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# 



# **Complainant Does Police Work**

SAN IGNACIO, Cayo, Wednesday, October 29, 2014:

A 31 year old man of Duck Run 1 was today arrested and charged for rape allegedly committed almost five months ago.

It was shortly after 7 o'clock on Monday morning, June 9, 2014, when a 20 year old female visited the San Ignacio police station and reported that she was raped. In a statement to the police the complainant informed that at around

5:30 am that morning, at the junction of Joseph Andrews Drive and Bullet Tree Road in San Ignacio Town, she board a parked red car which she believed was a taxi for a ride home. The complainant alleges that on the way to her destination the male Hispanic driver diverted into a dirt road on the left side of the highway near Rumors Resort. He allegedly drove a short distance into the road, locked the doors and had sexual intercourse with the complainant without her consent.

While the police sat on the case, the complaint did not and earlier this week she spotted the accused in the area of the Welcome Center in San Ignacio in the same red vehicle. She immediately informed the police of the spotting of the accused. Swift police action resulted in the detention of the accused and the impounding of the vehicle.

The accused, identified as **Eric** Giovanni Gonzalez, 31, Belizean salesman from the village of Duck Run 1, was today formally arrested and charged for rape. He is scheduled to appear in court on Thursday, October 30, 2014.



Eric Giovanni Gonzalez, 31

### The Police he Bullets?

#### SAN IGNACIO TOWN, Cayo, Wednesday, October 29, 2014:

Three men from the western village of Unitedville, charged for keeping ammunition without a license, today walked free of the charge.

The charge against the three Belizean laborers identified as Eric Elrington and Edwardo Olivera, both 27 and Robert Leiva, 18, stems from a May 23rd search, by the police, at Elrington's house in Unitedville. The search according to the police resulted in the discovery, on a table in the kitchen, of an ammunition box allegedly containing seven live rounds of point 22 bullets.

All three men were instantly detained and transported to the police station in San Ignacio where they were later arrested and jointly charged for keeping ammunition without a license. The men pled not guilty to the charge and, in accordance with the law, were

remanded to prison.

When the case came to trial, all defendants were adamant on three points: 1) The team of policemen broke into the house 2) They had no knowledge of neither the ammunition box nor its content and 3) The evidence was planted by the

In summing up the trial after hearing the evidence, presiding magistrate, Narda Morgan, informed that she found several inconsistencies in testimonies presented by the policemen whereby creating the element of reasonable doubt resulting in the charge being dismissed against the trio.

**Ed. Note:** This is a serious matter. For the very sake of our well being, we sincerely hope that policemen are not engaged in the planting of evidence against anyone much less something as serious as any charge having to do with the firearms act.





#### Editorial



#### The PUP Is Bad For Belize

Writing with the firm belief that Belizeans are conscious, informed and unwaveringly committed to improving the national standard of living as the nation's infrastructure is undergoing unprecedented development; we will save the details of the latest display of blatant selfishness by the leadership of the opposition People's United Party (PUP).

The Petro Caribe Agreement between Belize and the Bolivarian Republic of Venezuela came into existence under the Musa/Fonseca government during the latter part of 2006. The delivery of fuel from Venezuela, under the agreement caught the PUP government totally unprepared in 2007. It was a fiasco. When the first shipment arrived the government had no storage facility. The product remained in the harbor for several days costing taxpayers around 15 thousand dollars per day. It was a nightmare until Shell Belize Limited was eventually threatened to provide its facility to store the produce.

The fuel temporarily and reluctantly stored by Shell Belize Limited was eventually sold off to southern interests. This private PUP arrangement continued until April 2009, a full 13 months into the new United Democratic Party (*UDP*) Government until an evaluation and investigation by Venezuelan officials rapidly concluded that the arrangement was not serving its intended purpose as the profits was serving "private interests" and not that of the people of Belize.

The arrangement was halted by the Venezuelans. It took three years for the UDP Government, in its second term in office, to put the infrastructure and mechanism in place for the resumption of the agreement. Petro Caribe was restarted in 2012 and the true beneficiaries, the Belizean people began reaping the benefits as intended by the now deceased visionary Venezuelan President, Hugo Cesar **Chavez Frias.** 

The Dean Barrow UDP Government, with proceeds from the Petro Caribe arrangement, via unending public announcements, began several social programs benefitting thousands of Belizeans. The National Bank of Belize was started with Petro Caribe funds. The unprecedented development taking place across the nation is funded by Petro Caribe. Thousands of new jobs have been created. More businesses are benefiting from the ramped up infrastructural projects taking place all across the country.

In his Thursday evening press conference Prime Minister Dean **Barrow** proudly announced that Petro Caribe funds will be used to complete the construction of the Coast Guard forward operation base at Hunting Caye to the tune of 1.5 million dollars. He additionally announced that 4.5 million dollars will be expended for the acquisition of two refurbished helicopters for the Belize Defense Force to better patrol our western border with Guatemala.

The Petro Caribe funds is making things happened in Belize. The PUP has nothing to show from the proceeds of this arrangement during their term in office. Their chances of ever regaining the political power in Belize dwindle as development and social programs intensify under the UDP Government.

For the opposition PUP to stand, even the ghost of a chance at regaining political power in Belize, the Petro Caribe Arrangement must be halted and so they have selfishly embarked on this destructive mission. Life must be made hard for the people of Belize. All the jobs must come to an end. The social programs must be halted. The infrastructural development must be stopped, says the leadership of the opposition

PUP.

The leadership of the PUP has filed a law suit against Prime Minister Dean Barrow and the Government of Belize, requesting an injunction to the halt of the Petro Caribe arrangement. Government describes the PUP action as an abuse of process. Will any of our learned Judges grant such injunction?

We trust that when the national trumpet calls, Belizeans will answer to the call in massive demonstration and support for the development, the social programs and increasing the standard of living of all Belizeans. Get ready Belize. The national trumpet will soon sound across the land. Answer the call. Your country needs you. Show the opposition that the PUP is bad for Belize.

"Courage doesn't galways roar. Sometimes Courage is the little Evoice at the end of the day that says I'll try again tomorrow."

- Mary Anne Radmacher



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#### Boy Accused Of Burglarizing Bar

SAN IGNACIO, Cayo, Monday, October 29, 2014:

A 14 year old boy was today taken to court on a burglary charge.

In a statement to the police on Sunday, October 19, Rigoberto Gonzalez, 41, Belizean businessman residing in Blackman Eddy village informed that sometime between the 11:00 pm closing time on Saturday, 18 October and the 10 o'clock opening time the following day, Sunday, October 19, his bar in the neighboring village of Buena Vista, was burglarized.

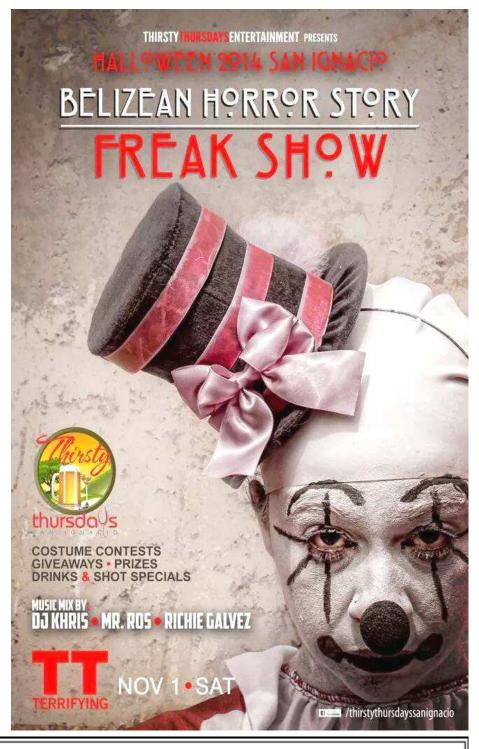
The missing items includes 24 cases of Belikin beers and stout, 2 cases of Heineken beer, 2 cases of Guinness stout, 15 cans of Monster energy drink, several packs of assorted brand cigarettes, 5 USB flash cards and 160 dollars in cash, all at a total of two thousand two hundred and ninety seven dollars.

Police investigation led to the detention of the 14 year old boy who was formally arrested and charged on Wednesday October 29 for the crime of Burglary. He appeared the San Ignacio Town courtroom of magistrate Narda Morgan where he pled not guilty to the charge. He was offered and met bail in the sum of two thousand dollars. The case was adjourned until Monday, December 29, 2014.

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#### Incomplete Case File - Attempt Dismissed Murder Charge

SAN Cayo, IGNACIO, Wednesday, October 29, 2014:

"For want of prosecution." says the presiding magistrate, an attempt murder charge goes down the drain.

The incident occurred over 19 month ago in Santa Familia Village, Cayo. At around 11:15 pm on Saturday, March 16, 2013, San Ignacio police responded to a call from the San Ignacio Community Hospital regarding a male patient undergoing emergency medical treatment for chop wounds to the left side of the head as well as to the middle, ring and small fingers of the right hand.

Police investigations revealed that the patient, identified as Kent Rivera, 22. Belizean laborer from

Santa Familia Village, was socializing at a Chinese restaurant in the village when an altercation erupted between Rivera and a male Hispanic person identified by Rivera as Cain "Chino" Quewell. Rivera told the police that after Quewell chopped him he fled the scene and disappeared into the darkness. Quewell remained at large about six weeks until he was arrested and charged on May 2, 2013.

After several adjournments granted at the request of the prosecution to complete the case file, magistrate Narda Morgan today dismissed the attempt murder charge against the accused Cain Quewell "For want of *prosecution*" she said resulting from a still incomplete case file.

**Publisher:** 

Nyani K. Azueta -**August** 

**Editor:** Sherlene Dawson

> Office Tel: 804-4900

Cell: 626-8822 starnewspaper@gmail.com

"This is your IJDPGovernment at work in the normal course Hon. Dean Barrow, Prime Minister of Belize





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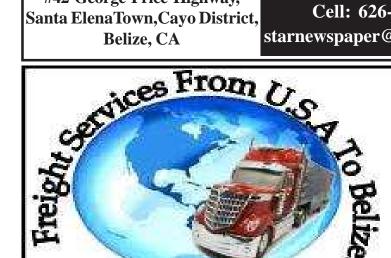


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**Company: Belize Water Services Limited Invitation for Bids (IFB) Country: Belize** 

**Project: Belmopan Sewer Expansion phase 1.1** NCB No: BWSL/1.1.6/NCB/2014/001

- 1. The Government of Belize has received a grant from the Inter-American Development Bank toward the cost of Belmopan Sewer Expansion Project Phase 1.1, and it intends to apply part of the proceeds of this *grant* to payments under this Contract for the works listed below but not limited to:
  - Install Sewer Force Main
  - -Install Sewer Gravity Main
  - -Install Sewer Pumping Station
  - -Install service connections etc...
- 2. The *Belize Water Services Limited* now invites sealed bids from eligible and qualified bidders for installation of sewer pumping station, sewer force main, gravity main and service connections in East Piccini Area of 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. Fredrick Sandiford, Project Manager 7 Central American Blvd. First Floor, Room Number 208, Engineering Belize City Belize, C. A.

Email: IWSPPP.PMU@bwsl.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 **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,
- 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. Fredrick Sandiford, Project Manager

**Belize Water Services** 7 Central American Blvd. Belize City Belize, C. A







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. Fredrick Sandiford, Project Manager **Belize Water Services** 7 Central American Blvd. First Floor, Room Number 208, Engineering **Belize City** Belize, C.A.

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

Email: IWSPPP.PMU@bwsl.com.bz

- 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. Fredrick Sandiford, Project Manager **Belize Water Services** 

7 Central American Blvd. Belize City Belize, C. A.









#### Readers Write



#### Dear Editor;

Recent developments at Sacred Heart College in San Ignacio has many asking ourselves and others: "Is Sacred Heart College engaged in religious discrimination?"

While all forms of discrimination is explicitly prohibited by the education rules, a recent incident at Sacred Heart College, San Ignacio, smells of the practice of religious discrimination.

A few months ago the President of the college, **Dr. Eve Aird** tendered her resignation to move on to greener pastures. The post became vacant and was advertised internally. An application, submitted by the serving Academic Vice Principal, **Mr. Karim Juan**, was the only sent, as requested, to the Board of Directors, in conformity with the deadline.

Neither acknowledging receipt of his application nor being invited for an interview, Mr. Juan desire to take up the post was ignored. The post has since been filled by an individual suspected to be arbitrarily selected by the Board of Directors of the college.

In the wake of this somewhat unethical and seemingly unprofessional turn of events, it has come to our attention that Mr. Juan was bypassed because he is not a Catholic confirmed by the fact that the individual now holding the post is a Catholic.

Mr. Juan's competence is unquestionable. He has been instrumental in all major developments at Sacred Heart College. No one cared that he was not a Catholic when he was working around the clock to bring to reality the long held dream of the institution for the construction of an auditorium. No one cared that he was not a Catholic as he spends long hours at the school to improve efficiency and the delivery of services.

Is the Board of Directors not aware of the existence of a Teaching Services Commission which exercises zero tolerance for all forms of discrimination?

Having the long held dream for professional advancement is Mr. Karim Juan, a young, energetic, dynamic, dedicated, experienced and proven professional leader, the victim of religious discrimination? While he might be a Catholic, Mr. Juan is a Christian in every sense of the word.

Given that it is never late to right a wrong, we are hoping and praying, with malice towards none, for the Board of Directors to reconsider its position and to appoint Mr. Karim Juan as the President of the educational institution he continues to serve with dedication, loyalty and honesty. I am confident that these sentiments are shared by the majority of parents, faculty, staff and students of Sacred Heart College.

Please withhold my name.



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TAKE NOTICE that the list of electors for the COROZAL BAY ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, Magistrate's Court Building, Corozal Town. DATED this 31st day of October 2014

Signed: HURL HAMILTON

**Revising Officer** Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the COROZAL NORTH ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, Magistrate's Court Building, Corozal Town.

**DATED** this 31st day of October 2014

Signed: HURLHAMILTON

**Revising Officer** Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the COROZAL SOUTH EAST ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, Magistrate's Court Building, Corozal Town.

**DATED** this 31<sup>st</sup> day of October 2014

Signed: **HURLHAMILTON** 

**Revising Officer** 

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the COROZAL SOUTH WEST ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, Magistrate's Court Building, Corozal Town.

**DATED** this 31st day of October 2014

Signed: **HURLHAMILTON** 

**Revising Officer** Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the ORANGE WALK NORTH ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, Administration Building, Orange Walk Town.

**DATED** this 31st day of October, 2014

Signed: MERLENE MOODY

**Revising Officer** Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

REVISION NOTICE

TAKE NOTICE that the list of electors for the ORANGE WALK EAST ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, Administration Building, Orange Walk Town.

**DATED** this 31st day of October 2014

Signed: MERLENE MOODY

**Revising Officer** Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16 **REVISION NOTICE** 

TAKE NOTICE that the list of electors for the ORANGE WALK SOUTH ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, Administration Building, Orange Walk Town.

**DATED** this 31st day of October 2014

Signed: MERLENE MOODY

**Revising Officer** Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9)

Form No. 16 **REVISION NOTICE** 

TAKE NOTICE that the list of electors for the ORANGE WALK CENTRAL ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, Administration Building, Orange Walk Town.

**DATED** this 31st day of October 2014

Signed: MERLENE MOODY

**Revising Officer** 

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the FREETOWN ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court No. 1, Belize City.

**DATED** this 31st day of October 2014

Signed: ANN MARIE SMITH

**Revising Officer** 

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9)Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the CARIBBEAN SHORES ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court No. 1, Belize City.

**DATED** this 31st day of October 2014

Signed: ANN MARIE SMITH

**Revising Officer** 

is a negotiable item. I only

want a full stomach, so let us

sit down and negotiate a

They sat down to negotiate and

after a time the bear walked away,

alone. The negotiations had been

The bear had a full stomach, and

## \*STAR HUMOR

#### **Ten Million Dollars**

Jack's grandfather left him ten million dollars, and the next week Diane agreed to marry him.

After three months of married life, Jack noticed that his beautiful new wife was ignoring him more and more.

Whenever they went out in public, she ignored him and flirted with other men. Finally, he decided to confront

#### **Dust to Dust**

A little boy had just got home from Sunday School and mom was cooking lunch. "Mommy, is it true that before you're born you're just dust and after you die you go back to being dust?"

"That's right son, why?"

"Well that's just what they said at church today."

"Run up stairs and wash your hands son, lunch will be ready in a few minutes."

About 10 minutes went by and she called out for him to come down.

her

"Diane," he said, "was the only reason you married me was because my grandfather left me ten million dollars when he died?"

"Don't be ridiculous," she replied, "I don't care who gave you the money!"

"I'll be there in a minute" he shouted.

As they were about to sit down at the table, the little boy asked again about being dust before being born and after you die.

Once again mother said, "yes son."

The little boy looked at her and said, "then you better get up to my room pretty quick, because something under my bed is either coming or going!!"

#### **Not Quite What He Wanted**

A hunter raised his rifle and took careful aim at a large bear. When about to pull the trigger, the bear spoke in a soft soothing voice, "Isn't it better to talk than to shoot? What do you want? Let's negotiate the matter."

Lowering his rifle, the hunter replied, "I want a fur coat."

"Good," said the bear, "that

#### Prison vs. Work

In prison, you spend a majority of time in an 8x10 cell. At work you spend most of your time in an 8x10 cubicle.

In prison you get three meals a day. At work, you only get a break for one meal and you have to pay for that one.

In prison you get time off for good behavior. At work you get rewarded for good behavior with more work.

In prison you can watch tv and play games. At work you get fired for watching tv and playing games.

At work you must carry a security card to unlock and open all the doors yourself. In prison, a guard locks and

the hunter had his fur coat!

compromise."

successful.

unlocks all the doors for you.

In prison you get your own toilet.
At work you have to share.

In prison they let your family and friends to come and visit. At work you're not even supposed to speak to your family and friends.

In prison all expenses are paid by taxpayers with no work required. At work you get to pay all the expenses to go to work and they deduct taxes from your salary to pay for prisoners.

At prison there are sadistic wardens. At work you have managers.

#### Life as a Female Bear

If you're a bear, you get to hibernate. You do nothing but sleep for six months. "I could deal with that."

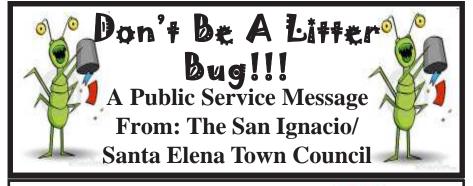
Before you hibernate, you're supposed to eat yourself stupid. "I could deal with that, too."

If you're a mama bear, everyone knows you mean business. You swat

anyone who bothers your cubs. If your cubs get out of line, you swat them too. "I could deal with that."

If you're a female bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.

"I wanna be a bear!"



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Rule 49 (1)

#### REPRESENTATION OF THE PEOPLE REGISTRATION RULES (CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the FORT GEORGE ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court No. 1, Belize City.

**DATED** this 31st day of October 2014

Signed: ANN MARIE SMITH

**Revising Officer** 

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16 **REVISION NOTICE** 

TAKE NOTICE that the list of electors for the PICKSTOCK ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court No. 1, Belize City.

**DATED** this 31st day of October 2014

Signed: ANN MARIE SMITH

**Revising Officer** 

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

**REVISION NOTICE** TAKE NOTICE that the list of electors for the QUEEN SQUARE ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00

o'clock (forenoon) at Magistrate's Court, No. 1, Belize City. **DATED** this 31st day of October 2014

Signed: ANN MARIE SMITH

**Revising Officer** 

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16 REVISION NOTICE

TAKE NOTICE that the list of electors for the ALBERT ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, No.1, Belize City.

**DATED** this 31st day of October 2014

Signed: ANN MARIE SMITH

**Revising Officer** 

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the PORT LOYOLA ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, No.1, Belize City.

**DATED** this 31st day of October 2014

Signed: ANN MARIE SMITH

**Revising Officer** 

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the MESOPOTAMIA ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, No. 1, Belize City.

**DATED** this 31st day of October 2014

Signed: ANN MARIE SMITH

Revising Officer Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the COLLET ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, No.1, Belize City. **DATED** this 31st day of October 2014

Signed: ANN MARIE SMITH

**Revising Officer** 

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES (CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the LAKE INDEPENDENCE ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, No. 1, Belize City. **DATED** this 31<sup>st</sup> day of October 2014

Rule 49 (1)

**Revising Officer** 

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16 **REVISION NOTICE** 

TAKE NOTICE that the list of electors for the BELIZE RURAL NORTH ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, No.1, Belize City.

Signed: ANN MARIE SMITH

Signed: ANN MARIE SMITH

Revising Officer

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16

**REVISION NOTICE** 

TAKE NOTICE that the list of electors for the BELIZE RURAL CENTRAL ELECTORAL DIVISION will be revised by me, the undersigned, on the 12th day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, No.1, Belize City.

**DATED** this 31st day of October 2014

**DATED** this 31st day of October 2014

Signed: **ANN MARIE SMITH** 

**Revising Officer** 

#### **Liquor License Notice**

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **JIAN JIN LIN** is applying for a **CONVENIENCE STORE** liquor license for the year 2015 to operate **J and J Super Store** located on George Price Ave, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, XU SHANG LIANG is applying for a RESTAURANT liquor license for the year 2015 to operate Hauda Restaurant located on George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, CHUN HUA HUANG is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate Alwins Supermarket located on George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, HAN TAT KWOK is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate Kwok's Welcome Superstore located on George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, GUOXIN WU is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate China Town located on George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, CHEN JIN CHENG is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate Chen's Supermarket located on George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, JUI LIANG HUANG is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate New Flags located on George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, ZAIN LI is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate Brother's Supermarket located on George Price Highway, Santa Elena, Cayo District. Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, WENG FENG ZHU is applying for a PUBLICAN SPECIAL liquor license for the year 2015 to operate First Stop Restaurant located on #109 George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, JIAN CHENG LI is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate Wing Sing Supermarket located on Buena Vista Street, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, RUIE ZHEN is applying for a PUBLICAN SPECIAL liquor license for the year 2015 to operate P.K. Restaurant located on Benque Viejo Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **DE PEI ZHENG** is applying for a **CONVENIENCE STORE** liquor license for the year 2015 to operate **New P.K. Shop** located on Benque Viejo Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, WEN HUA LIN is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate Roses Chinese Restaurant located on Benque Viejo Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, WEN HUA LIN is applying for a RESTAURANT liquor license for the year 2015 to operate Roses Chinese Shop located on Benque Viejo Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **RUI BIN CHEN** is applying for a **CONVENIENCE STORE** liquor license for the year 2015 to operate **Maxim Store** located on Bullet Tree Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, BING HAO LIU is applying for a RESTAURANT liquor license for the year 2015 to operate Maxim Restaurant located on Bullet Tree Road, San Ignacio, Cayo District.

#### **Liquor License Notice**

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, YUAN HAI ZHEN is applying for a PUBLICAN SPECIAL liquor license for the year 2015 to operate Summer's Restaurant located on Benque Viejo Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, SHAO BIAO LI is applying for a PUBLICAN SPECIAL liquor license for the year 2015 to operate Jacky's Restaurant located on Benque Viejo Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, CAN SHAO WU is applying for a RESTAURANT liquor license for the year 2015 to operate David Restaurant located on Benque Viejo Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **HUI MING TAN** is applying for a **CONVENIENCE STORE** liquor license for the year 2015 to operate **Hui Ming Store** located on Benque Viejo Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **DONG QIANG RUAN** is applying for a **PUBLICAN SPECIAL** liquor license for the year 2015 to operate **New Flavour** located on George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, YUE HONG FENG is applying for a PUBLICAN SPECIAL liquor license for the year 2015 to operate Sunny's Restaurant located on George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, **WEI FEN TAN** is applying for a **PUBLICAN SPECIAL** liquor license for the year 2015 to operate **Feng Shun Restaurant** located on George Price Highway, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, JINGYI LIU is applying for a RESTAURANT liquor license for the year 2015 to operate Wal Yi Restaurant located on Liberty Street, Santa Elena, Cayo District. Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, LI CHEO ZHANG is applying for a RESTAURANT liquor license for the year 2015 to operate Rainbow Restaurant located on Bullet Tree Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, SHAO XIA CHEN is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate Sun Shoplocated on Bullet Tree Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, LIJIA RONG is applying for a PUBLICAN SPECIAL liquor license for the year 2015 to operate Wing Lee Restaurant located on Mabel Pitts Street, Santa Elena, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, CAN HUEN WU is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate David's Shop located on Benque Viejo Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, WEN QUEN ZHEN is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate Lily's Supermarket located on Thornely Street, San ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, HONG JUN LIANG is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate Tai Kong Store located on Joseph Andrews Drive, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, LE WEI HUANG is applying for a CONVENIENCE STORE liquor license for the year 2015 to operate ABC Superstore located on Bullet Tree Road, San Ignacio, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, JAMAL ROOTS is applying for a MALTAND CIDER liquor license for the year 2015 to operate Roots, Wraps & Smooties located on Burns Avenue, San Ignacio, Cayo District.

# ypertension

Hypertension (*HTN*) or high blood pressure, sometimes called arterial hypertension, is a chronic medical condition in which the blood pressure in the arteries is elevated. Blood pressure is summarised by two measurements, systolic and diastolic, which depend on whether the heart muscle is contracting (systole) or relaxed between beats (diastole). This equals the maximum and minimum pressure, respectively. There are different definitions of the normal range of blood pressure. Normal blood pressure at rest is within the range of 100–140 mmHg systolic (top reading) and 60-90 mmHg diastolic (bottom reading). High blood pressure is said to be present if it is often at or above 140/ 90 mmHg.

Hypertension is classified as either primary (essential) hypertension or secondary hypertension; about 90–95% of cases are categorized as "primary hypertension" which means high blood pressure with no obvious underlying medical cause. The remaining 5–10% of cases (secondary hypertension) are caused by other conditions that affect the kidneys, arteries, heart or endocrine system.

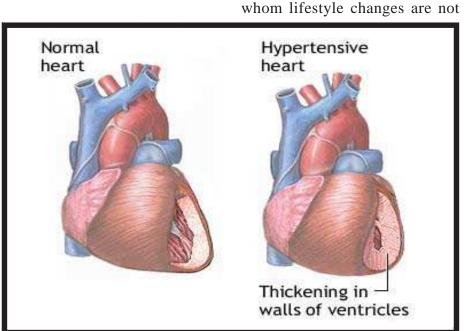
Hypertension puts strain on the heart, possibly leading to hypertensive heart disease and coronary artery disease. Hypertension

#### **Money Lenders Application**

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

I, **Nadya Nal**, hereby gave notice that I have applied to the Magistrate Court, at one of it's sitting in San Ignacio during the month of October 2014, for a certificate to be granted me under the Moneylenders Act, Chapter 260 to authorise me to carry out business as a moneylender in the name of **CASH GENIE** located at #1 George Price Avenue, Santa Elena Town in the Cayo District.

(3rd Publication)



is also a major risk factor for stroke, aneurysms of the arteries (e.g. aortic aneurysm), peripheral arterial disease and chronic kidney disease. Dietary and lifestyle changes can improve blood pressure control

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enough or not effective. The treatment of moderately high arterial blood pressure (defined as >160/100 mmHg) with medications is associated an improved life expectancy while treatment of milder

and decrease the risk of health

complications, although drug treatment

is still often necessary in people for

elevation is not.

#### **Signs and Symptoms**

Hypertension is rarely accompanied by any symptoms, and its identification is usually through screening, or when seeking healthcare for an unrelated problem. A proportion of people with high blood pressure report headaches (particularly at the back of the **head and in the morning**), as well as lightheadedness, vertigo, tinnitus (buzzing or hissing in the ears), altered vision or fainting episodes. These symptoms, however, might be related to associated anxiety rather than the high blood pressure itself.

On physical examination, hypertension may be suspected on the basis of the presence of hypertensive retinopathy detected by examination of the optic fundus found in the back of the eye using ophthalmoscopy. Classically, the severity of the hypertensive retinopathy changes is graded from

Continues On Page 14



#### Your Weekly Horoscope and Lucky Numbers

#### **ARIES:**

#### March 22 to April 20

You are in the early stage of renewal on Monday, and it is uncomfortable and slow going. As early as Tuesday, you'll feel a lot sprightlier. On Wednesday, bound out of bed early and be the first person in to work. Thursday and Friday find you flexing your muscles, getting things done and polishing your reputation. What you do is almost as important as how you do it. Saturday and Sunday, deliriously happy about your recent successes, you will want to get out a long strip of butcher paper and map out the rest of your life.Lucky numbers: 19, 23, 47.

#### TAURUS: April 21 to May 21

The intensity of what you're going through speaks volumes about how much this person means to you. You don't necessarily want to publicize how you feel, but people can see it written on your face; talking about it may be a better strategy than pretending to ignore it. A philosophical conversation with an acquaintance on Wednesday will be more useful than you ever expected, and Thursday and Friday find you grounded, curious and happy. And in the mood to travel. You could use a vacation. Get through the weekend — of power struggles and weird interactions — dreaming of sandy beaches. Lucky numbers: 07, 49, 57.

#### GEMINI: May 22 to June 21

Life is laid out like a math problem for you on Monday, and you spend the day trying to determine which are the relevant variables. This calculating mindset cuts through everything else and will be helpful on Tuesday and Wednesday as well, during a deep, intelligent dialogue with your most brilliant friend (as many insights as you have, preaching is not going to work). Thursday and Friday, your interactions with others are more difficult than usual, especially interactions related to business. Saturday and Sunday, you are submerged in big ideas. Lucky numbers: 38, 66, 73.

#### CANCER June 21 to July 21

It's as if you're on a ship in a storm: One minute there's a chair sitting next to you; the next minute it's all the way across the room. With everything slipping and sliding, Monday isn't the time to get involved with anything long-term and binding. Wait until things settle and you know exactly what you're working with. Tuesday and Wednesday, do something rejuvenating (a trip to the spa? a swim?) and Thursday and Friday, don't worry about doing very little (what's on TV?). Saturday and Sunday offer plenty of opportunities to see friends. Just be careful you don't get into a spat over money. Lucky numbers: 01, 14, 21.

#### LEO: July 24 to August 21

A beautiful antique makes its way into your life on Monday — or maybe it's something else you've been collecting. In any case, Monday is like that: rewarding, slightly self-centered, not super energetic. Then, Tuesday, a comet of love crashes into Earth and the scorching fires of romantic bliss burn brightly through Wednesday night. By Thursday morning, the fires will

have died out and you'll be returned to everyday terrain, albeit with a few members glowing in the corners. Friday, you are preoccupied by others, but this weekend your mind returns to the topic of love. Lucky numbers: 02, 17, 29.

#### **VIRGO:**

#### **August 22 to September 21**

Everyone has different ways of getting through the day, and different ways of seeing things. You are interested in someone else's perspective on Monday, but that doesn't necessarily mean you'll agree with them. Tuesday and Wednesday, your vim and vigor is no match for the inactivity everywhere else, which drags you down a bit, at least until Thursday. Thursday and Friday are bright days filled with hot air balloons and sweet romance. Be open-minded this weekend and you'll learn a fantastic and effortless new way of doing something that's always been a pain in the neck. Lucky numbers: 76, 85, 98.

#### LIBRA:

#### September 22 to October 23

Being good with your money is not just about being selfish, it's also about being smart. Nevertheless, Monday's financial dealings get you thinking about values — not a bad thing to be thinking about. Tuesday and Wednesday are about feelings and expression; your current projects are challenging you in ways you didn't expect. Thursday, you wake up feeling weird for no discernable reason, and Friday finds you feeling nostalgic about nothing in particular. The weekend offers focus, romance and fun. You and you-know-who are clearly going to take over the world. **Lucky numbers: 79, 82, 95.** 

#### **SCORPIO:**

#### October 24 to November 21

You are the sun and your friends are the planets; you are their center of gravity. You'd have it no other way: It's incredibly flattering to be depended upon by so many people who are fabulous in their own right. Tuesday and Wednesday are defined by philosophical questions and the likelihood of being led along by others — you might find yourself buying something you have little use for — but Thursday and Friday, you are shrewd, determined and in control. Less can be said for this weekend. There is tension at home, and something someone says may spark an unexpected outburst. But look on the bright side: At least it will clear the air. Lucky numbers: 27, 34, 44.

#### **SAGITTARIUS:**

#### November 22 to December 21

You're in deep processing mode on Monday, and you might feel like being alone. Your subconscious is on overdrive right now, trying to reconcile your internal picture with the big picture outside of you. Your friends may be of some help in sorting all this out on Tuesday and Wednesday — an exploration of some kind is perfect for the group's energy — and Thursday and Friday, putting your eyeballs in front of some art is a fine idea. Stimulation is good. Original thinking is good. Saturday and Sunday, you talk so much — to friends, to strangers, to yourself even — that your jaw hurts. Lucky numbers: 06, 11, 30.

#### **CAPRICORN:**

#### **December 22 to January 20**

Getting organized is the first step. You are in the right mindset to make some long-term decisions on Monday, but you want to make sure all your ducks are in a row. (Your ducks may not be as orderly as they appear.) Tuesday and Wednesday, discipline is key. You may have sudden pangs of worry that what you thought was possible isn't possible. Pish posh! Ridiculous! You can do anything, as Thursday and Friday attest. Your accomplishments by week's end are impressive, but you've only just begun. This weekend, you clear off the kitchen table and set to work on a number of new plans. Lucky numbers: 52,71, **88.** 

#### AQUARIUS: January 20 to February 18

The future of your career has never seemed less clear to you. Monday is a typical Monday, except that you have some major nagging questions in the back of your mind as well. Commiserate with friends on Tuesday to get some perspective. Then, you'll go into Wednesday with a sense of expansiveness, a sense that anything is possible. Let this feeling last. Thursday and Friday, you have too much to do to be abstract and future-thinking, but Saturday and Sunday are great, inspiring days. You'll have all the time in the world to dwell on whatever you like. Lucky numbers: 33, 62, 90.

#### PISCES: February 20 to March 21

Legal and financial matters are fuzzy at the start of the week. If you have a transaction to take care of on Monday, make sure you do it in person. Tuesday and Wednesday, you don't have to be as careful everything goes your way naturally but pay extra attention and take care to do the right thing, and you'll make major headway on several plans you once thought impossible. Thursday and Friday, a friend is in need of some help and might not know how to ask for it. Anticipate this. Saturday and Sunday, you're in a giving mood as well. Your advice is brilliant, so hand it out generously. Lucky numbers: 54, 78, 92.

# HODE'S PLACE

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#### High Milk Diet May Not Cut Risk of Bone Fractures'

Drinking lots of milk may not lower the risk of fracturing bones, a study in the British Medical Journal suggests.

The research, conducted in Sweden, showed women who drank more than three glasses a day were actually more likely to break bones than those who had less.

The researchers cautioned that their work only suggested a trend and should not be interpreted as proof that high milk consumption caused fractures.

Milk has been recommended as a good source of calcium for many years but studies considering whether it leads to stronger bones and fewer fractures have had conflicting results.

A team of scientists in Sweden examined the dietary habits of 61,400 women in 1987-1990 and 45,300 men in 1997 and then monitored their health for years afterwards.

Participants were asked to complete questionnaires on how frequently they consumed common foods such as milk, yoghurt and cheese over a one-year period.

Researchers then tracked how many developed fractures and how many participants died in the years afterwards.

In the 20-year follow-up period in which the women were monitored, those who drank more than three

#### Boom.... Goes the Dyanmite!!!!

San Ignacio United F. C. is tasked to blow out B.D.F on Sunday, November 2nd, 2014 at the Norman Broaster Stadium at 3:30pm.

They say that they have the guns but we have the local and foreign artillery such as:

Julian Maldonado (Bze)

Joel Guzman (Bze)

Regis Morris (Bze)

Torben Behren (Ger)

Ronal Folgar (Guat)

There will be Lots of Give aways so come on out and witness the battle between San Ignacio United F.C. and BDF

Gerver Folgar (Guat)

Our Proud sponsors are: STAR Newspaper, Oye FM, Westline, CP Gas, Daniel Habet, Hodes, Medinas Furniture. glasses, or 680ml, of milk a day were more likely to develop fractures than those who had consumed less.

The high-intake group had a higher risk of death too.

Prof Karl Michaelsson, lead researcher at Uppsala University, said: "Women who drank three or more glasses a day had twice the chance of dying at the end of the study than those who drank less than one glass a day.

"And those who had a high milk intake also had a 50% higher risk of hip fracture."

Men were monitored for an average of 11 years after the initial survey and the results showed a similar but less pronounced trend.

**Opposite pattern** 

When fermented milk products such as yoghurt were considered, the opposite pattern was observed - people who consumed more had a lower risk of fractures.

Prof Michaelsson says the findings could be due to sugars in milk, which have been shown to accelerate ageing in some early animal studies.

"Our results may question the validity of recommendations to consume high amounts of milk to prevent fragility fractures.

"The results should, however, be interpreted cautiously given the observational design of our study."

Dietary advice should not be changed until more research had been

conducted, he said.

Prof Sue Lanham-New, from the University of Surrey, said the study was of limited use. "We do not have a feel for the influence of physical activity or other lifestyle habits important to bone or overall mortality.

"And the effect of increasing body mass index has not been fully investigated in this study.

"Milk and dairy products in the UK provide 50-60% of the calcium in our diet.

"We know that low calcium intake (less than 400mg a day) is a risk factor for osteoporosis.

"Individuals should still be encouraged to consume a balanced diet from the five key food groups of which milk and dairy are key."



# pertension

Continued From Page 11 grade I–IV, although the milder types may be difficult to distinguish from each other. Ophthalmoscopy findings may also give some indication as to how long a person has been hypertensive.

#### Cause

Primary hypertension

Primary (essential) hypertension is the most common form of hypertension, accounting for 90-95% of all cases of hypertension. In almost all contemporary societies, blood pressure rises with aging and the risk of becoming hypertensive in later life is considerable. Hypertension results from a complex interaction of genes and environmental factors. Numerous common genetic variants with small effects on blood pressure have been identified as well as some rare genetic variants with large effects on blood pressure but the genetic basis of hypertension is still poorly understood. Several environmental factors influence blood pressure. Lifestyle factors that lower blood pressure include reduced dietary salt intake, increased consumption of fruits and low fat products (Dietary Approaches to Stop Hypertension (DASH diet)), exercise, weight loss and reduced alcohol intake. Stress appears to play a minor role with specific relaxation techniques not supported by the evidence. The possible role of other factors such as

caffeine consumption, and vitamin D deficiency are less clear cut. Insulin resistance, which is common in obesity and is a component of syndrome X (or the metabolic syndrome), is also thought to contribute to hypertension. Recent studies have also implicated events in early life (for example low birth weight, maternal smoking and lack of breast feeding) as risk factors for adult essential hypertension, although the mechanisms linking these exposures to adult hypertension remain obscure.

Secondary hypertension

Secondary hypertension results from an identifiable cause. Renal disease is the most common secondary cause of hypertension. Hypertension can also be caused by endocrine conditions, such syndrome, Cushing's hyperthyroidism, hypothyroidism, acromegaly, Conn's syndrome or hyperaldosteronism, hyperparathyroidism and pheochromocytoma. Other causes of secondary hypertension include obesity, sleep apnea, pregnancy, coarctation of the aorta, excessive liquorice consumption and certain prescription medicines, herbal remedies and illegal drugs.

#### **Prevention**

Much of the disease burden of high blood pressure is experienced by people who are not labelled as hypertensive. Consequently, population strategies are required to reduce the consequences of high blood pressure and reduce the need for antihypertensive drug therapy. Lifestyle changes are recommended to lower blood pressure, before starting drug therapy. The 2004 British Hypertension Society guidelines proposed the following lifestyle changes consistent with those outlined by the US National High BP Education Program in 2002 for the primary prevention of hypertension:

- maintain normal body weight for adults (e.g. body mass index 20-25
  - reduce dietary sodium intake to

<100 mmol/ day (<6 g of sodium chloride or <2.4 g of sodium per

- engage in regular aerobic physical activity such as brisk walking (=30 min per day, most days of the week)
- limit alcohol consumption to no more than 3 units/day in men and no more than 2 units/day in women
- consume a diet rich in fruit and vegetables (e.g. at least five portions per day);

Effective lifestyle modification may lower blood pressure as much as an individual antihypertensive drug. Combinations of two or more lifestyle modifications can achieve even better results.

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Rule 49 (1)

### REPRESENTATION OF THE PEOPLE REGISTRATION RULES (CAP. 9) Form No. 16

REVISION NOTICE

**TAKE NOTICE** that the list of electors for the **BELIZE RURAL SOUTH ELECTORAL DIVISION** will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock (*forenoon*) at Magistrate's Court, Pescador Drive, San Pedro Town.

**DATED** this 31st day of October 2014

Signed: SHERIGNE RODRIGUEZ

**Revising Officer** 

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16 REVISION NOTICE

**TAKE NOTICE** that the list of electors for the **CAYO NORTH EAST ELECTORAL DIVISION** will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock (*forenoon*) at Magistrate's Court, Second Floor of the Administration Building, San Ignacio Town. **DATED** this 31<sup>st</sup> day of October 2014

Signed: NARDIA MORGAN

Revising Officer Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16 REVISION NOTICE

TAKE NOTICE that the list of electors for the CAYO NORTH ELECTORAL DIVISION will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock (forenoon) at Magistrate's Court, Second Floor of the Administration Building, San Ignacio Town.

**DATED** this 31st day of October 2014

Signed: NARDIA MORGAN

Revising Officer Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16 REVISION NOTICE

**TAKE NOTICE** that the list of electors for the **CAYO CENTRAL ELECTORAL DIVISION** will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock *(forenoon)* at Magistrate's Court, Second Floor of the Administration Building, San Ignacio Town. **DATED** this 31<sup>st</sup> day of October 2014

Signed: NARDIA MORGAN

Revising Officer

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16 REVISION NOTICE

**TAKE NOTICE** that the list of electors for the **CAYO WEST ELECTORAL DIVISION** will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock *(forenoon)* at Magistrate's Court, Magistrate's Court Building, Benque Viejo Del Carmen Town. **DATED** this 31<sup>st</sup> day of October 2014

Signed: **HERBERT PANTON** 

Revising Officer

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES (CAP. 9) Form No.16 REVISION NOTICE

TAKE NOTICE that the list of electors for the BELMOPAN ELECTORAL DIVISION will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock (*forenoon*) at Magistrate's Court, Magistrate's Court Building, Belmopan City.

**DATED** this 31st day of October 2014

Signed: ARETHAFORD

Revising Officer Rule 49 (1)

 ${\bf REPRESENTATION\,OFTHE\,PEOPLE\,REGISTRATION\,RULES}$ 

(CAP. 9) Form No. 16 REVISION NOTICE

TAKE NOTICE that the list of electors for the CAYO SOUTH ELECTORAL DIVISION will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock (*forenoon*) at Magistrate's Court, Magistrate's Court Building, Belmopan City.

**DATED** this 31st day of October 2014

Signed: ARETHAFORD

Revising Officer Rule 49 (1)

 ${\bf REPRESENTATION\,OF\,THE\,PEOPLE\,REGISTRATION\,RULES}$ 

(CAP. 9) Form No. 16 REVISION NOTICE

**TAKE NOTICE** that the list of electors for the **DANGRIGA ELECTORAL DIVISION** will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock (*forenoon*) at Magistrate's Court, Administration Building, Dangriga Town. **DATED** this 31<sup>st</sup> day of October 2014

Signed: PATRICIAARANA

Pavising Officer

Revising Officer

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

(CAP. 9) Form No. 16 REVISION NOTICE

**TAKE NOTICE** that the list of electors for the **STANN CREEK WEST ELECTORAL DIVISION** will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock (*forenoon*) at Magistrate's Court, Administration Building, DangrigaTown.

**DATED** this 31st day of October 2014

Signed: PATRICIAARANA

Revising Officer Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

 $(CAP.\,9)\,Form\,No.\,16\,REVISION\,NOTICE$ 

**TAKE NOTICE** that the list of electors for the **TOLEDO EAST ELECTORAL DIVISION** will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock (*forenoon*) at Magistrate's Court, The Administration Building, Punta Gorda Town.

**DATED** this 31st day of October 2014

Signed: EMERSON BANNER

Revising Officer

Rule 49 (1)

REPRESENTATION OF THE PEOPLE REGISTRATION RULES

 $(CAP.\,9)\,Form\,No.\,16\,REVISION\,NOTICE$ 

**TAKE NOTICE** that the list of electors for the **TOLEDO WEST ELECTORAL DIVISION** will be revised by me, the undersigned, on the 12<sup>th</sup> day of November 2014 at 9:00 o'clock (*forenoon*) at Magistrate's Court, Administration Building, Punta Gorda Town.

**DATED** this 31st day of October 2014

Signed: EMERSON BANNER

Revising Officer

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