

Volleyball tournament 2007



to locate more funds for promoting the event. Presently there are 4 teams interested and will commit when things are properly in place. So get your dive shop or your favorite bar/restaurant together and sign up as a team asap. Teams interested in competing can contact us for an application, please phone John Glen at the Sea Eye Resort 425-3616/ 9978-6550, Patrick Flynn 425 3988 or email utilaeastwind@gmail.com

This year, the Sea Eye Resort will be hosting the volleyball tournament again with cash prizes and beach activities for the whole family to enjoy. It will take place on the 22nd of July. A big celebration will follow the tournament at Bando Beach. Last year was the 1st annual volleyball tournament and this year we will be expanding it to at least a National level, pushing for an International level in the future. Dr. Bruce knows that it will take a few years to develop such an event and this year the carnival committee will be working with him



Don't get Dengue!!!

No doubt you have heard that dengue is around. I had it and I have never felt worse! Until I had dengue I treated it like a bad flu. If someone said they had it I'd say something like "Oh yeah, just like a bad flu"!! Now I realize how lucky I am not to have been punched on the nose! That's what I felt like doing to a friend who visited me when I was sick and started telling me about a flu they once had. **DENGUE IS NOT LIKE THE FLU!** It is way worse. Not only does every bone in your body ache but the aches have aches. The pain in your back and legs is beyond ache, it has you curled up fetal like crying for mercy....and that's AFTER you've taken your acetaminophen. It hurts to move, think, sleep and cry. It hurts to stay still! Then there's the headache. A crushing pain behind your eyes, which keeps you vampire like in a darkened room afraid of even the smallest

ray of light searing your brain.

For over a week life was bleak. Not even the sound of my kids could cheer me up but instead had me panic stricken that they would burst into the room, talk to me, look at me or move the bed. The only words they heard from their loving Mother was "GET OUT AND LEAVE ME ALONE". So the bottom line is.....don't get bitten. Dr. John tells us that the mosquitoes responsible for this most awful illness are the ones that nibble you in the daytime. They don't bite and suck till they are full but instead nibble you a little and then move to the next person and so on, happily making sure they leave no one out.

Cover up and use repellent, you really DO NOT WANT DENGUE!



UTILA PRINCESS II

DAILY SERVICE BETWEEN LA CEIBA AND UTILA



ONE HOUR CROSSING

UTILA-LA CEIBA 6:00AM AND 2:00PM
LA CEIBA-UTILA 9:00AM AND 4:00PM

THE DRIFTWOOD BAR AND GRILL

-HOME STYLE TEXAS COOKING-

Happy Hour Prices
all day Sunday

FULL MENU **FULLY STOCKED BAR**
SPECIAL EVENTS **SPORTING EVENTS**

SUNDAY SMOKED BRISKET
T-BONE STEAK
BBQ RIBS AND CHICKEN
BEER BATTERED BRITISH FISH AND CHIPS

OPEN FROM 8 AM TILL 9:30 PM
LOCATED ON THE WATER AT THE MARGERITA BEACH HOTEL

Get in shape



FREE AEROBICS FOR MEMBERS!!!

Treadmills, Ellipticals, Bicycles
 Weight Machines and Free Weights
 Health Bar, Vitamins, Diet Pills and more

SPECIAL OFFER FOR MAY

- 1 person \$ 35/Lps 665
- 2 persons \$ 60/Lps 1140
- 3 persons \$ 85/Lps 1615
- 4 persons \$110/Lps 2090
- 5 persons \$135/Lps 2565

Located in Sandy Bay, just before Chepes Beach
 Tel: 425-3935
 Open: Mon-Fri 6am-12, 2pm-8pm & Sat 7.30am-2pm

Julia's

New Freedom Diet for the Bay Islands

Where health, mental balance, spiritual fulfillment
 come together and you can "be" the best you are.



LEARN THE ELEMENTS OF A TRULY BALANCED DIET.
 REGENERATE YOUR PERFECT NATURE
 AND CHILDHOOD SPIRIT

1 MONTH EXERCISE MEMBERSHIP AT OCEAN FITNESS
 AND 2 DAILY MEALS (LUNCH AND DINNER)
 AT THE JADE SEAHORSE FOR 15 DAYS!
 GUIDANCE ON HEALTHIEST CHOICES
 FOR BREAKFAST AND DRINKS!

Signup at Ocean Fitness or
 The Jade Seahorse or call 425 3270
 Total Cost: 2900lps or \$150.00

PHIL'S CHICKEN RALLATINI

Serves 6

- 1 Pkg of Chicken Breasts
- 2 Cans Spinach
- 2 Small Cans Sliced Mushrooms
- 1 Small Pkg of Parmesan Cheese
- 1 Pkg of Mozzarella
- 8 Garlic Cloves
- 1 Small Onion
- Olive Oil, Salt & Pepper
- 6 Slices Prociutto or Bacon



Slice Breasts in half then butterfly, this will provide 6 butter flied pieces, coat in Olive Oil. Drain Spinach and Mushrooms. Finely chop mushrooms, garlic and onion. Mix Spinach, mushrooms, onion, garlic, parmesan ... salt & pepper to taste. On an olive oil coated oven pan evenly place mixture into 6 piles. Slice mozzarella into 6 long strips and place in center of each pile cover with chicken then prociutto or bacon. Place in a 350 degree oven for 40 minutes or until chicken runs clear and is done.