

THE SAN PEDRO SUN VISITOR GUIDE

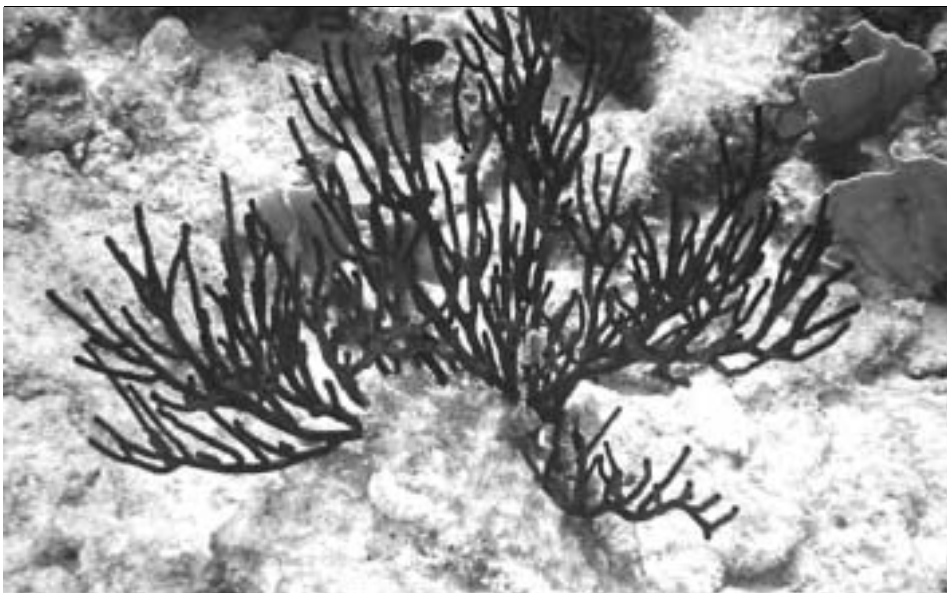
The Island Newspaper
Ambergris Caye, Belize
Central America

April 28, 2005

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Where did you read your San Pedro Sun?

Dyan and Rick Bourne, avid fans of both Nascar racing and *The San Pedro Sun*, have been visiting San Pedro annually for the last nine years. They are pictured here with a copy of the “Sun” at the Texas Motor Speedway in Fort Worth, Texas, U.S.A.



Where did you take your *San Pedro Sun & Visitor Guide*? Take a photo of you and the paper and send it to us at: spsun@sanpedrosun.net. Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken.

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.

The San Pedro Sun is mailed everywhere.

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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 Garinagu 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

What's in a Wetland?

The Crooked Tree Wildlife Sanctuary

Contributed by the
Belize Audubon Society

The Crooked Tree Wildlife Sanctuary has been in the news recently due to illegal clearing of land within the boundaries of the Sanctuary in the Black Creek area. This has brought attention to the issue of development without proper authorization from permitting agencies and disregard for legislation including the Environmental Protection Act, the National Parks System Act and the National Lands Act. In

addition, the incident has raised interest over the purpose and role of the Crooked Tree Wildlife Sanctuary. In fact questions such as, "What is the issue over removing some trees and why protect that swamp?" have been asked.

For the Belize Audubon Society (BAS), which manages the Crooked Tree Wildlife Sanctuary (CTWS) and eight other protected areas on the behalf of the Government (Forest Department is the agency mandated with management of protected ar-

eas), and people of Belize, the questions provide an opportunity to share with the public the complex role that the wetlands of the Crooked Tree Wildlife Sanctuary play in supporting human activities and wildlife, and the importance of the Sanctuary as a Ramsar site.

In this article, wetland is defined as being "marsh, fen, peatland or water, whether natural or artificial, permanent or temporary, with water that is static or flowing, fresh, brackish or salt, including areas of marine water the depth of which at low tide does not exceed six meters." Locally, these areas are often referred to as swamp lands - areas to be developed through dredging and infilling. Throughout the world, wetlands receive little or no consideration in terms of their importance as an economic valuable resource as it is difficult to put a dollar amount on their contribution to human activities.

However, the story of the wetlands of Crooked Tree Wildlife Sanctuary tells of the valuable resources that lie within. Crooked Tree Wildlife Sanctuary's story begins high up in the Maya Mountains where water winds its way down through the Belize River Watershed. The watershed includes major rivers such as the Chiquibul, Mopan and the Macal. Water traveling from the Belize River makes its way to the creeks and lagoons of the Crooked Tree Wildlife Sanctuary. It is here in the Crooked Tree



Birds and cattle share the lush lands at the Crooked Tree Wildlife Sanctuary.

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Visiting Crooked Tree Wildlife Sanctuary

For those looking for a short trip on the mainland that you can do in a night or two, the Crooked Tree Wildlife Sanctuary (CTWS) is an easy adventure that offers a “bird’s eye view” of Belize. “Birding Heaven” - the wetlands of Crooked Tree Wildlife Sanctuary are a birdwatcher’s dream. Located 33 miles northwest of Belize City and just 2 miles off the Northern Highway, the Crooked Tree Wildlife Sanctuary provides an opportunity to view some of Belize’s magnificent wildlife. Established in 1984 for the protection of resident and migrant birds, the sanctuary consists of a network of inland lagoons, swamps and waterways. During the dry season, thousands of birds congregate here, taking advantage of the food resources, and migrants find a safe resting spot on their spring migration back to the north.

The variety of habitats in the Crooked Tree area provides food and homes for a diversity of fauna. Within the logwood swamps roost the nocturnal Boat-billed Herons as well as Chestnut-bellied Herons and Bare-throated Tiger-Herons. Two species of ducks, the Black-bellied Whistling-Duck and the Muscovy, nest in trees along the swamps. Over the open water you will find many birds feeding on the abundant food resources the lagoons provide, while Rosette Spoonbills share shallow grazing waters with Brahma cattle. Snail kites, feeding exclusively on apple snails, the beautiful Snowy and Great Egrets fishing along the shoreline, all five species of Kingfishers, as well as Ospreys and Black-collared Hawks diving toward the water’s surface for a catch, are only a few of the birds that can be seen. Black Creek, with its large trees, provides a home for Black Howler Monkeys, Morelet’s Crocodiles, Coatimundi and several species of turtles and iguanas. Also finding a home at the sanctuary are large Wood Storks, who stand dwarfed by the Jabiru Storks. Jabiru Storks are the largest flying birds in the New World, having a wing span of 10-12 feet. Belize has the largest nesting population of these great birds in all of Central America. The storks arrive in November to nest in the lowland pine savannas. Two pairs are known to nest within the sanctuary. After the young fledge and during the months of April and May, the birds from the northern and central parts of Belize congregate at Crooked Tree and Mexico lagoons. When the rains come, the birds leave to return again the following November.

To explore the sanctuary you can travel the miles of waterways aboard a guided boat tour. The small, quiet boats navigate easily on these shallow waters and the guides are skilled at spotting wildlife. Their knowledge is extensive and they sight birds that you would never find on your own. Even the smallest Pygmy Kingfisher does not go undetected. You can also explore the area through a system of boardwalks which allow you to walk through the

lowland savannah and logwood forests, with observation towers providing views across the lagoons. These boardwalks are the longest elevated interpretive boardwalks in the country.

Within the sanctuary is the village of Crooked Tree, established during the logwood era in Belizean history. Crooked Tree Village is over 300 years old and is possibly the oldest community in Belize. Because of its relatively easy accessibility by boat, Crooked Tree was one of the first inland villages. Until recently however, Crooked Tree was still only accessible by boats which traveled up the Belize

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BC's Beach Bar & BBQ-Amongst San Pedro's Finest!

It was once a modest local bar that served sandwiches on home baked bread; now BC's Beach Bar and BBQ has evolved into one of San Pedro's "land mark" establishments. Over the years not only has the bar gained notoriety as the place to meet and mingle, but their Sunday barbecue is known by locals and Ex-pat's as one of the best on the island.

It all began years ago, when Mr. and Mrs. "BC" (Bruce Johnston, the "B" in BC's and Charlene Woods the "C"), would entertain guests at their home on Sundays with a barbeque. The weekend party became a regular event and very popular with their friends, who raved about the delicious food. Eventually they decided to make a business out of their popular barbecue and seven years ago the long-time San Pedro residents opened BC's on a piece of scenic beach front close to the downtown area. The bar, housed under a large palapa is open and inviting to all. It wasn't long before the San Pedro community discovered that their barbeque was "finger lickin' good", returning Sunday after Sunday for more of the delicious grilled food. Now, as a long time island tradition, Charlene is proud to say that her barbeque is served EVERY Sunday, come rain or shine!

What makes their barbeque so good? Charlene tells us that credit must be given to the late Jackie Devine, who was instrumental in helping with the recipes. She states that over time they have worked on perfecting them, and what better testimony than from the customers who frequent BC's? Last Sunday *The San Pedro Sun* asked their customers why they loved BC's. Between bites of juicy barbecued meat and sticky-finger licking, they had nothing but great things to say.

Harriette Fisher has been enjoying BC's barbeque for the last three years. She commented that when she has family and friends visiting, BC's is where she takes them. Ms. Fisher has had her daughter and friends along for the afternoon of food and fun. One of her favorites is the shrimp, which she says you have to get there early for because it sells out fast.

One couple that was visiting the island came to try the food after their dive guide recommended it. They gave the meal a "two thumbs up" and said it was well worth the wait. Another couple, that shared the table with them, came because locals, as well as their dive guide recommended it. As they waited for their meal they watched with envy as their tablemates enjoyed their meal.

Mike Kuhn, a long-time resident had called ahead and ordered his barbeque to take out. He has been eating at BC's since the beginning and enjoys the bar (as well as the food), which he said is a great place to socialize. He had ordered the barbecued chicken and commented that there was enough food for



The lovely Charlene and staff of BC's always serve you with a big smile.

him and his young son to call dinner. San Pedro resident, Dulce Wolfe, exclaims that BC's has the best service in the world. "They know what I want before I even sit down at the bar, and the locals, as well as tourists, are treated like royalty," she said.

At a table situated right on the beach, two couples enjoyed their meal. One of the couples, from Park City, Utah, USA, told *The San Pedro Sun* that they had first tried BC's a year ago when visiting "La Isla Bonita". They are back again this year with friends from New York, and that they had come to the barbeque the last two Sundays. They had even rented a golf cart at Captain Morgan's Retreat just to come into town for the meal. Their friends, who

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JUNGLE

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River and Black Creek. A 3 1/2 mile causeway now connects the village with the Northern Highway. Crooked Tree village is famous for its large mango and cashew trees.

Tourism is the fastest growing industry in the Crooked Tree area. Today many of the villagers still engage in traditional small scale farming, livestock rearing, and subsistence farming but increased visitation to CTWS and its visitors center has prompted some villagers to invest in the development of tourism and services. Bed and breakfast facilities can be made available upon request. A few resorts and lodges also offer excellent accommodations, guided tours and meals, including the Crooked Tree Resort Ltd., Crooked Tree Lodge, Chau Hiix Lodge and Bird's-Eye View Lodge.

The Bird's Eye View Lodge is located right on the water. The lodge is Belizean owned and operated and offers colorful and comfortable accommodations in single, double, triple and quadruple occupancy. Each of the units has a private



Just another of the exotic birds that inhabit this great sanctuary

h o t / c o l d shower combination and dormitory-style accommodations are also available. All meals and box lunches are available on the premises, served in a lovely, well-appointed dining area. The second floor

open patio offers a beautiful view of the lagoon, where arm-chair bird watching can be done at your leisure. For those who wish to enjoy the lagoon's beauty on their own, canoe rentals are available. In addition, the Bird's Eye View's knowledgeable staff provides nature walks and horseback riding and can arrange for day trips to the nearby Lamani and Altun Ha Mayan ruins. CTWS also contains a Maya site, Chau Hiix, with a central pyramid which rises almost 80ft above the flat lagoon landscape.

There are a variety of ways to get to Crooked Tress Wildlife Sanctuary. You can rent a car in Belize City and drive there easily. The Bird's-Eye Lodge also offers transportation from Belize City or you can travel by bus through Novelo's Bus Service or Jex & Sons Bus Service. Jex & Sons Boat Tours also offer educational and entertaining trips in and around the sanctuary.

For more information about traveling to the Crooked Tree Wildlife Sanctuary please call the Belize Audubon Society at 501-223-4434 or go to their website at www.belizeaudubon.org.



A visitor enjoying the easy ride through one of the many narrow waterways

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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!

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Coconut Beach - \$120,000 US– Home sites available north on Ambergris Caye. These 100'x200' sites are on some of the prettiest beach on the island. Sites available are 2A, 3A, and 8A. Call or stop by for a map. Price is per site.

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/\$285,000 US – 80' beachfront home sites with bulkhead, native vegetation, high ground. Interior sites also available.



BUTTONWOOD

Description: A slender, much branched shrub to 1.5 to three meters tall; branches shiny; leaves 7-14 centimeters long by 3.5-7 centimeters wide; flowers in greenish or white spikes each three to seven centimeters long and 2.5 millimeters thick.

Habitat: Forests, old fields, roadsides and backyards.

Traditional Uses:

All species of *Piper* may be used for herbal baths. In cases of *aches, pains, rheumatism, swellings, skin conditions, fatigue, and sleeplessness*, boil a large double handful of freshly picked leaves in two gallons of water; allow to cool to very warm and bathe by soaking in tub or pouring over body using a bowl as a scooper. Roots of all varieties of this plant family are used to alleviate *toothaches* – dig up a portion of root; mash into a poultice and apply over gum area and retain. As first aid for *snakebite*, boil a piece of root equal to length of the victim's forearm in three cups of water for ten minutes, and give to victim to drink while being transported to the hospital or snake doctor. Also for snakebite, boil

nine mature leaves in three cups of water for five minutes and drink one cup before meals. Mash leaves and drink cold for *headache, constipation*, and as a *sedative*. For women with *menstrual cramps* or *delayed menses*, soak 20 minutes in a sitz bath before bedtime for three consecutive nights.

Research Results:

Dried bark of this species, in a methanol extract, showed molluscicidal activity against snails at 50 PPM (Dominguez S. and Alcorn 1985). Spasmolytic activity in guinea pig ileum was reported using a water extract of fresh leaf and stem at .033 milliliter per liter (Feng et al. 1962). This same reference reported that an ethanol extract (95%) showed spasmolytic activity in guinea pigs, and vasoconstrictor activity from a similar extract in rats. Hypertensive activity in dogs was shown in water and 95% ethanol leaf and stem extracts at a dose of 0.1 milliliter per kilogram (ibid.). The species is known to contain triterpenes, steroids (Dominguez S. and Alcorn 1985), proteids, alkaloids (Durand et al. 1962), and sesquiterpenes (Achenbach et al. 1984).

Spanish Elder (English)

Cordonsillo (Spanish)

Scientific Name: *Piper amalago*

Plant Family: Piperaceae

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San Pedro's Largest Gift Shop

The Fine Beauty of Black Coral

Contributed by Ron Mudd



Earrings made of precious black coral.

One of the natural beauties of the deep sea that has attracted jewelers and collectors alike around the world is Black coral. Black and brown coral (*caralium nigrum*) is a semi-precious “living” organism that is a relative of the better-known pink and red corals. Most Black coral is found at depths of one hundred and fifty feet and below and is authenticated by its concentric growth rings and occasional brown pigmentation.

Black coral grows in the crystal clear waters of Belize upon the deeper shelves of the largest Barrier Reef in the Western hemisphere. And because Black coral only grows one-quarter to one-half inches in diameter every one hundred years, it is a protected species, and the government of Belize regulates the harvesting of Black coral to guarantee its survival. Only the pieces allowed to be harvested are those that have already been broken off. “King Coral”, as it was sometimes referred to in the 17th century, was coveted by royalty as a protection from evil spirits. It is considered to have the same good luck properties today.

The Little Old Craft Shop is one the original gift shops on “La Isla Bonita,” and one of the few stores authorized and licensed to deal with the precious Black Coral according to Susy Zetina, store manager and wife of Ricardo Zetina who started the business approximately twenty-five years ago. Susy explained to the San Pedro Sun that in addition to selling the earrings, bracelets, and necklaces of their own creation, they do custom designs for clients and sell Black Coral to customers all over the world. She also said that Black Coral can only be sold or exported in its finished form and cannot be sold or exported as it is found in the sea. When Black coral is smooth and shiny, it has a simple elegance that is appreciated by jewelers, collectors and tourists alike.

Like most businesses that deal in rare and beautiful objects, they don’t like to reveal their resources. But the Sun was told that their source of Black Coral doesn’t come from the island of San Pedro. Apparently it comes from the coastal fishing village of Sarteneja, Corozal, located in the north of the mainland, north of San Pedro Town and facing the Bahia Chetumal.

But “The Little Old Craft Shop” doesn’t just sell the beautiful Black



Carlos Zetina cuts a “raw” piece of black coral in the Little “Old Gift Shop.”



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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★ boutique ★

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Quetzalcoatl and the Lost Belizean Treasure

The Mayan Priest/King "Quetzalcoatl," the most powerful figure in Central American mythology, includes in his name the shy Quetzal bird, native to the Mayan highlands.

The Resplendent Quetzal is considered the most spectacular "New World" bird, according to Howell and Webb the authors of *A Guide to the Birds of Mexico and Northern Central America*.

The Quetzal is grouped with Trogons, a pantropical family of brightly colored forest birds that eat jungle fruits. The Quetzal's head is slightly crested, its belly is red and it has extremely elongated, filmy upper-tail convert plumes that extend up to 24 inches beyond the tail's tip. The Quetzal's bill is yellow and this colorful, intense blue-green bird's colors change with the light from golden green to violet blue.

The Resplendent Quetzal's feathers crested the headdresses of Mayan rulers and can be seen depicted in glyphs left by the Mayans at Lamanai, Xunantunich and Caracol (popular archeological sites in Belize). Mesoamerican legend credits "The Plumed Serpent," Quetzalcoatl for bestowing corn on humankind. The plumes of this mythical god, like the equally esteemed bird, symbolize wealth, status and agricultural abundance. Throughout the realm, Quetzal feathers were given and accepted as precious tribute. Feathers were plucked from trapped Quetzals, which were then released to grow new ones. Killing a Quetzal brought a death sentence in ancient Mayan cultures!

Homage to this iridescent bird endures in the name of the Guatemalan monetary unit, the Quetzal, yet the bird's population is in crisis throughout Central America. The first blow came from the English during 19th century British Honduras. Stuffed Quetzals were shipped to European admirers and, as late as 1950, the feathers of the Quetzal were a vogue accent to American ladies' hats in New York. Today conservationists struggle to save the bird's habitat, which is falling to cropland, cattle pasture and logging. Belize is now considered outside the Quetzal's territory by over fifty miles. The Quetzal prefers some altitude and humid evergreen forest, although its current range of cloud forest above 1400 feet is most likely



due to forest destruction at lower altitudes and its attempt at being inaccessible to hunters of its plumes. The Quetzal's migratory habitat is unique in that it is vertical, indicating it is abnormal and probably a retreat from feather harvesters. It nests in rotten tree stumps and spends most of its time in the forest's upper canopy. Just southwest of the Belizean border, Guatemala has given sanctuary to the Quetzals retreat in its "Sierra de paz Minas" Biosphere Reserve. Created in 1990, this reserve covers 584,000 acres of prime Quetzal habitation in the Mayan Mountains. This same mountain range extends into Belize but this Belizean territory is devoid of Quetzals due to lack of enforcement of this country's conservation laws. Belize is a young country with wonderful opportunities but not the means to enforce their laws, unlike Quetzalcoatl, who would have had a poacher's head on display for killing a Quetzal.



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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. 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 Polyclinic II - 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

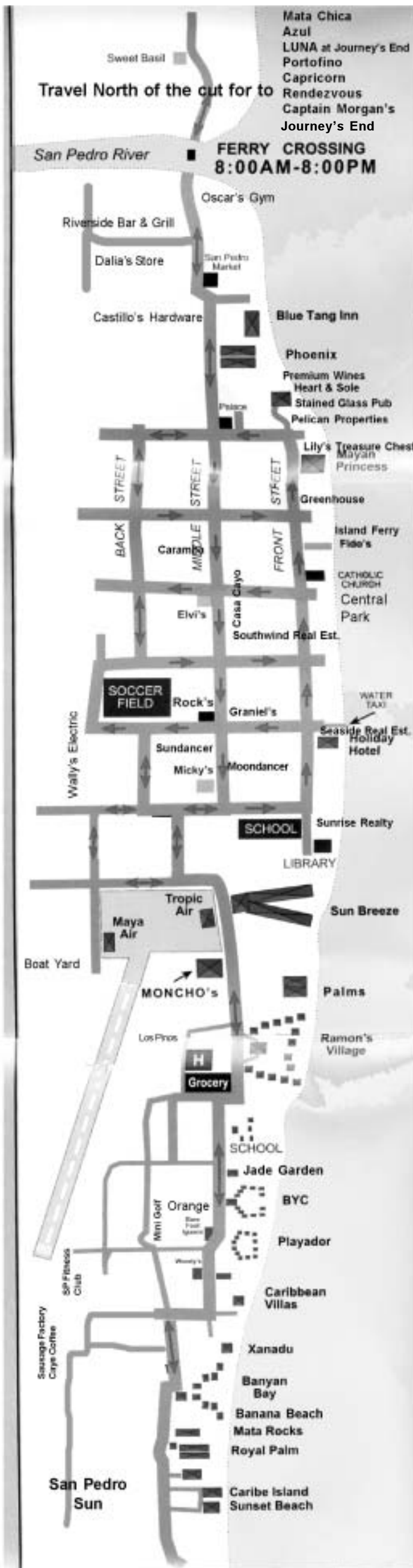
Miscellaneous

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

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SAILSPORTS BELIZE - Windsurfing, kite sailing and sailing. The latest equipment and expert instruction makes it easy to learn. 226-4488 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

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

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

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

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.

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.

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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 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.

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.

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

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.

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

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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.

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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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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

Our National Tree: *The Mahogany*



The Mahogany Tree (*Swietenia Macrophylla*) is one of the magnificent giants of the forest. Rising straight and tall to over a hundred feet from great buttresses at the roots, it emerges above the canopy of the surrounding trees with a crown of large, shining green leaves.

In the early months of the year, when the leaves fall and new red-brown growth appears, the tree can be spotted from a great distance. The tree puts out a great flush of small whitish flowers – the blossom for dark fruits, which are pear-shaped capsules about six inches long. When the fruits mature they split into five valves, freeing large winged seeds that are carried away by the wind. They fall on the shaded protection of the forest floor and germinate to begin a new life cycle. The mahogany tree matures in 60 to 80 years.

British settlers exploited the forest for mahogany, beginning around the middle of the 17th century. It was originally exported to the United Kingdom in the form of squared logs, but shipment now consists mainly of sawn lumber.

The mahogany tree forms part of Belize's Coat of Arms. The motto "Sub Umbra Floreo" means: "Under the shade (of the mahogany tree) I flourish."



Standing by the trunk of the tree showcases the majesty of our national tree, the Mahogany.

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Condos/Homes & Commercial Property

Belizean Shores - Located 3.5 miles north of San Pedro Town Center - beautiful resort - great investment! All units fully furnished. Upper and Lower units available. Price starting at \$175,000US

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.

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

Club Caribbean - off the beach lots starting at \$15,000US.

Holiday Lands (M53) Parcel 2615 - measures approximately 78' x 72', only two rows off the beach. Asking price \$60,000US.

Holiday Lands (M54) Parcel 2622 - measures approximately 54' x 100', only one row off the beach. Asking price \$60,000US.

Flying Fisherman (D16) lot 300' off the beach, measures 50' x 78'. Only \$19,000US.

Spanish Reef - lots off the beach starting at \$13,000US.

Palm Bay Club (M49) Lot #94 - 3rd row lot, 100' x 90'. \$16,000US.

Paradise Coves (W23) Located 3 miles north and only 150' from the sea, this property has a septic system, 20,000-gallon cistern and a concrete foundation awaiting completion. An excellent investment in this desired area. \$120,000US.

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

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

BC's Beach Bar & BBQ

Continued from Page 5

were trying BC's for the first time, rated the meal and service as "Top Notch." They commented that even though the wait was a bit long the service was excellent and that the food was well worth the wait.

If you do have to wait it is only because good food takes time to prepare. Charlene explains that they do not pre-cook their meat or have it sit for hours on the grill. Each barbeque is grilled when it is ordered, assuring that the meal is fresh and at its tastiest. For those who want to eat without much of a wait they should come early, or they can call ahead and place their order to take-out or eat at one of the beachside tables. For those who are just looking for a laid-back afternoon on the beach, you can come and enjoy a couple beers, chips and salsa or nachos while you wait. Always keeping the customers needs a top priority, the attentive staff keeps the beers coming while you wait.



Visitors enjoy BC's finger lickin' BBQ in paradise.

BC's success can only be attributed to their excellent service and consistently outstanding barbeque. During the week they also serve more traditional lunches and their Tuesday lunch special is grilled bacon cheeseburgers. You can also come and enjoy the live music of Dennis Wolfe on Thursday nights. If you are planning a party or special event BC's also caters, which is a great way to feed your hungry guests!

Bruce and Charlene couldn't be happier with the size and success of their business.

Come and see for yourself what many already know, BC's is the place to be! Bartender Ernie, who has worked there for seven years, will offer you the best service in town, with a smile of course!

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***\$15 pitchers of Belikin draft [3-6pm only]**

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...live, real, 'right-on', righteous reggae rhythms, 5-9pm...

+ Dj Chabo in the mix! (with Nuff productions) 9pm to close!

FREE, whilst they last, spicy lime tequila jello shots for the ladies

never a cover charge or drink price increase for the shows

bands start by 8:30pm

TACKLE BOX...is located over the water in the heart of san pedro off of the san pedro water taxi pier at the end of black coral street...

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Wood-fired Pizzas

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The meaning of your DREAMS

Superstitions about Dreams and Meanings of Dreams

WHEN you had the dream is just as important as what the dream is about. Dreams at night are a devil's delight. Dreams in the morning, heed the angels' warning.

Airport

In a dream the sight of a busy airport represents the desire for freedom and/or travel.

If the airport is empty and deserted your own travel plans will be changed or delayed.

Angels

A favorable dream forecasting success, protection, happiness, and rewarding friendships.

Baby

To see a baby in your dream signifies innocence, warmth and new beginnings. A love affair may be blooming for you in your near future. You will also make new and fun friends.

If a woman dreams she is nursing a baby, she will be deceived by the one she trusts the most.

Bed

To dream of a clean, white bed denotes the end of worries.

If a woman dreams of making a bed, there will soon be a new lover in her life.

Birth

If you dream of death it's a sign of a birth, if you dream of birth, it's a sign of death.

Cats

Dreaming of a cat is a generally unfortunate omen and it shows treachery as well as a run of bad luck.

Cats attacking you represent enemies; if you succeed banishing them you will overcome great obstacles and rise in fortune and fame.

Dancing

To dream that you are dancing means that some unexpected good fortune will come to you.

Deceased Persons

If you should dream of a deceased person and this person speaks only to you, pay close attention to what the spirit is telling you as it could be very important to you.

To dream of seeing a deceased person is normally a dream of warning, and it tells you that the influences around you at this time do not bode well for your affairs, and you should not enter into any binding contracts or verbal agreements.

Diamonds

To dream of owning diamonds is a very promising dream signifying great honor and recognition from high places.

Face

To dream of a smiling face signifies pleasant new friends, experiences, and/or financial gains.

To dream of unpleasant or grotesque (unless amusingly so) faces mean loss.

To dream you are washing your face denotes a necessity to agree for some past indiscretion; better make amends!

To see the faces of strangers signifies an approaching change of residence.

Falling

To dream of falling indicates a loss of emotional equilibrium or self-control. It may represent your insecurity, a lack of self-confidence, a fear of failure or an inability to cope with a situation.

If you fall a long distance in your dream and get hurt, be prepared for really hard times ahead; but if you fall and are not injured your upsets will be minor and temporary.

Dine Artfully



Tapas
Bar
Pastas
& Martini Lounge
South end San Pedro



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Includes: bar-b-que chicken dinner, access to the pool & more!
\$15 per person or \$40 per family (2 adults, 2 children ages 2-14 years)

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- Ping Pong & Volleyball
- Poolside Grill
- Pilates, Aqua, Yoga, Hip Hop & Toning Classes

Free Training in the Gym from 5pm-8pm Mon. Tue. & Wed.
Certified & Experienced Instructors & Trainers

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Located between
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What's in a Wetland?

Continued from page 3

wetland that the lagoons and creeks play their critical role - "as a huge water storage area for the Belize River when it is in a flooded state. When extensive rainfall causes high-stage floods, water is forced backwards up Black Creek and into the Crooked Tree wetland complex of Northern, Western and Revenge Lagoons, filling the inundation area, then flooding the adjacent pine savanna, and backing up Spanish Creek. Once the river flow is back to normal, the stored water then drains back into the river through Black Creek." (Crooked Tree Wildlife Sanctuary Draft Management Plan) This function was clearly evident in the aftermath of Hurricanes Mitch and Iris.

In the wet season, without the basin effect (holding water and emptying some to other areas) of the Black Creek area for the Belize River, extreme

flooding would occur in habituated areas along the Belize River Valley. During the dry season, when all the other lagoons and creeks have dried up, it is the Black Creek area which maintains water to supply to other areas. The role of wetlands extend further than just regulating the flow of water as they also act as water purifiers trapping pollutants and sediments from entering other waterways, including the sea. Wetlands are also considered to be the greatest supply of freshwater, in a world where freshwater supplies are quickly dwindling.

Changing the ecological character, for example removal of vegetation from the riverbank, effluent discharge or excessive extraction of water from the lagoons and creeks, and other uncontrolled human activities can negatively impact the supply of water for human

uses as well as destroy critical wildlife habitats. The recent case of vegetation removal poses a threat of erosion of the soil at the river's bank edge, which could block natural passageways and impede the flow of water limiting the supply of water to other lagoons and creeks. This would particularly affect the Crooked Tree community, which depends on the Crooked Tree Lagoon as their primary water supply source, which feeds the water table. The wetlands of Crooked Tree also provide food needs through subsistence fishing.

The community, however are not the only ones dependent on the water within the Crooked Tree Wildlife Sanctuary as the Sanctuary "provides for critical habitat for wildlife" (CTWS Management Plan) with thousands of migratory and local water birds, including the Jabiru (CTWS has the highest population) and Wood storks, flocking to the CTWS to feed on fish found in the lagoons. In fact, "317 bird species are known to use Crooked Tree, approximately 55% of the 574 bird species recorded in Belize." (CTWS Management Plan) This provides a great opportunity for eco-tourism small businesses by the community, particularly for bird-watching tours.

It is in recognition of these complex roles and unique features of the wetlands of the Crooked Tree lagoons and nearby creeks that the Crooked Tree Wildlife Sanctuary was declared a protected area in 1984. The Sanctuary is approximately 16,400 acres of waterways, logwood swamps and lagoon. Its boundaries include the Crooked Tree Lagoon Area comprising 300 feet wide land from both shores or banks of Calabash Pond, Revenge Lagoon, the creek which connects Revenge Lagoon to Crooked Tree (Northern) Lagoon, Western Lagoon, Poor Hall Creek, Spanish Creek Lagoon, Southern Lagoon, and Black Creek. It also includes a strip of 300 feet wide measured inland from the eastern shore of Crooked Tree (Northern) Lagoon. The Sanctuary boundaries also incorporate the Mexico and Jones Lagoon area encompassing 300 feet wide strips measured inland from the high water mark of both Eastern and Western shores of the lagoons. CTWS boundaries also subsume all submerged lands beneath the waterways, but exclude any lands leased or granted which lie within the area. Boundaries can be verified with the Belize Audubon Society or the Forest Department. The National Parks System Act is also an excellent refer-

ence point for verifying boundaries of any protected area.

CTWS is not only nationally acclaimed, but internationally as well as in 1998, the Sanctuary was declared Belize's first and only Ramsar Site, identified for its international importance for waterbirds. Under the Ramsar Convention, CTWS qualifies as a "site of international importance for conserving biological diversity." Of important note, the Ramsar Convention on Wetlands encourages "wise use" of Ramsar sites. Wise use is defined under Ramsar as "human use of a wetland so that it may yield the greatest continuous benefit to present generations while maintaining its potential to meet the needs and aspirations of future generations." It is an important distinction as it seeks to preserve traditional uses in a sustainable manner. The Forest Department and Belize Audubon Society is currently working with the Crooked Tree community to ensure that traditional use, specifically fishing, is maintained in a sustainable manner.

However, unsustainable activities, such as the removal of vegetation from the edge of the Black Creek area, requires rehabilitation of the destroyed ecosystem, if wise use practices are to be maintained. For the Black Creek area this will require reforestation of destroyed vegetation. The clearing of land to the edge of any waterway is contrary to the National Lands Act, which requires a sixty-six feet reserve to be left. This is a preventative measure against erosion as well as protecting public access. Developers should not consider environmental legislation such as the sixty-six feet reserve as a hindrance to their development, but as a support system for their investment, preventing financial loss from unforeseen environmental changes. For example, erosion can quickly destroy investment into roads and destruction of protected areas can lead to decrease water quality for waterways from which development may be accessing water. The wetlands of the Crooked Tree Wildlife Sanctuary must therefore be carefully managed if they are to continue functioning as a valuable resource to the community and wildlife.



The large Jabiru takes flight over the marshy wetland

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Reef Brief

by Green Reef Peace Corp
Volunteer, Kristen Stelljes



Reef Week 2005

The Hol Chan Marine Reserve's Reef Week 2005 was a spectacular success this year. It started on Monday, April 18th with a primary school competition that gave standard five students the opportunity to test their knowledge on Hol Chan, coral reefs and mangrove ecosystems.

The participants were:

Alfonso Wiltshire & Nikisha Gongora from St. Peters
Emmanuel Samos & Sherry Lynn Bodden from RC School
Gaby Miranda from New Horizons Academy
Michelle Nunez & Lexy Kjorline from Island Academy
Alex Escalante & Ruben Gonzales from LIFE

The winners:

1st place: Lexy Kjorline from Island Academy

2nd place: Michelle Nunez from Island Academy

3rd place: Emmanuel Samos from RC School

Thank you to all those who participated this year! Everyone did a wonderful job. Thank you to our sponsors for providing exciting prizes for the students: **Caribena Enterprises, Tropic Air, Castillo's Hardware, Harmouch Hardware and Captain Shark's.**

Tuesday, April 19th and Thursday April 21st: Students from Island Academy, LIFE and St. Peters came together to clean the San Pedrito area. The students worked very hard and cleaned an extensive area, afterwards enjoying a hard earned lunch provided by Town Council. Thank you to Mayoress Elsa Paz and her foreman, Mr. Carmen, for all their help and co-operation.

The coral reef puppet show on Wednesday, "El Cofre de Piratilla," was a

highlight for many students. The professionally done show was performed by Ms. Alejandra, an actress from Mexico City who travels with staff members from Cancun's National Park and Banco Chincorro to educate children about

the importance of the coral reef. Thank you to all the schools that were able to attend the performances!

Reef Week culminated in a celebration of Earth Day on Friday, April 22nd with displays and games at Lion's Den, highlighting the Hol Chan Marine Reserve and all the sea creatures found in the reserve. Thank you to all the schools who were able to experience Earth Day with us!



Alejandra delighting the crowd with her puppets



Schoolchildren explaining their displays and observing others' school presentations.



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Beauty of the Black Coral

Continued from page 8

Coral jewelry and other objects d'art; they have fine collection of wood sculptures produced locally and a colorful display of masks from Guatemala plus an assortment of other interesting knick-knacks.

So, the next time when you are in San Pedro and need that special gift for that special someone, stop by "The Little Old Craft Shop" and browse around and take a look at this truly rare and beautiful treat from the bottom of the sea.

"The Little Old Craft Shop" is located on Front Street, across from the San Pedro Tourist Information Office.

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Help support San Pedro Schools

"To educate is to redeem", is certainly what the administration of the New Horizon Seventh Day Adventist School is instilling in their students. September 1997, the SDA school board members had a vision; this was to offer education services to the community of San Pedro. They started with approximately thirty students, at a building in the San Juan area.

Presently, with its relocation to the Escalante Sub-division, and a newly built Adventist church, it accommodates one hundred and ninety students from infant one to standard six. The school is a private, non-profit organization managed by members of the San

Pedro Adventist Church.

In an interview with principal Miguel Hernandez, he stated that he is more than happy with his seven-teacher staff and the effort they put forth everyday to provide quality education to the children. There extra-curricular activities include football, volleyball, Bible lessons and other programs. The Seventh Day Adventist Church and the Belize Adventist Conference work hand in hand to provide financing for the school.

However, over the years, because the school has increased in the number of enrolled students, it has now become a concern, because the room/class space is limited. In an effort to alleviate the congestion in the classrooms, a palapa has been set outside the campus to better accommodate the children. Therefore, the school is asking the general public for financial assistance to help cover the expenses of



Children from New Horizon Seventh Day Adventist School pose under a palapa that is also used as a classroom due to overcrowding.

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

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 Virgina 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.

SPAIDS Commission - A non-profit organization that helps educate and inform the society in ways to help AIDS victims and their families.

San Pedro Public Library - A public service that helps promote the importance of literacy and education for the betterment of lives and the community. 226-3564.

building classrooms for the children. Anyone wishing to make a contribution or donation can call the school office at 226-4155 or e-mail newhorizon@hotmail.com. Please support education!

Their wish list includes:

Materials for construction: Cement, zincs, nails, lumber, sand and gravel.

School supplies: Chairs, desks, books, pencils, pens, exercises.

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Escabeche

- *1 chicken - 3 lbs
- *3 - 4 lbs onion
- *1 pt vinegar or little less
- *1/2 tsp thyme
- *6 - 8 spice seeds
- *8 - 10 cups of water
- *oregano leaves
- *salt and pepper to taste
- *2 plugs garlic
- *2 - 4 jalapeno peppers (whole)

1. Cut chicken into serving pieces and fry until evenly brown, then remove from pan or boil the whole chicken in the 8 - 10 cups of water with 1/2 tsp salt. Remove to oven to bake until brown. Then remove meat from bones. Save the stock for step 3.
2. Cut onions into thin slices and soak in vinegar and 1/2 cup water.
3. Pour water into a large saucepan and add the seasonings, and whole peppers and allow it to boil for 10 minutes.
4. Add the chicken and allow to boil for 10 minutes
5. Add all the onions and vinegar to taste.
6. Simmer for 5 minutes

Adopt A Buoy Program

The Ambergris Chamber of Commerce would like to thank all those businesses and individuals who have sponsored a buoy or promised to sponsor a buoy. We are still accepting sponsors. Please call the Chamber office at 226-3245 and ask for Jules Escalante to sponsor a buoy.

Ambergris Chamber of Commerce - 2 buoys

- Harriette Fisher - 2 buoys
- Lagniappe Provisioning - 1 buoy
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- B-Lease Management - 1 buoy
- Mary Van Husted - 1 buoy
- Mike & Daphne Ryan - 4 buoys
- Blue Water Grill - 1 buoy
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- Randy Lewis - 1 buoy
- Gecko Graphics - 1 buoy
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- David Nesbet - 1 buoy
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SAME Picture

Wolfe's Woofers by Dennis Wolfe

Mark! Mark!

"O.K. what's the problem now?" Dulce asked, when I arrived at BC's on foot.

"Is your golf cart broken down again?"

"Yeah, I'm stuck downtown," I said. "I wanted to use your golf cart to go home and get some tools."

"I'll give you a hand," Mark Pugh said. "Why don't I go to my house and get some tools and I'll meet you at your golf cart in about ten minutes?"

"O.K." I said. "My golf cart is on the street by Lino's Meats."

Twenty minutes later we were busily removing batteries from my golf cart to get to the accelerator controls. Behind us someone said, "Mark!"

"Huh?" Mark said, as he looked up.

Whoever was calling him certainly was not obvious. It was nearly lunchtime and the street was crowded but none of the people looked like they had been calling him. We went back to work.

"Mark! Mark!"

"What?!" Mark answered, as he looked around in frustration.

There was still no one on the street that either of us recognized. Twenty minutes later we were almost done. I was under the golf cart trying to put a nut on a bolt.

"Can you hand me that half-inch wrench?" I asked.

"Mark! Mark!"

"I don't believe it," I heard Mark say. "Dennis, you've got to see this."

I slid out from under the cart and the only living thing on the street was a hare-lipped dog about fifteen feet behind us.

"Mark! Mark!"



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Trivia Tidbits

*The blue fin tuna swims with its mouth partly open, relying on ramjet ventilation, unlike slower fish, which force water through their gills to remove oxygen and release carbon dioxide. Since seawater contains only about 2.5 percent as much oxygen it needs from the volume of water flowing through its mouth, the blue fin has proportionately one of the largest gill areas of any fish.

*Biologists have discovered that cockroaches can change course as many as 25 times in one second, making them the most nimble animals known.

*Some foods "explode" in the microwave due to trapped steam. Eggs, butter, and margarine have internal water that, when micro waved, turns to steam and splatters the food all over the inside of the oven. It is imperative to cover these foods well when microwaving.

*Cats are the only domestic animals that walk directly on their claws, not on their paws. This method of walking is called "digitigrade." When cats scratch furniture, it isn't an act of malice. They are actually tearing off the ragged edges of the sheaths of their talons to expose the new sharp ones beneath.

*The liquid inside young coconuts can be used as a substitute for blood plasma in an emergency. This was discovered by doctors in Fiji during World War II.

*Jupiter is the planet with the shortest day: slightly under 10 hours. However, its years are 12 times as long as ours.



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- ❖ **Mata Grande** 100ft x 200ft beach front \$225,000 - under contract.
- ❖ **Boca Ciega** beach lot 75ft x 130ft \$150,000 - Sold.
- ❖ **Punta Arenas** 200ft beach front 3 acres \$425,000 - Sold.
- ❖ **Playa Blanca** beach lot 60ft x 106ft \$140,000.- under contract.
- ❖ **Rocky Point** 2 x 1250ft 15 acre beach front parcels - \$1,100 per foot!
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Luna PALM TREE CUISINE

 Ambergris Caye's latest trendy restaurant, is now open.
Serving Palm Tree Cuisine, a fusion of Central American and
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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,
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