

Tuesday, July 9:2013:

As they continue the protest against the Lesbian, Gay, Bi-Sexual and Transvestite (LGBT) agenda, the movement arrived in San Ignacio on Tuesday, July 9 for a protest march through principal streets in San Ignacio and Santa Elena.

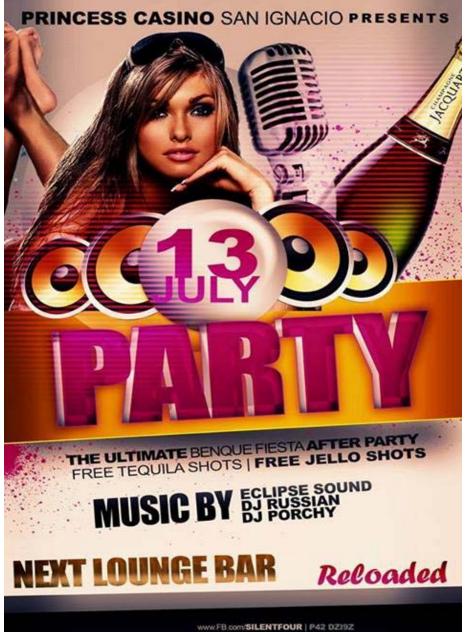
The march comprising mostly pastors and followers from evangelical churches between Belmopan and Benque Viejo, as well as from communities in between, was attended by several hundreds of protesters. It began at around 10:00 am at the Macal



Clear Message Of The Day "Say No! To The Homosexual Agenda"As Shown On The Banner Above River Park in San Ignacio where it also ended at around 1:00 pm in a heavy downpour of rain.

While the protest is clearly against the Lesbians Gays Bi-Sexuals And Transvestites (LGBT) agenda, as borne out by the placards carried by participants, organizers have confusingly say that the movement hasno room for hatred and homophobia.

A disappointing and disrespectful aspect of today's protest march was seeing men, women and even children parading with the Belizean national flag turned upside down at the request of organizers of the event.





Two Weeks - Two Bodies Fished From The Macal River

SAN IGNACIO TOWN, Cayo, Monday, July 8, 2013:

The body of another male person was fished out of the Macal River.

Exactly fifteen days after the discovery of the decomposed body of Cyril Margarito Cal, 28, Belizean, of a Hillview address in Santa Elena Town, police are again reporting another body found floating in the Macal River this time more downstream near the wooden bridge.

San Ignacio police reports the receipt of a call on the emergency line at around 9:15 am on Monday, July 8, 2013, of a body floating on





Mark David Robateau, 28

Page 2 - STAR - Tels: 626-8822 & 626-8841 & 804-4900 - Email:starnewspaper@gmail.com - Sunday, July 14, 2013

W Change

HiAll, Alan and I come to you today with disturbing news from Belize's capital. After appearing to testify in the murder trial of Mike and Donna Hill, which took an incredible five years to get to court, we were told that we could go home as the presiding judge chose to dismiss the case based on a ridiculous technicality. This is especially unbelievable given the fact that the police had signed confessions to these heinous crimes! The police did a diligent job, as did the prosecution. However, the judge--not a Belizean national-- felt that although the police read the criminals their rights, they did not make sure that the "minors" understood them completely (because now our police are

supposed to be trained psychologists able to determine comprehension on the part of those they arrest!). This, the judge said, undermined the basic human rights of the accused. WHAT ABOUT THE RIGHTS OF THE REST OF THE CITIZENRY??!!!

Readers Write

We are now not safe from these violent criminals. Criminals that this judge knows have violent backgrounds of repeated crime. This is a sad day for the families of Mike and Donna, and an even sadder day for those of us living in Belize. Please feel free to pass this information on to all those you think would be interested and who have a stake in the future of our country. All our best,

Colleen & Alan





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Two Weeks - Two Bodies Fished From The Macal River

From Front Page

the Macal River about 100 yards downstream from the wooden bridge linking the twin municipalities of San Ignacio and Santa Elena.

At the location police came upon the body of a Hispanic male person floating face upwards in the river. The dead man was found dressed in a white short sleeved t-shirt, black three-quarter jeans pants, a pair of red and black tennis shoes, a white cloth tied around the head and a red rag tied around the neck.

The body was positively identified by a male relative as being that of **Mark David Robateau**, 28, Belizean laborer from the Hot Point Area of Santa Elena town on the George Price Highway.

The investigation revealed that about 12 hours prior to the discovery, the deceased was seen alive around San Ignacio town by family members.

The body was removed from the river and transported to the San Ignacio community hospital where it was officially pronounced dead by the doctor on duty. The legally required post mortem examination was conducted seven hours later by Dr. Blanco who reportedly did not instantly certify the cause of death. With no visible injury on the body, and in the absence of evidence to the contrary, investigators are initially ruling out foul play.

Having been released from jail only a few weeks prior to the discovery of his dead body, Robateau is said to be no stranger to the police. On May 14, 2008 he was sentenced to five years imprisonment on conviction for the December 29, 2007 violent attack upon a 16 year old boy as he sat resting on the steps of a stationary store in San Ignacio. He was accused of stealing the student's cellular telephone and its carrying case, his wallet, tennis shoe and 15 dollars calling card for a total of \$779. When he was apprehended he was found in possession of the boy's cellular telephone and the pair of tennis.

Funeral services for Mark David Robateau will be held on Friday, July 12, 2013.

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na Bust On The] of 7,824.4 grams (17.25 pounds) of SAN IGNACIO TOWN, Cayo,

Tuesday, July, 9, 2013:

While the police were busy manning the Anti-Lesbian, Gay, Bi-Sexual and Transvestite protest rally in San Ignacio, a young man from neighboring Guatemala is alleged to have attempted to move weed through the town.

Acting upon information received, the police mounted an emergency check point on Joseph Andrews Drive at the intersection with 5th Street in San Ignacio. They

suspected marijuana.

Cesar Augusto Barrera Vargas was consequently arrested and formally charged for drug trafficking. He was brought before magistrate Narda Morgan in the San Ignacio Town courtroom, on Wednesday, July 10, 2013 where he pled not guilty to the charge.

Prosecutor George Gomez

objected to the granting of bail on the grounds that the accused presents a flight risk given that he resides across the border in Guatemala. In



'The Newspaper that cares and dares to bring out the truth"

concurrence with the prosecution's request, Magistrate Morgan proceeded to remand the accused to the central prison in Hattieville on orders that he be brought back to court on Monday, September 23, 2013.

#42 George Price Highway, Santa Elena, Cayo, Belize, CA **Office Tel: 804-4900**

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Cesar Augusto Barrera Vargas, 18

conducted a search on a green passenger bus from the Belize Bus Owners Cooperative, where they came upon a young fellow sitting inside the bus with the trademark knapsack on his lap. The black bag was searched and was found to contain two parcels tightly wrapped in brown transparent tape. When opened the parcels were found to contain suspected marijuana. A further search under his seat led to the discovery of another knapsack, this time a green one, and when opened was found to contain another two parcels of suspected marijuana. The fellow was escorted out of the bus and transported to the police station in San Ignacio where he was identified as Cesar Augusto Barrera Vargas, 18, unemployed Guatemalan from Barrio El Campito, Melchor de Mencos, Guatemala. When weighed in the presence of the accused, the four parcels recorded a total weight



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Belize Gets Unique Support From Back Home

By Dylan Butler

SALT LAKE CITY – Soon after the elation over clinching a first berth in the CONCACAF Gold Cup had subsided, the work began for Belize.

And it was not just on the training grounds.

The Jaguars turned to fundraisers, doing a little bit of everything to get the necessary money to not only prepare for the tournament, but also head to the United States two days early to get acclimated to a different enviroment and the artificial turf at Portland's JELD-WEN Field, foreign to the tiny Central American country.

"Man, we did all kinds of things to reach where we're at right now," defender Ian Gaynair said following the team's training session Thursday morning. "Thanks to our country for supporting us. We did barbeques, telethons, all kinds of things. The country is actually supporting us little by little now and I'm so thankful for that."

Gaynair helped repay some of that support by scoring Belize's first Gold Cup goal. His header off **Elroy Smith**'s free kick, which cut the Jaguars deficit to 2-1 late in the first half, was dedicated to his deceased sister.

Gaynair said he dreamed of scoring that goal the night before the game.

"The night before I hardly even slept and the little time I did get to sleep, I saw she came to me," Gaynair said of his sister. "She was my biggest fan."

Gaynair's goal proved to the lone highlight of what Jaguars coach **Ian Mork** said was a disheartening 6-1 loss against the U.S. Tuesday. game of the tournament.

Lacking the depth of some other teams in the competition, the Jaguars have some very real injury concerns. **Dalton Eiley** was in Mork's original starting lineup against the U.S., but he was pulled off late when he complained of breathing problems.

"Dalton is still being assessed by the doctors so we just have to wait and see what comes out of that," Mork said.

Daniel Jimenez was the late

addition to the starting lineup, but his mother back in Belize has become very ill.

"It's a big concern for us right now, too," Mork said.

There's also **Deon McCaulay**, who Mork said is coming off a major pre-tournament injury. McCaulay, who played the full 90 minutes against the Americans, didn't train with the team in the morning session. Mork indicated that was precautionary and he expects the forward to be fit for



Saturday's match against Costa Rica.

"The Newspaper that cares and dares to bring out the truth" #42 George Price Highway, Santa Elena, Cayo, Belize, CA

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TERMS OF REFERENCE:

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PRIMARY RESPONSIBILITIES:

- Identify and develop standards for improving the product and quality of service in the Tourism Industry.
 Develop a quality standard in conjunction with the National Classification System for Tour Operators and
- Guides inclusive of quality of service, transportation and other ancillary services.
- Identify and select basic standards for the safeguarding of visitor health and safety in lines with the BRDP II project (during that project's lifetime and beyond), while supporting the concept of strengthening livelihoods of the communities benefiting from the initiative.
- Establish and disseminate Incentive Packages and Aid Packages for the adaptation of the national quality management system industry stakeholders.
- · Initiate a monitoring system for the regulation of standards in the industry particularly related to sanitation.
- · Work with the legal review process for the adoption of standards under the new classification system
- · Implement deliverables related to enhancing industry standards by identifying unique avenues for support

QUALIFICATIONS:

"We know we can play much better," Mork said. "It's just a disappointment that we didn't show up with more confidence and a stronger mentality in that game. We really thought that was going to be our day when we could really prove we could keep up with them. When the score was 2-1, if we could have gone into halftime at that moment it would have made a big difference in the game."

Belize will try to turn the corner against a powerful Costa Rica team that hasn't conceded a goal in six straight matches, including a 3-0 victory over Cuba in its opening Bachelor's Degree in Tourism, Project Management or other related field
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Your Words Carry Power!

Daily Grace Inspirations From Joseph Prince Ministries Ecclesiastes 8:4

Where the word of a king is, there is power...

In Bible times, a king's word carried tremendous power. What he decreed would come to pass. It would be done. For example, if he said, "*Raise the taxes*," the taxes would be raised.

Do you know that we are kings? The Bible tells us that Jesus has washed us from our sins with His blood and made us kings. (Revelation 1:5–6) And as kings in Christ, our words carry power too.

When we place our hands on a sick person and say, "*Be healed*," the person is healed. When we lay hands on our children and say, "*Be blessed*," our children are blessed. There is power in our words because they are the words of kings!

When I was a young Christian in my teens, I wanted to practice what I had learnt about the power of my words. There was this particular plant near my home and whenever I passed by it, I would say to it, "*Be cursed in Jesus' name!*"

Many days passed. And I will never forget the day when I noticed that the leaves of the plant had turned brown! You may want to try this at home with your potted plants, but bless them instead!

Since our words carry power, can you imagine the harm we do when we



say to our loved ones things like, "You are always so careless", "You are good for nothing" or "You are so stupid"? We are cursing them!

The devil is happy when you use the power of your words against yourself and your loved ones. He wants to see you defeated. So instead of saying, "I am always short of money," say, "The Lord is my shepherd; I shall not want." (Psalm 23:1) Instead of saying, "*I am* so useless. I can't do anything," start saying, "I can do all things through Christ who strengthens me." (Philippians 4:13)

Beloved, remember that as a king, what you say will come to pass because where the word of a king is, there is power. So learn to say what God says about you in His Word and see His promises come to pass in your life!

Life is like riding a bicycle. To keep your balance, you must Keep moving. — Albert Einstein Photo by Dave Dyet VERYBESTQUOTES.COM



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US Allies Mexico, Chile And Brazil Seek Spying Answers

US allies Mexico, Brazil, Colombia and Chile have joined other Latin American nations in demanding answers from Washington over spying allegations.

Brazilian media reported earlier this week that the US had seized web traffic and phone calls across the region.

Spying targets included oil and energy firms, Venezuela's military purchases and information on Mexico's drug wars.

The reports, based on leaks by fugitive Edward Snowden, said the US ran a "data-collection base" in Brasilia.

The O Globo newspaper said the US facility in the Brazilian capital was part of a network of 16 such bases maintained by the National Security Agency (NSA) around the world to intercept transmissions from foreign satellites.

The paper said it had evidence that the base was in operation until at least 2002, but it was unclear whether it still existed.

'Totally unacceptable'

Brazil apparently remains the main target of US snooping in Latin America, with major firms and foreign visitors routinely targeted.

The surveillance was allegedly conducted through partnerships between



Protests have spread from the streets to the parliaments of Latin America

Brazilian telecoms firms and US agencies, although the reports did not name any companies.

On Monday Brazilian President Dilma Rousseff urged the US to explain, and has ordered an investigation into the claims.

She said if true they would represent "violations of sovereignty and human rights".

During angry exchanges in parliament on Wednesday, senators suggested Brazil should give Mr Snowden asylum, while others said Brazil should cancel lucrative defence contracts with the US.



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The allegations on O Globo detailed claims of US spying across Latin America, sparking an angry reaction from traditional American foes in the region like Venezuela and Ecuador.

But analysts say the US will be much more concerned with the irritation the revelations have caused in Brazil, Colombia, Mexico and Chile.

Mexican President Enrique Pena Nieto said the foreign ministry had



Highway, Santa Elena,

asked "quite clearly" for an explanation about the spying allegations.

"And we want to know if this is the case, and if it is so, it would obviously be totally unacceptable," he said.

Officials in Chile and Colombia made similar statements earlier in the week.

Mr Snowden is still believed to be staying in the transit area of Moscow's Sheremetyevo airport, where he fled after being named as the source of a series of leaks about the US spying programme.

He has asked for asylum in several countries, with Bolivia, Nicaragua and Venezuela indicating they would offer him refuge.

According to various reports, Venezuela appears his most likely destination, although it is unclear how he can get there without being intercepted by the US or its allies.

Mr Snowden's leaks have led to revelations that the US is systematically seizing vast amounts of phone and web data across the world, under an NSA programme known as Prism.



O Holy Spirit, you who are the fountainhead of all knowledge, who illuminate the pathway which enables me to reach my goal. You who share your divine gift permitting me to forgive and forget past insults and injustices, and who are always at my side within reaching distance. I desire in this short supplication to thank you for all that you have done for me; and to assure you once more that I never want to be separated from you under any circumstances, no matter what the incentive. I want to be with you, I along with, my loved ones, cradled in your unending love. Thank you for your neverfailing kindness towards me and those I call my own.



(Prayer to be offered for three consecutive days. Faith in the Holy Spirit will cause Him to respond to your request no matter how difficult the problem might be. Publish prayer as soon as request has been granted).

Your Weekly Horoscope and Lucky Numbers

ARIES: <u>March 22 to April 20</u>

It is possible you took a chance on someone who has disappointed you, Aries. You were especially tolerant and patient, but now it's time to finally settle things and put your cards on the table. Don't be afraid to do what you have to do in order to protect yourself and the people you love. **Lucky numbers: 18, 59, 97.**

TAURUS: April 21 to May 21

Have been letting yourself go lately, Taurus? Now it's time to take better care of your body. This new initiative will make you feel happier and more ready to tackle life again. You may hesitate over whether or not you should try some of the alternative medicines that you hear about. This is only a small dilemma. Be glad you've finally decided to live a healthier lifestyle. Lucky numbers: 23, 51, 81.

GEMINI: May 22 to June 21

Have you recently lost some faith in the future, Gemini? Isn't it time to do something about it, especially where your personal life is concerned? You could find the answers to these questions if you'd take a second look at the quality of your close relationships. Who knows? Love might give you back your enthusiasm for life. Lucky numbers: 00, 46, 60.

CANCER: June 22 to July 23

If you have a tendency to do a little too much dreaming, reality could catch up with you now. The time has come to react immediately, Cancer. Certain financial or professional goals may see some delays. You need to figure out how to get things going again in a more concrete and secure direction. Don't let anything get past you today. Lucky numbers: 14, 53, 93.

F

LEO: July 24 to August 21

Everyone has impulsively bought something without really thinking about it first. As far as you are concerned, Leo, it happens a little more often than it should. Have you looked at your closet full of the clothes you never wear? Why do you keep them? Is it reassuring? Don't get caught up in fashion crazes. Try to be more careful with your money. Lucky numbers: 27, 65, 99.

VIRGO: August 22 to September 21

You are in tune with the atmosphere around you today because of your tolerance, humanity, and the respect you have for everyone, no matter what their position in society or intellectual capacity. Generosity is coming alive inside you, Virgo. The one thing you want to do is understand the people close to you. Support them and show them that they can count on you. Lucky numbers: 21, 55, 84.

LIBRA: September 22 to October 23

If you tend to be a little anxious about solitude, Libra, it doesn't necessarily mean you're dependent on the people close to you. That isn't the only contradictory thing about your behavior. You tend to want to bring people together while keeping your distance. From now on, you should try to be a little clearer in your relationships. Lucky numbers: 6, 41, 74.

SCORPIO: October 24 to November 21

Sometimes it's hard for you to believe something unless you see it firsthand, Scorpio. However, the period you're in now may be pushing you to try and understand some of the mysteries on faith. Though you probably aren't one to do this very often, you may be feeling some kind of mystical impulse that makes you think about the nature of your beliefs. Lucky numbers: 30, 48, 72.

SAGITTARIUS: November 22 to December 21

Love is in the air, Sagittarius! You may encounter some wonderfully passionate situations today. You're ready to live these marvelously rich and emotional experiences to the fullest. Put your doubts and insecurities away for the time being. Lose yourself in pleasure and the unknown. Have a great time! Lucky numbers: 02, 57, 90.

CAPRICORN: December 22 to January 20

Today's powerful astral phenomena will encourage you to develop your skill as a visionary, Capricorn, no matter what you do with your day. You're one of those rare people who can sense before anyone else the changes that will happen in the world. Let these feelings encourage you. Use them to believe in tomorrow. Lucky numbers: 61, 76, 87.

AQUARIUS: January 21 to February 19

It is time to get down to work, Aquarius. At the moment, you can't depend solely on your natural creativity, spontaneity, imagination, and originality to get by. You need to demonstrate a certain amount of pragmatism and self-discipline to reach your goals. This will certainly seem more difficult than it really is. It is time to have faith in attributes other than your intuition. **Lucky numbers:** 09, 36, 71.

PISCES: February 20 to March 21

What do you want? It isn't always easy to live with others, Pisces. You may ask too much of the people close to you and not be able to stand it when they don't live up to your high expectations. Your idealism makes it hard for you to compromise. This attitude can cause conflict and make you hard to live with. Change it. Lucky numbers: 33, 67, 89.



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Congratulations Are In Order

Congratulations are definitely in order for Jonathan Cariddi and the entire staff at Mr. Greedy's Pizzeria located in the heart of downtown San Ignacio town for receiving the TripAdvisor Certificate of Excellence award.

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TripAdvisor is the world's largest travel site, which offers trusted advice from real travelers. TripAdvisor-branded sites make up the largest travel community in the world, with more than 50 million unique monthly visitors, and over 60 million reviews and opinions." Source: TripAdvisor.

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Are The Churches Promoting Hate Crimes?

The Minister of Forestry, Fisheries and Sustainable Development, Senator **Lisel Alamilla** has gone on record expressing grave concerns about what she perceives could be the promotion of hate crimes against gay men and women in Belize.

A statement below, posted on Facebook, by the Minister has sparked critisism from all walks of life;

"I do not oppose persons having different views or religious beliefs but it concerns me immensely when those are being communicated by misinformation, manipulation and fear which could result in hate crime.

Belize is not a melting pot, the Belize that I know is a country where persons of different cultures, ethnic groups, religious beliefs, languages and history come together under one banner and respect diversity. We are a reef people, we are a forest people, we are Belizeans.

The photo that was shared with me, that I am now sharing with you is EXTREMELY concerning and even frightening. Have those persons who are organising the various activities opposing the gender policy & the UNIBAM case crossed the line? Will they soon be hanging women who dare to be leaders? Would they have hanged my son who was disabled? Would they hang me because I am mestizo who married a black man? You may say absolutely NOT but tell me then why is it okay for them to have the



Cayo, Belize, CA Publisher:



"The photo is EXTREMELY concerning and even frightening,"

cardboard cut out of a person, with a noose around its neck and the word UNIBAM written across its back?

Is this not promoting hate? Will this not lead to hate crimes ? In fact is it not already increasing the violence against persons who from the LGBT community for their sexual orientation/identity? This is personal for me. My loved ones are at risk and our right to be different is at risk.

As to the UNIBAM case, this is in the courts. Let the courts decide. As to the gender policy, it is not a homosexual policy, it is a policy that guides how government willprotect the rights of ALL its people. That is the responsibility of government."

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Nyani K. August Editor: Albert Nigel August

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Married Life

Married life is very frustrating. In the first year of marriage, the man speaks and the woman listens. In the second

Little Johnny watched, fascinated, as his mother smoothed cold cream on her face.

"Why do you do that, mommy?" he asked.

Litte Johnny

The math teacher saw that little

Johnny wasn't paying attention in class. She called on him and said, "Johnny! What are 2 and 4 and

Getting In Shape

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class

An elderly gentleman had serious hearing problems for a number of years.

He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed him to hear 100%.

He went back in a month and the doctor said,

Knock On Wood

Three sisters, ages 92, 94 and 96, live in a house together.

One night the 96-year-old draws a bath.



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year, the woman speaks and the man listens. In the third year, they both speak and the neighbors listen.

Litte Johnny

"To make myself beautiful," said his mother, who then began removing the cream with a tissue.

"What's the matter?" asked Little Johnny. "Giving up?"

28 and 44?"

Little Johnny quickly replied, "NBC, FOX, ESPN and the **Cartoon Network!"**

for seniors.

I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my tights on, the class was over.

Perfect Hearing

'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet.

I just sit around and listen to the conversations.

I've changed my will three

times!'

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She puts her foot in and pauses.

She yells to the other sisters, "Was

I getting in or out of the

don't know. I'll come up and see."

She starts up the stairs and pauses

"Was I going up the stairs or

The 94-year-old yells back, "I

bath?"

down?"

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The 92-year-old is sitting at the

kitchen table having tea listening to her

She shakes her head and says, "I

She then yells, "I'll come up and

help both of you as soon as I see

sure hope I never get that forget-

ful, knock on wood."

who's at the door."

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Be Nice To Your Relatives

A lawyer was reading out the will of a rich man to the people mentioned in the will:

"To you, my loving wife Rose, who stood by me in rough times,

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as well as good, I leave her the house and \$2 million."

The lawyer continued, "To my daughter Jessica, who looked after me in sickness and kept the business going, I leave her the yacht, the business and \$1 million."

The lawyer concluded, "And, to my cousin Dan, who hated me, argued with me, and thought that I would never mention him in my will - well you are wrong. Hi Dan!"

STAR Newspaper

161 Western Highway, Santa Elena, Cayo, Belize PHONE: 001. 501. 824. 4050 | Cell: 001. 501. 610. 4458 | US FAX: 1. 831. 854. 5983



British Army Hands Over Trucks To BDF

The Belize Defense Force today received a total of Seventeen (17) Four-Ton Trucks from the British Army Training Support Unit Belize

How To LIVE A HAPPIER LIFE

I think everyone would agree happiness is an important part of life. What is happiness though?

It is interesting that **Merriam**-**Webster**'s first definition of happiness is that of good fortune or prosperity. Although this can cause people to be happy, I do not think of happiness as good fortune. I believe the second definition is more fitting. Happiness is a state of well-being and contentment otherwise known as joy.

Today I am going to share with you 10 EASY things you can do to bring more happiness or joy into your life. Envision what you want. Spend time each day thinking how you want your day to be. What do you want to accomplish? How do you want to feel?

Take care of your body. You set yourself up for happiness by eating well and exercising regularly. If you do not take care of you, who will?

Focus on the solution. You will see whatever you are focused on. This is why you do not want to dwell on the problem. Instead, look for the solution.

Live in the present moment. You cannot be happy in the past and you cannot be happy in the future, you can only be happy right now. Focus on today.

Be grateful. Write down everything you are thankful for in your life. Everyday can be Thanksgiving.

Give often. Giving to others can lift your spirits. Give someone happiness and you will receive happiness in return.

Smile more. All your worries and problems seem smaller when you are smiling. Give a smile — get a smile.

Be kind. Take time to be considerate to others and show them kindness. An unselfish act of kindness



(L-R) Belize Defense Force Brigadier General David Jones, British High Commissioner in Belize His Excellency Mr. Pat Ashworth

(BATSUB).

The Handover took place at a short ceremony this afternoon in which the main speakers were British High Commissioner in Belize His Excellency Mr. **Pat Ashworth** and CEO in Belize's Ministry of National Security Colonel (Ret.) George Lovell. Mr. Ashworth said his Government is pleased to be able to make the donation to the Belize Defense Force; and CEO Lovell said the Belize Government is very grateful for the assistance which will go a long way in enabling the BDF to transport its troops.

Receiving the donation from the British High Commissioner was Commander of the Belize Defense Force Brigadier General **David Jones**.

The hand over ceremony took place at the BDF Headquarters, Price Barracks in Ladyville.



will make you feel great.

Find time to be quiet. Spend time quieting your mind each day. You can do this by taking the time to experience nature, meditate, or simply turn technology off.

Laugh easily. Laughter is contagious and brings happiness to yourself and those around you. Try not to take life too seriously.

Live in the present moment. You cannot be happy in the past and you cannot be happy in the future, you can only be happy right now. Focus on today. Page 12 - STAR - Tels: 626-8822 & 626-8841 & 804-4900 - Email:starnewspaper@gmail.com - Sunday, July 14, 2013



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