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STAR



"The Newspaper That Cares And Dares To Bring Out The Truth"

No. 406

Sunday, July 20, 2014

Price \$1.00

Bateman Alleges Brutal Police Treatment

SAN IGNACIO TOWN, Cayo, Monday, July 14, 2014:

Santa Elena resident, **Simon Bateman Jr**, 25, this week had another run in with the law; this time however, he has lodged a report against at least two policemen who allegedly brutalized him in the process of detaining him.

In a report to the police, Bateman, Belizean laborer from the Hillview area in Santa Elena informed that at around 11:45pm on Saturday, July 12, he was socializing with his female partner, in the pool table area inside the Blue Angel's Nightclub when he was approached by a



Simon Bateman

team of four policemen dressed in camouflage combats. One of the policemen allegedly



Dale Santos

approached him and demanded to know: "da you di smoke di weed up yah?" He reportedly asked the

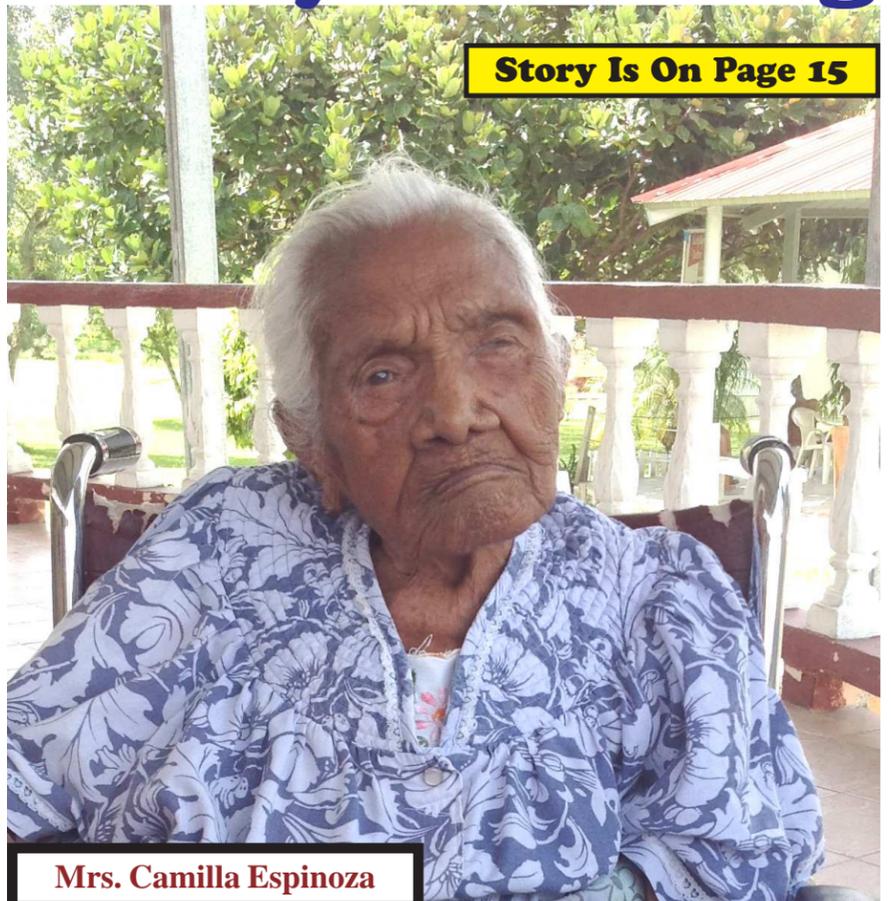
policeman "what weed?" This he said was met by a swift punch to the mouth while another policeman held him in a choke hold from behind.

Bateman alleged that in the struggle he lost the chain with a gold ring medal he was wearing valued at \$750. He said that despite his request to search for his jewelry, the request was ignored. He said that he was handcuffed and dragged down the stairs of the nightclub under punches and kicks by the policemen. He was walked to the station under the same brutal treatment along the way. The

Please Turn To Page 15

106 Years Of Age - Truly A Blessing

Story Is On Page 15



Mrs. Camilla Espinoza



Lesson #1 In Belizean Political History

The study of history is important because each generation needs to know about the people, events and actions of a former generation in order to make wise decisions in their time.

With every five year general election cycle, a new cadre of voters is added to the national voters list. The voting population in Belize grows by about 9% every five years. It is therefore important for us to let them know from whence we came in order to afford them the opportunity to make informed and wise decisions in their time.

Here now is lesson #1 in the political history of Belize:

After five years in opposition, the People's United Party (PUP) was reelected to office in 1998. Those 18 year old voters who will be voting for the first time in the scheduled 2017 general elections were not yet born in 1998 when the PUP was elected. By the time the PUP term ended with their reelection for a second term in 2003, those who will be 18 in 2017 and voting for the first time would have just turned four and of kinder garden age.

The real rape of the nation by the PUP began in their second term, between 2003 and 2008, by the time the PUP were booted out of office in 2008, they left the nation with the infamous two BILLION dollar SUPER bond choking the national economy. The new 2017 voters were only nine years of age and merely heading into Std III of their primary school education when the PUP was booted out of office in 2008. At that tender age they had very little, if any knowledge of what had politically taken place in the first nine years of their young lives.

Little did these innocent future

leaders of our nation know that the PUP administration had in effect, through rampant corruption, demolished their future. A recent ruling by the Caribbean Court of Justice described their actions as "malignant tumors that eat away at our democracy". Their actions according to the ruling would have set back the nation by "300 years".

Too young were the future leaders of Belize to comprehend the implications of the PUP selling out all their major public utilities – light, water and telephone as well as the nation's only international port of entry by air and their major international sea port of entry in addition to the national printing institution. The future leaders knew not that after privatizing the nation's central prison, the document was already written up for the privatization of the national police force.

Having not personally experienced these recent crippling corrupt blows to their nation, the devastation caused in the early 90's by the PUP economic citizenship hurricane and passport tsunami is even further removed from the grasp of the generation getting ready to lead our nation. It is therefore our duty and our responsibility to teach them this history because they must know about the people, events and actions of a former generation in order to make wise decisions in their time. We must tell them that an auditor general's report of that era informed that over 7.5 million dollars from the sale of passports never did make it to the national treasury with the strong possibility of making it into someone's personal bank account.

In teaching them the political history of the nation we must tell them that in the early 90's the PUP came

to western Belize telling us that they would bring dirt cheap electricity to the nation with the building of a dam on the macal river.

There were a few smart persons in our midst who told them that damming our Macal River would kill the river and that it would not result in cheaper electricity rates. They convinced the masses that these people were against development and portrayed them as enemies of the nation. One of them, serving as Chairman of our Belize Social Security Board at the time took 3.34 million dollars of our social security money on the pretence of buying shares in the dam project. "His" social security gave him the people's money and it turned out that not a single share was ever purchased for our Social Security Board with our money.

They went on to build two additional dams on the Macal one at Chalillo and the other at Vaca Falls. Totally ignoring the employable among us, they brought in hundreds of manual workers primarily from Nepal. Our Macal River is dying if not already dead. The nation is still waiting for the promised dirt cheap electricity rates.

There was a time when, prior to the damming of our Macal river at Vaca Falls, with every annual flood the blessing in the form of beautiful sand from the Pine Ridge would emerge on the sandy banks of the Macal in both San Ignacio and Santa Elena as the water receded. This was nature's way of bringing some of the nation's wealth

untold to landowners on the banks of the river. The sale of the sand was a means of income for these landowners. A dam was constructed at Vaca Falls effectively putting the Pine Ridge sand stream behind the cold wet wall the dam at Vaca Falls and the sand stopped flowing into San Ignacio and Santa Elena. Not being replenished and washed by the flow of sand the few remaining old stones on the Macal River bed are now black and slimy.

Today landowners in the area are mining the very last amount of Pine Ridge sand as it is coming up contaminated with mud. This is occurring while the beautiful Pine Ridge sand is accumulating behind the dam at Vaca Falls probably for future sale by the owners of the dam at the expense our people who once harvested it.

Furthermore, there was a time, prior to the damming of the Macal when harvesting the river fish was a source of healthy food for many. Today, Health officials are advising us not to eat fish from our Macal River due to the high mercury level which they say is hazardous for our health.

This generation must be thought our history. They need to know of the actions of the PUP in order that they make wise decisions when voting for the first time. We pledge to continue this history lesson. We believe that if we fail to do so we would have done a disservice to the next generation of Belizeans.



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Visit Dibary Store



SAN IGNACIO TOWN, Cayo, Monday, July 14, 2014:

Evolution is defined as the process of the old making way for the new.

There was a time several years ago when the food we ate was sold from behind a counter. The customer would enter the store, stand in front of the counter and ask for the item. The store keeper would get the item and hand it to the customer. The customer would pay the bill

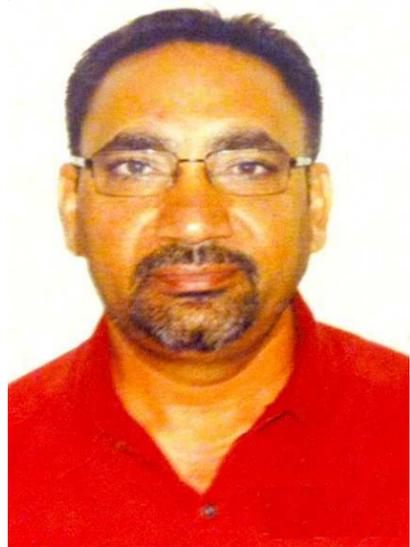
and depart the store. In those days the customer dare not go behind the counter.

Times have changed. Today the customer walks the isles, gets the merchandise, pays and walks out. Infrastructural development removes the old and ushers in the new. This change can be seen on Burns Avenue in San Ignacio, the upgraded lower section of Burns Avenue is already attracting the new. One such example is the recently opened Dibary Store,

next to Venus Hotel.

Entering and shopping in Dibary gives that feeling of being in a foreign store. The merchandise is laid out international style and most importantly the

prices are quiet reasonable. We urge you to experience the advent of change in the way textile is sold in San Ignacio. Visit Dibary Store on Burns Avenue, San Ignacio.



Vote Gurminder "Nick" Singh

For Councillor

For the Twin Towns of Santa Elena & San Ignacio

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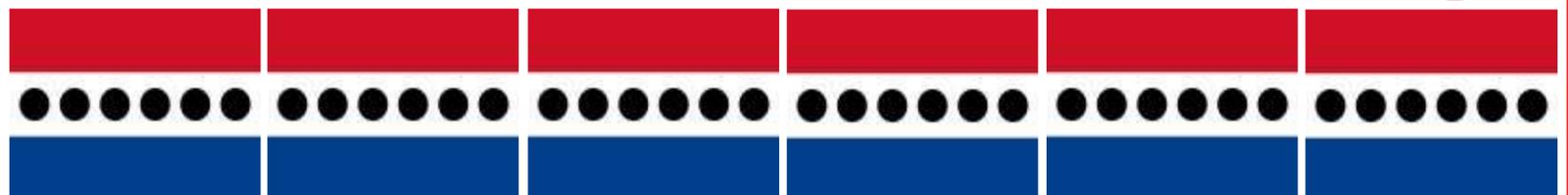
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On Sunday July 27, 2014

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Vote #15 Gurminder "Nick" Singh



BTB Donates to San Pedro Fire Victims

Belize City, Belize – Thursday, July 17, 2014:

Minister of Tourism, Culture and Civil Aviation, **Hon. Manuel Heredia Jr.**, presented a cheque of five thousand dollars (\$5,000) to the Belize Red Cross San Pedro Branch, in aid of the residents affected by the fire. The cheque, as a part of the Belize Tourism Board's contribution, was presented along with boxes of clothing, food items and toiletries donated by the BTB staff.

Hon. Manuel Heredia Jr says the BTB and staff were willing to assist, *'We are very happy that we are able to provide some support to the families affected by this fire and while the donation in no way can compensate for their loss, we sincerely hope that it will ease their displacement and bring some semblance of comfort in their lives. As soon as we heard of the fire, we started looking into ways to help and I must say that the BTB staff gave generously to provide the families with in-kind*



Hon. Manuel Heredia Jr. presented a cheque of five thousand dollars to the Belize Red Cross

donations. I am also pleased to see the outpouring of support from the residents and businesses on the island and I want to thank them for assisting the families because we cannot do it alone.'

The Minister and BTB are

grateful to the San Pedro Fire Department, Belize Red Cross and NEMO for their quick response and for placing priority on the relief and safety of the residents. Over sixteen families, including children, were uprooted by the tragic fire that

destroyed eight buildings in the Boca del Rio area of Ambergris Caye on July 6th, 2014.

For those who wish to contribute, we encourage you to contact the Belize Red Cross for more information at 207-3319.

Obese Women 'Show Signs Of Food Learning Impairment

Obese women may have a "food learning impairment" that could explain their attitude to food, research from Yale School of Medicine suggests.

Tests on groups of obese and healthy-weight people found that the obese women performed worst when asked to remember a sequence of food picture cards.

Writing in *Current Biology*, Yale researchers tested 135 men and women.

The findings could lead to new ways to tackle obesity, the study says.

Study author **Ifat Levy**, assistant professor at Yale School of Medicine, said the difference in the performance of the obese women compared with the other groups was "really striking" and "significant".

The tests looked at an individual's ability to learn and predict the appearance of pictures of food or money on coloured cards.

The participants were told they would be given whatever appeared on these "reward" cards.

In the first phase, the reward cards always followed a particular coloured card in a



sequence. Later, the order was changed and the reward cards appeared following a different coloured card.

During this time, participants were asked to predict the likelihood of a reward card appearing as the cards were shown one by one.

The results showed that obese women performed worst because they overestimated how often the pictures of food, including pretzels or chocolate, appeared.

Even after researchers had accounted for other factors, there was still a large difference in their learning performance.

Prof Levy said: *"This is not a general learning impairment, as obese women had no problem learning when the reward was money rather than food."*

"An intriguing possibility is that, by modifying flawed association between food and environmental cues, we may be able to change eating

patterns."

The study said it was not clear what lay behind the learning deficit in obese women.

In contrast, obese men did not show any signs of a food learning impairment.

Body Image

The study suggested that women who are obese act this way because of particular concerns about food or because they feel more unhappy or dissatisfied about their body image.

Previous research suggests that there are differences in how men and women perceive obesity.

Future research is likely to focus on whether the food-specific learning problem is a result of obesity or a potential factor in causing obesity by testing individuals before and after weight loss.

The Yale researchers said their results called for a shift in focus.

"Rather than target these individuals' behaviour with food, we suggest that a successful intervention should aim to modify their interactions with other cues that determine their eating patterns," they wrote.

Elect Your UDP Team

SAN IGNACIO TOWN, Cayo, Wednesday, July 16, 2014:

As the United Democratic Party (UDP) continues to prepare for the Sunday, July 29, 2014; convention for the election of the team to represent the party in the March 2015 municipal elections, a meeting was held today with the candidates offering themselves for election in the convention.

The meeting, called by the UDP National Chairman **Alberto August**, was cordial and informative. All candidates in attendance candidly discussed and agreed upon the manner in which the July 29 convention will be conducted.

Voting begins at 9:00 am at the Sacred Heart Primary School in San Ignacio. The polls will close at 6:00 pm. The counting will begin immediately after the last ballot is cast.

Notorious for attracting a large number of persons offering themselves as candidates for the UDP, this time around is no different. Of the nine municipalities countrywide, this western municipality is the only one in which a convention will be held for the election of a mayoral candidate. It is also one in two municipalities where a convention for councilor candidates will be held, the other being Belize City, which will be held on Sunday, August 3, 2014.

The two persons contesting the Mayoral position are: **#1 Shary Medina** and **#2 Earl Trapp**. The sixteen candidates seeking election for the six councilor candidate positions are: **#1 Earl Aragon; #2 George Boiton; #3 Charles Cabral; #4 Eduardo Cano; #5 Moses Chuc; #6 Marco Martin Coyoc; #7 Bernadette Fernandez; #8 Carlos Garcia; #9 Malta Garcia; #10 Jose Luis "Wiching" Lemus; #11 Iliana Moreno; #12 David Morey; #13 Vanessa Neal; #14 Michael Salazar; #15 Gurminder "Nick" Singh and #16 Ray Thompson**.

A special invitation is extended to all supporters registered in the twin towns of San Ignacio (Cayo North and Cayo Northeast) as well as those residing in Santa Elena (Cayo Central) to come out and participate in the election of the UDP candidates for the March 2015 municipal election.



Sacred Heart College

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Office of the President

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- 2. One Full Time IT Teacher**

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Applicants must have a B.Sc. in the teaching subject area with a Diploma in Education or B.Ed. in the teaching subject area and should have a Full Teachers' License.

Remuneration is commensurate with MOE approved salary scales.

Application packages should include the following:

- * A signed letter of application
- * A copy of a university diploma showing the highest earned degree
- * Certified or official university transcript(s)
- * Two named referees with contact details
- * A copy of a valid Teacher's License

Completed application packages can be dropped off at the College, or emailed to president@shc.edu.bz.

APPLICATION DEADLINE: JULY 25, 2014

Readers Write

Making the Mundane Meaningful

BY: Mary Whelchel

Would you like to do something eternally significant today? I'm sure every person who knows Jesus as Savior would like to be involved in some activity that is truly important. But you're probably thinking, "I can't do anything eternally significant today. I have to go to work and do all kinds of mundane, insignificant things."

It's true: most of our lives consist of a series of small, seemingly insignificant chores and duties. But remember, eternally significant doesn't mean glorious or grand. It doesn't always include Bible verses or sermons or church music.

Let me give you an example of how you can turn small things into meaningful things. You will probably talk to a receptionist or an intermediary of some kind during your work week. Do you know that people in these jobs are often treated like machines? We hardly ever think of them as people, with problems and worries and stress. They're just voices on the other end of the phone.

So, when you talk with that person that you normally ignore, put a smile in your voice and give her or him a cheery greeting. Be polite and kind, even if you're put on hold. If you have a moment, ask them how the day is going for them.

Not long ago I was buying something in a store, and the clerk wasn't being very helpful. That irritated me, so I gave her my "I wish you had better customer service skills" look, and walked off.

As I did, the quiet voice of the Holy Spirit said, "You blew it. You had an opportunity to show that person what Jesus is like, and instead you showed her what you're like. You missed a chance to do something significant, and you'll never have that chance with that person again."

You see, I could have smiled at that clerk, been especially kind, maybe even struck up a small conversation and asked how she was doing. Then when I walked away, that clerk would have thought, "Wow, that woman is different. Wonder why?"

Instead, if she thought anything, it was probably "Customers are nothing but trouble."

Look for your opportunities today to turn mundane

interactions into eternally significant happenings, as you show people what Jesus is like by the way you treat them.

Contributed By: Janice Swift



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Malaysia Jet Crashes In East Ukraine Conflict Zone

A Malaysia Airlines jet carrying 295 people has crashed in east Ukraine on a flight from Amsterdam to Kuala Lumpur.

There are no signs of survivors at the scene of the crash near the village of Grabovo, in rebel-held territory close to the border with Russia.

Both sides in Ukraine's civil conflict accused each other of shooting down the plane with a missile. It is still not clear why the plane came down.

It is the second disaster suffered by Malaysia Airlines this year.

Flight MH370 disappeared en route from Malaysia to China in April and still has not been found.

At a news conference at Schiphol airport, Malaysia Airlines' European chief Huib Gorter said they were still trying to identify some of the passengers from flight MH17.

He said of the passengers that have been identified there were:

- * 154 Dutch nationals, 27 Australians, 23 Malaysians, 11 Indonesians

- * Six Britons, four Germans, four Belgians, three from the Philippines and one Canadian

- * All 15 of the crew were Malaysian

Other airlines have announced they are now avoiding eastern Ukraine

Analysis: Jonathan Marcus, BBC News

If it does turn out that the Boeing 777 was shot down by the separatists - with weaponry supplied by Moscow - then it could significantly alter the terms of the whole debate surrounding the Ukraine crisis.

Over the past few days there has been growing concern among Western governments that Russia was stepping up its military support for the separatists in eastern Ukraine.

Nato spokesmen insist that more and more heavy military equipment has moved from Russian stockpiles to the separatists across the border.

In response, the United States has strengthened its economic sanctions against Moscow - it is threatening even stronger action - though the European Union has so far failed to follow



Flight MH17 had been due to enter Russian airspace when contact was lost

Washington's lead.

But if Russia in any way had a hand in this tragedy then the pressure - especially on the Europeans - for much tougher sanctions will only grow.

Malaysian Prime Minister **Najib Razak** spoke of his shock and said he was launching an immediate inquiry into the crash.

"This is a tragic day in what has already been a tragic year for Malaysia," he said.

US and Ukrainian officials said they believed the plane had been brought down by a missile.

Ukrainian President **Petro Poroshenko** said it was an "act of terrorism".

Foreign Minister **Pavlo Klimkin** told the BBC he had intercepted phone conversations that proved the plane was shot down by pro-Russian separatists.

But Russian President **Vladimir Putin** blamed the Ukraine government for restarting military operations in the area, where it is trying to regain control from pro-Russian rebels.

"The country in whose airspace this happened bears responsibility for it," he said.

Separatist leader Alexander Borodai accused the Ukrainian government of downing the airliner.

Ukraine's defence ministry issued a statement saying there were no air force jets in the area

and no surface-to-air systems being used against the rebels.

The British government has called for an emergency meeting of the UN Security Council to discuss the crisis in Ukraine as a result of the crash.

The plane fell between Krasni Luch in Luhansk region and Shakhtarsk in the neighbouring region of Donetsk.

Aviation expert: **"If this was a shoot down... it would have to**

Continue To Page 14



A Vacancy exist at Mopan Technical High School for Temporary English Teacher

Period: 1 Year

Qualifications: Bachelors degree in the subject area, an Associate's Degree will be considered.

Requirements: Valid Teacher's License, social security card, birth certificate, transcript, diploma, two references, one photo, All documents must be notarized by a Justice of the Peace.

Deadline: All Applications must be submitted by July 31, 2014. No electronic applications will be accepted. Only complete applications will be considered.

Address applications to:

**Secretary
Board of Management
Mopan Technical High School
Benque Viejo Del Carmen
Cayo District**

★ STAR HUMOR

The Broken Rubber

A kid walks up to his mom and asks, "Mom, can I go bungee jumping?"

The mom says "No, you

were born from broken rubber and I don't want you to go out the same way!"

The Three Women

Three women (a blonde, a redhead, and a brunette) are lost in the forest while hunting. They each have a shotgun with 2 bullets.

They make a fire. Then the redhead gets up and goes hunting. She comes back with 2 rabbits. The other two say, "Wow, where did you get that?"

She says, "I found tracks. I followed tracks. I saw rabbits. Rabbits ran. I shot. Rabbits stopped."

Then the brunette leaves and

comes back with a deer. The other two say, "Wow, Where did you get that?"

She says, "I found tracks. I followed tracks. I saw deer. Deer ran. I shot. Deer stopped."

The blonde leaves and comes crawling back, all bloodied and black and blue. They others say, "Wow, where did you get that?"

She says, "I found tracks. I followed tracks. I saw train. Train ran. I shot. Train didn't stop."

Self-Esteem

A teacher wanted to teach her students about self-esteem, so she asked, "Anyone who thought they were stupid, stand up."

One kid stood up and the teacher was surprised. She didn't

think anyone would stand up so she asked him, "Why did you stand up?"

He answered, "I didn't want to leave you standing up by yourself."

The Compliment

Wife: "I look fat. Can you give me a compliment?"

Husband: "You have perfect eyesight."

The Cowboy And The Mexican

A cowboy walks into a bar, sits down, and asks for a shot. Across the bar, a Mexican man is sitting and glaring at the cowboy. The cowboy takes the shot and slams the shot glass down on the counter, yelling, "TGIF!"

The Mexican orders a shot, takes it, and slams his glass down, yelling, "SPIT!"

The cowboy looks over at him and notices the Mexican guy is still staring at him. The cowboy once again orders a shot, slams it down, and yells again "TGIF!"

Once again, the Mexican orders

a shot, slams it down after consuming it, and yells out, "SPIT!"

This goes on for a while, and the bartender stands puzzled and annoyed.

Finally, the bartender asks the cowboy, "Just checking, but do you know what TGIF means?"

The cowboy replies, "Hell ya I know what it means, 'Thank God It's Friday!'"

The bartender asks the Mexican guy, "Okay, so what does 'SPIT' mean?"

The Mexican replies, "Stupid Pendejo It's Thursday!"



Everything In The Universe Has Rhythm, Everything Dances.
Maya Angelou

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We are located off Joseph Andrews Drive, near the Falcon Field in San Ignacio Town. Call us at 824-2076 or 610-0408.
E-mail: cleanmasterbz@yahoo.com



#1 Shary Medina

Elect Your UDP Team
The Leadership of the United Democratic Party (UDP) extends a very Special Invitation to Supporters registered in San Ignacio and Santa Elena to participate in the convention for the election of the UDP Town Council Team

MAYORAL CANDIDATES

Come Out And Vote For The Candidates Of Your Choice



#2 Earl Trapp



#1 Earl Aragon



#2 George Boiton



#3 Charles Cabral



#4 Eduardo Cano



#5 Moses Chuc



#6 Marco Martin Coyoc



#7 Bernadette Fernandez



#8 Carlos Garcia



#9 Malta Garcia



#10 Jose "Wiching" Lemus



#11 Iliana Moreno



#12 David Morey



#13 Vanessa Neal



#14 Michael Salazar



#15 Nick Singh



#16 Ray Thompson

Sunday, July 27, 2014 - Sacred Heart Primary School, San Ignacio - 10:00 am to 6:00 pm

Alzheimer's Disease

Alzheimer's disease (AD), also known in medical literature as Alzheimer disease, is the most common form of dementia. There is no cure for the disease, which worsens as it progresses, and eventually leads to death. It was first described by German psychiatrist and neuropathologist **Alois Alzheimer** in 1906 and was named after him. Most often, AD is diagnosed in people over 65 years of age, although the less-prevalent early-onset Alzheimer's can occur much earlier. In 2006, there were 26.6 million people worldwide with AD. Alzheimer's is predicted to affect 1 in 85 people globally by 2050.

Although Alzheimer's disease develops differently for every individual, there are many common symptoms. Early symptoms are often mistakenly thought to be '*age-related*' concerns, or manifestations of stress. In the early stages, the most common symptom is difficulty in remembering recent events, known as short term memory loss. When AD is suspected, the diagnosis is usually confirmed with tests that evaluate behaviour and thinking abilities, often followed by a brain scan if available, however, examination of brain tissue is required for a definitive diagnosis. As the disease advances, symptoms can include confusion, irritability, aggression, mood swings, trouble with language, and long-term memory loss. As the person's condition declines they often withdraw from family and society. Gradually, bodily functions are lost, ultimately leading to death. Since the disease is different for each individual, predicting how it will affect the person is difficult. AD develops for an unknown and variable amount of time before becoming fully apparent, and it can progress undiagnosed for years. On average, the life expectancy following diagnosis is approximately seven years. Fewer than 3% of individuals live more than 14 years after diagnosis.

The disease course is divided into four stages, with

progressive patterns of cognitive and functional impairments.

Pre-dementia

The first symptoms are often mistakenly attributed to ageing or stress. Detailed neuropsychological testing can reveal mild cognitive difficulties up to eight years before a person fulfils the clinical criteria for diagnosis of AD. These early symptoms can affect the most complex daily living activities. The most noticeable deficit is memory loss, which shows up as difficulty in remembering recently learned facts and inability to acquire new information.

Subtle problems with the executive functions of attentiveness, planning, flexibility, and abstract thinking, or impairments in semantic memory (*memory of meanings, and concept relationships*) can also be symptomatic of the early stages of AD. Apathy can be observed at this stage, and remains the most persistent neuropsychiatric symptom throughout the course of the disease. Depressive symptoms, irritability and reduced awareness of subtle memory difficulties also occur commonly. The preclinical stage of the disease has also been termed mild cognitive impairment, but whether this term corresponds to a different diagnostic stage or identifies the first step of AD is a matter of dispute.

Early

In people with AD the increasing impairment of learning and memory eventually leads to a definitive diagnosis. In a small portion of them, difficulties with language, executive functions, perception (*agnosia*), or execution of movements (*apraxia*) are more prominent than memory problems. AD does not affect all memory capacities equally. Older memories of the person's life (*episodic memory*), facts learned (*semantic memory*), and implicit memory (*the memory of the body on how to do things, such as using a fork to eat*) are affected to a lesser degree than new facts or memories.

Language problems are mainly characterised by a shrinking vocabulary and decreased word

fluency, which lead to a general impoverishment of oral and written language. In this stage, the person with Alzheimer's is usually capable of communicating basic ideas adequately. While performing fine motor tasks such as writing, drawing or dressing, certain movement co-ordination and planning difficulties (*apraxia*) may be present but they are commonly unnoticed. As the disease progresses, people with AD can often continue to perform many tasks independently, but may need assistance or supervision with the most cognitively demanding activities.

Moderate

Progressive deterioration eventually hinders independence, with subjects being unable to perform most common activities of daily living. Speech difficulties become evident due to an inability to recall vocabulary, which leads to frequent incorrect word substitutions (*paraphasias*). Reading and writing skills are also progressively lost. Complex motor sequences become less coordinated as time passes and AD progresses, so the risk of falling increases. During this phase, memory problems worsen, and the person may fail to recognise close relatives. Long-term memory, which was previously intact, becomes impaired.

Behavioural and neuropsychiatric changes become more prevalent. Common manifestations are wandering, irritability and labile affect, leading to crying, outbursts of unpremeditated aggression, or resistance to caregiving. Sundowning can also appear. Approximately 30% of people with AD develop illusionary misidentifications and other delusional symptoms. Subjects also lose insight of their disease process and limitations (*anosognosia*). Urinary incontinence can develop. These symptoms create stress for relatives and caretakers, which can be reduced by moving the person from home care to other long-term care facilities.

Advanced

During the final stage of AD, the person is completely dependent upon caregivers. Language is reduced to simple phrases or even single words, eventually leading to complete loss of speech. Despite the loss of verbal language abilities, people can often understand and return emotional signals. Although aggressiveness can still be present, extreme apathy and exhaustion are much more common symptoms. Persons with Alzheimer's disease will ultimately not be able to perform even the simplest tasks without any assistance. Muscle mass and mobility deteriorate to the point where they are bedridden, and they lose the ability to feed themselves. AD is a terminal illness, with the cause of death typically being an external factor, such as infection of pressure ulcers or pneumonia, not the disease itself.

PREVENTION

At present, there is no definitive evidence to support that any particular measure is effective in preventing AD. Global studies of measures to prevent or delay the onset of AD have often produced inconsistent results. Epidemiological studies have proposed relationships between certain modifiable factors, such as diet, cardiovascular risk, pharmaceutical products, or intellectual activities among others, and a population's likelihood of developing AD. Only further research, including clinical trials, will reveal whether these factors can help to prevent AD.

Medication

Although cardiovascular risk factors, such as hypercholesterolaemia, hypertension, diabetes, and smoking, are associated with a higher risk of onset and course of AD, statins, which are cholesterol lowering drugs, have not been effective in preventing or improving the course of the disease.

Long-term usage of non-steroidal anti-inflammatory drugs (*NSAIDs*) is associated with a reduced likelihood of developing AD. Human post mortem studies, in animal



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Your Weekly Horoscope and Lucky Numbers

ARIES:

March 22 to April 20

Creative opportunities, romantic dalliances, and a sense of fun and enjoyment will be augmented as Jupiter moves into Leo midweek. Your confidence in yourself and your abilities will gradually return, making you more willing to take a risk and explore fresh options. Along with this, Saturn's forward motion in your zone of shared resources is also excellent news, especially if you've suffered with problems in this area. There are also plenty of options for friendly get-togethers and parties on the home front. **Lucky numbers: 13, 26, 59.**

TAURUS:

April 21 to May 21

Domestic life and relationships take a turn for the better this week. Regarding home and family, over the next twelve months you have an opportunity to expand in this area. Perhaps you want to buy new property, start a family, or increase the one you have. Regarding your love life, if you've been through a trying time lately, things should gradually begin to ease in the weeks ahead. You can emerge from this phase stronger, with a greater sense of what's needed to make a relationship work. **Lucky numbers: 04, 21, 63.**

GEMINI:

May 22 to June 21

You'll be in your element from this week on as communication matters move to the top of the agenda. If you've considered writing, online marketing, or simply selling your talents, Jupiter's move into Leo can help you excel over the months ahead. And as Venus dances into Cancer it may be time to splurge on one or two luxuries, but keeping on track with your budget is also important. Later, Saturn's forward movement may ease any pressure associated with work or health matters. **Lucky numbers: 33, 49, 55.**

CANCER

June 21 to July 21

You may get the financial boost you've been hoping for as Jupiter jogs into Leo this week. It will stay here for the next twelve months, bringing many opportunities to increase your earnings and perhaps find a more lucrative job that uses your creative skills. At the same time, Saturn's forward movement in Scorpio may help unblock any feelings of insecurity around expressing yourself. If you've felt fearful about putting yourself out there, you may begin to feel less so. **Lucky numbers: 08, 39, 41.**

LEO:

July 24 to August 21

You'll be in your element from this

week as Jupiter hikes into your sign for a twelve-month stay. Over the coming weeks you may have more opportunities to expand your options and explore new horizons. Travel may feature, as well as a desire to challenge yourself to achieve bigger and brighter dreams. At the same time, Saturn's forward movement might bring a chance for matters on the home front to improve. Taking the right kind of action now can produce positive results. **Lucky numbers: 02, 37, 79.**

VIRGO:

August 22 to September 21

You're moving into a phase when taking the time to recharge and chill might be very good for you. For the next twelve months your luck can improve when you pay attention to your dreams and focus on listening within for that subtle guidance. Doing so could save you time and money in the long term. Plus, any barriers to communication may gradually ease as Saturn changes direction. If you've had a hard time getting through to someone or getting returns on your advertising, you may soon get better results. **Lucky numbers: 69, 73, 95.**

LIBRA:

September 22 to October 23

Your social life explodes into action this week, bringing opportunities for plenty of mingling, dating, and networking. You may find that you get your best breaks when you're out and about and enjoying life. However, career matters continue to be important, and as Venus glides into Cancer a relationship with a boss or superior might begin to improve. You have a natural intuitive ability when it comes to career and success and this will be enhanced, so make the best use of it. **Lucky numbers: 46, 61, 85.**

SCORPIO:

October 24 to November 21

You'll be the star of the show for the next twelve months as Jupiter jogs into your career sector. This isn't the time to hide your light but to let it burn more brightly. Showcase your skills and abilities to the world and you can't go far wrong. Along with this, Saturn turns direct in your sign, which suggests that the brakes are off and progress is now possible. If you've felt like you were treading water, you'll soon find yourself swimming in the direction of your dreams. **Lucky numbers: 19, 52, 77.**

SAGITTARIUS:

November 22 to December 21

Good news this week as Jupiter, your personal planet, zips into Leo and your sector of travel and adventure. The next twelve months can be a time of exciting opportunities, study, and

experiences that you'll relish. At the same time, the cosmos hints that finances still need careful handling. Shrewd decisions and excellent budgeting can lead to cost-saving measures and a chance to accumulate more cash. On another note, personal development increases in importance with Saturn's direct motion encouraging inner transformation. **Lucky numbers: 31, 78, 92.**

CAPRICORN:

December 22 to January 20

Your zone of shared resources gets a long-term visit from Jupiter this week, which is great news for your business and finances. This lively energy is excellent for promoting your goods and services, finding the perfect business partner, and earning big bucks. There's also another shift this week as Saturn turns direct in your social sector. As it is also your personal planet, you may notice improvements in other aspects of your life as it speeds up the pace of change on your path to success. **Lucky numbers: 67, 80, 99.**

AQUARIUS:

January 20 to February 18

This may be your year for love and romance as Jupiter moves into your partnership sector for a long stay. There's every chance that a relationship could become more committed, with a desire to get engaged or even tie the knot. Along with this, someone you meet may have soul-mate potential. Yet there are other changes, too, as your career sector gets a boost. Saturn turns direct in Scorpio, encouraging progress at last. If you've been working hard and getting nowhere, this may be about to change. **Lucky numbers: 07, 29, 44.**

PISCES:

February 20 to March 21

New people you meet today are likely to be favorably impressed by your manners, social skills, and, above all, excellent sense of humor. Don't be surprised if all of this brings you some new opportunities today! Your health is radiant and you are probably looking great. This is an excellent time to plan an evening out with friends or, better yet, a romantic partner. **Lucky numbers: 17, 89, 94.**

July 18th

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Alzheimer's Disease

Continued From Page 10

models, or in vitro investigations also support the notion that NSAIDs can reduce inflammation related to amyloid plaques. However, trials investigating their use as palliative treatment have failed to show positive results, apparently because the brain NSAID concentration after an oral NSAID dose is exceedingly small. No prevention trial has been completed. Hormone replacement therapy, although previously used, may increase the risk of dementia.

Lifestyle

People who engage in intellectual activities such as reading, playing board games, completing crossword puzzles, playing musical instruments, or regular social interaction show a reduced risk for Alzheimer's disease. This is compatible with the cognitive reserve theory, which states that some life experiences result in more

efficient neural functioning providing the individual a cognitive reserve that delays the onset of dementia manifestations. Education delays the onset of AD syndrome, but is not related to earlier death after diagnosis. Learning a second language even later in life seems to delay getting Alzheimer disease. Physical activity is also associated with a reduced risk of AD.

Diet

People who eat a mediterranean diet have a lower risk of AD, and it may improve outcomes in those with the disease. Those who eat a diet high in saturated fats and simple carbohydrates have a higher risk. The mediterranean diet's beneficial cardiovascular effect has been proposed as the mechanism of action. There is limited evidence that light to moderate use of alcohol, particularly red wine, is associated with lower risk of AD. There is tentative evidence that caffeine may be protective. A

number of foods high in flavonoids such as cocoa, red wine, and tea may decrease the risk of AD.

Reviews on the use of vitamins and minerals have not found enough consistent evidence to recommend them. This includes vitamin A, C, E, selenium, zinc, and folic acid with or without vitamin B12. Additionally vitamin E is associated with health risks. Trials examining folic acid (**B9**) and other B vitamins failed to show any significant association with cognitive decline. In those already affected with AD adding docosahexaenoic acid, an Omega 3 fatty acid, to the diet has not been found to slow decline.

Curcumin as of 2010 has not shown benefit in people even though there is tentative evidence in animals. There is inconsistent and unconvincing evidence that ginkgo has any positive effect on cognitive impairment and dementia, and a recent study concludes that it has no effect in

reducing the rate of AD incidence. As of 2008 there is no concrete evidence that cannabinoids are effective in improving the symptoms of AD or dementia. Some research in its early stages however looks promising.

Others

Some studies have shown an increased risk of developing AD with environmental factors such as the intake of metals, particularly aluminium. The quality of some of these studies has been criticised, and other studies have concluded that there is no relationship between these environmental factors and the development of AD.

While some studies suggest that extremely low frequency electromagnetic fields may increase the risk for Alzheimer's disease, reviewers found that further epidemiological and laboratory investigations of this hypothesis are needed. Smoking is a significant AD risk factor. Systemic markers of the innate immune system are risk factors for late-onset AD.

Malaysia Jet Crashes In East Ukraine Conflict Zone

Continue To Page 14
have been a sophisticated air defence system"

At least 100 bodies have been found so far at the scene, an emergency services worker told Reuters news agency, with wreckage spread across an area of up to about 15km (nine miles) in diameter.

Broken pieces of the wings were marked with the blue and red paint of Malaysian Airlines.

"I was working in the field

on my tractor when I heard the sound of a plane and then a bang and shots," a witness called Vladimir told Reuters.

"Then I saw the plane hit the ground and break in two. There was thick black smoke."

A separatist rebel from nearby Krasnyi Luch who gave his name as Sergei said: "From my balcony I saw a plane begin to descend from a great height and then heard two explosions."

The head of the Russian Air Traffic Controllers' Union, Sergei Kovalyov, told BBC Russian that the airspace over eastern Ukraine had remained open during the conflict because the planes previously shot down had tended to be helicopters or low-flying fast jets.

"In order to bring down an airplane from an altitude of 10,000m, you need to have very serious weapons.... missiles," he said. "It's either a mistake or a terrorist act."

Ukraine has accused Russia's military of supplying advanced missiles to the rebels.

Earlier on Thursday, Ukrainian officials blamed the Russian air force for shooting down one of its ground attack jets on Wednesday, and a transport plane on Monday.

In 2001, Ukraine admitted its military was probably responsible for shooting down a Russian airliner that crashed into the Black Sea, killing all 78 people on board.



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Bateman Alleges Brutal Police Treatment

Continued From Front Page
 treatment continued while inside the police station under the watchful eye of an overhead surveillance camera. Still handcuffed, he was reportedly ordered on his knees and was allegedly kicked in the back, chest and face.

Bateman emerged from the encounter with bruises to various parts of the body including two bite wounds which he alleged were inflicted by one of the policemen he later identified as **Dale Santos** attached to the Special Patrol Unit, a unit not directly attached to the San Ignacio Police Detachment.

Officer commanding the San Ignacio Police Detachment, **Supt. Dinsdale Thompson**, confirmed the receipt of Bateman's report, the viewing of the footage from the surveillance camera as well as the launching of an investigation against the policemen allegedly responsible for injuries caused to Simon Bateman.

This begs the question, while the policeman from the Special Patrol Unit is not directly connected to the San Ignacio police detachment, where was the



policeman in charge of the station at the time? How did the policeman in charge allow this kind of action to take place in "his" station and on his watch? We are trusting that the investigation will require the writing of reports by every single policeman on duty at the material time.

For their part, the police

proceeded with arresting Bateman on bribery, assault and resisting arrest charges. He appeared in court on Monday, July 14 where he pled not guilty to all three charges. He was

offered and met the one thousand dollar bail. The matter, on these straight forward charges, was granted a 10 week adjournment. Bateman returns to court on Thursday, September 25.

106 Years Of Age – Truly A Blessing

Continued From Front Page
SANIGNACIO TOWN, Cayo, Wednesday, July 16, 2014:

Very few are those who live to reach one hundred years of age. Even fewer are those who go beyond 100. One such person is **Mrs. Camilla Espinoza** blessed to be among relatives on the occasion of her 106 birthday. That's right a century and six years.

We were at the Octavia Waight Center today for this very special event. She has outlived all her children and so she was surrounded by nieces, nephews, grand children, great and great-great-grand children.

Born in July 1908, Camilla could be the oldest woman living in Belize. She was born in Punta Gorda Town. She came to Cayo as a young girl, got married in the west and never went back to PG. Her husband passed away four years ago.

She joined the center in

February of 2005 and says that she loves the place. A broken hip has confined her to a wheel chair. She speaks mostly Spanish but understands English.

So, you may be wondering: How is it that this special lady could have lived so long? We asked her and she said that she grew up eating a lot of plantain, fish and locally grown chickens, as well as organic vegetables. She said that the fruits and vegetables in her days were never "force grown" with fertilizer. She takes a "little" shot of green aniseed two or three times a week to warm up the body. According to her caretaker, apart from reduced hearing, Mrs. Camilla suffers no major medical complications. She is neither diabetic nor hypertensive.

Mrs. Camilla is truly blessed. It was a pleasure to share the occasion with this wonderful lady in the company of relatives and friends.



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Knowledge, Skills and Competencies:

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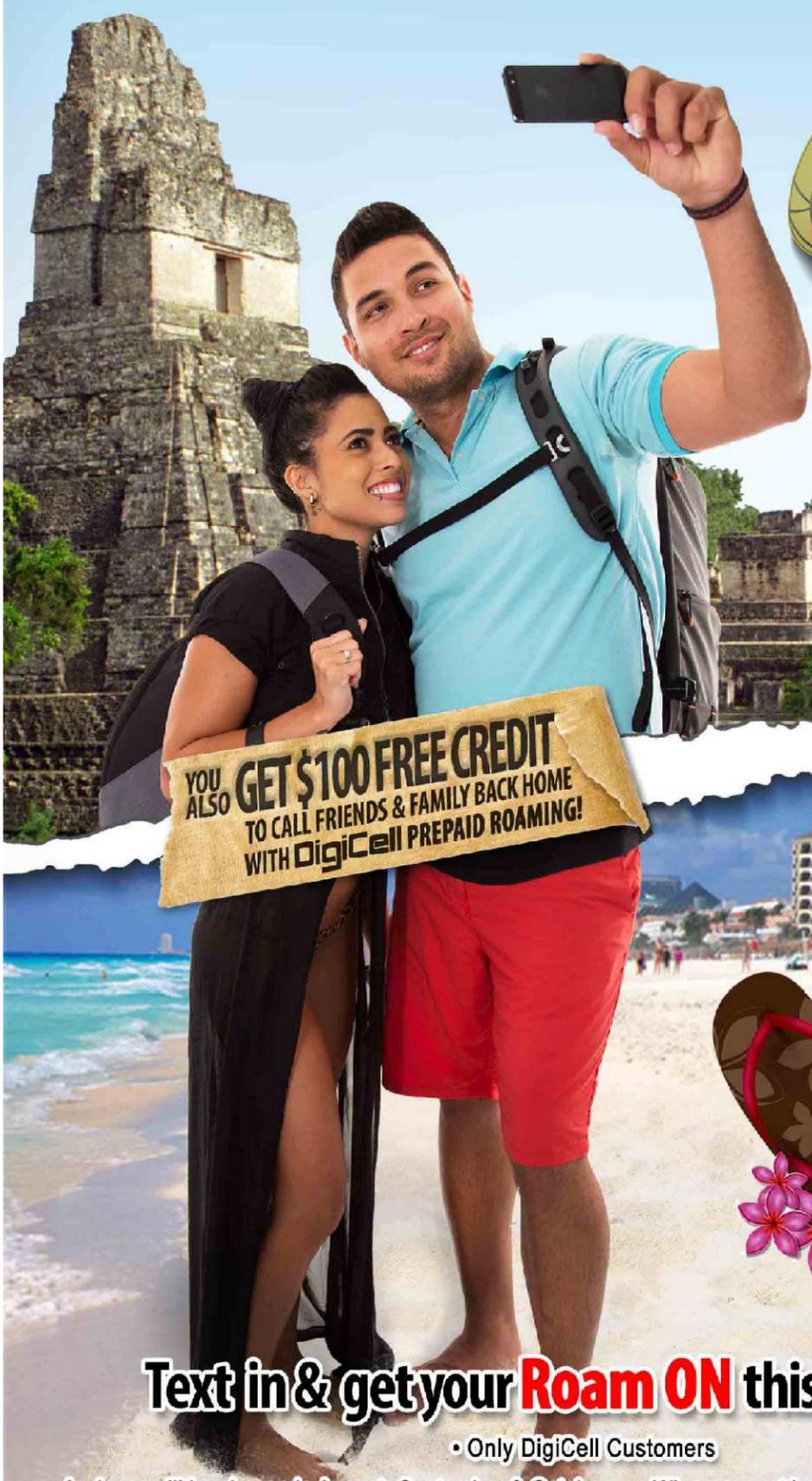
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