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# STAR

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



No. 419

**Sunday, October 26, 2014**

**Price \$1.00**

**SANTA ELENA TOWN, Cayo,  
Tuesday, October 21, 2014:**

On Tuesday, October 21, at around 1:15 pm, on a search for drugs, police visited the residence of **Patrick Gordon** located in the Hot Point area of Santa Elena. Just as the police was approaching they saw a shirtless male person running from the house with a black plastic bag in his right hand. Police set chase after the fleeing man. He was found hiding in bushes without the plastic bag.

A close-up portrait of a young man with dark, curly hair pulled back, a mustache, and a goatee. He is wearing a dark gray t-shirt and looking directly at the camera against a plain, light-colored wall.

## Justin August, 20

The male detainee was identified as **Justin August**, 20, Belizean, laborer who told the police that he lives nearby at #173 George Price Highway. August was escorted to the San Ignacio police station where the suspected drugs were weighed in his presence. The bag containing the

August was arrested and charged for the offence of possession of a controlled drug with intent to supply. He pled not guilty to the charge and was released on a three thousand dollar bail. He was ordered to return to court on January 19, 2015.

**SPANISH LOOKOUT, Cayo,  
Wednesday, October 22, 2014:**

Arriving about an hour later, police found a handcuffed male person in front of the building. The owner of the burglarized business place, **Geharel Rempel**, 45, informed that he was at home when he received a call from a friend informing that the friend and the



**Wilmer Lopez, 26**

friend's brother captured a male person who was burglarizing the

**Continued From Page 15**

Tricks  
or  
Treats

**Halloween Party**

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# Ministry of Health Celebrates Dental Health Week

Belmopan. October 21st, 2014:

The Ministry of Health is this week celebrating Dental Health Week under the theme, “**BELIZEANS BIG-UP YOUR SMILE, IT REFLECTS YOUR STYLE**”. Activities are being carried out by dental departments across the regions. The Public is especially invited to a Dental Health Fair which will take place on Friday, October 24th, at Central Health Region Compound in Belize City.

Within the last year, the Dental Department has conducted and participated in several trainings to update the staff and improve on the services offered to the public. One training session was focused on dental care for children with special needs and in addition, staff also benefitted from lessons in sign language.

The Dental Department also participated earlier this year in a survey along with the Public Health Inspectorate and the Water

Quality Laboratory of Central Health Region to determine the fluoride content of drinking water. The last fluoride survey in drinking water was done in 1999 and since then there have been changes in drinking water sources countrywide.

Dental Health Week is a week set aside to raise awareness about the importance of oral health. The focus remains on high school children as the Ministry continues to develop good habits to ensure a lifetime of strong healthy teeth and gum. During this week, the dental staff at Central Region will be focusing on free teeth cleaning for teachers in an effort to show appreciation for the work they do in the community.

For More Information contact:

**Dr. Raphael Samos**  
**Senior Dental Surgeon**  
**Central Health Region**  
**Belize City**  
**227-2322**



**Don't Be A Litterer Bug!!!**

**A Public Service Message**

**From: The San Ignacio/ Santa Elena Town Council**



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# VACANT OFFICES FOR RENT

October 23, 2014

**Belize Telemedia Limited invites interested business persons to rent newly renovated vacant spaces each with private restrooms situated next to Belize Telemedia Limited office located at #42 Burns Avenue, San Ignacio Town. Building is a white concrete structure which consist of 4 units measuring about 700 sq. ft. each.**

**Interested persons may visit the Belize Telemedia Office in San Ignacio Town to view vacant spaces or call telephone numbers in San Ignacio +501-223-8668 or by email: Rudy Yacab at [ryacab@belizetelemedia.net](mailto:ryacab@belizetelemedia.net) for more information.**

For More Information Please Contact:

Public Relations Department E: [prdept@belizetelemedia.net](mailto:prdept@belizetelemedia.net)



# GOB Host Violation Exercise

Ministry of Energy, Science & Technology and Public Utilities Hosts Validation Exercise on Belize's EE and RE Strategy and Action Plan

Belmopan. October 23, 2014:

The Ministry of Energy, Science & Technology and Public Utilities in collaboration with the Inter-American Development Bank and Costalia Strategic Advisors is hosting the final validation exercise of the Belize Energy Efficiency and Renewable Energy Strategy at the Radisson Fort George Hotel on Tuesday, October 28, 2014 from 1:30

pm to 3:30 pm. The session is geared towards getting a final feed back on the Sustainable Energy Strategy and Action Plan from the original set of stakeholders who have participated in the consultation process or have vested interest in the energy sector. It is expected that at the end of this validation exercise, consensus will be agreed upon on the way forward with the action plan which outlines schedule, process and cost estimates on the activities that will allow Belize to achieve a sustainable energy scenario by 2033.

## NOTICE

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October 22, 2014

## BTL Supports Friends for Conservation & Development Telethon

BTL was honored to partner with Friends for Conservation and Development (FCD) for the first of its kind telethon held at the Memorial Park in Belize City on October 18, 2014. The main objective of this initiative was to raise much needed funds to ramp up the number of park rangers from seven to twenty four. When approached, BTL willingly agreed to provide full support with the provision of toll free telephone lines, fourteen phone operators, a text blast to generate awareness prior to the event and free Wi-Fi. In addition to the in-kind support, BTL and DigiCell pledged \$5,000 in cash to the cause.

Chiquibul National Park is the largest protected area in Belize, covering more than 264,000 acres of tropical broadleaf forest. The primary threat to the natural resources found in this national park includes agricultural expansion, poaching of wildlife, xate extraction, logging and mineral extraction. The call to action by FCD's telethon appealed for the financial support that will be used to increase the presence of Belizean park rangers as a means of deterring the reoccurring incursions to our patrimony.

BTL recognizes the importance of preservation, conservation and protection of the natural environment which our country has been amply blessed with. We congratulate all members of the media, industry stakeholders, volunteers and organizers for giving of their personal time and resources that contributed to the overall success of the telethon.



For More Information Please Contact:

Public Relations Department E: prdept@belizetelemedia.net





# Rugby Training Starts

Though it may only be a sandy patch of ground, the Saca Chispas field in San Pedro made history recently as it became the venue for the first official training session for children participating in Belize’s newest sports activity, rugby, as members of the San

*play rugby with us, and they are welcome to come along*”. The game, already popular throughout Central America, is played by both girls and boys, young and old, and in a variety of variations. The hugely popular version, Rugby Sevens – the variant that will feature in the 2016



San Pedro kids enjoying a ‘Passing’ training session with a volunteer coach Alex Almas

Pedro Turtles rugby club.

“We’re starting small,” says Martin Dawson, organisor of the San Pedro Turtles, “and we are aiming to get a rugby sevens team organized very soon. We know there are more children and youth in San Pedro that would like to

Rio Olympics, is where the Belize Rugby Board will be focusing its efforts to grow and develop the sport in Belize.

Under the guiding hand of Martin Dawson as Organisr, San Pedro Turtles RUFC has been very fortunate to attract the attention of

San Pedro resident Alex Almas, a qualified coach, and he has now run two training sessions with the eager youngsters.

“Volunteers like Alex are going to be so important for this sport.” Says Rugby Belize Founder, Tony Gillings, “Rugby can be a rough game, it’s ver y physical and that’s why it attracts youngster; they can let off steam while getting fit and being part of and enjoying an unbeatable team spirit environment.”

Gillings has already set up community-based rugby clubs in Hattieville, Orange Walk and Belmopan but hopes to establish more across the country, “We want to organize a domestic league as quickly as possible, with teams competing against each other from 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](http://www.rugbybelize.com) and make contact.”

Further inquiries / information:

Tony Gillings

Founder

Rugby Belize

Tel: +353 86 389 3865

E-mail: [tonygillings@hotmail.com](mailto:tonygillings@hotmail.com)

[www.tonygillings.com](http://www.tonygillings.com)

Haddan Garbutt

Hattieville United Youth Sports Club

Tel: 342 5790 / 623 4457

E-mail:

[hattievilleunitedyouths@yahoo.com](mailto:hattievilleunitedyouths@yahoo.com)

[www.rugbybelize.com](http://www.rugbybelize.com)

## EDITOR’S NOTES

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

Continues On Page 14

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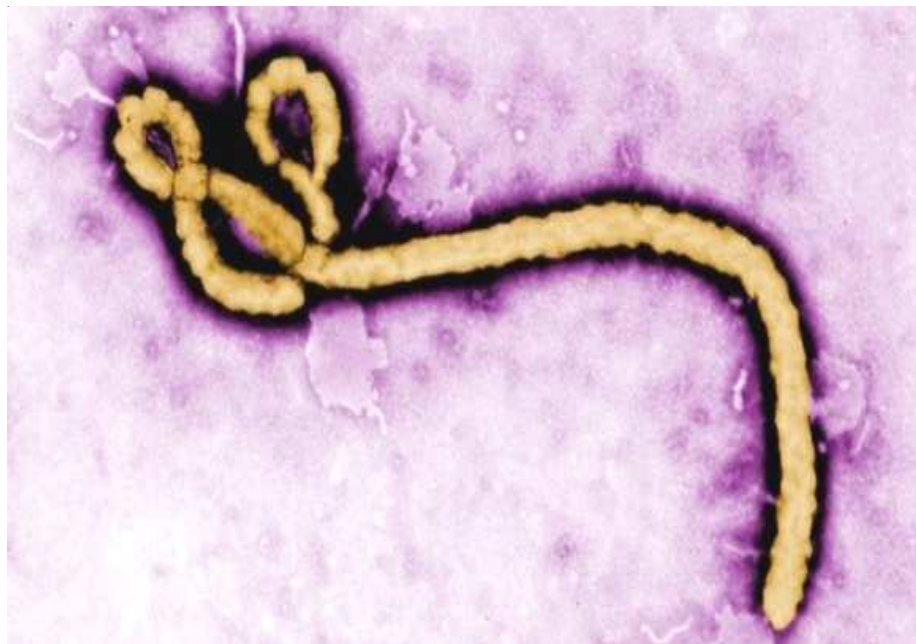


# Ministry of Health Conducts Activities for the Possible Entry of Ebola

**Belmopan, October 22, 2014:**

The Ministry of Health continues to conduct multiple activities associated with the global threat of Ebola.

The Ministry of Health is pleased to share an update on several activities carried out within the past week. Two isolation facilities have been stationed at the Phillip Goldson International Airport (PGIA) compound and the precise specifications of these facilities are currently being reviewed. Revisions have also been conducted on surveillance activities at the airport for further strengthening. Additionally, several activities are being conducted including the activation of Point of Entry Screening with Public Health Inspectors at the International Airport, meetings between the Belize Tourism Board (BTB) and the Public Health Inspectorate on the adoption of updated screening protocols for



cruise ship passengers, and meetings with relevant stakeholders on a draft plan of action for Ebola called by the Ministry of Health through the office of the National Emergency

Management Organization (NEMO).

The NEMO meeting was headed by the Chief Executive Officer in the Ministry of Health, **Dr. Peter Allen** and the Director of Health Services,

**Dr. Michael Pitts.** The primary focus of that meeting was to sensitize stakeholders to issues related to the Ebola virus and to discuss the implementation of a coordinated effort to contain and manage the disease if it enters Belize.

The Ministry has also completed the development of a "**Health Alert**" notice card, a passenger location card, a fact sheet on Ebola, and an Ebola information flyer for passengers on international flights. These materials are being printed for wide distribution at the PGIA.

The Ministry has established a hotline for information (**629-5604**) and urges the public to visit the Ministry of Health website at [www.health.gov.bz](http://www.health.gov.bz) for more information on Ebola and other health related issues.

**For more Information contact:**  
**Director of Health Services**  
**Dr. Michael Pitts**  
**Ministry of Health**  
**822-2325/0809**

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**Company: Belize Water Services Limited**

Invitation for Bids (IFB)

Country: Belize

Project: Belmopan Sewer Expansion phase 1.2

NCB No: BWSL/1.2.7/NCB/2014/002



1. The **Government of Belize** has received a grant from the **Inter-American Development Bank** toward the cost of **Belmopan Sewer Expansion Project Phase 1**, and it intends to apply part of the proceeds of this **grant** to payments under the Contract for the **works listed below but not limited to:**

Upgrade of Wastewater Treatment Plant located in Belmopan:

- Construct Anaerobic Pond and
- Install Ultraviolet System as Tertiary wastewater treatment

2. The **Belize Water Services Limited** now invites sealed bids from eligible and qualified bidders to **upgrade wastewater treatment plant located in Belmopan**. The delivery/construction period is for **six months from January to June 2015**.

3. Bidding will be conducted through the **National Competitive Bidding (NCB)** procedures specified in the Inter-American Development Bank's **Policies for the Procurement of Goods and Works financed by the Inter-American Development Bank**, and is open to all bidders from Eligible Source Countries as defined in the Bidding Documents.

4. Interested eligible bidders may obtain further information from:

Mr. Trevor Garcia, Project Engineer  
Belize Water Services  
7 Central American Blvd.  
First Floor, Room Number 208, Engineering  
Belize City  
Belize, C. A.  
Email: [IWSPPP.PMU@bws.com.bz](mailto:IWSPPP.PMU@bws.com.bz)

and inspect the Bidding Documents at the same address given above **from 9:00 am to 4:00 pm**.

5. A complete set of Bidding Documents in **English** may be purchased by interested bidders on the submission of a written Application to the address below and upon payment of a non refundable **fee of BZ\$100.00**. The method of payment shall be cash.

6. Bids must be delivered to the address below at or before **10:00 am, November 17, 2014**. Electronic bidding **shall not** be permitted. Late bids will be **rejected**. Bids will be opened physically in the presence of the bidders' representatives who choose to attend in person or on-line at the address below at **10:00 am on November 17, 2014**.

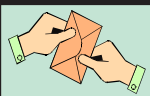
7. All bids marked, **BID TO UPGRADE WASTEWATER TREATMENT PLANT LOCATED IN BELMOPAN**, shall be accompanied by a **Bid Security** as specified in the bidding document and must be delivered to the address below at **10:00 am local time on Monday, November 17, 2014**.

8. The address referred to above is:

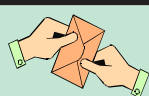
**Attention: Mr. Trevor Garcia, Project Engineer**  
Belize Water Services  
7 Central American Blvd.  
First Floor, Room Number 208, Engineering  
Belize City  
Belize, C. A.







## Readers Write



### A Eulogy

**CONTRIBUTED BY:**  
**Maestro Hernan Ochaeta**

Not long ago, I was privileged, honoured and blessed to visit my father's birthplace, the small town of San Francisco in Peten, Guatemala. After a royal tour provided by relatives, I visited, at my request, the town's cemetery. It was a sight to behold! It was more than the resting place of departed loved ones. It was more like a garden come alive with freshly, recently placed wreaths on each and every tomb. It was divine!

In a few days' time, All Saints Day or Finados will be upon us once again. Santa Rita Cemetery in San Ignacio and the Santa Elena cemetery will be visited by friends and relatives of the departed and wreaths will be left in kind remembrance of them. But the sad truth is that many tombs have remained abandoned and forgotten. As a grateful people we should do something about it.

In those forgotten tombs rest the remains of those who, like us the living, were once part of the sisterhood and brotherhood of the clan of our first parents. In those tombs, as in all the others, rest the remains of mothers and fathers, of wives and husbands, of grandparents, of infant babies, of nieces and nephews, of sisters and brothers, of cousins and other relatives and friends - no matter if they lived on the eastern or western bank of the Macal, or whether they were up- or down- the-hillers, or blue or red or in between, no matter if they were poor or rich,

exploited or exploiter, if they sang or crowed in their respective choirs, or whether they were believers or not. They were part of our common humanity.

As important is the fact that in her or his own way, each made a contribution according to her or his ability or circumstances. They were the housewives, farmers, fishermen and butchers who fed us, the teachers who helped to liberate us, the students who consciously or otherwise challenged us, the exemplary police women and men who served us, the members of the great Pallottine community who served us so selflessly, represented at Santa Rita by one of their own. And the parade of nation builders can continue.

What can we do to honour them?

This is a great opportunity, for example, for primary, secondary and tertiary level institutions in our community, as well as the general public, to embrace the challenge of a community project to ensure that all the graves and tombs, especially of our forgotten, be given the respect and honour so richly deserved. After all, they all left their "footprints on the sands of time".

The monuments left to us by our Maya ancestors are preserved and honoured, and rightly so; in like manner, let us give our cemeteries the honour, the glory and the reverence that our departed deserve, and let the fragrance from our wreaths fill the air with our humble gratitude.

### You Can't Cram for What Matters Most

**By: Glynnis Whitwer**

**Contributed By: Janice Williams**

*"Teach us to number our days carefully so that we may develop wisdom in our hearts."* Psalm 90:12 (HCSB)

I checked my watch as I sat down to study. Twelve hours until my test. Pouring a cup of coffee, I added sugar, stirred, tasted and added another teaspoon of sugar. I was going to need it to prepare for the all-nighter before me.

Oh, there were many reasons I could have given you for waiting until the night before to study: my part-time jobs, other demanding classes and a boyfriend who I was sure would be my husband one day. They were good excuses ... but underneath all the superficial reasons was the truth: I hadn't done a good job of studying.

Rather than tackling a little bit each day when I had free time, I used that time for other things ... things I felt I deserved for working so hard! Plus, I was counting on an adrenaline surge the night before the test and laser focus due to the pressure.

Well, that didn't happen. Around 3 a.m. I couldn't keep my eyes open, slept a few hours, showed up to the test sleep-deprived and bombed it. But I did learn an important life-lesson: Cramming isn't a good approach to what matters most.

One would think that lesson would be engrained in my habits, and I would never again wait until the last minute to tackle an important assignment. If only that were true. Unfortunately, it was easy for cramming to become a way of life, with bursts of effort interspersed between bouts of exhaustion.

My husband (*the boy I blamed for the cramming*) and I used to joke that nothing would get done if it weren't for the last minute.

Unfortunately, that's a pretty hectic way to live. And while you might get by for a time cramming for important events, that kind of random effort doesn't have a cumulative positive effect. In fact, it's hindered me in what matters most.

Whether it's planning family gatherings, tackling clutter, losing weight, adding exercise or achieving goals, random effort makes little difference.

I tend to think large blocks of time are needed to make important things happen. But my days fill up quickly and large blocks of free time are rare. So I procrastinate and end up being stressed, rushed and

disappointed.

However, I've discovered a different approach that has proven successful. It's actually less complicated and more peaceful, but it takes intentional effort. When I apply two simple habits, I see a difference:

1) Value small blocks of time. There is great value in small bits of time. I don't need hours to start something or make a difference in an area of my life. Fifteen or 30 minutes spent on something every day, week or month, adds up. Consistent effort really makes a difference.

2) Ask the Lord daily for my assignment. When I spend a few minutes seeking God's direction for my day, important things get done. Not everything — but what's most important. The key is to do this before answering emails, doing laundry, sitting in meetings or cleaning up after children, etc. Otherwise, the current of the day sweeps me away, and I'm back to my habit of procrastination.

The Bible teaches us there's wisdom in valuing our days and looking to God for direction. Verse 12 in Psalm 90, a prayer attributed to Moses, says, **"Teach us to number our days carefully so that we may develop wisdom in our hearts."**

I need God's wisdom when it comes to managing my time. Without God's wise direction, I can spend all kinds of time on things that aren't my priorities. Then, the things that matter most, get the least amount of my time. And then I get all crazy trying to make it right. Whew!

But that's not God's way and Jesus is our perfect example. He knew His priorities, made the most of every moment and sought His Father's will before His day began (**Mark 1:35**).

Jesus didn't take any day, or hour, for granted. He didn't put off trips, conversations or teachings until life got easier or He had more time. Jesus was intentional in all areas of His life. Every day.

What a purposeful, peaceful way to live. No cramming. No regrets. Just faithful obedience on a daily basis. That is my prayer. And with God teaching me to number my days, and giving me a wiser heart, it is possible.

Father, every day You give me is a gift. Help me to value and make the most of each moment to serve You and to love others. In Jesus' Name, Amen.

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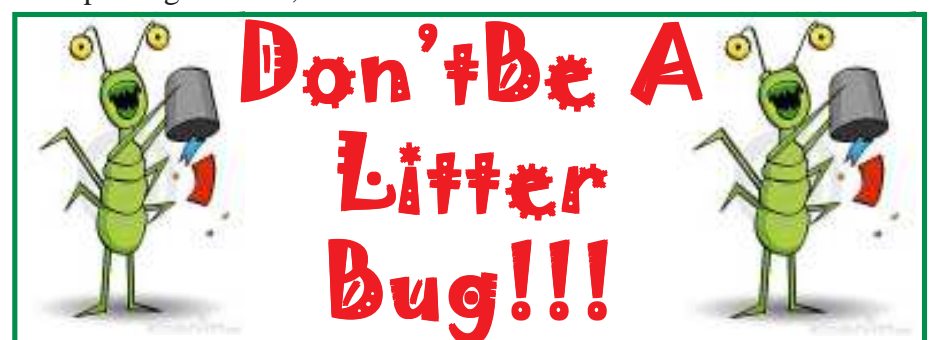
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**Esperanza Village, Cayo District**

**63 George Price Highway**

**Tel: 824-2147**

**Email: sanmiguel@roesons.com**





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Applications will be accepted to end October 31<sup>st</sup>, 2014 and you can send or drop off your cover application letter and resume to:

**HUMAN RESOURCE DEPARTMENT**  
 No. 84 Burns Avenue  
 San Ignacio, Cayo,  
 Belize, C.A  
 Tel: 501-824- 4914/12  
 Fax: 501-824-4913

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# ★ STAR HUMOR ★

## How Man Earned Longevity

God created the donkey and told him: you will work tireless from sun up to sun down, carrying heavy bags on your back, you'll eat grass, you will not have intelligence and you will live 50 years. You will be a DONKEY!

The donkey answered: I'll be a donkey, but living 50 years is too much, give me only 20 years. And God gave him 20 years.

God created the dog and told him: You will look after the man's house, you will be his best friend, you will eat whatever they give you and you will live 25 years. You will be a DOG!

The dog answered: God, living 25 years is too much, give only 10. God gave him 10 years.

God created the monkey and told him: You will jump from branch to branch, you will do silly things, you will be amusing and you will live 20 years.

The monkey answered: God, living 20 years is too much, give me only 10 years. And God agreed.

Finally, God created man, and told him: You will be Man, the only rational being on this earth, you will use your intelligence to control other animals, you will dominate the world and you will live for 20 years.

The man answered: God, I'll be man, but living 20 years is not enough, why don't you give me the 30 years that the donkey refused, the 20 years that the dog did not want and the 10 years that the monkey refused.

That was what God did, and since then, Men live 20 years like a man, then he enters adulthood and spends 30 years like a donkey, working and carrying the load on his back, then when his children leave home, spends 15 years like a dog, looking after the house and eating whatever is given to him, then he gets into retirement, and spends 10 years like a monkey, jumping from house to house or from children to children, doing silly things to amuse the grandchildren.

## The Wedding Reception

At a wedding reception I recently attended, someone said, *"All the married men please stand to the person*

*who has made your life worth living."*

The bartender was nearly crushed to death!

## Five Deadly Terms Used by a Woman

1. **Fine:** This is the word women used to end an argument when she knows she is right and you need to shut-up.

2. **Nothing:** Means something and you need to be warned.

3. **Go Ahead:** This is a dare, not permission, do not do it.

4. **Whatever:** A woman's way of

saying screw you.

5. **That's Okay:** She is thinking long and hard on how and when you will pay for your mistake.

**Bonus Word:**

**Wow!:** This is not a compliment, she's amazed that one person could be so stupid

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# Farewell: Paul Nabor- A Belizean Cultural Icon

Belize City, Belize-October 23, 2014:

The Belize Tourism Board (BTB) expresses its sincerest condolences to the family, friends and fans of the greatest Parandero, **Mr. Paul Nabor**. While we are saddened by the news of his passing, we join the rest of the country to recognize and celebrate Nabor’s achievements and contributions to Belize’s music industry. Usually seen with his guitar, Paul Nabor shared the Garifuna culture through his music and teachings of Paranda. The instrumental and percussion-based soulful music helps to export the Garifuna culture, and, by extension, promotes Belize to the rest of the world.

In 2011 and 2004, Paul Nabor was honoured for his contribution to culture and music at the *‘Tribute to Belizean Patriots’* with the Order of Distinction and Meritorious Service Award, respectively. In 2004, this international icon who was fluent in English, Spanish and Garifuna, was bestowed with the honourable title of **“Distinguished Guest,”** during a visit to Tegucigalpa, Honduras. While there for the release of fellow Paranda musician, **Aurelio Martinez’s** Garifuna Soul album, Nabor received a signed proclamation from the officials in Honduras; an honour which further cemented his popularity, not only in Belize, but in the region. With connections that expand beyond the borders of Belize and within circles of some of Belize’s finest musicians and cultural ambassadors, Nabor



**The Greatest Parandero, Mr. Paul Nabor**

loaned his talents to the late **Andy Palacio’s** final album *Watina*, as well as to Stonetree Record’s *‘Paranda.’* Nabor’s songs, such as **“Naguya**

**Nei,”** are widely acclaimed within the local music industry and considered some of the greatest and most powerful contributions to Belize’s music industry. Known across the country as *‘One of the Three Kings’* and the *‘last’* Parandero of Punta Gorda, Nabor was also involved in his community where, as a Buyei, he led his congregation with fervour. To those who knew him, he was a beloved musician who enjoyed fishing in his canoe, playing his guitar and entertaining people. In short, he was a proud, talented Garifuna, with a kind heart and whose words rang with power and sincerity. Punta Gorda has lost one of its sons. Belize has lost one of its greats. The Belize Tourism Board is honoured and privileged to have called Paul Nabor one of Belize’s most prominent music and cultural icons. He has served Belize well.



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doesn’t  
always roar.  
Sometimes  
Courage is  
the little  
voice at the  
end of the  
day that says  
I’ll try again  
tomorrow.”**  
**- Mary Anne  
Radmacher**

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## Rotaract Club of Benque Viejo's First Annual Cancer Walk

October 21, 2014:

*"When someone has cancer, the whole family and everyone who loves them does, too. -Terri Clark."*

The Rotaract Club of Benque Viejo held its First Annual Cancer Walk on Saturday, October 18, 2014. The objective of the Cancer Walk, which will be an annual community service event, is to raise awareness about cancer which affects women, men and children, especially Breast Cancer Awareness which is observed during the month of October.

The Cancer Walk was also a fundraising event to raise funds for cancer patients in Benque Viejo and San Jose Succotz. Rotaractors approached residents and businesses within the community for monetary donations. Participants of the Cancer Walk and attendees at the Benque House of Culture's Annual Art Fiesta also gave monetary donations.

The Cancer Walk started about 4:45 p.m. in front of the ferry in San Jose Succotz, and it was escorted by **Mr. Heraldo Rancharan** from the Benque Viejo Traffic Department. There were about 40 participants from Benque Viejo del Carmen and San Jose Succotz.

When the participants arrived at the entrance in Benque Viejo, they were



**Participants of the First Annual Cancer Walk**

given pouches of water courtesy of Agua Pura in Benque Viejo. The walk proceeded through the George Price Boulevard and concluded at the Centennial Park where the Benque House of Culture was having its Annual Art Fiesta. This was a great way for participants to partake in the Cancer Walk and experience the Annual Art Fiesta.

The Rotaract Club of Benque Viejo expresses its most sincere gratitude to **Mr. Heraldo Rancharan** from the Benque Viejo Traffic Department, Agua Pura in Benque Viejo, and residents of Benque Viejo and San Jose Succotz for their support and participation in its First Annual Cancer Walk. A huge thank you to all

the Rotaractors of the Rotaract Club of Benque Viejo for their dedication, hard work and commitment in making this event a huge success.

The Rotaract Club of Benque Viejo is still accepting monetary donations which will be used for the sole benefits of cancer patients.

*"Hoy Por Ellos, Mañana Por Nosotros"*

For further information, kindly contact the Rotaract Club of Benque Viejo:

Tel: +501-623-7740

Email: benqueviejorotaract@gmail.com

Facebook: [www.facebook.com/BenqueViejoRotaract](http://www.facebook.com/BenqueViejoRotaract)

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# Breast Cancer

Breast cancer is the development of cancer from breast tissue. Signs of breast cancer may include a lump in the breast, a change in breast shape, dimpling of the skin, fluid coming from the nipple, or a red scaly patch of skin. In those with distant spread of the disease, there may be bone pain, swollen lymph nodes, shortness of breath, or yellow skin.

Risk factors for developing breast cancer include obesity, lack of physical exercise, drinking alcohol, hormone replacement therapy during menopause, ionizing radiation, early age at first menstruation, and having children late or not at all. About 5–10% of cases are due to genes inherited from a person's parents, including BRCA1 and BRCA2 among others. Breast cancer most commonly develops in cells from the lining of milk ducts and the lobules that supply the ducts with milk. Cancers developing from the ducts are known as ductal carcinomas, while those developing from lobules are known as lobular carcinomas. In addition, there are more than 18 other sub-types of breast cancer. Some cancers develop from pre-invasive lesions such as ductal carcinoma in situ. The diagnosis of breast cancer is confirmed by taking a biopsy of the concerning lump. Once the diagnosis is made, further tests are done to determine if the cancer has spread beyond the breast and which treatments it may respond to.

The balance of benefits versus harms of breast cancer screening is controversial. A 2013 Cochrane review stated that it is unclear if mammographic screening does more good or harm. A 2009 review for the US Preventive Services Task Force found evidence of benefit in those 40 to 70 years of age, and the organization recommends screening every two years in women 50 to 74 years old. The medications tamoxifen or raloxifene may be used in an effort to prevent breast cancer in those who are at high risk of developing it. Surgical removal of both breasts is another useful preventative measure in some high risk women. In those who have been diagnosed with cancer, a number of treatments may be used, including surgery, radiation therapy, chemotherapy, and targeted therapy. Types of surgery vary from breast-conserving surgery to mastectomy. Breast reconstruction may take place at the time of surgery or at a later date. In those in whom the cancer has spread to other parts of the body, treatments are mostly aimed at improving quality of life and comfort.

Outcomes for breast cancer vary depending on the cancer type, extent of disease, and person's age. Survival

rates in the developed world are high, with between 80% and 90% of those in England and the United States alive for at least 5 years. In developing countries survival rates are poorer. Worldwide, breast cancer is the leading type of cancer in women, accounting for 25% of all cases. In 2012 it resulted in 1.68 million cases and 522,000 deaths. It is more common in developed countries and is more than 100 times more common in women than in men.

## Signs and Symptoms

*Early signs of possible breast cancer:*

Breast cancer showing an inverted nipple, lump and skin dimpling. The first noticeable symptom of breast cancer is typically a lump that feels different from the rest of the breast tissue. More than 80% of breast cancer cases are discovered when

the woman feels a lump. The earliest breast cancers are detected by a mammogram. Lumps found in lymph nodes located in the armpits can also indicate breast cancer.

Indications of breast cancer other than a lump may include thickening different from the other breast tissue, one breast becoming larger or lower, a nipple changing position or shape or becoming inverted, skin puckering or dimpling, a rash on or around a nipple, discharge from nipple/s, constant pain in part of the breast or armpit, and swelling beneath the armpit or around the collarbone. Pain ("mastodynia") is an unreliable tool in determining the presence or absence of breast cancer, but may be indicative of other breast health issues.

Inflammatory breast cancer is a particular type of breast cancer which can pose a substantial diagnostic challenge. Symptoms may resemble a breast inflammation and may include itching, pain,

swelling, nipple inversion, warmth and redness throughout the breast, as well as an orange-peel texture to the skin referred to as peau d'orange; as inflammatory breast cancer doesn't show as a lump there's sometimes a delay in diagnosis.

Another reported symptom complex of breast cancer is Paget's disease of the breast. This syndrome presents as skin changes resembling eczema, such as redness, discoloration, or mild flaking of the nipple skin. As Paget's disease of the breast advances, symptoms may include tingling, itching, increased sensitivity, burning, and pain. There may also be discharge from the nipple. Approximately half of women diagnosed with Paget's disease of the breast also have a lump in the breast.

In rare cases, what initially appears as a fibroadenoma (*hard, movable non-cancerous lump*) could in

**Continues On Page 14**

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## Your Weekly Horoscope and Lucky Numbers

### ARIES:

**March 22 to April 20**

Your go-getter energy's at odds with the stuff coming from the stars at the beginning of the week. Take a passive approach, rather than an aggressive one (and definitely avoid a passive-aggressive tactic!). And don't worry, because Thursday and Friday bring opportunities for all sorts of pioneering, and even passion! You're extra-convincing now — work that additional charm! As for the weekend, various pitfalls may be in your cosmic path — you'll once again want to tread lightly. Calm stuff around the house or physical activities outside may be a better bet than big social plans. **Lucky numbers: 03, 31, 56.**

### TAURUS:

**April 21 to May 21**

Fun times and affectionate friends (or more-than-friends) are in your personal stars at the beginning of the week. Don't work late, and don't wait for the weekend! Around Thursday and Friday, your health matters even more than usual. Yes, you'll want to work out, but you don't want an injury from overdoing it. Be sure to pace yourself or partner up with someone who helps you keep things slow and steady. It's your emotional state that's highlighted this weekend, and it could be less than stable. Watch for having a short fuse, but be sure to enjoy the passion the universe is sending! **Lucky numbers: 17, 23, 39.**

### GEMINI:

**May 22 to June 21**

Check in with your mentor, your mom or other VIPs in your life at the

beginning of the week. The stars say somebody's got a piece of very useful advice for you; getting it may hinge on asking the right questions (or a lot of them!), though. On Thursday and Friday, you're extra smart, which everyone knows equals extra sexy! How about some intelligence-enhancing dates? Take a certain someone to a lecture, or if you're single, hit the galleries, a museum mixer or some other hotbed of fellow brainiacs. As for the weekend, you'll do best if you slow your pace — burnout of one sort or another is a distinct possibility. **Lucky numbers: 08, 12, 27.**

### CANCER

**June 21 to July 21**

Your domestic side's in full effect at the beginning of the week. Don't be surprised if you go into an out-of-season spring-cleaning frenzy at home, reorganize your workspace in helpful new ways or even spend lots of time cleaning out your inbox. (Don't forget to back up those files, too!) On Thursday and Friday, your idea and someone else's may be at odds; the challenge is not to take it too personally. Work toward common ground instead of being touchy about turf. As for the weekend, sometimes you can be overcautious, but this time you're right to hesitate. Wait for something that's on your mind. **Lucky numbers: 35, 42, 59.**

### LEO:

**July 24 to August 21**

You're less extravagant and less extroverted than usual at the beginning of the week, and while it's less exciting, it's an excellent state for saving and sorting through things. Give a certain

plan a necessary update now. On Thursday and Friday, friends and fun and fabulousness are back with a vengeance, and hotter, sweeter stuff's in the stars, too. Make a romantic move — they'll love it (and you!). Family matters grab your attention this weekend, as do lessons learned and memories both bad and good. Slow down, get in touch (with them and yourself) and think things through. **Lucky numbers: 73, 88, 95.**

### VIRGO:

**August 22 to September 21**

You're getting plenty of gold stars if the stars have their way as the week begins. Good effort expended at work, on relationships or toward your community is more than its own reward — enjoy the sweet stuff! On Thursday and Friday, you're either acting on impulse or overthinking something — or doing a bit of both. Consult someone you trust (like your mentor, mom or best friend) before making any major commitments. As for the weekend, you've got big ideas, big plans and the expectations to match. The first two are great, but reel in what you're hoping to get out of them for best results. **Lucky numbers: 33, 40, 54.**

### LIBRA:

**September 22 to October 23**

Schedule one-on-ones, at work and personally, at the beginning of the week; your listening ear and excellent perception make you an extremely valuable partner now. Find a way to jog your own memory, too. On Thursday and Friday, partnerships of the more amorous variety are in the stars! If you're coupled up, plan an amazing, aesthetically pleasing date; if you're single, love may be found among art or music. As for the weekend, it really is the thought that counts, especially when compared to mere material things. **Lucky numbers: 20, 48, 66.**

### SCORPIO:

**October 24 to November 21**

You're a person with a plan at the beginning of the week, or you should be — the stars smile on whatever you put together. Preparation, far from a waste of energy, is time well spent! On Thursday or Friday, a certain choice may have you throwing your hands up in the air, and not because you just don't care — it may be a big deal. Try quieting your headspace and your actual space, and let your true feelings well up from inside. As for the weekend, don't expect quiet at all — expect applause, fireworks and parties. You're hot, and it's totally obvious. **Lucky numbers: 62, 79, 84.**

### SAGITTARIUS:

**November 22 to December 21**

Your boss may be on the opposite

of your greatest-hits list at the beginning of the week — and if a significant other, friend or your mother is acting bossy, you're not loving them right now, either. Use a little tact; this, too, shall pass, so let it do that without any lasting damage. All is better than well on Thursday and Friday — people love you, and it looks like you're loving life. Choosing among all the good stuff should be your biggest problem. As for the weekend, something needs contemplation and resolution. Give it due time and consideration. **Lucky numbers: 46, 71, 90.**

### CAPRICORN:

**December 22 to January 20**

If there are facts to be found as the week begins, you do the digging — and very likely enjoy the process as much as the results. Get someone else involved — maybe a research assistant? — for additional fun. On Thursday and Friday, don't bet the farm or up the ante without some serious risk assessment. At work or in your personal life, the status quo might be best for the moment. You're better equipped for making a decision when the weekend comes, both because of some helpful introspection and cosmic intervention — the latter may be in the form of advice from a friend. **Lucky numbers: 15, 69, 93.**

### AQUARIUS:

**January 20 to February 18**

Somebody may be insisting that they understand what you're saying (or typing, or texting) at the beginning of the week, but if you're still skeptical, heed your instincts. You can't be too careful or too clear now. On Thursday and Friday, your attitude determines your altitude; the latter can be up sky-high and have you all starry-eyed if you purposely make the former warmer. Greet everyone you meet with genuine affection, and the universe will love you right back. As for the weekend, the instinct to nest may be strong, but you'll actually thrive on the energy of others. Plan for a mix of the two. **Lucky numbers: 29, 52, 76.**

### PISCES:

**February 20 to March 21**

You're usually so accepting, but as the week begins, you're looking at everyone and everything with a very critical eye. It's a good thing and likely to be very productive, but do be tactful about sharing your sharp findings. Money's likely to be a big deal around Thursday and Friday, and you should be neither a borrower nor a lender. Work out a budget and help a friend do the same, rather than handing out money or a loan. As for the weekend, trust is a must. If you're not feeling it, own up to it; if you are, things can definitely go far. **Lucky numbers: 11, 37, 64.**

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# Breast Cancer

**Continued From Page 11**

fact be a phyllodes tumor. Phyllodes tumors are formed within the stroma (*connective tissue*) of the breast and contain glandular as well as stromal tissue. Phyllodes tumors are not staged in the usual sense; they are classified on the basis of their appearance under the microscope as benign, borderline, or malignant.

Occasionally, breast cancer presents as metastatic disease—that is, cancer that has spread beyond the original organ. The symptoms caused by metastatic breast cancer will depend on the location of metastasis. Common sites of metastasis include bone, liver, lung and brain. Unexplained weight loss can occasionally herald an occult breast cancer, as can symptoms of fevers or chills. Bone or joint pains can sometimes be manifestations of metastatic breast cancer, as can jaundice or neurological symptoms. These symptoms are called non-specific, meaning they could be manifestations of many other illnesses.

Most symptoms of breast disorders, including most lumps, do not turn out to represent underlying breast cancer. Fewer than 20% of lumps, for example, are cancerous, and benign breast diseases such as mastitis and fibroadenoma of the breast are more common causes of breast

disorder symptoms. Nevertheless, the appearance of a new symptom should be taken seriously by both patients and their doctors, because of the possibility of an underlying breast cancer at almost any age

## Prevention

Women may reduce their risk of breast cancer by maintaining a healthy weight, drinking less alcohol, being physically active and breastfeeding their children. These modifications might prevent 38% of breast cancers in the US, 42% in the UK, 28% in Brazil and 20% in China. The benefits with moderate exercise such as brisk walking are seen at all age groups including postmenopausal women. Marine omega-3 polyunsaturated fatty acids appear to reduce the risk.

Removal of both breasts before any cancer has been diagnosed or any suspicious lump or other lesion has appeared (*a procedure known as prophylactic bilateral mastectomy*) may be considered in people with BRCA1 and BRCA2 mutations, which are associated with a substantially heightened risk for an eventual diagnosis of breast cancer. Evidence is not strong enough to support this procedure in anyone but those at the highest risk. BRCA testing is recommended in those with a high family risk after genetic counseling. It is not recommended routinely. This is because there are

many different forms of changes in BRCA genes, ranging from harmless polymorphisms to obviously dangerous frameshift mutations. The effect of most of identifiable changes in the genes is uncertain. Testing in an average-risk person is particularly likely to return one of these indeterminate, useless results. It is unclear if removing the second breast in those who have breast cancer in one is beneficial.

The selective estrogen receptor

modulators (*such as tamoxifen*) reduce the risk of breast cancer but increase the risk of thromboembolism and endometrial cancer. There is no overall change in the risk of death. They are thus not recommended for the prevention of breast cancer in women at average risk but may be offered for those at high risk. The benefit of breast cancer reduction continues for at least five years after stopping a course of treatment with these medications.

## Rugby Training Starts

**Continued From Page 4**

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

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.

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,



**Alex Almas, Coach  
San Pedro Turtles RUFC**

writer and works as an HR Consultant. He is currently based in Ireland but plans to relocate to Belize.

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are until being  
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-Bob Marley*

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# Mahmud Resigns

**Joseph Mahmud**, he's the elected PUP Representative for Cayo North. We have confirmed that he has told the party he is stepping down as standard-bearer and will not contest that seat for the PUP in the next general election. We have confirmed that Mahmud sent a letter last week to the party headquarters announcing his decision.

What's behind it? Well, reports tell

us that Mahmud had differences with the other PUP General's in the West, principally **Julius Espat**, who is the PUP Deputy Leader for the West. Today Deputy Espat wouldn't discuss it only saying, quote, "*It's a sensitive issue...I wish him all the best. And I'll be there to support him in whatever decision he makes...*" End quote.

And, according to Party Leader



**PUP Cayo North Representative Joseph Mahmud**

**Francis Fonseca** the decision has been made. He responded to our request for a comment via text message this evening saying that a letter was sent by Mahmud which the National Executive will discuss. Fonseca says Mahmud quote, "**remains as Area Representative and will support the party fully**

moving forward." End quote. He adds that Mahmud cited "**personal reasons**" for his decision.

And so, to be clear, Mahmud has formally written to the PUP saying that he will not contest the next general election - and that they should find a new standard bearer. Of course, in politics, it's not that simple.

Conventional wisdom suggests that the party will try mightily will bring him back into the fold - which has worked on a previous occasion when Mahmud was disgruntled with the state of things in the Western political orbit.

And so while the political status quo may remain intact for the time being - it's a key development for the UDP since Cayo North and its famous red hills has always been considered a stronghold for the UDP - which Mahmud wrested away from **Salvador Fernandez** in the last general election.

## Burglar Caught Red Handed In Spanish Lookout

**Continues From Front Page** the business place.

Rempel told the police that he rushed to the scene where the alleged burglar, Wilmer Lopez, from the nearby village of Billy White, was presented to him.

Upon checking the establishment Rempel found that both the front and the side doors of the building had been damaged. The detainee's red Melim brand motorcycle without license plates was found about ten yards from the scene with a white plastic bag containing several phone cases and a camouflage hunting suit which Rempel positively identified as being his property.

**Wilmer Lopez**, 26, laborer of Billy White village was subsequently arrested and charged for the crime of

burglary. He pled guilty to the charged. Bail was denied resulting in the accused being remanded to Hattieville Prison. The case was adjourned to Tuesday, December 23, 2014.

## Money Lenders Application

**Notice for the publication in the newspaper of application for the moneylender's certificate**

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5. A complete set of Bidding Documents in **English** may be purchased by interested bidders on the submission of a written Application to the address below and upon payment of a non refundable fee **BZ\$100.00**. The method of payment shall be **cash**.
6. Bids marked, must be delivered to the address below at or before **10:00 am, November 17, 2014**. Electronic bidding **shall not** be permitted. Late bids will be rejected. Bids will be opened physically in the presence of the bidders' representatives who choose to attend in person or on-line at the address below at **10:00 am on November 17, 2014**.
7. All bids marked, **BID FOR INSTALLATION OF SEWER PUMPING STATION, SEWER FORCE MAIN, GRAVITY MAIN AND SERVICE CONNECTIONS IN EAST PICCINI AREA OF BELMOPAN**, shall be accompanied by a **Bid Security**, as specified in the bidding document and must be delivered to the address below at **10:00 am local time on Monday, November 17, 2014**.
8. The address referred to above is:



**Attention: Mr. Trevor Garcia, Project Engineer**  
**Belize Water Services Limited**  
**7 Central American Blvd.**  
**First Floor, Room Number 208, Engineering**  
**Belize City**  
**Belize, C. A.**





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