

THE SAN PEDRO SUN VISITOR GUIDE

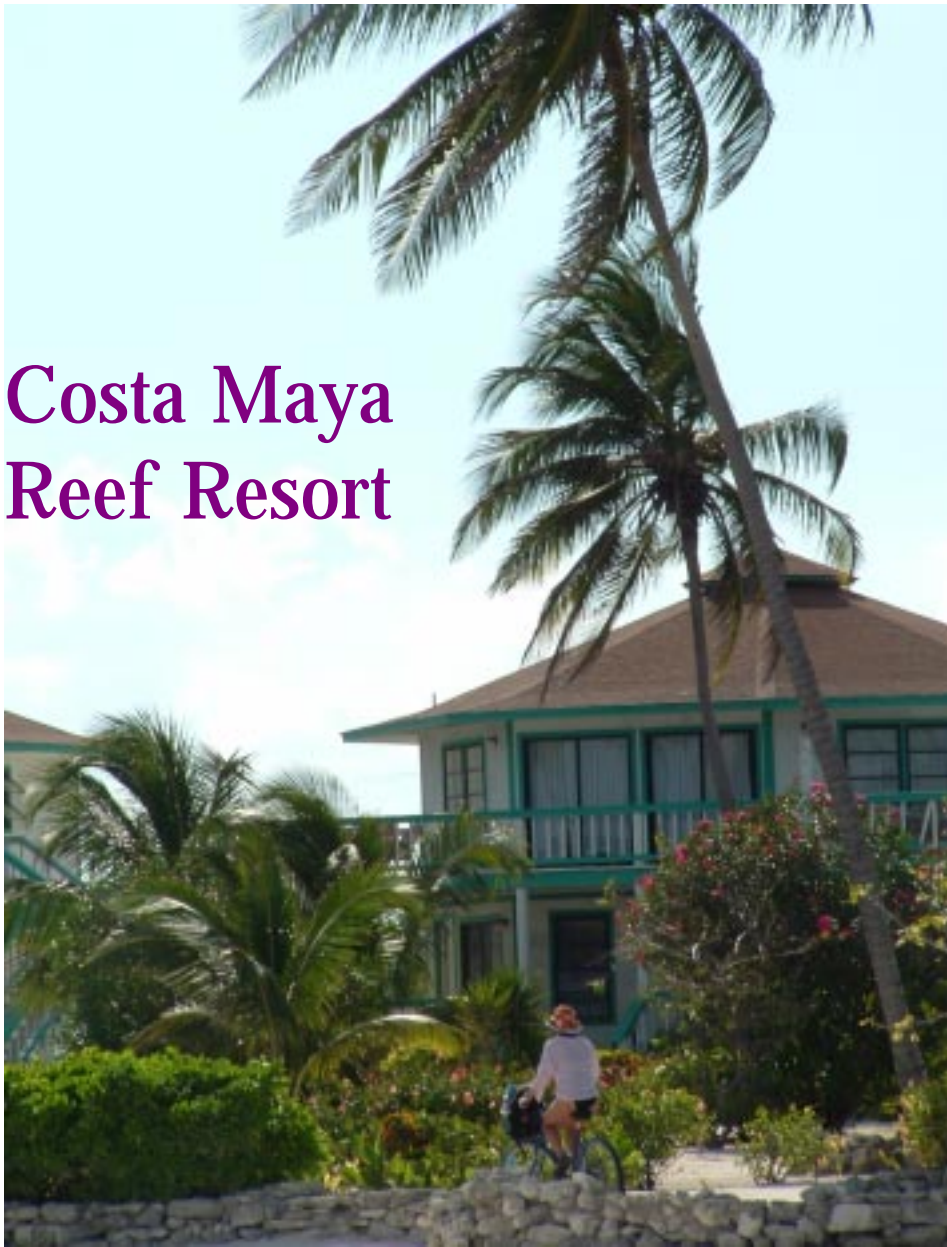


March 29, 2007

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America

Costa Maya Reef Resort



Scuba Diving - Part II



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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

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



Andrew Alamilla sent us this great picture via e-mail and here is what he had to say: "I have attached a picture of myself reading the paper in front of Big Ben and the Houses of Parliament in London, England, which I hope you will publish soon. You may also notice the London Eye and some double decker buses in the background.

I was actually born and raised in San Pedro but moved to the UK when I was 13. My intention is to visit [in April]; hopefully the weather will be a bit brighter than it is over here right now!"

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.

The San Pedro Sun is mailed everywhere.

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Answers to Last Week's Su Doku Puzzle

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

The Costa Maya Experience

Exploring the northern part of the island often brings great surprises. Tucked away into paradisiacal inlets are resorts and private homes. Each one is different from the other, and they all make you forget the hustle and bustle downtown, a mere few minutes away. This weekend, lunch “up north” was the plan, and after hopping unto the Island Ferry, a few breezy minutes later, we docked at Costa Maya Reef Resort.

Since three years ago, Costa Maya Reef Resort has been catering to the discriminating visitor, with great packages

that include diving plans, fun water sports, planned activities and more. Manager Jose Meggs welcomes us to Costa Maya with a smile, then leads us down the boardwalk up to the resort, where we are treated to the day’s special drink at the Beachcomber’s Bar. Jerry mixes us a creamy Dirty Banana, and we feel like we’re having dessert – before lunch is even served! Jose then sets up a nice, informal tour of the resort for us.

Boasting 10 buildings and twenty-five rooms, Costa Maya Reef Resort



(Above) A refreshing dip in the pool on a hot day is simply sublime, and enjoying a nice mixed beverage courtesy of Jerry from the Beachcomber’s Bar(left) just can’t be beat!

offers a cozy, intimate setting on the beach for guests (all time-share owners). The activities manager takes us around the grounds, pointing out the buildings, which are perfectly situated to take advantage of the landscaping and beach views. Breathtaking blues and greens of the sea are just there for the viewing, greeting

early risers and sunbathers all day every day. Fun activities are organized during the week to keep guests occupied and having fun. Saturday is set for arrivals, and guests are welcomed in town at the airstrip, briefing them on Costa Maya on their boat ride over.

Continued on Page 7

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Scuba 101 - Part II



Elbert demonstrates one form of entry for our first lesson at sea.

The first chapter dealt with getting used to the underwater world ... a world that is so much more different than the one we are used to. "Above water, you see, hear and move about in a familiar and comfortable manner that seems 'normal' because you're used to it. But underwater, you're in a new world where seeing, hearing, and staying warm differ from in air."

Because light travels at different speeds in both the water and in the air, there are many optical effects that need to be taken into consideration when going diving. One of the effects is that underwater everything seems closer

than what they really are. Same as looking through the rearview mirror of a car. Color varies as well depending on how deep of a dive you take. "As white light travels through water, the water absorbs colors one by one; first red, followed by orange and yellow, with green and blue last. [...] To see more vivid colors on deeper dives, you may want to take an underwater light, which provides unfiltered light and reveals color." Sound is another effect that needs to be taken into consideration; sound travels farther in water than in air, so you'll be able to hear

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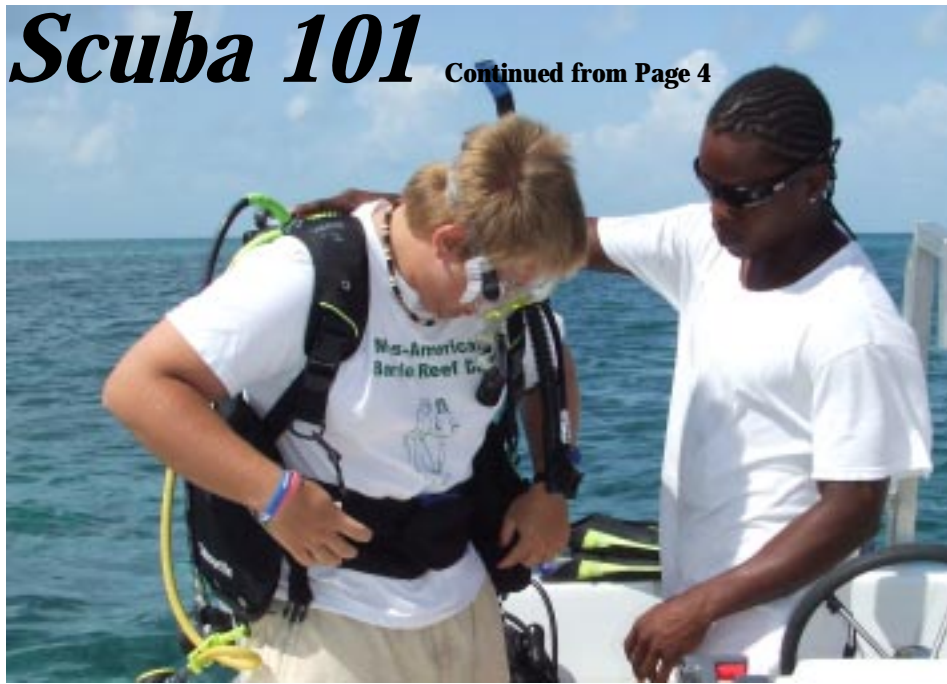
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Scuba 101

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Jem gets some help from Luis while he sets up his gear in preparation for his entry into the water. ALWAYS be sure to check your gear before entering the water!



While observing the life around us in the channel, we discover a stingray that has been burying in the sand. It shyly takes flight when we pass by.



Upon entering the waters at Hol Chan, we're immediately surrounded by amazing marine life. Beautiful fish swim around us, curiously observing the humans trying to acquaint ourselves with their natural environment.

things at distances that you can't in air. It also travels at faster rates and because of this it is hard to tell where a sound is coming from directly. To attract your dive buddy or master, the easiest way to do it is to "rap on your tank with your dive knife or something else solid."

Diving is a relaxing sport; one that hardly allows you to get overexerted. However, if for some reason you do get overexerted, it is imperative that you stop immediately and breathe.

Symptoms of overexertion include labored breathing, anxiety, and a feeling of suffocation. This can be avoided by knowing your physical limits and pacing yourself in order to avoid breathlessness.

"Left unchecked, body heat loss can lead to *hypothermia*, a serious condition in which your body cools so much it can't function normally." Yes, temperatures vary when underwater and any diver can tell you that the sport is

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Azul Resort

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Scuba 101

Continued from Page 5

not enjoyed as much once one gets cold. In order to avoid this wearing a wet suit is recommended. "When you begin to shiver continuously, get out of the water immediately, dry off and seek warmth immediately."

As well, exploring the fragile environment around sensitive marine life with dive equipment requires one to be extra careful so as not to harm the ecosystem. This can be prevented by:

(1) Swimming next to the reef rather than above it. This avoids damage from your fin kicks.

(2) By watching your buoyancy and not diving over-weighted. Stay neutral to avoid the tendency to drag along the reef where your legs and feet can destroy things.

(3) Turn sideways when you look under ledges. Your tank adds some height, and it's not always easy to estimate how much. If you turn sideways, you reduce the likelihood of bashing your tank against the reef.

(4) If you need to swim over the

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Colonial Style buildings in a tropical white with aqua trim nestle amongst verdant foliage at the Costa Maya grounds. Lazy iguanas sunbathe, while busy bees and bright butterflies flit from flower to flower, enjoying the mini-paradise that the beautiful landscaping provides for them.

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Scuba 101

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reef, swim well above it.

(5) Keep your hoses secured and don't let anything dangle.

Being able to communicate underwater is very important and chapter 2 deals with the most common and used hand signals. Signals may vary somewhat, so review them when planning a dive with a new buddy; especially because some hand signals may mean something to you and something completely different to someone else.

Chapter 2 also deals with the buddy system; where you are paired off with someone and you therefore provide "extra" eyes and hands for your buddy and vice versa.

Lastly, chapter 2 deals with entry and exit procedures as well as many of the "extra" equipment that you might take with you on your dive.

When you take your second shallow dive, your instructor is careful to make sure that you are comfortable prior to proceeding.

Scuba Students Point of View POV - Maria Novelo

I had no idea what to expect from my first diving trip out of a confined space. With gear and equipment all in place, our instructor, Elbert Greer picked us up from Amigos del Mar dock en route to the beautiful Hol Chan Marine Reserve.

One of the things that made this trip so extremely awesome was the attitude of the dive leaders, their enthusiasm for the sport of diving rubbed off on every one of the divers and their attitude towards experience helped us

Continued on Page 13



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Kayaking is just one of the many activities available for enjoyment at Costa Maya. Hop onto one and paddle out to sea; share the exercise with a partner or do it solo!

Costa Maya's location is just perfect, with Mexico Rocks snorkeling site literally at their doorstep. One of the fun things that is highly recommended is paddling up to Mexico Rocks, tying up the kayak to a marker set especially for your enjoyment, and then snorkeling right off your kayak! Enjoy the cool waters that are just teeming with marine life. Once you've had your fill of observing beautiful fish and great corals and more, you can hop back on to your kayak and paddle back onto shore.

The Reef Grill, an on-site restaurant is headed by Chef Denfield Christian. Originally from the Caribbean island of Antigua, Chef Christian has nearly twenty years of experience in the cooking industry. After getting his culinary education in Antigua, he proceeded to continue his education at Johnson & Welles in Miami. He has headed kitchens in San Pedro as well as in the mainland, with his last foray in the kitchens of The Princess Hotel & Casino. The staff at Costa Maya is big on organization, and while activities are organized for

guests, Chef Christian, Manager Jose and Food and Beverage Manager Sherman all organize some fun dinner theme nights.

While chatting with a very friendly and amiable Sherman, we discover the different fun nights that the Reef Grill offers. Wednesdays are Mexican nights, with great Mariachi Music and an array of Mexican delights to tease your taste buds. On Thursdays, it's Italian night. Indulging in great pasta dishes and other wonderful Italian creations make for a great

Continued on Page 10

SuDoku (Answers in next week's paper!)

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

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treat on Thursday nights. The clincher for many guests is enjoying Friday night's Belizean Night. This night includes a wide array of Belizean dishes, including the ever-popular Rice and Beans, and great music by Garifuna Drummers.

For our lunch that day, we were treated to Snapper Caribbean, the daily lunch special, and a platter of Italian Herb Chicken. A whole red

snapper was filled with a great homemade stuffing, served with a rich tomato and pepper sauce and accompanied by a medley of vegetables and fluffy coconut rice and beans. The fresh fish was seasoned just right, and mixed perfectly with the stuffing for an unbelievable taste. A true Caribbean dish indeed! And for the poultry lovers, we do recommend the Italian Herb Chicken. A dry rubbed chicken

breast fillet is pan seared to perfection, then glazed with a yummy sweet-tart jam sauce. Also accompanied by crisp steamed veggies, this dish was a delight.

Dessert was equally delicious: Chocolate Vanilla Shortcake was light, airy layers of shortcake drizzled with chocolate sauce and topped with fresh whipped cream and glazed strawberries. Truly sinfully decadent, it was just perfect to round off our meal.

On the menu, Chef Christian offers great salads, soups, pastas, seafood and meats for one to choose from. From the Costa Maya House Salad, to a Belizean Seafood Chowder, to Pasta Alfredo, Filet Mignon to Coconut Shrimp and more, the Reef Grill offers wonderful choices for the discriminating palate. And to make it even more appealing, Costa Maya has joined in with Island Ferry to offer free transportation to Costa

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Maya for dinner every night. Chef Christian and the staff at Costa Maya welcome all to come “give them a try to serve you, and enjoy what they have to offer.” Sundays is open to the family as well, and with a great beach barbeque and music, a nice pool to swim in, and beach to play on, Costa Maya lends itself to a great getaway from the bustle of town.

For reservations for your next dinner or lunch date, with free transportation via Island Ferry, call 226-4700 and make Costa Maya the place for your next romantic getaway.



Chef Christian is originally from Antigua, and has brought with him culinary skills that range from Seafood to Caribbean Specialties for your enjoyment.

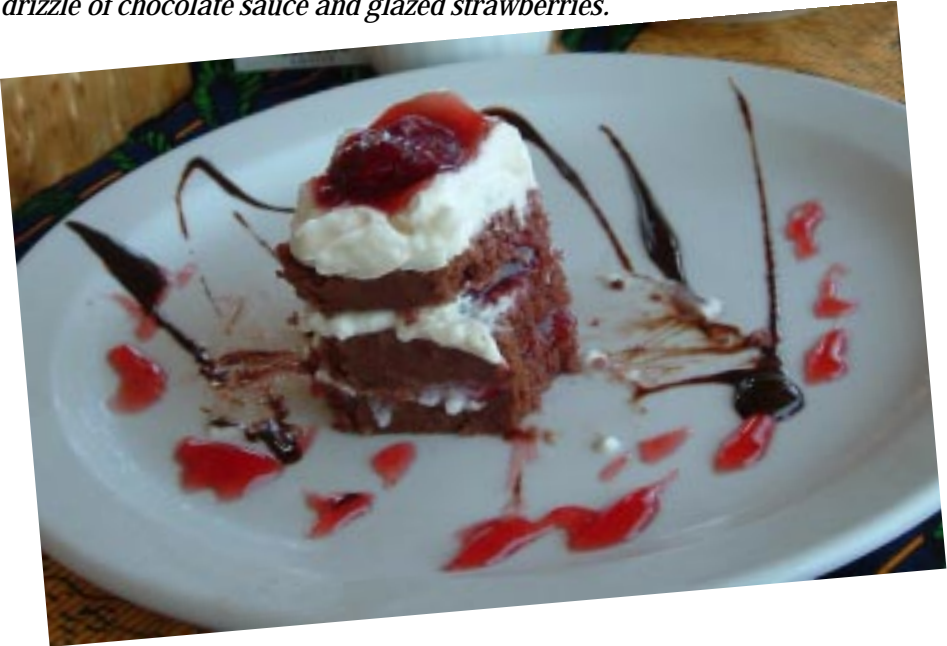


(Above) The Snapper Caribbean is a daily special at the Reef Grill. Stuffed and served with a delicious tomato and pepper sauce and accompanied by tasty rice and beans and vegetables, this lunch is a treat.

(Below) The Chocolate Vanilla Shortcake was a light airy treat with a sublime drizzle of chocolate sauce and glazed strawberries.



Italian Herb Chicken is rubbed with delicious Italian Herbs and glazed with a sweet-tart jam sauce and accompanied with potatoes and vegetables.



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Scuba 101 Continued from Page 8



Elbert leads students by the hand as they grow accustomed to the dive gear and "breathing" underwater.

"newbies" appreciate the trip to its fullest. Although, my fear for open water was kicking in, I managed to get myself together and jump in with my trusty companion, Tony. He provided instruction at the rate I was comfortable with and made my dive or at least at the "surface" much better. All the equipment worked well and if any problems arose he would take care of it very promptly.

Underwater, we got to see countless species of marine creatures; from colorful yellow snappers, eagle rays, brain corals, the elusive puffer fish,

schools of other fish and an enormous black grouper. WOW, that thing was so overwhelming; he kept chasing us in the water! Other than that, the underwater world was amazing; the coral formations were magical; even from the surface.

I wasn't comfortable at the top, much less taking a 25 foot dive so I just spent the time roaming and swimming freely at the top with equipment and all. Diving is an extreme sport and it's not for everyone, but for thrill seekers, this is just the sport for you. I learned a wealth of information and

would recommend this course to anyone interested in becoming involved in diving. I'm often the type to sit back and analyze things a bit, especially after they are through. Pondering

back on the weekend beginner diving course I took with Elbert and companions, it was a good experience, one that I will need to work on if I want to get certified.

POV - Mary Gonzalez

From the moment I find out that we will be taking our diving lesson from the pool to the actual seas, my emotions fluctuate between sheer dread and absolute exhilaration. Being in the pool

practicing with the equipment was fun, but now, we were going to actually dive! Total terror and excitement hit me, and even after we are on the boat with our gear chosen and prepared, I

Continued on Page 14

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Email : elbert@scubalessonsbelize.com

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



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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, 3 bdrms/3 baths & 2 bdrm/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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Scuba 101

Continued from Page 13

still feel slightly queasy. (Or maybe it was the hurried breakfast I had?)

Once we have anchored at Hol Chan, it's time to get ready. I take deep calming breaths as I strap on my BCD and mask. Following instructions from Elbert and Tony, I scoot over to the side of the boat and prepare for a nice backward landing. After observing Elbert's and Jem's perfectly executed fall into the water, I try to follow through and after taking a deep breath and dream of *Finding Nemo*, I land with a splash into the water.

The water is nice, but my first instinct is to PANIC! Somehow, in the pool, strapping on a lead belt and tank onto my back made sense, but now, I am in the ocean! Who does this stuff? I struggle to the surface, and come upon the friendly and helpful face of Elbert, my instructor. He's smiling, extending his hand. As soon as I grab on to his fingers with a vise-like grip, I calm

down immediately. It's okay; I am only in six feet of water. I feel quite silly actually, considering that my gear is all designed to keep me safe, even if I decide to dive the thirty foot channel.

We take our time to get adjusted underwater. Immediately, the underwater world is opened to viewing, and the miraculous creations under the surface take my breath away (NOT a good idea...NEVER ever hold your breath underwater, I keep telling myself!) We can see all kinds of fish,

huge fish and little fish, with iridescent colors, darting all around us. As soon as I feel myself floating upwards, I remember Elbert's instructions to swim like Wonder Woman (head down and body follows). Before I know it, Elbert is pointing to my gauge, and it hits me, I AM 20 FEET UNDER WATER!!! Two Spotted Eagle Rays are right in front of us, and immediately my fear is wiped away. They swim majestically over the coral, perfectly in sync, and to-

tally captivating. We swim all around the channel enjoying the wonderful sights, and while I don't find Nemo, I get to see Dori (Blue Tangs), and it's quite an adventure discovering this new world.

Being underwater is like no other feeling, and with the helpful hands of Elbert, I am able to enjoy the views that so many never get to experience. I can't wait to go back out there. This time I might let go of Elbert's hands, if only for a while!

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Wolfe's Woofers by Dennis Wolfe

Stop Sign

"May I see your driver's license please?"

Great! One hour back in the U.S. for a visit and already stopped by a patrolman.

I handed the Florida State trooper my license and asked, "Why did you stop me?"

"Where did you get this?" he asked, as he inspected my license. "You don't expect me to believe this is a real driver's license do you?"

The trooper radioed in to headquarters and discovered that there really is a country called Belize and their licenses really do look like something from a Cracker Jack box.

"Mr. Wolfe," he said. "The reason I'm writing you a ticket is because you failed to stop at that stop sign on the corner."

"I stopped."

"No, you didn't," he said. "You slowed down very slow but you didn't stop."

"It's the same thing," I told him. "I live on an island and we never stop unless something is coming. I slowed down and looked both ways before driving on."

"Slowing down is not the same as stopping," he said, as he handed me the ticket book. "Sign here, please."

"One hundred and twenty five dollars?!! I'm not signing that. I slowed down really slow and that is just like stopping."

"There's no use in arguing, Mr. Wolfe," he said. "Just sign the ticket and go pay the fine."

"I'll tell you what," I said. "If you can demonstrate to me the difference between slowing down and stopping I'll sign and pay the fine without arguing."

"Sure," he said, as he started whacking me with his nightstick,

"Ow! Ow! Ow! What are you doing?" I screamed.

He said, "Let me know if you want me to slow down or stop."

The San Pedro Sun
&

Visitor's Guide

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Trivia Tidbits

*Most spiders have eight eyes. These are arranged on top and near the front of the head, usually in two rows of four each.

*No one can drown in the Dead Sea. It is 25 percent salt, which makes the water very heavy.

*The female name Nicole is from Greek and translates to "victory of the people."

*It has been determined that one brow wrinkle is the result of 200,000 frowns.

*A cat's arching back is part of a complex body language system, usually associated with feeling threatened. The arch is able to get so high because the cat's spine contains nearly 60 vertebrae which fit loosely together. Humans have only 34 vertebrae.

*The giant African snail grows to a foot long and reaches weights greater than a pound.

*Gold salts are sometimes injected into the muscles to relieve arthritis.

*About friendship, commentator Andy Rooney said, "The funny thing about your good friends is that sometimes you don't enjoy being with them."



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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 \$350,000.

❖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 owner's quarters with 4 immaculate one bed, one bath rental apartments. 100% occupied. \$575,000.

❖Boca Ciega custom 4 bed 2 bath beach home with pool \$725,000

❖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

❖Caye Villas beach home - Reef Rider Mata Grande 2 Bed 3 bath customized fully furnished \$429,900 offers

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❖West Bay LAST OF ITS KIND private sandy cove 260 ft frontage only \$325,000. Offers

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❖Commercial sized Islands in the lagoon Inquire.

❖Basil Jones beachfront 100 ft beach \$245,000.

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❖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.

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

San Pedro Tourist Guide Association 226-2391.

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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 /226-2833

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.

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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.

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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.

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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.

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.

MAYAN SECRET DAY SPA - 10% OFF! Mayan Secret Massage - Invigorating, yet relaxing. Anti-stress neck & back treatment, Seaweed Moisturizing Massage, Soothing Sunburn Mask & Massage, Tropical Fruit Facial, Hand & Foot Therapy, Belizean Body Polish, Rejuvenating Mineral Bath. 20 years experience. Call 226-3584/610-3775. We're just north of the bridge.



The San Pedro Sun Visitor Guide

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

Contact the San Pedro Sun for more information.
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