

THE SAN PEDRO SUN VISITOR GUIDE

June 22, 2006

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America



Exploring Belize By Air & By Land:



Astrum Helicopters - Enjoy breathtaking aerial views of the island and the country!
By Land: Five Blues Lake - Discover a National Park full of natural, verdant glory!



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

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 sanctuaries 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

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



Angie and Rene read *The San Pedro Sun* at the Statue of Liberty on Liberty Island, New York, June 9th, 2006



The couple decided to enjoy some more San Pedro news while in Times Square as well!

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.

The San Pedro Sun is mailed everywhere.

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More foreign subscribers than any newspaper in Belize!

Astrum Helicopters

- Experience a bird's eye view of Belize!

You haven't seen a tree until you've seen its shadow from the sky.

— Amelia Earhart



It's amazing the view from the top, and seeing "La Isla Bonita" from this perspective makes one appreciate the island even more.

How do you know you are on an island? How do you know that to the east of our caye the Barrier Reef borders and protects us? How do you know that to the west our caye is embraced by channels of deep green mangroves and lazy, dark waterways? How do you know that to the north of San Pedro the jungle meets the water...with vast stretches of coconut trees and white sandy beaches lining the shore? Have you ever soared above the crystal clear waters, swooping down so low you can

almost see the spots on the eagle rays that glide beneath the shallow transparent water? Once you see all of this from the sky, you affirm what you already know in your heart...you are in paradise, you are surrounded by a painter's palette of tropical colors, smudged and blended into rich textures, and you are sharing the same view that our feather-winged patrons of "La Isla Bonita" experience each day.

Although airplane travel is no

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QUESTION: What memory will you take with you?



"Seeing the sunrise with one of my kids and watching my other two excel at snorkeling." **G. Morgan Taylor** (son of WOTB), his daughter **Riley** and twin sons **Jackson** and **Hunter** spent a week at The Villas @ Del Rio and plan to return next year. Morgan works for FedEx as well as a real estate broker and they live in Livermore, California.

WOTB will be traveling and will be back in October. We'll miss her, but wish her well in her travels!!!

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.

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Tropical Lounge Cuisine featuring a fusion of fresh vibrant flavors.

Enjoy our famous frozen Mojitos and the best stocked bar in Belize!!!

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Open Tuesday through Saturday

Closed Sunday & Monday

Azul Resort, North Beach, Ambergris Caye

Summer in your backyard

Summer is a time for family vacations, a time to see new sights along with going to favorite places. But most of all, it's a time to enjoy time with each other especially since children are out of school. Getting to your many destinations can be half the fun, enjoyable rest stops or detours to check out that interesting looking spot can create memories that will last as long as the final destination.

But, where do you take your family? Why not explore your very own backyard and take a trip somewhere within your country; somewhere neither you nor your kids have been to before. Belize is an adventurer's paradise, a place that tourists pay countless amounts of money year round to visit. From the Mayan temples that tower above rainforest canopies to the fantastic colorful marine life on the Barrier Reef, Belize certainly has something for every family to enjoy. Join us as we explore the beauty of Mother Nature's Best Kept Secret and see what everyone is talking about. For the following weeks, join us as we venture into the wild and present to you **Summer in your backyard** - this week we take you to **Five Blues Lake National Park**.

Five Blues Lake National Park

Five Blues Lake is a 10-acre natural wonder of earth and water surrounded by over 4,000 acres of limestone hills and tropical forests. The park is centered on an intensely blue lake, still un-

explored but so far thought to be 200 feet deep. Generally understood to be a large sinkhole, varying water depths sometimes create numerous shades of blue, giving the lake its name. A shallow ledge



Enjoy the gorgeous view of the lake, and be sure to wade up to Orchid Island for a breathtaking view of the lovely orchids in bloom!

on the eastern edge of the lake will allow you to wade to a small, forested spot of land that grows a profusion of wild orchids, aptly named Orchid Island.

Almost 200 species of bird have been recorded here, including various water birds, among them the Sun grebe. Five Blues also boast caves, many with spectacular rock formations and Mayan artifacts, which are not to be touched. Many are used for bat roosts. Ecologists have found over 20 different spe-

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The Rock

Fishing Team
Ambergris Caye, Belize

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Kingfish, Jacks and more.

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Located on the Beach
Between the SunBreeze Hotel & Ramon's Village
Open Every Day 9 am to midnight

Live Music Thursday Night & Jam Session Sunday Afternoon

Beach Bar & BBQs

And Now south

Sunday BBQ ~ From Midday
CHICKEN - SPARE RIBS - PORK CHOPS
ITALIAN/POLISH SAUSAGE
FISH - SHRIMP - LOBSTER (IN SEASON)
Or Try a Combo Plate!

Tuesday Special *We Also Do Catering!*
Bacon Cheese Burgers
Straight from the Grill

Everything you love about BC's conveniently located in the South
Beachside at Caribe Island Resort
Telephone +501 226 3807

Dine Artfully Tonight ...

Casa Picasso

Tapas Bar
Pastas & Martini Lounge
South end San Pedro
226-4507

San Pedro Fitness Club

POOLSIDE GRILL
OPEN DAILY 10 A.M. - MIDNIGHT

Weekend BBQ Specials!

- ◆ Two lighted tennis courts
- ◆ Poolside Wi-Fi accessibility
- ◆ Walk-in's Welcome!
- ◆ Air Conditioned Gym & Day Spa at Belize Yacht Club
- ◆ Air Conditioned Clubhouse available for private parties
- ◆ Contact gym office at BYC, 226-2683

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

SAN PEDRO, BELIZE
www.ramonsvillage.com e-mail: info@ramonsv.com

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

Five Blues Lake Continued from Page 4



(Left) Five Blues Lake offers a variety of exciting sightseeing activities, including wading in the lake up to Orchid Island.

(Below) Follow the map to a rich adventure in the west!



cies of these tiny mammals, some vital for eating thousands and thousands of insects every night, and others for pollinating forest plants and, commercial fruit trees as well. One of the easiest to see is the oddly named Lesser Dog-like Bat. It roosts in caves near the entrance where there's still light. All five of Belize's wildcats are known to make their homes within Five Blues' boundaries. Inside the tangle of broadleaf trees, howler monkeys, tapir, gibbon, peccary and armadillo roam in a kaleidoscope of liana, bromeliads and orchids.

The turn off to Five Blues is at Mile 32 on the Hummingbird Highway, about 22 miles from Belmopan. You can get the bus this far, either from Dangriga or Belmopan, but it leaves a walk of a few miles to the park. You can hire mountain bikes here at the headquarters near the turn off. It's about six (6) miles north along a winding track through acres of new citrus plantations. Exploring the site fully can take 2-3 days, but the highlights can be seen in half a day.

Five Blues has a comprehensive trail network with gentle and more rugged options. There is an excellent self-guided trail with accompanying leaflet, a small basic visitor center, and mountain bikes and Kayaks for hire.

The park is managed by Friends of Five Blues Lake, and there is a range of local accommoda-

tions available, from a Bed and Breakfast coop to nearby lodges at St. Margaret's village. St. Margaret's (Santa Martha) Village is centered on the intersection of the Hummingbird Highway and Lagoon Road at Mile 32, but it stretches north along the highway for about two (2) miles and towards the park for another two (2) miles.

CONTACT INFO:

Park Management can be reached through several channels. You are encouraged to communicate the old fashioned way - pen and paper - as this is the most reliable and oft-checked source of communication. One reason to contact them is to pledge your financial support. Five Blues Lake National Park needs sponsors.

Write (or send donations!) to:
Five Blues Lake National Park,
P.O. Box 439,
Belmopan,
Belize, Central America.

Email is less frequently available, but you may write to:
fiveblues@hotmail.com

or the Sibun Watershed Association
swa@btl.net

Additionally, faxes (and other communication) will reach Five Blues Lake National Park through the office of PACT (Protected Areas Conservation Trust). Fax: 501-822-3759

EMAIL: pact@btl.net
 #37 Nanche Street, Belmopan, Belize
 Tel: 501-822-3637

Every Friday enjoy our special "Spanish Night" with our famous "paella", 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.

Now Offering Free Transportation

* In our 36 foot, covered Mambo boat. Leaving Fido's dock at 7pm. Essene Way pier at 7:10pm arriving at Mata Chica at 7:20pm. After dinner relax in our library or enjoy a round of cards in our lounge, complete with internet access.



Take a short ride under the stars

Evening Dinner

Some of our Specialties:

- Caramelized Char-Grilled Shrimp,
- Fish Carpaccio, Bruschetta, Shrimp Pate and Fried Calamari,
- Jerk Seared 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



Astrum Helicopters

Continued from Page 3

longer a novel experience, there are few of us who can say we travel by helicopter. It is a thrill to experience the flight of this mechanical, bug-eyed dragonfly that seems to hover and maneuver so much like the insect. The sensation is completely different from airplane flight, especially when taking off vertically. Inside the spacious and comfortable cabin you experience every tilt and dip as you soar effortlessly above the land and sea.

Based out of Belize City, Astrum Helicopters, a third-generation family business, offers helicopter tours, VIP transfers and chartered flights that are tailored to meet your specific needs. They specialize in transfers from Belize City to San Pedro, Ambergris Caye, Placencia or other destinations in Belize. Their custom tours include trips to the Blue Hole, Glovers Reef, Turneffe Islands, Victoria Peak, 1,000 ft. Falls, Altun Ha, Caracol and Lamanai to name a few. They also provide specialized services such as Search and Rescue, aerial surveys, external load, aerial photography and aerial filming. Although they are not an emergency aircraft they can also provide Medivac and Evacuation services. Astrum Helicopters also possess an AOC (Air Operator Certificate) that permits them to cross border airspace and land in other countries like Mexico and Guatemala.

It all began many, many years ago, when Gustavo A. Giron became a pilot. After learning how to fly DC-3's, T-6's, T-11's and WACO aircrafts, he continued his life long love for fly-



Gustavo Jr. and Sr.

It's three generations of helicopter pilots: Gustavo Jr. at age three (center) helps his father (right) out on the runway. Now a grown man, he and his father pilot Astrum Helicopters and bring amazing bird's eye view memories to many!

ing when he started his own crop-spraying business, treating cotton fields and banana plantations with pesticides. His passion also included acrobatic flying. His son, Gustavo Jr., shared the same passion for flight and laughs that at the age of 16 he was allowed to fly a plane but was not allowed to drive a car. While working in the family business, Gustavo Jr. flew a variety of planes. Now, a

Continued on Page 11

Captain Morgan's Retreat
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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**

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Beachfront @ the Spindrift Hotel

The Pier Lounge
Make the Pier Lounge YOUR World Cup Headquarters!

Watch ALL the games with us!
T-shirts and Caps are limited but still available. Congratulations to our first 2 winners of World Cup items.
A Soccer Ball is the next FREE Drawing!



HUGE Inventory Sale 10% OFF Entire Stock!

June 1-30th, 2006

Mirab & Co.
2 Fort St.

Mirab's Furniture Gallery
1 1/2 Miles. Western Hwy.



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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.

Dr. Lerida Rodriguez: 226-2197 or cell 620-1974

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

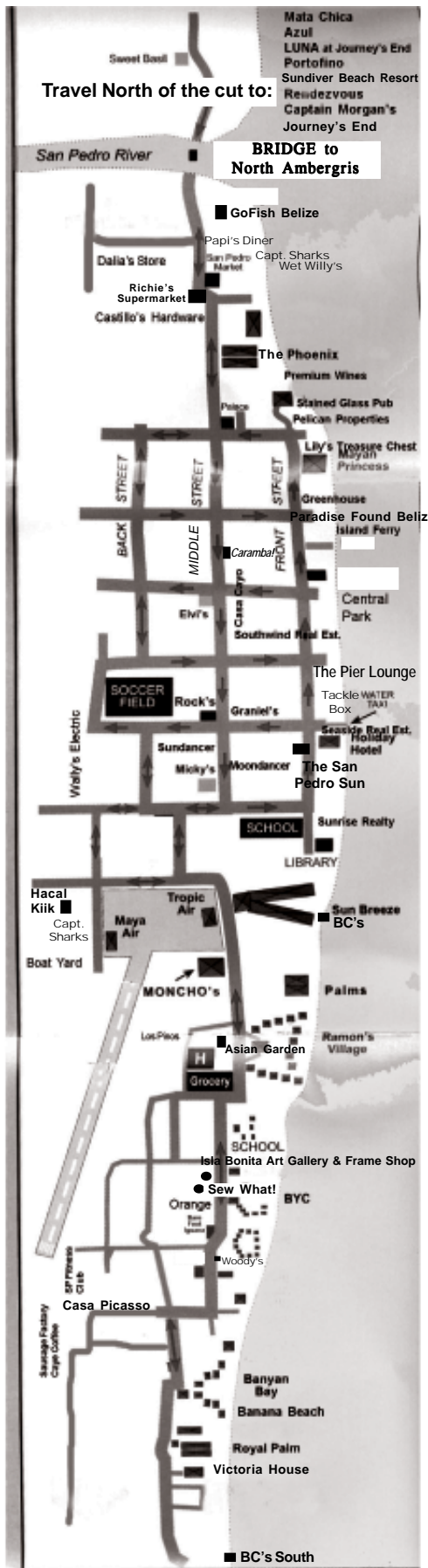
Miscellaneous

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
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 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

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, charbroiled seafood and much more! Call 220-5010/5011.

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

ELVI'S KITCHEN - serving the finest food since 1977. 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.

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.

CARAMBA! RESTAURANT - Local Mexican-Caribbean Cuisine. We cater to large groups! Capacity, 90 total. Opening Hours: Lunch: 11am - 2 pm, Dinner: 5pm - 10pm. Closed Wednesdays. 226-4321 or 226-3850. Caramba!: "Is where the food always speaks for itself!"

HACAL KIIK - Delectable breads, jams, butters, soups, olive oils, village wines, homebaked pastries & desserts, coffees and teas. Open Daily, 7am to 8pm. 226-3115.

Unique Offerings...

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.

BIG TREE PRODUCE - Fresh Local & Imported Fruits & Vegetables. Seafood, meats, juices & milk shakes. Pescador Dr. 226-2322.

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@providentbank.bz

GRANIEL'S DREAMLAND - Locally made furniture & accessories from all Belizean exotic hardwoods & Mahogany. On Pescador Drive, opposite Rock's. Call 226-2632, ext. 18 or 226-2938. Open Mon-Sat 8:30-12:00 noon & 1:00 to 9:00 p.m. & Sun 10-12 noon.

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.

BUTTERFLY JUNGLE - Experience our enchanted butterfly-filled jungle, observe the miracle of metamorphosis, get plants for your own butterfly garden. 4 Miles North. 610-4026 610-1561. Daily 10:00 - 5:00.

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The San Pedro Sun Visitor Guide

EVERY WEEK we print a new edition covering the "good news" about San Pedro and Belize!

Contact the San Pedro Sun for more information.
spsun@sanpedrosun.net
(501) 226-2070
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Shopping in San Pedro, Part III

Ah, the souvenir shopping experience! Several thousands of visitors flock to our little island every year for a nice getaway, and always, there's the dreaded souvenir shopping day, a day reserved solely for buying little gift items for friends back home. To make matters more complicated, gone are those days when a simple Belize t-shirt would do. Now, everyone is a connoisseur of fine art and native artifacts. A t-shirt? Forget it!

Thus, visitors now have to reserve a special day for shopping. With the new rules of souvenir shopping, stores and gift shops have had to overhaul their products they offer, and as *The San Pedro Sun* found out, the variety is amazing! From exotic hard woods, Belizean cookbooks, fanciful house accessories to Belizean sauces, rums and spices, the products boggle the mind!

Barrier Reef and Pescador Drives are the main shopping streets, and it

is only obvious that the shopping experience starts there. Strolling down these street, it is clear that there is no shortage of stores to choose from. Once within the actual stores, choosing products from the wide array available is perhaps the only hard work you'll have to do. Everyone's tastes are different, and for each discriminating consumer, there is something new. Other than the usual magnets, picture frames and yes, t-shirts, one can find books, purses, clay figurines and food products. Several

stores also offer fantastic personal finds that have nothing to do with souvenirs. Many people need to quickly pick up some new clothing items while waiting for their baggage to be flown over; there are stores that offer beautiful items to tide you over!

So, follow us through our stroll around the various stores in San Pedro Town as we present to you our newest series, A San Pedro Shopping Experience. Remember, if all else fails, there's no shortage of San Pedro T-Shirts!



At Central Park, vendors line up to sell you the best in hand crafted jewelry; necklaces, bracelets, anklets line up the various stalls. You can find among them wood carvings, sea shells, and other special knickknacks.



Mambo Chill has exquisite jewelry, beautiful sandals and glorious sundresses. Visit them today to purchase a special gift for that special someone or just come in and pamper yourself.

Continued on Page 11



At Island Vibes, one can find a wide array of souvenirs to choose from. Take a shirt, towel, cap, mug, shot glass, or even samples of the fine Belizean liquor back home. They also have a wide array of women's apparel should in case you need a new dress, blouse, skirt or even shoes.



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 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@bt.net for more information.

Condos/Homes & Commercial Property

Exclusive opportunity at Palm Bay Club! We can offer you three side by side properties each with a beach frontage of 60 feet and a depth of 130 feet, with beautiful coconut palms and a shared dock.

(E08) The house measures 20' x 20', is a solid wooden construction and comes well equipped with septic and a 4000 gallon cistern. **Excellent buy at only \$97,000 US.**

(V17) Vacant but cleared lot that connects the other two available properties.

Excellent buy at only \$59,000 US.

(M47) The very well maintained wooden house measures 16 x 20' and has both septic system and cisterns - ready to occupy! **Excellent buy at only \$97,000 US.**

The three properties can either be purchased separately or buy all three together at a reduced price.

Buena Vista Residential: (W24) Two storey house with 2B/2B on large beautifully landscaped property. Only 2.5 miles north of town center with easy dock and road access. **Only \$218,000 US.**

Residential and Rental property in San Juan! (A21) 50' x 75' lot, two story concrete house with (7) rental rooms and two bedrooms/one bath owners apartment. Very fairly priced at only \$350,000 BZ or \$175,000 US.

Raw Land

Ambergris Bay (E10) Large beach front parcel on the west coast of Ambergris Caye. 140' of beach frontage & 184' of depth. Price only \$110,000 US.

Alta Mar (S45) - 100' x 100' nice parcel in residential area. **Priced at \$85,000 US.**

Habaneros Beachfront: Beautiful beach front lots with high elevation and lush vegetation.

(H30) 150' of beach frontage and a depth of 435'. \$345,000 US.

(Z02) 90' of beach frontage with a depth of 400'. \$225,000 US.

Paradise Coves (B36) good sized lot 3.5 miles north of San Pedro - great location- 121' x 98'. \$25,000 US.

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

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

Robles (S54) Lot #14a - Drive your boat up to your doorstep to this beautiful beachfront lot, lush with vegetation. Lot measures 80' x 204' & is priced to sell at **\$160,000 US.**

Robles (D19) Lot #23a measuring 100' of beach front x 360'. **Asking \$119,000 US.**

Robles (D20) Lot #44 measuring 50' of beach front x 270'. **Asking \$74,900 US.**

Corozal Town Center (R31) 7 1/2 Acres of prime real-estate, road accessible on 3 sides, beautiful mature trees, cleared & ready to develop all amenities available. **\$110,000 US.**

Shopping in San Pedro, Part III

Continued from Page 10



Step out in style with lovely sandals courtesy of Mambo Chill Boutique...be sure to check out the wide array of shoes and clothing available for every occasion!

Astrum Helicopters

Continued from Page 6

soft spoken gentleman with a shy smile, Gustavo Jr. has logged 10,176 flight hours in helicopters, with a broad range of helicopter civilian work, charters, tours, film and photography tours, external load, VIP transportation and corporate transportation. Like his father, his career has always been in the aviation industry. Now that his father has passed away, Gustavo Jr. is regarded as Gustavo Sr., and his son is now considered Gustavo Jr. (technically "the 3rd."). In keeping with tradition, Gustavo Jr. has followed in the family business

footsteps.

An energetic man, Gustavo Jr. manages their new business, Astrum Helicopters. Gustavo Jr. explained that when he was faced with the task of naming the business he wanted to use something different and meaningful. He purchased a Latin dictionary and started reading the meaning of different words. He finally found a word from the dictionary that he liked; astrum -i n. [a star, or constellation]. Before moving to Belize, Gustavo Jr. lived in the US for eight

Continued on Page 13

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The San Pedro Sun Virtual Taste Trip

Cheesy Stuffed Lobster

"Stuffed lobster tails smothered in cheese sauce....stop drooling!"



Ingredients:

- *4 (6 ounce) raw lobster tails, shelled
- *2 cups crushed buttery round crackers
- *1/2 cup chopped cooked shrimp
- *1/2 cup butter, melted
- *1 (10.75 ounce) can condensed cream of shrimp soup
- *1 cup milk
- *8 ounces processed cheese food, cubed

Directions:

- *Preheat the oven to 325 degrees F (165 degrees C).
- *In a medium bowl, combine the crackers and shrimp. Stir in the melted

butter to form a stuffing. Spread on top of the lobster tails and roll from one end of the tail to the other. If the tails are too thick, slice them in half horizontally to make them thinner. Secure the rolls with toothpicks and place in a greased eight-inch square baking dish.

*In a saucepan over medium heat, combine the cream of shrimp soup, milk and cheese. Cook and stir until cheese has melted. Pour over the stuffed lobster tails. Top with any stuffing mixture that you may have left over.

*Bake for 25 minutes in the preheated oven, or until sauce is hot and lobster meat is opaque.

Basic Home Remedies

Home remedies are made at home & work out less expensive than other alternative forms of medicines. Generally, homemade remedies are harmless when compared to other forms of modern medicines and rarely cause reactions or side effects. Since ages, herbal remedies and home made medicines have been used by our ancestors to cure common ailments.

Anti-wrinkle Cream

Homemade anti-wrinkle cream for reducing, removing wrinkles

(1) Apply coconut oil on the portions of skin and face where wrinkles set in and gently massage every night at bedtime.

(2) Banana is wonderful as an anti-wrinkle treatment. Mash 1/4 banana until very creamy. Spread all over face and leave for 15-20 minutes before rinsing off with warm water followed by a dash of cold. Gently pat dry.



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Astrum Helicopters Continued from Page 11

years where he earned a Master's Degree in Industrial Engineering and Operations Research. He worked as a Strategy Consultant in New York, and then as a Trader/Manager in New York City.

When asked what inspired the family to start such a business in Belize, Gustavo Jr. explained, "My father's helicopter company was hired in 2002 to bring a group of individuals from Europe to do a documentary about Belize. They spent one week flying with the helicopter all over Belize gathering film and photographic footage. They flew close to 20 hours gathering footage for the project. My father was amazed by the beauty of

Belize, and was amazed by the many areas he saw from the air. At this point the idea started to evolve, and in late 2003 we started discussing the possibility of opening a helicopter company in Belize. After two years of planning, research and permit application processes we brought our first helicopter to Belize in October 2005 and in June 2006 we got the final permits to endeavor in a commercial helicopter operation in Belize."

Gustavo Jr. emphasized that safety and professionalism is their number one priority. Their Bell 206 B3 Jet Ranger helicopter is a world renowned turbine powered rotary wing aircraft and is considered to be



From an aerial view, quaint, small islands take on an even more impressive beauty, and one can truly appreciate the wonders of nature.

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.

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- 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

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the safest, most reliable aircraft of any kind flying throughout the world. It holds four passengers with an average cruise speed of 100 mph.

All helicopters are equipped with the latest avionics, communication devices (all helicopters carry a satellite phone) and with an emergency flotation device to land the helicopter in water in case of an emergency. Their pilots must have 3000 hours of flight time and 500 of those hours must be model specific to the Bell Helicopter 206. They have gone to great lengths to establish a maintenance facility in Belize City with all the necessary tools and parts to maintain their helicopters, and in the future they plan to offer helicopter maintenance services to visiting helicopters and/or private helicopters registered in Belize. "Our Director of Maintenance has extensive experience in the helicopter industry (20+ years) and has worked in both commercial helicopter companies and civil aviation authorities performing different roles, both as an operator of helicopters and a regulating entity," explained Gustavo Jr. "Locally, we have hired personnel with the potential to become helicopter mechanics, and currently we have an apprentice working with us. Based on his performance he could become a helicopter mechanic in two to three years. As we grow and bring more helicopters to Belize, we will combine hiring people with extensive expertise in the helicopter industry (both pilots and mechanics) and local candidates that can work with us and develop the skills needed to become helicopter pilots and mechanics over

Continued on Page 14

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more curved head and larger eyes. These fish are known as real brawlers to sports fishing anglers. I usually catch them in fast moving schools from the surface to depths of 60 feet. Lone horse eyed jacks can be caught as deep as 400 feet. They can be caught on mullet, sardines, jigging, spoons and even flies.

When I am grouper fishing, I will typically see schools of 10 to 20 passing right under the boat. If I am quick enough I and can get baits down to their depth in time, I can get at least two on before they move on. Throwing a dozen live sardines in the water as soon as I see them sometimes can keep them around the boat longer. By doing this I've been able to land dozens of these fast hard fighters in a go.

Like their cousins, the jack creville, amberjack and black jack, horseyed jack are always back breaking fighters that grow to a size of up to 38 inches. Fish of 20 inches are more common. No matter what size they are, these fish are packed with 100 percent pure fight. And they make a nice complement to any barbecue grill at the end of hard day's fishing.

The Horse Eyed Jack

Horse eyed jack-similar in size and appearance to his cousin the jack creville, horse eyed jacks have a



Big John happily reels in his catch, a great Horse-eyed Jack, perfect for the grill!

Astrum Helicopters

Continued from Page 13

the years."

As the business grows they plan to establish regional helipads on Ambergris Caye to service different parts of the island. By the end of the year their second helicopter will be in Belize, a Bell 206 L4 Long Ranger, purchased new from Bell Helicopter, which holds six passengers and has an average cruise speed of 110 mph. Astrum Helicopters, is in the process of finalizing new contracts that might increase its fleet of helicopters before the end of year.

Soaring through the sky in a helicopter is a thrilling adventure that will never be forgotten. If you want to REALLY see this country, see it from the sky. For more information you may contact Astrum Helicopters at 501-222-9462, by e-mail at info@astrumhelicopters.com or go to their website at www.astrumhelicopters.com.



Gustavo Sr., a softspoken gentleman, took us on a most delightful helicopter ride over the island.

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Wolfe's Woofers by Dennis Wolfe

Pest Control

"You write an awful lot of stories about Norman Evanko," Drummer Dan said. "Are you two really good friends?"

"I think so," I told him. "But sometimes I'm not really sure. Sometimes I suspect he got the best of me at one time."

"What happened?"

"It all goes back to when I first came to Ambergris Caye, nineteen years ago," I said. "This is long before I met Dulce and Norm met Pam. Norm used to have a pest control business here called Roachbusters."

"I didn't know that," Dan said.

"Well, he did. I even used to sing a song for him that went, 'Mama's don't let your babies grow up to be Roachbusters.' I had a girlfriend back then who was staying at my house. One day I came home in the middle of the day and I hear a bunch of running around and when I come in my girlfriend is in the bathroom."

"Was she sick or something?"

"No. She said she was taking a shower so I went on into the bedroom. I opened up the closet door and there was Norman standing there as naked as the day he was born."

"What was he doing there?"

"That's what I asked him. He was as cool as a block of ice about it. He said my girlfriend had called him in an emergency because we had a swarm of moths. She was worried that they would get into the closet and eat up the clothes so he was checking the closet."

"H-m-m," Dan said.

"That's about what I thought too, so I said, 'Moths huh? And would you like to explain where your clothes are?' He looked down in surprise and said, 'My clothes? Oh, my God! That moth infestation is even worse than I thought.'"



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Trivia Tidbits

- *The Swedes drink more coffee than any other people in the world.
- *Sight accounts for 90 to 95 percent of all sensory perceptions.
- *An average man on an average day excretes two and a half quarts of sweat.
- *A fly can react to something it sees and change direction in 30 milliseconds.
- *About 24 newborn opossums can fit in a teaspoon. They are about .07 ounce at birth.
- *An ostrich's eye is bigger than its brain.
- *Frogs never drink. They absorb water from their surroundings by osmosis.
- *At any given time, there are 1,800 thunderstorms in progress over the Earth's atmosphere. Lightning strikes the Earth 100 times every second.
- *The largest known egg ever laid by a creature was that of the extinct Aepyornis of Madagascar. The egg was 9.5 inches long. It had a volume of 2.35 gallons.
- *Snails produce a colorless, sticky discharge that forms a protective carpet under them as they travel along. The discharge is so effective that snails can crawl along the edge of a razor without cutting themselves.
- *Half a billion people - about one of every eight - are suffering chronic malnutrition today.
- *A collector who attempts to collect an example of every item in a particular field is called a completist.



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- ❖ **The Castle** 10 apt complex: \$400,000.
- ❖ **NEW** Caye Casa - beachfront condo** in town location. *Inquire!*
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- ❖ **Robles beachfront 100 ft beach** \$200,000
- ❖ **Robles beachfront 200 ft beach** \$400,000
- ❖ **Palmero Point 80 ft of beach** \$297,000
- ❖ **Playa Blanca beach lot** 60 x 105 ft w/dock \$210,000. *Sold*
- ❖ **Playa Blanca beach lot** 52 X 120 ft \$225,000. *Sold*
- ❖ **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 \$ 125,000. **GREAT PRICE**
- ❖ **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



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.

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