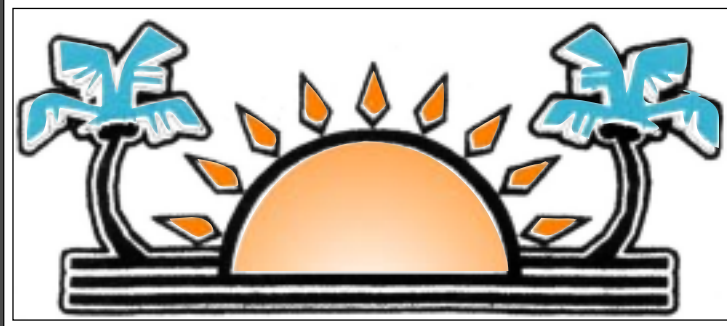


THE SAN PEDRO SUN VISITOR GUIDE

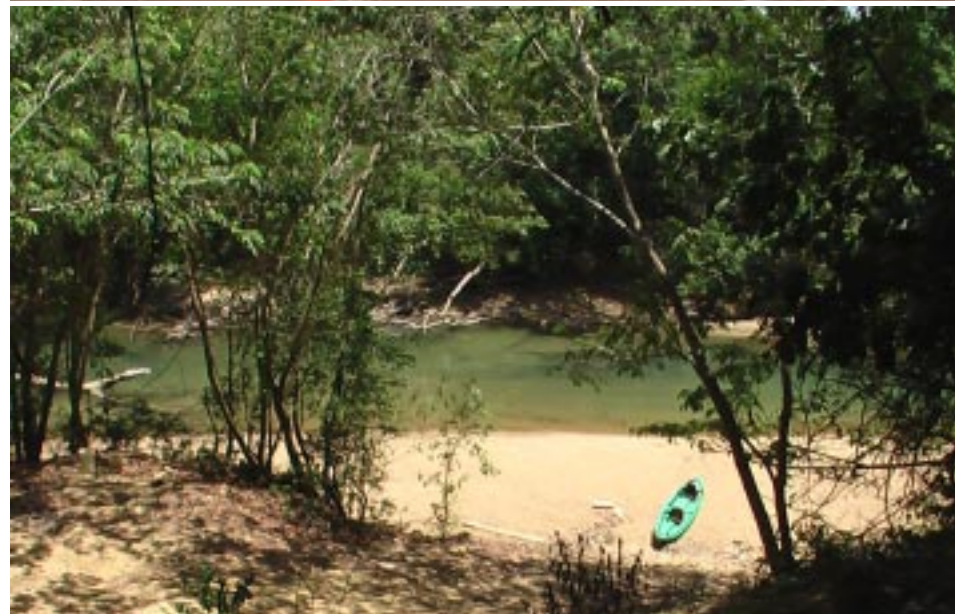


Vol. 17, #21

May 31, 2007

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America



Discovery Expeditions:

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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



What do you get when you combine a six-year old, two energetic dogs, a creative teen and an imaginative aunt? A snowman that reads *The San Pedro Sun*! Honey, Scout, Trey, Tara and Jem have quite some fun with Mr. Snowman and their copy of *The San Pedro Sun* while in Laramie, Wyoming.



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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Receive *The San Pedro Sun & Visitor Guide* weekly in your mailbox. 26 ISSUES (six months) US, Canada: \$50 U.S. Domestic: \$50 BZ. 52 ISSUES (one year) US, Canada: \$90 U.S. Domestic: \$90 BZ.(Other locations vary.)
More foreign subscribers than any newspaper in Belize!

Discovery Expeditions: Discovering Peccary Park via ATV and Kayaking the Sibun!



After a short briefing on the ATV's, we embarked on a jungle adventure that takes us thru trails deep in the jungle laid over a hundred years ago.

Take a tour into the wild Maya jungle
Another way to explore the country and bring the real adventure into a family vacation is by taking the inland tours that are provided by Discovery Expeditions Limited. Imagine a tour where mountain trails weave through emerald green rain-forest canopies where nature blooms and unfolds in front of your eyes! Now you can experience the thrill, with Discovery Expeditions' Rainforest ATV and River Kayaking Tour.
The tour is a non-stop thrill ride from beginning to end. It all begins from San Pedro Town where passengers board one of the fastest speed boats in the country. Aptly named *The Reef Rocket*, this monster powerboat arrives at your destination in Belize City in less than an hour. Arriving at the Tourism Village in Belize City, able guides escort you to the various adventures awaiting you. Raymond, our guide, escorts us into an air conditioned bus which will transport us to one of Belize's best and newest sanctuaries, Peccary Park.
While we make our way to Peccary Park, which is located on Mile 23 on the Western Highway,
Continued on Page 4

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Sunday -Beach BBQ -Live Music with The Super Latinos Bring the entire family for a wonderful Sunday	Wednesday -Mexican Night, with great Mexican specialties and live music by Mariachi Javier Castillo	<p>Free Transport on Island Ferry for dinner! Catch the 7 pm boat for a romantic rendezvous!</p>
Monday -Live Music by Gino	Thursday -Italian Night Great menu & romantic ambiance	
	Friday -Belizean Night, Live Drummers Enjoy GREAT Belizean Cuisine!	

Guests can enjoy activities such as nature walk trails, biking, kayak race to Mexico rocks, Bingo, local fishing from the dock, snorkeling classes and kayak classes for learners. Join the fun with horse shoe competitions, volley ball and soccer tournaments. Or simply lounge on our pristine beaches and wonderful Caribbean weather!

*Activities are subject to change at any time.



The dense tropical jungle is a sight to behold and the trails make for a perfect plot of land to find adventure and connect one on one with nature. Belize it!

Raymond gives passengers a brief history of Belize, its people and its culture. Through rolling hills and beautiful scenery we go while enjoying a delicious Belizean breakfast of Johnny Cakes, cheese, ham and fruit salad. Houses begin to disappear as we get closer and closer to our destination. Once we are smack dab in the middle of the jungle, Raymond introduces us to the other guides that will join us in our ATV adventure. A briefing is conducted while our protective gear is handed to us. Safety is their number one concern and procedures are outlined in order to ensure that everyone has a safe and fun trip. The All Terrain Vehicles (ATV's) are not only safe but are easily operated by anyone. No experience is necessary and be-

ginners, with a valid driver's license, are welcome! Discovery's fleet of four-wheel ATV's are four wheel drive and automatic transmission. They travel through all types of terrain and off-road conditions enabling visitors to explore undisturbed, natural environments.

With helmets in place, the engines revving and in full gear, it was now time to take off and explore the rainforest wonders of Mother Nature's best kept secret. Follow your guide into the rainforest, where the terrain changes to snaking paths and inclines, making

Continued on Page 6

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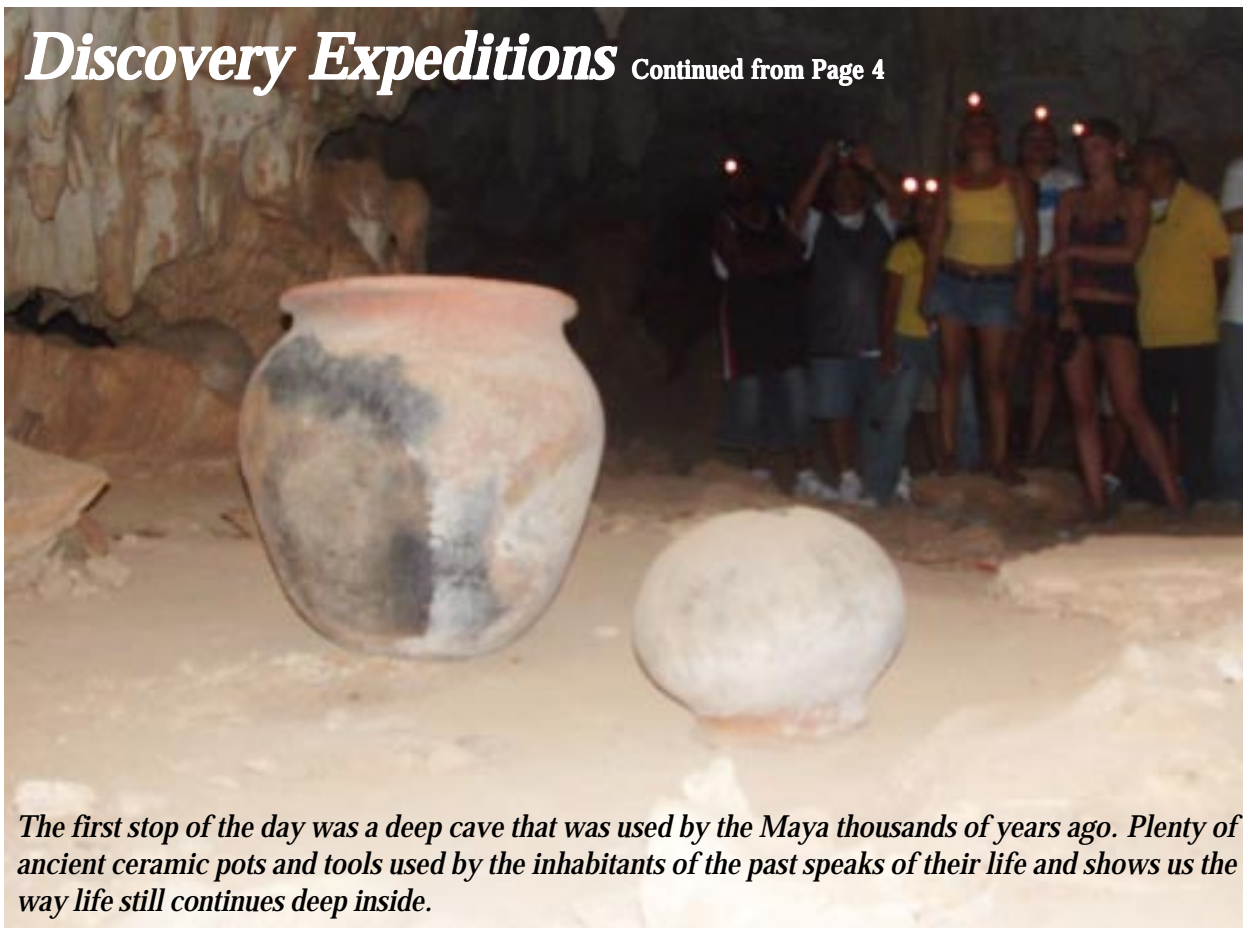
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- 60 minute therapeutic massage \$125



Rush Hour Belizean style
From the massage table to Caribbean cocktails under a full moon.



Discovery Expeditions Continued from Page 4



The first stop of the day was a deep cave that was used by the Maya thousands of years ago. Plenty of ancient ceramic pots and tools used by the inhabitants of the past speaks of their life and shows us the way life still continues deep inside.



it an exciting adventure for all, from beginners to expert ATV riders. Our ATV guides offer the freedom of going at your own pace in many areas and then regrouping to show you the incredible sites of the area! The sounds, smells and sights just unfold and the beauty of Belize is displayed for you to enjoy. The endless array of wild and cultivated tropical flowers, ornamental plants and exotic fruit trees are but just the beginning. We capture the luxuriance of the rain-forest as we venture along the tropical floor, home to hundreds of species of plant and animal life. The trails are composed of various types of terrain, from easy planes to challenging curves and narrow inclines, all leading to the stop of the day – the

Continued on Page 7

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Discovery Expeditions Continued from Page 6

Maya Caves.

Raymond briefs us all on our upcoming adventure, and our guides hand out headlights for a better view of the inner workings of the caves. After a short, steep uphill hike, we come to the entrance of the caves. Deep inside we trek, exploring the insides of majestic dwellings and passageways once used by the Mayan civilization thousands of years ago. Raymond takes us in and we are in complete awe. From the tiny entrance, where you had to literally "duck" and squeeze and perform a funky dance to get in, a whole new world opens out. Deep inside, artifacts and ancient ceramic pots can still be seen. Broken but still in good shape, forgotten for centuries, these tell much of the way of the life of our ancestors. Ash and charcoal marks record the signs of a life lived within the caves. The Mayas' belief that these caves were portals to the underworld led to the performance of many sacred ceremonies within. Gaze in awe at sparkling stalactites and stalagmites formed over thousands of years. Much of the underworld will amaze as it possesses life of years gone by and life anew. As a show of respect for the past lives, our guide asks us to turn off all sources of light and hold a moment of silence. In the pitch dark, the eerie silence adds to the depth and uniqueness of our cave tour.

After the ATV tour we arrive back to the Peccary Park where we devour a scrumptious lunch right along one of Belize's major river systems, the Sibun River. We get an opportunity to unwind before hitting the water highway on board our two-person kayaks. The river has many faces as it winds its way from deep within the interior of the country to the mouth just south of Belize City.

Continued on Page 10



After lunch, what's a better way to kick off the afternoon than by taking a dip in one of our main streams, the Sibun River in which we embark on the second leg of the tour; River Kayaking.



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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

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

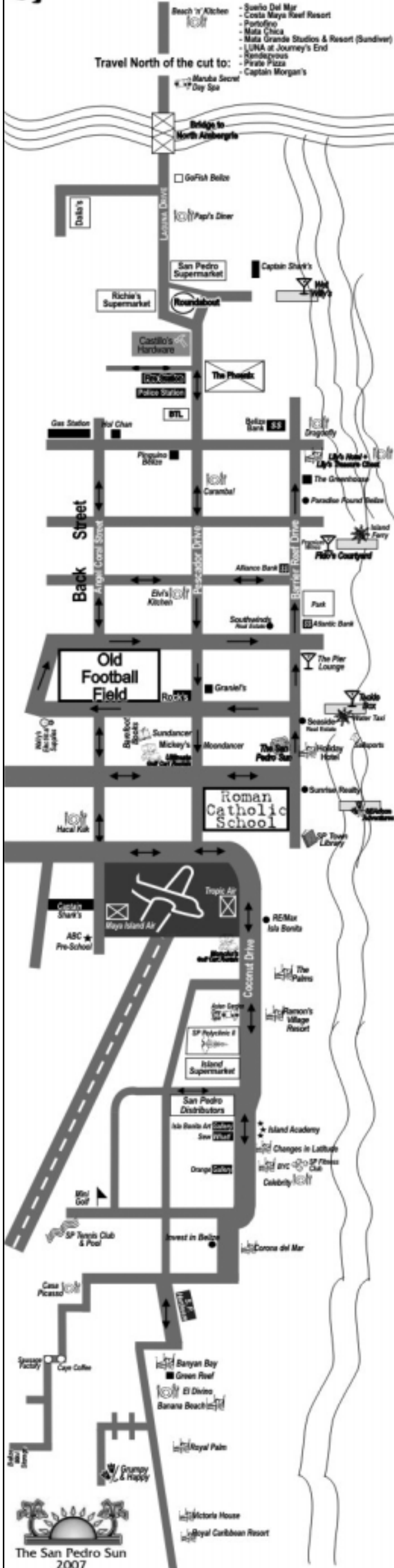
San Pedro AA - 226-4464, 600-9061

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

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

SP Town Library - 206-2028

Guide to Isla Bonita



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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.

THE SAN PEDRO SUN VISITOR'S GUIDE



Dining Out...



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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.

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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.

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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
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Chris and Allan team up for a fun kayak adventure along the Sibun river. This adventure allows for Nature watching at its best!

After lunch, we take our kayaks out for a paddling adventure that takes us through a breathtaking view of the foothills and mountainous paths. Though the river travels a little over 50 miles from source to mouth, the many twists and turns translates into over 100 miles of actual river which makes for one incred-

ible journey. The Sibun River flows through limestone hills that are pockmarked with caves. If lady luck is by your side, you may be able to sneak up on basking crocodiles, iguanas or turtles, a wide variety of colorful vegetation and exotic birds. The turquoise, blue and green colors stretch out from side to side. Be it on the water or on the sandy shore, life is new, fresh and beautiful. Paddling down, with no noise from any engine, the music from the jungle becomes a glorious symphony in your ears. Appreciation for this lifestyle is sure to hit you. The beauty, serenity and "no rush" feelings completely take over as you wind through the river channels. Be sure to have your camera ready for the

breathtaking natural beauty you will encounter on this once in a lifetime adventure in our beloved Belize... "Yu betta Belize it!"

Discovery Expeditions encourages you to take the first step and experience the best adventure of a lifetime, in mainland Belize. Get off the traditional shuttle bus and get on an ATV! Experience the freedom only an ATV and kayak can give you. Enjoy the fresh air, sunshine and the direct contact with nature at its best. *The Reef Rocket* leaves Fido's Dock daily and can transport you to the many adventures Discovery Expeditions offers. For further information, contact 226-2882 or 226-2280.

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About Peccary Park

David Gegg, entrepreneur and President of Discovery Expeditions, has been in the tourism field for decades. His latest and most passionate interest centers around Gracie Rock's Peccary Park which is located 23 miles on the Western Highway. Not only has he aimed to make this village a national reserve but he is determined to help out a community to become self-sustainable, while preserving primary rainforests.



In order to fully understand the beauty behind Peccary Park, we'll let the experts at Discovery Expeditions explain it to you: *Peccary Park is an adventurer's haven set in the lush rainforests and rolling hills of the Gracie*

Rock area. The hills and forests here are teaming with wildlife, newly discovered cave systems and challenging trails for trekking and ATV adventures. The park borders the quaint village of Gracie Rock, as well as the banks of the Sibun River. This area was once inhabited by the ancient Maya (many remains can be found of their ancient culture within the caves) and in later years by Colonial loggers. Hollywood was so impressed

with this site that it was chosen for the making of "The Mosquito Coast" starring Harrison Ford. The villagers of Gracie Rock have historically lived off the land and hunted the nearby Peccary Hills for their livelihood. With the ad-

vent of tourism, this is rapidly changing as they embrace careers in guiding, the making of handicraft, and more importantly becoming caretakers of this na-

ture park.
Of course, one can chose to become one on one with nature and simply ex-

Continued on Page 13

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

Downtown Commercial Property (R47) Best commercial location on the market right now. Corner property on 'Front Street' in down town San Pedro. The property presently contains 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) New 2 story concrete house with 1 apartment on each floor. 1st floor 2 bdrms/1 bath. 2nd floor owner's 1 bedrm apartment with large master bedrm. Was \$575,000.00 Us Now only \$495,000.00 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 2 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 & 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. 3 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!

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

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

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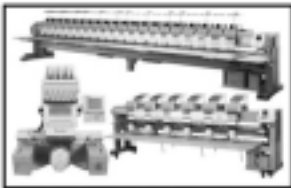
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Cacaofest 2007 is a Sweet Success!

Chocolate lovers abounded while a sweet, rich aroma filled the air as the first annual Cacao-Fest 2007 got underway. The weekend of May 18th - 20th saw residents and tourists from all over Belize united in Punta Gorda for a weekend of every chocolate lovers dream: the celebration of the Cacao, in all its thrillingly sweet forms. With activities for all present, the weekend proved to be quite successful, and organizers look forward to another successful turnout next year. Keep your calendars open for 2008! This is an event you won't want to miss!



As the audience was awed by the spectacular costumes of the Deer Dance performers, children dashed about sampling as much chocolate as their tummies would allow!

Information and Photo provided by Cherie Chenot-Rose

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Peccary Park

Continued from Page 11



plore the surrounding peace and beauty. But Discovery Expeditions allows you the freedom to do just that in more exciting, safe and fun ways. Read about the ATV and kayak adventure in this week's issue of *The San Pedro Sun's Visitor Guide*. However, the experts also offer you a mountain bike tour, as well as the jungle survival trek, where you are taught "survivor" skills and secrets, some of which date back to the time of the ancient Maya. Learn how to make fire using only a machete and bamboo, learn how to identify sources of water and how to actually produce it, create a shelter from vines, branches and the bark of certain trees. All of this might come in handy some day and make your jungle adventure a must do.

Peccary Park abounds with history and unspoiled nature, visiting it is a definite escapade and one you must try. Book your Peccary Park adventure with the fine folks at Discovery Expeditions by calling 226-2882 or 226-2280.



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The San Pedro Sun's



Mayan Spicy Fish



Courtesy of Wish Willy, Caye Caulker's chef extraordinaire

Ingredients

- 3 lbs. Red Snapper fillets cut in half
- ½ cup corn oil
- 1 large onion, cut thinly sliced
- 3 garlic cloves, chipped
- 12 oz. tomatoes, sliced
- 2 drained cans of jalapeno or yun chilli,

chopped up

Marinade

- 5 garlic cloves, crushed
- 1 tsp black pepper
- 1 tsp oregano
- ½ tsp onion
- 1 tsp annatto
- ½ gravel all spice
- ½ white vinegar
- Cilantro for garnish.

Directions

1. Put the fish in a single layer in a shallow dish, make the marinade using a pestle, grind the garlic, pepper together. Add oregano, onion, annatto and all spicy

and mix to paste with the vinegar, add salt to taste and spread the marinade on both sides of fish cover and leave in a cool place for 45 minutes.

2. Put in sauce pan enough to hold the fish pour enough oil to cover bottom of the pan. Put in fish and pour the remain-

ing marinade.

3. Top the fish with onion, garlic, tomatoes and chilies and pour the rest of the oil.

4. To cover the pan and cook at low heat for 15-20 minutes until fish is tender.

5. Garnish with cilantro.

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The San Pedro Sun test kitchen is looking for creative and exciting new Belizean recipes to feature in our weekly column (Virtual Taste Trip). Do you have a recipe that's fun, original and creative and downright scrumptious? Would you like to see your favorite recipe printed in The San Pedro Sun? If you do, please mail it to us at P.O. Box 35, San Pedro Town or email it over to spsun@sanpedrosun.net.

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Wolfe's Woofers by Dennis Wolfe

Big Dennis

"Hey, Dulce. Check out these pictures Tom and Helen Mott sent us."

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"Tom took them in 1989. Do you notice anything odd about this one of me with my arm around you?"

"What's odd is that you never put your arm around me like that anymore. Especially not with your hand there."

"Seriously," I said. "Do you see anything odd about that photo?"

"I sure do. You're two inches taller than me in that picture. Now, you're half an inch shorter."

"I know," I said. "You've been wearing me down little by little."

"Do you realize that your son is now almost half a foot taller than you?" she asked.

"Yeah. I measured him last week and he's now six feet one inches tall."

That afternoon I was watching TV when the phone rang.

"Hello."

"May I speak to Dennis please?"

The voice on the phone sounded like a young lady so I said, "Do you want to speak to Big Dennis or Little Dennis?"

"Big Dennis, I guess," she said. "The one who's in Fourth Form at the High School."

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Trivia Tidbits

- *It takes about 50 hours for a snake to digest one frog.
- *The Hope diamond is the biggest (45.5 carats) blue diamond known in the world.
- *Swimming a quarter of a mile is roughly equal to running one mile.
- *The average adult has between 40 and 50 billion fat cells.
- *A person uses more household energy shaving with a hand razor at a sink (because of the water power, the water pump, and so on) than he would by using an electric razor.
- *The game Scrabble is found in one out of every three American homes.
- *The name Paraguay means "a place with a great river" in the Guaraní Indian language.
- *In the vast majority of the world's languages, the word for "mother" begins with the letter M.
- *Basketball got its name from the half-bushel peach baskets used as targets by the originator, James A. Naismith, in 1891.
- *Leonardo da Vinci invented the scissors.
- *The Romans were so fond of eating dormice that the upper classes raised them domestically. The rodents were kept in specially designed cages and were fed a mixture of nuts.



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