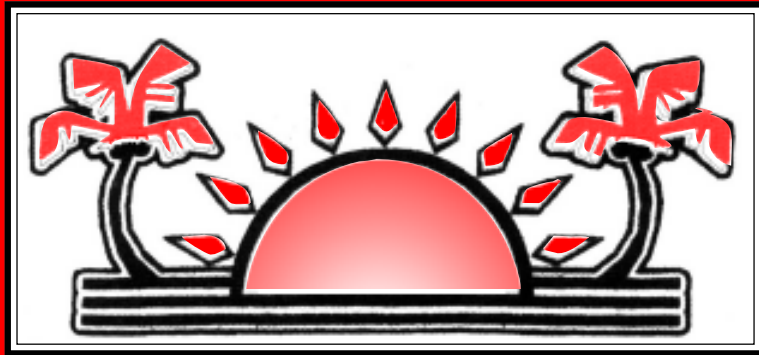


THE SAN PEDRO SUN VISITOR GUIDE

October 5, 2006

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America



Fitness in San Pedro!

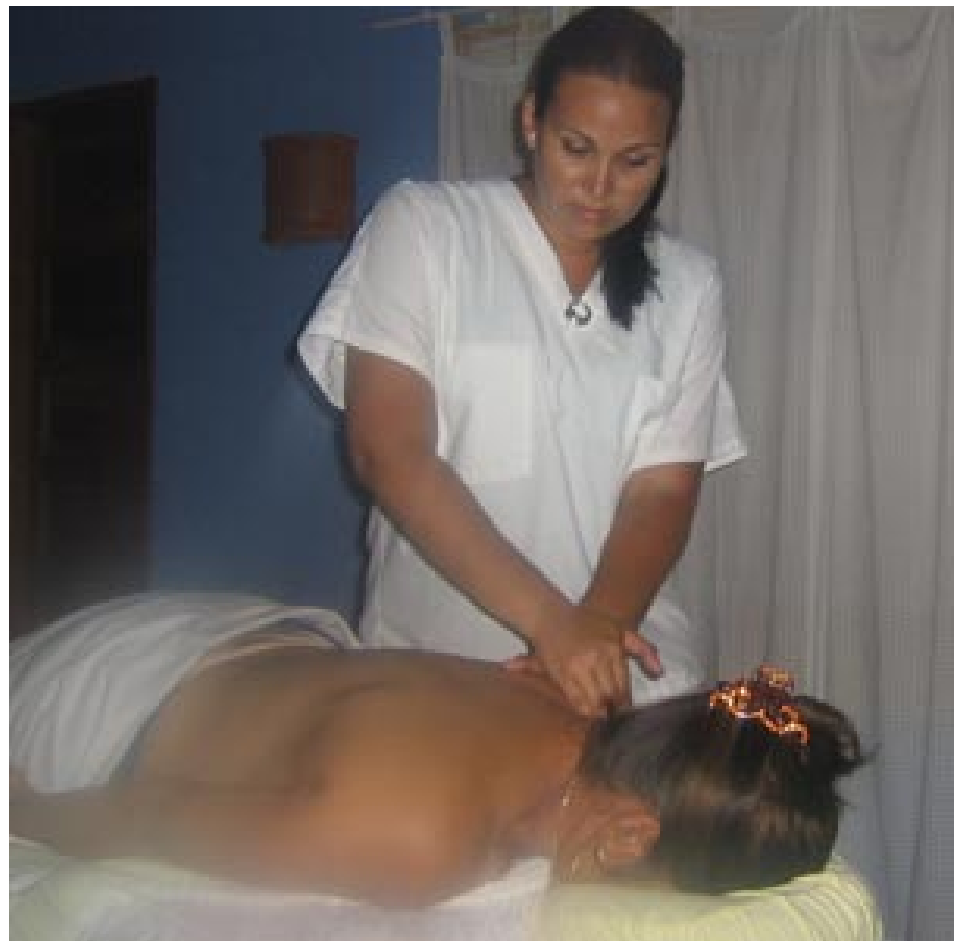
Stay fit with state of the art equipment and help from certified personal trainers at The San Pedro Fitness Club.

Skyn Deep Massage Studio

Follow up with a great massage from Krysti!



Water Aerobics can be done in the beautiful free form pools at the Fitness Club!



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Fax: 501-226-2338
Email: reservations@tropicair.com
www.tropicair.com

Greetings to my visiting friends



taking 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

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 formation and abundant and breath-

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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Receive *The San Pedro Sun & Visitor Guide* weekly in your mailbox. 26 ISSUES (six months) US, Canada: \$50 U.S. Domestic: \$50 BZ. 52 ISSUES (one year) US, Canada: \$90 U.S. Domestic: \$90 BZ. (Other locations vary.)

More foreign subscribers than any newspaper in Belize!

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



As Dennis and Judie Fisher traveled Italy, they carried their *San Pedro Sun*, looking for a good shot to share with all of their San Pedro friends and family. They took several, but selected this one, taken in Il Campo, the heart—geographically and metaphorically—of Siena. Seen from the top of the City Tower, this "heart" appears to pump people through the busy city's veins. This is the site of the famous horse races, held in July and August. This year's winner was from Lucca, where Judie and Dennis called home-base for the past month.

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.

Language can link us with other cultures, no matter how foreign the tongue may be. In an effort to share this form of communication with our audience, *The San Pedro Sun* proudly presents – Words of the Week.



This week, we will present a few phrases in English and give you their Creole and Spanish translations.

Special thanks to Sylvana Woods for her help with the Creole translations. Enjoy!!!

English
Creole
Spanish

What should I do now?
Da weh ah fi du now?
¿Que debo de hacer ahora?

English
Creole
Spanish

Somebody stole my money.
Sohnbadi teef mi moni.
Alguien robo mi dinero.

English
Creole
Spanish

All this is for personal use.
Aal a dehnya da weh Ai wahn yooz.
Todo esto es para uso personal.



Fitness in San Pedro

When one travels, finding a great gym that offers great amenities like personal training, a masseuse, water aerobics, official Tae Bo classes and great state of the art equipment can be difficult. But with The San Pedro Fitness Center, the long searches are over. Boasting state of the art equipment and qualified personnel, the Fitness Center offers a wonderful experience, chock full of heart pumping quality exercise to both residents and visitors.

The San Pedro Sun stopped by the center during their open day on Saturday, and met with the new staff on hand, and got a tour of the place. Situated on the second floor of the Belize Yacht Club (BYC), the newly redesigned gym offers a wide variety of exercise options for clients. There are two personal trainers on staff, Dimas Guerrero Jr. and Martyn Rennison. There is also a certified massage therapist, Krysti Gonzalez, and a certified Tae Bo instructor, Melanie Grief. For the water aerobics sessions, the ever efficient and friendly Jeannie Bremekamp is on hand, ready to help!

When running on the beach just doesn't

meet your needs, and a general upkeep for your overall health is what you desire, be sure to stop in at the San Pedro Fitness Center. If you're a first timer, looking to change your lifestyle and clothing size, then it's time to meet the artists that will help you change your life.

Martyn Rennison:

He considers himself an artist, a sculptor who chips away and molds his clients into the shape they desire. His first foray into fitness was through the English army. Originally from England, Martyn joined the army, where he helped in the training and fitness camps. After leaving in 1996, he continued to pursue his fitness goals, qualifying as a personal trainer, with expertise in martial arts like Lau Gar, Kung Fu, Tae Kwon Do, Karate and Tang Su Do. He has also participated in body building competition in both England and Wales.

His best way of approaching a hesitant customer is to show them his before and after pictures, which he has prominently

Continued on Page 4



Martyn looks forward to helping you get familiarized with the right tools on the track to better health and fitness.



Specializing in:
Lamanai, Altun-Ha
Cave Tubing/Belize Zoo
Manatee Watch
Beach BBQ

Also:
Hol Chan/Shark Ray
Mexico Rocks/Tres Cocos
Every Day 9am & 2pm
Tel: 226-4202 / 226-4206 or 614-8818

(Located Straight Down From The Airstrip On The Beach!!)

Every Friday enjoy our special "Spanish Night" with our famous "paella", tenderloin beef carpaccio, our bar special from Spain "Sangria" and for dessert our flambeed bananas foster. all surrounded in an atmosphere of Spanish decor and music.



MAMBO
Cuisine

Take a short ride under the stars
Evening Dinner

at Mata Chica

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'
RSVP 220-5010

Now Offering Free Transportation

* in our 36 foot, covered Mambo boat. Leave dock at 7pm, Essee at 7:10pm arriving at Mata Chica at 7:20pm. After dinner relax in our library or enjoy a round of cards in our lounge, complete with Internet access.

re-opened as of Oct. 1

The best place... eclectic music selection from live Dj's fuse together to bring you a unique atmosphere. Enjoy lunch or dinner by the pool.



Fitness Continued from Page 3

displayed so it greets you as you approach the counter! He enjoys making people's lives better, which he believes can become true if one accepts fitness and healthy habits as a part of life, as a lifestyle, not just something to do for a while. He also incorporates fun and laughter into his routines, which keep you comfortable and makes you look forward to exercise.

Dimas (DJ) Guerrero Jr.



Certified trainer DJ is now ready to whip your body into shape!

Straight out of Penn Foster Career School, Dimas Guerrero, fondly known in San Pedro Town as DJ, is ready to whip bodies into shape. After six and a half months of intense book and hands on training, DJ is now a certified trainer. "I got into it because fitness is something that I am very much interested in. Now that I have the skills and training what better to do with it than to help others," he commented.

Working out of The Fitness Club located at the Belize Yacht Club, DJ creates fitness plans specifically for your body type. "Every body type is different. What will work for me does not necessarily mean it will work for you," he explained. It is for this reason that DJ sits down with the client prior to starting any form of training. He says, "I need to know what you are looking for in the training, what your lifestyle is like, and after the one-on-one I do a basic fitness evaluation. With the information I gather then I can know what will work for your specific type and lifestyle." A diet plan is important, since as DJ explains diet is 90% of your training.

Once your diet has been established a good workout will tone up and get your body fit and ready for any bikini (or surfer pants) style. DJ has a full range of various workouts that will certainly tone up any body part that has given you problems in the past. Whether it is strength, cardio or even weight lifting, he will certainly tailor them to your body type and need. New to the island is the Plyometrics type of workout which encompasses the use of explosive movements to develop muscular power. It uses core training, which refers to the training of the lumbo-pelvic-hip complex (all the muscles in your mid-section that allow you to transfer movement and power from the upper body to lower body and

vice versa). Needless to say, whatever your body needs and requires, DJ will definitely make it work for you.

DJ is working tirelessly to not only train but to educate his customers. "There are many misconceptions about fitness. Some think that to lose weight you need to stop eating or eat certain things. True, but what you eat determines how and which part of your body loses weight. Many things contribute to weight loss and that is what we talk about during our evaluation. Some believe crash dieting is the way to go - so

wrong. Or some believe that lifting weights is the only way to gain muscle. No, everything needs to be taken into consideration when losing weight, try-

ing to tone up or build muscle."

Had an injury? Not a problem. DJ is also certified in rehabilitation training. **Continued on Page 5**

EVERY TUESDAY ~ BELIZEAN BUFFET
Features Many Local Dishes, Live Band & Local Artisans
BE SURE TO BRING YOUR APPETITE AND ENJOY FOR ONLY **\$19.95**

EVERY THURSDAY ~ MAYAN BARBECUE
Large Buffet Featuring Ribs, Shrimp Pasta, Chicken and a Variety of Side Dishes, Plus Live Local Band.
A FANTASTIC DISPLAY OF FOOD AND FUN FOR ONLY **\$25.95**

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San Pedro Fitness Club

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Weekend BBQ Specials!

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- ◆ Poolside Wi-Fi accessibility
- ◆ Walk-in's Welcome!
- ◆ Air Conditioned Gym & Day Spa at Belize Yacht Club
- ◆ Air Conditioned Clubhouse available for private parties
- ◆ Contact gym office at BYC, 226-2683

El Divino
CARIBBEAN STEAKHOUSE & MARTINI LOUNGE

Start the Day with...
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

BANANA BEACH
SAN PEDRO BELIZE

Located at Banana Beach on Coconut Drive
226-3892

Restaurant Open till 10
Bar Open till Midnight

Fitness Continued from Page 4

ing and exercises. "Just because you have a certain part of your body injured doesn't mean that you can't train. Remember working the injured body part slowly and effectively helps it. It all depends on how you work it," he comments.

DJ is available at your time. So, what are you waiting for? Call him and set up an appointment to start. You'll definitely see results. "I can give you the instructions and I can guide you but it is all up to you and how badly you want it. I am here to help!" he ends. Call DJ at cell (624) 0105 or at the Fitness Club at (226) 2683. Get in shape today!

Melanie Greif - Tae Bo

Tae Bo® classes are now being offered for the first time in San Pedro by Tae Bo® instructor Melanie Greif who was trained by Billy Blanks® himself. "I started using Tae Bo® because I was a regular couch potato, not exercising and eating whatever I wanted. I got a DVD, did the workout once and fell in love with it. What I love the most about it is that not only does it work you out but it also works out your spirit. Once you workout you have to use your mind to push further than what your body will allow. Remember to not get discour-

aged. The more you work your body the further it will go. At first the moves will feel awkward and you will feel uncoordinated and yes, you might feel disoriented but the more you stay with it the better your body and mind will get," she explained.

Developed by accident in 1976, Tae Bo® has revolutionized and changed the way to workout worldwide. It uses eight basic moves which will be taught firstly and then the workout will be stepped up. However, Melanie emphasizes the

Continued on Page 8



Melanie Greif is certified to Billy Blanks® standards!



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Locally made furniture & accessories made from all Belizean exotic Hardwoods & Mahogany

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8:30am to 12:00 noon & 1:00pm to 9:00pm
Sunday 10:00am to 12:00 noon

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PROPERTIES

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, Eduardo or Claudio to discuss your particular needs. Southwind Properties prides itself in being there full-time 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.

Condos/Homes & Commercial Property

Belizean Shores - Located 3.5 miles north of San Pedro Town Center - beautiful resort - great investment! All units fully furnished. Available condos:
(R45) Unit 5B. \$220,000.00 US
Caribe Island Resort - located approx 4 miles south of town.
(M56) 1st floor 1 bed/1 bath, ocean front junior suite. \$185,000.00 US.
(R56) 1st and 2nd floor 3 bedrm/3 bath Master Suite. \$350,000.00 US
Excellent investment in Orange Walk! (C47) Over 7,200 sq. ft. of commercial and residential space all in one. Great investment - many details with many options. \$750,000.00 US.
Kate Subdivision Residential: (L20) Attractive house with pool on large property. Only 7 miles north of town center with own private dock, big bodega, caretaker's house, two big water cisterns, road access, and many other extras. Asking \$1,325,000.00 US
Secluded piece of Paradise (R40) 2.6 acres with more than 435' of beachfront and another 458' of lagoon water frontage on the western coast of Ambergris Caye.

Raw Land

San Pablo Canal Lot (U3) This parcel is located right on the canal with direct water access to the San Pedro Lagoon. Includes dock, bodega and water/electric meters. Excellent investment at only **\$65,000.00 U.S.**
Large beachfront parcel on the west coast (S56 & S57) More than 7 acres with 2,500' of water frontage on the west coast of Ambergris Caye. 2 parcels of land, each 3.8 acres, can be bought separately or together. **\$555,000.00 US for Both**
Santa Paula (L19) - Secluded lot in the Santa Paula area. 80' x 80'. **\$60,000.00 US**
Boca Ciega (G31) Beachfront acreage 3.5 miles south of town. 175' beach frontage & 60' lagoon frontage. **\$348,000.00 US. Cash only**
Palm Bay Club (C41) Lot # 111 - 4th row lot, 100' x 100'. Only **\$18,000.00 US**
Basil Jones (S55) Large & Beautiful Basil Jones property with 145' beach front & 400' depth. Can be bought together with back property of 500' frontage & 160' depth. The land is cleared & has a fresh water well. **\$580,000.00 US beachfront and \$80,000.00 US for the rear parcel.**
Robles (D17) Lot 31A has 75' of beach front x 300' & 31B has 150' x 300'. Terms available! Asking price for both lots only. **\$139,000.00 US REDUCED \$99,500.00 US**



duPlooy's

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****Junglistic 3 nights, \$425.00 USD Per Person!!**

****Jungle Limbo 3 nights for the price of 2!!**

****Backpack Adventure for \$45.00USD a night!!**

Enjoy nature at it's best as you listen to the sounds of birds and other creatures on your way to Flour Camp Cave!!!!



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info@duplooy.com
 San Ignacio, Cayo
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 Website:
www.duplooy.com

Junglistic 3 Night Package: ONLY! \$425.00US per person: Includes round trip road transfers between Belize City and duPlooy's, double occupancy accommodation, meals, taxes & gratuities. Site entrances not included.

Jungle Limbo Special: ONLY!! \$345.00US for 2 people: Book three nights in a Jungle Lodge Room and pay only for two! Room, taxes, & gratuities, entrance to Belize Botanic Gardens, access to trails, beach, birding, on-site riding, canoeing also included.

Backpack Special: Share a bath & stay for \$45.00us/night plus tax & gratuity (10%) for your room (3 night min.) Treat yourself to a resort style getaway for a remarkable price!!! (3 nights minimum)

ALL PACKAGES & SPECIALS IN THIS FLYER INCLUDE 10AM SHUTTLE FROM SAN IGNACIO & 4PM SHUTTLE TO SAN IGNACIO.

OR...Check us out for the day!
 \$40.00us per person includes guided tour of Belize Botanic Gardens, lunch, a 2hour horseback ride or use of canoes.
Come check out our restaurant it's open to the public!

Why duPlooy's Jungle Lodge?

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- Friendly & helpful staff
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- Great Value for your money this summer

Rates good from July 12th 2006 November 30th, 2006
Make Sure You Stay Long Enough!

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FRESH ROASTED COFFEE

IN BELIZE

ISLAND ROAST

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MAYA BLEND

ISLAND DECAF

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COOKIES AND OTHER HOME BAKED GOODIES FRESH FROM "MISS HEDDER'S" BAKERY
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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

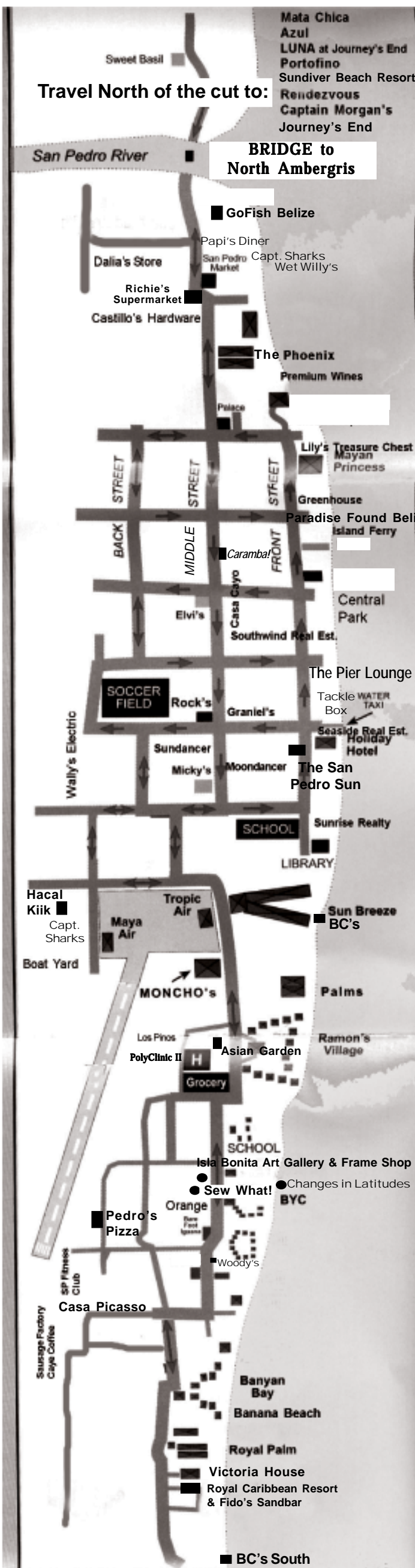
San Pedro Roman Catholic Church
 Sun. Mass: 9 a.m. English; 11 a.m. Children's; 7:30 p.m. Spanish; Sat.: Confessions 5-7 p.m.; Mass or Communion Service every night at 7:30 p.m.
Living Word Church Service Sun. 10:45 a.m. Bible study Mon. 7:30 p.m. We do Christian charity work. 226-2950.
Assembly of God 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 - Sacrament Service - 9:00 a.m., Sunday School - 10:10 a.m., Priesthood/Relief Society 11:00 a.m. No. 17 Pescador Drive.

IMPORTANT #s

Emergency 911
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 - 227-7161
Canadian Consulate - 223-1060
Mexican Embassy - 223-0193
Guatemalan Embassy - 223-3150
Honduran Embassy - 224-5889

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



Map Sponsored by
 Monchos
 Golf Cart Rental
 226-3262 or 226-4490



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.

SEADUCED - River cave tubing, manatee watch, Robles Beach BBQ, Mayan ruins and more adventures. 226-2254.

SEADUCTION SAILING - First class Day Cruises to Caye Caulker or Mexico Rocks. Beach BBQ or Sunset Cruise. Charters also available. Phone Seaduced at 226-2254.

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.

BELIZE REALTY & BUILDING SERVICES - From raw land to dream home - we're there every step of the way!

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

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. CLOSED SEPTEMBER.

ROJO LOUNGE - Enjoy tropical lounge cuisine in one of the most beautiful beachfront settings in all of Belize - Azul Resort. 226-4012. CLOSED SEPTEMBER & OCTOBER.

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. CLOSED September 9th - October 30th.

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.

RICO'S SURFSIDE RESTAURANT - A truly unique dining experience on the beach at Banyan Bay. Serving breakfast, lunch and dinner daily. Phone 226-3739 ext. 135.

PAPI'S DINER - The place for fine food at diner prices. Taste the Caribbean. Call 226-2047.

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

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

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

RENDEZVOUS RESTAURANT AND BAR - The most romantic spot in town featuring award winning chefs. Thai and French cuisine blended to make paradise taste like heaven, or so our customers say. Free Rendezvous Wine tasting from 11:30 a.m. to 4:00 p.m. Fermented, blended and bottled here on the property. Open for lunch and dinner. Call 226 3426 for reservations and transport options.

VICTORIA HOUSE - International and Island-Style cuisine. Open for breakfast, lunch & dinner. Reservations recommended, call 226-2067.

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

THE TACKLE BOX BAR & GRILL - whether it's a little break from the beach or a whole night out, the Tackle Box is just the place. The kitchen serves a wide array of affordable fresh comfort foods ranging from our big Tackle Box Burgers, special fried chicken, to some of our more local fare and seafoods. And what a better place to enjoy our dishes, than our back porch out over the water.

CARAMBA! RESTAURANT - Local Mexican-Caribbean Cuisine. We cater to large groups! Capacity, 90 total. Opening Hours: Lunch: 11am - 2 pm, Dinner: 5pm - 10pm. 226-4321 or 226-3850. Caramba!: "Is where the food always speaks for itself!"

HACAL KIIK - Delectable breads, jams, butters, soups, olive oils, village wines, homebaked pastries & desserts, coffees and teas. Open Daily, 7am to 8pm. 226-3115.

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& Sun 10-12 noon.

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CORAL REEF ECOLOGY - Dr. Ken Mattes, TREC Topical Research & Education Center. Lecture every Thursday 7:30 PM. Details 226-3389 Taxi transport 623-8385. (ON HOLIDAY)

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.

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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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Fitness

Continued from Page 5

use of proper technique as an integral and key part of the workout, "One because if the technique is not done properly you can injure yourself and two because proper technique will get you where you want faster."

In order to get trained, Melanie first had to meet the criteria provided by Tae Bo® and Billy Blanks® himself. "I had to get cardio pulmonary resuscitation (CPR) training first, be in good physical shape and have been doing Tae Bo® for at least nine months. Once that was done, I got extensive training in muscle groups, injury prevention and basic nutrition with an emphasis on the Tae Bo® technique. After this it was off to a Tae Bo® three-day camp. It was three days of extensive training. Working out between six to eight hours a day training and perfecting technique," she says about her preparation. Melanie has to get re-certified every year, "This is to ensure that you are keeping up with the Tae Bo® and Billy Blank®'s standards."

Classes will be held at the San Pedro Family Fitness Club from Monday to Friday at 6:00 a.m., 8:30 a.m., 4:00 p.m., and 5:30 p.m. Classes begin on Tuesday, October 10th, 2006 with registration being held on Friday, October 6th, 2006 from 10:00 a.m. to 12:00 noon and 2:00 p.m. to 5:00 p.m. For further information, if you have any questions or if you want to get registered before Friday, kindly call Melanie at (610) 3066.

Tae Bo® - Strong minds build strong bodies!



Jeanne Bremekamp - Water Aerobics.

Water Aerobics are a very low impact, highly effective form of exercise

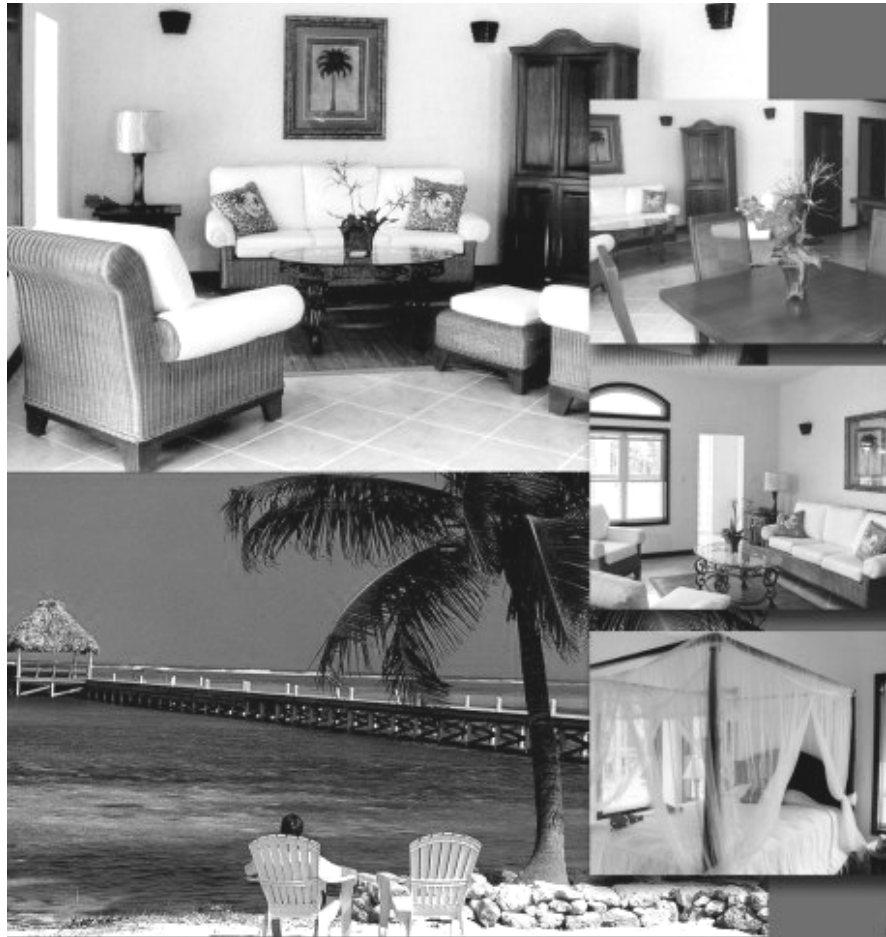
that helps in toning your body. A resident of the island for over 29 years, Jeanne Bremekamp, certified personal trainer, leads the water aerobics classes, which are held at the beautiful free-form pools at the Fitness Club by the airstrip area. According to Jeanne, water aerobics are very efficient in that they provide "good toning, it's low impact and good on the joints." As an added bonus, foam noodles are used for added buoyancy.

Water aerobics classes are Monday, Tuesday and Thursday, from eight to nine in the morning. One of the most effective workouts is in the water, and with help and guidance from Jeanne, clients can enjoy a great morning workout.

Be sure to come by to the San Pedro Fitness Club, where you can find a variety of activities to add to your workout. Friendly qualified trainers are ready to help you achieve your fitness goals!

Continued on Page 9

The Pier Lounge
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Krysti Gonzalez - Skyn Deep Massage Studio



After an incredible work out, what could be better than a relaxing massage to ease the tension in your sore muscles? You can now get your cardio workout done and follow up massage from the same place! New to the island is Skyn Deep Massage Studio, located at

the San Pedro Fitness Club. Kristi Gonzalez has always been interested in the tourism industry and that interest combined with the interest in Physical Therapy, made her choice to go into Massage Therapy very easy.

For six months, Kristi was trained in basic therapeutic massage. With that instruction, Kristi now offers Swedish Massage which refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

Kristi also offers hot stone therapy. Stone massage is a form of bodywork that involves the application of heated or cooled stones (thermotherapy) to the body during deep tissue massage. Also, trained in Spa Therapy, Kristi offers basic exfoliating scrubs but in the near future plans to offer much more.

Trained at the Florida College of Natural Health, Kristi is eager to share her knowledge with everyone. She's available from Monday to Saturday from 10 a.m. to 5 p.m., and can be reached at (621) 7704.

Skyn Deep Massage Studio - Indulge yourself!



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Tuscan Grilled Steak

Provided by: South Beach Diet - Online

For Phase One, flank steak is perfect for grilling. It has a full, rich flavor, yet it's thin enough to grill in a flash. Here, it is served as they do in Northern Italy, slathered with a garlic rub, grilled then sliced and served over peppery arugula greens.



Ingredients:

3 large cloves garlic, crushed
2 teaspoons extra-virgin olive oil
1 (2 pound) flank steak
Salt and pepper
4 ounces arugula

Directions:

In small bowl, mash garlic and oil until a paste forms (you may also do this in the food processor.) Pat steaks dry with paper towel, then sprinkle with salt and pepper. Rub garlic

paste over both sides of steaks. Let sit for 30 minutes.

Preheat grill to high heat. Grill steak five to seven minutes, until well-seared and browned. Flip; grill three to five minutes longer, until medium rare. To check, cut into meat with a knife and remove when meat is slightly less done than you want it to be. Transfer to cutting board; cover loosely with foil and let

rest 10 minutes. Slice very thin, against the grain and at a slight angle.

Arrange arugula on platter. Top with steak slices. Drizzle with any accumulated platter juices. Serve immediately.



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Wolfe's Woofers by Dennis Wolfe

Meeting Tiger

"Hey, Dennis. How are you doing?"

"Doing fine, Trevor," I said. "Have a seat and tell me another one of those terrible jokes."

Trevor joined me at my table on the deck of the Holiday Hotel where I sat drinking my coffee and keeping an eye on the ladies in bikinis in the deck chairs.

"Hey! Hey! Look!" Trevor said. "That guy over there at the table by the palm tree looks just like Tiger Woods."

"He sure does," I said. "You know, I believe that is him. I just saw him playing in a golf tournament on TV."

"I've got to go talk to him," Trevor said.

"Oh, leave the man alone," I told him. "People are always bothering him. That's why he comes down here."

"I've got to do it," Trevor said, as he got up.

"Mr. Woods, I'm one of your biggest fans," he said as he went over and introduced himself.

They shook hands and chatted and when he came back he was really excited.

"Man, what a great guy," Trevor said. "I told him I was going to be meeting my friends at BC's this evening and it would be great if he said hello to me and called me by my name. It would really impress my friends."

"Do you think he'll do it?"

"We'll find out at about six this evening," he said.

Of course I was there at BC's Bar at six o'clock. Sure enough, Tiger Woods came walking in off the beach and ordered a drink from the bar.

As he walked past Trevor and his buddies he said, "Hey, Trevor. How are you doing?"

Trevor said, "Piss off, Tiger. Can't you see I'm with my friends?"

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Trivia Tidbits

*Of devout coffee drinkers, about 62 percent of those who are 35 to 49 years of age say they become upset if they don't have a cup of coffee at their regular time. Only 50 percent of those under age 35 become upset.

*In living memory, it was not until February 18th, 1979 that snow fell on the Sahara. A half-hour storm in southern Algeria stopped traffic. But within a few hours, all the snow had melted.

*Teenagers often have episodes of anger and negativity in which they slam doors and scream tirades. According to experts, most puberty-driven "snit fits" last an average of 15 minutes.

*Andy Kaufman, best known for his work as Latka Gravas on the TV sitcom *Taxi*, died of lung cancer. Ironically, he was a life-long non-smoker.

*Today, American dentists use some 13 tons of gold each year for crowns, bridges, inlays and dentures. The reason? Gold is non-toxic, it can be shaped easily, and it is tough — it never wears, corrodes or tarnishes.

*There are about 5,000 species of coral known. Only about half of them build reefs.

*It takes a lobster approximately seven years to grow to be one pound.

*In 18th century English gambling dens, there was an employee whose only job was to swallow the dice if there was a police raid.

*In Scotland, New Year's Eve is called hogmanay, and is an occasion when young people go about singing and seeking gifts.

*The land area of the country of Greece is slightly smaller than Alabama.



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