SAN IGNACIO TOWN, Cayo, Wednesday, August 10, 2011:

San Ignacio police reports the successful removal of another prohibited firearm off the streets of the community.

Acting upon information received of an assault in progress, a team of policemen rushed to Dr. Roca street, Santa Cruz, Santa Elena where the investigation led to the discovery of a 16 gauge shotgun with a sawed-off barrel and with a live 16 gauge cartridge in the barrel.

The brand and serial number of the gun could not be ascertained because of the gun’s corroded condition.

When the team of policemen returned to the station in San Ignacio, they met Ricardo Mejia, 44, Belizean laborer residing in the Pilgrim Area, Santa Elena town who informed

Four Santa Elena Youth Men Remanded For Robbery

The Accused

Orlin Smith, 21

The Article Is On Page 4

Trevor Jones, 19

San Ignacio's Adventures, BTL 2011 Champs

Marvin Neal, 18

Markis Pandy, 18

Justin Rhodas, 18

Check out our FACEBOOK page: Blue Angels Email: Blueangelsnightclub@yahoo.com
Vacationing San Ignacio Man Held On BZ$2 Million Bail In Hawthorne California

HAWTHORNE, California, USA, updated, Thursday, August 11, 2011: (adapted from KTLA):

A man from Belize vacationing in Southern California has been arrested, after he allegedly followed a teenage girl into her Hawthorne apartment and then tried to rape the girl’s mother.

Lirisi Arzu, 22, was booked on suspicion of assault with intent to commit rape, attempted rape, false imprisonment and burglary.

Police say Arzu approached 13-year-old Perla Padilla as she was talking on her cell phone outside her apartment in the 12000 block of York Avenue around 11:20 p.m. Monday.

Padilla told KTLA that Arzu began talking to her and then tried to hug her. She pushed him off her.

“I could have fainted. I was scared... like really, really scared,” Padilla said.

She said Arzu pushed his way into the apartment when she ran inside to tell her mother.

He kicked open the door to the bedroom where her 34-year-old mother and 2-year-old sister were.

“I thought he was going to kill us or something,” Padilla said.

Arzu allegedly tried to rape the mother.

Padilla ran to a neighbor’s apartment for help. She said she could hear her mom screaming from across the street.

“My mom says he was trying to touch her,” she told KTLA.

The neighbor ran over when he heard what was happening, pulled Arzu off the girl’s mother and began fighting with him.

The mother then called police.

Police had to use a taser to subdue and arrest Arzu, who is now being held on $1 million bail at the Hawthorne jail.

Officers suspect he was under the influence of drugs at the time of the alleged attack.

The mother suffered minor injuries, but did not have to be hospitalized.

A Gun For Rent Now Off The Streets

Continued from front page:

That he was the person held up in the area. In a statement to the police Mejia informed that at around 10:30 pm that Sunday, August 7, he was walking on Dr. Roca Street, Santa Cruz, Santa Elena when he was approached by two male persons of dark complexion one bare faced while the other had a rag over his head and face. Mejia told the police that the bare faced attacker held him up with a “black stock gun with a rusty sawed off barrel”.

The gun was positively identified by the complainant.

An identification parade was later conducted resulting in the complainant identifying one Orlin Smith as the person whom he saw with the gun.

The accused Orlin Smith, 21, Belizian laborer of a Dr. Roca Street address in Santa Elena was consequently arrested and charged for keeping a prohibited firearm and for keeping ammunition without a gun license.

There is no indication of any charge levied against him for the alleged assault upon Ricardo Mejia.

Smith appeared before San Ignacio’s Magistrate Dale Cayetano on Wednesday, August 10, where he pleaded not guilty to both charges.

He was subsequently remanded to the central prison in Hattieville and is scheduled to return to court on Tuesday, October 11, 2011.

Police suspect that this gun could very well be a weapon for rent used in several robberies committed within the community.

by: Raphael Martinez
Public Relations Officer
Ministry of Police & Public Safety
BELMOPAN, Thursday,
August 11, 2011:

As part of the Restore Belize initiative, the Police Reform Committee, on Monday, August 8, 2011, launched its Complaint Form.

The form is to be used by the general public, as well as by police officers, to lodge complaint against police officers.

The forms are now available at all major media houses and at police stations countrywide.

Completed forms are to be folded placed in an envelope and deposited in drop boxes located at district head stations across the country.

The Complaint Forms will be collected weekly by a member of the new Independent Complaints Commission (ICC).

The Commission is mandated to respond to complainants within two weeks as to the actions taken and up to a period of 60 days for the conclusion of matters war- ranting action.

Complaint Forms can also be found on line at www.belizepolice.bz or www.police.gov.bz.
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San Ignacio's Adventures Crowned 2011 Champions Of Belize Telemedia 14 And Under Football Tournament

BY: Cruz Gamez
IGNACIO TOWN, Cayo, Wednesday, August 10, 2011:
Telemedia 14 and under football tournament organized by Adventures Sports Club came to its conclusion this Sunday August 7th 2011 at the Norman Broaster Stadium. Gentle Touch from Esperanza captured the third place after edging Stealth Bombers of 7 Miles El Progresso by a score of three goals to two. Two of Gentle Touch’s three goals were scored by Trimain Harris and the other by Robert Mendoza.

Scoring for Stealth Bomber were one each for Luis Villeda and Dennis Hernandez.

Adventures of San Ignacio also edged Rockets of Unitedville by one goal coming by way of an auto goal by Luis Santos resulting in Adventures walking away with the 2011 Champions of Telemedia 14 and under Football tournament followed by Unitedville’s Rocket emerging as sub-champs.

Best Goal Keeper of the tournament is Franklyn Godoy of Stealth Bombers.
The Best Coach Award went to Edlene Gentle from Swifters.

Best Midfield was awarded to Trimain Harris from Rockets.
The prestigious Most Goals Award went to Nehemias Hernandez from Stealth Bombers.
The Best Supportive Mom award was presented to Terry Swift from Swifters.

The awards were presented by Mr. Ronald Hulse of Cayo Sports Council assisted by Michael Blease, President National Football Association of Belize and Ismael "Miley" Garcia representing the Ministry of Sports.

The organizing committee extends heartfelt Thank You to the Belize Telemedia for their financial assistance in making the tournament a reality.

The committee also thank the many parents, players and fans for their support during the tournament.

A special Thank You is also extended to Mr. Jose "Jack" Menjivar, and to the media, both audio and print, as well as to Kent Pandy from the "Pandy Show" and to the members of the Executive Committee of the National Football Association of Belize especially President Michael Blease; Luis Pena and Nelson Moss.

The Organizing Committee informs that plans are now well underway for the commencement of the "Closing Season" of BTL football tournament scheduled for late September but no later than early October 2011.

NOTICE OF TENTH ANNUAL GENERAL MEETING

Belize Water Services Limited will hold its Tenth Annual General Meeting at the Belize Biltmore Plaza Hotel on Friday 26th August 2011 commencing at 7:00pm sharp.

An AGM pack has been mailed to all Shareholders. Those shareholders who cannot attend may, if they wish, appoint a Proxy by completing the Appointment of Proxy Form included in the AGM pack. Shareholders may also submit the enclosed Response and Question Forms. The deadline for the receipt of these forms is 5:00pm on Monday 22nd August 2011.

If you have not yet received your AGM Pack, kindly call 222-4757 ext. 233 or stop by our BWS office at # 7 Central American Boulevard in Belize City to get a copy.

Shareholders are urged to attend and to be on time. For registration purposes please bring along your Shareholder Identification Card. If you need a new Shareholder Identification Card, please contact us at the number above before August 22, 2011.

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Former Guatemalan First Lady's Presidential Run Hits Wall

(Adapted from CNN Report) — By the CNN Wire Staff

Wednesday, August 10, 2011:

Guatemala’s Constitutional Court has barred former first lady Sandra Torres from running as a presidential candidate and in the process shaking up the political landscape a month before the election.

The court’s Monday ruling means Sandra Torres, who divorced Guatemala’s current president in an attempt to circumvent a nepotism law, has now exhausted her appeals.

The seven justices voted unanimously that Torres was not eligible to run, but it dissented by rejecting that legal fraud had occurred.

Some followers of Torres, who were gathered outside the court, cried when they heard the news. Torres said Tuesday that she had not decided whether to support another presidential candidate. She urged her followers to support congressional and mayoral candidates from the coalition of parties behind her candidacy, saying they would protect social programs.

In her statement before the Constitutional Court last week, Torres accused the supreme court of having politicized constitutional matters.

The Constitutional Court said that Torres was a close relative of the president and thus not eligible to run.

The country’s Supreme Court ruled last month that the divorce was used to avoid the constitutional prohibition, and that in trying to get around the law, Torres committed fraud. She appealed to the Constitutional Court, which has final say in all constitutional matters.

Three of the judges had additional arguments for the decision.

Their decision upheld a Supreme Court of Justice ruling issued last month.

Torres slammed the ruling Tuesday, saying it left Guatemala’s neediest citizens without anyone to represent them in the country’s highest office.

“Without any legal basis, they made decisions that were political, not legal,” she told reporters Tuesday.

“For me, it is anti-democratic, this political lynching, this lynching in the media,” she added.

Torres filed for divorce from President Alvaro Colom on March 11; the divorce was finalized in April.

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Your Weekly Horoscope

ARIES: March 22 to April 20

Look on difficulties you come up against now as learning opportunities. With the right attitude, you will overcome many problems and this will be another step towards success. Lucky numbers: 14, 36, 93.

TAURUS: April 21 to May 21

It takes a lot of hard work to remain positive and hopeful especially when you encounter difficult problems. Keep at it and you will find a way to resolve these issues. Lucky numbers: 18, 42, 98.

GEMINI: May 22 to June 21

Results you are seeing now reflect the decisions and choices you made in the past. The fact that you put a lot of thought into these will mean you couldn’t be happier with the consequences. The effort was well worth it Lucky numbers: 06, 57, 72.

CANCER: June 22 to July 23

If you aren’t sure about skills you will soon be called on to use in your career, you might practice at home. That way you won’t feel so nervous when you need to put some recently acquired knowledge into practice. Lucky numbers: 28, 69, 78.

LEO: July 24 to August 21

There is a way to succeed but it won’t be easy to find it. Be prepared to consider different options and you might find yourself going for the one you wouldn’t normally choose! Lucky numbers: 30, 49, 55.

VIRGO: August 22 to September 21

Good choices and practical methods will bring many fine accomplishments. You might wish a loved one would be more assertive but you can’t make their decisions for them. Lucky numbers: 07, 63, 88.

LIBRA: September 22 to October 23

Your initial attempts at a new activity or pastime exceed your expectations. This boosts your confidence, you will get more encouragement from those who share this interest and you could become an expert! Lucky numbers: 02, 44, 80.

SCORPIO: October 24 to November 21

A spontaneous decision could take you to a place you feel you are meant to be. It isn’t by accident that you arrive here. It will be your intuition that leads you to the right places. Lucky numbers: 16, 24, 52.

SAGITTARIUS: November 22 to December 21

There are more ways than one to learn a difficult task and if it seems like one method isn’t working, try another. It may also be that you have chosen the wrong mentor. Seek advice from someone who thinks like you. Lucky numbers: 10, 21, 65.

The Restore Belize Project
Beginning To Bear Fruits

BELMOPAN, Thursday, August 11, 2011:


With effect 10 February 2011, the Ministry of Police and Public Safety established an Independent Complaints Commission (ICC) as the oversight body to the Professional Standards Branch formerly known as the Internal Affairs Division.

This is the first stage towards establishing a permanent body to investigate complaints made against the Police Department with a view to bring about public confidence in the Police Department.

The ICC is chartered to investigate complaints made against the police and make recommendations to the Ministry of Police and Public Safety.

Three persons have been nominated to serve on the pro tem committee.

We believe that this initiative will have an immediate impact in our effort to restore public trust in the Police Department.

The ICC is totally independent of the Police Department, interest groups and political parties, free from government involvement in its decisions on cases heard and governed by legislation that gives it authority to operate effectively.

In this regard, a three member pro tem committee has since been formed consisting of Mrs. Donelle Hawk, Legal Advisor in the Ministry of Police and Public Safety; Mrs. Jacqueline Sanchez from the National Trade Union Congress of Belize and Former Magistrate Earl Jones Chief Executive Officer of Belize Central Police Foundation.

The pro tem committee will act as a prerequisite to the body of five and is investigating and making recommendations regarding the back log of cases at the Police Internal Affairs Division.

The body of five will be made up of persons of good moral character and be nominated from and by the Bar Association of Belize, a representative from the Council Of Churches, a Civil Society representative, a member of the National Trade Union Congress of Belize and a representative from the Non Governmental Organizations community.

The ICC will be empowered to summon witnesses and call for the production of books, plans and documents and to examine witnesses and parties concerned on oath.

The names of this body of five

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To Please
Current status of the Project

access road to the landfill.
The project will also include
the construction of the 3.3 km
surrounding communities.

It entails the construction of a
large solid waste management facilities.

The Project will also contribute
to enhancing the image of Belize
in the eco-tourism market as one
of the first casualties to the project
will be the closure and decommissioning of open
dumpsites in Belize City at Mile 3.5, San Ignacio/Santa Elena,
San Pedro Ambergris Caye and Caye Caulker.
The project entails the construction of waste transfer/ recyclable reception facilities at all for of these existing facilities.

It entails the construction of a
New Regional Sanitary Landfill at Mile 24 Western Highway to receive municipal solid waste from the transfer stations and surrounding communities.

The project will also include the construction of the 3.3 km access road to the landfill.

The bidding documents for the
landfill gas management and
environmental monitoring that
will provide feedback on the
effectiveness of these sub-
systems.
The Solid Waste Management Authority, the executing agency, is staffed with qualified engineers to implement this long
awaited project for the benefit of
Belizeans along the Western
Highway and surrounding areas.

The Authority therefore, extend
its assurances of the facilities
being built to the high standards
specified in the Bidding
Documents, which will also
be verified/validated by the
funding agencies as well as
by the Construction Quality
Assurance/Control Engineer,
Operations Audit Firm,
the DOE and a Community
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Charles Cabral and Domingo
Pacheco.

Two weeks later, on Sunday,
August 28, the opposition
People’s United Party (PUP),
will be holding their convention
at St. Andrews Anglican Primary School in San Ignacio Town also
between the hours of 9:00 am
and 4:00 pm.

Candidates contesting the
mayoral candidate position are
Ramon Quiroz, Orlando Espat,
Alma Frutos, Luis Ayala and
Gilroy Requena.

While the PUP is still seeking
candidates for a full slate of six,
the four known candidate, at this
time, are Marleni Guerra, Allan
Mangar, Elias Rodriguez and
Gerver Valdez. With two more
candidates, the convention could
result in the endorsement of c
ouncilor candidates as those
seeking the mayoral candidacy do battle among themselves.
Things That Make You Go Ummm!!

1. People who point at their wrist asking for the time... I know where my watch is pal, where the hell is yours? Do I point at my butt when I ask where the toilet is?

2. When people say "Oh you just want to have your cake and eat it too!". Damn Right! What good is cake if you can't eat it?

3. When people say "it's always the last place you look". Of course it is. Why the hell would you keep looking after you've found it?

4. When people ask "How are your kids doing". Do I look like a damn GOAT? My primary school teacher taught me that the young of a goat is a kid and that's now one of my dreams. He already owns a cycle clothes. But it's not only "life is short", "What the hell??" Life is the longest damn thing anyone ever has!!! When it's done, it's done. What can be longer?

5. When people ask while watching the performance in a circus, "Did you see that??" No Loser, I paid $15 to come to the circus and stare at the damn floor!

6. When something is 'new and improved'. Which is it? If it's new, then there has never been anything before it. If it's an improvement, then there must have been something before it, couldn't be new.

7. When people say "life is short", "What the hell??" Life is the longest damn thing anyone ever has!!! When it's done, it's done. What can be longer?

8. When you are waiting for the bus and someone asks "Has the bus come yet??" If the bus came, would I be standing here??

Life Can Be A Lot Uglier

Ms. Awe was passing by her daughter's bedroom and was astonished to see the bed was nicely made and everything was picked up. Then she saw an envelope propped up prominently on the center of the bed. It was addressed, "Mom".

With the worst in mind, she opened the envelope and read the letter with trembling hands: Dear Mom:

It is with great regret and sorrow that I'm writing you. I had to move out quietly with sorrow that I'm writing you. I had to move out quietly with sorrow that I'm writing you. I had to move out quietly with sorrow that I'm writing you.

In the meantime, we'll pray that science will find a cure for AIDS so Ahmed can get better; he's really deserves it! Don't worry Mom, I'm 15 years old now and I know how to take care of myself. Someday I'm sure we'll be back to visit so you can get to know your grand children.

Your daughter, Judith PS: Mom, none of the above is true. I'm over at the neighbor's house. I just wanted to let you know that there are other things in life than my report card that's in my desk center drawer. I love you! Call when it is safe for me to come home.

Oh What A Terrible Surprise

Jennifer asks her boyfriend James to come over Friday night for dinner with her parents. Since this is such a big event, she promised to get intimate with James after dinner.

Well, James is ecstatic, especially since he has never been intimate with anyone. He takes a trip to the pharmacist to get some condoms.

The pharmacist helps tell him everything there is to know about condoms and intimacy.

The pharmacist asks James how many condoms he'd like to buy, a 3-pack, a 10-pack, or a family pack. "I'll be very busy tonight so I'll take the family pack" responded James.

That night, James shows up at Jennifer's parents' house. She meets him at the door. "Oh, I'm so excited for you to meet my parents, come on in James!"

James goes inside and is taken to the dinner table where Jennifer's parents are seated. He sits at the table and quickly offers to say the grace before meals and bows his head.

A minute passes, and James is still deep in prayer, with his head down.

Ten minutes pass, and James is still deep into prayers.

Finally, after about twenty minutes with his head down, Jennifer leans over and whispers to James, "I had no idea you were this religious."

James turns, and whispers back. "I had no idea your father is a pharmacist."

How To Get Out Of A Speeding Ticket

Captain: "Sir, can I see your license?"
Driver: "Sure. Here it is."
Captain: "Who's car is this?"
Driver: "It's mine, officer. Here's the owner's card."
He was indeed the driver owned the car.
Captain: "Could you slowly open your glove box so I can see if there's a gun in it?"
Driver: "Yes, sir, but there's no gun in it."

Sure enough, there was nothing in the glove box.
Captain: "Would you mind opening your trunk? I was told you said there's a body in it."
Driver: "No problem."
Trunk is opened: no body.
Captain: "I don't understand it. The officer who stopped you asked you told him you didn't have a license, you stole the car, you had a gun in the glovebox, and that there was a dead body in the trunk."
Driver: "Yeah, I'll bet that lying sucker also told you I was speeding, too."
Captain: "Have a nice day Sir. We apologize for the inconveniences or actions might have caused"
It's Never Too Late To Fix A Broken Process

Dear Editor;

I believe that combating crime requires a concerted and coordinated effort by all law enforcement agencies working in partnership with the community.

Some of the occurrence I see however, are in my humble opinion, a far cry from any such coordination taking place.

The police has a fair knowledge of those individuals committing crimes within their respective communities but despite the police’s best efforts, some level of frustrations has got to kick in when the lack of coordination and the sharing of information seems obviously lacking.

A specific case that comes to mind is that of this San Ignacio boy who stands accused of robbing a Chinese Grocer in village of Bullet Falls, Cayo.

Prior to this latest incident, this boy pled guilty to burglarizing a computer store in San Ignacio Town. He was sentenced to five years in jail but in less than 2 years he was back on the streets again.

When he pled guilty to that crime, and was sentenced to serve five years in jail, this same individual was out on bail for another burglary.

In this latest incident, although he was remanded to jail for three months, within two weeks he is back on the streets again.

This happens because, in my view, those supreme court bail chasers continue to hover around just waiting to get the easy cash that comes with applying to bail accused persons remanded by lower courts.

In almost 99% of these instances, the supreme court overturns remand orders from magistrate courts and those so remanded are freed. All it takes is for these people to come up with the 15 or 20 hundred dollars to pay those bail chasers.

In my view, the lack of coordination occurs when the prosecution, which is to mount opposition for the granting of these supreme court bails, are not equipped with the necessary information when they stand before a judge of the supreme court.

It should therefore be, that magistrate court prosecutors, upon objecting to the granting of bail to an accused, should immediately thereafter, transmit the grounds for such objection to the office of the Director of Public Prosecutions in order for them to present viable objections for the granting of bail whenever these bail chasers appear before a judge of the supreme court.

If this was the procedure, I am willing to gamble that a supreme court judge would not have released this individual who obviously has a propensity to commit crimes.

It is never too late to implement innovative processes that can assist in reducing the crime rate and by extension making Belize a safer place for all us and visitors alike.

Jose Tuel, San Ignacio
Shingles (Herpes Zoster)

This article is published at the request of a STAR reader

What is shingles?

What causes shingles?

Shingles is a skin rash caused by the same virus that causes chickenpox.

This virus is called the Varicella zoster virus (VZV) and belongs to the herpes family of viruses.

After an individual has chickenpox, this virus lives dormant in the nervous system and is never fully cleared from the body.

Under certain circumstances, such as emotional stress, immune deficiency (from AIDS or chemotherapy), or with cancer, the virus reactivates and causes shingles.

In most cases of shingles, however, a cause for the reactivation of the virus is never found. Anyone who has ever had chickenpox is at risk for the development of shingles, although it occurs most commonly in people over the age of 60. It has been estimated that up to a million cases of shingles occur each year in the United States of America.

The herpes virus that causes shingles and chickenpox is not the same as the herpes viruses that cause genital herpes (which can be sexually transmitted) or herpes mouth sores. Shingles is medically termed Herpes zoster.

Signs & Symptoms of shingles. How long does shingles last?

Even when there is no rash, the pain of shingles may be apparent.

Before a rash is visible, the patient may notice several days to a week of burning, tingling, or sensitivity. When the characteristic rash is not yet apparent, it may be difficult to determine the cause of the often severe pain.

Shingles rash starts as small blisters on a red base, with new blisters continuing to form for three to five days.

The blisters follow the path of individual nerves that come out of the spinal cord in a specific “ray-like” distribution (called a dermatomal pattern) and appear in a band-like pattern on an area of skin.

The entire path of the affected nerve may be involved, or there may be areas in the distribution of the nerve with blisters and areas without blisters.

Generally, only one nerve level is involved. In a rare case, more than one nerve will be involved. Eventually, the blisters pop, and the area starts to ooze.

The affected areas will then crust over and heal. The duration of the outbreak may take three to four weeks from start to finish.

On occasion, the pain will be present but the blisters may never appear. This can be a very confusing cause of local pain.

Is shingles contagious?

Yes, shingles is contagious. Shingles can be spread from an affected person to babies, children, or adults who have not had chickenpox. But instead of developing shingles, these people develop chickenpox. Once they have had chickenpox, people cannot catch shingles (or contract the virus) from someone else. Once infected, however, people have the potential to develop shingles later in life.

Shingles is contagious to people who have not previously had chickenpox, as long as there are new blisters forming and old blisters healing. Similar to chickenpox, the time prior to healing or onset of rash is the contagious stage of shingles.

Once all of the blisters are crusted over, the virus can no longer be spread and shingles is no longer contagious.

How is shingles diagnosed?

The clinical appearance of shingles, with characteristic painful blisters localized to the region of a specific nerve, is usually sufficient to establish the diagnosis. No diagnostic tests are usually required. However, particularly in people with impaired immune function, shingles may sometimes not display the dermatomal clinical pattern. In these cases, samples from the affected area may be tested in a laboratory, either by culturing the tissue for growth of the virus or by identifying the genetic material of the virus.

What is the treatment for shingles? Should I visit my health-care professional?

There are several effective treatments for shingles. Drugs that fight viruses (antivirals), such as acyclovir (Zovirax), valacyclovir (Valtrex), or famciclovir (Famvir), can reduce the severity and duration of the rash if started early (within 72 hours of the appearance of the rash). In addition to antiviral medications, pain medications may be needed for symptom control. Both nonsteroidal anti-inflammatory medications and narcotic pain-control medications may be used for pain management in shingles.

The affected area should be kept clean. Bathing is permitted, and the area can be cleansed with soap and water. Cool compresses and anti-itching lotions, such as calamine lotion, may also provide relief. An aluminum acetate solution (Burow’s or Domeboro solution, available at your pharmacy) can be used to help dry up the blisters and oozing.

What are the complications of shingles?

Generally, shingles heals well and problems are few. However, on occasion, the blisters can become infected with bacteria, causing cellulitis, a bacterial infection of the skin. If this occurs, the area will become reddened, warm, firm, and tender. You might notice red streaks forming around the wound. If you notice any of these symptoms, contact your health-care professional.

Antibiotics can be used to treat these complications.

A more worrisome complication occurs when shingles affects the face, specifically the forehead and nose. In this situation, it is possible, although not likely, that shingles can affect the eye (known as herpes zoster ophthalmicus), leading to loss of vision. If you have shingles on your forehead or nose, your eyes should be evaluated by a health-care professional.

A rare complication of shingles is known as Ramsay Hunt syndrome. In this case, the cranial nerves (cranical nerves V, IX, and X) are involved. Symptoms may include peripheral facial nerve weakness and deafness. The typical rash is often observed around the ear and ear canal.

What is postherpetic neuralgia?

The most common complication of shingles is postherpetic neuralgia. This occurs when the nerve pain associated with shingles persists beyond one month, even after the rash is gone. It is a result of irritation of the nerves of sensation by the virus. The pain can be severe and debilitating. Postherpetic neuralgia occurs primarily in people over the age of 50 and affects 10%-15% of people with shingles. There is evidence that treating shingles with antiviral agents can reduce the duration and occurrence of postherpetic neuralgia.

The pain of postherpetic neuralgia can be reduced by a number of medications. Tri cyclic antidepressant medications (amitriptyline [Elavil] and others) Capsaicin cream (Zostrix), a derivative of hot chili peppers, can be used topically on the area after all the blisters have healed, to reduce the pain. Lidocaine pain patches (Lidoderm) applied directly to the skin can also be helpful in relieving nerve pains by numbing the nerves with local lidocaine anesthetic. These options should be discussed with your health-care professional.

Can shingles be prevented with a vaccine?

In May 2006, the U.S. Food and Drug Administration (FDA) approved the first vaccine for adult shingles. The vaccine, developed by Merck laboratories and known as Zostavax, is approved for use in adults ages 60 and over who have had chickenpox. The shingles vaccine contains a booster dose of the chickenpox vaccine usually given to children. Tests over an initial four-year period showed that the vaccine significantly reduced the incidence of shingles in these older adults. The single-dose vaccine was shown to be more than 60% effective in reducing shingles symptoms and it reduced the incidence of postherpetic neuralgia (PHN, see above) by at least two-thirds. Studies are ongoing to evaluate the effectiveness of the vaccine over a longer term.

There are certain contraindications to receiving the shingles vaccine. People with weakened immune systems due to immune-suppressing medications, cancer treatment, HIV disease, or organ transplants should not receive the shingles vaccine because it contains live, weakened viral particles. There is not enough information available from researchers to decide at this point whether Zostavax may be beneficial in people younger than 60 years of age.

Since the chickenpox vaccine is now recommended for children, the incidence of chickenpox has been reduced. This is also expected to reduce the incidence of shingles in adults in the future as these vaccinated children age.
MEDELLIN, Colombia, Wednesday, August 10, 2011:

Police in Colombia have arrested a woman they say laundered money for Mexico’s Sinaloa drug cartel.

Dolly Cifuentes Villa, 47, was arrested along with 10 pilots suspected of transporting cocaine. She was detained in a wealthy neighborhood of Medellin.

Police say she took over the money-laundering business from her late brother Francisco, the personal pilot of the Colombian drug lord Pablo Escobar, who was killed in 1993.

The Sinaloa cartel smuggles large quantities of cocaine from Colombia to Mexico and on to the United States of America.

Head of the Colombian police General Oscar Naranjo said Cifuentes, 47, was “a high-ranking link between Colombian and Mexican drug dealers”.

The accused money launderer Dolly Cifuentes Villa, 47, according to the US Drug Enforcement Administration, which took part in the investigation leading to the arrest, Cifuentes managed 32 companies in Colombia and 17 abroad, including in Panama, Mexico, Brazil and the USA.

Gen Naranjo said she also owned property in her hometown of Medellin, and the Colombian capital Bogota, and on the Rosario islands, off the Caribbean coast.

The police chief said her arrest would make it more difficult for the Sinaloa cartel to launder its multi-million dollar profits from the drugs trade. He said that after the killing of her brother Francisco in 2007, Dolly Cifuentes became a key associate of Joaquin “Shorty” Guzman, the most wanted drug dealer in Mexico.

Gen Naranjo said she ran a lucrative, if illegal, family business.

“She and her brothers Alexander and Jorge Milton, as well as her sister-in-law Maria Patricia Rodriguez took over control of Francisco’s illegal businesses,” he explained.

He said that after the killing of Francisco, the family owed “Shorty” Guzman a large consignment of cocaine.

Instead of selling their property to settle the debt, Francisco’s widow and Dolly Cifuentes decided to instead use the properties to store cocaine and send it to Mexico, Gen Naranjo said.
Constitutional Amendment - Governmental Control Of Utilities

BY: Wellington C. Ramos

Amending the Constitution and Government’s control of utilities are two different issues.

The United Democratic Party (UDP) in Belize is proposing an amendment to the Belize Constitution so that all the utilities companies in the country that deals with; electricity, telephone, water etc. be controlled by the government of Belize.

This legislation was proposed by the ruling party in the House of Representatives recently due to the take over and control of most of the utilities companies in the last PUP administration by private investors.

This led to high utility rates that were unaffordable to the Belizean citizens and excessive lost of revenues to the people and government of Belize.

Most Belizean citizens are in favor of the move to have the government of Belize own majority shares in these utilities companies such as; Belize Electricity Limited (BEL), Belize Telemedia Limited (BTL) and Belize Water Services Limited (BWSL).

There is also a call by a few Belizeans to do the same to the; air and sea ports, oil, prison and natural resources and other industries that Belize possess so that the government and people of Belize can benefit from all its natural resources to acquire funds to improve the lives of Belizeans.

Some Belizeans are hoping that this will help to stop the high cost of rates that was being imposed on them over the last ten years by these private companies. It will also give the country added revenues to support their social programs which will benefit the Belizean people.

The members of the People’s United Party (PUP), The Belize Bar Association, The Belize Chamber of Commerce and some other groups are going around telling the Belizean people that if the 9th Amendment was to pass, it will give the government of Belize so much power that it would deprive the Belizean citizens of their constitutional rights. In fact the leader of the People’s United Party John Briceño said that his party is not against the nationalization of the utilities company but more the other provisions used by the current government to nationalize the industries. Well, if that is the case, when the issue is being debated in the House of Representatives, they should go there and make the necessary amendments to the legislation that is being proposed by the government. Instead, they chose to absent themselves from the hearing when this legislation was first tabled by the ruling party.

Belizeans will not trust the PUP with this issue because in the last ten years of their reign, they sold out most of the Belizean assets to private investors at the expense of the Belizean government and people.

Chapter-6 Section-69 of the Belize Constitution sets fourth the procedures to be followed by the elected government of Belize to amend the constitution. If in the next general election the PUP or any other political party was to win the majority of seats in the House of Representatives, they too will have the authority to amend the constitution to void this constitutional amendment the UDP is proposing.

Judicial Review is when a citizen of a country seeks the assistance of the courts to hear a case where they feel that the government of their country is violating their constitutional rights. This right is available to every citizen in all democratic countries in the world. The United Democratic Party or any other political party that get to govern the country of Belize, cannot easily deprive Belizean citizens of their constitutional rights because the government of Belize has a constitutional democracy.

In a Constitutional Democracy the Constitution is the Supreme Law of the country. This is different from a Parliamentary Democracy like England, where the country did not have a written constitution until the Reform Act of 1832.

The government of Belize has always functioned under a constitution since the attainment of political independence on September 21, 1981. Every Belizean citizen has the right to bring a case against the Government of Belize, if they believe that the government has infringe on their constitutional rights.

While this debate is taking place in the country of Belize, lawyers for BTL representing Michael Ashcroft and his Attorneys to go to the Caribbean Court of Justice in Trinidad to seek redress under the current provisions of the existing provisions in the Belize constitution.

This bold move on the part of the Dean Barrow administration to nationalize the country’s major public utilities is a feather in the political cap of the UDP Government. The opposition PUP is running scare because this bold move has effectively weakened the fragmented PUP’s chances of election victory.

This bold move is good for Belizeans and bad for those greedy investors who have been milking our people for many, many years.
The Rotary Club of San Ignacio has been working with an entire Rotary district in Alberta, Canada, to bring teacher and administrative training to the schools in Belize. This project has been in place for six years and has created learning opportunities all over the country.

The program is very unique to Belize in that a single Rotary district is working with an entire country. The training programs are directed and coordinated through the Ministry of Education.

Curriculum reform, professional development for teachers and administrators, training trainers are the major areas of focus.

There is an additional emphasis on literacy training and accessible technology.

The Canadian Rotary Clubs in the Alberta district send professional teachers and administrators to Belize for one to two weeks in August with follow up visits in November and March.

While in Belize, the volunteers are housed, fed and transported by local Rotarians.

The trainers are dispatched to strategic locations in the districts thereby enabling teachers and administrators the convenience of attending classes in their areas.

The trainers include specialists in math and science, information technology, testing, and curricula development.

There is a group this August working for communities to develop ongoing support for the schools in their area.

The Belize Literacy Program is an exciting and effective Rotary district program.

The partners are Rotary District 5370, the Rotary Club of San Ignacio District 4250 and the Government of Belize through the Ministry of Education and Youth.

The other eight Rotary clubs in Belize assist in various parts of the program.

The Program provides professional development for teachers in Belize, assistance in revising elementary school language arts, math and science curricula, and also assists the Belize Ministry of Education and Youth in supplying internet access and computers to elementary schools.

It is funded by a 3-H grant from the Rotary Foundation, CRCID (Canadian Rotary Collaboration for International Development), Alberta Culture and Community Services, and individual Rotary Clubs in District 5370.

On behalf of the students, parents, teachers, and administrators in schools across Belize, we send a huge THANK YOU to the Canadian Rotary District 5370 for their vision, professional approaches and commitment to improving education in Belize.

The program results from a report by a 16 year old boy, also residing in Santa Elena Town. The boy told police that at around 7:30 pm on Tuesday, August 9, he was relaxing with a male friend under a shed near the Rotary Park on La Loma Luz Boulevard in Santa Elena Town when he was surprised by someone grabbing him by the neck from behind. He reportedly managed to turn around and recognized the individual as his cousin, Markis Pandy, who ordered him to hand over his cellular telephone.

The victim told the police that when he refused to comply with the order, Pandy reportedly pulled out a black pistol, placed it to his head and instructed him not to move or “I will shot you right now”.

The complainant informed that his cousin was accompanied by three other male persons whom he recognized as Justin Rhodas, Marvin Neal and Trevor Jones.

The complainant was relieved of a $200 blue and white LG touch screen cellular phone in a black case along with his black beach cruiser bicycle with 20 inch tires valued at $195.

The companion, Michael Mendoza, 18, was relieved of his black and red Motorola brand slide cellular phone valued at $165 and $20 in cash all for a total value of $580.

All four assailants then departed from the lighted area and quickly disappeared into the darkness.

Police investigation later led to the arrest of all four accused persons. They were jointly charged with one count of robbery. However, when it became apparent in court, on Thursday morning that Michael Mendoza was prepared to inform the court that he did not wish to proceed any further with the matter, the charge was quickly amended to reflect only the cellular telephone and the beach cruiser bicycle allegedly stolen from the minor.

All four accused Santa Elena residents: Trevor Jones, 19, Markis Pandy, Marvin Neal and Justin Rhodas, all 18 years of age, appeared before San Ignacio’s magistrate Dale Cayetano on Thursday, August 11, where they pled not guilty to the charge. They were remanded to prison and are scheduled to return to court on Tuesday, November 8, 2011.
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