Santa Elena Businesswoman Gets 18 Months Prison Sentence

SAN IGNACIO TOWN, Cayo, Monday, 30 January 2012:

A Santa Elena businesswoman was today convicted for a trafficking in persons related charge and was sent to jail.

The trial of Narcisa “Nancy” Orellana, 54, began 20 months ago, in May 2010, when she was first arrested and charged under the Trafficking In Persons Act resulting from a report made against her by a 15 year old Belizean girl residing in the Valley of Peace Community.

Orellana stood accused of attempting to recruit the girl to work in her bar as commercial sex worker.

The victim told police that she came from the Valley of Peace community to Santa Elena looking for a job when she met Nancy at a supermarket.

She said that Nancy offered her a job as a home maid. She took the job to work in the family house located behind Orellana’s “Sierra Friends Bar. Instead of working as a house maid however she was directed to work as a bar maid.

She needed the job and so he

Guatemalan Boy Remanded To Jail

SAN IGNACIO TOWN, Cayo, Monday, 30 January 2012:

A Guatemalan boy, found with a shotgun and one cartridge, was today remanded to prison.

San Ignacio police reports that at around 2:00 pm on Friday, 27 January, a joint Police, Defence Force and Immigration patrol in the Chiquibul National Park came upon a male Hispanic person with a shotgun in the national park. He was detained and relieved of the gun which was found loaded with a cartridge. He told the police that he resides across the border in the Guatemalan village of Nuevo Armenia and that he is 16 years of age. His age could not be confirmed as he carried no identification documents. He was transported to the police station in San Ignacio where he was formally arrested and charged for keeping an unlicensed firearm and ammunition.

The police could find neither serial number nor brand marking on the gun. He appeared in court on Monday, 30 January where he pled not guilty to the charge and was remanded to prison until Wednesday, 22 February.
BY: Dr. Errol Elrington

It was more than fifty years ago that a greedy millionaire sent a young, inexperienced, intellectually weak, politically naive, failed seminarian into politics to fight for the capitalist’s interest.

Ralph summarized that misguided move as: “The mess that the country is in is because of the PUP.” Failure! Disaster! Pobrecito Belice!

History does NOT actually repeat itself, instead, the individuals who refuse to study the past, end up making the same silly moves that idiots have made prior.

It is extremely important to check one’s ideas for both weakness and soundness especially when others could be harmed.

Bad ideas need to be discarded. Belize is at the cross roads once again. Another youthful incompetent has been put up to head the Grand Old Party.

The truth is that the PUP is OVERFLOWING with individuals who want to provide service to the greedy billionaire - for a price. Again, the sell out of Belize.

Recall that Smith wrote about the Belizean who got money every month from the Guatemalans; they believed that they were buying Belize. The Jewel was not, is not now and will never be for sale - it belongs to the PEOPLE. A TRUE National Hero NEVER sells out.........NEVER! Belizeans, UNITE against all inside and outside threats! Battle of Saint George’s Caye all over again!

Every voter knows that the PUP is Ashcroft’s Party. Notice that if the elections goes Ashcroft’s way telephone rates will once again skyrocket - and forget about double-up and triple-up.

Water bills will peak. Electricity rates will become astronomical; rather than fall. Foreign currency will flee the country to private offshore accounts, no money circulating in the streets. Forget dividends, assistance programs. Forget new jobs. Forget new hiring. Forget new careers. Forget housing, road, infrastructure and health improvements - ALL the money would go to ONE FOREIGN MAN. Aid from countries like Venezuela and Taiwan would again be diverted; rather than given to the PEOPLE. Every asset that now belongs to the Government/PEOPLE will be diverted/stolen.

Airport gone! Port gone! Lands gone! Sea gone! Reef gone! Mangrove gone! DFC money gone! SSB money gone. The PEOPLE’S money, the PEOPLE’S oil gone...and so on and so forth... etc... etc...

What happened in the recent past is well known to all of us voters.

Thanks to Smith and his book, we now know exactly what evil deeds were done and what lies were told.

Not a one of them in the PUP camp cared enough about Belize and Belizeans to stand up and fight the evil. The PEOPLE, the voters themselves, had to kick them out. The votes will have to continue protecting the Jewel and saving Belize.

It will soon be time for the PEOPLE to go back to the polls and decide if the country should be given to a greedy billionaire for him to rape COUNTRY and PEOPLE.

I am betting that the PEOPLE will soundly reject Ashcroft.

Remember the idiots that boasted that they ‘would vote for a broom if it was dressed in blue and white’? That few might yet again vote against Belizeans - only time will tell; but, the vast majority will vote against Ashcroft.

Belize will continue to improve! Belizeans will prosper and handsomely!!! LONG LIVE BELIZE! Under the P.U.P telephone rates will once again skyrocket

When You Go To The Polls On March 7, Will You Vote Blue For Ashcroft Or Red For Belize?
SAN IGNACIO TOWN, Cayo, Wednesday, 1 February 2012:

The drowned body of a boy, gone missing over 20 hours, was at around 4:00 pm on Monday, 30 January, recovered from inside a well near his home in San Antonio Village.

The boy’s father, Demeterio Mena Sr., 45, reported to San Ignacio police that at around 7 o’clock on the night of Sunday, 29 January, his visibly drunk 17 year old son, Demeterio Mena Jr., left home and when he did not return for the night, the following morning a search began for him in the village.

Reports indicate that at around 2:00 pm the pair of slippers he was wearing was found floating on the water inside a well about a block from the family house. The police was advised of the discovery and the family was authorized to search the well and to remove the body if it was found.

About two hours later the body was pulled out of the well and transported to the community hospital in San Ignacio where, upon arrival at 7:40 pm on Monday, 30 January it was officially pronounced dead by the medical officer on duty, Dr. Gustavo Pacheco.

The post mortem examination conducted by Dr. Hugo Sanchez, at the Karl Heusner Memorial Hospital in Belize City, between 11 am and 12 noon on Tuesday, 31 January, certified the cause of death as “Broncho Aspiration due to drowning with other significant conditions contributing to death as a consequence of alcoholism.”

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San Ignacio Town
Telephone #: 8042522

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We have something for everyone. Bring out the entire family and enjoy a clean friendly and secure environment.

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We Fantastic Gift Sets, Male & Female Watches, jewelry as well as the latest CD’s and DVD’s.

BELIZE NATURAL ENERGY Charitable Trust

La Gracia School
Cayo District

Project Status: Completed

The Trust is a partnership between the Government of Belize and Belize Natural Energy Ltd.

Belize Natural Energy Charitable Trust, 3401 Mountain View Blvd., P.O. Box 43, City of Belmopan, Cayo District, Belize, C.A.
Tel: 822-2449 / 2441 E-mail: info@bnetontrust.org Web: www.bnetontrust.org

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CHAPTER 194, LAWS OF BELIZE (REVISED EDITION 2000)

NOTICE UNDER SECTION 13

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

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

APPLICATION NO. LRS-201200702
This parcel of land is situated in the Registration Section, DANGRIGA SOUTH, Block No.3 and being Parcels No.772.

This parcel of land is the subject of a Deed of Gift No.1640 of 1995 dated 15th August, 1995 and recorded in Deeds Book Volume 18 of 1995 at Folios 911-916 in favour of MARY ANTONINA LEWIS as Administratrix of the Estate of Paul Lewis (deceased).

APPLICATION NO. LRS-201200703
This parcel of land is situated in the Registration Section, SAN PEDRO, Block No.7 and being Parcels No.9780.

This parcel of land is the subject of a Deed of Conveyance No.262 of 1999 dated 27th August, 1999 and recorded in Deeds Book Volume 3 of 1999 at Folios 611-624 in favour of JOHN WORTHEN CO. & CARIBBEAN COWBOY COMPANY LIMITED.

APPLICATION NO. LRS-201200704
This parcel of land is situated in the Registration Section, VALLEY COMMUNITY/ALTA VISTA, Block No.31 and being Parcels No.411.

This parcel of land is the subject of a Minister’s Fiat Grant No.17 of 1989 dated 14th March, 1989 in favour of CATALINO REYES.

APPLICATION NO. LRS-201200705
This parcel of land is situated in the Registration Section, VALLEY COMMUNITY/ALTA VISTA, Block No.31 and being Parcels No.412.

This parcel of land is the subject of a Minister’s Fiat Grant No.76 of 1989 dated 19th May, 1989 in favour of CATALINO REYES.

APPLICATION NO. LRS-201200706
This parcel of land is situated in the Registration Section, VALLEY COMMUNITY/ALTA VISTA, Block No.3.1 and being Parcels No.414.

This parcel of land is the subject of a Minister’s Fiat Grant No.576 of 1980 dated 28th November, 1980 in favour of CATALINO REYES.

APPLICATION NO. LRS-201200707
This parcel of land is situated in the Registration Section, VALLEY COMMUNITY/ALTA VISTA, Block No.31 and being Parcels No.498.

This parcel of land is the subject of a Minister’s Fiat Grant No.75 of 1989 dated 19th May, 1989 in favour of CATALINO REYES.

APPLICATION NO. LRS-201200708
This parcel of land is situated in the Registration Section, DANGRIGA SOUTH, Block No.31 and being Parcels No.783.

This parcel of land is the subject of a Minister’s Fiat Grant No.455 of 2004 dated 11 June, 2004 in favour of KIRK EMMANUEL & LOURRAINE EMMANUEL. (Jointly).

APPLICATION NO. LRS-201200709
These parcels of land are situated in the Registration Sections, BENQUE VIEJO DEL CARMEN Block No.23 and being Parcels No.2994, 3006, 3008, 3009, 3010, 3011, 3012, 3025, 3022, 3021, 3018, 3016, 3037, 3038, 3039, 3040, 3041, 3042, 3043, 3044, 3045, 3046, 3047, 3048, 3049, 3050, 3051, 3052, 3053, 3054, 3055, 3056, 3057, 3058, 3059, 3060, 3061, 3063, 3064, 3065, 3066, 3067, 3068, 3069, 3070.

This parcel of land is the subject of a Minister’s Fiat Grant No.254 of 1992 dated 4th September, 1992 in favour of RIGOBERTO CASTELLANOS.

APPLICATION NO. LRS-201200710
This parcel of land is situated in the Registration Section, SAN PEDRO, Block No.7 and being Parcels No.9040.

This parcel of land is the subject of a Deed of Conveyance No.1183 of 2003 dated 30th April, 2003 and recorded in Deeds Book Volume 15 of 2003 at Folios 1467-1530 in favour of SUNFISH LIMITED.

APPLICATION NO. LRS-201200711
This parcel of land is situated in the Registration Section, VALLEY COMMUNITY/ALTA VISTA, Block No.31 and being Parcels No.4.10.

This parcel of land is the subject of a Minister’s Fiat Grant No.15 of 1990 dated 8th February, 1990 in favour of CATALINO REYES.

APPLICATION NO. LRS-201200712
This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH Block No.23 and being Parcels No.660.

This parcel of land is the subject of a Minister’s Fiat Grant No.137 of 1992 dated 9th April, 1992 in favour of EDWARDO TESECUM.

APPLICATION NO. LRS-201200713
This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1933.

This parcel of land is the subject of a Conveyance No.3106 of 2006 dated 17th August, 2006 and recorded in Deeds Book Volume 36 of 2006 at Folios 1473-1494 in favour of GARAT EARLING GENTLE.

APPLICATION NO. LRS-201200714
This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1926.

This parcel of land is the subject of a Conveyance No.3106 of 2006 dated 17th August, 2006 and recorded in Deeds Book Volume 36 of 2006 at Folios 1409-1430 in favour of ELYVINA ROSANA GARCIA.

APPLICATION NO. LRS-201200715
This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1925.

This parcel of land is the subject of a Deed of Conveyance No.2991 of 2004 dated 20th December, 2004 and recorded in Deeds Book Volume 39 of 2004 at Folios 1183-1202 in favour of VICTOR JAVIER MUNOZ.

APPLICATION NO. LRS-201200717
This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1927.

This parcel of land is the subject of a Deed of Conveyance No.3101 of 2006 dated 17th August, 2006 and recorded in Deeds Book Volume 36 of 2006 at Folios 1387-1408 in favour of EMA LOURDES ROMERO.

APPLICATION NO. LRS-201200718
This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1932.

This parcel of land is the subject of a Deed of Conveyance No.3103 of 2006 dated 17th August, 2006 and recorded in Deeds Book Volume 36 of 2006 at Folios 1431-1452 in favour of ARTURO MATUS.

APPLICATION NO. LRS-201200719
This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1929.

This parcel of land is the subject of a Deed of Conveyance No.1669 of 2005 dated 14th January, 2005 and recorded in Deeds Book Volume 22 of 2005 at Folios 1473-1494 in favour of GARAT EARLING GENTLE.
BELIZE CREDIT UNION LEAGUE
BELIZE RURAL FINANCE PROGRAMME

VACANCY ANNOUNCEMENT - ST. MARTINS CREDIT UNION

POSITION: Micro Finance Field Officer (MFFO)

BACKGROUND:
The Rural Finance Programme (RFP) is a joint effort of the Government of Belize, the Credit Union Sector, IFAD and CABEI and is hosted by the Belize Credit Union League Limited (BCUL). The RFP’s main goal is to contribute to the reduction of poverty levels and expand and enhance rural financial services to its target group (which includes poor small farmers, non-farming micro entrepreneurs and poor sectors of the rural population) including women and youths.

GENERAL DUTIES AND RESPONSIBILITIES:
• Identifying potential clients;
  Build relationship with the clients to meet their demands and to provide them with financial services and training;
• Evaluate the feasibility of financial products and services offered under the RFP on a per client basis;
• Evaluate loan applications submitted by the clients;
• Assist the Programme Management Unit (PMU) of the RFP in processing the Incentive Fund grant applications;
• Implement strategies to ensure that the gender and youth objectives of the programme are achieved;
• Arrange logistics for monitoring and evaluation and training activities sponsored by the programme;
• Undertake any such other duties as directed by the General Manager;

SPECIFIC QUALIFICATIONS AND EXPERIENCE:
The individual must possess the following:
1. A minimum of a Bachelors degree in Finance, Business Administration, Marketing, Economics or related field;
2. At least three (3) years professional experience in the area of financial services;
3. Knowledge and experience in evaluating rural micro enterprises, including commerce, services and agricultural activities would be an important asset;
4. Demonstrated gender awareness and sensitivity in programme implementation would be an important asset;
5. A working knowledge of the Microsoft Office package;
6. Must be a good team player;
7. A valid class A driver’s license;
8. Willing to travel and work in rural areas;
9. Strong oral and written communication skills in English;
10. Strong oral communication skills in Spanish;
11. Must be willing to work with and motivate people from a heterogenous social and cultural background;
12. A good knowledge of the credit union movement and service would be an asset;
13. Ability to write reports and correspondence, speak effectively before members and other external persons;

SALARY: Salary negotiable based on previous experience and qualifications.

APPLICATION AND DEADLINE FOR SUBMISSION:
• Qualified applicants should send their letter of application along with detailed Curriculum Vitae and two references.
  The letter and curriculum vita must contain all the information necessary to show that applicant possesses the education, experience, skills and language abilities to perform this work. Failure to provide information will result in disqualification for the position. Please ensure that the Curriculum Vitae makes reference to the position title mentioned in this advertisement.
• Send application via direct mail or email by Saturday, 4 February, 2012 to:

  Human Resources Manager
  Saint Martin’s Credit Union
  Cor. Eve and Church Street
  San Ignacio Town, Cayo District
  Telephone: (501) 824-2893; Fax: (501) 824-3231
  Email: hr@smcubelize.com

ADDITIONAL INFORMATION: For general information about Saint Martin’s Credit Union, please visit our website at:
www.smcubelize.com
CHAPTER 194, LAWS OF BELIZE (REVISED EDITION 2000)

NOTICE UNDER SECTION 13

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1931

APPLICATION NO. LRS-201200720

This parcel of land is the subject of a Deed of Conveyance No.3116 of 2006 dated 17th August, 2006 and recorded in Deeds Book Volume 37 of 2006 at Folios 115-136 in favour of MANUEL FRANCISCO ROMERO.

APPLICATION NO. LRS-201200721

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1932

This parcel of land is the subject of a Deed of Conveyance No.3116 of 2006 dated 17th August, 2006 and recorded in Deeds Book Volume 37 of 2006 at Folios 115-136 in favour of MANUEL FRANCISCO ROMERO.

APPLICATION NO. LRS-201200722

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1933

This parcel of land is the subject of a Deed of Conveyance No.3116 of 2006 dated 17th August, 2006 and recorded in Deeds Book Volume 37 of 2006 at Folios 115-136 in favour of MANUEL FRANCISCO ROMERO.

APPLICATION NO. LRS-201200723

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1934

This parcel of land is the subject of a Deed of Conveyance No.3116 of 2006 dated 17th August, 2006 and recorded in Deeds Book Volume 37 of 2006 at Folios 115-136 in favour of MANUEL FRANCISCO ROMERO.

APPLICATION NO. LRS-201200863

This parcel of land is situated in the Registration Section, DANGRIGA NORTH, Block No.31 and being Parcels No.586

This parcel of land is the subject of a Minister’s Fiat Grant No.149 of 1993 dated 28th April, 1993 in favour of MATILDA MIRANDA.

APPLICATION NO. LRS-201200864

This parcel of land is situated in the Registration Section, PORT LOYOLAVILLE, Block No.45 and being Parcels No.2335

This parcel of land is the subject of a Conveyance No.2068 of 1994 dated 23rd September, 1994 and recorded in Deeds Book Volume 24 of 1994 at Folios 705-710 in favour of LAVERN PATRICIA GILLETTE.

APPLICATION NO. LRS-201200865

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.2650

This parcel of land is the subject of an Indenture No.2217 of 2001 dated 23rd July, 2001 and recorded in Deeds Book Volume 29 of 2001 at Folios 855-862 in favour of AMANDA FIGUEROA & (BLANCA DIAZ-Deceased).

APPLICATION NO. LRS-201200866

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.2648

This parcel of land is the subject of an Indenture No.2218 of 2001 dated 23rd July, 2001 and recorded in Deeds Book Volume 29 of 2001 at Folios 863-870 in favour of AMANDA FIGUEROA & (BLANCA DIAZ-Deceased).

APPLICATION NO. LRS-201200867

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.2649

This parcel of land is the subject of an Indenture No.2215 of 2001 dated 23rd July, 2001 and recorded in Deeds Book Volume 29 of 2001 at Folios 839-846 in favour of AMANDA FIGUEROA & (BLANCA DIAZ-Deceased).

APPLICATION NO. LRS-201200868

This parcel of land is situated in the Registration Section, ALBERT MESOP, Block No.45 and being Parcels No.1609

APPLICATION NO. LRS-201200869

This parcel of land is situated in the Registration Section, DANGRIGA NORTH, Block No.31 and being Parcels No.1518

This parcel of land is the subject of an Indenture No.103 of 1992 dated 13th February, 1992 and recorded in Deeds Book Volume 2 of 1992 at Folios 423-430 in favour of FLORA CASTILLO.

APPLICATION NO. LRS-201200870

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.45 and being Parcels No.1587

This parcel of land is the subject of a Conveyance No.657 of 1984 dated 18th June, 1984 and recorded in Deeds Book Volume 6 of 1984 at Folios 287-304 in favour of SARKIS ABOU ORLANDO NEHRA.

APPLICATION NO. LRS-201200927

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1948

This parcel of land is the subject of a Conveyance No.1063 of 2007 dated 30th March, 2007 and recorded in Deeds Book Volume 13 of 2007 at Folios 703-714 in favour of ROZELIA YOUNG.

APPLICATION NO. LRS-201200928

This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH, Block No.23 and being Parcels No.1495

This parcel of land is the subject of a Minister’s Fiat Grant No.1286 of 2003 dated 7th January, 2004 in favour of RAQUEL GARCIA.

APPLICATION NO. LRS-201200929

This parcel of land is situated in the Registration Section, ST. MARTIN DE PORRES WEST, Block No.45 and being Parcels No.1069

This parcel of land is the subject of a Minister’s Fiat Grant No.632 of 2001 dated 10th September, 2001 in favour of RAYMOND PITTERSON.

APPLICATION NO. LRS-201200930

This parcel of land is situated in the Registration Section, COROZAL NORTH, Block No.1 and being Parcels No.547

This parcel of land is the subject of a Minister’s Fiat Grant No.75 of 1973 dated 28th April, 1973 in favour of RUBINA YEARWOOD.

APPLICATION NO. LRS-201200931

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1936

This parcel of land is the subject of a Conveyance No.1066 of 2007 dated 30th March, 2007 and recorded in Deeds Book Volume 13 of 2007 at Folios 727-738 in favour of ROZELIA YOUNG.

APPLICATION NO. LRS-201200932

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1937

This parcel of land is the subject of a Conveyance No.1065 of 2007 dated 30th March, 2007 and recorded in Deeds Book Volume 13 of 2007 at Folios 715-726 in favour of ROZELIA YOUNG.

APPLICATION NO. LRS-201200933

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1938

This parcel of land is the subject of a Conveyance No.1064 of 2007 dated 30th March, 2007 and recorded in Deeds Book Volume 13 of 2007 at Folios 715-726 in favour of ROZELIA YOUNG.

APPLICATION NO. LRS-201200934

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1939
This week will be about personal progress. While there may be a few setbacks, this is a time when your ability to deal with a crisis comes forth. In a calm and composed fashion, you are able to resolve such situations. You may also adopt a healthier lifestyle. Lucky numbers: 23, 35, 56.

TAURUS: April 21 to May 21
You will find yourself in a better shape, with focus and clarity being the key features of your week. Use this time to sort out any pending legal or documentation related matters. There might be a new work-related contract or deal in the offing. Lucky numbers: 08, 30, 41.

GEMINI: May 22 to June 21
Definitely, a good week ahead. The love and support that you receive from your spouse or partner enables you to take on challenges confidently. You find your relationships to be fulfilling. Your expenditure may increase, but you deal with this effectively and efficiently. Lucky numbers: 16, 58, 72.

CANCER: June 22 to July 23
Change can be unsettling. But, you need to adapt yourself to this new way of living or thinking. You may doubt your decisions. But, learn to be aware and embrace patience. Lucky numbers: 28, 31, 69.

LIBRA: September 22 to October 23
There are new opportunities, but nothing may come of it if you don’t put in the required hard work. This may just be the kind of work you like to do and the sort of work that brings out your potential. There might also be some monetary inflow. Lucky numbers: 18, 36, 77.

SCORPIO: October 24 to November 21
You may be worried over certain financial aspects this week. You may focus on acquiring some additional income through other means, or by taking on other jobs. Pay attention to your health. Stress and anxiety could take a toll on your well-being. Lucky numbers: 20, 32, 65.

SAGITTARIUS: November 22 to December 21
You are able to sit back without worrying about finances or people issues. This calm state triggers an intense spiritual need to do good. Some charitable acts might give you true joy and happiness. Quiet, peaceful and content moments are the themes of this week. Lucky numbers: 62, 74, 95.

CAPRICORN: December 22 to January 20
It might serve you well to give your over-analysis a rest. Not much will be gained from this except for heartache or negative emotions. Instead, focus on planning for the year ahead, as there is much that you have to do. Also, take care of your health. Lucky numbers: 22, 68, 81.

AQUARIUS: January 21 to February 19
You could excel at work, to the point of being called an expert. However, it would be foolish of you to expect laurels without hard work. Avoid being lazy. Generally, the week proves to be positive, perhaps even one that might catapult you to a new high. Lucky numbers: 07, 33, 78.

PISES: February 20 to March 21
Things start looking up. Your health shows some improvement as well. You may have to avoid tricky conversations and mulling over issues that are bound to make you pessimistic and depressed. On the work front, there are some encouraging developments which inspire you to do better. Lucky numbers: 49, 84, 92.

Call For Referendum Falls Offshore

NEMO TRAINING ROOM, Belmopan, Thursday, 2 February 2012:
The Elections & Boundaries Department today held a 3:00 pm press conference at the NEMO Headquarters in Belmopan where the nation’s Chief Elections Officer, Mrs. Josephine Tamai, publicly informed that the act to trigger a referendum on oil exploration and drilling offshore and in protected areas fell by the wayside when a verification of signatures resulted in the discarding of over eight thousand of them.

The Chief Elections Officer informed that all 20,160 signatures received from the Governor General on Friday, 9 December 2011 were subjected to a verification process.

After working through the Christmas and New Years vacation including all weekends, the Department completed the exercise within the legally stipulated 2 month period necessitating the employment of 14 additional employees drawn from other departments within the public service.

At the time of receipt of the signatures, on 9 December 2011 the national voters roll stood at 171,405 voters thereby requiring at least 10% or 17,141 signatures to trigger the referendum.

After going through the tedious exercise of checking all 20 thousand plus signatures, the Chief Elections Officer reported that 12,113 or 60% of them made it through the verification process while the remaining 8,047 were disregarded for the following:

a) 6,738 signatures on the petition did not match those on the voters’ Registration Record Card on file at the Elections & Boundaries Department
b) The mans of 1,180 of those who signed the petition did not appear as registered voters.
c) 127 persons signed the petition on two occasions which in itself is in violation of the Referendum Act
d) Again in violation of the Referendum Act, two persons signed up three times.

Governor General of Belize, Sir Colville Young, has, by correspondence dated 1 February, informed Oceana’s Vice President Audrey Matura Shepherd that in accordance with the Referendum act, the “petition has not been duly signed by the requisite number of electors as specified in subsection (3)”. Oceana’s Vice President Audrey Matura Shepherd, who we understand was out of the country, fired back with a correspondence questioning the eight thousand disallowed signatures stating that “We are extremely concerned about the legitimacy of that number, as well as the lack of and explanation as to why they were rejected.”
This parcel of land is the subject of a Conveyance No.1070 of 2007 dated 30th March, 2007 and recorded in Deeds Book Volume 13 of 2007 at Folios 667-678 in favour of ROZELIA YOUNG.

APPLICATION NO. LRS-201200935

This parcel of land is the subject of a Conveyance No.1068 of 2007 dated 30th March, 2007 and recorded in Deeds Book Volume 13 of 2007 at Folios 679-690 in favour of ROZELIA YOUNG.

APPLICATION NO. LRS-201200936

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1527.

APPLICATION NO. LRS-201200937

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1528.

APPLICATION NO. LRS-201200938

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1544.

APPLICATION NO. LRS-201200939

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.700.

APPLICATION NO. LRS-201200940

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1371.

APPLICATION NO. LRS-201200941

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1935.

APPLICATION NO. LRS-201200942

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1946.

APPLICATION NO. LRS-201200943

This parcel of land is situated in the Registration Section, SAN IGNACIO SOUTH, Block No.23 and being Parcels No.1947.

APPLICATION NO. LRS-201200944

This parcel of land is situated in the Registration Section, SAN PEDRO, Block No.7 and being Parcels No.8140 & 8149.

APPLICATION NO. LRS-201200945

This parcel of land is situated in the Registration Section, ORANGE WALK TOWN, Block No.4 and being Parcels No.219.

APPLICATION NO. LRS-201201021

This parcel of land is situated in the Registration Section, FORTGEORGE/ PICKSTOCK, Block No.45 and being Parcels No.1341.

APPLICATION NO. LRS-201201022

This parcel of land is situated in the Registration Section, DANGRIGA SOUTH, Block No.31 and being Parcels No.56.

APPLICATION NO. LRS-201201023

This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH, Block No.23 and being Parcels No.668.

APPLICATION NO. LRS-201201024

This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH, Block No.23 and being Parcels No.1572.

APPLICATION NO. LRS-201201025

This parcel of land is situated in the Registration Section, DANGRIGA SOUTH, Block No.31 and being Parcels No.56.

APPLICATION NO. LRS-201201026

This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH, Block No.23 and being Parcels No.721.

APPLICATION NO. LRS-201201027

This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH, Block No.23 and being Parcels No.737.

APPLICATION NO. LRS-201201028

This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH, Block No.23 and being Parcels No.1052.

APPLICATION NO. LRS-201201029

This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH, Block No.23 and being Parcels No.737.

APPLICATION NO. LRS-201201030

This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH, Block No.23 and being Parcels No.737.

APPLICATION NO. LRS-201201031

This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH, Block No.23 and being Parcels No.1528.

APPLICATION NO. LRS-201201032

This parcel of land is situated in the Registration Section, SAN IGNACIO NORTH, Block No.23 and being Parcels No.1528.

APPLICATION NO. LRS-201201033

This parcel of land is situated in the Registration Section, DANGRIGA NORTH, Block No.31 and being Parcels No.54.
OIL, Is It The Devil’s Excrement? or God’s Gift To Mankind?

BY: Rudy Bowman

2 February 2012:
The Mayas of Toledo appear to be struggling with the potential oil-drilling situation in their ancestral homelands. And now that new petroleum might be found elsewhere, and a potential exists for even greater find offshore, this struggle continues in the rest of the country.

I relate two contrasting pieces of advice about oil from our own hemisphere: one from the 1970s from Venezuela, and the other, a hemisphere: one from the 1970s of advice about oil from our own offshore, this struggle continues that new petroleum might be oil-drilling situation in their

The second is from Dilmá Rousseff, President of Brazil, (a country already steep in sugarcane ethanol) after they discovered a potential 50 billion barrels of crude in the Santos Basin (an estimated 5 million barrels per day by 2020). The discovery, she says is “strong evidence that God is Brazilian.”

There probably is no greater endorsement that something is right than to have God on your side as your countryman (my input). Anyway, she was very pleased about their find, and how it would advance the country.

So which is it, is oil excrement or liquid gold?

In my lay opinion, oil is not intrinsically good or evil. It is a necessity in our constantly moving modern world of trains, planes, and automobiles. If we don’t have it, we have to buy it (about $100 US/b); and if we have it, we need to know how to use and manage it wisely. It is said that oil has a great potential for rapid but unbalanced development since other areas of the economy could suffer.

It is also said that it has just as great a potential for environmental and political crises.

One just needs to look at the pollution left behind by Texaco (now Chevron’s headache) in Ecuador from 1972 to 1993, and at the recent Deep Water Horizon Oil Spill.

Prime Minister Mosaddegh of Iran was ousted in a coup in 1953 to protect British oil interests.

President Cárdenas of Mexico expelled US oil companies in 1938, claiming all mineral and oils reserves as the sole property of Mexicans.

Lastly, turmoil exists today in oil rich Nigeria after an increase in fuel price, and in the US shale gas “fracking” and a potential Canadian/US oil pipeline are creating environmental and political stirs.

But this same crude that can generate problems has given some nomadic tribes and their people of a once impoverished area in the Arabian Desert, a life of luxury and comfort.

The desert has been transformed to the point where today Dubai, UAE, has the tallest building in the world, and Qatar has one of the highest standards of living. (The total freedoms may not be there and other oil nations like Libya have not fared as well, but neither was freedom there when they were poor.)

The potential for good exists. Some of the oil resources can be geared towards job training and creation for poverty alleviation, towards a healthy workforce free from major sickness and disease. Government can help create local and regional (Mesoamerican) markets, better education (relevant and needed fields; Tunesia had a problem, not because their youths were not educated, but because there were no jobs in their fields), infrastructure improvements (roads and bridges which also create jobs), and diversification for the time when the gushing turns into a trickle. Yes, it will end. (With a global use of about 90 million barrels per day, and with China, India, Brazil, the United States of America and Belize having more cars, oil gurus estimate a global decline beginning around 2020.)

A pressing question in Latin America is always whether oil should be nationalized completely like PEMEX in Mexico and PDVSA in Venezuela to maximize local benefits, or whether there should be a government/private industry consortium like Petrobras in Brazil, or Statoil in Norway, where technology and management expertise can interact and where the lion share of the profits is still local.

Since many small countries don’t have the resources and expertise for expensive exploration and extraction, a partnership needs to be developed with outside capital.

But outside companies need government partnership too, and promise of an adequate return on their investment (there could be a couple of dry wells before that gusher, and then again, there could be nothing). Companies need the wherewithal to operate efficiently with minimal interference and with legal protections from a stable government. Luckily, enough diverse experience exists across the hemisphere to help formulate mutually beneficial contracts. (US oil companies and Ecuador (Chevron) and Venezuela (Exxon/Mobil) are still fighting in international courts today.)

So in the end do we want to be like Trinidad, Mexico, Venezuela, Ecuador, Brazil, Norway, Nigeria (I purposely left out the Middle East)?

I’m sure after much soul searching, Belize will figure out its own right path, and use this valuable resource wisely for its people.

Two women were playing golf. One teed off and watched in horror as her ball headed directly toward a foursome of men playing the next hole.

The ball hit one of the men and he immediately clasped his hands together at his private parts and fell to the ground and proceeded to roll around in agony.

The woman rushed down to the man, and immediately began to apologize... “Please allow me to help. I’m a Physical Therapist and I know I could relieve your pain if you’d allow me”, she told him.

“Oh, no, I’ll be all right. I’ll Just Another Blonde Joke

A blonde goes into work one morning crying her eyes out. Her boss, concerned about all his employees’ well being, asked sympathetically, “What’s the matter?”

The blonde replies, “Early this morning I got a phone call saying that my mother had passed away.”

The boss, feeling very sorry at this point, explains to the young girl, “Why don’t you go home for the day, we aren’t terribly busy. Just take the day off to relax and rest.”

The blonde very calmly states, “No, I’d be better off here. I need to keep my mind off it and I have the best chance of doing that here.”

The boss agrees and allows the blonde to work as usual. The boss agrees and allows the

be fine in a few minutes,” the man replied. He was in obvious agony, lying in the foetal position, still claspings his hands there at his private parts.

At her persistence, however, the man finally allowed her to help. She gently took his hands away and laid them to the side, loosened his pants and put her hands inside.

She administered tender and artful massage for several long moments and asked, “How does that feel?”

He replied, “It feels great, but I still think my thumbs are broken!”

hysterically crying!! He rushes out to her, asking, “What’s so bad now. Are you gonna be ok?”

“No!” exclaims the blonde.

“My pain just got worse. I now have two deaths to deal with. I just got a call from my twin sister. She told me that HER mom died too!”

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CHAPTER 194, LAWS OF BELIZE (REVISED EDITION 2000)
NOTICE UNDER SECTION 13

Continued From Page 8

This parcel of land is the subject of a Deed of Conveyance No.1515 of 2002 dated 15th April, 2002 and recorded in Deeds Book Volume 20 of 2002 at Folios 1-10 in favour of PATRICIA BENQUE.

APPLICATION NO. LRS-201201127
This parcel of land is situated in the Registration Section, BENQUE VIEJO DEL CARMEN, Block No.23 and being Parcels No.2340

This parcel of land is the subject of a Conveyance No.4416 of 2000 dated 18th November, 2000 and recorded in Deeds Book Volume 62 of 2000 at Folios 669-672 in favour of SALVADOR E.HABET.

APPLICATION NO. LRS-201201128
This parcel of land is situated in the Registration Section, SAN PEDRO, Block No.7 and being Parcels No.4644

This parcel of land is the subject of a Conveyance No.1581 of 2002 dated 6th May, 2002 and recorded in Deeds Book Volume 20 of 2002 at Folios 1083-1102 in favour of LESTER F. MURPHY & REBECCA T. MURPHY (Jointly)

APPLICATION NO. LRS-201201130
This parcel of land is situated in the Registration Section, DANGRIGA SOUTH, Block No.31 and being Parcels No.3044

This parcel of land is the subject of a Conveyance No.0745 of 2006 dated 15th March, 2006 and recorded in Deeds Book Volume 9 of 2006 at Folios 1403-1414 in favour of JESUS REYES.

APPLICATION NO. LRS-201201131
This parcel of land is situated in the Registration Section, BENQUE VIEJO DEL CARMEN, Block No.23 and being Parcels No.2004

This parcel of land is the subject of a Conveyance No.1119 of 1999 dated 10th May, 1999 and recorded in Deeds Book Volume 13 of 1999 at Folios 113-120 in favour of MOUNT CARMEL CREDIT UNION.

APPLICATION NO. LRS-201201133
This parcel of land is situated in the Registration Section, TRIAL FARM, Block No.4 and being Parcels No.584

This parcel of land is the subject of a Minister’s Fiat Grant No.613 of 2003 dated 6th June, 2003 in favour of SIRA LONGSWORTH.

APPLICATION NO. LRS-201201134
This parcel of land is situated in the Registration Section, SAN PEDRO, Block No.7 and being Parcels No.8647

This parcel of land is the subject of a Minister’s Fiat Grant No.1074 of 2003 dated 13th November, 2003 in favour of JAMILA JANMOHAMED.

APPLICATION NO. LRS-201201135
This parcel of land is situated in the Registration Section, SAN PEDRO, Block No.7 and being Parcels No.8861,8862 & 8863

This parcel of land is the subject of a Minister’s Fiat Grant No.1073 of 2003 dated 21st June, 2004 in favour of JIM JANMOHAMED.

APPLICATION NO. LRS-201201136
This parcel of land is situated in the Registration Section, SAN PEDRO, Block No.7 and being Parcels No.10015

This parcel of land is the subject of a Conveyance No.1748 of 1994 dated 22nd July, 1994 and recorded in Deeds Book Volume 20 of 1994 at Folios 1235-1244 in favour of CASA CARIBE LIMITED.

APPLICATION NO. LRS-201201137
This parcel of land is situated in the Registration Section, BENQUE VIEJO DEL CARMEN, Block No.23 and being Parcels No.2904

This parcel of land is the subject of a Indenture No.175 of 2003 dated 22nd January, 2003 and recorded in Deeds Book Volume 2 of 2003 at Folios 1327-1332 in favour of SAMUEL GONZALEZ & ELVIRA GONZALEZ.

APPLICATION NO. LRS-201201138
This parcel of land is situated in the Registration Section, FORTGEORGE/PICKSTOCK, Block No.45 and being Parcels No.182

This parcel of land is the subject of a Minister’s Fiat Grant No.47 of 1987 dated 12th June, 1987 in favour of MARGARET GENTLE USHER & KIM MELANY MCKOY.

APPLICATION NO. LRS-201201139
This parcel of land is situated in the Registration Section, BENQUE VIEJO DEL CARMEN, Block No.23 and being Parcels No.2007

This parcel of land is the subject of an Indenture No.1631 of 2001 dated 29th May, 2001 and recorded in Deeds Book Volume 22 of 2001 at Folios 1281-1286 in favour of SAMUEL GONZALEZ & ELVIRA GONZALEZ.

APPLICATION NO. LRS-201201140
This parcel of land is situated in the Registration Section, BENQUE VIEJO DEL CARMEN, Block No.23 and being Parcels No.2339

This parcel of land is the subject of a Deed of Conveyance No.1571 of 2003 dated 16th June, 2003 and recorded in Deeds Book Volume 20 of 2003 at Folios 1447-1453 in favour of CELIA RAYMUNDO as Administratrix of the Estate of Obdulio Rodolfo Rodriguez.

APPLICATION NO. LRS-201201141
This parcel of land is situated in the Registration Section, PROGRESSO, Block No.1 and being Parcels No.9 10

This parcel of land is the subject of a Deed of Conveyance No.2089 of 1991 dated 26th October, 1991 and recorded in Deeds Book Volume 23 of 1991 at Folios 845-850 in favour of AMPARO OSORIO.

APPLICATION NO. LRS-201201142
This parcel of land is situated in the Registration Section, SAN PEDRO, Block No.7 and being Parcels No.8602

This parcel of land is the subject of a Conveyance No.3035 of 2007 dated 20th September, 2002 and recorded in Deeds Book Volume 36 of 2007 at Folios 1471-1480 in favour of TRYZUB INVESTMENTS LTD.

APPLICATION NO. LRS-201201187
This parcel of land is situated in the Registration Section, ORANGE WALK TOWN, Block No.4 and being Parcels No.2569

This parcel of land is the subject of a Conveyance No.1563 of 1988 dated 27th September, 1988 and recorded in Deeds Book Volume 17 of 1988 at Folios 1293-1300 in favour of THOMAS CHELL & AVELARDA CHELL.

APPLICATION NO. LRS-201201188
This parcel of land is situated in the Registration Section, ORANGE WALK TOWN, Block No.4 and being Parcels No.3960

This parcel of land is the subject of a Minister’s Fiat Grant No.230 of 2003 dated 11th May, 2003 in favour of SOLANIE M. CASTELLANOS.

APPLICATION NO. LRS-201201231
This parcel of land is situated in the Registration Section, DANGRIGA SOUTH, Block No.31 and being Parcels No.1775

This parcel of land is the subject of a Minister’s Fiat Grant No.680 of 2006 dated 14th July, 2006 in favour of ELIHUE USHER.

APPLICATION NO. LRS-201201233
This parcel of land is situated in the Registration Section, ORANGE WALK TOWN, Block No.4 and being Parcels No.1413

This parcel of land is the subject of a Conveyance No.10378 of 1985 dated 14th November, 1985 and recorded in Deeds Book Volume 11 of 1985 at Folios 529-536 in favour of RUTILIO VEGA.

APPLICATION NO. LRS-202012234
This parcel of land is situated in the Registration Section, ORANGE WALK TOWN, Block No.4 and being Parcels No.1413

This parcel of land is the subject of a Conveyance No.10378 of 1985 dated 14th November, 1985 and recorded in Deeds Book Volume 11 of 1985 at Folios 529-536 in favour of RUTILIO VEGA.

APPLICATION NO. LRS-201201235
This parcel of land is situated in the Registration Section, BENQUE VIEJO DEL CARMEN, Block No.23 and being Parcels No.2346

This parcel of land is the subject of a Conveyance No.2904 of 1997 dated 17th December, 1997 and recorded in Deeds Book Volume 31 of 1997 at Folios 976-979 in favour of IAN HAYLOCK.
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Mayoral Candidate
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Community Activist, Chair of the Osmun Wright Center

Earl Trapp Jr
BTL Technician and Sports Organizer, Football Referee, Associate Degree in Applied Science

Michael Salazar
Associate Degree, Businessman, Promoter, Technician

Shary Medina
Educator and Businesswoman

Eduardo "Eddie" Cazo
Businessman (Diamond & Tobacco)

Moses Chuc
Teacher with 28 years experience, Bachelor's Degree in Primary Education
Alocoholism And Alcohol Abuse Signs, Symptoms & Help

Drinking is woven into the fabric of many societies—sharing a bottle of wine over a meal, going out for drinks with friends, celebrating special occasions with champagne. But because alcohol is such a common, popular element in many activities, it can be hard to see when your drinking has crossed the line from moderate or social use to problem drinking.

If you consume alcohol simply to feel good, or to avoid feeling bad, your drinking could become problematic. Alcoholism and alcohol abuse can sneak up on you, so it’s important to be aware of the warning signs and take steps to cut back if you recognize them. Understanding the problem is the first step to overcoming it.

Alcoholism and alcohol abuse are due to many interconnected factors, including genetics, how you were raised, your social environment, and your emotional health. People who have a family history of alcoholism or who associate closely with heavy drinkers are more likely to develop drinking problems. Finally, those who suffer from a mental health problem such as anxiety, depression, or bipolar disorder are also particularly at risk, because alcohol may be used to self-medicate.

Since drinking is so common in many cultures and the effects vary so widely from person to person, it’s not always easy to figure out where the line is between social drinking and problem drinking. The bottom line is how alcohol affects you. If your drinking is causing problems in your life, you have a drinking problem.

You may have a drinking problem if you...

- Feel guilty or ashamed about your drinking.
- Lie to others or hide your drinking habits.
- Have friends or family members who are worried about your drinking.
- Need to drink in order to relax or feel better.
- “Black out” or forget what you did while you were drinking.
- Regularly drink more than you intended to.

**Signs and symptoms of alcohol abuse**

Substance abuse experts make a distinction between alcohol abuse and alcoholism (also called alcohol dependence). Unlike addictions, alcohol abusers have some ability to set limits on their drinking. However, their alcohol use is still self-destructive and dangerous to themselves or others.

**Common signs and symptoms of alcohol abuse include:**

- Repeatedly neglecting your responsibilities at home, work, or school because of your drinking. For example, performing poorly at work, flunking classes, neglecting your kids, or skipping out on commitments because you’re hung over.
- Using alcohol in situations where it’s physically dangerous, such as driving and driving, operating machinery while intoxicated, or mixing alcohol with prescription medication against doctor’s orders.
- Experiencing repeated legal problems on account of your drinking. For example, getting arrested for driving under the influence or for drunk and disorderly conduct.
- Continuing to drink even though your alcohol use is causing problems in your relationships. Getting drunk with your buddies, for example, even though you know your wife will be very upset, or fighting with your family because they dislike how you act when you drink.
- Many drinking problems start when people use alcohol to self-soothe and relieve stress. Getting drunk after every stressful day, for example, or reaching for a bottle every time you have an argument with your spouse or boss.

**The path from alcohol abuse to alcoholism**

Not all alcohol abusers become full-blown alcoholics, but it is a big risk factor. Sometimes alcoholism develops suddenly in response to a stressful change, such as a breakup, retirement, or another loss. Other times, it gradually creeps up on you as your tolerance to alcohol increases. If you’re a binge drinker or you drink every day, the risks of developing alcoholism are greater.

**Signs and symptoms of alcoholism (alcohol dependence)**

Alcoholism is the most severe form of problem drinking. Alcoholism involves all the symptoms of alcohol abuse, but it also involves another element: physical dependence on alcohol. If you rely on alcohol to function or feel physically compelled to drink, you’re alcoholic.

**Tolerance:** The 1st major warning sign of alcoholism

Do you have to drink a lot more than you used to in order to get buzzed or to feel relaxed? Can you drink more than other people without getting drunk? These are signs of tolerance, which can be an early warning sign of alcoholism. Tolerance means that, over time, you need more and more alcohol to feel the same effects.

**Withdrawal:** The 2nd major warning sign of alcoholism

Do you need a drink to steady the shakes in the morning? Drinking to relieve or avoid withdrawal symptoms is a sign of alcoholism and a huge red flag.

When you drink heavily, your body gets used to the alcohol and experiences withdrawal symptoms if it’s taken away. These include:

- Anxiety or jitters
- Shakiness or trembling
- Sweating
- Nausea and vomiting
- Insomnia
- Depression
- Irritability
- Fatigue
- Loss of appetite
- Headache

In severe cases, withdrawal from alcohol can also involve hallucinations, confusion, seizures, fever, and agitation. These symptoms can be dangerous for you and your doctor if you are a heavy drinker and want to quit.

**Other signs and symptoms of alcoholism (alcohol dependence)**

You’ve lost control over your drinking. You often drink more alcohol than you wanted to, for longer than you intended, or despite telling yourself you wouldn’t.

You want to quit drinking, but you can’t. You have a persistent desire to cut down or stop your alcohol use, but your efforts to quit have been unsuccessful.

You have given up other activities because of alcohol. You’re spending less time on activities that used to be important to you (hanging out with family and friends, going to the gym, pursuing your hobbies) because of your alcohol use.

Alcohol takes up a great deal of your energy and focus. You spend a lot of time thinking about it, or recovering from its effects. You have few if any interests or social involvements that don’t revolve around drinking.

**Drinking problems and denial**

Denial is one of the biggest obstacles to getting help for alcohol abuse and alcoholism. The desire to drink is so strong that the mind finds many ways to rationalize drinking, even when the consequences are obvious. By keeping you from looking honestly at your behavior and its

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A lcoholism A nd A lcohol A buse S igs, S ymptoms & H elp

Continued From Page 12

negative effects, denial also exacerbates alcohol-related problems with work, finances, and relationships.

E ffects of alcoholism and alcohol abuse

Alcoholism and alcohol abuse can affect all aspects of your life. Long-term alcohol use can cause serious health complications, affecting virtually every organ in your body, including your brain. Problem drinking can also damage your emotional stability, finances, career, and your ability to build and sustain satisfying relationships. Alcoholism and alcohol abuse can also have an impact on your family, friends and the people you work with.

Despite the potentially lethal damage that heavy drinking does to the body—including cancer, heart problems, and liver disease—the social consequences can be just as devastating. Alcoholics and alcohol abusers are much more likely to get divorced, have problems with domestic violence, struggle with unemployment, and live in poverty.

But even if you’re able to succeed at work or hold your marriage together, you can’t escape the effects that alcoholism and alcohol abuse have on your personal relationships.

Drinking problems put an enormous strain on the people closest to you.

Often, family members and close friends feel obligated to cover for the person with the drinking problem. So they take on the burden of cleaning up your messes, lying for you, or making ends meet. Pretending that nothing is wrong and hiding away all of their fears and resentments can take an enormous toll. Children are especially sensitive and can suffer long-lasting emotional trauma when a parent or caretaker is an alcoholic or heavy drinker.

G etting help for alcoholism or alcohol abuse

If you’re ready to admit you have a drinking problem, you’ve already taken the first step. It takes tremendous strength and courage to face alcohol abuse and alcoholism head on. Reaching out for support is the second step.

Whether you choose to go to rehab, rely on self-help programs, get therapy, or take a self-directed treatment approach, support is essential. Recovering from alcohol addiction is much easier when you have people you can lean on for encouragement, comfort, and guidance. Without support, it’s easy to fall back into old patterns when things get tough.

Your continued recovery depends on maintaining mental health treatment, learning healthier coping strategies, and making better decisions when dealing with life’s challenges. In order to stay alcohol-free for the long term, you’ll also have to face the underlying problems that led to your alcoholism or alcohol abuse in the first place.

Those problems could be depression, an inability to manage stress, an unresolved trauma from your childhood, or any number of mental health issues. Such problems may become more prominent when you’re no longer using alcohol to cover them up. But you will be in a healthier position to finally address them and seek the help you need.

Helping a loved one with alcoholism or alcohol abuse

If someone you love has a drinking problem, you may be struggling with a number of painful emotions, including shame, fear, anger, and self-blame. The problem may be so overwhelming that it seems easier to ignore it and pretend that nothing is wrong. But in the long run denying it will be more damaging to you, other family members, and the person with the drinking problem.

W hat Not To Do

*Don’t attempt to punish, threaten, bribe, or preach.
*Don’t try to be a martyr. Avoid emotional appeals that may only increase feelings of guilt and the compulsion to drink or use other drugs.
**Don’t cover up or make excuses for the alcoholic or problem drinker or shield them from the realistic consequences of their behavior.

*Don’t take over their responsibilities, leaving them with no sense of importance or dignity.
*Don’t hide or dump bottles, throw out drugs, or shelter them from situations where alcohol is present.
*Don’t argue with the person when they are impaired.
*Don’t try to drink along with the problem drinker.
*Above all, don’t feel guilty or responsible for another’s behavior.

Dealing with a loved one’s alcohol problem can be an emotional rollercoaster. It’s vital that you take care of yourself and get the support you need. It’s also important to have people you can talk honestly and openly with about what you’re going through.

A good place to start is to turn to trusted friends, a therapist, or people in your faith community. You cannot force someone you love to stop abusing alcohol. As much as you may want to, and as hard as it is to watch, you cannot make someone stop drinking. The choice is up to them.

Don’t expect the person to stop drinking and stay sober without help. Your loved one will need treatment, support, and new coping skills to overcome a serious drinking problem.

Recovery is an ongoing process. Recovery is a bumpy road, requiring time and patience. An alcoholic will not magically become a different person once sober. And the problems that led to the alcohol abuse in the first place will have to be faced.

Admitting that there’s a serious problem can be painful for the whole family, not just the alcohol abuser. But don’t be ashamed. You’re not alone. Alcoholism and alcohol abuse affects millions of families, from every social class, race, and culture. But there is help and support available for both you and your loved one.

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Benque Cadets Wins In Belmopan

With the first place trophy ASP Dinsdale Thompson (L) and PC #140 Josue McKoy (R) represented Belize at Toronto’s Ultimate Trade Show in Canada from January 28th – 29th.

The competition, gave the BTB the opportunity to lure countless travel providers, wholesalers and potential clients to Belize. More than 20,000 attendees were introduced to various scenes and sounds of Belize, increasing their awareness and knowledge of the country. According to Michelle Bowers, “the U.S.A and Canada are Belize’s premier markets and attending these trade shows gives Belize a great opportunity to be seen and sold as the rich jewel of ours.

Aside from the information, scenes and sounds of Belize shared at both trade shows, the BTB also had grand giveaways thanks to the help of Belize’s private sector. The winners of these packages will have the opportunity to come experience firsthand the wonders of this jewel of ours.

For more information on BTB’s participation in Travel Trade Shows, please contact Michelle Bowers at 227-2420 or e-mail her at mbowers@travelbelize.org, Belize, Central America

**BENQUE VIEJO TOWN, Cayo, Monday, 30 January 2012:**

Benque Viejo Cadets marched off with first place trophy and medals in this weekend’s competition.

Over a hundred and sixty cadets from six of the ten police formations countrywide converged upon the compound of the National Police Academy in Belmopan on Saturday, 28 January for the First National Police Cadet Corps Basic Foot Drill Competition.

The event, held under the theme “Uprightness Hearts and Mind”, began as scheduled at 0800 hours and after several hours of fierce competition two western formations left the compound with the first two top honors.

The Benque Viejo Cadet Corp captured the first place trophy and medals while the cadets from San Ignacio came in second and third place went to the Cadets from Orange Walk Town.

Notably absent were representation from Corozal, Belize City, San Pedro and surprisingly Belmopan where the competition was held almost in their backyard.

Congratulations are therefore in order for the Benque Viejo and San Ignacio Youth Cadet Corps and of course to the policemen who dedicate valuable time to the cadets in their community.

The Commander of Benque Viejo Police, Supt., Ralph Moody and his assistant, ASP Dinsdale Thompson have both adapted a special interest in the formations Cadet Corp under the guidance of PC #140 Josue McKoy and PC #1205 Carlos Salguero while the District Commanding Officer, Sr. Supt., Alvan Gentle has done likewise for the San Ignacio Cadets with Cpl. 662 Emil Bradley in charge of the Cadets.

The same can also be said of the Officer Commanding the Orange Walk (Police) District, Sr. Supt., Joseph Myvett and the Cadet Commander in Orange Walk Town, Cpl. #1099 Zenubio Coc.

**LIQUOR LICENSE NOTICES**

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edation 2000, that ULRIC WILLOUGBHY is applying for the renewal of his PUBLICAN SPECIAL LIQUOR LICENSE for the year 2012 to operate MILE 59 SUPERSTORE located in Unitedville Village in the Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edation 2000, that ALWISHIOUS HENRY HOE is applying for the renewal of his PUBLICAN SPECIAL LIQUOR LICENSE for the year 2012 to operate RIVERSIDE LODGE located in Bullet Tree Falls Village in the Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edation 2000, that ANITA THOMPSON is applying for the renewal of her PUBLICAN SPECIAL LIQUOR LICENSE for the year 2012 to operate JEWVINNS located at #4 Western Highway, Santa Elena Town in the Cayo District.
Santa Elena Businesswoman Gets 18 Months Prison Sentence

began working in the bar. It did not take long however when a client request to have sex with her and when she, Orellana reportedly began forcing her.

The girl alleges that Orellana said to her "while you are young and pretty you should take on the opportunity of prostituting yourself".

She did not like how things was turning and so she stayed over for the night and left early the following morning after which she reported that matter to the police.

After several adjournments over the past 20 months, the trial concluded today with the big legal guns in court. Chief Magistrate Ann Marie Smith presided over the hearing with none other than the Director Of Public Prosecutions, Cheryl Lynn Branker Taitt Vidal, prosecuting. The accused was undefended.

At the conclusion of the trial, the accused, Narcisa “Nancy” Orellana, who operates Sierra Friends Bar in Bradley’s Bank, Santa Elena, Cayo, was found guilty of attempting to traffic in person and was sentenced to 18 months in jail.
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