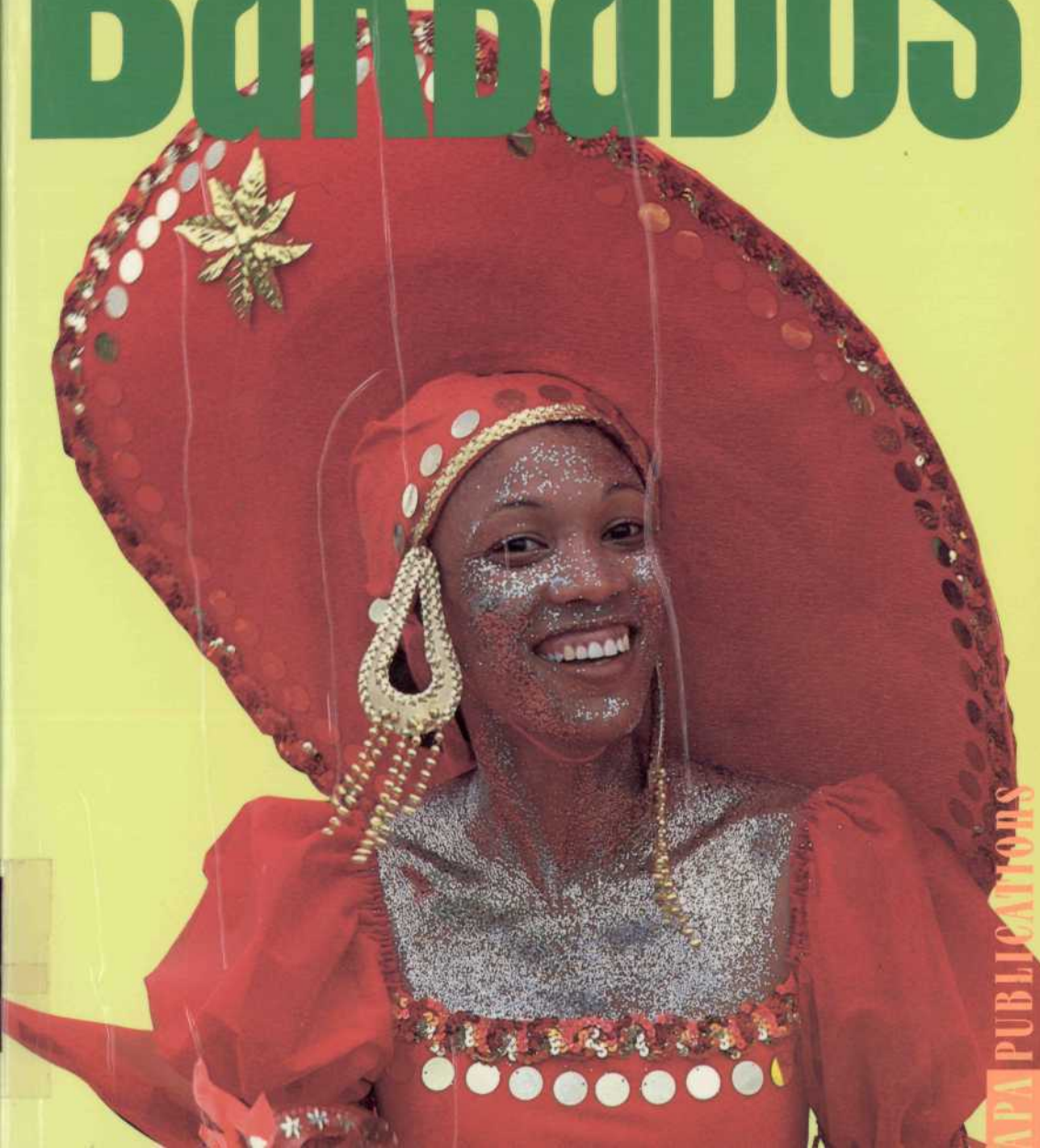


INSIGHT
GUIDES

BARBADOS



APA PUBLICATIONS



HISTORY

- 15 **Welcome to Barbados**
—by John Wickham
- 21 **The First Bajans**
—by Trevor G. Marshall
- 36 **Lick an' Lock-up Done Wid!**
—by Trevor G. Marshall
- 53 **“All ‘O We is Bajan!”**
—by Trevor G. Marshall
- 65 **A Ship On Land ?**
—by Trevor G. Marshall
- 67 **A Religious Mosaic**
—by Addinton Forde
- 77 **“Like Family to Me”: The Bajan Household**
—by Christine Barrow
- 86 **With Love from Maynard's Village:
A Letter from the “Rock ”**
—by Christine Barrow
- 90 **A Day in the Life of a Fisherman**
—by Tony Arruza

MAPS

- 17 Barbados and the Islands of the Caribbean
- 99 Barbados
- 104 Central Bridgetown
- 116 St. James, St. Micheal, St. Thomas
- 146 St. George, St. Philip, St. John, Christ Church
- 184 St. Peter, St. Lucy, St. Andrews, St. Joseph



PLACES

- 99 **How to Explore Barbados:
"Go an' Come Back"**

THE CITY AND THE WEST

—by Angela Carter

- 103 **Bustling Bridgetown**
117 **St. Micheal: Hub of Commerce**
129 **Sophisticated St. James**
137 **St. Thomas: Lush and Exotic**

THE SOUTHERN PARISHES

—by Mark DaCosta Alleyne

- 146 **St. George's Earthly Charm**
150 **How Sugar is Made**
157 **St. John: Something for Everyone**
163 **The Standpipe**
—by Addinton Forde
167 **St. Philip's Rugged Beauty**
175 **Surfing and Swinging in Christ Church**

THE NORTH AND EAST

—by Mark DaCosta Alleyne

- 187 **Rustic St. Joseph**
192 **All Aboard for Bathsheba**
197 **St. Andrews: Hills and Dales**
207 **Scenic St. Lucy**
211 **Chattel Houses**
214 **St. Peter: Sun, Sand and Surprises**



FEATURES

- 227 **A Living Art**
- 235 **"Bajans, Come Back to Calypso!"**
—by Trevor G. Marshall
- 241 **The Mighty Gabby: King of Calypso**
- 243 **Dances and Drama: Street Beats, Stage Treat**
—Annette L. Trotman
- 251 **Bajan Dialect: A Good Cook-up**
—by Elizabeth Best
- 256 **40 Bajan Proverbs**
—by Addinton Forde
- 259 **From Legends to Literature**
—by Timothy Callender
- 263 **Two Bajan Folktales**
- 264 **The Boyfriends: A Short Story**
—by Timothy Callender
- 271 **The Land of Flying Fish and Cou-Cou**
—by Rita Springer
- 274 **Island Delicacies**
- 276 **Herbal Cures and "Itals"**
—by Peggy McGeary
- 278 **"A Very Sweet Thing": The Story of Rum**
—by Trevor G. Marshall
- 281 **Cricket: "The National Religion"**
—by Tony Cozier