

STAR



"The Newspaper That Cares And Dares To Bring Out The Truth"

No. 160

WEDNESDAY, JULY 30, 2008

Price \$1.00

A MOTHER IDENTIFIES REMAINS AS THAT OF HER SON

SAN IGNACIO TOWN, Cayo District, Monday, July 28, 2008:

He walked free from prison on July 1, 2008 after spending 3 years remanded on a murder charge.

He went missing 11 days after his release from prison.

He remained missing for 13 days until his decomposed body was found on Saturday, July 26, 2008.

This is a summary of events in the short life of **Pedro "Junie" Guzman Jr.**, 24, after he was released from prison.

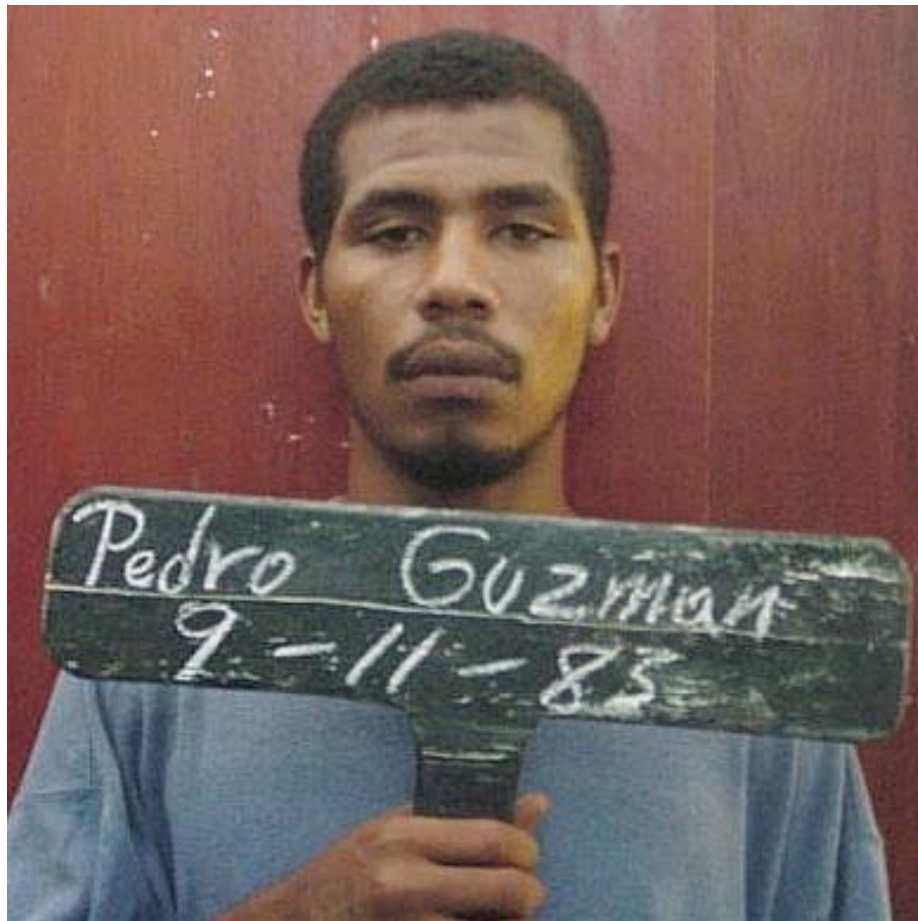
Pedro Guzman Jr. was only 20 years of age in July 2004, when he, along with **Henry Baptist**, was first detained for the murder of **Hershel Brown** who was found with a slashed throat near the farmers market in San Ignacio Town. He was released shortly thereafter but a year later he was rearrested and charged for the murder.

He remained on remand for the next three years until the case was eventually dismissed on July 1, 2008 for want of prosecution after a key witness was unable to recall the events he related to the police in a statement 4 years earlier.

The sequence of events after he went missing began on Monday, July 13 when the mother, **Lorraine Guzman**, visited the San Ignacio Police Station and reported her son missing. She informed the police that the last reported sighting of her son was at the Sunday evening football game the previous day, July 12.

She kept going back and forth to the police and was growing desperate as she was getting the feeling that her request for a search for her missing child was falling on deaf ears.

It was not until around noon on Saturday, July 26, when a team from



Pedro "Junie" Guzman Jr., 24

the Police Special Patrol Unit (SPU) "stumbled" upon what appeared to

be human remains off a dirt road near the western village of Calla Creek.

Reports reaching us indicate that the SPU, on operation in the Calla Creek Area came first upon what appeared to be human bones, about 15 feet off the edge of the dirt road in an area about three miles from the Police Substation in Bullet Tree Village.

A further search was conducted and the police came upon a human skull, fitted with a black warm cap, perched on a stick about 300 yards from the area where the bones were found.

The team then alerted Crimes Investigation Branch personnel from the San Ignacio Police station who arrived on the scene shortly thereafter.

CIB personnel gathered and transported it to the morgue at the San

August & Woods Found With Greedy's Flour

SAN IGNACIO TOWN, Cayo District, Monday, July 28, 2008:

Two Santa Elena men are today cooling their heels behind bars after being caught with two 100 pound sacks of stolen flour.

It was shortly after 11:00 p.m., on Thursday, July 24 when a team of alert patrolling policemen came upon the driver and occupants of a blue taxi cab acting suspiciously on Hospital Street in San Ignacio Town.

The car was stopped and a search yielded the suspected stolen merchandise inside the vehicle. Also inside the car were passengers **Ernest Woods**, 49, Belizean laborer of a Santa Elena Town address and **Anthony**



Anthony "Munus" August, 48

"Munus" August, 48, Belizean laborer of a George Price Avenue address also in Santa Elena.

The driver of the cab was released



Ernest Woods, 49

after he told the police that he was merely doing a job and that he was not aware of the origin of the cargo.

Please Turn To Page 15

Please Turn To Page 15

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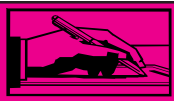
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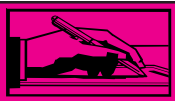
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Editorial



Are Our Laws Truly Protecting Our Children

By instinct we are naturally programmed to protect our offspring.

An animal will instinctively protect its young.

A mother hen is on constant alert as it protects its chicks and will launch into immediate attack at the slightest sign of threat.

A dog will bite if its young are molested. And the list goes on.

It is for this reason therefore that child protection laws are enacted as we seek to legally protect our children from harm.

Recent events however should make us seriously consider if some aspects of the very laws that have been enacted to protect our children are not being used to exploit the same children they are designed and intended to protect.

If lawmakers and those keeping the statistics have not by now come to the realization that an increasing number of crimes are being committed by children then there is a strong possibility that someone might have fallen asleep at the wheel.

By law, the media is prohibited from publishing the names and photographs of children arrested and charged for crimes. Could seasoned criminals be using our children to commit crimes while hiding behind this legal safeguard?

If we had published his name and photograph instead of merely providing a generic reporting, would **Mike** and **Donna Hill**, for example, have let down their guard knowing that they had on their workforce a boy who was on bail for attempting to murder a woman a few months earlier? Would they have even consented to having this person in their midst any at all?

In gathering the news for this edition of the newspaper we visited the San Ignacio Police station on Monday morning and what a painful sight it was to see no less than three young boys sharing police hold cells with grown men.

We could see the fear on their young faces as they were getting ready to enter the major leagues while mentally preparing for life behind bars.

One of the boys, only 15 years of age and obviously devoid of

guidance, instantly pled guilty to burglarizing a house in Santa Elena.

He made off with over \$11,000 worth of jewelry along with 3 packs of chicken, 3 pounds of pork and 8 bottles of soft drinks. All the items were recovered as the frightened child took the police to every location where the stolen items were.

Notwithstanding his willing “*cooperation*” with the police, he was sentenced to 2 years in jail. He will be 17 years of age, and maybe a more seasoned criminal, when he is released back into society in 2010. We can only hope that he is rehabilitated instead of destroyed.

Another boy, also in the same age range was being held in connection with the attack and stealing of a watchman’s shotgun. What on earth could a 15 year old boy possibly want with a shotgun? Why would a 15 year old boy be out of his bed at 1:00 a.m., scaling a fence to enter a compound that is protected by an armed guard?

Law making is a dynamic process, laws must be adapted to suit changing times and circumstances. Is it therefore not time for us to seriously rethink the current policy of protecting the identity those who are being used to inflict the most damage on the community?

This therefore begs the question: As we see the prison loading up each passing day with young offenders, can we really and truly say that our laws are protecting our children?

STAR Newspaper

“The Newspaper that cares and dares to bring out the truth”

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Patrick Owen Miller Laid To Rest

Delivered by: Alberto August
(cousin of the deceased) Sacred Heart Church, San Ignacio, Tuesday, July 22, 2008:

Good evening everyone.

We are gathered here today to say goodbye to **Patrick Owen Miller**.

We all knew him as Pat. He was born on the 25 day of July 1964, the 8th of 10 children born out of the union of Aunty Ida and Uncle Jimmy Miller.

Pat was born, grew up and attended primary school in Santa Elena and High School in San Ignacio Town.

Pat would have been celebrating his 44th birth on Friday, and today, we are gathered here to pay our last respects and to show our appreciation for the life of Patrick Owen Miller.

Losing a loved one is one of the most difficult stages in all our lives.

It is difficult for friends and distant relatives.

It is more difficult for Brothers and Sisters.

Image how much, much more difficult it is for a mother who has devoted all her life to her children.

Pat fell ill a few months ago and like any loving family, **Aunty Ida, Nora, Dolores, Patricia** and the rest of the family ensured that he received the best medical treatment money could buy.

But Pat had his own mind. Although his life decisions often times caused heartaches for the family, Pat had a strong will. He spent his last moments with his friends at the Bus stop located at the intersection of the Western Highway and George Price Avenue in Santa Elena. There was where Pat wanted to be.

One thing is for sure, wherever Pat was – Aunty Ida always made sure that his clothes were neat and clean and most of all that his bleached socks were always as white as snow.

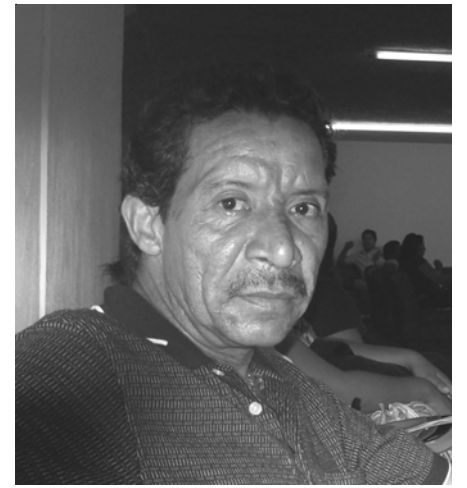
Pat knew that the call of his creator was drawing near and I am told that he made sure that he asked his mother for forgiveness.

He made sure that he asked Nora for forgiveness.

He made sure that he asked Dolores for forgiveness.

And yes, he made sure that he was right with the Lord.

Dolores tells me that he began attending Sunday mass regularly and



Patrick Owen Miller, 43

Sunrise: July 25, 1964

Sunset: July 18, 2008

so when we saw him laying before us, we saw a person at peace with himself, at peace with his family and most certainly at peace with his maker.

Let us therefore take comfort in the knowledge that Pat has gone to rest.

He is now in that wonderful place where pain and sorrows are no more.

Pat is survived by his mother **Aunty Ida**, Six sisters **Elvira, Nora, Amirna, Amelia, Dolores** and **Patricia**.

He is also survived by one brother, **Herbert “Passy” Miller** - two sons **Patrick Jr.** and **Adrian** and three grandchildren as well as his common law wife for the past six years, **Martha Garcia**, several Nieces, Nephews, Aunts, Uncles, other relatives and countless friends.

Pat has now gone to join his father **Jimmy Miller**, his sister **Ruby** and his brother **Albert**. And so while are bidding him goodbye, his father, his brother and his sister are welcoming him in that place that is prepared for all of us.

Apart from being gathered here this evening to say goodbye to Pat. We are also here to lend our support to Aunty Ida and her children as well as to Patrick Jr., Adrian, Martha and the grandchildren in this their time of bereavement. This is that time when family must put aside their differences and embrace each other as one.

On behalf of Aunty Ida and the family, I take this opportunity to thank all of you for being here with us today.

Pat - you will forever be missed. We saw that look on your face. You are now resting in peace my cousin. You have gone before us but rest assured - we will meet again some day.

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BELMOPAN CITY COUNCIL NOTICE

The Belmopan City Council hereby advises all property owners in the City of Belmopan who are in arrears of property taxes of Five Hundred Dollars (\$500) or more to make satisfactory arrangements for the payment of such arrears not later than July 31, 2008. Failure to do so will result in the publication of their names and further legal action to recover the arrears.

Property owners are also reminded that property taxes are payable in quarterly installments on the first day of April, July, October and January of each fiscal year. Owners who have not paid their quarterly installments for April and July of the 2008/2009 fiscal year are advised that these payments are due and that the Council will proceed to take legal action if these installments are not paid.

City Administrator
July 15, 2008

CHAPTER 194, LAWS OF BELIZE (REVISED EDITION 2000)

NOTICE UNDER SECTION 13

In accordance with Section 13 of the Registered Land Act Chapter 194, Revised Edition 2000, I, ETHEL EMELISA GLADDEN, Ag. Deputy Registrar of Lands, hereby serve notice that within one month from the date hereof, I intend to register the following parcels of land listed below for which application for first registration have been received.

The attention of the general public is hereby drawn to this notice. Any person whose rights and interest may be affected by the registering of these parcels must get in touch with me before expiry date of this notice between Mondays to Fridays at the Land Registry, Belmopan


(ETHEL EMELISA GLADDEN)(MS.)
AG. DEPUTY REGISTRAR OF LANDS

APPLICATION NO. LRS-200700374

This parcel of land is situated in the Registration Section, **PLACENTIA NORTH**, Block

No. 36 and being Parcel No. 1846, 1847, 1848, 1849, 1850

This parcel of land is the subject of a Vesting Assent No.1509/1993 dated 29th June, 1993 and recorded in Deeds Book Volume 18 of 1993 at Folios 59-74 in favour of **MARGARET ROSE TRAPP (nee BERNARD)**.

APPLICATION NO. LRS-200700717

This parcel of land is situated in the Registration Section, **PEMBROKE HALL**, Block No. 1 and being Parcel No. 175

This parcel of land is the subject of a Minister's Fiat Grant No. 498 of 1979 dated 18th October, 1979 in favour of **HECTOR CABB**.

APPLICATION NO. LRS-200801446

This parcel of land is situated in the Registration Section, **SANTA CLARA/ SAN ROMAN**, Block No.1 and being Parcel No. 472

This parcel of land is the subject of a Minister's Fiat Grant No. 664 of 2001 dated 10th September, 2001 in favour of **LUCAS MARIN & FEBE MARIN (Jointly)**.

APPLICATION NO. LRS-200802080

This parcel of land is situated in the Registration Section **PLACENTIA NORTH**, Block No. 36 and being Parcel No. 773

This parcel of land is the subject of a Deed of Conveyance No.1783/2003 dated 30th May, 2003 and recorded in Deeds Book Volume 23 of 2003 at Folios 945-950 in favour of **WILLIAM B. TAYLOR & ADRIANE TAYLOR (Jointly)**.

APPLICATION NO. LRS-200802081

This parcel of land is situated in the Registration Section **PLACENTIA NORTH**, Block No. 36 and being Parcel No. 706

This parcel of land is the subject of a Deed of Conveyance No.2171/1998 dated 18th August, 1998 and recorded in Deeds Book Volume 26 of 1998 at Folios 139-148 in favour of **WILLIAM TAYLOR & ADRIANE TAYLOR (Jointly)**.

APPLICATION NO. LRS-200804172

This parcel of land is situated in the Registration Section, **MILLER'S BIGHT**, Block No.4 and being Parcel No.590

This parcel of land is the subject of a Vesting Assent No.0697/2005 dated 23rd March, 2005 and recorded in Deeds Book Volume 9 of 2005 at Folios 1175-1184 in favour of **BENEDICTA CARBALLO**

APPLICATION NO. LRS-200804944

This parcel of land is situated in the Registration **WARREE BIGHT/FRESH-WATER**, Block No.3 and being Parcel No. 42

This parcel of land is the subject of a Minister's Fiat Grant No. 459 of 2002 dated 6th July, 2002 in favour of **VILDO MARIN**.

APPLICATION NO. LRS-200804947

This parcel of land is situated in the Registration Section, **SARTENEJA** Block No.3 and being Parcel No. 631

This parcel of land is the subject of a Deed of Conveyance No.2711/1997 dated 29th October, 1997 and recorded in Deeds Book Volume 29 of 1997 at Folios 1317-1322 in favour of **CAROLINA MOH & DAMASIO MOB (Jointly)**.

APPLICATION NO. LRS-200804996

This parcel of land is situated in the Registration Section, **PROGRESSO** Block No.1 and being Parcel No. 776

This parcel of land is the subject of a Deed of Gift No.1789/2006 dated 13th June, 2006 and recorded in Deeds Book Volume 23 of 2006 at Folios 537-544 in favour of **VERLA L. KERR-BIDOS & BERNIER BIDOS (Jointly)**.

APPLICATION NO. LRS-200805030

This parcel of land is situated in the Registration Section, **PLACENTIA NORTH** Block No. 36 and being Parcel No. 2587, 2588, 2589

This parcel of land is the subject of a Deed of Conveyance No. 1806/2004 dated 22nd July, 2004 and recorded in Deeds Book Volume 24 of 2004 at Folios 589-608 in favour of **JON L. LUDWIG & JUAN CORDERO CADUCIO (Jointly)**.

APPLICATION NO. LRS-200805034

This parcel of land is situated in the Registration Section, **PLACENTIA NORTH** Block No. 36 and being Parcels No. 2586 & 2591

This parcel of land is the subject of a Deed of Conveyance No.1306/2005 dated 26th May, 2005 and recorded in Deeds Book Volume 17 of 2005 at Folios 1241-1262 in favour of **OKEH CORPORATION LIMITED**.

APPLICATION NO. LRS-200805115

This parcel of land is situated in the Registration Section, **SAN LAZARO VILLAGE**, Block No.4 and being Parcel No. 96

This parcel of land is the subject of a Minister's Fiat Grant No. 590 of 1991 dated 2nd December, 1991 in favour of **OFELIO CARBALLO**.

APPLICATION NO. LRS-200805159

This parcel of land is situated in the Registration Section, **ALBERT/MESOP** Block No. 45 and being Parcel No.853

This parcel of land is the subject of a Deed of Conveyance No.663/1989 dated 17th April, 1998 and recorded in Deeds Book Volume 7 of 1989 at Folios 713-720 in favour of **GRETA MARIE NEAL**

APPLICATION NO. LRS-200805162

This parcel of land is situated in the Registration Section, **QUEEN SQUARE** Block No. 45 and being Parcel No. 266

This parcel of land is the subject of a Deed of Conveyance No.827/1975 dated 21st July, 1975 and recorded in Deeds Book Volume 6 of 1975 at Folios 1335-1344 in favour of **NATHAN MCKENZIE**.

APPLICATION NO. LRS-200805526

This parcel of land is situated in the Registration Section, **PLACENTIA NORTH** Block No. 36 and being Parcel No. 2052

This parcel of land is the subject of a Deed of Conveyance NO.336/1995 dated 29th January, 1995 and recorded in Deeds Book Volume 4 of 1995 at Folios 1235-1240 in favour of **JUAN CADUCIO & ALEX CADUCIO (Jointly)**.

APPLICATION NO. LRS-200805227

This parcel of land is situated in the Registration Section, **CAROLINA/ CALCUTTA** Block No.1 and being Parcel No.91

This parcel of land is the subject of a Deed of Conveyance No.2484/1999 dated 15th September, 1995 and recorded in Deeds Book Volume 29 of 1999 at Folios 811-818 in favour of **AUTO MAYA MANUFACTURING COMPANY LIMITED**.

APPLICATION NO. LRS-200805228

This parcel of land is situated in the Registration Section, **SARTENEJA**, Block No.3 and being Parcel No. 680

This parcel of land is the subject of a Minister's Fiat Grant No. 597 of 2004 dated 5th August, 2004 in favour of **OROLIO BLANCO**.

APPLICATION NO. LRS-200805230

This parcel of land is situated in the Registration Section, **SARTENEJA**, Block No.3 being Parcel No. 681

This parcel of land is the subject of a Minister's Fiat Grant No. 1397 of 2003 dated 16th August, 2004 in favour of **OROLIO BLANCO**.

APPLICATION NO. LRS-200805284

This parcel of land is situated in the Registration Section, **VISTA DEL MAR**, Block No. 16 and being Parcel No. 2202

This parcel of land is the subject of a Conveyance No.1173/1975 dated 8th October, 1975 and recorded in Deeds Book Volume 9 of 1975 at Folios 709-710 in favour of **ALBERT JAMES LONGSWORTH**.

APPLICATION NO. LRS-200805287

This parcel of land are situated in the Registration Section, **ALBERT/MESOP**, Block No. 45 and being Parcels No. 241 & 244

This parcel of land is the subject of a Vesting Assent No.2561/1993 dated 26th November, 1993 and recorded in Deeds Book Volume 30 of 1993 at Folios 1163-1174 in favour of **RUDOLPH COLEMAN, RANSFORD COLEMAN, MAURICE RADCLIFF COLEMAN & DORIS EVADNE COLEMAN (JOINTLY)**.

APPLICATION NO. LRS-200805288

This parcel of land is situated in the Registration Section, **ALBERT/MESOP** Block No. 45 and being Parcel No. 596

This parcel of land is the subject of a Deed of Conveyance No.130/1983 dated 19th January, 1983 and recorded in Deeds Book Volume 3 of 1983 at Folios 365-374 in favour of **JOHN JOSEPH QUAN**.

APPLICATION NO. LRS-200805295

This parcel of land is situated in the Registration Section, **PLACENTIA NORTH**, Block No.36 and being Parcel No. 1879

This parcel of land is the subject of a Deed of Conveyance No.690/1999 dated 26th February, 1999 and recorded in Deeds Book Volume 8 of 1999 at Folios 5-12 in favour of **ANNA LESLIE**.

APPLICATION NO. LRS-200805360

This parcel of land is situated in the Registration Section, **GUINEA GRASS**,

(Continued on page 9)

SAN IGNACIO TOWN, Cayo District, Monday, July 28, 2008:

Police have arrested and charged two male persons and are looking for a third suspect in connection with a robbery at a butane gas outlet in San Ignacio Town.

It was shortly after 8:00 p.m., on Saturday, July 26, when **Andy Eck**, 27, Belizean Gas Attendant of a Phillip Goldson address in San Ignacio Town reported to police that a few minutes earlier, three masked men armed with knives emerged from the dark back section of his house and proceeded to rob him of the week's sale, amounting to over \$3,500.

Eck, who works as an agent for Western Gas Company, informed that he was inside the single bedroom of his house counting the week's sale when the men entered.

The first one to enter proceeded to put out the light in the hall/kitchen by pulling down the switch located on the right side of the entrance door.

Just about that time his wife, **Zaida Vasquez**, was exiting the single bedroom when one of the men grabbed her by the throat and shoved her back into the bedroom where Eck was sitting on a bed counting the cash.

Although they were masked, and with the help of the bright light inside

Two Arrested For Robbery



Leon Smith, 21

Charles Stevens, 18

room. Eck reportedly told them to take all the money and leave. Two of the

charge. **Prosecutor George Gomez** objected to the granting of bail on the grounds of the prevalence of this particular type of crime within the community. They were subsequently remanded to the Hattieville Prison and are scheduled be brought back before the court on Thursday,

September 25, 2008.

They can therefore kiss goodbye the festivities leading up to the September 10 St. George's Caye Day and celebrations commemorating the 27th Anniversary of the Nation's Independence on September 21.



The Victims - Zaida Vasquez (L) and Andy Eck (R)

the room, Eck was able to recognize one of them as **Leon Smith** from the teardrops tattoo on the left eye.

According to Eck, Smith had been a customer for the past three years and at first he thought that they were pulling a prank but the situation suddenly changed when two of them began beating him and his wife in the presence of their infant child who was on a smaller bed inside the

attackers continued struggling with him and in the process Eck managed to unmask one of them. He held on to the stocking that the attacker was wearing on the head and has since handed it over to the police as evidence along with a baseball bat which he later found leaned across the door of an adjacent outside bathroom.

While two of them were busy attacking Eck and his wife, the third assailant hastily gathered the money that was scattered across the floor in the attack. They then ran out the house and disappeared into the darkness.

The investigation led to the prompt arrest of **Leon Smith**, 21, Belizean labor of a nearby 18th Street address and his brother-in-law **Charles Stevens**, 18, of a Mile 44 Western Highway, Cotton Tree Village address.

They appeared before **Magistrate Kathlene Lewis** on Monday, July 28 where they both plead not guilty to the joint robbery



MINISTRY OF WORKS

GENERAL NOTICE TO CONTRACTORS

Construction – Timber Houses

The Ministry of Works hereby invites contractors who are interested in supplying or constructing Timber Houses within Southside-Belize City under the Southside Poverty Alleviation Project – Home Improvement.

The works consist of the construction of several timber houses approximately 250 sq ft for residents in Southside, Belize City. These houses should be comprised of galvalum roofing or similar, approved hardwood or treated pine walls and floor, ceiling, main doors, stairs and reinforced concrete foundations.

Interested persons should register their interest on 31st July 2008 to the office of the Project Execution Unit, Ministry of Works in Belmopan, at fax 822-0563; for additional information with regards to specifications and for submitting your particulars.

Belmopan, July 2008

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Suicide Suspected In Soldier's Death

SANTA FAMILA VILLAGE, Cayo District, Monday, July 28, 2008.

The body of a young Belize Defence Force (BDF) soldier today lies inside the morgue at the San Ignacio Town Hospital where it waits the legally required post mortem examination.

San Ignacio police reports that

acting upon information received at around 7:30 p.m., on Sunday, July 27, they visited a residence in the western village of Santa Familia where they were directed to the suspected lifeless body of BDF soldier, **Samuel Carrias**, 18.

The body was found lying on the ground with what appeared to be a single gunshot wound to the left side

of the abdomen and with a 16 gauge shotgun nearby.

The body was transported to the San Ignacio Town Hospital where it was officially pronounced dead by the medical officer on duty and placed inside the morgue.

Police reports that **Mario Carrias**, brother of the deceased, informed that earlier that day Samuel arrived at the

family home visibly upset.

He reportedly proceeded to arm himself with a 16 gauge shotgun but it was taken away from him.

He allegedly re-entered the house and took possession of another 16 gauge shotgun and this time he ran out the house before anyone could catch him.

Shortly thereafter, a single gunshot blast broke the silence of the night and Private Samuel Carrias was found motionless on the ground a short distance from the house, with a gunshot wound to the left side of the abdomen and the 16 gauge shotgun at his side.

In the current absence of contradictory information and evidence, investigators are ruling the incident as a case of suicide as they await the post mortem examination while the Carrias family are making arrangements to lay Private Samuel Carrias to rest in his home village of Santa Familia.

Two Guatemalan Watchmen Sent To Jail

SAN IGNACIO TOWN, Cayo District, Thursday, July 24, 2008:

Two Guatemalan watchmen from Buena Vista Village in the Cayo District today pled guilty to theft and handling stolen goods charges and were sentenced to 12 months in jail.

San Ignacio police reports that shortly after 8:00 a.m., on Monday, July 21, Belizean Businessman, **Eric Tobar** visited the police substation in the Mennonite community of Spanish Lookout and reported the loss of a

stock of lumber and 5 sheets of celotex, valued at \$2,169.25, from his business place in Spanish Lookout.

Swift investigation led to the farm of **Alberto Moore** in Buena Vista Village where all the missing items were recovered.

The investigation revealed that the complainant's Guatemalan watchman, **Oscar Salazar**, 54, along with another accomplice, **Rodolfo Alvarez**, 27, dishonestly removed the items from the complainant's

warehouse and transported them to Moore's farm for safekeeping.

They appeared before **Magistrate Kathlene Lewis** where Oscar Salazar pled guilty to charges of theft and handling stolen goods while Rodolfo Alvarez pled guilty to the charge of handling stolen goods. They were each sentenced to 12 months in prison.

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Progress Made In HIV Prevention

Adapted from the BBC World News, Tuesday, July 29, 2008:

There have been significant gains in preventing new HIV infections in a number of heavily-affected countries, a United Nations programme report says. However, UNAids warns the Aids epidemic is not over in any part of the world.

The report says prevention programmes have seen changes in sexual behaviour, and a drop in infection rates in countries such as Rwanda and Zimbabwe.

Condom use is also increasing among young people with multiple partners in many countries.

Another encouraging sign is that young people are waiting longer to have sexual intercourse, the report says.

This has been seen in seven of the most affected countries: Burkina Faso, Cameroon, Ethiopia, Ghana, Malawi, Uganda and Zambia.

In Cameroon the percentage of young people having sex before the age of 15 has decreased from 35% to 14%.

UNAids reports that since 2005 there has been a tripling of HIV prevention efforts, with a focus on sex workers, men who have sex with men, and injecting drug users.

MOTHERS AND CHILDREN

The report also reveals that the percentage of HIV-positive pregnant women receiving antiretroviral drugs to prevent transmission of the virus to their child rose from 14% in 2005 to 33% in 2007. In the same period the numbers of new infections among children fell from 410,000 to 370,000.

Dr. Peter Piot, UNAIDS executive director, welcomed the progress. But he said: *"Gains in saving lives by preventing new infections and providing treatment to people living with*

HIV must be sustained over the long term. Short-term gains should serve as a platform for reinvigorating combination HIV prevention and treatment efforts and not spur complacency."

Globally, the number of new HIV infections has declined from 3 million in 2001 to 2.7 million in 2007. However, rates of infection are rising in many countries.

There are now an estimated 33 million people living with HIV worldwide, with two million estimated

Dog Taken To Court For Breaching The Peace

From: The BBC's Odd & Surprising Stories from around the world

By Amarnath Tewary, Tuesday, July 29, 2008:

A dog has appeared in court in the eastern Indian state of Bihar accused of breaching the peace.

Police demanded severe action against the dog for biting people. Its owner says it has only attacked burglars.

to have died from Aids last year.

Aids continues to be the leading cause of death in Africa, which accounts for 67% of the total number of people living with HIV. Six out of ten of those living with HIV in Africa are women.

The UNAids report stresses that the fight against HIV requires sustained long-term financing. It warns that as more people go on treatment and live longer, budgets for HIV will have to increase over the next few decades.



Chhotu with his owner, childless widow, Rajkumari Devi.

The dog, named Chhotu, has been in trouble with the law before. In 2003, a magistrate sentenced Chhotu to death. Neighbours complained he had gone mad and bitten several people. But animal rights activists managed to get the decision reversed.

Sole protector Chhotu made his latest appearance in a crowded court on Thursday in the town of Purnea. *"The court was compelled to issue a summons to the dog since the police found that it was a threat to peace and feared that it might create a law and order problem,"* district official Rajiv Ranjan said.

In court Chhotu appeared to have been on best behaviour. *"Despite the presence of so many people in the courtroom the dog did not bite or bark at anyone,"* the canine's lawyer Dilip Kumar Deepak said in defence of his client.

The case continues and Chhotu has been ordered to appear in court again on 5 August, together with his owner, childless widow, **Rajkumari Devi**.

Seven-year-old Chhotu was picked up off the streets by Rajkumari Devi's mother, Janaki Devi.

Janaki Devi died six months ago and since then Rajkumari Devi has kept the dog as her pet in her one-room thatched house.

"Chhotu is my sole protector and I've brought him up as if he was my own child," says Rajkumari Devi who says the dog has only bitten those who have tried to break into her house.

Her lawyer says Rajkumari Devi's jealous neighbours are trying to get their hands on her property. *"They want to steal the land papers which is why they have tried to break into her house in the night. But they had to give up after being bitten by Chhotu,"* he said.



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Human Rights Commission Of Belize Re-organizes

DANGRIGA TOWN, Stann Creek District, Wednesday, July 23, 2008:

Members of the Human Rights Commission of Belize (HRCB) met on Saturday July 19 to discuss the reconstitution of the non governmental group and also to elect an interim Board of Directors for the organization.

Maria Linda Gamero and **Simeon Sampson** were chosen to



Attorney Antoinette Moore

are **Cynthia Pitts, Nikki Tillett, Lana Ahmad, Enrique August** and **Alfredo Salazar.**

The entire Board will meet on the

serve as interim co-chairs of the 20 year old human rights body.

Anthony Lino is the new treasurer and **Antoinette Moore** will serve as the secretary for the organization.

The new trustees

August 2, in Belmopan to make plans for remainder of this year.

The interim Board will serve for the next six months.

HRCB has been at the forefront of the human rights efforts in Belize for two decades.

For many years the words “**human rights**” was associated almost exclusively with this pioneering organization. HRCB has been inactive nationally for the last three years, primarily as a result of loss of international funding.

Despite the financial difficulties

experienced by HRCB, individual members have attempted to keep the organizational work alive in the districts and maintained an ever growing loose network of human rights activists.

Although the organization says they are proud and pleased that others in Belize have taken up the banner of human rights and carried on the work in many different respects, the work of HRCB as a human rights organization is not over.

If you are interested in HRCB or human rights generally contact 601-8484 in the evening or 522-2457 during the day.

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BELIZE WATER SERVICES LTD.
PRESS RELEASE

March 23, 2007

Belize City, Belize. July 21, 2008:

Belize Water Services Limited wishes through this medium to inform the general public that BWS is **not** responsible for the Water and Sewer systems in Mahogany Heights. BWS is aware that, due to theft or vandalism, there have been some recent problems with that particular system which have been aired in the media. BWS, as part of our social commitment, will assist as much as possible within our financial constraints.

Recently, as part of our support after the flood disaster, BWS has provided various assistance with the restoration of systems in the Stann Creek District, including: Hope Creek, Sittee River, Valley Community, Maya Mopan, Red Bank and Santa Cruz.

BWS prides itself on ensuring 24-hour supply to our customer base and apologises to our customers in Hattievill who have had some water interruption over the previous two weeks, primarily due to the theft of electrical lines and equipment. These customers are hereby assured that the Hattievill System is back to full 24 hour operation. The company continues its normal monitoring of all systems to ensure adequate and quality water supply.

BWS is requesting your kind assistance to report any incidence of apparent theft of equipment or vandalism as these acts can seriously inconvenience, and even endanger, the public.

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Violence - How To Deal With It?

BY: Dra. Beatriz Coutinho, San Ignacio Town Hospital, Friday, July 18, 2008:

In Belize, like in any other country there are a lot of tragedies due to violence. However since Belize is such a small country the individual tragedies become collective tragedies.

It does not only affect one person but the whole society. Even if not, directly touched, lots of people seem to live in fear and begin acting accordingly.

Fear can come in many ways. Some are afraid of the atmosphere that we live in or afraid of being robbed, of getting hit by a car. Others fear domestic violence or fear getting raped, without speaking of many other specific fears that some people have to face every day (*fear of the dark, of heights etc...*).

When an unknown person is assassinated, people in general think this is one more tragedy in life but most of them are sure this drama will finish as soon as the burial is done or when we turn off our TVs.

However for the family and friends of the deceased the drama is only starting. To a lesser degree, the same happens to people who suffer "*minor*" aggressions, such as having their house robbed or bearing some other kind of violence. In many instances, their lives may change sometimes dramatically and many of them will have to live with symptoms of post traumatic stress. Some of them will no longer have a sound sleep, others will face difficulties in concentrating at home or at work or reengaging in normal activities. For sure, these people will avoid coming back to the places that will arouse their

fears of new acts of violence against them.

Now days, exposed to violence on the news or in real life, many people wonder if they already act as a post traumatic stress victim. They may question themselves if they deal with violence in a normal or in a pathological manner. For sure, everyone has experienced fear at one point in their lives. Fear is not a pathological emotion. In fact, it is a universal characteristic of humans and superior animals.

In psychology, specialists consider that there are six stages of fear. They are prudence, caution, alarm, anxiety, panic, and terror.

When your fear takes control and leads you astray of your normal activities, that's when you realize that you have a problem. Many people ask how they can deal with fear. There is no easy answer. If necessary, you should consult with your psychologist.

May be the first thing you should do is to write down your fears and the way that they affect your life. Also in writing, make clear what you wish you could do but you can't because of your fears. When you are feeling afraid, try to be always be positive and, in a situation of fear, try to avoid of thinking of phrases such as "*I can't*" "*I won't*" or "*I will never*". You are what you think and say.

If you use those words your brain will start to believe it. Always be around people that are also positive and that can give you support. And most importantly try not to let your past traumatic experiences define (*or redefine*) your future. You can regain your control and overcome your fears. If necessary, ask for help. Please do not let the fears of your past interfere with the bright future you can have.

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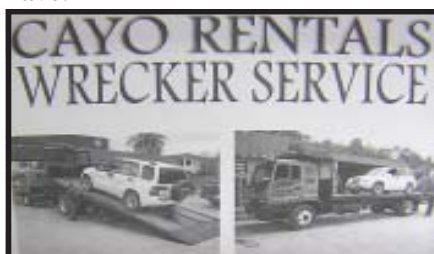
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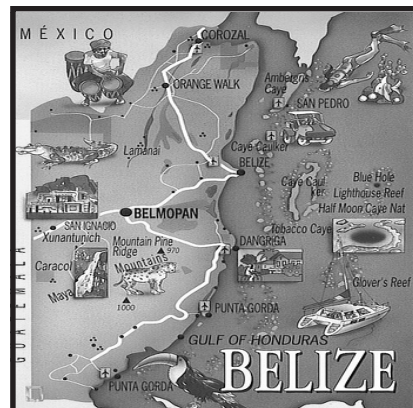
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(Continued from page 4)

Block No.4 and being Parcel No.659

This parcel of land is the subject of a Conveyance No.0974/2007 dated 20th March, 2007 and recorded in Deeds Book Volume 12 of 2007 at Folios 797-804 in favour of **FLORENCIO GARCIA JR.**

APPLICATION NO. LRS.200805462

This parcel of land is situated in the Registration Section, **ALBERT/MESOP**, Block No 45 and being Parcel No.849.

This parcel of land is the subject of an Indenture dated 19th February, 1921 and recorded in Deeds Book Volume 26 of 1921 at Folios 328 - 329 in favour of **THE CORPORATE BODY OF THE CHURCH OF ENGLAND**

APPLICATION NO. LRS-200805463

This parcel of land is situated in the Registration Section, **ALBERT/MESOP**, Block No.45 and being Parcel No.1494

This parcel of land is the subject of a Conveyance No. 1213/1973 dated 3rd December, 1973 and recorded in Deeds Book Volume 11 of 1973 at Folios 1243-1246 in favour of **VICTOR E. USHER.**

APPLICATION NO. LRS-200805464

This parcel of land is situated in the Registration Section, **ALBERT/MESOP**, Block No.45 and being Parcel No.625

This parcel of land is the subject of a Conveyance No.977/2002 dated 26th March, 2002 and recorded in Deeds Book Volume 13 of 2002 at Folios 9-18 in favour of **JOSE ANTONIO ESPAT, JORGE LUIS ESPAT, & PABLO IGNACIO ESPAT (Jointly)**

APPLICATION NO. LRS-200805487

These parcels of land are situated in the Registration Section, **CARMELITA** Block No.4 and being Parcels No.935,936 & 937

This parcel of land is the subject of a Conveyance No.143312005 dated 2nd February, 2005 and recorded in Deeds Book Volume 19 of 2005 at Folios 289-300 in favour of **JOHN EILEY & ANA MARIA EILEY (Jointly).**

APPLICATION NO. LRS.200805546

This parcel of land is situated in the Registration Section, **YO CREEK VILLAGE**, Block No.4 and being Parcel No.228

This parcel of land is the subject of a Minister's Fiat Grant No.251 of 1995 dated 31st October, 1995 in favour of **SOTERO BLANCO.**

APPLICATION NO. LRS.200805645

This parcel of land is situated in the Registration Section, **ALBERT/MESOP**, Block No. 45 and being Parcel No. 689

This parcel of land is the subject of a Deed of Conveyance No 442 of 1985 dated 9th April, 1995 and recorded in Deeds Book Volume 5 of 1985 at Folios 409 - 432 in favour of **LORNA ELENA TURTON, OLGA TURTON HUNTER, & DELBA TURTON KOSTIUK (Jointly).**

APPLICATION NO. LRS-200805643

This parcel of land is situated in the Registration Section, **ALBERT/MESOP**, Block No. 45 and being Parcel No. 53

This parcel of land is the subject of a Deed of Conveyance No 2337 of 2003 dated 24th August, 2003 and recorded in Deeds Book Volume 31 of 2003 at Folios 921 - 932 in favour of **ATILIANA UK.**

APPLICATION NO. LRS.200805644

This parcel of land is situated in the Registration Section, **ALBERT/MESOP**, Block No. 45 and being Parcel No.125

This parcel of land is the subject of a Indenture No. 351 of 1968 dated 28th March, 1968 and recorded in Deeds Book Volume 3 of 1968 at Folios 299-304 in favour of **SANTOS DIAZ.**

APPLICATION NO. LRS-200805646

This parcel of land is situated in the Registration Section, **CARMELITA**, Block No. 44 and being Parcel No.1031

This parcel of land is the subject of a Minister's Fiat Grant No.863 of 2005 dated 8th September, 2005 in favour of **ROGER TOLOZA.**

APPLICATION NO. LRS-200805682

This parcel of land is situated in the Registration Section, **WARREE BIGHT/ FRESHWATER CREEK**, Block No.1 and being Parcel No.779

This parcel of land is the Subject of a Deed of Conveyance No. 1727 of 2006 dated 16th June, 2006 and recorded in Deeds Book Volume 22 of 2006 at Folios 1077 - 1086 in favour of **GREGORY P. MILLER**

APPLICATION NO. LRS-200805044

This parcel of land is situated in the Registration Section, **PLACENTIA NORTH**, Block No. 36 and being Parcel No. 102

This parcel of land is the subject of an Indenture No 1521 of 1994 dated 20th May, 1994 and recorded in Deeds Book Volume 18 of 1994 at Folios 413 - 456 in favour of **DOUG OBERLINK.**

APPLICATION NO. LRS-200805646

This parcel of land is situated in the Registration Section, **GUINEA GRASS**, Block No. 4 and being Parcel No.248

This parcel of land is the subject of a Minister's Fiat Grant No.175 of 2007 dated 4th March, 2007 in favour of **THE APOSTOLIC PENTECOSTAL CHURCH OF BELIZE.**

APPLICATION NO. LRS-200805741

These parcels of land are situated in the Registration Section, **PLACENTIA NORTH**, Block No.36 and being Parcel No.2495, 2497, 2498 & 2499

This parcel of land is the subject of a Deed of Conveyance No. 511 of 1982 dated 4th June, 1982 and recorded in Deeds Book Volume 5 of 1982 at Folios 959 - 968 in favour of **ELAINE STEPHENSON.**

★ STAR HUMOR ★

A Real Golf Nut

William met Cindy at the Five Star Hotel and fell in love with her.

It was like love at first sight. He invited her for drinks and after several hours at the bar William decided that it was time to come straight with Cindy..

"It's only fair to warn you, Cindy," said William, "I'm a golf

nut. I live, eat, sleep and breathe golf."

"Well, since you're being honest, so will I," said Cindy. "I'm a hooker."

"I see," said William. Then, brightening, he smiled. "That's probably because you're NOT keeping your wrists straight when you hit the ball."

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Always Maintain A Positive Mental Attitude

Once upon a time there was a bunch of tiny frogs for whom a competition was arrange.

The goal was to reach the top of a very high tower.

A big crowd had gathered around the tower to see the race and cheer on the contestants.

The race began but honestly no one in the crowd really believed that the tiny frogs would reach the top of the tower.

There were statements such as:

'Oh, WAY too difficult!!

'They will NEVER make it to the top.' and

'Not a chance that they will succeed. The tower is too high!'

The tiny frogs began collapsing. One by one except for those, who in a fresh tempo, were climbing higher and higher.

The crowd continued to yell,

'It is too difficult!!!

'None of them will make it to the top!'

More tiny frogs got tired and gave up....But ONE little frog continued higher and higher and higher.

This one little frog wouldn't give up! At the end everyone else had given up climbing the tower. Except for the one tiny frog who after a big effort, was the only one who reached the

top!

THEN all of the other tiny frogs naturally wanted to know how this one frog managed to do it?

A contestant asked the tiny frog how he had found the strength to succeed and reach the goal.

It turned out that the one little frog was **DEAF!!!!** It did not hear none of the negative remarks that the others were hearing as they climed

The lesson of this story is: Never listen to other people's tendencies to be negative or pessimistic because they take your most wonderful dreams and wishes away from you, the ones you have in your heart!

Always think of the power words have. Proverbs 18:21. Tell us that "There's life and death in the power of the tongue" Because everything you hear and read will affect your actions! Therefore: **ALWAYS be POSITIVE!** And above all: Be **DEAF** when people tell YOU that you cannot fulfill your dreams!

Always think: God and I can do this!

Most people walk in and out of your life but FRIENDS leave footprints in your heart.

If you fall down 10 times, stand up 10 times!!

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FRIDAY, AUGUST 1st TO 8th, 2008

Your Horoscope & Lucky Numbers

Aries (Mar 21 - April 20)

You'd better cool it at the beginning of the week! Better yet, take that excess energy and go out of your way to do something nice for someone. The universe will recognize your efforts, and on Wednesday and Thursday the way will be clear for you. It will definitely be prime time for a push at work -- or some sweet romantic moves! They'll love your spirit. Around Friday and Saturday, though, focus is key. Choose your direction carefully, and don't try to do too many things at once. You can go all-out on Sunday if you like! **15, 37, 40**

Taurus (April 21 - May 21)

Let 'all for one and one for all' be your motto as the week gets going. Get together with a few of your favorite people -- or maybe just one certain someone -- and there's very little you can't do. Then guide the rush of energy coming your way around Wednesday and Thursday carefully. Apply yourself to an exciting new project -- just one, not a bunch at once -- and make sure it's well thought-out and executed. On Friday and over the weekend, you really ought to apply yourself to more romantic matters. You'll be undeniably hot, whether you're the life of the party or one-on-one! **16, 01, 87.**

Gemini(May 22 - June 21)

You might be dreaming about a change at the beginning of the week, but now's not necessarily the time to take action. If you do make a move, make it a clear one. Around Wednesday and Thursday, how's your network or community? Check in with colleagues, family and friends -- they'll love hearing from you, and somebody's got something to let you in on, too. And unless you really want to be all over the place on Friday and over the weekend, make a conscious effort to recognize what -- and who -- you want to spend your time and thoughts on. Your priorities and focus reflect on you. **05, 27, 69**

Cancer (June 22- July 22)

You might be dreaming about How does it all fit together on Monday and Tuesday? Leave the isolated tinkering to others -- you've got a way with the connections, an understanding of the glue. But on Wednesday and Thursday, be aware that things (and possibly people) may not be what they appear to be. Before you embrace or dismiss, do a little background check or ask an extra question or two. And just in time for Friday and the weekend, the flirtatious social butterfly inside emerges into the sunlight (and twilight, and moonlight)! Get festive, and enjoy your own personal cosmic party!

Leo (July 23 - Aug. 22)

Watch the drama factor at the beginning of the week -- your own as well as that of those around you! Be the one to defuse a situation, and watch things suddenly get a lot sweeter. On Wednesday and Thursday, you'll be happiest when you're absorbing (and questioning!) something -- or someone -- new. Of course, delving into fresh aspects of an old favorite and transforming it for the better will work just as well. From Friday through the weekend, you'll love getting attention, but giving it may be even more gratifying. Show them how very, very interested you are. **10, 36, 41**

Virgo(Aug 23 - Sept. 23)

The start of the week seems like a natural time to start something new, but the stars suggest you wait just a bit. Some energy that centers on ideals will help you align what's happening around you -- and what you want -- with your personal value system around Wednesday and Thursday. If this involves a philosophical conflict with a person or situation close to your heart, that will be easier to resolve on Friday or over the weekend. Bring your good-faith efforts together in meaningful, long- lasting ways now -- the stars are with you., **16, 63, 77**

Libra (Sept.24 - Oct. 23)

You're a natural-born Cupid or coordinator at the beginning of the week. Helping others get their affairs in order may be easier than dealing with your own now, but real avoidance leads to real problems. You'd better focus those attentions closer to home on Wednesday and Thursday; how you handle interpersonal matters will really, well, matter. Set the tone! And they say that pretty is as pretty does -- and with the stars giving you a hand, on Friday and over the weekend you'll be looking good and doing the right thing, too. It's a super-hot combination! **52, 75, 96**

Scorpio(Oct 24- Nov 22)

Exploring your options as the week gets going reveals all sorts of stuff you haven't yet considered. Anyone else would be confused, but for you, it's just a whole new realm to play in. Just rein yourself in a bit around Wednesday and Thursday. What you do at this juncture will require thinking through -- the negative repercussions or positive ripple effects are magnified! And you'll love a challenge around Friday and Saturday, so give yourself a project or a goal to work towards. If competition is involved, be an extra good sport when it's through. On Sunday, downtime's in order. **12,32, 44**

Sagittarius (Nov 23 -Dec 21)

You may start slow as the week begins, but once you get started, you keep going and going! Kick-start the ol' brain with a little exercise and some fresh input -- otherwise, the getting-going part will eat up precious time. Plan a hot date or fun with friends for Wednesday or Thursday; it'll be an extra fun and dynamic few days for you. At work, you're awesome with concepts, design, strategy and other higher-level stuff, but you'll need some method in your madness on Friday and over weekend. Have at least a semblance of a plan -- and stick to it!**18, 45, 93**

Capricorn (Dec 22- Jan 20)

The stars are sending new ways to connect with people -- maybe a certain someone -- and live in balance at the beginning of the week, if only you're willing to embrace them! Then if something's worrying you around Wednesday and Thursday, it will really help to share the burden. Talk to a friend or get a boost from a colleague -- they rely on you too, so let them in. When Friday comes, knock off early and get a head start on some fun. Apply yourself to time off like you would to a duty -- enjoying living, and loving, is in the stars. You deserve it! **31, 47, 91**

Aquarius(Jan 21- Feb 19)

You love stuff that's far out, but as this week gets going, it's far too easy to get off track. Be a little practical, or at least run it by a pragmatic friend or colleague. Once you've got the basics in place, branching out will go a lot better around Wednesday and Thursday. Push yourself and those around you in fascinating new directions; you're very cutting-edge now, and people will feel lucky to be a part of it. But be proactive about avoiding some doldrums around Friday and Saturday. Mix up your routine. Life's only as interesting as you make it -- same with love, especially on Sunday! **57, 78, 99**

Pisces (Feb 20 - March 20)

Get going while your personal energy's flowing at the beginning of the week! The changes you want to make are easy to enact now, especially because they involve making things better for others, too. But around Wednesday and Thursday, a certain amount of skepticism is healthy. Don't just take things at face value; find out what's behind the facade. And the cosmic forecast for Friday and this weekend? Dreamy days and hot nights! All that's most appealing about you will be accented now. Just be aware of the impact you're having, especially on Sunday. **03, 26, 88.**

LOST LAND/LEASE CERTIFICATES

Pursuant to Section 37(3) of the Registered Land Act, Chapter 194, Laws of Belize, Revised Edition 2000, notice is hereby given of the loss of the following Land and Lease Certificates:-

NAME	CERTIFICATE NO	REGISTRATION SECTION	PARCEL NO.
HUANG CHUN YING	3546/1995	COROZAL CENTRAL	121
ROBERT COYE	3635/2000	CARIBBEAN SHORES/BELIZE	3697
HILDA RODRIGUEZ	5144/2000	SOCIETY HALL	1190/1
SOFIA ALFARO	4027/1992	CARIBBEAN SHORES/BELIZE	630/1
ROBERT GODFREY	3145/1991	CARIBBEAN SHORES/BELIZE	67
ANIDIA AURORA GARCIA	6617/2002	TOWER HILL	1551
CLAUDIO ROMAN GARCIA	6685/2002	TOWER HILL	1552

It is proposed to cancel the above Land Certificates after the expiration of twenty-one (21) days from the appearance of this notice. Any of the above-mentioned certificates is required to return it to the Belize Land Registry, Ministry of Natural Resources & the Environment, Belmopan.

(ETHEL EMELISA GLADDEN) (MS.)
AG. DEPUTY REGISTRAR OF LANDS

Reviving The Glory Days Of Cycling In Cayo

BY: *Gilroy Spence, Executive Member of the Twin Town Cycling Club*

SANTA ELENA TOWN, Cayo District, Monday, July 28, 2008:

We introduce ourselves as the Twin Town Cycling Club.

The Club consist of fifteen cyclists from hailing from San Ignacio, Santa Elena and Benque Viejo with ages ranging from thirteen to seventeen.

The Club was formed during the summer vacation of 2006 when we saw the urgent need to keep our young people off the streets while simultaneously aiming towards slowing down the rate of school dropouts and at the same time engaging the youths in a positive and healthy sporting activity.

Since education is our main concern, we make sure that every cyclist is afforded a sound education and earn good grades.

The 2007 -2008 season was a rather successful one. The following are some of the successes:

In the Labor Day Race our Club captured First, Second and Third place finishes.

In the Banana Classic we achieved First and Third place.

Likewise in the Junior Cross Country we placed First and Third.

In the Krem Classic we registered a Third place finish.

The Dr. Rosado Race earned us First and Second place honors.



Gilroy Spence

In the Piene Classic in Toledo we were able to finish in Second and Third place.

In the Father s Day Classic we captured Third place.

We won Second place in the Zetina Cycling Classic; Third in the Valentines Day Classic and another Third place in the recent Hydro extreme.

Cycling is a rather expensive sport and so we are congizant that we cannot do it alone . It is therefore with this in mind that we are seeking donations from individuals and business establishments to meet the operational costs and challenges of the Cycling season which runs from October 2008 – October 2009. Funds collected in this endeavor will be utilized for the following:

- a) Registration of the team
- b) Procurement of team jersey and logos

- c) Purchasing bicycle parts
- d) Supplying snacks and refreshments for all races
- e) Fuel for support vehicles accompanying races and
- f) Other miscellaneous items such as vitamins, nutritious drinks, etc.)

We take this opportunity to inform that the team needs a total of \$30,000.00 for a full sponsorship.

Any partial contribution will be greatly appreciated and gladly accepted. Sponsors will be afforded fair coverage by way of advertisement on the team jersey.

Finally, we must advise you that

your contributions will not only publicize your business but it will help the community especially since our Club’s objective is based mainly on teenagers. And as we are well aware the youngsters are the group more prone to be led astray. Therefore as a whole, your contributions will be helping the youths of Cayo in their physically, mentally and educational development as they steer clear from a culture of lawlessness.

We thank you in advance for your generous contribution in this worthwhile community initiative. We must always be mindful that it takes an entire village to raise a child.

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MINISTRY OF WORKS

GENERAL NOTICE TO CONTRACTORS

The Ministry of Works hereby invites contractors (carpenters) who are interested in carrying out repairs to houses in Belize City under the Southside Poverty Alleviation Project.

The works consist of general construction items such as repairs to walls, floors, roofing, construction of exterior bathrooms and plumbing installation.

Interested persons must register their personal information and experiences at the Ministry of Works – Belize City office on the 31st July 2008 or by contacting the office of the Project Execution Unit, Ministry of Works in Belmopan, at 822-0562.

Belmopan, July 2008



MINISTRY OF WORKS

GENERAL NOTICE TO CONTRACTORS

SUPPLIERS – SEPTIC AND SOAK-AWAY SYSTEMS

The Ministry of Works hereby invites suppliers (contractors) for the supply of Septic and Soak Away Systems to residential houses within Southside-Belize City in connection with the Southside Poverty Alleviation Project – Home Improvement.

The works consist of the supply or construction of 1000 gallon (minimum) precast concrete or plastic septic system and 1000 gal soak-away system. The specifications for the precast concrete system will be made available to interested parties upon request form the Project Execution Unit, Ministry of Works in Belmopan, at Ph#: 822-0562, Fax: 822-0563 on 31st July 2008.

Belmopan, July 2008

STRESS MANAGEMENT: How to Rescue, Prevent and Cope with STRESS

If you're living with high levels of stress, you're putting your entire well-being at risk.

Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life.

The goal of stress management is to bring your mind and body back into balance. By adopting a positive attitude, learning healthier ways to cope, and changing the way you deal with stress, you can reduce its hold on your life.

Taking charge of stress Dealing with Stressful Situations

In our frenetic, fast-paced world, many people deal with frequent or even constant stress.

The overextended working mother, the hard-charging "Type A" personality, the self-critical perfectionist, the chronic worrier: they're always wound up, always stretched to the breaking point, always rushing around in a frenzy or juggling too many demands.

Operating on daily red alert comes at the high price of your health, vitality, and peace of mind. But while it may seem that there's nothing you can do about your stress level—the bills aren't going to stop coming,

there will never be more hours in the day for all your errands, your career will always be demanding—you have a lot more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of stress management.

Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems.

The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on.

Stress management strategy #1: Avoid unnecessary stress

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

Learn how to say "no"

Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added responsibilities when you're close to reaching them. Taking on more than you can handle is a surefire recipe for stress.

Avoid people who stress you out

If someone consistently causes stress in your life and you can't turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.

Take control of your environment

If the evening news makes you anxious, turn the TV off. If traffic's got you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping online.

Avoid hot-button topics

If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it's the topic of discussion.

Pare down your to-do list

Analyze your schedule, responsibilities, and daily tasks. If you've got too much on your plate, distinguish between the "shoulds" and the "musts." Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.

How Resilient Are You?

Your ability to handle and bounce back from stress depends on many factors, including a: Sense of control - Optimistic attitude - Strong support

system - Healthy body - Ability to adapt to change- Ability to handle unpleasant emotions - Belief in a higher power or purpose - Confidence in yourself and Sense of humor

Stress management strategy #2: Alter the situation

If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem is avoided in the future. Often, this involves changing the way you communicate and operate in your daily life.

Express your feelings instead of bottling them up

If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don't voice your feelings, resentment will build and the situation will likely remain the same.

Be willing to compromise

When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you'll have a good chance of finding a happy middle ground.

Be more assertive

Don't take a backseat in your own life. Deal with problems head on, doing your best to anticipate and

Please Turn To Page 14

Belize Tourism Board TOURISM NEWS

Belize Tourism Board Announces Tourism Training Opportunity

JOHNSON & WALES UNIVERSITY CERTIFICATION

Best Western Belize Biltmore Plaza

DATE: August 4th - 8th 2008 (9:00 am - 4:00 pm)

FOOD & BEVERAGE

Kitchen Supervision & Management

Cost: \$250.00BZ

Inclusive of daily coffee break and lunch.

- Food Presentation
- Kitchen Hygiene & Sanitation

DATE: August 11th - 15th 2008 (9:00 am - 4:00 pm)

HOSPITALITY "Q2" QUANTIFY THE QUALITY OF SERVICE

Importance of Service

Cost: \$250.00BZ

Inclusive of daily coffee break and lunch.

- Steps to Achieving Superior Performance
- Organizational Factors that Impact Guest Service
- Internal & External Guests
- Building in a Service Culture
- Handling Complaints

DATE: August 4th - 15th 2008 (9:00 am - 4:00 pm)

PACKAGE DEAL FOR BOTH FOOD AND BEVERAGE &

HOSPITALITY TRAINING COURSES.

Cost: \$450.00BZ

Inclusive of daily coffee break and lunch.

DATE: Saturday, August 16th 2008 (10:00 am)

CERTIFICATION CEREMONY FOR BOTH COURSES

Deadline for Registration Thursday, July 31st 2008. LIMITED SPACE AVAILABLE!

For more information and/or registration contact: Ms. Keesha Young (Training Officer)
Telephone: 227-2420 Ext. 259 E-mail: keesha@travelbelize.org

STRESS MANAGEMENT....

From Page 13

prevent them. If you’ve got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.

Manage your time better

Poor time management can cause a lot of stress. When you’re stretched too thin and running behind, it’s hard to stay calm and focused. But if you plan ahead, you can avoid these stress-inducing pitfalls.

Time management tips to reduce stress Create a balanced schedule

All work and no play is a recipe for burnout. Try to find a balance between work and family life, social activities and solitary pursuits, daily responsibilities and downtime.

Don’t over-commit yourself

Avoid scheduling things back-to-back or trying to fit too much into one day. All too often, we underestimate how long things will take.

Prioritize tasks

Make a list of tasks you have to do, and tackle them in order of importance. Do the high-priority items first. If you have something particularly unpleasant to do, get it over with early. The rest of your day will be more pleasant as a result.

Break projects into small steps

If a large project seems o overwhelming, make a step-by-step plan. Focus on one manageable step at a time, rather than taking on everything at once.

Delegate responsibility

You don’t have to do it all yourself, whether at home, school, or on the job. If other people can take care of the task, why not let them? Let go of the desire to control or oversee every little step. You’ll be letting go of unnecessary stress in the process.

Stress management strategy #3: Accept the things you can’t change

Some sources of stress are unavoidable. You can’t prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it’s easier than railing against a situation you can’t change.

Don’t try to control the uncontrollable

Many things in life are beyond our control—particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.

Look for the upside

As the saying goes, “*What doesn’t kill us makes us stronger.*” When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices

contributed to a stressful situation, reflect on them and learn from your mistakes.

Share your feelings

Talk to a trusted friend or make an appointment with a therapist. Expressing what you’re going through can be very cathartic, even if there’s nothing you can do to alter the stressful situation.

Learn to forgive

Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

Stress management strategy #4: Adapt to the stressor

If you can’t change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude. Reframe problems.

Try to view stressful situations from a more positive perspective.

Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.

Look at the big picture

Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.

Adjust your standards

Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with “*good enough.*”

Focus on the positive

When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.

Adjusting Your Attitude

How you think can have a profound affect on your emotional and physical well-being. Each time you think a negative thought about yourself, your body reacts as if it were in the throes of a tension-filled situation. If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as “*always,*” “*never,*” “*should,*” and “*must.*” These are telltale marks of self-defeating thoughts.

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by making healthy lifestyle choices and taking care of yourself. If you regularly make time for rest and relaxation, you’ll be in a better place to handle life’s stressors when they inevitably come.

Nurture yourself

Don’t get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury.

Set aside relaxation time

Include rest and relaxation in your daily schedule. Don’t allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries.

Connect with others

Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.

Do something you enjoy every day

Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.

Keep your sense of humor

This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.

Healthy stress reducers

* Go for a walk *Spend time in nature *Talk to a supportive friend *Sweat out tension with a good work-out *Do something for someone else *Write in your journal *Take a long bath *Play with a pet * Work in your garden *Get a massage *Curl up with a good book *Take a yoga class *Listen to music. *Watch a comedy. *Adopt a healthy lifestyle

Exercise regularly

Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.

Eat a healthy diet

Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.

Reduce caffeine and sugar

The temporary “*highs*” caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you’ll feel more relaxed and you’ll sleep better.

Avoid alcohol, cigarettes, and drugs

Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don’t avoid or mask the issue at hand; deal with problems head on and with a clear mind.

Get enough sleep

Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.

Stress Relief Techniques

You can control your stress levels with relaxation techniques that evoke

the body’s relaxation response, a state of restfulness that is the opposite of the stress response. As you learn and practice these techniques, your stress levels will decrease and your mind and body will become calm and centered.

Making a stress management plan

Stress management starts with identifying the sources of stress in your life.

This isn’t as easy as it sounds

Your true sources of stress aren’t always obvious, and it’s all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you’re constantly worried about work deadlines. But maybe it’s your procrastination, rather than the actual job demands, that leads to deadline stress.

Look closely at your habits, attitude, and excuses.

Do you explain away stress as temporary (“*I just have a million things going on right now*”) even though you can’t remember the last time you took a breather? Do you define stress as an integral part of your work or home life (“*Things are always crazy around here*”) or as a part of your personality (“*I have a lot of nervous energy, that’s all*”).

Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional? Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control.

Start a stress journal

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal.

Write down:

*What caused your stress (make a guess if you’re unsure). *How you felt, both physically and emotionally. *How you acted in response. *What you did to cope or feel better.

Putting your worries on paper has a marvelous way of clarifying things

As you keep a daily log, you will begin to see patterns and common themes. Your journal may help you see that you don’t really have that much to worry about, or it may bring overlooked problems to light. Whatever your discoveries, your stress journal should help you establish a plan for moving forward.

Evaluate your coping strategies

Think about the ways you cope with stress. Your stress journal can help you identify them. Are your coping strategies healthy or unhealthy, helpful or unproductive? Unfortunately, many people cope with stress in ways that compound the problem.

These coping strategies may temporarily reduce stress, but they cause more damage in the long run.

A MOTHER IDENTIFIES REMAINS ...

From Front Page

Ignacio Town Hospital where it remained for two full days.

It was not until around mid morning on Monday, July 28 that the mother, Lorraine Guzman, was invited to the police station and later to the morgue where she identified the long blue jeans pants and the blue and white Nike tennis shoes that her son wore at the time of his disappearance.

She also identified the texture of the hair on the skull as being consistent with that of her missing child.

That same Monday morning the

remains, accompanied by the mother, was transported by San Ignacio Police to the morgue at the Karl Heusner Memorial Hospital in Belize City for further examination by forensic specialist **Dr. Mario Estradaban**. His final pronouncement is being withheld as further examination is reportedly required to determine the actual cause of death

As in most instances we knew the child. He grew up with our children the same neighborhood. We can therefore say that life had not been

easy for Pedro Guzman Jr.

He was first shot in the leg during a brief stint in Los Angeles. After this incident he returned to Belize and in March 2004 he was shot in the hand allegedly by a police corporal. This injury landed him in the hospital for many weeks.

Less than four months after this narrow brush with death, he was briefly detained as a main suspect in a murder investigation.

One year later he was formally arrested and charged for the murder

and he spent the next three years in the maximum security section of the prison.

He spent less than a dozen days in freedom before going missing and by all indication thus far he might have been tortured before being executed and decapitated.

Saturday morning's discovery brings to a sad closure the case of her missing child as Lorraine Guzman is making arrangements to lay her fourth of six children to his final resting place.

August & Woods Found With Greedy's Flour

From Front Page

Woods and August were detained and transported to the police station. About three hours later Jonathan Cariddi visited the station and reported that at around 7:00 p.m., that night he parked his green pickup truck through the West Street back entrance to his Greedy's Too Restaurant located on Burns Avenue in San Ignacio Town. Cariddi informed that when it came time for him to leave at around 2:00 a.m., he immediately noted that the two sacks of four, valued at \$172, were missing from inside the back of the truck.

Woods and August were

subsequently arrested and charged for handling stolen goods. They spent the weekend in jail and appeared before Magistrate Kathlene Lewis in San Ignacio's Magistrate Court on Monday, July 28.

They pleaded guilty to the charge and were given different sentences. Woods received an instant 12 months jail sentence because of prior theft convictions while August was fined \$1,000 to be paid by September 15, 2008 in default 12 months in jail. However, the court was advised that August has an outstanding \$100.00 court fine. He consequently remanded to prison until the fine is paid.

Hode's Place

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BELIZE TOURISM BOARD

Tourism Management Programs

The Belize Tourism Board is offering tuition scholarships to interested applicants for Tourism Management Programs to commence August 2008 for the following degrees:

1.) Associate Degree in Tourism Management

Requirements: Applicants must have a minimum of a High School Diploma and have been accepted into the Tourism Management Program at ANY of the following institutions:

San Pedro Junior College
Ecumenical Junior College

Sacred heart Junior College
St. John's Junior College

2.) Bachelor Degree in Tourism Management

Requirements: Applicants must have a minimum of an Associate's Degree in Tourism Management and have been accepted into Galen University Bachelor Program in Tourism Management.

3.) Jean Shaw Tourism Scholarship (Two Year)

Requirements: Applicants must be a female Belizean citizen who has a minimum of an Associate's Degree who has been accepted into the Tourism Management Program at the University of Belize (UB) and wishes to pursue a bachelor's degree in Tourism Management.

The Jean Shaw Tourism Scholarship has been established in memory of the late Jean Ursilla Shaw, a renowned female tourism pioneer who played an integral part in the development of Belize's tourism industry in her lifetime. The Fund was established by the BTB in collaboration with its private sector counterparts to support the development of qualified Belizeans pursuing a career in tourism.

Application Deadline: Friday, August 8th, 2008

For more information, please contact: **Ms. Keesha Young (Public Awareness & Training Officer)**
Telephone: **227-2420 Ext. 259** E-mail: **keesha@travelbelize.org**



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