







Read the Caye Caulker Special Section Inside!

Plus:

Read up on Skydiving in San Pedro the Great Kiskadee, The Smart Cephalopod, And much more...







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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



Jenny Osterman recently had dinner in Antwerp, Belgium with friends and frequent San Pedro visitors, Vera Sauviller and Ron Leyzen. Ron enjoys stalking Bonefish and Tarpon with Severo Guerrero Sr. Vera likes the pace, the people and the food of San Pedro.

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.

The San Pedro Sun is mailed everywhere.

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More foreign subscribers than any newspaper in Belize!



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

WORD OF THE WEEK

Words of the Week. This week, we will present a few phrases in English and give you their Creole and Spanish translations.

Special thanks to Sylvana Woods for her help with the Creole translations. Enjoy!!!

Pedro Sun proudly presents -

English I'm not particular ; I'll take any job I can get. Creole Ah noh kay. Eni kain a jab weh yu gat ah wuda du. Spanish Yo haría cualquier trabajo. No soy patricular.

English I want to sit in the sun.

Creole Ah waahn goh sidong eena di son. Spanish Quiero sentarme bajo el sol.

English There has been an accident here.

Wahn aksident hapm ya. Creole Spanish Hubo un accidente aqui.

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

QUESTION: How long have you been here?



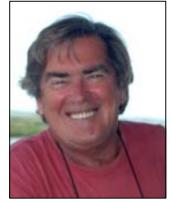
"I have been coming here for 16 years, on and off, but I've lived here for the last six." Charmaine Tolentino said. "I came from southern California where I was a make-up artist for the movie industry." She now lives just across the cut.



Jo Mishra is a 5th semester student at the Medical University of the Americas and is from Vancouver, British Columbia, Canada. "I have been here 17 months."



"We have been here 5 years and in Belize City for 4 years prior to that." Frances and Vernon Wilson are volunteer missionaries with the Anglican Church and came from Newport News, Virginia. They now live on what is to become Treasure Cove Marina.



years" said **Dennis Fisher** of Blazing Hammers Construction, who is an architectural designer from Denver, Colorado.
"I moved here for my health and haven't had an unhappy day since." Dennis lives with his wife Judie in the house he just finished building in the El

Tesoro area.

"I've been here 51/2

WOMAN ON THE BEACH

by Harriette Fisher

Watch for Harriette walking the beach with her camera. What question will she ask you?

Every Friday enjoy our special "Spanish Night" with our famous "palica". lenderloin beef carpaccio. our bar special from Spain "Sangria" and for dessert our flambeed bananas fosici, all surrounded in an atmosphere of Spanish decor and music.

Take a short ride under the stars

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Snapp.

Shring

On Saturday experience our "Caribena" night. Taste a flavor of the Caribbean with our house special. Shrimp hebob. Caribbean seafood ceviche, fish cartocho, and Caribbean fruit salad served in a coconut halve, all in a unique blend of Caribbean music and decor.

he best place to have fun. This two-ambiance bar has a big lounge terrace where exotic cocktails and an eclectic music selection from live Dj's fuse together to bring you a unique atmosphere. Enjoy lunch or dinner by the pool.

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Shrimp and Papaya Salsa,
Mesquite Grilled Seafood Plate
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Calamari, Shrimp and Scallops
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music and decor. \$20 BZ roundtrip per perso

San Pedro Street Treats

One of the features of life in tropical destinations like San Pedro and other parts of the Caribbean is the sale of in-season tropical fruits, vegetables, candy treats and home made pastries by road-side or street vendors. Usually, they occupy a very small plot of place. In the corner of a street or in any strategic spot along the street where they usually offer special warm dishes, fresh fruits/vegetables, candy treats and much more. During the year, it is a common occurrence to see or spot these vendors trying to make a living by providing us with the very best selection of their produce. Walking the streets of San Pedro, one can take a look at a variety of yummy treats that are on sale, but do we know most of what they are selling? The Sun, took it to the streets to visit the many local street vendors and find out about the yummy treats they offer. Here is what we found out!

Cocobrut

This week we feature another homemade delicacy called the "cocobrut", a candy that is made with tender chopped coconut meat and sugar. The process of making the candy requires one to be attentive at all times, so as to prevent it from burning. The candy is easy to make, simply gather the ingredients and follow these easy steps. To make the cocobrut you need to get a hold of some medium

226-3892

tender (not too soft or too hard) coconut meat chopped in cubes, add sugar, cinnamon, and spice seeds. In a bowl, mix the ingredients and add water, keep stirring the contents until sugar dissolves and becomes a syrupy mixture. Then, get a hold of some wrapping paper or plantain leaves and spoon mixture on leaves/wrap and let it cool. After it has cooled down, you can devour them and what a lip-



The cocobrut is homemade candy made with young coconuts and is easy to make or can be purchased at San Pedro's food and vegetables stalls for only one dollar a bag.

A Truly Divine Experience This elegantly appointed restaurant features both outdoor seating and indoor air-conditioned split level dining with high ceilings, local artwork and more. Dur wonderfully decorated lounge invites you to enjoy the Island's largest selection of drinks, cool tropical cocktails and martinis. Dinner entrees include.. 💽 Filet Mignon, Sarlic Mashed Potatoes with Cabernet Wine Sauce 🔹 Pork Chops, Steak, Fries and Warm Apple Chutney • Pan Seared Grouper, Garlic Mashed Potatoes with Grapefruit Beurre Blanc • Steamed Local Lobster Tail with Saffron Risotto • Sautéed Snapper over Black Bean Salsa with Caribbean Citrus Sauce • Sautéed Skrimp, Herb Vesto Couscous and Flavored Oils For lunch enjoy... Chilled Gazpacho Soup with Shrimp . Sirloin Burger with Fries • Fish Fillet Sandwich • Broasted Chicken Breast Sandwich Daily Specials

Start the day with... Also Official Daily Specials Start the day with... All House View of Eggs Benedict with Smoked Ham • Belizean Banana Pancakes • Located at Banana Beach on Coconut Drive

This candy and other treats can be purchased at the street stalls in San Pedro. Join us next week as we feature yet another tasty Belizean style street treat. Papi's Diner Finer Food at **Diner Prices** Open Daily 7:00am - 10:00 am 11:30am - 2:30pm 6:00pm - 10:00p

smacking treat it is. It is a homemade

candy that does satisfy your sweet tooth.

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Apple Cinnamon French Toast

TREC - Marine Education in San Pedro!

As human activity and pollution increasingly threaten the world's great seas, the study of marine science is more vital than ever. In an effort to get people educated on marine ecology in San Pedro, a dedicated education center TREC has been serving the island for more than six years. Marine TREC has a well-qualified staff, broadly trained and dedicated professionals, a large complex of specialized facilities and a fleet of vessels. TREC holds opportunities for students and researchers. Now the eco-tourist or local marine enthusiast can join in on Thursday nights at 7:30 for lectures, slide shows and discussions on a variety of coral reef topics. TREC's director has been teaching marine science for 20 years, the last 12 in San Pedro. The San Pedro Sun got a chance to go one on one with Marine Ichthyologist, a zoologist who studies fishes, Dr. Ken Mattes, who was excited about sharing his insights on educating people about the reef's precious corals and marine ecosystems. Dr. Mattes was enthusiastic to share with us his outlook on the subject at hand and here is what we found out.

TREC (Tropical Research and Education Center) is an institution committed to the conservation of tropical ecosystems through the use of education and research. TREC offers the facilities and staff for innovative science education in Belize. Based just south of San Pedro on Ambergris Caye, TREC of-

fers a well-equipped lab, library, and a variety of boats for field trip transport. The center also has classrooms that can accommodate large groups. The rooms are adjacent to the dining area, lecture hall, and study area. A freshwater swimming pool is located in the middle of the dormitory section. Dr. Ken Mattes, his wife Maureen Gannon and staff provide students with university level, for credit educational programs. Students also have opportunities to participate in a wide variety of activities while in Belize. Trips to the mangroves, rocky shore, sandy beach, snorkeling on the back reef and turtle grass beds are all typical field learning experiences for the students. Back at TREC students work in the lab with microscopes and a variety of other equipment to interpret what they have seen. Some classes are based solely on theory, some require intensive fieldoriented work designed to familiarize the student with coral reef organisms and basic research procedures. The primary goal of the Tropical Research



Dr. Ken Mattes, his wife Maureen Gannon and staff provide students with university level, for credit educational programs.

& Education Center (TREC) is to promote education and research on coral reef ecosystems. Education of this nature helps produce scientifically literate adults and may produce a few marine professionals here and there. Students learn the global connection of all ecosystems and why coral reefs are important to people that may never even see them. Research helps produce

background knowledge that will aid in management decisions to protect the reef.

The discussion topics change every week and has a minimal fee of US\$5, for further information on the Marine Trec program please contact Dr. Mattes or Maureen Gannon at 226-3389 or e-mail them at trec@hotmail.com.



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As Smart as a Cephalopod

Class Cephalopoda consists of all the octopuses, squids, cuttlefish, and nautiluses in the phylum Mollusca. They are easy to tell apart. Octopuses are soft-bodied, and round with eight arms. In contrast, squids are bullet-shaped, possessing a stiff-internal structure known as a pen. They have eight arms and two longer tentacles. Gripping devices can be found on the arms of both squids and octopuses. Nautiluses own hard external shells and approximately ninety grip-free arms.

As with most members of the mollusk phylum, cephalopods possess a gill, a foot, a shell-secreting tissue called the mantle, a toothed, tongue-like radula, and have possessed one or more shells in the past. In fact, the mantles of the coleodian cephalopods overgrew the shell during evolution to produce the first true endoskeloton (Dando and Burchett, 1996). Today, the mantle cavity in squids and octopuses allows them to move by jet propulsion. The cavity fills with water and can only escape via a tube-like siphon. The siphon bends, the mantle com-

presses, and the water shoots from the siphon sending the animal either forward or backward (Milne, 1995). All cephalopods are carnivores.

All cephalopods are carnivores. Squids feed mainly on the teleost (bony) fishes. The prey is brought within reach of its beak-like jaw, where large pieces of tissue are torn off by the radula and swallowed in the buccal cavity. Octopuses favor crabs, inject them with a toxin released by the jaws or salivary glands. This immobilizes the prey so that it can be flushed with a variety of enzymes. Octopuses will then ingest the partly digested flesh. As for nautiluses, they are scavengers, which roam ocean bottoms in search of decapod crustaceans with their multitude of tentacles. They feed on their prey in a fashion

Pier Teams New Forming!

comparable to that of a squid (Dando and Burchett, 1996).

Cephalopods have acquired additional features over the course of their evolutionary history. The most notable include large image forming eyes, which are connected to the largest brains witnessed in any invertebrate. These physical characteristics in combination with their behavior lead some people to believe that cephalopods are the most intelligent invertebrates. Graziano Fiorito and Pietro Scotto showed in a recent study that octopuses learn simple tasks, such as choose the red ball over the white ball, and receive an award, by watching other trained octopuses perform the tasks (Milne, 1995).

arden





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SPECIAL Caye Caulker Visitor Section



Caye Caulker

Location: One mile west of Belize Barrier Reef

Length: From North to South, 8.2 km (5 Miles)

Width: .25 - 2.0 km (0.15 - 1.2 miles) **Population**: Approximately 1,300 Culture: Mestizo, Garifuna, Creole Hotels: 57...with 887 rooms

Caye Caulker is the place to be laid back. Most indicative of the caye's spirit is the sign on the main road exhorting "Go Slow." Hammocks, sandy streets, and cool Caribbean breezes greet arrivals. If you catch a taxi, a golf cart is what you'll get. From the asphalt landing strip lead just a handful of streets through the small village of seaside restaurants, lodges, pubs, shops and clapboard houses in bright colors. The barrier reef can be seen from the main road.

Caye Caulker is relatively small, at five miles long by one half mile wide. Of this, only the southern end is inhabited by villagers and visitors; the wet northern section is a mangrove and forest reserve, the abode of mangroves, nesting birds, and palm trees, with trails for visitors. The two sections are separated by a narrow water passage, the Split, created by Hurricane Hattie in 1961 and which has become popular with snorkelers, boaters, swimmers and sunbathers.

It is thought Caye Caulker's name came from pirates caulking their ships, although another possibility is from the

Spanish name "Cayo Hicaco" for the island, so named after the cocoplum tree found abundantly in the island's reserve.

Caye Caulker's 1,000 residents are a mix of Belizean and foreigners who have settled to enjoy the unique atmosphere.

Origin of the name "Caye Caulker"

On early British maps the island's name is spelled "Cay Corker." Known historically for its plentiful supply of exposed fresh water at La Aguada, one theory holds that this island was a favorite stop for sailors to replenish and cork water bottles. The Spanish name of the island is Cayo Hicaco, which means "the island of the cocoplum." "Caye Caulker" could be an anglicized pronunciation of Cayo Hicaco. Another theory is that boats were caulked in the protected bay, La Ensenada, on the western side of the island leading to the "Caulker" name.

A very brief history of Caye Caulker

Recent history of Caye Caulker began when Mestizo refugees from the Mexican Caste Wars arrived. The caye was formally purchased by Luciano Reves around 1870. Lots were sold to six or seven families, most of which still have descendants on the island today. The influence of these families is still very ap-

With few inhabitants, food could be

What's in a Name? "Don Corleone"



In the restaurant business, it's important that you choose a name that's catchy and/or easy to remember and says something about your product. The name Don Corleone conjures up images of "the family." The name is a tongue in cheek way of saying that we are a family restaurant as is the Italian meaning of Trattoria. The name usually brings a smile to people's face and they remember it. Besides it gave us an opportunity to modify one of the more memorable lines from the movie "The Godfather" into our tag line, "We'll make you a meal you can't refuse." Which, by the way, we strive hard to deliver on that promise.

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grown with sustainable methods of agriculture. The coconut and the fishing industry became important economic staples of the island. Even today a few of the older women continue to process coconut oil for their own use and to sell, although generally the coconuts themselves are harvested and shipped to the mainland.

Large scale lobster fisheries arose in the 1920's, when the lobster trap was introduced to the caye by Canadian Captain Cook and modified for use with the spiny lobster by Marcial Alamina. In 1960 the Northern Fishermen's Cooperative Society Limited was formed

with thirty plus members including some women, which allowed fishermen to export both fish and lobster, eliminating the middleman. Due to its great success, the cooperative became a model for other cooperatives in Bel-

Cave Caulker is also noteworthy for its tradition of ship building. The Young and Alamina families historically are known as skilled shipwrights constructing wooden sailboats with a frame construction. Cave Caulker remains a shipbuilding and boat racing center of Belize with the Alamina and Young families still prominently active in these endeavors. The Belize Marine Terminal and Museum has an excellent exhibit of the Caye Caulker shipwrights, their tools, and the boats they have built.

Fishing continues to be an important industry, but tourism has gradually become an important force on the cave as well. Since the 60's and 70's, when small numbers of hippies found their way to the caye, tourism has grown each year and many islanders now also operate restaurants, hotels, or other businesses in the tourism industry.

Despite the growth of tourism, Cave Caulker remains a small village with a distinct cultural flavor not necessarily found in large-scale tourist development. Almost all the businesses are locally owned, vehicles larger than golf carts almost never roam the streets, and lodging is small scale and relatively inexpensive compared to many other tourist destinations. We prefer to keep it this way. We frown upon large-scale development and focus upon the preservation of our unique heritage.



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SPECIAL Caye Caulker Visitor Section



Crabs Races in Caye Caulker!

Submitted by Ernie Salac





Revelers gathered many crabs and decorated them wildly, then proceeded to make them race away, much to the onlookers' delight.

Recently a few critters were so disturbed they packed up their house and left for higher ground. Crabs! Hermit crab races were the highlight of the evening at Sea Beezzzz on the coast of Caye Caulker. It was some Bunnie's birthday, so a few energetic and highspirited ones organized an entertaining evening for young, old and in-between.

The word was out about one week prior to the event but the earnest crab hunting began only the night before the big race. Some imports from Southpoint proved to be quite anatomically developed and aching for a larger home on their back. It was these homes which were decorated before the contest began. The crabs were also differenti-

ated with a few of nature's textiles like feather, heather, leather and lace. With more than twenty crabs in each heat, the bucket of eager contestants was full of every color under the rainbow. Four heats of crabs were turned upside down within a regulation baloney rake sized "call-o -see'm" for the warriors to exhibit their prowess.

The races took place in the front yard of The Sea Beezzzz. After the contestants were selected and deposited into the bucket they were placed upside down to begin their heat. The first three winners proceeded to the final race of the night. A crab was deemed a winner when it traversed the outside of the circle. This sounds easy

but a crab is not so sure that the way they are headed is entirely correct, no commitment or walking even close to a straight line. (There were a number of humans acting as crabs this night).

Most contestants had decorated their hermit crabs so as to distinguish themselves from others, but really to reveal their colors and ability to use a hot glue gun. All heats went swimmingly until the final was to begin. L&B were late but were determined to have a crab in the race. Rumor has it her crabs were doped either with

caffeine and/or dextrose! Well those hot glued-gunned crabs didn't even cross the line but they certainly brought color, pageantry and grace to the final race of the evening. The final winners were: first place OC – Orlando, second place – Yellow rose – Eddie and third place - Smoooth Pinky – Val. A fabulous time was had by all and there were promises of meeting one another next year under the same conditions. The night was ended with a few libations and a pink frosted YUMIE cupcake for all.

Calendar of events

February - Carnival includes traditional dances and other festivities leading up to Lent

March - Fishing Tournament sponsored by the Caye Caulker Tour Guide Association

Easter - Caye Caulker is a popular destination for Belizeans celebrating Easter. Religious activities include the Stations of the Cross, Good Friday services and Easter Masses. Secular activities include dances, games and the Easter Regatta (sailboat, motorboat, canoe and wind surf races)

July - Lobster Fest - Scheduled for July 1-3, 2005 - Caye Caulker's lobster fishing success is celebrated each year after the lobster season re-opens.

August - Our Lady of the Ascension - August 15th is our Patron Saint Day with a Church procession around the village and Village Fair sponsored by the School Teachers

September Celebrations - National celebrations begin with the 10^{th} of September, St. George's Caye Day, and culminate in Independence Day on the 21^{st} . The season of celebrations includes parades with float contests, queen contests, Children's Day, dances, and fireworks.

 $\it November$ - Garifuna Settlement Day - November $19^{\rm th}$ is the Re-enactment of the Garifuna Arrival to the shores of Belize includes Garifuna Mass, Drumming and Dancing

Christmas and New Year's - Our Lady of Guadalupe Celebrations, School Christmas Program and one of the busiest times for tourism businesses, Christmas and New Year's are celebrated here with religious services, secular dances and fireworks.











Experience the casual elegance of the Iguana Reef Inn on Caye Caulker ...and discover the Belize barrier reef ... diving, snorkeling, windsurfing and more.



The Great Kiskadee

The Great Kiskadee (Pitangus sulphuratus) is a large, striking bird whose name is derived from its call which sounds very much like French for "What are you saying" ... "Quest-ceque dit," or kis-ka-dee. The Great Kiskadee is found from Texas, USA to Argentina and is also very common in Bermuda, where it was introduced in the 1950s. The Great Kiskadee lives in open woodlands, streamside thickets, groves, orchards and parks. In the tropics it occurs widely in many semi-open habitats, usually avoiding dense unbroken forest. It is a permanent resident throughout its range and does not migrate.

Chances are you will hear this bird before you see it. During the heat of the day, while most birds are silent, the kiskadee will draw your attention by calling its name constantly while perched from a telephone wire or on a roof. This robin-sized bird is about ten inches in length. It has black and white stripes on the crown and sides of its head. It has a white line above its eyes. Its chest and undersides are a bright yellow and its throat is white. Its back and wings are brown and its bill and legs are black. Its bright pattern is unique in North America, but in the tropics several other flycatchers look almost identical.

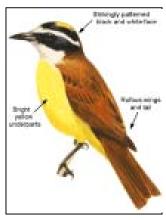
Although the Great Kiskadee is a member of the flycatcher family, this bird breaks the rules for the flycatcher family. Besides catching insects in the air, it also grabs lizards from tree trunks, hops about in trees and shrubs to eat berries, and will even perch on branches that are low over water to plunge in for fish and tadpoles. It will dine on beetles, wasps, grasshoppers,



The kiskadee nest is a large bulky structure, more or less round, with a single entry hole and is lined with soft material like wool and feathers

bees and moths and will eat mice and frogs.

Kiskadees are monogamous and often travel in pairs. A male will mate



The bright pattern and colors of the kiskadee are unique in North America, but in the tropics several other flycatchers look almost identical.

with only one female, and the mating season begins in late March. The female Great Kiskadee lays two to five creamy-white and brown speckled eggs in a nest made of sticks, grass, moss and bark. The nest is a large bulky structure, more or less round, with a single entry hole and is lined with soft material like wool and feathers. The nest is usually built in a thorn tree or bush. Both parents defend the nesting territory and care for the young. Development of the young and age at first flight is not well known. The kiskadee defends its nest vigorously and even if it has no nest in the area it will be aggressive towards other birds. It is quite a common sight to see a kiskadee chasing a much bigger bird of prey.

One of its most feared predators is the coral snake and the kiskadee will stay away from anything that has the same color pattern as the coral snake. Kiskadee populations are stable or increasing in Texas and they may be increasing and spreading in the tropics where rain forests are cut. The kiskadee adapts well around clearings, edges, and second growth and is very common through out Latin America.





Skydivers Boogie in Belize

For the second year in a row, the February skies above San Pedro were filled with colorful parachutes as skydivers from around the world made Ambergris Caye their destination for a skydiving vacation.

Organized by Rich Grimm and Tsunami Tours from southern California, the annual event has grown bigger and more popular. This year brought in over 125 jumpers plus nearly a hundred locals and visitors who took advantage of skydiving by flying tandem with an expert instructor.

With the slogan "Jump into Paradise," many of the skydivers raved about the opportunity to freefall over the beautiful Caribbean waters. Jennie, who has been sky diving for many years and hundreds of jumps, said, "This view is awesome. Where I normally jump, all you see is miles of farm land."

The landing zone was again located just north of "the cut," where crowds of locals and visitors watched as the jumpers leapt from the Twin Otter aircraft at 13,000 feet. For one to two minutes, the skydivers would freefall, often joining together to create elaborate rings and shapes before separating, and ultimately pulling their chutes between 3,000 and 5,000 feet.

On the ground, many of the expert skydivers dazzled the crowd with highspeed landings, or a gentle decent, hovering for seconds against the steady incoming ocean breeze before touching down.

On the ground, the skydivers talked to local kids eager to hear why these people participate in this extreme sport. Many of these skydivers were here last year and make a point to leave a lasting impact on the community. This year, many of the skydivers brought along schools supplies to help with the local edu-



"It's raining white people," one island resident joked as he joined a crowd to watch the skydivers at the drop zone during the Boogie in Belize Skydiver Rally.

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The San Pedro Sun's



Rick's Caribbean Ropa Vieja

A touch of sweetness from the Caribbean gives a new flair to the standard Ropa Vieja (Cuban Meat Stew). Serve with rice.

Ingredients:

- *1/4 cup butter
- *1 red onion, chopped
- *8 ounces fresh mushrooms, chopped
- *2 pounds flank steak
- *1 1/2 cups red wine
- *1 (13.5 ounce) can coconut milk
- *1/2 cup sour cream
- *8 ounces flaked coconut (optional)
- *1/4 cup brown sugar
- *1 tablespoon ground
- allspice *1 teaspoon salt
- *1/2 teaspoon black pepper

Directions:

Melt the butter in a skillet over medium heat, and cook the onion and mushrooms until lightly browned. Place flank steak in the skillet, and brown on all sides. Pour in the wine.

Reduce heat to low, and continue cooking 30 minutes, or until meat is very tender. Remove meat, shred, and return to skillet.

Pour coconut milk into the skillet. Mix in sour cream, coconut flakes, brown sugar, allspice, salt, and pepper. Continue cooking 10 minutes, or until heated through.





Skydivers descend on San Pedro

Continued from Page 11

cation. Tsunami Tours also gave a tandem jump to the director of the local humane society (SAGA), who in turn raised money through a raffle to see if he could hit a target on the landing field.

In the air, one can feel a total sense of freedom while securely harnessed to your personal sky diving instructor. The exhilarating freefall combined with the peace and tranquility of the parachute ride makes the tandem skydive a unique experience you will never forget. Two first time jumpers came to San Pedro just for the chance to participate in the Tandem skydive. Kelsey Reed and Lacey Applegate from Southern California, USA said their skydiving adventure was awesome. "What a rush it truly is, words cannot express how I felt, but it was a great ride and I would definitely do it again," commented Reed. "It was my first time doing it and I have to say that it is by far the best thing I've done in my life. I loved it and I can't wait to do it again and again," added Applegate.

During the ten day event, Grimm estimates over \$300,000 was infused into the local economy from the skydivers and their families. When they weren't in the air, most were having fun diving, snorkeling, fishing, shopping, dining and taking tours to the mainland, said Grimm who is already planning next year's event. For more information, visit www.skydivebelize.com



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Secluded piece of Paradise (R40)2.6 acres with more than 435' of beachfront and another 458' of lagoon water frontage on the western coast of Ambergris Caye. Price \$600,000 US.

Residential near town (09) Cozy one bdrm/one bath, well maintained home west of airstrip with rental income. Excellent price at only \$105,000 US.

Raw Land

Alta Mar (S45) – 100' x 100' nice parcel in residential area. Priced at \$85,000 US. Paradise Coves (B36) good sized lot 3.5 miles north of San Pedro – great location-121' x 98'. \$25,000 US.

Caribbean Coves (G29) located 3 miles up the west side of Ambergris Caye. Watch the beautiful sunset from this beachfront property. 68' x 200' – only \$87,000 US – terms available.

Club Caribbean - off the beach lots starting at \$15,000 US.

Holiday Lands (M53) Parcel 2615 – measures approximately 78' x 72', only two rows off the beach. Asking price \$60,000 US.

Paradise Coves (W23) Located 3 miles north and only 150' from the sea, this property has a septic system, 20,000 gallon cistern and a concrete foundation awaiting completion. An excellent investment in this desired area. \$120,000 US.

Robles (S54) Lot 14a–Drive your boat up to your doorstep to this beautiful beachfront lot, lush with vegetation. Lot measures 80' x 204' & is priced to sell at \$160,000 US. Robles (D19) Lot 23a measuring 100' of beach front x 360'. Terms available and owner agrees to pay part of the government stamp duty!! Asking \$119,000 US. Robles (D20) Lot #44 measuring 50' of beach front x 270'. Terms available and

owner agrees to pay part of the government stamp duty!! Asking \$74,900 US.



Dr. Herman Smith was the only PhD archeologist to reside in Belize. He was noted in his field as a foremost researcher and expert in the coastal trading of the Maya and headed the archaeological development of Lamanai in Belize. Herman discovered and contributed much to the body of knowledge of

the Maya once living on Ambergris Caye. If asked about this subject, he would gladly inform his listeners of the Maya past with detailed length and expansive arm waving. His humor accompanied these mini-lectures, eliminating any academic dryness and endearing him to the students and groups that he worked with on sites around the island.

He lived in Belize for over 12 years and eventually obtained Belizean citizenship. Dr. Herman Smith - U.S. Marine Corps pilot, decorated Vietnam veteran, archeologist, friend, and husband died on March 10th, 2000. Above all his many accomplishments from fighter piloting to practicing archeology – is that Herman was a friend to all in San Pedro. He contributed countless articles to The San Pedro Sun, articles that we are pleased to share with you once more.

Ancient San Pedro

Centuries before the first permanent settlement at San Pedro a century and a half ago, Ambergris Caye was occupied by the ancient Maya. Archeologists have estimated the population of the cave in the year 800 A.D. was between ten and twenty thousand. There are at least thirtytwo Maya sites on the island that have been identified and doubtless many more have not yet been discovered. Part of the difficulty in locating Maya settlements is the fact that the lee side of the caye has been slowly sinking over the past thousand or so years and much of the evidence for occupation now lies under two or three feet of water. Most of the sites examined so far, by archeologists, have turned out to be small residential areas characterized by thatch roof dwellings with plaster floors. Most such sites are located on large, low mounds made of organically rich soil, known locally as "black dirt mounds". Long the target of local residents seeking rich soil for their gardens and lawns, many of these mounds, especially those close to San

Pedro, have been reduced to a collection of large holes in the ground. Scientists can not agree on how the "black dirt mounds" were formed. One thing they all agree on is that the mounds are not natural, but rather the product of some human agency. Some believe that the mounds represent a by-product of human occupation over several centuries and the accumulation of organic materials brought into the site. Others think the soil was transported from the fresh- water swamps in the interior of the island for agricultural purposes. It is true that the

mounds are found on top of beach sand, usually to a depth of two or three feet. Often times the residences were built on the mounds and on occasion the inhabitants buried their dead in the mounds. In any event, the "black dirt mounds" are found from one end of the cave to the other, usually on the windward side, for obvious reasons.

From time to time construction in downtown San Pedro will turn up burials and other cultural remains of what was

Continued on Page 14



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Dig It! Continued from Page 13

once an important Maya community. Ambergris Caye figured prominently in the Maya trade system, serving as a way-station and transshipment point on the far-flung canoe trade connecting the Maya and non-Maya worlds. Large ocean-going dugouts (the Maya never invented the sail) transported salt, pottery, dried fish, seashells and probably textiles from the coastal zones of northern Yucatan to Ambergris Caye. Here it is believed the materials were offloaded and transferred to the smaller canoes that were capable of negotiating the shallow, narrow inland rivers and streams leading into the highlands. Returning canoes would bring jade, obsidian, basalt (for manos and metates), furs, feathers and a variety of forest products that would ultimately arrive on Ambergris Caye for further transport to the coastal zones.

While the archeology of Ambergris Caye is still poorly known, it is clear that the trade system was in place well before the Christian Era. Initially, the trade was focused on an exchange of exotic goods between members of the elite ruling class as a way of reinforcing their elevated status. Gradually, the exchange of commodities, those items or materials of more practical value, became increasingly important, particularly after the rapid decline of the Maya theocratic state after about 800 A.D. With the abandonment of the great inland cities and ceremonial centers, the road system formerly connecting the population centers also deteriorated, rendering the overland trade routes relatively unimportant. It was at this point that the Putuun Maya from the west coast of the Yucatan, who had long been engaged in ocean-going canoe trade around the Yucatan and Gulf Coast, saw a window of opportunity and expanded their influence by incorporating the entire coast of the western Caribbean into their trade routes. Sites from this period on Ambergris Caye show an increase in the materials from Mexico and Guatemala.

It is not generally known that the Maya



In the past, mounds such as this one found in the San Pablo Area, were higher. This mound now boasts a grassy field and is adorned by two nice thatched palapas.

constitutes the international boundary between Mexico and Belize. There is

of trade vessels from the windward side of the island to the Bay .of Chetumal very convincing evidence that Bacalar sometime around 600 A.D. This canal Chico was dug to facilitate the passage cuts about sixty miles off the trip from

Yucatan to the rivers emptying into Chetumal Bay which connected the highlands with the sea. The oldest map of the area that clearly shows the canal is dated 1726, long before the first serious attempt. at settlement. Possibly the oldest historic reference to Ambergris Caye comes from a sixteenth century letter recently discovered in the Spanish archives. The letter is a quasi-legal petition for a land grant from the governor of Jamaica by a Spanish sea captain who had spent two year locating fresh water and salt sources in what he describes as the Chetumal area. While the island is not mentioned by name, scholars who have mined the document have concluded that the captain was referring to Ambergris Caye. Sometime around 1300 or 1400 A.D., most of Ambergris Caye seems to have been abandoned. There is a strong possibility that a couple of sites may have been occupied up until the Spanish arrival in the sixteenth century, but the glory days of the Maya trade system was a thing of the past.

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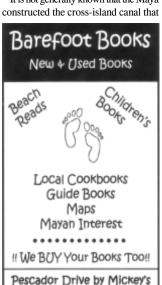
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Wolfe's Woofers by Dennis Wolfe

A New Golf Cart

"Hey, Norm. How's it going?"

"Things are going good but I do have a bone to pick with you," he said.

I was at Captain Shark's, buying some new bearings for my golf cart, when I ran into Norman Evanko.

"Yeah? What seems to be the problem?"

"The problem is that last story you wrote about me in the paper. You know, some people believe those stories are true and not just jokes. A lot of people asked me about that last one."

"You'll have to forgive me, Norm," I said. "If I had known you could read I wouldn't have written that story."

"O.K." he said. "I'll take that as an apology."

I was still laughing to myself as I stepped out of Captain Sharks. James Ritchie had just driven up in one of those brand new golf carts that he sells and Norman was looking it over. He bent down to look inside and there was a distinct "Ph-t-t-t" sound as he passed gas.

Pretending that it had not happened, Norm stood up and said, "James, how much does one of these golf carts sell for?"

"Uh, I'd really rather not tell you," James said.

"What do you mean by saying you'd rather not tell me?" Norm asked. "Are you selling these things or not?"

"I'm selling them all right," James said. "But for your sake, I would rather not tell you how much they sell for."

"And why not?"

James said, "Because if just looking inside the cart made you pass gas, I'm afraid that if I tell you the price you'll crap your pants."

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Trivia Tidbits

*The crocodile does not chew its food, but swallows it whole. It carries several pounds of small stones in its stomach to aid in grinding up and digesting its nourishment.

*It takes approximately 190,400 pounds of milk to make 40,000 pounds of butter.

*Medical experts have observed that people who stutter rarely do when they are alone or talking to a pet.

*Cats purr at 26 cycles per second, the same as an idling diesel engine.

*At funerals in ancient China, when the lid of the coffin was closed, mourners took a few steps backward lest their shadows get caught in the box.

*In hospital slang, a GOMER is a patient seeking emergency treatment for a minor complaint. The term is an acronym for "Get Out of My Emergency Room"

*Up to the age of six or seven months, a child can breathe and swallow at the same time. An adult cannot do this.

*Mother-of-pearl is not always white. It can be pink, blue, purple, gray, or even green. Nor is it produced only by the pearl oyster. The abalone and the pearl mussel both have shells that are lined with fine-quality mother-of-pearl.

*In the opening procession of the Olympics, the team representing the host nation always marches last.

*As recently as half a century ago, there was no clear understanding as to why the sun shines. The discovery that it is due to nuclear-fusion reactions was not made until the 1930s, by Hans Beth and Carl von Weizsacker.

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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

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

US Embassy - 227-7161

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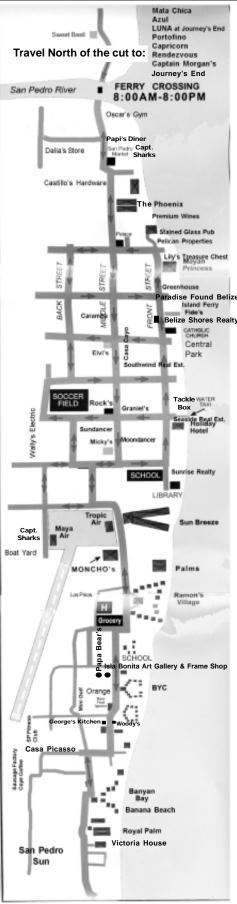
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Green Reef A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net

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MATA CHICA - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, charbroiled seafood and much more! Call 220-5010/5011. ROJO LOUNGE - Enjoy tropical lounge cuisine in one of the most beautiful beachfront settings in all of Belize - Azul Resort. 226-4012.

ELVI'S KITCHEN - serving the finest food since 1977. Daily Lunch and Dinner Specials. Caribbean Night on Thursday. Mayan Fiesta every Friday - come try our Maya Buffet. Open Monday – Saturday. Lunch: 11:00 a.m. – 2:00 p.m. Dinner: 5:30 p.m. – 10:00 p.m. Call us for group reservations. Ph 226-2404/2176 "Where something good is always cooking!"

CELI'S RESTAURANT ON THE BEACH at the San

Pedro Holiday Hotel, serves Great Fajitas, salads and local dishes for LUNCH. DELECTABLE SEA-FOOD 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.

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.

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.

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. 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.

THE STAINED GLASS PUB - located in the heart of Town featuring homestyle cooking with a gourmet flair; dine alfresco streetside or enjoy the air conditioned quaint European atmosphere in the unique Pub room. The Best Burger in town and several wines by the glass, full liquor bar...friendly & informative for visitors—A Must While in San Pedro! Visa/MC 226-4147.

GEORGE'S KITCHEN - Serving Breakfast, Lunch & Dinner. Located on Coconut Drive across from Corona Del Mar. Closed Tuesdays. Open 7:00a.m. – 3:00p.m. & 6:00p.m. – 9:30p.m. Phone 226-2974.

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 FITNESS CLUB – A/C Gym at Bel-

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

PAPA BEAR'S - Full Service, Internet Access. Pastries, coffee and deli sandwiches. Open 7 a.m. to 10 p.m. daily. Located on Fairdale Plaza, on Coconut Drive.

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@prov identbank.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.

EXECUTIVE SERVICES - Let Us Expedite All Your Needs! Liquor & restaurant licenses for January are due now, and we can help expedite the process! We are also consultants for work permits, retirement status, small claims and legal affairs. We'll do all the traveling for you and get your paperwork pushed through. Call 606-8311 or e-mail belizedistrict@yahoo.com DandE's FROZEN CUSTARD and SORBET – If you like ice cream, you will *Love* DandE's Frozen Custard! Delicious cones, shakes, sundaes and splits. Located on Pescador Drive next to Caramba Restaurant. Closed Wednesday. Phone 608-9100.

ISLA BONITA ART GALLERY & CUSTOM FRAMING - art and crafts from Belizean and Caribbean artists + contemporary abstract paintings. Custom framing available 226-4650.

SUNDANCER + MOONDANCER - Unique boutiques featuring beautiful, quality clothing, jewelry and gorgeous gift items for both men (Sundancer) and women (Moondancer). Phone: 226-3126.

Lecture: CORAL REEF ECOLOGY, Dr. Ken Mattes, TREC Topical Research & Education Center. Every Thursday 7:30 PM. Details 226-3389 Taxi transport 623-8385.

ASIAN GARDEN DAY SPA - Certified Therapeutic and Thai Massage practitioners; Hot & Cold Stone Therapy, Body Scrubs, Facials and more in a tranquil Asian courtyard. San Pedro Town, across from Ramon's. Ask about specials. 622-5788.



The San Pedro Sun

Visitor Guide

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

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

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