

THE SAN PEDRO SUN VISITOR GUIDE

August 4, 2005

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America



Sailsports owner and instructor, Chris Beaumont, teaches the great art of sailing a Catamaran on the azure Caribbean waters of La Isla Bonita.

- *Hobie Cat Sailing with Sailsports Belize**
- *Steam Baths - Mayan style**
- *Jamaican/Belizean Cuisine at Jambel's Jerk Pit**

The recently excavated sauna at Pook's Hill, revealing even more interesting facts about the Mayas that inhabited this part of the world.



Enjoy the "irie" atmosphere at Jambel Jerk Pit, Restaurant and Bar. Indulge in authentic Jamaican cuisine.



Reservations: 501-226-2012
Fax: 501-226-2338
Email: reservations@tropicair.com
www.tropicair.com

Where did you read your San Pedro Sun?

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



Canada



Bockfest in Minnesota



Netherlands Antilles

Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Be sure to include your names and what you were doing.

The San Pedro Sun is mailed everywhere.

Publisher	The San Pedro Sun Ltd.
Editor	Ron Sniffin ron@sanpedrosun.net
Editor	Tamara Sniffin tamara@sanpedrosun.net
Associate Editor	Kainie Manuel kainie@sanpedrosun.net
Staff Writer	Maria Novelo maria@sanpedrosun.net
Staff Writer/	Mary Gonzalez mary@sanpedrosun.net
Graphic Design	
Office Assistant	Nathalie Manuel nathalie@sanpedrosun.net
Mail	<i>The San Pedro Sun</i> , P.O. Box 35, San Pedro Town Ambergris Caye, Belize
Telephone	011-501-226-2070
US Telephone	(307) 460-4456
Fax	011-501-226-2905
E-Mail	spsun@sanpedrosun.net
Internet/WEB	www.sanpedrosun.net
Main Office	#1 Fire Coral Street, San Pedro

Name _____

Address _____

City _____ State _____

Zip _____

Country _____

E-mail: _____

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!

Belizean Proverbs

Creole:
Ebre pat gat e kibber.
English:
Every pot has a cover.
Meaning:
There is a partner
for everyone.

Gramma use fu seh...
Grandmother used to say...

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. This week, we will present a few common phrases in English and give you their Spanish translations. In the near future we hope to include other languages that may interest our valued readers! Enjoy!!!

ENGLISH

Where are you going?

SPANISH

¿Adonde vas?

ENGLISH

Let's go to the beach!

SPANISH

¿Vamos a la playa!

ENGLISH

Can I borrow your pen?

SPANISH

¿Puedo prestar tu/su bolígrafo?

ENGLISH

Do you want to go see a movie together?

SPANISH

¿Quieres ver una película juntos?

ENGLISH

Do you want something to eat?

SPANISH

¿Quieres algo de comer?

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

QUESTION:

What are you doing here?



Alexandra Nicholson, Moved here 25 years ago from Rockford, Illinois - USA
Now at Maruba Resort.
"I do promotional fun events for tourists."



Al & Janet Kruebbe, Sequim (pronounced Squim), Washington, USA
Mortgage Brokers, Staying at the Palms
"We are checking on the progress of our condo that is being built north of the cut."



Pamela (Cookie Lady) Cork, Came here eight years ago from Marin County, California - USA
Resident, Boca Del Rio Area
"I am a humble purveyor of baked goods."



John Gilmore, Ocala, Florida - USA.
Staying with friends up north.
"Paying some bills trying to find a way to live here full time. I came here March 14th, 1984 and started buying property."

WOMAN ON THE BEACH

by Harriette Fisher

Watch for Harriette walking the beach with her camera. What question will she ask you?



Jurgen Janz, Beach front apartment in San Pedro Town
"What I do best - nothing! Really, I am almost finished building my 3rd house here. I came here seven years ago from the Black Forest in Germany."



Evening Dinner

Our Award-Winning Restaurant invites you to Enjoy a Masterful Blend of European, Mediterranean & Caribbean Cuisine
RSVP 220-5010

*Some of our Specialties: Caramelized Char-Grilled Shrimp, Fish Carpaccio, Bruschetta, Shrimp Paté and Fried Calamari, Jerk-Seared Scallops served in a citrus beurre-blanc
Mambo Combo - Snapper Fillet topped with Shrimp and a Papaya Salsa
Mesquite Grilled Seafood Plate - Lobster, Snap Grouper, Calamari, Shrimp and Scallops with Fresh Vegetables*

Try our "Decadent" Chocolate Soufflé

Take a short ride under the stars

Pick-up by Island Ferry on Fido's Dock at 7:00 p.m. & 8:00 p.m.
\$20 BZ roundtrip per person



New Intermartini Lounge!

Designed for the Age of Technology with a "chic twist." Catch up with the "real world" with High Speed Internet, while sipping your favorite martini. Or challenge yourself during a game of pool in our Twilight Billiards Room!



SPA

A Blissful Getaway...

Relax in our beachside Jacuzzi, followed by an Aromatherapy Massage & Detoxifying Mask & Facial!

Package Includes:

Lunch a la carte, Complimentary Cocktail, Spa Treatment & Roundtrip Transportation
Via our Mambo Boat - US\$130

Fido's Dock 10:45 a.m. - Returns 3 p.m. or 5 p.m.

Also Available:

Sea Salt & Clay Body Mask Massage
Energy Work

RSVP 220-5011

Hobie Cat Sailing with SailSports Belize

Want to relax and participate in one of the most visually exciting activities you can do while in San Pedro? When sailing a Hobie Cat on the fabulous crystal waters of the sea you can be sure to enjoy the lush seabed and abundant marine life beneath you while soaking up the sun. San Pedro is fabulous for sailing adven-

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. 206-2028.

The Governor General's Music in Schools Program, San Pedro Chapter - c/o San Pedro Town Council, P.O. Box 54, 226-2198, g_gmusicinschoolsspc@yahoo.com
An organization created to develop and promote the love of music and the practice of the arts throughout Belize.



Learning to sail is extremely fun, and the 'practice' on the beach prepares you for an adventure like no other!

tures, and one in particular is sailing a Hobie Cat. But, just what is a Hobie Cat? The Hobie Cat is a small racing catamaran that is mainly used for racing and personal use. In many beach towns, like San Pedro, you will find a wonderful array of catamarans known as "Hobie Cats" on the

beaches. Different models range from 14 feet in length to 21 feet, and beams range from 6.8 feet to 8.2 feet, mast heights range from 20 to 33 feet.

For novice sailors, there are many opportunities to learn how to sail this simple boat. Chris Beaumont, instructor and owner of SailSports

Belize is a very humble individual that takes the time to teach you "the ropes." At first, students are introduced to basic safety and why it is important to know what you are doing while onboard. During the ride, one can get a gorgeous view of the island and a scenic view of the sea beneath you. Chris stated that he has had the catamarans for three years and has served the island with SailSports Belize for the last six years. He explained that the catamarans are very easy to use and caters to anybody, young and old. They can reach high speeds near 15 to 20 miles due to efficiency gained from the wind speed and proper maneuver. After an on land lesson, *San Pedro Sun* staffers were given a ride around the sailing area while Chris explained who has the "right away" in the sea. While on board, Chris instructed us to sit on the upwind side of the boat (wind on your back) just in front of the tiller, facing the sail. Balance is a big factor and we learned that having our weight further outboard as the boat begins to tip or heel over with the wind in the sails or balance tuck one foot under the hiking strap as it helps for balance and control of the boat.

Steering the catamaran was a thrill too, it required a lot of little things to remember, but after a few tries and gained confidence, it was a piece of cake. Steering the boat gave a first hand feel for control of the boat. To steer the catamaran, one has to push the tiller away from you to turn towards the wind (Tack), or pull the tiller towards you to turn away from the wind (Jab). In keeping the movement of the tiller to a minimum helps to prevent over-steering. This also helps to keep the boat moving in a straight line as you pay attention to other watercraft and sail adjust-

EL DIVINO PRESENTS DAILY LUNCH SPECIALS TO TEMPT YOUR TASTEBUDS. EL DIVINO, A Truly Divine Experience.

Lunch specials served daily for only BS16, plus **Belikin** beer, a refreshing, cold draft at only \$3 a glass, served from Noon to 2 p.m. Come enjoy.

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.



Mayan Sauna discovered at Pook's Hill

Reprinted by permission of Channel 7 and Dr. Jaime Awe, Archaeologist, NICH

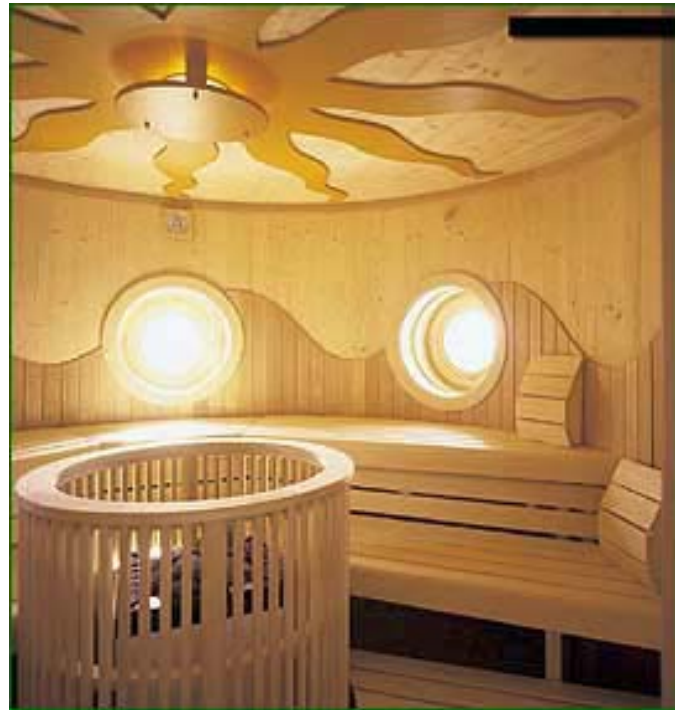
Tourists and locals alike visit health spas across Ambergris Caye to find rest and relaxation. Throughout the world, one common treatment these facilities offer is a visit to the sauna to get cleansed. Is the sauna something new or has it been available for thousands of years? In Belize, evidence proves that saunas have been enjoyed for centuries.

Sitting about half an hour away from Teakettle, on a rough road that cuts right through the rainforest, one may find Pook's Hill a bustling hive of archaeological activity. 15 international archaeology students are currently excavating the site: breaking stone, making several maps of the area, and clearing away one thousand years of overgrowth brick by brick.

This project is part of the Belize Valley Archeological Reconnaissance Project - a homegrown project directed by Dr. Jaime Awe. Leading the dig is University of London student Christophe Helmke. Along with Dr. John Morris and NICH President Yasser Musa, Awe explained that Pook's Hill, though a very small site, is very important to understanding how the Maya lived.

According to Dr. Jaime Awe, "Pook's Hill is a relatively small site. I mean this does not compare in any way to Cahal Pech and Caracol; this would be a very small plaza at Caracol.

But despite its size, this site is incredibly important because it provides us with some new information on certain types of activities that have previously



Common saunas used in modern day spas worldwide aren't a new thing. The Mayas were using them way before our time!

never been recorded for Belize."

Most important among those is the sweat bath. It is comparable to what we know today as a sauna. This structure has been mapped and detailed by students and although it may not look like much from outside (not much more than a very low doorway), it is

no less a revelation.

Speaking to Jules Vasquez of *Channel 7 News*, Dr. Jaime Awe explained that, "Right up to 1996 no sweat bath had ever been recorded for the country of Belize, or indeed for the eastern Maya lowlands. This sweat bath at Pook's Hill represents the first of its kind in this part of the Mayan World." However, what sets this sweat bath apart from any other ever discovered in the Maya world is the architecture.

Dr. Jaime Awe continues, "There is a very small entrance into this small chamber and the chamber is accessed by a series of steps that goes up to what we call a bench and then above that, the roof of the structure is domed. The room is also circular. Many sweat baths that have been found before do not have this shape. Many of them are rectangular or even squared and some of them are circular. But, this one is domed and it is domed in

such a way that the Maya were using the technique for vaulting that we find at major sites."

According to Dr. Awe, domed structures, or domed arches are incredibly unusual for the Maya. "In fact, we know the Maya never used the true arch, they used the corbel vault and that forced them to have very long narrow rooms. The domed arch is even rarer because not only do we not find the true arches in the Maya region, but this domed arch meant that they had to work it in such a way that it was vaulted on all sides. It was a very precarious type of architecture and yet they managed to do it here at Pook's Hill. And, like I said, this is the only example of a domed arch that I know of."

And, so what happened under this domed arch? Dr. Jaime Awe stated, "The technology that they use is that they have these very small rooms. We are standing out here and we're sweating so imagine if you go into this little chamber which has a doorway that's not even three feet high and about a one foot and a half wide and these benches and are high so there's not much space in there. But, they build the benches high enough that you are nearly touching the roof. Then, they build a fire where they have stones and those stones start to heat up and you throw water and there's steam. What happens to heat is it rises. You're sitting up on those high benches and man you'll be hot and sweating in no time giving the

Continued on page 11

Casa Cayo
Real Estate

SERVING BELIZE FROM THE MOUNTAINS TO THE REEF!
501-226-2791
WWW.CASACAYOREALESTATE.NET

CURRENT LISTINGS

Beautiful Home With Two Apartments--\$325,000 US - This 2 story home built in 2002 has a wonderful 2/2 layout upstairs and 2 income producing 1/1 apartments downstairs! Buy fully furnished for \$50,000 US more! Owner has recently added new fence and exterior paint!

Perla Escondida Condominiums - \$169,000/\$220,000 - Beachfront Condominiums located just south of San Pedro Town. 2/2 fully furnished units. Great income potential. Manicured Beach, Pool, and rooftop sundeck are only a few of the amenities.

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.

Captain Morgan's Condominiums - \$150,000/\$389,000 US - We currently have four separate one bedroom / one bathroom units available for sale at this prestigious resort. Terms available on 1/1 units. One 3/2 unit is now also available!

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.

Casa Cayo Real Estate cooperates with all
Licensed Real Estate Agencies. Your listing could be here! We
are always searching for properties in Belize to sell. Contact
us today for assistance!

FEATURED PROPERTY

Kitty's Beach House

\$1,250,000.00 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. Existing main home has 6100 square feet of space under roof and was built 7 years ago. 4 master bedrooms all with wonderful finish out. Sale includes onsite bar with license, caretakers quarters and 200' pier. Call or email for additional photos and details!




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.

Jambel's Jerk Pit- An Irie Dining Experience

San Pedro Town boasts a wide variety of services for its visitors. Today, tourists and locals alike can choose from many tours, bars, hotels and restaurants. Restaurants in particular have come a long way. Today, the options are endless, and one can select from local, American, Chinese, Cantonese, Italian and even Thai cuisine. In our community, a restaurant that has come a long way and has been able to keep its restaurant standards as one of the best on the island, is Jambel's Jerk Pit, owned by Fitzgerald Brown. Without a doubt, cuisine plays a vital role for people visiting a different country. In order to satisfy so many individual palates, selection is important, and this week *The San Pedro Sun* is pleased to feature Jambel's Jerk Pit, which continues to serve exquisite Jamaican cuisine to locals and visitors alike.

Jambel's is certainly a unique place, as it is the only restaurant that brings Jamaican style cooking to its table. Owner, Fitzgerald Brown was born on October 31st, 1964 in the land where reggae music is like a heartbeat to its residents - Montego Bay, Jamaica. *The Sun* had the privilege to go one on one with Fitzgerald and get to know a little about his restaurant and the style he uses to satisfy his customers. "My dishes are all based on the Jamaican and Belizean dishes, that's where it got its name, Jam-Bel Jerk Pit". Almost immediate success was achieved utilizing the perfect recipe - his grandmother's homemade cooking techniques com-



The Jamaica Mi Crazy Shrimp is a platter served with three kinds of meats: Lobster, Shrimp and Chicken. It's a combination unlike any other!

bined with the Belizean cuisine he has grown to love so much. The restaurant's décor and theme depict the legacy of Jamaican reggae idol Bob Marley and needless to say, the jovial reggae beats plays, as you enjoy your meal. One wall is a dedicated mosaic of Jamaica geography and history; a work of art by itself. Although the restaurant has been rec-

ognized in Belize magazines, one of there greatest reviews comes from the *Washington Post*, where they are praised for being one of the top restaurants in the island.

His customers are always pleased after they have had a chance to devour one of his dishes. On this occasion, we tried the ever popular "Jamaica Mi Crazy Shrimp" which was

a mouthwatering treat. The plate came with three different types of meat, chicken, lobster and shrimp; a combination unlike any other. The lobster was done on the grill with spicy garlic jerk butter sauce and the chicken was wonderfully marinated in jerk spice from Jamaica and cooked tender, "off the bone".

Continued on page 11

Caye Caulker
Golf Cart
Guided Island Tours
Reliable Service
Call 226-0123

Minerva 601-9699 **OR** Champ 602-8136



Rainbow Taxi & Service
Caye Caulker, Belize



Beach Bar & BBQs
email: bcbarr@bt1.net
telephone +501 226 3289

Located on the Beach Between the SunBreeze Hotel and Ramon's Village

Famous Sunday BBQ ~ From Midday

Tuesday Lunch Special ~ Bacon Cheese Burgers
Straight From The Grill

Live Music Thursday from 6.30pm with Dennis Wolfe

Open Every Day 9am to midnight

"We do catering!"

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

the Purple Parrot

LIVE MUSIC
From 6:00 pm to 10:00 pm
Tuesday & Friday nights

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



RAMON'S VILLAGE

SAN PEDRO, BELIZE

WWW.RAMONSVILLAGE.COM e-mail: info@RAMONSVILLAGE.COM

The Island's Leading
Resort Facility
Phone: 226-2071



The Paca

The Paca, (*Agouti paca*), is pronounced "PAH kuh or PAK uh" and belongs to the family Agoutidae. The scientific names for the two most common species are *Agouti paca* and *A. taczanowski*. The paca is a large rodent that has a number of special adaptations that suit them to their lifestyle, therefore they have flourished in a large geographic area and are found in tropical and sub-tropical Americas, from East-Central Mexico to Paraguay. It is called paca in most of its range, but in Mexico it is called tepezcuintle. In Panama they are called conejo pintada (painted rabbit), and are endangered in some localities because of over-hunting. In Belize the paca is known as a gibnut. Highly prized as a food item by many Belizeans, the gibnut is more apt to be seen by a visitor on an occasional restaurant menu than in the wild. It is also known as "The Royal Rati" as it was served to Queen Elizabeth on her most recent visit to Belize.

The paca measures 24½ to 32½



The Royal Rati was served to Queen Elizabeth on her most recent visit to Belize.

inches (62 to 83 centimeters) long, and most weigh 14 to 22 pounds (6.3 to 10 kilograms). They have a small, thick head; stout body; short, slender legs; and short tail. They look rather piglike in the season of abundant fruit supply because they store up body fat and then live off this fat. There are five long toes on each back foot and four on each front foot. Pacas are covered with coarse fur that is brownish or black. There is no underfur and the belly is white. On the Pacific side of Guatemala they are a redish brown, and a more tawny orange color on the Belize Caribbean slope. Four rows of white spots line each side of their body, and they have unusually large cheek pouches. The pouches form roomy chambers that help the animal make sounds.

Pacas do not climb and therefore live on the forest floor where they are dependent on arboreal mammals to knock fruit from trees. Their habitats are usually near water, and they seem to prefer small swift streams to larger riv-

ers. Pacas are good swimmers and will usually try to escape danger via water. They generally live in pairs but forage alone and den in separate burrows. Their burrows are simple tubes and are usually about two meters below the surface. Burrows usually have several entrances, some of which are camouflaged with leaves. They also have very deep voices that they use in social gatherings, where they may make grunting noises or stunningly loud barks. Very complex cavities in the cheekbones of their skulls are thought to act as resonating structures for these vocalizations.

Pacas are nocturnal, leaving the burrow at night along pathways to water and feeding grounds. Pacas are herbivorous; their diet includes leaves, stems, roots, seeds and fruit. Apparently avocados and mangos are favored by pacas, and when eating, the paca sits on its haunches. They also browse on leaves and seedlings, depending on these less digestible foods in time of fruit shortage. They have a specialized

digestive tract with an elongated large intestine that is adapted for leaf digestion through bacterial fermentation. They produce special feces that they eat and re-digest to derive greatest benefit from the nutrients (much as rabbits do).

Pacas are considered agricultural pests, sometimes causing damage to yam, cassava, sugar cane, corn and other crops. They are often hunted in areas where these crops grow and are often killed for their meat, which has an excellent flavor and commands the highest prices of all meats—domestic or wild—at market. Wild dogs and ocelots also prey on pacas.

The females usually produce two litters a year of one or two young. Young pacas are most likely to die in the season of fruit shortage from November to March, perhaps because they are more easily taken by predators when long hours are spent foraging for food and may be in poorer condition during this season. In the wild, pacas live on an average of three and a half years, but can live more than seven years in captivity.

TACKLE BOX
BAR & GRILL

SAN PEDRO AMBERGRIS CAYE BELIZE CENTRAL AMERICA

... open ...

7 days a week
10am to at least midnight

[the Grill is open all day every day
10:30am to 10:30pm]

... featuring ...

outside deck & great ocean view
out over the water
ice cold beer
fresh-fruit tropical drinks
fantastic grilled foods and more
[including the Tackle Box Burger,
"Rock da Box" Burger, Fish & Chips,
Island Ceviche, Belikin-Battered Shrimps,
Fried Spiced Calamari, Grilled Fish Burger,
Grilled Garlic Shrimp Skewers,
Captain Tackle Box Chili, Spicy Box Fries,
Grilled Sausage Plate, daily specials...!]

LIVE LOCAL MUSIC

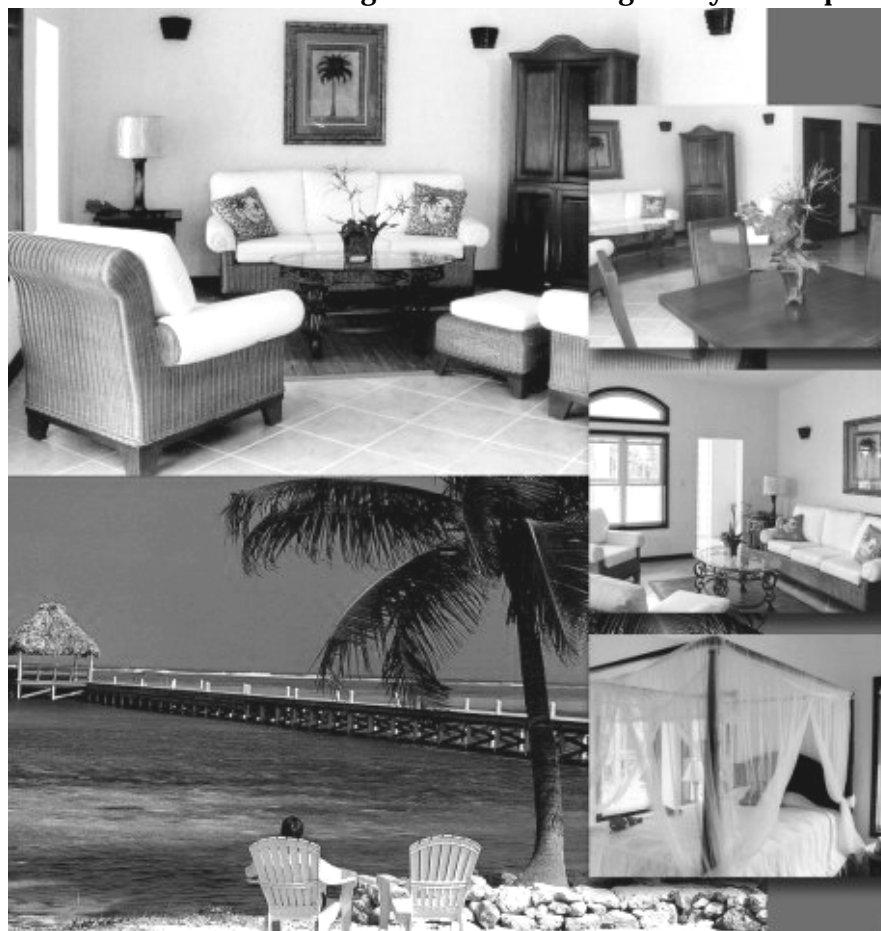
42" flat screen plasma & 27" tv's
for sporting events
"HAPPY HOURS"
[7 days a week, 10am to 6pm]
50 cents off all local bottled beer
\$1 off all local rum drinks

* * *

TACKLE BOX is located
over the water in the heart of san pedro
off of the san pedro water taxi pier
at the end of black coral street...

!!! the Tackle Box is alive !!!

ESTABLISHED 1977...REBORN 2005



www.dreambelize.com
011-501-226-4001
25 Barrier Reef Drive, San Pedro Belize
info@dreambelize.com

OSCAR'S GYM

Free Weights...
Weight Lifting...
Body Building...

Tired of no results?
Personal Trainers Available!

Open Daily 6 am - 8 pm
EFFECTIVE MAY 1ST
SAT. - SUN. 8 am - noon
Boca del Rio 226-2239
www.OscarsGymBelize.com

GREAT LOW FEES!
\$5/day • \$15/week
\$20/2 weeks • \$40/month

Paradise has a new address.

This private residential resort offers beautifully equipped one and two bedroom beachside villas with spectacular views.

Sueño del Mar's Membership Program provides you the opportunity to customize your carefree lifestyle by combining the best of fractional ownership and resort membership.

Take up residence from two months to year round. You decide!

Sueño del Mar
Ambergris Caye
B E L I Z E

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.

Ambergris Hopes Clinic: 226-2616

US Embassy - 227-7161

Canadian Consulate - 223-1060

Mexican Embassy - 223-0193

Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

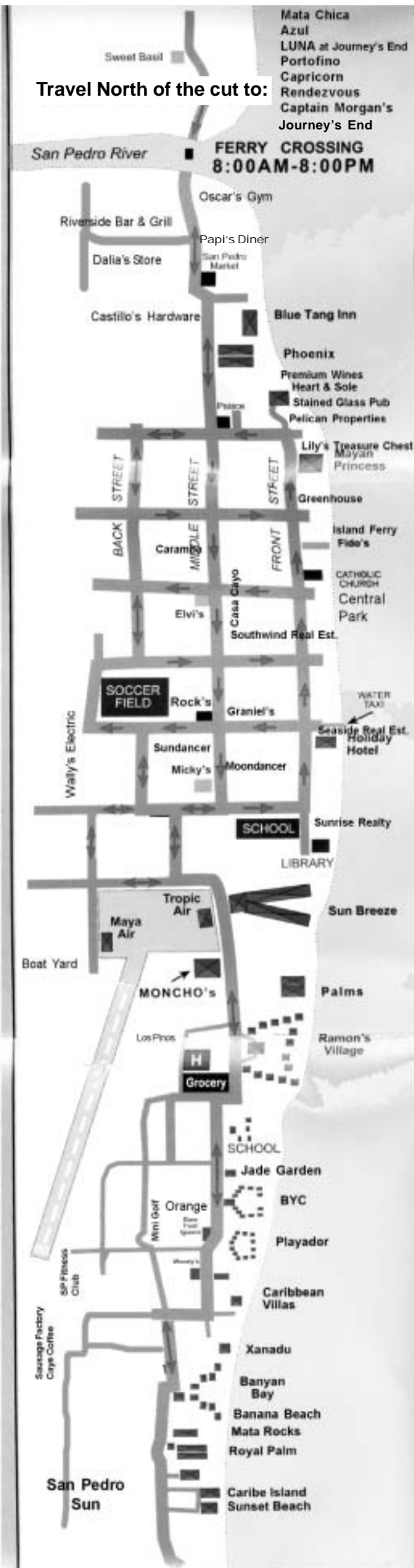
Miscellaneous

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.



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



Water, Sports & Tours

SEARIOUS ADVENTURES - Up for some adventure? Mayan ruins, manatee watching and more tours available. Make your reservations today. 226-4127.

SAILSPORTS BELIZE - Windsurfing, kite sailing and sailing. The latest equipment and expert instruction makes it easy to learn. 226-4488 info@sailsportsbelize.com.

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

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

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...

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

MONCHO'S GOLF CART RENTALS - Four & Six seater golf carts available. Open daily 8 a.m. - 8 p.m. We deliver to your room. 226-3262 or 226-4490.

Services...

KRYSTAL SHIPPING CO./MASH CO. - We deliver construction supplies all the way to Robles Point! Phone 226-2089 or E-mail: mashco@btl.net

CASTILLO'S HARDWARE - Storm supplies, electronics, household appliances, tools, home repair items and a wide variety of paints, stains and varnishes. Pescador Drive. Phone 226-2302.

WALLY'S ELECTRICAL SERVICE AND SUPPLY - Air conditioning, electrical and plumbing, parts and service. Phone 226-2408.

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.

Party...Party...Party

THE HOLIDAY HOTEL - Every Wednesday, live music and a fabulous Beach Barbeque 6:30 p.m. - 9:00 p.m. Barrier Reef Dr. 226-2014.

THE HAMMOCK HOUSE - is the perfect "hangout." Live music, barbeques and more. Just north of the cut. 226-2940

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.

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@bt.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@providentbank.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
www.sanpedrosun.net



Reef Brief

by Green Reef Peace Corp Volunteer



Get your Paddles ready!

The Ambergris-Caye Lagoon Reef Eco-Challenge kayak race is just around the corner. Teams have been busy brushing up on their paddling skills for the 13.5 mile race around the southern tip of Ambergris Caye. The race will commence at 1:00 p.m. on Sunday, August 7th at the old football field. Contestants will paddle north toward the cut at Boca del Rio and loop around heading south along the oceanfront towards Boca Chica. Cutting through Boca Chica, teams will finish the loop by heading north back to the old football field. After finishing the race, there will be a ceremony to award cash prizes and gift certificates that were graciously donated by local businesses of San Pedro.

Three different racing categories will be competing simultaneously. There will be a competitive category which racers have a choice of using a single or double kayak. This will be an interesting category as the strength of two paddlers has better

chances at overpowering a single kayak but never underestimate the endurance and determination of a single individual. Hint, hint: Ali we're rooting for you! The second category is for single kayakers only and the last category is for our recreational participants in double kayaks (Malibu II sit on tops).

We welcome the community of San Pedro and all the visitors on the island to cheer our teams on as they paddle through the beautiful environment of Ambergris Caye. Teams will take pleasure kayaking among lush mangroves, lagoons, and coral reef ecosystems. The Eco-Challenge Committee has organized this race to promote ecotourism and conservation on Ambergris Caye. The abundant flora and fauna biodiversity found on La Isla Bonita is dependent on the health and preservation of these natural habitats. A portion of the funds raised from the event will be put towards enforcement needs of the Bacalar Chico National Park & Ma-



Challengers, brace yourselves for the upcoming eco-challenge on August 7th!

rine Reserve. Please contact Green Reef at 226-2833 for any additional information.

This is an opportunity for families and friends to gather on the beach or on the Costa Maya grounds and support the conservation of Ambergris Caye. Every voice is important and cheering the teams on is one step further to the protection of our home. Hope to see you there!!!

A New Face

Green Reef Environmental Institute would like to send out a warm welcome to Nicole Vasak. Nicole is our new Peace Corps volunteer and will be working as Project Director for Green Reef. Nicole comes all the way from Long Island, New York. We are excited to have a new member on our team and look forward to working with her on the future projects of Green Reef.

Grumpy and Happy

Private Snorkel Trips & Private Dive Instruction

A family business for 5 years.

With us there are no rigid schedules and we only book privately. You know how many will be on the boat and that you will not be rushed out of the water. We are flexible with time of pick up. We visit the regular sites, as well as those that are not normally visited in order to avoid the crowds.



4 Minimum for Snorkeling.

2 Minimum for Dive instruction.

Registered with the Belize Tourist Board

#993

Call us at 226-3420 or

email us at diving@grumpyandhappy.com



Executive Services

Let Us Expedite All Your Needs!
We'll do all the traveling for you and get your paperwork pushed through. Consultants for work permits, retirement status, small claims and legal affairs. Call 606-8311 or e-mail belizedistrict@yahoo.com

STRUKTURE ARCHITECTS

Design and Construction
Tel. 2230617/2231112
www.strukturearchitects.com



Golf Carts

We deliver to your room!

We offer 4-seater & 6-seater golf carts
Located at the Airport & on Sea Star Street

Open Daily 8 a.m. - 8 p.m.
Tel: 226-3262 or 226-4490

Jambel's Jerk Pit - An Irie Dining Experience

Continued from page 6

Complementing it was homemade rice and beans, boasting a rich flavor rarely matched on the island, coleslaw, a slice of orange and a jerked garlic sauce that was also homemade. Mmm, a dish that is certainly recommended; one can even get it mild, spicy or hot. Jambel's has many other plates to choose from. Maybe a taste of the delicious coconut curry chicken, done Jamaican style of course, or you can try their sweet and sour jerked pork chops, which are to die for! Do you prefer vegetarian? No problem mon! They have dishes like jalapeño pastas, jerk tomato pasta or stir fry veggies.

There is also a wide variety of dishes to choose from, all meats and spices are jerked. If you can make it for breakfast, choose among many plates like eggs rancheros which is served with bacon, ham or sausage and your choice of toast, fry jacks, Johnny cakes or tortillas. Hankering for dessert? The key-lime pie is said to be the "best on the island", a sweet surprise that surpasses all expectations; dare to try it for yourself!

Adding to the "irie" feeling is the attention to detail. Parents get a break when dining out with children. Thanks to Jambel's, children get their own kids' menu, and as a treat, they also get a coloring page and crayons to color. With this much attention, it is easy to understand why Fitzgerald's business has such staying power. "The restaurant has been serving the island for seven years," he states, "and now with its popularity and undeniable taste I proudly own two more branches, two here and one in Belize City." When asked what is next for the restaurant, he stated "our next move is to have a Reggae, Caribbean jerk buffet on Wednesday's, which will be a night where you eat till you drop."

Overall the experience was a heavenly experience and the dishes were flawless, one that will make you certainly come back for more. The restaurant opens Monday to Sunday from 10:00 a.m. to 10:00 p.m. Come have yourself an "irie" experience dining at the Jambel's Jerk Pit, yea mon!

Mayan Saunas

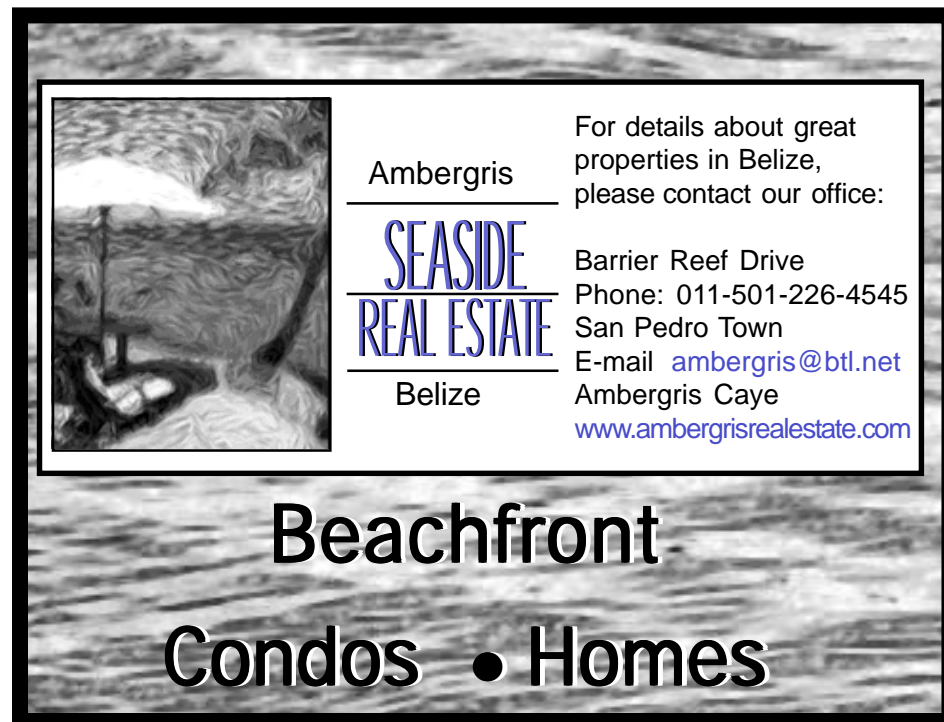
Continued from page 5

technology that they are using. And, the dome keeps the heat trapped."

The interview between Dr. Awe and Mr. Vasquez continued, "We know that sometimes when people have fevers etc. they would be brought in and made to sweat so they could get rid of or release some of the diseases that they had. We also know that women, either during childbirth or after childbirth, were often brought into the "pibmah" or again had a steam bath, to cleanse them. People would go into them and they would beat each other's back with

branches. And by doing that, it would open the pores so that you sweat some more so part of it was just to get rid of whatever things that are bad in your body. We do that sometimes."

When the Mayas abandoned the site in the Terminal Classic Period, in about 950 AD, they left the sweat bath full of shards of their pottery. Dr. Jaime Awe, "When the Mayas abandoned here it looks like they smashed a lot of offerings at the entrance and even on top of the steps of this little chamber. Many of those objects include things like figurines like whistles which are musical instruments and beautifully carved vases."



Ambergris

SEASIDE REAL ESTATE

Belize

For details about great properties in Belize, please contact our office:

Barrier Reef Drive
Phone: 011-501-226-4545
San Pedro Town
E-mail ambergris@btl.net
Ambergris Caye
www.ambergrisrealestate.com

Beachfront Condos • Homes

**The San Pedro Sun
welcomes you to
the Annual Costa
Maya Festival 2005!**



Southwind
PROPERTIES

**Serving San Pedro
since 1980!**

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.

Condos/Commercial/Residential

BELIZEAN SHORES - Located 3.5 miles north of San Pedro Town Center - beautiful resort - great investment! All units fully furnished. Available condos: (D13) Condo 4C is a lower unit on the north side of the resort. It is situated on the northeast side of the building and stays cool throughout the day. **Great price at \$175,000US.**

(S49) Condo 2A is a lower unit on the north side of the resort one building off the beach. **Priced to sell at \$185,000US.**

Secluded piece of Paradise 2.6 acres with more than 435' of beachfront and another 458' of lagoon water frontage on the western coast of Ambergris Caye. Price \$400,000US.

San Juan House & Restaurant (N17) Located in the San Juan area, this large parcel, 1680 sq. yards, has over 200' of lagoon frontage encased in mature mangroves with a natural underwater cave that goes out to the sea. The wildlife is incredible and the area is quiet and peaceful, yet close to town. There is a restaurant and bar, separate kitchen and storage building and living quarters on the well manicured property. Please inquire for further details. Serious inquires please.

Commercial Building (P38) - Commercial property in the heart of San Pedro Town on Angel Coral Street with a 2 story concrete/wooden structure with 4 rental spaces on lower level and a 1 bed/1 bath apt on upper level! Corner lot approx. 95' x 45'. Excellent investment for commercial property in this location at only \$225,000US. **Price has been reduced to \$200,000.00 US - bring an offer!**

Raw Land

Caribbean Coves (G29) located 3 miles up the west side of Ambergris Caye. Watch the beautiful sunset from this beachfront property. 68' x 200' - only \$79,900US - terms available.

Club Caribbean - off the beach lots starting at \$15,000US.

Holiday Lands (M53) Parcel 2615 - measures approximately 78' x 72', only two rows off the beach. Asking price \$60,000US.

Flying Fisherman (D16) lot 300' off the beach, measures 50' x 78'. Only \$19,000US

REDUCE FOR QUICK SALE -\$11,000US

Palm Bay Club (M49) Lot #94 - 3rd row lot, 100' x 90'. \$16,000US

Paradise Coves (W23) Located 3 miles north and only 150' from the sea, this property has a septic system, 20,000 gallon cistern and a concrete foundation awaiting completion. An excellent investment in this desired area. \$120,000US.

Robles - 3 side by side off the beach lots each 92' x 190' for \$60,000US each.



Let your Money Work for you while enjoying the freedom of International Banking in Belize!!!

Offering up to
5%
interest on
USD
Time Deposits.

**Contact us
TODAY!!!**

ATLANTIC INTERNATIONAL BANK LTD.

Atlantic International Bank Ltd.

Tel: 501-223-3152 or 226-3527
Fax: 501-223-3528
E-mail: banking@atlabank.com
Website: www.atlanticibl.com

The San Pedro Sun Virtual Taste Trip.

Throughout the country of Belize, one of the most typical dishes one may find in restaurants and homes is the traditional Rice and Beans. Usually made with coconut milk, this dish is generally served with stewed chicken and potato salad or coleslaw. The following are the recipes for both Rice and Beans and Potato Salad.

Rice and Beans

(Serves 4)

- *1 cup red kidney beans
- *1 cup thick coconut milk
- *1 clove garlic (optional)
- *Salt & Pepper to taste
- *2 cups uncooked rice
- *1 onion, sliced

1. Soften beans (soak first) with garlic.
2. Boil until tender and whole.
3. Add the milk, onion and seasonings.
4. Wash rice, then add to the beans.
5. Cook over gentle heat until liquid is absorbed.
6. Stir gently with a fork, and add a little water from time to time until rice is cooked.



Delicious rice and beans, served with stewed chicken and either creamy potato salad or coleslaw, is a main dish served in homes and restaurants throughout the country of Belize

7. Serve hot with a meat dish. (Some favorite meat dishes with rice and beans are: stuffed baked chicken, stew chicken, stew fish, fried fish or meat balls).

- *1 Medium Onion, chopped
 - *6 Hard Boiled Eggs, chopped
 - *1 can mixed vegetables
 - *1 can vegetable salad
 - *Salad cream (to your taste)
 - *Evaporated Milk (also to your taste)
- Mix all ingredients together to desired thickness and consistency and enjoy!!!

Dad's potato salad

- *12 Large Potatoes, Cooked, Peeled, and cubed

Cooking Tip:
When cooking with coconut milk, rice has a tendency to become quite sticky and might stick at the bottom of the pan. To avoid this problem, be sure to place a griddle under the pan and reducing heat to low once all liquid has been absorbed. Try not to stir the rice and beans until the last minute to make it light and fluffy.

CAYE COFFEE

The ONLY Fresh Roasted Coffee in Belize!

CAYE COFFEE

Also Available at Better Supermarkets & Restaurants

Open Mon. - Sat.
6:00 am - 5:00 pm

Free Island Delivery
Call for Wholesale Prices
Located in San Pablo next to the Sausage Factory
Phone 226-3568
www.cayecoffee.bz

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)

Summer Day Camp
Tues. Wed. Thurs. with swimming, soccer, tennis, dance, art, games & more!

Visit us at the food court at the Costa Maya Festival!

- Tennis Courts
- Ping Pong & Volleyball
- Air-Conditioned Gym
- Poolside Grill
- Largest Pool in Belize with Lap Lanes & Family Area
- Pilates, Aqua & Hip Hop Classes

\$99. for 10 Aqua and/or Pilates Classes
Certified & Experienced Instructors & Trainers

San Pedro Fitness Club

Open Daily
Call 226-2683

Ricos SURFSIDE RESTAURANT
A Truly Unique Dining Experience
on the Caribbean's Edge

Enjoy Spectacular Views of The Surf & Sea Life
Every Table Has A View of the Water!
Specializing in Romantic Steak & Lobster Dinners
Beach & Poolside Luncheons
Sunrise On the Sea Breakfast

Now serving Stone Crabs!

Open 7am - 10pm Daily
Tel.: 226-3739 Ext. 135
For Reservations

Reserve our Intimate Gazebo for Special Parties of 6-8!

Sailing the Hobie Cat with

Sailsports Belize Continued from page 4

ments. When the front of the sail, just behind the mast, luffs or flutters in the breeze, you lose power. To start moving, pull the sail in just enough to stop the sail from fluttering. The Tell Tails are ribbon like markers on the sail that say where the wind direction is going. Tell tails react to air flowing over the sail and will help you see that the sail is pulled in too tight or too loosely, it also serves as an indicator for turbulence. These are the things one needs to know when operating a Hobie Cat. At first it may seem like a lot of work, but to be able to have the chance of viewing the island from the water and operating the boat yourself it is unlike any other. The catamaran is designed for people

Belize and have yourself a blast sailing on the open sea. They provide all the equipment and instructions you need to have a safe and enjoyable ride. Chris will give you a short safety talk and then launch the Hobie through the surf and into the turquoise waters of the sea. The joy of this trip is to give the non-sailor the true feeling of what a Hobie Cat can do and the sort of speeds that can be obtained from these boats. Get first hand experience in sailing and feel the wind roar past you as the Hobie skims across the water. During this wild and exhilarating experience a very competent and qualified captain ensures your safety and enjoyment to the fullest!

who want to experience something different from a regular boat ride, and the chance to feel the wind and water on your face is a great sensation.

So, come check out Hobie Cat Sailing with the crew of SailSports

Look for the brightly colored Hobie Cats on the beach at Sailsports Belize. Learning to navigate the waters of La Isla Bonita with skilled instructors enhances your watersports experience in San Pedro.



Tip of the week

Always interested in seeing the Great Blue Hole but not a scuba diver? Well, the Blue Hole is available for snorkelers. The shallow waters surrounding the Blue Hole are full of marine life and are a kaleidoscope of colors. So, get your snorkel gear ready and venture out into the great blue waters.

Beachfront @ the Spindrift Hotel

The Pier Lounge congratulates:

Costa Maya 2005

No Karaoke Sat. Aug. 6th
Karaoke resumes Sat. Aug. 13th WITH ISLAND SOUNDS DJ HEAVY D

Try Your Luck at Our Video Poker Machines

The Pier Lounge

Home of the World Famous Chicken Drop

Every Wednesday Night starting at 8:00 p.m.

THIRSTY THURSDAYS!

\$1 OFF ALL DRINK

WIN CASH!!!

Caliente

Mexican/Caribbean Cuisine

We Keep Things HOT!

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

Tasty Libations & Treats
• Tropical Margaritas & Daiquiris • Coconut Pie • Mango Cheesecake • Frozen Key Lime Pie

Located on the beach, in the heart of San Pedro on Barrier Reef Drive
Open Tuesday through Sunday 11:00am to 9:30pm
Tel: 226-2170

Blue Water Grill

"Island Style Cuisine with a Twist"

Serving Breakfast, Lunch and Dinner everyday
Home of the local favorite Sushi Tuesdays and Thursdays
Great Wine and Cocktail Menu
Wood-fired Pizzas
Fresh Salads
Great Seafood
Decadent Desserts

Now offering a Full Service Espresso Bar

Come in and try our Blue Water Frappuccino
Open 7 am- 9:30 pm
On the Beach across from the airstrip
At the Sunbreeze Hotel
Phone: 226-3347



Madre De Cacao

Sayab (Maya)

Scientific Name: *Gliricidia sepium*

Plant Family: Fabaceae

Description: A tree growing to 10 meters high; trunk: thin, to 30 centimeters in diameter; bark: brown, somewhat rough; leaves deciduous, divided into 7-17 leaflets each three to seven centimeters long; flowers bright pink to white, in dense, multiflowered racemes five to 10 centimeters long; pods dark brown, 10-15 centimeters long by 1-1.5 centimeters wide.

Habitat: Forests, fields, roadsides, and planted as living fence posts.

Traditional Uses: Boiled, cooled bark water is useful for washing tired, burning, or irritated eyes – slice a piece of bark eight centimeters by 2.5 centimeters and boil in one cup of water for 10 minutes; strain through a cloth twice and use to wash eyes. Seeds and bark are pulverized and mixed with ground corn



The flowers are considered edible and quite delicious when cooked with eggs.

to kill rats. Mash fresh leaves and apply as poultice for wounds, ulcers, boils and diaper rash.

In Mexico, an excellent brown soap known as Cacahuananche is made from the bark. It is suitable for washing hair, skin and laundry. The fresh flowers are eaten as a vegetable, primarily when cooked with eggs. According to Standley and Steyermark (1946), cattle feed on the leaves, which are toxic to rodents and dogs.



Copyright KW Mudge, 1995

The Madre de Cacao tree with its potent bark, leaves and seeds provides for a variety of uses.

Research Results: Aerial parts of Madre de Cacao in a 1:1 ethanol-water extract were shown to have anti-inflammatory activity in rats at a dose of 0.375 milligram per kilogram (Dhawan et al. 1977). Insecticidal activity of petroleum ether extracts of leaf, flowers, fruit, and root was observed against *Aedes aegypti* (yellow fever mosquito) (Sievers et al. 1949). Chemical analysis of the plant yielded flavonoids and carbohydrates (Dayal 1985) and proteids (Lavin 1986).

This column is NOT intended to be a guide for self-treatment of a medical problem or as a substitute for qualified medical advice. As with any health problem, a qualified physician should be consulted before taking any medication. The intent of this column is to give an overview of the pharmacological properties of Belizean plants. Articles re-printed by permission of the author.

LUNA

PALM TREE CUISINE

LUNA, Ambergris Caye's latest trendy restaurant, is now open.

Serving Palm Tree Cuisine, a fusion of Central American and Caribbean delicacies, LUNA offers a selection of fresh local seafood, tender meats and exotic vegetables prepared by our renowned chef.

Menu selections include: Jerk Seared Sea Scallop Crouton, Smoked Oyster Bruschetta, Spinach Pesto Goat Cheese Salad, Rib-Eye Steak Argentino, Almond Nut Crusted Grouper, White Chocolate Pudding laced with a cardamom anglaise sauce, Strawberry & Mango Ice Parfait.

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

Serving breakfast, lunch and dinner...

**At Journey's End Resort
Reservations: 226-2173**



Wolfe's Woofers by Dennis Wolfe

Buying Lumber

"I need two sacks of cement and some rebar," I said to Ellis.
 "O.K.," Ellis said. "She'll write it up for you in the office."
 As the order was being written, Steve pulled up in his golf cart.
 "What's up, Steve?" I asked.
 "Charlie sent me down here to buy some lumber for him," Steve said.
 "What do you need?" Ellis asked him.
 "I'm supposed to pick up some two by fours."
 "How long do you want them?"
 "Oh, man," Steve said. "Charlie didn't say anything about that. I'll have to go back and ask him."
 He drove out of the lot and I walked out to get the sacks of cement and rebar loaded into my golf cart. Just as we finished, Steve came driving back up.
 "O.K." he said to Ellis. "I'm going to need eighteen two by fours."
 "All right," Ellis said. "How long do you want them?"
 "Oh, Charlie and I are building a little storage shed," Steve told him. "I want them for a long time."

Trivia Tidbits

- *An adult sitting in a relaxed position inhales approximately one pint of air with every breath.
- *Guinea pigs were first domesticated by the Incas, who used them for food, in sacrifices, and as household pets.
- *Sharks can be dangerous even before they are born. Scientist Stewart Springer was bitten by a sand tiger shark embryo while he was examining its pregnant mother.
- *Flamingoes feel safest when they are crowded together, hundreds in a group.
- *The Roman historian Pliny was so impressed by garlic and its perceived powers, he listed no less than 61 medicinal uses for the pungent bulb. Among them was that of warding off vampires, restoring hair loss, and preventing warts.
- *Flamingos are not naturally pink. They get their color from their food, tiny green algae that turn pink during digestion.
- *Tuna swim at a steady rate of nine miles per hour for an indefinite period of time — and they never stop moving. Estimates indicate that a 15-year-old tuna travels one million miles in its lifetime.
- *The palms of the hands and soles of the feet contain more sweat glands than any other part of the body.

YOUR ISLAND SPECIALISTS!
 *BEACHFRONT HOMES *CONDOS *VILLAS *LAND
 *COMMERCIAL PROPERTY *HOTELS *ISLANDS

SUNRISE Realty

www.SunriseBelize.com
 TEL 501-226-3737 / FAX 501-226-3379
 E-mail: Info@SunriseBelize.com

DEVELOPED PROPERTIES

- ❖ **Banana Beach Resort:** Condos and Suites with 2 Pools, beach, restaurant and bars. All Banana Beach properties have guaranteed rental incomes!
- 3 bed beach condos** \$ 290,000.
- 2 bed beach condos** \$ 242,500.
- 1 bed beach condos** \$ 165,00 -195,000.
- 1 bed courtyard suites** \$ 123,500.
- 1 bed balcony suites** \$ 57,500.
- ❖ **Eden Park Villas** luxury 2000 ft² 2 bedroom beachfront now selling! **Palms** \$ 450,000. **Paradiso** \$ 495,000. **Imperial** \$ 595,000.
- ❖ **Villa del Mar** – new custom built beachfront home, 1 ac, pier, 3 bedroom \$975,000.
- ❖ **Casa Grande – Palmeros Point Beach Club.** New 3 bedroom 3 ½ bathroom beach home fully furnished and self sufficient \$ 675,000.
- ❖ **The Villa Turquesa at Mata Grande** designer 3 bedroom beach home with pier and optional adjoining beach lot \$ 975,000.
- ❖ **Villa Aurora** – custom built home. 3 bedroom, 3 bathroom. Pool - \$675,000.
- ❖ **Tres Cocos Garden Home** 2 bedrooms with caretaker quarters. Location! \$ 275,000.
- ❖ **Ocean view** 3 bed/2 bath concrete home with roof top deck. \$ 210,000.
- ❖ **Duplex home** close to the Yacht Club \$ 125,000. Reduced to only **\$110,000**
- ❖ **Caye Villas** – Beach villas with pool.
 2 Bed 2 bath fully furnished \$ 394,000.
 2 bed 3 bath fully furnished \$ 395,000.
- ❖ **Mi Casa.** Rental suites with spacious top floor owner's quarters and loft apt. \$650,000.
- ❖ **San Pablo home** – Flamboyant Park area. 2 bed, 1 bath home \$165,000
- ❖ **Casa Flores** income producing triplex on double lot. \$350,000.
- ❖ **The Castle** 10 apt complex \$525,000. Drastically reduced: **\$400,000**

UNDEVELOPED PROPERTIES

- ❖ **In town beach lot!** Commercial or residential. \$ 490,000.
- ❖ **Beach Lot** next to Sunset Beach resort \$ 475,000.
- ❖ **5 acre island on the reef at Turneffe** Offers!
- ❖ **Boca Ciega 4.5 acres** 170ft beach front. \$ 350,000.
- ❖ **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!
- ❖ **Buena Vista Point** Ocean view 75ft x 150ft \$ 79,000.
- ❖ **Laguna Estates** ocean view lots from \$20,000.
- ❖ **Laguna Estates** commercial tracts & islands Inquire!
- ❖ **Caribbean Coves** 200ft ocean front \$ 150,000 – under contract
- ❖ **San Marcos 2 adjoining** 50' X 100' lots - \$35,000 each
- ❖ **2 adjoining Alta Mar** 100ft x 100ft lots \$65,000 each.

All prices are in US dollars and subject to change without notice. For further details on these properties and much more call your **AMBERGRIS CAYE SPECIALISTS.**

Graniel's Dreamland
 Locally made furniture & accessories made from all Belizean exotic Hardwoods & Mahogany

Clam Chairs • Rocking Chairs • Carvings • Doors • Plaques • Bowls • Vases • Figurines & much more!

Located on Pescador Drive - Opposite Rock's
 Open Monday to Saturday
 8:30am to 12:00 noon & 1:00pm to 9:00pm
 Sunday 10:00am to 12:00 noon

Telephone: 226-2632, ext. 18 or 226-2707 Email: sunset@btl.net

We Ship Anywhere!
Free Packing & Delivery

RICH AND CREAMY SOFT SERVE ICE CREAM, SHAKES, TROPICAL SMOOTHIES, SUNDAES, FLURRIES, BANANA BOATS & MORE!!!

ISLAND MINI GOLF & ICE CREAM

SEA GRAPE DR. 1 BLOCK WEST OF BAREFOOT IGUANA
 OPEN DAILY AT NOON TIL' 9 PM WEEKDAYS & 10 PM WEEKENDS

Lily's Treasure Chest
 Fresh Seafood Daily!

Open Daily
 7 a.m. - 9 p.m.

Serving Beachside Breakfast, Lunch & Dinner
 A True Island Dining Experience!

Seaside at Lily's Hotel 226-2650

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:

Plantain crusted shrimp with a papaya chili sauce
Crab, scallop and shitake stuffed grouper drizzled with a rum-&-mango glaze!!!

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

5 miles north of San Pedro, come by Island Ferry or golf cart
Open for lunch and dinner, Tuesday through Sunday



A new level of relaxed luxury on North Beach, Ambergris Caye. Azul combines the space and privacy of fine private villas with the amenities and services of a world class resort, all on 400 feet of beautiful beachfront and ten acres.

For more information, please contact us at 226 4012 or e-mail info@azulbelize.com

Dine Artfully
Tonight ...



Tapas
Bar
Pastas
& Martini Lounge
South end San Pedro

226-4507

Papi's Diner

Finer Food at
Diner Prices

Open Daily

7:00am - 2:30 pm

6:00 pm - 10:00pm

Boca del Rio

Phone 226-2047



ORANGE Gallery - Gift Shop

Mayan carvings pottery gifts sculptures
wood turnings slate carvings art sarongs
crafts toys Jewelry hats drums
furniture and more! caps

On Coconut Drive,
San Pedro South
226-4066

San Pedro's Largest Gift Shop



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

Also:
Hol Chan/Shark Ray
Mexico Rocks/Tres Cocos
Every Day 9am & 2pm

Tel: 226-4202 / 226-4206 or 614-8818

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

Pearl Creations