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- WEDNESDAY- Pollenta (*Italian tamales*) served with dinner salad and fresh baked bread
- THURSDAY- Pasta Neapolitana- fresh saute vegetables, herbs and Bacon served over a bed of Pasta with fresh baked bread.
- FRIDAY- Spaghetti Aglio E Olio made with roasted garlic herbs and cheese served over a bed of pasta, dinner salad and fresh baked bread
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STAR



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No. 424

Sunday, December 7, 2014

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Six Santa Elena Men Arrested And Charged For Drug Possession

SANTA ELENA TOWN, Cayo District, Friday, November 28, 2014:

Six Santa Elena men were arrested and charged for the possession of a controlled drug with intent to supply.

On Friday, November 28, San Ignacio police were on routine patrol on George Price Avenue in Santa Elena when their attention was drawn to six men sitting around a table in the yard.

Upon approaching the young men police immediately smelt a strong marijuana scent. The young men around the table were searched and however nothing incriminating was found.

Further checks in the immediate vicinity led to the discovery of a red Emperador biscuit pack lodged between a zinc and a piece of lumber, the bag contained three small transparent plastic bags containing a green leafy substance suspected to be marijuana.

All six men were advised of the offence committed and were escorted to the San Ignacio police station where they were identified as, Joel Fuentes, 29, Belizean laborer, Rafael Requena, 50, Belizean



Joel Fuentes



Amin Gonzales



Jiovannie Lucero



Steve Luna



Canciones Myvette



Rafael Requena

Please Turn To Page 3

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Organic Produce Becoming A Reality For Belize

By: Bart Mickler

Organic vegetables are in high demand due to safety concerns. Not too long ago all food grown in Belize was organic. With commercial growing came agrochemicals and concerns about the health of both the soil and the consumer. In recent times in Belize, the only way to assure that food is grown safely and organically is to grow your own.

Consumers worldwide have become increasingly alarmed at the incidence of agrochemical poisons in their food because indications are that it is the cause of increases in cancer and other serious diseases. There are many people who simply don't want produce that has been exposed to agrochemicals or other environmental toxins and GMOs.

Some people are turning to organically produced vegetables in Belize because they know that agrochemicals are often not safely used. Washing can't make vegetables safe because some of the chemicals are inside the produce. Belize, unfortunately, is not yet sufficiently monitoring the safety of the vegetables in the markets. There is no mechanism to guarantee that the farmer harvests and sells according to

safe guidelines. How are consumers to find a nontoxic solution?

Greenhouse technology has recently made the commercial growing of organic produce easier and cheaper. In the last few years, small farmers have found they can grow certain vegetables more reliably under greenhouses, thus increasing their profits. These sealed greenhouses naturally decrease the need for agrochemicals and the result is safer produce. The recent availability of natural "green seal" plant medicines has also contributed to organic produce becoming a reality. Many farmers have readily embraced this 'natural' path due to their inherent suspicion of agrochemical poisons and their concern for their own families' health.

Consumers in Belize have come one giant step closer to having organic produce as the result of the initiative of a San Ignacio group. On November 10, the Maya Mountain Learning Exchange initiated a series of monthly symposiums on 'Wellness' at the Maya Mountain Lodge. The first 3 months are dedicated to "Finding Healthy Foods". The first session, attended by 50 consumers, producers, and health food venders,

generated positive commitment by many of the participants to making organic produce available.

Participants immediately organized an organic market place where safe produce could be picked up as well as purchased. There is much enthusiasm for developing a larger buying group before the December symposium. After the meeting, a facebook page, "Cayo Healthy Food", was launched and received over 400 'likes' within 2 weeks. A facebook group and google group were launched to broadcast a weekly price list of available products so that consumers could order by email or telephone and pickup their order on Saturdays.

Inquiries and orders are now coming from as far away as San Pedro, Belize City, and Punta Gorda. The advice this Cayo group is giving to other areas is to copy their effort by organizing a buyers' group in their own area and sharing shipping costs.

Demand may soon outstrip the supply because people are seriously interested in assuring safe food for their families. The farmers feel sure that any shortages will be temporary and that, given time, they can catch up with the demand.

An increasing number of farmers in San Antonio, Cayo, are now motivated to study and comply with Organic Certification. Their interest has been greatly influenced by the discovery of this new organic buyer market. They are already learning about new ways to control pests and fungus organically assisted by members of the Belize Organic Alliance (BOA), the Organic Unit at the Central Farm Agriculture Station, and others.

Certification is going to take time, but the producers are committing themselves to maintaining the integrity of their product by organizing an organic farmers' group and insisting that their members comply with safe practices for organic growing.



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Another Santa Elena Man On Drug Possession Charges

SANTA ELENA TOWN, Cayo District, Tuesday, December 2, 2014:

A Santa Elena man was found in possession of 6.6 grams of suspected cannabis.

On Tuesday, December 2, police on mobile patrol on Carmen Street, leading into Carillo Puerto Avenue in Santa Elena saw a suspicious male person walking in the opposite direction on Carmen

Street.

Upon seeing the police, **Jonathan Smith**, 40, Belizean laborer, threw a green object to the side of the street and continued walking. Police stopped and escorted Smith to the

area where they saw him throw the object. Upon reaching the area police observed that it was a green leafy substance suspect to be marijuana. Smith was cautioned and escorted to the San Ignacio police station.

At the station the suspected marijuana was weighed in his presence amounting to 6.6 grams. Smith was formally arrested and charged for the possession of a controlled drug.

Six Santa Elena Men Arrested And Charged For Drug Possession

Continued From Front Page
teacher, **Canciones Myvette**, 17, **Jiovannie Lucero**, 25, Belizean driver, **Steve Luna**, 29, construction

worker, and **Amin Gonzales**, 30, Belizean laborer.

The suspected marijuana was weighed in the presence of all six men

amounting to 4.2 grams. They were all formally arrested and charged for possession of a controlled drug with intent to supply.

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VACANCY Principal/President

The Board of Governors of Sacred Heart College invites applications from suitably qualified persons for the full-time post of Principal/Chief Administrative Officer. The position will be effective **March 1, 2014**.

The **Principal /President** has oversight for the academic and administrative affairs of the College (high school and junior college sections). He or she has the ultimate responsibility for general administration, the relationship between the school and its public, and overseeing the implementation of the policies and programs of the school in cooperation with the Board of Governors and Ministry of Education. He or she reports to the Sacred Heart College Board of Governors and is an ex-officio member of the Board.

SHC is a Catholic institution and as such its academic and administrative practices are molded by Catholic traditions.

The Principal/Chief Administrative Officer will be a person who:

- Is familiar with and supportive of the mission of Sacred Heart College;
- Is capable of working as part of the College's senior management team which includes the Dean of the Junior College and the Associate Principal of the High School;
- Is accessible and consultative when making decisions;
- Has excellent communication and interpersonal skills;
- Has the ability to articulate effectively the school's mission to the College community, alumni and to the public-at-large; and
- Possesses leadership and management skills.

Education and Experience: Applicants should have a Master's Degree in Educational Administration (or related field) from an accredited institution, a full license to teach at the secondary level, and a minimum of five years experience in teaching or administration in the Belizean educational system. Fluency in Spanish will be an asset. Application packages should include a current resume, three named referees with contact details, and copies of all diplomas, certificates, and teacher's license.

Remuneration: In accordance with salary scales approved by the Ministry of Education.

Application Deadline: December 31, 2014

Applications should be addressed to:

**The Chairman
Board of Governors
Sacred Heart College
P.O. Box 163
San Ignacio, Cayo**

APPLICATION SHOULD ALSO BE EMAILED TO: corporatesecretary@shc.edu.bz

Clarification on GOB December 2014 Residential Mortgage Payment Program

Belmopan. December 3, 2014:
Through the Residential Mortgage Payment Program, the Government of Belize will assist qualifying Belizeans by reimbursing December 2014 interest and principal payments on all residential mortgages with an original value of up to BZ\$100,000.00.

Bank, Commercial Banks, Credit Unions, the Development Finance Corporation and the Belize Social Security Board can apply for assistance; however borrowers must meet the following criteria approved by Cabinet:

1. Must be residential mortgages of original value of no more than BZ\$100,000.00;
2. Must be residential mortgages for new home construction. Mortgages for home improvement will not qualify;
3. Mortgages taken out solely for the purpose of refinancing prior residences will also qualify for the program.

4. Must be legally registered mortgages and not merely the deposit of title deeds called "Equitable Mortgages."

While payments will be made directly to the qualified borrower, the Government reiterates that it remains the sole responsibility of such borrowers to meet their mortgage payment obligation.

Application forms for the program are available at the Treasury Department in Belize or at any District Sub-Treasury office and can also be downloaded from the Ministry of Finance website at www.mof.gov.bz. Forms will require information on borrowers, their mortgages and information to be supplied by the respective lending institutions.

Completed forms should be submitted to any District Sub-Treasury or the Treasury Department in Belize City as soon as possible but no later than December 31st, 2014.

Belize Officially Hands Over Pro-Tempore Presidency of COMISCA

Belmopan. December 2, 2014:
Following two days of regional discussions at the XLI Ordinary Meeting of the Council of Ministers of Health of Central America and the Dominican Republic (COMISCA), Minister of Health **Hon. Pablo Marin** today officially transferred the Pro-tempore Presidency of COMISCA to the Minister of Health of Guatemala **Luis Enrique Monterroso**, who will now serve for the next six months.



Minster of Health Hon. Pablo Marin expressed his appreciation for the cooperation received during his time as Pro-tempore President. Minister Marin commented, "Enormous strides have been made in Belize and the region and we look forward to further progress in the next year."

During Belize's Presidency, new challenges including Ebola and Chikungunya had been addressed. Renewed attention was focused on chronic diseases including HIV/AIDS, Tuberculosis and Family & Community health.

Following the transfer of the Pro-tempore Presidency, Minister Monterroso expressed in his acceptance speech that his position as Minister of Health is vital as he must serve the public and alleviate the suffering of the poor. He further stated, "We as COMISCA must have that same vision, that united, we can do much more to alleviate the suffering of the poor. We as a region can do it and must always keep that in mind."

The XLI Ordinary Meeting of COMISCA was held on December 1st and 2nd at the Banyan Bay Resort in San Pedro Town, Ambergris Caye. Topics of discussion on the agenda included reporting of the Strategic Plan of COMISCA, dialogue situation on Chronic Renal Disease, Chikungunya and Ebola among others.



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Readers Write

Reaching Perfection

Contributed by: Janice Swift
Heb 2:10 - Perfect through suffering

Steel is iron plus fire. Soil is rock, plus heat, or glacier crushing. Linen is flax plus the bath that cleans, the comb that separates, and the flail that pounds, and the shuttle that weaves. Human character must have a plus attached to it. The world does not forget great characters. But great characters are not made of luxuries, they are made by suffering.

I heard of a mother who brought into her home as a companion to her own son, a crippled boy who was also a hunchback. She had warned her boy to be very careful in his relations to him, and not to touch the sensitive part of his life but go right on playing with him as if he were an ordinary boy. She listened to her son as they were playing; and after a few minutes he said to his companion: *“Do you know what you have got on your*

back?” The little hunchback was embarrassed, and he hesitated a moment. The boy said: *“It is the box in which your wings are; and some day God is going to cut it open, and then you will fly away and be an angel.”*

Some day, God is going to reveal the fact to every Christian, that the very principles they now rebel against, have been the instruments which He used in perfecting their characters and moulding them into perfection, polished stones for His great building yonder. —Cortland Myers

Suffering is a wonderful fertilizer to the roots of character. The great object of this life is character. This is the only thing we can carry with us into eternity. ... To gain the most of it and the best of it is the object of probation. —Austin Phelps

“By the thorn road and no other is the mount of vision won.”

What Gets Between You and God

By: Rick Warren

Contributed by: Janice Swift

James 1:21 says, *“Get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your*

souls” (NLT).

“Humbly accept” means you let go of your pride and stop trying to figure it out on your own. This is the key to opening your mind and heart so that you can hear from the Lord.

Fruit Comes from Deep Roots

By Rick Warren

Contributed by: Janice Swift

“The seeds that fell on rocky ground are the people who gladly hear the message and accept it. But they don’t have deep roots, and they believe only for a little while. As soon as life gets hard, they give up.” (Luke 8:13 CEV)

During the springtime, all the grass in Southern California turns green, the wildflowers and poppies bloom, and it’s really pretty. But the moment the rains stop, the hills turn brown again. Why? Because the grass has no roots. It can’t go down deep enough to get water from the springs that are deep beneath the ground.

When there are no roots, when a plant is in shallow soil, it may initially sprout and look good, but it doesn’t last. The plants wither quickly because they don’t have roots.

Luke 8:13 says, *“The seeds that fell on rocky ground are the people who gladly hear the message and accept it. But they don’t have deep roots, and they believe only for a little while. As soon as life gets hard, they give up” (CEV).*

A lot of times we hear God’s Word and get excited about it, but we don’t allow it to change us. We act superficially. We react emotionally. We’re moved impulsively. But we don’t take the time to let it sink in.

Do you really want to be that way?

No! You want to be a deep person, not a shallow person. You want to be a person with deep spiritual roots so that when recession comes and lasts several years, you’re able to keep bearing fruit. When the rough winds come and somebody in your family gets sick or somebody dies, the trial doesn’t blow you away, because you’ve got roots.

How do you develop spiritual roots? There are two ways: a daily time with God and a weekly small group time with other believers. You’ve got to spend time alone with God, and you’ve got to spend time with other believers.

If you’re not spending time with God on a daily basis, you’re going to dry up and blow away when the pressure is on. You won’t be able to handle it. You’ve got to make time to listen during a daily time with God. You have to sit and be quiet. You have to read the Bible and talk to God. Play some music. If you like to journal, do that. Whatever it takes to keep the focus on God, do it!

You’ve also got to have a weekly small group. Nobody has a complete perspective on life. Every one of us has blinders on. The people in your small group can see things in your life you can’t see. That’s why we need each other! You learn from the people in your small group as you encourage each other and your roots go deeper.

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STAR HUMOR

Mistletoe Joke

It was slightly before Thanksgiving. The trip went reasonably well, and I was ready to go back. The airport on the other end had turned a tacky red and green, and loudspeakers blared annoying elevator renditions of cherished Christmas carols. Being someone who took Christmas very seriously, and being slightly tired, I was not in a particularly good mood.

Going to check in my luggage (which, for some reason, had become one suitcase with entirely new clothes), I saw hanging mistletoe. Not real mistletoe, but very cheap plastic with red paint on some of the rounder parts and green paint on some of the flatter and pointier parts, that could be taken for

mistletoe only in a very Picasso sort of way.

With a considerable degree of irritation and nowhere else to vent it, I said to the attendant, "Even if I were not married, I would not want to kiss you under such a ghastly mockery of mistletoe."

"Sir, look more closely at where the mistletoe is." (pause)

"Ok, I see that it's above the luggage scale, which is the place you'd have to step forward for a kiss."

"That's not why it's there." (pause)

"Ok, I give up. Why is it there?"

"It's there so you can kiss your luggage goodbye."

Confusing Names

This is the story of four people named Everybody, Somebody, Anybody, and Nobody.

There was an important job to be done and Everybody was asked to do it.

Anybody could have done it, but Nobody did it. Somebody got angry

about that, because it was Everybody's job.

Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it.

Consequently, it wound up that Nobody told Anybody, so Everybody blamed Somebody.

Blond Blue-tooth

A blond went to the dentist.

"I want you to paint my teeth blue." – the blond.

"What!?" – exclaimed the dentist.

"Just do it!!" – the blond.

So the dentist painted her teeth blue. The blond went back to her car and called her friend to talk about

many things. While she was driving a policeman stopped her.

"Mam, your were talking on your mobile while you were driving. Here is how much you must pay."

"Oh come on!! Don't you see I have blue-tooth?!"

Puppy For Sale

A store owner was tacking a sign above his door that read: "Puppies For Sale". Signs like that have a way of attracting small children and sure enough, a little boy appeared under the store owner's sign.

"How much are you going to sell the puppies for?" he asked.

The store owner replied, "Anywhere from \$30 to \$50."

The little boy reached in his pocket and pulled out some change.

"I have \$2.37," he said. "Can I please look at them?"

The store owner smiled and whistled and out of the kennel came Lady, who ran out in the aisle of his store followed by five teeny, tiny balls of fur. One puppy was lagging considerably behind.

Immediately the little boy singled out the lagging, limping puppy and said, "What's wrong with that little dog?"

The store owner explained that the veterinarian had examined the little puppy and had discovered it didn't have a hip socket. It would always be lame.

The little boy became excited. "That is the puppy that I want to

buy."

The store owner said, "No, you don't want to buy that little dog. If you really want him, I'll just give him to you."

The little boy got quite upset. He looked straight into the store owner's eyes, pointing his finger, and said, "I don't want you to give him to me. That little dog is worth every bit as much as all the other dogs and I'll pay full price. In fact, I'll give you \$2.37 now, and 50 cents a month until I have him paid for."

The store owner countered, "You really don't want to buy this little dog. He is never going to be able to run and jump and play with you like the other puppies."

To his surprise, the little boy reached down and rolled up his pant leg to reveal a badly twisted, crippled left leg supported by a big metal brace. He looked up at the store owner and softly replied, "Well, I don't run so well myself, and the little puppy will need someone who understands."

Don't we all need someone who understands?

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Opening of the Xunantunich Education Centre

The Making Tourism Benefit Communities Adjacent to Archaeological Sites (MTBCAAS) project has achieved yet another important milestone, with the completion of The Xunantunich Education Centre, as well as infrastructure improvements and installation of signs at this site. The completion of works at this site marks the first of a total of nine sites which are being enhanced under the MTBCAAS Project. The project is funded under the Belize Rural Development Programme II (BRDPII), supported by the European Union and the Government of Belize.

For the first time, the spectacular archaeological site of Xunantunich has a dedicated space to provide training to students and archaeologists alike. The 950 square feet facility will allow the Institute of Archaeology to provide on-site training in a proper facility boasting an audiovisual room and a dedicated classroom that can accommodate up to 40 persons in two different spaces at any one time.

Visitors to Xunantunich can also now enjoy additional improvements at the site, as other infrastructure improvements were carried out under the MTBCAAS Project. The improvements feature new walk ways made from gravel and concrete surfaces, the installation of directional, interpretative, warning and notice signs, and benches in designated rest areas.

The Making Tourism Benefit Communities Adjacent to Archaeological Sites (MTBCAAS) project is being implemented by the Belize Tourism Board and the National Institute of Culture and History. The objectives of the project are:

- * To improve economic opportunities in rural communities and contribute to the reduction of poverty;
- * To enhance the tourism experience through improvements in tourism infrastructure and services at selected sites.



The project intends to achieve three main sets of results:

- * Results One: Improve the monitoring systems at archaeological sites;
- * Results Two: Improve health and

safety provisions and infrastructure at archaeological sites;

- * Results Three: Enhance the diversification of community based tourism products and services offered at archaeological sites in Belize.

The MTBCAAS Project targets communities adjacent to the following nine archaeological sites:

- Xunantunich
- Nohoch Che'en (Caves' Branch)
- Nim Li Punit
- Barton Creek
- Altun Ha
- Lubaantun
- Actun Tunichil Muknal
- Lamanai
- Blue Creek

The MTBCAAS Project was launched in March 2013 and is made possible with grant funding of BZ\$2.75m from the European Union and the Government of Belize under the Belize Rural Development Programme (BRDP) and BZ\$1.25 contribution from the Belize Tourism Board and, the National Institute of Culture and History for a total estimated cost of BZ\$4 million. It is being implemented over 24 month period and scheduled to be completed in November 2014.



GO BRANCHLESS GIFTS, This Christmas



Congratulations to our Lucky Winners!

November 24th, 2014 winners (left to right) are:
 Jessica Montoya for Larry Flowers (Toaster Oven), Glenford Dawson (Rice Cooker),
 Kristie Young for Roberto Young Jr. (Multi-Functional Blender) and Lilia Aleman (Home Theater System).

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 choice you**

-Bob Marley

Glaucoma

Glaucoma is a term describing a group of ocular (eye) disorders resulting in optic nerve damage or loss to the field of vision, in many patients caused by a clinically characterized pressure buildup in regards to the fluid of the eye (*intraocular pressure-associated optic neuropathy*). In a large number of glaucoma patients, however, the intraocular pressure (IOP) is normal, i.e. below 20 mm Hg. These patients display the same signs of glaucomatous damage as those with an elevated IOP; their condition is thus called normal tension glaucoma. The disorders can be roughly divided into two main

categories, "open-angle" and "closed-angle" (or "angle closure") glaucoma. The angle refers to the area between the iris and cornea, through which fluid must flow to escape via the trabecular meshwork, an area of tissue in the eye located around the base of the cornea. Closed-angle glaucoma can appear suddenly and is often painful; visual loss can progress quickly, but the discomfort often leads patients to seek medical attention before permanent damage occurs. Open-angle, chronic glaucoma tends to progress at a slower rate and patients may not notice they have lost vision until the disease has progressed significantly.

The increased intraocular pressure can permanently damage vision in the affected eye(s) and lead to blindness if left untreated. It is normally associated with increased fluid pressure in the eye (*aqueous humour*). The term "ocular hypertension" is used for people with consistently raised intraocular pressure (IOP) without any associated optic nerve damage. Conversely, the term 'normal tension' or 'low tension' glaucoma is used for those with optic nerve damage and associated visual field loss, but normal or low intraocular pressure.

The nerve damage involves loss of retinal ganglion cells in a characteristic pattern. The many different subtypes of glaucoma can all be considered to be a type of optic neuropathy. Raised intraocular pressure (*above 21 mmHg or 2.8 kPa*) is the most important and only modifiable risk factor for glaucoma. However, some may have high eye pressure for years and never develop damage, while others can develop nerve damage at a relatively low pressure. Untreated glaucoma can lead to permanent damage of the optic nerve and resultant visual field loss, which over time can progress to blindness.

When the scleral venous sinus is blocked to where aqueous humor is not reabsorbed at a faster rate than it is being secreted, elevated pressure within the eye occurs. Pressure in the anterior and posterior chambers pushes the lens back and puts pressure on the vitreous body. The vitreous body presses the retina against the choroid and compresses the blood vessels that feed the retina. Without a sufficient blood supply, retinal cells will die and the optic nerve

may atrophy, causing blindness. Typically, the nerves furthest from the focal point fail first because of their distance from the central blood supply to the eye; thus, vision loss due to glaucoma tends to start at the edges with the peripheral visual field, leading to progressively worse tunnel vision.

Glaucoma has been called the "silent thief of sight" because the loss of vision often occurs gradually over a long period of time, and symptoms only occur when the disease is quite advanced. Once lost, vision cannot normally be recovered, so treatment is aimed at preventing further loss. Worldwide, glaucoma is the second-leading cause of blindness after cataracts. It is also the leading cause of blindness among African Americans. Glaucoma affects one in 200 people aged 50 and younger, and one in 10 over the age of 80. If the condition is detected early enough, it is possible to arrest the development or slow the progression with medical and surgical means.

Signs and symptoms

Open-angle glaucoma accounts for 90% of glaucoma cases in the United States. It is painless and does not have acute attacks. The only signs are gradually progressive visual field loss, and optic nerve changes (*increased cup-to-disc ratio on fundoscopic examination*).

Closed-angle glaucoma accounts for less than 10% of glaucoma cases in the United States, but as many as half of glaucoma cases in other nations (*particularly Asian countries*). About 10% of patients with closed angles present with acute angle closure crises characterized by sudden ocular pain, seeing halos

Continues On Page 14



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Your Weekly Horoscope and Lucky Numbers

ARIES:

March 22 to April 20

On Monday and Tuesday, you're a trendsetter, a pacesetter, the one out front, the one clearing the path for everyone else, the example. This isn't really something you planned for yourself. You just have some restless energy. You can't help it. On Wednesday and Thursday you slow down a bit, mostly so you can take stock of your feelings and your finances, but you're still 100 percent agreeable. Friday and Saturday you have about a billion emails to catch up on, but Sunday's a go-visit-the-family sort of day. **Lucky numbers: 49, 55, 67.**

TAURUS:

April 21 to May 21

On Monday and Tuesday your mind seems divided. Mostly you have differing thoughts about your time and the pace at which you're moving. Should you slow your goal trajectory a bit? Should you accelerate it? Are you walking too quickly when you could be enjoying the stroll? On Wednesday and Thursday, you're not really bothered by such questions, mostly because you're so intensely happy. Nothing seems to bother you at all. But on Friday and Saturday, a few minor financial frustrations underscore a certain level of crankiness. On Sunday, have dinner with a friend. **Lucky numbers: 73, 88, 97.**

GEMINI:

May 22 to June 21

On Monday and Tuesday, someone is coming at you fast and furious with advice. If you were in a different mood, you might take offense to this person saying that (essentially) you don't know what you're doing. But on those days you're thrilled, because it's really good advice. You can put your feelings aside and recognize the value of their words. On Wednesday and Thursday, a few brand-new obstacles come your way, but now you have strategies for dealing with them. Friday and Saturday are full of hand-shaking and telling strangers your name — including, yes, an attractive stranger or two. **Lucky numbers: 19, 29, 36.**

CANCER

June 21 to July 21

Your brain is quick on Monday and Tuesday — much quicker than usual. Your feelings are a bit closer to the surface, too. It will take some effort to keep from responding emotionally to things that normally wouldn't get to you, but it's just a mood thing. Wednesday and Thursday you're a lot more open to anything anyone wants to toss your way. Witty little jab? Absolutely. Bring it. The difference is

that Wednesday and Thursday are just plain fun. A dinner party is a fantastic idea. Friday and Saturday you find yourself discovering something new about yourself. **Lucky numbers: 13, 26, 48.**

LEO:

July 24 to August 21

On Monday and Tuesday, a conversation with someone reverses a conviction you've held for a long time. Something you were very sure of ... Poof! It's gone! Turned upside down! It's funny how one person's perspective can change everything. On Wednesday and Thursday, the perspective you're most worried about is your boss'. You're particularly attuned to how you come across at work, and you're trying to reinforce a good impression. Friday and Saturday are social — it may be that you're socializing with work people; nevertheless, you're socializing. Sunday's more of a stay-at-home day. **Lucky numbers: 66, 75, 94.**

VIRGO:

August 22 to September 21

Monday and Tuesday you know exactly what you're doing, and it gives all of your actions a kind of magical vividness, not to mention a sense of inevitability. This is a talent of yours, something you've cultivated, this knowing what you're doing, and you can call it up even when you have no idea what you're doing! On Wednesday and Thursday, the thing that strikes you is how compatible you and you-know-who are. A trip together proves it. Friday and Saturday you have a bunch of things to tell people and not much time, so you're in front of your email a lot. But Sunday you get some fresh air. **Lucky numbers: 59, 77, 95.**

LIBRA:

September 22 to October 23

Monday and Tuesday you're focused on a certain relationship. It might be romantic or it might be professional, but whatever it is, you can barely think about anything else. Most likely the issue is that there's compromise required, and you're just not sure if you're prepared to bend. Give it some time. Reconsider. On Wednesday and Thursday, delicious meals figure strongly — either you've stumbled onto a new set of recipes or you're around someone who's a great cook. Friday and Saturday are more about the dinner conversation than the dinner, but Sunday's quiet, peaceful and gorgeous. **Lucky numbers: 69, 78, 86.**

SCORPIO:

October 24 to November 21

Monday or Tuesday, in the middle of helping someone else, you might bang your head, or do something

equally random and painful. It's not going to be a lasting pain, but you'll remember it at least all afternoon. So watch it! On Wednesday and Thursday, you're banged around again — emotionally this time. Someone has their hands on your heart, and they're letting you know they know it. What a week this is! Thankfully, none of the damage lasts, and in a strange way, you'll look back on all of it as either funny or educational. This weekend's an adventure. An excellent adventure! **Lucky numbers: 39, 52, 83.**

SAGITTARIUS:

November 22 to December 21

Monday and Tuesday are romantic, but not in a gushy way. They're romantic in a way that involves playing games and laughing hysterically. On Wednesday and Thursday, you have some responsibilities to attend to; as much as you'd like to be thinking big-picture thoughts, it's the details that need your attention. On Friday and Saturday, there's so much going on in your life it's almost funny, with people running around and opening and closing doors and making silly phone calls. But you love the antic energy. On Sunday, try to reconnect with you-know-who. Have a good talk. **Lucky numbers: 58, 79, 87.**

CAPRICORN:

December 22 to January 20

Monday and Tuesday find you protecting your resources — especially in the career and family realms. You're worried about something, or perhaps you're just getting sentimental. Maybe the resources you're protecting are simply keepsakes. Nevertheless, on

Wednesday and Thursday you couldn't be less worried about anything. Nature figures into these days, as does romance and relaxing and letting your feelings be known. Friday and Saturday you're doing a lot of communicating but you don't seem to be getting through to people. On Sunday, focus on just one person. **Lucky numbers: 03, 14, 20.**

AQUARIUS:

January 20 to February 18

Monday and Tuesday you make so many discoveries that you'd be wise to keep a notebook with you, just to keep track of it all. These periods of discovery happen a lot in your life and are good for your brain. They give you energy. On Wednesday and Thursday, you're a little more low-energy, but still, you're bending your brain around new things. During Friday and Saturday, you give your brain a rest and give in to your intuitive romantic side — the side that requires no thinking at all. On Sunday, you're trying to figure out what it all means. **Lucky numbers: 07, 17, 42.**

PISCES:

February 20 to March 21

On Monday and Tuesday you're at a loss. Someone is not telling you something and you can tell, but you can't tell who it is or why. You just have this funny feeling. Not that you mind a mystery. As a matter of fact, you get into this position a lot, this 'I know something is up' position. On Wednesday and Thursday, instead of worrying about it, focus on your love life — which, luckily, gives you plenty to focus on right now. If you're not hanging out with someone special, write a poem. Friday and Saturday you're incredibly busy, but Sunday is fun and romantic. **Lucky numbers: 23, 46, 63.**

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Ministry of Tourism, Culture and Civil Aviation



Invitation for Bids (IFB)

BELIZE

Renovation and Expansion at the Belize Archives and Records Service (BARS)

Building

1. The Ministry of Tourism, Culture and Civil Aviation, in conjunction with the Belize Archives and Records Service, will be renovating and expanding the existing Archives and Records Service office facilities located at 26/28 Unity Boulevard, Belmopan, Belize.
2. The Ministry of Tourism, Culture and Civil Aviation, and the Belize Archives and Records Service, are inviting proposals to provide construction services for the: **Renovation and Expansion at the Belize Archives and Records Service Building** in Belmopan.

The scope of works will include:

- a) Break in of slab and walls to allow for construction of new staircase at ground floor level.
 - b) New dry wall construction at ground floor for enclosing of the research area.
 - c) Metal support and walls for new lift to be built on ground floor.
 - d) New walls, roofing system, and proposed finishes for the completion of first floor level.
 - e) Provide and install proposed mechanical, electrical and plumbing at first floor level.
 - f) Carry out all other necessary works to complete project as per design.
3. The proposal shall be reviewed and evaluated based on completeness and compliance of the quotation with the minimum specifications required.
 4. The Ministry of Tourism, Culture and Civil Aviation, and the Belize Archives and Records Service, are not bound to accept any quotation nor award a contract, nor be responsible for any costs associated with the preparation and submission of a quotation, regardless of the outcome or the manner of conducting the selection process.
 5. The bid proposal shall be valid for 3 months from date of submission.
 6. Interested Eligible Bidders may obtain further information from the Director of the Belize Archives and Records Service, 26/28 Unity Blvd., Belmopan. Tel: (501)-822-2247. Fax: (501)-227-4031. Email: herman.byrd@archives.gov.bz.
 7. Qualifications requirements include:
 - a) The contractor should have specialization and experience in supervision of construction projects and provision of related quality assurance and quality control services.
 - b) The contractor should be registered with Government of Belize and should have at least five (5) years of experience in undertaking work related to the requirements (construction/rehabilitation projects).
 - c) The contractor should have knowledge of international standards for safety and security at the work site.
 - d) The contractor should have good knowledge of reinforced cement concrete, electrical, mechanical, plumbing, Information Communication Technology, heating / ventilation / air-conditioning for large scale construction projects.
 - e) The contractor should have demonstrated ability to read, understand and interpret construction documents such as technical drawings, work plan, specification, and generally engineering data in English.
 - f) The contractor should maintain a high level of confidentiality.
 8. A complete set of Bidding Documents on Compact Disk can be requested free of cost by interested bidders from the contact person at the address below.
 9. Bids must be delivered to the address below at or before January 12th, 2015 at 2:00 PM. Late bids will be rejected. Bids will be opened in the presence of the Bidders or their representatives who choose to be present at address below on the January 12th 2015 at 3 P.M.
 10. A site visit will be held at the BARS in Belmopan 5th January 2015. 9:00 A.M.
 11. All bids shall be accompanied by a "Bid Security" of BZ\$10,000.00.
 12. The address referred to above is:

Ministry of Tourism, Culture and Civil Aviation
Attn: Mr. Carroll D. Azueta, Finance Officer
106 South Street
P.O. Box 325
Belize City, Belize
Tel: (501)-227-2801/02
Fax: (501)-227-2810
Email: finance.officer@tourism.gov.bz

Glaucoma

Continued From Page 10

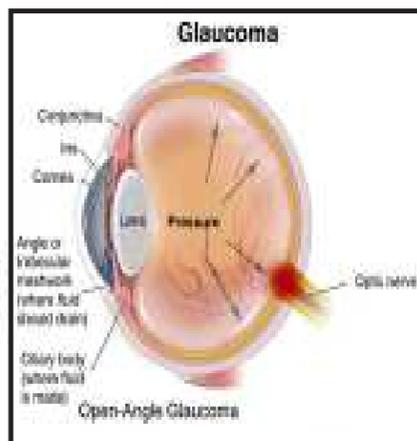
around lights, red eye, very high intraocular pressure (>30 mmHg), nausea and vomiting, suddenly decreased vision, and a fixed, mid-dilated pupil. It is also associated with an oval pupil in some cases. Acute angle closure is an emergency.

Causes

Of the several causes for glaucoma, ocular hypertension (*increased pressure within the eye*) is the most important risk factor in most glaucomas, but in some populations, only 50% of people with primary open-angle glaucoma actually have elevated ocular pressure.

Dietary

No clear evidence indicates vitamin deficiencies cause glaucoma in humans. It follows, then, that oral vitamin supplementation is not a recommended treatment for glaucoma. Caffeine increases intraocular pressure in those with



glaucoma, but does not appear to affect normal individuals.

Ethnicity and sex

Many people of East Asian descent are prone to developing angle closure glaucoma due to shallower anterior chamber depths, with the majority of cases of glaucoma in this population consisting of some form of angle closure. Inuit also have a 20- to 40-times higher risk of developing primary angle closure glaucoma. Women are three times more likely than men to develop acute angle closure glaucoma due to their

shallower anterior chambers. People of African descent are three times more likely to develop primary open-angle glaucoma.

Genetics

Positive family history is a risk factor for glaucoma. The relative risk of having primary open-angle glaucoma (*POAG*) is increased about two- to four-fold for individuals who have a sibling with glaucoma. Glaucoma, particularly primary open-angle glaucoma, is associated with mutations in several different genes (*including MYOC, ASB10, WDR36, NTF4, and TBK1 genes*), although most cases of glaucoma do not involve these genetic mutations. Normal-tension glaucoma, which comprises one-third of POAG, is also associated with genetic mutations (*including OPA1 and OPTN genes*).

Various rare congenital/genetic eye malformations are associated with glaucoma. Occasionally, failure of the normal third-trimester gestational

atrophy of the hyaloid canal and the tunica vasculosa lentis is associated with other anomalies. Angle closure-induced ocular hypertension and glaucomatous optic neuropathy may also occur with these anomalies, and has been modelled in mice.

Other

Other factors can cause glaucoma, known as "*secondary glaucoma*", including prolonged use of steroids (*steroid-induced glaucoma*); conditions that severely restrict blood flow to the eye, such as severe diabetic retinopathy and central retinal vein occlusion (*neovascular glaucoma*); ocular trauma (*angle-recession glaucoma*); and uveitis (*uveitic glaucoma*). In a large study in the UK, glaucoma patients had a 29% increased incidence of systemic hypertension compared to age- and sex-matched controls

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, **MARTY ANN THRONE** is applying for a **RESTAURANT** liquor license for the year 2015 to operate **Rawspa Resort** located in Bullet Tree Falls, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **YAN FANG YU** is applying for a **CONVENIENCE STORE** liquor license for the year 2015 to operate **61 Supermarket** located in Santiago Juan Layout, San Ignacio Town, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **MARIE CONTRERAS** is applying for a **RESTAURANT** liquor license for the year 2015 to operate **Marie's Restaurant and Bar** located on Cemetery Road, Santa Elena Town, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **XING JUAN ZHU** is applying for a **CONVENIENCE STORE** liquor license for the year 2015 to operate **Anna's Supermarket** located on George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **PETRA WOLF** is applying for a **MALT AND CIDER** liquor license for the year 2015 to operate **Mc WOLF's** located on Mile 157 George Price Highway, Cayo District.



Belize Water Services Limited

Public Relations Office

7 Central American Blvd. • P.O. Box 150

Belize City, Belize • Tel: (501) 222-4757, Ext.1405

www.bws.com.bz

Contact: PR@bws.com.bz

Press Release

November 27, 2014

Belize Water Services Limited (BWS) continues to invest to improve the lives of consumers and the environment. BWS announces the initiation of a project to construct a new sewerage pumping station to facilitate the residents in the north area of San Pedro Town.

This Pumping Station will be constructed on the corner of Laguna Drive and the River at a location that was reserved for this expansion when the original sewerage system was designed and implemented in 1992.

Approximately 80 households and businesses will benefit immediately from this improved sewerage collection facility. This includes all customers that are located in north San Pedro, between the High School and Boca del Rio.

All components required for this project have already been purchased. The construction is expected to commence in early 2015 to coincide with the dry season and the construction should take approximately three months to complete.

This project was initiated based on the requests of residents channeled through the Area Representative, Hon. Manuel Heredia, and the Mayor of San Pedro, Mr. Daniel Guerrero.

BWS takes this opportunity to thank the all those involved for their contribution to the project and looks forward to providing full services this area of San Pedro Town.



BWS – Delivering Water and More ...

For more information regarding this or any other BWS Release, please contact

BWS Public Relations Office at Tel: 222-4757 Ext. 1405 or via e-mail at PR@bws.com.bz

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Money Lenders Application

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

I, **Trinidad Juan Jr**, hereby gave notice that I have applied to the Magistrate Court, at one of it's sitting in San Ignacio during the month of December 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 **LUCKY PAWN** located at **Hudson Street, San Ignacio Town in the Cayo District.**

(3rd Publication)

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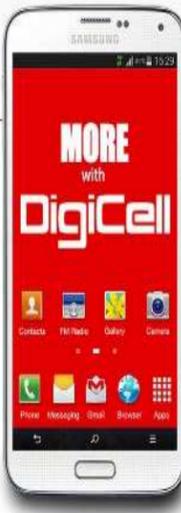
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