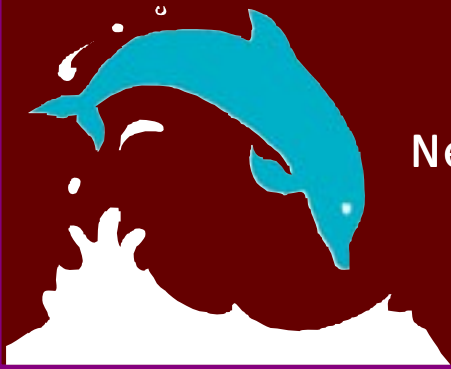


THE SAN PEDRO SUN VISITOR GUIDE



The
Island
Newspaper

Vol. 19
#17



April 30, 2009

FREE

Ambergris Caye, Belize
Central America



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Publisher The San Pedro Sun Ltd.
Ron Sniffin ron@sanpedrosun.net

Editor Tamara Sniffin tamara@sanpedrosun.net

Associate Editor Kainie Manuel kainie@sanpedrosun.net

Staff Writer/ Mary Gonzalez mary@sanpedrosun.net

Graphic Design

Staff Reporter Jorge Aldana jorge@sanpedrosun.net

Office Assistant Nathalie Manuel

Mail The San Pedro Sun,
P.O. Box 35,
San Pedro Town
Ambergris Caye, Belize

Telephone 011-501-226-2070

US Telephone (307) 460-4114

Fax 011-501-226-2905

E-Mail spsun@sanpedrosun.net

Internet/WEB www.sanpedrosun.net

Main Office #63 Barrier Reef Drive, San Pedro

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Where did you read your *San Pedro Sun*?

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



Vernon & Francis Wilson and Cullen & Kath Walker visited Antigua, Guatemala over Easter Week to see the religious processions and street decorations; everyone decorates the street in front of their house with elaborate carpets made of dyed sawdust (inset).

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.

SuDoku! Level: *Difficult Answers on Page 7

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

Sailsports for on the water adventures!



The warm, turquoise and blue waters that caress the shores of San Pedro offer visitors and locals an abundance of recreational opportunities. The steady winds invite water lovers to enjoy the surface sports that rival the un-

derwater alternative.

Windsurfing has become a very popular pastime for men and women of all ages and athletic abilities. This is partially due to technological advances in the boards, as well as the sails. Gone

are the long skinny boards that you couldn't stand on for more than a couple of seconds. Gone are the huge sails that you could hardly pull out of the water. Now the boards are very wide; so wide you could almost mistake them for a dining table. In are small sails that even an eight-year-old can pull out of the

water.

All this makes the art of windsurfing much easier and exciting. Wouldn't you love to feel the wind in sail and glide? Well you can and it's easy. In one hour, you can learn the basics of windsurfing, you can be up on the board sailing along, steering and turning. After that its up to you, most people feel the urge to get out on the water and practice. It's addictive – using the wind to power you.

Sailsports Belize, which is located at the beach at Coral Bay Villas, caters to beginner and veteran windsurfers. They offer a variety of water sports beyond just windsurfing; including kite surfing, and sailing. Ambergris Caye is dominated by the reef 2/3 miles offshore.

This creates a large protected bay for sailing. The predominantly onshore/cross onshore winds make this a reaching paradise. With an onshore wind,

Continued on Page 4



FIDO'S
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THURSDAY WING NIGHT!
\$1 Wings 5pm - 9pm
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Live Music by
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- ♦ Mondays - Dennis Wolfe and The Usual Suspects
- ♦ Tuesday, Wednesday & Thursday - Banda Cubana 6-10PM
- ♦ Fridays - All Cayed Up
- ♦ Saturdays - Small World
- ♦ Sunday - Pool Party! Banda Cubana 2-6PM

Monday, Friday & Saturday the band plays from 6-10PM

The Party's Always at Coconuts!

South Coconut Drive
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www.coconutshotel.com

THE DANCING TOUCAN BAR & GRILL
BEACHFRONT @ COCONUTS

Sailsports

Continued from Page 3



five mile reaches are no problem. Just hook in close the gap and go...Their sailing area has three distinct sections: 1) Close in to the shore and piers where the water is choppy and ideal for the

Continued on Page 6

Trivia Tidbits...

*The average brain comprises 2 percent of a person's total body weight. Yet it requires 25 percent of all oxygen used by the body, as opposed to 12 percent used by the kidneys and 7 percent by the heart.

*The English word "pajamas" has its origin in Persian. It is a combination of the Persian words *pa* (leg) and *jamah* (garment).

*One 75-watt bulb gives more light than three 25-watt bulbs.

*The honeybee kills more people each year world-wide than venomous snakes.

*A "necromancer" is someone who claims they can tell the future by alleged communication with the dead.

*Before she became an established film actress, Sharon Stone was one of the top ten models at the famous Ford Agency between 1977 and 1980.

*While reading a page of print, the eyes do not move continually across the page. They move in a series of jumps, called "fixations," from one clump of words to the next.



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Reservations 501 220-5010
220-5011

Free Transportation for Dinner



Carefully selected music flows into the Mambo dining room, filled with contemporary paintings, candelabras, local ceramic treasures, exotic handcrafted Belizean art and Central American mahogany furniture.

Our award-winning restaurant is considered one of the best restaurants in the country. Our chefs prepare daily exquisite contemporary dishes and a variety of homemade pastas and breads and fresh spices and herbs come from our own garden.

"With Matachica Beach Resort and its Mambo Cuisine Restaurant, Belize is making a quantum leap in becoming known for its cuisine."
Conde Naste, Magazine UK Edition

"Sol y Luna advisory board selected Mambo Cuisine as one of the best restaurants in Belize and Central America. The food is exquisite and memorable, the wines superb and the company always friendly."
Central America Sol y Luna Guide

"Mambo, the dining room of the Matachica Beach Resort and Ambergris Caye's top restaurant, with superb food and wine and a classy romantic atmosphere... Try the exquisite home-made fettuccini or the original paella."
Belize, The Rough Guide

"...The variety and delectability of the meals served reflects the care and expertise that go into their preparation, particularly the seafood and pasta. The soaring majestic and cosmopolitan palapa dining room has charming decorative touches, like sea-shells used as salt and pepper shakers."
Fodor's Guide

Dine Artfully Tonight ...



Tapas
Bar
Pastas
& Martini Lounge
South end San Pedro
206-2272

Enjoy a rejuvenating spa day on the shores of the Caribbean Sea.

Includes a welcome cocktail
Lunch at Mambo Restaurant
Use of fresh water swimming pool and beachfront Jacuzzi

- Full Body Treatment (therapeutic massage & facial & scalp treatment)...\$250US
- 90 Minute therapeutic massage...\$125US





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reservations 501 220-5010

Local Talent

Talent can be described in many forms. What no one can deny is that talent also requires passion and love. Whether it is for a small art and craft project or an elaborate stage setting, talent can transcend many departments, art, music, culinary, etc. Through this new column, The San Pedro Sun intends to honor the many talented individuals on the island, be it that they were born here or those who have fallen head over feet in love with this beautiful country and opted to call it home. Talent that has captured this tropical island in a magical way should be highlighted, and that is exactly what we aim to do with Local Talents.



Slate Carvings from Succotz artists.

Angela Velasquez has been selling retail and wholesale gift items for the past twenty years. Hot among the items for sale are her jewelry, bangles, shells, whelk shell hairclips, necklaces and more. Coconut items are also displayed alongside clay items, all locally made. Larger items include impressive slate carvings

from the artists of Succotz in the Cayo District.

Angela's workshop in Boca Del Rio is also filled with great items including handwoven baskets. If you can't make it to Boca Del Rio, be sure to stop by Angela's spot by the Catholic Church. Prices start at \$5 US be sure to go by her stand and check out the goodies!



Discover Carefree Caribbean Living

Now is the time to make your Island Dreams come true.



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Ambergris Caye

This residential resort community offers beautifully equipped one, two and three bedroom beachside villas starting from \$44,000.

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info@dreambelize.com

Broker Participation Welcome



Language can link us with other cultures, no matter how

foreign the tongue may be. In an effort to

share this form of communication with our audience, The San Pedro Sun proudly presents - Words of the Week. This week, we will present a couple of words in Creole, and translate it to English, using the Creole/ English Dictionary released through the Kriol Council. Special thanks to Sylvana Woods for our copy of the dictionary.

Enjoy!!!

Here is my passport.

Si mi paaspoat ya.

I cannot find all my baggage.

Ah kyaahn fain aal mi bag dehn.

The five pieces to your left are mine.

Dehn faiv pees deh day a lef da fi mi.

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- Tropical drinks & cocktails
- Daily drink specials
- Happy hour 4 - 6 PM with 2 for 1 local rum drinks!
- Fish tacos
- HUMMONGOUS cheeseburgers & more!



Sailsports Continued from Page 4

jump kings.

2) Close to the reef where the water is glassy and smooth, perfect for the speedsters and those wanting to sail in peace.

3) In the channels through the reef where they get the waves, which are high in windy season.

Beginners are kept in the shallows to start with, that way an eye can be kept out on them and help can be rendered whenever

needed. Chris, owner, is always around to give advice and his wonderful helpers are always on hand to pull you back if you stray too far or to set you up with whatever you need. For intermediates fighting with those pivot gybes, Sailsports Belize can always give you a lift upwind in the rescue boat so you have a good down winder to get speed. Windsurfing equipment rentals start at around \$20 US, lessons start at \$45 US an hour.



Sunday Breakfast Buffet at

Ricos

BAR & GRILL

7:00 am - 11:00 am

Hot and Cold Buffet



Eggs Benedict, Omelettes made to order, Bacon, Sausage & Ham, French Toast & Pancakes, Fruits & Salads, Juice & Hot Beverages and more.

only \$25^{BZ}

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BANYAN BAY

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Woofers
by
Dennis Wolfe

Fishing

"Ring! Ring!"
 "Hello. Dennis speaking."
 "Are you getting ready to leave for work?" Dulce asked.
 "The golf cart is loaded with musical equipment and I'm just about ready to go," I told her.
 "Before you leave, get that pot of potato soup off of the stove and bring it to BC's with you."
 "Wait a minute," I said. "I haven't even had a taste of that soup yet and it's one of my favorites."
 "That's because I didn't make it for you," she said. "I made it for Willie Davis. It's one of his favorites, too."
 As I pulled into the parking lot at BC's I saw Willie seated on a chair by the fence. He had a fishing rod in his hand and was fishing in the flower bed of lilies.
 "Now, what is this old rascal up to?" I wondered.
 A tourist, who had just parked his rented golf cart, saw Willie fishing in the flower bed and stopped.
 "What are you doing, my friend?" he asked.
 "Oh, I'm fishing," Willie said. "I'm going to sell whatever I catch and use the money to buy myself a drink at BC's."
 "I'll tell you what, old fellow," the tourist said. "Why don't you put away that rod and reel and let me buy you a drink?"
 "Sure," Willie said.
 When I arrived inside the bar Willie was working on a nice, cold beer,
 "So, tell me, my friend," the tourist asked. "How many have you caught using that fishing technique?"
 Willie took a long pull from the beer, set it down and said, "Well, sir; you're the sixth today."

Sudoku Answers!
Puzzle on Page 2

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

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Riddle Me This:

Q: What has no beginning, middle or end?

Answer Below

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 30 YEARS OF WAITING!!
 We are now taking reservations as exclusive agents for the sale of select beach lots and private villas on CAYE CHAPEL - please inquire

DEVELOPED PROPERTIES

- ❖ **Beach front Estate - 9,000 sq ft custom home** - 360ft of beach, spacious ornamental gardens, 350 ft dock, home is sold furnished, beautifully appointed, fully equipped including vehicle & boats, \$3.75 M
- ❖ **Grande Caribe Condos** 1 mile north of the bridge on 500ft of coconut grove. 1, 2 & 3 bedrooms. San Pedro's most exciting new project 3 pools & marina. From \$363,000 *Inquire!*
- ❖ **Grande Caribe Beachfront condo** brand new furnished asking \$495,000
- ❖ **Oasis Del Caribe** Fully furnished 2nd floor ocean front 2 bedroom \$295,000
- ❖ **Banyan Bay Villas** 2 bed/2 bath top level condos fully furnished from \$285,000
- ❖ **Casa Blanca** on 1/2 acre beach Mata Grande. Extensive new rental home complex. \$2,200,000.
- ❖ **Tres Cocos Beach** 4 bed villa with mature landscaping, seawall, pier fully furnished \$1,150,000.
- ❖ **Tres Cocos ocean view** 1200+ ft 2 bed/2bath 2 level garden home w/loft. Vaulted ceilings, observation deck, fully furnished \$295,000.
- ❖ **Holiday Lands Sunshine Home** Fully furnished 2 bed/1 bath up with 2 bed/1 bath apt below and roof top patio \$350,000.
- ❖ **Banana Beach** 1-3 bedroom ocean front condos with 2 Pools, beach, restaurant and bar from \$145,000 with rental income.
- ❖ **Miramar** new completed 2nd floor beachfront 2 bedroom tastefully furnished condos from \$325,000.
- ❖ **Bermuda Landing** furnished 1 bed 1 1/2 bath on beach pool \$215,000 offers.
- ❖ **Beach Villas** - Caye Villas Mata Grande 2 Bed 3 bath fully furnished pool rental management program...bring offers!
- ❖ **Royal Palms Villas** - Top floor pool side custom furnished and re-modeled 1 bedroom. Leather sofas, 50 in plasma, King bed set, wash/dry, all new appliances \$235,000 offers
- ❖ **Royal Palm Villas** pool and breeze side on the beach 1 bedroom \$149,000
- ❖ **Oceanaire** - ocean front 2 bed/2 bath, large patios - \$325,000
- ❖ **Pelican Reef Villas** - Ocean front 2 bed furnished \$497,000 3 bedroom \$637,000
- ❖ **Fixer Upper in Escalante** - 3 bedroom, 2 bath, fully fenced yard. Room to expand. \$149K. Make an offer!

COMMERCIAL OPPORTUNITIES

- ❖ **"Rated Best in Belize" Casa Picasso Tapas restaurant and Martini bar** - 150K. Building and lot available separately.
- ❖ **Lagniappe Provisioning** - established with great growth potential - \$85K
- ❖ **Coral House** - 3 bed, 2 bath apartment & 1 bed, 1 bath apartment \$275K
- ❖ **Sawyer's House** - 3 bed, 2 bath apartment and 2 X 1 bedroom apartments \$279K
- ❖ **Sand Piper Apartments** - 4 apartments. Close to town. \$549K
- ❖ **Pirate's Lantern** - 3 apartments - 3 vacant lots - right on main street. \$575K
- ❖ **Small BEACH BAR** in a coconut grove - Tres Cocos area - Inquire

UNDEVELOPED PROPERTIES

- ❖ **Santa Evelia** beach lot 100 ft x 200 ft \$ 385,000
- ❖ **Palm Bay Club** beach front lot 100' X 200' \$87,000 & 60' X 130' \$80,000
- ❖ **Palmeros** beach lot with pier 80 ft x 200 ft \$ 280,000
- ❖ **Spanish Reef** beach front lot 50' X 100 ft \$250,000 Off beach from \$40K
- ❖ **Basil Jones 145 ft beach lot** \$ 375,000
- ❖ **Playa Blanca** beach lot 60 x 105 ft \$275,000 offers
- ❖ **Mata Grande** 100 x 200 ft prime beach lot with pier permit \$445,000.
- ❖ **Mata Grande** 100 x 200 ft residential beach lot \$445,000.
- ❖ **Esperanza** 1.5 acres beach 150 ft x 460 ft \$1,000,000.
- ❖ **Esperanza** 4.6 acres beach 300 ft x 460 ft \$2,000,000.
- ❖ **Boca Ciega** 4.5 acres 174ft beach front. \$350,000.
- ❖ **Club Caribbean** beach lot 50 x 100 ft \$115,000. Buy a pair for \$225K
- ❖ **West Bay** private sandy bay with 260 ft frontage only \$425,000.
- ❖ **West Bay** oceanfront 100 ft x 500 ft \$179,000 bring offer
- ❖ **San Marcos** 2 adjacent lots 50x90 ft lot \$55,000 each.
- ❖ **Palmeros** 70ft x 350ft cleared ocean view lot with direct access to beach \$85,000.

Motivated seller

- ❖ **Mexico Rocks** 2 ocean view lots 75 to 80 feet wide x 260 ft deep \$75,000 each
- ❖ **Ambergris Bay** West Coast beach front \$100,000.
- ❖ **Habaneros area** - 2nd row \$85K 3rd row \$45K multiple lots available.

All prices are in US dollars and subject to change without notice. For further details on these properties and much more call your
AMBERGRIS CAYE SPECIALISTS

Answer: A Doughnut



RESTAURANT OF THE YEAR 2008/9

The Hidden Treasure Restaurant



Thanks to each and every person that has supported us throughout the year.
We couldn't have achieved this Award without you!!
From the Management & Staff



Latin American & Caribbean Cuisine

Follow the signs south of Royal Palm Villas

Located Walking Distance from Banana Beach, Mata Rocks, Victoria House

❖ Lunch - 11:30-3:00pm ❖ Dinner - 5:30-9:30pm

IMPORTANT #s

Police 226-2022
South Police Sub-Station - 610-4911
Fire 226-2372
Medical Emergency (ACER) 226-3231
Emergency 911
Crimestoppers 800 922-TIPS
Los Pinos Clinic 602-6383 and 226-2686.
Dr. Lerida Rodriguez: 226-2197 or cell 620-1974.

San Pedro Chiropractic Clinic 600-7119

Hyperbaric Chamber - 226-2851 or 226-3195, Dr. Otto Rodriguez - 604-7599 or 226-2854. Antonia Guerrero - 628-3828 or 226-4501.

San Pedro Polyclinic II - 226-2536. Dr. Zuniga: 670-8755 and Dr. Otto Rodriguez: 604-7599.

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

US Embassy - 822-4011

Labour Office - 226-2700 (Open 8am - 5pm, Mon. - Fri.)

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
 Sunday Mass: (English) 8am & 10am & Baptism: 11am; Spanish: 7pm; Mass or Communion Service every night at 7pm.
 Saturday evening: Anticipated Sunday Mass: 7p.m. Daily Masses 7am & 7pm.

Living Word Church Service Sun. 10:45 a.m., Youth Meetings on Sundays at 7:30p.m., Women's meetings on Wednesday at 7:30 p.m., and Men's meetings on Thursday at 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 Ambergris Elementary School. 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!

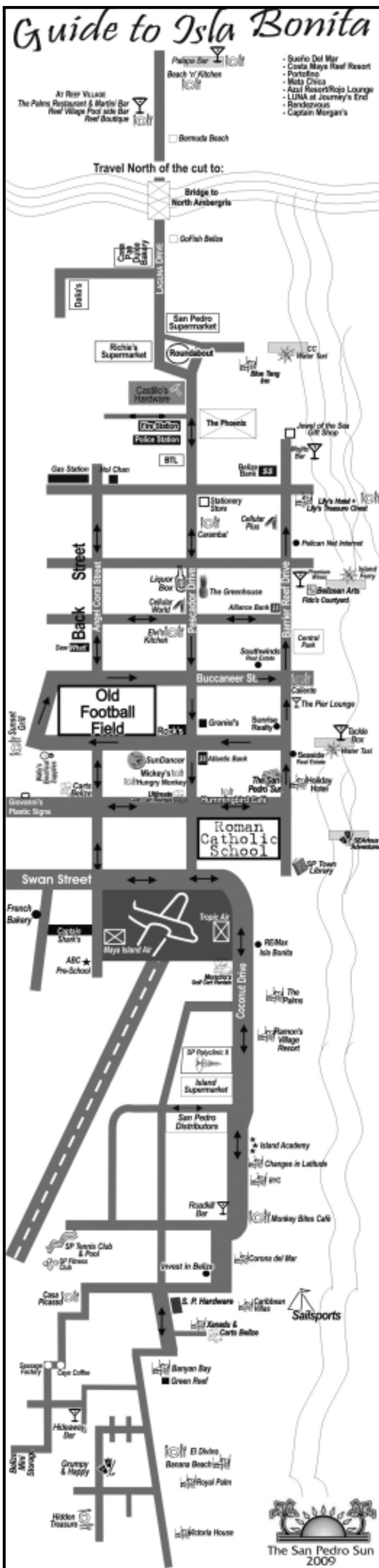
Green Reef A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net /226-2833

San Pedro AA - 226-4464, 600-9061, 624-7705.

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



Tourist Information

Belize Tourism Board - 227-2419.

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

Belize Hotel Association - 223-0669, bha@btl.net

San Pedro Tourist Guide Association 226-2391.

Water, Sports & Tours

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

GRUMPY & HAPPY - Snorkeling - private snorkel tours - just you on the boat, no set schedule! Visitors with special needs and children are welcome. Call 226-3420 or 672-1234. Visit www.grumpyandhappy.com, or Email: info@grumpyandhappy.com.

Real Estate...

ELITE REAL ESTATE INVESTMENTS (EREI) - We are Ambergris Caye's real estate specialists. Call now to schedule your free professional investment consultation. Under \$200K to \$4.1M. Call 226-2260, or email: sales@erei-belize.com. By appointment.

SEASIDE REAL ESTATE - Many listings, from raw land to beautiful beachfront homes. We can help you own a piece of paradise. Call 226-4545 or E-mail ambergris@btl.net

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

SUEÑO DEL MAR - Paradise has a new address! Located on Barrier Reef Drive (Front Street), across from Fido's Restaurant. 8:30AM to 5PM, www.dreambelize.com, Phone: (US #) 719-302-5398, (Belize #) 011-501-226-4001.

CORAL BEACH REALTY - Professionalism at its best. Visit our office "Unda da Palapa" on Barrier Reef Drive, 226-2681. www.CoralBeachRealty.net.

HOLDFAST LTD. INLAND & RIVER FRONT SPECIALISTS, SMALL FARMS - 36 YEARS IN CAYO San Pedro, 50' x50' beachfront lot, Basil Jones area, \$85kud John, Beth & Sandra Roberson 662-5700, 663-6777, 664-7272. HoldfastBelize.com

Transportation...

CRISTAL GOLF CART RENTAL - Along with Island Tour Rentals, have combined to offer the best rates on the island! Special hourly, weekly & monthly rates. Daily rates are \$85 BZ. 4- & 6- Seater golf carts available. Security deposit required. Cristal - 226-4949 or 626-5555. Island Tour - 226-2351 or 226-2972.

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

CARTS BELIZE - Conveniently located just one block north of the airstrip. Hourly, Daily & Weekly. Call 226-4084.

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

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

Services...

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.

S.P. HARDWARE - Large variety of hardware and household supplies. Will meet or beat any competitor's price! Seagrape Drive; Open seven days a week. 226-4522.

HARMOUCH CENTER - Hardware, housewaers, furniture and more. Pescador Drive across from BTL 226-3860.

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.

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.

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.

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.

HUNGRY MONKEY SUB SHOP - The best sub shop in Central America! On Pescador Drive, next to Mickey's, open Monday through Saturday, 11:30am - 8pm. Delivery available. Call 206-2221.

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.

BEAN RESTAURANT/SHADE BAR - @Ak'bol Resort- full service-awesome bartender! Local food @ Local prices on the beach \$1-\$15BZ + unique specials+ desserts daily. Interesting pizzas \$25BZ+ up. Saturday Beach BBQ. One pier North of Palapa Bar.

CASA PICASSO TAPAS + MARTINI - Small plates, big pastas and fantastic desserts! "Hippest martini spot" - *Frommer's*. Nightly 5:30pm, closed Sundays. reservations 206-2272.

RICO'S SURFSIDE RESTAURANT - A truly unique dining experience on the beach at Banyan Bay. Serving breakfast, lunch and dinner daily. Phone 226-3739 ext. 135.

MONKEY BITES CAFE - Daily specials, new menu items, excellent home style cooking. 206-2021, open 7:00 a.m. to 3:00 p.m., Monday to Saturday.

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.

BC'S BEACH BAR & GRILL - On the beach between Sunbreeze & Ramon's, BC's is open every day from 8am - midnight. Live music Thursday and Sunday Jam Session. **SUNDAY BBQ** from Midday. 226-3286; bcbat@btl.net. Burritos and nachos every day.

PALAPA BAR AND GRILL - The Coolest Place, North of Bridge. Drink & Dine out over the Caribbean waters with cool breezes and no mosquitoes. Specialty is a BBQ, Slow Smoked, Pork Sandwich and Fresh Caught Fish Tacos. Open 7 days, Happy Hour Drinks from 4:00pm - 6:00pm. Telephone: 226-3111.

NAUTICA SEAFOOD GRILL & BAR - Fine dining on an intimate balcony overlooking the water. Fresh seafood, island flavors, pasta, grilled specials. Upstairs inside Fido's.

...Unique Offerings...

SAN PEDRO FITNESS CLUB - A/C Gym, Fully-equipped. Open to the public. Tennis Courts, Lap and Family pools, Aqua Fitness and Toning Classes. Open 7am Daily, 8am Sundays. 226-2683.

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 Pescador Dr, next to St. Francis Xavier Credit Union. 226-2084.

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.

BELIZEAN ARTS GALLERY - Local art!

AQUALAND PHOTOGRAPHY - Professional photography, in studio or on location. Couples, family, children's portraits. Call for availability, 226-4296 or 667-5257.

SUNDANCER - Unique boutique featuring quality clothing, jewelry and great gift items for men. Phone: 226-2948.

LINDA MIKULICH - "Design with you in Mind" - Artist/Interior Decorator. Fine Arts Paintings, faux finishes, murals. 610-0277.

LIQUOR BOX - Wholesale and Retail on local and imported liquors. Delivery available! Case of Belikin Beer, Ice Cold - only \$70Bz! On Buccaneer Street, open 7 Days a week 9:00am to 9:30pm. 226-2475 or 626-7331.

CORONA DEL MAR - Hotel - Apartments. Your home at Woody's Wharf! To make your reservations, telephone 226-2055 or visit our website at www.ambergriscaye.com/coronadelmar. Your home away from home!

AK'BOL YOGA RETREAT & RESORT - Daily Yoga Classes/Day Retreats/Group Retreats. The only resort dedicated to the practice of Yoga and Wellness. Yoga studio at the end of the pier overlooking the sea...Open to All *Beginners Welcome* Mats Available

Mon thru Sat 9-10am gentle morning flow,
Tu & Th 3:30-5pm asana+ meditation,
Sunday 1pm Kids Yoga + Pizza Day
Private sessions/Group Classes available
226-2073, 607-7305, 626-6296
Om Shanti Om-peace to all....

Party...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.

FIDO'S RESTAURANT & BAR - Fun & food on the beach. Live music nightly, island drink specials, new shot menu with over twenty selections!

BC'S BEACH BAR - Serving food all day. Live music on Thursdays. Famous Sunday BBQ and Jam Session starting at noon. BC's handles your catering for your party. On the beach between the SunBreeze Hotel and Ramon's Village. Open daily from 9:00 a.m. to 12 p.m.



Yoga Retreat and Resort
Ak'bol:
"The heart of the village"



Affordable accommodations within our new **Yoga Barracks!** Single rooms w/ shared bath & shower \$35US+taxes+up
Yoga retreats, Wedding parties, Family reunions, etc...

7 Private thatched seafront/view **cabanas** overlooking the sea...\$135US+up private front porches and outdoor showers...queen bed+2 twin beds in loft...



Practice Yoga over the sea!
Daily Yoga Schedule:
❖ Mon-Sat 9-10am ❖ Tues&Thurs 3:30-5pm
❖ Sun 1pm Kids Yoga
Drops ins welcome, all levels, mats available
no need to call...

Affordable Favorite Beach Restaurant & Bar
Local Food at Local Prices
(ALL prices in BZ) \$1 - \$15bz + up

Weekend Specials!
Friday: Lily's Famous Fried Chicken
Saturday: Beach BBQ+\$4 beers (with BBQ only)
Sunday: Gourmet Pizzas

Open DAILY 7am-5pm
Breakfast all day
fry jacks \$4BZ+up
salbutes/panades \$1BZ+up
papas \$3BZ+up
Belizean Lunches+more

One Pier North of Palapa Bar on the BEACH.
Akbol.com 626-6296 Akbol@mac.com
Pool open to paying guests only. No outside food or beverages allowed.