

Police Are Looking For WALTER MARTINEZ aka RUBEN LOPEZ "Bling"

San Ignacio Police this week informs of the increasing reported cases of burglary which have been growing over the past several months.

Although the thief might take

anything of value from inside a house or motor vehicle, police say that items of preference are electronics such as Television sets, Computers (laptop & PC's), Play Stations, DVD and

Crow Fox Pleas Guilty For Escape Will Spend Three Months in Jail

SAN IGNACIO TOWN, Cayo, Thursday, April 7, 2011:

His cycle of criminal detention continues as he returns to jail for three months on this latest occasion.

His name is **Ruben Arnold**, 41, Belizean, unemployed of #9 Hospital Street, San Ignacio. His latest dramatic contact with the police began at around 3:00 am on Tuesday, April 5, when a mobile police patrol found him walking on Moses Street in San Ignacio. He was stopped and searched leading to the discovery, police say, of a single point 38 bullet in the left leg side pocket of the pants he was wearing. He was escorted to the police station where he was formally arrested and charged for keeping unlicensed ammunition.

About six hours later at around 9:00 am that same Tuesday morning as the police was preparing to transport the day's prisoners to magistrate court in Belmopan, Arnold reportedly ran behind the cell block and jumped over the back fence thus effectively escaping from lawful police custody.

Twelve hours after escaping Arnold was captured, at around 9:00 pm as he was hanging out on 6th Street base. He was escorted to the police station where, in addition to the possession of illegal

Ruben Arnold, 41

ammunition charge, he was additionally charged for escaping from lawful custody.

He appeared in before Magistrate **Adolf Lucas Jr.**, in Belmopan Magistrate Court where he first pled not guilty to the ammunition charge (*he is alleging that the bullet was planted on him by the police*). On the escape charge however, he wasted no time in pleading guilty as charged and was ordered to pay a fine of 300 dollars in default 3 months in jail. He informed the magistrate that since he will be spending an initial three months for the illegal ammunition charge, we would prefer the spend that same three months for the escape charge instead of paying the 300 dollars fine. He was subsequently ordered confined to jail for the next three months.

CD Players.

The police is discouraging citizens from purchasing stolen goods. They say that the charge for the handling of stolen goods is as just as harsh as the burglary itself.

In light of the increasing

reported burglary, San Ignacio police is on the hunt for **Walter Martinez** also known as **Ruben Lopez** and "**Bling**", residing in the Santa Cruz Area of Santa Elena Town, who they say could assist them insolving many of these reported cases.



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Sir Harry Appointed Belize's Ambassador To The Vatican

Continued From Front Page

Foreign Affairs & Foreign Trade is pleased to announce the appointment of **His Excellency Mr. Henry L. Lawrence, O.B.E., J.P.**, as Ambassador Extraordinary and Plenipotentiary (*Designate*) of Belize to the Holy See.

The appointment was made in an effort at strengthening and expanding the cordial relations that exist between Belize and the Vatican.

Ambassador Lawrence is scheduled to present his Credential Letters to His Holiness **Pope Benedict XVI** in a solemn ceremony at the Vatican City on May 26, 2011.

Ambassador Lawrence was born in Belize City in 1933 and after graduating from St. John's College in 1950 he entered the journalism field where he continues to work to this very day.

He was elected as Councilor to the Belize City Council for two terms. He was appointed as an Officer of the British Empire (OBE), and has served in various other Commissions, Boards and Councils, including the Belize Chamber of Commerce and the Advisory Council on the Guatemalan Claim.

Ambassador Lawrence succeeds the late Ambassador Oscar Ayuso as Ambassador of Belize to the Holy See.

Belize established Diplomatic Relations with the Vatican City on March 9, 1983.

We take this opportunity to congratulate **His Excellency Ambassador Henry Llewellyn Lawrence** and to wish him only the very best in his new diplomatic mission.

STAR Newspaper

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After Several Attempts - Daisy Succeeds In Taking Her Life

SAN IGANCIO TOWN, Cayo, Monday, April 4, 2011:

Acting upon information received today, at around 9:00 a.m. Crimes Investigation Branch personnel visited a farm about one and a half miles on the Paslow Falls road in Bullet Tree village where they found the lifeless body of a Hispanic girl hanging from the branch of a tree with a rope around her neck with both feet about three feet off the ground. On the scene, police also found what appeared to be a suicide note written with charcoal on a nearby wooden picnic table.

The body was identified to be that of **Daisy Cerda, 18**, Belizean, fourth form student attending Mopan Technical High School in Benque Viejo Town and residing on Church Street also in Benque Viejo Town. The body was removed from the scene and transported to the San Ignacio Community Hospital where, at 10:15 a.m.

that same day, it was officially pronounced dead by **Dr Fidel Cuellar**, the medical officer on duty at the time.

Subsequent police investigation reveal that the deceased left her home at around 5:00 p.m. on Friday, April 1, informing that she was going to the Kontiki Area, San Ignacio to spend the weekend with a female friend. The friend confirmed that she indeed arrived on Friday evening and that she left at around 9:00 p.m. on Saturday,

April 2, in the company of a male friend and that was the last time the female friend saw her alive.

According to the police, the deceased was harboring suicidal tendencies for several months and that several agencies have intervened to assist and counsel her including, Benque Police, the churches in Benque and other governmental agencies.

In the latter part of February this year, she was cut down whilst hanging by the neck from a branch in the same area. She was resuscitated and transported to the Karl Heusner Memorial Hospital in Belize City where she spent several days recuperating. On this occasion however she actually succeeded in taking her young life.

This incident has sparked serious police investigation into reports of the existence of an EMO (*Emotional*) cult operating inside Benque Viejo Town. Police is also following up



Daisy Cerda, 18
Sunrise: Sept. 27, 1992
Sunset: April 4, 2011

reports that the Benque Viejo group is actively seeking to establish a branch in San Ignacio and that some of the prospective vulnerable members are beginning to display EMO tendencies, like hanging out on weekend nights inside the San Rita Cemetery in San Ignacio Town.

The police are committed to regularly patrolling the area in an effort to disrupt the activities of this group.

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Have You Been To The Library Lately?

BY: Jane Hail

Cornerstone Foundation Volunteer

Millions of people in countries around the world have fond memories of reading *The Cat in the Hat* by **Dr. Seuss**. Most didn't purchase the book; they borrowed the book from a library. Dr. Seuss said, *"The more that you read, the more things you will know. The more that you learn the more places you'll go."*

San Ignacio has a beautiful new library that opened on November 3rd, 2010. The San Ignacio Rotary did a fantastic job in providing shelves, tables, chairs, computers, desk, fans, air-conditioning, etc. I find the chairs to be the most

comfortable in town. The library is located in the old meat market on Riverside Street. The project was done in collaboration with Social Investment Fund, San Ignacio Rotary Club, San Ignacio/ Santa Elena Town Council, Government of Belize and the National Library Service. The Jacksonville Rotary Club of Florida donated over 2,000 children's books out of a 76,000 pound shipment of textbooks and the United States Navy brought the books to Belize.

All of the above have spent time and money to create a library for the people of San Ignacio and surrounding areas to use.

Libraries have existed for

thousands of years. The oldest organized library yet discovered was in the ancient city of Ebla, Syria. Approximately 2,500 years before the birth of Christ, this library had more than 20,000 clay tablets housed there just for the cities select people.

All of the citizens of San Ignacio, Santa Elena and surrounding communities, as well as the wider Belize, have the choice to use the library free of charge. The San Ignacio Town Library belongs to you. The best way to show your appreciation to those who created it is to use it.

Parents and grandparents take your child to the library and help them learn how enjoyable it is to read.

Television, computers, electronic games, etc. are often the choices children make for their leisure time activities. However, reading to your children each day is an important contribution for you to make towards your child's love of reading and academic success in school.

In talking with parents, they have often told me that they don't have time to read to their children. My response is that we make time for that which is important. When children look back on their childhood, one of their favorite memories isn't that their mothers had clean homes, but that their mothers/fathers read to them each day. Of course it is important to have a clean home, clean clothes, and healthy food, but it is also important to introduce your child to the wonderful world of books and keep them reading.

Parents also say they are afraid their child will damage or lose a book. Responsibility is a positive quality to instill in children. Parents can help by having a designated spot for

their child to safely keep library books when they aren't being read. Books aren't the only things borrowed during one's lifetime. Children need to understand that that which is borrowed must be returned.

People also tell me that they have books at home for their children, and they don't need a library.

For two years I was a volunteer at St. Andrew's Anglican Primary School in San Ignacio where I created a school library and was the librarian. By the time I left, the students were checking out more than 2,000 books per month. The majority of these books were checked out by students from Infant 1 to Standard 2. This shows that if you offer books at an early age, the children will enjoy reading.

One little girl in Infant 1 checked out almost 200 books during the school year. Her mother told me her daughter wouldn't return the books until they had been read to her. Because her parents read to her, this little girl will read to her own children some day. It wasn't just students who had no books at home that checked out books, but it was also students who had many books at home. Wouldn't it be great to have large number of books being checked out each month from your town library?

The library is open Monday-Saturday. The Monday- Friday hours are 9 AM – 7 PM. Saturday hours are 9 AM- 1 PM. Come to the library.

Bring your children. The library has newspapers that you can read in a relaxing environment on the deck overlooking the river. Use the library and be an important person in helping educate your child. If you do this, you will reap many rewards and never be disappointed that you chose to use the library.

BELIZE WATER SERVICES LTD.

PRESS RELEASE



Belmopan City - April 07, 2011:

Restoration of Water to Belmopan Water System

Over the last week, Belize Water Services Limited has encountered several challenges within the water distribution system in Belmopan and the surrounding areas. These have now been overcome and full service has been restored to the entire system.

Some of the challenges experienced were:

- An electrical burn-out of the main raw water intake pump – which then reduced the water treatment plant output significantly
- The resulting drawdown of the storage tank supplying Belmopan City then led to reduced pressure and subsequent water outages
- Several incidents of broken mains occurred as water was restored at high pressure to try to minimise outage times

All of these during a period when the demand is at its highest due to the dry and hot weather conditions.

BWS informs customers that our services are now fully restored and that the pressures should be back to normal. Any customer who experiences any problem with their water supply is asked to please contact us immediately at 0-800-CALL-BWS (0-800-225-5297).

The general public should be aware that these recent problems are not related to the recent addition of Cotton Tree unto this water system. The Belmopan water treatment plant has been upgraded to adequate capacity to meet the growing demand of the area. The interruptions experienced were due to a combination of unusual circumstances. Customers may also report any leaks or concerns to our Belmopan Branch office at Telephone Number's 822-2400 or 822-3727.

BWS thanks customers for their patience and understanding shown during the period of these inconveniences.

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March Issue

Ministry of Health

Monthly Publication



Belize and Japan holds Grant Ceremony

An official ceremony was held on Friday, March 18, 2011 in Belmopan at the Ministry of Foreign Affairs Training Room for a Grant Agreement between the World Bank and the Ministry of Health.

The objective of the grant is to improve the health and nutrition of children in communities in Toledo, Belize through an early childhood development approach.

Specific components of the Project to be implemented through the grant includes addressing and preventing malnutrition in children under 5 years of age by empowering the local community and promoting behavior change by increasing the understanding of community's



(l-r) Minister of Health, Hon. Pablo Marin and His Excellency Hiroshi Yamaguchi

attitude and perception towards health.

The grant, which is in the sum of USD 2,752,894.00 was received by the Minister of Health, Hon. Pablo Marin to be used over a five-year period, for project implementation by the Toledo District Health Council.

Belize Commemorates World TB Day



Ministry of Health Fair for TB Day held at the ITVET, Belize City

The Ministry of Health celebrated World Tuberculosis (TB) Day on March 24th under the theme, *On the move against TB: Innovate towards Action.*

To commemorate TB day, the Ministry of Health hosted a one day TB conference where a general overview of the present state of TB in Belize as well as other topics were discussed.

The Ministry also organized a week long program of activities for the entire country such as radio and television show appearances, site visits, sensitization workshops, walkathons and health fairs at hospital or clinic sites in each district

Although the Ministry has seen an increase in TB cases, they have improved surveillance in the testing specifically ensuring that all TB patients are checked for HIV.

Tuberculosis is a disease caused by tiny germs that are put into the air when a person with untreated TB disease coughs, laughs, sneezes or sings.

Early detection can decrease the onset of symptoms such as cough (*sometimes with blood*), fever, weight loss, tiredness and night sweats.

Minister Pablo Marin congratulated and thanked the staff for organizing the activities during TB week.

Ministry of Health cautions Public on Heat Stroke

The Ministry of Health advises the general public that in very hot weather it is important to keep in mind that persons of all ages can suffer a Heat Stroke.

Heat Stroke is the most severe form of heat related illness. Heat Stroke is not necessarily caused by exercise or dehydration. High temperatures, lack of body fluids and overexposure to the heat and sun can all bring about a heat stroke. Red flushed skin is one of the first sign to look for in a person suffering from a heat stroke.

Sometimes people experiencing heat stroke do not sweat. Other

signs include a body temperature of 102 – 106 degrees or higher, seizures, headache, a rapid pulse and sometimes unconsciousness. Children and elderly persons are more vulnerable.

Avoid suffering from heat stroke by drinking plenty of water, stay in a place where there is plenty of airspace, stay in shaded areas, also use light colored and loose fitting clothing.

Heat stroke is a medical emergency, anyone exhibiting the signs and symptoms of heat stroke should be rushed to the nearest health center or hospital.

ADM Mills Nutrition Quiz Competition proceeds to the National Finals



Third Place Winners, Corozal Finals. Sarteneja Cornerstone Presbyterian Academy

The Ministries of Health and Education in collaboration with the Pan American Health Organization (PAHO) and UNICEF has concluded the first phase of hosting the Annual National ADM Secondary School Nutrition Quiz Competition.

Minister of Health, Hon. Pablo Marin and the staff of the Ministry of Health congratulate all the winners as they proceed to the National Finals of the Secondary

School Nutrition Quiz Competition scheduled for May 12th 2011 in Belize City.

The competition is funded annually by the ADM Belize Mills Limited, the respective ministries, PAHO and UNICEF. Winners of the National competition will then proceed to compete in the Regional Nutrition Quiz Competition organized by the Caribbean Food and Nutrition Institute (CFNI).

Ministry of Health
Belmopan
822-2325/2363

Tracy Panton Address - Cohort 2 - Women In Politics

BELIZE BILTMORE PLAZA HOTEL, Belize City, Thrusday, March 31, 2011:

Graduation ceremony was held today for twenty two Belizean women who successfully participated in the second cohort of Women in Politics Project.

One of the participants was **Mrs. Tracy Taegar Panton**, General Manager, Belize Natural Energy Trust, who was invited by her peers to deliver the graduating class address.

Here is Mrs. Panton address to the gathering of special invited guests, graduates from chort 1, family, friends and fellow cohort 2 graduates:

I have been nominated by my peers to re-cap in 5 minutes our journey with the Women In Politics Project over the past 5 months. A tall order but one that I am distinctly honored to attempt on behalf of my colleagues.

Two weeks ago, the younger of my two daughters, who has always displayed a keen interest in politics, inquired: **"Mom why did you sign up for the Women In Politics Project?"** Curious as to what prompted this question I asked her why she thought I did. She could not fathom that I would actively pursue political leadership, although she envisioned a career in politics for herself a few years down the road. I am certain, my colleagues all 22 strong, have been asked this very question by family and friends as they each made the decision to tap into this important learning opportunity.

I conducted an informal poll, the reasons were clear: We want to be agents of change. We want to serve others. We want our voices to be heard. We want to have meaningful representation. We want to make decisions and effect policies that affect us; and my favorite response, simply, for democracy's sake. As women, we cannot be



Mrs. Tracy Taegar Panton, General Manager, Belize Natural Energy Trust

ourselves in today's society if all the laws and rules are being influenced and determined by men.

This journey began in November 2010. The group of women seated on my left, hail from as far south as Toledo to our northern most District Corozal and from several villages and towns in between. We are a diverse group of women with different interests, political persuasions, life experiences, educational backgrounds, cultural and religious beliefs. We are daughters, wives, mothers, educators, health care professionals, humanitarians, lawyers, economists, community activists, transportation providers, students, musicians, entrepreneurs and public officials. As different as we are, we share a common dream: that one day this country we call BELIZE, will realize its full potential, where men and women will be able to work side by side, hand in hand to establish the priorities that will not only guide our development as a people but more importantly shape our democracy. It is not acceptable for us to be ranked in the very last position on the *Global Gap Index* in the area of political empowerment of women.

While we can find 31 good men to serve in parliament, the question remains, can we consider this a legitimate democracy? A

democracy that is representative of and responsive to the needs of a diverse constituency? **Hilary Rodham -Clinton** has made it clear: ***There cannot be true democracy unless women's voices are heard. There cannot be true democracy unless women are given the opportunity to take responsibility for their own lives.*** Our colleague **Jennette Myvett** so vividly and eloquently brought this sentiment home when she said: ***"A country that fails to propel women into political leadership is like a bird with a broken wing, it may never learn how to fly"***.

Over the last five months, we were able to navigate through the various conventions that both protect and promote the rights of women. We scrutinized the fundamental rights and freedoms of our Constitution. We took time to dissect the national budget and to explore new concepts such as gender budgeting. We discussed the urgent need for political reform of a system that ultimately seems to corrupt. We also took time to fully examine the obstacles and challenges women continue to face when seeking political office and heard, first-hand, the real life stories of former women parliamentarians, the pioneers among us, who have been able to defy the odds. We discussed the philosophies of the established party organs and received valuable input on crafting effective strategies for political success.

There were passionate debates; outright disagreements; and several opportunities for us to build consensus on the issues that are most important to us as women. We took time to conduct our own field research, to gather valuable data on the views and opinions of key decision makers who have a responsibility and a sacred duty to the people they represent. The results re-confirmed that even though women have achieved record success in higher education and have been the backbones of our political institutions, we have not been able to consistently break through the barriers of a well established male-dominated political culture. While there were highs and lows, I think we will all agree that one of the tangible benefits we received from being engaged in this important initiative is the opportunity to network with so many women and men who have each added their own unique perspective on the role of women in the national conversation.

The **Women in Politics Program** also gave us the opportunity to interact with a distinguished group of facilitators who generously gave

of their time to share their knowledge, expertise and experiences with us. Among them, the re-known Caribbean educator and advocate for gender justice, **Dr. Rosina Wiltshire**, who reinforced that leadership, transformational leadership, is about SERVICE, putting aside your own needs in order that you can address the needs of others; service that ought to be grounded in the principles of equity, equality, justice, democracy, compassion, non-violence and cooperation. She reminded us that as aspiring politicians we have to believe in ourselves and to live our lives with integrity. Respect for self and respect for others are foundational to ensure success.

Throughout history, women have proven without a shadow of a doubt, that we are capable of delivery results. We bring special skills and traits to the table. We have the ability to form strong alliances across political boundaries. We are able to multi-task and to effectively manage several moving parts at the same time. We are prudent fiscal managers and are great consensus builders. While our male counterparts are focused on the end goal, we recognize that the process we take to achieve the goal is equally important. We will go the extra mile to get the task done. We are compassionate beings and we all know that humanity cannot survive without love. There is absolutely no reason; therefore, why we should not be able to change the existing environment where it relates to equity in governance.

A politician I recently interviewed said to me unapologetically, if you don't know the rules, you cannot play the game. Another politician had concluded: ***"Women have not risen to the ranks of political leadership because we lacked confidence, not the knowhow, to take on greater responsibility"***. Yet another conceded that all this ***"talk"*** by the respective political parties in support of women in key decision making roles is merely window dressing. Not a single thing had changed in the last 15 years so he had no idea why we expected to see changes now.

So Colleagues, I say, we need not wait for any affirmative strategies to be deployed by our male counterparts with the hope that someday soon the playing field will be leveled. It is not in their best interest. We need not learn their rules so we can play their game.

What we need to do is to change the game plan and define our own rules. Let us continue to support each other, challenge each other and hold each other accountable.

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ATLANTIC BANK

Easter Holiday Opening Hours

The public is advised that all Atlantic Bank branches will be opened for normal business hours from 8:00 a.m. until 3:00 p.m. on Holy Thursday, April 21st, 2011.

Offices will be closed for business from Friday, April 22nd to Monday, April 25th, 2011 for the Easter Holidays.

All Atlantic Bank offices will reopen for business at 8:00 a.m. on Tuesday, April 26th, 2011.

EMO (Emotional) Why No Child Is Safe From This Sinister Cult

Hannah was a happy 13-year-old until she became an ‘emo’ - part of a sinister teenage craze that romanticises death. Three months later she hanged herself. Here, her devastated mother tells other parents: No child is safe

On the night before she died, she came into their room, kissed her father Raymond on the cheek and cheerfully told him: “I love you, Dad.”

The following day Hannah’s mother Heather went to check on her daughter and found her hanging by a tie from the top rail of her bunk bed. She screamed for her husband to come, but try as he might it was too late: there was simply nothing that he could do to save Hannah’s life.

In the unending bleakness of the weeks that have followed, the couple have fought to make sense of what happened. Why on earth did their daughter, a popular, intelligent and attractive girl, do such a thing?

They could find only one clue: Hannah was what is known as an “emo”. Some describe it as a cult or a sect, but in reality the term

derived from the word “emotional” ?encapsulates a trend that is becoming hugely popular among Britain’s schoolchildren.

A trans-Atlantic import, its followers dress in black, favouring tight jeans, T-shirts, studded belts and sneakers or skater shoes.

Hair is all-important: often dyed black and straightened, it is worn in a long fringe brushed to one side of the face. Music also plays a critical role. Emos like guitar-based rock with emotional lyrics. American bands such as My Chemical Romance, Good Charlotte and Blink 182 are particular favourites.

No doubt many adults would ask: “So what?” On the surface, it all sounds typically teenage angst-ridden, over-dramatic and tribal.

Heartbroken: Ray and Heather Bond said Hannah told them emo was ‘just a fashion’ No different, in fact, to the Goth subculture that first emerged in Britain during the early 1980s.

There is, though, growing concern that there is a deeply unhealthy undertone to the emo movement. Some time before her death,

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★STAR HUMOR★

A Writer Nonetheless

A visitor to Sacred Heart College in San Ignacio paused to admire the new Edgell Hall built on campus.

"It's a pleasure to see a building named after Zee Edgell," he said.

"Actually," said the Principal,

Her First Football Game

Harry took his girlfriend on vacation to visit his family in Texas.

He took her to her first ever football game. After the game he asked her how she liked it.

"I liked it, but I couldn't

"it's named for Joe Edgell. No relation to Zee I am told."

The visitor was astonished. "Was Joe Egell a writer, also?"

"Yes, indeed. He sure was" responded the Principal promptly. "He wrote the check."

understand why they were killing each other for 25 cents," she said.

"What do you mean?" he asked.

"Well, everyone kept yelling, 'Get the quarter back!'"



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**CHALLENGE
GOBIE**

EMO (Emotional) Why No Child Is Safe From This Sinister Cult

Continued From Page 7

Hannah's parents, who live in Kent, noticed scarring on the inside of her wrists.

When they questioned her about it, honest and open as ever, she told them she'd inflicted the wounds herself and that it was part of an emo **"initiation ceremony"**.

Only after her death would they discover how she had secretly chatted online to emo followers all over the world, talking about death and of the **"black parade"**? a place where emos believe they go after they die.

A check of Hannah's home page on social networking site Bebo revealed her pseudonym, Living Disaster, and that she'd decorated it with a picture of an emo girl with bloody wrists.

Another picture showed a child's exercise book scrawled with the words: **"Dear Diary, today I give up."**

While Hannah's wrist injuries may have been slight, the issue of selfharm among adolescents is causing growing concern in British schools.

My Chemical Romance made it to No.1 in the UK chart with Welcome To The Black Parade in October 2006 - the **'black parade'** is a place where all emos believe they will go when they die

New figures show that the number of children admitted to hospital due to injuries inflicted on themselves has risen by a third in five years. In 2002/03 there were 11,891 such admissions; in 2006/07 this had risen to 15,955. In both periods, there were more than three times as many admissions of girls as of boys.

Crucially, those who self-harm are more likely to go on to attempt suicide. While there is a multitude of reasons for this epidemic (**exam-related stress and bullying to name but two**), it is hardly surprising that the emergence of a sub-culture that appears to glamorise self-harm and even suicide is being regarded with alarm.

Inevitably, criticisms of emo culture are laughed off by those who consider themselves to be at the heart of it.

It's just a music thing, they say, and anyone who takes it further has something inherently wrong with them.

"If you listen to the lyrics, you will see there is nothing that promotes suicide; and even if there was, no right-minded person would listen to it and think: 'Now I'm going to kill myself,' 'a self-confessed emo wrote last week on a music website following the

inquest into Hannah's death.

"I don't think anyone can say that there is a link between emo and suicide? it's just a myth.

"Emo has become an easy target for ridicule like this; but the bottom line is emotional does not mean suicide."

That is true, of course. But as any parent will tell you, adolescent children can be highly irrational. They are also easily influenced and may be ill-equipped to deal with powerful emotions that can be magnified by a sense of "membership" to a sub-group that revels in self-pity.

It is something that Lorraine Harrison is all too aware of. She has three daughters, the youngest of whom is 11-year-old Levi, a girl who classes herself as emo. Recently, Levi asked her mother: **"Just why do people kill them-**

selves?"

"When she asked me that, it made me shudder," says Lorraine, 46, from Alston in Cumbria. **"I managed to keep calm and explained to her that people's minds are very disturbed, and often they don't really want to die. But inside I felt sick with worry that Levi is thinking about such things."**

From being the sort of girl who dressed in pink and played with Barbie dolls, now Levi will wear only black.

Her favourite T-shirt is patterned with skulls, and she spends hours in her room listening to music by My Chemical Romance.

"Their lyrics seem to be associated with depression and self-harm, and I feel shock when I listen to them," says her mother. **"Levi seems to have gone from being a lively girl who enjoyed having friends around, to someone who has become quite introverted."**

When the topic of suicide was raised, Lorraine became so concerned that she telephoned Levi's father, David, from whom she is separated.

"He reminded me that I used to be a rebel, too," she says. I was a punk rocker for a while, and he reassured me it was probably just a phase that Levi would grow out of. "But I don't feel it is like the punk rock movement. That was about a zest for living and seeing life from a different angle. We didn't harp on miserably about dying."

Efforts to snap Levi out of her emo torpor have so far met with little success. Before Christmas, Lorraine bought her daughter a wardrobe of brightly-coloured designer clothes and jeans, but they have barely been worn.

She has banned Levi from dying her hair black, but is worried about clamping down further in case it causes further rebellion.

**BELIZE
CITRUS
GROWERS
ASSOCIATION**

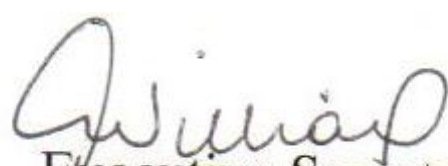
Citrus Research & Education Institute (C.R.E.I.) • Administrative, Financial, Sales Division



OBJECT: NOTICE OF SPECIAL MEETING OF MEMBERS OF THE CITRUS GROWERS ASSOCIATION

NOTICE IS HEREBY GIVEN to all members of the Citrus Growers Association that the Committee of Management of the Association has called a special meeting of members on Saturday, April 16th, 2011 at 9:30 am, at 9 miles, Stann Creek Valley Road for the purpose of transacting the following business:

1. Matters relating to the Citrus Growers Association Investment Company Limited and Citrus Products of Belize Limited.
2. Update on Implementation of Arbitration Recommendations, Re: 822.599 discrepancy in pound solids between factory and pound solids lab for orange, sanctioned by the Citrus Control Board.
3. Update on Fruit Prices.


Executive Secretary
April 6, 2011

Attention Drivers!

New Regulation Prohibits Heavy Tint



The Department of Transport hereby notifies all vehicle owners, dealers, importers and tint-shop operators that effective **June 1, 2011** no vehicle can be driven or parked on a public road if it has any tint that does not fall within the following restrictions:

Windshield:

- A.** NOT less than 50 %Visible Light Transmission (VLT)
- B.** Only Non-Reflective Tint NOT more than 4 inches from the top

Front & Rear Windows and Rear Glass:

- A.** NOT less than 20% Visible Light Transmission (VLT)
- B.** Reflective or Non-Reflective Tint of any Colour

This is in Accordance with Section 3 of the Motor Vehicles and Road Traffic (Tinted Windows) 2011 Regulation which states as follows:

3. Subject to Sub Regulation (2) and Regulation 4, no person shall use, or cause or permit another person to use, a motor vehicle on a public road if its windscreen, rear glass or any of its windows is tinted or otherwise treated, in a way that is likely to impede sight, from outside the vehicle, of a person or thing inside the vehicle.

Belize Needs A Commissioner Of Police With A Criminal Investigation Background

By: Wellington C. Ramos



As a former Police Officer in the Belize Police Force in charge of the Criminal Investigation Branch in the Orange Walk District dealing with some of the most brutal murders in our country, I think that the time has come for government to appoint a Commissioner of Police with vast experience in criminal investigations.

Up to the 1980's, Police Officers underwent six months training in Police Duties, Traffic, Criminal Law, Immigration, Evidence, Weapons Handling, Self Defense, Physical Education and First Aid.

The Traffic and Immigration Departments were later separated from police duties so I do not know what are the new methods of training in today's police academy.

When I joined the Police Force in 1973, shortly thereafter a police truck came to the Training School in Ladyville with a group of musicians under the command of one **Sergeant Anderson**. Among these men was our current Commissioner of Police **Crispin Jefferies**.

The members of the police band, as they were known; because of their musical talents did not go through regular police training but were instead issued with police regulation numbers and uniforms. They played music all day long under the tent that was built right next to the football field on the compound. As time went by, many of these same men slipped their way into the regular Police Force. They were subsequently promoted through the ranks. Many of them encountered difficulties in performing police duties simply because they had no formal police training.

It is a well known fact some former Commissioners of Police were appointed to the top job, not because of their professional qualifications or competence but rather because of the relationships they developed over the years with our country's politicians from both the United Democratic Party and the People's United Party.

After their appointments by these politicians, they felt obligated to them and did little in the best interest of the Police Force but more to satisfy the politicians and their political party's needs. This is one of the biggest problems plaguing the Belize Police Force why many members are afraid to carry out their duties without fear of repercussions from their superiors or politicians.

Police Officers should have no fear in enforcing the laws of the land against any individual who has broken it despite his or her status in the country.

Now we have a situation in Belize where crime is out of control, a situation where the criminals and gangs have taken over the streets of Belize City and pretty soon they will spread to the rest of the country if they are not halted now.

We have heard about several programs and initiatives to crack down on crime in Belize but they are not working. People do not want to hear about more programs and initiatives while their loved ones are dying daily. They want these killings to stop now!

I heard one Minister say a couple months ago on Love FM, that they know who all the gang leaders in Belize are. Well if this is the case, why can't these people be locked up for **"Unlawful Assembly"** or other crimes so that others who are thinking about forming gangs will not even think about doing so in the present or future.

When **Crispin Jefferies** replaced **Gerald Westby** as Commissioner of Police I knew from the beginning that it was bound to fail. Since the change in command, the crime situation in Belize has gotten worse as incidents of murder increased sharply over the last two years.

There has been several

attempts by the Belize Police Force and the Government of Belize to portray the image that crime is reducing but nobody in Belize is going to believe those statistics or even try to entertain them. A person's life is valuable, it cannot be replaced as is the case with theft or damage to someone's property. The wanton loss of human life to rampant crime and violence makes any government or Police Force very unpopular.

I have looked at the current top brass of the Belize Police Force and there is only one person who, in my view, possess the Criminal Investigation background to stop these murders in Belize City and he is **Deputy Commissioner James Magdaleno**. I was informed that Commissioner Jefferies' contract expires at the end of May this year. While Magdaleno is slated to proceed on pre-retirement leave within the next two weeks. If the government could have re-employed the retired Crispin Jefferies on contract, why cannot the same be done for James Magdaleno. It's a position Magdaleno has always wanted. To this I say, give him a chance. Give him three months to prove his worth and if he is not pulling his weight then he should be put to pasture without delay.

Word is that the Government of Belize is now looking overseas, possibly towards the Caribbean, for a new Commissioner of Police. In this endeavor we must move carefully least we end up with an individual who knows nothing about Belize, its culture and by extension its crime patterns.

There is a high probability that in the absence of formal police training, the current Minister of Police could be misled with unreliable information by advisors with intent on portraying the image of all things are fine and dandy. I say this with no disrespect to the Hon. Minister of Police and Public Safety but rather out of legitimate concern for the welfare of my fellow Belizean brothers and sisters.

From what the Police Minister has done thus far, I get the distinct impression that he

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really cares but if the police high command does not act upon his request, all his good intentions will go to zero.

The time has come for Belizeans to stop living in a fantasy world. The time is now to make a change before it is too late. Every time I hear a Belizean killed, it makes me feel like making America my home forever. If I can feel this way, imagine how other Belizeans and strangers are thinking who want to return to their country and spend or invest their money. They will keep away from our country resulting in the loss of much needed revenue and foreign exchange.

The bottomline in this discussion is that criminal intelligence is badly needed because crime prevention is always better than crime investigation. We must get these criminals before they commit more brutal and vicious crimes against our fellow citizens.

Editor's Comment: Facts are indeed stubborn things. The harsh reality is that the situation currently confronting the Belize Police Department, with Government now having to look overseas for a top cop, is much of its own making. The Department has consistently failed, over the years, to recruit young energetic and educated Belizeans into its ranks. One has only got to look at the educational qualification of the current top brass to confirm this reality which, apart for Assistant Commissioner Elodio Aragon Jr., leave very much to be desired. We trust that a lesson has now been learnt and that immediate corrective action is instituted.

Home Remedies For Fast Flu Relief

Most of these home remedies have been used to treat flu symptoms for generations, and may help ease your symptoms as your body fights the flu virus.

Match your flu symptoms with the specific home remedies that help treat these symptoms.

Also, keep in mind that if you have flu symptoms, it's a good idea to call your doctor. If taken within 48 hours of the onset of flu symptoms, flu medications may be able to shorten the duration of flu symptoms. The widespread body aches and a fever over 102 degrees are good indicators of the flu.

Breathe Aromatic Steam

Fill the bathroom or kitchen sink with steaming water, and add two teaspoons chopped fresh ginger (*Zingiber officinalis*). Drape a towel over your head and lean over the steam to get maximum benefit. Or add one teaspoon of the over-the-counter ointment *Vicks VapoRub®* to the steaming water, then breathe in the steam for several minutes until you get relief. Another flu remedy is to add a few drops of oil of eucalyptus (*Eucalyptus globulus*) or menthol to the water. Eucalyptus is known to open up bronchial tubes, ease congestion, and make breathing easier.

Take a Warm Shower

Getting in a warm shower with the bathroom door closed works as your own personal sauna. The steamy bathroom helps to open your airways and moisten and thin the mucus in your sinuses.

Increase intake of Liquids

Stay well-hydrated by drinking at least 8 cups (64 ounces) of water each day. Water keeps your respiratory system hydrated, which helps to liquefy thick mucus that builds up with a respiratory infection. Some findings show that hot liquids may be superior to cold liquids in upper respiratory infections. Other liquids can be added, but don't depend on coffee, tea, or alcoholic beverages as these liquids may cause dehydration.

Use Moist Heat Compresses

If your head is throbbing and it's difficult to breathe through your nose, you may find relief by applying warm moist compresses to the cheeks and sinuses. If you use moist heat,

make sure it's not too hot to avoid skin injury.

Flu Symptom: Stuffy Nose Nasal Saline Irrigation

A host of scientific studies support saline nasal irrigation as an effective flu remedy to thin mucus, decrease postnasal drip, and add moisture to dried mucous membranes. In addition, the saline nasal rinse helps to remove virus particles and bacteria from your nose. Here's a popular recipe that you can try at home:

1. Mix 1/4 teaspoon salt and 1/4 teaspoon baking soda in 8 ounces of warm water.
2. Use a bulb syringe to squirt water into the nose.
3. Learning over the bathroom sink, hold one nostril closed by applying light finger pressure while squirting the salt mixture into the other nostril. Let it drain and gently blow your nose.
4. Repeat 2-3 times and then treat the other nostril.

You can also use a Neti Pot for nasal saline irrigation. A Neti pot is a ceramic container that looks like a genie's magic lamp and is available at most natural foods stores.

1. Fill the Neti pot with the saline solution (*see recipe above*).
2. Leaning over the bathroom sink, tilt your head to one side and pour the solution directly into one nostril with the Neti pot.
3. The solution will go into your nasal cavity and run out the other nostril and the back of your throat.
4. Spit out the drainage, and gently blow your nose to clear your nasal passages.

Saline (Salt Water) Nasal Sprays

Saline nasal sprays can be purchased over the counter at any drug or grocery store and are effective, safe and nonirritating, even for children. Spray the saline solution into one nostril and then gently blow the mucus and saline out of that nostril. Repeat the process in the opposite nostril until both are running clear.

Decongestant Nasal Sprays

If you want immediate relief for a swollen, congested nasal passage, decongestant nasal sprays such as oxymetazoline (*Afrin®*) and phenylephrine (*Neo-Synephrine®*) may be

helpful. Decongestant nasal sprays are safe to use, but it's important to stop the spray after three days to avoid the development of rebound congestion (congestion that worsens when you stop the spray). This warning is on the bottle of most over-the-counter decongestant sprays.

Flu Symptom: Cough OTC Cough Syrup

Try an over-the-counter cough syrup to calm a cough with flu. You can select from a cough suppressant, expectorant (guaifenesin), or topical medicine (a menthol rub for the chest). If you have asthma or other lung disease, avoid suppressing your cough. Talk to your doctor to see what might

be helpful in your situation. Over-the-counter cough and cold medicines should not be given to children under 4.

Suck Cough Drops or Hard Candy

Keep sugar-free cough drops or hard candy nearby to calm a tickle in your throat with the flu. In addition, a teaspoon of honey might also help calm an irritated throat.

Flu Symptoms: Scratchy Throat and Congestion Hot Chicken Soup

If the flu has taken its toll on your throat, and it's hard to swallow without grimacing, sip some hot chicken soup. Hot chicken soup is a potent mucus stimulant, especially when it's loaded with pepper, garlic, hot

Please Turn To Page 15

Tracy Panton Address - Cohort 2 - Women In Politics

Continued From Page 6

In the words of Susan B. Anthony: *"The day will come, and may I add very soon, "when men will recognize a woman as his peer, not only at the fireside, but in councils of nations. Then, and not until then, will there be the perfect comradeship, the ideal union between the sexes that shall result in the highest development of the race."*

In closing, I wish to thank the Women's Commission and its partner UNIFEM for taking the lead in finding long-term strategies that will help us to raise the bar in the political discourse. As we have heard before, this Project was designed to create opportunities for women seeking political leadership. The Program has accomplished what it set out to do: it has informed; it has empowered; and it has inspired. Thank you.

I wish to acknowledge all the women in Cohort II, our colleagues from Cohort I, and my own women support network who have made time to be here this morning. Let us continue to expand our network, for I maintain that there is no power quite like the one that is born out of human connections. I especially wish to personally recognize Ms. June Young, Mrs. Shari Williams-Cadle and Ms. Earth Lopez who have all offered themselves as potential candidates for upcoming elections both at the municipal and national levels. We are proud of you and stand ready to support you in this endeavor. We are all cognizant this is an arduous task but, there is little value in that which is not an achievement through hard work.

Finally I wish to acknowledge



Tracy and her proud mother Dr. Andrea Taegar

the presence of my mother, Dr. Andrea Taegar, who has served as an exemplary role model all my life. She has influenced me and molded me into the woman I am by the way she has lived her life. She has taught me that there are really no limits as long as I remain true to myself. She is the finest example I know of woman that is committed to the service of others and to serving them with a huge, generous heart.

A wise person once said: *"Let us not demand of ourselves that we alone must be the agent of change. In a fire brigade everyone passes along a bucket, but only the last person puts out the fire. None of us know where we stand in line. We may be here simply to pass a bucket or be called upon to play a major role."*

Let us direct our thoughts, words, and actions to finding the balance that we seek. I borrow from the motto of the Special Olympics, when I say: *Let us be brave in our attempt"*.

My sincere congratulations to my Colleagues, the President, Board of Directors and Executive Director of the Women's Commission for a job well done.

As we chart the way forward may we always seek the guidance and wisdom of the Holy Spirit.

I Thank You

Your Weekly Horoscope & Lucky Numbers



ARIES:
March 22 to
April 20

There are indications of monetary gains through deals related to property. Although this aspect is handled well, you need to work extra hard at partnerships and negotiate well to arrive at comfortable terms of agreement. You will need to aggressively try to acquire a new skill. **Lucky numbers: 35, 86, 93.**



TAURUS:
April 21 to
May 21

There may have been some reason for concern at the work place. Things may have resolved fairly by now and you may be in an easier frame of mind. You should pay attention to any new contracts you enter into or new people you hire; terms of engagement must be clear. **Lucky numbers: 05, 42, 68.**



GEMINI:
May 22 to
June 21

This week brings out a streak of adventure and risk taking in you. There may have been some restlessness with regard to what you have achieved up till now or where you stand in life. It will be wise to leverage the clout of influential people for ensuring success. **Lucky numbers: 30, 55, 76.**



CANCER:
June 22 to
July 23

There is too much work to be dealt with in this phase. You leave no stone unturned as your efforts are driven not just by materialistic desires but also emotional ones. You will try to do your best for loved ones. Don't seek validation and approval from others. **Lucky**

numbers: 01, 21, 89.



LEO:
July 24 to
August 21

Some relationships may seem to be sapping you out. You desire newness and an exciting life in this phase and what better way than to meet new people from different cultures. Heartbreak is likely if you don't watch your own attitude. Try to resolve any conflict amicably. **Lucky numbers: 27, 48, 95.**



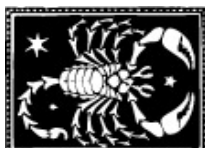
VIRGO:
August 22 to
September 21

Lots of action is promised on the work front. You may have to work extra hours to meet your work commitments. New projects may come your way. You will be enjoying work in this phase. Your family is important to you. Cherish your family you will benefit in the long run. **Lucky numbers: 06, 33, 84.**



LIBRA:
September 22
to October 23

Work takes centre stage. However, the moves you make in this phase will be astute and powered by a desire to identify strengths and reduce any risks. You will have to take some tough decisions if you wish to realise your dreams. **Lucky numbers: 18, 49, 72.**



SCORPIO:
October 24 to
November 21

The coming week may be slightly tough on you, especially with regard to finances. You will need to sift out unnecessary expenses. There may also be a few people-related disappointments. However, that

can be managed well if you learn to manage your expectations. **Lucky numbers: 44, 56, 87.**



SAGITTARIUS:
November 22 to
December 21

There will be opportunities this week that you could work to your advantage, provided you put in hard work. Success will be yours, but you must remember to hold on to humility. Arrogance and harsh words need to be guarded against. **Lucky numbers: 11, 60, 75.**



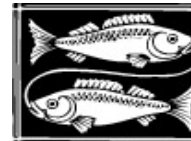
CAPRICORN:
December 22 to
January 20

You can look forward to some amazing results this week. There will be progress at work and progress in interpersonal relations too, leading to gains. You need to think twice about associating with people who may be around and drag you down with their negativity. **Lucky numbers: 24, 36, 52.**



AQUARIUS:
January 21 to
February 19

Interest in academic pursuits is highlighted in this phase. You have to think ahead before taking any action. You will realise this when you see how much mileage can be derived out of this one simple exercise. **Lucky numbers: 10, 47, 63.**



PISCES:
February 20
to March 21

You are only thinking about materialistic gains. You plan to maximise your monetary gains. There may be reworking required on some existing plans and you do not flinch from the effort it will require. Personal relationships could suffer as you are too tied up with work. **Lucky numbers: 41, 77, 96.**

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competition
Cash Prizes**

**Beer Drinking
Competition**

Strong man competition

Tornado Competition



Dance the night with the More F.M. Crew



I Will Boycott My Favorite Chinese Establishment For Two Days

Dear Editor;

I think I will boycott my favorite Chinese establishment for the next two days because no good deed should go unpunished.

I was inconvenienced for two days and while I sympathize with the Chinese, I must vote with my spending power since I have a choice too.

There are non-Chinese establishments I will seek out today and tomorrow to patronize. It's nothing personal just a little reciprocity.

I believe that for starters, the Chinese should stop selling those weed rolling paper,

phillies, and other drug paraphernalia to the boyz in the hood. They should totally eliminate that element from the merchandize they sell.

I could have appreciated a shutdown in the city where the killings occur but why country-wide... come on....punishing their loyal customers across the entire country just does not seem right to me.

I believe that this was a poor strategy in deciding to flex country-wide.

This is just my personal comment.

Trevor Vernon,
Burrel Boom, Belize District

The Deplorable Condition Of Our Beloved Primary School In Dangriga

Dear Editor;

I thought I was seeing things when I last looked at the deplorable condition of our beloved Sacred Heart Primary School in Dangriga.

After having read Wellington Ramos' article in last week's edition of the STAR Newspaper, I am assured I was correct.

When I attended Sacred Heart Primary School in Dangriga as a young kid, the school was in the shape of a capital "L". They later added the extension along that street heading straight to the wharf. A building referred to as Thomas Moore House ws occupied upstairs by Standard Three, and downstairs was the Babies

Room which was the term used in those days for kindergarden.

My days at Sacred Heart Primary School dates back to 1946. Certainly, Wellington's research is accurate as stated in his article.

The Jesuits paid more attention to details than the present caretakers, the Claretian order of priests.

When Father Dominic tried to transfer 50 odd teachers without consultation, I knew then that they are off base as far as their dealings with Dangriga folks is concerned.

I thank Wellington Ramos for his enlightening article on the subject.

Marcus (Mark) Martinez

Belizean Websites Commit Search Engine Suicide

Dear Editor;

The Belizean sites now run by BTB and BVK beginning March 31st are slipping in Google already. No metatags. No content in many of them. Missing images, stupid images not related to the page they are reading. Like some 8 year old is doing it. It's criminal. The BTB/BVK combo are wrecking the Belizean Web Presence.

They killed **ToucanTrail.com**, which is the ONLY web presence for many small operators. I am begging to get that into my hands somehow so I can at least get that back up. I won't charge anyone a dime.

They are knocking Belize websites out of hard won high Google rankings all by themselves. The folks below them will love it.

My websites are already taking over several top spots they had already with certain search criteria. And it doesn't make me happy.

Search Engine Suicide. This Really Matters. For more information on this matter go to <http://ambergiscaye.com/forum/ubbthreads.php/topics/404352/1.html>

gracias....
Marty Casado,
Webmaster, Belizenews.com

Socialism - A Critique

The essential character of socialism is the denial of individual property right. Under socialism, the right to property [which is the right of use and disposal] is vested in "*society as a whole*,"in the collective, with production and distribution controlled by the state,ie. by the government.

Socialism may be established by force, as in the Soviet Socialist Republics or by vote, as in Nazi [*National Socialist Germany*]. The degree may be total, as in Russia or partial, as in England, Belize and now the U.S.. The basic principle is the same.

The alleged goals of socialism have been the abolition of poverty, the achievement of general prosperity, progress, peace and human brotherhood. The results have been terrifying failure, terrifying that is, if one's motive is mens welfare.

Instead of prosperity, socialism has brought economic paralysis and/or collapse to every country that tried it. The degree of socialization has been the degree of disaster. The consequences have varied accordingly.

When you consider socialism, do not fool yourself about it's nature. There is no such dichotomy as "*human rights*" versus "*property right*." No human rights can exist without property rights. Since material goods are produced by the mind and effort of individual men, and are needed to sustain their lives, if the producer does not own the result of his effort, he does not own his life.

To deny property rights means to turn men into property owned by the state. Whoever, [*Obama*] claims the "*right*" to redistribute the wealth produced by others is claiming the "*right*" to treat human beings as chattel.

Only an individual man can possess rights, the expression "*individual rights*" is a redundancy . The expression "*collective rights*" is a contradiction in terms.

Any group or "*collective*" is only a number of individuals. A group can have no rights other than the rights of its individual members.

The principle of individual rights is the only moral base of all groups or associations.

It was the concept of individual rights that had given birth to a free society.

It was the destruction of Individual rights that the destruction of freedom had to begin. [*To be continued*].

Ronald Garrison
San Ignacio, Cayo

ELECTIONS & BOUNDARIES DEPARTMENT

VILLAGE COUNCIL ELECTION RESULTS

April 3, 2011

ELECTION REPORT - BI-ELECTION

For Bi-Elections held in the Village/Community of La Democracia Village, Belize District on Sunday, April 3, 2011:

NO.	CANDIDATE NAME	POSITION	NO. OF VOTES RECEIVED	ELECTED
1	Sheryl Coote	Chairman	45	Elected
2	Irma Jean Ramos	Chairman	30	
3	Glenda Estella Westby	Councillor	Uncontested	Elected

For Bi-Elections held in the Village/Community of Crique Jute Village, Toledo District on Sunday, April 3, 2011:

NO.	CANDIDATE NAME	POSITION	NO. OF VOTES RECEIVED	ELECTED
1	Silvestre Delfino Cho	Councillor	23	Elected
2	Zita Teresita Tzac	Councillor	5	

Belize Tourism Board Making Access To Information Easier For Tourists

BY: Clive Myers

BELIZE CITY, Wednesday April 6, 2011:

The Belize Tourism Board, (BTB) with the assistance of the Border Management Agency and under its new hospitality building initiative, presents the Information Kiosks Project.

Home Remedies For Fast Flu Relief

Continued From Page 11

curry powder, or other pungent spice that helps to thin mucus in the mouth, throat, and lungs.

Studies have shown that hot chicken soup improves the function of cilia, the tiny hair like projections in the nasal passages that protect the body from foreign bacteria and viruses. Steaming chicken soup may also improve the motion of disease-fighting white blood cells.

Spice It Up

Garlic (*the stinking rose*) appears to have antimicrobial and immune-stimulating properties and may give relief of upper respiratory congestion with cold or flu.

Ginger also stimulates nerves that lead to mucus production. Ginger appears to have an antioxidant effect, as well as an anti-inflammatory effect, and stimulates the production of interferon that helps fight viral infections.

Chili peppers are a great source of capsaicin, an antioxidant that also acts as a natural decongestant and expectorant. If you have a strong stomach, add a few chili peppers to season your foods or use a few drops of hot sauce in a food or beverage. The added "*spice*" will help to open your nasal passages and temporarily improve breathing. Dab some horseradish on your sandwich if you need a decongestant effect. Horseradish — a root — contains a chemical similar to one found in decongestants.

Try an Expectorant

With a cold or flu, it's important to keep mucus thin so it doesn't stagnate and allow bacteria to breed, thus, increasing the chances of infection.

Try an over-the-counter expectorant such as guaifenesin, which is found in over-the-counter cough products such

This project, which originally commenced in January 2011 and is intended to have kiosks set up at various border points, seeks to augment the level of ease at which tourists can access necessary information about Belize.

Currently the Belize Tourism

as Robitussin and Mucinex. Remember that over-the-counter cough and cold medicines should not be given to children under 4. Follow the directions on the label.

Flu Symptoms: Fever and

Muscle Aches

Try an OTC Analgesic

A fever is your body's way of fighting the viral infection. There are over-the-counter medications such as aspirin, acetaminophen (Tylenol) and ibuprofen (Advil) that can reduce fever and ease aching muscles. Follow the dosage recommendation on the label. Never give aspirin to a child to reduce fever! Call your doctor if you're unsure about what to take to ease fever and body aches.

Pump More Fluids

With a fever, you can easily become dehydrated unless you are increasing fluids. Be sure to increase liquids including water, clear soups or broth, and an electrolyte replacement drink until the fever resolves.

Stay in Bed and Rest

Getting plenty of rest and healing sleep is important to boost immune function and give the body time to heal. It is during the deeper stages of sleep that you experience metabolic and tissue restoration.

Flu Symptoms: Nighttime Congestion and Can't Sleep

Try a Humidifier

If the air in your room is too dry, use a warm mist humidifier or vaporizer to add moisture to the air and help ease nasal and chest congestion. Always clean the humidifier with a bleach solution every few days to prevent the growth of bacteria and molds.

Use OTC Nasal Strips

If the flu has caused nasal swelling and congestion, making it difficult to fall asleep, try over-the-counter nasal strips

Board has two functioning information kiosks: one at the Phillip Goldson International Airport and another at the Fort Street Tourism Village. However, the project intends to establish four additional kiosks at all cardinal border points across the country as follows at the Western Border Station in Benque Viejo, Cayo; At the Northern Border Station in Santa Elena, Corozal; At the Southern Border Station in Punta Gorda, Toledo and at the Eastern Border Station in San Pedro, Belize District.

Through this project, BTB can

ensure that proper assistance is given to all visitors; thereby, ensuring that their arrival experiences are as smooth and memorable as possible.

In making these much-needed kiosks a reality, the BTB will build the new Information Kiosks in 2 phases. The kiosks at the Northern and Western border stations, which are scheduled to be completed in May, will be constructed first. The BTB anticipate that this project will be well received by all, and it will serve to greatly enhance the level of information services offered to travelers.

For more information on the BTB and its services, visit www.belize.traveltrade.org.

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Notice to Citrus Growers

April 6th 2011

The CGA has been informed by the CPBL of the following:

- Fruit Payroll for March 30th to April 05th, 2011:** Checks will be released on the normal time and dates.
- Fruit Payroll for April 6th to 12th, 2011:** CPBL will notify CGA of CPBL cash flow situation by Tuesday April 12th at which time it will confirm the payment date for this payroll.

For further information please contact your Association at 522-3585/3547.

to alleviate this problem. These strips of tape are placed over the bridge of the nose, then a plastic strip springs back, helping to gently open your nasal passages and reduce airflow resistance. Another

method of opening the nasal passages is to use surgical tape, one-quarter inch wide. Gently apply one end of the tape to the tip of your nose, lift, and fasten the other end of the tape to the top of your nose.

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