THE SAN PEDRO SUN

VISITOR GUIDE





November 16, 2006

The Island Newspaper Ambergris Caye, Belize Central America

Dining at Luna

-Journey's End provides the perfect backdrop to this outstanding restaurant, with great food, ambiance and gracious service!







Culture

-One of Belize's most vibrant ethnic groups, the Garifuna, celebrate
Settlement Day on November 19th!



Reservations: 501-226-2012

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www.tropicair.com

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Cullen Walker, Dr. Tina Kokkinis and Kath Walker read The San Pedro Sun in the gardens at Schloss Schwetzingen near Heidelberg, Germany.

The Schloss Schwetzingen is the biggest still intact baroque palace in Germany. It dates back to the 14th century when it was built as a moated castle, and later was used as a hunting lodge. Much of what we see today was commissioned by Prince Elector Carl Theodor in the 18th century, when he converted it into his summer palace. After that, it was used by the Palatinate Prince Electors as their summer residence. At the time, palace and gardens provided a stylish backdrop for splendid court festivals and are still enchanting visitors today. The gardens were developed to accentuate the architecture and splendor of the palace, and size was used to impress. They succeeded here, as these 180 acre gardens are huge, and very impressive.

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



MOISD OF

an effort to share 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

What's the check out time?

Creole

Wat da di taim fi ah lef?

Spanish

¿Cual es la hora de salida?

English

Don't disturb me before seven o'clock.

Noh kohn bada mi bifoa sevn.

Spanish

No me estorbe antes de las siete.

English

Are there any letters or messages for me?

Creole

Yu ga eni leta er mesij fi mi?

¿Hay cartas o mensajes para mi?

The San Pedro Sun is mailed everywhere.

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More foreign subscribers than any newspaper in Belize!

Greetings to my visiting friends



ordinary vacation. Our island is

sity, where Mestizos, Creole and

treasures. Hol Chan Marine Re-

just two of the many spots where

you can enjoy our coral reef for-

mation and abundant and breath-

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

taking sea life. San Pedro is

also home to world-class

On behalf of the people of San away. You will also be able to dis-Pedro Town, I extend a warm wel- cover Belize's vast cave systems come to all visitors arriving to and many natural sanctuaries that our shores. I assure you that your are home to our country's unique trip to "La Isla Bonita" will be no flora and fauna.

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

We welcome you with open serve and Shark-Ray Alley are arms. Bienvenidos a San Pedro!

> Elsa Paz, Mayor, San Pedro Town

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Luna – A breathtaking experience



There are some restaurants that just emanate class, elegance and comfort. Ambergris Caye has many eateries that offer incredible food that is expertly prepared and exquisite to the taste buds. One such restaurant is Luna, at Journey's End Resort. Previously the Tamarind Restaurant, Luna has recently undergone some changes, the biggest of which is new chef Anetta "Netta" King. The San Pedro Sun was invited to come over and indulge in Chef Netta's out-of-this world creations, and soon enough, we were on our way to Journey's End Resort for a romantic dinner for two.

From the moment we got off the Island Ferry boat and onto the sandy beaches of Journey's End Resort, we felt a connection, a certain warmth and wel-



come. On hand to greet us was the resort's general manager, Ruben Muñoz. He took some time to sit and chat with us, introducing us to several staff members, all of whom were unfailingly charming and charismatic. We got the feeling we were home amongst friends, and no more so than when we got to meet one of the stars of the night, their new chef, "Netta". With her effervescent and friendly personality, she quickly won us over and we were soon chatting away.

Netta spoke of her passion for cooking, and her dreams of working and creating a wonderful dining experience at Luna. As we spoke, one common note that rang true throughout the conversation: teamwork is key to the success of

Continued on Page 4



We enjoyed ice cold cocktails at The Smiling Toucan courtesy of Bartender Ruben (far left), but any of the friendly staff at the bar will gladly mix you a cocktail (from left to right, Luis, bar manager Deona and Tanya).



Delivery, Take Out, or Take & Bake! Open 2pm to 9pm Closed on Thursdays

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dinner by the pool.

relax in our library or enjoy a round of cards in our lounge, complete with Internet access.

> Please call for more information and to make reservations.



Under Head Waiter Amin Segura's(far left) guidance, and alongside employee of the month, Kenrick (near right), the entire wait staff works together to make customers feel extra special and truly pampered! Their friendly faces and charming personalities make your dining experience a true pleasure!



Luna, and the staff has a great working relationship that combines to create the environment that Luna offers. And oh what an experience!

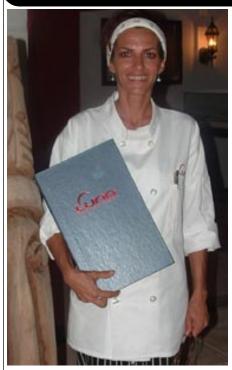
High on our list of recommendations while at Journey's End is: have a few pre-dinner drinks at *The Smiling Toucan* bar managed by Deona and her team of bartenders, Ruben, Luis and Tanya, who are experts at mixing delicious libations and can whip up a Piña Colada like no other. They also use their imagination to

create different drinks with exotic tropical fruits on hand. With a great selection of liquors available, plus wines, this bar offers a great relaxing retreat while you chat with friends and reconnect, before heading to Luna's dining room for din-

This particular dining experience was a lovely romantic rendezvous with my beloved, and I couldn't have asked for a better experience. This team *redefines*

Continued on Page 5

Get to know: Chef Anetta King



I am Chef Netta and I attended the St. Louis University Culinary Insti-

tute at Forrest park. I then apprenticed for two years under the top chef in St. Louis. I completed an intensive threeday study in Hyde Park, New York and am now recognized by the C.I.A (Culinary Institute of America). I am a member of the James Beard Foundation, the St. Louis Culinary Society and Chef's de Cuisine. I have been in the Industry for over 20 years now. I also have my Bachelor of Science degree in Mathematics from Southeast Missouri State University.

Since arriving in Belize, I've worked as Executive Chef at the San Ignacio Hotel and did a brief jaunt at Black Rock Jungle Lodge.

I am now very happily employed here at Journey's End Resort and I have a wonderful support staff: Santos Arzu, Andy Medina, Martina Gomez, Bella, Marie and Daisey.



Carts



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Open Daily 8 a.m. ~ 8 p.m.





$oldsymbol{Luna}$ Continued from Page 4



Chef Netta with her support staff Santos Arzu, Andy Medina, Martina Gomez, Bella, Marie and Daisey.

Romance! Impeccable and efficient service, combined with an elegant, organic setting, defined the mood for the night, and romance truly was in the air! We were coddled and indulged to a T, and there was no ending to the surprises. Everything started off with our choice of seating.

One can choose any of the several

nooks or curved banquettes that certainly adds to romance during dinner. With the pleasing and sensual design of the area, whose gentle curves follow the flow of the surroundings, and offer a breathtaking view of the beach and ocean at night, making a choice is not easy, but once we were seated, and our wine had been selected with the help of Kenrick, it was



seating options that offer great beach and ocean views.

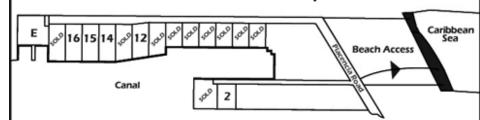
time to choose our meal.

help in choosing from the list of delicious-

Head waiter Amin Segura offers his

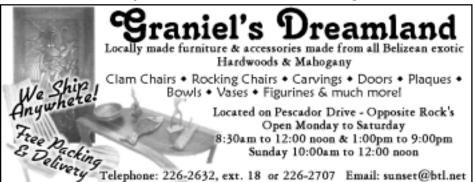
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ONLY SIX LOTS LEFT! Excellent investment opportunity just North of the Placencia airstrip — these beautifully positioned lots in a tranquil and private setting, not only make an excellent living environment but will provide a sure investment for the future. Owners have beach access, small craft marina and soon a lagoon side swimming pool and yacht club amenities.





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 PIBIL ON THE BEACH EVERY SUNDAY AT ROJO LOUNGE!!!

(Pibil is a traditional Belizean dish of pork wrapped in plantain leaves then slowly cooked underground.) Spend the day lounging on one of the most picturesque beaches on the Caye!!! Beachside bar featuring our famous "Frozen Mojitos" and original "Rojitos"!!! Noon until evening!!! Starting Sunday November 26th



North Beach, Ambergris Caye (5 1/2 miles north) Open Tuesday through Sunday from noon until late. Reservations for dinner strongly encouraged. For information, reservations and events, please call 226-4012

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Garifuna Settlement Day - November 19th



tiny island of Ambergris Caye where

friends, neighbors and family the day the first Garifuna arrived in the country. Since their arrival to these Caribbean shores, they have made Belize their home and have contributed greatly to this great nation. Great merriment will be appreciated at Central Park in honor of these festivities, including a re-enactment of the night the first Garifuna arrived down south.

San Pedro Town has people from all over the country, not to mention the world living and enjoying its beautiful shores. Each person that visits our island, or makes it their home, adds their culture to our community, which in time becomes part of the island itself. San Pedro Town opens and extends its arms to all its visitors, especially to those who contribute to the growth of the island and fall so in love with its shorelines to call it their new home.

The Garifuna people and its language

ASTRUM

Where do

Helicopters

The language, known as Garifuna, derived from Arawak and Carib languages has helped to maintain an ethnic unity. It is an Arawak language with words borrowed from Spanish, French and English.

Garifuna is a name of the people "of the cassava clan," Karifuna. Cassava is a plant harvested for its roots which is processed and part of the processing includes grating, strain-

Continued on Page 11



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SAN PEDRO, AMBERGRIS CAYE, BELIZE



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Soup:

~Pumpkin Soup: Smooth pureed pumpkin and squash soup, flavored with traditional mirepoix

~Lobster Bisque: A creamy traditional bisque made with fresh Belizean lobster

~Bird of Paradise:

a combination of mixed greens with bell peppers, sweet onions and fresh pineapple served in an artful pineapple wedge

Crisp Romaine lettuce tossed in a traditional anchovy-based dressing and served with homemade croutons.

~Citrus and Melon:

A tropical combination of orange and melon wedges served with a sour cream-Amaretto dressing in a banana blossom.

Oourse:

~Traditional carved turkey with stuffing, roasted garlic mashed potatoes, gravy, cranberry sauce and grilled mixed vegetables.

~Ribeye Steak grilled to your liking and served with candied yams, cranberry relish and mixed grilled vegetables.

-Butterflied lobster tail, shell filled with oyster stuffing and served with drawn butter, parsley potatoes and mixed grilled vegetables.

essent:

~Crème Brulee'

~Banana Cake Cockaigne

~Pumpkin Pie with real whipped cream

~Decadent Chocolate Devil's Food Cake

Price: US\$39.00 (plus tax and service charge) At Journey's End Resort Reservations: 226-2173



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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

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

620-1974

Canadian Consulate - 223-1060 Mexican Embassy - 223-0193 Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

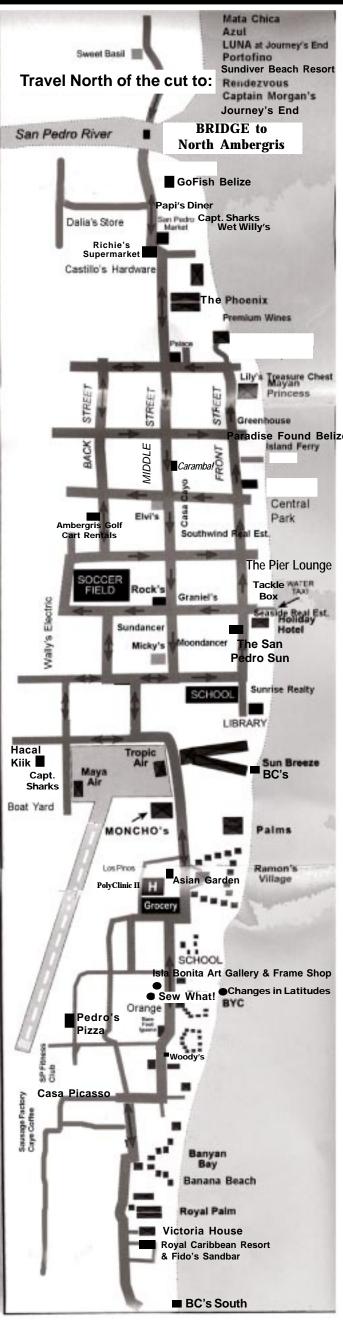
Miscellaneous

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, CaveTubing 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 Email: 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. sdemajo@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.

AMBERGRIS GOLF CART RENTALS - Gas golf carts available. Free delivery & Pickups. Open Daily 8 - 5. 226-3455.

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.

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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. DELEC-TABLE 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.

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. 226-4313

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.

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

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@prov identbank.bz

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

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.

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.

LAUREN DUTY FREE – The ultimate in duty and tax free shopping. Choose from a variety of name brand liquors, designer fragrances, world-renowned confectionery and exquisite gift items. Located in the PS W Goldson International Airport Departure Lounge. Tel. 205-2344 or 223-2157.

The San Pedro Sun

Visitor Guide

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

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

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Garifuna Settlement Day Continued from Page 6

ing and drying. The dried cassava is then sifted and then used as a flour to make the bread (Areba). There are two varieties of cassava: the bitter and sweet. Some of the dishes that are served are manioc cassava. Other popular foods include rice, fish, bananas, plantains, beans, and falmouth - a dish made with boiled fish and coconut milk. Coffee, bush tea with sugar, cakes, puddings and tableta complete their meal. Tableta is a dessert made of coconut, ginger, and brown sugar.

Celebrations and ceremony are important in the Garifuna culture. The burial feast is known as "Beluria" and is a nineday devotional ceremony to the Dead, which culminates in drumming, dancing and feasting. Dugu is a ritual feast to appease the spirits after someone dies. This lasts four to five days and consists of much feasting on cassava bread, plantains, rice, beans, cheese and regular foods. The Dugu is a religious ceremony in which a high priest, the Buyei, leads the contact



Since their arrival to these Caribbean shores, the Garifuna have made Belize their home and have contributed greatly to this great nation.

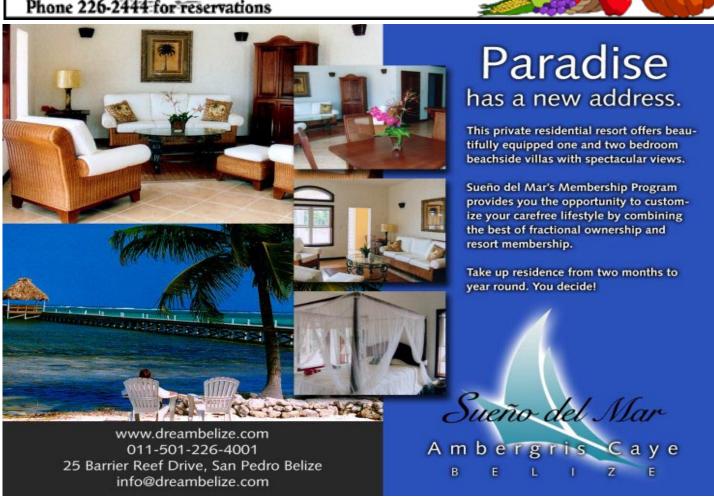
with deceased relatives. The purpose of having a Dugu is to appeal to ancestors for help in resolving some problem in the designated family. Before the ceremony kicks off, the fishermen would go out and catch fish for the event as part of the offering. The entire Dugu ceremony usu-

ally lasts a few days in addition to several weeks of tedious preparatory work. Continuous drumming and dancing in the temple (Dabuyaba) creates the mood for dialogue with the Spirits which satisfies the purpose of the Dugu. The ceremony uses drummers and Gayusa who work along Buyei. During the Dugu, the ancestral Spirit communicates with his people during an Owehani. It is now taking up to three years to prepare for a Dugu ceremony. There are reports that rituals such as the Dugu have reinforced the cultural unity and spiritual beliefs of the Garinagu. When celebrated with the entire village, friends and relatives come together. Health is determined by power wielded by ancestral spirits, traditional folk remedies, and "bush medicine.'

The religion of the Garifunaduou is the way of life and that can be considered as the religion. The rites of passage are celebrated births and death. Work songs, hymns, lullabies, ballads and healing songs are popular. The African influence is heard with complex drum rhythms and call-response patterns in songs. Holy days of the Catholic Church includes processions and prayers. The people of Belize celebrate the settler's arrival on November 19th, with Dangriga, Punta Gorda and Belize City and the country as a ritual re-enactment. People come in

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11:30am - 2:30pm 6:00pm - 10:00pm Boca del Rio Phone 226-2047

Papi's Diner Finer Food at Diner Prices Open Daily

Luna Continued from Page 5



The tomato and bleu cheese bruschetta was just heavenly - with a blend of tastes mixed to perfection. sounding items on the menu. He suggests a mix of tastes to appreciate what the kitchen offers, and we take him up on his suggestion. We choose Crab Cakes and Tomato and Bleu Cheese Bruschetta for appetizers.

The platters arrive at the table in a beautiful arrangement, and as the mouthwatering scents waft, we know we have made the right choice. The Bruschetta is a slice of heaven, bite after delicious bite. Somehow, the blend of tastes, from sharp and salty to a delightful sweet tart over the crispy homemade bread, all combine for one overwhelmingly good starter. We share

samples of the crab cakes, and again, we were blown away with the explosion of tastes. The crab cakes are slightly spicy, with a light layer of remoulade sauce to counterbalance the spiciness, and the taste is amazing. We can only imagine what the main course will be like!

Soon enough, the main course arrives, and we are in for a feast. Earlier, Chef Netta had described the night's special, Coconut Dusted Jumbo Shrimp over a bed of Coconut Confetti Rice with a sweet Mango Coulis, and being the adventurer that I am, I decided to go for this dish, while Robin ordered the manly Filet Mignon wrapped in bacon and topped with Tobacco Onions. The plates resembled works of art, showcasing the creativity and passion of Chef Netta and her staff, and once we began eating, we were again transported with each bite.

The first bite of the Shrimp almost makes me swoon. The coconut flakes are crispy and sweet, and the shrimp is delicious and crisp, and once dipped in the mango



Crab cakes with a layer of remoulade are spicy and perfect!



Filet Mignon topped with tobacco onions and accompanied with coconut confetti rice was truly delicious and decadent.

coulis, the flavor sensations make my taste buds go wild! The delicious coconut rice and crisp julienne veggies are a fabulous accompaniment to the shrimp. The romance in the air seduced us into feeding each other and unabashedly enjoy our private and precious moment at Luna. The filet mignon was cooked to a perfect medium rare; the beef simply melts in my mouth. Accompanied by crisp and sweet onion rings, each bite seems more delicious, and it is clear that each meal is crafted with great passion. Our sincerest compliments to the chef!

Dessert arrives: a luscious and rich chocolate cake created by Sous Chef Santos and accompanied by a delicious coconut chocolate ice cream. We share this dessert, and our sweet tooth is satisfied with the decadence of the chocolate cake. It is the perfect topper to an evening full of delicious surprises and wonderful service.



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Coral Bay Villas (N13) 1 bedrm/1 bath condos, fully furnished with good & steady rental income. Unit 1, lovely beach level condo with direct access to the beach. \$239,000.00 US.

Large Parcel/Great Commercial Location (H33) Great Commercial block of land on the main street only 200' from the beach 8 1/2 mile from town center. 264' of road frontage & 154' in depth. \$900,000.00 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 bigwater cistems, road access, and many other extras. Asking \$1,325,000.00 US.

San Pablo Rentals (G10) Prime rental property offering 6 fully equipped units. Beautiful, spacious first class owner's quarters. A deal at \$165,000.00 US.

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

Raw Land

(D22&D23) Over 9 acres with water frontage on the west coast of Ambergris Caye. 2 parcels of land, @ 4.7 acres, can be bought either together or separately. \$650,000.00 US

Ambergris Bay (E12) Beach front parcel on the west coast measuring approx. 50 of beach frontage x 95' depth. \$65,000.00 US.

Ambergris Bay (G34) Beachfront parcel on the west coast measuring approx. 50' of beach frontage & 126' of depth. \$60,000.00 US

San Pedro Lagoon(G35)1 Acre water front parcel on San Pedro Lagoon-\$70,000.00 US.

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 & water/electric meters. Excellent investment at \$65,000.00 U.S. Santa Paula (L19) - Secluded lot in the Santa Paula area. 80'x 80'. \$60,000.00 US

Boca Clega (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 - 41 row lot, 100' x 100'. Only \$18,000.00 US

Basil Jones (\$55) Large & Beautiful 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. \$530,000.00 US beachfront & \$30,000.00 US for the rear parcel.

Robles (D17) Lot 31a has 75' of beach front x 300' & 31A - 150' x 300'. Terms available! \$105,000.00 US for both.

$oldsymbol{Luna}$ Continued from Page 5



Jumbo shrimp coated in coconut flakes with coconut confetti rice was truly a work of art!

When thinking of Luna, the words indulgence, passion, professionalism and *drive* come to mind. Everyone goes above and beyond to make you feel special, and deserving of a little indulgence and luxury. Commitment to making clients special is what drives Luna forth, and is now bringing it back to the spotlight as

one of the places you simply HAVE to visit and enjoy a meal at. The ambiance exudes romance, class and elegance, with an organic touch, and the smiling and friendly staff brings forth indulgence, attentiveness to detail and creativity, all of which combine to make you

feel special. I would wax lyrical about how accommodating, professional and warm the staff is, but you just have to find out for yourself how wonderful everyone is! Be sure to book your table now and come enjoy all that Luna and Journey's End Resort has to offer! For reservations, call 226-2173 or 226-2108.



What's better than a sinful chocolate cake with ice cream for dessert?



Thursday, November, 23rd, 2006

Starters Conch Chowder & Dumplins

Accompaniments Choice of Grammas Butter Roasted Turkey Brown Gravy and Stuffing's Glazed Roasted Ham Apple Puree Garlic Sour Cream Mashed Potatoes with Chives

Bread A. Rolls Golden Yam Marshmallow Sauce Dinner Rolls

> Sweet Endings Pumpkin Pie

Glass of Wine

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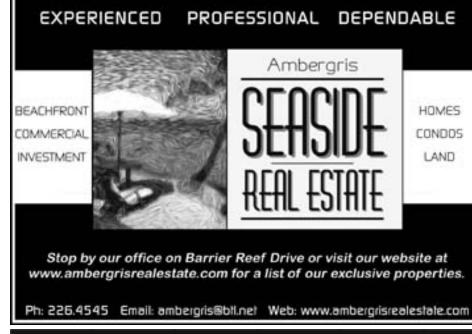
Last year's celebration included a parade through San Pedro's main streets.

canoes loaded with drums, utensils, cassava and plantains saplings, as their ancestors did 182 years ago.

Dances are a common form of expression in the Garifuna culture. The Paranda is a slow dance by women who shuffle in a circle accompanied with hand movements. Abaimahani is performed at the Dugu where women form a long line and link their fingers and sing. Apart from dances highlighted in the Dugu, the Garinagu, a festive people, have to date earned recognition for the Punta: a dance in which coupled dancers try to outdo each other with a variation of movements. A milder version of this dance would be the Hugu-Hugu involving the singing of sacred rhythms by Gayusa in unison.

Today's unique people, the Garinagu in Belize, have gained respect for having a very diverse culture. The Garifuna language is of alarming interest to others, both locally and internationally. The language is derived from several other languages fused together through an intermarriage of the Caribs with French, Arawak and German as well as Spanish cultures. The Garinagu have embraced Belize as their home and have contributed greatly to what Belize has now become.

Special thanks to Peter Ciego, (GULISI, Garifuna Council), for the compilation of this article. On behalf of The San Pedro Sun and the community, Happy Garifuna Settlement Day!







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Wolfe's Woofers by Dennis Wolfe

Watch my cart for me

"Where are you going?" Dulce asked.

"I have to go downtown to pick up some old computers and parts from people who are donating them for recycling," I said. "My first stop is at SAGA."

"No, I need something from further downtown. Where else are you going?"

"I have to pick up a printer from Larry's office at Ultimate Golf Cart Rentals."

"Good. That's right around the corner from the tortilla factory. I want two pounds of tortillas. Then stop at Lino's and get two pounds of pork steak and then I need . . "

By the time she was done I had a list of groceries as long as my hand. I picked up the computers and parts and they filled my old golf cart up to where it was sagging on the springs.

"Whew, that's it," I said, as I walked out of the last grocery store and put \$150 worth of groceries on the cart.

Then I remembered that I had to pick up my guitar at Cannibal's so I drove there, looking for a place to park. It was impossible to get down the alley and the street was filled with parked golf carts. I finally found a space down near the Holiday Hotel.

"Hey," I called to a young guy leaning up against the wall at a construction site. I didn't know him but I had seen him around.

"Yeah?"

"Will you keep an eye on my golf cart while I run up to Cannibals? I've got \$150 worth of groceries that I don't want to disappear while I'm gone."

"I don't know," he said, eyeing my beat-up old golf cart. "Isn't this the cart that broke in half last month and stayed on the street for two days?"

"No," I said. "That was a different cart. Watch the cart and I'll pay you." "O.K."

When I came back I asked, "How much do I owe you?"

"Twelve dollars."

"What?! Twelve dollars? That's outrageous! I planned to give you a couple of dollars."

"I only charged two dollars for watching the cart," the guy said, "but everybody thought the cart was mine. I had to charge ten dollars for embarrassment."



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Trivia Tidbits

*Sideshow performers in ancient Greece used to amaze their audiences by pressing a spot on a goat's neck — pinching off the artery leading to the brain — and causing it to go to sleep. Releasing the pressure would allow the goat to wake again. (The trick still works today.)

*Cats have more than one hundred vocal sounds, while dogs only have about ten.

*One has to eat 11 pounds of potatoes to put on one pound of weight — a potato has no more calories than an apple.

*Some neutron stars spin 600 times a second, which is as fast as a dentist's drill.

*The largest order of mammals, with about 1,700 species, is rodents. Bats are second with about 950 species.

*In a year's time, bees gather 80,000 tons of pollen in the United States.

*Kangaroo rats never drink water. Like their relatives the pocket mice, they carry their own water source within them, producing fluids from the food they eat and the air they breathe.

*Soup in Asia is used as an alternative medicine — tom yum in Thailand; bone marrow soup, soybean sprout soup, or seaweed soup in Korea. Sweet dessert soup in China is eaten to balance one's yin and yang.



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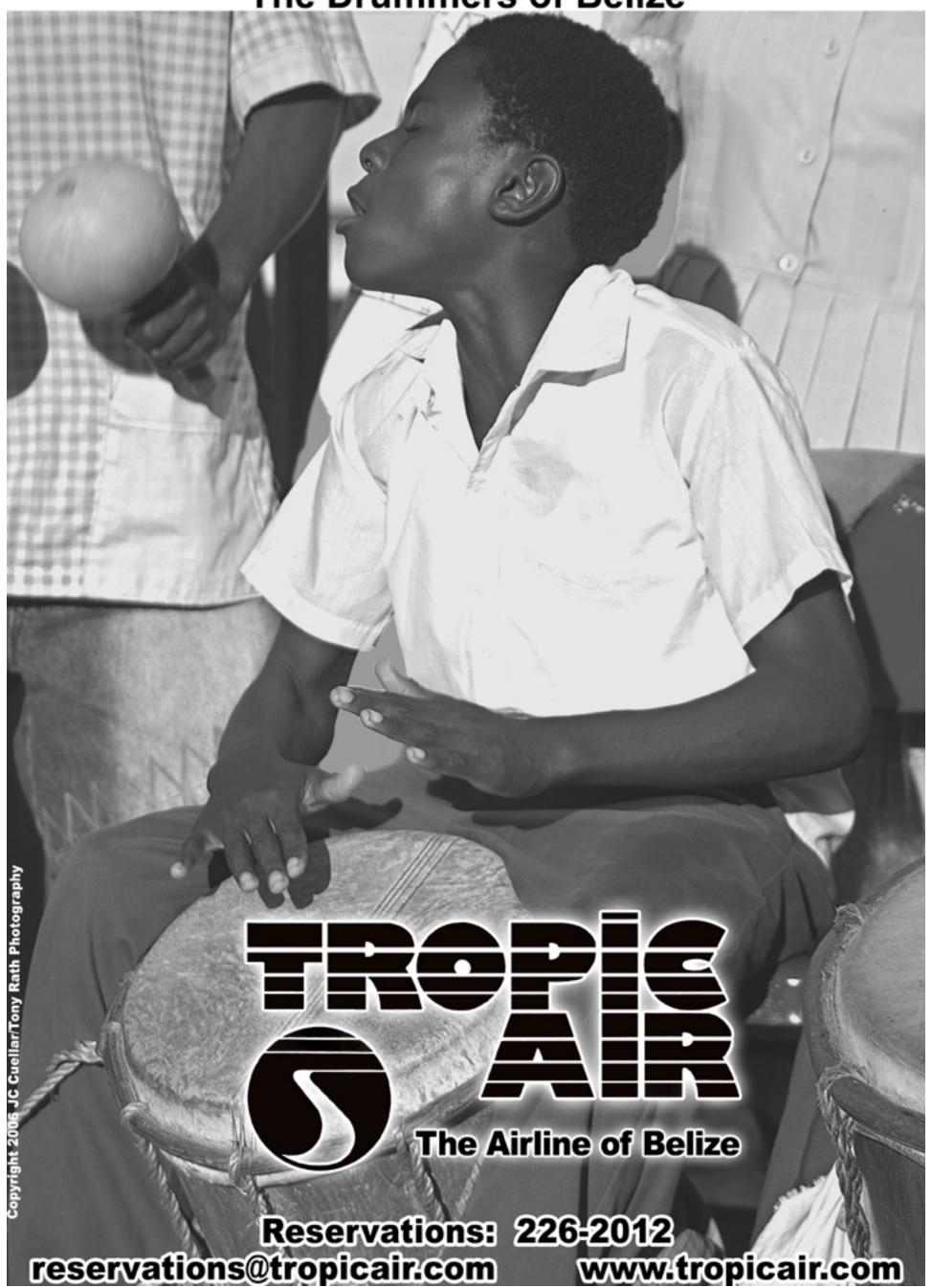
- Grand Caribe Condos 1 mile North of the bridge on 500 ft of coconut grove beach. Marina, 3 pools, management program - from \$295,000 Pre-construction pricing. Inquire!
- Caye Casa beachfront condos in town location. Pre-construction Inquire!
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- All new construction Cayo Espanto area turnkey luxurious bay front 4 bedroom homes. Inquire.
- Spacious rental beach home south of town. Sleeps 10 plus guest cottage. Pool, mature landscaping, large pier, Inquire.
- Mata Grande Caye Villas with pool. 2 Bed 3 bath fully furnished from \$394,000.
- San Pablo canal home w/ 200ft water frontage, 2 boat slips, ramp, fully fenced, 2 storey duplex 2bed/1bath up 1bed/1bath down. \$ 254,000 seller financing 30% down.
- Tres Cocos garden home 1bed w/apt \$275,000
- The Castle 10 apt complex: \$400,000

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- Mata Chica area beach lot ½ acre \$ 295,000 offers
- West Bay private sandy cove 260 t \$ 265,000
- Palmeros Point beachfront residential lot \$197,000.
- Robles beachfront 100 ft beach \$200,000.
- Robles beachfront 200 ft beach \$400,000.
- Boca Ciega 4.5 acres 170ft beach front. \$350,000.
- Buena Vista Point ocean view 75ft x 150ft \$79,000 each.
- Buena Vista Point ocean view 75ft x 150ft \$89,000 each.
- Laguna Estates ocean view lots from \$60,000.
- West Bay Caribbean Coves 100 ft x 500 ft ocean front west side \$ 85,000.

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

The Garifuna The Drummers of Belize



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