

“THE TIME TO SAVE OUR COUNTRY, IS BEFORE WE LOSE IT!”

HON. PHILIP S. W. GOLDSON
BELIZE'S NATIONAL HERO



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ACTOR BUYS TIME and FREEDOM IN GUATEMALA

John McAfee was arrested last Wednesday night at the Intercontinental Hotel in Guatemala City by the Guatemalan Police and a member of Interpol. The Guatemalan Interior Minister, Mauricio Lopez Bonilla stated that “He (McAfee) entered the country illegally and we are going to seek his expulsion for this crime”. The Guatemalan Government was seeking to expel McAfee to Belize on Thursday morning a move that his lawyer, Telesforo Guerra attempted to block by seeking an injunction to



McAfee's rushed to hospital in Guatemala City

secure his release. Early Thursday morning Telesforo Guerra applied to the Guatemalan Court seeking “Political Asylum” for

McAfee. That petition was denied by the Guatemalan Court and McAfee was faced with immediate deportation to Belize. Then

we were treated to the latest episode of John McAfee on the run Saga. McAfee who is also selling his life story began to perform. (John McAfee has been on the run for approximately a month from Belizean Police who just want to question him about the murder of his neighbor Gregory Faull. While on the run McAfee has taken the International Media through a run-a-way train-type ride filled with accusations, lies, deception, mad-stories, false leads and most recently Holly-wood type acting.) The

Cont. on pg. 8



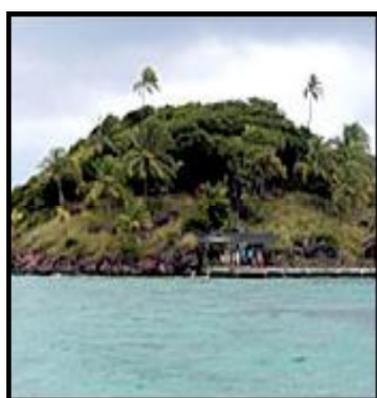
PRESIDENT of COLUMBIA
Juan Manuel Santos

“...highlighted the fact that various countries, among them the United States, do not recognize the jurisdiction of the ICJ, while still “respecting international law.”

Opinio Juris

LEIDEN JOURNAL OF
INTERNATIONAL LAW
LEGAL INFORMATION INSTITUTE

by *Julian Ku*



The San Andres Island

Columbia de-recognizes the ICJ

REPRINTED FROM SOURCE CITED.

Hey, Associated Press! Colombia's Withdrawal Really Does Diminish ICJ's Authority

The Associated Press has a confusing and muddled account of the consequences of Colombia's withdrawal from the Bogota Pact (American Treaty on Pacific Settlement), which had committed Colombia to the ICJ for disputes with other signatory states. Here is where the AP account doesn't make much sense (or is flat out wrong):

Legal experts, however, said [Colombian President] Santos' announcement was unlikely, in practice, to diminish the court's authority in any international disputes involving the South American nation. **CONT. on pg. 2**

BELIZEAN SAY NO TO THE ICJ !



ditorial Pag



MAIRA D. MONTEJO

YOU HAVE BEEN FOREWARNED!

The latest decision of the ICJ regarding Columbia and its territorial dispute with Nicaragua over the San Andres Island has led us to the conclusion that we in Belize cannot afford to fall under the same demise. The ICJ ruled that Columbia will keep the San Andres Island which is a tourist vacation haven but besides losing two other Islands, Columbia will also lose some 46 to 56,000 miles of sea which was once considered an integral part of their territory. The reality

that now confronts Columbia is that its fishermen cannot fish in these waters anymore as Nicaragua upon the ruling of the ICJ has placed its soldiers to patrol what is now considered their waters. The damage to Columbia even goes further to the very lost of future revenues for that country that now sees a major part of its sea which is considered very rich in oil given away to Nicaragua by the very ICJ it trusted. In the legal opinion posted in this paper and appearing in

Opinio Juris, Columbia does have its optional "plan B" which it no doubt has embarked on, "By withdrawing from the Bogota Pact, Colombia is no longer committed to go to the ICJ to resolve disputes with other Bogota signatories (not that there are all that many). Colombia has also not accepted the compulsory jurisdiction of the ICJ under the ICJ Statute. Colombia is therefore free from being forced to go to the ICJ unless it has specifically agreed to

do so in a particular treaty. And it has not always done so. For instance, it has never ratified the Optional Protocol to the Vienna Convention on Diplomatic Relations, which would have committed to compulsory dispute settlement before the ICJ." Do we in Belize have a plan B? We are faced with the question of if we want the said ICJ to determine our very sovereignty and borders and we should widen our eyes at Columbia demise. **CONT. on pg. 3**

Opinio Juris

LEGAL INFORMATION INSTITUTE
LEIDEN JOURNAL OF INTERNATIONAL LAW

Columbia de-recognizes the ICJ

CONT. from front pg.

International legal experts said [Colombian President] Santos' announcement would not, in practice, exempt Colombia from the jurisdiction of the World Court, as it is recognized as the arbiter of last resort under customary international law and practice.

Uh, with all due respect to the AP's international legal experts, that's not quite right. By withdrawing from the Bogota Pact, Colombia is no longer committed to go to the ICJ to resolve disputes with other Bogota signatories (not that there are all that many). Colombia has also not accepted the compulsory jurisdiction of the ICJ under the ICJ Statute. Colombia is therefore free from being forced to go to the ICJ unless it has specifically agreed to do so in a particular treaty. And it has not always done so. For instance, it has never ratified the Optional Protocol to the Vienna Convention on Diplomatic Relations, which would have committed to compulsory dispute settlement before the ICJ.

So the ICJ's authority over Colombia has diminished (although it was never great to begin with) and, if not exempt, Colombia is at least "free" of the jurisdiction of the ICJ in disputes with most other nations. And I have no idea what the AP reporter means when he says that the World Court is recognized as "the arbiter of last resort under customary international law and practice." The ICJ's interpretations of customary international law are authoritative but not binding.

The AP report gets further confused when it quotes from Prof. Matthew Brotman of Pace Law School. In my opinion, although he may say that they no longer are going to recognize the jurisdiction of the court, it doesn't really matter," Brotmann said.

"Countries can't really pick and choose what parts of a treaty that they've already ratified they want to be held to."

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Publisher:

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Executive Director:
Vernon Cutkelvin

Managing Director/Editor:
Maira Montejo

Website:

www.belizenews.com/NorthernStar

**#80 Otro Benque Road
Orange Walk Town
Belize, Central America**

Telephone:

629-1308

or

636-1409

Email:

northernstar_ow@yahoo.com

Opinio Juris

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Columbia de-recognizes the ICJ

CONT. from pg. 2

Reporters garble quotes all the time, which is probably what happened here. Countries can denounce treaties that otherwise grant jurisdiction for dispute settlement. El Salvador did it under the Bogota Agreement and the U.S. did so with respect to the Consular Relations Convention's Optional Protocol. So the denunciation means Colombia can never be brought under the Bogota Treaty to the ICJ in a future dispute. That "matters"! So, Associated Press, I think a re-write is in order.

CONT. from pg. 2

EDITORIAL PAGE

The President of Columbia remarked that "What happened Nov. 19, the day the ICJ ruling was announced, " must never" happen again ..., the court " divested" Colombia of maritime territory and handed it to Nicaragua." Those who are the catalyst for Belize to put this territorial dispute in the hands of the ICJ has been ever so silent but must at the least raise an eyebrow while thinking about the Columbian demise. Let us consider the consequences and back-lash of the People of this blessed Nation should the Yes vote wins next year and the ICJ rules anything in conformity with their latest ruling giving Guatemala even a blade of grass of what we know to be Belizean territory. The catastrophic end for all those who are quick to sing the praises of the ICJ is simply unthinkable but be assured that their names will be listed, counted and marred down in the history of this nation in the most unpleasant way.

The Miami Herald (28/11/12) reported on the immediate reaction of the President of Nicaragua, Daniel Ortega following the ICJ ruling. Colombia's loss has been Nicaragua's gain, and President Daniel Ortega has said the new territory could help drive oil exploration and foreign investment to one of the poorest nations in the Americas. ... as he deployed troops to oversee the waters, he said it was the nation's "moral, ethical and historical" duty to reclaim the territory. YOU HAVE BEEN FOREWARNED! FOR THOSE WHO HAVE EYES...



Ministry of National Security

Curl Thompson Building,

Belmopan City, Belize, Central America

Phone: (501) 822- 0821 Fax: (501) 822-0846

PRESS RELEASE

December 11, 2012

Ministry of National Security Clarifies and Rectifies Issue Regarding Transfer of Corporal #834 Sharmane Young
The Ministry of National Security wishes to clarify that the re-posting of Corporal #834 Sharmane Young from the San Pedro Sub-formation to Belize City is well within the established transfer policy of the Police Department. Reports of her transfer to the Placencia Sub-formation have been confirmed to be completely inaccurate.

The letter to Corporal Young dated November 27, 2012 states that the re-deployment is from San Pedro to Belize City, "under the overall command of the Officer Commanding Eastern Division with effect from November 27, 2012". The records confirm that Corporal Young asked for and received, as per regulations, an extension of the transfer date to December 15, 2012.

The Ministry is satisfied that this reposting to Belize City had nothing to do with the incident involving an American tourist, and regrets that the timing of the incident and that of the redeployment have led to understandable speculations about the motive for the decision.

As a consequence, the Ministry has undertaken to remedy the situation by seeking the agreement of the Commissioner of Police and Corporal Young for her posting to the Ladyville Sub-formation with responsibility for the Burrell Boom Police Station.

The Ministry of National Security hopes that this brings to an end the unfortunate saga and reaffirms its commitment to continue doing everything within its power to improve the overall welfare of Police officers at every level throughout the Country.

FATAL TRAFFIC ACCIDENT JUST OUTSIDE ORANGE WALK TOWN



Grey Toyota pickup bearing License plates OW-C-17611

The Police Press Officer, Raphael Martinez reported that

On 10/12/12 about 6:45 pm, acting on information received, Police visited Phillip Goldson Highway between miles 59 and 60, where upon arrival saw a Green Blue Bird Bus(BBOC) bearing License Plates D- 00257 parked on the middle of the highway with its left front extensively damaged and facing a Eastern direction and several feet away on the right side of the highway when travelling from a South to North direction was a Grey Toyota pickup

bearing License plates OW-C-17611 extensively damaged. Further checks made in the pickup led to the discovery of a motionless body of Jenaro Gaspar SANCHEZ, 41 years, Belizean cane farmer of Santa Clara Village (driver), Corozal District with multiple injuries to his body and was apparently dead, meanwhile his passenger identified to be Primitivo CANO, 45 years, Belizean cane farmer of the same address had already been transported to the Northern Regional Hospital suffering from a cut wound to his head, abrasions to his left

arm and was complaining of pain to the left side of his chest. Preliminary investigation revealed that on said date, at 6:30 pm, Cyril WADE, 30 years, Belizean bus driver of Roaring Creek Village, Cayo District was driving the said Green Blue Bird Bus (BBOC) on the Phillip Goldson Highway towards Orange Walk Town with about thirty passengers in the bus and upon reaching between miles 59 and 60, a collision occurred between the said bus and the Grey Toyota pickup which was at the time driven on the opposite direction by Jenaro

Gaspar SANCHEZ. The bus driver and his passengers remain without injuries. The bus is the property of Belize Bus Owner Cooperative Limited (BBOC), Jenaro Gaspar SANCHEZ was transported to the Northern Regional Hospital where it was pronounced dead on arrival, the body now awaits of a postmortem examination. Police has arrested and charged Cyril Wade with Manslaughter by Negligence, Causing Death by Careless Conduct, Drove Motor Vehicle without Due Care and Attention and Negligent Wounding.



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From the Publish R

WE DON'T NEED ANOTHER GOVERNMENT DEPARTMENT

I met a brother this week in Belmopan who happens to be one of the few successful Belizean born businessmen in the country. We had a short discussion about the increasing difficulty of doing business in Belize, the various obstacles, the multitude of red-tape in place and most specifically the crime. The discussion was general in nature but eventually lead to us talking about the establishment of the Forensic Laboratory which is the single most urgently needed unit for the Country of Belize in order to help address crime along with the famous legal term which has now become a part of regular Belizean vocabulary “null-persecute”. The Government of Belize has committed itself to create this unit and placing it under the Ministry of National Security. The problem is of course the cost, not only for the equipment but for the training of personnel etc.

This brother happens to also be a long standing member of the Chamber of Commerce. Now I have always been critical of the Chamber because I genuinely feel that they need to play a more vital role in assisting to address some of the causes of crime in Belize and I still firmly believe that they operate in a bubble as if though they are not a part of the larger Belize Community from which they earn their wealth. Nevertheless, in the discussion he suggested that the Government of Belize should offer open bids for any group, individual, organization or entity to finance, build and operate the Forensic Laboratory and he is of the opinion that the Chamber of Commerce and or several of its' members would welcome such an opportunity. He said without hesitation that he would readily put up the first hundred thousand for the project and he assured that several of his other colleges in business would do the same.

My thoughts led to one conclusion that indeed we don't need another Government Department. What is needed is something separate from the police an entity from which the regular citizen and the Judiciary can feel that the findings are independent, unbiased and un- tainted. Someone once said that justice must not only be done but it must also appear to be done. We at the Northern Star Newspaper hereby encourage the Government of Belize to look towards this option.



Ministry of National Security Curl Thompson Building,

Belmopan City, Belize, Central America

Phone: (501) 822-0821 Fax: (501) 822-0846

PRESS RELEASE

December 5, 2012

Mexico Trains Belizean Forensic Ballistic Analysts

Two Belizeans have just returned from Mexico after receiving specialized training in the science of Forensic Ballistics.

The two Belizeans underwent an intensive five-day crash-course in various aspects of Forensic Ballistics, including the use of the Integrated Ballistics Imaging System (IBIS). The training course was conducted in Mexico City from November 22 to 26 through the Mexican Program for International Cooperation for Development.

With the training received the Belizean forensic ballistic analysts will be able to operate the IBIS TRAX 3D System recently donated to Belize by Canada, which is being set up within the National Forensic Science Service headquartered in Ladyville.

It has been agreed that the possibility will be explored for further training and follow-up courses, as well as continuous exchange in techniques and practices in Forensic Ballistics and related specialized fields.



**Office of the Prime Minister
Belmopan, Belize, Central America
JOINT INTER-AMERICAN DEVELOPMENT
BANK AND GOVERNMENT OF BELIZE**

PRESS RELEASE

SUBJECT: OFFICIALS FROM THE GOVERNMENT OF BELIZE AND THE IDB MEET IN BELIZE CITY

Friday, December 7, 2012 - At the request of Inter-American Development Bank President Luis Alberto Moreno, senior officials from the Bank, including Vice President Roberto Vellutini met in Belize City yesterday with officials from the Government of Belize to discuss the future of their partnership and strategies to advance the country's social and economic agenda.

As a member of the IDB since 1992, Belize values the Bank's contributions in the form of loans, grants and technical assistance to address development challenges.

Belize intends to remain an active member of the IDB. Belize's membership in the Bank has also provided unique perspectives and distinctive programs.

In the last two decades, the IDB has provided US\$190 million in loan financing and US\$25 million in grants to Belize. The current Bank-financed portfolio in Belize includes loans in the areas of tourism, agriculture, water and sanitation, flood mitigation and citizen security, along with technical assistance grants for sectors such as health, education, social protection and disaster risk management. In the context of the forthcoming Country Strategy 2013-2017, and in a manner consistent with IDB's role in the international financial system, the Bank and Government will continue to explore alternatives to help Belize to surpass its development challenges and achieve its national development goals.



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ACTOR BUYS TIME and FREEDOM IN GUATEMALA

Cont. from front pg.



Telesforo Guerra and John McAfee in Guatemala City

Hollywood act proved successful and McAfee avoided immediate deportation to Belize while buying more time for his attorney to appeal the Guatemala Court decision. In the act McAfee faked a heart attack that halted the Expulsion Order securing him the extra day he needed in Guatemala. His Guatemalan lawyer who is actually a Belizean immediately informed the

media that McAfee had suffered several minor heart attacks while incarcerated, however qualified doctors in Guatemala who attend to McAfee stated that he was just suffering from stress. McAfee, the actor upon being release from the hospital was returned to the holding facilities again in Guatemala to await the result of his latest appeal.

McAfee's lawyer, Telesforo

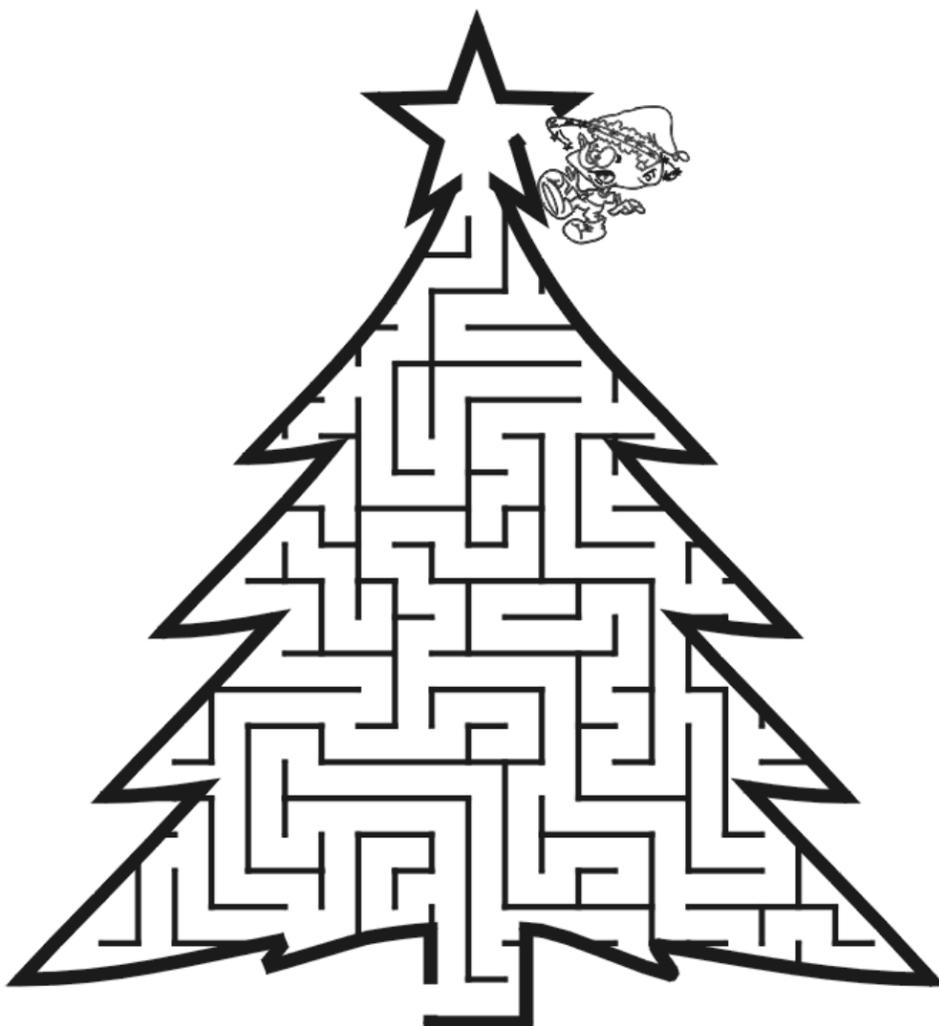
Guerra have filed a request with the court to grant him leave to stay in Guatemala until his appeals against deportation have been settled, which should have taken months. The Supreme Court had up to 30 days to make a ruling but it did so yesterday and McAfee request was again denied by the court. McAfee's attorney lawyer have also filed several injunctions against Guatemalan Government Officials, alleging that McAfee's rights were violated because his asylum request was not given proper consideration. Telesforo Guerra said that if his request is successful, McAfee would be allowed to stay in Guatemala until the legal suits have been resolved.

McAfee said on Saturday he wanted to return to the United States, and Guerra said he had filed a motion that would require

Guatemalan authorities to deport him there and not to Belize. Just before press-time today we receive reliable information from Guatemala that McAfee will be released from custody today at 9:00am. Apparently, his attorney submitted a plea before Judge Judith Secaida in Guatemala who ruled that McAfee's detention was illegal and ordered him released while giving him 10 days to put his immigration status in order. (Automatically overturning all the previous rulings of the courts and granted him his freedom.) McAfee is now seeking to get some kind of temporary or transit visa to allow him to leave Guatemala. In an interview with Sky News, McAfee said that he is '100% certain' he will soon be heading for America. "I think perhaps today but, you know, when you're dealing with the legal system you can never be sure, but as I understand it, I just met with immigration officials about half-an-hour or so ago and there should be news out later today and it should be today," he said. Ed. Note: While John McAfee languishes over the need for media attention and bathes in the thoughts of the millions he expects to make from the new movie deal he made while on the run (The life of John McAfee). Mr. Faull family, friends and acquaintances really don't give a damn about the games this fellow has been playing. They want Justice! It might not be obvious for the blind but this McAfee has used everyone and everything he has come in contact with in the most opportunistic way possible. (ask Samatha) The reality is that the only who is now benefitting from all this is guess who? For those who have eyes...

K ids' Corner

Help the dizzy elf find his way down from the christmas tree before he falls off.



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OF CARTOONS & JOKE OF THE WEEK

The Good Deed

This guy arrives at the Pearly Gates. He has to wait to be admitted, while St. Pete leafs through his Big Book.

He's checking to see if the guy is worthy of entry or not. Saint Peter goes through the books several times, furrows his brow, and says to the guy,

"You know, I can't see that you did lots of good in your life but, you never did anything bad either. Tell you what, if you can tell me of one REALLY good deed that you did in your life, you're in."

The guy thinks for a moment and says,

"Well, there was this one time when I was drivin' down the highway and I saw a Biker Gang assaulting this poor girl. I slowed down my car to see what was going on, and sure enough, that's what they were doing. There were about 50 of 'em torturing this chick.

Infuriated, I got out my car, grabbed a tire iron from my trunk and walked straight up to the leader of the gang. He was a huge guy with a studded leather jacket and a chain running from his nose to his ear. As I walked up to the leader, the Gang formed a circle all around me.

So I ripped the leader's chain off his face and smashed him over the head with the tire iron. Then I turned around and yelled to the rest of them, 'Leave this poor, innocent girl alone, you slime! You're all a bunch of sick, deranged animals! Go home before I teach you all a lesson in pain!'

St. Peter, extremely impressed, says

"Really? Wow, when did all this happen?"

"Er.. about two minutes ago."

created by Elvin Montejo

Unbelievable Facts

10 Creepiest Food Facts that Everyone should know

1 The average fast food fan eats 12 pubic hairs in a given year.

2 A strawberry McDonald's milk shake contains 50 artificial flavors

Apparently, real strawberries are expensive. So fast food companies like McDonald's choose to use a ridiculous concoction of 50 chemicals to effectively imitate the flavor of one real world food. These chemicals include ethyl acetate, phenethyl alcohol and solvent.

3 This is where chicken nuggets come from

Before reshaping, food like chicken nuggets, hot dogs, bologna and pepperoni look like a disgusting sludge of pink paste. This is done through a process called mechanical separation, which is a cost-effective way to "smooth out" bone remnants left after the de-boning process. The process results in excessive bacteria, which is fixed by washing the meat in ammonia. To cover up that delicious ammonia flavor, the meat is then re-flavored artificially and dyed to resemble the

type of meat it once was.

4 There are bugs and rodent hair in your peanut butter

FDA laws allow for an average of 30 insect fragments per 100 grams of peanut butter. In that same half cup of peanut butter, you'll also find at least one rodent hair (on average).

5 Shellac is an important ingredient in jelly beans

Shellac is a type of finishing product that is typically used to improve the shine of wood and furniture. However, it can also be used to improve



the shine of certain foods, such as jelly beans. Shellac is secreted by an insect in Thailand called the *Kerria lacca*.

6 Various viruses can be found on processed lunch meat

Food production companies have long sought ways to combat unhealthy microbes

found on processed foods such as lunch meat and hot dogs. A few years ago, the FDA approved the use of bacteriophages (viruses) that help kill these dangerous microbes. So, viruses are purposely being added to your food to improve shelf life.

7 If not for one ingredient, drinking a can of coke would make you vomit

While cocaine was long taken out of Coca-Cola, the current formula is still formulated to get you high. Each can of Coke contains 10 teaspoons of sugar. This is 100% of your recommended daily intake. In normal circumstances, the extreme sweetness of this much sugar would immediately cause you to vomit uncontrollably. However, since all that sugar is addictive and keeps you coming back for more, Coca-Cola adds phosphoric acid - an ingredient that cuts the sweetness to manageable levels.

8 Fast food salads contain chemicals used in anti-freeze

Choosing to eat health at a fast food restaurant isn't

necessarily a good idea. To prolong crispness, packaged salads are dusted with Propylene Glycerol, a chemical commonly found in anti-freeze. In its concentrated form, the chemical has been known to cause eye and skin irritation.

9 Chicken McNuggets contain beef

Many fast food chicken items contain beef additives used to enhance flavor and juke health stats. Check the ingredients, and you'll see no sign of such atrocities. That's because such beef additives are listed as "extract" or "essence".

10 Processed cheese is less than 51% cheese

A more accurate name for Kraft Singles and other packaged cheeses is "cheese-like substance". Any cheese product labeled as processed or pasteurized includes additives, chemicals and flavorings that account for up to 49% of the total product. As a result, that cheap cheese in your grocery store has just enough real cheese in it to allow companies to call it cheese.

11 Secret Facts about Hair & Nails

1 Facial hair grows faster than any other hair on the body.

In fact, if the average man never shaved his beard it would grow to over 30 feet during his lifetime, longer than a killer whale.

2 Every day the average person loses 60-100 strands of hair.

Unless you're already bald, chances are good that you're shedding pretty heavily on a daily basis. Your hair loss will vary in accordance with the season, pregnancy, illness, diet and age.

3 Women's hair is about half the diameter of men's hair.

While it might sound

strange, it shouldn't come as too much of a surprise that men's hair should be coarser than that of women. Hair diameter also varies on average between races, making hair plugs on some men look especially obvious.

4 One human hair can support 3.5 ounces.

That's about the weight of two full size candy bars, and with hundreds of thousands of hairs on the human head, makes the tale of Rapunzel much more plausible.

5 The fastest growing nail is on the middle finger.

And the nail on the middle finger of your dominant hand will grow the fastest of all. Why is not entirely

known, but nail growth is related to the length of the finger, with the longest fingers growing nails the fastest and shortest the slowest.

6 There are as many hair per square inch on your body as a chimpanzee.

Humans are not quite the naked apes that we're made out to be. We have lots of hair, but on most of us it's not obvious as a majority of the hairs are too fine or light to be seen.

7 Blondes have more hair.

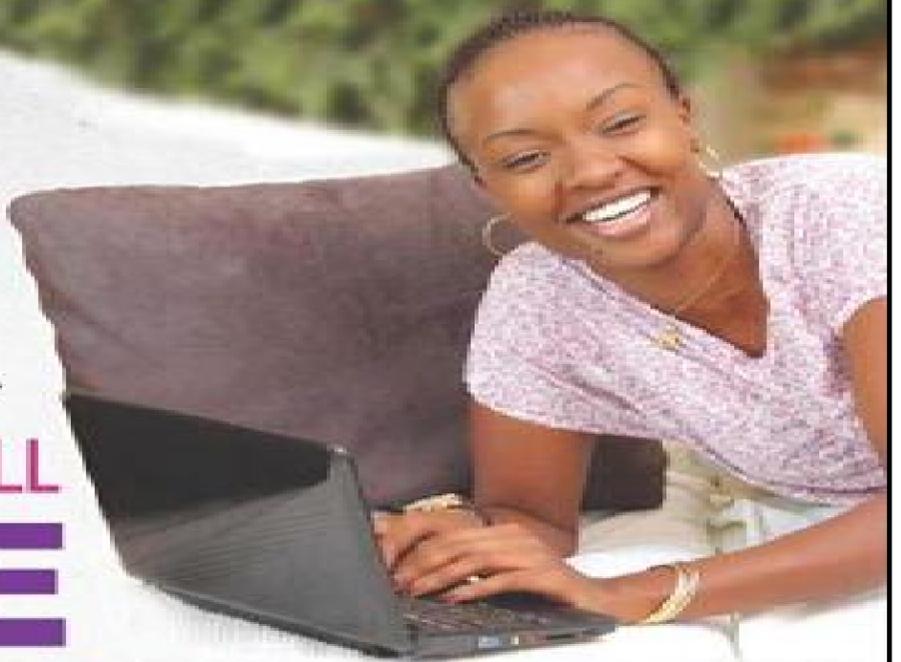
They're said to have more fun, and they definitely have more hair. Hair color determines how dense the hair on your head is. The average human has 100,000 hair fol-

licles, each of which is capable of producing 20 individual hairs during a person's lifetime. Blondes average 146,000 follicles while people with black hair tend to have about 110,000 follicles. Those with brown hair fit the average with 100,000 follicles and redheads have the least dense hair, with about 86,000 follicles.

8 Fingernails grow nearly 4 times faster than toenails.

If you notice that you're trimming your fingernails much more frequently than your toenails you're not just

Continued on page 19



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Orange Walk Mom Earns \$6,795/Month Part-Time

REPRINTED from CNBC!

By: John

Patricia Feeney of Orange Walk, never thought she would have a job working at home until one day she filled out a simple form online. Before she knew it, she discovered her secret to beating the recession, and being able to provide for her family by working from home.

I read Patty's blog last month and decided to feature her story in our Career News segment. In our phone interview she told me her amazing story. "Since getting my Work-At-Home-Digital I actually make about \$5,000-\$7,000 a month using the internet. It is enough to comfortably replace my old job's income. And the best thing is that I only work about 10-

12 hours a week from home so I now have a lot more time for my family." Working online has been a financial windfall for Patty, who struggled for months to find a job in a struggling economy through many online job agencies such as Monster.com, CareerBuilder.com and Snagajob.com. Her big break came one day when she found the Work-At-Home-Digital in an online classified ad. "I lost my job shortly after the recession hit, I needed reliable income, I was not interested in those "get rich quick" scams you see all over the internet. Those are all pyramid scams or stuff where you have to sell to your friends and family. I just needed a legitimate way to

earn a living for me and my family. The Work-At-Home-Digital provided that for me..

I asked her about how she started her remarkable journey. "It was pretty easy. I filled out a short form and applied for a Work-At-Home-Digital. There is some maintenance fee, so it's not really free, but it was under \$50. I received access to the system and within four weeks I was making over \$5,000 a month. It's really simple, I am not a computer whiz, but I can use the internet. I post links that are given to me, I don't even have to sell anything. They are constantly recruiting people to post links, you should try it."

You don't have to be a job

seeker to benefit from this free kit, but it is certainly an ideal alternative to working full-time. "I still search for full-time jobs but to be honest I'm earning more money than any of the jobs I have applied for anyway. I have a few friends that are doing exactly the same thing as me. Some of them are making over \$600 a day. Really the sky is the limit, if you put in the effort." With the recession in full swing and jobs hard to find, working from home is certainly the way of the future.

ED. NOTE:

We will checkout this posting to verify that it is legitimate.

http://www.yesir.com.tw/themes/CHCCD_2007D_INTRO/ny5z8zlx.php

The Ladyville Massacre

Exactly two weeks and three days ago, 26 year old Jared Ranguy was found half naked and covered with blood in the Vellos home in Ladyville, where almost an entire family were killed savagely.

In a small neighborhood known as "Japan" in Ladyville was where the well-known family were killed while still sleeping in their bedrooms early Sunday (November 25th, 2012).

Neighbors from the community were awoken as early as 4 a.m. while police processed the scene of the very brutal murder of 51 year old Karen Skeen Vellos, 72 year old Robert Earl Vellos Sr. and 32 year old Teena Beth Skeen.

Police Press Officer, Raphael Martinez said that when they visited the house they met a person kneeling in front of a room screaming and holding a machete. Two bodies were found lying motionless in front of that person, Karen Skeen with apparent multiple stab wounds and her husband Robert Earl Vellos Sr. with an apparent gunshot wound behind his head. In another room Teena Beth Skeen was found with apparent multiple gunshot wounds.

He continued by saying that initial investigations revealed that approximately 3:30 a.m. a loud noise resembling that of a gunshot was reportedly heard from inside the house. It was fol-



Karen Skeen Vellos



Teena Beth Skeen



Robert Vellos Sr.

lowed by a loud argument which subsequently was followed by two more gunshots. Ranguy was known to often have heated arguments with his stepfather.

Police Press Officer said they recovered three expended 9mm shells and a slug.

On Monday, Ladyville police were back searching for evidence, their search led to the discovery of a 7 inch blade knife and a Taurus Brand Pistol, both covered in blood, in the attic, which investigators believe to be the murder weapons.

By 6:30 p.m. on Monday police announced that Jared



Jared Avery Ranguy

Avery Ranguy had been charged for killing his mother, his sister and his stepfather.

He is being treated as the prime suspect in the case of killing his entire family.

Reliable reports say that he told police that he tried to kill himself but the gun jammed.

On Tuesday (November 27th, 2012) Jared Avery

Ranguy was taken to court to be arraigned for three murders before Chief Magistrate Anne Marie Smith.

He appeared calm and police had him cuffed. He wore a hooded sweater and hung his head low so that the media could not capture his face. This behavior fits in with what reportedly he told police, that he is ashamed of what has happened and his family members now have to

live with the shame of him being responsible for this.

But to make things even more bizarre, in his statement to the police it is understood that he talks about sleepwalking.

But can anyone really believe that sleepwalking would lead someone to just cold-bloodedly kill all his or her family?

He reportedly had convinced all the first responders to the scene that his family were killed in an armed home invasion. But after police searched and found a black bag containing what is believe to be the murder weap-

ons and a bloody T-shirt and a bloody black pants, that story was just not plausible.

Without eyewitnesses, prosecutors would have to rely on circumstantial evidence - which includes forensic evidence. They would also have to rely on statements made under caution, which does not exactly amount to a confession statement.

On Tuesday (December 4th, 2012) it was reported that Jared Avery Ranguy is on a special suicide watch inside the Kolbe Foundation Prison.

Jared had been receiving counselling and it was concluded that his emotional state is such that there is a risk he may try to take his own life.

As a result, the authorities at Kolbe have him locked up in a special holding cell where they are keeping a close watch on him and as he continues to receive treatment to try to cope with the shock of losing his entire family and of being accused of being responsible for it.

Being suicidal would suggest that he is guilty of something. Could he be guilty of not being able to defend his family members from a home invasion as he had told police officers when they first responded to the scene or guilty of committing such a heinous act against his own family members?

Something to think about...

See the



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HEALTH AND NUTRITION

Sleeping Disorders

Sleep disorders are disturbances that affect the ability to fall asleep, stay asleep, or stay awake or that cause abnormal behaviors during sleep, such as night terrors or sleepwalking.

Sleep can be disturbed by many factors, including irregular bed times, activities before bed, stress, diet, disorders, and drugs.

Lack of sleep makes people feel sleepy, tired, and irritable during the day and interferes with functioning.

Less often, a sleep disorder makes people unable to resist falling asleep during the day.

A detailed description of the problem, sometimes with information from a sleep log, usually indicates the diagnosis, but sometimes testing in a sleep laboratory is needed.

Sleep is necessary for survival and good health, but why sleep is needed and exactly how it benefits people are not fully understood. Individual requirements for sleep vary widely: usually from 6 to 10 hours every day.

Most people sleep at night. However, many people must sleep during the day to accommodate work schedules - a situation that can lead to sleep disorders.

How long people sleep and how rested they feel after



waking can be influenced by many factors, including level of excitement or emotional distress, age, diet, and use of drugs. For example, some drugs make people sleepy, and others make sleeping difficult. Some food components or additives, such as caffeine, strong spices, and monosodium glutamate (MSG), may disturb sleep. Older people tend to fall asleep earlier, to awaken earlier, and to be less tolerant of changes in sleep habits (for example, they

may be more prone to jet lag and problems related to shift work). Compared with younger adults and children, older people are more easily aroused from sleep and awakened more often during the night. Whether older people need less sleep is un-

clear. They probably need as much sleep as younger people but do not sleep as well as they used to, leading to daytime sleepiness and napping. Napping during the day may help compensate for poor sleep during the night, but it may also contribute to the problem.

Nightmares and Sleepwalking

People suffering from nightmares or night terrors may also suffer from sleepwalking or bedwetting. Drugs

and various therapies are available to assist those suffering to lead relatively normal lives.

Causes

All sleep is not the same. There are two main types of sleep: rapid eye movement (REM) sleep and nonrapid eye movement (non-REM) sleep, which has four stages. People normally cycle through the four stages of non-REM sleep, usually followed by a brief interval of REM sleep, every 90 to 120 minutes or several times every night.

Non-REM sleep accounts for about 75% to 80% of total sleep time in adults. Sleep progresses from stage 1 (the lightest level, when the sleeper can be awakened easily) to stage 4 (the deepest level, when the sleeper can be awakened with greater difficulty). In stage 4, blood pressure is at its lowest, and heart and breathing rates are at their slowest.

REM sleep occurs when electrical activity in the brain is unusually high, somewhat resembling that

Continued on page 14

Amazingly Good Eggnog

Original recipe makes 12 servings

Ingredients:

4 cups milk
5 whole cloves
1/2 teaspoon vanilla extract
1 teaspoon ground cinnamon
12 egg yolks
1 1/2 cups sugar
2 1/2 cups light rum
4 cups light cream
2 teaspoons vanilla extract
1/2 teaspoon ground nutmeg

Directions:

1. Combine milk, cloves, 1/2 teaspoon vanilla, and cinnamon in a saucepan, and heat over lowest setting for 5 minutes.
2. Slowly bring milk mixture to boil.
3. In a large bowl, combine egg yolks and sugar. Whisk together until fluffy.
4. Whisk hot milk mixture slowly into the eggs.
5. Pour mixture into saucepan.
6. Cook over medium heat, stirring constantly for 3 minutes, or until thick.
7. Do not allow mixture to



8. Strain to remove cloves, and let cool for about an hour.
9. Stir in rum, cream, 2 teaspoon vanilla, and nutmeg.
10. Refrigerate overnight before serving.

Preparation: 20 mins
Cook: 8 mins
Ready in: 6hrs 28 mins

ENJOY!!!

HEALTH AND NUTRITION

Sleeping Disorders

Continued from page 13

during wakefulness. The eyes move rapidly, and muscles are paralyzed so that voluntary movement is impossible. However, some muscles may twitch involuntarily. The rate and depth of breathing increase.

The normal sleep cycle has distinct stages, from light drowsiness to deep sleep. During rapid eye movement (REM) sleep, the eyes move quickly and vivid dreaming is most common.

Each night people go through several cycles of non-REM and REM sleep. The most vivid dreaming occurs during REM sleep. Sleepwalking (somnambulism), talking during sleep, and night terrors most often occurs during deep, non-REM sleep (stage 3 or stage 4 sleep) early in the night. If it occurs during REM sleep, it is part of REM behavior disorder and tends to happen near morning.

The cause of sleepwalking in children is usually unknown. Fatigue, lack of sleep, and anxiety are all associated with sleepwalking. In adults, sleepwalking may occur with:

- Alcohol, sedatives, or other medication
- Medical conditions, such as partial complex seizures
- Mental disorders

In the elderly, sleepwalking may be a symptom of an organic brain syndrome or REM behavior disorders.

Sleepwalking can occur at any age, but it happens most

often in children ages 5 - 12. It appears to run in families.

Symptoms

The most common symptoms are insomnia and excessive sleepiness during the day. People with insomnia have difficulty falling and staying asleep and wake up feeling unrefreshed. People with excessive daytime sleepiness tend to fall asleep during normal waking hours.

developing a heart disorder is increased.

The episode can be very brief (a few seconds or minutes) or it can last for 30 minutes or longer, but most episodes last for less than 10 minutes. If they are not disturbed, sleepwalkers will go back to sleep. However, they may fall asleep in a different or even unusual place.

Symptoms of Sleepwalking

make sense

- Walking during sleep
- Talking in sleep and saying things that do not make sense

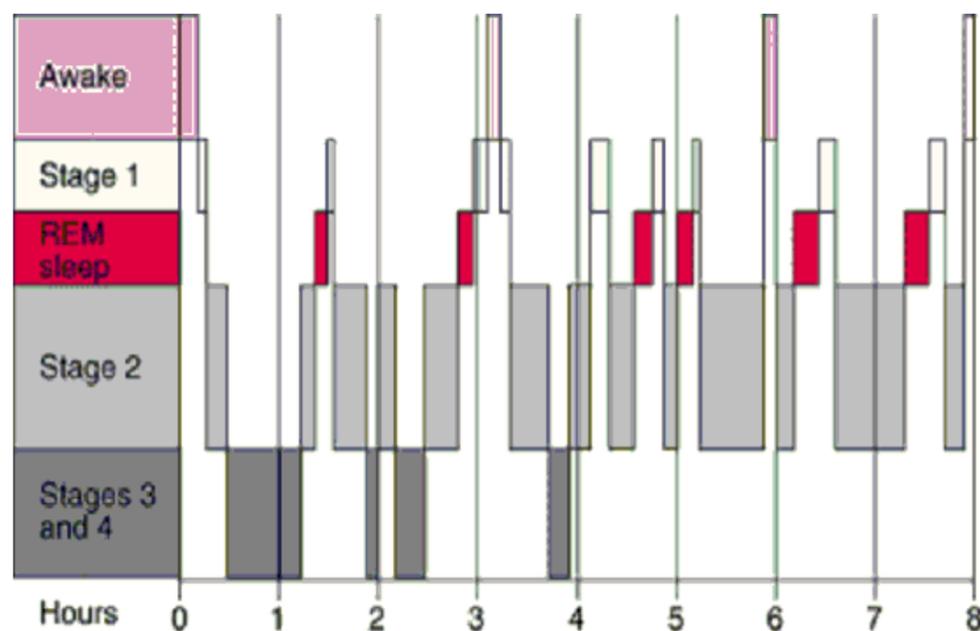
Diagnosis

Usually sleep disorders can be diagnosed based on the medical history, including a description of the current problem, and results of physical examination. Doctors ask for a detailed description of the problems

and may ask people to keep a sleep log. In it, people record the following:

- 1 When they go to sleep
- 2 When they awaken in the morning
- 3 How many times they wake up during the night
- 4 How long they stay awake each time they wake up
- 5 What they do before going to bed
- 6 How they feel the next day (for example, whether they feel

Stages of the Sleep Cycle



People normally cycle through distinct stages of sleep every 90 to 120 minutes during the night. Relatively little time is spent in stage 1 (shallow) sleep. The greatest time is spent in stage 2 sleep. Deep sleep (stages 3 and 4) occurs mostly during the first half of the night, whereas more time is spent in rapid eye movement (REM) sleep as the night progresses. Brief awakenings occur throughout the night, most of which the sleeper is typically unaware of.

Some sleep disorders involve involuntary movements of limbs or others unusual behaviors (such as nightmares) during sleep.

When people sleepwalk, they may sit up and look as though they are awake when they are actually asleep. They may get up and walk around, or do complex activities such as moving furniture, going to the bathroom, and dressing or undressing. Some people even drive a car while they are asleep. People may perform less well in school or at their jobs. The risk of having motor vehicle accident or

include:

- Acting confused or disoriented when they wake up
- Having blank look on face
- Opening eyes during sleep
- Not remembering the sleep walking episode when they wake up
- Performing detailed activity of any type during sleep
- Rarely, showing aggressive behavior when they are woken up by someone else
- Sitting up and appearing awake during sleep
- Taking in sleep and saying things that do not

drowsy)

- 7 Whether they take any naps, at what time, and how long they last

Exams and Tests

Usually, people do not need further examinations and testing. If the sleepwalking occurs often, the doctor may do an exam or tests to rule out other disorders (such as partial complex seizures).

When the diagnosis is uncertain or when doctors suspect certain types of sleep disorders, evaluation in a sleep laboratory may be recommended. The evaluation

Continued on page 17



Special Envoy for Women & Children receives contribution from **BTL Employees**

The BTL staff showed their support to the Inspiration Center Project and the difference it will make in the lives of children with special needs when they committed to contributing to its reality via direct salary deductions. Their promise came to reality on Tuesday, November 27, when BTL's Manager of Human Resources, Mrs. Suzette Tillett presented a check for an impressive \$10,000.00 to Mrs. Kim Simplis-Barrow, Special Envoy for Women and Children. This staff pledge to this immense project is separate from the \$60,000.00 presented by BTL's Executive Chairman, Mr. Nestor Vasquez, at the Inspiration Telethon in June 2012.



The company has taken the health and quality of life of our Belizean families to heart as a corporation and individually. The Board of Directors and Management of BTL would like to thank all staff who gave selflessly to this worthy cause.

Public Relations Department

T: 223-8322 or 223-8723

E: prdept@belizetelemedia.net



BTL expands coverage to customers in **Blue Creek, Orange Walk**

Our commitment to the continuous improvement and growth of **DigiCell** service to more Belizeans each year is being fulfilled. As the company continues to execute its countrywide network expansion, we are pleased to announce that the Tres Leguas cell site located in Blue Creek, Orange Walk was brought into service on November 20, 2012.

DigiCell customers in Tres Leguas, Quatro Leguas and their surrounding areas, Caribbean Chicken Processing Factory, and Therma Source Oil Rig located in Blue Creek are enjoying **DigiCell** coverage, enhancing their overall communications experience.

*"The completion of this site could not have been at a better time for these residents and businesses as **DigiCell 4G** service will become available in their area in the near future. This will provide our valuable customers in the immediate areas with the high speed mobile broadband experience on their **DigiCell** handset"* comments Public Relations Manager, Ms. Anjali Vasquez.

Moreover, **DigiCell** customers in these expansion areas will continue to experience exciting promotions, innovative features and the highest quality of services on the market.

BTL remains the leader in placing our customers first as we continue to provide **DigiCell's** superior mobile service.



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EN ESPAÑOL

La persona más anciana del mundo fallece a los 116 años

Besse Cooper, la persona más anciana del mundo, murió este martes a la edad de 116 años.

Cooper falleció en Monroe, Georgia, a unos 45 minutos al este de Atlanta.

Su hijo Sidney dijo que su madre "tuvo una vida larga y buena. Se fue muy tranquila".

Nacida el 26 de agosto de 1896, Besse Cooper fue reconocida por el Libro Guinness de los Récords como la persona más vieja del mundo en enero de 2011.

Temporalmente pasó al segundo lugar cuando los jueces del Guinness descubrieron que una mujer en Brasil era 48 días más anciana, pero María Gomes Valentim murió en junio de 2011, a escasas semanas de cumplir los 115.

Solo se tiene registro de ocho personas que hayan vivido hasta 116 años.

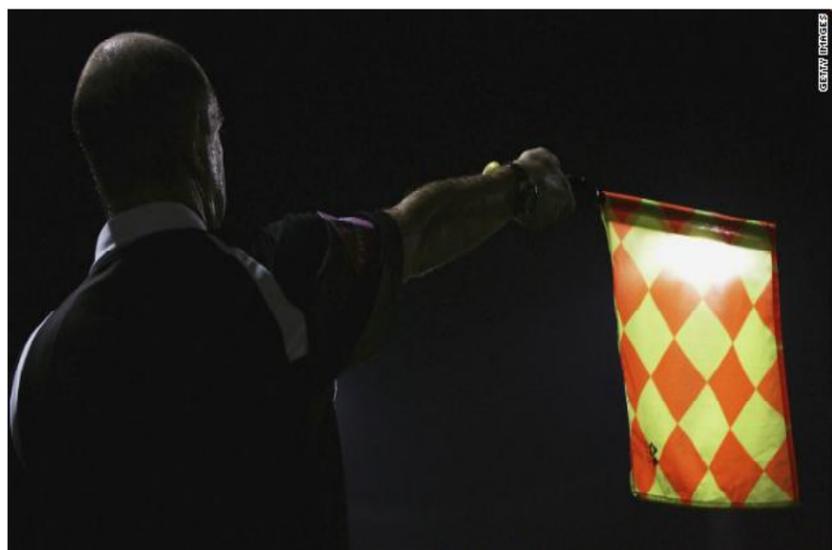
Según el Guinness, la persona que más años ha vivido es Jeanne Louise Calment, que murió en 1997 en el sur de Francia a los 122 años.

Juez de línea muere tras recibir una golpiza de futbolistas adolescentes

Un juez de línea aficionado murió este lunes en Holanda después de ser golpeado por futbolistas adolescentes en un partido el día anterior.

Richard Nieuwenhuizen

y la llegada de una ambulancia, se encontraba en estado crítico y fue trasladado a un hospital. Allí murió el lunes por la tarde", informó el sitio oficial de la



falleció a las 5:30 p.m. local en el hospital de Nieuwegein, según su club Buitenboys.

El árbitro de 41 años había sido juez de línea en un partido de aficionados entre el Buitenboys y Nieuwe Sloten en la ciudad de Almere.

Nieuwenhuizen fue atacado después del partido por tres jugadores, del Nieuwe Sloten, que fueron arrestados en sus casas en Amsterdam el domingo.

"La KNVB está profundamente conmocionada... después de la intervención de la policía

Real Asociación de Fútbol Holandés (KNVB).

El equipo Nieuwe Sloten emitió un comunicado en su sitio de Internet en el que se comprometió a ayudar en la investigación policial y a expulsar a todos los involucrados.

"No debería existir la violencia en los campos de fútbol, y menos contra los árbitros, jueces de línea y todos aquellos que hacen de voluntarios todos los años para más de un millón de futbolistas aficionados. Debemos hacer todo lo posible para acabar con estos excesos", dijo el club.

George W. Bush retoma el debate sobre una reforma migratoria integral

El expresidente de Estados Unidos, George W. Bush, quien encabezó en 2007 el más reciente intento por aprobar una reforma migratoria integral reiteró este martes su creencia de que los inmigrantes son parte benéfica y total del estilo de vida estadounidense.

obtuvo solo el 27% del voto latino, en comparación con el 71% que obtuvo el presidente Barack Obama. Ese es un decremento en el apoyo latino al candidato republicano en comparación con 2008, año en el que el 31% de los latinos votaron por el senador John McCain. Es un decremento



"Los inmigrantes traen habilidades e ideas nuevas. Llenan un vacío trascendental en nuestro mercado laboral. Trabajan duro para tener la oportunidad de vivir mejor", dijo Bush en un breve discurso en el Banco de la Reserva Federal de Dallas, Texas. Su discurso precedió a un evento organizado por el Instituto George W. Bush en el que se hizo énfasis al impacto económico positivo de la inmigración.

A través de sus comentarios, Bush alabó a los inmigrantes por ayudar a "construir el país en el que nos hemos convertido", y dijo que también ayudarán "a construir un futuro dinámico".

"Los inmigrantes no solo ayudan a construir nuestra economía, sino que revitalizan nuestra alma", dijo. "Estados Unidos puede ser una sociedad legal y acogedora a la vez".

Los comentarios de Bush se dieron a casi un mes de las elecciones presidenciales de 2012, en las que el candidato republicano, Mitt Romney,

importante respecto de 2004, cuando el 44% de los latinos votaron por Bush.

Durante su última presidencia, Bush impulsó una reforma migratoria integral que habría combinado reglas de seguridad fronteriza más rígidas con un programa temporal de trabajadores invitados. Sin embargo, no logró reunir el apoyo suficiente de sus correligionarios en el Senado, y la propuesta fracasó antes de llegar a su escritorio.

Después de meses de negociaciones entre republicanos y demócratas, entre los legisladores que votaron a favor de la propuesta estaba el entonces senador Barack Obama, quien como presidente no se ha esforzado demasiado por aprobar una ley que reforme la inmigración. Durante la campaña presidencial dijo que aprobar una medida de ese tipo será una meta de su segundo mandato, y dijo que "confiaba" en que la legislación puede ser

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Your Weekly Horoscope



December 22 to January 19

Things need to move quickly this week, so cut to the chase as early as you can. If that means you come across as rude, you can always apologize later - you know what's best this time around!



January 20 to February 18

Your creative side is fully engaged this week, so you should find it much easier to indulge your friends and colleagues with their requests - as long as you get to handle them your way!



February 19 to March 20

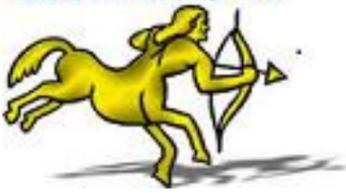
It's a good time to stay pure and avoid major changes. Small stuff is fine, and probably inevitable, but you still need to say no to anything major. Try again in a day or two - or a week!



March 21 - April 19

Life gets a little easier for you, as you find that people are more congenial and obstacles seem to just melt away. Take advantage of this opportunity and move forward quickly!

SAGITTARIUS



November 22 to December 21

Symbol: The Archer

Element: Fire

Planet: Jupiter

Qualities: Good-humored, Optimistic, Independent, Generous, Extrovert, Honest, Logical & Dynamic

Lucky Color: Blue & Purple

Lucky Stone: Turquoise

Lucky Day: Thursday

Lucky Number: Five (5)

Scorpio as a Friend:

Sagittarians make excellent friends. Though they have many intellectual pursuits, the Sagittarian isn't a meet-for-coffee friend. They are doers. They make the best travel companions. They are informed about their destinations but also know side trips and facts that make the journey enjoyable.

Lately, it's been all about YOU. And guess what? That isn't likely to change overnight. But the Full Moon eclipse in your 7th house of Other People and of Romance means it's time for you to think less about yourself and what you want, and more about others and what they need. The Full Moon eclipse in your Love Zone (which this is) also marks the natural conclusion for relationships which have clearly reached their Use-By date. Compromise is crucial now, if you're in a good relationship which is going through temporary troubles and delays. For some, closure on an ex is possible at last.



August 23 to September 22

Your left brain is quite active - so much so that you may leap to correct conclusions long before anyone else catches up to you. It's hard being so smart - just ask Sherlock Holmes!



September 23 to October 22

Some recent change or new bit of information is taking hold of your mind - and it doesn't let go! That just means you need to talk it out, so make sure that you're with the right people.



April 20 - May 20

You can't make up your mind about something that's pretty important - but it can wait, believe it or not! Just make sure that your people get why you're putting this off, and that you are sure to come back to it.



June 21 to July 22

You can't make out what's expected of you - communication is harder than ever! Try to just do right by your people and hope for the best. It should all be much clearer by next week.

SCORPIO



October 23 - November 21

Your business-related problems need attention - though they aren't likely getting any worse. You just have to make sure that you're as diligent as you can be so they don't start to pile up.



May 21 to June 20

It is perfect for getting big ideas off the ground - or at least out on the table! You should speak up even if other people seem to be set in their ways, as you can have real influence if you open up.



July 23 to August 22

Someone needs a heart-to-heart, so find the time and space to give it to them. You both likely have things to get off your chests, but make sure that you let the other one go first if they want.

rhythm and rate

- Recording and monitoring of breathing functions
- Electro-oculography, which records eye movement during REM sleep
- Electromyography, which records muscle activity of the facial area and legs
- Oximetry, which records oxygen levels in the blood with a painless ear clip or finger clip

HEALTH AND NUTRITION

Sleeping Disorders

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consists of polysomnography and observation and sometimes video recording of unusual movements during an entire night's sleep. Polysomnography includes

the following:

- Electroencephalography (EEG), which records the brain's electrical activity
- Electroencephalography (ECG), which records heart

If you have a history of emotional problems, you also may need to have a psychological evaluation to look

Continued on page 19

Su Horoscopo Semanal



CAPRICORNIO

21 de Diciembre al 19 de Enero
Las cosas tienen que actuar con rapidez esta semana, así que al grano tan pronto como sea posible. Si eso significa que usted viene a través como grosero, siempre puede disculparse más tarde - ya sabes que es lo mejor esta vez!



ACUARIO

20 de Enero al 18 de Febrero
Su lado creativo está plenamente comprometida esta semana, por lo que debería resultar mucho más fáciles de complacer a sus amigos y colegas con sus peticiones - siempre y cuando llegas a manejar a su manera!



PISCIS

19 de Febrero al 20 de Marzo
Es un buen momento para permanecer puro y evitar cambios importantes. Pequeñas cosas está muy bien, y probablemente inevitable, pero también es necesario decir que no a nada importante. Inténtelo de nuevo en un día o dos - o una semana!



ARIES

21 de Marzo al 19 de Abril
La vida se hace un poco más fácil para usted, como usted encontrará que la gente es más agradable y obstáculos

SAGITARIO



22 de Noviembre al 21 de Diciembre

Símbolo: El Arquero

Elemento: Fuego

Planeta: Júpiter

Cualidades: de buen humor, optimista, independiente, generoso, honesto Extrovertido, lógica y dinámica

Color de la suerte: Azul & Morado

Piedra de la suerte: Turquesa

Día de suerte: Jueves

Número de suerte: Cinco (5)

Escorpio como amigo: Sagitario hacer excelentes amigos. Aunque tienen muchas actividades intelectuales, el Sagitario no es un amigo reunirse para un café. Son hacedores. Ellos hacen las mejores compañeros de viaje. Se les informa sobre sus destinos, pero también saben viajes de lado y los hechos que hacen que el viaje sea agradable.

Últimamente, ha sido todo sobre usted. Y ¿adivinen qué? Que no es probable que cambie durante la noche. Pero el eclipse de luna llena en su 7ª casa de otras personas y del romance significa que es hora de pensar menos en ti mismo y lo que quieres, y más en los demás y lo que necesitan. El eclipse de Luna Llena en tu Zona del Amor (que éste es) también marca la conclusión natural de las relaciones que claramente han alcanzado su fecha de uso. El compromiso es crucial ahora, si usted está en una buena relación, que está pasando por problemas temporales y retrasos. Para algunos, la clausura de un ex es posible al fin.

parecen fundirse una escapada. Aproveche esta oportunidad y avanzar rápidamente!



TAURO

20 de Abril al 20 de Mayo
Usted no puede tomar una decisión sobre algo que es muy importante - pero puede esperar, lo creas o no! Sólo asegúrese de que su gente entiendo por qué estás poniendo esto adelante, y que está seguro de volver a ella.



GEMINIS

21 de Mayo al 20 de Junio
Es perfecto para conseguir grandes ideas fuera de la tierra - o al menos en la mesa! Usted debe hablar aún cuando otras personas parecen ajustarse a su manera, como se puede tener una influencia real si se abre.



CANCER

21 de Junio al 22 de Julio
No se puede hacer lo que se espera de usted - la comunicación es más fuerte

que nunca! Trate de sólo hacer lo correcto por su gente y la esperanza para las apuestas. Todo debería ser mucho más clara para la próxima semana.



LEO

23 de Julio al 22 de Agosto
Alguien necesita un corazón a corazón, por lo que encontrar el tiempo y el espacio para darle a ellos. Ambos probable es que tengan cosas para sacar de sus pechos, pero asegúrese de que usted deja que el otro vaya primero si quieren.



VIRGO

23 de Agosto al 22 de Septiembre
Su cerebro izquierdo es muy activa - tanto es así que usted puede saltar a correctas conclusiones mucho antes de que cualquier otra persona le alcance a usted. Es difícil ser tan inteligente - sólo preguntele a Sherlock Holmes!



LIBRA

23 de Septiembre al 22 de Octubre
Algunos cambios recientes o nueva pieza de información está apoderándose de su mente - y no te deja en paz! Eso sólo significa que hay que hablar, así que asegúrese de que usted está con la gente adecuada.



ESCORPIO

(23 Octubre al 21 Noviembre)
Su problemas relacionadas con su empresa necesitan atención - aunque no es probable que empeore. Sólo tiene que asegurarse de que usted sea diligente como se puede así que no se empiezan a acumularse.

See the



In Living Colors at
www.belizenews.com/NorthernStar

HEALTH AND NUTRITION

Sleeping Disorders

Continued from page 17

for causes such as excessive anxiety or stress.

Treatment

Some people mistakenly believe that a sleepwalker should not be awakened. It is not dangerous to awaken a sleepwalker, although it is common for the person to be confused or disoriented for a short time when they wake up.

Another misconception is that a person cannot be injured while sleepwalking. Sleepwalkers are commonly injured when they trip and lose their balance.

Most people don't need any specific treatment for sleepwalking.

Safety measures may be needed to prevent injury. This may include moving objects such as electrical cords or furniture to reduce the chances of tripping and falling. You may need to block off stairways with a gate.

In some cases, short-acting tranquilizers have been helpful in reducing sleepwalking episodes.

Outlook (Prognosis)

Sleepwalking usually decreases as children get older. It usually does not indicate a serious disorder, although it can be a symptom of other disorders.

It is unusual for sleepwalkers to perform activities that are dangerous. However, you may need to take care to prevent injuries such as falling down stairs or climbing out of a window.

Possible Complications

The main complication is getting injured while sleepwalking.

When to Contact a Medical Professional

You probably won't need to visit your health care provider if you are sleepwalking. However, discuss the condition with your doctor if:

- You also have other symptoms
- Sleepwalking is frequent or persistent

quent or persistent

- You perform potentially dangerous activities (such as driving) while sleepwalking

Prevention

1 Avoid the use of alcohol or central nervous system depressants if you sleepwalk.

2 Avoid getting too tired and try to prevent insomnia, because this can trigger a sleepwalking episode.

3 Avoid or minimize stress, anxiety, and conflict, which can worsen the condition.

George W. Bush retoma el debate sobre una reforma migratoria integral

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aprobada.

"Si gano un segundo mandato, una de las grandes razones por las que ganaré

en una medida implementada en 2010. Esa labor, que Obama aplaudió, recibió críticas de todas partes y finalmente se estancó.

Dos republicanos, el senador Jon Kyl, de Arizona y la senadora Kay Bailey

sentido de compasión por los afectados por la nueva normatividad.

"Mientras nuestra nación discute la vía de acción apropiada respecto a la

inmigración, espero que lo hagamos con espíritu bondadoso y tengamos presente la contribución de los inmigrantes", dijo Bush.



un segundo mandato es que el candidato republicano y su partido han alienado al grupo demográfico de más rápido crecimiento en el país, la comunidad latina", continuó.

Dos senadores, el demócrata Chuck Schumer y el republicano Lindsey Graham, han dicho que planean reiniciar las pláticas bipartidistas acerca de la reforma migratoria en el Capitolio, que se enfocarán

Hutchison, de Texas, presentaron una propuesta de ley la semana pasada con la que se otorgaría estatus legal a ciertos jóvenes inmigrantes que hayan sido llevados a EU por sus padres.

En sus comentarios, este martes, Bush dijo que para cualquier intento por reformar las leyes migratorias del país sería necesario mantener un

Unbelievable Facts

11 Secret Facts about Hair & Nails

Continued from page 10

imagining it. The nails that get the most exposure and are used most frequently grow the fastest. On average, nails on both the toes and fingers grow about one-tenth of an inch each month.

9 The lifespan of a human hair is 3 to 7 years on average.

While you quite a few hairs each day, your hairs actually have a pretty long life providing they aren't subject to any trauma. Your hairs will likely get to see several different haircuts, styles, and even possibly decades before they fall out on their own.

10 You must lose over 50% of your scalp hairs before it is apparent to anyone. You lose hundreds of hairs

a day but you'll have to lose a lot more before you or anyone else will notice. Half of the hairs on your pretty little head will have to disappear before your impending baldness will become obvious to all those around you.

11 Human hair is virtually indestructible.

Aside from its flammability, human hair decays at such a slow rate that it is practically non-disintegrative. Hair cannot be destroyed by cold, change of climate, water, or other natural forces and it is resistant to many kinds of acids and corrosive chemicals.



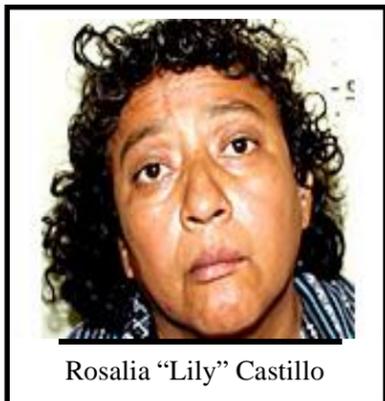
Belize Police News



Raphael Martinez

BELIZE POLICE PRESS OFFICER

Rosalia "Lily" Castillo Charged with Murder!



Rosalia "Lily" Castillo

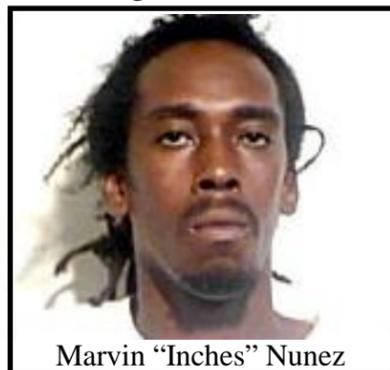


Carla Patricia Perez

A post mortem examination was conducted on the body of Carla Patricia Perez, 34 year old, Honduran waitress of #4 George Price Avenue, Santa Elena Town where at the conclusion; the doctor certified that cause of death was exsanguinations as a consequence of internal and external bleeding due to stab wound to the neck. The woman detained for apparently killing Carla Patricia Perez is her female lover 43 year old Rosalia "Lily" Castillo. Rosalia was escorted to San Ignacio Magistrate's Court

where she was arraigned on a single charge of murder and remanded to prison. Friends of Rosalia Castillo have said that Carla Perez was abusing her but evidence suggest otherwise. That in fact there were statements which reveal her as the aggressor. Those who knew the couple say they had a long history of violent arguments. What led to them arguing the day Carla Perez was stabbed to death was Castillo allegedly accusing Carla Perez of owing her money.

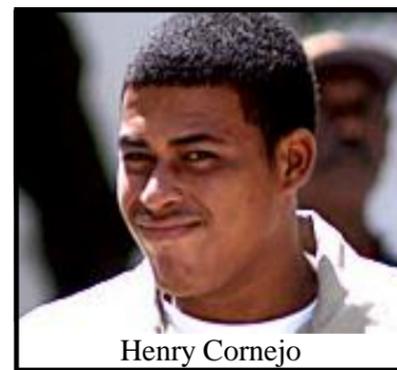
On Friday, December 7th, 2012, 29 year-old Marvin "Inches" Nunez was executed near the entrance of Saint Ignatius Primary School on Euphrates Avenue. The murder happen as the school bell rang signaling the end of the afternoon break. A gunman ambushed



Marvin "Inches" Nunez

Nunez, shooting him 3 times to the head and one to the shoulder. The assailant waited patiently and just as Nunez's girlfriend went in the school compound, he attacked.

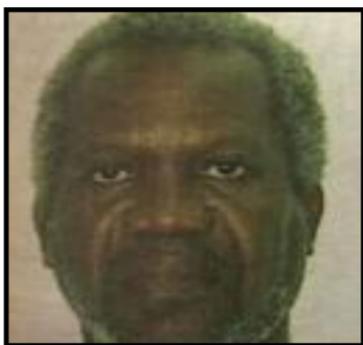
On Tuesday, December 11th, 2012 Henry Cornejo was arraigned before Senior Magistrate Sharon Frazer. There was no bail for murder, so he was remanded to prison until January of 2013. Henry Cornejo has been in the news before.



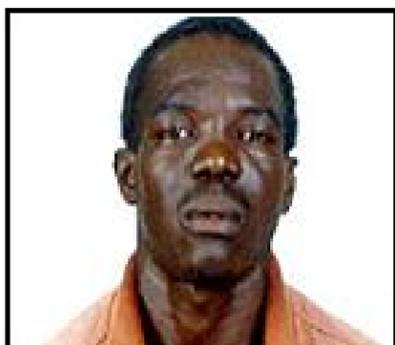
Henry Cornejo

Cornejo was acquitted on June 28 of this year of the May 2009 murder of 30 year-old Gilbert Olivera Hamilton, when the main witness refused to show up and testify for the prosecution.

Romel Jr. Goes Missing



Romel Palacio Sr.



Romel Palacio Jr.

The Palacio family are seeking information regarding their love-one, Romel Palacio Jr. who has been missing since Thursday, December 6th, 2012. Last year June they were the victims of a home invasion where many believe Romel Sr. was attacked and killed because the assailants mistook him for his son, Romel Jr. who they were after because he was the only witness to a murder.

The family believes that he has been killed and buried somewhere. The hope of him still being alive lingers in their hearts. He collected his pay and was heading to Belize City but didnt arrive home. According to the family Romel Jr. going missing is an unusual occurrence because he is not known for that type of behavior. Anyone with information is asked to call 623-2048.

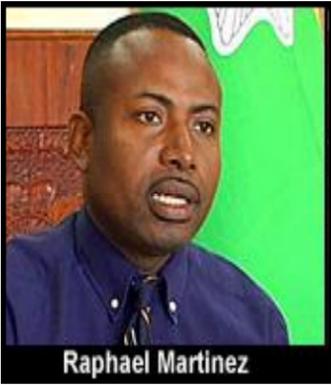
GSU BUST !



The GSU made a number of arrests and seizure. Rudolph Bennett, the uncle of a reputed member of a Southside Gang was arrested and charged with kept Ammunition without a gun license for a singleround. The GSU officers were on operation on Caesar Ridge Road, in the base of the Southside gangs' territory. A search was conducted at 47 year old Bennette's apartment at the corner of Faber's and Caesar Ridge Road. It led to the discovery of one .380 round of ammunition

under his mattress. The search continued and on the rail of Bennette's verandah a black plastic bag with 237 grams of cannabis was found under a cloth jacket. The drug could not be linked to any of the occupants of the apartment building and so it was labeled as found property. Later the GSU team moved over to the Back-A-Town Bloods territory where a search was conducted on an

CONT. on Pg. 21



Raphael Martinez
BELIZE POLICE
PRESS OFFICER



CONT. from Pg. 20

GSU BUST !

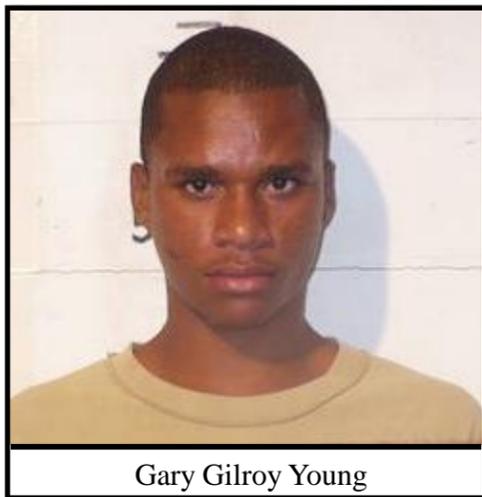
open lot at the corner of Sarstoon and Ebony Street among a pile of garbage debris and it led to the discovery of a black bag containing a Mack 11 Semi-automatic machine gun along with a magazine containing eleven 9mm rounds of ammunition. In a separate plastic bag they found 10 rounds of ammunition of the same calibre. No one was in the area and it was labeled as found property.

On an empty lot on Jasmine Street in the "Peace In the Village" territory the GSU discovered a black plastic bag containing fifteen 40 mm and four 9mm Aguila brand rounds of ammunition. No one was in the area and the items were labeled as Found Property.



On Saturday 8th December, based on Special Branch intelligence Police conducted a search in an abandoned lot on Rocky Road which led to the discovery of two black

plastic bags amounting to a total of 167 grams of cannabis. No one was in the immediate area and the drugs were labeled and deposited as "Found Property".



Gary Gilroy Young

On Saturday 8th December 2012 at about 7:35pm Special Branch personnel were on Albert Street South area when they saw Gary Gilroy Young 17 years DOB: 29th July 1996 Belizean Unemployed of #19 Kraal Road Belize City throw an object resembling a firearm. Special Branch personnel proceeded to the area where the

object was thrown and found a .38 Revolver. As a result he was arrested and charged for possession of Unlicensed Firearm.

Gary Young is a known gang member of South Side Ganger's (SSG) and is known to commit robberies within the Albert and Regent Street Area of Belize City.



Drug Trafficking

At 10:30am on December 11th, 2012, whilst Police were conducting foot patrol on Clement Street, Punta Gorda Town, they observed Joseph Cachou, 51 years old, Belizean Labourer of #50 Far West Street, Punta Gorda Town coming from behind a building at the corner of Far West Street and Clement

Street. Upon seeing the Police Cachou ran away. A search conducted in the area led to the discovery of 6.6 grams of suspected cannabis and 1.6 grams of suspected crack cocaine. Cachou was later apprehended and arrested and charged with Drug Trafficking and Possession of Controlled Drugs.

Unlawful Carnal Knowledge

A 15 year old Belizean Domestic of Bella Vista Village, Stann Creek District was handed over to the Family Violence Unit who reported that at 9:00pm on December, 6th, 2012, she had sexual intercourse with Ever Alexander Ortiz at his

mother's residence in Belize City. Police have since arrested and charged Ever Alexander Ortiz, 21 years old, Belizean Labourer of Bella Vista Village, Stann Creek District with Unlawful Carnal Knowledge.

Many of the photos appearing in this segment come courtesy of Tropical Vision Channel 7 News while others are directly from the Police Press Officer.

INTERNATIONAL NEWS

Many Cubans to pay taxes for first time in half a century

HAVANA - Most Cubans have not paid taxes for half a century, but that will change under new regulations starting January 1.

The landmark move will change the relations of Cubans with their government and are a signal that market-oriented reforms are here to stay.

They were launched after President Raul Castro succeeded his brother, Fidel Castro, in 2008.

The recently published code constitutes the first comprehensive taxation in Cuba since the 1959 revolution abolished just about all taxes.

In the 1990s after the collapse of the Soviet Union, the country's main benefactor, the Cuban government imposed a few scattered taxes, but mostly preferred to maintain low wages so it could fund free social services.

The government's free-market reforms introduced over the last two years are designed to encourage small businesses, private farming and individual initiative. There are also plans to pay state workers more.

Under the new tax code, the state hopes to get its share of the proceeds.

The government also envisions replacing subsidies for all with targeted welfare, meaning that the largely tax-free life under a paternalistic government is on its way out.

The new code covers 19 taxes, including such things as inheritance, environment, sales, transportation and farm land, various license fees and three contributions,

including social security.

A sliding-scale income tax - from 15% for annual earnings of more than 10,000 pesos (about US\$400) to 50% for earnings of over 50,000 pesos (about US\$2,000) - adopted in 1994, remains in the new code for the self-employed, small businesses and farms.

It also includes a series of new deductions to stimulate their work. For example, farmers may deduct up to 70% of income as costs.

Eventually all workers will pay income taxes as well as a new 2% property tax, but both measures are suspended until "conditions permit" them to go into effect.

The government admits, with an average pay of about 450 pesos per month (or US\$19), many workers do not earn enough to make end meet.

"They collect taxes for all these things around the world, it's normal," said Havana economist Isabel Fernandez. "But here we face two problems. On the one hand we are not used to paying for anything and on the other our wages are so low we can't spare a single peso."

Under the old system, large and small state-run companies, which accounted for more than 90% of economic activity, simply handed over all their revenues to the government, which then allocated resources to them.

The reforms call for large state-run businesses to be moved out of the ministries and become more autonomous.

Microsoft's CEO Steve Ballmer's Nightmare Is Coming True

Microsoft's nightmare scenario is actually starting to take hold.

1 The iPad eats the consumer PC market.

This is happening right now. In the third quarter of 2012, PC sales were down 8% on a year-over-year basis worldwide. In the U.S., sales were down 14%. A big chunk of the decline can be attributed to the rise of the iPad. Apple sold 14 million iPads last quarter, which is more than the top PC maker, Lenovo, which shipped 13.7 million PCs. Throw in Apple's 4.9 million Macs, and it's the top computer maker by a mile.

2 Employees gradually switch away from using Windows PCs for work.

This trend has not played out that dramatically in 2012. However, British bank Barclays bought 8,500 iPads at employees' insistence this year.

And a recent survey showed that the iPhone has overtaken RIM as the smartphone of choice for enterprises. As more people get comfortable with Apple's mobile products at work, Microsoft will have to worry about them converting their Windows-based computers to Macs at work, too.

3 Windows 8 fails to stop the iPad.

It's still early, but every most data points say Windows 8 is not going to make a dent in the iPad.

There isn't one analyst that comes to mind who has cut his or her iPad estimate for the quarter based on Surface sales. In Microsoft's defense, it says it sold 40 million licenses, which it says is out pacing Windows 7. There's a chance analysts are wrong.

4 Loyal developers start

to leave the Microsoft platform.

The early signs are actually positive from Microsoft. It has over 20,000 apps in its Windows app store. Windows 8 is only a month old. At the same time, Microsoft doesn't have a Facebook app for the Surface, and one of the biggest complaints from reviewers was the lack of good apps for Windows 8. Windows Phone has over 100,000 apps, but iOS has 700,000 apps, with 275,000 made specifically for the iPad.

5 Window Phone gets no traction despite the Nokia deal and RIM's collapse.

This has happened. Despite everything Microsoft has tried in mobile for the last two years, consumers aren't buying it. The latest date from IDC says Microsoft has 2% of the global mobile market share. And the latest phone from Nokia is thick and heavy compared to phones from Apple and Samsung.

6 Office loses relevance.

Microsoft's Office has been a juggernaut. In fiscal 2012, the Microsoft business division did ~\$24 billion in sales.

Last year, it was cautioned, "Office runs only on Microsoft platforms and the Mac. As employees start to do more and more work from non-Windows smartphones and iPads, companies may start to question why they're still buying Office for every employee and upgrading it every two or three releases."

The death of Office, has not happened, though. Despite Google's attempt to create Docs, companies aren't giving up on Excel.

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INTERNATIONAL NEWS

Protesters attack palace, party headquarters in Egypt

Cairo - Protesters marching on Egypt's presidential palace Tuesday night broke through barbed wire around the building and hurled chairs and rocks at retreating police.

Officers lobbed tear gas back at them. After initial clashes, police drew behind fences and protests were peaceful for several hours. More violence broke out at the headquarters of the Freedom and Justice Party in Menia, south of Cairo. At least 19 protesters were injured.

The Freedom and Justice Party - an Islamist political group that has links to the Muslim Brotherhood - is the party of President Mohamed Morsy.

Party head Dr. Hussein Sul-

tan said the front of the headquarters is damaged, and at least one protester fired a shot in the air.

Egypt's Health Ministry said



Egyptian riot police stand behind barbed wire as thousands of Egyptian demonstrators march to the Egyptian Presidential palace in Cairo, Egypt, on Tuesday December 4, 2012.

at least 50 ambulances had been dispatched to location around Cairo, including 20 to the presidential palace. Hospitals were placed on high alert in anticipation of injured protesters.

Many in Egypt believe a new

draft constitution in the country, which will be put to a popular vote on December 15, is unfair in its wording, and is an attempt by Morsy

to grab more power.

Morsy was not at the palace when the protesters descended, he was out meeting with government officials.

The protests cap a day of silent protest by media organizations opposing the

country's new draft constitution and an edict Morsy issued nearly two weeks ago to expand his powers.

They feel the constitution does not sufficiently protect freedom of the press and, on Tuesday, a dozen partisan and privately-owned papers were not on the newsstands in protest.

Freedom and Justice Party media adviser Murad Ali warned that organizers of the protest outside the palace could face consequences.

They "must bear the responsibility of the demonstrations they called, and bear full responsibility for any violence that may result from poor organization," he said.

Microsoft's CEO Steve Ballmer's Nightmare Is Coming True

Continued from page 22

7 Microsoft's other business applications start to erode.

If Windows continues to fade, and if Office starts to fade, then corporations have less reason to adopt Microsoft technologies on the back end like Exchange Server for email, SharePoint Server for collaboration, Lync for videoconferencing and real-time communication, and Dynamics for CRM and accounting.

Exchange, SharePoint, and Dynamics all bring in more than \$1 billion per year, and Lync is Microsoft's fastest growing business application. Plus, they pull through a lot of other Microsoft products...

8 The platform business collapses.

For the last decade, Microsoft's fastest growing business segment has been Server & Tools, which did \$7.4 billion in sales last year. A lot of these sales come because Microsoft business apps - Exchange,

SharePoint, and Dynamics - require these products. But as companies stop buying these apps, they will have less reason to buy the Microsoft platform products that run them, and the System Center (\$1 billion+) products used to manage them.

9 The Xbox was never going to make up the slack, and Microsoft can no longer afford to keep investing in it. In a year of relative gloom,

Microsoft's Xbox has become a big bright spot for the company. Kinect is great technology, people are still buying the console, and it's been a great entry point for Microsoft to take over the living room. But, for a company like Microsoft, Xbox isn't enough. Microsoft had

\$21 billion in operating income last year. The Entertainment and Devices division, which is home to the Xbox had \$364 million in

operating income. So, as nice as Xbox is, it's not going to be enough to boost Microsoft if the rest of the business collapses.

10 Microsoft suffers a huge quarterly loss. Ballmer retires to play golf.

Let's not kid ourselves - it's going to take a sudden, unexpected disaster at Microsoft to get Ballmer out of the company.

In 2012, Microsoft had its first ever quarterly loss as a public company because it had to write down the \$6.2 billion acquisition of aQuantive. Investors mostly shrugged. If Microsoft posted a real loss people would freak out. But that's going to be nearly impossible in the near term.

Windows 8 doesn't seem to be reasserting the dominance of the PC. Windows Phone is not a viable third platform. Bing is still burning money. The Microsoft nightmare scenario is actually becoming a reality.



Microsoft CEO Steve Ballmer gives his presentation at the launch of Microsoft Windows 8, in New York, Thursday, Oct. 25, 2012. Windows 8 is the most dramatic overhaul of the personal computer market's dominant operating system in 17 years. (AP Photo/Richard Drew)

- END -

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