Empty Handed Burglar Caught In The Act

SAN IGNACIO, Cayo, Tuesday, August 21, 2012:
The actions of an alert neighbor and the prompt action on the part of San Ignacio police resulted in the detention of a burglar caught inside the house he burglarized.

Manuel Romero, a Belizean public officer working with the Department of Transport was returning home at around 1:30 pm on Sunday, August 19 when he met a neighbor who informed him that the police had just left his house with a detained male person who was found inside his house. Romero proceeded home where he found the two rooms in a ransacked state. He also found a back door open and observed a torn screen and a louver missing from a back window indicating this as the point of entry into his house.

This Empty Handed Burglar Goes To Jail

SAN IGNACIO, Cayo, Tuesday, August 21, 2012:
Amir Garcia, 38, unemployed belizean laborer of no fixed address was today sent straight to Hattieville when he was found with a stolen 5 gallon butane tank.

Carlos Mas, a Belizean welder residing at #2 George Price Avenue in front of St. Ignatius Church in Santa Elena, reported to police that at around 7:30 pm on Friday, August 17 he was at home when it was brought to his attention that someone entered his fenced yard and exited with a small butane tank.

Teacher Charged For Assaulting Girls

SAN IGNACIO TOWN, Cayo, Wednesday, August 22, 2012:
After being on the run for one hundred days, a man, originally from the southern village of San Pedro Columbia in the Toledo District, was today arrested and charged for burglary which was committed n the western village of Georgeville, Cayo.

Lorna Jones, 43, accompanied her 17 year old son to the police station where the student reported that sometime around 9 o’clock on the morning of May 10 he was at home with his girlfriend watching TV in his mother’s room when he heard footsteps coming up the front stairs.

Another Empty Handed Accused Burglar Charged

SAN IGNACIO TOWN, Cayo, Wednesday, August 22, 2012:

Johnny Mesh, 39

Please Turn To Page 15

Francisco “Francis” Tzec

See Page 2 For Details

Please Turn To Page 15

Johnny Mesh, 39

The accused

Karaoke Thursdays
Starting at 9:00 pm every Thursday Night
Dance follows with DJ Diamond
Inside Princess International San Ignacio

No. 323
Sunday, August 26, 2012
Price $1.00

STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*STAR*ST
SAN IGNACIO, Cayo, Tuesday, August 21, 2012: Francisco “Francis” Tzec, 32, Belizean teacher at Mopan Technical High School residing in the Kontiki Area in San Ignacio is today out on a three thousand dollar bail as he stands accused of the aggravated assault of two sisters ages 10 and 12.

Accompanied by her mother, the girls visited the police station in San Ignacio at around 11:30 pm on Friday, August 17 in an attempt to file a report against Francisco Tzec for allegedly fondling the girls.

The initial report was taken by the male police corporal on duty and the mother was advised to return to the station at 9:00 am on Sunday when the Domestic Violence female sergeant would be on duty. The mother, with her two girls still shaken from the encounter with the teacher, left the station for the long wait until Sunday.

At exactly 9:00 am the mother showed up at the station with her girls and thus commenced the action against the accused.

The girls reported they were in bed fast asleep at their grandmother’s house when at around 2:00 am on Friday August 17, they allegedly began experiencing inappropriate touches.

The 12 year old was sleeping in front on the bed with the 10 year old behind her. The younger sister was awake to the rubbing of her legs and she woke his older sister up and asked if it was her. The older sister told her the she also felt a “big hand” touching her vagina. In the process of investigating the matter, the younger sister switched on the light and this was when the older sister looked down from the bed and saw her grandmother’s “friend”, known to her as Francisco, lying on the floor dressed only in a white boxer brief. He was reportedly attempting to roll under the bed to hide from them but was too big to get under the bed and so the girls confronted him asking him what he was doing in the room and he reportedly said that he thought that he was in their grandmother’s room. He got up and the older sister told him to get out of the room. After he left, the older sister locked the door and they remained inside the locked room until 9 o’clock the following morning.

The first person they reportedly told about the incident was the grandmother who allegedly told them not to mention it to anyone, including their mother (her daughter) as it would cause problems for her friend.

This was the very first time that the grandmother brought the girls to sleep over at her house as the girls would normally stay at home with the live-in housekeeper while the mother is away at work.

On this occasion however the mother was not at work but instead on a business trip to Playa Del Carmen, Quintana Roo, Mexico. The mother returned at around 10:30 pm on Friday August 18 as she was delayed by the flooding condition in Chetumal. She went straight to her mother’s house as she was aware, by telephone, that the girls were there. She stayed at her mother’s house for about half an hour chatting with her mother who made no mention of the incident. She was however nudged by the girls who were eager to leave the house. They walked downstairs, boarded the mother’s car and this was when the girls both broke down in tears and related the incident to their mother informing her that they were telling her about the incident against the wishes of their grandmother.

Instead of proceeding home, the mother immediately drove, with the girls, to the police station in San Ignacio where the initial report was lodged.

The mother and girls visited the police station a second time, as instructed by the police, at 9 o’clock on Sunday morning.

The search began for the accused, Francisco “Francis” Tzec, 32, Belizean teacher at Mopan Technical High School residing in the Kontiki Area in San Ignacio. While he reportedly spent the Sunday morning at the scene of the incident (the grandmother’s house), it was not until Sunday evening that he was found by the police at his parents’ house in Bullet Tree Falls Village. He was instantly detained and transported to the police station in San Ignacio.

Charged with two counts of aggravated assault of an indecent nature, the accused Francisco Tzec appeared in court on Tuesday, August 21 where he pled not guilty to both charges.

In objecting to the granting of bail, the prosecution cited the prevalence of the crime and the possibility of the accused interfering with the two virtual complainants due to the close proximity with the grandmother. Notwithstanding the prosecution’s objection to bail, senior magistrate Linsbert Willis proceeded to offer bail to the accused in the sum of three thousand dollars and ordered him to return to court on Wednesday, November 7, 2012. The accused informed the court that he will seek the services of attorney Bernard Q. Pitts SC to defend him in court.

From Front Page

The accused Francisco “Francis” Tzec, 32, Belizean teacher at Mopan Technical High School residing in the Kontiki Area in San Ignacio is today out on a three thousand dollar bail as he stands accused of the aggravated assault of two sisters ages 10 and 12.

On Friday August 17, they allegedly began experiencing inappropriate touches.

The girls reported they were in bed fast asleep at their grandmother’s house when at around 2:00 am on Friday August 17, they allegedly began experiencing inappropriate touches.

The mother was not at work but instead on a business trip to Playa Del Carmen, Quintana Roo, Mexico. The mother returned at around 10:30 pm on Friday August 18 as she was delayed by the flooding condition in Chetumal. She went straight to her mother’s house as she was aware, by telephone, that the girls were there. She stayed at her mother’s house for about half an hour chatting with her mother who made no mention of the incident. She was however nudged by the girls who were eager to leave the house. They walked downstairs, boarded the mother’s car and this was when the girls both broke down in tears and related the incident to their mother informing her that they were telling her about the incident against the wishes of their grandmother.

Empty Handed Burglar
Caught In The Act

his house at around noon on Sunday, August 19 he left home to visit his wife at the San Ignacio Community Hospital and returned about an hour and half later when he learnt about the incident from a neighbor. The detainee was identified as Clifford Neal, 21, Belizean laborer, who told the police that he lives on Mabel Pitts Street in Santa Elena. Neal appeared in the San Ignacio courtroom of senior magistrate, Linsbert Willis, on Tuesday, August 21, 2012, where he pled not guilty to the burglary charge.

Citing the prevalence of the crime, prosecutor George Gomez objected to the granting of bail. Magistrate Willis however proceeded in offering bail in the sum of two thousand dollars which was met by the accused. He was ordered to return to court on Thursday November 1, 2012.

BACK TO SCHOOL RAFFLE
For every 5 gallons purchased you will receive a ticket for a chance to

Win $500.00

Raffle Starts
August 1st - September 29th, 2012.

The public is invited to witness the raffle at Western Gas in Santa Elena at 3:00 pm Saturday, September 29, 2012.

Light refreshments and promo items will be given away

“Service is our motto, honesty and dependability our pride”
## GOVERNMENT OF BELIZE

### BELIZE’S DEBT RESTRUCTURING EXERCISE

#### Questions and Answers Update #1

**August 21, 2012**

During the course of Belize’s consultations with holders of Belize’s Step-Up Bond due 2029, a number of questions have been raised regarding both the substance and the process of the Government’s proposal to restructure this instrument.

In the interest of full transparency, the Government sets out below a summary of the significant questions raised by bondholders and the answers provided by the Government. As the process moves forward, the Government will provide further updates so that all bondholders will have the benefit of the Government’s thinking on relevant issues.

<table>
<thead>
<tr>
<th>Questions</th>
<th>Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Recent press reports (and quotations attributed to members of the creditor committee) suggest that Belize has failed to provide background information required for bondholders to assess the reasonableness of the Government’s Indicative Restructuring Scenarios. Why?</td>
<td>These press reports are inaccurate. At the time it posted Indicative Restructuring Scenarios on the Central Bank of Belize website, the Government also posted its responses to the economic information requested by the creditor committee together with a general overview of Belize’s economic situation and prospects. Bondholders are therefore able to access the information, projections and assumptions that underlie the Government’s Indicative Restructuring Scenarios.</td>
</tr>
<tr>
<td>2. Do the Indicative Scenarios represent an offer on the part of Belize?</td>
<td>No. They are intended as a basis for ongoing discussions with bondholders. The Scenarios represent our current thinking on the most effective ways of closing the projected financing gaps that were shared with creditors earlier this year. We remain eager to have a constructive and sober dialogue with creditors around the Indicative Scenarios and the projections that underpin them. Once it has analyzed the figures that have been made available, the creditor committee in particular should feel free to put forward alternative structures for discussion.</td>
</tr>
<tr>
<td>3. Why did the Government elect not to pay the August 20 coupon a demonstration of unwillingness to pay” rather than an “inability to pay”?</td>
<td>The Government wishes to advance this process as quickly as possible. Thus far, however, the creditor committee has neither commented on the Government’s Indicative Restructuring Scenarios nor offered its own suggestions regarding the nature and form of a restructuring transaction (although there seems to be a general consensus that some form of debt relief is required). While individual bondholders have offered their views to the Government on some of these issues, the authorities’ offer of a face-to-face meeting has received no response from the creditors’ committee. A constructive dialogue at this juncture cannot move forward until the committee provides its views. As to timing, the Government would like this to be a 2012 operation, but obviously this requires the good faith cooperation of the bondholders.</td>
</tr>
<tr>
<td>4. Was the Government’s decision not to pay the August 20 coupon a demonstration of unwillingness to pay” rather than an “inability to pay”?</td>
<td>The Government’s 2012 budget included a line item for debt service payments. As we made clear at the time of introducing that budget in Parliament, however, the source of funding for these payments (as well as several other line items in the budget) had not been identified.</td>
</tr>
<tr>
<td>5. Is the need for a Superbond restructuring merely a function of the Government’s decision to nationalize two of the country’s public utilities with the attendant obligation to pay reasonable compensation to the former owners?</td>
<td>The Government wishes to advance this process as quickly as possible. Thus far, however, the creditor committee has neither commented on the Government’s Indicative Restructuring Scenarios nor offered its own suggestions regarding the nature and form of a restructuring transaction (although there seems to be a general consensus that some form of debt relief is required). While individual bondholders have offered their views to the Government on some of these issues, the authorities’ offer of a face-to-face meeting has received no response from the creditors’ committee. A constructive dialogue at this juncture cannot move forward until the committee provides its views. As to timing, the Government would like this to be a 2012 operation, but obviously this requires the good faith cooperation of the bondholders.</td>
</tr>
<tr>
<td>6. Is there not a flow of dividends expected from the nationalized utilities that could fully or partially offset the liabilities that the Government faces in the form of obligations to pay reasonable compensation to the former owners?</td>
<td>The Government decided to nationalize these companies, not on the proximate cause of the need to restructure the Superbond. The hard reality of the situation is that a significant restructuring of the Superbond is necessary without regard to the additional liabilities associated with these nationalizations. A review of the financial projections shows that the debt service required for the Superbond, particularly at an exceptionally high stepped-up coupon rate, is simply not sustainable taken on its own. It should in any case be noted that the maintenance of the status quo with regard to the two public utilities that were nationalized would have led to higher fiscal costs than those implicit in the compensation range that we have published, and would eventually have led to worse outcomes for bondholders and other stakeholders.</td>
</tr>
<tr>
<td>7. Why is the Government substituting its bondholders to the former shareholders of BTL and BEL?</td>
<td>The dividends that the Government expects from the nationalized utilities have been fully factored into the fiscal projections that have been shared with bondholders. The combined flow is modest, and insufficient to make a material dent on the Additional Liabilities on a cash flow basis. It is not. The approach of the Indicative Scenarios is to place bondholders and the former shareholders on the same footing, with the same restructuring terms being applied to the Superbond as to both sets of compensation payments at the valuation mid-point. While it is clear to the Government and most bondholders that the Additional Liabilities cannot be ignored, the Government is willing to discuss the approach to the outstanding compensation payments implicit in the Indicative Scenarios. Preliminary discussions have been held with both sets of claimants, and progress has been made with the former shareholders of BTL and BEL on clarifying certain technical aspects of the two valuations relating to this matter.</td>
</tr>
<tr>
<td>8. Has any progress been made in the Government’s discussions with the former shareholders of BTL and BEL?</td>
<td>Recently, representatives of the former shareholders of BTL informed the Government that the mid-point “pre-restructuring W assumption for compensation that is implicit in the Indicative Scenarios falls considerably short of the expectations of the former BTL shareholders. The Indicative Scenarios do not allow for compensation to be paid out at a higher level, and consequently the Government believes that demands of the former BTL shareholders, as well as being without justification, are unaffordable for both Belize and its bondholders.</td>
</tr>
<tr>
<td>9. Isn’t Belize being excessively conservative in the macroeconomic assumptions underlying the Indicative Restructuring Scenarios?</td>
<td>The principal lesson that everyone should have learned from the 2007 debt restructuring is the risk of excessive optimism in financial projections. At the creditors’ insistence, the 2007 restructuring involved no reduction to the principal of the debt stock, and the net present value loss to creditors was substantially muted by the precipitous step up coupon feature of the instrument. It is in no one’s interest to repeat those mistakes in 2012. The macroeconomic assumptions that support the Indicative Restructuring Scenarios are, we believe, moderate and defensible. The Government is intent on putting in place a good faith commitment to address the concerns of bondholders. Multilaterals such as the IADB and the Caribbean Development Bank already have significant exposure to Belize. The Government has approached both entities seeking additional financial support for this restructuring but it is premature to speculate about whether and how much additional support may be available.</td>
</tr>
<tr>
<td>10. What assistance can be expected from the multilateral financial institutions?</td>
<td>The Step-Up Bond due 2029 contains a collective action clause that permits the holders of 75% of the bonds either to amend the terms or approve a complete exchange of that bond for a new instrument of the same series. The Government is currently discussing this to the Step-Up Bondholders, and the Trustee in the event of the final restructuring. The Trust Indenture for the Step-Up Bondholders actually centralizes all enforcement powers in the hands of the Trustee. There is no scope for the pursuit of individual bondholder legal remedies unless the Trustee fails to act for 60 days after receipt of (i) a request from holders of at least 25% of the Step-Up Bonds for the Trustee to institute a legal action and (ii) an indemnity reasonably satisfactory to the Trustee against its costs, expenses and liabilities related to such an action.</td>
</tr>
<tr>
<td>11. Assuming that this restructuring takes the form of an exchange offer, does the Government have a “critical mass” threshold for bondholders participating in that exchange?</td>
<td>The Step-Up Bond due 2029 contains a collective action clause that permits the holders of 75% of the bonds either to amend the terms or approve a complete exchange of that bond for a new instrument of the same series. The Government is currently discussing this to the Step-Up Bondholders, and the Trustee in the event of the final restructuring. The Trust Indenture for the Step-Up Bondholders actually centralizes all enforcement powers in the hands of the Trustee. There is no scope for the pursuit of individual bondholder legal remedies unless the Trustee fails to act for 60 days after receipt of (i) a request from holders of at least 25% of the Step-Up Bonds for the Trustee to institute a legal action and (ii) an indemnity reasonably satisfactory to the Trustee against its costs, expenses and liabilities related to such an action.</td>
</tr>
<tr>
<td>12. If certain bondholders elect to pursue their individual legal remedies, will this disrupt or delay the proposed restructuring?</td>
<td>Were the Trustee to pursue legal remedies, of course, it would do so on behalf of all bondholders. If an exchange offer or other transaction is concluded with the support of holders of at least 75% of the Step-Up Bonds, any legal action pending at the time of that closing will be rendered moot. A lesser majority of 662/3 can approve the rescission of any prior acceleration of the bond.</td>
</tr>
</tbody>
</table>
Belize National Classification System
For Hotels And Tour Operators

BELIZE CITY, Belize, Monday, August 20, 2012:
The Sustainable Tourism Program (STP) and the Quality Assurance Department at the BTB is in its preliminary stage of executing a “Belize National Classification System for Hotels and Tour Operators.” The system’s overall goal is to define realistic classifications with clear definitions and minimum standards as basic mandatory licensing requirements for each recommended class.

“This is a great opportunity for Belize to take the lead in destination competitiveness,” stated Terry Wright, Tourism/Environment Project Coordinator at the STP. “The firm Tourism and Leisure Europraxis has been awarded the consultancy to develop a classification scheme for accommodation facilities and tour operators throughout the country based on international standards but adapted to the country’s reality. It is intended that the scheme will guide and incentivize the hotel and tour operator industry by promoting excellence as a national priority. It will also serve as a valuable marketing tool.”

The initial stages of developing the system include meetings with tourism stakeholders and a presentation of the framework of the system to tourism Industry Partners. Following stakeholder consultation, there will be a verification, assessment and training period anticipated to begin in September 2012, with the establishment of a new cadre of BTB hotel inspectors focused on standards and quality. Geographic Information System (GIS) mapping of accommodation establishments within the country will also form a component of the consultancy scheduled for completion in January 2013. For more information, contact Christy Mastry, Project Director at the STP via e-mail cmastry@sustainabletourismbz.org or via telephone 223-2654. You can also contact Laura Esquivel Frampton, Acting Director of Tourism at the BTB via e-mail laura@travelbelize.org or via telephone 227-2420.

Contributed By: Rev. Mary Martin, Rotary Club of Belize City PR Director
Gift of Life Belize is a project devoted to providing life-saving heart surgery for children. It was developed in the 1970’s by members of the Rotary Club of Belize. Gift of Life chapters worldwide are united through Gift of Life International.

All of Belize has reason to celebrate!
1. The recent return home of three very grateful recipients and their families
2. On Monday and Tuesday this week there will be a room filled with other young heart patients and their parents waiting to see a group of medical specialists at the Karl Heusner Memorial Hospital.

Marilyn Ical returned after successful heart surgery on Sunday, August 12th and two more young people return after life-saving, follow-up surgeries at state of the art facilities in the USA, where more complex heart defects were successfully corrected. They are: Neville Bermudez’s return date is Monday, August 20th while Aiden Harris’ returns from the Mayo Clinic the next day.

Neville is a brilliant example of the continued support of the program... as he almost died of Mitral Valve Prolapse in the Fall of 2005. Neville has returned to GOL every year to receive treatment for residual problems of his defect. When it was time to go in a do the major fix again, Gift of Life sends him back. After undergoing life-saving heart surgery at St. Joseph’s Children’s Hospital in Tampa, FL. to replace his aortic valve, 17-year-old Neville Bermudez said he can’t wait to ride his bike when he returns home. The hospital staff sent Neville home with his very first bike helmet!

Now on to more celebrations! The Rotary Club of Belize once again presents The Gift of Life continues! For more information, contact Mala Vasquez: 610-2299.

Star Newspaper
“The Newspaper that cares and dares to bring out the truth”
42 Western Highway, Santa Elena, Cayo, Belize, CA
Publisher: Nyani K. August
Editor: Albert Nigel August
Office Tel: 804-4900
Cell: 626-8822 and 626-8841
starnewspaper@gmail.com
Visit us online belizeneuws.com/thestar belizencross.com TheStar.htm
www.guidetobelize.info/star
Tel: 626-8822
626-8841
Send Us Your Humors, Articles & Ads starnewspaper@gmail.com

HAPPY HOUR
Monday thru Friday
Monday:
Draft Beer $3.00
Tuesday:
Local Rum $3.00
Wednesday:
Panty Ripper $3.95
Mexican and Belizean Menu

The Home Of MARGARITAS SPECIALS
Mondays
To Fridays:
Regular Margaritas: $6.95
Straberry Margaritas: $7.95
Blue Margaritas: $8.95

Liquor License Notice
Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 130 of the Laws of Belize, Revised Edition 2008, that RYAN UTSMAN is applying for a PUBLIC SPECIAL LICOR LICENSE for the year 2012 to operate Island Time Beverages located at Mile 61, Western Highway, Georgeville in the Cayo District.
Teen Depression
A Guide for Parents And Teachers

Teenage depression isn’t just bad moods and occasional melancholy—it’s a serious problem that impacts every aspect of a teen’s life. Teen depression can lead to problems at home and school, drug abuse, self-loathing—even violence or suicide. But as a concerned parent, teacher, or friend, there are many ways you can help. Talking about the problem and offering support can go a long way toward getting your teenager back on track.

Understanding For Teens
If you’re a teenager struggling with depression or you’d like to learn how to help a depressed friend.

There are as many misconceptions about teen depression as there are about teenagers in general. Yes, the teen years are tough, but most teens balance the requisite angst with good friendships, success in school or outside activities, and the development of a strong sense of self.

Occasional bad moods or acting out is to be expected, but depression is something different. Depression can destroy the very essence of a teenager’s personality, causing an overwhelming sense of sadness, despair, or anger.

Whether the incidence of teen depression is actually increasing, or we’re just becoming more aware of it, the fact remains that depression strikes teenagers far more often than most people think. And although depression is highly treatable, experts say only 1 in 5 depressed teens receive help. Unlike adults, who have the ability to seek assistance on their own, teenagers usually must rely on parents, teachers, or other caregivers to recognize their suffering and get them the treatment they need. So if you have an adolescent in your life, it’s important to learn what teen depression looks like and what to do if you spot the warning signs.

Signs and symptoms of teen depression

Teenagers face a host of pressures, from the changes of puberty to questions about who they are and where they fit in. The natural transition from child to adult can also bring parental conflict as teens start to assert their independence. With all this drama, it isn’t always easy to differentiate between depression and normal teenage moodiness. Making things even more complicated, teens with depression do not necessarily appear sad, nor do they always withdraw from others. For some depressed teens, symptoms of irritability, aggression, and rage are more prominent.

- Sadness or hopelessness
- Irritability, anger, or hostility
- Tearfulness or frequent crying
- Withdrawing from friends and family
- Loss of interest in activities
- Changes in eating and sleeping habits
- Restlessness and agitation
- Feelings of worthlessness and guilt
- Lack of enthusiasm and motivation
- Fatigue or lack of energy
- Difficulty concentrating
- Thoughts of death or suicide

If you’re unsure if an adolescent in your life is depressed or just “being a teenager,” consider how long the symptoms have been present, how severe they are, and how different the teen is acting from his or her usual self. While some “growing pains” are to be expected as teenagers grapple with the challenges of growing up, dramatic, long-lasting changes in personality, mood, or behavior are red flags of a deeper problem.

The difference between teenage and adult depression

Depression in teens can look very different from depression in adults.

The following symptoms of depression are more common in teenagers than in their adult counterparts:
- Irritable or angry mood – As noted above, irritability, rather than sadness, is often the predominant mood in depressed teens. A depressed teenager may be grumpy, hostile, easily frustrated, or prone to angry outbursts.
- Unexplained aches and pains – Depressed teens frequently complain about physical ailments such as headaches or stomachaches. If a thorough physical exam does not reveal a medical cause, these aches and pains may indicate depression.
- Extreme sensitivity to criticism – Depressed teens are plagued by feelings of worthlessness, making them extremely vulnerable to criticism, rejection, and failure. This is a particular problem for “over-achievers.”
- Withdrawing from some, but not all people – While adults tend to isolate themselves when depressed, teenagers usually keep up at least some friendships. However, teens with depression may socialize less than before, pull away from their parents, or start hanging out with a different crowd.

Effects of teen depression

The negative effects of teenage depression go far beyond a melancholy mood. Many rebellious and unhealthy behaviors or attitudes in teenagers are actually indications of depression. The following are some of the ways in which teens “act out” or “act in” in an attempt to cope with their emotional pain:
- Problems at school. Depression can cause low energy and concentration difficulties. At school, this may lead to poor attendance, a drop in grades, or frustration with schoolwork in a formerly good student.
- Running Away. Many depressed teens run away from home or talk about running away. Such attempts are usually a cry for help.
- Drug and alcohol abuse. Teens may use alcohol or drugs in an attempt to “self-medicate” their depression. Unfortunately, substance abuse only makes things worse.
- Low self-esteem. Depression can trigger and intensify feelings of ugliness, shame, failure, and unworthiness.
- Internet addiction. Teens may go online to escape from their problems. But excessive computer use only increases their isolation and makes them more depressed.
- Reckless behavior. Depressed teens may engage in dangerous or high-risk behaviors, such as reckless driving, out-of-control drinking, and unsafe sex.
- Violence. Some depressed teens (usually boys who are the victims of bullying) become violent. As in the case of the Columbine school massacre, self-hatred and a wish to die can erupt into violence and homicidal rage.
- Teens who are seriously depressed often think, speak, or make “attention-getting” attempts at suicide. An alarming and increasing number of teenagers attempt and succeed at suicide, so suicidal thoughts or behaviors should always be taken very seriously.

For the overwhelming majority of suicidal teens, depression or another psychological disorder plays a primary role. In depressed teens who also abuse alcohol or drugs, the risk of suicide is even greater.

Because of the very real danger of suicide, teenagers who are...
SAN IGANCIO/SANTA ELENA TOWN

PROPERTY TAX PAYERS

DON’T FORGET TO ASK FOR YOUR PAY & PLAY RECEIPT

GET A CHANCE TO WIN ALL OR PART OF YOUR MONEY BACK

IT’S FUN & EXCITING!

Remember Taxes are the fuel that keeps our towns moving forward

PAY & PLAY BOLEDO

“You can’t Lose”
It’s Free!

A Rebate Constructive Gaming System.

Barton Creek Cave at Mike's Place is Great for daily outings, Company Picnic or Family day, Cave Tour by canoe, Swimming, Dive off the rocks, Rock Climbing, Soar through the air by Zip Line, Food & Drink, BBQ Facilities, Ask us about our special rates, fun for a few hours or whole day. Explore, and discover our country and the natural wonders Belize has to offer. Please contact us

Bartoncreekcave@gmail.com
Tel: 501 670 - 0441
Cell: 501 670 - 0451
Cave site: 501 663 - 0561

Photo Courtesy: ©AmblerisToday

BELIZE CITY, Tuesday, August 21, 2012:

Art and Culture are two elements that strongly exemplify our country’s unique cultural heritage and shared national identity. In an attempt to demonstrate San Pedro’s art and culture, the San Pedro House of Culture will be hosting an “Art in the Park – Arts and Craft Exhibition” on Thursday, August 30th and Friday August 31st, beginning at 10:00 a.m. to 8:00 p.m. at the San Pedro Central Park.

The Art in the Park – Arts and Craft Exhibition is to showcase the dynamic talent and creativity of the locals from the island. In the park, everyone will be entertained by lively cultural presentations, a variety of street performances and music. There will also be plenty of food and drinks on sale.

Please remember:

Who: San Pedro House of Culture
What: “Art in the Park – Arts and Craft Exhibition”
When: Thursday, August 30th and Friday, August 31st 2012 from 10:00 a.m. to 8:00 p.m.
Where: San Pedro Central Park

For more information on the Art in the Park – Arts and Craft Exhibition, contact Guillermo Paz from the San Pedro House of Culture at 226-4531 or via e-mail guillermo@nichbelize.org.

About the Belize Tourism Board

The Belize Tourism Board (BTB) is a statutory body within the Belize Ministry of Tourism and Culture, and it is governed by a Board of Directors appointed by the Minister of Tourism and Culture. The BTB works in conjunction with members of the travel trade industry and media outlets in key markets.

The BTB is also dedicated to developing and implementing tourism programs that will help strengthen and grow the Belizean tourism industry; promote good destination stewardship; and instill high quality standards for accommodations and travel experiences. For more information on the BTB and its services, visit www.travelbelize.org.
Female Facing Burglary Charge

SAN IGNACIO TOWN, Cayo, Wednesday, August 22, 2012:

While in most cases male persons are usually arrested and charged for burglaries, the accused in this is a female.

On Monday, August 20, 2012 Mark Anthony Gentle, 47, Belizean laborer of # 197 Western Highway, Santa Elena visited the station and reported that his house was burglarized and clear of the things he had therein.

In the report to the police Gentle informed that on Saturday, August 18, he secured his home before leaving to spend the weekend with his girlfriend at her house about half mile the Highway in Red Creek. He said that upon returning home at around 8:00 am on Monday, August 20, he found a piece of white board resting the side door of his house being the first indication that something was wrong. Upon entering he could his house almost cleared of its contents. The missing items, according to the complainant included a chest of drawers, a mirror, two mattresses, a TV stand, assorted items of male clothing, a pack of spoons, a 16 inch Toshiba brand television, a black Nokia cellular telephone, a Seiko brand watch with white leather band, four curtains, a wooden lounge chair, four bed sheets, a box spring mattress, all for a total value of $2,040.00.

In conducting his own investigation Gentle reportedly saw his curtains and bed sheets inside the home of a neighbor. Armed with a warrant the police conducted a search of the suspect house where they found a blue mattress on the floor inside the one bedroom structure. The mattress was positively identified by the complainant as being his property. A further search led to the discovery of some curtains, a bed sponge, a wooden speaker box and a wooden lounge chair, all of which was positively identified by Gentle as being his property.

The suspect, identified as Raeleen Duheaney, 23, unemployed of # 134 Western Highway, Santa Elena was detained and transported to the police station in San Ignacio where she was later formally arrested and charged for burglary.

On Wednesday, August 22, the accused appeared in court where the charge was read to her by senior Magistrate Linsbert Willis. When she was requested enter a plea, the accused remained silent in court consequently resulting in the magistrate entering a not guilty plea on her behalf.

Prosecutor George Gomez rose in objection to the offering of bail citing the prevalence of the crime within the community. Notwithstanding the prosecutor’s request, magistrate Willis proceeded to offer bail in the sum of two thousand dollars ordering the accused to return to court on Monday, November 5, 2012.
Your Weekly Horoscope & Lucky Numbers

ARIES:
March 22 to April 20
Your imagination should be flying high this week, and your creative juices flowing freely. Exceptional ideas for projects involving writing, music, or painting could pop into your head during the day. Start on one and list the others so you can refer to them later. Don't be surprised if you find your intuition increasing as well. Make the most of it all. Lucky numbers: 50, 74, 99.

TAURUS:
April 21 to May 20
A social event could take place this week involving a number of friends you may not have seen for a long time. You will feel good about catching up and meeting exciting new people, too. Interesting information could come your way. Someone might be upset about something and want a shoulder to cry on. But this should be mostly a happy and gratifying day for you. Lucky numbers: 04, 37, 51.

GEMINI:
May 22 to June 21
Have you been pursuing a career involving the creative arts? If so, news of an upcoming success could come your way today. This is a gratifying day for you. Friends could phone or come by to congratulate you. Ideas for new projects could fill your head. Go out to dinner this week with friends or your romantic partner. You deserve it! Lucky numbers: 18, 32, 66.

CANCER:
June 22 to July 23
A friend who lives far away might call or email you. Your friend may be planning to visit your area and want to get together with you. This should make you very happy, although at first you may worry that job responsibilities will interfere. You can work around it. Mark the date of your friend’s arrival on your calendar and look forward to it. Enjoy your day! Lucky numbers: 12, 45, 80.

LEO:
July 24 to August 21
A sum of money above and beyond your usual income could come your way. This could be a bonus, settlement, or even a gift of some kind. You could put it to work making changes in your home, perhaps repairs, perhaps remodeling or redecorating. This may seem like a daunting prospect, but you’ll have the energy and enthusiasm in addition to the money. Lucky numbers: 26, 59, 83.

VIRGO:
August 22 to September 21
Romance should be going beautifully for you this week. Your romantic partner looks especially attractive and probably is in a great mood. You might decide to attend a lecture together or plan a weekend getaway. Communication between you is open, honest, supportive, and loving. Don’t let this week pass you by. Make sure you get together. This could end up being a week to remember. Lucky numbers: 06, 20, 57.

LIBRA:
September 22 to October 23
You have worked hard for your money, and this week you should reap the benefits of your efforts. Earnings, investments, property values—all should be worth considerably more than they were a year ago. Love and romance should also be going well, although you might have a few difficulties coordinating your schedule with your partner’s. Bask in the glow of your success. Lucky numbers: 15, 62, 88.

SCORPIO:
October 24 to November 21
A love partner may have heard some great career news this week and want to take you out to celebrate. Go—no matter what you have to reschedule. Your friend is in a great mood, looks wonderful, and is feeling very passionate and sexy. If you want a night to remember, don’t let this chance pass you by. Also make sure you look your very best. Lucky numbers: 39, 54, 67.

SAGITTARIUS:
November 22 to December 21
Relationships with family and other household members should be at their very best this week. If you see colleagues outside of work, they could also be congenial and supportive. This might stem from the fact that the lines of communication between you are wide open and you have reached a new understanding. Keep this going. It can only benefit everyone involved. Lucky numbers: 14, 21, 36.

CAPRICORN:
December 22 to January 20
Words of love could be exchanged between you and your romantic interest this week. You’ll both be more apt than usual to express your feelings. The only caveat is not to lay it on too thick. Even now, getting too mushy could be off-putting for your partner. Be discreet and enjoy your day. Lucky numbers: 09, 28, 93.

AQUARIUS:
January 21 to February 19
Money matters should be going well for you now, so this week you might decide to make a long-desired expenditure for your home. You might decide to buy furniture, do some redecorating, or even purchase a new home. Land investments might also warrant some consideration. Whatever you do, you will enjoy it. The results could make a very positive difference in your home life. Enjoy. Lucky numbers: 34, 70, 86.

PIZCES:
February 20 to March 21
You should look especially good this week, and feel outgoing and charming. Friends, neighbors, and strangers may comment on how great you look. Communication is apt to be warm, informative, and supportive. Relationships of all kinds should strengthen. If you can schedule a date this week with your partner, you may get an especially enthusiastic and gratifying response. Enjoy your day! Lucky numbers: 22, 41, 89.

See News Happening?
Call us!
626-8822
or
626-8841

SHOPPER’S CHOICE

We Specialize In:
Cosmetics, Phones, Electronics,
Furniture, Kitchen Appliances
Ladies Footwear

Hudson Street
San Ignacio Town

Sale All Week
Special Discount
on Friday & Saturday

Cell: 610-3503
Tel: 824-4971

Best Service, Best Prices

HODGE’S PLACE

Hodge’s Place, where Taste, Quality and Comfort makes the difference!
We Are Located In The Savannah Area of San Ignacio Town in the Cayo District.
We Cater For Large & Small Groups as Well as for private functions, parties and meetings.
For more Information and for deliveries within Town Please Call us at 8042522
Back To School @ Bismillah Stores

Visit us and take advantage of a whopping 20% Discount on all School Bags

New Arrivals!!!!!!

Uniform Pants for Boys
School Shoes & Tennis
Umbrellas
Socks

Book Shelves
Laptops
Teachers Bags
Student Desks & Arm Chairs

Also check out all our patriotic items for the September Celebrations
Guatemala Ex-Police Chief Jailed For Civil War Kidnap

Guatemala ex-police chief Pedro Garcia Arredondo faces separate charges over the deaths of thirty-six persons in the 1980 Spanish embassy fire. A former head of Guatemala’s police force was sentenced to 70 years in prison for the kidnapping of a student during the country’s brutal civil war three decades ago. Pedro Garcia Arredondo was found guilty of orchestrating the abduction of Edgar Saenz, who disappeared in 1981.

Garcia is the latest in a string of former security officers to be tried for abuses during the 1960-96 war. He is the most senior Guatemalan police official to be jailed for war burning of the Spanish embassy in Guatemala, in which 36 persons died. Among the dead was the father of Nobel Peace Prize winner Rigoberta Menchu.

An estimated 200,000 persons were killed or went missing during Guatemala’s 36-year civil war. The conflict was fought between US-backed right-wing governments and left-wing rebels supported by indigenous people and the rural poor.

In March, former Guatemalan soldier Pedro Pimentel Rios was sentenced to 6,060 years in prison for his role in a massacre of 201 people in the village of Dos Erres in 1982. A court in January ordered that Efrain Rios Montt, Guatemala’s military leader from 1982-83, should face genocide and crimes against humanity in connection with massacres during his time in power.
Bad Breakfast
One morning in a posh hotel breakfast room, a guest called over the head waiter.
"Good morning, sir!" said the guest "I’d like to order two boiled eggs, one of them so undercooked that it’s runny, and the other so overcooked that it’s tough. I also want some rubbery bacon, burnt toast, and butter that’s so cold it’s impossible to spread. Finally, I’ll have a pot of extra-wing coffee, served at room temperature."

The bewildered waiter almost stuttered. "Sir! We cannot serve such an awful breakfast to you here!"

"Why not?" the guest replied. "That’s what I got here yesterday!"

Not Getting Enough
Mark comes home to find his wife packing her bags. "Where are you going?" he asked.
"To Las Vegas! I found out that there are men that will pay me $400 to do what I do for you for free!"

Mark pondered that thought.

A blonde was driving her car home one night when she suddenly found herself in the middle of a dreadful hailstorm. The hailstones were as big as golf balls and her car got dented up very badly.

The next day, she takes the car to a repair guy, noticing that she is blowing into the tailpipe of the car really hard. She tells her the repair guy told her to blow into the tailpipe and is quite startled by the action. She blurts out: "What are you doing?"

"Duh that will never work!"

Going to Las Vegas with you… I want to see how you live on $800 a year!"

Another Blonde Joke
When she gets home, she starts blowing into the tailpipe as hard as she can, over and over. Just then, her best friend who also is blondeshows up and sees her blowing into the tailpipe and is quite startled by the action. She blurs out: "What are you doing?"

She tells her the repair guy told her to blow into the tailpipe real hard and the dents would pop out. Her girlfriend says: "Duh that will never work! You need to roll up the windows first silly!"

Uncle Dave
A teacher instructs her standard 3 class to ask their parents to tell them a story with a moral at the end. The next day the kids come in and share their stories:
"My daddy told me about my uncle Dave," says one boy. "He was a pilot in Vietnam and had to bail out over enemy territory with nothing but a flask of whisky, a pistol and a knife. He drank the whisky during the drop, then landed in the middle of 20 enemies. He shot 15, stabbed 3 and killed the last 2 with his bare hands."

"So what is the moral of this terrible story?" yelps the mortified teacher.

"Stay away from Uncle Dave when he’s drinking."

Effects Of The Beverage
James decides to take off early from work and go drinking. He stays until the bar closes at 2am, at which time he is extremely drunk. When he enters his house, he doesn’t want to wake anyone, so he takes off his shoes and starts tip-toeing up the stairs.

Half-way up the stairs, he falls over backwards and lands flat on his rear end. That wouldn’t have been so bad, except that he had couple of empty pint bottles in his back pockets, and they broke, the broken glass carved up his buttocks terribly. But, he was so drunk that he didn’t know he was hurt.

A few minutes later, as he was undressing, he noticed blood, so he checked himself out in the mirror, and, sure enough, his behind was cut up something terrible. Well, he repaired the damage as best he could under the circumstances, and he went to bed.

The next morning, his head was hurting, and his butt was hurting as well.

He was hunkering under the covers trying to think up a good story, when his wife came into the bedroom.

"Well, you really tied one on last night," she said. "Where’d you go?"

"I worked late," responded James, "and I stopped off for a couple of beers."

"A couple of beers? That’s a laugh," she replied. "You got plastered last night. Where the heck did you go?"

"What makes you so sure I got drunk last night, anyway?"

"Well," she replied, "my first big clue was when I got up this morning and found a bunch of band-aids stuck to the mirror."
Teen Depression A Guide For Parents And Teachers

Continued From Page 5

depressed should be watched closely for any signs of suicidal thoughts or behavior.

Suicide warning signs in depressed teens
- Talking or joking about committing suicide.
- Saying things like, “I’d be better off dead,” “I wish I could disappear forever,” or “There’s no way out.”
- Speaking positively about death or romanticizing dying (“If I die, people might love me more”).
- Writing stories and poems about death, dying, or suicide.
- Engaging in reckless behavior or having a lot of accidents resulting in injury.
- Giving away prized possessions.
- Saying goodbye to friends and family as if for good.
- Seeking out weapons, pills, or other ways to kill themselves.

Encouraging a depressed teen to open up
Learn to identify and express your feelings.
If you suspect that a teenager in your life is suffering from depression, speak up right away. Even if you’re unsure that depression is the issue, the troublesome behaviors and emotions you’re seeing in your teenager are signs of a problem.
Whether or not that problem turns out to be depression, it still needs to be addressed—the sooner the better. In a loving and non-judgmental way, share your concerns with your teenager. Let him or her know what specific signs of depression you’ve noticed and why they worry you. Then encourage your child to share what he or she is going through.
Your teen may be reluctant to open up. He or she may be ashamed, afraid of being misunderstood. Alternatively, depressed teens may simply have a hard time expressing what they’re feeling.

If your teen claims nothing is wrong, but has no explanation for what is causing the depressed behavior, you should trust your instincts. Remember that denial is a strong emotion. Furthermore, teenagers may not believe that what they’re experiencing is the result of depression.

Tips for talking to a depressed teen

Offer support: Let depressed teenagers know that you’re there for them, fully and unconditionally. Hold back from asking a lot of questions (teenagers don’t like to feel patronized or crowded), but make it clear that you’re ready and willing to provide whatever support they need.

Be gentle but persistent: Don’t give up if your adolescent shunts you out at first. Talking about depression can be very tough for teens. Be respectful of your child’s comfort level while still emphasizing your concern and willingness to listen.

Listen without lecturing: Resist any urge to criticize or pass judgment once your teenager begins to talk.

The important thing is that your child is communicating. Avoid offering unsolicited advice or ultimatums as well.

Listen without lecturing:
Resist any urge to criticize or pass judgment once your teenager begins to talk.

Validate feelings: Don’t try to talk teens out of their depression, even if their feelings or concerns appear silly or irrational to you. Simply acknowledge the pain and sadness they are feeling. If you don’t, they will feel like you don’t take their emotions seriously.

Getting treatment for teen depression
Depression is very damaging when left untreated, so don’t wait and hope that the symptoms will go away. If you see depression’s warning signs, seek professional help.

Make an immediate appointment for your teen to see the family physician for a depression screening. Be prepared to give your doctor specific information about your teen’s depression symptoms, including how long they’ve been present, how much they’re affecting your child’s daily life, and any patterns you’ve noticed. The doctor should also be told about any close relatives who have ever been diagnosed with depression or another mental health disorder. As part of the depression screening, the doctor will give your teenager a complete physical exam and take blood samples to check for medical causes of your child’s symptoms.

Seek out a depression specialist
If there are no health problems that are causing your teenager’s depression, ask your doctor to refer you to a psychologist or psychiatrist who specializes in children and adolescents.

Depression in teens can be tricky, particularly when it comes to treatment options such as medication. A mental health professional with advanced training and a strong background treating adolescents is the best bet for your teenager’s best care.

When choosing a specialist, always consider your child’s past. Teenagers are dependent on you for making many of their health decisions, so listen to what they’re telling you. No one therapist is a miracle worker and no one treatment works for everyone. If your child feels uncomfortable or is just not ‘connecting’ with the psychologist or psychiatrist, ask for a referral to another provider that may be better suited to your teenager.

Don’t rely on medication alone
Expect a discussion with the specialist you’ve chosen about treatment possibilities for your son or daughter. There’s a number of treatment options for depression in teenagers, including one-on-one talk therapy, group or family therapy, and medication.

Talk therapy is often a good initial treatment for mild to moderate cases of depression. Over the course of therapy, your teen’s depression may resolve. If it doesn’t, medication may be warranted. However, antidepressants should only be used as part of a broader treatment plan.

Unfortunately, some parents feel pushed into choosing antidepressant medication over other treatments, including talk therapy. This may be cost-prohibitive or time-intensive. However, unless your child is considered to be high risk for suicide (in which case medication and/or constant observation may be necessary), you have time to carefully weigh your options before committing to any one treatment.

Risks of teenage antidepressant use
In severe cases of depression, medication may help ease symptoms. However, antidepressants aren’t always the best treatment option. They come with risks and side effects of their own, including a number of safety concerns specific to children and young adults. It’s important to weigh the benefits against the risks before starting your teen on medication.

Antidepressants and the teenage brain
Antidepressants were designed and tested on adults, so their impact on the youthful, developing brain is not yet completely understood. Some researchers are concerned that the use of drugs such as Prozac in children and teens might interfere with normal brain development. The human brain is developing rapidly in young adults, and exposure to antidepressants may impact that development—particularly the way the brain manages stress and regulates emotions.

Antidepressant suicide warning for teens
Antidepressant medications may increase the risk of suicidal thinking and behavior in some teenagers. All antidepressants are required by the U.S. Food and Drug Administration (FDA) to carry a “black box” warning label about this risk in children, adolescents, and young adults up to the age of 24. The risk of suicide is highest during the first two months of antidepressant treatment.

Certain young adults are at an even greater risk for suicide when taking antidepressants, including teens with bipolar disorder, a family history of bipolar disorder, or a history of previous suicide attempts.

Teenagers on antidepressants should be closely monitored for any sign that the depression is getting worse. Warning signs include new or worsening symptoms of agitation, irritability, or anger. Unusual changes in behavior are also red flags.

According to FDA guidelines, after starting an antidepressant or changing the dose, your teenager should see their doctor:
- Once a week for four weeks
- Every 2 weeks for the next month
- At the end of their 12th week taking the drug
- More often if problems or questions arise

Teens on Antidepressants: Red Flags To Watch Out For

Call a doctor if you notice...
- New or more thoughts of suicide
- Trying to commit suicide
- New or worse depression
- New or worse anxiety
- Feeling very agitated or restless
- Panic attacks
- Difficulty sleeping (insomnia)
- New or worse irritability
- Acting aggressively, being angry, or violent
- Acting on dangerous impulses
As the depressed teenager in your life goes through treatment, the most important thing you can do is to let him or her know that you’re there to listen and offer support. Now more than ever, your teenager needs to know that he or she is valued, accepted, and cared for.

Be understanding. Living with a depressed teenager can be difficult and draining. At times, you may experience exhaustion, rejection, despair, aggravation, or any other number of negative emotions. During this trying time, it’s important to remember that your child is not being difficult on purpose. Your teen is suffering, so do your best to be patient and understanding.

Encourage physical activity Encourage your teenager to stay active. Exercise can go a long way toward relieving the symptoms of depression, so find ways to incorporate it into your teenager’s day. Something as simple as walking the dog or going on a bike ride can be beneficial.

Encourage social activity Isolation only makes depression worse, so encourage your teenager to see friends and praise efforts to socialize. Offer to take your teen out with friends or suggest social activities that might be of interest, such as sports, after-school clubs, or an art class.

Stay involved in treatment Make sure your teenager is following all treatment instructions and going to therapy. It’s especially important that your child takes any prescribed medication as instructed. Track changes in your teen’s condition, and call the doctor if depression symptoms seem to be getting worse.

Learn about depression Just like you would if your child had a disease you know very little about, read up on depression so that you can be your own “expert.” The more you know, the better equipped you’ll be to help your depressed teen. Encourage your teenager to learn more about depression as well. Reading up on their condition can help depressed teens realize that they’re not alone and give them a better understanding of what they’re going through.

The road to your depressed teenager’s recovery may be bumpy, so be patient. Rejoice in small victories and prepare for the occasional setback. Most importantly, don’t judge yourself or compare your family to others. As long as you’re doing your best to get your teen the necessary help, you’re doing your job.

Taking care of the whole family when one child is depressed

As a parent dealing with teen depression, you may find yourself focusing all your energy and attention on your depressed child. Meanwhile, you may be neglecting your own needs and the needs of other family members. While helping your depressed child should be a top priority, it’s important to keep your whole family strong and healthy during this difficult time.

Take care of yourself In order to help a depressed teen, you need to stay healthy and positive yourself, so don’t ignore your own needs. The stress of the situation can affect your own moods and emotions, so cultivate your well-being by eating right, getting enough sleep, and making time for things you enjoy.

Reach out for support – Get the emotional support you need. Reach out to friends, join a support group, or see a therapist of your own. It’s okay to feel overwhelmed, frustrated, helpless, or angry. The important thing is to talk about how your teen’s depression is affecting you, rather than bottling up your emotions.

Be open with the family – Don’t tiptoe around the issue of teen depression in an attempt to “protect” the other children. Kids know when something is wrong. When left in the dark, their imaginations will often jump to far worse conclusions. Be open about what is going on and invite your children to ask questions and share their feelings.

Avoid the blame game – It can be easy to blame yourself or another family member for your teen’s depression, but it only adds to an already stressful situation. Furthermore, depression is normally caused by a number of factors, so it’s unlikely—except in the case of abuse or neglect—that any loved one is “responsible.”
## LAPTOP BUNDLES

<table>
<thead>
<tr>
<th>Option 1</th>
<th>Option 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Acer Mini Bundle</strong>&lt;br&gt;10.1&quot; Inch&lt;br&gt;Intel Atom Processor&lt;br&gt;N2600 1.60 GHz&lt;br&gt;1GB RAM&lt;br&gt;320GB Hard Drive&lt;br&gt;Windows 7 Starter&lt;br&gt;HP 8GB Flashdrive&lt;br&gt;HP 2000 Printer&lt;br&gt;HP 2550 All-in-one Printer&lt;br&gt;18.5&quot; Inch Monitor&lt;br&gt;804-4900</td>
<td><strong>$939.00</strong>&lt;br&gt;10.2&quot; Sleeve&lt;br&gt;HP 8GB Flashdrive&lt;br&gt;HP 2000 Printer&lt;br&gt;HP 2550 All-in-one Printer&lt;br&gt;18.5&quot; Inch Monitor&lt;br&gt;6ft USB Cable&lt;br&gt;Dell 17&quot; Monitor&lt;br&gt;HP 2050 Flashdrive&lt;br&gt;6ft USB Cable&lt;br&gt;Dell Vostro 260 Bundle</td>
</tr>
</tbody>
</table>

## DESKTOP BUNDLES

| HP Compaq 6005 Bundle<br>240W AMD<br>210-220 2.8GHz<br>2GB RAM<br>250 Hard Drive<br>DVD-ROM GBE<br>Windows 7 Pro 64 bit<br>HP 2550 All-in-one Printer<br>10.5" Inch Monitor<br>HP 8GB Flashdrive<br>6ft USB Cable<br>Dell 17" Monitor<br>HP 2050 Flashdrive<br>6ft USB Cable<br>ACD Breeze<br>Kindle Fire<br>Lenovo Tablet<br>iPad 3 | **$1399.00**<br>HP Compaq 6005 Bundle<br>804-4900 | **$1979.00**<br>ACD Breeze<br>Kindle Fire<br>Lenovo Tablet<br>iPad 3 | **$1799.00**<br>HP Compaq 6005 Bundle<br>804-4900 | **$1799.00**<br>HP Compaq 6005 Bundle<br>804-4900 | **$1799.00**<br>HP Compaq 6005 Bundle<br>804-4900 | **$1799.00**<br>HP Compaq 6005 Bundle<br>804-4900 | **$1799.00**<br>HP Compaq 6005 Bundle<br>804-4900 |

## Other back to school essentials

- HP 4GB Flashdrive: **$17.99**
- HP 8GB Flashdrive: **$21.00**
- HP 16GB Flashdrive: **$34.50**
- Falcon LCD Cleaner: **$25.50**
- Kipl Sleeve 10.2": **$27.70**
- Kipl Sleeve 15.6": **$34.50**
- Kipl Portable KIS 210: **$28.00**
- Western Digital My Passport 500GB: **$79.00**
- Kipl Headset KIS 825: **$36.90**
- Nexxt Nebula 150 Book: **$69.00**
- Laptop Skins: **$24.90**
- Kipl Wireless Mouse: **$32.00**
- Kipl Headset KIS 825: **$36.90**
- Nexxt Nebula 150 Book: **$69.00**
- Laptop Skins: **$24.90**
- Kipl Wireless Mouse: **$32.00**
- Kipl Headset KIS 825: **$36.90**
- Nexxt Nebula 150 Book: **$69.00**
- Laptop Skins: **$24.90**
- Kipl Wireless Mouse: **$32.00**

**Financing Available**

Belize City Tel: 223-3226  Belmopan Tel: 822-0482  sales@fultec.com.bz
Contributed by: Sobeyda Chuc, mother of Evan Flowers.

As a concern mother, I would like to comment on an article in the STAR Newspaper, dated August 19, 2012, in which my son Evan Flowers was profiled as a criminal.

Following a minor skirmish in Bullet Tree Falls Village, my son was working at the internet cafe adjacent to the football field when the atmosphere outside the building got a little heated.

A group of youths started fighting on the highway near the football field. By the time the police arrived, the fighting had already stopped and all the youths had dispersed. Some back to the internet cafe where my son was attending to his customers. The police questioned some youths who were on the football field then came across to the internet cafe and arrested everyone who was inside at the time, including my son.

My son was detained at the San Ignacio police station for two nights before being released, he was interrogated harshly and with much disrespect even though he was unaware of the cause of the trouble and was not even involved in the fight.

My son Evan is a humble, hard working boy who, through no fault of his own, now has a police record and has lost his job at the internet cafe. As a parent, I am concerned and disappointed at the way my son was treated as a result of the actions of others and the consequences he now has to live with.

If any other parent finds themselves in a situation where their innocent child is branded a criminal and trouble maker due to the devious testimony of others then please speak up and support your child.

Life can be unfair at times but we must instill in our children that honesty and personal integrity will overcome social and legal injustice.

This Empty Hand Burglar Goes Directly to Jail

From Front Page

Mas immediately boarded his vehicle and followed down George Price Avenue in the direction the trespasser took. He took a right into Liberty Street and the lights of his vehicle spotted the suspect walking, with the gas tank on his shoulder, in front of the Belize Water Services office.

The complainant stopped, got out of the vehicle and approached the man and ordered him to march back to his house with the tank and to return it to the exact place from where he got it. He then held the man until the police arrived and handed him over to the police.

The man was transported to the police station where he was identified as Amir Garcia, 38, unemployable Belizean laborer of no fixed address. He was later charged for theft and taken to court where he pled guilty to the charge.

After accepting the facts of the case as presented by prosecutor George Gomez, he was sentenced, by magistrate Linsbert Willis to spend the next four months of his life behind bars at the central prison in Hattieville.

Evan Flowers

Assuming that the heat was off his back, especially after not making off with anything, Mesh re-emerged in the village, on Sunday August 19, exactly 100 days after the incident and in the process he walked directly into the long arms of the law.

The accused Johnny Mesh, 39, Belizean laborer was instantly detained and transported to the police station in San Ignacio where he was later arrested and charged for burglary.

He appeared in court on Wednesday, August 22, 2012, where he pled not guilty to the charge and was read to him by Magistrate Linsbert Willis.

With all such cases, Prosecutor George Gomez objected to the granting of bail on the ground of the prevalence of the crime. Bail was nevertheless granted in the sum of five thousand dollars. Mesh was ordered to return to court on Wednesday, November 7, 2012.

Another Empty Handed Accused Burglar Charged

From Front Page

The boy reportedly exited the room and saw a male person whom he knew as Johnny Mesh, with half his body inside the house through a window after removing the screen and a louver.

The boy reportedly opened the front door and when he realized that someone was at home, the accused pulled himself out of the window and ran down the stairs.

The police conducted a fruitless search for the accused which was later abandoned as the suspect went into hiding.

The Internet Cafe Where Evan Flowers Worked Before He Was Arrested And Charged For Disorderly Conduct

This Internet Cafe was profiled as a criminal.

The police conducted a fruitless search for the accused which was later abandoned as the suspect went into hiding.

Another Empty Handed Accused Burglar Charged

From Front Page

The boy reportedly exited the room and saw a male person whom he knew as Johnny Mesh, with half his body inside the house through a window after removing the screen and a louver.

The boy reportedly opened the front door and when he realized that someone was at home, the accused pulled himself out of the window and ran down the stairs.

The police conducted a fruitless search for the accused which was later abandoned as the suspect went into hiding.

The Internet Cafe Where Evan Flowers Worked Before

He Was Arrested And Charged For Disorderly Conduct

Assuming that the heat was off his back, especially after not making off with anything, Mesh re-emerged in the village, on Sunday August 19, exactly 100 days after the incident and in the process he walked directly into the long arms of the law.

The accused Johnny Mesh, 39, Belizean laborer was instantly detained and transported to the police station in San Ignacio where he was later arrested and charged for burglary.

He appeared in court on Wednesday, August 22, 2012, where he pled not guilty to the charge and was read to him by Magistrate Linsbert Willis.

With all such cases, Prosecutor George Gomez objected to the granting of bail on the ground of the prevalence of the crime. Bail was nevertheless granted in the sum of five thousand dollars. Mesh was ordered to return to court on Wednesday, November 7, 2012.

This Empty Hand Burglar Goes Directly to Jail

From Front Page

Mas immediately boarded his vehicle and followed down George Price Avenue in the direction the trespasser took. He took a right into Liberty Street and the lights of his vehicle spotted the suspect walking, with the gas tank on his shoulder, in front of the Belize Water Services office.

The complainant stopped, got out of the vehicle and approached the man and ordered him to march back to his house with the tank and to return it to the exact place from where he got it. He then held the man until the police arrived and handed him over to the police.

The man was transported to the police station where he was identified as Amir Garcia, 38, unemployable Belizean laborer of no fixed address. He was later charged for theft and taken to court where he pled guilty to the charge.

After accepting the facts of the case as presented by prosecutor George Gomez, he was sentenced, by magistrate Linsbert Willis to spend the next four months of his life behind bars at the central prison in Hattieville.

Evan Flowers

Assuming that the heat was off his back, especially after not making off with anything, Mesh re-emerged in the village, on Sunday August 19, exactly 100 days after the incident and in the process he walked directly into the long arms of the law.

The accused Johnny Mesh, 39, Belizean laborer was instantly detained and transported to the police station in San Ignacio where he was later arrested and charged for burglary.

He appeared in court on Wednesday, August 22, 2012, where he pled not guilty to the charge and was read to him by Magistrate Linsbert Willis.

With all such cases, Prosecutor George Gomez objected to the granting of bail on the ground of the prevalence of the crime. Bail was nevertheless granted in the sum of five thousand dollars. Mesh was ordered to return to court on Wednesday, November 7, 2012.

Another Empty Handed Accused Burglar Charged

From Front Page

The boy reportedly exited the room and saw a male person whom he knew as Johnny Mesh, with half his body inside the house through a window after removing the screen and a louver.

The boy reportedly opened the front door and when he realized that someone was at home, the accused pulled himself out of the window and ran down the stairs.

The police conducted a fruitless search for the accused which was later abandoned as the suspect went into hiding.

The Internet Cafe Where Evan Flowers Worked Before He Was Arrested And Charged For Disorderly Conduct

Assuming that the heat was off his back, especially after not making off with anything, Mesh re-emerged in the village, on Sunday August 19, exactly 100 days after the incident and in the process he walked directly into the long arms of the law.

The accused Johnny Mesh, 39, Belizean laborer was instantly detained and transported to the police station in San Ignacio where he was later arrested and charged for burglary.

He appeared in court on Wednesday, August 22, 2012, where he pled not guilty to the charge and was read to him by Magistrate Linsbert Willis.

With all such cases, Prosecutor George Gomez objected to the granting of bail on the ground of the prevalence of the crime. Bail was nevertheless granted in the sum of five thousand dollars. Mesh was ordered to return to court on Wednesday, November 7, 2012.
BTL’s HomeFone
PostPaid Plans

Now get even MORE discounts

- 50% off local & national calls
- FREE nights & weekends
- 15¢ per minute* anytime to any DigiCell Number

HomeFone
Standard
$35

HomeFone
Premium
$59

- 75% off local & national calls
- FREE nights & weekends
- 15¢ per minute* anytime to any DigiCell Number

HomeFone
UNLIMITED
weekday, week nights, & weekends on local & national call

- 300 ANYTIME MINUTES* to any DigiCell number

HomeFone
FAMILY
$99

Choose the PLAN that’s RIGHT for YOU!

*15¢ per minute & 300 ANYTIME MINUTES only apply with HomeFone Mobile Add-On

0-800-CALL-BTL
www.belizetelemedia.net