

THE SAN PEDRO SUN VISITOR GUIDE

The Island Newspaper
Ambergris Caye, Belize
Central America

February 3, 2005



FREE



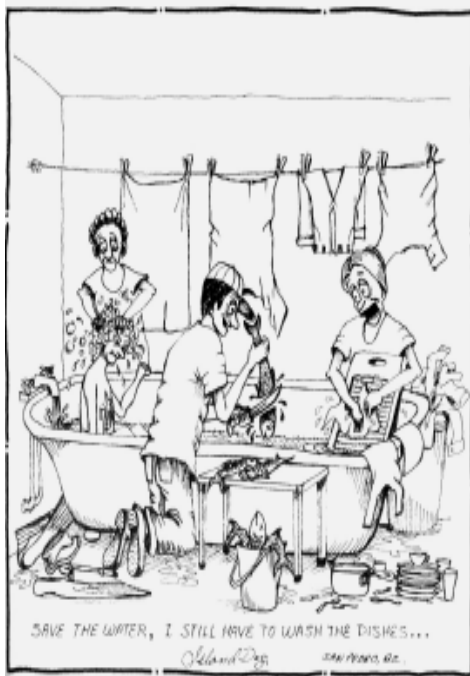
Be prepared for anything when in San Pedro

Among the many thrills when visiting San Pedro is not knowing exactly what your day has in store for you. Whether you are taking a day trip or simply walking the back streets admiring local artwork, where you end up is anyone's guess. Inside this issue are some tips to be prepared so that you can make the very best of your visit to "La Isla Bonita."



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Greetings to my visiting friends

The Mayor, Councilors and people of San Pedro Town take this opportunity to welcome you with open arms to this beautiful jewel of ours.

May your stay here with us be a pleasant one, filled with enjoyment and delightful memories.

May you experience the best of what San Pedro has to offer. We hope that during your stay you'll find San Pedro to be your home away from home. Feel free to explore "La Isla Bonita" and see the genuine beauty and warm hospitality we have to offer.

We are more than happy to have you visiting us, may the memory you will hold of this place be an everlasting and cherishable one.

Once again welcome and please enjoy your stay.

Elsa Paz, Mayor, San Pedro Town



Mayor Elsa Paz

The San Pedro Sun & Visitor Guide

PublisherThe San Pedro Sun Ltd.
 EditorRon Sniffin: ron@sanpedrosun.net
 EditorTamara Sniffin: tamara@sanpedrosun.net
 Staff WriterKainie Manuel: kainie@sanpedrosun.net
 MailThe San Pedro Sun, P.O. Box 35, Ambergris Caye, Belize
 Telephone011-501-226-2070
 Fax011-501-226-2905
 E-Mailsanpedrosun@btl.net or spsun@sanpedrosun.net
 Internet/WEBwww.SanPedroSun.net
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Good Things To Know About San Pedro Town & Belize

Government

Belize has been an independent nation since 1981. It is a member of the British Commonwealth of Nations.

Ambergris Caye

Ambergris Caye is twenty-five miles long; its width ranges from a few hundred feet to over four miles. Northern Ambergris Caye is separated from the southernmost tip of Mexico's Yucatan Peninsula by a small channel. After arriving in Belize City, a short fifteen minute airplane ride gets you to San Pedro, or if you would rather take the scenic route, an hour's boat ride will get you there as well.

Language

English is the official language and is widely spoken, as is Spanish. Other languages include Creole, Garifuna, Mayan and German.

Climate

Belize weather is characterized by two seasons: a rainy and a dry season. Most of the year's rainfall occurs during the period of June to November, that is, the rainy season. The average temperature varies from 81°F/27°C along the coast to 68°F/21°C in the hills. The coldest month is January while the highest temperatures are experienced during the month of May.

Cash & Currency

U.S. dollars are accepted as currency countrywide. The common exchange ratio is \$2BZ/\$1 U.S. Licensed moneychangers offer a slightly higher exchange rate, ranging from \$2.05BZ to \$2.12BZ, depending on the current market.

Nearly all hotels, restaurants and shops accept Visa, MasterCard and travelers' checks. Street vendors and smaller establishments in remote areas may accept only cash or travelers' checks.

Sales Taxes

Belize's sales tax is set at 9% and it is applied to all goods and services, except for telecommunications. There is a 7% hotel tax. Some hotels also add a 10-15% "service charge" to the bill; inquire about this when checking hotel prices.

Transportation

The streets are sand, which is great for walking or bike riding. There are few cars; instead, the vehicles of choice are electric golf carts, which are available for rent. Please remember that all golf cart drivers MUST have a valid drivers license. Drive with caution, there are many speed bumps around the downtown area that are not marked and always be on the lookout for potholes. Taxi service is available everywhere south of Boca del Río. Around town the average fee is \$7BZ. Some local business, as well as resorts, rent bicycles.

Telecommunications

All telecommunications services (direct dial phones, fax, telex, cable) are available. There are several "Internet Cafés" on the island where you can access the internet through high-speed internet or satellite connections.

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Paradise Villas Condominiums—\$203,000/\$275,000 US—We currently have several units available in this well established condominium complex. 2/2 and 3/2 apt level layouts afford many rental opportunities.

Great Single Story Home in Exclusive Subdivision—\$235,000.00—This 52 home built in 1999 is now available for sale. The totally concrete structure has tile floors throughout. The quiet subdivision is a great location to raise your family.

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Preparing for a Day Trip

The classic Boy Scout motto "Be Prepared" could not be better words of advice for those planning a day trip. Be it a day of fishing, Manatee watching, or a jungle trip to exotic Mayan Ruins, there are a few items you should not leave your hotel with out, and a few things to remember that will help assure that you have an enjoyable (and safe) experience. Although some of these tips may seem obvious, it is easy to overlook them in the excitement of your anticipated adventure.

If you have reserved your trip through your hotel or a tour business you will most likely have a voucher. Many of these businesses list on their vouchers what they recommend you bring. Chances are you will be traveling by boat and there are things you should prepare for. Please don't forget to bring your voucher when you board the boat. Many times folks have to sit and wait in the boat while some-

one boarding has to run back to their room to retrieve their forgotten voucher. Most excursions pick up people at the docks along the front beach and people who hold things up ultimately make the trip late. That said, if you are waiting to be picked up at 7:00 a.m. don't panic at 7:30 that you missed the boat. Chances are your charter was held up for a dozen different reasons. When a boat does arrive, be sure to find out where it is going, as there are several different tour companies and tours offered on the island.

If you are transported

by motorboat, you can expect wind, sun and ocean spray. The combination of all three can leave you feeling like you just tangoed with a tornado.



If you are transported by motorboat, you can expect wind, sun and ocean spray. The combination of all three can leave you feeling like you just tangoed with a tornado.

you have long hair, plan on tying it back, braiding it is even better. Hats are always a good idea, but if you cannot secure it on your head, you should be prepared to fish it out of the ocean the first good breeze that comes along. Don't forget the sunscreen, and if you are swimming during the trip you should reapply often. Even on a cloudy day the sun can filter through, and with the reflection on the water you can get a lot of sun without realizing it. If you are wearing shorts don't forget to apply sunscreen to the tops of your legs and feet, you will be in a sitting position on the boat and these sensitive "haven't seen the light of day" areas tend to burn fast. Most boats do not have rest rooms, so be sure to take care of business before boarding, or you may find yourself in an embarrassing "over-the-boat" moment. Remember, many of the rides into the main land take well over an hour and can be on choppy waters. Early morning trips can be a bit chilly, and a light, long-sleeved shirt can provide warmth, as well as sun protection. Depending on the weather there can be a good amount of ocean spray, so it is possible that what ever you wear and bring along might get wet. A zip lock bags works great to protect your valuable camera and other items. Of course a beach towel is a must as well. Don't worry about getting a little wet, just sit back and enjoy the refreshing sea spray while taking in the transparent azure waters.

If you are on a snorkeling trip you should be sure that a) you have your equipment, b) you rented equipment or c) the tour is providing you with equipment. If

Continued on Page 5





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Day Trip

Continued from Page 4

you are a first time snorkeler remember that the guides are there to help you, they are pro's at this. If you are fishing, find out in advance what, if anything, you are expected to bring. Again, most fishing boats provide the poles and bait.

Many of the day trips offer jungle excursions to near-by Mayan Ruins or to the Caves Branch River for some incredible cave tubing. On any trip that involves walking the rule of thumb is "sensible shoes". You will be walking on jungle pathways that can be slippery when wet and on surfaces that are uneven. A pair of tennis shoes or a fitted Teva-like sandal is your best bet, slip-on sandals and any kind of heel is a just a bad idea.

The larger tour companies, like SEArrious Adventures and SEAduced, stock their boats with coolers full of soda pop, water, Belikin beer and if you are lucky, rum punch. Most guides are attentive and generous, if they have something you need or forgot they will gladly share or accommodate you as best as possible.

Last, but not least, always day-trip with a small amount of cash. Even if the land part of your trip includes meals, you may decide you want an additional beverage at the local restaurant or come across a trinket you can't live without. If you don't spend the cash on your trip, and you enjoyed your journey, your guide will certainly appreciate a tip. Remember that this is his job, and that he might do the same trip day after day during the peak tourist season. Was he enthusiastic, friendly and helpful? If so let him know you appreciate they way he shared his incredible world with you.

By the end of the day you will be tired and elated by the unique experiences of the day behind you. Although you may be eager to pack in as many things in a day as possible while on your vacation, chances are that when you do return to your room you will be ready for a shower, a low-keyed dinner and bed. Planning a big dinner (with reservations that you may be late for) and a night on the town may not sound all that exciting by end of your day.

Chances are you will cherish the memory of your day for many years to come, and the more prepared you are the more you will enjoy your Belizean adventure.



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A MAN AND HIS ART

Contributed by Ron Mudd

If you haven't visited the *Stoned Art Studio* then you have missed a unique visual experience. In a time when many of us would like what we say to be written in stone, the fact remains that there is only one person who is gifted enough to do so by casting his art in a self-formulated reconstituted limestone. Known to those who purchase his unique and outstanding pieces as "Jaime", his artist signature, but to those who know him on Ambergris Caye, Jim Diehl is the man and the originator behind *Stoned Art*. An artist for over forty years, selling his first oil painting at the age of sixteen, Jim has worked in various medias including pen and ink, acrylics and he has sculpted in wood, stone and clay, designed jewelry and interior design. Jim prides himself that he has always worked freelance never depending on a nine to five job.

But it doesn't stop there. Since Jim's arrival here over ten years ago, escaping the treacherous cold and snow of his native Ohio, he has been involved in Belizean life unlike many of us who migrate from the far frozen north just to soak up the sun and the rum. Jim has been a "Special Constable" in the Belize Police Force under the program Citizens Crime Committee, in conjunction with the San Pedro Chamber of Commerce working over 1300 hours in a period of 18 months. He also serves as a volunteer on the San Pedro Fire Department, being the second man on the hose and has helped fight eight fires. His never-ending energy has placed him on the San Pedro Emergency Committee, which is a part of NEMO. Starting with hurricane Mitch, which completely destroyed his first studio located at the Boat Yard, at a loss of over 160,000 BZ dollars, Jim continues to be an active volunteer in the San Pedro Community. How many of us can attribute to all of that? But despite his relentless energy and his committed dedication to help, Jim still finds time to do the thing he loves most, his sculptured art. Unfortunately, volunteer work doesn't pay the bills, so after hurricane Keith, Jim had to rebuild his studio which is now located behind the Fairdale Plaza, basically starting all over. But Jim is not one to complain, he just sees what the problem is and gets down to the nitty gritty and gets the job done.

Sculpture is one of the greatest art forms, one which has been practiced from the beginning of time and which fills a significant human need today. Throughout the ages, man has found sculpture a vital way of expressing his thoughts and feelings for himself and for others and also of enriching his environment. Contemporary sculpture, marked by great diversity, shows a tremendous development of abstract and non-objective work, which greatly broadens the scope of the sculptor. It seems likely this artistic process will continue in its diversification and experimentation, for

tendencies are in full flood. But whatever the particular forms that sculpture will take, it will continue to express the hopes, fears and ideals of man. It will continue to be a record of the human spirit.

The art scene in Belize, although diverse, is dominated by paintings of tropical motifs of village life, the sea, things that we commonly notice, woodcarvings of dolphins, bowls of all sorts and sizes. *Stoned Art* stands out like a Mayan ruin. In fact, some of Jim's motifs are Mayan but "Since we live on the second largest Barrier Reef in the Western hemisphere, underwater scenes are more apropos" says, Jim. Many of the visitors to Ambergris Caye seem to enjoy his craft, and in fact many of the tourist who return year after year continue to purchase his work, spreading Jim's creations through

out the world. Although *Stoned Art* may add a few extra pounds to your luggage, the investment is well worth the effort. When tourist travel they like to buy things that are unusual, unique and have that quality that causes people when they get back home to ask that enviable question, "Where did you get that?"

In economic times as these, people on vacation are seeking real values and at the same time quality items, *Stoned Art* offers that and a great deal more, it gives you the feeling of Belize, with all her wonders, with all her beauty, so if you're living or visiting San Pedro be sure to drop by the "Stoned Art Studio" and see the man and his art. Jim is also available for contract work and can design specific pieces. The studio is located at 32 Sea Star Street in San Pedro.



These Mayan replicas are among the many pieces of art created from self formulated reconstituted limestone in the "Stoned Art" Gallery.

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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. Marriage Counseling/Prayer Line. Call 226-3767/2913. Services T-W-Sat.-Sun. at 7:30 p.m. Christian Radio FM 101.3.

IMPORTANT #s

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Police 226-2022
Fire 226-2372

Wings of Hope - Medical emergency air ambulance. Phone: 223-3292.

Lions Health Clinic - 226-4052; emergencies 603-1755 or Hours: Mon.-Fri., 8am to 8pm; Sat., 8am - noon.

Los Pinos Clinic 602-6383 and 226-2686.

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 Health Center - 226-2536. 8-12 and 2-5, Mon. to Fri. Emergencies 226-2555/2918 or 606-3864.

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

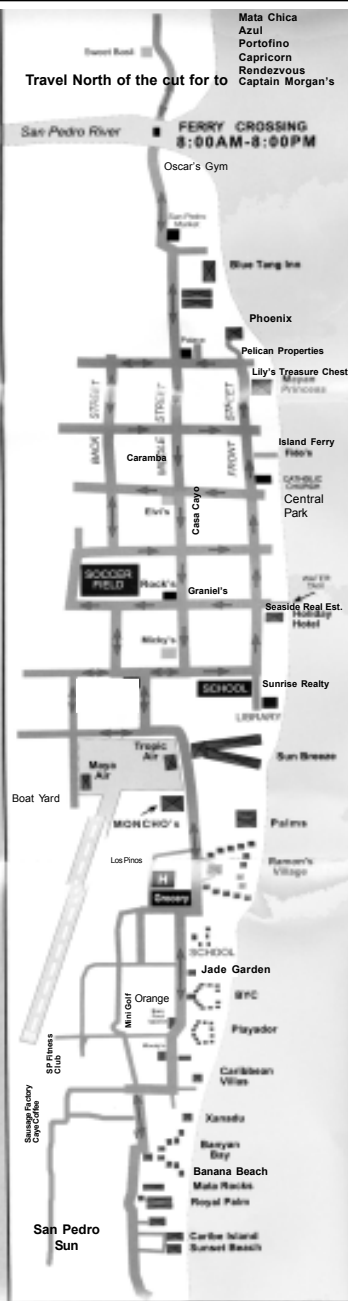
A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net

San Pedro AA - 226-4464, 2660

Saga Society

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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.

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Reef Brief

by Green Reef Peace Corp
Volunteer, Kristen Stieljes



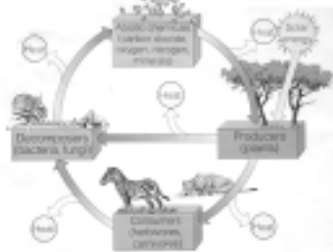
Ecosystems are made up of living things working to trap and process energy generated by the sun, passing it through the system by means of feeding relationships between *producers*, *consumers*, and *decomposers*. Producers are plants—the only living things are capable of collecting and converting solar energy into a form that can be used by most animals. Consumers are animals that either directly obtain energy from plants (primary consumers) or consume other animals. Animals that consume other animals are consumers of different levels (secondary or higher-level consumers) depending on their distance from the producer on the food chain. Decomposers are species that recycle nutrients from non-living plant and animal material.

Primary production is the amount of carbon fixed by the producers through the making of organic matter from inorganic compounds (carbon dioxide, water) using energy taken from solar radiation. This process is called *photosynthesis*. This production is essential to the marine populations of animals, protozoans, and bacteria that cannot make their own food. The primary productivity of the world's oceans is estimated at nearly 28 billion tons of carbon or 250-300 billion tons of photosynthetically produced material generated each year. Different areas of the oceans produce different amounts of carbon and the production rate is dependent on the availability of solar radiation, nutrients, and grazing pressures.

Approximately 10% of plant energy consumed by an animal will actually

Are you a producer or a consumer?

become available for use by that animal. 10% of that animal's energy will become available to the animal from the next level up. This 10% energy transfer continues as you move up the food chain. For example, it takes 1,000 kilograms of plants to support a 100-kilogram plant feeder, 1 kilogram of a secondary consumer, and only 0.1 kilogram of a higher-level consumer. So, as one moves through the food chain, one finds out that it takes a huge amount of plants to support an apex predator, such as a Bull Shark.



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The San Pedro Sun's Virtual Taste Trip Super Bowl Munchies

It is Super Bowl time again. If you are having friends over, treat them to delicious finger food that will keep them happy and keep you out of the kitchen. Prepare them before the game starts and enjoy the game.

Spicy Chicken Wings

- 12 whole chicken wings
- 2 tablespoons garlic salt
- 2 tablespoons black pepper
- 2 tablespoons cayenne pepper
- 2 tablespoons fresh Greek oregano leaves
- 2 cups Blue Cheese Dressing

Rinse the chicken wings under cold running water, then drain and blot dry. Place the wings in a large bowl and sprinkle with the garlic salt, pepper, cayenne, and oregano. Season just 1 side of the wings for mild, or for hotter wings, turn the wings to coat the other side with seasonings and then cover and marinate in the refrigerator for 24 hours.

Preheat a grill to medium-high. Grill chicken wings, turning once, until the juices run clear when pierced with a fork. Serve immediately with a side of Blue Cheese Dressing.

Honey Chili Chicken Wings

- 10 whole, fresh chicken wings, cut in pieces (20

wing pieces)

All-purpose flour

Salt

Vegetable oil

1 (1-inch) piece fresh ginger, peeled and finely chopped

- 2 tablespoons honey
- 3 teaspoons corn flour
- 1/2 cup water
- 3 tablespoons hot sauce
- 1/3 cup lemon juice
- 2 teaspoons soy sauce
- 4 shallots, sliced

Coat chicken wings in flour that has been seasoned with salt. Heat enough vegetable oil in a large skillet on stovetop to fry wings until crisp.

Remove wings from skillet, drain on paper towels and set aside. (Wings can also be baked in the oven without the flour.)

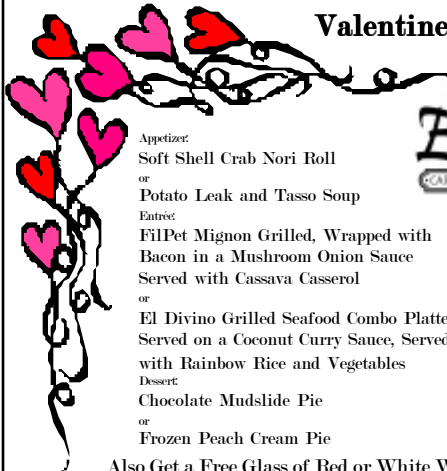
Heat 1-tablespoon vegetable oil in frying pan and add ginger, cook for 1 minute. Add in honey and stir for an additional minute.

In a separate bowl, combine corn flour, water, hot sauce, lemon juice, and soy sauce, and then

add mixture to pan. Stir until sauce boils and thickens. Add in chicken wings and combine with sauce until thoroughly heated. Add shallots and cook for 1 more minute.

Serve Buffalo Wings with blue cheese dressing, carrots and/or celery sticks.

Valentines Dinner Special



Appetizer:

Soft Shell Crab Nori Roll

or

Potato Leek and Tasso Soup

Entrée:

Fillet Mignon Grilled, Wrapped with Bacon in a Mushroom Onion Sauce Served with Cassava Casserole

or

El Divino Grilled Seafood Combo Platter Served on a Coconut Curry Sauce, Served with Rainbow Rice and Vegetables

Dessert:

Chocolate Mudslide Pie

or

Frozen Peach Cream Pie

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

Punta Bajo (J24) 2.5 acres with 280' of beachfront, western coast of Ambergis Caye. Price \$150,000 US



www.ambergriscaye.com/birdsbelize byElbertGreer

The Smooth-billed Ani (*crotophaga ani*) is classified in the order of *Cuculiform* from a family called *cuculidae*.

The Ani is a black tropical American Cuckoo. This family is an old group of birds; fossils date to the Oligocene epoch (24 million years ago) and possibly earlier. Ambergris' Smooth-billed Anis are becoming increasingly rare. The Ani appears to be a common black bird at first glance but a bird of distinction upon second look. The facial skin is bare, black and full of personality. Its bill is very large and seems over sized, also black and laterally flattened. They have zygodactyl feet like the woodpecker, which uses them to stand on a vertical surface. However, the Ani does not seem to use them for this purpose, and is forced to hop instead of walk when on the ground. The Ani uses its feet to move quickly and expertly through the brush, walking limberly and agile from limb to limb.

Words used to describe the Ani by ornithologist surprise me. "Disheveled, with wings drooping," said David Allen Sibley. "Flight appears inept, often crash lands into bushes," said Steve Howell in his *Guide to Birds of Northern Central America*. "An ungainly-looking black bird," said Gary Stiles in his *Guide To The Birds Of Costa Rica*. "In flight, Anis flap their wings loosely, the long tail, which appears as if on a hinge, swings up and down and from side to side like a pendulum, and looks as though it might drop off." That's a direct quote from the Audubon Society Field Guide. It's odd how the comments of others form opinions in us. The Anis are unique, highly evolved, intelligent, very well adapted birds that are suffering habitat loss from human mismanagement of the environment.

I've never seen a smooth-billed Anis on the island except in association with the phenomena of swarming Black Army Ants. The ants at certain times appear like a carpet of black on the littoral forest, floor covering every square inch of an area as they travel along. It's at these times that the Ani seems to enjoy eating its fill, in fact it's like an ant fest. The birds seem to roll around in the ants, I truly could not tell if it was wallowing in pleasure or wiping the crawling ants off parts they were not wanted. A very strange site that repeated itself each time I was privileged to observe the ants. Bubba said he has a suspicion that the Smooth-Billed Anis know when the Black Army Ant is going to swarm and visits the island for this occasion.

Along with the Smooth-billed Ani, there are two other known species of the *crotophaga* family, the Grove-billed Ani and the Greater Ani. The Groove-billed lives throughout Belize's lowlands in communal groups of up to twenty birds that defend a territory. When courting, the male attracts the female with cooing calls and then offers her food. Mating occurs when a female accepts the males offering; food is often exchanged during copulation. As a group, the Anis builds a large stick platform in which the group's females each lay up to seven eggs. Their nests are built of twigs and leaves. Both sexes install more leaves on a daily basis. These leaves are used to separate layers of eggs, about seven to eight eggs per layer. One bird of either sex incubates at a time. The young asynchronously (over a staggered duration of time) hatch and all members of the group feed them. When the number of hatched chicks require more food than the adults can supply, the parents

stop incubating the eggs. This causes the fertilized, unhatched young to die in the egg. If a nest is robbed, it is covered with leaves and a new one is started immediately.

The Greater Ani, *Crotophaga major*, has been said to exist by ornithologists that explored Central

America in the past. Not much is known about them. The American Ornithologist Union included this species as a resident as late as 1983, but its existence has not been confirmed as of late, and it is now believed that it has been extirpated by habitat loss. The word extirpated was used by more than one book that Bubba read on the Greater Ani. It is a word you might use to describe what is done to weeds in the garden.

Ambergris Caye is a salty, sandy, littoral habitat with many lagoons that give rise to a multitude of fish. This accommodates only a specific group of birds that chose to reside here. The Anis does not seem to fit into that group. On Ambergris, I see from time to time, birds like the Scissor-tail Flycatcher, Yellow Breasted Trogon or Agami Heron that are fresh water creatures of the jungle. Their visits have to do with weather events that give opportunity for foods they do not commonly find here. I think Bubba's theory of the Anis visiting the island only at times when the ants swarm and not residing here is probably correct. There is a great deal not known about this unique bird that may never be known before they also are extirpated. 24 million years is time enough to develop a chest full of valuable knowledge. If you have been paying close attention to the birds you have also seen parallels with human behavior and see in nature information about our own issues, some valuable, some trivial and some humorous. The information Bubba collected about the Anis provided me with some insight into male and female traditional roles, communal living and even information about birth control. After 24 million years of successfully adapting to everything nature threw at them, shouldn't we try and keep them around to learn all we can?



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Foods That Heal: *Tomatoes*

Submitted by Ron Mudd

Instead of writing about diseases that most of us can't pronounce and probably won't ever catch, I decided to write about the foods that can help protect us from these nasty ailments. These are foods that we are most familiar with, foods that we eat everyday or at least should eat. The first in a series of "Foods that Heal" articles let us start with the history and benefits of the well known tomato.

Tomatoes are native to tropical America, having been found by the early explorers in both Mexico and Peru, where they were cultivated and eaten by the Aztecs and Incas as early as 700 A.D. The name comes from the Indian name, *tomatl*. Europeans first saw the tomato when the Conquistadors reached Mexico and Central America in the 16th century. Tomato seeds were taken back to Europe where they quickly found favor in the Mediterranean countries of Spain, Portugal and Italy. Contrary to stories about them, tomatoes were grown for food in Europe as early as the sixteenth century, though they were not popular in some countries. They were introduced to the oriental countries in the eighteenth century and Thomas Jefferson grew them in his garden in 1781. The first varieties cultivated were ribbed, some of them red, others yellow. Smooth round tomatoes were developed in the nineteenth century. Cherry tomatoes (bite size) were grown in the sixteenth century; pear-shaped tomatoes, also known as plum or Italian, were a nineteenth century development.

The tomato is perennial (lasting for several years) and is a member of the "deadly nightshade" family. It is first cousins in the upper hierarchy of potatoes and tobacco and the family also includes eggplant (aubergine), green and red peppers (sweet peppers) in the vegetable garden, and the petunia, browallia and salpiglossis in the flower garden.

Although a perennial in the tropics, tomatoes are grown as annuals (living only for one season) in the temperate zones and varieties have been developed which will bear fruit as little as 65 days after planting. They still have a preference for hot weather, though, and do their best growing in temperatures ranging from 70 to 90 degrees.

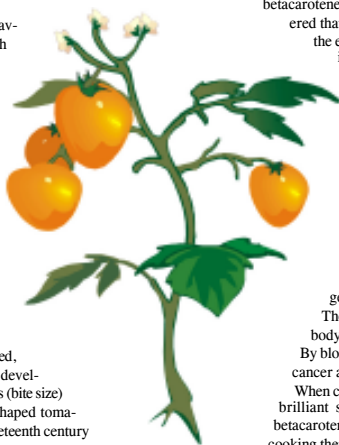
Researchers have surveyed the eating habits of over 47,000 men between the ages of 40-75 for six years and found that the consumption of tomatoes, tomato sauce, tomato juice and pizza was associated with a reduced risk for de-

veloping prostate cancer. Researchers theorize that lycopene, an antioxidant nutrient found in large amounts in tomatoes, may be responsible for this possible protective effect. The red pigment contained in tomatoes is called lycopene. This compound appears to act as an antioxidant, neutralizing free radicals that can damage cells in the body. Only recently, studies have revealed that

lycopene may have twice the punch of another well-known antioxidant betacarotene. Studies conducted by Harvard researchers have discovered that men who consumed 10 servings of tomatoes a week, or the equivalent to 10 slices of pizza, can cut the risk of developing prostate cancer by a formidable 45 percent. However, its benefits are not limited to the prostate. Italian researchers have found that those who consume more than 7 servings of raw tomatoes lower the risk of developing rectal, colon or stomach cancers by 60 percent. Israeli researchers have found that lycopene is a powerful inhibitor of lung, breast, and endometrial (mucous membrane lining of the uterus) cancer cells. Research has also indicated that the lycopene in tomatoes can help older people stay active longer.

New research is beginning to indicate that tomatoes may be used to help prevent lung cancer. Two powerful compounds found in tomatoes, coumaric acid and chlorogenic acid, are thought to block the effects of nitrosamines. These are compounds that not only are formed naturally in the body, but also are the strongest carcinogen in tobacco smoke. By blocking the effects of these nitrosamines, the chances of lung cancer are reduced significantly.

When choosing your tomatoes, be sure to pick those with the most brilliant shades of red. These indicate the highest amounts of betacarotene and lycopene. Though raw tomatoes are great for you, cooking them releases even more of the benefits. Lycopene is located in the cell wall of the tomato, so by cooking it in a bit of oil, this healing compound is more fully released. In addition, cooking the tomato in olive oil allows your body to absorb the lycopene better. Don't worry about the availability of fresh tomatoes. Tomatoes don't lose any of their nutritional value in the high heat processing used in making canned tomatoes and tomato sauce, both are just as viable and beneficial as fresh tomatoes.



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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. In Words of the Week, we will present a



few words in English and give you their Spanish and Creole translations. In the near future we hope to include other languages that may interest our valued readers! Enjoy!!!

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- * Relaxing massages
- * Personal trainer
- * Travel companion
- * Errands to assist you
- * Dinner and/or dancing escort

Blue Water Grill

"Island Style Cuisine with a Twist"



Serving Breakfast, Lunch and Dinner everyday
 Home of the local favorite Sushi Tuesdays and Thursdays
 Great Wine and Cocktail Menu
 Wood-fired Pizzas
 Fresh Salads
 Great Seafood
 Decadent Desserts

Now offering a
Full Service Espresso Bar



Come in and try our
 Blue Water Frappuccino
 Open 7 am- 9:30 pm
 On the Beach across from the airstrip
 At the Sunbreeze Hotel
 Phone: 226-3347

LUNA

PALM TREE CUISINE

February 8th

at

A Special Night Celebrating Mardi Gras

Cajun Buffet

Including Traditional Favorites such as:
 Crab and Corn Bisque
 Seafood Gumbo
 Chicken and Andouille Sausage
 Jambalaya
 Blackened Fish
 White Chocolate Bread Pudding

Music with Barrington and the Islanders

Performances by
The San Pedro Dance Company

\$65 BZ Plus Tax, Per Person.

At Journey's End Resort
Reservations: 226-2173

SAME Picture

Wolfe's Woofers by Dennis Wolfe

Wheelers and Dealers

"Excuse me. Am I in your way?"

I was lugging in my musical equipment to Mango's for my Wednesday night gig and I had nearly dropped a speaker on this guy's toe. He was one of those slick looking types we see here often in San Pedro; wearing a coat and tie on a tropical island where most of us don't even wear shoes. His laptop computer was up and running at his table.

"Oh, you're fine," I said. "I'll be working over in this corner."

"You live here?" he asked.

"For about eighteen years now," I said, as I plugged in my cables. "How long are you here for?"

"Oh, my friend and I are putting together a deal to build a resort," he told me.

"Oh, yeah? You're real wheelers and dealers, huh?" I tried not to say it offensively but I have heard that resort building business from a lot of people before him.

"You could call us that," he said, not taking the slightest offense. "We found a piece of property for four million dollars. This morning we lined up the best builder on the island. He says he can build what we want for less than five million. My friend is over at the bank right now taking care of the details."

"Ooh," I said. "Nine million dollars? That's a lot of money. Is that Belize money or U.S.?"

"Oh, it's just Belize money," he said.

At that time a guy dressed just like him and carrying a briefcase came in and sat down at the table.

"Well, how did it go at the bank?" my new acquaintance asked.

"It went great," his partner said. "Everybody's all excited about the project."

"Any problems?"

"Just one little catch."

"What's that?"

His partner leaned forward and very quietly said, "Man, we've got to put up five thousand in cash."



Trivia Tidbits

*A tsunami may be less than a foot (30 centimeters) in height on the surface of the open ocean, which is why sailors do not notice them. But the powerful shock wave of energy travels rapidly through the ocean as fast as a commercial jet. Once a tsunami reaches shallow water near the coast, it is slowed down. The top of the wave moves faster than the bottom, causing the sea to rise dramatically.

*Washington, D.C. is the birthplace of many celebrities, including David Birney, Blair Brown, Connie Chung, Matt Frewer, Goldie Hawn, Al Gore, John Heard, Edward Hermann, William Hurt, John F. Kennedy, Jr., Michael Learned, Roger Mudd, Maury Povich, Chita Rivera, Pete Sampras, and Peter Tork.

*Geological features such as reefs, bays, river entrances, and undersea formations may dissipate the energy of a tsunami. In some places, a tsunami may cause the sea to rise vertically only a few inches or feet. In other places, tsunamis have been known to surge vertically as high as 100 feet (30 meters). Most tsunamis cause the sea to rise no more than 10 feet (3 meters).

*An elementary rule of mushroom collecting is never to place edible and poisonous specimens together. The slightest touch may contaminate.

*A Jerusalem artichoke is not an artichoke; it is a sunflower.

*The weight of the Sun is two billion billion billion tons, about 333,420 times that of the Earth.



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DEVELOPED PROPERTIES

- ◆ **Changes in Latitudes Bed & Breakfast** – \$395,000 – Sold.
- ◆ **Popular Front Street Bar & Grill!** Inquire.
- ◆ **Banana Beach Resort:** Condos, Suites and rooms with 2 Pools, beach, restaurant and bars. All Banana Beach properties have guaranteed rental incomes!
 4 bed, beachfront condos \$347,500.
 3 bed, beachfront condo \$290,000.
 Oceanfront, 1 bedroom \$175,000.
 Courtyard, 1 bedrooms \$123,500.
 Balcony Suites \$57,500.
- ◆ **Eden Park Villas** luxury 2,000 ft², 2 bedroom, beachfront. Now Selling!
 Palms \$450,000.
 Paradise \$495,000.
 Imperial \$595,000.
 Penthouse \$1.0 M.
- ◆ **Mi Casa.** Rental suites with spacious top floor owner's quarters and loft apt. \$650,000.
- ◆ **The Villa Turquesa** at **Mata Grande** designer 3 bedroom beach home with pier and optional adjoining beach lot \$975,000.
- ◆ **Caye Villas** – Beach villas with pool.
 3 beds, 4 baths, fully furnished \$490,000.
 2 beds, 2 baths, fully furnished \$394,000.
 2 beds, 3 baths, fully furnished \$395,000.
- ◆ **Beach Cabin** on 60ft x 106ft lot, 5 miles north - \$199,000 – under contract.
- ◆ **Casa Flores** income producing triplex on double lot. \$395,000.

UNDEVELOPED PROPERTIES

- ◆ **IN TOWN BEACH LOT!** Commercial or residential, \$490,000.
- ◆ **Near Mexico Rocks** 178ft beachfront, 2.4 acres \$534,000.
- ◆ **Mata Chic** area 2 acres on the beach, 132 ft frontage \$396,000.
- ◆ **Mata Grande** 100ft x 200ft beachfront, \$225,000 – under contract.
- ◆ **Boca Ciega** beach lot, 75ft x 130 ft, \$150,000.
- ◆ **Punta Arenas** 200ft beachfront, 3 acres, \$425,000 – under contract.
- ◆ **Mata Chic** area 132 ft beachfront, \$396,000.
- ◆ **Playa Blanca** beach lot, 60ft x 106ft, \$140,000.
- ◆ **Rocky Point** 2 x 1250ft, 15-acre, beachfront parcels.
- ◆ **Boca Ciega** 4.5 acres 170ft beachfront, \$350,000.
- ◆ **Buena Vista Point** ocean view, 75ft x 150ft, \$94,000.
- ◆ **Palm Bay Club** beach lot, 50ft x 100ft, \$35,000 terms.
- ◆ **Laguna Estates** Oceanfront, 60ft x 100ft, terms.
- ◆ **Laguna Estates** Ocean view lots from \$20,000.
- ◆ **Caribbean Coves** 300ft Oceanfront \$50,000.
- ◆ **2 adjoining Alta Mar** 100ft x 100ft lots \$65,000 each.

All prices are in US dollars and subject to change without notice. For further details on these properties and much more call your AMBERGRIS CAYE SPECIALISTS



Great starter home or retiree. This charming cottage style home is currently home to Déjà vu Glassworks. 540 sq. ft. of interior space including kitchen/living area, bath with glass block shower and a small storage room. Vinyl windows with hurricane shutters. Porcelain tile through out, wall mount a/c unit. Wood construction on pilings with a zinc roof. Great Price!!

\$129,900 US



Located 4 miles south of town on 100 feet of beachfront, this property and home offer plenty of room for expansion. This 2 Bedroom, 1 Bath includes a separate caretakers casita, 300 foot pier and palapa, seawall and boat ramp as well as road and boat access give you all the convenience you need to enjoy your stay in paradise.

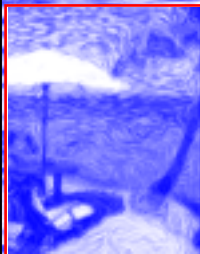
\$499,000 US



1400 sq. ft. concrete home located 2.5 miles North of San Pedro Town. 2 master suites with 2 full baths. Fully furnished. Caretakers cottage. Fenced Yard.
Home with one lot - \$195,000.
Home with two lots \$260,000

\$195,000 - \$260,000 US

Beachfront • Condos • Homes



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- ♥ Pre-Construction 1bdrm condo \$84,150
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For details on these great investments please contact our office:

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www.ambergrisrealestate.com

Enjoy SUPERBOWL SUNDAY and VALENTINE'S DAY at



SUPERBOWL SUNDAY, FEBRUARY 6!

Watch the Superbowl beachside on our big screen! Come relax in a hammock or lounge under our palapa and enjoy one of the most picturesque settings on Ambergris. Pre-game drinks and appetizer specials starting at 2.00pm.

VALENTINE'S DAY, MONDAY FEBRUARY 14th

Spend a romantic evening dining on the beach enjoying our very special VALENTINE'S DAY menu!

Veuve Clicquot Champagne

Salad of mixed greens, chayote, daikon and grilled conch with a mango-champagne vinaigrette

Handmade crab ravioli with asparagus tips and a white wine reduction

OR

Chicken satay with a spicy papaya-pineapple dipping sauce

Seafood trio: shrimp topped risotto cakes, marinated grilled lobster and fresh grouper with Thai nut relish

OR

Grilled beef tenderloin medallions drizzled with a basil-chipotle chimichurri served with creamy polenta

A special selection of Valentine's desserts, including our famous homemade ice cream!

\$150 BZE per person (includes roundtrip transportation via Island Ferry). Gratuity not included. Limited seating, reservations required. Please call 226-4012 for reservations. Rojo Lounge at Azul Resort.

