

THE SAN PEDRO SUN VISITOR GUIDE

The Island Newspaper
Ambergris Caye, Belize
Central America

June 23, 2005

FREE



Wild nights out on the town!



Read About:

- Jaguar's Temple Night Club & Rehab Lounge
- Fido's Restaurant & Bar

- Tackle Box Bar & Grill
- Barefoot Iguana & much more!



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Bockfest in Minnesota



Niagara Falls

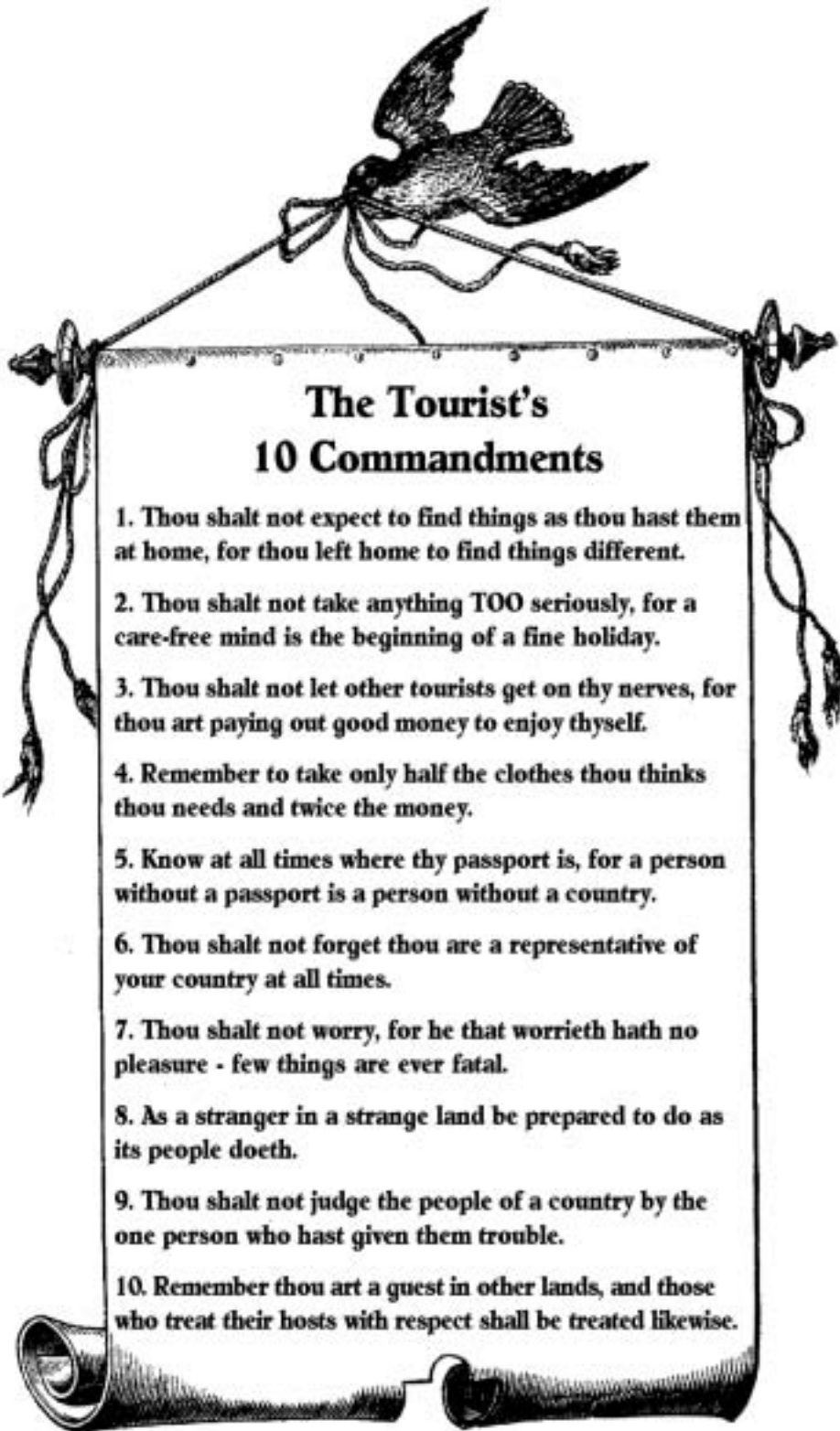


Pennsylvania



Netherlands Antilles

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.



The Tourist's 10 Commandments

1. Thou shalt not expect to find things as thou hast them at home, for thou left home to find things different.
2. Thou shalt not take anything TOO seriously, for a care-free mind is the beginning of a fine holiday.
3. Thou shalt not let other tourists get on thy nerves, for thou art paying out good money to enjoy thyself.
4. Remember to take only half the clothes thou thinks thou needs and twice the money.
5. Know at all times where thy passport is, for a person without a passport is a person without a country.
6. Thou shalt not forget thou are a representative of your country at all times.
7. Thou shalt not worry, for he that worrieth hath no pleasure - few things are ever fatal.
8. As a stranger in a strange land be prepared to do as its people doeth.
9. Thou shalt not judge the people of a country by the one person who hast given them trouble.
10. Remember thou art a guest in other lands, and those who treat their hosts with respect shall be treated likewise.

The San Pedro Sun is mailed everywhere.

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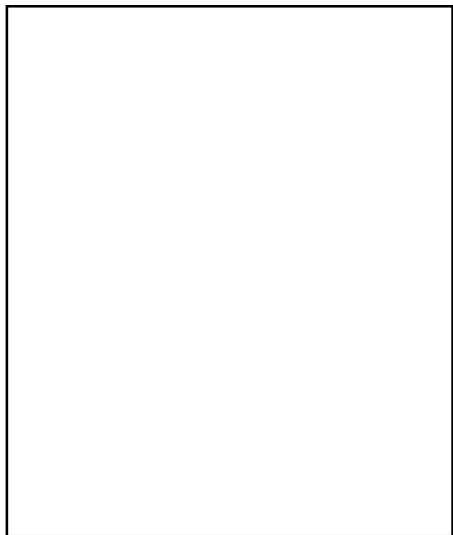
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More foreign subscribers than any newspaper in Belize!

Greetings to my visiting friends

On behalf of the people of San Pedro Town, I extend a warm welcome to all visitors arriving to our shores. I assure you that your trip to "La Isla Bonita" will be no ordinary vacation. Our island is famous for its rich cultural diversity, where Mestizos, Creole and Garinagu blend to form a unique encounter. While here, I encourage you to explore the Caribbean Sea and find Belize's abundant treasures. Hol Chan Marine Reserve and Shark-Ray Alley are just two of the many spots where you can enjoy our coral reef formation and abundant and breathtaking sea life. San Pedro is also home to world-class fishing and scuba diving.

For the more adventurous, "La Isla Bonita" offers a wide array of water sports and for those looking to get a glimpse of the mystical world of the Maya, these historical ruins are just a short expedition away. You will also be able to discover Belize's vast cave systems and many natural sanctuar-



ies that are home to our country's unique flora and fauna.

Whether you are spending your honeymoon at an exclusive resort or looking for an adventurous, yet romantic escape, San Pedro is surely the place to be. I invite you to explore our home and see the many wonders it has to offer.

We welcome you with open arms. *Bienvenidos a San Pedro!*

Elsa Paz, Mayor,
San Pedro Town



Wild Nights in San Pedro! *The visitor's guide to the hottest party spots in town!*

What would be better than waking up one morning knowing that you are exhausted from a night of extensive partying? There is nothing better than knowing you have hit the 'hot spots' of the island. With the choice of three nightclubs and many other equally enjoyable places, San Pedro has a lot to offer in terms of night life. If the night club scene is more to your taste, then be sure to visit the three nightclubs in town. If you prefer live music at a bar, there are several places that offer enjoyable evenings with some of the talented local artists of San Pedro.

Big Daddy's

One of the first nightclubs on the island, Big Daddy's is a landmark on

our island. With its seaside view and wonderful atmosphere, Big Daddy's is a good choice. As you step inside, your first reaction is to hit the great downstairs bar with friends before getting ready to hit the dance floor. Equipped with a full length mirror behind the stage on the dance floor, Big Daddy's is a place where you can get your groove on. With a recent renovation, customers are bound to find more to enjoy in Big Daddy's. With great new dark tile flooring and varied nooks and crannies and attentive bartenders both up and downstairs, Big Daddy's has a lot to offer for a great night out. And with the other nightclubs available, staying in one place is just not an option!



Wet Willy's

There's no excuse not to party in the middle of the week with the famous Wet Willy's Ladies' night. Wednesday nights are slamming inside this bar out on the water at the Hustler Tours dock. Ladies get free shots throughout the night, and the great deejay or live mu-

sic keeps spirits alive on this great night. You'd be crazy not to miss it!

Barefoot Iguana

It is the perfect spot for those seeking a place to party away from the hustle of the heart of the town. Bare-

Continued on page 4



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!
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SPA A Blissful Getaway...

Relax in our beachside Jacuzzi, followed by an Aromatherapy Massage & 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



foot Iguana is located south of town and it's a great nightspot for partygoers with a penchant for privacy. With its very jungle-esque atmosphere, Barefoot Iguana's has a lot to offer in terms of dancing, drinking or just plain chilling. Having previously undergone a change in ownership, the Barefoot is once more reviving its popularity with special shows and live music on most weekends.

Jaguar's Temple Nightclub

There is something to be said for a nightspot that has maintained a high level of popularity with both the young and the old. Jaguar's Temple Nightclub and Jaguar's Rehab Lounge are

two of the most noticeable and enjoyable spots where visitors and locals alike can enjoy a good night of dancing and partying. Hand in hand these two give each other an extra boost. The most popular thing to do when planning a good night out with friends or that special someone, is to drop by the Jaguar's corner. It's highly recommended that you have a few drinks at the Rehab Lounge before even going inside the club through the Jaguar's mouth. Bartenders Ricky and Alex will hook you up with some great cocktails or ice cold beers while you chill out on the deck whiling away the time in the company of good friends and listening to some good music. The Re-

hab Lounge is a haven for many tourists and locals alike.

With its exceptionally welcoming and warm staff, Jaguar's Rehab Lounge and Nightclub is an excellent place to have fun. Both places have a great atmosphere and good music, which, for many is the epitome of a good night out. Jaguar's is simply the place for those who seek to add enjoyment and a night-long dance marathon.

Fido's Restaurant & Bar

World renowned as a first class bar and eatery, Fido's Restaurant and bar is the place for refined dining and entertainment. Being the largest palapa-styled bar on the island, Fido's is a one stop party avenue. Along with its great the

restaurant and bar, Fido's is also home to Rice 'n' Roll Sushi Bar, Ambar's Jewelry, Belizean Arts -a fantastic art gallery, and, situated directly in front of it a fabulous clothing store, Mambo Chill Boutique. Fido's Restaurant and bar is the ideal place to go if you are looking for a place with a seaside view and exceptional bartenders. With delicious food, good drinks a warm atmosphere and live music, Fido's Restaurant and bar provides the sort of open -air entertainment that so many seek.

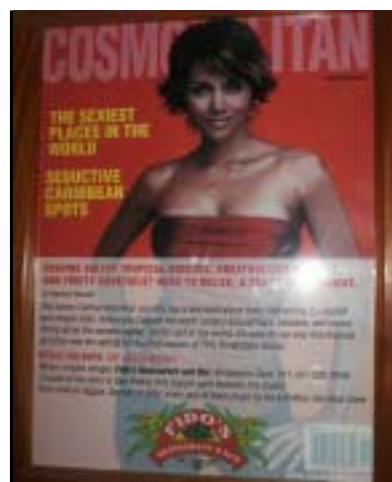
Riverside Sportsbar

This great sportsbar is located north of the island close to the ferry, in the Boca Del Rio area. Most weeks feature special events and themed parties that bring a touch of excitement to the usual drinks and music bar atmosphere. Try your vocals in karaoke, shoot some pool and enjoy some delicious local drinks or select from the extra long list of great martinis. Randy, Karen and Anita welcome you with warm smiles and excellent service. Be sure to make time to discover this hidden gem.

BC's Bar & Grill

Let Ernie whip you up some delicious cocktails while you socialize

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Dinner Menu Includes
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Open Tuesday through Sunday 11:00am to 9:30pm
Tel: 226-2170

What's in a Name? Azul & Rojo Lounge



We first visited Ambergris some 5 years ago... We came here, much as many visitors do, to go diving... during that visit we befriended a number of people including a couple Joe and Valin Miller (who had lived on Ambergris for a number of years, Joe was an underwater photographer and boat mechanic). Joe and Valin told us they were planning on moving to Merida and thus were selling their place "up north" (at the time, where we are was still considered "way up north.") Over the following year, very much on a handshake deal, we bought the little blue beach house from Joe and Valin. We then started renting it out as a vacation home under the name "Casa Azul" (Spanish for Blue House). Fast forward a few years and a boatload of ambition later, and we decided to start building what is now the resort. We moved to Ambergris full time ("full time" meaning when we moved our four dogs down!) from San Francisco, CA to be here throughout the construction process When deciding on a name for the new resort, it seemed only fitting to drop the "Casa" from "Casa Azul" and call the new resort simply Azul. It was without any political references that we decided to counter "Azul" with the restaurant name of "Rojo Lounge"... Rather, Rojo, fitted the color scheme of the restaurant/bar and "Lounge" was the perfect description of the relaxed/casual atmosphere the restaurant has to offer. We'd like to think that Azul and Rojo now combine to offer some of the finest accommodations, food and atmosphere the island has to offer.

Owners – Vivian Yu and Jeff Spiegel.

Azul is a short boat ride away from San Pedro Town. Enjoy their delicious lunch or spectacular dinner menu or simply take time and indulge the sight, sound and smells of the Rojo Lounge.



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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!!!

Sample such dishes as:

Plantain crusted shrimp with a papaya chili sauce
Crab, scallop and shitake stuffed grouper drizzled
with a rum-&-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

Tackle Box Bar & Grill

ova di wata, unda di stars!

It is a bar steeped in history; it offers quality service that transcends time, and thus has patrons visiting again and again. Housed in a large yet unimposing wooden building set out on the pier next to the water taxi terminal, The Tackle Box has just recently come alive again at the able hands of Phil Megal and staff. After several drastic changes including a change of name (Shark's Bar) and ownership, it seems as if the Tackle Box is finally alive and ready to rock.

As you step into the lovely bar area, bartender Mikey, greets you with his great smile and warm personality. The long bar is often filled with patrons enjoying an icy cold Belikin beer, which Mikey readily serves up. He is also very skilled at mixing luscious tropical drinks, which are made with only the freshest fruit available. His smooth Mango Colada, with a delicious blend of fresh mango slices, local rums and juices hits the spot with its creamy naturally sweet consistency. As well, the Tackle Box is one of the few places on the island that offers refreshing Mojitos. Mikey's method of preparation is an art: the short wait is worth watching him pound and grind the fresh mint leaves that are the primary ingredient in this refreshing drink.



Mikey the bartender, mixing a great Mango Colada



Visitors enjoying the open air, chilled atmosphere at The Box. (below) Just a few samples of the great treats available.

After a few starter drinks, it's wise to fill up on cook Melida's scrumptious creations. "The Box" offers great 'nautical' creations that keep both you and your wallet full. Since re-opening in March 2005, the starter menu has managed to sell out from the get-go. And it's easy to understand why. (According to Phil, his buddy and a great chef, Chris Aycock, had a helping hand with the menu, tweaking the usual choices

and making them one-of-a-kind.) You're shown to a table of your choice, either out on the open porch under the stars or cozied in near the bar. The warm and hospitable Rigo treats you like royalty, ensuring you're well taken care of. His first recommendation is the ceviche, an island favorite, chock full of crisp vegetables and fresh, diced seafood in an incredible spicy lime mix and served with The Box's crispy corn

tortilla chips.

Just looking to get a snack fix? The Spicy Box Fries are a sure bet. Hand cut russet potatoes are Cajun spiced and fried crispy. A real treat -not your average McDonald's fries! Also on the list are Belikin battered Onion Rings, fresh salsa and chips or the Nautical Nachos, which combines crispy tortilla chips with melted cheddar, fresh salsa onions and jalapenos. These tasty treats can be a quick snack fix or may pave the way to the cook's other delicious creations.

One of the items you must try is the Deep Fried Spiced Calamari. It is tender fried local squid dusted in their special spice blend and served with a blackened dipping sauce. Every bite brings you closer to pure heaven. A seafood lover's must! Those with a craving for good hearty food need look no further than the Tackle Box menu: Chili, shrimp, sausage platters, sandwiches and burgers are all served here, but with a twist. The Rock da Box Burger is fast becoming one of the more famous items on the list. A monster of a burger, the meat alone tips the scales at a whopping one pound (1lb). It's a belly-busting burger that challenges even the most salacious of appetites. And it keeps you coming back for more.

Also one of the highlights of the nights is the live local music which keeps the Box rocking. Adding to the island vibe and fantastic food and drinks are local bands that perform at least four times per week. What's better than kicking back with a delicious ice

Continued on page 12







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The American Crocodile

There are two types of crocodiles that live in Belize, the Morelet's Crocodile and the American Crocodile. The Morelet's Crocodile (*Crocodylus moreletii*) is a small crocodile, seldom exceeding 10 feet in length. There are reports of individuals reaching 14 feet. These larger animals can be considered dangerous to humans. This crocodile primarily inhabits freshwater lakes, rivers and ponds. The female will build a large nest of twigs and rotting vegetation and lay up to three-dozen eggs.

The Morelet's Crocodile eats a variety of prey, including aquatic invertebrates, fish, small mammals and birds. These crocodiles are normally shy and timid, though the larger ones should be considered dangerous to humans. Prior to 1981, the Morelet's Crocodile was hunted heavily in Belize for its hide. At the time of the passing of the Wildlife Protection Act, the number of crocodiles was few. The population has since rebounded and they can be found in most of the lowland interior rivers and ponds.



Warning! Crocodiles are carnivores that feed on fish and other large water animals and also stalk prey onshore near water. All crocodiles should be considered dangerous, even those basking in the sun. They can attack with amazing suddenness and have very sharp, grasping teeth and powerfully strong jaws. Feeding crocodiles for entertainment is not only dangerous, it is illegal. This practice conditions the crocs to associate man with food, therefore reducing their fear of man, making them more dangerous and aggressive.

The American Crocodile (*Crocodylus acutus*) is the most common type of crocodile in Belize and can also be found in the Southern United States, Central and South America, Haiti, Hispaniola, Jamaica, Margarita, Martinique, and Trinidad. Throughout these areas the American Crocodile is also known as Cocodrilo Americano, Crocodile d'Amérique, Caimán de Aguja, Central American alligator, Cocodrilo de Rio, Crocodile à museau pointu, Lagarto Amarillo, Lagarto Real, Llanan Caimán, South American alligator and the American saltwater crocodile.

The American Crocodile lives in both freshwater (including river, lakes and reservoirs) and brackish coastal habitats

(including tidal estuaries, coastal lagoons and mangrove swamps). Crocodiles that live in high saline levels of water have the ability to osmoregulate (control salt concentrations in their blood despite the salt concentrations in the environment) through a specialized internal filtration system. This process comes with maturity and the young cannot survive in salt water. This species also constructs long burrows for aestivation, which is a state of inactivity and reduced metabolic activity, similar to hibernation, that can occur during the dry season or when water levels are low. This well adapted reptile can also travel considerable distances over land in search of new habitats.

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TACKLE BOX

BAR & GRILL

SAN PEDRO AMBERGRIS CAYE BELIZE CENTRAL AMERICA

... open ...

7 days a week
10am to at least midnight
[the Grill is open all day every day
10:30am to 10:30pm]

... featuring ...

outside deck & great ocean view
out over the water
ice cold beer
fresh-fruit tropical drinks
frosty fresh-fruit frozen drinks
fantastic grilled foods and more
[including the Tackle Box Burger,
'Rock da Box' Burger, Fish & Chips,
Island Ceviche, Belikin-Battered Shrimps,
Fried Spiced Calamari, Grilled Fish Burger,
Grilled Garlic Shrimp Skewers,
Captain Tackle Box Chili, Spicy Box Fries,
Grilled Sausage Plate, daily specials...!]

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TACKLE BOX is located
over the water in the heart of san pedro
off of the san pedro water taxi pier
at the end of black coral street...
226.4313

!!! the Tackle Box is alive !!!

ESTABLISHED 1977...REBORN 2005



Luna, Ambergris Caye's latest trendy restaurant, is now open. Serving Palm Tree Cuisine, a fusion of Central American and Caribbean delicacies, Luna offers a selection of fresh local seafood, tender meats and exotic vegetables prepared by our renowned chef.

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

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

Serving breakfast, lunch and dinner...

At Journey's End Resort
Reservations: 226-2173

Wild Nights

Continued from page 4

with friends at this palapa bar on the beach close to Sunbreeze. Thursdays feature live music with Dennis Wolfe, and on other nights enjoy music on XM satellite radio. Charlene and staff do their utmost best to provide high quality service and great snacks (try the Macho Nachos!), and the friendly bartenders keep the beers coming. This bar is especially great for drinks before hitting the nightclubs, and is an absolute must while in San Pedro. Find out what the rage is all about for yourself!

Tackle Box Bar & Grill

Live local music almost every night and fantastic food make this historic bar



Barrington and the Islanders, featured weekly at the Tackle Box Bar & Grill.

& grill a must-see when in San Pedro. Also located on a pier in the heart of town, Tha Box keeps it real with fresh fruit drinks and delicious seafood and burgers. Be sure to visit this place for the great drinks and snacks to fuel up for the night. Dance to live music and be sure to enjoy your ice cold beers. It's over the water and under the stars in Tha Box! No night out would be complete without a visit to the Tackle Box.

So, for those seeking a great night out on the town, replete with tropical drinks and icy beers, great music, live and local or dance style, be sure to check out these places. The people keep it real, the drinks are great, the music is fantastic and the clubs are open till the wee hours. But remember, whatever you do, please, do it responsibly.

Donate to these worthy San Pedro organizations!

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

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

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

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

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

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

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

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

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SOROSI (Spanish) Condiamor (Spanish)

Scientific Name: *Momordica charantia* (Latin)

Plant Family: Cucurbitaceae

Description: Vine growing to one to two meters tall with a delicate, much-branched stem; leaf deeply lobed; flowers yellow; fruit green, turning yellow-orange when mature; seeds in red pulp.

Habitat: Clearings, edge of forests, fields, pastures, backyards and empty lots.

Traditional Uses: The most renowned medicinal plant in Belize. Used by grannies and mothers as household tonic to treat and prevent *intestinal parasites, amoebas, anemia, tiredness, constipation, delayed menses, skin problems, and painful periods* – boil small handful of leaves



The Sorosi leaves and fruit, used in various medicinal ways.

and vine in three cups of water for ten minutes; drink three cups daily before meals. Entire plant is boiled to bathe *skin conditions, infections, infestations of ticks and chiggers, and stubborn sores and wounds* – boil a large double handful per gallon of

water for 15 minutes and allow to cool to tepid. Said to be useful to treat early stages of *diabetes* and is a fine *blood and organ cleanser*. Fresh, raw leaves are chewed for *sore throat* and *mouth sores*.

A related cultivar of this plant is

the well known “bitter melon” used in Oriental cuisine. East Indians of Belize relish the ripe fruits in curry dishes.

Research Results: There has been a great deal of pharmacological research on this plant and the resulting literature is quite complex and sometimes contradictory. Caution is advised when ingesting this plant, as more than one source points to its toxicity when taken orally, and pregnant women should avoid it completely. Jelliffe et al. (1954) suggested that the use of this plant may be associated with the development of acute veno-occlusive disease of the liver in Jamaican children. The TRAMIL 4 workshop classified the internal use of the fruit as toxic, but suggested that external use of the leaves and stems was worthy of further investigation (Robineau 1991). Antihyperglycemic activity in humans was demonstrated with an oral dose of the fruit (Leatherdale et al. 1981).

ORANGE Gallery - Gift Shop

Mayan carvings

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The American Crocodile
Continued from page 7

The American Crocodile is one of the larger crocodilian species. Males typically reach seven to 15 feet in length and may reach up to 23 feet in South America. Their long slender snout distinguishes it from the American Alligator, and is gray-green, dark olive-green, or gray-brown in color with dark cross bands on its back and tail. These cross bands obscure in older adults. A large fourth tooth on the bottom jaw is visible when the mouth is closed. The dorsal armor is irregular and much reduced in compari-

son with other species. There is a distinctive swelling in front of each eye, visible in all except the hatchlings. Juveniles are lighter colored (light tan) than more mature animals, with banding on the body and tail. The adults primarily feed at night on crabs, fish, turtles, raccoons and water birds. Juveniles eat small fish and invertebrates. Often blamed for the disappearance of domestic animals in more populated areas, there are occasional reports of attacks on humans, but authenticated records are very rare.

Females reach sexual maturity at lengths of six to eight feet. Populations



The American Crocodile, photographed at the "WASA pond" in San Pedro.

ing materials are available. Flooding creates high mortality. Nesting occurs during the dry season (to minimize flooding, especially in hole nests which are in danger of falling below the water table after heavy rains), following an extended courtship period, which can last up to two months. The minimum number of eggs laid in the nest can be around 20 in some populations, but is usually between 30 and 60. Nests are often found which contain eggs from two separate females. Hatching, after around 90 days, coincides with the beginning of the annual rains. At hatching, juveniles are around eight inches in length. The degree of parental care seems to be variable, with some sources noting minimal protection of the nest and the newly hatched juveniles, while others report a higher degree of parental attention, from guarding the nest (a burrow is constructed nearby), to assisting the hatching juveniles and subsequently protecting them (predators include birds, wild cats, raccoons and even large fish). However, it appears that the juveniles move away from the nesting area

Continued on page 14

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!!!

ENGLISH	SPANISH	CREOLE
Cousin	Primo	Kozn
Counselor	Consejero	Konsila
Expire	Expirar	Don
Kitchen	Cocina	Kichin
Tongue	Lengua	Tong
Jealous	Celoso	Jelos

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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.

Reef Brief

by Green Reef Peace Corp
Volunteer, Kristen Stelljes



Turtle Nesting Season in Bacalar Chico

It's a very special time of year in Bacalar Chico. Green and Loggerhead turtles are nesting on the beaches between Robles Point and Rocky Point. This is the only and most important place in Belize where these turtles nest- and it's on our very own caye! There have been occasional spotting of Hawksbill turtle nests in Bacalar Chico, but this species normally nests at Gales Point. Turtles nest from late May to early August and the eggs hatch from late July through October.

The Bacalar Chico National Park & Marine Reserve staff and Green Reef have been working to monitor and increase protection of this very important area and the turtles that nest there. New signs in English and Spanish have been placed on the beaches to let visitors know the rules that protect the turtles. It is illegal to bother or tamper with turtles or their nests in Belize. These signs were funded by the Mesoamerican Barrier Reef Systems Project.

The Bacalar Chico staff and interns from the Netherlands and Canada are monitoring the nests in the Park. To date, there have been 10 crawls found. According to Tammy Summers, Bacalar Chico Project Director for Green Reef, "we're currently trying to get a better idea of how many turtles Bacalar Chico is contributing to these endangered species populations. It's amazing that the sea turtles nest under the conditions they face on Bacalar Chico—narrow coral rubble strewn beaches with dense vegetation and roots. It's very different from the wide, soft sandy beaches you find them nesting on elsewhere in the world."

Turtles come up on the beach to make their nest and lay their eggs. When they do this, they create distinctive trails in the sand that let scientists know the turtles have been there. Scientists can tell what type of turtle has left the nest by the type of crawl it leaves behind. Sometimes a turtle will come on the beach and not like what it sees or be scared away by something and will return to the water. They may come back to shore in another spot later to find a place to nest. The marks these turtles leave behind are called false crawls, because they do not lead to a nest. Of the 10 crawls seen in Bacalar Chico, eight have lead to nests and two have been false crawls.

Most sea turtles come to shore at night to nest. This gives them more protection from predators, including raccoons and humans. The cool night air also protects them from overheating. Female turtles return to the same beach where they hatched to lay their eggs. It is a myth that turtles lay their eggs in the exact same spot where they hatched from. The front flippers are used to dig a hole for the mother's body to sit in and the hind (back) flippers dig a hole for the eggs.

Turtles lay an average of 100 eggs in each nest. They are white, round, and flexible. Although they lay many eggs per nest, only 1 out of 1,000 eggs live to be an adult. While the female is laying the eggs, she goes into a trance and it is almost impossible to disturb her. Once the eggs are laid, the turtle will fill in the egg and body pits to hide the nest. Sometimes they may make a false body pit to try to trick predators. Once the pits are filled in, the turtle returns to the sea and the eggs are left on their own to incubate in the sunshine.



A loggerhead turtle, one of the many marine species that need to be protected, especially during nesting season.

If you come upon a turtle nest, it is very important that you do not disturb the nest. It's tough being a turtle- there are many dangers out there for eggs, hatchlings, and adults and these are endangered species. They need all the help they can get! You should admire the crawls, but trust the mother made the best nest. Disturbing the nest can lead to crushed eggs, exposure and greater possibility of predation, and making the nest too deep for the hatchlings to crawl out of. It is also illegal to disturb nests. If you have the great fortune to see a turtle come to nest, you should remain very still and silent and turn off all lights. If you scare the turtle, it will return to the sea, where it may release its eggs and none of them will survive. Once the turtle begins to lay the eggs, you can come up to get a closer look.

Keep reading Reef Briefs to learn more about what happens to the eggs after they are laid and about the turtles that nest on Ambergris Caye.

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The San Pedro Sun Virtual Taste Trip

Tres leches

(three milks cake dessert)

Tres Leches has become a favorite dessert throughout Latin America. It is sure to become a favorite at your dining table also. The dessert consists of three main parts: a sponge cake, a mixture of three milks with which to saturate the sponge cake, and a light topping which may be meringue or whipped cream.

The cake

Use one package of sponge cake mix. Bake one cake in a 7 by 11 inch pan, following the instructions in the package. Allow to cool in the pan.

The three milks

Pour into a mixing bowl: *1 cup heavy cream *One 12-oz can evaporated milk *One 14-oz can sweetened condensed milk

Blend thoroughly. With the cake still in its pan, pinch the cake top with a fork so as to make small holes all over the cake surface, in rows about an inch

apart. Slowly pour the three milks mixture over the cake. The idea is to saturate the cake thoroughly with the mixture. Let some of the mixture drop along the edges of the cake into the pan. Use all the mixture. Refrigerate at least one hour, preferably overnight.

When ready to serve, you can serve right on the baking pan or remove from the pan into a serving platter with a rim large enough to hold the milk sauce that will drip from the cake. Top lightly with whipped cream. Individual servings are usually about two inches by two inches. Decorate each individual piece with a cherry. Refrigerate any unused portions in a covered container and use within two or three days.

Piña Colada

One of the quatricentennial houses along Calle Fortaleza, Old San Juan, Puerto Rico's main street, bears a sign that claims that Piña Colada was invented there.

We don't know that for a fact. What we can tell you is that Piña Colada is



dances, leis, and all sorts of exotic, romantic happenings. Try it. You'll like it!

Ingredients

*6 fluid ounces Pineapple juice (preferably, of course, pineapple chunks from a fresh pineapple)

*2 fluid ounces Coconut cream (available canned under several brand names.)

*3 to 4 cups of Ice

*Cherries

*Slices of pineapple, orange or lime

*Paper umbrellas

In a blender, grind ice while gradually adding the pineapple and the coconut cream. Alternatively, use shaved ice. The ice should be thick enough to hold a cherry on top without sinking in. Serve in a tall glass with a straw. Garnish with one cherry and a slice of fruit. Insert a paper umbrella for that additional tropical, exotic touch.

The Tackle Box

Continued from page 6

cold beer or great tropical rum punch or piña colada while listening to some lively music? After dinner, work off some of the calories by joining the crowd in dancing. The Tackle box is so much more than just a bar and grill. It is a meeting point for local drinks, food and music, which make being on "La Isla Bonita" a truly worthwhile experience.

It seems that Phil may have just created a bar and grill that not only lives up to the standards of it's predecessor, the original Tackle Box, but has come further by offering a menu that appeals to more people and is served by one of the most efficient and friendly staff on the island. After all, how can you possibly go wrong with great food, drinks, music and excellent service?

For the true island dining experience, be sure to visit the Tackle Box, Monday to Sunday from 10:30 a.m. to 10:340 p.m. Food is served throughout the day, and live music is on four nights a week. Be on the lookout for those dates! Come rock da Box!

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An Encounter with the Dead

Finados is a special time of the year for the people in our community. It is the time when the spirits of those who have died return to visit the living. It is therefore a celebration for both the living and the death. Since the spirits of the deceased are only allowed to visit their homes on the second of November, the community welcomes them with prayers and different sorts of food and drinks that the dead happened to enjoy when they were alive. The steaming-hot food is placed on the table at midday and prayers are offered. Although the spirits are not seen, the people claim that they come and smell

the hot food that has been set for them. During one of these *finados*, a five-year-old girl named Graciela had a very frightening experience.

It was eleven in the morning on the day of *finados* and Graciela's mother, doña Felipa, was busy setting the table for the souls who would come at midday. Doña Candila, the *rezadora* or prayer leader would soon come to pray the rosary and recite the Litany of the Dead. Graciela who was ill and lying in her hammock nearby, gazed curiously at the table as her mother placed the traditional foods on it. Along the edge of the long table with the immacu-

late white tablecloth, doña Felipa had placed rows of black candles made from the wax of the *thacab* bee. Graciela remembered what her mother usually told Lucila, her eldest sister. "Everything must be new and clean," she would tell her, "for *finados* is an offering to the souls who return from Purgatory." Everything had to be special for *finados*. It was even believed that the men who made the candles could not use the bathroom or the out-house while they were melting the wax. If they sis, the wax would not harden.

Before midday the table was ready. Together with *bollos* and *xpashá*, doña Felipa put out slices of corn pudding and cups of cocoa sweetened with chunks of *panela*. Close to the crucifix at the center of the table she had placed two glasses filled to the brim, one with water and the other with craboo wine. "Remember to put something for the forgotten soul," she whispered to

Lucila, who was busy cleaning the kitchen. Doña Felipa did not dare forget this lonely soul who did not have anyone to pray for her. People usually made a special *bollo* with all the entrails of the chicken, set it with some *xpashá*, and lighted candles outside in the yard.

At twelve midday, doña Candila, the old *rezadora*, and two other women arrived. Doña Candila knelt down reverently and began to recite the prayers that she knew by heart. She prayed so fast that at times it seemed that fire-crackers were popping in the house. From time to time, the old lady read clumsily some phrases in Latin from an old book and closed her eyes. As soon as the prayers were over, the ladies sat down to, enjoy the food.

While everyone sat quietly and sipped their hot *xpashá*, Graciela lay in the hammock with a perplexed look

Continued on page 14

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Club Caribbean - off the beach lots starting at \$15,000US.

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

Holiday Lands (M54) Parcel 2622 - measures approximately 54' x 100', only one row off the beach. Asking price \$60,000US.

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An Encounter with the Dead

Continued from page 13

on her face. Halfway through the prayers, she had seen many women striding into the room. They were all dresses in black and had long black shawls covering their faces. Graciela noticed their closed, high-heeled shoes that peeped out from under their long whirly skirts. As they walked towards the table, their shoes seemed not to touch the floor. They kept turning to one another and appeared to talk; yet, Graciela could not hear a word they uttered. The child had glanced at the two women who were responding to the prayers of doña Candila, yet neither they nor her mother appeared to have noticed the strange visitors.

These ghostly women surrounded the table and stood next to doña Candila, who knelt, praying with her eyes closed. They bowed before the crucifix and, with fingertips that were barely visible under the cuffs of their face to smell the food.

Graciela had followed diligently every movement of the women. She stretched her neck and strained her eyes attempting to get a glimpse of their faces, but the women held on to the edge of their shawls. Then, as the Litany of the Dead concluded, they brought their shawls down and one by one strode out of the room. The last one to leave bowed low before the crucifix and lowered her face close to the glass of water. She let go of the ends of her head held high. The praying women were busily eating and to Graciela it appeared that the women dressed in black had not bothered them.

When everyone had left the house, Graciela waited patiently for her mother to sit next to her in the hammock. "Mama," she murmured, "the ladies did not like your food; they just gathered around the table and smelled it and walked out..." Thinking that her daughter was referring to the ladies had eaten and that doña Evarista had even

commented on how tasty the *bollos* were.

"Not *those* ladies!" exclaimed Graciela. "The ladies who came in while you were praying! The last one only took a few drinks of water!" The perplexed mother turned her eyes quickly to the table and stared in awe at the glass of water.

The glass was half empty.

From the Ruiz collection. Narrated by Elena Méndez in November, 1993 and retold by David Ruiz.

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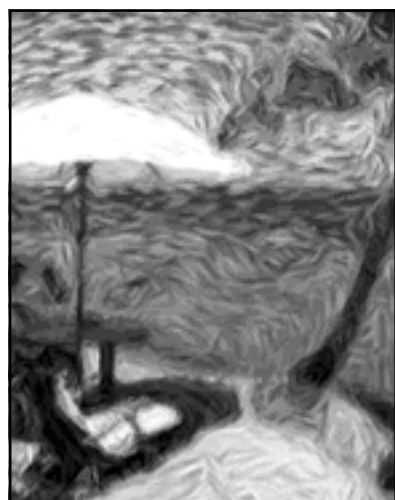
The American Crocodile

Continued from page 10

within a few days of hatching.

The American Crocodile is on the U.S. Endangered Species List. Most of the world's crocodilians — 17 species out of a total of 22 — are in danger of becoming extinct. Major threats in the U.S. are from habitat removal (e.g. mangrove swamps outside the Everglades National Park) and direct human disturbance (e.g. shooting, road-kills, gill-net fishing, vandalism and other disturbance of nests). All have suffered from collection by humans for their hides and the destruction of their habitat.

Although information on population and behavioral ecology in the U.S. is well documented, inadequate survey data is available elsewhere. Presently, it appears that while the species has the most wide-ranging distribution of any New World crocodile, it is depleted to a 'significant' extent over most of its range. In a few areas, populations are considered to be relatively healthy, especially in Belize and Cuba. The American Crocodile is completely protected in most countries where it occurs, but the enforcement of this protection is often inadequate — although management programs exist in eight countries within its range, legislation is ineffective or simply not acted upon. In addition, it can be difficult to distinguish the skin from other crocodilian species, making enforcement even more difficult.



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Nightly specials

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Tuesday is margarita night, 2 for 1 margaritas.

Wednesday is Wine night, free glass with every entrée.

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Wolfe's Woofers by Dennis Wolfe

Bible Verse

"Reverend Dave, that is one beautiful watermelon you have there," I said. I had given him a lift in my golf cart because I hated to see him lugging a twelve-pound watermelon around in the hot sun.

"I have been looking for watermelon all over this island and haven't found any. Where did you get it?"

"It's funny you asked that," Reverend Simpson said. "I was back by the lagoon where the fruit boats dock and found this last watermelon on the boat. When I went to pay I found I had left my wallet at home and only had fifty cents in my pocket. I asked the kind gentleman on the boat for a deal and he let me have it for fifty cents."

"That's a heck of deal," I said.

"For everyone that asketh receiveth; and he that seeketh findeth. Matthew Seven, Verse Eight," the reverend said.

"All I know is that I need a watermelon because Dulce told me to bring a melon home for lunch," I said.

"Don't worry about it," Reverend Dave said. "God will surely provide a melon for you. He said so."

"What makes you think that?"

"Therefore take no thought saying, What shall we eat? Or What shall we drink? Or wherewithal shall we be clothed? For your Heavenly Father knoweth that ye have need of all these things. Maththew, Chapter Six."

"Well, Reverend, you just have a Bible verse for every situation don't you?" I said. "I'm going to stop here at Marina's store to get ice."

When I came out of the store Reverend Dave was still in the cart but there was no melon in sight.

"Where is the melon?" I asked.

"A tourist came along and wanted to buy it and I sold it to him for fifteen dollars."

"Fifteen dollars Belize??!! Are you kidding? The melon was only worth about five dollars and you only paid fifty cents."

"It was fifteen dollars U.S."

I was appalled.

"How in the world do you justify that with a Bible verse?" I asked.

"Matthew Chapter Two, Verse Seventeen," the Reverend said. "He was a stranger and I took him in."

Located on the Beach Between the SunBreeze Hotel and Ramon's Village

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Breakfast,
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A True Island Dining Experience!

Seaside at Lily's Hotel 226-2650

Trivia Tidbits

*What is called a "French kiss" in England and America is known as an "English kiss" in France.

*President George Washington's favorite sport was fox hunting; Abraham Lincoln's was wrestling; Franklin D. Roosevelt's was swimming; John F. Kennedy's athletic passion was sailing; Richard M. Nixon's was football; and Ronald Reagan's favorite sport was horseback riding.

*"Hot cockles" was a popular game at Christmas in medieval times. It was a game in which the other players took turns striking the blindfolded player, who had to guess the name of the person delivering each blow. "Hot cockles" was still a Christmas pastime until the Victorian era.

*The average person ingests about a ton of food and drink each year.

*In the kingdom of Bhutan, all citizens officially become a year older on New Year's Day.

*In a belt along the equator, there are 3,200 thunderstorms each night, some of which can be heard 18 miles away.

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 - ❖ **Mata Grande** 100ft x 200ft beach front \$ 225,000 - under contract.
 - ❖ **Punta Arenas** 200ft beach front 3 acres \$ 425,000 - Sold
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- All prices are in US dollars and subject to change without notice. For further details on these properties and much more call your
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reservations@tropicaire.com

www.tropicaire.com

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

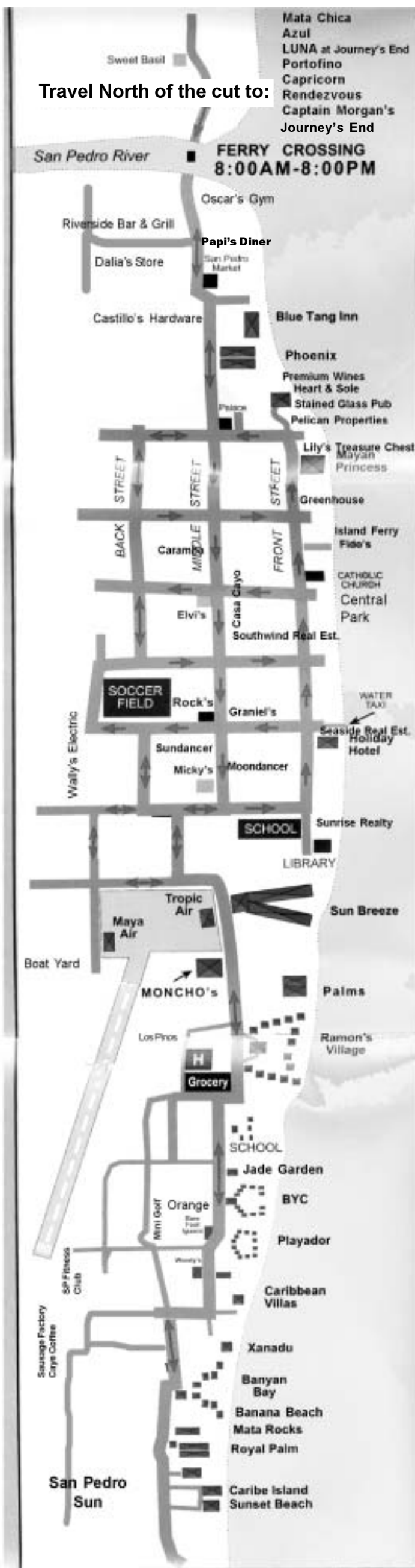
The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause - have dinner with us!

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:



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Golf Cart Rental
226-3262 or 226-4490



Water, Sports & Tours

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

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

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

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

Realtors...

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

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

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

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

Transportation...

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

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

Services...

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

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

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

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

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

Party...Party...Party

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

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

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

THE SAN PEDRO SUN VISITOR'S GUIDE



Dining Out...



MATA CHICA - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, 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.

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.

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.

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.

CASA PICASSO TAPAS + MARTINIS - Small plates, big pastas and fantastic desserts! "Hippest martini spot" - *Frommer's*. Nightly 5:30pm, closed Sundays. reservations 226-4507

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!

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