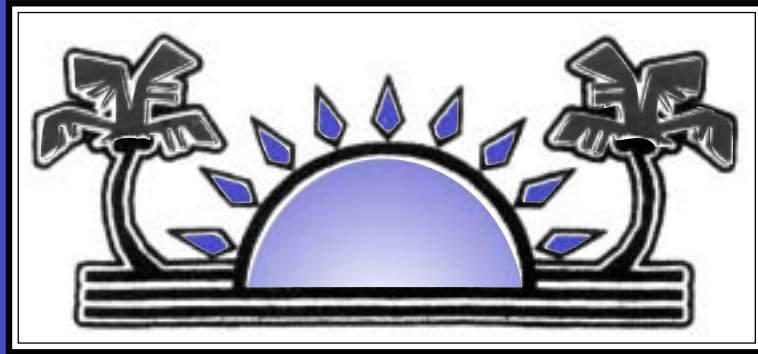


THE SAN PEDRO SUN VISITOR GUIDE

The Island Newspaper
Ambergris Caye, Belize
Central America

June 16, 2005

FREE



Lobster Season is here!



The Caribbean Spiny lobster, one of Belize's mainstay exports.



Are you ready to indulge in some delicious lobster tails during the open season? Caye Caulker and Placencia are hosting their annual Lobster Fest, where lobster will be served in a variety of ways. Don't Miss It!



Typical lobster trap used during the season to capture mature lobsters.

Read About:

Lobster History ***Lobster Conservation***
Lobster Tidbits ***Lobster Recipes***



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Travelers' Warning: BEWARE BELIZE!!!

Beware—

Belize can be blistering!

Bring balm to soothe your body's burn

As you bask on her bay's beaches

And, at boating, take your turn.

Beware—

Belize can bait you!

With her formerly British best.

Her barrier reef holds Caribbean treasures,

Her spas and baths offer tranquil rest.

Beware—

Belize is boastful!

You might bite into bananas and beans

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You might buy bargains at bazaars

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You might hear boisterous birds balking

Or see blazing blossom bouquets

You might uncover caves, canyons, or cayes

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Yes, Belize is boastful!

But you can believe her voices true.

Her people are honest and friendly.

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That their land heals body, mind and soul.

Beware—

Belize is bewitching!

Bursting with bountiful beauty so rare

She beguiles you—brashly, boldly,

While you breathe in her balmy, breezy air.

June 7, 2005

Submitted By:

Norma T. Caltagirone, Professor
Hillsborough Community College
Tampa, Florida

Be part of the Visitor Guide

Contact the San Pedro Sun

226-2070 spsun@sanpedrosun.net

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



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More foreign subscribers than any newspaper in Belize!

Preparing for Lobster fun, Are You Ready?

You have gone through several months just thinking about this coming lobster season. You didn't have time last year for much lobster hunting and you are determined to "catch up" this year. You are excited, anxious and a bit restless to get a taste of the 'hot-plates' on the menu of the diners and restaurants. When the first day of the "official" lobster season arrives, you ask yourself, "Where can I go to eat a fresh and scrumptious lobster?" Well, why not take a look and visit the restaurants and the diners in San Pedro. Ever wonder when, why and where did the lobster meat become such a delicacy? Continue reading and take a trip to the very beginning of the time where lobster started a franchise.

The very beginning, even before the Europeans arrived on the shores to settle in the "New World", the Mic Mac (pronounced Mi'kmaq) and Maleseet Indians of Atlantic Canada had been fishing the seas for lobster for hundreds of years. Long ago, lobsters were so plentiful that they often were found on the beach at low tide, and would wash up on shore in large storms. The tasty crustacean was known as "Wolum Keeh" to the Mic Macs, and was a source of food, fertilizer, and ornamental material. It is quite amazing to think that in just 400 years the lobster population has declined so greatly that if you were to



Fishermen preparing their traps for the lobster season.

throw a net out now you would be lucky to get any at all!

Long ago, before traps were used, lobsters were fished from the shallow waters by spearing or gaffing. Fishermen hunted for lobsters by torch light on calm evenings, spearing them as they crawled around in search of food. During the day, they would spread a slick of oil over the surface of the water darkening the water below, and then throw out cod heads for bait. The lobsters would swarm around the bait and the fishermen would spear them. Although there was no real commercial market for lobster at this time, some

fishermen did sell their catch to make money. Because the lobsters were worth more if there were no spear marks in them, the fishermen began using wire cages to trap the animals so they could get a better price. These wire cages were adapted from the Europeans who used them to catch crayfish and Spiny lobsters. There was such an abundance of lobster long ago that it was not a valued commodity and was considered a poor man's food. It wasn't until the second half of the 19th Century that the lobster industry began to flourish.

The lobster landings have increased

significantly in the last decade; however, the number of traps fished and general efficiency of the fishing industry have also increased. Fishery and scientist, are continuing to work together to develop management measures, which will help insure adequate egg production to sustain the resource and fishery. It's a good thing that conservation methods are being practiced, because it safeguards lobsters less than 3 1/4" carapace length. Any lobster that has a smaller carapace length of 3 1/4" must be returned unharmed to the sea. These lobsters are known as 'shorts' or 'sub-legals'. Egg-bearing females are also protected, and if caught, must be placed back in the sea. When fishing for lobsters, the traps they use have escape vents to allow sub-legal size lobsters to exit the trap while it is still on the bottom (they can come in, eat, then leave). Not all 'shorts' leave, however, and so the lobsterman must throw them back when they pull their trap onto the boat. Lobster traps must also have biodegradable escape panels, which will create a large opening and neutralize the fishing potential of a lost trap. With the escape panel open, a lost trap or pot actually becomes a habitat providing shelter without entrapment. The fishermen and the public is advised to follow all the rules and regulations of catching lobsters, lets make this season a fruitful one.



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Lobster, lobster galore - Festivals to enjoy

Caye Caulker LobsterFest

In preparation for the much anticipated annual Caye Caulker Lobster Fest, the Miss Lobster Fest 2005 committee announces plans for a gala fund raising event. The event, themed "Island Breeze Luau", will be held on Monday, June 20th at 7:00 p.m. The evening promises to be full of fun, food and festivities. Proceeds from the event will help assist Miss Lobster Fest contestants with pageant expenses as well as the expense of holding the pageant. The pageant will be held the first night of Lobster Fest, on Friday, July 1st, 2005.

The "Island Breeze Luau" will be held on the beach in front of the Rainbow Grill in Caye Caulker. Under a grand tent, tiki torches, leis and Hawaiian décor will set the tropical mood, and "island elegant" attire is recommended.

The cost for the event is \$65 per person. This includes a three course meal and one beverage (alcoholic or non-alcoholic.) There will be a cash bar and live music from a steel band that will add to the festive mood. Evening entertainment will include a performance from the San Pedro Dance Company. A silent auction will also be held where people will have a chance to bid on fabulous items.



Lobster, lobster, everywhere! Caye Caulker residents serve up the delicious seafood in a variety of ways during Lobsterfest.

Many restaurants, resorts and business have generously donated items for the auction and there promises to be something for everyone. The highlight of the evening will be the "sashing" of Miss Lobster Fest 2005 contestants. During the evening party goers will get the opportunity to meet and mingle with the lovely contestants. The Rainbow Grill & Bar and Habaneros Restaurant are key sponsors of the event.

The committee wishes to thank San Pedro for its generosity last year with auction items and is in the process of soliciting the public for auction donations for this year's auction. Tickets for the event are being sold at *The San Pedro Sun*, located at #1 Fire Coral Street in the San Pablo

Area. For more information please contact Ernesto Marin Jr. at 226-0123 or 610-2872.

Do not forget, the party officially "kick-off" on July 1st with the pageant which will take place at 7:00 p.m. All the puzzle pieces are falling into their place and as of press time, information reaching our offices include, international disc jockeys putting everyone to dance. Not to mention, Saturday's Fisherman's mass which will be followed by an all day jump up with great music and loads of food (lobsters on sale everywhere and every way). On Sunday, plans include several games such as lime and spoon, raffles, and the much anticipated kayak race around the island. It sure is the place to be from July 1st - 3rd. You do not want to be the only one missing the fun in Caye Caulker.

Placencia LobsterFest

Fun, music, activities and yes, lobster are the orders of the day for this year's Placencia Lobster Festival. Want fabulous entertainment, amazing, breathtaking prizes, glorious activities and delectable, mouthwatering food, then a trip down

Continued on page 5

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Lobster Festivals

Continued from page 4

south to Placencia is in order.

Mark your calendars and start packing your bags because time is flying and the fest is looming. The Placencia Losterfest has been scheduled for June 24th – 26th. The peninsula will be booming with great music and shaking with dancing feet. The great days will also have the smell of cooking lobsters permeating through this tropical paradise as more than 40 food vendors have already signed up to take part in the fest. All day, order your lobster in any imaginable style, kebabs, patties, fajitas, grilled, boiled, broiled, steamed... mm....the choices, styles and variations are endless.

Friday "kicks-off" with The Tropical Sensation Band or as they are better known the "Coolie Rebels." Scheduled to play from 8:00 p.m. to 2:00 a.m., this rocking band will follow the 7th Annual Fishing Tournament Registration. Joining the "Rebels" will be Placencia's very own Inner Vibrations.

Saturday will have the sensational music of the All Star Steel Band from 11:00 a.m. to 5:00 p.m. The All Star

will definitely get the party started and have everyone in a cheerful mood. Throughout the day, kids will be entertained by the Progressive Youths of Placencia organization. Lots of prizes, and games such as lime and spoon, and several races, will have all kids sweating and laughing with fun. The stunning and always entertaining Gilharry 7 will delight the crowd from 8:00 p.m. to 2:00 a.m. and once again the Inner Vibration will join the musical highlight of Saturday for a grand duo of music.

DJ Tuca will boom the box on Sunday with great Golden Oldies and at 2:30 p.m. the 4th Annual Rum Punch Competition will take place. Sunday is jam packed with prizes once the Belize Tourism Industry Association holds it Lobsterfest Raffle with over 65 prizes the top gun being a round trip ticket to the Continental US courtesy of Continental Airlines. From 6:00 p.m. – 12 midnight, fans will once again be delighted to hear the live musical beats and sensations of the Inner Vibrations.



Be sure to stroll to the vendors and sample their wares during the lobsterfest!

Belizean Proverbs



"Blood tika dan wata but wata tase betta."
Blood is thicker than water but water taste better.
Meaning: Sometimes interacting with friends or strangers is less stressful than interacting with problematic or difficult relatives.

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

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Pearl Creations

Rice 'n' Roll Sushi Bar - Fido's best kept secret!

Like a long lost treasure waiting to be found, and cleverly hidden upstairs of Fido's Courtyard, the Rice 'n Roll Sushi & Martini Bar is a small gem bursting with delicious food and great drinks. Nestled in this gem is Sharon Metcalfe, sushi chef and artist of Rice 'n' Roll, a great Sushi restaurant that truly represents who she is.

Sushi is the most famous Japanese dish, and one of the most popular dishes among the Japanese themselves who usually enjoy sushi on special occasions. However, times are changing in beautiful San Pedro Town. Locals are more open to different varieties of cuisine, while tourists long for these special treats when away from home. Without doubt, Rice 'n' Roll has come in at a perfect time and is certainly changing views on the typical sushi restaurant. Sharon, owner, has taken traditional favorites to new heights with her flair for the artistic and innovative, which, when combined with her free spirit, is making this restaurant a hit for both old and first timers with sushi.

A visit to Rice and Roll begins with the hard task of deciding what to choose from the varied menu. Meals may start with the typical Miso Soup, a Japanese favorite with spring onion and seaweed. The popular seaweed salad is also an option, with great taste and texture



Friends dine on Sharon's delicious creations, such as the blackened tuna (below) at Rice 'n' Roll Sushi & Martini Bar.



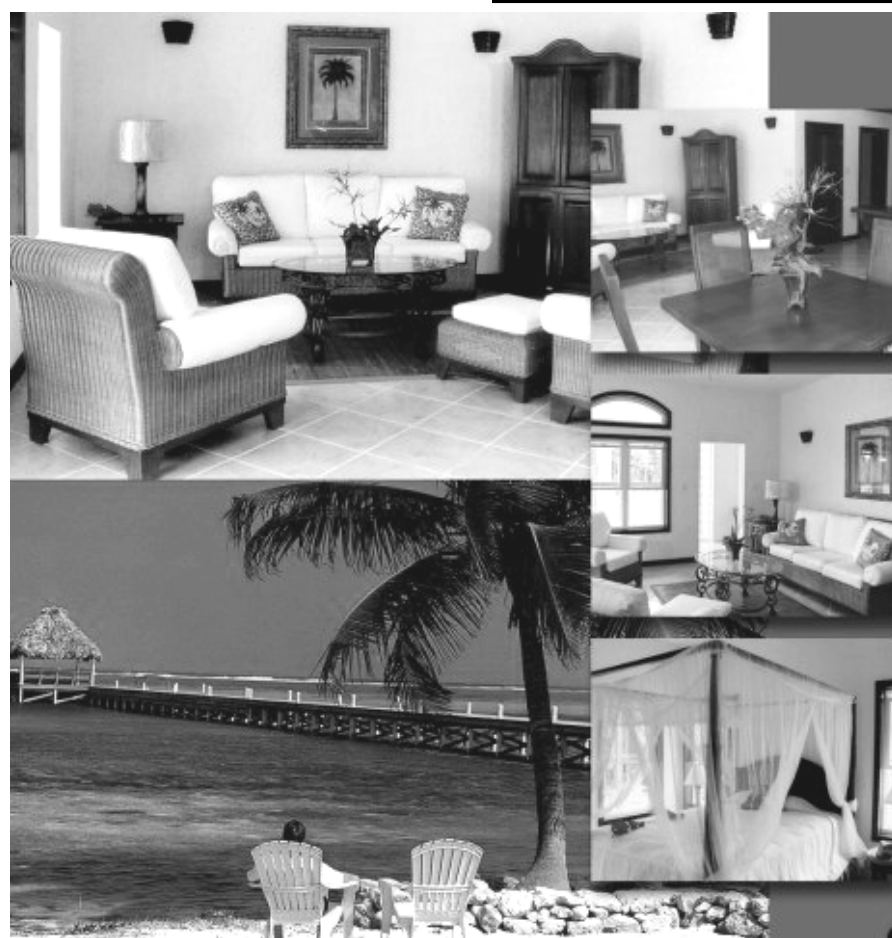
which will certainly have you asking for more. Along with these choices are other wonderful, delicious and scrumptious ways to start your meal.

Rice and Roll offers you only the best and freshest seafood available. Meals are complimented with tuna, salmon, fresh water eel, flying fish eggs, lox, smoked salmon, crab, shrimp - the choices are endless. "I can prepare any combination as long as I have all the ingredients. If it is not on my menu, just ask me and I will try my best to accommodate every patron," explained Sharon. "There are so many ways to prepare sushi, it is amazing!"

First timer? Don't worry; Sharon has lovingly prepared a menu that will certainly delight many. Try the Rice side out rolls, a wonderful combination of Japanese mayo, cucumber, and avocado mixed with tuna, crab, salmon, prawns, or conch and/or a variety of veggies.

Want something spicy and hot? Rice and Roll has fabulous choices at your disposal. How about a Screaming

Continued on page 8



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Pearl Creations

The art was always inside me

contributed by Ron Mudd

Belizean artist Curvin Mitchell says, "The talent and the gift were inside and all it needed was guidance and the procedure about doing it". And ever since Curvin received that guidance, he has been moving towards the top. Born in San Ignacio, in a family of three other siblings, the eldest helped raised him when at the age of thirteen his mother migrated to the United States in hopes of pursuing a better life.

But like many youths, Curvin had no direction, he says, all he was doing was just hanging out. It was then that his father stepped in and sent Curvin to the village of Sand Hill north of Belize City. There, when he about sixteen, he started turning his life around. Although, not yet absorbed in his art, he entered the job market. His first job was working in a saw mill and from there he worked various other jobs: construction, making roof tiles and he did welding for approximately eight years when, in between jobs, he started to embrace the arts. Although he had created a wood sculpture (a fist) when he was eleven it wasn't until his cousin Gilroy Gillet, brother of Belize Defense Force Brigadier General Lloyd Gillet, influenced him to pursue the arts. Young Mitchell started carving coconut shells, a popular medium with many Belizean artists and from there he experimented and perfected his skills in bamboo, creating various pieces of innovative art work and eventually crafting bamboo furniture. Curvin also began working with other mediums such as bone, horse hoof, the ribs of the manatee (ivory), and sea-



Curvin Mitchell, at work on one of his creations, only needed some guidance to better his artistic skills.

shells, mediums he still employs in his jewelry creations.

But it wasn't until guidance and procedure wove its ways again into Curvin's life when Belizean veteran artist, Terly Godoy, better known to most Belizeans as, "Man at Work", showed Curvin how to stretch canvas and how to apply oil and acrylic. Once he learned the process, he says, "it just took off". That was six years ago. Since then, he has been climbing the ladder to success.

To date, Curvin has not yet had a one man show at any of the top galleries in Belize but he has some of his works on display and for sale in some of those same galleries, including the

Image Factory in Belize City, Belizean Arts, the Tennis Club, Trade Winds at Paradise Villas, Papo's - all in San Pedro. What future plans are in store for Curvin? He says that he wants to give back to the youth the same way he was influenced. He plans on working with a group that wants to start a summer program for students interested in learning about the arts. He says it is about guiding young people and showing them the process. There are a lot of undiscovered artist in Belize unknowingly waiting for the opportunity to express themselves through some form of art.

In addition, always looking for ways improving his art, Curvin told *The San Pedro Sun* that he is also seeking ways to improve his self-image. And one of those improvements he feels is

to change his Christian name to his adopted African name Amasagana (Long Life) a name to look out for. With his positive attitude and his gentle expression, this achieving lion is sure to live a long and fruitful life.

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CARVINGS - PLATES TO POTTERY - RUGS TO RUNNERS

Rice 'n' Roll Sushi

Continued from page 6

Mexican, Flame Thrower, Kamikaze, Dragon's Breath or even the Jungle Fever? These tempting and tasty treats will leave you begging for more...more treats and drinks.

More rolls? Teriyaki salmon roll, Rice and Roll jumbo rainbow roll (exquisite), hand rolled cones (delicious) and the popular sashimi. Do not forget to taste the Torpedo Shrimp! Hot, delicious, crunchy and mouthwatering, deep-fried delicacies...hmmm.... The Red Rock Reefer is one of the house favorites – cream cheese, crab, Avocado –golden Tempura perfection, a definite must while paying Sharon a visit.



Sharon Metcalfe, sushi chef and creator of innovative specialties at Rice 'n' Roll.

Rice and Roll also offers you the opportunity to indulge to your heart's content at the bar while Sharon's quick hands keep turning out great dishes for other patrons. Each dish is beautifully served by the efficient waiter/bar-tender, Lotion. To complete your meal, try one of Sharon's "fave" and famous martinis. The Java Jive is to die for, a sinful concoction made by mixing ingredients such as, chocolate, cappuccino, cinnamon, and vanilla vodka, among other lip smacking mixers. Ask Lotion about his martini creations, believe us, you will find one to suit your taste buds. If not, he and Sharon will work tirelessly to delight each and every customer.

Continued on Page 11

Donate to these worthy San Pedro organizations!

San Pedro Roman Catholic School – Brightening the minds of San Pedro's youth. Contact Principal Roxanni Kay – 226-2550, roxanicruz@yahoo.com

Green Reef – A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. Contact greenreef@btl.net

Lions Club of San Pedro – Relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause. Contact President Nita Marin – 226-2064.

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

Alcanzando a los inalcanzables – Helping the youth of San Pedro against the battle with drug addiction. Contact Virgina Wallace at 226-3018.

San Pedro High School – Helping students "Anchor in Success." Contact Principal Angel Nuñez or Chairperson Mrs. Martha Guerrero at 226-2045/2010/2043.


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

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

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Scientific Name: *Caesalpinia pulcherrima* (Latin)

Plant Family: Caesalpinaceae

Description: Shrub or small tree to five meters tall; branches brittle; leaves large with three to nine pairs of pinnae, six to twelve pairs of leaflets; flowers red or bright yellow, to five centimeters across; fruit a pod, 12 centimeters long by 1.5-2 centimeters wide.

Habitat: Cleared fields, backyards and fences.

Traditional Uses: For "irritacion," an infantile disease characterized by fever, swollen belly, cold hands and feet, perspiration, and diarrhea—squeeze a large double handful of leaves in one gallon of hot water and allow to soak in



The Bird of Paradise flower is a beautifully colored plant that flourishes in the tropics.

sun all day; bathe infant with this warm sun tea for three nights and give ¼ cup to drink after each bath. For both children and adults suffering from "tristesa"—sadness and grief—bathe in this mixture.

The flowers yield a good quality honey. It is said that if you "lash" small children who show bad tempers with a switch from this plant and throw the switch over the house roof at noon, they will stop misbehaving.

The green seeds found in the pods are edible.

Research Results: A methyl alcohol extract of the dried bark of Bird of Paradise flower was shown to have *in vitro* activity against *Staphylococcus aureus* (Khan et al. 1980), and a water extract of the fresh leaves was shown to have strong *in vitro* antifungal activity against *Ustilago maydis* and *Ustilago nuda*, both plant pathogens (Singh and Pathak 1984). A methanol extract of dried root bark was shown to have *in vitro* activity against *Staphylococcus aureus* and *Escherichia coli* (Khan et al. 1980). Note that an ethanol-chloroform extract of fresh seed pods was shown to have tumor promoting effect (94% enhancement of sarcoma HS1 tumor) in mice (Caldwell and Brewer 1983).

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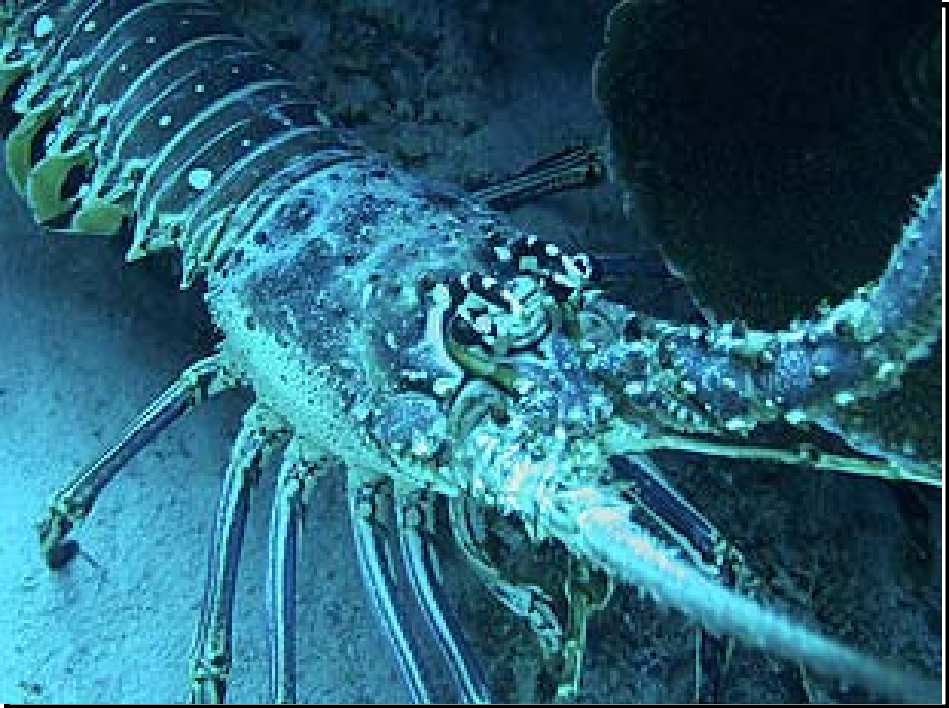
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Reef Brief

by Green Reef Peace Corp
Volunteer, Kristen Stelljes



The Caribbean Spiny Lobster - a closeup look at one of Belize's delicacies.

Belize's Gold - The Caribbean Spiny Lobster

To many San Pedranos, June 15th is not just any other day. This day marks the beginning of lobster season, when the harvesting of one of the country's most valuable seafood exports is again allowed. The livelihood of many fisherman, as well as restaurant and hotel owners, is dependent on this crustacean. Although there has been a decrease in lobster fishing over the past twenty years due to an overall decrease in catch resulting from over-exploitation, lobster exportation is still a major contributor to the Belizean economy. For this reason, the importance of the Caribbean Spiny Lobster (*Panulirus argus*), the primary lobster caught in Belize, cannot be overlooked.

When the Spiny lobster hatches, it faces an uphill battle; of the 10,000 eggs that a female might release, only about 1 % will survive past the first four weeks of life. The young lobster must go through four stages in the first month with the goal of becoming a competent swimmer. At this time, the young lobster begins the mission of finding a safe place on the bottom of the ocean on which to settle. While it matures, the features of the lobster become more distinct, including, a spine-studded shell, long antennae, and the absence of claws. To avoid the abundance of predators in this environment, the lobster spends the first year of its life hidden in some sort of crevice, while the next few years are spent hiding in seaweed or behind small rocks. These lobsters are particularly social, known to share their dens in coral reefs with other lobsters, even warning other lobsters of predators with loud sounds.

During its lifetime, the Spiny lobster will eat a wide variety of foods consisting of clams, mussels, crabs, and worms, and occasionally plants. There is evidence that lobsters have cannibalistic tendencies, feeding on other lobsters if given the chance. Just as the lobster will eat up to 100 different kinds of animals, there are at least as many animals that feed on lobster. Humans, naturally, are the primary consumers of lobster, followed by cod, flounder, eels, crabs, and seals.

An interesting physical characteristic that the Spiny lobster shares with all species of lobsters is that it sheds (molts) its shell up to 25 times in the first five

years of life. Once the lobster becomes an adult, the molting event decreases to once a year. Molting the old shell and creating a new shell accommodates the growing lobster for at least another year.

After the shell is shed the lobster proceeds to eat its own shell and then find hiding for at least two weeks to allow its new shell to harden. It is during this short period following the molting that the female lobster is receptive to mating. Because the female's shell has not yet hardened, the male has to be particularly gentle in the mating process.

After mating is completed, the female stores the sperm for several months until she finally fertilizes and lays her 10,000 to 20,000 eggs. After an additional 9 to 11 months, the eggs will hatch. The entire life process of the lobster is relatively fragile; thus they are easily threatened by a number of impacts. For one, despite the open season restriction of July 15th-February 15th, "undersized" and "out of season" lobster are still taken illegally. Moreover, habitat destruction, such as mangrove clearance, threatens critical nursery habitat of lobsters. As a mainstay of Belize's economy (bringing in over Bz\$18 million annually), it is critical that we protect and conserve the Spiny lobster by respecting and preserving our environment.



LUNA, Ambergris Caye's latest trendy restaurant, is now open.

Serving Palm Tree Cuisine, a fusion of Central American and Caribbean delicacies, **LUNA** offers a selection of fresh local seafood, tender meats and exotic vegetables prepared by our renowned chef.

Menu selections include: Jerk Seared Sea Scallop Crouton, Smoked Oyster Bruschetta, Spinach Pesto Goat Cheese Salad, Rib-Eye Steak Argentino, Almond Nut Crusted Grouper, White Chocolate Pudding laced with a cardamom anglaise sauce, Strawberry & Mango Ice Parfait.

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

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Sushi Bar - Continued from page 8

Originally from Canada, Sharon has a little over 15 years in sushi making experience, not to mention six years behind a bar perfecting her drink mixing abilities. An artist on the side, Sharon loves to express herself in amazing paintings, some of which are hanging on the walls at Rice and Roll. Inventive, colorful and cheery, Sharon's tastes also extend to the choices of music played in the background.

Whether you are a first timer or an

expert in sushi, Rice and Roll will undoubtedly leave you satisfied. Want Sharon's creations at your next party? Rice and Roll caters for weddings, birthdays, and any other special occasion.

Can't wait to try a roll today? Visit Rice and Roll above Fido's Courtyard. Opening hours are from Wednesday to Sunday, 6 p.m. to 10 p.m. or call 226-2564 for orders or reservations.

Rice and Roll, the sushi joint to try on your next night out! Come experience the best!

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. In the near future we hope to include other languages that may interest our valued readers! Enjoy!!!

CREOLE	ENGLISH	SPANISH
Karats	carrots	zanahoria
Onyan	onion	cebolla
Gyaalik	garlic	ajo
Silanchr	cilantro	cilantro
Kaan	corn	maíz
Letis	lettuce	lechuga
Kyabij	cabbage	repollo
Taim fi Kuk	Time to Cook	Hora de cocinar

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BENEFIT

For BOB
(Kent Gabourel)

Bob lost everything in the house fire in Boca del Rio, across from Papi's Diner

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

Casa De David Condominiums - \$76,000/\$86,000 US – 1/1 layout condos located on Sea Grape St. Great rental income potential! One 2/2 unit available for \$150,000.00 US.

Kitty's Beach House - \$1,250,000 US – Located in the Santa Fe area of Ambergris Caye 6 miles north of San Pedro Town. Property is 238'x229' in size and has plenty of room for development of a beachfront resort.

Reef Village Condominiums -- \$99,500/\$149,900 US- Comfortable new one and two bedroom condos with both ocean and lagoon access. Just north of town!

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

Canal Front Condominiums - \$119,000/each – Brand new complex on the Western side of San Pedro. 2/2 layouts with great views! Pre-construction pricing will end soon so act fast!!

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Club Caribbean Home Sites - \$14,950/\$85,000 US– Beachfront and interior home sites located south of San Pedro on Ambergris Caye. These sites are some of the most affordable on the island of Ambergris Caye! **NEW**–Backfilled sites with seawall coming soon \$130,000 US each. Reserve Yours Today! Selling fast!
Santa Matilda Subdivision Home Sites - \$35,000/\$65,000 US – Affordable interior home sites available North on Ambergris Caye.

Punta Azul Home Sites - \$7950/\$15,900 US – 75'x 115' interior home sites with ocean views located North on Ambergris Caye.

Island Park Estates Home Sites - \$115,000/\$285,000 US – 80' beachfront home sites with bulkhead, native vegetation, high ground. Interior sites also available.

The San Pedro Sun Virtual Taste Trip

Curried Lobster Tail

- *6 cups water
- *1 ½ teaspoons salt
- *2 fresh or frozen lobster tails
- *2 tablespoons light mayonnaise dressing or salad dressing
- *2 tablespoons dairy sour cream
- *1 tablespoon snipped fresh parsley
- *1 teaspoon lime juice
- *1/2 teaspoon curry powder
- *Dash bottled hot pepper sauce

Directions:

In a large saucepan bring water and salt to boil. Add lobster tails. Return to boiling, reduce heat. Simmer, uncovered, for six to ten minutes or until lobster shells turn bright red and meat is tender. Drain. Cover and chill at least two hours or up to 24 hours. For sauce, stir together mayonnaise or salad dressing, sour cream, parsley, lime juice, curry powder, and hot pepper sauce in a small mixing bowl. Cover and chill at least two hours or



Lobster season is in! Enjoy eating it at one of San Pedro's fine restaurants or try one of these recipes at home.

up to 24 hours. To serve, place one lobster tail, shell side down, on each serving plate. With

scissors, cut the lobster lengthwise. Serve with the sauce. Makes two servings.



Lobster salad- a healthy delicious way to enjoy this great seafood delicacy.

Lobster Dip

- *2 cups finely chopped cooked lobster
 - *1 cup finely chopped celery
 - *1/2 cup finely chopped red onion
 - *1/2 cup mayonnaise
 - *2 tablespoons fresh lemon juice
 - *1/4 teaspoon salt
 - *1/8 teaspoon white pepper
- (Optional ingredients: You can use either, but not both together.)
- *1/4 cup chopped parsley
 - Or
 - *1/4 cup chopped cilantro)

Directions:

1. Combine first seven ingredients in a medium bowl, stirring well.
 2. Sprinkle with parsley or cilantro if desired.
 3. Serve with crackers, pita chips, or raw veggies.
- Makes 2 1/4 cups



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Dreams and their meanings

Ocean: *If you dream you are standing on shore and watching the waves foam up as they break over the beach foretells that you will have some narrow escape from an accidental injury. *If you are far out on the ocean and hear the waves as they lap against the hull of the ship, you will have setbacks in your business and a troubled domestic scene. *To sail on a calm ocean is always a good omen for all concerned.

Owl: *To dream of an owl denotes a narrow escape from desperate illness

or death.

Raccoon: *To dream of a raccoon warns you to be on your guard. To see a raccoon in your dream shows that people are presenting false faces to you in your everyday life. *To be chased by a raccoon shows that a person you thought a friend has turned on you and now works behind your back for your downfall.

Rape: *Take this dream as a warning. Take precautions, protect yourself emotionally and physically and

don't engage in careless behaviors.

Rose: *If a woman dreams of receiving a rose and places it in her hair then will she be deceived by some-

one thought of as a good friend.

*If she receives a bouquet of roses in the springtime she will find true love but if it is winter her search will be

Continued on page 14

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Commercial Building (P38)— Commercial property in the heart of San Pedro Town on Angel Coral Street with a 2 story concrete/wooden structure with 4 rental spaces on lower level and a 1 bed/1 bath apt on upper level! Corner lot approx. 95' x 45'. Excellent investment for commercial property in this location at only \$225,000US. **Price has been reduced to \$200,000US – bring an offer!**

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

Holiday Lands (M54) Parcel 2622 – measures approximately 54' x 100', only one row off the beach. Asking price \$60,000.00 US.

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

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

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Lizard Tales - Continued from page 13

fruitless.
*To see a rose bush in full foliage denotes a wedding in the family.

Snakes: *To see a lone snake and feel threatened by it shows that you have a bad enemy that is working against

you, it also a warning against bodily harm from an enemy.
*To dream of many snakes in a pit is the foreboding of much bad luck in love or business.
*Should you overcome and kill a threatening snake in your dream

shows that you will overcome your adversary and win out.

Spiders: *All spiders except tarantulas are omens of good luck. The larger the spider, the bigger the rewards.
*If you see a spider climbing the wall you will have your dearest wish come true.
*If you see a spider spinning a web you will have an increase in your income due to hard work.

Tattoos: * If you dream you are a tattoo artist and you are tattooing someone's body you will soon break with friends or family over strange practices.
*If you dream you are the one being tattooed you will become the target for a strangers jealousy but if you see someone else with tattoos then you will take a long, hard journey from home.
Tea: * To dream that you are thirsty for tea means that you will be surprised with uninvited guests.

Airport *In a dream the sight of a busy airport represents the desire for freedom and/or travel.
If the airport is empty and deserted your own travel plans will be changed or delayed.
Face *To dream of a smiling face signifies pleasant new friends, experiences, and/or financial gains.
*To dream of unpleasant or grotesque faces portend loss.
*To dream you are washing your face denotes a necessity to atone for some past indiscretion; better make amends!
* To see the faces of strangers signifies an approaching change of residence.

Falling *To dream of falling indicates a loss of emotional equilibrium or self-control. It may represent your insecurity, a lack of self-confidence, a fear of failure or an inability to cope with a situation.
*If you fall a long distance in your dream and get hurt, be prepared for really hard times ahead; but if you fall and are not injured your upsets will be minor and temporary.

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Wolfe's Woofers by Dennis Wolfe

Which Dog Is Which?

"Kelly, why are you looking so frustrated?" Dulce asked, as she parked herself on a stool at BC's.

"Oh, it's those two little dogs I got last week," Kelly said. "I'm going nuts trying to tell one from the other."

"What kind are they?" I asked.

"They're Yorkshire terriers. You know; the ones with the long hair."

"Well that should be easy," I said. "If you trim the hair on one dog's tail really short then you'll always know which one is which."

"That's a great idea," Kelly said. "I'll try it."

That was last week. A few days ago I ran into Kelly at the bank.

"Did trimming the dog's tail work?" I asked.

"For a little while," she said. "Then the other one ran through a fire where my neighbor was burning trash and its tail caught on fire. Now both dogs have tails with short hair."

"This is an interesting problem," I said. "Why not buy collars for them and put their names on the collars?"

"That might work," she said. "I'll give it a try."

"Dennis told me about suggesting collars for the dogs," Dulce said, when we ran into Kelly at the supermarket. "Did it work?"

"No. I let them out to exercise and they either lost the collars or somebody stole them," Kelly said.

"Now I'm pretty good at solving puzzles," Dulce said. "Is one dog bigger than the other? If it is, you should be able to tell them apart by their size."

"I'll check and see," Kelly said, "but I've almost given up hope of ever being able to tell them apart."

I was setting up my musical equipment to play at BC's last Thursday night when Kelly came in.

"You know, your wife is really smart," she said. "She suggested that I check the dogs to see if one is bigger than the other."

"It worked?"

"It sure did. The black dog is two inches taller than the white one."

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Trivia Tidbits - All about Lobsters

*A lobster's kidneys are in its forehead and its teeth in its stomach; the stomach is located a very short distance from its mouth, and the food is actually chewed in the stomach between three grinding surfaces that look like molar teeth called the "gastric mill"

*Besides the normal colored lobsters, there are also rare, yellow, red, and white ones. Except for the white ones, they all turn red when cooked.

*Lobsters grow by *molting*. They molt, or shed their shells, about 25 times in the first five years of life. No one has yet found a way to determine the exact age of a lobster because it sheds its shell so often.

*Lobsters "smell" their food by using four small antennae on the front of their heads and tiny sensing hairs that cover their bodies.

*Lobster blood is usually a gray or slightly blue color, but it sometimes can be orange, green, or light pink.

*A lobster egg is the size of the head of a pin. A one-pound female lobster usually has between 8,000 to 12,000 eggs, which are attached to the underside of the tail. She carries the eggs for about a year until they are released as larvae. Only about 1/10th of one percent of those eggs will live past six weeks.

*It takes four to seven years for a lobster to grow to legal size.

**Tomalley* is the lobster's liver. It turns green when cooked and is considered a delicacy.



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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 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 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

ROJO LOUNGE

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

Try our famous frozen Mojitos and signature drinks and enjoy the best stocked bar on the island!!!

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Crab, scallop and shitake stuffed grouper drizzled with a rum-5-mango glaze!!!

And don't forget to save room for dessert!!! We make the best ice cream on the Caye right on the premises here at Rojo Lounge

5 miles north of San Pedro, come by Island Ferry or golf cart
Open for lunch and dinner, Tuesday through Sunday



A new level of relaxed luxury on North Beach, Ambergris Caye. Azul combines the space and privacy of fine private villas with the amenities and services of a world class resort, all on 400 feet of beautiful beachfront and ten acres.

For more information, please contact us at 226 4012 or e-mail info@azulbelize.com



Fitness Center/Gym and Rental Apartments.
Includes over 7100 square feet for the gym and equipment plus 12 rental units on a 77 x 45 foot lot only steps from the ocean. This is a great business opportunity with an established clientele.

\$350,000



NEW LISTING! 1,760 square foot beachfront 3 bedroom 2 bath concrete home with 30,000 gallon cistern, Electricity, Telephone, Road access, 300 foot dock, fully furnished. This home is move-in ready and sits on a 75 x 317 foot lot.

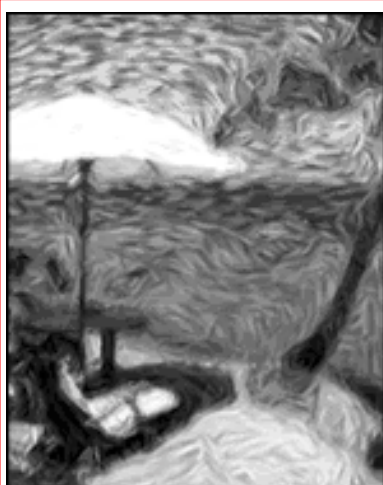
\$609,000



Casa Palmera - Quality built 1400 s.f. home features 2 bedrooms, 2 bathrooms, custom kitchen, vaulted ceilings in the living area and a sea view. A 1 bedroom self contained apartment sits on the lower level.

\$346,000

Beachfront • Condos • Homes



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We have many properties ranging from raw land to beautiful beachfront homes.

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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

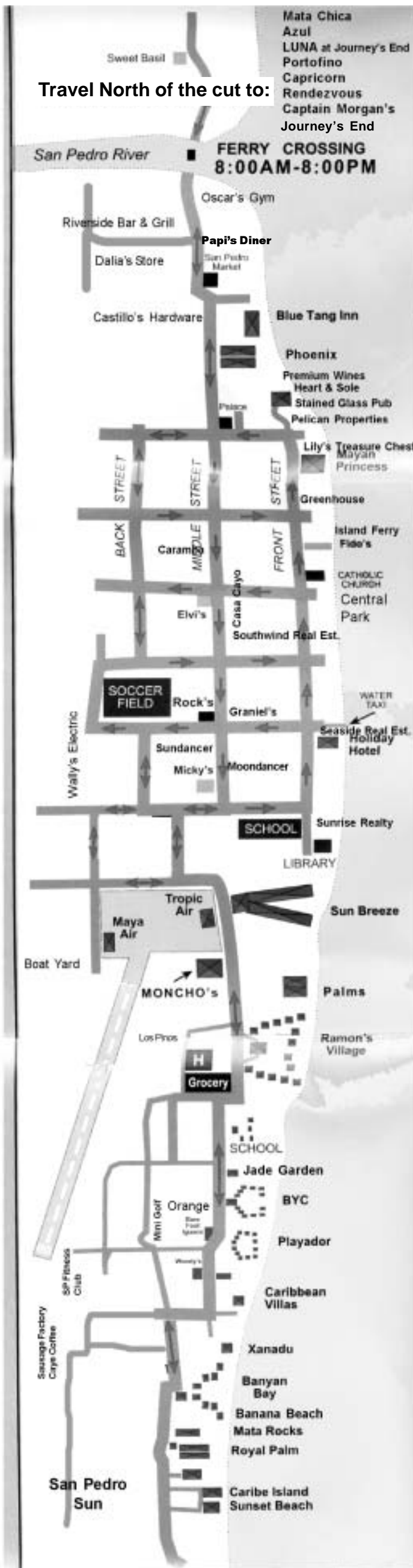
The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause -have dinner with us!

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.

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. Home-made 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 - The most romantic spot in town featuring award winning chefs. Thai and French cuisine blended to make paradise taste like heaven, or so our customers say. Free Rendezvous Wine tasting from 11.30a.m to 4p.m fermented, blended and bottled here on the property. Open for lunch and dinner. Call 226 3426 for reservations and transport options.

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.

SPA SHANRGI-LA - Couples treatment - partner 50% OFF. 2 miles North, open seven days a week ... 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.
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