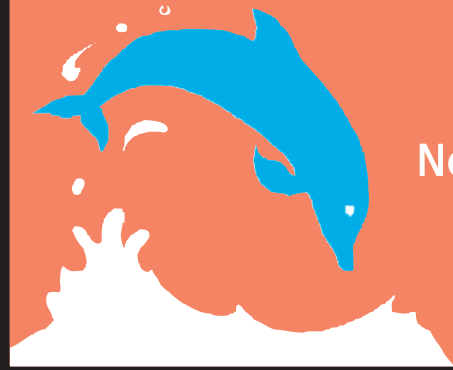
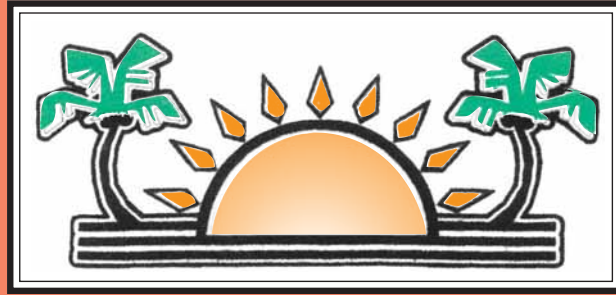


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The
Island
Newspaper

Vol. 20
#21



May 28, 2010

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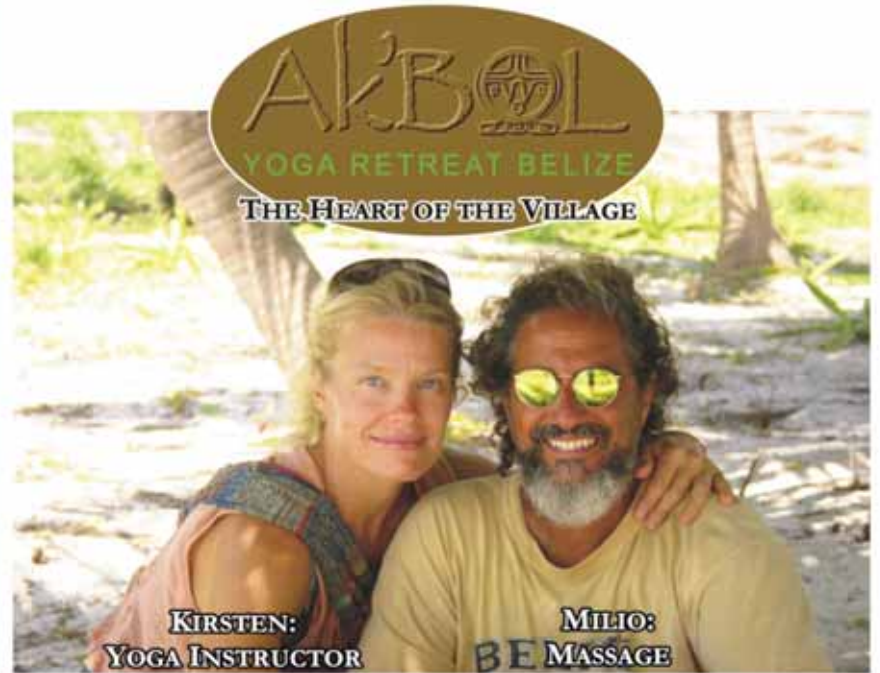
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Where did you take your *San Pedro Sun & Visitor Guide*? Take a photo of you and the paper and send it to us at spsun@sanpedrosun.net



Scott F. Silence (friend of "POPS" or Russell Rostan) was reading *The San Pedro Sun* just before his Paragliding ride in **Kas, Turkey**. The small village of Kas is a well know tourist vacation spot in southern Turkey along the Mediterranean Sea. *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.*

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Woman on the Beach at Rum - cigar - coffee house

By: Harriette Fisher

Question:

What here should never change? What needs to be changed Now?

Watch for Harriette and her camera. What would your answer be to these two questions?



SAUL NUNEZ SR. and his son "Alfonse Capone" JR. own and operate the Rum - Cigar - Coffee House on Middle Street and both have lived all their life on Pescado Drive. "What should never change is the local people. They should always be nice to tourists – as nice as they are now." Also mentioned was the tradition of cooperation when there is a fund raiser to help the needy.

"What needs to be changed is the traffic on Pescador Drive. Tourist can not walk on the street. Taxis drivers should go a regular tour guide course." There should be no more piers in town and the developers need to stop dredging.



DIANNE LAWRENCE moved to the Esmeralda area from Vancouver, B.C., Canada four years ago and opened a courier service. What should not change is the 100 hellos I get every day as I ride my bicycle around town. "I feel like I live in Mr. Roger's Neighborhood." When asked what should change she laughed and asked "Besides the standard answers; politics, crime, etc?" The children need to stop jumping the wall at the R.C. School. "I'm always scared at that corner because I might hit a kid."

RICK CASTLEBERRY lives in Pasadena, Texas and comes here often to visit his parents in the San Pablo area; his first trip was in 1976. "The reef needs to be protected and not polluted or destroyed." What needs changed is the greed and the way government does business.



ANTHONY "ROJO" VACARO lives in Maskall, is an artist/sculptor and owns a restaurant and bar there. He comes to the island to do business. When asked what should never change he said "The people; their traditions so that when foreigners come we don't lose the sense of San Pedro. We need to keep up the good will." However, he thinks the taxis need to become harmonious with the island.



MILTON CHAN grew up here and lives in the Boca Del Rio area. He does hand crafted art work. "The piers and mangroves need saved, there are too many bars and we need more and better parks for the kids to go play in."



For the 4th consecutive year, Belizean Shores Resort has been ranked as One of the World's Best Hotels on Expedia Insiders' Select List

We are pleased to announce that once again, Expedia travelers have ranked Belizean Shores Resort among the world's best hotels on the 2010 Expedia Insiders' Select™ list. The list formally recognizes individual hotels worldwide that consistently deliver excellent service, a great overall experience and a notable value. The full list represents only a small percentage of the world's top hotels from the more than 110,000 hotel properties offered on Expedia.

"Delivering our guests superior service is a top priority at Belizean Shores Resort," said Ms. Cynthia O'Connell, Group General Manager. "We are pleased that our efforts have been acknowledged by Expedia travelers and look forward to extending our high level of service to even more guests."

The 2010 Expedia Insiders' Select™ list is compiled based on the more than one million Traveler Opinions hotel reviews collected by Expedia, combined with a value rating and the local market expertise of more than 400 Expedia employees in local markets worldwide, resulting in an easy-to-browse list that provides travelers with a powerful way to find the perfect hotel using the trusted insight of other travelers like them. The list showcases a diverse selection of travel destinations and hotel properties. For more information on the Expedia Insiders' Select™ list, visit www.expedia.com/insidersselect

Belizean Shores Resort would like to remind our travel partners that our 30% off Summer Sale is still available for new reservations booked and deposited prior to July 6, 2010, for travel now through December 22, 2010.

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*Minimum 5 wings

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Toledo Cacao Fest 2010

Rooted in the New World prehistory, in the mysterious realms of the Olmec and the Maya, is the origins of the rich and fascinating substance we call chocolate. About 3,000 years ago the Olmec civilization, which preceded the Maya, occupied the southern Gulf of Mexico and their influence extended to Guatemala, Honduras, Belize, Costa Rica, and El Salvador. The Maya derived a lot of their high culture from the Olmec and the word "cacao" is an Olmec word. Several centuries after the demise of the Olmec civilization the Maya established themselves in the same Central American region. The humid and hot climate was perfect for the cultivation of the cacao tree where it received shade protection from the tropical forests. The Maya held the belief that the tree was from the gods and that the pods from the tree were an offering from the gods to mankind. Throughout the Classic Mayan period there were great spiritual, literary, intellectual and artistic developments. During this time the Maya built many stone palaces as well as temples and stone carvings. Integrated into all of these as well as the writing or hieroglyphs of the Maya, were images and mention of the cacao and the evidence that the cacao constituted both a ritual beverage and a major currency system.

The Toledo District of southern Belize is considered the birthplace of Belizean chocolate and cacao growing still thrives. Mopan and Kekchi Mayas reside in over 30 different villages and make up 64% of the district. Most of them live a life of agriculture and for some the tradition of growing cacao from the pod to the final transformation of chocolate is not only a source of income but a way of honoring a part of their culture. In celebration of this ancient, sweet delight the residents of the area were inspired to hold an annual Toledo Cacao Fest and this year marked the fourth year for the festival.

Led by Lisel Alamilla from Ya'axche Conservation Trust and committee members from the Toledo Cacao Growers Association, BTIA Toledo, Sustainable Harvest International, and other local stakeholders, along with support and assistance from National Institute of Culture and History (NICH), the Institute of Creative Arts, the Institute of Archaeology, and the Belize Tourism Board the festival offered three days of cacao celebration as well as promoting other tourism opportunities in the district.

Continued on Page 5



1 Unlike most fruits that grow and ripen at the end of branches, cacao pods grow directly out of the main branches and from the trunk and bark of the tree. When the pods mature they can become red, purple, yellow, orange or green.



2 When ready for harvest, the pod is twisted off the tree.

For one such individual, Juan Cho, who is Kekchi Maya, growing and processing cacao is not only a long time family business but a passion that runs as deep as his Mayan heritage. He is dedicated to teaching those who want to learn more about his life style, and a tour of his family plantation will leave you never looking at a Hershey's bar the same way again!

Making chocolate, from the tree...



3 The ripened cacao pod is then split open and the pulp and beans scooped out. Each pod contains 20 to 40 almond-sized beans (seeds) embedded in a soft white pulp. The pulp has a sweet citrus flavor with a pear-like texture and has long been a traditional snack.

The bean and pulp mixture is set to ferment in a box for 14 days in a shady area. The fermenting beans are occasionally turned and the degree of fermentation is crucial to good chocolate. The fermenting pulp eventually turns to liquid and drains away as the temperature rises, leaving the seeds with little residue of pulp.



6 The seeds are then sun dried for another five to seven days, then roasted for about an hour on an open griddle or "comal".

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...to the table.



7 After the bean is roasted, the paper-thin skin surrounding it must be removed.



9 Before grinding the bean organic sugar, allspice and wild vanilla is added.



11 The coarse powder is then processed through a hand grinder several times in order to make the smoothest paste possible.



8 Next it is time to separate any leftover skin debris from the inner bean by "wind winnowing". This simply involves throwing the mixture into the air so that the wind blows away the lighter chaff, while the heavier grains fall back down.



10 Using a flat stone base on legs called a metate and a flat stone used as a rolling pin called a mano, the beans are ground to a coarse powder.



12 The paste is then poured into molds and refrigerated. Once solidified they are wrapped and packaged for sale as Cyrila's Chocolates.



wines. Old Master Rum from Belize was also on hand serving a sample of their soon-to-be-released chocolate liqueur which was a hit with the crowd. Later into the evening a raffle was held and guests won a variety of gifts. The night finished with a bang when colorful fireworks exploded above the delighted guests.

Saturday showcased the Taste of Toledo which was held at the seafront Petillo Park and on the grounds of the Father Ring Parish Hall. It was a day of arts, crafts, music, dance and food. Displays from the Belize Archeology department, creations from NICH artisans, free AIDS/HIV tests and information from the National Emergency Management Organization of Belize (NEMO) also made up the festival and one highlight of the day was a musical performance from a very talented group of students from Delille Academy from Dangriga. Of course chocolate took the main stage and taste samples from the various chocolate producers were available. Other less likely spins on the theme were chocolate based handmade soaps from Dawn & Jo's Soap Co. and Tsang & Mascia Fine Soapmakers of Belize. Ranging from Orange Chocolate Carmel Coconut Oil soap to Ginger

Continued on Page 6

Cacao Fest 2010

Continued from Page 4

The weekend of festivities kicked off on the evening of Friday, May 21st when a Wine and Chocolate reception was held on the rooftop terrace of the University of Belize building in Punta Gorda. In a casually formal atmosphere guests were delighted with the enchanting music of flutist Pablo Collado while enjoying a spread of appetizers such as peel and eat shrimp with a mole dipping sauce, chicken wings with a chocolate BBQ sauce and a large variety of other tasty finger foods. Of course chocolate was in obvious abundance and representatives from Goss, Kakaw and Cotton Tree were providing samples of their sweet treats. From chocolate peppered with spice to chocolate enhanced with fruit, every type of chocolate imaginable was showcased to tempt your sweet tooth. From fudges to truffles to fountains overflowing with chocolate, guests could sample the sweet temptations while enjoying a variety of white and red

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Trivia Tidbits

*Did you know that the words 'race car' spelled backwards still spells 'race car'? That 'eat' is the only word that, if you take the 1st letter and move it to the last, spells its past tense, 'ate'?

*Sleeping Beauty's name was Princess Aurora. The prince who woke her with a kiss was Prince Philip.

*A rainbow can be seen only in the morning or late afternoon. It is a phenomenon that can occur only when the sun is 40 degrees or less above the horizon.

*There are only four words in the English language which end in 'dous': tremendous, horrendous, stupendous, hazardous.

*The word "dreamt" is the only word in the English language that ends in the letters 'mt.'

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Cacao Fest 2010 Continued from Page 5

Fudge Swirl soap the colorful selections were endless with each type of soap tailored for a specific body need. Perhaps the most unusual and very popular variation on the chocolate theme was Cyrila's Cacao Wine made from organic cacao. Lightly sweet with almost a sherry quality, the wine was a hit with the crowd and a fast sellout product. The day also included Cacao for Kids with activities for children, Sea Toledo Marine trips and Cacao Trail tours of working orchards. Although several evening events were scheduled, including a concert by legendary Garifuna musician Paul Nabor, most were canceled due to a heavy rainstorm.



Sunday culminated the end of the merriment with the festival moving to the nearby Labaantun ruins where an opening performance of the Monkey Dance was staged by the villagers of San Jose. Archaeological presentations were held throughout the day and the

event ended with a concert with the "Three Kings of Belize", Paul Nabor, Florencio Mes and Mr. Peters accompanied by Carlos Perrote.

For those of you who want to explore the untouched beauty of the To-



Flutist Pablo Collado delighted the guests at the Wine & Chocolate reception with his music.

(Left) Not only was there chocolate to sample at the festival, but handmade soaps made with chocolate were also for sale.

ledo district and discover the ancient heritage of chocolate there are many opportunities that await you. Mark your calendar, next years' Cacao Festival is scheduled for the weekend of May 20th through the 22nd 2011. For more

information about the festival please visit their website at www.toledochocolate.com and more information about the Toledo district can be found at: www.southernbelize.com.



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"What's for supper?" I asked.

"You have a choice of chicken tacos or chicken tacos," Dulce said. "What will it be?"

"Wait a minute. Didn't we have chicken tacos yesterday?"

"Yes, and with the price of beef and pork the way it is we'll probably have them tomorrow, too."

"I sure would like some fish," I said.

Dulce said, "We might get lucky. Randy and Cherry Staines are here right now and they're going fishing today and tomorrow. Randy said that they would share whatever they caught with us."

"I'm playing at BC's tonight," I said. "I hope they show up with some fish."

Right after I got my musical equipment set up that night, Randy and Cherry showed up lugging a cooler. Inside the cooler was a beautiful snapper that went about four pounds along with a good sized jack.

"Randy," I said. "I sure do appreciate you and Cherry sharing your catch with us. I have a powerful hunger for fresh fish."

"We're not sharing it with you," Cherry said. "We decided to give you the whole catch."

"Do you mean this is all you caught in two days of fishing?" I asked.

"Yep. That's it," Randy said. "Two days of miserable weather and quite a few hundred dollars later, that's all we have to show for it."

"Man, I feel bad about taking your whole catch."

"Don't worry about it," Cherry said. "We fish for the fun of it. We don't worry about how many we catch."

"Let's see," Randy said. "Our plane tickets to get here cost us \$900 each for a total of \$1800. We got the boat rental, a fishing guide, a whole bunch of alcoholic beverages plus Cherry's new fishing rod. That probably comes to about \$2500."

"Wow!"

"Hey, Cherry," Randy called. "Do you realize it cost us about \$1250 to catch each one of these fish?"

"Oh, my!" Cherry said. "It's a good thing we didn't catch more than two."



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Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

British High Commissioner - 822-2146

Local British Warden - 226-3658/610-3658

San Carlos Medical (MD & Dentist Services) - 7:30am - 9:00pm, 226-2918

SACNW substation - 610-4911

Escalante Neighborhood Watch - 605-7803 Daytime only, 662-2725 Nighttime only, 630-5945- Call between 10:30pm and 6:00am.

Church Services

San Pedro Roman Catholic Church
 Sunday Mass: (English) 8am & 10am & Baptism: 11am; Spanish: 7pm; Mass or Communion Service every night at 7pm.
 Saturday evening: Anticipated Sunday Mass: 7p.m. Daily Masses 7am & 7pm.

Living Word Church Service Sun. 10:45 a.m, Youth Meetings on **Sundays at 7:30p.m.**, Women's meetings on **Wednesday at 7:30 p.m.**, and Men's meetings on **Thursday at 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 Upstairs of Island Plaza, across from Fido's Courtyard.

San Pedro Community Church - meets Sundays at 10a.m. at the Ambergris Elementary School. All Are Welcome.

San Pedro Church of Christ: Across the bridge to the left. 206-2731. Services: Sunday - 9am-11am, Bible Study & Worship Service. 7pm-8:30pm - Worship Service. Wednesday - 7pm-to8:30pm, Bible Study; Thursday - Ladies Classes; Friday-Youth Class

Tourist Information

Belize Tourism Board - 227-2419.

Belize Tourism Industry Association (BTIA) - 227-5717.

Belize Hotel Association - 223-0669, bha@btl.net

San Pedro Tourist Guide Association 226-2391.



Miscellaneous

The Lions Club of San Pedro relies on income from its Friday Night BBQ, plus Reds' famous chicken ceviche to support the needy community. Bingo starts at 7pm every Friday!! 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.

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

CARE BELIZE - Children's Specialist, San Pedro. 622-8200

SP Town Library - 206-2028

Water, Sports & Tours

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.

Visit www.grumpyandhappy.com, or Email: info@grumpyandhappy.com.

WHITE SANDS DIVE SHOP - Specializing in daily full-service diving and SCUBA instruction. We pick you up at your hotel's dock. www.whitesandsdive.com, 226-2405.

Real Estate...

ELITE REAL ESTATE INVESTMENTS (EREI) - We are Ambergris Caye's real estate specialists. Call now to schedule your free professional investment consultation. Under \$200K to \$4.1M. Call 226-2260, or email: sales@erei-belize.com. By appointment.

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

CASA CAYO - www.casacayorealestate.com. Check out our weekly specials, and our newest offering: Indigo. Luxury Beachfront Condominium Homes. www.indigobelize.com. Visit our office located at the South corner of Pescador Dr. (middle street) or call 226-2791 or 610-3005.

Transportation...

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.

CARTS BELIZE - Conveniently located just one block north of the airstrip. Hourly, Daily & Weekly. Call 226-4084.

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

Services...

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.

S.P. HARDWARE - Large variety of hardware and household supplies. Will meet or beat any competitor's price! Seagrape Drive; Open seven days a week. 226-4522.

SuDoku Answers! Puzzle on Page 2

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

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.

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 ev-

ery Wednesday night with live music.

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.

BEAN RESTAURANT/SHADE BAR - @Ak'bol Resort- full service-awesome bartender! Local food @ Local prices on the beach \$1-\$15BZ + unique specials +desserts daily. Interesting pizzas \$25BZ+up. Saturday Beach BBQ. One pier North of Palapa Bar.

PALAPA BAR AND GRILL - The Coolest Place, North of Bridge. Drink & Dine out over the Caribbean waters with cool breezes and no mosquitoes. Specialty is a BBQ, Slow Smoked, Pork Sandwich and Fresh Caught Fish Tacos. Open 7 days, Happy Hour Drinks from 4:00pm - 6:00pm. Telephone: 226-3111.

LILY'S TREASURE CHEST- Serving beachside breakfast, lunch & dinner. A true island dining experience. Get fresh seafood daily! Beachside at Lily's Hotel. 226-2650.

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.

...Unique Offerings...

SAN PEDRO FITNESS CLUB - A/C Gym, Fully-equipped. Open to the public. Tennis Courts, Lap and Family pools, Aqua Fitness and Toning Classes. Open 7am-8pm Monday - Friday, 7am-5pm Saturday, 11am-5pm Sundays. 226-4749. sanpedrofitnessclub@gmail.com

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 Pescador Dr, next to St. Francis Xavier Credit Union. 226-2084.

CAYE INTERNATIONAL BANK - Offering Demand Deposit Accounts, Loans, Savings Accounts, etc. cibl@btl.net or phone 226-2388.

PROVIDENT BANK & TRUST - Offering a full range of International Banking Services. phone 223-5698 services@providentbank.bz

PAGES, A BOOK STORE - carrying new and used books. We also trade gently used books. Located at the Vilma Linda Plaza, open Mon. through Sat. 8am-5pm, 206-2254.

SUNDANCER - Unique boutique featuring quality clothing, jewelry and great gift items for men. Phone: 226-2948.

AK'BOL YOGA RETREAT & RESORT- Daily Yoga Classes/Day Retreats/Group Retreats. The only resort dedicated to the practice of Yoga and Wellness. Yoga studio at the end of the pier overlooking the sea...

Open to All: *Beginners Welcome* Mats Available.

Mon thru Sat 9-10am gentle morning flow, Tu & Th 3:30-5pm asana+ meditation,

Sunday 1pm Kids Yoga + Pizza Day

Private sessions/Group Classes available.

226-2073, 607-7305, 626-6296

Om Shanti Om-peace to all...

Party...Party...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.

FIDO'S RESTAURANT & BAR - Fun & food on the beach. Live music nightly, island drink specials, new shot menu with over twenty selections!

Now Open!
Fusion
Asian Food with a Twist

- Sushi
- Stir Fry
- Tempura
- Asian Fusion
- Scoped Noodle Bowls
- Teriyaki Grilled Lobster

*Open Tuesday - Saturday 6-9pm
Upstairs Inside Fido's*



The San Pedro Sun
Visitor Guide

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

Contact *The San Pedro Sun* for more information.

spsun@sanpedrosun.net

Phone: (501) 226-2070 FAX: (501) 226-2905

www.sanpedrosun.net