

# THE SAN PEDRO SUN VISITOR GUIDE

*The Island Newspaper*  
Ambergris Caye, Belize  
Central America

June 9, 2005

FREE



*Travelers experience the enormity of the Lamanai temples firsthand.*



*A drawing of a jaguar playing with a water lily, both symbols of royalty during the Mayan Era.*



## *Celebrating Belize's rich Mayan Heritage!*



*Primary school children perform a traditional Mayan dance for Open Day at the RC school.*



*The Ambergris Jade Museum, showcases Mayan artifacts at its new location on front street.*



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Pictured above is Noah in New York City (NYC). Formerly known as Pete, he is one of several success stories of the Saga Society. He was like a lot of strays in San Pedro, homeless and hungry. His plight tugged the heartstrings of animal lovers from NYC, and the next thing Pete knew, he was in the Big Apple, living in the lap of luxury.

The Saga Society of San Pedro Town would like to thank everyone who has helped the Society either through adoption or donations or otherwise. Without your help, we wouldn't have such a great success story as above.

You can adopt a dog or cat. It is fairly easy to take him back to the United States with you. Check with San Pedro's SAGA Society for more information.

Be part of the Visitor Guide

Contact the San Pedro Sun

226-2070 spsun@sanpedrosun.net

The San Pedro Sun is mailed everywhere.

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Where did you take your San Pedro Sun & Visitor Guide? Take a photo of you and the paper and send it to us at: spsun@sanpedrosun.net.



David and Gay York of Laporte, Texas, USA read The San Pedro Sun in Conroe, Texas at the 2005 San Pedro Social Club Partee.

In the photo, from left to right, Gay York and David York

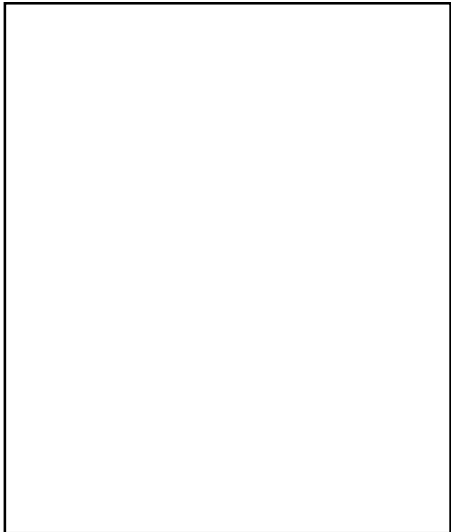


Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Be sure to include your names and what you were doing.

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



# The Maya Civilization

The Maya's lived in the area that is now known as Southern Mexico, Guatemala, Northern Honduras, El Salvador, and Belize. The peak of the Maya civilization was between 250 A.D. and 900 A.D. But it took thousands of years to develop.

The Maya grew corn, beans, squash, cocoa and chile peppers. They learned to make clay pots, hardened by fire, that were both useful and beautiful. Very skilled, the Maya cultivated cotton and learned to dye and weave cloth in bright patterns. They constructed buildings and created sculptures from stone and made jewelry and ornaments from jade and traded gold, silver, copper and bronze with other people.

The earliest known settled community in the Maya world is Cuello in the Orange Walk District. Cuello existed as long ago as 2,000 B.C. The Maya of Cuello were great pottery makers and farmers.

Eventually many communities in the Maya world grew and became more complex. Great cities flourished. The Maya built grand temples, palaces and public buildings, plazas and ball courts, and created sculptures that showed the lives of their gods and heroes. Many people came to these cities to trade and worship. This period of development between 250 A.D. to 1,000 A.D. became



A map showing the various routes of the Maya during their time of rule.

known as the Classic Period of the Maya. Among the communities that became powerful civic centres at this time in Belize were Altun Ha, Lubaantun, El Pilar, Xunantunich and Caracol.

Religion, mathematics and astronomy played an important role in the culture of the Maya. All these were closely connected. The priests were also astronomers and very active in public affairs. Many of their most important buildings were devoted to these activities. With these combined skills, the Maya were able to make calendars that were far more complicated than those we have today, and just as accurate.

The Maya had a system of writing. They recorded important events on big slabs of stone called Stela. These writings are still visible 2,000 years later and are helping us to discover more about their culture. Writing was also set down in books made from bark. Very few of these pages have survived to this day. Most of the books were burned when the colonizers arrived because the symbols and their meanings seemed evil to the Spanish priests.

There is still much we do not know about Maya society, but every year archaeologists make new discoveries among the ruins of the ancient cities. We do know that each city was largely independent but often they would go to war to expand their con-

Continued on page 4



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# The Maya Civilization

Continued from page 3

trol and influence to other cities. Maya society was divided into strictly ranked groups. Each group had its own rights and duties. At the top were the supreme rulers who inherited their position. The merchants were also important to Maya society. They traded by sea and by land. They traded salt, cotton, cocoa, fish, honey, feathers, shells and precious stones. Cocoa beans were used as money. Belize was an important trading centre for the entire Maya area. Some major trading centers were Moho Caye, Santa Rita, Ambergris Caye and Wild Cane Caye.

The majority of the Maya were farmers. They lived in simple thatched houses surrounded by forest gardens. They ate tortillas, beans, tomatoes, peppers and other vegetables. The rich had a more elaborate diet of turkey, fish and game meat, and a chocolate drink made of cocoa and chile. Most Maya wore simple cotton clothes and occasionally sandals. The rulers and merchants wore jewelry and feathered headbands.

All civilizations have periods of growth and decline. By the middle of the 10<sup>th</sup> century, Maya society began to decline rapidly. Although the causes are not certain, archaeologists believe this may have happened because the land was no longer able to produce enough food for the people.

Changes in climate, wars and scarcity of products to trade may have further contributed to weaken Maya society. As temples and public buildings were abandoned they began to decay. Many people moved to other areas. The population became smaller. Yet there were still many Maya in Belize by the 16<sup>th</sup> and 17<sup>th</sup> centuries. They had been there since ancient times, and survived the decline of their great civilization. But when the Europeans arrived and began to colonize the land, Maya civilization was dealt yet another blow.

Today, the indigenous Maya live in areas of Guatemala, Mexico and Belize. They speak twenty-four Maya languages that evolved from the Classic times.

There are many great temples that have and are still presently being studied across Belize. Most of them are open to the general public and the most prominent and most visited sites include Lamanai and Altun Ha, which are easily accessible from San Pedro. Many local tour guides offer fabulous day trips to these ruins, and Tropic Air also offers day flights to Lamanai.

## Lamanai

Lamanai is one of Belize's largest ceremonial centers. It is also one of the most important. The name "lamanai" comes from the word



The majestic "Temple of the Mask" at Lamanai dates back to 500 A.D.

"submerged crocodile" in the Mayan language. Many representations of the crocodile can be found through out this site.

This site, situated along the New River Lagoon, features monumental architecture of temples and palaces dating from the Classic and PreClassic Periods. Postclassic artifacts are primarily of a residential nature, not immediately evident to the visiting tourist. A little further south are two Spanish churches. British colonial logging operations shipped logwood and mahogany out of the New River. Finally, even today the

site is occupied by a modern village of Salvadorian refugees. Lamanai, encompasses all of Belize's major phases of occupation from the Mayan Civilization to the present.

The central area of the site covers approximately half a square mile. The central area plus the residential and other minor structures are spread over 950 acres, which is the present size of the official archaeological reserve.

Pollen evidence dates the earliest occupation at the site to be about 1500

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## The Ambergris Jade Museum's new home



Since opening its doors to the general public in 2002, Ambergris Maya Jade & History Museum has been located on the left side of Barrier Reef Drive. Now this interesting, historical, and educational museum has moved across the street, in the Spindrift Hotel building.

The museum also displays and sells many magnificent pieces of jewelry and reproductions crafted from Maya jade.

Famous Maya masks, symbols and statues still greet visitors to the museum. After proceeding through the stone entrance, guests are treated to a reproduction of a Maya tomb, complete with skeletal remains. The prized artifacts, Ambergris Jade preserves are beautifully and carefully displayed in glass showcases.

For a taste of history, visit the museum daily from 9:00 a.m. to 6:00 p.m.

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## Belizean Proverbs

Creole: Champayn  
 dreams wid lime juice  
 money.  
 English: Champagne  
 dreams with lime juice  
 money.  
 meaning: Wanting  
 things that one clearly  
 cannot afford.

*Grama use fu seh...*  
*Grandmother used to say...*





## ALLSPICE

Pimenta, Pimenta Gorda (Spanish)  
Naba-cuc (Maya)

**Scientific Name:** *Pimenta dioica* (L.)  
Merrill

**Plant Family:** Myrtaceae

**Description:** Tree growing to 20 meters tall; stem ca. 30 centimeters in diameter with light brown bark that peels off in thin strips or larger sheets; leaves leathery, 9-20 centimeters long x 3-9 centimeters wide, fragrant; inflorescence a panicle 6-12 centimeters long, with numerous white flowers ca. five millimeters long; fruits rounded,

six to eight millimeters in diameter.

**Habitat:** Forests and backyards.

**Traditional Uses:** Both the berries and leaves are used medicinally as a pleasant, warming tea for *digestive upsets*, *gas* and *infant colic*. Crushed berries boiled down to a

paste and spread on a piece of cotton make an excellent plaster for *rheumatic aches* and *pains*. Those suffering from *exhaustion* or feeling *low in energy* will benefit by bathing with water in which allspice leaves have been boiled. To relieve *menstrual cramps*, take a sitz bath in it. *Chicleros* and lumber workers make a paste of the fresh, crushed allspice berries added to animal fat to apply to *foot fungus*.

The berries are used as a spice for meat stews, hot cereals and liquored drinks, and are collected from wild trees in the forest to be sold for the international spice trade.

**Research Results:** This plant has been shown to have biological activity as an antifungal.



All spice seeds used for condiments and as a remedy by many.

## Maya Civilization

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B.C. The earliest pottery has been dated to about 500 B.C. Archaeologists have dug through layer after layer of occupation dating from 500 B.C. onward. For example, buried deep inside a 6<sup>th</sup> century masked temple lies a well preserved Late Preclassic temple dating back to 100 B.C. with elements similar to those found at the northern site of Cerros.

The massive main temple called "N10-43" is the largest Preclassic structure known in the entire Mayan world. It too had been heavily modified several times. The last modification has been dated to the Late Classic Period of around 600 A.D. Only a single dated Stella has been recovered from Lamanai. This Stella bears a date and the Mayan name of the Stella meaning "tree of stone."

During the Late Classic Period,

the northern section of the site, previously used as a sacred ceremonial ground, was transformed into residential use. Meanwhile, the ceremonial activities were shifted to the south. New Postclassic structures arose, less spectacular in nature. Archaeologists feel this is evidence that there was a decrease in the availability of laborers and a breakdown of the highly structured hierarchical society of the past.

In addition to the many Mayan structures in the park, Lamanai is also known for the remains of two 16<sup>th</sup> century Christian churches and a 19<sup>th</sup> century sugar mill including a huge fly-wheel and boiler. Due to the long occupation of the site by varied people, the artifacts of Lamanai include those of stone, clay, wood, bone, shell, jade, gold, copper, glass, iron and even liquid mercury.

Lamanai was first visited by archaeologists in 1917, but serious excavation and preservation did not occur until the Royal Ontario Museum began a long term project in 1974. Lamanai, like many other Mayan sites in Belize, experienced heavy looting between 1920 and the early 1970's.

Lamanai lies along the shores of the beautiful New River Lagoon. The waters are perfect for swimming and water sports. Unfortunately, because of heavy agricultural use, the jungle within the archaeological park is the only jungle in the area. The lands outside of the park are a patchwork of sugar cane fields. As a result of this forest fragmentation outside the park, there is an abundance of wildlife in the park. There are at least four families of howler monkeys living there and the marsh lands around the lagoon support many species of water birds.

### Altun Ha

Altun Ha means "stone water" in Mayan and takes its name from the ancient Maya reservoir, or aguada,

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## Mayan Civilization

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The Altun Ha ruin located in the Belize District.

that Belizeans call “rock stone pond.” Altun Ha was an important Classic Period site situated to take advantage of the trading that occurred between the waters of the Caribbean and the deep interior of the Mayan Civilization.

Within the central portion of the site there are more than 275 structures. The entire city covered some five square kilometers, and contains around 250 to 300 unexcavated mounds. Though the exact size of the site is still unknown, population estimates for Altun Ha at its peak are

8,000 to 10,000 inhabitants.

Evidence suggests that by the first century B.C. the inhabitants of Altun Ha began to erect permanent buildings. These early buildings centered around the reservoir, a natural depression in the ground with an artificial clay lining and a dam at the south end. Other small reservoirs were constructed from quarries for building materials. These quarries were modified as catch-basins for rainwater. Apparently, the availability of

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# Maya Civilization

Continued from page 7

water was a major factor in determining the location and growth of a settlement.

By 250 A.D, work had begun on what was to be the central plaza of the site for the next six centuries. All the major temples are actually not single buildings, but several built on top of each other. Apparently, the Maya seem to believe that temples had a finite life span. They could be used for a certain purpose for a fixed amount of time, then had to be modified to fit a new purpose. But in all cases, the basic form was the same: a solid pyramid atop where a cham-

bered building or altar was placed.

The evolution of the temples at Altun Ha continued until near the end of the 9<sup>th</sup> century. Evidence suggests that the final collapse at Altun Ha may have been brought about by some sort of peasant revolt. The archaeological evidence also points with reasonable certainty that military invasion, famine and pestilence played no significant role in the downfall of Altun Ha.

There is evidence of some PostClassic occupation at Altun Ha. Portions of the middle and lower classes remained at the site after the collapse of the Maya Civilization. This is evident from the masses of domestic refuse found at the base of one of the temples. It appears as though the PostClassic inhabitants lived in or near the ceremonial center and

dumped their garbage on what had once been sacred ground.

Seven tombs were found and excavated within the main temple at Altun Ha. Of all the tombs discovered, the most striking was the last one discovered – and the earliest built. This tomb, built deep within the huge stair block of the main temple dated from 600 A.D. An elderly priest lay buried here accompanied by bits and

pieces of cloth, cordage, wooden objects and a number of jade objects. Included among the jade was the largest jade artifact ever recovered in all of “Mayandom”. Kinich Ahau is a giant head of the Sun God, standing six inches in diameter and weighing approximately ten pounds. This is one of Belize’s most valuable artifacts, now heavily guarded inside one of Belize Bank’s vaults.



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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. 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.

# JUNGLE

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## The Jaguar

Maya rulers used the jaguar as a symbol for the divine right of kings. The Jaguar God inhabited the Underworld, home of the dead. Each morning, he became the Sun God, traveling across the sky to the west, where he fell back into the Underworld. To maintain the cycle of night and day, rulers performed rituals to appease the gods, the controllers of the fate of humankind. Like the Jaguar God, Maya kings defied death by being re-born out of the dreaded Underworld, which the average human could not escape.

Commanding fear and respect throughout Latin America, the jaguar (*Panthera onca*) looms larger than life. All of the big cats have inspired their share of myths and legends, but few have played such a pivotal role in the religion and culture of a continent as the jaguar. Why was the jaguar chosen as the central theme of the Latin American culture? The jaguar is the largest cat in the Western hemisphere, but it was more than its size that impressed the Mayans. For the Maya, the jaguar embodied immeasurable power. Its name, translated, means, "a beast that kills its prey with one bound."

The jaguar is the ultimate predator, the dominant power in the forest, and animal that uses its strength and cunning to overcome other animals. The jaguar masters all dimensions – it climbs, it swims, and it roams the dense forest with ease. For the largest predator in the Americas, almost no prey is too ambitious a target. Although some adult tigers weigh 650 pounds and thus may escape the jaguar's attack, nearly everything else is vulnerable to its awesome strength. The jaguar's robust power has given it the reputation of being immense. In reality, jaguars are smaller than legend or looks would have people believe. In Central America, males typically weigh around 120 pounds and females around 80 pounds. The largest jaguars have been found in Brazil, where males top the scales above 200 pounds, while females can weigh up to 170 pounds.

Large or small, the jaguar gives the impression of unassailable power. Even a 70-pound jaguar looks as if it could overpower an ox. The jaguar does not have the lithe build and sinuous grace so characteristic of its Asian cousin, the leopard. The jaguar is a strong, stocky cat, deep chested with a large, rounded head and short sturdy limbs. Even the jaguar's canine teeth seem stronger than those of the other great cats, and its killing technique reflects the extraordinary strength of its muscles and teeth. Lions, tigers, and leopards usually kill their prey with a throat or neck bite. Jaguars, on the other hand, often bite through the temporal bones of the skull, between the ears of the prey. Jaguars can kill smaller animals, such as



*The impressive jaguar, one of the most revered animals of the Mayas*

dogs, just by slapping them with a paw. Animals killed in this fashion usually have no signs of external injury; they usually die of a crushed skull.

Like most of the big cats, jaguars usually hunt by walking along a well used trail or beside a stream crossing until they encounter prey, then stalking or rushing it. Occasionally, jaguars do wait in ambush, leaping on unsuspecting prey as they pass. Now and then, jaguars may take to the trees to grab a monkey. Despite all its strength and power, the jaguar subsists mainly on a diet of smaller prey. The jaguar does not discriminate, however, and devours whatever is available: lizards, snakes, turtles, fish, small rodents, deer, birds, crocodiles, or whatever else may fall in its path.

Jaguars live in a surprisingly wide range of habitats. When people think of jaguar habitat, many of them get an image of dense tropical rainforest. That's true, but they also survive in the swampy grasslands in Brazil, the high altitudes of Peru, and the low scrub in fairly arid lands in Mexico. In general, though, they seem to prefer living near water. Jaguars swim well, and like the tiger, may spend the heat of the day half submerged in a stream.

According to one Mayan myth, the jaguar acquired its beautiful spotted coat by daubing mud on its body

Continued on page 11

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# Reef Brief

by Green Reef Peace Corp  
Volunteer, Kristen Stelljes



## Guardians of the Reef Hike Bacalar Chico Trail



Guardians of the Reef, the environmental club made up of students from San Pedro High School, traveled to Bacalar Chico last weekend to hike the new trail in Bacalar Chico. Trekforce volunteers from England completed the trail in March. The Guardians hiked for five miles from Xanai's fishing camp on the lagoon side to the Ark Trekforce campsite in Laguna de Canteña. The hike took three hours, at the end everyone was hot and tired, but agreed it was well worth the effort. They enjoyed seeing the different plants and animals on the trail and getting to know a part of Ambergris Caye that very few people have gotten to know.

The Guardians of the Reef were able to see several different ecosystems as they hiked the trail. There were mangroves, broad leaf forest, and savannah. Bacalar Chico has many different species of orchids and other epiphytes. Epiphytes are plants that can pull nutrients from the air. The Guardians learned that these plants live on trees in a commensualistic relationship. The epiphyte uses the tree to secure itself, so it benefits from the tree. However, the tree does not get any benefit from the epiphyte, but it isn't harmed either. There was evidence that chicleros had once been in the area and the Guardians chewed chicle straight from Sapodilla trees. The club spotted wild boar's running along the trail and some Yucatan Jays, which are only found on the Yucatan Peninsula. Modesto Guitierrez was the guide for the group and pointed out these and many other interesting things along the trail. Many of the members of the club knew a lot of the plants as well and pointed them out to everyone on the hike.

Once everyone reached the campsite in Laguna de Canteña, they relaxed, had lunch, and enjoyed the cool breeze. On the way home, the club stopped at Cayo Rosario for a swim. The club is looking forward to going back to Bacalar Chico again to see other parts of the trail. They would like to thank Ian, Edgar and the rest of the staff at Hol Chan Marine Reserve for taking them to Bacalar Chico. They would also like to thank Bacalar Chico National Park for hosting them.

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## Blue Water Grill - An innovative dining experience!

One of the most successful, unique, and innovative restaurants in San Pedro is The Blue Water Grill. With a full service menu, excellent staff and one of the best views of the Caribbean, The Blue Water Grill, on the beach at SunBreeze Hotel offers an extraordinary dining experience. With open spaces, a refreshing pool to dip in and a complete bar, this one-of-a-kind eatery is definitely a "must" for tourists and locals alike.

Once you step into The Blue Water Grill, co-owner Kelly McDermott greets you with a warm smile and directs you to the table of your choice. Throughout your meal, she along with the entire staff make sure that everything is to your liking. From the carefully picked yet varied menu, you know that co-owner Chris Aycock, executive chef, has made all the right choices that will definitely have you visiting The Blue Water Grill for more. Once seated the wonderful aromas from the wood oven instantly hit you with scents of roasted garlic and a mixture of savory herbs. The Blue Water Grill serves wood fired pizzas, just like the ones made in Italy.

### The Jaguar

Continued from page 9

with its paws. On close inspection, the markings resemble paw prints. Against a background color that can vary from pale gold to a rich, rusty red, the dark rosettes enclose one or two smaller spots. Along the middle of the back, a row of black spots may merge into a solid line. As with leopards, melanistic or black jaguars are common. Belief had these black jaguars bigger and more ferocious than the spotted jaguars, but there is no proof that the animals are any different from their golden counterparts.

Belize has one of the healthiest populations in Central America, and the jaguar is protected from hunting throughout Belize.

#### Cockscomb Basin Wildlife Sanctuary

Cockscomb Basin Wildlife Sanctuary, established in 1990 is world renowned for being the first jaguar reserve. This "one of a kind" reserve was established as a result of jaguar studies conducted in the area by Alan Rabinowitz. Besides being the home to Belize's largest cat, the Sanctuary protects the headwaters of two major river systems and supports an abundance of hardwood vegetation types and a diverse faunal assemblage.

Over 128,000 acres of lush jungle are ringed by the spectacular Cockscomb Mountains. The wonders and diversity are accessible to both the casual visitor and the serious naturalist through a series of nature trails. These trails vary in degrees of difficulty ranging from an easy hour-long stroll along the river to a four (4) day challenge of conquering Victoria Peak. The Victoria Peak trail is only accessible during the dry season and requires a permit and a tour guide

The pesto pizza is a wonderful choice with a sweet basil pesto sauce (a blended mixture of basil, garlic, olive oil and pine nuts), mozzarella and fresh chopped tomatoes. But, how could you go wrong with the other amazing choices like the Hawaiian (ham and pineapple), Inferno (lime marinated shrimp and scallions with just a touch of spice), and the Barbecue (barbecue sauce, chicken breast, and fresh tomatoes) among others.

Judging from the aromas wafting from within, you know that making a choice as to what to have for breakfast, lunch or dinner will not be an easy one. The appetizer menu is diverse, and the one item sold the most is the Crispy coconut shrimp sticks. Complete bliss served with a sweet-spicy black bean sauce. However, how can you say "no" to the Crispy Thai spring rolls, the Yellowfin Tuna crudo plate or steamed pork dumplings served with a ginger-green onion soy sauce? With each bite, you taste not only the spectacular fusion of all the spices - you taste perfection as well.

The Blue Water Grill caters to your



every wish! Craving pasta? The angel hair pasta is glorious. Shrimp, snapper, lobster and scallops sautéed in a magnificent sauce combining garlic, tomato, basil and white wine finished with a touch of butter. And, that is simply one choice. How about having some seafood? The black bean crusted inland snook is one of the Grill's signature

dishes. Served in a caramelized-banana Thai curry sauce it is sure to take your breath away. The choice of the fish, which thrives in the mainland river mouths, has a light sweet flavor and complements the sauce for an exquisite taste. How about some wine with your seafood? Chris and Kelly have worked

Continued on page 14



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# The San Pedro Sun Virtual Taste Trip

Mayan cooking is fresh, hearty, flavorful and satisfying, if not very diverse. A myriad of jungle fruits, edible plants and seasonal produce aside, corn tortillas, rice, beans, legumes, chicken, tomatoes, onions and eggs make up the staples and they are seasoned with chiles, achiote paste, garlic, oregano, basil, salt, pepper or occasionally wild cilantro. This cooking will impress you with its robust freshness. Ultimately cuisine is defined by the quality of its ingredients and these recipes began in the family's garden, progressed through the chicken coop, took shape at the grinding stone and chopping block, and came to fruition at the hearth.

The best ingredients are one thing, but don't disregard the human factor, preparation is crucial and Valentina Cho, a Blue Creek resident located in the Toledo District, wields considerable culinary skills in her rustic kitchen. The pride she takes in her culture, cooking and independence is reflected in her hand embroidered dress, hand-sculpted stove, and self-produced farm.

Watching her in action is initially inspiring and eventually downright tiring. Her warm eyes, lovely features and deep belly laugh hide an energetic and fiery spirit. She'll out haul, out hustle and out cook you without breaking into a sweat. Did we mention she is 64?

Her soup was made from her prized rooster and herbs from her garden and served with tortillas hot off the comal (Mayan flat griddle for cooking tortillas). The family dines around a little wooden table set in the middle of her packed dirt floor. Excellent! This recipe comes from her kitchen to yours.

## Valentina Cho's Caldo Kash (Mayan Chicken Soup)

**Ingredients:** (serves 5-8, cut in half for smaller group)

- \*Whole chicken cut up into parts
- \*3 small to medium sized yellow onions sliced
- \*3 or 4 cloves of garlic minced
- \*1 tsp. achiote paste (made from red achiote berry, salt and spices – commonly known as recado)
- \*1 mixed handful of fresh oregano, basil, chives (substitute ½ cup of dry herbs)
- \*1 tsp. dried oregano
- \*Salt, pepper and chile to taste

## Preparation:

Cut the chicken into pieces and add to a pot of water. Once at full boil, add the minced garlic. Lower the heat slightly. Once the soup has boiled for 10 minutes, add the achiote and salt. 10 minutes later, slice the onions, cut the fresh herbs and stir into the soup. Continue boiling the soup until the chicken is tender.

## The Original Mayan Corn Tortilla

Many of you reading this, may have certainly eaten a taco or two. You may even have gone to the store and bought tortillas to make your own. Flour tortillas out of the bag are edible, corn less so. There is no substitute for the real thing. Masa dough is ground from parboiled corn kernels, flattened and shaped and grilled on the comal griddle in front of your eyes. When one side is cooked, the Maya women peel up an edge with their fingers — miraculously burns rarely happen — and flip them. The final test to see if they are done is to pat them in the center a couple times with their finger tips. If they puff up (and then deflate) they're ready.

For centuries the Maya have made them exactly this way. Only one ingredient and the simplest of tools are used. The only concession to technol-

ogy they make these days is a hand cranked metal grinder instead of the flat stone mortar and cylindrical pestle.



A hot tortilla is a great comfort food. Slightly crispy on the outside, and chewy on the inside, perfectly pliable despite the lack of oil or lard, they are healthy, savory perfection.

## Ingredients:

- \*dried corn kernels (subst. corn meal or dry masa flour found in many supermarkets)
- \*lime powder (not citrus)

## Preparation:

Bags of dried corn kernels can be bought at some stores if you want the authentic experience of hand grinding from scratch. A way to cheat and still get the same result is to buy the masa flour and mix in water.

The kernels are par-boiled with lime to soften the skin on the kernel. While still al dente, the wet kernels are ground

in a hand cranked processor. The resulting course ground meal is formed into a ball with a little extra water and put through the grinder again on a finer setting. The process is repeated again until the masa dough is a fine smooth consistency.

While the griddle is heating up, the dough is gathered into a large mass and placed in the center of a table. The next step is to form the tortillas. Towards this end, the Blue Creek ladies have developed an ingenious technique of using a circle cut from a thick plastic sheet. It's thin and pliable and smooth and the dough peels easily off it. They put a ball of masa in the center and with the finger tips of one hand pat it down flat working out from the center. The edge of other hand is used to keep the outside edge of the tortilla smooth and keep the overall shape circular. The grilling is the easy part, light brown on each side, and the eating is the ultimate reward.

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## The Rabbit Throws Out His Sandal

Mayan Folktale translated from  
Q'anjob'al Maya language of Guatemala by Fernando Peñlosa

The rabbit was in the cave that was the abode of all the animals: the snake, the turkey vulture, the buzzard, the deer, the lion, the skunk and the coyote. They began to get together there to discuss how they could kill the rabbit mayor (the rabbit is often called the "mayor".)

But the rabbit mayor was very clever and was looking for a way to escape. They began to keep watch on him in that house because they intended to kill him, but they were not able to kill him as they had planned. They had wanted to smash him to pieces.

"Make him come out so that he will die right now. Don't let him escape; that good-for-nothing mayor has deceived us too many times. Well, now he's surely going to be finished, we're going to finish him off. Be on your guard and don't let him get away. When he comes out of the cave we're going to smash him to pieces, for there's a lot of us. Pity him. Compared to all of us, he's nothing. We are many against one. I hope now he's going to pay for all the crimes he has committed against us. That's why he must die now. You, turkey vulture, go and watch for him to come out, and you deer, go right after him. Since you can run as fast as the mayor, you'll be able to catch up with him. Be on guard, all of you."

"All right," they said.

"Snake, you look to see when he comes out, and we'll all pile on top of him. You snake, call him."

"Come on out, hurry," said the townspeople.

"Wait," said the rabbit, "I'm taking off my sandal."

"But hurry," said the snake.

"Wait, I'm coming out. Wait for me there, I'm coming out."

"Well, hurry," said the townspeople.

"Come on out," the snake said to the rabbit.

"I'm coming out. Wait," said the rabbit.

"Well, hurry," said the townspeople.

"All right," said the rabbit.

"I'm coming out now. Please catch my sandal, I beg you."

The townspeople answered: "Catch his sandal, throw it over there. It's not as if it were your father's sandal, that you're obliged to carry it."

"All right, mayor. Throw out your sandal." And the turkey vulture caught the sandal. He gave it to the deer and the deer threw it away, as they thought that it was the rabbit's sandal. They were all shouting in the cave. They didn't know it was the mayor they had thrown away.

"Come on out," shouted the snake into the cave, "come out right away." When they realized that he wasn't answering them they were sad. They sent the snake into the cave and the snake shouted: "He's not here, he's not here."

"Throw it far away."

"He's not here, he's not here. He came out," said the snake.

"He's not here. Maybe it was him we threw."

"Did you notice if it was his sandal that you threw away?" the lion asked the deer.

"Come on out, snake."

"All right." The snake came out.

Afterwards they began to kill each other on account of the mayor rabbit. He managed to go free, and when he was far away he laughed at them: "Some day you'll pay for the crimes you committed against me, the mayor. You wanted to kill me, but you weren't able to. Just wait and see what's going to happen to you later on."

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## Blue Water Grill

Continued from page 11

hard putting together a great list that complements the unique flavors of the menu. The staff at The Blue Water Grill is knowledgeable in the wide variety of white or red wines to bring out the best flavors in every dish. Don't hesitate to ask and the friendly staff will cater to your every desire.

The Blue Water Grill offers much more. Land lover entrees? Try the Grilled USDA beef tenderloin with a splendid roasted mushroom red wine demiglac  and crispy potatoes. How could you go wrong? Other choices include: boneless chicken breast, stir fried with water chestnuts, bamboo shoots, guy long (Chinese broccoli) and other succulent veggies and spices, Mongo-

lian Pork and soy marinated boneless pork loin.

A full course meal would be incomplete without dessert? Espresso cr me brulee, warm apple crisp served with vanilla ice cream, warm flourless chocolate cake with vanilla ice cream and chocolate and caramel sauces. To beautifully end your meal, try an espresso or any other blend of coffee that the grill offers. With a full service espresso bar, your choices are endless – choose hot or iced, flavored or plain or mix and experiment.

The Blue Water Grill is certainly a place to visit time and time again. Chris's Island Style Cuisine has Hawaiian, Thai, Japanese, Chinese, Vietnamese, and Mediterranean influences with a terrific twist. "We opened the doors in November of 2001 and since then not only have tourists paid us many return visits, but locals visit us every day. That to me signifies a consistency in our food and service that has them coming back for more!" Chris exclaims. Kelly explains, "Most of the staff that we have now have been with us since we opened. There has not been much turnover at all, guaranteeing the best service that The Blue

Water Grill can offer."

The Blue Water Grill is open every day for marvelous American/Belizean style breakfasts and tasty sandwiches for lunch. Sushi Tuesdays and Thursdays have become a staple for all the "sushi heads" on the island and abroad. California Roll (crab, avocado, cucumber), Philly Roll (salmon, cream cheese, avocado), Spicy Scallop Hand Roll (scallop, green onion, pickled carrot and cucumber) along with many other nightly specials make these nights a dynamic success.

Seating anywhere from 80-100 people, The Blue Water Grill gladly does catering for rehearsals, wedding receptions or any other spectacular event (two weeks prior notice is recommended). One of the most unique and fascinating restaurants in Ambergris Caye invites you to join them for breakfast, lunch and dinner. Take out orders are also accepted. Kindly call 226-3347 for a taste of what may be one of the greatest experiences while on "La Isla Bonita."



### Grumpy and Happy

*Private Snorkel Trips & Private Dive Instruction*  
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With us there are no rigid schedules and we only book privately. You know how many will be on the boat and that you will not be rushed out of the water. We are flexible with time of pick up. We visit the regular sites, as well as those that are not normally visited in order to avoid the crowds.

4 Minimum for Snorkeling.  
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Registered with the Belize Tourist Board #993

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GREAT LOW FEES!  
\$5/day • \$15/week  
\$20/2 weeks • \$40/month



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 –

#### WORD OF THE WEEK



**Words of the Week.**  
In Words of the Week, we will present a few words in English and give you their Spanish translations. In the near future we hope to include other languages that may interest our valued readers! Enjoy!!!

ENGLISH	SPANISH
Hoarse	Ronco
Farmer	Granjero
Business	Negocio
Prayer	Oraci�n
Counterfeit	Moneda Falsa
Waterfall	Cascada

### Papi's Diner

**Finer Food at Diner Prices**  
Open Daily  
7:00am - 2:30 pm  
6:00 pm - 10:00pm  
Boca del Rio  
Phone 226-2047



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Ambergris

## SEASIDE REAL ESTATE

Belize

For details about great properties in Belize, please contact our office:

Barrier Reef Drive  
Phone: 011-501-226-4545  
San Pedro Town  
E-mail [ambergris@btl.net](mailto:ambergris@btl.net)  
Ambergris Caye  
[www.ambergrisrealestate.com](http://www.ambergrisrealestate.com)

# Beachfront Condos • Homes





## Wolfe's Woofers by Dennis Wolfe

### Chocolate Mystery Surprise Cake

"Now, whatever you do, set that cake down gently," Dulce said. "If you bump it when it's hot out of the oven, it will collapse."

"What do you mean, collapse?" I asked, as I put the cake on the table.

The cake pan was hot and my hand must have slipped.

"Uh-oh. I see what you mean," I said.

"Oh, no!" Dulce said, when she saw the huge sinkhole in the middle of the cake.

She said some other choice words, too which I can't repeat in a family newspaper. She calmed down a little when Dennis Junior walked into the kitchen.

"Hey, Mom. Is the cake ready?" Dennisito said. "I have to take it to school in an hour. Wow! What kind of cake is it? I've never seen one with a huge hole in the middle like that."

This set Dulce off with a few more choice words. It seems the cake was for Dennisito to take to the Lions Club for a bake sale where it was to be auctioned for the school. It was too late to make another.

"All right," she said. "Here's what I'm going to do. Dennis Junior, bring me a roll of toilet paper and I'm going to put it in the middle of the cake to fill in the hole. I'll put frosting over it so it looks good. Dennis Senior, you go to that auction and buy that cake back no matter how much it costs. That way, no one will ever know."

"Where is the cake?" Dulce asked when I got back from the auction.

"I had to get up to go to the bathroom and they auctioned it off while I was in there," I told her.

"Oh, well," she said. "At least it's over and done with. Hopefully, no one will remember who donated that chocolate cake. Now, give me a ride over to Barbara Wilkinson's for the Thursday Bridge game."

We got to Barbara's house at the same time Jeanne Bremekamp arrived. All of the other women in the bridge club were already there and seated at Pam's dining room table. There on a counter next to the table sat Dulce's toilet paper cake. Just as I started to say something about it, Dulce dug a sharp elbow into my ribs and I shut up quickly.

"Who brought dessert today?" Jeanne asked. "That cake looks delicious."

"It was my turn," Pam Smith said.

"That is a beautiful cake," Jeanne said.

"Thanks," Pam said. "It took me all morning to bake it. I call it Chocolate Mystery Surprise Cake."



## Trivia Tidbits

\*In 1918 and 1919, a world epidemic of simple influenza killed 20 million people in the United States and Europe.

\*Hurricanes, cyclones, and typhoons spin counter-clockwise north of the equator, and clockwise south of the equator. This is known as the Coriolis Effect.

\*A mile on the ocean and a mile on land are not the same distance. On the ocean, a nautical mile measures 6,080 feet. A land or statute mile is 5,280 feet.

\*In 1838, the city of Los Angeles passed an ordinance requiring that a man obtain a license before serenading a woman.

\*Halley's comet, one of the most famous ever known, returns to Earth every 76 years, and has been observed and recorded for more than 3,000 years.

\*The invention and development of the telegraph in the 1840s made possible the swift collection of information from widespread weather stations, and thus enabled the first weather maps to be drawn.

\*The strongest muscle in the body is the tongue.

\*The heart beats faster during a brisk walk or heated argument than during sexual intercourse.

\*All of the phone books distributed in the city of Fairbanks, Alaska, weigh about 81 tons.

\*To an observer standing on Pluto, the Sun would appear no brighter than Venus appears in our evening sky.



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**TEL 501-226-3737 / FAX 501-226-3379**  
**E-mail: Info@SunriseBelize.com**

### DEVELOPED PROPERTIES

❖ **Brand New** Custom built 2 bedrooms, 2 ½ bath home with pool and full ocean view. \$675,000

**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** \$155,000 - 195,000.

**1 bed courtyard suites** \$123,500.

**1 bed balcony suites** \$57,500.

❖ **Eden Park Villas** luxury 2000 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 ½ 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.

❖ **Ocean view** 3 bed/2 bath concrete home with roof top deck. \$ 210,000.

❖ **Duplex home** close to the Yacht Club \$ 125,000.

❖ **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.

❖ **The Castle** 10 apt complex \$525,000.

❖ **Popular Front Street Bar & Grill!!** Inquire.

### UNDEVELOPED PROPERTIES

❖ **In town beach lot!** Commercial or residential. \$ 490,000.

❖ **Palmeros Beach Front** - 80 ft X 200 ft \$185,000.

❖ **Seagrape Drive** - prime commercial lot only \$38,000.

❖ **5 acre island on the reef at Turneffe** Offers!

❖ **Boca Ciega 4.5 acres** 170ft beach front. \$ 350,000.

❖ **Holiday Lands** beach lot 100ft x 150 ft \$ 400,000 - Sold

❖ **Near Mexico Rocks** 178ft beach front 2.4 acres \$ 534,000 - Sold

❖ **Mata Grande** 100ft x 200ft beach front \$ 225,000 - under contract.

❖ **Punta Arenas** 200ft beach front 3 acres \$ 425,000 - Sold

❖ **Rocky Point** 2 x 1250ft 30 acre beach front parcels - \$1100 per foot!

❖ **Buena Vista Point** Ocean view 75ft x 150ft \$ 79,000.

❖ **Laguna Estates** ocean view lots from \$20,000.

❖ **Laguna Estates** commercial tracts & islands Inquire!

❖ **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  
Fido's Dock at 7:00 p.m. & 8:00 p.m.  
\$20 BZ roundtrip per person



## New Intermartini Lounge!

Designed for the  
Age of Technology  
with a "chic twist."

Catch up with the  
"real world" with  
**High Speed Internet,**  
while sipping your  
favorite martini.  
Or challenge yourself  
during a game of  
pool in our  
Twilight Billiards  
Room!



## SPA

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Relax in our beachside Jacuzzi,  
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& Detoxifying Mask & Facial!

### Package Includes:

Lunch a la carte, Complimentary Cocktail,  
Spa Treatment & Roundtrip Transportation  
Via our Mambo Boat - US\$130

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



, 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.



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**



# 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

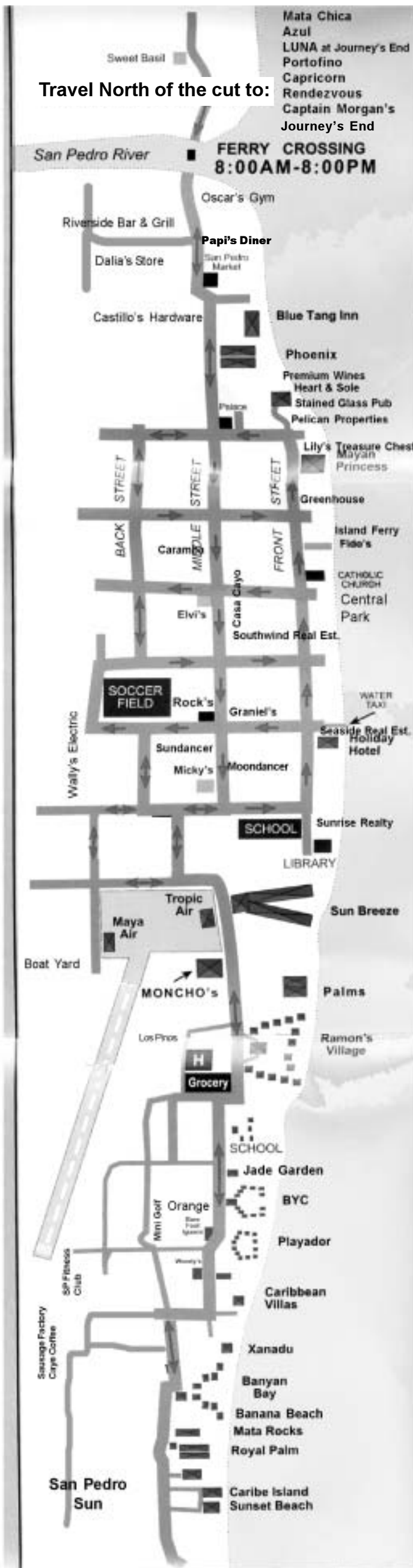
**The Lions Club of San Pedro** relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause -have dinner with us!

**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.

Travel North of the cut to:



Map Sponsored by  
**Monchos**  
**Golf Cart Rental**  
226-3262 or 226-4490



## Water, Sports & Tours

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

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

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

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

## Realtors...

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

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

**CASA CAYO REAL ESTATE** - Serving Belize from the mountains to the reef. Phone 226-2791. www.casacayo real estate.net

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

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

## Transportation...

**ISLAND FERRY SERVICE & WATER TAXI** - Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3231.

**MONCHO'S GOLF CART RENTALS** - Four & Six seater golf carts available. Open daily 8 a.m. - 8 p.m. We deliver to your room. 226-3262 or 226-4490.

## Services...

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

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

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

**VARELA CONSTRUCTION SUPPLIES & MATERIALS** - Quality construction materials and supplies. We stock what we sell! 226-2215 or 226-2808.

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

## Party...Party...Party

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

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

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



# THE SAN PEDRO SUN VISITOR'S GUIDE



## Dining Out...



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

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

**ELVI'S KITCHEN** - serving the finest food since 1977. Located in the heart of San Pedro Town on Pescador Drive. Daily Lunch and Dinner Specials. Terrific Key Lime Pie. Caribbean Night on Thursday with Wil & Dale. Mayan Fiesta every Friday-come try our Maya Buffet while listening to Mayan music. Open Monday - Saturday. Lunch: 11:00 a.m. - 2:00 p.m. Dinner: 5:30 p.m. - 10:00 p.m. Call us for group reservations. Ph 226-2404/2176 "Where something good is always cooking!"

**CELI'S RESTAURANT ON THE BEACH** - At the San Pedro Holiday Hotel, open 11:00 a.m. to 2:00 p.m. and 5:30 p.m. to 9:00 p.m. Beach BBQ every Wednesday night.

**LILY'S TREASURE CHEST RESTAURANT** - On the beach behind Lily's Hotel. Join us for a cool breeze and the best seafood or USDA beef on our veranda by the sea. 226-2650.

**JADE GARDEN RESTAURANT** - Delicious Cantonese cuisine, steaks, seafood and vegetarian dishes. 226-2506. Coconut Drive. Take-out available. Closed Tuesday.

**SWEET BASIL GOURMET CAFÉ** - Fabulous salads & sandwiches, imported wines & cheeses, fresh baked breads. Just across the river cut. Phone 226-3870.

**RAMON'S VILLAGE** - Enjoy breakfast, lunch and dinner in a Mayan atmosphere or on the veranda overlooking the Caribbean Sea. Coconut Drive. Phone 226-2071.

**LUNA at Journey's End Resort** - Experience fine dining on the beach north of San Pedro. Visit our tropical bar featuring karaoke, dance and fun music. Phone 226-2173.

**STAINED GLASS PUB** - Only British-American Pub in Belize! Home-cooked and gourmet specials. Serving lunch and dinner Mon. - Sat. starting at 11 a.m. Friday and

Saturday are Italian Nights. Closed on Sundays. Phone 226-4147.

**RICO'S SURFSIDE RESTAURANT** - A truly unique dining experience on the beach at Banyan Bay. Serving breakfast, lunch and dinner daily. Phone 226-3739 ext. 135.

**PAPI'S DINER** - The place for fine food at diner prices. Taste the Caribbean. Call 226-2047.

**MICKEY'S PLACE** - Open daily 6:30 a.m. - 10 a.m. for breakfast, 11:30 a.m. - 2:00 p.m. for lunch and 6 - 10 p.m. for dinner. Burritos on Wednesdays. Pescador Drive. Call 226-2223.

**BLUE WATER GRILL** - Island cuisine with a twist! Wood-fired Oven Pizzas, Sushi & more! Open daily. Happy Hour 4 to 6 p.m. 226-3347.

**EL DIVINO RESTAURANT at BANANA BEACH** - Serving breakfast, lunch and dinner from 6 a.m. - 10 p.m. Book your party or banquet today! Phone 226-2444.

**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! Bar-

rier 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](mailto: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](mailto: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.

**SPA SHANRGI-LA**

Facials, massages, manicure, pedicure, hair braids, waxing, after sun treatment and much more... 2 miles North ... 226-3755.



## 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](mailto:spsun@sanpedrosun.net)  
(501) 226-2070  
[www.sanpedrosun.net](http://www.sanpedrosun.net)