

# THE SAN PEDRO SUN VISITOR GUIDE



March 22, 2007

## FREE

The Island Newspaper  
Ambergris Caye, Belize  
Central America

*Exploring the abundant  
wildlife above and below  
the many cayes of Belize.*

*Plus, we re-discover Sweet Basil!*





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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 for-

mation 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 sanctuaries that are home to our country's unique flora and fauna. Whether you are spending your honeymoon at an exclusive resort or looking for an adventurous, yet romantic escape, San Pedro is surely the place to be. I invite you to explore our home and see the many wonders it has to offer. We welcome you with open arms. Bienvenidos a San Pedro!

Elsa Paz, Mayor,  
San Pedro Town

The San Pedro Sun is mailed everywhere.

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Where did you read your San Pedro Sun?

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



Is that a Belikin we see? Talk about a frosty one! Matt Miller sure knows how to enjoy his newspaper! After 12 inches of snow and 50 mph winds in his Omaha, Nebraska backyard, Matt set up a little lounge area to enjoy his San Pedro Sun news! Thanks Matt - we're sure you enjoyed the beer!

Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Don't forget to include your names and what you were doing.

Answers to Last Week's Su Doku Puzzle

4	1	9	2	8	7	6	3	5
7	5	6	3	1	4	9	8	2
3	2	8	5	6	9	4	1	7
8	6	3	1	7	2	5	9	4
5	9	4	6	3	8	2	7	1
2	7	1	4	9	5	3	6	8
9	3	2	7	5	1	8	4	6
1	8	5	9	4	6	7	2	3
6	4	7	8	2	3	1	5	9



# Scuba Diving 101 with Elbert Greer



Our instructor & dive master Elbert Greer makes sure to double check all equipment before we submerge in the pool.

Whenever venturing into the unknown, it is always nice to have prior instruction and guidance as to what you will be experiencing and observing. For a newbie, it is nice to have someone that will cater to your specific needs and pace. And, no one comes close to Elbert Greer of White Sands Cove.

But what could you venture into while in Ambergris Caye? Well what hundreds of people arrive on

the island to explore, the beautiful underwater Caribbean waters. Snorkeling the azure waters is nothing compared to diving it. Feeling the freedom and the ability to breathe underwater is a true adventure. However, before getting those fins wet, there are a few things that you might need to know.

If you are here for a couple days only, the best way to do any exploring is by a Resort Course, a mini-introduction to the world of diving. If you have more days then the best way to go is definitely the open water certification. This is comprised of the study of a manual, lessons from a video/DVD, pool work and two "open" dives, prior to a final test being administered.

It has always been said that, "diving poses its own threats." It may very well do, but with the open water certification, these "threats" are explained and the necessary precautions to avoid them are taught. The open water manual goes into five chapters and for each segment your instructor reviews and elaborates on the material, these are applied and practiced during the pool sessions before hitting the open Caribbean Sea

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for the final instructions.

*This week, we review the first chapter of the manual and the importance of it to the world of scuba.*

The first chapter deals with the new sensations felt when experiencing diving for the very first time. "... but even after you've made hundreds of dives, you'll find them an important part of the diving experience." Items that are

*(Top to Bottom) Setting up the gear is one of the very first things we learn during our first lesson. Having a buddy system makes everything easier! Elbert explains to all students about lead belts.*

of key importance, stuff that you take with you whether it is your first or fiftieth dive such as buoyancy, pressure, volume, the effects of decreasing pressure, your dive equipment, and **the** most important rule of Scuba Diving. "Never, EVER hold your breath!"

When diving buoyancy plays an important role; it is key not to float but not to sink, being neutral is right where you want to be. "As a diver, it's important to learn to control your buoyancy at the surface and underwater because it lets you control where you are in the water." As a diver, you want

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## Discovering Half Moon Caye

For those who are seduced by the romance of the tropics and envision themselves stranded on a desert island, whiling the days away by tossing messages in a bottle into the ocean surf, Half Moon Caye Natural Monument is the epitome of this classic castaway scene. The caye is a pristine island where turtles come up to nest on sun-soaked white sandy beaches and the crystal clear turquoise waters that surround the land are abundant with marine life. The unspoiled coral reef that makes up Half Moon Caye is an ideal location for snorkeling and diving.

The Caye is located at the southeast corner of Lighthouse Reef Atoll, the

outermost of Belize's three coral atolls and some 50 miles south-east of Belize City. Lighthouse Reef is one of the few true coral atolls in the Caribbean. The caye rises to an elevation of eight feet above sea level and is approximately 45 acres in size. In 1928 a small area of the island was established as a Crown Reserve to protect the colony of Red-footed Boobies that nested on the island and in 1982 Half Moon Caye, along with the surrounding reef and lagoon was declared a Natural Monument, becoming the first protected area in Belize and first marine protected area in Central America.

The Monument also includes Half Moon Caye Wall which is a popular diving destination. In 1996, UNESCO (United Nations Educational, Scientific and Cultural Organization) World Heritage Committee formally adopted the Belize Barrier Reef Re-

serve System as a World Heritage Site. Seven marine protected areas along the Barrier Reef and its adjacent atolls comprise of this World Heritage reserve system and both Half Moon Caye and Blue Hole Natural Monuments are a part of this sys-

tem that contains outstanding universal importance.

The Caye is divided into two very distinct ecosystems. The western region is dense with a littoral forest and thrives on the rich soil made fertile

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From a treetop tower, you can get a rare "bird's eye" view of a Red Footed Booby rookery.

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# Azul Resort & Rojo Lounge

The only resort and restaurant on Ambergris Caye awarded the selection of ★Fodor's Choice in the 2007 Fodor's Guide To Belize

### Azul Resort

The swankiest place to stay on Ambergris Caye -Men's Journal Magazine Dec '06

One of Belize's most tranquil and exclusive refuges -Outside Magazine Dec '06

### Rojo Lounge

This is the hippest restaurant and bar on the Cayes. Rojo Lounge, in a sultry open air palapa on a beautiful beach is definitely red hot. ...lunch offers sophisticated snacks, dinner is romantic and delicious... the bar serves killer frozen mojitos. -Fodor's

**Come enjoy beachside dining, tropical lounge cuisine, the best stocked bar on the island and daily drink and dinner specials!!!**



North Beach, Ambergris Caye (5 1/2 miles north)  
Open Tuesday through Saturday from noon until late.  
Reservations for dinner strongly encouraged.

For information, reservations and events, please call 226-4012







Despite lead belts around our waists and a heavy tank strapped to our backs, we discover that our BCD can in fact keep us afloat with ease!

to remain weightless, “so you can swim effortlessly and move freely in all directions.” It is important how your equipment works in helping you achieve neutral buoyancy. Part of your equipment will include using a buoyancy control device (BCD) which when inflated will allow you to float and when deflated will make you sink, just enough air on it will help you be “weightless.” Pressure is an un-denied factor to each and every diver. “Just as air ex-

erts pressure on you, so does water when you submerge.” Such pressure is of great importance when ascending or descending on any dive. Chapter one explains the relationships between pressure, volume and density and how those “affect your body air spaces while diving. The two major air spaces within your body most noticeably affected by increasing pressure are your ears and sinuses.” While diving, you might ex-

Continued on Page 8

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**SuDoku** (Answers in next week’s paper!)

		6				2	5	
2		9		6	7	1		
	5		4		3		8	
	6	4		8			7	
8			1		6			5
	2			5		9	6	
	1		3		2		4	
		2	9	4		8		3
	4	5				7		

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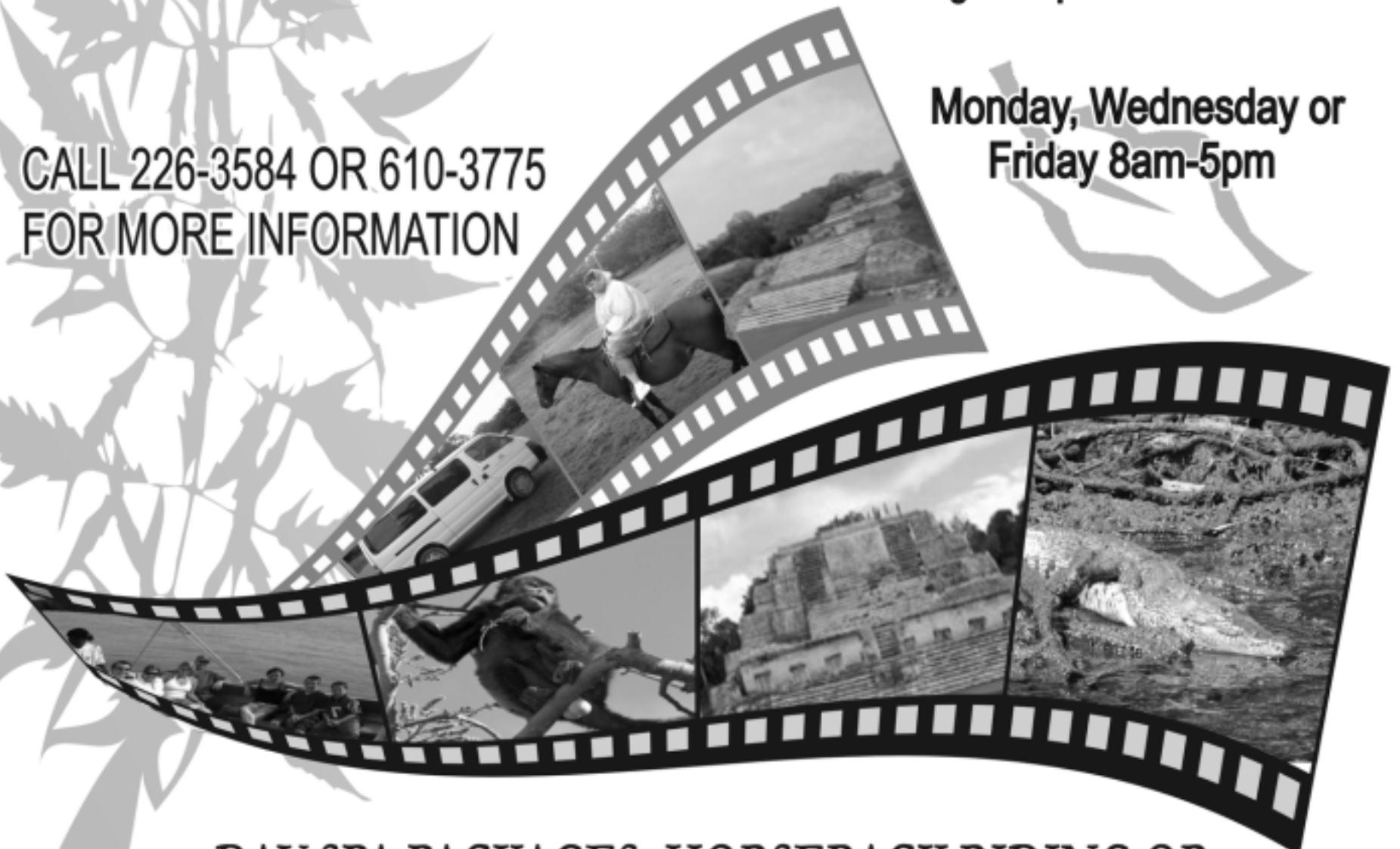
This tour offers the same attractions as Lamanai but at a more leisurely pace. Therefore an excellent choice for soft adventure seekers including families with small children or the elderly, who would like to experience the jungle atmosphere.

Take a scenic boat ride down the Old Northern River, once inhabited by the Mayans and used by the pirates. Experience the fishing village of Bomba, where you can shop for hand made carvings. Following is a short **air conditioned** van ride to the famous Mayan temples of **Altun Ha**, where the world's largest jade head was discovered. Then on to **Maruba Resort** for lunch, where you can take advantage of the hot mineral bath and swimming pool, and have the opportunity to purchase one of our signature spa treatments or go for a horse ride in the jungle.

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## Scuba 101

Continued from Page 6

perience what divers know as a "squeeze". Whether it is on just the ears or your sinuses or maybe an artificial air space such as a "squeeze" around your mask, Chapter one explains how to avoid or how to "equalize" the pressure on all three. There are various equalization techniques that will be practiced during your first pool session.

The effects of increased air density help you to know how long it's safe for you to remain in your underwater explorations. "... you'll see that you consume your air faster as you go deeper. [...] For maximum air conservation, save energy and don't over exert yourself. Pace yourself so that you breathe normally through your entire dive. Relax. You should never be out of breath while you dive ..." Besides, why would you want to overexert yourself, diving is supposed to be relaxing and fun.

Prior to taking your pool lessons, it is imperative that you understand and know your dive equipment, what all it consists of, how to assemble it and how to properly take care of it.

Now it is time to get suited up and jump in the water to test what you've learned, to put into practice those techniques that you'll use throughout your diving life. Breathing underwater, yes, it may sound simple, but it is also a new experience, a new sensation. "Remember to breathe slowly, deeply and continuously." Underwater your regulator might be bumped out of your mouth or you might drop it out of accident, your pool skill help you in clearing your "reg." Regulator recovery, mask clearing, swimming underwater,

Continued on Page 15

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# *Sueño del Mar*

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## **Experience the Difference!**

People are talking...Hear what the buzz is all about...

We would love to tell you all about Sueño del Mar,  
Ambergris Caye's private residential resort community.

We could go on and on about the luxuriously furnished villas, beautifully landscaped grounds, oceanfront setting, Concierge service, and our outstanding staff.

We could also tell you how Membership combines all the amenities and services of a luxurious Caribbean resort, with the best features of two-month fractional ownership, for the perfect vacation home.

**But rather than tell you ourselves, we thought it would mean more coming from our owners. Here is what they have to say:**





We spent our first two weeks at Sueño del Mar this past November. Besides the "spending time in paradise", the thing you enjoy almost immediately is the "Culture" created by the associates that work for the resort. Debbie and Ray are not "just" the managers, Dwayne isn't just the chef, Omar isn't just the bartender, and Chico isn't just the security guard. These people become true friends. The success of all organizations really depends on one thing, and that is the "culture". The management of the organization has successfully developed a great staff. Even in paradise the people do make the difference.

Rusty Hamilton, Banker –  
Butler (St. Louis), Missouri



What Sueño del Mar means to me is an escape from reality where I can spend quality time with my family and forget about the everyday grind. The resort feels like my home but with 5-star services from handling all air reservations, pre-arrival grocery shopping, and airport pick-up to a nice bottle of wine waiting for us when we arrive. Not to be

forgotten is Chef "Mr. Flower's" world class cooking. When I hear the song "no shirts, no shoes, no problem" I think of Sueño del Mar and long for our next visit to a place we call "paradise" and home.

The Hertz Family –  
Sueño del Mar #2C & #8C - June/July  
Alan Hertz, President, Allied Fire Protection –  
San Antonio, Texas



We have been dealing with Land Properties for years in their other projects. Sueño del Mar is by far our very favorite. We have been traveling to Belize and

Ambergris Caye for 10 years now, and we love it up on the north end of the island. We just spent all of October and November living in our vacation villa at the resort, and wish we didn't have to get back to our home in Colorado so soon. The setting is gorgeous, the water is great, and the diving and fishing are world-class. Best of all, the wonderful staff at Sueño del Mar makes the experience extraordinary.

Mike & Tammi Coleman,  
Contractor - Westcliffe, Colorado

From a pure enjoyment standpoint, the best investment I've ever made was our membership in Sueño del Mar. The villas, landscaping, and facilities are unmatched with respect to quality and luxury.

From a service perspective, my family is pampered from the moment of arrival ... even before our feet hit the dock! The staff and team and Sueño are fantastic ... they have literally become our extended family."

- Dr. Ed Paul, Honorary Consul of Belize -  
Wilmington, North Carolina



"My husband and I were not sure we could find enough to do to keep ourselves busy and fully enjoy two months in our villa at Sueño del Mar last winter. To make a long story short, we found that two months just wasn't enough time for us. We made lots of new friends and thoroughly enjoyed our stay at Sueño for all of January and February. When the time came, it was hard to leave to go back to Colorado. We can't wait to get back home to Sueño in January 2007."

Nancy & Gaines Berry –  
South Fork, Colorado  
Sueño del Mar #3A - Jan/Feb



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Our office is open from 8:30AM to 5PM.

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"After looking at beachfront property all over mainland Belize and on Ambergris Caye, it did not take us long after visiting your beautiful resort to make up our minds to purchase. We made our selection of Oct/Nov based on the times of the year we thought we could best travel and get away from work.

Buying a membership into this beautiful paradise was our choice based on the fact that there is nothing for us to concern ourselves with — the good people at Sueño del Mar take care of everything...all we have to do is pack a bag each Thanksgiving, and we know we have a wonderful group of people waiting to take care of all of our needs. It just felt like "home" from the first moment we stepped on to the dock. We look forward to many fun and happy times at our vacation home at the resort."

Wanda & Jack Scruggs, Chattanooga, TN  
Sueño del Mar #2C - Oct/Nov



The word investment takes on many meanings and offers many benefits when you connect it with Sueño del Mar. The unique approach to membership, the truly complete commitment to member satisfaction, and the level of service and support encompass any resident with the secure feeling of "a very good deal". Jane and I chose to own August/Sept to fit our particular business "seasons" with my involvement in the Las Vegas travel industry. Sueño del Mar is the vacation home of our dreams, and we can't wait for next summer to come.

Paul Davis & Jane Unger - Las Vegas, Nevada  
Sueño del Mar #2A - Aug/Sept



## Tourist Information

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

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

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

## IMPORTANT #s

**Emergency** 911

**Medical Emergency:** Contact the Island Ferry at 226-3231

**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.

**Dr. Lerida Rodriguez:** 226-2197 or cell 620-1974.

**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.

**Ambergris Hopes Clinic** - 226-2660, Emergencies: 606-2316

**US Embassy** - 822-4011

**Canadian Consulate** - 223-1060

**Mexican Embassy** - 223-0193

**Guatemalan Embassy** - 223-3150

**Honduran Embassy** - 224-5889

**San Carlos Medical (MD & Dentist Services)** - 7:30am - 9:00pm, 226-2918

## 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-St.-Sn. at 7:30 p.m.

**Lighthouse Christian Radio** - 101.3 FM. 226-4673, Cor. Buccaneer & Pescador Drive.

**The Church of Jesus Christ of Latter Day Saints** - Sunday Service: 9:30 am, Wednesday Scripture Study 7:00 pm. 17 Lagoon St. (between the bakery and the bridge).

**San Pedro Community Church** - meets Sundays at 10a.m. at the Medical University of the Americas building. Sunday school available for children. All Are Welcome.

## 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, 600-9061

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

**CARE BELIZE** - Children's Special-

## Guide to Isla Bonita



## Water, Sports & Tours

**SEARIOUS ADVENTURES** Are You Ready? Lamanai, Altun Ha, Cave Tubing with either Belize Zoo, Ziplining, or Xunantunich Mayan Ruin, Manatee Watch and Beach BBQ, half day snorkeling and more. We are located ON THE BEACH straight down from the airstrip. Call #226 - 4202/ 4206 or Cell #662-8818.

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

**JUNGLE DAY SPA ADVENTURE TOUR** - See river, ruins, horseback riding, and medicinal jungle hike, Signature Mood Mud Massage, African honeybee Scrub, Aromas, Facials...full body Spa, full restaurant & bar. Bring along camera & swimwear. Call & BOOK NOW and we will arrange boat transfer. "Get Junglized" @ Maruba Resort Jungle Spa Phone: 225-5555, E-mail: [maruba@btl.net](mailto:maruba@btl.net).

## Real Estate...

**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](mailto:ambergris@btl.net)

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

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

**PARADISE FOUND BELIZE LTD. REALTY** - Land, Homes, Business, Investment. List your property with us. Office at CocoNet Internet. 607-9667 or 226-2835. [sdemaio@snet.net](mailto:sdemaio@snet.net)

**SIRENA DEL MAR REAL ESTATE** - Front Street across from Happy Lobster in Caye Caulker. Phone: (Office) 226-0404 or (cell) 620-4660.

## 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.

**CRYSTAL AUTO RENTAL** - Largest fleet in Belize. Offices at International Airport and Belize City. 223-1600, 0-800-777-7777.

## 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](mailto: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.

## 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.

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

**THE TACKLE BOX** - come rock da box out over the water! Every Tuesday, Wednesday, Saturday and Sunday (starting @ 9:00PM) we have amazing live bands ranging from Reggae to Punta to old school Rock-n-Roll. We'll have prizes, specials and always that breath-taking Tackle Box ocean view! Located off the San Pedro Water Taxi Pier at the end of Black Coral St. 226-4313.

**FIDO'S RESTAURANT & BAR** - Dine under the largest Palapa in San Pedro! Enjoy a full lunch & dinner menu with live beachfront entertainment all night.

**FIDO'S SANDBAR** - The party continues south! Come enjoy great BBQ and Pibil on Sundays courtesy of Chef Adam. The best place for your weekend family outing! At Royal Caribbean Resort, on the beach at the palapa!



# 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. Daily Lunch and Dinner Specials. Caribbean Night on Thursday. Mayan Fiesta every Friday - come try our Maya Buffet. 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, serves Great Fajitas, salads and local dishes for LUNCH. **DELECTABLE SEAFOOD SPECIALTIES** for dinner. **OUTDOOR & INDOOR DINING** 11:00 a.m. - 2:00 p.m. 5:30 p.m. - 9:00 p.m. Beach barbeque every Wednesday night with live music.

**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.

**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.

**PAPI'S DINER** - The place for fine food at diner prices. Taste the Caribbean. Call 604-9491.

**MICKY'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.

**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 11:30 a.m. to 4:00 p.m. Fermented, blended and bottled here on the property. Open for lunch and dinner. Call 226 3426 for reservations and transport options.

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

**HACAL KIIK** - Delectable home baked breads, pastries and desserts. Offering breakfast and lunch specials and take-out meals. Catering available. Open Mon. through Sat. 8am to 7pm. 226-3115.

**BEACH 'N' KITCHEN** - Yummy breakfasts, beach 'n' lunches! Daily Lunch Specials and treats! Near the Palapa Bar, one mile north of the bridge. Call 226-4456.

**WET WILLY'S** - World Famous Ladies' Night every Wednesday night! Plus, great lunch and dinner specials! Great drinks over the water! Come visit us or call 226-4136.

**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.

**CAPRICORN RESTAURANT & BAR** - Enjoy our magical menu by sun or starlight. Indulge in fresh seafood and USDA steaks at a quaint, tropically luxurious restaurant on the beach. Reservations recommended. 226-2809.

**PORTOFINO RESTAURANT AND GREEN PARROT BEACH BAR** - 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.

## Unique Offerings...

**SAN PEDRO FITNESS CLUB** - A/C Gym at Belize Yacht Club, Fully-equipped. Open to the public. Tennis Courts, Lap and Family pools, Aqua Fitness and Toning Classes. Open 7am Daily, 8am Sundays. 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.

**BIG TREE PRODUCE** - Fresh Local & Imported Fruits & Vegetables. Seafood, meats, juices & milk shakes. Pescador Dr. 226-2322.

**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.

**PROVIDENT BANK & TRUST** - Offering a full range of International Banking Services. phone 223-5698 services@providentbank.bz

**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.

**ISLA BONITA ART GALLERY & CUSTOM FRAMING** - art and crafts from Belizean and Caribbean artists + contemporary abstract paintings. Custom framing available 226-4650.

**SUNDANCER + MOONDANCER** - Unique boutiques featuring beautiful, quality clothing, jewelry and gorgeous gift items for both men (Sundancer) and women (Moondancer). Phone: 226-3126.

**ASIAN GARDEN DAY SPA** - Certified Therapeutic and Thai Massage practitioners; Hot & Cold Stone Therapy, Body Scrubs, Facials and more in a tranquil Asian courtyard. San Pedro Town, across from Ramon's. Ask about specials. 226-4072.

**GREEN ACRES EQUESTRIAN ADVENTURES** (Up Close Wild Life Tours) - Jungle horseback adventures, Overnight Equestrian camping, Trekking, hiking and more! call 670- 5698 or email: kchanona@email.com.

**BUTTERFLY JUNGLE** - Experience our enchanted butterfly-filled jungle, observe the miracle of metamorphosis, get plants for your own butterfly garden. 4 Miles North. 610-4026 610-1561. Daily 10:00 - 5:00.

**PINGUINO BELIZE** - Fine California Wines offered exclusively in Belize along with an assorted collection of special gift items. Caribeña St. San Pedro Town. 661-3070.



## The San Pedro Sun Visitor Guide

EVERY WEEK we print a new edition covering the "good news" about San Pedro and Belize!

Contact the San Pedro Sun for more information.  
spsun@sanpedrosun.net  
(501) 226-2070  
www.sanpedrosun.net



# What's New - Sweet Basil

For many years, Sweet Basil was not only a landmark in Ambergris Caye but also a wonderful place to go have lunch and have a nice family or romantic afternoon outing. In 2005, it closed much to the dismay of residents and visitors alike. However, this oasis opened once more last Friday and already people are flocking to the memorable Sweet Basil grounds.

Under new ownership, Jeff

Pierce, and new management, Jules Escalante, the Sweet Basil is whipping up all your old favorites under its same two-story roof. Whether you were once a regular or a never have been, Sweet Basil is sure to entice you and keep you coming back for more.

Located just across the river cut, Sweet Basil is only a hop, skip and a jump away. And once you know what you are in for (tasty delights), you can



The Antipasto Plate, Italian Sandwich and Caesar Salad with shrimp welcome you back to Sweet Basil.

be certain that you could not get there any faster. The charming two-story building awaits you with a fresh new coat of pink and blue (their signature colors) paint and the open dining verandas invite you to come and enjoy a meal while taking in the tropical

views. The sandwich platters, the ones that made Sweet Basil the perfect luncheon getaway are still available. The Italian Sausage Sandwich is just as perfect as it was before. The fresh Italian sausage, sautéed

Continued on Page 15



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**Sweet Basil** Continued from Page 14

onions and bell peppers and that tasty melted Provolone cheese, oh my, you won't believe how you did without it for so long. But all the other much loved creations are still there: for the veggie lovers, the garden on a bun is still simply spectacular ... pesto sauce drizzled over lettuce, tomatoes, onions, sweet peppers, cucumber all served on a fresh baked bun. The gourmet burgers, a half pound of seasoned ground steak with any toppings of your choice, from American cheese, mushrooms and mozzarella, to bacon and cheese, mix and match to make your special burger delight. How about some Scottish smoked salmon served between two toasted bagel halves, cream cheese, onions, tomatoes and capers on the side? How could you not want to return to Sweet Basil for that?

The incomparable stuffed tomato salads are back ... whole ripe tomatoes stuffed with your favorite delicious salad, choose from chicken, tuna, shrimp or even Tabbouleh.

Sweet Basil has much more to offer other than your regular luncheon dishes. Pasta is a menu item that kept patrons returning time and time again. The pasta, spinach and mushroom dish was one of the most popular dishes. The herbed chicken with pasta and vegetables are great ... the spaghetti served with pan-seared chicken and veggies are a true sensation.

The acclaimed, true heavenly paradise of the hot double fudge brownie is back. If that is your only reason to return to Sweet Basil, the gooey goodness of the ice cream and chocolate syrup over the brownie is mouth-watering. Returning to Sweet Basil has never tasted so good.

Visit "the purposefully different place to eat" today.

**Scuba 101** Continued from Page 8

equalization, and ascending are among some of the skills that your instructor will guide you through it. Elbert has been an instructor for the past 20 years, and he has had thousands of students, his patience is insurmountable and his guidance is key in making you feeling comfortable once you're ready to get started. This is simply the first out of five chapters ... it seems like a lot to

take in and it is, but once you are underwater and you have perfected your skill, the fourth and fifth dives, as well as those following, will be like second nature to you.

Chapter two will be discussed in next week's edition of *The San Pedro Sun* and for further information on how to get PADI Open Water Certified, contact Elbert at 226-2405 or 607-7129.

# Grumpy & Happy

## **PRIVATE** Snorkel Tours

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3bedroom home, 2bath 75' x120' lot  
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# Luna

## PALM TREE CUISINE

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**  
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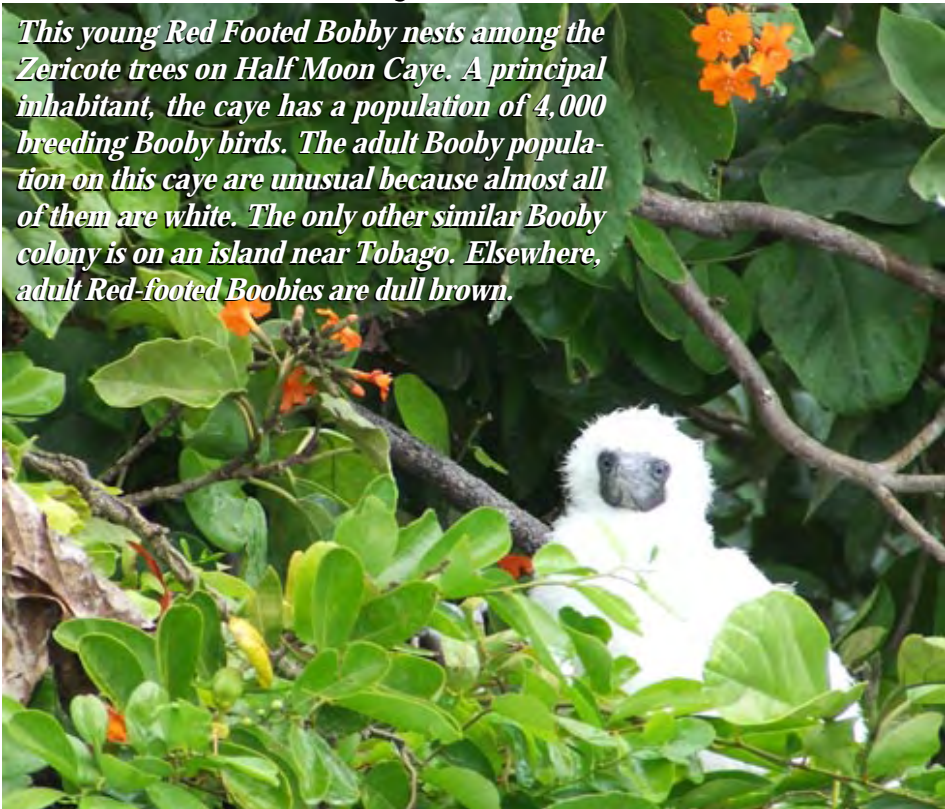
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# Half Moon Caye Continued from Page 5



*This young Red Footed Bobby nests among the Zericote trees on Half Moon Caye. A principal inhabitant, the caye has a population of 4,000 breeding Booby birds. The adult Booby population on this caye are unusual because almost all of them are white. The only other similar Booby colony is on an island near Tobago. Elsewhere, adult Red-footed Boobies are dull brown.*

by guano from the thousands of sea birds nesting in this area. The eastern area is a •paradise island•h coconut palm beach composed primarily of coconut palms with sparse vegetation below. The atoll is an asymmetric rimmed platform, entirely surrounded by a fringing reef rising virtually to the surface. Inside this fringing reef is a lagoon with water depths ranging from 3 to 8 meters, speckled with hundreds of coral patch reefs rising near the surface. Sea ward of the fringing reef, the bottom slopes gently to a pre-

cipitous “wall,” which plunges sharply to depths of more than 457 meters in most places. These exquisite walls are unparalleled anywhere else in the world and provide a unique diving opportunity. When standing on top of the highest ridge on the caye, looking south, the submerged crescent or “half moon” shaped south beach can be seen.

One of Half Moon Caye’s principal inhabitants is the Red-footed Booby (*Sula sula*) with a population around 4,000 breeding birds. This booby is

one of the main reasons the natural monument was created. The adult booby population of this caye is unusual by having an almost total predominance (98%) of the white color phase. The only other similar booby colony is on an island near Tobago. Elsewhere, adult Red-footed Boobies are dull brown. The boobies live on the caye for nearly ten months, returning to refurbish the nests from the previous year in late November. Eggs are

primarily laid in December and incubated by both parents for roughly seven weeks. The young remain in the nest until about July. The boobies co-exist with their pirate neighbors, the Magnificent Frigatebird, that have a seven-foot wing span. The Frigatebird, a poor diver that cannot land on water, harasses the Booby when it has returned from a day of fishing and robs the Booby of its food.

**Continued on Page 18**

## WHITE SANDS DIVE SHOP

specializing in daily full-service diving, SCUBA instruction and snorkeling from its home base at White Sands Cove Resort, just north of San Pedro Town.

Ideally situated a quarter mile off shore from the largest barrier reef in this hemisphere.

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Cell : (501) 607-7129

Email : [elbert@scubalessonsbelize.com](mailto:elbert@scubalessonsbelize.com)

White Sands Dive Shop is a PADI International Resort Association member, operated by PADI Staff Instructor, Elbert Greer



## Southwind PROPERTIES

**Serving San Pedro since 1980!**

We at **Southwind Properties** specialize in the listing & sale of fine island properties - Homes, Condos, Hotels, Commercial, Income-Producing Properties & Land for homes or large parcels for development. Be sure to meet with Marianne, Eduardo or Claudio to discuss your particular needs. **Southwind Properties** prides itself in being there full-time for full service and full disclosure for all your real estate needs. Call 226-2005/2060 or e-mail [southwind@btl.net](mailto:southwind@btl.net) for more information.

### Commercial/Condos/Homes

**Belizean Shores** - Located 3.5 miles north of San Pedro Town - beautiful resort - great investment! All units fully furnished. Upper units available starting at \$220,000.00 US

**Beachfront Home (A10)** 1st level- 6 apts. 1 bdrm/1 bath each; 2nd level- 3 bdrm/1-1/2 bath; 3rd level- 2 bdrm/1 bath penthouse apt. Enjoy your view of the reef & the ocean breezes from your own Palapa or snorkel & sun off your 100' dock. \$975,000.00 US.

**San Pablo Rentals (G10)** Prime rental property offering six fully equipped units. Beautiful, spacious first class owner's quarters. A deal at \$165,000.00 US.

**Esmeralda Apartments (F18)** Two apartment building, Esmeralda area close to the Tennis Club, two large units, 3bdms/3 baths & 2bdrm/1 bath. Good rental producer. Fenced yard, security bars. \$285,000.00

### Raw land

**San Pablo (G40)** Great corner lot located in the nice San Pablo subdivision. Excellent investment & opportunity for a home or business. \$60,000.00 U.S.

**San Pablo Lagoon Waterfront Parcels (F20)** - 2 beautiful lots with combined approximate dimensions of 230' x 100'. These parcels give you a large water frontage and magnificent views of the tranquil San Pedro Lagoon. \$185,000.00 US for both!

**Ambergris Bay (A25)** Beachfront Lot # 446, approx. 66' x 110'. \$66,000.00 US. Can be bought together with lot 447 for a combined beach frontage of 148'

**Ambergris Bay (A26)** Beachfront Lot # 447, approx. 82' x 110'. \$82,500.00 US. Can be bought together with lot 446 for a combined beach frontage of 148'

**Ambergris Bay (G36)** Lot # 33. Measuring approx. 58' x 155'. \$70,000.00 US.

**Ambergris Bay (E13)** Beachfront parcel approx. 50' x 95' depth. \$65,000.00 US.

**Playa Blanca (L21)** 2nd row lot 140' off the beach. 60' x 120'. \$70,000.00 US.

**Flying Fisherman (D16)** lot 300' off the beach, measures 50' x 78'. Only \$22,000.00 US

**Alta Mar (S45)** - 100' x 100' nice parcel in residential area. Priced at \$85,000.00 US.

**Santa Rita (H32)** Lot 18 - 50' x 110' - 3rd row - \$24,500.00 US

**Club Caribbean (E11)** off the beach lots 116 - \$39,000.00 US.

**Holiday Lands (M53)** Approx 78' x 72', 2 rows off the beach. \$70,000.00 US.

**Robles (D19)** Lot 23a measuring 100' of beach front x 360'. \$105,000.00 US

**Robles (D20)** Lot 44 measuring 50' of beach y front x 270'. \$59,000.00 US

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# Half Moon Caye

Continued from Page 17

There are three prominent members of the lizard family that live on Half Moon Caye. The Green Iguana, which is locally called “bamboo chicken,” may have been introduced as a food source, perhaps by British privateers in the 1800’s, to be utilized by passing ships. The Wish Willy is slightly smaller than the Iguana and the Allison’s Anole are common on Half-Moon Cay where the preferred habitat appears to be the crowns of coconut palms. Loggerhead turtles and Hawksbill turtles, both listed as internationally endangered species, come ashore to lay their eggs on the sandy southern beaches. The Hawksbill is exploited for its shell from which ornaments, jewelry and other items are made. Both the Loggerhead and the Hawksbill are still sought for their meat.

Surrounding Half Moon Caye are waters teeming with marine life. From the shallow lagoon area to the

southeast buttress formations, many marine species can be observed. The Lighthouse Reef is also home to the “Blue Hole” studied by Jacques Cousteau in recent years. This underwater cave, formed during periods of lower sea level, is a karst-eroded sink-hole where depths exceed 400 feet. It contains pleistocene stalactites and stalagmites and serves as an important habitat for shrimp and jewfish. The Blue Hole was designated a Natural

Monument in 1996 and both Half Moon Caye and the Blue Hole are managed by the Belize Audubon Society.

Also situated on the island is an historic and picturesque lighthouse that was first built in 1820 and later replaced by another that bears the inscription, “Completed December 1848. J. Grant, Builder”. The present steel-framed tower was added to the brick base and completed in 1931. Today the lighthouse is solar powered.

Half Moon Caye is easily accessible through organized boat trips and boat operators in San Pedro, Caye Caulker, and Belize City operate snorkel trips to this area. There are also some boat operators who organize over night trips to Half Moon Caye. There is a visitor center, where visitors register, pay the park fee, and receive a map and information of the area and there is also a picnic area, campsite and trails for nature walks through the forest.

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## Wolfe's Woofers by Dennis Wolfe

### Plane Tickets

"Um-um. That looks bad," the dentist said.

"Woph de hell you tok bou?" I said, as clearly as I could with two of his fingers and that little dentist's tube still stuck in my mouth.

"You need an emergency root canal," he said, when he finished his inspection. "That molar is gone."

"Oh, no."

"Oh, yes. Do you want to do it now? I don't have anything scheduled for the next two hours."

"I guess so. Go ahead."

"Nurse!" the dentist called. "Bring me the Novocain."

"Cancel that, Doc," I told him. "I can't stand needles. Do you have anything else?"

"Nurse! Bring the nitrous oxide setup instead."

"Oh, no," I said. "Gas makes me sick as a dog. Do you have anything else?"

"Do you have any objections to pills?" he asked.

"No."

"Nurse. Bring the Viagra instead of the nitrous oxide."

"Viagra? I didn't know that stuff worked as a pain pill."

"It doesn't," the dentist said. "But when I start pulling that tooth you're going to need something to hold on to."

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## Trivia Tidbits - Phrase Fun

Fill in the missing word from this famous phrase or proverb...

Birds of a feather \_\_\_\_\_ together.

a) mock

b) fly

c) flock

Better to \_\_\_\_\_ a penny than lend twenty.

a) find

b) give

c) lose

If you take big paces you leave big \_\_\_\_\_.

a) traces

b) spaces

c) fears

Half a loaf is better than \_\_\_\_\_.

a) none

b) some

c) crumbs

A \_\_\_\_\_ pot never boils.

a) full

b) crock

c) watched

Answers: 1) c 2) b 3) b 4) a 5) c



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#### DEVELOPED PROPERTIES

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- ❖ **Caye Casa – unique beachfront condos** in convenient north town beach location. Under construction starting at \$ 425,000.
- ❖ **Oasis Del Caribe** Fully furnished 2nd floor ocean front 2 bedroom \$ 335,000
- ❖ **Miramar new completed 3rd floor beachfront** 2 bedroom condo. Furnished \$ 425,000 bring offers!
- ❖ **Miramar new completed 3rd floor beachfront** 2 bedroom condo with 4th floor penthouse suite unfurnished \$ 495,000 offers
- ❖ **Miramar new completed 2nd floor beachfront** 2 bedroom furnished condos from \$ 389,000.
- ❖ **Banana Beach Resort:** 1-3 bedroom ocean front condos with 2 Pools, beach, restaurant and bar from \$115 to \$165,000 with guaranteed rental incomes.
- ❖ **Vista Del Mar – Attractive and well maintained Holiday Lands home.** 2 bedroom 2 bathroom spacious owners quarters with 4 immaculate one bed, one bath rental apartments. 100% occupied. \$ 575,000.
- ❖ **Large 3 bedroom 2 bath** all concrete furnished private home 150 ft from ocean with direct beach access. Lions Park area. \$ 425,000.
- ❖ **Agape House – Lovely Tres Cocos beach home** with total of 4 beds/baths, workshop/garage, boat ramp, sea wall, pier. \$ 1,500,000.
- ❖ **Tres Cocos 2 bed/2 bath garden home with swimming pool** \$ 495,000
- ❖ **FIXER UPPER beach villa** - Caye Villas Mata Grande 2 Bed 3 bath fully furnished \$429,900 offers!
- ❖ **Caribbean Coves Estates** – Cayo Espanto area - turnkey luxurious new bay front homes 4 bedrooms. Inquire.
- ❖ **Spacious rental beach home south of town.** Sleeps 10 plus guest cottage. Pool, mature landscaping, large pier. Inquire.
- ❖ **La Floridita** ocean view home Tres Cocos area \$ 250,000
- ❖ **St Georges Caye** private island large beach home \$1,150,000
- ❖ **COMMERCIAL Oceanside beach bar** and restaurant Caye Caulker \$650,000

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- ❖ **West Bay LAST OF ITS KIND** private sandy cove 260 ft frontage only \$325,000. Offers
- ❖ **Mata Grande** 100 x 200 ft prime beach lot with pier permit \$ 445,000
- ❖ **Beach lots – acreage near Mexico Border** from \$ 65,000
- ❖ **Acreage available on Lagoon side** Inquire.
- ❖ **Commercial sized Islands in the lagoon** Inquire.
- ❖ **Robles beachfront 100 ft beach** \$200,000.
- ❖ **Robles beachfront 200 ft beach** \$400,000.
- ❖ **Boca Ciega 4.5 acres** 170ft beach front. \$350,000.
- ❖ **Buena Vista Point** ocean view 75ft x 150ft \$79,000.
- ❖ **Buena Vista Point** ocean view 75ft x 150ft \$89,000.
- ❖ **Laguna Estates** ocean view lots from \$60,000.
- ❖ **West Bay Caribbean Coves** 100 ft x 500 ft ocean front west side \$ 85,000.

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





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