

THE SAN PEDRO SUN VISITOR GUIDE

October 6, 2005

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America



From the birdwatching perch at Caribbean Villas, one can catch a glimpse of numerous birds and get a panoramic view of the Caribbean Sea!

- *Birdwatching at Caribbean Villas - breathtaking views & beautiful birds*
- *Bubba, Chico & Elbert - Barstool Birdwatching is fun!*
- *Christopher Columbus - Explorer & Discoverer of the Americas*



The Brown Pelican is the only non-white pelican in the world and can be found around San Pedro.



Can you guess the names of these ships? Do you know who led their expeditions? Turn to Page 6 to find out if you were right!

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Where did you read your San Pedro Sun?



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

Pictured is Leisa Bailey of Yankton, South Dakota with her copy of The San Pedro Sun at Mt. Rushmore, South Dakota!

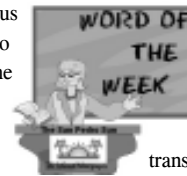
Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Don't forget to include your names and what you were doing.

Belizean Proverbs

Creole: Todeh fi yu, tomorrow fi mi.
 English: Today is for you, tomorrow is for me.
 Meaning: Your day is today but sooner or later my day is coming.

Grama use fu seh...
 Grandmother used to say...

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 U ku tel mi if wahn bos stap deh kloas?
Spanish ¿Hay un terminal de autobús cerca?
English Is there a bus stop nearby?

Creole How faar di yaapoat deh fahn ya?
Spanish ¿Que lejos esta el aeropuerto?
English How far is the airport?

Creole Yu ku shoa mi how fu geh da maakit?
Spanish ¿Me pudieras enseñar el camino al Mercado?
English Can you show me the way to the market?

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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.



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!

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-

Elsa Paz, Mayor, San Pedro Town

Birds of San Pedro – wonders of the sky



Climbing up the stairways to the lofty perch at Caribbean Villas leads to some amazing views and great sightings.

Everyone knows that San Pedro offers great diving, snorkeling and other watersports. With all the great physical sports available, one particularly fun and relaxing activity that is often overlooked is bird watching. From the only bird perch in San Pedro, located at Caribbean Villas, one can take in breathtaking views of the abundant foliage on the resort's grounds, plus a 360 degree view of surrounding San Pedro.

The Caribbean Villas is a destination worthy of a visit, it has one of the most spectacular views, as well as a host of endemic birds and other animals that call this resort their home. Watching birds in this area, while seemingly slow and time consuming, can ultimately be rewarding to the most patient of bird watchers. The thick vegetation of Caribbean Villas, and the typical, quick, seemingly random movements of many birds, makes them often difficult to see. Early morning and late afternoon are excellent times to bird watch, as most bird species are feeding or moving to new locations. Manager, Beth Rogers stated, "among our amenities and excellent service, we try to keep our guests wanting more and the perch is just a treat to them." She further stated

that at any given instance, bird enthusiasts get a chance to watch an average of six to seven different species in one visit.

Visitors to the bird perch will be fascinated by the hustle and bustle of activities taking place around them. Bird watching is an activity as old as humanity and for good reason! Birds are a beautiful and diverse group of animals often easier to view compared to other creatures. While a "rare bird" may be an exciting discovery, watching the behavior of the most common birds can also be fascinating and informative. After all, birds common to one region may be considered rare in another. Careful observational skills are necessary to be accurate when trying to identify a bird. The way the bird flies or acts may be as important as noticing the color of the feathers. The size and shape of the birds' body, wings, head, feet, and beak are very important. The sounds you hear the bird make and the location in which you see it are also important. The habitat in which a bird is found and the time of year can give you important clues when trying to solve the mystery of the unidentified flying crea-

Continued on Page 4

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Casa Cayo Estates - \$24,900/\$97,900 US - 60 acre subdivision in Cayo District, water & electricity available. Sites range from 4 to 19 acres in size. New all weather road through property.

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!

Kitty's Beach House - \$1,250,000 US Property is 238x229' in size. Existing main home has 6100 square feet of space under roof. 4 master bedrooms all with wonderful finish out. Sale includes onsite bar with license, caretakers quarters and 200' pier. Great expansion opportunity!

Your listing could be here! We are always searching for properties in Belize to sell. Contact us today for assistance!

FEATURED PROPERTY

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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!**

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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.

Birds of San Pedro

Continued from Page 3



A pair of Roseate Spoonbills search through waters up north. The peace and tranquility found up north means even more birds to see!

ture.

The Caribbean Villas has always had a strong collection of bird species, from parrots and macaws, to herons and sparrows, to near shore birds, including the ever popular seagulls. There is a healthy population of warblers in this location, they take the skies together and survive together. At any given time, an unpredictable number of species can be spotted. Other exciting and endangered species of birds that can be seen at this location include; the olive sparrow, fly catchers, brown jays,

hummingbirds, orioles, kiskadees and robins. These species all share one thing in common, the natural, lush, thick vegetation that is filled with food and nesting areas. Other interesting and/or threatened species include the Roseate Spoonbill, the great egret and sandpipers. If you are lucky, you can get a first hand look at the Black Catbird. This makes for a wonderful moment as this specie is rare. The species of hummingbirds that inhabit the area are gorgeous; it is always fascinating to observe the tiniest of birds with wing beats of



Explore the great wooded trails at Caribbean Villas. Just being in the greenery and amongst the various species of birds is a great experience.

more than 60 beats per second and flight speeds of up to 71mph. Watching the some of the tiniest birds and their speed can be quite exciting.

Typically, over 100 species can be spotted in a few days. Both casual and serious birders will appreciate bird watching from the top of the bird perch. Bird watching is the very best kind of fun, it's easy, inexpensive, healthful and satisfying. Whether you are new to bird watching or a seasoned pro, rest assured that during your trip, you will get a glimpse of these winged wonders that live in our backyards. Why not take a moment right now and add this activity to the top of your "to-do-list" and be sure to visit the Caribbean Villas for a bird's eye view



The abundant foliage presents a challenge to avid birdwatchers, but a nice hiding spot for birds at the Caribbean Villas' 'backyard'.

of the island, while getting a close-up of the magnificent flying creatures that call this resort their home.

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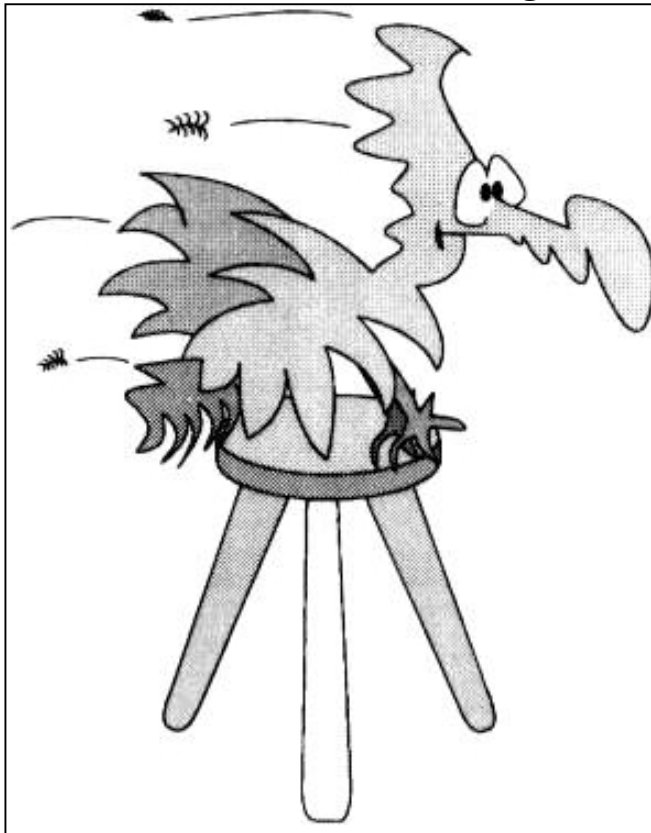
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Barstool Bird Watching



Try watching some birds from your favorite perch, the barstool! Now you have no excuse!

I first discovered bird watching from a barstool, and ever so often, I find myself back on that stool gazing over the Caribbean.

Chico is my favorite bartender on the island, partly because he makes excellent conch ceviche and partly because

of his tolerance of my antics. One afternoon while warming the stool, he asked me how I found the time to bird watch enough in order to write my weekly column on birds.

I explained how bird watching for some is not a planned event and that



A Royal Tern is a large, crow-sized bird with a long, heavy, yellow-orange to orange-red bill, black cap, wispy crest, white forehead, and pale gray back and wings. The tail is moderately forked. The Royal Tern breeds in large, dense colonies. Nests are sometimes washed away by storm tides, but the birds usually make a second attempt, often at a new location. This bird has fewer young than other terns, but maintains its numbers wherever it has protection from disturbance. It feeds almost entirely on small fish, rather than the crustaceans and insects taken by most other terns.

birds are always around us. We merely have to stop time and look! He looked at me strange and asked if I would like another beer.

I could tell he did not fully understand bird watching, so I enticed him into a round of "barstool bird watching" with a challenge, "I can identify more birds than you without leaving my stool!"

I knew from watching Chico play dominos that he enjoyed gaming, so I bet a round of drinks for the bar. Luckily, "Tequila Steve" had left us with some binoculars, and the afternoon was young.

Chico washed his chopping block in the bar's sink and began to sharpen his knife, peering out the windows overlooking the shoreline. "I see frigates," he said, "... five of them! Flying around the fishing boats."

I explained how each species only counted for one sighting, and the score

was Chico - 1, Elbert - 0, Bubba - 0. After a few other declarations of the rules, Chico agreed to include Bubba's sightings if he barks first.

Chico began to chop a large, white onion. Two little ground doves were bobbing for sand flies just off the veranda. "Doves!" he yelled, "That's two for me!" "What kind of doves," I asked. "Little doves!" he responded.

We talked a while about the rules stating "species." He opened me another beer, and I conceded his score of "little doves".

Chico - 2, Elbert - 0, Bubba - 0.

Chico had just settled down and started chopping the conch into bite sized cubes when Bubba suddenly jumped up from his nap in the doorway, ran across the lobby and barked across the street at the breadfruit tree, startling two white-winged doves to fly away.

Chico - 2, Elbert - 0, Bubba - 1.

Before I could swivel around in the bar stool to face the shoreline again, Chico had Peterson's Field Guide in his hand and was yelling, "Magnificent Frigate and the Great Frigate. If Bubba can count two kinds of dove, I can count the Great Frigate. That's three for me, one for Bubba, and you don't have zip!"

As fast as I could rattle them off, I took the lead with "Royal Tern, Brown Pelican, Yellow-headed Pelican and Neo-tropical Commorant."

The game's momentum was interrupted by Chico's calling foul on my commorant sighting. "It's underwater," I explained. After a few minutes of studying the surface of the waters around the dock, a commorant surfaced its head with a wiggling eel in its beak and began swallowing. "You're lucky," Chico said in a low voice, "That's four for you..."

Chico - 3, Elbert - 4, Bubba - 1.

Chico opened me another beer and

Continued on Page 6

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Barstool Bird Watching

Continued from Page 5



The Brown Pelican is a very large, stocky bird with a dark brown body and a long flat bill, and is the only non-white pelican in the world. Adults have a whitish head, with dark brown on the hind neck during breeding season. Young birds have dark brown head and whitish bellies. These social colonial birds fly in single file, low over the water. When sighting prey they plunge with wings half-folded, from heights of up to 50 feet (15 meters), surfacing to drain water from their bills before swallowing the fish. Unlike its larger white relative, the Brown Pelican seldom soars. Around waterfronts and marinas individual birds become quite tame, taking fish offered them by humans.

began to chop habanero peppers. We had not noticed Bubba slip out to the end of the dock until he barked in the air at a soaring osprey; prancing back up the dock, Bubba pointed his nose up again at a black-headed gull and gave a short, cocky bark. I could tell he was in a mood to show off. He leaped from the dock landing in the middle of six sandpipers with his third bark, then walking to the veranda, he stopped to give a "woof" into the hibiscus, giving notice to the Cinnamon Hummingbirds. He honestly looked smug as he plopped down in his favorite spot at the bar.

Chico - 3, Elbert - 4, Bubba - 5.

The ceviche was ready! Chico was putting it in cups with small forks. He handed me a cup, and at the same time held up a fresh, cold beer. I reached out with both hands and took hold of the two. "Thanks, Chico." Chico paused, and then asked with a smile, "We forgot to decide how this game ends."

After a few bites I began to sweat the pepper with a flush to my face. I explained, "The game never really ends; you just pause awhile and time restarts itself." Chico always looks at me strange when I talk like that. He offered me another beer, and I drank it like water. Chico pointed out that the sun was going down and encouraged me to take my boat home before dark.

Just one more point and it would be a tie. I asked Chico if he had ever been beaten by a dog before, and he said, "It ain't over until the fat lady sings; good night, bye, so long, you and your dog get out of my bar!"

Walking to my boat, I noticed the moon and tide had exposed the turtlegrass beds beside the dock, and hunting in the middle of the bed was a

Yellow-Crowned Night Heron. I opened my mouth to yell to Chico, but before I could utter a word, there was a soft "woof" from my side ... how humiliating.

Chico - 3, Elbert - 4, Bubba - 6.

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Christopher Columbus – Admiral of the open seas



Christopher Columbus was an explorer who, in his quest to find the Far East unwittingly discovered the Americas.

Columbus Day is a holiday celebrated in many countries in the Americas, commemorating the date of Christopher Columbus's arrival in the New World in 1492.

In fourteen hundred ninety-two (1492), Columbus sailed the ocean

blue and history knows him best for this voyage when he landed in the Caribbean and discovered the New World. Columbus was convinced that he had landed in the Far East. However, he had bumped into America and as such, secured a spot for himself into history books for the rest of time.

Christopher Columbus was born in Genoa, Italy somewhere between August and October of 1451. Columbus's father, Domenico, was a weaver and also somewhat involved in local politics in Genoa. Columbus had four younger siblings and became close friends with his younger brother Bartolomeo. Columbus's education may not have been very thorough, but he did learn to read and write.

As a young boy, Columbus started out working with his father in weaving, but soon turned to sailing. Genoa is a seaport in Italy so Columbus grew

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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.

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. 206-2028.

The Governor General's Music in Schools Program, San Pedro Chapter – c/o San Pedro Town Council, P.O. Box 54, 226-2198, g_gmusicinschoolsspc@yahoo.com An organization created to develop and promote the love of music and the practice of the arts throughout Belize.

Christopher Columbus

Continued from Page 6

up by the sea and among many sailors. He spent his teenage years first as a cabin boy then as a sailor; learning much about sailing, astronomy, and geography through his voyages. During his twenties, Columbus settled down in Lisbon with his brother Bartolomeo where he helped him in his map-making business. During this time, Columbus also captained ships for Italian merchants.

In 1478, Columbus met and married a young woman named Felipa who came from a relatively respected family. He then moved with her family to Porto and there Felipa gave birth to a son, whom they named Diego. Soon after Diego was born, Felipa died. The years following Felipa's death were filled with ocean voyages. Columbus moved to Portugal where he had connections with the Portu-

guese court through Felipa's family. It was during these years that Columbus began to develop the idea that he could reach the Far East by sailing west. Through his study of geography and his knowledge gained in map-making, Columbus began to believe that the earth was round. He read about Marco Polo's trip over to the Far East, and the spices and riches there. Columbus began to believe he could reach the Far East by sailing west.

Convincing someone to provide for such a voyage across the Atlantic was not very easy. Columbus used his connections into the Portuguese court to ask King John II to provide for his trip across the Atlantic. However, King John rejected his request. Both France and England also refused to provide for his voyage. Co-



These statues portray a 15th-century meeting between Christopher Columbus of Genoa and King Ferdinand and Queen Isabella of Spain. Gardens surround the Alcazar palace in Seville, a favored residence of Spanish monarchs for centuries.

lumbus then made the decision to move with his son to Spain. Columbus was known to be a dedicated Christian and in Spain he formed connections with monks, who were scholars. Through his connections he eventually met Fray Juan Perez, Queen Isabella's confessor with whom he had many discussions. Perez eventually introduced Columbus to King Ferdinand and Queen Isabella and after a few years and many petitions, Columbus got patronage for his voyage from Ferdinand and Isabella.

Columbus was given three ships, the Niña, the Pinta, and the Santa Maria. Recruiting a crew courageous enough to sail across the Atlantic was difficult but was managed. On August 3rd, 1492, three ships left Spain to find the Far East. His first voyage began from Spain, and on October

11th, 1492, they landed on an island they called Guanahani, but Columbus later renamed it San Salvador. While exploring the islands in the area and looking for gold to loot, Columbus' men traveled to the islands of Hispaniola, Cuba and many other smaller islands.

On his second, larger expedition from September 25th, 1493 to June 11th, 1496, Columbus sailed with 17 ships and 1,200 to 1,500 men to find gold and capture Indians as slaves in the 'Indies'. Columbus established a base in Hispaniola and sailed around Hispaniola and along the length of



Some endemic populations view Columbus as a man who brought famine, disease and disruption to the Natives of the Americas.

Continued on Page 10

Membership With Even More Benefits!

San Pedro Fitness Club is expanding and opening a San Pedro Fitness and Oasis Spa center at the Belize Yacht Club. We invite everyone to come and see our new center on the second floor of the Belize Yacht Club admission office. Membership still includes use of the amenities at the San Pedro Fitness Club and members are invited to use the amenities at the Belize Yacht Club as well.

Open 6:00 am to 7:00pm seven days a week.

San Pedro Fitness Club

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CASTOR BEAN PLANT

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 Ricino, Higuera (Spanish)
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Scientific Name: *Ricinus communis* L.

Plant Family: Euphorbiaceae

Description: Erect shrub or small tree to six meters tall; trunk to four centimeters in diameter; leaves deeply lobed, 10-60 centimeters across; flowers in a spike, purple brown in color; fruits brown, 1.5-2.5 centimeters long; seeds black or mottled brown-creme, each 10-17 millimeters long.

Habitat: Old fields, roadsides, edge of forest, gardens.

Traditional Uses: Seeds and leaves



The Castor Bean plant is used very effectively as a purgative, emollient, laxative, and to treat cuts, sores, swellings, to prevent scarring from measles, and for common women's problems.

have been used since ancient times as a purgative and emollient. Boil half of a leaf, plus five dried seeds in two cups water for five minutes and drink warm as a purgative. Use half leaf plus two seeds in same manner as a laxative. Crush fresh leaves into paste to apply to cuts, sores and swellings to improve healing time. For pain, heat a large leaf in oil and apply to

area as a poultice overnight. For headaches and sinus congestion, apply small amount of "Vicks" to forehead; wrap with castor leaf; tie with cloth and lie down for one hour or use at bedtime. Boil five large leaves in two gallons water for ten minutes to bathe children with measles (alleviates itching and prevents scarring). Steam from boiled leaves is used as

a vaginal treatment for female disorders (e.g., vaginal tract infections and post childbirth pains). For fevers, heat leaf in oil; rub over body and wrap up warm overnight.

Research Results: The seeds, and to some extent the foliage, are poisonous, containing the compound rich (Kingsbury 1964). Ricin is said to have "many of the poisonous characteristics of a bacterial toxin" (p.194) and pure ricin is one of the most poisonous compounds known. Heat inactivates the ricin (a protein) contained in the seeds (Farnsworth 1993). An ethanol-water (1:1) extract of the leaf showed antiviral activity at a concentration of 50 mcg/ml against *Vaccinia* virus (Dhar et al. 1968). An ethanol (95%) extract of the leaf showed galactagogue effect at a dose of 3.75 ml/person (Gilfillan 1862).

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.

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 B E L I Z E

The San Pedro Sun Virtual Taste Trip

Panades – Corn turnovers stuffed with beef, chicken, refried bean or fish, deep fried and garnished with spiced shredded cabbage.



Ingredients:

Corn Mixture:

- *1 lb ground corn
- *1/2 small round recado
- *2 tbsp water

Fish Mixture:

- *8 oz. cooked fish flaked and checked for bones
- *2 small onions (finely chopped)
- *1 tsp salt
- *1/2 tsp dried oregano
- *1/2 tsp thyme
- *2tbsp margarine

*Add to ground corn. Mix with clean hands.

*Take small pieces and make in small balls about 1-1/2" to 2" in size. *Flatten balls on a piece of clear plastic (Plastic from bread bag is suitable).

*Add about a teaspoon of fish filling. Fold over corn (as if making patties). *Seal edges well. Fry in deep, hot fat. Turn once.

*Once cooked, take out and drain well on paper towels.

*Serve with diced cabbage, spiced with lime juice, salt and pepper to taste.

Method:

*Prepare corn by dissolving recado in water.

The Tourist's 10 Commandments

1. Thou shalt not expect to find things as thou hast them at home, for thou left home to find things different.
2. Thou shalt not take anything TOO seriously, for a care-free mind is the beginning of a fine holiday.
3. Thou shalt not let other tourists get on thy nerves, for thou art paying out good money to enjoy thyself.
4. Remember to take only half the clothes thou thinks thou needs and twice the money.
5. Know at all times where thy passport is, for a person without a passport is a person without a country.
6. Thou shalt not forget thou are a representative of your country at all times.
7. Thou shalt not worry, for he that worrieth hath no pleasure - few things are ever fatal.
8. As a stranger in a strange land be prepared to do as its people doeth.
9. Thou shalt not judge the people of a country by the one person who hast given them trouble.
10. Remember thou art a guest in other lands, and those who treat their hosts with respect shall be treated likewise.

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Reef Brief

By Green Reef Peace Corps Volunteer Nicki Vassak

Dressing a Mollusk

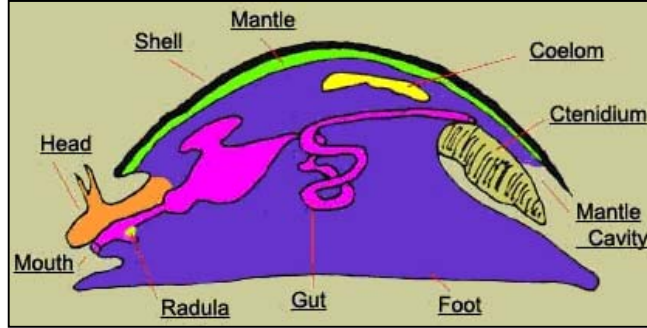


Mollusks have been the proud owners of seashells for 600 million years when bacteria, protozoans, and organic debris facilitated the development of marine invertebrates. Humans have enjoyed the economic and aesthetics benefits of shells for ages often without questioning their creation. Malacology, the study of mollusks helps explain the complex development of this organism's fashionable armor.

Mollusks possess many diverse forms of pigment in both body and shell. Colors and patterns are formed according to the animal's diet. The nutrients from the food eaten are broken down as they travel through the bloodstream towards the mantle, where they are transformed into highly concentrated cells. The mollusk uses these cells for the colouration and pigmentation of the structural layers of its shell.

Indigo, blue, red, and yellow shell colors are common because of the basic pigments, melanins and porphyrins. These pigments build up intermittently along the mantle edges and are responsible for dashed, dotted, clustered, and striped designs. Colouration is affected by changing water conditions and increases in salinity or pollution.

The organic composition of seashells includes several layers of crystalline calcium compounds. These layers are protected by an outer sheath frequently called the periostracum. The periostracum often helps with camouflage and is made possible by the chemical content of the animal's blood. The mantle concentrates calcium by an osmotic process and crystallization



A cross-section of a mollusk, showing the various parts that allow us to come closer to understanding this fascinating underwater creature.



The shells of the mollusks are often beautiful and multicolored, and the empty shells are sought after by shell enthusiasts worldwide.

takes place immediately between the existing shell layer and mantle cavity, creating a prismatic structure.

Seasonal growth is observed by lines and breaks on body whorls. During active growth periods the mollusk dissolves unwanted spines or projections which might hinder feeding or movement. Shells develop rapidly in tropical areas, thickening with age, but remain unchanged once the animal is sexually mature. Abnormally large



shells therefore imply a severe parasitic infestation, where the mollusks' sexual organs have been destroyed and so shell growth has not been inhibited. The great diversity of shapes and colors in seashells indicates natural selection, and an attempt to increase chances of survival.

TURTLE UPDATE: The total number of turtle nests recorded this season equaled thirty-eight, only five of which were false crawls.

Christopher Columbus

Continued from Page 7

southern Cuba. He spotted and named the island of Dominica on November 3rd, 1493.

On a third expedition that took place between May 30th, 1498 to October 1500, Columbus sailed farther south to Trinidad and Venezuela. His fourth and last expedition took place on between May 9th, 1502 to November 7th, 1504; Columbus sailed to Mexico, Honduras and Panama.

At the end of his days, Columbus had made many great discoveries and done many great things. However, he lost all of his titles. Although he did die rich, he was never given full credit for all he had done in the Caribbean. On May 20th, 1506, he died in the city of Valladolid of a disease he had caught in the Caribbean. Even though Columbus did not get everything he should have, he introduced the Old World to a New World. He himself never knew the extent of his discovery, but now that it is known he has received credit. The legendary voyage made in 1492 created new lives for many as they came to America.

Columbus Day, is a holiday commemorating Christopher Columbus's discovery of America. It has been traditionally celebrated on October 12th throughout most of the United States, parts of Canada, and in several of the Latin American republics, including Belize. On behalf of *The San Pedro Sun*, we wish all a happy and safe Columbus Day!

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Wolfe's Woofers by Dennis Wolfe

Her Favorite Flower

"Hey, Chuck, what happened to your head?"

Chuck looked into his drink glass and mumbled something.

"I'm sorry," I said. "I didn't catch that. Boy, that is one nasty looking bruise you have on your forehead."

"I got it from not paying attention," Chuck said.

"Oh. You ran into something?"

"In a way. I guess you could say that."

"I don't understand."

"Valerie read about this seminar that was being held at a resort in Cayo. It was for married couples to strengthen their marriage or some such crap. I told her right up front that I didn't want to go. People who have been married as long as we have don't need to strengthen anything except their patience."

"Yeah," I said. "Dulce made me go to one of those things one time, too.

How was it?"

"I hated it," Chuck said. "I was sitting there so bored I was worried about going to sleep and falling out of the chair."

"You fell out of the chair? Is that how you got that lump on your head."

"No, I didn't fall out of the chair," Chuck said. "I was daydreaming about something when the guy giving the seminar was asking the men in the group questions to find out how sensitive they were to their wife's likes and dislikes. Next thing I know this guy asks me if I know what Valerie's favorite flower is. I turned to her and said, 'Isn't it Pillsbury Bake-Rite?' That's when I got this bruise."

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Trivia Tidbits

*The number 4 is the only number, in the English language, that has the same number of letters in its name as its meaning.

*Camels have three eyelids to protect themselves from blowing sand.

*It takes as much heat to turn one ounce of snow to water as it does to make an ounce of soup boil at room temperature.

*The hummingbird is the only bird that can fly backwards.

*The process of a snake shedding its skin or a crustacean casting off its outer shell is called ecdysis.

*A crocodile can't stick out its tongue.

*A mosquito, engorged on blood, is able to fly carrying a load twice its own weight.

*Darker green lettuce leaves are more nutritious than lighter green leaves.

*"Almost" is the longest word in the English language with all the letters in alphabetical order.

*Water is so scarce in the arid regions of China that, in the grasslands, the people never take baths, and sometimes must wash their faces in yak's milk.

*The US produces 19 percent of the world's trash. The annual contribution includes 20 billion disposable diapers, 2 billion razors, and 1.7 billion pens.

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❖ **Boca Ciega 4.5 acres** 170ft beach front. \$350,000.

❖ **Near Mexico Rocks** 178ft beach front 2.4 acres \$534,000 - Sold

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❖ **Buena Vista Point** ocean view 75ft x 150ft \$89,000 each.

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❖ **Laguna Estates** commercial tracts & islands Inquire!

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❖ **San Marcos 2 adjoining** 50' X 100' lots - \$35,000 each

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

San Pedro Tourist Guide Association 226-2391.

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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.

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Hyperbaric Chamber - 226-2851, Dr. Otto Rodriguez - 600-0287 or 226-2854. Antonia Guerrero - 600-5475 or 206-2152. Eleazar Portillo - 610-4560 or 226-3195.

San Pedro Polyclinic II - 226-2536. 8-12 and 2-5, Mon. to Fri. Emergencies 226-2555/2918 or 606-3864.

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

US Embassy - 227-7161

Canadian Consulate - 223-1060

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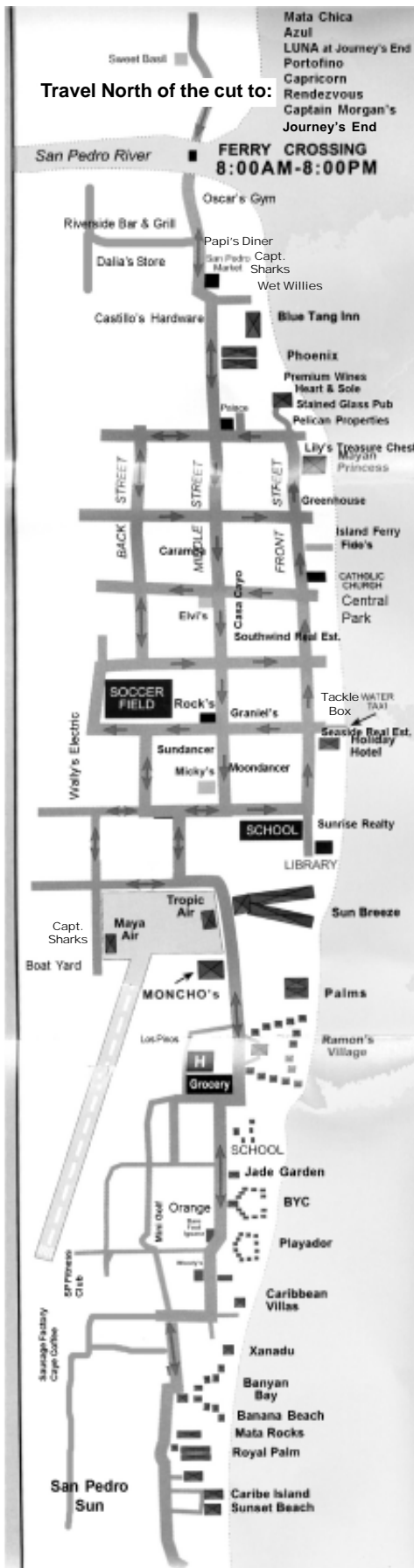
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Green Reef A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net

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THE SAN PEDRO SUN VISITOR'S GUIDE



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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 3rd.

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 11th.

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 + MARTINI'S - Small plates, big tapas 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 or phone 226-2388.

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

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

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.
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