

# THE SAN PEDRO SUN VISITOR GUIDE

December 22, 2005

**FREE**

The Island Newspaper  
Ambergris Caye, Belize  
Central America



*Deep Sea Detectives:  
Touching the bottom of  
the Blue Hole!*

*Genesis in the Jungle  
Belizean spices you can  
enjoy at home.*



*Rendezvous Jazz Festival:  
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## 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](mailto:spsun@sanpedrosun.net).

**Jenny Osterman and former Tres Cocos resident Elma Taylor read *The San Pedro Sun* on the island of Eleuthera in the Bahamas.**

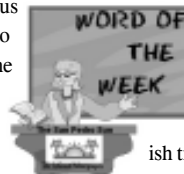
Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken.

Don't forget to include your names and what you were doing.

## Belizean Proverbs



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 – Words of the Week. This week, we will present a few phrases in English and give you their Creole and Spanish translations. Special thanks to Sylvana Woods for her help with the Creole translations. Enjoy!!!

**English** Have a Merry Christmas and a Happy New Year!  
**Creole** Gat wahn Meri Krismos ahn wahn Hapi Nyoo Yaa!  
**Spanish** ¡Feliz Navidad y Prospero año nuevo!

**English** What is your New Year's resolution?  
**Creole** Weh yoo wahn pramis fu di Nyoo yaa?  
**Spanish** ¿Cual es tu resolución para el año nuevo?

**English** Christmas tree, light, church mass, decorations, reindeer.  
**Creole** Krismos chree, laits, choch maas, dekorayshanz, rayndyaa.  
**Spanish** Árbol de navidad, luz, misa, decoraciones, reno.

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More foreign subscribers than any newspaper in Belize!

## 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: Why are you here in San Pedro?



**Becky Harris** is from Houston, Texas, USA and manages a high rise condominium. She is staying with a friend in the Galleria area. "I came for the weekend to surprise Debbie."



**Debbie & Jimmy Olson** from Spring Texas, USA stayed at Victoria House. Debbie is an office manager for a gas and oil company and Jimmy is an AC technician. "We are celebrating Debbie's 50<sup>th</sup> birthday. Our stay at Victoria House was a gift from a friend."

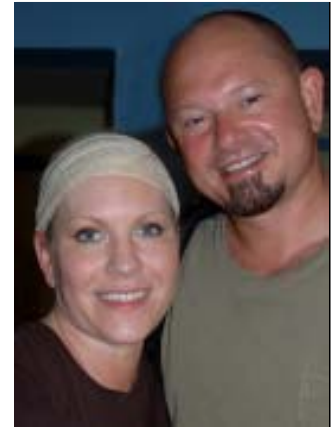


**Rich Grimm** is a Fireman from San Diego, California, USA and is staying at the Sun Breeze. "I'm here to organize the next sky dive trip, that will be held February 10<sup>th</sup> - 20<sup>th</sup>, and visit all my friends in San Pedro."



**Marie & Frisco** live on Barrier Reef Drive. She owns the Stained Glass Pub and is the chief chef. "I came back after a long rest in the states and was surprised at how good the business is going. I think I'll stay."

**Richard & Candace Boyd** from Dallas, Texas, USA stayed at Cayo Espanto. He is a director of sales and she manages an assisted living center. "We are here on our honeymoon."



## WOMAN ON THE BEACH

by Harriette Fisher

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



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# Reef Brief

Contributed by Peace Corps Volunteer Nicki Vassak

## A Three Course Meal

The exploration for discovering new and exciting ingredients in the seafood industry begins as coastline communities are learning that lucrative opportunities may exist for countries to harvest and process products for which strong international demand is already present. Examples of these include fish meal, zooplankton, and even non-edible fishery byproducts!



The greatest commercial use of fish meal is its corporation into animal feeds, as well as agricultural and industrial uses. However, simple fish meal can be incorporated into human diets as a flour additive or as pure meal.



The best kinds of zooplankton for consumption live in shallow, well-protected, and green, murky waters. The organisms are just caught in nets and dried, fermented, or pressed before distribution. The end result is nutritious and great for soup bases or condiments.

Several Southeast Asian countries have developed a market for consuming the zooplankton that inhabit all marine and fresh waters. The best kinds of zooplankton for consumption live in shallow, well-protected, and green, murky waters. These areas often indicate high densities of the microscopic planktonic plants on which the zooplankton feed. Such conditions make the process for collecting zooplankton relatively straightforward because boats are unnecessary. The organisms are just caught in nets and dried, fermented, or pressed before distribution. The end result is nutritious and great for soup bases or condiments.

The steps involved in making fish meal simultaneously with the separation and processing of fish oils has been established for decades. The greatest commercial use of fish meal is its corporation into animal feeds, as well as agricultural and industrial uses. However, simple fish meal can be incorporated into human diets as a

flour additive or as pure meal. In addition to minced or ground fish that are shaped into cakes and patties, there are also highly processed fish products that can be incorporated into baked products and protein concentrates.

Finally, the chitin and chitosan byproducts of crustacean fisheries appear to offer economic potential for countries with large shrimping or

crabbing industries. The products are chemical polymers with physical properties that are naturally resistant to decomposition and are strong even when stretched into thin fibers. According to the Board on Science and Technology (1985), chitin's high binding capacity for certain substances may be useful in water purification, wastewater treatment, and metal recovery from aqueous wastes.

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**Audubon 106<sup>th</sup> Annual Christmas Bird Count to take Place December 14<sup>th</sup>, 2005 - January 5<sup>th</sup>, 2006**



Birders in Belize have the opportunity to observe hundreds of different species of birds, and it is not uncommon to view 50 in a single outing. Belize has recorded over 500 species of birds within its borders and many of the migratory birds that flock to Belize are accounted for during the annual Audubon Christmas Bird Count.

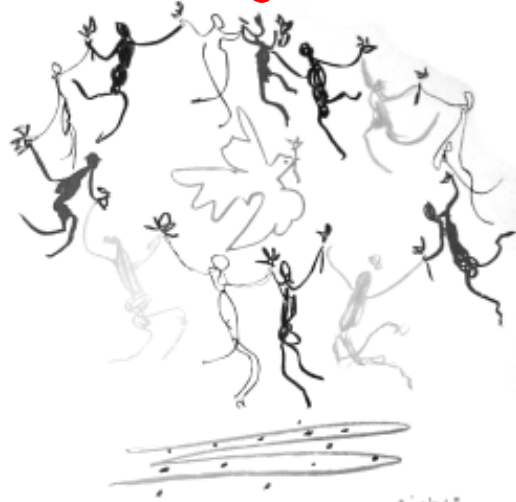
Press Release - National Audubon Society - October 31<sup>st</sup>, 2005 - From December 14<sup>th</sup>, 2005 to January 5<sup>th</sup>, 2006, the National Audubon Society's longest-running wintertime tradition, the annual Christmas Bird Count (CBC), will take

place throughout the Americas. During the 106<sup>th</sup> CBC, approximately 55,000 volunteers of all skill levels are expected to take part in this census of birds.

"Having fun while birding can iden-

Continued on Page 6

May your life be filled with peace, love, and joy during this holiday season, and in the year to come



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Main Course  
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Prime Rib Steak glazed in Mushroom Sauce, served with Stuff Baked Potato and Steamed Vegetables  
or  
Blackened Lobster served with Yellow Rice and Steamed Vegetables.

Dessert  
Rico's Home-made Apple Pie topped with Strawberry Ice Cream

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# Annual Christmas Bird Count

Continued from Page 5

tify important results that help shape the direction of bird conservation," says Geoff LeBaron, National Audubon Society's Christmas Bird Count director. "Audubon and our partners at the Patuxent Wildlife Research Center and the Boreal Species Initiative are analyzing data from the overall CBC database, and using the results they find to develop Audubon's 'State of the Birds' report. These important results will be reflected in 2006 in our 'State of the Birds' waterbirds report, and inform the Audubon WatchList, which is used to prioritize Audubon's bird conservation activities."

The CBC began over a century ago when 27 conservationists in 25 localities, led by scientist and writer Frank Chapman, changed the course of ornithological history. On Christmas Day in 1900, the small group posed an alternative to the "side hunt," a Christmas day activity in which teams competed to see who could shoot the most birds and small mammals. Instead, Chapman proposed to identify, count, and record all the birds they saw, founding what is now considered to be the world's most significant citizen-based conservation effort – and what has become a more than century-old institution.

Today, in Audubon's centennial year (making the CBC five years older than Audubon!), participants from all 50 states, every Canadian province, parts of Central and South America, Bermuda, the West Indies, and Pacific Islands, will count and record every individual bird and bird species seen in a specified area.

During the 105<sup>th</sup> season, about 70 million birds were counted. Thanks in part to Bird Studies Canada, a leading not-for-profit conservation organization that is the Canadian partner for the CBC, last year saw a record high yet again: 2,022 individual counts. Each count group completes a census of the birds found during one 24-hour period between December 14 and January 5 in a designated circle 15 miles in diameter – about 177 square miles.

The 106<sup>th</sup> CBC is larger than ever, expanding its geographical range and accumulating information about the winter distributions of various birds. The CBC is vital in monitoring the status of resident and migratory birds across the Western Hemisphere, and the data, which is 100% volunteer generated, have become a crucial part of the U.S. Government's natural history monitoring database. Articles published in the 104<sup>th</sup> and 105<sup>th</sup> CBC

issues of American Birds define new methods of analyses of large citizen-science data sets, with relevance to other programs beyond the CBC.

Count results from 1900 to the present

are available through Audubon's website [www.audubon.org/bird/cbc](http://www.audubon.org/bird/cbc). Included in those results is the last report of the Ivory-billed Woodpecker in the CBC database

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## Get Involved

The Audubon Christmas Bird Count is the oldest and largest citizen science event in the world. For over a hundred years, people have gathered together during the winter holiday season to count birds.



Christmas Bird Count Circles in the Western Hemisphere.

For many people, this is an annual tradition that has passed from one generation to the next. In the process, they have created a vast pool of bird data that is the most

comprehensive available for mid-December to early January. It is a fertile source of information on the status and distribution of early winter bird populations and is studied by scientists and interested people the world over. And it all starts with you!

While there is a specific methodology to the CBC and you need to count birds within an existing Christmas Bird Count circle, everyone can participate! If you are a beginning birder, you will be able to join a group that includes at least one experienced birdwatcher. If your home is within the boundaries of a Christmas Bird Count circle, then you can stay home and report the birds that visit your feeder or join a group of birdwatchers in the field. If you have never been on a CBC before and you want to participate in a count this year, including feeder counting, please contact your count compiler prior to the count and prior to signing up for the count here.

Christmas Bird Count (CBC) season is December 14th through January 5th each year. Your local count will occur on one day between those inclusive dates. If you have more than one local count, they will probably be conducted on different dates within the CBC season. You can pick the most convenient date, or participate in more than one count.

For complete information please go to the National Audubon website at <http://www.audubon.org> or contact the Belize Audubon Society at P.O. Box 1001, Belize City, BELIZE.

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 Dinner 6 – 9:30 pm

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# Annual Christmas Bird Count

Continued from Page 6



Audubon is celebrating its centennial year of protecting birds and other wildlife and the habitat that supports them. Birds such as the pigeon pictured above add to the great diversity of our wildlife, and must be protected.

— two birds that were seen in the Singer Tract in Louisiana during the 38<sup>th</sup> CBC in 1937. Other sightings were reported earlier in the 1930s.

“Over five human generations, the CBC has evolved into a powerful and important tool, one probably inconceivable to any of the 27 participants on the first Christmas Bird Count,” said LeBaron. “With continually growing environmental pressures, the value of the current data might even exceed the imagination of today’s participants.”

CBC compilers enter their count data via Audubon’s website at [www.audubon.org/bird/cbc](http://www.audubon.org/bird/cbc) or through Bird Studies Canada’s homepage at [www.bsc-eoc.org](http://www.bsc-eoc.org),

where the 106<sup>th</sup> Count results will be viewable in near real-time. Explore this information for the winter of 2005-2006 or visit a count from the past. See if and how the state of your local birds has changed during the last 25...50...or 100 years.

Audubon is celebrating its centennial year of protecting birds and other wildlife and the habitat that supports them. Our national network of community-based nature centers and chapters, scientific and educational programs, and advocacy on behalf of areas sustaining important bird populations, engage millions of people of all ages and backgrounds in positive conservation experiences.



## Ricos

BAR & GRILL  
AT BANYAN BAY

### NEW YEARS' EVE DINNER SPECIAL

Appetizers

**Shrimp, Lobster and Vegetable Crepes**  
or  
**Crème De Avc with Lobster Terina**

Main Course

**Boiled Lobster topped with Per nod Sauce, served with Risotto Rice, and Steamed Vegetables**  
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or  
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Try our famous Frozen Mojitos and enjoy one of the best stocked bars on the island!!!

Come join us for a special Christmas Dinner at Rojo Lounge!!!



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## Genesis in the Jungle Belizean Seasonings

As the name implies, these flavor enhancing products were born in the jungle. The food you ate last night was a whole lot better because the spices were just right, and Belizeans and people around the world have been enjoying the tasty products of Marlyn Gill, the proprietor of "Genesis in the Jungle" since it began in 1992.

"Food was just a hobby," stated Gill when she created her first original seasonings while living in Lucky Strike Village, near Altun Ha, Belize. Her late husband, Albert, was making wine for tourists to buy, and while they were at her house purchasing wine they could smell Marlyn's aromatic spices. It was not long be-



Belize's own "Spice Girl", Marlyn Gill and her daughter Victoria, pictured above in front of their billboard for their restaurant, Rasta Pasta in Caye Caulker

Beans" a seasoning for the classic Belizean dish. The buses continued to come and Marlyn became even busier selling her unique spices.

While they continued to sell from their home, they started to branch out and market the spices at the Belize Zoo. Their gift shop sold more than a dozen packages weekly and the dream of an idea was turning into a reality. In 1995, Marlyn moved to San Pedro to incorporate her variety of spices into a restaurant of Belizean food fare. Along with Genesis in the Jungle Spices they opened Rasta Pasta. After a few years, Marlyn, along with Rasta Pasta, moved to neighboring Caye Caulker Village.

Today, her daughter Victoria Strickling, runs Rasta Pasta, cooking with the original and new seasonings created by her mother Marlyn. "Genesis in the Jungle" now offers seven seasonings, Rice and Beans, Belizean Spice, Belizean Seafood, Chimole, Belizean Curry, Belizean Jerk and Belizean Blackening, which all come with a complete ingredient list and a step by step recipe on how to use them. Most packages come with a Recado red or black ball in addition to a packet of seasoning. "No Salt" and/or "No MSG" is clearly marked on these easy to use packages.

These spices are purchased by tourists from around the world to take home and remember the fine Caribbean food they had in Belize. They can also be ordered through the online store at IslandBazaar.net. In ad-

Continued on Page 9

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fore they began to inquire about purchasing them, and Belize's own "Spice Girl", Marlyn, had an idea, something she has known all her life, something that is integral to all food preparation, seasoning and spice. Marlyn created her first spice concoctions, "Belizean Spice" which was a seasonal-all that came with a recipe for chicken, and "Rice and

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## Genesis in the Jungle Belizean Seasonings

Continued from Page 8



These aromatic and tasty spices can be found in most gift shops and fine food marts in Belize or on-line.

In addition to the spices, many order Marlyn's world famous Coconut Macaroons, which are simply irresistible. The spices are available at most supermarkets in San Pedro, The

Green House and most gift shops throughout Belize.

On the stove, Marlyn is still creating. But, all that is being put on the back burner while she prepares for

her daughter's wedding to Danny Reynolds in early February. Marlyn has not stopped there. She has been cooking a good book for some time now and hopes to create a new catalogue of products after the wedding

celebration. The cook book, *Refried Dreams and other Recipes for Living*, will weave together a lifetime of experiences while revealing secret recipes used in the success of Rasta Pasta.



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<b>THURSDAY- THE CREW</b>
REGGAE
<b>FRIDAY- THE RIDDIM SECTION</b>
R&B/REGGAE/ROCK/BLUES
<b>SATURDAY- 20/20</b>
CLASSIC ROCK/ROCK/BLUES
<b>SUNDAY- "SPECIAL EVENTS" or RECORD SPIN</b>

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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.

**Ambergris Hopes Clinic** - 226-2660, Emergencies: 606-2316

**US Embassy** - 227-7161  
**Canadian Consulate** - 223-1060  
**Mexican Embassy** - 223-0193  
**Guatemalan Embassy** - 223-3150  
**Honduran Embassy** - 224-5889

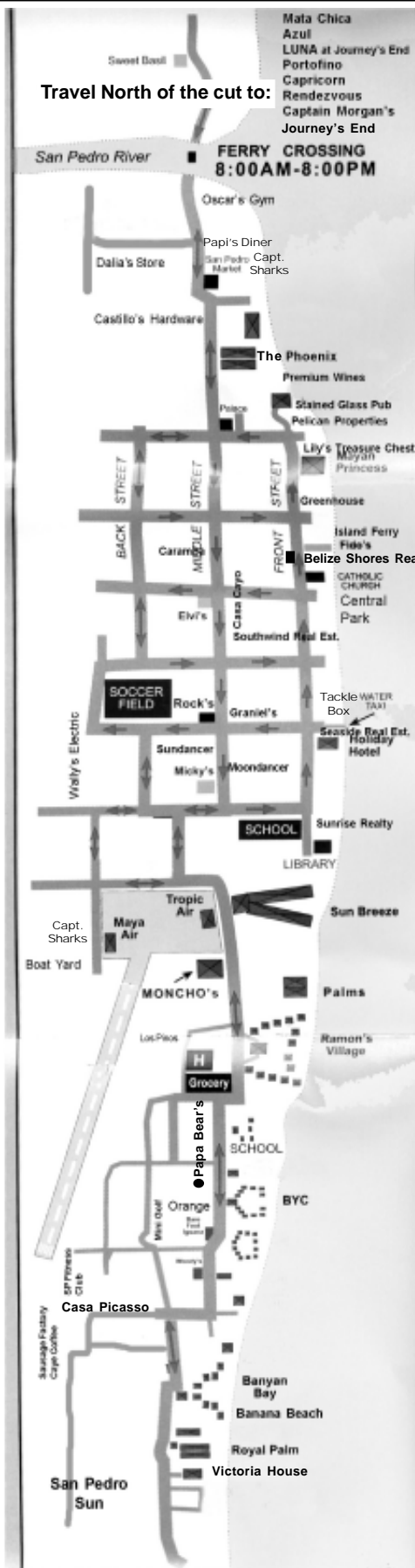
## Miscellaneous

**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, 600 9061

**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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Golf Cart Rental  
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## Water, Sports & Tours

**SEARIOUS ADVENTURES** Are You Ready? Lamanai, Altun Ha, Cave Tubing with either Belize Zoo, Ziplining, or Xunantunich Mayan Ruin, Manatee Watch and Beach BBQ, half day snorkeling and more. We are located ON THE BEACH straight down from the airstrip. Call #226 - 4202/4206 or Cell #662-8818.

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

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

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

**FISHING** - Specializing in reef fishing, night fishing, and flat fishing. All tackle is supplied. Contact Daniel Espinosa at 609-9086.

## Real Estate...

**BELIZE SHORES REALTY & CONSTRUCTION** "SERVICES" - Your One Stop Real Estate Company. We are the only real estate company in Belize with virtual tours of our listings on our website. Homes, Condos, Land, Commercial. 501-226-2825, www.belizeshoresrealty.com

**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 real estate.net

**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.

**BELIZE REALTY & BUILDING SERVICES** - From raw land to dream home - we're there every step of the way!

## Transportation...

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

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

**CRYSTAL AUTO RENTAL** - Largest fleet in Belize. Offices at International Airport and Belize City. 223-1600, 0-800-777-7777

## Services...

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

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

## Party...Party...Party

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

**PIER LOUNGE** - Home of the "World Famous Chicken Drop" every Wednesday night. Daily drink specials and two-for-one happy hour. Located beachfront in the Spindrift Hotel. Phone 226-2002.

**THE TACKLE BOX** - come rock da box out over the water! Every Tuesday, Wednesday, Saturday and Sunday (starting @ 9:00PM) we have amazing live bands ranging from Reggae to Punta to old school Rock-n-Roll. We'll have prizes, specials and always that breath-taking Tackle Box ocean view! Located off the San Pedro Water Taxi Pier at the end of Black Coral St. 226-4313.

**FIDO'S RESTAURANT & BAR** - Dine under the largest Palapa in San Pedro! Enjoy a full lunch & dinner menu with live beachfront entertainment all night.



# THE SAN PEDRO SUN VISITOR'S GUIDE



## Dining Out...



**MATA CHICA** - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, char-broiled seafood and much more! Call 220-5010/5011.

**ROJO LOUNGE** - Enjoy tropical lounge cuisine in one of the most beautiful beachfront settings in all of Belize - Azul Resort. 226-4012.

**ELVI'S KITCHEN** - serving the finest food since 1977. Daily Lunch and Dinner Specials. Caribbean Night on Thursday. Mayan Fiesta every Friday - come try our Maya Buffet. Open Monday - Saturday. Lunch: 11:00 a.m. - 2:00 p.m. Dinner: 5:30 p.m. - 10:00 p.m. Call us for group reservations. Ph 226-2404/2176 "Where something good is always cooking!"

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

**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 11:30 a.m. to 4:00 p.m. Fermented, blended and bottled here on the property. Open for lunch and dinner. Call 226 3426 for reservations and transport options.

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

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

**THE TACKLE BOX BAR & GRILL** - whether it's a little break from the beach or a whole night out, the Tackle Box is just the place. The kitchen serves a wide array of affordable fresh comfort foods ranging from our big Tackle Box Burgers, special fried chicken, to some of our more local fare and seafoods. And what a better place to enjoy our dishes, than our back porch out over the water.

**THE STAINED GLASS PUB** - located in the heart of Town featuring homestyle cooking with a gourmet flair; dine alfresco streetside or enjoy the air conditioned quaint European atmosphere in the unique Pub room. The Best Burger in town and several wines by the glass, full liquor bar...friendly & informative for visitors—A Must While in San Pedro! Visa/MC 226-4147

## 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 FITNESS CLUB** - A/C Gym at Belize Yacht Club, Fully-equipped. Open to the public. Tennis Courts, Lap and Family pools, Aqua Fitness and Toning Classes. Open 7am Daily, 8am Sundays. 226-2683.

**CAYE COFFEE** - Take a taste of our locally roasted fresh coffee back home. A wonderful cup of coffee makes such a great difference in your day. Try it and ask for more. 226-3568.

**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.

**PAPA BEAR'S** - Full Service, Internet Access. Pastries, coffee and deli sandwiches. Open 7 a.m. to 10 p.m. daily. Located on Fairdale Plaza, on Coconut Drive.

**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.

**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.

**BAREFOOT BOOKS** - Features a huge selection of new and used books. Gorgeous greeting cards and gift items. Located at the southern end of Middle Street (Pescador Drive) across the courtyard from Mickey's. 206-2577.

**EXECUTIVE SERVICES** - Let Us Expedite All Your Needs! Liquor & restaurant licenses for January are due now, and we can help expedite the process! We are also consultants for work permits, retirement status, small claims and legal affairs. We'll do all the traveling for you and get your paperwork pushed through. Call 606-8311 or e-mail belizedistrict@yahoo.com

**DandE's FROZEN CUSTARD and SORBET** - If you like ice cream, you will Love DandE's Frozen Custard! Delicious cones, shakes, sundaes and splits. Located on Pescador Drive next to Caramba Restaurant. Closed Wednesday. Phone 608-9100.

## 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



# 365 feet to the bottom of the Blue Hole

Belize has become one of the premiere diving destinations in the world, and topping the list of dive sites is the magnificent Blue Hole. While thousands of divers have explored the walls and crevices of this mysterious formation, not one had documented reaching the bottom, until now.

A team of expert deep-sea divers took the challenge to explore the extreme depths while documenting the adventure on high-definition video for a new DVD, *Dive Portal Video Magazine*. John Chatterton and Richie Kohler are the stars of the popular History Channel television show, *Deep Sea Detectives*. They have dived slightly from exploring the galleys of long sunk shipwrecks to explore the natural formation of the famous Blue Hole. Accompanying the divers is underwater videographer, Evan Kovacs, who will be responsible for documenting the underwater adventure.

The challenge and appeal, according to the team, is that it had never been done before. Some rumors exist of divers reaching the bottom, and it is thought that the famous ocean explorer Jacques Cousteau had used a mini-submarine to explore the Hole's depths. But, no documentation has surfaced.

Early Thursday morning under stormy skies, the team headed for the Blue Hole, about 60 miles from Belize City. The almost perfectly circular Blue Hole is more than 1,000 feet across with an unknown depth, but estimated around 400 feet deep.

The hole is the opening to what was a dry cave system during the Ice Age. When the ice melted and the sea level rose, the caves were flooded, creating what is now an attraction for thrill seeking divers. Today, the Blue Hole is famed for its sponges, barracuda, corals, angelfish—and a school of sharks often seen patrolling the hole's edge.

Once the Deep Sea Detectives entered the water, they quickly left their recreational diving counterparts near the relative surface as they descended to three hundred feet below the surface

where Kohler remained while serving his role as deep-water support. Finally, as the depth gage read 365 feet, the team of Chatterton and Kovacs gently

touched down on the silty bottom.

The team had twenty minutes to explore the bottom using a highly advanced rebreather apparatus. This apparatus efficiently recycles exhaled air that consists of a combination of oxygen and helium that the divers use to breathe. "It looked like vast sand dunes, it's rolling and uneven," explained Chatterton. Kovacs noticed some crabs and other creatures that were dead, but because of the lack of oxygen at that depth, were not decomposing and could be a number of years old.

A series of caverns and caves were left unexplored. Some believe these caves could provide a gateway beyond the edge of the reef.

After their brief 20-minute exploration, the team started their long slow ascent to the surface. While decompressing for nearly two and a half hours, they were able to enjoy much of the area that attracts so many divers to the Blue Hole.

The footage captured during their expedition will be part of a new DVD magazine titled *Dive Portal Video Magazine* where Chatterton and Kohler will portray a variety of challenging and extraordinary dives. The DVD should be available in April.



Deep Sea diver and videographer Evan Kovacs prepares to document the bottom of the Blue Hole on High Definition Video.



The view from the bottom of the Blue Hole reveals a huge overhang giving the impression divers are on the inside of a huge bell. (Photos by Dive Portal Video Magazine)

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 Full Service Day Spa  
 Two Miles North  
 Come By Boat or Golf Cart  
 Original European Facials  
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**Paradise**  
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 B E L I Z E

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



# San Pedro Jazz Festival fills the air with music, art and food



The turquoise waters of the Caribbean Sea reverberated with the rhythm of jazz as countless musicians took to the stage for the San Pedro Jazz Festival held at the Rendezvous Restaurant last weekend. Grammy award winning musicians shared the stage with local celebrities to help raise money for



worthy causes including the Chamber's Children's Emergency Fund; a new elementary school in San Mateo with a classroom for students with special needs, and the Lions Club Dental Education program.

Local delicacies including Pork Pibil helped to nourish the spectators as they drank in the sites and sounds of

the performers including artists as well as the musicians. Special thanks and recognition goes to Glen and Colleen Schwendinger and Caesar Sherrard, who spent countless hours organizing the event.



SAN PEDRO'S  
NEWEST RESTAURANT

Located right in the heart of town,  
at Aqua Marina Suites.

Spectacular views of the crystalline  
waters of the Caribbean Sea.

Healthy options always available, be it for  
breakfast, lunch or dinner, the **Naked  
Fish** is sure to knock out your tastebuds.

The best in fresh local traditional cuisine,  
cocktails and wines and local specialties.

Join us for our Wednesday TACO Party  
Buffet and live entertainment, and a special  
bar hopping tour. All for only US\$19.95  
per person includes 2 cocktails at the  
Naked Fish and one at the Pier Lounge.

For reservations, call 226-4675

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## Membership With Even More Benefits!



San Pedro Fitness Club is expanding and opening a San Pedro Fitness and Oasis Spa center at the Belize Yacht Club. We invite everyone to come and see our new center on the second floor of the Belize Yacht Club admission office. Membership still includes use of the amenities at the San Pedro Fitness Club and members are invited to use the amenities at the Belize Yacht Club as well.

Open 7:00 am to 7:00 pm seven days a week.



**San Pedro  
Fitness Club**

## A Truly Divine Experience

This elegantly appointed restaurant features both outdoor seating and indoor air-conditioned split level dining with high ceilings, local artwork and more. Our wonderfully decorated lounge invites you to enjoy the Island's largest selection of drinks, cool tropical cocktails and martinis.



**El Divino**  
CARIBBEAN STEAKHOUSE & MARTINI LOUNGE

Dinner entrees include...

- Filet Mignon, Garlic Mashed Potatoes with Cabernet Wine Sauce • Pork Chops, Steak, Fries and Warm Apple Chutney • Pan Seared Grouper, Garlic Mashed Potatoes with Grapefruit Beurre Blanc • Steamed Local Lobster Tail with Saffron Risotto • Sautéed Snapper over Black Bean Salsa with Caribbean Citrus Sauce • Sautéed Shrimp, Herb Pesto Couscous and flavored Oils

For lunch enjoy...

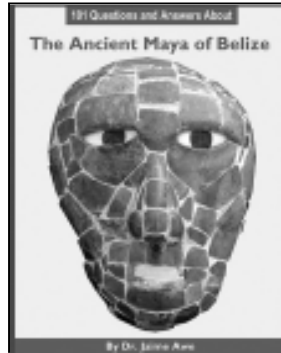
- Chilled Gazpacho Soup with Shrimp • Sirloin Burger with fries
- Fish Fillet Sandwich • Broasted Chicken Breast Sandwich

Start the day with... Also Offering Daily Specials

- Eggs Benedict with Smoked Ham • Belizean Banana Pancakes • Apple Cinnamon French Toast

Located at Banana Beach on Coconut Drive  
226-3892

## 101 Q & A of the Ancient Maya launched



The book is entitled *101 Questions and Answers about the Ancient Maya* and according to author and archeologist Dr. Jaime Awe, the compilation of information is an easy to read illustrated guide that will suit the needs of readers of all interests. The book was launched on Thursday, December 15<sup>th</sup> at the Image Factory in Belize City and already the book has been getting good reviews from the people who have read it.

Today, the Maya Civilization still thrives in the homes of many and schools around our Nation and in an effort to better understand and educate the people on our Ancestors, the book was launched. Dr. Jaime Awe was interviewed by our fellow companions at *Channel 7News* and commented "This book goes a long way in our efforts to bring archaeology to Belizeans and the reason why is that if you go out and you buy most books on the Mayas, you will find very few examples of Belize. What I've tried to do here is I've tried to use more Belizean examples and only Belizean examples wherever I could. So in that sense, it is more about Belize than say about the sites in Guatemala or Mexico." The book truly puts an end to all the misconceptions about the Mayas and their lifestyles. Awe further stated, "Some people think that the Mayas all died out and they disappeared. That's one of the biggest misconceptions. We know that is not true, the Maya are still an integral part of this country. They contribute to our culture, in fact the last question in the book talks about that. Another one of the misconceptions is that the Maya were the first people that came to Belize. They are not. Paleo-Indians were here 10,000 B.C., archaic people were here from about 7000-2000, the Maya were the third group, so to speak. Maya culture does not start to become established until about 2000 B.C. So that is another one of the misconceptions."

The book is very reader friendly and is highly recommended. Everybody can look to this book and find it very accessible. Young children aged eight or nine can learning about this grand civilization or satiate their curiosity about exciting discoveries; the manuscript is a beautiful guide. The book, *101 Questions and Answers About the Ancient Maya* is on sale at Image Factory Books for fifteen dollars through the end of December. Get yours now while supplies last!

# Casa Picasso invites you to embrace the season artfully...

What is Casa Picasso? Casa Picasso is a sharing + tasting + innovative spot to dine + drink with inspirations from Spain, Italy and the Caribbean. awaken your appetite with creative tapas + delight in delicious pastas this season make it sparkle...

FODOR'S TRAVEL  
TOP 10 BEST  
RESTAURANTS  
WORLDWIDE  
2006



Dine  
Artfully...

Reservations  
recommended  
nightly 5:30 'til late call 226-4507+located south of town+ a Fodor's Choice 2005

RESTAURANT + MARTINI LOUNGE

Reservations recommended nightly 5:30 'til late call 226-4507+located south of town+ a Fodor's Choice 2005

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## Castor Bean Plant

Oil Nut (English)  
 Ricino, Higuera (Spanish)  
 Xcoch (Maya)

**Scientific Name:** *Ricinus communis* L.  
**Plant Family:** Euphorbiaceae

**Description:** Erect shrub or small tree to six meters tall; trunk to four centi-

meter in diameter; leaves deeply lobed, 10-60 centimeters across; flowers in a spike, purple brown in color; fruits brown, 1.5-2.5 centimeters long; seeds black or mottled brown-creme, each 10-17 millimeters long.

**Habitat:** Old fields, roadsides, edge of forest, gardens.

**Traditional Uses:** Seeds and leaves have been used since ancient times as a *purgative* and *emollient*. Boil half of a leaf plus five dried seeds in two cups water for five minutes and drink warm as a *purgative*. Use half leaf plus two seeds in same manner as a *laxative*. Crush fresh leaves into paste to apply to *cuts*, *sores* and *swellings* to improve healing time. For *pain*, heat a large leaf in oil and apply to area as a poultice

Continued on Page 16

## Menzies' Tours

We provide transfers anywhere from Chetumal to Cancun, Mexico, or Belize to Tikal (Flores), Guatemala  
 contact us at:  
 Tel: 422-2725 / 23415  
 info@belizetransfers.com  
 www.belizetransfers.com



## Southwind Properties

*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/Homes & Commercial Property

**Buyers Looking For Luxury & Elegance!** (T36) Custom, beachfront condo, two bedrooms, two baths, second floor, fully furnished. Nothing compares in class, style or quality. Call for further details. \$749,000 US with terms available.

**Vista Del Mar Apartments (C44)** Vista del Mar - Located south of town, this is an excellent investment property with (4) 1 bdrm/1 bath apts. and an owners 2 bdrm/2 bath apt, all fully furnished. Not many properties built to the standard of this one. Call Agents for full details of this excellent opportunity. Excellent investment at \$665,000 US.

**High-Quality Commercial & Residential (L12)** Commercial, rental and residential property with highly visible location now available. Three story building with 3,200 sq.ft. on each floor. Large owners apartment, five rental apartments and a full floor of commercial space. \$995,000 US. Qualified and serious inquiries only please.

**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 US.

### Raw Land

**Spanish Reef (B35)** Beautiful corner lot two rows off the beach! One of the largest lots in the subdivision with a size of 93' x 100' x 50' x 109'. Good price at only 40,000 US.

**Eileys Subdivision (F14)** Eileys Subdivision is just south of San Pablo area on the lagoon side close to the new marina. 4 adjacent lots each 60' x 80'. ~~\$70,000 US for all four!~~ **JUST REDUCED TO \$55,000 US FOR ALL FOUR!**

**Paradise Coves (L18)** 3.5 miles north of San Pedro - two rows off the beach - great location. 90' x 70'. \$25,000 US.

**Palmero Point (W19)** Lot #50, 95' x 120' - \$20,000.00 US Terms Available

**Robles - Beachfront lots starting at \$100,000 US.**

**Boca Del Rio (P42)** 3 connecting lots located on the waterway just before you cross the river cut. \$210,000 US.

**San Pablo - Canal lots starting at \$23,000 US.**

**Escalante Subdivision - Lots are 50' x 75' starting at \$40,000 US.**

**Caye Caulker (J25)** 4 acres with 240' of beach front, beautiful cleared and filled land. \$425,000 US.

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

## The Pier Lounge

Beachfront @ the Spindrift Hotel

Home of the World Famous  
 Chicken Drop

Mondays...NFL Football with  
 \$3 Spaghetti plate • \$4 Belikin  
 Beer • \$4 Rum & soda mix •  
 Free Popcorn

Music & Party Favors

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overnight. For *headaches* and *sinus congestion*, apply small amount of "Vicks" to forehead; wrap with castor leaf; tie with cloth and lie down for one hour or use at bedtime. Boil five large leaves in two gallons water for ten minutes to bathe children with *measles* (alleviates itching and prevents scarring). Steam from boiled leaves is used as a *vaginal treatment* for female disorders (e.g., *vaginal tract infections* and *post childbirth pains*). For *fevers*, heat leaf in oil; rub over body and wrap up warm overnight.

**Research Results:** The seeds, and to

some extent the foliage, are poisonous, containing the compound rich (Kingsbury 1964). Ricin is said to have "many of the poisonous characteristics of a bacterial toxin" (p.194) and pure ricin is one of the most poisonous compounds known. Heat inactivates the ricin (a protein) contained in the seeds (Farnsworth 1993). An ethanol-water (1:1) extract of the leaf showed antiviral activity at a concentration of 50 mcg/ml against *Vaccinia* virus (Dhar et al. 1968). An ethanol (95%) extract of the leaf showed galactagogue effect at a dose of 3.75 ml/person (Gilfillan 1862).

## Delta inaugurates daily flights to Belize

### Expanded service continues growth to Latin America

*Press Release Delta Atlanta – December 15<sup>th</sup>, 2005* – Delta Air Lines is offering customers in Atlanta and around the world more opportunities to take in the lush natural beauty of the Central American tropics. Beginning today the airline is expanding its popular Saturday service and will operate daily flights between its largest hub in Atlanta and Belize City.

"Our highly regarded Delta style of service continues to fuel demand between Atlanta and Belize, a country of remarkable natural beauty," said James Sarvis, Delta's director for the Latin American and Caribbean region. "We are very pleased to offer more flights and seats to our valued leisure and business passengers."

In the first quarter of 2006, Delta and its codeshare partners will offer service between the United States and more than 170 markets in Latin America, the Caribbean and Bermuda. When Delta begins service to Roatan and San Pedro Sula in Honduras in March 2006, pending foreign government approval, the carrier will offer customers non-stop service to every country in Central America. For special travel deals and airfares to many of these destinations and convenient online booking, customers should go to <http://www.delta.com>

Delta also has announced another valuable advantage for customers bound for Central and South America: Effective for travel beginning on or after January 1<sup>st</sup>, 2006, Delta will offer its SkyMiles® Medallion® members complimentary upgrades, subject to availability, from Coach to First Class when flying between the United States and many destinations in the region. For more information and a list of applicable cities, visit <http://www.delta.com>

Delta's daily flights between Atlanta and Belize, effective December 15 <sup>th</sup> :			
Flight #	Departs	Arrives	Operates
1740	Atlanta at 11:40 a.m.	Belize at 1:50 p.m.	Daily
1741	Belize at 3 p.m.	Atlanta at 6:53 p.m.	Daily

Delta Air Lines is the world's second-largest airline in terms of passengers carried and the leading U.S. carrier across the Atlantic, offering daily flights to 505 destinations in 93 countries on Delta, Song, Delta Shuttle, the Delta Connection carriers and its worldwide partners. Delta's marketing alliances allow customers to earn and redeem frequent flier miles on more than 14,000 flights offered by SkyTeam and other partners. Delta is a founding member of SkyTeam, a global airline alliance that provides customers with extensive worldwide destinations, flights and services. Customers can check in for flights, print boarding passes and check flight status at [delta.com](http://delta.com)



# SUNDANCER

*Wishing our Customers  
Peace, Love & Joy on  
Christmas and Always!*

\*Pescador Dr. \*Sundancer 226-2948\*



Dr. Herman Smith was the only PhD archeologist to reside in Belize. He was noted in his field as a foremost researcher and expert in the coastal trading of the Maya and headed the archaeological development of Lamanai in Belize. Herman discovered and contributed much to the body of knowledge of the Maya once living on Ambergris Caye. If asked about this subject, he would gladly inform his listeners of the Maya past with detailed length and expansive arm waving. His humor accompanied these mini-lectures, eliminating any academic dryness and endearing him to the students and groups that he worked with on sites around the island.

He lived in Belize for over 12 years and eventually obtained Belizean citizenship. Dr. Herman Smith - U.S. Marine Corps pilot, decorated Vietnam veteran, archeologist, friend, and husband died on March 10<sup>th</sup>, 2000. Above all his many accomplishments from fighter piloting to practicing archeology - is that Herman was a friend to all in San Pedro. He contributed countless articles to *The San Pedro Sun*, articles that we are pleased to share with you once more.



## Maya Jade Jewelry - How did they do that?

Archeologists generally admit that very few ancient Maya sites throughout the Maya World have escaped the attention of the would-be treasure seekers. In their desire to recover artifacts that are valuable to art collectors, looters have literally destroyed many sites and damaged many more. And, just what are the treasure hunters after? The ancient Maya had no gold or silver (or any other metal for that matter) or precious gems but they had the highest regard for a rare gem stone known as jade. Figurines, beads, ear spools and other ornaments were expertly carved by Maya craftsmen for the pleasure of the elite ruling class. Often exchanged as gifts among the rulers and frequently buried with their remains, jade pieces have become increasingly rare and as a consequence very valuable on the international art market. The collection and export of prehistoric artifacts, including jade, without proper government permits is a serious crime in Belize. These pieces have become so valuable in recent times that modern replicas (which, by the way, are very skillfully made) are often sold to unsuspecting tourists as the real thing at prices that are outrageous.



Amongst some of the most famous Mayan artifacts discovered, the Mayan Jade head is the most widely recognized. Often exchanged as gifts among the rulers and frequently buried with their remains, jade pieces have become increasingly rare and as a consequence very valuable on the international art market.

A brief discussion about 'jade' will perhaps enhance one's appreciation of these ancient artifacts. Firstly, there are two kinds of 'jade'; that found in China or the Far East and that found here in the New World. The material used by the Maya and other ethnic groups in Middle America is known as jadeite. The stone from China is called nephrite and differs from jadeite in chemical composition and appearance. Maya jadeite is somewhat harder, less translucent and more mottled than nephrite. No nephrite has ever been found in an archeological context in the New World. The principal source of Maya 'jade' is the Motagua Valley in Guatemala, although occasional pebbles have turned up in adjacent stream-beds.

Jadeite is extremely hard. On a mineralogical scale from one to ten (diamonds being ten) jadeite comes in between 6.5 to 6.8, or in less technical terms, harder than steel. A

piece of jade can be used to quickly put an edge on your Swiss Army Knife or machete. The fact that the Maya, who had no metal tools anyway, could carve and drill such a hard material is a remarkable technical achievement. We know some of the techniques as a result of early Spanish reports. Jadeite was cut by the sawing action of a cord drawn back and forth along grooves, using hard sand particles and water as a cutting agent. Holes were reportedly drilled with hollow bird bones filled with wet abrasives, starting at one end of the piece, then working from the opposite end such that the hole would be completed in the middle. As a result of this method, the holes would have a funnel-shaped entrance point, unlike a hole produced by a modern steel drill which leaves a round hole with the same diameter throughout. For a long time fake jade pieces could be identified by the absence of the funnel shaped entrances on drilled pieces but eventually the counterfeiters got wise and purposely introduced the funnel shape. These modern copies are often carved, shaped, drilled and then buried in chicken manure for several weeks to give it a time-worn appearance.

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 Inquire for great travel information and tour deals.  
 Allow us to book the tours of your dreams in one convenient stop.  
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 With breathtaking views of the Caribbean Sea and Great Barrier Reef

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**A lovely lunch...**  
**Conch Chowder**  
**Balsamic steak & Feta cheese salad**  
**Creole stewed chicken**  
**Vegetable burrito**

Serving breakfast, lunch & dinner  
 6:30 am until midnight at the Belize Yacht Club,  
 on the second floor of the  
 BYC Convention Center 226-2777

## The San Pedro Sun's Virtual Taste Trip

### The Best Christmas Cheesecake

2 pkgs Philadelphia cream cheese, softened  
 1 small 8 oz. can (sweetened condensed milk)  
 1 cup white sugar  
 1 1/2 tsp of cinnamon  
 1/2 cup egg nog (not fat free)  
 2 tbsp Kahlua  
 1 graham cracker crust

\*Set cream cheese on counter for about 2 hours, until it is softened.

\*In a large mixer, combine all ingredients (except crust), beating for 2 minutes on high speed. Allow to sit in the refrigerator in the bowl it was mixed in for 2 hours.

\*Remove from refrigerator, pour into crust and bake at 350F degrees for 45 minutes.

\*Refrigerate 5 hours or more. Cut into serving slices or eat the whole thing all by yourself!!! Enjoy!!!

*Recipe Tip: For additional texture, you can optionally add an egg yolk while mixing.*



*Sumptuous and sinful, this eye-catching cheesecake is also great topped with cranberries. Indulge!*

### Christmas Flan (Panama recipe)

1 cup of sugar  
 1 can of condensed milk 14 oz.  
 2 1/2 cups ultra pasteurized milk  
 3 eggs  
 1/2 cup white wine  
 10 vanilla cookies  
 1/2 cup raisins  
 1/2 cup crystallized fruits

\*Prepare a caramel\* with 1 cup of sugar and pour into a mold. Blend the condensed milk, pasteurized milk with the eggs and wine.

\*Pour into a bowl and mix the chopped up cookies, raisins and crystallized fruits. Pour the mixture into the mold, cover with aluminum foil.

\*Place the mold inside a pan filled with water and bake at 350°F (175°C) oven for one hour. At 30 minutes check to see if it's getting too brown on top – If so cover loosely with foil.

\*Test the flan to see if it's done by inserting a knife in the center. If the flan is still soft, let it cook longer until a knife inserted again comes out clean. Remove from the oven carefully and let it

sit on the counter until it cools.

\*Cover with foil and refrigerate for at least 3 hours.

\*To serve lay a plate on top of the mold then carefully flip it over and slide the mold off.

*\*To prepare the caramel: Heat one cup of sugar until it caramelizes and it gets a golden tone.*



*A smooth, soothing caramel custard makes the perfect finish to any party main course!*



## Golf Carts

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# 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

## Home for the Holidays

"Is anyone sitting here?" Dulce asked Mary Beissner, indicating the stool next to her at BC's.

"Oh, that's Henry's seat," Mary said. "Go ahead and take it. He's over at the office calling our kids."

"And how are the kids?" Dulce asked. "Are they still in Florida?"

"Joey and Jenny are doing great in the U.S.," Mary said. "Henry and I wanted them home for Christmas and New Year's Day, but they have so much going on that they don't want to come back right now. Henry said he's sure he can talk them into coming home but he's not happy about having to pay for two round-trip tickets to Belize."

Henry walked into the bar and came over.

"OK," he said, to Mary. "It's taken care of."

"Henry Beissner, what did you do now?" Mary said. "I know that look you get when something's going on."

"I called Jenny and told her I had some bad news. I told her you and I are getting divorced. Every time she tried to say something I just told her we have discussed it and it's too late for anything that will change our minds. When I finally let her talk she made me promise not to do anything until she and Joey get here."

"Henry!" Mary said. "Why did you tell her a story like that?"

"I wanted something that would get them here for sure," Henry said. "Not only are they coming home tomorrow but they're paying their own way."

### AMBERGRIS GOLF CART RENTALS

Tel: 226-3455  
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1 Hour	\$27.25
2 Hours	\$54.50
3 Hours	\$70.85
4 Hours	\$81.75
24 Hours	\$130.80
2 Days	\$250.70
4 Days	\$441.45
6 Days	\$577.70
1 Week	\$615.85
2 Weeks	\$1,231.70
1 Month	\$1,962.00

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Fresh Seafood Daily!

Serving Beachside  
Breakfast,  
Lunch & Dinner

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

A True Island Dining Experience!

Seaside at Lily's Hotel 226-2650

# Christmas Trivia Tidbits

\*It is estimated that 400,000 people become sick each year from eating tainted Christmas leftovers.

\*Second only to Christmas, Valentine's Day brings out the card-giver in people, with an average of 1.01 billion cards purchased every year.

\*During the Christmas buying season, Visa cards alone are used an average of 5,340 times every minute in the United States.

\*During the Christmas/Hanukkah season, more than 1.76 billion candy canes will be made.

\*Electric Christmas tree lights were first used in 1895. The idea for using electric Christmas lights came from an American, Ralph E. Morris. The new lights proved safer than the traditional candles.

\*Forty percent of American adults said they expect to gain weight during the winter holiday season. Of those, about 60 percent said following Christmas and New Year's Day, they would return to their original weight.

\*Mistletoe, a traditional Christmas symbol, was once revered by the early Britons. It was so sacred that it had to be cut with a golden sickle.

\*More diamonds are purchased at Christmas-time (31 percent) than during any other holiday or occasion during the year.

\*Only 9 minutes are spent by the average parent playing with his or her children on Christmas morning.

\*Per the results of a three-year Christmas study performed by the Center for Lifestyle Management, an average of 10 hours are spent the last week of December arguing and bickering with family members about holiday-related activities.

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## SUNRISE Realty

#### 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	\$165,000 - 195,000.
1 bed courtyard suites	\$123,500.
1 bed balcony suites	\$57,500.
- ❖ **Villa del Mar** – new custom built beachfront home, 1 ac, pier, 3 bedroom \$995,000.
- ❖ **The Villa Turquesa at Mata Grande** designer 3 bedroom beach home with pier and optional adjoining beach lot \$975,000.
- ❖ **Casa Grande – Palmeros Point Beach Club.** New 3 bedroom 3½ bath-room beach home, fully furnished and self sufficient \$675,000.
- ❖ **Caye Villas** – Beach villas with pool.
 

2 bed, 2 bath, fully furnished	\$394,000.
2 bed, 3 bath, fully furnished	\$395,000.
- ❖ **Villa Aurora** – custom built ocean view home. 3 bedroom, 3 bathroom. Pool - \$675,000.
- ❖ **Tres Cocos Garden Home** 2 bedrooms with caretaker quarters. Location! \$275,000.
- ❖ **'La Florida' Tres Cocos Garden Home** 2 bedrooms with apt on double lot \$325,000.
- ❖ **Ocean view 3 bed/2 bath** concrete home with roof top deck. \$210,000.
- ❖ **San Pablo canal home w/ 200ft water frontage,** 2 boat slips, ramp, fully fenced, 2 storey duplex, 2bed/1bath up 1bed/1bath down. \$295,000.
- ❖ **San Pablo home** – Flamboyant Park area. 2 bed, 1 bath home \$165,000.
- ❖ **Duplex home** close to the Yacht Club \$125,000. Reduced to only \$110,000.
- ❖ **Mi Casa.** Rental suites with spacious top floor owner's quarters and loft apt. \$650,000.
- ❖ **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.
- ❖ **Playa Blanca beach lot** 60ft x 105 ft w/dock. \$210,000.
- ❖ **Boca Ciega 4.5 acres** 170ft beach front. \$350,000.
- ❖ **Rocky Point** 2 x 1250ft 80 acre beach front parcels.
- ❖ **Buena Vista Point** Ocean view, 75ft x 150ft \$79,000 each.
- ❖ **Buena Vista Point** Ocean view, 75ft x 150ft \$89,000 each.
- ❖ **Laguna Estates** Ocean view lots from \$20,000.
- ❖ **Laguna Estates** Commercial tracts & islands Inquire!
- ❖ **Caribbean Coves** 200ft ocean front \$150,000 – under contract.
- ❖ **San Marcos 2 adjoining** 50ft X 100ft 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.

# Season Greetings From Mambo Cuisine at Mata Chica Resort



## IADE SPA

### A Blissful Getaway...

Relax in our beachside lounge,  
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\$120

ALSO AVAILABLE: Spa, Salt & Clay  
Body Mask Massage • Energy Work  
• RSVP 220-5011



## Mata Chica

Take a short ride under the stars  
and celebrate Christmas  
with our special dinner.



The best place to have fun. This  
two-ambiance bar has a big  
lounge terrace where exotic  
cocktails and an eclectic music selection  
from live DJ's fuse together to bring you  
a unique atmosphere. Enjoy lunch or  
dinner by the pool.

### Regular Menu Items Also Available in the Club

Some of our Specialties  
Canneloni, Chicken, Grilled  
Shrimp, Fresh Onions,  
Breaded, Shrimp, White and  
Black Onions, Pork Sausage  
Scallops served in citrus  
sauce, Blue, Mussels, Conch,  
Shrimp, Grilled topped with  
Shrimp and Mango Salsa,  
Merguez, Grilled Seafood White  
Herbs, Shrimp, Orange,  
Onion, Shrimp with Scallops  
with fresh Vegetables

### Try our "Decadent" "Chocolate Souffle"

RSVP 220-5010

## CHRISTMAS DINNER

Garden salad sprinkled with raisins, walnuts,  
gorgonzola cheese and topped with an  
apple champagne dressing.

Choice of honey glazed ham or roasted turkey  
served with sweet baked potatoes topped with  
marshmallows, traditional stuffing, cranberry sauce  
and home baked Italian Focaccia bread.

Choice of flan, Key Lime pie, Banana Fosters  
or white Macademian ice cream topped with  
hot chocolate fudge.

Pick-up by Island Ferry on  
Fido's Dock at 6, 7 & 8 p.m.  
\$20 BZ roundtrip per person