San Ignacio Town, Cayo, Sunday, August 25, 2013:

Thomas Ivan Caretella Jr, 28, one of two men acquitted in June 2007 murder of San Ignacio taxi man, Leopoldo “Polo” Waight, is today in critical but stable condition at the Karl Heusner Memorial Hospital in Belize City, the victim of a chopping incident in San Ignacio.

San Ignacio police reported receiving the 911 call at around 12:30 am on Sunday, August 25, 2013 of a bleeding man on the ground on Independence Street, San Ignacio.

A team of policemen rushed to the scene where they encountered the victim with chop wounds to both arms and feet lying in a pool of blood. The bleeding man was rushed to the San Ignacio Community Hospital for emergency medical treatment. He was later transported to the Karl Heusner Memorial Hospital for further medical treatment.

The preliminary investigation revealed that the victim was walking on Independence Street in San Ignacio when he was attacked by a group of male persons who after chopping him fled the scene.

While an arrest in this latest chopping incident is yet to be made, police investigation continues.

The body of Mexican veterinarian, Dr. Macelino Sosa, 28, has been returned to his home country for funeral services, the latest victim of a drowning incident in the Mountain Pine Ridge.

San Ignacio police reports that Gabino Canto, Belizean Field Director for the National Cattle Sanitary Plan Project informed that at around 4:30 pm on Friday, August 23, 2013 the deceased, along with a group of Mexican veterinarians, was taking photographs near a waterfall at the Rio On Pools when he reportedly slipped and fell off a twenty foot high cliff.

A search for the body was immediately mounted but it was not until eighteen hours later when the body was discovered by relatives, friends and elements of the security forces.

At the time of the tragic incident, the deceased was employed by the Belize Agriculture Health Authority (BAHA), in the cattle sweep project to test cattle for Brucellosis.

The body of the 28 year old Mexican veterinarian was transported to the Karl Heusner Memorial Hospital in Belize City, for the legally required post mortem examination which was conducted by Forensic Specialist, Dr. Mario Estradabran, who certified the cause of death as asphyxiation by drowning due to mild head trauma due to an incidental consequence.

The body of Dr. Marcelino Sosa was subsequently released to the family and will be returned to Mexico where he will be laid to rest.
Ministry of Health to Implement Dengue Control Campaign in San Pedro Town

Belmopan City, Thursday, August 22, 2013:

As a part of its ongoing country-wide Dengue Prevention Campaign, the Ministry of Health is introducing an operation in San Pedro Town. The campaign includes ultra-low volume (ULV) spraying, thermal spraying of houses, premises inspections, spraying of drains and issuing of bed nets to homes in high-risk areas for dengue.

A team of personnel from the Vector Control Unit was dispatched to San Pedro Town on Tuesday, August 20, to investigate and assess suspected cases of dengue that were reported in areas such as DFC, Boca del Rio and San Pablo. The issuance of chemically-treated bed nets has proven to be the most effective form of personal protection to reduce dengue transmission. This initiative is free of cost to the residents and is being carried out in close collaboration with the San Pedro Town Council.

The Ministry continues to take an inte- grated approach on the prevalence of dengue in order to control and reduce further cases. This is a health and wellness message from the Ministry of Health.

World Bank and Ministry of Health Implement Japanese Social Development Fund Child Health Project in Toledo

Belmopan, Friday, August 23, 2013:

The Ministry of Health (MOH), the World Bank and the Japanese Social Development Fund (JSDF) continue to work closely together to promote better health for women and children in communities of the Toledo District. This week, members of the World Bank Team are in Belize meeting with officials from the Ministry of Health to monitor the implementation phase of the JSDF Grant which funds the “Improving Children’s Health and Nutrition” project. The project is being implemented by the Toledo District Health Council (TDHC) with the Ministry of Health providing oversight of the process.

Working sessions to share the results and progress of this project are being held throughout the week facilitated by technical advisors of the Ministry of Health and members of the World Bank team led by Senior Operations Manager for the Grant, Carmen Carpio. Carpio said, “The project focuses on pre-natal care, nutrition monitoring in the critical window of opportunity and school health interventions at the primary school level. We are hopeful that through strong community engagement the project will have a positive impact at the local level in strengthening the quality and access to health services in Toledo District and that our experience in that area serve as a model in good nutrition monitoring practices for the country.”

This week the team will make field visits to schools in the southern districts and also facilitate workshop sessions with Ministry of Health representatives and community leaders of the south.

Cupertino Pulcheria Teul, project coordinator, stated, “The support mission led the revision of the project operational documents, this exercise resulted in prioritizing a list of activities to be implemented in the last quarter of 2013. The project has now led into the implementation of assessing

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Greetings Editor:

Twice per month, Francine Sabal (2013 MDP, Belize) leaves the Korean Development Institute (KDI) School of Public Management and Policy campus and makes her way to the Dongdaemun Welfare Center where, for an hour, she teaches English to third graders.

“I strongly believe that whatever knowledge was passed on to us by others we owe it to others to pass it down to them too.”

Francine is one of nine devoted students participating in the Volunteer English Program run by the KDI School Library.

The volunteer program, which started in 2009, provides Korean teens from low-income families the opportunity to improve their English and be exposed to diverse cultures.

At the start of the Spring Semester, the library sends out the call asking for students with a proficiency in English, enthusiasm and love for children to sign up. Nine students from Bangladesh, Belize, Iran, Egypt, Belarus, Algeria, Colombia and Nigeria answered that call and in return are rewarded with the opportunity to make a difference in the life of a child.

Francine graduated from the University of Belize with a Bachelor Degree in History with Magna Cum Laude distinction in January, 2012. She is currently pursuing a Masters degree in Public Policy with a concentration in International Relations and Political Economy at the Korean Development Institute in South Korea.

At the end of the program, the teachers each receive a Voluntary Community Service Certificate and memories to last a lifetime.

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2013 Belizean Youth Ambassadors Dine at the U.S. Ambassador’s Residence Before Travel to the U.S.

Press Release From The US Embassy in Belmopan, Belize.

U.S. Embassy’s Chargé d’Affaires, a.i. Margaret D. Hawthorne and Mrs. Barbara Thummalapally hosted a luncheon for Belizean Youth Ambassadors at the Ambassador’s residence on August 12, 2013.

The youth are part of the U.S. State Department’s Central American Youth Ambassador Program, sponsored this year by Georgetown University in Washington, D.C. and coordinated through the Belize Family Life Association.

The program offers three groups of Central American youth from Belize, Costa Rica, the Dominican Republic, El Salvador, Guatemala, Honduras, Nicaragua, and Panama the opportunity to experience and expand their knowledge of U.S. culture, society, and education by traveling to the U.S. for three weeks and visiting several destinations during this time.

The goal of the program is to increase cross-cultural understanding and unity throughout the Americas. The participants have gone through a rigorous selection process and have been selected from a competitive pool of applicants for community involvement, leadership potential, and good scholarship.

At the casual luncheon, Ms. Hawthorne chatted with the youths about their expectations of their visit to the U.S., while Mrs. Thummalapally entertained her guests by playing songs on the piano.

The Youth Ambassadors who will be traveling this September are Diana Castillo (Santa Elena), Justin Ford (Benque), Emily Gutierrez (San Ignacio), Katherine Martinez (San Ignacio), and Erwin Wills (Belmopan). The adult chaperone is Ms. Tarah Sabido from Sacred Heart College. They will be visiting Tennessee, Alabama, and Washington, D.C.

"Inspirational Corner"

Thank you so much for allowing me this privilege of sharing this "inspirational corner" in your newspaper. The following paragraphs ends the first chapter. I pray they will be uplifting, spiritually educational and interesting to your readers. Especially considering the times we are living in. I am opened to constructive criticisms and appreciate corrections as this is a first time experience for me. My objective, with God’s help, is to make this newspaper the best by providing the kind of spiritual knowledge that will encourage not only the citizens of Santa Elena & San Ignacio, but the whole country of Belize to want to purchase it in anticipation. As the bible declares in Hosea 4:6 and I quote- “My people are destroyed for lack of knowledge” (end of quote). It is my intent by God’s grace to be able to provide this spiritual knowledge that is needed for this end time. God continue to bless and keep you, your loved ones and your enterprise. 

Yours in Christ,
Sista B.

Instead of educated weaklings, institutions of learning may send forth men strong to think and to act, men who are masters and not slaves of circumstances, men who possess breadth of mind, clearness of thought, and the courage of their convictions. (Ed 17.2)

Such an education provides more than mental discipline; it provides more than physical training. It strengthens the character, so that truth and uprightness are not sacrificed to selfish desire or worldly ambition. It fortifies the mind against evil. Instead of some master passion becoming a power to destroy, every motive and desire are brought into conformity to the great principles of right. As the perfection of His character is dwelt upon, the mind is renewed, and the soul is recreated in the image of God. (Ed 18.1)

What education can be higher than the highest human thought can reach is God’s ideal for His children. Godliness—godlikeness—is the goal to be reached. Before the student there is opened a path of continual progress. He has an object to achieve, a standard to attain, that includes everything good, and pure, and noble. He will advance as fast and as far as possible in every branch of true knowledge. But his efforts will be directed to objects as much higher than mere selfish and temporal interests as the heavens are higher than the earth. (Ed 18.3)

He who cooperates with the divine purpose in imparting to the youth a knowledge of God, and molding the character into harmony with His, does a high and noble work. As he awakens a desire to reach God’s ideal, he presents an education that is as high as heaven and as broad as the universe; an education that cannot be completed in this life, but that will be continued in the life to come; an education that secures to the successful student his passport from the preparatory school of earth to the higher grade, the school above. (Ed 19.1) (TO BE CONTD IN NEXT EDITION)
Ministry of Energy, Science and Technology and Public Utilities Rejects SATIIM Accusing The Government Of Belize Of Engaging In Illegal Activities In Southern Belize

Belmopan, Thursday, August 29, 2013:

The Ministry of Energy, Science and Technology and Public Utilities (MESTPU) notes with regret a recent press release by Sarstoon-Temash (MESTPU) notes with regret a recent Technology and Public Utilities Belize. The Court of Appeal in its ruling, expressly refused to uphold the order issued by the then Chief Justice Conteh that required the Government of Belize to “abstain from issuing any concessions for resource exploitation, including concessions, permits or contracts authorizing logging, prospecting or exploration under the Forest Acts, Mines and Mineral Act, the Petroleum Act, or any other Act.” Furthermore, the Court of Appeal agreed with the Government of Belize that the learned Chief Justice Conteh erred in law in failing to take judicial notice of the Petroleum Act which vests property in petroleum in the State and of the Sixth Amendment Act which, for avoidance of any doubt, exclusively vests the ownership of petroleum and other minerals in the Government of Belize.

Consequently, the GOB reiterates its position that its decision to issue licenses, concessions and all necessary permits as required by law is completely legal and consistent with the decision of the Court of Appeal. As such, the MESTPU calls on SATIIM to fully ventilate and express its position that its decision to issue licenses, concessions and all necessary permits as required by law to issue concessions, licenses and permits for oil exploration in southern Belize. An explanation that is focused on facts will serve to educate all stakeholders and minimize the interpretative rhetoric and sensationalism surrounding this national issue.

Ministry of Energy, Science and Technology, and Public Utilities
2nd Floor Lands Building, Market Square, Belmopan, Cayo District
Telephone No. 822-0160/62
Fax No. 822-0433

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842 George Price Highway, Santa Elena, Cayo, Belize, CA

Publisher: Nyani K. August
Editor: Albert Nigel August
Cell: 626-8822 or 610-4188 and 626-8841
starnewspaper@gmail.com

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ARIES:
March 22 to April 20
Aries, your intuition is increased today to the point where you feel like a mind reader, like you could deduce the thoughts and motives of people you've never met before. Reading about news events might bring sudden insights as to how they are going to turn out. You could decide to put this ability to work advancing your financial condition. Do this if you can, within reason. Your insights are probably correct! Lucky numbers: 12, 52, 67.

TAURUS:
April 21 to May 21
You should be feeling especially passionate at this time, especially regarding partnerships. Romantic partnerships definitely call for an evening together! Professional and creative partnerships call for a new project that you believe in strongly. Look to events in other states or foreign countries for inspiration. Something begun in places far away could capture your imagination. Lucky numbers: 05, 38, 93.

GEMINI:
May 22 to June 21
If you have been feeling less like yourself lately, Gemini, a surge of inner power could push you over the top and make you feel strong and healthy again. You could decide to finish the unfinished tasks around you today. You might get most of them done by day's end. Don't forget to enjoy yourself, however. You will want to make the most of your newfound energy. Lucky numbers: 05, 38, 93.

CANCER:
June 22 to July 23
A surge of passion could dominate your day unless you find an outlet for it. Cancer. An intimate evening with a lover would be a good idea. Creative passion is also strong, and you could be hit with sudden inspiration, perhaps influenced by distant places. Don't be afraid to take time out from your mundane chores to pursue this inspiration. Creativity is as important as anything else. Lucky numbers: 50, 65, 72.

LEO:
July 24 to August 21
A romantic evening at home with your partner could bring the two of you closer, Leo. Your emotions are intense right now, so you need to use your intuition to judge exactly how much of your feelings you should reveal. An intellectual passion could also come your way. You might discover a new field of interest and you will want to bury yourself at home studying it for hours. Lucky numbers: 19, 58, 70.

VIRGO:
August 22 to September 21
Information received from far away could excite your passion to learn more about a subject, Virgo. You might be inspired to use your new knowledge in a project that includes a partner. Your mind is extremely insightful at this time, so if you face decisions, this is the day to follow your heart. Don't be surprised if you find your telepathic abilities expanded as well! Lucky numbers: 02, 35, 79.

LIBRA:
September 22 to October 23
Money matters are likely to be advanced today through your intuition and inner power Libra. You may get a hunch that your idea for bringing in some extra money just might work. At least look into it. Don't let anyone talk you out of it until you know the facts. You might also rediscover a neglected talent that you could find quite useful at this time. Lucky numbers: 15, 48, 92.

SCORPIO:
October 24 to November 21
A surge of inner power could have you feeling like you can move mountains, Scorpio. If you have been contemplating a course of action that others believe impossible, this is the time to get it going. Career matters, romance, and creative projects could all be advanced considerably by careful effort on your part. Give it some thought, write down your ideas, consider all contingencies, and move ahead! Lucky numbers: 10, 43, 98.

SAGITTARIUS:
November 22 to December 21
Memories from your past could resurface, Sagittarius. You might wonder why you are suddenly thinking about them, but they probably represent a release of old emotional hang-ups that have been holding you back. By midafternoon you should feel more focused, determined, and ready to take on just about anything. This is definitely a great day to start new projects or complete old ones. Lucky numbers: 17, 61, 94.

CAPRICORN:
December 22 to January 20
Today represents a beginning in many ways. A friend from the past could reappear in your life, Capricorn, and bring up memories both pleasant and disconcerting. Don't worry too much about it. This probably repre- sents a much-needed release. You might also become involved with a group that embodies goals about which you're passionate. New friends could also come your way. Expect a few surprises from all sides! Lucky numbers: 33, 56, 90

AQUARIUS:
January 21 to February 19
Emotions could be running high today, Aquarius. Someone in your entourage may have a problem with an authority figure, and political issues could come up. You might feel powerful right now and tempted to throw your hat into the ring. However, it is best to stay out of anything political and channel that power and passion into your own project. That's far more likely to bring positive results. Lucky numbers: 03, 57, 68.

PISCES:
February 20 to March 21
Heightened mental powers might have you spending a lot of time reading or doing research of some kind, Pisces. Your curiosity is especially high right now. You might even con- sider advancing your education in some way, especially since new interests have been stimulating you for some time. New friends in fascinating fields might have started you thinking. This is a good time to look into this. Lucky numbers: 22, 83, 99.

Lucky numbers:
- Aries: 12, 52, 67
- Taurus: 05, 38, 93
- Gemini: 23, 45, 89
- Cancer: 85, 38, 93
- Leo: 19, 58, 70
- Virgo: 02, 35, 79
- Libra: 17, 61, 94
- Scorpio: 10, 43, 98
- Sagittarius: 33, 56, 90
- Capricorn: 15, 48, 92
- Aquarius: 33, 56, 90
- Pisces: 03, 57, 68

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We AMS to Please
A married couple was in a terrible accident where the woman’s face was severely burned. The doctor told her husband that they couldn’t graft any skin from her body because she was too skinny.

So the husband offered to donate some of his own skin. However, the only skin on his body that the doctor felt was suitable would have to come from his buttocks. The husband and wife agreed that they would tell no one about where the skin came from, and requested that the doctor also honor their secret. After all, this was a very delicate matter.

A school teacher injured his back and had to wear a plaster cast around the upper part of his body. It fit under his shirt and was not noticeable at all. On the first day of the term, still with the cast under his shirt, he found himself assigned to the toughest students in school.

Walking confidently into the rowdy classroom, he opened the window as the wayward tie, he stood up and said, “Johnny, I have a feeling that you have been cheating on your tests.”

Johnny was astounded and asked Mr. Johnson to prove it. “Well, said Mr. Johnson, I was looking over your test and the question was, ‘Who was our first president?’ and the little girl that sits next to you, Mary, put ‘George Washington,’ and so did you.”

“So, everyone knows that he was Big Family luggage belong to you?”

“Yeah, sir,” the lady said with a sigh, “they’re all mine.”

The customs agent began his interrogation: “Miss, do you have any weapons, contraband or drugs in your possession?”

“Sir,” she calmly answered, “I’d had any of those items, I would have used them by now.”

The preacher just finished his sermon for the day and proceeded toward the back of the church for his usual greetings and handshaking as the congregation left the church. After shaking a few adult hands he came upon the seven year old son of one of the Deacons of the church.

“Good morning, Jonathan,” the preacher said as he reached out to shake Jonathan’s hand.

As he was doing so he felt something in the palm of Jonathan’s hand. “What’s this?” the preacher asked.

“Money,” said Jonathan with a big smile on his face, “It’s for you!”

“I don’t want to take your money, Jonathan,” the preacher answered.

“I want you to have it,” said Jonathan. After a short pause Jonathan continued, “My daddy says you’re the poorest preacher we ever had and I want to help you.”

A woman was shopping at her local supermarket where she selected a half-gallon of 2% milk, a carton of eggs, a quart of orange juice, a head of romaine lettuce, a 2 lbs can of coffee, and a 1 lb package of bacon.

As she was unloading her items on the conveyor belt to check-out, a drunk standing behind her watched as she placed the items in front of the cashier.

While the cashier was ringing up her purchases the drunk calmly stated, “You must be single.”

France's Hollande backs US on Syria action

France is still ready to take action in Syria alongside the US, despite UK MPs blocking British involvement, President Francois Hollande has said.

He told Le Monde newspaper a strike within days could not be ruled out. The US says it will continue to seek a coalition, and President Barack Obama is meeting his national security team.

The UN is investigating claims that the Syrian forces of President Bashar al-Assad used chemical weapons. Mr Assad denies the claims, blaming rebels.

UN chemical weapons inspectors visited a hospital in a government-controlled area of Damascus on Friday.

The UN says the whole team will leave Syria on Saturday, and Secretary General Ban Ki-moon says they will then brief him on their preliminary findings.

Syrian officials say they will reject any "incomplete report" from the UN before the results of laboratory tests are known.

Mr Ban is scheduled to meet the five permanent members of the Security Council in New York later.

They have held talks twice already this week, but after the last meeting on Thursday, diplomats said they were "far apart".

Mr Hollande said the UK vote, in which parliament rejected a government motion supporting the principle of military action, made no difference to France's position.

"Each country is sovereign to participate or not in an operation. That is valid for Britain as it is for France," he said.

He said that if the UN Security Council was unable to act, a coalition would form including the Arab League and European countries.

"But there are few countries which can have the capacity of enforcing any sanction through the appropriate measures," he said.

"France will be part of it. France is ready," he ruled out strikes while the UN inspectors were in Syria. However he did not rule out the possibility that military action could be taken before next Wednesday, when the French parliament is due to debate the issue.

Neither France nor the US need parliamentary approval for action, and Secretary of State John Kerry said the US could not be held to the foreign policy of others.

The UK vote was welcomed in Moscow, said it reflected a growing public understanding of the dangers of an attack.

And the BBC's Jeremy Bowen in Damascus says Syrian MPs are delighted with the UK vote.

He says they believe a letter they sent to the UK parliament inviting their British counterparts to inspect the evidence of chemical attacks had helped sway the vote against military action.

China, which has vetoed previous UN Security Council resolutions against Syria, reiterated on Friday that no action should be taken until the UN inspectors have reported on their findings.

And Germany said of military action that "such participation has not been sought nor is it being considered".

Officials in the US and UK had been consistent throughout the week that the Assad regime had carried out a poison-gas attack in eastern Damascus on 21 August in which hundreds were killed.

However British Prime Minister David Cameron told parliament on Thursday he could not be 100% sure.

In the US, government officials briefed a Congressional committee on the case for launching action against Mr Assad's forces.

Elliot Engel, the top Democratic member on the House Foreign Affairs Committee, told reporters after the briefing that officials had said it was "beyond a doubt that chemical weapons were used, and used intentionally by the Assad regime".

Mr Engel said officials had cited evidence including "intercepted communications from high-level Syrian officials".

Reports in the US media this week described Syrian officials suggesting in phone conversations that the chemical weapons attack had been more devastating than was intended.

More than 100,000 people are estimated to have died since the conflict erupted in Syria in March 2011, and the conflict has produced at least 1.7 million refugees.
Press Release from: Belize Olympic And Commonwealth Games Association

It has been announced by Mr. Charles Bartley Hyde, President of the Belize Olympic Committee’s Fair Play Commission, and other members: Mr. Raymond Lashley, Ms. Hadie Gomez, Mrs. Yolanda Fonseca and Mr. Edward Pitts, and with the consent of Mr. Hilly Martinez, President of the Belize Olympic & Commonwealth Games Association, in concurrence with His Excellency, Sir Colville Young, Patron of the Belize Olympic Committee that the Gilmore Henkson Fair Play Trophy has been awarded to Mr. Woodrow West and Mr. Ian Gaynair for their outstanding honesty & patriotism during their participation in the Gold Cup Tournament in the U.S.A. Their character exemplifies the aims and objectives of the International Olympic Committee.

The Gilmore Henkson Trophy was established some years ago by the Belize Olympic Committee in memory of Mr. Gilmore Henkson who was a diligent and excellent secretary of the Belize Olympic Committee for many years. He was an outstanding Football, Softball & Cricket player. The Trophy will be presented to the recipients on the 6th of August at Government House in Belmopan by the Prime Minister, Mr. Allan Chastanet, in the presence of the guests of honor, His Excellency, Sir Colville Young, Mr. Charles Bartley Hyde, Mr. Manuel Santos, Mr. Edward Pitts, Mrs. Masie Martinez, Mr. Raymond Lashley, and Mr. Hilly Martinez.

Colombia is to deploy troops in the capital, Bogota, following violent protests in support of a strike by small-scale farmers.

Colombian President Juan Manuel Santos said the troops were needed to “assure normality”.

Clashes with police broke out after thousands of people took to the streets in support of the farmers.

The farmers say the government’s agricultural policies are driving them into bankruptcy.

And Commonwealth Games Back To School Week: 7 Teacher Tips To Get Your Kids Back Into School Mode

Sleep Time
This is easily the issue that parents are dreading the most. We all know that our kids need to get back into the habit of going to bed at 8 and waking up by 6am. That doesn’t make it any easier after the bedtimes have been creeping backwards over the summer. It wasn’t your fault, it was still sunny at 6pm!

“But it really is going to be difficult for students those first couple of weeks if you don’t get them used to it,” multiple teachers warned me. “There’s so much going on in the beginning, you don’t want them to be exhausted and falling asleep on their desks after lunch.”

So a couple of pro tips? Make the transition gradual, don’t just try to plop them into bed an hour earlier the week before school and expect a miracle. And enforce the morning wake-up time too. After a couple of early mornings on little sleep, your kids will want to go to bed at a normal time.

Reading
The other biggie that I know I don’t actually have to tell you. “It’s just amazing how you can tell the kids that have been reading during the summer versus the kids who haven’t,” one elementary school teacher confided. “I know it seems simple, but it just has such an impact.”

And don’t let reading be the end of it. For younger kids, journaling and math skills are also important things to catch up on. Take a look at last year’s academic markers and make sure your kids haven’t forgotten things they already knew over the summer.

“If you still have end of the year assignments or tests to look back over, those are great resources,” we learned.

Honestly, one month of reviewing a small amount each day can help your kids be more confident and secure once the school year starts. Give positive incentives to help motivate your little ones to get back into the habit.

Morning Routine
“You know the parents who practiced their morning routine ahead of time,” one teacher warned, “because they’re the only ones who make it on time! The others come rolling in fifteen minutes late for the first couple weeks.” And walking in to a classroom that’s already in full swing can make the first week of school even more intimidating for little ones.

I know that the morning routine is not easy. It was the hardest part of working motherhood to adjust to for me. Getting up at 5am so I can make sure lunches are packed, hair is brushed and socks are matching for the entire family has never particularly fun. Over the summer, it’s so nice to see the little ones lounging at home as I take the time to do my make-up and iron my clothes.

Now, it’s back to the grind. Try to make time to let kids wake up slowly and get in a good sit-down breakfast before rushing off to school.

Please Turn To Page 13
Back To School Week: 7 Teacher Tips To Get Your Kids Back Into School Mode

Everyone's day will go better.

Socialize

If your kids have been hanging out at home with no friends but the babysitter all summer long, they could have a hard time readjusting to the social world of school. "If you know a couple friends in your kid's class, it's a great idea to get them together for a playdate before the first day of school," another teacher suggested. "When kids walk into the room and see a familiar face, we lose so much of the beginning-of-the-year jitters."

Especially for younger kids who might be nervous about their classes or new friends, calling up friends from last year can remind them how much fun school is! My daughter spends the summer with family members, cousins and her sitter. That's a bit different from the social world of school. But just one birthday party with an old school friend had her right back in the swing of things and excited to get back to school. Plus, moms can start working out volunteer schedules and carpools before the year even starts.

Meal Times

Have your little ones been grazing all summer long as well? I feel like we have one meal a day at my house. Aside from family dinner, it's snacks and picking a yogurt here or an apple there. Unfortunately, that loose eating schedule just doesn't translate for the school year. Kids are going to have a very defined breakfast, lunch and dinner now that their back to the books.

"It seems simple, but when a child wants a snack at 10am and then another around 2pm, it's hard for them to focus," one teacher told me. "Just like sleep and morning routine, you want to help your kids get used to the schedules that go with school. That includes mealtimes."

It's an easy thing to overlook, because we don't often realize just how out-of-hand it gets when the fridge is just a few feet away. So I did a little experiment with my own munchkin. Without a normal school schedule, she's gotten to snacking about 4 or 5 times a day, then just having a big meal for dinner. Those little snacks won't work so well when they head to the classroom, so it's time to remember that lunch is an actual meal that happens in the middle of the day.

Downtime

Remember that half hour after recess when your teacher made you lay your head on your desk and listen to a chapter book? That was a great half hour. And kids always needed it. Your children are going to need it too. And with all the rush of the school supplies and new clothes and new friends, it's easy to let them get overwhelmed. It's easy to forget that relaxation is important, even for little ones.

"Try to have a little time each day where your kids sit down and take a breather. Let them relax, empty their kids, maybe do a little reading on their own," one teacher suggested. Sounds like something that all of us could benefit from.

Goodbye Screen

I know, I said that I wasn't too worried about a little extra screen time in the summer. But that doesn't mean that kids aren't going to need to tone it down now that the school year has come back around.
BTB Stands Willing & Ready to Support Guests, Staff and Management of Ramon’s Village Resort

Wednesday, August 28, 2013 - Belize City:

Minister Manuel Heredia Jr., Minister of Tourism & Culture and Area Representative, Board of Directors and Staff of the Belize Tourism Board express deepest regret at this most unfortunate occurrence to hit Ramon’s Village Resort. On Tuesday, August 27th around eight p.m., Ramon’s, one of the island’s oldest and iconic resorts, located on Coconut Drive in San Pedro, Ambergris Caye, was gutted by fire.

While preliminary reports indicate that more than thirty cabanas, restaurant, gift shop, and other facilities were destroyed, and the island was without electricity for an hour due to an emergency power interruption which was needed to mitigate damages from the fire to nearby transmission lines, we are happy to report that there were no casualties nor injuries. All twenty-five guests staying at the resort at the time of the fire have been accounted for and relocated to nearby hotels. The safety and well-being of these guests remain the priority and concern of Belize Tourism Board and Ramon’s Village Resort, and, as a result, we have ensured that they will not incur any cost for their new accommodations, and we have provided them with care packages. Furthermore, our thoughts and support are with the employees and management of Ramon’s Village Resort, as they embark on a difficult and painful task to pick up the pieces from last night’s devastating loss. We stand ready and willing to assist them as they start rebuilding. While the resort was significantly damaged, forty of its cabanas and dive shop facility that weren’t affected by the fire are fully functional and open for business. The BTB recognizes that this is officially a police matter, and asks that everyone affected or involved fully cooperate with the police. The BTB’s Quality Assurance Department, which is tasked with ensuring that industry partners are in compliance with established standards of safety and quality, has reported that on December 16, 2012, the Quality Assurance Inspectors conducted a full inspection of Ramon’s Village Resort and found them to be in full compliance and up to standards. Members of the Board of Directors, Executive Management Team, and Staff of the Belize Tourism Board are on the ground in San Pedro assisting with a rapid assessment of last night’s damage. We are extremely grateful to the San Pedro Fire Station, San Pedro Police, Management & Staff of the resort, BEL and the many San Pedranos whose quick thinking and actions prevented what could’ve been worse. As demonstrated during the fire on Tuesday night, the San Pedro community sprang into action-assisting with evacuation and forming bucket brigades to put out the blaze. A community galvanized by loss, we are confident that Ramon’s Village Resort will bounce back from this rather unfortunate and unforeseen incident with the help of residents and other local tourism partners.

Ramon’s Village Resort is one of the oldest resorts on the island and has been in operation since 1982. In 2002, Ramon’s was named Hotel of Year at the BTB’s Annual Tourism Awards. Later, in October 2010, founder of the resort, Ramon Nunez, was awarded with BTB’s Lifetime Achievement Award for his contribution of over forty years to the tourism industry.
How To Be A Good Listener
Continued From Last Week’s Edition

5. A good listener uses positive body language; leaning forward and showing enthusiasm, relaxed nature. They don’t fidget, cross arms, look elsewhere or express inappropriate shock or disbelief at what’s shared.

6. A good listener does not hurry somebody, but asks good questions to guide the sharing. They guide and help shape what’s being shared, but if the other person feels cut off or squashed they’ve failed.

7. A good listener does not approach a conversation with prejudice, expecting to know what’s going to come out of the speaker’s lips.

They don’t listen with a pre-formed opinion but attempt to have an open mind to what’s being communicated. It’s amazing how much time is wasted with the belief that people understand what someone means without taking the effort and time to listen.

8. A good listener cares. They show empathy for what the other person has to say. It’s genuine, authentic and comes from a place of truthful concern.

9. A good listener identifies areas of agreement with the speaker whilst avoiding the cliché statement: “I know exactly how you feel.” Because you don’t. It ends up sounding insensitive, tribe or self-centred. Everyone loves to be truly understood. No one likes to be patronised.

10. A good listener remembers. They remember and follow up conversations wherever possible. They treat what is shared with respect and where appropriate ongoing interaction.

11. A good listener knows how to treat what is shared with confidentiality. They are trustworthy and sensitive with information and never look to use anything that is shared for any purpose other then good. Good speakers don’t always make the best listeners. But a speaker who knows how to be a good listener, has a profound impact on someone who simply likes the sound of their own voice. Good listeners earn the right to speak, because they are sharing more than their own experiences.

As a result of listening to others and hearing different stories, good listeners often become great in communication. They join the dots for people, and end up being great questioners. What have you discovered makes a good or bad listener? What approaches to you use? I’d love to hear your thoughts?

The project seeks to promote healthier lifestyles in communities in the south and dramatically improve the health and development of our Belizean children over the next two years. This has been a health and wellness message from the Ministry of Health.

For more information contact:
Dr. Natalia Beer
Maternal and Child Health (MCH)
Ministry of Health
822-2325/2363

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