

# THE SAN PEDRO SUN VISITOR GUIDE

September 23, 2005

**FREE**

The Island Newspaper  
Ambergris Caye, Belize  
Central America



Pirates ran wild at the annual Pirate Party at The Pier Lounge! The winners of the night are pictured with Pier Lounge owner Jan Brown. From left, Lacey (2<sup>nd</sup> Place), Paul (3<sup>rd</sup> Place) and Linda (1<sup>st</sup> Place winner).



Earth, thought of as flat by the Maya, rode on the back of a giant crocodile resting in a pool of water lilies. The crocodile's counterpart in the sky was a double-headed serpent - a concept probably based on the fact that the Maya word for "sky" is similar to the word for "snake". In hieroglyphics, the body of the sky-serpent is marked not only with its own sign of crossed bands, but also those of the Sun, the Moon, Venus and other celestial bodies.



**Ho! Henry Morgan sails today  
To harry the Spanish Main,  
With a pretty bill for the Dons to pay  
Ere he comes back again.**

**Him cheat him friend of his last guinea,  
Him kill both friar and priest - O dear!  
Him cut de t'roat of piccaninny,  
Bloody, bloody buccaneer.**

*Captain Henry Morgan was a privateer who worked for the British crown back in the seventeenth century. Known for his brutality and callous disregard for all human life, he was eventually rewarded the governorship of the island of Jamaica. He was a great lover of alcohol and bloodshed. He died broke, a drunk and insane from venereal disease.*



- \* **The Annual Pier Lounge Pirates' Party - "A Night of Debauchery"**
- \* **Pirates of the Caribbean - "Sir Henry Morgan"**
- \* **Mayan Astronomy - "The Sun reveres Venus"**



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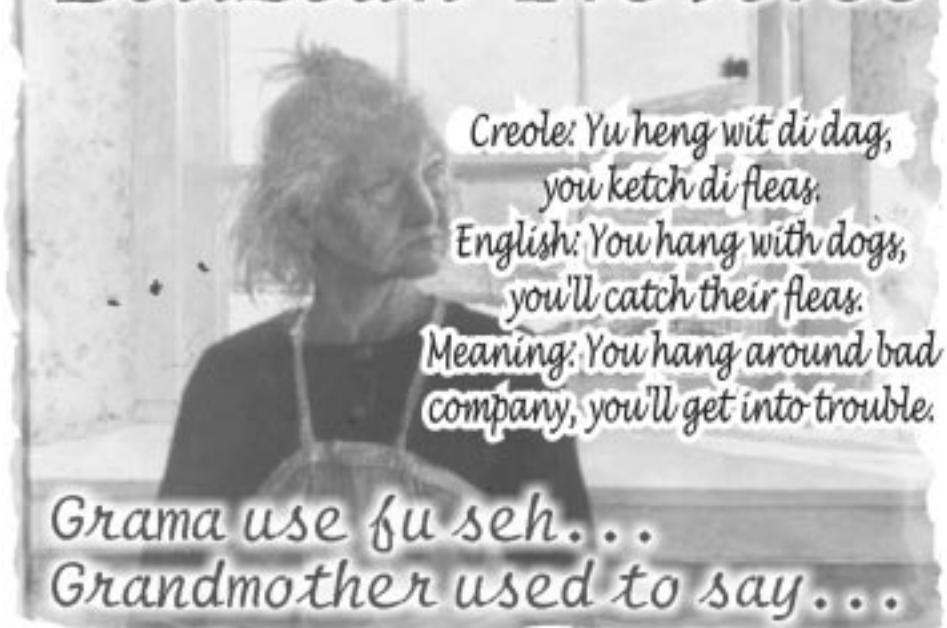
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## Belizean Proverbs



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. This week, we will present a few common phrases in English and give you their Spanish & Creole translations. We would like to thank Sylvana Woods for all her assistance with the Creole translations. Enjoy!!!

**Creole** Wat da di nomba fi mi room?

**English** What is my room number?

**Spanish** ¿Cual es el número de mi cuarto?

**Creole** Wat da di taim fi Ah lef?

**English** What's the check out time?

**Spanish** ¿Que/Cual es la hora de salida?

**Creole** Ah ku geh wahn room dongstayz?

**English** Can I have a room on the lower floor?

**Spanish** ¿Podiera conseguir un cuarto en el primer piso?

## 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*

## Pirate Party at The Pier Lounge!

Aargh! Mateys! Saturday, September 17<sup>th</sup> was the annual Pier Lounge Pirate's Party, this year hosted again by Jan Brown, owner of The Pier Lounge. Pirate's Grogg was overflowing, as were the beers and rum punches. For one night at least, residents and visitors alike let go of their inhibitions and partied like the legendary pirates of lore.

Everyone was asked to dress and act the part, and though the number of pirates who did attend was minimal, judges were certainly impressed. Barefoot Skinny started off the night of debauchery with the perennial pirate theme song. Pretty soon the audience could be heard singing along to "Yo-ho-ho...and a bottle

of rum!" Pirates and wenches were soon all over the dance floor, listening to some classic Jimmy Buffet, Barefoot originals and some great reggae beats. Noone could keep still with those great sounds.

Of the many attractions of the night, "Wheel of Fortune" drew quite a few willing spinners. "Spin the wheel, just one lousy buck - oh, no, wait, it's free!" was the cry over the microphone, as Barefoot Skinny encouraged people to spin the wheel. Several people won free Kamikaze, \$1 off drinks, Pirate's Grogg, amongst many other attractive prizes.

While some people danced and sang along, or tried their luck at the wheel of fortune, others were hunting for "buried



"Yo-ho-ho...and a bottle of rum!" Barefoot Skinny kept the crowd entertained all night with great live music.



Champion treasure hunter, Greg, raked in several great prizes, including rum, T-shirts and a gift certificate for BC's beach barbeque and burger, plus a drink. Congratulations Greg!

treasure." After an announcement was made around ten-thirty, partygoers started scouting around for hidden "doubloons." Each doubloon was marked with a number, and thanks to generous sponsors, there were many prizes, including Bowen & Bowen gift packs, a gift certificate from BC's, free subscriptions to *The San Pedro Sun*, bar-tabs, t-shirts and many more items. Several people were lucky to find one or two doubloons, but one lucky person in particular, Greg of Barefoot Books, managed to collect six prizes total, making him one of the big winners of the night.

Another big winner was Linda Carter, the Pirate of the Night. Thanks to her great costume and fantastic "pirate at-

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## The King of all Pirates – Sir Henry Morgan

Buccaneer and pirate, admiral and general, country gentleman and planter, judge of the court of Vice-Admiralty, governor and knight. All were titles held by perhaps the most famous of the buccaneers, Sir Henry Morgan. Morgan was born in 1635 in Wales. In his teens he joined a pirate crew from Tortuga and swore an oath as a member of the “Brethren of the Coast.” In 1668 Morgan made two pirating ventures. Morgan’s attack on the inland city of Puerto Principe, Cuba, was considered his first major attack. Unfortunately for Morgan, his crew of pirates were ambushed along the way, and they only managed to take the city after bitter struggle and great loss. It was at this time that Henry Morgan began his overwhelming pirate career.

Months later, Morgan embarked on a difficult and daring escapade involving a long and dangerous journey through the unexplored jungles of Granada. This expedition was followed by a triumphant lightning as-



A painting depicting Sir Henry Morgan and his crew during his attacks on the Spaniards during much of his lifetime as a pirate.

sault on Gran Granada. The attack yielded enormous spoils, and was considered a great success for Henry Morgan. He was pleasantly surprised upon his return to Jamaica where the island had a newly appointed commander of all English troops in the West Indies. This new commander was Henry Morgan’s uncle, Edward Morgan. After the death of his uncle, the governor of Jamaica chose Henry Morgan to become the commander of the militia in Port Royal. By 1668 Henry Morgan was already an English vice admiral of a fleet of 15 ships. At the same time, pirates elected Henry Morgan to become the successor to Edward Mansfield (leader of all pirate activities in Jamaica). As an English officer and pi-

rate general, Henry Morgan became the terror of all Spaniards in the West Indies.

After the attack on Puerto Principe, half of Morgan’s crew quit. Morgan was not discouraged and he announced plans for attacking the great treasure city of Porto Bello, Panama. Experienced sea pirates scoffed at the plan: Porto Bello was larger, better fortified, and had an army troop when compared to Puerto Principe. Morgan, however, had a plan. When he attacked Porto Bello, he arrived on canoes. Silently and under the cover of darkness, Morgan’s men slipped into the harbor before anyone knew they were there. The first two forts of Porto Bello both fell quickly, but the third

withstood each attack the pirates implemented. Morgan finally devised a sinister plan, he used captured catholic priests and nuns to shield his crew as they climbed the walls of the fort. It was only a matter of time before the city fell into the hands of Henry Morgan, along with 250,000 pieces of eight, and 300 slaves. When word of this attack spread, Morgan’s force swelled to 15 ships and 900 men. Henry Morgan was quickly known by the nickname: Morgan “the terrible”.

A year later Morgan led an expedition of 8 ships and 650 buccaneers to attack the Venezuelan cities of Maracaibo (a coastal city located at the mouth of an inland lake) and Gibraltar (located on the other side of the lake). Compared with his last venture, the plunder was not comparable, and Morgan found the cities virtually deserted. The result, he gained 50,000 English pounds, slaves, and goods of the same value. When the pirates tried to sail from the lake, they found that their exit had been blocked. Maracaibo’s powerful fort had their gun trained on Morgan, and three huge Spanish Men-of-War stood just outside the channel. Morgan offered the Spanish the option of surrender, instead of accepting, the Spanish laughed. Morgan decided to teach them a lesson they would, indeed, never forget. Morgan had his lead ship (a small sloop, covered with pitch, tar, and brimstone) loaded with kegs of gunpowder, and dummies (made of pumpkins and wood, dressed as buccaneers) placed at battle stations throughout his ship. While the Spanish still laughed, the small vessel slowly approached them and suddenly burst into flames, exploding and sinking the first Man-of-

Continued on Page 5

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This image is synonymous with the Jamaican Spiced Rum, Captain Morgan. The ties of pirate Henry Morgan to Jamaica alludes to the naming of this rum after him. After all, he was the commander of the militia in Port Royal.

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Captain Morgan was widely known for his cruelty and heartlessness when dealing with his slaves and captives. Perhaps this was as a result of himself having been kidnapped as a boy from Bristol. His captors shipped him to the English West Indies colony of Barbados where he was sold as a slave boy to a plantation owner.

Warwhile burning the second to the hull. As a result the Spanish moved their cannon to the other side of the fort. Before the Spanish had a chance to move the cannon back into place, Morgan took advantage of the opportunity by safely sailing past the fort that night. After this battle, Henry Morgan was the undisputed king of the buccaneers.

In January 1670, Morgan set out after the largest venture of his career, to plunder the gold of Panama. Answering his call, 2,000 buccaneers on 36 ships assembled to prepare for an attack on Panama. Once Morgan took over Fort San Lorenzo, he led his crew on a rough 16-day journey through dense almost impassable

Jungle. The Spaniards were prepared for Morgan, and six hundred cavalry swooped down on the pirates. Thousands of muskets fired; both sides took their losses, but the pirates held their ground. A stampede of 2,000 Spanish bulls did not deter the pirates, and the Spanish finally fled in retreat. The city belonged to the buccaneers, and yielded 100,000 English Pounds. Unfortunately, at that time, England was no longer at war with Spain. Morgan was recalled to England and thrown into the dungeons to stand trial as a pirate. However, King Charles II, learning about Morgan's great deeds, instead knighted him in 1673, making him lieutenant governor of Jamaica. Morgan was ordered to rid

the seas from all buccaneers.

Morgan's legacy ended when he died in 1688, by that time, there were almost no buccaneers left. Henry Morgan was one of the most ruthless

of pirates, his daring, brutality, and intelligence made him the most feared, and respected buccaneer of all time. Henry Morgan truly was the king of all pirates.

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# Maya Astronomy

## Venus, the most important celestial body

Approximately one millennium before Archbishop Usher of Armagh concluded that creation occurred at 4004 B.C., the Mayans had calculated that the cosmos were 90 million years old. Like other pre-Columbian civili-

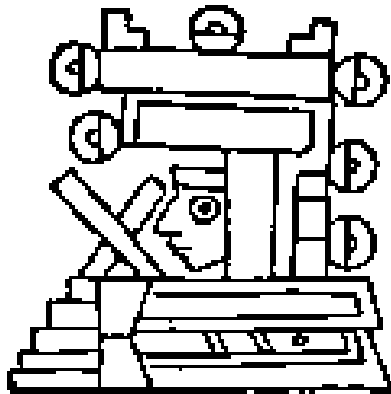


The Maya believed the Earth was flat with four corners representing a cardinal direction, represented by a bacab, or Jaguar head.

zations, the Maya had a profound knowledge of the sky. The Mayan practice of astronomy was relegated to the *ilhuica tlamatilizmatini*, or "wise man who studies heaven". These priest-astronomers had a great amount of power, given the fact that they could essentially 'predict' the future. They recorded astronomical observations and the result was an extremely accurate calendar that predicted the coming of eclipses and the revolutions of Venus to an error of one day in 6,000 years. This information was then passed down from generation to generation. Their knowledge of the patterns of the sky, and of the mathematics that solves more complex patterns, led them to an exalted position in Mayan society. Priest-astronomers spent the dark hours determining the time of night. Of course, the length of the days varies substantially from season to season, and therefore the as-

tronomers had to be very knowledgeable about the sky in order to know the hour and to predict when the sun would rise again. Mayan astronomers officially began the day at sunrise, although for some Mayans the day began at either noontime, when the sun was at its highest point, or at sunset. Starting the day at these times may seem strange to those of us conditioned to a western view of time. However, our own time is relatively unusual: we start the day when the sun is almost at its anti-zenith, when it is at its highest point on exactly the other side of the Earth!

As accomplished astronomers, the Maya's primary interest (in contrast to "western" astronomers), were Zenial Passages, which is when the Sun crossed over the Maya latitudes. On an annual basis the sun travels to its summer solstice point or the latitude of 23-1/3 degrees north. Most of the Maya cities were located south of this latitude, meaning that they could observe the sun directly overhead during the time that the sun was passing over their latitude. This happened



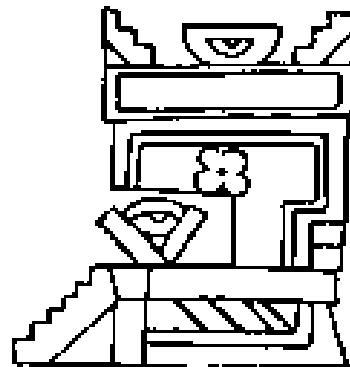
An astronomer at work in a observatory. He uses a pair of crossed sticks set up in a window or doorway to determine the position of a star.

twice a year, evenly spaced around the day of solstice. The Maya could easily determine these dates, because at local noon, they cast no shadow. Zenial passage observations are possible only in the tropics, and were quite unknown to the Spanish conquistadors

who descended upon the Yucatan peninsula in the 16th century.

The Maya believed the Earth was flat with four corners. Each corner represented a cardinal direction. Each direction had a color: east-red; north-white; west-black; south-yellow. Green was the center. At each corner, there was a jaguar of a different color that supported the sky. The jaguars were called bacabs. Mayans believed that four jaguars held up the sky. The Maya had a god to represent the position of the Sun, called the Diving God.

The priest-astronomers recorded Mayan cosmology observations and calculations of astronomical phenomena. The most common form of documentation was writing in highly perishable books that they made from bark paper, coated with lime to make a fresh white surface. These "books" were screen-



The same situation in front view. The astronomer's eye is seen between the crossed sticks. A star is approaching from right above, and the astronomer waits until it is exactly between the crossed sticks.

folded and bound with wood and deer hide. They are called codices, codex is singular. Because of their perishable nature and zealous Spanish book burning, only four codices remain today. The Dresden Codex contains calendrical data, written in the Mayan dating system, concerning astronomical data and the sky mechanics, and tables of multiple integers that are to

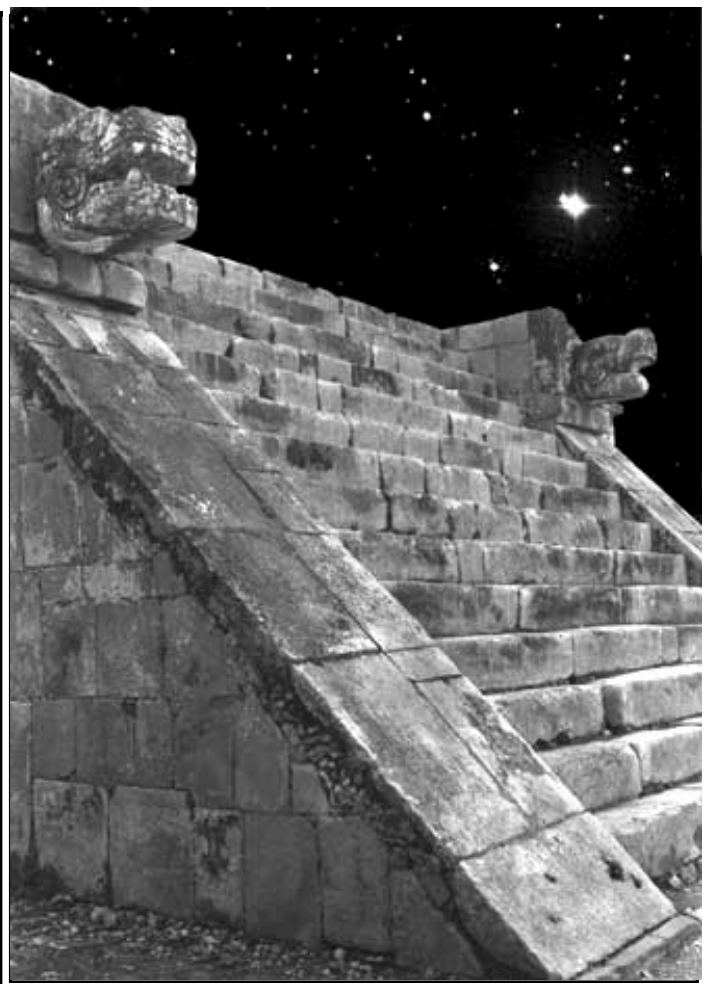


An arrangement of the two crossed sticks through which the astronomer looks at a v-shaped arrangement in the distance, where the star can be seen.

be used for calculations of planetary movements and tropical years, next to the hieroglyphic texts and numerous depictions of Mayan gods and ritual scenes. In the Dresden Codex, the Maya had an almanac that displayed the full cycle of Venus. They counted five sets of 584 days, which is 2,920 days, or approximately eight years or five repetitions of the Venus cycle. Venus is represented as a figure with two masks, symbolizing its appearance in the early morning and evening.

Venus was considered the most important celestial body observed by the Maya, who called it Chak ek, "the Great Star", possibly more important even than the Sun. The Mayans moni-

Continued on Page 7



Moonlight on the Temple of Venus Maya Ruin at Chichen Itza, Yucatan, Mexico

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## JACKASS BITTERS

*Tres Puntas, Mano de Lagarto (Spanish)*

*Kayabim (Maya)*

Scientific Name: *Neurolaena lobata*

Plant Family: Asteraceae

**Description:** Herb growing one to four meters tall, with few main stems and numerous branches on each stem; leaves often with three distinctive points (hence the Spanish name), bitter tasting; flowers yellow.

**Habitat:** Clearings, roadsides, fields and pastures.

**Traditional Uses:** Entire plant is a highly respected medicinal used to treat and prevent a variety of parasitic ailments such as malaria, fungus, ringworm, amoebas, intestinal parasites, and boring organisms such as beef worm or screwworm. Tea is an excellent vaginal douche for leukorrhoea and itching, and to bathe stubborn wounds or infections; it is also used to wash hair to kill



*Jackass Bitters is a highly medicinal plant that is considered effective against malaria, fungus, ringworms and parasites.*

head lice. Boiled, strained leaves can be used as insecticide or fungicide on diseased plants in house or garden. Leaves are toasted and powdered to use as wound powder applied directly to sores, fungus and infections. Roots are boiled and drunk as blood cleanser. For teas, boil fresh leaf for each cup of water for 10 minutes; drink one to three cups daily for intestinal parasites. For baths, use one handful of leaves boiled to one gallon of water for 10 minutes; cool to warm and bathe area. Fresh juice from crushed leaves may be applied directly to wounds, sores, and skin conditions such as fungus.

**Research Results:** There is surprisingly little information about this plant in the pharmacological literature, relative to its importance in folk medicine. An

ethanol extract (100%) demonstrated antihyperglycemic activity in mice at an oral dose of 250 milligrams per kilogram, and at a dose of 500 milligrams per kilogram demonstrated hypoglycemic activity in mice (Gupta et al. 1984). The leaves are known to contain sesquiterpenes (Manchand and Blount 1978) and flavonoids (Kerr et al. 1981).

*This column is NOT intended to be a guide for self-treatment of a medical problem or as a substitute for qualified medical advice. As with any health problem, a qualified physician should be consulted before taking any medication. The intent of this column is to give an overview of the pharmacological properties of Belizean plants. Articles re-printed by permission of the author.*

## Maya Astronomy

Continued from Page 6

tored the movements of Venus closely and observed it in daytime. The positions of Venus and other planets were thought to influence life on Earth, so Maya and other ancient Mesoamerican cultures timed wars and other important events based on their observations. The Maya watched Venus carefully as it moved through its stations, appearing first after its conjunction with the Sun as a morning star in the sky, shortly before the sunrise, or after its upper conjunction, when it had appeared in the sky as an evening star shortly after the sunset. It takes 584 days for Venus and the Earth to line up in their previous position as compared to the Sun. It takes about 2922 days for the Earth, Venus, the Sun, and the stars to agree.

The Maya made daytime observations of Venus. Venus had a psychological effect upon the Maya and other Mesoamerican cultures, it has been shown that the Maya were timing some of their wars based on the stationary points of Venus and Jupiter. Humans were sacrificed when Venus was at its dimmest magnitude but they most feared the planet when it was its brightest.

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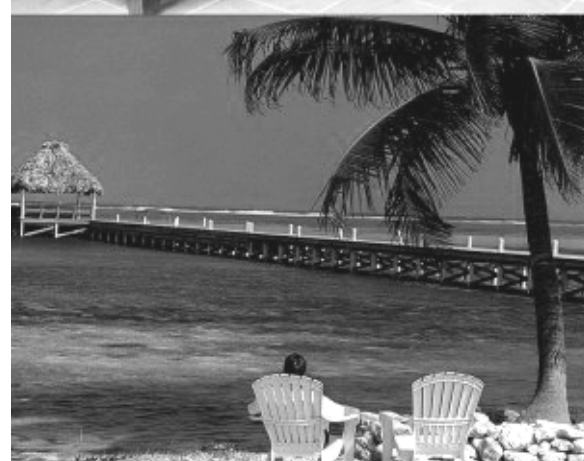

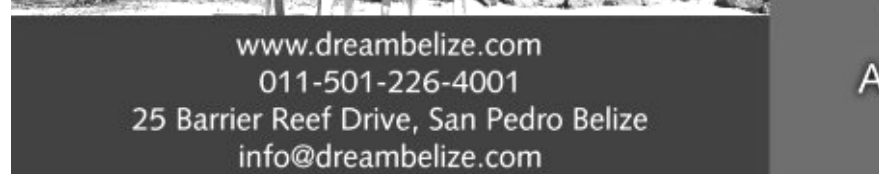
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Ambergris Caye  
B E L I Z E

## Migrating Shorebirds

One of the most common migratory birds seen on Ambergris Caye is the shorebird. The tremendous importance of the strategy of migration to shorebirds cannot be overstated. Most shorebirds migrate long distances between their summer and winter homes. They are dependent upon at least three distinct habitats: their breeding habitat, non-breeding habitat, and stopover sites along the migration routes. They are physically designed for long-distance flight by their long wings and ability to build up and store fat.

All Arctic-nesting shorebirds migrate. The Arctic refers to that region of our



*Killdeer is a well-known plover (shore bird) that ranges from southern Canada to South America. Its loud, shrill cry seems to say kill-deer. The bird is about 10 inches (25 centimeters) long, with a grayish-brown back and a white breast marked with two black bands. Killdeers build their nests in shallow depressions in fields. The female usually lays four black-spotted, buff-colored eggs. When a predator approaches a killdeer's nest or its young, the bird often tries to distract the intruder by dragging one of its wings as if it were broken. Killdeers eat many insects harmful to crops, and are protected by game laws.*



*The American Golden-Plover annually performs one of the longest migrations of any American bird. In late summer, birds from the eastern Arctic gather in eastern Canada, where they fatten on insects, crowberries and other small fruits before beginning their nonstop flight over the ocean to the northern coast of South America, a journey of some 2,500 miles (4,000 kilometers). Smaller numbers move southward in the fall across the Great Plains. Relatively few American Golden-Plovers are found along the East Coast of the United States. Once in South America they make another long flight across the vast Amazon Basin, finally arriving at their principal wintering grounds on the pampas of central Argentina and in Patagonia and Tierra del Fuego. In former times, they gathered there in enormous numbers, but heavy shooting in both North and South America took a serious toll, from which the species has not fully recovered. In spring, the birds return to the Arctic but at that time they move north by way of the Great Plains.*

globe that is in the far north, generally north of the imaginary latitude line known as the Arctic Circle. Some shorebirds that breed in northern Alaska spend the winter as far away as southern Chile. Some plovers, curlews and tattlers fly non-stop from Hawaii and other Pacific islands to Alaska, a distance of over 3,500 miles, in two or three days. Many species of shorebirds form large flocks for the long migrations between North America and South America.

Not all shorebirds migrate all the way

to the arctic. Some, like the American avocet, migrate north from west Mexico to breed at the Great Salt Lake in Utah, USA. Wilson's phalaropes travel from South America to build nests in the prairie wetlands of the north-central United States and south-central Canada. Yet, other species such as piping plovers winter along the Gulf of Mexico and southern Atlantic coasts of the United States. Then, they migrate to the Great Lakes region, central United States, south-

Continued on Page 9

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# Birds of Belize

Continued from Page 8

tral Canada, and the northern Atlantic coast to breed.

You can spot these birds along the shoreline, where troops of small birds scurry along the water's edge, looking for food. Shorebirds are more accurately described as birds of open land, including, but not limited to, the shore. Shorebirds include the sandpipers, plovers, oystercatchers, snipes, and stilts, among others. Shorebirds are not seabirds (such as terns or gulls), waterfowl (such as ducks), or wading birds (such as herons or egrets). Most shorebirds are small, like a sparrow or medium-sized like a robin, with slender bills for probing in the mud or sand and slender legs for wading. Hundreds of different patterns on these birds make it almost impossible to identify. Don't be discouraged, just try to answer, is it a sandpiper or plover? Plovers are generally smaller than sandpipers with shorter, thicker bills and have a behavior of run and stop, run and stop looking for food in the wave action on the beach. They eat crustaceans and small marine life as they go. Sandpipers have longer, slimmer bills and behave more independently than the flocking plovers. They are generally taller and are in a different family called Scolopacidae. Plovers are in a family known as Charadriidae. The Black-necked Stilt, as you might remember



The Ruddy Turnstone is a bird of both the Old and New Worlds. Ruddy Turnstones travel from their Arctic nesting grounds to coastal wintering grounds from the southern United States to South America. Range-wide, they winter along the coastlines of every continent except Antarctica.

from Bubba's 'Idiots Guide to Ornithology', has a black neck and looks like it is walking on stilts.

Shorebirds on Ambergris include the Black-necked Stilt, American Golden Plover, Wilson's Plover, Semipalmated Plover, Snowy Plover, Black-bellied Plover, Collared Plover, Ruddy Turnstone, Killdeer, Spotted Sandpiper, Bairds, Solitary Sandpiper, Upland Sandpiper, Least Sandpiper, Western Sandpiper, Pectoral Sandpiper, Stilt Sandpiper, Short-billed Dowitcher, and the Common Snipe.

Migration is a mysterious topic. We know that shorebirds are physically designed for long, rapid flight with their long, pointed wings, but what about how they find their way? How do birds, fish, mammals, and insects travel the immense distances they do with such exactness? How do first year shorebirds, traveling without their parents, find their way south for the first time? Some migratory animals travel at night, some during the day, some in the skies, and others deep within the sea. Yet, unerringly, they locate habitats necessary for the continuation of their species. Scientists have proposed that migrants use the stars, the sun, and even the Earth's

magnetic field for guidance. Some animals seem to use smell, as the salmon apparently do to guide them from the vast ocean to the particular stream of their birth. Most probably, migrating species use a combination of means (e.g., senses, celestial clues and landmarks, instinct) to guide this most important journey of their lives.

## 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 Isela Graniel – 226-2064.

# Pirate Party! Continued from Page 3



Somehow, being held up by a dashing pirate is not so bad after all.

titude," Linda managed to wow the judges, who were all over the room, secretly deciding on their favorites. In the end, it was Linda who won the grand prize of the night, \$200! Lacey the sexy pirate won second prize, \$100, and Paul, new resident to the Tres Cocos Area, won third place, \$50, with his great coat and hoop earring. Everyone who was present seemed a winner though, for no-one could keep still. The idea of a themed party, complete with

costumes and attitude, just brought out the best in everyone attending.

By the end of the night, several revelers were excitedly deciding on next year's costume. Nearly everyone planned to be back for the next party, hoping there would be a sixteenth annual Pirate Party. Owner Jan Brown was beaming, pleased with the turnout. She said, "I'm glad it turned out so well. Wait till next year's!" We can't wait either!

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# Reef Brief

## Nassau Groupers: Morphology and Life History



Nassau Groupers have the ability to change color to camouflage themselves with their surroundings

As part of Green Reef's Nassau Grouper Research and Advocacy Campaign, this week's Reef Brief highlights the morphology and life history of this important commercial species.

Nassau Groupers are generally identified by four to five irregular dark stripes on a pale tan or gray body, black dots around their eyes, a large black saddle patch on their tail and a wide "tuning-fork" pattern on their forehead. They grow to lengths of approximately three feet and weigh around 55 pounds. As adults, these top-level predators are usually found near shallow, high relief coral reefs and rocky bottoms to depths of 90 meters. They have the ability to change color to camouflage themselves with their surroundings.

Nassau Groupers exhibit no sexual dimorphism in body shape or color, so it is impossible from a glance to determine if a particular fish is male or female. They possess some degree of protogynous hermaphroditism, which means they change from female to male when they are between 300 and 800 millimeters long.

Adult Nassau Groupers generally eat

a diet of mainly fish (parrotfish, wrasses, damselfish, squirrelfish, snapper and grunts). Juveniles, on the other hand, eat a diet composed mainly of crustaceans (crab, stomatopod, hermit crab, panulirid lobster, and caridean and panaid shrimp). These juvenile groupers are usually found around coral clumps covered with macroalgae and over sea grass beds.

Nassau Groupers, as are many other type of groupers and coral reef fishes, are solitary during most of the year and then come together to spawn in large aggregations. These aggregation banks are site specific, usually in 20-40 meters of water at specific locations at the outer reef shelf where temperatures are between 25-26 degrees Celsius. In Belize, Nassau Groupers have historically aggregated around the full moons of December and January in groups that can contain upwards of several thousand individuals. During these aggregations, the female groupers produce planktonic eggs that are fertilized externally. The reproductive success of the eggs is thought to be affected by predators and currents.

# The San Pedro Sun Virtual Taste Trip

## Boil up

This platter is a combination of several delicious ground foods, boiled cake, veggies and fish, all blended together for an explosive and diverse flavor experience.

### Ingredients:

\*2 lbs. fish \*1 tsp. salt \*2 pieces yams \*2-3 medium coco \*1 stick cassava \*1 small pig's tail (trim off fat) \*3-4 green bananas (sliced) \*2 firm ripe plantains (sliced) \*2 sweet potatoes \*2 eggs

### Method:

\*Scrape fish and clean with lime juice.  
\*Peel ground foods and cut into small pieces (about 3" in length).  
\*Add all ground foods and boil until fork tender. Set boil cake on top of ground foods.  
\*Remove from pot.  
\*Cook fish in water in which ground foods was cooked. When tender, remove from water. Boil eggs. Cool in cold water and remove from shells. Use as garnish.  
\*Serve with tomato sauce.

### Boiled cake

#### Ingredients:

\*2 cups flour \*2 tsps. baking powder

\*1/2 -3/4 cup water

#### Method:

\*Mix all ingredients together.  
\*Knead and make into 5"-6" size flat-ten.  
\*Boil on top of ground foods. (Boil on each side for about five minutes.)  
\*Test for doneness with fork. Fork should come out dry.

### Veggies

#### Ingredients:

\*1/4 small cabbage (shredded) \*1 carrot (shredded) \*1/4 cup hot water \*1 stalk celery (chopped small) \*1/2 sweet pepper (chopped) \*2 tbsp. margarine

#### Method:

\*Melt margarine. Add vegetables. Cook for about 10 minutes. Add water, stirring frequently. Serve with boil up.



This platter is a mixture of tastes and textures and is pure Belizean!

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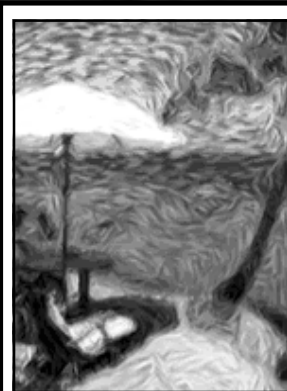


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## Trivia Tidbits

\*Japanese people do not have a middle name. In Japan, the last name comes first, and the first name comes last.

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

\*Sedimentary rocks are used to make cement, glass, fertilizer, baking soda, laundry bleach, and aspirin.

\*The lungs of an average adult, unfolded and flattened out, would cover an area the size of a tennis court.

\*Per the results of a three-year Christmas study performed by the Center for Lifestyle Management, an average of 10 hours are spent the last week of December arguing and bickering with family members about holiday-related activities.

\*A cat uses its whiskers to determine if a space is too small to squeeze through. The whiskers act as feelers or antennae, helping the animal to judge the precise width of any passage.

\*When a queen bee lays the fertilized eggs that will develop into new queens, only one of the newly laid queens actually survives. The first new queen that emerges from her cell destroys all other queens in their cells and, thereafter, reigns alone. When a queen bee lays the fertilized eggs that will develop into new queens, only one of the newly laid queens actually survives. The first new queen that emerges from her cell destroys all other queens in their cells and, thereafter, reigns alone.

\*It is the female lion who does more than 90 percent of the hunting, while the male is afraid to risk his life, or simply prefers to rest.



## Wolfe's Woofers by Dennis Wolfe

### Questions

"And who would these lovely ladies be?"

Dulce and Shirley had just come out onto the deck at the Holiday Hotel and walked over to my table.

"Dr. Bill, this is my wife Dulce and her friend, Shirley. This is my new friend Dr. Bill from California. We met out here on the deck and we've been drinking coffee and solving the world's problems."

"What kind of doctor are you?" Dulce asked.

"I'm a psychiatrist," Dr. Bill said. "I spend most of my time testing people at the State Hospital in California."

"What kind of tests do you give them?"

"We can usually tell the condition of a person's mental state just by asking them certain questions."

"Do you mean that you can tell whether a person is crazy just by asking him questions?" Shirley asked.

"Not exactly," the doctor said. "However, we can ask questions that give us a good idea of their basic intelligence."

"Ask me one of the questions," Shirley said.

"Sure," Dr. Bill said. "I use this one all of the time. Ferdinand Magellan made three voyages around the world. On one of the voyages he died. Which voyage was it?"

Shirley thought about it for a minute.

"I never was very good at history," she said. "Ask me another one."

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**Island Park Estates Home Sites - \$145,000/\$360,000 US** - 80' beachfront home sites with bulkhead, native vegetation, high ground. Interior sites also available.

# 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 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.

**Ambergris Hopes Clinic** - 226-2616

**US Embassy** - 227-7161

**Canadian Consulate** - 223-1060

**Mexican Embassy** - 223-0193

**Guatemalan Embassy** - 223-3150

**Honduran Embassy** - 224-5889

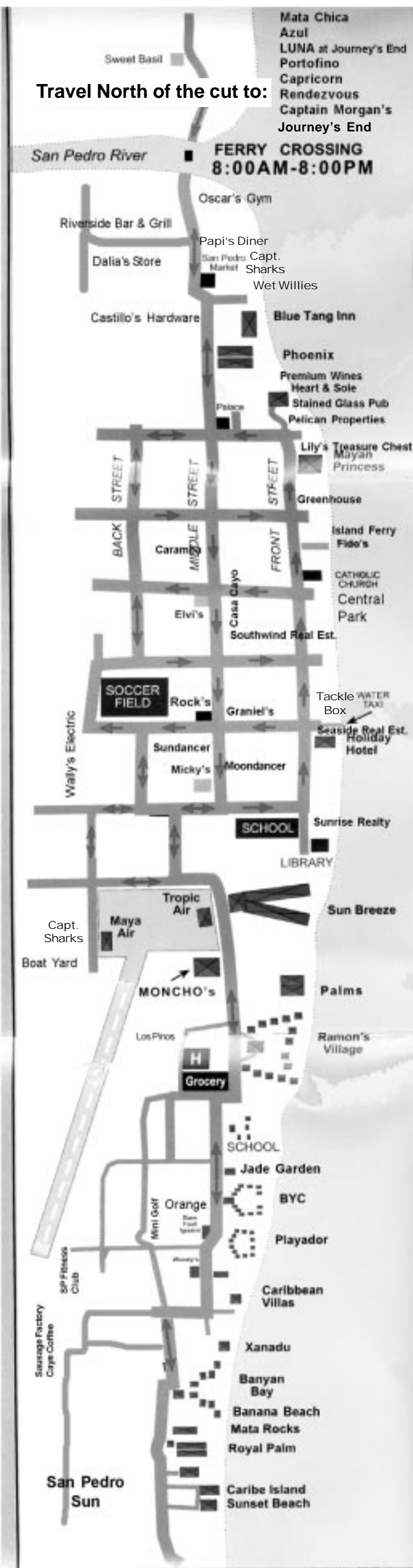
## Miscellaneous

**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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Monchos  
Golf Cart Rental  
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.

**ALUX ECO TOURS** - Personalized jungle tours to Mayan ruins throughout Belize. 223-2130, markmcf@btl.net

## Real Estate...

**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.

**Crystal Auto Rental** - Largest fleet in Belize. Offices at International Airport and Belize City. 223-1666, 0-800-777-7777

## 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.

**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** - Wednesdays' live music and fabulous Beach Barbeque **postponed** from September 21<sup>st</sup> to October 26<sup>th</sup>.

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

**THE TACKLE BOX** - come rock da box out over the water! Every Tuesday, Wednesday, Saturday and Sunday (starting @ 9:00PM) we have amazing live bands ranging from Reggae to Punta to old school Rock-n-Roll. We'll have prizes, specials and always that breath-taking Tackle Box ocean view! Located off the San Pedro Water Taxi Pier at the end of Black Coral St. 226-4313.

**SPORTS BAR AT PEDRO'S INN** - Saturday nights watch English premier league games on satellite TV. Cricket, pool competitions, ½ price cocktails on Tues. and Thurs. Indian food by reservation on Tues. and Wed. Drinkers play FREE pool; get FREE Internet and FREE US phone calls!

# THE SAN PEDRO SUN VISITOR'S GUIDE



## Dining Out...



**MATA CHICA** - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, charbroiled seafood and much more! Call 220-5010/5011. CLOSED until October 3<sup>rd</sup>.

**ROJO LOUNGE** - Enjoy tropical lounge cuisine in one of the most beautiful beachfront settings in all of Belize - Azul Resort. 226-4012. CLOSED September.

**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, serves Great

Fajitas, salads and local dishes for LUNCH. DELECTABLE SEAFOOD SPECIALTIES for dinner. OUTDOOR & INDOOR DINING 11:00 a.m.-2:00 p.m. 5:30 p.m. - 9:00 p.m. Beach barbeque every Wednesday night with live music. CLOSED until October 3<sup>rd</sup>.

**LILY'S TREASURE CHEST RESTAURANT** - On the beach behind Lily's Hotel. Join us for a cool breeze and the best seafood or USDA beef on our veranda by the sea. 226-2650.

**RAMON'S VILLAGE** - Enjoy breakfast, lunch and dinner in a Mayan atmosphere or on the veranda overlooking the Caribbean Sea. Coconut Drive. Phone 226-2071.

**LUNA** at Journey's End Resort - Experience fine dining on the beach north of San Pedro. Visit our tropical bar featuring karaoke, dance and fun music. Phone 226-2173. CLOSED until October 11<sup>th</sup>.

**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.

**RENDEZVOUS RESTAURANT AND BAR** - The most romantic spot in town featuring award winning chefs. Thai and French cuisine blended to make paradise taste like heaven, or so our customers say. Free Rendezvous Wine tasting from 11:30 a.m. to 4:00 p.m. Fermented, blended and bottled here on the property. Open for lunch and dinner. Call 226 3426 for reservations and transport options.

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

**CASA PICASSO TAPAS + MARTINIS** - Small plates, big pastas and fantastic desserts! "Hippest martini spot" - *Frommer's*. Nightly 5:30pm, closed Sundays. reservations 226-4507.

**THE TACKLE BOX BAR & GRILL** - whether it's a little break from the beach or a whole night out the Tackle Box is just the place. The kitchen serves a wide array of affordable fresh comfort foods ranging from our big Tackle Box Burgers, special fried chicken, to some of our more local fare and seafoods. And what a better place to enjoy our dishes, than our back porch out over the water.

## 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.

**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.

**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](mailto:cibl@btl.net) or phone 226-2388.

**PROVIDENT BANK & TRUST** - Offering a full range of International Banking Services. phone 223-5698 [services@providentbank.bz](mailto:services@providentbank.bz)

**GRANIEL'S DREAMLAND** - Locally made furniture & accessories from all Belizean exotic hardwoods & Mahogany. On Pescador Drive, opposite Rock's, Call 226-2632, ext. 18 or 226-2938. Open Mon-Sat 8:30-12:00 noon & 1:00 to 9:00 p.m. & Sun 10-12 noon.

**BAREFOOT BOOKS** - Features a huge selection of new and used books. Gorgeous greeting cards and gift items. Located at the southern end of Middle Street (Pescador Drive) across the courtyard from Mickey's. 206-2577.



## 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](mailto:spsun@sanpedrosun.net)  
(501) 226-2070  
[www.sanpedrosun.net](http://www.sanpedrosun.net)