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**STAR**

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No. 397 Sunday, May 18, 2014 Price \$1.00



# One Charged In BWEL Robbery

**SANIGNACIO TOWN, Cayo, Monday, May 12, 2014:**

Just as we were closing off last week's edition of the newspaper, the report came in of a robbery at the BWEL butane service station on Buena Vista Street in San Ignacio Town.

San Ignacio police received the robbery report at exactly 5:55 pm on Thursday, May 8, 2014. A team of policemen rushed to the crime scene where they met the still shaken supervisor, **Ernest Hill**, 46, his 13 year old son and

the security guard, **Francisco Escobar**, 28.

Hill told the police that he was with his son in the office when at around 5:50 pm, two barefaced, slim built, male persons of dark complexion, both wearing white caps, stormed into the office. One of the men, wearing a white shirt and khaki short pants, was armed with a rusty looking handgun which he held to the neck of the security guard as he held him in a chokehold. The second assailant, dressed in a blue shirt



**Eloy Perdomo**

abdomen, ordered him to "*hand over all the money*". Fearing for his life and that of his son, Hill complied with the order handing over day's sale amounting to \$1,915.43 in cash and two Belize Bank cheques totaling \$1,874.58 all contained in a Belize Bank deposit bag. The assailant with the knife took possession of the loot and placed it in a brown knapsack he was wearing.

The three victims were ordered to sit on the floor while the man with the knife proceeded to search them. In the process, Hill was relieved of one hundred and eighty dollars in cash and a black, Black Berry brand cellular telephone valued at \$350.

The security guard was relieved

**Please Turn To Page 2**

## Were The Bullets Planted In the Car Itza Drove?

**SANIGNACIO TOWN, Cayo, Thursday, May 15, 2014:**

Despite his pleas of innocence, a taxi driver from San Jose Succotz Village, Cayo, will be arrested and mandatorily remanded to prison on a possession of ammunition charge.

Acting upon information received, a team of policemen from San Ignacio rushed towards Benque Viejo with intent to intercept a small white taxi car in which they were told they would find ammunition. The targeted vehicle was intercepted on the George Price Highway about midway between the western



**Belarmino Itza**

towns of Benque Viejo and San Ignacio.

The driver, with three female passengers on board, complied with the police request to pull off

**Please Turn To Page 15**

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# One Charged In BWEL Robbery

**Continued From Front Page**

of two hundred and forty eight dollars in cash from a recent sale as well as his black iphone 4

valued at \$1,500 dollars all of which, along with Hill's Acer brand laptop, valued at \$1,650, were placed, along with the loot,

inside the brown knap sack carried by the knife bearing assailant.

The security guard and the minor's hands were bound with duct tape while Hill was locked inside a bathroom after which the two men rushed out of the office, out of the compound, across the street and into the Victor Galvez Stadium.

Upon arrival on the crime scene and after a quick assessment of the situation, police rushed to the Victor Galvez Stadium where they found a man, wearing a white shirt and khaki short pant walking towards to back gate of the stadium. Whilst approaching the man, police observed him throwing away something. When the article was retrieved, it was found to be a rusty, CLC brand, point 32 pistol, bearing serial number 512892, loaded with six live bullets. The man was instantly detained and escorted to the police station where he was identified as **Eloy Perdomo**, 18, Belizean laborer who told the police that he lives in the Trial

Farm area of Orange Walk Town. Perdomo was later subjected to an identification parade where he was positively identified by the victims.

The investigation reportedly led to Perdomo providing a cautioned statement recorded, as is legally required, in the presence of a Justice of the Peace. As the investigation continues, the police is looking for the alleged accomplice **Jamil Warrior** whom they believe can assists with the recovery of the loot, the two cellular telephones and the Acer brand laptop computer.

The lone detainee, Eloy Perdomo, appeared before **Magistrate Narda Morgan** on Monday, May 12 where, despite providing a cautioned statement to the police, he pled not guilty all three counts of robbery. He was remanded to jail. The case comes up for second hearing on Thursday, July 10, 2014. Despite the recovery of a gun and six bullets, police reported no firearm or ammunition charges against Perdomo.

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# Garnett Charged For Theft And Harm

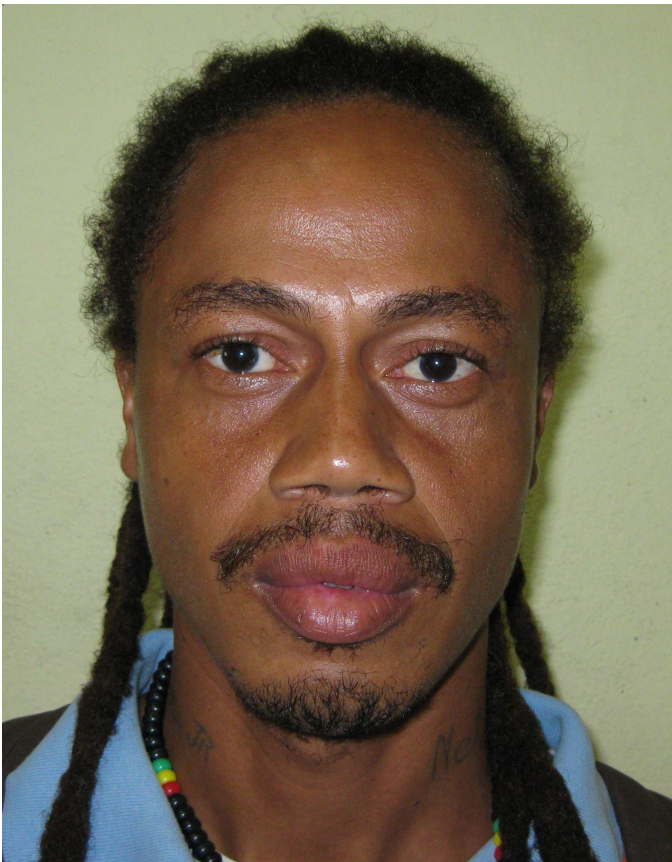
SANIGNACIO TOWN, Cayo, Tuesday, May 13, 2014:

Arrested and charged for stealing a sheep and injuring the caretaker of the farm in the process, **Deon Garnett**, a 36 year old Belizean laborer of a 6th Street address in San Ignacio Town, is out on bail after pleading not guilty to both charges.

The incident began to unfold at around 7:30 pm on Sunday, May 11 when a team of policemen on mobile patrol on Bullet Tree Road in San Ignacio Town came upon a male person of fair complexion walking toward town with a newborn black and white lamb across his shoulders. When questioned the man told the police that he has just bought it from a farm further up the road. The man was ordered by the police to take them to farm to confirm his story.

Upon arrival at the farm located off the Bullet Tree Road, police found the Belizean caretaker, **Luis Santos**, 37, with a busted face and a bleeding nose. Santos told the police that he was relaxing in a hammock when he felt a sudden and hard blow to the face throwing him unconscious out of the hammock.

In continuance of the investigation, the police visited the Joseph Andrews Drive residence of the farm owner, **Orlando Tesecum**, who instantly identified the lamb as being his property. Tesecum accompanied the police to his farm where he confirmed that his black and white lamb was indeed missing from inside the holding pen where



Deon Garnett

the flock is kept at nighttime. Tesecum told the police that the lamb, valued at \$30, was born about a week ago. He said that he had neither given nor sold the lamb to anyone.

The injured caretaker was escorted by the police to the Community Hospital in San Ignacio where the facial injury was classified as harm. The police investigation

consequently led to the arrest of Deon Garnett on a theft and harm charge. He appeared in the San Ignacio Town courtroom of Magistrate **Narda Morgan** on Tuesday, May 13, where he pled not guilty to both charges. Despite the prosecution’s objection, bail was granted and met by the accused in the sum of one thousand dollars. He was ordered to return to court on Thursday, July 31, 2014.

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# Health Corner

## STROKE

### What Is a Stroke?

A stroke occurs when the flow of oxygen-rich blood to a portion of the brain is blocked. Without oxygen, brain cells start to die after a few minutes. Sudden bleeding in the brain also can cause a stroke if it damages brain cells.

If brain cells die or are damaged because of a stroke, symptoms occur in the parts of the body that these brain cells control. Examples of stroke symptoms include sudden weakness; paralysis or numbness of the face, arms, or legs (*paralysis is an inability to move*); trouble speaking or understanding speech; and trouble seeing.

A stroke is a serious medical condition that requires emergency care. A stroke can cause lasting brain damage, long-term disability, or even death.

If you think you or someone else is having a stroke, call **9-1-1** right away. Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room. During a stroke, every minute counts.

### Overview

The two main types of stroke are ischemic (*is-KE-mik*) and hemorrhagic (*hem-ah-RAJ-ik*).

Ischemic is the more common type of stroke.

An ischemic stroke occurs if an artery that supplies oxygen-rich blood to the brain becomes blocked. Blood clots often cause the blockages that lead to ischemic strokes.

A hemorrhagic stroke occurs if an artery in the brain leaks blood or ruptures (*breaks open*). The pressure from the leaked blood damages brain cells. High blood pressure and aneurysms (*AN-u-risms*) are examples of conditions that can cause hemorrhagic strokes. (*Aneurysms are balloon-like bulges in an artery that can stretch and burst.*)

Another condition that's similar to a stroke is a transient ischemic attack, also called a TIA or "*mini-stroke*." A TIA occurs if blood flow to a portion of the brain is blocked only for a short time. Thus, damage to the brain cells isn't permanent (*lasting*).

Like ischemic strokes, TIAs

often are caused by blood clots. Although TIAs are not full-blown strokes, they greatly increase the risk of having a stroke. If you have a TIA, it's important for your doctor to find the cause so you can take steps to prevent a stroke.

Both strokes and TIAs require emergency care.

### Outlook

Many factors can raise your risk of having a stroke. Talk with your doctor about how you can control these risk factors and help prevent a stroke.

If you have a stroke, prompt treatment can reduce damage to your brain and help you avoid lasting disabilities. Prompt treatment also may help prevent another stroke.

Researchers continue to study the causes and risk factors for stroke. They're also finding new and better treatments and new ways to help the brain repair itself after a stroke.

## Mexican Troops 'Kill Zetas Cartel Founder Mellado'

Mexican security officials say one of the founders of the Zetas drug cartel has been killed in a gun battle in the north-eastern state of Tamaulipas.

**Galindo Mellado Cruz** is accused of being one of the original members of the Zetas, which first emerged as a group of enforcers for the Gulf cartel.

The two groups later split and became bitter rivals, their fights accounting for much of the violence in the area.

He is believed to be among five gunmen shot dead by the army on Friday.

A Tamaulipas state official told the Associated Press news agency that while Mellado no longer held a command position within the Zetas, he had been one of the 30 ex-special forces members to found the group.

Analysts say the Zetas now control more territory than any other criminal gang in Mexico.

They are infamous for their extremely violent methods, routinely decapitating rivals and hanging their bodies from bridges.

The war between the Zetas



**The city of Reynosa in Tamaulipas state has seen a spike in violence with more than 20 killed over the past weeks**

and their former paymasters, the Gulf cartel, has turned Tamaulipas into one of Mexico's most violent states.

Mellado was on the run after escaping from prison where he had been jailed after being accused of armed robbery, rape and murder, the official said.

He was killed in a raid on his hideout in the city of Reynosa along with four other armed men. One soldier also died in the fire fight.

It is not clear how the security forces tracked him down.

The security forces have recently landed a series of heavy

blows against Mexico's drug cartels.

But a number of high-ranking security officials have also been killed, including the Tamaulipas state intelligence chief, who was shot dead along with his bodyguards in Reynosa last week.

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# Belizean Book “My Body is Precious” Gets International Recognition



“**My Body is Precious**” has received an Honorable Mention in the category “**Best Publication**” of the **ALAS-IDB** Early Childhood Awards. These Awards are presented by the Inter-American Development Bank (**IDB**) and the **ALAS** Foundation to recognize the commitment of individuals and organizations working in early childhood development in Latin America and the Caribbean.

Written by Belizean authors Kim Simplis Barrow and Starla Bradley, “**My Body is Precious**” provides a basis for talking to children about sexual abuse. Former U.S. Secretary of State **Hillary Rodham Clinton**, Kinnevik Executive Chairman **Cristina Stenbeck**, ALAS Foundation President **Alejandro Santo Domingo**, and IDB

President **Luis Alberto Moreno** presented the distinction as part of the **ALAS-IDB** Awards Ceremony.

The **ALAS-IDB** Early Childhood Awards recognize innovation, excellence and investments in programs that benefit children younger than six years of age. The recognition given to “**My Body is Precious**”, distinguishes finalists who stand out for their commitment and dedication to early childhood development, whether through their work with vulnerable children or by grappling with issues that are rarely addressed.

The recent spate of sexual abuse in the country prompted Kim Barrow to write this book, which targets children of Belize and beyond, including children with disabilities. Belize’s Ministry of Human Development reported that, in 2012, the Child Protection Services received 784 cases of child abuse; 292 of these cases

were sexual abuse cases. This includes only reported cases as it is estimated that there may be a larger number of unreported cases, especially in Belize’s rural areas.

“**My Body is Precious**” reflects Belize’s ethnic and cultural diversity. To ensure that the story’s important message reaches the largest possible number of children, the authors plan to publish a Spanish version soon and to translate the book into some of the ethnic languages spoken in Belize. The book uses age-appropriate language and makes use of culturally sensitive characters in the story. It can be used as a guide by parents, as well as by schools.

#### About the authors:

**Kim Simplis Barrow** is the wife of the Prime Minister of Belize and the Special Envoy for Women and Children. She is also Global Ambassador for Special Olympics International and founder of the Inspiration Center in Belize, the first organization of its kind in Belize to provide therapy and rehabilitation services for children with disabilities.

**Starla Bradley** is a social worker and Program Director at the Ministry of Human Development and Social Transformation.

#### About the Inter-American Development Bank:

The IDB is the leading source of long-term financing and expertise for sustainable economic, social and institutional development in Latin America and the Caribbean. Its Education Division conducts research, provides technical assistance and finances projects to improve the infrastructure, curriculum and policies of education systems throughout the region. The Bank works in partnership with Latin American and Caribbean countries so that all students in the region may have access to quality education.

#### About ALAS

ALAS is a movement created in 2006 by a group of Latin American leaders (*artists, intellectuals and entrepreneurs among others*) who are interested in promoting proper Early Childhood Development in Latin America and the Caribbean. ALAS was founded as a nonprofit organization in Panama, where its administrative headquarters are still located today. Since then, ALAS has developed several initiatives to promote Early Childhood Development as a priority on presidential agendas in the region. Its aim is to highlight the importance of developing comprehensive health, education and nutrition plans from pregnancy up to age 6.

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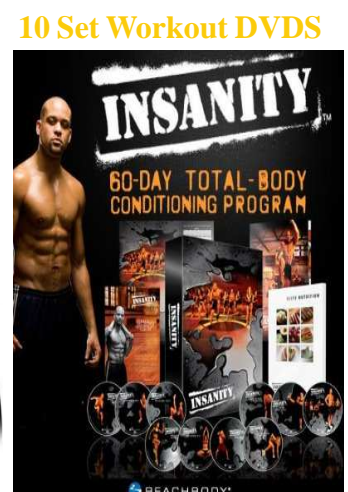
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# ★ STAR HUMOR ★

## Present Joke

John gingerly walked up to the sales lady in the clothing store *"I would like to buy my wife a pretty pink scarf."* *"How cute"* exclaimed the sales lady, *"sounds like it's going to be a great surprise."* *"It sure is"* said John *"she's expecting a new car!"*

## Grandma

A family took their frail, elderly mother to a nursing home and left her, hoping she would be well cared for. The next morning, the nurses bathed her, fed her a tasty breakfast, and set her in a chair at a window overlooking a lovely flower garden. She seemed okay, but after a while she slowly started to tilt sideways in her chair. Two attentive nurses immediately rushed up to catch her and straighten her up. Again she seemed okay, but after a while she slowly started to tilt over to her other side. The nurses rushed back and once more brought her back upright. This went on all morning. Later, the family arrived to see how the old woman was adjusting to her new home. *"So Ma, how is it here? Are they treating you all right?"* *"It's pretty nice,"* she replied. *"Except they won't let me pass gas."*

## The Loan

A lady walks into a bank in New York City and asks for the loan officer. She says she's going to Europe on business for two weeks and needs to borrow \$5,000. The bank officer says the bank will need some kind of security for such a loan, so the lady hands over the keys to a new Rolls Royce parked on the street in front of the bank. Everything checks out, and the bank agrees to accept the car as collateral for the loan. An employee drives the Rolls into the bank's underground garage and parks it there. Two weeks later, the lady returns, repays the \$5,000 and the interest, which comes to \$15.41. The loan officer says, *"We are very happy to have had your business, and this transaction has worked out very nicely, but we are a little puzzled. While you were away, we checked you out and found that you are a multimillionaire. What puzzles us is why would you bother to borrow \$5,000?"* The lady replied, *"Where else in New York can I park my car for two weeks for 15 bucks?"*

## Smart Mother In Law

So David Is finally engaged, and is excited to show off his new bride. *"Ma"*, he said to his Mother, *"I'm going to bring home three girls and I want you to guess which one is my fiancee."* Sure enough twenty minutes later, David walks in the door with three girls following behind him. *"It's that one"*, said his mother, without blinking an eye. *"Holy cow"*, exclaimed David, *"how in the world did you know it was her?"* *"I just don't like her"*, she replied.

## Dentist Visit

A woman and her husband interrupted their vacation to go to the dentist. *"I want a tooth pulled, and I don't want any pain killers because I'm in a big hurry,"* the woman said. "Just extract the tooth as quickly as possible, and we'll be on our way." The dentist was quite impressed. *"You're certainly a courageous woman,"* he said. "Which tooth is it?" The woman turned to her husband and said, "Show him your tooth, dear."

## Sweet Cheeks

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. After the surgery was completed, everyone was astounded at the woman's new beauty. She looked more beautiful than she ever had before! All her friends and relatives just went on and on about her youthful beauty! One day, she was alone with her husband, and she was overcome with emotion at his sacrifice. She said, *"Dear, I just want to thank you for everything you did for me. There is no way I could ever repay you."* *"My darling,"* he replied, *"I get all the thanks I need every time I see your mother kiss you on the cheek."*

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# Twin F150 Ford Trucks For The Twin Towns

**SAN IGNACIO TOWN, Cayo, Thursday, May 15, 2014:**

Thirty eighty brand new heavy duty police vehicles were handed over on Wednesday, May 14, to the Government of Belize by the Government of the United States of America.

This latest donation, valued at over two and a half million dollars forms a part of the Central American Regional Security Initiative (CARCI) which to date has implemented over 15 million dollars worth of initiatives relating to Belize.

Present for the handing over ceremony along with National Security Ministry CEO **George Lovell** and Commissioner of Police **Allen Whyllie**, was US Charge d' Affaires **Margaret Hawthorne** who told the gathering of invited guests that the trucks will be used to improve citizen security.

The vehicles have since been dispatched to police formations across the country. Not to be left behind, the San Ignacio Police formation was personally touched with the addition of, not one but two of the heavy Duty



Ford F150 super cab pickup trucks. One of the vehicles has been assigned to the Crimes Investigation Branch of the detachment while the other goes

to Community Policing.

Officer Commanding the San Ignacio police detachment, Sr. Supt. **Ralph Moody** informed that the two new trucks is a

welcome addition to the station's vehicle fleet. He informed that they will certainly be pressed into service to improve citizen security.

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# Developing The Twin Towns

SAN IGNACIO TOWN, Cayo,  
Thursday, May 15, 2014:

While the opposition People’s United Party and its operatives continue with their childish political mischief, the United Democratic Party Government, under the leadership of **Prime Minister Dean Barrow**, continues to develop the nation with the **Hon. Rene Montero**, Area Representative for Cayo Central and Minister of Works and Transport, bringing major development to San Ignacio and Santa Elena.

The total transformation of La Loma Luz Boulevard in Santa Elena and the Joseph Andrews Drive in San Ignacio, complete with a first ever two lane bridge across the Macal, have got to be the very most any government has ever done for the twin municipalities.

Notwithstanding this major accomplishment, a five million dollar expenditure on signature sporting projects is on the horizon. The realization of this project will bring to reality major transformation to the Falcon Field in San Ignacio and the Santa Elena football stadium.

Area Representative/ Minister of Works, Hon. Rene Montero informed that in addition to improving sporting facilities in each of the two towns, this five million dollar project will create additional employment for the residents of both towns as well as for residents from surrounding villages.

As the United Democratic Party government continues on the massive national infrastructural development agenda, the building of new roads continues, one such new roadway, nearing completion, is the new “*Golden Orange Orchard Road*” which will be connecting Joseph Andrews Drive to the San Ignacio approach to the spanking new two lane bridge across the Macal River.



Golden Orange Orchard Road

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The National Council on Ageing takes great pleasure in announcing the launch of the documentary *"Ageing in Belize"*

Featuring interviews with older persons across the country this short film illustrates some of the main concerns and typifies the issues that many older persons face in their struggle to maintain health and wellbeing on a daily

basis.

Ageing can be a joy to some when surrounded by loved ones who make later years comfortable but for others getting older is a sad and lonely experience especially when faced with debilitating illness and disability.

The Ageing in Belize documentary is not designed to frighten viewers, although

it might well touch a few heartstrings, but to educate and enlighten those who do not think about the ageing process. We all have a responsibility to take care of ourselves and each other if we wish to grow old and maintain a good quality of life. Therefore this documentary will be used to make people think and make preparations for getting

older.

It is time to acknowledge that people are living longer and as a consequence the population of older persons in Belize is increasing.

We hope that you will be able to join us for the launching which will take place on May 22nd 2014 at the Bliss Center for the Performing Arts at 10:00am



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# Your Weekly Horoscope and Lucky Numbers

## ARIES:

**March 22 to April 20**

The week continues to be very sociable and mainly positive. Monday brings a chance to connect with others to brainstorm, get feedback, and interact for romance or business purposes. Take it easy around midweek, when a Full Moon in Scorpio could arouse passions and intense feelings. You might be tempted to vent, but it might be wiser not to. As of Thursday, opportunities for spontaneous meetings, instant attractions, and fun times can give you a boost. **Lucky numbers: 15, 49, 73.**

## TAURUS:

**April 21 to May 21**

You might want to invest in improving your health and overall wellness by purchasing some exercise equipment or a gym membership. Midweek could have a deep and profound resonance, as the Moon in Scorpio can bring hidden feelings into the open. Passion, jealousy, anger, and just about any other intense emotion could show up in key interactions, so mind how you go. Pay attention to intuitive insights about how to improve your finances. It could save you time and money. **Lucky numbers: 01, 19, 97.**

## GEMINI:

**May 22 to June 21**

Your curiosity could peak, spurring creative ideas or enticing you to consider dating if you've been out of the loop for a while. You're in your element now and eager to enjoy the pleasures of life. You might want to lighten your schedule around the midweek Full Moon in Scorpio, as feelings may be running high. It would help to ease off the accelerator and go with the flow. Later, social opportunities look especially encouraging, with a chance for a delightful meeting. **Lucky numbers: 13, 38, 64.**

## CANCER

**June 21 to July 21**

Though creative conflict still appears in your life, you might be motivated to start on an idea you've been mulling over for some time. Don't let the Full

Moon in your creative sector keep you from moving ahead. It's in Scorpio, so fear or doubt could assail you right when you need confidence and enthusiasm in order to get ahead. Fortunately, the rest of the week provides just that. Success happens when you take that first baby step and keep going.. **Lucky numbers: 23, 55, 94.**

## LEO:

**July 24 to August 21**

Conversations lead to productive encounters, collaboration, and opportunities to get involved in creative projects. Take it easy on Wednesday, as intense feelings could stir up issues at home. This isn't the time to make snap decisions or say anything you could regret later. The rest of the week seems delightfully upbeat, bringing encounters that inspire and delight. Sizzling chemistry may endear you to someone very quickly on Thursday. The weekend brings a chance for all-out indulgence. **Lucky numbers: 07, 32, 67.**

## VIRGO:

**August 22 to September 21**

Business deals and career opportunities may show up this week, enhancing your prospects if you're willing to step outside your comfort zone. Connecting with key people, researching options, and gathering information can help you reach an important goal. However, an emotional surge may cloud thoughts midweek. Avoid making important decisions at that time. Wait a day or so to feel calmer and more collected for best results. There's also a chance of a small windfall - enough to put a smile on your face! **Lucky numbers: 30, 51, 85.**

## LIBRA:

**September 22 to October 23**

Although relationships could be a bit of a challenge, there's also plenty of sizzle showing up in your social life. Opportunities to explore groups or move in new circles could be a revelation. Try to avoid splurging at the time of the midweek Full Moon, even if it does help you feel better. Chances are you'll regret it the next day. Still, one or two small luxuries

could boost your mood. Romance can happen if you're willing to move outside your comfort zone and seek adventure. **Lucky numbers: 20, 45, 82.**

## SCORPIO:

**October 24 to November 21**

You may be thinking about life's deeper issues, as a focus on spiritual and emotional matters could encourage a period of reflection. Perhaps what you really want is for harmony and balance to pervade your everyday existence. Don't let the Full Moon in Scorpio throw you off. Although powerful emotions may arise, simply feeling them can help them dissipate. If you've been considering therapy or counseling, this might be a good time to find a suitable person. **Lucky numbers: 16, 47, 82.**

## SAGITTARIUS:

**November 22 to December 21**

You seem to be on a roll, especially as your social life and love life are concerned. Interactions with many people can be the catalyst to some exciting things happening for you. Be willing to let your curiosity lead the way and more exciting things will come to you. Also, opportunities for romance seem particularly appealing. Whether you're in a long-term relationship or looking for love, the flame of passion could be kindled in the days ahead. The weekend looks particularly fun and indulgent. **Lucky numbers: 23, 57, 89.**

## CAPRICORN:

**December 22 to January 20**

You may be curious to explore options for new contracts, jobs, and work in general. With Mercury in

Gemini and making some spectacular aspects this week, it's a good time to advertise your skills and services, apply for interviews, and get things up and running in general. There is also a lot happening on the home front, with the chance of a surprise visitor showing up. Socializing and home entertainment can be fun and delightful, with plenty to anticipate. **Lucky numbers: 11, 36, 77.**

## AQUARIUS:

**January 20 to February 18**

Opportunities for romance, business, and anything else you can think of could be there for you this week. Researching your options by surfing online could result in rich pickings. Try not to be swayed by the midweek Full Moon in Scorpio concerning an important career move or goal. Intense energies could cause you to doubt your motives - or someone else's. Reflect carefully before you make any important decisions. Later, the chance to do business in a fun, upbeat environment can be very enjoyable. **Lucky numbers: 05, 43, 64.**

## PISCES:

**February 20 to March 21**

Home and family matters seem positive, as upbeat transits may coincide with family get-togethers or celebrations. You might want to splurge on items for your home. A spontaneous decision to upgrade the decor could have you considering paint, carpets, or curtains. However, it also pays to monitor your spending and stick to a sensible budget. Spending without thinking could cause unnecessary anxiety later. The rest of the week brings a chance for good times that can generate happy memories. **Lucky numbers: 27, 54, 94.**

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# The Transformation Of Far West Street

SAN IGNACIO TOWN, Cayo, Thursday, May 15, 2014:

Last week we told you about total transformation of the upper portion of Burns Avenue between, Atlantic/Scotia Banks on the upper end and the Belize Bank at the lower end.

It is with much please this week that we report on the total transformation started this week on Far West Street also in San Ignacio Town.

Residents of Far West Street informed that they have never seen this kind of attention being afforded to their street. One resident said that the temporary inconvenience caused by the project is a minor price to pay for the much needed development in their street.

Mayor **John August** informed that the council has for a long time realized the need to upgrade Far West Street as that



Far West Street, San Ignacio Town

as soon as the funds were made available last week, the council immediately jumped on the opportunity to bring to fruition the long time desire of the council to improve Far West Street.



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**NOTICE**

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.

## ANNUAL GENERAL MEETING

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**NOTICE TO MEMBERS**

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- \* Saturday 17 May
- \* Friday 23 May will close at 12:00 noon
- \* Saturday 24 & Monday 26 May

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# Two Meals A Day 'Effective' To Treat Type 2 Diabetes

**BY: Pippa Stephens**  
Health reporter, BBC News

Only eating breakfast and lunch may be more effective at managing type 2 diabetes than eating smaller, more regular meals, scientists say.

Researchers in Prague fed two groups of 27 people the same calorie diet spread over two or six meals a day.

They found volunteers who ate two meals a day lost more weight than those who ate six, and their blood sugar dropped.

Experts said the study supported "*existing evidence*" that fewer, larger meals were the way forward.

Type 2 diabetes occurs when the body does not produce enough of the hormone insulin, which controls the amount of sugar in the blood, meaning blood sugar levels become too high.

If untreated, it can lead to heart disease and stroke, nerve damage, light-sensitive eyes and kidney disease.

About 2.9 million people in the UK are affected by diabetes, 90% of whom have the type 2 form of the disease.

Current advice in the UK recommends three meals a day, with healthy snacks.

Scientists at the Institute for Clinical and Experimental Medicine in Prague divided a group of 54 volunteers aged 30 to 70 with type 2 diabetes into two groups of 27 people.



**Scientists prescribed two meals a day rich in fruit, vegetables and fibre**

Volunteers were then given either a six-meal-a-day diet (**A6**) for 12 weeks followed by a two-meal day diet (**B2**), or vice versa.

The study compared two meals with six meals - as the latter accorded with current practice advice in the Czech Republic, researchers said.

Each diet contained on average 1,700 calories a day.

The B2 group ate between 06:00 and 10:00 and then between 12:00 and 16:00, and the A6 group ate their food throughout the day.

Weight loss for the B2 group averaged 1.4kg (**3lb**) more than A6, and they lost about 4cm (**1.5in**) more from their

waistlines.

Lead scientist **Dr Hana Kahleova**, at the Institute for Clinical and Experimental Medicine, said the results were "*very pleasing*".

She said: "*The patients were really afraid they would get hungry in the evening but feelings of hunger were lower as the patients ate until they were satisfied.*"

"*But when they ate six times a day the meals were not leaving them feeling satisfied. It was quite surprising.*"

Dr Kahleova said the study could apply to people without diabetes who were trying to lose weight.

**Dr Richard Elliott**, research

communications officer at Diabetes UK, said the study added to evidence that eating fewer, larger meals a day could be more effective than smaller, frequent meals at helping people manage their condition.

He added: "*However, larger studies over longer periods of time will be needed to back up these findings before we would make changes to the dietary advice given to people with type 2 diabetes.*"

Dr Elliot said eating a healthy, balanced diet, being active and maintaining a healthy weight, alongside taking any medication was "*vital*" to effectively manage the condition.



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# Were The Bullets Planted In the Car Itza Drove?

**Continued From Front Page**

the highway. A search of the white Toyota, four door car with taxi license plates **BVO-D-00439**, led to the discovery of five shiny, point 38, live rounds of ammunition, found under some CD's in the center console.

The discovery led to the detention of the driver, **Belarmino Itza**, 52, and all three female passengers. They were escorted to the police station in San Ignacio where statements were recorded from the females after which they were released. Itza however, was not as fortunate as he remained in police custody facing possible arrest and mandatory imprisonment.

The information reaching us indicated that Itza was conducting the usual taxi rounds in Benque Viejo on Thursday afternoon when, with a male passenger in the front seat, he picked up three females requesting a ride to San Ignacio



**Toyota, four door car with taxi license plates BVO-D-00439**

Town. He first dropped off the male passenger at his destination in Benque Viejo and when the man exited the car, Itza requested for one of the female passenger to take up the front seat vacated by the male passenger.

Itza and the three females were heading to San Ignacio

town when they were intercepted by the police in the vicinity of Ka'ana Boutique Resort on the George Price Highway. The vehicle was searched and the five shiny bullets were found.

From the instant the bullets were shown to him, Itza has been

insisting that they were planted in the car which he rents from a taxi leasing businessman in Benque Viejo Town. Up to this Friday morning he was still in police custody as police intends to proceed with charging him for the possession of illegal ammunition which will land him in jail on remand.

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