips, a welcome change from the usual corn chips,

and it is just right to start off the night! While we delve into the appetizer, Walter brings our margaritas around. After confirming that we are quite happy with our drinks, Walter points out that at Sunset Grill, all drinks are special - we couldn't agree more.

The hardest part of our evening comes when we have to choose what meal to have. We're torn between the Lobster Lambada and the Stuffed Breast of Chicken, the Cashew Pesto Shrimp and the Reef and Beef combo. It took a few tortuous minutes of decision making, as all the dishes sounded quite delicious – the Almond Snapper bathed in almonds and citrus butter then roasted was quite the 'appeteaser', as was the Caribbean Trio – a medley of seafood (lobster, shrimp and snapper) in a lemon-herb sauce.

It was the Lambada Lobster that caught our eye, with its promise of a creamy garlic, spinach and mozzarella cheese sauce over a freshly poached

Continued on Page 7



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February 22, 2007 Page 4 Visitor Guide **TX**

Oapn Paki boasts 7th year birthday & joins "Boogie in Belize '07"



Rosalie Staines took to the skies for a once in a lifetime death-defying experience with Tsunami Skydivers for the third Boogie in Belize expedition as part of her show's Seventh Anniversary special.

The month of February marks a celebration of one of Belize's premier talk shows, "Oapn Paki". This show celebrates seven years of weekly national broadcasting, and what better way to do so than to jump out of a plane from 13,000 feet in the air for a once in a lifetime adrenaline rush?! In its continuing effort to enhance Belize's unlimited tourism opportunities, the show's host, Rosalie T. Staines, is partnering with the internationally acclaimed Tsunami Skydivers, Inc. for its third year - ten day Skydiving Event in San Pedro, A.C.

But who is Rosalie Staines? What is "Oapn Paki"? What does her show have to do with our tourism industry? The San Pedro Sun had a chance to chat with Rosalie herself this past Sunday at BC's after several calls and emails, and the vivacious host herself answered many of these and more pressing questions. The following is her

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defying jump.

First and foremost, what does "Oapn Paki" stand for?

The word 'Paki' is short for the Kriol word 'Pataki' which is an old English word 'Valise' (I think) for a leather suitcase with leather belt-type straps. When opened, the Valise is wide open there are no pockets or hidden compartments. and all contents are in clear view. Pataki was then shortened in the 1800's to Paki for Short. Hence a Paki is a Valise with

account of Oapn Paki and her death- nothing hidden. The Kriol expression 'Oapn Paki' means, someone who has nothing to hide, speaks his/her mind, no holds barred and says it like it is. When the Kriol Project was established. I. as a member of the Kriol Council, when I moved to KREM, changed the spelling of the show to the Kriol spelling of: 'OAPN PAKI'.

How did your show "Oapn Paki" begin and evolve?

The Show started in 2000 as a weekly Continued on Page 6



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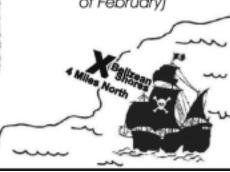
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February 22, 2007 <u>tat</u> Visitor Guide Page 5

Oapn Paki

Continued from Page 5



Radio Show at FM 2000 just after I returned to Belize after living some six months in Nagoya, Japan. I left FM 2000 to go to KREM (Evan Hyde's Radio Station) after about two years because. KREM had a wider audience, outside of Belize City, despite the fact that KREM is basically a 'grassroots'- Kriol' Station. While at FM2000 I started to cultivate a wide cross section of 'educated' Belizean listeners and when I went to KREM, my listeners followed, and those who never listened to KREM crossed over.

I was there for two years and left to go to LOVE FM/LOVE TV because they are the only entirely nationwide radio station, plus we are internet connected as well! I get calls sometimes from the Himalayas & Holland, how do you like that? Over the past two and a half years at Love, I have continued to produce a Show which is informative, educational, entertaining and human interest related. Over the past two years I have leaned towards doing Reality Shows, Tourism related Shows and Shows outside of the Studio to create a more exciting Two Hour Show. In that we have a weekly

Continued on Page 8









Sunset Grill offers breathtaking views of sunset over the lagoon in San Pedro.



Chef Victor Nal and Waiter Walter bring in dishes of wonderful food. Originally from Maskall Village, Chef Nal has over 18 years experience in the cooking industry, and enjoys culinary freedom in the Sunset Grill kitchen.

lobster. Top on our list was also the Reef and Beef dish, which could be built to one's taste. The Tenderloin with shrimp sounded perfect, and as such, our order was placed. While we waited for our food to be ready,

fellow diners. Gathered from the snippets of conversation we overheard some people stating they were repeat customers. At a table a few paces away were some friends, who highly recommended trying the Chocolate Rum Mousse Cake for dessert. Dessert already! We keep that thought in mind as we enjoy our margaritas.

More customers stream in, and pretty soon, the restaurant is abuzz with conversation and laughter. Owner Kevin Reppuhn comes by for a quick chat, and we find out that in the few weeks Sunset Grill has been open,

word of mouth has spread quickly. The charming waiters and waitresses, the great food and wonderful drinks all contribute to a great experience while at Sunset Grill. He emphasizes that he has taken great pride in providing customers with the best, and his staff is hugely responsible for the success of this new venture.

Pretty soon, Walter is leading the way to our table with some of the most beautiful dishes we've set eyes on. Artfully decorated platters highlight our Continued on Page 9

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we looked around and observed other



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Oapn Paki Continued from Page 6



Pictured is Rosalie in her Oapn Paki studio with one of her past guests on the show, Kay Alamina. Mrs. Alamina is the principal of Tubal Vocational & Trade Institute in Ladyville, Belize. This school offers vocational education for at-risk children between the ages of 12 and 18.

international audience, I am emphasizing Tourism in Belize and launched this new concept with the Captain Morgan Show in San Pedro last November and now the Boogie in Belize-Oapn Paki 7th Birthday Show last week.

Are you the sole producer of "Oapn Paki"? Who all were involved in its creation?

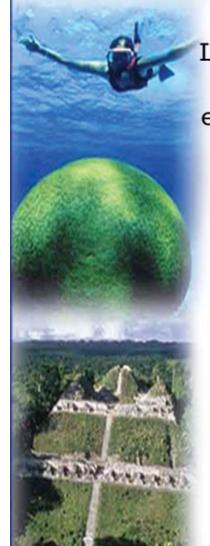
I started the Show at FM2000 in 2000 as the 'Open Paki' Talk Show. My show is registered, syndicated and owned en-

How has the response been towards your show?

I cannot tell you enough, how many

Continued on Page 16

tirely by me. My production company is called: Blue Luna Prodokshans (which has English, Spanish & Kriol words). Like I've alluded to, I would like to have the Show on National Television, meaning live on T, V. nationwide, however our Television technology is still extremely lacking.



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Perfect roast potatoes and sour cream accompany tender-crisp veggies alongside a decadent poached lobster bathed in a creamy spinach and cheese sauce - simply heavenly!



meal, and we're ever so pleased when Chef Nal graces us with his presence, presenting one of his platters to us as

well. He is so sweet and effusive, his charming manner wins us over as he **Continued on Page 14**

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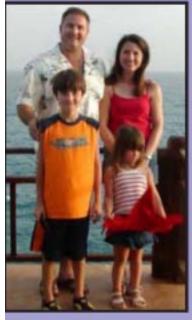
We could also tell you how Membership combines all the amenities and services of a luxurious Caribbean resort, with the best features of two-month fractional ownership, for the perfect vacation home.

But rather than tell you ourselves, we thought it would mean more coming from our owners. Here is what they have to say:



Ve spent our first two weeks at Sueño del Mar this past November. Besides the "spending time in aradise*, the thing you enjoy almost immediately s the "Culture" created by the associates that work for the resort. Debbie and Ray are not 'just" the managers, Dwayne isn't just the chef, Omar isn't just the bartender, and Chico isn't just he security guard: These people become true riends. The success of all organizations really lepends on one thing, and that is the "culture". The management of the organization has successully developed a great staff. Even in paradise the eople do make the difference.

> Rusty Hamilton, Banker -Butler (St. Louis), Missouri



What Sueño del Mar means to me is an escape from reality where I can spend quality time with my family and forget about the everyday grind. The resort feels like my home but with 5-star services from handling all air reservations, prearrival grocery shopping, and airport pick-up to a nice bottle of wine waiting for us when we arrive. Not to be

orgotten is Chef "Mr. Flower's" world class cooking. was hard to leave to go back to When I hear the song "no shirts, no shoes, no probem" I think of Sueño del Mar and long for our next isit to a place we call "paradise" and home.

The Hertz Family -Sueño del Mar #2C & #8C - June/July Alan Hertz, President, Allied Fire Protection -San Antonio, Texas



We have been dealing with Land Properties for years in their other projects. Sueño del Mar is by far our very favorite. We have been traveling to Belize and

Ambergris Caye for 10 years now, and we love it up on the north end of the island. We just spent all of October and November living in our vacation villa at the resort, and wish we didn't have to get back to our home in Colorado so soon. The setting is gorgeous, the water is great, and the diving and fishing are world-class. Best of all, the wonderful staff at Sueño del Mar nakes the experience extraordinary.

> Mike & Tammi Coleman, Contractor - Westcliffe, Colorado

"From a pure enjoyment standpoint, the best investment I've ever made was our membership in Sueño del Mar. The villas, landscaping, and facilities are unmatched with respect to quality and hoxury. From a service perspective, my

family is pampered from the moment of arrival ... even before our feet hit the dock! The staff and team and Sueño are fantastic ... they have literally become our extended family."

- Dr. Ed Paul, Honorary Consul of Belize -Wilmington, North Carolina



"After looking at beachfront property all over maintand Belize and on Ambergris Caye, it did not take us long after visiting your beautiful resort to make up our minds to purchase. We made our selection of Oct/ Nov based on the times of the year we thought we could best travel and get away from work.

Buying a membership into this beautiful paradise was our choice based on the fact that there is nothing for us to concern ourselves with - the good people at Sueño del Mar take care of everything...all we have to do is pack a bag each Thanksgiving, and we know we have a wonderful group of people waiting to take care of all of our needs. It just felt like "home" from the first moment we stepped on to the dock. We look forward to many fun and happy times at our vacation home at the resort. *

> Wanda & Jack Scruggs, Chattanooga, TN Sueño del Mar #2C - Oct/Nov





Nancy & Gaines Berry - The word investment takes on many meanings and offers many South Fork, Colorado benefits when you connect it with Sueño del Mar. The unique Sueño del Mar #3A - Jan/Feb approach to membership, the truly complete commitment to member satisfaction, and the level of service and support encompass any resident with the secure feeling of "a very good deal". Jane and I chose to own August/Sept to fit our particular business "seasons" with my involvement in the Las Vegas travel industry. Sueño del Mar is the vacation home of our dreams, and we can't wait for next summer to come.

> Paul Davis & Jane Unger - Las Vegas, Nevada Sueño del Mar #2A - Aug/Sept

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THE SAN PEDRO SUN VISITOR'S GUIDE

Tourist Information

Belize Tourism Board - 223-1910. Belize Tourism Industry Association (BTIA) - 227-5717. San Pedro Tourist Guide Association 226-2391.

Church Services

San Pedro Roman Catholic Church Sun. Mass: 9 a.m. English; 11 a.m. Children's; 7:30 p.m. Spanish; Sat.: Confessions 5-7 p.m; Mass or Communion Service every night at 7:30 p.m. Living Word Church Service Sun. 10:45 a.m. Bible study Mon. 7:30 p.m. We do Christian charity work. 226-2950.

Assembly of God Church on Angel Coral St. T-W-Sat.-Sun. 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 Lagoon St. (between the bakery and the bridge).

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San Pedro Chiropractic Clinic 226-4695 Hyperbaric Chamber - 226-2851, Dr. Otto Rodriguez - 600-0287 or 226-2854. Antonia Guerrero - 600-5475 or 206-2152. Eleazar Portillo - 610-4560 or 226-3195.

San Pedro Polyclinic II - 226-2536. 8-12 and 2-5, Mon. to Fri. Emergencies 226-2555/2918 or 606-3864.

Ambergris Hopes Clinic - 226-2660, Emergencies: 606-2316

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San Carlos Medical (Dr. Giovanni Solorzano, MD, Dr. Franklin Hernandez, Dentist) - 7:30am - 9:00pm, 226-2918

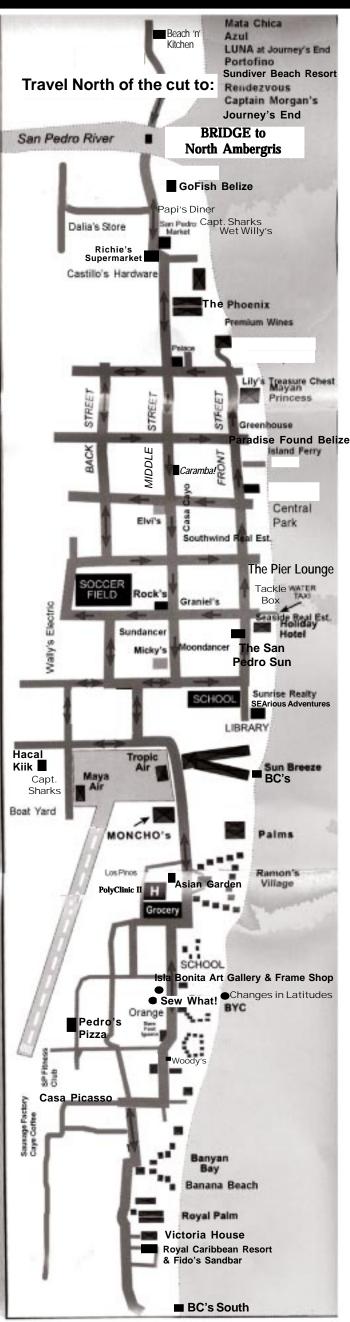
Miscellaneous

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

San Pedro AA - 226-4464, 600-9061

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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.

Party...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.

PIER LOUNGE - Home of the "World Famous Chicken Drop" every Wednesday night. Daily drink specials and two-for-one happy hour. Located beachfront in the Spindrift Hotel. Phone 226-2002.

THE TACKLE BOX - come rock da box out over the water! Every Tuesday, Wednesday, Saturday and Sunday (starting @ 9:00PM) we have amazing live bands ranging from Reggae to Punta to old school Rock-n-Roll. We'll have prizes, specials and always that breath-taking Tackle Box ocean view! Located off the San Pedro Water Taxi Pier at the end of Black Coral St. 226-4313.

FIDO'S RESTAURANT & BAR - Dine under the largest Palapa in San Pedro! Enjoy a full lunch & dinner menu with live beachfront entertainment all night.

FIDO'S SANDBAR - The party continues south! Come enjoy great BBQ and Pibil on Sundays courtesy of Chef Adam. The best place for your weekend family outing! At Royal Caribbean Resort, on the beach at the palapa!

THE SAN PEDRO SUN VISITOR'S GUIDE

Dining Out...

术术术术术术术术术术术

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

ROJO LOUNGE - Enjoy tropical lounge cuisine in one of the most beautiful beachfront settings in all of Belize - Azul Resort. 226-4012. ELVI'S KITCHEN - serving the finest food since 1977. Daily Lunch and Dinner Specials. Caribbean Night on Thursday. Mayan Fiesta every Friday - come try our Maya Buffet. Open Monday – Saturday. Lunch: 11:00 a.m. – 2:00 p.m. Dinner: 5:30 p.m. - 10:00 p.m. Call us for group reservations. Ph 226-2404/2176 "Where something good is always cooking!"

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.

- On the beach behind Lily's Hotel. Join us for a cool breeze and the best seafood or USDA beef on our veranda by the sea. 226-2650.

and dinner in a Mayan atmosphere or on the veranda overlooking the Caribbean Sea. Coconut Drive. Phone 226-2071.

LUNA at Journey's End Resort - Experience fine dining on the beach north of San Pedro. Visit our tropical bar featuring karaoke, dance and fun music. Phone 226-2173.

PAPI'S DINER - The place for fine food at diner prices. Taste the Caribbean. Call 604-9491.

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.

LILY'S TREASURE CHEST RESTAURANT 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.

RAMON'S VILLAGE - Enjoy breakfast, lunch 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.

> CASA PICASSO TAPAS + MARTINIS -Small plates, big pastas and fantastic desserts! "Hippest martini spot"-Frommer's. Nightly 5:30pm, closed Sundays. Reservations 226-4507.

> HACAL KIIK - Delectable home baked breads, pastries and desserts. Offering breakfast and lunch specials and take-out meals. Catering available. Open Mon. through Sat. 8am to 7pm. 226-3115.

> PEDRO'S PIZZA & SPORTS BAR - Big Screen TV's for the Big Game, and the Best Pizza on the Island. 226-3825 -or- 206-2198 (after 4:00 pm).

> BEACH 'N' KITCHEN - Yummy breakfasts, beach 'n' lunches! Daily Lunch Specials and treats! Near the Palapa Bar, one mile north of the bridge. Call 226-4456.

> WET WILLY'S - World Famous Ladies' Night every Wednesday night! Plus, great lunch and dinner specials! Great drinks over the water! Come visit us or call 226-4136.

> PASTA LA VISTA - Excellent Gourmet Pizza, Pasta Lunch Specials and Evening Pasta Menu, plus take-n-bake. 226-2651.

> CAPTAIN MORGAN'S RETREAT - Savor a taste of *Temptation Island*. Underneath a starry night enjoy the exquisite meals prepared by our expert chefs. A small boat ride takes you to one of San Pedro's guilty pleasures.

> CAPRICORN RESTAURANT & BAR - Enjoy our magical menu by sun or starlight. Indulge in fresh seafood and USDA steaks at a quaint, tropically luxurious restaurant on the beach. Reservations recommended. 226-2809. PORTOFINO RESTAURANT AND GREEN PARROT BEACH BAR - Meet our boat at 6:30 p.m. at Fido's Dock for a complimentary ride to one of the best culinary experiences you will have while in paradise. For reservations, call 220-5096.

Unique Offerings...

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

CAYE COFFEE - Take a taste of our locally roasted fresh coffee back home. A wonderful cup of coffee makes such a great difference in your day. Try it and ask for more. 226-3568.

BIG TREE PRODUCE - Fresh Local & Imported Fruits & Vegetables. Seafood, meats, juices & milk shakes. Pescador Dr. 226-2322.

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THE SAUSAGE FACTORY - Largest selection of smoked meats and sausage on the island. One mile south of town. 226-2655.

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

GRANIEL'S DREAMLAND - Locally made furniture & accessories from all Belizean exotic hardwoods & Mahogany. On Pescador Drive, opposite Rock's, Call 226-2632, ext. 18 or 226-2938. Open Mon-Sat 8:30-12:00 noon & 1:00 to 9:00 p.m. & Sun 10-12 noon.

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GREEN ACRES EQUESTRIAN ADVENTURES (Up Close Wild Life Tours) - Jungle horseback adventures, Overnight Equestrian camping, Trekking, hiking and more! call 670- 5698 or email: kchanona@email.com.

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PINGUINO BELIZE - Fine California Wines, Olives, Olives Oils, Olive Spreads, Cheeses and other goodies. Caribeña St. San Pedro Town. 661-3070.

The San Pedro Sun

Visitor Guide

EVERY WEEK we print a new edition covering the "good news" about San Pedro and Belize!

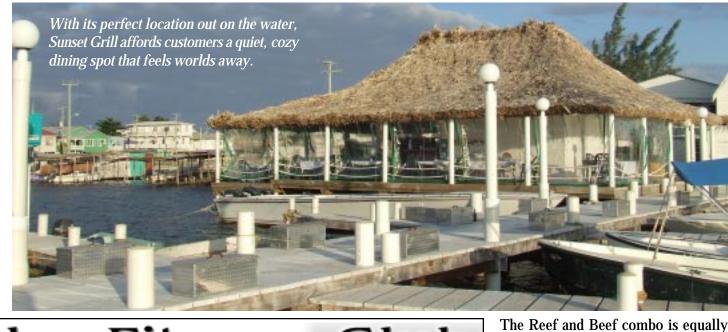
Contact the San Pedro Sun for more information. spsun@sanpedrosun.net (501) 226-2070 www.sanpedrosun.net

Sunset Grill

Continued from Page 9

enthuses about Sunset Grill, and recounts his forays in the cooking industry. We learn quite a bit about Chef Nal while he arranges our table for us, and we look forward to tasting his meals, which look so beautiful, we fear pictures just might not do it justice.

The Lobster Lambada is positively gleaming with the delightful cream sauce, and the perfectly poached lobster sits nestled amongst the creamy spinach, perfectly cooked vegetables and gorgeously browned roast potatoes.





Open daily from 11 am for Lunch and Dinner with specials daily... Taco Tuesdays \$3 Chicken, Beef or Pork Tacos every Tuesday from 6-9 pm! Every Wednesday Night! Happy Hours EVERYDAY Starting from 9 p.m. - 2 a.m. from 4pm to 8pm No cover charge for the Ladies! with: \$4.50 With contests and giveaways bottled beer every week for ALL!! and \$20 Live Music starting February 23rd The Russell Hume Band buckets, (free mini

presented, the saucy tenderloin married with a skewer of grilled shrimp, accompanied by creamy pasta and vegetables. While the plates looked delicious, the smells emanating from them were positively heavenly and we were quite excited to dig in.

After first biting into the crunchy, seasoned vegetables, the roast potatoes simply begged to be tried. With a small dollop of sour cream, the first bite was pure bliss. These were in a class all their own – crisp outside, and hot and soft and perfect inside! And let's not forget the lobster - with its creamy sauce, alternately sweet and tangy, it was just wonderful. Being a lobster lover, it was hard for me to pass up this dish. The manner in which it was prepared, with such a delectable sauce, was icing on the cake. Two thumbs way up!

Next up was the Reef and Beef. The **Continued on Page 15**

Answers to Last Week's Su Doku Puzzle

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



Windy Hill Tour Company San Pedro Representative: Gary Warner All tours originate in San Pedro and include Round – Trip airfare to Belize City, leaving at 7:00 a.m. and returning at 5:30 p.m. Tours include Ground Transportation, Entrance Fees, Guide Fees, Lunch and Taxes.

TOUR OPTIONS

- Barton Creek Cave canoeing and the Belize Zoo -US\$ 210.00 per person
- -US\$ 210.00 per person
- -US\$ 210.00 per person
- Xunantunich Maya Ruins and Horseback riding
- Xunantunich Maya Ruins and Jungle Zipline -US\$ 225.00 per person
- 5. Cave Tubing and Jungle Zipline US\$ 225.00 per person

(Cover Charge)

- Actun Tunichil Muknal Cave Adventure -US\$ 250.00 per person
- Xunantunich Maya Ruins and the Belize Zoo -US\$ 210.00 per person

Horseback Riding - Ride through rainforest, open savannas and small farms to the unexcavated site of Buena Vista and enjoy a swim in the Mopan

Barton Creek Cave Canoeing – An ancient Maya burial site, the cave is only accessible by canoe. The formations of stalactites and stalagmites are

Jaguar Paw Cave Tubing – Hike along the Cave Branch River to the Jaguar Paw cave systems where you then float the gentle currents through underground caverns.

Xunantunich – Beautiful Maya ruins where standing atop "El Castillo", the largest pyramid at the site, you will have a panoramic view of western Belize and eastern Guatemala.

Belize Zoo – The zoo is home to over 100 species of native Belizean animals and birds including the tapir, howler monkeys, spider monkeys, jaguars, ocelots, margays, scarlet macaws, toucans, and many, many, others.

Actun Tunichil Muknal Cave - A challenging adventure for the physically fit and the ability to swim is a plus. Inside the cave you will see burial chambers with intact calcified remains and Mayan

Jungle River Tubing and Horseback Riding -Tube down the Caves Branch River and horseback ride back to where the tubing originated.

www.windyhilltours.com

appetizers

with every bucket).



Kathryn Cooke has fun with her Chocolate Rum Mousse Cake, which, in her own words, is "to-die-for!"

The San Pedro Sun's



Beef wasn't always as popular as it is today. America has had cattle since the mid-1500s, but most immigrants preferred either pork or chicken. Shortages of those two meats during the Civil War, however, suddenly made beef attractive and very much in demand. Today's beef comes from cows (females that have borne at least one calf), steers (males castrated when very young). heifers (females that have never borne a

calf) and bulls under two-years-old.

Ideally, beef is at its best – both in flavor and texture – at 18 to 24 months. The meat at that age is an even rosy-red color. If the animal is over two and a half years old, it is usually classified as "well-matured beef" and, though more full-flavored, the meat begins to toughen and darken to a purplish red. Slow, moist-heat cooking, however, will make it perfectly delicious.

To store fresh beef: If the meat will be cooked within six hours of purchase, it may be left in its plastic-wrapped package. Otherwise, remove the packaging and either store unwrapped in the refrigerator's meat compartment or wrap loosely with waxed paper and keep in the coldest part of the refrigerator for up to two days for ground beef, three days for other cuts. The object is to let the air circulate and keep the meat's surface somewhat dry, thereby inhibiting rapid bacterial growth. Cooked

meat should be wrapped airtight and stored in the refrigerator. Ground beef can be frozen, wrapped airtight, for up to three months, solid cuts up to six months.

Butter Beef

"Easy, melt in your mouth onionbuttery beef from your slow cooker! Serve over cooked egg noodles."

Prep Time: 5 minutes Cook Time: 5 hours

Ready in: 5 hours and 5 minutes

Ingredients:

3 pounds cubed beef stew meat 1/2 cup butter

1 (1 ounce) envelope dry onion soup mix

Directions:

Place the beef and butter into a slow cooker. Sprinkle the onion soup mix over. Cover, and cook on Low for 8 hours, or High for 4 to 5 hours. Stir once or twice.

tenderloin was drizzled with a delicious peppercorn sauce, and cooked to a perfect medium rare, it was tender and juicy. The piquant bite of the fresh peppercorn sauce was exotic on the palate, and melded with the beef to simply melt in one's mouth, bite after delicious bite. The vegetables and pasta were cooked just right, all combining for a cacophony of tastes that left one swooning for more. With the generous portions on our plates, it was fun to

share and taste, and we were left sated and delighted.

As if on cue, Walter appears at out table, offering dessert! We worry that we might be just a bit full to have dessert each, but agree to split one. We remember the recommendation from Kathryn Cooke, the diner a few tables from us, and place an order for a **Chocolate Rum Mousse Cake. In her** words, this particular cake was "to die **Continued on Page 17**



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A Truly _{Divine} Experience

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on Coconut Drive

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Restaurant Open till 10

Bar Open till Midnight



- Eggs Benedict with Smoked Ham - Belizean Banana Pancakes - Apple Cinnamon French Toast Ask for Daily Breakfast Specials...

- Chilled Shrimp Gazpacho Śoup - Jalapeño & Cheddar Burger - Cheddar Shrimp Sandwich - Caesar Salad - Chicken Breast Sandwich Also offering Daily Lunch Specials...

Dinner entrees include..

Filet Mignon in Cabernet Wine Sauce - Pan Seared Grouper with Grapefruit Beurre Blanc Sauce - Steamed Reef Lobster Tail with drawn butter House Specialty: Brazilian Style Rotisserie (Churrasco)

Daily Drink Specials:

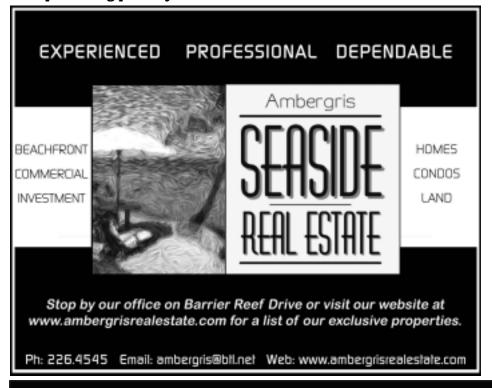
Martini Monday, Tequila Tuesday, Wine & Dine Wednesday

Oapn Paki Continued from Page 8



comments I received from the Show we did in San Pedro at Captain Morgan's and Turtle Inn in Placencia. I repeated it a few times and people stop me on the street and say that they had no idea that we had resorts like this.

At 9:00 a.m., Monday morning, February 12th, 2007, Rosalie, along with her Tandem Master Instructor, Doug, with over 14,000 jumps, boarded the Perris Valley, Calif., Skydiving Carrier, along with 20 other Skydivers, and took off into the wild blue San Pedro yonder. Upon reaching an altitude of 13,000 feet, Rosalie, with Doug navigating, proceeded to experience what's its like to Skydive. Some 5 minutes later, having reached an altitude of 1,500 feet, with their parachute performing perfectly, the duo coasted over the north end of San Pedro



Town and executed a perfect landing at the Los Cocos Landing Site.

Why did you choose to do the Skydiving episode?

I did the Skydiving Show because I wanted to do a spectacular show to highlight "Oapn Paki's" seventh birthday, highlight the Boogie in Belize Skydiving Event in San Pedro, a vanguard of Tourism, and I wanted to make the show a truly Reality Show and experience Skydiving. It makes for an exciting Show.

How was your experience?

My skydiving experience was absolutely 'aerialgasmic'. It was like being in heaven and floating on clouds, which I did and loved every minute, although I cried just before the jump and when I landed on earth.

Would you do it again?

Yes, I would do it again, but not this year.

To view Rosalie's once-in-a-lifetime experience, tune in to the "Oapn Paki's" seven-year Birthday Show with the Boogie in Belize Team on Sunday, February 25th, 2007, from 10:15 a.m. to 12:15 p.m., on Love F.M. & Love T.V.

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Located at the Airport



Layers of chocolate cake and creamy mousse make this dessert "to-die-for".

for", and we couldn't wait to taste it for ourselves!

The fated cake arrives on a beautiful dessert platter, drizzled with a chocolate sauce, and topped with the perfect cherry. It looks scrumptious, and after the first bite, we confirm that it is a cake that could launch a thousand ships (or fishing boats!). The layers of cake and mousse, topped with a light and airy cream, are just sweet enough, and with a bit of the chocolate sauce, it's enough to induce a fabulous

chocolate coma - from which you never want to awake! If you can only have dessert, this is the way to go! Enjoy a glass of your favorite wine with your dessert and contemplate the gorgeous sunsets over the water.

Sunset Grill offers a wonderful and welcome change of scenery for dining, with exemplary meals that will keep you coming back for more. With their current track record of repeat customers, the lagoon side's secret is soon to be exposed. In fact, it is fast becoming

the place to enjoy a luscious romantic meal, whether it is breakfast, lunch or dinner. Come over to the 'other side' of this island and try out Chef Nal's fabulous creations! Sunset Grill is located on the lagoon, at the old Thun-

derbolt Water Taxi location. For dinner reservations, be sure to call 226-2600, and come on by - it's a three minute walk from Main Street! Come dine, indulge and enjoy a new dining experience in a beautiful, local setting.



If the weather provides rain or wind, the clear curtains offer perfect shelter from the elements.

PROPERTIES

Serving San Pedro since 1980!

We at **Southwind Properties** specialize in the listing & sale of fine island properties -Homes, Condos, Hotels, Commercial, Income-Producing Properties & Land for homes or large parcels for development. Be sure to meet with Marianne, Edwardo or Claudio to discuss your particular needs. Southwind Properties prides itself in being there fulltime for full service and full disclosure for all your real estate needs. Call 226-2005/ 2060 or e-mail southwind@btl.net for more information.

Commercial/Condos/Homes

Eden Park Villas - Located only 3 miles north of Town Center, this luxurious and exclusive residential community offers the best for the discerning buyer. Beachfront condos from \$445,500.00 US and penthouses from \$825,000.00 US. Call for complete details. The dream place you've been looking for. Don't miss out on this great opportunity!

Buyers Looking for Luxury & Elegance! (T36) Custom, beachfront condo, 2 bdrm, 2 baths, 2nd floor, fully furnished. Nothing compares in class, style or quality. Call for further details.

Beachfront Home (A10) 1st level- 6 apts. 1 bdrm/1bath each; 2nd level-3 bdrm/1-1/2 bath; 3rd level-2 bdrm/1 bath penthouse apt. Enjoy your view of the reef & the ocean breezes from your own Palapa or snorkel & sun off your 100' dock. \$975,000.00 US.

San Pablo Rentals (G10) Prime rental property offering six fully equipped units. Beautiful, spacious first class owners quarters. Adeal at \$165,000.00 US.

Residential near Town (O9) Cozy one bdrm/one bath, well maintained home west of airstrip with rental income. Excellent price at only \$99,500.00 US

Raw land

San Pablo (G40) Great corner lot located in the nice subdivision. Excellent investment & opportunity for a nome or business. \$60,000.00 U.S.

San Pablo Lagoon (F20) - 2 beautiful lots with combined approx dimensions of 230' x 100'. These parcels give you a large water frontage & magnificent views of the tranquil lagoon. \$185,000.00

Ambergris Bay (A25) Beachfront Lot # 446, approx. 66' x 110'. \$66,000.00 US. Can be bought together with lot 447 for a combined beach frontage of 148'.

Ambergris Bay (A26) Beachfront Lot #447, approx. 82' x 110'. \$82,500.00 US. Can be bought together with lot 446 for a combined beach frontage of 148'.

Ambergris Bay (G36) Lot # 33. Measuring approx. 58' x 155'. \$70,000.00 US. Ambergris Bay (E13) Beachfront parcel approx. 50' x 95' depth. \$65,000.00 US.

Playa Blanca (L21) 2nd row lot 140' off the beach. 60' x 120'. \$70,000.00 US.

Flying Fisherman (D16) lot 300' off the beach, measures 50' x 78'. Only \$22,000.00 US.

Alta Mar (S45) - 100' x 100' nice parcel in residential area. Priced at \$85,000.00 US.

Santa Rita (H32) Lot 18 - 50' x 110' -3rd row - \$24,500.00 US.

Club Caribbean (E11) off the beach lots 116 - \$39,000.00 US.

Holiday Lands (M53) Approx 78' x 72', 2 rows off the beach. \$70,000.00 US. Robles (D19) Lot 23a measuring 100' of beach front x 360'. \$105,000.00 US. Robles (D20) Lot 44 measuring 50' of beach y front x 270'. \$59,000.00 US.

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Email: elbert@scubalessonsbelize.com www.scubalessonsbelize.com Owner/operator PADI Staff Instructor, Elbert Green

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• Ambergris Caye's latest trendy restaurant, is now open. Serving Palm Tree Cuisine, a fusion of Central American and Caribbean delicacies, offers a selection of fresh local seafood, tender meats and exotic vegetables prepared by our renowned chef.

Menu selections include: Jerk Seared Sea Scallop Crouton, Smoked Oyster Bruschetta, Spinach Pesto Goat Cheese Salad, Rib-Eye Steak Argentino, Almond Nut Crusted Grouper, White Chocolate Pudding laced with a cardamom anglaise sauce, Strawberry & Mango Ice Parfait.

une boasts an atmosphere of relaxed elegance and style, with inventive cuisine in an enchanting setting.

Serving breakfast, lunch and dinner...

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Wolfe's Woofers by Dennis Wolfe

In the Family Way

"I think I really need to learn to speak Spanish," Kim said. "Is your wife still teaching that Spanish class?"

"No," I told her. "Right now she's between classes but she'll be starting a new one soon. You could join."

"I probably couldn't take the class anyway," Kim said. "Kevin and I are here in San Pedro a lot but usually it's only a week or so at a time."

The Kellys own a bar in New Jersey that keeps them busy but they're here so often I sometimes forget that they don't live here.

"Why do you need to learn Spanish?" I asked. "Almost everyone in the country speaks English."

"Our maid doesn't," Kim said. "She does all the shopping and I have a lot of trouble telling her what to buy, especially at the butcher shop. Last week I needed chicken legs and when I finally got desperate I pointed to my legs and clucked like a chicken."

"Did it work?"

"She came home with chicken legs. A few days later I needed chicken breasts so I clucked like a chicken and pointed at my chest. Sure enough, she bought three pounds of chicken breast."

"It sounds like a good system."

"It is, but yesterday I ran into a real problem. I needed some sausage and couldn't figure out how to tell her."

"What did you do?"

"I called Kevin in from outside to take care of it."

"Oh, my God," I said. "He didn't . . .?"

"What? Oh, don't be silly," Kim said. "I called Kevin because he knows the Spanish word for sausage."





Trivia Tidbits

*The number two is the only number greater than zero that, when added to or multiplied by itself, gives the same result: four.

*In South Africa, termites are roasted and eaten by the handful, like pretzels or popcorn.

*After mating, the female black widow spider turns on her partner and devours him. The female may dispatch as many as 25 suitors a day in this manner.

*In Europe, the act of crossing one's fingers has several meanings, most commonly "protection" or "good luck." In Paraguay, the gesture may be offensive.

*The Earth is the densest planet – five times denser than water, while Saturn is the least dense. It has a density 0.7 times that of water.

*A hibernating woodchuck breathes only ten times per hour. An active woodchuck breathes 2,100 times an hour.

*If you toss a penny 10,000 times, it will not be heads 5,000 times, but more like 4,950. The heads picture weighs more, so it ends up on the bottom more often.

*Under a treaty dating back to 1918, if the Grimaldis of Monaco should ever be without a male heir, Monaco would cease to exist as a sovereign state and would become a self-governing French protectorate.

* According to sources, actress Meg Ryan's full name given at birth is Margaret Mary Emily Ann Hyra Ryan.



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- ❖ Agape House Lovely Tres Cocos beach home with total of 4 beds/ baths, workshop/garage, boat ramp, sea wall, pier. \$ 1,500,000.
- Caribbean Coves Estates Cayo Espanto area turnkey luxurious new bay front homes 4 bedrooms. Inquire.
- Spacious rental beach home south of town. Sleeps 10 plus guest cottage. Pool, mature landscaping, large pier. Inquire.
- Caye Villas Mata Grande beach villa with pool.
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- ❖ The Castle 10 apt complex: \$400,000.
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- Acreage available on Lagoon side Inquire.
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- * Robles beachfront 200 ft beach \$400,000.
- Boca Ciega 4.5 acres 170ft beach front. \$350,000.
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- Buena Vista Point ocean view 75ft x 150ft \$89,000 each.

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All prices are in US dollars and subject to change without notice. For further details on these properties and much more

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