The largest intercultural festival in San Pedro, where Mundo Maya countries celebrate their rich heritage:

International Costa Maya Festival 2005
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 an extraordinary 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
QUESTION: What enticed you to come here the first time?

Jerelyn Lindsay and son Tanner, Alpine, California, USA
Elementary School Principal, Staying with a friend up north
"A year ago a girl friend asked me to come with her to celebrate my birthday."

Chris & Rebecca Colon, Dallas, Texas, USA
Both in sales, Staying at Journey’s End Resort
"We are on our honeymoon. A friend told us how beautiful it was here, good weather and very non commercial."

Suzanne Cox, Tucson, Arizona, USA
Dental Office Manager, Staying at Belizean Shores
"Came the first time with a girl friend who has a place at Captain Morgan’s"

Kim Kirchenwitz, Tucson, Arizona, USA
Registered Nurse
"I came with her! I want to look at some property."

KIM KIRCHENWITZ, Tucson, Arizona, USA
Registered Nurse
"I came with her! I want to look at some property."

The Meyers Group, (from left-Lisa Meyers, Joel Meyers, Hunter Bietz & Daniel Sanders)
York, Pennsylvania, USA
Candy Maker (contract with Hershey) & Building Contractor, Staying ‘way up north’
"My son Hunter wanted to see a rain forest and we all wanted to see the beaches."

WOMAN ON THE BEACH
by Harriette Fisher

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

Evening Dinner
Our A-ward-W inning Restaurant invites you to Enjoy a M asterful Blend of European, Mediterranean & Caribbean Cuisine
RSVP 220-5010

Some of our Specialties:
- Caramelized Char Grilled Shrimp, Fish Carpaccio, Bruschetta, Shrimp Patties and Fried Calamari,
- Jerk-Seasoned Seafood served in a citrus beurre blanc
- Mambo Combo - Snapper Fillet topped with Shrimp and a Papaya Salsa
- Mesquite Grilled Seafood Plate - Lobster, Shrimp Ceviche, Calamari, Shrimp and Seafood with Fresh Vegetables

Try our “Decadent” Chocolate Soufflé
Take a short ride under the stars
Pick-up by Island Ferry on Fido’s Dock at 7:00 p.m. & 8:00 p.m.
$20 BZ roundtrip per person

New Intermartini Lounge!
Designed for the Age of Technology with a “chic twist.”
Catch up with the “real world” with High Speed Internet, while sipping your favorite martini.
Or challenge yourself during a game of pool in our Twilight Billiards Room!

SPA
A Blissful Getaway…
Relax in our beachside Jacuzzi, followed by an Aromatherapy Massage & Detoxifying Mask & Facial!
Package Includes:
- Lunch a la carte, Complimentary Cocktail, Spa Treatment & Roundtrip Transportation via our Mambo Boat - US$130
- Fido’s Dock 10:45 a.m. - Returns 3 p.m. or 5 p.m.

Also Available:
- Sea Salt & Clay Body Mask & Massage
- Energy Work
RSVP 220-5011
From its beginning in 1992, the International Costa Maya Festival has grown remarkably and entertained millions. What began as a six-day event has been brilliantly compacted to four days in which Central American countries exchange their culture, food and talents. This year, the Costa Maya Festival committee made history in the planning of the event. A surefire, their knack for perfection showed clearly as the entire festival was delivered to thousands of excited residents and visitors with few glitches.

The much anticipated annual celebration kicked off with the Reina de la Costa Maya Pageant. This year marked a milestone in the pageant; its tenth anniversary. To commemorate this accomplishment, the Costa Maya Festival added, for the first time in history, a new Central American country to participate in the elegant night. Nicaragua was among one of the favorites, and joining her were beauty ambassadors from Belize, Costa Rica, Mexico, Honduras, El Salvador, and Guatemala. Throughout the night, the girls entertained with their charisma, allure and magnetism. With seven gorgeous delegates up on stage, judges certainly had a hard time deciding who would be crowned Reina de la Costa Maya.

While the girls were in wardrobe, both the San Pedro Dance Company and the Ballet Folklórico del Ayuntamiento de Othon P. Blanco kept the crowd entertained with their talent and abilities. The audience was treated to fantastic cultural dances by both groups, with color-twirling costumes delighting all.

Mexico shined through the pageant night with amazing folkloric dances and crowd pleasing costumes (left, Miss Mexico in her national costume). Enchanting and captivating Miss Johanna Fernandez was very emotional and happy to receive the crown and sash from outgoing queen, Marisol Rojas Avila of Mexico.

The rest of the night was full of entertaining music, provided by the ever-popular local band, Barrington and the Islanders. Playing upbeat and lively into the late hours of night, they surely made the crowd dance.

Friday night began with a very beautiful dance presentation by the San Pedro Dance Company who presented homage to the participating flags. All seven flags flew high in the air as the audience applauded them and welcomed the visitors to “La Isla Bonita.”

The traditional dances of the Ballet Folklórico de Othon P. Blanco. One of the highlights of the night was the fantastic show of Doña Margara Francesca of the popular Mexican comedy, Otro Rollo. Doña Margara told the story of her life, where she was born and the hardships she has lived through. She went on to share the secrets of “reeling in a man.”

Die-hard fans of Reggaeton music had an amazing time listening to the energetic music of Los Legendarios. This band surely got the party started and had everyone on their feet dancing non-stop throughout their show. The band proved to be a very energetic bunch as band members danced all over the stage.

Los Legendarios proved to be exactly what was needed on a Friday. After a long arduous work day, it was “swell” to relax with energetic music and a few Sol, Superior or XX (Dos Equis) beers directly imported from Mexico. This has certainly become a part of, and a special treat of, the International Costa Maya Festival and one more reason to attend the spectacular event.
The Old Faithful Field slowly started to fill up that night. Crowds slowly started trickling in and shortly after the gates were flooded. Grupo Identidades of El Salvador has entertained the throngs through out the years and all those familiar with their unique performance are well aware of the talents of this fabulous group. The multitude fell in love with the choice of music, outfits and moves of the energized dancers. A huge surprise came directly from Benque Viego del Carmen in the Cayo District – El Beliceño certainly “rocked the house down”, specializing in Reggaeton and Dance Hall music. Their toughest critics, San Pedro’s teenagers, enjoyed the act completely. Beliceño, Flaco and Benque-T amazed everyone with their Belizean talent. The fourth member of the group, Cita, blew the minds of the crowds away with her amazing vocal abilities. Last year, she amazed the audience at the Queen of the Bay Pageant when she proudly represented her district. A though, she did not take the crown she is still making her mark in the music industry in Belize.

Continued on page 13
A Look Back at the History of the Costa Maya Festival

From August 4th – 8th, San Pedro Town once again welcomed its Central American neighbors to rendezvous in “La Isla Bonita” in celebration of one of Belize’s most awaited and festive events of the year - The International Costa Maya Festival. During the four days of festivities, Belize joins the M undo M aya countries of El Salvador, Guatemala, Honduras, Mexico, Costa Rica and now Nicaragua to stage this one-of-a-kind show.

As we celebrated the fourteenth year of this festival, we must not forget the hardworking team who came up with this clever concept. This week, The San Pedro Sun travels back in time to provide readers with a history of the Costa Maya Festival. The first festival was held July 21st – 26th, 1992 on the grounds of San Pedro Roman Catholic School and featured Deryse Plummer “The Calypso Queen” of Trinidad & Tobago as its headline act. This festival was a five-day event, as was the 1993 festival. A sixth day was added for the third festival in 1994, but one of the invited countries (Cuba) did not show up. Each festival proved to be very successful, bringing much-needed income to the invited countries (Cuba) did not show up. Each festival proved to be very successful, bringing much-needed income to the island. Every evening during the festival, one of the visiting countries was featured, with the exception of Belize.

The first Festival Committee consisted of Chairman Don Pearly, Bruce and Victoria Collins (former owners of The San Pedro Sun), Katie Brickey, Carlos Pariente, Eddie Halliday Sr., Jack Westerhold, Ann McGlaun, Kevin Gonzalez, Santos Acosta, Eli Pearly, John Edwards, Taff Elliott, Llewelyn Burgess and Alida Nuñez.

During a trip to Honduras, several committee members attended the Festi- val Folklorico of San Pedro Sula where each of the Central American countries participated, with the exception of Belize. From information gathered on this trip, the committee came up with the idea of inviting the M undo M aya countries to gather at a festival in San Pedro to share their musical and cultural diversities. They were hoping to attract many visitors to the island, who would arrive by way of private aircraft or sea vessel, so they named the event The International Sea & Air Festival. The first festival was held July 21st – 26th, 1992 on the grounds of San Pedro Roman Catholic School and featured Deryse Plummer “The Calypso Queen” of Trinidad & Tobago as its headline act. This festival was a five-day event, as was the 1993 festival. A sixth day was added for the third festival in 1994, but one of the invited countries (Cuba) did not show up. Each festival proved to be very successful, bringing much-needed income to the island. Every evening during the festival, one of the visiting countries was scheduled to perform. This concept, unique in its own way, attracted hundreds of people to the event. Each night, the country being depicted displayed their finest music, cultural dances and crafts.

As the years passed, the festival got bigger and better. For additional entertainment, other events were planned to take place at different locations in town each morning of the festival. These would include: bicycle, golf cart and cardboard boat races, kite flying, Karate displays, street vendors, and Saturday Night BBQ to help raise funds for the festival and to give back to the community.

From August 4th – 8th, San Pedro Town once again welcomed its Central American neighbors to rendezvous in “La Isla Bonita” in celebration of one of Belize’s most awaited and festive events of the year - The International Costa Maya Festival. During the four days of festivities, Belize joins the M undo M aya countries of El Salvador, Guatemala, Honduras, Mexico, Costa Rica and now Nicaragua to stage this one-of-a-kind show.

As we celebrated the fourteenth year of this festival, we must not forget the hardworking team who came up with this clever concept. This week, The San Pedro Sun travels back in time to provide readers with a history of the Costa Maya Festival. The first festival was held July 21st – 26th, 1992 on the grounds of San Pedro Roman Catholic School and featured Deryse Plummer “The Calypso Queen” of Trinidad & Tobago as its headline act. This festival was a five-day event, as was the 1993 festival. A sixth day was added for the third festival in 1994, but one of the invited countries (Cuba) did not show up. Each festival proved to be very successful, bringing much-needed income to the island. Every evening during the festival, one of the visiting countries was featured, with the exception of Belize.

The first Festival Committee consisted of Chairman Don Pearly, Bruce and Victoria Collins (former owners of The San Pedro Sun), Katie Brickey, Carlos Pariente, Eddie Halliday Sr., Jack Westerhold, Ann McGlaun, Kevin Gonzalez, Santos Acosta, Eli Pearly, John Edwards, Taff Elliott, Llewelyn Burgess and Alida Nuñez.

During a trip to Honduras, several committee members attended the Festival Folklorico of San Pedro Sula where each of the Central American countries participated, with the exception of Belize. From information gathered on this trip, the committee came up with the idea of inviting the M undo M aya countries to gather at a festival in San Pedro to share their musical and cultural diversities. They were hoping to attract many visitors to the island, who would arrive by way of private aircraft or sea vessel, so they named the event The International Sea & Air Festival. The first festival was held July 21st – 26th, 1992 on the grounds of San Pedro Roman Catholic School and featured Deryse Plummer “The Calypso Queen” of Trinidad & Tobago as its headline act. This festival was a five-day event, as was the 1993 festival. A sixth day was added for the third festival in 1994, but one of the invited countries (Cuba) did not show up. Each festival proved to be very successful, bringing much-needed income to the island. Every evening during the festival, one of the visiting countries was scheduled to perform. This concept, unique in its own way, attracted hundreds of people to the event. Each night, the country being depicted displayed their finest music, cultural dances and crafts.

As the years passed, the festival got bigger and better. For additional entertainment, other events were planned to take place at different locations in town each morning of the festival. These would include: bicycle, golf cart and cardboard boat races, kite flying, Karate displays, street vendors, and Saturday Night BBQ to help raise funds for the festival and to give back to the community.

A local boy welcoming all to the first ever international festival, known then as the Sea & Air Festival.
The Black Howler Monkey (Alouatta pigra), known as the "baboon" in Belize, is the largest monkey in Belize and one of the largest of the monkeys found in the New World (Central and South America). These monkeys travel only from tree to tree limiting their presence to dense jungle canopy. They are dark, chunky-bodied monkeys with black faces, long, stiff hair and a beard. The Howler has a long tail, short snout and wide-set, round nostrils. They usually grow to be about two to four feet (0.6 to 1.2 m) tall and weigh from eight to 22 pounds (3.5 to 10 kg). Howlers have very muscular, prehensile (capable of grasping) tails, which they use to grasp objects and climb. They can even hang and swing by their tails. There is a naked patch of skin on the under side of the tip of the tail which has ridges just like a fingerprint. This allows them to use the tail like another hand.

Adult male Howlers are black to brown, and the females and the young are lighter in color. Howler monkeys are named and known for their loud, guttural howls. The Howler Monkey is not only the loudest monkey but is also the loudest land animal in the world. The only animal that is louder than the Howler Monkey is the Blue Whale. The howling roar is made by air being forced through the large hollow hyoid bone in its throat, which amplifies the sound. While their howl is not a piercing sound, it can travel for three miles (4.8 km) through dense forest. They have big necks and lower jaws, where their super-sized vocal cords are housed. The deep, resounding howls by males serve as communication among and between troops. The male's big voice is used to defend his turf, with howls from one troop answered by other males in nearby troops. This ritual starts and ends the day by checking out where the nearest competitors are. In this way, they protect the food in their territory. Interestingly, when there are few howler monkeys in an area, the howling routine takes on a different pattern. Howls are only heard several times a week rather than every day. Apparently, with plenty of space and no other Howler Monkeys in the area, there is no need to check on the whereabouts of competitors. As the population grows and new troops are established, there is more reason to check in with the neighbors. Despite the volume of their howl, it's disorienting to find a troop of loud Howler Monkeys in the wild. However, if you do find yourself in the rainforest and it seems that there is an unusually large amount of fruit falling from above or a fine spray of urine rains down on your head, you will know you are close.

Howler Monkeys are vegetarians, and eat mostly leaves, fruits, and flowers. Howlers have a life span of about 20 years. A dull females usually have one baby at a time. Throughout most of its range, the Howler Monkey is endangered from hunting and habitat destruction. Howler Monkeys’ enemies are men because men chop down trees and their homes. Large birds of prey, like the Harpy Eagle, also prey upon the Howler. Fortunately, Belize has a healthy population of these loudest of primates. Within Belize, a special community-based conservation organization has protected land along the Belize River for the Howler, ensuring that their food trees are not destroyed to make way for pasture. The “Community Baboon Sanctuary” has supplied numerous animals for translocation throughout Belize, most successfully within the Cockscomb Basin Wildlife Sanctuary.
Tourist Information

Belize Tourism Board - 223-1910.
Belize Tourism Industry Association (BTIA) - 227-5717.

Church Services

San Pedro Roman Catholic Church Sun. Mass: 9 a.m; English; 11 a.m. Children's: 7:30 p.m. Spanish; Sat.: Confessions 5-7 p.m; Mass or Communion Service every night at 7:30 p.m.

Living Word Church Service Sun. 10:45 a.m Bible study Mon. 7:30 p.m. We do Christian charity work. 226-2950.

Assembly of God Church on Angel Coral St. T-W-Sat.-Sun. at 7:30 p.m. We do Christian charity work. 226-4464, 2660

IMPORTANT #s

Emergency

911
Crimestoppers 800 922-TIPS
Police 226-7022
Fire 226-2372
Wings of Hope - Medical emergency air ambulance. Phone: 223-3292.

Lions Health Clinic - 226-4052; emergencies 600-9071 or Hours: Mon.-Fri., 7am to 8pm; Sat., 8am - noon.

Los Pinos Clinic 602-6383 and 226-2686.
San Pedro Chiropractic Clinic 226-4695

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

Ambergris Hopes Clinic 226-2616
US Embassy - 227-7161
Canadian Consulate - 223-1060
Mexican Embassy - 223-0193
Guatemalan Embassy - 223-3150
Honduran Embassy - 224-5889

Miscellaneous

The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause - have dinner with us!

Green Reef - a non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenerf@btl.net
San Pedro AA - 226-4464, 2660
Sagdet Society - a non-profit "human society" to address the stray cat and dog population in San Pedro. Phone 226-3266.

Map Sponsored by Monchos

Golf Cart Rental 226-3262 or 226-4490

Water, Sports & Tours

SEARIOUS ADVENTURES - Up for some adventure? M any ruins, manatee watching and more tours available. M ake your reservations today. 226-4127.

SAILSPORTS BELIZE - Windsurfing, kite sailing and sailing. The latest equipment and expert instruction makes it easy to learn. 226-4488 info@sailsportsbelize.com.

SEADUCED - River cave tubing, manatee watch, Robles Beach BBQ. M any ruins and more adventures. 226-2254.

SEADUCTION SAILING - First class Day Cruises to Caye Caulker or Mexico Rocks. Beach BBQ or Sunset Cruise. Charters also available. Phone Seaduced at 226-2254.

Realtors...

SEASIDE REAL ESTATE - M any listings, from raw land to beautiful beachfront homes. We can help you own a piece of paradise. Call 226-4545 or E-mail ambergris@cayecayebz.com.

SUNRISE REALTY - Land, homes, businesses, condos and investment properties. Call 226-3737, fax 226-3379 or E-mail: info@SunriseBelize.com.

CASA CAYO REAL ESTATE - Serving Belize from the mountains to the reef. Phone 226-2791. www.casacayo-realestate.net.

SOUTHWIND PROPERTIES - For all your Real Estate needs. Call 226-2005 or 226-2060 for information or E-mail: southwind@btl.net for current listings.

PELLICAN PROPERTIES LTD. - Fine properties on Ambergris Caye. E-mail: info@pelicanbelize.com or phone 226-3234.

Transportation...

ISLAND FERRY SERVICE & WATER TAXI - Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3231.

MONCHO'S GOLF CART RENTALS - Four & Six seater golf carts available. Open daily 8 a.m. - 8 p.m. We deliver to your room. 226-3262 or 226-4490.

Services...

KRYSAL SHIPPING CO. / MASH CO. - We deliver construction supplies all the way to Robles Point! Phone 226-2089 or E-mail: mashi@btl.net.

CASTILLO'S HARDWARE - Storm supplies, electronics, household appliances, tools, home repair items and a wide variety of paints, stains and varnishes. Pescador Drive. Phone 226-2302.

WALLY'S ELECTRICAL SERVICE AND SUPPLY - Air conditioning, electrical and plumbing, parts and service. Phone 226-2408.

VARELA CONSTRUCTION SUPPLIES & MATERIALS - Quality construction materials and supplies. We stock what we sell! 226-2215 or 226-2808.

THE SAN PEDRO SUN & VISITOR GUIDE - Specializing in marketing and promotion of San Pedro and Belize businesses. The island's oldest and largest newspaper with the largest circulation. Ambergris Caye's number one newspaper. 226-2070, spsun@sanpedrosun.net.

Party...Party...Party

THE HOLIDAY HOTEL - Every Wednesday, live music and a fabulous Beach Barbeque 6:30 p.m. - 9:00 p.m. Barrier Reef Dr. 226-2014.

THE HAMMOCK HOUSE - is the perfect "hangout." Live music, barbeques and more. Just north of the cut. 226-2940

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

August 11, 2005
**Dining Out...**

<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Specialties</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LILY’S TREASURE CHEST RESTAURANT</strong></td>
<td>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.</td>
<td>226-2650.</td>
<td></td>
</tr>
<tr>
<td><strong>JADE GARDEN RESTAURANT</strong></td>
<td>Delicious Cantonese cuisine, steaks, seafood and vegetarian dishes.</td>
<td>226-2506.</td>
<td>226-2650.</td>
</tr>
<tr>
<td><strong>RAMON’S VILLAGE</strong></td>
<td>Enjoy breakfast, lunch and dinner in a Mayan atmosphere or on the veranda overlooking the Caribbean Sea.</td>
<td>Phone 226-2071.</td>
<td></td>
</tr>
<tr>
<td><strong>SAN PEDRO FAMILY FITNESS CLUB</strong></td>
<td>Of- Mon.–Thurs. 12 – 9 p.m.; Fri. – Sun. 12 – 10 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ISLAND MINI GOLF &amp; ICE CREAM</strong></td>
<td>Sea</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CELÍ’S RESTAURANT ON THE BEACH</strong></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>RICO’S SURFSIDE RESTAURANT</strong></td>
<td>A truly unique dining experience on the beach at Banyan Bay. Serving breakfast, lunch and dinner daily.</td>
<td>Phone 226-3739 ext. 135.</td>
<td></td>
</tr>
</tbody>
</table>

**Unique Offerings...**

- **Vors, Invitations, Piñatas, Holiday Decorations & JUBILAND GIFTS & PARTY SHOP – Party Family**
- **BIG TREE PRODUCE – Fresh Local & Imported Fruits & Vegetables. Seafood, meats, juices & milk shakes. Pescador Drive. 226-2084.**
- **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.** 226-2084
- **CAFE 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.** 226-3584
- **WINE de VINE - Fine imported wines and cheeses. Olive oils, vinegars and specialty items. Located in the Villa Linda Plaza on Tarpon St. Phone 226-3340.**
- **OSCAR’S GYM - Free-weights, Pilates, basic Yoga, Balance Ball, Tai 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 Family Invitations, Piñatas, Holiday Decorations & Morel Barrier Reef Drive – Phone 226-3400.**

**Visitor Guide**

**EVENY WEEK we print a new edition covering the “good news” about San Pedro and Belize!**

Contact the San Pedro Sun for more information.

spsun@sanpedrosun.net

(503) 226-2070

www.sanpedrosun.net

**Aug 11, 2005**
Reef Brief

by Green Reef Peace Corp Volunteer Nicole Vasak.

Coral reefs are a vital natural resource in the Caribbean. The bountiful fish and invertebrate populations of these ecosystems provide food for millions of people. Buffering shorelines, they protect Caribbean land from the worst ravages of storms. Not only that, but the success of the region’s most important economic sector, tourism, depends largely on these structures. Coral reefs also supply the majority of the sand for the area’s beautiful beaches, and entice divers and snorkelers from all over the world to explore their great mystery. Finally, the high diversity of species inhabiting coral reefs has drawn the attention of pharmaceutical companies as a potential source of new drugs and lifesaving medical treatments.

Unfortunately these ecosystems are degrading rapidly as a result of human activities. Coastal development, land clearance, and intensive agriculture all contribute harmful sediment and pollution to coastal waters by blocking the coral reefs’ light needed for photosynthesis. Overfishing challenges the ecological balance of coral reef environments because the removal of herbivorous fish, which feed on algae, triggers algae overgrowth of corals. In addition, rising sea temperatures have spurred dramatic “coral bleaching” events in recent years, which weakened and killed corals in many areas. At the same time, poorly understood coral diseases have spread across the region as well, devastating some of the main reef building corals.

Understanding the nature and extent of these threats and their likely economic impacts on the future productivity of Caribbean coral reefs as sources of recreation, biopharmaceuticals, employment, and food is crucial to conservation and planning efforts. Numerous studies are underway to monitor and assess reef conditions at particular locations in the Caribbean. For instance, Belize has a model of integrated coastal management for the Western Caribbean called, The Belize Coastal Zone Management Authority and Institute. The country’s system of 13 marine protected areas (MPAs) is well-established, and most act under co-management with local NGOs (P. Almada-Villela et al., 2002). However, data gaps exist, and little information is available for the majority of reefs. For this reason, conservationists must learn to combine ecosystem studies with monitoring of socioeconomic and environmental conditions. Then, changes in coral conditions can be linked to specific causes, and individuals can continue to benefit from this natural resource.

Conservation is Key!

The fragile reef ecosystem needs to be handled with care! Please help protect Belize’s Barrier Reef.

Let your Money Work for you while enjoying the freedom of International Banking in Belize!!!

Offering up to 5% interest on USD Time Deposits.

Contact us TODAY!!!

Atlantic International Bank Ltd.
Tel: 501-223-3152 or 226-3527
Fax: 501-223-3528
E-mail: banking@atlbank.com
Website: www.atlanticibl.com

Executive Services
Let Us Expedite All Your Needs!
We’ll do all the traveling for you and get your paperwork pushed through. Consultants for work permits, retirement status, small claims and legal affairs. Call 606-831-11 or e-mail belizedistrict@yahoo.com

Ambergris Caye
For details about great properties in Belize, please contact our office:
Barrier Reef Drive
Phone: 011-501-226-4545
San Pedro Town
E-mail ambergris@btl.net
Ambergris Caye
www.ambergrisrealestate.com

Beachfront
Condos • Homes
The first ever Reina de la Costa Maya, Miss Maria del Socorro Retolaza of Mexico.

Tonaco of San Pedro Town was the first local woman to win the title. Over the years, women from all over the world participated, including representatives from Central America, North America, Australia and Europe.

As time passed, the pageant was changed to the Reina de la Costa Maya Pageant. Contestants are now required to be a titleholder in their country, making this event a first-class pageant. The first Reina de la Costa Maya was crowned in 1996, a lovely representative from Mexico, Miss Maria del Socorro Retolaza. Each year the crown passed to the following: 1997 – Miss Carol Aqino from Guatemala, 1998 – Astrid Ramirez (also from Guatemala), 1999 – Denise Guzman of Mexico, 2000 – Sandra Glower Sils of El Salvador, 2001 – Evelyn Lopez of Guatemala, 2002 – Elsa Burgos of Mexico, 2003 – Belize’s beauty ambassador Leilah Pandy, 2004 – Maysa Rojas Avela of Mexico and this year’s coveted title was won by Costa Rica’s Johanna Fernandez.

Today, the festival has gained international exposure because of the wonderful entertainment provided by performers from all of the Mayan countries. To give you an idea, the following lively acts have put many in the party mood: The Garifuna Kids, La Gran Banda, Los Leguales, La Salsa Clave, Chico Flores, Los Mejicatos, Garibaldi, LosPhoenix, Santino’s Messengers, Rene Alonzo and La Banda Lazzer, Paloma Martin and Mariachi Los Galleros, Los Gatos Bravo, Andy Palacio, Sergio Blas, Karo, Laura Leon, Las Chicas Roland, Maribel Guarda, Niurka and Pablo Montero. The pageant has also featured many famous international hosts: Mauricio Islas, Rodrigo Vidal, Valentino Larus, Gabriel Soto, Rafael Aymaya, and Spanish model Michel Olivarez. This year, the festival provided an opportunity for the public to meet the popular and Grammy-winning band – the Kumbia Kings who lit a fire on everyone’s feet.

The festival has gained international recognition and is organized every year by a dynamic and hard working team. Some of the long-standing members include: Gach Guerrero, Einer Gomez, Wil Alamilla Jr., Milo Paz Jr., and Marisa Salazar. Through their dedication, this team of volunteers has managed to make the festival an event that brings much-needed income to the entire island. Today, the festival is celebrated for four days and features lively music, folkloric dances, children’s entertainment, food, drinks galore, and many other surprises.

On behalf of Festival Committee, see you in “La Isla Bonita” for next year show-stopping event – the 2006 Costa Maya Festival!!!
Gallo pinto translates as “speckled rooster,” and this colorful dish from Costa Rica is indeed a feast for the eyes (as well as the palate).

Gallo Pinto

Favorite traditional recipe of La Reina de la Costa Maya, Miss Costa Rica, Johanna Fernandez with chorizo, red pepper, beans, rice and cilantro. A companyed with fried ripe plantains and corn tortillas, this is a complete meal, commonly served at breakfast. Top each portion with fried egg, if desired, and garnish with a shower of grated Cotija cheese and chopped cilantro.

Ingredients:
- 3/4 pound fresh chorizo
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped red bell pepper
- 1 tablespoon minced garlic
- 1 jalapeño chile, seeded and minced
- 1 cup chopped cilantro
- 1 tablespoon Worcestershire sauce
- 1 (15-ounce) can black beans, rinsed and drained
- 2 cups cooked white rice
- 2 cups cooked ripe plantains
- 1/4 cup vegetable oil
- 1/3 cup water
- Soft corn tortillas, warmed.

Method: In a skillet cook the chorizo over medium-high heat, stirring and breaking up, until fat is rendered and sausage is no longer pink; add onion, bell pepper, garlic, and jalapeño; cook over low heat, stirring, until vegetables are soft. Stir in cilantro, Worcestershire sauce, beans, rice. Cook to heat mixture through, stirring gently, taste and adjust salt if necessary. Transfer to serving platter. Surround with fried plantains and serve with tortillas.

How to prepare the plantains: Peel plantains and slice once, lengthwise, then halve. In skillet over medium-high heat, fry the plantains for three to four minutes on each side, until they are golden; drain on paper towels. In small saucepan boil brown sugar and water until sugar is dissolved and mixture is syrupy. Pour off oil from skillet, return plantains to skillet and add syrup; cook the plantain mixture over medium heat, stirring, for one to two minutes, until plantains are coated well. Cover and set aside, keep warm or re-warm gently.

Serves 4.

Optional: If desired, top each serving with a fried egg and garnish with cilantro and grated Cotija cheese.

Tip: The plantains and syrup can be made ahead and set on the back of the stove; when gallo pinto is ready, simply gently reheat the plantains in the syrup.
A volleyball tournament was held on Sunday, and it drew many people to enjoy the last day of the Costa Maya festivities.

Avery special aspect of the International Costa Maya Festival is the food. Booths line the field and everything from hot dogs to pupusas to tacos al pastor were sold. The delicious aromas made the festival even more enticing as those attending surely needed their energy. The tastes were just as amazing and had everyone’s mouth watering!

The party went on into the night and everyone left the field overjoyed and exhausted. It was a wonderful Costa Maya Festival, kudos to the organizers and for those who could not make to our beautiful shores this year, there is always 2006. See you then when Costa Maya promises to be even bigger and better!!!
**Physic Nut**

**Scientific Name:** Jatropha curcas  
**Plant Family:** Euphorbiaceae

**Description:** Shrub growing to two meters, with spreading branches; leaves have clear sap when broken from stem; flowers white; seed capsules ellipsoidal, 2.5 - 4 centimeters long.

**Habitat:** Semi-cultivated in fields and clearings.

**Traditional Uses:** The clear sap which runs from the stem and ends of leaves is gathered and used to treat mouth sores and infantile thrush by rubbing sap directly on membrane of mouth. Leaves are boiled (one leaf per cup of water for five minutes) to make a mouthwash for conditions of the gums and throat, and drunk as a tea for stoppage of urine, constipation, burning inside the body, backache and inflammation of ovaries. Dried seeds are ground and boiled to use as a strong purgative, but these can be quite toxic if not properly prepared. (See Below)

**Research Results:** This species is in the same family as the castor bean and the oil also serves as a purgative. Kingsbury (1964) reports that there are many incidents of poisonings in humans from overdoses of the oil and consumption of the seed. He notes that there appears to be a difference between plants in the toxicity of their seeds; in some cases, only three seeds have caused toxicity. Thus, caution is advised when using the plant. The TRAMIL 4 workshop advised against any internal use of this plant, due to its toxicity (Robineau 1991). 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.

**On Coconut Drive, San Pedro South**

**Specializing in:** Lamanai, Altun-Ha  
Cave Tubing/Belize Zoo  
Manatee Watch  
Beach BBQ

**Also:** Hol Chan/Shark Ray  
Mexico Rocks/Tres Coos

Every Day 9am & 2pm

Tel: 226-4202 / 226-4206 or 614-8818

(Located Straight Down From The Airstrip On The Beach!!)

---

**ORANGE**

**Gallery - Gift Shop**

- Mayan carvings
- Pottery
- Gifts
- Sculptures
- Wood turnings
- Slate carvings
- Jewelry
- Hats
- Drums
- Caps
- Crafts
- Furniture
- Toys
- and more!

San Pedro’s Largest Gift Shop

On Coconut Drive, San Pedro South  
226-4066
“What’s all the fuss?” I asked, as I came in from work at Mango’s Restaurant.

“Melody is having labor pains,” Sean said. “I think she’s going to have the baby tonight.”

“Sean!” Melody called from the bedroom. “My water just broke.”

“Oh-my-god!” Sean said. “What should I do? Should I boil some water or something?”

“Don’t be silly,” Melody said. “They only do that in the movies. Call the doctor’s office and ask them what I’m supposed to do.”

Sean rushed to the phone in the other room and I poked my head through the door to Melody’s room.


“I’m fine,” she said. “I’m more worried about Sean than anything else. As excited as he is, he’ll probably wreck the golf cart taking me to the clinic.”

“Well, it’s his first baby,” I told her. “He’s bound to be a little nervous.”

“I think he might get a little too bent out of shape,” Melody said. “Do me a favor and pick up that phone in the living room and make sure he gets the details right when he calls the doctor.”

I picked up the phone just in time to hear Sean say, “We’ve got a real emergency here at our house. Melody’s water broke and I’m not sure what we should do.”

“How is she feeling?” the nurse asked.

“She probably feels pretty wet,” Sean said. “I told you her water just broke. We have to do something right now!”

“All right. Calm down now,” the nurse said. “Is this your wife’s first child?”

“Of course, not!” Sean said. “This is her husband.”
At Journey’s End Resort
Reservations: 226-2173

Ambergris Caye’s latest trendy restaurant, now open.
Serving Palm Tree Cuisine, a fusion of Central American and
Caribbean delicacies, offers a selection of fresh local seafood,
tender meats and exotic vegetables prepared by
our renowned chef.

Menu selections include: Jerk Seared Sea Scallop Crouton,
Smoked Oyster Bruschetta, Spinach Pesto Goat Cheese Salad,
Rib-Eye Steak Argentino, Almond Nut Crusted Grouper,
White Chocolate Pudding laced with a cardamom anglaise sauce,
Strawberry & Mango Ice Parfait.

boasts an atmosphere of relaxed elegance and style,
with inventive cuisine in an enchanting setting.

Serving breakfast, lunch and dinner…

---

FEATUED PROPERTY

$1,250,000.00 US
Located in the Santa Fe area of Ambergris Caye 6 miles north of San Pedro Town. Property is 298’ x 250’ in size and has plenty of room for development of a beachfront resort. Existing main house has 6000 square
feet of space under roof and was built 7 years ago. 4 master bedrooms all with wonderful finish out. Sale includes onsite bar with license, caretakers quarters and 200’ pier. Call or email for additional photos and details!

RECENTLY REDUCED PRICING ON THESE GREAT HOME SITES!!!

FEATURED PROPERTY

Kitty’s Beach House

Tres Cocos Home Sites – $259,000 US Each – These beachfront home sites are located immediately north of San Pedro Town. Some of the very best estate sites on the island. Four sites available totaling 200’ of beachfront.

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

Club Caribbean Home Sites - $14,500/$85,000 US – Beachfront and interior home sites located south of San Pedro on Ambergris Caye. These sites are some of the most affordable on the island of Ambergris Caye! **NEW**-Backfilled sites with seawall coming soon $130,000 US each. Reserve Yours Today! Selling fast!

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

Punta Azul Home Sites - $7950/$15,000 US – 75’x 115’ interior home sites with ocean views located North on Ambergris Caye.

Island Park Estates Home Sites - $115,000/$285,000 US – 60’ beachfront home sites with bulkhead, native vegetation, lush ground. Interior sites also available.