UNITEDVILLE, Cayo, Saturday, August 16, 2014:

Just as the new day was dawning on Saturday, August 16, San Ignacio Police were called out to the village of Unitedville on the George Price Highway in the Cayo District, to investigate the presence of the lifeless body of a male person on a veranda.

Upon arrival at the Unitedville residence of Quinton Middleton, 29 year old businessman, the police came upon body of a male person of Hispanic descent, face upward on the veranda. The deceased was later identified as Victor “Niko” Vargas, 37, Guatemalan, naturalized Belizean who resided in the village.

The body was found with two stab wounds, one each to the right and left sides of the neck. Initial investigation revealed that the deceased was earlier involved in an altercation with a male person who is said to have inflicted the wounds.

It is alleged that, in seeking assistance, the deceased ran about 100 yards from the scene of the incident to Middleton’s house before collapsing on the veranda where the police found his lifeless body.

Continues On Page 15

Murder in Unitedville

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Who Will Be Queen Of The West 2014?
The Difference In Leadership Is As Clear As Day Is To Night

It’s been over two months since the incident with PUP Belize Rural North Standard Bearer, Arthur Saldivar, occurred. It is alleged that he accompanied Melanie Coye to the Central Bank sometime in mid June to retrieve Coye’s 1.6 million dollars as ordered by the court.

The loot, it is alleged, was placed in two separate carrying cases, one containing $940,000 and the other $660,000. It is alleged that Saldivar made off with the bigger haul and had failed to turn it in to Melanie Coye, an alleged Saldivar denies in one breadth, while in the other, he speaks about the client owing him legal fees to the tune of 100% of the clients rescued funds.

Something is not right here. The client has engaged the services of Eamon Courtenay, when he served as Chair of the Belize Social Security Board that is misappropriated by Courtenay’s Father, Harry, when he served as Chair of the Belize Social Security Board in the 1990’s.

A serious allegation has been looming, for more than 2 months, over the head of a senior member of his party, yet, the leader of the opposition seems weak and unable to take action in the face of alleged serious wrong doing on the part of a senior member of his party.

Why on earth has the leader of the opposition not summoned the accused to his office to find out what transpired? Why has he not called in the client’s attorney who appears to be his political and professional colleague? Why has he not visited the virtual complainant to get to the bottom of this scandal? Why has he not taken immediate action on this matter?

Contrast the actions of the Leader of the Opposition with that of the Leader of the Party in Government. The Opposition Leader is confronted with a single allegation against a senior member of his party. Over two months has passed and he is yet to take “decisive” action. Any action taken at this stage can hardly be described as being “immediate”.

On the other hand, the Leader of the Party in Government has been confronted with a myriad of instances in which immediate action is required to be taken and he has never failed to take QUICK remedial action. The Leader of the party in government has renationalized our electricity company. He has renationalized our telephone company. He has secured the return of the diverted millions of dollars from Venezuelan government, funds that were intended to assist his people in need. He is ensuring that Belizens are finally benefiting from the Petro Caribe funds.

He has renegotiated the burdensome super bond inherited from a previous opposition administration. With the establishment of the Belize Solid Waste Management Authority, he has endured the channeling of funds from the environmental tax into its intended purpose, being funds that were diverted into other ventures by the previous opposition administration, while our burning and smoking garbage dump sites presented a real health hazard to all Belizens. He has rescued the sugar industry. He has rescued the citrus industry. He immediately summoned a serving member of his cabinet, armed himself with the facts and took “immediate and decisive” action to rectify the situation. He has dismissed an entire board of directors and took action against the minister implicated in wrong doing. He has made available funds for salary increases for all public officers and pensioners. More recently he has ordered the discontinuance of criminal proceedings against protesting sanitation workers. He has taken action to ensure that these same sanitation workers are never again left without collecting their salaries and wages. And just this week he was instrumental in addressing the demands of protesting citizens in San Jose Succotz. He has been developing the nation like it has never been developed before all without raising a single national tax or selling a single passport.

Many more are the firm actions, unknown to us, that Prime Minister Dean Barrow has taken to positively address situations as they arise for the benefit of the people he serves.

When will the leader of the opposition take action in the singular matter currently rocking his party to the very core? The difference in leadership is as clear as day is to night.
GSU Nets Three Drug Finds In A Day

ESPERANZA VILLAGE, Cayo, Saturday, August 16, 2014:

Members of the Gang Suppression Unit (GSU) were today conducting routine searches for illegal drugs, arms and ammunition in Santa Elena and surrounding communities.

The operation started at around 5:30 a.m. this Saturday morning and dream on and dream on and dream on and dream on and dream on.

With a visit to the Jeronimo Thompson street residence, in Esperanza Village, of Mark Francis Peters.

Present at the time of the search were Peters and three other persons. According to the GSU, when searched, Peters was found in possession of a black plastic bag, in his pocket, containing 13.9 grams of suspected marijuana.

Drugs Confiscated

Peters was escorted to the San Ignacio police station where he was charged for the possession of a controlled drug. He appeared in court on Monday, August 18, 2014, before Magistrate Narda Morgan, where he pled guilty to the charge. He was fined $500 plus $5 cost of court. The fine was to be paid forthwith in default of three months imprisonment. He paid the fine and was released.

About five hours later, the unit conducted a search at the Carmen Street, Santa Elena, residence of a well-known drug peddler. While nothing incriminating was found inside the house, the GSU found a black plastic bag containing two smaller bags with 6.1 ounces of suspected marijuana in an empty lot adjoining the residence of the drug peddler. While it was suspected that the cannabis belonged to the peddler, an arrest could not be made since it was found in another yard. The drug was therefore labeled as found property.

The operation moved to George Price Avenue, also in Santa Elena, when at around 12 noon, the unit came upon their biggest find in a fenced lot adjacent to the residence of yet another suspected drug dealer where they came upon a black plastic bag containing 4.6 pounds of suspected marijuana. The drug was found stashed between an abandoned house and the septic tank. Again the drugs were labeled as found property.

Alleged Female Burglar Remanded To Prison

SAN IGNACIO, Cayo: Tuesday, August 19, 2014:

A 28 year old Belizean woman was today remanded to prison on a burglary charge.

The charge stems from a report made by Gerald Armstrong. In a statement to the police Armstrong informed that his house located on Eduardo Juan Street in Santa Elena, Cayo was burglarized and stolen there from where small items amounting to less than one hundred dollars.

Armstrong alleged that the incident occurred on Saturday, August 2. The investigation led to the arrest of Marciela Castellanos, 28, Belizean domestic.

The accused appeared before Magistrate Narda Morgan in San Ignacio’s magistrate court where the single burglary charge was read to her. She pled not guilty to the charge.

Prosecutor, George Gomez, objected to the granting of bail on the grounds that the accused had a previous charge for theft where she stands accused of stealing from Saola Montalvan on May 12, 2013.

Magistrate Morgan concurred with the Prosecutor’s request resulting in Castellanos being remanded to the Hattieville Prison. The case was adjourned to Tuesday, September 2, 2014.

You have two choices
Every Morning:

You can continue sleeping and dream on or
Wake up and convert your dreams into reality

The Choice is yours...
Rugby: The First Four

The southern districts have seemingly stormed ahead in setting up rugby football clubs in Belize, and the first four clubs have appointed organisers and are busy attracting players and volunteers through their social media campaigns.

* The Belize Rugby Board (Rugby Belize) has organized the country into two ‘Districts’ for domestic competition purposes; North includes Corozal, Orange Walk and Belize, and South covers Cayo, Stann Creek and Toledo

* Hattieville United Rugby Football Union (part of the Hattieville United Youth Sporting Club), organized by Haddan Garbutt, is the headquarters of Rugby Belize

*Belize Rugby Belize plans to have a rugby football union in every major town throughout the country by the end of 2015, with a national team for sevens in place in time to commence training for the first big international sevens competition in 2015 / 16.

Hattieville United’s Haddan Garbutt was the first to express an interest in setting up a Rugby Football club, but because football is the major participation sport for Hattieville youths, their rugby campaign has yet to get going. It will take centre stage in the coming weeks as the football scene draws to a close.

Next came Belmopan Rugby Football Union, with Dan Goodman as Organisor who leapt ahead with a very informative facebook page laying down a challenge for the people of Cayo. Building on the physicality of the sport, Dan’s campaign is challenging the people of Cayo not to be left behind as the sport develops across Belize. The message being Cayo people need to be in the national team!

San Pedro RFU, under the guiding hand of Martin Dawson as Organisor, has attracted a lot of interest from the ex-pat community on Ambergris Caye, where a significant number of people having previously either played or been involved in rugby, now having their interest rekindled.

Orange Walk RFU demonstrates that rugby isn’t just a boy’s game when Jazmin Zetina was appointed local organisor. Jazmin is looking forward to Rugby Belize Founder, Tony Gillings, getting the ball rolling around the fields of Orange Walk District.

Rugby Belize’s Global Ambassador, Belize’s only professional rugby player, Jono Woodward, is very happy with the progress made so far. “It’s great to see people taking this sport seriously in Belize. We have huge opportunity and great potential especially in sevens.”

Founder of Rugby Belize, Tony Gillings, says he hopes to have rugby clubs based in communities across the country. “We want to organize a domestic league as quickly as possible, with teams competing against each other from

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Who Will Be Queen Of The West 2014?

Continued From Front Page

the West.

Master and Mistress of Ceremony for the event were William Black and Melanie Usher who is also serving this year as the pageant coordinator.

The welcome address was delivered by Queen of the West 2012, Miss Marcia Moody, who invited the public to come out on Saturday, August 23, 2014, to the Octavia Waight Center Auditorium to support their favorite contestant.

The six contestants competing for the coveted Queen of the West 2014 title were presented as follows:

Contestant number one, Miss Sofia Aldana wearing a long strapless dress with gold on the top half and white on the bottom half; she is sponsored by His Worship the Mayor of the Twin Towns, John Francis August.

Miss Hamira Awe

The second contestant, Miss Carmelita Lara, wore a long one strap turquoise dress with matching accessories, sponsored by Hon. Erwin Contreras, Area Representative for the Cayo West Constituency.

Miss Hamira Awe was the third contestant, wearing a long black dress with patterned bottom; she is sponsored by Mr. Omar Figeroa, UDP Standard Bearer for the Cayo North Constituency.

Miss Jolinda Ciau

Representative for Cayo Central. She wore a long pink dress with matching accessories.

And lastly, contestant number six was Miss Sharla Flores wearing a long pink dress with matching accessories. She is sponsored by Guava Limb Café.

It was indeed a night of beauty and glamour as all six lovely contestants graced the stage. If this is any indication of pageant night, then it promises to be a wonderful night of entertainment and pageantry at its best.

The program ended with the MCs inviting everyone to the Octavia Waight Auditorium on Saturday, August 23, 2014, to cheer on and support their favorite contestant.

The opportunity was also seized by the Mistress of Ceremony to highlight the upcoming events for this September celebrations as follows:

i) Saturday, August 23: The Queen of the West Pageant at the Octavia Waight Auditorium
   ii) Friday, September 5: Children’s talent show
   iii) Tuesday, September 9: Fire Engine parade on September 9
   iv) Wednesday, September 10: Parade through the principal streets of San Ignacio and Santa Elena
   v) Saturday, September 13: Round One of Best of the West talent show.
   vi) Saturday, September 13:
   vii) Wednesday, September 17: Best of the West finals
   viii) Saturday, September 20: Independence Eve ceremony and celebrations
   ix) Sunday, September 21: Grand Independence Day ceremonies and parade through the principal streets of San Ignacio and Santa Elena.

This year’s September Celebrations will be held under the theme: “Industrious Hands, Intelligent Minds, Together for Belize!”

Don’t Be A Litter Bug!!!

NOTICE OF THIRTEENTH ANNUAL GENERAL MEETING

Belize Water Services Limited will hold its Thirteenth Annual General Meeting at the Belize Biltmore Plaza Hotel on Friday 22nd August 2014 commencing at 7:00pm.

An AGM pack has been sent to all Shareholders. Those shareholders who cannot attend may, if they wish, appoint a Proxy by completing the Appointment of Proxy Form included in the AGM pack. Shareholders may also submit the enclosed Response and Question Form by 5:00pm on Wednesday 20th August 2014.

Shareholders are asked to be on time. For registration purposes please bring along your Shareholder Identification Card. If you need a new Shareholder Identification Card, please contact us at 222-4757 Ext 228 by Wednesday 20th August, 2014.

Dividend cheques can be collected at our Belize City branch office during normal working hours until August 21st and at the AGM on August 22nd, 2014. All cheques not picked up by August 22nd will be mailed.

BELIZE WATER SERVICES

Delivering Water and More...

Email: shareholderinfo@bws.com.bz

www.bws.bz
Contributed By: Janice Swift

“Encourage each other every day while it is ‘today.’”
(Hebrews 3:13a NCV)

If you’re married, God has given you an incredibly important role: to be your spouse’s biggest fan. It’s a job only you can do in the way God desires, and your spouse desperately needs you to do it.

We live in a world full of critics. We don’t have to look far to find someone who will put us down.

That’s why every person on the planet desperately needs to be affirmed by someone on a regular basis. It’s how God wired us. If you’re married, one such person should be your spouse. To have a growing marriage, it’s essential for you and your spouse to build into your marriage continual affirmation of one another.

More than likely, it’s something that was a part of your marriage in the beginning. Few people will marry someone who doesn’t affirm them in some way. But like so many other parts of a growing marriage, it often fades over the course of time.

The Bible says in Hebrews 3:13, “Encourage each other every day while it is ‘today’” (NCV). What should you affirm in your spouse?

* Affirm the value of your spouse. When you’re dealing with houses, the word “appreciate” means to rise in value. You raise the value of other people when you appreciate them. As you appreciate your spouse, you help your spouse see the value you place on him or her, and you raise the value of your marriage. Proverbs 12:25 says, “A word of encouragement does wonders” (LB). A word of encouragement will do wonders for your marriage — or any other relationship you’re in.

* Affirm the strengths of your spouse. You will bring out the best in your spouse when you point out his or her best, not by pointing out his or her worst. Choose to be a dream builder, not a dream buster. We ultimately become what other people see in us. No person in your spouse’s life will impact his or her self-identity, and ultimately his or her future, like you.

* Affirm the ministry of your spouse. Let your spouse know how much you appreciate what he or she does for God’s sake in the world. You can each make unique contributions to the world. Cheer your spouse on as he or she makes contributions. Help your spouse see the impact being made for Jesus’ sake.

We have incredible power over our spouses’ understanding of themselves. We can use that power to build them up or tear them down. It’s our choice. And it’s one of the most important choices we make for the health of our marriage.

We would like to wish all our customers a happy September Celebrations!!!

Cell: 610-3503 or 627-9966 TEL: 824-4971
Back to School Deals Only At Shopper’s Choice. Follow us on Facebook

HODE’S PLACE

Hode’s Place, where Taste, Quality and Comfort makes the difference!

Savannah Area, San Ignacio Town, Cayo
Telephone: 804-2522
Free Delivery within town limits.

We offer deliciously prepared food in an amazing relaxed atmosphere.
We also cater for large or small groups.
Suspected Guatemalan Bandidos Attack

BULLET TREE FALLS, Cayo, Wednesday, August 20, 2014:

A 52 year old housewife from Bullet Tree Falls village in the Cayo District visited the San Ignacio police station where she reported an incident of robbery.

The complainant, Betty Cruz, informed that she was with her wheelchair confined husband and a worker in the El Pilar Mayan reserve when at around 1:00pm on Wednesday, August 20, two Hispanic male persons showed up on her property asking for a drink of water. She told the police that while she was getting the water, three other men, wearing masks and brandishing assault rifles suddenly appeared. She said that the men spoke Spanish with a clear Guatemalan accent. The couple was relieved of one thousand dollars in cash, two chainsaws, an electrical converter, several security cameras as well as an assortment of food items.

Cruz further alleged that, with the chain saw, one of the men cut down a wooden post to which was attached two solar panels. One of the panels shattered to pieces as it hit the ground while the other fell and remained on the thatched roof of the farm house.

Police searched the area and, on a nearby hilltop, found signs of a camping/resting area which they believe was used by the robbers as a stakeout spot. Police say that the information has been shared with their Guatemalan counterparts on the other side of the border.
Once there was a man named Jim, who let his dog out to relieve himself late one night. He watched some TV, and then remembered to let the dog back in. When he opened the door, he was shocked at what he saw! In his dog's mouth was his neighbor's cat, dead! "Bad dog! BAD DOG!", said the panicked man.

He took the cat away and looked at it. He couldn't bring himself to tell his neighbor what happened, so he decided to clean it up and leave it on the neighbor's porch. He took the cat into the bathroom and washed it four times to get it all cleaned. He brushed it's beautiful white fur as he blow dried it, and put it's collar back on. Since it was so dark, he snuck into the neighbor's yard, and laid the cat down on the porch, in front of the door.

The next day, he was on his way to the car to go to work and his neighbor said, "Hi," he said. "Hi," replied Jim, nervously. His neighbor said, "something weird happened last night.

"Oh yeah? What's that," asked Jim, sweating now.

"Well, my cat died yesterday, and we buried him, and this morning he was lying on my front porch!"

Farmer Jones got out of his car and noticed a pig with a wooden leg. His curiosity roused, he ask, "Fred, how'd that pig get him a wooden leg?"

Fred said "Well Michael, that's a mighty special pig! A while back a wild boar attacked me while I was walking in the woods. That pig there came a runnin', went after that boar and chased him away. Saved my life!"

Farmer Jones said "And the boar tore up his leg?"

"No he was fine after that. But a bit later we had that fire. Started in the shed up against the barn. Well, that ole pig started squelin' like he was stuck, woke us up, and 'fore we knew it's collar back on. Since it was so dark, he snuck into the neighbor's yard, and laid the cat down on the porch, in front of the door.

The Monkey

In Santa Elena Town, there was a big old Hamans tree by the Carmen Memorial fence. One day two boys filled up a bucketful of Hamans nuts and sat down by the tree, out of sight, and began dividing the nuts. "One for you, one for me. One for you, one for me," said one boy. Several were dropped and rolled down toward the fence.

Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, "One for you, one for me. One for you, one for me." He just knew what it was.

"Oh my," he shuddered, "it's Satan and St. Peter dividing the souls at the cemetery." He jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along.

"Come here quick," said the boy, "you won't believe what I heard. Satan and St. Peter are down at the cemetery dividing up the souls." The old man whispered, "Boy, you've been tellin' the truth. Let's see if we can see the devil himself!"

Shaking with fear, they peered through the fence, yet were still unable to see anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of Satan. At last they heard, "One for you, one for me. And one last one for you." That's all. Now let's go get those nuts by the fence, and we'll be done."
**VACANCY**

The BELIZE ELECTRIC COMPANY LIMITED (BECOL) is accepting applications for the post of ENVIRONMENTAL/HEALTH/SAFETY OFFICER

BECOL is the owner and operator of the Chalillo, Mollejon, and Vaca Hydroelectric Power Station Projects. The main function of the company is to provide clean and reliable energy to BEL. The company’s foremost concern is the safety of its employees and the running of an environmentally sound operation by following the guidelines of the International Standards Organization, category ISO14001.

**JOB DESCRIPTION:**

Responsible for the adherence of the health and Safety program and manage the Environmental Management System (EMS) for all three facilities. Ensure that all legal requirements are adhered to.

**JOB DUTIES:**

* Preparing and producing educational resources aimed at different groups, including schools, youth groups, community groups and businesses
* Giving talks and presentations
* Responding to enquiries and complaints from the general public;
* Writing press releases
* Organizing and facilitating environmental awareness events such as presentations and workshops
* Developing local school and public grounds in co-operation with schools or businesses, for example, creating and maintaining a wildlife garden
* Maintains liaison with local government, environmental groups and stakeholders
* Conduct water quality monitoring as per requirements of the company’s ECP
* Conduct wildlife study and scarlet macaw study in conformance with the ECP
* Manage ISO14001 Management System
* Responsible for the Health, Safety, & Environment (HSE) matters relating to the implementation of the work requirement of the projects.
* Planning, co-ordinate and conduct HSE activities, training and program
* To carry out site inspections and audit with the project management team, in ensuring that only safe methods of working are in operation and all regulations are being observed
* Ensure site safety compliance among all level of employees, keep and maintain all safety equipment, PPE, signage etc.
* Ensure that records or checklist are completed and filed for all inspections, audits or exercises.
* Lead investigation for any accident
* To undertake any and all other duties and responsibilities as so instructed by the Management

**QUALIFICATIONS:**

* Minimum of Associate Degree in Environmental Science, Biology, or equivalent program
* Be computer literate with working knowledge of word-processing and spreadsheet applications
* Good command of English; an added proficiency in Spanish would also be an asset

**REQUIRMENTS:**

* Possess good verbal and written communication
* Possess good time management and organizational skills
* Be assertive and be a people person
* Demonstrate initiative
* Must reside or relocate to San Ignacio/Santa Elena or Benque Viejo Town

**SALARY:**

The remuneration package is commensurate with qualifications and experience

Interested persons should send a letter of application along with their curriculum vitae and letters of reference by September 12, 2014 to:

Administrative Assistant
Belize Electric Company Limited
P.O. Box 87
San Ignacio Town, Cayo District

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**Criminal Cases Falling Like Flies**

SAN IGNACIO, Cayo, Wednesday, August 20, 2014:

A number of criminal cases, some serious, are being struck out for want of prosecution when a policeman, on interdiction, is not appearing in court to give evidence.

This is the case with police constable Maxwell Valerio. Some of the recent cases being struck out because of Valerio’s non-appearance in court are:

1. August 4: Possession of a controlled drug, 6.5 grams
2. August 4: Damage to property
3. August 8: Possession of a controlled drug, 9.5 grams
4. August 12: Possession of Ammunition charges for ten .38 rounds
5. August 14: Possession of a controlled drug, 1.5 grams
6. August 20: Possession of a controlled drug, 6 grams
7. And the big one gone down the drain on August 20: Possession of a controlled drug 9,762.2 grams and the alleged traffickers walked FREE

When the ordinary citizen fails to appear in court, a bench warrant is issued and the police pick up the ordinary persons and throw us in jail. When the police disobey a court order, justice is derailed, justice is denied and the case is, with the stroke of the magistrate’s pen, dashed down the drain. Then we wonder why the people from San Jose Succotz are lightening tires across the George Price Highway?
Epilepsy

Epilepsy is a group of long-term neurological disorders characterized by epileptic seizures. These seizures are episodes that can vary from brief and nearly undetectable to long periods of vigorous shaking. In epilepsy, seizures tend to recur, and have no immediate underlying cause while seizures that occur due to a specific cause are not deemed to represent epilepsy.

In most cases the cause is unknown, although some people develop epilepsy as the result of brain injury, stroke, brain cancer, and drug and alcohol misuse, among others. Epileptic seizures are the result of excessive and abnormal cortical nerve cell activity in the brain. The diagnosis typically involves ruling out other conditions that might cause similar symptoms (such as syncope) as well as figuring out whether any immediate causes are present. Epilepsy can often be confirmed with an electroencephalogram (EEG).

Epilepsy cannot be cured, but seizures are controllable with medication in about 70% of cases. In those whose seizures do not respond to medication, surgery, neurostimulation or dietary changes may be considered. Not all cases of epilepsy are lifelong, and a substantial number of people improve to the point that medication is no longer needed.

About 1% of people worldwide (65 million) have epilepsy, and nearly 80% of cases occur in developing countries. Epilepsy becomes more common as people age. In the developed world, onset of new cases occurs most frequently in infants and the elderly; in the developing world this is in older children and young adults, due to differences in the frequency of the underlying causes. About 5–10% of all people have unprovoked seizures by the age of 80, and the chance of experiencing a second seizure is between 40 and 50%. In many areas of the world those with epilepsy either have their ability to drive restricted or disallowed, but most are able to return to driving after a period of time without seizures.

Signs and Symptoms
Someone who has bitten the tip of their tongue while having a seizure.

Epilepsy is characterized by a long-term risk of recurrent seizures. These seizures may present in several ways depending on the part of the brain involved and the person’s age.

Causes
Epilepsy is not a single disease but a symptom that can result from a number of different disorders. By definition the seizures occur spontaneously and without an immediate cause such as acute illness. The underlying cause of epilepsy may be identified as genetic or as due to structural or metabolic problems, but in 60% of cases the cause is unknown. Genetic, congenital, and developmental conditions are more common among younger people, while brain tumors and strokes are more likely in older people. Seizures may also occur as a consequence of other health problems; if they occur right around a specific cause, such as a stroke, head injury, toxic ingestion or metabolic problem, they are known as acute symptomatic seizures and are in the broader classification of seizure-related disorders rather than epilepsy itself. Many of the causes of acute symptomatic seizures can also lead to later seizures in which case it is known as secondary epilepsy.

Genetics
Genetics is believed to be involved in the majority of cases, either directly or indirectly. Some epilepsies are due to a single gene defect (1–2%); most are due to the interaction of multiple genes and environmental factors. Each of the single gene defects is rare, with more than 200 in all described. Some of the genes involved affect ion channels, enzymes, GABA, and G protein-coupled receptors. In identical twins, if one is affected there is a 50–60% chance that the other will also be affected. In non-identical twins the risk is 15%. These risks are greater in those with generalized than focal seizures. If both twins are affected, most of the time they have the same epileptic syndrome (70–90%). Other close relatives of a person with epilepsy have a risk five times that of the general population. Between 1 and 10% of those with Down syndrome and 90% of those with Angelman syndrome have epilepsy.

Secondary
Epilepsy may occur as a result of a number of other conditions including brain tumors, strokes, head trauma, previous infections of the central nervous system, genetic abnormalities, and as a result of brain damage around the time of birth. Of those with brain tumors, almost 30% have epilepsy, making them the cause of about 4% of cases. The risk is greatest for tumors in the temporal lobe and those that grow slowly. Other mass lesions such as cerebral cavernous malformations and arteriovenous malformations have risks as high as 40–60%. Of those who have had a stroke, 2–4% develop epilepsy. In the United Kingdom strokes account for 15% of cases and it is believed to be the cause in 30% of the elderly. Between 6 and 20% of epilepsy is believed to be due to head trauma. Mild brain injury increases the risk about two-fold while severe brain injury increases the risk seven-fold. In those who have experienced a high powered gunshot wound to the head, the risk is about 50%. The risk of epilepsy following meningitis is less than 10%; that disease more commonly causes seizures during the infection itself. In herpes simplex encephalitis the risk of a seizure is around 50% with a high risk of epilepsy following (up to 25%). Infection with the pork tapeworm, which can result in neurocysticercosis, is the cause of up to half of epilepsy cases in areas of the world where the parasite is common.

Epilepsy may also occur after other brain infections such as cerebral malaria, toxoplasmosis, and toxocariasis. Chronic alcohol use increases the risk of epilepsy: those who drink six units of alcohol per day have a two and a half fold increase in risk. Other risks include Alzheimer’s disease, multiple sclerosis, tuberous sclerosis, and autoimmune encephalitis. Getting vaccinated does not increase the risk of epilepsy. Malnutrition is a risk factor seen mostly in the developing world, although it is unclear however if it is a direct cause or an association.

Syndromes
There are a number of epilepsy syndromes which are typically grouped by age of onset into neonatal period, childhood, adulthood, and those with no strong age relationship. Additionally there are groups with specific constellations of symptoms, those due to specific metabolic or structural causes, and those of unknown cause. The ability to classify a case of epilepsy into a specific syndrome occurs more often with children. Some types include benign rolandic epilepsy (2.8 per 100,000), childhood absence epilepsy (0.8 per 100,000) and juvenile myoclonic epilepsy (0.7 per 100,000). Febrile seizures and benign neonatal seizures are not forms of epilepsy.

Prevention
While many cases are not preventable, efforts to reduce head injuries, provide good care around the time of birth, and reduce environmental parasites such as the pork tapeworm may be effective. Efforts in one part of Central America to decrease rates of pork tapeworm resulted in a 50% decrease in new cases of epilepsy.
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ARIES: March 22 to April 20

Courage and vitality are strong, so put your energy to good use and reap the results. The accent on leisure and pleasure continues, when the chance to goof off and do things you enjoy can help recharge your batteries. However, go easy if you need to sign an agreement or have detailed work to do, as there is potential for mistakes unless you take extra care. The Sun’s move into Virgo on Friday ushers in a time of year when the focus turns to health and lifestyle issues. Lucky numbers: 09, 37, 59.

TAURUS: April 21 to May 21

Certain people may seem more opinionated than usual, and perhaps given to extremes of behavior. It might help to calm a tricky situation by talking things through before they come to a head. The accent on home and family matters brings relaxation and relief, though it pays not to upset the apple cart. Go easy when it comes to romance, as someone may not be as they seem. There are attractive options, but remember that all that glitters is not necessarily gold. Lucky numbers: 44, 67, 73.

GEMINI: May 22 to June 21

You may feel somewhat stressed if too many demands are made on your time and energy. This week’s alignment suggests this could be the case unless you take steps to delegate work and ease the pressure. Plus, if you face delays, it might be easier to go with the flow than try and force the pace. On a positive note, friends and family have your best interests at heart and will want to step in with bright suggestions if they suspect you’re feeling overwhelmed. Lucky numbers: 19, 22, 41.

CANCER: June 21 to July 21

There’s too much positive potential showing up around you to let negative thinking win out this week. If someone insists on talking about their problems and it’s getting to you, you may need to have a word. You’re in your element when it comes to financial matters. Confidence and ease could be the catalysts for ideas that bring in extra cash. The more creative you can be with your money, the more money you’ll have to enjoy. Lucky numbers: 01, 20, 53.

LEO: July 24 to August 21

You may feel like strutting your stuff and sharing your natural genius with the world, but you could be stopped in your tracks by issues at home, where there could be a setback. However, it won’t help to vent or dramatize the situation. Insight and understanding could help you get to the bottom of things if all else fails. In addition, asking for help may be necessary if you’ve come to the end of your tether. Later, cast a glance at your finances, as doing so could save you money. Lucky numbers: 07, 29, 64.

VIRGO: August 22 to September 21

If you’ve been caught up in dreams and fantasies, the week ahead brings an opportunity to restore them to life. While there’s still a focus on your spiritual sector, the days ahead spotlight a shift as the Sun moves into your sign. Pick one goal that appeals to you and start some serious planning. On another note, you may hit a brick wall in your interaction with a certain person. Resist the urge to keep trying, as things will likely sort themselves out. Lucky numbers: 79, 86, 93.

LIBRA: September 22 to October 23

Social pursuits bring the most spotlight a shift as the Sun moves into your sign. Be as cooperative as you can, but remember that a misunderstanding or skewed judgment is a real possibility, so don’t take anything at face value, especially regarding financial matters. If you need to sign anything, double-check to make sure it’s OK. In addition, participation in a social or group-sponsored event can have many benefits for an important relationship. It’s worth your while to get busy planning your social calendar for the weeks ahead. Regarding a career matter, delays may work in your favor if you can avoid impatience. Lucky numbers: 03, 13, 34.

SCORPIO: October 24 to November 21

Be as cooperative as you can, but don’t let others distract you from achieving your objectives. Keep your priorities in front of you and stick to them. This sounds easy in principle, but in practice you may find that obstacles and delays prevent you from moving ahead. Try not to let this get to you, as with just a little patience things may be quickly resolved. In addition, your social life perks up pleasantly, giving you an outlet for restless energy. Lucky numbers: 04, 16, 26.

SAGITTARIUS: November 22 to December 21

With the current alignment giving you a craving for action, you have an abundance of energy for activities that are strictly fun, exciting, and adventurous. However, as the Sun joins Mercury in Virgo and your career sector, you may be drawn back down to earth and to more mundane activities. Focusing on your job and business and career issues could be very profitable if you’re willing to make a plan and see it through to the end. On a spiritual note, meditation may enhance relaxation when you most need it. Lucky numbers: 55, 70, 88.

CAPRICORN: December 22 to January 20

Your social life could disappoint if you allow a certain person to get you down. You might need to firm up your boundaries and tell them in no uncertain terms that the behavior won’t be tolerated. You can go on to enjoy yourself once you get this out of the way. In addition, finances continue to look good and could get even better if you’re willing to use your creative abilities to earn extra cash. Plus, travel and adventure may appeal, particularly if you’re in need of a vacation. Lucky numbers: 25, 76, 99.

AQUARIUS: January 20 to February 18

A misunderstanding or skewed judgment is a real possibility, so don’t take anything at face value, especially regarding financial matters. If you need to sign anything, double-check to make sure it’s OK. In addition, participation in a social or group-sponsored event can have many benefits for an important relationship. It’s worth your while to get busy planning your social calendar for the weeks ahead. Regarding a career matter, delays may work in your favor if you can avoid impatience. Lucky numbers: 03, 13, 34.

PISCES: February 20 to March 21

There may be a restless energy present that if channeled constructively could result in a golden opportunity. Rather than indulge a desire to enjoy yourself, put some effort into work or career goals. It could pay big dividends. Later, the focus shifts to your relationship sector as the Sun joins Mercury in Virgo. Over the coming weeks you may benefit from the practical advice of a friend, partner, or co-worker, especially if you act on it. However, delays around travel plans could cause frustration. Lucky numbers: 47, 52, 97.
Our Charitable Fundraising Event, the third annual Patriotic Paddle sponsored by BECOL is scheduled for August 30, 2014. The event is in honor of re-visiting the route of the "Flowers Bank 14" paddle to Belize City and in celebration of the decision to defend the Settlement.

The Paddle starts at 8:30 am with a short opening in Flowers Bank Village after which we move off at 9am to Burrell Boom where we'll have lunch. Burrell Boom will be an entry point for paddlers wishing to join in the event. We move from Burrell Boom to Manatee Lookout in Ladyville which is also an entry point. We’ll take a few minutes break there before continuing to Courthouse Wharf in Belize City. **THIS IS NOT A RACE** and all crafts are to paddle along together. Canoes and kayaks can participate in the event.

Registration for the event is $25 per person anybody can participate. This include a t-shirt, a medal of participation, lunch, snacks, juice and water along the route, oh yes, and free beer for all adult paddlers who register early. All BCAnoe members will earn points toward end of year awards. click the following link for the registration form: [http://www.bc canoe.bz/forms/Reg/PatrioticPaddleReg.pdf](http://www.bc canoe.bz/forms/Reg/PatrioticPaddleReg.pdf)

This year we encouraged you to decorate your canoe or kayak with our Patriotic Colors, there will be prizes for the top 3 Most Liked Decorated Patriotic crafts. Please take pictures of our canoe/kayak before going on the river in order for us to have the best view of the decorated craft. This is because during the paddle, your decorations maybe loosen. The pictures should be emailed to the association (info@bc canoe.bz) where we’ll have a Facebook contest, the 3 with the most likes win. This year’s recipient will be Marla’s House of Hope in Belmopan. They provide a safe, loving, nurturing care for God’s children who have been removed from an abusive environment. We encourage all to make a donation toward the cause. You can send a check to P.O Box 283, Belmopan, or can drop it off to any of our Executive members, deposit to r bank account number 645 - 1 - 1 17173 at the Belize Bank or call 601 4197 to pledge your donation. Companies who need to go through their protocol can ask me for an official donation request letter. Receipts will follow!

For our friends outside Belize, who wish to make a donation, please get in contact with me so we can arrange how best and easiest you can make your donation!

We encourage all participants to register by August 22 early so that we can make adequate preparation for you. Registering early ensures you FREE BEER (all adult paddlers) after your long paddle - what better way to say job well done with a cold beer? Also, it guarantees your t-shirt size. Ladies, we’re getting ladies style tees for you and only for those whom register before Aug 22 we’ll order for.

Everyone is welcomed to participate and come out to support the event. SPECIAL THANKS to BECOL for their continued sponsorship of this event, and our partners, LoveFM, Belikin, Institute for Social and Cultural Research (ISCR), National Kriol Council, Architectural Accents Ltd, Sea Sports Belize, and Bella Dees Soaps.

Thank you for your donations and participation in our 3rd Annual Patriotic Paddle! Remember your Life Jackets, and send us your pictures of your decorated canoe.

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Rugby: The First Four

Continued From Page 4

northern and southern districts. From these teams we will select players for a national sevens and 15-man teams to compete internationally.”

Rugby Belize, under the auspices of the Belize Rugby Board, has already established links with rugby federations in Mexico, Guatemala, Costa Rica and further afield and plans are afoot to participate in international friendlies “as soon as we can” says Tony.

“Rugby Belize is looking for players – men, women, girls and boys of all ages who would like to give it a go, no experienced necessary as we will have coaches on hand. Training events are planned throughout the country, and anybody interested should go to www.rugbybelize.com and make contact.”

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NOTES
The Belize Rugby Board will be affiliated with the National Sports Council and the Belize Olympic and Commonwealth Games Association, and will aim to achieve associate membership of the International Rugby Board (the global governing authority of rugby union) within two years. This will allow teams to represent Belize in a professional competitive capacity in rugby union, sevens and other appropriate events, regionally and further afield. There are rugby authorities throughout Central America, including Mexico, Guatemala, Honduras, Costa Rica, Panama and El Salvador, and across the Caribbean. There are also two regional authorities: CONSUR – which organizes and manages competitions throughout South and Central America and NACRA, which looks after competitions in the North. Rugby Belize will seek to apply for membership of NACRA, but will be guided by the IRB.

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Rugby Union is just one of a number of variants (codes) of the sport. Others are League, Sevens, Wheelchair and Underwater. Whilst Sevens comes under the auspices of rugby union, each of the other codes has a separate global governing authority, and the Belize Rugby Board aims to establish links with these to help in future development of the sport.

The Founder of Rugby Belize, Tony Gillings, is a keen rugby enthusiast, writer and works as an HR Consultant. He is currently based in Ireland but plans to relocate to Belize.
Venezuela Plans To Introduce Supermarket Fingerprinting

The government wants to introduce fingerprinting at supermarkets to stop people from buying too much of a single item.

President Nicolas Maduro of Venezuela has announced a mandatory fingerprinting system in supermarkets to combat food shortages and smuggling.

He said the system would stop people from buying too much of a single item. But the opposition in Venezuela rejected the plan, saying the policy treated all Venezuelans as thieves.

Critics said fingerprinting consumers of staple products was tantamount to rationing and constituted a breach of privacy.
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