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STAR



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No. 428

Sunday, January 11, 2015

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Omar Figueroa Wins Historic Landslide

On Monday, 5 January, 2015 bi-elections in Cayo North, 13 ballot boxes from two polling stations were carted over to the Center for Employment Training compound. That was the counting station for only the third divisional bi-election in Belize's history.

Voting started slow that day but when polls closed at 6:00 pm, figures say the final turnout was 4023 voters or about 61% of the registered voters - that's in line with the divisional bi-election in Freetown in 1993 where 60% came out.

And while the voters were slow to come out early on - the mass parties muscled in on the division and flooded the area with supporters from all over the country.



Delroy Cuthkelvin photo

It was with the news that UDP candidate for Cayo North **Omar Figueroa** was amassing a huge lead in the early counting. And by

8:45 it was confirmed when the first boxes were counted and they showed Figueroa leading by a constant ratio of two votes to one.

When it was all over, he had secured 2664 votes to 1348 for **Richard Harrison**, a margin of just about two to one. That is a blowout, a landslide victory for the UDP and a historic trouncing for the PUP. The 1316 vote difference represents a 1700 vote swing from the 2012 election when the PUP's **Joseph Mahmud** won the area by 398 votes. And more than that, research shows it is the largest margin of victory in that division since 1961.

For the UDP it is one more seat in the House of Representatives, increasing the ruling party's hold on the balance of power to a

Continues On Page 15

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Bernadette Fernandez - One Of Four To Receive Queen's Honors

Her Majesty the Queen, Queen **Elizabeth II** has been graciously pleased to make the appointments of the most exelent order British Empire on the occasion of the New Year honors 2015.



Bernadette Fernandez

Four Belizeans were honored under three cathegories. There are as follows: .

The honor to be a Commander of the British Empire (CBE) was

granted to attorney at law **Michael Young**, whose award is for services rendered to the legal profession and the community.

The honor to be officers of the Order of the British Empire (OBE) are **Esther Ayuso** for services to the community and women's rights and **Laura Longsworth** for services to nursing and the community.

The fourth honoree is **Bernadette**



Michael Young

Continues On Page 3

Poems and Inspirations

A Time for Everything

By: James A. Rabon
PH.D. Dr. of Antics

*As it was mention long ago
There is a time for
everything
And if you do the very good
To you the best future bring
There is a time when the
very strong, also becomes
the weak
And everyone on this here
earth is designated to a
friend
There is a time to listen and
a time to speak
When you travel anywhere
every road have an end
There has been times that
you have failed
And times that you have
passed all test
There is a time for you to
harvest
After what you have invest
There is a time to profit and
a time to donate
So many times you have
been early, but many times
you're late
There are some things that
you remember
Sometimes some things you*

*have accepted
There is a time for war, and
a time for peace
What is good for the
gander is also good for the
geese
Certain things that you
forget
But some places you reject
There is a time for fast
decisions and a time to
contemplate
Sometimes there are reasons
to destroy but with inten-
tions to create
Sometimes you send out a
message and sometimes you
receive
But when you paint that
bright picture the sooner
they believe
Sometimes there are certain
things that matters
There have been questions
more than answers
There is a time to whisper
and a time to shout
But it's better to be silent, if
there is any doubt
But it's none of your
concern
But we all have our turn*



*Having issues isn't
the absense of
Victory in our lives
it might be the very
call to action
needed to get you
Victory!*

- Lysa Terkeurst

You're Still in Process...

BY: Holley Gerth

*You are not who you were
yesterday,
You are not who you will be
tomorrow.
You're in the middle of the
beautiful process of
becoming.
We fight that as women,
don't we? We tell ourselves
we have to be it all, do it all,
know it all now. We deny
ourselves permission to
learn. And when we can't
learn, we can't grow.*

I thought about this recently
as I stood in the curtain
section of TJ Maxx saying
these words over and over to
myself: You're learning to
decorate your house. You're
learning to decorate your
house.

Doesn't that sound silly?
But it was much better than
what I said over and over last
time: You can't decorate your
house. What's the matter with
you?

I thought, somehow, that
being born a woman should
automatically give me the
ability to know if the sheer or
heavy curtains would look
better, which color they
should be, and how every
shade of light would look
coming through them. And
when I didn't, I felt like a
failure. I've had similar
experiences in the photo
frame aisle of target, in the
bedding section of a
department store, in the
cutest little home decor shop
you've ever seen.

I share this example because
it's amazing how small a crack
shame needs to slip through
in our lives. When did we
decide to judge ourselves on
everything from our ability to
pick curtains to how good a
parent we are compared to the
mom next to us?

God doesn't judge us that
way. He knows that "**All
people are like grass, and all
their glory is like the
flowers of the field**" {1 Pt.
1:24}. I used to read that
verse as simply meaning life
is brief. But I'm seeing it with
new eyes lately. And I think
what God is also reminding us
of here is that grass is
growing, flowers are growing,
WE are growing .

Which means He knows that
from our first breath to our
last, we are in process. And
that applies to everything from
picking out curtains to
becoming who He's created
us to be.

And you know what? God's
okay with that. He already
knows us better than we know
ourselves. And if He's okay
with it, then we can be too.
He doesn't ask us for
perfection. Just growth. Every
day, a little bit at a time, all the
way until we're Home with
Him.

*You are not who you were
yesterday,
You are not who you will be
tomorrow.
You're in the middle of the
beautiful process of
becoming.*



*Everything In
The Universe
Has Rhythm,
Everything
Dances.*

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Hon. Rene Montero Christmas 8 Ball Tournament in Cayo - Shooters Champs!!!

SUBMITTED By:Ruby Sabala

The 2nd annual **Hon. Rene Montero** Christmas 8 ball tournament which began six weeks ago ended on Dec 21,



Team LINK-UP - Sub-Champ From (L-R)Erwin Woodye, jr, Juan Villanueva, Wayne Wiltshire, Hon. Rene Montero, Jimmy Rudon.

2014, at Link-Up Bar, in Santa Elena, Cayo.

The finals was truly a grand Christmas dance as if it was a national tournament with Shooters going up against the defending champs, Link-Up, whereby it was the best of two matches, meaning two teams had to win four games to become the champ. In the first match, Shooters started shooting sharply by defeating Link-up, 2-1. For Shooters, **Gilbert Luna** calmly won **Juan Villanueva**, 4-2, and **David Fernandez** used his sling like when **David** took down **Goliath** as he won **Jimmy Rudon** also, 4-2. But, **Wayne Wiltshire** stepped up big time for Link-Up and won **Luis Usher**, 4-1, to give his team hope. So, we off to the second match, and this time it was Link-up defeating Shooters, 2-1. For Link-up, Wayne

Wiltshire won again as he downed David Fernandez 4-2, and Jimmy Rudon shot beautifully over Gilbert Luna, 4-2. For Shooters, it was Luis Usher over Erwin Woodye, 4-1. So,

teams are now tied 3-3, and it was down to a tie-breaker, where one player from each team played a race to 4 for the big one. Quite easily two teams chose their player which was Luis Usher from Shooters and Wayne Wiltshire from Link-Up. Wayne won the first game which made David Fernandez, captain of Shooters kept walking around showing he was a bit nervous and discouraged, while Juan Villanueva, captain of Link-up was hyped with the lead saying "we got this". But, thereafter, Luis Usher won 4 games in a row slicing some shots like a nice piece of ham and won Wayne, 4-1. Though Luis won 4 in a row, every game was exciting and down to the wire but Luis won also by some huge defensive plays like how some kids around Christmas time would hold on to their toys saying this

Bernadette Fernandez - One Of Four To Receive Queen's Honors

Continued From FrontPage



Esther Ayuso

Fernandez who was named an ordinary member of the Most Excellent Order of the British Empire (MBE). Fernandez' honor is for her contribution to the community and leadership.

The four awardees will be formally

presented with their insignia at a date to be announced by Belize House in Belmopan.

The Queen's New Year's Honors are given to citizens of the United Kingdom and the Commonwealth in recognition of lifelong service in various fields.



Laura Longworth

and Bowen; 3rd place, Camp six received: 1 case of beer from **Mr. Fidelio Montes**, and \$50 cash from **Ms. Ruby Sabala** of Link-Up bar;



Team SHOOTERS - Champs, From (L-R) Luis "lish" Usher MVP, David "captain" Fernandez, Hon. Rene Montero, Gilbert Luna

is mine, and no one will can take it away. Luis is one of the humblest player one can meet, and after the game he did not brag but congratulated Wayne for a great game as it was not like Wayne was Santa Clause giving away any game but Luis had to go into his own bag to pull off some plays so that Shooters can sing the song: "*We are the champs, 2014*"

Before the big dance, Camp Six and Rookies played for 3rd and 4th place, where Camp Six roughed-up Rookies with **Rogelio Boteo** and **Mark Trujillo** being victorious.

The champs, Shooters received: \$1,000 from Hon. Rene Montero and trophies from **Hon. Elvin Penner**. Sub-champs, Link-Up received: \$300 from registration and Link-Up Bar, and 3 cases beer from Bowen

4th place, Rookies received: 1 qt black label from **Mr. Kevin Reyes** of K & J bar in Esperanza. Both MVP awards (*regular season and finals*) were won by Luis Usher beating Wayne Wiltshire by a close margin as by now you know these two players are two BAD BOYS on the billiards table.

Hon. Montero was present giving the awards, and vouched to sponsor again next year. From Link-up, and the Billiards Association, we thank the Hon. Rene Montero for being the Gold sponsor of the tournament; Hon. Elvin Penner for the trophies, Link-Up Bar, Mr. Fidelio Montes of Camp Six, **Mr. Giovanni Cambranes** and Bowen and Bowen Ltd, Mr. Kevin Reyes of K & J's Cool Spot in Esperanza, and all the teams who participated.

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Eighth Annual Boom to Manatee Lookout Canoe Race- January 10th

Its time to get the season started with the “8th Annual Boom to Manatee Lookout Canoe Race” sponsored by, Belize Global Travel Services Ltd., Joseph & Taylor Ltd, Bear Mountain Boats in Canada and Architectural Accents Ltd. The race is scheduled for Saturday, 10th January and marks the first race for the season.

The race is for MEMBERS ONLY and those wishing to participate who haven't submitted their membership application can do so before the race. Also, canoes that have not been registered, you will be able to get this done before the race as well. All canoes must have on a BCAnoe Racing number. Avoid the rush come early, Race starts 10 sharp, no delays!

The race will have an entry fee of \$50 per team and all paddlers will receive a free BBQ at Manatee



Lookout. The first 45 paddlers to sign up will also receive a memorable race t-shirt. Rules will follow the standards set by BCAnoe including the wearing of Life Jackets. Categories will include Male, Female, Mixed, Masters, Juniors under 18,

Intramural (*student secondary and tertiary levels*) and Pleasure Craft. Cash prizes and trophies along with a medal will be awarded to the 1st place team of each category. 2nd place teams gets a cash prize and a medal, 3rd place teams get a medal only.

Intramural Paddlers: Please bring along your School ID or letter from your school confirming your enrollment. Officials will ask for this.
Junior Paddlers: If you have and ID bring it, you may need to prove your age if there are doubts about your age.
Those of you who need replacement BCAnoe racing numbers, **PLEASE** let us know by midday **WEDNESDAY**.
See you all on Saturday, and remember your life jackets!
Race Entry form is available on our website www.bcanoe.bz

*You never know
how strong you
are until
being strong is
the only choice
you have.*

-Bob Marley

Freight Services From U.S.A To Belize.

A red semi-truck is shown driving on a blue and white globe, symbolizing international freight services.

Lubricants

A photograph showing shelves stocked with various bottles of motor oil and other lubricants.

Tools

A photograph showing a variety of hand tools, including wrenches, sockets, and screwdrivers, hanging on a wall.

Dry Goods

A photograph showing the interior of a grocery store with long aisles filled with various dry goods, including grains, beans, and canned goods.

Cosmetics

A photograph showing a display of various cosmetic products, including lotions, creams, and makeup.

Specials

Weed Eaters

\$150

A photograph of a green and black weed eater tool.

Detergents

A photograph showing a shelf stocked with various bottles of laundry detergent.

Dog Food

Two bags of dog food are shown. The one on the left features a golden retriever and the brand 'Orijen'. The one on the right is labeled 'PUPPY CHOW' and features a puppy.

All cereals \$20

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Bun Up Busted With Weed

SANTA ELENA, Cayo District, Tuesday, January 6, 2015:

A well known Santa Elena man was arrested and charged for the possession of a controlled drug.

San Ignacio police were conducting their usual patrol in Santa Elena when they saw Albert “Bun Up” Myvett, 45, Belizean laborer, riding a black beach cruiser bicycle on the George Price Highway.

Myvett was stopped and searched. Police reportedly found on his

person, a yellow plastic bag in the front part of his pants.

The plastic bag was opened in his presence and contained a green leafy substance suspected to be cannabis. “Bun Up” was later taken to the San Ignacio Police station where the suspected cannabis was weighed in his presence amounting to 130grams.

He was later arrested and charged for the Possession of Controlled Drugs with the intent to supply.

Costa Rica Boat Accident Kills Three Elderly Tourists

Survivors were taken to Costa Rica's Herradura beach, in Puntarenas

Three elderly tourists were killed in Costa Rica when a boat carrying more than 100 people capsized in rough seas.

The victims are a British man and a Canadian and an American woman, said the Costa Rican authorities

The catamaran was taking tourists

unidentified woman told local television.

The Pura Vida Princess was carrying 99 tourists and 10 crew when it sank some 15km (nine miles) offshore.

The accident happened around 09:00 local time (15:00 GMT).

Costa Rica survivors

The Costa Rican government says



to the Tortuga Island, on the country's Pacific Coast, when it was hit by strong winds and powerful waves.

Survivors said they were given lifejackets shortly before the boat sank.

"We were floating in the ocean. Many people were crying, screaming, asking for help," an

the boat appeared to have enough lifeboats and life jackets

Costa Rica survivors

Ninety-nine tourists were on board the catamaran

"The captain started to turn the wheel to the left. There were pretty heavy seas and we started

Continues On Page 15



Belize Botanic Gardens



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Sign up now at the BBG Garden Shop or call BBG directly!

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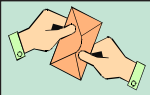
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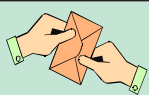
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Readers Write



Why Do I Have So Many Issues?

BY: Lysa Terkeurst

Contributed by: Janice Swift

"Therefore, there is now no condemnation for those who are in Christ Jesus." Romans 8:1 (NIV)

Have you ever looked at other people and thought to yourself, *"How does everyone else have it all together? And why is it I seem to have so many issues?"*

I understand. For most of my life, I've struggled with my weight and committing to a healthy lifestyle. My soul was rubbed raw from years of trying and failing.

I wanted something to instantly fix my issues.

I wanted to stop calling myself awful names I'd never let another person call me.

I wanted to be naturally thin like my sister.

I wanted to stop crying when I walked into my closet to get dressed in the morning.

So when I lost 25 pounds a few years ago and kept it off for the first time in my life, it was a huge victory.

But my real celebration hasn't been over the smaller clothing size and reduced numbers on the scale. My

real celebration is over the spiritual insights I gained while losing the weight and maintaining my healthy progress.

For me, this has been a spiritual journey — a significant spiritual journey with great physical benefits. I had been overweight physically and underweight spiritually and finally tying those two things together was life changing.

One of the richest lessons has been realizing the amount of mental and spiritual energy I wasted for years just wishing things would change. All the while, I was beating myself up for not having the discipline to make those changes.

If you have an issue with weight and food, you know what I mean. But no matter what issue you are currently dealing with, can I offer a bit of encouragement?

Jesus wants to help you with that issue. He really does. But you've got to stop beating yourself up about it and determine to follow His lead.

We like to identify our shortcomings, form them into a club, and beat the tar out of ourselves mentally. Over and over and over again. We label ourselves and soon lose our real identity to the beaten and

bruised fragility we call *"me."*

We compare, we assume, we assess, we measure and most times walk away shaking our head at how woefully short our *"me"* falls compared to everyone else. How dangerous it is to hold up the intimate knowledge of our imperfections against the outside packaging of others.

If there is one thing that living 40-plus years has taught me it's this: All God's girls have issues. Every single one of us.

But we can make the choice to identify our shortcomings and instead of using them against ourselves, hand them over to Jesus and let Him chisel our rough places.

The grace-filled way Jesus chisels is so vastly different than the way I mentally beat myself up.

My mental scripts are too often full of exaggerated lies that leave me feeling defeated. His chiseling is full of truth that sets me free.

*Oh what a difference.

*Jesus doesn't compare.

*Jesus doesn't exaggerate.

Jesus doesn't condemn. Our key verse, Romans 8:1, confirms this.

He simply says, *"Hey, I love you. I love you just how you are. But, I love you too much to leave you stuck in this. So, let's work on it together. You can do this."*

There is something so powerful in

really believing that with Jesus' help you can do this. Say it with me, **"I can."** I can is a powerful little twist for a girl feeling deprived and defeated.

I can helps me walk into the dinner party and find the conversation more appealing than the food table. I can helps me stay on the perimeter of the grocery store where the fresher, healthier selections abound and smile that I know this.

I can helps me look at the drive-thru menu and order a fruit tray without even giving a thought to the fried foods I used to snack on. I can reminds me to look online for a restaurant's nutritional information before going out, ensuring wiser choices. I can reminds me no food will ever taste as sweet as victory does.

Having issues isn't the absence of victory in our lives. It's simply a call to action reminding us victory is right around the corner. Today is a great day to start believing you were made to walk in victory and to say to Jesus, **"Yes, with Your truth as my guide, I can."**

Dear Lord, help me see myself the way You see me. Remove the lies that defeat me more often than I want to acknowledge. You have set me free. Help me live like I truly believe that. In Jesus' Name, Amen.

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Public Utilities Commission



Public Notice

The Public Utilities Commission (PUC) hereby notifies the public that, pursuant to Section 33(2) of the ELECTRICITY (TARIFFS, FEES AND CHARGES) BYELAWS, effective January 2, 2015, it made the **Belize Electricity Limited 2014 Annual Review Proceeding Final Decision Amendment**.

BEL made a submission for amendments to 2014 Annual Review Proceeding Final Decision on December 8, 2014, for decreases in the Mean Electricity Rate (MER) and previously approved tariffs due to reduction in the cost of power for 2014 as compared to approved forecasts and in its projections going forward.

The approved amendments provide for an approximate decrease of 5% to the Mean Electricity Rate (MER) and previously approved tariffs, to be applied during the period January 1 to June 30, 2015. This represents a decrease in the Mean Electricity Rate (MER) from 43.47¢ to 41.29¢.

The **Belize Electricity Limited 2014 Annual Review Proceeding Final Decision Amendment** may be viewed in its entirety at the offices of the Public Utilities Commission at 41 Gabourel Lane, Belize City, or on its Website at www.puc.bz.

Summary of Amendments to the 2014 ARP Final Decision

Mean Electricity Rate:	41.29¢
------------------------	--------

STAR HUMOR

Blind Luck

One day at a busy airport, the passengers on a commercial airliner are seated, waiting for the cockpit crew to show up so they can get under way. The pilot and co-pilot finally appear in the rear of the plane, and begin walking up to the cockpit through the center aisle.

Both appear to be blind. The pilot is using a white cane, bumping into passengers right and left as he stumbles down the aisle, and the co-pilot is using a guide dog. Both have their eyes covered with huge sunglasses. At first the passengers do not react; thinking that it must be some sort of practical joke. However, after a few minutes the engines start spooling up and the airplane, starts moving down the runway.

The passengers look at each other

with some uneasiness, whispering among themselves and looking desperately to the flight attendants for reassurance. Then the airplane starts accelerating rapidly and people begin panicking. Some passengers are praying, and as the plane gets closer and closer to the end of the runway, the voices are becoming more and more hysterical. Finally, when the airplane has less than 20 feet of runway left, there is a sudden change in the pitch of the shouts as everyone screams at once, and at the very last moment the airplane lifts off and is airborne.

Up in the cockpit, the co-pilot breathes a sigh of relief and turns to the Captain: *"You know, one of these days the passengers aren't going to scream, and we are gonna get killed!"*

Have A Good Flight

This is Captain Sinclair speaking. On behalf of my crew I'd like to welcome you aboard American Airlines flight 671 from Belize City to Miami. We are currently flying at a height of 35,000 feet midway across the Gulf of Mexico.

"If you look out of the windows on the starboard side of the aircraft, you will observe that both the starboard engines are on fire.

"If you look out of the windows on the port side, you will observe that the port wing has fallen off.

"If you look down towards the Gulf of Mexico, you will see a little yellow life raft with three people in it waving at you.

"That's me your captain, the co-pilot, and one of the air stewardesses. This is a recorded message. Have a good flight!"

What Just Happened

A military cargo plane, flying over a populated area, suddenly loses power and starts to nose down. The pilot tries to pull up, but with all their cargo, the plane is too heavy. So he yells to the soldiers in back to throw things out to make the plane lighter. They throw out a pistol. *"Throw out more!"* shouts the pilot. So they throw out a rifle. *"More!"* he cries again. They heave out a missile, and the pilot regains control.

He pulls out of the dive and lands safely at an airport. They get into a

jeep and drive off. Pretty soon they meet a boy on the side of the road who's crying. They ask him why he's crying and he says **"A pistol hit me on the head!"**

They drive more and meet another boy who's crying even harder. Again they ask why and the boy says, **"A rifle hit me on the head!"**

They apologize and keep driving. They meet a boy on the sidewalk who's laughing hysterically. They ask him, *"Kid, what's so funny?"* The boy replies, **"I sneezed and a house blew up!"**

Half Off Tickets

Tropic Air recently introduced a special half fare for all wives who accompanied their husbands on business trips.

Expecting valuable testimonials, Tropic Air's PR department sent out

letters to all the wives of businessmen who had used the special rates, asking how they enjoyed their trip.

Letters are still pouring in asking, *"What trip?"*

What Did He Say

An elderly couple were driving across the country. The woman was driving when she got pulled over by the highway patrol. The officer said, *"Ma'am did you know you were speeding?"*

The woman, hard of hearing, turned to her husband and asked, *"What did he say?"*

The old man yelled, *"He says you were speeding!"*

The patrolman said, *"May I see your license?"*

The woman turned to her husband

once again and asked, *"What did he say?"*

The old man yelled, *"He wants to see your license!"*

The woman gave the officer her license. The patrolman then said, *"I see you are from Arkansas. I spent some time there once and went on a blind date with the ugliest woman I've ever seen."*

The woman turned to her husband and asked, *"What did he say?"*

The old man yells, *"He said he thinks he knows you!"*



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Ayala Sentenced To Twelve Years In Jail

SAN IGNACIO TOWN, Cayo District, Wednesday, December 31 , 2014:

Four men and a minor were arrested for the possession of a controlled drug.

On Wednesday, December 31, 2014 at about 8:20 am, police conducting routine patrol in the area of Stanton Street in San Ignacio Town, noticed a suspicious male person at a garage standing by a blue plastic drum. As they approached the garage the said male person went inside the storeroom, while the others waited outside.

Police then informed the group that they will be conducting a search for drugs. The men were all searched and immediately after the blue drum was searched and found to contain some loose green leafy substance which was suspected to be cannabis.

Police conducted a search of the premises where they came across more suspected cannabis on top of the garbage, about 7 feet away on the ground they found some more loose substance, also, 2 feet away, in a brownish plastic container, when opened in their presence revealed yet some more green leafy substance.



David Ayala

The group of men were escorted to the San Ignacio police station where they were identified as **David Ayala**, 33, Belizean mechanic, **Marcus Melendez**, 32, Belizean driver, **Leroy Supal**, 22, Belizean driver, **Jason Guzman**, 22, Belizean driver and a 17 year old minor.

The suspected cannabis was weighted in their presence amounting to a total of 442grams. They were all charged jointly with the possession of a controlled drug. Ayala pled guilty and was sentenced to 12 years imprisonment.



Jason Guzman



Leroy Supal



Marcus Melendez

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Insomnia

Insomnia, or sleeplessness, is a sleep disorder in which there is an inability to fall asleep or to stay asleep as long as desired. While the term is sometimes used to describe a disorder demonstrated by polysomnographic or actigraphic evidence of disturbed sleep, this sleep disorder is often practically defined as a positive response to either of two questions: *"Do you experience difficulty sleeping?"* or *"Do you have difficulty falling or staying asleep?"*

Insomnia is most often thought of as both a medical sign and a symptom that can accompany several sleep, medical, and psychiatric disorders characterized by a persistent difficulty falling asleep and/or staying asleep or sleep of poor quality. Insomnia is typically followed by functional impairment while awake. Insomnia can occur at any age, but it is particularly common in the elderly. Insomnia can be short term (*up to three weeks*) or long term (*above 3–4 weeks*); it can lead to memory problems, depression, irritability and an increased risk of heart disease and automobile related accidents.

Those who are having trouble sleeping sometimes turn to sleeping pills, which can help when used occasionally but may lead to substance dependency or addiction if used regularly for an extended period.

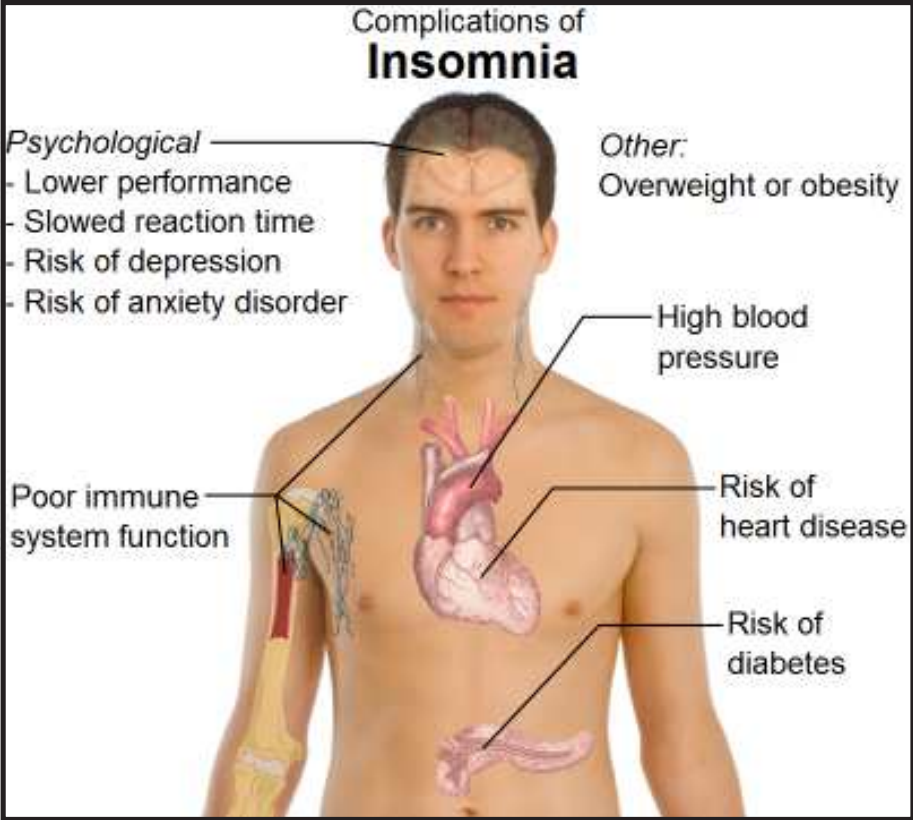
Insomnia can be grouped into primary and secondary, or comorbid, insomnia. Primary insomnia is a sleep disorder not attributable to a medical, psychiatric, or environmental cause. It is described as a complaint of prolonged sleep onset latency, disturbance of sleep maintenance, or the experience of non-refreshing sleep. A complete diagnosis will differentiate between free-standing primary insomnia, insomnia as secondary to another condition, and primary insomnia co-morbid with one or more conditions.

Types of insomnia

Insomnia can be classified as transient, acute, or chronic.

Transient insomnia lasts for less than a week. It can be caused by another disorder, by changes in the sleep environment, by the timing of sleep, severe depression, or by stress. Its consequences – sleepiness and impaired psychomotor performance – are similar to those of sleep deprivation.

Acute insomnia is the inability to consistently sleep well for a period of less than a month. Insomnia is present when there is difficulty initiating or maintaining sleep or when the sleep that is obtained is non-refreshing or of poor quality. These problems occur despite adequate opportunity and circumstances for sleep and they



must result in problems with daytime function. Acute insomnia is also known as short term insomnia or stress related insomnia.

Chronic insomnia lasts for longer than a month. It can be caused by another disorder, or it can be a primary disorder. People with high levels of stress hormones or shifts in the levels of cytokines are more likely than others to have chronic insomnia. Its effects can vary according to its causes. They might include muscular fatigue, hallucinations, and/or mental fatigue. Chronic insomnia can cause double vision.

Patterns of insomnia

Symptoms of insomnia:

- *difficulty falling asleep, including difficulty finding a comfortable sleeping position
- *waking during the night and being unable to return to sleep
- *feeling unrefreshed upon waking
- *daytime sleepiness, irritability or anxiety

Sleep-onset insomnia is difficulty falling asleep at the beginning of the night, often a symptom of anxiety disorders. Delayed sleep phase disorder can be misdiagnosed as insomnia, as sleep onset is delayed to much later than normal while awakening spills over into daylight hours.

It is common for patients who have difficulty falling asleep to also have nocturnal awakenings with difficulty returning to sleep. Two thirds of these patients wake up in middle of the night, with more than half having trouble falling back to sleep after a middle of the night awakening.

Early morning awakening is an awakening occurring earlier (*more than 30 minutes*) than desired with an inability to go back to sleep, and before total sleep time reaches 6.5 hours. Early morning awakening is often a characteristic of depression.

Causes and comorbidity

Symptoms of insomnia can be caused by or be co-morbid with:

- *Use of psychoactive drugs (such

as stimulants), including certain medications, herbs, caffeine, nicotine, cocaine, amphetamines, methylphenidate, aripiprazole, MDMA, modafinil, or excessive alcohol intake.

- *Withdrawal from anti-anxiety drugs such as benzodiazepines or pain-relievers such as opioids.

- *Previous thoracic surgery.

- *Heart disease.

- *Deviated nasal septum and nocturnal breathing disorders.

- *Restless legs syndrome, which can cause sleep onset insomnia due to the discomforting sensations felt and the need to move the legs or other body parts to relieve these sensations.

- *Periodic limb movement disorder (PLMD), which occurs during sleep and can cause arousals of which the sleeper is unaware.

- *Pain, an injury or condition that causes pain can preclude an individual from finding a comfortable position in which to fall asleep, and can in addition cause awakening.

- *Hormone shifts such as those that precede menstruation and those during menopause.

- *Life events such as fear, stress, anxiety, emotional or mental tension, work problems, financial stress, birth of a child and bereavement.

- *Gastrointestinal issues such as heartburn or constipation.

- *Mental disorders such as bipolar disorder, clinical depression, generalized anxiety disorder, post traumatic stress disorder, schizophrenia, obsessive compulsive disorder, dementia, and ADHD

- *Disturbances of the circadian rhythm, such as shift work and jet lag, can cause an inability to sleep at some times of the day and excessive sleepiness at other times of the day.

Chronic circadian rhythm disorders are characterized by similar symptoms.

- *Certain neurological disorders, brain lesions, or a history of traumatic brain injury.

- *Medical conditions such as hyperthyroidism and rheumatoid arthritis.

- *Abuse of over-the counter or prescription sleep aids (**sedative or depressant drugs**) can produce rebound insomnia.

- *Poor sleep hygiene, e.g., noise or over-consumption of caffeine.

- *A rare genetic condition can cause a prion-based, permanent and eventually fatal form of insomnia called fatal familial insomnia.

- *Physical exercise. Exercise-induced insomnia is common in athletes in the form of prolonged sleep onset latency.

Sleep studies using polysomnography have suggested that people who have sleep disruption have elevated nighttime levels of circulating cortisol and adrenocorticotrophic hormone They also have an elevated metabolic rate, which does not occur in people who do not have insomnia but whose sleep is intentionally disrupted during a sleep study. Studies of brain metabolism using positron emission tomography (PET) scans indicate that people with insomnia have higher metabolic rates by night and by day. The question remains whether these changes are the causes or consequences of long-term insomnia.

Treatment

It is important to identify or rule out medical and psychological causes before deciding on the treatment for insomnia. Cognitive behavioral therapy (CBT) *"has been found to be as effective as prescription medications are for short-term treatment of chronic insomnia. Moreover, there are indications that the beneficial effects of CBT, in contrast to those produced by medications, may last well beyond the termination of active treatment."* Pharmacological treatments have been used mainly to reduce symptoms in acute insomnia; their role in the management of chronic insomnia remains unclear. Several different types of medications are also effective for treating insomnia. However, many doctors do not recommend relying on prescription sleeping pills for long-term use. It is also important to identify and treat other medical conditions that may be contributing to insomnia, such as depression, breathing problems, and chronic pain.



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Your Weekly Horoscope and Lucky Numbers

ARIES:

March 22 to April 20

Let technology work for you instead of vice-versa on Monday. (*Hint: Know when to turn off the phone or step away from the screen!*) Home and your emotional center are of primary importance over the next few days. You'll need to get sorted out in your surroundings and your heart before you can turn your energies outward again. And don't delay — you won't want to miss the activity and adventure that await around Thursday and Friday! Get outside — you don't need a plan! And this weekend you might feel picky, but if you let it go a little, you'll find a lot to love. **Lucky numbers: 13, 28, 47.**

TAURUS:

April 21 to May 21

Build some variety into your day (*or evening*) on Monday. The same-old, same-old is gonna leave you cold now, but a little spice gives a big mental spark. If you wanna be a homebody, the next couple of days are perfect for that. Then seeing eye-to-eye with others could be tough around Thursday and Friday, whether at work or in your personal life. Concerted efforts toward listening — and understanding — are required. Then it's your heart that's sending off sparks when the weekend comes. Whether you're part of a couple or looking for romance, the way to heat things up is to say what's on your mind! **Lucky numbers: 09, 35, 42.**

GEMINI:

May 22 to June 21

The more, the merrier for you on Monday — the more people you meet, the more conversations you have, the more new stuff you find along the way to feed into the ol' brain (*which is working extra splendidly now, by the way*). Then you might be feeling a little less than generous or a little bit jealous over the next few days. It's not the greatest look on you, so find the real issue and address it promptly! Then around Thursday, Friday and Saturday, lighten up and live life to the hilt — it's party time, if the stars have their say. But Sunday requires a little more thinking things through. **Lucky numbers: 63, 77, 95.**

CANCER

June 21 to July 21

Beware of the dreaded unintended 'reply all' and similar foot-in-mouth slip-ups on Monday. You can get your ideas (*and innuendos, and invitations*) across way better over the next few days, when you're extra compelling — and extra hot! Don't be scared to leave your shell behind, shed an inhibition (*ortwo*) and go after what

you want. But you're a little impaired in the decision-making department around Thursday and Friday — what seems like a fantastic idea now could make for problems later. Get some advice and reassess this weekend. **Lucky numbers: 17, 23, 55.**

LEO:

July 24 to August 21

A little more conversation, a little less action pays off on Monday. Get input and get ready to make a more informed, more right-for-you move. And the cosmic energy facilitates this over the next few days, keeping you clear-headed and creative at the same time. Then your hottest days in a long time — maybe all year — are Thursday, Friday and Saturday. Roar! Old favorites, brand-spanking-new fun — anything goes now. And with you around, everything's great! Don't overlook the allure of a simple starlit evening! On Sunday, though, a practical matter needs your attention. **Lucky numbers: 59, 73, 88.**

VIRGO:

August 22 to September 21

Double-check that 'To' line before you hit 'Send' on Monday! Even you might be a little disorganized now — avoid big flub-ups. Getting things back in order is easier over the next few days, and don't neglect your social calendar now, either. Find the time for friends and do something new; it'll all inspire you! At the end of the workweek, circumstances may be less than ideal in some area of life, but there's another way. Entertain lots of options. And when the weekend comes, the stars are on your side, you fabulous thing! It's time to get the most out of life — and even love! **Lucky numbers: 31, 52, 90.**

LIBRA:

September 22 to October 23

You may be of two minds about something (*or someone*) on Monday. Talk it over, and not just on the surface level — how do you really feel? Then things tend to go off track over the next few days, but stressing isn't gonna help matters. While you're stuck waiting or wondering, you can still find fun. And when you do that, the other stuff seems to sort itself out! But you can (*and should*) take a more active role starting Thursday. Your life needs guidance now, and you'll want to especially welcome and shape what's new. If you want to just chill out, Sunday's the day. **Lucky numbers: 03, 26, 44.**

SCORPIO:

October 24 to November 21

You'll need those amazing analytical powers of yours on Monday. Take all the info into account, then sort it out. Over the next

few days, though, get a little more touchy-feely — whether figuratively or literally! Things aren't so concrete now, and if you can set expectations aside and just explore, you'll free up the energy flow. Then while your spark is hot, you might try fitting in when it comes to a certain situation instead of standing out around Thursday or Friday. Consider it going undercover! This weekend's perfect for friends, projects and fun plans — and you don't have to think too big. **Lucky numbers: 11, 30, 58.**

SAGITTARIUS:

November 22 to December 21

Seeing things as they are — instead of according to preconceptions or others' projections — keeps you plenty busy on Monday. This vision, though, gives you a real advantage with the questions coming up over the next few days. Get someone else in on looking for answers to make it more interesting, funnier and more fun. Then around Thursday, Friday and Saturday, make the most of what life has to give — and that's a lot right now! Don't waste these beautiful days and hot nights. There's plenty of time starting Sunday for tidying up and chilling out. **Lucky numbers: 66, 75, 81.**

CAPRICORN:

December 22 to January 20

Figure out the emotional angle behind your reactions as the week gets going. Heart and mind are especially intertwined now, even if you think you're being completely logical! A friend who really gets you can shed some light on the situation — providing you explain it thoroughly. Then someone may be calling on you for some help around Thursday and

Friday. You should absolutely engage empathetically and do what you can, but know when they're asking too much, too. And your ideas for this weekend can turn out even better than you'd hoped. Get your favorite people on board, have fun and bond! **Lucky numbers: 279, 85, 99.**

AQUARIUS:

January 20 to February 18

Your unique approach outshines others' same old stuff on Monday. Show your spark! Then health and home need taking care of over the next few days. You might be crazy-busy, but fit in exercise and keep your abode in order, too — physical well-being and surroundings have lots of emotional and mental impact now. And starting Thursday and lasting through the weekend, relationships look very interesting. Figuring out where they're coming from, where you're at and how the two intersect — or when they don't — might be a challenge, but it's a super-rewarding one to undertake. **Lucky numbers: 05, 20, 69.**

PISCES:

February 20 to March 21

Practical stuff isn't where your head's at as the week gets going, not to mention your heart! Good thing you're so persuasive — you can get help with the concrete stuff in exchange for your creative thinking or sheer entertainment value. With the right partner right now, there's really nothing you can't do! Follow your ideals until sometime Thursday, when, if you don't get in touch with reality, it's gonna give you a major wake-up call. Everything's interconnected, and if you'll only look from now through the weekend, the stars give you insight about how. **Lucky numbers: 15, 40, 83.**

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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, **MICHAEL CANTO** is applying for a **PUBLICAN SPECIAL** liquor license for the year 2015 to operate **Maya Bar** located in San Antonio Village, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **JOSEPH BRADLEY** is applying for a **SHOP** liquor license for the year 2015 to operate **Santiago Castillo Ltd** located on 55 Eve St. 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, **CLARIXA MORAZAN** is applying for a **NIGHT CLUB** liquor license for the year 2015 to operate **Latin Blizz** located on George Price Blvd, Benque Viejo, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **CARLOS ALARCON & AMINDA CRESPO** is applying for a **PUBLICAN SPECIAL** liquor license for the year 2015 to operate **Royal Bar and Entertainment** located on 11 Cemetery Road, Salvapan, Belmopan City.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **ORLANDO MADRID** is applying for a **MALT & CIDER** liquor license for the year 2015 to operate **Sandal Restaurant and Bar** located in Cristo Rey Village, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **PHILIP VALDEZ** is applying for a **MALT AND CIDER** liquor license for the year 2015 to operate **Tolacca Smokehouse** located in Cristo Rey Village, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **REMIGIO TZIB** is applying for a **RESTAURANT** liquor license for the year 2015 to operate **Pine Ridge Lodge** located in Mountain Pine Ridge, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **MADELINE REYNOLDS** is applying for a **MALT AND CIDER** liquor license for the year 2015 to operate **Lower Dover Field Station Ltd.** located in Unitedville Village, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **MAGALI AREVALO** is applying for a **NIGHT CLUB** liquor license for the year 2015 to operate **Magali Beer Parlour** 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, **ERVA ESPAT** is applying for a **RESTAURANT** liquor license for the year 2015 to operate **Erva's Restournat** located on West Street San Ignacio Town, Cayo District.

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, **RENE WRIGHT** is applying for a **NIGHT CLUB** liquor license for the year 2015 to operate **Sun Set Bar** located in Savannah Area, 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, **CELINA** is applying for a **BEER** liquor license for the year 2015 to operate **Celina's Super Store** located on Burns Avenue, 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, **DANIEL SILVA** is applying for a **RESTAURANT** liquor license for the year 2015 to operate **Cahal Pech Village Resort** located in 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, **MARIANA GALVEZ** is applying for a **NIGHT CLUB** liquor license for the year 2015 to operate **La Ninfa's de Mariana's** located on 23 Back st. San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **CHUN PING** is applying for a **CONVENIENCE** liquor license for the year 2015 to operate **Chun Ping Shop** located in Santa Familia Village, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **DIANA ASKARI AND JAMES BEVIS** is applying for a **PUBLICAN SPECIAL** liquor license for the year 2015 to operate **Bamboo Bar and Grill** located in Savannah Area, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **JUAN AND CESAR RAMIREZ** is applying for a **RESTAURANT AND BAR** liquor license for the year 2015 to operate **Guanacaste Restaurant and Bar** located in Blackman Eddy, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **RONALD CASTAGNEO** is applying for a **RESTAURANT** liquor license for the year 2015 to operate **Macaw Bank Jungle Lodge** located on Cristo Rey Rd, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **JORDAN BAGGOTT AND DELROY LOGAN** is applying for a **PUBLICAN SPECIAL** liquor license for the year 2015 to operate **Perla's Bar and Grill** located on Wyatt St. San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **LINDFORD ROSADO** is applying for a **NIGHT CLUB** liquor license for the year 2015 to operate **Thirsty Thursday** located in San Ignacio, Cayo District.



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Mexico Police Held Over Abduction Of Journalist Sanchez

Colleagues of **Moises Sanchez** think the state may have colluded in his kidnapping

Thirteen municipal police officers are being held in the eastern Mexican state of Veracruz over the kidnapping of a journalist on 2 January.

Moises Sanchez was abducted



from his home by armed men on 2 January.

Mr Sanchez works for a newspaper in the city of Medellin and is known for his coverage of drug-related violence.

The arrests come amid a series of horrific disappearances and murders in which the security forces are alleged to be involved.

Mexicans have taken to the streets almost daily in support of 43 students

who disappeared in the state of Guerrero on 26 September.

The case, in which municipal officers confessed to handing the students over to a local drug gang who are believed to have killed them, has shone a spotlight on allegations of widespread collusion between the

police and organised crime.

A demonstrator sprays the number 43 onto the hood of a car belonging to congressman Jorge Salgado during a protest in Chilpancingo on 7 January, 2015

Outrage about the disappearance of 43 students on 26 September continues to be widespread and raw.

Colleagues and friends of Mr Sanchez also voiced their concern

that the security forces were involved in his abduction, holding up signs saying *"It was the state"* at a demonstration in the town of Xalapa on Wednesday.

Prosecutors said forensic tests were being carried out on a body found in a nearby village to establish if it could be that of Mr Sanchez.

Costa Rica Boat Accident Kills Three Elderly Tourists

Continued From Page 5
to take water on, apparently on the right side," said **Todd Olson**, a tourist from the American state of Kansas.

"Within a minute it was flipped. Very fast, shocking," he added.

Vice-President **Ana Helena Chacon** said 106 people had been rescued. She praised the work of the lifeguards, security ministry and the Red Cross.

Earlier reports said two tourists were missing, but Ms Chacon said all the passengers and crew, with the exception of the three casualties, had been accounted for.

Mexico's National Commission on Human Rights (**CNDH**) says 97 journalists have been killed in Mexico in connection with their work since 2010.

According to the CNDH, Veracruz is among the most dangerous Mexican states for journalists to work in.

"It's a sad day for our country, that receives so many tourists," she said.

The British Foreign Office said it a statement: *"We are aware of an incident on a boat off the coast of Costa Rica involving British nationals. We are in close contact with local authorities and are providing consular assistance."*

The Central American nation is considered one of the safest and most popular tourist destinations in Latin America.

Some 2.4 million foreign tourists - most of them from the US - visited the country in 2013, according to Costa Rica's Tourism Board.

row and Michael Finnegan. That's pretty elite company, and here's how he and his supporters.

But on this night, that forethought was lost in the bellow of noisemakers and the drenching rain as the Prime Minister gave himself to the crush and chaos of victory once again even as he strode out gingerly clutching a cane, it's clearly a feeling he has come to savor, and one that even a bad back won't stop him from trying to recapture.

*Stand Tall
 Be Courageous
 Never Give up*

Omar Figeroa Wins Historic Landslide

Continued From Front Page
 comfortable 18 - 13 majority. And for Omar Figeroa, he now enters the House as one of only three representatives on either side with more than 65% of the vote in his division. The other two are **Dean Bar-**



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