

**“THE TIME TO SAVE YOUR COUNTRY,
IS BEFORE YOU LOSE IT!”**



HON. PHILIP S. W. GOLDSON
BELIZE'S NATIONAL HERO



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Comandante: Hugo Chávez (1954–2013)

The President of Venezuela Comandante, Hugo Chavez dies on 5th. March

The great President of Venezuela Commander Hugo Chavez died on 5th March, 2013 at approximately 3:55pm EST in the afternoon after battling cancer for over two years. The announcement of his death was made by his vice-president shortly after the President passed away. The rippling effect of a nation dashed into mourning, shock, confusion, uncertainty and despair could be felt all across the globe as the realization that this revolutionary commander who has transformed the image and way of life of the entire Nation of Venezuela both internally and externally, after fourteen years of successive leadership was gone. Countless Nations across the world have expressed their condolences to the Government and People of Venezuela while we in Belize, our other brothers and sister Nations of the Caribbean

[Cont. on pg 5](#)

COMING SOON



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H - *Helping to*
A - *Assist those*
I - *In need with*
L - *Love*



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Cantique de David. L'Éternel est mon berger



ditorial Pag



MAIRA D. MONTEJO

The Media plays a critical role in the development of any nation. This role must be taken seriously and guarded by the same consciences that guide us every day in our very lives. There is also the question of Ethics, Moral Obligation and Social Responsibility which goes hand in hand with the principles of patriotism that should be embedded in the fulfillment of our duties in the media as the movers and shakers of this young nation called Belize. Wrong is wrong and right is right. Yes we must be responsible. I can recall vividly a certain

headline which appeared in a local newspaper here in Belize which read, (*The name of the person has been omitted by us so as to not cause further injury to the family...*) "XYZ dies in accident with sweetheart!" That edition of that newspaper sold out that weekend but the damage it did to the surviving family members of the deceased has been irreparable. (Scandal as oppose to facts) No proof! How under the sun could that paper (Editor or Publisher) prove that the person that died along with the man was indeed his sweetheart?

No Conscience! No thought went into the fact that the gentleman had children going to school and for that matter high school who had to face their peers in shame the subsequent years after their tragic lost. No thought went into the grieving widow who had to deal with countless inquiry about her husband alleged affair while she was still in shock. Do we need continue? The reality is that there was no need to report other than the facts period. Those Media houses engulfed in "so called" sensationalism needs to be put in check with lawsuits pe-

riod. Another exercise in poor judgment in the Media comes from the public display of dead, mutilated bodies of murder victims and murder scenes with no consideration to grieving families or kids who might just buy a newspaper to read. I find this as a desperate quest to trade in the lack of substance for a quick sale which for me is rather repulsive. In 2013, the most critical year in the History of this nation when it comes to Guatemala and the question of the ICJ the demand from us in the Media is to simply stick to the facts. Thats news!

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Belize Mourns the Passing of President Hugo Chavez

Belmopan. March 6, 2013.

The Government and people of Belize join the Government and people of the Bolivarian Republic of Venezuela in mourning of H.E. President Hugo Chavez who passed away on 5 March 2013.

President Chavez was a true friend of Belize and over many years, the Belizean people enjoyed the fruits of friendship and cooperation that the Government and people of the Bolivarian Republic offered Belize under the leadership of President Chavez.

His public life was one of leadership and struggle for high ideals and principles, with the purpose of improving the lives of individual citizens and promoting a spirit of community among peoples and among nations. It is under his leadership that the Community of Latin American and Caribbean States (CELAC) was established in Caracas, Venezuela, in December of 2011.

Acting Prime Minister, the Hon. Gaspar Vega has communicated with acting President Maduro of the Bolivarian Republic of Venezuela to convey the condolences of the Government and People of Belize in the passing of a true statesman, President Hugo Chavez. May he rest in peace.

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The President of Venezuela Comandante, Hugo Chavez dies on 5th. March

and Latin America have joined in mourning the loss of the President whose word was as good as gold and whose action assisted and uplifted the lives of countless poor in all our various countries. In Belize for example thousands of homes were built for the poor with several grants air-marked for housing for the poor

from Venezuela. Our Government along with 17 other Caribbean Countries has and continues to receive concessionary fuel on credit under the Petro Caribe Initiative which was created by President Hugo Chavez. In Health, Education, Infrastructure even the Super Bond we in Belize have received tremendous assistance from Presidente,

Comandante Hugo Chavez de Venezuela he will be surely missed.

President
Hugo Chavez
1954-2013.



And we mourn...

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A Twisted Tale of Deceit!



Sarah



Diana McNab
Mother of Sarah



Bernadette McKenzie
Grandmother of Sarah

The Saga of a young, Sittee River, mother and grandmother both of Southern Belize continues today as it was revealed to them that their baby who they allowed to go to the United States for medical reasons in the company of a U.S. couple (who are also members of their church in Sittee River Village, Stann Creek District, Belize) was given up for adoption without their knowledge. A Jefferson county judge in Texas granted approval to have the child named Sarah formally change her last name to that of her adoptive parent, Smith. Xuan and Aaron Smith have adopted Sarah, a baby who was thought to have been abandoned in a bucket by her parents. The story was seemingly a great humanitarian story that a local television reporter in the U.S by the name of Ashley Gaston did a story on it

which was featured on their local news. The story headlined, Belize baby found in bucket caught the attention of one of our local Media House here in Belize. Great Belize Production, Channel 5 News then carried the story of baby Sarah as was reported in the U.S in its entirety. Diana McNab, the maternal

“Dah my one and only daughter. I need my daughter back.”

mother was at home watching the news when it dawned on her that the child Sarah being referred to in that newscast was indeed her child. Below is the reprint from KBTX FOX 4 News. Diana McNab and Bernadette McKenzie both insists that they never gave the baby

up for adoption. The visibly angered mother and grandmother said that Sarah was taken to the United States for corrective surgery for her condition by a couple known to them as Sarah and Christopher Rogers. Because they were from the same Pentecostal Church in Sittee River, McKenzie willingly handed over baby Sarah, filled out medical forms and allowed their baby girl to travel to the U.S. for medical treatment. Both McNab and McKenzie say that despite countless pleas for the return of the child, they were given the runaround. Diana McNab stated, “Dah my one and only daughter. I need my daughter back”. Sarah was suffering from what is referred to as “Club Feet” she is now seven years old.



Beaumont adoption; Belize baby found in bucket

By: Ashley Gaston

Updated: March 4, 2013

A Beaumont couple found a 10 week old baby in a bucket, abandoned, suffering from club foot in a village in Belize. The couple brought the baby back to Texas. Now the couple's friends are giving little Sarah a forever family. It's a day that couldn't come soon enough for Xuan and Aaron Smith.

They've waited for the opportunity to appear before a Jefferson county judge for 6 years. "One day Xuan walked in and said hey there's this girl that needs a family at the clinic and I was like let's go for it," said Aaron Smith.

Aaron's wife, Xuan volunteered at a pediatric clinic in Beaumont where she met Sarah, a one year old girl from Belize who was receiving treatment for club foot. Sarah's mother had abandoned her in Belize. Another Beaumont family brought her here to get help. "We thought she would be a perfect fit for our family," said Xuan. And the Smiths fell in love with Sarah. Over the years, a number of surgeries and orthotics on both her feet. Sarah is now an active 7 year old. And to make her life complete she needed the Judge's approval to have the last name of Smith. "She completes our family, a lot of kids do need a home and a family so be open-minded and open your hearts and they can really complete your family," said Xuan. Not only has Sarah gained parents, she now has a forever family made up of cousins, aunts, uncles, and grand-parents. A little girl's life forever changed by coming to Texas. The Smith's fought a long legal battle to get the government of Belize to allow Sarah to give up her citizenship. She'll have to have more surgeries when she becomes a teenager.

BTL supports Youth Development Programs

Supporting our young people by engaging them in positive activities that will catapult them into role models in their schools, social groups and homes is of great importance. As BTL continues to partner with key stakeholders, we are pleased to highlight organizations that make a difference.

The company was approached by the Wesley Lower School Faculty to assist with their annual sports day where students practice teamwork, sportsmanship and compete to be top performers. BTL is pleased to defray part of the cost to parents and faculty by contributing \$2,000 towards their sports day t-shirts. We are happy to assist in making this event a reality and by extension, put smiles on the faces of students, teachers and proud parents.

BTL has also partnered with a newly formed NGO, REACH (Research, Education and Advocacy for Social Change) to take a stance against the rapid escalation of social violence that is plaguing our youths and communities. The mission of this group is to foster community self-evaluation, social-change and enable more informed policy and decision making through quality social research. BTL committed another \$2,000 towards this social initiative.

With BTL's generous contribution, REACH will organize a visual art exhibition in June 2013 which will give prominence to the participants' creative forms of expression through photography and video. It will also see through the production of a spoken word DVD which will reflect the social and emotional circumstances affecting our youths through their expression of poetry. Through both projects, REACH's objective is educating our communities on the effects of social violence and other social ills that affect our Belize.

BTL commends the efforts of Wesley Lower School and REACH who succeed in educating and developing our young people. We wish them every success with their timely and meaningful projects.

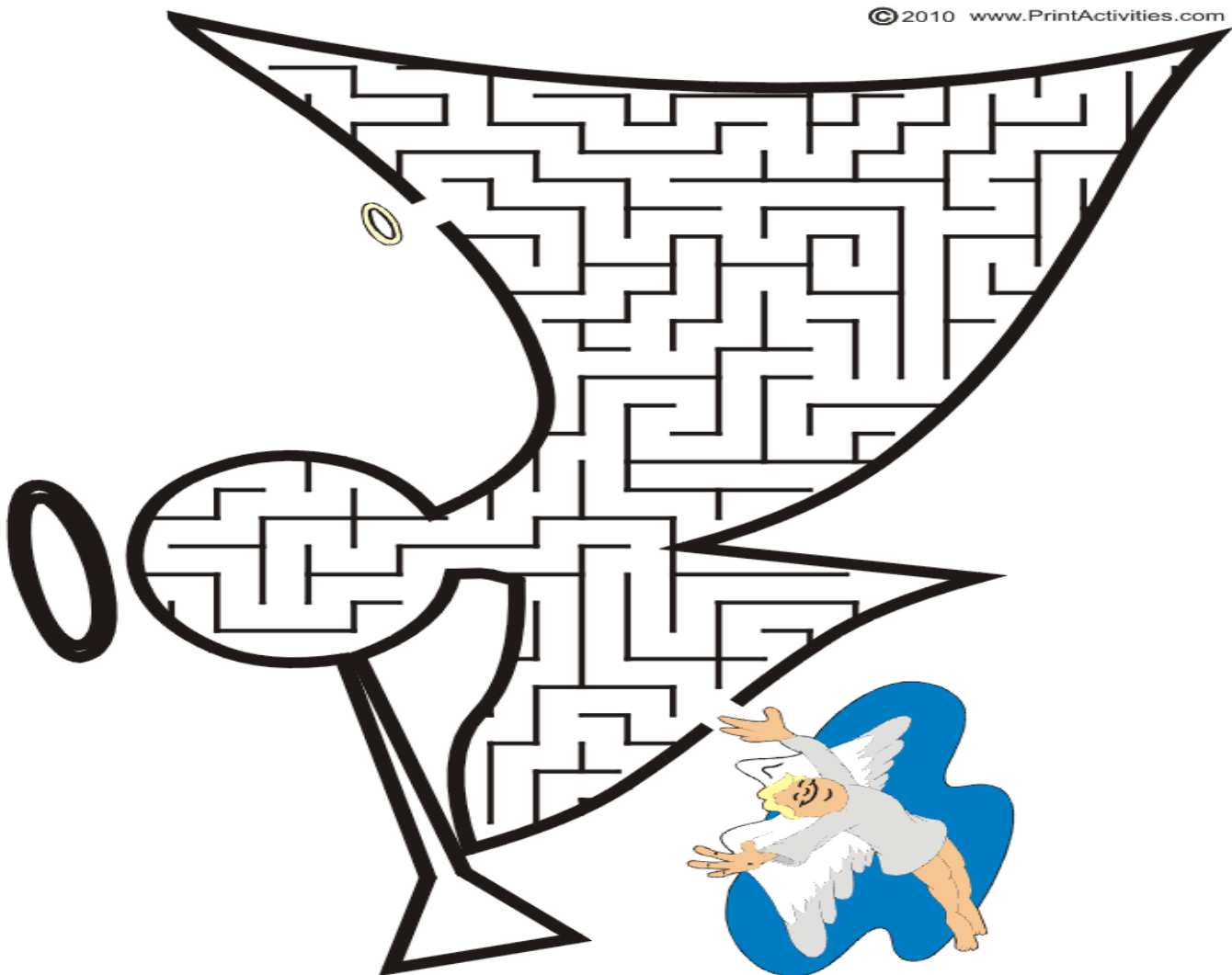


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K ids' Corner

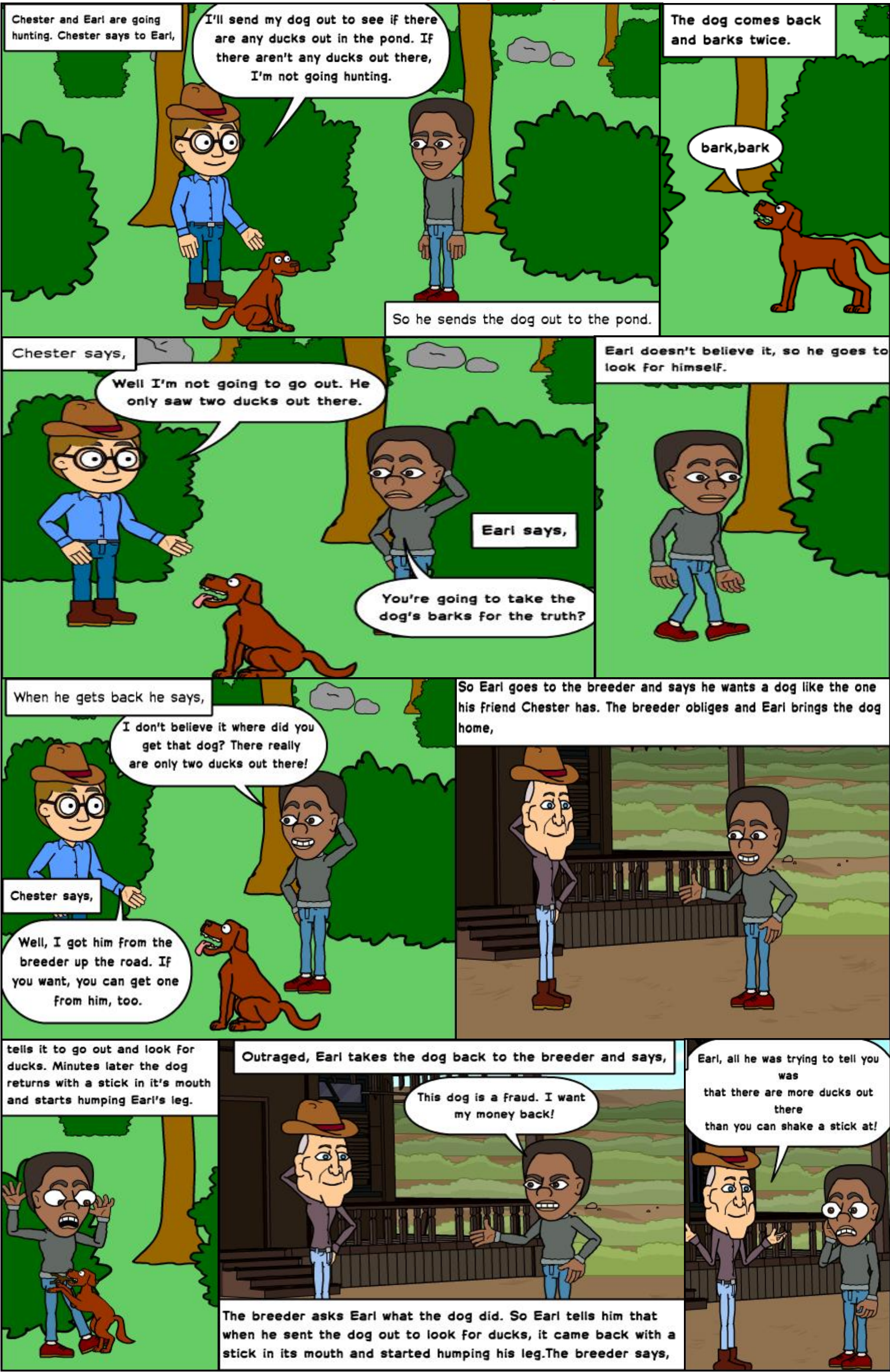
Help the angel fly through the angel shaped maze to find his halo.



OF CARTOONS & JOKE OF THE WEEK

The Hunting Dog

By Elvin Montejo



Unbelievable Facts

48. Ways to Use Vinegar ALL over the House and Home.

1 Clean your computer and mouse. Mix equal parts of white vinegar and water, dampen a clean cloth, squeeze well and wipe - use cotton swabs for tight spaces. Remove mouse tracking ball and clean inside parts too. Let equipment dry before putting it all back together.

2 Get rid of mildew. White vinegar works on almost any surface - bathroom fixtures and tiles, clothing, furniture, painted surfaces, and plastic curtains. To eliminate heavy mildew, use full strength and for lighter buildup, dilute with an equal amount of water.

3 Prevent mildew. You can also prevent mildew from forming on the bottoms of rugs and carpeting by misting the backs with full strength white vinegar from a spray bottle.

4 Shine your silverware and silver jewelry by soaking them in a mixture of 1/2 cup white vinegar and 2 tablespoons baking soda for two to three hours.

5 Erase ballpoint-pen marks by dabbing some full-strength white vinegar on the stain using a cloth or a sponge.

6 Clean eyeglasses by wiping each lens with a drop of vinegar.

7 Deodorize a room filled with cigarette smoke or paint fumes by placing a small bowl of vinegar in the room. Add cardamom or other fragrant spice to the bowl for added freshness.

8 Remove decals or bumper stickers by soaking a cloth in vinegar and covering the decal or bumper sticker with it for several minutes until the vinegar soaks in. Decals and bumper stickers should peel off easily afterwards.

9 Brighten rungs and carpets. Brush floor cover-

ings with a mixture of 1 cup of vinegar in a gallon of water.

10 Leather articles can be cleaned with a mixture of distilled vinegar and linseed oil. Rub the mixture into the leather and then polish with a soft cloth.

11 Remove stubborn water rings from glasses on wooden furniture by rubbing with a mixture of equal parts distilled vinegar and olive oil.

12 Get the salt off your shoes. Not only does salt buildup look atrocious, but it can damage your footwear. Wipe fresh salt stains with a cloth dipped in undiluted white vinegar to prevent staining and long term problems.

13 Freshen a musty closet. First, remove its contents, then wash down the walls and floor with a cloth dampened in a solution of 1 cup vinegar, 1 cup ammonia and 1/4 cup baking soda in 1 gallon (3.7 liters) water.

14 Remove candle wax. First soften the wax using a blow-dryer on its hottest setting and blot up as much as you can with paper towels. Then remove what's left by rubbing with a cloth soaked in a solution made of equal parts white vinegar and water.

15 Conceal scratches in wood furniture by mixing distilled white or cider vinegar with iodine in a small jar and painting over the scratch with a small brush. *Note: Use more iodine for darker woods; more vinegar for lighter shades.

16 Make your own all-purpose cleaners. For glass, stainless steel, and plastic laminated surfaces, fill your spray bottle with 2 parts of

water, 1 part distilled white vinegar, and a couple of drops of dishwashing liquid.

17 Sanitize jars, containers, and vases. When cleaning out slimy mayonnaise, peanut butter, or mustard



jars to reuse, simply fill the item with equal parts of vinegar and warm soapy water and let it stand for 10-15 minutes. If you're cleaning a bottle or jar, close it up and give it a few

good shakes or use a bottle brush to scrape off the remains before thoroughly rinsing.

18 Purge bugs from your pantry. If you've got moths in your cupboard or pantry, fill a bowl with 1 1/2 cups apple cider vinegar and add a couple of drops of liquid dish detergent. Leave it in there for a week; it will attract the bugs, which will fall into the bowl and drown. The empty the shelves, and give the interior a thorough washing with dishwashing detergent or 2 cups baking soda in 1 quart (1 liter) water.

19 Condition your hair. A terrific and all-natural way to condition limp or damaged hair: Combine 1 teaspoon apple cider vinegar with 2 tablespoons olive oil and 3 egg whites. Rub the mixture into your hair, keep it covered for 30 minutes using plastic wrap or a shower cap and when time's up, shampoo and rinse as usual.

20 Soak away aching muscles. If you've pulled a tendon or are just feeling rundown, add 2 cups apple cider vinegar to your bathwater. Mixing peppermint in makes it even fresher.

21 Pamper your skin.

Using vinegar as a skin toner dates back to the time of Helen of Troy. After you wash your face, mix 1 tablespoon apple cider vinegar with 2 cups water as finishing rinse to cleanse and tighten your skin. You can also make your own facial treatment by mixing 1/4 cup cider vinegar with 1/4 cup water; simply apply the solution to your face and let it dry.

22 Ease sunburn and itching. Cool a bad burn by dabbing the area with a cotton ball or soft cloth saturated with white or cider vinegar. The same technique works to instantly stop the itch of mosquito and other insect bites.

23 Banish bruises. Speed healing and prevent black-and-blue marks by soaking a piece of cotton gauze in white or apple cider vinegar and leaving it on the injured area of one hour.

24 Get rid of age or sun spots. Pour full-strength apple cider vinegar onto a cotton ball and apply it to the spots for 10 minutes at least twice a day, and you should see the spots fade or disappear within a few weeks.

25 Soften your cuticles. Soak your finger and toes in a bowl of undiluted white vinegar for five minutes before manicuring.

26 Make nail polish last longer. Your nail polish will have a longer life expectancy if you first dampen your nails with some vinegar on a cotton ball and let it dry before applying your favorite polish.

27 Whiten your grout. If your shower or bathtub grout's gone grubby, restore it to its original shade of white using a toothbrush dipped in undiluted white vinegar to scrub away the dinginess.

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Unbelievable Facts

48 Ways to Use Vinegar ALL over the House and Home.

Continued from page 10

28 Stop reds from running by soaking new garments in a few cups of undiluted white vinegar for 10-15 minutes before their first washing.

29 Whiten dingy socks. Add 1 cup vinegar to 1 1/2 quarts (1.5 liters) tap water in a large pot. Bring the solution to a boil, then pour it into a bucket and drop in your dingy socks. Let them soak overnight. The next day, wash them as you nor-

mally would.

30 Spray away wrinkles. You can often get the wrinkles out of clothes after drying by misting them with a solution of 1 part vinegar to 3 parts water, and then hanging the garment to air dry. A great trick for gentle fabrics that don't take well to ironing.

31 Re-shape wool. Shrunken sweaters and other wool items can be stretched back to their former size or shape by boiling them in a solution of 1 part vinegar to

2 parts water for 25 minutes. Stretch them back into shape and let them air dry.

32 Kill grass on walkways and driveways, or unwanted weeds. Pour or spray full strength.

33 Prolong the life of flowers in a vase by adding two tablespoon of vinegar plus three tablespoons of sugar per quart of warm water.

34 Eliminate animal urine stains from carpet by blotting up the mess with a soft cloth flushed in luke-

warm water, then applying a mixture of equal parts vinegar and cool water.

35 Deter ants by spraying vinegar around door and window frames, under appliances, and along other known trails.

36 Clean rust from stools, bolts, and spigots by soaking the rusted item in undiluted vinegar overnight.

37 Relieve dry and itchy skin by adding 2 tablespoons to bath water.

Continued on page 12

Missing plane from Belize found in Venezuela !



On Friday Tropical Vision Channel 7 broke the news that a plane had gone missing in the afternoon of the 21st. February, 2013 from the registered Air Strip in Spanish Lookout (Mennonite Community in Western Belize). The plane which was reported to be an Aero Commander 500 carried U.S. registration number N345MP, had left Belize airspace failing to file a flight plan, or making the required checks with customs and immigration

which is illegal. The plane was suspiciously outfitted with extended range fuel tanks for the purpose of long distance flight. Channel 7 further reported that a Newspaper in Venezuela published that the day after it left Belize, the plane made an illegal, early morning landing at an unauthorized airstrip in the Northwestern region of that country known as Acarigua. The Venezuelan Minister of Home Affairs and Justice, Nestor Reverol

told the press the following day that its reconnaissance system tracked the plane when it landed at an airfield in Acarigua. The onboard GPS showed its final destination as the Apura State, which borders with Colombia. Officials of the Scientific, Penal and Criminal Investigations Branch performed a drug screening in the aircraft which tested positive for cocaine residue. Those onboard have been identified as fifty-one year old, Canadian citizen, David William Sawatzky and thirty-one year old Colombian national, Jorge Armando Bustamante. They have been charged with illicit trafficking of narcotics and conspiracy to traffic. They were also charged with interference in the operation

safety of civil aviation, diversion from and fraudulent acquisition of route, illegal piloting of aircraft and transportation of dangerous goods. They have been remanded to Los Llanos Prison. The plane was detected by the Venezuelan military who saw an aircraft flying over at 2:40 in the morning of Friday February 22nd almost exactly 12 hours after it left Belize. Inside the plane, authorities found four cans of gasoline, a hand pump, a hose and an additional tank for fuel. Newspaper reports quote the pilot as saying that the stop was an emergency landing since they needed to refuel. The plane was licensed in 2005. It has been reported that the plane was for sale.

Unbelievable Facts

48 Ways to Use Vinegar ALL over the House and Home.

Continued from page 11

- 38 Take grease off suede. Dip a toothbrush in vinegar and gently brush over grease spot.
- 39 Remove tough stains. Gently rub on spots made from fruit, jam, mustard, coffee, or tea. Then wash as usual.
- 40 Get smoke smell out of clothes by adding a cup of vinegar to a bath tub of hot water, and hanging garments above the steam.
- 41 After a hem or seam

- is remove, there are often unsightly holes left in the fabric that can be removed by placing a cloth, moistened with distilled vinegar, under the fabric and ironing.
- 42 Clean a scorched iron plate by heating equal parts of vinegar and salt in a small pan. Then rub the solution on the cooled iron surface to remove dark or burnt stains.
- 43 Freshen vegetables by soaking wilted veggies in 2 cups of water with a table-

- spoon of vinegar.
- 44 Unclog a drain. Pour a handful of baking soda down the drain and add 1/2 cup of vinegar and rinse with hot water.
- 45 Clean and disinfect wood cutting boards by wiping with full strength vinegar.
- 46 Clean the refrigerator and other appliances by washing with a solution of equal parts water and vinegar.

- 47 Get stains out of pots by filling the pots with a solution of 3 tablespoons of vinegar to a pint of water. Boil until stain loosens and can be washed away.
- 48 Unclog a shower head. Unscrew it, remove the rubber washer, place the head in a pot filled with equal parts of vinegar and water, bring to a boil, and then simmer for five minutes.

See the



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HEALTH AND NUTRITION

Dealing with Cyberbullying

Tips for Kids and Parents to Prevent and Stop Cyberbullying

Technology means that bullying is no longer limited to schoolyards or street corners. Cyberbullying can occur anywhere, even at home, via email, texts, cell phones, and social media websites 24 hours a day, seven days a week, with potentially hundreds of people involved. For those who suffer cyberbullying, the effects can be devastating, leaving you feeling hurt, humiliated, angry, depressed, or even suicidal. But no type of bullying should ever be tolerated. These tips can help you protect yourself or your child online and deal with the growing problem of cyberbullying.

What is Cyberbullying?

Cyberbullying occurs when a child or teen uses the Internet, emails, text messages, instant messaging, social media websites, online forums, chat rooms, or other digital technology to harass, threaten, or humiliate another child or teen. Unlike traditional bullying, cyberbullying doesn't require physical strength or face-to-face contact and isn't limited to just a handful of witnesses at a time. Cyberbullies come in all

shapes and sizes - almost anyone with an Internet connection or mobile phone can cyberbully someone else, often without having to reveal their true identity.

Cyberbullies can torment their victims 24 hours a day and the bullying can follow the victim anywhere so that there is no place, not even home, where the victim ever feels safe, and with a few clicks the humiliation can be witnessed by hundreds or even thousands of people online.

If you or a loved one is currently the victim of cyberbullying, it's important to remember that you're not alone. As many of one third of teenagers have suffered from cyberbullying at some time in their lives.

How Cyberbullying Harms
The methods kids and teens use to cyberbully can be as varied and imaginative as the technology they have access to. It ranges from sending threatening or taunting messages via email, text, or IM to breaking into your

email account or stealing your online identity to hurt and humiliate you. Some cyberbullies may even create a website or social media page to target you.

As with traditional bullying, both boys and girls cyberbully, but tend to do so in different ways. Boys tend to bully by "sexting" (sending messages of a

sexual nature) or with messages that threaten physical harm. Girls, on the other hand, more commonly cyberbully by spreading lies and rumors, exposing your secrets, or by excluding you from emails, buddy lists, or other electronic communication. Because cyberbullying is so easy to perpetrate, a child or teen can easily change roles, going from cyberbullying victim at one point to cyberbully the next, and then back again.

The Effects of Cyberbullying

Any type of bullying can make you feel hurt, angry, helpless, isolated, even sui-

cidal, or lead to problems such as depression, anxiety, and low self-esteem. In many cases, cyberbullying can be even more painful than face-to-face bullying because:

- Cyberbullying can happen anywhere at any time, even in places where you normally feel safe, such as your home, and at times you'd least expect, such as at the weekend in the company of your family. It can seem like there's no escape from the taunting and humiliation.

- A lot of cyberbullying can be done anonymously, so you may not be sure who is targeting you. This can make you feel even more threatened and can embolden bullies, as they believe online anonymity means they're less likely to get caught. Since cyberbullies can't see your reaction, they will often go much further in their harassment or ridicule than they would do face-to-face with you.

- Cyberbullying can be witnessed by potentially thousands of people. Emails

Continued on page 14

Honey Butter Ham

Ingredients:

1/4 cup butter
1/2 cup honey
2/3 cup brown sugar
2 tablespoons Dijon mustard
Whole cloves
3-5 pound half ham, fully cooked

Preparation:

1. Preheat oven to 325 degrees F.
2. Melt butter in small microwave-safe bowl. Stir in honey, brown sugar, and mustard until smooth; set aside.



3. Place ham in roasting pan.
4. Score the top surface of the ham in a diamond pattern, making the cuts about 3/4" apart.
5. Push a whole clove, point side down, into the center of each diamond in the ham.

6. Spoon half of the butter mixture over the ham.
7. Roast, uncovered, for 20 minutes, then spoon over the rest of the butter mixture.
8. Roast for another 20 minutes, then baste the ham with the pan drippings.

9. Roast for another 25-35 minutes, or about 20 minutes per pound, until the ham is hot and glazed.
10. Slice thinly to serve.

Makes 6-8 servings

Preparation Time: 10 minutes

Cook Time: 1 hour, 15 minutes

Total Time: 1 hour 25 minutes

**DO
ENJOY!!!**

HEALTH AND NUTRITION

Dealing with Cyberbullying

Tips for Kids and Parents to Prevent and Stop Cyberbullying

Continued from page 13

can be forwarded to hundreds of people while social media posts or website comments can often be seen by anyone. The more far-reaching the bullying, the more humiliating it can become.

Tips for Kids or Teens

Dealing with Cyberbullying

If you are targeted by cyberbullies, it's important not to respond to any messages or posts written about you, no matter how hurtful or untrue. Responding will only make the situation worse and provoking a reaction from you is exactly what the cyberbullies want, so don't give them the satisfaction.

It's also very important that you don't seek revenge on a cyberbully by becoming a cyberbully yourself. Again, it will only make the problem worse and could result in serious legal consequences for you. If you wouldn't say it in person, don't say it online.

Instead, respond to cyberbullying by:

Saving the evidence of the cyberbullying, keep abusive text messages or a screenshot of a webpage, for example, and then report them to a trusted adult, such as a family member, teacher, or school counselor. If you don't report incidents, the cyberbully will often become more aggressive.

Reporting threats of harm and inappropriate sexual message to the police. In many cases, the cyberbully's actions can be prosecuted by law.

Being relentless. Cyberbullying is rarely limited to one or two incidents. It's far more likely to be a sustained attack on you over a period of time. So, like the cyberbully, you may have to

be relentless and keep reporting each and every bullying incident until it stops. There is no reason for you to ever put up with cyberbullying.

Preventing communication from the cyberbully, by blocking their email address, cell phone number, and deleting them from social media contacts. Report their activities to their internet service provider or to any web sites they use to target you.

If you are being cyberbullied, remember:

Don't blame yourself. It is not your fault. No matter what a cyberbully says or does, you should not be ashamed of who you are or what you feel. The cyberbully is the person with the problem, not you.

Try to view cyberbullying from a different perspective. The cyberbully is an unhappy, frustrated person who wants to have control over your feelings so that you feel as badly as they do. Don't give them the satisfaction.

Don't beat yourself up. Don't make a cyberbullying incident worse by dwelling on it or reading the message over and over. Instead, delete any cyberbullying messages and focus on positive experiences. There are many wonderful things about you so be proud of who you are.

Get help. Talk to a parent, teacher, counselor, or other trusted adult. Seeing a counselor does not mean there is something wrong with you.

Learn to deal with stress. Finding ways to relieve stress can make you more resilient so you won't feel overwhelmed by cyberbullying. Exercise, meditation, positive self-talk, muscle relaxation, and

breathing exercises are all good ways to manage the stress from cyberbullying.

Spend time doing things you enjoy. The more time you spend with activities that bring you pleasure - sports, hobbies, hanging out with friends who don't participate in cyberbullying, for example - the less significance cyberbullying will have on your life.

Tips for parents and teachers to stop cyberbullying

No matter how much pain it causes, kids are often reluctant to tell parents or teachers about cyberbullying because they fear that doing so may result in losing their computer or cell phone privileges. While parents should always monitor a child's use of technology, it's important not to threaten to withdraw access or otherwise punish a child who's been the victim of cyberbullying.

Spot the warning signs of cyberbullying

Your child may be the victim of cyberbullying if he or she:

- Becomes sad, angry, or distressed during or after using the Internet or cell phone.
- Appears anxious when receiving a text, IM, or email.
- Avoids discussions or is secretive about computer or cell phone activities.
- Withdraws from family, friends, and activities they previously enjoyed.
- Suffers an unexplained drop in grades.
- Refuses to go to school or to specific classes, or avoids group activities.
- Shows changes in mood, behavior, sleep, appetite, or shows signs of depression or anxiety.

Monitor your child's

technology use

Regardless of how much your child resents it, you can only protect him or her by monitoring what they do online.

Keep the computer in a busy area of your house so you can easily monitor its use, rather than allowing your child to use a laptop or tablet in his or her bedroom, for example.

Limit data access to your child's smart phone if he or she uses it to surf the web. Some wireless providers allow you to turn off text messaging services during certain hours.

Set up filters on your child's computer. Tracking software can block inappropriate web content and help you check up on your child's online activities.

Insist on knowing your child's passwords and learn the common acronyms kids use online and in text messages.

Know who your child communicates with online. Go over your child's address book and instant messenger "buddy list" with them. Ask who each person is and how your child knows them.

Encourage your child to tell you or another trusted adult if they receive threatening messages or are otherwise targeted by cyberbullies, while reassuring them that doing so will not result in their loss of computer or cell phone privileges.

Deal with incidents of cyberbullying

Don't reply to any incidents of cyberbullying but do save and document the threats (harassing messages, sexually explicit pictures, or threatening texts, for example) and report them to the police. Seek appropriate legal advice.

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MINISTRY OF FOREIGN AFFAIRS

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BELIZE, C.A

PRESS RELEASE

Closing Ceremony for “*Business Labs Focused on Cultural Enterprises*” Course

Belmopan, March 7th, 2013

The Ministry of Foreign Affairs is pleased to inform of the closing ceremony of the on-the-spot training course entitled “*Business Labs Focused on Cultural Enterprises*”, on March 8th, 2013 at 1:00 p.m. at the University of Belize, Belize City Campus.

The course, which took place from March 4-8, 2013, is sponsored by MASHAV, Israel’s Agency for International Development Cooperation - Ministry of Foreign Affairs, The Golda Meir Mount Carmel International Training Center (MCTC) in cooperation with the Young Americas Business Trust (YABT) and the Organization of American States (OAS). The Ambassador of Israel accredited to Belize, His Excellency Mr. Shmulik Bass will be in attendance at the ceremony.



BELIZE PRESS OFFICE

Phone: 822-0094 or 0092 Fax: 822-2671 Website: www.belize.gov.bz

Ministry of Forestry, Fisheries and Sustainable Development to Host Capacity-building Workshop

Belmopan, March 6th, 2013.

The Ministry of Forestry, Fisheries and Sustainable Development (FFSD) will be hosting a workshop to build capacity for participation in global carbon markets and other mitigation activities. More specifically, the workshop is aimed at the delivery of detailed information to a targeted audience of government officials, policy makers, members of the private sector and civil society on recent developments in the United Nations Framework Convention on Climate Change negotiations regarding markets and mitigation.

Realizing that climate change is a pressing and urgent issue; the Government of Belize has made every possible effort to participate in the global architecture which is aimed at facilitating climate change mitigation and adaptation for the benefit of developing countries. As such, Belize signed the UNFCCC in 1992 and ratified the Convention in 1994. Additionally, Belize acceded to the Kyoto Protocol and proceeded to participate in the Clean Development Mechanism (CDM) which was established to facilitate sustainable development in developing countries. Therefore, this workshop intends to provide information on a suite of topics encompassing the current status of the carbon markets (in the context of the UNFCCC) and a range of other climate change mitigation tools that are applicable to Belize. The workshop will specifically enable participants to look at lessons learnt from carbon markets and the UNFCCC negotiation process and will take a futuristic approach towards addressing project design issues for the CDM and facilitating the implementation of other mitigation mechanisms. At the end of the workshop, participating stakeholders will be versed with information regarding the carbon markets and other climate change mitigation projects that are intended to satisfy Belize’s sustainable development priorities and mitigate climate change. The workshop will be held on March 7th, 2013, at the Radisson Fort George Hotel in Belize City, commencing at 8:45am. It is being hosted in collaboration with the European Union and the United Nations Environment Programme (UNEP) as part of a programme for capacity building related to Multilateral Environmental Agreements (MEA) in African, Caribbean and Pacific countries (ACP).

For further information please contact Mr. Colin Mattis at the National Climate Change Office at 822-0810 or at coco@ffsd.gov.bz or Ann Gordon at coord.cc@ffsd.gov.bz

EN ESPAÑOL

Los proxenetas usan las redes sociales para reclutar esclavas sexuales

Por Erica Fink y Laurie Segall, CNN

Todo comenzó con una solicitud de amistad en Facebook.

“Me pareció lindo y lo acepté”, recuerda “Nina”, que hoy tiene 22 años. Con 18 años en aquel momento, jamás pensó que aceptar la solicitud la llevaría al horror: cuatro años prostituyéndose por todo Estados Unidos. “Nina” es un seudónimo; CNN cambió el nombre de la víctima para proteger su privacidad.

De clase media-alta y con planes de ir a la universidad, Nina era una joven solitaria que buscaba atención en Internet. Así, comenzó a intercambiar mensajes con un hombre que decía estar enamorado de ella. Hablaron de viajes, matrimonio y hasta de formar una familia. “Me vendió una historia de fantasía”, cuenta Nina. “Creí que viviríamos juntos este sueño”, agrega la joven. Se enviaron mensajes durante un mes hasta que decidieron conocerse. El cuento de hadas terminó abruptamente.

Inmediatamente después de llegar a la ciudad de Seattle, el hombre la dejó en una calle llena de prostitutas y le dijo que debía “buscar compañía”.

Muchas hubieran escapado, pero Nina se quedó. Su pasado familiar difícil la hizo vulnerable. Estaba enamorada de ese hombre y creía que el amor era correspondido. Haría lo que fuera por él.

Incluido vender su cuerpo. Él era un proxeneta y ella una más de tantas mujeres reclutadas en redes sociales para el tráfico sexual.

No hay mucha información sobre este problema. Las autoridades no monitorean la forma en que se recluta a las trabajadoras sexuales y, salvo en casos que involucren menores de edad,

la prostitución no es un delito prioritario.

Pero casos recientes en los estados de California, Virginia y Washington, y entrevistas como las que CNN realizó a víctimas y autoridades ilustran cómo los traficantes utilizan las redes sociales para seducir a jóvenes como Nina.

“Los proxenetas son explotadores profesionales”, dice Andrea Powell, directora ejecutiva de Fair Girls, una organización que ayuda a las víctimas de la trata de personas. “Suelen mandar mensajes a varias chicas del estilo: ‘Qué linda eres. Podríamos ser novios’”.

Esa es una de las formas en que Justin Strom, apodado J-Dirt, reclutaba niñas de escuela preparatoria en Alexandria, Virginia. Durante seis años, la banda de Strom operó una red de prostitución que atrapó a por lo menos ocho chicas de entre 16 y 17 años, según documentos oficiales.

Las chicas eran ofrecidas a entre cinco y 10 clientes en una noche, a un precio de unos 30 dólares por 15 minutos de sexo.

El grupo “buscaba a sus víctimas en Facebook y les enviaba mensajes diciéndoles qué lindas eran y ofreciéndoles ganar dinero”, según declaró un testigo al FBI.

Si una chica demostraba interés, algún miembro de la pandilla se ponía de acuerdo para encontrarse con ella. En ese instante, la participación dejaba de ser voluntaria.

Una chica de 17 años cayó presa de esta trampa. Aquella noche, fue llevada a un departamento y obligada a mantener relaciones sexuales con 14 hombres. Por estos encuentros, Strom recaudó mil dólares.

“Es un estafador, un monstruo y un manipulador”, declaró otra víctima durante el juicio a Strom. “Me lavó la cabeza y me hizo creer que tener relaciones sexuales por dinero era normal”.

Un operativo del FBI logró desarticular la banda de Strom y en septiembre el proxeneta fue sentenciado a 40 años de prisión. Cuatro de sus secuaces también fueron declarados culpables.

Pero para Jack Bennett, agente del FBI, las tácticas de Strom son cada vez más comunes. Parte del problema, dice, es que las menores aceptan las solicitudes de amistad de extraños solo para parecer populares ante los demás.

Powell, cabeza del grupo Fair Girls, dice que las chicas son reclutadas en prácticamente todas las redes sociales existentes. Facebook, Tagged e incluso Twitter e Instagram son usadas para contactar víctimas.

Estos sitios están trabajando activamente para evitar que sus tecnologías faciliten la trata de personas. “Facebook reacciona rápidamente ante estos casos y quita cualquier contenido denunciado”, según Bradley Myles, director de Polaris Project, una entidad que busca erradicar el problema.

“Aunque no sea una práctica habitual en Facebook, hemos implementado acciones para identificar y contrarrestar esta actividad”, dijo la compañía en un comunicado enviado a CNN. “Hemos construido un sistema técnico que bloquea la creación de estos contenidos o los reporta para que nuestros investigadores los revisen”.

Pero los proxenetas a veces escapan a los algoritmos y son ingenieros sociales

profesionales.

Durante un tiempo, el proxeneta de Nina utilizó el Facebook de su víctima para enviar solicitudes de amistad.

Ken Cuccinelli, procurador general de Virginia, dijo durante la lectura de la sentencia de Strom que “se requiere una vigilancia activa de parte de padres y autoridades sobre las actividades que tienen lugar en estas redes sociales”.

El FBI, que suele encabezar las investigaciones de estos casos, ofrece consejos en su sitio de Internet para ayudar a los padres a proteger a sus hijos en las redes sociales.

La agencia recomienda monitorear los perfiles y publicaciones de sus hijos en línea, una medida polémica en muchos hogares, pero que el FBI considera esencial. También sugiere educar a los hijos sobre la facilidad con que se propagan los mensajes y fotos en las redes. Muchos adolescentes no se dan cuenta que no pueden luego sacar esos textos e imágenes. “He hablado con padres que dicen: ‘Mira, mi hijo me configura la computadora porque yo no sé’”, dijo Bennett. “Eso ya no puede ser una excusa, tienes que saber porque la vida y el bienestar de tu hijo depende de eso”.

Prohíben a transgénero de 6 años usar el baño de niñas de su colegio en Estados Unidos.

A una estudiante transgénero de 6 años de edad le fue prohibido usar el baño de niñas en su escuela en Estados Unidos, informó en un comunicado de prensa el Fondo para la Defensa Legal y la Educación

Continued on page 17

Your Weekly Horoscope



March 21 to April 19

A wink and a smile should get you far more than barked orders or power plays this week - people want to be courted, and you've got the social energy to pull it off if you really want to do it.



April 20 to May 20

This is a great week to take care of personal objects - or just to dawdle and relax and recharge your spiritual batteries. Do whatever feels right and you should be ready for anything!



February 19 to March 20

Symbol: The fishes

Element: Water

Planet: Neptune

Qualities: Compassionate, Selfless, Sympathetic, Artistic, Intuitive, Carefree, Imaginative & joyful

Lucky Color: Sea green

Lucky Stone: Aquamarine

Lucky Day: Friday

Lucky Number: Three & Six (3) (6)

Scorpio as a Friend: Gentle Pisceans make some of the best friends there are. In fact, they often put the needs of their friends ahead of their own. Loyal, dedicated, supportive and compassionate, no problem is too big for the Piscean to take on. Big or small, when a challenge arises for family or friend, they will be there in every capacity possible

to make things better. Deeply intuitive, Pisceans can often sense when something is askew long before anything is said.

Don't worry about what is really happening early this week - just go ahead and do whatever you think is right. You may be surprised at just how right you turn out to be! You notice a definite improvement in people's attitudes toward you and your ideas on Wednesday and Thursday, and can capitalize on this to get ahead if you're feeling especially ambitious. The weekend brings a contradiction: Though you are feeling quite confident and sure of your situation, you still need to be vigilant towards others.

SAGITTARIUS



November 22 to December 21

Try to reach out to those people who are on the fringes of your social or professional circles - they could use the recognition! Your energy is just right for bringing folks all together.



December 22 to January 19

Start on something new - it could be anything, really, as long as it takes you out of your patterns and routines. There's a good time to stick to your habits, but now you need to shake things up.



May 21 to June 20

Collect your thoughts - there should be quite a few of them coming your way, and many of them are winners! You should find that you're in a good position to take action really quickly!



July 23 to August 22

Focus on friendship - things are looking good, but you can't get anywhere without your people backing you up. It's a great week for meeting new people, too, so mix it up!



September 23 to October 22

You sense the importance of aesthetic issues more deeply - and you can act on them too! When things look beautiful, they work better for you and for your people, so get to work!



January 20 to February 18

You're not crazy about doing things that same way day in and day out - so mix it all up and try something totally new! Take inspiration from a foreign or ancient culture and see what you can do with it.



June 21 to July 22

You're getting push-back from all side - which might feel like you're getting crushed! It's a good time for you to push back, too, but focus on one direction and just keep at it until it's all



August 23 to September 22

You have to dive deep into whatever it is that's bugging you most of this week - so have no fear! Once you see what's really causing these problems, you may actually laugh with relief.



October 23 to November 21

Even though you can't quite see the signals, you know they're out there - so open up your intuitive side and let the subliminal communications in! Things should start to get really interesting tonight.

Prohíben a transgénero de 6 años usar el baño de niñas de su colegio en Estados Unidos.

Continued from page 16

Transgénero. El grupo presentó una queja ante la División de Derechos Civiles de Colorado en nombre de Coy Mathis de 6 años de edad. La estudiante de primer

grado, varón de nacimiento, asiste a la Escuela Primaria Eagleside en Fountain como una niña y hasta hace poco se le permitió usar el baño de las pequeñas. De acuerdo al comunicado,

la ley contra la discriminación de Colorado prohíbe la segregación contra los estudiantes transgénero en las escuelas públicas.

El abogado Michael Silverman del Fondo para la Defensa Legal y la Educación Transgénero, que representa a Coy, dijo que la demanda está destinada a tener un impacto más allá de una sola familia o de la escuela. Los padres de Coy lo retiraron de la escuela y lo educan en su casa hasta que la queja sea resuelta.

Su Horoscopo Semanal



ARIES

21 de Marzo al 19 de Abril

Un guiño y una sonrisa le van a permitir mucho más que ladrar órdenes o el poder juega esta semana - la gente quiere ser cortejada, y usted tiene la energía social para llevarlo a cabo si realmente quiere hacerlo.



TAURO

20 de Abril al 20 de Mayo

Esta es una gran semana para cuidar de objetos personales - o simplemente para perder el tiempo y relajarse y recargar tus baterías espirituales. Hacer lo que se siente bien y que debe estar listo para cualquier cosa!



GEMINIS

21 de Mayo al 20 de Junio

Recoge tus pensamientos - no debe haber un buen número de ellos llegando a su manera, y muchos de ellos son ganadores! Usted debe saber que usted está en una buena posición para tomar medidas realmente rápido!

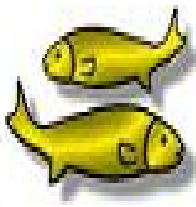


CANCER

21 de Junio al 22 de Julio

Te estás haciendo retroceder de todo lado - que puede sentir como si estuvieras que se rompan! Es un buen momento para que usted pueda hacer retroceder, también, pero se centran en una dirección y sólo seguir en él hasta que todo haya terminado.

PISCIS



19 de Febrero al 20 de Marzo

Símbolo: Los peces

Elemento: Agua

Planeta: Neptuno

Cualidades: Compasivo, Altruista, Simpático, Artístico, Intuitivo, Despreocupado, Imaginativo y Alegre

Color de la suerte: Verde mar

Piedra de la suerte: Aguamarina

Día de suerte: Viernes

Número de suerte: Tres y Seis (3) (6)

Capricornio como amigo: Piscis gentiles hacen algunos de los mejores amigos que hay. De hecho, a menudo se ponen las necesidades de sus amigos delante de los suyos. Leal, dedicado, solidario y compasivo, ningún problema es demasiado grande para la Era de Piscis a asumir. Grandes o pequeños, cuando se plantea un reto para la familia o amigo,

van a estar ahí en cada capacidad posible para hacer las cosas mejor. Profundamente intuitivo, Piscis a menudo puede detectar cuando algo está torcido mucho antes de que cualquier cosa que se dice.

No se preocupe por lo que realmente está sucediendo a principios de esta semana - sólo seguir adelante y hacer lo que creas que es correcto. Usted se sorprenderá al ver lo adecuado para usted llegar a ser! Se nota una clara mejoría en las actitudes de la gente hacia usted y sus ideas el miércoles y el jueves, y puede sacar provecho de esto para salir adelante si se siente especialmente ambicioso. El fin de semana trae una contradicción: A pesar de que se siente muy confiado y seguro de su situación, usted todavía tiene que ser vigilent hacia los demás.

SAGITARIO



22 de Noviembre al 21 de Diciembre

Trate de llegar a aquellas personas que están en los márgenes de sus círculos sociales o profesionales - que podría utilizar el reconocimiento! Su energía es la correcta para trayendo todo junto.



CAPRICORNIO

21 de Diciembre al 19 de Enero

Comience con algo nuevo - que podría ser cualquier cosa, de verdad, mientras que te saca de tus patrones y rutinas. No es un buen momento para pegarse a sus hábitos, pero ahora lo que necesita para agitar las cosas.



LEO

23 de Julio al 22 de Agosto

Centrarse en la amistad - las cosas se ven bien, pero no se puede llegar a ninguna parte sin su gente que le respalde para arriba. Es una gran semana para conocer gente nueva, también, así que mezclar!



LIBRA

23 de Septiembre al 22 de Octubre

Sienten la importancia de las cuestiones estéticas más profundamente - y se puede actuar sobre ellos también! Cuando las cosas se ven hermosas, funcionan mejor para ti y para tu gente, así que manos a la obra!



ACUARIO

20 de Enero al 18 de Febrero

Usted no está loco por hacer las cosas lo mismo día a día - así que mezclar todo y probar algo totalmente nuevo! Tome inspiración de una cultura extranjera o antigua y ver lo que puedes hacer con él.



VIRGO

23 de Agosto al 22 de Septiembre

Hay que profundizar en lo que sea que te está molestando más de esta semana - por lo que no tengas miedo! Una vez que vea lo que realmente está causando estos problemas, en realidad se puede reír con alivio.

ESCORPIO



23 Octubre al 21 Noviembre

A pesar de que usted no puede ver las señales, ya sabes que están ahí fuera - por lo que abrir su lado intuitivo y dejar que las comunicaciones subliminales en! Las cosas deberían empezar a llegar esta noche realmente interesante.

See the
Northern Star
Newspaper
In Living Colors at
[www.belizenews.com](http://www.belizenews.com/NorthernStar)
/NorthernStar

HEALTH AND NUTRITION

Continued from page 14

Dealing with Cyberbullying

Tips for Kids and Parents to Prevent and Stop Cyberbullying

Report incidents of cyberbullying to the Internet Service Provider, the cell phone company, and to any website used in the cyberbullying.

Block the cyberbully's email address or cell phone number, or change your child's email address or phone number.

If you are able to identify the cyberbully, you could contact his or her parents or notify your child's school if the cyberbully is also a student there. Many schools have established protocols for handling cyberbullying but check with your child first as he or she may prefer to resolve the problem privately.

If your child is a cyberbully

It can be difficult for any parent to learn that their child is bullying others but it's important to take steps to end the negative behavior before it has serious and long-term consequences for your child.

If your child has responded to being cyberbullied by employing their own cyberbullying tactics, you can help your child find better ways to deal with the problem. If your child has trouble managing strong emotions such as anger, hurt,

or frustration, talk to a therapist about helping your child learn to cope with these feelings in a healthy way.

Bullying is often a learned behaviour

Some cyberbullies can learn aggressive behavior from their experiences at home, so it's important to set a good example with your own Internet and messaging habits. As a parent, you may be setting a bad example for your kids by spanking or otherwise striking them, verbally or physically abusing your spouse, or by displaying bullying behavior such as:

- Sending or forwarding abusive emails or text messages that target co-workers or acquaintances.
- Communicating with people online in ways that you wouldn't do face-to-face.
- Abusing your child's sports coach, umpires and referees, or members of the opposing team.
- Swearing at other drivers on the road.
- Humiliating a waitress, shop assistant, or cab driver who makes a mistake.
- Talking negatively or writing abuse messages about other students, parents, or teachers so that your

child thinks it's acceptable to use verbal abuse or cyberbullying to intimidate others.

Tips for parents dealing with a cyberbullying child

Educate your child about cyberbullying. Your child may not understand how hurtful and damaging their behavior can be. Foster empathy and awareness by encouraging your child to look at their actions from the victim's perspective. Remind your child that cyberbullying can have very serious legal consequences.

Manage stress. Teach your child positive ways to manage stress. Your child's cyberbullying may be an attempt at relieving stress. Or your own stress, anxiety, or worry may be creating an unstable home environment. Exercise, spending time in nature, or playing with a pet are great ways for both kids and adults to let off steam and relieve stress.

Set limits with technology. Let your child know you'll be monitoring his or her use of computers, tablets, smartphones, email, and text messaging. If necessary, remove access to technology until behavior improves.

Establish consistent rules

of behavior. Make sure your child understands your rules and the punishment for breaking them. Children may not think they need discipline, but a lack of boundaries sends a signal that the child is unworthy of the parents' time, care, and attention.

Cyberbullying and the law

Certain types of cyberbullying may violate school codes or breach anti-discrimination and sexual harassment laws.

While laws differ around the world, in the U.S., cyberbullying can warrant a misdemeanor cyber-harassment charge or result in a charge of juvenile delinquency.

In some cases, if hacking or password and identity theft is involved, it can be considered a serious criminal matter under state and federal law.

In many states "sexting" or forwarding a "sext" (sexual messages) is punishable as distributing or possessing child pornography, and requires even minors to be registered as sex offenders.

If an adult becomes involved, cyberbullying becomes cyber-harassment or cyber-stalking, serious criminal offenses.

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Belize Police News



**BELIZE POLICE
PRESS OFFICER**

Orange Walk

UNLAWFUL CARNAL KNOWLEDGE

A 14 year old Domestic of Orange Walk Town visited the Police Station in the company of her grandmother and reported that on March 2nd, 2013, she had sexual intercourse with her 17 year old boyfriend at his residence in Orange Walk Town. A medical examination was conducted on the minor where the doctor certified that she had been carnally known. The young man has since been detained pending investigations.

THEFT OF MOTOR VEHICLE

Leonardo Hernandez, 45 years, Belizean Car Dealer of #87 San Andres Street, Orange Walk Town reported that at 7:00pm on March 4th, 2013, he parked his red 1989 Toyota EX-10 pick-up truck with California L/P, value \$6,000.00BCY in front of his residence and at 1:15am on March 5th, 2013, he was informed by his wife that the vehicle was missing. Police investigations continue.

ROBBERY

Ana Reyes 42 years, Belizean Businesswoman of #26 Belize Corozal Road, Orange Walk Town reported that on March 2nd, 2013 at 12:30am, two male persons entered her establishment namely Hong Kong Restaurant situated at above mentioned address and at gun point demanded money, culprits left with approximately \$1,000.00BCY in cash. While inside the Restaurant a struggle ensued between a customer and one of the rob-

bers where one shot was fired, the customer managed to take away the pistol from the robber who then made good his escape. Police are investigating.

Belize District

KEPT AMMUNITION WITHOUT A GUN LICENSE

On Wednesday March 6th, 2013 at about 5:30am police executed a Search Warrant for controlled drugs at the residence of one Ellis Meighan, located at #27 Banak Street, Belize City. Present at the time of the search were: Sheldon Meighan, Ellis Meighan, Shaquille Meighan and Shanique Meighan. Searches resulted in the discovery of two (2) live rounds of Aquila Brand ammunition found in a brown in color barrel which contained curtain materials. As a result, they were all informed of the offence committed of Kept Ammunition without a Gun License after a license could not be produced; they were cautioned and escorted to the Queen Street Police Station. Police formally arrested and charged Sheldon Meighan, 38 years, Housekeeper; Ellis Meighan, 20 years, Belizean Unemployed; Shanique Meighan, 22 years, Belizean Customer Service Personnel and Shaquille Meighan, 17 years, Belizean Unemployed all of #27 Banak Street, Belize City for the offence of Kept Ammunition without having been granted a gun license to wit two (2) live brass in color .9mm Aquila Brand rounds of ammunition.

BURGLARY

A 33 year old Belizean and a residence of #02 Muhammad Ali Street, Belize City reported that sometimes between Sunday December 23rd, 2012 and February 24th, 2013 Justin Cuellar reportedly visited her house at the above mentioned address on several occasions and stole an assortment of jewelry valued over \$7,000.00.

A pawn shop in Belize City was visited where \$5,605.00 BCY worth of jewelry were recovered.

Police have since arrested and charged Justin Alberto Cuellar 19 years, Belizean Student of #62 Lizarraga Avenue, Belize City, with the crime of Burglary and Handling Stolen Goods.

LOITERING ON A PUBLIC PLACE

On Wednesday March 6th, 2013 at about 10:00am Police Officers were on mobile patrol on Wagner's Lane where a group of five persons were on the middle of the street obstructing the free flow of traffic and pedestrian. They approached all five male persons and informed them of the offence committed (loitering). Police escorted them to the Raccoon Police Station and formally arrested and charged Karl Heusner 27 years, Belizean Fisherman of #7 Berkeley Street; Kendoyll Ottley 27 years, Belizean Laborer of #163 West Canal; Shane Budran 36 years, Belizean Laborer of #2 Wagner's Lane; Derrick Clarke 28 years, Belizean Fisherman of #4 Wagner's Lane and Christo-

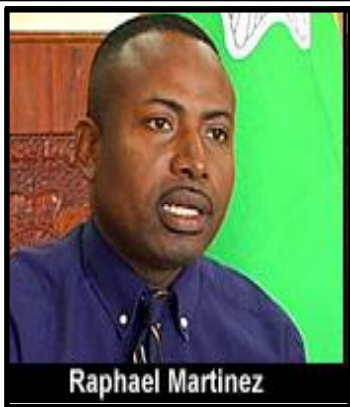
pher Hyde 17 years, Belizean Laborer. All five for the offence of Loitering on a Public Place.

BURGLARY

Dennis Codd, the store manager at the Belize National Youth Cadet Corp located at mile 21 1/2 on the George Price Highway reported that sometime between the hours of 4:20pm on March 5th, 2013 and 6:00am on March 6th, 2013 the store room was burglarized and stolen were food items valued at \$158.00BCY. Items were found in a bag which two of the cadets were carrying on a bus enroute to Belize City where they were intercepted by Hattievill Police in front of the station. Police recovered (4) luncheon meats, (1) Box Happy Cow Cheese, (2) pack cakes, (2) boxes cornflakes, (1) bag salt; and have detained Rudolph Belisle 16 years, Student of #27 Ordonez Avenue, Belize City and Jason Perez 17 years, Belizean Student both of the NYCC.

PROHIBITED FIRE-ARM

At 5:45pm on March 4th, 2013, Police conducted a search at the residence of Tanisha Hyde of #79 Tigris Street, Belize City which led to the discovery of (1) chrome AMT back up brand .40 pistol, with one magazine containing (2) .40mm live rounds. Present at the time of the search were Tanisha Hyde, Joy Young and Peatra Young. All three persons have since been detained pending charges.



Raphael Martinez
BELIZE POLICE
PRESS OFFICER



ATTEMPTED MURDER

At 11:00am on March 4th, 2013, Police visited the Karl Heusner Memorial Hospital where they saw 28 year old Ronald Revers, Belizean Labourer of Antelope Street Extension, Belize City sufferig from an apparent gunshot wound to the right side of the cheek. Initial investigations revealed that Revers was in the parking lot of UNO Gas station located on Youth for the Future Drive fixing a vehicle when he was approached by a dark complexion male person who fired a single gunshot at him causing his injury. Revers was transported to the K.H.M.H. where he was admitted in a stable condition. Police recovered one (1) .38 Revolver, and have detained Lloyd Alexander King, 18 years, Belizean Labourer of #5 Mayflower Street, Belize City and arrested him with Kept Firearm without a Gun License and Kept Ammunition without a Gun License.

MURDER

At approximately 9.30pm on March 3rd, 2013, 37 year old Eugene Eric Castillo Palacio of a #6969 North Creek address was standing by a shop on Caesar Ridge Road when a lone gunman of dark complexion approached him from Gill Street firing several shots at him hitting him in the head and chest then made good his escape. Eugene was transported to the Karl Heusner Memorial Hospital where he was pronounced dead on arrival. Police investigations continues.

Belmopan **FATAL TRAFFIC** **ACCIDENT**

On March 3rd, 2013 at 9:50pm, Belmopan Police responded to a traffic accident that happened between miles 33 and 34 on the George Price Highway. Upon arrival at the scene Police saw a white four door Toyota Camry bearing license plate number BCC-3409 which was turned over approximately 30 feet in the bushes off the highway. Police then proceeded to the Western Regional Hospital where they saw Hilberto Ack 22 years and George Ferguson 27 years both Belizean Police Officers attached to the Gang Suppression Unit suffering from various injuries to their body and Barney Shol, a Police Officer also attached to the Gang Suppression Unit who was the driver of the vehicle was pronounced dead on arrival. Initial investigation revealed that the three officers were heading from the direction of Belmopan to Belize City inside the above mentioned vehicle when the driver lost control and overturned several times. The body of Barney Shol now awaits a Post Mortem Examination. Investigation continues.

Cayo **ARREST**

Reference chopping incident report which occurred on October 7th, 2012 in Blackman Eddy Village where Henry Gordon was chopped to the back of his head. On March 6th, 2013 at 7:30am police formally arrested and charged Darwin

August 24 years, Laborer of Blackman Eddy Village, Cayo District for the Crime of Grievous Harm.

Dangriga **MURDER**

On February 27th, 2013 at 1:26pm Dangriga Police visited a wooden yellow house on Tubroose Street Dangriga Town behind Belize Bank where Julio Cesar Lopez Funez 35 years Honduran maintenance worker of #30 Magoon Street Dangriga Town was seen with injuries to the face and was in an unconscious state. Lopez was transported to the Southern Regional Hospital and thereafter to the Karl Heusner Memorial Hospital where Lopez succumbed to his injuries on March 1st, 2013 at 9:15pm and was pronounced dead by Doctor Gudines. Initial investigation revealed that on February 27th, 2013 at 1:00pm Julio Cesar Lopez Funez exited the Belize Bank after obtaining his salary and whilst walking on Tubroose Street he was approached by person(s) who assaulted him and left him in an unconscious state and robbed him of his wallet containing undisclosed amount of cash and ID's. Police are investigating.

FATAL TRAFFIC **ACCIDENT**

On March 2nd, 2013 at 8:30pm Dangriga Police visited an area between mile 15 and 16 on the Stann Creek Valley Road, Stann Creek District where they saw a blue Toyota Camry License Plate number SC-C-10067 parked on the right side of

the road with a male person lying face down on the hood with a white shirt over his head and a blue in colour Max Motorcycle was also seen on the street in front of the car about 19 feet away on the right side of the road. Initial investigation revealed that one Jairo Zetina 29 years Belizean Driver of mile 18 Stann Creek Valley Road was driving the said white car, along with him was his mother Therese Zetina 60 years Belizean, Dina Figueroa 18 years Belizean, Pedro Zetina 27 years, Omar and Solin Amid all of 18 miles Stann Creek Valley Road, Stann Creek District heading home and upon reaching between mile 15 and 16 he saw a male person on a motorcycle coming from the opposite direction without headlights when suddenly the motorcycle crash into the front passenger side of his car. The person driving the motorcycle was Ervin Augustine 29 years Guatemalan of Alta Vista Village was pronounced dead on arrival at the Southern Regional Hospital by Doctor William Messe at 11:30pm.

DRUG TRAFFICKING

On March 1st, 2013 at 7:00am Dangriga Police visited Alta Vista Village where they conducted a search on Erasmo Castellanos, 30 years Belizean Farmer of Alta Vista Village. The search resulted in the discovery of 127 grams of vegetable substances suspected to be cannabis, Erasmo was arrested and charged for the offence of Drug Trafficking.

INTERNATIONAL NEWS

Planet of sound: Meteor blast resonated around Earth

By Matt Smith, CNN

The meteor that exploded over the steppes of southwestern Russia sent a low-frequency rumble bouncing through the Earth, giving scientists new clues about the biggest cosmic intruder in a century. The big boom over Chelyabinsk on February 15 also produced a wave of sound thousands of times lower than a piano's middle C - far below the range of human hearing, according to the international agency that watches for

nuclear bomb tests. The Comprehensive Test Ban Treaty Organization said that sound wave showed up on sensors from Greenland to Antarctica, making it the largest ever detected by its network.

Scientists then used that wave to calculate the size of the small asteroid that plunged to Earth, said Marget Campbell-Brown, an astronomer at Canada's Uni-

versity of Western Ontario.

The duration of the wave - about 32 seconds - let scientists estimate the energy of

weight.

The latest estimate is that the Chelyabinsk meteor was about 56 feet (17 meters)

the Chelyabinsk meteor exploded in spectacular fashion. Amateur video footage showed a bright white streak

moving rapidly across the sky before exploding with an even brighter flash and a deafening bang.

Bill Cooke, head of NASA's Meteoroid Environment Office, said scientists believe the object originated in the asteroid belt between Mars and Jupiter. It was the Apollo group of asteroids, which



A large chunk of a meteor that exploded over Russia is found in a lake on Friday, February 15.

the blast at between 450 and 500 kilotons, the size of about 30 early nuclear bombs.

From there, Brown said, they could calculate the size of the fireball; and using an estimate of the meteor's speed from the numerous dashboard and mobile-phone cameras that captured the scene, it was "first-year physics" to figure out the approximate size and

across, weighed more than 7,000 tons and was moving about 18 kilometers per second (40,000 mph) when it blew apart.

The nuclear test monitors pick up "infrasound", or low frequency, waves from about 20 meteors a year - "if conditions are right, perhaps as small as a pea," she said.

Russian authorities say more than 1,500 people were hurt, mostly by flying glass, when

circle the sun in oblong orbits, that occasionally cross Earth's.

Cook said Scientists expect to study the Chelyabinsk event for months. But the dozens of fragments that have been found so far point to a fairly common, stony asteroid with traces of nickel and iron.

Benedict XVI quits Vatican City for last time as pope

By Laura Smith-Spark and Richard Allen Greene, CNN

Amid pomp and ceremony, Benedict XVI left Vatican City Thursday for the last time as pope, ahead of his historic resignation as leader of the world's 1.2 billion Catholics.

An honor guard of Swiss Guards, the soldiers who traditionally protect the pope, lined up to bid him farewell as he left the papal apartment, alongside senior Vatican officials and staff.

Applause swelled as Benedict, looking frail and carrying a cane, climbed into a car that took him to the

helicopter that flew him to the summer papal residence, Castel Gandolfo.

The sound of bells from St. Peter's Basilica chimed across the city of Rome as the helicopter soared overhead, passing above landmarks like the Colosseum. Although Benedict will eventually return to Vatican City to live out his days, he will never again set foot there as pope.

His final tweet, sent at 11 a.m. ET from his @Pontifex account, read: "Thank you for your love and support.

May you always experience the joy that comes from putting Christ at the centre of your lives."

Some 10,000 people, some local residents, had gathered to greet Benedict in the village of Castel Gandolfo amid a festive, party atmosphere.

On landing nearby, he was given a formal welcome by local dignitaries and Vatican officials.

Benedict will make one last public appearance on the Castel Gandolfo balcony to bless the crowds before retreating into seclusion. It may be the last time he is seen in public.

The Swiss Guards will ceremonially leave the gates of

the residence and seals will be placed on entrance to the pope's Vatican apartment, the Vatican said.

The pope has the right to wear the symbolic Fisherman's Ring until this is done. After that the ring and Benedict's papal seal will be "destroyed" by means of making scratch marks so that they can no longer be used to seal documents.

The process of transition to a new pope will then begin. Benedict, who will be known as "pontifex emeritus," will spend the next few weeks at the residence before moving to a small mon-

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INTERNATIONAL NEWS

Benedict XVI quits Vatican City for last time as pope

astery within the Vatican grounds.

He entered his final day as pontiff with an unusual act - a pledge of "unconditional obedience" and respect to whoever takes up the reins after his dramatic resignation later.

His promise came in a last meeting with the cardinals who will pick his successor, almost certainly from within their own ranks.

"I will continue to serve you in prayer, in particular in the coming days," he said, as they work to elect the new pope.

His words appeared designed to answer concerns that the presence of a former pontiff might lead to confusion or competing loyalties once the new pope is installed.

Benedict told the cardinals it was a "joy to walk with you" during his nearly eight tumultuous years at the head of 1.2 billion Catholics worldwide.

Vatican spokesman the Rev. Thomas Roscia said he believed 144 cardinals had attended Benedict XVI's farewell to them as pope. That includes both cardinal-electors, who are under the age of 80, and cardinals who are not eligible to vote for the next pope.

Not all the 115 cardinals eligible to vote were present. Two cardinals are suffering ill health, making their attendance uncertain, although arrangements may be made to enable them to vote.

The new pope is almost certain to come from within the cardinals' ranks.

In their meeting the cardinals gave Benedict a standing ovation, and then one by

one each met the pope to say a final few words.

The Vatican has said it wants to have the next pontiff in place in time for the week of

Benedict, who will not be involved in the election, will not get any advance notice of who his successor will be. The pope emeritus will find

blackmail. Then the news broke that Benedict had moved up the resignation of a Scottish archbishop linked over the weekend by British



The pope delivers his blessing. Benedict recounted how when he was asked to be pope eight years ago, he had prayed for God's guidance and had felt his presence "every day" since.

services leading up to Easter Sunday on March 31.

A series of meetings to set the timetable for the conclave - the secret elections of the new pope - will begin as of next week and the cardinals need to prepare.

Cardinal Gianfranco Ravasi of Italy, tipped as a possible future pope, tweeted that he would be away for a few days.

A number of other cardinals, including Ghanaian Peter Turkson, also considered a frontrunner, and New York's Timothy Dolan are also present on Twitter.

Cardinals are forbidden to communicate with the outside world - now including by Twitter - during the conclave, held within the Sistine Chapel.

The Vatican decline to say whether Blackberrys, iPhones and laptops would be taken away from cardinals when they are in the conclave. There is no Internet access inside Santa Marta, where the cardinals will stay during the conclave.

The @Pontifex account will go dormant until the next pope decides whether he wants to use it, Lombardi said.

out who has been elected at the same time as the rest of the world.

Cardinal Javier Lozano Barragan of Mexico, who turned 80 last month and so is not a cardinal-elect, would not be drawn to comment on who the next pope might be.

As to whether the cardinals are talking to each other about it now, "There are contacts, of course there contacts. But what people talk about, who knows?"

"There is a saying in Rome: He who enters the conclave as a possible pope comes out a cardinal."

Benedict's resignation opens up the prospect of unforeseen opportunities and challenges for the Roman Catholic Church.

Many are wondering whether a new pontiff will choose to lead the church in a different direction - and can lift it out of the mire of scandal that has bogged down this pope's time in office.

Even as Benedict's final week began, Vatican officials were trying to swat down unsavory claims by Italian publications of an episode involving gay priests, male prostitutes and

newspaper to inappropriate relationships with priests.

The danger for the Vatican is that the scandals risk overshadowing what others see as Benedict's real legacy to the church: his teaching and writings, including three papal encyclicals.

Proof of the Vatican's irritation came with a stinging statement complaining of "unverified, unverifiable or completely false news stories," even suggesting the media is trying to influence the election of the next pope. The constant buffeting by scandal will doubtless also have taken a toll on an 85-year-old man whose interests lie in scholarly study and prayer rather than damage control.

The pope called for a renewal of faith, and for the prayers of Catholics around the world both for him and his successor.

Italian iReporter Giovanni Francia was in St. Peter's Square to witness the scene. "There was a good atmosphere, (but) full of the sense we have lost of sort of 'grandfather,'" he said. "Now we are a little more alone."

Although his departure leaves the church facing many questions, Benedict suggested that its future, "at a time when many speak of its decline," lies in seeing it as a community of many people united in a love of Christ, rather than as an organization.

NORTHERN STAR

newspaper

information illumination inspiration

ORANGE WALK CENTRAL GONE RED!

...of red, stained Orange Walk Town on Sunday...
Prime Minister Hon. Dean Barrow
"...you can't beat people from the North when it comes to passion, when it comes to a display of war, when it comes to courage, when it comes to loyalty, when it comes to support even when the flag of the P.M. is at the entrance of the..."
PM Speech Sunday, 24 Feb.

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...to be the most... The team is headed by...
Hon. Dean Barrow
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Now, that really set the campaign physically by the residents of...
Hon. Dean Barrow
"The Belize Bonds and the NATIONAL METEOROLOGICAL SERVICE VS. THE WEATHER CHANNEL...
Last month the country was face to face with a monstrous category 2 hurricane named Rina. This storm was immediately off our coastline moving in a westward direction and in a path that seemingly placed Rina in a direct collision course with our country Belize. Belizeans sought information about the progress of Hurricane Rina from all authoritative sources. At home locally the majority of us would have been advised to evacuate...
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...After two years of the squandering of the...
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THE SUPER BOND

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...The Lord is my Shepherd I shall not want...

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