

My
Beautiful **Belize**
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Enchanted by the Sleeping Giant

From the Editor *Tamara Sniffin*

Welcome to My Beautiful Belize, you are in for a magical adventure!

I'm not exaggerating when I say 'magical'. There will be times during your visit to Belize when you'll find yourself so mesmerized by her beauty that you think, "Pinch me...am I dreaming?" While in the Cayo District recently, I even envisioned myself magically becoming an unsuspecting character in the dreams of the mighty Sleeping Giant. Such is the allure of this tiny, bewitching country.

In this issue, we travel along the gorgeous Hummingbird Highway to the Sleeping Giant Rainforest Lodge. Named after its patron saint, who slumbers atop the Maya Mountains in the distance, the lodge truly embraces its vantage point. As I look at the snoozing giant, I marvel at our ability to imagine familiar patterns where none exist - like spotting images of faces or objects in cloud formations, or a cluster of mountains.

Known as Pareidolia, this psychological phenomenon is one we've shared with generations long gone. As we catch glimpses of it throughout our stay, I wonder how many have gazed upon this slumbering goliath with the same sense of serenity and wonder. It's like gazing at the moon...we are hypnotized by its connection to humanity.

Regardless of where your travels take you, we hope you experience this taste of magic while in Belize. Maybe you too will wonder, were we a part of the Giant's dream, or was it just one giant dream? We welcome you to our enchanted Belize!

About the cover photo: A verdant valley lays below...the rigorous hike up to the 'gazebo' at the Sleeping Giant Rainforest Lodge is well worth the workout when this view comes to life.



Important 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.

Dr. Otto Rodriguez San Pedro PolyClinic II: 226-2536

AA Meetings: Monday – Saturday, 6PM, #5 Boca Del Rio. 226-2020. Every Tuesday & Friday, 12 noon at the Catholic parish hall. Front street, 630-0752.

Al-Anon Meetings: Wednesdays, 5:30PM, SP Catholic Church Hall. 608-3924 / islabon-itaalanon@yahoo.com

Narcotics Anonymous: By request at 623-0316.

Emergency veterinarian care: 610-3647

American Crocodile Education Sanctuary/ACES – Don't take matters into your own hands. Call 623-7920 for crocodile problems.

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

SP Town Library - 206-2028.

SP Post Office - 206-2260.

National Aids Commission Island Committee (NACIC) - HIV Testing/ Treatment/Stigma and Discrimination and Pre and Post Test Counseling. 650-7021.

CRYSTAL AUTO RENTALS - 2 BZ locations: Philip S.W. Goldson International Airport and 5 Miles Northern Highway. Free shuttle service to and from our Belize City office to anywhere in Belize City. Tel: 011-501-223-1600 Fax: 011-501-223-1900 (direct dialing from U.S.A.) Toll Free in Belize: 0-800-777-7777 Email: reservations@crystal-belize.com or visit our website at <http://crystal-belize.com>

COASTAL XPRESS WATER TAXI – Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3007.

GET TRANSFERS - Executive transfer and tour services anywhere in Belize: Chetumal, Cancun, Quintana Roo & even Merida and Guatemala. Phone: 422-2485 (Fx: 422-3511) or email: info@gettransfers.com.

RAINBOW TAXI – Caye Caulker golf cart; guided island tours; reliable service. 226-0123. Minerva: 661-6254 or Champ 602-8136.

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For advertising and story opportunities, email us at :

hello@mybeautifulbelize.com

Be sure to visit our website for detailed stories and many more beautiful photos: www.mybeautifulbelize.com

Published by *The San Pedro Sun LTD.*



Here's what's happening in April!

May 6th – CARICOM Art Competition at Battlefield Park, Belize City starting at 10AM

May 11th – Detoxifying Yoga Retreat at Maya garden resort, Orange Walk District starting at 5PM

May 12th – Lionfish Tournament and Ceviche Competition at Estel's Dine by the Sea, San Pedro Town starting at 8AM

May 13th – Fashion Fusion Show at The Ramada Princess Resort, Belize City starting at 6PM

– Mahogany Bay Market Day at Mahogany Bay Village, San Pedro Town from 11AM to 2PM

– Road Warriors MC 3rd Annual Bike Show at Sir George Brown Field, Belmopan City from 10AM

– Kayak Race around San Pedro Town starting at Wayo's Beach Bar at 8AM

May 19th to 21st – Chocolate Festival of Belize at Punta Gorda Town (more info at <https://mybeautifulbelize.com/chocolate-festival-belize-sweet-celebration>)

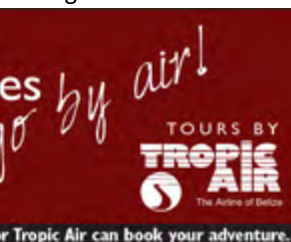
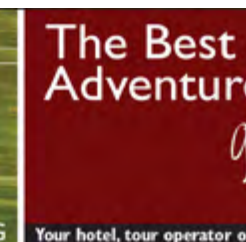
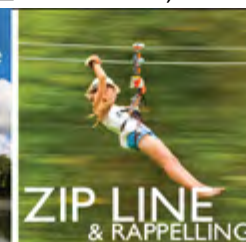
May 20th to 21st – Toyota Chiquibul Expedition starting in Belize City at 6AM (more info at

expedition@belizediesel.com)

May 27th to 28th – International Tattoo Expo of Belize at the Angel Nunez Auditorium, San Pedro Town from 8AM to midnight



ATM cave



Awaken The Sleeping Giant

By Tamara Sniffin

Resting on the ridges of the Maya Mountains in the Cayo District sleeps a giant. His facial profile and barrel chest are a portrait of his slumber, as he reigns over the vibrant green valleys below. As if cast under the spell of snoozing servitude, his domain and minions personify the tranquility of a dream, living in concert with the magical terrain. Within this Camelot rests the Sleeping Giant Rainforest Lodge. Nestled in an expanse of lush rainforest, the lodge

appeals to travelers who want to be immersed in jungle surroundings while still enjoying the comforts of home. After hearing so much about this exceptional destination, we couldn't wait to experience this dreamy resort for ourselves.

Located 30 minutes from Belmopan off the picturesque Hummingbird Highway, the drive is a slideshow of verdant mountains, quaint villages, pastures dotted with white Brahman cattle and countless orange groves. As if on

cue, the moment we arrive at our weekend escape, we are greeted by the unmistakable growl of Howler monkeys from treetops high above. It's the quintessential soundtrack for a wild adventure, and you wonder what other exciting sounds (and creatures) from the jungle await us!

The lovely Amalia welcomes us to the open-air reception lounge, and after formalities, she leads us to their treetop restaurant where we are offered our choice of refreshing lemongrass iced

tea or a cold Belikin beer. After working up a mighty thirst from a few hours behind the wheel, that beer tasted mighty fine I must say! The stunning views from the restaurant are complete with our giant in repose and vast jungle landscapes. With a glimpse of the shimmering swimming pool below, and the mountain top gazebo that is pointed out to us from behind, we determine that both are high on our must-do list.

Continued on Page 4



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Belize

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INTERNATIONAL REALTY



Awaken The Sleeping Giant

Continued from Page 3

HOW DO
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BELIZEAN SHORES RESORT

Sleeping Giant Rainforest Lodge has a variety of accommodations to choose from. Designed to meet your individual needs, their Garden Rooms and Spanish Casitas have outdoor living spaces and amazing bathrooms with outdoor tubs. The Mountain View Suites have private plunge pools and/or outdoor jacuzzi, and the River House is perfect for families, with a kitchen, outdoor jacuzzi and large private balcony. Our Garden Rooms are warm and inviting, with mahogany furnishings, high ceilings, AC, ceiling fans, king sized bed, comfy sitting area, a huge bathroom with an outdoor tub, a mini-fridge and the oh-so-important coffee maker! Attached to our cottage is a lovely porch, complete with seating and a hammock alongside a cheerful stream. My first thought, maybe this sleeping giant is on to something? Looks like the ideal spot for a delicious nap!

Here you can disconnect from the real world as little or as much as you want. Without TV and WiFi in the rooms, your focus is on the sounds of the babbling brooks that lace the property, the orchestra of busy bird songs and the gorgeous foliage that pops with every color imaginable. If you prefer to stay connected, WiFi is available at their treetop restaurant, the reception lounge and around their gorgeous pool with hot tub.

Although Sleeping Giant Rainforest Lodge offers a variety of adventures in the vicinity, from cave tubing, ziplining, Maya archeological sites, caving and birding to name a few. This is one property you may have a hard time parting with. One can easily spend half a day just exploring the many paths that ribbon through their beautifully landscaped acreage.





Just a three-minute walk to the Sibun River, there are kayaks and paddleboards to enjoy, or bicycles are available for exploring the jungle area too. Feeling extra ambitious? How about a 20-minute hike to the mountain top gazebo for breathless views of the valley? For those whose idea of adventure is serious time by the pool, the surrounding vistas are stunning as you languish with a tasty margarita delivered to you by their super friendly wait staff, or maybe some pampering is called for with a spa treatment?

Sleeping Giant Rainforest Lodge not only welcomes guests from abroad, but invites Belizeans to enjoy their properties as well. As part of the VIVA BELIZE group, they are offering a special Be-

lizean Promo for the months of August - October at \$125US/\$250BZ based on double occupancy at any of their destinations, which include Jaguar Reef Lodge & Spa, Almond Beach Resort & Spa and Villa Margarita in the Hopkins, Stann Creek District area, and Belize Treehouses at Ian Anderson's Caves Branch in the Cayo District.

For those interested in exploring both the beaches and jungles of Belize, VIVA BELIZE offers great package deals when combining destinations. As guests, you are assured the continuity of standards this group holds high for each property. For more information about the Sleeping Giant Rainforest Lodge and VIVA BELIZE properties please visit their website at www.vivabelize.com.




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BREATH-taking views from the mountain top gazebo

By Tamara Sniffin



There's something awe-inspiring about a birds-eye view of your surroundings, especially panoramas of nature's splendor. And, how you go about getting those views can be equally inspiring...especially when climbing a mountain!

Such is the case when you accomplish the gazebo hike at the Sleeping Giant Rainforest Lodge. The top of the gazebo can be seen some 350 feet above the lodge, and doesn't look too far away, but of course looks can be deceiving! According to the lodge's information pamphlet, the hike is rated as moderate in difficulty, and should only take 20 minutes. Easy enough we think, let's go!

We were well equipped with good walking shoes, proper clothing, plenty of water, insect repellent (which we didn't even need) and cameras...heck we even had a nice bottle of Pinot Grigio to share once we get to the top! So, off we go, island girls psyched for a grand adventure in the jungle!

Hmm, so what weren't we equipped for? A level of fitness perhaps? Stifling heat and air thick with humidity? I start to ask, ARE WE THERE YET?

*We island girls found ourselves saying,
"Are we there yet?"
shortly after we began the ascent...
Once at the platform, we realized the hike
was worth the gorgeous view*

20-something Janelle scampered up the steep trail, claiming if she stopped that would be the end for her. Mary, AKA Miss CrossFit, had her share of sweating and breaks to catch her breath, but powered up the trail with sheer determination! Me? Well, I brought up the rear...perspiring and winded, the whole while thinking of my younger, better fit years when I often hiked the high elevations of the Rocky Mountains in Colorado and Wyoming, USA. Again, I asked...ARE WE THERE YET? Gasp!!!

Fortunately, the trail is well maintained, but steep, with ropes in places to use as railings. There's some tricky maneuvering in spots, and even a flight of cement stairs at one point...and, did I mention steep?

Although it felt like a life time on a Stairmaster...it took us 24 minutes to reach the top! Adding insult to injury were the three flights of stairs we had to climb to get to the top of the gazebo, but once we reached the covered platform, the view literally left us breathless!

A gorgeous expanse of green unfolds below us. Patchwork cattle pastures and orange groves cover the valley, with the Sibun River and the Hummingbird Highway snaking through the quilt of colors. The mountain vistas are equally stunning, and yes, there's our buddy across from us, the sleeping giant! Now he has the right idea!

We all agree the hike is more than worth it, and in hindsight it wasn't ALL that bad, right?! Would I do it again? You betcha, in a heartbeat (well LOTS of heartbeats) but worth every sweaty step!

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Cayo District, Belize C.A.

Tel: 501-834-4005

Email: info@gaiariverlodge.com



Thinking real estate? Belize Sotheby's International Realty can help!

For many, owning a piece of paradise begins after falling in love with a vacation destination. Over the years, Belize has become a prime real estate market, whether for a seasonal home, a new permanent residence or just an investment property.

Such is the case in Belize, where after a visit to our Caribbean home, some people love it so much, they want a piece of it to call their own! But, buying foreign land can be complicated, and that is when you need the assistance of a real estate professional. In San Pedro Town, Belize Sotheby's International Realty is here to lend expert guidance throughout your investment.

One of Sotheby's premier agents Carol McCann shared some buying tips with us.

"The first thing you need to do is prioritize; think about your budget. Why do you want a property in Belize, and what do you expect to get from that property? These are just some

"The key is to prioritize, search, discover and most importantly be sure to work with a qualified and reputable agent and firm."

- Carol McCann, Belize Sotheby's International Realty



things you need to take in consideration when taking the step to make a purchase", said Carol.

Carol had been visiting Belize since the 80's, and soon after, decided to call it home. "San Pedro has grown from a small fishing village to a welcoming and thriving destination, without losing the charm that so many have fallen in love with. The key is to prioritize, search, discover and most importantly be sure to work with a qualified and reputable

agent and firm."

Belize has many real estate options, from turnkey properties to raw land. Carol often says to her clients "Build something now, build something later; the options are endless. Land is forever and they're not making any more of it. Buying real-estate can be a challenge but it is also exhilarating and can be very profitable."

So, when it comes to owning a piece of Belize, Carol says "You won't regret it!"

Check our Belize Sotheby's International Realty at www.belizeir.com or contact Carol directly at: carol@belizesir.com

By Janelle Cowo

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EAT



PIRATE'S TREASURE - A unique dining experience with their Chef's Table. Watch as Chef Mar prepares a fresh 3-course Belizean meal over a coconut-husk fire while you enjoy refreshing cocktails and island vibes. Regular Menu always available without reservations. Noon to 11PM. 668-2156.



THE TRUCK STOP: Belize's first shipping container food park. Come try the different exciting options from our food trucks, play backyard games, or cool off with a sundae from our ice cream shop. Pig roast & cornhole tournament every Sunday!



- Belizean Comfort Foods and Gourmet Seafood. One Mile North of the Bridge, at the island's only Yoga Center. Fresh, is the order of the day! Gourmet Dishes by Master Chef JoVannie Rowland, menu changes daily. Imported Wines, Seafood and Pasta. 7 days.

EVOO: With the only hand crafted pastas, home-made mozzarella cheeses and chocolate fondue in the country, EVOO's distinct menu complements its captivating and intimate bistro decor. As the one and only Gin House in Belize, EVOO provides exclusive imported Gins & Tonics. 226-4001

AJI TAPA BAR RESTAURANT: Beachfront dining in a romantic setting. One of a kind 5-Star Tapa Bar and Restaurant situated on the enchanting island of Ambergris Caye. Have a cocktail in our bar, or bring the family to dine in our outdoor beachfront restaurant. Open Mon to Wed 5PM-10PM +501-226-4047 for reservations

O RESTAURANT - Central American cuisine with Caribbean flair, at Las Terrazas Resort. Breakfast, Lunch, & Dinner. Casual chic, or dine alfresco next to the infinity pool. 226-4249.

PIRATE'S NOT SO SECRET BEACH BAR & GRILL: The newest trending destination; adventure to SECRET BEACH! Soak up the sun or take a dip in crystal clear shallow waters accompanied with island music, refreshing cocktails, gourmet lunch menu by AWARD WINNING CHEF. Credit Cards Accepted. Open daily 10am to SUNSET!



JOHN'S ESCAPE!!! Run away and get served lunch and dinner daily. Pizzas, Nachos, Burgers, Quesadillas, Burritos, Fajitas, Ceviche, Chicken Wings (to die for!) and much more!! Happy Hour 2pm-5pm; closed on Tuesday.

MAMBO RESTAURANT - Enjoy a unique dining experience at this award-winning restaurant at Matachica Resort. Romantic atmosphere with island ambience, offering locally inspired flavors and meals that will excite even the most seasoned palate. Complimentary transportation with reservations - call 226-5010/226-5011.



PORTOFINO RESTAURANT - Enjoy our Euro-Caribbean inspired menu and spectacular Caribbean views. Also offering a full VEGETARIAN Menu. For Reservations & Free Transportation, please call 226-5096 or 678-5096.

PLAY



COCO LOCOS BEACH BAR: 1st Beach Bar North of Bridge. Swim up Bar. Monday 4PM Cribbage Tournament and BBQ. Trivia Tuesdays 7PM. Daily Happy Hour 4-6. Bocce ball, Giant Jenga. Pizza & Pulled Pork Sandwiches. Open Every day 12 noon - 10PM. Like us on facebook.com /cocolocosbz.



FELIZ BAR & GRILL: THE Sports Bar across the bridge, with four 43" flat screen TVs, delicious thin crust pizza, wings and burgers. Play corn hole, catch the game, and try our Wednesday dart challenge! 1PM-11PM, closed on Tuesdays. At the Cloisters.



THE DIVE BAR: Snorkel/dive with us at SeaStar Belize and then unwind over great drinks, great food and a great time at The Dive Bar. Enjoy beachfront views and complementary water toys, just 1/2 mile North of the bridge. 226-3365/625-3364



MARBUCKS COFFEE HOUSE - Specialty Coffee Drinks - both hot & cold; fresh fruit smoothies and baked goods. Join us for Thursday Wine Fun, 4PM-7PM and our delicious Sunday brunch (with mimosas!). Located just off the main road in Tres Cocos, before the Truck Stop. Like us on Facebook and keep up with the fun!



THE GREEN PARROT - Eats and treats. Relax on the patio, sip your favorite island drink gaze out at the azure Caribbean Sea, take a dip in the pool and enjoy our great beach bar. Friendly staff always on hand 6 miles north of town. Open daily from 9AM-9PM. For complimentary boat transportation please call 226-5096/ 678-5096.

STAY

BELIZEAN COVE ESTATES A collection of six luxurious beachfront vacation rentals located 3 miles north of San Pedro Town. Each villa is elegantly decorated with its own unique style and décor. Belizean Cove Estates is the ideal setting for an intimate honeymoon, large family, or group vacation.

COCO BEACH RESORT 4-star luxury beach resort, nestled 3.5 miles north on Ambergris Caye, offering the utmost in beachfront relaxation, romance, luxury and adventure. Featuring two impressive free form swimming pools, a swim-up pool bar, an in-pool hot tub and a water-slide.

BELIZEAN SHORES RESORT An affordable vacation resort located just 3 miles north on the island of Ambergris Caye. Offering a great beachfront vacation for those looking to escape and relax in a peaceful island oasis yet, it's only a short boat ride away from San Pedro Town.

X'TAN HA RESORT "The Waterfront" Resort is a secluded getaway 7.2 miles north of San Pedro on a stretch of pristine white sandy beach with beautiful turquoise waters. The resort sits on one of the finest white sand beaches on the entire island of Ambergris Caye.

SHOP



MATA GRANDE GROCERY The biggest little grocery store on Ambergris Caye, located 4.5 miles North of San Pedro Town, it's a must see! Open Monday-Saturday 8AM-5PM; Sunday 10AM-5PM. You can also order online at www.matagrandegrocery.com or call us at 226-4290.... we DELIVER!



EATS & TREATS



HURRICANE'S CEVICHE BAR & GRILL: The ceviche house! Fine outdoor dining and delicious tropical drinks. Full lunch and dinner menu, seafood specials and pastas. Restaurant open 10am - 9:30pm. Bar open until 10pm Monday to Saturday, closed on Sundays. We also run Tanisha Eco-Tours – and the best Lamanai

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EL FOGON: Authentic Belizean Cuisine prepared on a fire hearth. Featuring dishes that represent the diversity of our Belizean culture. Lunch menu and daily dinner specials. Open Mon. – Sat. 11AM – 9PM 206-2121/610-1277 See map for our location!



FIDO'S COURTYARD: Fun every day, starting with breakfast and a fabulous view under the island's largest palapa. Enjoy refreshing cocktails, lunches and dinners, with a side of live music. Island life doesn't get any better than this! Located in the heart of town on Barrier Reef Drive.



SANDBAR: BEST PIZZAS ON THE ISLAND! Sandbar hosts an amazing happy hour special: \$10BZD wood-fired pizzas and 2-for-1 rums on weekdays (3-6PM) and beer and wing specials on the weekend (11am-4pm). Enjoy your afternoon or evening at the bar, tables, or chaise lounges on the beach!

THE NOOK: A restaurant and cocktail BARTique, offering fun fusion cocktails and tasty nibbles and main dishes. Happy Hour and a Half from 5PM - 6:30PM at the funky and relaxed lounge on the beach, by Coastal Express.



EL PATIO GRILL: Serving Belizean and Caribbean Cuisine in a gorgeous outdoor patio setting. Home of the famous stuffed jalapeños. Open from 11AM to 10PM - Sunday's, dinner only 5PM-10PM. Closed Tuesdays. Daily lunch & dinner specials. Sunday Live Music! Phone: 226-3898/6243589. Corner Barrier Reef Drive & Black Coral Street.



BELLA ITALIA: Craving delicious pastas and Italian pizza? Well, enjoy authentic Italian cuisines right here on Ambergris Caye. Come in and grab a seat or take advantage of our free delivery (in town.) Come see what we have to offer! 637-3798.

CALIENTE: On the beach at Spindrift, Caliente Restaurant serves delicious Caribbean and Mexican cuisine. Try our Jalisco chicken, or our awesome ceviche and don't skip the fabulous margaritas (half-off on Fridays!) Indoor and outdoor dining available. Locally owned/family run. 226-2170.

PARADICE CREAM: We are an ice cream shop serving great homemade ice cream, milk shakes and malts. There are about 30 flavors to choose from - always adding new flavors. Ice cream pies available for special occasion! Located on Coconut Drive at Wings Complex. 610-9585



MESA CAFE: Relax in comfortable A/C while enjoying a full range of coffee drinks and healthy, delicious dishes. Open for breakfast and lunch, our menu includes a mix of locally sourced European, Mediterranean, and island inspired flavors. Come experience Mesa!



BOOMERS: Fabulous Cafe' Bar and Grill serving American and Belizean breakfast, lunch, dinner and daily specials. Now in a great NEW LOCATION at Carlo & Ernie's Runway Bar. Same great food and service that you have come to love! 226-2299.



MAXI'S: Like a fan said, "A little epicurean art for a fraction of the price! Everything is simply amazing; it's difficult to have a favorite." Maxi's offers tasty eats and fantastic drinks. Tuesday –

Saturday, 7AM-11AM/ 3PM-12AM. Sundays, 10AM-10PM. Breakfasts: 7AM – 11AM Tuesday-Saturday, 10AM-1PM Sundays. Barrier Reef Drive, 226-2052.



THE SAN PEDRO LIONS CLUB Join us on Fridays for fun bingo (7PM) and delicious chicken BBQ (from noon). All proceeds go back to assisting the community in times of need.

PARTY PARTY



WAHOO'S LOUNGE - We are home to the WORLD FAMOUS CHICKEN DROP! Thursday nights starting at 6PM. Drink specials, games and an amazing view of the reef. Located on the beach at the Spindrift

Hotel. 226-2002.

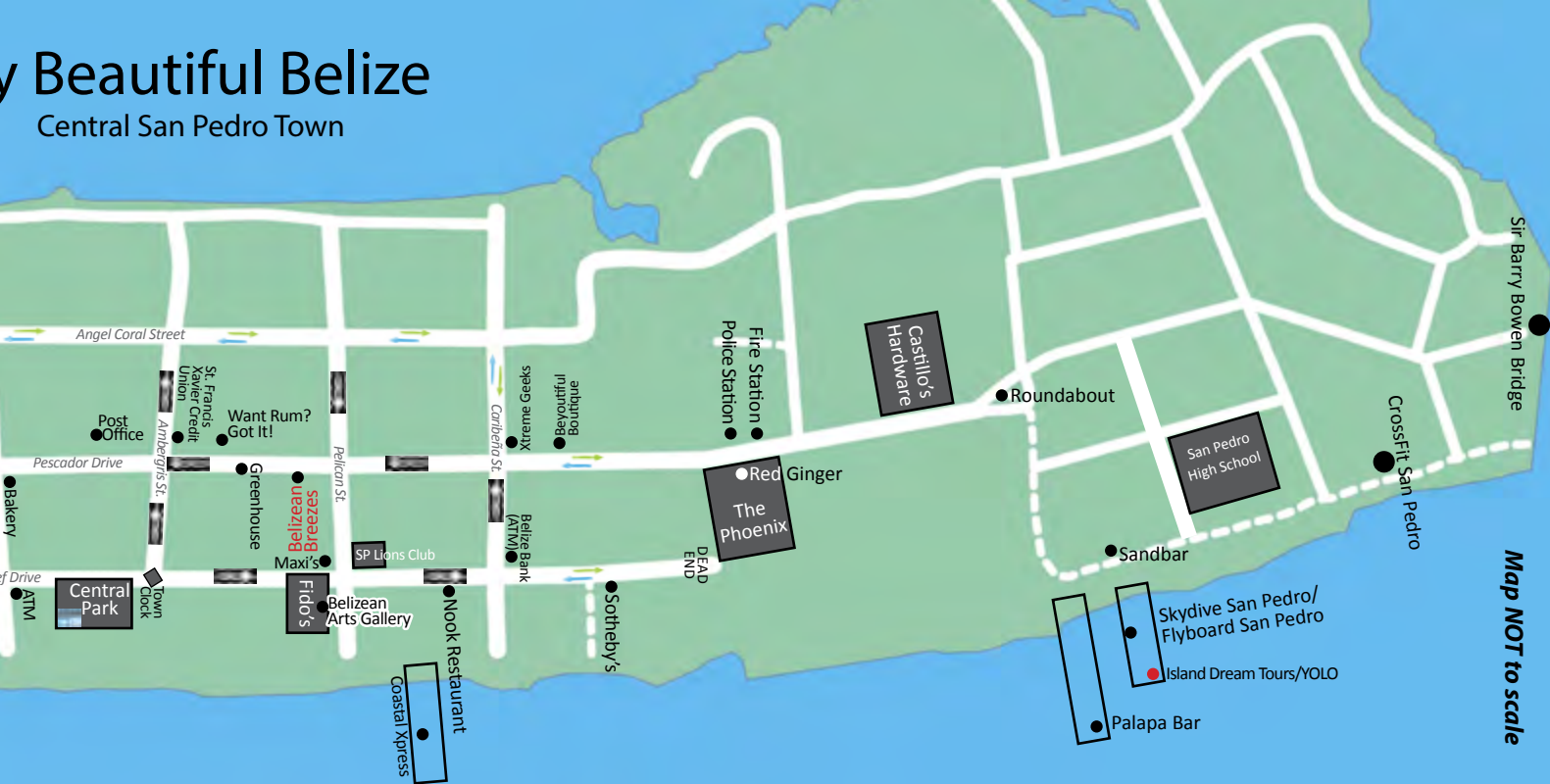


WANT RUM? GOT IT! 100% Belizean Rums. Travellers Liquors FACTORY OUTLET and showroom! Home of world class and award winning rums. Wholesale and retail. Daily complementary rum tastings of over 25 products! #15 Pescador Drive 226-4690. www.facebook.com/wantrum

PALAPA BAR AND GRILL – On the Wet Willy's Dock. Daily 11am – 11pm. Relax on the inner-tubes and have your bucket of ice cold beers lowered to you. Outdoor seating, awesome smoked food, cheeseburgers, seafood and tropical drinks and an astonishing view!

My Beautiful Belize

Central San Pedro Town



UNIQUE OFFERINGS

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BELIZE CHOCOLATE COMPANY: The first ever chocolate boutique in Belize, makes bean to bar chocolate on Ambergis Caye, together with delicious truffles, tasty hot and cold chocolate drinks and unique chocolate gifts. Located on Front Street. Call 226 3015.

GRANIEL'S DREAMLAND: Exotic Hard Woods and Mahogany Products made locally. Gift Items, indoor and outdoor furniture, carvings, and custom-made orders. Worldwide Shipping. Free Delivery to Hotel, Airport or Boat within town limits. 226- 2938, Pescador Drive. granielsdreamland2@yahoo.com, www.granielsdreamlandbelize.com Facebook: Graniels Dreamland



"12" is the only shop in Belize that features only Belizean made luxury products & gifts suitable for both locals and tourists. Featuring exclusive items from around the country from soaps & scrubs to handbags & sauces, we ship same day throughout Belize. www.12belize.com 670-5272.

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THE COCONUT CAFÉ: Life's better when it's made from scratch! The Coconut Cafe offers breakfast all day, as well as pizzas, paninis and burritos/wraps. We make all of our own breads, pies and cinnamon rolls from scratch. Open daily from 7-3, closed Wednesdays. Located just south of town, on Coconut Drive, across from Road Kill Bar. 226-4311.



CASA PICASSO RESTAURANT: Tapas dining in an artful setting. Global flavors from local ingredients...martinis, wines, cocktails. Vegetarian & gluten-free options. Open Tuesday-Saturday at 5:30pm. Last reservations 9:00pm. 226-4443 or reservations@casapicassobelize.com. Located south of town past Caribeña Gas Station & Belikin Distributor. Check out our specials & weekly "Tasting Thursday" menu at facebook.com/CasaPicassoBelize & casapicassobelize.com.



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MAHOGANY BAY VILLAGE: A fresh and energized take on the conventional resort community that pulls from the culture, values and architecture of Belize. Featuring a four-star resort, private homes, a burgeoning townlet, Bay and Beach Clubs, and a Spa, the development offers up a 360-degree travel experience unlike any other in Belize. Learn more at www.mahoganybayvillage.com

Sudoku Answers Puzzle on Page 18

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

A glorious revival for the Palapa Bar

by Mary Gonzalez

Talk about changes! If only the Palapa Bar could tell you some stories! Now located in downtown San Pedro, owners Scott and Jodie Harnish experienced much heart-break when they lost their beloved, recently transplanted bar, during the devastating Hurricane Earl of 2016. But, as her owners, and truthfully, all those who knew her would say, "She's resilient and strong". So, like a phoenix rising from the ashes (rubble), she came back and she is bigger and better than ever!

The revamped bar was rebuilt in mere months, using some of the salvaged wood and lots of sweat and even tears. Bartenders turned into construction workers for a while, alongside the Harnishes, working quickly to bring back to life everyone's beloved watering hole.

The final result; a gleaming, fantastic space with an extra-large bar that can seat tons of people. The inner tubes are still outside on the turquoise

water, and you can still get your beers dropped down for you in a bucket. The laughter is just as loud, or perhaps louder now, and the palapa casts its shade on you when the sun gets to be a bit too much.

Yes, she is back, and she is glorious! Be sure to stop by and crack a joke or two with the bartenders. Marcial will crack one right back at you...and so will Rony and Chi...it's like coming to a revamped home. The beers are still ice cold, and the Palapa punch will still knock you if you don't watch it, and those burgers are just as yummy. It feels new, but soon you'll just be one of the Palapa gang - and that is the best feeling of all!

Cheers to the Palapa - long may she live!



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Fishing in San Pedro is a must!



By Janelle Cowo

What's better than getting the 'catch of the day' at a coastal Belizean restaurant? Catching it yourself!

Fresh seafood cannot be beat, and many restaurants on the island are happy to cook up your catch of the day. Of course, this means 'WE ARE GOING FISHING'!

Fishing was a major San Pedro industry in earlier days. Islanders sustained their families and the community's economy, catching fresh fish, conch and lobster. From deep sea fishing to catch and release techniques used in fly fishing, spearfishing, and even free-diving, fresh seafood landed on our dinner plates one way or the other.

Those who call San Pedro home start fishing from their childhood days. I still remember sitting at the end of a dock or at the edge of the lagoon casting my fishing line with dough as bait, hoping to catch the "big one". Our parents encouraged us to fish, and even passed down proven techniques. It wasn't rare to be gifted fishing rods, lures, flies and other fishing equipment during birthdays and Christmas, whether you were a son or daughter.

As we grew older, the forms of fishing we practiced also evolved. The guys are always huge fans of spear-fishing; free diving along the reef, sometimes over 20 feet in depth, using nothing more than a metal spear and a sling to catch their prey. I have never actually tried spear-fishing, but I hear it's fun – how could it not be, when you're catching fish while free diving!



South San Pedro Town, Escalante Neighborhood Open Daily: 5PM - 9PM
Tel: 501-226-4111/226-4236

My favorite fishing adventure takes me to the deep. Just a group of friends or family on a boat in the Caribbean waters, away from the protection of the reef. Here is where you land the the big marine trophies: Marlins, Dorados and Wahoos!

It isn't for everyone; not only is it a waiting game but reeling in your catch is quite a challenge. However, once that big fish lands in the boat, the feeling of accomplishment – and thoughts of the dishes that await – well, it's pretty priceless!

If rolling seas aren't for you, fishing within the reef can be just as exciting! Local fishermen always seem to know the best spots for fishing, and the best time too! My dad picks his location based on the weather – and we always reel 'em in!

While on the island, try your hand at catching fresh fish for dinner. Your hotel front desk is always a good place to check for more information of fishing guides. There are several talented local guys who can show you their favorite spots, and a good time as well!



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A balancing act Aerial Yoga at Science & Soul Wellness

By Mary Gonzalez

Swathes of silky turquoise material hang from beams at the Science and Soul Wellness studio - Paulette Harwood's magnificent aerial yoga space located at Mahogany Bay Village. It's where I joined several others in my first attempt at suspended yoga.

Full disclosure: I envisioned myself gracefully, slinking into various yoga poses without much pause. I've taken yoga classes, and even watched videos showing how to effortlessly get on the fabric swings. I would be bending, squatting, flipping upside down elegantly...ahh, yes, I could do this.

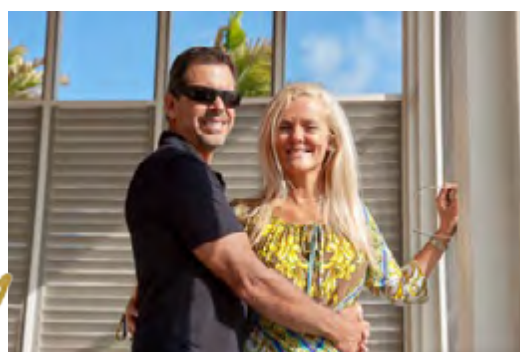
Sure. The truth was - I couldn't even lift my leg into the fabric - and that's because class hadn't started!

When instructor Lily Lynch took the lead, I managed to find a way to get comfortable, but it was hard to feel at one with the silk. Thankfully,

Paulette and Kerry Ann McCarthy walked around gently assisting us to get our moves comfortably.

Not wanting to give up, I tried my hardest until I was able to stand upright on the silk. Around me, my fellow yogis were sinking into graceful squats, turning slowly upside down, silks holding them in solidly. Eventually, I was able to let go briefly and remain upside down...success! After accepting that I was not quite ready for such advanced moves, I was finally able to get out of my head and into the session. I ended up breaking quite a sweat; my core burning and my triceps begging for mercy. What a workout!

As Paulette told me afterwards, "We never stop learning...yoga teaches us awareness that we are not our mind or thoughts...practice and non-attachment are the foundational footprints to our practice."



The fabulous 30,000 square foot space at Science and Soul Wellness has been designed as a special place for all to retreat, study, practice and thrive. With its grand opening on May 6th, Science and Soul Wellness is officially providing a high-quality experience through their Aerial, Vinyasa, Yin, Hatha, Restorative, SUP yoga, sunrise/sunset poolside yoga. Specialties include Ayurvedic healing and counseling. Spa treatments include Ashiastu massage, expert deep tissue myofascial

massage, reiki, poolside massage and healing work. From Monday to Friday, classes are held at 7am and 5:30pm at the studio, and weekend classes are at 9:30am. Science and Soul will also work with independent professionals in the areas of Chiropractic, Acupuncture, Nutritional Counseling, Ayurvedic, Macrobiotic, Healing Yoga Therapy and Reiki, as well as expert styles of Massage.

Contact them at 615-0089 or email the lovely Paulette at paulette@scienceandsoulwellness.com.

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of the yeeeeeaaaar...[in Belize]!"

Mango Season!

By Mary Gonzalez

Hello! My name is Mary, and I am addicted to mangoes...particularly sweet, ripe, juicy ones still warm from the heat of the Belizean sun. The month of May means heading pell-mell into summer, and thus, blazing heat, but for me, it's simply mango time. Keep your bananas, apples, grapes, oranges, and other fruit! During these three fleeting months or so of Belizean mango season, I will eat my fill so long as they are available.

And apparently, I'm not the only fan of this delicious fruit. One of my favorite places in Belize, Hopkins, even hosts an annual Mango Festival! Picture it: two whole days dedicated to my beloved fruit.



Hopkins is home to some of the sweetest, and the entire village is practically lined with trees brimming with delicious Black, Blue, Number Eleven, Apple, and other kinds of mangoes.

But what exactly would a festival dedicated to mangoes entail? Is it an all-you-can-eat buffet of mangoes? A mango-picking contest? Mango peeling? Tee hee...no...it is a fun festival that brings together people who enjoy the fruit in every stage of ripeness, as well as music, dancing, culture and more!

Festival organizers saw much success in 2016 when they extended the celebrations an extra day, so this year, we have two days to catch the fun: June 3rd and 4th. From noon until 3am (!), festival-goers can catch performers like the legendary Pen Cayetano, Griga Boys, DJ Riot Squad,

Tropical Vibes, C-Wills, Lloyd Augustine, Lady DJ and more. Aside from the performances, carnival games for the children will be on site, and of course, tons of fun activities will take place throughout the two days. Cooking demonstrations will highlight the various methods of mango preparations. For those eager to taste, food vendors on-site will provide tasty eats. From locals to resorts, vendors show up to the Hopkins Mango Festival with a delicious array of amazing bites, the majority of which highlight the mango.

Don't miss out on this fabulous local event! The fun takes place in Hopkins at the center of the village, on the beachside fairgrounds across the road from the town library. You can't miss it!

Follow the organizers @HopkinsMangoFest on Facebook, and keep up with their fun plans.

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Wolfe's Woofers Theory of Relativity

"Hey, Mr. Dennis."

Mario came up on the deck at the Holiday Hotel and joined me at the table where I was reading and drinking my coffee. Mario works for me when I need a yardman or handy man around the house. He doesn't do much work but he is certainly entertaining.

"Hey, Mario," I said. "How are you today?"

"Not too good," he replied. "I just went to court to see Jose. He got a big fine for fighting because he doesn't know how to lie good."

"Well, Jose is definitely not an Einstein," I said.

"Who is this Einstein? I hear people talk about him but I don't know who he is."

"Einstein is the genius who came up with the theory of relativity. He won the Nobel prize."

"Does this Nobel prize pay a lot of money?"

"I remember that in 2010 it paid about a million and a half dollars."

"Wow!" he said. "What's a theory?"

"Mario, these are difficult questions," I told him. "They are very hard to explain."

"Oh, come on, Mr. Dennis," he said. "You know I'm smart."

"Well, a theory is a way of thinking that explains an idea."



By Dennis Wolfe

"O.K." he said. "Explain relativity to me."

"Here is an example of relativity," I told him. "Having five hairs on your head is relatively few. Having five hairs in your rice and beans is relatively many."

"What?!" Mario asked, "And just for this he wins a million and a half dollars?"

SuDoku Time!

Answers on Page 12

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



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Located in south Ambergris Caye, Mahogany Bay Village is set within 60 acres of sea canals with marina, on a property that boasts a grand event space, private white sand beach, and stunning sunset views. Our village downtown is brimming with boutique shops, artisanal goods and restaurants, and the best of the island's activities for a full and enriching stay. Open daily to the public, only a mile south of the airstrip.



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