

THE MAN OF THE YEAR!

Undeniably incorruptible, determine, God-fearing, family oriented, super intelligent and deeply patriotic are just few of the adjectives that can be used to describe the Prime Minister of Belize and Leader of the United Democratic Party, the Hon. Dean Barrow.

In 2011 Belize, one of the youngest nations in the world was confronted with the same great trials and tribulations which engulfed all nations including the super powerful nations of



Hon.Dean Barrow Prime Minister of Belize

the world (global economic recession) with disastrous effects that led to days of rioting in England, the continuous months of the Occupation of the Zuccotti Park (New York) at the Wall Street Financial District in the United States of America and weeks of protest in Spain. The Rippling effect of the financial fall-out devastated nations upon nations and caused the collapsed of regimes in some cases while bringing others to their very knees.

In Belize after a little less than three years our Prime (*Continue on page 14*)



2012 New Year Celebrations in Orange Walk

Inside this Issue Prime Minister's



Supa G blazing fire on stage and igniting the huge crowd

(See images on page 8)

Page 2 - Northern STAR -Tel: 629-1308 or 636-1409 - Email: vernoncutkelvin@yahoo.com - Tuesday January 03, 2012



On Friday, October 21st, 2011, that Historic Day in Belize, the day of the Ninth Amendment Bill another Bill also of historic nature was passed in the House of Representative.

The House approved the writing-off of some 9,374 Housing Loans which were made during the period of 1986-2008. Ninety percent of these loans were non-performing and all were valued each at less than \$60,000 Bz.

This United Democratic Party's Government led by the Hon. Dean Barrow along with his Cabinet and all the Elected Members of Parliament on the government side voted and wroteoff some \$64,167,886.00 Bz.

Exactly one month prior to the reality of the write-off, the Prime Minister of Belize, Hon. Dean Barrow first made mention of his government intention during his Independence Day Address on September 21st, 2011. each and every single one of those loans at a total cost of around 62.6 million dollars." He continued.

I repeat that we want to construct a Belize that is based on distributive social justice. Those of our citizens that are disadvantaged, whether by poverty, illness or some disability, are entitled to have that disadvantage remedied by the state. And the state must find the will and the resources to pay for the redress that is required. So fiscal balance can only be a work in progress, a long-haul process, and if deficits in the short run are the price to pay for social stability, and Government's pro-poor program, then deficits there will be."

In his New Year's Message appearing on pages 3/4 of this newspaper. The Prime Minister, Hon. Dean Barrow announced that government will be buying over some 780 mortgages from Social Security Board which represents all the mortgages with a balance of under \$50,000 Bz.

These mortgages will be absorbed and wiped clean from the book by this United Democratic Party's Government.

Representing a face value

million dollars for the mortgages that nominally value \$17 million dollars and government also is not paying this money by way of any extraction from government cash flow. There was an arrangement made by the PUP under which government had prepaid some of securitization monies that were due from SSB to RBTT to whom SSB sold mortgages. And SSB therefore had this continuing obligation to repay those pre-payments made by government to government now and the amount currently owed by SSB to GOB is around \$9 million dollars and by the end of the fiscal year it will be up to around \$11 - \$12 million dollars."

The Prime Minister continues addressing the issue of payment.

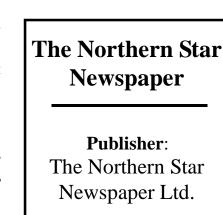
"The \$6.9 million dollars that government now has to pay to SSB in order to buy these mortgages so as to write them off and give the lease to people; that \$6.9 million will merely then be deducted from the \$9 million soon to be \$12 million that SSB in turn owes GOB. So while it is without a doubt a loss to the government and a financial outlay. What happen is that financial outlay is kept out of the monies owed to GOB by SSB."

House of Representative will be called next week and this latest write-off by the The United Democratic Party's Government like the previous one is expected to become a matter of historical record.

A total 10,154 lower and middle income families throughout Belize have directly benefitted from this government continued commitment to protect the interest of the poor and working class Belizeans.

The Northern Star Newspaper commends the Government of Belize for always thinking about the poor in an era when the poor and middle class in many nations throughout the world have to suffer the brunt of global economic recession.

The dominoes effect of our people not having to coughup some \$71,167,886.00 will be felt for decades to come.



Executive Director: Vernon Cutkelvin Managing Director/ Editor: Maira Montejo

The P.M. is quoted as saying the following:

"There are more than 9,200 historical loans currently on the books at the Ministry of Housing. The weight of these is taxing the loan recipients to perdition; but no more. Government has decided that it will write off of some 17 million dollars the Prime Minister clarified that the real value may be some 6.9 million dollars because some 60% of the 780 mortgages are non-performing therefore triggering the discounted rate that government is receiving for the mortgages.

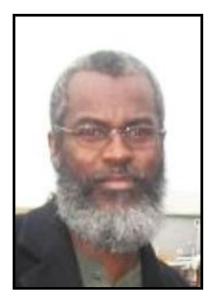
The Hon. Dean Barrow further stated that, *"The portfolio of 60% is impaired, so what government is actually paying to SSB is \$6.9* "Last month I made it absolute clear to all that everybody who fell into this category is to be relieved. No effort was made to go through the list of home owners to try to see who is UDP, who is PUP, What color is your color, what age you are, where you live; it didn't matter, this is across the board relief for all 780 odd families that fall within the category."

Another sitting of the

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Dr. Errol Elrington

The Christmas Message is clear to me, and I said that without arrogance. GOD sent his ONLY son into this wicked world to be eventually sacrificed for our sins. GOD is LOVE! W give THANKS!

As a living human being I treasure my life and I believe that it is my greatest physical responsibility to try to keep healthy. No human is perfect, but practice makes better! It is our responsibility to take good care of our body. There are many things that are outside our control - but my duty requires me to do the very best that I can to effect the outcomes that ARE under my control.

In the year 2012 High Blood Pressure can be controlled. Everyone needs to KNOW his/her 'pressure reading'. If the top number is over 120mmHg then a doctor should be involved. If medications are prescribed, the blood pressure should come down. Sure diet, weight control, safe exercise, etc., are important BUT the pressure needs to be brought down and it needs to STAY down, no excuse! If prescribed, medication needs to be taken EVERY DAY.

THOUGHTS ACROSS THE MILES

God's Sacrifice to Save Mankind, We Need to do our Little Part

PRESSURE MEDICA-TIONS. Never do that, take the medications daily. My note today is very short because I want you to MEMORIZE the flyers below. I also want you to visit the following website OF-TEN to look up ANY medical issue that concerns you. Technology is on YOUR side go to www.patientedu.org and learn about your health; search ANY topic! Search often!

By the way, unlike the

worthless, thieving PUP and the even worst; PUP apologists, I do not see a problem with giving the People's money BACK to the PEOPLE. It is NOT \$20 million that the Ralph Musa Gang stole; it is a whopping \$3 BILLION. According to their creed, Belizeans should get NOTHING; shame on them!

I support the Pro Poor Programs! I pray everyday that Belizeans get the money from Belizean oil! I side WITH Belizeans against Ashcroft. Belize over Ashcroft! No disrespect to anyone, but I would like an accounting of every penny that Ashcroft gave to any Belizean. It took 60 years for the PUP to come clean on Price, I have patience......Guess who is funding the PUP?

Merry Christmas and a Happy New Year!

Continue on Page 11

American Heart Association, Association,

Learn and Live»



Another name for high blood pressure (HPB) is hypertension (hi-per-TEN-shun).

High blood pressure means the pressure in your arteries is elevated. Blood pressure is the force of blood pushing against blood vessel walls. It's written as two numbers, such as 112/78mmHg. The top, systolic, numberis the pressure when the heart beats. The bottom, diastolic, number is the pressure when the heart rests between beats. Normal blood pressure is below 120/80mmHg. If you're an adult and you systolic pressure is 120 to 139, or you diastolic pressure is 80 to 89 (or both), then you have "prehypertension". High blood pressure is a pressure of 140 systolic of higher and/ or 90 diastolic or higher that stays high over time.

No one knows exactly what causes most cases of high blood pressure. It usually can't be cured, but it can be



The vast majority of unnecessary stroke, heart attacks and deaths occur WHEN ONE STOPS THE BLOOD controlled. High blood pressure usually has no symptoms. It is truly a "Silent Killer".

About 72 million Americans and 1 in 3 adults have it, and many don't even know they have it. Not treating high blood pressure is dangerous. High blood pressure increases the risk of heart attack and stroke. You can live a healthier life if you treat and control it!

Who is at higher risk?

- People with close blood relatives who have HBP
- African Americans
- People over age 35
- Overweight people
- People who aren't physically active
- People who consume to much salt
- People who drink too much alcohol

High blood pressure usually doesn't have any signs - that's why it's so dangerous. Make sure you get it checked regularly and treat it the way your doctor advises.

- People with diabetes, gout or kidney disease
- Pregnant women
- Women who take birth control pills, who are overweight, had HBP during pregnancy, have a family history of HBP or have mild kidney disease

The Prime Minister's New Year Message



Prime Minister of Belize Hon. Dean Barrow

No installment in any of the annual increments by which we most reckon the passage of time, is ever completely without trials and tribulations. That is why as human beings, as societies, as nations, we always welcome the new year with expectation and excitement. It is a chance to recover from adversity in the preceding twelve months, to do better and be better. The ageless ritual of ringing out the old and ringing in the new, is thus emblematic of the eternal capacity for hope and renewal. And this, in turn, is part of God's legacy to the Race; to all thinking, sentient creatures that believe in Him. But while last year was, like all others, not without difficulties, they were small ones. Indeed, given the global situation; given the continuing fiscal, debt and joblessness problems of the US; and given the absolute crisis in which Europe continued to be engulfed, economically our country did well. And a look at the numbers will serve to confirm what, in all the circumstances, is a performance for which we must give thanks.

The Statistical Institute of Belize reports that for the first nine months of the year, our economy grew by 2.7% as compared to 1.8% for the same period in 2010. Last

quarter growth is traditionally most robust, so that we are well on track to exceed the overall 3% GDP increase for 2011 that I had predicted on Independence Day. This is a significant jump and will be almost one full percentage point above the 2.4% growth recorded for the previous year. When we look at the particular sectors that are most responsible for this picture of economic advance, the panorama is even more encouraging. Up to September it was the Wholesale and Retail Trade Sector that was one of the leaders, showing a 7.7% increase. And the Corozal Free Zone alone was responsible for a business rebound of 23% in improved year-on-year sales. Over the three quarters Hotels and Restaurants grew by 2.1% as a consequence of a 3.3% increase in overnight tourists; and Transport and Communications went up by 2.5%. Construction was also 7.4% better. But it was Fishing that led all comers with a 14.5% hike. And while overall sugar production fell, ratios, quality and prices improved so that we are now poised for an outstanding new season. Finally, Inflation remained low at just over 2%. It is on the basis of all this that I can say that we were blessed in 2011. We easily outpaced 2010, and the story is even more remarkable if we go back to 2009. Then, we all remember, was when there was actual contraction; when the fallout from the world recession threatened to swamp us completely.

The economic success of 2011 meant that increases in export earnings, including in particular from crude oil, enabled Government to consummate a great leap forward in cementing its social agenda. Job-creating infrastructure projects were implemented; educational and economic second chance opportunities were expanded; and the wind was fully in the sails of our signature home improvement, food pantry and cash transfer programs.

Our democracy was also in fine flower. We maintained our commitment to accessibility, transparency and accountability; and we continued our forward march to true nationalism by way of the Constitutional enshrinement of public ownership of our essential utilities.

Perhaps most noteworthy of all, we succeeded-certainly since September when we forged the Belize City gang truce in decelerating the incidence of senseless murders in this country. The significant reduction in the homicide rate for the last four months of 2011 as compared to 2010, is great progress. And it comes at just the right point, when too many were beginning to feel that there could be no rescue from the abyss.

But the real purpose of this Message, is to look ahead; to assure one and all that the inherent promise and opportunity of the New Year will not be forgone. Efforts will be strengthened, commitments will be broadened, successes will be deepened.

In 2012, as one example, the infrastructure drive - and the jobs it brings - will scale new heights. The Jalacte Road in the South, the Blue Creek one in the North, the Macal River Crossing in the

The Prime Minister's New Year Message



Prime Minister of Belize Hon. Dean Barrow

West, the comprehensive Belize City drainage and street works, will all be hitting full stride. The new Marion Jones stadium will be coming out of the ground, the new Civic Center will be rising from the rubble. The contract for the design and build component of the Solid Waste Management Project, has also been signed; and it will see 14 million dollars spent between January and July in Caye Caulker, San Pedro, San Ignacio and Belize City. And their delayed rehabilitation and beautification drive for the District Towns will now start by April, the World Bank assures us.

A countrywide money contribution for working mothers will join the apprenticeship, food subsidy and BOOST programs. And the drop-in centers in distressed Belize City neighbourhoods will help with community development, social recovery and violence prevention. Millions of dollars will continue to fund Government's home improvement and home repairs across the nation; and every single registered surveyor in this country has now been contracted to work on the subdivision of the 4,709 acres indentified by the Ministry of Lands for the allocation of building lots to first time landowners.

Our outreach to the poor and the middle class continues. They, and indeed all Belizeans, will be helped by the lower electricity rates that I promised in September, and which are now a certainty. BEL, owned at last by Government and people, has already accepted, by way of its submissions to the Public Utilities Commission, that rates must come down. And the PUC may well reduce even more what has been proposed by BEL. The final decision will be on January 31, and the new, lower rates should under the current law take effect a few months thereafter. But we are a Government in a hurry to do good things. And the ease to the consumer, the ease in the cost of living, the ease to business and industry and agriculture, can't wait. Thus Government will amend the law to implement from the very next day, February 1, 2012, this historic decrease in what Belizeans pay for electricity.

But there is more that we offer by way of festal cheer. Unlike 2012, our vision of uplift and opportunity and egalitarianism is not newborn. But the underlining of fresh beginnings that always takes place on January 1, provides a proper opportunity for us to reassert our creed: that this Government's flame of social justice will never dim; that it will burn even brighter in the next twelve months. And our preoccupation with those at the margins, with those of fixed incomes, low incomes and no incomes, has caused us to hit on yet another idea for new year relief and assistance. Accordingly, I announce today that Government will purchase all mortgages of 50 thousand dollars and under, owned by the Belize Social Security Board. These number 780 and have a total aggregate value of 17 million dollars. Government will thereafter write off these mortgages, forgiving the householders all of their loan obligations, and putting that money at their disposal to spend on the economy and generate more activity. The notion of helping not just individuals but businesses in this way, brings me to the last point I wish to make. In all that we do, Government cannot forget the private sector. There is need for an equal partnership, and we made the right start late in 2011. This must be consolidated in the year ahead. Government is therefore, among other things, appointing a Business Development Facilitator in the Office of the Prime Minister to help oversee the new relationship. I close by referring once again to the rebirth of optimism that is the special province of New Year celebrations. All across the globe, this is an occasion for the rekindling of inspiration. It is the annual re-start of the quest for human progress, of the alchemist mission to turn even brass into gold. In the case of Belize, our resolution is to re-dedicate and re-consecrate the crusade by which we build a shining, fair and just country. One that will be the envy of, and model for, the region and the world.

Happy New Year everyone, and God bless Belize.

FROM THE PUBLISHER If it is too good to be true! It is NOT!

[Meet Mr. Kabiru Zongo]

Dear Friend,

Although you might be apprehensive about my email as we have never met before. I am Mr. Kabiru Zongo,a Banker, and Head of Operations with (AFRICAN DE-VELOPMENT BANK BURKINA FASO) in West Africa, there is the sum of \$9.500,000.00 currently in my branch, there were no beneficiary stated concerning these funds which means no one would ever come to claim it. That is why I ask that we work together, I will be pleased to work with you as trusted person and see that the fund is transferred out of my Bank into another Bank Account, Once the funds have been transferred to your nominated Bank account we shall then share it in the ratio of 60% for me, 40% for you. If you agree to my business proposal. Further details of the transfer will be forwarded to you as soon as I receive your return mail, sending the below information

1. Full name

2. Your private telephone and Fax numbers.

3. Occupations and Nationality.

4. Date of Birth

5. Present Location.

Hoping to hear from you as soon as possible. Regards.

Mr.Kabiru Zongo.

PLEASE REPLY ME HERE; <u>kabirzon@o2.pl</u> PLEASE REPLY IMMEDIATELY.

[Not to be out done meet Dr. Collins Khan]

Good days to you

Please kindly accept my apology for sending you this email without your consent. i am Dr.Collins Khan, The director in charge of auditing and accounting section of Bank Of Africa Ouagadougou Burkina-faso in West Africa .I am writing to request your assistance to transfer the sum of \$12.5M (Twelve million Five Hundred hundred Thousand United State Dollars) into your norminated bank account. The above sum belongs to our deceased customer who died along with his entire family in a plane crash, for more information about the Air Crash you can visit the CNN web news http:// www.voanews.com/english/archive/2003-12/a-2003-12-25-11-At.cfm?moddate=2003-12-25 and since then the fund has been dormant here in my bank, more details with the official bank application form will be forward to you immediately you show your willingness and capability of handling this transaction, feel free to contact me for more clarifications if you are really interested in my proposal,

(Sorry I just could not stop myself from commenting which appears in bracket and is not a part of what was originally sent)

[And Now Presenting Dr. Kabo Uago]

Dear Friend,

I am the head of Accounts and Audit Department of Bank of Africa, Ouagadougou . I decided to contact you after a careful thought that you may be capable of handling this business transaction which I explained below;

In my department, I discovered an abandoned sum of \$13.5m US dollars (Thirteen million, five hundred thousand US dollars). In an account that belongs to one of our foreign customer who died along with his entire family in 2005 in a plane crash. (*Not to be confused with the 2003 plane crash or the light-weight Dr. Collins Khan meager* 12.5M LOL)

Since i got information about his death, The bank have been expecting his next of kin to come over and claim his money because The fund cannot be released unless somebody applies for it as next of kin or relation to the deceased as indicated in our banking guidelines but unfortunately I learnt that his supposed next of kin (his son and wife) died alongside with him (Isn't this just heart denching) at the plane crash leaving nobody behind for the claim. It is therefore upon this discovery that I now decided to make this business proposal to you and release the money to you as the next of kin (I want to present you as his business associate)to the deceased for safety and subsequent disbursement since nobody is coming for it and I don't want this money to go into the Bank treasury as unclaimed Bill. (Hell no Doc! I guess you have no friends in Africa so I will forward the email address for my equally kind friends Dr. Collins Khan and Mr. Kabiru Zongo)

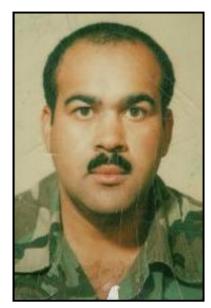
The Banking law and guideline here stipulates that if such money remained Unclaimed after seven years,

(*Guess what Doc.* 5 + 7 = 12, *meaning 2012 Got to hurry Doc! LOL*) the money will be transferred into the Bank treasury as unclaimed fund.. The request of foreigner as next of kin in this business is occasioned by the fact that the customer was a foreigner and a Burkina be cannot stand as next of kin to a foreigner.

I agree that 35% of this money will be for you as foreign partner, (Guess what Doc. Let.s start the sharing right! Since you can't get this money without me because you have no other friend in the world. Why don't we do 55% for me and 35% for you? Ahaaaa Doc?) in respect to the provision of a foreign account, 10 % will be set aside for expenses incurred during the business and 55% would be for me . There after I will visit your country (HEY Doc. Seriously people like you are persona non -grata in Belize) for disbursement according to the percentages indicated. Therefore to enable the immediate transfer of this fund to your account as arranged, you must apply first to the bank as next of kin of the deceased customer.

Have a nice day. Dr. Collins Khan

Upon receipt of your reply, I will send to you by fax or email the text of the application. I will not fail to bring to (*Continue on page 9*)



Rev. Dr. Rudolph Anthony Priest of the Anglican Diocese of Belize

New Year's Day is the

Feast of the Holy Name of Jesus. This was when he was taken to be circumcised. His name was given as Jesus. This name means "Emmanuel", "God with us". The canons of the church tell us that we should bow our heads at the name of "Jesus" and every knee shall bend at the calling of this name. The name of Jesus is the sign of our Salvation. Jesus is God with us. He is the savior and we belong to him.

My friends, there is something in a name. There is power in a name, and that is why we should name our children carefully. At our Baptism, we were named and signed. We were daimed, adopted, forgiven and made member of the Priestly body at Baptism. Therefore, God should be seen in us, since we are called to be Christlike.

MESSAGE FROM THE CLERGY Happy New Year

These things can cause

pain, suffering, discomfort

or even death and that is

why we try to give them up.

Others may decide to draw

closer to God, read their

bible more, fast more, treat

people better, be more sym-

pathetic, be kinder, com-

passionate, polite, loving,

patient, understanding, for-

giving, and caring. Some

this season can bring. God is in the wonderful messiness of our lives right here in Belize. He is reality. He is not in the illusion of the Christmas Cards, gifts and food. He is in our lives, in our families, friends, neighbors, strangers, aliens, and enemies. His gift to us is the journey to eternal life and not the destination.

The journey has a lot of troubles and struggles, joy

may want to give up gossiping about others.

and hilarity. But the journey is very, very good be-

As we settle down and try to finish the left overs, let Let him shine in our lives in this beautiful Jewel of ours. And as we ring the New Year 2012 and ring out the old 2011, let us be resolute in our undertakings and know that all things are possible with God. Some will ring in the year with bells, honking of horns, blowing of whistles, banging, screaming, kissing, hugging, and with firecrackers.

Whatever you use, remember Jesus in everything. Use his name as a refuge and a cause for hope and not use his name in curses. Proverbs says, "The name of the Lord is a strong tower, the righteous run to it and are safe".

He was called Jesus because his name must be reverently used. We must hallow his precious name. We must praise his name for it is good even in times of deepest trials and tribulations; even in death, we must still praise his name. (PS54)

On behalf of the entire country of Belize and the Anglican Diocese, I pray for a prosperous New Year and a Jesus filled one. The year 2012 is our year of prosperity and the year of

God chose to express himself in the incarnation of Jesus, in the Birth of Jesus showing us that all that he made is sacred. God is in the reality and not in the illusion. He is in our joys and in our pains. He is in the frantic activity of this Season as well as in the desperate loneliness that cause its from God. He is man and he is God. He puts on skin and flesh and came down to earth to live with us. Jesus was dynamite and still is. He was and still is the word of God the Logos.

It is customary for us to give resolutions this season. Some people will give up eating too much. Others will give up smoking, substance abuse, drinking, dancing, sleeping too much, or give up being lazy.

us consult with Jesus, that precious name before we make our resolutions and see if he is in agreement. Let the name of Jesus mean something to you and me.

our Lord.

These is something in a name.

Amen



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2012 New Year Celebrations in Orange Walk

Universal Radio New Year's Eve Event











Estereo Amor New Year's Eve Event

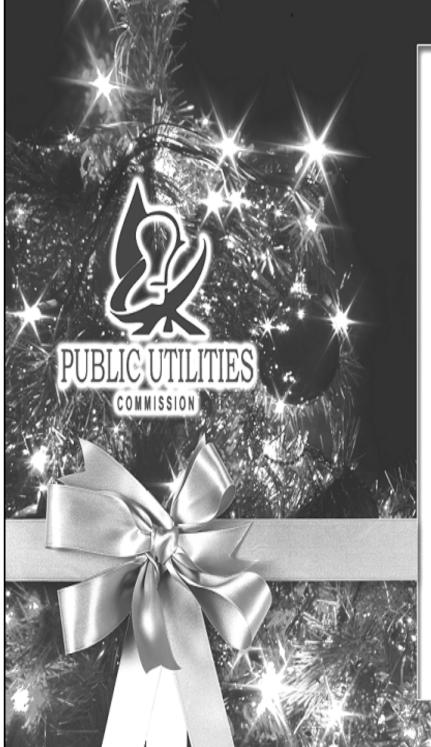


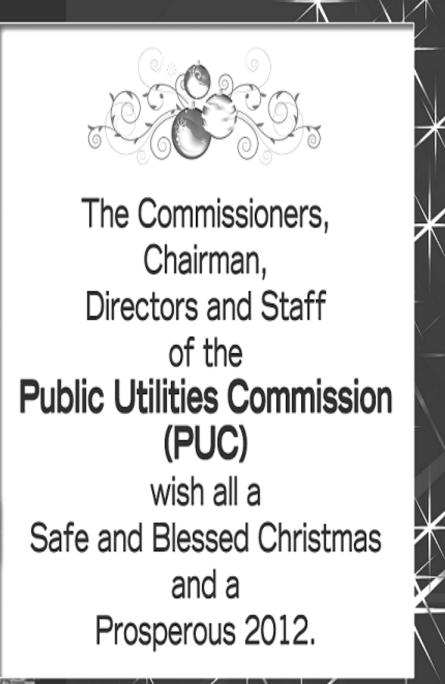




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FROM THE PUBLISHER

If it is too good to be true! It is NOT!

Continued from page 6

your notice that this transaction is hitch free and that you should not entertain any atom of fear as all required arrangements have been made for the transfer..

I expect that you contact me immediately as soon as you receive this letter, and *send me your personal data including your international passport before i send you* (*HAhaaaaaaaa! Aha!*)the full details for continuation of this transaction.

Hon. Bernard Q.A. Pitts and Mayor Simeon Lopez will recieve Queens Honours



being awarded to Dr. Anne Gillet-Elrington, a Belizean American, for services to the Belizean Diaspora and Medicine.

Louise Bridget Lewis is getting her MBE for services to Education and Community Development. Belmopan Mayor Simeon Lopez is getting his award for services to Education and Public Service.

Hoping to hear from you immediately.

Yours faithfully, Dr.Kabo Uago Accounts & Audit Department, Bank of Africa .

We have decided to print for your consumption just a few of the many of these types of e-mails which are often sent to us that are automatically discarded in our trash-box. Don't ever make the mistake of entertaining any of these types of individuals seeking to steal from your personal bank account and/or in most cases your very identity. If it is too good to be true! It is not! It's a vestige of the colonial era, but The Queen's New Year's Honours announced every year at New Year's still make modern news. Getting this year's top honour, a CBE is Attorney General, BQ Pitts. He will be an Ordinary Commander of the British Empire. He is being recognized for services to the Law and Public Service.

MBE's, Ordinary Members of the British Empire are Same for Enelda Regina Rosado, for services to Education and Community Development. And, world class prize-fighter of the 50's, Ludwig Lightburn is getting his OBE for services to Sports and the Community.

Courtesy Channel 7 News

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UNITED DEMOCRATIC PARTY Valk Town Council Candidate 68



Francine Burns LLB (Hons); Postgraduate Diploma in Professional Legal Skills; Barrister



majoring in Human Resource Management; Teacher at Muffles Junior College

Albert "Mennonite" Dawson Employed at Belize Sugar Industries Limited; Active Member of Orange Walk Jockey Club



Lionel Leon Palacio Instructor



Ivan Leiva – Mayoral Candidate Employed at Santiago Castillo Group of Companies; Pursuing Bachelors Degree in Business Administration at Galen University







Dr. Errol Elrington

THOUGHTS ACROSS THE MILES

God's Sacrifice to Save Mankind, We Need to do our Little Part

Continued from Page 3

How can I tell I have it?

What is High Blood Pressure? (continued)

You usually can't tell! Many people have it and don't know it. The only way to know if your blood pressure is high is to get it checked regularly by your doctor.

What can untreated high blood pressure lead to?

• Stroke

• Heart failure

- Heart attack, angina or both
- Kidney failurePeripheral arterial disease (PAD)

- What can I do about it?
- Lose weight if you'r overweight.
- Eat healthy meals low in saturated fat, trans fat, cholesterol and salt.
- Limit alcohol to no more than one drink per day for women or two drinks a day for men.
- Be more physically active. Exercise at least 30 minutes on most or all days of the week.
- Take medicine the way your doctor tells you.
- Know what your blood pressure should be and work to keep it at that level.

How can medicine help?

Some medicines, such as vasodilators, help relax and open up your blood vessels so blood can flow through better. A diuretic (diuh-RET-ik) can help keep your body from holding too much water and salt. Other medicines help your heart beat more slowly and with less force.

How can I learn more?

- 1 Talk to your doctor, nurse or other health-care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
- 2 Call 1-800-AHA-USA1 (1-800-242-8721) or visit americanheart.org to learn more about heart disease.
- 3 For information on stroke, call 1-888-4-STROKE (1888-478-7653) or visit StrokeAssociation.org.

We have many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

Knowledge is power, so Learn and Live!

Do you have questions or comments for your doctor?

Take a few minutes to write your own questions for the next time you see you healthcare provider. For example:

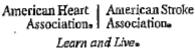
Will I always have to take medicine?

What should my blood pressure be?

Your contribution of the American Heart Association supports research that helps make publications like this possible.

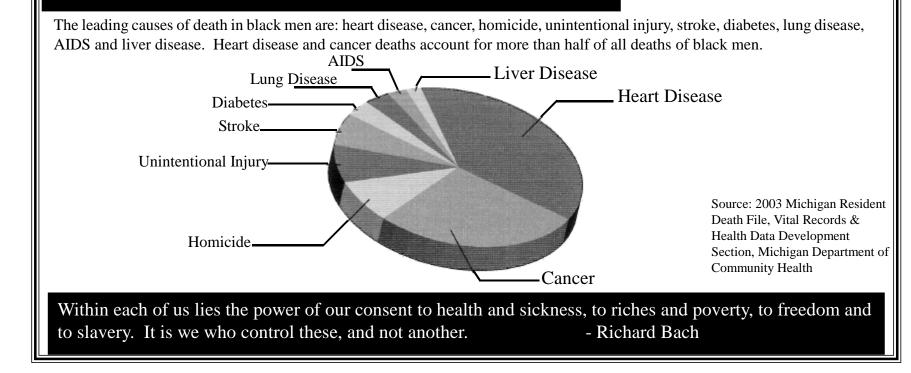


The statistics in this sheet were up to date at publication. For the latest statistics, see the Heart Disease and Stroke Statistics Update at americanheart.org/statistics, ©2007, American Heart Association 10/07LS1466



Leading Causes of Death in Black Men

alp relay and open up your blood



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UNITED DEMOCRATIC PARTY Corozal Town Council Candidates



Hilberto Campos Mayoral Candidate Current Mayor. Has an Associate's Degree in Applied Science, Electrical & Mechanical Engineering. President of Belize Mayors' Association for period 2008-2010 and Vice President of Belize Mayors' Association for period 2010 to present.



Daisy Marroquin Graduated from Corozal Junicr College. Has Associate's Degree in Business Administration. Businesswoman.



Guillermo Arana Graduated Corozal Junior College. Has Associate's Degree in Business Administration. Business Owner of Restaurant and Bar. Served as Vice President of the Corozal Billards Association, presently the Treasurer of Corozal Billiards Association.



March

Elva Oralia Perez Has Bachelor of Arts Degree in English Education Teaches at Corozal Junior College. Past Department Chair at both Corozal Community College and Corozal Junior College.





Rafael Castillo Graduated from Corozal Community College and Corozal Junior College. Has a Bachelor's Degree in Science with a Major in Biochemistry and Minor in Environmental Science from Olivet College in the state of Michigan, USA. Presently teaching at the Tertiary level.



Stacey Elizabeth Chi Graduated from Belize Adventist College. Has one year training in Computer Technology at ITVET. Presently a Pre-School teacher at Play-World Methodist.



Willie Cruz Graduated from Corozal Community College. Has Associate's Degree in Business Administration from Corozal Junior College.

FOOD AND NUTRITION

First Aid and Safety Vomiting

Vomiting can be caused by many things. Most of the time, vomiting in children is caused by gastroenteritis, usually due to a virus infecting the gastrointestinal tract. Gastroenteritis, often called the "stomach flu", also can cause nausea and diarrhea.

These infections usually don't last long and are more disruptive than dangerous. However, kids (especially infants) who cannot take in enough fluids and also have diarrhea could become dehydrated.

It's important to stay calm - vomiting is frightening to young children (and parents, too) and exhausting for kids of all ages. Reassuring your child and preventing dehydration are key for a quick recovery.

Over-the-counter medications to treat nausea, vomiting, and diarrhea are not recommended for infants and children. Doctors might recommend medication for nausea or vomiting in certain situations, but these are available only by prescription.

Oral rehydration is something parents can do at home to help prevent dehydration or treat mild cases. Talk to your doctor, especially if you think your child is dehydrated, as you might be given alternate instructions on how to orally rehydrate your child. Offer your baby small but frequent amounts - about 2-3 teaspoons, or up to 1/2 ounce - of an oral electrolyte solution every 15-20 minutes witha spoon or an oral syringe. Oral electrolyte solutions are balanced with salts to replace what's lost from vomiting or diarrhea, and they also contain some sugar. Its's especially important for infants that any fluids given have the correct salt balance.

Gradually increase the amount of solution you're giving if your infant is able to keep it down for more than a couple of hours without vomiting.

Do not give more solution at a time than your baby would normally eat - this will overfill an already irritated tummy and likely cause more vomiting.

After your infant goes for more than about 8 hours without vomiting, reintroduce formula slowly if your infant is formula-fed. Start with small, more frequent feeds and slowly work up to the normal feeding routine. If your infant already eats baby cereal, it's OK to start solid feedings in small amounts again.

If your infant is exclusively breastfeeding and vomits more than once, then breastfeed for a total of 5less your doctor directly specifies an amount. Give your baby small but frequent amounts of an oral electrolyte solution every 15-20 minutes. It's important that any fluids given have the correct salt balance.

An infant over 6 months old may not appreciate the taste of an unflavored oral electrolyte solution. Flavored solutions are available or you can add 1/2 teaspoon of juice to each feeding of unflavored oral electrolyte solutions. Frozen oral electrolyte solution pops are often appealing to infants this age and this approach also encourages the required slow intake of fluids.

Gradually increase the amount of solution you're giving if your baby keeps it down for more than a couple of hours without vomiting.

Do not give more solution at a time than your infant would normally eat - this will overfill an already irritated tummy and likely cause more vomiting.

After your baby goes more than about 8 hours without vomiting, you can reintroduce formula slowly, more frequent feedings and slowly work up to the normal feeding routine. You also can begin giving small amounts of soft, bland foods that your infant is already familiar with such as bananas, cereals, crackers, or other mild baby foods. If your infant doesn't vomit for 24 hours, you can resume your normal feeding routine.

avoided) in small amounts ranging from 2 teaspoons to 2 tablespoons depending on how much your child can tolerate, every 15 minutes. If your child vomits, start over with a smaller amount of fluid and continue as above.

If there's no vomiting for approximately 8 hours, introduce bland, mild foods gradually. But do not force any foods - your child will tell you when he or she is hungry. Saltine crackers, toast, broths or mild soups, mashed potatoes, rice and breads are all OK.

If there's no vomiting for 24 hours, slowly resume the regular diet. Wait 2-3 days before resuming milk products.

When to Call the Doctor

The greatest risk of vomiting due to gastroenteritis is dehydration. Call your doctor if your child refuses fluids or if the vomiting continues after using the suggested rehydration methods.

Vomiting due to gastroenteritis can spread to others, so your child should stay home from school or childcare until there's been no vomiting for at least 24 hours. And remember that hand washing done often and well is the best way to protect your family against many infections.

Oral Rehydration Tips For Infants Younger Than 6 Months 10 minutes every 2 hours. If your infant is still vomiting, call your doctor. After 8 hours without vomiting, you can resume breastfeeding normally. If your infant is under 2 months old and vomiting all feedings, call your doctor immediately.

For Infants 6 months to 1 Year

Avoid giving plain water to an infant under 1 year unFor Kids 1 Year and Older

Give clear liquids (milk and milk products should be

Ready to lose those extra pounds that you gain during the Christmas Holidays. Read our next issue of the Northern Star Newspaper for amazing low on calories recipes.

Avoid giving plain water to an infant unless your doctor directly specifies an amount.

THE MAN OF THE YEAR!

(Continued from front page)

Minister, Hon. Dean Barrow and this United Democratic Party's Government has delivered the impossible, Stability; amidst the huge debtinherited burden(Super-Bond), the open squandering of the public purse which broke the Development Finance Cooperation (DFC) and severely crippled the Social Security Funds (S.S.B Scandal); the so called privatizing or rather pirateizing of our country's assets (sale of B.T.L, B.E.L, WASA, Port, Airport etc.) and other various acts which we consider acts of treasons committed by the former Peoples United Party's Government.

Today in Belize all economic indicators point squarely towards economic recovery and growth for the Country and People of Belize.

This remarkable homegrown solution became possible out of very desperate measures which our Prime Minister had to take in order to safeguard, secure and exalt the very interest and future of the People of Belize.

The difference between what has happened in our Belize as opposed to the negative reactions and public opposition which governments around the world have and are experiencing is clearly because in Belize every man, woman and child even the P.U.P supporters know that the mess this country was in is because of a bad P.U.P Government which preceded this Government.



Occupy Wall Street protesters clashing with police January 1st. 2012



triumph in the spirit of those hundreds of thousands of protesters around the world who are a part of the OCCUPY WALL STREET (OWS) Movement.

The re-nationalization or rather repatriation of our utilities and the in enshrinement the Constitution of Belize that its control must remain in the hands of the People of Belize is indeed the actions of a government and leader envied by the protesters of the world. "А GOVERNMENT THAT WORKS FOR ALL OF US"

-munication Industry in Belize, resulting in almost bi-monthly double and triple-up offers to the clients of both Digicel and Smart while radically driving down the cost of cellular phones, phone services, internet access etc.

In addition Belizeans who

Spanish.) This is another immediate benefit along with the immediate expansion of rural electrification from a committed leader and government for all of us that did not hesitate to make the tough decision to walkin and take over the Belize Electricity Ltd.(B.E.L) after threat of Power Cuts from yet another cooperate giant (Black-outs which would have resulted in the shutting down of commerce in the country) if the Government of Belize did not allowed B.E.L to raise the rate charges for electricity to the consumers, the People of Belize.

Amid all this Belizeans have witness the speedy response and assistance given to those in distress via the Minister of Transport, Communications and NEMO (National Emergency Management Organization) the Hon. Melvin Hulse whenever disaster came literally knocking at their door.

Yes, all payments were met in 2011 to service the huge Super-Bond debt while this government successfully retrieved the Venezuelan monies that were diverted by the past Administration to the Belize Bank and transparently disburse it equitably via the Minister of Housing and Urban Development Hon. Michael Finnegan, to all the Elected Representatives of the People including those members of the People's United Party Opposition who were the first to received their portion.

The Hon. Dean Barrow and this U.D.P Government with the support of the People of Belize has fought the cooperate giants and The benefits of this administration's actions was immediately felt by the people of Belize with the advent of finally true competition in the Telecombought shares in B.T.L were able to receive dividends which were not forthcoming prior to government taking control of B.T.L.

The Hon. Prime Minister of Belize has also announced in his New Year Message that the cost of electricity shall go down early this year. (Prime Minister's New Year Message appears on pgs. 10/11 of this issue in both English and

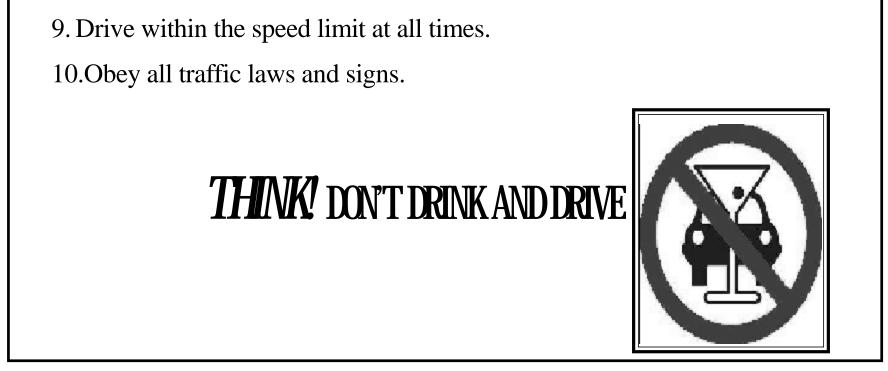
Thousands of quality houses were built and repaired under the Ministry of Housing and Urban

(Continue on page 23)

Happy New Year 2012 From The Department of Transport THERE'S A THIN LINE BETWEEN LIFE AND DEATH.

TRAFFIC SAFETY TIPS FOR DRIVERS

- 1. Check your motor vehicle to ensure that everything is in good working condition. Example brakes, all lights, horn, wipers, tires, spare-tire, tire tools, oil, water, brake fluid & dash board gauges.
- 2. Ensure that your driver's license is valid and that your vehicle is licensed and insured.
- 3. Wear your seat belts at all times when on the highways. (It is an offence for drivers and front seat passengers not to wear seat belts on the highways).
- 4. Don't carry passengers in the back of open pickup trucks. (Vehicle only insured to carry amount of passengers as stipulated on certificate of registration/ title).
- 5. Don't drive if you are consuming Alcoholic beverages or taking medication (drugs). Have designated driver (alcohol and drugs affect your vision and judgement).
- 6. Avoid making calls on cell phone when driving, it is best to pull off to the right to make calls or to answer your cell phone, don't text whiles driving.
- 7. Wear your helmet at all times when operating or being carried as a passenger on a motor cycle.
- 8. Only overtake if you have a clear view of the road ahead, never overtake around blind curves or when driving over a hill.



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Mensaje de Año Nuevo del Primer Ministro



Primer Ministro de Belice Hon. Dean Barrow

Ningún saldo en ninguno de los incrementos anuales por medio el cual medimos el pasar del tiempo, está realmente completo sin sufrimientos y tribulaciones. Es por ello que como seres humanos, sociedades, y naciones, siempre damos la bienvenida al año nuevo con expectativas y alegría. Es una oportunidad para recuperarse de la adversidad de los doce meses anteriores, para obrar mejor y ser mejor. El eterno ritual de despedir el viejo y dar la bienvenida al nuevo, es por lo tanto emblemático de la eterna capacidad de esperanza y renovación. Y esto, a cambio, es parte del legado de Dios a la raza humana; a todas las criaturas racionales que creen en El.

Aunque el año pasado, como todos, no estuvo sin dificultades, estas fueron pequeñas. De hecho, en vista de la situación global; dado los continuos problemas fiscales, de deudas y desempleo de los Estados Unidos; dada la crisis absoluta en la que Europa se ve sumida; nuestro país hizo bien económicamente. Y un vistazo a los números sirve para confirmar que, en todas las circunstancias, hay un logro del cual agradecidos estamos.

El Instituto de Estadísticas de Belice, informa que los primeros nueve meses del año, nuestra economía creció un dos punto siete por ciento (2.7%), comparado con el uno punto ocho por ciento (1.8%) para el mismo período en el dos mil diez. El crecimiento en el último trimestre del año es tradicionalmente el más robusto, así que estamos bien encaminados a, tal y como lo predije en el Día de la Independencia, exceder el tres por ciento (3%) del producto interno nacional en el dos mil once. Esto es un gran logro, y estará casi un punto porcentual por encima del crecimiento de dos punto cuatro por ciento (2.4%) del año pasado.

Cuando examinamos los sectores particulares que son los más responsables por este panorama de avance económico, el futuro es aún más prometedor. Hasta septiembre fue el Sector Comercial de mayoreo y menudeo que llevaba la delantera, registrando un aumento del siete punto siete por ciento (7.7%). Tan solo la Zona Libre de Corozal fue responsable por una recuperación comercial de veinte y tres por ciento (23%), en ventas anuales. A lo largo de los tres trimestres, Hoteles y Restaurantes crecieron un dos punto uno por ciento (2.1%), como resultado del aumento de las llegadas turísticas en un tres punto tres por ciento (3.3%); Transporte y Comunicaciones creció un dos punto cinco por ciento (2.5%). La construcción también tuvo un siete punto cuatro por ciento de mejoría (7.4%). Pero fue la industria de la Pesca que realmente estuvo a la cabeza con un aumento del catorce punto cinco por ciento(14.5%). Y, mientras la producción de azúcar cayó en general, las proporciones, la calidad y los precios mejoraron, proveyendo una posición ideal para una exitosa y abundante zafra. Finalmente, la inflación permaneció baja, solo con dos puntos porcentuales.

Es en base a todo lo antedicho que puedo acertar que fuimos bendecidos en el dos mil once. Fácilmente sobrepasamos al dos mil diez y, si se compara con el dos mil nueve, el logro es aun más notable, ya que, recordemos, en ese año hubo una contracción y fue cuando las olas de la recesión mundial amenazaban con inundarnos por completo.

El éxito económico del dos mil once se debe a que los aumentos en entradas por exportación, incluyendo en particular las provenientes del petróleo, hicieron posible que el Gobierno diera un gigantesco paso hacia la consolidación de su agenda social. Fueron implementados proyectos de infra-estructura para crear empleos; fueron expandidas las oportunidades educativas y económicas para aquellos necesitados de una segunda oportunidad; y con el viento en popa, a pasos agigantados avanzamos con los préstamos y concesiones para las mejoras de viviendas, las cestas básicas para las personas de bajos ingresos, y los programas de transferencia monetaria también para los más necesitados.

La flor de nuestra democracia también retoño. Mantuvimos nuestro compromiso de ser un gobierno accesible, transparente y responsable; y continuamos nuestra marcha hacia el verdadero nacionalismo mediante la estipulación constitucional de ser dueños de los servicios esenciales.

Quizá lo más notable de todo, es que desde septiembre, cuando forjamos un cese de hostilidades entre las pandillas de la ciudad de Belice, hemos tenido éxito en reducir la incidencia de asesinatos en este país. La significativa reducción en la tasa de homicidios para los últimos cuatro meses del dos mil once, comparados con el dos mil diez, representa un gran logro. Y llega en el punto justo y preciso, cuando muchos comenzaban a sentir que no habría rescate de tal abismo.

Mensaje de Año Nuevo del Primer Ministro



Primer Ministro de Belice Hon. Dean Barrow

Pero el verdadero propósito de este Mensaje, es mirar hacia adelante; asegurar a todos que la promesa inherente y la oportunidad del Año Nuevo es una verdadera realidad. Los esfuerzos se redoblarán, los compromisos se expandirán, y los logros serán más intensos.

En el dos mil doce, por ejemplo, el empuje en las infra-estructurasy los empleos que conlleva- alcanzará nuevas metas. En el sur, la carretera a Jalacté, en el norte, la carretera de Blue Creek, en el oeste, el Cruce del Rio Macal, en la ciudad de Belice, los proyectos de drenaje y de calles; todos estarán en plena acción. El nuevo estadio de Marion Jones ya saldrá de la fase de fundación, y el Nuevo Centro Cívico saldrá de las ruinas. Se ha firmado el contrato para el diseño y la construcción del 'Proyecto de Manejo de Desperdicios Sólidos'; y se invertirán 14 (catorce) millones de dólares entre enero y julio en Caye Caulker, San Pedro, San Ignacio y Ciudad Belice. El Banco Mundial nos asegura que, el ya demorado proyecto de rehabilitación y embellecimiento para los municipios en los distritos, comenzará en abril.

Una contribución monetaria para las madres trabajadoras, a nivel nacional, se unirá a los programas de aprendices, la cesta básica, y BOOST. Y los centros de ayuda para los vecindarios necesitados de la ciudad de Belice asistirán con el desarrollo comunitario, recuperación social, y la prevención de violencia.

Millones de dólares continuarán financiando las mejoras y reparaciones de viviendas en todo el país; y cada topógrafo registrado en este país ha sido contratado para trabajar en la sub -división de cuatro mil setecientos nueve acres identificados por el Ministerio de Terrenos para ser asignados como lotes de viviendas para aquellos que no tienen ni han sido dueños.

Nuestra asistencia hacia los pobres y los de clase media continúa. Ellos, de hecho todos los Beliceños, serán asistidos por la reducción en los precios de electricidad que prometí en Septiembre y que ahora se hace realidad. BEL, al fin del pueblo y gobierno, ya ha aceptado, a través de sus gestas a la Comisión de Utilidades Públicas, que los precios de la electricidad tienen que reducirse. Y la Comisión pueda que también reduzca aún más lo que habría propuesto BEL. La decisión final será el 31 de enero, y las nuevas tarifas reducidas deben, bajo la ley actual, tomar efecto unos cuantos meses después. Pero somos un gobierno que estamos apurados en hacer cosas buenas. Y el alivio al consumidor, la reducción en el costo de la vida, el alivio a los comercios, y la industria y la agricultura, no pueden esperar. Por lo tanto, el Gobierno enmendará la ley para implementar desde el mismo día siguiente, el primero de Febrero, dos mil doce, esta histórica reducción en lo que los Beliceños pagan por electricidad.

Pero todavía hay más que estamos ofreciendo para alegrar esta temporada. Al contrario del dos mil doce, nuestra visión de adelanto, oportunidad e igualdad no es algo nuevo. Pero los frescos comienzos que siempre toman lugar el primero de enero, proveen una apropiada oportunidad para que enfaticemos nuestro credo: que la llama de justicia social de este gobierno nunca se apagará; que arderá aún más en los próximos doce meses. Y nuestra preocupación por los marginados, por aquellos con sueldos fijos, bajos ingresos o sin ingresos, ha causado que tengamos otra nueva idea para el alivio y asistencia de año nuevo. Por lo tanto, hoy anuncio que el Gobierno comprará todas las hipotecas de cincuenta mil dólares y menos, del Seguro Social de Belice. Estas llegan a un total de setecientas ochenta y cuentan con un total de valor agregado de diez y siete millones de dólares. Poco después el Gobierno anulará estas hipotecas, cancelando todas las obligaciones de préstamo de las cabezas de familia y dejando ese dinero a su disposición para invertirlo en la economía y generar más actividad.

La intención de ayudar no solo a individuos sino a los comercios en esta forma, me trae al último punto que deseo hacer. En todo lo que hacemos, el Gobierno no se puede olvidar del sector privado. Se necesita una participación equitativa, e hicimos un buen comienzo al final del dos mil once. Esto debe consolidarse en este año venidero. Por lo tanto, el gobierno entre otras cosas, está nombrando un Facilitador de Desarrollo Comercial en la Oficina del Primer Ministro para supervisar dicha nueva relación.

Finalizo haciendo referencia una vez más al renacimiento del optimismo que es la provincia especial de las celebraciones de año nuevo. A través del mundo, esta es una ocasión para re-encender la inspiración. Es el re-inicio anual de la búsqueda del progreso humano, de la misión alquimista de convertir hasta el cobre en oro. En el caso de Belice, nuestra resolución es re-dedicar y re-consagrar la cruzada por el cual construimos una nación brillante, justa y equitativa. Una que será la envidia de y el modelo para región y el mundo.

Feliz año Nuevo a todos, y que Dios bendiga a Belice.

Your Weekly Horoscope



Music really resonates with you this week, so make sure that you're listening to the tunes that move you in the right direction. It's one of those days when it's vital to deal with the right atmosphere.



January 20 - February 18

What you share is much more important than what you keep on a week like this week, so make sure that all the right people are in the loop. You may find that you push the group as a whole a lot farther than you thought possible!



February 19 - March 20

Take care of those around you this week - the odds are that they are failing while you are doing quite well. They are sure to remember vour kindness should the situation be reversed one day.



March 21 - April 19 Karma swings by for a visit - have you been good lately (or in a past life, at least)? Whatever happens this week is a payment of some kind, but try not to read too much into it until you've had time to process.



April 20 - May 20 Your ability to understand people on a deep level is tested this week - and, most likely, you pass with flying

colors! Someone you don't know well is scrambling for help, but only you can see it.



May 21 - June 20

Your creative side needs extra attention this week so give it whatever it needs. If you want time to draw or brainstorm, take it, and if you need a walk outside, you've got to go for it.



Your social intuition is strong now, so make sure that you're at least trying to read people right. You may find that your energy is best spent on new endeavors and meeting new people.



July 23 - August 22 Try to indulge your creative side this week, as it needs a boost. Your spiritual energy is just right to get there, even if you can't quite get anything practical done until next week of the following week.



August 23 - September 22

You usually have a good grasp of details, but for now, you may find that your energy is better spent on big-picture stuff. Better still, seek more clarity on the finish line, as it is extremely confusing now.



September 23 - October 22 Your assistance is key this week - someone needs you! It might not be a life-ordeath matter, but the odds are good that you can help them find a deeply satisfying way to live their lives.



October 23 - November 21 Your thoughtful side is out in force this week, and you may find that you are full of great ideas about what to do next. It's a good time to sit down and write things out, but not to draw up a firm plan.



November 22 - December 21 Other people are making good points this week as they discuss what went before - so listen up! You may need to try something a little different if you want to get ahead, and that could mean anything.

Jokes of the Week

A woman goes to her doctor complaining that she is exhausted all the time. After the diagnostic tests showed pretty girl said, "I would like to buy this material for a nothing, the doctor gets around to asking her how often she has intercourse. "Every Monday, Wednesday, and Saturday," she says. The doctor advises her to cut out Wednesday. "I can't," says the woman. "That's the only night I'm home with my husband."

Walking up to a department store's fabric counter, the

After she woke up, a woman told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's Day. What do you think it means?"

"You'll know tonight," he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it - to find a book entitled: "The Meaning of Dreams."

new dress. How much does it cost?" "Only one kiss per yard," replied the male clerk with a smirk. "That's fine," said the girl. "I'll take ten yards." With expectation and anticipation written all over his face, the clerk quickly measured out the cloth, wrapped it up, then teasingly held it out.

The girl snapped up the package, pointed to the old geezer standing beside her, and smiled, "Grandpa will pay the bill."

Wife: "I won the lottery! Five million dollars. Whooee-- start packing!"

- Husband: "That's great!!! What should I pack?"
- Wife: "Whatever you want, just be out of the house by
- the time I get there"

The Corozal Free Zone The reality today! Eyes Locked on 2012



David Akierman *Executive Chairman of Corozal Free Zone*

CFZ has been a work in progress that the entire country of Belize is reaping the benefit of.

This New Year the Corozal Free Zone's Management plans to further uplift the overall look of the Zone by conducting major infrastructural upgrading of the facility.

Along with the unending support of the Government of Belize and the Corozal Free Zone Chamber of Commerce, the continuing assistance from the Republic of China, Taiwan and many other interested parties; the Corozal Free Zone will attract unprecedented genuine foreign investment creating thousands of new jobs in 2011.

The Northern Star Newspaper will keep you regularly updated and informed throughout 2012.

There has been an unprecedented increased in visitors in the Corozal Free Zone (CFZ) over the Christmas and New Year's Season for example for the period 14th. November -24th. December 2011 (4wks. and 3 days) some five hundred and seventyfive buses (575) accounting for approximately twentyeight thousands people came to the CFZ along with some fifty-three thousand vehicles (53,000)accounting for approximately some three hundred and fifty-thousand people (350,000) the majority of which came from Chetumal, Cancun, Mexico City and beyond.

This boom in business is a



Belize Water Service limited Public Relations Office 7 Central American Blvd. P.O. Box 150 Belize City, Belize Tel: (501) 222-4757, Ext. 281 <u>www.bws.com.bz</u> Contact: <u>PR@bwsl.com.bz</u>

> Public Notice January 5, 2012

BWS submits Annual Review Proceedings (APR) application

On December 23, 2011, Belize Water Services Limited (BWS) submitted its formal notification for an Annual Review Proceeding to the Public Utilities Commission (PUC) for the determination or confirmation of the regulated values, rates, tariffs, fees and charges for the period April 1, 2012 through to March 31, 2013.

This submission is being made in accordance with Section 27, Part IV of Statutory Instrument 67 of 2002. The submission officially commences the company's Annual Tariff Review Proceeding.

BWS has informed the PUC that the company is not seeking any change in tariffs. BWS's submission is available for viewing at the branch offices of BWS and on its website at <u>www.bws.bz</u>, and at the PUC office at 41 Gabourel Lane, Belize City, and the PUC website at <u>www.puc.bz</u>.

Members of the public may participate in the ARP by submitting written comments on BWS' submission to the PUC by January 13, 2012, by email at <u>info@puc.bz</u> or in writing at the PUC office.

result of the hard work and dedication of the Corozal Free Zone Management and Staff.

A close look at the figures will reflect an increased in sales of 33% in the year and an a growth of 44% in importation for 2011.

Business in the CFZ has been doing well and the projection for 2012 is even more promising.

The transformation of the

Where any person submits comments or information purported to be factual, such comments or information shall be accompanied by a sworn affidavit.

Three copies of all applications, reports, documents, comments or information provided by members of the public shall be filed at the PUC's office and a copy shall be provided to BWS at its principal office of business on the same day.

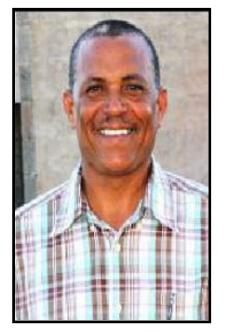
The PUC is required to issue an Initial Decision on the submission by January 23, 2012.

The licensee or an interested party representing users of at least 10% of the water supplied in the preceding year may submit written comments on the Initial Decision within 15 days.

Where there is no objection to the Initial Decision the PUC shall adopt it as its Final Decision.

BWS - Delivering Water and More...

From The Ministry Of Sports



Ismael 'Miley' Garcia National Sports Coordinator Ministry of Sports

Reflection

As the 2011 ended we at the Ministry of Sports reflect on the year in sports and rededicate ourselves to continue to provide the highest level of support to all disciplines within our limited resources.

It has been an exciting year for us as we saw delegations of basketball, softball, track and field, football, cycling, cricket, and other disciplines, represent our county Belize on the international scene. We have done our best, with the assistance of Central Government, to support these endeavours financially, albeit not at the level needed. can do some forward planning in acquiring and distributing these resources. Similarly, we remind and encourage all Associations/ Federations that, along with this activity, in the month of January, they need to submit their applications for registration to the National Sports Council as mandated by the SPORTS ACT. Associations/Federations that are not registered with the National Sports Council do not qualify for financial assistance or use of the facilities under the auspices of the Council.

We would like to remind sporting associations, however, that the most important reason for registering with the National Sports Council is not so much because of financial support that may be provided to them. It is more important that as a nation we begin to create a national listing of our athletes and teams/ clubs with a view to developing our outstanding athletes.

The Ministry is committed to developing world class athletes, who can in turn convert their talent into educational and economic benefit, for themselves and their families. Registration helps us to identify, at an early stage, these promising athletes so that they can benefit from the various training programs that are available both locally and abroad. and which will truly be a facility of which we can be proud. The second is the commencement of the much anticipated refurbishment of the Belize City Center. The Ministry wil also continue its efforts to upgrade other sporting facilities countrywide with a view to giving greater opportunity to athletes countrywide.

Already, we are seeing results from the employment of a Program Development Officer for Basketball, Coach Tarr, at the National Sports Council.

We hope to enlist persons to develop programs in the other disciplines as well, with a view to the long term development of our athletes.

All these things excite us at the Ministry as we forge ahead with our National Goal of converting Belize's raw talent into **GOLD!!!**



Krem News Year's Cycling Classic

Krem annual New Year's Cycling Classic recorded two new champions in 2012. Giovanni Choto of Team Western Spirit and Kaya Cattouse of C-Ray Cycling Team both were first to cross the line in the elite and female races respectively.

Sixty-eight cyclist started the elite race from the Northern Border in Santa Elena, Corozal heading for Belize City and by the time the smoke cleared, blazing solo across Haulover Bridge at the entrance of Belize City was Giovanni Choto who easily took first place, Byron Pope of Benny's Megabytes came in second and Peter Choto placed third. The last Belizean to win in this elite category was Marlon Castillo in 2009.

Kaya Cattouse who has been out of competitive cycling for two years, dust off her bike and shoe and simply devoured the four-time champion Shalini Zabeneh creating a new rivalry in Female Cycling with Shalini, the now former undisputed champion of Belize.

The commitment of the Minister of Sports, Honorable John Saldivar, nonetheless, has been demonstrably clear in his efforts to support as many Associations and Federations in making possible their participation in these international commitments.

Once again we look forward to all National Associations/Federations submitting their calendar of events for 2012 so that we We look forward to two exciting projects that will continue in 2012 that will greatly assist in this endeavour. The first is the completion of the Marion Jones Sporting Complez, which is a work in progress



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INTERNATIONAL NEWS

7.0 Earthquake Hits Eastern Japan

TOKYO - A magnitude 7.0 earthquake shook eastern Japan on Sunday, the U.S. Geological Survey reported.

Despite the magnitude, there was no danger of a tsunami, said the Pacific Tsunami Warning Center.

U.S. Ambassador to Japan John V. Roos tweeted that he was "about to greet Emperor and Empress for New Year when Imperial Palace began to shake".

The mid-afternoon quake swayed buildings in Tokyo but it did not disrupt the final of the Emperor's Cup football tournament under way at the National Stadium, AFP, the French news agency, reported.

A spokesman for Tokyo Electric Power said there were no reports of any abnormalities at the tsunamicrippled Fukushima Daiichi nuclear plan following the quake.

Some high-speed train services in northern Japan were suspended after the earthquake, but soon resumed operations, Kyodo news reported.

The Meterological Agency says the offshore quake Sunday struck about 370 kilometers (230 miles) below the sea surface. The agency said there was no danger of a tsunami. There were no immediate reports of damage or injuries.

Northeastern Japan was devastated by a massive earthquake and tsunami on March 11 that left nearly 20,000 people dead or missing. Japan, which lies along the Pacific "Ring of Fire," is on of the world's most seismically active countries.

India Girl Killed in Ritual Sacrifice to Ensure Better Harvest

By msnbc.com news services

Two men have been arrested in central India for allegedly killing a 7-yearold girl and cutting out her liver in a ritual sacrifice to ensure a better harvest, police said Monday.

Lalita Tati disappeared in October and her dismembered remains were found a week later, Rajendra Narayan Das, a senior police officer in the Bijapur district of Chhattisgarh state, told The Associated Press. Police arrested two men both poor farmers, last week and they told police they killed the girl to appease their gods and get a better harvest, Das said.

Tati was walking home after watching television at a neighbor's house when she was kidnapped, Das said. The two men confessed to cutting her open and removing her liver as an offering.

Das said the police had gathered enough evidence, apart from the confessions, to charge the two with murder. They would face life in prison or even the death sentence if convicted.

The men were described as "tribals", a term referring to the region's indigenous people, most of whom remain mired in poverty and illiteracy.

Human sacrifices are rare in India but get prominent attention every few years. a deep belief in traditional healers, or witch doctors, is common in mostly tribal Chhattisgarh

Ex-cop Used Gun and Knife to Rescue Kids

Chris Willden was driving along a winding canyon road in Utah on Saturday when he spotted something in the riverbank: an overturned car, submerged in the icy water, and something else.



The road didn't appear icy, at first, but as they made their way up the canyon, it got slicker so he slowed. Just one tap on the brakes was all it took. He struggled to free the

He struggled to free the children from their

Wilden, a former police officer, sprung into action. Thanks to him and a handful of other strangersturned-rescuers, the driver and three children who were inside the car were saved from Utah's frigid Logan River - which had already knocked two of the kids unconscious.

Roger Anderson, 46, lost control of his car on a winding Utah canyon road and slid into an icy river. The



A photo provided by Chris Willden shows a car in the Logan River in Utah Saturday, after it was flipped upright by rescuers who saved three children trapped inside.

car flipped upside-down and quickly became submerged. Kenya Wildman were trapped.

Roger Anderson, 46, the driver of the car, had been able to free himself, but 9year-old daughter Mia, 4year-old son Baylor, and their 9-year-old friend

The four were on their way to a ski resort Saturday when the New Year's Eve accident happened, according to the Herald Journal News, which first reported the story. seatbelts, but couldn't get them loose.

Chris Willden, who was driving by with his father at that very moment, pulled over. He rushed into the river and surveyed the scene inside the vehicle. Anderson had gotten out of his car, but the kids were all trapped. Andersen's children were by now floating unconscious in the river *Continued on page 22*

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INTERNATIONAL NEWS Iran warns US carrier to stay out of Persian Gulf

By msnbc.com news services

Iran will take action if a U.S. aircraft carrier which left the area because of Iranian naval exercises returns to the Gulf, the state news agency quoted army chief Ataollah Salehi as saying on Tuesday.

"Iran will not repeat its warning ... the enemy's carrier has been moved to the Sea of Oman because of our drill. I recommend and emphasize to the American carrier not to return to the Persian Gulf," Salehi told ing the d powers

"I advise, recommend and warn them (the Americans) over the return of this carrier to the Persian Gulf because we are not in the habit of warning more than once," the semi-official Fars news agency quoted Salehi as saying.

Salehi did not name the aircraft carrier or give details of the action Iran might take if it returned. However, last week a spokeswoman for the U.S. 5th Fleet said the USS John C. Stennis had left the Gulf.

Iran completed 10 days of



The USS John C. Stennis aircraft carrier is seen as it allegedly went "inside the maneuver zone" where Iranian ships were conducting war games in the Gulf, according to Iranian officials.

ing the drills that if foreign powers imposed sanctions on its crude exports it could shut the Strait of Hormuz, through which 40 percent of the world's traded oil is shipped.

The U.S. Fifth Fleet, which is based in Bahrain, said it would not allow shipping to be disrupted in the strait.

Iran fires missiles Iran said on Monday it had successfully test-fired two longrange missiles during its naval drill, flexing its military muscle in the face of mounting Western pressure over its controversial nuclear program. of Hormuz but had carried out "mock" exercises on shutting the strategic waterway.

Tehran denies Western accusations that it is secretly trying to build atomic bombs, saying it needs nuclear technology to generate electricity.

The United States and Israel have not ruled out military action against Iran if diplomacy fails to resolve the Islamic state's nuclear row with the West.

The European Union is considering following the United States in banning imports of Iranian crude oil. tions against Iran into law on Saturday, stepping up the pressure by adding sanctions on financial institutions that deal with Iran's central bank.

Meanwhile, Iran said the new record low of the national currency to the U.S. dollar was not linked to the latest sanctions from the United States targeting the country's central bank.

Foreign Ministry spokesman Ramin Mehmanparast on Tuesday insisted there "is no relation" between the two. He said the American sanc-

tions "have yet to be put into practice". The Iranian currency's exchange rate hovered late

Monday around 18,000 riyals to the dollar, marking a roughly 12 percent slide compared to Sunday's rate of 15,900 riyals to the dollar.

President Barack Obama on Saturday signed into law a bill targeting Iran's central bank as part of the West's efforts to pressure Tehran over its nuclear program. It goes into effect in six months.

naval exercises in the Gulf Iran also said it had no inon Monday, and said dur- tention of closing the Strait U.S. President Barack Obama signed new sanc-

Ex-cop Used Gun and Knife to Rescue Kids

Continued from page 21 water that was filling the car, four-year-old Baylor still strapped into his child seat. Nine-year-old Kenya had found an air pocket but could not free herself from her seat belt.

That's when Willden's police officer training - along with his handgun and knife

- became crucial.

The men tried to pry open the car doors and windows with no luck. Chris knew what he had to do: Using his handgun, he shot the window, and then used his knife to saw through the seatbelts. One of the girls had found an air pocket but was trapped by her seat belt. Wilden cut it with a pocket knife and pulled her from the rear passenger window. The two other children soon followed.

When he turned around, he

saw about 7 others had pulled over on the side of the road, ready to assist with the rescue, he said.

The rescuers pulled the children one-by-one from the car and passed them up the river bank to others,

Continued on page 23

THE MAN OF THE YEAR!

(Continued from page 14)

Development and also the South-Side Poverty Alleviation Program headed by Minister of Works Hon. Anthony "Boots" Martinez which saw first time house owners' receiving quality homes for free.

Thousands of land were issued and acquired by the Government of Belize from private individuals who were compensated as required by law, these lands were then re-issued via the Minister of Natural Resources and Deputy Environment, Prime Minister Hon. Gaspar Vega to first time land owners through-out the country complete with survey and title for under one thousand dollars.

No Government in the History of Politics in Belize has invested so much of its National Budget into Education but having a leader with visions is self explanatory.

Via the Minister of Education and Youth and Chairman of the United Democratic Party, the Hon. Patrick Faber, countless scholarships were issued to Belizean Students at home and abroad studying in various High-Schools and Universities while millions of dollars were given yearly in School Assistance to parents, schools and/or students attending various primary, secondary and tertiary educational institutions throughout the country of Belize.



Hon.Dean Barrow Prime Minister of Belize

only mention the Food-Pantry Program, Restore Belize, the Gang-Truce, Youth for the Future Program and most recently the write-off of mortgage payments owed to Social Security by families who undoubtedly fall in the lower and middle income economic bracket.

The latest action by the Government of Belize has brought great relieve for those who most need to use every precious penny they earn to further their aspirations in life.

This bold move follows the 2011 writing-off of hundreds of homes that were on various Hire-Purchase agreement with United Democratic Party's Government in Belizean History whenever the elections are call in Belize.

Notably in the latter part of 2011 the Prime Minister's Wife our beloved First Lady was diagnose with Breast Cancer. We cannot begin to imagine the physical, mental, emotional and spiritual strain and entanglement associated with the diagnosis and subsequently the ongoing treatement.

All our Hearts goes out to our Prime Minister and his family as the entire Nation of Belize prays for the speedy recovery of Belize's Ambassador for Children and most active First Lady, Kim Simplis Barrow.

No there are no riots or mass protests here in Belize for Belizeans know who took the money to stash in foreign accounts outside the country. The former Leader of the Peoples United Party Hon. Johnny Briceno called for his party's associates to "Bring back the money"!

Today, Belizean sees transparency and accountability and feels the proper weight of their monies. We in little Belize have the type of government the rest of the world desperately need.

Ex-cop Used Gun and Knife to Rescue Kids

where some performed CPR on two of them -Andersen's children.

They all loaded up into a friend's SUV and sped down the mountain for help, and were met about halfway by paramedics.

fire a weapon without harming the children.

Andersen told his rescuers that they inspired him to

We could go on and on listing the many reasons why the Hon. Dean Barrow is the Man of the Year for our Country Belize but in the interest of the cost of print these days we will the Ministry of Housing.

The United Democratic Party has formed what is unquestionably a government that cares for the poor and the middle class. The needy and not the greedy.

There is no doubt in anyone's mind that the People of Belize will return the Man of the Year the Hon. Dean Barrow and his Government to serve as the first ever back-to-back His two children were flown to a hospital in Salt Lake City, treated for hypothermia and released on Monday. The family friend also was treated and released.

Chris Willden said his experience in the police force gave him the confidence to learn more about how to help others.

Kenya's father, Dennis Wildman, called it "a great story about the human spirit and our desire to help others".

Roger Andersen's wife Mindy, fought to keep from crying Monday as she thanked the bystanders for saving the children's lives.

-END-

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Education is the Foundation and Youths are the Future

To our Students, Teachers and all Belizeans

GREENEW YEAR

Let us continue to invest in the our nation on a strong foundation

