THE SAN PEDRO SUN VISITOR GUIDE

The Island Newspaper

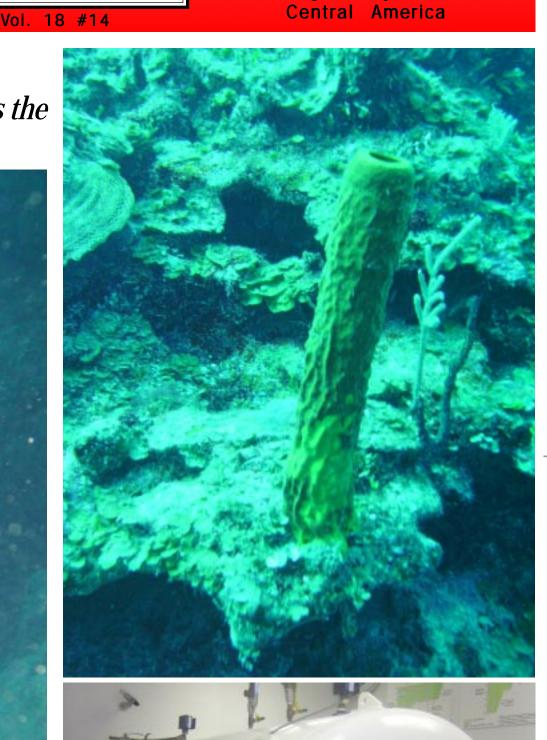


FREE Ambergris Caye, Belize

Dive El Pescador

... White Sands Dive Shop explores the amazing underwater world...





\$1 per dive for the Hyperbaric Chamber ...a dollar goes a long way for divers...







This picture of **David Howe** was taken at the top of Ski Santa Fe Mountain in the Santa Fe National Forest about 25 miles ouside of **Santa Fe**, **New Mexico**, **USA**, on St. Patrick's Day March 17, 2008, by sidekick Mary Jo Hanford. The temperature was about 28 degrees farenheit. Quite a change from sailing the Caribbean with friends! David and Mary Jo love the island and will be back for the wonderful food, fun and especially the friendly, warm people! We'll be waiting to welcome you both back to La Isla Bonita anytime!

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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Maria Novelo maria@sanpedrosun.net Nathalie Manuel nathalie@sanpedrosun.net *The San Pedro Sun*, P.O. Box 35, San Pedro Town Ambergris Caye, Belize 011-501-226-2070 (307) 460-4114 011-501-226-2905 spsun@sanpedrosun.net www.sanpedrosun.net #63 Barrier Reef Drive, San Pedro

SuDoku! Answers on Page 7 8 7 3 5 2 6 8 2 9 1 8 9 5 4 3 8 7 9 3 1 6 4 7 3 5 4 5 3 2 6 7 1 Language can link Week. This week, we will WORD OF us with other cultures, present a couple of words THE no matter how forin Creole, and translate it WEEK eign the tongue may to English, using the Crebe. In an effort to ole/English Dictionary reshare this form of leased through the Kriol Councommunication with our cil. Special thanks to Sylvana audience, The San Pedro Sun Woods for our copy of the dictioproudly presents – Words of the nary. Enjoy!!! Haad-haatid - Hardhearted .-. Oanli sohnbadi weh haad-haatid wahn lef ih pikni dehn fi staav (Only somebody who is *hard hearted* will leave his children to starve) Halari- a loud rowdy, unruly person.-. Ah noh waahn yu di goh aan laik dehn halari pahn schreet, yu noa. (I don't want you to act like those *rowdy* girls on the street, you know.) April 3, 2008

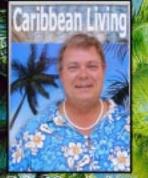
Address
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E-mail:
Receive The San Pedro Sun & Visitor Guide weekly in your mailbox. 26 ISSUES (six months) US, Canada: \$60 U.S. Domestic: \$60 BZ. 52 ISSUES (one year) US, Canada: \$110 U.S. Domestic: \$100 BZ.(Other locations vary.)
More foreign subscribers than any newspaper in Belize!
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Dive El Pescador



The steep walls of this crevasse provide a maze-type feeling to this dive site.

BERT'S REASONS OUR OWNERS CHOSE SUEÑO DEL MAR...



"First off, a big one is just the idea of having a Caribbean villa, set in a private community environment, like a friendly, fun loving neighborhood. I'm glad to explain further. Please call me at 226-4001."

Robert Cunningham

Robert Cunningham is a 30 year veteran in the real estate industry and has been associated with LPI for the past 15 years. Robert has spent the last four years anchoring the sales team at Sueño del Mar.



diving in the world. Visitors marvel at the sights that are available just minutes from the shore of Ambergris Caye. The San Pedro Sun Visitor Guide continues to explore these wondrous destinations and share our experiences with our readers.

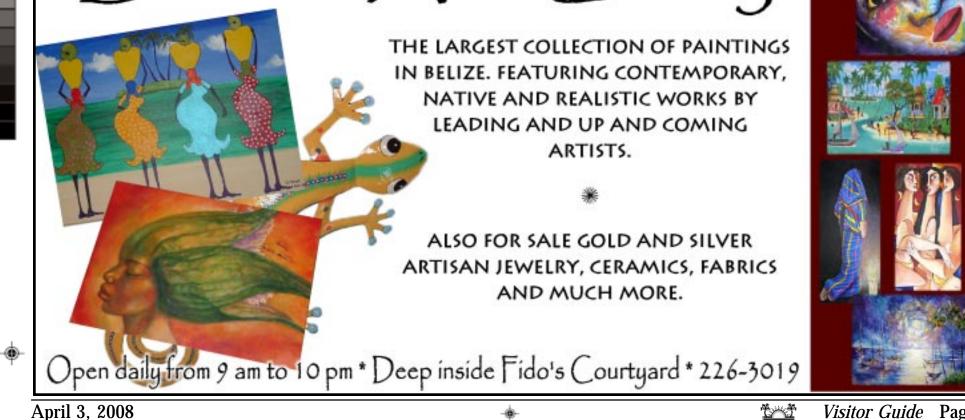
On Easter Sunday we joined the professional dive masters from the White Sands Dive Shop. For us, this was not only an Easter Sunday holiday excursion but a birthday celebration for our

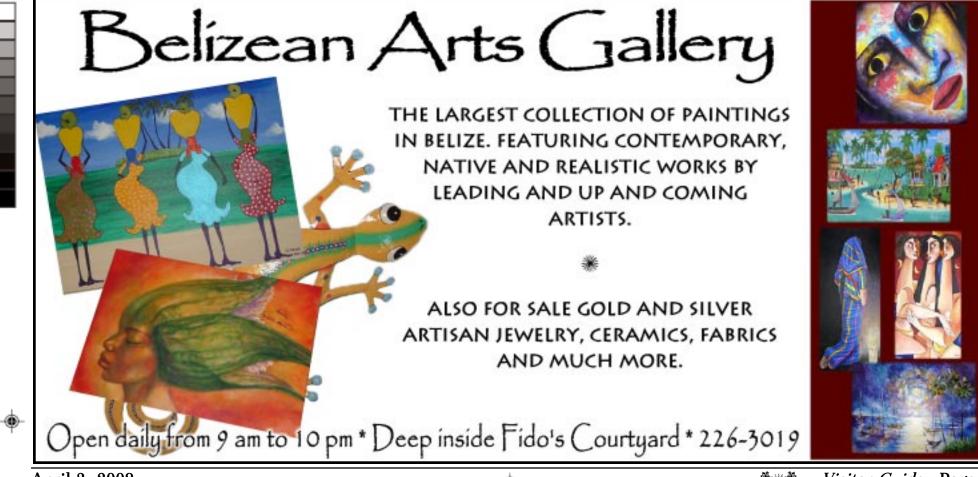
San Pedro boasts some of the best son who received his diving certification from White Sands just a year ago.

> Juan Carlos Montejo was our very professional dive master for the afternoon's descent. The weather was perfect. The wind from earlier in the month had finally died down with the waves barely casting their familiar frothy spray as they collided with the reef.

> After getting suited with equipment from the dive shop, we headed to the **Continued on Page 4**



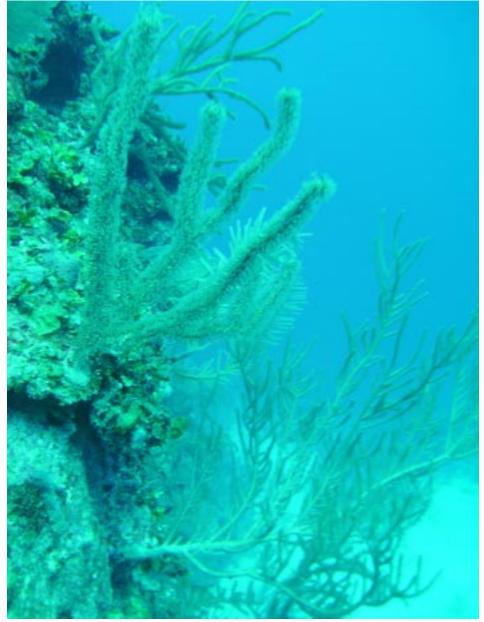




April 3, 2008

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Dive El Pescador Continued from Page 3



Coral cover the many canyons and crevasses that make up the barrier reef.

Serving San Pedro since 1980! PROPERTIES

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

Commercial/Condos/Homes

Beach Front Home at Spanish Reef: (W29) Attractive beach house located only 4 miles north of San Pedro. Home consists of 2 bdrms, 1 bath, wide porch & large storage room. Lot - 50' x 100'. \$450,000.00 US.

San Telmo Villa (R52) Hidden pearl in San Telmo only one lot off the beach. Two bedroom, one bath villa with exquisite finishing. \$475,000.00 US cash only!

Home in San Pedro Town (S63) - Centrally located in area of Town which is seeing a lot of investment in a variety of large businesses. This is a 2 storey concrete & wooden home with room for expansion on the backyard. Lot measures 27.5' x 72'. Priced to sell at \$175,000.00 US.

Caribe Island (T41) White sandy beach, coconut palms and the turquoise waters of the Caribbean Seal! Large beach condo about 2.5 miles south of San Pedro Town center. Beautiful two level, 2 1/2 bedrooms and 2 full baths condo with view over the pool and ocean. The condo is located in a well managed resort offering dock, dive shop and beach bar. An excellent price at \$297,000.00 US!

Raw Land

San Marcos (M70)- Two connecting lots each measuring 50' x 75' located in a nice residential neighborhood south of town. Each lot selling for \$65,000.00 US.

Mata Grande Beachfront (B42)-Gorgeous beachfront on prime location only 4.5 miles north of town

dock to join other divers and test our tanks and other equipment. Juan Carlos is diligent about proper connections and testing our gear. Once the equipment is loaded on the boat, we climb aboard. Here, Juan Carlos explains the itinerary of the upcoming dive to a location called El Pescador. He also describes the sign language he will use once below the surface. These include signs for animals we may see, as well as signs to use in case we have problems.

With preparations complete we head out to sea. In just minutes we are already through the cut in the reef. This will be a reef dive, which means once we are below the surface, we will travel in one direction instead of circling back to where the boat is buoyed. Instead, the boat on the surface will follow our bubbles and pick us up when we are finished.

One by one, the divers put on their **Continued on Page 5**



License and Certified Captain Roberto Castillo Cell # 610-2624



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center. The property has beautiful foliage, high elevation & is within electricity, telephone & road access. Lot measures approx. 100' x 200', enough space for a large house, swimming pool & backyard. \$465,000.00 US.

Holiday Lands (M53) Approx 78' x 72', 2 rows off the beach. \$70,000.00 US. San Mateo Waterfront (R52) 3 side by side water front lots facing the San Pedro lagoon, selling separately or together. Each lot measures approx. 50' x 100'. Price: \$37,500.00 US each or buy all three! Make an offer!

Ambergris Bay (P55) Gorgeous beach front parcel measuring approx. 75' x 100. \$100,000.00 US. Beach front lot at Palm Bay Club, 60' x 130'. Price only \$70,000.00 US

Bacalar Chico (E15)- Beautiful beachfront property located right next to the Bacalar Chico national park & marine reserve. Take pleasure in amazing snorkeling or scuba diving in the pristine coral reef located at your doorstep! Lot measures approx.100' beachfront by 425' depth. Great price at only \$240,000.00 US.

Spanish Reef (B35) 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. Price reduced to \$37,000.00US

Caye Caulker (H34) 1000' of water frontage (2 acres) just across the Split. Prime location and a gorgeous piece of property. Asking \$1.2 million USD.

Contact us TODAY!!!

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

April 3, 2008

Visitor Guide <u>txt</u> Page 4



A huge variety of coral dot the reef as we dive.

equipment and gently back flip over the side of the boat. The water is warm with some of us not even wearing wetsuits. When all divers are in, Juan Carlos gives the signal to let the air out of our BCs and descend. Slowly, the coral crusted ground beneath the surface approaches. Sea fans wave in the current and other spectacular coral await our exploration.

After Juan Carlos again confirms that all divers are fine, he points us in the direction he wants us to travel. Soon we approach the highlight of the dive. A barely noticeable crevice appears in the coral encrusted landscape. Using sign language, Juan Carlos tells us to follow him as he descends. One by one,

Continued on Page 6



Fresh from the sea to your table. Free Transportation Daily ATA CHICA Reservations RESTAURANT lectability of the meals served reflects the care and expertise that go into their prepa particularly the seelood and paste. The sciency majestic and cosmopolitan palapa dining

Dive El Pescador

Continued from Page 5





Coral of all shapes and sizes fascinate the divers.

we control our descent, dropping 20 feet into a narrow cavern. We ease down the narrow passageway as thin beams of light from above guide our way through this fascinating underwater maze. A large sea crab is among the many interesting creatures that call this cavern home.

After winding through this cavern for what felt like a hundred feet, and with the depth gage near 85 feet, this **Continued on Page 14**



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Paradise has a new address.

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Caye Ambergris

Sueño del Mar

An LPI Residential Resort Community

SuDoku Answers! Puzzle on Page 2

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Tres Coco North of the Bridge

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he Gallery

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Work on your tan



Visitor Guide Page 7

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Segway Trainer's hold a valid Tour Guide License.

while you explore the island Unit #1 Fairdale Plaza, across from the Island Academy www.segwayofbelize.com

Email or stop by and sign our petition in support of having the Belize Government giving exemption of the Segway PT from the vehicle code!

IMPORTANT #s

 Police
 226-2022

 Fire
 226-2372

 Medical Emergency (ACER) 226-3231

Emergency911Crimestoppers800 922-TIPSLions Health Clinic - 226-4052; emer-

gencies 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 600-7119

Hyperbaric Chamber - 226-2851, Dr. Otto Rodriguez - 604-7599 or 226-2854. Antonia Guerrero - 600-5475. Eleazar Portillo - 610-4560 or 226-3195.

San Pedro Polyclinic II - 226-2536. Dr. Zuniga: 670-8755 and Dr. Otto Rodriguez: 604-7599.

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

US Embassy - 822-4011

Labour Office - 226-2700 (Open 8am - 5pm, Mon. - Fri.)

Canadian Consulate - 223-1060

Mexican Embassy - 223-0193

Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

San Carlos Medical (MD & Dentist Services) - 7:30am - 9:00pm, 226-2918.

Church Services

San Pedro Roman Catholic Church Sunday Mass: (*English*) 8am & 10am & Baptism: 11am; *Spanish*: 7pm; *Mass or Communion Service* every night at 7pm. *Saturday* evening: *Anticipated Sunday Mass*: 7p.m. Daily Masses 7am & 7pm. 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-St.-Sn. at 7:30 p.m. Lighthouse Christian Radio - 101.3 FM. 226-4673, Cor. Buccaneer & Pescador Drive.

The Church of Jesus Christ of Latter Day Saints - Sunday Service: 9:30 am, Wednesday Scripture Study 7:00 pm. 17 Lagoon St. (between the bakery and the bridge).

San Pedro Community Church meets Sundays at 10a.m. at the Ambergris Elementary School. All Are Welcome.

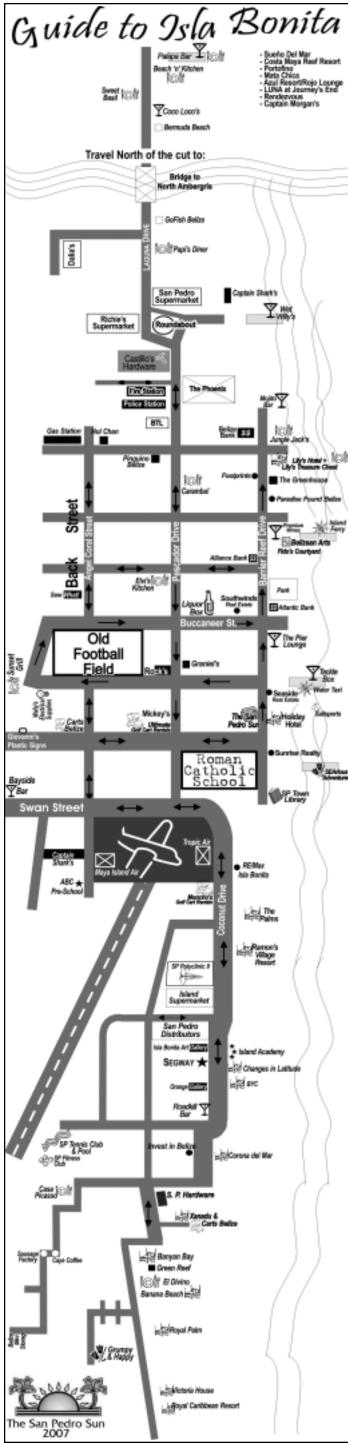
Miscellaneous

The Lions Club of San Pedro relies on income from its Friday and Satur day 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/226-2833 **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. **CARE BELIZE** - Children's Specialist, San Pedro. 622-8200 **SP Town Library** - 206-2028

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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.

Water, Sports & Tours

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

GRUMPY & HAPPY - Snorkeling - private snorkel tours just you on the boat, no set schedule! Visitors with special needs and children are welcome. Call 226-3420 or 672-1234. Visit www.grumpyandhappy.com, or Email: info@grumpyandhappy.com.

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.

SUEÑO DEL MAR - Paradise has a new address! Located on Barrier Reef Drive (Front Street), across from Fido's Restaurant. 8:30AM to 5PM, www.dreambelize.com, Phone: (US #) 719-302-5398, (Belize #) 011-501-226-4001.

INVEST IN BELIZE - Call for Appointments and pick-ups. 226-4000 or www.investinbelize.com

RE/MAX Isla Bonita, 1ocated at 10 Coconut Drive, San Pedro. 226-4400 e-mail: info@owninbelize.com or visit our website at www.owninbelize.com

CORAL BEACH REALTY - Professionalism at it's best. Visit our office "Unda da Palapa" on Barrier Reef Drive, 226-2681. www.CoralBeachRealty.net

Transportation...

CRISTAL GOLF CART RENTAL - Along with Island Tour Rentals, have combined to offer the best rates on the island! Special hourly, weekly & monthly rates. Daily rates are \$85 BZ. 4- & 6- Seater golf carts available. Security deposit required. Cristal - 226-4949 or 626-5555. Island Tour - 226-2351 or 226-2972.

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

ULTIMATE GOLF CART RENTAL - Experience the ultimate ride! Yamaha carts for rent. 226-3326; Corner Tarpon & Pescador Drive. Belize Gold Cars Ltd: Yamaha carts & parts for sale. 226-3993; Suite 12, Coldwell Building. E-mail: belizegolfcars@btl.net, ultimaterentals@btl.net or visit our website at www.ultimaterentalsbelize.com.

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.

SEGWAY - The Segway[®] Personal Transporter (PT) is the first of its kind—self-balancing personal transportation designed to travel anywhere you want to go. Try one today and experience a Segway Smile! Segway Belize, located at #1 Fairdale Plaza on Coconut Drive. Call 620-9345.

CARTS BELIZE - Conveniently located just one block north of the airstrip. Hourly, Daily & Weekly. Call 226-4084.

Services...

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.

S.P. HARDWARE - Large variety of hardware and household supplies. Will meet or beat any competitor's price! Seagrape Drive; Open seven days a week. 226-4522

SAN PEDRO SUN VISITOR'S GUIDE ТНЕ

Dining Out...

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

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 Speciaties 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 music and fun. Phone 226-2173.

PAPI'S DINER – The place for fine food at diner prices. Taste the Caribbean. Call 665-4506.

MICKEY'S PLACE - Open daily 6:30 a.m. - 10 a.m. for breakfast, 11:30 a.m. - 2:00 p.m. for lunch and 6 -10 p.m. for dinner. Burritos on Wednesdays. Pescador Drive. Call 226-2223.

BLUE WATER GRILL – Island cuisine with a twist! Wood-fired Oven Pizzas, Sushi & more! Open daily. Happy Hour 4 to 6 p.m. 226-3347.

EL DIVINO RESTAURANT at BANANA BEACH -Serving breakfast, lunch and dinner from 6 a.m - 10 p.m. Book your party or banquet today! Phone 226-2444.

PORTOFINO RESTAURANT AND GREEN PAR-ROT BEACH BAR - Meet our boat at 6:30 p.m. at Fido's Dock for a complimentary ride to one of the best culinary experiences you will have while in paradise. For reservations, call 220-5096.

SUNSET GRILL - Offering local and international cui-

PINGUINO BELIZE - Fine Wine. Gourmet Olives,

stuffed olives and spreads. Exclusively in belize. Free

LIQUOR BOX - Wholesale and Retail on local and

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Beer, Ice Cold - only \$60Bz! On Buccaneer Street,

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FOOTPRINTS - Crocs shoes, Reef shoes, and fun

beach accessories. On Barrier Reef Drive, open

Monday through Saturday from 9am - 6pm. 226-2689.

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belize.com.

SAN PEDRO FITNESS CLUB - A/C Gym, Fullyequipped. 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.

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.

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. **BELIZEAN ARTS GALLERY - Local art!**

a fabulous Beach Barbeque 6:30 p.m.- 9:00 p.m. Barrier stairs to our third floor Bayside Reef Dr. 226-2014.

Restaurant. Enjoy the amazing view of San Pedro while dining in style! Call for Reservations: 226-2147.

Drive; call 226-3563.

www.barefootbooks-

THE GALLERY - Fine art

for fine living - the studio

and gallery of Linda

Mikulich. Private Classes

and Interior Design Ser-

sine. Open 7 days a week for lunch and dinner. Located on the lagoon side. 226-2600. Come by at sunset and help us feed the tarpons!

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.

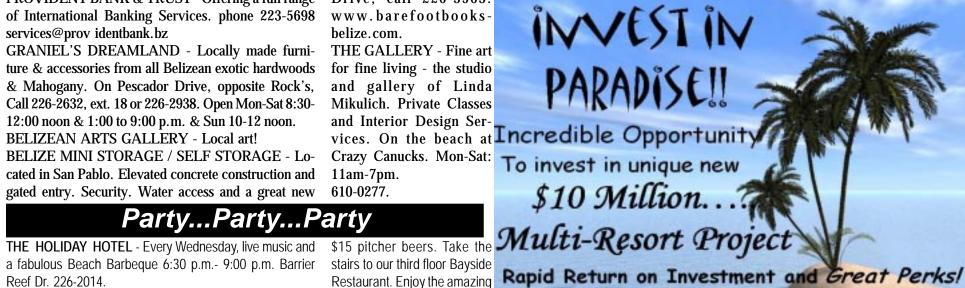
CASA PICASSO TAPAS + MARTINIS - Small plates, big pastas and fantastic desserts! "Hippest martini spot"-Frommer's. Nightly 5:30pm, closed Sundays. reservations 226-4507.

BEACH 'N' KITCHEN - Open Daily for Brunch. Choose delicious Eggs Benedict, stuffed French toast or continental breakfast! Now open for dinner from 5pm - 8pm. North of the bridge, near Palapa Bar. Call 226-4456.

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.

BLUE LOTUS LUXURY DINING- Delight yourself with Indian cuisine at San Pedro's newest water-top restaurant. Spectacular views of San Pedro at night! Complimentary water taxi service. Call 501-610-BLUE (2583).

MOJITO BAR & TAPAS - Serving a wide variety of Mojitos, pitchers of Sangria, Margaritas and beer! Enjoy breakfast wraps, tacos, subs, enchiladas, whole wheat wraps, black bean hummus, ceviches & more. Located at the Sunbreeze Suites, on the beach across from Belize Bank. Open daily: 7 am - 10 pm. REEF GRILL at Costa Maya Resort – Delectable dining in air conditioned comfort or under the stars. Serving scrumptious local and international cuisine, seven days a week. Live entertainment, Monday, Wednesday and Friday. For reservations, call: 226-4700.



PALAPA BAR AND GRILL - The Coolest Place, North of Bridge. Drink & Dine out over the Caribbean waters with cool breezes and no mosquitoes. Specialty is a BBQ, Slow Smoked, Pork Sandwich and Fresh Caught Fish Tacos. Open 7 days, Happy Hour Drinks 4 - 6 226-3111. ROADKILL BAR - For a GREAT time! Mondays with Dennis Wolfe and Caroline's BBQ. Enjoy happy hour from 2pm - 6pm on Thursdays and Sundays. BBQ Lunch on Saturdays. Across from Crazy Canucks, open daily from 12 - 12. COCO LOCO'S SWIM-UP & BEACH BAR - 1/8th of a mile north of the bridge, directly on the beach! Happy Hour daily from 4-6pm. Great music and the best bartender! The new owners are doing it up right! Call 226-2910. BAYSIDE BAR - Great drinks and awesome location on the water south of Tropic Cargo. Friday Night Movies - kids

watch while you enjoy drinks! Happy Hour: \$3.50 beer and

Call Toll Free (USA): 877-225-1219 Belize: 601-0985 email: mayakingdom@yahoo.com

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The key to Ambergris Caye's Real Estate market Nobody works harder for you. Outstanding Agents Outstanding Results RE/MAX ISLA BONITA Phone: (501) 226-4400 - Fax: (501) 226-4401 Email: info@owninbelize.com

San Pedro Ambergris Caye 226-4066

Floral Park ORANGE Cayo District 824-2341

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Exotic Wooden Sculptures * Paintings * Turnings & Unique Furniture * Jewelry Mention "San Pedro Sun" & get 10% off on all cash purchases. ORANGEGIFTS.COM



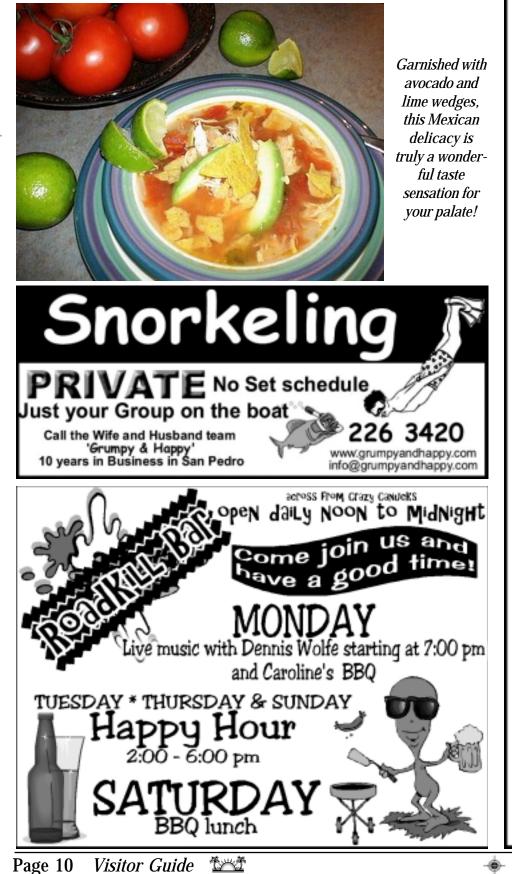
Chef Adam is a management and Food and Beverage consultant. For a list of full consultancy and chef services, call 623-4234 Email: or chefadambelize@mail.com

Belizean and Regional Fusion Dishes

Mexican Chicken Soup with lime

This regional dish is amazing. The Soup comes in three parts which are all combined at the end producing an explosion of flavors. The Stock, The Chicken and The Salsa.

The Soup is only as good as the Stock so spend some time making this properly. (Serves 8)



For the Chicken Stock:

1. Put the leftover bones and skin from a chicken carcass into a large stock pot and cover with cold water. Add veggies like celery, onion, carrots, parsley. Using a Fork deseed a Habanero Pepper and add to taste

2. Add salt and pepper, about 1/2tsp of salt, 1/4 tsp of pepper. 3. Bring to a boil and immediately reduce heat to bring the stock to barely a simmer.

4. Simmer uncovered at least 4 hours, occassionally skimming off the foam that comes to the surface.

5. Remove the bones and strain the stock.

6. If making stock for future use in soup you may want to reduce the stock by simmering a few hours longer to make it more concentrated and easier to store.

Continued on Page 11



Buffalo wings, Burgers, Fish Sandwiches, Coconut Shrimp, Conch Fritters, **Ceviche, Key Lime Pie and** more for lunch & dinner!

Enjoy the best view and the best breeze on Ambergris Caye ... right in the center of town on the Water Taxi pier.

Chef Adam

Continued from Page 10

For the Chicken:

- *10oz Chicken Breast
- *Recado
- *Small Can of Achiote Peppers
- *Small amount of water

*Cut the chicken into thin strips.

Combine the other ingredients in a little water and marinade the chicken for at least four hours in a refrigerator.

Using a frying pan and a little vegetable oil gently fry the chicken and set aside to cool. Once Cool pick into small pieces.

For the Salsa:

*4 Ripe Tomatoes (Deseeded and Finely Diced)

*1 Medium White Onion (Finely Diced)

***8** Sliced Jalapenos Peppers

*Bunch of Cilantro

*1 Avocado (Diced but not mushy)

*1 Cup of Lime Juice

*1 Lime (Thinly Sliced)

Mix the salsa ingredients together keeping the sliced lime set aside. Putting it all together.

Place the Salsa evenly in soup bowls. Heat up the chicken stock in a pan add the chicken and slices of Lime. Once to the boil, simmer for one minute and pour the soup over the Salsa.

Serve immediately and watch your taste buds explode.



A dollar goes a long way for divers in San Pedro

Descending deep into the depths of the blue Caribbean waters is an experience shared only by those who are willing to take the challenge to learn how to safely dive using proper equipment. Although considered an extreme sport, advancements in equipment and stringent certification requirements have dramatically reduced the number of diving accidents.

San Pedro is fortunate to be prepared for diving accidents, specifically those that result when divers ascend to the surface too quickly. These include the BENDS or Decompression Sickness (DCS) and Arterial Gas Embolism (AGE) jointly known as Decompression Illness (DCI). Luckily for divers

Continued on Page 12





April 3, 2008

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Hyperbaric Chamber Continued from Page 11



A fully equipped Hyperbaric Chamber is key for divers in San Pedro.

in Belize, San Pedro is home to the only Double-Lock Recompression Chamber in the country which is the only method for treating these afflic-

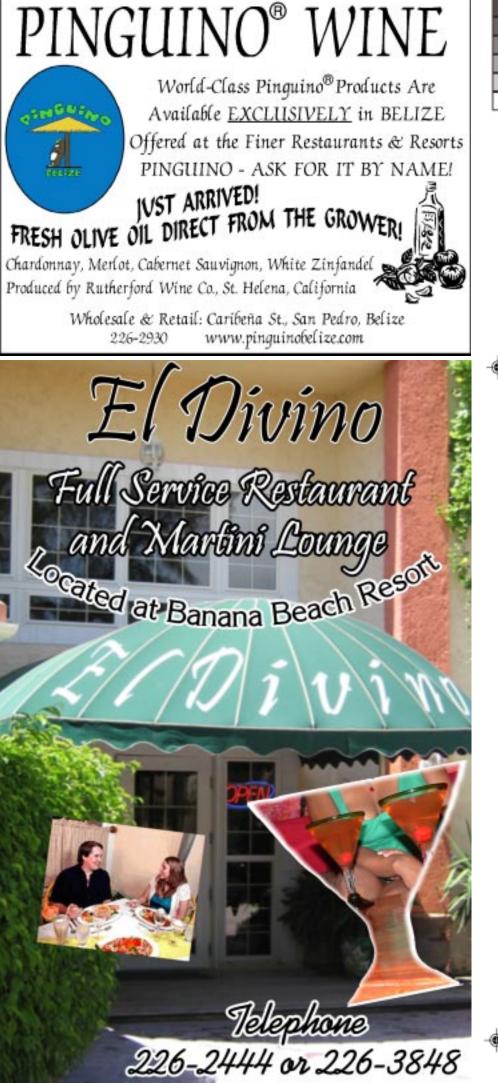
tions. San Pedro is proud of its safe diving record and equally proud of its chamber. You can dive with peace



of mind and enjoy the hundreds of dive sites found in Belize, and for just one dollar per dive, you increase your peace of mind through the Chamber Affiliation Program. money by collecting a nominal levy or fee (typically BZ\$2 for each tank dive). The agreed fixed fees are forward to the chamber at the end of every month. This money is used to

The chamber is available to the general public at all times, however, affiliated dive shops or shops that form part of the affiliation program have special privileges and benefits. The CHAMBER AFFILIATION PROGRAM is a system whereby the dive shops pay a membership fee to become part of the program. After they become members, the dive shops are asked to pay a fixed monthly fee which depends on the size of the operation. The operators have the choice of recovering some of that money by collecting a nominal levy or fee (typically BZ\$2 for each tank dive). The agreed fixed fees are forward to the chamber at the end of every month. This money is used to pay for some operating expenses, which include stand-by doctors, utilities, technical maintenance, upgrades, salaries etc. as well as to training to dive shop staffs in accident management situations and evacuation plans in case of dive accidents on a specific dive location.

The contribution however, is NOT insurance, the diver will still be asked to supply the chamber with all their insurance information. The company will bill the insurance carrier of the **Continued on Page 13**



Hyperbaric Chamber

Continued from Page 12 diver.

If a diver chooses to waive the contribution fee of only \$1USD contribution per tank, the diver will be requested to make a cash deposit of \$2500USD even if they have insurance. The diver then is charged a fee of \$900USD per hour treatment. The company will provide the patient with medical records and evidence so that they can file for a refund from their insurance company.

If the affected diver does not have insurance, but participated in the \$1USD per tank program, the diver requiring treatment will be charged a modest cost-recovery fee.

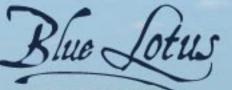
Diving is now considered a relatively safe sport; however, there will always be potential for emergencies. Immediate care for a victim often determines the severity of long-term effects. All divers should be aware of the causes, signs, and symp-

toms of potential diving emergencies and be prepared.

For more information about the San Pedro Hyperbaric Chamber or any dive accident or questions about diving, feel free to contact them at our emergency number available 24 hours 501-226-2851, email them at belize@sssnetwork.com or call Divers Alert Network (DAN) at the following numbers for advice 001-919-684-4326 Chamber tours are welcome, we are open from Monday through Saturday from 9:00 AM to 6:00 PM.







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From 7:00 am to 11:00 am



From 6:00 pm to 10:00 pm

From 6:00 mm to 10:00 mm

Dive El Pescador Continued from Page 6



cave opens to reveal the rolling coral reef. Here, we turn north with the vast abyss to our right and the rolling caverns of coral reef to our left. Fish become more abundant as we gradually ascend. Then after about a 40 minute tour, it's time to ascend to the surface. We do our safety stop for three minutes, and then float to the surface. The

Once out of the crevasse, walls of coral are awaiting us to explore. sun shining on our faces we share smiles beneath our regulators. On board the boat we compare our adventure and look forward to the next great diving adventure off of the coast of Ambergris Caye.

> For information on the dive or for other excursions, contact White Sands at 226-2405.



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White Sands Dive Shop is a PADI International Resort Association member. operated by PADI Staff Instructor, Elbert Greer



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ITALIAN THURSDAY NIGHT

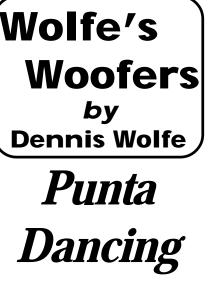
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Reservations Recommended at the Front Desk or Guest Services. Call 226-2207. Located just 3 1/2 miles north of San Pedro.

Visitor Guide Page 14





"Dennis, I have somebody that I want you to meet."

"Sure, Roger," I said. "Let me set this amplifier up and I'll be right there."

I was setting up equipment for the band for our Country and Western night at the Roadkill Bar when Roger called me. When I finished with the amp I walked over to a table where Roger and Susan Glaze sat with an elderly lady.

"Dennis, I want you to meet my grandma," Roger said. "She's down here visiting for a week and we're out showing her around."

"It's a pleasure to meet you," I told her. "I'm glad to see Roger and Susan brought you out for country and western night."

"Aw, hell," she said. "I don't want to hear no country and western. I hear that crap all the time in Texas. I wanted to see this here punta that they keep talking about. Roger says he's going to take me across the street to that other bar to see it when that band strikes up. If I like it, I'm gonna give it a try."

"Grandma's a trifle salty," Roger said, pulling me aside to apologize. "She pretty much says what's on her mind."

"Don't worry about it, Roger," I said.

Our band started playing and by our first break, Roger and Susan were back with Grandma Glaze.

"Did you get to witness the punta, Mrs. Glaze?" I asked.

"I certainly did," she said.

"Did you give it a try?"

"No," she said. "I'm a little too old for that."

"What did you think of it?"

"Well," she said. "I reckon that kind of thing is all right if they really love each other."



Trivia Tidbits...

*Carrots were first grown as a medicine not a food. The Ancient Greeks called carrots "Karoto".

*The government of Finland is in charge of manufacturing all of the nation's vodka, a role the government has performed for centuries, even though Finland is now a democracy.

*There is only one river in the world that has its source near the equator and from there flows into a temperate zone: the Nile. For some little-understood reason, the flow of most rivers is in the opposite direction.

*At least 40 jockeys have died from accidents while racing horses since 1940.

*It is hard to manufacture butter from goats because the cream is dispersed in the milk.

*The number 4 is the only number, in the English language, that has the same number of letters in its name as its meaning.

*If the skin of a 150-pound person were spread out flat, it would cover approximately 20 square feet.



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 Oasis Del Caribe Fully furnished 2nd floor ocean front 2 bedroom \$335,000

Banyan Bay Villas 2 bed/2 bath top level condo fully furnished \$350,000
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Tres Cocos beach front commercial venture \$1,200,000

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 Banana Beach 1-3 bedroom ocean front condos with 2 Pools, beach, restaurant and bar from \$130,000 with guaranteed rental incomes.

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 Beach Villa - Caye Villas Mata Grande 2 Bed 3 bath fully furnished pool rental management program \$429,900 bring offers!

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Esperanza 1.5 acres beach 150 ft x 460 ft \$1,000,000.
Esperanza 4.6 acres beach 300 ft x 460 ft \$2,000,0000.
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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

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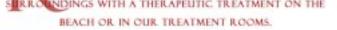
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April 3, 2008

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