

THE SAN PEDRO SUN VISITOR GUIDE

The Island Newspaper
Ambergris Caye, Belize
Central America

March 10, 2005



FREE



Masters of their craft

Belize is filled with many talented people whose passion is perfection. Whether it is the building of the finest furniture; the preparation of an exquisite delicacy or the performance of a traditional dance, visitors to Belize will be impressed to discover the commitment many residents have to do their best.



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Greetings to my visiting friends

On behalf of the people of San Pedro Town, I extend a warm welcome to all visitors arriving to our shores. I assure you that your trip to "La Isla Bonita" will be no ordinary vacation. Our island is famous for its rich cultural diversity, where Mestizos, Creole and Garifuna blend to form a unique encounter. While here, I encourage you to explore the Caribbean Sea and find Belize's abundant treasures. Hol Chan Marine Reserve and Shark-Ray Alley are just two of the many spots where you can enjoy our coral reef formation and abundant and breathtaking sea life. San Pedro is also home to world-class fishing and scuba diving.

For the more adventurous, "La Isla Bonita" offers a wide array of water sports and for those looking to get a glimpse of the mystical world of the Maya, these historical ruins are just a short expedition away. You will also be able to discover Belize's vast cave systems and many natural sanctuaries that are home to our country's unique flora and fauna.

Whether you are spending your honeymoon at an exclusive resort or looking for an adventurous, yet romantic escape, San Pedro is surely the place to be. I invite you to explore our home and see the many wonders it has to offer.

We welcome you with open arms. Bienvenidos a San Pedro!

Elsa Paz, Mayor,
San Pedro Town



YES SIR... WHEN THE TOWN INSTALLED THESE KING SIZED SPEED BUMPS, THEY CREATED A WHOLE NEW SPECTACULAR SCENE...

The San Pedro Sun Visitor Guide

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



The San Pedro Sun is mailed everywhere.

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Receive **The Sun** weekly in your mailbox.

26 ISSUES (six months) US, Canada: \$50 U.S. Domestic: \$50 Bz.
(Other locations vary.)

More foreign subscribers than any newspaper in Belize!

The Tourist's 10 Commandments

1. Thou shalt not expect to find things as thou hast them at home, for thou left home to find things different.
2. Thou shalt not take anything TOO seriously, for a care-free mind is the beginning of a fine holiday.
3. Thou shalt not let other tourists get on thy nerves, for thou art paying out good money to enjoy thyself.
4. Remember to take only half the clothes thou thinks thou needs and twice the money.
5. Know at all times where thy passport is, for a person without a passport is a person without a country.
6. Thou shalt not forget thou are a representative of your country at all times.
7. Thou shalt not worry, for he that worrieth hath no pleasure - few things are ever fatal.
8. As a stranger in a strange land be prepared to do as its people doeth.
9. Thou shalt not judge the people of a country by the one person who hast given them trouble.
10. Remember thou art a guest in other lands, and those who treat their hosts with respect shall be treated likewise.

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Mambo - A passion for taste

Nadia and Philippe Taricco opened the Mata Chica Beach Resort ten years ago. Coming from the busy world of cinema and fashion in Los Angeles, California, USA, the couple was looking for a more relaxed lifestyle and a better environment to raise their young daughter. After traveling the world for two and a half years, they settled in Belize, building their dream resort in nine months. Their secluded and exquisite creation is a tropical dream, set on a long stretch of pearly white sand. Mata Chica consists of nine private villas and two luxury villas. The resort also hosts the Jade Spa, the Inter Martini Lounge and the Mambo Restaurant. Over the years the Mambo Restaurant has been critically acclaimed and reviewed by many publications, including the prestigious *Conde Naste* magazine and *Fodors*.

Nadia, who oversees the cooking, was born and raised in Torrenno, Italy. She later lived in France and Spain. Proud of her heritage, Nadia's Italian blood runs thick with passion. Strongly believing in food and love, she explains that they are the most important things in life. "Food brings people together," she tells us. Her eyes sparkle with delight as she explains, "Food is more than just a pleasure for the mouth. Before we are people of stature and status we are all common people with common needs. When we sit at a table together, sharing a meal, we are equals. A president, a boat driver, a movie star, a gardener, a famous author can all sit at the same table and the food brings them together, it's a common bond between all people, it is the table of life."

When Mambo was first opened, it was Nadia's dream to offer traditional Italian dishes. As she grew to understand the local culture she married some of these dishes with the exotic flavors of the Caribbean. Using only the freshest ingredients, every measure is taken to create the perfect meal. The pampered food reflects the care and expertise that only a dedicated and passionate chef could prepare. Every detail, down to the exquisite serving dishes, complements the food and atmosphere to perfection. Most of the appetizer recipes are from Nadia's grandmother, handed down from generations. Other dishes have been created from her more favorite foods and

flavors. Most everything that is served is made on the premises, including the fresh baked bread and home made pasta, which Nadia fondly calls "pasta Maria" after the woman who tirelessly makes it daily in the Mambo kitchen.

Nadia emphasized that first impressions are the most important. In words spiced with her lovely Italian accent, she explains "The eyes before the mouth. Before you eat, it is not your tongue that tells you that the food is going to be good, it is the eyes that tell you. The plate must excite and invite you. The colors, the flowers,

Continued on Page 17



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Graniel's Dreamland

"You Dream it - we'll Build it!"

Success is usually measured in terms of wealth; lots of money in the bank, a big house on the beach and the latest fully loaded SUV in the driveway. To others, success is the building on the ethic of hard work. But, only when you devote your time and energy to that special purpose, do your dreams come true. One such person who has literally built on that foundation of hard work is Armando Graniel, master builder and owner of Graniel's Dreamland.

Life wasn't always easy for Armando, not that life is any easier now. He started working from the age of nine selling bread for his mother. The third oldest child of ten children, money was scarce in their large family. At this early age, Armando joined the world of working in order to help his mother and family.

In the those humble years of growing up, he endeared several jobs from selling coconuts for two dollars a day to commercial diving, selling lobster at eighteen cents a pound. Many times in life we do not plan our destiny but if we are smart we learn to take advantage of the situations that are presented to us. Armando did just that. Construction was also a part of Armando's working experience. He learned about the trade by working and watching others perform their skills and eventually he started to master the skills himself. Having dismissed himself from school before finishing standard six he never felt that he lacked the ability to succeed. One story from his daughter tells about how he used to come home from fishing and his wife would make sure that he did his part building her cabinets. Armando developed his building skills over a period of time, building a house here, a cabinet there, working with concrete and wood. Eventually, his work became known in San Pedro.

In the early 1990's, he got the big break when Ramon's started construction. He worked closely with the owner Richard Hedrick and the architect Steve Sherwin in building Ramon's Village Resort. The project was done in three phases and after each phase, Armando proved that he was qualified to do the job. There is an old adage that if you can just get that first client, that "jump-start," that one person to get you started, everything will roll. For many, they never get that jump-start in business and for others when they do, things don't work out the way they planned. Armando Graniel says that he was presented with the opportunity that allowed him to prove himself as a top of the line businessman.

Since that big break, he has constructed many of the major resorts here on San Pedro. Some of the resorts he has constructed include: Belizean Reef, Mata Chica, Portofino, and La Perla. Those are just the tip of the iceberg or more appropriate a drop in the ocean

of Mr. Graniel's list of accomplishments which include nearly one-hundred homes, dozens of swimming pools, at least a hundred piers and seawalls. Currently, he has thirteen construction sites throughout "La Isla Bonita."

In addition to construction of large-scale projects, Mr. Graniel is widely known for the fine furniture and household items that carry his name. There are two woodworking shops that constantly manufacture the best hardwood furniture and household items in San Pedro. Mr. Graniel oversees the entire process, from ensuring that the finest trees are chosen on the mainland and that proper care is given to age and treatment of the wood before it is molded into any number of fine products. Unique chairs, stunning coffee

Continued on Page 15



From a million dollar resort to your finest household furniture, Graniel's Dreamland will build virtually anything to the highest quality.



resort ★ restaurant ★ beach bar ★ boutique

tranquil best describes this cozy, intimate resort nestled in its own private, beautiful cove just 3 miles north from the charming town of San Pedro.



★ restaurant ★

Guests will find a variety of selections, including such features as local giant stone crab claws, fresh fish from local fisherman, filet mignon with red wine and portabella mushroom reduction, and *The Stuffed Grouper*, homemade baked breads, and desserts such as key lime pie. So come, relax, and enjoy yourselves as the table, under that stars, is yours for the entire evening.

★ cabanas ★

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SPECIAL Caye Caulker Visitor Section



Caye Caulker airstrip inaugurated



The Caye Caulker Airstrip was officially inaugurated last week Wednesday much to the gratitude of the island's residents. The airstrip is a very important asset to Caye Caulker who has seen a major boost to its tourism industry. The airstrip boasts a new runway, 2,800 feet long and 40 feet wide, incurring a cost of \$809,000 Belize.

Present for this significant event were Area Representative for Belize Rural South Manuel Heredia Jr., Caye Caulker Village Chairman Alberto Villanueva Jr. along with council members, Minister of Tourism, Honorable Godfrey Smith and Minister of Works, Jose Coye, Minister of Health, Vildo Marin. Chairman Alberto Villanueva Jr. addressed the gathering and in his opening remarks thanked all those involved who in some way helped make this dream a reality. "Caye Caulker has long been thought of as the embodiment of laid back but over the past several years our island has been enjoying a boom. We have seen a significant increase in the number of tourist arrivals on our island and as well have been enjoying a construction growth. [...] The total reconstruction of the Caye Caulker Airstrip is an indication of the Government's commitment to the tourism product and development of Caye Caulker. This indeed is a welcome addition to our island and we receive such a gift gratefully." In his speech, Chair-

man Villanueva also brought to the Ministers' attention that the major drought affecting the country is seriously setting back those residents and business owners of "La Isla Cariñosa." He went on to explain that "If the dry season continues until June, our tourism stakeholders are predicting that for the first time in history, water may have to be barged to Caye Caulker from Belize City."

Honorables Marin, Smith, and former Area Representative Patty Arceo also took the opportunity to address those gathered. All took the time to congratulate the residents and commend them for their patience. Honorable Coye noted that in investing in Caye Caulker, the Belize Government is not only giving back to the community but is also helping to create an enabling environment for the productive sector to enhance the society.

Chief Engineer in the Ministry of Works, Cadet Henderson gave a technical speech, explaining that the strip was widened by 33% to the 40 feet it now boasts. Work on the runway also included reconstruction of its apron, and rebuilding its taxiway, providing another leg to improve the traffic way.

After the speeches, the gathering proceeded to the runway where Chairman of the Belize Port Authority, Honorable Maxwell Samuels cut the ribbon and declared the airstrip officially opened.

According to a press released issued by the Government's Press Office the new design was carried out in two Phases and first began in October 2004. The only thing left for the airstrip to be fully completed is the curing of the pavement with will be accomplished by the ending of March.

Since residents of the island could not enjoy Tropic Air's anniversary campaign of \$25 one-way ticket day due to the fact that the airstrip was closed, management decided to offer the promotion to the residents of "La Isla Cariñosa" on Wednesday. Many took full advantage of it and traveled country wide at a rate of \$25 each way.

The *San Pedro Sun* congratulates Caye Caulker's residents and wishes them the best of luck in their upcoming tourism season!



Honorable Maxwell Samuels, Chairman of the Belize Port Authority with the help of students from Caye Caulker RC School cuts the ribbon officially declaring the airstrip open.

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SPECIAL Caye Caulker Visitor Section



No celebration would be complete without a dance performance. During the Caye Caulker Airstrip Inauguration these lovely young ladies from the Caye Caulker Roman Catholic Primary School treated the crowd to a traditional Mestizo dance. Pictured left from right are Zamara Novelo (10), Iriani Perez (11) and Wendy Castillo (10).

**Do you have a story idea from
Caye Caulker?**

We want to know!

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Dear Visitor:

On behalf of the people of La Isla Cariñosa, Welcome to Caye Caulker! Caye Caulker or La Isla Cariñosa is famous for its laid back or Go Slow attitude. The mode of transportation is bare feet, bicycles and golf carts.

Caye Caulker is located approximately 13 miles south of Ambergris Caye. The typical

San Pedro visitor is just a short 25 minute water taxi ride or eight minute air plane ride from our island. When on Caye Caulker, you may experience the warmth of our people that is a replica of our country's diverse melting pot of cultures.

Be sure to sample some of the greatest seafood in the world! Our restaurants are famous for their excellent entrées. Just a few names such as Rasta Pasta, Habaneros and the Rainbow suggest the wide variety of culinary specialties that await you.

Caye Caulker is also strategically located an hour and a half from the world famous Blue Hole. In close proximity are the Turneffe Atolls, Hol Chan Marine Reserve, Shark Ray Alley, as well as land based activities such as cave tubing, river touring and the list goes on.

So, please take your shoes off, slow down and enjoy what La Isla Cariñosa has to offer. Remember you can eat & sleep in bare feet!

Alberto Villanueva
Chairperson; Caye Caulker



Alberto Villanueva
Chairperson; Caye Caulker

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Tourist Information

Belize Tourism Board - 223-1910.

Belize Tourism Industry Association (BTIA) - 227-5717.

San Pedro Tourist Guide Association 226-2391.

Church Services

San Pedro Roman Catholic Church Sun Mass: 9 a.m. English; 11 a.m. Children's; 7:30 p.m. Spanish; Sat.: Confessions 5-7 p.m.; Mass or Communion Service every night at 7:30 p.m.

Living Word Church Service Sun. 10:45 a.m. Bible study Mon. 7:30 p.m. We do Christian charity work. 226-2950.

Assembly of God Church on Angel Coral St. 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

Emergency 911
Crimestoppers 800 922-TIPS
Police 226-2022
Fire 226-2372
Wings of Hope - Medical emergency air ambulance. Phone: 223-3292.

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

Los Pinos Clinic 602-6383 and 226-2686.

San Pedro Chiropractic Clinic: 226-4695

Hyperbaric Chamber - 226-2851, Dr. Otto Rodriguez - 600-0287 or 226-2854. Antonia Guerrero - 600-5475 or 206-2152. Eleazar Portillo - 610-4560 or 226-3195.

San Pedro 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 Consulate - 223-0193

Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

Miscellaneous

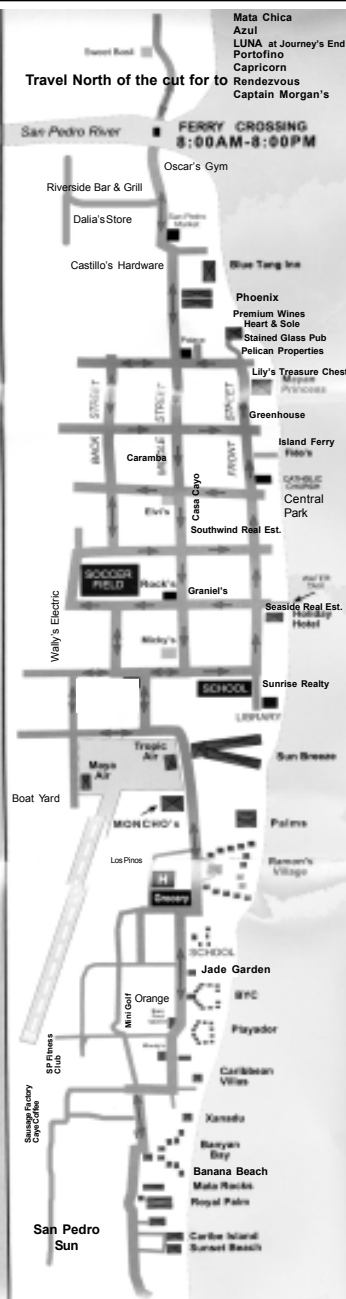
The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause - have dinner with us!

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 A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.

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CASA CAYO REAL ESTATE - Serving Belize from the mountains to the reef. Phone 226-2791. www.casacayo.com

SOUTHWIND PROPERTIES - For all your Real Estate needs. Call 226-2005 or 226-2060 for information or E-mail: southwind@btl.net for current listings.

PELICAN PROPERTIES LTD. - Fine properties on Ambergris Caye. E-mail: info@pelicanbelize.com or phone 226-3234.

Transportation...

ISLAND FERRY SERVICE & WATER TAXI - Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3231.

MONCHO'S GOLF CART RENTALS - Four & Six seater golf carts available. Open daily 8 a.m. - 8 p.m. We deliver to your room. 226-3262 or 226-4490.

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VARELA CONSTRUCTION SUPPLIES & MATERIALS - Quality construction materials and supplies. We stock what we sell! 226-2215 or 226-2808.

THE SAN PEDRO SUN & VISITOR GUIDE - Specializing in marketing and promotion of San Pedro and Belize businesses. The island's oldest and largest newspaper with the largest circulation. Ambergris Caye's number one newspaper. 226-2070, spsun@sanpedrosun.net.

Party...Party...Party

THE HOLIDAY HOTEL - Every Wednesday, live music and a fabulous Beach Barbecue 6:30 p.m. - 9:00 p.m. Barrier Reef Dr. 226-2014.

THE HAMMOCK HOUSE - is the perfect "hangout." Live music, barbecues and more. Just north of the cut. 226-2940

PIER LOUNGE - Home of the "World Famous Chicken Drop" every Wednesday and Friday night. Daily drink specials and two-for-one happy hour. Located beachfront in the Spinifrit Hotel. Phone 226-2002.

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Dining Out...

MATA CHICA - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, char-broiled seafood and much more! Call 226-5010/5011.

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

ELVIT'S KITCHEN - serving the finest food since 1977. Located in the heart of San Pedro Town on Pescador Drive. Daily Lunch and Dinner Specials. Terrific Key Lime Pie. Caribbean Night on Thursday with Wil & Dale. Mayan Fiesta every Friday - come try our Maya Buffet while listening to Mayan music. 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, open 11:00 a.m. to 2:00 p.m. and 5:30 p.m. to 9:00 p.m. Beach BBQ every Wednesday night.

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.

JADE GARDEN RESTAURANT - Delicious Can-

tonese cuisine, steaks, seafood and vegetarian dishes. 226-2506. Coconut Drive. Take-out available. Closed Tuesday.

SWEET BASIL GOURMET CAFÉ - Fabulous salads & sandwiches, imported wines & cheeses, fresh baked breads. Just across the river cut. Phone 226-3870.

RAMON'S VILLAGE - Enjoy breakfast, lunch and dinner in a Mayan atmosphere or on the veranda overlooking the Caribbean Sea. Coconut Drive. Phone 226-2071.

LUNA at Journey's End Resort - Experience fine dining on the beach north of San Pedro. Visit our tropical bar featuring karaoke, dance and fun music. Phone 226-2173.

STAINED GLASS PUB - Only British-American Pub in Belize! Home-cooked and gourmet specials. Serving lunch and dinner Mon. - Sat. starting at 11 a.m. Friday and Saturday are Italian Nights. Closed on Sundays. Phone 226-4147.

RICO'S SURFSIDE RESTAURANT - A truly unique dining experience on the beach at Banyan Bay. Serving breakfast, lunch and dinner daily. Phone 226-3739 ext. 135.

PAPI'S DINER - The place for fine food at diner prices. Taste the Caribbean. Call 226-2047.

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

BLUE WATER GRILL - Island cuisine with a twist! Wood-fired Oven Pizzas, Sushi and 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.

CASA PICASSO - On the lagoon side south of town is Casa Picasso, decorated in a wonderful Caribbean bright yellow and blue motif. Imaginative with its pasta offerings, the restaurant also serves Spanish-style tapes, starters and salads, including lump crabmeat salad marinated with cilantro, chili peppers and vinaigrette, and served over fresh papaya.

PORTOFINO'S own "LE BISTRO" - One of the newest and most talked about restaurants on the island. 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.

OVA DI WATA RESTAURANT - At Caribe Island Resort. Fine dining on the sea. The best Seafood & USDA Beef. 3 miles south of San Pedro. FREE transportation for 6 or more. Phone 226-3635.

CARAMBA RESTAURANT - Local Mexican & Caribbean dishes. Located on Pescador Dr. Phone 226-4321. Closed Wednesday.

CAPRICORN RESTAURANT & BAR - Enjoy our magical menu by sun or starlight. Brunch & lunch 10 a.m. - 2 p.m. dinner 6-9 p.m. Reservations suggested. 226-2809. Closed Wednesdays.

GEORGE'S KITCHEN - Breakfast Served Anytime! Scrumptious Steaks & Seafood. Open 7 a.m. - 3 p.m. & 6 p.m. - 10 p.m. Coconut Drive. Call 226-2974.

RENDEZVOUS RESTAURANT AND BAR - Thai and French fusion cuisine on the beach. Try our Rendezvous Estate house wine and extraordinary homemade bread. Phone 226-3426.

CAPTAIN MORGAN'S RETREAT - Savor a taste of *Temptation Island*. Underneath a starry night enjoy the exquisite meals prepared by our expert chefs. A small boat ride takes you to one of San Pedro's guilty pleasures.

PAULY'S PIZZA - The best pizzas in town. Also great subs, calzones, chicken wings, cinnamon and garlic sticks. Seven days a week. 226-2651.

VICTORIA HOUSE - International and Island-Style cuisine by Executive Chef Amy Knox. Open for breakfast, lunch & dinner. Reservations recommended, call 226 2067.

RIVERSIDE - Daily specials including shooters, martinis, margaritas and specialty drinks. Sunset Happy Hour Mon-Fri 4:30 p.m. - 6:30 p.m. or Power Hour Everyday 8:00 p.m. - 9:00 p.m. Great Caribbean Atmosphere "Off the beaten path." Open seven days a week.

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ISLAND MINI GOLF & ICE CREAM - Sea Grape Drive (1 block W of Barefoot Iguana). Open Mon.-Thurs. 12 - 9 p.m.; Fri. - Sun. 12 - 10 p.m.

SAN PEDRO FAMILY FITNESS CLUB - Offering air conditioned gym, tennis courts, lap and family pool, aqua, toning and pilates classes. Open daily 6:00 am - 8:00 pm. Daily and contract rates. 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.

DALLA'S STORE - Fresh meats, and vegetables, groceries, liquors, and hardware items. Boca del Rio Area. Phone: 226-3286 Fax: 226-4074

WINE DE VINE - Fine imported wines and cheeses. Olive oils, vinegars and specialty items. Located in the Vilma Linda Plaza on Tarpon St. Phone 226-3430.

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OSCAR'S GYM - Free-weights, Pilates, basic Yoga, Balance Ball, Tae Bo and more. Affordable daily, weekly and monthly fees. Located in Boca del Rio 6 a.m. to 8 p.m. daily 226-2239.

BIG TREE PRODUCE - Fresh Local & Imported Fruits

& Vegetables. Seafood, meats, juices & milk shakes. Pescador Dr. 226-2322.

JUBILANT GIFTS & PARTY SHOP - Party Favors, Invitations, Piñatas, Holiday Decorations & More! Barrier Reef Drive - Phone 226-3400.

THE GREENHOUSE - Fresh Produce & Seafood. Belizean and imported specialty. Fresh herbs, cold cuts, chilled goods plus an exciting selection of groceries. A/C local on Barrier Reef Dr. 226-2084.

THE SAUSAGE FACTORY - Largest selection of smoked meats and sausage on the island. One mile south of town. 226-2655.

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SAN PEDRO CHIROPRACTIC CLINIC - Pain relief and massage specialist. USA educated. Please make appointment. 226-4695

GRANIEL'S DREAMLAND - Custom designed furniture. Choose our design or bring your own. On Pescador Drive, opposite Rock's, open seven days a week. Call 226-2632 or 226-2707, ext. 18

The San Pedro Sun Visitor Guide

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Contact the San Pedro Sun for more information.
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Reef Brief

by Green Reef Peace Corp
Volunteer, Kristen Stieljes

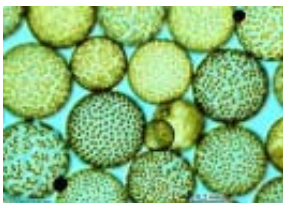


Algae and protozoans come from the Kingdom Protista. Algae use sunlight for energy, which means they photosynthesize. Some occur as single cells, but others occur as colonies or in larger groups. Algae have no true leaves, stems, or roots. The root is a structure called a holdfast, which anchors the plant into the ground. The holdfast absorbs nutrients and may have short, root-like hairs for attaching to rocks. The blades of the algae contain chloroplasts that have photosynthetic pigments. The blades are connected to the holdfast by a stipe, which is a non-vascular stack of cells that are able to transport food from the blades to other parts of the plant in certain species. Smaller species of algae have photosynthetic stipes and holdfasts.

Green algae are found in fresh and salt water. Common examples are: Merman's Shaving brush, Caulerpa, and Calcareous Chip algae. Golden algae are found in soils, and fresh and salt water. The Golden algae also include diatoms. Diatoms are single-celled algae that have a two-part shell of silica. They can occur in very large numbers and are an important food source for many larval stages of marine organisms. Red algae are found in marine or brackish waters. They do not have flagella and include more species than any other algae division. Common examples are *Laurencia* spp. and *Eucheuma* spp.

isiforme, which is used to make agar and to give dairy products and other foods a smooth texture. Euglena algae are found in soils and fresh and salt water. They are green and are only found as single cells.

Brown algae are only found in coastal marine waters. Kelps are included in this division. Brown algae are borderline organisms between plants and algae.



Algae & Protozoans

(Kingdom Protista)

They have complex bodies that include a holdfast, stipe, and blade. The most common in Belize are *Turbinaria*, *Dicotyta*, and *Sargassum*. These species float through the use of *pneumatocysts*, which are gas-filled floats. Floating helps keep the blades near the surface where they can get more sunlight.

Fire algae are found in fresh and salt water. They are unicellular and have flagella. This group includes dinoflagellates, which cause fish poisoning (ciguatera) and red tides. Red tides occur when dinoflagellates grow at an explosive rate and their accumulated waste products become toxic and cause massive fish kills. They also take up the dissolved oxygen in the water, leading to further fish kills. The coral reef symbionts zooxanthellae are also included in this division. Fire algae get their name because some species are bioluminescent, which means they can produce cool, chemical light through the movement of flagella.

Protozoa are made up of a large number of species (approximately 50,000). They do not use sunlight for energy. They have a tail called *flagella* for locomotion. Many feed on living cells of plants and animals they attack, causing illness. The organisms that cause malaria are protozoa and other species are known to attack fish and coral. This group also includes free-living planktonic species that include Foraminifera, which have tiny, calcareous shells to protect their amoeba-like bodies.

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Beautiful Home With Two Apartments - \$525,000 US - This 2 story home built in 2002 has a wonderful 2/2 layout upstairs and 2 income producing 1/1 apartments downstairs! They fully furnished for \$50,000 US more! Owner has recently added new fence and exterior paint!

Casa De Divid Condominiums - \$78,000/\$58,000 US - 1/1 loft condos located on San Ugope St. Great rental income potential! One 2/2 unit available for \$168,000.00 US.

Perla Escondida Condominiums - \$369,000/\$328,000 US - 2/2 condos, fully furnished, brand new! Only one beachfront left!

Mud Unit Apartment Building - \$525,000 US - This large apartment building is located in the Escalante Subdivision of San Pedro, very near the medical school. Great income potential and a beautiful 3rd floor owner's suite!

Reef Village Condominiums - \$395,500/\$495,500 US - Confrontable new one and two bedroom condos with both ocean and lagoon access. Just north of town!

Casa Cayo Estates - \$240,000 US - 60 acres in Cayo District, water & electricity available. Buy all or a portion.

Central Front Condominiums - \$119,000/each - Brand new complex on the Western side of San Pedro. 2/2 layouts with great views! Pre-construction pricing will and soon to act fast!

Pelican Reef Villas - \$310,000 - \$429,000 US - These extra large beachfront condos are located South of San Pedro and offer tremendous pre-construction pricing. A magnificent pier, beautiful pool, bar and restaurant will complement your purchase!

Great Single Story Home in Escalante Subdivision - \$159,500.00 - This 3/2 home built in 1999 is now available for sale. The totally concrete structure has the floors throughout. The quiet subdivision is a great location to raise your family. Owner will finance with 50% down.

Casa Cayo Real Estate cooperates with all Licensed Real Estate Agencies.

Your listing could be here! We are always searching for properties in Belize to sell.

Contact us today for assistance!

FEATURED PROPERTY

CAPTAIN MORGAN VILLAS

We currently have four separate one bedroom / one bathroom units available for sale at this prestigious resort. Each unit is 740 square feet in size and has wonderful income potential! Seller will accept a minimum of 30% down and finance the rest. **\$150,000.00 US per unit.**

Units available are A1, A2, and A3 in Bldg. A - Unit C2 in Bldg. C

RECENTLY REDUCED PRICING ON THESE GREAT HOME SITES !!!

Tres Cocas Home Sites - \$225,000 US - 50' beachfront home sites North of San Pedro. These 2 available sites are some of the finest home around. Tres Cocas has electric and is already cleared and awaiting your home. Cash only!

Twin Dolphin Home Sites - \$269,000 - \$289,000 US - These beachfront home sites are located South of San Pedro Town. Some of the very best estate sites on the island. Seawall, filled with electric. Average size 75'-80' x 220'.

Club Caribbean Home Sites - \$14,950/\$85,000 US - Beachfront and interior home sites located south of San Pedro on Ambergris Caye. These sites are some of the most affordable on the island of Ambergris Caye! NEW! Backfilled sites with seawall coming soon \$150,000 US each. Reserve Yours Today! Selling fast!

Santa Matilda Subdivision Home Sites - \$35,000/\$65,000 US - Affordable interior home sites available North on Ambergris Caye.

Punta Azul Home Sites - \$7950/\$15,900 US - 75' x 115' interior home sites with ocean views located North on Ambergris Caye.

Island Park Estates Home Sites - \$115,000/\$285,000 US - 80' beachfront home sites with bulkhead, native vegetation, lush ground. Interior sites also available.

The San Pedro Sun Virtual Taste Trip

Philadelphia 3-step Crème De Menthe Cheesecake

Philadelphia 3-step Crème De Menthe Cheesecake

2 pkg. (8 oz. each) Philadelphia Cream Cheese, softened

1/2 cup granulated sugar

1/2 tsp. vanilla

2 eggs

4 tsp. green crème de menthe

1 Oreo Pie Crust (6 oz.)

2 tsp. green cake decorating crystals or colored sugar

PREHEAT oven to 350°F. Beat cream cheese, granulated sugar and vanilla with electric mixer on medium speed until well blended. Add eggs; mix well. Stir in crème de menthe. **POUR** into crust.

BAKE 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Sprinkle with decorating crystals just before serving. Store leftover cheesecake in refrigerator.



How To Make Shamrock Decoration

Use a two-inch heart-shaped cookie cutter and place it just above the center of the chilled cheesecake. Sprinkle green cake decorating crystals in the cookie cutter. To maintain heart shape, use a light touch when sprinkling crystals. Remove the cookie cutter and place it directly to the right side of the heart you just made, with the bottom points touching. Repeat sprinkling the crystals. Next, make a third and last green heart on the left side of the center heart, again, bottom points touching.



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8:00 a.m. Monday, Wednesday, Friday: Aqua Fitness
8:00 a.m. Tuesday, Thursday: Body Toning
9:00 a.m. Monday, Wednesday, Saturday: Pilates
5:00 p.m. Tuesday, Friday: Body Toning
6:00 p.m. Monday: Yoga Flow
6:00 p.m. Wednesday: Pilates
10 Yoga and/or Pilates classes for \$100
Monday & Wed. 8:00 p.m.

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

- ☐ Beach Bar-B-Que From 6:00 pm to 10:00 pm
- ☐ Ramon's Caribbean Fiesta From 6:00 pm to 10:00 pm
- ☐ Breakfast Buffet on The Veranda From 7:00 am to 10:00 am
- ☐ Pool-side Dining with Chicken, Pork-Chops, Lobsters and Fish
- ☐ Seafood Kabob
- ☐ Music by Barbara Alfonso Brown
- ☐ Music by Wil and Dale
- ☐ Live Music
- ☐ Incredible View of The Beach From Your Table

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Tuesday & Friday nights

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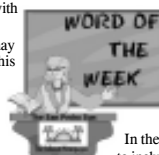
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Language can link us with other cultures, no matter how foreign the tongue may be. In an effort to share this form of communication with our audience, *The San Pedro Sun* proudly presents its newest addition to the weekly paper - Words of the Week.



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!!!

Days of the Week:

ENGLISH

SPANISH

CREOLE

Monday	Lunes	Mondeh
Tuesday	Martes	Tyoozdeh
Wednesday	Miércoles	Wenzdeh
Thursday	Jueves	Terzdeh
Friday	Viernes	Fraideh
Saturday	Sábado	Satideh
Sunday	Domingo	Sondeh

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Condos/Homes & Commercial Property

Caribe Island Resort (M55) Mini-Suite - studio condo, oceanfront, second level. Great investment at only \$85,000US.

Caribe Island Resort (M56) Junior Suite - one bed/one bath, oceanfront, second level. Private veranda with a grand view of the Caribbean. Excellent price at \$185,000US.

Royal Palm (R44) Unit 6B-1 bdrm condo on the upper level. Ocean & pool view. Fully Furnished. \$169,500US.

Belize Yacht Club (K14) Upper & lower beachfront units! Each condo is 1 bdrm/1 bath and fully furnished. Priced at \$350,000US.

Thunderbolt (R37) Well established water taxi service to Belize & Corozal. 2 boats, office, 2 houses, dock, large parcel, prime location & much more. \$800,000US.

Commercial Building (P38) - Commercial property in the heart of San Pedro Town on Angel Coral Street with a 2 story concrete/wooden structure with 4 rental spaces on lower level and a 1 bed/1 bath apt on upper level! Corner lot approx. 95' x 45'. Excellent investment for commercial property in this location at only \$225,000US. Price has been reduced to \$200,000US - bring an offer!

Raw Land

Palmero Point (M50) Lot #40 - 125' x 135' - Big and lush lot several rows off the beach. \$16,000US. Motivated Seller! Make an offer!

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

Robles - Beachfront lots starting at \$39,900US.

Boca Del Rio (P42) 3 connecting lots located on the waterway just before you cross the river cut. \$210,000US.

5 lots in San Pedro Area (R39) Each approximately 416 Sq yards. Asmall wooden house and an unfinished concrete structure also convey. Everything for only \$175,000US. Very motivated seller. Make an offer!!!

San Pablo - Canal lots starting at \$23,000US.

Escalantes Subdivision - Lots 50' x 75' starting at \$30,000US.

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

Spanish Reef (F19) Second row and corner lot. Guaranteed sea view! 50' x 100'. Only \$37,500US.

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March Happenings:

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MARCH MADNESS COLLEGE BASKETBALL



March 17
St. Patrick's Party



Music & Drink Specials

Luck of The Irish Video Poker Tournament

Limited to 12 players, \$500 1st place, \$200 2nd place

March 25 - Good Friday - 6 pm

1600 Chicken Drop on 3rd game (all other games the usual \$1 bet)

March 27th

Beach Easter Egg Hunt! Adults & Kids Dig For Prizes!

Beach BBQ by Caliente's & Music

10pm to 8 pm Egg Hunt at 2 pm

Graniel's - building the best

Continued from Page 6

tables and bold bedroom sets are among the Graniel trademark products. With all that Graniel's produces, unique orders are their specialty. Their motto of: "You dream it - we build!" is especially evident at Graniel's Dreamland, the showroom where a variety of Armando's exotic wood products are displayed. There you can find fine crafted wood objects showing the various exotic and beautiful woods of Belize. Also in their showroom are many photo albums displaying the large num-

ber of furniture and other items that have been created in their shops for discriminating customers.

Armando's business operation is a family affair; four of his five children help him in the day-to-day running of the business. The family shares the same pride in their product as their father. His daughter explained that Armando tells his family that they are not to evacuate when there are hurricane warnings because "he knows that he built a strong house."



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www.ambergiscaye.com/birdsbelize bylibertGreer

From that tremendous order of *Passeriformes*, (birds that perch) is the "*Icteridae*" family. Most of the *Icteridae* are residents of the tropics. Of the 90 species in the family, all are living on continents and islands of the Western Hemisphere, and one local member has acquired the vernacular name "Mayan Oriole" because its home is the boundaries of the old Mayan world. It is a geographic variation of the yellow backed called *Icterus mayensis*.

Belize is home to several species of Oriole, The Black-cowled, Orchard, Hooded, Yellowed-Tailed, Altamira, Baltimore, Orange, and Yellow-bellied. Almost all orioles have yellow undersides with black wings bearing white bars, black tails, bills and faces. Identifying the different species usually begins with noticing where the black falls on the head. The Black-cowled head is all black as is the Baltimore. The Orange Oriole has a black face and throat. Our bird of the week has a black face and throat but with no white wing bars and yellow lore's instead of black.



I first discovered a Mayan oriole when I heard a whistling early in the morning after dawn. I had been listening to the kiskadee and working on my ear for it, when I was taken by a whistle that made me first think someone's playing a joke on me! This whistle seems human. I went out on the deck expecting to see my friend Bowman Tun, a Mayan bushman and prankster, instead the whistling persisted and my binoculars finally zoomed in on a brilliant deep yellow bird in the coconut tree, making a noise much like a human whistle. The stark contrast of black wings, face and neck made the yellow seem even richer. I went back to

The Mayan Oriole

the house to my bookshelf thinking how astonishing it is when a bird of the week announces itself. I read: Cousin to the oropendolas (that I see at Chan Chich), a smart nest builder, lays three to four pale blue with white eggs in a finely woven pouch protected by being placed in a thorny bush. I imagine some of the thorny bush in the back savanna would be a likely place to look if you were adventurous and possess serious mosquito protection, but then I discovered a Mayans nest hanging from the underside of a coconut frond not at all in keeping with what I had read about defensive nest placement.

I also read it's a fruit eater. I'm assuming the sapodilla tree dropping yellow fruit at my back deck is why he's whistling around my house. This oriole makes over 20 species of birds I've counted during the month this tree's fruit ripened and dropped. I think I'll plant another.

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
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Mambo offers passion

Continued from Page 4

the decorations, these all create the anticipation; it is the first seasoning to a perfect meal."

The staff are a key part of Mata Chica's success. Nadia fondly refers to her waiters Marco and Suzette, and Jose the bar tender, as her three musketeers. She is generous with her praise, claiming that without them she could not keep the place open. Head chefs Reynaldo and Richard are her stars in the kitchen, and staff Grisel, Scott, Emily, William and Myrah are priceless to her. "The staff are like my kids and we are all one big family. They have been carefully trained about food, wine and hospitality. They

are taught to pay attention to every detail. I tell them to be observant. I say, 'look at the lady, look at the eyes, look at how she walks, how she is dressed, then you will know what kind of meal she wants,'" said Nadia.

The atmosphere at Mata Chica is very much in step with the surrounding sea and palms. At the same time, it is contemporary and luxurious. The majestic lobby is designed with elegance and

style while decorated with contemporary paintings, candelabras, ceramic treasures, exotic hand crafted Belizean art and Central American mahogany furniture. Complete with a thatched grand palapa roof, large antique Guatemalan pillars, and intimate lighting, the seductive trans-world house music throbs and echoes, creating an exotic and dreamy atmosphere, transporting you to a place

unlike any other on Earth.

As Ms. Nadia mingles with guests, easily conversing in a variety of languages, it is clear that Mambo is more than a restaurant; it is as vibrant and passionate as Ms. Nadia herself. Nadia and her staff have paid careful attention to every detail, ensuring a dinner experience that will not be soon forgotten.

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Wolfe's Woofers by Dennis Wolfe

Women

"Women," I said to Willie. "I just don't understand them."

"You and Dulce must be fighting again," Willie said. "What is it about this time?"

"Never mind," he said, after a short pause. "I really don't want to know."

I was taking a break from setting up my musical instruments at BC's last Thursday when we had this conversation.

"I don't think it's the fault of men that they can't understand women," I said. "Mother Nature should take the blame."

"What do you mean?" Willie asked.

"Stop and think about this," I told him. "Women start having hormonal imbalances when they are in puberty and that gives them an excuse to get mad. If they get pregnant they have hormonal imbalances and when they get older they go through menopause that upsets their hormones."

"Yeah," Willie said. "You're probably right. That means that during two thirds of their lives they have hormonal imbalances that put us men through hell. That's probably why that last girlfriend of mine left me."

"What happened with her?"

"She always claimed I didn't pay enough attention to her. One day I came home and found her in just her underwear. She had bought some velvet rope from somewhere and she gave it to me. Then she told me that I could tie her up and do anything I wanted."

"Did you tie her up?"

"I sure did."

"What did you do then?"

"I went fishing."



Trivia Tidbits

*Every plant in Tomorrowland at Disneyland in Anaheim, California, is edible. Plants in this section of the amusement park include bananas, strawberries, tomatoes, and more. Guests are never welcome to pick their fill.

*A study by researcher Frank Hu and the Harvard School of Public Health found that women who snore are at an increased risk of high blood pressure and cardiovascular disease.

*According to acupuncturists, there is a point on the head that you can press to control your appetite. It is located in the hollow just in front of the flap of the ear.

*There are three million stutterers in the United States and a similar proportion in every other part of the world.

*The sound heard by a listener when holding a seashell to his ear does NOT come from the shell itself. It is the echo of the blood pulsing in the listeners' own ear.

*A newborn baby's head accounts for about one-quarter of its entire weight.

*It is estimated that manatees live a maximum of 50 to 60 years.

*The human foot has 26 bones, 33 joints, 107 ligaments, 19 muscles and tendons. The 52 bones in your feet make up about 25 percent of all the bones in your body.

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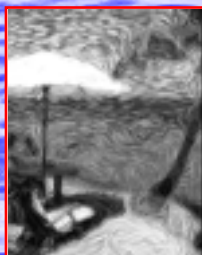
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