



# My *Beautiful* Belize

TRAVEL PUBLICATION

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## Tasty Predators

Coastal dwellers must work hard to remove the voracious Lionfish from our Barrier Reef



# From the Editor *Tamara Sniffin*

There are many reasons why people choose to travel. For some, it is the excitement of exploring a new area, while others seek the tranquility of beautiful surroundings. Others may be in search of discovering ancient history, or are eager to try a new cuisine and language. A lot of us travel for all these reasons, and for me, I need to add a good dose of local culture to the mix.

There's lots of ways you can immerse yourself into the variety of cultures we have in Belize, from homestays with the Maya in the Toledo District, to attending one of our many festivals. You must get in there and dance with us, eat with us, play with us, and party with us!



Recently I had the distinct honor of being invited to a baby shower. You may think, how can that be so culturally different from one in the USA, where tea and cake are the mainstay, silly games might be in order, and after gifts are opened, you're home in a couple hours. Well, as they say in Belize, "Mek a tell yul!"; they know how to celebrate a baby on the way!

The lovey ladies from Celi's Deli were a hosting a shower for their co-worker Aisha, and what a fun time I had! The shower was held at one of the best ceviche bars on the island, and sober mama patiently watched as her guests enthusiastically misbehaved. From eating ceviche, cheese dip, jalapeno poppers, to dancing and singing karaoke, there was even some beer and tequila involved! We played fun games, like how many squares of toilet paper fit around her ample waist, to how many little safety pins you could find in a handful of uncooked rice; even the men who were invited had a blast.

I had to wonder, perhaps this is a rite of passage for the new mommy in some way, like having to endure a group of children after too much sugar? If this mama can tolerate our merriment, she can certainly handle an unruly toddler!

These are the things that visiting and living in a different country make your time here genuine. Don't hesitate to accept an invitation to enjoy our warm culture while visiting My Beautiful Belize, your memories will be all the better.

## Important Information

**Belize Tourism Board** - 227-2419.

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

**Belize Hotel Association** - 223-0669, bha@btl.net

**San Pedro Tourist Guide Association** 226-2391.

**Dr. Otto Rodriguez San Pedro PolyClinic II:** 226-2536

**AA Meetings:** Monday – Saturday, 6PM, #5 Boca Del Rio. 226-2020. Every Tuesday & Friday, 12 noon at the Catholic parish hall. Front street, 630-0752.

**Al-Anon Meetings:** Wednesdays, 5:30PM, SP Catholic Church Hall. 608-3924 / islabon-itaalanon@yahoo.com

**Narcotics Anonymous:** By request at 623-0316.

**Emergency veterinarian care:** 610-3647

**American Crocodile Education Sanctuary/ACES** – Don't take matters into your own hands. Call 623-7920 for crocodile problems.

**Saga Society** A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.

**SP Town Library** - 206-2028.

**SP Post Office** - 206-2260.

**National Aids Commission Island Committee (NACIC)** - HIV Testing/ Treatment/Stigma and Discrimination and Pre and Post Test Counseling. 650-7021.

**CRYSTAL AUTO RENTALS** - 2 BZ locations: Philip S.W. Goldson International Airport and 5 Miles Northern Highway. Free shuttle service to and from our Belize City office to anywhere in Belize City. Tel: 011-501-223-1600 Fax: 011-501-223-1900 (direct dialing from U.S.A.) Toll Free in Belize: 0-800-777-7777 Email: reservations@crystal-belize.com or visit our website at <http://crystal-belize.com>

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

**GET TRANSFERS** - Executive transfer and tour services anywhere in Belize: Chetumal, Cancun, Quintana Roo & even Merida and Guatemala. Phone: 422-2485 (Fx: 422-3511) or email: [info@gettransfers.com](mailto:info@gettransfers.com).

**RAINBOW TAXI** – Caye Caulker golf cart; guided island tours; reliable service. 226-0123. Minerva: 661-6254 or Champ 602-8136.

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Learn about the invasive lionfish (venomous vs. poisonous, which is it?) and how you can help eradicate it from our waters by eating it! P. 3

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It's time to explore Belize over the next two months! Use our calendar and decide which adventure you want! P. 14

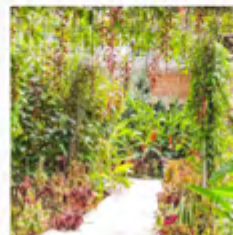
**Cover Photo by Elbert Greer:** The lionfish has flamboyant, venomous spines that make it beautiful but deadly to our Barrier Reef.

## We're Social! Follow Us:

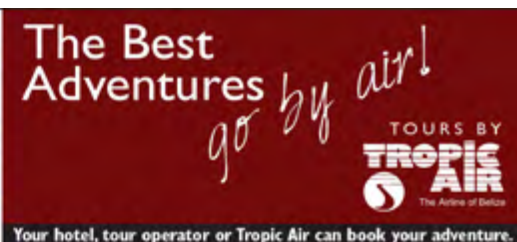
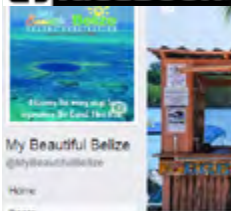
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# Beautiful Bites

...a delicious way to  
eradicate an  
invasive species!

By Tamara Sniffin



It seems like every day we hear about a global landmark in peril. From deforestation, to global warming, species loss and overpopulation, the list goes on and on. In Belize, we face our own challenges, with the greatest one being the preservation of the Mesoamerican Barrier Reef

system. This crown jewel is the second largest in the world, and the largest in the western hemisphere. Belize has the distinct honor of being home to 80% of this system, which runs parallel to our coast for about 185 miles. Here, it is known as Belize Barrier Reef Reserve System, which pro-

vides around 15% of the country's Gross Domestic Product. Many coastal communities depend heavily on the reef for their daily survival, with tourism being one of the main activities.

In 1996 the Belize Barrier System was designated a United Nations Educational, Scientific,

and Cultural Committee (UNESCO) World Heritage Site. Sadly, in 2009, UNESCO placed Belize's reef system on the List of World Heritage Sites in Danger, where it has remained ever since. Suffering from the effects of coastal construction and water pollution,

**Continued on Page 4**

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# Beautiful bites

these harmful industrial activities impact Belize's economy, natural resources, and the 1,400 species that live in the reef system. Ironically, it is one of those species that is playing the villain as well. The beautiful, yet uninvited Lionfish is doing his part to gobble up every little fish and young crustacean he can get ahold of, threatening the delicate balance of the reef ecosystem.

Lionfish are native to coral reefs in the warm, tropical waters of the South Pacific and Indian Oceans. They prey on a wide variety of smaller fishes, shrimps and crabs, and have few predators in their native range, where they top the upper levels of the food chain. So how is it that these voracious eating machines ended up in the Atlantic Ocean? Lionfish were first spotted in Florida USA in 1985. Although it remains a mystery, many speculate that the aquarium trade in the USA is to blame, where the fish is popular with saltwater aquarium enthusiasts. Others suggest that Lionfish entered Atlantic waters when larvae or juvenile fish were trapped in ships moving from the Pacific to the Atlantic and were released when the ballast water was pumped out. Lionfish are now found in the Western Atlantic, Caribbean, and Gulf of Mexico, wreaking ecological havoc across Caribbean reefs from Panama to Puerto Rico.

The beautiful, yet uninvited Lionfish is doing his part to gobble up every little fish and young crustacean he can get ahold of, threatening the delicate balance of the reef ecosystem



Photo by Vivian Yu



Photo by Elbert Greer

The Lionfish have distinctive maroon (or brown) and white stripes, fleshy tentacles above the eyes and below the mouth, and an imposing fan of prickly venomous spines. With a lifespan of over 15 years and growing up to 20 inches, the Lionfish is a voracious carnivore that consumes over 56 species of fish and many invertebrate species up to half its body size. A single female lionfish can spawn over 2 million eggs a year. Lionfish are venomous - not poisonous; there is a difference. Although both venomous and poisonous animals produce a toxin that can be harmful to other organisms, the method of delivery is different. Venomous organisms use a specific apparatus like spines or teeth to inject their toxin. Poisonous organisms, on the other hand, require their victim to ingest or absorb the toxin. Lionfish possess venomous dorsal, pelvic, and anal spines that deliver toxin through an unpleasant puncture wound. The sting causes intense pain, redness and swelling around the wound site. Although the worst of the pain is over after an hour or two, some people report pain and tingling sensations around the wound for several days or weeks. So, if you stay away from the spines, you're good to go, which explains why it's perfectly safe to eat Lionfish!

# Belize

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# Beautiful bites



Eat Lionfish you might ask?! Yes, and they are delicious! Once you dispose of the spines, there is no risk of envenomation, and you're free to prepare your lionfish as you choose. Lionfish have moist, buttery meat that is often compared to hogfish and grouper. The mild taste and flakey texture allow the fish to be prepared in a wide variety of different ways. From raw to deep fried, grilled to blackened, Lionfish dishes are bound to fit anyone's taste. By eating Lionfish, you're not only treating yourself to a new, tasty dish, but also doing your part to help save native reef fish from this voracious predator. Not to mention it's good for you! Did you know Lionfish have proven to be high in Omega 3 fats, which play a crucial role in brain function and may reduce the risk of heart disease.



Across Belize, conservation groups like ECOMAR, Blue Ventures and the Belize Fisheries Department are now working with communities to teach fishermen Lionfish handling and processing techniques. By establishing a market for the tasty invader, this solution creates economic incentives for the regular removal of Lionfish from Belize's reefs. It also offers an alternative target species for the Belizean fishing industry, which is dominated by conch and lobster; both of which are showing signs of decline.

Throughout the coastal communities, Lionfish Tournaments are also hosted, offering grand prizes for the most fish caught, and often the event includes an opportunity to taste the catch in a variety of ways. Sometimes they even host cook-offs, where chefs compete for the best Lionfish dish! Ambergris Caye is the home to one such winner, Maresha Reid, who serves the fish at her popular restaurant, Pirates Treasures Restaurant. Other Belizeans have found a creative solution by crafting jewelry out of Lionfish spines that are discarded by fishermen, and transform them into unique handmade jewelry, such as earrings, bracelets, and necklaces.

Although it seems the Lionfish is here to stay, these efforts, and a growing demand for this tasty fillet, can help keep them in check. If you see it on the menu, it's a delicacy you must sample. What a delicious way to eradicate an invasive species!

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# Caye Caulker: The right day-trip destination



By Janelle Cowo

From eclectic restaurants to endless entertainment options, as well as gorgeous landscapes, San Pedro Town on Ambergris Caye has a lot to offer. With a vibrant community rooted in the hospitality industry, the town is definitely about the hustle and bustle. Living or vacationing here is more than great, but every so often, a change of pace is inevitable, and you find yourself wanting to “Go Slow.”

That’s when you pack your day bag and head on over to our sister island of Caye Caulker! Only a 30-minute boat ride - or five minute flight - from San Pedro, Caye Caulker is the perfect little island getaway.

Smaller in size to Ambergris Caye, Caye Caulker is naturally more laid back. Considered a back-packer’s haven in Belize, everything is within walking distance and there is hardly any traffic. Island life is centralized to either along the beach or on the main road. Wherever you land, you’re sure to experience the best of Caye Caulker in no time!

My suggestions? Well, as the office party connoisseur, I highly recommend tasting the deliciously refreshing, famously strong Lizard Juice at Sip N Dip! Once your tongue has turned the classic vibrant green, head over to the crystal clear waters of the legendary Split - one of the most sought-after loca-



tions by both locals and visitors. Lounge in the sunshine or swim in the ‘split’ where the island has been cut in two.

As the sun goes down, you definitely could swing by and say hey to the tarpons on the leeward side of the island. You’ll find yourself super relaxed as the last rays of the sun kiss your skin, and before you know it, you’re recharged and ready to return to La Isla Bonita.





**THE SPORTS BAR**  
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## EAT



**PIRATE'S TREASURE** - A unique dining experience with their Chef's Table. Watch as Chef Mar prepares a fresh 3-course Belizean meal over a coconut-husk fire while you enjoy refreshing cocktails and island vibes. Regular Menu always available without reservations. Noon to 11PM. 668-2156.



**THE TRUCK STOP:** Belize's first shipping container food park. Come try the different exciting options from our food trucks, play backyard games, or cool off with a sundae from our ice cream shop. Pig roast & cornhole tournament every Sunday!



- Belizean Comfort Foods and Gourmet Seafood. One Mile North of the Bridge, at the island's only Yoga Center. Fresh, is the order of the day! Gourmet Dishes by Master Chef JoVannie Rowland, menu changes daily. Imported Wines, Seafood and Pasta. 7 days.



**PORTOFINO RESTAURANT** - Enjoy our Euro-Caribbean inspired menu and spectacular Caribbean views. Also offering a full VEGETARIAN Menu. For Reservations & Free Transportation, please call 226-5096 or 678-5096.

**EVOO:** With the only hand crafted pastas, home-made mozzarella cheeses and chocolate fondue in the country, EVOO's distinct menu complements its captivating and intimate bistro decor. As the one and only Gin House in Belize, EVOO provides exclusive imported Gins & Tonics. 226-4001



**AJI TAPA BAR RESTAURANT:** Beachfront dining in a romantic setting. One-of-a-kind 5-Star Tapa Bar and Restaurant situated on the enchanting island of Ambergris Caye. Have a cocktail in our bar, or bring the family to dine in our outdoor beachfront restaurant. Open Wed to Mon 5PM-10PM (**closed Tuesdays**) +501-226-4047 for reservations



**PIRATE'S NOT SO SECRET BEACH BAR & GRILL:** The newest trending destination; adventure to SECRET BEACH! Soak up the sun or take a dip in crystal clear shallow waters accompanied with island music, refreshing cocktails, gourmet lunch menu by AWARD WINNING CHEF. Credit Cards Accepted. Open daily 10am to SUNSET!

**MAMBO RESTAURANT** - Enjoy a unique dining experience at this award-winning restaurant at Matanchica Resort. Romantic atmosphere with island ambience, offering locally inspired flavors and meals that will excite even the most seasoned palate. Complimentary transportation with reservations - call 226-5010/226-5011.

## PLAY



**COCO LOCOS BEACH BAR:** 1st Beach Bar North of Bridge. Swim up Bar. Monday 4PM Cribbage Tournament and BBQ. Trivia Tuesdays 7PM. Daily Happy Hour 4-6. Bocce ball, Giant Jenga. Pizza & Pulled Pork Sandwiches. Open Every day 12 noon - 10PM. Like us on facebook.com/cocolocosbz.



**FELIZ BAR & GRILL:** THE Sports Bar across the bridge, with four 43" flat screen TVs, delicious thin crust pizza, wings and burgers. Play corn hole, catch the game, and try our Wednesday dart challenge! 1PM-11PM, closed on Tuesdays. At the Cloisters.



**THE DIVE BAR:** Snorkel/dive with us at SeaStar Belize and then unwind over great drinks, great food and a great time at The Dive Bar. Enjoy beachfront views and complementary water toys, just 1/2 mile North of the bridge. 226-3365/625-3364



**MARBUCKS COFFEE HOUSE** - Specialty Coffee Drinks - both hot & cold; fresh fruit smoothies and baked goods. Join us for Thursday Wine Fun, 4PM-7PM and our delicious Sunday brunch (with mimosas!). Located just off the main road in Tres Cocos, before the Truck Stop. Like us on Facebook and keep up with the fun!



**THE GREEN PARROT** - Eats and treats. Relax on the patio, sip your favorite island drink gaze out at the azure Caribbean Sea, take a dip in the pool and enjoy our great beach bar. Friendly staff always on hand 6 miles north of town. Open daily from 9AM-9PM. For complimentary boat transportation please call 226-5096/ 678-5096.

## SHOP



**MATA GRANDE GROCERY** The biggest little grocery store on Ambergris Caye, located 4.5 miles North of San Pedro Town, it's a must see! Open Monday-Saturday 8AM-5PM; Sunday 10AM-5PM. You can also order online at www.matagrandegrocery.com or call us at 226-4290.... we DELIVER!

## SuDoku Time!

Answers on Page 14

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



## EATS & TREATS



**HURRICANE'S CEVICHE BAR & GRILL:** The ceviche house! Fine outdoor dining and delicious tropical drinks. Full lunch and dinner menu, seafood specials and pastas. Restaurant open 10am - 9:30pm. Bar open until 10pm Monday to Saturday, closed on Sundays. We also run Tanisha Eco-Tours – and the best Lamanai Tour in Belize! Call 226-2314.

**EL FOGON:** Authentic Belizean Cuisine prepared on a fire hearth. Featuring dishes that represent the diversity of our Belizean culture. Lunch menu and daily dinner specials. Open Mon. – Sat. 11AM – 9PM 206-2121/610-1277 See map for our location!



**FIDO'S COURTYARD:** Fun every day, starting with breakfast and a fabulous view under the island's largest palapa. Enjoy refreshing cocktails, lunches and dinners, with a side of live music. Island life doesn't get any better than this! Located in the heart of town on Barrier Reef Drive.



**SANDBAR:** BEST PIZZAS ON THE ISLAND! Sandbar hosts an amazing happy hour special: \$10BZD wood-fired pizzas and 2-for-1 rums on weekdays (3-6PM) and beer and wing specials on the weekend (11am-4pm). Enjoy your afternoon or evening at the bar, tables, or chaise lounges on the beach!



**EL PATIO GRILL:** Serving Belizean and Caribbean Cuisine in a gorgeous outdoor patio setting. Home of the famous stuffed jalapeños. Open from 11AM to 10PM - Sunday's, dinner only 5PM-10PM. Closed Tuesdays. Daily lunch & dinner specials. Sunday Live Music! Phone: 226-3898/6243589. Corner Barrier Reef Drive & Black Coral Street.



**BELLA ITALIA:** Craving delicious pastas and Italian pizza? Well, enjoy authentic Italian cuisines right here on Ambergris Caye. Come in and grab a seat or take advantage of our free delivery (in town.) Come see what we have to offer! 637-3798.

**CALIENTE:** On the beach at Sprindrift, Caliente Restaurant serves delicious Caribbean and Mexican cuisine. Try our Jalisco chicken, or

our awesome ceviche and don't skip the fabulous margaritas (half-off on Fridays!) Indoor and outdoor dining available. Locally owned/family run. 226-2170.



**MESA CAFE:** Relax in comfortable A/C while enjoying a full range of coffee drinks and healthy, delicious dishes. Open for breakfast and lunch, our menu includes a mix of locally sourced European, Mediterranean, and island inspired flavors. Come experience Mesa!



**BOOMERS:** Fabulous Cafe' Bar and Grill serving American and Belizean breakfast, lunch, dinner and daily specials. Now in a great NEW LOCATION at Carlo & Ernie's Runway Bar. Same great food and service that you have come to love! 226-2299.



**MAXI'S:** Like a fan said, "A little epicurean art for a fraction of the price! Everything is simply amazing; it's difficult to have a favorite." Maxi's offers tasty eats and fantastic drinks. Tuesday – Saturday, 7AM-11AM/ 3PM-12AM. Sundays, 10AM-10PM. Breakfasts: 7AM – 11AM Tuesday-Saturday, 10AM-1PM Sundays. Barrier Reef Drive, 226-2052.



**SERGEANT DUKE'S BEACHSIDE GRILL & BAR:** Texas BBQ. You won't find it anywhere else on the island! Enjoy slow-smoked meats with all the fixin's, cold drinks and Texas hospitality, all right on the beach! 226-5425.

**THE SAN PEDRO LIONS CLUB** Join us on Fridays for fun bingo (7PM) and delicious chicken BBQ (from noon). All proceeds go back to assisting the community in times of need.



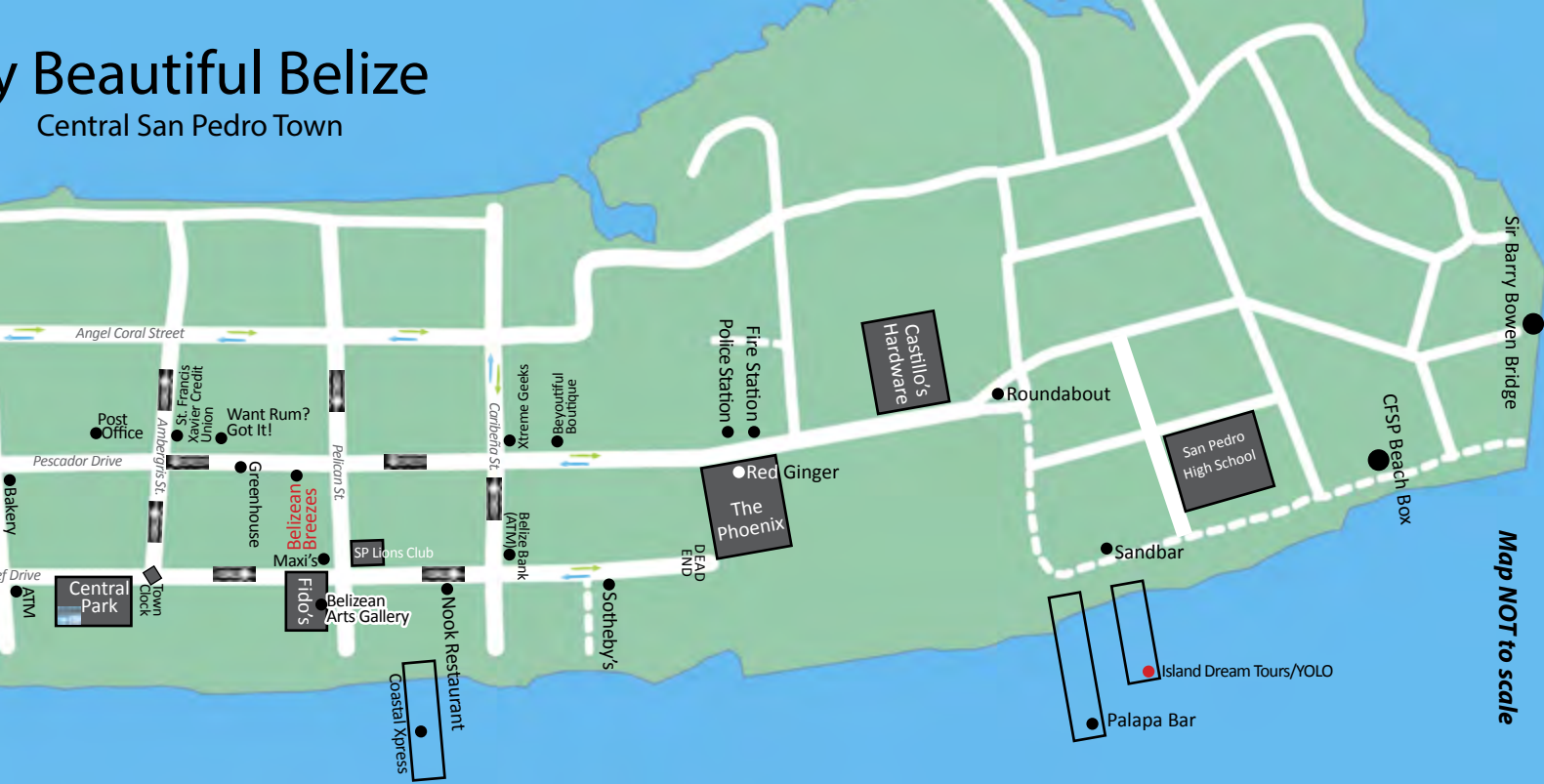
**REAL ESTATE BELIZE SOTHEBY'S INTERNATIONAL REALTY** is a full-service firm offering sales, vacation rentals, and property management in Belize (Ambergris Caye & Placencia Peninsula). We are service oriented and will ensure that our clients' needs are met and exceeded. Belizesir.com

July/August 2017



# My Beautiful Belize

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**HAVANA CIGARS BELIZE:** Our walk-in humidor stocks an ever changing selection of some of the finest hand-made cigars from Cuba, Central America, and the Caribbean. We also offer an air-conditioned smoking lounge with a full bar and café. On Front Street, across from Holiday Hotel. 226-4576 Find us on TripAdvisor!



**BEYOUTIFUL BOUTIQUE:** The latest in fabulous fashion and accessories for the most fashionable Mommy and Baby! Elegant dresses, rompers, swimsuits, handbags, perfumes, makeup and more. Baby essentials, cute clothing and accessories! Visit us on Pescador Drive next to Xtreme Geeks. Mon-Sat, 9AM-7PM

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**BELIZEAN ARTS GALLERY -** Largest collection of paintings in Belize. Featuring contemporary, native and realistic works by leading and on the rise artists. Gold and silver artisan jewelry, ceramics, fabrics and more. Open daily 9am to 10pm. Deep inside Fido's Courtyard. 226-3019.

**SAN PEDRO ARTISANS MARKET:** Over 20 booths featuring local arts and crafts. Wood carvings, jewelry, paintings, sculptures, souvenirs and much more. Open daily from 8AM until 9PM. Located on Angel Coral Street across from the Hon. Louis Sylvestre Stadium.

### PARTY PARTY



**WAHOO'S LOUNGE -** We are home to the WORLD FAMOUS CHICKEN DROP! Thursday nights starting at 6PM. Drink specials, games and an amazing view of the reef. Located on the beach at the Spindrift Hotel. 226-2002.



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## South of San Pedro Town



## EATS & TREATS



**THE COCONUT CAFÉ:** Life's better when it's made from scratch! The Coconut Cafe offers breakfast all day, as well as pizzas, paninis and burritos/wraps. We make all of our own breads, pies and cinnamon rolls from scratch. Open daily from 7-3, closed Wednesdays. Located just south of town, on Coconut Drive, across from Road Kill Bar. 226-4311.



**CASA PICASSO RESTAURANT:** Tapas dining in an artful setting. Global flavors from local ingredients...martinis, wines, cocktails. Vegetarian & gluten-free options. Open Tuesday-Saturday at 5:30pm. Last reservations 9:00pm. 226-4443 or [reservations@casapicassobelize.com](mailto:reservations@casapicassobelize.com). Located south of town past Caribeña Gas Station & Belikin Distributor. Check out our specials & weekly "Tasting Thursday" menu at [facebook.com/CasaPicassoBelize](https://facebook.com/CasaPicassoBelize) & [casapicassobelize.com](http://casapicassobelize.com).



**EI DIVINO CARIBBEAN STEAKHOUSE & MARTINI BAR:** *Nominated for Restaurant of the Year 2016 by BTB!* Banana Beach's signature restaurant, featuring indoor and outdoor dining and sports lounge. Serving USDA meats, wood fired pizza, fresh seafood, pastas... locals LOVE our ceviche! Daily dinner and drink specials, Happy Hour from 3-7pm. 226-2444.



**HIDDEN TREASURE RESTAURANT:** Serving Latin American & Caribbean cuisine in an enchanting atmosphere. Serving dinner only from 5:00pm - 9:00pm, closed on Tuesdays, located in the Escalante neighborhood. Live music on Thursdays! Free shuttle service to customers in town. Contact us 226-4111/4236, [www.hiddentreasurebelize.com](http://www.hiddentreasurebelize.com)

**THE PALMILLA RESTAURANT AT VICTORIA HOUSE:** A casual experience with a unique mix of island seafood and continental cuisine. Relaxed and informal yet romantic. Admiral Nelson Bar is the place to be casual and relax in your swimsuit, enjoying breakfast, lunch and dinner with magnificent views. Reservations recommended: 226-2067.



**BLACK ORCHID RESTAURANT & LOUNGE:** Come visit us; just a quick Golf Cart Ride 2 1/2 miles South of Town after the Croc Pond Lagoon and well before the Marco Gonzalez Maya Site. Open Tuesday through Saturday; Happy Hour: 3PM-5PM, Dinner: 5:30-9PM. Reservations Recommended (501) 206-2441. [www.blackorchidrestaurant.com](http://www.blackorchidrestaurant.com).

## PARTY PARTY!

**CRAZY CANUCKS BEACH BAR:** Beach bar located at Exotic Caye Beach Resort. Open daily 11am-midnight. Bar food and daily drink specials. Mondays: Live reggae @8pm Tuesdays: Live Music & Hermit Crab Racing @6:30pm Thursdays: Paint n Splash @2pm Fridays: Trivia @7pm Karaoke @8:30pm Sundays: Live music/horseshoes @3pm Follow us on Facebook. Phone: 670-8001

## UNIQUE OFFERINGS



**CAYE COFFEE ROASTING COMPANY:** Local fresh roasted coffee manufactured in San Pedro Town. Available throughout Ambergris Caye and countrywide. M-F: 8:30-4:30, Sat: 8:30-noon. ONLINE WEB STORE, NOW OPEN!!! For more information visit <http://www.cayecoffee.bz>.

**SCIENCE & SOUL WELLNESS:** A sanctuary for body, mind and spirit that caters to the local community, guests and residents of Mahogany Bay Village. Offering therapeutic facials, group and private yoga, aerial yoga and energy healing sessions via the world's most exceptional Yoga, Ayurveda and Macrobiotic practitioners and teachers. [www.scienceandsoulwellness.com](http://www.scienceandsoulwellness.com) Ph: 615-0089.

**MAHOGANY BAY VILLAGE:** A fresh and energized take on the conventional resort community that pulls from the culture, values and architecture of Belize. Featuring a four-star resort, private homes, a burgeoning townlet, Bay and Beach Clubs, and a Spa, the development offers up a 360-degree travel experience unlike any other in Belize. Learn more at [www.mahoganybayvillage.com](http://www.mahoganybayvillage.com)



# Belizean Smiles!

Visitors often tell us that their favorite part of Belize is her people. They talk about how friendly and open Belizeans are, welcoming them warmly to our shores and showing them the absolute best of Belize. With that in mind, we present to you some of those friendly favorites. Chances are, you will meet them during your travels and experience the warmth and hospitality that make them stand out to us too!

## The Merry Makers of Celi's Deli

By Tamara Sniffin



(l-r) Yessi, Rosi and Estelita

It's not unusual to step into Celi's Deli on Barrier Reef Dive and hear a chorus from the busy kitchen of ladies singing along with the radio. They laugh and joke with each other while they prepare the food, and when they welcome you at the counter, you are greeted like you were just there singing along with them! How can you not love a person who feeds you breakfast with a smile and calls you sweetie?

These gestures of love are from the core crew of **Rosi Lanze, Yessi Perez** and **Estelita Lamb**, who have been winning over the hearts (and tummies) of customers at Celi's Deli for years!

Ms. Rosi, who is originally from Libertad Village in the Corozal District, has worked there since 1994, and she affectionately calls her customers "coch".

Yessi, who is from Orange Walk Town, has a mischievous smile, like she just got caught sneaking a piece of cake, and cheerful Estelita, who hails from Progreso, Corozal, always seems to have a dance in her step.

You can tell these ladies really like each other, enjoy their job, and love their customers! Now, imagine all that love topped with a tortilla, meat pie, rice and beans or a garnacha? Pepper sauce? Yes please, and Ms Rosi laughs when I tell her it's so good, "*pero me pica!*"

Whatever it is that you are lucky enough to order from these rays of sunshine, it's bound to taste better after they serve it with a smile, and sometimes even a wink!

## Wolfe's Woofers Get Rid of your Wife



By Dennis Wolfe

As I took my seat at the taco stand I heard, "Hey, Mr. Dennis."

It was Mario, my sometimes yard man, and his friend Juan. They ordered their food and sat at the big picnic table.

"Juan! You don't fix the boards on the step or the screen door like I told you. You do them as soon as you get home. Don't even think about watching football or going out drinking with your friends."

Juan's wife, Dolores, had tracked him down. She called him a few choice names before she left.

"All that woman ever do is bitch at me," Juan said. "I wish I could get rid of her."

"Why don't you kill her the legal way?" Mario asked. "If women get too much love it will kill them."

"Really?"

"Yes. All you got to do is to make love to that woman three or four times a day for a while and she won't be able to take it. It will kill her and nobody would know what happened."

Yesterday as I sat on the deck at the Holiday Hotel I heard, "Hey, Mr. Dennis."

It was Juan walking with his wife down the beach.

"I'm going to sit with Mr. Dennis a while," he told his wife.

"O.K., mi amor," she said, as she left. "Have a couple of beers and come home in time for the football game."

I said, "Juan, I'm glad to see that you and Dolores made up and everything seems to be going well."

"What you talking about?"

"Dolores looks happier than I have ever seen her."

"I feel kind of bad for her," Juan said. "That woman don't know she only got a few more days to live."





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# The International Costa Maya Festival is back!

By Mary Gonzalez



Despite a slight hiccup in its 25-year run (thanks to Hurricane Earl last year), the International Costa Maya Festival is set for 2017. No storm can stop the festivities two years in a row! Organizers are optimistic that the weather will cooperate this year, and that attendees will be able to enjoy the lineup of entertainment on the agenda.

The award-winning festival is the largest in Belize, and dates back to 1991, when it was called the Sea and Air Festival. Featuring the Mundo Maya countries of Belize, Costa Rica, El Salvador, Guatemala, Honduras, Mexico, Nicaragua and now Panama, the festival celebrates the dance, sound and cultures of these vibrant countries. It is always held on the first weekend of August, starting Thursday and running through the Sunday.

In 1996, the first ever Reina de la Costa Maya Beauty Pageant was held, and has become one of the highlights of the festival. In fact, it opens the grand weekend of



events, with a bit of glitz and glamour. Rich cultural costumes, sexy swimwear and elegant evening gowns grace the stage, and at the end of the night, one of the eight beauties has the honor of overseeing the festivities, and represents the region for a year. This year's pageant will be held on Thursday, August 3rd.

Performances include theatrical cultural presentations, highlighting the indigenous talents and rich heritage of the countries being represented on that weekend. The music is varied, from Punta to reggae, salsa, cumbia and even traditional Maya music. At the festival grounds, booths display arts and

crafts, games, food, clothing and even the traditional carnival games and rides make an appearance!

This year's festivities will be bringing the Soca vibes via Alison Hinds, all the way from Barbados. Her musical influence is celebrated widely throughout Belize and the Caribbean, and will certainly have festival-goers on their feet throughout the night on Friday, August 4th. Cumbia is the theme for Saturday night—or as it's called, International Night. With the popular Colombian band La Sonora Dinamita lined up for the main event, Latin-music lovers will be in heaven!

At its core, the International Costa Maya Festival is a celebration of goodwill amongst our nations, bringing together a collective group of talents to encourage visitors to Belize and all of the Mundo Maya. On August 3rd through the 6th, we invite you to head over to the Honorable Louis Sylvestre Stadium to enjoy a little bit of what Belize's largest festival has to offer!



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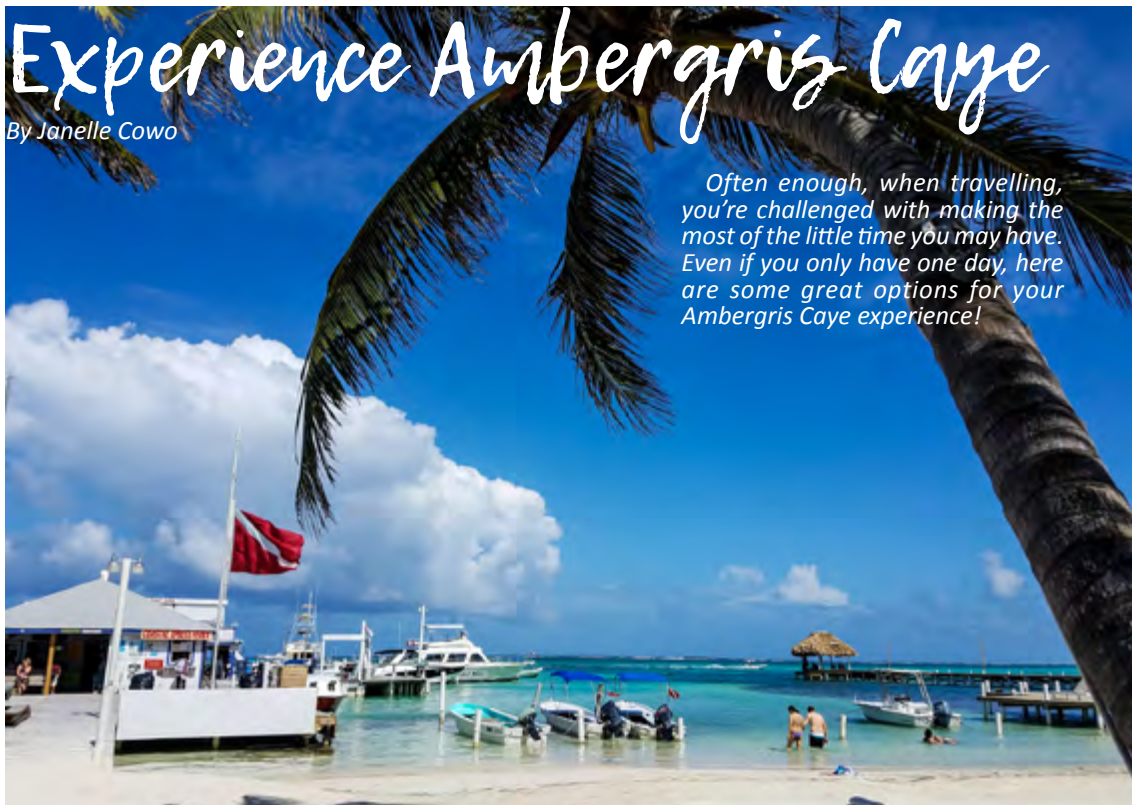
**226-3365, 1/2 MILE NORTH OF THE BRIDGE**



# Experience Ambergris Caye

By Janelle Cowo

*Often enough, when travelling, you're challenged with making the most of the little time you may have. Even if you only have one day, here are some great options for your Ambergris Caye experience!*



## Morning Adventure

8am – Start your day with an activity we are known for, snorkeling! Most tour companies headed to our renowned marine reserves of Hol Chan and Shark Ray Alley depart at 9AM. The colours and sights of the underwater world of the Caribbean Sea are sure to get your day off on the right track.



11:30am – By now, your two site snorkel trip should be over and your tummy will be calling for food. Brunch anyone? One of my top spots for that essential meal is rather new in town, but already known for their unique eats. Maxi's, located on Barrier Reef Drive serves up the best Belizean inspired breakfasts with a refined twist. With Belize's top chef Jennie Staines leading the kitchen, you are in for a treat. Of Elvi's Kitchen fame, Chef Jennie is having FUN at Maxi's and you taste buds will too.



## Afternoon Fun

1pm –Barrier Reef Drive is the heart of San Pedro Town. A jaunt around town reveals several stores offering unique souvenirs and trinkets. It's a great time to stock up on your Belizean memorabilia.

2:30pm – No vacation to the Caribbean would be complete without some beach time. Grab a towel and find your spot along Ambergris Caye's sandy coastline. Soak up the sun as you lounge around reading a book, or splash

around in the Caribbean Sea. Be sure to stay hydrated (beers count too)!

4pm – All this activity can be tiring, and there's no better way to relax than with a massage. Preferably by the beach or even better, over the water! If that's what you are looking for, visit Oasis Spa on the dock at Fido's Courtyard. Trained mas-

sage therapists will take excellent care of you, and an hour-later, you will be renewed and refreshed.

## Evening Events



7pm – Cab or drive your way over to Black Orchid Restaurant, just 2.5 miles south of town for dinner. With delicious options like seafood, steaks, tapas or even hand-made pastas, pair your meal with either a glass of wine or a cocktail prepared by Black Orchid's skilled bartenders. Owners Tom and Judyann are almost always on premises to greet their guests and ensure your dinner is spectacular. (Reservations are highly recommended)

10pm – If you are not quite ready to call it a day after dinner, there are several great bars across town providing everything from live music, karaoke and of course, cocktails galore. A favorite among locals and visitors alike has to be Crazy Canucks Beach Bar, located on the beach at Exotic Caye Beach Resort. Crazy Canuck offers fun activities each night of the week. One of the most popular is their Hermit crab Races on Tuesdays. You are sure to have a blast here! **'Might as well stay up' Late Night**



12:30am – Still going? Slam an energy drink and join the party people at bars and clubs around Central Park. You can socialize at the open-air bars or get your dance on at the nightclubs till the wee hours (open till 4am). Indulge in street food, or wait for a breakfast as the sun's rays begin peeking out over the horizon. Know that by the time you hit your bed, you've spent an epic day on Ambergris Caye.





# Plan your July/August Belize travels

The long days of summer lie ahead in Belize, and there are quite a few fun activities to be seen throughout the country.

From village life to international festivals, food to music, traditional to modern entertainment, there is a lot to enjoy over the next couple of months!

Start packing, two months of exploration await you!

July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1							5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		
30	31												

## July 10<sup>th</sup> to 14<sup>th</sup>:

Garifuna Drumming Lessons at Banquitas House of Culture, Orange Walk Town starting at 9am each day

## July 14<sup>th</sup> to the 16<sup>th</sup>:

National Corn Coconut and BBQ Festival at Rainbow Beach, Corozal Town starting at 9am each day



## July 14<sup>th</sup> to the 16<sup>th</sup>:

Benque Fiesta at Cancha Marshalleck Stadium, Benque Viejo del Carmen Town

## July 15<sup>th</sup>:



\* Summer Fest 2017 at Castleton Entertainment Park, Burrell Boom Village, Belize District starting at 9am

\* Summer Time Fete at Element Bar Nightclub, Belize City starting at 9pm



## July 22<sup>nd</sup>:

Belize Rubber Duck Race at the Hawkesworth Bridge, San Ignacio Town starting at 10am

## August 3rd to 6th:

International Costa Maya Festival at Honourable Louis Sylvestre Sporting Complex, San Pedro Town (See Page 12)

## August 5<sup>th</sup>:

Belmopan Day Mini Expo at Mae Gordon Park, Belmopan City starting at 10am

## August 6<sup>th</sup>:

Hawaiian Luau Full Moon Party at pirates Not So Secret Beach Bar and Grill, North Ambergris Caye starting at 6pm

## August 19<sup>th</sup>:

Miss Estereo Amor Belie Pageant at Sacred Heart College Auditorium, San Ignacio Town starting at 6pm

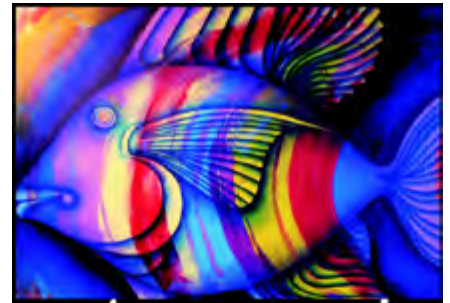
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## Sudoku Answers Puzzle on Page 7

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





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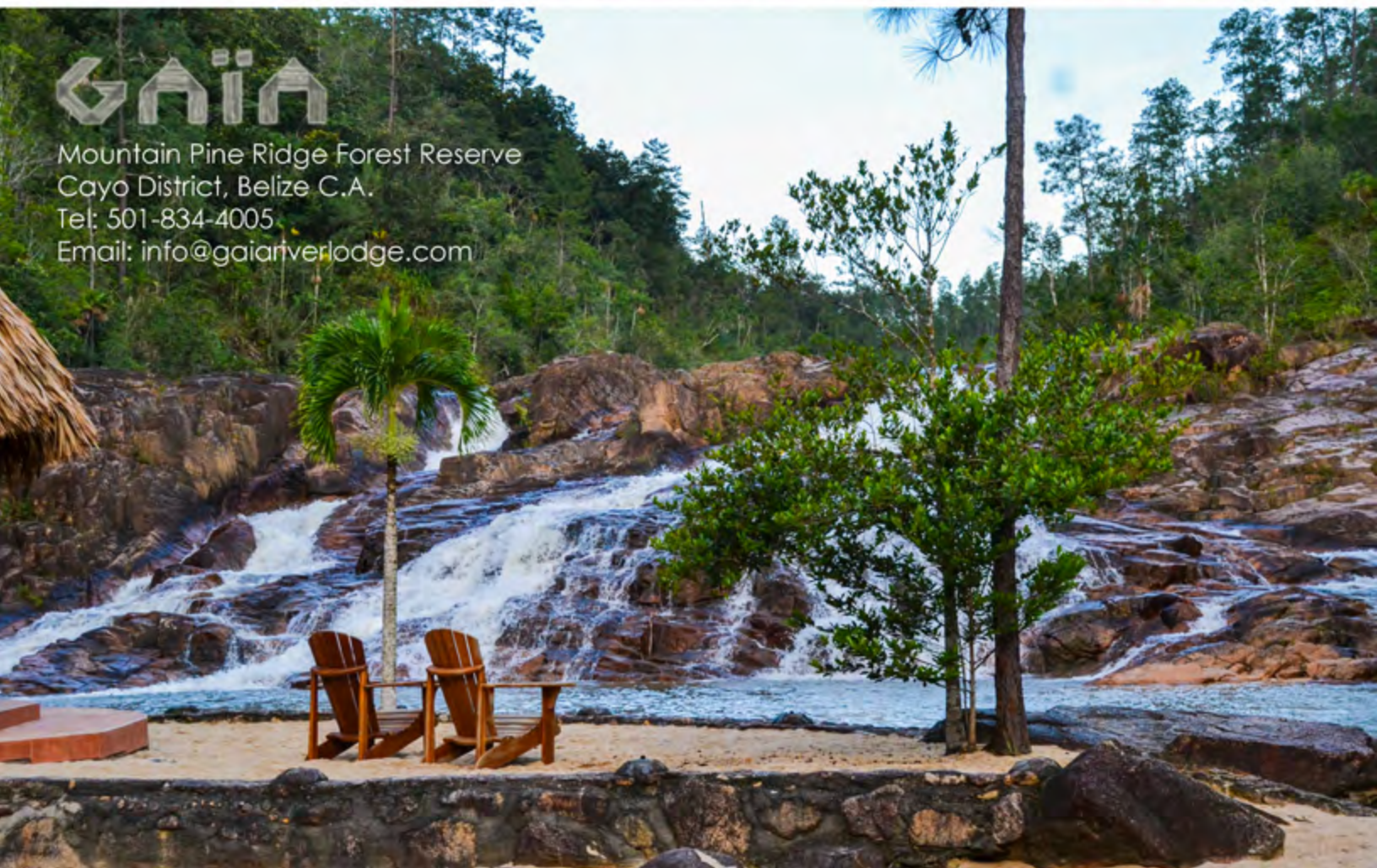




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