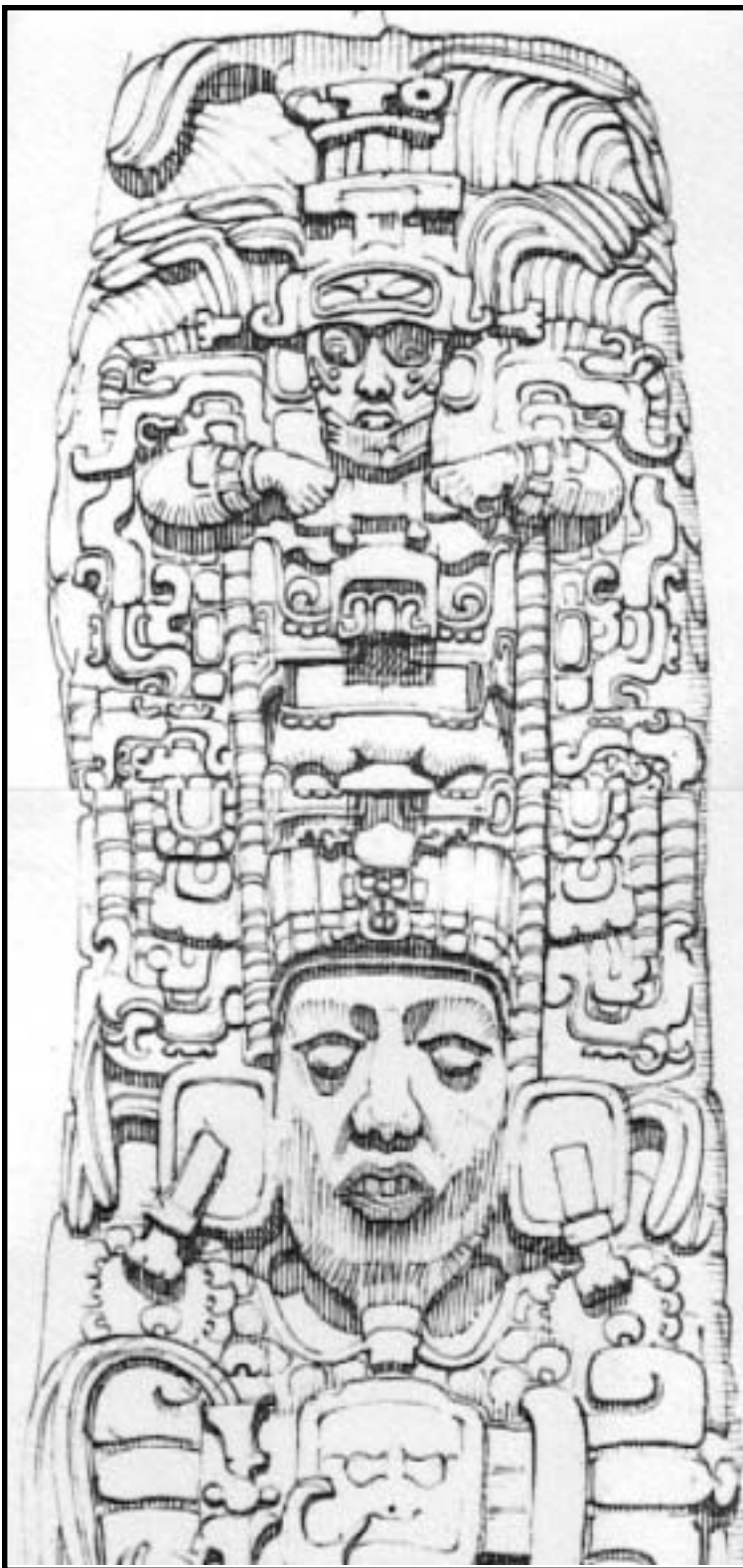


THE SAN PEDRO SUN VISITOR GUIDE

The Island Newspaper
Ambergris Caye, Belize
Central America

May 19, 2005

FREE



Documenting Mayan
History with art



Banquitas House of Culture-A glimpse of Belizean History



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Belize Tourism Board releases Travel & Tourism Statistics 2004

Press Release – Belize Tourism Board – May 16th, 2005 – The Belize Tourism Board has released its annual 2004 Travel & Tourism Statistics report. The report, which is a compilation of statistics on the Tourism Industry in Belize, contains sixty-two pages of data and summaries of statistical information collected in the travel and tourism industry. It is classified into four categories including Arrival Statistics, Hotel Statistics, Visitation Statistics to Selected Attractions and the 2003 Visitor Expenditure & Motivational Survey.

The Arrival statistics reflect data collection of visitors by category, visitors by month, visitors by origin and port of entry, cruise arrivals and total arrivals. The Immigration Department reported total visitor arrivals to Belize in 2004 were 1,082,268, an increase of 36% in total visitors compared to the 2003 figure of 795,770. In the category of Hotel Statistics, data reflected include number of hotels, rooms and beds; room occupancy; room revenue and rates; employment in the hotel sector; employment in travel trade and tourism revenue. Section three of the report provides a summary of data collected for 2003 on the visits to preferred attractions such as Archaeological Sites, Hol Chan Marine Reserve, the Belize Zoo, National Parks, the Community Baboon Sanctuary, and the Museum of Belize.

The last section of the report offers an insight into the reasons why people visit Belize, their spending patterns and

what motivates them to choose Belize as a vacation destination. This survey is conducted every three years with the most recent one completed in 2003. This information imparts data useful for mounting a tactical marketing plan aimed at areas that provides potential growth and economic benefit.

The tourism industry in Belize has garnered increased momentum from the local community and private sector, in the form of new investment, involvement and greater participation, comments Tourism Director, Tracy Panton. The data compiled on the industry draws out the significance and potential of tourism by providing information that can be used for analysis to the benefit of the stakeholders and the community at large, Panton went on to say.

The data was collected and compiled by the Belize Tourism Board, the Central Bank of Belize, the Archaeology Department, Belize Audubon Society, Department of Immigration & Nationality, Hol Chan Marine Reserve, the Belize Zoo and Tropical Education Center, and the Community Baboon Sactuary. The Travel & Tourism Statistical Report is an annual publication and can be purchased at the Belize Tourism Board.

For more information on the developments and events in Belize Tourism Industry, please contact the Marketing Department at the Belize Tourism Board at (501)-223-1913, via email: btbb@btl.net or visit us at our website www.travelbelize.org.

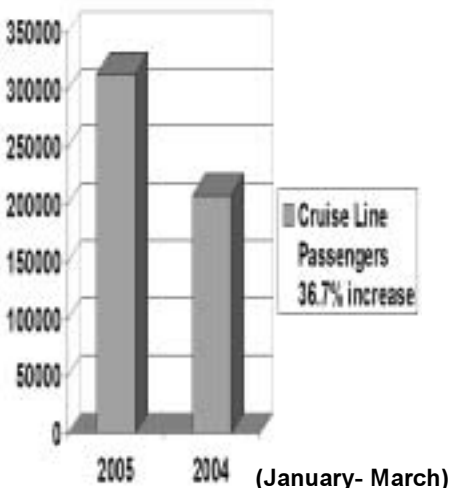
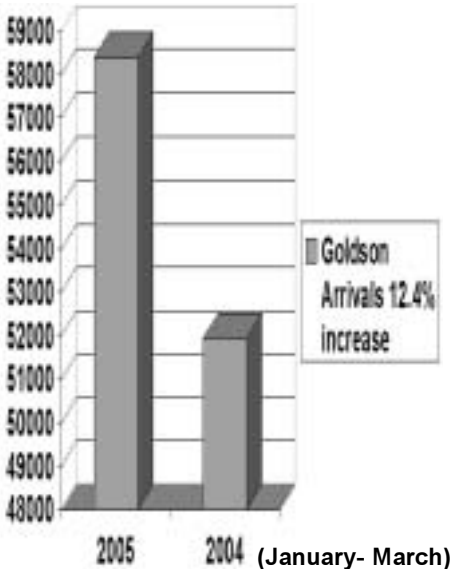
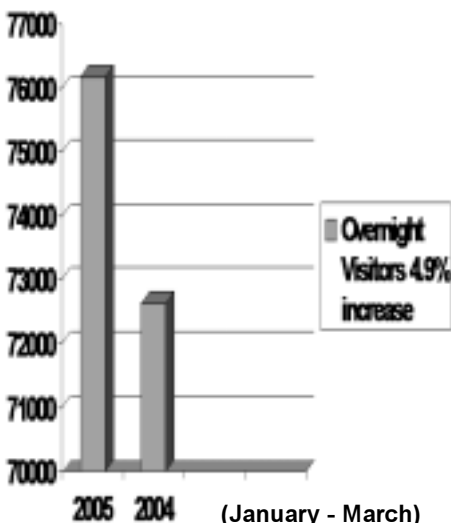
Tourism Arrivals Continue on Sustainable Growth Path

Press Release – Belize Tourism Board – May 11th, 2005 – The most recent report for total tourism arrivals (exclusive of cruise passengers), from all border points for the period January – March, 2005 recorded an increase of 4.9% percent over the same period in 2004. Belize was host to 76,179 overnight visitors, surpassing the 72,629 recorded in 2004.

The Philip Goldson International Airport, our main port of entry for overnight visitors, documented 58,398 visitors for January – March 2005 compared to 51,956 for the same period last year. This represents a 12.4% increase over the same period last year.

The cruise sector welcomed 165 ships to Belize’s port during the period January - March 2005, accounting for 314,243 passengers. This accounts for a 36.7% increase over the same period last year.

“Efficiency and output are fundamental principles at the Belize Tourism Board,” comments Tourism Director, Tracy Panton. “BTB will continue to work conscientiously to develop local and international initiatives in order to increase the country’s exposure as a first-class adventure destination. We are cognizant of the industry’s concerns on the negative impact to the sector during the recent shut down of the telecommunications network and we will continue to work in partnership with the private sector to minimize any prolonged effects. We have to remain vigilant and be able to initiate quick responses in times of crisis.”



The San Pedro Sun is mailed everywhere.

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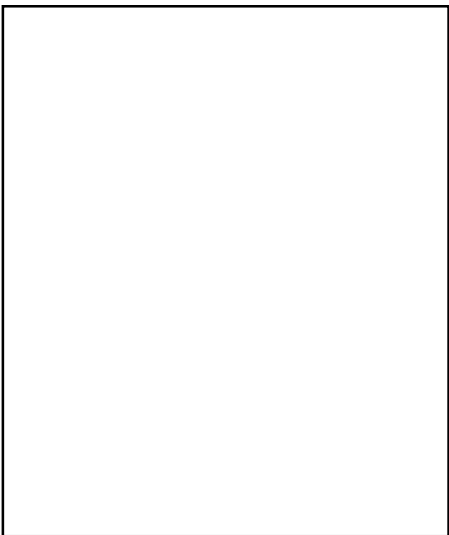
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More foreign subscribers than any newspaper in Belize!

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

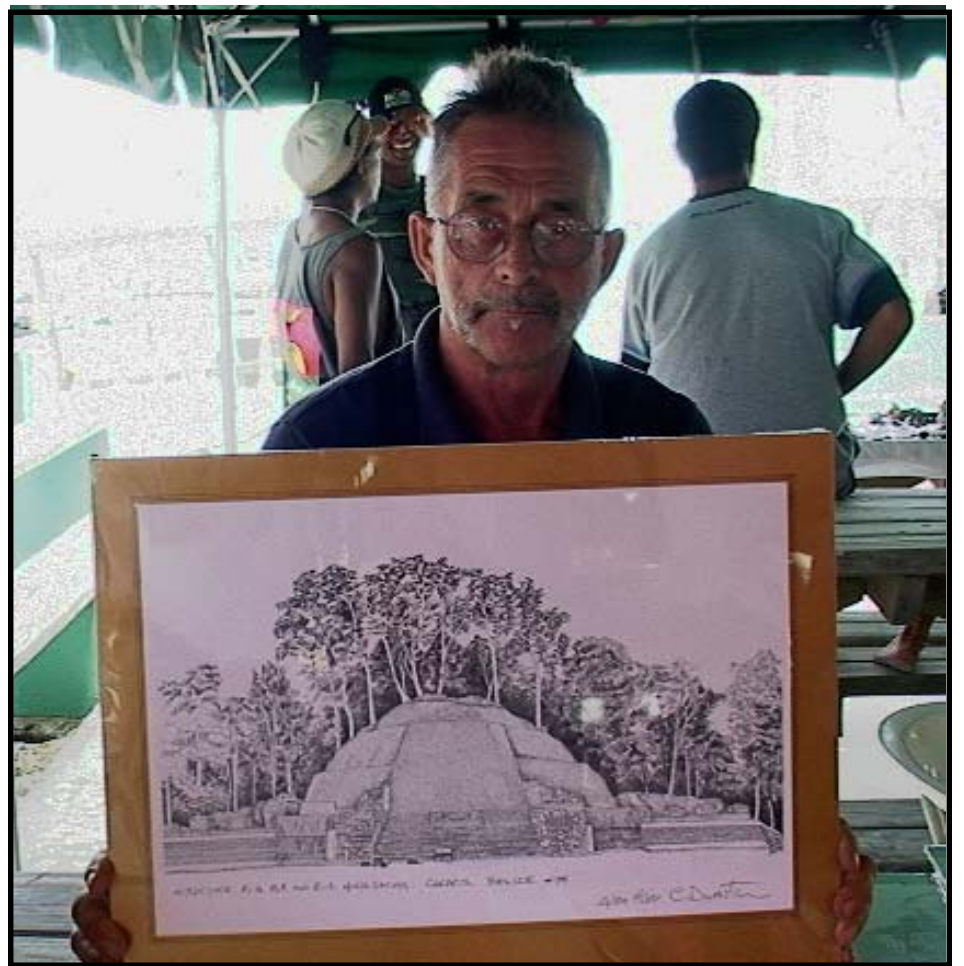
Henri Dunster – An artist's vision into the past

What started thirty years ago as a passion for drawing Mayan ruins and structures, are now being archived as historical records of artifacts that the toll of time has now erased. Some of Henri Dunster's life like renditions of pencil drawn reproductions of ancient Mayan structures are so exact, that they are truly the only remaining memory of these ancient creations. Dunster has become known for his ability to draw in a unique and amazing way, unlike any other artist in Belize and has the ability to draw photo-like detail. Some of his artwork is concentrated on the meaning and design, as it relates to the people and the land that is Belize. As a child, he was interested in art and had many mentors to spur him on. His inspiration came while he was teaching in Canada and saw a film of the Maya and their work. He then decided to pursue his interest, and he told *The San Pedro Sun*, "I was bitten by a pernicious bug to draw portraits of Maya ruins and views that get my attention."

Dunster has a total of a hundred and seventy four (174) drawings and hopes to extend his collection to even a greater amount. Over the years, he has lived in and out of Central America, particularly in Guatemala and Mexico, where he started producing drawings. The Archaeological Foundation officially recognized his work as one of the most detailed and most realistic portraits ever seen in Belizean history. In an interview with *The Sun*, he stated, "I was blessed with an incredible ability to record the detail information of a view, my vision as an artist gives me a wide angle to replicate a picture better than a camera would."

Recently, the Archaeology Foundation commissioned Dunster to produce a series of drawings, and some of them have already been archived for historical records. Dunster, who is semi-retired, now plans to document all of the Mayan structures in Belize. With recognition from the Archaeology Foundation, he is allowed free passage into archeological sites.

One particular portrait is a drawing he did of a Mayan ruin in Caracol, Belize. Mr. Dunster, who draws while on site, told *The Sun* it took him seven days to complete while sitting in the blistering sun and heat. Despite the elements, he is proud to say that the detail is very accurate, stating "I drew it stone for stone." Two weeks ago, Dunster exhibited some of his



Henri Dunster's drawings of Mayan ruins are so precise that recently, the Archaeology Foundation commissioned Dunster to produce a series of drawings, and some of them have already been archived for historical records.

artwork in the Cool Art and TasteFest in Caye Caulker, where his amazing talent impressed many. For more information Mr. Dunster can be contacted in Belmopan at 603-6179.



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What is Commonwealth Day?



Not only is Her Majesty Queen Elizabeth II's birthday celebrated this day, the Queen also broadcasts a Commonwealth Day message.

Commonwealth Day is an annual celebration held in the month of May, which is marked by a service in Westminster Abbey attended by Her Majesty Queen Elizabeth II. Also, it is celebrated nationwide as the birthday of Queen Elizabeth II. The Queen also records a Commonwealth Day message, which is broadcast by radio throughout the member nations of the Commonwealth. The modern Commonwealth, which has its origins in the former British Empire, today comprises 53 independent member states. Thirty-two members are republics, 16

have constitutional monarchies, which recognize HM Queen Elizabeth II as their Head of State, and five have national monarchies (Brunei Darussalam, Lesotho, Malaysia, Swaziland and Tonga).

Commonwealth Day is a day to promote understanding about global issues, international cooperation and the work of the modern Commonwealth, which is made up of 1.8 billion people in 53 independent states, or 30% of the world's population.

Commonwealth Day grew out of 'Empire Day', which was celebrated from

the time of Queen Victoria. Empire Day was changed to Commonwealth Day in 1958 and it is celebrated by all member nations. Belize is a member of the Commonwealth nations; as a result, the country observes this day as a public and bank holiday.

The day is celebrated in many different ways in each of the Commonwealth nations. Some cities host multi-faith services and many parliaments and legislatures mark the day with speeches and events. In Belize however, the day is celebrated with bicycle, horse races and other festivities.

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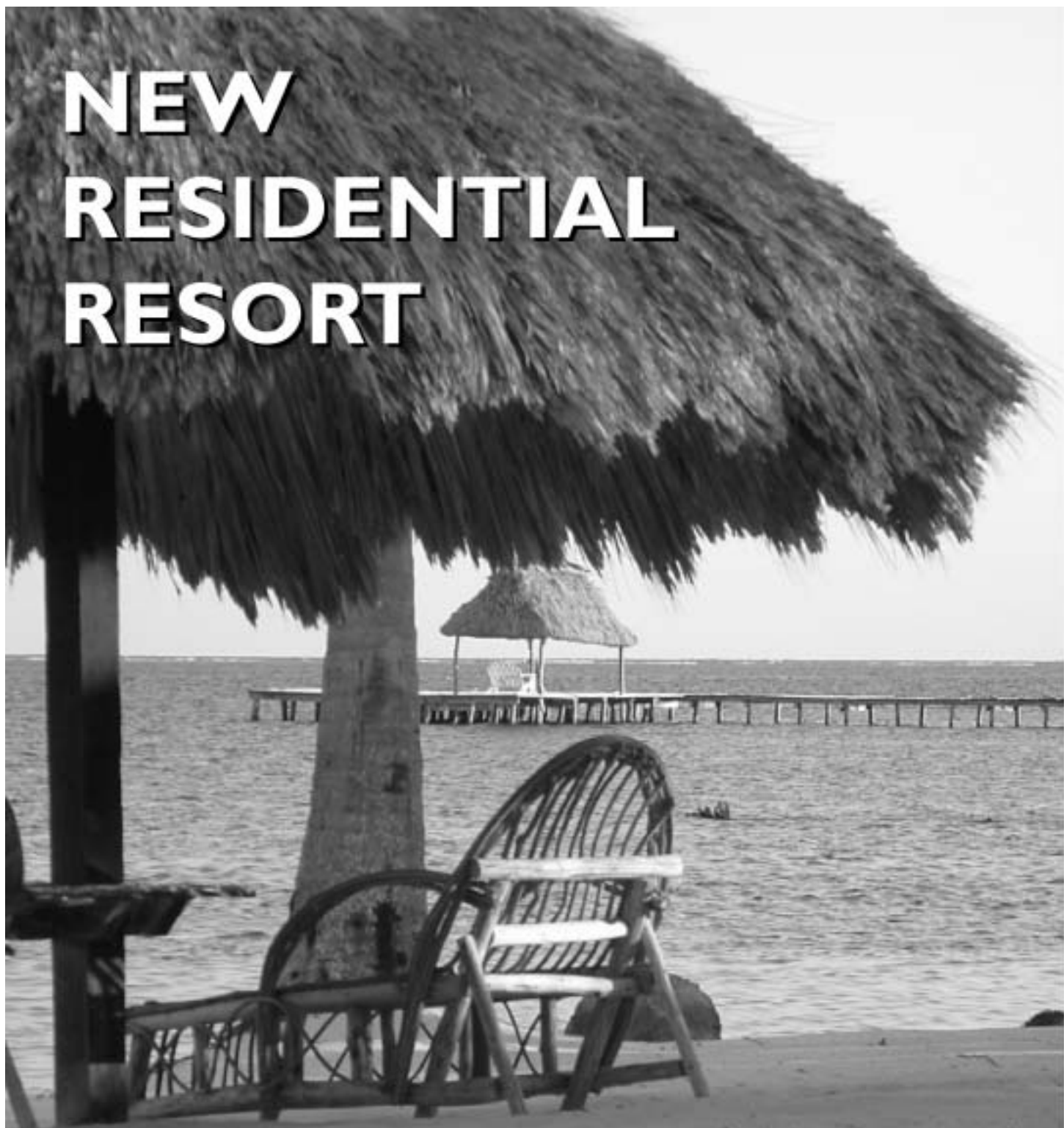
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NEGRITO

Negrito (Spanish)
Pa-sak (Maya)
Scientific Name: *Simarouba glauca*
Plant Family: Simaroubaceae

Description: Tree growing to 20 meters tall; branches many, long, crooked, with stem diameter up to 30 centimeters; branch bark smooth, gray; leaves leathery, with 10-20 leaflets, each five to ten centimeters long; flowers in large panicles, white, four to six millimeters long; fruit a drupe, 1.5-2 centimeters long, red, turning black

when ripe, with thick white pulp.

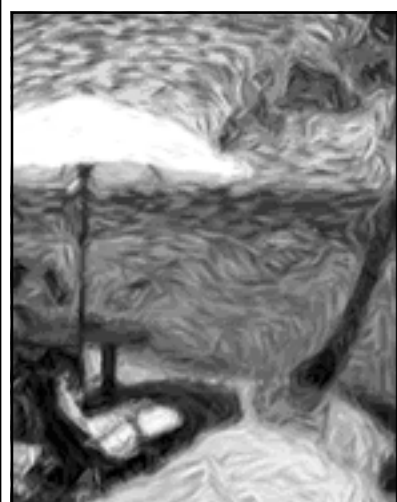
Habitat: Forests and roadsides.

Traditional Uses: Bark and root yield a powerful astringent used for *dysentery, diarrhea, hemorrhage, excessive menstruation* and *internal bleeding*. As a *tonic*, especially for stomach and bowels, boil a small handful of chopped bark in three cups water for ten minutes and use as tea or bath. Boil bark or root to wash *sores*.

The wood is used for house frames

and broomsticks.

Research Results: *Simarouba glauca* var. *latifolia* has shown activity against malaria in studies in chickens. A water extract was used at a dose of ten milligrams per kilogram, and a chloroform extract was used at a dose of 1.0 milligram per kilogram against *Plasmodium gallinaceum*; both showed strong activity (Spencer et al. 1947). The plant is known to contain triterpenes and lipids. The active principles are mixtures of degraded triterpenes (quassinoids, simaroubolides) (Farnsworth 1993).



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Sueño del Mar – A new concept in relaxed living

“Carefree Caribbean Living” is the slogan used by the latest up-scale property under construction on Ambergris Caye. *Sueño del Mar* is now showing a nearly completed model that demonstrates the exquisite quality that is going into every detail of this project.

Project manager Kevin Meyer recently provided a tour of the property which is located about 12 miles north of San Pedro Town. Accessible only by boat, you arrive at the 300 foot pier that leads to 500 feet of beach front property. Located near the Basil Jones Cut, the ocean view is among the best along the barrier reef, revealing the turquoise, blue and green hues of the Caribbean and offering quick access to snorkeling, fishing, diving and sailing.

Once on shore, you begin to realize the scope of the project. Located on 10 acres, the project will have over 16 buildings, most with four one and two bedroom residences. So far, one building is nearly complete with two units furnished and ready for show. They plan to have one building with four units completed by the end of the year, with two more buildings completed shortly thereafter.

The décor and layout might be described as traditional Caribbean. Meyer takes great pride in using Belizean supplies and labor as much as possible. Graniel’s Construction is the general contractor for the project.

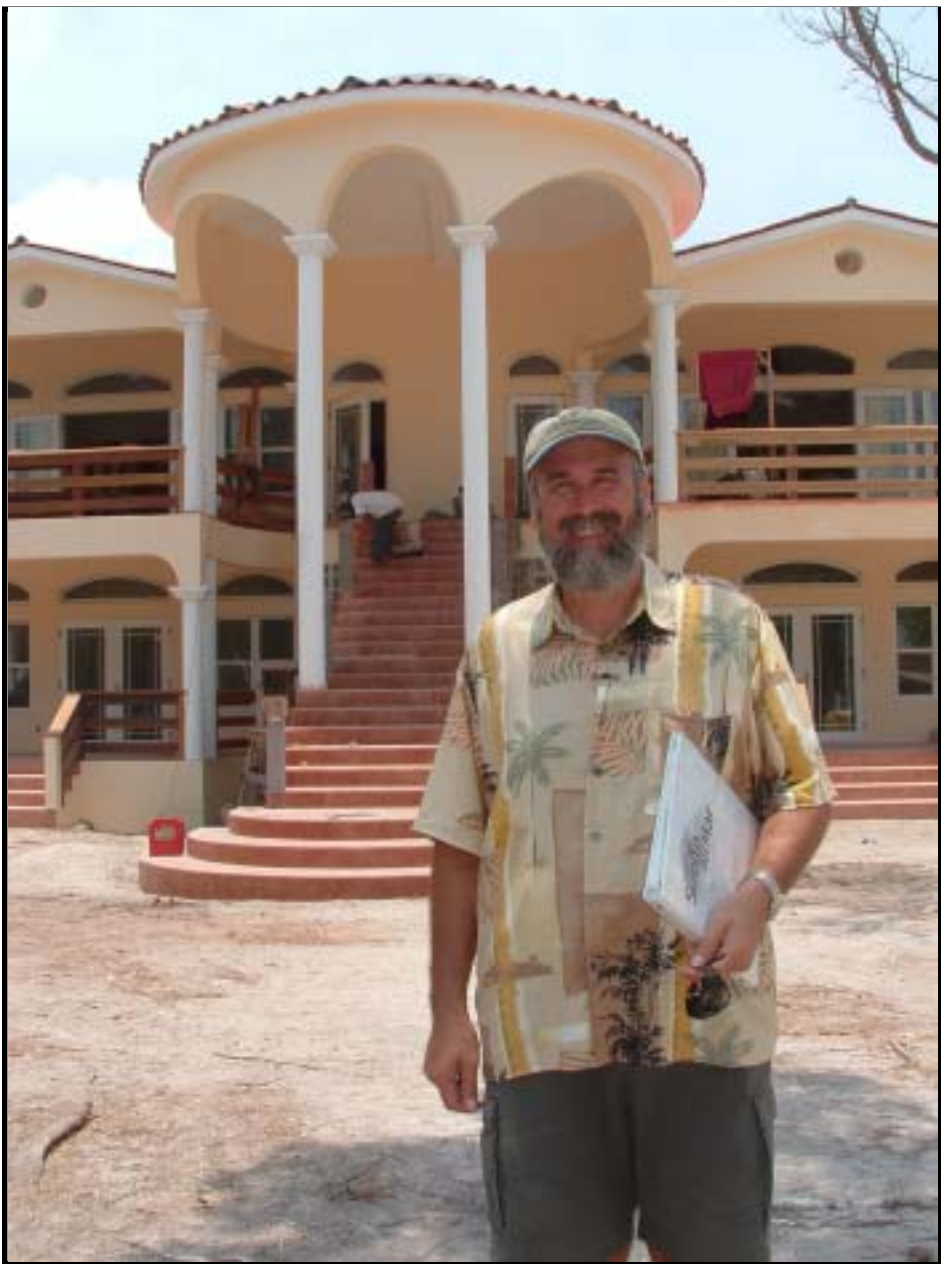
When you arrive at the base of the nearly completed “building two,” you marvel at the grandeur. Each residence has wide verandas, tiled floors, and custom Belizean hard woods throughout. Atrium entries, solid concrete construction, and ample square footage provide the peace and quiet needed for longer term Caribbean living. *Sueño Del Mar* has hired the experts at Island Interiors to decorate and furnish the residents. Island Interiors’ 20 years of experience is demonstrated in each of the three choices of decors: “British Colonial” uses dark, local woods for the “classic comfortable island living.” “The Beach-comber” offers Sun bleached woods and simple bright fabrics, while the “Lamanai” offers the most Belizean of the designs that was inspired from the mountains of Cayo, the homes of the Mayas, and the fishing villages of the coast.

The landscaping also embraces the traditional Belizean environment. While many projects of this scale practically clear the land before construction, this site has made every effort to preserve the wealth of old-growth trees. The outline of the swimming pool meanders around ancient palm trees and under the canopy of other local hardwood trees.

A new concept in Caribbean living

As a Residential Resort Club, “members” to *Sueño del Mar* are offered the

Continued on Page 11



Kevin Meyer recently provided a tour of the first nearly completed building on the *Sueño del Mar* property 12 miles north of San Pedro.



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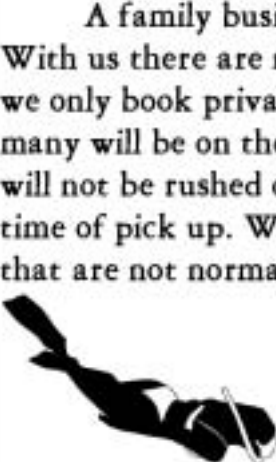

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Banquitas House of Culture (Orange Walk)

One of the few centers that exhibit culture and history of the Mestizos, Ketchi, Garinagu, Mennonite and the Mayas, to name a few, is the 'Banquitas' House of Culture in Orange Walk. This House of Culture proudly opened its doors to the public on September 19th, 2002 to showcase some of the most admirable artifacts of Belize's ancestors. The center focuses and collects artifacts, sculptures, tools and carvings that were used in the survival and struggle of the people who make up the rich ancestry of Belize.

Upon entering the house of culture, Mrs. Maria Gonzalez, acting coordinator, greets you with a warm smile and welcomes you with the utmost politeness. In an interview with *The San Pedro Sun*, Mrs. Gonzalez states "I am proud to be coordinating the house of culture, as it holds thousands of years of history unlike any other and I value people taking the time to come out and appreciate the items we have on display." She further commented that, "Now many generations to come will be able to see the artifacts of their ancestors and be able to understand the struggle for survival they went through."

A majority of the items in the house of culture are from the Mestizos,



The House of Culture holds several artifacts of the bygone Mayan era, as well as the Ketchi & Mestizo.

Ketchi and the Mayan Era; some items date back as far as a thousand years. Before the Ketchi and Mestizo civilization was discovered, they were skilled people who made use of everything that surrounded them. In fact, they were so skilled that they built their homes with the trees, stones, leaves and anything that would be needed to build a strong home. Amazingly enough, these 'shack' structures lasted for as

long as ten years at a time. Evidence and pictures of these houses can be seen in the house of culture. The Maya on the other hand had a unique way of life. It is believed that they had a God for almost everything, including Gods of corn, the Sun, the Earth, the wind, and even gods for animals. They even had their own Mayan Calendar, where they would study the moon and its movements to signify what time and year it

was. The Maya are known, as well, for the magnificent ruins that were once a part of their civilization. These ruins were once homes to the Maya and in these ruins are the remains of carvings and writings that they left behind.

All of the items in the center are of great value and significance because of the history that they hold. This is a history of Belize that is intended to clarify the formation and development of the present nation's state. Today, these items are cherished and are proudly exhibited, as they recreate the civilizations, accommodations and adjustments reflecting their particular environment. Other pieces showcased are the "Chicleros" (men who collect the sap from the chicle tree to produce chewing gum), the woodcutters, pieces of priceless jades, carvings and irreplaceable axe that was used hundreds of years ago to cut down large trees like the Zericote and Mahogany.

Mrs. Gonzalez invites the public to come and take a first hand look at the collection of Belizean History. Want to know more about Belizean culture, history and its people? Then stop by the 'Banquitas' House of Culture on Main Street in Orange Walk Town, for a trip down memory lane.



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, Strawberry & Mango Ice Parfait.

LUNA boasts an atmosphere of relaxed elegance and style, with inventive cuisine in an enchanting setting.

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Don Corleone-A Caribbean Trattoria in Caye Caulker

Caye Caulker offers a variety of dining experiences, from the local seafood establishment to ones with a Caribbean flair, there is something for everyone. What you might not expect to find is an authentic Italian restaurant, complete with home made pasta and Italian wines. Located on Front Street at the Northern edge of the village, Don Corleone Caribbean Trattoria has the tasteful decor of an Italian bistro with a tropical twist. It is a little more upscale than most of the other restaurants in town, but still allows for relaxing barefoot charm and beachside views.

Chef Ermanno carefully prepares traditional Italian dishes and seafood specialties that are deliciously prepared with the freshest of ingredients. The home made pasta is a rare treat and is served with a variety of authentic Italian sauces. You can complement your meal with a tropical toddy or select a wine from their carefully assembled wine menu. Diner would not be complete without their signature Tiramisu dessert. The fresh baked bread that is served before your meal is warm and excites your appetite for more. The pleasant wait staff will greet you with a smile, and are friendly and attentive. Restaurant owner, Carin Kessels, adds a personal touch by visiting with each table through out the evening. Her Italian charm and beauty complements the evening with genuine island hospitality.

Highlights of the menu include the Fettuccini Alfredo, which can be served with shrimp if you desire. The pasta is served "al dente" and the creamy Reggiano Parmesan cheese and heavy cream sauce is sinfully delicious. The Chicken Scallopini is a tender chicken breast sautéed in herbs and white wine, and the meal comes with fresh spa-



ghetti topped with a Marinara sauce. They also serve a mouth watering lasagna, which is available as a vegetarian meal or Bolognese, which is a meat sauce with a béchamel sauce to keep the layers moist. Simply a meal in itself!

Don Corleone also serves breakfast, offering delicious Espresso, Cappuccino, Latte's and fresh

squeezed fruit juice. Their tasty eggs benedict is a great way to start your day, and they have an excellent granola with yogurt and fresh fruit.

Open everyday, except for Wednesday, Don Corleone serves breakfast from 7:00 a.m. until 11:00 a.m. and dinner and cocktails starting at 4:00 p.m. until 10:00 p.m.

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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 600-9071 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

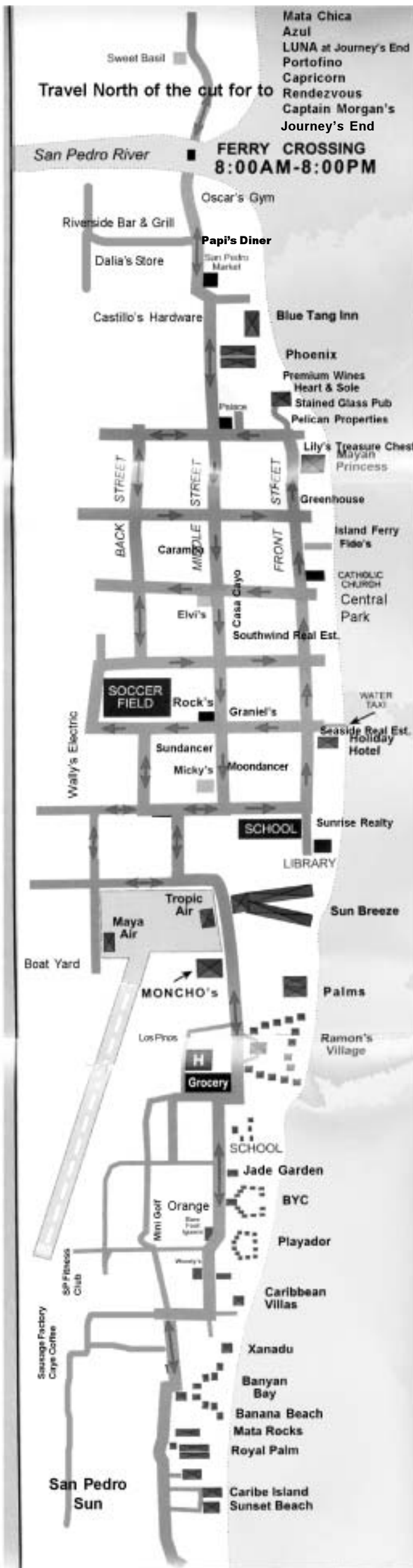
Miscellaneous

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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Golf Cart Rental
226-3262 or 226-4490



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.

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.

THE SAN PEDRO SUN VISITOR'S GUIDE



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 - Full service restaurant serving spicy chicken wings, grilled burgers and more. Daily drink specials, Sunset Happy Hour everyday 4:30-6:30 pm, Power Hour everyday 8:00-9:00 pm. Telephone 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

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.

BIG TREE PRODUCE - Fresh Local & Imported Fruits & Vegetables. Seafood, meats, juices & milk shakes. Pescador Dr. 226-2322.

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.

TROPICAL TOUCH DAY MASSAGE - Relax and let the vacation begin. For appointments call us at 226-4666.

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 - Locally made furniture & accessories from all Belizean exotic hardwoods & Mahogany. On Pescador Drive, opposite Rock's, Call 226-2632, ext. 18 or 226-2938. Open Mon-Sat 8:30-12:00 noon & 1:00 to 9:00 p.m. & Sun 10-12 noon.

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



Sueño del Mar – *Relaxed Caribbean living*

Continued from Page 6

island lifestyle opportunity in two month segments. Members can live the island life for two months, four months, six months, or year round.

Why are the residences offered in two month increments? "It's all about the lifestyle," responds Meyer. He added, "*Sueño del Mar* was created for those who are ready to truly experience island living and all it has to offer. There will come a time during your stay, when you will realize that you have absolutely no idea what day it is AND you really don't care! Along with diving, snorkeling, fishing, kayaking, sailing, and just hanging out with friends and family, we call that island living."

Sueño Del Mar is designed to serve as a members' second, third, or even fourth home. In addition to the ample storage provided in each residence, each



member will be provided with personal long-term storage space for dive and snorkel equipment, fishing gear, collectable items, etc. Anything you don't want to haul back and forth with you can be stored on site. The concierge service can have your belongings in your residence each time you return to your island home.

Meyer said 18 "member-ships" have been sold already. They hope to have the complete project finished in five years. For more information you can visit the *Sueño Del Mar* office across from Fidos, or call 226-4001, or visit their website:

www.dreambelize.com

Sueño del Mar offers three luxurious choices for interior design including this traditional British Colonial decor.



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*Serving San Pedro
since 1980!*

We at **Southwind Properties** specialize in the listing & sale of fine island properties - Homes, Condos, Hotels, Commercial, Income-Producing Properties & Land for homes or large parcels for development. Be sure to meet with Marianne, Lori or Claudio to discuss your particular needs. **Southwind Properties** prides itself in being there full-time for full service and full disclosure for all your real estate needs. Call 226-2005/2060 or E-mail southwind@btl.net for more information.

Condos/Homes & Commercial Property

Coco Beach Resort – 2 bedrms\2 baths condos, 1 bed/1 bath off beach condos and 1 bed/1 bath multi-level casitas are available. Price starting from \$155,000US. A great opportunity to get into a project at ground level!

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.

Secluded piece of Paradise (R40) Small home on 3.5 acres with more than 600' of beachfront on the western coast of Ambergris Caye. \$375,000US.

Esmeralda Apartments (F18) Two apartment building, Esmeralda area close to the Tennis Club, two large units 3 bedrms/3 baths and 2 bedroom/1bath. Good rental producer. Fenced yard, security bars. \$285,000.

Escalante Rental (P23) 3 – 1 bedrm/1bath rental units with plenty of room for expansion \$150,000US. **Reduced \$120,000US.**

Raw Land

Caribbean Coves (G29) Located 3 miles up the west side of Ambergris Caye. Watch the beautiful sunset from this beachfront property. 68' x 200' – only \$79,900.00 US – terms available.

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.

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.

Blue Water Grill "Island Style Cuisine with a Twist"



Serving Breakfast, Lunch and Dinner everyday
Home of the local favorite Sushi Tuesdays and Thursdays

Great Wine and Cocktail Menu

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Great Seafood

Decadent Desserts

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Full Service Espresso Bar



Come in and try our
Blue Water Frappuccino

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On the Beach across from the airstrip

At the Sunbreeze Hotel

Phone: 226-3347

Reef Brief

by Green Reef Peace Corp
Volunteer, Kristen Stelljes



Fishermen come to San Pedro for Tourism and Reef Monitoring Experience

As fishing gets harder and harder, fishers are starting to look for different ways to make money. In Belize, many fishers are starting to look toward tourism as a way to put food on their families' tables. From May 16th to May 27th, fishers from Copper Bank, Chunox, and Sarteneja will be working as interns in local dive shops to gain valuable experience in hopes that they will be better prepared to find jobs as dive/snorkeling assistants. This program is being sponsored by World Wildlife Fund (WWF) and Green Reef as part of a grant to support alternative livelihoods for fishers in Belize. The dive shops that are participating in the program are: Ambergris Divers, Amigos del Mar, AquaDives, Belize Ocean Divers, Bottom Time Dive Shop, Hustler Dive Shop, and Ramon's Dive Shop.

These internships follow up on training that these fishers have already received from Green Reef through the Mesoamerican Barrier Reef System Project (MBRS) and Belize Audubon. "We have already given these fishers training in SCUBA, and we are afraid they will use this knowledge to fish commercially. We hope with this new training, they will be able to find a job

in the dive industry. Otherwise, they may end up doing more harm than good," said Mito Paz, Executive Director of Green Reef. The fishers currently only have their Open Water certification, so without practical experience, they may have trouble finding a job in the industry. Without a job, the temptation to use SCUBA equipment to fish may be too great, even though it is illegal to do so in Belize.

A total of 15 people will be coming over the two weeks. They will spend a week with a local dive shop serving as dive assistants. Their duties will include preparing scuba equipment for guests, following bubbles to pick up divers with the boat, assisting dive masters during dives, giving conservation briefings to guests, and cleaning and storing equipment after dives. These fishers will be working for free for the dive shops, but they will receive room and a per diem thanks to funding from a grant from the International Coral Action Network (ICRAN). ICRAN is currently funding several related projects through this grant including projects looking at best practices in the tourism industry, sustainable fishing, and improved watershed management.



Many Belizeans are starting to look toward tourism as a way to earn a living. A program is being sponsored by the World Wildlife Fund (WWF) and Green Reef as part of a grant to support alternative livelihoods for fishers in Belize. They will be conducting a training in San Pedro from May 16th to May 27th to offer valuable experience in hopes that they will be better prepared to find jobs as dive/snorkeling assistants.

Not only will the participants in the internship program receive invaluable experience in the dive industry, they will also receive training on how to do basic coral reef monitoring. They will receive training in the Reef Check monitoring protocol. This is a basic monitoring method that was developed so volunteers with little marine biology experience could still find out valuable information. Fish and invertebrates are counted, along with coral damage, bleaching and disease. Surveys also record what is on the ocean floor every half meter. Participants will help Green Reef staff complete

these surveys along Ambergris Caye and learn why the species that are being monitored are essential to a healthy reef.

Dine Artfully Tonight ...

Tapas Bar Pastas & Martini Lounge

South end San Pedro

226-4507

Weekend Pool Side Bar-b-que
Saturdays & Sundays
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)

- Tennis Courts
- Air-Conditioned Gym
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Free Training in the Gym from 5pm-8pm Mon. Tue. & Wed.
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the Purple Parrot
LIVE MUSIC
From 6:00 pm to 10:00 pm
Tuesday & Friday nights

Tuesday Nights...

- ☐ Beach Bar-B-Que From 6:00 pm to 10:00 pm
- ☐ Pool-Side Dining with Chicken, Pork-Chops, lobsters and fish
- ☐ Music by Wil and Dale

Friday Nights...

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

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SAN PEDRO, BELIZE
WWW.RAMONSVILLAGE.COM e-mail: info@ramons.com

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

The Island's Leading Resort Facility
Phone: 226-2071



Riverside Sports Bar & Grill

Watch sports on Satellite & Cable on our 70" or 32" TV's

Over 185 Drinks. Specialty Drinks & Shooters!

For the first time in San Pedro...

Stone Jam

SATURDAY, MAY 21st
Doors open at 9:00 PM
Free Drink for the Ladies!
Drinking Contest!
Free Give-aways & more!

Located behind Pan Dulce Bakery 226-2271

Belize Featured as one of the Ten Eco Wonderlands on MSNBC

Press Release – Belize Tourism Board – May 10th, 2005 – Belize was featured in an MSNBC article as one of the Ten Eco Wonderlands. MSNBC uses the newsgathering resources of NBC News and NBC's more than 200 affiliated stations to offer viewers the highest quality 24-hour schedule of news. As of March 2004, MSNBC has been viewed in more than 80 million US television households and a total of 56 thirty-second spots have been secured for

airing of the Belize commercials on MSNBC. The article featured both inland and island activities in Belize and was written in April by Ty Sawyer and Jackie D'Antonio.

The title of the article was entitled, "10 Eco Wonderlands – Experience adventures of a lifetime exploring unique, beautiful places." The article showcased how exciting and amazing Ty Sawyer and Jackie D'Antonio's cave tubing experience

Continued on Page 15

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.

Thanks to Silvana Woods for all her help and the translations. In the near future we hope to include other languages that may interest our valued readers! Enjoy!!!

ENGLISH

River
Street
Butter
Station
Luggage
Retire
Bureau

SPANISH

Río
Calle
Mantequilla
Estación
Equipaje
Retirarse
Tocador

CREOLE

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(mi,yu,di)baag dehn
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WWW.CASACAYOREALESTATE.NET

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!

Perla Escondida Condominiums - \$169,000/\$220,000 - Beachfront Condominiums located just south of San Pedro Town. 2/2 fully furnished units. Great income potential. Manicured Beach, Pool, and rooftop sundeck are only a few of the amenities.

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 \$150,000.00 US.

Isla Bonita Designs - \$125,000 US – An exceptional opportunity to acquire a unique and profitable business with a proven track record. The business is located in a newly completed shopping center with a five year lease and additional five year option.

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 complement 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.

Casa Cayo Real Estate cooperates with all Licensed Real Estate Agencies. Your listing could be here! We are always searching for properties in Belize to sell. Contact us today for assistance!

FEATURED PROPERTY

Nancy's Grocery

\$1,250,000.00 US

This great downtown supermarket is now available. Located on Middle Street this property has a high visibility location with lots of traffic. All interior equipment and stock is included. The building is of new construction and ready for your commercial business or keep the existing supermarket open! Cash only.



RECENTLY REDUCED PRICING ON THESE GREAT HOME SITES !!!

Tres Cocos Home Sites – \$250,000 US Each – These beachfront home sites are located immediately north of San Pedro Town. Some of the very best estate sites on the island. Four sites available totaling 200' of beachfront.

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.

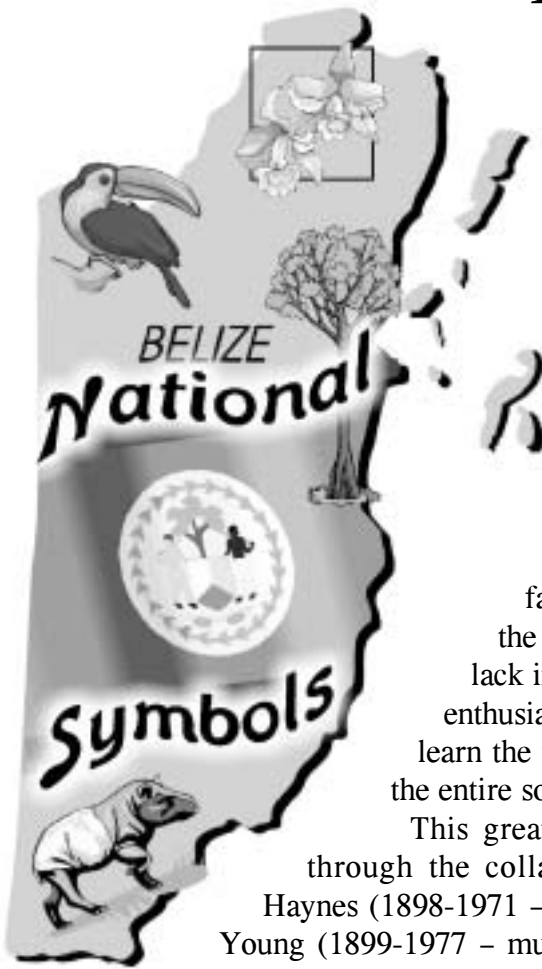
Club Caribbean Home Sites - \$14,950/\$85,000 US– Beachfront and interior home sites located south of San Pedro on Ambergris Caye. These sites are some of the most affordable on the island of Ambergris Caye! **NEW**–Backfilled sites with seawall coming soon **\$130,000 US** each. Reserve Yours Today! 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.

The Belizean National Anthem : Land of the Free



One of the many things students recall from their primary school years is the daily ritual of standing at attention while singing the Belizean National Anthem before classes began.

Part of the school's curriculum included memorizing the National Anthem; and students receive a copy of the anthem as soon as they are able to read. Every morning, and at special events, the infants also valiantly try to follow the older students, and what they lack in lyrics they make up for with enthusiasm. Belizean students not only learn the words by heart, they can sing the entire song at the drop of a hat.

This great song came about in 1963, through the collaboration of Samuel Alfred Haynes (1898-1971 - lyrics), and Selwyn Walford Young (1899-1977 - music). The song was officially adopted as the national anthem in 1981, upon Belize's independence from Britain.

The words of the song are pretty much self explanatory, as they talk about the Belizeans' freedom from slavery - of the slaves who shed blood for the freedom of our young country and freedom from colonial rule.

Mother Nature's best kept secret is aptly described as a tranquil haven, with mountains and coral isles, beautiful rivers and untold wealth. Singing this song inspires patriotism, which, as anyone who went to school will tell you, is just what it has achieved. Ask anyone, and chances are they will proudly sing it to you!

LAND OF THE FREE

Lyrics by Samuel Haynes
Music by Selwyn Walford Young

O, Land of the free by the Carib Sea,
Our manhood we pledge to thy liberty
No tyrants here linger, despots must flee
This tranquil haven of democracy
The blood of our sires which hallows the sod,
Brought freedom from slavery oppression's rod
By the might of truth and the grace of God.
No longer shall we be hewers of wood.

Chorus:

Arise! Ye sons of the Baymen's clan,
Put on your armours, clear the land!
Drive back the tyrants let despots flee-
Land of the free by the Carib Sea!

Nature has blessed thee with wealth untold,
O'er mountains and valleys where prairies roll;
Our fathers, the Baymen, valiant and bold
Drove back the invaders; this heritage hold
From proud Rio Hondo to old Sarstoon,
Through coral isle, over blue lagoon;
Keep watch with the angels, the stars and moon;
For freedom comes to-morrow's noon.

Repeat Chorus

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Belize-An Eco Wonderland

Continued from page 13

was and stated how intriguing the call of the howler monkey between caves was. They went on to further comment that ignoring the inner tube and headlights, it was easy to feel the ancient presence of the jungle, pal-

pable, creeping, wet and thick with oxygen. They also made mention that the jungle is so persuasive and unrelenting that it actually engulfed an entire civilization for centuries.

Ty and Jackie also spoke of their hiking the impossibly steep steps of the temple of El Castillo at Xunantunich, their visit to the

Lamanai Mayan site and the famous Belize Zoo. They then went on to Glover's Atoll on the Barrier Reef and stated that the blue water that stretches over the dive sites offered a profusion of marine life and hundreds of virtually untouched places to dive. The story culminated by describing the Must Do in Belize is Cave

Tubing; the Must Dive Places are Pinnacles, Long Caye Wall, Emerald Forest Reef, Split Reef and Southwest Caye Wall.

"We are proud to learn of the international recognition Belize has received on MSNBC as one of the Ten Eco Wonderlands," comments Tour-

Continued on Page 16



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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 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.


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.

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Belize, One of Ten Eco Wonderlands

Continued from Page 15

ism Director, Tracy Pantón. "We are committed to promoting environmentally and socially responsible tourism in the Caribbean and were happy to share with our media partners the magnificent barrier reef, the exotic jungles, ancient Mayan temples, all which made the Belize experience a rewarding and enjoyable one."

For more information on the developments and events in Belize Tourism Industry, please contact the Marketing department at the Belize Tourism Board at (501)-223-1913, via email: info@travelbelize.org or visit us at our website: www.travelbelize.org

Cayo Espanto featured in Leaders Magazine

Leaders – the only worldwide magazine that deals with the broad range of leadership thoughts and visions of the world's most influential people, recently gave recognition to one of the leading resorts in Ambergris Caye – Cayo Espanto.

In an article entitled "150 times better than owning a second home," *Leaders* interviews Robert McGrath, Chief Executive Officer, Ambercrombie & Kent Destination Clubs, Southport, Connecticut stated, "Our expansion also allowed us to complete our deal in Belize at Cayo Espanto, which may be the most exclusive resort in the world. It's out in the middle of the Caribbean, on Belize's coral reef."

The San Pedro Sun extends kudos to Cayo Espanto for always keeping Belize and Ambergris Caye on top!!!

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The San Pedro Sun Virtual Taste Trip

Arroz con Pollo

Ingredients:

- * 1 broiler-fryer chicken, about 2 1/2 to 3 pounds, cut in serving pieces
- * 2 teaspoons salt, divided
- * 1/2 teaspoon paprika
- * 2 tablespoons olive oil
- * 1 medium onion, chopped
- * 1 red bell pepper, seeded and chopped
- * 1 can (15 ounce) tomatoes, diced, drained
- * 2 large cloves garlic, minced
- * 1/4 teaspoon hot pepper sauce
- * 1 1/2 cups uncooked long grain rice
- * 2 1/2 cups chicken broth
- * 8 saffron threads
- * 1 cup frozen peas, thawed



Preparation:

Sprinkle chicken pieces with 1 teaspoon salt and the paprika; brown lightly in hot olive oil on both sides. Remove chicken; set aside.

Sauté onion, red pepper, and tomato until onion is almost transparent. Add garlic and sauté another minute or two.

Add rice and pepper sauce. Sauté and stir until the rice is opaque and coated with the fat. Add broth and bring to a boil; crumble saffron into the mixture. Top rice with chicken pieces; cover tightly and simmer for about 20 minutes, or until rice and chicken are done.

Fluff rice with a fork and sprinkle with the peas. Cover and simmer for about 5 to 7 minutes longer. Taste and add more salt or pepper sauce, if necessary.

Serve hot. Serves 4.



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New Taxi Driver

"Charlene, will you call me a taxi?" I asked.

"What's wrong? Your golf cart's broken down again?" Timo asked.

"Yeah. I need to go home and get some tools."

A taxi soon honked in front of BC's and I went out and got in. The taxi driver was an older man that I had never seen.

"Where to, señor?" he asked.

"San Pablo," I said. "You're new here in San Pedro aren't you?"

"Si," he said. "I am from Orange Walk."

I climbed into the back of the taxi and sat back remembering when no one in San Pedro had to tell a taxi driver where they lived. Everyone just knew. Oh, well. Times change.

When we got to the intersection by La Margarita the taxi driver turned to me and said, "Straight ahead?"

"Yes. Go on past the church in San Pablo."

I was lost in thought and didn't notice when we passed the church. We were already by The Sausage Factory when I realized the driver had missed his turn. I tapped him on the shoulder and said, "Pardon me. . ."

"A.i.i.e.e!!"

The driver screamed and threw his hands in the air and began praying. The taxi swerved off the road and stopped in some mangroves. The driver turned to me and said, "Please don't ever do that again. You scared me out of my wits."

"I didn't realize a little tap on the shoulder could scare someone so badly," I said.

"Sorry," the driver said. "It's really not your fault. This is my first day as a cab driver. For the last fifteen years I've been driving the hearse in Orange Walk Town."

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Trivia Tidbits

After *A Christmas Carol*, Charles Dickens wrote several other Christmas stories, one each year, but none was as successful as the original.

The beluga whale is often referred to as the "sea canary" because of the birdlike chirping sounds it makes.

If 80 percent of your liver were to be removed, the remaining part would continue to function. Within a few months, the liver would have reconstituted itself to its original size.

Hail is not seasonal. It can occur at any time during the year.

More than 100,000 family dogs are killed each year in car accidents. As a result, a manufacturer in the eastern United States has developed a car restraint designed specifically for dogs riding in the car.

Before all-porcelain false teeth were perfected in the mid-19th century, dentures were commonly made with teeth pulled from the mouths of dead soldiers following a battle. Teeth extracted from U.S. Civil War soldier cadavers were shipped to England by the barrel to dentists.

The average human eyelash lives about 150 days.

Some orchids come from the deep jungles. But every country in the world, and every province in Canada, has at least one orchid species, including the Arctic. Ontario, for example, has more than 60 species of native orchids.

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 - Paradiso \$495,000.
 - Imperial \$595,000.
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- ❖ **Caye Villas** - Beach villas with pool.
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 - 2 bed 3 bath fully furnished \$395,000.
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