AN IGNACIO TOWN, Cayo, Thursday, April 25, 2013:

Today marks exactly three months since the January 25, 2013 murder of Steven Valencia which occurred in his Loma Luz Boulevard home in Santa Elena, one of two men suspected to have collaborated in the home invasion turned murder was today accordingly charged.

In the wake of the murder of Steven Valencia, police launched a nationwide manhunt for Marvin “Bombo” Neal, 20, of an Eve Street address in Santa Elena Town, Cayo, and Jarod “Steal Bob” Lamb of an Ontario Village address also in the Cayo District both wanted for questioning in connection with Valencia’s murder.

A False Sense Of Safety

SAN IGNACIO, Cayo, Monday, April 22, 2013:

As the none-public reporting of crimes in the community continues, deceptively leading residents to believe that they can let down their guards as all seems to be well, there are two reportedburglaries reaching us this week.

In the first incident, we were reliably informed that the San Ignacio home of Dr. Miguel Depaz, Director, Animal Health Department, Belize Agriculture Health Authority (BAHA), was burglarized/invaded as his mother in law and son lay asleep in their rooms.

The report indicated that the eldest son Andre Depaz, 29, left home at around 8:00 pm on Saturday, April 20 leaving the 28 year old brother and 65 year old grandmother inside the house. Andre reportedly returned about seven hours later, at around 3:00 am on Sunday, only to find the house in a ransacked state being an instant indication that something was just not right.

The investigation revealed that the house, a three flat concrete structure located in the Hanging Rock Area, Cahal Pech, San Ignacio, was indeed burglarized while the brother and grandmother were asleep inside.

It was noted that entry was gained through the front door, which was left open due to the brother getting locked out.

BWS Water Finally Coming To The Belize River Valley

(L-R) Hon. Edmund Castro, Chairman BWSL Alberto August and Hon. Godwin Hulse

Police were unable to capture the suspects when they again became prime suspects in the April 16, 2013 invasion of a family home near Rumors Hotel on the George Price Highway between the towns of San Ignacio and Benque Viejo. It is reported that during the home invasion the lady of the house was assaulted and the house was burglarized. All stolen items were eventually recovered as both suspects managed to escape from the police.

While, to date, “Steal Bob” remains at large, Marvin Neal walked up the stairs of the Police Station in San Ignacio at around 11:30 am on Friday, April 20 where he calmly handed himself in to the
As he continues to fulfill his manifesto promises to constituents of Cayo Central, Area Representative Hon. Rene Montero, today officially declared open the extensively renovated Carmen Street basketball court in Santa Elena.

The Minister of Works and Transport, has again fulfilled another of his manifesto promises to bring back social activities to the youths of Cayo Central.

The project which included the installation of new bathroom fixtures, electrical and water facilities as well as extensive works on the perimeter fence, bleachers, court surface, backboards, entrance gate, and landscaping of the grounds, was initiated by the Ministry of Works at a cost of over twenty thousand dollars.

In addressing the packed arena during the inauguration ceremony Minister Montero emphasized government’s commitment to providing adequate and safe recreational facilities for the entire people of Belize. He additionally informed that he intends to continue working hard for his people.

"Today is a happy day for all the nine villages of the Belize River Valley because we broke ground for the commencement of the construction of a water delivery system for all the nine villages from Rancho Dolores all the way to Flowers Maskal among other villages."

The thank you address was delivered by Alberto August, Chairman of the Belize Water Services Limited Board of Directors. Chairman August thanked the students of the Belize Rural High School for the magnificent rendition of the national anthem of Belize. He likewise thanked the villagers and other village chairpersons for coming out to witness the historic event. Special mention was also made of the presence of the Chairman and other opportunity to ask users of the refurbished facility to make maximum use of the facility and to take good care of it so that they can enjoy many years of sporting activities and social interaction on a basketball court that they can truly call theirs.

"Today is a happy day for all the nine villages of the Belize River Valley because we broke ground for the commencement of the construction of a water delivery system for all the nine villages from Rancho Dolores all the way to Flowers Maskal among other villages."

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Sacred Heart College embarked on a very ambitious project in 2006 to raise funds to build an auditorium that would serve our institution, as well as the community of the western Cayo District. With the hard work of our faculty, staff, students, parents, community and other stakeholders, we are proud to say that the project commenced in January 2013 with Phase 1 and Phase 2. These two phases include the cement foundation, the purchase and erection of the steel structure and the back fill. SHC has invested over $430,000 for these two phases, which are monies that were attained via multiple fund raising projects over a 7 year fund raising period. Phase 3 of the project is the cement floor/slab, which will cost approximately $200,000 and we are anticipating that this will be completed by June 5, 2013, in time to hold our Graduation Ceremonies. To make this possible, we continue to rely on the support of the SHC family - our parents, staff members, the business community, alumni and other stakeholders as we work to raise the necessary funds to complete this phase of the project. We are presently organizing a cement and steel drive to complete the cement slab/floor.

If you would like to assist financially, please give us a call and we would be more than willing to pick up your contributions. We can be reached at 824-2102 or 824-2758. You can also contact Karim Juan at karim@shc.edu.bz or at 607-5619 or Mr. Julio Llinas at julio@shc.edu.bz or at 622-5986. Deposits can be made in our account at Atlantic Bank with Account Number 211133281. Supporters can “Like” our Sacred Heart College Facebook page to track how much donations we have received via pledges. Alumni and friends in the US and around the world can send their donations via Moneygram or Western Union to Sacred Heart College in c/o Dr. Eve Aird, President.

We remain grateful for all the support given to date, and for the continued support of the SHC community, at home and abroad!
My Body is Precious

April 23, 2013

The office of the Special Envoy for Women and Children in collaboration with the Ministry of Human Development, Social Transformation and Poverty Alleviation will be launching a children’s book entitled “My Body is Precious”.

It is becoming increasingly important to discuss the sensitive subject of Sexual Abuse of Children. Recognizing that it is not an easy conversation to have, my office partnered with the Ministry of Human Development and with assistance from UNICEF, we were able to produce 30,000 copies of the child-friendly “good touch, bad touch” booklet to be distributed countrywide.

“My Body is Precious” is part of a national public information campaign on the Commercial Sexual Exploitation of Children and follows successful symposiums hosted by my Office in August 2010 and October 2011.

The book, which targets children between the ages of 6 and 10 years, will assist parents who have a hard time talking about the Sexual Abuse of Children while teaching children what to do if they are touched inappropriately. We hope that this book will ultimately contribute to the prevention of sexual abuse and exploitation of children as well as an increase in perpetrators being reported and convicted.

With the help of the Institute of Creative Arts, a dramatization of the book has been produced and is being presented countrywide in a NICH sponsored tour. A special launch of “My Body is Precious” will be held in Cayo and we invite your media house to cover that event on Friday, April 26, at 11:00am at the Octavia Waigal Center in San Ignacio.

For additional information or inquiries, please feel free to contact my Assistant Program Coordinator, Delahnie Bain, at 223-1941/42 or by email at: special.envoy.office@humandev.gov.bz.

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BLU-RAY DVD PLAYER
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130 Watts Output, Full HD 1080P, DVD Up-Scaling, Dolby Digital Plus, USB Media Host

MINI SYSTEM
$349 CASH
$5.27 WKLY

130 Watts RMS Power, Auto DJ Function, USB Direct Recording

While every care is taken, product specification and design are subject to change without notice. Terms and conditions are subject to change without notice. Prices may vary in some branches. Prices shown reflect 28 March exchange.

OBSERVER OFFER ENDS MAY 11TH, 2013.
The Santa Elena Community Preschool on Carillo Puerto Avenue today received a much needed recreational facility generously donated by Tropigas Santa Elena Branch resulting from a competition organized and executed by Tropigas staff with assistance from the community.

The award valued at $2,500 includes a swing set with attached slide. Competing preschools were asked to explain why their school was deserving of the award.

In accepting the generous award, Santa Elena Community Preschool’s head teacher Mrs. Lorena Rancheran expressed heartfelt appreciation to the management and staff of Tropigas as well as to parents and the community for their support in recommending Santa Elena Community as deserving of the award. The new facility came at an appropriate time explained Mrs. Rancheran, since the current recreational facilities at the school are inadequate. She applauded Tropigas for the outstanding gesture as proactive leaders in the development of early childhood education and for the company’s impressive outreach program.

In presenting the award, Mr. Danny Gongora, Manager of Tropigas, Santa Elena branch, explained that the company’s community outreach project is a clear demonstration of the company’s active involvement in the welfare of the community. He said that Tropigas recognizes the importance of early childhood education as a crucial component in fostering the development of future leaders. He additionally informed that today’s event marks the commencement of what will be an annual award.

**Handing Over Ceremony At The Preschool**

**Ministry of Education, Youth & Sports CONALEP SCHOLARSHIP CALL 2013 Colegio Nacional de Educación Profesional Técnica**

The Government of the United States of Mexico, under the Belize/Mexico Bi-lateral Agreement is once again awarding scholarships to the Government of Belize. The scholarships will allow qualifying Belizean students to enter the Colegio Nacional de Educación Profesional Técnica (CONALEP) to obtain a Bachiller.

The Scholarship is normally for the duration of the programme of studies and requires the scholarship holder to maintain above average passing grades at the aforementioned institution. The Scholarships become tenable in August 2013.

**Eligibility**

1. Be a minimum of 17 years old.
2. Be of Belizean nationality; applicants (citizens or residents) must reside in Belize.

**Career Areas**

Faculty of Industrial Studies
- Electricity and Electromechanics
- Maintenance of electronic systems
- Mechatronics
- Electrical distribution networks
- Electronic aviation systems

Information Technology
- Maintenance of computer equipment
- Digital graphic expression
- Telecommunications

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- Maintenance of computer equipment
- Digital graphic expression
- Telecommunications

Maintenance and Installation
- Automotive
- Automation
- Electromechanical Industrial

Alternative energy sources
- Bodyworks and coating of aircraft
- Maintenance of engines and gliders
- Maintenance of automated systems
- Diesel engines
- Refrigeration and air conditioning

Application

Applications packages can be downloaded and printed from www.moe.gov.bz. Packages are also available at the Ministry of Education in Belmopan and District Education offices countrywide. Completed application packages must be hand-delivered to the office of Tertiary and Post Secondary Education Services no later than May 31, 2013 and should be addressed to:

**Date**

3. Have adequate (intermediary) knowledge of Spanish both in oral and written communication.
4. Have completed at minimum a Second Form level of studies.
5. Production processes and physical transformation
   - Quality Control
   - Industrial Sewing
   - Machine Tools
   - Metal Works
   - Metal Processing
   - Industrial Productivity
   - Textiles

Chemistry-Biological production and transformation processes
- Conservation of the environment
- Horticulture
- Metallurgy
- Mining metallurgist
- Plastics
- Industrial food processing
- Production and processing of aquaculture products
- Chemical industries

Services
- Tourism
- Tourist hospitality
- Food and beverage
ARIES: March 22 to April 20
Today is a fantastic day for you. Your sensual, caring nature will be appreciated. Whether you actively pursue it or sit back and relax, you will receive the love and good fortune you desire. Your creativity is also at a peak during this time. You should take advantage of this energy and actively use your talent to create something beautiful and meaningful. Lucky numbers: 12, 42, 69.

TAURUS: April 21 to May 21
Being married to someone for many years takes work. No one said it was going to be easy. Hollywood promotes a fantasyland that can make your life look drab and boring by comparison. Realize that your life can be good and interesting, too - reality is even better than the movie version. This week is a good week to prepare for future growth. Lucky numbers: 07, 33, 90.

GEMINI: May 22 to June 21
This week is a great week to make your big move. If there is something in the love and romance department that you feel you need to act on, this is the week to do it. It's now or never. Approach all situations in a practical, caring manner. Prow forward with confidence and don't look back. Indulge in those things that give you pleasure. Get a massage or take a bubble bath tonight. Lucky numbers: 51, 76, 84.

CANCER: June 22 to July 23
Take your focus off you and concentrate on someone else for a day. This doesn't mean focusing so the person will stop and pay attention to you. It doesn't mean getting their attention so that you have someone who will listen to you talk. Get someone's attention because you really want to hear what he or she has to say. Lucky numbers: 10, 29, 50.

LEO: July 24 to August 21
It might take an extra few minutes to get out of bed, but it will be worth it when you do. You will find that the more honest you have been with people, the more payoffs you will receive. Being dependable and trustworthy are key issues to focus on. Act strong and proud with regard to who you are and the rewards will come. Bring a certain amount of tenderness to all your actions. Lucky numbers: 04, 37, 63.

VIRGO: August 22 to

September 21
Don't try to fit into a mold you simply don't belong in. You may have gone through a major transformation lately in which you went from being a square peg to a round peg. Other people might still be trying to push you into the square hole. Don't let them. Let people know that it upsets you not to be treated the way you want to be treated. Lucky numbers: 18, 31, 45.

LIBRA: September 22 to October 23
There may be subtle messages in people's words this week that you need to attend to. Other people could be trying to send you hints in order to push your buttons. Confront them on this behavior. Don't ignore the subtleties in their voices. Tender, loving messages may be laced with thorns intended to provoke you. Don't let this action go unnoticed. Lucky numbers: 40, 66, 81.

SCORPIO: October 24 to November 21
Don't keep playing along with the games if you no longer want to repeat the same drama. By placing yourself in a victim role, you are opening yourself up to manipulation and control by others. To stop the repetitive pattern, it's crucial for you to stand up and recognize that you have an important part in the healing process. Recognize that you have the power and courage to change. Lucky numbers: 49, 75, 93.

SAGITTARIUS: November 22 to December 21
This week is excellent for you. You should be encouraged to take action in any artistic realm. Cook a scrumptious dinner and share it with a loved one. This is a great week to create a nurturing environment in which a seed can grow. Lucky numbers: 03, 55, 71.

AQUARIUS: January 21 to February 19
There is great opportunity for romance. Love the people you are with, don't smother them. The more you loosen your grip, the more you will gain control of it. Cutting chains to the past is the first step in moving forward toward a goal. You might not realize how much a past situation holds you back until you make the effort to release it. Lucky numbers: 20, 44, 68.

PISCES: February 20 to March 21
The receptive natures of your being are coming together. You are able to attract the prosperity and love you desire by the way in which you handle yourself around others. This week is about the equilibrium between give and take. Make sure there is a healthy balance between you and your loved ones. Lucky numbers: 26, 35, 83.

New Director of Cruise and Regional Initiatives
Belize City, Monday, April 22, 2013: The Belize Tourism Board is pleased to announce the appointment of its new Cruise and Regional Initiatives Director, Mr. Valdemar Andrade. Mr. Andrade has been in the Tourism Industry for the past two years as the Technical Advisor/Project Liaison-Sustainable Tourism Program, for the Ministry of Tourism and Culture.

He has several years of experience in conservation and environmental areas, through his work experience with Protected Areas Conservation Trust, Ministry of Natural Resource and the Environment, and the Belize Audubon Society.

“As we embark this year to grow cruise tourism numbers and strengthen Belize’s position in that market, the skills and experience that Valdemar Andrade possesses will augment our goal. The BTB is confident in Mr. Andrade’s abilities, and happy to welcome him to our team,” commented the Director of Tourism, Mrs. Laura Esquivel Frampton. Mr. Andrade brings extensive experience in management at an executive level, coupled with his familiarity of the regional tourism climate. His core competency and knowledge of sustainable tourism in marketing the Belize tourism product positions him in a strategic place to help develop and grow the cruise tourism sector. He will be key in the development of cruise tourism initiatives and program, and to liaise and network with primary regional partners.

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The Belize Tourism Board is looking for experienced trainers in the fields of:

- Hospitality,
- Customer service,
- Tour guiding specializations (Belizean History, Natural History, Ornithology, Botany, Marine Biology, Advanced Marine, Ecotourism, Guide Interpretation, Fishing, Caving, Culture, Archaeology, etc.)
- Food and Beverage Operations, Food Services, Bartending,
- Sustainable Tourism,
- Events Planning,
- Tourism Health and Safety,
- Front Office Operations,
- Other related fields in tourism.

Interested persons are asked to submit their curriculum vitae along with copies of their relevant qualifications by email to training@travelbelize.org or via mail to the attention of:

Juliet Neal
Capacity Building and Training Officer
Belize Tourism Board
64 Regent Street, Belize City

Deadline for submission: May 31st, 2013
Belize City, Belize – April 23, 2013: Belize’s tourism industry started out on a remarkable note this year. Overall, the first quarter recorded record breaking increases in tourist arrivals through the PGIA and other ports of entry, namely, the Western and Northern Borders.

**Overnight Tourist Arrivals - 1st Quarter**

<table>
<thead>
<tr>
<th>Month</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>28,643</td>
<td>32,240</td>
<td>35,795</td>
</tr>
<tr>
<td>February</td>
<td>23,854</td>
<td>25,778</td>
<td>28,765</td>
</tr>
<tr>
<td>March</td>
<td>23,592</td>
<td>24,263</td>
<td>28,451</td>
</tr>
</tbody>
</table>

Overnight tourist arrivals during the months of January, February and March recorded increases of 17.2%, 11.6% and 17%, respectively. For the first time ever, Belize exceeded the 35,000 overnight visitors mark for a single month. The previous all-time high was 32,240 visitors in March, 2012. The overnight tourist arrivals increase indicates that there was a 13% growth, overall.

**Airport Tourist Arrivals - 1st Quarter**

<table>
<thead>
<tr>
<th>Month</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>16,794</td>
<td>20,950</td>
<td>25,582</td>
</tr>
<tr>
<td>February</td>
<td>22,986</td>
<td>28,867</td>
<td>26,823</td>
</tr>
<tr>
<td>March</td>
<td>22,986</td>
<td>28,867</td>
<td>26,823</td>
</tr>
</tbody>
</table>

Arrivals by air in January, February and March of 2013 showed increases of 7.6%, 6.9% and 10.1%, respectively. This year’s month of March recorded 28,823 tourist arrivals, which is over 2,000 more tourists compared to last year’s March total. This is the first time in history that arrivals by air exceeded the 28,000 mark. In summary, airport tourist arrivals showed 6.1% growth in this year’s first quarter.

**Cruise Arrivals - 1st Quarter**

<table>
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<tr>
<th>Month</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>101,738</td>
<td>96,894</td>
<td>102,873</td>
</tr>
<tr>
<td>February</td>
<td>81,315</td>
<td>76,793</td>
<td>76,793</td>
</tr>
<tr>
<td>March</td>
<td>62,025</td>
<td>16,120</td>
<td>62,456</td>
</tr>
</tbody>
</table>

Despite dismal cruise arrivals last year, 2013’s first quarter showed notable growth. There was a 19.4% increase in arrivals in January, and an 11.4% increase in arrivals in February. In addition, March saw a modest increase of 1.4%. In total, a 10.9% increase in cruise tourist arrivals was recorded in the first three months of this year.

For more information, please contact the Belize Tourism Board at 227-2420
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Three Not So Wise Men

There were three men on a hill with their watches. The first man threw his watch down the hill and it broke. The second man threw his watch down the hill and it broke. The third man threw his watch down the hill, walked all the way to the bottom, and caught it.

The other two men were puzzled and asked the third man how he did it. The third man said, "Easy. My watch is 5 minutes slow!"

Two blondes were going to the mall. When they got out of the car, they started tossing the car keys back and forth. One of the blondes missed, and the keys flew into the sewer drainpipe.

The other blonde tried to reach it but couldn't. So, she called a locksmith, and a cop. When the two came off the hill, the blondes explained what happened, then the cop tried to reach the keys but couldn't.

Finally the locksmith opened the door. The blonde that missed the keys in the first place said, "Whew... for a second there I thought we might of needed to use the SPARE key."

Two Words

A prince had a curse put on him when he was a little boy. He could only speak two words every year. But, if he didn't speak for a whole year, he would then be able to speak 4 words the next year and so on.

One day he met a princess named Diana and he wanted to say "My Princess".

The next year he saw her he wanted to say "My princess, I love you". The third year he saw her he wanted to say "My princess I love you, will you marry me?"

Two Wishes

A man walks into a restaurant with a full-grown ostrich behind him.

The waitress asks them for their orders.

The man says, "A hamburger, fries and a coke," and turns to the ostrich, "What's yours?"

"I'll have the same," says the ostrich.

A short time later the waitress returns with the order 'That will be $9.40 please,' and the man reaches into his pocket and pulls out the exact change for payment.

The next day, the man and the ostrich come again and the man says, "A hamburger, fries and a coke."

The ostrich says, "I'll have the same."

Again the man reaches into his pocket and pays with exact change. This becomes routine until the two


down the hill, walked all the way to the bottom, and caught it.

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Blonde Loses Key

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Mexican 'Drug Queen' Pleads Guilty In Us

A Mexican woman on trial in the US has pleaded guilty to helping the former head of the powerful Norte del Valle cartel evade justice between 2002-04.

Sandra Avila Beltran, 52, dubbed Queen of the Pacific, admitted to "hindering the arrest" of Juan Diego Espinosa Ramirez, her boyfriend at the time.

Avila, who has been in jail since 2007, was extradited to Miami last August.

She faces a prison sentence of 15 years after accepting a plea bargain. She previously denied any wrongdoing.

Avila was accused of being an important link between the Norte del Valle Cartel, in Colombia, and Mexico's powerful Sinaloa cartel.

Much of the cocaine produced in Colombia is smuggled into the United States via Mexico.

She is the niece of Miguel Angel Felix Gallardo, who was known in the 1980s as The Godfather of drug trafficking into the US.

On Wednesday, Avila pleaded guilty in a Miami court to being an accessory after the fact for helping Espinosa run from police.

"Between approximately 2002 and 2004, Avila-Beltran provided financial assistance for travel, clothes and renting houses.

After a legal battle against extradition, Avila was handed over to the US authorities in Mexico and was taken to Florida to face cocaine possession and trafficking charges.

2 Homesites For Sale:

Size: 100’ x 100’ (¼ acre ea. Titled Land) Located behind Kon-Tiki area of San Ignacio.

BWS water available; electricity 6 lots away. Many trees/plants on fenced manicured grounds. Good solid road access and only a few minutes to town.

Price for Inner Lot: Bz $18,000.00
Price for corner Lot: Bz $18,850.00
Both lots: Bz $33,500.00
Note: We will do the Paper-work/transfer! Can finance for 1 year @ 6 %
Contact: Allen’s Hardware in Santa Elena: 824-2060/3751
Pictures available E-mail: rallen@btl.net

CAYO RENTALS

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Duties

Develop, maintain and document software systems for use at BEL. Assist users in operating software systems and in overcoming operational difficulties as well as administer training in software systems developed.

Qualifications

- Associate Degree in Computer Science or related field with two (2) years’ experience in the software development field OR Bachelor Degree in Computer Science or related field
- Knowledge of at least two programming languages
- Knowledge of web development techniques and principles
- Knowledge of MS SQL Server 2005 (or later) RDBMS and its data access tools
- Knowledge of at least one Microsoft Suite of development tools would be tremendous asset

Salary: In accordance with Company’s Grade Structure.

Requirements

- Possess excellent analytical and organizational skills
- Be detail oriented
- Must be able to work effectively as a team player
- Ability to take initiative and work with little supervision is an absolute must
- Be assertive
- Be able to multi-task and work well under pressure
- Ability to explain IT technical matters in a concise, digestible manner to business managers, supervisors, and other non IT staff and stakeholders

Send completed application form, résumé and two (2) recent letters of reference to:

Manager
Human Resources Department
Belize Electricity Limited
2½ Miles Phillip Goldson Highway
Belize City, Belize

Dear Editor;

Thank goodness that Atlantic Bank is branded as “Your Friendly Bank” because I could not even imagine what conditions inside the bank would be if it was not so branded. As “Your Friendly Bank” security guards inside Atlantic Bank San Ignacio stand by customers’ side as if every customer is about the rob the bank. Your phone rings, you dare not put it to your ears, lest the security is right up in your face. Reviewing incoming text and answering a text inside this bank is almost like committing a crime. A busy business person remains incommunicado while inside this “Friendly Bank.” You seek to make a transaction without your pass book the bank automatically takes over six dollars from your account. Thank heavens Atlantic Bank is “Your Friendly Bank.”

I have not moved my account to the Belize Bank for the simple reason that I consider the Octopus to be bad and dangerous for Belize. However, if one was to grade the quality of service, between both banks, the Belize Bank would be light years ahead of Atlantic Bank and that is because account.

This suggests the increased risk is not solely due to extra calories, he said.

"Even so, it is not definitive evidence that sugar-sweetened soft drinks increase the risk of Type 2 diabetes, other than through their effect on body weight," he added. "We do, though, already recommend limiting consumption of sugary foods and drinks as these are usually high in calories and so can lead to weight gain if you have too many of them."

"This is important for Type 2 diabetes because we know that maintaining a healthy weight is the single most important thing you can do to prevent it."

Statistics expert Professor Patrick Wolfe, from University College London, said the absolute risk of Type-2 diabetes is low at about 4% of the adult UK population.

Drinking one or more cans of sugary soft drinks a day is linked to an increased risk of diabetes in later life, a study suggests. A can a day raises the relative risk of Type-2 diabetes by about a fifth, compared with one can a month or under, say European scientists.

The report in the journal Diabetologia mirrors previous US findings. A diabetes charity recommends limiting sugary foods and drinks as they are calorific and can cause weight gain.

"In and of themselves, sugary soft drinks are only part of the picture - they're just one of the potential risk factors for Type-2 diabetes," he said.

"But since they are one we can easily eliminate - by switching to diet soft drinks or, even better, cutting them out of our diets altogether - it makes good sense to do so."

Gavin Partington, director general of the drinks industry body the British Soft Drinks Association said:

"Soft drinks are safe to consume but, like all other food and drink, should be consumed in moderation as part of a balanced diet."

"If you want to know where your heart is, look where your mind goes when it wanders."

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"Your Friendly Bank" and

"Your Friendly Bank What?"

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Diabetes Warning Over Soft Drinks

"Given the increase in sweet beverage consumption in Europe, clear messages on its deleterious effect on health should be given to the population," Dr Romaguera and colleagues conclude in their research paper. "Not definitive evidence"

An increased risk of diabetes was also linked to drinking artificially sweetened soft drinks, but this disappeared when body mass index was taken into account. Fruit juice consumption was not associated with diabetes incidence, however.

Commenting on the results, Dr Matthew Hobbs, head of research at Diabetes UK, said the link between sugar-sweetened soft drinks and Type-2 diabetes persisted even when body mass index was taken into account. This suggests the increased risk is not solely due to extra calories, he said. "Even so, it is not definitive evidence that sugar-sweetened soft drinks increase the risk of Type 2 diabetes, other than through their effect on body weight," he added. "We do, though, already recommend limiting consumption of sugary foods and drinks as these are usually high in calories and so can lead to weight gain if you have too many of them."

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Four Belizeans Receive Prestigious Honour of the British Empire

BELMOPAN CITY, Wednesday, April 24, 2013:

Four Belizeans were today honoured at the Belize House for their selfless and outstanding contributions to Belize. The honourees included Senior Counsel, Mr. Denys A. Barrow, who was awarded the insignia for Commander of the Most Excellent Order of the British Empire for his distinguished service to Belize and the field of law; Commissioner of the Supreme Court and Senior Justice of the Peace, Mr. Patrick Alexander Bernard, was bestowed with the insignia of a Member of the Most Excellent Order of the British Empire for his dedication to the Public Service. Also receiving the insignia of a Member of the Most Excellent Order of the British Empire were Mr. Pen Cayetano for his wonderful and numerous contributions to music and art; and Senior Justice of the Peace, Ms. Crispina Hyde, for her selfless service to education and community. The Governor General of Belize, Sir Colville Young, conferred the prestigious honours to the citizens on behalf of Her Majesty Queen Elizabeth II.

Free Hearing Test in Belmopan

BELIZE CITY, Belize – There will be free hearing tests available at the Western Regional Hospital in Belmopan from April 24 to May 4 from 8:00 a.m. to 4:00 p.m. as part of the New Horizons exercise. If you are experiencing ringing or pain in your ears, difficulty hearing, or drainage from your ears, you are invited to the clinic to be evaluated. Depending on your symptoms, you may be eligible for free hearing aids or a surgical procedure. These services are provided by a team of U.S. medical professionals. New Horizons gives U.S., Canadian and Belizean personnel the opportunity to train jointly in an exercise setting, in order to be prepared to meet future challenges when and where needed. It provides medical and dental treatment, and also constructs needed structures, such as classrooms, throughout Belize.

US 'spy' Timothy Hallet Tracy detained in Venezuela

The authorities in Venezuela have detained a United States citizen they accuse of being an intelligence agent. Interior Minister Miguel Rodriguez Torres said Timothy Hallet Tracy had directed funds towards student protests after the disputed presidential elections earlier this month. He said Mr Tracy was trying to destabilise the country with the goal of starting a civil war. The US has not commented, but Mr Tracy’s family say he is innocent. They say he was in Venezuela making a documentary, the Associated Press reports. The presidential election was won by less than 2% of the vote by Nicolas Maduro. He succeeds his mentor Hugo Chavez, who died in March of cancer. But the opposition have alleged election irregularities, and losing candidate Henrique Capriles has demanded a full recount of the vote. Nine people died in post-election protests and both the government and opposition are planning more protests on 1 May.
Guatemalan Gold Panners Convicted

SAN IGNACIO TOWN, Cayo, Monday, April 22, 2013:
Three Guatemalans were today remanded to the Hattieville prison after being apprehended in the Ceibo Chico Reserve, allegedly mining for gold in a protected area.

In the incident police reportedly occurred on Friday, April 19, 2013. The release states that the Joint Forces Unit, stationed at the Ceibo Chico Conservation Post, in South Chiquibul came upon a group of three Guatemalans reportedly panning for gold.

The men were later identified as Mario Rolando Xol Caal, Marcos Domingo Pana Chiquin and Esteban Putul Mai all residing in the Village of El Naranjon, near San Luis, Peten, Guatemala. In the incident police reportedly found small transparent tubes containing suspected gold on both Mai and Chiquin. The investigation led police to the prospectors’ campsite about twelve hundred feet from the excavation site where Mario Rolando Xol Caal reportedly handed police a 16 gauge sawed off shotgun.

All three detainees were escorted to the San Ignacio police station where Lamb, the police advises the public that Lamb is considered armed and dangerous. Any sighting of this suspect should be immediately reported to the nearest police station.

A False Sense Of Safety

From Front Page
by prying the lock off a back sliding glass door. The following were listed as stolen from the house: a flat screen television, a laptop computer, an iPod, a digital camera, a cellular telephone, a play station with assorted games, assorted liquor and two watches for a combined value of over 12 thousand dollars.

The investigation further revealed that the burglary/invasion might have been committed by two male persons and a female they observed acting suspiciously in the area. While looking for clues, a member of the family, at around 10:00 am Sunday morning, came upon the flat screen TV in nearby bushes, about 200 yards from the house. The TV was brought back to the house. It is reported that about two hours after the discovery, being around noon, a black V/W car with license plate 018172, later found to be owned and driven at the time by Imer Guerra, who works at Bowen & Bowen Distributors in Esparanza Village, was seen dropping off a male person in the area who walked to the spot where the TV was recovered. The person later returned empty handed to the waiting black car.

As the investigation continues, the police manhunt is reportedly underway for one Leroy Richards, who is believed could assist police in the investigation and possible recovery of the remaining items stolen from the house of Dr. Miguel Depaz.

In the second incident, Grant Perez, Deputy Officer in Charge of the Fire Station in San Ignacio Town, reportedly left his home adjoining the fire station on Buena Vista Street, for brief period, between 6:30 and 8:00 pm on Friday, April 12 and upon returning, he found that his house was entered into and stolen from there was an undisclosed amount of cash and jewelry. It is suspected that entry into the house was gained through the front door as the intruder’s hand was introduced into the house through a missing louver giving interior access to the door nub. The personnel on that evening shift were reportedly questioned. None of the missing items have been discovered. No arrest has been made.

As with all such cases, the police remain mute on these matters whereby giving the community a false sense of security. Crimes in San Ignacio, Santa Elena and surrounding communities become public knowledge only when arrests are made and suspects are brought before the court thereby giving the false impression of an almost 100% police success.

Crime information, in statistical form, is discussed among a small clique calling themselves the People’s Coalition of Cayo, comprising ex-pats in the majority, to whom the police readily provide this generic information during their once per month meetings in the conference room at the police station in San Ignacio, while the larger community, all 15 hundred who read this newspaper on a weekly basis remain ignorant of criminal activities within their community.

Neal Surrenders - Lamb Remains On The Lam

From Front Page

police. Believing that he would be charged only in connection with the April 16 home invasion, the police had news for him as he was also charged with the murder of Steven Valencia after which it is reported that he volunteered a cautioned statement in which he is reportedly fingering “Steal Bob” as the triggerman in the Valencia murder.

Neal was arraigned before San Ignacio magistrate Narda Morgan on Monday, April 22, 2013, where the murder charge and the aggravated burglary charge were read to him. He was instantly remanded to prison on instructions to be brought back to court on Thursday, August 18, 2013.

As the nationwide manhunt continues for Jarod “Steal Bob” Lamb, the police advises the public that Lamb is considered armed and dangerous. Any sighting of this suspect should be immediately reported to the nearest police station.

From Front Page

Mario Rolando Xol Caal was formally arrested and charged with keeping an unlicensed firearm and ammunition while Esteban Putul Mai and Marcos Domingo Pana Chiquin were jointly charged for illegal prospecting.

The three Guatemalans were arraigned before magistrate Narda Morgan on Monday, April 22, 2013, where the charges were read to them. Caal wasted no time in pleading guilty to the gun and ammunition charge. He was sentenced to serve five years on each charge, magistrate Morgan ordered that the sentences are to run concurrent, meaning that Caal with spend the next five years behind bars.

Mai and Chiquin also pled guilty to the charge of illegal prospecting and were each ordered to pay one thousand dollars in default six months imprisonment.

Mai and Chiquin were unable to pay the fine and were transported along with Caal to the Central Prison in Hattieville.

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