

# THE SAN PEDRO SUN VISITOR GUIDE

*The Island Newspaper*  
Ambergris Caye, Belize  
Central America

May 26, 2005



FREE

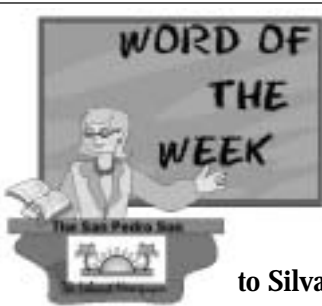
## Pampered in Paradise



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



Words of the Week, we will present a few words in English and give you their Spanish and Creole translations. 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	SPANISH	CREOLE
Tiger	Tigre	Taiga
Turtle	Tortuga	Bokotoara
Horse	Caballo	Haas
Chicken	Gallina	Chikin



**Creole:** Yu blade a wonda if you bade.  
**English:** You're blade, I wonder if you bathed.  
**Meaning:** You're dressed up but did you take a bath?

**The San Pedro Sun is mailed everywhere.**

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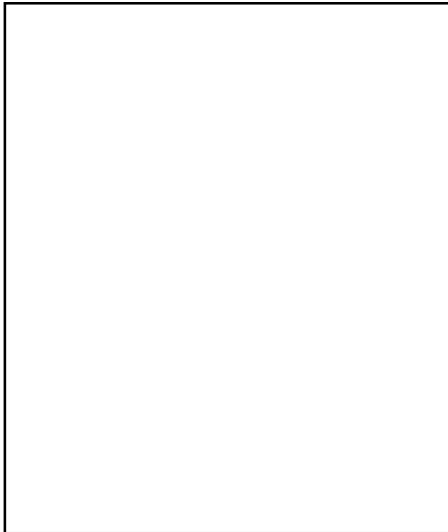
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Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Be sure to include your names and what you were doing.

**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



# Pampered in Paradise

There are several types of vacations to be had here in San Pedro. For a lot of people, a vacation means exploring and hiking and discovering what nature has to offer. For those with more relaxation in mind however, we've discovered some great activities that require someone else to do the action.

If the thought of getting facials, foot rubs, manicures, pedicures and massages makes you shiver with excitement, then read on about the great spots primed to give you an all-out pampering session.

All you have to do is sit or lie back and say aah.....



The Jade Spa cabaña, where bliss is just a few moments away.

## The Jade Spa - A walk on cloud nine

Want to feel like you're walking in the clouds? Then we've got just the place to go, come try the *Jade Spa* for a rejuvenating and soothing experience. The *Jade Spa*, centrally located in the heart of the Mata Chica Resort, offers a unique blend of natural and exquisite taste. The secluded *Jade Spa* surrounds you with soothing smells, beautiful colors and relaxing sounds. Inside the spa, the aroma is sweet, with a blend of Lemon grass and Citronella oil, while calm, spiritual music plays, turning the mood into a tranquil and peaceful vibe. Sweet smells like Cedarwood Sage, Lavender, Rosemary and Healing gar-

Continued on Page 7

### Correction:

In last week's Visitor's Guide Cover page, the image labelled as Banquitas' house of culture is not in fact the House of Culture. Our sincere apologies for this oversight.

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Tonight ...

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## Casa Picasso is no longer a secret

Once considered one of San Pedro's best kept secrets, Casa Picasso has quickly become one of the most sought after dining and club experiences in San Pedro. Located opposite the popular reef-side of Ambergris Caye, the location does not prevent visitors and locals alike to seek out this unique restaurant.

Offering Spanish style tapas combined with other favorite appetizers, delicious and filling pasta dishes and the islands' largest dessert menu, Casa Picasso has something for everyone.

The laid back "cool" lounge bar with plush sofas, intimate lighting and hip eclectic music make it a perfect spot for lingering over one of the special house martinis, a glass of wine from the extensive wine list, or an espresso coffee while enjoying a late night dessert.

Owners Chris and Jennifer Eager have lived all over the world and bring that experience to their menu, which is specifically inspired from Spain, Italy and the Caribbean. Besides the popular "Casa Picasso" dishes that remain on their menu, Jennifer often adds new dishes, inspired by the seasonal local foods that are available. The vast wine list and signature martinis compliment every course on the menu including the full array of tapas. Sevilla Olives, Olive Tapenade, Bulbs of Roasted Garlic, Patatitas Fritas and Stuffed Roasted Peppers are among the



*The chic interior at Casa Picasso add to the hip vibe sought by visitors and locals.*



*Casa Picasso's amazing Cracked Coconut dessert.*

many choices on the starter menu. These tasty morsels can be a meal in themselves. Often, guests use these small plates to awaken the appetite and then enjoy one of the many delicious pasta, fresh seafood or grilled and roasted meat entrées. Some of the seafood entrées include Crab Salad, Gambas a la Plancha, Salmon Croquettes and Scallops al Ajillo. The grilled and roasted meat entrées include Sangria Pollo, Pincho de Chorizo y Cebolla, Spicy Barcelona Meatballs, and Braised Pork Loin with Two Salsas. All the dinners are served with their daily baked rustic Italian bread and herbed butter.

But, no meal at Casa Picasso would be complete without treating yourself to one of their incredible desserts. It is difficult to choose from the tempting list of delectable delights. Menu items include Bananas Picasso, Key Lime Pie, Grand Marnier Creme Brûlée, and an amazing Cracked Coconut, which is a chocolate shell covered with toasted coconut filled with coconut ice cream.

Recognized by many popular travel publications, *Fodor's* recently deemed Casa Picasso "a restaurant not to be missed." For more information about Casa Picasso please call 226-4507 or visit their website at <http://ambergriscaye.com/casapicasso>

"Dine artfully tonight" at Casa Picasso, you will be glad you did!



Tropical Lounge Cuisine served in one of the most BEAUTIFUL settings on Ambergris!

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# Lizard Tales

*The meaning of your Dreams*

## 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.

## Garden

\*To see a vegetable garden in your dream symbolizes increased prosperity will come your way through diligence and care. It also suggests stability and inner growth.

\*To see a flower garden in your dream foretells tranquility, comfort, true love, and a happy home in your future.

\*To see a sparse, weed-infested garden denotes that you have neglected your spiritual needs.

## Hairdresser

\*For a woman to dream of going to a

hairdresser shows she will soon be entangled in some family scandal concerning the morals of a member of her family. Should she have her hair-dyed, she will narrowly escape imprisonment.

\*For a man to dream of a hairdresser will presage much gossip or a need to dominate a beautiful woman.

## Honey

\*To dream of eating honey foretells that you will attain wealth and love.

## Ice Cream

\*Eating, making, selling or serving ice cream suggests that you are feeling contentment and satisfaction in your life.

## Jail

\*To dream that your lover is in jail signifies that this lover is deceitful and untrustworthy.

\*To dream that you are in jail signifies your feelings of confinement and suffocation.

## Keys

\*To dream of keys denotes unexpected change. If the keys are lost, unpleasant adventures will affect you. To find keys means domestic peace and success in business.

## Killing

\*If you dreamed of killing someone, whether intentionally or by accident, it signifies a period of severe emotional stress during which you must make a heroic effort to control your temper.

## Death

\*If you dream of death or see a dead body in a dream, then it means a wedding. If the person who died in the dream is a stranger to you, then it's someone from your general acquaintances who will get married.

## Marriage

\*Dreaming of a marriage, or a wedding, is the sign of a death in the family. If the marriage was between strangers, then the death pertains to a not-too-close ac-

quaintance or friend.

## Teeth

\*To dream of the loss of teeth indicates death to someone you are acquainted with. If you or someone in your family loses teeth in your dreams, it means someone in your family will die.

## 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.

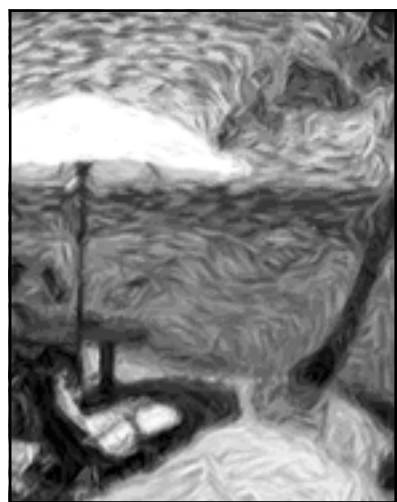
**Saga Society** – A non-profit "humane society" to address the stray cat and dog population in San Pedro. Contact 226-3266.

**Alcanzando a los inalcanzables** – Helping the youth of San Pedro against the battle with drug addiction. Contact 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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Paarl Creations





Maria Luisa of Jade Spa working magic with her fingers.

den are amongst the fragrances that come out of the Spa, which makes it even more inviting.

At the door, one is greeted with a warm smile and a friendly 'hello' from Mata Chica's finest masseuse, Maria Luisa Campos. She is a physical therapist and lifestyle consultant from Orange Walk, but was raised in Mexico, and she is ready and waiting to fulfill your every desire. Her love and passion for healing and therapeutic massages dates back from her childhood. In an interview with *The San Pedro Sun*, she stated, "I love and take pride in what I do, I take away the tension and stress with the gift that God has given me." Indeed, after a session with Maria Luisa, one really does feel rejuvenated and relaxed. "It feels like I'm walking in the clouds and will surely take a trip back for another," a customer exclaimed.

The *Jade Spa* offers a wide array of massages and treatments; some include the aromatherapy massage where essential oils are used to nourish the body. Another is the therapeutic massage, where one benefits from its rejuvenating blend of Swedish, deep tissue and Shiatsu massage. This massage relieves chronic tensions with realignment, balancing and breathing therapy. In this session, Maria Luisa would focus on trigger and pressure points to rebalance the energy and alleviate the stress. Facials are done too; the Ecocalm Essential facial is to die for: customers enjoy a stress-relieving facial that begins with Ecocalm exfoliating sea salt scrub. Then, a refreshing and firming organic cucumber extract mask is placed; collagen is massaged into the face and the process is completed with a nourishing and soothing mineral care spray.

All these opportunities and treatments

the *Jade Spa* offers is guaranteed to leave you stress-free and ready to take on a new day. To meet the demands and satisfy the customers every need, Mata Chica also offers massages on the beach. Just say the word and Maria Luisa is ready to give you a chair massage whilst you soak in the sun and relax to the sounds of the Caribbean Sea. The choice is yours. Come get pampered at the *Jade Spa*, try their treatments, facials and massages, it will leave you with a new sense of balance and harmony. For reservations, please call 220-5010 or 220-5011 and book a guaranteed heavenly massage in a blissfully natural environment scented with a mix of Maria Luisa's own blend of citrus scents.

### Tropical Touch Massage and Day Spa



Relaxing with a face and eye mask.

Imagine the cool ocean breeze gently caressing your body, the soothing sound of the ocean rhythmically lapping the shore and the distant call of sea gulls circling above. Together, these seductive sounds and sensations embrace you and carry you away to a place where you and the ocean are one, experiencing a deep sense of peace and relaxation that is compared to no other place on earth.

The *Tropical Touch Massage and Day Spa* is located across from the O'Farrell house, and is literally on the beach...over the water. As you enter this tropical haven, aromatic incense, exotic, sensual music, in harmony with water song just outside invites you to experience a whole new level of pampering. You are greeted by Vicki

Continued from page 6



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## Pampered in Paradise-Continued from page 6

Campbell, who started *Tropical Touch* almost four years ago. Campbell completed and maintains her massage therapist education in Texas, USA. She is also a dedicated student of Dr. Rosita Arvigo, who is a Naprapathic physician, a master herbalist, a recognized authority on Maya healing techniques and medicinal plants. These natural healing techniques seek to restore the body to its natural balance and Campbell incorporates these remedies in many of the treatments the spa has to offer.

Her skilled staff, Demly and Melissa, are lovely young ladies with a unique beauty that is a true testimony to their exotic Belizean heritage. Both

girls are from the small tropical village of Bomba, where they began their massage and spa training at the nearby first class Maruba Resort Jungle Spa, between them they have many years of experience. Before coming to *Tropical Touch* Melissa was a masseuse at Cayo Espanto, which is considered by some as the most exclusive resort in the world.

*Tropical Touch* offers a variety of massages. The Swedish massage is a firm, full body, massage, designed for a relaxing and rejuvenating result. The Therapeutic massage is a deep tissue massage and the Hot Stone massage is performed with smooth polished Basalt Lava stones, which are heated and in-

corporated into a massage. This massage is a perfect treatment to loosen tight muscles, relieve stress and ease tension. All of the massages include having your feet cleansed with hot towels, and at the completion of the massage a moist hot towel is applied to your back to remove the oil from your skin. As a final touch a hot moist towel scented with eucalyptus oil is applied to your face to refresh you. You may also choose to treat yourself with the Touch Therapy massage. This experience is a combination of the Seaweed/Sugar Scrub, followed by a very relaxing Swedish massage, a nourishing hair mask treatment and a Touch of Nature

Continued on page 13



## ALMOND

Almendo (Spanish)

Hammand (Creole)

**Scientific Name:** *Terminalia catappa* (Latin)

**Plant Family:** Combretaceae

**Description:** A tree growing to 25 meters tall, with a stout trunk to one meter in diameter; branches formed in conspicuous, spreading whorls; leaves 10-30 centimeters long; flowers in spikes 5-15 centimeters long; fruits white, shaped like almonds, brown when ripe, four to seven centimeters long; seeds three to four centimeters long.

**Habitat:** Cultivated in yards, orchards, and in public parks and plazas; found also along the sea.

**Traditional Uses:** Leaves are boiled to make a tea for *high blood pressure* and *heart trouble* – boil three leaves in three cups of water for ten minutes; drink one cup every other day, before breakfast. Dosage should not exceed three cups weekly as more is said to weaken sex drive.

**Research Results:** Most of the pharmacological tests on this plant showed no activity. Antibacterial activity was shown using an 80% ethanol extract of dried aerial parts at a concentration of 100 mc/ml in *Salmonella paratyphi A in vitro* (Aynehchi et al. 1982). Analgesic activity was shown in rats using a methanol extract of dried leaf and stem (Esposito-Avella et al. 1985). The plant is known to contain benzenoids, coumarins (Griffiths 1959), lipids (Upadhyay et al. 1974), saponins, and tannins (Aynehchi et al. 1985).

The complete book "Rainforest Remedies - One Hundred Healing Herbs of Belize" by Dr. Rosita Arvigo and Dr. Michael Balick with illustrations by Laura Evans can be purchased in bookstores or most gift shops in Belize.

*This column is NOT intended to be a guide for self-treatment of a medical problem or as a substitute for qualified medical advice. As with any health problem, a qualified physician should be consulted before taking any medication. The intent of this column is to give an overview of the pharmacological properties of Belizean plants. Articles reprinted by permission of the author.*

# JUNGLE

As seen on Temptation Island

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# THE SAN PEDRO SUN VISITOR'S GUIDE

## Tourist Information

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

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

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

## Church Services

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

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

**Assembly of God Church** on Angel Coral St. T-W-Sat.-Sun. at 7:30 p.m. Christian Radio FM 101.3.

## IMPORTANT #s

**Emergency** 911

**Crimestoppers** 800 922-TIPS

**Police** 226-2022

**Fire** 226-2372

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

**Lions Health Clinic** - 226-4052; emergencies 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

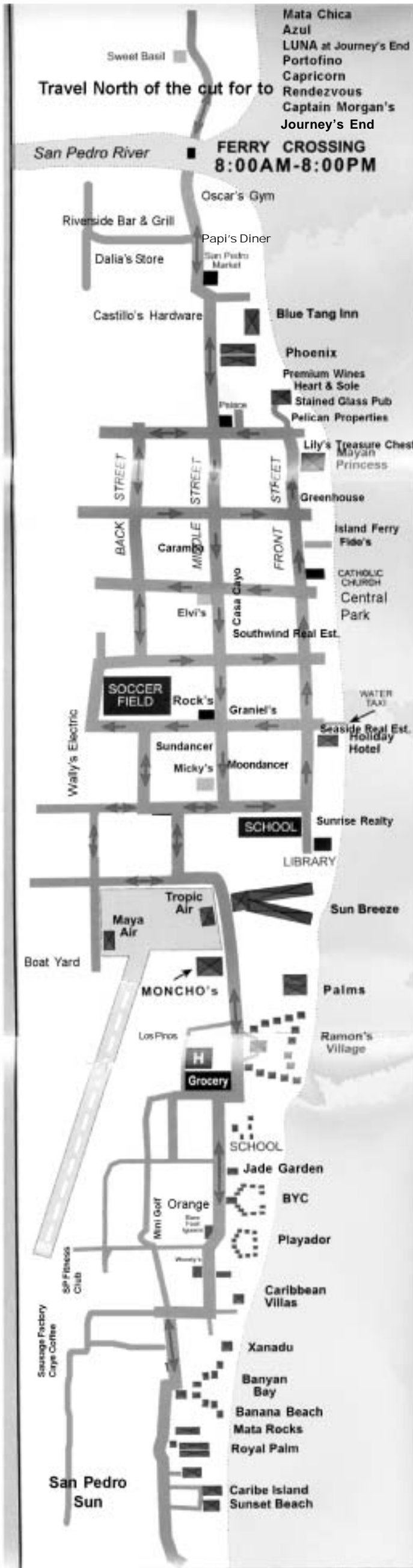
## Miscellaneous

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**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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**PELICAN PROPERTIES LTD.** - Fine properties on Ambergris Caye. E-mail: [info@pelicanbelize.com](mailto:info@pelicanbelize.com) or phone 226-3234.

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

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

## Party...Party...Party

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

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

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



# THE SAN PEDRO SUN VISITOR'S GUIDE



## Dining Out...



**MATA CHICA** - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, 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  
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# Reef Brief

by Green Reef Peace Corp  
Volunteer, Kristen Stelljes



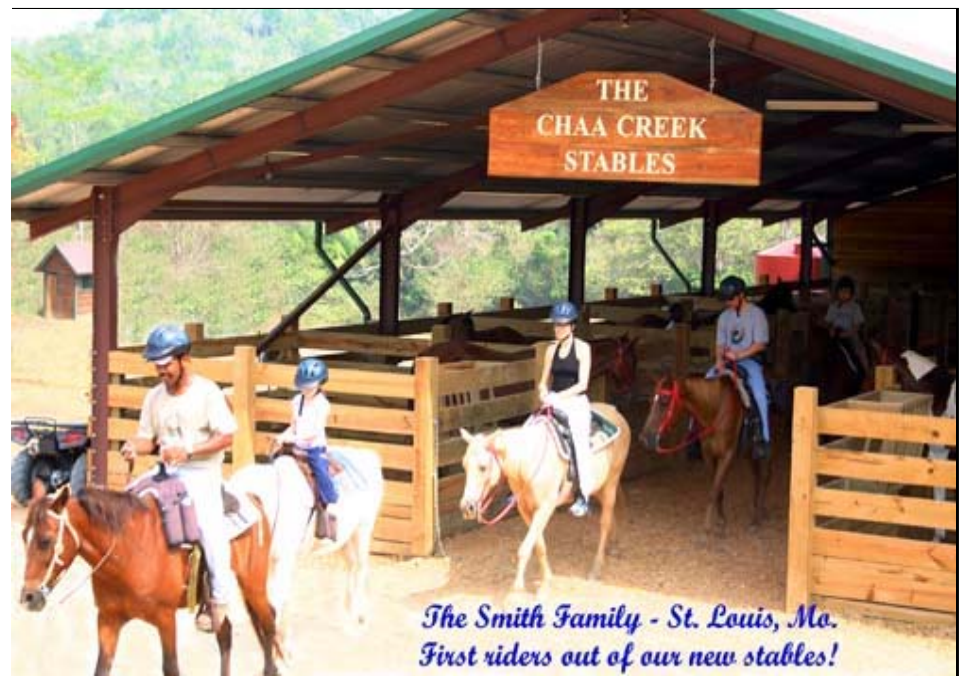
## What is Pica Pica?

Around this time of year, unfortunate snorkelers and divers may find themselves itching a lot. The culprit is pica pica (itchy itchy). When someone has come into contact with pica pica, he or she will develop an itchy rash similar to chicken pox that can last up to 10 days. It's a harmless rash, but the person who has it may not agree as they lie awake at night itching. One form of pica pica is thought to be spherical thimble jellyfish blooms that contain millions of juvenile jellyfish that can't be seen with the naked eye. These jellyfish can give people a rash because of the medusa (tentacle-like structures) they have that contain nematocysts. The nematocysts are microscopic and poisonous. They are activated by touch, leaving the person with the pica pica rash. The traditional remedy is to put vinegar or ammonia on the affected area.

There is a second type of pica pica, which comes from a cyanobacteria called trichodesmium. This bacteria is a toxin that doesn't respond to traditional remedies. So, if you get it, you will just have to wait 7-10 days before it goes away. The trichodesmium blooms like jellyfish, but fortunately the blooms are visible to the naked eye. The blooms look like sawdust in the water. The best way to avoid pica pica is to avoid the "sea sawdust." Trichodesmium can cause liver and pulmonary damage and gastrointestinal illness. It is possible for the bacterium to live in freshwater as well, causing drinking water contamination. When this happens, it can poison animals and birds that drink the water. There is one good thing about trichodesmium however, it may actually slow down global warming. The bacterium uses photosynthesis to remove carbon dioxide and nitrogen to the air. These gases cause light rays to become trapped in the earth's atmosphere leading to warming. This actually may benefit the reef, because coral is very sensitive to increases in water temperatures.

Good luck avoiding pica pica!

## Chaa Creek's New Equestrian Centre



**Press Release – Chaa Creek Lodge – May 17<sup>th</sup>, 2005** – Chaa Creek's brand spanking new equestrian stables have added a distinctly up-market feel to one of the most popular sporting events taking place daily within the lodge's 345 acre nature reserve and activities center.

The reserves' twelve miles of well-maintained jungle trails for hiking, mountain biking and horseback riding offer the explorer a lush tropical habitat for experiencing nature at its best. Whether you're out for an afternoon hike or planning a more focused learning experience, our licensed naturalist guides are always ready to challenge you both intellectually and physically.

When the first horse corral was built, back in 1992, the future remained ad hoc and we soon found ourselves building around its tattered edges. Before we knew it we had a cottage nearby and the Conference Centre adjacent, and the rough little island of fenced land grew out of place along side its more elegant neighbors.

The new equestrian center is now located near the main entrance of the property. It is made up of eight loose boxes, ten stalls, a saddle room, a feed room and an adjoining corral. The professionally designed stables now offer a better handling facility for the horses and more organized horseback riding tours.

"Not only are our horses smiling ... but our guests' riding experience has also been dramatically improved," stated Mick Fleming. We are now very comfortable with our ability to offer endless opportunities to enjoy nature and recreation all year long."

In addition to our on-site activities, competitively priced personalized tours can be easily arranged from our front desk. As one of the largest and most experienced tour operators in Belize, we can arrange an itinerary to any part of Belize, including the coast and cayes, as well as to Petén, Guatemala, to suit a wide variety of individual interests. The combination of our on-site familiarization programs, activities and comprehensive knowledge of Belize makes Chaa Creek the perfect choice for experiencing this fascinating part of the world.



## Roseate Spoonbill



*The graceful Roseate Spoonbill on grassy marshland.*

I asked Bubba about the spoonbills genera and he explained, "There are three genera of spoonbill: the Platibis in Australia; the Platalea of the Old World; and the Ajaia of the New World. Ambergris Caye and its collections of Bird Islands are in the New World." Bubba is great for info like that, but I wanted to sneak up quiet and unnoticed to Bird Island, so Bubba stayed at home. There are so many islands in the back bay that it becomes confusing as to which one you're visiting. To add to the confusion some are known by as many as three different names. Most bird watching tours given by the local guides are visiting Rosario Caye, aka Guano Caye.

It's home for a few ibis, spoonbills and frigate birds, but has the most frequent visitation. Bird Island is almost six miles more to the north and falls within the boundaries of the proposed Bacalar Chico

National Park and Marine Reserve. I took the boat through the river and cruised up the back to the northern point of the island. I had heard rumors from the rangers that the spoonbills were nesting there, and it's early spring in Central America.

Spoonbills are found worldwide in warm tropical regions and when swamps and marshes in which they breed dry up,

they may go thousands of miles in search of suitable habitat. The rains have filled the flats in the back of the island with some regularity and over a period of years it's become a big food source. I can only believe this must be the attraction for these birds to chose Bird Island as a nesting spot.

Spoonbills find their food by touch more

than sight; they walk in the shallows with their heads down and their long peculiar looking duck bill sifting the bottom in search of clams or shrimp. Bubba said, "Morphologically, they are closely related to flamingoes who are also pink and have specialized bills used to eat crustaceans from the bottom of shallow waters. When mating, the male Roseate Spoonbill will offer presents of nesting material to the female in courtship; she builds the nest."

Looking into a nest should be done carefully and is almost never done without scaring the hell out of mama. Eggs are a wonderful diet for so many predators; she can only believe you're looking for lunch. Nothing should be touched and bending a branch for a view is done with care not to break the branch. One or the other of the parents is always watching the nest.

They fly using slow powerful downbeats to lift the large body with a rhythm of flap, flap, flap, glide . . . flap, flap, flap, glide . . . A flock of five or six is a thrill to watch. I hope they like this place and stay.



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**CURRENT LISTINGS**

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

**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 compliment your purchase!

**Captain Morgan's Condominiums - \$150,000/each**  
We currently have four separate one bedroom / one bathroom units available for sale at this prestigious resort. Each unit is 740 square feet in size and has wonderful income potential! Terms available on 1/1 units. One 3/2 unit now available - \$389,000!! Call today for details!

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**

**Kitty's Beach House**

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

Located in the Santa Fe area of Ambergris Caye 6 miles north of San Pedro Town. Property is 238'x229' in size and has plenty of room for development of a beachfront resort. Existing main home has 6100 square feet of space under roof and was built 7 years ago. 4 master bedrooms all with wonderful finish out. Sale includes onsite bar with license, caretakers quarters and 200' pier.




**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 Prayer

## The Belizean Prayer

Almighty and Eternal God, who through Jesus Christ has revealed your glory to all nations, please protect and preserve Belize, our beloved country.

God of might, wisdom and justice, please assist our Belizean government and people with your Holy Spirit of counsel and fortitude.

Let the light of your divine wisdom direct their plans and endeavors so that with your help we may attain our just objectives. With your guidance, may all our endeavors tend to peace, social justice, liberty, national happiness, the increase of industry, sobriety and useful knowledge.

We pray, O God of Mercy, for all of us that we may be blessed in the knowledge and sanctified in the observance of your most holy law, that we may be preserved in union and in that peace which the world itself cannot give. And, after enjoying the blessings of this life, please admit us, dear Lord, to that eternal reward that you have prepared for those who love you.

Amen.



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6:00 pm - 10:00pm

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Every Wednesday Night starting at 6:00 p.m.  
**THIRSTY THURSDAYS!**  
\$1 OFF ALL DRINK

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**Ricos**  
BAR & GRILL  
AT BANYAN BAY



## Pampered in Paradise Continued from page 7

facial. This combination is guaranteed to relieve you of all stress and send you on your way feeling revived.

Other pampering treatments available at *The Tropical Touch* include the Touch of Nature Facial, the Nourishing Banana Hair Mask, Glycolic Skin Smoothing, Power Paraffin Facial, Belavi/Glycolic combination, Herbal Body Wrap, Parafango Wrap, Bomba Mud Massage, Dead Sea Salt Glow, Seaweed Sugar Scrub, Pampering Paraffin Hand treatment, and of course spa manicure, pedicures and waxing. Every care is embellished during your treatment, and many of their unique scrubs and herbal preparations are created right at the spa, using local ingredients.

*The Tropical Touch Massage and Day Spa* is open Tuesday through Saturday and by appointment on Sundays, Mondays and after hours. They are also available to offer their pampering services at your hotel, and are equipped to treat small groups such as wedding parties, going out of their way to create a fun and relaxing experience for all. For more information you can call them at 226-4666 or visit their website at [tropicaltouchspaworks.com](http://tropicaltouchspaworks.com).

### Dr. Harold Zuniga, Oasis Spa

Ambergris Caye offers many exciting and adventurous ways to make your vacation days unforgettable. A wide range of water sports – diving, jet skiing, windsurfing, and even parasailing – and mainland activities – manatee excursions, and visiting ruins – is sure to have your days completely booked. But, what about having a vacation from your vacation? To get the royal treatment and more, be sure to visit *Oasis Spa*, located at the San Pedro Family Fitness Club where Dr. Zuniga will make sure to take care of every ache and pain or just simply massage your troubles away.

Dr. Harold Zuniga, originally from Punta Gorda in the Toledo District, has

his main office located at 85 Amara Avenue in Belize City. However, after paying a short visit to San Pedro he found that his services would be of great use in the small community. He now visits with patients out of the *Oasis Spa* every Saturday and Sunday.

Dr. Zuniga began his career as a nurse after graduating from Belize City Hospital School Of Nursing then leaving to Long Island University, USA.. Shortly after he enrolled in the United States Army as a medic and after a few years, Dr. Zuniga became an emergency room nurse for the British Forces in Belize. However, he always wanted to expand his studies and have

*Continued on Page 14*

## Riverside Sports Bar & Grill



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The Premiere Establishment in San Pedro  
& DJ Flex A.K.A Luis Romero of REEF FM  
is proud to bring you...

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### Condos/Homes & Commercial Property

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

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

**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.

**Back Street Home (R35)** 2 story, wooden home. Lower level-2bdrms, 1 bath, open living, kitchen & dining area. Upper level-3bdrms, 2 baths & 2 kitchens. \$250,000US.

**Escalante Home (M36)** Income Producer; 2 - 2bdrms/1 bath apts. On lower level & 3 bdrms/1 bath on upper level. Solid investment at \$250,000US **REDUCED \$220,000US.**

### Raw Land

**Ambergris Bay (G26)** 60' of beachfront and 80' of lagoon front on the west coast of Ambergris Caye. Price \$60,000US.

**Palmero Point (N10)** Off the beach Lot #22 - 95' x 105' - \$40,000US Cash.

**Santa Fe** - 5.5 miles north - second row lot accessible by boat and golf cart and within electricity. Lot is approximately 70' x 180'. \$55,000US.

**Palm Bay Club (C41)** Lot #111 - 4<sup>th</sup> row lot, 100' x 100'. Only \$18,000US.

**Corozal Town Center (R31)** 7 1/2 Acres of prime real estate, road accessible on 3 sides, beautiful mature trees, cleared & ready to develop all amenities available. **\$100,000US.**

**San Marcos (R29)** 50 X 90 - Price is Right at \$38,000US.

**Eden Isle (R27)** Caye Caulker Lot #407 - 75' x 90' - 4<sup>th</sup> row lot, but only 285' off.

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

## Blue Water Grill

"Island Style Cuisine with a Twist"



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

Great Wine and Cocktail Menu

Wood-fired Pizzas

Fresh Salads

Great Seafood

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Now offering a  
Full Service Espresso Bar



Come in and try our  
Blue Water Frappuccino

Open 7 am- 9:30 pm

On the Beach across from the airstrip

At the Sunbreeze Hotel

Phone: 226-3347



# The San Pedro Sun Virtual Taste Trip

## Johnny Cakes

Great and delicious Belizean bread

Ingredients:

- \*3 cups flour ( all purpose )
- \*2 ozs. lard ( melted )
- \*1/2 tsp salt
- \*3 tsp baking powder
- \*1 oz. margarine ( melted )
- \*1/2 cup coconut milk



Method:

1. Sift flour, baking powder and salt in a bowl.
2. Add the melted fat, mix well.
3. Add the milk gradually to form a stiff dough.
4. Roll out into small balls, flatten slightly and prick with a fork.
5. Bake in a hot oven 375°F (or Gas 5) for 20 mins.
6. Slice and butter while hot and serve. A favorite complement is cheese.

## Pampered in Paradise

Continued from Page 13

ing some friends in Canada, the good doctor made the fateful move to Toronto. He attended the University of Western Ontario where he learned sports medicine but was also learning chiropractic studies along with manipulative therapy, on the side. "I was busy all the time, but it was doing what I loved so the time flew by," explained Dr. Zuniga. His studies did not end there, he completed acupuncture and acupressure studies at the American Institute of Acupressure in California, USA.

Dr. Zuniga then returned to Canada and began practicing with a fellow chiropractic doctor. He, however, ached to return home and open a clinic in Belize City. Unsure of what the future would hold for him, Dr. Zuniga opened his clinic at 85 Amara Avenue in 1996 and slowly but surely, people became knowledgeable of the services he offered.

An established doctor both in Belize City and San Pedro, Dr. Zuniga has attended several medical conferences as a guest speaker. "My dream is to open the first massage school in the country. This way I will be able to teach others what I have learned."

Dr. Zuniga has also represented Belize abroad as a trainer for basketball and soccer. The Belize National Basketball team which won gold medal in Central American Men's Basketball championship and Silver Medal Central American and Caribbean Games in El Salvador.

Dr. Zuniga's services include massage therapy, sports medicine (medical and non-surgical treatment of an illness or injury which occurs as a result of a recreational activity), chiropractic medicine (a popular form of alternative medicine whose physical mode of action is spinal manipulations that unblocks nerve signals sent by the brain so that

the body can heal itself, primarily used to treat back problems, headaches, nerve inflammation, muscle spasms, and other injuries and traumas), acupuncture (an ancient Chinese method of healing, it aims to prevent and cure specific diseases and conditions by sticking very fine, solid needles into specific points on the body) and acupressure (manual pressure to parts of the body to relieve stress and pain.).

"My line of work is exhausting but I love my job, otherwise I would not be in this profession. The only thing I can say if someone is looking into joining this career is to follow your heart, not your pocket and you will go a long way," Dr. Zuniga ended.

For further information or to make an appointment, kindly call the San Pedro Family Fitness Club at 226-2683 or call Dr. Zuniga at 604-5679.



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Lunch specials served daily for only B\$16, plus  
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**Monday.** London Broil- Rib-eye steak, mashed potatoes,  
caramelized onions and gravy.

**Tuesday.** Cheeseburger in paradise- 12 oz. monster burger.  
Add fries if you dare...

**Wednesday.** Chefs choice- A different dish each week, guaranteed to delight.

**Thursday.** Burrito grande- oversized burrito with choice of chicken or beef.

**Friday.** Fish and chips, English style. A Friday treat.



### Nightly specials

Monday is Martini night, 2 for 1 on all martinis.

Tuesday is margarita night, 2 for 1 margaritas.

Wednesday is Wine night, free glass with every entrée.

Come treat yourself, you know you deserve it.







## Wolfe's Woofers by Dennis Wolfe

### *The Woodcutter*

"My father was a woodcutter and his father was a woodcutter and all the way back as far as anyone can remember all of us Johnstone men have been woodcutters," the old man said.

I had met old Mr. Johnstone on the water taxi going from Belize City to San Pedro. He was going to visit Ambergris Caye or as he called it, "going outta Key."

"You logged in Belize all of your life?" I asked him.

"Oh, no," he said. "I started out as a young man over in Western British Honduras because that's what they called Belize back then but they pretty soon made me quit logging in Belize."

"Why is that?"

"Because as a young man I was just too good," he said. "I was strong as one of them oxens we used and could cut more logs than any other ten men. They fired me and said if I didn't quit logging in Belize there soon wouldn't be any more jungle?"

"What did you do then?"

"I got me a visa to the U.S. and went to them North Woods to work. You know, before long they started running out of trees too, and I had to move on."

"You must have been some woodcutter," I said.

"That I was," he said. "That I was. Now, after they run me out of them North Woods I finally found a place where I could log all I wanted to. I cut every stick of timber I could get my hands on."

"And where was that?"

"That was out there in that Sahara Forest."

"Do you mean the Sahara Desert?"

"Yes. I guess that's what they're calling it now."

Caye Caulker

## Golf Cart

**Guided Island Tours**  
**Reliable Service**  
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Caye Caulker, Belize

# Lily's

## Treasure Chest

Fresh Seafood Daily!

Open Daily 7 a.m. - 9 p.m.

Serving Beachside Breakfast, Lunch & Dinner

### A True Island Dining Experience!

Seaside at Lily's Hotel 226-2650

## Trivia Tidbits

\*Before she became the "queen of cuisine" and the darling of TV's PBS, Julia Child worked as an advertising copywriter for a furniture store.

\*Rats can swim for a 1/2-mile without resting, and they can tread water for three days straight.

\*A wild cat, known as "the fishing cat" actually swims to catch fish. Called the Bengali Mach-Bagral, nature gave these cats extra-long claws, which it uses like fishhooks. The fishing cat is found in Nepal, Burma, Southern China and parts of India.

\*Potato chips are the Number 1 selling snack in the United States. Statistics show that they accompany lunch 32 percent of the time and dinner 18 percent of the time.

\*About 5.6 percent of Earth's crust is composed of iron.

\*A bird sees everything at once in total focus. Whereas the human eye is globular and must adjust to varying distances, the bird's eye is flat and can take in everything at once in a single glance.

\*The practice of naming hurricanes began early this century when an Australian weather forecaster decided to insult politicians he didn't like by naming devastating tropical storms after them.

\*TV talk show host Jay Leno owns more than 30 classic cars and more than 40 motorcycles. His first automobile was a 1934 Ford V-8 truck which he restored himself at the age of 14.

\*Whoopi Goldberg was a mortuary cosmetologist and a bricklayer before becoming an actress.

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\*COMMERCIAL PROPERTY \*HOTELS \*ISLANDS

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#### DEVELOPED PROPERTIES

- ❖ **Miramar 2 and 3 bed beach condos**, pool, pier & location from \$230,000 pre-construction.
- ❖ **Banana Beach Resort**: Condos and Suites with 2 Pools, beach, restaurant and bars. All Banana Beach properties have guaranteed rental incomes!
- 3 bed beach condos \$290,000.
- 2 bed beach condos \$242,500.
- 1 bed beach condos \$155,00 -195,000.
- 1 bed courtyard suites \$123,500.
- 1 bed balcony suites \$57,500.
- ❖ **Eden Park Villas** luxury 2,000 ft<sup>2</sup> 2 bedroom beachfront now selling!
- Palms \$450,000.
- Paradiso \$495,000.
- Imperial \$595,000.
- ❖ **Casa Grande - Palmeros Point Beach Club**. New 3 bedroom 3 1/2 bathroom beach home fully furnished and self sufficient \$675,000.
- ❖ **The Villa Turquesa at Mata Grande** designer 3 bedroom beach home with pier and optional adjoining beach lot \$975,000.
- ❖ **Tres Cocos Garden Home** 2 bedrooms with caretaker quarters. Location! \$275,000.
- ❖ **Caye Villas** - Beach villas with pool.
- 2 bed 2 bath fully furnished \$394,000.
- 2 bed 3 bath fully furnished \$395,000.
- ❖ **Mi Casa** Rental suites with spacious top floor owner's quarters and loft apt. \$650,000.
- ❖ **Casa Flores** income producing triplex on double lot. \$350,000/Offers.
- ❖ **The Castle** 10 apt complex \$525,000.
- ❖ **Ocean view** 3 bed/2 bath concrete home with roof top deck. \$210,000.
- ❖ **Duplex** home close to the Yacht Club \$125,000.
- ❖ **Popular Front Street Bar & Grill!!** Inquire.

#### UNDEVELOPED PROPERTIES

- ❖ **In town beach lot!** commercial or residential. \$490,000.
- ❖ **5 acre island on the reef at Turneffe** Offers!
- ❖ **Holiday Lands** beach lot 100ft x 150ft \$400,000 - under contract.
- ❖ **Holiday Lands** beach lot 100ft x 150ft \$300,000 - under contract
- ❖ **Near Mexico Rocks** 178ft beach front 2.4 acres \$534,000 - Sold.
- ❖ **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.
- ❖ **Rocky Point** 2 x1250ft 15 acre beach front parcels - \$1,100 per foot!
- ❖ **Boca Ciega 4.5 acres** 170ft beach front. \$350,000.
- ❖ **Buena Vista Point** ocean view 75ft x 150ft \$94,000.
- ❖ **Palm Bay Club** beach lot 50ft x 100ft \$35,000 terms.
- ❖ **Laguna Estates** ocean view lots from \$20,000.
- ❖ **Laguna Estates** commercial tracts & islands - Inquire!
- ❖ **Caribbean Coves** 200ft oceanfront \$150,000.
- ❖ **2 adjoining Alta Mar** 100ft x 100ft lots \$65,000 each.

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





## Evening Dinner

*Our Award-Winning Restaurant invites you to Enjoy a Masterful Blend of European, Mediterranean & Caribbean Cuisine*  
RSVP 220-5010

*Some of our Specialties: Caramelized Char-Grilled Shrimp, Fish Carpaccio, Bruschetta, Shrimp Paté and Fried Calamari, Jerk-Seared Scallops served in a citrus beurre-blanc*  
*Mambo Combo - Snapper Fillet topped with Shrimp and a Papaya Salsa*  
*Mesquite Grilled Seafood Plate - Lobster, Snap Grouper, Calamari, Shrimp and Scallops with Fresh Vegetables*

*Try our "Decadent" Chocolate Soufflé*

**Take a short ride  
under the stars**

**Pick-up by Island Ferry on  
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*Relax in our beachside Jacuzzi,  
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### Package Includes:

*Lunch a la carte, Complimentary Cocktail,  
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**Fido's Dock 10:45 a.m. -  
Returns 3 p.m. or 5 p.m.**

### Also Available:

*Sea Salt &  
Clay Body Mask Massage  
Energy Work*  
RSVP 220-5011



**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.

Serving breakfast, lunch and dinner...

**At Journey's End Resort  
Reservations: 226-2173**