CARACOL, Cayo, Thursday, September 25, 2014:

A 19 year old Special Constable, assigned to the Tourism Police Unit (TPU), was today killed by suspected Guatemalan bandits.

San Ignacio police informed of the receipt of the fatal incident report at around midday today, Thursday, September 25, 2014.

The report indicated that about five minutes before 12 noon, a colleague of the deceased Special Constable heard what appeared to be the firing of several gunshots in the area of one of the mayan structures located about one hundred feet from where he was standing near another of the several structures on the tourist site.

The colleague reportedly rushed to the scene where he reportedly saw a male person of Hispanic decent pointing a handgun at the Special Constable who was on the ground. He reportedly saw a second man picking up and taking possession of the Special Constable’s service firearm being a pump 12 shotgun. A shot was reportedly fired at the approaching police, fortunately it missed its target. The two Hispanic men were joined by a third as all three fled the area.

Special Constable, Danny Conorque, 20, a resident of Georgeville, was found on the ground, face upwards beside a thatched shed in front of the Ka’ana structure. When checked he reportedly showed no signs of life.

San Ignacio police arrived on the scene about an hour and forty five minutes after receiving the initial report. Police retrieved three expended 9mm expended shells from the scene.

The body was transported to the community hospital in San Ignacio where, upon arrival at 4:55 pm, it was officially pronounced dead by the medical officer on duty, Dr. Kino Fair weather.

An inspection of the body revealed six gunshot wounds: two to the right arm and one each to the left side of the face, left side to the abdomen exiting on the right side injuring his right middle finger. The body now awaits a post mortem examination.

A fruitless search of the area was conducted by a joint police/Belize Defense Force Team. The government issued 12 gauge shot gun remains missing.

As the investigation continues, Belize Police have enlisted assistance from their Guatemalan counterpart.

Special Constable
Danny Conorque

Teacher Louise Passes

SANTA ELENA TOWN, Cayo, Thursday, September 25, 2014:

It is with profound sadness that we record the passing of another senior resident of our community, Mrs. Louise Bridget Lewis, 76, known to many as “Aunt Lou” or “Teacher Louise”.

Aunt Lou never recovered from a stroke she suffered while at home on Saturday, September 20. She was first rushed to the community hospital in San Ignacio and later to the Universal Health Services in Belize City where she passed away quietly at around 12:40 this Thursday morning.

Aunt Lou is retired primary school teacher. Many are those of us who “passed through her hands”. She was an avid member of the Catholic Church. She was one of the first lay ministers of the Sacred Heart
Editorial

No Turning Back

Formed on September 27, 1973 the United Democratic Party (UDP) is this week engaged in activities commemorating the 41st anniversary of the formation of the party. The UDP was birthed through the amalgamation of the Phillip Goldson led National Independence Party (NIP), Dean Lindo’s People’s Development Movement (PDM) and the Liberal Party founded by Manuel Esquivel, Curl Thompson, Henry “Pa Hen” Young, Harrison “Sir Harry” Lawrence and Nestor “Net” Vasquez. Eleven years after its formation the UDP made history, in December 1984 when it defeated the George Price led People’s United Party (PUP) in the first general elections after the September 21, 1981 attainment of Belize’s political independence from Great Britain. History was also made in the 1984 general election when the undeclared Premiers newly appointed Prime Minister, George Cadle Price was defeated in the Freetown Constituency by the young political newcomer Derek Aikman who would become the youngest member of the Manuel Esquivel led UDP Government. Having served as government going on to four terms in post Independence Belize, the UDP is currently serving its first back to back terms in office in post independent Belize. The PUP has served three terms in government in post independent Belize as follows: 1989 to 1993 under the leadership of George Cadle Price. Then between 1998 and 2003 under Said Musa who was reelected to serve a second consecutive term between 2003 and 2008. In the first administration the PUP, under George Price, financed the economy through the bucket sale of our passports. The scandalous sale of our national identity was so troubling that, combined with the terrible state of the national economy, George Price was forced to call election in 1993, a full 16 months before it was constitutionally due. The UDP won those elections by a margin of 21 to 7. In the second PUP administration 1998 to 2003, this time under Said Musa as Price was forced out in 1996, Said Musa along with the unelected senator Ralph Fonseca financed the economy by selling all our national assets under the guise of privatization. Our electricity, water and telephone companies were packaged and sold to private interests. Our airport and seaport were sold. The prison was privatized. The government printing service was privatized. The International Ship registry and the International Business Company registry was privately owned and operated, among others. In the third PUP administration again under Said Musa, the economy was financed through unrestrained borrowing resulting in the creation of that monster known as the infamous 2 Billion dollar Super Bond. Forced to use borrowed monies to meet recurrent expenditure, including the salaries and wages of public officers, the nation’s infrastructure was neglected and no new project was implemented. Two billion dollars were borrowed and spent and the PUP had nothing to show for it. The UDP was reelected to government in 2008 with Dean Barrow as the leader of the party. Prime Minister Dean Barrow came to office vowing not to commit the errors of the two previous UDP Administrations: NO RETRENCHMENT and NO NEW TAXES. The current Dean Barrow administration, into its second consecutive term in office, is neither selling our passports nor our national assets. In fact our telecommunications and electricity companies have been renationalized. Our water company is now government majority owned. A sitting Minister of government was sacked on allegations of engaging in selling a single passport. Prime Minister Barrow moved promptly to renationalize our public utilities. First to be renationalized was the telephone company in 2009 followed by the electricity company in 2010 and the international ship registry in 2011. The dreaded super bond has been successfully renegotiated. Public officers have received 9% increase in salaries with more to come. No new taxes have been introduced. The nation is undergoing unprecedented development. The difference is as clear as day is to night.

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SANTA ELENA TOWN, Cayo, Wednesday, September 24, 2014: Santa Elena resident, Neri Lopez, today remains at the Karl Huesner Memorial Hospital in a critical condition after he was knocked down on the George Price Highway on Saturday, September 20, the eve of our nation’s independence.

Acting on a report of a road traffic accident, San Ignacio police visited the scene in Santa Elena, where they saw an unconscious male Hispanic person, bleeding from the mouth, lying on his back in front of a blue Mazda Tribute SUV bearing lp SI C-03191, with a dent on the right side of the bonnet.

The driver of the Mazda Tribute, Miguel Millian, 25, Belizean of a Belmopan address, told the police that he was traveling from San Ignacio to the Santa Cruz area of Santa Elena when a vehicle was coming in the opposite direction with its high beam on, temporarily blurring his vision. He told the police that when he was able to refocus he saw a male person without shirt staggering across the highway. His attempt to swerve away from the staggering man reportedly failed, resulting in him knocking down the man who was later identified as Neri Lopez. The injured man was first transported to the community hospital in San Ignacio and later transported to the Karl Huesner Memorial Hospital in Belize City where he is listed in stable but critical condition.

Millian has since been issued with a notice of intended prosecution as the investigation continues.

LOS TAMBOS VILLAGE, CAYO, Sunday, September 21, 2014:

San Ignacio police is investigating the case of a shooting death in the mainly Hispanic community of Los Tambos, Cayo.

The initial investigation revealed that the deceased, Manuel Ramos, 27, Guatemalan naturalized Belizean and his common-law wife, Alba Luz Morales, 36, were reportedly relaxing out under a shed when several gunshots rang out. Ramos fell to the ground dead and was later found with gunshot injuries to the chest, arm and chin, and died on the spot. The common law wife emerged with a gunshot wound to the leg.

Ramos and Morales were transported to the Western Regional Hospital where Ramos was officially pronounced dead while Morales was treated and later released.

The mandatory post mortem examination certified the cause of death of Manuel de Jesus Ramos Hernandez as “Traumatic asphyxia due to injuries to the left lung and trachea resulting from gunshot injury of body and chest”.

As the investigation continues, police are asking anyone with information that can assist in the investigation to please call San Ignacio police toll free at 911 or 804-2022. Investigators inform that all calls will be held in the strictest of confidence.

NOTICE

Dear Readers & Contributors:

Kindly forward all Ads, Letters, Articles, Comments and Humor to starnewspaper@gmail.com

For further information please call 804-4900 or 626-8822

We thank you all for your continuous support over the years.
Galen University Appoints Dr. Cynthia Eve Aird As Provost Of The University

Dr. Cynthia Eve Aird
CENTRAL FARM, Cayo District

Galen University is pleased to announce the appointment of Dr. Cynthia Eve Aird to the position of Provost of the University. Dr. Aird earned her Ph.D. in Curriculum, Instruction and Administration with a minor in Higher Education from Boston College, Boston, MA. Dr. Aird is a skilled and dedicated educator and is currently President of Sacred Heart College, Cayo.

With over twenty (20) years experience in the education sector, Dr. Aird developed a professional network amongst her colleagues in the Association of Tertiary Level Institutions of Belize (ATLIB) and the Consortium for Belize Educational Cooperation (COBEC). She has served in the capacity of President of ATLIB from 2008 to 2012. Dr. Aird was a founding member of the Belize Board of Teacher Education (BBTE), serving for three terms with two as the Vice Chair of the Board. Dr. Eve Aird was also a founding faculty member of Galen University, serving from 2003 until 2008 as an Associate Professor in Curriculum, Instruction, and Media. As a trained professional, Dr. Aird researched, wrote, and presented locally, regionally, and internationally on the themes of higher education in developing countries; including Belize.

Dr. Cynthia Eve Aird
Galen University is proud to acknowledge Dr. Aird for her valuable contributions in the development of higher education in Belize. We stand committed to working closely with her in providing the entire student body of Galen, with the highest possible caliber of education to empower and prepare students for the future. The appointment of Dr. Aird will become effective on December 1, 2014.

In the meantime, we would like to take this opportunity to congratulate and thank Mr. Raul Avila for his outstanding contributions to Galen University as Interim Provost. We look forward to work with him in his new capacity as Senior Academic/Administrative Officer at the university.

Youth Invitational Karate Championships

The Cayo Shotokan Karate Club in conjunction with the Belize Karate Federation is hereby inviting the general public to attend and witness the Youth Invitational Karate Championships, to be held this Saturday, 27th September, 2014, 9am to 4pm, Sacred Heart College Auditorium, San Ignacio Town. This event will be held in commemoration with the Cayo Shotokan Karate Club’s 24th Anniversary. Belize athletes will be competing against visiting athletes from El Salvador and Guatemala.

The Cayo Shotokan Karate Club (CSKC) was founded by Sensei, Herman Pastor Jr on the 24th September 1990, in San Ignacio Town, and have trained hundreds of youths from the twin towns of San Ignacio and Santa Elena. The CSKC now has its permanent headquarters at 1b, Joseph Andrews Drive, San Ignacio Town, and also has a branch in Belmopan.
BY: Sr. Elsa Oliva, SAC- HelpAge Belize Patroness

The theme for this year’s Senior Citizen’s week is “LEAVING NO ONE BEHIND: PROMOTING A SOCIETY FOR ALL.”

The last week of September leading up to the 1st of October, the official International Day of Older Persons, is designated to celebrate and honor Senior Citizens. HelpAge Belize has set aside this week to review the progress made or lack thereof and to re-strategize if necessary improve the effectiveness and end results of the various programs and projects that we have implemented to benefit our older persons in Belize.

Our Society has a lot to be desired in regards to the respect, protection and services offered to our Older Citizens both on the family and community level. Several Senior citizens have been murdered over the past weeks. We are also very familiar with the scenario where an older lady or man who boards a crowded public transport and is unable to get a seat even though many of these seats are occupied by young and able-bodied men and women.

“How many of us have offered a helping hand to an older person crossing the road?”

At the family level, we are also aware of the scenario in which “granny” is kept in a little back room all by herself and is rarely seen or heard from. In all these cases the older person is being disrespected. HelpAge Belize and its partners understand that there is a need to address the Older Population, whose global population will grow to twenty percent (1.4 Billion) by 2030. By 2030, there will be more people over 60 than children under 10, with the most rapid change in age structures occurring in the developing countries. If our ambition is to “Build the Future We want,” we must address concerns of this Population, we must increase our present efforts in advocating for the rights of Older Persons in all spheres of their lives. The issue of protection for Older Persons is not limited to just their protection from crime and violence but includes protection from mental and financial abuse. While we are cognizant of the work that is presently being done by a number of agencies and services.

The 100 Thousand Poets For Change Movement For Peace & Sustainability

BY: Barrington Castillo

Do you want to join other poets, musicians, and artists around the planet in a celebration to promote peace and sustainability and to call for serious social and environmental change?

1) What kind of a change are we talking about?
2) I want to organize in my area. How do we begin to organize?

“What kind of CHANGE are we talking about?”

The first order of change is for poets, writers, musicians, artists, activists to get together to create and perform, educate and demonstrate, simultaneously, with other communities around the world. This will change how we see our local community and the global community. We have all become incredibly alienated in recent years. We hardly know our neighbors down the street let alone our creative allies who live and share our concerns in other countries. We need to feel this kind of global solidarity. It will be empowering.

And of course there is the political/social change that many of us are talking about these days. There is trouble in the world. Wars, violation of human rights, ecocide, racism, genocide, gender inequality, homelessness, the lack of affordable medical care, police brutality, religious persecution, poverty, censorship, animal cruelty, the list goes on and on.

It appears that transformation towards a more sustainable world is a major concern and could be a global guiding principle for 100 TPC events. Peace also seems to be a common cause. War is not sustainable. There is an increasing sense that we need to move forward and stop moving backwards. But we are not trying not to be dogmatic. We hope that together we can develop our ideas of the “change/ transformation” we are looking for as a global community, and that each local community group will decide their own specific area of focus for change for their particular event. All we ask is that local communities organize events about change within the guidelines of peace and sustainability.

If you are an organizer for your community this means that first you will consider a location for the event and begin to contact people in your area who want to participate in the event. Participation means contacting the media, posting the event on the web, in calendars, newspapers, etc., reading poems, doing a concert, performing in general, supplying cupcakes and beer (it’s up to you), demonstrating, putting up an information table, inviting guest speakers, musicians, etc., organizing an art exhibit, and documenting the event (this is important, too), and cleaning up, of course.

Organizers and participants will create their own local event as an expression of who they are locally. Do they want a a concert or a jam session, candlelight vigil or a circus, a march or a dance, poetry reading in a cafe or on the subway, do they want absolute silence, a group meditation on a main street; it’s up to the local organization.

However, groups should try to hold some part of the event, if not all of it, outdoors, in public view (not required). The point is to be seen and heard, not just stay behind closed walls. It is also important that the event be documented. Photos, audio, videos, poems, journals, paintings! Documentation is crucial. The rest of the 100 Thousand Poets for Change want to hear what you have to say about change and enjoy your creativity too! The documentation will be shared through a blog/website that I will set up, a blog/website where groups can share and announce event information, such as as possible photos, videos, poetry, art, and thoughts. But an event doesn’t have to involve tons of people. It can be just you (the organizer) and your pet, on a street corner, with a sign. Just let me know what you are planning:

“Every effort counts!”

Each local organization determines what it wants to focus on, something broad like, peace, sustainability, justice, equality, or more specific...
Readers Write

Living with Unfulfilled Desires

Contributed by: Janice Swift
Written by: Mary Whelchel

It can be a great puzzle to us when we can't understand why God hasn't done what seems to us so important and so good.

Have you ever thought about the fact that God may want to change your desire and then fulfill it? God says he'll give us the desires of our hearts, but that may mean that he changes those desires first. When you think about it, what difference does it make? If your desires are changed and then fulfilled, you're a fulfilled person. But many times we're unwilling to allow him to change us.

We single women tend to do that. We have this enormous unfulfilled and natural desire to be married, and we can't believe we could ever be happy without that specific desire fulfilled. You would never have convinced me years ago that I could be happy being single. Never! But I can testify that God can change those deep desires, and when he does it, not only is it okay, it's a marveled contented life. Not second best, but full and exciting.

Have you been giving God your desires, list with clenched fists, refusing to give him permission to change your desires? I want to encourage you today to unclench those fists and trust the God who created you. He has good plans for you, not disaster. You can let go of your desires, give him permission to change them, and be absolutely confident that if he does, you will not lose, you will gain!

Many times we miss God's richest blessings to us because we refuse to even think about changing our desires. I know you believe it's impossible for your unfulfilled desire to change, but just be willing to let God do it if that is his will. When you do that, you've relinquished it and now the monkey is off your back. And please believe me; God is quite capable of changing you and your desires, beyond your wildest dreams.

Then, sometimes our desires go unfulfilled because we're in God's waiting room. Why does God put us in the waiting room? --First, because he gets our attention that way. We tend to stop and listen and look up.

--Second, we learn things in the waiting room we'd never learn any other way.

I don't know any effective Christian who hasn't spent significant time waiting for God to answer. But God doesn't run on a clock or on our schedules. And many times we must learn to wait for his answer, all the time not knowing if he will answer or not.

The Children's Friend

“The Children’s Friend

“Then were there brought unto him little children, that he should put his hands on them, and pray.”

- Matt 19:13

Those children must have been glad in after days to remember that Jesus had laid His hands upon their heads and blessed them. Sometimes the remembrance even of a human hand laid on the head in childhood stays all through life, and is a benediction.

A Christian man said late in his life that he could still feel the touch of his dying mother’s hand on his head as she bade him farewell and asked him to promise to follow Christ. A boy was brought to his father’s bedside, and was “kissed and blessed and given to God.” All through his youth, when there came any temptation to do wrong, the thought would come, “No, I must not do this, for I am the boy who was kissed and blessed and given to God.” When, later in life, burdens pressed and he was about to yield to despair, he would remember his father’s acts and words, and the remembrance would support him: “No, am I not the boy who was kissed and blessed and given to God?”

In the stress of life his mind at last gave way, and he spent years in the gloomy apartments of an insane asylum. And thence in his brighter moments he would write to his daughter: “Here I am shut away and very lonely. I have no one to sing to me as you used to do,— ‘Jesus, lover of my soul,’ or ‘Rock of Ages, cleave for me.’— It seems very dark and hard; but yet I am the boy that was kissed and blessed and given to God.”

Thus all through his life he was sustained and strengthened by the remembrance of his father’s last blessing. If all who have been consecrated to Christ, and have had His hand laid on them, would ever remember that holy touch, how pure and true it would make their lives!

STAR Newspaper

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#42 George Price Highway, Santa Elena Town, Cayo District, Belize, CA

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The Right Reverend Rogelio Livieres Plano has been dismissed as bishop of the diocese of Ciudad del Este.

Pope Francis has sacked a Paraguayan bishop who has been accused of protecting a priest suspected of sexually abusing young parishioners.

The Vatican said that "the Holy Father has decided to replace Monsignor Rogelio Livieres Plano" as bishop of Ciudad del Este.

It is the second time in a week that Pope Francis has taken disciplinary action over clerical sex abuse scandals in Latin America.

He has promised "zero tolerance".

Two days ago, the Pope ordered the arrest of a senior Vatican diplomat, Jozef Wesolowski, accused of the sexual abuse of children during a posting to the Paraguay.

Our correspondent says that Pope Francis has insisted there be no privileges for bishops when it comes to sex crimes against children.

The Rt Rv Livieres Plano is a member of the conservative Opus Dei movement and is reported to have clashed with more progressive members of his diocese.

Church prosecutors have dealt with some 3,500 abuse cases worldwide during the past decade.

Pope Francis has pledged a crackdown on clerics and employees of the Church who exploit minors, comparing their actions to a "satanic mass".
The Teacher

Teacher: "Kids, what does the chicken give you?"

Student: "Meat!"

Teacher: "Very good Class! Now what does the pig give?"

Thinking Tongue Twister

I thought a thought. But the thought I thought wasn’t the thought I thought I thought. If the thought I thought I thought had been the thought I thought, I wouldn’t have thought so much.

Flowers Joke

and to be nice I called you guys up and asked you to send him some flowers with a note saying “congratulations on your new location.” He calls me up and says to me “what’s the big deal with sending me a note that says ‘rest in peace?’”

“Oh no!” she sighed, “now I know what the heck is going on here!” said an angry man storming into the florist shop. “I just lost one of my main clients and it’s your fault!”

“Why don’t you calm down a bit” said the lady behind the counter, “and let us know what exactly happened.”

“Well,” said the man “My biggest client moved to a new location, a lawyer to defend me.”

Burglar Joke

Max was caught red handed by a police officer in the very act of burglarizing a store. He was quickly pushed off the inevitable. However, due to Bob’s frail condition, the Doctor was afraid to give him the bad news. Instead, he gave the sorry job to Bob’s wife of 40 years, hoping that she would know how to break the bad news to him ever so slowly and gently.

“How”, said Bob’s wife Eva the next morning, “I’ve got good news and bad news, which one would you like to hear first?”

Lawyer Trying To Prove His Client’s Innocence

A fellow’s wife went missing and everyone knew that he and his wife were in a big fight the night before she disappeared. The Doctor was afraid to give him the bad news. Instead, he gave the sorry job to Bob’s wife of 40 years, hoping that she would know how to break the bad news to him ever so slowly and gently.

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Clients Innocence Backfires

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“Ladies and Gentleman” said the lawyer after a few seconds of anxious waiting, “To be honest with you, Nobody is going to be walking through the door, however from the fact that your eyes all turned towards the door it is quite obvious that you are not sure beyond the shadow of a doubt about my client’s guilt.”

The lawyer’s great surprise, the jury decided that the man was guilty.

“Bob, always in a morbid state, hate to have to tell you this, but it have to be taken off.”

“Why could you say that he is guilty? Didn’t I prove it to you?” Questioned the lawyer.

“I think that you are all turned towards the door,” one old lady explained, “but there was person who didn’t.”

“Whose that?” Questioned the indignant lawyer.

“Your client,” Came the reply.
Prime Minister Dean Barrow announced on September 21 that BTL will double High Speed Internet (DSL) speeds for its existing customers starting October 1. This means that customers will automatically be provided with twice their bandwidth at no additional cost with full rollout to be completed by the end of the year.

The Internet has revolutionized communications and social networking, making information available in a quick and easy manner and allowing us to now communicate with people around the world, whether for important business matters or just talking to friends and family.

In the last five years, BTL has doubled internet speeds three times and significantly reduced rates making the Internet more affordable and accessible to all Belizeans. Investments in network expansions during these years have allowed for the Company to also introduce a new 16 Mb internet connection to meet the demands of our corporate customers—growing their businesses and ultimately driving employment.

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<th>Reduction in High Speed Internet Rates Since Nationalization</th>
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BTL and its leadership believe in placing the customer first, and these doubling of Internet speeds are direct responses to our customers’ needs. This is especially vital in a time where the internet is fundamental in removing the borders between nations and growing our economy via improved communication.

Expect more lowering of rates and better service quality because Belize Telemedia Limited is now the people’s company!
The common cold (also known as nasopharyngitis, rhinopharyngitis, acute coryza, head cold, or simply a cold) is a viral infectious disease of the upper respiratory tract which primarily affects the nose. Symptoms include coughing, sore throat, runny nose, sneezing, and fever which usually resolve in seven to ten days, with some symptoms lasting up to three weeks. Well over 200 virus strains are implicated in the cause of the common cold; the rhinoviruses are the most common.

Upper respiratory tract infections are loosely divided by the areas they affect, with the common cold primarily affecting the nose, the throat (pharyngitis), and the sinuses (sinusitis), occasionally involving either or both eyes via conjunctivitis. Symptoms are mostly due to the body's immune response to the infection rather than to tissue destruction by the viruses themselves. The primary method of prevention is by hand washing with some evidence to support the effectiveness of wearing face masks. The common cold may occasionally lead to pneumonia, either viral pneumonia or secondary bacterial pneumonia.

No cure for the common cold exists, but the symptoms can be treated. It is the most frequent infectious disease in humans with the average adult getting two to three colds a year and the average child getting between six and twelve. These infections have been with humanity since antiquity.

Signs and Symptoms

The typical symptoms of a cold include cough, runny nose, nasal congestion and a sore throat, sometimes accompanied by muscle ache, fatigue, headache, and loss of appetite. A sore throat is present in about 40% of the cases and a cough in about 50%, while muscle ache occurs in about half. In adults, a fever is generally not present but it is common in infants and young children. The cough is usually mild compared to that accompanying influenza. While a cough and a fever indicate a higher likelihood of influenza in adults, a great deal of similarity exists between these two conditions. A number of the viruses that cause the common cold may also result in asymptomatic infections. The color of the sputum or nasal secretion may vary from clear to yellow to green and does not indicate the class of agent causing the infection.

Progression

A cold usually begins with fatigue, a feeling of being chilled, sneezing and a headache, followed in a couple of days by a runny nose and cough. Symptoms may begin within 16 hours of exposure and typically peak two to four days after onset. They usually resolve in seven to ten days but some can last for up to three weeks. The average duration of cough is 18 days and in some cases people develop a post-viral cough which can linger after the infection is gone. In children, the cough lasts for more than ten days in 35–40% of the cases and continues for more than 25 days in 10%.

Cause

Coronaviruses are a group of viruses known for causing the common cold. They have a halo, or crown-like (corona) appearance when viewed under an electron microscope. The common cold is a viral infection of the upper respiratory tract. The most commonly implicated virus is a rhinovirus (30–80%), a type of picornavirus with 99 known serotypes. Others include: human coronavirus (~15%), influenza viruses (10–15%), adenoviruses (5%), human parainfluenza viruses, human respiratory syncytial virus, enteroviruses other than rhinoviruses, and metapneumovirus. Frequently more than one virus is present. In total over 200 different viral types are associated with colds.

Transmission

The common cold virus is typically transmitted via airborne droplets (aerosols), direct contact with infected nasal secretions, or fomites (contaminated objects). Which of these routes is of primary importance has not been determined; however, hand-to-hand and hand-to-surface-to-hand contact seems of more importance than transmission via aerosols. The viruses may survive for prolonged periods in the environment (over 18 hours for rhinoviruses) and can be picked up by people's hands and subsequently carried to their eyes or nose where infection occurs. Transmission is common in daycare and at school due to the proximity of many children with little immunity and frequently poor hygiene. These infections are then brought home to other members of the family. There is no evidence that recirculated air during commercial flight is a method of transmission. However, people sitting in close proximity appear at greater risk. Rhinovirus-caused colds are most infectious during the first three days of symptoms; they are much less infectious afterwards.

Weather

The traditional folk theory is that a cold can be "caught" by prolonged exposure to cold weather such as rain or winter conditions, which is how the disease got its name. Some of the viruses that cause the common colds are seasonal, occurring more frequently during cold or wet weather. The reason for the seasonality has not been conclusively determined. This may occur due to cold induced changes in the respiratory system, decreased immune response, and low humidity increasing viral transmission rates, perhaps due to dry air allowing small viral droplets to disperse farther and stay in the air longer. It may be due to social factors, such as people spending more time indoors, near an infected person, and specifically children at school. There is some controversy over the role of low body temperature as a risk factor for the common cold; the majority of the evidence suggests that it may result in greater susceptibility to infection.

Other

Herd immunity, generated from previous exposure to cold viruses, plays an important role in limiting viral spread, as seen with younger populations that have greater rates of respiratory infections. Poor immune function is also a risk factor for disease. Insufficient sleep and malnutrition have been associated with a greater risk of developing infection following rhinovirus exposure; this is believed to be due to their effects on immune function. Breast feeding decreases the risk of acute otitis media and lower respiratory tract infections among other diseases and it is recommended that breast feeding be continued when an infant has a cold. In the developed world breast feeding may not however be protective against the common cold in and of itself.
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ARIES:
March 22 to April 20
You may be galvanized into action at the start of the week, ready to explore new ideas and opportunities. Good fortune shows up for you when you make the effort in the areas of romance and creative activity. Studying and travel may also be on your mind, which might entice you to look for more information. The weekend focus is one of dutiful activity, along with a chance to catch up with yourself. Drift, dream, and do things that nurture your soul. Lucky numbers: 78, 83, 91.

TAURUS:
April 21 to May 21
A passionate encounter might capture your imagination early in the week as thoughts about a certain person perhaps become obsessive. Being too premature here could result in embarrassment, so bide your time. Meanwhile, Mars in Sagittarius can make it competitive when it comes to business matters and entrepreneurial affairs. You’ll want to explore the potential for increasing your earnings, and you’re willing to move out of your comfort zone to do so. Later, try to avoid lending money - you may not get it back. Lucky numbers: 03, 14, 36.

GEMINI:
May 22 to June 21
Monday’s Quarter Moon might inspire you to come up with creative ways to redecorate your home. The combination of borrowed ideas and natural genius could give your place a delightful makeover. When it comes to romance, an instant attraction might be tempting, but there’s a chance it may not last. Later, issues associated with your job or career could divert your attention away from your partner. Give work a rest, and instead make a decision to spend quality time with your sweetheart. Lucky numbers: 19, 29, 85.

CANCER:
June 21 to July 21
Your intuition could conflict with the facts in a key situation, making it hard to choose the best path ahead. But if you can adopt a fresh perspective, you might find the right answer was there all along just waiting to be noticed. Mars in your health zone encourages you to explore ways to exercise without boredom. Consider dancing, swimming, or even martial arts if it will help you stay fit and feel fabulous. Enjoy a fun weekend and make time to relax. Lucky numbers: 22, 47, 63.

LEO:
July 24 to August 23
Work and play conflict as the focus shifts. You may prefer pleasurable options to knocking down to the daily grind. However, the offer of extra money might be enough to entice you to work long hours. The week unfolds in a relaxed way with romance high on the agenda. A love adventure may be just what you need to boost your mood and brighten current circumstances. Even online liaisons look very possible and could lead to something stronger. Watch your spending over the weekend. You could be tempted to splurge. Lucky numbers: 01, 12, 56.

VIRGO:
August 24 to September 21
Will intense feelings tempt you to dive headlong into a romance? The current climate suggests it’s possible even though deep down you know better. Meanwhile, you may zip into action on the home front, eager to get down to some DIY projects like redecorating or perhaps something bigger. If you’re renting, this might be the time you decide to buy some property. Go easy over the weekend. You and your sweetheart may not see eye to eye, which could be unsettling unless you can be willing to compromise. Lucky numbers: 09, 18, 35.

LIBRA:
September 22 to October 23
The more time you take to understand how you feel about a situation the better. Regular meditation and dream work can let you know how things sit with your subconscious and if your conscious mind is in alignment with it. With this inside information you should be able to make a more informed decision. Be careful when signing important documents or saving files on the computer. An edgy influence suggests you could lose out. You can save yourself a lot of trouble if you take a little extra care. Lucky numbers: 21, 44, 69.

SCORPIO:
October 24 to November 21
A very positive influence can make all the difference to your career situation. This is the time to put in the hard work that can lead to some jaw-dropping opportunities. With just a little effort you can reap big rewards over this week and next. What’s more, if you don’t succeed the first time, keep trying. This weekend a friendship or budding romance could show signs of growing more committed, but more trust may be needed before it can really blossom. Lucky numbers: 27, 32, 73.

SAGITTARIUS:
November 22 to December 21
An opportunity to net a lucrative contract could be yours early on. Don’t waste time wondering whether or not to take it, as it won’t be around for long. In addition, if you’re after action and adventure, you can have plenty of both. The offer of a trip could lead to some exciting opportunities if you can be willing to move outside your comfort zone. If you prefer working, you have some excellent chances to upgrade your skill set or find a job in an exotic location. Lucky numbers: 07, 24, 49.

CAPRICORN:
December 22 to January 20
Business talks and money transactions work in your favor as Mercury continues its move through your zone of shared assets. Along with this, the presence of Mercury in Libra enhances your ability to negotiate with key people, giving you more leverage in crucial situations. This weekend brings a chance to collaborate on projects that may be hard work but also lucrative. Avoid giving away too much personal information, however, as you may regret it later (even though you might normally trust this person). Lucky numbers: 77, 81, 99.

AQUARIUS:
January 20 to February 18
Everything is about attitude this week, so you might attract good things and people to you by keeping yours upbeat and cheerful. There is certainly a positive focus on your social sector, encouraging you to move in new circles that can bring positive opportunities your way. The cosmos is enticing you out of any rut you may have been in and pushing you to embrace a wider circle of friends and associates. Conserve your energy over the weekend - take the time to recharge. Lucky numbers: 67, 79, 94.

PISCES:
February 19 to March 21
A nice break from routine would do you a world of good and could quite possibly prove to be lucky. See what friends have on their agendas, and don’t hesitate to join in if it sounds like fun. It’s all systems go regarding a key ambition or important career goal. This is the time to plan for success and then take baby steps to achieve it. The only thing to watch out for is losing your focus. If you can remain true to your vision, you should do really well. Lucky numbers: 53, 65, 88.

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Don't Be A Litter Bug!!
A Second Suspect Arrested For the Murder of Niko Varga

SAN IGNACIO TOWN, Cayo, Wednesday, September 24, 2014:

Another 19-year-old man was today arrested and formally charged for murder in connection with last month’s death of a man in the village of Unitedville.

San Ignacio police today informed of the return, from the office of the Director of Public Prosecution, of the murder case file in connection with the August 16, 2014, murder of Victor “Niko” Vargas which occurred in Unitedville.

The first youth to be arrested and charged was Belizean laborer, Joseph Vacarro, 19. The file however returned with advice for the police to arrest a second suspect resulting in the arrest and laying of a murder charge against another young man identified as 19-year-old Belizean laborer, Steven Gomez.

The initial investigation revealed that Vacarro and Gomez were allegedly involved in a fight with the deceased from which the deceased emerged with two stab wounds to the neck.

Gomez appeared in Belmopan’s Magistrate court, where the murder charge was read to him. He was ordered to be remanded to prison. The matter was adjourned to Wednesday, November 26, 2014.
First Ladies Global Call to Action Conference

Mrs. Kim Simplis Barrow hosts the First Ladies Global Call to Action Conference

Mrs. Kim Simplis Barrow, the Special Envoy for Women and Children and Spouse of the Prime Minister of Belize, hosted the “First Ladies’ Global Call to Action Conference on Women’s and Girls’ Financial Health”. The conference was a side event at the United Nations General Assembly in New York City on September 25th, 2014.

Many of the World’s First Ladies share similar concerns about the situation of the world’s women and girls as it relates to their financial health. Mrs. Simplis Barrow was able to mobilize more than 25 First Ladies to attend. The side event was also attended by other eminent guests who have an interest in and can support follow up initiatives at the country and global levels-making this forum a means to catalyze partnerships with the First Ladies, UN officials, philanthropists, impact investors and NGOs focused on Women’s Empowerment and Gender Equality. The conference included esteemed keynote speaker, Madam President Joyce Banda, former President of the Republic of Malawi and founder of the Joyce Banda Foundation International as well as a distinguished panel of experts.

The conference was used to advocate for greater investments in women’s and girls’ financial health and to identify real-world steps to increase access to financial capital for women and girls globally.

At the Global-Call-to-Action, Mrs. Simplis Barrow also proposed the establishment of a First Ladies Global Fund, a platform through which women of influence can come together to create and expand opportunities available to other women and girls, both in their own countries, and around the world. The First Ladies Global Fund will be a collaboration between First Ladies, philanthropists, NGOs, and experts, and will focus on issues that disproportionately affect women and girls, including access to financing, personal safety, health and education.

Through an approach that promotes collective action, each member of the Fund community will play a critical role in championing women and girls empowerment.

The ultimate goal is the development of programs that will support women’s and girls’ financial health around the world, thus minimizing their marginalization and increasing their holistic well-being.

Money Lenders Application

Notice for the publication in newspaper of application for a moneylender’s certificate

1. Werner Urs Kolliker, hereby give notice that I have applied to the Magistrate Court, at one of its sitting in San Ignacio Town during the month of September 2014, for a certificate to be granted to me under the Moneylenders Act, Chapter 260 to authorise me to carry on business as a moneylender in the name of SWITA located at #9 Simpson Street, San Ignacio Town in the Cayo District.

(2nd Publication)

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Mexico Frees Drug Lord’s Nephew Martin Beltran Coronel

Martin Beltran Coronel, Mexico City, 13 May, 2011

Martin Beltran Coronel was arrested in 2011 in western Jalisco state. A Mexican court has ordered the release of Martin Beltran Coronel, who had been charged with organised crime. The court said due process had been violated.

Mr Beltran Coronel, who is the nephew of the late drug lord Nacho Coronel, was arrested on 12 May 2011. The court said statements by witnesses had been “induced”

Teacher Louise Passes

Continued From Front Page

Ignatius Catholic Church in Santa Elena.

She was a kind hearted lady who was well known and liked in the community. She was very close to her children. She will be missed by all especially her children, other relatives and neighbors on Carillo Puerto Avenue in Santa Elena.

Some will say that she never fully recovered from the passing, four months ago, of her son Michael, who was so very close and dear to her heart.

Aunt Lou is predeceased by her husband, Phillip Benzie Lewis, son Micheal Lewis and daughter Joy. She is survived by her daughters, Yvette, Elicia Lewis, and Fatima and Mr Beltran Coronel's right to being considered innocent until proven guilty had been breached. Four of his co-accused were also released.

At the time of his arrest in western Jalisco state, police said they suspected Mr Beltran Coronel of having succeeded his uncle as one of the main leaders of the Sinaloa drug cartel.

Earlier this year, the Mexican security forces delivered a heavy blow against the cartel when they arrested its leader, Joaquin “Shorty” Guzman, who had been on the run for 13 years.

Mexican drug cartels have killed tens of thousands of people in the past decade as part of their battle for control of terrain and lucrative drug routes.

A Public Service Message

From: The San Ignacio/Santa Elena Town Council

Don’t Be A Litter Bug!!!

A Public Service Message

From: The San Ignacio/Santa Elena Town Council

Atlantic Bank

NOTICE

The public is advised that all Atlantic Bank branches will be closed for business on Saturday, October 11th, 2014 in celebration of Pan American Day.

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