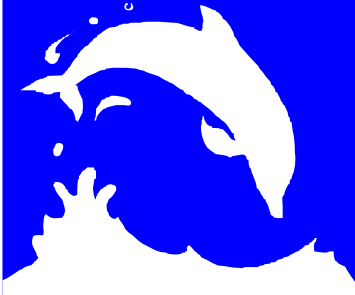


THE SAN PEDRO SUN VISITOR GUIDE



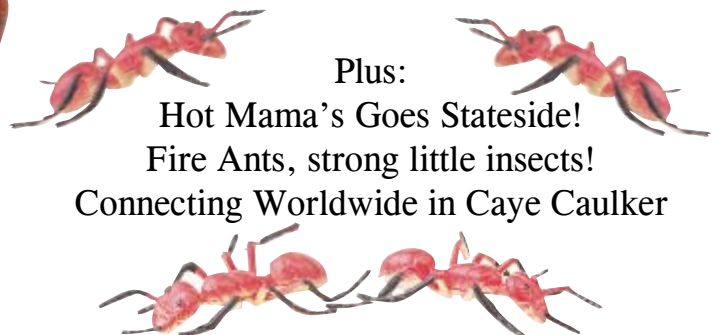
March 30, 2006

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America

ECOLOGIC DIVERS

Underwater
Adventures
with
Ecologic
Divers in
San Pedro!



Plus:
Hot Mama's Goes Stateside!
Fire Ants, strong little insects!
Connecting Worldwide in Caye Caulker



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*?

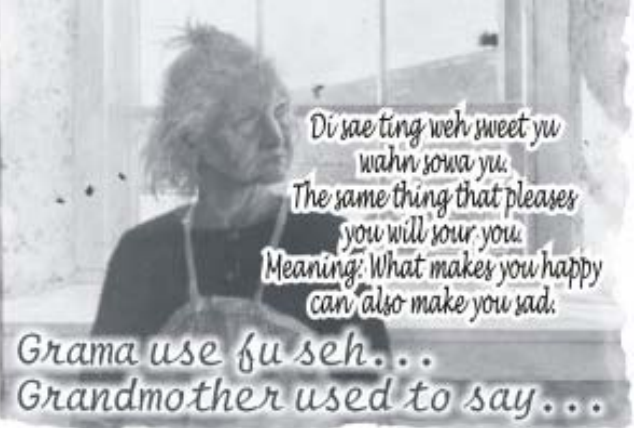
Take a photo of you and the paper and send it to us at:
spsun@sanpedrosun.net



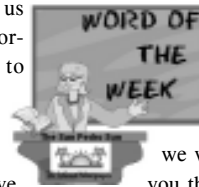
Pictured above are four-time visitors to La Isla Bonita, and long-time subscribers to *The San Pedro Sun*, Bernadette and James. They were at the "BB King Blues Cafe and Grill" on March 11th, 2006 on 42nd St. in New York City, where they saw Jerry Jeff Walker. They have also seen Jerry Jeff in San Pedro on two of their visits. The couple got married at the Sun Breeze Hotel during their January 2003 visit.

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
 tures, no matter how for-
 may be. In an effort to
 communication with our
San Pedro Sun proudly pre-
 the Week. This week,
 phrases in English and give
 Spanish translations. Special thanks to Sylvana Woods for her help
 with the Creole translations. Enjoy!!!



with other cul-
 eign the tongue
 share this form of
 audience, *The San*
 sents - Words of

we will present a few

you their Creole and

Special thanks to Sylvana Woods for her help

English
 Creole
 Spanish

Don't hang your hat higher than you can reach.
 Noh heng yu hat haiya dan yu ku reech.
 Hay que planificar a su alcance.

English
 Creole
 Spanish

It's not hard for old lovers to reconcile.
 Oal faiyawud noh haad fu kech.
 No es difical para dos viejos enamorados reconciliarse.

English
 Creole
 Spanish

We are all one in Belize.
 Aal a wi da wan eena Belize.
 Todas las culturas son parte de un Belice.

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
 Telephone Ambergris Caye, Belize
 US Telephone 011-501-226-2070
 Fax (307) 460-4456
 E-Mail 011-501-226-2905
 Internet/WEB spsun@sanpedrosun.net
 Main Office www.sanpedrosun.net
 Name #1 Fire Coral Street, San Pedro
 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. 52 ISSUES (one year) US, Canada: \$90 U.S. Domestic: \$90 BZ. (Other locations vary.)

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: What do you like about Ambergris Caye?



Jim McGrath, a bartender who lived here until last summer, was back for a visit and stayed in town with Marie and Cisco. "Anybody who was anybody who knew **Buddy** – he said hi from the states. What I like is the flavor, the ambience and especially the people. I miss the tropical weather; when I left New York it was eight degrees."



Dativa Maximo, a cashier at Castillo's Hardware said, "The beaches, the breeze and the atmosphere." She lives in the San Pedrito Area and came here in 1993 from the Stann Creek Area.



"Visiting; I'll be back to visit again – no doubt!" **Ted Fischer** from Largo, Florida, USA, is retired from the electrical and utilities business and stayed at the Holiday Hotel.



Bill & Sue Gates came to Belize 15 years ago spending 3 nights in San Ignacio and 3 nights here on Ambergris Caye. This time they came out from a cruise ship for a day of snorkeling at Shark & Ray Alley. "This place is human sized; little buildings. You can walk any place or take a bicycle. It's a lot busier now." He is a truck driver in Lancaster, Pennsylvania, USA and she is a homemaker.


WOMAN ON THE BEACH

by Harriette Fisher

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

Every Friday enjoy our special "Spanish Night" with our famous "pallea", tenderloin beef carpaccio, our bar special from Spain "Sangria" and for dessert our flambeed bananas foster, all surrounded in an atmosphere of Spanish decor and music.

On Saturday experience our "Caribena" night. Taste a flavor of the Caribbean with our house special. Shrimp hebob, Caribbean seafood ceviche, fish cartocho, and Caribbean fruit salad served in a coconut halve, all in a unique blend of Caribbean music and decor.



Take a short ride under the stars

Evening 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.

Mambo at Mata Chica

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

Try our "Decadent" Chocolate Souffle'

RSVP 220-5010



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

Ecologic Divers – A personal touch with every dive!

Diving the beautiful waters of the Caribbean is a wonderful treat. Having the staff be attentive to your every need certainly makes your dive experience that much better. This is the experience you discover when diving with one of the newest dive operations on Ambergris Caye: Ecologic Divers.

From the minute you step foot on the dock located on the beach just north of the Island Ferry across from the cemetery, you know your dive experience will be first-class. You can count on the staff to make your Caribbean underwater experience top notch. Ecological Divers, like all the dive companies on “La Isla Bonita” will introduce you to some of the best dive sites in the Western Hemisphere.

Ecologic Divers is not only licensed by the Belize Tourism Board, but is a member of the International PADI Association. They have met PADI’s standards and both scuba instructors, Gilbert Alamilla and Venancio Tillet, Jr., are highly qualified and have the innate ability to make the most nervous first timer feel at ease and ready to venture into the deep blue. From the moment you meet these two, along with Suyapa Sosa, dive master, and Steven Lee, diver and partner in the company, you know you are in good and capable hands.

At Ecologic Divers you start with a quick briefing on your past dive experience and what you hope to see on your dive with them. “If a guest wants to

Ecologic Divers’ attentiveness is displayed in every part of the trip. Pictured at right is Tillet and his student at Hol Chan Marine Reserve.



Suyapa makes sure to point out fish and other interesting features of the ocean underworld.

take fantastic underwater photographs we will cater to that. If someone wants to see the beauty of the Angel Fish we will show them that. We want each guest’s experience to be what they expected and more,” commented Lee. It

is that little extra – to want to accommodate each guest’s need – that makes Ecologic Divers stand out.

At Ecologic Divers the best SCUBA gear is used, not the best rental gear.

Every piece of equipment is brand new and upgraded. The best in Mares gear is used and the care for each item is impeccable. Proper rinsing and disin-

Continued on Page 5

Captain Morgan's Retreat
Join Us for Spectacular Cultural Dining

Buena Vista RESTAURANT

EVERY TUESDAY ~ BELIZEAN BUFFET
Features Many Local Dishes, Live Band & Local Artisans
BE SURE TO BRING YOUR APPETITE AND ENJOY FOR ONLY \$19.95

EVERY THURSDAY - MAYAN BARBECUE
Large Buffet Featuring Ribs, Shrimp Pasta, Chicken and a Variety of Side Dishes, Plus Live Local Band.
A FANTASTIC DISPLAY OF FOOD AND FUN FOR ONLY \$25.95

Reservations Required. Call 226-2207
Located just 3 1/2 miles north of San Pedro.

FIDO'S RESTAURANT & BAR

At Fido's our motto is 5 star food at 2 star prices. You are sitting under the largest palapa in Belize, on the beach eating island style, while enjoying the warm, tropical surroundings. We offer a large selection of local and international cuisines with a full lunch and dinner menu.

Every night we offer live, beachfront entertainment, from 9 p.m. to midnight!

Monday:	Tony Brown (Solo)
Tuesday:	Riddim Sektion
Wednesday:	20/20
Thursday:	The Crew
Friday:	Riddim Sektion
Saturday:	20/20
Sunday:	Gino

Open 10:00 am to 12:00 Midnight • Telephone: 501-226 2056 or 226-3176
Email: info@fidosbelize.com • Website: <http://fidosbelize.com>

Ecologic Divers

Continued from Page 4

fecting after each use is always practiced.

Once on the way to the dive site, Venancio and Suyapa ensure that each diver has all their needed equipment. On the site, an in-depth briefing takes place, this time the adventure place is Hol Chan Marine Reserve; a 30 foot dive inside the reef but one of the most vibrant dive sites where the marine life is abundant and a true kaleidoscope of colors.

Both dive masters are fantastic divers showing you the best of the marine underworld. For this dive we had the opportunity to see many Spotted Eagle Rays, green Moray Eels, Spotted Moray Eel, Southern Rays, Parrot fish, Damselfish, Snappers, Shrimp, among many, many other of big, small, colorful and less colorful creatures. Suyapa carries with her a fish guide card, with which she helps guests identify the variety of underwater creatures.

Once the dive is over, the able crew helps you get back on board. When drying off, a warm eucalyptus oil infused face towel, is handed to everyone to wipe the salt water from their faces. The warmth of the towel feels extremely good on your cold face. Served on a platter is an assortment of fruits such as pineapple and watermelon, such a delightful taste after a wonderful dive. Cold water to quench the thirst



The beautiful underwater world at Hol Chan awaits you!



The able & friendly staff at Ecologic Divers.

(Above, left to right) Venancio Tillett Jr., Gilbert Alamilla and Suyapa Sosa.



(left, inset) Steven Lee.

is also served. Both dive masters take out their fish guides and start showing all those on board the different species of marine life we encountered below, before heading back for shore.

Ecologic Divers is a full service dive shop, not only offering trips to the various dive sites, but also caters for snorkelers and for those looking for full day snorkeling or mainland trips. Ecologic Divers is very family oriented and also offers a 7:30 a.m. dive. Enjoy the wonders of the world below and be back in time to enjoy breakfast with your family. Dive masters take with them an underwater digital camera with which they snap shots and later send it to the guest via email. "It's a little extra something for each guest who dives with us." They also offer guests the use of underwater digital still and video cameras.

Working closely with Hol Chan Marine Reserve, Ecologic Divers is catering a scholarship for kids in school where they accumulate credit points and in the end will receive their full dive certification. "Its not only a way to get kids interested in diving but this way they will know what we are all trying so hard to protect. It gets them

interested in the marine life and that is what is important," commented Lee.

Ecology is a priority for the dive operation, stressed Lee - hence the name. From the beach chairs on the dock made from recycled milk jugs to the underwater garbage collections with local youth, Ecology is paramount for this dive operation.

ROJO LOUNGE

Located at Azul Resort
5 miles North of San Pedro. Open for lunch and dinner, Tuesday through Sunday.
Please call 226-4012 for dinner reservations.
Mention you are dining at Rojo Lounge for 50% off regular Island Ferry fare.

A new level of relaxed luxury on North Beach, Ambergris Caye.



Selected as one of the "20 Best Escapes of the Winter" by Travel & Leisure magazine, November 2005.

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

Feast on favorites such as our Firecracker Lobster, Conch Pizza, Plantain Crusted Shrimp, Guava Glazed Ribs and a fusion of fresh tropical delights!!! Don't forget to save room for our homemade ice creams!!!

Try our Famous Frozen Mojitos and enjoy one of the best stocked bars on the island!!!



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



Red Fire Ants – Beware!

Ants are among the most numerous of all the insects. The Fire ant, (*Solenopsis invicta*) in particular is the most common specie in Belize and all parts of the world. It is considered the most aggressive. Found in most parts of Belize, there's no escaping these insects that roam the forest floors searching for food. There is a great diversity among ants and their behaviors. They range in size from two to about 25 millime-

ters (about 0.08 to 1 inch). Their color may vary, most are red or black, but other colors can also be seen.

Fire ants are symmetrical along the body, meaning that the left part is a mirror image of the right. They have hardened exoskeletons, meaning that they have no bones or internal supporting tissues, but tough protective layer for support and protection. They breathe through their trachea and their bodies can be classified into



The Queen Fire ant is responsible for laying thousands of eggs. The number of males is low, because only one male is needed for the entire reproduction process.



Fire Ant Queen Surrounded by Workers, Brood and Eggs.

three major parts: head, thorax and abdomen. They have three pairs of legs, and a pair of antennae that seems to be invisible to the naked eye attached to the head. Just like other ants, the worker and soldier ants are sterile females. The queen is responsible for laying thousands of eggs. The number of males is low, because only one male is needed for the entire reproduction process. Contrary to what most people believe, the fire ant does not just 'bite'. They use their jaws to anchor themselves and then, like a bee or wasp, inject venom using a sting at the tip of their abdomen. Using their strong mandibles to attach themselves to the victim's flesh, they can sting many times continuously.

Fire ants are one of the most successful groups of insects in the animal kingdom and are of particular interest because they are a social insect and form highly organized colonies or nests, sometimes consisting of millions of individuals. Colonies

Continued on Page 8

Papi's Diner
Finer Food at Diner Prices
Open Daily
7:00am - 10:00 am
11:30am - 2:30pm
6:00pm - 10:00pm
Boca del Rio
Phone 226-2047

Dine Artfully Tonight ...
Casa Picasso
Tapas Bar Pastas & Martini Lounge
South end San Pedro
226-4507

WET WILLY'S
CANTINA & GRILL

Bar open everyday at 10 a.m.
Open for lunch and dinner, from 11:00 a.m. To 9:00 p.m.
Great New Menu Items!
Flaco's Tacos Chili Rellenos
-Try our Peanut Butter Poppers!
Happy Hour Everyday
Open Monday to Sunday
Free Chips & Salsa!

Come visit the first bar in Belize with Jägermeister on tap!
(Served chilled at -02 degrees!)
Drop by for a Jäger bomb!

WORLD FAMOUS LADIES' NIGHT
EVERY WEDNESDAY
COME EARLY! FREE ENTRY
RAFFLE TICKET WITH EACH SHOT OF Jäger
PRIZE GIVEAWAYS
AT 9:00 P.M.

At the end of Hustler's Dock
Call 226-4136

The Coolest Place in Town Over the Water

SAN PEDRO ISLAND FERRY

TRY OUR ISLAND BAR TOUR!

Visit white sandy beaches, fabulous restaurants & tropical bars all over the island with Island Ferry. Tickets sold at Fido's Dock for ONLY \$90bz per day!

Scheduled Ferry Service San Pedro to North

7:00am	3:00pm	8:00pm
9:00am	5:00pm	9:00pm
11:00am	6:00pm	10:00pm
1:00pm	7:00pm	12:00pm
		2:00am

Every Night of the Week:
LATE RUNS AT MIDNIGHT & 2:00 AM

Office Hours: 7:00 am to 10:00 pm Daily
VHF 11

~ISLAND FERRY AT FIDO'S DOCK ~226-3231 ~CAPTAINVORUS@HOTMAIL.COM



Now offering
Casino Games
Coconuts
Grand
Casino

COCONUTS CARIBBEAN HOTEL

★ ★ ★ South Coconut Drive, San Pedro Town, Ambergris Caye 226-3500 ★ ★ ★



**Stay with us in one of our
 24 luxurious suites.**

All rooms are kitchenette furnished!

*Try our facilities for everything
 from weddings to office parties!*

We're here to please you!

We cater to our tourist trade!

Restaurant open 7 AM until 10 PM
 Lounge open 10 AM to 12 PM



Come enjoy our
 Finger-Licking
 Daily
 Barbecue!
 Featuring fresh
 seafood, and other
 great
 Belizean food!
 Monday through
 Sunday



Coconuts Beachfront Hotel
Only ten minutes from town!

Beach
 Front
 Lounge

LARGE
 FROZEN
 MARGARITA
 only
 \$8 BZ

www.coconutshotel.com

Fire Ants Continued from Page 6



Widely disliked for their venomous, painful stings, Fire ants have spread across much of the country. Using their strong mandibles to attach themselves to the victim's flesh, the red fire ants can sting many times continuously.

of invasive ant species will sometimes work together and form super colonies, spanning a very wide area of land. Ant colonies are sometimes described as super organisms because they appear to operate as a single entity. They have colonized almost every landmass on Earth and can constitute up to 15% of the total animal biomass of a tropical rainforest. As of 2006, there are 11,844 known ant species, most of which reside in hot climates.

The lifespan of Fire ant workers depend on their size. Minor workers may live 30 to 60 days, media workers 60 to 90 days, major workers 90

to 180 days, and queens may live two to six years. Complete lifecycle from egg to adult takes between 22 and 38 days. The life cycle starts when the queen mates with a male. The sexual male and female workers have wings which allow new colonies to disperse. The sexuals (known as alates) fly into the air, sometimes as high as 100 feet (30 meter) in a large cloud and mate on the wing. After inseminating the female with sperm, the male dies. The female then searches for a suitable nest site, drops her wings and begins laying eggs. Until her first batch of workers (known as minims) are able to

forage for her, the queen survives on internal fat stores and energy gained from the breakdown of her now useless flight muscles. This first group of approximately 10 eggs takes about 10 days to hatch. It is approximately 20 more days before the larvae become worker ants. The first worker ants are very small in size. Gradually, the size and number of workers increases as the queen is fed with more nutrients.

There are four different classes of

Fire ants that live in a colony: winged males, winged females, workers, and queens. The Fire ant is unique in that it forms colonies with multiple queens. The Fire ant's life is extremely organized. Every ant has a job to do. They go about doing their job day after day, without stopping. The worker's job is to keep the larvae, pupae, and queen clean. Cleanliness appears to be extremely important to the ants. They are constantly cleaning the larvae, the pu

Continued on Page 9

Asian Garden Day Spa

THERAPEUTIC AND DEEP TISSUE MASSAGE

YOU CAN'T PUT A PRICE TAG ON LOVE, BUT YOU CAN ON ALL ITS ACCESSORIES.

FOR THE *ULTIMATE* ROMANTIC EXPERIENCE:

COUPLES SUNSET MASSAGE AT 5:15 PM
COUPLES STARLIGHT MASSAGE AT 6:45 PM

EXCLUSIVE USE OF PRIVATE GARDEN COURTYARD
1 HOUR FULL BODY MASSAGE, \$75 USD PER PERSON

ON COCONUT DRIVE (ACROSS FROM RAMON'S VILLAGE)
SAN PEDRO TOWN, 226 4072

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.

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

Tuesday Nights... Friday Nights... Sunday Mornings...

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

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

RAMON'S VILLAGE

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

SAN PEDRO, BELIZE

www.ramonsvillage.com e-mail: info@ramonsvillage.com



Fire ants build characteristic mounds that are low and squat, up to 40cm high and half to three quarters of a metre in diameter. The mounds are built in open areas, including lawns and pastures.

paе, the queen, and the colony. The workers also forage to find food for the colony. The Fire ant has two stomachs, one for its own food supply, and one for the colony's food supply. The second stomach is called a crop. They feed mostly on other insects but can attack small birds and other invertebrates. Flea larvae, chinch bugs, cockroach eggs, ticks, and other insects are also on their menu. They especially like to eat soft fruits, but the most fascinating thing about them is that they can carry food twenty times their body weight; truly fascinating.

The winged females go on mating flights and found new colonies. The male's only job is to mate with the

queen. The ants migrate from one site to another quite often. A young queen only needs half a dozen ants and one day to build a new colony. Fire ants will build mounds in any type of soil. They also make mounds indoors. In three months, a new nest could contain over 300 workers; in a year, with multiple queens at work the nest will contain over 11,000 individuals. At the end of three years, a staggering 50 to 60 thousand ants will have built a multi-chamber mound about three feet high.

Ants are useful for clearing out insect pests and aerating the soil. On the other hand, they can become annoyances when they invade homes, yards, gardens and fields. Fire ants can cause

quite a problem. Fire ants interrupt farming production because they construct their colonies on precious farmland. They also like to make their mounds in sunny areas. Therefore, pastures are heavily infested. The control of these ants in pastures, hay fields, and recreational turf grass is at least a \$28 dollar per acre expense. Livestock and poultry can be injured and even killed by stings. Small birds such as baby quail are fair game to the expanding colony.

Farm machinery is often damaged by running over a mound. Fire ants can quickly strip fruit trees of their fruit. On a positive note, experts believe that they are essential to the tropical forest ecosystem as they turn the soil and redistribute nutrients. They also clean the ecosystems by removing small dead or dying creatures which hastens decomposition. Although small, they do have a powerful bite, so don't mess with them and watch your step!

Buying a Piece of Paradise

Buying real estate overseas can be exciting and rewarding. And what better way to get up in the morning than with a fantastic view of the Caribbean Sea and the white sandy beaches. Most visitors believe that buying a piece of property on Ambergris Caye is extremely difficult but not only does Ambergris Caye offer fantastic properties but amazing realtors that go the extra mile to make your move and your purchase as easy as 1, 2, 3.

In the coming weeks, we will feature the different real estate professionals on "La Isla Bonita."

Pelican Properties Real Estate - Fine Real Estate

Pelican Properties Real Estate is among the many booming real estate business in San Pedro. It has been serving the island for two years and six months under the management of Chris

Allnatt, owner, who plays a major role in his establishment. Mr. Allnatt oversees every aspect of his business and ensures that everything is kosher but

Continued on Page 16

the Stained Glass Pub
A British-American Bar & Grill
With A Quaint European Atmosphere
 • Best Burgers in Town! • Meatloaf & Mash • Shepard's Pie •
 Fish & Chips • Steaks & Lobster • Salads & Wings • Fresh Local
 Fish • Homemade Desserts • Free WiFi & much more!
Italian Night is Every Night! Lunch & Dinner 11am-9pm • 226-4147
 Opposite the Belize Bank Closed Sunday

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@bel.net

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

Looking for a real workout?
 Weight loss and body building supplements for sale.
 San Pedro police and fire departments
 work out for free with ID!
 Best Fees In Town! Trainer on staff!
 \$7.50/Day • \$17.50/Week • \$25/2 Weeks • \$50/Month
 Mon-Fri 8am to 9pm Sat-Sun 8am to 4pm
 Just south of the cut at Boca del Rio • 226-2239
www.oscarsgymbelize.com

Yumil
 SEAFOOD & STEAK HOUSE
 RESTAURANT BAR & ART GALLERY

Dine in tropical, Mayan style while enjoying spectacular views of the Caribbean Sea.

Come to Yumil for the very best in Caribbean dining!

Try our Seafood Ceriche, Beef Tenderloin, Grilled Shrimp Kebob, Flourless Chocolate Cake, and other delicious dishes...

Sunset Rooftop Bar
Happy Hour from 2-6
with snacks

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 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.

Lighthouse Christian Radio - 101.3 FM. 226-4673, Cor. Buccaneer & Pescador Drive.

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

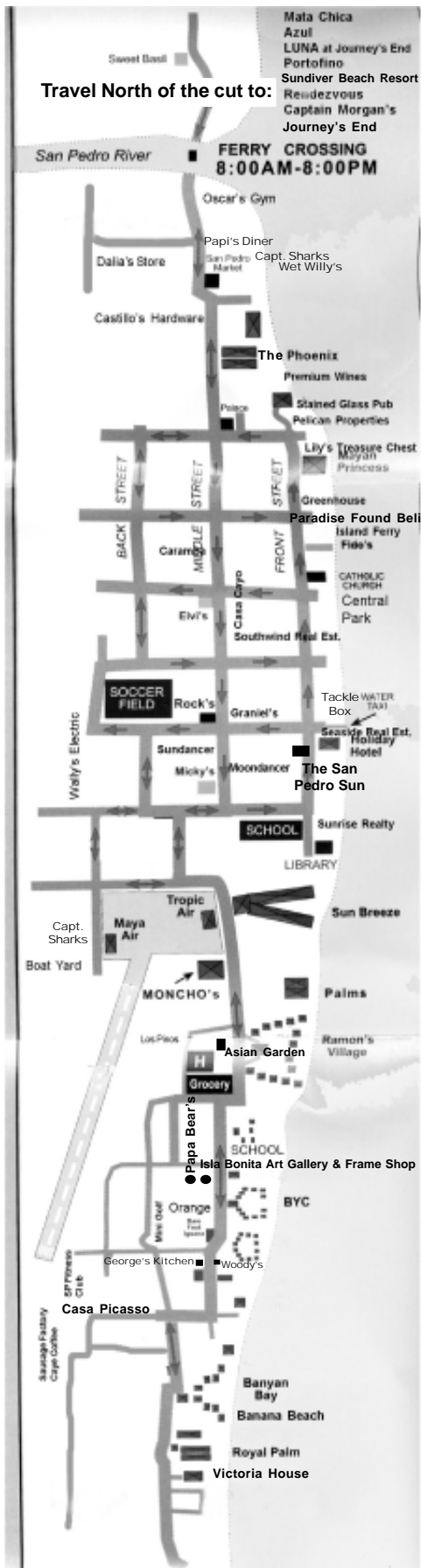
Miscellaneous

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.



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



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.

Real Estate...

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!

PARADISE FOUND BELIZE LTD. REALTY - Land, Homes, Business, Investment. List your property with us. Office at CocoNet Internet. 607-9667 or 226-2835. sdemaio@snet.net

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.
ELVY'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!"
CEL'S RESTAURANT ON THE BEACH at the San

Pedro Holiday Hotel, serves Great Fajitas, salads and local dishes for LUNCH. **DELECTABLE SEA-FOOD 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.

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 Wilma 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@btl.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.
ISLA BONITA ART GALLERY & CUSTOM FRAMING - art and crafts from Belizean and Caribbean artists + contemporary abstract paintings. Custom framing available 226-4650.
SUNDANCER + MOONDANCER - Unique boutiques featuring beautiful, quality clothing, jewelry and gorgeous gift items for both men (Sundancer) and women (Moondancer). Phone: 226-3126.
CORAL REEF ECOLOGY, Dr. Ken Mattes, TREC Topical Research & Education Center. Lecture every Thursday 7:30 PM. Details 226-3389 Taxi transport 623-8385.
ASIAN GARDEN DAY SPA - Certified Therapeutic and Thai Massage practitioners; Hot & Cold Stone Therapy, Body Scrubs, Facials and more in a tranquil Asian courtyard. San Pedro Town, across from Ramon's. Ask about specials. 226-4072.

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. 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.
GEORGE'S KITCHEN - Serving Breakfast, Lunch & Dinner. Located on Coconut Drive across from Corona Del Mar. Closed Tuesdays. Open 7:00a.m.-3:00p.m. & 6:00p.m. - 9:30p.m. Phone 226-2974.



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



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**



NOW SELLING

STUNNING BEACHFRONT LOCATION

SWEEPING VIEWS OF THE CARIBBEAN SEA

RICH ARCHITECTURAL DESIGNS

TWO SWIMMING POOLS,
TROPICAL LANDSCAPING

HEALTH/FITNESS &
BUSINESS CENTER

DESIGNER BATHROOMS,
KITCHENS AND FULLY
FURNISHED INTERIOR SPACES



Phone: 501-226-2987 Fax: 501-226-3048

Las Terrazas

VILLAS & CONDOMINIUMS
THE NEW AND BEST OF LIFE
AMBERGRIS CAYE, BELIZE

Sales office located on
Barrier Reef Drive across from
Aqua Marina Suites in
San Pedro, Belize

WWW.LASTERRAZASBELIZE.COM

**PRE-CONSTRUCTION
PRICING FROM
\$239,000 USD**

FINANCING AVAILABLE

GENEROUS FLOOR PLANS WITH
PRIVATE POOLS IN SELECT UNITS

QUALITY APPLIANCES AND
DETAILED FINISHES

CONCIERGE SERVICES

PROFESSIONAL MANAGEMENT

RENTAL INCOME OPTION

WIRED VILLAGE AMENITIES



E-Mail: info@lasterrazasbelize.com

Hot Mama's Goes Stateside!



Mrs. Wilama Oldham, owner of Hot Mama's, a Belizean company which produces sweet and spicy sauces and jellies

It's a product locally seen and sold everywhere within the country of Belize. But, acclaimed Hot Mama's has now gone stateside.

Hot Mama's, is a Belizean company which produces sweet and spicy sauces and jellies, straight from Owner Wilama Oldham's home in the Cayo District.

Mrs. Oldham has been in the business of peppers for over a decade and in November of 2005, she was informed by the United States' Food and Drug Administration (FDA) that her product was approved for importation into the United States market. Yes, Hot Mama's met the safety and quality standards of the FDA.

But, how did Hot Mama's become such a highly praised commodity? In the early 1990's, Mrs. Oldham and her husband, Howard, turned their property into Pepperland Farm located in the Western Highway. The couple bought peppers from Belizean farmers, which they would then export to the U.S. In an interview with Mrs. Oldham, she commented that in one year Pepperland Farms managed to export ¼ million pounds of the "fiery stuff". The Oldhams continued their exportation business for the next seven years until 1996 when Mrs. Oldham got her hands on an old pepper jelly family recipe. With new energies, the couple decided to branch out.

After several attempts to re-make the family secret jelly, it never worked, because of an ingredient mix up. Mrs. Oldham explained that the recipe was not working because she had been using an old pectin which would not allow the product to gel. However, due to this slight mix-up, Mrs. Oldham stumbled on success – the Sweet Pepper Sauce.

Unfortunately, Mrs. Oldham fell ill in 1998, and therefore had to cease exportation to the US and abandon her jelly making kitchen. Once fully recovered, she returned to making her spicy sweet jellies, and with better spirits was able to produce the Manganero Sauce – a sweet and spicy combination of Mango and Habanero. This delicious combination became an instant hit and was soon

the number one seller in the country.

Mrs. Oldham continued to experiment and soon created her own barbecue sauce. This sauce was made extra special since she used Belizean products such as molasses and Belikin beer. Soon enough, Mrs. Oldham had diversified enough to create her own hot sauces – Mild X, Hot XX and Fiery XXX.

Mrs. Oldham was pleased when her sauces were the most sought after accompaniment to a meal. "It was especially amazing to discover that even tourists had taken a liking to my sauces. It was great to have tourists email me wondering where they could purchase my products back home. That is when I knew that I had to start exporting my sauces.

In February of 2005, Mrs. Oldham began filling the paperwork for the FDA

which was submitted by July and approved in November. In 2006, Mrs. Oldham expects to develop her business by enlarging her kitchen/factory. She will also sit down with the farmers and speak to them about her intentions to expand. In addition, said Ms. Oldham, Belizeans can expect a new Hot Mama's sauce soon.

Hot Mama's has really branched out in the past few years – branched out to the extent of having not only specialty sauces but to having gourmet meats as well as honey out in the Belizean market.

By visiting Hot Mama's website at www.hotmamasfoods.biz you can be certain to discover all her sauces, jellies, meats, as well as recipes and other surprises. Hot Mama's, truly a Belizean pride!

San Pedro Street Treats

Usually, they occupy a very small plot of place. In the corner of a street or in any strategic spot along the street where they usually offer special warm dishes, fresh fruits/vegetables, candy treats and much more. During the year, it is a common occurrence to see or spot these vendors making a living by providing us with the very best selection of their produce. Walking the streets of San Pedro, one can take a look at a variety of yummy treats that are on sale, but do we know most of what they are selling? The Sun, took it to the streets to visit the many local street vendors and find out about the yummy treats they offer. Here is what we found out!

Street Treats - Pepitos

The Pepitos or locally known as "Macoby seeds" in Belize is a street treat that has long been a favorite. The shelled pumpkin seeds are often labeled pepitas, which means "little seeds" in Spanish. The pumpkin seeds are easy to make, fast and a tasty substitute for nuts. After you clean out and carve your pumpkins, what do you do with all the seeds inside? Well, most people would roast them, they taste so good that you are lucky if they last for more than one day! There are many different methods for roasting pumpkin seeds, but we will feature the Belizean style recipe; here is how to make them.

Gather these ingredients and follow the steps for your chance to make your own roasted pumpkin seeds for the whole family. Get a hold of some pumpkin or squash seeds, some olive oil or butter, salt or other seasoning. Wash the pumpkin seeds to remove all the pulp, and place in a bowl soaked in water and salt. Drain water and place on a baking sheet. Melt the butter in a pan and then pour, bit by bit, into the nuts, tossing while you go. The key is not to use too much butter, but just enough to lightly coat the seeds. Then, add salt to the nuts, just enough to taste. Preheat the oven to 250F and bake, turning occasionally, until crisp and lightly golden browned. Overcooking causes the nuts to toughen and lose flavor. Then enjoy! The delicious



These delicious 'pepitos' can be eaten whole or shelled.

roasted seeds are packed with protein, fiber, iron, copper, magnesium, manganese, and phosphorous, as well as the amino acids. They also contain some calcium, potassium, zinc, selenium, folate, and niacin. The pepitos seeds are sold in the shell, shelled, roasted, and raw. They can be found in stores and of course your local street stalls sold in

bags for just a dollar. The salty pepitos can be eaten whole without shelling, as long as the outer shell is crunchy. The crunchier the outer shell, the better the taste. Get yours today, the very popular delicacy sells really fast and is truly a treat among treats! Join us next week for another San Pedro Street Treat only on the island's No.1 Newspaper.

ORANGE Gallery - Gift Shop

Mayan carvings

POTTERY

SCULPTURES

wood turnings

SLATE CARVINGS

GIFTS

crafts

toys

Jewelry

art

SARONGS

hats

DRUMS

furniture

caps

and more!

On Coconut Drive,
San Pedro South
226-4066

San Pedro's Largest Gift Shop



We deliver to your room!

Golf Carts

We offer 4-seater & 6-seater golf carts



Gas is included in price of Gas Carts!

Located at the Airport

Open Daily 8 a.m. - 8 p.m.

Tel: 226-3262 or 226-4490

Blue Water Grill



"Island Style Cuisine with a Twist"

**Home of the local favorite
Sushi Tuesdays and Thursdays!!**

Fresh, contemporary, and consistently outstanding are the trademarks of the Blue Water Grill experience. Dine under the stars on the beach or on the outdoor deck and treat yourself to its unique combination of Island cuisine, attentive service and tempting desserts.

Come in and try our savory dinner menu...

Crispy coconut shrimp sticks with a sweet-spicy black bean sauce - Grilled shrimp and Calamari salad with a sesame-soy vinaigrette ~ Angel hair pasta with sautéed shrimp, snapper, and scallops in a tomato, garlic and sweet basil white wine sauce - Black bean crusted snook with a caramelized-banana curry sauce~ Grilled USDA Beef tenderloin with a roasted mushroom red wine demiglace and crispy potatoes - Wood-fired Pizzas

Breakfast 7:00 am - 10:30 am Lunch 11:30 am - 2:30 pm
Dinner 6:00 pm - 9:30 pm

On the beach across from the airstrip at the SunBreeze Hotel
Please call 226-3347 for reservations



Links and connections

submitted by Ernie Salac

As the love affair with communications continues each of us searches for ways to connect using the world-wide web. There are numerous Internet cafes in Belize, and Caye Caulker is no exception. In Caye Caulker, there are two Internet cafes, to enable computer junkies to get their fix, one is called the Cyber Cafe and the other is named the Cayeboard Connection.

Ellen Armstrong, owner of the Cayeboard Connection, began visiting Belize in 1989. In 1994, she settled in Caye Caulker to live in paradise. In 1998, on the beach next to Lena's Hotel, the Cayeboard Connection was born with one computer and a mess of lawn chairs for customers to wait their turn on the beach. Unfortunately, during hurricane Keith, the connection was permanently severed on the beach and they moved to Front Street. Now Ellen's baby was four years old and business was picking up!

With the local PTA, Ellen continued to make links to the community, specifically in the area of computers



Left: The sign welcomes you and says it all - get connected!

Below: Ellen Armstrong (right), along with employee, Deborey Dawson, of Cayeboard Connection.

states that the raffles would never be a success without the sellers comprised of students, parents and friends to bring in the money. With a child in the local school, Ellen is just trying to do her part with the skills she has to make things a little better for everyone. There are a number of businesses to thank, and they include Amada's Place, Amor y Café, An-




**RASTA PASTA
RAINFOREST
CAFÉ**

DINING ON THE
BEACH IN CAYE CAULKER
OPEN ALL DAY
BREAKFAST TILL NOON

7:30 AM-10:00 PM. (CLOSED WEDNESDAYS)

**BELIZEAN & INTERNATIONAL
CUISINE**

DECADENT DESSERTS
REAL FOOD FOR REAL PEOPLE
NO BEEF & NO PORK
HOME OF "GENESIS IN THE JUNGLE" SPICES
RASTAPASTA@BIZ1211@JPLH20.COM

and communication. She found fixing and servicing the school's computer lab too much with a child and a business to run. But she continued to see a need and didn't give up! Now, instead of asking local business for dollars, she asks for product. These products are used as prizes in a raffle to raise money for the computer lab.

Three raffles have been organized by Ellen to raise money for two new computers, maintenance and servicing the need lab. The raffle is heavily supported by tourists. Winners of the raffle are posted in the front window of the Cayeboard Connection. Ellen

chorage Hotel, Anwar's Tours, Bobby's Kayaks, Auntie's Fast Food, Chocolate's, Ez Boy Tours, Cocoplum Gardens, Gift Shop, Marin's Restaurant, Jasmin Coin Laundry, Mel's Rentals, Rasta Pasta, Belize Dive Services, Happy Lobster, Caye Caulker Water Taxi, Ragamuffin Tours, Barrier Reef, Rainbow Restaurant, Morning Star Hotel, Sport's Bar, Cyber Café and Habaneros Restaurant.

The next raffle is on April 8th and tickets go on sale April 1st, so don't be caught without a ticket for this needy cause.

www.cybercayecaulker.com/cocoloco.htm

Coco Loco Cafe 

Espresso ■ Capuccino ■ Lattes ■ Iced Coffee
Chai ■ Iced Cafe Mocha ■ Delicious Desserts ■ Bagels

Voted Best Coffee on Caye Caulker!

Hours: Tuesday-Sunday 7 a.m. - 8 p.m. Monday 7-11 a.m. and 4-8 p.m.
Tel: 226-0208 or 206-0206

Caribbean Colors Art Gallery
Featuring the art of Lee Vanderwalker,
Belizean Artists, Fine Craft
and Exquisite Jewelry

www.caribbean-colors.com www.cafepress.com/caribbeancolors

Don Corleone 

CARIBBEAN TRATTORIA

Open for Breakfast, Lunch and Dinner
Caye Caulker's Premier Dining Experience
Italian and Seafood Specialties • Fine Wines and Spirits
Espresso and Cappuccino • Uncommonly Relaxing Atmosphere
Great Service & of course, Chief Emmano!

Reservations & major credit cards accepted • Closed on Wed. • Front Street, Caye Caulker • 226-0025

Caye Caulker
Golf Cart 

Guided Island Tours
Reliable Service
Call 226-0123

Minerva **OR** Champ
601-9699 602-8136
Caye Caulker, Belize

Pelican Properties Real Estate – Fine Real Estate

Continued from Page 9

also makes sure that each and every customer feels comfortable with each step of the transaction taking place.

Pelican Properties is managed by Jazelle Azueta, who is also an agent and very knowledgeable. Evelyn Garcia is the second agent and together with Jazelle, both make a great team, both fantastic for business, very bright and willing to learn every time. They go the extra mile and take care of all your real estate needs and they do it quite well.

Pelican Properties offer residential and commercial properties, lots and lands. They have some great listings of homes, condos, businesses, and land for sale on Ambergris Caye but also have listings from rest of the country. "Property values are booming here. The friendliness of our people, the fact that English is the official language and the obvious beauty of our island makes Ambergris Caye a very desirable part of Belize to own real estate. It is reasonable to assume that any real estate bought at a fair price will appreciate considerably over the next few years," stated Mr. Allnatt.

Once people visit Ambergris Caye, they often fall in love with the beauty and slow paced lifestyle and choose to live here or buy a vacation home. Pelican Properties will go the extra mile to ensure your property quest is as smooth, secure, fun and worry-free as possible. Their success is closely tied to the care and service that they offer each and every client. But what makes Pelican Properties different from the rest? According to Allnatt, "We try to ensure that each and every transaction is smooth and safe for all of our clients and I've found that the other good real

Big development beachfront tract south of town.



Lakefront house - ridiculously easy owner financing.



Playa Blanca 3-bedroom home on beachfront property.



estate businesses here on Ambergris do the same thing." Pelican Properties is a full service real estate company and has helped hundreds of people and individuals to safely purchase properties, assisting them with the legalities involved in process.

Stop by their offices situated next to the Belize Bank on the corner of Barrier Reef Drive in San Pedro. Check out their listing posted on the show windows or check inside for a complete list of all the available properties. You can contact Pelican Properties at 226-3234 or email them at email info@pelicanbelize.com about a specific property you are interested in. Paradise does not have to be "lost." You can own a piece of it!



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/Homes & Commercial Property

Caribe Island Resort is located approximately 4 miles south of San Pedro Town Center. The resort is well established with 27 units situated in 4 buildings on a gorgeous piece of beachfront property that is lush with coconut palms and local vegetation. A true sense of peace and tranquility enwraps you as you sit on the beach or by the pool within this resort.

(M59) Unit 3, Beach level one bedroom/one bath Junior suite: \$152,000 US.

(M56) Unit C16, First floor one bedroom/one bath Junior Suite: \$185,000 US.

(R46) Unit D25, First and second floor 3 bedrooms/3 baths Master Suite: **\$350,000 US;**

REDUCED \$325,000 US.

(H29) Unit D26, Second floor one bedroom/one bath Junior Suite: \$180,000 US.

Secluded piece of Paradise (R40) 2.6 acres with more than 435' of beachfront and another 458' of lagoon water frontage on the western coast of Ambergris Caye. Price \$600,000 US.

San Pablo Rentals (G10) Prime rental property offering six fully equipped units. Beautiful, spacious first class owners quarters. A deal at \$165,000 US.

Rental property close to the High School and the beach (Z) 50' x 75' lot with one concrete and two wooden rental buildings. \$250,000 US.

Raw Land

Mata Grande Lot (P52) Beautiful ocean view lot (80' x 150') only 2 rows off the beach within electricity, telephone & road access. \$50,000 US.

Spanish Reef (B35) Beautiful corner lot 2 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 – 2 rows off the beach – great location. 90' x 70'. \$25,000 US.

Palmero Point (W19) Lot #50, 95' x 120' - \$20,000 US Terms Available

Palmero Point (J31) Palmero Point Ocean View and pier access lot #25: - 105' x 105' x 120' x 50' - \$58,000 US Cash only.

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

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

Robles Point Acreage (G16) 33 acres with more than 3,000' of beach front plus lagoon frontage to the back of the property. **GREAT COMMERCIAL INVESTMENT at ONLY \$3,000,000 US.**

Robles – 3 side by side off the beach lots each 92' x 190' for \$60,000.00 US each.



AMBERGRIS

GOLF CART RENTALS

Tel: 226-3455
Email: ambergrisrental@btl.net

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

Hourly, Daily, Weekly, Monthly Rates.

Gas Operated Golf Carts

*Prices include Tax

Located in Angel Coral Street (Back Street) 1/2 block north of football field



Over 15 Years Experience

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!!)

The San Pedro Sun's Virtual Taste Trip

Key Lime Cheesecake with Mango Ribbons

If you can't find fresh Key limes, you can substitute bottled Key lime juice.

Ingredients:

For crust:

1 1/4 cups fine graham cracker crumbs
3 tablespoons sugar
1/2 stick (1/4 cup) unsalted butter, melted

For filling:

2 (8-oz) packages cream cheese at room temperature
1 cup plus 2 tablespoons sugar
3/4 cup fresh Key lime juice (strained from about 1 1/2 lb Key limes) or bottled
1/2 cup sour cream
1/2 teaspoon vanilla
2 1/2 tablespoons all-purpose flour
1/4 teaspoon salt
3 large eggs

For topping:

2 large firm-ripe mangoes
1 tablespoon fresh Key lime juice (strained) or bottled
1/2 cup chilled heavy cream
1 tablespoon sugar

Preparation:

Make crust:

Preheat oven to 350°F and butter bot-

tom and side of springform pan.

Stir together crumbs, sugar, and butter in a bowl with a fork until combined well, then press evenly onto bottom and one-third up side of pan. Bake crust in middle of oven 8 minutes and cool in pan on a rack.

Make filling:

Reduce oven temperature to 325°F.

Beat cream cheese with an electric mixer at medium speed until fluffy, then beat in sugar. Add lime juice, sour cream, and vanilla and beat until smooth. Mix in flour and salt at low speed, scraping down side as needed, until just incorporated, then add eggs all at once and mix just until incorporated.

Pour filling into crust and set springform pan in a shallow baking pan. Bake cake in middle of oven until



Make topping:

Peel mangoes and, leaving fruit whole, slice very thinly lengthwise (slightly less than 1/8 inch thick). Halve wide slices lengthwise. Gently toss mango slices with lime juice.

Beat cream with sugar in a bowl with electric mixer until it just holds stiff peaks, then spread over top of cheesecake. Bending and curling mango slices, arrange them decoratively over cream.

A delicious treat that will surely be enjoyed by the entire family, the key-lime cheesecake with mango ribbons offers the best of fresh Caribbean fruits!

set in center, 1 hour to 1 hour and 10 minutes. Cool completely in springform pan on rack. (Cake will continue to set as it cools.)

Run a thin knife around edge of cake and remove side of pan. If desired, transfer cake with a large metal spatula to a serving plate.

Note:

• Cheesecake (without topping) can be made 1 day ahead and chilled, covered. If desired, bring to room temperature. Add topping just before serving. *Makes 8 to 10 servings.*

ISLAND MINI GOLF & ICE CREAM

Rich and Creamy Soft Serve Ice Cream, Shakes, Tropical Smoothies, Sundaes, Flurries, Banana Boats & More!!!

Open Monday - Thursday: NOON TIL' 9
Friday & Saturday: NOON TIL' 10
Sunday: 1:30 p.m. - 10

SEA GRAPE DR. 1 BLOCK WEST OF BAREFOOT IGUANA

Isla Bonita Art Gallery & Custom Framing

Representing the Finest Artists of Belize and the Caribbean

Tropical + Abstract Contemporary Art

South of the airport on Coconut Drive
Fairdale Plaza

226-4650

Home of the World Famous **Chicken Drop**

The Pier Lounge

March Madness **Basketball Fever**
Sweet 16 Play-offs!

WATCH ON OUR BIG SCREEN HDTV!

Beachfront @ the Spindrift Hotel

Personalized Jungle Tours

Zip Line & Belize Zoo
Cave Tubing & Belize Zoo
Lamanai Ruins

Individual rates and group rates available for 5 or more people

Alux Eco Tours

Mark McField
Archaeologist & Licensed Tour Guide

Phone: 223-2130
Cell: 623-3148 • 662-1464
E-mail: markmcf@btli.net

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

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



SUNDANCER

Pescador Dr. Sundancer Tel: 226-2948

NEW ARRIVALS

Designer T-shirts, Cotton Short Sleeve Shirts.
Latest Styles In Jeans, Cotton Pants, Surfer Shorts &
Dressy Shorts. Latest Designs In Sunglasses.

**BE
COOL
THIS
EASER**



Pearl Creations



Wolfe's Woofers by Dennis Wolfe

Heartburn

"Ernie, will you get me an usher, I mean another rum and coke?" Charlene asked. "And put an olive in it."

Ernie's eyebrows went up.

"An olive? In a rum and coke?"

"Yesh. I mean yes," Charlene said.

I was sitting with Tulu on the rail of the bar at BC's.

"That's the fourth rum and coke she's had since I got here," Tulu said. "I don't know where she puts them."

Soon Charlene said, "Ernie, another rum and coke with an oliv."

"You mean an olive?"

"Yesh, that's what I said. An oliv."

Ernie shook his head and fixed another drink.

After awhile Charlene called, "Ernie, another crumb and coke. Make it a dribble with an oliv."

When Ernie brought the drink he said, "Miz Charlene, I don't know if you should be drinking a rum and coke with an olive in it. It might give you indigestion."

"Bernie, I'm drinking it with an oliv because I've got heartburn."

"Miz Charlene," Ernie said. "With all due respect, I have to tell you this. It's Ernie, not Bernie. It's an olive, not an oliv. You're drinking rum and coke, not crumb and coke and it's a double, not a dribble. And you don't have heartburn. You have your left breast in the ashtray."

Located on the Beach Between the Sunbreeze Hotel and Raman's Village



Famous Sunday BBQ ~ From Midday

Tuesday Lunch Special ~ Bacon Cheese Burgers
Straight From The Grill

Beach Bar & BBQs
email: bobar@bbf.net
Telephone +501 226 3289

Live Music Thursday from 6.30pm with Dennis Wolfe
Open Every Day 9am to midnight
"We do catering!"

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

Lily's

Treasure Chest

Fresh Seafood Daily!

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

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

Seaside at Lily's Hotel 226-2650

Trivia Tidbits

*A simple, moderately severe sunburn damages the blood vessels to such an extent that it takes four to fifteen months for them to return to their normal condition.

*Filet mignon is the tenderest of all beef cuts. However, it lacks the flavor of porterhouse.

*Traces of copper give the gemstone turquoise its distinctive color.

*It is estimated by scientists that the universe contains .0000000000000000000000000000000001 grams of matter per cubic centimeter of space. It is also estimated that the universe is 35 billion light years in size, or 210,000,000,000,000,000,000,000 miles.

*According to Bayer Aspirin®, over 50 billion aspirin tablets are taken worldwide each year.

*Stress may be good for people. Rockefeller University scientists have determined that an acute episode of stress boosts immunity, offering better protection against infection. The fact that people don't usually catch a cold until a crisis is over may be due to the fact that humans have acute elevations in stress hormones, thus elevating the body's immune response.

*If you attempted to count the stars in a galaxy at a rate of one every second, it would take around 3,000 years to count them all.

*A rodent's teeth never stop growing. They are worn down by the animal's constant gnawing on bark, leaves, and other vegetable matter.

*When a shrimp is first born, it is male, and it gradually evolves to female as it matures.

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

- ❖ **Miramar Villas** Penthouse suite – 2,400+ sq ft – outstanding view. Inquire.
- ❖ **NEW** Buena Vista Beach Condo project.** Pre-construction pricing. Inquire!
- ❖ **Banana Beach Resort:** Condos and Suites with 2 Pools, beach, restaurant and bar. Banana Beach properties have guaranteed rental incomes!
 - 3 bed beach condos \$290,000.
 - 2 bed beach condos \$242,500.
 - 1 bed beach condos \$155,00 -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.
- ❖ **Spacious rental beach home south of town.** Sleeps 10 plus guest cottage. Pool, mature landscaping, large pier. Inquire.
- ❖ **Caye Villas – Beach villas with pool.**
 - 2 Bed 3 bath fully furnished \$394,000.
 - 2 bed 3 bath fully furnished \$395,000.
- ❖ **Tres Cocos home** 2 bedrooms with caretaker quarters. Location! \$275,000.
- ❖ **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.
- ❖ **Mi Casa.** Rental suites with spacious top floor owner's quarters and loft apt. \$650,000.
- ❖ **The Castle** 10 apt complex: \$400,000.

UNDEVELOPED PROPERTIES

- ❖ **In town beach lot!** Commercial or residential. \$490,000.
- ❖ **Mexico Rocks area 178 ft beach** \$ 765,000.
- ❖ **Playa Blanca beach lot** 60 x 105 ft w/dock \$210,000.
- ❖ **Playa Blanca beach lot** 52 X 120 ft \$225,000.
- ❖ **Boca Ciega 4.5 acres** 170ft beach front. \$350,000.
- ❖ **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 \$30,000.
- ❖ **Laguna Estates** commercial tracts & islands Inquire!
- ❖ **Caribbean Coves** 200ft ocean front west side \$ 150,000.
- ❖ **San Marcos 2 adjoining** 50' X 100' lots - \$35,000 each.
- ❖ **Alta Mar** 100ft x 100ft lot \$65,000.

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



MOONDANCER

Pescador Dr. Moondancer Tel: 226-3126

NEW ARRIVALS

Designer Embroidery Jeans & Capri Pants,
Blouses, Skirts, Summer Dresses.

Latest Designs In Sunglasses.
Accessories & Easter Goodies

NEW Sterling Silver Designs .925

**BE
COOL
THIS
EASTER**



Pearl Creations