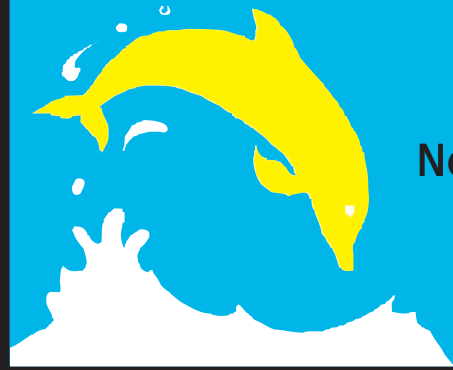
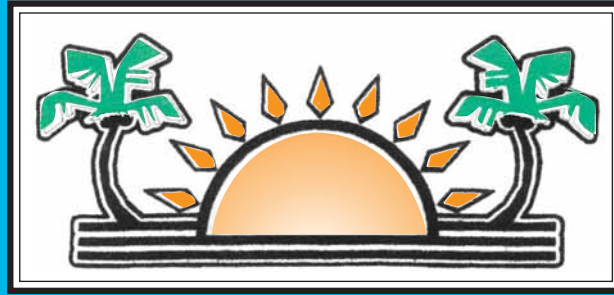


THE SAN PEDRO SUN VISITOR GUIDE



The
Island
Newspaper

Vol. 20
#18



May 6, 2010

FREE

Ambergris Caye, Belize
Central America

Feathered

FR I E N D S



Black-necked
Stilt



Wood Stork



Cinnamon
Hummingbird



Yellow-crowned
Night Heron



Osprey

of Ambergris Caye



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Email: reservations@tropicair.com
www.tropicair.com

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 sanctuaries 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

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



Cherie Chenot-Rose and **Vince Rose** from the American Crocodile Education Sanctuary (ACES) in Punta Gorda, Belize take time out from rescuing crocodiles to vacation in nearby **Rio Dulce, Guatemala**. Of course they never travel without their *San Pedro Sun* and are seen here on their boat "Croc Runner" reading while docked at **Bruno's Marina**.

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!

SuDoku! Level: *Difficult Answers on Page 5

	2			3				
6				9		1	2	3
	1	3			7			
4						3		
8	5						1	4
		7						8
			5			8	4	
2	8	6		4				5
				2			9	

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Woman on the Beach at captain morgan's By: Harriette Fisher

Question:

What here should never change? What needs to be changed Now?

Watch for Harriette and her camera. What would your answer be to these two questions?



CHARLES "COMO" NUÑEZ came to San Pedro from Dangriga in 1987 and lives in the town core. He is a bartender at "The Pool Bar" at Capt. Morgan's and thinks what needs saved is the town. He is concerned about the kids running around with no supervision and parents leaving their children home alone.

JAN & RICK O'BRYANT, from Moorpark, California, are retired publishers. This is their first trip to Belize and they are spending one week at Capt. Morgan's. What should never change is the clarity and color of the water and the attitude of the people. When asked what they hope to see change they laughed and said the wind.



KAREN ESQUIVEL, a Marriage and Family Therapist, & BRENDA SHEBANEK, a psychologist, came for a week at Capt. Morgan's plus a day with a friend. Karen who has made many trips here wants to save the coral reef and sea and sense of community. She said they need to stop the sea and lagoon pollution. This is the first time here for Brenda and she liked the tempo of life and would like to see more effort put into preserving the natural resources.

MIKE DVORAK moved here five years ago from Wausau, Wisconsin where he was a correctional counselor; although his first visit was 10 years ago. He works in Sales and lives in the Tres Cocos area. What should never change is the friendliness of the people and protecting the reef and natural beauty of the island. However, the back road up north needs to be improved.



MARK MILNER from Edmonton, Alberta, Canada, his brother JOHN & his wife ANDREA, from Ontario, Canada all agreed on the friendliness and hospitality of the people. However, more organization at the airport and island traffic needs to be changed. Mark is a computer consultant, John is a police officer and Andrea is self employed. They came for one week at Capt Morgan's and John & Andrea bought a place.



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or
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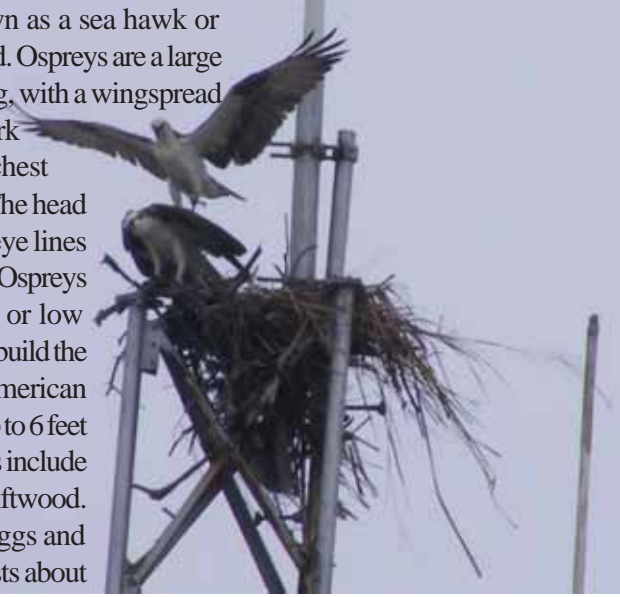
Feathered Friends of Ambergris Caye

One of the joys of traveling to a foreign land is discovering the local wildlife. Common bird seen daily here on La Isla Bonita can be a new and exotic experience for a visitor, and although the residents might not think twice when one of these winged wonders grace the sky a tourist may be sent scrambling for his camera! Chances are you won't have to look far for these Caribbean creatures and a walk on the beach will almost guarantee the sight of Brown Pelicans, Frigate birds and Great Blue Herons, seagulls and sandpipers to name a few. The cooing songs of the White-winged Doves are a constant lullaby while Great Kiskadee sing "Quest-ce-que dit" and Tropical Mockingbirds go through their repertoire of twills and tweets. Together their constant chorus is an age old tropical song that fills the air throughout the day.

Perhaps you have wondered just who these feathered friends are? Let The San Pedro Sun take the opportunity to acquaint you with these common birds who call San Pedro home.

Osprey

Osprey, sometimes known as a sea hawk or fish eagle, is a fish-eating bird. Ospreys are a large bird of prey, about 2 feet long, with a wingspread of nearly 6 feet. It has a dark brown back with a white chest streaked with dark brown. The head is whitish with dark brown eye lines broadening behind each eye. Ospreys nest in trees, jagged rocks, or low bushes, or on the ground and build the largest nests of any North American bird, with some measuring up to 6 feet high. Nest-building materials include seaweed, sticks, bones, or driftwood. Ospreys usually lay three eggs and the incubation of the eggs lasts about 37 days.



of habitats, nesting in any location near a body of water providing an adequate food

The Osprey tolerates a wide variety

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supply. It is found on all continents except Antarctica although in South America it occurs only as a non-breeding migrant. Ospreys are year-round residents in Belize

In the late 19th and early 20th centuries, the main threats to Osprey populations were egg collectors and hunting of the adults along with other birds of prey, but Osprey populations declined drastically in many areas in the 1950s and 1960s; this appeared

to be in part due to the toxic effects of insecticides such as DDT on reproduction. The pesticide interfered with the bird's calcium metabolism which resulted in thin-shelled, easily broken or infertile eggs. Possibly because of the banning of DDT in many countries in the early 1970s, together with reduced persecution, the Osprey, as well as other affected bird of prey species, have made significant recoveries.

Continued on Page 6

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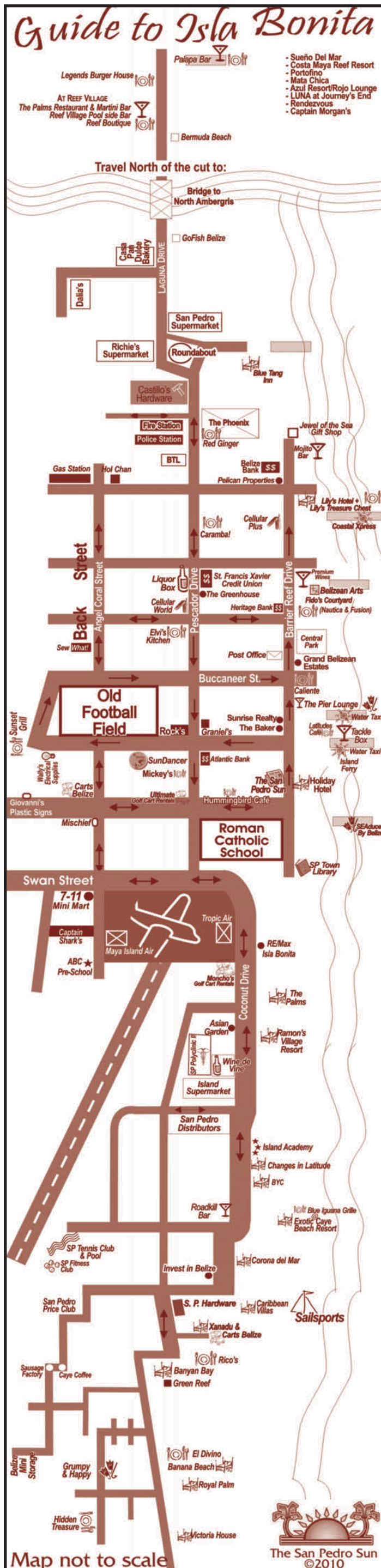
Police 226-2022
 South Police Sub-Station - 610-4911
 Fire 226-2372
 Medical Emergency (ACER) 226-3231
 Emergency 911
 Crimestoppers 800 922-TIPS
 Los Pinos Clinic 602-6383 and 226-2686.
 Dr. Lerida Rodriguez: 226-2197 or cell 620-1974.
 Dr. Miguel Allison: 226-4052 or cell 600-9071. (Pharmacy 226-4051)
 San Pedro Chiropractic Clinic 600-7119
 Hyperbaric Chamber - 226-2851 or 226-3195, Dr. Otto Rodriguez - 604-7599 or 226-2854. Antonia Guerrero - 628-3828 or 226-4501.
 San Pedro Polyclinic II - 226-2536. Dr. Zuniga: 670-8755 and Dr. Otto Rodriguez: 604-7599.
 Ambergris Hopes Clinic - 226-2660, Emergencies: 629-3618.
 US Embassy - 822-4011
 Labour Office - 226-2700 (Open 8am - 5pm, Mon. - Fri.)
 Canadian Consulate - 223-1060
 Mexican Embassy - 223-0193
 Guatemalan Embassy - 223-3150
 Honduran Embassy - 224-5889
 British High Commissioner - 822-2146
 Local British Warden - 226-3658/610-3658
 San Carlos Medical (MD & Dentist Services) - 7:30am - 9:00pm, 226-2918
 SACNW substation - 610-4911
 Escalante Neighborhood Watch - 605-7803 Daytime only, 662-2725 Nighttime only, 630-5945- Call between 10:30pm and 6:00am.

Church Services

San Pedro Roman Catholic Church
 Sunday Mass: (English) 8am & 10am & Baptism: 11am; Spanish: 7pm; Mass or Communion Service every night at 7pm.
 Saturday evening: Anticipated Sunday Mass: 7p.m. Daily Masses 7am & 7pm.
Living Word Church Service Sun. 10:45 a.m, Youth Meetings on **Sundays at 7:30p.m.**, Women's meetings on **Wednesday at 7:30 p.m.**, and Men's meetings on **Thursday at 7:30 p.m.** We do Christian charity work. 226-2950.
Assembly of God Church on Angel Coral St. T-W-St.-Sn. at 7:30 p.m.
Lighthouse Christian Radio - 101.3 FM. 226-4673, Cor. Buccaneer & Pescador Drive.
The Church of Jesus Christ of Latter Day Saints - Sunday Service: 9:30 am, Wednesday Scripture Study 7:00 pm. 17 Upstairs of Island Plaza, across from Fido's Courtyard.
San Pedro Community Church - meets Sundays at 10a.m. at the Ambergris Elementary School. All Are Welcome.
San Pedro Church of Christ: Across the bridge to the left. 206-2731. Services: Sunday - 9am-11am, Bible Study & Worship Service. 7pm-8:30pm - Worship Service. Wednesday - 7pm-to8:30pm, Bible Study; Thursday - Ladies Classes; Friday-Youth Class

Tourist Information

Belize Tourism Board - 227-2419.
 Belize Tourism Industry Association (BTIA) - 227-5717.
 Belize Hotel Association - 223-0669, bha@btl.net
 San Pedro Tourist Guide Association 226-2391.



Miscellaneous

The Lions Club of San Pedro relies on income from its Friday Night BBQ, plus Reds' famous chicken ceviche to support the needy community. Bingo starts at 7pm every Friday!! Help a great cause -have dinner with us!
Green Reef A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net /226-2833.
Saga Society A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.
CARE BELIZE - Children's Specialist, San Pedro. 622-8200
SP Town Library - 206-2028

Water, Sports & Tours

GRUMPY & HAPPY - Snorkeling - private snorkel tours - just you on the boat, no set schedule! Visitors with special needs and children are welcome. Call 226-3420 or 672-1234. Visit www.grumpyandhappy.com, or Email: info@grumpyandhappy.com.
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SUNRISE REALTY - Land, homes, businesses, condos and investment properties. Call 226-3737, fax 226-3379 or E-mail: info@SunriseBelize.com
RE/MAX Isla Bonita, located at 10 Coconut Drive, San Pedro. 226-4400 e-mail: info@owninbelize.com or visit our website at www.owninbelize.com
CASA CAYO - www.casacayorealestate.com. Check out our weekly specials, and our newest offering: Indigo. Luxury Beachfront Condominium Homes. www.indigobelize.com. Visit our office located at the South corner of Pescador Dr. (middle street) or call 226-2791 or 610-3005.

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COASTAL XPRESS WATER TAXI - Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3007.

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S.P. HARDWARE - Large variety of hardware and household supplies. Will meet or beat any competitor's price! Seagrape Drive; Open seven days a week. 226-4522.

SuDoku Answers! Puzzle on Page 2

9	2	4	6	3	1	5	8	7
6	7	8	4	9	5	1	2	3
5	1	3	2	8	7	4	6	9
4	9	1	8	5	2	3	7	6
8	5	2	7	6	3	9	1	4
3	6	7	9	1	4	2	5	8
1	3	9	5	7	6	8	4	2
2	8	6	1	4	9	7	3	5
7	4	5	3	2	8	6	9	1

Feathered Friends Continued from Page 4

Cinnamon Hummingbird



The Cinnamon Hummingbird is a medium sized hummingbird, and readily distinguished by its rich cinnamon colored under-parts and bi-colored bronze, green upperparts. The tail is square, rufous (rusty red) with gold-green edging. This promiscuous bird attracts a female by flying back and forth like a swing. Sexes are similar in size and markings. Cinnamon Hummingbirds are occasionally found in southern Arizona and southwestern New Mexico, USA but are common in native Mexico to Central America.

They are found in a wide variety of habitats at low elevations, such as plantations, scrublands with thorns, arid areas, woodland edges, and grassy fields and pastures.

Wood Stork

A rare treat to spot on Ambergris Caye, Wood storks are tall, white denizens of freshwater or brackish wetlands and swamps. The adult is a large bird standing close to 4 feet tall with an impressive 5 to 6 foot wingspan. They can be identified by their long legs, feather-

less heads, and prominent bills. These waders feed on minnows in shallow water by using their bills to perform a rare and effective fishing technique. The stork opens its bill and sticks it into the water, then waits for the touch of an unfortunate fish that wanders too close. When it feels a fish, the stork can snap its bill shut in as little as 25 milliseconds—an incredibly quick reaction time matched by few other vertebrates. The storks prefer to employ this technique in isolated pools created by tides or falling freshwater levels, where fish congregate en masse. Though wood storks eat small fish, they eat a lot of them. An average nesting pair, with two fledglings, may eat over 400 pounds (181 kilograms) of fish during a single breeding season. Wood storks are social animals. They feed in flocks and nest in large rookeries—sometimes several pairs to a single tree. Wood storks breed in the southeastern United States and are the only stork to breed in the



U.S. They also breed in Central and South America from Mexico to Argentina. Though U.S. populations are endangered—probably because of the loss of optimal feeding habitat—the South American stork populations are in better shape.

Continued on Page 7



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\$3 tacos* 5-9pm

Chicken / fish / shrimp; crunchy or soft

*minimum 3, mix & match

Thursday: Wing Night

\$4 Draft Beer & Rum Punch

\$1 wings* 5-9pm

*Minimum 5 wings

Feathered Friends Continued from Page 6

Black-necked Stilt

The Black-necked Stilt is a locally abundant shorebird of American wetlands and coastlines. It is found from the coastal areas of




Did you know that these are actually the bird's ANKLES?

California through much of the interior western United States and along the Gulf of Mexico as far east as Florida, then south through Central America and the Caribbean to Brazil Peru, Ecuador and the Galápagos Islands. Adults have long pink legs and a long thin black bill. They are white below and have black wings and backs. The tail is white with some grey banding. A continuous area of black



extends from the back along the hind neck to the head. There, it forms a cap covering the entire head from the top to just below eye-level, with the exception of the areas surrounding the bill and a small white spot above the eye. Males have a greenish gloss to the back and wings, particularly in the breeding season. This is less pronounced or absent in females, which have a brown tinge to these areas instead. Otherwise, the sexes look alike. The Black-necked Stilt forages by probing and gleaning primarily in mudflats and lakeshores, but also in very shallow waters near shores; it seeks out a range of aquatic invertebrates – mainly crustaceans and other arthropods, and mollusks – and small fish, tadpoles and very rarely plant seeds. Its mainstay food varies according to availability; inland birds usually feed mainly on aquatic insects and their larvae, while coastal populations mostly eat other aquatic invertebrates. For feeding areas they prefer coastal estuaries, salt ponds, lakeshores, alkali flats and even flooded fields. For roosting and resting needs, this bird selects alkali flats (even flooded ones), lake shores, and islands surrounded by shallow water.

Continued on Page 9



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Sunday, May 9, 2010
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Salad
Garden Salad
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Conch Ceviche

Main Course
Fried Fish Fillet and Conch
Beef and Chicken Fajitas
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Shrimp and Fish Panades
Vegetable Rice
Potato Casserole
Refried Beans

BZ \$30 per person

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Half Avocado Stuffed with three hearts
Artichoke, palm heart, bean sprout
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Soup
Cheese soup soufflé with broccoli and cauliflower

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Rib Eye Steak kebob with teriyaki sauce
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Dessert
Two hearts of tres leches cake with lime custard
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Visitor Guide

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about San Pedro and Belize!

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Yellow-crowned Night Heron

The Yellow-crowned Night Heron is a short, stocky wading bird about 24 inches in length with a wingspan of a little under four feet. It has long yellow to orange legs, red eyes, a black bill, and a short neck. It has a slate gray body, a black head with a white streak on the side of its face and a yellowish-white crown. In breeding season it has a yellow

plume of feathers on its head. Males and females look alike. Immature yellow-crowned night herons are a mottled grayish-brown. The Yellow-Crowned Night Heron forages for food both in the day and at night. Most of the Heron's diet is made up of crustaceans like crabs and crayfish. It sometimes eats fish, eels,

mussels, frogs, tadpoles, aquatic insects, snails, and small snakes. It either stands and waits for its prey to swim by or wades in the shallow water and slowly stalks its prey. The Heron are found in towns, lawns, shores of rivers, estuaries, ponds, swamps, marshes, mudflats, mangroves and are often seen foraging

beneath streetlights. They roost communally on large trees and mangrove forests and nest in mangroves and littoral forests. Yellow-crowned Night Herons are fairly common in Belize, especially on the cayes. They are more solitary than other herons and prefer to nest separately from other birds.

Trivia Tidbits

*Jahangir, a 17th-century Indian Mughal ruler, had 5,000 women in his harem and 1,000 young boys. He also owned 12,000 elephants.

*First Lady Eleanor Roosevelt ate three chocolate-covered garlic balls every morning. Her doctor recommended this to improve her memory.

*In ancient Rome, gold salves were used for the treatment of skin ulcers. Today, gold leaf plays an important role in the treatment of chronic ulcers.

*The sound of thunder travels about 1,100 feet per second.

*The Wendy's fast food chain is named after founder Dave Thomas's daughter – Melinda Lou Thomas. Her older siblings had nicknamed her Wendy and it stuck. Her father Dave got his start working for Kentucky Fried Chicken.

*Some female cockroaches incubate their egg cases in their bodies until they are ready to hatch. These babies stay with their mothers a day or two after they are born.

*A hurricane that hit Puerto Rico in 1928 dropped 30 inches of rain over the island; the deluge was estimated to weigh 2,800,000,000 tons.

*The windmill originated in Iran in A.D. 644. It was used to grind grain.

*The Mojave ground squirrel, found mainly in the American West, hibernates for two-thirds of every year.

*What do bats' wings, elephants' ears, flamingos' legs, rabbits' ears, goats' horns, and human skin all have in common? They radiate heat to provide cooling for the animal.

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Banana Stuffed French Toast Recipe - Happy Mother's Day!!



4. Peel and cut the bananas into small slices.
 5. Carefully make a slit into each thick piece of bread, big enough to slide in three to four banana pieces.
 6. Place three to four bananas pieces into each slice of bread.
 7. Dip each piece of bread into the egg mixture, letting soak on each side for two minutes per side.
 8. Place the bread onto the pan and cook for three minutes on each side, or until lightly browned.
 9. If desired, sprinkle with powdered sugar just before serving.
 10. Serve with yummy syrup or honey, and fresh fruit on the side.
 11. You can also include some flowers on the side, but always be sure to give Mommy lots of hugs and kisses!!
- P.S. Cleaning the kitchen afterwards means MAJOR brownie points for you too!!

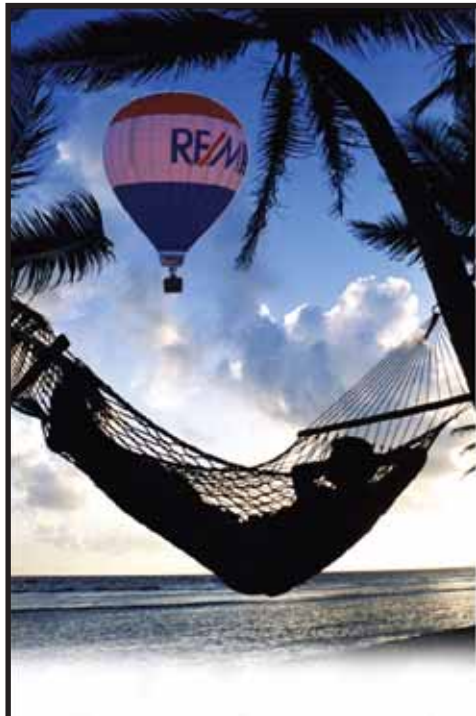
Ingredients:

- 1 loaf of Cinnamon bread, sliced thick
- 4 eggs
- 1 cup of milk
- 2 Tablespoons of sugar
- 2 Tablespoons of cinnamon
- 4 ripe bananas

- Powdered sugar (optional)

Directions:

1. Butter a large flat pan.
2. Pre-heat over medium heat.
3. Combine milk, egg, sugar, and cinnamon in a large bowl. Set aside.



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Wolfe's Woofers by Dennis Wolfe

What's in the box?

"I'm going to have rice and beans with stewed chicken," I told the waiter. "How

about you, David?"

"That's fine with me," David said. "I'll have the same."

The little local restaurant on the south end of town serves the best rice and beans around. We settled down to wait for our food. From the bar across the room I heard someone say, "Gimme a rum and coke."

"No, Jaime," the lady behind the bar said. "You've had enough."

"Had enough? What you mean?" the drunk said.

"I mean just what I said. You've had enough to drink."

"Lishen, mi amor," the drunk said. "I been drinkin' thish stuff for shirty-thix years and I have no idea when I've had enough. What makesh you think you know?"

"Believe me," she said. "I know. You're done."

The drunk picked up a cardboard box on the stool next to him and peeked inside it before he stumbled to his feet.

"Who is that?" David asked. "I've seen him around and he's always drunk."

"That's Jaime," I told him. "Up until about ten years ago he didn't drink. Now he stays drunk twenty-four hours a day."

Jaime staggered toward the door with his cardboard box but then he saw me and stopped by our table.

"Ah, sheñor newspaper writer," he said. "You write a story about me?"

"No, Jaime," I said. "I haven't written any about you. What do you have in the box?"

He peeked under the lid of the box and said, "It'sh a mongooshe."

"A mongoose?" I asked. "What in the world are you doing with a mongoose?"

"They hate shnakes," Jaime said. "And when I been drinking I see shnakes."

"You must see a lot of snakes," I said, "because you drink a lot."

Jaime solemnly nodded his head and said, "Lot of shnakes."

I said, "Jaime, don't you know that those snakes you see when you are drunk are only imaginary?"

He peeked inside the cardboard box again.

"Thash O.K." he said. "So is the mongooshe."

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Q. Always old, sometimes new, never sad, sometimes blue.
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What am I?

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- ❖ Mexico Rocks Commercial beachfront 200ft x 400ft 1.68 acres \$700,000
- ❖ Esmeralda two adjoining lots on main road 100ft x 75ft from \$152,000
- ❖ Robles 75 ft x 360 ft with back lot bonus \$ 175,000
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- ❖ Palmeros beach lot with pier 80ft x 200ft \$280,000.
- ❖ Basil Jones 145ft beach lot \$375,000.
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