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STAR

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No. 416 Sunday, October 5, 2014 Price \$1.00

Three Burglaries - Three Arrested

SAN IGNACIO TOWN, Cayo, Thursday, October 2, 2014:

As San Ignacio police continue the crackdown on increasing burglary reports, three men from Santa Elena Town were arrested and charged for burglary and handling stolen goods.

Those arrested are **Victor Hutchison**, 43, Belizean driver residing on La Loma Luz Boulevard; **Jerome Arnold**, 45, Belizean laborer, of #69 Eve Street and **Mike Middleton**, 54, Belizean laborer who lives in an apartment on Maxi Street.

In the first reported incident, **Ronel Wagner**, 37, Belizean businessman residing at Mile 69 on the George Price Highway between San Ignacio and Benque Viejo Town, visited the police station and reported that sometime between Tuesday night,



Victor Hutchison, 43

September 9 and Wednesday morning, September 10, his business place, RW Electronics, located on Joseph Andrews Drive in San Ignacio,



Jerome Arnold, 45

was burglarized. Wagner told the police that an employee, forgetting that Wednesday was a holiday, went to open the store



Mike Middleton, 54

for business when she noticed that the cash pan was missing. The employee immediately contacted Wagner who

Continues On Page 15



PRESENTS



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Heart Attack Claims Two More Lives

SUNDAY, September 28, 2014:

Heart attacks claims two more lives this week.

The first incident occurred on Saturday, September 27, when police were called to the Bullet Tree Falls Village residence of **Phillip Koeing**, 44, Canadian, were they were directed to the lifeless body of a male person later identified as **Michael Martin**, 62, naturalized Belizean American from the same village.

The investigation revealed that Mike was installing a Roto Plas water tank for Koeing when he collapsed in the yard.

The body was transported to the Community Hospital in San Ignacio where it was officially pronounced dead. The legally required post mortem examination, conducted by Forensic Specialist **Dr. Ken**, certified that cause of death as Acute Pulmonary Edema, Acute Myocardial



Michael Martin

Infraction and severe Atheromatous of Coronary Arteries. No sign of violence was observed on the body thereby ruling out foul play in Mike's death. Mike was an avid reader of the STAR Newspaper. The STAR Newspaper family extends Deepest Sympathy to Mike's family on his

Continues On Page 9

Hundreds Of Agri-food Companies To Connect With International Clients At LACFlavors

Exporters from Latin America and the Caribbean will meet with buyers from around the world October 8-10 in Mérida, Mexico

Follow us on Twitter at #LACFlavors / @BIDComercio @ConnectAmericas

Hundreds of agri-food companies from Latin America and the Caribbean will meet with buyers from around the world at LACFlavors, which will be held October 8-10 in the Mexican city of Mérida.

Organized by the Inter-American Development Bank through the

platform ConnectAmericas.com—the first business-oriented social network in the Americas—the 6th edition of LAC Flavors is supported by ProMéxico, the Government of the State of Yucatán, Mexico's Secretariat of Agriculture, Livestock, Rural Development, Fisheries and Food (SAGARPA), through the Agency for Agri-food Marketing and Development (ASERCA) and Trust Funds for Rural Development (FIRA).

Representatives from an estimated 400 companies will attend the

three-day event, during which they will learn about the latest trends in the industry through workshops given by noted experts on such issues as business internationalization, international logistics, packaging, and digital marketing tools for small- and medium-size companies. They will also attend specially organized business meetings with potential clients, partners and service-providers. In the previous five editions of LACFlavors, deals worth more than \$35 million were reached.

In addition to food exporters, the event will be attended by buyers from major international retail chains and logistics and service companies. Representatives of trade promotion agencies from the countries of the region will also be on hand.

Attendance at LAC Flavors 2014 is free, and those interested can register by filling out the form available at ConnectAmericas.com.

WHAT: LACFlavors 2014

WHEN: October 8-10, 2014

WHERE: Hotel Fiesta Americana & Hotel Hyatt Mérida, Yucatan, Mexico

For more information and to register for the event go to: <http://connectamericas.com/event/lac-flavors-0#>

Mineral Rights

Belmopan. 30th September, 2014:

The Ministry of Natural Resources and Agriculture reminds the general public that it is illegal to mine, prospect and/or remove minerals without a legitimate permit/license from the Mining Unit of the Ministry of Natural Resources and This is an

offence prosecutable by law. Violators will be issued with a Stop Order to cease and desist such activities. Those that do not comply with the Stop Order will be fined and/or imprisoned as per section 5 (a) (b) of Chapter 226 of the Laws of Belize Mines & Minerals Act.



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Traffic Fatality In Spanish Lookout

SPANISH LOOKOUT, Cayo, Tuesday, September 30, 2014:

A road traffic accident in the Spanish Lookout community has claimed the life a helmetless young motorcyclist.

Acting upon information received at around 2:00 pm on Tuesday, September 30 a team of policemen headed to the scene of a road traffic accident in Spanish Lookout. Arriving on the scene near Western Dairies the police came upon a white Toyota pickup with Guatemalan license plates parked at the entrance to Western Diaries. The vehicle was seen with a large dent on the passenger side door. About 10 feet



Oscar Perez Sr., 83

away was a blue Meilun scooter on the ground almost in the middle of the road.

The investigation reveals that the pickup truck, driven at the time

by Oscar Perez Sr., 83 year old business man of Benque Viejo Town, was exiting the Western Dairies parking area when the motorcycle collided into the left front side of the pickup.

The driver of the pickup truck emerged with injuries to the left upper arm and back. He was also complaining of severe pain. Traveling in the front passenger seat of the pickup was **Edwardo Hernandez**, 23, Belizean laborer also from Benque Viejo who emerged without injury.

The helmetless motorcyclist, later identified as **Heber Audulio Flores**, 23, Belizean laborer of

Trapiche Area, Santa Elena Town, crashed headfirst into the glass and upper portion of the vehicle door resulting in severe head injuries. He was picked up in an unconscious state and was first rushed to the Western Regional Hospital in Belmopan and later transferred to the Karl Heusner Memorial Hospital in a critical condition where he later died.

The investigation led to the arrest of Oscar Perez on the following four charges: (i) **Failure to give way when changing direction**, (ii) **Drove motor vehicle without due care and attention**, (iii) **Manslaughter by negligence** and (iv) **Causing death by careless conduct**.

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Nyani Azueta-August

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Sherlene Dawson

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New Rotary Scholars

On Thursday 25th September, six new Rotary Scholars, each with an accompanied parent, were invited to attend the Rotary Club of San Ignacio's weekly meeting to be introduced to the Rotarians who are partly responsible for making their continued education possible. Although many children from local primary schools applied, these 6 students were successful in their applications to receive a 4-year Rotary scholarship at one of the Twin-Town's high schools. The students introduced themselves to the Rotarians present and, after taking part in the Rotary Club meeting and receiving refreshments, were each presented with a Rotary pen.

The Rotary Club of San Ignacio annually selects 6 ambitious students to receive this scholarship and currently is supporting 23 local children through high school. The money for this very expensive project is provided by donations from Rotarians,



(from left to right) Tricia Meza, Jaheim Vasquez, Vian Santiago, Reeana Segura, Catherine Guerra, and Ancely Chun

Rotary Clubs, and individuals, as well as through fundraising efforts of the Rotary Club of San Ignacio.

The Club's Scholarship Committee, currently chaired by Rotarian Jack Barnes, also provides mentors to follow these children through high

school and regularly meet with their students to monitor their progress, give encouragement when needed, provide additional tutoring if necessary, and to assist with any problems the children may have. In addition, the Club selects one pupil from the Rotary Scholars who are graduating from high school each year to be awarded 2 years of further education at a college/university of their choice.

The six successful scholars for the new school year are (from left to right): Tricia Meza (Faith Nazarene Primary School); Jaheim Vasquez (Sacred Heart Primary School); Vian Santiago (Santa Elena Primary School); Reeana Segura (Sacred Heart Primary School); Catherine Guerra (St. Andrews Primary School); and Ancely Chun (Bishop Martin Primary School).

The Rafael Cal Rotary Scholarship Programme is in memory of the Club's popular founder, Rafael Cal, who sadly passed away some years ago, but whose name lives on through this programme.

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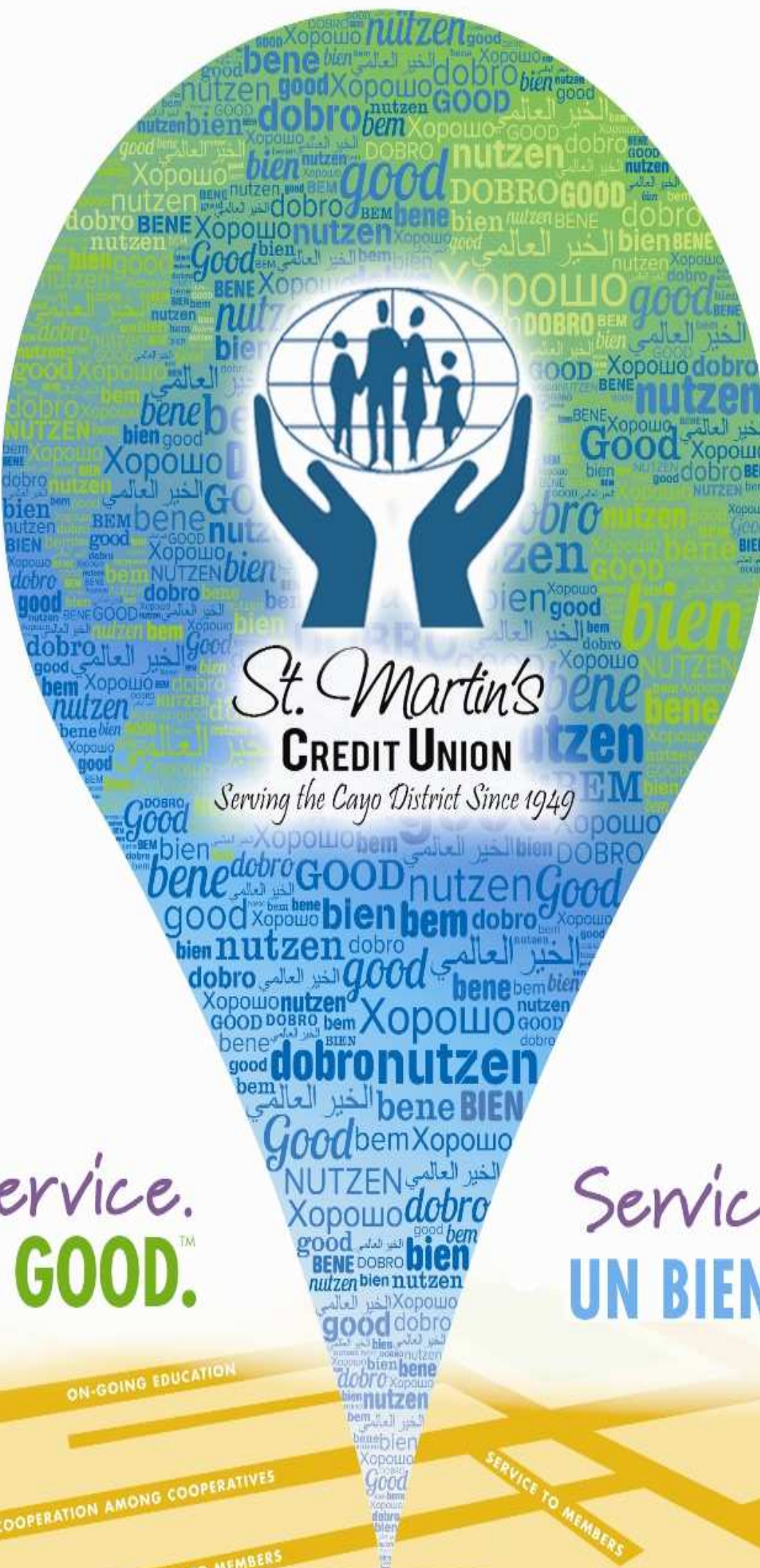
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Readers Write



Credit Unions: "Local Service. Global Good."

Wednesday, October 1, 2014:

On Thursday, Oct. 16, credit unions in our community and worldwide will come together to celebrate International Credit Union Day and the role that financial cooperatives play in improving the communities they serve and the lives of their members the world over. This year's theme, "Local Service. Global Good," encapsulates what has long been credit unions' philosophical principles — service to members and social responsibility.

This theme honors credit unions' constant drive to positively impact their communities to better serve their members. It is the goal of all credit unions to offer access to affordable financial services to all their members and provide even the most financially disadvantaged the tools and the opportunities to be financially self-sufficient.

Credit unions are unique because they are not-for-profit, democratically controlled, member-owned cooperatives. Credit unions pool their members' assets to provide low-cost loans and other financial services in the best interest of the members, not to earn shareholder profits. The credit union movement's cooperative spirit is embraced by nearly 208 million members served by 57,000 credit unions in 103 countries worldwide, working together to achieve economic progress. Credit unions play a vital role in the economic development and stability of the communities they serve, helping

people improve their lives through access to affordable financial services and making the world a better place to live.

This year's theme also champions the credit union model by shining light on the industry's support of charity causes at the local, national and international levels. Help spread awareness of our good work and celebrate by participating in community activities throughout the month and on our Open Day on Oct. 16 at our office in San Ignacio.

Stellar member service and democratic control are just some of the many benefits of being a credit union or cooperative member. That's as true of credit unions here in Belize as it is in other cooperatively-owned financial institutions from Afghanistan to Zimbabwe. Cooperatives and credit unions are founded on community service, a principle that has set them apart for more than 150 years.

This International Credit Union Day, we hope everyone will join us in celebrating the credit union difference, our proud cooperative heritage and the wonderful opportunities credit unions and cooperatives offer members of the San Ignacio/Santa Elena and surrounding communities every day.

Raymond Michael Tzul
Assistant General Manager
Tel: 824-2093 or 824-2800
Email: raymond@smcubelize.com
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God's Word Will Unlock Your Potential

By: Rick Warren

"You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free." (John 8:31b-32 NLT)

Truth be told, you can't even fathom your full potential. Only your Creator can. Only God, the one who made you, knows all you are capable of being. Your parents, your spouse, your friends, your boss — they only get a glimpse of your potential.

Only God knows what you're truly capable of.

You use such a small fraction of your brain. You don't need more intelligence. You need to use more of the intelligence you already have!

Most people live for the approval of others. They spend all of their time worrying about what others think of them. Your life has been limited by replaying tapes in your head of people who lied to you. They may not even mean to lie to you, but they still do. They've told you that you can't do something or that you shouldn't even bother because you're not worth much anyway.

You've played these tapes over and over in your mind. But they're lies! The people who made those statements about you have no idea about your potential. You have to talk to your Creator for that.

Only he knows what he can do through your life. And only he can unlock that potential. How does he do it?

The Lord frees us through his Word. Jesus said this in John

8:31-32: *"You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free"* (NLT). God's Word will unlock all you've been made to do and be. Through it, you'll be able to do things you never thought possible.

How do you do that?

Learn God's Word. God won't unlock your potential until you actually open the Bible and learn it. You won't unlock potential by osmosis. You'll start to do it by learning what the Bible says.

Accept God's Word. The Bible has to be the authority in your life. You may not like what you're reading, but — if you want God's best for your life — you need to accept what it says as the final authority for how you live.

Obey God's Word. You can't just learn God's Word and accept God's Word. You have to do what the Bible teaches. You don't get blessed for the parts of the Bible you know. You get blessed for the parts of the Bible you do.

You were made for much more than you ever imagined. The Bible tells us in 1 Corinthians 2:9, **"What God has planned for people who love him is more than eyes have seen or ears have heard. It has never even entered our minds!"** (CEV)

So open up God's Word, and get ready to do what only God can imagine.

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5-Classroom Building for Our Lady of Fatima R.C. School Inaugurated

Belmopan City, Monday, September 29th:

The BELIZE Natural Energy Charitable Trust is pleased to have partnered with Perenco Belize Limited as well as with Our Lady of Fatima R. C. School and the community of Douglas Village to construct the second phase of a two-story five-classroom extension building.

This new extension replaces a badly deteriorated building that the students currently occupy.

In February 2014, the Trust provided a grant of \$100,000 with Perenco Belize Limited contributing a matching \$100,000. As well, the community of Douglas Village provided counterpart funding in the form of labour.

A ground breaking ceremony was held on March 3rd, 2014 and construction started immediately thereafter. The 25' x 80', 4,000 sq. ft. two-story extension building was completed on September 27th, 2014.

The inauguration for the second phase of this project was held this morning and the guest speaker was the Deputy Prime Minister and Minister of Natural Resources & Agriculture, **Hon. Gaspar Vega**.



DPM, Hon. Gaspar Vega BNE Trust Chariman, Alberto August



Addressing the gathering on behalf of the BNE Trust was Chariman, **Alberto August**.

The Trust takes this opportunity to applaud the students, staff and management of the Our Lady of

Fatima R.C. School as well as the community of Douglas Village for their dedication and commitment to continuously improving the learning environment at their school and facilitating the development of our youth. The Trust is committed to continue working closely with our partners to unlock the potential of the Belizean people and is proud to engage in meaningful partnerships such as this that seeks to advance the development of our Country.

The Belize Natural Energy Charitable Trust (BNECT) is a partnership between the Government of Belize and Belize Natural Energy Limited, established by Deed of Trust dated February 25th 2008. The Trust was established to make a difference in the lives of Belizeans and thus seeks to empower people and communities to thrive in a harmonious, socially and environmentally responsible manner so that they can be the conscious architects of their own future. The Trust's mission is to serve as a catalyst for people and communities to believe in themselves so they can achieve their full potential. Opportunities for development are provided through grants for educational-related projects, capacity building programs and initiatives that support the social environment.

For more information on the BNECT, visit www.bnetrust.org

Magistrate Ruling Overturned

San Ignacio **Magistrate Narda Morgan** was in court on Monday, defending her conduct in a Family Court matter held in her courtroom earlier this year.

It concerns a child custody case and so we cannot name the persons involved for legal reasons. But the Magistrate is accused of overstepping her boundaries with regard to her handling of this case, and **Chief Justice Kenneth Benjamin** overturned her decision on Monday.

As it was explained to us, the woman's husband, represented by **Rachel Montejo**, appeared before Magistrate Morgan for an ex parte hearing resulting in her children being taken away from her without proper notice or representation. Rachel Montejo was also representing Magistrate Morgan for a different case but appearing in court before her was a conflict of interest.

Audrey Matura gave an update and said, *"Today the attorney for Narda Morgan, the Magistrate, conceded to our application and the decision was quashed. They conceded that she does not have the power to have an ex-parte matter on custody issues. You can have an ex-parte matter on*



Magistrate Narda Morgan domestic violence issues.*They conceded also that my client had the right to be in Court, which is everybody's right. So it may sound basic, but it's a right. We were awarded costs in the sum of five thousand dollars, which the Government will pay. This is a victory on paper and everything. The reality remains that you can never undo the fact that my client's kids were taken away from her. The subsequent family problems that they have had are so many, and this conduct by the Magistrate only exasperated an already fragile situation. Also my client wants people to know that you need to stand up and fight, even when the Judicial System, which is the very system you rely*

WARNING

all BWEL Customers

BWEL would like to inform all their customers of San Ignacio, Santa Elena, Belmopan and surrounding villages that Godfrey Gregory Garcia aka **"Bigs"** or **"Bigga"** is no longer working with our company. **HE IS NOT SELLING PRODUCTS OF BWEL.** He is working for another company and **NOT BWEL.**

on to give you justice, is unjust to you. Because it's not the system per-say, it's the people who operate the system. So you still have to have faith. She has faith in the system. The matter was heard before the Chief Justice,

and her position was exonerated."

Audrey Matura-Shepherd puts down the result to human error in the system. She says her client wishes the public to know of what happened and how to avoid being deprived of one's rights.

★ STAR HUMOR

The Lawyer and the Police Officer

A lawyer runs a stop sign and gets pulled over by a police officer. He thinks he's smarter being a big shot lawyer from Belize City and has a better education than a police officer from Benque Viejo. The officer asks for license and registration. The lawyer asks, "What for?"

The officer responds, "You didn't come to a complete stop at the stop sign."

The lawyer says, "I slowed down and no one was coming."

"You still didn't come to a complete stop. License and

registration please," say the officer impatiently.

The lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my license and registration and you can give me the ticket. If not, you let me go and don't give me the ticket."

The officer says, "That sounds fair, please exit your vehicle."

The lawyer steps out and the officer takes out his baton and starts beating the lawyer with it. The officer says, "Do you want me to stop or just slow down?"

Three Doctors

Three doctors are discussing which types of patients they prefer. Doctor Godoy says, "I prefer librarians. All their organs are alphabetized."

Doctor Quellar says, "I prefer mathematicians. All their organs

are numbered."

Doctor Ramirez says, "Hmmm... I prefer lawyers. They are gutless, heartless, brainless, spineless, and their heads and rear-ends are interchangeable."

Little Jimmy

One day at school, little Jimmy needed to go to the restroom so he raised his hand. The strict substitute teacher asked him to say the full alphabet before she would let him go.

"But Miss, I am bursting to go," said Jimmy.

"You may go, but after you say

the full alphabet."

"A-B-C-D-E-F-G-H-I-J-K-L-M-N-O-Q-R-S-T-U-V-W-X-Y-Z," he said.

Catching his mistake, the substitute asked, "Jimmy, where is the 'P'?"

He answered, "Halfway down my legs, Miss."

The Strange Floater

Miss Beatrice, the church organist, was in her eighties and had never been married. She was admired for sweetness and kindness to all. One afternoon the pastor came to call on her and she showed him into her quaint sitting room. She invited him to have a seat while she prepared tea.

As he sat facing her old pump organ, the young minister noticed a cut-glass bowl sitting on top of it. The bowl was filled with water, floated, of all things, a condom! When she returned with tea and scones, they began to chat. The pastor tried to stifle his curiosity about the bowl of water

and its strange floater. But soon it got the better of him and he could no longer resist. "Miss Beatrice", he said, "I wonder if you would tell me about this?" pointing to the bowl.

"Oh, yes" she replied, "isn't it wonderful?"

"I was walking through the park a few months ago and I found this package on the ground. The directions said to place it on the organ, keep it wet and that it would prevent the spread of disease. Do you know I haven't had the flu all winter?"

The pastor fainted!

Three Doctors

Johnny was at school and the teacher said, "Someone use fascinate in a sentence."

Sally answered, "The zoo was fascinating."

The teacher said, "Sorry, Sally, I said to use fascinate in a sentence."

Maria suggested, "I was fascinated at the zoo."

Once again the teacher said,

"No, Maria, I specifically said to use fascinate in a sentence."

Johnny said, "My sister has ten buttons on her sweater."

Again the teacher said, "Sorry, Johnny, I said use fascinate in a sentence."

Johnny replied, "I know, but her boobs are so big she can only fasten eight."

Liquor License Notice

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, SHENGWEN WU is

applying for a RESTAURANT liquor license for the year 2015 to operate Yummy Chinese Restaurant located on #109 George Price Highway, Santa Elena, Cayo District.

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Heart Attack Claims Two More Lives

Continued From Front Page

sudden passing. May his soul rest in eternal peace and rise in glory.

The second incident occurred on Sunday, September 28, when the police were called out to the Lower Barton Creek area in Blackman Eddy Village where a 15 year old female child told the police that her father **Dale Alan Loy**, 57, also naturalized Belizean American, was out feeding the pigs before returning to the house here she found him lying motionless, face upwards, on the

veranda.
The body bore no signs of physical violence thereby ruling our suspicion of foul play. The body was transported to the Community Hospital in San Ignacio where it was officially pronounced dead.
The legally required post mortem examination was also conducted by Forensic Specialist Dr. ken who certified the cause of death as Acute Cardiorespiratory failure, Acute Myocardial Infraction, Complicated Atheromatous of Coronary Arteries.



Don't Be A Litter Bug!!!

A Public Service Message
From: The San Ignacio/
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Halloween Party
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	New HSI Rate	\$109	\$175	\$299	\$488	

customers

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Modem rental for High Speed Internet will remain at \$10.
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Inauguration Ceremony of the Rotaract Club of Benque Viejo

Tuesday, September 30, 2014:

The Rotaract Club of Benque Viejo held its Inauguration Ceremony on Saturday 27, 2014. The Rotary Club of San Ignacio is the sponsor of the newest Rotaract Club in Belize, making it a total of 6 Rotaract Clubs in the country. The Rotaract Club of Benque Viejo was established on April 2, 2014, and chartered by Rotary International on July 31, 2014. The Rotary Club of San Ignacio presented the Charter Certificate to President **Miss Astrid Salazar**. A total of 15 young adults were inducted as Rotaractors, and welcomed into the Rotary family. Rotary's Governor Elect for District 4250, **Mr. Rene Villanueva Sr.**, was the Guest Speaker at the Ceremony.

This is a historical moment as it is the first Rotaract Club to be founded in Benque Viejo del Carmen. The members are honored to be included in this great fellowship, and eager to continue its service to its local communities in the Cayo West Area.



Members of the Rotaract Club of Benque Viejo with Rotary's Governor Elect District 4250, Mr. Rene Villanueva Sr.

This includes Benque Viejo del Carmen, San Jose Succotz, Arenal, Corozalito and Calla Creek.

The Rotaract Club of Benque Viejo has been active in the community before its chartering.

One of the biggest projects that have been conducted is the **"Fill-a-Backpack Back to School Drive"** where twenty-two primary school

students in Benque Viejo and San Jose Succotz were provided with school supplies and backpacks. The Rotaract Club of Benque Viejo expresses its gratitude to businesses like Papa Mike's Store, Vega's Distributors, Rosy's Store, Luky's Netzone and Long Lucky Superstore in Benque Viejo Town, Benny's Kitchen in San Jose Succotz, and

Touch of Class Printing in Spanish Lookout who have supported its fundraising initiatives towards this project.

Rotaract is a worldwide volunteer-based organization where young adults ages 18-30 engage in community service projects while developing their leadership and professional capacity. Rotaract, Rotary International's service club program for young adults ages 18-30, was officially inaugurated during January 1968 under RI President **Luther Hodges**. On March 13, 1968 the Rotaract Club of the University of North Carolina-Charlotte, sponsored by the Rotary Club of North Charlotte, North Carolina, U.S.A., was the first Rotaract Club to receive its official charter. Although this club is recognized as the first Rotaract club, Rotarians have been sponsoring similar organizations for young adults since the early 1920s.

For further information please feel free to contact us:

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Facebook: www.facebook.com/BenqueViejoRotaract

Chronic Obstructive Pulmonary Disease

Chronic obstructive pulmonary disease (**COPD**), also known as chronic obstructive lung disease (**COLD**), and chronic obstructive airway disease (**COAD**), among others, is a type of obstructive lung disease characterized by chronically poor airflow. It typically worsens over time. The main symptoms include shortness of breath, cough, and sputum production. Most people with chronic bronchitis have COPD.

Tobacco smoking is the most common cause of COPD, with a number of other factors such as air pollution and genetics playing a smaller role. In the developing world, one of the common sources of air pollution is from poorly vented cooking and heating fires. Long-term exposure to these irritants causes an inflammatory response in the lungs resulting in narrowing of the small airways and breakdown of lung tissue known as emphysema. The diagnosis is based on poor airflow as measured by lung function tests. In contrast to asthma, the airflow reduction does not improve significantly with the administration of medication.

COPD can be prevented by reducing exposure to the known causes. This includes efforts to decrease rates of smoking and to improve indoor and outdoor air quality. COPD treatments include: quitting smoking, vaccinations, rehabilitation, and often inhaled

bronchodilators and steroids. Some people may benefit from long-term oxygen therapy or lung transplantation. In those who have periods of acute worsening, increased use of medications and hospitalization may be needed.

Worldwide, COPD affects 329 million people or nearly 5% of the population. In 2012, it ranked as the third-leading cause of death, killing over 3 million people. The number of deaths is projected to increase due to higher smoking rates and an aging population in many countries. It resulted in an estimated economic cost of \$2.1 trillion in 2010.

Signs and Symptoms

The most common symptoms of COPD are sputum production, shortness of breath and a productive cough. These symptoms are present for a prolonged period of time and typically worsen over time. It is unclear if different types of COPD exist. While previously divided into emphysema and chronic bronchitis, emphysema is only a description of lung changes rather than a disease itself, and chronic bronchitis is simply a descriptor of symptoms that may or may not occur with COPD.

Cough

A chronic cough is usually the first symptom to occur. When it exists for more than three months a year for more than two years, in combination with sputum production and without another explanation, there is by

definition chronic bronchitis. This condition can occur before COPD fully develops. The amount of sputum produced can change over hours to days. In some cases the cough may not be present or only occurs occasionally and may not be productive. Some people with COPD attribute the symptoms to a **"smoker's cough"**. Sputum may be swallowed or spat out, depending often on social and cultural factors. Vigorous coughing may lead to rib fractures or a brief loss of consciousness. Those with COPD often have a history of **"common colds"** that last a long time.

Shortness of Breath

Shortness of breath is often the symptom that bothers people the most. It is commonly described as: **"my breathing requires effort," "I feel out of breath," or "I can't get enough air in"**. Different terms, however, may be used in different cultures. Typically the shortness of breath is worse on exertion, of a prolonged duration, and worsens over time. In the advanced stages it occurs during rest and may be always present. It is a source of both anxiety and a poor quality of life in those with COPD. Many people with more advanced COPD breathe through pursed lips and this action can improve shortness of breath in some.

Other Features

In COPD, it may take longer to breathe out than to breathe in. Chest

tightness may occur but is not common and may be caused by another problem. Those with obstructed airflow may have wheezing or decreased sounds with air entry on examination of the chest with a stethoscope. A barrel chest is a characteristic sign of COPD, but is relatively uncommon. Tripod positioning may occur as the disease worsens.

Advanced COPD leads to high pressure on the lung arteries, which strains the right ventricle of the heart. This situation is referred to as cor pulmonale, and leads to symptoms of leg swelling and bulging neck veins. COPD is more common than any other lung disease as a cause of cor pulmonale. Cor pulmonale has become less common since the use of supplemental oxygen.

COPD often occurs along with a number of other conditions, due in part to shared risk factors. These conditions include: ischemic heart disease, high blood pressure, diabetes mellitus, muscle wasting, osteoporosis, lung cancer, anxiety disorder and depression. In those with severe disease a feeling of always being tired is common. Fingernail clubbing is not specific to COPD and should prompt investigations for an underlying lung cancer.

Exacerbation

An acute exacerbation of COPD is defined as increased shortness of breath, increased sputum production, a change in the color of the sputum

Continues On Page 14

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Your Weekly Horoscope and Lucky Numbers

ARIES:

March 22 to April 20

Make a big splash as the week begins! Monday is an excellent day for pioneering ideas and activities, and all eyes are on you as you forge a new path. On Tuesday and Wednesday, count on your ambition and enthusiasm to drive you ahead, and don't get too preoccupied with how your actions might be taken by others. You just need to focus on getting things done. Thursday and Friday are likewise great days for action and advancement, but that focus will shift slightly to include getting help from (giving help to) other likeminded people. That karmic trend continues into the weekend, and you can help yourself best by helping others. **Lucky numbers: 11, 25, 46.**

TAURUS:

April 21 to May 21

You might have a hard time trusting others on Monday, and you should pay heed to that hesitance. Risks right now probably won't pay off, and you need to watch out for your own priorities. On Tuesday and Wednesday, make people plans. You'll be energized by socializing, and you'll learn a lot by mixing up ideas and activities with likeminded people. On Thursday and Friday, forge ahead on your own plans and don't get distracted — especially by anyone who's just looking to get a rise out of you for their own entertainment. This weekend, don't go solo. You'll have the best time if you can team up with friends — and the crazier your plans, the better. **Lucky numbers: 57, 72, 84.**

GEMINI:

May 22 to June 21

You just can't beat teamwork, at least not on Monday. You'll get the most done (and have the most fun) if you can partner up with others and work towards a common goal. On Tuesday and Wednesday, though, those alliances could become troubled (maybe someone else is trying to take charge?), and you might have trouble making sense of someone's agenda. On Thursday and Friday, expect an unusual influence — probably from a conversation with someone charismatic. You'll see things differently and could be inspired to take radical action. This weekend, focus on the big picture and your own creativity, and don't fret just because things aren't crystal clear. **Lucky numbers: 07, 19, 29.**

CANCER

June 21 to July 21

Do something for yourself on Monday! You've done enough for others lately, and you deserve some healthy self-indulgence — especially if it involves some quiet time to

yourself. On Tuesday and Wednesday, expect that introverted trend to continue. Work things out on your own rather than looking for help, and strive to strike a balance between ideas competing in your head. On Thursday and Friday, your thoughts will drift to money and material possessions. Take advantage of this financial finickiness to reassess your budget and set some logical goals. This weekend, harness an unusual burst of energy and intuition to make deep connections with the people you care about. **Lucky numbers: 77, 89, 95.**

LEO:

July 24 to August 21

Romance is on the rise on Monday! You're full of fire and flirtatiousness as the week begins, and your energy knows no bounds — expect others (naturally) to fall smitten at your feet. That confidence and charisma continues into Tuesday and Wednesday, and you'll have the drive to get what you want, provided you're willing to help others get what they want, too. On Thursday and Friday, beware of potential conflicts and clashes. Your ego could get the better of you right now, and you may need to let go rather than cling too tightly. On Saturday and Sunday, avoid any interaction involving money. This time is better spent making art and getting in touch with your instincts. **Lucky numbers: 33, 69, 71.**

VIRGO:

August 22 to September 21

You'll want to rush ahead on Monday, but you can't. Obligations and obstacles block your way as the week begins, and you'll need to just go with the flow. On Tuesday and Wednesday, all that hard work and planning you did will finally pay off. Your ambitions will be satisfied right now — in your work and maybe even in your love life. On Thursday and Friday, you might need to take a new approach. Keep an open mind and consider conducting an unusual experiment. This weekend, you'll need to make peace with other people's pace — no amount of heckling will hurry them up. **Lucky numbers: 01, 50, 65.**

LIBRA:

September 22 to October 23

You can communicate with unusual quickness and clarity as the week begins. Use your excellent articulation to explore big ideas and let others know what you're really thinking. On Tuesday and Wednesday, you'll feel the depressing pressure of old problems and issues, but don't give into that maudlin mood — you're too affable and easygoing for such self-indulgent whining. On Thursday and Friday, it's time to take on something (or someone) new. Variety will spice up your state of mind, and that novelty could even bring some romance along

with it. This weekend, look for harmony and beauty in life's little things — and share your perspective with someone else. **Lucky numbers: 10, 49, 99.**

SCORPIO:

October 24 to November 21

Go on and get up caught up in the moment on Monday! Your week begins with an overdue surge of impulsiveness — although beware that someone influential might encourage you to take a clearly unreasonable risk. (Find the balance between being brave and being foolhardy.) On Tuesday and Wednesday, hit up the boss (or some other authority figure) to get what you want. Opportunities have finally aligned themselves to match your ambitions, and you need to strike while the iron is hot. On Thursday and Friday, harmony in your home could be threatened by unexpected outbursts. Keep a cool head and find creative ways to calm the conflict. This weekend, indulge your imagination and playfulness. **Lucky numbers: 42, 60, 88.**

SAGITTARIUS:

November 22 to December 21

It's a red-letter Monday! Ah, if only all your weeks could start out this way. All your best qualities — your playfulness, optimism and good-natured charm — are doubled for the day. People, predictably, just can't stay away from you. On Tuesday and Wednesday, you might find yourself feeling a little more conservative. Satisfy this unusual obsession with details and penny pinching by dreaming up original ways to save (like packing your own gourmet lunch). Thursday and Friday are both great days for trying new things and meeting new people. Explore with creativity and confidence. This weekend, you can accomplish a lot (mentally, at least) by just staying in bed and daydreaming. **Lucky numbers: 04, 15, 39.**

CAPRICORN:

December 22 to January 20

Anything is possible on Monday

with a little perseverance. You just need to dig in and stick to your plans to make things happen as the week begins. On Tuesday and Wednesday, your amazing proficiency for planning continues to save the day, and others will be impressed and amazed by how much you're able to get done. On Thursday and Friday, you might want to switch things up a little — try some spontaneous solutions and ad hoc approaches to the problems at hand. This weekend, make close connections with others. Use your charm and creativity to communicate clearly. **Lucky numbers: 44, 59, 98.**

AQUARIUS:

January 20 to February 18

Find a common cause on Monday. You'll do your best work — and have the most fun, too! — if you can connect with others who want the same things you do. On Tuesday and Wednesday, you'll need to buckle down a little if you're hoping to make the same progress. That rebel spirit of yours has you chomping at the bit, but fighting the flow will only leave you feeling worn out. On Thursday and Friday, a big boost of energy and inspiration will instigate a change. You've got a radical new take on things, and others want to hear your vision. This weekend, put yourself first and don't let anybody else get you sidetracked. **Lucky numbers: 09, 31, 66.**

PISCES:

February 20 to March 21

Luck is on your side on Monday! Fortune favors you as the week begins, provided you're smart and attentive about how you press your advantage. (One tip: Just be sure to think before you speak.) On Tuesday and Wednesday, lead the way. Others will look to you to guide the group, and you'll have no problem picking the proper path. On Thursday and Friday, you'll want to help everyone you meet — and you just might be able to pull it off. Remember that all you need to do sometimes is point people in the direction of what they need. This weekend, indulge yourself. The more lavish the activity, the better. **Lucky numbers: 08, 17, 27.**

Money Lenders Application

Notice for the publication in the newspaper of application for the moneylender's certificate

I, Werner Urs Kolliker, hereby gave notice that I have applied to the Magistrate Court, at one of it's sitting in San Ignacio during the month of September 2014, for a certificate to be granted to me under the Moneylenders Act, Chapter 260 to authorise me to carry out business as a moneylender in the name of SWITA located at #9 Simpson Street, San Ignacio Town in the Cayo District.

(2nd Publication)

Supporters of Danny Conorquie

Western Border, Benque Viejo, Cayo, Tuesday September 30, 2014:

A caravan of approximately four hundred demonstrators trekked out to the western border of Belize today in a show of support for the Belizean police force and murdered officer **Danny Conorquie**. Conorquie was killed last week at the Mayan site Caracol by a shooter believed to be a Guatemalan xatero.

Tuesday morning the western highway leading to the border with Guatemala was under tight security, with no less than three police checkpoints between San Ignacio and the border zone. After the peaceable crowd was assembled, there was a stirring rendition of the Belizean National anthem followed by a prayer led by **Pastor Lance Lewis**. The prayer led by Lewis set the tone for the morning's speakers, with a strong endorsement for the Belizean police, a denouncement of Guatemalan policies towards Belize and demands for the GOB to get tougher with Guatemala. In closing Lewis said to the crowd's strong approval, *"We are here for a purpose...this is our land and we will not back down...we have to draw a line in the sand."*

Nancy Marin gave the most impassioned speech of the morning and took on the GOB most directly of any speaker. She said the government has been *"too appeasing"* toward Guatemala and wasn't spending enough on border security. She suggested the monies recently assigned for mortgage relief, some \$3 million dollars, would be better spent on the border. She also criticized **Prime Minister Dean Barrow** directly, saying he only contacted the family of officer Conorquie after she chided him on PlusTV. She also spoke passionately for officer Conorquie, saying he *"wasn't just a black boy from Georgeville but a Belizean police officer deserving justice."*

Many in the crowd were citizens from local communities. **Nazario Itza, Sr.**, heard about the demonstration on television and walked to the border from his home in Succotz village to show his support. He said that the GOB should demand compensation from Guatemala, just as that government did when one of their citizens was shot



by a Belizean in the border area. **David Simpson**, a licensed tour guide from Cayo, was handing out water packets to grateful demonstrators standing in the hot morning sun. He said the GOB was complicit in allowing Guatemalans into Belize to pillage the forests and the practice had to be stopped. He also expressed support, as did a number of demonstrators, for **Asst. Superintendent Dinsdale**

Thompson, who made some controversial remarks at Danny Conorquie's funeral last Sunday: *"It is not any other Central American but Guatemalans that have done this. And it is more than time for us Belizeans to rise up when it comes to those who want to just come across our soil and take our lives or take our possessions in the way that they are presently doing it."*

Danny Conorquie's mother, **Jean**, and his aunt, **Jennifer Conorquie**, both wearing *"Support Danny"* tee-shirts, also addressed the demonstration and thanked the community for their support. Afterwards, I spoke with Jennifer and she said she is still struggling with the loss of her nephew. She said, *"I'm trying to think he just went away for a while and one day might come back....I will always remember him and his mischievous ways....now we will keep together as a family."*

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Chronic Obstructive Pulmonary Disease

Continued From Page 10

from clear to green or yellow, or an increase in cough in someone with COPD. This may present with signs of increased work of breathing such as fast breathing, a fast heart rate, sweating, active use of muscles in the neck, a bluish tinge to the skin, and confusion or combative behavior in very severe exacerbations. Crackles may also be heard over the lungs on examination with a stethoscope.

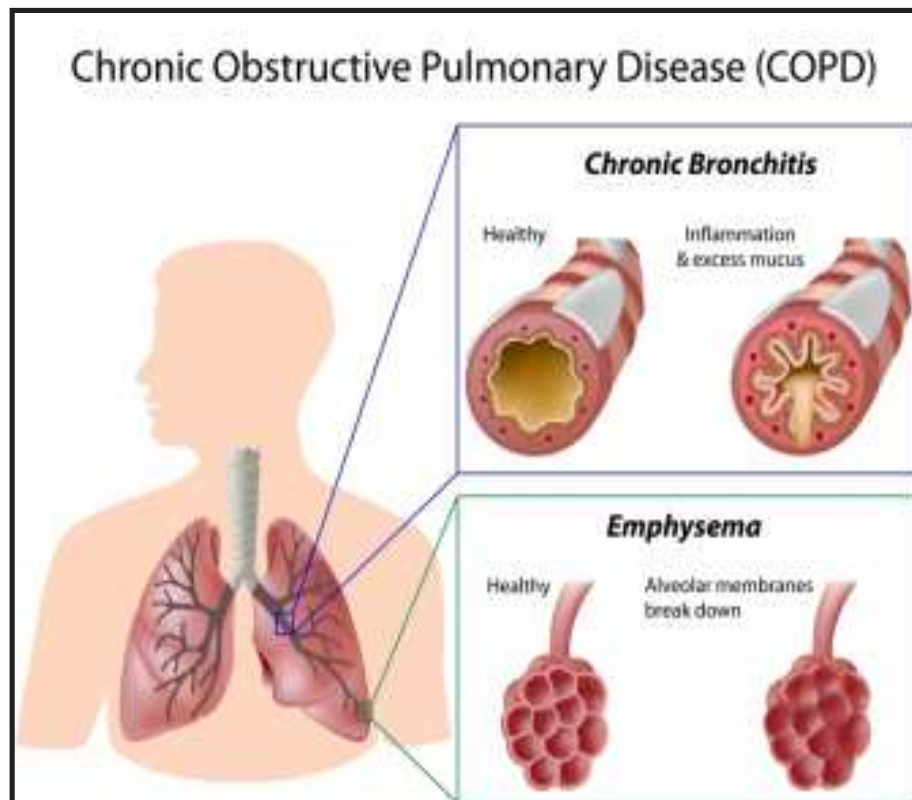
Cause

The primary cause of COPD is tobacco smoke, with occupational exposure and pollution from indoor fires being significant causes in some countries. Typically these exposures must occur over several decades before symptoms develop. A person's genetic makeup also affects the risk.

The primary risk factor for COPD globally is tobacco smoking. Of those who smoke about 20% will get COPD, and of those who are lifelong smokers about half will get COPD. In the United States and United Kingdom, of those with COPD, 80-95% are either current smokers or previously smoked. The likelihood of developing COPD increases with the total smoke exposure. Additionally, women are more susceptible to the harmful effects of smoke than men. In non-smokers, secondhand smoke is the cause of about 20% of cases. Other types of smoke, such as marijuana, cigar, and water pipe smoke, also confer a risk. Women who smoke during pregnancy may increase the risk of COPD in their child.

Air Pollution

Poorly ventilated cooking fires,



often fueled by coal or biomass fuels such as wood and animal dung, lead to indoor air pollution and are one of the most common causes of COPD in developing countries. These fires are a method of cooking and heating for nearly 3 billion people with their health effects being greater among women due to more exposure. They are used as the main source of energy in 80% of homes in India, China and sub-Saharan Africa.

People who live in large cities have a higher rate of COPD compared to people who live in rural areas. While urban air pollution is a contributing factor in exacerbations, its overall role as a cause of COPD is unclear. Areas with poor outdoor air quality, including that from exhaust gas, generally have higher rates of COPD. The overall effect in relation to

smoking, however, is believed to be small.

Occupational Exposures

Intense and prolonged exposure to workplace dusts, chemicals and fumes increase the risk of COPD in both smokers and nonsmokers. Workplace exposures are believed to be the cause in 10-20% of cases. In the United States they are believed to be related to more than 30% of cases among those who have never smoked and probably represent a greater risk in countries without sufficient regulations.

A number of industries and sources have been implicated, including high levels of dust in coal mining, gold mining, and the cotton textile industry, occupations involving cadmium and isocyanates, and fumes from welding. Working in agriculture is also a risk. In some professions the risks have been estimated as equivalent to that of half to two packs of cigarettes a day. Silica dust exposure can also lead to COPD, with the risk unrelated to that for silicosis. The negative effects of dust exposure and cigarette smoke exposure appear to be additive or possibly more than additive.

Genetics

Genetics play a role in the development of COPD. It is more

common among relatives of those with COPD who smoke than unrelated smokers. Currently, the only clearly inherited risk factor is alpha 1-antitrypsin deficiency (AAT). This risk is particularly high if someone deficient in alpha 1-antitrypsin also smokes. It is responsible for about 1-5% of cases and the condition is present in about 3-4 in 10,000 people. Other genetic factors are being investigated, of which there are likely to be many.

Other

A number of other factors are less closely linked to COPD. The risk is greater in those who are poor, although it is not clear if this is due to poverty itself or other risk factors associated with poverty, such as air pollution and malnutrition. There is tentative evidence that those with asthma and airway hyperreactivity are at increased risk of COPD. Birth factors such as low birth weight may also play a role as do a number of infectious diseases including HIV/AIDS and tuberculosis. Respiratory infections such as pneumonia do not appear to increase the risk of COPD, at least in adults.

Exacerbations

An acute exacerbation (*a sudden worsening of symptoms*) is commonly triggered by infection or environmental pollutants, or sometimes by other factors such as improper use of medications. Infections appear to be the cause of 50 to 75% of cases, with bacteria in 25%, viruses in 25%, and both in 25%. Environmental pollutants include both poor indoor and outdoor air quality. Exposure to personal smoke and secondhand smoke increases the risk. Cold temperature may also play a role, with exacerbations occurring more commonly in winter. Those with more severe underlying disease have more frequent exacerbations: in mild disease 1.8 per year, moderate 2 to 3 per year, and severe 3.4 per year. Those with many exacerbations have a faster rate of deterioration of their lung function. Pulmonary emboli (*blood clots in the lungs*) can worsen symptoms in those with pre-existing COPD.



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Three Burglaries - Three Arrested

Continued From Front Page

rushed to the store. Upon checking he found a second section of the store in a ransacked state with the following items missing: Six, 32 inch, flat screen TV Three Toshiba brand, Two Haier brand and the sixth an Up Star brand, for a total value of \$3,600. Also missing were seven black, Toshiba brand external hard drives with a total value of \$1,400; a black DVR surveillance system valued at \$400 as well as the cash pan containing \$90, all for a total value of \$5,490. The investigation revealed that entry and exit were gained through the roof and a back door respectively.



Michael Martin
27 June, 1952 to
27 September, 2014

It is with deep regret that we announced the death of Michael Martin a very well know, caring and humble man. He left us so soon on Saturday, September 27th, 2014 at around 1:00pm of a heart attack. He was in Bullet Tree while doing one of his many projects when he collapse.

Michael has three wonderful children, Collin, Monique and Cameron who all came down to Belize to celebrate his life which sadly ended too soon.

Michael came to Belize in November of 2004 and lived in San Antonio Village as a volunteer doing several community projects there. He later got a job at the then Pro-Belize, now Pro-World, and worked with them for 5 years doing education outreach and environmental projects. In March 2012 he became a Belizean National a great accomplishment that meant the world to him. He then left Pro-Belize and ventured to St. Margaret's Village to manage a farm for 3 years. He later moved to Cayo, which was the last year of his life. He was growing medicinal plants at Hummingbird Haven and marketing the plants to local Belizeans. He always had a great love for the environment and the protection of Belizean wildlife.

He did some humanitarian works with Robert Trausch, whom he knew about 30 years, Richard and as well as the Rotary Club to carry out many charity works including working with the deaf and building a house for a family who are currently living with AIDS.

Michael was extremely well known and loved by everyone throughout Belize. He came to love Belize and viewed Belize as his home country.



Toshiba brand external hard drives



Flat screen TV, DVD and watch

In the second reported incident, **Allan Kelly**, 29, Belizean petroleum technician of #9 Eduardo Juan Street, Santa Elena, visited the station at around 2:45 pm on Sunday, September 22 where he reported that after securing all windows and doors, he left his house on September 20, at around 12:15 pm for a trip to Orange Walk Town.

Kelly told the police that upon his return, two days later, on September 22, he discovered that his house was broken into with the following items missing: a black, 42 inch, JVC brand, flat screen TV with serial number 11320585 valued at \$2,000; a 32 inch flat screen Sony brand TV valued at \$1,243; a silver, Fossil brand watch valued at \$400; a black Invicta brand watch valued at \$500 and a black Ultra Samsonic brand DVD player valued at \$700, all for a total value of \$4,843.

Police investigation revealed that entry in to Kelly's house was gained by way of the removal of three glass louvers from a small window located



AC/DC Lincoln brand arc Welder



Rostfrei brand German made knives, scissors and forks

on the west side of the building. Exit, with the large items, is suspected to have been gained through a wooden door located on the same side of the house.

In the third reported incident **Reynold Reimer**, 38, Belizean Farmer from the Mennonite community of Spanish Lookout, reported on Wednesday, September 30 that, three days earlier, on Saturday, September 27, at approximately 7:30 am he left home on a family trip and upon returning home during the evening hours on Sunday, September 28, he noticed that his AC/DC Lincoln brand arc welder, valued at \$1,600, was missing. Facilitating the investigation was video footage of the burglary.

Police investigation first led to the nearby Novelos Convention Center where Kelly's 42 inch JVC, flat screen TV was found. Upon being interviewed, the caretaker of the

center informed that the TV was left in his charge by Jerome Arnold. Police later visited the nearby residence of Victor Hutchison where they found Kelly's 32 inch flat screen Sony brand television along with the black DVD player as well as the Fossil and Invicta watches. Also found at Hutchinson's residence were three black, Toshiba brand external hard drives which were later identified by Ronel Wagner as the ones stolen from his store.

The investigation further led to a pawn shop in Santa Elena Town where the welding machine was found. The shop owner told the police the merchandise was bought from Victor Hutchinson.

The third person, Mike Middleton, came into the picture when police visited the apartment where he resides and found a pair of Rostfrei brand scissors along with German made knives and forks which were identified by Kelly as being his property.

First to be arraigned, on a handling stolen goods charge, was Jerome Arnold. In pleading not guilty to the charge he sneaked in a comment to Magistrate Narda Morgan saying that he found the TV on the side of the road and taught that someone had thrown it away. He was released on a one thousand dollar bail. The case was adjourned to Thursday, December 18, 2014.

Hardest hit was Victor Hutchinson who, apart from handling stolen goods he was also charged for burglary in connection with the Lincoln arc welder reportedly stolen from Reynold Reimer. While Mike Middleton was merely charged with handling stolen goods in connection with the knives and forks found in his apartment being the identified property of Allan Kelly.

With these arrests, police believe that they have cracked a stolen goods ring.

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