SANTA ELENA TOWN, Cayo District, Thursday, July 30, 2009:

Funeral service was held today for Gilbert “Gilly” Novelo, 16, the latest victim of a fatal stabbing incident which occurred shortly after 2:00 a.m. on Sunday, July 26, 2009.

It was exactly 2:05 a.m. when San Ignacio Police responded to the report of a stabbing incident at the Faya Wata Nightclub located in the heart of San Ignacio Town on Burns Avenue. By the time police arrived, the victim had already been transported to the San Ignacio Town Hospital.

Upon arrival at the hospital, the victim was found undergoing medical treatment in the emergency ward at the hospital, for a single stab wound to the left side of the abdomen. The victim was identified as Gilbert Novelo, 16, Belizean laborer of a Cemetery Road address in Santa Elena Town. The nature of the injury was deemed too grave to handle for the medical team at the San Ignacio Town Hospital, and so the victim was prepped and rushed to the Western Regional Hospital where, despite the best efforts of the attending medical staff, he passed away shortly 4:00 a.m. While the owner of the building housing the nightclub, which is on rent to the actual operator, is contending that the stabbing did not happen on his property.
The Time Has Come For Affirmative Action

Another weekend is gone; the life of another boy is senselessly gone with it. Another wave of helpless feeling shakes the hearts and souls of those who truly care about the preservation of human life. How many more of our children must die before this arm of the corruption octopus is truncated?

Corruption rears its tentacles in many forms. It does not only come in the form of dishonest politicians enriching themselves and their cronies at the expense of the nation and its patrimony.

Corruption is not just about the dishonest public officer who steals from government coffers or the crooked employee who embezzles from the employer.

Corruption also comes in many other forms. It comes in the form of that individual who either by him or herself or by his or her agents either through actions or omissions allows a child access to those mind altering substances we have come to know as drugs and alcohol.

Corruption also comes in the form of those law enforcement officials who take food, drinks and even a bribe in exchange for turning a blind eye on those who violate the law. It also comes in the form of those conflict of interest situations where policemen are allowed to moonshine as security guards for those liquor establishments that violate the law.

Corruption comes in the form of those law enforcement agents who for whatever reason, truncates the full extent of an investigation in the face of apparent infractions of the law of the land.

Corruption comes in the form of those individuals who for obvious greed appears to have no regards for the law. Much like the restaurant which by law must close at midnight but remains open until 2:00 a.m and when the police cracks down, the individual applies for and, despite the absence of relevant infrastructural characteristics, is upgraded to a nightclub with permission to open until 2:00 a.m but then remains open well past the 3:00 a.m. hour. Greed – Greed and just simply more GREED with total disregard for the preservation of life and property and the maintenance of law and order.

For the second time in recent months a boy is killed as he roams the town illegally patronizing liquor dispensing establishments and the investigation seems concentrated solely on the act itself and not on the circumstances contributing to the loss of life. In these instances, a blood sample is normally extracted from the deceased for examination purposes. But by the time the result is received, the incident quite possibly would have been overshadowed by other occurrences, and interest lost in advancing the investigation to that next vital level being the contributing cause for the loss of human life and so those who played a role in the death, apart from the murderer, continues business as usual while another victim lurks in the horizon and another family is destined to grieve the loss of a loved one.

The time has come, Mr. Political leader - from all sides - when it is not enough to donate the food for the wake, the coffin for the deceased, the vehicle to transport the dead to the church and eventually to the cemetery or even attending the wake or the funeral. The time has come for affirmative action geared towards getting to the very bottom of this senseless loss of human life thereby sparing relatives and friends the agony of having to grieve the loss of a loved one.
BELMOPAN CITY, Cayo, Wednesday, July 29, 2009.
Agriculture and Fisheries Minister, Hon Rene Montero today met, in his Belmopan Office, with a delegation from the Regional Agro-Environmental and Health Strategy (ERAS).

The meeting was focused on possible assistance for Belize in the areas of Rural Development, Nutrition and Health. The ERAS delegation, headed by Dr. Dilger, RUTA Director, will also be meeting with other stakeholders and farmers in an effort to ignite meaningful conversations to allow for the preparation of Belize’s Plan of Action for inter-related strategic planning and possible funding.

ERAS is a regional initiative led by the Councils of Ministers of Agriculture, Environment and Health, representing the economic, environmental and social sub-sectors of the Central American Integration System (SICA).

ERAS was born out of the Second Joint Meeting of the Councils of Ministers of Agriculture, Environment and Health held in Panama City on June 6, 2006.

The delegation leaves Belize on Saturday, August 1, 2009.
Further information on this undertaking can be obtained by contacting Angel Tzec, Belize’s Coordinator for the National Food and Nutrition Security Commission at telepone numbers: 822-2241 or 822-2242.

BELMOPAN CITY, Cayo, Thursday, July 30, 2009:
Just as the Hon. John Saidivar, Minister of the Public Service, Governance Improvement and Elections & Boundaries, is winding up his 10-week tour of all government offices countrywide, the news surfaced of the commencement of a nation wide tour by the Hon. Gabriel Martinez, Minister of Labour, Local Government and Rural Development.

Minister Martinez’ three-week tour begins on Thursday July 30 and is scheduled to end on Friday, August 21, 2009. The Ministry informs that the tour will afford Minister Martinez the opportunity to meet with staff of the Ministry countrywide.

The Minister will also be meeting with key sector stakeholders connected to the ministry whereby he will provide updates on the Ministry’s activities and initiatives.

Minister Martinez will also be getting a firsthand appreciation of the concerns and issues as he dialogues with staff and stakeholders countrywide.

The Ministry of Health reminds all members of the public, especially in the Cayo and Belize Districts, of the danger of Dengue and Dengue Hemorrhagic Fever. It is very important that you visit your nearest health centre for testing and treatment of dengue if you present with the following:

Dengue Fever begins with sudden onset of high fever (104 to 105 degrees Fahrenheit). Other signs and symptoms include:

- Headache
- Eye Pain or eyeball pain
- Joint pain
- Muscle pain
- Backache
- Nausea and or lack of appetite
- Vomiting
- Rash
- Hemorrhagic manifestations (unusual bleeding from the gums/heavy menstrual bleeding/unexplained bruises).
- General Weakness

In an effort to assist us in our fight in the prevention and further transmission of Dengue, the Government of Mexico will be providing a medical team to assist with our daily testing in our health centers. The teams will be located as follows:

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Ignacio Hospital</td>
<td>Thursday July 30 and Friday July 31, 2009</td>
</tr>
<tr>
<td>Benque Viejo Health Center</td>
<td>Saturday August 1, 2009</td>
</tr>
<tr>
<td>San Antonio Health Center</td>
<td>Sunday August 2, 2009</td>
</tr>
<tr>
<td>Cleopatra White Polytechnic</td>
<td>Monday August 3, 2009</td>
</tr>
<tr>
<td>San Pedro Town Polytechnic</td>
<td>Tuesday August 4, 2009</td>
</tr>
<tr>
<td>Northern Regional Hospital</td>
<td>Wednesday August 5, 2009</td>
</tr>
<tr>
<td>Corozal Community Hospital</td>
<td>Thursday August 6, 2009</td>
</tr>
</tbody>
</table>

Dengue Fever is a disease that must be taken very seriously in particular if you have had these symptoms in the past. Every effort should be made to keep yourself, your family and your community safe by maintaining a clean environment. Activities that should be done to prevent Dengue include: washing water storage containers such as drums at least once a week, changing the water in flower pots every 4 or 5 days, avoid having containers that can collect water in your yard (e.g. empty cans, tires), and keep vats, drums, buckets and all other containers that can collect water properly covered. These are ideal breeding sites for the mosquito that transmits Dengue. With the elimination of breeding sites in and around the yard, Dengue can be avoided.

You are once again reminded to visit your nearest health centre at the onset of signs and symptoms of Dengue Fever or Dengue Hemorrhagic Fever.
Responding To Wellington Ramos’ Article

Dear Editor:

Please permit me space in your newspaper to respond to Mr. Wellington C. Ramos on the issue of Belizean-Americans (dual citizens) holding political office in Belize, and on the issue of the death penalty.

In a survey where participants are given the choice to select from 1 to 7, to express one’s opinion, with 1 being completely for, 4 being neutral, and 7 being completely against. I wish to register a 5 on the issue of Belizean-American holding office, and a 7 on the death penalty issue. I will briefly give my reasons.

While I will appreciate that Mr. Ramos presented many valid points on the matter of dual citizens holding elected office in Belize, the point I wish to bring across is that Belize has enough competent candidates at home.

I will lose all privileges as a US citizen. If I commit a crime in the US, I will be deported, and depending on the nature of the crime, I might very well be deported back to Belize. I will lose all privileges as a US citizen.

As a Dual citizen born in Belize, I want to voice my opinion in support of the new movement in Belize to change the constitution.

The constitution has to be changed and it needs to happen now! More Dual citizens are returning home to Belize and I think it is a positive thing for Belize and Belizeans.

Sincerely,

R. A. Bowman

Dishonesty In The Workplace

In my case, as I am sure it is with others, the constant turnover of staff places a heavy toll on business operations, as it is often after having gone through the pains of training a new employee, that they turn out to be dishonest and must be parted ways with. Enters the replacement employee unending training cycle is again put into motion.

I am gradually coming to the realization that this is just one of the many challenges in the world of business.

On The Subject Of Dual Citizenship

As a Dual citizen born in Belize, I want to voice my opinion in support of the new movement in Belize to change the constitution.

If I commit a crime in the US, the US news media will say, she is a naturalized citizen from Belize and, depending on the nature of the crime, I might very well be deported back to Belize. I will lose all privileges as a US citizen.

If I were to die in military combat, the news will say, she was a member of the US military. So there are advantages and disadvantages.

Why is it then that I should not have the right to go back to my native country and be a member of the Government?

Why should naturalized Belizeans from other countries have more rights than an individual, who has a long ancestry in Belize?

The constitution has to be changed and it needs to happen now! More Dual citizens are returning home to Belize and I think it is a positive thing for Belize and Belizeans.

The Status Quo must change in Belize. Belizeans must have a voice! Where are the benefits going???? Where are the benefits going????
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Jackson’s Mother Gets Custody, Rowe Gets Visits

NEW YORK (Reuters) Thursday July 30, 2009:

Michael Jackson’s mother will get custody of the late pop star’s three children after reaching an agreement with her son’s ex-wife Debbie Rowe, a lawyer for Katherine Jackson told CBS News on Thursday.

Rowe will have “meaningful visitation rights” with her two biological children with Jackson — Prince Michael, 12, and Paris, 11 — U.S. television networks CBS, ABC and NBC reported.

The biological mother of Jackson’s third child, Prince Michael II, 7, also known as Blanket, has never been revealed.

Jackson’s mother, Katherine, 79, was granted temporary custody of the children after his death on June 25.

“It’s an agreement for the best interests of the children. This is not a money deal. This is not about money,” Londell McMillan, Katherine Jackson’s attorney, said in an interview on CBS News’ “The Early Show.”

“All of the parties are resolved. There is no situation better for these children than for them to be raised and reared in the loving care of Mrs. Katherine Jackson,” he said.

A court hearing in Los Angeles on custody of the children is scheduled for Monday. Jackson said in his 2002 will that he wanted his mother to care for the children if he died.

The “Thriller” singer left his estate, valued at $500 million in an attachment to his will, to a family trust that benefits his children, his mother and charities.

“That estate is worth, in my estimation, a couple of billion dollars,” McMillan said, referring to the value of the estate if it achieves its potential earnings.

“You hear $500 million. Don’t buy it.”

The coroner’s report on the cause of the singer’s death is still awaiting toxicoology and other test results.

His burial arrangements have not been announced.

(Reporting by Michelle Nichols; Editing by Bill Trost)

Mexico Is One Of The Most Dangerous Places In The World For Journalists And Drug Investigators

By: Tracy Wilkinson

MEXICO CITY, July 30, 2009:

The lead investigator in the slaying of a prominent Mexican journalist was killed when gunmen intercepted him as he arrived home, authorities said Wednesday.

In a separate incident, gunmen also killed a police commander and his family, including four children.

Reports indicate that the at-tackers opened fire on the police commander’s house as the family slept, then pummeled it with grenades, setting it on fire.

Also on Wednesday, police in Acapulco announced the discovery of the body of another journalist, Juan Daniel Martinez Gil, who had been badly beaten and buried alive, his head wrapped in plastic. Martinez worked for two radio stations but was not known to cover drug trafficking.

The death of police commander Jesus Romero and his family occurred before dawn Wednesday in the Gulf of Mexico port city of Veracruz.

Investigators told reporters that Romero and his wife apparently died of multiple gunshot wounds, and the children — the youngest 7, the eldest 15 — died of smoke inhalation.

More than 11,000 people have been killed in Mexico’s drug-related violence in the last 2 1/2 years, most of them traffickers or law-enforcement agents. It is rare for an entire family to be targeted.

In the western state of Michoacan, meanwhile, government troops pressed ahead in a major offensive against one of the newest and most violent cartels, known as La Familia.

 Authorities said that six suspected members of the group were arrested on Wednesday, including a woman believed to be the girlfriend of purported drug boss Servando Gomez Martinez and La Familia’s alleged chief financial operator, Armando Quintero Guerra. Authorities said Quintero Guerra also managed La Familia’s contacts with associates in Los Angeles, California, USA.

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Prequalifications of Contractor For the construction of a building for the Punta Gorda Branch Office
Toledo District

1. The Social Security Board proposes to invite Bids in the latter part of August 2009 for the construction of its Punta Gorda Branch Office, from its register of prequalified contractors whose firms belong to the country of Belize. It is expected that construction will commence in October 2009.

2. Joint ventures and partnerships including those between local firms will be considered.

DESCRIPTION OF WORK

3. The works consist of the construction of a two storey reinforced concrete and blocks structure as offices for the Punta Gorda Branch of the Social Security Board. It will include offices, conferences room, lavatories, security fence, mechanical and electrical services and other facilities, for a total area of 7300 sq. ft.

4. Firms applying to be prequalified for carrying out the works will be evaluated, inter alia, on the basis of experience, availability of equipment and machinery, financial position, bank credit, previous performance and organizational capability.

5. Pre qualification Application forms and questionnaires can be obtained at the SSB Head Office in Belmopan as (of 13 July 2009 at 8:30 am) at the following address.

Mrs. Irene Cruz
Social Security Board, Belize
Bliss Parade
Belmopan, Cayo District
Belize, Central America
Tel: 501-822-2163 Fax: 822-3331
Email: icruz@socialsecurity.org.bz

6. If the contractor has been prequalified, all documents that are provided by the Social Security Board will be given for the non-refundable fee of $500.00.

7. Prequalification Form and Questionnaire must be completed and enclosed in a sealed envelope and clearly marked “PREQUALIFICATION APPLICATION FOR THE CONSTRUCTION OF PUNTA GORDA BRANCH OFFICE” and returned not later than 4:00 p.m. local time on 7 August 2009.

Any tender received after this deadline will not be considered.

The Social Security Board will not defray any cost incurred by any tenderer. The Social Security Board does not bind itself to accept the lowest tender and reserves the right to accept or reject any tender, and to annul the process and reject all tenders, at any time prior to award of contract, without thereby incurring any liability to the affected prospective contractor or any obligation to assign any reason for the rejection of any tender. Prospective tenderers must be in compliance with the requirements of Social Security Act, especially with respect to the payment of contributions, in order to be considered.

MRS. MERLENE BAILEY MARTINEZ
Chief Executive Officer
Social Security Board
Bliss Parade, P.O. Box 18
Belmopan, Belize
Tom and Joe entered a restaurant on West Street, San Ignacio and ordered fish. The waiter brought a dish with two fish, one larger than the other. Tom said to Joe, "Please help yourself." "Okay", Joe said and he helped himself to the larger fish.

Tom said to Joe, "Joe, if you had offered me the first choice, I would have taken the smaller fish!" Joe replied, "I know that you would have taken the smaller fish, that is why I left it for you, so what are you complaining about; you have the smaller fish, don't you?"

After a tense silence, Tom said, "Joe, if you had offered me the first choice, I would have taken the smaller fish!" Joe replied, "I know that you would have taken the smaller fish, that is why I left it for you, so what are you complaining about; you have the smaller fish, don't you?"

Little Johnny was attending a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horses' legs, rump and chest.

After a few minutes, Johnny asked, "Pop, why are you doing that?"

"Because I'm buying horses and I have to make sure they are healthy, and in good shape before I buy." responded his father.

Johnny looked worried, "Then I think we'd better hurry home right away." "Why?", said his father.

"Because the mailman stopped by yesterday, and I think he wants to buy mom!"

John entered the New York City Marathon last year. From the very beginning of the race one by one the runners passed him. After several miles, John realized that he was the last runner.

It was very embarrassing for him but he kept on.

The guy who was in front of him, the one coming in second to last, was making fun of John as they were approaching the finish line.

He said, "Hey buddy, how does it feel to be last?"

John replied: "Are you serious, do You really want to know how it feels?, and John dropped out of the race.
## NOTICE TO BUS OWNERS

TENDERS ARE INVITED FOR THE PROVISION OF SCHOOL CHILDREN TRANSPORTATION COUNTRYWIDE FOR THE SCHOOL YEAR 2009-2011

### BELIZE DISTRICT
- **Mike 14-Western Highway/Belasi**
  - K-8: 434g
  - 3rd through 5th Grade: 450g
  - 6th through 8th Grade: 460g
  - No Additional Money
  - 15th August 2009

### CORRECTED DISTRICT
- **Progressive Cooperative Bank**

Submit to: **Ms. Javiola Aragon Ministry of Education P.O. Box 26 Belize City**
Your Horoscope & Lucky Numbers

ARIES
March 22 to April 20
Because you’ve put so much work into current endeavours, don’t be surprised when you reach a special goal. Social life could be active but you may not be keen to join in everything.

Lucky Numbers: 04, 32, 67.

TAURUS
April 21 to May 21
Nothing seems to go as expected. Go with the flow and you’re likely to enjoy the little surprises coming your way. If you are a parent, a child is out of sorts but will respond to love and affection.

Lucky Numbers: 14, 59, 93.

GEMINI
May 22 to June 21
Sharing ideas about making improvements in either your home or career environment may bring a few objections your way. In the end, you might decide to put your thoughts into action anyway. Lucky Numbers: 19, 45, 87.

CANCER
June 22 to July 23
Although you have time to spare, you aren’t going out of your way to search for ways to fill it. You’re enjoying personal interests and hobbies too much and time whizzes by. An online friend gives you a useful tip.

Lucky Numbers: 21, 73, 84.

LEO
July 24 to August 21
You have a knack of spotting unexpected opportunities from a mile off. This isn’t just because you’re observant but it’s because you’re constantly considering how you might utilise the things happening around you in a positive way.

Lucky Numbers: 12, 37, 68.

VIRGO
August 22 to September 21
You’re going through a pleasantly harmonious phase now. At work, you make great progress. Your social life goes into orbit and some surprising romantic developments make you feel fortunate and happy.

Lucky Numbers: 16, 25, 33.

LIBRA
September 22 to October 23
A colleague helps you overcome a stumbling block through injecting fresh ideas into an old project. You have no objections about new ideas and plans suggested as the week comes to an end. Lucky Numbers: 09, 41, 78.

SCORPIO
October 24 to November 21
You get your chance to put new plans into action. These may be ideas you’ve worked on for some time. The best part of the week is when you see how well they work.

Lucky Numbers: 02, 40, 77.

SAGITTARIUS
November 22 to December 21
Although you’re surprised by how much there is to do the mood of harmony and even fun that surrounds you, makes even the most tedious chore seem like a pleasure.

Lucky Numbers: 01, 53, 64.

Vacancy Notice
Electronic Technician
Department of Meteorology
Ministry of Natural Resources and the Environment

Applications are invited from suitably qualified persons for the post of Electronic Technician in the Department of Meteorology, Ministry of Natural Resources and the Environment. The qualifications required for appointment to the post and its associated duties and responsibilities are incinerated hereunder:-

Position: Electronic Technician
Qualifications: Minimum Requirements
1. Bachelor’s Degree in Electronics or Electrical Engineering/ Communications

Skills:
1. Electrical repairs and maintenance.
2. Computer programming and information technology.
3. Analytical, troubleshooting and diagnostic skills, oral/written communication.
4. Fluency in Spanish would be an asset.
5. Valid Driver’s License

Duties/Responsibilities:
1. Review, recommend and install equipment to be utilized within the Department of Meteorology.
2. Maintain weather radar, rawindsonde station, telecommunication equipment, standby generator, meteorological and hydrological equipment and instruments.
3. Maintain computers and other office equipment.
4. Maintain website.

Salary: NPS 16 of $25,584 x $1,104 - $46,560
Age: 18 – 45 years old

Deadline for applications:
Interested persons in possession of the requisite qualifications are to submit this application to the Chief Executive Officer, Ministry of the Public Service, Governance Improvement and Elections and Boundaries, Sir Edney Cain Building, City of Belmopan no later than 15th August, 2009.

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CAPRICORN
December 22 to January 20
You’re in tune with your partner’s thoughts and feeling. It’s strange to have so much power and control over your relationships. Romance thrives when you respond positively to your lover’s needs and desires.

Lucky Numbers: 12, 37, 68.

AQUARIUS
January 21 to February 19
Trends offer you the chance to mix business with pleasure. A lot is happening; it’s not easy to keep up with everything but you will. An influential person will help you in a current aim.

Lucky Numbers: 20, 43, 81.

PISCES
February 20 to March 21
Don’t be reluctant to spill out your feelings for you can’t expect people to understand you if you aren’t telling it all! A confidential matter needs some attention. God Day for Luck:

Lucky Numbers: 10, 48, 96.
BELMOPAN CITY, Cayo, Wednesday, July 29, 2009: The public and general, and the holders of Life & Health Insurance Policies with CLICO (Bahamas) Limited – Belize Branch in particular are hereby informed that the Supervisor of Insurance & the Judicial Manager for CLICO (Bahamas) Limited, Ms. Alma, have applied to the Supreme Court of Belize for approval to transfer the Life & Health Insurance Portfolio of CLICO (Bahamas) Limited – Belize Branch to RF&G Life Insurance Company.

The Court will consider this application on 10 August 2009 at 9:00 a.m.

Policyholders of CLICO (Bahamas) Limited – Belize Branch who object to this undertaking are advised to lodge such objection with the Registrar of the General Registry prior to August 10, 2009.

Additional information on this matter can be obtained from the Supervisor of Insurance, Ms. Alma Gomez, Ministry of Finance, Belmopan, Tel: 822-2151/822-2152.
Almost 15% of adults experience painful vascular headaches (where the pain is caused by blood vessel swelling or disturbance) this condition is known as migraine headache.

Women are two times at higher risk of being affected which further increased with the presence of a family history of migraines.

What is a Migraine Headache?

A migraine is a persistent, throbbing headache typically affecting one side of the head. It can last from anywhere between 4 and 72 hours.

Migraines are thought to be caused by a sudden widening of the blood vessels that supply the brain, which in turn irritates the nerves surrounding these blood vessels.

What are the symptoms?

Migraine headaches can be accompanied by symptoms that have a significant impact on daily life. As well as the headache, people may also experience symptoms such as nausea, vomiting and visual disturbances. Occasionally, symptoms can be more severe - including partial paralysis, difficulty in speaking, confusion and/or fainting.

What causes Migraine Headaches?

The exact causes of migraine headaches are not completely understood, but you may find that certain triggers can start or worsen a migraine.

Avoiding these migraine triggers can become an effective means of reducing the number of attacks.

Changes in the trigeminal nerve pathway (the main sensory nerve of the face and motor nerve for the muscles used in chewing) are believed to result in the release of chemicals that dilate the blood vessels in the outer covering of the brain (called meninges). This causes a headache. Imbalances in other chemicals, such as serotonin, may also contribute to a migraine headache.

Diagnosis of Migraine Headache

A migraine can be diagnosed based on the family history, medical history, and physical examination. A computerized tomography (CT), Magnetic Resonance Imaging (MRI), or a spinal tap may be recommended to rule out other causes.

Common treatments for Migraine Headache

Although there is no cure for a migraine, with the right balance of medical and non-medical management, you can reduce the frequency and severity of attacks. There are numerous migraine headache treatments that may provide relief, but your first step should be to talk to your doctor.

Treatment for migraines are divided into two groups: Pain relief and preventative.

The most common pain relief treatments are painkillers such as paracetamol (eg Panadol), aspirin and non-steroidal anti-inflammatories such as ibuprofen. Some painkillers come combined with an anti-sickness medicine, for example Paramax, Migramax and Domperamol.

Doctors may prescribe Triptans like sumatriptan (Imigran), rizatriptan (Maxalt) and zolmitriptan (Zomig) or Ergots or Anti-emetics.

You may also be prescribed the following as preventatives; Beta blockers, Anti-depressants, Calcium channel blockers, Anti-epileptics and Anti-serotonin drugs.

Often you will need to try a range of migraine treatments to find the one most suitable to you.

Your doctor or specialist will help you with this process.

One of the keys to tackling a migraine is to treat it at the very first signs and symptoms.

* Take your pain relief medication as soon as you feel the migraine ‘coming on’.
* Lie down in a dark room. Close your eyes and try to relax. Deep breathing can help.
* Use an ice pack wrapped in a small towel on your head and neck.
* A warm bath or shower can help you to relax. If you can manage it, take a walk to help ease tension
* Massage the back of your neck or ask a friend or relative to massage your neck and shoulders.

* Apply gentle pressure to the painful area using your thumb and forefingers. Push for about 10 seconds and then release.
Social Security Board Tender
Invitations to Tender for the Construction and Expansion of the Existing Parking Lot at the SSB Headquarters Office

1. The Social Security Board proposes to invite Bids at the end of July 2009 for the contract package for the construction and expansion of the parking lot for its Headquarters Office in Belmopan.

2. Joint ventures and partnerships including those between local firms will be considered.

3. Interested persons can pick up the plan and drawings along with the Bill of Quantities at the Headquarters Office in Belmopan from the Chief Executive Officer's office or from the General Manager, Finance.

4. All documents that are provided by the Social Security Board will be given for the non-refundable fee of $250.00.

5. Deadline for the submission of tenders is Friday 7 August 2009, at 4:00 pm.

   Any tender received after this deadline will not be considered.

The Social Security Board will not defray any cost incurred by any tenderer. The Social Security Board does not bind itself to accept the lowest tender and reserves the right to accept or reject any tender, and to annul the process and reject all tenders, at any time prior to award of contract, without thereby incurring any liability to the affected prospective contractor or any obligation to assign any reason for the rejection of any tender. Prospective tenderers must be in compliance with the requirements of Social Security Act, especially with respect to the payment of contributions, in order to be considered.

MRS. MERLENE BAILEY MARTINEZ
Chief Executive Officer
Social Security Board Bliss Parade, P.O. Box 18

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BY: Mica Rosenberg
TEGUCIGALPA (Reuters) Thu Jul 30, 2009 11:30am EDT:
Honduras’ de facto ruler called on Wednesday for new talks to solve the country’s political crisis and a source said he might be willing to allow the return of ousted President Manuel Zelaya under strict conditions.

Roberto Micheletti, named by Congress as president after Zelaya was toppled in a coup last month, asked for a special envoy to come to Honduras “to cooperate in the start of dialogue in our country.”

Under pressure from the United States to reverse the coup, Micheletti softened a previous hardline tone and said many Hondurans could play a role in solving the crisis.

“This dialogue, this effective communication should include all parts of civil society, our churches, professional groups, student groups, business associations, media and political parties,” he said in a statement read out on television.

Micheletti asked mediator Costa Rican President Oscar Arias to send Enrique Iglesias, a former president of the Inter-American Development Bank, to Honduras to breathe life into crisis talks that were all but dead.

Washington has demanded Zelaya’s reinstatement and on Tuesday revoked diplomatic visas for four members of Micheletti’s administration. Micheletti has often said the government, Supreme Court and Congress were all firmly opposed to Zelaya’s reinstatement, and that it could never happen, but his tone may be changing.

A source with close connections to the de facto government said Micheletti might now be willing to consider Zelaya’s return if given assurances that the ousted president does not try to derail democracy.

Micheletti wants Arias to send someone of international stature to help convince Hondurans of a plan to end the crisis that included Zelaya coming back to office, the source said, adding that the plan would need to be “fine tuned. Because, as it stands, the proposal would be rejected across the board by the powers that be in the country,” the source said. “He is saying to Arias, ‘Help me convince my people’,” said the source.
The Ministerial entourage as City/Town Councils.
The Mayors’ Association as well as the Toledo Alcalde Association, Association of Village Councils, with all District Association of will also be meeting specifically.

In 2000 the PMTCT program was launched in Belize. A TCC between Belize and Bahamas after which Belize launched its’ response from the experience sharing gained from the Bahamas. Today marks the close of this TCC between Suriname and Belize, where both countries shared knowledge and experiences with the objective to strengthen the PMTCT Program in both countries.

The Caribbean has established a goal of reducing to less than 2% the vertical transmission of HIV –from mother to child. Evidence has shown that this is possible through public health interventions.

The Belize National Library Service and Information System reserve the right to reject any or all tenders.

Bids must be submitted in a sealed envelope marked ‘REFUNDABLE fee of BZ$100.00’ per package.

Notice is hereby given that under the Intoxicating Liquor Licensing Act, Chapter 150 of the laws of Belize, Revised Edition 2000, that ROBERT WENSENK & ROENI REQUENA, applying for a Restaurant Liquor License for the year 2009 to operate INN THE BUSH located in Maca Bank in the Cayo District.

Notice is hereby given that under the Intoxicating Liquor Licensing Act, Chapter 150 of the laws of Belize, Revised Edition 2000, that GUILLERMO VALDEZ id applying for a Shop Liquor License for the year 2009 to operate SUSY’S STORE located in the Village of San Jose Succotz in the Cayo District.

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ANOTHER CAYO BOY KILLED IN THE PRIME OF HIS LIFE

The incident did not occur in the nightclub but instead near the Coronation Park, located behind the nightclub, witness statements are saying that the incident actually occurred inside the club.

When confronted with the question of the boy’s presence inside the club, the owner contends that he was refused entry on two attempts, due to his young age. He informed that on the third occasion, the police allowed him to enter as he was injured and was in need of assistance.

Our investigation revealed however, that the boy was actually inside the club and that the accused murderer, identified as Fredy Jeovany “Shaggy” Fernandez, 19, who was along with five friends moved up to one of the them and said “deh di go on wid denh Santa Elena bways, I wa du denh tings right now”. One of his friends reportedly told him to cool off but it is alleged that he rushed towards the victim and the next thing the witness reportedly saw was when the boy fell to the floor inside the nightclub.

The accused then reportedly passed a small steak knife to one of his friends who, like handling a hot potato, passed it on to another friend who in turn pushed it through an opening in the wooden wall at the back of the nightclub.

The knife fell to the street in front of Idelmar Store, located on the ground floor of the nightclub, from where it was retrieved by the police.

The investigation led to the initial detention of six male persons all from San Ignacio Town. After the recording and analysis of statements, and based on the advice of an attorney from the Office of the Director of Public Prosecutions, five of the six detainees were released.

The sixth detainee, identified as Fredy Jeovany “Shaggy” Fernandez, 19, Belizean, 6th form student of Sacred Heart Junior College, residing at #2 Tulip Street in San Ignacio Town was formally arrested and charged for murder.

On Monday, July 27, the accused appeared before San Ignacio Town’s Magistrate Kathleen Lewis. He was remanded to the Central Prison in Hattieville and is due back in court on Thursday, August 20, 2009.

Funeral service for Gilbert “Gilly” Novelo was held at 3:00 p.m. on Thursday, July 30, at St. Ignatius Church in Santa Elena Town.

He was laid to rest in the Carmen Memorial Cemetery, just across the street from where he once lived on Cemetery Road in Santa Elena Town. And thus ends the sad story of the passing of yet another boy whose young life came to an abrupt end in the very prime of his life.
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