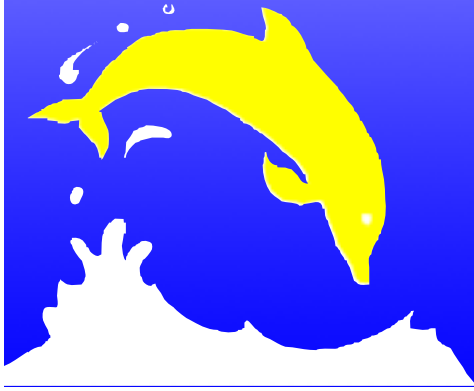


THE SAN PEDRO SUN VISITOR GUIDE



Vol. 18 #07

February 14, 2008

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America

RASTA PASTA

Caye Caulker

*10 years of great
food, drinks &
fun vibes*



...plus, enjoy the island, even on a budget!



Joe Dutton, a young patron at Rasta Pasta, simply couldn't believe the size of his humongous burrito!



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www.tropicair.com

Where did you read your *San Pedro Sun*?

Where did you take your *San Pedro Sun & Visitor Guide*?
Take a photo of you and the paper and send it to us at: spsun@sanpedrosun.net



Ryan Bell and Jacque Flowers were in *Pinetop, Arizona, USA* where they took their copy of *The San Pedro Sun*. There they shared the news from the island with a most unlikely companion - even snowmen read *The San Pedro Sun*!

Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Don't forget to include your names and what you were doing.

The *San Pedro Sun* is mailed everywhere.

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Receive *The San Pedro Sun & Visitor Guide* weekly in your mailbox. 26 ISSUES (six months) US, Canada: \$60 U.S. Domestic: \$60 BZ. 52 ISSUES (one year) US, Canada: \$100 U.S. Domestic: \$100 BZ. (Other locations vary.)

More foreign subscribers than any newspaper in Belize!

Greetings to my visiting friends

On behalf of the people of San Pedro Town, I extend a warm welcome to all visitors arriving to our shores. I assure you that your trip to "La Isla Bonita" will be no ordinary vacation. Our island is famous for its rich cultural diversity, where Mestizos, Creole and Garinagu blend to form a unique encounter. While



here, I encourage you to explore the Caribbean Sea and find Belize's abundant treasures. Hol Chan Marine Reserve and Shark-Ray Alley are just two of the many spots where you can enjoy our coral reef formation and abundant and breathtaking sea life. San Pedro is also home to world-class fishing and scuba diving.

For the more adventurous, "La Isla Bonita" offers a wide array of water sports and for those looking to get a glimpse of the mystical world of the Maya, these historical ruins are just a short expedition away. You will

also be able to discover Belize's vast cave systems and many natural sanctuaries that are home to our country's unique flora and fauna.

Whether you are spending your honeymoon at an exclusive resort or looking for an adventurous, yet romantic escape, San Pedro is surely the place to be. I invite you to explore our home and see the many wonders it has to offer.

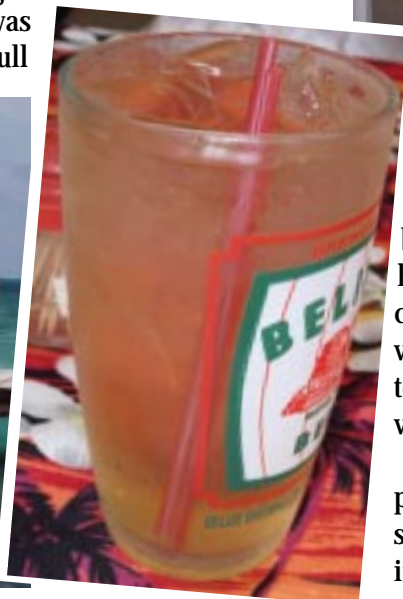
We welcome you with open arms. Bienvenidos a San Pedro!

*Elsa Paz, Mayor,
San Pedro Town*

Rasta Pasta - great food, cool vibes!

There are many ways to describe Caye Caulker: Sleepy, go-slow, friendly (cariñosa), quiet, quaint, San Pedro 20 years ago, and, a gem. There are many ways to describe Marilyn Gill of Rasta Pasta: wild, funny, entertaining, honest, hilarious, friendly and kind. Combine her great attributes and you have exactly the kind of place you want to enjoy breakfast lunch and dinner in. Rasta Pasta Caye Caulker takes delicious cuisine, shakes, stirs, fries, bakes and sautés it and offers it up to you on a platter with a serving of smiles, love and good vibes.

Even when planning a trip to Caye Caulker, thoughts of ultimate relaxation, good food and drinks are first and foremost in our minds. Given the history of Rasta Pasta, and Marilyn's flair with food on both San Pedro and Caye Caulker, good food was not a problem! Our 10:30 am boat ride on Triple J was a smooth, fast one, and before we knew it, we were docking at Rainbow's pier. Walking was the best option on Caye Caulker, as we wanted to contribute to their "go-slow" motto. The best part was walking a full



Tropical table covers add a cheery vibe, and great reggae music keeps the theme going. Our warm boat ride is soon a distant memory when we're cooled off with the first drink of the morning: The Rasta Ripper. Homemade ginger beer and a shot of One Barrel Rum; it's just what the doctor ordered!

block without ever meeting a honking taxi van, a speeding golf cart or even bike! Every so often we'd come up and see a smiling tourist or resident, but overall, we were on our own.

Soon, we noticed that many people were either catching rays or sitting at the roadside cafés enjoying delicious breakfast brownies,

breads and lattes and cappuccinos. The thought that we would soon be enjoying our own vittles and drinks spurred us on, and we quicken our pace down the street en route to Rasta Pasta. Their new location, still on Front Street, is a few blocks south from their original beachfront spot, but when we come up to their colorful sign, we know we're

Continued on Page 4

PUBLIC NOTICE
To patrons of the
PALAPA BAR & GRILLE

Due to the inherent dangers involved, the activity known as the "Palapa Plunge" has been stopped. Diving or jumping from the Palapa Bar is strictly prohibited.

As an alternative, the management is providing inner tubes so that you may float on the water while enjoying your cold beverages. Thank you for your continued patronage.



Board of Directors,
 Palapa Ventures, Ltd.

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 "We Got It Going On!"

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 226-4700

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The Reef Grill

Dine under the stars, overlooking the reef.

Monday
 Italian buffet with live music by Geno.

Wednesday
 Mexican buffet with Mariachi. Javier Castillo

Friday
 Garifuna culture night featuring Caribbean cuisine and a variety of Belizean dishes. Entertainment includes a presentation of Belizean culture and features Garifuna drummers and dancers.

Sunday
 Beach BBQ with live music starting at noon.

Happy Hour
 Daily two-for-one well drinks. 3-5 PM

Buckets of Beer
 \$20 BZE all week long!

NOW LICENSED TO SERVE LOBSTER YEAR 'ROUND!
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Announcing Ambergris Caye's only wine, martini and liqueur bar!

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- France
- Italy
- Australia
- California
- Belize

Open Daily
 5:30 - 9:30 PM



Latitude 18
 fine wines ~ martinis ~ liqueurs

Rasta Pasta Continued from Page 3

in for the same great service and good food! The sign is a cute one, and perfect for photo opportunities, so we make a mental note to take one before we leave.

Marilyn has been waiting for us and so when we arrive, it's a fun meet-and-greet-start-the-drinking-let's-chat whirlwind of an affair. We settle in on a corner seat and Shanti, our very friendly waiter (and Marilyn's son), coaxes us to have a drink. It's just 11:30am, but we know it's 5:00pm somewhere in the world, so yes, we conceded that a drink would be in or-

der. Shanti's recommendation is the Rasta Ripper - a mix of ginger beer and a shot of One Barrel Rum. We discover that Marilyn's late husband, Albert, came up with his own recipe for the ginger beer, and they have been using it ever since. We also realize that blasting from the stereo is Albert's reggae music, and Marilyn regales us with her story of how she met her Belizean husband in Eugene, Oregon, while she worked with the Grateful Dead in 1987. Yes, small world indeed. They made the move to Belize in 1991 and after several years of exciting and



The conch fritters and crab rangoons are super delicious, especially smothered with the special honey dijon dipping sauce. Absolute yum!

Continued on Page 6

**ICED BEER \$3.00 Bottle
\$60.00 Case**

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Largest Selection Of
Local & Imported Liquors

THE BEST PRICES

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Restaurant & Bar

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serving lunch and dinner with daily specials

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E-mail: banking@atlabank.com
Website: www.atlanticibl.com

Enjoy San Pedro on less than \$50 Bze a day!

Nature has many enjoyable qualities and more often than not, we fail to acknowledge or attempt to experience it because we're worried about the bottom dollar. Well, while there may be many tours and trips that are pricey (though really, aren't those views and pictures and memories worth it ALL?), we have tried to locate fun things to do that don't cost much, and still bring great enjoyment and a sense of pride in being able to tour the island without spending a fortune. This weekend was a hot one, and it was imperative that we hit the water for a cool, refreshing dip. Munchies on hand and some fun plans in mind, our trip started with *The Greenhouse*:



There we picked up some apples, grapes and cheese - ready for a light, yet delicious picnic under \$15. Yum!



Of course, we had to pick up some fresh sourdough bread from *The French Bakery at Hacal Kiik*. French baker Sean Bachet makes amazing croissants, Danishes, Rye, Granola, Sourdough breads and more. They will also slice it for you if you ask nicely. We did and we got sliced sourdough and Danish for our makeshift picnic for \$6. From there it was on to *The Fitness Club*:

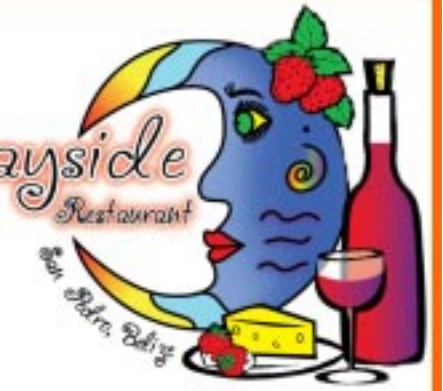


For a \$10 fee, you can enjoy swimming in the free form pool with friends. Of course, you must be prepared to jump in with proper bathing attire. No street clothes!

For the time being, and until the deli re-opens at the Fitness Club, you're allowed to bring over your own drinks and snacks. Of course, be conscientious and clean up before you leave.

Continued on Page 6

Come and enjoy San Pedro's breathtaking island view from our third floor restaurant!



Call for Reservations: 226-2147



Friday Night Disney Movies starting February 22nd

Happy Hour:
\$3.50 Beer

\$2 Per Child includes free popcorn

Enjoy great drinks while your child enjoys a movie!



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25 Barrier Reef Drive, San Pedro Belize
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Sueño del Mar provides you the opportunity to customize your carefree lifestyle by combining the best of fractional ownership and resort membership.

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An LPI Residential Resort Community

PORTOFINO

Restaurant & Green parrot Beach Bar

Reservations 220-5096 * Complimentary Transportation



Coconut Dipped Shrimp with their world famous sweet and sour sauce - accompanied by white rice and delicious coleslaw - fresh and well cooked, this dish was a treat for the tastebuds.

life changing events throughout the country, they came over to San Pedro. Here she made lots of friends and established a reputation as an excellent cook, and soon, customers were literally lining up to go into her restaurant.

Inadvertently, she drops a hint of her secret. As firm believers of the Rastafarian way of life, her restaurants serve no beef or pork, and their employees and food handlers all enter the

Continued on Page 10



If you want to play in the water, but don't want to do so in the freshwater swimming pool at The Fitness Club, how about you head over to a nice sandy beach and swim around? If you'd like to rent a kayak, Sailsports Belize offers great rates as well. For **\$11US** (or **\$22 Bze**), you can rent a kayak for an hour and paddle and enjoy the wonderful Caribbean Sea.

A free activity that's always enjoyable is heading out to a gallery or giftshops. The Gallery of Fine Arts, located on the beach at Exotic Caye Beach Resort, has beautiful paintings on display, and chatting with owner and artist Linda is just a bonus!

At the end of the day, you feel like you have seen and enjoyed so much, and all, for a grand total of \$31 Bze. Had you chosen Kayaking over swimming at The Fitness Club, the total would have been \$43. For under \$50, an afternoon can be full of surprises.



Don Corleone 
 CARIBBEAN TRATTORIA
Now Open for Lunch!
 Caye Caulker's Premier Dining Experience
 Italian and Seafood Specialties · Fine Wines and Spirits
 Espresso and Cappuccino · Uncommonly Relaxing Atmosphere
 Major credit cards accepted ~ Closed on Wed. ~ Front Street, Caye Caulker ~ 226-0025

SUNSET GRILL
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Why not explore the other side of San Pedro? If you do, you'll find a great dining location over the water, serving fantastic food and tempting Caribbean cocktails and martinis - all at affordable Belizean prices!
 Serving Lunch & Dinner
 Seating until 9:30 p.m.

 Tel: 226 - 2600
www.sunsetgrillbelize.com
 Only a three minute walk from downtown, directly west of the CC water taxi terminal

El Divino
 Full Service Restaurant
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The developer reserves the right to change and/or alter prices, offers, materials, equipment, and design without prior notice. Each property is owned by a single purpose entity. All offers and program details are subject to change and/or substitution without notice. For complete rules and details see a sales associate.

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LUNA

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Located at **Journey's End Resort**, North Ambergris Caye, **Luna** features Palm Tree Cuisine, a fusion of Central American and Caribbean specialties.

Daily specials are prepared by our award winning chef;

Calbert Santiago, Taste of Belize, Chef of the Year 2007

For the best truly island dining experience you must visit Luna, open air dining, surrounded by candlelight with stunning views of the Caribbean. You'll want to tell your friends back home about the food, the view, the experience.

Join us for Friday Night Beachside BBQ, an island tradition. For reservations call 226-2173.

Open seven days a week, serving breakfast, lunch and dinner.

IMPORTANT #s

Emergency 911
Medical Emergency (ACER) 226-3231
Crimestoppers 800 922-TIPS
Police 226-2022
Fire 226-2372

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

Los Pinos Clinic 602-6383 and 226-2686.
Dr. Lerida Rodriguez: 226-2197 or cell 620-1974.

San Pedro Chiropractic Clinic 600-7119
Hyperbaric Chamber - 226-2851, Dr. Otto Rodriguez - 604-7599 or 226-2854. Antonia Guerrero - 600-5475. Eleazar Portillo - 610-4560 or 226-3195.

San Pedro Polyclinic II - 226-2536. Dr. Zuniga: 670-8755 and Dr. Otto Rodriguez: 604-7599.

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

US Embassy - 822-4011

Labour Office - 226-2700 (Open 8am - 5pm, Mon. - Fri.)

Canadian Consulate - 223-1060

Mexican Embassy - 223-0193

Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

San Carlos Medical (MD & Dentist Services) - 7:30am - 9:00pm, 226-2918.

Church Services

San Pedro Roman Catholic Church
 Sunday Mass: (English) 8am & 10am & Baptism: 11am; Spanish: 7pm; Mass or Communion Service every night at 7pm.
 Saturday evening: Anticipated Sunday Mass: 7p.m. Daily Masses 7am & 7pm.

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

Assembly of God Church on Angel Coral St. T-W-St.-Sn. at 7:30 p.m.

Lighthouse Christian Radio - 101.3 FM. 226-4673, Cor. Buccaneer & Pescador Drive.

The Church of Jesus Christ of Latter Day Saints - Sunday Service: 9:30 am, Wednesday Scripture Study 7:00 pm. 17 Lagoon St. (between the bakery and the bridge).

San Pedro Community Church - meets Sundays at 10a.m. at the Ambergris Elementary School. All Are Welcome.

Miscellaneous

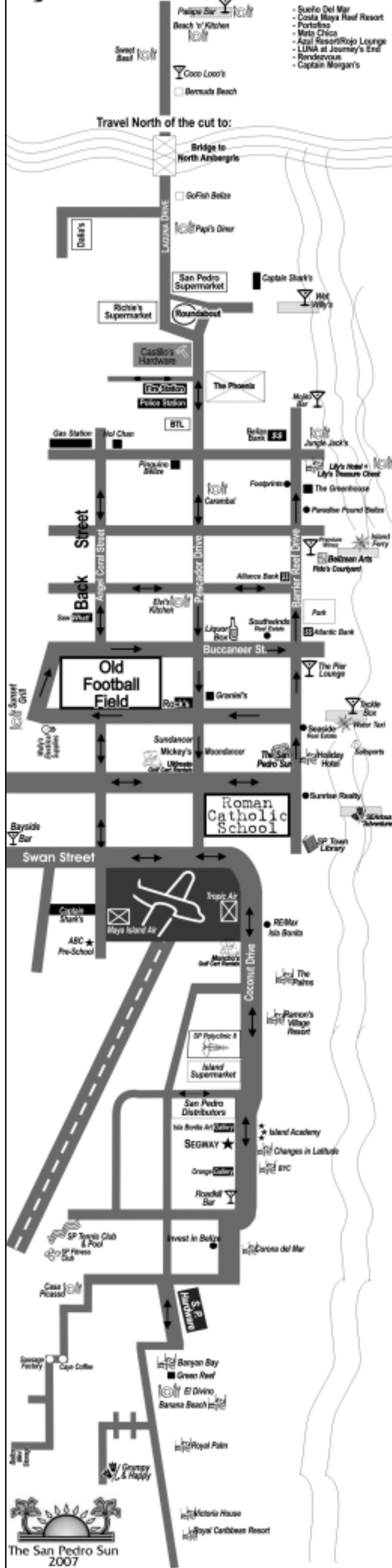
The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause - have dinner with us!

Green Reef A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net /226-2833
San Pedro AA - 226-4464, 600-9061
Saga Society A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.

CARE BELIZE - Children's Specialist, San Pedro. 622-8200

SP Town Library - 206-2028

Guide to Isla Bonita



Tourist Information

Belize Tourism Board - 223-1910.

Belize Tourism Industry Association (BTIA) - 227-5717.

San Pedro Tourist Guide Association 226-2391.

Water, Sports & Tours

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

GRUMPY & HAPPY - Snorkeling - private snorkel tours - just you on the boat, no set schedule! Visitors with special needs and children are welcome. Call 226-3420 or 672-1234. Visit www.grumpyandhappy.com, or Email: info@grumpyandhappy.com.

Real Estate...

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

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

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

SUEÑO DEL MAR - Paradise has a new address! Located on Barrier Reef Drive (Front Street), across from Fido's Restaurant. 8:30AM to 5PM, www.dreambelize.com, Phone: (US #) 719-302-5398, (Belize #) 011-501-226-4001.

INVEST IN BELIZE - Call for Appointments and pick-ups. 226-4000 or www.investinbelize.com

RE/MAX Isla Bonita, located at 10 Coconut Drive, San Pedro. 226-4400 e-mail: info@owninbelize.com or visit our website at www.owninbelize.com

CORAL BEACH REALTY - Professionalism at it's best. Visit our office "Unda da Palapa" on Barrier Reef Drive, 226-2681. www.CoralBeachRealty.net

Transportation...

CRISTAL GOLF CART RENTAL - Along with Island Tour Rentals, have combined to offer the best rates on the island! Special hourly, weekly & monthly rates. Daily rates are \$85 BZ. 4- & 6- Seater golf carts available. Security deposit required. Cristal - 226-4949 or 626-5555. Island Tour - 226-2351 or 226-2972.

CRYSTAL AUTO RENTAL - Largest fleet in Belize. Offices at International Airport and Belize City. 223-1600, 0-800-777-7777.

ULTIMATE GOLF CART RENTAL - Experience the ultimate ride! Yamaha carts for rent. 226-3326; Corner Tarpou & Pescador Drive. Belize Gold Cars Ltd: Yamaha carts & parts for sale. 226-3993; Suite 12, Coldwell Building. E-mail: belizegolfcars@btl.net, ultimaterentals@btl.net or visit our website at www.ultimaterentalsbelize.com.

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

SEGWAY - The Segway® Personal Transporter (PT) is the first of its kind—self-balancing personal transportation designed to travel anywhere you want to go. Try one today and experience a Segway Smile! Segway Belize, located at #1 Fairdale Plaza on Coconut Drive. Call 620-9345.

Services...

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

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

THE SAN PEDRO SUN VISITOR'S GUIDE



Dining Out...



MATA CHICA - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, charbroiled seafood and much more! Call 220-5010/5011.

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

CELI'S RESTAURANT ON THE BEACH at the San Pedro Holiday Hotel, serves Great Fajitas, salads and local dishes for LUNCH. DELECTABLE SEAFOOD SPECIALTIES for dinner. OUTDOOR & INDOOR DINING 11:00 a.m.-2:00 p.m. 5:30 p.m. - 9:00 p.m. Beach barbeque every Wednesday night with live music.

LILY'S TREASURE CHEST RESTAURANT - On the beach behind Lily's Hotel. Join us for a cool breeze and the best seafood or USDA beef on our veranda by the sea. 226-2650.

RAMON'S VILLAGE - Enjoy breakfast, lunch and dinner in a Mayan atmosphere or on the veranda overlooking the Caribbean Sea. Coconut Drive. Phone 226-2071.

LUNA at Journey's End Resort - Experience fine dining on the beach north of San Pedro. Visit our tropical bar featuring karaoke, dance and fun music. Phone 226-2173.

PAPI'S DINER - The place for fine food at diner prices. Taste the Caribbean. Call 665-4506.

MICKEY'S PLACE - Open daily 6:30 a.m. - 10 a.m. for breakfast, 11:30 a.m. - 2:00 p.m. for lunch and 6 - 10 p.m. for dinner. Burritos on Wednesdays. Pescador

Drive. Call 226-2223.

BLUE WATER GRILL - Island cuisine with a twist! Wood-fired Oven Pizzas, Sushi & more! Open daily. Happy Hour 4 to 6 p.m. 226-3347.

EL DIVINO RESTAURANT at BANANA BEACH - Serving breakfast, lunch and dinner from 6 a.m. - 10 p.m. Book your party or banquet today! Phone 226-2444.

PORTOFINO RESTAURANT AND GREEN PARROT BEACH BAR - Meet our boat at 6:30 p.m. at Fido's Dock for a complimentary ride to one of the best culinary experiences you will have while in paradise. For reservations, call 220-5096.

SUNSET GRILL - Offering local and international cuisine. Open 7 days a week for lunch and dinner. Located on the lagoon side. 226-2600. Come by at sunset and help us feed the tarpons!

JUNGLE JACK'S - International and Local cuisine featuring AWESOME hamburgers. Serving lunch and dinner with daily specials. Open 11:30am - 2:30pm and 5:30pm - 9:30pm. Located across from the Belize Bank. Call 226-2639.

RENDEZVOUS RESTAURANT AND BAR - The most romantic spot in town featuring award winning chefs. Thai and French cuisine blended to make paradise taste like heaven, or so our customers say. Free Rendezvous Wine tasting from 11:30 a.m. to 4:00 p.m. Fermented, blended and bottled here on the property. Open for lunch and dinner. Call 226 3426 for reservations and transport options.

CASA PICASSO TAPAS + MARTINIS - Small plates, big pastas and fantastic desserts! "Hippest martini spot" - *Frommer's*. Nightly 5:30pm, closed Sundays. reservations 226-4507.

BEACH 'N' KITCHEN - Open Daily for Brunch. Choose delicious Eggs Benedict, stuffed French toast or continental breakfast! Now open for dinner from 5pm - 8pm. North of the bridge, near Palapa Bar. Call 226-4456.

RICO'S SURFSIDE RESTAURANT - A truly unique dining experience on the beach at Banyan Bay. Serving breakfast, lunch and dinner daily. Phone 226-3739 ext. 135.

BLUE LOTUS LUXURY DINING - Delight yourself with Indian cuisine at San Pedro's newest water-top restaurant. Spectacular views of San Pedro at night! Complimentary water taxi service. Call 501-610-BLUE (2583).

ROJO LOUNGE - Enjoy tropical lounge cuisine in one of the most beautiful beachfront settings in all of Belize - Azul Resort. 226-4012.

MOJITO BAR & TAPAS - Serving a wide variety of Mojitos, pitchers of Sangria, Margaritas and beer! Enjoy breakfast wraps, tacos, subs, enchiladas, whole wheat wraps, black bean hummus, ceviches & more. Located at the Sunbreeze Suites, on the beach across from Belize Bank. Open daily: 7 am - 10 pm.

...Unique Offerings...

SAN PEDRO FITNESS CLUB - A/C Gym, Fully-equipped. Open to the public. Tennis Courts, Lap and Family pools, Aqua Fitness and Toning Classes. Open 7am Daily, 8am Sundays. 226-2683.

CAYE COFFEE - Take a taste of our locally roasted fresh coffee back home. A wonderful cup of coffee makes such a great difference in your day. Try it and ask for more. 226-3568.

THE GREENHOUSE - Fresh Produce & Seafood. Belizean and imported speciality. Fresh herbs, cold cuts, chilled goods plus an exciting selection of groceries. A/C local on Barrier Reef Dr. 226-2084.

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Rasta Pasta Continued from Page 6

kitchen with positive attitudes and good karma. Ultimately, the quality of food must be maintained, and all meals are made with love. We're excited to try the dishes, and as Marilyn starts describing each, our tummies rumble a little more, and we can see her face light up even more as she elaborates on her favorites. We can see that for her, the business is a love of good food. We want to taste!

Shanti soon brings over a platter of conch fritters and crab rangoons. The Honey Dijon dipping sauce begs to be smothered all over the fritters, and we happily acquiesce. First bites all around are heavenly. The look on my buddy Gerry's face mirrors mine - we're so happy and our taste buds are dancing and



The giant Chimichanga was the special for this past Sunday. It is also called a Sometimer since it isn't available on the regular daily menu. It's certainly "Special!"

alive. The fritters are super delicious, rich with conch, and just smooth and flavorful. It's easy to see why the former Prime Minister enjoyed them so much! The crab Rangoons - wonton shells filled with crab and cream cheese - are deep fried and golden delicious. The dipping sauce is to die for, and we know

Continued on Page 11



This drink, a fabulous concoction of Strawberry, Melon, Cranberry, Pineapple and vodka was utterly scrumptious and super refreshing.

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Beach'n Kitchen (W30). This popular restaurant is new on the market. With an excellent location between the beach & the main thoroughfare connecting town center with the exclusive areas to the north, the restaurant has proven to be a successful business with a clientele of both tourist & residents. This thriving business comes fully equipped. Asking price \$149,000.00 US CASH.

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Palmero Point Beach Club- (A27) - Situate in a nice subdivision 9 miles north of San Pedro Town. Lot #52, measuring 105' x 155' x 95' x 145', is a beautiful and large private lot located several rows off the beach. Great price at only \$24,900.00 US. Make an offer!

Club Caribbean (M69) Attractive lot off the beach. 50' x 100'. Good elevation. 40,000USD

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Rasta Pasta Continued from Page 10

we're in for even more treats. When decision time comes for our main course, we each pick a different item and the good intentions are to share. Since Rasta Pasta does not have 'petite' in their vocabulary, we know sharing HAS to be an option! I go for the Shrimp Chimichangas, or the Sometimers (code word for specials) and Gerry chooses Shrimp Coconut Dipt with sweet 'n' sour sauce. According to Marilyn, the sauce is the best in the world, and we can't wait to try it. And then our meal arrives...and for once, I know that I cannot finish a meal. The chimichanga is gigantic - no,

Miss Maria is hard at work making the soft flour tortillas for the HUGE burrito (see front page). In the foreground, the beginnings of the utterly addictive Macaroons!



Continued on Page 13

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Genesis in the Jungle Spices

When Marilyn and her Belizean husband Albert moved to Belize in 1991 with their three children and a cat named "Mouse", they had very little to live on, and out of necessity, they started their unique business venture with Genesis in the Jungle, a spice business. Marilyn and Albert had dabbled with spices when they lived in the United States and when they moved to the



farm, that dabbling became their living.

They combined their knowledge of spices and started selling their original recipes on a table outside their house. Their first package of spice was the Belizean chicken seasoning, recado, and they later added the chimole spices, the jerk seasoning and the Belizean blackening spices.

The spices are made by at-risk youths and single mothers: "We support the local people and want the

money to stay in Belize," said Marilyn. "We hire single mothers and young people because they are the ones who need the most help."

The success of the spices is now lead-

ing to a book of recipes, and Marilyn tells us with a twinkle in her eye that perhaps, we'll have the famous Chocolate Chip Coconut Macaroon recipe by September! Look for it!

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make that humongous! It's a gorgeous golden brown, deep fried flour tortilla shell positively *stuffed* with rice, beans, cheese, and shrimp, then smothered in a colorful tomato salsa, nestled on a bed of veggies. I look over to Gerry's plate, and realize we're both in for a lot of delicious food. He has a *lot* of coconut battered shrimp with a side of rice, coleslaw and the famous sauce.

We dig in, and for the first bite, we are silent as we absorb each delightful

flavor, conscious that we are eating food that has been cooked with lots of love. Big love – the size tells us that as well! The verdict is that our meals are delicious, but then, we expected it to be. We were blown away by the serving sizes, and the service was just perfect. We think we're done, when Shanti comes back and hands us two desserts. The B-52 cheesecake looks amazing. On paper, it sounds like the ultimate

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Rasta Pasta Continued from Page 13



menus, and it's repeated when served. He presented the Chocolate Chip Coconut Macaroon saying, "I must warn you, these are dangerously addictive, and we cannot be held liable." Need we say more?

Rasta Pasta has lived on for 10 years, and the flavors, karma, great attitude and top notch food have kept it going for as

dessert - cheesecake flavored with Bailey's, Khalua and nestled in an Oreo cookie crust. On our palates, it is delicious, cool and creamy, and the perfect island sweet treat. The best part of Shanti's dessert presentation was his standard disclaimer. It's on all their

many years, and we can only foresee great things for another ten! Shanti, Marilyn and staff have taken a good idea, and molded it into a great success story; they have done it their own way and it's what keeps the customers coming. Congratulations on a job well done!

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Wolfe's Woofers by Dennis Wolfe

My Twin

A month ago when The Usual Suspects Band arrived in Caye Caulker for our Friday night gig at Oceanside Night Club I told Drummer Dan, "I'm going to stop in at the bakery and get some of those ham and cheese rolls."

"That's a good idea," Dan said. "I like something to snack on when we get off work and last week the hot dog cart wasn't out there. I nearly starved to death."

"All right. I'll meet you guys at the Oceanside."

"Good afternoon, Mr. Burns. What can I get for you?" the new girl at the bakery asked.

I looked around and there were only a few other people in the bakery. I figured she had just made a mistake with my name.

"Let me have four ham and cheese rolls," I said.

The next week I went into the bakery and once again I was addressed as Mr. Burns. Once again I ignored it.

Last week, the girl said, "Good afternoon, Mr. Burns. What can I get for you?"

"I'll have two of those cheese rolls," I said. "And by the way, my name is not Burns. It's Wolfe. Dennis Wolfe."

"Oh."

She stared at me for a few moments.

We arrived at Caye Caulker yesterday and Drummer Dan asked, "Are you going to stop at the bakery?"

"Sure."

"I'll go with you."

We walked into the bakery and the girl at the counter stared at me for a moment. Then she said, "Mr. Burns, you won't believe this but last week there was a man in here who looked exactly like you."

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Trivia Tidbits...

*Biologists have discovered that cockroaches can change course as many as 25 times in one second, making them the most nimble animals known.

*In Europe, the act of crossing one's fingers has several meanings, most commonly "protection" or "good luck." In Paraguay, the gesture may be offensive.

*There are 35 million digestive glands in the stomach.

*A day on the planet Mercury is twice as long as its year. Mercury rotates very slowly but revolves around the Sun in slightly less than 88 days.

*Brain-wave activity in humans changes when we catch the punch line of a joke.

*The Egyptian vulture, a white bird about the size of a raven, throws stones with its beak to open ostrich eggs to eat. This bird is one of the very few animals that, like man, manipulates objects as tools.

*Gordon Sumner, the rock star and actor known as Sting, got his nickname from the yellow-and-black jerseys he used to wear, which fellow musicians thought made him look like a bumble bee.

Riddle Me This: What eats rocks, levels mountains, rusts metal, pushes the clouds across the sky, and can make a young man old? **Answer Below**



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