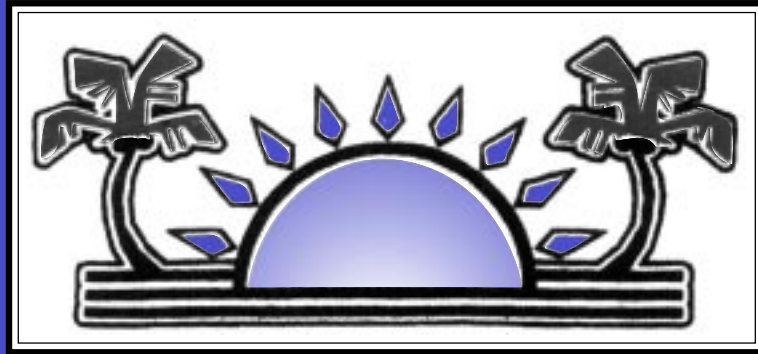


THE SAN PEDRO SUN VISITOR GUIDE

The Island Newspaper
Ambergris Caye, Belize
Central America

July 7, 2005

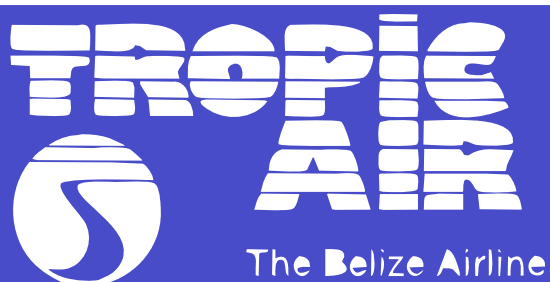


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The San Pedro Sun is mailed everywhere.

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

More foreign subscribers than any newspaper in Belize!

Summer fun in Belize

Although you may think that the only time to escape to the tropics is during the winter months when snow and frigid cold is biting at your heels, you may be surprised to learn that traveling to Belize during the summer, or so called "off season" has many benefits.

Clearly, for those traveling with children, the advantage of summer vacation allows for more extended travel time. Conversely, vacationers with more time to stay and play will also be happy to learn that many hotels in the country offer discounted rates and package deals during the "slow season" and that airfare can be less expensive as well. The weather in Belize is subtropical, with a mean annual temperature of 80° F. It is not unusual to have temperatures in the mid-90's on the mainland in the hottest part of summer, generally from mid-August through mid-September. During most of the year, trade winds blow along the coast and on the cayes, keeping temperatures pleasant. Although the rainy season is typically June to November, it is common to have several days at a time without rain. Water temperature averages between 79° and 83° F.

June, July and August are especially pleasant months to visit, with country wide special events and festivals taking place each month. For travelers who seek diversity and enjoy immersing themselves in local culture, these events are wonderful experiences for the entire family. Beginning with the opening of the annual lobster season, typically on June 15th, the country prepares to celebrate the harvest of Caribbean crustacean bounty. The community of Placencia,

Continued on Page 3



Greetings to my visiting friends

On behalf of the people of San Pedro Town, I extend a warm welcome to all visitors arriving to our shores. I assure you that your trip to "La Isla Bonita" will be no ordinary vacation. Our island is famous for its rich cultural diversity, where Mestizos, Creole and Garinagu blend to form a unique encounter. While here, I encourage you to explore the Caribbean Sea and find Belize's abundant treasures. Hol Chan Marine Reserve and Shark-Ray Alley are just two of the many spots where you can enjoy our coral reef formation and abundant and breathtaking sea life. San Pedro is also home to world-class fishing and scuba diving.

For the more adventurous, "La Isla Bonita" offers a wide array of water sports and for those looking to get a glimpse of the mystical world of the Maya, these historical ruins are just a short expedition away. You will also be able to discover Belize's vast cave systems and many natural sanctuar-



ies that are home to our country's unique flora and fauna.

Whether you are spending your honeymoon at an exclusive resort or looking for an adventurous, yet romantic escape, San Pedro is surely the place to be. I invite you to explore our home and see the many wonders it has to offer.

We welcome you with open arms. Bienvenidos a San Pedro!

*Elsa Paz, Mayor,
San Pedro Town*

Belize fun

Continued from Page 2

located in southern Belize, kicks off the festivities with a Lobster Festival usually held the second-to-last weekend of June.

The end of June and first week of July offer a variety of events to attend. Caye Caulker Village usually celebrates their annual Lobster Festival the first weekend in July. This year, their Eleventh Annual Lobster Fest began on Friday evening, July 1st, with the Miss Lobster Fest pageant. Over the course of the weekend visitors enjoyed fresh lobster prepared over open grills in a beach-side party atmosphere that compares to nothing you will ever see elsewhere. Lobster, served grilled, garlicked, shish kabobbed, on pizza, in salads and on pita breads, along with grilled corn on the cob and tasty rice and beans are just a few of the delicious meals you can sample. Two lobster meals can usually be purchased for \$20 US, and the fresh flavor is unparalleled. Along with the incredible food there is live music, entertainment for the kids, dancing and general island merry making. Other events over the weekend included a kayak race and an outdoor boxing match. Many visitors opt to stay the weekend on Caye Caulker, but can also travel by boat from Belize City or neighboring Ambergris Caye just for the day.

During the first week of July, on Ambergris Caye, the annual Día de San



Grills filled with fresh lobster line the streets of Caye Caulker during the annual Lobster Festival.

Pedro (San Pedro Day) festivities are usually held to celebrate the island's Patron Saint Peter. The festivities are officially kicked off with a Fisherman's Mass where all men and their male children are invited to take part in the traditional religious aspect of the celebrations. After the mass and break-

fast, a boat procession is held.

Through the course of the week, the Old Football Field is jam packed with people enjoying the events planned in their honor by the San Pedro Town Council. Mechanical rides line the field, as do games and food booths.

Barbara's Dance Group, as well as

the San Pedro Dance Company entertain the crowd with their talented moves.

This year, as part of the festivities, the San Pedro Town Council hosted the first annual Día de San Pedro Fishing Tournament. On Saturday and Sunday,

Continued on Page 5

ROJO

LOUNGE

Tropical Lounge Cuisine served in one of the most BEAUTIFUL settings on Ambergris!

Try our famous frozen Mojitos and signature drinks and enjoy the best stocked bar on the island!!!

Sample such dishes as:

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And don't forget to save room for dessert!!! We make the best ice cream on the Caye right on the premises here at Rojo Lounge

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Belizean Proverbs



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English: Tiger must be biting.
Meaning: Someone has a wedgie.

*Grama use fu seh...
 Grandmother used to say...*



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Donate to these worthy San Pedro organizations!

San Pedro Roman Catholic School – Brightening the minds of San Pedro's youth. Contact Principal Roxanni Kay – 226-2550, roxanicruz@yahoo.com

Green Reef – A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. Contact greenreef@btl.net

Lions Club of San Pedro – Relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause. Contact President Nita Marin – 226-2064.

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

Alcanzando a los inalcanzables – Helping the youth of San Pedro against the battle with drug addiction. Contact Virginia Wallace at 226-3018.

San Pedro High School – Helping students "Anchor in Success." Contact Principal Angel Nuñez or Chairperson Mrs. Martha Guerrero at 226-2045/2010/2043.

SPAIDS Commission - A non-profit organization that helps educate and inform the society in ways to help AIDS victims and their families.

San Pedro Public Library - A public service that helps promote the importance of literacy and education for the betterment of lives and the community. 226-3564.

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Summer is fun in Belize

Continued from Page 3

boats lined up on the Ambergris Divers dock bringing their fresh catch to be weighed and counted. Groups of people "oohed" and "aahed" as the fish were unloaded. Marlins (Blue and White), Wahoo, Sailfish, Tuna, Dorado, and King fish, were among the many prize-winning catch brought in.

Also held at this year's festivities was a bicycle race which is hoped will turn into an annual event. Racers lined up from Centrl Park prepared to race down to the south end of the island and back, twice, to win the grand prize.

This time of year the annual Taste of Belize is held in Belize City. This event allows top notch chefs from all over the country to compete for bragging rights in the culinary arts. Taste of Belize is a "signature competition" where contestants must create a unique dish using his or her choice of ingredients. At the end of the day, the best chef is selected after a long day of competition. Cash prizes and other surprises are rewarded to the winners. This is an event that should not be missed. The public may purchase tickets to the event and have the opportunity to taste some of Belize's finest foods.

If you would like to travel over the July 4th holiday, but do not want to miss the classic Independence Day celebrations from home you can even attend the annual American Chamber of Commerce (AMCHAM) 4th of July bash to celebrate the United States Independence Day. *(Please read separate story in this issue.)*

So mark your calendars and start making your plans now to visit Belize next summer, it is a great time to get away and enjoy the unique events that the county has to offer.



Crowds gather to watch in awe of the large fish caught for the Fishing Tournament.



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Casa De David Condominiums - \$76,000/\$86,000 US - 1/1 layout condos located on Sea Grape St. Great rental income potential! One 2/2 unit available for \$150,000.00 US.

Kitty's Beach House - \$1,250,000 US - Located in the Santa Fe area of Ambergris Caye 6 miles north of San Pedro Town. Property is 238'x229' in size and has plenty of room for development of a beachfront resort.

Two Canal Homes -- \$99,500 US / each- These 3/1 homes are both located south of San Pedro Town. Each have canal access and have very nice upgrades. Fenced yard and come furnished and ready occupy!

Casa Cayo Estates - \$240,000 US - 60 acres in Cayo District, water & electricity available. Buy all or a portion.

Canal Front Condominiums - \$119,000/each - Brand new complex on the Western side of San Pedro. 2/2 layouts with great views! Pre-construction pricing will end soon so act fast!!

Pelican Reef Villas - \$310,000 - \$429,000 US - These extra large beachfront condos are located South of San Pedro and offer tremendous pre-construction pricing. A magnificent pier, beautiful pool, bar and restaurant will compliment your purchase!

Isla Bonita Design - \$125,000
 An exceptional opportunity to acquire a unique and profitable business with a proven track record. The business is located in a newly completed shopping center with a five year lease and additional five year option.

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\$150,000.00 - \$389,000.00 US

We currently have four separate one bedroom / one bathroom units available for sale at this prestigious resort. Each unit is 740 square feet in size and has wonderful income potential! Terms available on 1/1 units. One 3/2 unit is now also available!




RECENTLY REDUCED PRICING ON THESE GREAT HOME SITES !!!

Tres Cocos Home Sites - \$250,000 US Each - These beachfront home sites are located immediately north of San Pedro Town. Some of the very best estate sites on the island. Four sites available totaling 200' of beachfront.

Coconut Beach - \$120,000 US- Home sites available north on Ambergris Caye. These 100'x200' sites are on some of the prettiest beach on the island. Sites available are 2A, 3A, and 8A. Call or stop by for a map. Price is per site.

Club Caribbean Home Sites - \$14,950/\$85,000 US- Beachfront and interior home sites located south of San Pedro on Ambergris Caye. These sites are some of the most affordable on the island of Ambergris Caye! *NEW*-Backfilled sites with seawall coming soon \$130,000 US each. Reserve Yours Today! Selling fast!

Santa Matilda Subdivision Home Sites - \$35,000/\$65,000 US - Affordable interior home sites available North on Ambergris Caye.

Punta Azul Home Sites - \$7950/\$15,900 US - 75' x 115' interior home sites with ocean views located North on Ambergris Caye.

Island Park Estates Home Sites - \$115,000/\$285,000 US - 80' beachfront home sites with bulkhead, native vegetation, high ground. Interior sites also available.



Summer time is the grilling time in San Pedro. During the many summer events the aroma from grilled chicken and fish fill the air throughout San Pedro.

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We at **Southwind Properties** specialize in the listing & sale of fine island properties - Homes, Condos, Hotels, Commercial, Income-Producing Properties & Land for homes or large parcels for development. Be sure to meet with Marianne, Lori or Claudio to discuss your particular needs. **Southwind Properties** prides itself in being there full-time for full service and full disclosure for all your real estate needs. Call 226-2005/2060 or E-mail southwind@btl.net for more information.

New Listings

- Caribe Island Resort (M55) Mini-Suite – studio condo, ocean front, second level. Great investment at only \$85,000.00 US.
- Caribe Island Resort (M56) Junior Suite – one bed/one bath, ocean front, second level. Private veranda with a grand view of the Caribbean. Excellent price at \$185,000.00 US.
- Caribbean Beach Front Property (S52) Located in the exclusive Mata Grande area with beautiful beach, high landscaped grounds and own pier, this property offers the perfect get-away.
- Exclusive opportunity! (M47) Beachfront property at Palm Bay Club consists of a 16'x 20' wooden house which offers all the amenities for a comfortable, yet rustic life in a unique setting among a tropical jungle and blue Caribbean waters. \$125,000.00 US.
- Mata Grande Residential (S51) Private two level concrete home on large second row property available at Mata Grande. Upstairs owners quarters with 2 bedrooms /2 bath, wraparound porch, caretaker apartment, workshop and laundry room. Very good price at \$250,000.00 US

Raw Land

- Ambergris Bay (G26) 60' of beach front and 80' of lagoon front on the west coast of Ambergris Caye. Price \$60,000.00 US
- Santa Fe – 5.5 miles north – second row lot accessible by boat and golf cart and within electricity. Lot is approximately 70' x 180'. \$55,000.00 US.
- Palm Bay Club (C41) Lot # 111 – 4th row lot, 100' x 100'. Only \$18,000.00 US
- Corozal Town Center (R31) 7 ½ Acres of prime real-estate, road accessible on 3 sides, beautiful mature trees, cleared & ready to develop all amenities available. \$100,000.00 US
- San Marcos (R29) 50 X 90 – Price is Right at \$38,000.00 US
- Eden Isle (R27) Caye Caulker Lot #407 - 75' x 90' – 4th row lot, but only 285' off
- Boca Del Rio (P42) 3 connecting lots located on the waterway just before you cross the river cut. \$210,000.00 US.
- Robles (D17) Lot 31A measuring 75' of beach front x 300' & 31B measuring 150' x 300'. Terms available. Asking price for both lots only \$149,000.00 US.

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AMCHAM held 4th of July party!

On Sunday, July 3rd, the American Chamber of Commerce (AMCHAM) held their annual 4th of July bash to celebrate the Independence Day of the United States. Everyone was invited to commemorate this glorious occasion. Hundreds of people gathered at the Old Belize on the Western Highway to enjoy and partake in the planned festivities of the day. Although a small fee was charged at the door, it did not stop them from coming in. Every year the AMCHAM celebrates the USA Independence Day and it has become their main fundraiser. In this effort, the funds will help aid and meet their social obligation to contribute annually to the Scouting Association of Belize and the elderly association, Helpage.

The AMCHAM was founded over 11 years ago by the American Companies with American representations. It is a voluntary organization and its objectives are to work with American businesses, American investors, Belizean businesses, which represent American Companies, products and services, to promote and protect business investments; which in turn will enhance the growth and development of Belize and Belizeans.

Party vibes flowed throughout the entire place; the main spot for the event was held at the Sibunbite Bar and Grill where they had a variety to eat and drink. During the day, the Cucumber Beach and Marina held their 'Get down' party where they hosted volleyball games and opened the river for people to have a chance to



People attending the AMCHAM 4th of July bash enjoyed ice cold beers and live music at Old Belize.

take a dip in the calm Sibun River. The Caesar's Mango Jam Band kept the party alive with their own renditions of live music. As the day progressed, more and more people came to see what the buzz was on the party; they had a chance to wine, dine, take a visit to the museum and basically have good family fun. By late

evening the AMCHAM blew away the crowd with a dynamic display of fireworks. The scene was spectacular as the fireworks glowed and glistened over the Sibun river. After that event, the crowd went back to close out the night with cold beers, cocktails, and food. In the end,

Continued on page 12

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LUNA

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LUNA boasts an atmosphere of relaxed elegance and style, with inventive cuisine in an enchanting setting.

Serving breakfast, lunch and dinner...

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THE SAN PEDRO SUN VISITOR'S GUIDE

Tourist Information

Belize Tourism Board - 223-1910.

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

San Pedro Tourist Guide Association 226-2391.

Church Services

San Pedro Roman Catholic Church Sun. Mass: 9 a.m. English; 11 a.m. Children's; 7:30 p.m. Spanish; Sat.: Confessions 5-7 p.m.; Mass or Communion Service every night at 7:30 p.m.

Living Word Church Service Sun. 10:45 a.m. Bible study Mon. 7:30 p.m. We do Christian charity work. 226-2950.

Assembly of God Church on Angel Coral St. T-W-Sat.-Sun. at 7:30 p.m. Christian Radio FM 101.3.

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.

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.

US Embassy - 227-7161

Canadian Consulate - 223-1060

Mexican Embassy - 223-0193

Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

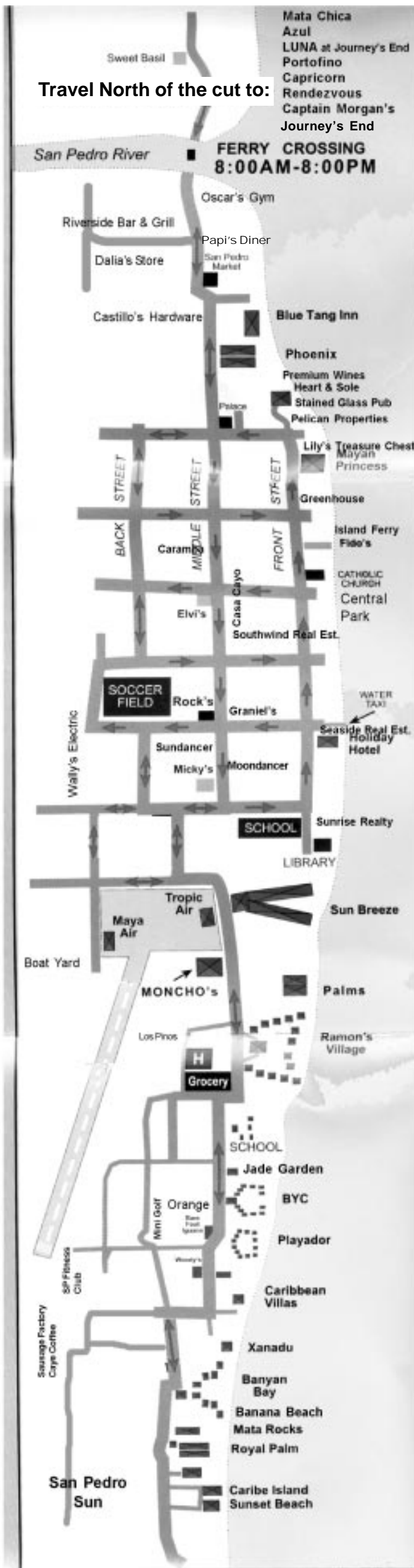
Miscellaneous

The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause - have dinner with us!

Green Reef A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net

San Pedro AA - 226-4464, 2660

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



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Water, Sports & Tours

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Realtors...

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

CASA CAYO REAL ESTATE - Serving Belize from the mountains to the reef. Phone 226-2791. www.casacayo.com

SOUTHWIND PROPERTIES - For all your Real Estate needs. Call 226-2005 or 226-2060 for information or E-mail: southwind@btl.net for current listings.

PELICAN PROPERTIES LTD. - Fine properties on Ambergris Caye. E-mail: info@pelicanbelize.com or phone 226-3234.

Transportation...

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VARELA CONSTRUCTION SUPPLIES & MATERIALS - Quality construction materials and supplies. We stock what we sell! 226-2215 or 226-2808.

THE SAN PEDRO SUN & VISITOR GUIDE - Specializing in marketing and promotion of San Pedro and Belize businesses. The island's oldest and largest newspaper with the largest circulation. Ambergris Caye's number one newspaper. 226-2070, spsun@sanpedrosun.net.

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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.

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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 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.

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. Located in the heart of San Pedro Town on Pescador Drive. Daily Lunch and Dinner Specials. Terrific Key Lime Pie. Caribbean Night on Thursday with Wil & Dale. Mayan Fiesta every Friday-come try our Maya Buffet while listening to Mayan music. Open Monday - Saturday. Lunch: 11:00 a.m. - 2:00 p.m. Dinner: 5:30 p.m. - 10:00 p.m. Call us for group reservations. Ph 226-2404/2176 "Where something good is always cooking!"

CELI'S RESTAURANT ON THE BEACH at the San Pedro Holiday Hotel, serves Great Fajitas, salads and local dishes for LUNCH. **DELECTABLE SEAFOOD SPECIALTIES** for dinner.

OUTDOOR & INDOOR DINING

11:00 a.m.-2:00 p.m. 5:30 p.m. - 9:00 p.m. Beach barbeque every Wednesday night with live music.

LILY'S TREASURE CHEST RESTAURANT - On the beach behind Lily's Hotel. Join us for a cool breeze and the best seafood or USDA beef on our veranda by the sea. 226-2650.

JADE GARDEN RESTAURANT - Delicious Cantonese cuisine, steaks, seafood and vegetarian dishes. 226-2506. Coconut Drive. Takeout available. Closed Tuesday.

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.

PORTOFINO'S own "LE BISTRO" - One of the newest & most talked about restaurants on the island. Meet our boat at 6:30 p.m. at Fido's Dock for a complimentary ride to one of the best culinary experiences you will have while in paradise. For reservations, call 220-5096.

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 11.30a.m to 4p.m fermented, blended and bottled here on the property. Open for lunch and dinner. Call 226 3426 for reservations and transport options.

CAPTAIN MORGAN'S RETREAT - Savor a taste of *Temptation Island*. Underneath a starry night enjoy the exquisite meals prepared by our expert chefs. A small boat ride takes you to one of San Pedro's guilty pleasures.

PAULY'S PIZZA - The best pizzas in town. Also great subs, calzones, chicken wings, cinnamon and garlic sticks. Seven days a week. 226-2651.

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

RIVERSIDE - Full service restaurant serving spicy chicken wings, grilled burgers and more. Daily drink specials, Sunset Happy Hour everyday 4:30-6:30 pm, Power Hour everyday 8:00-9:00 pm. Telephone 226-2271.

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

Unique Offerings...

ISLAND MINI GOLF & ICE CREAM - Sea Grape Drive (1 block W of Barefoot Iguana). Open Mon.-Thurs. 12 - 9 p.m.; Fri. - Sun. 12 - 10 p.m.

SAN PEDRO FAMILY FITNESS CLUB - Offering air conditioned gym, tennis courts, lap and family pool, aqua, toning and pilates classes. Open daily 6:00 am - 8:00 pm. Daily and contract rates. 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.

WINE de VINE - Fine imported wines and cheeses. Olive oils, vinegars and specialty items. Located in the Vilma Linda Plaza on Tarpon St. Phone 226-3430.

HEART & SOLE - next to Aqua Marina Suites & Island Ice Cream, Too! Unique tops & bottoms, all sizes. Seaglass Jewelry. Open everyday 9-6pm. 226-3380

TIE-IT-ON ISLAND CLOTHING is made on the premises in 24 hours or less. Choose fabrics of silk, rayon or blends. ISLA BONITA DESIGNS, N. Barrier Reef Dr., at Aqua Marina Shoppes. 9-6, M-Fri. 226-4258

OSCAR'S GYM - Free-weights, Pilates, basic Yoga, Balance Ball, Tae Bo and more. Affordable daily, weekly and monthly fees. Located in Boca del Rio 6 a.m. to 8 p.m. daily 226-2239.

BIG TREE PRODUCE - Fresh Local & Imported Fruits & Vegetables. Seafood, meats, juices & milk

shakes. Pescador Dr. 226-2322.

JUBILAND GIFTS & PARTY SHOP - Party Favors, Invitations, Piñatas, Holiday Decorations & More! Barrier Reef Drive - Phone 226-3400.

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.

ISLAND INTERNET CAFE - Write home, browse the web, or simply call your friends and relatives. Visit us. 226-3777.

TROPICAL TOUCH DAY MASSAGE - Relax and let the vacation begin. For appointments call us at 226-4666.

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.



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
(501) 226-2070
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The Manatee

The manatee, sometimes called sea cow, is any of three large water mammals. Manatees belong to the same group of mammals—the order Sirenia—as the dugong. The Amazonian manatee is only found in fresh water. It dwells in the Amazon and Orinoco river systems of South America. The West African manatee lives in the rivers and coastal waters of western Africa. Based on morphological and genetic studies, scientists have categorized West Indian manatees into two sub-species: Florida manatees and Antillean manatees (also known as Caribbean manatees.) Belize has been described as the “last stronghold” for Antillean manatees in the Caribbean, making protection of manatees in Belize important for conservation of the entire subspecies.

The West Indian manatee lives along coasts and in river systems from the southeastern United States to northeastern Brazil. It also occurs on a number of islands in the Caribbean Sea. All three species have become endangered or threatened, largely due to over hunting and habitat destruction. The habitats of West Indian manatees are fragmented and relatively little is known about this sub-species when compared with the Florida sub-species. Florida and West Indian manatees are sighted in salt, fresh, and brackish waters where they feed on marine, estuarine, and fresh water vegetation.

West Indian manatees are large, gray-brown aquatic mammals with bodies that taper to a flat, paddle-shaped tail. They have two flippers with three to four nails on each, and their head and face are wrinkled with whiskers on the snout. The manatee’s closest relative is the elephant and hyrax (a small furry animal that resembles a rodent). Manatees are believed to have evolved from a wading, plant-eating animal. The average adult manatee is about 10 feet long and weighs about 1,000 pounds.

Manatees can be found in shallow, slow-moving rivers, estuaries, saltwater bays, canals and coastal areas. Manatees are gentle and slow-moving. Most of their time is spent eating, resting, and in travel. Manatees are completely herbivorous. They eat aquatic plants and can consume 10-15% of their body weight daily in vegetation. They graze for food along water bottoms and on the surface. They may rest submerged at the bottom or just below the surface, coming up to breathe on the average of every three to five minutes. When manatees are using

Continued on Page 13



Tiny on the move again

Press Release – June 27th, 2005 – Tiny, the orphaned female calf manatee formerly under rehabilitative care by the Belize Marine Mammal Stranding Network (BMMSN) is now safe in Southern Lagoon.

On the morning of Tuesday, June 17th a worker at Old Belize Museum filed a report to the Coastal Zone Management Authority and Institute (CZMAI) that a manatee was wandering in the Cucumber Beach area in front of the Old Belize Museum. The area where the mammal was found was west of the English Channel where large boats often travel.

On the morning of Tuesday June 17th she was closely monitored by Angeline Valentine and Stacey Tewes of Belize Marine Mammal Stranding Network. As the manatee had a yellow and green tag, it was identified as Tiny the orphaned manatee rescued in late 2003. The following day, veterinarian Dr. Miguel Figueroa along with Endhir Sosa from Belize Agricultural Health Authority (BAHA) confirmed that the manatee was in good condition. Due to the high boat traffic around Cucumber Beach and the Belize City area, the BMMSN decided it was critical to capture and return her to the less disturbed waters of the Southern Lagoon Wildlife Sanctuary (near Gales Point Manatee). Tiny was released in good condition at Southern Lagoon at 6:45 P.M. on Wednesday evening.

Tiny was originally discovered severely emaciated under the Radisson pier on September 6th, 2003 and rescued by a team of BMMSN members and local volunteers. This past April she was transferred to Southern Lagoon where Wildlife Trust’s team attached a VHF tag to the base of her tail and released her; they continue daily monitoring of her movement and behavior. To help in this effort, please report any sightings of manatees with tags to Wildlife Trust or CZMAI (note the tag color).

Sadly, a report of a dead manatee was also made around the same time of Tiny’s most recent sighting. Caryn Self Sullivan also from the BMMSN said “If indeed only a fraction of the dead animals observed are reported to Coastal Zone, and then we don’t really have the data we need to make good decisions. Reports of dead manatees are necessary for researchers to work effectively with manatees.” Therefore, any sightings of injured or dead manatees should be made immediately to the Coastal Zone Management Authority and Institute at 223-5739 or to the Fisheries Department at 224-4552.

Special thanks go out to the members of the Belize Marine Mammal Stranding Network, Hugh Parkey’s Dive Connection, the staff of Cucumber Beach, and individual volunteers for their time and efforts.

Caliente

Mexican/Caribbean Cuisine

Lunch Menu Includes

Enchiladas • Sopa de Lima • Nachos • Quesadillas • Ceviche • Fajitas

Dinner Menu Includes

Whole Fish • Conch Fritters • Seafood Platter • Coconut Chicken • Ginger Rum Shrimp • Coconut Curry Shrimp

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Costa Maya Kayak Race is Coming!

Get your kayak ready because another Ambergris Caye Lagoon-Reef Eco-Challenge is coming your way! The Eco-Challenge committee is planning another exciting event – this time around the southern part of the caye. Sunday, August 9th at 1:00 p.m. kayakers will leave from the Costa



Reef Brief

by Green Reef Peace Corp
Volunteer, Kristen Stelljes



Maya grounds at the Old Football Field and the race will head south around Boca Chica and will be 13.5 miles.

Participants must secure their own kayaks and the kayaks must be a Malibu II sit-on-top kayak. There will be 1 and 2 person kayak categories. There will be station prizes and cash prizes for the grand prize winners. The registration fee is \$25 per team and participants can register starting Monday, July 11th and can get registration forms from Reef Radio, Green Reef, or any Eco-Challenge committee member.

Lagoons, with their vital mangrove borders, and reefs with their abundance of fish and corals provide the beautiful ecosystems that make San Pedro a popular tourist destination. Throughout the race, participants will be able to enjoy these amazing ecosystems. Without these habitats, we will lose what provides us with abundant fishing grounds and awe-inspiring snorkeling and diving sites. To further encourage conservation, a portion of the funds remaining at the end of the event will be used to support enforcement within the Bacalar Chico National Park & Marine Reserve through the support of El Pescador, the Fisheries Department, and Green Reef.

The Eco-Challenge Committee is currently looking for sponsors to fund prizes and support for the participating teams. If you would like to become a sponsor, please call Heider Perez, committee treasurer, at 600-7118. We would like to thank Hol Chan Marine Reserve for being our first sponsor and becoming a Platinum Sponsor. If you have any questions about the race, call Green Reef at 226-2833 or e-mail them at ac_ecochallenge@yahoo.com

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Tuesday Nights...

- ☐ Beach Bar-B-Que From 6:00 pm to 10:00 pm
- ☐ Pool-Side Dining with Chicken, Pork-Chops, lobsters and fish
- ☐ Music by Wil and Dale

Friday Nights...

- ☐ Ramon's Caribbean Fiesta From 6:00 pm to 10:00 pm
- ☐ Seafood Kabob
- ☐ Live Music

Sunday Mornings...

- ☐ Breakfast Buffet on The Veranda From 7:00 am to 11:00 am
- ☐ Music by Barbara Alfonso Brown
- ☐ Incredible View of The Beach From Your Table

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FANTASTIC CARIBBEAN FOLKLORE

Lizard Tales

El Sisimito

El Sisimito was characterized as a very short but very strong man that was hairy and looked like a gorilla. El Sisimito was said to have his feet backwards. In other words, his heels were at the front and the toes at the back. Therefore whenever you saw his footprints, if it looked like they were going north or away from you, indeed he was heading south and towards you. His feet were quite large for his size and his toes were spread out. Neither did he have a knee, so his movements were quite awkward.

The Sisimito ate fruits and leaves, but his preference was meat. When he feasted on human beings, he tore the body

into several small pieces and devoured it hungrily. The Sisimito was not at all friendly with humans so humans were very much afraid of him. There were only two things the Sisimito was afraid of- water and dogs. And there was the trick. Whenever in the bush, 25 years

ago, people made sure they were close enough to the river so that if the Sisimito surprised them, they would quickly jump into the water and the Sisimito would not dare get in to catch them. Others made sure they always carried a dog with them into the bush and the dog's barking would scare the Sisimito.

It was said that if a man looked straight into the Sisimito's eyes, he usually died within a month. However, if a woman looked into his eyes her life was prolonged as a result of that. It was believed that there were male and female Sisimitos and Sisimitas. The male Sisimito would kill a male person, but abduct and rape a female person. The opposite was also true of the Sisimita who would kill women and rape men.

Several men and young boys confronted the Sisimito in San Pedro 25 years ago. Don Fidel saw him once and tricked him by running in circles and the Sisimito could not catch him because his feet are backwards and found it awkward running in circles. Young Alberto Cuch also had an encounter with him but because he was coming out of the water naked, the Sisimito started to laugh uncontrollably until he fell unconscious. Others learned to strip naked and dance whenever they met with the Sisimito, and that trick also worked very well. But perhaps the best way to fight the Sisimito is to set his long hair on fire. Children were taught never to go into the bush without some matches that one could use in case there was an encounter with the Sisimito.



Weekend Pool Side Bar-b-que
Saturdays & Sundays
Includes: bar-b-que chicken dinner, access to the pool & more!
\$15 per person or \$40 per family (2 adults, 2 children ages 2-14 years)

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Starts July 5th, Tues. Wed. Thurs. with swimming, soccer, tennis, dance, art, games & more!

San Pedro Fitness Club



Open Daily
Call 226-2683

NEW! 2 month pool memberships! Single & Family Rates Available

AMCHAM 4th of July

Continued from page 7

everybody seemed to have had a blast and would surely remember what transpired for this 4th of July extravaganza. In many interviews with *the San Pedro Sun*, US residents were asked what they thought of the day and their replies varied. One couple in particular, Casey and Brenda Raggs said "we are thrilled to be here, it is nice to be out of our US home and still have the chance to celebrate our country's Independence Day." Another US patriot, William Henry exclaimed "I never thought I'd be celebrating USA's Independence Day with Belizeans, but it is great how we can come together as one and partake in this occasion."

The American Chamber of Commerce are already planning on having their next fundraiser for next year's Independence Day. The success of the event was grand and it will surely help with the obligations they have to meet. The AMCHAM takes this opportunity to thank everyone that helped in any way with the preparations and thanks the public for always supporting a worthy cause.



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Monday. London Broil- Rib-eye steak, mashed potatoes, caramelized onions and gravy.

Tuesday. Cheeseburger in paradise- 12 oz. monster burger. Add fries if you dare...

Wednesday. Chefs choice- A different dish each week, guaranteed to delight.


Thursday. Burrito grande- oversized burrito with choice of chicken or beef.

Friday. Fish and chips, English style. A Friday treat.

Nightly specials

Monday is Martini night, 2 for 1 on all martinis.
Tuesday is margarita night, 2 for 1 margaritas.
Wednesday is Wine night, free glass with every entrée.
Come treat yourself, you know you deserve it.






The Manatee enjoys the warm waters of Belize

Continued from Page 10



a great deal of energy, they may surface to breathe as often as every 30 seconds.

West Indian manatees have no natural enemies, and it is believed they can live 60 years or more. Many manatee mortalities are human-related. Most human-related manatee mortalities occur from collisions with watercraft. Other causes of human-related manatee mortalities include being crushed and/or drowned in canal locks and flood control structures; ingestion of fish hooks, litter and monofilament line; entanglement in crab trap lines; and vandalism. Ultimately, however, loss of habitat is the most serious threat facing manatees today.

The manatee is said to be the basis of myths and old sea men's references to mermaids. In South America certain indigenous tribes revere this particular mammal. The Maya hunted the

manatee for its flesh, and its image frequently appears in ancient Mayan art. Historically, manatees have been taken for food in Belize. Bone piles found at archeological sites indicate high use by prehistoric cultures. In the 17th century, manatee meat hunted in Belize was provided to explorers and privateers. During the 1930s, Manatee Protection Ordinances were issued to protect the declining population; in 1981, manatees were included in Belize's Wildlife Protection Act.

All manatees are vulnerable to extinction and Antillean manatees are protected by the Convention on Trade of Endangered Species (CITES) and are listed as endangered under Belize's Wildlife Protection Act of 1981. The human impacts on these gentle giants of the sea only grow as more and more of the Earth's population gravitates toward our shared coastal habitat. In Belize scientists

are just beginning to understand the nature and extent of human-related threats, which include boat strikes, entanglement in fishing gear, harassment, and habitat destruction. Marine scientists Caryn Self-Sullivan (Texas A&M University) and Katherine LaCommare (University of Massachusetts, Boston) are working on a long-term study of these elusive mammals, to document their behavior, habitat requirements, and the growing impact of human activities in the area.

Protected manatee habitat areas include Bacalar Chico, Southern Lagoon, the Bay of Honduras, and most recently, Swallow Caye Wildlife Sanctuary.

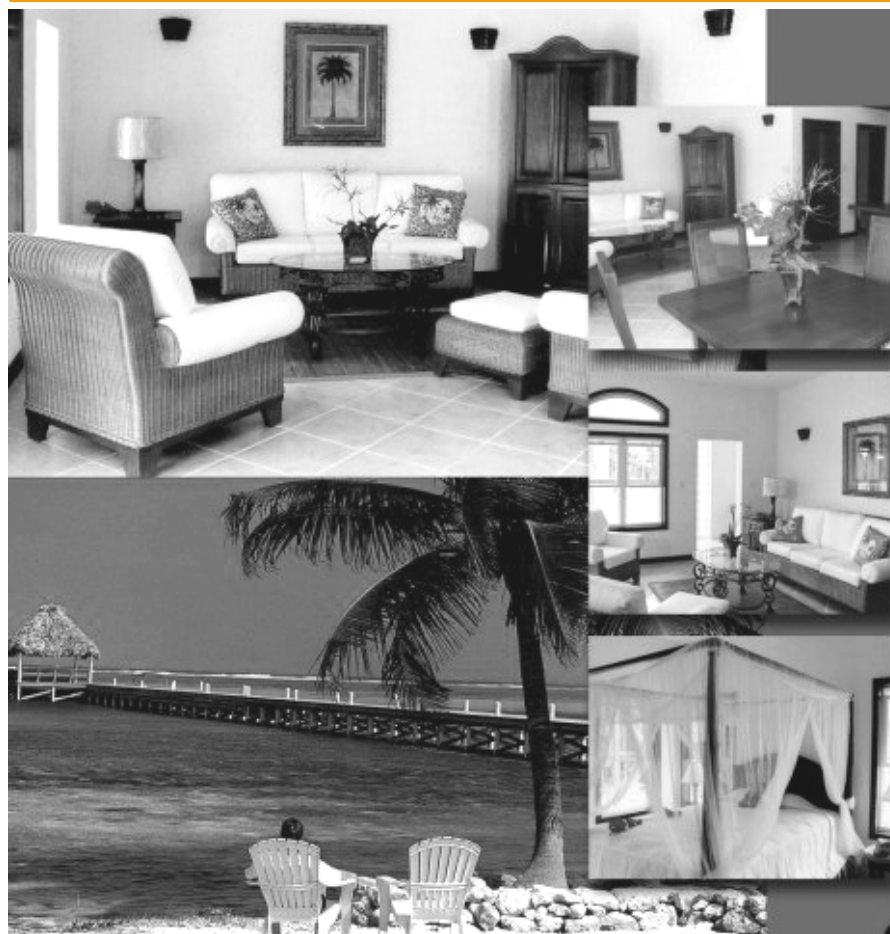
ORANGE

Gallery - Gift Shop

Mayan carvings pottery gifts sculptures
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 crafts toys Jewelry hats drums
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The San Pedro Sun Virtual Taste Trip

Smart cooks know that the easy gourmet goodness of fresh avocados can make the most ordinary dish special enough for guests.

Go beyond Mexican food and guacamole. The avocado is a versatile performer that can take center stage or play a supporting role as a flavorful accent. The unique flavor and mouth-pleasing creaminess marry well with ingredients from mild to wild.

Classic Guacamole

Cumin is just one of the secret ingredients in this traditional treat.

Ingredients: *4 California avocados, seeded and peeled *2 Tbsp lemon juice *1 clove garlic, crushed *1 tomato, finely chopped *¼ Cup finely chopped onion *¼ tsp ground cumin *3 drops hot pepper sauce *Tortilla chips

Instructions: *Using a fork, coarsely mash avocado with lemon juice and garlic. *Stir in remaining ingredients to blend. *Garnish as desired and serve with tortilla chips.



Fun Fruit Dressing

If you really want to impress someone who may not be a fruit eater, this is your ticket.

Ingredients: *1 avocado *1 banana *2-3 Tbs. of frozen pineapple concentrate *¼ cup of water

Instructions: *Blend all ingredients and pour over fruit.

Avocado Shrimp Salsa

Have plenty of good chips handy. Great for backyard parties, get-togethers and any special event for your family.

Ingredients: *2 avocados sliced into small pieces *2 tomatoes diced *1 can chopped jalapeno mild-med or hot *6 green onions chopped *1 bunch of cilantro chopped *1 8oz cans of tomato sauce, 2 if you want it thick *1 med cucumber diced into about ½ inch pieces *½ pound shrimp (cooked)

Instructions: *Put all the ingredients except the avocados and shrimp into a blender and add water to the top and blend till chopped. *Pour into a bowl, add the avocado and shrimp. *Stir and put into the fridge for an hour or so to chill.

Natural Products & Home Spa

Who needs an expensive trip to the spa? The secret to beautiful smooth skin and silky hair comes in a bumpy green package. Avocados have gained celebrity status as sought-after beauty treatments and stress reducers in many of the smartest spas around the world. Now you can look younger and healthier by using fresh avocados in your diet and your home spa treatments.

Avocados have an especially rich oil content that helps these homemade

formulas do their best to make skin and hair glow with natural beauty. Add them to your skin and hair care routine for an easy, inexpensive way to look and feel your best.

**Use personal judgment when applying these natural beauty treatments. Take into account any allergies to particular fruits or vegetables and other medical conditions. Test all preparations on a small area of skin before using on a large area. And, of course, no miracles are guaranteed.*

Avocado Facial Cleanser

This formula is effective against pollution and grime that interfere with normal skin function. Make it every other day and refrigerate between uses.

Instructions: *Beat the yolk of an egg until light and frothy. *Add ½ cup milk and mashed half of a ripe peeled fresh avocado. *Using a blender or fork, beat to a thin cream or lotion-like consistency. *For dry or sensitive skin, apply with cotton squares as you would any cleanser. *For normal skin, you may also use after cleansing with soap and water.

Avocado Hand Moisturizer

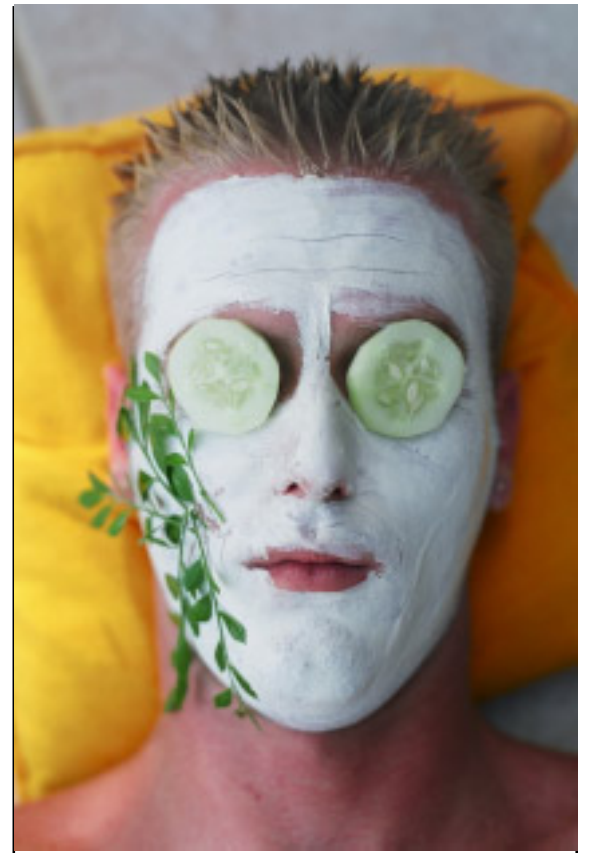
A luxurious, effective exfoliating scrub that softens and smoothes dry, rough hands, from nail technician Rene Rainbird of London's Daniel Hersheson salon.

Instructions: *Blend ¼ ripe avocado with one egg white, two teaspoons of oatmeal and a teaspoon of fresh lemon juice. *Apply evenly to clean, dry hands. *Leave treatment on for 20 minutes. *Rinse with clear tepid water.

Aztec Mystery Eye Treatment

We don't know why, but the result of this simple treatment for under-eye puffiness is corrective magic!

Instructions: *Peel and remove the seed from a fresh avocado. *Slice one half into ¼ inch crescents. *Lie down and place a few slices under each eye. *Relax for about 20 minutes. *Remove and rinse gently with tepid water. *Pat dry.



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



Words of the Week. In Words of the Week, we will present a few words in English and give you their Spanish and

Creole translations. In the near future we hope to include other languages that may interest our valued readers! Enjoy!!!

ENGLISH

Absence
Blackbird
Bishop
Caterpillar
Blizzard
Graveyard

SPANISH

Ausencia
Mirlo
Obispado
Oruga
Nevada
Cementerio

CREOLE

Absens
Blakbod
Bishop
Kyatapila
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Trivia Tidbits

*Nearly 60 percent of women say they receive at least eleven e-mails a day, whereas only 49 percent of men say they do.

*While known as a painter, sculptor, architect, and engineer, Leonard da Vinci was the first to record that the number of rings in the cross section of a tree trunk revealed its age. He also discovered that the width between the rings indicated the annual moisture.

*25 trillion cells travel through the bloodstream – a stack of 500 would only measure 0.04 inches high.

*Termite queens are fertilized regularly by the same mate for life, unlike bee and ant queens, whose male partners die after the first and only mating.

*The death rate from cardiovascular diseases – heart attack, hardening of the arteries, and so on – has decreased in the United States since 1950.

*A hippopotamus has a stomach 10 feet long, capable of holding 6 bushels of grass.

*Every person has nearly 400,000 radioactive atoms disintegrating into other atoms in his or her body each second. But there's no need to worry about falling apart. Each body cell contains an average of 90 trillion atoms – 225 million times that 400,000.

*Honey bees have shown a preference for yellow and blue flowers.

*In seventeenth-century Japan, no citizen was allowed to leave the country on penalty of death. Anyone caught coming or going without permission was executed on the spot.



Wolfe's Woofers by Dennis Wolfe

Winning Ticket

"How is life at Casa Picasso?" Dulce asked. "You guys look really tired."

Chris and Jennifer had just walked in and taken seats at BC's Bar.

"We are," Jennifer said. "We've had a waiter missing for almost a week and the bartender had to take three days off to go to Cayo so we're exhausted."

"It would really be nice to win the lottery," Dulce said. "You'd never have to work again in your life."

"It's not that nice," Chris said. "I won the lottery just before we moved here and I think it's just a big rip off."

"What? Are you nuts, Chris?" I said, from the corner where I was setting up my musical equipment. "How can winning the lottery be a rip off?"

"The first time we came down here to Belize we came through Miami," Chris said. "At the counter for one of the stores in the airport I noticed they were selling tickets for the Florida State Lottery. Since the ticket was only two dollars, I bought one."

"And it hit?" Dulce asked.

Chris said, "When we came back through Miami I looked at the winning numbers and sure enough, my ticket matched. I won a little over twenty million dollars."

"My God," Dulce said. "If you hit the lottery for twenty million why are you running a restaurant in Belize?"

"This is where the rip off comes in," Chris told us. "When I went to the lottery office I gave them my ticket and told them I was there for my twenty million dollars. That's when the man in the office told me it doesn't work that way. According to him I only get a million at the time and the rest is spread out over nineteen years."

"Well, what did you do?" I asked.

"I was really angry," Chris said. "And I started yelling."

"Boy, was he angry," Jennifer said. "He told the man he wanted his twenty million right now. They said it couldn't be done that way so Chris made them refund his two dollars."

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- ❖ **Near Mexico Rocks** 178ft beach front 2.4 acres \$ 534,000 - Sold
- ❖ **Mata Grande** 100ft x 200ft beach front \$ 225,000 - under contract.
- ❖ **Punta Arenas** 200ft beach front 3 acres \$ 425,000 - Sold
- ❖ **Rocky Point** 2 x 1250ft 30 acre beach front parcels - \$1100 per foot!
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- ❖ **Laguna Estates** commercial tracts & islands Inquire!
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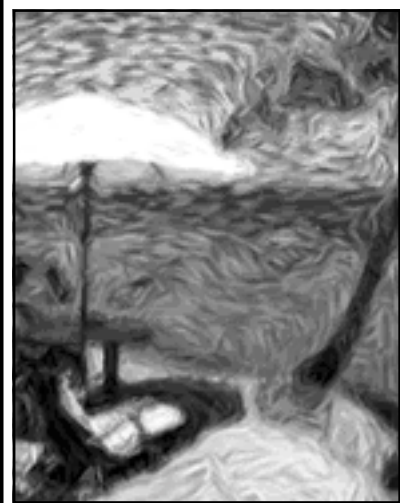
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