

# THE SAN PEDRO SUN VISITOR GUIDE

*The Island Newspaper*  
Ambergris Caye, Belize  
Central America

April 1, 2005



FREE



## Travel back in time to Old Belize

Take a step back in time and walk through realistic recreations of what was Belize. The Old Belize Cultural and Historical Center in Belize City is an easy day trip from San Pedro.

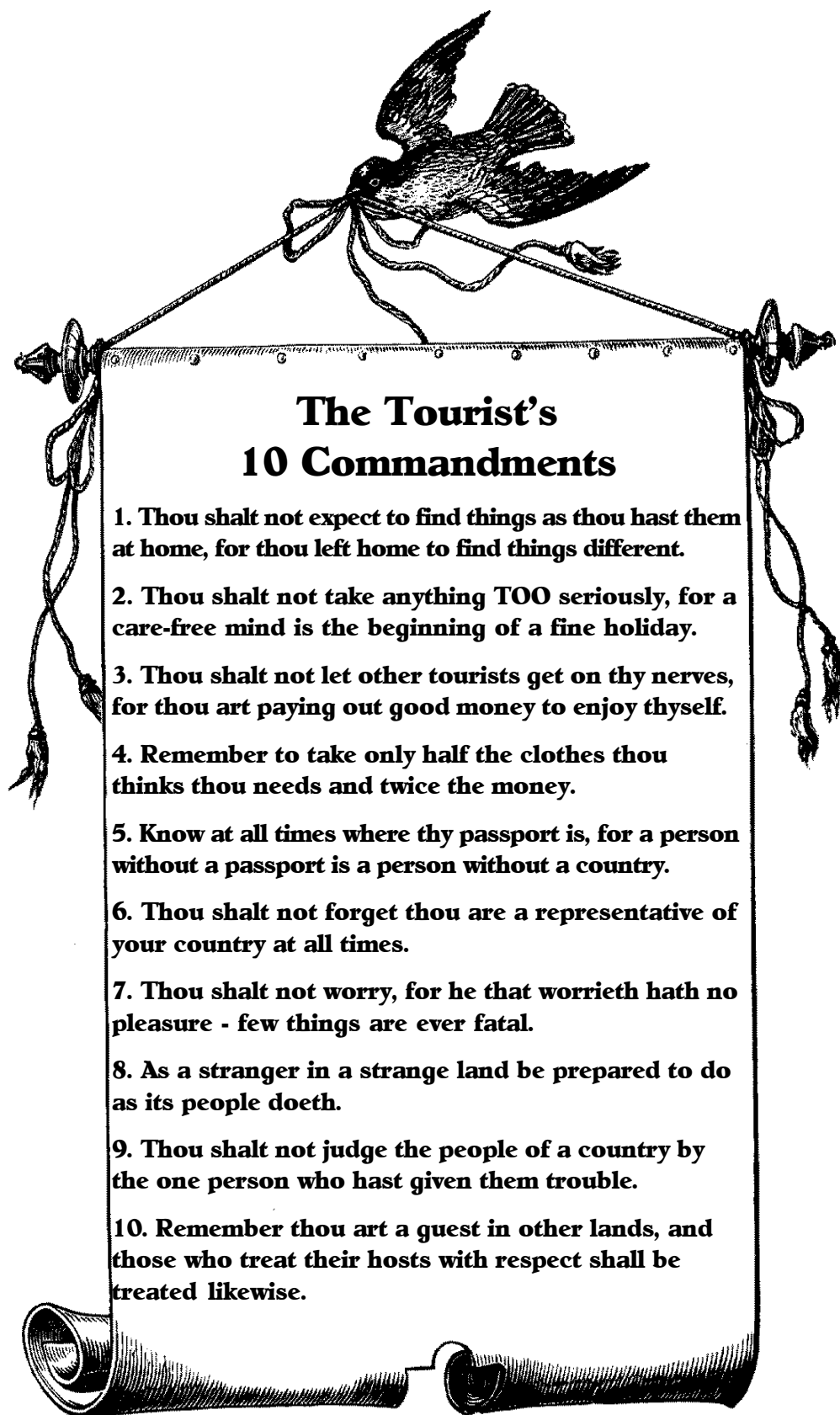


San Pedro beats with  
traditional music



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## 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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More foreign subscribers than any newspaper in Belize!

## 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 Garifanu 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 sanctuar-



ies 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



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#### CURRENT LISTINGS

**Beautiful Home With Two Apartments**—\$325,000 US— This 2 story home built in 2002 has a wonderful 2/2 layout upstairs and 2 income producing 1/1 apartments downstairs! Buy fully furnished for \$50,000 US more! Owner has recently added new fence and exterior paint!

**Casa De David Condominiums** - \$76,000/\$86,000 US - 1/1 layout condos located on Sea Grape St. Great rental income potential! One 2/2 unit available for \$160,000.00 US.

**Perla Escondida Condominiums** - \$169,000/\$220,000 US - 2/2 condos, fully furnished, brand new! Only one beachfront left!

**Multi 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 3<sup>rd</sup> floor owner's suite!

**Reef Village Condominiums** - \$99,500/\$149,900 US- Comfortable 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.

**Canal 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 end soon so 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 compliment your purchase!

**Captain Morgan's Condominiums** - \$150,000/each

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.

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## FEATURED PROPERTY

### Kitty's Place

Large Beachfront Home and Site for sale approximately 6 miles north of San Pedro. This property is ideal for a small resort development. Existing palapa bar, pier and manicured grounds make this site hard to beat! Call today for a showing!

**\$1,250,000.00 US**



#### RECENTLY REDUCED PRICING ON THESE GREAT HOME SITES !!!

**Tres Cocos Acreage Home Site** - \$350,000 US - 200' x 434' lagoon front home site located North of San Pedro. This site is located directly behind the 50' sites detailed above and would allow for land ownership from beach to lagoon.

**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 \$130,000 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/\$270,000 US - 80' beachfront home sites with bulkhead, native vegetation, high ground. Interior sites also available.



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RSVP 220-5011



# Old Belize

## Truly taking a step back in time

The roar of the waterfall is the first thing you hear when walking through the door. Once inside, the sight of the different shades of green makes you yearn to get closer. Taking a peek through the gates, you spot blue, then another – many Blue Morpho Butterflies floating through the air. As you walk closer and closer you see that among every tree there is a butterfly – this place is truly a haven for the beautiful, dazzling insects. Suddenly, you come upon the waterfall, in its white seemingly mystical glory. Simply standing in front of the cascading waters, the sound calms your spirit and offers the wish of a refreshing dip.

Out of the blue, the sky turns black with the stars glittering into the night. The glow of the fire hearth peeks through the small, thatched hut. Looking into the shed, a hammock can be seen hanging from two beams. This was the Maya lifestyle, no floorboard or linoleum, just a dirt floor swept clean. Outside the hut, cornhusks and vegetables cook on the “comal,” a metal sheet used to grill food, while meat hangs above the fire. Two steps next to the simple abode, is a Mayan burial ground. Candles glow above the hole containing the skeletal remains. Articles belonging to the deceased are laid next to them while a Mayan God sculpture looks below. The sight of the cornfield ahead invites you to move on.

Then, you notice you are in another world – the world of the chicle (gum) industry. Belize was known for extracting the gum sap out of the chicle tree and later exporting it out of the country. A man hangs on a tree with only a one-strap harness preventing his fall. His axe is in the air as he swings it into the tree to continue with his daily job. Hanging on the next tree is another man, this one cutting the logwood down; another of Belize’s great industry. Mother Nature’s Best Kept Secret was well known for producing and exporting the best logwood, an industry that grew stronger as the years went by.



San Pedro students from ABC Pre-school enjoy the wishing well at Old Belize during a recent field trip.

Other industries, realistically depicted as you progress down the road are the sugar and rum industry, two trades that are still leaving their marks on our country. Well preserved machinery of the past takes you back to a time when technology was not as advanced but engines still gave workers a great deal of aid.

The Garifuna culture is also represented, with much care given to detail. The small home showcases their easy lifestyle where fishing was their way of life. A tortilla can be seen cooking on the comal, while coconut husks are piled to the side.

The following door leads you to a busy street in Belize. A horse drawn carriage passes a grocery store. Houses line the street and sweet melodies escape the bright yellow church where a man and a woman display their faith in God. Across church lies a barbershop in the first floor of the home where a woman stands on the second floor, watching through her lace curtains at the people walking below. Another business sells records and other knick-knacks but perhaps the most astounding is the wedding dress hanging on the standing trunk. It certainly is a walk through our history.

The Old Belize cultural and historical center offers a unique glimpse into the intriguing history and culture of Belize. The life-size exhibits, recreations combined with restored antiques are both highly educational and entertaining. As

Continued on Page 17



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# Belizean Buffet satisfies appetite for dining and culture

For many who have the opportunity to vacation on “La Isla Bonita” your days can be full of sun and sea or exploring ancient ruins and the nearby jungles. Whether you visit for a few days, or longer than a week, chances are that during that time you will not have the opportunity to experience all that Belize has to offer. Fortunately for the guests at Captain Morgan’s Retreat, the staff has gone to great lengths to bring a bit of Belizean culture to the Resort.

On Tuesday evenings guests are treated to a grand Belizean buffet and cultural night. The evening is set for much festivity, with candle light tables situated on the large outdoor patio, surrounding the mirror-like swimming pool. Live music fills the air and local vendors display their wares in a typical “mercado” style. Guests have a variety of crafts to choose from and there is a realistic representation of Belizean arts. One vendor sells wood sculptures that are hand carved and polished to a warm shine. The sculptures, made from deep brown Zericote wood and marbled red and blonde Rosewood, are crafted into the likeness of marine animals, tropical birds, shallow bowls and standing crosses. Other vendors display beaded necklaces and bracelets for your wrists and ankles. Some of the jewelry is adorned with shells, while others are fashioned with glass beads. Another vendor displays paintings created by local artists. These paintings display beautiful Caribbean beaches, festive village scenes and realistic depictions of animals native to Belize.



Chefs are ready to serve during Tuesday’s Belizean Buffet at Captain Morgan’s Resort.

Nearby a Guatemalan woman, dressed in traditional garb, proudly shows customers her stacks of hand woven fabrics that have been crafted into colorful wall hangings and other home décor.

After shopping, guests enjoy the evening air and lively conversation while helping themselves to a colorful buffet of Bel-

izean delicacies. There is a vast selection to choose from, all prepared by the culinary experts at the Buena Vista Restaurant. Exotic sauces, traditional dishes, grilled meats, fajitas, homemade tortillas and tamales are just a few of the Belizean dishes to sample. The food is a tasty treat, with the unique flavors perfectly complimenting each other. The dessert table offers a variety of sweets, complete with Caribbean Flan.

As diners enjoy their meal under the stars the evening entertainment begins with a fashion show featuring clothing created by Caribbean Creations. Lovely models wind through the tables, spinning and flashing their flowing attire. The style is tropical and the designs are tempting to women of all ages. After the fashion show the live music begins with the “Punta Boys” giving the crowd a lesson on Garifuna music. The various types of instruments are introduced and the style of music is narrated by band

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Local artisans display their work during Captain Morgan’s Belizean Culture night.



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# Braiding provides carefree Caribbean look

Belize offers many wonderful activities, such as boating, snorkeling, and general beach playtime that can wreak havoc with your hair. An excellent way to alleviate “bad hair days” is to have your hair braided by a local professional. Braided hair can give you a fun, Caribbean look while reflecting the local culture, plus it is an extremely wise and practical choice when adventuring outdoors. It is easy to wash and wear, and is carefree and maintenance-free for children and adults.

The tradition of hair braiding is found in many cultures including Mayan, African, Egyptian, and Belizean and dates back thousands of years. Artwork of the infamous Cleopatra depicts her sporting braids. Today’s styles vary from loose braids to French braids, simple designs to elaborate patterns, with colorful choices for beads to embellish the style.

One professional in particular, Helen Haylock, is truly a local,

with six generations of family from San Pedro, Belize. Miss Helen’s grandparents are from Belize, as are her parents, her 17 siblings, nine children, and her grandchildren. Experience with braiding mainly developed while braiding the hair of her six daughters. Over time, she began braiding professionally for locals and tourists in San Pedro. She is known to have a bright smile and a gentle touch, both qualities that are very important to her clients.

One word of caution; once your hair is braided – use sunscreen on your scalp with a high SPF anytime you are in the sun. The exposed part areas will burn easily!

To have your hair braided by Miss Helen, you may either contact her directly at 226-2884, or by calling the Monkey Business Travel Shop at Banana Beach Resort. Additionally, most resorts on Ambergris Caye can refer you to a hair-braiding stylist.



Helen Haylock demonstrates her hair braiding skills with Kaitlyn and Bailey Sniffin.

## The San Pedro Sun’s Virtual Taste Trip French Toast Skewers

**Prep Time:** 15 minutes  
**Total Time:** 25 minutes  
**Makes:** six servings, two skewers each

1 Tbsp. MAXWELL HOUSE Instant Coffee  
1/2 cup milk  
3 eggs  
1 loaf (8 oz.) French bread, cut into medium bite-sized cubes  
1 cup fresh pineapple wedges  
1 unpeeled orange, cut into wedges  
16 maraschino cherries  
12 wooden skewers  
Powdered sugar  
Maple-flavored syrup

**PREHEAT** broiler. Dissolve coffee granules in milk in small bowl. Add eggs; beat with wire whisk until well blended. Pour over bread cubes in large bowl; toss to coat. Let stand 5 min. or until egg mixture is evenly soaked up.

**THREAD** bread cubes and fruit alternately on skewers. Place on foil-covered baking sheet.

**BROIL** 8 to 10 min. or until bread is toasted and cooked through, turning occasionally. Sprinkle with the powdered sugar. Serve with syrup.

# Caramba!

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Local, Mexican and Caribbean Cuisine



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### Tuesday Nights... Friday Nights...

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- Pool-Side Dining with Chicken, Pork-Chops, lobsters and fish
- Music by Wil and Dale
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### Friday Nights...

- Ramon's Caribbean Fiesta From 6:00 pm to 10:00 pm
- Seafood Kabob
- Live Music

### Sunday Mornings...

- Breakfast Buffet on The Veranda From 7:00 am to 11:00 am
- Music by Barbara Alfonso Brown
- Incredible View of The Beach From Your Table



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## Organizations helping San Pedro

# The San Pedro Lions Club

The community of San Pedro has many needs. The San Pedro Sun & Visitor Guide occasionally features one of these non-profit organizations to help guide visitors who are compelled to help, but don't know how. This week we will introduce The San Pedro Lions Club.

Since their formation, the San Pedro Lions Club has strived and worked hard to help the needy on "La Isla Bonita." Formed in 1975 by concerned residents, the Lions have helped many people through the years and have been part of many historic events in San Pedro Town.

Today, the San Pedro Lions Club boasts a membership of 59 dedicated men and women, as well as 18 Caye Caulker Village members under its umbrella. Both islands work hand in hand to help all those that need assistance.

The San Pedro Lions Club has spearheaded several projects including the Mosquito Coast Park, assisting with the San Pedro High School, and the installation of the San Pedro Lions Clinic (now the San Pedro PolyClinic II). They also assist families in need of financial help due to sicknesses or students needing help with their books and/or tuition. In an interview with Secretary Edilberto Marin, *The San Pedro Sun* found out that they try to help as many people as possible regardless of religion, political affiliation, and race. "It is a service that we offer, but we always make sure that all the claims are legitimate. We call doctors and teachers. We do our homework before handing out any assistance. But, we always tell them, 'Help us help you.' If they are willing to help themselves we help them along the way."

The San Pedro Lions Club has not only benefited the island, but has also been a great support for countries across the globe. Whether it is a hurricane, earthquake or the recent tsunami affecting millions of people, the Lions hold fundraisers and drives to help those needing it across the Caribbean Sea.

Funds for the organization are received through their weekly Barbeques. They have delicious, finger-licking food on Fridays and Saturdays. They also hold events for the children and senior citizens of the island. The money raised through these events also goes towards the fund. The Den is rented out for private parties and/or events and the money is used to help.

Anyone can assist the Lions help people. There are many ways, including purchasing a barbeque, if

you are planning a party, make the Den your location, or by attending the clubs functions. The Lions are always in need of volunteers and if you want to be a part of this International Organization or would like more information, kindly contact President Nita Marin at (226) 2064.





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- ◆ Best Burgers in Town!
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# The Stained Glass Pub

## British Charm with a taste of Italy

Walking into the warm atmosphere of the Stained Glass Pub, you are immediately greeted by black and white photographs of women and their families lovingly displayed by owner Marie McGrath. Marie comes from a long line of restaurant entrepreneurs, and the women pictured in the photographs have meticulously perfected the art of cooking. She is honored to be a part of the families portrayed and over the years has continued in her family's tradition. The women portrayed in the photographs affectionately handed down their love (and recipes) for creating meals that satisfy and comfort. Both of her parents came from restaurant families, and as a small child she remembers helping in the kitchen, hand rolling meatballs and helping with other tasks. Marie and her husband, Jim, have continued the family tradition and have been in the restaurant business all their lives. They have truly found the flawless recipe for success.

The restaurant, located on Barrier Reef Drive, offers indoor or outdoor seating. You may choose an inside table where the rich, deep earth tones in the



Stained Glass Pub waitress Doris offers a selection of the restaurants specialities including Shepard's Pie, Chicken Marsala and Chicken Parmesan.



Old black and white photographs adorn the walls of the Stained Glass Pub. The photos include the family of owner Marie McGrath who comes from a long line of restaurant entrepreneurs. The women portrayed in the photographs affectionately handed down their love (and recipes) for creating meals that satisfy and comfort.

stained glasses shimmer as the sun's rays sneak in and cast sensual glows upon the patrons. Or, sit outside and enjoy the day under green parasols. Once seated, the most difficult decision of the day must be made. How to choose one dish from the menu when everything reads just as good as the delicious smells escaping the confines of the kitchen?

The menu is mostly British American with a home cooked flavor surely fooling you into believing your grandmother was in the kitchen. "Since I was a little girl, I have loved cooking and both my mother and grandmother made sure that I would learn their recipes," stated Marie. And their loving touch is unquestionably present on all the dishes.

Everything from appetizers to desserts and every tasty choice in between is available. What The Stained Glass Pub is mostly known for are their burgers – the biggest on the island. Try the Monte Cristo – ham and melted cheese on a batter-dipped French toast served with a side of honey mustard – or if your tummy needs something small, then definitely try the Pineapple Jerk Chicken Wings – crispy yet succulent, or the peel-and-eat beer shrimp served with a delicious cocktail sauce that compliments the seafood amazingly. Another tasty appetizer choice is the buffalo shrimp, a delightful combination of buffalo sauce with tender jumbo shrimp.

Health nut or watching that trim line? The Stained Glass Pub delivers the greatest salads – try the Oriental Salad which is mixed fresh greens, tomatoes, Spanish onions, nuts and pine all tossed in honey sesame dressing and topped with mouth-watering teriyaki strips of fish or steak. Want some soup? The Stained Glass Pub serves soup by the cup or bowl. The Chicken Noodle Soup is the ultimate comfort food and the French Onion Soup, topped with toasted mozzarella cheese is a meal in itself. These are just two of the several homemade soup choices. Other menu options that will certainly float you away are Grandma's meatloaf served with fluffy mashed potatoes and creamy gravy. Speaking of the mashed potatoes, one superb item on the menu is the Shepherd's Pie, slow cooked beef cooked tenderly with vegetables and potatoes under a tasty baked bed of mashed potatoes. This dish contains all the makings of a home cooked meal and a definite "should try."

However, the newest addition to The Stained Glass Pub's magnificent lineup is Italian Nights, every Friday and Saturday. Trying any of these dishes is surely a one-way ticket to Italy. The flavor, tastes, and smells will surely transport you away. The chicken marsala is astounding, having a wonderful fresh taste giving

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### Caribbean Treasures

#### Unlock the Secret

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# Reef Brief

by Green Reef Peace Corp  
Volunteer, Kristen Stelljes



Can you imagine trying to clean yourself if you did not have any arms? You would probably need some help, especially to clean behind your ears. Have you ever thought about how fish clean themselves, since they do not have arms? Just like we would get help, they have help from smaller fish or shrimp. And just like we have a special room in our homes set aside for getting clean, there are special cleaning stations on the reef where fish can stop and get a cleaning.

Reef fish and some shrimp are involved in cleaning symbiosis. This is a very special form of predation, where species of small predators remove parasites from a wide variety of fish species. Cleaning stations are set up and advertised either by a cleaner fish's bright colors or by a

shrimp waving its white antennae to attract attention. The larger fishes come into the cleaning station and signal they are ready for a cleaning. Some of these signals include: assuming diagonal body positions (Barracudas, Parrotfish, and Jacks), color changes (Hogfish), and twitches (Blue Tang).

Cleaners then approach the fish and if it is a cleaner fish, it will swim, and if it is a shrimp, it will walk over the body of the larger



Jawfish Goby

## Cleaning Stations

fish. The cleaner looks for parasites or injuries that need to be cleaned. The "customer" remains still as it is being cleaned and cooperates by opening its mouth to the cleaner so parasites can be taken from between the teeth or gill rakers. The bigger fish make no move to eat the cleaners.

Species that are cleaners throughout their lives are: Banded Coral Shrimps; Pederson's, Yucatan, and Transparent Cleaning Shrimps; and several species of Gobies (Neon, Sharknose, and Yellowline). Gobies are very slender and only an inch in length. They lay directly on the coral surface until a customer approaches low over the station and permits these small cleaners to climb or swim aboard. Sharksuckers, Spanish Hogfish, Bluehead Wrasse, and Grey and French Angelfish are cleaners only when they are juveniles.



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# THE SAN PEDRO SUN VISITOR'S GUIDE

## Tourist Information

**Belize Tourism Board** - 223-1910.

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

**San Pedro Tourist Guide Association** 226-2391.

## Church Services

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

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

**Assembly of God Church** on Angel Coral St. T-W-Sat.-Sun. at 7:30 p.m. 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 Embassy** - 223-0193

**Guatemalan Embassy** - 223-3150

**Honduran Embassy** - 224-5889

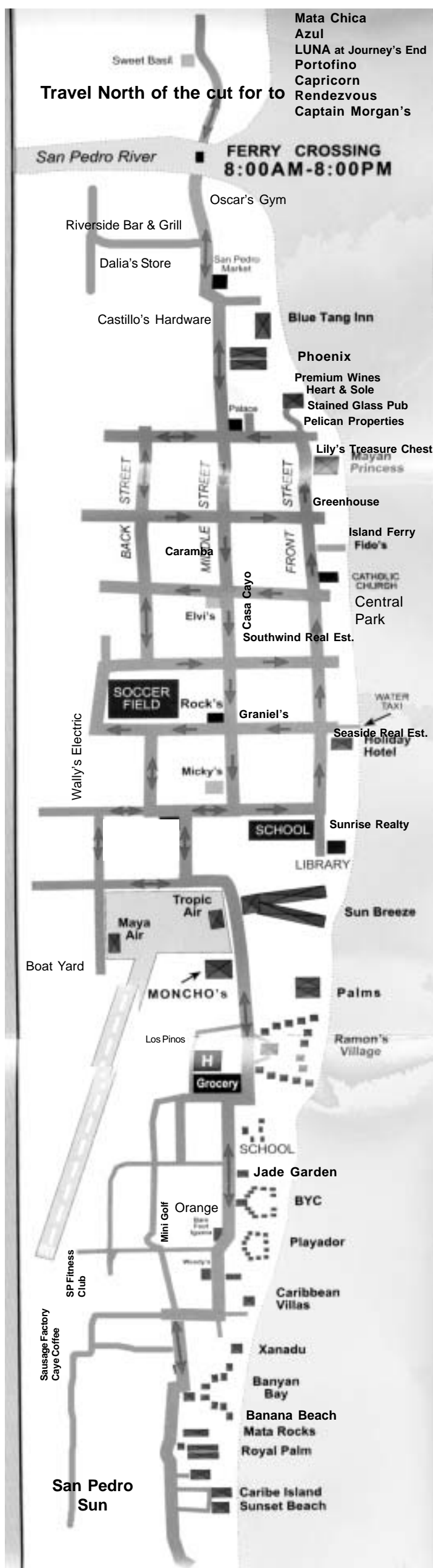
## Miscellaneous

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



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## Water, Sports & Tours

**SEARIOUS ADVENTURES** - Up for some adventure? Mayan ruins, manatee watching and more tours available. Make your reservations today. 226-4127.

**SAILSPORTS BELIZE** - Windsurfing, kite sailing and sailing. The latest equipment and expert instruction makes it easy to learn. 226-4488 [info@sailsportsbelize.com](mailto:info@sailsportsbelize.com).

**SEADUCED** - River cave tubing, manatee watch, Robles Beach BBQ, Mayan ruins and more adventures. 226-2254.

**SEADUCTION SAILING** - First class Day Cruises to Caye Caulker or Mexico Rocks. Beach BBQ or Sunset Cruise. Charters also available. Phone Seaduced at 226-2254.

## Realtors...

**SEASIDE REAL ESTATE** - Many listings, from raw land to beautiful beachfront homes. We can help you own a piece of paradise. Call 226-4545 or E-mail [ambergris@btl.net](mailto:ambergris@btl.net)

**SUNRISE REALTY** - Land, homes, businesses, condos and investment properties. Call 226-3737, fax 226-3379 or E-mail: [info@SunriseBelize.com](mailto:info@SunriseBelize.com)

**CASA CAYO REAL ESTATE** - Serving Belize from the mountains to the reef. Phone 226-2791. [www.casacayo real estate.net](http://www.casacayo real estate.net)

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

**PELICAN PROPERTIES LTD.** - Fine properties on Ambergris Caye. E-mail: [info@pelicanbelize.com](mailto: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.

## Services...

**KRYSTAL SHIPPING CO./MASH CO.** - We deliver construction supplies all the way to Robles Point! Phone 226-2089 or E-mail: [mashco@btl.net](mailto:mashco@btl.net)

**CASTILLO'S HARDWARE** - Storm supplies, electronics, household appliances, tools, home repair items and a wide variety of paints, stains and varnishes. Pescador Drive. Phone 226-2302.

**WALLY'S ELECTRICAL SERVICE AND SUPPLY** - Air conditioning, electrical and plumbing, parts and service. Phone 226-2408.

**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](mailto:spsun@sanpedrosun.net).

## 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.

**THE HAMMOCK HOUSE** - is the perfect "hangout." Live music, barbeques 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 Spindrift Hotel. Phone 226-2002.



# THE SAN PEDRO SUN VISITOR'S GUIDE



## Dining Out...



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

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

**ELVI'S KITCHEN** - serving the finest food since 1977. 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 Cantonese 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 & 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 is a sharing + tasting + innovative spot to dine + drink with inspirations from Spain, Italy and the Caribbean. Intimate, stylish and hip, featuring Spanish tapas, seafood and delicious pastas with homemade sauces + the island's largest and best dessert menu. Casa Picasso is the place for dinner tonight! Still the island's first and best **Martini Lounge**, with martini + margarita **happy hour nightly from 9pm**, we also offer a vast selection of wines for the connoisseur. Casa Picasso is recommended as a *must* by current guidebooks. Located South of San Pedro town. Credit Cards, nightly 5:30 until, Closed Sunday Call 226-4507.

**PORTOFINO'S** own "LE BISTRO" - One of the newest & 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 drink specials, Sunset Happy Hour everyday 4:30-6:30 pm, Power Hour everyday 8:00-9:00 pm. Full service restaurant serving spicy chicken wings, grilled burgers and more. 226-2271.

## Unique Offerings...

**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.

**DALIA'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.

**HEAR & SOLE** - next to Aqua Marina Suites & Island Ice Cream, Too! Unique tops & bottoms, all sizes. Seaglass Jewelry. Open everyday 9-6pm. 226-3380

**SARIS: CUSTOM-MADE**. Choose from our beautiful Silks fabrics and blends. Call for information or appointment. 226-4258

**TIE-IT-ON ISLAND CLOTHING** is made on the premises in 24 hours or less. Choose fabrics of silk, rayon or blends. ISLA BONITA DESIGNS, N. Barrier Reef Dr., at Aqua Marina Shoppes. 9-6, M-Fri. 226-4258

**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.

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

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

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

**CAYE INTERNATIONAL BANK** - Offering Demand Deposit Accounts, Loans, Savings Accounts, etc. cibl@btl.net or phone 226-2388.

**ISLAND INTERNET CAFE** - Write home, browse the web, or simply call your friends and relatives. Visit us. 226-3777.

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**PROVIDENT BANK & TRUST** - Offering a full range of International Banking Services. phone 223-5698 services@providentbank.bz

**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

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

Contact the San Pedro Sun for more information.  
spsun@sanpedrosun.net  
(501) 226-2070  
www.sanpedrosun.net





## Donate to these worthy San Pedro organizations!

**San Pedro Roman Catholic School** – Brightening the minds of San Pedro's youth. Contact Principal Roxanni Kay – 226-2550, roxanicruz@yahoo.com

**Green Reef** – A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. Contact [greenreef@btl.net](mailto:greenreef@btl.net)

**Lions Club of San Pedro** – Relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause. Contact President Nita Marin – 226-2064.

**Saga Society** – A non-profit "humane society" to address the stray cat and dog population in San Pedro. Contact 226-3266.

**Alcanzando a los inalcanzables** – Helping the youth of San Pedro against the battle with drug addiction. Contact Virginia Wallace at 226-3018.

**San Pedro High School** – Helping students "Anchor in Success." Contact Principal Angel Nuñez or Chairperson Mrs. Martha Guerrero at 226-2045/2010/2043.

### Papi's Diner

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# The Stained Glass Pub



The Stained Glass Pub offers indoor and outdoor dining.

Continued from Page 8

you the impression Marie simply walked out to her garden and plucked the plumpest tomatoes just for your plate. Chicken parmesan, the freshest fish pan fried and served with capers are just a few choices. “Our biggest seller has to be the Florentine. I make my own sauce and you can taste the love I put into each dish,” expressed Marie.

Eating all this extraordinary food will surely make you thirsty, but do not fret; the man behind the bar has experience amounting over 16 years. Jim lived in Upstate New York for 30 years and they moved to South Florida where he and Marie opened The Olde Riverside Pub. After visiting “La Isla Bonita,” Jim knew this is where they should move. On August 8<sup>th</sup>, 2003, the couple made the bold move to come to San Pedro and ever since then Jim has been serving his luscious concoctions to his many patrons. Jim can surely “hook you up” with the best drink to compliment your meal, be it wine, a mixed or frozen drink. Jim’s drinks will certainly have you coming back for more even when you plan not to have dinner. And, after a hearty meal, a surefire way to end the meal is with a Mud slide Martini. Wow! Is the only way to describe the smooth taste of the ‘tini as it goes down the throat. A perfect way to compliment this sensuous drink is with a warm chocolate brownie, topped with a savory scoop of coconut ice cream – a sinful combination.

Can’t wait to try The Stained Glass Pub – then rush on over. The Pub is open every day except on Sunday from 11:00 a.m. to 9:00 p.m. It is certainly a treat for visitors and locals alike.

**Dine Artfully Tonight ...**

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South end San Pedro  
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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!!!

ENGLISH	SPANISH	CREOLE
Kitchen	Cocina	Kichin
Night	Noche	Nait
Picture	Cuadro	Pikcha
Schedule	Lista	Taimtaybl
Calculator	Calculadora	Calkulayta

cool clothing

lenco pottery candles

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London Broil– Rib-eye steak with mashed potatoes, caramelized onions & gravy.

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**BANANA BEACH RESORT**





# Rainforest Home Remedies - Acne

*The Maya make use of a wide range of home remedies. These articles may include many different remedies for each ailment. The remedies selected make use of plants and products that are readily available or easily accessible with a little help from a friend.*

*Remember to always use common sense when trying any remedy. Be alert to side effects, allergic reactions or possible interactions between herbs and drugs you may be taking, especially if you are pregnant.*

## Acne

The Maya never used to have much of a problem with acne, but life has changed for all of us on the planet. So I wasn't surprised when a young Maya woman showed up at my clinic doorstep. She had the worst case of acne I had ever seen.

She was nineteen and had had acne since she was thirteen. She had tried various prescription medications and over-the-counter anti-acne cream products without success.

Since acne has roots not only in hygiene but in diet, poor eating habits, stress, hormones, toxins and acids in the blood, I asked her to sit down so that we could talk about her life in general. After a month of the following treatments, and changing her eating habits, this young woman's acne nearly vanished.

**Massage** – The neck and shoulders are areas where many of us hold tension. The resulting tightness of the muscles slows the circulation of blood to and from the face and head, causing stagnation and a pooling of impurities. The body tries to eliminate the impurities through the pores, which then become blocked. To relieve the tension and blood stagnation, the Maya healer performs deep muscle massage.

**Detox Herbs** – To clean the impurities from the blood, take an herbal detox formula daily for ten days, then rest ten days, then repeat. You can purchase one of the wonderful herbal formulas available, or you can make one yourself. Some blood-cleansing herbs – the roots of yellow dock, burdock, and dandelion – are easily found in North America. Try whichever one you can find, and feel free to combine more than one.

You can take these herbs as teas or tinctures. As a tincture, take one dropper in a half-glass of tepid water before meals, three times daily for ten days, rest ten days, then repeat until you see sufficient improvement.

To make a tea, boil a cup of chopped root in a quart of water for ten minutes.

If you can't find the fresh roots, a tea can be made by boiling three teaspoons of the dried root powder in three cups of water. Steep the tea for twenty minutes and take one cup before meals three times daily for ten days, rest ten days and repeat as many times as necessary.

From the Kitchen

**Brown Sugar and Lemon** – Combine the juice of one lemon with a teaspoon of brown sugar and mix well. Clean face with soap to remove makeup and lotions, and apply the mixture directly to the face. Let it dry on the face for twenty minutes and then rinse off with tepid water. Repeat twice daily for at least two weeks.

**Raw Egg Yolk** - Spread raw egg yolk on the face and allow to dry for ten minutes, and then wash off with plain water. Repeat this daily for thirty days then twice monthly after that. Repeat occasionally if necessary.



## Ancient Wisdom

**Change Your Diet** - A diet of simple foods is essential. Eat five servings of fresh, yellow, vitamin A-rich fruits and vegetables daily.

**Chew Your Food Properly** - **Be sure to chew your food thoroughly while it is in your mouth. Properly chewed food digests easily and cuts down on the blood acids that end up coming out through the pores of the skin.**

*Rainforest Home Remedies, by Rosita Arvigo & Nadine Epstein, can be purchased in most bookstores or gift shops in Belize. This column is not intended to be a guide for self-treatment of a medical problem or as a substitute for qualified medical advice. As with any health problem, a qualified physician should be consulted before taking any medication. Articles re-printed with permission from the author.*

**The Pier Lounge**  
Beachfront @ the Spindrift Hotel  
**World Famous Chicken Drop**  
Wednesday & Friday Nights at 6:00 pm  
Support the Public Library!  
Proceeds from the 2nd game on Fridays go to the Library!

**Friday, April 1st**  
**APRIL FOOLS DAY**  
8 p.m. after the Chicken Drop  
**Crazy Hat Contest!**  
PRIZE FOR CRAZIEST. MOST COLORFUL. BIGGEST & SMALLEST

**Watch the March Madness Final 4 & Championship, April 2nd & 4th on our 42" Plasma TV**  
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on the Caribbean's Edge

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Hol Chan/Shark Ray  
Mexico Rocks/Tres Cocos  
Every Day 9am & 2pm  
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(Located Straight Down From The Airstrip On The Beach!!)

Pearl Creations



# Be Sure Not To Miss...

## Cuisine

It's as varied and rich as the many cultures that together make up Belize. Belizean food can be as peppery and fiery as the heat of the tropical sun, or as cool and refreshing as the crystal clear Caribbean waters that wash the Belizean shores. There are many restaurants specializing in fresh seafood (lobster and conch are plentiful and inexpensive when in season) and the Belizean national dish (spicy stewed chicken, served with a delicious rice and bean combination cooked with coconut milk.) Mexican, Italian, and Chinese food are also available, as well as pizza. The best bargains in town are the freshly made tacos, rice and beans sold by the street vendors in the evenings, and the Lions Club steak and chicken barbecue held every Friday and Saturday night. Customary tipping is no less than 10% of your bill.



## Water Sports

The clear turquoise waters (which average 79-84 degrees) and the proximity of the barrier reef make Ambergris Caye a favorite destination for divers and snorkelers. The most popular destination is Hol Chan Marine Reserve, located four miles southeast of San Pedro. The ocean floor ranges from five to thirty five feet, so both divers and snorkelers have the opportunity to swim in what seems like an underwater aquarium, teeming with colorful tropical fish of all sizes and types and beautiful coral formations. The "cut" (channel) leading out to sea functions as a "fish freeway" for many of the larger fish, including giant groupers, barracuda, sea turtles and nurse sharks, a timid and unaggressive shark species.



Other nearby dive/snorkel locations include Mexico Rocks, Palmetto Reef, Sandy Point Reef, San Pedro Cut and Coral Gardens.

A favorite of both scuba divers and snorkelers is the Sand Bar, more often referred to as Shark and Ray Alley. Hundreds of stingrays of all sizes meet here, often accompanied by families of nurse sharks. Shark Ray Alley is not far from Hol Chan, and only a few minutes by boat from San Pedro.

There are many fishing guides on the island who can provide you with a rewarding day on the water, and each month offers a unique fishing opportunity. Other water sports available are wind surfing, parasailing, sailing and jet skiing.

## Day Trips



Local tour guides offer a wide variety of day trips. Often half the fun is the adventure of just getting to your destination point! Some favorite trips include manatee watching, bird watching, exploring Mayan ruins, trips to the Mainland, snorkeling and beach barbecues. Your hotel should be able to help you arrange a day trip or you can check with the many tour shops downtown.

## Night life

The town has several bars and two full-fledged discos for dancing. San Pedro is a laid-back town, and most of the activity happens near the waterfront.

# Captain Morgan's Belizean Buffet

Continued from Page 5

member "Punta Girl." As the drum beats gain speed Punta Girl demonstrates the traditional Punta dance, which is a fast, hip-shaking dance that is done on her toes. The crowd can not resist the intoxicating beat and many find themselves dancing too. After the music there is a Limbo contest for the children and adults participate as well.

In an interview with Malcolm Poulton, the Customer Relations Director for Captain Morgan's, Mr. Poulton told *The San Pedro Sun* that they are thrilled to share the Belizean culture with their guests. "Many of our guests are visiting for a short amount of time and there is no way that during that time they can experience all that Belize has to offer. It is our goal to give them a bigger picture of this beautiful country by sharing some of the traditional arts, foods and music with them. We have guests from many of the neighboring resorts attend this evening as well, and everyone just loves it!" he said.

The evening is a great time for families as well and offers something for everyone. Visitors can travel to Captain Morgan's Resort by boat or golf cart and the all-you-can-eat buffet is reasonably priced at only \$17.95 BZ per person. Captain Morgan's also offers a Mayan barbecue on Thursday nights. For a great night of food, music, culture and dance *The San Pedro Sun* recommends that you check out this fun filled evening. For more information please call 226-2207.



## MOONDANCER

### WE ARE GOING THROUGH AN EXTREME MAKE-OVER

MoonDancer will be closed at 5:00pm on Saturday, April 2nd.

We will be renovating during April so we can create a better shopping experience for our valued customers.

All lay-away payments and pick ups can be made at SunDancer.

We apologize for any inconvenience.

**\*Pescador Dr.**  
**\*Moondancer Tel: 226-3126\***  
**\*Sundancer Tel: 226-2948\***

Pearl Creations



# Foods that heal - Banana

The banana is one of the oldest known fruits. Some idea of its antiquity may be derived from many of the myths about it. One old belief is that the fig leaf worn by Adam, of Adam and Eve, was actually a banana leaf. In support of this, an early writer reported that in Ceylon in the fourteenth century the natives called bananas "figs." Another myth is that of the serpent in the Garden of Eden was hidden inside a bunch of bananas and in result one of the banana varieties is called Apple. Regardless of their age, the creamy, rich and sweet bananas are a favorite fruit of everyone to enjoy.

Bananas are one of the top sources of potassium; it is an essential mineral for maintaining normal blood pressure and lets the heart function properly. Since the average banana contains a whopping 467mg of potassium and only 1mg of sodium, a banana a day may help prevent high blood and protect against Arteriosclerosis. In a number of studies, rich foods such as the bananas that contains potassium lowers blood pressure. For instance, researchers tracked over 40,000 American male health professionals over four years to determine the effects of diet on blood pressure. Men, who eat potassium rich foods and foods high in magnesium, are less likely to die of a stroke.

Bananas have long been recognized for their antacid effects that protect against stomach ulcers and ulcer damage. In one study, a simple mixture of banana and milk significantly suppressed acid secretion. In an animal study, researchers found that fresh bananas protected the animals' stomach from wounds.

Bananas are useful in many ways, the substances in them help activate the cells that compose the stomach lining, so they produce a thicker protective mucus barrier against stomach acids. Two, other compounds in bananas called protease inhibitors help eliminate bacteria in the stomach that have been pinpointed as a primary cause of stomach ulcers.

Bananas can replenish your stores of potassium, one of the most important electrolytes, which helps regulate heart function as well as fluid balance. In addition, bananas are a good source of pectin, a soluble fiber that absorbs fluid, thus helping to normalize movement through the digestive tract and ease constipation. Pectin is combined with a good supply of starch, supplying complex carbohydrate for slow-burning energy.

Mama may have told you carrots would keep your eyes bright as a child, but as an adult, it looks like fruit is even more important for keeping your sight.

Data reported in a study published in the June 2004 issue of Archives of Ophthalmology indicates that eating three or more servings of fruit per day may lower your risk of age-related macular degeneration (ARM).

In a study, which involved 77,562 women and 40,866 men, researchers evaluated the effect of study participants' consumption of fruits; vegetables; the antioxidant vitamins A, C, and E; and carotenoids on the development of early ARM or neo-vascular ARM, a more severe form of the associated with vi-

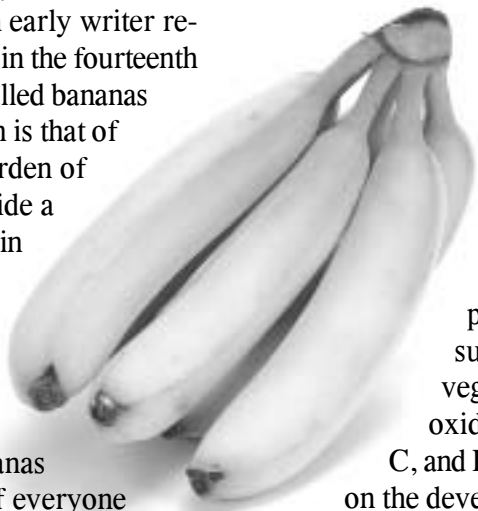
sion loss. Food intake was collected periodically for up to 18 years for women and 12 years for men.

Bananas are good for babies; they are in fact the first solid food given to infants. Bananas are easy to digest and are a favorite snack because they have no fat and very few babies are allergic to bananas.

Green bananas should be selected for cooking or ripening, yellow ones should be selected for eating and brown-speckled ones should be used for baking breads, muffins and cookies. As the

bananas ripen, they will taste sweeter because the starch in the fruit will turn to sugar. You can toss bananas in you cereals, salads, yogurt, salsa, smoothie or shakes.

You should store your bananas over the counter at room temperature until they reach the ripeness you desire, then you can store them in the refrigerator. The peel of the fruit will darken in the refrigerator but the banana inside will remain firm and delicious. To ripen a banana faster, it should be put in a brown paper with an apple or tomato.



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★ 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 ★

While the focus at Capricorn is its fine food and good spirits Capricorn also features *only* 3 cozy, private, air-conditioned cabanas right on the beach. Each cabana is complete with high ceilings, large private bath, shower made for 2, and a porch with its own hammock for relaxing! Any and all tours can be arranged!

Breakfast is included. Beach bar is open all day everyday!

★ boutique ★

Capricorn has expanded to include a uniquely distinctive boutique, featuring original designed one of a kind jewelry made with stones from all over the world as well as local artists' jewelry and unique gifts.

Lunch served daily 11-2pm ★ Dinner 6-9pm

'Anytime' bar snacks served all day everyday ★ Closed Wednesday Nights Only

Reservations suggested 226-2809





# Old Belize

Continued from Page 4

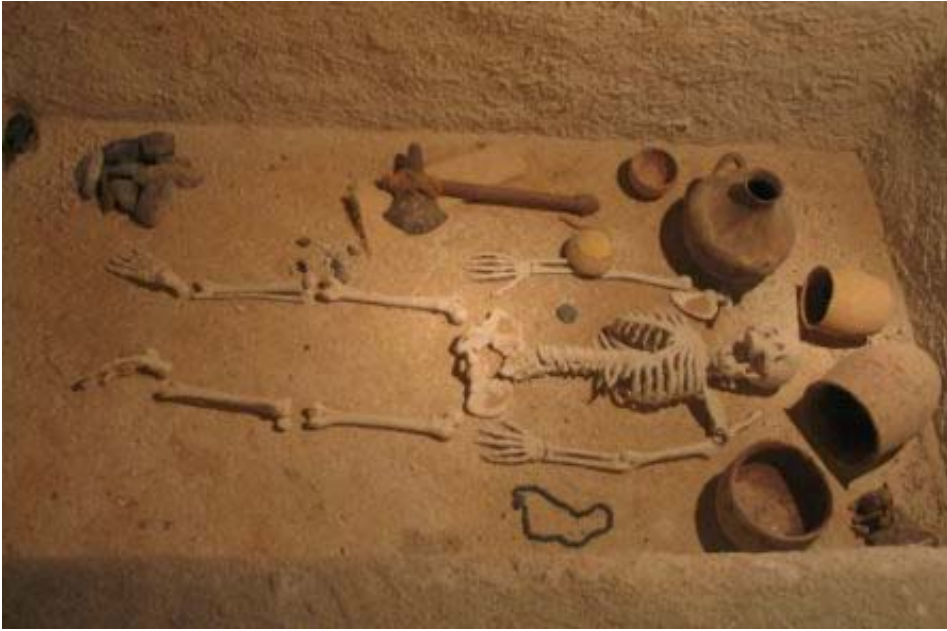
you explore the exhibits you have a sense of being there, experiencing what Belize once was.

Old Belize also offers a truly Belizean gift shop with a variety of Belizean souvenirs that includes hand carved ornaments, books, music CDs, local wines and numerous other locally made items.

There is no need to bring a packed lunch to enjoy the Center, as Old Belize also features one of the country's largest restaurants, the Sibun Bite Bar and Grill. Nestled against the shoreline of the Cucumber Beach Marina, and adjoining the Old Belize museum, the Sibun Bite Bar and Grill offers unparalleled cuisine in a relaxing and scenic atmosphere. Visitors can unwind and enjoy a quiet seaside dinner or just relax at the fully stocked bar.

Old Belize is located at Mile 5 on the Western Highway in Belize City. The Center is open from Tuesday to Saturday from 8:00 a.m. to 4:00 p.m. and on

Sunday and Monday from 10:00 a.m. to 4:00 p.m. For further information visit [www.oldbelize.com](http://www.oldbelize.com) or call 222-4286.



Replicas of Mayan remains offer a glimpse of Belize past.



The influence of logging and other aspects of Belizean life are portrayed at the Old Belize Cultural and Historical Center.

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#### Condos/Homes & Commercial Property

**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.

**Middle St Home (P36)** Fenced lot with 4 BR, 1 BA upstairs and lower level suited for commercial use. \$225,000US.

**Stained Glass Pub (M57)** Stained Glass Pub - a profitable restaurant with an excellent opportunity of becoming a San Pedro landmark. Priced to sell at \$196,000US.

**Exclusive opportunity! (M47)** Beachfront property at Palm Bay Club consists of a 16'x 20' wooden house which offers all the amenities for a comfortable, yet rustic life in a unique setting among a tropical jungle and blue Caribbean waters. \$125,000US.

#### Raw Land

**Palmero Point (M50)** Lot #40 - 125' x 135' - Big and lush lot several rows off the beach. \$16,000.00 US. 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 Pedrito Area (R39)**. Each approximately 416 Sq yds. A small wooden house and an unfinished concrete structure also convey. Everything for only \$175,000.00US. Very motivated seller. Make an offer!!!

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

**Escalante Subdivisión** - Lots 50' x 75' starting at \$30,000US.

**Caye Caulker (J25)** 4 acres with 240' of beach front, beautiful cleared and filled land. \$425,000.00 US.

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



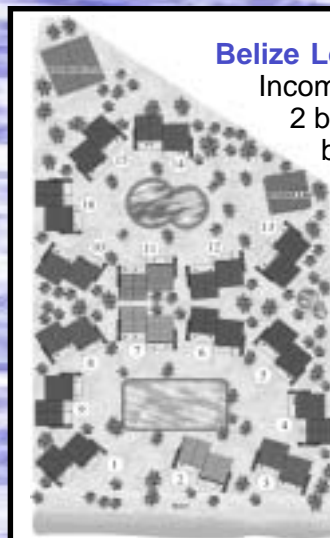
**Tara Del Sol** - Luxury Oceanfront condominium. Last unit in Building #1. Featuring open concept Living/Dining/Kitchen area fronted with floor to ceiling windows giving panoramic views of the Caribbean Sea and the Barrier Reef.

Starting at \$379,000 US



**Casa Palmera** - Quality built 1400 s.f. home features 2 bedrooms, 2 bathrooms, custom kitchen, vaulted ceilings in the living area and a sea view. A 1 bedroom self contained apartment sits on the lower level.

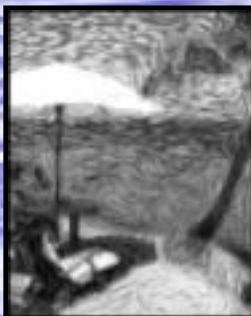
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Monday, Tuesday & Wednesday 6pm

Free SALSA classes with Happy Hour  
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Open Daily 6am-8pm  
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Located between Crazy Cancuks Bar & the Air Strip

## San Pedro Family Fitness Club



## SAME Picture

## Wolfe's Woofers by Dennis Wolfe

### It's A Thermos

"Is Dulce home?" Vianney called from the front door.

"No, she's decorating for a wedding," I said. "She should be back in an hour or so."

"O.K." she said. "I'll come back later."

"Wait a minute," I said. "What is that?"

"Oh, this is a thermos," she said. "A thermos keeps hot things hot and cold things cold. I bought it at the yard sale over at Tim and Tina's house."

"I know what a thermos is, Vianney," I said. "It is just an unusual design. Most of them are long and slender with little openings for pouring things in like coffee or cold drinks. Yours is one of the short ones with the wide mouth so you can fill it with soup or stew."

"I can use it for soup?"

"Sure. Those little thermoses are great. You can use it for keeping hot things like soup or cold things like iced tea or a soft drink."

When Vianney returned that afternoon Dulce was home.

"What is that?" Dulce asked her.

"Oh, this is a thermos. It keeps hot things hot and cold things cold. I am taking it to work with me this evening."

"I know what a thermos is," Dulce said. "It is just an unusual design."

What do you have in it?"

Vianney said, "I have soup in it and two Ideals and some ice for my soda."

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## Trivia Tidbits

\*A lightning bolt generates temperatures five times hotter than the 6,000 degrees centigrade found at the surface of the sun.

\*The average person takes from twelve to eighteen breaths per minute.

\*The world chicken population is more than double the human population, while the world cattle population outnumbers the population of China.

\*If you drove a car from Earth at a constant speed of 100 miles per hour, it would take about 221,000 million years to reach the center of the Milky Way.

\*Ninety percent of all species that have become extinct have been birds.

\*The caterpillar has more than 2,000 muscles.

\*Termite queens are fertilized regularly by the same mate for life, unlike bee and ant queens, whose male partners die after the first and only mating.

\*Gardenias and orange blossoms both smell terrific, but when placed together in the same bouquet, they will neutralize each other's odor and there will be no smell at all.

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- ❖ **Eden Park Villas** luxury 2000 ft<sup>2</sup> 2 bedroom beachfront now selling!
  - Palms \$450,000
  - Paradiso \$495,000
  - Imperial \$ 595,000
- ❖ **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.
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- ❖ **Holiday Lands** beach lot 100ft x 150 ft \$300,000.
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- ❖ **Boca Ciega** beach lot 75ft x 130 ft \$150,000 - Sold.
- ❖ **Punta Arenas** 200ft beach front 3 acres \$425,000 - Sold.
- ❖ **Playa Blanca** beach lot 60ft x 106 ft \$140,000. - under contract.
- ❖ **Rocky Point** 2 x1250ft 15-acre beach front parcels.
- ❖ **Boca Ciega 4.5 acres** 170ft beach front. \$350,000.
- ❖ **Buena Vista Point** ocean view 75ft x 150ft \$94,000.
- ❖ **Palm Bay Club.** Beach lot 50ft x100ft. \$35,000 terms.
- ❖ **Laguna Estates** Ocean front 60ft x 100ft terms.
- ❖ **Laguna Estates** ocean view lots from \$20,000.
- ❖ **Laguna Estates** commercial tracts & islands Inquire!
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*Private Snorkel Trips & Private Dive Instruction*

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With us there are no  
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You know how many

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**Luna** Ambergris Caye's latest trendy restaurant, is now open.  
Serving Palm Tree Cuisine, a fusion of Central American and  
Caribbean delicacies, **Luna** offers a selection of fresh local seafood,  
tender meats and exotic vegetables prepared by  
our renowned chef.

Menu selections include: Jerk Seared Sea Scallop Crouton,  
Smoked Oyster Bruschetta, Spinach Pesto Goat Cheese Salad,  
Rib-Eye Steak Argentino, Almond Nut Crusted Grouper,  
White Chocolate Pudding laced with a cardamom anglaise sauce,  
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**Luna** boasts an atmosphere of relaxed elegance and style,  
with inventive cuisine in an enchanting setting.

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