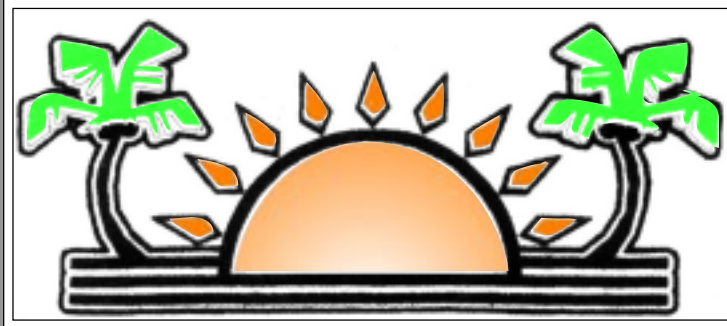


THE SAN PEDRO SUN VISITOR GUIDE



Vol. 17, #23

June 14, 2007

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America

Exploring your Belizean back yard!



*This Summer, venture into the jungle and try out
Banana Bank's Summer Horse Camps! It's new, it's
different and it's FUN!*



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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

Where did you read your San Pedro Sun?

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



Pictured are **Danica Heath** (left), **Ruth Dougherty** (center) and **Michael Heath** (right), with their copy of *The San Pedro Sun*. They were in San Pedro in April, where Mike dove the Blue Hole, a 135 foot descent! Upon returning home to **Water Valley, Alberta, Canada**, he went skiing at Lake Louise, where this picture was taken at the summit of the **Top of the World Chair** (at 8300 feet elevation). Talk about extremes!

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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Horse Camp for the Summer!



With watchful trainers and helpful staff, campers are taught different riding techniques and the basics of getting comfortable in the saddle!

School is out for the summer, and there are two long months ahead of no homework, no classes, just lots of lounging and relaxing. That will probably last a couple of days, and then the boredom settles in! Any parent will know that bored youngsters and teens are no vacation at all! To the rescue is a wonderful new program offered by the fun folks at Banana Bank.

Horse Camp; yes, that's right, Horse Camp. This is a new activity that offers youngsters the opportunity to learn something new in a new and exciting setting apart from home. What better way to spend a week than away from the parental units, in a jungle lodge, with fun chaperones Leisa and John Carr, learning to ride horses, meeting new people and having F-U-N?? It

does not get any better than that does it? *The San Pedro Sun* found out the scoop on the Horse Camps being held at the Banana Bank Lodge.

The Horse Camp idea was originally John Carr's. It was his plan that young people should have the opportunity to learn more about horses, all the while having fun and educating themselves and interacting with these creatures. Camp itself is a structured week of fun activities. The week starts on Monday, June 18th at noon, when orientation and registration will take place. Parents and campers will have lunch and ac-

quaint themselves with everyone involved in the camp, meeting the chaperones and checking out the place where they will spend one fun-filled week. The remainder of the afternoon is then spent picking out the horses with which the campers will be spending the rest of the week.

Tuesday through Friday will be a mix of riding, halter breaking colts, learning to care for the horses plus some classroom lessons (yes, it's fun too!). The evenings are for swimming in the beautiful new pool. Every night

Continued on Page 4

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MONDAY, JUNE 18TH

Featured Menu

Appetizer
~Lobster Newburg~
Fresh baked pastry shell filled with delectable lobster meat in coconut cream

Entrée
~Surf and Turf~
Fresh succulent lobster tail paired with the ultimate companion, tender filet mignon. Both are made for dipping in our rich lemon parsley butter. Sides of silky garlic mashed potatoes and vegetable medley complete the main course.

Dessert
~Banana Delight~
Sliced bananas flambéed in rich caramel sauce and crème de banana, and topped with coconut cream and chocolate syrup.

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Ramon's Caribbean Fiesta
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Phone: 226-2071

Horse Camps Continued from Page 3



Saddling the horses and brushing and grooming them are all part of the learning experiences during Horse Camp. These activities create trust between the camper and their horse.

after a delicious dinner, it's movie time. Campers will get to watch what else? Horse movies! It's pure fun, fun, fun all week long and before you know it, it's Saturday, and the parents get to come over. Children get to show off everything they learned during the week, and they will be the envy of all in attendance! They will even get a certificate of completion authenticating their experience.

We asked Leisa Carr, manager of Banana Bank and one of the Horse

Camp organizers and chaperones why create a Horse Camp, and her response was simple and finite. "We think young people need more summer activities and it is a great opportunity to learn more about horses, nature and most important HAVE FUN!!" And fun it is. One of the activities that make this camp so unique is the Horse Whispering sessions. This is the method used by the cowboys at Banana Bank to train their horses. And campers get in on

Continued on Page 6

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GET JUNGLIZED

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This tour offers the same attractions as Lamanai but at a more leisurely pace. Therefore an excellent choice for soft adventure seekers including families with small children or the elderly, who would like to experience the jungle atmosphere.

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Tour includes drinks on board, snacks, lunch, boat transfers, guides and park fees.
Horseback riding and spa treatments extra.

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SPA
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• 60 minute therapeutic massage \$125



Campers get to make new friends, bond with the horses, and ultimately, enjoy a week of fun activities that offer them a glimpse of the different side of Belize.

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Condos/Homes/Commercial

EL COCAL CONDOS - New condo project offering deluxe oceanfront living with magnificent views of the Caribbean Sea. Only 3 beach front units available for sale. Enjoy the great island life with easy access to all amenities, yet convenient, peaceful, and private. Prices starting at \$192,500.00 US. Call or email our Agents for complete details!

San Pablo Residential (H36) Beautiful two storey concrete house located in the quiet San Pablo residential neighborhood. First floor consists of two spacious apartments providing great rental income. Home is of excellent quality construction and finish work. Price: \$300,000.00 US

Beautiful Residential at Boca del Rio: (R51) Property consisting of two-storey house, wooden building with 5 rental rooms, and large bodega/shop. The two-storey concrete house has 3B/2B upper level, ground-floor apartment, and roof top terrace with magnificent vistas. Building sits on large property, located just north of town center at Boca del Rio, with easy beach access and many more amenities. Great price at \$685,000.00 US.

Raw land

Ambergris Bay (G41) Nice beach front parcel measuring 50' of beach frontage x 82' of depth. Priced at \$75,000.00 US.

Ambergris Bay (P54) Gorgeous beach front parcel Measuring approx. 124' water frontage x 80' x 109'. \$105,000.00 US.

Palm Bay Club (T38) Lot #61 - Great opportunity- the only second row lot on the market, measuring 100' x 92'. Asking price \$25,000.00 US.

Santa Fe (M64) 5.5 miles north - second row lot accessible by boat & golf cart & within electricity. 70' x 180'. Price- \$85,000.00 US.

Ambergris Bay (Z03) Large beachfront parcel 140' x 184' of depth. \$175,000.00 US.

Ambergris Bay (H35) Beach front lot approx 60' x 80'. \$90,000.00 US.

Ambergris Bay (G38) Beachfront lot Approx. 60' x 80'. \$150,000.00 US

Ambergris Bay (M62) 2nd row lot approx. 65' x 160'. \$17,500.00 US.

Escalante Subdivision - Lots are 50' x 75' starting at \$40,000.00 US

Caye Caulker (J25) 4 acres with 240' of beach front, beautiful cleared & filled land. \$425,000.00 US.

Robles - 3 side by side off the beach lots each 92' x 190' for \$60,000.00 US each.

this secret, with a quick introduction to training horses the old fashioned way, through Horse Whispering! This method is effective in building trust between the horse and human, creating a bond that lasts and ensures a wonderful riding experience. Riding techniques, brushing and saddling horses and more are also part of the game plan. And you don't have to have ANY

experience riding horses!

Novices are welcome to the camps. Helpful staffers and four horse trainers with years of experience are on hand to help guide non-riders and teach them all about horses. Besides, part of the camp also involves nature walks, river boat trips and an afternoon of art with resident artist, Carolyn Carr! It's

Continued on Page 10

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We specialize in fast and reliable travel services within Belize and neighboring cities in Mexico such as Chetumal, Cancun, Tulum, Playa del Carmen, and Merida, Yucatan.

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Email : elbert@scubalessonsbelize.com

White Sands Dive Shop is a PADI International Resort Association member operated by PADI Staff Instructor, Elbert Greer



DELTA now offers direct flight to Los Angeles (LAX)

Press Release – Delta Airlines – June 8th, 2007
– Delta adding another international route faster than any other carrier, continuing its international expansion within Latin America.
– Delta Air Lines continues its international expansion this week with the addition of nonstop flights from Belize to Los Angeles International Airport once a week on Sundays. Delta will serve with a Boeing 757 aircraft seating up to 184 passengers.

“We are very pleased of being operating during three years in Belize and to announce to our local clients a new nonstop flight to Los Angeles. Our two routes from Belize to Atlanta and – now- to Los Angeles will let us offer time-saving alternatives for business and leisure travelers flying to USA and



back”, said Gladys Henríquez, Delta Air Lines Sales Manager.

Delta is already the leading U.S. carrier and all these new routes further position Delta as a global carrier, adding international routes faster than any other airline and being encouraged by the response from passengers to our new destinations all over the world. Belize is an essential part of that international expansion plan for Latin America.

This new nonstop flight from Belize to LAX represents one more success-

ful addition for Delta’s expansion into Latin America and the Caribbean since it launched an aggressive plan to rebalance its mix of domestic and international flying last year.

The frequency of the flights from Belize to Los Angeles will be from June 10th to July 15th. After that there is going to be a frequency from November 17th to April 2008.

Meanwhile, with the addition of new flights from LAX to Belize, Delta and Delta’s Connection carrier, Atlantic Southeast Airlines, will offer 9 weekly flights from Belize with a daily
Continued on Page 12



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<p>Sunday -Beach BBQ -Live Music with The Super Latinos Bring the entire family for a wonderful Sunday</p> <p>Monday -Live Music by Gino</p>	<p>Wednesday -Mexican Night, with great Mexican specialties and live music by Mariachi Javier Castillo</p> <p>Thursday -Italian Night Great menu & romantic ambiance</p> <p>Friday -Belizean Night, Live Drummers Enjoy GREAT Belizean Cuisine!</p>	 <p>Free Transport on Island Ferry for dinner! Catch the 7 pm boat for a romantic rendezvous!</p>
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Guests can enjoy activities such as nature walk trails, biking, kayak race to Mexico rocks, Bingo, local fishing from the dock, snorkeling classes and kayak classes for learners. Join the fun with horse shoe competitions, volley ball and soccer tournaments. Or simply lounge on our pristine beaches and wonderful Caribbean weather!

*Activities are subject to change at any time.

Tourist Information

Belize Tourism Board - 223-1910.

Belize Tourism Industry

Association (BTIA) - 227-5717.

San Pedro Tourist Guide

Association 226-2391.

IMPORTANT #s

Emergency 911

Medical Emergency: 226-3231

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. Con-

fessions 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 Ambergris El-

ementary School. Sunday school avail-

able 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 so-

ciety" to address the stray cat and dog

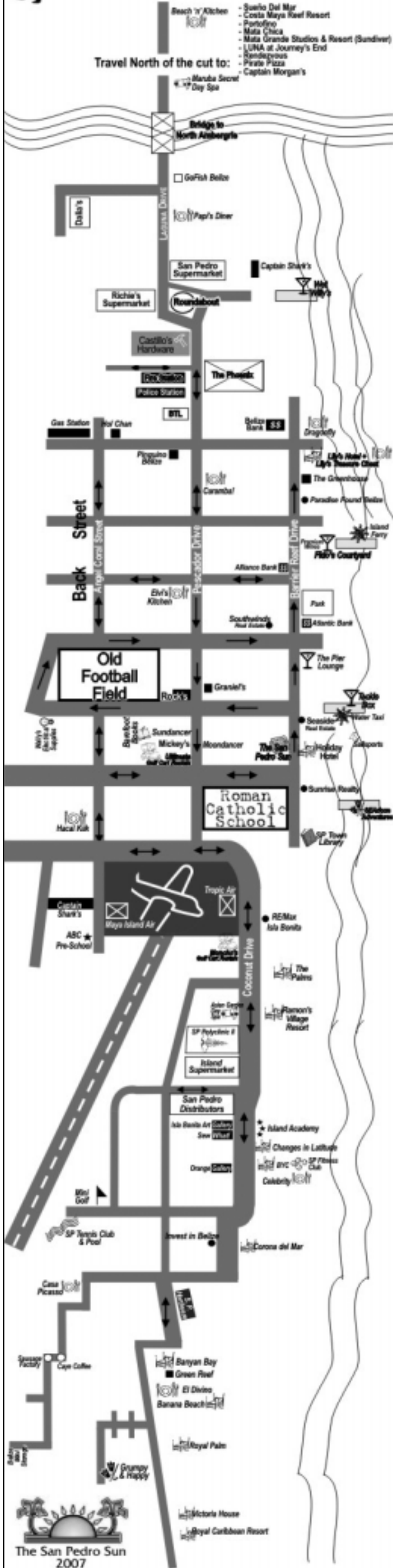
population in San Pedro. Phone 226-3266.

CARE BELIZE - Children's Special-

ist, 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.

SAILSPORTS BELIZE - Windsurfing, kite sailing and sailing. The latest equipment and expert instruction makes it easy to learn. 226-4488 info@sailsportsbelize.com.

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

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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.

PARADISE FOUND BELIZE LTD. REALTY - Land, Homes, Business, Investment. List your property with us. Office at CocoNet Internet. 607-9667 or 226-2835. sdemaio@snet.net

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

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

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

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.

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.

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.

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

BLUE WATER GRILL - Island cuisine with a

twist! Wood-fired Oven Pizzas, Sushi & more! Open daily. Happy Hour 4 to 6 p.m. 226-3347.

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

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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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(501) 226-2070
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Horse Camp

Continued from Page 6

a lot of activities, and campers will feel like the week will fly by with all the fun they're having! Nights will be spent sleeping in the jungle cabañas resting up for more fun as the days progress.

Parents can also be involved in the horse camps. They can either participate or be chaperones, but either way, they are welcome to be involved in this one-of-a-kind camp. Joining the children in the learning experience can also bring them closer together. With three to four hours of riding a day, everyone gets to spend quality time having fun.

But, to get to enjoy this camp, you must register quickly, as space is limited. So much so, that this year, Banana Bank is offering TWO camps instead of one. June 18th marks the beginning of the first camp, which runs through to the 23rd. The second camp starts on July 2nd and runs through the 7th. If you can't make it to the first, be sure to try the second camp. It's a fun event you won't want your children to miss out on! Last year's campers attest to the wonderful time they had learning so much about horses and making new friends and spending time in a fun jungle setting. John and Leisa promise to make this camp even better, so what are you waiting for?! Call 820-2020 or email bbl@starband.net for more information.

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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

Belize to LA via Delta

Continued from Page 7

service to Atlanta (twice on Sundays) and once a week to Los Angeles. Belize is a unique destination for ecotourism due to its exuberant jungle and because of its second place world's biggest barrier reef. It also will bring a lot of benefits to the Belizean community living in Los Angeles.

Delta's new nonstop service between Los Angeles and Belize, from June 9th, is scheduled as follows:

Flight	Departs	Arrives	Frequency
197	Los Angeles at 01:01 a.m.	Belize at 6:39 a.m.	Only on Sundays
196**	Belize at 8:00 a.m.	Los Angeles at 11:47 a.m.	Only on Sundays

About Delta

Delta Air Lines offers customers service to more destinations than any global airline with Delta and Delta Connection carrier service to 332 destinations in 57 countries. With more than 60 new international routes introduced in the last year, Delta has added more international capacity than all other U.S. airlines combined and is the leader across the Atlantic with flights to 36 trans-Atlantic destinations. To Latin America and the Caribbean, Delta offers nearly 700 weekly flights to 63 destinations. Delta's marketing alliances also allow customers to earn and redeem SkyMiles on nearly 15,000 flights offered by SkyTeam and other partners. Delta is a founding member of SkyTeam, a global airline alliance that provides customers with extensive worldwide destinations, flights and services. Including its SkyTeam and worldwide codeshare partners, Delta offers flights to 479 worldwide destinations in 105 countries. Customers can check in for flights, print boarding passes and check flight status at www.delta.com



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

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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...

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Paprika creamed chicken

Ingredients:

6 pieces boneless breast chicken
6 tablespoons butter or margarine,

divided

1 tablespoon vegetable oil
6 onion greens, chopped
1 to 2 tablespoons paprika
2 cups heavy whipping cream
1 teaspoon salt
1/4 teaspoon pepper
Hot cooked rice
Additional chopped green onions, optional

Directions:

In a large skillet, brown chicken in 1 tablespoon butter

Continued on Page 14

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and oil over medium heat. Cover and cook for 5-7 minutes or until juices run clear. Remove chicken: keep warm.

In the same skillet, sauté onions until tender. Reduce heat to medium. Add paprika and remaining butter; heat until butter is melted. Stir in the cream, salt and pepper; cook and stir until sauce is thickened, about 4 minutes. Serve with chicken over rice. Garnish with onion greens if desired. This dish serves 6 people.

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Solid Food

"All right; why is the baby crying?"

"It sounds like he's mad about something," Dulce said.

From Melody's apartment downstairs, the noise stopped and the tramp of tiny little feet could be heard on the stairs.

"Ah ba da mama ba ba..."

Just like his mother, Davin was already talking as he came through the doorway.

"He wants his bottle," Dulce said.

"You could understand that from what he said?" I asked.

"Of course. He's complaining about his mother not fixing his bottle."

"That must be some secret language that grandmothers understand," I said. "I thought he was just grumbling like I always do."

Davin shared my bowl of chile and ate until he couldn't eat any more.

"There you go, boy," I told him. "We'll teach your mama not to fix that bottle when you want it. Wait until she sees what these chile beans do for you."

Melody came upstairs and said, "I was in the shower and he was throwing a fit for that bottle. I see he found food."

"Melody what is this child doing with a bottle?" I asked. "Isn't he too old for that?"

"He'll be two in August," she said. "There's nothing wrong with a bottle at his age."

"But I never see you feed him anything solid," I said. "All I ever see is you fix a bottle and pop it in his mouth."

"He eats solids all the time," Melody said. "Just this morning he ate half of an eraser, part of a napkin, some Play Dough and he swallowed a nickel."

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Trivia Tidbits

*Every day in the U.S., about a hundred people over the age of 14 commit suicide, a 50 percent "jump" in the last decade.

*Strangely enough, more than one research group has found that cocoa powder contains a substance that may actually inhibit tooth decay.

*The bark of the redwood tree is fireproof. Fires in redwood forests take place inside the trees.

*A marine catfish can taste with any part of its body. The female marine catfish hatches her eggs in her mouth.

*As of March 2000, Julia Roberts was earning \$20 million per movie, making her the highest-paid actress in Hollywood history.

*A camel can shut its nostrils during a desert sandstorm.

*Fleas can accelerate 50 times faster than the space shuttle.

*Excluding the joker, if you add up the letters in all the names of the cards in the deck (Ace, two, three, four,...,king), the total number of letters is 52, the same as the number of cards in the deck.



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