

THE SAN PEDRO SUN VISITOR GUIDE

The Island Newspaper
Ambergris Caye, Belize
Central America

May 12, 2005

FREE



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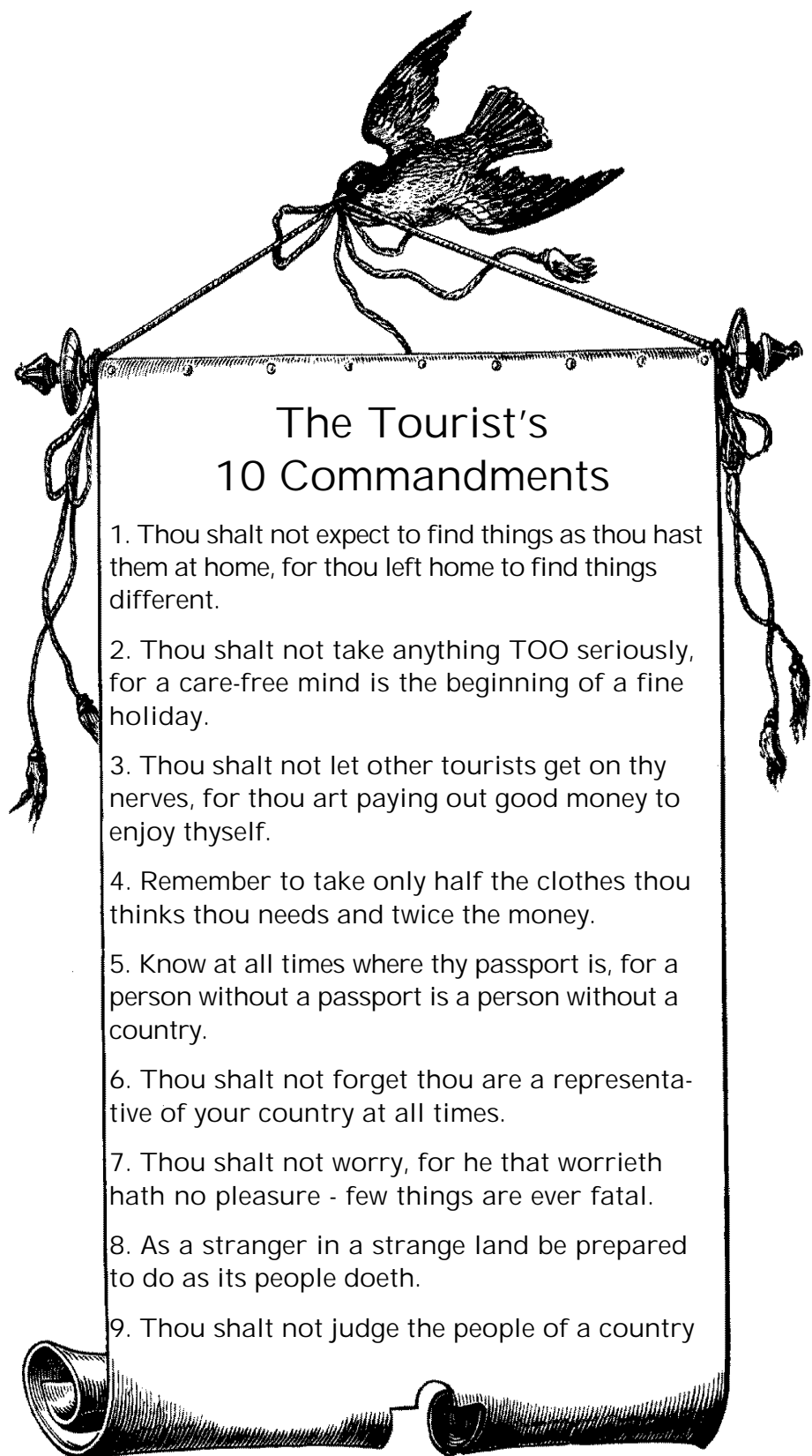
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More foreign subscribers than any newspaper in Belize!



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**

Customized Belizean Jewelry

A lot of people come to our island to experience a unique culture and enjoy one-of-a-kind adventures. Upon departure, tourists like to take some mementos for friends or for themselves to remind them of their great trip to La Isla Bonita. As is often the case, great local jewelry tops the list. Who wouldn't want some truly unique bracelet or earrings made of shells and natural stones, customized to fit perfectly and to suit one's taste and budget.

Well in San Pedro, there is such a person who can meet these needs, and always with a smile and a story.

You can usually catch him at work near the church. Israel and his wife, Natalia, have a table set up next to Mambo Chill where they display their artwork. This usually includes a wide array of bracelets, earrings and necklaces. There are the requisite hematite, quartz and jade items as well, but Mr. Zetina is known for hand-crafting personalized items of shell and coral (brown and black).

Mr. Zetina started his career in handcrafting after he moved from Branch Mouth in Cayo District in 1986. He moved to San Pedro and began working for his brother Ricardo Zetina at the Little Old Craft Shop. He remained there for ten years, learning and perfecting his craft until he decided to set up his own place, now known as **The Creative Handmade Craft Spot**.

Israel spent a full year struggling to survive on his own, having invested most of his capital to become independent. In that year, Israel managed to establish a rapport with his clients, and he has become known for custom crafting items for individuals.

He makes special orders for pretty much anyone who appreciates well-made, custom jewelry. His favorite materials to work with are the shell and coral. He uses up to six different types of shells, including the Whelk, Pink Conch, Triton, Trumpet, Helmet and King Conch Shell. The great thing about using these materials is that they're natural and can be easily found in San Pedro. On the deeper shelves of the largest barrier reef in the Western Hemisphere, at depths of 30 to 50 feet or more, fishermen collect these shells and bring them to land. Mr. Zetina says that his most popular items are those made of the whelk shell and coral.

Other materials that he uses to create his pieces are bought in Belize City or elsewhere in the mainland. Clients can also find items made with limestone and slate, amongst other pretty beads.



Israel at work with one of the crowd favorites, the whelk shell necklaces.



Some of the many items readily available at the artist's stand. However, he can create personalized items for you, so don't hesitate to ask!

When looking for a special handcrafted item made with Belizean materials, be sure to stop at Israel and Natalia Zetina's table. Take a close look at the shell items, note their ability to catch and reflect light, both night and day. These "bits of gold" from the sea capture the attention of everyone, so enjoy these fine pieces, true gifts to be treasured and worn with pride.



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Tropical sea kayaking in the Belizean Cayes means crystal clear waters, thousands of coral reefs, extremely abundant and varied marine life, while enjoying the steamy rays of the sun. The water temperatures in Belize range from 78 degrees to 80 degrees Fahrenheit during the months of December and January, while February through August temperatures can warm to 90 degrees to 92 degrees Fahrenheit. These temperatures makes sea Kayaking in San Pedro such a unique and gorgeous experience, as paddlers get a first look at the blue waters teeming with brilliantly colored fish, sea grass beds, and colorful corals.



Continued on Page 18

Kayaking can be fun and relaxing, with plenty to be seen and enjoyed.

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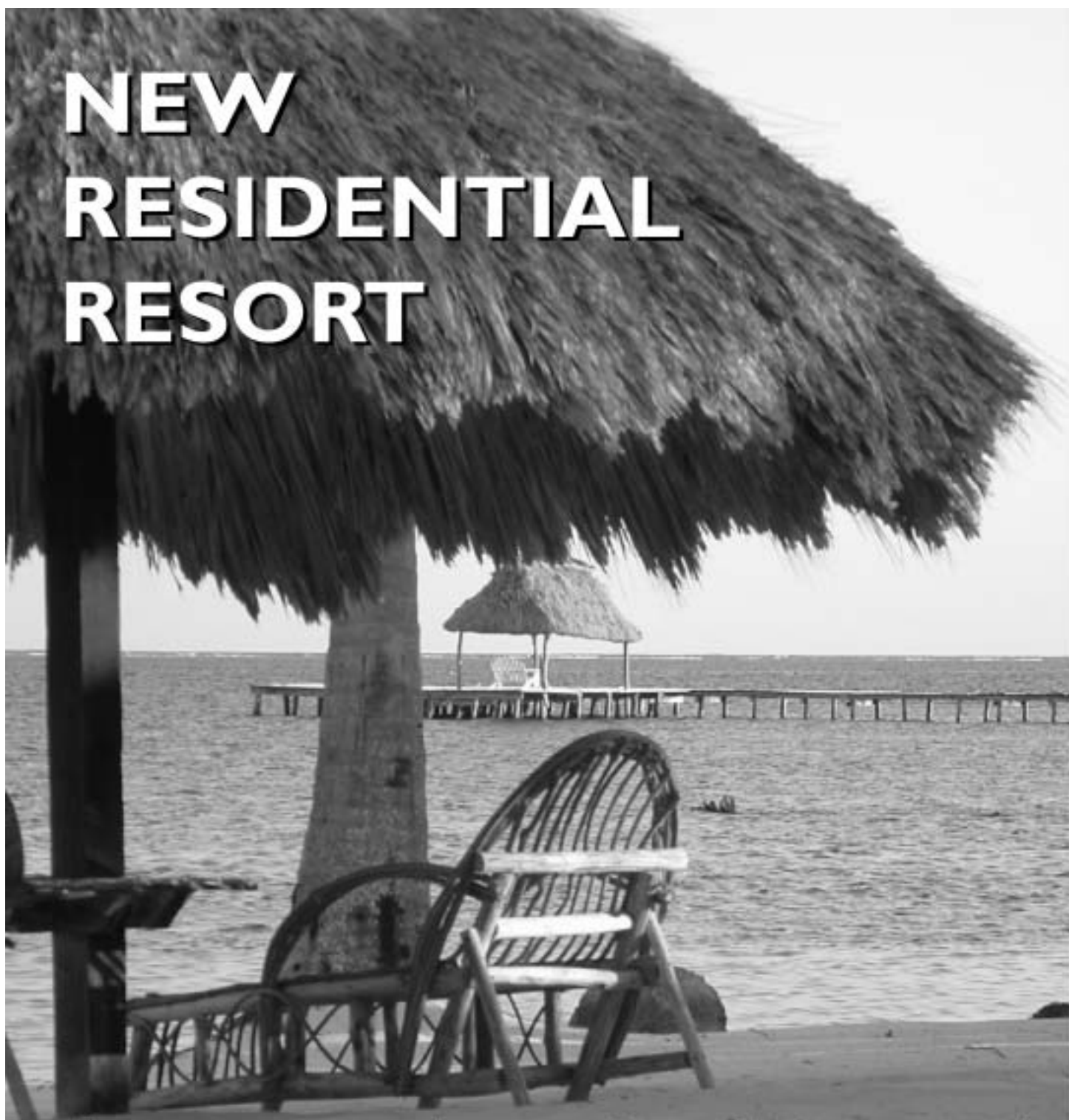
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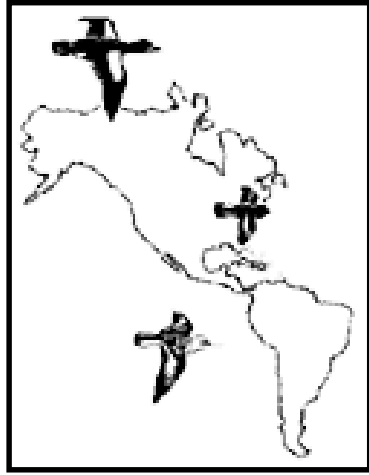
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The Amazing Neotropical Migratory Bird

A Neotropical migratory bird is a bird that breeds in Canada and the United States during the summer months and spends the winter months in Mexico, Central America, South America or the Caribbean islands. According to a more strict definition used by some scientists, Neotropical migratory birds are Western Hemisphere species in which the majority of individuals breeds north of the Tropic of Cancer and winters south of that same latitude. (The Tropic of Cancer is a line of latitude 23 degrees north of the equator which marks the northern extent of the tropics.) Based on this definition, there are about 200 species of Neotropical migratory birds. The majority are songbirds (such as warblers, thrushes, tanagers, and vireos), but there are also many shorebirds (such as sandpipers, plovers, and terns), some raptors (such as hawks, kites and vultures), and a few types of waterfowl (such as teal).



Migration distances vary greatly between species and between individual birds of the same species. The shortest migrations are made by birds that breed in the southern United States and winter in Mexico or the West Indies, a trip which can be as short as a few hundred miles. Examples of birds that make such relatively short migrations include all Black-capped Vireos and Lucy's Warblers, and some Painted Buntings, Northern Parulas, and Gray Catbirds.

Some of the longest migrations are made by shorebirds that nest in the arctic tundra of northernmost Canada and winter as far south as Tierra del Fuego (the southernmost part of South America), a one-way distance of up to 10,000 miles (16,000 kilometers). Red Knots and White-rumped Sandpipers are two species that make this remarkable journey.

Other birds that winter in South America, and thus travel great distances, include: Common Nighthawks, Swainson's Hawks, Red-eyed Vireos, Purple Martins, Barn and Cliff Swallows, Blackpoll, Cerulean and Connecticut Warblers, Scarlet Tanagers, and Bobolinks. A round-trip migration distance for



Scissortailed Fly Catcher resting a bit after a long flight.

many of these species is as much as 13,600 miles (22,000 kilometers).

The best explanation for why birds fly such great distances is it allows them to take advantage of seasonally abundant food and to avoid times when or places where food and other resources are scarce. You may have guessed that they migrate south to avoid the cold of our winter, but there are many species of birds which can and do tolerate cold temperatures, as long as food is plentiful. The types of food that Neotropical migratory birds need, such as flying insects, caterpillars, fruits and nectar, are super-abundant during the spring and summer in the United States, but are not sufficiently available through the winter.

Ultimately, the reason why migration persists is because it increases "breeding success", that is birds are able to raise more young on average by migrating than they would if they remained in the tropics. The abundant, protein-rich food, longer daylight hours, greater area over which the birds can spread, and, possibly, fewer predators account for the potential to raise more young.

A one-way migration can take anywhere from several weeks to 4 months. The pace of migration tends to be faster in the spring, with the pace picking up as a bird gets closer to its breeding area. For most birds, the pace in the fall tends to be more leisurely and more evenly paced. Typically, migration is ac-

Continued on Page 13

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Pearl Creations



Caye Caulker Cool Art & Tastefest Mother's Day Weekend May 6-8, 2005

Congratulations to the Winners!

- **First Place Winners Received:** \$250 cash, \$150 gift certificate from Caribbean Colors Art Gallery for a hand colored photo by Lee Vanderwalker, One night's accommodation at Chaa Creek, Victoria House (San Pedro), Seaside Cabanas or The Radisson (Belize City), (1) perfume by Belize Perfumes
- **Second Place Winners Received:** \$100 cash, \$50 certificate from Caribbean Colors Art Gallery, a dinner at Habaneros or Rainbow Grill
- **Third Place Winners Received:** 1 lb of Caye Coffee and 1 bottle of wine from Premium Wines

Entrée Category

- * **First Place:** Victoria House, Cumin rubbed pork tenderloin on sweet corn arepas with lime mojo and smoky plantain cream.
- * **Second Place:** Mo Miller, Lazy Iguana Bed & Breakfast – black mangrove smoked sausage (spicy Italian sausage from Sausage Factory) with Mo's cilantro honey glaze
- * **Third Place:** Lee Vanderwalker, Caribbean Colors Art Gallery – Shrimp Nicoise with mint walnut vinaigrette

Salad Category

- * **First Place:** Heather Martin from Tsunami Adventures (Caye Caulker) Tropical Salad with local cashews, pineapple, Caye Caulker coconut, and pineapple vinaigrette dressing
- * **Second Place:** Lee Vanderwalker, Caribbean Colors Art Gallery – Couscous salad with goddess dressing
- * **Third Place:** Lloyd & Heidi from Barrier Reef Sports Bar (Caye Caulker) Jalapeno Pasta

Drink Category

- * **First Place:** Seaside Cabanas – Seaside Sunrise
- * **Second Place:** Patty Holden, Oceanside Bar - Epileptic Squid
- * **Third Place:** Tied entry - Adrian - Iguana Reef Inn – Passionate Iguana, Lee Vanderwalker, Caribbean Colors Art Gallery – Mint Hibiscus Tea Cooler

Dessert Category

- * **First Place:** Tim Stapleton: EAT Dessert - Cocoplum Cheesecake.
- * **Second Place:** Tied Entry - Lazy Iguana - Lazy Brownies and Victoria House Ultimate flourless chocolate cake
- * **Third Place:** Habaneros - Caye Lime Cheesecake

Judges Awards:

- * **Most Creative** – Patty Holden Oceanside Bar – Epileptic Squid (Wine)
- * **Most Enthusiastic Participant** – Heidi from Barrier Reef Sports Bar – Pink Pussy Drink (Caye Coffee)
- * **Too Cool to Not Mention** – Lee Vanderwalker Caribbean Colors Art Gallery – Mint Hibiscus Tea Cooler (Gift Basket)

Prizes and Sponsors

Amanda's Place • Barrier Reef Cable System • Caribbean Colors Art Gallery • Caye Caulker Condos • Caye Caulker Water Taxi Association • Caye Coffee (San Pedro) • Cayecaulkerbelize.net • Chaa Creek (San Ignacio) • Cybercayecaulker.com • Food & Beverage (Belize City) • Habaneros Restaurant • Mirab (Belize City) • Popeyes Beach Resort • Premium Wines (San Pedro & Belize City) • Rainbow Restaurant • Santiago Castillo (Belize City) • Seaside Cabanas • Treetops Guest House • Tropic Air (San Pedro) • Victoria House (San Pedro)

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Caye Caulker gets "Fest"-ive!


What began as a modest plan to help promote their humble island during the slow season, now promises to be an annual event that people from all over the country will look forward to each year. Last weekend, the Caye Caulker Village Council Marketing Committee held the first annual Caye Caulker Cool Art & Tastefest. The weekend event was kicked-off on Friday evening with a wine tasting and artist reception, which was hosted by Seaside Cabanas. In a lovely poolside setting, a variety of Chilean wines were served for sample, along with a delicious spread of appetizers that were carefully prepared to complement each wine by Habaneros Restaurant. The finishing touch was a mouth watering mocha-cappuccino cheesecake, prepared by Tim Stapleton, of EAT Dessert. While the crowd mingled participating artists displayed their work, and many enjoyed the opportunity to meet the people behind the art. Oil paintings, photographs and pencil drawings were some of the pieces displayed.

The Art and Tastefest was held on Saturday, with the festivities taking place at the seaside basketball pavilion, underneath a grand tent. With 22 contestants showcasing their favorite recipes and competing for title and prizes, participants had the tough task of tasting, and judging all that was offered. For \$5 a category or \$20 for all, over 200 "Tastefest judges" sampled foods from four different categories: entrée, salad, drink and dessert. Some judges found it so tough to pick a favorite that they were forced to return to the table for second servings. One little boy from Caye Caulker had to "judge" the deserts three times before deciding on a winner! All the food was delicious and it made judging a real challenge. After tummies and taste buds were satiated, the judges cast their votes for their favorite foods. In some categories the competition was very close, with some winning by just a single vote!

In the entrée category the first place award went to the Victoria House from San Pedro. This nationally recognized resort has an award winning restaurant, and the Victoria House culinary staff did not disappoint. The judges agreed that their Cumin rubbed pork tenderloin on sweet corn repas with lime mojo and

Continued on Page 7

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Caye Caulker Cool

Continued from Page 6

smoky plantain cream was the best of the best.

Heather Martin from Tsunami Adventures in Caye Caulker won first place in the salad category. Heather was encouraged by friends to enter her signature salad in the competition, and with good reason, her Tropical Salad was enthusiastically received by the judges! The fresh salad consisted of Romaine lettuce tossed with local cashews, pineapple, Caye Caulker coconut, and pineapple vinaigrette dressing.

The drink category consisted of four alcoholic drinks and one non-alcoholic tea. The names for these concoctions were as colorful as they looked. Judges had the tough duty of sampling the likes of Seaside Sunrise, Epileptic Squid, Pink Pussy, Passionate Iguana and Mint Hibiscus Tea Cooler. After close scrutiny the judges picked the Seaside Sunrise from Seaside Cabañas as their number one choice. This fruity, melon flavored libation was cool and colorful, making a perfect Caribbean cocktail.

Much to the crowds delight, there were several desserts entries to sample. Needless to say this category was VERY popular. The winning ballot went to Tim Stapleton of the newly formed business, EAT Dessert. Tim's Coco plum cheesecake was a delicious treat, and he plans to expand his business commercially. A "cheesecake" connoisseur, some of Tim's other specialties include Peanut butter Cup Cheesecake and a "Blue Hole" Coconut Cheesecake.



Alberto Villanueva and Irene Miller made sure every wine glass stayed full during the opening art and wine tasting event Friday night.

During the day artisans were on-hand, exhibiting their colorful and unique artwork. A variety of mediums were represented, from oil paintings, pencil and ink drawings, wood carvings, hand crafted jewelry and photographs.

Henri Dunster, who lives in Belmopan, has been drawing Mayan ruins for the last 30 years. Some of his intricate, detailed drawings are the only reproductions of certain ruins and steles in Belize that have now deteriorated beyond

Continued on Page 14



Artists from around Belize were invited to participate. Island Dog (Mike Gvara) from San Pedro enjoys showcasing his work.



The meals were presented with artistic flair, using tropical plants as accessories.



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Reef Brief

by Green Reef Peace Corp
Volunteer, Kristen Stelljes



Why do fish “go to school?”

You’ve probably heard of schools of fish. If you’ve been snorkeling on the reef, then you’ve seen them too. We all know that fish don’t join these schools to take classes like people do, but why do fish gather in these large groups? It turns out they have a lot of good reasons to do it, from helping them find food to helping them not be food for another fish. A school of fish is a cluster of fishes migrating or feeding together. Schools are classified as being polarized or non-polarized. In polarized groups, all the members face the same direction, while the fish move in many different directions in non-polarized groups.

Many people think fish school in order to avoid predation. By forming a cluster, the predator will believe the school is a much larger animal and it will be harder to pick out individuals. As a group, it will also be easier for the school to spot the predator early. In addition, ‘selfish herd’ behavior is common to groups of animals because they form herds to increase their chances of survival by having more numbers. The predator has a wider number to choose from, giving each fish hope that the predator will choose some other member of the group, thus giving the rest a chance to escape. So, the fish’s “selfish” reason to be part of a school is that if they join the group, a predator will eat another fish instead of them. This is possibly the rationale for schooling in small plankton-feeding fishes such as Sliversides and Redear Herring.

Schooling may also help with migration, because the fishes at the head of the



A yellow Damselfish, an algae grazer, often cannot fight off a school of fish.

school create a slipstream, making movement through the water easier for those following. Teamwork may also decrease time for migration and effort spent, which can lead to the taking of larger food items as well. This may apply to school Tunas, a fast-moving fish species that lives in deep, open waters.

Algae grazers that move around the reef a lot, such as Surgeonfish, may also benefit from schooling by being more competitive for food with Damselfishes who aggressively defend the algae patches they tend. A single Blue Tang or Parrotfish may be chased away by attacks from the Damselfish. However, in a school, there are too many members for the Damselfish to fight off.



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Pearl Creations

YAMA BUSH

Ant Bush or Coffee Senna (English)

Frijolillo (Spanish)

Scientific Name: Senna occidentalis (L.) Link

Plant Family: Caesalpiniaceae

Description: A weedy annual herb to one millimeter tall with stout branches; leaves with four to six pairs of leaflets, each 3-7 centimeters long; flowers in yellow racemes arising from the leaf axils; fruit a pod, 6-12 centimeters long by 6-9 millimeters wide.

Habitat: Clearings, edge of forests, roadside, pastures, yards and empty lots.

Traditional Uses: Useful as a tonic herb for many ailments — make tea from entire plant boiled for ten minutes in three cups water and drink two cups daily. One root is boiled with two cups of water for ten minutes and consume warm twice daily for fever and flu. Leaves are toasted, ground and mixes with egg white and brandy to be applied as a poultice to pulse at wrist of child or adult to counteract weakness and exhaustion (especially due to old age or illness).

Midwives do a pregnancy test by having women urinate on yama bush leaves; if leaves look scorched, baby is due.

For menstrual pain, boil roots of one plant in three cups of water for ten minutes; drink three cups hot before meals.

For weakness of heart, mash leaves with egg and rum; wrap this in cotton cloth and lay over heart against skin once daily for one hour. To rid a rude, crabby child of its bad temper, spank the child with branches of this plant; then throw the branches away. The roasted, ground seeds make a fine coffee substitute.

Research Results: There has been a great deal of chemical and pharmacological work with this plant. In vitro anti-fungal activity



against Epidermophyton floccosum, Micorsporum gypseum, Trichophyton mentagrophytes, and Trichophyton rubrum has been shown in broth culture from a one milliliter concentration hot water extract of dried root, leaf and seed (Caceres et al. 1991). Undiluted essential leaf oil has shown in vitro activity against Fusarium oxysporum (Pandy et al. 1982). Cardiotoxic activity of seeds was shown in rabbits (O'Hara and Pierce 1974), and toxicity was demonstrated in dogs with an oral does of dried seed (Moussu 1925). Various other toxic activities have been shown from the seeds. Caution is, therefore, suggested when using the plant and further biomedical evaluation of its potential hazards would seem to be indicated.



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.

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THE SAN PEDRO SUN VISITOR'S GUIDE

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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

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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.

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

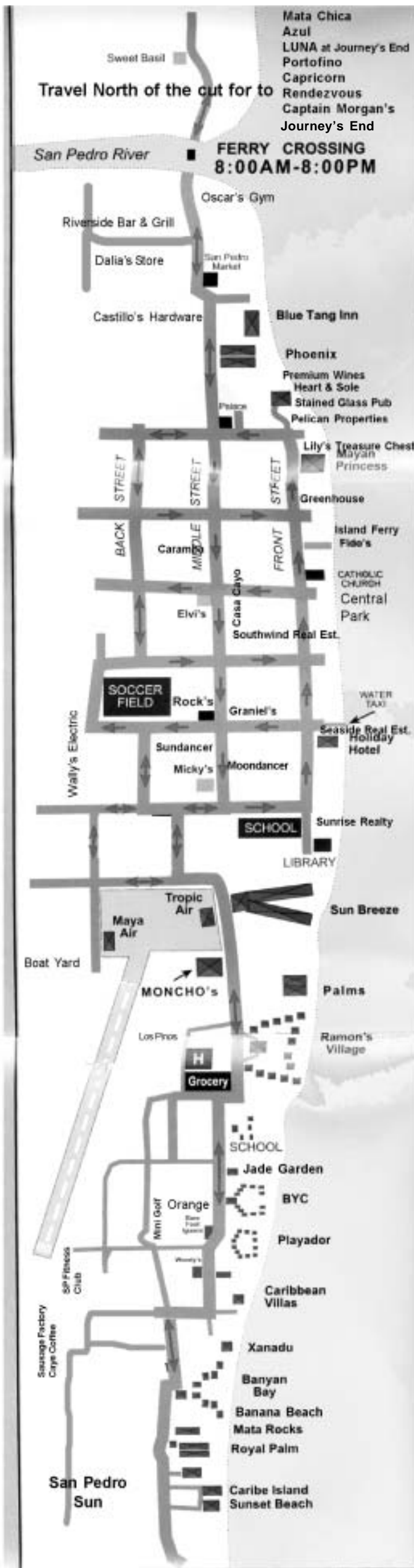
Miscellaneous

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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Realtors...

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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.com

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.

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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.

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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

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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@providentbank.bz

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

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Contact the San Pedro Sun for more information.
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The Black Orchid



Belize is known for having one of the world's richest habitats of flora. No fewer than 4,000 different species of native flowering plants are found within its borders, along with about 700 species of trees and several hundred species of other plants. Scientists are only now beginning to carry out an exhaustive inventory of Belize's plants. The task is daunting: over 70 percent of the country is under some kind of forest cover, and almost half of Belize's primary forest is still standing. But, one particular flower, the Black orchid, (*Encyclia Cochleatum*), is popular for being the National flower of Belize.

This orchid grows on trees in damp areas, and flowers nearly all year round. Its clustered bulblike stems vary in size up to six inches long and carry two or three leaves. The black orchid flower has greenish-yellow petals and sepals with purple blotches near the base.



The "lip" (one petal of special construction, which is the flower's showiest) is shaped like a valve of a clam shell and is deep purple-brown, almost black, with conspicuous radiating purple veins.

Black Orchid flowers are borne on stalks called pedicels, as are other flowers. During the growth and development of the flower, however, the pedicel rotates in a 180-degree angle, so that the mature orchid flower is borne upside down. Of the flower's three sepals (outer floral whorls) and three petals (inner floral whorls), all the sepals and the two lateral petals are usually similar to one another in color and shape. The remaining petal, always distinct from them, is called the labellum, or lip; it is usually larger and different in color and shape, often being lobed or cupped. With its uniqueness and quaint appearance, the Black Orchid is certainly the perfect national flower for the country of Belize.

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Condos/Homes & Commercial Property

Belize Yacht Club (K14) Upper & lower beachfront units! Each condo is 1 bdrm/1 bath and fully furnished. Priced at \$350,000US.

Royal Palm (R44) Unit 6B-1 bdrm condo on the upper level. Ocean & pool view. Fully Furnished. \$169,500US.

San Juan House & Restaurant (N17) Enter onto this property and you'll feel like you're in your own private nature reserve. Located in the San Juan area, this large parcel, 1680 sq. yards, has over 200' of lagoon frontage encased in mature mangroves with a natural underwater cave that goes out to the sea. The wildlife is incredible and the area is quiet and peaceful, yet close to town. There is a restaurant and bar, separate kitchen and storage building and living quarters on the well-manicured property. Please inquire for further details. Serious inquires please.

Thunderbolt (R37) Well established water taxi service to Belize & Corozal. 2 boats, office, 2 houses, dock, large parcel, prime location & much more. \$800,000.00 US REDUCED \$500,000US Very Motivated Seller!

Resort/Apartments/Bar (S38) 17 split palm cabanas set in a lush tropical paradise with pool and bar offers endless opportunities for an income investment. \$429,000US.

Raw Land

Palmero Point (M50) Lot #40 - 125' x 135' - Big and lush lot several rows off the beach. \$16,000US. Motivated Seller! Make an offer!

Palmero Point (W19) Lot #50, 95' x 120' - \$20,000US Terms Available

Robles - Beachfront lots starting at \$39,900US.

Boca Del Rio (P42) 3 connecting lots located on the waterway just before you cross the river cut. \$210,000US.

5 lots in San Pedrito Area (R39). Each approximately 416 Sq yds. A small wooden house and an unfinished concrete structure also convey. Everything for only \$175,000US. Very motivated seller. Make an offer!!!

San Pablo - Canal lots starting at \$23,000US.

Escalante Subdivision - Lots 50' x 75' starting at \$30,000US.

Caye Caulker (J25) 4 acres with 240' of beach front, beautiful cleared and filled land. \$425,000US.

Migratory Birds

Continued from Page 5

complished in a series of flights lasting from several hours to several days. Between flights, birds make pit stops for resting and “re-fueling” which last anywhere from a day to a few weeks.

Average daily migration distances understate the amazing capabilities of migratory birds– capabilities that are put to the test when birds are faced with crossing large bodies of water. For instance, when traveling to South America in the fall, Blackpoll Warblers depart from New England and the southern coast of Canada on a non-stop flight which takes a minimum of 72 hours. That’s 2,000 miles (3,200 km) in three days, or an average of 660 miles per day (1,000 km/day). This degree of exertion is equivalent to a human running 4-minute miles (15 mi/hr; 24 km/hr) for 80 consecutive hours.

Long distance migrants have an internal clock that controls the onset of migration and the pre-migration preparations. Environmental factors set this clock and keep it fine-tuned. It is thought that certain changes in a bird’s environment stimulate the production of hormones, which in turn lead to changes in the behavior and physiology of the bird, preparing them for migration. Southbound migration timing may be fine-tuned by changes in day length. The environmental factors operating on the wintering grounds, where day length is relatively constant, are more subtle and



Some of the Neo-Tropical Migratory Birds you'll see on Ambergris Caye.

less well understood.

How do they know where to go? The answer to this question is different for different types of birds, and for birds that migrate short distances (such as within the United States) rather than longer distances. For most waterfowl species and many short distance migrants, young birds learn migration routes and breeding and wintering locations from older, more experienced birds, which are most often family members. For most long distance migrants, birds are born genetically programmed to fly in a certain direction

for a certain amount of time. The first migration is completely under genetic control. As birds gain experience, they incorporate learned information. For instance, if they find a particular breeding or wintering location that is good, they may return to this location in the future by relying on learned information.

Although the intricacies of how birds navigate remain a mystery, this much seems to hold true: all migratory birds use a variety of cues, and different species seem to rely on some cues more than others. This can vary according to

the immediate circumstances, for example, if it is a cloudy night and the stars are obscured, a nocturnal migrant many rely more on other sources of information. Other cues used by migratory birds include: the earth’s magnetic fields, location of the setting sun (and the pattern of polarized light created), topographic features of the landscape (coastlines, rivers, mountain ranges, for example), and prevailing wind patterns (wind patterns are seasonal; during migration the wind tends to blow in roughly the appropriate direction for migration).

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May 12, 2005

Visitor Guide Page 13

Caye Caulker Art and Tastefest

Continued from Page 7

repair. Mr. Dunster told *The San Pedro Sun* that some of his drawings have been added to historical archives to help preserve records of these ancient structures. Mr. Dunster was proudly exhibiting many of his detailed pencil drawings. San Pedro's own "Island Dog", Michael Gvara, was also there displaying his whimsical cartoon art as well as his more serious tropical drawings. Other artists at the festival included Dorothy Vernon-Medina, Edwin Piva, Image Factory, Manolo Daza, Michael Waight, Nadine Pedoe, Nelson Young Jr., Nigel Swift and Pamela Braun. The art exhibit continued through Sunday, and was well attended by people from San Pedro and Belize City. Many of the artists noticed good sales on Sunday afternoon.

Caye Caulker Village Council Chairman, Alberto Villanueva, told *The San Pedro Sun* that he was very happy with the turn out for the event. He credited the success to the many volunteers and committee members who were instrumental in making the weekend happen. He mentioned that Lee Vanderwalker and Irene Miller were key players in organizing the event. Ms. Vanderwalker said that although the project was a lot of work, the volunteer help was tremendous and everybody did their job. The end result was very rewarding and the Caye Caulker Marketing Committee looks forward to hosting the event again next May.

The San Pedro Sun would like to thank the people of Caye Caulker for inviting us to this wonderful weekend event and for their warm and generous hospitality. It was an honor to be your guests and we applaud the community's effort to market and promote their lovely "Isla Carinosa".



Fine dining samples from Belize restaurants and businesses, combined with authentic Belizean artwork made for a "cool" experience in Caye Caulker last weekend.

Located on the Beach Between the SunBreeze Hotel and Ramon's Village

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Beautiful Home With Two Apartments--\$325,000 US - This 2 story home built in 2002 has a wonderful 2/2 layout upstairs and 2 income producing 1/1 apartments downstairs! Buy fully furnished for \$50,000 US more! Owner has recently added new fence and exterior paint!

Perla Escondida Condominiums - \$169,000/\$220,000 - Beachfront Condominiums located just south of San Pedro Town. 2/2 fully furnished units. Great income potential. Manicured Beach, Pool, and rooftop sundeck are only a few of the amenities.

Casa De David Condominiums - \$76,000/\$86,000 US - 1/1 layout condos located on Sea Grape St. Great rental income potential! One 2/2 unit available for \$150,000.00 US.

Isla Bonita Designs - \$125,000 US - An exceptional opportunity to acquire a unique and profitable business with a proven track record. The business is located in a newly completed shopping center with a five year lease and additional five year option.

Reef Village Condominiums - \$99,500/\$149,900 US - Comfortable new one and two bedroom condos with both ocean and lagoon access. Just north of town!

Casa Cayo Estates - \$240,000 US - 60 acres in Cayo District, water & electricity available. Buy all or a portion.

Canal Front Condominiums - \$119,000/each - Brand new complex on the Western side of San Pedro. 2/2 layouts with great views! Pre-construction pricing will end soon so act fast!!

Pelican Reef Villas - \$310,000 - \$429,000 US - These extra large beachfront condos are located South of San Pedro and offer tremendous pre-construction pricing. A magnificent pier, beautiful pool, bar and restaurant will compliment your purchase!

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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FEATURED PROPERTY

Nancy's Grocery
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This great downtown supermarket is now available. Located on Middle Street this property has a high visibility location with lots of traffic. All interior equipment and stock is included. The building is of new construction and ready for your commercial business or keep the existing supermarket open! Cash only.




RECENTLY REDUCED PRICING ON THESE GREAT HOME SITES !!!

Tres Cocos Home Sites - \$250,000 US Each - These beachfront home sites are located immediately north of San Pedro Town. Some of the very best estate sites on the island. Four sites available totaling 200' of beachfront.

Coconut Beach - \$120,000 US - Home sites available north on Ambergris Caye. These 100'x200' sites are on some of the prettiest beach on the island. Sites available are 2A, 3A, and 8A. Call or stop by for a map. Price is per site.

Club Caribbean Home Sites - \$14,950/\$85,000 US - Beachfront and interior home sites located south of San Pedro on Ambergris Caye. These sites are some of the most affordable on the island of Ambergris Caye! **NEW** - Backfilled sites with seawall coming soon \$130,000 US each. Reserve Yours Today! Selling fast!

Santa Matilda Subdivision Home Sites - \$35,000/\$65,000 US - Affordable interior home sites available North on Ambergris Caye.

Punta Azul Home Sites - \$7950/\$15,900 US - 75'x 115' interior home sites with ocean views located North on Ambergris Caye.

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

FANTASTIC CARIBBEAN FOLKLORE

Lizard Tales

The Brujo as a Pig

One time there was a lady who had a son who liked to stay out late at night. This worried her because she knew that it was dangerous to be out late at night. Something bad could happen to him.

He just said, "Oh, what is going to happen to me? You worry too much. Nothing is going to happen." She answered, "Be careful. There are many dangers out there." He didn't pay any attention to her.

So, one night he was on his way home, really drunk. He was just about to get home when he saw a pig following him. He became very scared because the pigs don't usually follow people. The only thing he could find was a stick. So, he grabbed it and gave the pig a terrible beating. Then he went home and went to sleep.

The next day when he woke up, he saw that his mother was sick; she had been beaten up. All her bruises were in the same place where he had hit the pig. When he saw this he became suspicious and asked his mother to explain. She admitted that she had changed herself into a pig to scare him into not staying out late at night. He beat his own mother without knowing it was her.

From the Hagerty collection. Narrated by a 16-year-old girl from Corozal Town, Corozal District, 1977.

Buried Treasures Marked by Fire

My grandpa was from Honduras. He used to work in the mahogany industry and he lived downriver from Cayo. My mother, who was just a baby at the time, got sick and my grandfather went out to look for a lemon tree. In those days they used the leaves of the lemon tree to cure certain illnesses.

When he found the lemon tree, there was a flame coming and then ground right under it. The flame would get bright and then die down. My grandpa knew what to do since his parents had taught him how to recognize buried treasure and how to recover it. Instead of digging immediately, he just marked the spot with a cross and returned to cure my mother with the lemon tree leaves.

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 Spanish and 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!!!

ENGLISH

Hammer
Light
Water
Vacation
Hammock
History

SPANISH

Martillo
Luz
Agua
Vacación
Hamaca
Historia

CREOLE

Hama
Lait
Waata
Hailday
Hamak
Hischri

His father and his grandfather had told him that, after marking the spot with a cross, he could not dig for nine days. They also told him that if anyone spoke to him while he was digging, he should just listen but not answer. So he didn't return until nine days had passed. When he did return, he went at night, as he began to dig, he heard a voice that told him, "I'm letting you have his money because it has been so long since I left it here. Light a candle for me." That's all the voice said.

He remembered the instructions of his father and grandfather and did not answer. He found a clay pot full of Mexican coins, the kind that circulated around here before they had the currency of British Honduras. There was no gold, just silver coins with a big sun on one side. The pot had six hundred pesos in it.

"So when you see fire coming out of the ground," my grandpa told me, "mark the spot. Come back nine days later and dig. If a voice speaks to you, don't answer. If you don't follow these rules, something terrible could happen to you and you might end up dead."

From the Hagerty collection. Narrated by a 65-year-old man from Orange Walk Town, Orange Walk District, 1978.

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Hol Chan Marine Reserve

Off the southern tip of Ambergris Caye is the Hol Chan Marine Reserve. Hol Chan is Mayan for 'little channel.' This sanctuary was officially established in 1987, and since then the return of all species of fish has been quite dramatic. Hol Chan Marine Reserve is approximately four miles south of San Pedro Ambergris Caye. It is the single most popular day trip from San Pedro, perfect for snorkeling or diving. The reserve covers approximately three square miles and is divided into four zones; Zone A (the Reef), Zone B (the Sea grass beds), Zone C (the Mangroves) and Zone D (Shark Ray Alley).

All four zones are clearly marked on the surface by buoys. Zone A through C each represents one of the major marine habitat types in Belize. Zone D was recently added as a location where nurse sharks and southern stingrays congregate.

Realizing the importance of the coral reef community off Ambergris Caye, the Government of Belize established the Hol Chan Marine Reserve on May 2nd, 1987. Shark Ray Alley was officially declared Zone "D" of the Hol Chan Marine Reserve on August 31st, 1999.

Due to the protected status of the area, the fish populations have exploded, what was once a depleted fishing area has now been allowed to re-generate, providing an unparalleled diving/snorkeling experience for visitors and an important refuge for marine life along the northern section of the Belize Barrier Reef. In waters as shallow as five feet, large schools of jacks, groupers, snappers and barracuda abound. Along each side of the cut, grow healthy stands of corals and sea grass in shallow water, perfect for the beginner snorkelers. The more experienced swimmer can swim from one side of the cut to the other, experiencing shallow reef, drop offs over the steep sides of the "cut," and sea grass and sand beds in the middle of the channel.

The entire reserve focuses on a cut through the reef, which is little more than 25 yards wide and 30 feet deep. The popularity of Hol Chan Marine Reserve and Shark Ray Alley are due to the close proximity of San Pedro, the large amount of fish life found with the Hol Chan "cut" accessible by snorkelers and beginning divers, the diversity of marine life encountered throughout the 4 zones of the park and the excitement and novelty of swimming with large numbers of nurse sharks and sting rays. This area was recently made into a national park under the auspices of the Belizean Government and the New York Zoological

Continued on page 17

The San Pedro Sun Virtual Taste Trip



Margarita Shrimp and Vegetable Kebabs

- * 1 envelope good seasons Italian Salad Dressing
- * 1/2 cup oil
- * 1/4 cup tequila
- * 1/4 cup lime juice
- * 1 lb. cleaned large shrimp
- * 2 cups assorted cut-up vegetables (bell peppers, onions, zucchini, tomatoes, etc.)
- * 4 wooden skewers

MIX salad dressing mix, oil, tequila and lime juice until well blended. Pour over shrimp and vegetables in shallow dish; cover. Refrigerate 30 min. to 2 hours to marinate. Remove shrimp and vegetables from marinade; discard marinade.

PREHEAT grill to medium-high heat. Arrange shrimp and vegetables on skewers.

GRILL kabobs five to eight minutes or until shrimp turn pink and vegetables are crisp-tender, turning after four minutes.



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Hol Chan Reserve *Continued from page 16*

Society (Dr. Jacques Carter, was instrumental as representative for the NYZ). Since establishment of the sanctuary, the return of all species of fish has been quite dramatic. This break was probably was formed by erosion during the last low sea level stand (while sea level was much lower and the reef was exposed as dry land). This pass returns much of the sea water that comes across the reef as waves, back to the sea. Even when wind generated surface currents are moving inward through this break in the reef, a few inches to a few feet down there is normally a strong current toward the seaward side of the reef.

The Hol Chan Marine Reserve is asking the public for financial assis-

tance to continue to sustain and conserve marine life and the coral reef. The public is advised that donations and contributions can be made to the Hol Chan Marine Reserve at e-mail Hcmr@btl.net, or call them at 226-2247.

Children enjoy snorkeling (right) at Hol Chan where they can play with sharks (below), and other sea creatures.



The Hol Chan Marine Reserve Wishlist:

Money to produce newsletters
Fuel for boat to take children to reserve
Snorkeling equipment
Material to build displays and an artificial reef for visitor center

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 Virginia 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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Kayaking

Continued from page 4

However what many do not get a chance to experience is the beauty and tranquility of kayaking through the mangroves and down the peaceful lagoon at the back of San Pedro. Paddling through the lagoon, one can enjoy the sounds of the amazing birds native only to San Pedro. Birds fly close to the kayak and welcome the new visitors to their habitat. Up above on the treetops, one can see the colorful and quiet lizards taking in their morning sunbath. And, one's ears are flooded with the sounds of the great outdoors.

Out in the calm lagoon waters, paddlers can enjoy going through the mangroves which several non-profit organizations are working tirelessly to save. Creeks within the lagoon are flanked on each side by glorious mangrove trees and twist and turn in every direction making the kayak trip a greater adventure.

Through the years, residents have learnt the importance of saving the mangroves. The only way to truly appreciate it is being in touch with nature and enjoying the life they give. Mangrove forests protect uplands from storm winds, waves, and floods. The amount of protection afforded by mangroves depends upon the width of the forest. A very narrow fringe of mangroves offers limited protection, while a wide fringe can considerably reduce wave and flood damage to landward areas by enabling overflowing water to be absorbed into the expanse of forest. Mangroves can help prevent erosion by stabilizing shorelines with their specialized root systems. Mangroves also filter water and maintain water quality and clarity.

The east side of the island is equally as beautiful and may provide just as much adventure as kayaking through the back of the island. Moving through sea grass and turquoise waters of the caye is an exceptional experience, where paddlers begin to gain an appreciation for the life on the reef. As the adventure progresses, paddlers learn how to navigate through the sea grass and seaweeds, so as to not damage or destroy any marine life or coral heads.

If one decides to go kayaking, one should choose the two person kayaks because it has a combination of stability and maneuverability of the kayak. Paddlers begin by traveling slowly, learning different paddle strokes and getting a feel of how the kayaks handle on the water. Paddlers should also remember to bring along sunscreen, a wide-brimmed hat, a long-sleeved shirt, and lots of water. Water is essential when out kayaking and should be consumed whether or not one is thirsty. It is always a great idea to bring along a mask and snorkel to enjoy the underwater world Belize is best known for.

The kayak experience is a great one, whether enjoyed solo or with a group of friends. In San Pedro, organizers

are working on creating some great challenging adventures for the more competitive. Even novices can try out for these competitions. Just check out the San Pedro website for updates and further information.

However, if you're just looking to relax and have some easy kayak fun, then several dive shops in San Pedro offer kayaks for rent. Ask your receptionist if the resort you're staying in offers this great adventure, and be sure to take lots of pictures with your waterproof camera. It's an experience well worth your while!

San Pedro Sun Cutout List:

- Wide-brimmed Hat
- Sunscreen
- Long-Sleeved Shirt
- Nylon Shorts or long trousers
- Lots of water or Gatorade
- Waterproof Camera
- Binoculars for Bird Watching
- Insect Repellent if you're venturing deep into the mangroves



Adding friends to the adventure makes kayaking on the wide expanse of blue sea extra special fun.

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SAME Picture

Wolfe's Woofers by Dennis Wolfe

Lonely Boy

"That little boy looks so lonely," Sharon said. "All the other boys are playing football and he doesn't get to play with them."

"Which boy?"

"The one down on the end," she said. "The one all by himself."

I was setting up my musical equipment at Cannibals and a group of school children were playing football on the volleyball court in front of the bar. I looked closely at Sharon.

"Are you joking?" I asked her.

"No, I'm not joking," she said.

She walked over to the boy, who was watching the boys at the other end of the football field and said, "Are you all right?"

He looked at her and nodded his head.

"I'm O.K." he said, as he watched the other boys.

"You look like you need a friend," Sharon said. "Would you like for me to be your friend?"

The boy looked at her for a moment.

"I guess. If you want to be."

"If you need somebody to talk to I'll be right over there," Sharon said, pointing at the bar.

"O.K."

Five minutes later, he was still standing alone watching the other boys. Sharon walked back over to him.

"I thought you were my friend," she said. "If you're my friend, why are you still standing here all by yourself?"

"Because I'm the goalkeeper, lady," the boy said. "Now, will you please leave me alone?"



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Trivia Tidbits

*If all of the water were drained from the body of an average 160-pound man, the body would weigh 64 pounds.

*The Aztec Indians in Central America used animal blood mixed with cement as a mortar for their buildings, many of which still remain standing today.

*Shiny metals such as tin or copper turn into black powders when ground finely. Aluminum is the exception.

*John Travolta's famous white suit from the film *Saturday Night Fever* (1977) sold at an auction for an incredible \$145,500USD in 1995.

*The highest temperature ever recorded on Earth was 136 degrees Fahrenheit on September 13th, 1992, in Libya.

*The Roman historian Pliny was so impressed by garlic and its perceived powers, he listed no less than 61 medicinal uses for the pungent bulb. Among them was that of warding off vampires, restoring hair loss, and preventing warts.

*The Hirudo leech has three jaws with 100 teeth on each jaw — making 300 teeth in all. The Amazon leech uses a different method of sucking blood. They insert a long proboscis into the victim as opposed to biting.

*The BRAT diet is a diet of bananas, rice, applesauce, and toast. The diet is often prescribed for infants with diarrhea.



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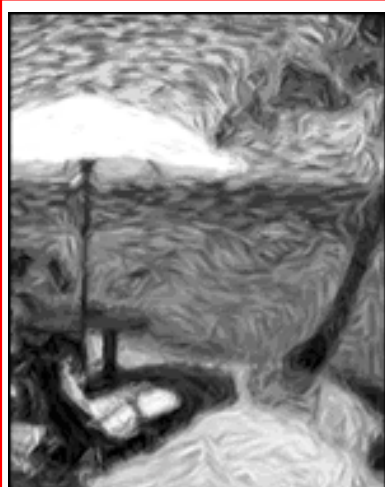
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