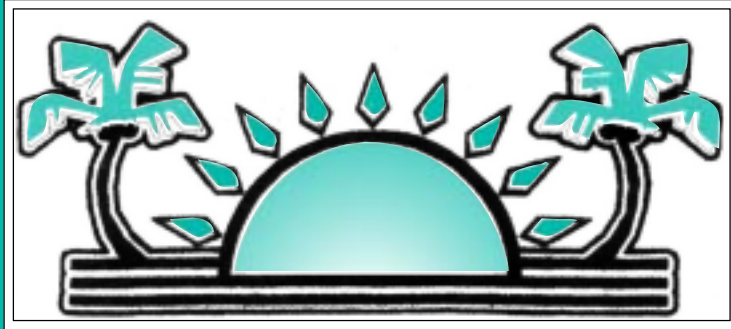


THE SAN PEDRO SUN VISITOR GUIDE



April 5, 2007

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America



*Xaman Ek Retreat and Spa ~ a rejuvenating
escape for the body and soul*
*Aboard The Rum Punch II ~ let the wind
chart your course!*



Greetings to my visiting friends



On behalf of the people of San Pedro Town, I extend a warm welcome to all visitors arriving to our shores. I assure you that your trip to "La Isla Bonita" will be no ordinary vacation. Our island is famous for its rich cultural diversity, where Mestizos, Creole and Garinagu blend to form a unique encounter. While here, I encourage you to explore the Caribbean Sea and find Belize's abundant treasures. Hol Chan Marine Reserve and Shark-Ray Alley are just two of the many spots where you can enjoy our coral reef for-

mation and abundant and breathtaking sea life. San Pedro is also home to world-class 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. You will also be able to discover Belize's vast cave systems and many natural sanctuaries that are home to our country's unique flora and fauna. Whether you are spending your honeymoon at an exclusive resort or looking for an adventurous, yet romantic escape, San Pedro is surely the place to be. I invite you to explore our home and see the many wonders it has to offer. We welcome you with open arms. Bienvenidos a San Pedro!

Elsa Paz, Mayor,
San Pedro Town

The San Pedro Sun is mailed everywhere.

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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



The San Pedro Sun is in Australia! Eli Pearly, dive shop manager at Banyan Bay, took an emotional family journey to Australia where the family's roots were retraced. Behind her are two iconic images of Australia: above she is pictured in front of the Sydney Harbor Bridge, the bridge she last saw when she was five and leaving on an ocean liner for a three week adventure to New Zealand, Fiji, Hawaii, Vancouver and finally the Golden Gate Bridge in San Francisco! Below, she is pictured in front of the world famous Sydney Opera House 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.

Answers to Last Week's Su Doku Puzzle

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

Xaman Ek



Open and inviting, the retreat compound offers outside living at its best.

After a 15 minute boat ride from San Pedro you come upon a stretch of beach that seems brighter and some how different from the surrounding area. Xaman Ek Retreat & Spa seems to glow with attention and care.

Vicki Campbell, long time resident of San Pedro and Licensed Massage Therapist, has dedicated herself to the fine art of massage therapies, holistic health and the pampering of body and soul. As the owner of Tropical Touch Massage & Day Spa Vicki and her highly trained staff, offer high quality, professional massage therapies as well as a full array of exotic spa treatments.

Over the years, Vicki developed a dream of compiling her experience and offering extended retreats for women.

She envisioned a space in time where one can spend a few or several days exploring spiritual and physical healing through mentoring from Belizean healers, nutrition, awareness exercises, Yoga and spa therapies. It was essential that the location of the retreat would in itself play a key role in inspiring relaxation and serenity, and as the stars fell into place, so did the ideal location for this tropical retreat unfold.

Through a series of serendipitous events Vicki and her husband Mike found themselves with the opportunity to purchase an existing dive resort on North Ambergris Caye that was suitable for conversion to

their needs. Located five miles north of San Pedro and situated on two acres, the eastern and western borders are dramatically different from each other, featuring sea and jungle. To the east the site hosts pristine, white sandy beach front lined with mature palm trees and breath taking views of the Caribbean. To the west lies the lagoon, dense with lush green mangrove tangles and snaking water ways, the sunsets are colorful poetry echoing the colors of the flowering plants everywhere. The peace and solitude of Xaman Ek are a true inspiration for good health and happiness and a perfect setting for San Pedro's only Spa Retreat.

Mike Campbell, a long time San Pedro resident with twenty years in the building trade brought his considerable

Continued on Page 8



Azul Resort & Rojo Lounge

The only resort and restaurant on Ambergris Caye awarded the selection of ★Fodor's Choice in the *2007 Fodor's Guide To Belize*

Azul Resort

The swankiest place to stay on Ambergris Caye -Men's Journal Magazine Dec '06

One of Belize's most tranquil and exclusive refuges -Outside Magazine Dec '06

Rojo Lounge

This is the hippest restaurant and bar on the Cayes. Rojo Lounge, in a sultry open air palapa on a beautiful beach is definitely red hot. ...lunch offers sophisticated snacks, dinner is romantic and delicious... the bar serves killer frozen mojitos. -Fodor's

Come enjoy beachside dining, tropical lounge cuisine, the best stocked bar on the island and daily drink and dinner specials!!!



North Beach, Ambergris Caye (5 1/2 miles north)
Open Tuesday through Saturday from noon until late.
Reservations for dinner strongly encouraged.

For information, reservations and events, please call 226-4012



Sailing the Rum Punch II



Primo launches the sail, and we're off for a fun adventure at sea. Mr. George promises to take us to Jamaica, but we're happy to make it to Sundiver!

While on Ambergris Caye, activities abound but one of the best trips to engage in is sailing. Fun for the entire family, a romantic escapade for two or a group of friends enjoying Belize's sun, the perfect sail to take it all in is aboard the Rum Punch II. While sailing the Rum Punch II you can enjoy the four S's that make every Ambergris Caye daytrip truly fantastic: Sun, Sea, Sand and Seafood. These all are enjoyed while sailing to North Ambergris Caye, stopping for a delicious beach fish barbecue and a delightful snorkeling adventure on the way back. The Rum Punch has delighted many for years and it continues to do so. Cap-

tain George will make sure your trip is as fun as it sounds.

History of the Rum Punch II
The sun sets in the horizon, slowly disappearing into the azure waters of the Caribbean Sea, the Rum Punch II, powered by the gentle breeze moves towards the picture perfect sunset. Postcard beautiful, it is inspiration for a painting; it is most definitely the perfect place to fall in love, one can not deny it and it is available through George Eiley's fabulous sailing cruises.

Born in Belize City, George grew up in the picturesque village of Placencia,

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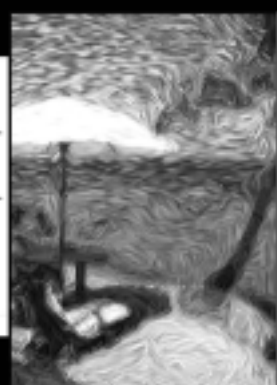
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#3	5.028 acres Spring	\$20,112
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#5	4.581 acres Spring	\$19,524
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#7	5.469 acres	\$21,800
#8	19.024 Large Spring	\$69,500
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George shows Mary the ropes, whilst Primo (left) fishes for lunch!

where he learned to navigate from his father who was the lighthouse keeper. After learning carpentry, George was offered a job in San Pedro, one which he didn't hesitate in taking. In San Pedro, he fell in love with Atlantida "Tanta" Guerrero and now a family man he decided to make his childhood dreams a reality and bought his first boat. Named by one of his guests, the Rum Punch was an absolute success. Charging \$10 US a day trip, it proved to be a very lucrative

profession in the late 70's. George's first boat, which he retrofitted to best suit his needs, was purchased



Apart from sailing and snorkeling, one can cast a line and reel in a lucky catch! between 1978/79 and unfortunately "died of old age." A new purchase came in sight, provided by Mr. Milo Paz, and in 1985 the Rum Punch II was born. Today, 20 years since the beginning,

the Rum Punch is still known as the best way to enjoy Caribbean sailing. No big motors or modern day amenities, just you in touch with nature and in touch with

Continued on Page 6

San Pedro Fitness Club

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Some of our Specialties: Caramelized Char-Grilled Shrimp, Fish Carpaccio, Bruschetta, Shrimp Pate and Fried Calamari, Jerk-Seared Scallops served in a citrus beurre-blanc, Mambo Combo - Snapper Fillet topped with Shrimp and Papaya Salsa, Mesquite Grilled Seafood Plate - Lobster, Snapper, Grouper, Calamari, Shrimp and Scallops with Fresh Vegetables

Try our "Decadent" Chocolate Souffle'

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Rum Punch II Continued from Page 5

history. George's knowledge of the sea infects you and you itch to take a turn driving the boat that has sailed the Caribbean for years (and he happily obliges, giving everyone a taste of real sailing).

Sailing:

Can you imagine a day out at sea with family or a group of friends harnessing nature's resources and cutting across the water under the power of the wind? Well,

here is your chance; experience the joy of sailing with a half day or a full day tour of the Caribbean waters, under the guidance of George Eiley aboard the Rum Punch II.

This invigorating experience is the way to go; families can arrange a tour of their choice and experience the thrill of sailing "Old School" style when on board the rustic Rum Punch II. Captain George



George takes care of every detail to make a fabulous trip; he ensured our beach picnic was grilled to perfection.

is the skipper of this boat and with years of experience at sea under his belt, you can bet your money that it won't be any ordinary sailing trip. *The Sun* along with Captain George and his trusty mate "Primo" set sail aboard "Rum Punch II" and sailed the open sea for a full day maritime escape.

Sailing has to be the best way to unwind. One would think that you would die of boredom and seasickness and would require a lot of medication to get through

the day, but actually, it was more like meditation. And having friends aboard is a wonderful experience because the time spent enjoying the scenery, sunlight, and wind make bonding easy. Of course one of the best reasons to take a boat around the island is that you can go to places where you can't get to by car or on foot. Places that are completely unspoiled and the sea is colored in every blue shade imaginable while remaining crystal clear

Continued on Page 7



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Rum Punch II Continued from Page 6

for when you put on your mask, snorkel and flippers, ready to explore the wonders of the Caribbean underworld. Although a good starting point for sailing either north or south, you may find it difficult to leave the glistening beaches and wonderful anchorages of San Pedro itself. The waters are superb for swimming, snorkeling, diving and sailing. The structure of the tour will allow you to do as much, or as little as you desire. So, if

you want to actively take part in all aspects of sailing the boat you will be taught all the correct techniques required, or simply relax and let the skipper do the work as you soak up the atmosphere of being at sea.

Maybe it is a little too hot on the island but on the sea there is a cool and calming breeze, and with the canopy providing shade, there was nowhere more pleasant to be than Rum Punch II. And,



Our favorite cooks have a bounty of fresh grilled fish ready for us to consume!

they don't name the boat "Rum Punch II" for no reason; Captain George welcomes all friends to his boat with a refreshing and killer "Rum Punch" that will leave you in a happy mood for the entire trip. On the way, catch a glimpse of Ambergris Caye's spotless white sandy beaches, coconut palms, captivating resorts and of course an underwater world that is home to hundreds of species of fish and several types of coral that surround the island. This sailing adventure

Continued on Page 18

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Xaman Ek Continued from Page 3



All the comforts of home, except "home" is a tropical oasis.

design and architectural expertise to bear on this well used dive resort, converting it into a truly exquisite setting for relaxation and rejuvenation. Mike and Vicki's personal attention to landscaping and redecorating have led to a harmonious mix of flowering plants,

natural vegetation and the structures themselves. It is worth the trip to see the flowering plants. The aura that emanates from Xaman Ek is more than ambiance it is a spiritual as well as physical transformation. It stands as a testament to Mike and Vicki's ambi-

tion and passion for creating an environment that begs you to slow down and enjoy some quality "me" time. From the wrap around veranda that over looks the crystal clear palate of azure waters you experience a profound sense of se-



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READ ABOUT US IN COSMOPOLITAN MAGAZINE.
page 208
September 2006

renity and a heart aching beauty that will remain etched in your memory forever.

The resort has been renamed Xaman Ek Retreat and Spa, after the Mayan God of the North Star. Xaman Ek represents peace and benevolence and is a God of Holiness and Godliness. His symbol is the North Star, used for guidance and direction, so he is the one to call upon if you get lost. Mike and Vicki chose this name because it is symbolic of what they are looking for, guidance and direction. They believe that the guidance and direction are inside us all and we must all help each other to find the way that is right. Vicki also explained that they wanted to incorporate a Mayan name because they are very involved in the culture and traditions of Mayan healing.

Xaman Ek Retreat is not just a day
Continued on Page 14

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Take a scenic boat ride down the Old Northern River, once inhabited by the Mayans and used by the pirates. Experience the fishing village of Bomba, where you can shop for hand made carvings. Following is a short **air conditioned** van ride to the famous Mayan temples of **Altun Ha**, where the world's largest jade head was discovered. Then on to **Maruba Resort** for lunch, where you can take advantage of the hot mineral bath and swimming pool, and have the opportunity to purchase one of our signature spa treatments or go for a horse ride in the jungle.

Tour includes drinks on board, snacks, lunch, boat transfers, guides and park fees.
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We could go on and on about the luxuriously furnished villas, beautifully landscaped grounds, oceanfront setting, Concierge service, and our outstanding staff.

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:



We spent our first two weeks at Sueño del Mar this past November. Besides the "spending time in paradise", the thing you enjoy almost immediately is 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 the security guard. These people become true friends. The success of all organizations really depends on one thing, and that is the "culture". The management of the organization has successfully developed a great staff. Even in paradise the people 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, pre-arrival grocery shopping, and airport pick-up to a nice bottle of wine waiting for us when we arrive. Not to be

forgotten is Chef "Mr. Flower's" world class cooking. When I hear the song "no shirts, no shoes, no problem" I think of Sueño del Mar and long for our next visit 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 makes 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 luxury.

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



"My husband and I were not sure we could find enough to do to keep ourselves busy and fully enjoy two months in our villa at Sueño del Mar last winter. To make a long story short, we found that two months just wasn't enough time for us. We made lots of new friends and thoroughly enjoyed our stay at Sueño for all of January and February. When the time came, it was hard to leave to go back to Colorado. We can't wait to get back home to Sueño in January 2007."

Nancy & Gaines Berry -
South Fork, Colorado
Sueño del Mar #3A - Jan/Feb



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"After looking at beachfront property all over mainland 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



The word investment takes on many meanings and offers many benefits when you connect it with Sueño del Mar. The unique 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

Tourist Information

Belize Tourism Board - 223-1910.

Belize Tourism Industry

Association (BTIA) - 227-5717.

San Pedro Tourist Guide

Association 226-2391.

IMPORTANT #s

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Crimestoppers 800 922-TIPS

Police 226-2022

Fire 226-2372

Wings of Hope - Medical emergency air ambulance. Phone: 223-3292.

Lions Health Clinic - 226-4052; emergencies 600-9071 or Hours: Mon. - Fri., 8am to 8pm; Sat., 8am - noon.

Los Pinos Clinic 602-6383 and 226-2686.

Dr. Lerida Rodriguez: 226-2197 or cell 620-1974.

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

US Embassy - 822-4011

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 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-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 Lagoon St. (between the bakery and the bridge).

San Pedro Community Church - meets Sundays at 10a.m. at the Medical University of the Americas building. Sunday school available for children. 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

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

Guide to Isla Bonita



Water, Sports & Tours

SEARIOUS ADVENTURES Are You Ready? Lamanai, Altun Ha, Cave Tubing with either Belize Zoo, Ziplining, or Xunantunich Mayan Ruin, Manatee Watch and Beach BBQ, half day snorkeling and more. We are located ON THE BEACH straight down from the airstrip. Call #226 - 4202/4206 or Cell #662-8818.

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JUNGLE DAY SPA ADVENTURE TOUR - See river, ruins, horseback riding, and medicinal jungle hike, Signature Mood Mud Massage, African honeybee Scrub, Aromas, Facials...full body Spa, full restaurant & bar. Bring along camera & swimwear. Call & BOOK NOW and we will arrange boat transfer. "Get Junglized" @ Maruba Resort Jungle Spa Phone: 226-3584/610-3775, E-mail: maruba@btl.net.

Real Estate...

SEASIDE REAL ESTATE - Many listings, from raw land to beautiful beachfront homes. We can help you own a piece of paradise. Call 226-4545 or E-mail ambergris@btl.net

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

SOUTHWIND PROPERTIES - For all your Real Estate needs. Call 226-2005 or 226-2060 for information or E-mail: southwind@btl.net for current listings.

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SIRENA DEL MAR REAL ESTATE - Front Street across from Happy Lobster in Caye Caulker. Phone: (Office) 226-0404 or (cell) 620-4660.

INVEST IN BELIZE - Call for Appointments and pick-ups. 226-4000 or www.investinbelize.com

Transportation...

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

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.

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

Services...

KRYSTAL SHIPPING CO./MASH CO. - We deliver construction supplies all the way to Robles Point! Phone 226-2089 or E-mail: mashco@btl.net

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...



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.

LILY'S TREASURE CHEST RESTAURANT - 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.

RAMON'S VILLAGE - Enjoy breakfast, lunch 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.

MICKY'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.

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.

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.

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.

SUNSET GRILL - Offering local and international cuisine. Open 7 days a week for lunch and dinner. Located on the lagoon side. 226-2600.

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.

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 Barrier Reef Dr. 226-2084.

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@providentbank.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.

ISLA BONITA ART GALLERY & CUSTOM FRAMING - art and crafts from Belizean and Caribbean artists + contemporary abstract paintings. Custom framing available 226-4650.

SUNDANCER + MOONDANCER - Unique boutiques featuring beautiful, quality clothing, jewelry and gorgeous gift items for both men (Sundancer) and women (Moondancer). Phone: 226-3126.

ASIAN GARDEN DAY SPA - Certified Therapeutic and Thai Massage practitioners; Hot & Cold Stone Therapy, Body Scrubs, Facials and more in a tranquil Asian courtyard. San Pedro Town, across from Ramon's. Ask about specials. 226-4072.

BUTTERFLY JUNGLE - Experience our enchanted butterfly-filled jungle, observe the miracle of metamorphosis, get plants for your own butterfly garden. 4 Miles North. 610-4026 610-1561. Daily 10:00 - 5:00.

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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.
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A Truly Divine Experience

This elegantly appointed restaurant features both outdoor seating and indoor air-conditioned split level dining with high ceilings, local artwork and more. Our wonderfully decorated lounge invites you to enjoy the island's largest selection of drinks, cool tropical cocktails and martinis.

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- Eggs Benedict with Smoked Ham - Belizean Banana Pancakes - Apple Cinnamon French Toast

Ask for Daily Breakfast Specials...

For Lunch, enjoy...

- Chilled Shrimp Gazpacho Soup - 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



Located at Banana Beach
on Coconut Drive
226-3892

Restaurant Open till 10
Bar Open till Midnight

Xaman Ek

Continued from Page 8

spa but a place where you can stay and linger in soothing tropical paradise. There are huge two-bedroom beachfront suites complete with fully equipped kitchens, televisions, colorful, comfy furnishings, and quaint pool-side thatch roofed casitas with exotic hardwood floors and mahogany furnishings. Each room speaks of relaxation and offers soothing tropical breezes. The retreat also houses a large detached room that once renovated will serve, when completed, as a lounge area with big screen TV and pool table. It will also host a small gym and have space for workshops and yoga.

Although the extended retreats are still in the planning stage, Xaman Ek offers spa treatments and day retreats where rest and relaxation is just a short boat ride from San Pedro. The open and cool spa cabaña is perfumed with burning incense and exotic music enchants the air. Each curtained massage area lies at an open window overlooking the beach and as you receive your treatment the ocean breeze caress you and tingles your senses. There are many massage, facial, hand and feet therapies to choose from or you can pamper yourself with a three hour "Head to Toe" treatment! Experience the combination of a Seaweed/Sugar Scrub followed by a very relaxing Swedish massage. Then receive a nourishing hair mask treatment or pedicure and a Touch of Nature facial. This combination is guaranteed to relieve you of all stress and send you on your way feeling revived.

But the spa treatments do not end here. Vicki also incorporates Maya healing methods into their repertoire, including Maya Abdominal Massage. These massage techniques were developed by Dr. Rosita Arvigo who

Continued on Page 15

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Xaman Ek's Mayan Healer



In her right hand, Rosario holds her Sastun and in her left, a thorn that is used as a form of Mayan Acupuncture.

Rosario Panti is a small, soft spoken woman who wears her classic Mayan features with pride. Her kind eyes tell of a life filled with deep spirituality and a passion for helping others. *The San Pedro Sun* had the opportunity to visit with Rosario and learn about her rich and intriguing history.

Born of Mayan Mopan decent, Rosario comes from Calla Creek in the Cayo District of Belize. For as long as anyone can remember her family have been natural healers, using the medicines from their Mother Earth to cure and heal. Her great grand dad, Elijio Panti, was a renowned Shaman or "doctor bush," and family members on both her mother and father's side were healers. Her mother was a mid-wife and Rosario tells us that if you helped to deliver one boy you would receive one dozen eggs, that was your payment and you would accept it with welcome and consider it a blessing from God. If the baby was a girl you would receive one pound of tomatoes as payment.

Rosario remembers from an early age assisting her mother but as a small child she was first afraid, but after awhile she realized that is was a good job. Her mother told her that this would be her future and she said, "Rosario, open your eyes and see what I am doing." She has learned that all around the world we have the natural medicine that we need but the spirit has to help heal the body, as well.

Over the years, Rosario has become a skilled healer and people travel from around the world to hold consult with her. For new patients, Rosario first holds a consultation with the person to learn about their history and ailments. Then she uses a Sastun (a round, palm sized stone) that she holds in the center of her hand and pass it to the patient to hold. When the patient gives the Sastun back to her she then "reads" it. The Sastun allows her to learn a lot of information about the condition of the body and she tries to do her best to use the majestic knowledge of the Mayan. "I read the Sastun and I can tell very quickly what happened to your body and what kind of sickness you have or how many years you have been sick," she says. She will then use crystals, massage, candles, incense and herbal remedies to aid the healing process. Often the healing process happens over a series of treatments.

Rosario will now be visiting Xaman Ek Retreat and Spa on a regular basis where she will share her healing talents and passion for the culture of Mayan healing.

Xaman Ek Continued from Page 14

has lived in Central America for over 30 years and apprenticed with Don Elijio Panti, the last of the traditional Maya healers. The treatment com-

bines Dr. Arvigo's knowledge of traditional healing science, herb therapy, and wisdom to produce a holistic path Continued on Page 17

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LUNA

PALM TREE CUISINE

Luna, Ambergris Caye's latest trendy restaurant, is now open. Serving Palm Tree Cuisine, a fusion of Central American and Caribbean delicacies, Luna 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.

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

Serving breakfast, lunch and dinner...

At Journey's End Resort
Reservations: 226-2173



Pool-side cozy cabañas are one of the choices for accommodations at the retreat.

of physical, emotional, and spiritual health. They are also excited to have Rosario Panti, a great-great granddaughter of Elijio Panti join their spa.

Rosario is a highly respected healer with patients that travel from around the world for her consult and treatments. She brings a wealth of healing knowledge with her and has been involved in Mayan healing since she was seven years old. Although many people benefit from this form of healing Vicki explains that the culture of traditional Mayan healing is

just another approach to physical and spiritual healing and is not to be considered a miracle treatment.

Although Ambergris Caye is home to many exceptional, world-class establishments, Xaman Ek Retreat and Spa is truly unique. Through peace and tranquility Xaman Ek is dedicated to rejuvenating the body and soul, leaving you refreshed and ready for the world. Your troubles are massaged away while warm Caribbean waters and cool ocean breezes renew your spirit. You will find it a para-

dislike unlike no other and an experience that will remain with you for years to come.

For more information about Xaman

Ek Resort and Spa please visit their website at www.xamanekbelize.com or call Tropical Touch Massage and Day Spa at 226-4455.

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Beachfront Home (A10) 1st level- 6 apts. 1 bdrm/1 bath 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 owner's quarters. A deal at \$165,000.00 US.

Esmeralda Apartments (F18) Two apartment building, Esmeralda area close to the Tennis Club, two large units, 3bdms/3 baths & 2bdrm/1 bath. Good rental producer. Fenced yard, security bars. \$285,000.00

Raw land

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

San Pablo Lagoon Waterfront Parcels (F20) - 2 beautiful lots with combined approximate dimensions of 230' x 100'. These parcels give you a large water frontage and magnificent views of the tranquil San Pedro Lagoon. \$185,000.00 US for both!

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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Ebbe and Jim of Sundiver join in the fun, providing us with live music to accompany our beach picnic!

entails a day out at sea plus a chance to enjoy the fun filled blue water playground just waiting to be explored.

So, if you really want to see San Pedro and have an unforgettable trip, charter Rum Punch II and sail old school style. If you have a small group of friends and relatives you will get to know each other a little better and have something to talk about forever.

Seafood Barbeque

For our sailing day trip, George and Primo had reserved some delicious snapper filets for our beach barbeque, and with some other fish we planned to catch along the way, we were set for a feast! With a good strong breeze making us glide across the beautiful blue sea, there was a true sense of the old fashioned method of travel, and when Primo cast his line over to catch a fresh fish, we

knew we would be in for a treat come lunch time!

After docking, the men began preparing the filet and whole fish with their own special blend of seasonings, and the pungent aroma of fresh garlic and spicy sweet onion permeated the air, making our tummies rumble. After quickly chopping up some potatoes and broccoli and wrapping the fish in its foil blanket for out fire roasted banquet, George and Primo headed down the dock to the beach at Sundiver. There, we were greeted by a very enthusiastic Ebbe, who happily plied us with cold beers. While we slaked our thirst with Belize's finest, our guides set up the grill and built a nice hot fire for our grilled lunch.

The smell of fresh fish grilling over a hot bed of coals (made with pine lumber and coconut husks) is like no other, and as these marvelous scents wafted to us, our guides prepared side dishes of salsa, beans and tortillas. In no time, our food was ready, and with a special extra smoked filet and whole fish, our feast begged us to eat. With our tortillas, we fashioned burritos made of juicy grilled fish, perfectly seasoned onions, tomatoes, and heaping spoonfuls of delicious salsa, then added sides of potatoes, broccoli and beans for the perfect beach meal. A couple of us braved the roasted *habanero* as a condiment to our meal, and after wiping the tears from our eyes, we proclaimed the meal as the BEST seafood barbeque EVER! Mr. George and his sidekick Primo sure know how to throw a feast with the simplest, freshest ingredients!

As the owner of Rum Punch II, George prides himself in offering great tours that make an island vacation grand. From barbeque trips, to sails to Caye Caulker and the sunset delights, George has an adventure awaiting you. For further information contact 610-3240 or email rumpunch2@btl.net

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Wolfe's
Woofers
by
Dennis Wolfe

In my
sleep

"Um-m-m."

I could feel Dulce's hand on my shoulders in my sleep. I snuggled down as I felt her fingers moving.

"Oh-h-h."

Her hands had moved to my back.

"What did I do to deserve this kind of treatment?" I wondered to myself.

The last thing I remembered was the argument we had just before I dozed off. Of course, I had won the argument.

"Ah, she wants to make up to me," I thought. "Wait a minute. Am I dreaming?"

No. I could feel her hands as they probed the muscles of my back. She could have been a trifle more gentle but I wasn't about to complain.

"Ow!"

Did I say that out loud when she dug her hand into the base of my spine? No. I pretended to sleep.

"Hey, what's this?" I thought.

Her hand had slipped a little lower. If she kept this up I was going to have to pretend to wake up. Suddenly, the hands stopped and Dulce rolled over.

"Hey," I said. "What's going on? Why did you quit doing that?"

She said, "Because I finally found the remote."



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Trivia Tidbits
- Great Quotes

"You can fool all the people some of the time, and some of the people all the time, but you cannot fool all the people all the time."

- a) Abraham Lincoln b) Horace Mann c) George Will

"If no one consumes these products, people will stop producing them. They will not build it if you don't come."

- a) Josh Billings b) President Clinton c) Ella Fitzgerald

"Life is like riding a bicycle. You don't fall off unless you plan to stop pedaling."

- a) Claude Pepper b) Christopher Marlow c) Grover (sesame street puppet)

2 3 4 5 6 7 8 9 10 11 12



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- ❖ Grande Caribe Condos 1 mile north of the bridge on 500 ft of coconut grove. From \$ 295,000 1,2 & 3 bedrooms. San Pedro's most exciting new project 3 pools & marina. Under construction. Inquire!
- ❖ Caye Casa - Three beachfront condos, quiet, in town, pool, pier, thatch porches, furnished, with on site property management. Living the dream.
- ❖ Oasis Del Caribe Fully furnished 2nd floor ocean front 2 bedroom \$ 335,000
- ❖ Miramar new 3rd floor beachfront 2 bedroom condo. Furnished \$ 425,000 bring offers!
- ❖ Miramar new 3rd floor beachfront furnished 2 bedroom condo with 4th floor penthouse suite unfurnished \$ 495,000 offers
- ❖ Miramar new completed 2nd floor beachfront 2 bedroom furnished condos from \$ 375,000.
- ❖ Banana Beach Resort: 1-3 bedroom ocean front condos with 2 Pools, beach, restaurant and bar from \$115 to \$165,000 with guaranteed rental incomes.
- ❖ Vista Del Mar - Attractive and well maintained Holiday Lands home. 2 bedroom 2 bathroom spacious owners quarters with 4 immaculate one bed, one bath rental apartments. 100% occupied. \$ 575,000.
- ❖ St Georges Caye private island large beach home \$1,150,000
- ❖ Large 3 bedroom 2 bath all concrete furnished private home 150 ft from ocean with direct beach access. Lions Park area. \$ 425,000.
- ❖ Agape House - Lovely Tres Cocos beach home with total of 4 beds/baths, workshop/garage, boat ramp, sea wall, pier. \$ 1,500,000.
- ❖ Tres Cocos 2 bed/2 bath garden home with swimming pool \$ 495,000
- ❖ Beach villa - Caye Villas Mata Grande 2 Bed 3 bath fully furnished pool rental management program \$429,900 offers!
- ❖ La Floridita ocean view home Tres Cocos area \$ 250,000

COMMERCIAL Oceanside beach bar and restaurant Caye Caulker \$650,000

UNDEVELOPED PROPERTIES

- ❖ West Bay LAST OF ITS KIND private sandy cove 260 ft frontage only \$ 325,000. Offers
- ❖ Mata Grande 100 x 200 ft prime beach lot with pier permit \$ 445,000
- ❖ Beach lots - acreage near Mexico Border from \$ 65,000
- ❖ Acreage available on Lagoon side Inquire.
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- ❖ Boca Ciega 4.5 acres 170ft beach front. \$350,000.
- ❖ Buena Vista Point ocean view 75ft x 150ft \$79,000.
- ❖ Buena Vista Point ocean view 75ft x 150ft \$89,000.
- ❖ Laguna Estates ocean view lots from \$60,000.

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



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