

VIEQUES insider

CONNECTING VISITORS TO VIEQUES

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LISTINGS



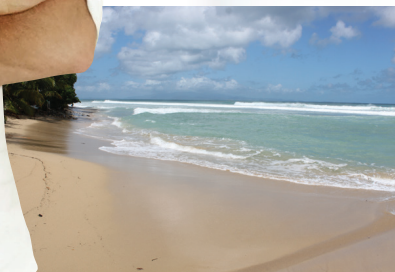
Once in a lifetime, **EL CERRO** - The Ultimate Caribbean Retreat perched on a hilltop with Expansive Caribbean Views is now being offered for sale. This unique hilltop property consists of thirty acres and includes

three different homes. Each allows solitude from the others yet they are connected by the privacy experienced within the confines of the fenced estate. The property comprises eight bedrooms and nine bathrooms and includes a beautiful swimming pool and sauna. The convenient access is from the nearby Esperanza Village and is entered via electronic access control and boasts a haven of privacy and unparalleled views of the Caribbean. **\$6,000,000**
<https://bravosboyz.com/property/el-cerro-the-ultimate-caribbean-retreat/>

Welcome to **VILLA GALLEGA**, a magnificent Italian inspired mountaintop estate with commanding views of Vieques' North shore and the colorful blues of the Caribbean sea. Located in a small gated community with it's own private road this is the ultimate Vieques hideaway! Tastefully designed, the home elegantly blends classic West Indies architecture with the modern creating a villa estate equally suited to serve as either a primary residence or the quintessential island retreat. Located on Martineau Hill the home consists of four bedrooms and four bathrooms



all air conditioned, including 2 masters en suite and a separate guest house at the pool level. The master bedroom is on it's own floor with a private deck for sunning or gazing at the ocean or stars. **\$1,199,000**
<https://bravosboyz.com/property/villa-gallega/>



SANDY COVE SURF COTTAGE sits on La Lanchita Beach in the beach side village of Bravos de Boston. The neighborhood is characterized by beautiful tropical gardens with the scents and sounds

of the ocean nearby. Sandy Cove is one of only a few ocean front properties currently on the market. The home offers five bedrooms and five bathrooms with one bed and bath in the casita. Sitting on direct sandy beach in the ever popular Bravos de Boston area this home is a true gem and rare find. **\$899,000** <https://bravosboyz.com/property/sandy-cove-beach-front-surf-cottage/>



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FRIDAY NIGHT VEGAN DINNER SERIES

We have become well known for turning our communal house into a pop up restaurant with candlelights and lounge playlists every Friday night. We welcome friends, locals and guests to join in this precious event where we serve a four course plant-based meal created by our collaborator chefs. We post our menus on instagram (@finca-victoria) every Monday. We suggest you book via email to info@lafinca.com. Don't wait 'til last minute, we fill up quick! We offer 2 seatings, 6pm & 8pm.

LOCAL ARTISTS BOUTIQUE STORE

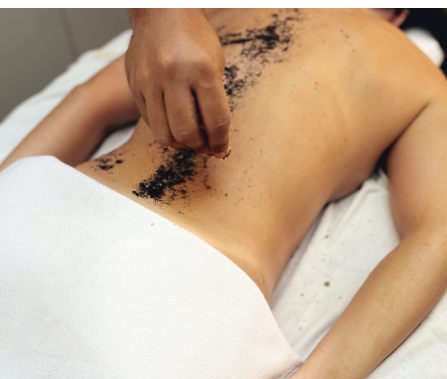
The boutique store is located in the hotel's central structure, where you can help yourself to complementary homage infusions and local coffee.

Our store has been dedicated to outsourcing Puerto Rican artisans that create wonderful natural products such as honey, cold-pressed soaps, reef-safe sunblock, hand-made jewelry, sustainable swimsuits, exclusive collection of kaftans and a variety of smoke blends. Stop by and see our wonderful selection! Our gallery space is open from 9am-7pm

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LEAN TOWARD FUN
LETTER FROM
THE PUBLISHER

Aahhhh, spring and summer. I don't know if it is the heat or the change of pace with tourism but as the temperatures rise so do

desires to slow down and revisit old pastimes from less demanding times in life. What does Rick Bragg say? "Summer comes in great buckets of time." It does seem that the peopled pace of high season on Vieques slows in the groggy heat to a time and place where ladies actually do fan themselves on the porch, and men tip their hats in slow motion. Kids are released from school. I like to believe that the energy and joy emitted by every child on summer break, jumping with abandon from the end of the sugar pier, climbing on the root walls of the ceiba tree, or holding dripping popsicles while navigating a bike or a swing, creates a shift in consciousness in adults... and they start to lean toward fun, despite what is happening in the world or what needs to be done. It is nature's time to teach. Her lessons remind us of what we already know. She has us revisit the real world work of the flamboyans blazing through the scenery. Mangos, sea grapes, papaya and avocados drop like rain and the ocean warms to feel like an extension of your own body. Locals, who often don't go in the ocean "in the winter", hit the beach with the right attitude, and the matured skill of creating perfectly good times. People stand still or lean into a conversation because nature has a way of coaxing us to slow down, to provide a slow meandering path back to her. The full summer curriculum also involves a deeper appreciation and understanding of "island living". Moments of clarity come when the lights flicker or the water doesn't flow and we are once again reminded of lessons learned in the past. Like summertime spent with friends, the use and appreciation of our natural resources has to be carefully planned, not wasted, and nature is our best teacher.

With the right intentions, practice and tradewinds, we will get it right. Enroll now. Book your trip to Vieques and find yourself on the other side of time and in the perfect summer school.

Kelly Thompson

[VIEQUES]
insider

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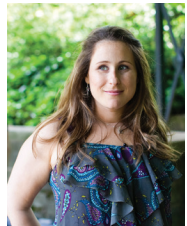
Daphne Vosberg Aldana is a long-time resident of Vieques, midwife and writer. She is the founder of Komadrona Birth & Bienestar and co-founder of Vieques Voices spoken-word and open mic. Daphne finds continuous inspiration through her work accompanying mamas and babies through the childbearing cycle, and the unique experiences island life provides.

Mark Martin Bras plays an important role in protecting and preserving the ecological environment of Vieques as Director of Community Relations and field researcher at the Vieques Conservation and Historical Trust. He is also co-founder and Community Coordinator of ViequesLove and works daily for preparedness and resilience of the island.



Rosie Dempsey is on the board of directors of the Vieques National Wildlife Refuge friends' group, TiCaToVe. She is a community history book author, an environmental education radio essayist, and is retired from a career promoting international films, national arts festivals, health

Amy Gordon is a freelance travel writer who doesn't feel quite right without a tan. Her articles have appeared in outlets including Harper Traveler, Where Traveler, BizBash and Slow Living.



OOOPS -WE MAY HAVE MISSED SOMETHING!
If it was you, we are truly sorry. If a phone number needs correcting or there is information that could help make our publication more informative, please let us know! Contact kelly@viequesinsider.com.



Tom Kirkbright, a retired USCG licensed Captain and his wife Caroline first set foot on Vieques in 2004. They fell in love with its people, beaches and charm. They bought a house and moved from NJ to enjoy the island life and spend time "On The Water".

Tom O'Grady Jr. is a Philadelphia-born author, freelance writer and editor with literature and writing degrees from Temple University (B.A.) and Rutgers University (M.A.). Tom has five entertaining novels available in print and digital formats (Amazon), and writes and edits training, marketing, advertising and magazine content online. He currently resides in Northeast Florida.



Vincente Rosario Born and raised in Vieques, Vicente learned to cook traditional dishes from his grandparents, but they also inspired him to create his own unique Caribbean recipes which he now shares with you!

Carmen Cristina Palmer has lived and worked on Vieques on and off since 2001. She is a member of the Juntos Vieques Humane Education board of directors.



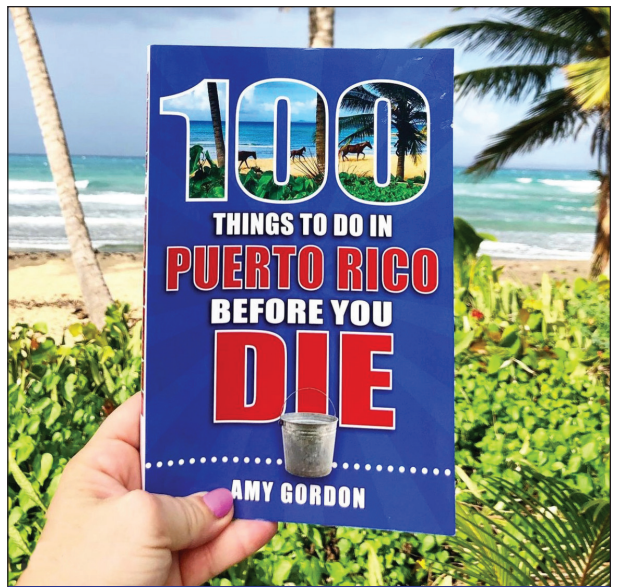
Photographer Daniel Fernández is a Puerto Rican born cinematographer and photographer who lives on Vieques with his wife Yeisha. His work has taken him to many corners of the planet including Antarctica, shooting films, documentaries and music videos and his work has been shown at Sun-

dance, South by Southwest, Cannes, Los Angeles Film Festival and more. www.facebook.com/dannycameras [instagram @dfernandezcine](https://www.instagram.com/dfernandezcine)

Cover Artist AJ Stetson Recently called a ninja for his nimble, silent stealth mode on set, AJ Stetson is a film set/unit stills and portrait photographer based in NYC. A dual citizen of the United States and Italy, AJ is also a drone pilot and scuba diver, and captures still and moving images aerially, underwater, in the studio, and on location around the world. [This summer, locations include Ireland, Sardinia, Tuscany, Berlin, Paris, London, and Montreal.] His portrait work, very much like his persona, coaxes the gentle truth of his subject, exposing their very essence and authenticity. On a visit to Vieques for the second time, Vieques Insider had the privilege to partner with AJ on some photography adventures resulting in stunning images (such as the cover) as well as a beautiful friendship. See AJ's work at www.AJStetson.com or contact him at 646-450-5590 or AJ@AJStetson.com.



The next issue of Vieques Insider will be published in November. If you are interested in advertising email kelly@viequesinsider.com



The must-have guidebook for first-time visitors and long-time locals. Buy yours today on **Amazon** or in shops all over Vieques and Puerto Rico. Or order a signed copy at www.100thingspuertorico.com.



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Komadrona Birth & Bienestar, established in 2021, provides holistic and personalized preconception, prenatal, birth, and postpartum care on Vieques and surrounding islands. We believe every family deserves access to comprehensive maternity services regardless of socioeconomic barriers. Komadrona works to uphold the principles of the Midwives Model of Care, Human Rights in Childbirth, informed choice, and bodily autonomy.

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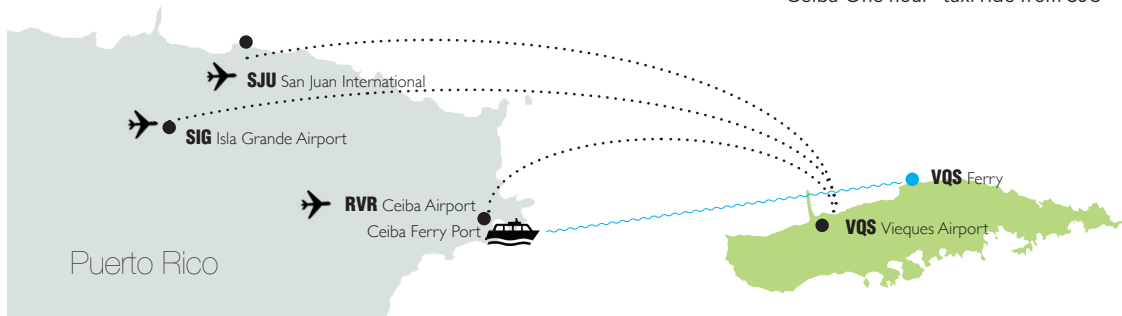
VQS
101

Masks are still required during flight or ferry travel and by many establishments **on Vieques**. Remember that Vieques does not have a hospital. We protect each other by being extra vigilant with Covid precautions. Please do your part to keep our community safe and respect the wishes of the local establishments.

If you are experiencing Covid symptoms while visiting Vieques, please call the **Vieques Covid Hotline (787)340-3837**.

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3 AIRPORTS

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🚌 Ferry from Ceiba to Vieques

Requires 1 hour 15 min taxi ride from San Juan International (SJU) to Ceiba (approx. \$110) Vans can seat up to 10 people. Ferry ticket \$2 or you can purchase two days ahead of time on www.puertoricoferry.com with additional fees. Be prepared to wait or possibly be bumped if ferry is full! Vieques residents are seated first. [It is not uncommon for the ferry to be late] www.puertoricoferry.com

🚌 Arriving at San Juan International Airport

Check www.travelsafe.pr.gov for covid requirements.

🚌 **Publico Vans** are located outside baggage claim at SJU and can seat up to 10-12 people. They are managed by Puerto Rico Tourism and you will be supplied an invoice for your trip before getting in the van. Tips are accepted.

★ **Take warm clothes on the ferry!**
It's very cold when the AC is on.

★ **Car rentals on Vieques have closing hours!** If you arrive after closing time make prior arrangements with the company to receive your car.

★ **Some airlines charge \$1.50 per pound** for luggage over 25 pounds.

★ **See page 36** for a list of publicos on Vieques.

★ **Marine Traffic App** displays near real-time positions of ships and ferries worldwide. Check if the ferry has left Ceiba or Vieques and where it is en route!

The SUT (sales and use tax) 11.5 %

Hurricane season is June 1st to November 30th.

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See the calendar of events
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GETTING AROUND

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★ **PUBLICOS/PUBLIC TRANSPORTATION/TAXIS:** Publicos are marked with the letters TC for transportacion colectiva (Collective Transportation) meaning that they can pick up other passengers along the route. Look for a van with wording on the side or windshield.



★ **CAR/SCOOTER/UTV/GOLF CART RENTAL:** There are many rental car companies all within the same price range. Most offer Jeeps or SUVs to get you to the most remote beaches, but just because it's 4wd doesn't mean you can't get stuck. Vieques has some world class potholes that are surprisingly deep. When parking at the beach don't leave valuables in the car and leave the car unlocked. At Sunbay do not park on the ocean side of the road only in the grass on the opposite side. When returning cars you will be charged for wet seats so think twice about leaving the top off the jeep. Make sure you rent from a licensed car rental company. Book early!



★ **BIKE RENTAL:** Bikes can be rented by the hour or day. If you plan on using a bike as transportation make sure you research mileage on Google maps. Also, be aware that most beach roads are dirt, gravel or sand with some steep inclines. Hot, dusty roads; always have water!



>>> GOOD TO KNOW

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INSIDER TIPS

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Pick one of these up at any convenience store or gas station on the island and save yourself a lot of trouble.



Just connect to your flat tire, inflate and go! It will only seal temporarily so call your rental company for directions on where to go to get it fixed.

A TWIST OR A TAP

If your car won't start when leaving the beach, before panicking, first check your battery cable connections. On rough roads they tend to bounce and loosen. Tighten them up, give them a tap and try again!



VQS
101

ABOUT TOWN

GETTING YOUR BEARINGS

▶ SOUTH SIDE ESPERANZA

Esperanza, on the southern coast, boasts the deep aqua and crystal clear waters of the Caribbean Sea, gently lapping along a picturesque walkway known as the Malecón. Esperanza offers a walkable array of restaurants, museums, stores, piers, boating and social interaction. Sundays are full of music, dominos, and libations. Extend your pleasure east or west along the Caribbean shore to discover art, black sand, roadside food experiences and an endless string of unique beaches so visually outrageous you'll be at a loss for words and pictures.

▶ NORTH SIDE ISABEL II

Bordered by the wavy blue of the Atlantic, the north side offers a loosely organized configuration of main and side streets, churches, stores, bars, restaurants, shops and municipal offices, all loosely draped around the Plaza, a community square for great gatherings all year round. Charming and colorful, Isabel II ("town" or "el pueblo" to the residents) is named after the first reigning female monarch of Spain. Sitting like a decorated cake high above the town is the Fortin Conde de Mirasol, the last Spanish fort built in the Americas.



Exciting News! The Vieques Insider website will soon have an

ACCOMODATIONS GUIDE

with links directly to the property owner phone, email or house website.

Email now to receive information on how to include your listing on the site! kelly@viequesinsider.com



The Club is open!

We are ready to provide our kids and youth with the opportunity to do what they have lost the past few years:

Learn & Play

Come live the experience of our Education program along with the comprehensive activities such as art, socioemotional, and recreational.

Our teens have access to technology to help them thrive in school and reduce the learning gap. They will also have access to a warm, healthy meal before they go home. Our professional staff is ready to provide the optimal experience our children deserve.

**Are you looking for ways to give back?
Come see us at the Club!**

Boys & Girls Club de Vieques



GUESTHOUSE
VIEQUES, PUERTO RICO
**BEACH BAR
& GRILL**

BANANAS

ON THE MALECON
ESPERANZA
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0020**



from the Bananas Staff
Buen Provecho!

Coqui Fire Cafe

LOCATED IN ISABEL II
OPEN MONDAY to FRIDAY
5pm to 9pm



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VIEQUES BEACHES

Download the Vieques Insider Beach Guide at www.viequesinsider.com

For information on hiking trails visit: www.fws.gov/refuge/vieques
<https://www.ticatove.org/vqs-hiking-trails>

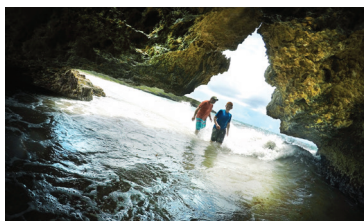
Caribe



SOUTH SHORE BEACHES

SUNBAY Accessible by the gated entrance off 997, Sunbay is a one mile stretch of beach. Sunbay has lifeguards and bathhouse. The entrance is 5 miles from Isabel II and 0.7 miles from Esperanza (the Malecon). There is an entrance fee of \$2-\$4 depending on time of year.

MEDIA LUNA Enter the gated entrance off 997 at Sunbay. Follow the dirt road at the end of Sunbay and travel 0.6 more miles to Media Luna. Great for small children, Media Luna is shallow. You can walk 30 ft out into the water and still be in waist deep water. Also, for a free "spa experience," enjoy an exfoliation from the silky, fine sand.



NAVIO Follow directions to Media Luna but pass Media Luna and take a left at the sign and go another 0.3 miles. The road is extremely rough and 4wd is sometimes required but you can also park at Media Luna and walk to Navío. Go into the cave on the left side of the beach (if facing the water) for an excellent photo spot! There's good surf so bring your boogie board!

ESPERANZA BEACH To the east and west of the fishing piers in Esperanza.

PLAYA GRANDE Leave Esperanza on 996 going west and come to a T (rt. 201). Take a left. Go 1 mile to where the road dead ends and take a left. Follow road to the bottom of the hill. Take a right onto dirt road to find a beach spot. Great beach for walking. Playa Grande is a turtle nesting beach so be sure to keep dogs on a leash and watch out for roped off nests.

PLAYA NEGRA (BLACK SAND BEACH)

Leave Esperanza on 996 going west. Come to T (201) and take left. Drive 0.1 mile and there will be a guard rail and small pull off on your left. Park here. [It is easier to turn around if you drive 100 feet more to Gallery Galleon and turn around in drive just past entrance to Gallery.] Walk down the path to the dried stream bed and follow to the right. It is about a 20 minute walk to the beach. If it has rained, stream bed will actually be a small stream. Bring bug spray and water.

VIEQUES FISH AND WILDLIFE REFUGE*

CARACAS* From 997, turn into the FWS Refuge at the Sol Food truck. Go approx 2 miles to a sign for Caracas. Turn right and go approx 1.5 more miles. No shade except for picnic gazebos in the grass area. Watch out for the sandburs! (see below). Be very careful where you step when you are in the grassy area and kids should wear their shoes down to the sand (or water's edge).

Note: Only park in the parking lot, and not in the cul-de-sac at the very end, to avoid fines.

PLAYUELA* From 997, turn into the FWS Refuge at the Sol Food truck. Go approx 2 miles to the brown sign for Caracas. Turn right and go approx 1 mile to brown sign for Playuela and Tres Palmas. Turn right and drive 2 minutes to the sign and take the walking path to the left to get to the beach. A short walk and you're there!

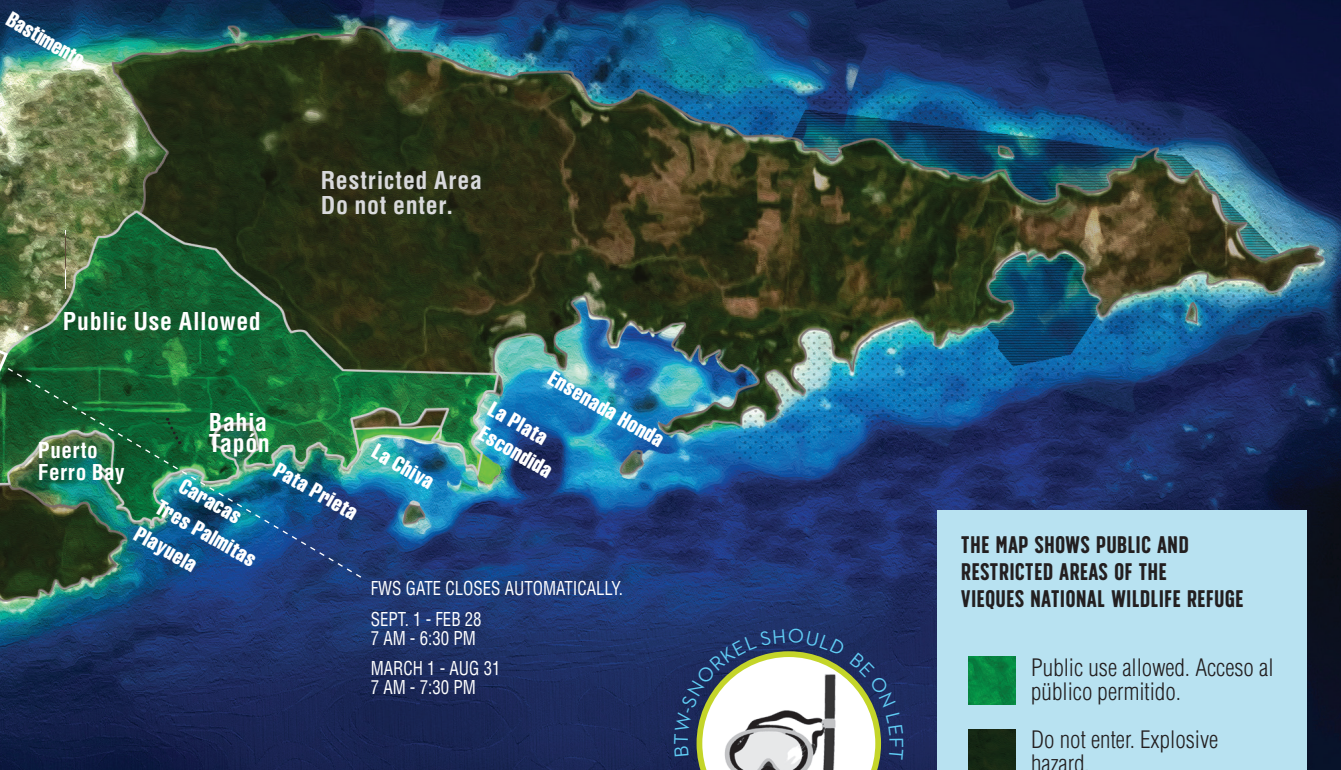


PATA PRIETA* From 997, turn into the FWS Refuge at the Sol Food truck and go approx 2 miles. Pass turn to Caracas and continue straight on dirt road for approx 1 mile and turn right at Pata Prieta sign. After 0.2 miles, follow the road to the right to a small parking area with sign. Walk down the (slippery) gravel path to the left of the sign to the beach. Rough road so 4wd is recommended. Bring a beach umbrella as there is little shade!

LA CHIVA* From 997, turn into the FWS Refuge and go approx 2 miles to the end of the paved road. Pass the sign for Caracas and continue straight on the dirt road. La Chiva has numbered spots #1-21. At marker #13 the road splits so stay right if you want to explore La Chiva spots #16-21.

LA PLATA* Follow directions to La Chiva but when road splits take left and go 0.5 miles to reach La Plata. La Platita is the little neighboring beach.

PREVAILING WINDS:
 WINTER - EAST TO NORTHEAST
 SUMMER - SOUTHEAST








FWS GATE CLOSSES AUTOMATICALLY.

SEPT. 1 - FEB 28
 7 AM - 6:30 PM

MARCH 1 - AUG 31
 7 AM - 7:30 PM



THE MAP SHOWS PUBLIC AND RESTRICTED AREAS OF THE VIEQUES NATIONAL WILDLIFE REFUGE

-  Public use allowed. Acceso al público permitido.
-  Do not enter. Explosive hazard.
-  No entre. Peligro de explosión.
-  Mariners prohibited from entering this area. Se prohíbe a los navegantes entrar a esta área.
-  Mariners are prohibited from anchoring, dredging, or trawling in this area. Se prohíbe a los navegantes anclar, dragar o la pesca de arrastre en esta área.

NORTH SHORE BEACHES

SEA GLASS BEACH Drive into Isabel II on 200 and make a left onto main street (Calle Muñoz Rivera). Almost at the end of the street you will see an intersection with a church on your right. Make a left here and at the next intersection make a right. Park on the street (not in the yellow!) and walk to the left of the gazebo down a path to the beach.

LA CHATA Drive by the ferry on your left and go up the steep hill to the right of El Yaté Bar. Go by the lighthouse on your left and take the next right down a steep little hill. Curve to your left and follow along this shoreline road. Pass La Lanchita on left and drive approximately 0.35 miles to a left turn onto a small dirt drive with two palms and large rocks at the end. La Chata! Keep your eyes open for sea glass. Don't be surprised if you are swimming with horses! Many people come here to exercise them.

EL GALLITO Pass the W on 200 going west and look for a parking area and short peninsula on your right. The beach is on the right. Great place to be at sunset!

EL PARQUE CEIBA Go west on 201 approximately 1 mile past the airport and follow the sharp curve to the right. Go down a small hill and the Ceiba tree is on your right. Enjoy the Ceiba tree without climbing, marking or damaging the roots.

ROMPEOLAS Follow directions to the Ceiba tree but pass the Ceiba and continue on the main road to the left. Take the next right at the empty concrete structure with parking lot and this road will take you to the pier. Rompeolas pier is 1 mile long so it is great for beginning joggers or walkers! Great snorkeling on the left side of the pier but go with a guide.

BLAYDIN BEACH OR MOSQUITO BEACH Follow directions to the pier but right before going out onto the pier there is a small sandy road to the left that leads to a shallow beach. There are lots of starfish here so be very careful where you step!

PUNTA ARENAS Follow directions to Rompeolas but go past turn for pier and drive approximately 2 miles. You will come to a sign that says you are entering FWS Refuge. Drive 1 mile and come to a T / there are spots to the left and to the right with the best snorkeling to your left. No-see-ums tend to come out in the afternoon so make it a morning excursion and bring your bug spray!

No-see-ums = sandflies that come out at sunset and they bite!

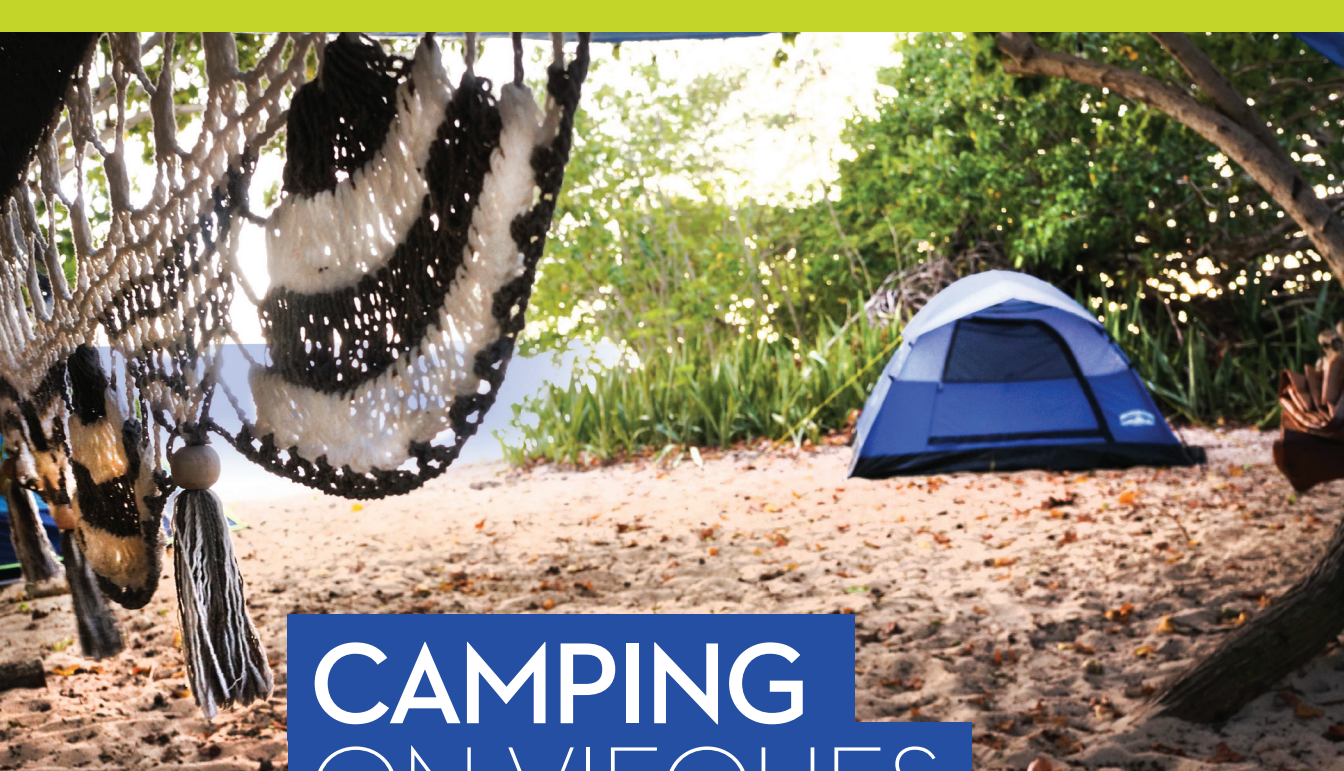
Vieques has the highest number of public beaches of all the municipalities in Puerto Rico.

Beaches are in protected areas and are safe. Stay in the designated public areas. Never enter restricted areas that are marked with extensive signage.

Practice 3Rs
 RECOGNIZE. RETREAT. REPORT
Practiques las 3Rs
 RECONOZCA. RETROCEDA. REPORTE



Cell Service at the Beach If you hire a publico to take you to the beaches remember to arrange a pick up time before they drive off because cell service may not be available.



CAMPING ON VIEQUES

BY ROSIE DEMPSEY

On Vieques, there are three officially designated camping areas and all are located within the SunBay Balnearia (Beach Park) managed by the PR Department of Environment and Natural Resources. Camping is not permitted anywhere in the Vieques National Wildlife Refuge or at the Nature Reserve that surrounds the biobay.

PAID CAMPING

✦ SUNBAY -Camp sites at SunBay National Park include a view of the ocean and a mile stretch of sandy beach and turquoise water. The unfenced field to the right of the SunBay administrative building (as you face the shore) is the designated area to pitch tents. Camping is \$10.00 per night and check-in/out is coordinated through the Reserve Manager Mr. Irraraza or other staff. There are open (no enclosure) outdoor showers and a public bathroom, but bring your own supplies and paper products. Currently, the fencing for the camping area is partially down, so horses roam in. Be careful where you pitch your tent! Do not feed or pet the horses, as some can get aggressive when food runs out.

The SunBay main gate off Rt 997 is open 24/7 and the entrance fee is \$4.00 per vehicle, per day from 9am to 5pm. Walking in is free. If you arrive after administrative hours, you can set up in the designated area and pay the next day.

Located next to the administrative offices is Arenamar Café which is open Friday to Sunday for lunch, including vegetarian options.

PRIMITIVE CAMPING. NO COST.

No facilities: Be prepared to leave the beach without a trace.

✦ MEDIA LUNA -Media Luna has shaded camping areas along with a shelter or two up from the sandy beach. Look for entrances in the vegetation area or parking spots. They are first come first serve and may require a permit from the DNER Reserve Manager, but enforcement is not consistent, and neither is security. Reach Media Luna through the SunBay gate

✦ EL CAYO -The land at the western end of SunBay is open for camping and is reached by car or on foot on an unmarked sandy road past the SunBay entrance as you head to Esperanza. The area connects to a sand bridge that comes and goes with the tide and leads to a loop hiking trail on Cayo Tierra. The spacious sites are well spaced out. You can also reach the designated camping area by walking east from the longer pier on Esperanza Bay.

All camping areas require you to check in with the administrative offices of SunBay for a permit. They are open Monday to Friday, 8:30am to 5 pm. Go straight in to SunBay (off Rt. 997). Instead of taking the first left to beaches on the often-bumpy sandy-gravel road, go straight to the walled parking area. The SunBay administrative offices are located on the left under the roofed plaza.



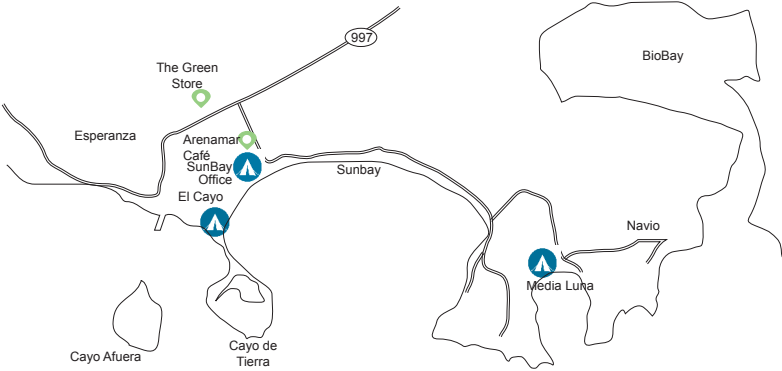
**oooh...
that's
gotta hurt.**

Watch out!
for the Coast Sandbur -
very prevalent at many
of the southside
beaches and painful to
step on.

(Cenchrus incertus)

Called *abrojo de playa* in Spanish, this sandbur is part of a 10-inch high, mat-forming grass that spreads in dense clumps often concealed by taller flora. The burs will stick to your feet and cause pain till you physically pull them off. Some form of footwear is recommended when crossing through these areas to the ocean.

On the upside, their presence does help prevent beach erosion.



GOOD TO KNOW

- Bon fires are NOT allowed on any of the beaches on Vieques but cooking on an open flame grill is allowed at the three camping areas.
- Do not leave valuables in your tent.
- Camping is NOT permitted on any of the beaches and areas of the Vieques National Wildlife Refuge.
- Many beaches are nesting grounds for protected and endangered sea turtles,

so harassment or disturbance of these animals is prohibited. Dogs must be leashed at all times. Additional rules and regulations for the PR-DNER areas are posted.

- No-see-ums or flying gnats come out at dusk. Be ready with bug spray or long sleeves and pants!
- Food trucks are located across from and south of the gate to Sunbay and have delicious, authentic local food. Going a little farther,

the Green Store/Tienda Verde is a local market that is well stocked with a variety of items, including food and beverages. It marks the edge of the Esperanza neighborhood with many restaurants along the Malecon.

EASTER: A local community tradition ties up camping areas by historic arrangement during the two to four weeks around Easter and non-residents should not expect to camp at that time.



SEASIDE MORNING GLORY

(Ipomoea pes-caprae)

In Puerto Rico, this morning glory is called *bejuco de playa* or beach vine. The foliage contains natural antihistamines and the Carib Indians crushed and applied them to the stings of jellyfish, stingrays and insects to provide quick relief.



Spring
into summer!

Make good choices!

What's your flavor?

PELATAS

It might look like a popsicle but packs a punch of flavor! Made with fresh juice from the fruits of the island mixed with only a bit of water, this treat is pure joy on a stick. Here on Vieques you can sample flavors such as mango, coconut, tamarind, passionfruit and seagrape.

FIND THEM: The Family Market in Isabel II carries Paletas Don Lolo made right here on Vieques.



LIMBERS

The limber, a frozen, fruity treat not unlike the stateside popsicle, was named in honor of Charles A. Lindbergh. He flew to Puerto Rico on his 26th birthday on Feb. 4 1928 and, after landing, was offered one. Served out of a plastic cup rather than on a stick, the limber offers endless flavor options made with



local island fruit or fruit juice. It is a quintessentially refreshing frozen indulgence and is sold out of homes in almost every neighborhood of Vieques. But you have to know where to go! Hopefully, choosing your favorite flavor will be the toughest decision of your day.

How to eat a limber? Squeeze the soft plastic cup and bite it from the top, or ask for a spoon if you must.

FIND IT: Sample limbers at the VER thrift store at the corner of Calle Muñoz Rivera and 200 in Isabel II. Look for the signs *Hay Limbers* at local houses.

VIEQUES HANDMADE ICE CREAM

For delicious handmade ice cream you can't get anywhere else on earth, visit D'Frozz in Isabel II. The ice cream freezer at the back is stocked with a rotating selection of scrumptious



LOCAL FLAVOR

flavors made right there on site! Varieties like oatmeal, coffee and cornbread satisfy even the most discerning sweet tooth. Felix Meléndez Estrada and Saika E. Morales Torres, the husband-wife team behind the shop, began making ice cream in 2016 opening D'Frozz in 2018. Taking inspiration from all sorts of desserts, the duo churns up new varieties all the time. And you won't find any added sugars here – the fruit's natural sugars are all the sweetness the ice cream needs. Nearly all flavors are free from preservatives and dyes, and if you order something tropical like malanga or parcha, chances are it's made with locally grown ingredients.

FIND IT: at the corner of Calle Muñoz Rivera and Carlos Lebron in Isabel II.

VQS mojito

10 FRESH MINT LEAVES

½ MEDIUM LIME, CUT INTO 3 WEDGES

2 TABLESPOONS WHITE SUGAR

1½ FLUID OUNCES OF CRAB ISLAND RUM

¾ CUP CLUB SODA, OR AS NEEDED

Muddle the lime juice, sugar and mint leaves in a container that won't break or shatter while crushing the mint. Add the rum. Pour into a tall glass and add ice. Top up with soda water, garnish with mint and serve.



A BIG DECISION

ROBIN'S MOJITO BAR OFFERS A **32oz.** MOJITO! PICK A TROPICAL FLAVOR LIKE PASSION FRUIT, TAMARIND, COCONUT OR POMEGRANATE OR STICK WITH THE ORIGINAL!

DON'T FORGET TO ASK FOR CRAB ISLAND RUM FOR THE AUTHENTIC ISLAND COCKTAIL!



Flamboyant

BLOOMING SEASON JUNE THROUGH SEPTEMBER

Delonix Regia, also known as the royal Poinciana, is endemic to Madagascar and endangered in the wild but widely cultivated for its ornamental value. It is much loved in Puerto Rico and Vieques and has vivid red, orange or yellow flowers.

Casa La Lanchita

THE PREMIER WATERFRONT ACCOMMODATION ON THE ISLAND OF VIEQUES



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LA NOCHE DE SAN JUAN

St. John's Night

BY JOSÉ CARASQUILLO

It is La Noche de San Juan (St. John's Night), a celebration observed by millions around the world at midnight between June 23rd and 24th. It is a Christian celebration of pagan origin. Catholics celebrate the birth of St. John the Baptist, the patron saint of Puerto Rico, on June 24th. It's believed that on the eve of this day the waters are blessed with the power to cure diseases, cleanse the soul, drive evil spirits away and bring good luck. Generations of families, friends and visitors flock to the beaches to partake in what has become a cultural ritual.

When: June 23 at midnight

How: Walk to the water's edge around 11:55pm. Turn yourself around and walk backwards into the water. When the water is around your waist, stop and wait until midnight. At midnight, plunge yourself backwards into the water three times in quick succession.



TIDES OF VIEQUES

The tidal pattern of Vieques is known as semi diurnal. There is one high tide and one low tide which rarely exceeds one and a half feet. As a result the change does not influence water activities around the island except for fishing.

WELL THAT'S JUST SWELL

RIP CURRENTS

BY STEPHANIE VELAZQUEZ / SALTY SPIRIT

Rip currents don't just occur when there are big waves. The ocean may appear calm and spectacularly clear yet still be subject to dangerous rip currents. Unlike an undertow, rip currents don't drag you vertically down or hold you under water. However, inexperienced swimmers may instinctively try to swim against the currents, which can cause exhaustion, panic, or worse.

Don't worry – there are lots of measures you can take to avoid being caught in a rip current.

★ Be responsible and wear a lifejacket if you are not a strong swimmer.

★ Verify the weather app for local ocean conditions and rip current advisories.

★ Go on a snorkeling tour instead of snorkeling on your own.

★ Wear fins.

★ Go in the ocean with a buddy or have someone watch over you from shore. Let them know how long you plan to be in the water.

MANGO SAP SAGA

SUMMER HAPPENINGS

Can you smell the sweetness in the air? It's mango season! But with all of that juicy goodness comes an acidic sap that can harm your skin and eyes. It's called urushiol, and it's the same chemical present in poison ivy and poison oak, just in a much smaller concentration. To avoid skin or eye burns when you're picking mangoes, cut or snap them with a long stem and then wash them under cool running water. If you do find yourself with a mango-induced burn, apply an alcohol-based hand sanitizer and/or a grease-cutting dish soap. Over-the-counter anti-itch creams may provide some relief, but of course, see a doctor if the condition worsens or does not go away.



TOURIST SEASON = THANKSGIVING THROUGH EASTER

During spring and summer on Vieques, things tend to slow down, heat up and the island goes into full bloom!



www.tides4fishing.com is an excellent resource for current ocean conditions including tides, temperature, swell, fishing conditions and even UV exposure level!

A PROGRAM BY NONPROFIT OUR BIG FAT CARIBBEAN RESCUE

SOMOS

**Humane Education, Art, Theatre,
Agriculture and more!**

BY: LAURIE MOSHER

SOMOS, meaning together in English, is an afterschool program offering humane education, art, theater, agriculture, gardening, bee keeping and more to the youth of Vieques. Launched by the nonprofit Our Big Fat Caribbean Rescue, SOMOS also offers real world co-op experience to those students interested in vet tec clinic skills including digital customer assistance programs and small animal handling. These students get real life experience assisting OBRCR vet, Dr. Sam Shone during wellness and surgery days. During the week the Somos teacher, Ms. Letty brings the humane education curriculum into the island's middle and high school classes. OBFCR firmly believes that advances made in Vieques regarding animal rights need to be supported and furthered by our students to ensure continued success in the future. To find out more information visit [f Club-SOMOS](#)



aqua adventures

VIEQUES, P.R.

www.tainoaquaadventures.com

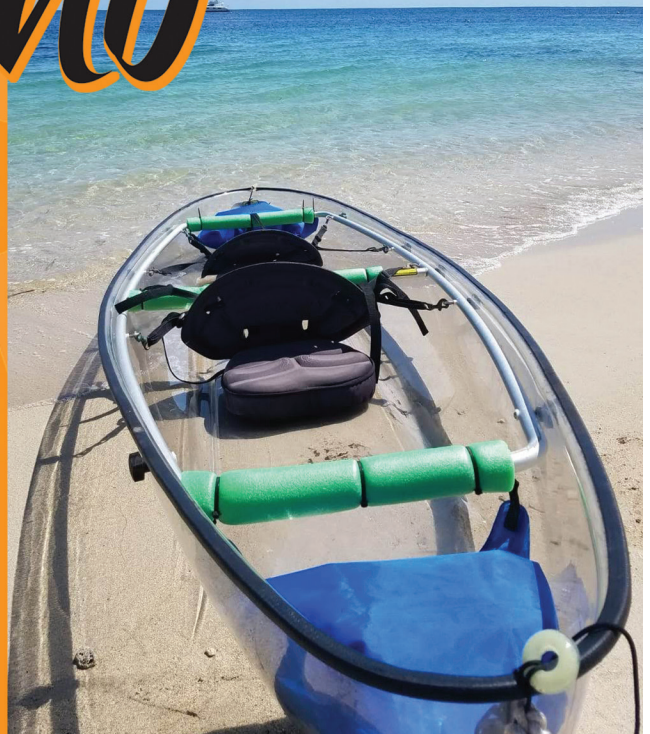
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**FULL TRANSPARENT KAYAKS
BIOLUMINESCENT BAY
SNORKELING**



BY: SARAH ROSE GILLESPIE

TENNIS

Academy for Vieques Youth



In 2021, the Vieques Tennis Academy was born. The project was conceived by Jeamy Montes, a Vieques native who returned home to the island as an adult, bringing with him an uncontainable enthusiasm

for tennis. To make it happen, he transformed an unused, rundown basketball court into a place where people of all ages can learn to love the sport as much as he does. He hosts regular group classes for players ages five and up, and adults can book private lessons to learn the game or brush up on their skills. (Rackets are provided thanks to a generous donor.) Additional improvements, like a fence to keep the balls in and seating for parents and spectators, are next on the to-do list. To book a lesson or get more information, call Jeamy at 787-435-2187 or visit Vieques Tennis on Facebook. If you'd like to support the project, contact Jeamy through <https://www.facebook.com/vieques.tenis>.

YOUTH



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Scallywags

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CLOTHING • SUNGLASSES • STYLE
VIEQUES



a bit of history

Want to know a bit more about Vieques?

Here's a brief timeline to whet the appetite of the history buff in you.

★ **2145 BCE** Archeological findings in Puerto Ferro date back to Pre-Arawak period.

★ **1100 CE** Taino culture abounds in Esperanza.

★ **1493** Columbus lands on the south side of Borinquen (now Puerto Rico) and claims it for Spain.



★ **1508** Ponce de León initiates colonization of Puerto Rico.

★ **1514** Taíno Chiefs Yaureibo and Cacimar from Bieke fight Spanish forces on the east side of Puerto Rico.

★ **1683** British settlers from Anguilla invade Vieques. Danish forces from St. Thomas drive invaders away.

★ **1698** Scottish settlers from Nevis, Anguilla and Tortola invade Vieques. Spanish forces drive invaders away.

★ **1718** British settlers from Anguilla come to Vieques to establish a colony on two different occasions. Both times Spanish forces drive invaders away.

★ **1811** The Spanish colonization of Vieques begins.

★ **1815** Royal Decree of Graces allows other Europeans who swear loyalty to the Spanish Crown to remain in Puerto Rico. French settlers develop Vieques' agrarian economy.

★ **1816** Simón Bolívar, Latin America's Great Liberator, comes to Vieques.



★ **1822** The Spanish commence construction of a town, eventually called Punta Mulás (Isabel II today), on the north side of the island.

★ **1832** Teófilo José Jaime María Le Guillou, a French emigre, is appointed military governor of Vieques.

★ **1844** The municipality of Vieques is formally established; construction of original Catholic Church gets underway.

★ **1845** Construction of Fortín Conde de Mirasol (the Fort) begins.

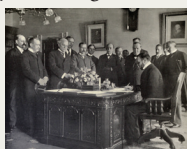
★ **1863** Britain formally renounces all claims to Vieques.

★ **1873** Abolition of slavery in Puerto Rico (March 22, 1873); Manuel E. Benítez is elected Vieques' first mayor when municipalities are extended the right to vote.

★ **1893** All Saints Church is officially consecrated. Vieques and Ponce were the first places in Puerto Rico under Spanish Monarchy allowed to set up non-Catholic churches.

★ **1896** Punta Mulás lighthouse (north side) is completed.

★ **1898** Spanish-American War. Treaty of Paris gives United States temporary control



of Cuba and ownership of Puerto Rico, Guam and the Philippine islands.

★ **1899** Puerto Ferro lighthouse (south side) is completed.



★ **1917** Jones Act grants United States Citizenship to all Puerto Ricans.

★ **1925** On March 19, a powerful earthquake causes major structural damages to the Puerto Ferro lighthouse. The lighthouse is closed.



★ **1941-49** The United States Navy expropriates nearly two thirds of Vieques for military maneuvers.

★ **1948** Luis Muñoz Marín becomes 1st democratically elected governor of Puerto Rico.

★ **1952** Commonwealth of Puerto Rico is established on July 25.

★ **1961** The film *Lord of the Flies* is shot in Vieques.

★ **1965** Osvaldo "Val" Gonzalez-Duriex provides air transportation to Vieques and registers his enterprise as Vieques Air Link.

★ **1976** Water from El Yunque (Puerto Rico's rain forest) via underwater pipeline becomes the main water supply for Vieques.

★ **1977 - 1988** "Vieques Pony Express"— Ventura Camacho Dávila is hired by the post office to initiate island-wide delivery of mail. For the next 11 years, Ventura Camacho does his job on horseback.



★ **1978** "Fishermen's War": An international NATO backed training military exercise on Vieques is stopped by fishermen who position themselves in the direct line of fire.

★ **1989** Hugo, since upgraded to a category 5 hurricane, devastates Vieques.

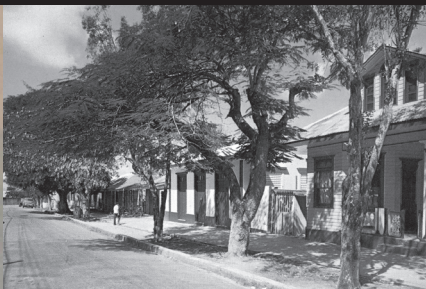
★ **1991** Restoration of Fortín Conde de Mirasol is completed.

★ **1999** David Sanes is killed by a bomb from U.S. Navy military exercises. The tragic death serves as the catalyst for a peace protest that galvanizes all of Puerto Rico. The 'Paz Para Vieques' movement garners international support and becomes instrumental in pressuring the United States Navy to end military exercises on the island.



★ **2001** Vieques National Wildlife Refuge is established (3,100 acres on the western end of Vieques).

★ **2003** U.S. Navy leaves Vieques; 14,573 acres of land on the east end are



Catholic Church and Plaza, Museo Riva Vieques, P. R.

added to the Vieques National Wildlife Refuge. The Refuge is operated under the U.S. Department of Interior and becomes the largest wildlife refuge in the Caribbean.

★ **2005** U.S. Congress designates parts of Vieques as a Superfund.

★ **2006** Montessori Education arrives in Vieques; Guinness World Records names Mosquito Bay the brightest Bio-bay in the world; MANTA, the educational outreach program of the Vieques Conservation and Historical Trust (VCHT) wins EPA's highest award two years in a row.

★ **2007** Comunidad Verde Vieques is established. This is the first re-settlement inside former NAVY land.

★ **2009** First Bio-luminescent Symposium in Puerto Rico is held in Vieques and hosted by the VCHT.

★ **2011** White House report issued by the Vieques Task Force recommends military clean-up, a solid waste strategy, health care, renewable energy, protection of the BioBay and "green" tourism.

★ **2012** Vieques Concert Society (VCS), in partnership

with Jorge Camacho, starts the Vieques Rondalla. JUNTOS begins Humane Education in schools.

★ **2016** VCHT signs an agreement with the Department of Environmental and Natural Resources to co-manage the Mosquito nature reserve.



★ **2017** Hurricane Maria devastates Puerto Rico and Vieques with Category 5-force winds. Communication to the outside world is severed, and it takes 7 months to restore power. Numerous on- and off-island organizations form to provide help.

★ **2019** The death of 13-year old Jai Ventura sparks island-wide grief and a peaceful protest (justiceparajai) about the Vieques hospital. Destroyed in Hurricane Maria,



the hospital *or* CDT (Center for Diagnoses and Treatment) has not been rebuilt. Residents took signed cinderblocks to the town plaza to signify the need to rebuild. They remain in front of the municipal offices.

★ **2019** The Covid-19 pandemic magnifies the island's humanitarian crisis after the devastation of Hurricane Maria and several earthquakes. Fortunately, response to the virus is rapid and thorough and controls the spread.

★ **2019-20** Puerto Rico experiences an unprecedented series of shock swarms. Over 9,000 earthquakes and aftershocks damage thousands of homes and buildings and closes schools.

TODAY At press time, Puerto Rico and Vieques are in a steady decline of Covid-19 cases and deaths. Over 80% of the residents are vaccinated. Work begins on the Vieques hospital.

Like many territories and cultures, Vieques has struggled to maintain its way of life. The many recorded histories of that struggle are, like the people of Vieques and Puerto Rico, filled with passion and persistence, and no shortage of perspectives. Vieques Insider endeavors to provide as accurate a timeline of that history as is available through our research, while taking into consideration the discrepancies that exist among historians. Our timeline is in no way a comprehensive account, only a brief outline. We encourage our readers seeking a greater knowledge of Vieques to access all accounts of its history. To discover more about Vieques locally, please visit El Fortín Conde Mirasol and the Vieques Conservation and Historical Trust.

<https://www.facebook.com/ArchivoHistoricodeVieques>
<https://www.facebook.com/pages/Fort%C3%ADn-Conde-Mirasol/109510962408101>

<https://www.youtube.com/watch?v=qSjNzRilCY4>





¡Robert Rabin, Vieques y Puerto Rico te recordarán siempre!

TO LIVING BEAUTIFULLY

VIEQUES ART & DESIGN FOR EVERY DAY.



ORO
at playa negra

 [ORO.VIEQUES](https://www.instagram.com/oro.vieques)  [ORO VIEQUES](https://www.facebook.com/oro.vieques)

FROM ARTISAN BEACHWEAR TO ART SUPPLIES
12-4/BY APPT. AT THE PLAYA NEGRA ENTRANCE

WORKSHOPS
& EVENTS
GIFTS
GALLERY

STAY WITH US
ORITA ON AIRBNB



RESTAURANT GUIDE



For current hours be sure to check the restaurant guide on www.viequesinsider.com.

	MON LUNES	TUES MARTES	WED MIERCOLES	THURS JUEVES	FRI VIERNES	SAT SABADO	SUN DOMINGO
AURORA'S CHICKEN & GRILL 787-407-9067	11AM-4:45PM	11AM-4:45PM	11AM-4:45PM	11AM-4:45PM	11AM-4:45PM	11AM-4:45PM	
BANANAS 787-354-0020 BEACH BAR AND GRILL	11AM-10PM		11AM-10PM	11AM-10PM	11AM-10PM	11AM-10PM	11AM-10PM
BIEKES BISTRO 787-435-9339	11AM-10PM	11AM-10PM	11AM-10PM	11AM-10PM	11AM-10PM	11AM-4PM	
BUEN PROVECHO 787-529-7316	8AM-5PM	8AM-5PM	8AM-5PM	8AM-5PM	8AM-5PM		
CARAMBOLA 787-741-3318 AT THE BLUE	7AM-3PM 5PM-10PM	7AM-3PM 5PM-10PM	7AM-3PM 5PM-10PM	7AM-3PM 5PM-10PM	7AM-3PM 5PM-10PM	7AM-2PM 5PM-10PM	7AM-2PM 5PM-10PM
CASA NATIVO 787-556-9920		11AM-10PM	11AM-10PM	11AM-10PM	11AM-10PM	11AM-10PM	
COQUI FIRE CAFÉ 787-741-0401	5PM-9PM	5PM-9PM	5PM-9PM	5PM-9PM	5PM-9PM		
CRAB ISLAND 787-934-8015 RUM DISTILLERY				12PM-8PM	12PM-8PM	12PM-8PM	
D'FROZZ 787-239-4081		7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	
FAMILY MARKET (*GROCERIES)	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM
FINCA VICTORIA RES. REQUIRED @ INFO@LAFINCA.COM	9:30-10:30AM	9:30-10:30AM	9:30-10:30AM	9:30-10:30	9:30-10:30 6PM AND 8PM VEGAN DINNERS	9:30-10:30	9:30-10:30
GONZOS GARDEN 787-435-2801	BAR 5PM KITCHEN 6PM	BAR 5PM KITCHEN 6PM	5PM-8PM BAR BBQ BY DEXTERS	BAR 5PM KITCHEN 6PM	BAR 5PM KITCHEN 6PM		
LA TABLA DEL CHEF 939-208-4964				12PM-8PM	12PM-8PM	12PM-8PM	
LAZY JACKS 787-741-5555	8:30AM-1AM	8:30AM-1AM	8:30AM-1AM	8:30AM-1AM	8:30AM-2:00AM	8:30AM-2:00AM	8:30AM-1AM
MANGO PUBLIC HOUSE 939-891-2764	5PM-9:30PM	5PM-9:30PM			5PM-9:30PM	5PM-9:30PM	5PM-9:30PM
MARSHMALLOW'S 787- 930-2365		7AM-6PM	7AM-6PM	7AM-6PM	7AM-6PM	7AM-6PM	
PLACITA @ EL BLOK 787-741-6020	5PM-10PM			5 PM-10PM	5PM-10PM	8AM-1PM 5PM-10PM	8AM-1PM 5PM-10PM
RISING ROOST (GUAKE'TE)			8AM-1PM 12:30 LAST SEATING	8AM-1PM 12:30 LAST SEATING	8AM-1PM 12:30 LAST SEATING	8AM-1PM 12:30 LAST SEATING	8AM-1PM 12:30 LAST SEATING
ROBIN'S BAR 787-231-8484				3PM-10PM	3PM-11PM	3PM-11PM	1PM-9PM
ST VODOO'S MAR AZUL	4PM-10PM			4PM-10PM	4PM-10PM	4PM-10PM	4PM-10PM
TAVERNA 787- 438-1100				5:30PM-	5:30PM-	5:30PM-	5:30PM-
TRADEWINDS 787-710-7440	1PM-8:00PM	1PM-8:00PM	1PM-8:00PM	1PM-8:00PM			9AM-2:0PM BRUNCH

Hours are subject to change. Please check [www.viequesinsider.com/restaurant guide](http://www.viequesinsider.com/restaurant-guide) or the restaurant's facebook page for current hours.

See what's happening this week @

WWW.VIEQUESINSIDER.COM

EVENTS CALENDAR • UP TO DATE INFORMATION • CLICK TO CALL PHONE DIRECTORY • MAPS

READ THE MAGAZINE ONLINE IN SPANISH! COMING SOON!

¡LEE LA REVISTA ONLINE EN ESPAÑOL! ¡PRÓXIMAMENTE!

ACCOMODATIONS

At the Waves on Facebook
 Casa de Amistad 787-247-1017
 Casa Colores 717-578-4893
 Casa Corona on Facebook
 Casa Coqui Verde 787-477-5182
 Casa Fuerte 802-272-0704
 Casa Oceana on Facebook
 Casa Tesero on Facebook
 EcoCasa 617-335-4863
 El Blok 787-741-6020
 Encantada on facebook
 Finca Victoria 787-646-0011
 Hix Island House 787-435-4590
 Lazy Jacks Hostel 787.741.1447
 Lazy Jacks Guesthouse 787.741-1447
 La Lanchita 845-891--1502

Malecon House 939-239-7113
 Orita 510-682-3064
 SeaGate 201-450-8238
 SoliMar Guest Studios 787-980-8717
 Suenos del Mar (Fajardo, PR) 787-435-0221
 The Inn on the Blue 787-741-3318
 The Haven on Facebook
 Tradewinds Guesthouse 787-672-9927
 The Vieques Guesthouse 787.435.1513
 Villa Dos Palmas 802-272-0704

ACCOUNTANT

Victor Simmons 787-936-7496

AGRICULTURE

Arte Tropical 787-925-8345
 Finca Consciencia 787-502-4088
 Isla Nena Composta 787-309-8408
 JaFlor 267-968-4197
 La Colmena Cimarrona 787-502-4088
 Extensión Agrícola 787-765-8000 x3921

AIRLINES

Aerotaxi Charters 787-718-8869
 Air Flamenco 787-724-1818
 Air Sunshine 954-434-8900
 Cape Air 800-227-3247
 M&N Aviation 787-791-7090
 Vieques Air Link 888-901-9247

ARCHITECTS

Arquitecto Stanley Hutchinson 787-556-5537

ART GALLERIES/LESSONS/ARTISTS

Carmen Lund / Painting Classes 203.444.1806
 Art Vault /Ernesto Peña 939-248-7200
 Fuerte Conde Mirasol 787-375-0525
 Oro Vieques 510-682-3064
 Kadosh Art Gallery 787-371-8390
 Linda Castrén 828-243-2565
 Lucky One Designs 787-223-8203
 Luna Loca 843-271-1910
 Sandra Reyes 939-488-6734
 Siddhia Hutchinson
 Glen Wielgus Gallery 787-556-5409
 Vieques Historical Trust 787-741-8850

BEE REMOVAL

Apiario Bieke 787-312-5848

BIKE TOURS/RENTAL

Black Beard Sports 939-238-6841
 Bieque Eco Trips 787-922-2701
 JAK Water Sports 787-644-7112
 Fun Brothers 787-435-9372
 Vieques Cycles 787-435-2249

BIOBAY TOURS

Abes 787-435-1362
 Bieque Eco Trips 787-922-2701
 Blackbeard Sports 939-283-6841
 Fun Brothers 787-435-9337
 Isla Nena Bio Bay Tours (boat) 787-403-5581
 Jak Water Sports 787-644-7112
 Salty Spirit 787-477-8664

Taino 787-349-6964

CAMPING

Sun Bay 787-741-5000

CAR RENTAL / AUTOMOTIVE

Fun Brothers 787-435-9372
 Maritza's Car Rental 787-741-0078, 500-1666
 Scooters for Rent 939-437-2053

CATERERS

Cocina de Vicente 787-232-7386
 La Tabla del Chef 939-208-4964
 Your Personal Chef (Waldo) 787-487-4244
 Titi Tata's Kitchen 787.450.6565

CONSTRUCTION/HANDYMAN

Centro Commercial Florida 787-741-2571
 EDK Design Services 787-435-3548
 Enid Medina 787-308-8501
 Ferreteria Victoria 787-741-3061
 Isla Nena Renovations 787-233-1560
 M&M of Vieques 787-741-2577
 Navarro Construction 787-741-2577
 Rosas Depot 787-741-1307
 Tony's Painting 787-602-8359
 Tony Handyman 787-556-9941
 Vieques Locksmith 787-564-5120

DERMATOLOGIST

Elena Nogales 787-860-4500

ELECTRICIANS

High Quality Electrical Contractor 787-446-6063

ELECTRONICS/PHONE ACCESSORIES

Fire Fi 619-708-1444/787-435-2024
 Quiñones Electronics 787-741-2427

EQUIPMENT RENTAL

Bieque Eco Trips 787-922-2701
 Blackbeard Sports 939-283-6841
 Fun Brothers 787-435-9337
 Jak Water Sports 787-644-7112

EXTERMINATORS

AAA Pest Control 939-777-4917
 Isla Nena Exterminating 787-310-1363
 Professional Exterminating 787-449-6950

FISHING

Abes 787-435-1362
 Amity Charters 787-502-3839
 Bieque Ecotours 787-922-2701
 El Pescador Fishing & Marine Store 787-231-2624
 Salty Spirit 787-477-8664

FLOWERS/PLANTS

Green Eyed Girl Weddings 971-506-9406
 Roses Luxury 787-368-5884

GROCERY

Family Market 787-968-3130

HARDWARE STORE

Rosa's Depot 787-741-1307

HIKING TOURS

Black Beard Sports 787-966-7450

HORSEBACK RIDING

Esperanza Riding 787-435-0073
 Jurutungo Farm 215-692-7374
 Sea Gate Hotel 201-450-8238

INTERNET

FireFi 939-239-3871

KAYAK TOURS

Abes 787-435-1362
 Bieque Eco Trips 787-922-2701
 Jak Water Sports 787-644-7112

LANDSCAPING

Anchor Landscaping 787-479-5801

LAUNDROMAT

Isla Nena Laundromat 787-435-5615

LIQUOR

Crab Island Rum Distillery 787-934-8015
 Family Market

MASSAGE

Ayurvedic Wellness at Finca Victoria 787-646-0011
 Beatriz Beauty Boutique & Spa 787 556 8662
 Rising Dawn 248-470-5495 (Tanya)
 939-389-5556 (Pamela)
 Serenity Point Yoga & Wellness facebook
 Vieques Massage Ingrid Bergman 787-435-1313

MATERNITY/MIDWIFE

Komdrona Birth & Bienstar 919-244-1537

MUSEUMS

Forte Conde Mirasol 787-375-0525
 Vieques Historical & Conservation Trust 787-741-8850

PADDLEBOARD

Abes 787-435-1362
 Blackbeard Sports 939-283-6841
 Jak Water Sports 787-644-7112
 Nauti Mermaid 754-216-8168
 Wai Vie

PHOTOGRAPHY/VIDEO

E.P. Anderson Photography 971-605-9406
 Daniel Fernández Photography 323-578-5788

PHYSICIANS/MEDICAL SERVICES

ASSMCA 787-741-4767
 Behavioral Health Care 888-440-8787
 Centro Quiropráctico 787-741-0414
 Consejería Psicológica 787-547-9467
 Dra. Daphne Torres (Dentista) 787-741-1916
 Farmacia San Antonio 787-741-8397
 Dra. Ivette Perez 787-468-2000
 Dr. José Figueroa 787-223-1687, 787-366-1931
 Dra. Fanny Garraton (dentist) 787-741-8765
 Health Pro Med 787-468-2000
 Hospicio 800-981-0054
 Dr. Luis Rivera 787-718-2250
 Vieques CDT 787-685-3960, 787-741-0398

POOL MAINTENANCE

Pool Spa Tech Services 787-506-4898

PUBLICOS/TAXIS

Alejito Bermúdez 939-261-785, 787-309-6463
 Angel Hernandez 787-425-3919
 Angel 787-243-2564
 or 939-224-2773
 Angie Chauffeur 787-455-4596
 Cocolo (late night) 787-328-3940
 Danny (Pinita) 787-556-9623
 Diego Quiñones 787-590-7068
 Esteban Carle (Tebín) 787-486-1145
 Esteban Ortiz (Tolo) 787-435-9608
 Freddi 787-672-9264
 Gabriel Cordero 787-245-7068
 Hector (Tito) 787-219-3899
 Heraldo Pérez 787-710-6667
 José Felix (Cheo) 787-486-9202
 Juan Carmona 787-645-2329
 Kalet Pérez 787-585-9560
 Marilisa Taxi 787-981-8023
 Miguel Ayala 787-328-3940
 Tata Robles 787-486-0267
 Letty Perez/Kiany Tours 787-556-6003
 M&M Taxi 939-208-1600
 Ruben 787-436-0006
 Vieques Taxi 787-741-TAXI 8294
 Vieques Tours & Transportation 787-397-2048

PUBLICOS/TAXIS Puerto Rico Publicos (Ceiba and San Juan area)

CR Transportation (Puerto Rico)	787-614-8874
Julian Transfers	787-887-5957, 787-385-7604
Daniel Rivera	787-239-4300/ 787-398-0231
Als taxi	787-590-9001
Efrain Ortiz	787-225-4944
John's Publico	787-354-5851
John Rosario	787-354-5851
José Segura	939-272-1968
Angelito	939-224-2760
Julian	787-245-6145
Palma's Transportation /Jay	787-627-8264
Tuty	787-380-3007
Hernan Nieves	787-674-0984

PUBLICATIONS /PRINTING

Imprenta Adonai	787-741-2856
Vieques Insider Magazine	787-435-3172
Viequestravel.com	212-462-2900

REAL ESTATE

Bravos Boyz	787-550-6913
	787-550-6917
Colibri Realty	845-430-7479
Island Real Estate	787-458-7997
	787-334-2943
	787-741-7001
Paraiso Realty	787-900-8909
Rainbow Realty	787-741-4312
Broker Marin	787-225-5604
Broker Wetherby	787-380-4990

RESTAURANTS & BARS

Aurora's Chicken & Grill	787-407-9067
Bananas	787-354-0020
Biekies Bistro	787-435-9339
Buen Provecho	787-529-7316
Carambola at The Blue	787-741-3318
Casa Nativo	787-556-9920
Coquí Fire	787-741-0401
D'Frozz	
Don Tito's Lechon	787-741-2898
Finca Victoria	787-741-0495
La Tabla del Chef	939-208-4964
Lazy Jacks	787-741-1447
Mango Public House	939-891-2764
Marshmallows	787-930-2365
Rising Roost (Guake'te)	on Facebook
St. Voodoo's Mar Azul	on Facebook
Pescaderia/Fish Market	787-349-8660
Placita @ El Blok	787-741-6020
Robin's Mojito Bar	787-231-8484
Taverna	787-438-1100
Trade Winds Restaurant	787-710-7440

SAILING

Ahoy Vieques Sailing Charters	939-332-5778
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SCUBA

Blackbeard Sports	939-283-6841
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SERVICES

Alcoholics Anonymous	787-380-4990
	787-741-0639
Alanon	787-309-0798
Edwin appliance repair	787-209-1709
Francisco washer/dryer repair	787-209-0059
Narcotics Anonymous	508-873-4576
Isla Nena Exterminating	787-310-1363
Fire Fi	619-708-1444/787-435-2024
Gofers	787-220-0943
Marc Weems Locksmith	787-564-5120
Recycling	787-741-5000 x2351
Tony's Painting	787-602-8359
Upholstery NorthStar Canvas	945-882-8229
Vieques Gas	787-741-2551
WASPR, Inc.	939-717-2121
WE Island Solutions (Property Mgmt.)	787-435-8832
Vieques Tech Services	858-337-3116

SHOPPING

Atrevida at El Blok	787-741-6020
Bazar la Caridad (thrift)	787-590-8575
Dulce Mango	
Finca Victoria	787-646-0011
Luna Loca	803-292-3862
MamaPlaya Himalaya	787-548-1010
Muebleria Quiñones	787-400-4004
Oro	510-682-3064
Quiñones Electronics	787-741-2427
Rosas Depot	787-741-1307
Scallywags	787-966-7540
Trade Winds Gift Shop	787-741-8666
VCHT Gift Shop	787-741-8850
Vieques Gifts	787-435-1244

SIGHTSEEING TOURS

Bieque Eco Trips	787-922-2701
Black Beard Sports	939-238-6841
Vieques Island Tours & Transport.	787-397-2048
Beach Hop VQS Island Tours	787-397-2048

SNORKEL/SNORKEL BOAT (B) TOURS

Abes (B)	787-435-1362
Blackbeard Sports (B)	939-283-6841
Bieque Eco Trips (B)	787-922-2701
Crystal Clear Vieques	787-242-1071
Fun Brothers	787-435-9337
Jak Water Sports (B)	787-644-7112
Nauti Mermaid (luxury B)	754-216-8168
Salty Spirit (B)	787-477-8664
Taino (B)	787-349-6964

SPA/SALON/ESTHETICIAN

Beatriz Beauty Boutique & Spa	787 556 8662
Finca Victoria	787-646-0011

TOWING

Alex	939-238-9033
Armando	787-644-1139
Chepo Towing	787-966-3985
Freddy	787-608-9914
Josaen Maldonado	939-247-9825

TRANSPORT

Island Services & Management	787-238-9108
Tranka Transport	939-475-0687

YET

Vieques Humane Society	787-741-0209
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WEDDING/EVENT PLANNERS

Eva Bolivar	787-402-0357
Green Eyed Girl Weddings	971-506-9406

YOGA / LIFECOACHING

Ayurveda	970-729-0505
Esperanza Yoga w/Valerie	508-945-7643
Serenity Point Yoga	on Facebook
Vieques Pilates, Yoga & Wellness	231-383-1885

MUNICIPAL / GOV. AGENCIES / PUBLIC SERVICE

Banco Popular	787-741-7117
City Hall/Alcaldía	787-741-5000
Sun Bay	787-741-8198
US Fish and Wildlife Office	787-741-2138
Recycling Office	787-741-5000
Post Office	787-741-3891
PR Tourism Office Vieques	
Airport	787-741-2300
Isabel II	787-741-0800
AAA Autoridad de Acueductos	787-741-2001
FWS	787-741-2138
Vieques Post Office	202-791-7632
Vieques Gas	787-469-7734
Vieques Covid Hotline	787-340-3837

NON PROFITS

Alapas	787-565-2717
Apiario Bieke	787-312-5848
Atta	787-930-2365
Boys & Girls Club	787-728-4040
Corefi	787-905-6946
Fantasia Caribena De Vieques	787-435-2288
Fe Que Transforma	787-308-5659
Hooves On The Ground	305-898-3574
Hopebuilders	239-633-2700
Incubator Bieke Micro, Inc.	787-206-0602
Isla Nena Composta	787-309-8408
Juntos	787-556-9030
Colmena Cimarrona	787) 502-4088
OBFCR	787) 349-8480
Parque La Ceiba	787-467-4352
Rotary Club Of Vieques	347-366-2211
Sail Relief Team	202-680-8879
Navy League Vieques	703-528-1775
Ticatove	787-428-8288
Vieques Concert Society	787-225-5604
Vieques Tennis	787-435-2187
VCHT	787-741-8850
Vieques Emergency Response Inc	787-901-7500
Vieques En Rescate, Inc.	787-408-7161
VHS	787.741.0209
Vieques Island Animal Sanctuary	787-435-4306
ViequesLove	787-556-8731

EMERGENCY

Ambulance	787-741-8261/911
Hospital	787-741-3282
Emergency	787-741-8261 or 911
Fire Dept	787-741-2111
Police	787-741-2020
Municipal Office	787-741-5000
	787-741-5051, 939-239-4164

AA Alcoholics Anonymous

Monday	Vieques Conservation Trust Meeting Room	5:00pm
Tuesday	Vieques Conservation Trust Meeting Room	5:00pm
Wednesday	Catholic Church Rectory (bilingual)	5:00pm
Thursday	Beach Meeting Playa Gallito	8:30pm
Friday	Catholic Church Rectory (bilingual)	5:00pm
Saturday	Catholic Church Rectory	10:30am
Sunday	Women's Discussion Ceiba Tree	8:00am
Sunday	Catholic Church Rectory	10:30am

CONTACT: LIN 787-380-4990 OR DOTTI 787-741-0639

Alanon- for the family dealing with any substance abuse

Wed	Call Lynn for location 787-309-0798	9:30am
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NA Narcotics Anonymous

Thursday	Catholic Church Rectory	5pm
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CONTACT KERRY 917-834-3509 OR DOTTI 787-741-0639

**“WHATEVER GOAL OR DREAM YOU MAY HAVE, FIGHT FOR IT.
SEIZE OPPORTUNITIES WHEN THEY PRESENT THEMSELVES,
AND DON’T LET CHALLENGES GET IN THE WAY.”**



RONDALLA DE VIEQUES

A DREAM OF PERSISTENCE

VIEQUES YOUTH PRESERVING PUERTO RICO'S NATIONAL INSTRUMENT

BY: DAPHNE VOSBERG ALDANA

Simply strolling through the streets of Vieques on any given Sunday evening exposes one to an audiophonic tour of the wide array of música caribeña enjoyed throughout Puerto Rico. From the swooning two-step of Bachata to the spicy brass blare of Merengue to the fancy footwork of Salsa – and how could we forget the deep, soul-blasting bass of dance-hall and reggaeton – one can't help but move their hips. A genre of music perhaps more foreign to the untrained ear are the classical tunes of the Puerto Rican cuatro.

The national instrument of Puerto Rico, the cuatro puertorriqueño has five doublestrings and can be likened to a small guitar and played similarly. It hails its roots from the folk culture of the island countryside during the early centuries of Spanish influence. True to its effect, a good cuatro rondalla or “serenade” is sure to take one back to simpler times.

Emil García, a Viequense youth, took up the cuatro when he was just 8-years-old. Now at 17, he can say he's traveled the western-hemisphere performing with La Rondalla de Vieques. “I played sports as a kid, and I was just looking to do something different. I saw my uncle playing the cuatro and it inspired me.” From then on, he attended cuatro lessons every Sunday when instructor Jorge Camacho Burgos and his wife commuted to Vieques every week. Camacho founded La Rondalla de Humacao in 1984 and then the La Rondalla de Vieques in 2012, sponsored by the Vieques Concert Society, to “promote, preserve and proliferate” classical Puerto Rican music and specifically, the cuatro. Since then, he's instructed hundreds of youths

ranging from 6-years-old to university age to master the instrument and enlighten the world with its melodies.

Prior to the pandemic, the group traveled all over the archipelago playing in different towns for events and festivals, and of course, parrandas or street caroling during Christmas time. This presented a great opportunity for kids from Vieques to get to know the main island, though it wasn't always easy or possible for everyone due to transportation and logistical challenges. They were even granted the privilege to play with the

Puerto Rican symphony on numerous occasions. Outside of Puerto Rico, García has traveled with the Rondalla to other Latin American countries including Peru, Colombia and Panama, and to the continental U.S. in major cities such as Chicago, though he says his favorite place thus far is Cuba.



“I LOVE THE FEELING I GET WHEN I CAN REALLY PLAY A SONG,” GARCÍA RELATES, “AND WHEN WE PERFORM, I

LOVE FEELING THE ENERGY OF THE CROWD.” The young musician tells me it took him about 3-4 years of practice before he felt comfortable playing in front of people. “The pandemic really changed everything and set us back a lot” he says. However, when in-person lessons were no longer possible, virtual classes were available to the students, which gave them to opportunity to practice their craft.

As Puerto Rico and the rest of the world open up for travel and social events, García looks forward to the communion of in-person classes and the thrill of performing once more. After this school year, he will be off to university where he hopes to major in sound engineering.



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“Music is for life,” he shares. “Though I don’t plan on becoming a professional musician, I will take the experiences I’ve gained with me everywhere.” When I ask him what advice he has for other youth in Vieques he doesn’t hesitate. “Whatever goal or dream you may have, fight for it. Seize opportunities when they present themselves, and don’t let challenges get in the way.”

Board member Gustavo Marín, and the founders of the Vieques Concert Society Annette Bou, Kevin Duncan, Donald Montgomery and Mireya Padin are thrilled that the organization has continued since its inception in 2010. Marín says, “It has been our mission to keep these opportunities available to the children and youth of Vieques, and we are so pleased we’ve been able to do so, even post-Maria and Covid. We’ve had 12 youth from Vieques venture to college, and we really feel that the Rondalla has opened many doors for them. Additionally, the travel opportunities and social experiences for the group have been extraordinary.” ■

To learn more about La Rondalla de Vieques and the Vieques Concert Society, you can visit www.viequesconcertsociety.org.

For interested students or parents, please contact Gustavo Marín at gustavo@viequesconcertsociety.org Concert Society to support.



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SATOS AND GATOS

in good hands at the Vieques Humane Society

BY MARY ANNE MATHER

A Vieques vacation promises sunny beaches, sandy toes and something extra. You'll encounter friendly (and often hungry) dogs and cats on streets, beaches and near hotels and restaurants. These highly intelligent, friendly and often needy furry friends know just how to reach out with an irresistible spirit you can't help but notice. They make excellent, loving and loyal companions, so get ready to fall in love!

In spite of their endearing qualities, many dogs and cats are homeless, with few prospects of finding homes on a small island. But there's hope. All are in good hands once they arrive at Vieques Humane Society & Animal Rescue (VHS)! VHS is our island's only open-admission shelter and low-cost (sometimes free!) veterinary clinic with regular service hours. For 30+ years, VHS brings essential animal welfare services to our island. Thanks to donors and supporters, satos and gatos are found, fed, vetted, safe and on their way to forever homes. Come spend time with the animals Thurs-Sat 8am-noon at the shelter on Rt. 200 km 1.4 in Santa Maria. They LOVE the company! ■
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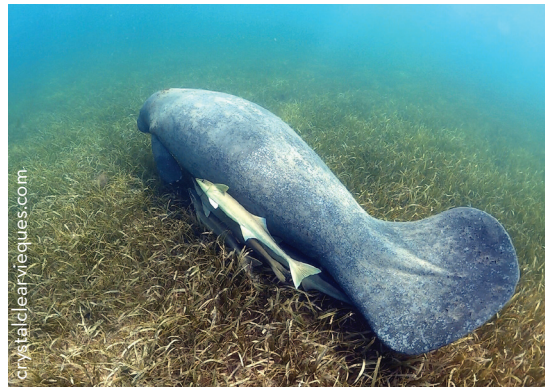
/viequeshumanesociety



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Sato = Puerto Rican slang
for a mutt or mixed-breed dog
Gato = Spanish for cat



The majestic ceiba, over 350 years old, welcomes visitors to Parque La Ceiba de Vieques, an area teeming with life and critical ecosystems. She is the guardian of numerous species teetering on the verge of extinction while she herself is in need of protection.





Cuidando Mis Raíces

CARING FOR MY ROOTS

BY CARMEN CRISTINA PALMER, ARDELLE FERRER AND TOM O'GRADY

ON Vieques, where trees dominate this tiny patch of sand in the ocean, a single tree continues to reach out to islanders and visitors alike for over 350 years. The Ceiba tree stands mystically and defiantly with outstretched arms to welcome people to a special place. It's a massive tropical tree with deep ridges and spikes on its elephant-skin bark. Wall-like roots of up to ten feet tall extend outward from the main trunk, creating alcoves that serve as receptacles for water and shelter for the myriad species living in the Ceiba's shade. The tree bears large seed pods - kapoks - which contain silky floss used in the past to line many a pillow with their soft texture. The Ceiba is native to tropical and sub-tropical areas and plays an important part in the mythologies of pre-Columbian Mesoamerican cultures. It's believed that Opias, the spirits of their ancestors, live in the tree, and that it connects the planes of the underworld and the sky with that of the terrestrial realm.

On Vieques, the Ceiba tree is a metaphorical embodiment of the indigenous Taino people and their desire to find a physical and spiritual balance in life. It's

also a fitting gateway icon for a greater story of preservation in the area that surrounds it, an ecologically sensitive piece of the island in need of protection. Like the tree, Parque La Ceiba De Vieques is inextricably part of a land and sea ecosystem that defines Vieques and places like it on a planet fighting for its life so we can live ours. Intertwined is a cultural and spiritual richness born of the island people that calls out for nurture and well-being. The twin stories are equal chambers in the beating heart of Vieques.



Currently proposed as a National Natural Reserve, Parque La Ceiba De Vieques sits on the northwest side of the island between the east side of Mosquito Pier and El Gallito Beach. The area encompasses 51 acres of land and sea teeming with life, some teetering daily on the edge of extinction. There are innumerable macro and micro ecosystems of marine life in and around the protected municipal natural reserve deemed critical wetland and seagrass beds by the US Fish and Wildlife Service. A reef system just north of the park, vital to the entire coast, includes *Acropora Palmatta* and *A. Cervicornis* - live corals on the list



with five other threatened species - and an extensive spread of *Gorgonia Flabellum* sea fans. Inside, the sandy beaches are a nesting area for *Pejeblanco* (Green Turtle), *Tinglar* (Leather Back) and *Carey* (Hawksbill) sea turtles, while the crystalline waters nurture a population of West Indian manatees. Migratory birds, including Brown Pelicans and Seagulls dive into the water to fish and feast. Under the water, the undulating seagrass prairies are the largest of all the archipelago of Puerto Rico and home to sea cucumbers, a myriad of fish and crabs. For the human species, there are spots for activities such as diving, snorkeling and surfing, and for discovery at the Punta Caballo archaeological site.

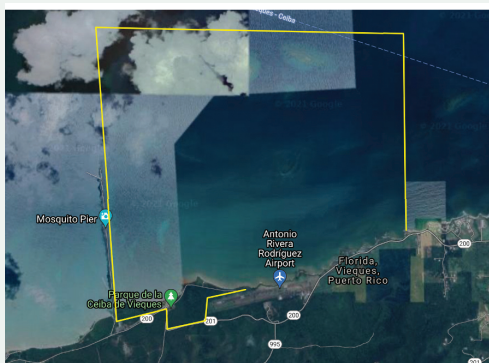
It's all at risk.

Through the efforts of non-profit La Ceiba Community Project, the area was granted the status of Municipal Patrimony and Natural Reserve in 2020. Currently, the Project founders are working with support from Vieques Mayor Junito Corcino and Senator Marissa Jimenez Santoni to elevate the Park status by creating a Law declaring it a Puerto Rico Natural Reserve.

Wonderfully, Parque La Ceiba De Vieques has become part of island life. Since its creation, families gather for an annual festival around the Ceiba tree - lovingly called Abuela (Grandmother) - to play traditional games, including spinning tops, shooting marbles, playing jacks and tug of war. Perhaps the area's designation has connected the land, sea and people in a way the ancient Tainos understood clearly.

If you visit the Park, you'll see concrete benches placed in a circle around the base of the Ceiba tree. In the spirit of native cultures, you might stop for a moment before entering the circle and ask permission to enter her shade. Then take time to notice the bright green stretch marks on her roots. They are signs of recent growth, a regeneration occurring since her battle with the winds of 2017's Category 5 Hurricane Maria, which laid low the island of Vieques. They portend dangers ahead, but they give us hope that nature balances itself over time when left alone. But nature is not alone: it includes us, and we are forever disturbing the balance. The efforts of La Ceiba Community Project, supported by all of us, offer a chance to contribute to that balance in a good way.

Ardelle Ferrer, director of the conservation project and one of the founders of the park, placed her hands on the base of the tree over 15 years ago in a quiet moment of connection. She made a promise to care for and protect it, not yet realizing it was just the beginning of a larger community effort involving many people in a collective spirit continue to fulfill that promise on behalf of the people of Vieques and future generations, caring for and educating ourselves about the Park and other natural and wild places, we can follow her and the model of the Ceiba, learning to be resilient, creative and artful in our intertwined lives. ■



Project founders are working with support from Vieques Mayor Junito Corcino and Senator Marissa Jimenez Santoni to elevate the 51 acre Park status by creating a law declaring it a Puerto Rico Natural Reserve.

For more information please call (787) 467-4352.



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DID YOU KNOW? *The axis of the park is a centenary tree of Ceiba (Ceiba Pentandra), whose age is estimated between 375 and 400 years. This specimen of the national tree of Puerto Rico has been included in the list of the ten most important and long-lived Ceibas of Puerto Rico.*



THE NECTAR FESTIVAL

If you are lucky, your visit might correspond with the blooming of the Ceiba tree. She blooms every 2 to 3 years in an

other-worldly display of interspecies love involving bees, hummingbirds, bats and more. One protector of the Ceiba has coined the opening of the buds as “the nectar festival”. In February of this year, many island visitors and locals were privileged to gather below the Ceiba’s branches at dusk to watch the peachy pink blooms open before their eyes. The blooming, similar to witnessing a video time lapse, is a carefully orchestrated natural process that takes place with the help of a host of buzzing bees who coax the tight round blooms to open, petal by petal, ultimately revealing the 5 male and 1 female pistols for which the *Ceiba Petandra* is named.

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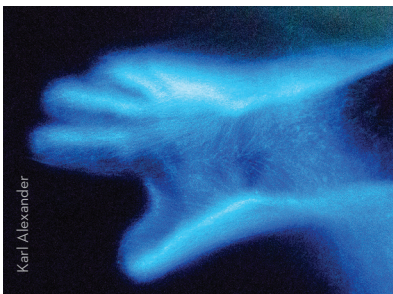
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Karl Alexander



Kelly Thompson



OUR **AMAZING** BIOBAY

BY: MARK MARTIN BRAS AND LIRIO MARQUEZ

There are few places in the world that classify as bioluminescent bays. Puerto Mosquito, Vieques' bioluminescent bay, is considered by many to be one of the hidden wonders of the world, having been declared the brightest in the world by Guinness World Records. The experience of taking a guided tour should absolutely not be missed if you are visiting. It is an experience that will stay with you a lifetime.

The magic of the Biobay is created by single cell organisms called *Pyrodinium bahamense* (whirling fire of the Bahamas), a type of luminescent dinoflagellate. This single cell microscopic plankton is able to convert chemical energy into light energy by synthesizing luciferin which, when mixed with the enzyme luciferase, plus oxygen, produces a bluish-green light. The glow is thought to be a defense mechanism. At press time the concentration of dinoflagellates in the bay to date was 113,142 per liter. The concentration varies over time and even at a fraction of that concentration, the Biobay bedazzles.

There are several conditions that make Mosquito Bay the ideal environment for the dinoflagellates to exist in higher concentrations than anywhere else in the world. A majestic mangrove forest, seagrass beds, a coral reef and neighboring lagoons have combined to create and protect one of the most delicate and unique ecosystems on earth. The lucky location and formation of the bay are key factors. A narrow, shallow mouth traps the water inside and keeps the high concentration of dinoflagellates from being washed out of the bay. The prevailing winds blowing east to west across the mouth of the bay also keep the organisms inside. The specific water quality that makes up the secret recipe of the

bay's primordial soup is perfect, with just the right mixture of salinity, temperature, nutrients and other components yet to be revealed.

PROTECTORS OF THE BAY

Vieques Conservation and Historical Trust protects the BioBay with ongoing research specifically focused on the bioluminescence levels and dinoflagellate concentration. As a community organization, VCHT also provides educational support for the youth in the area through its MANTA and The Wizards of Nature programs. Year-round outreach to all local schools bridges deficiencies/gaps of the government educational system in the area of sciences with non-formal environmental education which includes field research, citizen's science and outreach.

Biobay tour operators and guides play a crucial role in protecting the bay and ensuring on a daily basis that visitors do not impact the bay in a negative way. They are the nightly guardians of this treasure as well as your escort to experience nature as you have never seen her before. Continued research, education and environmental consciousness have led to cooperative collaboration between the operators and guides and the VCHT and DNER. They are working together to ensure the bay continues to glow.

The relationship between dinoflagellates and humans is a delicate one, requiring diligent attention to the conservation of the Biobay while sharing its beauty with our visitors. It is our hope that all locals and visitors will embrace this challenge for current and future generations. ■



In 2017, Hurricane Maria inflicted massive damage to the mangroves at the mouth of the bay putting the narrow opening which traps dinoflagellates in danger of widening. Vieques Conservation and Historical Trust immediately designed and implemented the Mangrove Project with the goal of growing and reforesting 6,000 new mangroves to replace what had been destroyed. This is a massive project but there are ways that you can help. Support our efforts to protect this natural wonder by visiting VCHT.org.



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GIFTS FROM THE SEA

THE VIEQUES FISHERMEN

BY: CAPT. TOM KIRKBRIGHT

Most visitors arrive on Vieques seeking relief from alarm clocks, household chores and all the annoying redundancies of daily life. After a few days of frolicking on the amazing white sand beaches, being dazzled on a tour of the magical bioluminescent bay and experiencing the pulse of the Island, they come to a realization. The true charm of Vieques is most evident in its people, food and culture.

The waters surrounding Vieques are crystal clear, with plentiful beds of healthy seagrass, substantial changes in depth and an abundance of bottom structure. These characteristics provide an environment for a myriad of thriving species, and the local fishermen take full advantage.

Fishing has been a mainstay of Vieques culture for centuries, with skills handed down from father to

son, son to grandson and so on. The vessels used are family owned, 18- to 32-foot long, deep V hull boats to handle the high seas encountered during the winter months. The crews consist of a 2- or 3-man family team, usually an uncle, cousin or close friend who have fished together for many seasons. Their fishing sites are well known to them and determine what they catch to meet the needs of the restaurants on the island.

Fisherman after snapper, grouper and hogfish leave the comfort of home in the wee hours, and lines are in the water well before sunrise. Each drop line has 2 or 3 baited hooks to entice a bite, and some will occasionally dive and test their skills with a spear gun. A good day can produce over a hundred pounds of catch.

Some southside fishermen use up to four or five trap lines to cover a large area of ocean. The traps are baited and left on the ocean floor for a day or two in a

GIFTS FROM THE SEA

THE VIEQUES FISHERMEN

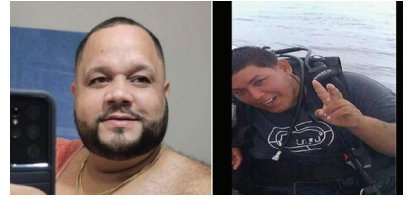
string marked by buoys on each end. Pulled from the water with a winch and pulley system, the legal lobsters are removed, the shorts are put back and the trap is baited again and set back on the ocean floor.

On the north and south sides of the island, catching lobster and conch is a diver's pursuit that presents challenges to both divers and crews. When diving to a depth of 120 feet, the time allotment underwater must be calculated exactly, including a precise schedule for decompression during ascent. The only fishing apparatus used is a pair of gloves and a 3-foot stainless-steel noose to snare the lobsters from their hiding places. Conchs - tropical mollusks with a spiral shell - live on the deep sandy bottom and the gloves are a necessity.

A mesh net tied to the diver and a buoy on the surface is crucial. The crew must stay in constant contact with the diver by watching the buoy closely. Lobster and conch fishing are a delicate dance, but the rewards can be amazing. A consistent bounty of 50 to 100 pounds is the result, depending on the time of year.

It's midmorning and the boats return laden with the delicacies of the deep. The sun is growing in intensity but their work is done. The smiles and the chatter expand as they discuss the day's adventures. Tomorrow they'll return to the sea once again. ■

For an in-depth and perceptive view of the daily workings of the Pescaderia Angelyz, go to www.viequesinsider.com and read the article "Cycle of Life" by author Tom O'Grady Jr. in the November 2014 issue.



Es con profunda tristeza que los Pescadores de Vieques ofrecen sus condolencias a las familias de Marcos Calzada Parilla y Alexander Cordero Valentín, pescadores perdidos en el mar el 10 de marzo y nunca encontrados.

With heartfelt sadness the Vieques Fishermen would like to offer their condolences to the families of Marcos Calzada Parilla and Alexander Cordero Valentín, fishermen lost at sea on March 10 and not found.



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11am-10pm
Isabel II





Daniel Fernandez

PESCADERIA ANGELYZ

A 101 GUIDE

BUYING FRESH FISH, LOBSTER AND CONCH

BY: CAPT. TOM KIRKBRIGHT

An important spoke in the wheel that keeps the Island's commerce moving is the fish market. Pescaderia Angelyz across from the ferry dock is the port of call where the fishermen sell their catch to the market and Island chefs awaiting their arrival. The boats and fishermen return with their catch between 10-11am creating a seaside scene both lively and captivating that you won't want to miss.

If your accommodations include a kitchen or grill, a trip to La Pescaderia is essential. Bring the kids to see the school of 15- to 80-pound Tarpon cruising at the shoreline in anticipation of fish scraps. It's a memory you'll always cherish.

Pescaderia Angelyz is open Monday through Friday from 10:30 am to 2:00 pm. Call on Saturdays just in case. (787-918-0559) Bring cash (no cards) and a cooler with ice.

Getting to the Pescaderia is easy. As you face the ferry

terminal, look to your right. Parking is limited so it is best to park near the ferry and walk down the short road to the left of El Yate bar and restaurant. The last building is the Pescaderia. Say hello to Eric and Tomas. You can buy live or frozen lobster, conch and fish. You can get a whole fresh fish and Tomas will clean and filet it with a sharp knife and a smile.

Red grouper and yellowfin snapper are available until sometime in May. Hogfish and lobster are available throughout the year. Red snapper is available April through January. No Mutton snapper May to August and no Conch August thru October.

For those who prefer to catch their own, regulations and seasons are posted @: <https://www.fisheries.noaa.gov/southeast/rules-and-regulations/current-fishing-regulations-us-caribbean> ■



IF YOU ARE FORTUNATE ENOUGH TO PURCHASE LIVE LOBSTER TO TAKE HOME, WRAP THEM IN DAMP NEWSPAPER OR A DAMP HAND TOWEL AND PLACE IN THE FRIDGE. THEY SHOULD LAST FOR ABOUT 48 HOURS, BUT WHY WAIT!



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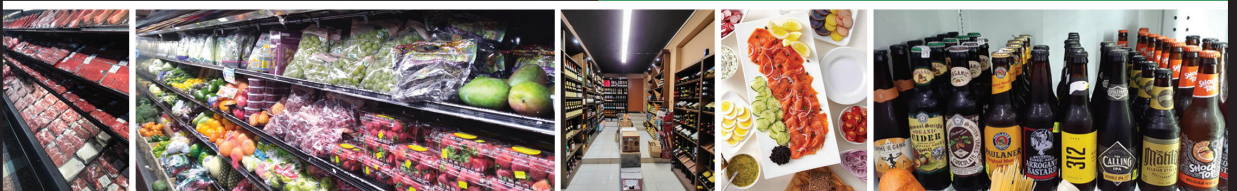
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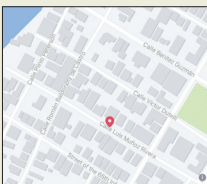
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COVID-19

THE DREAM TEAM

Vieques Contact Tracing Team-Keeping Vieques Safe

BY: VICENTE ROSARIO



It's always good to be prepared...

JUST IN CASE

A group of local women have put together a suitcase of items to have ready for an unexpected trip to the hospital. On Vieques, this could mean a flight to Puerto Rico if the required service is not offered here at our CDT (Center for Diagnosis and Treatment) and an overnight or more at a hospital in PR. Hospital preparedness is essential for Vieques but this list would be useful no matter where you live!

JUSTINCASEVIEQUES.COM

What you will find on the website:

- ❖ List of items to collect in case of an emergency hospital visit or to take to a friend in the hospital. (see below)
- ❖ Directory of Main Island doctors, dentists and hospitals to help get you started.
- ❖ Information about the islands' Emergency System.

TIPS FOR TRAVELERS

- Travel with your medical records and a list of your medications in your wallet.
- Bring prescription medication as it may not be available here.
 - Pack a first aid kit that addresses sunburn, allergies, stings, dehydration, ear infections (common in kids who snorkel) and any other special needs.

How did Vieques fare during the pandemic? Thanks to the dedication of the island's COVID-19 Municipal System for Case Investigation and Contact Tracing Team, the virus remained relatively under control here. Still hard at work keeping the island safe and healthy, the Tracing Team is comprised of a committed group of professionals and volunteers, including an epidemiologist, a medical doctor, a psychologist, educators and more. Together with other Vieques and Puerto Rico-based groups, the Tracing Team has so far administered almost 5,000 free antigen tests to Isla Nena residents. They have also supported weekly vaccinations, with current stats showing 86.0% of eligible people (five years and above) with at least one dose, 80.8% of eligible people (5 years and above) with at least two and 51.8% of eligible people (12 years and above) with three.

The Tracing Team made history in the service of the Vieques community. Created, trained and supported initially by the non-profit ViequesLove, the continued success would not have been possible without the enormous contributions of doctors, nurses and medical technicians, along with the administration of Mayor Jose "Junito" Corcino, the Vieques Fire Department, Municipal and State Police, Office of Emergency Management, Vieques CDT, Puerto Rico Health Department Region in Fajardo, schools, airline pilots, restaurants, hotels and other private entities that contributed to the success of the Vieques Tracing System.

In 2022, the team continues their labor of love and commitment to providing a COVID-19 response plan, offering educational resources and working with the school surveillance office to keep children safe and parents, teachers and school personnel well informed. Additional testing events have been organized, and there will be continued surveillance testing of the population, along with monitoring the municipal and state COVID-19 data, indicators and parameters.

For information on testing events, vaccination events and any other COVID-19 related concerns, please contact our COVID-19 hotline at (787)340-3837.

➤➤➤ You may notice that Vieques businesses require masks and social distancing and residents are vigilant with continued protections. Please comply with the wishes of business owners and the community. Find travel requirements at www.travelsafepu.com and follow the Vieques Contact Tracing team at Sistema Municipal Investigación Casos y Rastreo Contactos Municipio Vieques.



The Vieques Tracing System Team from left to right: Vicente Rosario Meléndez, Migdalia De Jesús Guishard, Asunción Rivera Cintrón, Dayanara Cruz Maldonado, Luz Selenia Correa Filomeno, Yanina Bernhard Utz Epidemiologist, Carmen "Nena" Rivera Acevedo, Diana M. Corcino Mena, Lizzie M. Meléndez Ortiz, Eleni M. Canisz, Erick Bermúdez Carambot. Not Pictured: Dr. José F. Figueroa

THE VIEQUES HOSPITAL

BY: PAUL LUTTON

The Vieques Hospital, which was actually not a hospital but a Center for Diagnosis and Treatment (CDT), was damaged by Hurricane María in September 2017 and its doors closed. The CDT was moved to the designated shelter in sector Las Marias and has been operating there for the last five years. The government chose to demolish the old Susano Centro CDT and build a hospital for Vieques, with previously unavailable services such as a delivery room, hyperbaric chamber, chemotherapy treatment and heliopad. At press time, the contractor Applied Engineering Group & Company Corp. was removing items from the interior of the building to start demolition. The new Vieques hospital, at an expected cost of \$56 million, \$49 million of which Fema has designated, is expected to be completed by 2024 according to PR Governor Pierluisi. Follow this and other news on [municipio de vieques](https://www.facebook.com/municipio.de.vieques).



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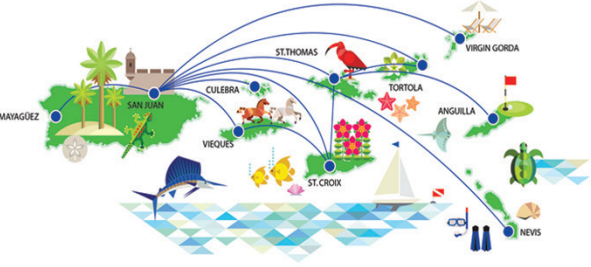
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VIEQUES FERRY

BY: PAUL LUTTON

Vieques is experiencing a sea change: HMS Ferries has recently taken over the operation of the entire ferry system under a contract with the ATM, the government agency in charge of ferry services. The new management is eager to provide a predictable on-time operation with greater capacity and improved infrastructure as soon as possible, but it will take time.

Together with HMS, the ATM is in the process of having two new boats built, but they will not arrive until 2025. In the meantime, finding suitable ferries to buy or lease is nearly impossible due to the restrictions imposed by the Jones Act. Consequently, HMS has been forced to lease smaller vessels often called “crew boats” (Summer Wind, Lady Brandi, Lady Eve & Mr. Row) to fill the gap. For the cargo needs of Vieques, which will grow significantly as work on the hospital and other projects kick off, retaining the barge operation will be critical.

TICKETING

Tickets are available online at <https://www.puertoricoferry.com/> for about half of the passenger seats. Once those are sold, one must buy the tickets at the terminal. The procedure is, as the inventory of available tickets reaches 35, only local residents are allowed to purchase them. The rules for standby are in a state of flux and subject to change.

VIEQUES TO CULEBRA FERRY

Only on the last Sunday of each month. Check www.puertoricoferry.com for tickets.

DID YOU KNOW? Landside infrastructure improvements at the Ceiba terminal are planned for this summer include a redesigned drop-off area, temporary parking for ticket purchasing and longer-term parking closer to the terminal. A completely paved queuing area for cargo staging is also in the works. Trailer-based toilet room facilities and a covered walkway to the boats should be available soon. Like all construction related projects, however, times can be difficult to predict due to permitting and supply chain issues.



BOAT	PASSENGER/CARGO	CAPACITY	OPERATIONAL AT PRESS TIME
Isla Bonita	Passenger	375	✓
Breezy Point	Passenger	185	✓
Summer Wind	Passenger	185	✓
Lady Brandi	Passenger/Cargo	60	✓
Mr. Row	Passenger/Cargo	60	✓
Barge Marilyn	Cargo Only		✓
Lady Eve	Passenger (Barge transport)	40	✓
Isleño	Passenger/Cargo	106	x
Santa Maria	Passenger/Cargo	149	x
Cayo Blanco	Passenger/Cargo	450	x
Cayo Largo	Passenger/Cargo	300	x
Mr. Mason			contract over

TIPS FOR TRAVELERS

- ★ Buy tickets ahead of time – online whenever possible.
- ★ If you are bringing luggage or shopping carts, choose one of the cargo/passenger boats because the passenger only boats have very limited space for suitcases, etc.
- ★ There are restrictions on transporting vehicles for nonresidents. Generally, it is not permitted. Rented vehicles are not permitted on the cargo boats.
- ★ Parking in Ceiba is a quarter mile from the ticket office, so allow the extra time needed to enter the boarding area at least a half hour prior to departure – the tickets say one hour.
- ★ Local residents have boarding priority. Many residents travel for health, school or work and rely on the ferry to get home to their families. Photo identification is required at the time of boarding to confirm the identity of the Municipal Islands resident.



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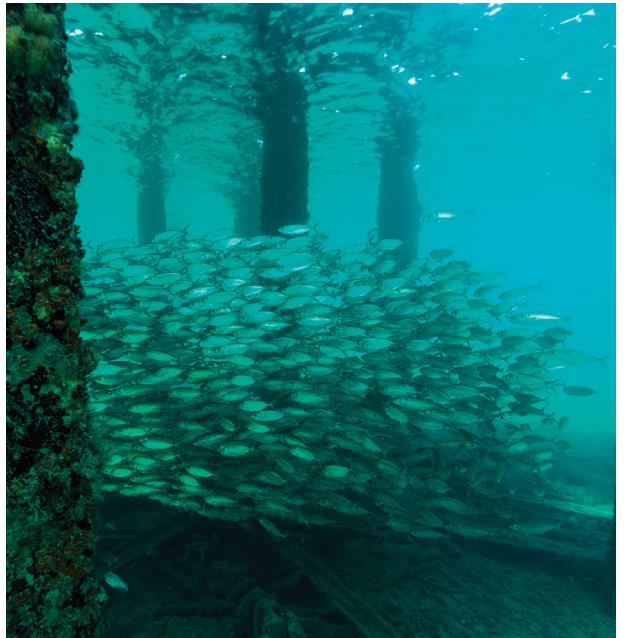
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TRAVEL WITH A PURPOSE

BE A GREAT *green* VIEQUES GUEST

BY: KELLY THOMPSON



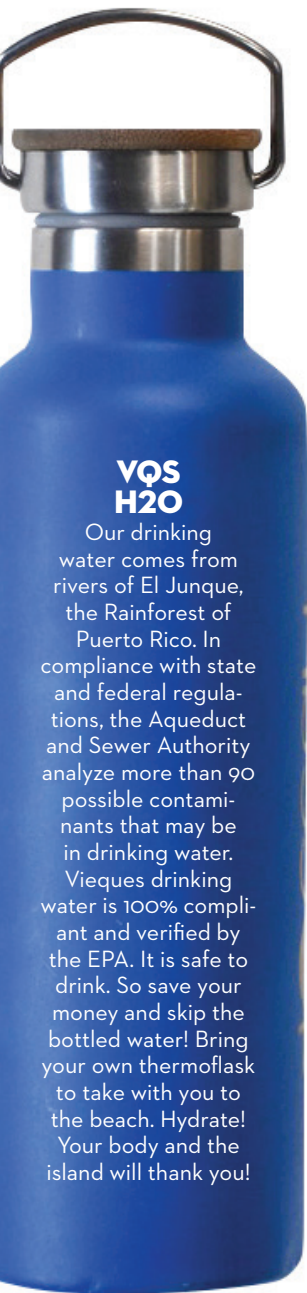


ilands see the enormous impact of a changing climate and are uniquely vulnerable. Vieques is no exception. For its residents, the effect of climate change is not something to debate, it is a reality made painfully clear for nearly 8 months after Hurricane Maria. With no power for all of that time and no water for much of that time, living on the island required a determination non-islanders could not imagine, only admire. The resilience of the people became amazingly evident to the rest of the world as the details of the devastation and its short- and long-term effects trickled out to the world.

Now attention is aimed at building better systems to keep water flowing and energy consistent. Despite the pandemic, the economy is coming back and much of that is due to tourism. But the fragile and finite nature of those precious resources can't be forgotten. They are in need of constant management and awareness. Tourists can play a large role in the effort to balance sustainability and the economy.

Environmental damage done by irresponsible actions on a small island like Vieques is magnified in its impact. However, small changes by all of us can add up to make an enormous difference. The shift toward sustainability is happening and you, dear reader, are an enormous part of the effort.

You are in luck because the Vieques Insider is here to guide you while you travel the island. By being aware of your impact on the environment and the island community, your time here is enhanced. You become stewards of our natural and limited resources, and you help ensure Vieques is here and waiting for your return.



VQS H2O

Our drinking water comes from rivers of El Junque, the Rainforest of Puerto Rico. In compliance with state and federal regulations, the Aqueduct and Sewer Authority analyze more than 90 possible contaminants that may be in drinking water. Vieques drinking water is 100% compliant and verified by the EPA. It is safe to drink. So save your money and skip the bottled water! Bring your own thermoflask to take with you to the beach. Hydrate! Your body and the island will thank you!

Here are a few tips to be a great *green* guest and minimize your impact on the island with very little effort. Help to conserve and appreciate the beautiful ecology that we are working hard to protect.

Educate yourself. Take a look at Vieques history and ecology and the organizations working to protect her. Enrich your experience and environmental awareness!

Don't buy bottled water. Our tap water is very safe to drink. Save your money and buy or bring a thermoflask or other refillable container instead.

Control water and electricity consumption. Reuse towels. Take shorter showers. Turn off lights when you are out.

Turn off the AC when you leave your room for the day. Turn it on when you return. You'll save electricity and avoid mosquitos, which gather for the condensation produced by the unit.

Bring your own! Reusable bags, reusable drink cups, stainless straws.

Skip the straw!

Leave no trace when you leave the beach. Fill in holes and flatten sand sculptures so sea turtles can move from ocean to sand and back without obstacles.

Do not use balloons at the beach. Marine life will eat the fragments if they end up in the sea.

Don't disturb coral or other sea life. Minimize your impact by snorkeling with a guide.

Use reef safe sunscreen.

Pick up trash, even if it is not your own. Keep a bag in the car or in your beach bag.

No white lights at the beach when visiting at night or camping. Light pollution is a serious matter on Vieques which affects the biobay and the birth cycle of sea turtles.

Support conservation efforts of the Non-Profits on the island. Visit www.viequesinsider.com for a complete list of NGOs and their mission.

Reduce and refuse. Minimize your disposables by choosing products that do not come in plastic.

Buy loose fruits and vegetables instead of those wrapped in plastic and Styrofoam.



refuse



reduce



reuse



recycle



compost

RECYCLING ON VIEQUES

Currently dry cardboard, washed plastic and aluminum cans are recycled (aluminum and plastic does not need to be separated). The recycling staff are doing everything they can with limited crew, equipment and without electricity or water at their processing location. With only two employees and a pickup truck, they are working hard to regain the recycling efforts on Vieques. The material is transported to ISCO in Caguas, Puerto Rico. Hector Melendez, Director of Recycling has offered his personal cell number and has asked that locals organize within their neighborhoods to collect at a house and call them to come pick up the recyclables from that location on a weekly basis. If you call them, they will come! Hector Melendez 787-646-4180.

DROP OFF LOCATIONS



THE BOYS AND GIRLS CLUB on the corner of Calle Baldorioty de Castro and Benitez Guzman in Isabel Segunda.



BUNKER 403 on the West Side of Vieques on 994 serves as the recycling center. Past the airport, Parque La Ceiba and Crab Island Rum Distillery, the left turn to the recycling center is approx 1 mi. past distillery. (If you get to the Arcadia Water Station with a field of solar panels on your right you have missed the turn.) After the turn take the right when the road splits and go down a little hill. The recycling center is the third bunker on the left. Leave your bagged recyclables on the loading dock or in bins located at the entrance. Make a day of it by visiting the Ceiba tree, Rompeolas pier, Crab Island Rum Distillery and then visit the bunkers stopping at Bunker 403 to recycle!



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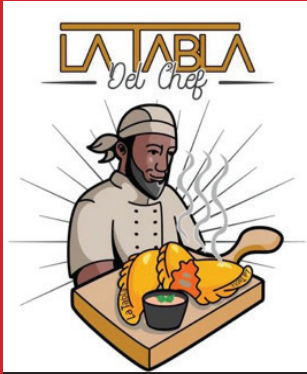
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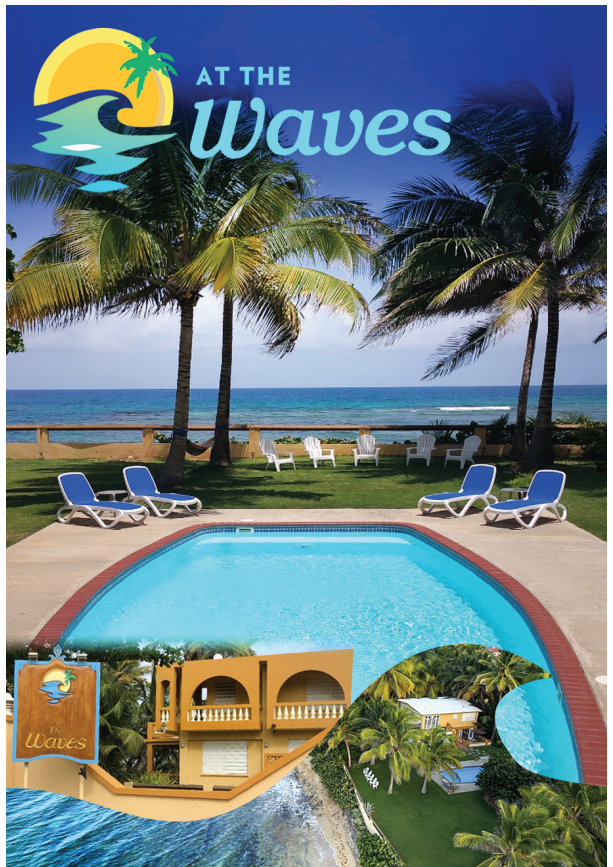
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VQS FLAVOR

sofrito

COCINA DE VICENTE ROSARIO

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- 10-12 ajíes dulces (may substitute 2 cubanelle peppers)
- 10 - 12 leaves recaó (may substitute cilantro)
- ½ red or yellow onion
- 3 cloves garlic

Blend all ingredients in food processor or blender. Pour into airtight container and refrigerate.



Buen Provecho - *Enjoy your meal!*

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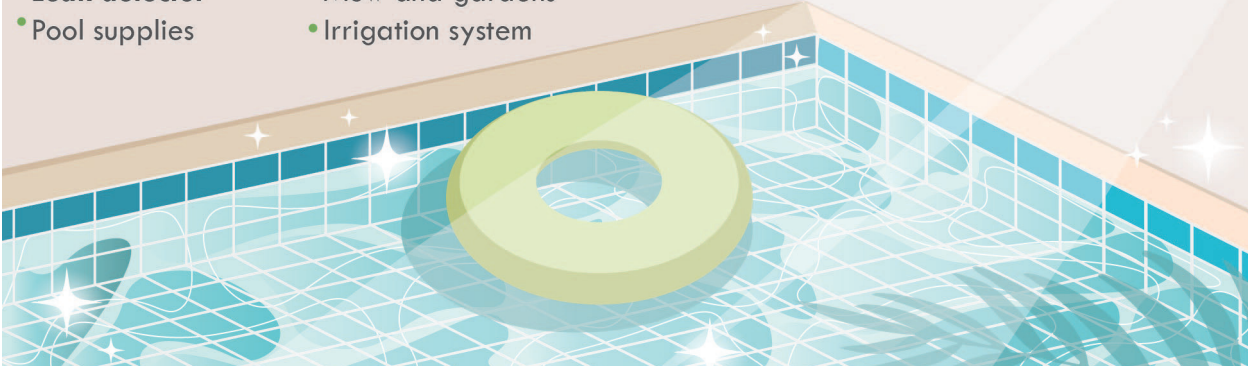
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