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**STAR**

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No. 287 Sunday, August 28, 2011 Price \$1.00

# Guatemalan Found With A Bag Of Belize Dollars

**BENQUE VIEJO TOWN, Cayo, Tuesday, August 23, 2011:**

A Guatemalan man was today taken to court in San Ignacio Town for failing to declare funds in excess of \$10,000.

An alert policeman stationed at the Western Border Station in Benque Viejo on Monday, August 22, conducted a search of a vehicle as it stopped at the border check point.

A search of the Hilux pickup truck, with Guatemalan license plate P-175DGS and driven by Guatemalan, **Ivan Padilla MENA**, led to the discovery of a large quantity of Belize dollars in a green back pack.

Personnel from the Financial



**Ivan Padilla MENA**

Intelligence Unit were brought in and when the money was counted,

in the presence of the detainee, it amounted to BZ \$22,500 being over two times above \$10,000 unrestricted limit.

The detainee told officials that he was not aware of the regulation. Notwithstanding, he was transported to the police station in Benque Viejo Town where he was arrested and formally charged for failure to declare funds.

He appeared in San Ignacio Magistrate court on Tuesday, August 23, where the charge was read to him by **Magistrate Dale Cayetano**. He pleaded guilty to the charge and walked free, along with his vehicle, after instantly paying the \$5,000 fine as ordered by Magistrate Cayetano.



**The Hilux pickup truck, with Guatemalan license plate P-175DGS Temporarily held at the police station in Benque Viejo Town**

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**STAR Newspaper**  
starnewspaper@gmail.com

# This Week's Home Invasion - No Arrest

**SANTA ELENA, CAYO, Friday, August 19, 2011:**

As the increasing incidents of home invasion continues in the community, San Ignacio police are still searching for clues in the latest incident this week.

**Susanne McMillan**, 57, US National, Permanent Resident Belizean, was at home, in Santa Elena Town, when at around 11 o'clock on Friday night she walked out of her house to check on the cause of dogs barking in the area of the back fence to her property. She was investigating to cause of the behaviour of the dogs, when she was shoved to the ground and into the dirt, with two

persons on top of her. She begged for her life and she was to told that no harm would come to her if she keeps quiet and give them her money.

McMillan told the police that she was dragged into the house at which point she noted that it was actually three persons instead of two and that there might have also been a fourth person who guarded the dogs.

She told the police that one of them kept guard over her, the other two searched the house for about 15 minutes. They made off taking, through a back portion of the fence, with all her jewelry including the \$5 Walmart earrings

she was wearing. The home invaders also reportedly took some cash, a Dell Vostro laptop with a defective motherboard, three digital cameras, two MP3 players and assorted small items. McMillan valued the amount of her loss at around BZ\$10,000 consisting mostly of gold jewelry. Immediately after the intruders disappeared into the darkness of the night, McMillan contacted the police at 911 within ten minutes they were on the scene where they conducted a fruitless search for the intruders.

Realizing her mistake, McMillan advises that in a similar incident, a person should

never leave the secure environment of their homes. A person in similar situation should remain inside their house, call the police at 911 and report the suspicious activity.

She informs that the attackers then ran out of the house after which she ran to a neighbor's house to call 911. Police reportedly arrived on the scene within ten minutes after the call was placed after it was ascertained that a home invasion had taken place several members of the Belize Defense Force also responded to the scene.

Police investigations continue, to date, no arrests have been made.

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## Government Responds On The Matter Of Incident Along The Adjacency Zone

Belmopan, 25th August, 2011.

The Ministry of Foreign Affairs and Foreign Trade of Belize expresses its concern on the recent incident that took place on 22 August 2011, within the Adjacency Zone, that is indicative of an increasing trend of illegal activity by Guatemalan nationals within Belizean territory.

Information received from the Belize Defence Force indicates that the incident that took place on August 22, 2011, occurred east of the Adjacency Line, on Belizean territory, where five Guatemalan nationals on motorcycles armed with high caliber AK-47 weapons approached the area threatening the members of the Belize Defence Force Patrol who were there to conduct a link up with the Guatemalan Armed Forces in accordance with the Confidence Building Measures

agreed to between both countries.

The report further states that after repeated warnings from the BDF to stop, the Guatemalan nationals continued to advance on the BDF personnel who were forced to act in accordance to their rules of engagement.

The Ministry of Foreign Affairs and Foreign Trade wishes to reiterate that the Government of Belize is committed to the implementation of the Confidence Building Measures and calls on the Office of the Organization of American States, within the Adjacency Zone to conduct the necessary verifications to ascertain the exact location where the incident took place.

The Ministry of Foreign Affairs and Foreign Trade of Belize once again calls on the relevant Guatemalan authorities to put in place the necessary

mechanisms to dissuade its nationals from entering illegally into Belizean territory and for its nationals to respect the Belizean law enforcement authorities.

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**BELIZE  
NATURAL ENERGY  
TRUST**

# NEWS

## BNE TRUST FORGES NEW PARTNERSHIP WITH ST JOHN'S CREDIT UNION



On Thursday, August 25th, 2011 the BELIZE Natural Energy Trust signed an agreement with St. John's Credit Union in its ongoing efforts to make higher education more accessible to young Belizeans in Belize City, Belmopan and surrounding areas via its *signature* Student Loan Program. This new partnership represents a \$200,000 investment in education by the Trust and demonstrates the firm commitment of both parties to do its part to make available affordable capital to students who may otherwise not have had an opportunity to pursue tertiary education at local institutions. Loans, to be offered at concessionary rates, can be used to cover tuition, books, boarding and other school-related costs.

The Student Loan Program was piloted in April 2009 with the support of Toledo Teachers Credit Union in Punta Gorda Town, St. Martin's Credit Union in San Ignacio, La Inmaculada Credit Union in Orange Walk Town and, St Francis Xavier Credit Union in Corozal Town at an initial investment cost of \$550,000 by the Trust. In each case, the partnering Credit Union have provide matching funds of its own to meet the growing demand for student loans. To date, more than \$1 million dollars in loans have been provided to over 300 students countrywide. This year, the Trust has earmarked an additional \$500,000 for this important initiative. Last week, three of four Credit Unions received an additional \$300,000 to expand the Student Loan Program in their districts.

Signing this agreement on behalf of the St. John's Credit Union in Belize were Mrs. Valerie Jenkins, President; Mrs. Daisy Dawson, General Manager and Mr. Reuben Gordon, Secretary. Chairman of the Trust, Mr. Orlando Burns, Trustee, Mr. Kevin Herrera and General Manager, Mrs. Tracy Panton, signed on behalf of the Trust. Also present at the Signing Ceremony were Trustee, Mr. Ismael Requena and Mr. Abner Valladares who were both instrumental in negotiating this agreement on behalf of the Trust.

For more information on the Student Loan Program, please contact the participating credit unions in your area.



La Inmaculada Credit Union



St Francis Xavier Credit Union



Toledo Teachers Credit Union

*The Trust is a partnership between  
the Government of Belize and Belize Natural Energy Ltd.*

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Tel: 822-2440 / 2441 E-mail: [info@bnetrust.org](mailto:info@bnetrust.org) Web: [www.bnetrust.org](http://www.bnetrust.org)



# BELPO Announces First Scholarship Assistance Award

**BELMOPAN, Thursday, August 25, 2011:**

The Belize Institute of Environmental Law and Policy (**BELPO**) is happy to announce the presentation of its first scholarship to a student seeking a law degree.

The successful candidate is **Ms. Kay King** of Hattieville, Belize District. She will be attending the University of the West Indies, Cavehill Campus (**Barbados**) to pursue a degree in Law.

Kay graduated in 2008 with an Associate's Degree in Paralegal Studies from the University of the West Indies Open Campus in Belize City.

In 2009, she earned an A Level Law certificate from the UWI School of Continuing Studies, Belize and, in December 2010, she received a Certificate in Introduction to



**(L-R) George Gonzalez, Kay King and Amelita Knowles**

Counseling, also through the UWI School of Continuing Studies.

She says she has a passion for law and wants to work for people by helping to defend their rights and by making them

aware of their responsibilities as citizens of Belize.

The partial scholarship was awarded at a brief ceremony at the BELPO office in Belmopan. The check was presented to Ms. King by George Gonzalez, Sec-

retary of the Board and Amelita Knowles, Office Administrator. Congratulations Kay King!!!

BELPO is a non-government organization advocating for human rights and the environment through law.

## "Not Under A PUP Banner" Says Matura Shephard

**BELIZE CITY, Thursday, August 25, 2011:**

Please allow me some space in your newspaper to set the record straight on some outright lies and deception written against me and to which sadly I must respond so as to stop the continued fabrications and deceptions by the Guardian Newspaper.

Under the heading of an article "**The Good, The Bad and The Ugly**" the un-named author seeks to cast aspirations and in typical political bullying fashion suggests that I would be running in the next general election under a PUP banner and worst yet that my esteemed colleague **Phillip Palacio** is being asked to step aside to make way for me



in the Mesopotamia Division.

This is an outright lie and one phone call to me could have easily verified this but the Guardian Newspaper under this "**lot**" is nothing about truth.

As the founding editor of

said newspaper and a former journalist myself, I am indeed disappointed at the fecal level of their writing and reporting.

Unlike the coward author and his editor, who hide behind anonymity I would like to make it absolutely clear, for the avoidance of doubt, that if I should ever chose to run for office it would surely not be under a PUP banner and definitely not by stabbing anyone in the back to take over any seat.

The back-stabbing is more what the Guardian newspaper and the owners and advisory board is about by printing outright lies and seeking to distract from the truth about their outright attempt to deceive the unsuspecting people of this nation. My style is forthright and to the point and surely not cowardly and deceitful – I am fearless in my conviction to live by my conscience and will continue to do so as long as God gives me life.

I am very cognizant of the fact that the UDP and its mouth-pieces, including the Guardian cannot deal with the fact that there are independent-minded patriotic Belizeans whose moral and ethical compasses are not calibrated by political hand-outs and patronage.

God forbids a Belizean

woman would dare speak out, for that male-dominated organ (**no pun intended**) this is tantamount to blasphemy.

It seems the truth about what I have to say is hurting so bad they need to get personal and downright dirty – fecal dirty. Don't worry my brothers and sisters on that side – I do not hold any grudges or discontent in my heart – they are forgiven.

I know it hurts them that not every one can be their puppet and that the eyes of the people of this nation is being opened and this is only possible when people like myself dare speak out and share information and knowledge.

It is unfortunate that my dear friend **Alfonso Noble**, Editor of the Guardian allows this trash writing to the point of questioning my legal learning. If he really believes that my legal acumen is that poor I don't know why until recently he kept seeking my counsel in advising him and the newspaper on the potential libel of their cartoons after being threatened with lawsuits following his publications.

Despite them claiming to have all the legal prowess in an act of kindness and friendship I so aptly advised free of cost until recently. But of course the

**Please Turn To Page 13**

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## "We Don't Want This Gas Station In Our Community" Says Chairman Palacio

It has come to the attention of Seine Bight Village Council that a Chinese/Belizean national "Elvis" who is a residence of Seine Bight Village, has started construction of a gas station (*without any of the mandatory approvals*) in the area of Seine Bight Village, better known as Maya Beach.

This gentleman also owns the "Peninsula Store/Hotel/Restaurant in Seine Bight Village proper.

The law dictates that all construction, before ANY building is to commence starting with the foundation one should first submit a plan and get a letter of approval from the local village council.

This was not done. Plans were submitted to the Belize Building Authority, but were not approved. Notwithstanding, construction has commenced.

Being a Gas Station several other agencies are also involved, those are the Department of the Environment, the Fire Department, the Police Department (*dangerous goods*). Also due to its proposed location, the Port Authority and the Fisheries Department should be involved. Also very importantly the National Emergency Management Organization (*NEMO*), given that the location of the proposed Gas Station is within 200 feet of the sea and could cause some very serious/dangerous issues in the event of a hurricane hitting this area on the Placencia peninsula.

Again due to its proposed location in a residential neighbourhood, on a residential house lot, it is a great cause of concern to the neighbourhood.

One of the big concerns is fire safety, if a tank blows, the surrounding houses will be destroyed and the people in those houses could be seriously if not fatally affected.

Another big concern is the matter of devaluing properties in the vicinity which can be caused to beachfront lots with a gas station across the street. In fact a gas station in the area could result in devaluing of property in general as there are many waterfront/canal front homes in the area as well.

Health concerns with the

flumes radiating from the gas station. Also there was a concern that household/property insurance rates may increase, the list goes on.

So this proposed gas station would not only be very dangerous to people of our community, but also to the adjacent mangrove eco-system, as it would be not only on the roadside, but on a canal leading into the Placencia Lagoon, as well.

This type of development is not and will not be endorsed by the Seine Bight Village Council and the people in the Maya Beach area.

Elvis cannot be allowed to continue building such structure in our area that will be detrimental to our environment and the people living in the immediate area.

Let's protect and control development in our community with sustainable and safe

development. Let's stop the continuation of the construction of this unwanted Gas Station.

Keeping our Community at heart

Respectfully

**Francis Palacio**

Chairman

Seine Bight Village,

Stann Creek District



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# Border Incidents Threaten Stability

BY: Charles Trew

Succotz & Washington, DC

WEDNESDAY, August 24, 2011:

The latest incident in a string of clashes during 2011 at the border between Belize and Guatemala threatens to become the most serious threat to stability between the two countries in years.

On August 24 the Guatemalan Prensa Libre published an invective article concerning the events of August 22 in which Belizean Defense Forces (BDF) soldiers shot a 21 year old Guatemalan at the border named **Luis Pineda**.

Expanding on a previous article the day before, the piece made new accusations and used language with ominous implications.

Above the article "*Youth shot during incursion by Belizean soldiers*," a subtitle to the piece

describes the border area in unusual terms. The area where the shooting took place is "*las cercanías de la línea divisoria aun no definida entre Peten y Belice*," instead of the normal term "*frontera*," or "*border*." The unwieldy description that described Mr. Pineda as a poor campesino resident in the "*vicinity of the undefined line of division*" is a clear rejection of Belizean sovereignty.

In addition, the article claims it was actually Belize that launched unprovoked multiple attacks on Guatemalans.

One witness is identified as a human rights official from Poptun named **Gonzalo Aldana**. "*At least 10*" BDF soldiers are described as having taken children hostage and then making other campesinos beg for their freedom on their knees. The BDF troops are then said to have made an "*incursion*,"

going to the residence of Mr. Pineda's parents and launching a full blown attack.

This latest incident took place at the same time the BDF soldiers involved were waiting for Guatemalan counterparts to arrive as part of a joint patrol team in the border area. These exercises are supposed to be "*confidence builders*" except the last two times the Guatemalan military never showed up.

On Monday it seems they sent a surrogate team instead. Somehow it does not provide much confidence, at least not the kind intended.

It seems well clear that Guatemala has been resorting to provocations this year for reasons not totally clear. Meanwhile, there are small armies of thieves plundering Belizean hardwoods, xate, Mayan artifacts, birds and anything else of value.

It's only in the last few months that Belizean enforcement is really begining to reflect reality in this area.

There has to be a much more aggressive enforcement policy. Until recently, most thieves were let go, sometimes even with their equipment.

The outnumbered Belizeans attempting to protect against the onslaught have often been unarmed, even as the Guatemalans frequently carry military grade weapons.

In this latest clash on August 22, **Major Dalton Roches** of the BDF noted to the media that 5 Guatemalans crossed into Belize and one had an AK-47 assault rifle. The others had handguns and machetes.

In response to this latest border incident, **Prime Minister Barrow** has requested Organization of American States (OAS) involvement, calling the situation "*very, very, serious*." He has also refused to discuss any policy scenarios with the media citing the sensitivity of the situation.

At first glance this seems a sound policy. Megaphone diplomacy is the last thing needed with a situation that is already a tinderbox.

The OAS currently maintains a "*tripwire*" facility in the no-man's land at the Western border between the two countries. The OAS would have the authority to intervene in the case of an invasion or other hostile action. Whether the OAS would shoulder that responsibility is another matter and hopefully the world will not have to find out the hard way.

Meanwhile Belize needs to develop and implement some serious long term strategies for the border.

Belize will certainly need international assistance in this area. A military solution is simply not possible because of the tremendous disparity in the size of the two military institutions. Furthermore the sheer size and remoteness of the border area make effective enforcement a massive and expensive proposition.

Hopefully the quiet diplomacy currently underway will yield some positive results. The first test will come in two weeks when the next joint "*confidence building*" patrol is set to meet in the Chiquibil.

## The PRENSA LIBRE Article Translated

23/08/11 - 13:18 Petén

BY: RIGOBERTO ESCOBAR  
Poptún, Petén

**POPTÚN** - Farmer reported that he was shot by Belizean soldiers.

**Luis Alberto García Pineda**, 21, reported this Tuesday that a military patrol from Belize injured him with a bullet during an incursion they made in the village of San Jose Las Flores, Chiquibul, in Melchor de Mencos, Petén.

García, who remains hospitalized at the Regional Hospital in Poptún, Petén, informed that on Monday evening they were informed by some neighbours that a military patrol from Belize had three minors detained who were found gathering firewood near the adjacency line between Guatemala and Belize.

Five farmers headed to the location, but about 300 meters



**Luis Alberto García Pineda hospitalized at the Regional Hospital in Poptún, Peten, Guatemala**

before coming in contact with the Belizean patrol, they were greeted with shots by the military, whereby García recieved a gunshot wound to the left hand.

García and the other four farmers were forced by the Belizean miliary to kneel and

beg for the freedon of the minors. When the patrol was withdrawing from the zone the soldiers reportedly fired shots at several houses.

**Gonzalo Palacios**, departmental assistant from the Human Rights Commission, informed that a file has been opened about the agression and he lamented that these kinds of incidents occur against Guatemalans.

Efforts were made to obtain a version of the incident from **Juan Carlos Sagastume**, supervisor to the Sergio Benítez area, incharge of the office of the Organization of American States in Peten but office personnel said that he was on assignment.

## PRENSA LIBRE

Agosto 24, 2011

The Actual Article in Spanish

23/08/11 - 13:18 Petén

POR RIGOBERTO ESCOBAR  
Poptún, Petén

**POPTÚN** - Campesino denuncia que fue baleado por soldados beliceños

**Luis Alberto García Pineda**, de 21 años, denunció este martes que una patrulla militar de Belice lo hirió de bala durante una incursión que estos

Please Turn To Page 12





## **MIDDLE MANAGEMENT VACANCIES**

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<b>Assistant Manager – Customer Services Department</b>	Assist the Manager with day-to-day management and reporting. Provide leadership, coaching and administrative assistance to the Customer Services Branch Offices country-wide. Will ensure key performance target are met and will ensure compliance with internal policies and procedures and with national and international standards and regulations.	<ul style="list-style-type: none"> <li>• Bachelor degree in Business Administration, Accounting or related discipline; Customer Service experience and training would be an asset</li> <li>• Minimum of 3 years in management or senior supervisory level</li> <li>• Proficiency in Accounting and/or Customer Information System and MS-Office, esp. Word and Excel</li> <li>• Proficiency in English; Spanish would be an asset</li> <li>• Ability to write reports and communicate well</li> <li>• Willing to travel; must possess valid driver's license.</li> </ul>
<b>Purchasing and Stores Officer – Finance Department</b>	Provide overall direction, supervision and leadership for Procurement and Stores Unit, to optimize operations and costs. Will ensure maintenance of records and reporting on all related transactions pertaining to the unit.	<ul style="list-style-type: none"> <li>• Bachelors degree or specialized training in Procurement and Stores Management, Project or Construction Management, Civil Engineering, Water and Waste Water Management, or related discipline</li> <li>• Experience with purchasing and procurement and with Lending Agencies (CDB, IDB etc.) procurement guidelines</li> <li>• Minimum of 3 years in management or senior supervisory level</li> <li>• Proficiency in Accounting and/or Inventory Management Systems and MS-Office, esp. Word and Excel</li> <li>• Ability to write reports and communicate well</li> </ul>
<b>Health and Safety Officer– Administration Department</b>	Plans, coordinates, and implements a comprehensive occupational health and safety program, which will be designed to prevent injury, occupational illness and damage to company properties. Will supervise and provide expert advice	<ul style="list-style-type: none"> <li>• Bachelors degree in science, engineering or a related discipline; training and experience in Health and Safety would be an asset</li> <li>• Minimum of 3 years in management or senior supervisory level</li> <li>• Has knowledge of principles and practices of industrial and occupational safety and health programs, pertinent local ordinances, rules and regulations.</li> </ul>
<b>Public Relations Specialist – Human Resources / Public Relations Department</b>	Will plan, organize and coordinate community, media and internal related strategies, which will be in line with concerns and attitudes of our consumer, community, interest groups and our employees. In addition must be knowledgeable of event marketing and budgeting required to substantiate the campaigns.	<ul style="list-style-type: none"> <li>• Bachelors Degree in Public Relations, Marketing or Business Administration</li> <li>• Minimum of 3 years experience in Communications, Public Relations at a senior level. Experience in marketing would be an asset</li> <li>• Excellent computer and consensus building skills.</li> <li>• Ability to write reports and communicate well</li> </ul>

Interested individuals should submit their application including a résumé clearly indicating qualifications and experience by Wednesday August 31, 2011 addressed to Human Resources Manager, Belize Water Services Limited, #7 Central American Blvd., PO Box 150, Belize City, Belize or via Email to [hr@bws1.com.bz](mailto:hr@bws1.com.bz)

**Belize Water Services – Delivering water and more...**



# Ground Broken For An Almost Three Million Dollar Tourism Project In Cayo

**SAN IGNACIO TOWN, Cayo, Thursday, August 25, 2011:**

After almost three years in the making, ground was officially broken today in San Ignacio Town thereby signalling the commencement of the construction of the multi-million dollar “Cayo Welcome Center”.

The official program began this Thursday whereby stakeholders in the tourism industry, residents of the twin towns of San Ignacio and Santa Elena and the media were invited, first for the official signing of the contract and later to the site of the construction for the ceremonial ground breaking/tree planting event.

The ceremony for the official signing of the contract was held at the San Ignacio Resort Hotel. It began with **Christy Mastry** from the Sustainable Tourism Project acting in the capacity as Mistress of Ceremony who in the opening remarks informed that the delay in implementing the project has actually positively impacted the process with an increase from 2 million to almost 2.8 million dollars.

The opening remarks were delivered by Chair of the Board of Directors, **Mrs. Mariam Roberson** who thanked the major players for finally bringing the project to reality.



**BTB Chair,  
Mrs. Mariam Roberson**

For his part **Tourism Minister, Hon. Manuel Heredia** congratulated **Mayor John August** for his “*steadfast dedication to the project*”. In offering apologies for the delay in project implementation, Minister Heredia informed that it was all a part of the IDB’s procedure to ensure that the monies they provide is well spent and that value is actually received. “*In order to increase tourist arrivals in a community, we must have the necessary*



**Architectural Concept of the Cayo Welcome Center**

*infrastructure and this is one of those infrastructures that will be constructed in this community*”. Minister Heredia also used the opportunity to thank the Hon. Prime Minister for his unwavering support for the overall Sustainable Tourism project encompassing an investment of over 30 million dollars in the program country-wide.



**Tourism Minister,  
Hon. Manuel Heredia**

In addressing the gathering, Mayor John August expressed gratitude on behalf of the residents of the twin municipalities as well as those residing in surrounding communities, to the government of Belize and specifically to the Ministry of Tourism for brining the kind of development to our community and also for selecting San Ignacio as the site to kick of the national implementation of the Sustainable Tourism Project. He informed that the community will immediately begin to benefit from the project in the form of the over 40 jobs that it will immediately create and that upon completion it will further create additional jobs.

Next on the podium was Tourism Director, **Seleni Matus** who announced that after a thorough evaluation of the nine bids received for the project execution, the \$2.762.785



**Mayor,  
John Francis August**

contract was awarded to RGB Construction Limited. She informed that “*The core goal of the project is to draw visitors to town centers and to bring visitors in direct contact with the people and their cultures so as to afford them a true sense of the product we have to offer. While we encourage visitors to the various sites, we also want to show them that there is more to see than the sites and that is our people and our culture. We are therefore seeking to make tourism touch as much of our people as possible*”, concluded Director Matus.

In deputizing for Tourism CEO, **Lindsay Garbutt**, who



**Tourism Director,  
Seleni Matus**



**BTB Director,  
Valdemar Andrade  
Deputizing For CEO  
Lindsay Garbutt**

was unable to attend because of attending to a Civil Aviation matter, being another area of responsibility for the Ministry, Board Director, **Valdemar Andrade** informed that upon completion of the Cayo Welcome Center, residents will finally have a fine place where “*Cayo can showcase its wonderful culture*”. He also thanked the Minister for his vision and his support for the project.

In concluding MC Christy Mastry informed that “*We will be back in another couple of months at which time we will invest one million dollars in projects to improve archeological sites in this area*”.

The gathering then moved to the project site in the Savannah area of San Ignacio Town where they were joined by Agriculture & Fisheries Minister/Cayo Central Area Representative **Hon. Rene Montero** for the unveiling of the project design display and the ceremonial ground breaking/tree planting event in which Ministers **Manuel Heredia** and **Rene Montero** participated along with **Mayor John August** and the contractor, **Rommel Berges**.

## **THE OFFICIAL STP VERSION**

In Terms of the project, the Media package distributed by officials from the Sustainable Tourism Project (STP) informs:

### **CAYO WELCOME CENTER**

The Cayo Welcome Center is the first construction project that sits within the Destination Plan for San Ignacio under the National Tourism Master Plan. This urban project emphasizes the goal of the Master Plan with the concept of simulating an already vibrant cultural downtown experience with the natural integration of tourism. It will help promote not

**Please Turn To Page 9**



# Ground Broken For An Almost Three Million Dollar Tourism Project In Cayo

Continued From Page 8

only our natural resources but our cultural resources to bring tourism to the Cayo district's urban setting as well as promote activities within the pristine natural landscapes spread further throughout the area.

Due to its high tourism potential the National Sustainable Tourism Master Plan identifies Western Belize as a priority area

It will consolidate tourism and recreation activities and provide an orientation and information center for visitors to familiarize themselves with the activities and tourism product being offered in the area and explore how these can be experienced.

It will promote cultural understanding, an awareness of conservation ethics, environmental standards and visitor safety



Unveiling the Design Display by Mayor John August (L) and Minister Manuel Heredia (R) with the Hon. Rene Montero looking on

for tourism development. It is one of the top overnight tourism destinations in the country. The Master plan's vision for San Ignacio Town is the "demand driver" for the area. It sees San Ignacio as the gateway and hub for tourism in Western Belize, serving as an attraction in itself as well as a base for visits and activities in the surrounding natural and cultural sites. The short term plan includes the improvement of the public square as a focal point, with reorganization of traffic, improved pedestrian connections and establishment of a tourism information center.

The Cayo Welcome Center investments will address several issues such as the current lack of traffic and pedestrian organization in San Ignacio, the current lack of public space with developed leisure services and the lack of a visitor center for onsite and off-site tourists to obtain information on the tourism product available in Western Belize.

### GOALS OF THE DEVELOPMENT

The establishment of a Welcome Center in the heart of San Ignacio town is the first step to activating the town center for daytime and evening leisure activities, building the town as a tourism destination in its own right and strengthening local tourism business, ultimately increasing visitor's expenditure and length of stay in the district.

through the provision of a center with professional visitor servicing.

It will promote local tourism businesses and partnerships, with opportunities for collaborative marketing and development for tour circuits.

It will be a center of cultural activity promoting the arts, music, and heritage of the town, promoting community events, local pride and cohesion.

It will act as a catalyst for future town investment and beautification projects.

It will improve security within the town center through appropriate urban design and provision of the lighting.

It will provide pedestrian link to Burns Avenue and be a central place for visitors and locals to relax and establish an emotional connection with the town.

### THE FINAL DEVELOPMENT WILL INCLUDE

The Welcome Center – showcasing the attractions of the district and providing opportunities for the private sector to market their products and tourism offering. The interior design will maximize audience engagement with the opportunity for touch screen technology. It will create a sense of place, encourage exploration and above all welcome visitors with keen professionalism. Provision will be made for an area for the local schools and community to create displays and include



Architectural Concept of the Cayo Welcome Center from another angle

a small audio visual room for interpretation on the district.

2 anchor tenants and patio area flanking the Welcome Center, with the opportunity to offer food/beverage, internet services etc.

4 Kiosks – offering the opportunity for small businesses associated with tourism and leisure (ie. tour operators, ice-cream, snacks and beverages etc.)

Landscaped area with stage facilities and seating area for cultural performances

Hardscaped area with shading and features providing the opportunity to host weekly scheduled events, such as a local handicraft market.

Public Parking facilities for around 40 vehicles

Bus station amenities with ticketing office, shelter and consideration for locker rooms

Taxi Facilities

Public Restroom facilities with permanent on-site cleaning staff during open hours.

### FUTURE INVESTMENTS FOR CAYO UNDER STP

A contract is currently underway to complete architectural designs for a visitor center and bathroom facilities at Xunantunich, (to assist in the interpretation and visitor management at the site), for improvement of the trails, visitor center and amenities at Cahal Pech and also for bathroom and changing facilities at Actun Tunich Muknal.

A new ferry is being designed for

Xunantunich and will be installed by early 2012.

Construction bids for the BZ\$800,000 investment in Archaeological sites will be invited at the end of this year following completion of the technical studies and designs.

### KEY FACTS:

The Project site encompasses approximately 2.55 acres of public land including current developments of Coronation Park, the San Ignacio Cultural Center and the Norbeta Pulido commercial building.

1) Technical study, planning and consultation has been ongoing since the first consultation held in September 2009.

2) The Welcome Center will be managed and operated by staff under the San Ignacio/Santa Elena Town Council with a management advisory board consisting of stakeholders from industries and organizations such as Belize Tourism Industry Association, Belize Tourism Board, National Institute of Culture and History, Belize Hotel Association, Cayo Tour Guide Association and local residents.

3) Total construction value will be just over BZ\$2.7 MILLION

4) Construction timeframe is anticipated as 12 months beginning September.

5) Employment generation – 30-40 persons needed for construction period and 7 positions minimum for operations.



Three of Belize's Female Powerhouses in Tourism and Culture: (L-R) Tourism Director, Seleni Matus; Tourism Board Chair, Mariam Roberson and National Institute of Culture & History Director, Diane Haylock



## Your Weekly Horoscope & Lucky Numbers



**ARIES:**  
March 22 to  
April 20

Look on difficulties you come up against now as learning opportunities. With the right attitude, you will overcome many problems and this will be another step towards success. **Lucky numbers: 14, 62, 91.**



**TAURUS:**  
April 21 to  
May 21

It takes a lot of hard work to remain positive and hopeful especially when you encounter difficult problems. Keep at it and you will find a way to resolve these issues. **Lucky numbers: 24, 49, 65.**



**GEMINI:**  
May 22 to  
June 21

Results you are seeing now reflect the decisions and choices you made in the past. The fact that you put a lot of thought into these will mean you couldn't be happier with the consequences. The effort was well worth it. **Lucky numbers: 07, 27, 33.**



**CANCER:**  
June 22 to  
July 23

If you aren't sure about skills you will soon be called on to use in your career, you might practice at home. That way you won't feel so nervous when you need to put some recently acquired knowledge into practice. **Lucky numbers: 16, 32, 95.**



**LEO:**  
July 24 to  
August 21

There is a way to succeed but it won't be easy to find it. Be prepared to consider different options and you might find yourself going for the one you wouldn't normally choose! **Lucky numbers: 03, 21, 81.**



**VIRGO:**  
August 22 to  
September 21

Good choices and practical methods will bring many fine accomplishments. You might wish a loved one would be more assertive but you can't make their decisions for them. **Lucky numbers: 29, 42, 60.**



**LIBRA:**  
September 22  
to October 23

Your initial attempts at a new activity or pastime exceed your expectations. This boosts your confidence, you will get more encouragement from those who share this interest and you could become an expert! **Lucky numbers: 13, 26, 45.**



**SCORPIO:**  
October 24 to  
November 21

A spontaneous decision could take you to a place you feel you are meant to be. It isn't by accident that you arrive here. It will be your intuition that leads you to the right places. **Lucky numbers: 01, 35, 63.**



**SAGITTARIUS:**  
November 22 to  
December 21

There are more ways than one to learn a difficult task and if it seems like one method isn't working, try another. It may also be that you have chosen the wrong mentor. Seek advice from someone who thinks like you. **Lucky numbers: 10, 36, 96.**



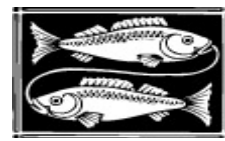
**CAPRICORN:**  
December 22  
to January 20

It might seem as if life is a complex maze these days and you're struggling to find the centre. Every time you think you've found a solution to problems another one appears! **Lucky numbers: 20, 54, 71.**



**AQUARIUS:**  
January 21 to  
February 19

Are you ready to venture into the unknown? Whether it is new experiences, travel or committing to a long term transaction, try to find the courage to go ahead or you will always be thinking 'if only.' **Lucky numbers: 04, 17, 92.**



**PISCES:**  
February 20  
to March 21

Try to avoid negative thinking people. Over time their attitude will affect your thinking. You need to mix with those who know how to keep you cheerful and hopeful. **Lucky numbers: 28, 54, 78.**

## ★ STAR HUMOR ★

### It Wasn't Me

A drunk, sitting at the counter in a bar, pukes all over his.

"Damn," he says. "I puked on my shirt again. If the wife finds out, she's gonna kill me."

"Not to worry," says the bartender as he sticks a \$20 bill in the drunk's pocket. "Just tell her someone puked on you and gave you some cash to cover the

cleaning bill."

So the drunk goes home and tells his wife about the guy who puked on him and the money in his pocket.

She reaches into his pocket and finds two twenties.

"Why are there two twenties?" she asks.

The drunk replies, "Oh, yeah, he crapped in my pants, too."

### One Big "Happy" Family

A guy walked into a bar one day and said to the bartender, "Give me three double vodka."

The barman says, "Wow! you must have had very bad day."

"Yes, I just found out my older brother is gay."

The next day the same guy walks into the bar and asked for the same drinks.

When the bartender asked what the problem was today he answered "I've just found out that my younger brother is gay too!"

On the third day the guy enters the bar and ordered another three double vodkas.

The bartender said, "What the hell? Doesn't anybody in your family like women?"

"Yes, my wife..."

## CAYO RENTALS

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# What Is Stress? - How to Deal With Stress

We generally use the word “**stress**” when we feel that everything seems to have become too much - we are overloaded and wonder whether we really can cope with the pressures placed upon us. Anything that poses a challenge or a threat to our well-being is a stress. Some stresses get you going and they are good for you - without any stress at all many say our lives would be boring and would probably feel pointless. However, when the stresses undermine both our mental and physical health they are bad. In this text we shall be focusing on stress that is bad for you.

## Fight or flight response

The way you respond to a challenge may also be a type of stress. Part of your response to a challenge is physiological and affects your physical state. When faced with a challenge or a threat, your body activates resources to protect you - to either get away as fast as you can, or fight. If you are upstairs at home and an earthquake starts, the faster you can get yourself and your family out the more likely you are all to survive. If you need to save somebody's life during that earthquake, by lifting a heavy weight that has fallen on them during the earthquake, you will need components in your body to be activated to give you that extra strength - that extra push.

Our fight-or-flight response is our body's sympathetic nervous system reacting to a stressful event. Our body produces larger quantities of the chemicals cortisol, adrenaline and noradrenaline, which trigger a higher heart rate, heightened muscle preparedness, sweating, and alertness - all these factors help us protect ourselves in a dangerous or challenging situation.

Non-essential body functions slow down, such as our digestive and immune systems when we are in fight-or flight response mode. All resources can then be concentrated on rapid breathing, blood flow, alertness and muscle use.

**So, let's recap, when we are stressed the following happens:** Blood pressure rises, Breathing becomes more rapid, Digestive system slows down, Heart rate (pulse) rises, Immune system goes down, Muscles become tense, We do not sleep (heightened state of alertness)

Most of us have varying interpretations of what stress is about and what matters. Some of us focus on what happens to us, such as breaking a bone or getting a promotion, while others think more about the event itself. What really matters are our thoughts about the situations in

which we find ourselves.

We are continually sizing up situations that confront us in life. We assess each situation, deciding whether something is a threat, how we can deal with it and what resources we can use. If we conclude that the required resources needed to effectively deal with a situation are beyond what we have available, we say that that situation is stressful - and we react with a classical stress response. On the other hand, if we decide our available resources and skills are more than enough to deal with a situation, it is not seen as stressful to us.

## We all respond differently to a given situation for three main reasons

1. We do not all interpret each situation in the same way.
2. Because of this, we do not all call on the same resources for each situation
3. We do not all have the same resources and skills.

Some situations which are not negative ones may still be perceived as stressful. This is because we think we are not completely prepared to cope with them effectively. Examples being: having a baby, moving to a nicer house, and being promoted. Having a baby is usually a wonderful thing, so is being promoted or moving to a nicer house. But, moving house is a well-known source of stress.

It is important to learn that what matters more than the event itself is usually our thoughts about the event when we are trying to manage stress. How you see that stressful event will be the largest single factor that impacts on your physical and mental health. Your interpretation of events and challenges in life may decide whether they are invigorating or harmful for you.

A persistently negative response to challenges will eventually have a negative effect on your health and happiness. Experts say people who tend to perceive things negatively need to understand themselves and their reactions to stress-provoking situations better. Then they can learn to manage stress more successfully. Some of the effects of stress on your body, your thoughts and feelings, and on your behavior:

**Effect on your body:** A tendency to sweat, Back pain, Chest pain, Cramps or muscle spasms, Erectile dysfunction, Fainting spells, Headache, Heart disease, Hypertension (high blood pressure), Loss of libido, Lower immunity against diseases, Muscular aches, Nail biting, Nervous twitches, Pins and needles, Sleeping difficulties, stomach upset

**Effect on your thoughts and feelings:** Anger, Anxiety, Burnout,

Depression, Feeling of insecurity, Forgetfulness, Irritability, Problem concentrating, Restlessness, Sadness, Fatigue,

**Effect on your behavior:** Eating too much, Eating too little, Food cravings, Sudden angry outbursts, Drug abuse, Alcohol abuse, Higher tobacco consumption, Social withdrawal, Frequent crying, Relationship problems

## What are the causes of Stress?

We all react differently to stressful situations. What one person finds stressful another may not at all. Almost anything can cause stress and it has different triggers. For some people, on some occasions, just thinking about something, or several small things that accumulate, can cause stress.

**The most common causes of stress are:** Bereavement, Family problems, Financial, Lack of time, Moving home, Relationships (including divorce)

**The following are also causes of stress:** Abortion, Becoming a mother or a father, Conflicts in the workplace, Driving in bad traffic, Fear of crime, Losing your job, Miscarriage, Noisy neighbors, Overcrowding, Pollution, Pregnancy, Retirement, Too much noise, Uncertainty (awaiting laboratory test results, academic exam results, job interview results, etc)

It is possible that a person feels stressed and no clear cause is identified. A feeling of frustration, anxiety and depression can make some people feel stressed more easily than others.

## Diagnosis of stress

A good primary care physician (GP - General Practitioner) should be able to diagnose stress based on the patient's symptoms alone. Some doctors may wish to run some tests, such as a blood or urine, or a health assessment.

The diagnosis of stress depends on many factors and is complex, say experts. A wide range of approaches to stress diagnosis have been used by health care professionals, such as the use of questionnaires, biochemical measures, and physiological techniques. Experts add that the majority of these methods are subject to experimental error and should be viewed with caution. The most practicable way to diagnose stress and its effects on a person is through a comprehensive, stress-oriented, face-to-face interview.

## How to deal with stress

There are three broad methods you can follow to treat stress, they include self-help, self management, and medication.

## Self help for treating stress

**Exercise** - exercise has been proven to have a beneficial effect on a person's mental and physical state. For many people exercise is an ex-

tremely effective stress buster.

**Division of labor** - try to delegate your responsibilities at work, or share them. If you make yourself indispensable the likelihood of your feeling highly stressed is significantly greater.

**Assertiveness** - don't say yes to everything. If you can't do something well, or if something is not your responsibility, try to seek ways of not agreeing to do them.

**Alcohol and drugs** - alcohol and drugs will not help you manage your stress better. Either stop consuming them completely, or cut down.

**Caffeine** - if your consumption of coffee and other drinks which contain caffeine is high, cut down.

**Nutrition** - eat plenty of fruit and vegetables. Make sure you have a healthy and balanced diet.

**Time** - make sure you set aside some time each day just for yourself. Use that time to organize your life, relax, and pursue your own interests.

**Breathing** - there are some effective breathing techniques which will slow down your system and help you relax.

**Talk** - talk to your family, friends, work colleagues and your boss. Express your thoughts and worries.

**Seek professional help** - if the stress is affecting the way you function; go and see your doctor. Heightened stress for prolonged periods can be bad for your physical and mental health.

**Relaxation techniques** - mediation, massage, or yoga have been known to greatly help people with stress.

## Stress management techniques

Stress management can help you to either remove or change the source of stress, alter the way you view a stressful event, lower the impact that stress might have on your body, and teach you alternative ways of coping. Stress management therapy will have the objective of pursuing one or more of these approaches.

Stress management techniques can be gained if you read self-help books, or attend a stress management course. You can also seek the help of a counselor or psychotherapist for personal development or therapy sessions.

Many therapies which help you relax, such as aromatherapy, or reflexology, may have a beneficial effect.

Doctors will not usually prescribe medications for coping with stress, unless the patient has an underlying illness, such as depression or some type of anxiety. If that is the case, the doctor is actually treating a mental illness. In such cases, an antidepressant may be prescribed. Bear in mind that there is a risk that all the medication will do is mask the stress, rather than help you deal and cope with it.



# Unhealthy Border Tensions

By: Wellington C. Ramos



Increased Tensions at the Belize/Guatemala border will lead to a stalemate in diplomatic relations between the two countries.

Belize is a former British colony that is situated in Central America between the countries of Mexico, Guatemala and the southeastern coast of Honduras. This country was encountered by a British pirate Peter Wallace who was on his way to Jamaica when he had a shipwreck. Due to the shipwreck he discovered logwood and mahogany and the British decided to settle on the land to ship these items to Great Britain in mass quantities. In the beginning of the settlement, the Spanish crown asked the British to leave because they had obtained this land in the Treaty of Tordesillas that was signed between their country and

Portugal in 1494. The British refused to leave the territory and granted it crown colony status in 1862. In 1964 Belize was granted Internal Self Government and then Independence on September the 21<sup>st</sup>, 1981.

The British and the Spanish dispute over the territory finally led to the Battle of Saint George's Cay on the 10<sup>th</sup> of September 1798. Since then, the Spanish crown left the British settlers to remain on the land. When the Spanish colonies of Latin America and the Caribbean broke away from Spain in the 1823, they all declared themselves independent nations. At that time, Guatemala, Honduras, El Salvador, Costa Rica and Nicaragua were all one country known as the Central American Republic which lasted from 1823-1841 with the capital located in Guatemala city. Later on these countries that made up the republic, started to have their differences and severed their ties with Guatemala which led to separate countries in Central America today. Guatemala was now born as a new nation in Central America after 1841 with disputed borders with the other territories due to the Captaincy General administration that was established under Spain.

Since 1859 the country of

Guatemala has been claiming Belize as their territory and has failed to recognize the country as an independent and sovereign nation. Prior to the independence of Belize, the British government drafted several proposals to try and solve this dispute namely: The Webster Proposals, The Maritime Areas Act and The Heads of Agreement but they were all rejected by the Belizean people. Since the independence of Belize in 1981, the government of Belize has made several attempts to resolve this dispute with Guatemala but to no avail. Prior to the independence of Belize, Guatemala had threatened to use military force to retake Belize on several occasions but due to the British forces presence in Belize they were unable to achieve their objectives. Unfortunately for the country of Belize, since the independence the British government has significantly withdrawn their military forces and Belize is now vulnerable to an attack by Guatemala.

Also, there has been mass migrations of native Maya Indians moving from Guatemala into Belize's territory due to military atrocities committed against them, drug traffickers, squatters and criminals stealing logwood, mahogany and artifacts from Belizean soil. These incidents are causing increase tensions at the Belize Guatemalan border between the Belize Defense Force, The Guatemalan Military and the civilians from Guatemala. Neither the Guatemalan Armed Forces or the Belize Defense Force have the personnel to stop these incidents from occurring. Plus, due to the series of tensions that have occurred in the past, Guatemala and Belize had signed an agreement in 2001 with the Organization of American States (O.A. S.) to limit the amount of soldiers each country can have to decrease the tensions at the border. For the country of Belize the amount is about 1,000 troops and for Guatemala about 25,000 troops. In the year 2008, Guatemala and Belize signed another agreement to submit the Guatemalan claim to the International Court of Justice (I. C. J .) for final

resolution after it has been approved by the Legislative bodies of both countries and the people in a referendum. The Legislative bodies of both countries have approved the proposal but the referendum is still pending.

The Guatemalan government is aware of all of the border violations but has not done anything to stop their citizens from migrating into Belize, steal Belizean logwood, mahogany, artifacts and committing other border infractions on Belizean soil. In international diplomacy there is something called "**Border Baiting**". This is when a country is aware of all the illegal activities taking place on its border but would do nothing because they want the incidents to escalate so that they can use it for the justification to use military force against the neighboring country. The government and people of Belize must now question what is Guatemala's motive. Based on their record of human rights abuses and military threat of invasion towards Belize in the past they cannot be trusted. Belize must now seek other countries to come to their rescue by signing a Defense Pact with viable countries in the world.

The British have already left Belize and have no intentions of defending the country after their three hundred and forty three years of exploitation and colonial rule. With the discovery of oil in Belize, many countries in the world have interest in Belize now. Guatemala is also determined that they will not relinquish their claim until they get a part of the country or something of value for it. If these tensions continue, it will lead to a BDF soldier killing a Guatemalan citizen or soldier or a Guatemalan soldier killing a BDF soldier or citizen which could lead to an uncontrollable situation at the border. Our government cannot afford to wait until this situation reaches that climax. Guatemala is good at reneging on the agreements they have signed and it will not be difficult for them to severe diplomatic relations with Belize.

## PRENSA LIBRE

Continued From Page 6

realizaron en la aldea San José Las Flores, Chiquibul, en Melchor de Mencos, Petén.

García, quien permanece internado en el Hospital Regional de Poptún, Petén, comentó que el lunes en la tarde fueron informados por unos vecinos que una patrulla militar de Belice, tenía retenida a tres menores de edad que se encontraban recolectando leña cerca de la línea de adyacencia entre Guatemala y Belice.

Cinco campesinos se dirigieron al lugar, pero unos 300 metros antes de hacer contacto con la patrulla beliceña, los militares los recibieron a balazos, en donde García recibió una herida de bala en la mano izquierda.

García y los otros cuatro

campesinos fueron obligados por los militares beliceños a hincarse y suplicar por la liberación de los menores. Cuando la patrulla se retiraba de la zona, los militares supuestamente dispararon contra varias viviendas.

**Gonzalo Palacios**, auxiliar departamental de la Procuraduría de los Derechos Humanos, explicó que abrieron un expediente sobre la agresión y lamentó que ocurran este tipo de hechos contra los guatemaltecos.

Se trató de obtener la versión de **Juan Carlos Sagastume**, supervisor de área y de Sergio Benítez, encargado general de la sede de la Organización de Estados Americanos en Petén, pero el personal de la oficina dijo que estaban en una comisión.



# Leukemia

## What is leukemia?

Leukemia is cancer that starts in the tissue that forms blood. To understand cancer, it helps to know how normal blood cells form.

## Normal Blood Cells

Most blood cells develop from cells in the bone marrow called stem cells. Bone marrow is the soft material in the center of most bones.

Stem cells mature into different kinds of blood cells. Each kind has a special job:

White blood cells help fight infection. There are several types of white blood cells.

Red blood cells carry oxygen to tissues throughout the body.

Platelets help form blood clots that control bleeding.

White blood cells, red blood cells, and platelets are made from stem cells as the body needs them. When cells grow old or get damaged, they die, and new cells take their place.

A myeloid stem cell matures into a myeloid blast. The blast can form a red blood cell, platelets, or one of several types of white blood cells.

A lymphoid stem cell matures into a lymphoid blast. The blast can form one of several types of white blood cells, such as B cells or T cells.

The white blood cells that form from myeloid blasts are different from the white blood cells that form from lymphoid blasts.

## Leukemia Cells

In a person with leukemia, the bone marrow makes abnormal white blood cells. The abnormal cells are leukemia cells.

Unlike normal blood cells, leukemia cells don't die when they should. They may crowd out normal white blood cells, red blood cells, and platelets. This makes it hard for normal blood cells to do their work.

## Types of Leukemia

The types of leukemia can be grouped based on how quickly the disease develops and gets worse. Leukemia is either chronic (*which usually gets worse slowly*) or acute (*which usually gets worse quickly*):

## Chronic leukemia

Early in the disease, the leukemia cells can still do some of the work of normal white blood cells. People may not have any symptoms at first. Doctors often find chronic leukemia during a routine checkup - before there are any symptoms.

Slowly, chronic leukemia gets worse. As the number of leukemia cells in the blood increases, people get symptoms, such as swollen lymph nodes or infections. When symptoms do appear, they are usually mild at first and get worse gradually.

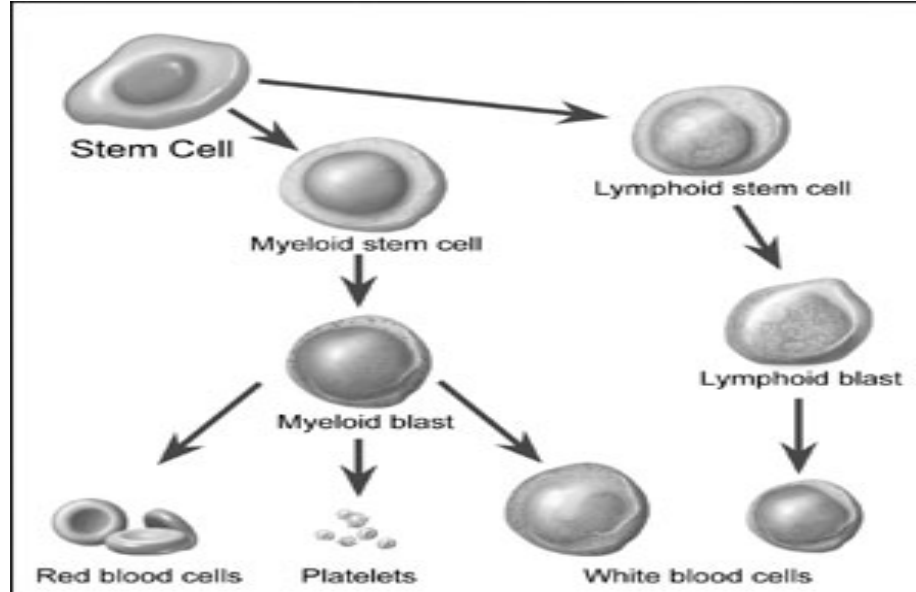
## Acute leukemia

The leukemia cells can't do any of the work of normal white blood cells. The number of leukemia cells increases rapidly. Acute leukemia usually worsens quickly.

The types of leukemia also can be grouped based on the type of white blood cell that is affected. Leukemia can start in lymphoid cells or myeloid cells. Leukemia that affects lymphoid cells is called lymphoid, lymphocytic, or lymphoblastic leukemia.

Leukemia that affects myeloid cells is called myeloid, myelogenous, or myeloblastic leukemia.

## There are four common types



## of leukemia:

1. Chronic lymphocytic leukemia (CLL): CLL affects lymphoid cells and usually grows slowly. It accounts for more than 15,000 new cases of leukemia each year. Most often, people diagnosed with the disease are over age 55. It almost never affects children.

2. Chronic myeloid leukemia (CML): CML affects myeloid cells

and usually grows slowly at first. It accounts for nearly 5,000 new cases of leukemia each year. It mainly affects adults. Hairy cell leukemia is a rare type of chronic leukemia.

3. Acute lymphocytic (lymphoblastic) leukemia (ALL): ALL affects lymphoid cells and grows quickly. It accounts for more than

**Please Turn To Page 14**

## "Not Under A PUP Banner" Says Matura Shephard

### Continued From Page 4

UDP's scandal-sheet just don't get it...in my book: I am not owned by anyone; national interest is above individual or party interest; wrong is wrong; not because I do not agree with all you do, means I am against you. I just do not ascribe to party-fanaticism because it gets us nowhere.

Now on the matter of the decision of the CCJ - I know it is incumbent on the Guardian to try and save face and say such erroneous and mis-leading statements on the issue of the Ninth Amendment, but as long as we remain a democratic nation their deception will be uncovered.

Without going into the details of the ruling it is sufficient to just say to people, read the Bill for yourself, think critically for yourself and make sense out of nonsense.

If the present administration is not seeking to change our system of democratic governance why would it write in the Bill the following words: "a law passed by the National Assembly to alter any of the provisions of this Constitution which is passed in conformity with this section shall not be open to challenge in any court of law on any grounds whatsoever."

And if their intention was never to seek to stop the courts from reviewing unconstitutional

amendments then why write it in section 69(9)? And if the changes are only about nationalization why didn't they just refer to 'any law dealing with nationalization'? why leave the wording so wide to be all-encompassing? Plus the Ninth Amendment does not even use the word "nationalization". They got not a slap from the CCJ but a "knock-out punch" because unlike what they want to fool people into believing that this amendment makes nationalization untouchable the truth is that a basic principle of our constitutional democratic system is that 'no parliament can bind future parliament'.

Simply put any future duly government can also amend the Constitution on the issue of the so-called nationalization.

Further, the other deception is that there is need to stop Ashcroft from accessing the courts and so cut out litigation - but the truth is they enjoy all the litigation so as to make profit for their own loyal "law-firms" and attorneys too.

From my end - I speak out, write and present free of cost....simply put my silence cannot be bought and the political bullying will not deter me!

Thanks for publishing my letter.

**Respectfully,**  
**Audrey Matura-Shepherd**  
**Attorney-at-law**

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# Mexico Sending Assistance To Africa

**EMBASSY OF THE UNITED STATES OF MEXICO, Belmopan, Thursday, August 23, 2011:**

In order to contribute to the international humanitarian effort to ameliorate the crisis in Somalia, Djiboutian, Ethiopia and Kenya, and in response to the emergency appeal of the UN and the African Union, Mexican President **Felipe Calderon** has authorized a contribution of US\$1 million, in keeping with Mexico’s constitutional principle of cooperation for development and with the country’s history of assisting countries facing emergency situations such as that which now affects the people of East Africa.

Currently, 12.4 million people need emergency food aid in East Africa, including 2 million children under five years of age. More than half of the affected population (**7.5 million**) is displaced, and overcrowding in the camps and the lack of basic services have led to the emergence of cholera and measles, which have a high risk of turning into epidemics.

The Mexican aid will be channeled through the World Food Programme (**WFP**), a UN agency that delivers food to people who need emergency assistance after natural disasters, wars or civil conflicts, helping in this way to ensure their survival.

Mexico’s contribution was announced in Rome, Italy by **Ambassador Jorge Chen**, Mexico’s Permanent Representative to the UN Food and Agriculture Organization (**FAO**) and the WFP at the follow-up meeting on the Horn of Africa crisis.

Mexico Opens a Bank Account to Help Those Affected by the Humanitarian Crisis in Africa

- 12.5 million people require humanitarian aid.
- Outbreaks of measles and cholera in the refugee camps

To help ameliorate the humanitarian crisis in Somalia, Djibouti, Ethiopia, Kenya and Uganda, the Foreign Ministry has opened a bank account in agreement with Fomento Social Banamex, AC for donations from Mexicans willing to help those affected by the crisis in East Africa.

According to the UN High Commissioner for Refugees (UNHCR), an average of ten children under five years of age die every day in the Somali refugee camps in the eastern region of Ethiopia.

The agency reports that malnutrition and probable cases of measles and cholera further ag-

gravate the situation and will make the humanitarian crisis worse.

Individuals and institutions interested in making a donation may do so through this account:  
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 Account No. 15  
 Name: Fomento Social

Banamex, AC  
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The donations will be delivered by Fomento Social Banamex to the UN World Food Program and used for emergency aid for thousands of Somalis fleeing the conflict and drought in their country, and for citizens of other East African countries suffering from the famine.



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## Leukemia

**Continued From Page 13**

5,000 new cases of leukemia each year. ALL is the most common type of leukemia in young children. It also affects adults.

**4. Acute myeloid leukemia (AML):** AML affects myeloid cells and grows quickly. It accounts for more than 13,000 new cases of leukemia each year. It occurs in both adults and children.

### Symptoms

Like all blood cells, leukemia cells travel through the body. The symptoms of leukemia depend on the number of leukemia cells and where these cells collect in the body.

People with chronic leukemia may not have symptoms. The doctor may find the disease during a routine blood test.

People with acute leukemia usually go to their doctor because they feel sick. If the brain is affected, they may have headaches, vomiting, confusion, loss of muscle control, or seizures. Leukemia also can affect other parts of the body such as the digestive tract, kidneys, lungs, heart, or testes.

Common symptoms of chronic or acute leukemia may include:

Swollen lymph nodes that usually don’t hurt (**especially lymph nodes in the neck or armpit**)

- Fevers** or **night sweat**
- Frequent infections
- Feeling weak or tired
- Bleeding and bruising easily (**bleeding gums, purplish patches in the skin, or tiny red spots under the skin**)
- Swelling or discomfort in the abdomen (**from a swollen spleen or liver**)
- Weight loss** for no known reason
- Pain in the bones or joints

Most often, these symptoms are

not due to cancer. An infection or other health problems may also cause these symptoms. Only a doctor can tell for sure.

Anyone with these symptoms should tell the doctor so that problems can be diagnosed and treated as early as possible.

**Diagnosis**

Doctors sometimes find leukemia after a routine blood test. If you have symptoms that suggest leukemia, your doctor will try to find out what’s causing the problems. Your doctor may ask about your personal and family medical history.

You may have one or more of the following tests:

**Physical exam:** Your doctor checks for swollen lymph nodes, spleen, or liver.

**Blood tests:** The lab does a **complete blood count** to check the number of white blood cells, red blood cells, and platelets. Leukemia causes a very high level of white blood cells. It may also cause low levels of platelets and **hemoglobin**, which is found inside red blood cells.

**Biopsy:** Your doctor removes tissue to look for cancer cells. A biopsy is the only sure way to know whether leukemia cells are in your bone marrow. Before the sample is taken, local anesthesia is used to numb the area. This helps reduce the pain. Your doctor removes some bone marrow from your hipbone or another large bone. A pathologist uses a microscope to check the tissue for leukemia cells.

There are two ways your doctor can obtain bone marrow. Some people will have both procedures during the same visit:

- \***Bone marrow aspiration:** The doctor uses a thick, hollow needle to remove samples of bone marrow.
- \***Bone marrow biopsy:** The doctor uses a very thick, hollow

needle to remove a small piece of bone and bone marrow.

**Other Tests**

The tests that your doctor orders for you depend on your symptoms and type of leukemia. You may have other tests:

**Cytogenetics**

The lab looks at the chromosomes of cells from samples of blood, bone marrow, or lymph nodes. If abnormal chromosomes are found, the test can show what type of leukemia you have. For example, people with CML have an abnormal chromosome called the Philadelphia chromosome.

**Spinal tap**

Your doctor may remove some of the cerebrospinal fluid (**the fluid that fills the spaces in and around the brain and spinal cord**).

The doctor uses a long, thin needle to remove fluid from the lower spine. The procedure takes about 30 minutes and is performed with local anesthesia. You must lie flat for several hours afterward to keep from getting a **headache**. The lab checks the fluid for leukemia cells or other signs of problems.

**Chest x-ray**

An x-ray can show swollen lymph nodes or other signs of disease in your chest.

**YOU MAY WANT TO ASK YOUR DOCTOR THESE QUESTIONS BEFORE HAVING A BONE MARROW ASPIRATION OR BIOPSY**

Will you remove the sample of bone marrow from the hip or from another bone?·

Where will I go for this procedure?·

What are the chances of infection or bleeding after the procedure?·

How long will it take me to recover?·

How soon will I know the results?



# Mexico Casino Arson Attack Kills Dozens In Monterrey

26 August 2011 Last updated at 09:54 GMT

An arson attack on a casino in the northern Mexican city of Monterrey has killed at least 53 people.

Several gunmen burst into the building in broad daylight, dousing it with fuel and setting it alight.

Amid the panic, many people were trapped and overcome by smoke.

Officials suspect organised crime was behind the attack, one of the deadliest since President Felipe Calderon launched his crackdown on the cartels in December 2006.

In a tweet, Mr Calderon said the attack was **“an abhorrent act of terror and barbarism”** that requires **“all of us to persevere in the fight against these unscrupulous criminal bands.”**

Even by the gruesome standards of violence in the areas of Mexico most affected by drug-related violence, Thursday’s attack has no precedent. It took place in broad



daylight, at the heart of Mexico’s third-largest city, and was aimed at innocent civilians.

Why did it happen, Mexicans are asking themselves. Is it a revenge attack, part of a feud between rival drug gangs? A punishment for refusing to pay an extortion fee? A way to instil fear in the people of Monterrey, a city that has descended into a spiral of violence? The answers are not clear yet.

President Felipe Calderon branded it an **“act of terror”**, strong language that has not been used often by the government to describe Mexico’s long-running drug

conflict.

But for the people of Monterrey, a city that only a few years ago used to enjoy a reputation as one of the safest in Latin America, **“terror”** is a word that has become all too common recently - even more so after Thursday’s attack.

The attack happened mid-afternoon when about 100 staff and customers were inside the Casino Royale.

The number of dead currently stands at 53 but officials warned that more bodies may be found in the debris. A dozen people were injured.

One survivor said the gunmen burst in, threatened them and then sprayed some kind of fuel which they set alight.

**“it was chaos inside. You couldn’t see and the smoke was choking us. Some people didn’t reach the exit and fell just metres from the door,”** said one woman who got out.

Another person who managed

to escape said there was complete panic.

**“We all wanted to get out at the same time, there was a lot of pushing and we fell to the floor,”** another woman told Mexican media.

**“I just heard explosions and ran to save my life”.**

Officials said some people had hidden in toilets and offices when they heard explosions instead of trying to get out and had suffocated as smoke engulfed the building.

Some reports suggested the emergency exits had been locked.

TV images showed relatives outside the casino demanding information about their loved ones.

**“My wife came here for a celebration... she was having dinner with her friends,”** one man told Milenio TV.

State Attorney General **Leon Adrian de la Garza** said a drug cartel was believed to be behind the attack.

Officials suggested the fire may have been in reprisal for failing to pay extortion money, the Excelsior newspaper reported.

Home to some of Mexico’s largest companies, Monterrey and the state of Nuevo Leon have seen rising violence as the Zetas and Gulf cartels vie for control of trafficking routes to the US.

The drug gangs are also increasingly involved in kidnapping and extortion.



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