

# Backpackers of the month



So how does a dream become reality? For us it was deciding what we wanted and breaking it down into simple steps, until one day we locked the door of the house for the last time, fired up 2 Yamaha motorcycles and rode out of Bristol (England) into the unknown.

We've experienced glaciers and hot springs in Iceland; the vast unpopulated expanses of Canada (we didn't see one damn moose!); the rampant commercialism of the USA; the easygoing Garifuna and myriad drug pushers of Belize; the mix of ancient culture & modern poverty in Mexico, Guatemala and El Salvador. After almost 2 years and over 30,000 miles where have we found the most difficult to leave?

3rd place goes to Arizona for smooth open roads and amazing scenery.

2nd place goes to San Jose del Cabo, Baja, Mexico for 2 weeks of "We're leaving tomorrow" and beach bar happy hours, camping on the beach with assorted travelers.

1st place goes to Utila for 3 weeks of diving, beach-bumming, "We're leaving tomorrow" and "Let's go out for just one beer". Also for the generosity and help from the people we met. Not because we needed help, just because they wanted to!



The island is a good balance of modern tourist convenience with the rough-edged flavor of the original community. What a long, strange journey it is

Lew & Anita yamaroundtheworld.com

Names: Lew Lightfoot & Anita Zold  
Occupation: Former Corporate Monkeys, now travelling till the money runs out!  
Nationality: British



Cutting the cake!

## Massage Therapy

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We would like to express our sincere gratification to everyone that prayed, visited, brought flowers and showed true friendship in this time of grief and sorrow. You made our pain alot smaller just knowing you were there and that we could count on you.

We loved our mother with all our hearts but we know that Jesus loved her more. We miss you and will never forget you Mami.

God bless you all,  
Thanks again

From. Miriam, Nancy, Obdulio, Glenda, Mabel, Saul, Rosibel, Samir and Elton.

# Recipe of the month

## Ingredients:

- Fresh Fish
- Plantains (green)
- Cabbage
- Tomatoes
- Onions
- Vinegar
- Black pepper
- Salt
- Consome de pollo
- Oil
- Flour

I didn't have much time this month to invite myself to someone's house for lunch, a bit of a chat and a 'local' recipe (I do have a good idea of a few houses I'd like to visit!), but I was lucky enough to come across a group of friends 'fryin' up' on the beach. Chef Kenny had seasoned fresh Barra (Barracuda) and shark in flour, black pepper, salt and consome de pollo. A pile of green plantains were peeled, washed and seasoned with a little salt and ready to go in the hot oil. Kenny had 2 pots of oil on the fire so that when the frying started, everything got cooked at the same time and was ready to serve with the side dishes of fresh cabbage and tomato salad seasoned with salt, black pepper and vinegar and sliced onion steeped in vinegar. Hard to beat a fry up on the beach!



para ir a casa de un amigo para almorzar. Un poco de charla y una buena receta isleña (tengo una buena idea de algunas casas que me gustaria visitar este mes) pero tuve la suerte de encontrarme con unos amigos 'friendo' en la playa. Chef Kenny habia sasonado Barracuda y Tiburon en harina, sal, pimienta y consome de pollo. Habia pelado un monton de platanos verdes y estaba listo para freir. Kenny tuvo dos frideras calentando para que al empezar estuviera todo frito al mismo tiempo y poder servirlo con la ensalada de repollo, tomate y vinagre. Dificil encontrar una mejor diversion que freir en la playa!!

## RECETA

- Pescado Fresco
- Platanos Verdes
- Repollo
- Tomates
- Cebollas
- Vinagre
- Pimienta Negra
- Sal
- Consome de Pollo
- Aceite
- Harina

Este mes no tenia suficiente tiempo



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