

THE SAN PEDRO SUN VISITOR GUIDE

The Island Newspaper
Ambergris Caye, Belize
Central America

May 5, 2005

FREE



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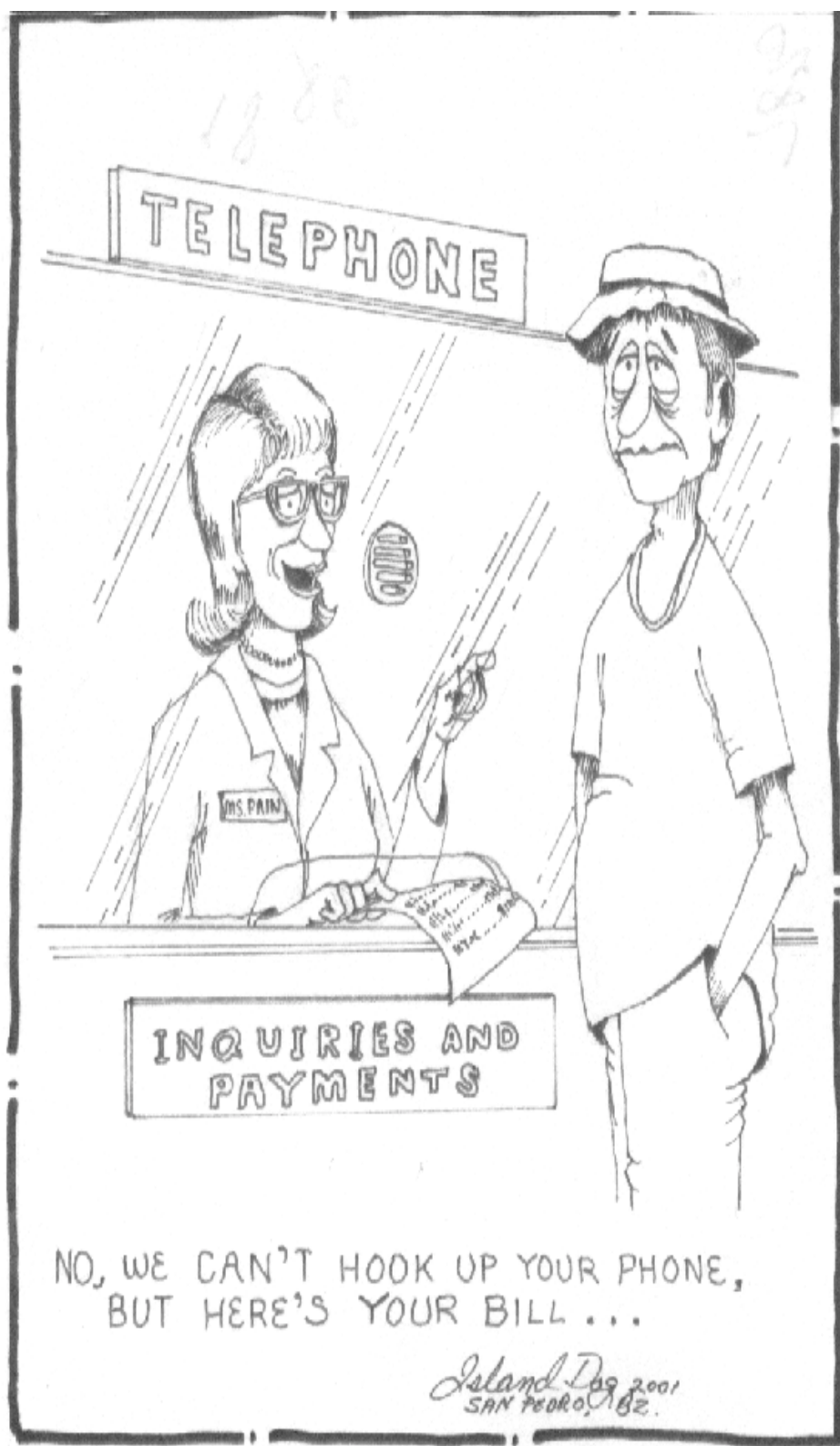
**Read more on
page 3.**



Harriette Fisher photo



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Buzz Aldrin, takes time out of diving for a photo with admirers Jem and Brady Sniffin.

The second man to walk on the moon was recently visiting Belize to explore the underwater paradise of the world's second largest barrier reef. Buzz Aldrin was at Journey's End last weekend along with other members of an elite society that make up the SeaSpace Symposium. Aldrin is a charter member of the 35-year-old organization. He told *The San Pedro Sun* there are many similarities between the ocean and space. "I was the first astronaut to practice space walking with the use of neutral buoyancy in the water," he explained.

Aldrin said that in addition to diving, the SeaSpace Symposium discusses current and future events impacting space and the oceans. He said he looks forward to the Shuttle missions resuming and admires President Bush's commitment to again explore beyond Earth's orbit with missions back to the moon and to Mars. The group also discussed exploring the ocean depths including a search for the plane that crashed with the famed pilot Amelia Earhart near the Howland Island in the Pacific Ocean.

Aldrin has traveled to the far side of the moon, and has explored the ocean depths including taking a submersible to visit the Titanic. He raved about his visit to Belize. "I think the country has a great future. You have a lot of resources and obviously a lot of people are coming to vacation and even to buy homes."

Aldrin added that the diving was excellent and the hospitality was superb. "I hope to come back soon."

The San Pedro Sun is mailed everywhere.

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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 formation 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 sanctuar-



ies 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*

Receive *The San Pedro Sun & Visitor Guide* weekly in your mailbox. 26 ISSUES (six months) US, Canada: \$50 U.S. Domestic: \$50 Bz.(Other locations vary.)

More foreign subscribers than any newspaper in Belize!

“Go Dive” makes diving fun and easy

San Pedro is a diving community and “if you don’t dive” as I’ve heard it said many times, “It’s like going to Aspen and not skiing.”

If you are visiting San Pedro and would love to try the thrill of being underwater, you might consider diving in a one day Scuba Diving experience. Although to get fully Scuba certified takes approximately four days, you can meet with your instructor at 8:00 a.m. and finish your first dive before lunch.

Once you have discovered Scuba and it is something you would love to pursue, this one-day experience is also taking a big step towards getting certified. San Pedro has a long list of dive operations and many good diving instructors that can introduce you to scuba diving. Your hotel will offer you an opportunity to connect with one and all you need to do is say that you want to try a “Discover Scuba Diving” course. The prices for this unique and amazing experience ranges from \$150 US to \$200 US and will include everything you need.



Harriette Fisher Photo

At the dive shop, you will be shown a short video of what to expect. Your instructor will help you select and try on your gear. Remember: you can always use the same mask and fins you use while snorkeling. Try on different masks until you find one that fits comfortably and probably won’t leak – Tight is bad.

Your tank of air and regulator will also be provided. The regulator forms a part of a flotation jacket called a BCD (Buoyancy Control Device) – a fancy jacket that holds the tank and fills with air when a button is pushed in order to float you.

The first dive is in a pool, shallow enough to stand in. Your instructor guides you step by step while you take your first breath underwater. Emphasis is placed on the golden rule of diving, “Never hold your breath.” You and your instructor will go under water and take the regulator out of your mouths and make bubbles together. Instructors call this the “fried egg test,” because when they do this with first time dive students, sometimes behind the faceplate of the mask, the student’s eyes look like two fried eggs.

Expect to learn a little sign language so you can communicate underwater. Divers use the OK sign for answering a question often. It is not hard to pick up the underwater lingo and be making up your own in minutes.

After learning to find your regulator if it falls out of your mouth while you are laughing, getting water out of your mask, and practicing breathing from your



Continued on page 8



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Conch Pearls

Treasures from the Caribbean

Conch pearls are not an often topic of discussion, and in fact, many do not even know what a conch pearl is. Nowadays, conch pearls are being prized for their beauty and rarity. These precious pearls are very rare gems and are produced by Queen Conch mollusks. Researchers say that it takes about ten thousand Queen Conchs to find one Conch pearl and one in a hundred is of gem quality. These precious gems are found mostly in the Florida cayes and in the Caribbean. These areas are known as the "Conch Republic" because they cannot be found anywhere else on Earth.

Conch Pearls come in an array of dazzling colors, usually matching the inside surface of the shell. Actually, Conch pearls are not considered true pearls, because they do not contain nacre, which is the basic substance that is secreted by the mollusks. Today, no one has yet to devise a method for culturing them, so every one you see will be a natural pearl; therefore, they are considered extremely rare and valuable. Speaking of valuable, these pearls are targeted not only for its beauty and rarity, but also for the weight. The average size of the conch pearl ranges from one to three millimeters and is heavier than any other pearl. It is above all enchanting because of its fascinating play of colors, from white to delicate pink to luminous pink, or from cream to olive to chocolate brown. The noblest pearls show on their surface a wavy structure like the finest silk or in some cases they are strongly grained. Unlike other pearls, the conch is evaluated in carats. The normal sizes are between two and six carat; pearls of eight to twelve carat considered a rarity and 20 carat pearls are a unique collectors' item.

In addition to its often-striking colors, the conch pearl often has another important surface feature called a "flame structure," which is a unique pattern in the coloration. The flame structure generally appears in the pink or white pearls, although other colors are sometimes exhibited. An important fact to remember when purchasing a Conch pearl is that its colors tend to fade significantly over time. Experts are not completely sure why, although sunlight is often cited as at least one factor in the fading. Some say that it is best to wear these precious pearls in the evening and not let it be exposed to sunlight because of the fading factor.

Despite, the uniqueness and exclusivity of the pearl, there is an increasing problem for the Conch pearl due to a major, worldwide issue. Environmental pollution is greatly endangering the pearl producing Conch. Drastic reductions in the number of these organisms have already been witnessed in many parts of the Caribbean and likely soon around more areas as well. This means that the Conch pearl will remain ex-

tremely precious, and increase in its rarity and exclusivity.



Conch pearls occur in a variety of shapes and bright colors. You can see the unique "flame structure" in some of the pearls' colorations.

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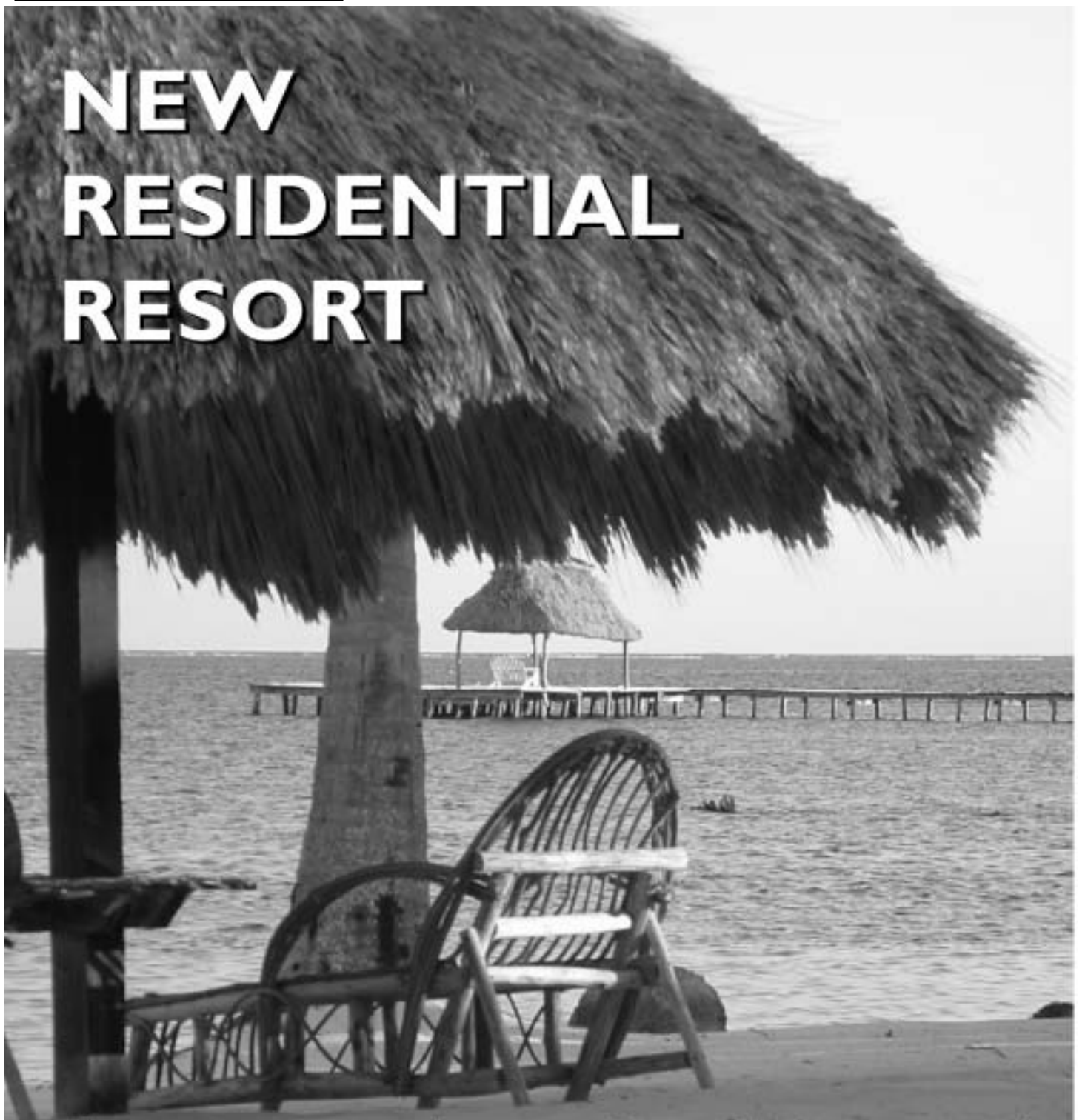
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Skunk Root or Snowberry

Zorillo (Spanish)
Pay-che (Maya)

Scientific Name: *Chiococca alba*
Plant Family: Rubiaceae

Description: A vining shrub up to three meters tall; the stem is somewhat square in shape and when cut or peeled, has a strong odor reminiscent of a skunk; its flowers and fruits are white; with its fruits about four to eight millimeters long; the seeds are dark brown and three to four millimeters long.

Habitat: Forests, especially on hillsides.

Traditional Uses: The action of zorillo on the body is very strong – care must be taken when using this remedy as it often proves to be too potent for the elderly and the very weak. For *delayed menstruation, ulcers of the stomach or intestines, constipation, obstructed bowels, colitis, endometriosis, pain, nervousness, dementia and depression, kidney troubles, flatulence, aphrodisiac, venereal disease, skin sores, cough, bronchitis, laryngitis, asthma, snakebite, rheumatism, purgative, swollen legs/feet, dementia, depression, witchcraft, "mal de ojo"* boil a small handful of chopped root in three cups of water for 10 minutes; strain and drink one cup before each meal. Children should take one cup daily in sips throughout the day for any of the above ailments.

Prepare as above and use as an excellent skin wash for *stubborn sores, rashes and ulcers*. For *alcoholism*, place one handful of chopped root in about one quart of rum, vodka or gin. Soak in sun for five days and strain. Persons wishing to kick the habit must take one shot daily of this mixture or be allowed to finish the entire quart at once. They will vomit violently, after which it is said that the smell of alcohol will make them nauseous for years to come.

Used to dispel *witchcraft and evil eye*, and drunk by shamans to strengthen *spiritual powers*. Said to be the "thinking herb" of the Maya – able to give relief in a great variety of complaints and used when all else fails or the practitioner is unsure of the ailment.

Research Results: An ethanol extract of the dried leaf of zorillo showed *in vitro* cytotoxic activity (KB cancer cell line – 65% inhibition of cell growth) as did similar extracts of the stem (77.5% inhibition of cell growth) and root (96.6% inhibition of cell growth) (Nascimento et al. 1990). Compounds identified in zorillo include coumarins, alkanes, carbohydrates and lignans (El-Hafiz et al. 1991).



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Captain Morgan's Condominiums - \$150,000/each
We currently have four separate one bedroom / one bathroom units available for sale at this prestigious resort. Each unit is 740 square feet in size and has wonderful income potential! Seller will accept a minimum of 30% down and finance the rest.

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Island Park Estates Home Sites - \$115,000/\$285,000 US – 80' beachfront home sites with bulkhead, native vegetation, high ground. Interior sites also available.

Reef Brief

by Green Reef Peace Corp
Volunteer, Kristen Stelljes

Reef Week 2005

Reef Week 2005 has come to an end – and what an end it had! The whole week was jam packed with educational and fun events for the whole family sponsored by Hol Chan. On Monday, there was a competition between Standard 5 and 6 students, testing their knowledge of Hol Chan, coral reefs, and mangrove forests in a quiz game. All of the participants impressed the audience with their knowledge. Congratulations to the winners: 1st Place-Lexy Kjorline of Island Academy, 2nd Place Michelle Nuñez of Island Academy, and 3rd Place Emmanuel Samos of San Pedro RC School.

Residents of San Pedrito noticed their neighborhood had a lot less trash after the clean-ups; thank you to all of the students who came out and worked under the hot sun to benefit the environment in San Pedro; Island Academy and LIFE participated on Tuesday and St. Peter's Elementary on Thursday.

Everyone who saw the puppet show "El Cofre de Piratilla" on Wednesday couldn't stop talking about how great it was and it had a strong message about the importance of taking care of our reefs.

For Earth Day, Hol Chan had a display day at the Lion's Den so students could come and learn about the Marine Reserve and play some reef games.

Sunday was the Reef Festival and there was a huge crowd that came out to see the end of the kayak race and the amazing displays created by primary school students. Every year the displays get better and better and the students explained why "saving the fishes grants the earth's wishes." We wish everyone could have gotten a prize, because each display was wonderful. The winners of 1st place were LIFE's Standard V and VI the white and black groups. They won a game of mini golf from Island Mini Golf for the group members. 2nd place went to LIFE's Standard III Factory Group and LIFE Standard I. They won a free ice cream cone each from Manelly's Ice Cream. 3rd place went to the Island Academy who won a pack of school supplies from Island Essentials. The children's games are a highlight every year and they could not have happened this year if it weren't for Mrs. Stephanie Dalton and the Event Planning Class from San Pedro Junior College. Thank you for all of your hard work! Hercules the Manatee made an appearance in the afternoon and proved to the crowd that yes, even manatees can do the punta. DJ Habo provided music for the manatee as well as the rest of the crowd. Reef Seekers was at the Festival to give everyone a ride on the reef in their glass bottom boat so we could see the reef first hand. Alicia Eck of Bacalar Chico



National Park and Marine Reserve was there with a shell and pottery guessing game and educational posters about the Reserve.

Thank you to all of the sponsors of the Reef Festival: San Pedro Town Board, Island Mini Golf, Manelly's Ice Cream, Island Essentials, Joan Mills, Reef Seeker, Rosa Valdez, Blue Tang Inn, Karibbean Watersports, San Pedrano Store, Captain Morgan's Retreat, Premium Wine and Spirits, and

Continued on Page 14



Amazing displays created by primary school students was a highlight for the reef festival. This year the theme was: "saving the fishes grants the earth's wishes."

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* home decor guatemalan coconut jewelry decorative
grass collection pillows
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Diving Continued

Continued from page 3

buddy's extra regulator, you'll be going on a dive. When you get on a dive boat with all the certified divers, you are going to want to look as much like a pro as possible, so here is a short list of do's and don'ts.

Do make sure you're budded up with another diver preferably your instructor. Good buddies are always there ready to help out if necessary.

Don't ride to the dive site with your fins and mask on, that's about a 10 on the dive nerd scale. There is plenty of time to on your gear after you arrive at the dive site.

Don't wear your mask on your forehead while on the surface of the water. This means distress to the rescue divers and they will tow you back to the boat.

Do be very careful not to touch the corals, they are delicate and grow extremely slow.

Do listen to the dive briefing. A dive master will tell you how to get in and out of the boat, how deep the dive will be, how long you'll be underwater, and what you are likely to see.

Diving is a trip into another world where we are the visiting aliens. In San Pedro, on a forty-minute dive, you are likely to see green moray eels, nurse sharks, southern stingrays, spotted eagle rays, barracuda and several types of fishes, coral, sea grass – the sights are endless.

Usually the boar ride back from the site is chilly, you are wet and the wind makes a light, dry sweatshirt feel good. Back at the dive shop, divers rinse off and sign each other's log book. Divers keep records of where they were, the depths and times and what they saw.

The Instructor's signature in your logbook will credit you for the first of four dives needed for your full open water certification. Rules are, after you have had the "Discover Scuba Diving" experience with your instructor and want to dive again (and you will) you should be buddies with a dive master and not deeper that 40 feet.

The "Go Dive" book, the instruction manual used, says, "Learning to dive empowers people to meet goals and may lead to high levels of excitement and adventures not intended for those who still rely on their floaties or for channel surfing couch potatoes."

Dine Artfully



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South end San Pedro



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Mother's Day Special, (Saturday May 7, 2005)

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resort ★ restaurant ★ beach bar ★ boutique

tranquil best describes this cozy, intimate resort nestled in its own private, beautiful cove just 3 miles north from the charming town of San Pedro.



★ restaurant ★

Guests will find a variety of selections, including such features as local giant stone crab claws, fresh fish from local fisherman, filet mignon with red wine and portabella mushroom reduction, and *The Stuffed Grouper*, homemade baked breads, and desserts such as key lime pie. So come, relax, and enjoy yourselves as the table, under that stars, is yours for the entire evening.

★ cabanas ★

While the focus at Capricorn is its fine food and good spirits Capricorn also features *only 3* cozy, private, air-conditioned cabanas right on the beach. Each cabana is complete with high ceilings, large private bath, shower made for 2, and a porch with its own hammock for relaxing! Any and all tours can be arranged!
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www.ambergris caye.com/birdsbelize by Elbert Greer

The Boat-billed Heron

“Tito,” one of my favorite bird watching tour guides, recently discovered Boat-billed Herons amongst the mangrove in the back of Ambergris. I had only seen Boat-bills in estuary habitat (the wide low course of a river into which the tides flow) and was excited because its daytime sighting could mean a colony on Ambergris.

Bubba said that the single species of Boat-bill Heron is divided into five races and there are questions concerning whether to include it in the family Ardeidae (herons and bitterns) or to give it its own family. Its largest differences are in its specialized feeding niche and corresponding adaptations (its bill). His excitement is the Boat-bill remains a poorly known bird and somewhat mysterious. The label given to this rare bird’s existence in the world is retiring.

Boat-billed Heron inhabit all of Belize but are more strictly nocturnal than the Night Heron, unlikely to be seen in daylight away from roosts or colonies.

A non-migratory bird, Boat-bills inhabit both fresh and salt water areas throughout Belize. They are found of-

ten in thickly vegetated rivers but are also known to hunt along beaches.

Boat-billed Herons seem to be strongly nocturnal in their hunting behavior. By day they preen and roost quietly in dense mangrove thickets near feeding areas, venturing forth at dusk to forage. Although Boat-bills can hunt in the wade-and-stab manner of other herons, there is reason to believe that they switch to touch-feeding like the spoonbills during the breeding season when they consume shrimp and other mud dwelling prey that cannot be located except by dwelling.

Bubba said, “Birds often communicate with social signals. The Boat-billed Heron have developed most signals different from other heron; only two of the twelve most common displays in the Boat-bills repertoire are like that of the heron. Instead of the visual signals, characteristic of most heron communication, the Boat-billed heron relies more on acoustic signals, both vocal and mechanical, that penetrate the mangrove tangle more efficiently. The large bill also serves as a resonator, producing single and mul-



tle bill-pops that resemble loud human handclaps.”

The postures and movements used in the displays are generally simple and slow. Many are enhanced by the erecting of the broad crown plumes which produces a highly conspicuous black array above the white forehead. Between members of a mated pair there is a great deal of ritualized mutual preening behavior (called bill-clapping) that probably serves to strengthen the pair bond.

It is not known whether the Boat-billed herons form new pair bonds each year or retain the previous year’s mate. Both sexes share in nest building, incubating, and feeding the chicks. Three or four pale greenish-blue eggs sometimes bearing small red flecks are laid at roughly two-day intervals. Incubation commences with the first egg, producing an asynchronous hatch. Later, if the chick’s total energy demands the parents’ ability to provide food, only the youngest chick starves. As in other herons, chicks are fed by regurgitation by the parents. Wouldn’t it be wonderful to have a colony on Ambergris to watch all this at close quarters? If it’s found and we respect it with quiet undisturbing visits it will be a unique attraction for our bird watching tourist visitors.



Luna Ambergris Caye’s latest trendy restaurant, is now open.

Serving Palm Tree Cuisine, a fusion of Central American and Caribbean delicacies, **Luna** offers a selection of fresh local seafood, tender meats and exotic vegetables prepared by our renowned chef.

Menu selections include: Jerk Seared Sea Scallop Crouton, Smoked Oyster Bruschetta, Spinach Pesto Goat Cheese Salad, Rib-Eye Steak Argentino, Almond Nut Crusted Grouper, White Chocolate Pudding laced with a cardamom anglaise sauce, Strawberry & Mango Ice Parfait.

Luna boasts an atmosphere of relaxed elegance and style, with inventive cuisine in an enchanting setting.

Serving breakfast, lunch and dinner...

**At Journey’s End Resort
Reservations: 226-2173**

THE SAN PEDRO SUN VISITOR'S GUIDE

Tourist Information

Belize Tourism Board - 223-1910.

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

San Pedro Tourist Guide Association 226-2391.

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-Sat.-Sun. at 7:30 p.m. Christian Radio FM 101.3.

IMPORTANT #s

Emergency 911

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 603-1755 or Hours: Mon.-Fri., 8am to 8pm; Sat., 8am - noon.

Los Pinos Clinic 602-6383 and 226-2686.

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.

US Embassy - 227-7161

Canadian Consulate - 223-1060

Mexican Embassy - 223-0193

Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

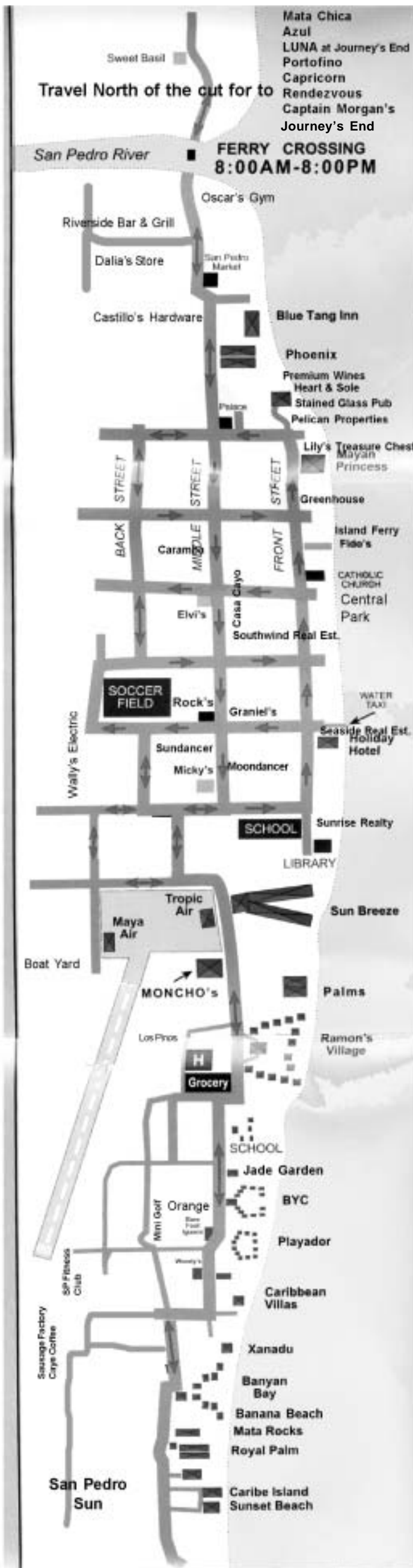
Miscellaneous

The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause -have dinner with us!

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

San Pedro AA - 226-4464, 2660

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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226-3262 or 226-4490



Water, Sports & Tours

SEARIOUS ADVENTURES - Up for some adventure? Mayan ruins, manatee watching and more tours available. Make your reservations today. 226-4127.

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

SEADUCED - River cave tubing, manatee watch, Robles Beach BBQ, Mayan ruins and more adventures. 226-2254.

SEADUCTION SAILING - First class Day Cruises to Caye Caulker or Mexico Rocks. Beach BBQ or Sunset Cruise. Charters also available. Phone Seaduced at 226-2254.

Realtors...

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

CASA CAYO REAL ESTATE - Serving Belize from the mountains to the reef. Phone 226-2791. www.casacayo real estate.net

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.

PELICAN PROPERTIES LTD. - Fine properties on Ambergris Caye. E-mail: info@pelicanbelize.com or phone 226-3234.

Transportation...

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

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

Services...

KRYSTAL SHIPPING CO./MASH CO. - We deliver construction supplies all the way to Robles Point! Phone 226-2089 or E-mail: mashco@btl.net

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.

WALLY'S ELECTRICAL SERVICE AND SUPPLY - Air conditioning, electrical and plumbing, parts and service. Phone 226-2408.

VARELA CONSTRUCTION SUPPLIES & MATERIALS - Quality construction materials and supplies. We stock what we sell! 226-2215 or 226-2808.

THE SAN PEDRO SUN & VISITOR GUIDE - Specializing in marketing and promotion of San Pedro and Belize businesses. The island's oldest and largest newspaper with the largest circulation. Ambergris Caye's number one newspaper. 226-2070, spsun@sanpedrosun.net.

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.

THE HAMMOCK HOUSE - is the perfect "hangout." Live music, barbeques and more. Just north of the cut. 226-2940

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

THE SAN PEDRO SUN VISITOR'S GUIDE



Dining Out...



MATA CHICA - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, char-broiled 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. Located in the heart of San Pedro Town on Pescador Drive. Daily Lunch and Dinner Specials. Terrific Key Lime Pie. Caribbean Night on Thursday with Wil & Dale. Mayan Fiesta every Friday-come try our Maya Buffet while listening to Mayan music. 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, open 11:00 a.m. to 2:00 p.m. and 5:30 p.m. to 9:00 p.m. Beach BBQ every Wednesday night.

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.

JADE GARDEN RESTAURANT - Delicious Cantonese cuisine, steaks, seafood and vegetarian dishes. 226-2506. Coconut Drive. Take-out available. Closed Tuesday.

SWEET BASIL GOURMET CAFÉ - Fabulous salads & sandwiches, imported wines & cheeses, fresh baked breads. Just across the river cut. Phone 226-3870.

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.

STAINED GLASS PUB - Only British-American Pub in Belize! Home-cooked and gourmet specials. Serving lunch and dinner Mon. - Sat. starting at 11 a.m. Friday and Saturday are Italian Nights. Closed on Sundays. Phone 226-4147.

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.

PAPI'S DINER - The place for fine food at diner prices. Taste the Caribbean. Call 226-2047.

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.

PORTOFINO'S own "LE BISTRO" - One of the newest & most talked about restaurants on the island. 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.

CARAMBA RESTAURANT - Local Mexican & Caribbean dishes. Located on Pescador Dr. Phone 226-4321. Closed Wednesdays.

CAPRICORN RESTAURANT & BAR - Enjoy our magical menu by sun or starlight. Brunch & lunch 10 a.m.-2 p.m. dinner 6-9 p.m. Reservations suggested. 226-2809. Closed Wednesdays.

GEORGE'S KITCHEN - Breakfast Served Anytime! Scrumptious Steaks & Seafood. Open 7 a.m. - 3 p.m. & 6 p.m. - 10 p.m. Coconut Drive. Call 226-2974.

RENDEZVOUS RESTAURANT AND BAR - Thai and French fusion cuisine on the beach. Try our Rendezvous Estate house wine and extraordinary homemade bread. Phone 226-3426.

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.

PAULY'S PIZZA - The best pizzas in town. Also great subs, calzones, chicken wings, cinnamon and garlic sticks. Seven days a week. 226-2651.

VICTORIA HOUSE - International and Island-Style cuisine by Executive Chef Amy Knox. Open for breakfast, lunch & dinner. Reservations recommended, call 226-2067.

RIVERSIDE - Daily drink specials, Sunset Happy Hour everyday 4:30-6:30 pm, Power Hour everyday 8:00-9:00 pm. Full service restaurant serving spicy chicken wings, grilled burgers and more. 226-2271.

Unique Offerings...

ISLAND MINI GOLF & ICE CREAM - Sea Grape Drive (1 block W of Barefoot Iguana). Open Mon.-Thurs. 12 - 9 p.m.; Fri. - Sun. 12 - 10 p.m.

SAN PEDRO FAMILY FITNESS CLUB - Offering air conditioned gym, tennis courts, lap and family pool, aqua, toning and pilates classes. Open daily 6:00 am - 8:00 pm. Daily and contract rates. 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.

DALIA'S STORE - Fresh meats, and vegetables, groceries, liquors, and hardware items. Boca del Rio Area. Phone: 226-3286 Fax: 226-4074

WINE de VINE - Fine imported wines and cheeses. Olive oils, vinegars and specialty items. Located in the Vilma Linda Plaza on Tarpon St. Phone 226-3430.

HEART & SOLE - next to Aqua Marina Suites & Island Ice Cream. Too! Unique tops & bottoms, all sizes. Seaglass Jewelry. Open everyday 9-6pm. 226-3380

TIE-IT-ON ISLAND CLOTHING is made on the premises in 24 hours or less. Choose fabrics of silk, rayon or blends. **ISLA BONITA DESIGNS**, N. Barrier Reef Dr., at Aqua Marina Shoppes. 9-6, M-Fri. 226-4258

OSCAR'S GYM - Free-weights, Pilates, basic Yoga, Balance Ball, Tae Bo and more. Affordable daily, weekly and monthly fees. Located in Boca del Rio 6 a.m. to 8 p.m. daily 226-2239.

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

JUBILAND GIFTS & PARTY SHOP - Party Favors, Invitations, Piñatas, Holiday Decorations & More! Barrier Reef Drive - Phone 226-3400.

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.

ISLAND INTERNET CAFE - Write home, browse the web, or simply call your friends and relatives. Visit us. 226-3777.

TROPICAL TOUCH DAY MASSAGE - Relax and let the vacation begin. For appointments call us at 226-4666.

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

SAN PEDRO CHIROPRACTIC CLINIC - Pain relief and massage specialist. USA educated. Please make appointment. 226-4695

GRANIEL'S DREAMLAND - Custom designed furniture. Choose our design or bring your own. On Pescador Drive, opposite Rock's, open seven days a week. Call 226-2632 or 226-2707, ext. 18

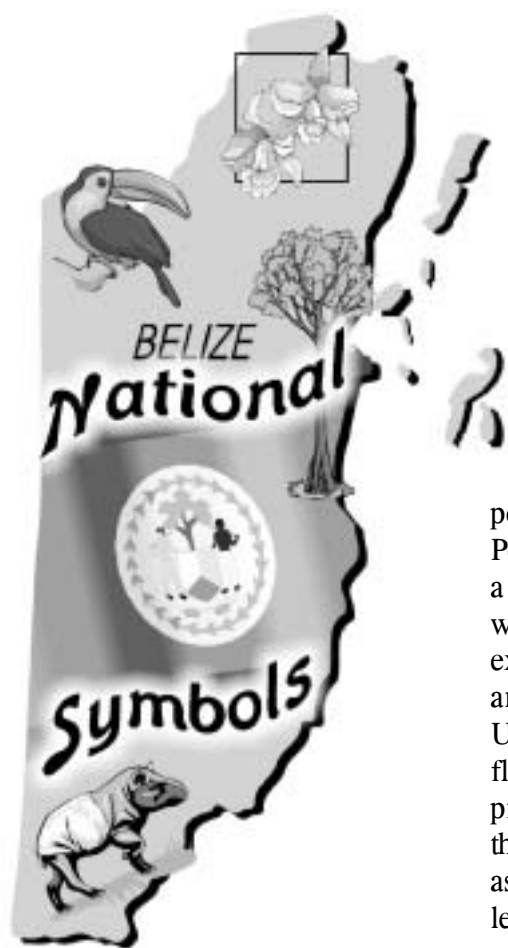


The San Pedro Sun Visitor Guide

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

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

Our National Flag: Rich in History



The red, white and blue flag of Belize symbolizes the unity of its people. Prior to Independence, the People's United Party (PUP) proposed a blue flag with the Coat of Arms in a white circle. This was practically an exact copy of the PUP party flag and aroused much public opposition. The United Democratic Party UDP (party flag features red as a prominent color) proposed that red stripes be added to the upper and lower portions of the flag, as this would rally all citizens, regardless of their political affiliation. As a consequence, the bi-partisan National

Symbols Committee invited citizens to submit designs for a National Flag. The design selected by the Committee is a royal blue flag with one horizontal red stripe at the top, one at the bottom, and a white circle with the Coat of Arms in the center.

The white disk in the center has 50 olive leaves along its inner border. This represents the year 1950, when British Honduras (Belize's former name) began its quest for independence from the United Kingdom.

The Coat of Arms features a mahogany tree: the first European settlers in Belize became mahogany traders and the mahogany trade was once the economical backbone of the colony in the 18th and 19th centuries. The shield of the Coat of Arms is divided into three sections by a vertical line and an inverted V. The base section represents a ship in full sail on waves of the sea, since most of the Mahogany inn the

country was shipped to Great Britain where it was in much demand for creating fine furniture. The two upper sections show tools of the timber industry in Belize: a paddle and a squaring axe in the right section and a saw and a beating axe in the left section.

Supporting the shield are two woodcutters, the one on the right holding a beating axe over his shoulder in his right hand, and the one on the left holding a paddle over his shoulder in his left hand, since rivers were the mode of transportation for getting cut logwood back to the settlement; the logwood cutters found themselves paddling further up stream to find fresh logwood areas.

Lastly, there is a flowing scroll underneath the Coat of Arms bearing the Latin motto "sub umbra floreo," meaning "under the shade I flourish," or/and implying "under the shade of the mahogany tree we flourish."

RICH AND CREAMY SOFT SERVE ICE CREAM, SHAKES, TROPICAL SMOOTHIES, SUNDAES, FLURRIES, BANANA BOATS & MORE!!!

ISLAND MINI GOLF & ICE CREAM

SEA GRAPE DR. 1 BLOCK WEST OF BAREFOOT IGUANA
OPEN DAILY AT NOON TIL' 9 PM WEEKDAYS & 10 PM WEEKENDS

Try Your Luck at Our Video Poker Machines

The Pier Lounge
Home of the World Famous Chicken Drop
Every Wednesday Night starting at 6:00 p.m.
THIRSTY THURSDAYS!
\$1 OFF ALL DRINK

The Emerald Mine

Colombian Emeralds in 18k Gold Fine Jewelry

Emeralds Rubies Sapphires
Unique 14k Enameled Gold Sealife Jewelry
Spanish Treasure Coins Mounted in Gold

Located on Barrier Reef Drive Phone: 226-3225
Open Monday to Saturday 10:00 am - 4:30 pm

Don Corleone

CARIBBEAN TRATTORIA

Caye Caulker's Premier Dining Experience

Featuring:

- Italian and Seafood Specialties
- Fine Wines and Spirits
- Espresso and Cappuccino
- Uncommonly Relaxing Atmosphere
- Great Service
- And of course, Chef Ermanno

Come and experience a little bit of Tuscany on Caye Caulker

Now open for Breakfast and Dinner

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Closed Wednesdays
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Southwind PROPERTIES *Serving San Pedro since 1980!*

We at Southwind Properties specialize in the listing & sale of fine island properties - Homes, Condos, Hotels, Commercial, Income-Producing Properties & Land for homes or large parcels for development. Be sure to meet with Marianne, Lori 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.

Condos/Homes & Commercial Property

Caribe Island Resort (L16) Unit 13 - 1 Bdrm Condo on the beach. Fully furnished \$170,000.00US.

Caribe Island Resort (H28) 1 bdrm, 1 bath right on the beach! Fully furnished. \$170,000.00 US - terms possible

San Pedrito Rental House! (E09) Two story concrete house with 6 rental rooms on the lower level and 2 studio apartments on the upper level. \$225,000.00 BZ or \$112,500.00 US. **REDUCED - \$90,000.00 US**

Exotic Caye Resort - Located 1 mile south of town center, this resort is situated on a gorgeous stretch beach. Thatched roof buildings gives you that "tropical" feel. Condos start at \$100,000.00 US

Beach Front home (E08) Palm Bay Club. 20'x 20' wooden house. Solar power, cistern and septic installed. Asking Price \$115,000.00 US.

Middle St Home (P36) Fenced lot with 4 BR, 1 BA upstairs and lower level suited for commercial use. \$225,000.00US

Punta Azul (H-5) Punta Azul. Lot measuring 60' X 50' with cute cabana, only 150 feet off the beach. Lot 19 \$24,000.00US

Raw Land

Ambergris Bay (G26) 60' of beach front and 80' of lagoon front on the west coast of Ambergris Caye. Price \$60,000.00 US

Palmero Point (N10) Off the beach Lot 22 - 95' x 105' - \$40,000.00 US Cash

El Tesoro (O8) One beautiful lot available in El Tesoro. 12B is only one row off the lagoon and three rows off the beach. The lot is 75' x 75'. \$50,000.00 US

Santa Fe - 5.5 miles north - second row lot accessible by boat and golf cart and within electricity. Lot is approximately 70' x 180'. \$55,000.00 US.

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

Corozal Town Center (R31) 7 1/2 Acres of prime real-estate, road accessible on 3 sides, beautiful mature trees, cleared & ready to develop all amenities available. \$100,000.00 US

San Marcos (R29) 50 X 90 - Price is Right at \$38,000.00US

Eden Isle (R27) Caye Caulker Lot #407 - 75' x 90' - 4th row lot, but only 285' off

Boca Del Rio (P42) 3 connecting lots located on the waterway just before you cross the river cut. \$210,000.00 US.

The San Pedro Sun Virtual Taste Trip

Cinco de Mayo

Fiesta Facts

- *Cinco de Mayo commemorates the victory of the Mexicans over the French army in 1862 and not the country's independence, as most people believe.
- *The French won the larger war, but their defeat in this historic battle was a giant leap for Mexico.
- *In Mexico, the day is noted with special dishes and lavish meals.
- *Cinco de Mayo celebrations in the US are often much larger than those in Mexico, complete with parades, music, piñatas, and a huge feast.
- *There are no specific foods associated with Cinco de Mayo, but indulging in classic Mexican fare is part of the celebration.



Stuffed Jalapeños

- 2 Tbsp. Italian Dressing
 - 1/2 lb. ground beef, cooked, drained
 - 1/2 cup chopped tomato
 - 1 cup Shredded Cheddar Cheese, divided
 - 12 medium jalapeño peppers
- Preheat oven to 350°F. Heat dressing in medium saucepan on medium-high heat. Add meat, tomatoes, almonds and raisins; cook 3 to 5 minutes or until heated through, stirring occasionally. Remove from heat; drain excess liquid. Stir in 1/4 cup of the cheese; set aside.
- Cut each pepper in half lengthwise; remove and discard seeds. Place peppers on foil-covered baking sheet. Fill each with about 1 Tbsp. of the meat mixture.
- Bake 10 minutes; sprinkle with remaining 3/4-cup cheese. Bake an additional 3 to 5 minutes or until cheese is melted. Serve warm.

Chicken Tortilla Soup

- 6 corn tortillas (6 inch), divided
 - 1-1/2 tsp. vegetable oil, divided
 - 1/2 lb. boneless skinless chicken breasts cut into bite-sized chunks
 - 2 cans (14 oz. each) chicken broth
 - 1 cup Salsa
 - 1 cup frozen corn
 - 1 cup Shredded Cheddar Cheese
- Preheat oven to 400°F. Cut 2 of the tortillas into strips; toss with 1/2 tsp. of the oil. Spread in single layer on baking sheet. Bake 10 to 12 min. or until crisp, stirring occasionally.
- Meanwhile, finely chop remaining 4 tortillas. Heat remaining 1 tsp. oil in large saucepan on medium-high heat. Add chicken; cook and stir 5 min. Add chopped tortillas, broth, salsa and corn. Bring to boil; reduce heat to medium-low and simmer 15 min.
- Ladle soup into serving bowls; top with cheese and tortilla strips

Margaritas

- 1 lime, halved
 - Coarse salt
 - 1/2 cup freshly squeezed limejuice, from about 4 limes
 - 1-tablespoon sugar
 - 1/4 cup Grand Marnier
 - 1/4 cup Triple Sec
 - 1 cup Gold tequila
 - Ice
- To salt the margarita glasses, rub the outside rims of 4 big glasses with a cut lime and press them lightly into a plate of kosher salt, to coat.
- Combine the limejuice, sugar, Grand Marnier, Triple Sec, tequila, and a big handful of ice in a cocktail shaker (or blender). Shake the margarita really well, for a good 20 seconds, and strain into the salt rimmed glasses filled with ice.

Blue Water Grill

"Island Style Cuisine with a Twist"



Serving Breakfast, Lunch and Dinner everyday
Home of the local favorite Sushi Tuesdays and Thursdays
Great Wine and Cocktail Menu
Wood-fired Pizzas
Fresh Salads
Great Seafood
Decadent Desserts

Now offering a
Full Service Espresso Bar



Come in and try our
Blue Water Frappuccino
Open 7 am- 9:30 pm
On the Beach across from the airstrip
At the Sunbreeze Hotel
Phone: 226-3347

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Buena Vista RESTAURANT



EVERY TUESDAY ~ BELIZEAN BUFFET
Features Many Local Dishes, Live Band & Local Artisans
BE SURE TO BRING YOUR APPETITE AND ENJOY FOR ONLY \$17.95

EVERY THURSDAY ~ MAYAN BARBECUE
Large Buffet Featuring Ribs, Shrimp Kabobs, Chicken,
and a Variety of Side Dishes, Plus Live Local Band
A FANTASTIC DISPLAY OF FOOD AND FUN FOR ONLY \$25

Reservations are suggested, call 226-2207
Located just 3½ miles north of San Pedro

Reef Brief -Reef Week a Success

Continued from page 6

our anonymous donors. We would also like to thank all of the volunteers that worked so hard during the day to make sure the Festival was a success: Jane, Marjo, Patricia, Alejandro, Bob, Reds, Rafael, Miss Catherine and everyone else who helped us throughout the day.

The talk of the town is the 1st Annual Ambergris Caye Lagoon-Reef Eco-Challenge. All of the paddlers did an amazing job and have a lot to be proud of, even if they are still rubbing their sore muscles. The planning committee of Elito Arceo (chairman), Rebecca Arceo, Mito Paz, Kristen Stelljes, and Tammy Summers would like to thank all of the participants and sponsors. All of San Pedro came together to make this race great. From the start of the race at Saturday morning to the overnight at Tranquility Bay to the finish, the teams and volunteers met the eco-challenge. The Grand Prize winners for 1st place were the Ramon's Sponges (Andy Carr and Luis Rivero). They won \$1,000 from the San Pedro Town Board, 2 round trip tickets to Belize City from Tropic Air, and

Dinner for 2 at Victoria House. 2nd place was Megalops Atlanticus (Allie Ifield and Nick Maznek from Caye Caulker). They won \$500 from the San Pedro Town Board, 1 night stay at Mayan Princess, and \$100 gift certificate to Casa Picasso. 3rd place was Ramon's Sharks (Antonio Rivero and David Mesa). They won \$300, 1-month membership to San Pedro Family Fitness Center for 2, and lunch for 2 at Banyan Bay. These teams did a fabulous job. Congratulations to them and the rest of the teams. For a complete listing of station prizewinners and our sponsors, please see the ads in this newspaper. We would like to give a special thank you to our primary sponsors: SEAduced by Belize, Fido's Restaurant and Bar, The San Pedro Sun, The Palms, El Pescador, Ramon's Village, San Pedro Town Council, Sundiver, Tranquility Bay Resort, and the Ambergris Caye Chamber of Commerce. We would also like to thank all of our many volunteers: Shelly Huber from Orchid Tree Culinary Specialties, Susana Eiley and Kitty Fox for helping with food preparation, Fran-



The entire island came out to cheer kayakers competing in the first Ambergris Caye Lagoon-Reef Eco-challenge. All the docks around San Pedro were filled with cheering fans.

cisco Arceo for sharing knowledge and helping make the trail, Martin Leslie for support and staying until the last team finished, Pany Arceo for his hospitality at Tranquility Bay, David Marin for providing music, Brady Sniffin, Jem Sniffin, Alejandro Paz, and Bob Gormley for marking the trail and helping with portaging, Marjo van Klei and Patricia for timekeeping, Andre Paz

for boat support, Chiney Acosta for helping to mark the trail, Dr. Otto Rodriguez for medical support, Stephanie Dalton for support, The San Pedro Sun, Ambergris Today, and Reef Radio for covering the event, and all the staff at SEAduced, Hol Chan Marine Reserve, Bacalar Chico National Park/Marine Reserve, and Green Reef.



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Wedding Day Superstitions and Traditions

Bridal Shower:

*The first gift the bride opens should be the first gift she uses.

*Everything the bride says as she opens her gifts should be repeated on her wedding night. Someone should be assigned to write down these comments during the shower.

*The person who gives the third gift to be opened will soon have a baby.

*Save the ribbons from the shower gifts to make a mock bouquet to be used at the wedding rehearsal.

Get me to the Church:

*Walking is thought to be the best way of getting to Church, as there's more chance of spotting lucky omens. Seeing a rainbow, having the sun shine on the Bride and meeting a black cat or a chimney sweep are all lucky.

*Bad omens include seeing a pig, hare or lizard running across the road, or spotting an open grave. Make sure the road is clear of priest or nuns too, they predict infertility and a life dependant on charity.

*Coming home from Church by a different route is equally hazardous.

tates the new wife must enter her home by the main door and, to avoid bad luck, must never trip or fall - hence the custom that a bride should be carried over the threshold.

Flower Power:

Flowers have always been a big feature at Weddings.

*The Groom is supposed to wear a flower that appears in the Bridal Bouquet in his button-hole. This stems from the medieval tradition of a Knight wearing his Lady's colors, as a declaration of his love. Each flower has its own meaning and can display a special message. Orange Blossom, for instance, signifies chastity, purity and loveliness, while red chrysanthemum means "I love you."

Other Beliefs:

*If the groom drops the wedding band during the ceremony, the marriage is doomed.

*The groom who goes to sleep first

on the wedding day will be the first to die.

Wedding Cake:

*If a single woman sleeps with a piece of wedding cake under her pillow, she will dream of her future husband.

*A week before the wedding, it is considered good luck to have a cat eat out of your left shoe.

*It is thought unlucky for the bride to make her own wedding dress.

*The loan of a wedding dress means good luck to the borrower and bad luck for the lender.

*It is lucky if the bride finds a spider in her wedding gown.

*If there is a full moon one to two days before the wedding, your married life will be filled with luck.

*It is good luck for the bride to take one look in the mirror once she is fully attired, but she should not look again.

*Wear earrings when you are married and you will always be happy.

*If candles are lit on your wedding day, and they sputter out, it means an evil spirit is nearby.

But always remember that the bride must wear:

Something Old, Something New, Something Borrowed, and Something Blue

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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 its newest addition to the weekly paper – Words of the Week. In Words of the



Week, we will present a few words in English and give you their Creole translations.

Thanks to Silvana Woods for all her help and the translations. In the near future we hope to include other languages that may interest our valued readers! Enjoy!!!

CREOLE

pitayta
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onyan
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The San Pedro Foundation: *Providing Assistance for Deserving Students*

Education has always played an important role in the lives of San Pedranos, as well as in the rest of the world. Graduates from high school seek to further their education either in the mainland or abroad. Sometimes however, financial difficulty prevents a student to continue his/her studies thus putting to waste an intelligent mind. Fortunately, in San Pedro there is an organization willing to assist interested students in continuing their education by awarding them with scholarships.

The San Pedro Foundation is a government registered, non-profit organization founded in 1993 by the Belize

Yacht Club Owners Association, (at that time). Their main goal is to provide scholarships for deserving young Belizean students who, due to lack of finances are unable to pay for their continued education. Throughout its existence, the foundation has helped several students make their dreams come true.

The foundation extends its help to students graduating high school and are looking to further their studies. The application process involves filling out an application form or writing an application letter stating why [the student] is deserving of a scholarship. A lot of

times, students are well recommended by their teachers and the foundation takes that into consideration while reviewing the applicants.

Although the foundation wishes they could give a scholarship to everyone who applies, they have to take into consideration students with the *most* financial need. The most recent recipient of this award is Francisco Cisneros, and a constant recipient is Mrs. Conchita Flota. As in the terms of any scholarship, students need to maintain a certain level of grades to keep receiving the funding.

For those looking to help the San

Pedro Foundation, donations can be made at the Southwind office, with Mr. Herman Penland. Mr. Penland oversees the organization on Ambergris Caye and is the "go to" person when applying for the scholarship. If donations are being made by cheque, they can be written out to the San Pedro Foundation. Cash is of course, welcome as well.

For further information on the San Pedro Foundation, students or teachers who are looking to recommend students, can call the Southwind office at 226-2005 or 226-2060.

Donate to these worthy San Pedro organizations!

San Pedro Roman Catholic School – Brightening the minds of San Pedro's youth. Contact Principal Roxanni Kay – 226-2550, roxanicruz@yahoo.com

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

Lions Club of San Pedro – Relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause. Contact President Nita Marin – 226-2064.

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

Alcanzando a los inalcanzables – Helping the youth of San Pedro against the battle with drug addiction. Contact Virgina Wallace at 226-3018.

San Pedro High School – Helping students "Anchor in Success." Contact Principal Angel Nuñez or Chairperson Mrs. Martha Guerrero at 226-2045/2010/2043.

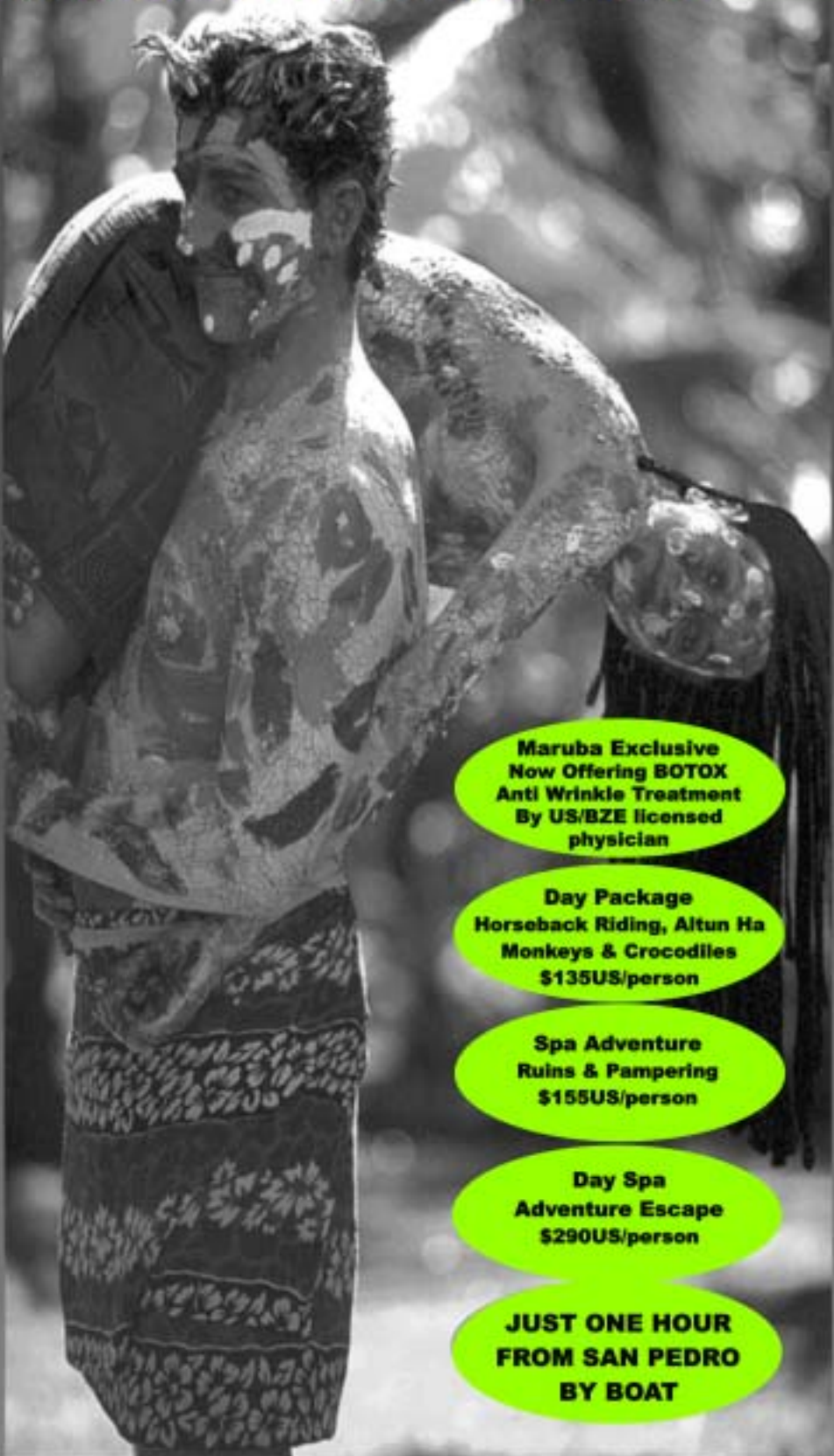
SPAIDS Commission - A non-profit organization that helps educate and inform the society in ways to help AIDS victims and their families.

San Pedro Public Library - A public service that helps promote the importance of literacy and education for the betterment of lives and the community. 226-3564.

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Wolfe's Woofers by Dennis Wolfe

Whale Story

"Tio, can I use the Internet?"

"Sorry, Irving," I said to my nine-year-old nephew. "The Internet isn't working right now. It's been off for a couple of hours."

"Oh, man," he said. "I have to do my homework and I need to know about whales. Do you have any books about them?"

"No, but you can ask me," I told him. "I know just about everything there is to know about whales. What do you need to know about? Humpback whales? Sperm whales? Baleen whales?"

"I don't know," Irving said. "The teacher said we should write about something that scares us. I had a dream one time that a whale swallowed me and I've always been afraid of them so that's why I'm writing about whales."

"It's kind of silly to be afraid of being eaten by a whale," I said. "A whale can't swallow a human being. Although they are large mammals their throat is very small."

"What about Jonah?" Irving asked. "In the Bible it says that Jonah was swallowed by a whale. Don't you believe in the Bible?"

"Well, I believe it is physically impossible for a whale to swallow a person."

"When I get to heaven I'm going to ask Jonah about it," Irving said.

I laughed and said, "What if Jonah went to hell?"

Irving said, "Then you can ask him."

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Trivia Tidbits

*The rush of air produced by a cough moves at a speed approaching 600 miles per hour.

*Camels instinctively know their own endurance and will refuse to move beyond it. If their masters try to drive them farther, they will lie down and refuse to budge.

*The black bear is not always black. It can be brown, cinnamon, yellow, and sometimes a bluish color.

*Hot air can contain more water than cold air. In the tropics, air can hold as much water vapor as the air in a sauna bath.

*In the past few years, doctors have identified more than 100 sleep disorders, but the one most people suffer from is simply not taking the time to get enough sleep.

*Statistically, traveling by air is the safest means of transportation. Atlanta's Hartsfield Airport handles more than 73 million passengers a year, making it the busiest airport in the world.

*The game of a cats' cradle – two players alternately stretch a looped string over their fingers to produce different designs – has been around since about 1760.

*On a clear day with blue skies, lightning can jump outside of its parent cloud and travel for more than five miles through clear air. This is called the "bolt from the blue" phenomenon. The study of lightning is called keraunopathology.

*Asparagus is a member of the Lily family. The name "asparagus" comes from the Greek language and means "sprout" or "shoot."

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