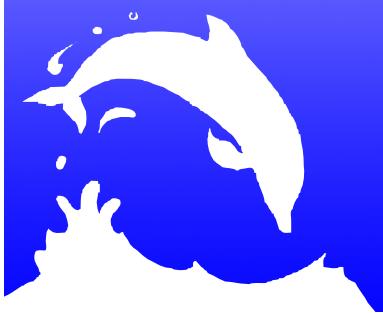


THE SAN PEDRO SUN VISITOR GUIDE



The
Island
Newspaper



Vol. 18 #18

May 1, 2008

FREE

Ambergris Caye, Belize
Central America



Discover... St. Herman's Blue Hole National Park



Explore...



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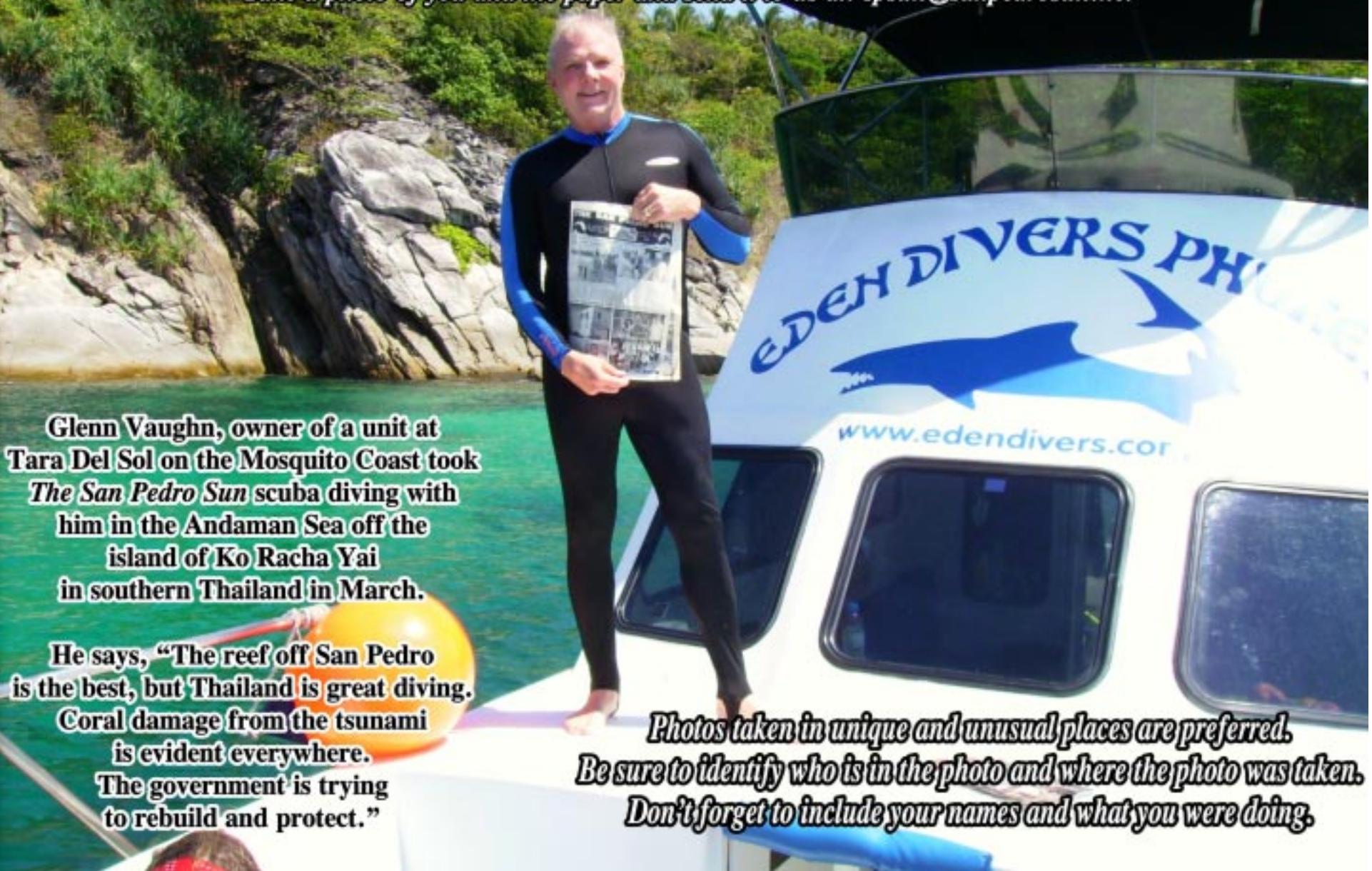
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Glenn Vaughn, owner of a unit at Tara Del Sol on the Mosquito Coast took *The San Pedro Sun* scuba diving with him in the Andaman Sea off the island of Ko Racha Yai in southern Thailand in March.

He says, "The reef off San Pedro is the best, but Thailand is great diving. Coral damage from the tsunami is evident everywhere. The government is trying to rebuild and protect."

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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Language can link us with other cultures, no matter how foreign the tongue may be. In an effort to share this form of communication with our audience, *The San Pedro Sun* proudly presents – Words of the Week. This week, we will



present a couple of words in Creole, and translate it to English, using the Creole/English Dictionary released through the Kriol Council. Special thanks to Sylvana Woods for our copy of the dictionary. Enjoy!!!

Particular *potikla* – Da laydi oanli *potikla* bowt ih hows; ih noh laik nobadi goh een deh. (That lady is very *particular* about her house; she does not like anyone to go in.)

Preach *preech* – Mi graama doz laik *preech* tu mi bowt mi doti room. (My grandmother used to like to *preach* to me about my dirty room.)

SuDoku! Answers on Page 18

	8	9	4	1			
5	2			3	8		
3						1	
1	3		2				7
		7			4		
2			7		5	9	
	3					5	
	6	3		9		8	
	6	8	2	1			



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.)

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Where the Southern Highway ends and the adventures begin.... *Discovering the Toledo District*

Part 1 of a series



The Hummingbird Highway is a gorgeous road that weaves through the Maya Mountain range.

Belize is the epitome of "good things come in small packages." With the mainland no larger than 180 miles long and 68 miles wide, the exotic diversities of cultures and geography could not be more enchanting. This tiny Caribbean country begs the same exciting anticipation that lies within a beautiful gift-wrapped offering and tempts you to savor every moment as you un-wrap the treasured gift within. Be it discovering the sandy shores of its many cayes or unveiling the mystic of the Mayan rainforests, this gift will be one that you will forever hold dear to your heart.

One treasure, sometimes referred

to as the "forgotten land", is the Toledo District. Toledo is an agricultural and fishing district and most of its people live in small villages. With a population of just under 5,000 people, it is Belize's least populated district and deemed the headquarters for adventure travel in Belize. The diversity of the various ethnic backgrounds of its people makes Toledo a microcosm of Belizean culture as well.

It is an easy hour flight to Punta Gorda (Toledo's main city) from Belize City, but if you have the time the 200 mile road trip is an incredible adventure. You can rent a car

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ROBERT'S REASONS WHY... OUR OWNERS CHOSE SUEÑO DEL MAR...



Robert Cunningham

Carefree! This one has to do with a question they've all asked themselves, "Am I willing to be the owner of an island second home and not be here at all times to watch over it?" That consideration can turn the dream of fun, escape from the grind, and pleasure, into the reality of more stressful responsibility, very quickly. At Sueño del Mar the dream is alive and well. If you share this dream please call me at 226-4001 or e-mail roberlcunningham@yahoo.com

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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.



from Crystal Auto in Belize City and comfortably drive there in less than five hours. Your journey begins on the Western Highway until you reach the country's capital, Belmopan. From there you take the scenic Hummingbird Highway through the breathtaking Maya Mountains. All the citrus produced in Belize travels along this highway to the two major processing plants in the Stann Creek district. The rolling hillsides are adorned

with rows of orange orchards in different stages of production and often the intermittent traffic consists of

Continued on Page 4



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Discover Toledo Continued from Page 3

large trucks loaded with bubbling mounds of overflowing oranges. Sleepy villages nap at the foothills of the jungle shrouded mountains and the highway crosses the Sibun River and you cross many streams over new and old one-lane bridges. Once you reach Dangriga, the final stretch to Punta Gorda (PG) is along the Southern Highway where the geography transforms from savannah to pine forests and then jungle. Banana plantations with tree tops bent with ripening banana bunches line the road and with the exception of nine miles, the highway is completely paved and easy to travel. The highway ends at your designation, Punta Gorda, and although this is the end of the road, it is just the beginning of your adventure.

Along the Way

The St. Herman's Blue Hole National Park



A whole new world awaits you inside the depths of St. Herman's Cave.

Located southeast of Belmopan is the Saint Herman's Blue Hole National Park (not to be confused with the Blue Hole at Lighthouse Reef Atoll) and sets

right next to the Hummingbird Highway with two access points. It is a great place to stop while headed to PG and offers many forms of adventure. There

are two access points, the visitor center/parking area for Herman's Cave, and the lay-by just above the Blue Hole. The two are only a mile and a half apart

and the first access you come to is for St. Herman's Cave. The entire area is a labyrinth of caves where the ancient
Continued on Page 5



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Discover Toledo

Continued from Page 4

Maya once lived and roamed. Deemed an area of archaeological importance, the Maya used the caves during the Classic Period and pottery vessels, spears, and torches are among some of the artifacts that have been recovered by the Department of Archaeology. Visitors to St. Herman's Cave do not have to get the usual permission that is required from the government to explore caves and at the parking lot there is an interpretive Visitor Center and tour guide who leads a brief history of the area. There you can also rent flashlights which are a must, and self guided cave tours are permitted to an extent.

The trail to the cave is about 400 meters from the parking area and is surrounded by lush jungle thick with tropical plants, delicate ferns, bromeliads, and orchids. The impressive main entrance to the cave sits in a sinkhole 180 feet wide and narrows to a 60 foot wide opening. Originally, steps were carved into the rock leading down to the entrance by the ancient Maya, but because the steps were unstable, a safer set of concrete steps were constructed. As you approach the cave, you can feel a draft of cool, damp air in contrast to the hot, damp air outside. As you follow the roped off trail and reflective markers deep inside the gaping chasm a new world unfolds before you while the sunlight behind you slowly diminishes. A quiet stream of

water trickles at the floor of the cave while harmless bats glide into the void of cathedral-like ceilings above. The expanse of the rock walls disappear into the abyss at the end of the flashlights reach and eventually you are completely enveloped in a thick darkness not even realized with your eyes closed. You are surrounded by surreal rock formations, delicate stalactites and stalagmites that cast eerie shadows when illuminated by the thread of your meager light beam. For close to a mile the trail winds through the cave until you reach a sign that should read, "beware, beyond lie dragons" but instead advises you to go no further without a guide. Considering where you are you are best advised to comply. Once you emerge from the cave there is a different trail back to the parking area that leads to a spectacular view overlooking the tropical landscape, a stark contrast from where you have just been.



Hidden deep inside the jungle, the Blue Hole is a favorite swimming hole for locals and visitors alike.

After trekking through the humid, hot jungle you will be good and ready for a dip in the deep blue waters of the Blue Hole which is just a short distance down the road. Since the Hummingbird Highway was built it has become a favorite swimming spot and people

enjoy the refreshing cold water. The access area is equipped with picnic tables and changing rooms for your convenience and it is just a short walk to the pool. Hidden within the jungle embrace, the Blue Hole is an oblong

Continued on Page 6

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Discover Toledo

Continued from Page 5

collapsed karst (an area of limestone terrain characterized by sinks, ravines, and underground streams) sinkhole 300 feet across in some places and about 100 feet deep. Water destined for the nearby Sibun River surfaces briefly here only to disappear once more beneath the ground. Steps lead down to the swimming area and the pool is about 25 feet deep. Weary travelers and families alike are drawn to this jungle oasis to beat the heat of the day and after a refreshing swim you should be ready to continue your drive to Punta Gorda.

Jungle Comfort

The Lodge at Big Falls

As we continue on the Hummingbird Highway the road junctions with the Southern Highway just before reaching Dangriga. We head south on the Southern Highway to our final destination for the day, the Lodge at Big Falls. Located just 18 miles north of Punta Gorda, the turnoff to the Lodge takes you a short distance through a rural community of village homes, pastures, soccer fields and a rice processing monolith. After a few more twists in the road you come upon the expansive grounds of the Lodge at Big Falls. The main lodge sits atop a rolling green hill that gently slopes to the bank of the Rio Grande River and offers an impressive view of the surrounding landscape. Although the name suggests "big falls" it was actually named after the nearby village, Big Falls.

When we enter the lodge we find Ben, the son of owners Rob and Marta, who is visiting from the US and is busy tending the bar where thirsty guests have gathered. It is late afternoon and Marta is in the kitchen whipping up a batch of her famous Mojitos and a plate of hot, crispy conch fritters have just been served up as an appetizer. As the group congregates around the bar they mingle and swap stories of the days adventures and tales of what part of the world they fare from. After a refreshing cocktail and introductions to Rob and their daughter Jenny, who is visiting from London, it is clear why they promote themselves as an intimate family-run lodge. There is a warm sense of hospitality and we feel quite

Continued on Page 7



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Discover Toledo

Continued from Page 6

come as Marta escorts us to our cabaña.

We pass a large inviting swimming pool with a flower laden trellis and tropical landscaping that begs us to stop for a dip, but instead we continue along a stone path that leads through groomed terrain to our cabaña. From the quaint front porch we enjoy a view of another expansive sloping lawn adorned with large trees and blooming bushes. With just six cabañas on the compound, each one is situated apart from the other giving a sense of privacy. The cabañas are stucco buildings with high palapa style roofs. From inside the exposed ceiling is a master piece of woven thatch and the subtle décor of wooden furnishings and Guatemalan fabrics rich in color and texture warm the room. The bathroom shower has a large screened window that gives the sense of being outside while a thatched wall outside offers privacy. Each cabana has a queen size double bed and either an extra single bed or full size bunks for family accommodation.

For dinner, which is served buffet style, we enjoy a delicious meal of

Continued on Page 8



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Discover Toledo

Continued from Page 7

welgrilled pork chops served with a spicy BBQ sauce, chicken kebobs with sweet peppers and pineapple, baked potatoes, corn and chayote casserole, pumpkin squash and salad. Although we are more than full from the satiating meal we are tempted with dessert and indulge in a refreshingly light and delicately sweet Crème caramel. With full tummies and worn out from a day full of adventure we retire to bed and are lulled to sleep by the soothing hum of jungle around us.



Even before the first light of dawn filters through the dense forest the tropical birds are rehearsing their wake-up calls and when they reach full chorus in greeting the new day we are finally rousted from bed. We head to the dining room for a breakfast buffet of fresh tropical fruits, cereal, home-

which at the time was a family cattle farm and orange orchard that had nei-

Continued on Page 9



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Rob points out a tree that has fierce looking barbs.

Discover Toledo

Continued from Page 8



ther running water nor electricity. Before work on the Lodge began Hurricane Iris hit the area hard in October 2001. The Toledo district suffered a reported \$500 million dollars in losses and the property at Big Falls suffered much damage as well. The couple persevered and despite the setbacks they eventually realized their dream and opened the Lodge in March 2003.

They continue to improve on their property and added a new swimming pool last year. They offer a large variety of activities and tours such as kayaking, mountain biking, guided tours to nearby Mayan ruins, cave exploration, marine exploration and bird watching to name a few. The Lodge also has a Resource Center that

Continued on Page 12

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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 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 /226-2833

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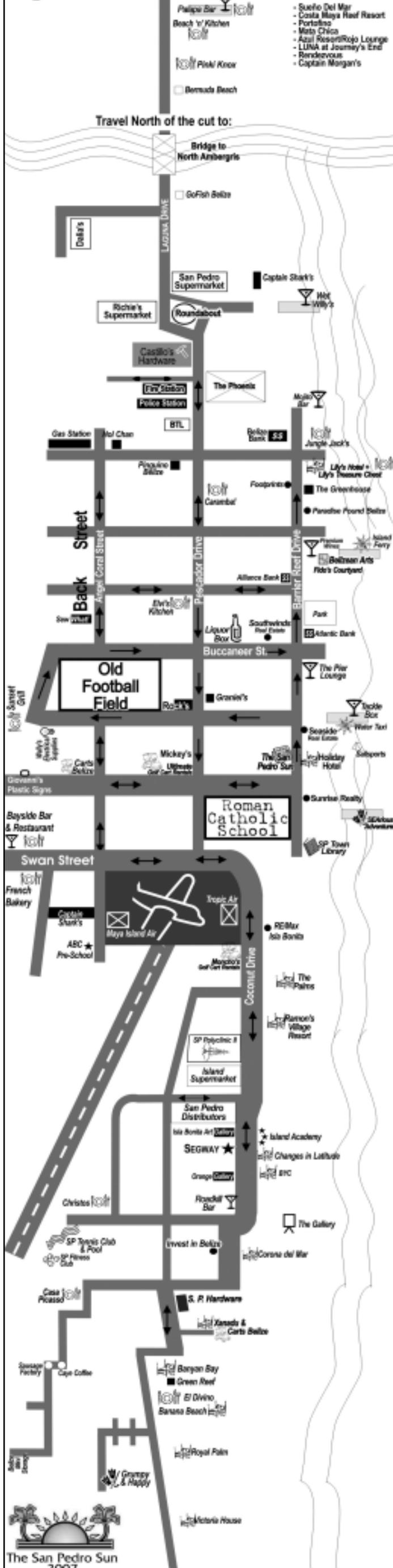
CARTS BELIZE - Conveniently located just one block north of the airstrip. Hourly, Daily & Weekly. Call 226-4084.

Services...

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Guide to Isla Bonita





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 Specialties for dinner. **OUTDOOR & INDOOR DINING** 11:00 a.m.-2:00 p.m. 5:30 p.m. - 9:00 p.m. Beach barbecue 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.

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PORTOFINO RESTAURANT AND GREEN PARROT 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 cuisine. 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.

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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.

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BAREFOOT BOOKS - Over 9,000 new , used and well loved books available. All titles and authors and subjects. We buy your books. Located on Pescador Drive; call 226-3563. www.barefootbooks-belize.com.

THE GALLERY - Fine art for fine living - the studio and gallery of Linda Mikulich. Drop the line about private classes, ad Original Fine American Style Caribbean Art. Commissions welcomed. On the beach at Crazy Canucks. Mon-Sat: 11am-7pm. 610-0277.

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.

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 own-

ers 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 \$15 pitcher beers. Take the stairs to our third floor Bayside Restaurant. Enjoy the amazing view of San Pedro while dining in style! Call for Reservations: 226-2147.

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Complimentary water taxi service, located at the Fisherman's Pier at the end of Buccaneer St.

Discover Toledo

Continued from Page 9



Marta (right) shows us how to properly win a game of table tennis!

lows guests to read more about the places, people, flora and fauna they may have seen during the day's excursions and develop their knowledge and understanding of Belize and its natural environment. As hoteliers they maintain their commitment to "responsible tourism" by conserving the environment while improving the well-being of local people and they are active in promoting tourism in the Toledo district. Rob believes the area offers a wide variety of activities and that the rivers, caves, pristine rain forest and Mayan ruins all have tremendous appeal. Rob tells us that some people refer to Toledo as the forgotten land, but with a big smile he says, "I consider it unforgettable."

After breakfast Rob takes us on a walking tour of the grounds and it is clear that he knows the land intimately as he points out native plants and their unique features. He shows us where they have introduced allspice trees, a

variety of avocados and tropical Cedar trees to the property. There are also banana and plantain trees, pineapples, orchids, and even mango and cacao trees. The orange orchard has succumbed to the sap sucking tendrils of the parasitic God bush and they plan to maintain the healthy trees while gradually replacing the unproductive trees with a wider variety of tropical fruit trees. After touring the grounds we are wilted from the heat and humidity of the jungle and we are thrilled when Rob suggests we go for an inner tube float on the Rio Grande River.

In no time flat we are changed into our swimsuits and in the cool and refreshing water. As we float under the tree canopy the view of the jungle from the river takes on a whole new prospective. The water flows at a gentle pace and for close to an hour we glide on the water, relaxed and immersed in our rainforest surroundings. Amazingly, the route of the river takes a



big loop from where we begin our float, and when we finally end our tour we emerge within the compound and it is just a short walk back to our cabaña. We can not resist the lure of the swimming pool and before returning to our room we jump in for one last cool-water indulgence.

By now we have worked up a big appetite and after changing out of our

wet clothes we return to the dining room where we feast on a hamburger, pizza and cold Belikin beers. After lunch we join Marta for a friendly challenge of ping pong and prepare to leave the lovely lodge. As we say our goodbyes we are happy to have made new friends and are elated from our stay at the Lodge.

Continued on Page 13

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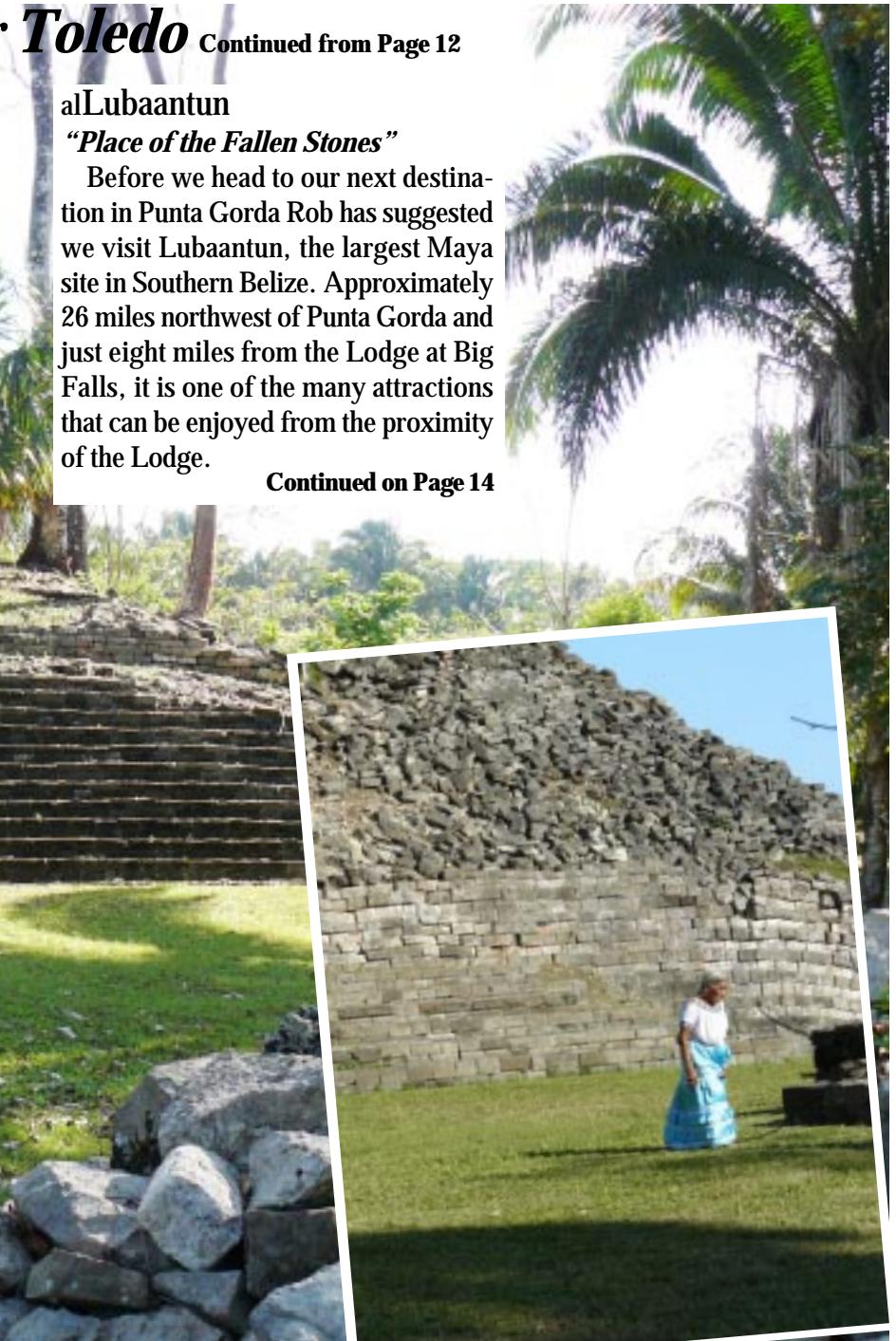
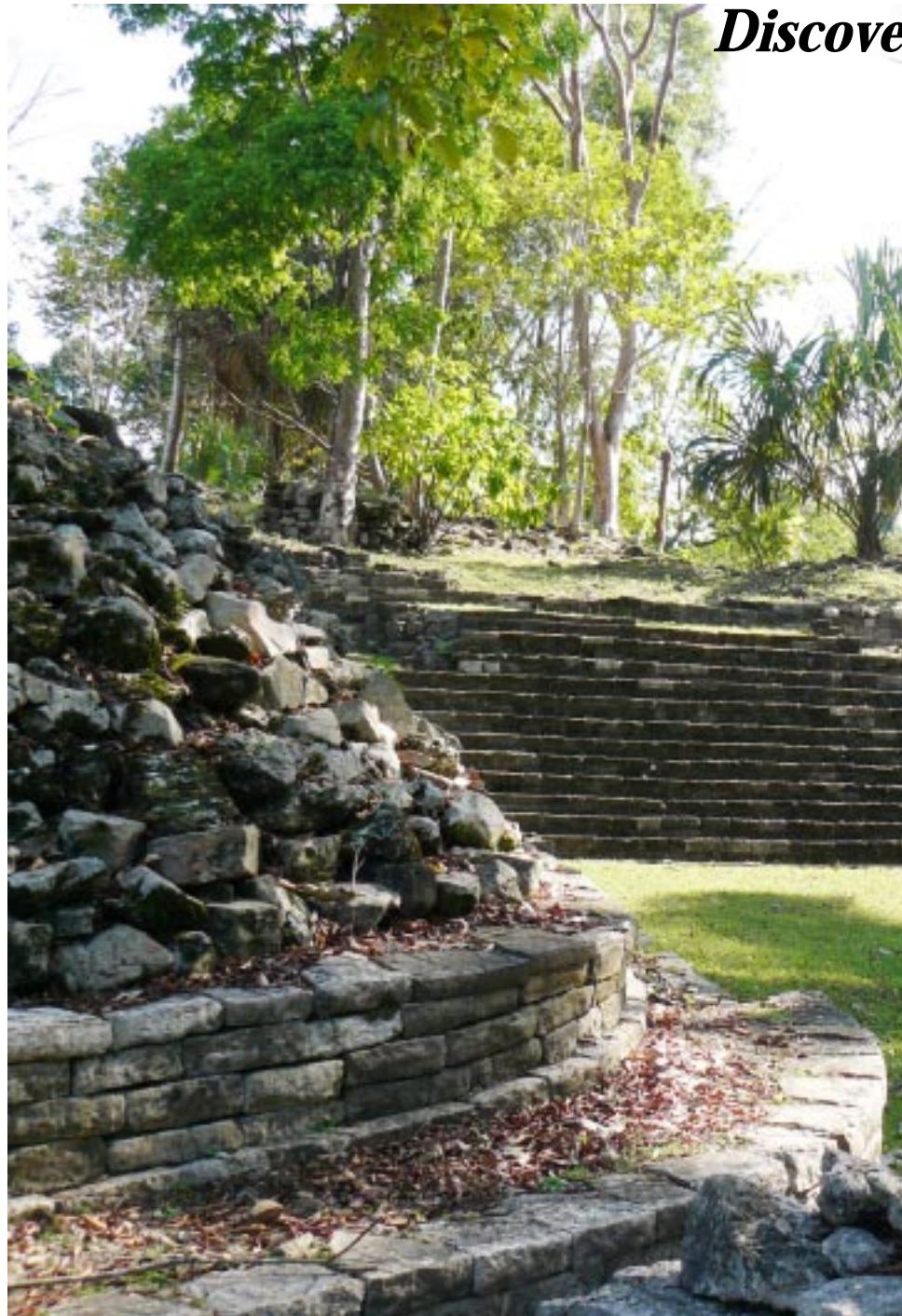
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alLubaantun

"Place of the Fallen Stones"

Before we head to our next destination in Punta Gorda Rob has suggested we visit Lubaantun, the largest Maya site in Southern Belize. Approximately 26 miles northwest of Punta Gorda and just eight miles from the Lodge at Big Falls, it is one of the many attractions that can be enjoyed from the proximity of the Lodge.

Continued on Page 14



Belize Real Estate Best Deals in Town

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- 80x120 Beachfront - \$125,000.00 US
- 110x90 Beachfront - \$125,000.00 US
- 3 acres beachfront in Corozal:
420' - \$500,000.00 US



*Best Deal on island:

20 Acres; West Side:
800' Beach/High Land + 1,600 feet
Deep next to Sunset View Estates.

*Beautiful Beach Front lots:

West Side 100'x130' - \$139,000.00 US

*60x100 on river only \$85,000 US

*Great Buy for building or investment:

2 ½ Acre Lots back to back 2nd and 3rd row

*Habaneros Beach Properties East Side-

\$125,000.00 US for both.

*Lot: 65'x125' on lagoon (in town) -

\$75,000 US

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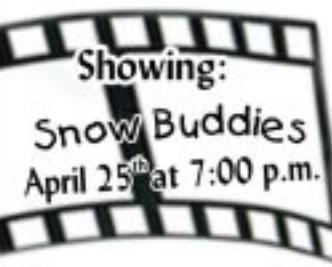
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2 blocks west of Tropic Cargo
Located at the third floor
of Bayside Lodge

Discover Toledo

Continued from Page 13



The rounded cornerstones of these structures are one feature that makes Lubaantun unique.

At the start of the 20th century inhabitants of various Ketchi and Mopan Maya villages in the area mentioned the large ruins to inhabitants of Punta Gorda and Dr. Thomas Gann was the first to investigate the site in 1903. The site is situated on a tall ridge above a valley cut by the Columbia River about

1.5 miles from the village of San Pedro Columbia which is made up of about 700 residents and is the largest Ketchi Maya village in Belize.

From the parking lot, a trail runs approximately 70 yards downhill on a clear path to a small bridge over a creek then continues another 40 yards uphill

to a small modern visitor center where collections of ceramic figurines, pottery, maps, and other information is displayed. The caretakers are local experts on the place having assisted with the excavation and restoration of the site and can lead a guided tour when asked. They are personal, pleasant and informative and the tour lasts approximately two hours.

Lubaantun dates from the Maya Classic era, flourishing from the 730s to the 890s AD, and seems to have been completely abandoned soon after. It is well known for the unusual style of construction as the structures are mostly built of large stone blocks laid with no mortar and are primarily black slate rather than the limestone typical of the

region. The strength of each structure lies in every hand-cut stone, which was carefully measured and shaped to fit snugly next to each neighboring block. Over time, the ground on which Lubaantun was built began to subsist and the mortarless blocks began to tumble. Thereafter, the site was given the name-Lubaantun- meaning "place of the fallen rocks" in the modern Maya language, its original name is unknown.

Eleven large structures tower above five main plazas and three ball courts. Unlike most other Maya ceremonial sites, the existing structures are solid and have no doorways. Another unique feature not found in other sites around the region is the rounded corners on

Continued on Page 15



El Divino
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and Martini Lounge
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A photograph of the exterior of El Divino restaurant. The restaurant has a green awning with the words "El Divino" written on it. In the foreground, there is a large green umbrella with the same logo. A couple is seen dining at a table inside the restaurant. The sign also mentions "Located at Banana Beach Resort".

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An illustration of a woman with long red hair, wearing a bikini, sitting on a beach chair and sunbathing. The background shows palm trees and a beach scene.

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Discover Toledo

Continued from Page 14



the structures. Since no corbelled (a bracket of brick or stone that juts out of a wall to support a structure above it) arches exist at the top of these structures, it is believed that perishable materials such as wood and thatch, were used to build superstructures on top of these pyramids. The centre of the site is on a large artificially raised platform between two small rivers and it has been noted that the situation is well-suited to military defense.

Lubaantun is believed to have been a thriving administrative, religious, political, and commercial center, mainly used for occasional festivals, ball games, and other sacred ceremonies but there are no steles (an ancient stone slab or pillar, usually engraved, inscribed, or painted, and set upright) found here. Jade and obsidian from the Guatemalan highlands have been found along with the bones of deep water marine animals, signifying trade. Musical instruments, including many carved whistles have also been uncovered and there are a few burial tombs as well.

The famous yet controversial crystal skull was supposedly discovered here in 1926 by Anna Mitchell-Hedges, daughter of archaeologist, F. Mitchell-Hedges,

during an expedition on her seventeenth birthday. This perfectly shaped human skull carved from an 8 inch cube of rock crystal is still possessed by Anna who lives in Canada. The origin of the crystal skull remains a mystery.

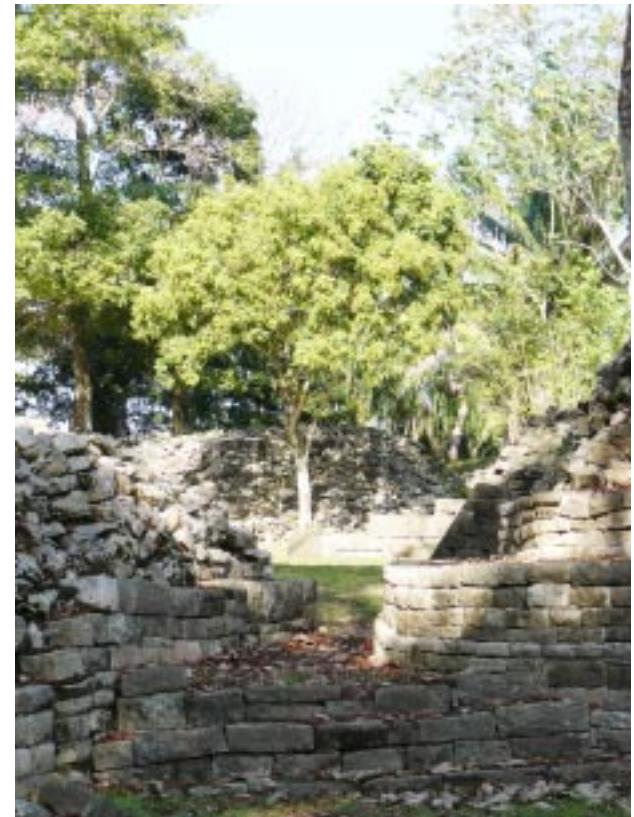
(sanpedrosun.net/old/05-41.pdf)

Visitors may wander freely about the site. The chance of finding yourself alone among the ancient monuments is common. The serenity and ambience is overwhelming. Massive stone structures are covered with bright green moss, with protruding vines from the tiny crevices. Cool breezes rustle through the huge canopies of the tree tops; birds and insects provide a natural music unique to tropical rainforests. It is easy to imagine a citizen coming here to make a private offering away from the crowds at main ceremonial center. The setting in the foothills of the Maya Mountains is absolutely breathtaking and on a clear day, if you face the right way, you can see the Caribbean Sea. It is a lovely place to linger and explore, taking in one of the many charms of the Toledo district.

For more photos of this incredible trip, check out the collage on Page 17

For more info...

For more information about The Lodge at Big Falls please visit their website at www.thelodgeatbigfalls.com. To learn more about the Toledo district visit www.southernbelize.com. Watch for part two of our *Discovering Toledo* series where we visit Cottontree Jungle Lodge and explore the delicious world of Mayan cacao and the ancient process of making chocolate!



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Belizean and Regional Fusion Dishes



Conch Fritters

This week I thought I would cover our favorite dish of Conch Fritters. This can be completed in two distinct methods; Ground or Finely diced Ingredients. I much prefer the Diced version as the ingredients keep their integrity better.

Ingredients:

1/2 lb fresh conch (cleaned and finely diced)
1 1/2 oz onion (finely diced)
Fresh cilantro (chopped fine)
The above ingredients can be either mixed as above or Ground.
1/4 red habanero pepper (deseeded and finely diced)

1 1/2 oz onion (finely diced)
Fresh cilantro (chopped fine)
The above ingredients can be either mixed as above or Ground.
4 oz flour, sieved

1 tsp baking powder
3/4 tsp salt
1/2 tsp black pepper
1/2 cup water
1/2 tsp lime juice

Mix the ingredients well adding the water last slowly until you have a thick paste which will just fall from a spoon.

Let stand for 30 minutes in the refrigerator.

Heat vegetable oil in a pan to a depth of 3/4".

Spoon the mixture into the hot oil at the desired size.

When par cooked using a fork spike the fritter to allow the oil to cook the inside. Turn occasionally until golden brown.

Remove and drain on kitchen roll.



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New! BELIZEAN SHORES RESORT - (W36) Beachfront upper-level unit 1B! 1 bed/1 bath with loft, beautiful hardwoods throughout, with incredible view. Fully furnished. \$295,000.00 US.

Oasis del Caribe (F23): Beautiful 2 bdrm/2 bath 3rd level beachfront condo, tastefully decorated with Pier 1 Imports furnishings throughout, including unique tile work & beautiful mahogany woodwork. Immaculately kept in mint condition by owner. Fully furnished unit...a must see! \$425,000.00 US. Cash Only.

Beach'n Kitchen (W30) With an excellent location between the beach & the main thoroughfare connecting town center with the exclusive areas to the north, the restaurant has proven to be a successful business with a clientele of both tourist & residents. This thriving business comes fully equipped. Asking price \$149,000.00 US CASH.

Residential with Rentals at San Mateo- (D25) This new house was completed in 2007. Well-constructed throughout, providing the owner with solid rental income. Close to San Pedro Town & access to basic utilities in place! Price- \$350,000.00 US

Raw Land

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.

Club Caribbean (E11) Attractive lot one row off the beach. 50' x 80'. Good elevation. 39,000USD

Palmero Point Beachfront (K20)- This beautiful beachfront property measures 400' x 600', providing an excellent opportunity for a resort or condo development project. Priced at \$2 million US.

Palmero Point Beach Club (N21). Large residential lot with guaranteed ocean view and pier access. 80' x 100' only \$70,000.00US

Esperanza (B41) Gorgeous beach front acreage with prime location. Ideal for beach front hotel or condo project. 300 feet of beach frontage with 4.6 acres in all. Price 2 million USD

Playa Blanca (C50) 2-3rd row lots 6 miles north. Together apprx. 100' x 100'. \$90,000.00 US.

Ambergris Bay (G41) Nice beach front parcel measuring 50' of beach frontage x 82' of depth. Priced at \$75,000.00 US.

Ambergris Bay (P54) Gorgeous beach front parcel Measuring approx. 124' water frontage x 80' x 109'. \$105,000.00 US.

Palm Bay Club (T38) Lot #61 - Great opportunity- the only second row lot on the market, measuring 100' x 92'. Asking price \$25,000.00 US.

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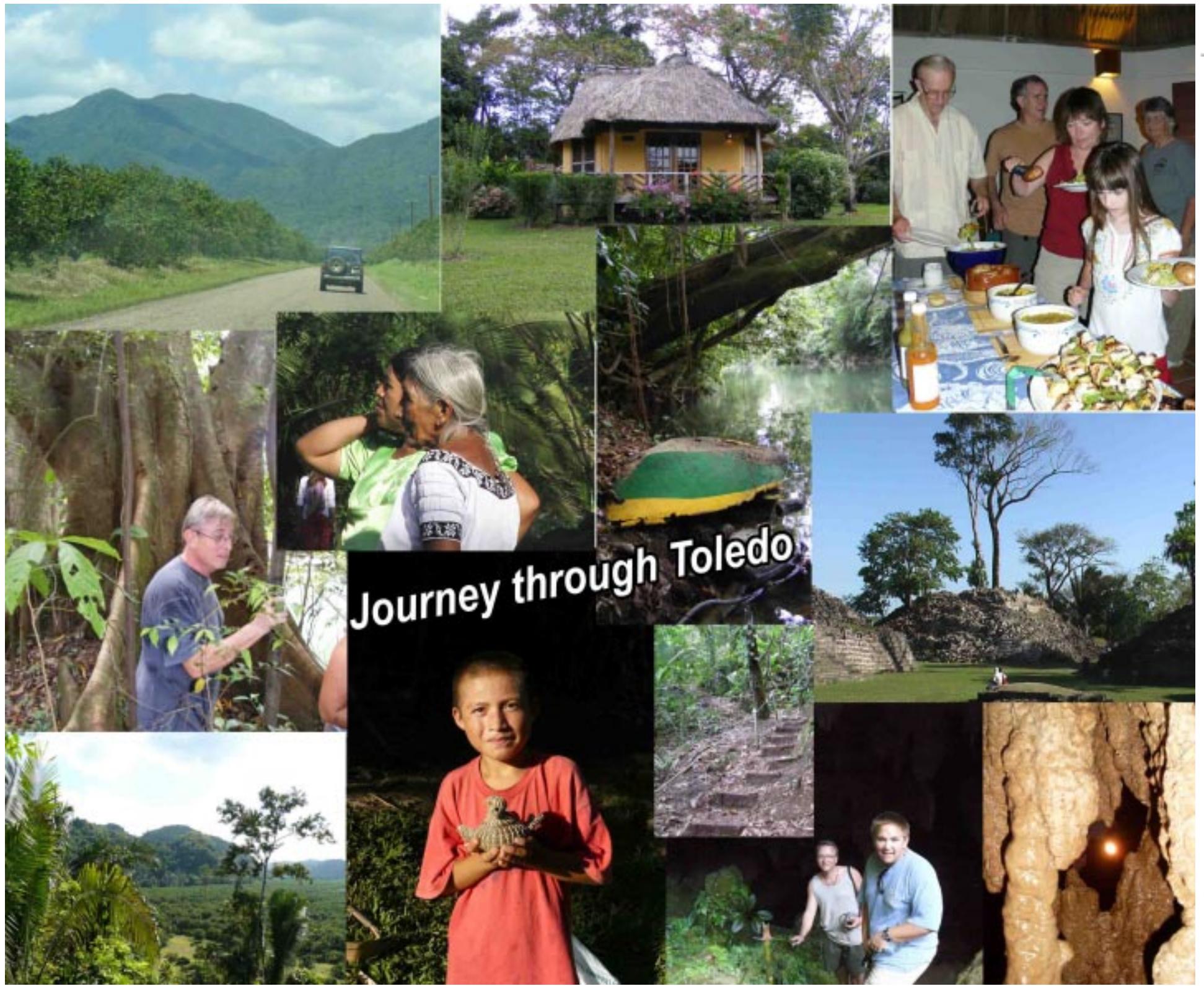
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Maruba Resort Jungle Spa receives accolades



A mosaic filled room at the resort positively oozes tribal chic.

Press Release - March 30, 2008 -

New York Travel - Spring Travel Issue

- There is something especially decadent about getting a foot rub in the jungle. At the Maruba Jungle Spa Resort (from \$200, 501-225-5555 or maruba-spa.com), rubdowns (\$100) take place under dewy fronds with the squawk of toucans mixing with piped-in drumbeats. The resort, done up in no-holds-barred tribal chic, proffers petal-strewn feather beds, a wooden toilet-paper holder, and for breakfast, a complimentary glass of hand-squeezed papaya juice served in a lopped off coconut.

Press Release - Spa Finder - The Global Spa Resource - Maruba Resort

Jungle Spa Belize receives Spa Finder 2007 Reader's Choice Award for BEST BOUTIQUE SPA (25 rooms or fewer). Ms. Ellis wrote, "Based on thousands

of votes submitted by discerning spa-goers around the world, your award represents a true honor and achievement for your spa. With a surge in international voting and nearly twice as many votes overall this year versus a year ago, this year's awards are an especially meaningful validation of the Maruba Resort Jungle Spa spa experience."

SuDoku Answers! Puzzle on Page 2

7	6	8	9	4	1	3	5	2
5	1	2	7	6	3	8	9	4
3	4	9	2	5	8	7	1	6
1	9	3	5	2	4	6	8	7
6	5	7	8	3	9	4	2	1
2	8	4	1	7	6	5	3	9
8	3	1	4	9	7	2	6	5
4	2	6	3	1	5	9	7	8
9	7	5	6	8	2	1	4	3

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



Dine under the stars, overlooking the reef.

Monday
Italian buffet with live music by Geno.

Wednesday
Mexican buffet with Mariachi, Javier Castillo

Friday
Garifuna culture night featuring Caribbean cuisine and a variety of Belizean dishes. Entertainment includes a presentation of Belizean culture and features Garifuna drummers and dancers.

Sunday
Beach BBQ with live music starting at noon.

Happy Hour
Daily two-for-one well drinks, 3-5 PM

Buckets of Beer
\$20 BZE all week long!

NOW LICENSED
TO SERVE LOBSTER
YEAR 'ROUND!

We are proud to serve exceptional
meals at exceptional prices.



**COSTA
MAYA**
Reef Resort
*We Got It
Going On!*

6.5 MILES NORTH
OF SAN PEDRO
226-4700
IF YOU CAN GET YOURSELF HERE
WE WILL GET YOU BACK!



TACKLEBOX

"LUNCH ALL DAY - PARTY ALL NIGHT"

My TACKLEBOX WEEKLY To-Do List

- Monday -- Chicken & Shrimp BBQ on the deck over the water & \$20 Belikin pitcher
- Tuesday -- Live Music with Barry & The Islanders at 9pm
- Thursday -- D J's Trilla & Eklimatic, Free Shot with First drink & 100% Payout Drawing
- Saturday -- Live music with Punta Boys at 9pm
- Sunday -- Live island music with Super Latinos at 9pm
- Every day -- Eat Nachos, 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.*



Wolfe's Woofers

by
Dennis Wolfe

Don Q and Bacardi

"Dennis, I need to hire your band for a Saturday afternoon at the Boatyard." Casey said.

"O.K." I told him. "We should be able to work something out. What's the occasion?"

"Oh, I got a special promotion going on for Bacardi rum. Wait a minute...that's for Don Q rum; that one from Puerto Rico. I always get the two of them mixed up."

"All right, what do we have to do?"

"We'll have the band play from two o'clock until five o'clock and we'll have some kind of giveaway every ten minutes. You know; T-shirts, towels and all of that kind of stuff."

My band, Dennis Wolfe and the Usual Suspects, was set up and ready on time, which was highly unusual.

Casey came over and said, "Look here; the representative from the Don Q Company wants to give a little speech before the first giveaway."

"All right," I said. "What's his name? I'll introduce him for you."

"I can't remember to save my life," Casey said. "Let me go find out."

He returned a few minutes later and said, "He wants me to introduce him, so when it's time you just call me up here."

After the third song, I said, "Ladies and gentlemen, here is our friendly proprietor of the Boatyard Bar, Mr. Casey Moore."

"Howdy, ya'll," Casey said, when the crowd finished applauding him. "We're having a wonderful day here. We owe it all to Mr. Rodriguez from the company that brings us that wonderful Bacardi rum."

Mr. Rodriguez jumped up and yelled, "Don Q! Don Q!"

"You're very welcome," Casey said.

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Cell # 610-2624

Trivia Tidbits...

*Bats are the only mammals that are able to fly. The "flying squirrel" can only do what the gliding opossum does — glide for short distances.

*A jet or turbo-jet powered aircraft uses more fuel flying at 25,000 feet than 30,000 feet. The higher it flies, the thinner the atmosphere and the less atmospheric resistance it must buck.

*Lightning bolts generate temperatures five times hotter than the 6,000 degrees Centigrade found at the surface of the sun.

*Since the Lego Group began manufacturing blocks in 1949, more than 189 billion pieces in 2,000 different shapes have been produced. This is enough for about 30 Lego pieces for every living person on Earth.

*Drinking lowers rather than raises the body temperature. There is an illusion of heat because alcohol causes the capillaries to dilate and fill with blood. In very cold weather, drinking alcoholic beverages can lead to frostbite.

Riddle
me this!

My voice is tender, my waist is slender and I'm often invited to play. Yet wherever I go I must take my bow or else I have nothing to say. What am I?

Answer Below



YOUR ISLAND SPECIALISTS!

TEL 501-226-3737 / FAX 501-226-3379

www.SunriseBelize.com

E-mail: Info@SunriseBelize.com

DEVELOPED PROPERTIES

- ❖ Grande Caribe Beachfront Condos 1 mile north of the bridge on 500 ft of coconut grove. 1,2 & 3 bedrooms. San Pedro's most exciting new project 3 pools & marina. From \$363,000 *Under construction. Inquire!*
- ❖ Oasis Del Caribe Fully furnished 2nd floor ocean front 2 bedroom \$335,000
- ❖ Banyan Bay Villas 2 bed/2 bath top level condos fully furnished \$ 350,000
- ❖ Casa Blanca on ½ acre beach Mata Grande. Extensive new rental home complex. \$2,200,000.
- ❖ Tres Cocos 4 bed beach rental home, pier \$1,150,000
- ❖ Tres Cocos beach front commercial venture \$1,200,000
- ❖ Holiday Lands Home Fully furnished 2 bed/1 bath up with 2 bed/1 bath apt below and roof top patio \$350,000.
- ❖ Boca Ciega Home 3 bed/1 bath ocean and lagoon view home \$395,000.
- ❖ Banana Beach 1-3 bedroom ocean front condos with 2 Pools, beach, restaurant and bar from \$130,000 with guaranteed rental incomes.
- ❖ Miramar new completed 2nd floor beachfront 2 bedroom tastefully furnished condos from \$325,000.
- ❖ Bermuda Landing furnished 1 bed 1 1/2 bath on beach pool \$265,000.
- ❖ Beach Villas - Caye Villas Mata Grande 2 Bed 3 bath fully furnished pool rental management program from \$425,000 bring offers!
- ❖ Caye Casa - Brand new beachfront condo in quiet town area, pool, pier, thatch porches, furnished, with on site property management. Living the dream. \$495,000
- ❖ Vista Del Mar - Attractive Holiday Lands home. 2 bedroom 2 bathroom spacious owners level with 4 immaculate one bed, one bath rental apartments. \$589,900
- ❖ Royal Palm Villas pool and breeze side on the beach 1 bedroom from \$205,000
- ❖ Resort Property - Tranquility Bay Resort - inquire!

COMMERCIAL OPPORTUNITIES

- ❖ "Rated Best in Belize" Casa Picasso Tapas restaurant and Martini bar - lot and building included in sale - Successful business and a place to live.
- ❖ Lagniappe Provisioning - established with great growth potential

UNDEVELOPED PROPERTIES

- ❖ Playa Blanca beach lot 60 x 105 ft \$350,000 offers
- ❖ Mata Grande 100 x 200 ft prime beach lot with pier permit \$445,000.
- ❖ Mata Grande 100 x 200 ft residential beach lot \$465,000.
- ❖ Esperanza 1.5 acres beach 150 ft x 460 ft \$1,000,000.
- ❖ Esperanza 4.6 acres beach 300 ft x 460 ft \$2,000,000.
- ❖ Boca Ciega 4.5 acres 170ft beach front. \$350,000.
- ❖ Club Caribbean beach lot 50 x 100 ft \$115,000.
- ❖ West Bay private sandy bay with 260 ft frontage only \$425,000.
- ❖ West Bay oceanfront 100 ft x 500 ft \$250,000.
- ❖ Behind Banyan Bay 75x75 ft lot \$55,000.
- ❖ Palmeros 70ft x 350ft ocean view lot \$110,000.
- ❖ Mexico Rocks 2 ocean view lots 75 to 80 feet wide x 260 ft deep \$75,000 each
- ❖ Acreage available on Lagoon side Inquire.
- ❖ Commercial sized Islands in the lagoon Inquire.
- ❖ Laguna Estates ocean view lots from \$60,000.

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

Answer: The Violin



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226-2506

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Unobstructed Caribbean Sea Views
Unbelievable Pre-Construction Pricing
from \$140K to \$210K
Phenomenal investment opportunity.

Summit I Condos

Art Deco 1 & 2 Bed Condos—560 to 640 sq.ft.
Central Air and granite countertops at this price!
Just \$110K to \$160K for whole ownership!
Save \$30K with these pre-construction prices.

Beachfront Bungalow Sites

Vacant lots on the water for \$150,000 to \$200,000
Custom-built single family Bungalows, including lot
from \$199,900 to \$399,900

"BIG JOHN'S" Real Estate Corner:

Fractional Ownership: Enjoy it all, without paying for it all.
"The average vacation-home owner spends just 39 nights a year there, according to the National Association of Realtors..."
Newsweek (Oct. 2006)

Luxury fractional ownership, also called shared ownership, allows you to purchase and own as much, or as little, of your own deeded ownership interest in a luxury vacation home. Simply put, fractional ownership is an arrangement where a small group of people share the costs and use of a luxury vacation home.

Fractions serve two primary purposes for the consumer. First, they lower the price point so the buyer is purchasing much higher quality than what they could otherwise afford. Second, buyers of luxury fractional real estate are being practical about their vacation home usage and only buying what they have time to use.

Fractional owners enjoy the same usage benefits of whole ownership where owners can loan, use, rent, or exchange their homes as they wish. Additionally, fractional owners enjoy the same security of a deeded real estate investment that whole ownership offers. Where fractional ownership differs is with the sharing of expenses that go into owning and maintaining a luxury second home.

islands of san pedro

Fractional Ownership (Deeded)

Brisa del Sol

(2) Magnificent 2-Story Sea Front Town Houses
4-Bed/2-Bath, over 2,700 sq.ft. of living area.
Private roof-top soaker tub, swimming pool and luxuriously outfitted with no expense spared.
1/10 Deeded Ownership (Fixed Month)
From \$105,000 to \$135,000



This Weeks Featured Property

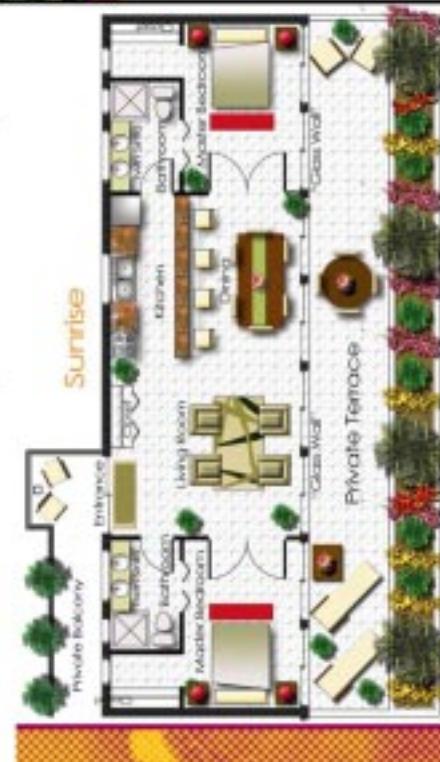
The Vistas—From \$239K to \$315K

(36 Condos) - Each condo features a wall of glass overlooking huge decks, giving breathtaking views of the Caribbean Sea from both sides of the condo.
• Decks are positioned to allow you to take in the sunrise in the morning & incredible sunsets at dusk.
• Owners have use of adjoining 6-acres, Isla Fiesta. A recreation and leisure island with 250-foot lap pool, bocce ball, tennis and beach volleyball courts, lawn bowling and many other island amenities including bars and incredible dining.
For the first four (4) buyers, the developer is offering HUGE pre-construction savings.

1-Bed/1-Bath Condo is only \$179,000.

2-Bed/2-Bath Condo is only \$199,000.

Do not delay—this is for a VERY limited time.
Only (2) 1-Bed condos and (2) 2-Bed condos will be offered at these prices. Call today.



Typical Floor Plan
Total living area of 1475 sq ft
2 Bedrooms and 2 Bathrooms
enclosed areas 870 sq ft
check areas 845 sq ft
Level 1 595 sq ft
Level 2 415 sq ft
Level 3 315 sq ft

Village of
The Canals
The Vistas

Interior View Available by Appointment