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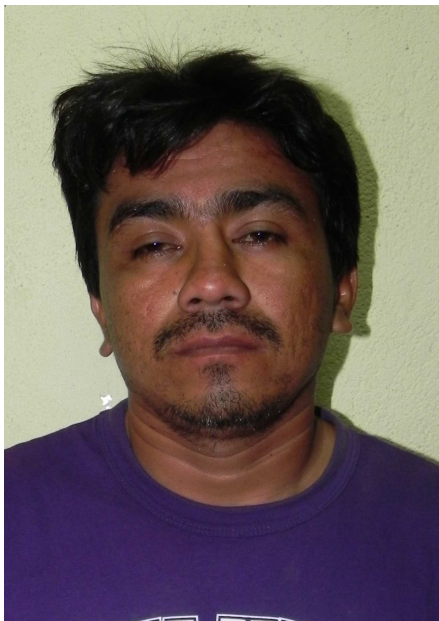


Two Drug Traffickers Fined And Confined

SAN IGNACIO TOWN, Cayo, Wednesday, May 28, 2014:

Utter astonishment was the expression of the faces of two convicted drug traffickers today when San Ignacio Town magistrate **Narda Morgan** ordered for them to be fined and to be confined to prison.

The police case against the two Belizean men from San Jose Succotz, Cayo began on a Sunday morning, September 16, 2012 when, at around 9:30, acting upon information received, two policemen intercepted, near the



Alfredo Marin



Jaime Tun

Macal River Park in San Ignacio Town, a black Toyota Corolla car with Benque Viejo Town taxi license plates **BVO-D-00364**.

The driver of the vehicle was identified as **Alfredo Marin**, 38 at the time. Seated on the opposite side of the driver, in the back seat of the car, was another male person who was later identified as **Jaime Tun**, 25 at the time. As Tun sat in the back seat of the car, police saw a black and blue knapsack between his legs on the floor of the car. When asked

Please Turn To Page 2

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Recording The Sudden Passing Of Michael Lewis

SANTA ELENA TOWN, Cayo, Sunday, May 25, 2014:

We join the community in the expression of deepest sympathy to **Aunt Lou** and her family at today's sudden passing of her son **Michael Anthony Lewis**.

Mike was a neighbor and a childhood friend. He was an easy going person who spent all his life next to his mother, retired primary school teacher, **Mrs. Louise Lewis**, who describes him as a caring son and shoulder she could always lean on. He religiously attended the **Santa Elena Catholic Church** with his mother and sisters. His sudden passing on



Michael Anthony Lewis

Sunday shocked the community as he was active right up to the time of his departing this earthly life on Sunday, May 25, 2014.

Please Turn To Page 15



Coming Soon – The First Cement Street In the History Of Santa Elena Town

SANTA ELENA TOWN, Cayo, Thursday, May 29, 2014:

The office of Cayo Central's Area Representative, **Hon. Rene Montero** today announced that government funds has now been allotted for the historic concreting of the very first street in the Santa Elena, Cayo.

The street selected for this historic transformation is **Bishop Martin Street**. Apart from providing employment for residents in the community, the almost 800 thousand dollar project will enhance the area and increase the value of all those properties in the area.

Minister Montero informed that with the intersected Perez Street and Loma Luz Boulevard already asphalted, the concreted Bishop Martin Street will enhance the environment of those living in the area including the lives of teachers and the hundreds of students attending Santa Elena Primary school the largest primary school in the town.

The Hon. Rene Montero also informed that works will resume



in the coming weeks on the paving of Andrews and Carmen Streets also in Santa Elena.

Minister Montero further informed that as the design is nearing completion, works will commence in July on the Santa Elena football field which will totally transform this sporting facility for the use and enjoyment of residents of the Santa Elena and surrounding communities.

“Residents of Cayo Central went to the polls in 2012 and voted for progress and development. We are working hard every single day to ensure that we bring that progress and development along with other goods and services to the good people of Cayo Central,” said Minister Rene Montero.

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Two Drug Traffickers Fined And Confined

Continued From Front Page

who was the owner of the bag Tun reportedly responded *“I don't know sir”*

When the bag was opened it was found to contain two parcels of marijuana. The car and the two men were escorted to the police station where, when measured, the parcels of weed registered a combined 7,257.4 grams being 16 pounds.

The men first appeared in court on Monday, September 17, 2012 where they pled not guilty of a joint drug trafficking charge.

After numerous adjournments, the case finally came to an end today resulting in a guilty verdict against both defendants.

Magistrate **Narda Morgan** ordered for them to forthwith pay a one thousand dollar fine, in default of payment they are to serve three years in jail. Magistrate Morgan furthered sentenced them to three years in jail. The look of astonishment remained on their faces as they departed the courtroom under police guard to begin spending time in jail.

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A Plan To Capture Young Minds As A Bulwark Against Poverty And Crime

BY: R. A. Bowman

It is a well known fact that if we can capture the minds of the young in a positive, constructive way, we can mold a future generation of great achievers its people can be proud of. If we can get them interested in education and learning at an early age, it is quite likely, that for a majority, this zeal will continue through adolescence and adulthood, and may provide a bulwark against poverty and crime.

Belize is a developing country with many of the attendant problems of one. Statistics on poverty and crime reflect the dire need for better education and training which could result in gainful employment for our graduates and young people. Such an outcome, obviously, requires the full active participation of parents, schools, churches, government, industry, media, and civil society. In other words, it does take a village, a neighborhood, a family, to raise a child.

While it is difficult sometimes to overcome the ills which create poverty and hopelessness, we as a society need to create a mindset in our youths that that despair is not insurmountable, and that things can be better through preparation now in school for a better life, a preparation that begins at the primary school level.

Life was not easy for many of us growing up in Belize especially for grown-ups who had to provide for a family when permanent jobs for the uneducated and unskilled were hard to come by. Many shared the same fate, but we managed to get through even the harder times, and relatively few resorted to a life of crime.

So what has changed today? We still have poverty and hard times like we did before, but now this is accompanied by a greater intensification of crime unparalleled in the older days. Yes, now is not your grandparents times; we live in a world where modernity has exposed us to instant gratification, more travel, more television news, and

more wants, and unfortunately, more drugs, more guns, more gangs, and more violence. But together through education, job creation, and alternative programs, we can change, or at least, hopefully, significantly reduce this trend.

We need to attack this problem on various fronts simultaneously, programs for our children in primary schools starting with standards 5 and 6, and media programs to create greater understanding and civility among our people. I will try to address both issues by offering some suggestions.

I will start with our primary schools. Our teachers do a great job of teaching the three Rs. While these subjects are important, there needs to be a way to make the syllabus and teaching format more exciting, fun, and useful to motivate our children to learn. How do we do this? Certain aspects of mathematics and physical demonstrations in basic sciences can garner such new excitements. We need to introduce the fun in science and mathematics at an early age at an appropriate level to excite. A child may not understand atmospheric pressure, but he/she is amazed when they see a coke can collapsing after all the air inside has been removed. We appear to change water into wine by adding a colorless indicator and a sodium hydroxide solution to the water resulting in a pinkish wine color change in the water. I've done this before for school children in Akron, Colorado when I used to work as a Soil Scientist at the Agricultural Research Station, and to them it's magic. There are countless such demonstrations to excite children. The same can be done with numbers where you tell people's ages or tell hidden numbers or cards using mathematics. These excite even adults. Sure, there may be need for some teacher training in the basic sciences if such does not exist already, but it is worth the budget increase if it excites children to have inquisitive minds. Additionally, the schools need to promote science fairs for the

students where parents are invited to participate with their children, and to see the end products in a scheduled school event. Other positive activities for school children undoubtedly exist. While there is no guarantee how a child will end up, we need to stack the deck early in their favor for success. We need to have our primary school children want to go to high school and beyond, and have the opportunity to do so.

Now for the parents and community: we need to build a positive upbeat attitude among our people; the media, print and TV, need to play a more active role. The enemy is poverty, and lack of jobs and appropriate training and education. We need to change this feeling of hopelessness and huge indifference among those who could help. We have this tendency sometimes, to blame all but ourselves: colonialism, America and its TV programs and culture, religion, people not like ourselves, you name it. Sure there is enough blame to go around and the starting points we were given were not favorable. But we need to dig out of this rut ourselves; other developing nations have done it. We can do it. We have to do it.

At least once a week, our

media through programs, need to present a positive view of us: our pioneering leaders, our diverse people and cultures, our connections culturally with the Eastern Caribbean States, and geographically, with Mesoamerica. We are a people now with links to both. We need to learn not only of Price, Goldson, Pollard, etc, but of Manley of Jamaica, Hidalgo and Juarez of Mexico, Castro of Cuba, Bolivar of South America. We need heroes, positive role models we can emulate, can be proud of. This list could be expanded to include King, Gandhi, Mandela, and for the meek of heart, Mother Theresa; you provide your own list; it can be down to earth as your favorite teacher or pastor. In short, while still adhering to accountability, we need to back away from our politics of blame and retribution, and foster one of cooperation and positive nation building. Our children deserve no less.

Change will not come overnight. But why can't tomorrow be that new day, that new beginning? I invite you to comment on this piece, and to offer your own diagnosis and prescriptions for a safer, more joyful, and more prosperous Belize.

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A Senior Citizen Allegedly Abused

BY: Debbie Martinez
SAN IGNACIO TOWN, Cayo,
Tuesday, May 27, 2014:

As a productive citizen of this community, I cannot allow for the abuse of my elderly father, at the hands of a policeman attached to the station in San Ignacio, to just disappear under the radar.

I am publicizing this incident in the hope that such ill treatment does not befall another person, more so an elderly citizen in my community or anywhere else in this beautiful country of ours.

I know that this kind of official abuse is not tolerated by the Government of the day, the current Minister of Police or the Commissioner of Police. So I ask, *“Why is it then that some police abuse the very people they are sworn to serve and protect despite the clear mandate of those to whom they must answer?”* The only answer that comes to mind is disrespect and the lack of discipline. Disrespect for the uniform they wear and disrespect for their superiors.

My 77 year old father’s unfortunate encounter with a rogue policeman occurred on Tuesday, May 27, 2014 while he was making his routine visit to the farmers’ market in the Savannah



Leroy Lisbey Sr.

Area of San Ignacio Town. My Dad was approached by a policeman whose rank, regulation number and name I learnt to be **Police Constable #1604 Pedro Gongora**.

Eyewitnesses confirm that this abusive policeman walked up to my father and in a harsh manner told him that he was begging at the market. He then ordered my Dad to raise his hands to be searched for, of all things, drugs.



Swelling Beside Left Eye

Being placed in this embarrassing condition my Dad asked for at least a little respect given his age and his medical condition. During the search the police irritated the mid section of my Dad’s body affected by *“Shingles”* a condition he has been living with for over 10 years. Reaction to the pain caused by the contact combined with the policeman, *“don’t give a darn”* attitude, resulted in my Dad reciprocating the physical contact. He grabbed the policeman by the shirt while protesting the pain the police was causing him.

The policeman did not take lightly to my Dad’s reaction resulting in him punching my Dad



Bloodshot Eye

to the right side of the face after which he handcuffed my Dad. He was dragged to the station and placed in a small holding cell with other detainees.

Probably a new policeman in town, with no knowledge of my father’s history in this town, the tables turned when other policeman at the station realized that the injured, detained person handcuffed and pulled from the cell was **Mr. Leroy Lisbey** popularly known by all as *“Lawton”*. He is no beggar. He is a regular fixture at the market in San Ignacio. In his younger years he was a professional auto mechanic and a good one at that. He operates a stall at the market on Saturday’s where he sells auto mechanic tools, vehicle parts, lawn mowers and other hardware items.

Realizing the error of this abusive policeman, no charge was levied against my father and he was allowed to leave the station. This however does not remove from the fact that my father was disrespected and injured by an abusive policeman in the unprofessional execution of his duties.

The abuse of citizens at the hands of the police, especially senior citizens, has got to stop. Police officers should be properly trained and closely supervised, especially the rogue ones, to ensure that they perform their duties in nothing but a professional manner at all times. We pray that this is the last such unprofessional behavior of this particular policeman. We hope that others take heed and not venture down this disrespectful path.

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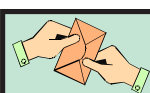
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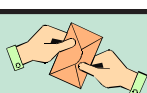
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Readers Write



Ariel Rosado Foundation

Dear Editor;

It was a RIDE for Scholarships... a RIDE for Healthy Living..... a RIDE for fun!

Just before 1:00 pm on Saturday May 10th 2014 about 150 cyclists rolled into the Hour Bar and Grill Compound, Newtown Barracks in Belize City.

This marked the culmination of a very successful **Third Ariel Rosado Annual Bike Ride**. The ride started at 6:15 a.m. from Galen University in Central Farm and cruised the 75 miles to The Hour Bar & Grill in Belize City at an average speed of 15 miles per hour. There were rest stops at the Galen Campus in Belmopan, Cheers on the George Price Highway and at the CD Gas Station on the Burrell Boom Road.

After its Third Year the Ariel Rosado Annual Bike Ride is being described by knowledgeable members of the cycling community as the best organized and managed Bike Ride in Belize. The Board of Directors of the Ariel Rosado Foundation extends a sincere **THANK YOU** to all **RIDERS, WORKERS, SPONSORS** and **SUPPORTERS**

whose participation made it possible to keep the mission and vision of the **ARIEL ROSADO FOUNDATION** alive.

The Foundation, a voluntary non-profit organization, established in 2012, currently provides 10 sailing scholarships to primary school students, 14 High School scholarships and 3 University scholarships. The Foundation is proud to congratulate its first four scholarship recipients who will be graduating this year to wit : **Kimberley Searle** from **Galen University**, **Kanisha Gabourel** from **Gwen Lizarraga High School**, **Symeon Kelly** from **St. John's College** and **Kennisha Nicholas** from **Wesley College**.

Applications for scholarships are now being accepted for the academic year 2014. Information and application forms are available online at www.arielrosadofoundation.bz or ariel.memorial@gmail.com. For further information contact the office at: **223-5674** or **600-6665** or **601-6131**. Closing date for the receipt of completed Application Forms is Friday 20th June 2014.

(Contributed)

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STAR HUMOR



LOL Joke

John angrily looked at the text he had just received from his Mom. It read: *“Professor called to say you failed the course. LOL. Mom.”* How could he have failed?! ... And all his Mom has to say is that she’s

Laughing Out Loud?! Fed up, he text-ed his Mom: *“What was up with the LOL?”* his text said. *“I just wanted to send you Lot’s Of Love because I know how disappointed you must be.”*

Enough is Enough

My old aunts, Annie and Jane, used to come up to me at weddings, poking me in the ribs and cackling, *“You’re next!”*

After a while, I figured out how to stop them. I started doing the same thing to them at funerals!

Funny Love Lines

You’re like my asthma – you take my breath away.

Like dandruff – I can’t get you off my head.

Like my car – you drive me crazy.

Like dentures – I can’t smile without you.

The Raise

Sam walks into his boss’s office. *“Sir, I’ll be straight with you, I know the economy isn’t great, but I have over three companies after me, and I would like to respectfully ask for a raise.”* After a few minutes of haggling the boss finally

agrees to a 5% raise, and Sam happily gets up to leave. *“By the way”,* asks the boss as Sam is getting up, *“which three companies are after you?”* *“The electric company, water company, and phone company”,* Sam replied.

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Maya Angelou

Father In Law Joke

“Mom, Dad, sit down. I have something very important to tell you,” said Samantha, upon her return home from college after graduation. *“I met a guy who lives near the college that I really like and we decided we are going to get married!”* “Oh Samantha! I am so happy for you!” Gushed her Mom

giving her a big hug, *“I hope you two will be really happy together! I can’t wait to meet him!”* *“Tell us more about him”* said her Dad, *“does he have any money?”* *“Oh Dad! Is that all you men ever think about? That was the first question he asked me about you too!”*

The Mean Boss

The CEO of a large company was walking to the cafeteria along with two of his secretaries. Upon tripping on a bottle, a genie appeared and asked the threesome if they would like to each make a wish. The first secretary excitedly exclaimed, *“I wish I was on a beach in a tropical island!”*

Immediately her wish was granted. The next secretary proclaimed, *“I wish I was on a tour of France!”* Immediately her wish too, was granted. Being that it was now his turn to make a wish the CEO exclaimed *“I want the two of them back in their offices right after lunch!”*

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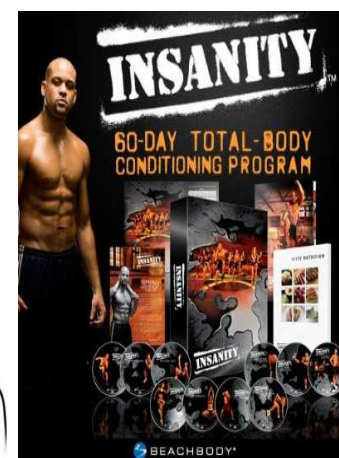
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Obesity

What Is Obesity?

An obese person has accumulated so much body fat that it might have a negative effect on their health. If a person's bodyweight is at least 20% higher than it should be, he or she is considered obese. If your Body Mass Index (**BMI**) is between 25 and 29.9 you are considered overweight. If your BMI is 30 or over you are considered obese.

What is Body Mass Index (BMI)?

The BMI is a statistical measurement derived from your height and weight. Although it is considered to be a useful way to estimate healthy body weight, it does not measure the percentage of body fat. The BMI measurement can sometimes be misleading - a muscleman may have a high BMI but have much less fat than an unfit person whose BMI is lower. However, in general, the BMI measurement can be a useful indicator for the 'average person'.

Why do people become obese?

People become obese for several reasons, including: Body mass measurement, consuming too many calories.

People are eating much more than they used to. This used to be the case just in developed nations - however, the trend has spread worldwide. Despite billions of dollars being spent on public awareness campaigns that attempt to encourage people to eat healthily, the majority of us continue to overeat. In 1980 14% of the adult population of the USA was obese; by 2000 the figure reached 31% (*The Obesity Society*).

Most people would expect this increase in calories to consist of fat - not so! Most of the increased food consumption has consisted of carbohydrates (*sugars*). Increased consumption of sweetened drinks has contributed significantly to the raised carbohydrate intake of most young American adults over the last three decades. The consumption of fast-foods has tripled over the same period.

Leading a sedentary lifestyle.

With the arrival of televisions,

computers, video games, remote controls, washing machines, dish washers and other modern convenience devices, the majority of people are leading a much more sedentary lifestyle compared to their parents and grandparents. Some decades ago shopping consisted of walking down the road to the high street where one could find the grocers, bakers, banks, etc. As large out-of-town supermarkets and shopping malls started to appear, people moved from using their feet to driving their cars to get their provisions. In some countries, such as the USA, dependence on the car has become so strong that many people will drive even if their destination is only half-a-mile away.

The less you move around the fewer calories you burn. However, this is not only a question of calories. Physical activity has an effect on how your hormones work, and hormones have an effect on how your body deals with food. Several studies have shown that physical activity has a beneficial effect on your insulin levels - keeping them stable. Unstable insulin levels are closely associated with weight gain.

Not sleeping enough.

If you do not sleep enough your risk of becoming obese doubles, according to research carried out at Warwick Medical School at the University of Warwick. The risk applies to both adults and children. Professor **Francesco Cappuccio** and team reviewed evidence in over 28,000 children and 15,000 adults. Their evidence clearly showed that sleep deprivation significantly increased obesity risk in both groups.

Professor Cappuccio said, *"The 'epidemic' of obesity is paralleled by a 'silent epidemic' of reduced sleep duration with short sleep duration linked to increased risk of obesity both in adults and in children. These trends are detectable in adults as well as in children as young as 5 years."*

Professor Cappuccio explains that sleep deprivation may lead to obesity through increased

appetite as a result of hormonal changes. If you do not sleep enough you produce Ghrelin, a hormone that stimulates appetite. Lack of sleep also results in your body producing less Leptin, a hormone that suppresses appetite.

Endocrine disruptors, such as some foods that interfere with lipid metabolism.

A team from the University of Barcelona (**UB**) led by Dr **Juan Carlos Laguna** published a study in the journal *Hepatology* that provides clues to the molecular mechanism through which fructose (*a type of sugar*) in beverages may alter lipid energy metabolism and cause fatty liver and metabolic syndrome.

Fructose is mainly metabolized in the liver, the target organ of the metabolic alterations caused by the consumption of this sugar. In this study, rats receiving fructose-containing beverages presented a pathology similar to metabolic syndrome, which in the short term causes lipid accumulation (*hypertriglyceridemia*) and fatty liver, and eventually leads to hypertension, resistance to insulin, diabetes and obesity.

Poorly balanced diets and the lack of physical exercise are key factors in the increase of obesity and other metabolic diseases in modern societies. In epidemiological studies in humans, the effect of the intake of fructose-sweetened beverages also seems to be more intense in women. (*From - "New Data On Fructose-Sweetened Beverages And Hepatic Metabolism"*).

Although there appears to be a consensus on the negative effects of fructose-sweetened beverages there is still some debate over the effects of fructose versus high fructose

corn syrup - two studies of note are: *"AMA Finds High Fructose Syrup Unlikely To Be More Harmful To Health Than Other Caloric Sweeteners"* and *"Fructose Sweetened Drinks Increase Nonfasting Triglycerides In Obese Adults"*.

Fructose effect on the brain may promote obesity - researchers from Yale University School of Medicine compared the effects of fructose and glucose on the brain with MRI scans and found that high fructose diets may be behind the current obesity epidemic.

In an article published in *JAMA (Journal of the American Medical Association)*, the authors said they found that regions in the brain that regulate appetite became active when people consumed glucose, but remained inactive when they ingested fructose. When those regions become active, they release hormones that produce feelings of satiety (*fullness*) - in other words, the hormones tell you to stop eating.

Lower rates of smoking (*smoking suppresses appetite*).

According to the National Institutes of Health (**NIH**) *"Not everyone gains weight when they stop smoking. Among people who do, the average weight gain is between 6 and 8 pounds. Roughly 10 percent of people who stop smoking gain a large amount of weight - 30 pounds or more."*

Medications that make patients put on weight.

According to an article in *Annals of Pharmacotherapy*, some medications cause weight gain. *"Clinically significant weight gain is associated with some commonly prescribed medicines. There is wide*

Please Turn To Page 10



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St. Martin's Credit Union Celebrates Its 65th Annual General Meeting

SANIGNACIO TOWN, CAYO, Friday, May 23rd, 2014

St. Martin Credit Union (SMCU) celebrated its 65th Annual General Meeting at the **Octavia Waight Center Auditorium**. A large number of credit union members from San Ignacio, Santa Elena, Benque Viejo and surrounding communities came to celebrate the occasion.

Master of Ceremony for the occasion was **Rene Torres**, vice president of **SMCU**. The **VP** welcomed everyone and introduced the Board of Directors after which the meeting was called to order by **Dr. John Morris**, president of **SMCU** with the singing of the National Anthem with background music provided by the **Marimba Academy of Benque Viejo's House of Culture**.

The minutes of the AGM 2013 was read by the Secretary, **Carlton McKoy** in which he highlighted the 7% growth in comparison to the previous year. Shares also grew by approximately 10% from 12.14 million in 2012 to 13.3 million in 2013. He said that membership grew at an average of 32-34 members per month. The Union also recorded a profit of \$602,294.

For his part Dr. John Morris gave a summary of the Board of Directors' Report informing the assets currently stand at \$17,985,534 being an increase of 8% as compared to last year. He informed that this year the credit union attracted over eight hundred new members. The highlight of Dr. Morris' presentation was the successfully renovation of the credit union building including the lobby and the welcome area at the Credit Union. He said that the space is now more user-friendly with increased space in the waiting area. He also told the gathering that the ATM service is growing. He encouraged more members to take advantage of this service. He ended by thanking the Board of Directors for the selfless volunteer work they continue to

expend to ensure the success of the credit union as they engage in plans to open branches this year in Benque Viejo Town.

Next to address members was **Andy Bahadur** who chairs the credit committee. He said the number of loans approved this year has increased. A total of 4,213 loans were requested and 4,017 were approved. Of the approved loans, 20.6% was for personal use, 13.5% was for education, 11.7% for vehicle/repairs, 10.7% for house repair and renovation. As the credit union continues to minimize delinquency, he encouraged

members to visit the office and to speak to the staff when they encounter difficulties in servicing their loans.

Ms. Laura Sierra, in her capacity as chair of the Supervisory Committee told members that the committee reviewed all the books and records. She said that in the revision process the committee identified areas of improvement which has been submitted to the Management and to the Board for further discussion and eventual implementation. She concluded by informing that the supervisory committee is

satisfied that the credit union has been adhering to established financial policies and procedures as it continues the work to further strengthen its operations.

In presenting the treasurer's report, **Mrs. Debbie Martinez** informed SMCU recorded a growth of \$1,563,072 in total assets, an increase of 9.55%. The increase in shares, she said means that members are saving and should continue saving for rainy days. She said that the goal of the credit union is to continue serve its members to the best of its ability.

Please Turn To Page 10

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Ex-Ecuador President Mahuad Sentenced To 12 Years In Jail

A court in Ecuador has sentenced former **President Jamil Mahuad** in absentia to 12 years in jail for embezzlement.

The ruling comes two days after Interpol issued a warrant for his arrest. He denies any wrongdoing.

Mr Mahuad fled to the United States in 2000 after a military coup.

He was accused of ordering banks to close for several days and freezing the accounts of ordinary citizens to protect the interests of bankers associated with him.

The decision, taken in March 1999, came during a serious economic crisis.

Ecuador was struggling at the time with high inflation, a devalued currency



President Jamil Mahuad

and historically low prices for oil, its main export.

Mr Mahuad had been in office for less than a year.

"The crime committed by the accused caused huge social turmoil," Judge Ximena Vintimilla said in her ruling.

"Its consequences are still being felt by Ecuadorean society to this day," she added.

On Tuesday, Interpol issued an international warrant for Mr Mahuad.

He released a statement saying the case against him was politically charged.

Mr Mahuad accused the left-wing government of the current President, **Rafael Correa**, of meddling in the judiciary system.

"The whole world knows the current situation faced by Ecuador's legal system and its role in the persecution of journalists and critics of the government," he said in a statement.

The Ecuadorean government rejects the allegations.

"There's no political persecu-

tion here. What Ecuadorean justice seeks is the punishment of common criminal acts,"

Interior Minister **Jose Serrano** told reporters on Tuesday.

Mr Mahuad's supporters say he should be remembered for his battle to save the country's economy and for signing a peace treaty with Peru.

The two countries had a brief border conflict in 1995 and were on the brink of a new war when Mr Mahuad took office in 1998.

The decision led to Mr Mahuad and his Peruvian counterpart, **Alberto Fujimori**, being nominated for the Nobel peace prize.

St. Martin's Credit Union Celebrates Its 65th Annual General Meeting

Continued From Page 9

In her capacity as treasurer of SMCU, Mrs. Martinez announced the payment of dividends at the rate of 3% this year.

With assistance from personnel attached to the San Ignacio library, organizers of the AGM also prepared activities for the children. Teaching the

children to save was at the center of the activities prepared for the children.

In winding up the 65th AGM of SMU, vice president, Rene Torres thanked members for the large turnout while encouraging them to continue saving prudently and repaying promptly which are vital ingredients for the growth and success of SMCU.

Obesity

Continued From Page 8

interindividual variation in response and variation of the degree of weight gain within drug classes. Where possible, alternative therapy should be selected, especially for individuals predisposed to overweight and obesity." (The Annals of Pharmacotherapy: Vol. 39, No. 12, pp. 2046-2054. DOI 10.1345/aph.1G33)

People who are obese are often discouraged because they think they have to lose a lot of weight before any benefits are experienced. This is not true. Any obese person who loses just five to ten per cent of their body weight will have significant improvement in health - this would mean between 12-25

pounds for an obese person who weighs 250 pounds.

It is important for patients to realize that a small drop in weight is a good start and a great achievement. Experts have found that obese people who lose weight slowly and constantly, say one or two pounds each week, are more successful in keeping their weight down when they have reached their target weight.

According to the Mayo Clinic, successful and permanent weight loss is best achieved as a result of increased physical activity, changing how and when you eat, and modifying your behavior. Some patients may be prescribed medication, while others might undergo weight-loss surgery.



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Truth Or Lie

SANIGNACIO TOWN, Cayo, Friday, May 23, 2014:

A mother in jail on a report made by her 11 year old daughter. San Ignacio police this week reported the disturbing news of a mother remanded to prison for allegedly prostituting her 11 year old daughter.

While the report is disturbing, the information bears several inconsistencies as the child, residing in a Cayo village with a

guardian, reported the matter 4 months later, on May 16, 2014. Furthermore, the report indicates that the alleged incident occurred throughout the entire month of December 2013, from the 1st right up to the 31st December 2013 when she was staying with her mother who at the time was residing in Dangriga.

The child was medically examined and the medical practitioner certified that child

has experienced activity of a sexual nature

Informing of only one encounter, the child, in a statement to police, informed that her mother threatened to beat her if she did not have sex with the man. Fearing that her mother would carry out the threat, she allegedly engaged with the man *“in some nearby bushes”*. She reported seeing when the man gave her mother a fifty dollar bill before leaving.

Despite alleging encounters spanning an entire month, the report speaks of a single

encounter as it bears no information of any further sexual contact between the man and the child.

Is this poor police work, the curtailing of information or a fabricated report to conceal something else? Notwithstanding a mother is in jail and police is on the lookout for the alleged perpetrator.

The matter was adjourned July 8, 2014 on instructions for it to be transferred to Dangriga in the Stann Creek judicial district where the incident is alleged to have occurred.



VACANCY NOTICE

The **BELIZE Natural Energy Charitable Trust** is a public/private partnership between the **Government of Belize** and the **Belize Natural Energy Limited** that serves as a catalyst for people and communities to become the conscious architects of their own future. Established in February of 2008, the primary objective of the Trust is to contribute to the development of Belize through the support of educational and social environmental projects; capacity building programs; student loans and micro-enterprise credit and other investment initiatives.

The **BELIZE Natural Energy Charitable Trust** is seeking the services of a suitably qualified and competent person for the post of **General Manager**.

RESPONSIBILITIES:

The General Manager reports to the Board of Trustees and, as the Chief Executive Officer, will be responsible for the growth and sustainability of the Trust, and maintains general executive operational oversight.

QUALIFICATIONS:

The successful applicant must possess:

- a) The necessary qualifications, competence and experience to fundraise and grow the Trust as well as provide general executive operational oversight;
- b) Demonstrated success in developing and implementing strategies for fund growth and sustainability;
- c) Experience with the use of social media for marketing and fund sourcing;
- d) Minimum of five (5) years’ experience at the senior executive management level in a development organization or non-profit entity, AND at least a Bachelor’s Degree in either Business Administration/Financial Management;
- e) Ability to lead multiple long-term and short-term projects including prioritizing, planning, implementing and meeting deadlines;
- f) Interpersonal, negotiating & networking skills;
- g) The ability to motivate and interact with staff, government, non-governmental agencies and other external counterparts;
- h) The ability to organize and build consensus.

SALARY:

An attractive salary, commensurate with qualifications and experience, is being offered.

APPLICATION PROCESS:

Letters of Application are to be addressed to:
The Chairman
BELIZE Natural Energy Charitable Trust
P.O. Box 43
Belmopan, Cayo District

APPLICATION SHOULD INCLUDE:

- a) Proof of educational qualification (*copy of certificate of highest educational qualification to be attached to Letter of Application*)
- b) Proof of work experience along with two letters of reference, one of which should be from a most recent employer (*to be attached to the Letter of Application*)
- c) Recent police record where the applicant has continuously resided over the last five years (*with the option to be presented at the time of interview*)
- d) Copy of a valid Belizean driver’s license

CLOSING DATE & TIME:

The closing date and time for the receipt of applications is 5:00 p.m. on Monday, June 30th, 2014.

Your Weekly Horoscope and Lucky Numbers

ARIES:

March 22 to April 20

If you're thinking of signing a deal, writing that novel, or beginning an Internet business, this week's New Moon in Gemini may be the best time to make a start. Taking action in conjunction with the Moon tide could help bring success sooner than you'd hoped. On another note, you may be drawn to life's luxuries, which you thoroughly deserve. However, don't let extravagance lead to overspending. Your intuition kicks in later, enabling you to focus on your best course of action. **Lucky numbers: 25, 57, 93.**

TAURUS:

April 21 to May 21

You'll be in your element this week, as Venus moves into your sign to give you a confidence boost and perhaps make you an attractive option. Image may become important as a result, encouraging you to consider a makeover that could increase the feel-good factor. Where money is concerned, make use of the midweek New Moon if you're about to initiate a financial plan, especially if you want to increase your cash reserves. It might help things come together for you sooner rather than later. **Lucky numbers: 17, 42, 78.**

GEMINI:

May 22 to June 21

This week's New Moon in Gemini may be the best of the year for you. It brings the chance to make changes in any area of life you choose. Whether its money, health, or career, you have a two-week window of opportunity in which to start. Roll with the Moon tide and the results could be better than you'd hoped. Mercury eases into Cancer to enhance your ability to intuit the best financial deals or bargains. Trusting your gut could lead to lucrative opportunities. **Lucky numbers: 07, 39, 82.**

CANCER

June 21 to July 21

As tension continues to ease, you'll feel a lot better about your situation than you did. Perhaps you'll be motivated to

move out of your comfort zone and take on a challenge that may have seemed too daunting before. Venus eases into Taurus and your social sector lights up to become a haven of indulgent opportunities. It might be hard to resist invitations to delicious meals, shopping trips with your best pals, or a spa day. Intuitively, you're on a roll! **Lucky numbers: 12, 47, 63.**

LEO:

July 24 to August 21

This week's New Moon brings the promise of new friends and the chance to move in new circles. This isn't the time to stay stuck in a social rut but rather to mix with all kinds of folks, particularly those who can help you reach your key goals. Later, as Mercury moves into Cancer, you may find your dreams becoming more powerful. It might be a good idea to take note of particularly vivid ones, as they may have special guidance for you. **Lucky numbers: 04, 33, 89.**

VIRGO:

August 22 to September 21

You get the opportunity to make a fresh career start, as this week's New Moon encourages you to forge ahead with plans and ideas. Collaborating with others and pooling resources might be another way to succeed at a goal that would be impossible otherwise. However, be careful when signing contracts or important deals, and be sure to read the fine print, because not everything is as it seems. Later, Mercury's move into Cancer enhances social opportunities for romance and business. **Lucky numbers: 14, 52, 89.**

LIBRA:

September 22 to October 23

Exploring fresh options, moving out of your comfort zone, and expanding your horizons can help you get the most out of life. Whether you want to travel, study, or see a different side of life, this week's influences encourage you to try. Venus enters Taurus midweek to also enhance your love life and help make your most intimate moments deeply sensual. From Thursday, pay attention to intuitive nudges, as doing so could help your

career to blossom while saving time and resources. **Lucky numbers: 29, 67, 98.**

SCORPIO:

October 24 to November 21

If you've been hoping for a new financial start, this week's New Moon could be the catalyst that encourages you to act. Use this opportunity to consolidate debts, review investments, and get your money to work harder for you in general. Venus enters Taurus midweek to enhance a love relationship, bringing extra warmth and nurturing to those important bonds. From Thursday, you might be tempted to take a trip down memory lane, particularly if meeting an old friend or visiting a place can bring closure. **Lucky numbers: 10, 61, 88.**

SAGITTARIUS:

November 22 to December 21

You can certainly have fun, but you'll have more enjoyment if you tackle a pending worry early and get it out of the way. Use the Gemini New Moon to discuss plans with your sweetheart or other interested parties before taking action. As Venus enters Taurus midweek, there may be a tendency to overindulge, which might not help your diet or exercise efforts. "Everything in moderation" should perhaps be your mantra, giving you a chance to keep fit and look good. **Lucky numbers: 21, 45, 73.**

CAPRICORN:

December 22 to January 20

Leisure and pleasure activities, including romance, may seem irresistible this week as Venus encourages you to kick back and

relax. It's possible you'll feel more self-indulgent than usual, preferring to do your own thing rather than buckle down on tasks and chores. But you deserve some downtime, and a key relationship might benefit from the chance to enjoy doing something together. As Mercury eases into Cancer, you may find your intuition about a certain person is right on target. **Lucky numbers: 36, 54, 71.**

AQUARIUS:

January 20 to February 18

Perhaps it's time to seize a romantic opportunity and make the most of it. If you're hoping to get more deeply involved with someone, this might be the perfect chance to propose a date. Plus, homey pursuits could tempt you to spend more time entertaining at your place as the influence of Venus encourages you to play host. Inviting your pals and extended family for some of your home-cooked food and nurturing attention could keep you busy but happy. **Lucky numbers: 50, 85, 97.**

PISCES:

February 20 to March 21

If you're eager to make changes on the home front, the midweek New Moon in Gemini could be the best time to start. Whether you're dealing with a major project or redecorating, put your best foot forward by tapping into this productive Moon phase. You'll also find that Venus entering Taurus can help you obtain some lucrative deals if you're willing to connect with the right people. Later, your natural empathy may be enhanced, enabling you to better connect with others. **Lucky numbers: 01, 59, 77.**

NOTICE

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PRESS RELEASE

The Belize Electric Company Limited (BECOL) in collaboration with the National Emergency Management Organization (NEMO), and the Department of Environment (DOE) hosted a public discussion for the twin towns of San Ignacio and Santa Elena on Friday, May 16 2014 at 6:00 p.m. at the Cayo Welcome Center in San Ignacio Town to discuss matters relating to the dam break early warning system. Announcements via local radio and television were sent out for public notice on May 6 2014 informing the public of the venue and time of the event. The original venue was Hode's Place San Ignacio Town. A change of venue from Hode's Place to the Cayo Welcome Center was agreed after discussion with BECOL, DOE and NEMO. Announcements with the revised venue were sent to the local radio and television stations on May 8 and 9, 2014. Flyers were distributed on May 12 2014 to the various businesses in San Ignacio Town and Santa Elena Town. The announcements were publicized until May 16, 2014.

This annual event is to educate the public on what to do in the event of a dam break. The Early Warning System (EWS) is part of the Emergency Preparedness Plan (EPP) and is designed to alert the public of a possible dam break. The public education session educates the public on where the safe zones are located. Signs are also installed to guide the public to the safe zones. The education process is conducted with the assistance of audio visuals and maps to sensitize the audience of the areas that would be inundated.

This exercise targets the stakeholders along the Macal and Mopan Rivers and is executed by visiting the schools and conducting public education sessions in the villages, towns and resorts. It is an ongoing process in which BECOL, NEMO, DOE and the communities interact to educate stakeholders as well as to discuss ideas on how to better communicate with stakeholders to make sure everyone is aware of the various safety and emergency plans that are in place.

Due to the feedback that some stakeholders missed the last event because of the change of venue, BECOL, NEMO and the DOE are planning a second session to be held at the Cayo Welcome Center on Saturday May 31, 2014 from 8:00 a.m. to 12.00 noon. This will be an open house event where the public can learn about the Emergency Preparedness Plan and the Early Warning System as well as interact with the various presenters. All residents in San Ignacio and Santa Elena Towns are encouraged to attend.

END

Remembering Maya Angelou A Phenomenal Woman!



Maya Angelou

Marguerite Johnson was born in St. Louis, Missouri, on April 4, 1928, the second child of Bailey Johnson, a doorman and a navy dietitian, and Vivian (Baxter) Johnson, a nurse and card dealer. Angelou's older brother, Bailey Jr., nicknamed Marguerite "Maya", derived from "My" or "Mya Sister". When Angelou was three and her brother four, their parents' "calamitous marriage" ended, and their father sent them to Stamps, Arkansas, alone by train, to live with their paternal grandmother, Annie Henderson. In "an astonishing exception" to the harsh economics of African-Americans of the time, Angelou's grandmother prospered financially during the Great Depression and World War II because the general store she owned sold needed basic commodities and because "she made wise and honest investments".

Four years later, the children's father "came to Stamps without warning" and returned them to their mother's care in St. Louis. At the age of eight, while living with her mother, Angelou was sexually abused and raped by her mother's boyfriend, a man named Freeman. She told her brother, who told the rest of their family. Freeman was found guilty but was jailed for only one day. Four days after his release,

he was murdered (kicked to death), probably by Angelou's uncles. In response, Angelou became mute for almost five years, believing, as she stated, "I thought, my voice killed him; I killed that man, because I told his name. And then I thought I would never speak again, because my voice would kill anyone ..." According to Marcia Ann Gillespie and her colleagues, who wrote a biography about Angelou, it was during this period of silence when Angelou developed her extraordinary memory, her love for books and literature, and her ability to listen and observe the world around her.

Shortly after Freeman's murder, Angelou and her brother were sent back to their grandmother. Angelou credits a teacher and friend of her family, Mrs. Bertha Flowers, with helping her speak again. Flowers introduced her to authors such as Charles Dickens, William Shakespeare, Edgar Allan Poe, Douglas Johnson, and James Weldon Johnson, authors who would affect her life and career, as well as black female artists like Frances Harper, Anne Spencer, and Jessie Fauset. When Angelou was 14, she and her brother moved in with their mother once again, who had since moved to Oakland, California. During World War II, Angelou attended the California Labor

School. Before graduating, she worked as the first black female streetcar conductor in San Francisco. Three weeks after completing school, at the age of 17, she gave birth to her son, Clyde (who later changed his name to Guy Johnson).

Angelou's second autobiography, *Gather Together in My Name* (1974), recounts her life from age 17 to 19 and "depicts a single mother's slide down the social ladder into poverty and crime." Angelou worked as "the front woman/business manager for prostitutes," restaurant cook, and prostitute. She moved through a series of relationships, occupations, and cities as she attempted to raise her son without job training or advanced education.

Maya Angelou (born Marguerite Ann Johnson; April 4, 1928 – May 28, 2014) was an American author and poet. She published seven autobiographies, three books of essays, and several books of poetry, and is credited with a list of plays, movies, and television shows spanning more than 50 years. She received dozens of awards and over 30 honorary doctoral degrees. Angelou is best known for her series of seven autobiographies, which focus on her childhood and early adult experiences. The first, *I Know Why the Caged Bird Sings* (1969), tells of her life up to the age of seventeen and brought her international recognition and acclaim.

She became a poet and writer after a series of occupations as a young adult, including fry cook, prostitute, nightclub dancer and performer, cast member of the opera *Porgy and Bess*, coordinator for the Southern Christian Leadership Conference, and journalist in Egypt and Ghana during the days of decolonization. She was an actor, writer, director, and producer of plays, movies, and public television programs. Since 1982, she taught at Wake Forest University in Winston-Salem, North Carolina, where she held

the first lifetime Reynolds Professorship of American Studies. She was active in the Civil Rights movement, and worked with Martin Luther King, Jr. and Malcolm X. Since the 1990s, she made around 80 appearances a year on the lecture circuit, something she continued into her eighties. In 1993, Angelou recited her poem "On the Pulse of Morning" (1993) at President Bill Clinton's inauguration, making her the first poet to make an inaugural recitation since Robert Frost at John F. Kennedy's inauguration in 1961.

With the publication of *I Know Why the Caged Bird Sings*, Angelou publicly discussed aspects of her personal life. She was respected as a spokesperson of black people and women, and her works have been considered a defense of black culture. Attempts have been made to ban her books from some US libraries, but her works are widely used in schools and universities worldwide. Angelou's major works have been labeled as autobiographical fiction, but many critics have characterized them as autobiographies. She made a deliberate attempt to challenge the common structure of the autobiography by critiquing, changing, and expanding the genre. Her books center on themes such as racism, identity, family, and travel.

Angelou died on the morning of May 28, 2014, according to a family statement. She was found by her nurse. Although Angelou had reportedly been in poor health and had canceled recent scheduled appearances, she was working on another book, an autobiography about her experiences with national and world leaders.

Tributes to Angelou and condolences were paid by artists, entertainers, and world leaders, including Barack Obama and Bill Clinton. Harold Augenbraum, from the National Book Foundation, said that Angelou's "legacy is one that all writers and readers across the world can admire and aspire to."

Recording The Sudden Passing Of Michael Lewis

Continued From Front Page

Michael was a career public officer. Immediately after graduating from **Sacred Heart High School**, Michael began working in Belmopan. His public service career spanned over 30 years during which he worked in the Ministry of the Public Service; the Office of the Prime Minister and, at the time of his passing, he was serving as the Finance Officer in the Ministry of Labour, Local Government, Rural Development, National Emergency Management Organization and Immigration and Nationality.

Michael is predeceased by his father, **Mr. Phillip Benzie Lewis** and sister, **Joy**. He survived by one son **Michael Lewis Jr.**; Mother, **Mrs. Louise Lewis**; Sisters **Yvette, Elicia Lewis** and **Mrs. Fatima Morris**. Brothers; **Lincoln, Andrew, Dean and Garbriel Lewis**. He is also survived by several aunts, uncles, nieces, nephews other relatives and many friends.



(L-R) **Fatima Morris, Mrs. Louise Lewis, Governor General Sir Colville Young, Michael Lewis, Elicia Lewis and Yvette Lewis**

A wake will be held at his residence, #3 Carrillo Puerto Avenue in Santa Elena on Friday, May 30. Funeral services will be held at 3:00 pm on Saturday, May 31 at **Sacred Heart Church** in San Ignacio. He will be laid to rest in the **Santa Rita Cemetery** in San Ignacio. May the soul of Michael Anthony Lewis rest in eternal peace and rise in glory.



SAINT MARTIN'S CREDIT UNION

For Economic Independence

**Eve Street, San Ignacio
Cayo District, Belize C.A.**

By Order of the Chargee Notice of Intention to Sell

Saint Martin's Credit Union Ltd having its registered office at No. 3 Eve Street, San Ignacio Town, Cayo, hereby gives notice of intention to exercise its power of sale as Chargee between those hereinafter named and the said Saint Martin's Credit Union Ltd which said charge is registered at the Land Registry in Belmopan.

Saint Martin's Credit Union Ltd will at the expiration of two (2) months from the date of first publication of this notice sell the property describe in the schedule hereto.
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