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Sunday, May 11, 2014 No. 396 Price \$1.00

The Weird Case Against Darrington Williams

SAN IGNACIO TOWN, Cayo, Wednesday, April 30, 2014:

The almost 19 month "weird" burglary case against a 46 year old Belizean Electrician from Bullet Tree Falls Village, Cayo ended on April 29 in a conviction and a 5 year jail sentence.

The "weird" case against the convicted burglar, Darrington Williams, also known as *Junior* Williams, began on October 23, 2012 when a 28 year old man, cohabitating with his mother in Bullet Tree Falls, made the initial report to San Ignacio police.

The man told the police that during the nighttime hours of October 22, 2012, he and his mother left the restaurant they



Darrington Williams

operate in Bullet Tree Falls. The man headed home while the mother told him that she was going to San Ignacio Town.

When the son arrived at home

he noticed that the lights inside the house were on. He concluded that his mother might have changed her mind and had instead gone home. He went around the house to a back door and called for his mother. Opening the back door was Junior Williams instead of his mother. When asked what he was doing inside the house, Williams, who was once the mother's live-in partner, told the son that he came for his clothes. The son told the court that Williams, with whom he had worked for four months, took a seat on the sofa and told him that it was raining and that he had nowhere to go. The son went to his bedroom, locked the door and went to sleep.

At around 5:00 am the following day the son woke up to movement inside the house, this was when he saw Williams leaving the house through the back door. The son went to his mother's room and noticed that some of her perfumes and other small items were missing. He went back to bed and got up at around 7:30 am after which he went to check the back door, this was when he noticed that it was pried open. The son later went to the restaurant where he met his mother and relayed the incident to her. The mother then called the police. Williams was later arrested and formally charged for burglary. He plead not guilty to

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Jermy Audinett Found Guilty On Drug Charges

SAN IGNACIO TOWN, Cayo, **Thursday, May 8, 2014:**

A man from Esperanza Village, Cayo was today found guilty on drug charges and ordered to pay a ten thousand dollar fine.

Acting upon information received on February 22, 2012, over 26 months ago, a team of Special Branch officers visited the Esperanza Village residence of Jermy Audinett, 21 at the time, unemployed Belizean, where a search resulted in the discovery of 477 grams of

The first 8 grams of weed was found in the pocket of a white 3/4 Dickies pants on a red sofa inside the house. A further search led to the discovery of an additional 433



Jermy Audinett

grams of the drug in a black plastic bag under the same chair plus an additional 36 grams of weed found in a knapsack also inside the house.

Audinette and the three parcels

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The Weird Case Against Darrington Williams

Continued From Front Page

the charge and was released on

After several adjournments, during the almost 19 month period, the matter finally came up for hearing on April 29, 2014. In accordance with court procedures, after listening to the

evidence presented by the prosecution, Williams was told that he can either address the court from the witness stand or from the dock or that he can remain silent, he chose to remain silent and thus ended the hearing. After reviewing the evidence, Magistrate Narda Morgan returned a guilty verdict and proceeded to sentence Williams to five years imprisonment.

Police sources say that Williams was once charged for aggravated burglary and kidnapping in an incident involving this same family as the complainants. After being

remanded to prison on those charges he was subsequently released on bail during which he was arrested on the burglary charge. The aggravated burglary and kidnapping charges were subsequently dismissed for want of prosecution when a case file could not be presented in court.

Jermy Audinett Found Guilty On Drug Charges

Continued From Front Page

of weed were transported to the police station in San Ignacio where he was later arrested and charged with two counts of possession of a controlled drug and one count of drug trafficking. The accused initially pled not guilty to all three charges and was released on bail.

The trial ended on Thursday, May 8, 2014 when the accused was found guilty on all charges. He was ordered to pay a fine of ten thousand dollars, three thousand of which was to be paid forthwith and the remaining seven thousand dollars by January 30, 2015. In default of payment, the accused would spend three years in jail. He was unable to come up with the initial three thousand dollars and was transported to the Central Prison in Hattieville until he could either pay the first installment or serve the three year jail sentence.





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American Man Plea Guilty For Drug Possession

SAN IGNACIO TOWN, Cayo, Thursday, May 8, 2014:

A 20 year old American man today pled guilty for the possession of 85.5 grams of weed and was ordered to forthwith pay a ten thousand dollar fine.

A team of alert policemen on mobile patrol in Santa Elena Town, at around 11:00 am, made a stop at a yard, notorious for marijuana activities, in the Trapiche Area. The team's attention was drawn to a Caucasian male person acting in a suspicious manner. He was pulled aside for a body search which led to discovery of a parcel of marijuana concealed in the waist band of the brief he was wearing.



Jeffrey James Suisher

The man, identified as **Jeffrey James Suisher**, 20, who

is in Belize on a tourist visa and residing in Cristo Rey Village, was transported to the police station in San Ignacio where the weed, weighed in his presence, registered 85.5 grams on the police scale. A quick charge sheet was prepared and the accused was rushed to court where he pled guilty to the charge. He ordered to forthwith pay a fine of ten thousand dollars in default three years

imprisonment. He was unable to pay the fine and was

transported to the Central Prison in Hattieville.

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Looking forward to hearing from you!

Blue Angels Nightclub & Gurminder Singh (Nick Singh)





Takes this opportunity to Wish All Mothers

A Blessed, Happy and Enjoyable Mothers' Day!

"A mother is not a person to lean on - but a person to make leaning unnecessary."

Dorothy C. Fisher

Transforming Burns Avenue

SAN IGNACIO TOWN, Cayo, Friday, May 9, 2014:

Burns Avenue is as old as San Ignacio Town. This historic avenue has never ever undergone the magnitude of transformation it is currently undergoing.

The first phase of the transformation of Burns Avenue was completed in the latter part of last year under the Tourism Municipal Development plan resulting in the total transformation of the middle section of Burns Avenue.

The second phase of the project is now underway. It encompasses the total transformation of that section of the avenue from Scotia and Atlantic Banks to the Belize Bank linking it up with the first phase.

The Belize Water Services Limited has completed the upgrading of mains and service connections in the area while, this week, the Belize Telecommunications Limited is engaged in likewise upgrading its underground assets in the area.

Mayor John August and Councilors of the twin town informed that as soon as the utility companies complete their works and give the green light, the council will immediately take over and proceed with transforming of that section of Burns Avenue like it has never been transformed ever before in the history of the twin town.

The council additionally informs that the temporary inconvenience occasioned by this infrastructural development is regretted. The end results, informed the council, will be the pride of everyone who call the municipality their home. The council thanks the general public and visitors for the level of patience and understanding displayed as the works continues.



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Hon. Rene Montero Minister of Works & Transport Area Representaive for Cayo Central

Wishes All Mothers of Cayo Central A Happy Mothers' Day!!!

Phenomenal Woman

BY: MAYA ANGELOU

Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size
But when I start to tell them,
They think I'm telling lies.

I say,

It's in the reach of my arms, The span of my hips, The stride of my step, The curl of my lips.

> I'm a woman Phenomenally.

Phenomenal woman, That's me.

I walk into a room Just as cool as you please,

The fellows stand or Fall down on their knees.
Then they swarm around me, A hive of honey bees.

I say

And to a man,

It's the fire in my eyes, And the flash of my teeth, The swing in my waist, And the joy in my feet.

I'm a woman Phenomenally.

Phenomenal woman, That's me.

Men themselves have wondered What they see in me. They try so much But they can't touch

My inner mystery.

When I try to show them, They say they still can't see.

I say,

It's in the arch of my back, The sun of my smile, The ride of my breasts, The grace of my style.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

Now you understand Just why my head's not bowed. I don't shout or jump about

Or have to talk real loud. When you see me passing,

It ought to make you proud.

I say,

It's in the click of my heels, The bend of my hair, the palm of my hand, The need for my care.

'Cause I'm a woman

Phenomenally.

Phenomenal woman,

That's me.





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NOTICE

Dear Readers & Contributors:

Kindly forward all Ads, Letters, Articles, Comments and Humor to

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For further information please call 804-4900 or 626-8822

We thank you all for your continuous support over the years.

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STAR Newspaper

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

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Beware Of Con Artists Roaming The Community

SAN IGNACIO TOWN, Cayo, **Thursday, May 8, 2014:**

San Ignacio police is today issuing a warning to the public in general and to senior citizens in particular, regarding con artists visiting homes within the community.

In the latest reported incident, Mrs. Suzette Espat of #1 Church Street, San Ignacio Town reported to the police that during the mid morning hours on Wednesday, May 7, 2014, she was at home when she was visited a man who asked her to loan him an empty gallon container to purchase gasoline for his car that had ran out of fuel.

The Good Samaritan reportedly went to another section of the house to get the item requested by the man. A few minutes later she returned with the empty



Albert Young

container only to find that the man was gone. Also gone was her blue Samsung Digicell flip phone valued at \$70.

Quick response on the part of San Ignacio police led, within hours, to the detention of the suspect who was found in possession of the victim's telephone.

The suspect, identified as Albert Young, was arrested and charged for theft. He appeared in court later that day where he pled guilty to the charge. When asked if he had anything to tell the court prior to the passing of sentence, Young told the presiding magistrate, Mrs. Narda Morgan, that he has a drug problem and would like to undergo rehabilitation in jail. He was sentence to six months imprisonment.

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Apple 'In Talks' To Buy Beats For \$3.2bn

Technology giant Apple is in talks to buy headphone maker and music-streaming service provider Beats Electronics, according to various media reports.

The reports claim Apple could pay as much as \$3.2bn (£1.9bn) and a deal could be announced next week.

If completed, it will be Apple's biggest ever acquisition.

It is being seen as move by Apple to get a stronger foothold in the phone and music accessories business and bolster its online music offerings.

The two areas are expected to see fast growth in the coming years.

The Financial Times, which was the first to report the talks, cited a source as saying the firms were still negotiating the details.

Beats was founded by music producer Jimmy Iovine and the hip-hop star Dr. Dre and until recently was best known for its headphones.

It started a subscription-based music streaming service earlier



Beats is best known for its headphones which have been gaining popularity

this year.

However, Apple already has its own iTunes store which is the

world's largest music download service. It also launched iTunes Radio last year.

That has made some industry watchers question the move.

James McQuivey, an analyst with Forrester, said there was a big overlap of customers between the two firms.

"This is really puzzling," he said. "You buy companies today to get technologies that no one

else or customers that no one has.

"They must have something hidden under the hood."

The reported price is also a huge premium on Beats's previous valuation.

Beats was valued at just \$1bn after its last funding round in September, which saw it get a \$500m investment from the Carlyle Group.

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Mothers' Day!!!



The public is advised that all Atlantic Bank offices will be closed for business on Saturday, May 24th, 2014.

All branches will reopen for business at 8:00 a.m. on Tuesday, May 27th, 2014.

Heart Attack

Heart attack occurs when blood flow to a part of the heart is blocked long enough for that part of the heart to die or become damaged.

A blood clot blocking one of the coronary arteries is the most common cause of a heart attack. Plaque that is made up of cholesterol and other cells can build up on the coronary arteries and cause a heart attack.

Plaque can develop cracks or tears to which blood platelets stick, forming a clot. Stress may also contribute to exacerbating plaque buildup and, eventually, heart attacks.

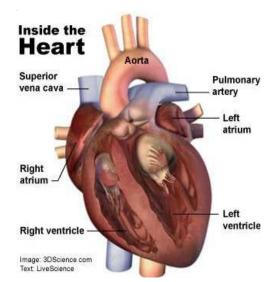
The main symptom of a heart attack is chest discomfort, which can feel like pain, a feeling of tightness or indigestion in the chest, a feeling that something is sitting on the chest, or heavy pressure. The pain may last for more than 20 minutes. Other symptoms include anxiety, cough, fainting, light-headedness, nausea or vomiting, palpitations, shortness of breath or sweating. Symptoms may fade and return. Some heart attacks, particularly those in the elderly, people with diabetes or women, may have little or no chest pain. Heart attacks in these groups may also be silent, which means there are no symptoms.

A doctor will diagnose a heart attack by listening to the heart for abnormal sounds in the lungs, a heart murmur, a rapid pulse or abnormal blood pressure.

Any heart attack symptom is a warning sign, even if you do not experience chest pain. Symptoms need to be treated immediately using oxygen, aspirin, and nitroglycerin. Without prompt treatment, permanent damage to the heart and brain can result. Such a shock to the body is difficult to sustain, and a heart attack is a medical emergency that should absolutely never be ignored.

If you feel dizzy, stressed, light headed, and nauseous, you may be experiencing a heart attack without traditional symptoms of pain. You should still consider a silent heart attack a medical emergency since permanent damage is a possible result.

Many people experience extreme exhaustion and insomnia for a period of one month before



a heart attack. If you experience these symptoms, focus on whether additional symptoms such as restlessness, anxiety, or dizziness develop. Keep in mind that a doctor might have trouble diagnosing a silent heart attack and that you will need to communicate any possible factors including medical history, family history, high blood pressure, and high cholesterol. Silent heart attack patients need follow up tests to confirm whether the heart attack was real.

Heart disease that results in heart attack is the leading cause of death in most industrialized nations. Though heart attacks can happen to anyone, if you incorporate several methods of preventing heart disease into your life and raise your own awareness, your risks of suffering from a heart attack will be significantly lowered.

An important step in heart attack prevention is to get in the habit of a regular exercise

regimen. People who live slow lifestyles have a much greater risk of heart attack than those who are active. It's best to be active from childhood, but it's never too late to begin heart attack prevention. Even age 50 is a good time to start exercising. Every step you take now to improve your health decreases your risk of heart disease. In fact, if a 50-year-old has been diligently working a plan toward preventing heart attack, an inactive 20-year-old will probably be at greater risk of an attack than the 50-year-old.

A healthy diet prevents heart problems by keeping cholesterol from building up in the blood and keeping blood sugar levels on an even keel. Exercise can prevent a heart attack by keeping that

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PUBLIC NOTICE



Public Utilities Commission (PUC)

In exercise of the powers conferred upon it by the Public Utilities Commission Act, Chapter 223 of the Laws of Belize, the Electricity Act, Chapter 221 of the Laws of Belize, the Electricity (Tariffs, Fees and Charges) Byelaws, and all other powers thereunto enabling, the Public Utilities Commission (PUC; the Commission) hereby notifies the general public that it has made and issued the **2014 Annual Review Proceeding Initial Decision** (hereinafter referred to as "the Initial Decision") for the Belize Electricity Limited (BEL; the Licensee).

Summary of the Initial Decision:

- a) The Commission approved a Mean Electricity Rate (MER) of \$0.4347 per kilowatt-hour, representing a 2.65% reduction in the MER (current MER is \$0.4465 per kilowatt-hour).
- b) The Commission approved various adjustments to Cost of Power, Regulated Asset Value (RAV) and other Regulated Values approved for the Full Tariff Period of July 1, 2009, to June 30, 2016.
- c) The Commission approved the following Tariffs to be applied for the Annual Tariff Period (ATP) of July 1, 2014, to June 30, 2015:

Belize Electricity Limited (BEL) Approved Tariffs for the Period of July 1, 2014, to June 30, 2015

Customer Class	Service Type/ Consumption Block	Rate/Tariff \$/Mth; \$/KVA; \$/KWhr	
Social	0 - 60 KWhrs Minimum Charge	0.23 4.00	
Residential	0 - 50 KWhrs 51 - 200 KWhrs > 200 KWhrs Minimum Charge	0.35 0.43 0.47 6.00	
Commercial 1	0 - 50 KWhrs 51 - 200 KWhrs > 200 KWhrs Minimum Charge	0.35 0.43 0.47 6.00	
Commercial 2	Service Charge 0-10,000 KWhrs 10,001-20,000 KWhrs > 20,000 KWhrs	120.00 0.45 0.44 0.43	
Industrial 1	Service Charge Demand (KVA) Energy	120.00 38.00 0.33	
Industrial 2	Service Charge Demand (KVA) Energy	120.00 23.50 0.28	
Street Lights	Energy	0.50	

d) The Commission approved no adjustments to any other previously approved Regulated Values, Mean Electricity Rates, Tariffs, Charges and Fees in any relevant Final Decision made for the Full Tariff Period (FTP) of July 1, 2009 to June 30, 2016.

Viewing of Initial Decision:

The Initial Decision may be viewed in its entirety at the offices of the Public Utilities Commission at 41 Gabourel Lane, Belize City, or on the PUC Website at www.puc.bz.

Comments:

The Licensee and Interested Parties may submit written comments on the Initial Decision by email to <u>info@puc.bz</u> or at its offices until 5:00PM on Monday, May 12, 2014.

Your Weekly Horoscope and Lucky Numbers

ARIES: March 22 to April 20

Your physical vitality should be quite strong, Aries, and you're encouraged by greater self-confidence. At the same time, however, someone seems to be trying to ruffle your feathers by being selfish and disrespectful of your space. This is likely to lead to conflict that you don't need. The good news is that it's likely to open you up to a different perspective, one that can ultimately be useful in understanding the situation. Lucky numbers: 08, 45, 76.

TAURUS: April 21 to May 21

Things could be moving more quickly than makes you comfortable right now, Taurus. You may feel as if your own needs and agenda are getting lost in the fury bubbling around you. The secret key to add to your toolbox is the ability to go with the flow. It's crucial to be adaptable and roll with the punches rather than be victimized by them. Use the lightning-quick energy at hand to mobilize your efforts. Lucky numbers: 17, 51, 88.

GEMINI: May 22 to June 21

Your physical strength is topnotch, Gemini. Now is a terrific time to join a sports team or start a company soccer program. Others will respect your leadership abilities. Your glow as a self-confident, constructive being is radiating positive energy. This combination of forces is extremely powerful. You have the opportunity to be wonderfully productive at this time. Work and play are likely to present you with exciting opportunities for advancement. Lucky numbers: 04, 29, 85.

CANCER June 21 to July 21

You may feel indecisive, insecure, and stuck in the middle of a difficult situation, Cancer. Your energy could be drawn in one direction while your self-confidence is pulled in another. This dilemma has to do with your inability to integrate different aspects of your life that you try to keep separate. Try to look at things in terms of the whole. Notice how your actions in one part of your life have a ripple effect everywhere else.. Lucky numbers: 23, 55, 94.

LEO: July 24 to August 21

Communication with others should be very effective, Leo, and your social calendar will be full. You're feeling good about yourself, thanks to a boost in confidence that reminds you that you can do anything. You have the ability to juggle many things at once and the physical endurance to keep up a quick

pace. Even though you may tend to be rather lazy, you might get a sudden inspiration to join a gym or sports team. Lucky numbers: 13, 38, 63.

VIRGO:

August 22 to September 21

Relating to people may be difficult for you, since you get the feeling that others don't see things as deeply or emotionally as you, Virgo. Perhaps you feel everyone is shallow, making them luckier in one sense yet deprived in another. Try not to focus on others so much. Just concentrate on you. Don't take yourself so seriously. Adopt a more lighthearted approach to life. Lucky numbers: 19, 33, 71.

LIBRA:

September 22 to October 23

You have a great deal of physical energy, Libra. At times, you may feel as if you have an endless wellspring of power. You're at a climactic point in your yearly cycle, when things are coming to a dramatic apex. Difficulties that pertain to this climax are likely to make you act out in an aggressive manner if things don't go your way. Find a constructive outlet for all this physical energy. Lucky numbers: 06, 36, 49.

SCORPIO:

October 24 to November 21

Finding the comfort point may be difficult for you, Scorpio. You might feel as if you aren't connecting with your ideals or goals. Even though you try to put things into motion, they don't really pan out the way you'd like. There's a difficult energy making you feel like you need to join one camp or the other to feel accepted. The problem is that neither side looks appealing. Feel free to start your own camp. Lucky numbers: 16, 47, 82.

SAGITTARIUS: November 22 to December 21

Your upbeat, lively nature is fueled by the fast-paced energy at hand. You have a great deal of physical strength available to you, Sagittarius, and you can make tremendous strides in your yearly goals with very minimal effort. Take advantage of this time by focusing on your own needs. There is a great deal of support in place that will help you accomplish whatever your goals may be. Go for it.Lucky numbers: 10, 42, 69.

CAPRICORN:

December 22 to January 20

Your indecisiveness may plague you, Capricorn. This is one of those times when you feel as if one second of hesitation will cost you dearly. Yet you take a while to process and internalize things before you're ready to act on them. Others may act and

speak before they think. Don't get upset at yourself for handling things the way you do. More than anything, it's your lack of self-confidence that's holding you back. **Lucky numbers: 65, 81, 98.**

AQUARIUS: January 20 to February 18

You're now in a terrific position to make a significant move in your life, Aquarius. With a great deal of physical energy coupled with incredibly high self-esteem, you have what it takes to make a major push toward larger goals. There's opportunity coming at you from all

angles, and the energy at hand is fast and furious. Your strong, courageous nature is ripe for hopping aboard when that train comes zooming by. Lucky numbers: 26, 59, 98.

PISCES: February 20 to March 21

You might feel as if you can't access your physical energy now, Pisces. You may experience frustration when you try to engage in a sport. You don't feel as if things are clicking into place as easily as they should. This feeling is taking a toll on your sense of self. Don't get down on yourself for feeling this way. Accept the fact that there are good times and not so good times for doing certain things. Lucky numbers: 01, 67, 82.

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We take this opportunity to extend warm wishes to ALL Mothers for a Blessed and Happy Mothers' Day!!!

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A Blessed Mothers' Day

On this special occasion of love and Happiness!!!

Carla's Store

Sunday, May 11, 2014

Hon. Erwin Contreras

Minister of Trade, Investment Promotion, Private Sector Development & Consumer Protection



Happy Mothers' Day!!!



Wishing All Mothers, especially those in the Cayo West Constituency;
Benque Viejo Town, San Jose Succotz,
Calla Creek and Arenal,
A Blessed and Enjoyable
Mothers' Day!!!



Did The Surge Of Water From Macal River Dams Cause Loss Of Three lives?

It is sad that it takes dead bodies to bring attention to the potential for disaster created by the lack of a workable dam break early warning system for the Chalillo, Vaca and Mollejon Dams.

It only takes talking to people in the area to realize that there is no general knowledge of what to do if the dam breaks.

It took the deaths of two students from Corozal, Egar Puck and Anahi Zepeda, who "were swept off into depths" of the Macal and drowned, to learn that BECOL releases water from the dams, which causes a rise in the water levels in the area of the bridges connecting San Ignacio and Santa Elena.

According to **Stephen Usher**, BECOL's Vice President of Operations, interviewed after the

death of the two students earlier this month, Vaca Dam releases water to generate electricity that reaches San Ignacio around 4:00 pm. But why didn't the public know that information? Just prior to the death of the students, there were two other drownings, one in the Macal River and one a little downstream at Santa Familia where the Macal meets the Mopan River.

Over Easter, another drowning occurred in the Belize River, close to Santa Familia.

And just this weekend, a young man, **Johnatan Requena**, drowned around 3:40 pm on Saturday, close to the time the two students drowned earlier this month. According to a police press release, a friend who was with him saw, "when Requena jumped into the water and

immediately saw him begin struggling and going under as he fought to stay above water."

If we had an early warning system, it could be tested daily by warning people that there will be a rise in the river due to release of water from the dams. This would serve the purpose of familiarizing the public about the siren and what it meant and regularly testing to make sure the sirens worked.

An education program could let people know that, for instance, a short blast of the siren means the water is approaching the populated area. A long, steady blast of the siren means a major flood or dam break incident.

Something like that, which does not take a brain scientist to figure out, could effectively inform, sensitize and continually test a warning system that should have been in place since 2005 according to two Supreme Court decisions. The Court's directives about informing the public about eating the fish high in mercury and problems with drinking or being in the river have been discontinued as far as we know.

Would the drownings have been prevented had there been a warning in place? From police and news reports, we know that close to 4pm a strong current pulled at least 3 of those who died, under at the time Stephen Usher, BECOL's Vice President of Operations, when the water comes down from the dams. Would they still be alive of these simple warning steps were taken? George and Candy Gonzalez BELPO members and Cayo Residents

Send your stories, articles, humor and ads to:

starnewspaper@gmail.com
or call us at
626-8822 or
804-4900



Belize Electric Company Ltd. A FORTIS COMPANY

NOTICE OF PUBLIC SESSION

Residents of San Ignacio Town, Santa Elena Town and stakeholder's along the Macal & Mopan Rivers, are invited to a presentation and information sharing meeting on the Flash Flood Early Warning System and flooding of the Macal and Mopan Rivers.

The meeting will be held on Friday, May 16, 2014 in San Ignacio Town at Hode's Place, commencing at 6:00 p.m. to 8:00 pm.

This meeting is being presented by the Belize Electric Company Limited (BECOL), NEMO and DOE.

For more information please contact BECOL at 824-2085.

Heart Attack

Continued From Page 9

muscle healthy and fit. Your doctor can also prescribe medication to help prevent a heart attack as well. Statins, which are drugs that reduce the amount of cholesterol in the blood, are commonly prescribed to control cholesterol. If you've already had a heart attack, exercise during recovery is important. You should also avoid Vitamin E as it slows recovery from heart issues. Prevention and recovery share

many similar characteristics, though exercise during prevention (before you have a heart attack) should be much more intense.

Doctors also prescribe aspirin and recommend that you take an aspirin as soon as you experience symptoms of a heart attack because aspirin thins your blood, making it easier for your blood to flow through your heart.

Some rumors include that drinking warm water and being

sexually active are forms of prevention. While there's certainly no harm in drinking warm beverages, there's no evidence that warm water helps. The most effective prevention methods for heart attacks are good diet and exercise.

STATUTORY NOTICE TO CREDITORS

In the Estate of **DANIELALFORD**, deceased

NOTICE IS HEREBY GIVEN pursuant to Section 36 of the Administration of Estate Act, Chapter 197 of the Substantive Laws of Belize, Revised Edition 2000, that all creditors and other persons having any claims or demands upon or against the Estate of **DANIEL ALFORD**, late of Georgeville Village, Cayo District, Belize, who died in Belize on the 18th day of April 2007 in whose estate Grant of Administration has been granted to ETHNELDA ALFORD of Esperanza Village, Cayo District, Belize are required to send particulars in writing of their claims or demands to the said administratrix ETHNELDA ALFORD, c/o Orlando Fernandez, Attorney-at-Law, P.O. Box 236, #193 George Price Highway, Santa Elena, Cayo District Belize, and to send such particulars not later than within (3) three months from the date of the 1st publication of the notice, **AND NOTICE IS HEREBY ALSO GIVEN** that at the expiration of last mentioned date, the Administratrix shall proceed to distribute the assests of the said **DANIELALFORD**, deceased, amongst the parties entitled thereto having regard only to the claims or demands of which particulars have been delivered and the Administratrix will not be liable for the asset or any part thereof so distributed to any person whose claims or demands they shall not then have had notice.

DATED this day 11th of May, 2014

Attorney-at-Law for Ethnelda Alford Administratrix of the estate of Daniel Alford, deceased

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Trust Pro Certified - Four Foods That Lower Blood Pressure

Contributed By: George Gonzelez

Thursday, May 08, 2014 by: Michael Ravensthorpe

(NaturalNews) According to the Centers for Disease Control and Prevention, an estimated 67 million Americans -- approximately one in three adults -- suffer from hypertension, or high blood pressure. In 2009 alone, high blood pressure was the primary or contributing cause of almost 350,000 deaths in the United States, which averages at 1,000 deaths per day. The disorder is, in essence, an epidemic in the Western world.

Though high blood pressure can be triggered by stress and other external factors, a poor diet remains its single greatest cause. Therefore, consuming foods that are proven to produce significant cardiovascular benefits is a great way to prevent and treat the disorder naturally. The best of these foods are listed below.

1.) Garlic -- This aromatic and pungent herb, which has been used for over 5,000 years as a medicine, is well known for lowering blood pressure. A pilot study

published in Pharmacotherapy in 1993, for instance, found that patients who consumed a garlic preparation that consisted of 1.3 percent allicin (the sulfur compound responsible for so many of garlic's benefits) experienced a reduction in sitting blood pressure 5 hours after the dose, and a significant increase in diastolic blood pressure between 5 and 14 hours after the dose. Moreover, a 2009 study in the Journal of Agricultural and Food Chemistry that garlic's cardioprotective properties were stronger in freshly crushed garlic than in processed garlic.

2.) Hot chilies -- Hot chilies are packed with capsaicin, an odorless compound that gives them their trademark heat. Capsaicin also happens to be a vasodilator, meaning that it can expand blood vessels and improve blood flow, and it is proven to treat countless cardiovascular issues -- including high blood pressure. For example, a 2010 study published in Cell Metabolism found that long-term consumption of

capsaicin could lower blood pressure in rats suffering from genetic hypertension.

Generally speaking, the hotter the chili, the more capsaicin it contains. Cayenne pepper is an excellent choice of chili for lowering blood pressure, since its capsaicin levels are high enough to be effective in this regard but not so high that it is unpleasant to consume.

3.) Cacao -- This Central and South American superfood, which is usually consumed in powdered or nib form, is one of the most antioxidant-rich foods in the world and contains more than 300 phytochemicals. Given this nutritional power, it shouldn't surprise anyone that the indigenous tribes of America considered cacao to be a medicine first, and a food second.

Cacao's cardiovascular benefits, which are often attributed to its high concentrations of flavanols and magnesium, have been extensively studied. One 2011 study featured in Acta Medica Indonesiana showed that dark chocolate (of which cacao

is the main ingredient) could decrease blood pressure in prehypertensive subjects after 15 days of consumption. Another 2011 study, published in Food & Function, found that cacao polyphenol extracts had a beneficial effect on arterial blood pressure among hypertensive rats.

4.) Turmeric -- Turmeric is a warm and peppery spice that is rich in curcumin. Like the capsaicin found in chilies, curcumin is a potent antiinflammatory and vasodilator, and is great for treating cardiovascular conditions like high blood pressure. For example, a study featured in Nutrients in March 2014 discovered that curcumin could prevent elevated blood pressure and vascular dysfunction among mice suffering from cadmium-induced hypertension. According to a review in the International Journal Cardiology, curcumin can also "ameliorate the development of cardiac hypertrophy and heart failure in animal models."



Tourism Scholarships

The Belize Tourism Board is offering scholarship opportunities to interested applicants for Tourism Programs commencing August 2014 for Full-time Students for the following degrees:

1. Associate Degree in Tourism (Two Year Tuition Scholarship)

Requirements: Applicants must submit a certified copy of their High School Diploma, an official transcript, two BTB recommendation forms, a page which describes your career goals and aspirations, proof of Belizean Citizenship and a copy of the acceptance letter into the **Tourism Program** for 2014 at one of the Junior Colleges offering the Tourism Program.

2. <u>Bachelor Degree in Tourism Management (Two Year Tuition Scholarship)</u>

Requirements: Applicants must submit a certified copy of their Associates' Degree, an official transcript, two BTB recommendation forms, a page which describes your career goals and aspirations, proof of Belizean Citizenship and a copy of the acceptance letter into the **Tourism Management Program** at the University of Belize.

3. Jean Shaw Scholarship (Two Year Full Scholarship)

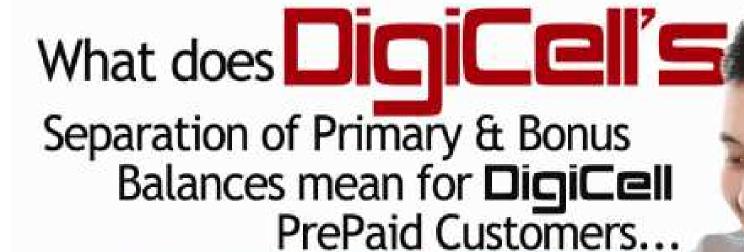
Requirements: Applicants must be **female** Belizean citizens wishing to pursue a Bachelor Degree in Tourism Management. Interested applicants must submit a certified copy of their Associates' Degree, an official transcript, two BTB recommendation forms, a page which describes your career goals and aspirations, proof of Belizean Citizenship and a copy of the acceptance letter into the **Tourism Management Program** at the University of Belize.

4. Scholarship for Culinary Studies

Requirements: Applicants must submit letter of acceptance into a culinary program, an official transcript of last school attended, two BTB recommendation forms, a page which describes your career goals and aspirations and proof of Belizean Citizenship.

Application deadline: Friday, July 4th, 2014

For more information and application forms, please contact: *Ms. Xanierre Velásquez at* Telephone: 227-2420 or e-mail: training@travelbelize.org for electronic copies.



With the upgrade of our DigiCell PrePaid Intelligent Network platform, DigiCell PrePaid customers will now be introduced to two new credit balances being PRIMARY BALANCE and BONUS BALANCE. "Primary Balance" is the actual dollar value purchased and "Bonus Balance" is the free credit received from a recharge on a Double/Triple Day.

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Starting January 15, 2014

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Primary Balance: Expiration date is extended whenever you recharge.

Bonus Balance: Expiration date is extended on DOUBLE/TRIPLE DAYS ONLY.

"The expiration date for your Primary Balance may differ from the expiration date for your Bonus Balance.

Which calls and services are deducted from Bonus Balance and which are deducted from Primary Balance?

CALLS AND SERVICES FROM BONUS BALANCE FIRST (then from Primary Balance when Bonus is \$0.00)

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SMS to Email

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BlackBerry PrePaid & BlackBerry 4G

For more information: Log on to www.digicell.bz or call 119 anytime.



For The Benefit Of An Entire Community

SAN IGNACIO TOWN, Cayo, Friday, May 9, 2014:

Belize Water Services Limited customers in the San Ignacio, Santa Elena and Esperanza service area have, for many years, been complaining of low water pressure and of late the discoloration in the water piped into their residences.

The discoloration has been compounded by changes in the water flow from the upper Macal River. The company recognizes that this quality of service CANNOT continue. In seeking to address this condition, the company has been aggressively exploring possible solutions one of which is the now more frequent flushing and cleaning the storage tank which is taking a toll on those employees assigned this task.

Despite last year's 7.2% decrease in water rates, the company undertook the curtailing of capital expenditure to finance the upgrading of its outdated storage and treatment facility in San Ignacio which is over 50 years old.

The funds have been identified,



Fire Department Minister, Senator Hon. Godwin Hulse on the site taking notes along with Fire Chief, BWS Official and a representative from the Town Council

the plans for a modern treatment facility, a million gallon storage tank and standby electricity generating facility, have been drawn. The obstacle in the path of effecting this vital improvement is the availability of needed land space.

In consultation with Fire Department Minister, **Senator Hon. Godwin Hulse**, approval

was received for the relocation of the adjoining fire station with the Fire Chief tasked to identify a suitable site for the relocation of the new fire station.

After several months, a parcel of Government land behind the Center for Employment Training (*CET*) was deemed, by Fire Department officials, as best

suited to accommodate the new fire station. An initial meeting was held with the Board of Directors from the CET where it was agreed to provide the land for fire station in exchange for ownership documents to CET for the remaining portion of the land.

BWS, eager to construct the modern treatment facility in service to its customer, proceeded to obtain the necessary legal instruments and engaged the services of a private contractor to survey the portion of land identified by Fire Department officials.

There was a light at the end of the tunnel. The process, for the relocation of the Fire Station and the commencement of the construction of a modern storage and treatment facility for the benefit of every woman, man and child as well as visitors to the western municipalities, was set to begin. In stepped a minority element from the CET seeking to delay/derail an undertaking of serious local importance to an entire community.



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We would like to wish
A Happy Mothers' Day
to ALL Mothers and Grandmothers
of San Ignacio, Santa Elena
and Suvrounding Villages!!!



PUBLIC NOTICE Public Utilities Commission (PUC)



In exercise of the powers conferred upon it by the Public Utilities Commission Act, the Water Industry Act, the Water and Sewerage (Tariffs) Byelaws, and all other powers thereunto enabling, the Public Utilities Commission (hereinafter referred to as "the Commission) hereby notifies the general public that it has made and issued the **2014 Annual Review Proceeding Final Decision** (hereinafter referred to as "the Final Decision") for the Belize Water Services Limited (BWSL; the Licensee).

Summary of the Final Decision:

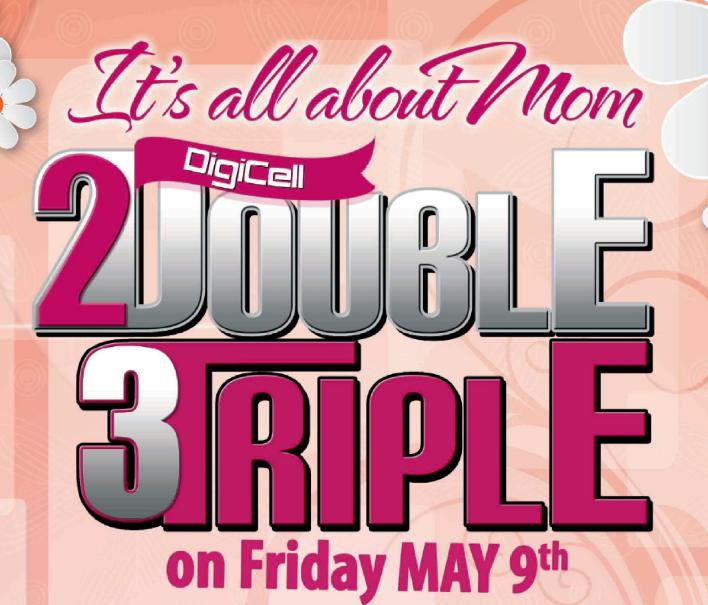
- a) The Commission approved a revised Business Plan and Regulated Values [including some \$14.326 million in capital investments for the next Annual Tariff Period (ATP)] that resulted in an average increase in Tariffs of some 6.9%, save and except for the Caye Caulker Branch, for which Tariffs remain the same.
- b) The approved Tariffs to be applied during the next Annual Tariff Period (ATP) of April 1, 2014, to March 31, 2015, are as follows:

Service Classification:	Water Only	Water and Sewer	Water and Sewer	Water Only
Branches:	Mainland	Belize, Belmopan	San Pedro	Caye Caulker
Consumption Blocks:				
0 - 1,000	8.55	10.26	25.07	23.00
1,001 - 2,000	13.67	17.66	29.63	26.45
2,001 - 3,000	14.82	19.38	31.90	29.03
3,001 - 4,000	15.39	20.51	34.18	31.86
4,001 - 5,000	15.95	21.65	36.46	34.97
5,001 - 6,000	17.10	22.79	43.30	38.37
6,001 - 7,000	18.23	23.36	51.28	42.12
7,001 - 8,000	18.80	23.93	56.97	46.22
>8,000	19.38	24.50	62.67	50.73
Minimum Bill for	0 EE	10.26	25.07	22.00
Consumption less than 1,000 US Gallons	8.55	10.26	25.07	23.00

c) The Commission approves no adjustments to any other previously approved Fees and Charges contained in the BELIZE WATER SERVICES LIMITED 2009 FULL TARIFF REVIEW PROCEEDING FINAL DECISION.

Viewing of Final Decision:

The Initial Decision may be viewed in its entirety at the offices of the Public Utilities Commission at 41 Gabourel Lane, Belize City, or on its Website at www.puc.bz.



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