

THE SAN PEDRO SUN VISITOR GUIDE

The Island Newspaper
Ambergris Caye, Belize
Central America

June 2, 2005

FREE



Family Fun on La Isla Bonita!



It's a "hole in one!" at Island Mini Golf & Ice Cream



Children enjoy the new play sets at Central Park



Take a splash in the biggest pool in San Pedro at the San Pedro Family Fitness Club



Slides, games and great swimming at the Boca Del Rio Park

See Story on Page 3



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It's a rare sight on our beloved island, but when it does happen, it is one of the most beautiful experiences. Yes, the Flamboyant is flowering, adding great beauty to our island. It's almost as if everything that had disappeared is suddenly showing up again. Gone were the mangoes. Gone were the great red and yellow flowers of the Flamboyant, and now, here they are again, to grace us with their presence. Enjoy this sight, for sooner or later, it will be gone, just like the mangoes and the pretty butterflies and birds that summer brings.

The San Pedro Sun is mailed everywhere.

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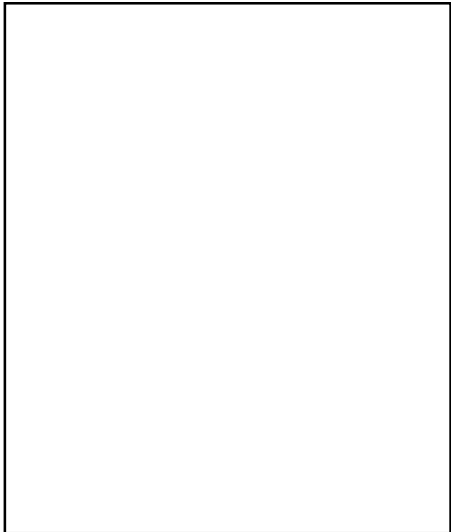
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Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Be sure to include your names and what you were doing.

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

Family Fun - Things to do with your kids while on vacation!

Park Fun

Boca Del Rio Park – Ready, set, GO!

Here on “La Isla Bonita,” there are several parks that are open and ready to entertain families, especially children of all ages.

One particular area of guaranteed fun is the park located north of the island, just before the cut – the Boca del Rio Park. Located right on the beach front, the park consists of a swing set, see-saws, a pirate ship for kids to climb on and monkey bars (for all the little monkeys), just to name a few. There are activities for people of different ages; everyone can

find things to do in this beautiful park.

Boca del Rio Park is also located in front of the beautiful blue waters of the Caribbean Sea. So, whenever visiting don’t forget to bring your swimsuit, and play in the warm, tropical waters of the beach because you will definitely be tempted to jump in. The waters are very shallow allowing the small tykes the ability to run in and out of the water. Even though the waters are shallow, one can still enjoy the multitude of colors that the Belizean marine life has to offer. Schools of fish, crabs and other marine animals can be seen if

you decide to snorkel for a bit. If you are not the kind to get the water, then you can sit under one of the many palapas and let the sounds of the Caribbean waves soothe you.

Boca del Rio Park is also equipped with a wonderful water jungle gym where kids can have even more fun. The gym includes a water slide and kids love spending time sliding into the crystal clear waters.

The park is extremely attractive and allows you to get in touch with nature. If the hot sun is too much for you, do not fret. To the south of the park is a

growing palm garden, where a number of palm trees, surrounded by shells, allow you the comfort of enjoying nice shade while the kids still enjoy the cooling waters. Colorful signs are posted all around, to advise the public not to destroy the plants.

It is a beautiful sight to see children running and mingling around with other children. The atmosphere is filled with echoes of happiness and contentment and parents can keep an eye on the children while still enjoying themselves, too.

Continued on Page 4



Families often spend a weekend afternoon at the beach at Boca Del Rio Park.



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Family Fun

Continued from Page 3

Central Park

Although under renovations, the Central Park has recently installed the kid gym for children to enjoy. Brightly colored in deep shades of purple and yellow, the jungle gym will certainly provide hours of fun. Located right on the heart of San Pedro, Central Park has a basketball court and is right on the beach, allowing for a pleasant swim in the sea.

Central Park also consists of different food booths where you can purchase a variety of meals, including rice and beans, burgers, hot dogs, and other delicious meals. These establishments also sell a variety of sodas not to mention refreshing and delicious milk shakes.

Heredia's Flamboyant Park

Located in the San Mateo Area is Heredia's Flamboyant Park. Complete with swing sets, slide, and a mini-jungle gym, this park is not located on the beachfront, but back from the beach a



The next Tiger Woods carefully measures his next shot!

few blocks. The park allows many activities for children to enjoy.

Of course, while at any of the different parks, one must remember to pick up after oneself and leave the place clean. Please do not throw away any food or disposable items in the sea, as it would be of nuisance to the fishes and would be a bad example for the kids.

Island Mini Golf

Another afternoon or evening activity that can be done on the island without paying a fortune is going out to play some miniature golf at the Island Mini Golf. It is located on Sea Grape Drive, next behind Barefoot Iguana. The owners, Allan and Patty Bentkofsky, welcome you onto the course and direct you to choose one of the many colorful golf balls. To play the games, a small fee is charged at the gate, for both the adult and child, but the experience you get from it is so much more.

The excitement begins as you "tee-off" onto a mini fairway and enter the world of the Island Mini Golf. Its name is exactly what it is, the golf course is small and miniature is the theme for the grounds, as everything on display is small, colorful and sure to offer you loads of fun.

A game can be played with many players, and step one is to pick who tee's off first and then start at the very beginning of the course. There are signs posted to help you along the way, signs marked 1 to 18 are posted on the side of every fairway; and every one poses a different challenge. The first hole is an indication of the challenges

to come as you try to get your ball through a spinning windmill, striving for the perfect hole in one. From there, each hole that follows is a new and interesting challenge, some that prove difficult for first timers, but a challenge that many are determined to conquer. The 18-hole course depicts an island theme and features unique landscaping pieces such as the turtle that sits in the middle of the course. Approaching the 17th green, players are greeted by a friendly whale, and dolphins adorn other sections of the golf course. The final hole challenges all players to try their luck in putting the ball in the "bull's eye", any player that would make the shot is awarded a FREE game and of course, bragging rights.

After golfing the children will want a delicious and yummy soft served ice cream, flurry, shake or smoothie. The Island Mini Golf and Ice Cream offers all sorts of flavors and tastes to fill your every craving; from nuts to hot fudge, or a combination of both. The Island Mini Golf also caters to birthdays and special calendar events. Book an awesome mini golf party package by reserving the entire course for yourself and all your friends. The birthday boy or girl would receive free flurry, shake, smoothie and all the ice cream you can eat. As an added bonus, the island Mini Golf gives a special present to the birthday girl/boy.

So, still looking for a place to go? Bring the kids and delight yourselves with some mini-golf and ice cream, it is sure to leave you wanting more. The price to play is very affordable, and please remember that children under 12 years must be accompanied by an adult.

Glass Bottom Boat

If your children are too young, or not the best swimmers, or if you simply do not want to get wet, you can still enjoy the incredible marine life Belize has to offer. You can do this by taking a trip on the Reef Seeker's glass bottom boat.

To begin the adventure, simply make reservations by calling Mercedes "Metch" Valdez, your friendly tour guide at 226-2539. Metch has 19 years of experience running the glass bottom boat and knows how to give his guests the best views of the underwater world.

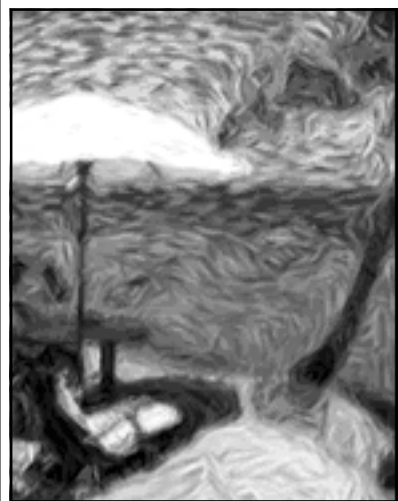
The boat picks you up at your hotel and makes its way to the Hol Chan Marine Reserve. On the way, you can enjoy the beautiful underwater world through the glass floor. Once at Hol Chan, Metch carefully maneuvers the boat through the coral beds, and allows the visitors the best possible views. After seeing vibrant corals, colorful schools of fish, sting rays and even turtles, it is time to visit Shark and Sting Ray Alley.

Only seven foot deep, Shark and Sting Ray Alley is a popular spot where nurse sharks and sting rays frequent. It allows for up "close and personal" sights of these magnificent yet tame creatures, without getting in the water.

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For the children who live farther from the parks downtown, Heredia's flamboyant park offers a lot of fun.



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Mango Season is here!

By now you have probably witnessed a rather amusing sight – boys and girls of all ages happily munching on bright yellow pieces of fruit, while the fruit's juices trickle down their elbows. Sold whole, peeled or cut into small pieces in clear, plastic bags, and served with a choice of salt and pepper or plain salt or peeled whole, you probably know what that fruit is by now. Yes, it is mango season once more, and on the island, residents are taking total advantage of it while it lasts.

The mango season usually begins mid-May and goes through August, although for residents and visitor of San Pedro, shipping can be a major deciding factor in how long the season will last, and how affordable the mangoes are. On the mainland however, mangoes are literally strewn everywhere. People with mango trees in their yard have a hard time chasing mischievous youngsters from climbing the tree. Besides, it's best to have naughty youngsters eating them than letting them go to waste on the ground below.

A bus ride from Belize City to the northern districts during mango season would reveal the beautiful colors



David at his fruit stand with the incredible variety of mangoes now available for sale.

of the mango season. Huge leafy mango trees are bent over to breaking with beautiful green, golden or red fruit. The ground below is covered with a carpet of green, golden and red fruit. Children line the street sides with little makeshift booths selling mangoes singly, by the pile, the bucket, or the sack. Speaking with *The Sun*, a San Pedro resident remembered that on a particular bus ride, the driver was so kind as to stop the bus and let people out to buy mangoes. The pile of mangoes went for a dollar and one could purchase any-

Continued on page 8

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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Some uses for Aloe Vera

Aloe, a popular houseplant, has a long history as a multipurpose folk remedy. Commonly known as Aloe Vera, the plant can be separated into two basic products: gel and latex. Aloe Vera gel is the leaf pulp or mucilage, a thin clear jelly-like substance obtained from the parenchymal tissue that makes up the inner portion of the leaves. The gel contains carbohydrate polymers, such as glucomannans or pectic acid, plus various other organic and inorganic compounds. Aloe latex, commonly referred to as "aloe juice," is a bit-



The Aloe Vera plant with its thick sturdy leaves is considered almost a miracle plant.

ter yellow exudate from the pericyclic tubules just beneath the outer skin of the leaves. For pharmaceutical use as a laxative, the juice is often dried to produce "aloe" granules that are dark brown from exposure to air. The terms "gel" and "juice" are not clearly defined by manufacturers and often are confused by consumers.

The mechanical separation pro-

cess is not always complete, so aloe latex can be found in some aloe gels. It is desirable to make the gel as pure as possible, because aloe latex contains the anthraquinone glycosides aloin A and B, which are potent laxatives. The processed products are difficult to keep stable, a problem that can cause differences in product potency. Many products advertise special stabilizing procedures, but the best source of aloe gel would be direct from a broken leaf of the plant.

Aloe gel has been used for topical treatment of wounds, minor burns, and skin irritations. Consumers are most familiar with aloe's use in skin-care products, but aloe can also be used as a beverage. Aloe products for internal use have been promoted for constipation, coughs, wounds, ulcers, diabetes, cancer, headaches, arthritis, immune-system deficiencies, and many other conditions. However, the only substantiated internal use is as a laxative. The anthroquinones and anthrones in the aloe latex probably produce their laxative effect by increasing colonic peristalsis and increasing the intestinal water content by opening chloride channels of the colonic membrane to cause a net reduction of liquid absorption by the colon. The anthroquinone glycosides reach the colon mostly undigested, although some are metabolized by enzymes produced by intestinal bacteria. The result includes more frequent stools with softer consistency. In most of the studies on the laxative effects of aloe, the aloe was not used alone but in combination with other laxatives, such as celandin or psyllium. Aloe's side effects can include abdominal pain, diarrhea, and electrolyte imbalances, especially at higher doses.

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Pearl Creations

Family Fun

Continued from page 4

All this fun can be purchased for \$35 US and that price includes the park fees. So, do not hesitate, call Metch today. You may also be able to make arrangements through your hotel.

BBQ and Pool Fun

Fun to the extreme can be had at the San Pedro Family Fitness Club. The Club has excitement for all ages, games and activities for everyone to enjoy. There are three interconnected pools, each offering a different water level to suit swimmers of all ages and abilities. While playing in the island's largest pool, families can enjoy a tasty

meal and beverages at Caroline's Poolside Grill.

Every weekend there are many people enjoying the warm rays and refreshing water. Caroline's offers the best barbeques in town on Saturdays and Sundays which go great with a cold energizing drink. Caroline's also offers great burgers, hot dogs, chicken fingers and fries (Jalapeno Cheese Fries - are a must) to complete a meal or to simply have a scrumptious appetizer.

For little tykes not wanting to get into the water, the club also has a great playground with swings that the kids can enjoy. To round off the fun, enjoy volleyball, ping pong or even tennis, the club is very well-equipped.



Families can all enjoy a dip in the pool at the San Pedro Family Fitness Club.

During the summer the Fitness Club will also be offering summer day-camps. This fun and entertaining program is not only available to local children, visitors are invited to join as well, be it for the duration of the program or just for a day.

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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.

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

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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.

Mango Season!

Continued from page 5

where from ten to fifteen mangoes. "Some of the fruit was a little bruised but oh boy, it went down quite nicely!" was the comment.

In San Pedro there is a certain individual who has piles of the great fruit on his cart for sale. Usually seen around town, Don David can tell you all about mangoes while you pick, choose and refuse those on his cart. According to him, there are thirteen varieties of mangoes in Belize. He sells seven varieties himself. Among the most popular are the black mangoes (small, green skin, black spots when ripe, and tartly sweet), the slip-pers mango (yellow, an almost flat, small seed, sweet and juicy) and the hayden (large, bright red or fiery orange, very juicy and very sweet). Yes, David can answer a lot of your questions about his wares. Just don't ask him to sell you his pile of fruit for a dollar!

So, if you're a first timer with a mango, enjoy it while the season lasts. Be sure to wear something you're not too fond of, otherwise, bend over from the waist forward (and that's no fun) so as not to stain your prized shirt. The mango is very juicy when ripe, and has a tendency to run down chin, neck and elbow. Eventually, it lands on clothes. Relax and enjoy it, that's part of the experience.

For the more hardcore mango fan, news just released are of the 2005 Maskall Mango and Pepper Fest. Scheduled to take place on June 18th, the fun starts at 10:00 a.m. at the Maskall Community Center. Barbequed chicken, pork, and buffalo will be on sale as will a variety of mango drinks served with or without rum. Everyone is invited to enjoy juices and sodas for a dollar and Belikin beer at the low, low price of two dollars. Tons of agricultural products, wood carvings and other local handicrafts will be on sale. Different kids' games, activities and displays will be available to entertain the youngest members of the family. Highlights of the day will include prizes awarded for Best Mango Drink Contest, Best Mango Desert Contest, Best Hot Sauce Contest, Mango Feast Theme and Wood Sculpture Contest. A Father's Day Bash will follow from 9:00 p.m.-until. The grand gala is sponsored by: Maskall Village Council, Maruba Resort, Original Rock Bar & Restaurant, PUMA Development Committee and Nicky Nicholson. Proceeds will go to "Parents United with Children" and "Unity in the Community." For further information, kindly send an e-mail to: get-junglized@marubabelize.com

This mango season is certainly going to come and go fairly quickly so, enjoy every mango to the fullest!

A young boy enjoying his mango, a sweet treat available only during certain months of the year.

*Photo by
Halette Fisher*



JUNGLE

As seen on Temptation Island

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Reptiles (meaning “to creep”) are a group of animals that have scales (or modified scales), breathe air, and usually lay eggs. The term reptile is loosely defined in everyday English to mean scaly, cold-blooded, egg-laying animals. In cladistics (a way of classifying life forms), the reptiles are more strictly defined and include the descendants of the most recent common ancestor of the turtles, lepidosaurs (lizards, snakes, tuataras), and archosaurs (crocodilians, dinosaurs, and birds). The maintenance of body temperature (cold- vs. warm-blooded) is not a factor in this classification, but skull and egg structure are. All reptiles are cold-blooded, which is why they warm themselves in the sun, and have bodies covered in dry, horny scales. Some reptiles lay eggs; others give birth to live young.

Today there are 6,800 reptile species on earth; the major groups are alligators and crocodiles, turtles, lizards, and snakes. The total number of reptiles and amphibians in Belize is unknown. To date, 139 species have been identified, and more are being discovered. Among these are the beautiful green red-eyed tree

frogs, green iguanas, crocodiles, and numerous snakes. The reason the total number of species is so tentative, is because of the extreme habitats that these reptiles and amphibians are found.

Green iguanas belong to the iguana family, Iguanidae. The scientific name for the green iguana is *Iguana iguana*. Green iguanas live in tropical rainforest areas, generally in lower altitudes in areas near water sources, such as rivers or streams. They spend most of their time high in the forest canopy, about 40-50 feet above the ground. They are found in Central and South America, some Pacific islands, and the Florida Keys (USA). The green iguana, known locally as “bamboo chicken”, is the largest lizard in Belize and one of the largest in the world.

Full-grown green iguanas are usually between four and six feet, although they have been known to grow up to seven feet long. This includes the tail, however, which can make up about half the body length and, in addition to its green color, has black stripes. Green iguanas, not surprisingly, are green in color, but can be found in many different shades ranging from bright green, to a dull, grayish-green. Their skin is rough, with a set of pointy scales along the iguana’s back. Green iguanas have long fingers and claws to help them climb and grasp.

Besides their long fingers and claws, green iguanas have many interesting adaptations. Green iguanas have good senses of hearing and smell, and superb vision. Their long tail is also quite sharp,



A pre-historic looking Green Iguana looking on from its perch.

and is snapped in the air as a defense mechanism. The tail can also break off if caught by a predator, but grows back without permanent damage. Green iguana skin is very water resistant, and tough to avoid cuts and scratches. The coloring of the skin helps camouflage the green iguana, which means that they blend in easily to their surroundings to remain undetected by predators. If they are detected however, and need to escape quickly, these iguanas can dive from trees into water, and swim well. Green iguanas are quite sturdy—they can fall 40-50 feet to the ground without getting hurt! Male green iguanas have a special flap of skin called the dewlap. Male iguanas can raise their dewlap to appear bigger than they really are, either to intimi-

date predators, or to impress females. Both male and female green iguanas can store fat under their jaws and in their necks for times when there is not much food available.

Green iguanas tend to live alone, but may be seen in groups occasionally in good sunny basking spots. Females may travel up to two miles (3.2 kilometers) to a suitable nesting site, and lay many eggs at a time (about 50), in holes in the ground called burrows. They also dig pretend burrows to confuse any animals that may be looking for eggs to eat. After female iguanas lay the eggs, they leave them and do not return. When iguana babies hatch, they grow up without care from their parents. Green iguanas lay many eggs, but

Continued on page 10



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Reef Brief

by Green Reef Peace Corp
Volunteer, Kristen Stelljes



Wonderful Rays



An awesome Spotted Eagle Ray foraging in the sand.

Rays are very common around San Pedro. Just about any time someone is cleaning fish or conch you can find them and any time you visit Hol Chan Marine Reserve you are guaranteed to see quite a few. In Belize we have Southern Stingrays, Yellow Stingrays, Spotted Eagle Rays, and Atlantic Manta Rays. Rays are related to sharks. They are both in the class Chondrichthyes. Animals in this class have skeletons that are made up of cartilage, do not have a swim bladder, and have paired fins.

Rays have very special fins called cephalic fins. These are wing-like appendages the rays use to swim. The way they move make it look like these amazing sea creatures are flying. The scales on rays are hard and give their skin a sandpaper-like appearance. Their teeth are actually just big scales that are continually replaced as old ones fall out or wear away. Stingrays have a hard barb on their tails that they use to strike with when they are afraid. If you are not careful and step on a stingray, you could end up with a gash from their barb. So make sure you respect rays just like you respect all other marine life. Look but don't touch!

Female rays give birth to 1-2 young at a time. The young are called pups. Each pup hatches from an egg inside the mother and is born live. Animals that reproduce in this way are called ovoviviparous.

Manta rays eat by swimming with their mouths open. This moves water through their gills so they can trap zooplankton in their gill rakers. Other rays eat by uncovering animals buried in the sand such as conch, oysters, crabs, and crustaceans or small fish. Rays do a favor to other fish by uncovering buried sea life; some fish follow rays and eat what the rays uncover but leave behind. The buried animals do not appreciate this however because they either end up as lunch or die from exposure.

Caribbean Critters - Continued from page 9

only three to ten babies actually survive to be adults. It takes green iguana eggs about eight to ten weeks to hatch, then takes baby iguanas about two years to become mature adults.

Green iguanas are omnivorous, so they eat both plants and meat. They tend to eat mostly plants, though, especially leaves and fruits. Sometimes green iguanas (especially young ones) will eat eggs, insects, and small vertebrates. Plants are difficult for most lizards to digest. The iguana's digestive system contains certain bacteria that help the animal digest plants. Iguanas are born without these bacteria and possibly obtain them by eating the feces (solid body wastes) of adult iguanas.

Iguanas are killed by some large birds of prey, foxes, rats, weasels, some snakes, and people. Their eggs are also eaten by many animals. Like many tropical species, the green iguana is also threatened by habitat destruction. The green iguana is also a victim of the pet industry. Many people in the United States and elsewhere want a green iguana for a pet, so there is a big demand for their capture. Although many pet iguanas are now being raised on iguana farms, capture from the wild has lowered their numbers.

The delicious flesh of the iguana and the rich eggs are a delicacy in Belize. Prior to protection, the iguana was heavily hunted. Laws have been made to protect green iguanas from over-hunting and the pet-trade. Unfortunately, these laws are not enforced very well. Many people are trying to develop protected areas for the iguanas, and to educate local populations about the importance of conservation. Some of these educational programs help local populations find new ways of using the land, without permanently destroying it. For example, for people who want to continue to eat the green iguana, programs are being developed to raise these animals for food, instead of hunting wild ones.

Green Iguana Breeding Program Belize Zoo

For more than 7000 years, green iguanas (*Iguana iguana*) have been hunted for their meat and eggs in Central and South America. Iguanas are such a common food item they are known locally as the bamboo chicken. Today, wild populations have fallen to the point where they are now an endangered species. Hunting practices are part of the reason for a decline of wild iguana in Central America.

The green iguana has a predictable reaction to danger. When frightened, the iguanas drop from the trees into the water and wait until the predator leaves. People have learned this behavior, and dive into the water and catch the iguana easily. Another problem is that the favorite iguanas to hunt are mature females before they lay their eggs. This practice reduces the number of wild females that are old enough to reproduce.

To protect wild iguanas and still provide Belizeans with an important food product, Tony Garel and the Belize Zoo started the Iguana Breeding Program. The program was designed so the typical Belizean could raise iguanas for food. The first step of the project was to visit rural villages where iguanas are heavily hunted. A slide presentation is carried into the schools addressing the problems and solutions. Posters and natural history coloring books on green iguanas are also distributed. Lastly, the children are given an opportunity to meet and handle friendly iguanas.

Next, workshops are held at the Belize Zoo to train local people how to farm iguanas. The methods chosen use simple, inexpensive materials. This makes it easy for people to construct their own iguana farm.

Finally, iguanas that are bred at the Belize Zoo are released into protected areas in Belize. These released iguanas help to increase wild populations.

The green iguana breeding project has created plenty of public awareness all over Belize, and with continued work, effort, and support, green iguanas have a good chance of survival for the future generations.

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The National Bird - The Toucan



The Keel-billed Toucan (*Ramphastos Solifurantis*), known as the “bill bird” locally, is the national bird of Belize. The most obvious characteristic of the toucan is the huge yellow, orange, red, green and black bill. The toucan’s bill is amazingly dexterous and allows the bird to feed on a variety of tropical forest fruits.

The Keel-billed toucans are a very social bird and can often be seen in flocks of six or more birds. They are found throughout Belize’s forests and nest in holes and in tree trunks. They lay one to four eggs and the parent birds take turns incubating the eggs. This bird displays a rapid, heavy flapping of the wings when flying and calls with a “creek, creek” sound similar to a frog.

Toucans are primarily fruit eaters, feeding on a wide variety of tropical fruits of the forest. It feeds by snipping off the fruit and flipping its head back to gulp the fruit. Toucans will also feed on insects,



The Regal Keel-Billed Toucan feeding on fruit high above ground.

lizards, snakes and event he eggs of smaller birds.

The keel-billed toucan averages about 20 to 25 inches in length. Its body is covered with black plumage with red and white coverts under and on top of its tail. The toucan has green skin around its eyes and lore (the area between the eyes and the bill). The bird has a yellow face and throat and stands on two blue legs. Broad, heavy wings and a short tail force the bird to have a very laborious flight, flapping its wings hard in upward and downward movements.

The most obvious characteristic of the toucan is its beak. A large rainbow colored structure, the beak appears quite heavy and cumbersome, but is actually light because it is composed of the protein keratin. The beak is hollow with thin rods of bone to support it. It houses a feather like tongue, which catches the animal’s food and flicks it down its throat.

A small, playful bird, the toucan can often be found throwing berries at another bird or jousting with its beak with another toucan. These social practices fit in with the bird’s very family-oriented nature.

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The San Pedro Sun Virtual Taste Trip

Mango Mania! Enjoy them while they're in season. Mangoes are an absolute treat, and they require barely any condiments, which make them a delightfully healthy treat. With the following recipes, there's a surefire way to get mangoes on the table.



Enjoy the delicious mango shrimp pictured above, along with a cooling and refreshing mango margarita!

MANGO SHRIMP

Salsa:

- 1 large ripe tomato, cut in 1/4-inch dice
- 2 medium mangoes, cut in 1/2-inch dice
- 2-3 roasted jalapeno peppers, stemmed, seeded and chopped
- 1/3 to 1/2 cup chopped cilantro leaves

- 3 tablespoons lime juice
- 1 small red bell pepper diced
- 1 small red onion, diced
- Kosher salt and freshly ground black pepper to taste

Shrimp:

- 1 pound shrimp, peeled and deveined, tails left on if desired
- 1/2 cup tequila
- Salt and pepper
- 1 tablespoon olive oil
- 2 cloves garlic, chopped
- 4 cups cooked basmati rice
- * Make salsa by combining all salsa ingredients. Adjust seasoning to taste by adding more jalapeno peppers (or

leaving seeds on), cilantro, salt and pepper. Cover and set aside at room temperature 30-60 minutes.

* Meanwhile, in a shallow dish, marinate shrimp in tequila 30 minutes. Drain well, reserving tequila. Pat shrimp dry and season well with salt and pepper.

* In a large, non-stick skillet, heat oil over medium-high heat. Add shrimp and garlic. Shake pan and turn shrimp to cook evenly, about 1 minute on each side. Add tequila and cook 2 minutes longer. Remove from heat.

* To serve you can either fold in salsa or put the shrimp in a circle with the salsa in the middle. Put over rice with the former method. Serve rice on the side with the latter.

Serves 4.

MANGO MARGARITAS

- 5-1/2 cups Mango Nectar
- 1/2 cup Lime juice
- 2/3 cup Tequila
- 4 tbsp Triple Sec

Directions:

- * In a large pitcher, combine mango nectar, lime juice, tequila, and triple sec.
- * Stir well and refrigerate for at least 1 hour.
- * Serve over ice in a salt-rimmed glass, if desired.
- Makes about 8 cups.

MANGO COBBLER

- 2 Mangoes; peeled, pitted, and sliced
- 2 tbsp Lime juice
- 1/2 tsp Ground nutmeg
- 1 cup Flour
- 2 tsp Baking powder
- 1/4 tsp Salt
- 1/2 cup Brown sugar
- 3 tbsp Margarine; softened
- 1/2 cup Milk

* Preheat oven to 375°. Combine mangoes, lime juice, and nutmeg in mixing bowl. Spoon fruit into lightly greased 8" square baking pan.

* Combine flour, baking powder, salt and brown sugar in mixing bowl.

* With pastry cutter, cut margarine into flour until mixture resembles coarse meal. Stir in milk; blend batter until smooth.

* Spread batter evenly over fruit.

* Bake cobbler for 20-25 mins. or until lightly browned on top. Allow to cool a few min., then cut.

* Serve warm with yogurt, ice cream, or whipped topping.



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*If the youngest child bends over forward and look between his or her legs it is said that they are "looking fi deh bredda" (looking for their brother or sister). Meaning that their mother is having another child soon!

*If your palms itch, it is said that you're going to get some money soon.

*If your knees hurt that means the "wedda wahn change" (the weather will change; usually rain).

*If you walk over a person's feet while they're sitting or lying down, you will stunt his/her growth.

*Put a broom upside down behind a door and sprinkle salt to quickly prompt unwanted guests to leave.

*If you sweep someone's feet while sweeping the floor, that person will marry someone much older.

*Squirt breast milk into an infected eye to cure it.

*Put garlic above the entrance door to ward off bad luck.

*To cure a bad cough mix honey with lemon and swallow.

*Tie a red ribbon around the baby's wrist or put blue on the sole of his feet so nobody can "overlook" the baby.

*If a large moth flies into your home, you will have a visitor later.

*Whenever you have a sudden shiver or momentarily catch cold seed (goose bumps), it's because someone has just stepped on your future grave spot.

*When you hear owls crying or hooting at night, someone in the family is about to die.

*A stranger who is not allowed to cuddle or touch a baby will give the child "mal ojo" or bad eye.

*A balled up piece of thread stuck to a baby's forehead will cure hiccups or gripes.

*If you put the cold or mucus from a dog's eye in your own, you will be able to see ghosts.

Belizean Proverbs

Creole: Cow no bizniz ina haas galop!!
English: Cow does not belong in a horse's gallop.
Meaning: Mind your own business.

Grauma use fu seh...
Grandmother used to say...

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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
Hurricane	Huracán	Haricayn
Thunderstorm	Tronada	Tondastaam
Lightning	Rayo; Relámpago	Laitnin
Rain	Lluvia	Rayn
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Wolfe's Woofers by Dennis Wolfe

*You Thought. . .
But You're Wrong*

"My God; look at that poor guy. See the way he walks sort of bent over and clutching his lower abdomen? That's a classic case of Parven's Syndrome, just like we've been studying in class."

I was sitting on the deck at the Holiday Hotel having my coffee at a table near two students from the medical school.

"I don't think so," the other student said. "It looks more like Hoervick's disease to me. See the pained expression on his face?"

"Why don't we ask him since he's coming our way?"

I looked up to see that they were talking about Chico who was hobbling across the deck.

"Excuse me, sir," the first student said. "We're from the medical school and each of us has come up with a different diagnosis for your problem. Could you tell us which one is correct?"

Chico stopped. "You tell me what you think it is and I'll tell you if you're right," he said.

"I think it's Parven's Syndrome."

"You thought it was Parven's Syndrome but you were wrong," Chico said. "How about you? What did you think it is?"

"Oh, I see it as a classic case of Hoervick's disease," the student said. "Am I right?"

"You thought it was Hoervick's disease but you were wrong," Chico said.

"Well, what is it?" the first student asked.

"I thought it was gas but I was wrong," Chico said.

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Trivia Tidbits

Some Reptilian Extremes:

***Biggest (Most Massive) reptile** - the estuarine crocodile (over 7 m (23 ft) long).

***Smallest reptile** (and smallest lizard) - the British Virgin Islands gecko (only 18 mm = 7/10 inches long)

***Fastest reptile** - the spiny-tailed iguana (tracked at 34.9 km/h = 21 mph)

***Biggest (heaviest) snake** - the anaconda of South America.

***Longest Snake** - reticulated Python (over 10 m long)

***Fastest-moving snake** - probably the poisonous black mamba

***Biggest lizard** - the Komodo dragon (up to 3 m long)

***Biggest turtle** - the leatherback turtle (up to 2.5 m)

***Most poisonous land snakes** - the taipan (from Australia), black mamba, and krait.

***Only poisonous lizards** - the Gila monster, the beaded lizard

***Weirdest ability** - horned lizards can squirt a thin spray of blood from their eyes up to of 3 feet (0.9 meter) away.

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- ❖ **Banana Beach Resort**: Condos and Suites with 2 Pools, beach, restaurant and bars. All Banana Beach properties have guaranteed rental incomes!
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 - 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 ft² 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.
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 - 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.

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- ❖ **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
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front veranda and great view of river from back porch.

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- Entire building and bodega have burglar bars all around.

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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

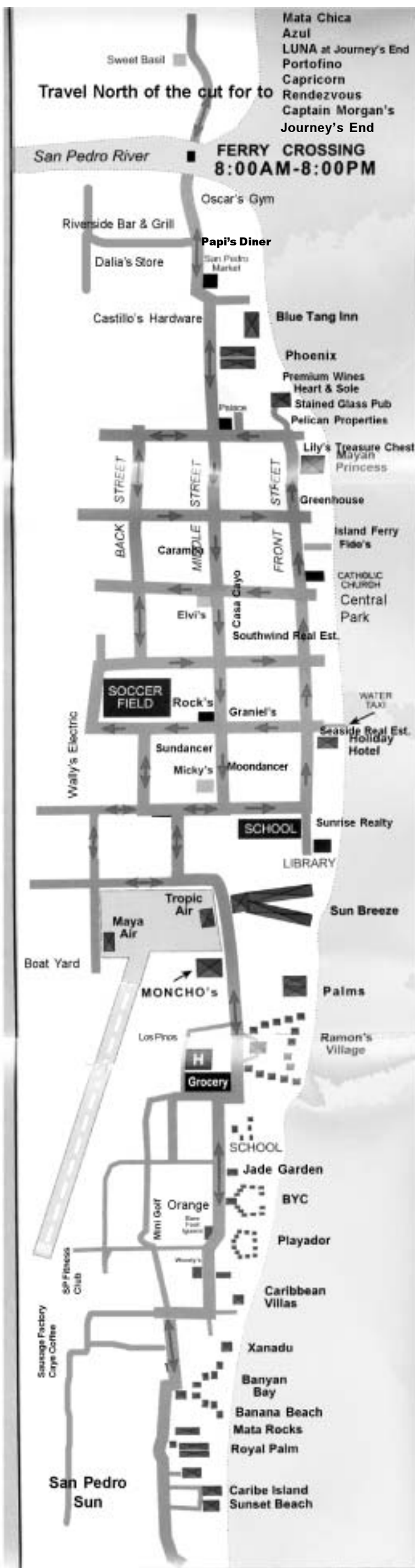
Miscellaneous

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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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...

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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
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