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STAR

"The Newspaper That Cares And Dares To Bring Out The Truth"



No. 410 Sunday, August 17, 2014 Price \$1.00

Four Arrested For Parceling A Pound Of Weed



Ricky Diego

RED CREEK, SANTA ELENA, Cayo, Thursday, 14, August, 2014:

Three men from Red Creek and a fourth from Santa Elena were, this Thursday afternoon, arrested and charged for the possession of



Shane Smith

marijuana when a team of policemen sneaked up on them from behind as they were parceling the merchandise under a coconut tree in the back of a yard.

Acting upon information received,



Glenford "Geese" Lewis

at around 2:30 pm this Thursday afternoon, a team of policemen, comprising elements from Special Branch, Crimes Investigation Branch and the Tourism Police Unit sneaked up from behind, along a cement fence,



Wayne Miralda

unto a property located at #213 Red Creek, on the eastern outskirts of Santa Elena Town, where they surprised four men assembled under a coconut tree engaged in a suspicious

Continues On Page 15

C.O.B.Y ENTERTAINMENT AND NEXT LOUNGE SAN IGNACIO PRESENTS

Coby **NEXT**

FETE IS WE NAME

CLOUD 9 SOUNDS **MUSIC BY EVOLUTION SOUND** **SUPA P**

TICKET GIVEAWAYS TO MACHEL MONTANO CONCERT

AUGUST 16TH 2014

NEXT LOUNGE SAN IGNACIO

Espat Takes The Rap Fined and Confined



Justin Espat

SAN IGNACIO TOWN, Cayo, Friday, August 8, 2014:

Four persons from Santa Elena were today arrested on a possession of marijuana charge. The youngest of the four pled guilty to the charge. He was sent straight to jail on a five year



Nelson "Quack" Flores

sentence along with a ten thousand dollar fine.

It was shortly before 10 o'clock on the morning of Friday, August 8, 2014, when a team of policemen, armed with a warrant to search for

Continues On Page 15



Editorial



We See, We Hear And We Read

When one travels across the nation, there is no denying that unprecedented development in the nation's infrastructure is happening everywhere like never before.

The modernization of Belize City is unquestionable, **Mayor Darrell Bradley**, with assistance from **Prime Minister Dean Barrow** and Central Government are transforming the city beyond imagination. In the less than two and a half years since Mayor Bradley was elected to Belize City Hall, he and his team has done more for the city than all previous mayors combined.

Amazingly, while the national development is advancing full speed ahead, it is doing so without any increase in national taxes and undue hardships to the thousands of public officers, teachers, doctors, nurses, policemen and soldiers paid by the national purse. Much unlike what is taking place in the region.

We see, we hear and we read reports of massive retrenchments of public officers in sister Caribbean states.

We see, we hear and we read of moratoriums on new employment of public officers in the region.

We see, we hear and we read of wage freezes and wage cuts in the region while Belizean public officers and pensioners were the recent

recipients of salary increases to the tune of around 9%.

We see, we hear and we read of the governments of Antigua and Barbuda and Dominica restarting the sale of their passports.

We see, we hear and we read about the Government of Barbados begging Barbadians in the Diaspora for economic assistance.

We hear opposition activists begging for the halting of the development in Belize City. We hear the member for Cayo South attacking government for seeking to provide land for Belizeans near Cotton Tree Village.

We hear of the threats of lawsuits against the government for seeking to give Belizeans a piece of the land of their birth.

We hear operatives of the opposition criticizing the Prime Minister for securing the employment and wages for sanitation workers in Belize City. We hear them criticizing the Prime Minister for the demonstration of compassion by intervening with the discontinuation of criminal charges against these people.

We see, we hear and we read of the collapsing of the recently remolded Bliss Center for the performing arts. Yet the Fort George office, built around the same time, on prime

government real estate at the corner of Queen Street and Gabourel Lane in Belize City sits majestically tall as if it were built only yesterday.

We see, we hear and we read that under the previous administration the nation's foreign reserves held in the Central Bank of Belize, stood at only 60 million dollars being about three weeks of imports. That same reserve under Prime Minister Dean Barrow and his United Democratic Party currently stands at almost ONE BILLION DOLLARS.

We see, we hear and we read about a lot of other things. We are however yet to at least hear from the leader of the opposition of his party's action against his party's standard bearer for the Belize Rural North constituency, who it seem is drowning from alleged wrongdoing/corruption in alleged wheelings and dealings in private practice.

The member for Fort George, former Prime Minister, **Hon. Said Musa**, served as the maximum leader of the nation for ten round years and did very little for the constituency that has elected him into the House of Representatives for several consecutive five year terms in office, he has done much less for the city

and the country.

The current leader of the opposition and member for the Freetown Constituency, having been elected for three consecutive terms since 2003, has done next to nothing to uplift the standard of living for the people of that constituency. It is no wonder therefore that his support in the area is rapidly dwindling as constituents are now exposed to the kind of development that can come their way with the right Area Representative.

The United Democratic Party's first term in office was dedicated to correcting the humongous financial wrongs that was brought to bear on our national economy. The second term is to develop and modernize the national infrastructure. A third UDP term in office will spin our heads as we come to the realization how backwards, underdeveloped and neglected we lived under the opposition who were hell bent in keeping all of us poor, begging and hungry while they raped the nation of its wealth. A third UDP term in office will serve as a clear testimony of the magnitude of progress and development that strong political leadership can bring to a nation and its people

STAR Newspaper

#42 George Price Highway,
Santa Elena, Cayo
Belize, CA

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

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Nyani Azueta-August

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Sherlene Dawson

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Burglary, Burglary, Burglary

SAN IGNACIO TOWN, Cayo, Tuesday, 12 August, 2014:

San Ignacio police are this week reporting three burglaries with no arrest. Police are of the opinion that a sneaky burglar is in town. The general public is therefore advised to guard against becoming a victim of burglary.

In the first incident, **Gerald Armstrong**, 48, reported to police that between 6:00 am and 10:00 pm on Saturday, August 2, his house, located on Eduardo Juan Street in Santa Elena, was burglarized. While several items stolen amounted to less than a hundred dollars, the fact remains that someone invaded his privacy and in the process disrespected him.

In the second incident, **Wayne**



Wing Stop Restaurant

Bermudez, 50, year old Belizean farmer of a San Ignacio Town address reported to police that his farm house, located behind Eden Resort on the highway leading to Benque Viejo Town, was burglarized on Sunday, August 10.

The investigation revealed that entry into the house was gained by cutting one of the screens on a window with the point of exit being via the main door.

The list of missing items include a silver and black #4 Smooth brand planer, serial number TZ4374, valued at \$118; a red, black and silver Craft brand cordless drill with serial number TC3423 valued at \$200; two pairs of black Mesphisto brand slippers valued at \$600, a blue and white cooler valued at \$150 and \$400US in cash all for a total value of \$1,868.

In the third reported incident, **Arnold Cano**, 23, Belizean manager of Wing Stop Restaurant located on Burns Avenue in San Ignacio reported that the business establishment was burglarized.

Cano informed that the incident happened within the span of 7 hours at closing and reopening. He told the police that the establishment was closed at

around 1:00 am on Friday, August 12 and upon reopening at 8:00 am, he noted that the place was burglarized. The items recorded as missing include a white VIO brand laptop valued at \$1,600, a Dewall brand cordless drill valued at \$350, a grey metal cash pan valued at \$35, and eighty bottles of beer of assorted variety valued at \$250 all for a total value of \$2,235. Police are looking for one person who they believe can assist them in the investigation.

Persons with information on any of the stolen items are asked to contact the police, toll free, at 911 or 804-2022. The public is advised that it is a serious offence to purchase stolen goods.

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or

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A component of the Belize Rural Development Programme II

A project funded by the European Union and The Government of Belize

SITE SPECIFIC GUIDE TRAINING NOTICE

DATE OF FIRST PUBLICATION: August 4, 2014

The PEU for the MTBCAAS project will be screening applicants for the upcoming **Archaeological Site Specific Tour Guide Training** schedule to commence in the last week of September 2014. Spaces are limited therefore preference will be given to those applicant whose permanent place of residence is near one of the targeted sites (Altun Ha, Belize District; Lamanai, Orange Walk District; Caves Branch, ATM, Barton Creek, Xunantunich, Cayo District; Nim Li Punit, Lubaantun and Blue Creek, Toledo District), and the ability to successfully complete the training programme.

Interested persons can pick up an application form at one of the eight target sites ranger office (except Blue Creek), Belize Tourism Board Office in Belize City, Institute of Archaeology Office in Belmopan or from the mtbcaas.com web portal and submit it the address below or email by Monday, September 1, 2014 at 4:00 pm.

Making Tourism Benefit Communities Adjacent to Archaeological Site Project Office (MTBCAAS)
56 Regent Street
Belize City
Tel: 227-1781
info@brdptourism.bz

Belize Earns A Host Of Top 100 Readers Choice Awards

Belize City, Belize – August 11, 2014 –

The August 2014 “Scuba Diving” magazine has outlined Belize as the “Central American paradise” who “earned a host of 2014 Top 100 Readers Choice Awards.” Belize earned Readers Choice Awards for the Caribbean and Atlantic’s best overall destination, big animals, wall diving, and underwater photography.

Some of the highlights from the three-page spread include mentions of our barrier reef “*bowing only to Australia’s great one.*” It also talks about the wall dives that can be done along the atolls, which “*turn into an underwater Lollapalooza.*” Also among the highlights was Gladden Spit which placed in the top 5 list for “*best big animals in the Caribbean and Atlantic region.*” Apart from our “*big animals,*”



Manta Wall in Placencia

Belize was also recognized for its “*macro critters.*” Belize, known for some of the most authentic experiences, was also pointed out as



The Great Blue Hole

a destination for tours from luxury yachts, to explorations through the jungle and to the archaeological sites. Capping off the notable highlights was

our Great Blue Hole, which is described as a “*landmark that warrants crossing off a list.*”

Director of Marketing and Industry Relations, Alyssa Carnegie, commented, “We are honored that Belize has earned so many Readers Choice Awards from Scuba Diving Magazine. This is a very popular and influential publication for divers, so these awards will resonate in the diving world and further strengthen Belize’s position as a top diving destination. Those that know about us will continue to visit, and those who weren’t sure will now know what we offer divers, as well as other visitors. The BTB shares this recognition with all our partner agencies that work tirelessly to preserve the integrity of our local sites.”

The article is available online at <http://www.scubadiving.com/photos/top-100-belize>.

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PUBLIC UTILITIES COMMISSION



EMPLOYMENT OPPORTUNITIES

The Public Utilities Commission (PUC) invites expressions of interest from suitably qualified and motivated candidates in respect of the following employment opportunities:

1. Director - Finance and Administration

Duties and Responsibilities:

The **Director - Finance and Administration** is responsible for the general management and supervision of the finance and administration functions of the Office of the PUC, including but not limited to:

- Direct supervision of finance and administrative staff
- Development, implementation and operation of financial and accounting systems
- Preparation of annual budgets and reports
- Human resources functions, programs and plans
- Human resources development and training
- Consumer affairs and customer services functions
- Public relations and public education functions, programs and plans
- Processing of applications for licenses, authorizations, reports, documents, etc.
- Maintenance of registers of licensees, Byelaws, Orders, Decisions, Regulations, etc.
- Maintenance of office equipment and other relevant assets of the PUC
- Other relevant duties and responsibilities that may be assigned from time to time

Qualifications:

The successful candidate shall possess:

- Minimum of a Bachelor of Science Degree in Finance, Accounting, Business Administration or related field
- At least five (5) years' experience in a senior management position in comparable organization
- Outstanding interpersonal, planning, motivational and organizational skills
- Unwavering interest and commitment to the purpose, duties and responsibilities of the PUC

Benefits:

The base salary will be based on personal qualifications and experience, within the salary scale of BZ\$50,000.00 to BZ\$90,000.00 per annum.

The successful candidate will be entitled to an annual gratuity of 20% of base salary and to twenty (20) working days' vacation annually.

Successful candidates will also be entitled to participate in all benefit plans, if any, provided by the PUC to its employees generally, including its ongoing training program.

2. Consumer Affairs/Public Relations Officer

Duties and Responsibilities:

The **Consumer Affairs/Public Relations Officer** is responsible for assisting the PUC in the regulation of licensees for all utility sectors particularly with respect to matters directly affecting consumers, including the handling of complaints, and to manage the public relations and public education functions of the PUC. Specific duties and responsibilities include, but are not limited to:

- Direct supervision of assigned staff
- Assist in the development and implementation of Byelaws, Regulations, Orders and methodologies or processes for handling of complaints against licensees in all utility sectors
- Planning and logistical control of public proceedings, meetings, conferences, workshops, etc.
- Assist, as appropriate, in the determination and setting of tariffs, rates, fees and charges in rate review proceedings or filings
- Assist in the collection and analysis of comments received from Interested Persons and the general public where required
- Assist in the maintenance and operation of the PUC Website
- Assist in the development of codes of practice for licensees and monitoring of licensees for compliance to such codes
- Assist in the Preparation of annual budgets and reports
- Other relevant duties and responsibilities that may be assigned from time to time

Qualifications:

The successful candidate shall possess:

- Minimum of a Bachelor of Science Degree in Communications, Public Relations or related field
- At least five (5) years' experience in a relevant position
- Outstanding interpersonal, planning, motivational and organizational skills
- Unwavering interest and commitment to the purpose, duties and responsibilities of the PUC

Benefits:

The base salary will be based on personal qualifications and experience, within the salary scale of BZ\$36,000.00 to BZ\$75,000.00 per annum.

The successful candidate will be entitled to fifteen (15) working days' vacation annually.

The successful candidates will also be entitled to participate in all benefit plans, if any, provided by the PUC to its employees generally, including its ongoing training program.

Applications

The deadline for applications for both positions is **5:00 PM on August 22, 2014**.

Completed applications along with two letters of reference should be sent to:

**Employment Opportunities
Public Utilities Commission
41 Gabourel Lane
Belize City, Belize**



Readers Write



Marriage Reveals, Not Creates Problems

BY: Rick Warren, Aug 3, 2014:

"In the end, people appreciate honest criticism far more than flattery." (Proverbs 28:23 NLT)

If you're single and you're prolonging a relationship that you know is going nowhere, don't continue it. **"But I won't have anybody to take me out on Friday night,"** you say. A bad marriage is a million times worse than not going out on Friday night! The longer you're in a relationship, the more difficult it's going to be to get out of it.

Proverbs 28:23 says, *"In the end, people appreciate honest criticism far more than flattery"* (NLT).

Size that person up quickly, particularly related to emotional health. Don't be afraid to ask questions like, **"Do you have uncontrolled anger?"** **"Can we talk about me?"** or **"Will you pick up the tab?"**

Regardless of the emotional state of your partner, you need to begin with a personal relationship with Jesus Christ yourself. If you haven't done that,

you need to start there. You need to get spiritually connected to God.

Next I want to challenge you to commit yourself to God's standard and not let oceans of emotions sway you into making a stupid decision. Given the right situation, you may fall in love with the idea of being in love. And that may lead to a foolish decision!

Don't date until your own emotional hurts are healed or at least in the healing process. Get rid of the bitterness. Get rid of the anger problem. Get rid of your baggage.

I remember marrying a couple many years ago at Saddleback. About five years later we had them over for dinner. The woman told me, **"When I walked down the aisle in that white dress, I had no idea that I was carrying an entire bag of emotional garbage on my back. And I took all that garbage into the marriage."**

Marriage does not create problems. It reveals them. The more you can deal with it before

you get married, the happier, more God-honoring, and more fulfilling your marriage is going to be. You will have that deep soul intimacy that is personal,

relational, sexual, and spiritual. It is the oneness that comes from being unified by a relationship to God, your purpose, and your calling.

STAR Newspaper

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August

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Sherlene Dawson

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Liquor License Notice

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **NANTHA KHOTPHROMSRI** is applying for a **RESTAURANT** liquor license for the year 2014 to operate **Syam Restaurant** located in Unitedville Village, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **LINDFORD ROSADO** is applying for a **PUBLICAN SPECIAL** liquor license for the year 2014 to operate **Thirsty Thursday Restaurant and Bar** located on Buena Vista Street, San Ignacio Town, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **DA RONG CHEN AND LI MING CHEN** is applying for a **RESTAURANT** liquor license for the year 2014 to operate **A & S Store** located on George Price Highway in Santa Elena Town, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **DANIEL VELASQUEZ** is applying for a **MALT AND CIDER/ RESTAURANT AND BAR** liquor license for the year 2014 to operate **Belize Social Project Restaurant and Bar** located on Buena Vista Road, San Ignacio Town, Cayo District.

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www.bnetrust.org

The Belize Natural Energy Charitable Trust Signs Contract with New General Manager

Belmopan, Tuesday, August 12th, 2014

The Belize Natural Energy Charitable Trust, a public-private partnership between the Government of Belize and the Belize Natural Energy Limited, has a new General Manager.

After a rigorous interview and selection process the position was offered to Mr. Victor Alegria. The two-year employment contract was signed on Monday, August 11, 2014.

Mr. Alegria takes up the position effective August 20, 2014. He replaces Ms. Sharon Ramclam who resigned the post earlier this year for an appointment as the Chief Executive Officer in the Ministry of Natural Resources and Agriculture.

Mr. Alegria, who resides in San Jose Succotz Village, holds a Bachelor's Degree in Natural Resource Management from the University of Belize and a Master's Degree in Environmental Science and Policy from the University of South Florida, USA. He is married and is the proud father of four daughters.

The Board of Trustees of the Belize Natural Energy Charitable Trust takes this opportunity to express sincere appreciation to those who applied to join the team. We welcome Mr. Alegria as the newest member of the team. The Board and Staff is committed to working with the General Manager as we continue to serve as a catalyst for people and communities to believe in themselves so they can achieve their full potential.



Mr. Alberto August, BNECT Chairman and Mr. Victor Alegria, New BNECT GM Signing Contract

The Belize Natural Energy Charitable Trust (BNECT) is a partnership between the Government of Belize and Belize Natural Energy Limited, established by Deed of Trust dated February 25th 2008. The Trust was established to make a difference in the lives of Belizeans and thus seeks to empower people and communities to thrive in a harmonious, socially and environmentally responsible manner so that they can be the conscious architects of their own future. The Trust's mission is to serve as a catalyst for people and communities to believe in themselves so they can achieve their full potential. Opportunities for development are provided through grants for educational-related projects, capacity building programs and initiatives that support the social environment. For More information on the BNECT, visit; www.bnetrust.org



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★ STAR HUMOR

Street Name?

"I'd like the number for Jennifer Smith in Belize City", the young man said to the BTL operator.

"There are multiple listings for Jennifer Smith

in Belize City," the operator said. "Do you have a street name?"

The young man hesitated a moment, "Well, uh, most people call me Lion."

The Ugly Baby

A woman got on a bus holding a baby. The bus driver said: "That's the ugliest baby I've ever seen."

In a huff, the woman slammed her fare into the fare box and took an aisle seat near the rear of the bus.

The man seated next to her sensed that she was agitated and asked her what was wrong.

"The bus driver insulted me,"

she fumed.

The man sympathized and said: "Why, he's a public servant and shouldn't say things to insult passengers."

"You're right," she said. "I think I'll go back up there and give him a piece of my mind."

"That's a good idea," the man said. "Here, let me hold your monkey."

The Wrong Way

As a senior citizen was driving down Orange Street, his phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's

a car going the wrong way on Orange Street. Please be careful!"

"Darn!" said Herman, "It's not just one car. It's hundreds of them!"

Nun In A Cab

A nun gets into a cab and the cab driver won't stop staring at her. She asks him why is he staring and he replies, "I have a question to ask you but I don't want to offend you."

She answers, "My dear son, you cannot offend me. When you're as old as I am and have been a nun as long as I have, you get a chance and see and hear just about everything. I'm sure that there's nothing you could say or ask that I would find offensive."

"Well, I've always had a fantasy to have a nun kiss me."

She responds, "Well, let's see

what we can do about that:

- 1) you have to be single and
- 2) you must be Catholic."

The cab driver is very excited and says, "Yes, I am single and I'm Catholic too!"

The nun says, "O.K., pull into the next alley."

He does and the nun kisses him. But when they get back on the road, the cab driver starts crying his eyes out. "My dear child, why are you crying?"

"Forgive me sister, but I have sinned. I lied, I must confess, I'm married and I'm Jewish."

The nun says, "That's OK, my name is Kevin and I'm on my way to a Halloween Party."

Dinner Date

Mr. Smith was delighted with the way the painter had done all the work on his house.

"You did a great job," he said and handed the man a check.

"Also, in order to thank-you, here's an extra \$80 to take the misses out to dinner and a movie."

Later that night, the doorbell rang and it was the painter. Thinking the man had forgotten something he asked, "What's the matter, did you forget something?"

"Nope," replied the painter. "I'm just here to take your misses out to dinner and a movie like you asked."

The Test

Two men, Robert and James, applied for an engineering position. Both applicants having the same qualifications were asked to take a test by the department manager.

Upon completion of the exam both men only missed one of the questions. The manager went to Robert and said, "Thank you for your interest, but we've decided to give James the job."

Robert replied, "Why? We both correctly answered nine questions. I believe I

should get this job, especially since I've grown up in this town and James just moved here."

The manager said, "We made our decision not on the correct answers, but on the question you missed."

"How could one incorrect answer be better than the other?," asked Robert.

"Simple," said the manager. "James put down on question #5, 'I don't know', and you put down, 'Neither do I.'"

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Police Manhunt For Calderon Brothers Underway

SAN IGNACIO TOWN, Cayo, Monday, August 11, 2014:

Police have detained two suspects and are on the manhunt for two more in connection with a Sunday night, August 3, chopping incident in San Ignacio Town.

It was a few minutes to 10 o'clock on Sunday night August 3 when the police were called to the community hospital in San Ignacio. They were immediately directed to the emergency room where a male person was being treated for large chop wounds, one each to both knees and another to the mid section of the body.

Preliminary investigation revealed that the victim, later identified as San Ignacio resident, **Felix Romero**, was at his mother-in-law's house on



The Victim, Felix Romero

Flamingo Street in San Ignacio when he went to open the gate for his mother-in-law to enter. Whilst at the gate he was reportedly attacked by four male persons whom he identified as the **Calderon brothers: Neri and Gerson** along with **Leroy**

Supal and Joshua Concha. He emerged from the attack with three large chop wounds and was rushed to the hospital where the police met him. The extent of the injuries necessitated the immediate transfer of the patient from the community hospital in San Ignacio bypassing the Western Regional Hospital in Belmopan for direct transfer to the nation's principal medical facility at the Karl Heusner Memorial Hospital in Belize City where the patient was received in a stabilized critical condition.

Inspector Reymundo Reyes, 2nd in command of San Ignacio police, told the media that police are investigating the incident in relation to a long standing dispute between the victim and suspects. Reyes

additionally informed of the existence of a pending case before the court between the parties involved in this latest incident.

The investigation has since led to the detention of Supal and Concha while an intensive manhunt is underway for the Calderon brothers. Officers from the Crimes Investigation Branch are asking anyone with information on the whereabouts of the Calderon brothers to kindly call the 911 toll free number or Crimes Investigation Branch personnel at 804-2022. The public is assured that all information will be held in the strictest of confidence.

Police say that while they await advice from the Office of the Director of Public Prosecutions, there is a strong possibility that all four suspects could be jointly charged for the attempt murder of Felix Romero.

Invitation To Support HRCB Fundraising Event

Dear All,

The Human Rights Commission of Belize invites you to support their fundraising event to be held in San Ignacio at the Sacred Heart Auditorium this coming Saturday August 16th 2014 starting at 7:30 p.m..

This event is being done in partnership with the Rotaract Club of San Ignacio and consists

of the performance of the hilarious play "**Every Rose has Thorns**" written by pastor **Dillon Burgin**.

All proceeds go towards the continuation of HRCB's human rights educational trainings and advocacy programs and the Rotaract's Club "**Send a child to school scholarship program**" Come out and support us.

Price of tickets for the event are \$15 regular seating and \$50 reserved. Hoping to obtain your kind support. Please share with friends whom you think might be interested in seeing the play.

You can contact **Antoinette Moore** at <moorelawbze@gmail.com> or The Human Rights Commission of Belize



<hrcbproject@gmail.com> for tickets.

BY: Dr. Candy Gonzalez



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Acne Vulgaris

Acne vulgaris (or simply acne) is a common human skin disease, characterized by areas of seborrhea (scaly red skin), comedones (blackheads and whiteheads), papules (pinheads), nodules (large papules), pimples, and possibly scarring. Aside from scarring, its main effects are psychological, such as reduced self-esteem and in very extreme cases, depression or suicide. One study has estimated the incidence of suicidal ideation in patients with acne as 7.1%.

In adolescence, acne is usually caused by an increase in androgens such as testosterone, which occurs during puberty, regardless of sex. Acne more often affects skin with a greater number of oil glands; these areas include the face, the upper part of the chest, and the back. Severe acne is inflammatory, but acne can also manifest in noninflammatory forms. The skin changes are caused by changes in pilosebaceous units, skin structures consisting of a hair follicle and its associated sebaceous gland, changes that require androgen stimulation.

Many different treatments exist. Eating fewer simple carbohydrates like sugar may help. Medications for acne include: benzoyl peroxide, antibiotics (either topical or by pill), retinoids, antiseborrheic medications, anti-androgen medications, hormonal treatments, salicylic acid, alpha hydroxy acid, azelaic acid, nicotinamide, and keratolytic soaps. Early and aggressive treatment is advocated by some to lessen the overall long-term impact to individuals.

Cause

Hormonal

Hormonal activity, such as menstrual cycles and puberty, may contribute to the formation of acne. During puberty, an increase in sex hormones called androgens cause the follicular glands to grow larger and make more sebum; A similar increase in androgens occurs during pregnancy, also leading to increased sebum production. Use of anabolic steroids may have a similar effect. Several hormones have been linked to acne: the androgens testosterone, dihydrotestosterone (DHT) and dehydroepiandrosterone sulfate (DHEAS), as well as insulin-like growth factor 1 (IGF-I).

Development of acne vulgaris in later years is uncommon, although the incidence of rosacea, which may have a similar presentation, is increased in older age groups. True acne vulgaris in adult women may be a feature of an underlying condition such as pregnancy, or disorders such as polycystic ovary syndrome, hirsutism,

or Cushing's syndrome. Menopause-associated acne (known as acne climacterica) occurs as production of the natural anti-acne ovarian hormones estradiol and progesterone fail, permitting the acnegenic hormone testosterone to exert its effects unopposed.

Genetic

The predisposition for specific individuals to acne is likely explained by a genetic component, which has been supported by twin studies as well as studies that have looked at rates of acne among first degree relatives. The genetics of acne susceptibility is likely polygenic, as the disease does not follow classic Mendelian inheritance pattern. There are multiple candidates for genes which are possibly related to acne, including polymorphisms in TNF-alpha, IL-1 alpha, CYP1A1 among others.

Psychological

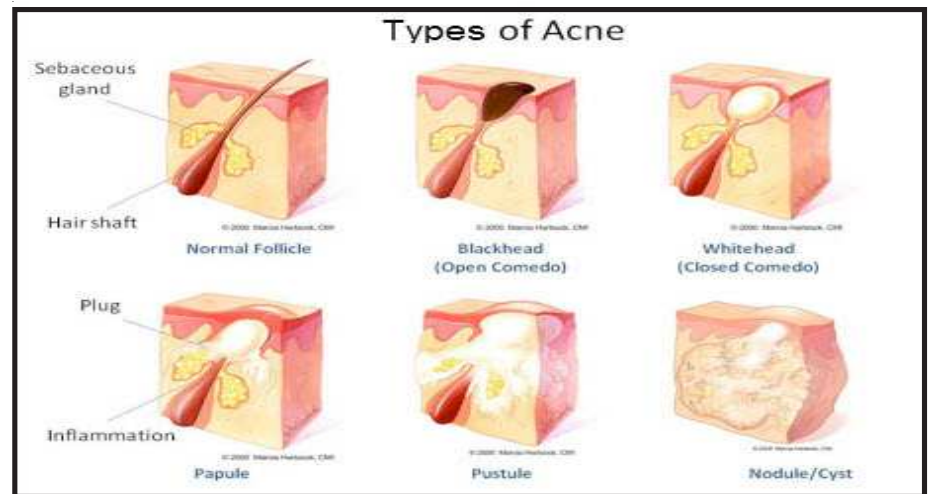
While the connection between acne and stress has been debated, scientific research indicates that *"increased acne severity"* is *"associated with increased stress levels."* The National Institutes of Health (USA) list stress as a factor that *"can cause an acne flare."*

Infectious

Propionibacterium acnes (P. acnes) is the anaerobic bacterium species that is widely concluded to cause acne, though Staphylococcus aureus has been universally discovered to play some role since normal pores appear colonized only by P. acnes. Regardless, there are specific clonal sub-strains of P. acnes associated with normal skin health and others with long-term acne problems. It is as yet inconclusive whether any of these undesirable strains evolve on-site in the adverse conditions or are all pathogenically acquired, or possibly both depending on the individual patient. These strains either have the capability of changing, perpetuating, or adapting to, the abnormal cycle of inflammation, oil production, and inadequate sloughing activities of acne pores. At least one particularly virulent strain, though, has been circulating around Europe for at least 87 years. In vitro, resistance of P. acnes to commonly used antibiotics has been increasing, as well. It is unclear if the parasitic mite Demodex, has an effect.

Diet

The relationship between diet and acne is unclear as there is no good quality evidence. However, a high glycemic load diet is associated with worsening acne. There is also a positive association between the consumption of milk and a greater rate and severity of acne. Other



associations such as chocolate and salt are not supported by the evidence. Chocolate does contain a varying amount of sugar that can lead to a high glycemic load and it can be made with or without milk. There may be a relationship between acne and insulin metabolism and one trial found a relationship between acne and obesity.

Management

Many different treatments exist for acne including benzoyl peroxide, antibiotics, retinoids, antiseborrheic medications, anti-androgen medications, hormonal treatments, salicylic acid, alpha hydroxy acid, azelaic acid, nicotinamide, and keratolytic soaps. They are believed to work in at least four different ways, including the following: normalizing shedding and sebum production into the pore to prevent blockage, killing P. acnes, anti-inflammatory effects, and hormonal manipulation.

Medications

Benzoyl peroxide

Benzoyl peroxide cream is a first-line treatment for mild and moderate acne due to its effectiveness and mild side-effects (mainly irritant dermatitis). It works against P. acnes, helps prevent formation of comedones, and has anti-inflammatory properties. Benzoyl peroxide normally causes dryness of the skin, slight redness, and occasional peeling when side effects occur. This topical does increase sensitivity to the sun as indicated on the package, so sunscreen use is often advised during the treatment to prevent sunburn. Benzoyl peroxide has been found to be nearly as effective as antibiotics with all concentrations being equally effective. Unlike antibiotics, benzoyl peroxide does not appear to generate bacterial resistance. Benzoyl peroxide is often combined with antibiotics.

Antibiotics

Antibiotics are reserved for more severe cases and decrease acne due to their antimicrobial activity against P. acnes in conjunction with anti-inflammatory properties. With increasing resistance of P. acnes worldwide, they are becoming less effective. Commonly used antibiotics, either applied topically or taken orally, include erythromycin (category B), clindamycin (category B), metronidazole (category B), and tetracyclines such as doxycycline and

minocycline. Topical erythromycin and clindamycin are considered safe to use as acne treatment during pregnancy (category B) due to negligible systemic absorption. Nadifloxacin (category N), and dapsone (category C) are other topical antibiotics that may be used to treat acne in pregnant women, but have received less extensive study.

Salicylic acid

Salicylic acid (category C) helps to lessen acne due to its bacteriostatic and keratolytic properties. Additionally, salicylic acid can open obstructed skin pores and promotes shedding of epithelial skin cells. Hyperpigmentation of the skin has been observed in individuals with darker skin types who use salicylic acid.

Hormones

In females, acne can be improved with the use of any combined oral contraceptive. The combinations that contain third or fourth generation progestins such as desogestrel, norgestimate or drospirenone may theoretically be more beneficial. Antiandrogens such as cyproterone acetate and spironolactone have also been used successfully to treat acne. Hormonal therapies should not be used to treat during pregnancy or lactation as they have been associated with certain birth defects such as hypospadias and feminization of the male fetus.

Topical retinoids

Topical retinoids are medications that possess anti-inflammatory properties and work by normalizing the follicle cell life cycle. This class includes tretinoin (category C), adapalene (category C), and tazarotene (category X). Like isotretinoin, they are related to vitamin A, but are administered topically and generally have much milder side effects. They can, however, cause significant irritation of the skin. The retinoids appear to influence the cell life cycle in the follicle lining. This helps prevent the hyperkeratinization of these cells that can create a blockage. Retinol, a form of vitamin A, has similar, but milder, effects and is used in many over-the-counter moisturizers and other topical products. Topical retinoids often cause an initial flare-up of acne and facial flushing.

Oral retinoids

Continued On Page 14

Two Guatemalan Boys On Remand For Gun and Bullets

CARACOL ARCHEOLOGICAL RESERVE, Cayo, Monday, 11 August, 2014:

Two Guatemalan boys were this week captured with a gun and ammunition inside the national territory of Belize.

As rangers from Friends for Conservation and Development (FCD) continue the task of protecting the Chiquibul Forest Reserve, there are reports of yet another incursion into Belize by Guatemalans.

The report indicates that at around 10:45 am on Monday, August 11, the rangers were on routine joint patrol with soldiers of the Belize Defense Force in the Caracol Archeological Reserve when they came upon a group of four Guatemalan male persons sitting around a fire. Upon reaching the group, two of the men escaped while the other two were captured.

A search of the area, where the



Armscor brand, model 20P, point 22 caliber rifle



Forty point 22 live rounds



Magazine with thirteen live rounds

men were gathered, led to the discovery of an Armscor brand, model 20P, point 22 caliber rifle loaded with a magazine with thirteen live rounds. Further checks led to the discovery of a transparent plastic bag containing an additional forty point 22 live rounds.

The detainees were identified as a 15 and a 17 year old minor of Nuevo Nacimiento of el Paraiso Peten, Guatemala. They were escorted to the San Ignacio police station where they were formally arrested and charged for keeping a gun and ammunition without a gun license.

They appeared in the courtroom of magistrate Narda Morgan where they pled not guilty to the charge. They were consequently remanded to prison. The matter was adjourned to Tuesday, October 21, 2014.

NOTICE

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Your Weekly Horoscope and Lucky Numbers

ARIES:

March 22 to April 20

As Venus sashays into Leo, your hopes increase for finding the love of your life. In fact, you may be tempted to take a gamble on love or business. If you're the entrepreneurial type, this could be an excellent time to explore ideas that have the potential to give a good return on your investment. However, you're no pushover. You have a real determination to conquer problems that may have held you back recently. Sunday is supremely perfect for a special celebration or romantic evening out. **Lucky numbers: 69, 73, 96.**

TAURUS:

April 21 to May 21

Home, sweet home is where you belong this week as the focus on domestic matters becomes even more creative, positive, and upbeat. If you've been thinking about enhancing your property, the influence of Venus might encourage you to go ahead. In addition, a very powerful transit on Friday might coincide with a decision that could change your life for the better. As Mercury eases into Virgo, your arts-and-crafts side may come out into the open, encouraging you to get busy. The weekend bodes well for a small windfall. **Lucky numbers: 05, 19, 27.**

GEMINI:

May 22 to June 21

You have bold, creative, inspiring, and impulsive ideas that can spur you on to greater success. The pleasures of romance, play, and creativity flow effortlessly your way, bringing congenial relationships and fun opportunities for you to enjoy. Mercury's move into Virgo puts the spotlight on home and family matters, enticing you to come to grips with household projects, removing clutter, and redecorating. You'll find it easier to think when you have more space around you. Sunday should be reserved for pure indulgence. **Lucky numbers: 09, 36, 85.**

CANCER

June 21 to July 21

An upbeat, positive frame of mind regarding finances gives you an advantage, as it allows you to see solutions that are beyond the grasp of others. An inventive and creative approach to money matters and accounting could give you more to spend on shopping and generally enjoying life. In addition, a budding relationship could heat up, showing signs of fiery passion and intense feeling. If tempted, you'll need to listen to your gut, as making the wrong decision could cost you dearly. **Lucky numbers: 41, 58, 64.**

LEO:

July 24 to August 21

You may have an impulsive urge to express your opinions. If your ideas are challenged, agree to disagree in order to avoid upset. Plus, as Venus moves into your sign, you're at a peak regarding creativity, expression, and opportunities for growth and expansion. Dive in! Times like these don't come around very often. Later, as Mercury glides into Virgo, this is your chance to get down to the nitty-gritty regarding your accounts and finances. A practical approach to budgeting could save you money in the long run. **Lucky numbers: 70, 81, 99.**

VIRGO:

August 22 to September 21

Creative ideas have moneymaking potential, but you may find that you're at your most brilliant when you're meditating, relaxing, and reflecting on life. Take time out this week to harness your imagination for fun, pleasure, and profit. Guided meditation or visualization may help you to connect with feelings of abundance, success, motivation, and enjoyment. Your inner world could be a treasure trove waiting to be discovered. Mercury edges into your sign on Friday to encourage you to get on with projects that have been on the backburner. **Lucky numbers: 02, 13, 22.**

LIBRA:

September 22 to October 23

As Venus, your personal planet, dances into Leo and your social sector, you'll be even more popular than you already are. There could be some fantastic opportunities waiting for you when you accept invitations, attend events, and generally make yourself available. A deeper motivation might incline you to sort out a financial bugaboo once and for all. Nothing can stop you if you put your mind to it. The weekend is promising for romance and fun, encouraging you to indulge to your heart's content. **Lucky numbers: 39, 46, 54.**

SCORPIO:

October 24 to November 21

If a problem has been eating away at you for some time, you'll find the resolve and determination to overcome it once and for all. At the same time, a focus on your career sector reveals that success may not be too far away. In order to enjoy it you'll need to showcase your abilities on a regular basis. In addition, mixing with the right people will put you in touch with folks who can use your skills and pay you well for them, too. **Lucky numbers: 52, 67, 79.**

SAGITTARIUS:

November 22 to December 21

You'll feel revitalized on all levels, so take the initiative to get what you want, and use the power of Mars in Scorpio to release old problems. The more willing you can be to drop hurt and resentment, the more you can focus on all the dynamic opportunities awaiting you just ahead. This week's alignment in Leo and your adventure sector may motivate you to explore the many sizzling options available. In addition, you'll want to prioritize your goals and make a plan that can help you achieve them. **Lucky numbers: 11, 26, 33.**

CAPRICORN:

December 22 to January 20

You may want to indulge yourself, as this week's lineup entices you to dive in and have fun. When it comes to mixing and mingling, the presence of Mars in Scorpio linked with Pluto in your sign urges you to connect with people who have the same desires and ambitions as you. On the subject of money, the urge to enjoy an extravagant shopping spree may be too much to resist. However, Sunday is the day when you'll want to splurge even if it isn't justified. **Lucky numbers: 32, 44, 59.**

AQUARIUS:

January 20 to February 18

You have everything going for you, making this week a particularly enjoyable one. The focus on Leo suggests that your social life and love life positively sizzle. There's so much going on for you that you could be spoiled for choice. Whether you're looking for love or in a long-term relationship, laughter and companionship will light up your days. In addition, you're forging ahead in your career with goals and ambitions, and you may be passionate in the extreme when it comes to finding success. **Lucky numbers: 63, 77, 89.**

PISCES:

February 20 to March 21

The focus on lifestyle, health, and work amps up still further as Venus moves into Leo. Regarding diet and exercise, although you might have an eye on your figure, you'll likely find it hard to keep on the straight and narrow. Parties, get-togethers, and office lunches can all take their toll, and you may be hard-pressed to refuse a tasty treat. However, as Mercury edges into Virgo, a friend or sweetheart may attempt to reason with you so you don't undo all your hard work. **Lucky numbers: 29, 38, 49.**

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Penner and Rojo on Drug Charges

SANIGNACIO TOWN, Cayo, Wednesday, 13 August, 2014:

Two men are facing drug charges after being connected with a really tiny amount of illegal drugs.

They were doing the stuff, police say, in the Welcome Center in San Ignacio when police, acting on information received, pulled up on them.

Police first searched the Caucasian man dressed in a long sleeve white shirt with blue stripes and blue jeans pants while the other, instantly identified as **Rayford “Rojo” Staine** was wearing a black t-shirt and blue jeans pants.

A search of the Caucasian man led to the discovery of a transparent plastic bag containing

0.2 grams of cocaine in his left pants pocket, while inside the other front pocket police found two grams of suspected weed. Nothing incriminating was found on Rojo. A search of the area however, inside a flower pot, led to the discovery of 1.3 grams of suspected crack cocaine.

The men were escorted to the nearby police station where the

Caucasian was identified as **Ryan Penner**, 30, Canadian, farmer residing in the Spanish Lookout Mennonite community. The personal particulars of the other detainee was recorded as Rayford “Rojo” Staine, 36, Belizean laborer residing in Esperanza Village. They were issued a joint charge for the suspected crack cocaine while Penner was additionally charged for the weed found inside the pocket of the pants he was wearing.

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Acne Vulgaris

Continued From Page 10

Isotretinoin is very effective for severe acne as well as moderate acne refractory to other treatments. Improvement is typically seen after one to two months of use. After a single course, about 80% of people report an improvement with more than 50% reporting complete remission. About 20% of people require a second course. A number of adverse effects may occur including: dry skin, nose bleeds, muscle pains, increased liver enzymes, and increased lipid levels in the blood. If used during pregnancy there is a high risk of abnormalities in the baby and thus women of child bearing age are required to use effective birth control. There is no clear evidence that use of oral retinoids increases the risk of psychiatric side effects such as depression and suicidality.

Combination therapy

Combination therapy using medications of different classes together, each with a different mechanism of action, has been demonstrated to be a more efficacious approach to acne treatment than monotherapy. Frequently used

combinations include the following: antibiotic + benzoyl peroxide, antibiotic + topical retinoid, or topical retinoid + benzoyl peroxide.

Procedures

Comedo extraction may help those with comedones that do not improve with standard treatment, at least temporarily. A procedure with high patient satisfaction [quantify] for immediate relief is the injection of corticosteroids into the inflamed acne comedone. There is no evidence that microdermabrasion is effective.

As of 2012, evidence for light therapy and lasers is insufficient to recommend them for routine use. Light therapy is an expensive treatment modality and while it appears to provide short term benefit, there is a lack of long term outcome data or data in those with severe acne.

Laser surgery can be used to reduce the scars left behind by acne.

For people with cystic acne, boils can be drained through surgical lancing.

Alternative medicine

Numerous natural products have

been investigated for treating people with acne. Azelaic acid has been shown effective for mild-to-moderate acne when applied topically at a 20% concentration. Application twice daily for six months is necessary, and treatment is as effective as topical benzoyl peroxide 5%, isotretinoin 0.05%, and erythromycin 2%. Azelaic acid may cause skin irritation but is otherwise very safe. A topical application of tea tree oil has been suggested.



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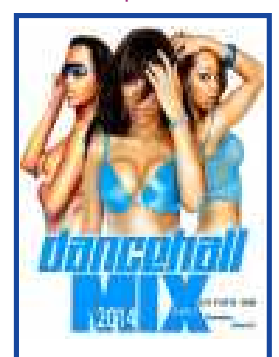
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Four Arrested For Parceling A Pound Of Weed

Continued From Front Page

activity with a camp fire burning nearby.

The men, all Belizean laborers, were identified as **Ricky Diego**, 28 and **Glenford “Geese” Lewis**, 50, both residing on the property as well as **Shane Smith**, 29, who lives nearby also in Red Creek and **Wayne Miralda**, 34, who told the police that he lives further up the highway in Santa Elena.

A search of Miralda led to the discovery of a black plastic bag containing suspected marijuana found in the left back pocket of the pants he was wearing. Police then searched the immediate area where, about four feet from the trunk of the coconut tree, they found three additional black plastic bags containing suspected marijuana alongside a black Gemoro Platinum brand digital scale, model V300, and a transparent plastic bag containing smaller transparent plastic bags.

The first black bag was found to contain seven smaller transparent plastic bags all containing suspected marijuana. The second bag had inside, 36 smaller transparent plastic bags all containing suspected marijuana and



Black bag containing seven smaller transparent plastic bags



Black bag containing loose Marijuana

the third black plastic bag was found to contain a loose amount of suspected marijuana. Despite being advised of their right to remain silent, two of men began accusing each other of being the owner of the suspected marijuana.

All four persons were detained and transported, with the suspected weed, to the police station in San Ignacio where the merchandise was



Black bag containing 36 smaller transparent plastic bags

weighed in their presence.

The package allegedly found in the back pocket of the pants Miralda was wearing amounted to 7.8 grams. The first black bag with the seven individual parcels weighed in at 53.7 grams. The second bag with the 36 individual parcels tipped the police digital scale at 277.3 grams, while the loose weed in the third bag amounted to 125 grams all for a total of 463.8 grams being just a shade over a pound of weed. Doing the math, therefore works out to the individual packaging of caches each weighing 7.6 grams which police suspect was being prepared for the retail market.

While Miralda promptly signed the one package of the evidence containing the merchandise found in his pants pocket, he refused to sign

the other three. Lopez likewise refused to sign the three packages. Diego and Smith however, complied with the police request and signed all three packages.

The four detainees were jointly charged for the possession of a controlled drug with intent to supply while Miralda was additionally and solely charged for the possession of a controlled drug for the 7.8 grams allegedly found in the pocket of the pants he was wearing.

They are slated to appear in court on Friday, August 15.

*You never
know how
strong you
are until
being strong
is the only
choice you have.*

-Bob Marley

Espat Takes The Rap Fined and Confined

Continued From Front Page

drugs, descended upon the #148 George Price Avenue, Santa Elena residence of **Nelson “Quack” Flores**, 30, Belizean laborer.

Present with Flores on location at the time of the search were three other persons later identified as Belizeans



Alma Reyes

Alma Reyes, 36; **Jose Garcia**, 26; and **Justin Espat**, 19. Both Reyes and Espat told the police that they reside with Flores at the house while Garcia informed that he lives nearby on Coconut Street.

The search conducted, as per standard operational procedure, in the presence of all four persons led to the discovery of a black plastic bag containing suspected marijuana found in a corner inside the house.

The discovery led to the immediate detention of all four persons. They

were transported to the police station in San Ignacio where the suspected marijuana was weighed in their presence amounting to 126.8 grams or just a shade less than four and a half ounces.

Within a few hours of their detention, all four persons were before magistrate **Narda Morgan** on a joint possession charge. All of them pled not guilty to the charge except



Jose Garcia

Justin Espat who stood tall in the defendant stand informing the court that he was guilty as charged. He was not standing so tall however after magistrate Narda Morgan imposed a five year custodial sentence along with a 10 thousand dollar fine. The case against the other three defendants was dismissed.

VACANCY

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