VISITOR GUIDE





April 26, 2007 FREE

The Island Newspaper
Ambergris Caye, Belize
Central America

San Pedro Celebrates Earth Day

Creating awareness of our fragile wetlands through the third annual Eco-challenge and the 11th annual Reef Festival!









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-

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Associate Editor

Graphic Design

Office Assistant

Staff Reporter

Telephone

US Telephone

Staff Writer/

Editor

Editor

Mail

mation and abundant and breathtaking sea life. San Pedro is also home to worldclass 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?

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



Sonya Lewis of Hilton Head Island, SC in the US, took the opportunity to "share her love for Isla Bonita and Belize" while at the **Miss America Pageant** held at Planet Hollywood in Las Vegas, Nevada. She shared *The San Pedro Sun* with Miss America 2006, Jennifer Berry the evening before she crowned the new Miss America 2007.

Sonya is also looking forward to her return to San Pedro for her seventh Costa Maya Festival! We look forward to seeing you too Sonya!

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.

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Main Office	#63 Barrier Reef Drive,	San Pedro
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	Pedro Sun & Visitor (S ISSUES (six months) US,	

Domestic: \$50 BZ. 52 ISSUES (one year) US, Canada: \$90 U.S.

More foreign subscribers than any newspaper in Belize!

Domestic: \$90 BZ.(Other locations vary.)

The San Pedro Sun is mailed everywhere.

The San Pedro Sun Ltd.

The San Pedro Sun,

Ambergris Caye, Belize

011-501-226-2070

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	4	7	1	2	3	9	6	8	5

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Reef Brief

Wetlands - More Than Meets the Eye



In times of heavy rain, the ability of wetlands to absorb water becomes critical in preventing flooding.

It seems that everywhere you turn there is a new development site which has huge plans for condos, hotels, business or a residence. Many cause major controversy when the proposed site is comprised mainly of wetlands (surrounded by lagoons and mangroves). Members of the various environmental groups are concerned

when such developments are proposed. Many are concerned and see the necessities of more environmental studies in the proposed areas are necessary before any development continues. Because it may not be clear to some why there is a need to preserve this area, it is only fair that Continued on Page 4



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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, Edwardo 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 for more information.

Commercial/Condos/Homes

Downtown Commercial Property (R47) Best commercial location on the market right now. 3 businesses & 2 private residences, but has the perfect location for ocean view hotel, office building or condos. Seller may accept Belize Dollars. Price \$994,500.00 US

Beach front home at Flying Fisherman: (W28) 2 story concrete house with 1 apart. on each floor. 1st floor 2 bdrms/1 bath. 2nd floor owner's 1 bdrm apartment with large master bdrm. \$549,000.00 US **Upscale & Secluded Villa (A23)** Custom, unique architecture, beachfront villa, 5 bdrm, 5½ bath, 3 storey solid concrete building, tastefully furnished. Nothing compares in class, style or quality. Call for further details. \$1,669,000.00 US. Cash.

Oasis del Caribe (R49) New 2 bdrm/2 bath condo with mahogany woodwork & unique tile work. Fully furnished - \$300,000.00 US. REDUCED \$285,000.00 US

Raw land

Ambergris Bay (F21) Beach front parcel approx. 66'x 140'. \$70,000.00 US.

Palm Bay Club (W27) Large residential lot off the beach. High, dry, lots of palm trees - 90' x 90'. Only \$16,500.00US.

Aguilar Subdivision (W26) San Marcos Area- Block of 6 lots available with combined approximate dimension of 300'x 186'. A great investment for commercial or residential purposes. Excellent price for all six lots at only \$230,000.00 US. Or two lots at between \$40,000.00 to \$50,000.00 US.

Ambergris Bay (G37) Beachfront lot perfect for retirement home, where owner can enjoy peaceful surroundings and clear blue waters. Lot # 486, approx 50' x 130'. \$50,000.00 US. Can be bought together with lot 487 for a combined beach frontage of 100'.

Bracilete (P53) 12 acres with water frontage on the west coast of Ambergris Caye. Three parcels of land, each 4 acres, can be bought either separately or together. Price for all only \$950,000.00 US.

Ambergris Bay (E12) Beachfront lot approx. 50' x 95' depth. \$65,000.00 US.

Ambergris Bay (G34) Beachfront lot 487 approx. 50' x 126'. \$50,000.00 US

San Pedro Lagoon(G35)1 Acre water front parcel - \$70,000.00 US. Motivated Seller!

San Pablo Canal Lot (U3) Canal lot-includes dock, bodega & water/electric meters. Excellent investment at \$65,000.00 U.S.

Santa Paula (L19) - Secluded lot 80'x 80'. \$60,000.00 US.

Boca Ciega (G31) Beachfront lot 175'x 1800'x 60' lagoon frontage x 1800'. \$348,000.00 US. Cash only.

Palm Bay Club (C41) Lot # 111 – 4th row lot, 100' x 100'. Only \$18,000.00 US.

Azul Resort & Rojo Lounge

The only resort and restaurant on Ambergris Caye awarded the selection of \bigstar 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



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this week's Reef Brief be devoted to discussing the significance of the valuable habitats of wetlands, including lagoons and mangroves.

True to their name, wetlands are areas where soil is saturated with water for prolonged periods of time. As with many proposed areas of development, wetlands are often in lowlying areas, covered with a shallow layer of water. Because of their effectiveness in absorbing and holding a large amount of water, wetlands are almost always described as giant sponges. In times of heavy rain, the ability of wetlands to absorb water

becomes critical in preventing flooding. Likewise, the presence of sea grass and water hyacinths in this habitat help trap sediments and toxins from terrestrial run-off that would otherwise degrade the island's ecosystem. not to mention the coral reef. Together with mangroves, wetlands also help maintain and stabilize the island structure, as well as buffer the winds and waves of big storms.

On a worldwide scale, it has become evident that wetlands play a vital role in slowing down global warming. Simply put, global warming is Continued on Page 5



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#3	5.028 acres	Spring	\$20,112
#4	4.149 acres	Spring	\$16,596
#5	4.881 acres	Spring	\$19,524
#6	5,001 acres		\$19,490
#7	5.469 acres		\$21,800
#8	19.024 La	rge Sprin	g \$69,500
#9	5.063 acres		\$20,252
#10	4.093 acres		\$16,372
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Wetlands Continued from Page 4



the gradual increase in the Earth's temperature due to the presence of greenhouse gases such as carbon dioxide and methane. Wetlands remove carbon from the atmosphere by allowing the decomposition of carbon through a mixing of bacteria and a deposit of peat. Essentially, carbon is stored in the peat and prevented from again entering the atmosphere.

Coastal wetlands often extend from lagoons and form when fresh water flows from the land and mixes with the salt water from the sea. This brackish environment has a high density of phytoplankton, as well as benthic microflora (algae) and macroflora (seagrass and mangroves), creating an area of very high Continued on Page 7



Heavy dredging to make way for large developments means taking down acres of wetlands that are home to countless species.

The brackish environment found in wetlands is optimal for various species of endangered flora and fauna to flourish. Major development in these areas is cause for concern and many feel that more environmental studies in the proposed areas are necessary before any development continues.

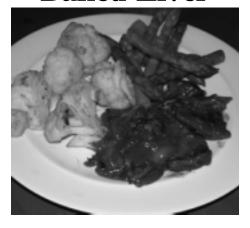




The San Pedro Sun's



Baked Liver



Ingredients

- *1 lb liver 450g
- *1/4 tsp black pepper 2ml
- *1 tblsp Lea & Perrins Sauce 15ml
- *lime or vinegar to clean liver
- *1/4 tsp thyme 2ml
- *1 cup bread crumbs (seasoned) 112g
- *1 tsp salt (level) 5ml
- *1 bullion cube diluted in half cup water or 1/2 cup diluted tomato paste 125ml
- *3 rashers bacon

Directions

*Clean liver with vinegar or lime juice.

*Remove thin skin (membrane).

*Season with salt, pepper and thyme, Lea & Perrin Sauce 15ml. Set aside.

- *Prepare bread crumbs.
- *Put seasoned liver in baking dish (medium size).
- *Put seasoned bread crumbs on top.
 - *Put bacon on top of bread crumbs.
 - *Bake in $350 \, \text{F} / 180 \, \text{C}$ for $45 \, \text{minutes}$.

Open daily (except Mondays) from 11 am for Lunch and Dinner with specials daily...

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On the beach in front of Wet Willy's

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<u>tat</u>



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By Maya Island Air at the Air Strip

SHARKS





Wetlands

Continued from Page 5

productivity that attracts animals such as crocodiles and other marine life. Fish such as mutton snapper, cubera and tarpon inhabit the lagoons, presumably using the habitat as a spawning and nursery ground. In addition, lagoon sinkholes link to underground caves that occasionally offer up lobsters are found in this area. There is little doubt however, that of all the animals found in this ecosystem, it is migratory and resident birds that have most significantly become dependent on the area for food. For threatened bird species such as Roseate Spoonbills and Reddish Egrets, wetlands are considered a critical feeding habitat, providing important nutritional resources such as fish.

To summarize, wetlands are critical in their ability to protect the island from storms, to provide important habitat to many animal species, and to slow down global warming. Additionally, wetland areas such as those located north of San Pedro are often comprised of open water and lagoons, and offer a unique recreational area for fishermen, kayakers and birdwatchers. For these reasons, as well as many others, it is essential that wetland ecosystems, including the lagoons and mangroves of Ambergris Caye, not be taken for granted. Moreover, it should be remembered that once these ecosystems are gone, they are gone forever.









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: 226-3231
Crimestoppers 800 922-TIPS
Police 226-2022

 Police
 226-2022

 Fire
 226-2372

Wings of Hope - Medical emergency air ambulance. Phone: 223-3292. **Lions Health Clinic** - 226-4052; emer-

gencies 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

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.

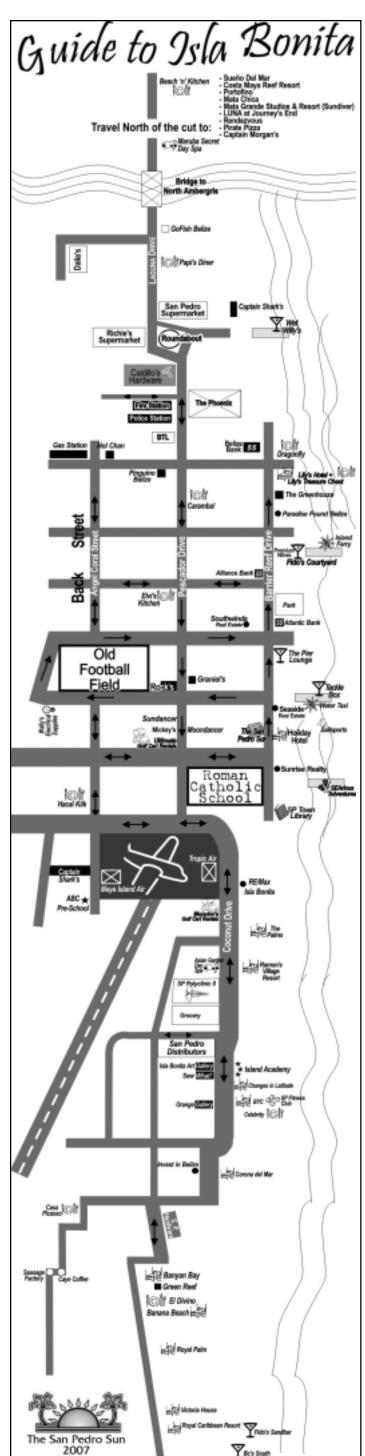
Miscellaneous

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. CARE BELIZE - Children's Specialist, San Pedro. 622-8200

SP Town Library - 206-2028



Water, Sports & Tours

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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.

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

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

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Transportation...

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

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

Services...

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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! 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...

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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.

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.

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.

SUNSET GRILL - Offering local and international cuisine. Open 7 days a week for lunch and dinner. Located on the lagoon side. 226-2600.

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-

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@prov identbank.bz

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

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Visitor Guide

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

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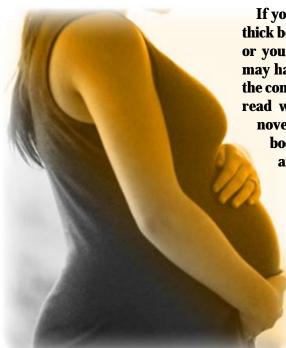


Folklore is any of the beliefs, customs, and traditions that people pass on from generation to generation. Much folklore consists of fairy tales, folk tales, legends, myths, nursery rhymes, proverbs, riddles and superstitions.

Folklore is as old as humanity. Written records left by the earliest people include examples of folklore. As soon as a people developed a writing system, they began to record folk stories. However, folklore does not have to be written down. Much folklore is passed orally from person to person. Even today, many peoples do not have a written language, but they have folk songs, legends, myths, and

other kinds of folklore. The San Pedro Sun embraces the many cultures that make up our community and we recognize the importance of preserving our heritage. Unfortunately, as generations age some of this is lost. Through the Lizard Tales column, our readers will enjoy some of this colorful folklore while in turn we will be preserving these tales for future generations.

PREGNANCY



If you were to sit and study those thick books recommended when you or your spouse are expecting, you may have a hair-raising read. Half the complications that could happen read worse than a Stephen King novel. But back in the day, when books were hard to come across, and Stephen King was a com-

plicated birth waiting to happen, women had far fetched horror stories of their own to tell. The old wives tales surrounding pregnancies were (and still are) wild and abundant and just as outrageous as a 'King' novel. Here's a hair-curling list of just such tales.

During Eclipses:

Pregnant women were not to leave the house the night of a lunar eclipse, especially when the moon was fully covered. To do so would mean running the risk of giving birth to conjoined twins, a baby with a cow's head, or a baby with fangs and horns. If there was no way she could avoid going out, wearing red underwear would help protect her from these effects.

During an eclipse, pregnant woman should cover their stomachs with a red **Continued on Page 11**

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





Lizard Tales

Continued from Page 10

cloth. Not doing so would cause the baby to be born with strawberry birthmarks.



During an eclipse, women who have had sex outside of marriage were not to point at the moon, the sun or any other extraordinary planetary event occurring at the time. If they did so it was believed that they would run the risk of getting pregnant that very night, and if so the child would be covered by a hideous black burn mark.

Emotions:

Pregnant women are often very sensitive during their nine-month term **Continued on Page 10**





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Lizard Tales Continued from Page 9

(who could blame them? They're getting fat fast, and about to experience the worst pain of their lives, and noone understands). To make matters worse, they've been warned not to be so sensitive. Why?

Apparently, a pregnant woman who sympathizes or feels extreme pity for someone who's suffering or has a handicap, runs the risk of having a child with a similar handicap, or worse.

Pregnant women are not supposed to cry a lot because once born, their babies would cry excessively.

Avoid disliking someone intensely while pregnant as this would cause your child to adopt the features of the disliked person.

It is advisable for a pregnant mother not to be sad during pregnancy as this would cause the child to be born to become a whiner.

Other tales include:

*Pregnant women should refrain from chewing ice because doing so would cause the baby to grow excessively.

*To predict the sex of a baby: Suspend a wedding band held by a piece of thread over the palm of the pregnant girl. If the ring swings in an oval or circular motion the baby will be a girl. If the ring swings in a straight line the baby will be a boy.

*If the pregnant woman carried her

extra weight out front, the baby was a boy; in her hips and butt, the baby was a girl. Or, if the pregnant woman craves salty foods, meats and/or cheese, the baby is a boy; if she craves sweets and/or fruit, the baby was a girl.

*Avoid keeping a spoon with the salt container during pregnancy as this would cause difficulties during labor.

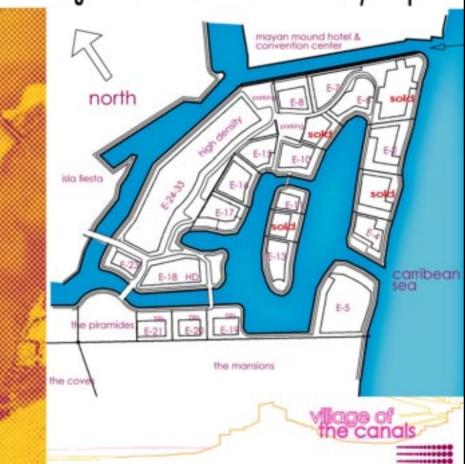
*It is advisable to bury the placenta of the new-born child somewhere in the ground at the backdoor of the house so that the child will never be in want.

*It is advisable for a pregnant mother to look at beautiful pictures so that her baby would be born beautiful



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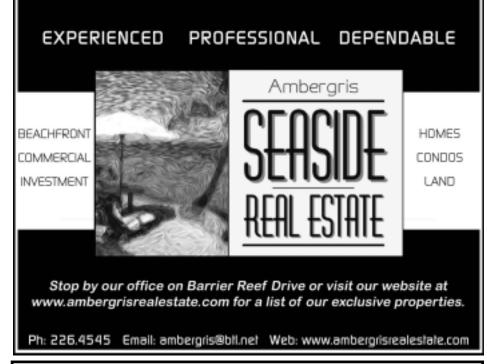
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THE

WEEK

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

Words of the Week. This WORD OF week, we will present a few phrases in English and give you their Creole and Spanish translations.

> Special thanks to Sylvana Woods for her help with the Creole translations. Enjoy!!!

Pedro Sun proudly presents -

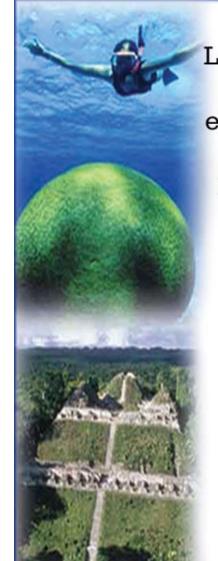
English I'm thirsty and very tired. Creole Ai tosti and taiyad bad. Tengo sed y estoy muy cansado. **Spanish**

English Speak slowly, please. Creole Taak sloa noh! **Spanish** Habla despacio por favor.

Visitor Guide 🏻 🎞 Page 12 April 26, 2007 **Playing with sand!**



It is hard to believe that there was ever a time when people did not sit down near a shoreline and try to push wet sand around until it resembled something else. It was a very nice treat for kids at this year's Reef Festival when a sand castle competition took place. Children of all ages could not wait to dig their hands in the sand and create, as the rules indicated, marine creatures. Moray eels, dolphins, sharks, and turtles among many others were assembled on the shoreline. Spectators looked on as the children, with glee and joy in their eyes built the creatures in an effort to win great prizes. Who knows, maybe next year more kids will compete and the prizes and fun will be even greater.



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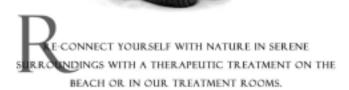
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Visitor Guide 💆 Page 14 April 26, 2007



Wolfe's Woofers by Dennis Wolfe

Mrs. Dressler

"Hey, guys. How're you doing?"

"Great," Drummer Dan said.

"Fine," Sherry said.

I had just arrived in Caye Caulker for the Friday night gig at Oceanside. Drummer Dan was already there. He and Sherry were sitting at a table by the street watching the parade of people going by.

"Here. I brought you a snack," I said to Dan, tossing the bag from the bakery on the table.

"Hi, Dennis."

Mrs. Dressler, a lady who lives in Caye Caulker several months out of the year had stopped to talk to us.

"Mrs. Dressler, have you met Drummer Dan and Sherry?"

"I saw Drummer Dan when we were here in January," she said. "But I didn't get to meet him."

"Well, this is Drummer Dan and this is Sherry, who sings with us."

They said their "Hello's" and Dan said, "I have a horrible memory. What did you say your name is?"

"Dressler," she said. "It's really easy to remember. Because I am a very large person, I take a very large dress. Just remember, it's the biggest thing about me."

The next morning as we sat eating breakfast outside the Sandbox restaurant she passed by and said, "Hi, guys."

Dan said, "Good morning, Mrs. Butler."













Trivia Tidbits

*Belize's geographical size is 8,867 square miles or about the size of Delaware and Connecticut combined.

*Formerly British Honduras, Belize has an English heritage and English Common Law is the rule.

*Belize is the only country that is both Central American and Carib-

*Belizeans are widely considered some of the friendliest people on earth.

*Belize lies on the eastern or Caribbean coast of Central America, bounded on the north and part of the west by Mexico, and on the south and the remainder of the west by Guatemala.

*The country's greatest length from north to south is 280 kilometers and its greatest width is 109 kilometers.

*Belize District is on the east coast of Belize and encompasses Belize City, San Pedro on Ambergris Caye and Caye Caulker.

*Who's in the melting pot? Creoles - 30% of population. Mestizos -44% of population. **Garifuna** - 7% of population. **Maya** - 11% of population. Kekchi, Mopan, and Yucatec Maya. East Indians - 2.1% of population. Other, including Caucasians, American, Arabian, Lebanese and **British** - 8% of population.



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