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No. 431

Sunday, March 1, 2015

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BDF CORPRAL AND WIFE SENTENCED

BILLY WHITE VILLAGE, Cayo, Monday, 23 February, 2015:

A couple from Billy White village was separately sentenced to 5 years imprisonment.

The incident happened on Thursday, 22 December, 2011, when personnel from the Special Branch department conducted a house search at the residence of **Gerald August**, 34 year old Belizean BDF Corporal. Present at the time along with August was his wife, **Loida August**, 24 year old Belizean Domestic of the same address.

During the search police found a black Pietro Beretta .9 pistol with the serial number tampered with, which was found inside a box with clothes. Upon further checks of the house,



Gerald August, 34



Loida August, 24

police led to the discovery of six Sellier and Bellot 12 gauge cartridges under the sewerage bowl behind the kitchen area along with one 5.56 magazine with twenty-seven (27) 5.56 rounds of ammunition and 3 metal clips each containing ten live 5.56 rounds in a black plastic bag that was buried 6 inches and covered with two pieces of board.

They were both

**Continues On
Page 15**



COBY ENTERTAINMENT / DJ CHE PROMOTIONS AND PRINCESS CASINO NEXT LOUNGE









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Mckoy Five Years Behind Bars

**Story On
Page 15**



Carlton Mckoy, 17

Public Health Notice: Measles Advisory

Belmopan. February 25th, 2015:
The Ministry of Health has been advised by the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC) of an outbreak of Measles at the Disneyland Resort in

air droplets when an infected person coughs or sneezes. Although Measles remains prevalent in many parts of the world, Belize has been free from the disease since 1991. In order to maintain our Measles free status, the recommended and most

public and NHI health facilities free of cost to the public. We also collaborate with the private sector health facilities to ensure availability of the vaccines.
The MMR vaccines have been prequalified and approved by the World Health Organization (WHO) and the Pan American Health Organization (PAHO).

The Ministry of Health has conducted numerous vaccination campaigns against Measles and active surveillance continues.
The public is asked to report any signs or symptoms of the disease to the nearest health facility in your area or the Ministry of Health in Belmopan at 822-2325/2363.
“A Health and Wellness Message from Your Ministry of Health”



California in the United States of America (USA). In addition, cases are being reported in Canada and one case related to the Disneyland outbreak has been reported in Mexico.
Measles is a contagious disease characterized by fever, rash, runny nose and red eyes. It spreads through

cost-effective public health approach is to advise persons to get vaccinated with the Measles-Mumps-Rubella (MMR) vaccine.
In Belize, vaccination coverage against measles has been greater than 95% over the last 10 years. The measles vaccine is available throughout the country in all

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La Ruta Maya Belize Canoe Race

The annual Ruta Maya Canoe Race brings together professional and amateur paddlers from Central and North America and Europe every March. Picture Above, government telephone company team at 2012 race.

The annual La Ruta Maya Belize Endurance Canoe race is the longest race of its kind in Central America. One hundred and seventy miles of paddling on the Belize River over the course of 4 days. The race gets underway in San Ignacio Town Cayo District just under the Hawksworth Bridge. Between 90 and 100 teams from Belize, U.S.A., Canada, Japan, the U. K. and other countries participate.

Starting at 7 in the morning, the paddlers are challenged by rapids, low areas that require them to physically carry their canoes for short distances as well as winds as they near the Caribbean Sea.

The start of the race sees hundreds of locals and visitors trooping to the banks of the Macal River – a beautiful sight in the early morning mist. A local marimba band is in attendance and paddlers take



last-minute practice runs and swap tips about tricky spots on the river to avoid.

Everyone is welcomed, from pros intent on winning to those just wishing to be in the race for recreation.

The race was the idea of a local fruit juice company, Cayo Tropical Fruits that sponsored and organized the race from its inception. But in 2014 on the 16th anniversary of the race, it fell under the patronage of the local beer monopoly, Belikin. Canoe teams are sponsored by various businesses and educational institutions. The winning teams are the best trained and equipped. Kevlar appears to be the material of choice for canoes. But many canoes are carved or made from exotic hardwoods.

The La Ruta Maya River Challenge has now become a major public and tourist attraction especially as March 9th Baron Bliss Day is a Public and Bank Holiday. The race rivals other Belize Sailing events such as the Baron Bliss Harbour Regatta. The event is open to the general public and



everyone is invited to to enjoy the fun filled days with food, live entertainment, games, prizes and of course close up of views of the action as the race passes populated areas.

The annual Ruta Maya Belize Canoe Race brings together professional and amateur paddlers from Central and North America and Europe every March.

The annual Ruta Maya Canoe Race brings together professional and

amateur paddlers from Central and North America and Europe every March.

All teams consist of three members

who must be aboard the canoe at the start of the race and no substitutions are allowed once the race has started. The race is divided into the following classes. Male, Female, Mixed (**male and female**), Masters (**over 40 years of age**) and may include mix of male and female. Open canoes with a maximum length of 20 feet constructed of any material and by any method are allowed to compete. For safety reasons the canoe must provide at least 25 pounds of buoyancy when swamped. Propulsion is manual, human muscle powered with single blade paddles only. Timing for determining a winner is on an elapsed time basis.

Many locals and tourists intercept the race along strategic observation points on the river bank. Villages along the route, such as Burrel Boom hold fairs and open markets with music and other entertainment during the race. The country's first colonial settlements started on the banks of the Belize River as this was the main means of transport in days past.

The Cayo Boats that steamed up and down the river between San

Ignacio and Belize City on the Caribbean Sea would take up a week for a journey up the river – stopping at various settlements to trade or let off and pick up passengers. The river also served to transport the many thousands of exotic hardwood trees such as mahogany which were exploited by the British colonizers. The trees were cut down, then floated down the river and trapped by heavy chains called “booms” where they were collected before continuing their journey to Belize City to be sent off to England. One such place was Burrel Boom, a village of great beauty in the Belize District.

Awards to the racers are issued at the official ceremonies which take place around midday in Belize City which is the final leg of the race. All the winners are presented with cash and trophy awards and honored for their hard work.

Belize Ruta Maya Race Schedule

Day 1 – Race starts in San Ignacio, Cayo District (**at 7:00 a.m.**); ends in Banana Bank, Belize District.

Day 2 – Race starts in Banana Bank (**at 6:30 a.m.**); ending in Double Head Cabbage, Belize District.

Day 3 – Race starts in Double Head Cabbage (**at 8:00 a.m.**); ending in Burrel Boom, Belize District.

Day 4 – Race starts in Burrel Boom (**at 9:00a.m.**); ending at Belchina Bridge “Finish Line” in Belize City.

*Stand Tall ,
Be
Courageous,
Never
Give up!!!*



[illegible]

Guatemala Ex-President Alfonso Portillo Freed From US Jail

Former Guatemalan President **Alfonso Portillo** has been released from a U.S. prison after serving a nearly six-year sentence for taking \$2.5 million in bribes from Taiwan and laundering funds through U.S. banks, a prison official confirmed Wednesday.

Portillo was sentenced to five years, 10 months in prison by U.S. District Judge **Robert Patterson** in New York last May. At the time, he had already served more than four years in jail since his arrest in 2010.

He is expected to arrive in Guatemala later on Wednesday.

The 63-year-old, who served as president of Guatemala from 2000 to 2004, was extradited to the United States in May 2013 after a years-long fight in Guatemala's courts, which had cleared the former president on embezzlement charges.

U.S. authorities initially accused Portillo of laundering tens of millions of dollars embezzled from the Guatemalan government, including \$2.5 million provided by Taiwan's

embassy in the Central American nation for books for school libraries.

Last March, Portillo pleaded guilty to a charge of money laundering conspiracy. But he claimed the \$2.5 million was actually a bribe from Taiwan in exchange for Guatemala's continued diplomatic recognition.

China maintains that Taiwan should not be recognised as an independent country because it is part of China. The two have been governed separately since the Communists won China's civil war in 1949. The Nationalists fled across a 110-mile-wide strait to Taiwan.

Only 22 countries maintain diplomatic relations with Taiwan, including the tiny Pacific island states of Nauru and Palau, as well as Vatican City, Paraguay, Panama, Haiti, Nicaragua and Belize.



Alfonso Portillo at the United Nations General Assembly in 2001

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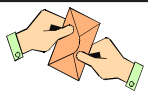
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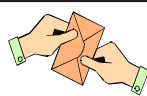


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Readers Write



How to Keep Your Lips Zipped

BY: Karen Ehman

"Set a guard, O LORD, over my mouth; keep watch over the door of my lips!" Psalm 141:3 (ESV)

I still remember the first time I witnessed the power of zipped lips.

Sitting around my tiny dorm room with a group of girls in college, the topic of someone else on campus came up. One by one, everyone chimed in and shared their opinion about this person.

That is, everyone but my roommate. She sat silently on the bed, staring out the window. Even when another girl asked directly, **"Don't you think so, too?"** she said nothing.

Finally, someone asked if she was listening. Her reply was classic. **"Oh, yes. I am listening all right. And I don't think I have anything to say. We shouldn't be talking like this behind her back."**

The silence that followed was deafening. But I learned a good lesson.

My roommate was right. None of us would want others to talk about us, so why were we so eager to talk? Yes, perhaps the most effective way to avoid gossip is to simply keep our lips zipped. And if you want another powerful tool to do that, you might try what I started doing a few years back.

Make a Promise; Keep a Commitment

Years ago, I received a call from someone wanting to know if I'd read the newspaper that day. I hadn't.

But I didn't need to see it, because the caller then related all the details about a news story from the small town where I lived at the time. They asked if I knew a person mentioned in the article — who'd just been arrested for a horrific offense.

I did know the person. A close relative of theirs was a friend. My heart ached as I imagined what my friend might be experiencing since she was totally blindsided by the situation. Soon my phone started ringing and I heard the computer alerting me to new email messages.

Knowing it was wrong to talk about

this situation, I chose not to pick up the phone and ignored the emails for fear someone might mention the incident to me. I wanted so much to honor God — and my friend — and avoid gossiping about this situation. It was then that I felt God nudge me, saying, **"Really? Then tell her that."**

So I sent my friend a text. I said she was loved and treasured, that I could not imagine what she was going through, and then added this note: **"I just want you to know that I will not be talking about this situation to anyone other than God. Please let me know how I can pray for you. And if you want to talk or need anything at all, call or text me. We love you."**

I wanted (*and needed!*) the Lord to help me refrain from idle talk about what was happening to this family. The author of Psalm 141:3, today's key verse, obviously need the same help when he wrote: **"Set a guard over my mouth, LORD; keep watch over the door of my lips."**

By contacting my friend and making a direct commitment to her, I felt like I had set a **"guard over my mouth."** And if I ever felt tempted to bring up the situation, I zipped my lips before any words emerged. I simply would not go back on a promise to a friend or to God. Making this commitment to my friend was life-changing. Because I promised her I would not gossip, I didn't. (*Thank God for that!*)

If someone else brought up the situation, I said I'd promised my friend not to discuss the situation with anyone besides her and God. The promise helped me refrain from gossiping, and encouraged a few other people to do the same.

In our gossip-rich culture, the choice to remain silent will be hard. But like the psalmist, we can ask God for help, knowing He'll be a faithful guard over the door of our lips.

Lord, help me honor You with my words. Please set a guard over my mouth when I'm tempted to say something that will hurt You and someone else. In Jesus' Name, Amen.

Keep Laughing

Contributed By: Janice Swift

Let us head back to 1 Peter 1:5-7 again today. Something tells us we could all continue to use the encouragement of Peter's words, especially the advice we will focus on today.

1 Peter 1:5-7, said:

"Who are kept by the power of God through faith for salvation ready to be revealed in the last time. In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ."

Regardless of what you may be going through today, you need to rejoice. Peter says in verse 6, In this you greatly rejoice, even if for a season you are experiencing various

trials.

Friend, keep your sense of humor. It will help you outlast your trials.

I read a story once about a guy parachuting when the wind blew him onto a track where they were racing cars...not a good place to land in a parachute. He was trying to get his parachute off when another gust of wind came and started dragging him face first down the track.

He finally got the parachute off and stood up only to see a car racing towards him. He quickly jumped out of the way and said to himself, **"Man, I'm glad that's over!"** and turned to get off the track. As he did, he stepped in a hole and twisted his ankle.

That was just too much! Even in his pain, he just started laughing!

Keep your sense of humor. Even if you are going through the roughest patch you have ever been through.

Do not let your trials rob you of your joy.

**You never know how
Strong you are until being
Strong is the only choice
You have.** -Bob Marley

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Grace Primary Anglican School Students explore Belize’s Barrier Reef System on a visit to Hol Chan Marine Reserve

It is only when we look through the eyes of the next generation that we understand the importance of protecting what we have today. The Belize Coalition to Save our Natural Heritage transported 35 students of Grace Primary Anglican School from the concrete classroom to the underwater classroom of the Hol Chan Marine Reserve, which is part of the Belize Barrier Reef Reserve System on Wednesday, February 25. A glass bottom boat opened up the underwater world of the Belize Barrier Reef to the awe-filled students, whom for many the trip was the first to Belize’s offshore.

The exploration at Hol Chan Marine Reserve allowed students to

names of commonly known birds such as the Brown Pelican commonly known as Pelican and the Grey-tailed Grackle commonly known as Black Bird.

The trip was the 1competition the Coalition held under the theme *“Belize with a Properly Planned Oil Industry vs. an Improperly Planned OilIndustry”*. 1st place prize won by **Amber McKay** of Grace Primary Anglican School from an art

###

About the Belize Coalition to Save our Natural Heritage

The Belize Coalition to Save our Natural Heritage is a non-governmental organization with



see corals, nurse sharks, stingrays and fish. Unscheduled show of nature’s splendor happened on the return boat trip to Belize as a pod of dolphins performed, seemingly synchronized, drawing applause and thrill from the students. Their excitement only grew as the dolphins came only a few feet away from the boat to explore.

While on San Pedro Ambergris Caye, the Belize Audubon Society (BAS) introduced birding to students who were excited to learn the real

membership from organizations, businesses, institutions and individuals. We advocate for a properly planned oil industry that protects sensitive, economically important ecosystems, specifically the offshore and protected areas, as off-limits to oil exploration; and for an onshore oil industry that ensures equitable contribution of oil revenues, safeguards existing industries, jobs and livelihoods, adequately provides for oil spill contingency funding and planning.



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★ STAR HUMOR ★

Rest in Peace

One Sunday morning, the pastor noticed little **Alex** was staring up at the large plaque that hung in the foyer of the church. The plaque was covered with names, and small American flags were mounted on either side of it. The seven-year-old had been staring at the plaque for some time, so the pastor walked up, stood beside him and said quietly, **"Good morning, Alex."**

"Good morning, Pastor," replied

the young man, still focused on the plaque.

"Pastor McGhee, what is this?" Alex asked.

"Well, son, it's a memorial to all the men and women who have died in the service."

Soberly, they stood together, staring at the large plaque. Little Alex's voice was barely audible when he finally managed to ask, **"Which one, the 9:00 or 10:30 service?"**

Don't Think

A terrific explosion occurs in a gunpowder factory, and once all the mess has been cleared up, and inquiry begins. One of the few survivors is pulled up to make a statement.

"Okay Simpson," says the investigator, **"you were near the scene, what happened?"**

"Well, it's like this. Old Charley Higgins was in the mixing room, and I saw him take a cigarette out of his pocket

and light up."

"He was smoking in the mixing room?" the investigator said in stunned horror, **"How long had he been with the company?"**

"About 20 years, sir"

"20 years in the company, then he goes and strikes a match in the mixing room, I'd have thought it would have been the last thing he'd have done."

"It was, sir."

Better Than Einstein

At the conclusion of the sermon, the worshipers filed out of the sanctuary to greet the minister. As one of them left, he shook the minister's hand, thanked him for the sermon and said, **"Thanks for the message, Reverend. You know, you must be smarter than Einstein."** Beaming with pride, the minister said, **"Why, thank you, brother!"**

As the week went by, the minister began to think about the man's compliment. The more he thought, the more he became baffled as to why anyone would deem him smarter

than Einstein. So he decided to ask the man the following Sunday.

The next Sunday he asked the parishioner if he remembered the previous Sunday's comment about the sermon. The parishioner replied that he did. The minister asked: **"Exactly what did you mean that I must be smarter than Einstein?"**

The man replied, **"Well, Reverend, they say that Einstein was so smart that only ten people in the entire world could understand him. But Reverend, no one can understand you."**

A Problem With Teeth

This minister just had all of his remaining teeth pulled and new dentures were being made. The first Sunday, he only preached 10 minutes. The second Sunday, he preached only 20 minutes. But, on the third Sunday, he preached 1 hour 25 minutes.

When asked about this by some of

the congregation, he responded this way.

The first Sunday, my gums were so sore it hurt to talk.

The second Sunday, my dentures were hurting a lot.

The third Sunday, I accidentally grabbed my wife's dentures... and I couldn't stop talking!

Price of a Sermon

A man and his ten-year-old son were on a fishing trip miles from home. At the boy's insistence, they decided to attend the Sunday worship service at a small rural church. The father forgot to bring any cash, so he reached in his pocket and gave his son a dime to drop in the offering plate as it was passed.

As they walked back to their car after the service, the father complained. **"The service was too long,"** he lamented. **"The sermon was boring, and the singing was off key."**

Finally the boy said, **"Daddy, I thought it was pretty good for a dime."**

Old Bones

Some tourists in the Chicago Museum of Natural History are marveling at the dinosaur bones. One of them asks the guard, **"Can you tell me how old the dinosaur bones are?"**

The guard replies, **"They are 3 million, four years, and six months old."**

"That's an awfully exact number," says the tourist. **"How do you know their age so precisely?"**

The guard answers, **"Well, the dinosaur bones were three million years old when I started working here, and that was four and a half years ago."**

Kiss the Frog

Two old guys are playing tennis. At one point, the ball rolls into some bushes and, when one of the players goes to retrieve it, he is confronted by a frog claiming to be a beautiful princess who has been turned into a frog by a mischievous wizard. If the player will kiss her, the frog assures him, she will revert to her natural princess state and marry him, and they'll both live happily ever after.

The player pockets the frog and

returns to the game. After a bit, the frog, inside the player's pocket croaks, **"Sir, did you forget about me? I'm this beautiful princess, turned into a frog, if you kiss me . . ."** and so forth.

To which she receives the reply, **"Dear lady frog, I will be completely honest with you. I have reached the age at which I would rather have a talking frog than a new wife."**

Long Happy Life

A woman walked up to a little old man rocking in a chair on his porch. **"I couldn't help noticing how happy you look,"** she said. **"What's your secret for a long happy life?"**

"I smoke three packs of

cigarettes a day," he said. **"I also drink a case of whiskey a week, eat fatty foods, and never exercise."**

"That's amazing," the woman said. **"How old are you?"**

"Twenty-six," he said.

Where Are You Going

Grandma and Grandpa were sitting in their porch rockers watching the beautiful sunset and reminiscing about **"the good old days"**. Grandma turned to Grandpa and said, **"Honey, do you remember when we first started dating and you used to just casually reach over and take my hand?"**

Grandpa looked over at her, smiled and obligingly took her aged hand in his. With a wry little smile, Grandma pressed a little farther, **"Honey, do you remember how after we were engaged, you'd sometimes lean over and suddenly kiss me on the cheek?"**

Grandpa leaned slowly toward Grandma and gave her a lingering kiss on her wrinkled cheek. Growing bolder still, Grandma said, **"Honey, do you remember how, after we were first married, you'd kind of nibble on my ear?"** Grandpa slowly got up from his rocker and headed into the house. Alarmed, Grandma said, **"Honey, where are you going?"**

Grandpa replied, **"To get my teeth!"**

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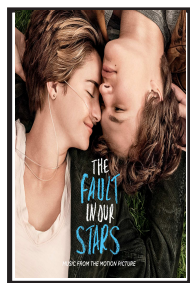


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Communal Livestock Holding Facility Handed Over To Cattle Producers In The Belize District

Belmopan. February 20, 2015:

A Communal Livestock Holding Facility in Willows Bank was officially handed over to cattle producers in the Belize River Valley area at a ceremony held on Wednesday, February 18, 2015.

Through the Global Climate Change Alliance (GCCA), the European Union in collaboration with the Government of Belize and United Nations Development Programme (UNDP) financed a three-year project “*Enhancing Belize’s Resilience to Adapt to the Effects of Climate Change*”.

Of the several components of that three-year project, there is Pilot 3: MNRA-CC: Food Security: Building Resilience among Cattle Producers of the Belize District, which included the construction of the livestock holding facility. The objective of this portion of the project is to help mitigate the impacts of climate change and reduce the vulnerability of the livestock industry for small and medium size livestock holders/local producers in the Belize District.

In order to achieve the project objective, farmers of the Belize River Valley Livestock Enterprise Association acquired a total of 50 acres of land. The construction of the facility was completed in January 2015. It is intended that the facility



(L -R) Mr. David Banner, beneficiary farmer; Mr. Andrew Harrison, project coordinator, Hon. Gaspar Vega, Mrs. Dianne Wade-Moore, UNDP Representative, and Hon. Edmond Castro



Communal Livestock Holding Facility in Willows Bank

Principal-Hate At Arms Of Love School

At the Arms of Love Primary School in San Ignacio Town - the charge is of maladministration not sexual misconduct. The parents say the Principal is deliberately difficult and they want her removed. A month ago, parents kept their kids home in protest. Since then, the ministry has gotten involved and the District Education officer.

Luis Carballo, thePrincipal Education Officer of the Cayo District said that the allegations against her was the way that she treated the parents and teachers. And, parents are concern because of the way the principal has been treating their children, that she shouts at them, sometimes pull them or argues with them or in a way that they feel it's not necessary. With some of the teachers, they believe that the principal treats them unfairly and sometimes shouts at them in the presence of other parents. Because of their frustration, it led to about 50% of the students not attending school for a period of time. The management side saw it fit at the time to put the

principal on administrative leavel, so that they can carry out an investigation with the parents, the teachers and students, to get to the bottom of the allegations

They are presently waiting the response from the management as to what the investigation on the allegations would either lead to a charge against the principal.

be used during times of flood or drought for a minimum of 90 days in the year. In order to ensure the sustainability of the facility it will be open to all farmers in order for them to weigh, fatten, and sell their animals. All services provided through the facility are expected to have a minimum cost.

Representatives of Government of Belize, UNDP, European Union, GCCA, Inter-American Institute for Cooperation on Agriculture, Belize Livestock Producers Association, farmers and other stakeholders were present at the ceremony. The keynote address was given by **Hon. Gaspar Vega**, Deputy Prime Minister and Minister of Natural Resources and Agriculture.

The Pilot 3 project is funded by the European Union at a cost of approximately BZE\$71, 500.00. It was implemented by the UNDP and executed by the Ministry of Natural Resources & Agriculture - Project Execution Unit.

AMS

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Bipolar Disorder

Bipolar disorder, also known as bipolar affective disorder (**and originally called manic-depressive illness**), is a mental disorder characterized by periods of elevated mood and periods of depression. The elevated mood is significant and is known as mania or hypomania depending on the severity or whether there is psychosis. During mania an individual feels or acts abnormally happy, energetic, or irritable. They often make poorly thought out decisions with little regard to the consequences. The need for sleep is usually reduced. During periods of depression there may be crying, poor eye contact with others, and a negative outlook on life. The risk of suicide among those with the disorder is high at greater than 6% over 20 years, while self harm occurs in 30–40%. Other mental health issues such as anxiety disorder and drug misuse are commonly associated.

The cause is not clearly understood, but both genetic and environmental factors play a role. Many genes of small effect contribute to risk. Environmental factors include long term stress and a history of childhood abuse. It is divided into bipolar I disorder if there is at least one manic episode and bipolar II disorder if there are at least one hypomanic episode and one major depressive episode. In those with less severe symptoms of a prolonged duration the condition cyclothymic disorder may be present. If due to drugs or medical problems it is classified separately. Other conditions that may present in a similar manner include drug misuse, personality disorders, attention deficit hyperactivity disorder, and schizophrenia as well as a number of medical conditions.

Signs and symptoms

Mania is the defining feature of bipolar disorder, and can occur with different levels of severity. With milder levels of mania, known as hypomania, individuals appear energetic, excitable, and may be highly productive. As mania worsens, individuals begin to exhibit erratic and impulsive behavior, often making poor decisions due to unrealistic ideas about the future, and sleep very little. At the most severe level, manic individuals can experience very distorted beliefs about the world known as psychosis. A depressive episode commonly follows an episode of mania. The biological mechanisms responsible for switching from a manic or hypomanic episode to a depressive episode or vice versa remain poorly understood.

Manic episodes

Mania is a distinct period of at least one week of elevated or irritable mood, which can take the form of

euphoria, and exhibit three or more of the following behaviors (**four if irritable**): speak in a rapid, uninterruptible manner, are easily distracted, have racing thoughts, display an increase in goal-oriented activities or feel agitated, or exhibit behaviors characterized as impulsive or high-risk such as hypersexuality or excessive money spending. To meet the definition for a manic episode, these behaviors must impair the individual's ability to socialize or work. If untreated, a manic episode usually lasts three to six months.



People with mania may also experience a decreased need for sleep, speak excessively in addition to speaking rapidly, and may have impaired judgment. Manic individuals often have issues with substance abuse due to a combination of thrill-seeking and poor judgment. At more extreme levels, a person in a manic state can experience psychosis, or a break with reality, a state in which thinking is affected along with mood. They may feel out of control or unstoppable, or as if they have been "**chosen**" and are on a special mission, or have other grandiose or delusional ideas. Approximately 50% of those with bipolar disorder experience delusions or hallucinations. This may lead to violent behaviors and hospitalization in an inpatient psychiatric hospital. The severity of manic symptoms can be measured by rating scales such as the Young Mania Rating Scale.

The onset of a manic (**or depressive**) episode is often foreshadowed by sleep disturbances. Mood changes, psychomotor and appetite changes, and an increase in anxiety can also occur up to three weeks before a manic episode develops.

Hypomanic episodes

Hypomania is a milder form of mania defined as at least four days of the same criteria as mania, but does not cause a significant decrease in the individual's ability to socialize or work, lacks psychotic features (*i.e.*, **delusions or hallucinations**), and

does not require psychiatric hospitalization. Overall functioning may actually increase during episodes of hypomania and is thought to serve as a defense mechanism against depression. Hypomanic episodes rarely progress to true manic episodes. Some hypomanic people show increased creativity while others are irritable or demonstrate poor judgment. Hypomanic people generally have increased energy and increased activity levels.

Hypomania may feel good to the person who experiences it. Thus, even when family and friends recognize mood swings, the individual will often deny that anything is wrong.

What might be called a "**hypomanic event**", if not accompanied by depressive episodes, is often not deemed as problematic, unless the mood changes are uncontrollable, volatile or mercurial. Most commonly, symptoms continue for a few weeks to a few months.

Depressive episodes

Signs and symptoms of the depressive phase of bipolar disorder include persistent feelings of sadness, anxiety, guilt, anger, isolation, or hopelessness; disturbances in sleep and appetite; fatigue and loss of interest in usually enjoyable activities; problems concentrating; loneliness, self-loathing, apathy or indifference; depersonalization; loss of interest in sexual activity; shyness or social anxiety; irritability, chronic pain (**with or without a known cause**); lack of motivation; and morbid suicidal thoughts. In severe cases, the individual may become psychotic, a condition also known as severe bipolar depression with psychotic features. These symptoms include delusions or, less commonly, hallucinations, which are usually unpleasant. A major depressive episode persists for at least two weeks, and may continue for over six months if left untreated.

The earlier the age of onset, the more likely the first few episodes are to be depressive. Because a bipolar diagnosis requires a manic or hypomanic episode, many patients are initially diagnosed and treated as having major depression.

Mixed affective episodes

In the context of bipolar disorder, a mixed state is a condition during which symptoms of both mania and depression occur at the same time. Individuals experiencing a mixed state may have manic symptoms such as grandiose thoughts while at the same time experiencing depressive symptoms such as excessive guilt or feeling suicidal. Mixed states are considered to be high-risk for suicidal behavior since depressive emotions such as hopelessness are often paired with mood swings or difficulties with impulse control. Anxiety disorder occurs more frequently as a comorbidity in mixed bipolar episodes than in non mixed bipolar depression or mania. Substance abuse (**including alcohol**) also follows this trend.

Causes

The causes of bipolar disorder likely vary between individuals and the exact mechanism underlying the disorder remains unclear. Genetic influences are believed to account for 60–80% of the risk of developing the disorder indicating a strong hereditary component. The overall heritability of the bipolar spectrum has been estimated at 0.71. Twin studies have been limited by relatively small sample sizes but have indicated a substantial genetic contribution, as well as environmental influence. For bipolar disorder type I, the (**probandwise**) concordance rates in modern studies have been consistently estimated at around 40% in identical twins (**same genes**), compared to about 5% in fraternal twins. A combination of bipolar I, II and cyclothymia produced concordance rates of 42% vs 11%, with a relatively lower ratio for bipolar II that likely reflects heterogeneity. There is overlap with unipolar depression and if this is also counted in the co-twin the concordance with bipolar disorder rises to 67% in monozygotic twins and 19% in dizygotic. The relatively low concordance between dizygotic twins brought up together suggests that shared family environmental effects are limited, although the ability to detect them has been limited by small sample sizes.

Genetic

Genetic studies have suggested that many chromosomal regions and candidate genes are related to bipolar disorder susceptibility with each gene exerting a mild to moderate effect. The risk of bipolar disorder is nearly ten-fold higher in first degree-relatives of those affected with bipolar disorder when compared to the general population; similarly, the risk of major depressive disorder is three times higher in relatives of those with bipolar disorder when compared to the general population.

Although the first genetic linkage

Continues On Page 14

Central American Karate Championships

The Belize Karate Federation, the national organization of Sport Karate Clubs, today began welcoming member nations of Central America to the Twentieth “**CARMELA DIAZ**” Central American Karate Championships CCONDEKA which kicks off tomorrow in San Ignacio, Cayo District.

Arriving this morning from Venezuela is global Karate Advocate and Karateca **Mrs. Carmela Diaz** who, along with Central America’s top female Karateca Selenia Campos, will conduct a workshop tomorrow morning on the evolving role and opportunities for Women in Sport. Carmela Diaz has made her mark over the decades for lobbying to get Karate as an Olympic sport which it will be as of the 2020 Olympics.

The BKF takes this opportunity to



acknowledge sponsorship by the Belize Olympic Committee and its donor agencies of a special training camp for the Belize Karate National Team in preparation for the weekend’s championship matches. Under top ranking coach **Sensei Gamaliel Perez** from El Salvador, building upon the fundamentals established over the past few months under National Team Coach **Sensei Leon Guild** and BSKC Sensei’s

Herman Pastor Jr. and David Diego. Some fifteen Belizean Athletes will represent Belize in Male and Female individual and team Kata (*form*) and Kumite (*sparring*).

The CCONDEKA championship matches begin on Friday at 9am at the Sacred Heart Auditorium in San Ignacio Town with the finals, continuing on Saturday February 28th invitation is extended to all family and friends of the Sport of

Karate to converge on Sacred Heart Auditorium and support Team Belize as it battles to keep the medals at home against teams from Costa Rica, El Salvador, Guatemala and Nicaragua.

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Western Spirit Cycling Team 2015



[Photo Caption]

The Western Spirit Team

Western Spirit’s Cycling Team consists of a group of athletes, service crew, managers, directors and coach. We work together to promote healthy lifestyle while representing the West with a well disciplined and professional Cycling Team. Our long lasting legacy is surrounded by well trained and talented athletes ranging from young riders to masters.

Western Spirit mini History

Western Spirit started 18 years ago as Hot-Rod 7018 Cycling Team. The Team started to grow very fast and the name was changed to Cayo Cycling Team. However, Cayo Cycling Team was dissolved by a longtime sponsor & supporter of the Team: Chaa Creek who also founded the Western Spirit Cycling Team. The new Western Spirit’s Team consists of all the riders from The Cayo Cycling Team with different service crew, managers, etc. This was the birth of a new cycling chapter in the Team’s legacy. We became a fear by other teams. We became dominant and Cayo’s name was ringing on the media. Every rider on the team had a family member riding alongside them. It is a brotherly Team. Today, that legacy lives on, to ride clean, treat all with respect and look out for each other. In the Cycling World, we are all one, united under the banner of Belize Cycling Federation.

Support Western Spirit

Western Spirit Cycling Team will start doing fund raising for the upcoming races this year. We are pleading to the general public to render your assistance to us. We will also conduct sporting events in the Twin Towns to incorporate your youths and kids as a positive drive for the youths.

We will be at the SHJC Business Expo on March 28, 2015 from 9 to 7 pm. Team shirts, caps, bumper stickers will be on sale. Also come take your picture with the team from 2 to 6 pm. Also come dunk your favourite cyclist or administrative member.

Support us in the upcoming races and feel free to join us on our face book page (Western Spirit Cycling Team). Also join us on Sports Monday Talk Show on the 16 February, 2015 and on Open Your Eyes on the 13 of March, 2015.

Western Spirit hereby takes this opportunity to thank our sponsors for the 2015-2016 Cycling Season:

- Tony Super Store
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- Belize Natural Energy (BNE)
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- Big Creek Group
- Banana Enterprises Limited Shipping Division
- PORT OF Big Creek
- BELAGRO Agriculture

Western Spirit Cycling Team Members

Athletes:	Managers, Service Crew:
Oscar Jr. Quiroz	Janeen Quiroz
Roger Troyer	Oscar Quiroz
Ron Vasquez	Rolly Waight
Tariq Cano	Geoffery Waight
Shane Vasquez	Daniel Cano
Liam Steward	Josephine Neal
Sean Howard	
Zamir Guerra	

Any Support to the Team Contact Us At:

- Shane Vasquez 623-6742 Tariq Cano 636-0702
- Roger Troyer 601-1878 Janeen Quiroz 6040324



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Your Weekly Horoscope and Lucky Numbers

ARIES:

March 22 to April 20

Think about what you're going to say, then pick up the phone and place the call. Taking the first few days of the week step-by-step is the best way to survive the frantic — albeit fun — times. Tuesday and Wednesday, if you find yourself flirting with someone, make yourself clear. This is also crucial on Thursday or Friday, but the people you'll be dealing with will most likely be family members and the tenor of the conversation might be difficult and emotionally charged. A different kind of charge — a blast of energy — lifts your weekend to great heights. **Lucky numbers: 03, 15, 24.**

TAURUS:

April 21 to May 21

Monday through Wednesday are not great days to make major decisions about the future of your cash. In the present tense, cash will be uncharacteristically flying out of your pockets. More than anything, you're spending money on entertaining ways to waste time. This is all well and good, but Thursday and Friday strike a deeper note — your close friends are in the picture, and it's been a while since you've caught up. Hanging out with someone and talking for hours is the best use of your Friday night. Saturday and Sunday, romance and art are prominent themes. **Lucky numbers: 39, 41, 53.**

GEMINI:

May 22 to June 21

It's not raining, it's pouring the first half of the week — metaphorically, at least. You were in the mood to meet some new people, and a bus full of new people has just pulled up to your life. *(If you're single and looking, this is an especially wonderful development.)* Chatting, handshaking and even flirting take up your week until Thursday, when money concerns distract you from your social life. Friday is a high point in your week — you've gotten a lot done — and Saturday and Sunday are fun, friend-filled and active. **Lucky numbers: 68, 76, 82.**

CANCER

June 21 to July 21

Your wild side is coming through at the start of the week and people are responding well to it. You are the kind of person who makes an impact. Let your creative brilliance solve whatever conundrums are puzzling the people around you. Toward the middle of the week, your mind fills with possibilities for the future. This is a time for new beginnings. The workweek ends with the spotlight on you, and it stays there throughout the weekend — a weekend that sees you rewarding

yourself with an extravagant purchase. **Lucky numbers: 06, 27, 96.**

LEO:

July 24 to August 21

A party is a fine place to get some things figured out. You and your friends have a casual rapport that strikes fairly deeply, shorthand that lets you talk about weighty issues with lightness and humor. You are constantly impressed by these friends, especially on Wednesday, and Thursday and Friday your chest swells with contentment. Intuition, sensitivity and pride all figure strongly toward the end of the week. This weekend, someone who has heard good things about you will finally get to meet you; and they'll treat you like a celebrity. **Lucky numbers: 35, 59, 72.**

VIRGO:

August 22 to September 21

What you need at the outset of the week is the skills of a mathematician. If you're not a mathematician, just work extra hard to be logical and reasonable when dealing with whatever comes your way. Emotional investment isn't paying off at this juncture. That said, be as warm as possible when communicating with others. Thursday and Friday, largely because you're giving off good vibes, a family event you've been dreading turns out to be a blast. On Saturday and Sunday, rely on your flexibility and organizational prowess to get everything done. **Lucky numbers: 01, 19, 29.**

LIBRA:

September 22 to October 23

You're sick of what you already know. You'd rather wing it in a conversation over a subject you've hardly ever considered. This is related to a desire — that is strong Monday through Wednesday — to experience new things. To grow mentally. To expand. Thursday and Friday, you have little time to acquire information, what with all the things everyone else needs from you; but even in your most trying moments you have an eye on the beauty around you. The weekend offers plenty of time to be around friends and stare up at the sky. **Lucky numbers: 46, 51, 66.**

SCORPIO:

October 24 to November 21

As good as it can be to take risks in your life, risks aren't going to go your way on Monday or Tuesday. Tempted as you are, you're best off passing them up. Being careful is key. Don't let any minor details escape your attention on Wednesday. Thursday, the tension finally breaks and you can rely more on your wits. Sometimes it's a lot more fun to go

along for the ride than to be the person setting the course. Without the stress of being in control, you can open yourself up to worry-free bliss. Worries about work weigh on you this weekend. Modesty and calmness are the answer. **Lucky numbers: 73, 88, 99.**

SAGITTARIUS:

November 22 to December 21

Some people like to sit on the porch and talk about their dreams. You'd rather march into the world and realize yours. But there are a lot of porch-sitters in your life, so for the first half of the week, keep your head down and ignore them. The second half of the week, you're more open to other people, but you'd still be wise to follow your mood, and if that means building a fort with couch cushions, crawling in with a book and shutting out the rest of the world, so be it. Something takes you beyond your sofa this weekend — a trip? — and the journey does you tons of good. **Lucky numbers: 08, 13, 30.**

CAPRICORN:

December 22 to January 20

People love chatting with you, but your chatting time Monday through Wednesday is crowded out by more pressing tasks. Be nice, of course, but don't let yourself get trapped in a conversation about, say, what was on TV last night. The best way to get through this week is to narrow your aim and strike quickly at everything. As you check things

off your list, your momentum will build and you'll get more done than you ever thought possible. Focus on one person on Friday; lay on the love. Saturday and Sunday, nothing is as it seems. **Lucky numbers: 33, 50, 57.**

AQUARIUS:

January 20 to February 18

The fires of your romantic life are burning so brightly Monday through Wednesday that you can't see anything else. The connection isn't just about physical attraction; it's deeper and more cerebral than that. If you could spend every hour of the week with this person, you would, but Thursday has something else in store for you: A lot of responsibilities to see through. Friday finds you tending to some long overlooked chores as well, although you find them therapeutic. Saturday and Sunday are marked by creativity and sudden changes. **Lucky numbers: 62, 85, 92.**

PISCES:

February 20 to March 21

You are not charging out of the gate on Monday. Matter of fact, you might not even leave the house. The start of the week — and through Wednesday — you are busy but not particularly ambitious socially. A sense of uncertainty weighs heavily on you, at least until Thursday, when an unexpected romantic development puts a smile on your face. Expect the grin to last through Friday. Saturday and Sunday, you are inspired to go on a new health kick. In addition to ensuring you look good, this will help you feel good, too. **Lucky numbers: 44, 60, 79.**

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Lin-Wood Rotary Interact Club of New Hampshire, U.S.A partners with the Rotaract Club of Benque Viejo to renovate the Pedro Guerra Mena Park

February 24, 2015:

The Lin-Wood Rotary Interact Club from New Hampshire, U.S.A. visited Belize this week to conduct their International Service Project at the Pedro Guerra Mena Park in Benque Viejo del Carmen Town, and Mary Open Doors in San Ignacio Town.

On Sunday, February 22, 2015, the Lin-Wood Rotary Interact Club partnered with the Rotaract Club of Benque Viejo to renovate the Pedro Guerra Mena Park in the New Area of Benque Viejo del Carmen. The Interact Club provided the materials needed to restore the park while the Rotaractors of the Rotaract Club of Benque Viejo volunteered their time to assist with the park's restoration. The children's playground was restored to its original state, the installations in the park were painted, and the grass was mowed. In the coming weeks, new swings (*seats*) will be installed so that the children can once more enjoy the swings.



This project fostered international connections between the Rotaractors of Belize and Interactors of the U.S.A. while carrying out hands-on service projects. Both the Interactors and Rotaractors were able to develop

leadership skills, and most importantly, have fun while working to improve the quality of life of our communities.

Interact is a club for youth ages 12-18 who want to connect with

others in their community or school. Interact club members have fun while carrying out service projects and learning about the world. Interact clubs organize at least two service projects a year: one that benefits their community and one that encourages international understanding. While Interact clubs receive guidance from individual Rotary clubs, they govern and support themselves Rotaract brings together people ages 18-30 in universities and communities worldwide to organize service activities, develop leadership and professional skills, and have fun. Rotary clubs sponsor them, but Rotaract members manage and fund their clubs independently.

Rotaract members work closely with their local Rotary club, and may join after their Rotaract membership ends.

Make a difference! Join your local Interact, Rotaract or Rotary Club today!

For further information, kindly contact the Rotaract Club of Benque Viejo:

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Email:benqueviejorotaract@gmail.com

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Bipolar Disorder

Continued From Page 10

finding for mania was in 1969, the linkage studies have been inconsistent. The largest and most recent genome-wide association study failed to find any particular locus that exerts a large effect reinforcing the idea that no single gene is responsible for bipolar disorder in most cases.

Findings point strongly to heterogeneity, with different genes being implicated in different families. Robust and replicable genome-wide significant associations showed several common single nucleotide polymorphisms, including variants within the genes CACNA1C, ODZ4, and NCAN.

Advanced paternal age has been linked to a somewhat increased chance of bipolar disorder in offspring, consistent with a hypothesis of increased new genetic mutations.

Physiological

Abnormalities in the structure and/or function of certain brain circuits could underlie bipolar. Meta-analyses of structural MRI studies in bipolar disorder report an increase in the volume of the lateral ventricles, globus pallidus and increase in the rates of deep white matter hyperintensities. Functional MRI findings suggest that abnormal modulation between ventral prefrontal and limbic regions, especially the amygdala, are likely contribute to poor emotional regulation and mood symptoms.

According to the "*kindling*"

hypothesis, when people who are genetically predisposed toward bipolar disorder experience stressful events, the stress threshold at which mood changes occur becomes progressively lower, until the episodes eventually start (*and recur*) spontaneously. There is evidence supporting an association between early-life stress and dysfunction of the hypothalamic-pituitary-adrenal axis (*HPA axis*) leading to its over activation, which may play a role in the pathogenesis of bipolar disorder.

Other brain components which have been proposed to play a role are the mitochondria and a sodium ATPase pump. Alterations to these components are believed to cause cyclical periods of poor neuron firing (*depression*) and hypersensitive neuron firing (*mania*). Circadian rhythms and melatonin activity also seem to be altered.

Environmental

Evidence suggests that environmental factors play a significant role in the development and course of bipolar disorder, and that individual psychosocial variables may interact with genetic dispositions. There is fairly consistent evidence from prospective studies that recent life events and interpersonal relationships contribute to the likelihood of onsets and recurrences of bipolar mood episodes, as they do for onsets and recurrences of unipolar depression. There have been repeated findings

that 30–50% of adults diagnosed with bipolar disorder report traumatic/abusive experiences in childhood, which is associated on average with earlier onset, a higher rate of suicide attempts, and more co-occurring disorders such as PTSD. The total number of reported stressful events in childhood is higher in those with an adult diagnosis of bipolar spectrum disorder compared to those without, particularly events stemming from a harsh environment rather than from the child's own behavior.

Prevention

Prevention of bipolar has focused on stress (*such as childhood adversity or highly conflictual families*) which, although not a diagnostically specific causal agent for bipolar, does place genetically and biologically vulnerable individuals at risk for a more pernicious course of illness. There has been debate regarding the causal relationship between usage of cannabis and bipolar disorder.

Management

There are a number of pharmacological and psychotherapeutic techniques used to treat bipolar disorder. Individuals may use self-help and pursue recovery.

Hospitalization may be required especially with the manic episodes present in bipolar I. This can be voluntary or (*if mental health legislation allows and varying state-to-state regulations in the USA*) involuntary (*called civil or involuntary commitment*). Long-term inpatient stays are now less common due to deinstitutionalization, although these can still occur. Following (*or in lieu of*) a hospital admission, support services available can include drop-in centers, visits from members of a community mental health team or an Assertive Community Treatment team, supported employment and patient-led support groups, intensive outpatient programs. These are sometimes referred to as partial-inpatient programs.



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

BDF CORPRAL AND WIFE SENTENCED

Continued From Front Page

detained and taken to the San Ignacio police station and were later arrested and charged for Kept firearm without a license, Kept ammunition without a gun license and kept

prohibited ammunition.

Gerald and Loida appeared in front of magistrate Narda Morgan where the matter was concluded and both were found guilty and were each sentenced to 5 years imprisonment.



Mckoy Five Years Behind Bars

Continued From Front Page

SAN IGNACIO, Cayo, Tuesday, 24 February, 2015:

Today the trial for a 17 year old San Ignacio man concluded as he was found guilty inside the San Ignacio Magistrates court. **The**

person who they identified as **Carlton Mckoy**, 17 year old Belizean laborer of San Ignacio. Police then exited the mobile patrol and approached Mckoy who was walking towards a shop and upon entering the shop he throw something behind the counter.




magistrate at the time, Narda Morgan, sentenced him to 5 years imprisonment.

The incident occured on Friday, 13 December, 2013 at about 11:30 when police was conducting their mobile patrol on Flamingo Street in San Ignacio. Police notice a dark male

Police caught up to Mckoy and searched him and found green leafy substance suspected to be cannabis. Mckoy was taken to the counter where they found a chrome in color Smith and Wesson brand pistol bearing serial number VCK7912. Mckoy was detained and escorted to the San Ignacio police station.

The suspected cannabis was weight in his presence which amounted to 7 grams and the firearm was sealed in Mckoy's presence. He was later arrested and charged for Kept firearm without a gun license, Kept ammunition without a gun license and Possession of a controlled drug.



Don't Be A Litter Bug!!!





Everything In The Universe Has Rhythm, Everything Dances.

Missing Person Brittney Galvez

Missing Since 16th February 2015



**16 Years old, 5 Feet 3 Inches Tall
Slim Body, Black hair, Dark Brown Eyes
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On March 4th, 2015

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