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# Boys Accused of Wounding Men In Santa Familia

**SANIGNACIO, Cayo, Monday, July 23, 2012:**

The consumption of liquor at a Chinese store/restaurant in Santa Familia Village is believed to have created the single moment of indiscretion leaving five village men wounded and four village boys in jail on remand for wounding them thereby giving birth to a beef that will go on for many years to come.

Reports reaching us indicate that at around 8:30 pm on Friday,

**Please Turn To Page 2**






Abimael Ortega, 18      Ervin Puc, 19      Kent Rivera, 21      Hilmer Bacab, 21

## Advisory Council Orders Castellanos' Reinstatement

**BELIZE CITY, Thursday, July 26, 2012:**

The Belize Advisory Council has overturned the decision of the Security Services Commission and has ordered the reinstatement, with full benefits, of **Colonel Javier Castellanos** to the post of Deputy Commandant of the Belize Defense Force.


Castellanos was first placed on

**Please Turn To Page 15**



Col. Javier Castellanos

Security  
Supervisor  
Facing  
Attempt  
Murder



**Please Turn To Page 2**      Marvin Vernon, 37



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# Security Supervisor Facing Attempt Murder Charge

**SAN IGNACIO, Cayo, Friday, July 27, 2012:**

A San Ignacio man, the victim of a stabbing incident, remains hospitalized at the Karl Heusner Memorial Hospital in Belize City.

At around 3:50 am on Sunday July 22, San Ignacio police were summoned to the emergency ward at the Community Hospital in San Ignacio where they encountered a man undergoing emergency medical treatment for three stab wounds, two the right and one to the left side of the chest.

The injured man was identified as **Gilroy “Bud” Nicholas Jr.**, 29, Belizean laborer of a Shawville address in San Ignacio.

The police report informs that the victim was out having a few drinks and that, almost three hours earlier, at around 1 o’clock that Sunday morning, he arrived at home and was sitting on the front steps of his cement bungalow house when the incident occurred.

While the official report from the police press officer informed that *“Nicholas reported that he was stabbed by a male person whilst on his verandah, but refused to identify his assailant.”*, the investigation officer’s report informs that the victim *“saw a male person standing in front of him who he knows as Marvin Barrow Vernon and whom he has known for over four years....Marvin did not say anything to Nicholas but only punched him on the right side of the chest and felt something penetrated in the chest area as Marvin continued to throw blows at him but Nicholas did not see what he was stabbed with.”*

The information reaching us alleged that, after he was stabbed, Nicholas rushed inside the house without electricity and that his common-law wife flicked a lighter and saw him bleeding from the chest area.

There is no indication as to what transpired between the time Nicholas was injured until the time, almost three hours later, when he arrived at the hospital.

Nicholas was treated at the hospital and later rushed, in a serious condition, to the Karl Heusner Memorial Hospital in Belize City.

According to the police report, Nicholas alleges that he had a prior misunderstandings with Vernon over a vehicle battery which he admitted to have stolen from Vernon.

Nicholas alleges that he was making payments to Vernon for the battery and that there was still an outstanding balance. He alleges that this has resulted in Vernon frequently threatening him whenever he comes in contact with Vernon who resides in the neighborhood.

About seven hours later, at around 11 o’clock that same Sunday morning, police visited Vernon’s residence, in the Shawville community where he was detained and transported to the police station.

**Marvin Vernon**, 39, Belizean Security Supervisor was later arrested and formally charged for the attempt murder of **Gilroy Nicholas Jr.**

While the investigation report indicates that the accused was cautioned and that he chose to

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remain silent, a reliable source alleges that the accused voluntarily gave the police a two-page open statement in which he provided alibi as to his whereabouts between 10:30 pm on Saturday night right up to around 4 am on Sunday morning. Notwithstanding, the accused was arraigned in the courtroom of **Magistrate Narda Morgan** where the indictable charge was read to him. Due to the nature of the charge, no plea was

entertained. The accused requested bail on the grounds of having provided supporting alibi. The prosecution objected to the granting of bail citing the absence of extenuating circumstances given by the defendant for the granting of bail. Magistrate Narda Morgan concurred with the prosecution’s request and proceeded to remand the accused to prison setting the next trial date for Thursday, September 13, 2012.

# Boys Accused of Wounding Men In Santa Familia

**Continued From Front Page**

July 20, **Romel Cano**, 32, Belizean construction contractor was socializing with three workmen namely **Theofilo Quewell**, 38, **Orlando Landero**, 36 and **Henry Cano**, 25, at Ping Chinese Store/Restaurant in the village when a group of about seven male villagers arrived. Three of the men were identified as **Erin Puc**, **Kent Rivera** and **Abimael Ortega**.

Romel Cano informed that shortly after the group arrived, Kent Rivera reportedly began grumbling at Landero as if wanting to cause problems. Romel alleges that Henry Cano walked towards the grumbling Rivera and said something to him. Henry reportedly turned around and began walking away when Romel reportedly saw Puc lifting a machete he had in his right hand and, in a chopping motion, struck Henry Cano in the region of the left side of the abdomen and the right ankle. Henry Cano immediately began to bleed from the chop wounds.

Romel reportedly rushed to

assist the injured Henry Cano when he was allegedly attacked by Puc with the same machete. The attack reportedly resulted in a large cut wound to Romel’s left foot in the region of the knee. Romel reportedly fell to the ground likewise bleeding from the cut wound.

Quewell reportedly rushed to assist the two injured men and was met by a barrage of beer bottles reportedly hurled at him by Puc and others from his group.

In the hail of empty beer bottles being thrown Quewell emerged with cut wounds over the right

eye. A fourth person later identified as Anthony Humes, who was passing by, received a cut wound to the head when he was hit by one of the beer bottles. Romel Cano reportedly called his wife who arrived shortly thereafter and all five injured men were rushed to the San Ignacio Community Hospital. The police were summoned to the hospital where medico-legal forms were issued to the five injured men. They were treated by doctors **David Pacheco** and **Guillermo Rivas**.

**Please Turn To Page 15**



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# After Holding On For Over 50 Hours Police Corporal Victor Lima Passed Away

**BELIZE CITY, Friday, July 27, 2012:**

While the police were preparing to finally raise their flag to full mast after today's 10:00 am funeral service for Constable # 1300 **Dion Makin**, who passed away tragically in a road traffic accident on Friday, July 20, the flag must now remain at half mast for a few more days with this Friday morning's passing of **Corporal #203 Victor Lima, 34**.

Corporal Lima laid in critical condition at the Karl Heusner Memorial Hospital in Belize City after being shot two times, one each to the left and right sides of the chest, at around 10:00 pm Tuesday, July 24.

The incident occurred while the corporal was on active duty and in the process of responding to a home invasion report in Hattieville.

**Shakira Smith**, 29, and a 17 year old Belizean student, were at home when a man known to them as **Peter** entered their home, held them up at gunpoint and proceeded to search the house.

While the intruder was still in the house committing the crime, Corporal Lima and other officers arrived on the scene and as Lima was entering the house the intruder pointed the gun at him and pulled the trigger twice, hitting him with both shots in the chest at close range.

## Three 9mm Pistols And Fourteen Bullets Taken

**BELIZE, Friday, July 27, 2012:**

Police reported, this week's the successful discovery of three guns and fourteen bullets the product of public support.

San Ignacio Police were, this week, directed to an abandoned lot in the Hillview area of Santa Elena where, buried in a shallow hole, they unearthed a 9mm Luger brand pistol with eight live rounds of matching ammunition and a cache of 110 grams of weed all inside a black plastic bag in the shallow hole.

A check of the gun's serial number revealed that it was reported stolen by way of an aggravate burglary, also known as



**Died In The Line Of Duty  
Cpl. #203 Victor Lima, 34  
SUNRISE: Oct. 15, 1977  
SUNSET: July 27, 2012**

Lima was rushed to the Karl Heusner Memorial Hospital where he remained for almost 53 hours in critical condition until he passed away at 2:40 this Friday morning, July 27.

The investigation led to the prompt arrest of Hattieville resident **Delford Slusher** who was initially charged for attempt murder.

With today's passing of Corporal Lima, Slusher will be brought back to court where the charge will be upgraded to murder.

The accused is no stranger to the police. In 2004 he was charged for murder and after spending two years in jail he walked free in 2006.

In 2011 he was charged for drug trafficking when he was caught with 20 pounds of weed.

In expressing concern and support to the family, the always sympathetic Minister of

National Security, **Hon. John Saldivar**, visited Corporal Lima at the Karl Heusner Memorial Hospital on Thursday morning.

Confirming the passing of Corporal Lima on Friday morning, Police Press Officer, **Inspector Fitzroy Yearwood**, clearly at a loss for words at the passing of a colleague and close friend, expressed deepest sympathy to the family on behalf of the Minister of National Security, **Hon. John Saldivar**; **CEO George Lovell**; **Commissioner David Henderson**; **Deputy Commissioner Elodio Aragon Jr.** in his capacity as the Officer Commanding Eastern (**Police**) Division, The Police Press Office and himself as well as the entire rank and file of the Belize Police Department.

Victor Lima, naturalized Belizean, was born on October 15, 1977 in Barrio Dolores in the Department of Peten, Guatemala. He grew up in Benque Viejo where he attended both primary and secondary schools.



**The Accused Cop Killer  
Delford Slusher, 30**

A ten year veteran, Victor Lima joined the Police Department on February 2, 2002. He was promoted to corporal almost nine months ago, on November 1, 2011.

Corporal Victor Lima will be buried with full police honors on Sunday, July 29, in Benque Viejo.

He is survived by his mother, **Martina Cano**; Two brothers: **Eduardo Aguilar** and **Narciso Lima** as well as four sisters: **Daria, Cruz** and **Octavia Aguilar** and Maria Lima and a host of other relatives and many friends.

May the soul of Corporal Victor Lima rest in eternal peace.



**The Cayo Weed**

**"Home Invasion"** which occurred in the Bradley's Bank area of Santa Elena town and, as usual went unreported in the media as police continues to keep the lid on these types of serious crime. No one was arrested and

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so the gun, bullets and weed were labeled and stored as found property.

Further east, in Belize City, and in the space of an hour, two other 9mm pistols and six live matching rounds were found in the old capital, Belize City

Acting upon information recieved, on Friday 20th July, at around 9:00 p.m., Special Branch personnel conducted a search at an open lot on Elston Kerr Street in Belize City.

The search led to the discovery of a 9mm pistol with five live matching rounds inside a black plastic bag.

About an hour later, at around 10:00 p.m, that same Friday night, Special Branch personnel searched an abandoned lot in the Jane Usher Area of Belize City. The search led to the discovery of another 9mm pistol this one with serial number A370075 along with one live round of ammunition.



# Benque Viejo Summer Camp for Children

BY Samuel Bruce

**BENQUE VIEJO TOWN, Cayo, Friday, July 20, 2012:**

Benque Viejo Police this week reports the successful conclusion of yet another Annual Summer Camp for young people in the community.

The driving forces behind this year's program were Constable #1205 Carlos Salguero and the Commander of the community's Zone 4 Neighborhood Watch Group, Captain Samuel "Sam" Bruce

Since 2008 Zone 4 Neighborhood Watch Group has coordinated many community events for residents of the area.

The one week Summer Arts & Crafts Camp began on Monday, July 16 and concluded on Friday, July 20, 2012 with the awarding of certificates as well as food and drinks for the participants, facilitators and invited guests.

Attending the graduation ceremony were Special guests expressing their pleasure of the



**One Of The Participants Receiving Certificate From PC#140 Joshua Mckoy (R)**

continued success of Zone 4 in Benque Viejo;

The officials from the Community Policing Unit attending Friday's graduation ceremony included Inspector Dehanne Augustine, Constables

#140 Joshua McKoy, #1165 Jermaine Young and # 1205 Carlos Salguero.

A total of over 60 children graduated from this year's program. The activities ranged from Piñata making, bamboo flower cup holder painting, river stone decoration, cup holders made from recycled plastic bottles and other art work.

The event was held in Zone 4 neighborhood watch building located on Sam Bruce's property

who likewise sponsored and coordinated the event.

Other key players in the event were veteran teachers Mrs. Isela Tesucum, Sonia Freemantle, Marcia Rosas, Roy Freemantle, Leni Freemantle, assisted by youth volunteers; Gene Bruce, Stephanie Contreras and Stacy Ariana.

The organizing committee extends a heartfelt thank you to all the participants, their parents and facilitators.

Prime sponsors of the event included: Vega Distributors. Quality Poultry Products, Tire Depot, Xu Super Store, Ruan's Super Market, Zhen's Super Market, Lins Super Market, Benque Resort & Spa, Econo Diesel, Benque Police Sub-Formation

In commenting on the event Sam Bruce encouraged others to *"Make a difference in your community. Get involved. Be empowered with the community policing program in the fight against crime, corruption by assisting in providing positive influences and activities for our youth as they are our future charged with making Belize better for all of us !!!*

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# Cuban President Raul Castro “Willing To Talk To US”

**GUANTANAMO, Cuba, Thursday, July 26, 2012:**

In an impromptu address today at a Revolution Day ceremony Cuban President **Raul Castro** said that he is willing to hold talks with the United States.

Mr. Castro, who had not spoken at the event for the past two years, grabbed the microphone to address the crowd in the eastern province of Guantanamo.

He said he would hold talks with the US, as long as it was *“a conversation between equals”*.

The two countries have not had diplomatic relations for five decades.

President Castro said the offer had already been made through diplomatic channels and that no topic was off limits.

*“Any day they want, the table is set,”* Mr Castro said.

The ceremonies began at 7 am to avoid the burning heat and, in the new, post-Fidel style, it was all over by 8:20 am.

Raul Castro had not spoken at this event for the past two years but today, looking sprightly, cracked jokes.



**“No topic will be off limits” Says President Raul Castro**  
*are no-one’s colony”.*

In defence of the Cuban Revolution, Castro was full of defiance against the US.

There was however, no big announcement for those Cubans frustrated by the slow pace of economic and social reforms. The message was change *“without haste”*.

As for increasing the average \$20 monthly salary, that will not happen, they were told, until those changes make the economy productive.

He said he was prepared to discuss *“the problems of democracy, human rights etc. But on equal terms because we*

Cuba will remain independent and free, he said, and nothing like the uprisings in Libya or Syria, backed by foreign forces, will happen in the country.

If the US wanted confrontation, he quipped, then it should be in baseball or some other sport.

*“Preferably baseball when sometimes they win, sometimes we do,”* he said.

Turning to internal matters, he said that social and economic reforms within Cuba would go on *“little by little”*.

The annual ceremony marks the 59th anniversary of the failed

storming of the Moncada military barracks, often considered the beginning of the revolution led by his brother **Fidel Castro**.

Fidel Castro frequently used Revolution Day addresses to make major policy announcements. This year’s main celebration began at dawn with music and speeches.

First Vice President **Jose Ramon Machado Ventura** said in a keynote address that Havana would continue efforts to shut down the US naval base there.

*“We will continue to fight such a flagrant violation... we will never stop trying to recover that piece of ground,”* he said

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## Your Weekly Horoscope & Lucky Numbers

### ARIES:

**March 22 to April 20**

You are apt to need emotional freedom. If you can distance yourself, you are likely to see that you are indeed getting caught up in someone else's drama. Right now it's imperative that you find an outlet where you can express yourself freely without feeling like you have to act a particular way. **Lucky numbers: 01, 26, 64.**

### TAURUS:

**April 21 to May 21**

Take inventory of your habits and behaviors. Look to certain patterns and note the ones that do and don't work for you. You may not even be consciously aware that in many ways you are beating a dead horse. Don't continue to waste your energy on paths that go nowhere! **Lucky numbers: 43, 69, 88.**

### GEMINI:

**May 22 to June 21**

You may feel smothered by certain individuals and loved ones who stick on you; However, you could get frustrated by this extra weight. You will more than likely want to rip them off in order to give you more breathing room. Freedom from others' emotional baggage is the key for this week. **Lucky numbers: 14, 35, 71.**

### CANCER:

**June 22 to July 23**

You may end up scaring people with your dramatic, emotional outbursts. The smallest things

could set you off on a crazy tirade. The root of these issues probably has to do with a need to be loved, and you feel like others don't give you the attention you think you deserve. The most important love is self-love. **Lucky numbers: 18, 46, 92.**

### LEO:

**July 24 to August 21**

You might surprise a few people with your words and actions. Don't be surprised if you don't think or act like your normal self. There is a streak of the oddball inside you that wants to have its day in the spotlight. Wear bright, expressive colors that show off your willingness to stand out in a crowd this week. **Lucky numbers: 29, 54, 99.**

### VIRGO:

**August 22 to September 21**

You could feel like a giant wrecking ball that is anxious to break down existing structures. Perhaps you are upset about a new development in your town, or the power structure within your home. Regardless of the exact reason, you are certain that change needs to happen in order to make progress. Often one must tear down an existing structure before a better one can be built. **Lucky numbers: 08, 40, 78.**

### LIBRA:

**September 22 to October 23**

Keep pen and paper close by and have the number of the patent

office on hand. You are apt to come up with some original ideas that could be revolutionary. You have the power to make cunning observations about how things work. You may end up with a brilliant idea on how to improve the efficiency of an appliance in your home. **Lucky numbers: 10, 32, 59.**

### SCORPIO:

**October 24 to November 21**

You may have endless ideas streaming through your head but little patience to see any of them through to the end. Perhaps you are so busy jumping from one thought to the next that you don't take any of them far enough to know whether or not they are worth pursuing. Write thoughts down as they come to you, and go over them later when your mind is in a quieter state. **Lucky numbers: 23, 38, 74.**

### SAGITTARIUS:

**November 22 to December 21**

It is OK to change your opinion. You may pride yourself on being the solid one who always has an answer or knows exactly where to go. It is important that you not shut down your thinking after making a decision about something. Keep your mind open to changes that occur around you and maybe you will have a change of heart. **Lucky numbers: 11, 62, 86.**

### CAPRICORN:

**December 22 to January 20**

You may feel a strong need to express your individuality. You

don't want to blend into the herd, unseen as you walk down the street. You want to be the sheep with the blue wool, the person skipping instead of walking. Find a place or group that lets you be yourself and not worry about what other people think about your style. Your originality is inspiring. **Lucky numbers: 16, 50, 66.**

### AQUARIUS:

**January 21 to February 19**

Going with the flow may not necessarily appeal to you this week. This is one time when you may want to be the fish swimming upstream while the school heads downstream. Feel free to go your own way regardless of what others have to say about it. You may get pressured by your loved ones to act a certain way or go somewhere special. Don't do these things just to please them. Do what pleases you. **Lucky numbers: 05, 34, 77.**

### PISCES:

**February 20 to March 21**

There are a few emotional surprises coming your way. You might act a certain way under normal circumstances, but this week you are apt to take a completely different route. Perhaps you don't know why you suddenly feel comfortable about a situation that you'd normally be quite skeptical about. Don't bother questioning your emotions. Simply roll with whatever circumstances come your way. You will open many doors for yourself. **Lucky numbers: 12, 22, 89.**

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## Japanese women fall behind Hong Kong in longevity



The March 2011 earthquake and tsunami contributed to pushing life expectancy figures down in Japan.

Japanese women have fallen behind Hong Kong in global life expectancy rankings for the first time in 25 years.

This was partly due to the devastating earthquake and tsunami that hit the country in March 2011, said an annual report by Japan's health ministry. The expected lifespan for Japanese women dropped from 86.30 years in 2010 to 85.90 years in 2011.

The official life expectancy for women in Hong Kong last year was 86.70 years.

Japan has topped the women's rankings for a quarter of a century, with longevity attributed in part to a healthy traditional

diet.

The magnitude 9.0 earthquake and tsunami that left more than 20,000 dead or missing pushed the life expectancy down.

However the report noted that even without the disaster Japanese women would still have dropped behind Hong Kong in the statistics.

Other factors contributing to the dip included a rise in the number of suicides among Japanese women, disease and other natural death causes, the report said.

The life expectancy for men in Japan also declined from 79.55 in 2010 to 79.44 last year.

The men dropped from fourth place in 2010 to eighth last year in the global life expectancy ranking, said Japan's Kyodo news agency

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# Chest Pain

Few symptoms are more alarming than chest pain.

In the minds of many people, chest pain equals heart pain. And while many other conditions can cause chest pain, cardiac disease is so common – and so dangerous – that the symptom of chest pain should never be dismissed out of hand as being insignificant.

The purpose of this article is to help you understand chest pain – what it feels like, what might be causing it, how it should be evaluated, and when to treat it as an emergency.

## What is chest pain?

“Chest pain” is an imprecise term. It is often used to describe any pain, pressure, squeezing, choking, numbness or any other discomfort in the chest, neck, or upper abdomen, and is often associated with pain in the jaw, head, or arms.

It can last from less than a second to days or weeks, can occur frequently or rarely, and can occur sporadically or predictably. With such a broad



definition, you can see why the term “*chest pain*” is itself of little help to doctors.

It is important to keep in mind that chest pain is merely a symptom, not a diagnosis. And because it can be a symptom of anything from a catastrophic to a trivial medical problem, when a person experiences chest pain it is important to try to characterize that pain as rapidly as possible as being either completely benign, or possibly significant.

## What medical problems cause chest pain?

Chest pain is merely a symptom, not a diagnosis. Many

medical problems can cause chest pain, and before the chest pain can be adequately treated, the actual underlying cause needs to be identified.

The following is a list of the more common causes of chest pain, roughly in order of the frequency in which they are seen in the emergency room.

Click on any of these causes of chest pain for more details:

*angina due to coronary artery disease*  
*heart attack*  
*heartburn*  
*benign chest wall pain*  
*anxiety or panic disorder*  
*asthma, bronchitis,*  
*pneumonia, pleuritis*  
*mitral valve prolapse*  
*pericarditis*  
*recent chest trauma*  
*peptic ulcer*  
*artery spasm*  
*angina due to cardiac syndrome X*  
*aortic dissection*

In young, healthy people presenting with chest pain, the condition “**benign chest wall pain**” is particularly common. This is a diagnosis that doctors do not understand very well, and

consequently neither do their patients. Because this condition is completely harmless, the lack of understanding on the part of patients as to what is causing the pain often leads to months or years of needless worry or anxiety.

## How should chest pain be evaluated? If the chest pain is acute in onset:

When you arrive in the emergency room with chest pain, doctors can usually get to the root of your problem quite rapidly by:

- 1) taking a directed medical history,
- 2) performing a physical examination,
- 3) getting an ECG and cardiac enzymes. If the diagnosis is still in doubt, further testing will be needed, depending on which conditions are being considered.

The first order of business is to rule out a potentially life-threatening cardiac problem – heart attack usually being the main concern (*aortic dissection - a tearing of the wall of the aorta - is also life-threatening,*

**Please Turn To Page 9**



## **Vacancy at Belize Citrus Growers Association (CGA) Citrus Research & Education Institute Laboratory and Screenhouse Technician - Belize Citrus Improvement Programme**

CGA has a vacancy for a hard working person to assist in carrying out serological, molecular and biological laboratory analysis for the detection of citrus diseases. This task is part of a citrus improvement programme to supply high quality healthy propagative material to the Belize citrus industry.

The successful applicant should have a Bachelor’s degree in a relevant subject area (*biology, science or agriculture*); an Associate’s degree with working experience will be considered.

The applicant must be able to plan and conduct basic laboratory experiments, have good report writing skills, must enjoy paying keen attention to details, solving problems and carefully following set procedures. He/she must have excellent interpersonal relationship skills and be an effective communicator both orally and in-writing (*in English*). He/she must be willing to work long flexible hours, including weekends (*if necessary*), be fluent in English and (*preferably*) Spanish, be able to work under pressure and hold a valid driving license. Previous experience in laboratory work and a chemistry background would be a distinct advantage.

Interested persons should send application to the  
**Chief Executive Officer,**  
**Citrus Growers Association,**  
**P.O. Box 7, Dangriga**  
**No later than August 3rd 2012**

For further details call 522 3585/3547/3535 during normal working hours.



## **VACANCY** **Office Assistant**

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- Experience of at least 2-3 years in Accounting and Human Resources Management.
- Speak Fluent English & Spanish
- Computer Literate in Excel, Word, Power Point etc.
- Must be female

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- Two reference letters
- Valid police record
- Qualifications/ Diplomas (Original & Copies)

Applications can be obtained at the reception desk inside the Princess International San Ignacio.

All applications should be delivered in person to  
**CASINO MANAGER**  
 from 12 noon to 6 pm Monday - Friday  
 or call Tel: 824-4047 for more information



# Chest Pain

**Continued From Page 8**  
*but far less common).*

Rapidly diagnosing heart attack is especially important since immediate treatment can significantly limit the heart damage that occurs, and can prolong overall survival. Almost as important is the diagnosis of unstable angina, since rapid and aggressive treatment of this condition is also necessary to prolong survival.

Once a life-threatening problem is ruled out, most emergency room doctors will make a presumptive diagnosis (*i.e., “This is probably what’s causing your pain,”*) and refer you to your own physician for follow-up evaluation and treatment.

**If the chest pain is a more chronic, recurrent, or non-acute problem:**

Angina due to coronary artery disease is the chief concern here. Often, stress testing with thallium will be needed to rule out this diagnosis, and not infrequently a cardiac catheterization will also be necessary. The importance of diagnosing angina is not to

relieve your pain, but instead to deal with the long-term implications of angina. Namely, the coronary artery disorder that causes angina is a progressive disease process that gets worse over time, and – if untreated – often leads to heart attacks, disability, and death. It is vitally important to make the diagnosis so that treatment can be optimized not only to relieve the pain, but also to slow or halt the progression of the underlying coronary artery disease.

When something other than “routine” coronary artery disease is causing your chest pain a diagnosis also needs to be made before the pain can be adequately treated. Depending on which problems might be suspected by your doctor, you may need x-rays, endoscopy of your GI tract, or pulmonary (lung) function tests.

**When is chest pain an emergency?**

As we have seen, the term “chest pain” encompasses many different kinds of symptoms and many different kinds of medical disorders. Some of these

disorders are quite benign and trivial, but some are dangerous and life-threatening. So when you have chest pain, how do you know when to treat it as an emergency?

There are no hard and fast rules here. Sometimes even minor chest symptoms can turn out to be due to coronary artery disease (evidenced by the fact that up to 30% of heart attacks are accompanied by symptoms so trivial that the patient does not notice them). And you should tell your doctor about any chest pain you experience. But here are some general guidelines that are useful for deciding whether you need to go to the emergency room.

Chest pain is relatively likely to represent a dangerous cardiac disorder - and should be treated as an emergency - if any of the following are true:

- You are 40 years old or older, and have one or more risk factors for coronary artery disease (*family history, smoking, obesity, sedentary lifestyle, elevated cholesterol, diabetes*).
- You are any age and have a very strong family history of

- early heart disease.
  - The pain can best be described by the terms tightness, squeezing, heaviness, or crushing.
  - The pain is accompanied by weakness, nausea, shortness of breath, sweating, dizziness or fainting.
  - The pain “radiates” to the shoulders, arms, or jaw.
  - The pain is more severe than any you have had before.
  - The pain is accompanied by the uncontrollable feeling that something is horribly wrong (*this is often called by doctors, “a sense of impending doom”*).
  - The pain gets continually worse over the first 15 or 20 minutes.
  - The pain is new – you have never experienced anything like it before.
- On the other hand, chest pain is relatively unlikely to represent a dangerous cardiac disorder if either of the following are true:
- The pain changes with changes in body position.
  - The pain is momentary or fleeting.
  - You have had similar pains in the past, and a cardiac disorder was ruled out.



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# STAR HUMOR

## Family Connections Sends James Loco

A psychiatrist visited the crazy house. She walked over to James and asked: "How did you get here? What was the nature of your illness?"

James said: "It all started when I got married and I guess I should never have done it. I married a woman with a grown daughter who automatically became my stepdaughter".

"My dad came to visit us and he fell in love and married my lovely stepdaughter. And so my stepdaughter automatically became my stepmother".

"My wife later had a son who was, of course, my father's brother-in-law since my son is the half-brother of my stepdaughter,

who is my father's wife.

"So when my stepdaughter married my father, she became my stepmother! Now, since my new son is brother to my stepmother, he also became my uncle. This therefore makes my wife my step-grandmother since she is my stepmother's mother. And since my stepmother is my stepdaughter, I am my wife's grandson.

"But hold on just a few minutes more. Since I'm married to my step-grandmother, I am not only my wife's husband and grandson, I am also my own grandfather.

"Now can you understand why I am in this place?"

## Happy To Be Drunk

A completely inebriated man was stumbling down Burns Avenue. A policeman found him with one foot on the pavement and the other in the drain.

A policemen said, "I've got to take you in. You're obviously drunk."

The totally wasted man asked, "Aciffer, are ya sure, sure, sure

that I drunk?"

Yes, I'm sure," responded the policeman "Let's go."

Breathing a sigh of relief, the drunk said, "Thank goodness, I mi think that I suddenly get cripple. Please, Please, Tek mi in. Lack mi up. Do what you want with me. I happy that I only drunk. Thank goodness"

## Discharged From Military Service

His battalion was getting ready for deployment in Afganistan.

Private Jones J. was scared of going to the frontline. The stories of soldiers returning in coffins or in wheel chairs with one or both legs missing, were too much for Jones to handle.

Jones knew that he had to get out of the army before the date of deployment.

His Commanding General noticed Jones behaving oddly as he walked around the compound all day.

Approaching every piece of paper on the ground, Jones would

bend down, pick up the paper, frown and shout "That's not it" and he would lay the paper back on the ground again.

This went on for several days until the General arranged to have Jones psychologically tested.

At the end of the examination the psychologist concluded that Jones was deranged and therefore not fit for military service.

The psychologist promptly wrote out his discharge from the army.

Jones picked up the paper, smiled and said, "That's it."

## Making It Difficult For the Wife

Mr. Garcia visited his doctor and said "Doc, I am not able to do all the things around the house that I used to do."

When the examination was complete, he said, "Now, Doc, I can take it. Tell me in plain English what's wrong with

me."

"Well, in plain English," the doctor replied, "You're just a plain old lazy bum."

"Thank You." responded Mr. Garcia "Now give me the medical term for that, so that I can tell my wife!"

## What A Normal Person Would Do

During a visit to the Crazy House, a visitor asked the Director what was the test used to determine whether a person should be institutionalized or not.

"Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person and ask the person to empty the

bathtub."

"OK, I understand," said the visitor. "A normal person would most naturally use the bucket because it's bigger than the spoon or the teacup."

"Actually," said the Director, "A normal person would just pull the plug. So tell me, do you want a room in the back or one in the front?"

## The High Cost Of Education

The New York banker was recently arrested and charged for embezzling \$100,000 to pay for his daughter's college education.

As the policeman, who also

had a daughter in college, was leading him away in handcuffs, he said to the banker, "I have just one question for you. Where were you going to get the rest of the money?"

## The Signs Of A True Mother-In- Law

Two women came before wise King Solomon, dragging between them a young man.

"This young man agreed to marry my daughter," said the first woman

"No! He agreed to marry MY daughter," said the second woman.

And so they began arguing until the King called for silence.

"Bring me my biggest sword," said King Solomon, "and I shall cut this young man in half. Each of you shall receive a half."

"Sounds good to me," said the

first woman.

But the other woman said, "Oh Sir, do not spill innocent blood. Let the other woman's daughter marry him."

The wise king did not hesitate a moment. "The man must marry the first woman's daughter," he proclaimed in agreement.

"That does not seem right" exclaimed the king's court. She was willing for you to cut him in two!"

"Indeed," said wise King Solomon. "That shows she is the TRUE mother-in-law."

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# Olympic Torch Arrives In London

By: Angelique Patnett, STAR  
London Correspondent



Up to now if you asked me how I felt about the Olympic Games I'd have responded, *"I cannot wait until they are over"*.

Having to put up with the transport unions going on strike because they wanted a bonus during the Olympic for doing their job, the Mayor of London telling people to stay off buses and trains so the Olympic visitors can get around (**I do have a job I'd like to get to**) and the disappointment of having the games on your doorstep and not being able to get tickets, I'd felt like I should have been in training for how to cope with daily living in an Olympic Host City.

On the 17<sup>th</sup> of May, 2012 HRH The **Princess Royal (Princess Anne to you and me)** along with London Mayor **Boris Johnson** and footballer David Beckham arrived in Athens Greece to receive the Olympic Flame after it's 1,864 mile, eight day journey around Greece.

I continued to be irritated by the constant news reports, pictures and newspaper coverage of this damn Olympics to the point of wanting to scream every time someone mentioned the word Olympics.

But all that changed early Monday morning when I quickly got up and out of my house to start my own Olympic journey to see the Olympic torch relay and catch the Olympic fever that was gripping London.

So how does one get the Olympic Flame from Athens to London?

Is it really the same flame that you see lit during the ancient ceremony performed in Greece every time there is an Olympic game?

And what's the big deal about the Olympic Flame anyway you may ask?

Well, **STAR** Readers grab a seat



## The Torch Relay 2012 Bus Arrives In London

and a cold drink while I share with you a little history, don't worry I'll try not to bore you, some fun facts and my personal experience with the London 2012 Olympic Torch Relay!

### THE OLYMPIC FLAME

The Olympic Flame is the symbol of the Olympic Games and commemorates the theft of fire from the Greek god **Zeus** by **Prometheus** for the use and the advancement of human kind.

Today the lighting of the Olympic Flame follows a very specific ritual. It is lit from the sun's rays using a mirror at the temple of Hera the goddess of love and marriage. This site is said to be the home of the ancient Olympic Games.

Once lit, the flame goes on a short relay around Greece before being handed to the host City in another ceremony. In modern times the Flame made it's first appearance in 1928 at the Olympic games in Amsterdam.

So how do you get the flame to London from Greece you may be asking? Well when you're the biggest celebrity on the planet, private plane of course. Seriously, no joke and if you still don't believe me check out the picture above. Yes even the Olympic Flame is required to wear a seat belt.



The Torch, on the flight to London (Photo HuffPost)

When I looked at the torch for the first time I thought to myself, *"it's so simple so plain what's the big deal"*, I was wrong. Through out history the torch has had many difficulties because of it's design and function. The three most important things to get right when designing a torch are,

- 1) make sure it's light enough for the torch bearers to run with,
- 2) make sure the flame does not burn the person carrying it and
- 3) most important make sure it stays lit.

It's not brain surgery or nuclear science so why is it hotly debated and stress over? Let's take a look at the specs for the London 2012 Torch.

The Torch stands 800mm high, weighs 800 grams, light enough for all runners to carry. The 8,000 holes representing the 8,000 runners who will carry the torch and helps ensure the heat goes out of torch quickly not injuring the runner by moving down the handle of the torch. The holes also provide extra grip and allows you to see the heart of the Flame, its unique burning system. But try as they might some times old methods work best when keeping the torch lit and this year is not exception. It will be kept burning using the tried and tested decades long traditional butane and

propane gas.

The torch also is meant to symbolize the message of the Olympic Games. Three sides represent;

The Olympic motto, *"higher, faster, stronger"*; the three Olympic values of *"respect, excellence and friendship"*; the 3 times London has hosted the Olympic, 1908, 1948 and 2012 and also the Vision of the London 2012 Olympic Games to combine three bodies of **work – sport, education and culture**. Not Bad London.

### THE TORCH RELAY

The Torch Relay, while having a sinister origin in the 1936 Berlin Olympic games under **Hitler** and the Nazi regime, has become an all out spectacle with each successive Host City trying to out the other with new and creative torch designs and ways of transporting the flame around the Host City.

Throughout history the Torch has traveled by; Boat (1948), Airplane (1952), Radio Signal and laser beam (1976), underwater (2000) and even by space ship (1996 & 2000).

In 2004 there was the 1<sup>st</sup> Global Torch Relay which lasted 78 day, covered 78,000 kilometers (48,467 miles) visiting every city that had ever hosted the Olympic games going as far as Africa and South America before returning to Athens for the summer games.

The London 2012 Olympic Torch Relay is no less spectacular. Starting at Land's End the most westerly point of the United Kingdom, the relay will lasts for 70 days, covering approximately 8,000 miles, and will end it's journey on July 27<sup>th</sup> when it will be carried by the final of 8,000

Please Turn To Page 12

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## All Roads Leading To Hopkins This Weekend For Hopkins Day

BY: Lenny Ayuso

**BELIZE CITY, Wednesday, July 25, 2012:**

The intense beating of drums followed by singing and dancing will welcome you as you enter the sleepy fishing village of Hopkins.

Hopkins Day is this weekend and everyone is invited, this Friday to Sunday, July 27th - 29th 2012.

"Hopkins Day" celebrates the existence one of Belize's villages known for its Garifuna culture and golden beaches.

Reva Dark of BTIA Hopkins shared, *"2012 marks the 71st year of the arrival of the Garifuna to Hopkins, and Hopkins Day has been celebrated since 1990." It is a festival that grows every year. "Aside from locals, more and more Belizeans from the Diaspora come home to join in the festivities."*

The celebrations will kick off with opening ceremonies on Friday night at 7:00 p.m. at the



village's basketball court.

The night will showcase various cultural activities, and there will be plenty to eat and drink.

On Saturday, July 28th, experience the *"Battle of the Drums"*, along with a number of entertaining games like dancing and eating contests.

The night will come alive with a *"Punta Fest"* that ensures to have everyone dancing the night away. Bands from all over the country are expected to participate. On Sunday, the

village will host a family day where everyone can relax and just enjoy being with their families.

This year marks the 12th anniversary of Hopkins Day.

Everyone is invited to join in the celebrations in one of Belize's growing tourist destinations.

For more information on the Hopkins Day, contact Reva Dark of BTIA Hopkins at revadark@gmail.com.

### LIQUOR LICENSE NOTICE

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, that **Shu Qing Huang** is applying for a **PUBLICAN SPECIAL LIQUOR LICENSE** for the year 2012 to operate **HUA YONG RESTAURANT** located in Succotz Village, on the Western Highway, Cayo District.

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# Olympic Torch Arrives In London

**Continued From Page 11**

torch bearers ending at the Olympic stadium where it will light the Olympic Cauldron at the opening ceremony marking the official start of the games. It went on the london underground train, was dropped from a helicopter to the Tower of London, visited the Queen and participated in a marriage proposal on Day 31. It will also stay burning not to be extinguished until the closing ceremony 2 weeks later signally the end of the games.

### MY OLYMPIC TORCH RELAY EXPERIENCE

After a ten minute walk to the main road I suddenly became gripped with fear and panic. What if the rest of the neighborhood felt the same way I did and only a small crowd turned out to see the runner carry the torch through our streets? Reaching the corner I turned left and found a space to sit on a wall waiting checking my watch obsessively, 7:30am and only four people not good. The torch passes at 8 where are all the people??? My stomach felt sick. 7:45 and still only a few people 10 by last count, fifteen minutes to go so till plenty of time for people to turn up.



**Torch in hand, Lawrence in position to begin the relay**

Then like ants people started to run from all different directions, mothers with children starting their first day of summer school holidays, nurses and staff from a nearby hospital on their coffee, I mean tea break (*it is England after all*) started to push for prime viewing locations.

A police car drove by with sirens blaring and behind me a woman shouted, *"Well at least the handsome ones are on duty today"*, everyone around me burst into laughter as the police in the car waved to the crowd. I looked at my watch it was 8:10. I checked my camera then suddenly a little girls yelled *"look look"*. I could not believe my

eyes, ten feet away from me was the Olympic bus with the torch bearers, the doors opened. A teenager named **Lawrence** stepped out in his shining white track suit, the crowd went wild as fear and nervous appeared on his face. I looked around and hundreds of people were clapping and waving at him.

A few steps behind another torch bearer appeared torch lit ready to pass the baton. The Olympic Marshal appeared for *"the kiss"* the moment when one torch lights the other and then is turned out. I could only see the marshal's mouth moving giving instruction to the two runners and they following his lead.

Cameras were snapping children were screaming and, as one torch lit the other, a roar came up from the crowd as Lawrence took up his position. His torch began to shake and sweat started to pour down his face. I ran in for a closer look and steady my camera just in time to snap a picture when I heard the marshal say **"Ready"**. It was then that I realized how close I was standing. I move out of the way and Lawrence began his slow jog up the road with the crowd cheering him on. I'm sure this will be a day neither he nor I will forget in a hurry.

Ask me now if I have Olympic Fever and I'll say holding my two Olympic quarter finals basketball tickets proudly, **HELL YES**. Thank God Belize did not send a basketball team or I'd really be torn on whom to route for.

If anyone has any suggestions on how I can hold 3 flags (*Belize, the USA and Great Britain*) during the Men's 400 meter hurdles and women' 100 meters I'm open to suggestions.

Stay tuned for my next article on how the rich and famous travel to the Olympic. **PREVIEW: London is being invaded by yachts.**



# Tropical Vision Ltd., Channel 7 Presents Olympic Coverage With Caribbean Flavour

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**Channel 7**, the longest established television station in Belize, has teamed up with **International Media Content (IMC)**, a Caribbean corporation, to exclusively provide Belizeans with coverage that provides a global view of the games, while giving special emphasis to Caribbean athletes.

There will be more than 396 hours of television coverage between the games' commencement on July 27<sup>th</sup> and the closing on August 12<sup>th</sup>. For this coverage, IMC has sold rights to 18 broadcasters across the region, including Channel 7 in Belize.

The coverage begins on Friday morning at 7:30 AM – and that day's programming culminates at

2:00 pm when the opening ceremony airs live from London with Caribbean commentators.

The programming package will include six main programme slots (*Daybreak, Daytime, Crunch Time, Olympics Extra, London 180 & Las' Lap*) providing Channel 7's viewers with up-to-date information and coverage of the events, expert analysis and insightful features. The event coverage – whether track-side, pool-side or in the field – will be coloured by expert analysis from a team of seasoned



sports broadcasters and former Olympians. Viewers will get a front row seat for the events, and hear from the Caribbean's Olympic stars as they cross the finish line in record time.

The coverage will be unprecedented in its scope, its span, its packaging, its relevance and its breadth – and Channel 7's viewers are in for a treat.

**For Inquiries Contact:**  
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**Cell: 610-2825,**  
**E-mail: tvseven@btl.net**

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# Eight Tips On Table Etiquette

Many people feel out of place when dining simply because they don't know how to follow table manners, especially if they have been invited to a nice place. Remember, good manners never go out of style.

## 1. Observe your host

Follow their lead. The key objective in learning table manners (*etiquette*) is to feel comfortable when dining with others. The host is generally the leader at a dinner party or meal. If you are the host, don't panic. Ensure you read up on etiquette before taking on the role of hosting and operate within the boundaries so that you are easy to follow.

## 2. Wait for host to invite you to the table

The host may assign you to a seat. Stand behind the chair as the other guests get assembled. When the host sits, take your seat. You'll get extra points for helping others, such as the elderly, into their seats before you take yours. After you sit, pull your chair in to the table,

without dragging it over the floor with a horrible scrape. Take your napkin from the table immediately, and place it neatly on your lap. Then sit up straight, just like Mom always tells you. And keep those pesky elbows off the table, too.

## 3. Emulate your host

Put your napkin in your lap when you see them doing it. Match their rate of eating. (*After all, no one wants to have an empty plate when their host is only halfway done with the dish.*) If you see them eating finger food with a fork, follow their lead - even if it seems unreasonable. Assume that your host is always right; unless you can definitely tell that they have bad manners, in which case you may follow another guest.

## 4. Use the appropriate cutlery

If there are many utensils in your place setting and there is more than one course, start on the outside and work your way in. Again, observe your host if you have any doubts.

## 5. Be polite

Consider every action before

you do it and if you have the slightest doubt, don't do it! You must consciously refrain from embarrassing yourself and your host. Take small bites; do not chew with your mouth open; do not talk with food in your mouth; and do not place elbows on the table.

## 6. How to pass items

When someone says, "*Please pass the \_\_\_\_\_,*" reach for it only if you are the closest one to it. Take the item and place it next to your neighbor. Continue passing the item in this manner until it reaches the person who asked for it. Refrain from helping yourself along the way, before the person who asked for it gets the chance. Wait politely until they have served themselves. Then ask for the bowl to be passed back to you.

## 7. Take one roll or one slice of bread only

If you have a bread plate to the left of your fork, put the bread on it. When the butter is passed to you, use the serving knife to take a pat. Place it on your bread plate. Then pass the butter dish along with the serving knife to the next person. Use your fingers to tear off a bite-size piece of bread. Butter ONLY that bite-sized piece. Then eat and repeat as

desired.

8. Place your napkin next to your plate on the table when you wish to leave

Wait for your host to indicate the meal is complete. Then stand up. Push your chair back in and thank your host for a delicious meal.

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## Boys Accused of Wounding Men In Santa Familia

Continued From Page 2

The injuries to Theofilo Quewell, Orlando Landero, Henry Cano and Anthony Humes were classified as wounding. They were all treated and released from

the hospital.

The case was different for Romel Cano who, due to the gravity of the injuries he sustained, was transferred to the Karl Heusner Memorial

Hospital in Belize City where he was treated by doctor "Mr" John Waight who certified the injury as Grievous Harm. Cano was also found with a fractured left femur. He was admitted to ward.

A team of policemen visited Santa Familia Village on Sunday, July 22, 2012, where, at around

11 o'clock, they came upon the four suspects who were later identified as Belizeans residing in Santa Familia Village namely: **Ervin Puc**, 19, student and construction workers **Kent Rivera**, 21 **Abimael Ortega**, 18 and **Hilmer Bacab**, 21.

They were all transported to the San Ignacio police station where they were arrested and jointly charged for wounding the five complainants.

Ervin Puc was additionally charged for causing grievous harm to Romel Cano.

They appeared in the San Ignacio Town courtroom of Magistrate **Narda Morgan** on Monday, July 23, where they pled not guilty to all charges. In concurring with the prosecution's objection to the granting of bail, Magistrate Morgan proceeded to remand them to the central prison in Hattieville.

They were ordered to return to court on Thursday, August 2, 2012.



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## Advisory Council Orders Castellanos' Reinstatement

Continued From Front Page

administrative leave in November 2011 in the wake of the October 2011 burglary at the Belize Defence Force weapons bulk store, in the area of the Force Headquarters in Ladyville.

In the incident a total of 42 weapons were reported missing. The missing weapons included 22 unserviceable M16 A1 rifles, two M4 Commando rifles also unserviceable along with eleven 9mm Beretta brand pistols, seven M4 Carbine rifles all eighteen of which were in working condition.

On December 23, 2011, after a month on administrative leave, Castellanos was, on the advice of the Security Services Commission, dismissed from Belize Defense Force along with Warrant Officer **Roy Flores** and two other junior officers.

All four soldiers were dismissed on the grounds of gross dereliction of duty.

Within days of receiving the letter of dismissal Castellanos sought the services of Senior Counsel **Godfrey Smith** who proceeded to file a notice of appeal with the Belize Advisory Council.

The hearing before the Advisory Council began around mid July 2012 and after less than

two weeks of hearing, the Council, on July 24 issued an order quashing the decision of the Security Services Commission and proceeded to order the reinstatement, with full benefits, of Col. Castellanos to his former post.

In a statement to the media shortly after receiving the favourable news Castellanos informed that he still considers himself as *"a soldier and a servant of the nation."* He said that he looks forward to *"returning and serving the Belize Defense Force and the country of Belize."*

While there is yet to be an official written release from the Ministry of National Security on the matter, Channel 7, in its Thursday evening newscast quoted the Chief Executive Officer in the Ministry of National Security, **George Lovell** as saying that *"the Ministry will be seeking an urgent court order to quash the decision of the advisory council"* meaning that the Ministry does not intend to re-instate Castellanos.

There has not been any word on the part of Warrant Officer Roy Flores and the other two junior officers about any effort at seeking reinstatement.

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