**Accused Female Crack Peddler Arrested**

SAN IGNACIO TOWN, Thursday, October 30, 2014:
A female villager of St. Mathews village, Cayo, was found in possession of 14.4 grams of suspected crack cocaine, was formally arrested and charged for possession of a controlled drug with intent to supply.

Acting upon information received on Thursday, October 30, a female was escorted into the police station in San Ignacio Town where she was told that she would be searched for drugs. Telling the police that a search would be unnecessary, the detained reached into the left side of the brassier she was wearing and pulled out a transparent plastic bag containing 14.4 grams of suspected crack cocaine. She was further searched by a female police corporal who found nothing else incriminating.

The detained was booked as Jennifer Soto, 28, Belizean domestic residing in St. Matthew Village, Cayo. She was later arrested and charged for the possession of illegal drugs with intent to supply.

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**Man Charged For 0.8 Grams Of Weed**

SAN IGNACIO, Cayo, Tuesday, November 4, 2014:
A Santa Elena man was arrested and formally charged for the possession of less than a gram of weed.

On Tuesday, November 4 at around 10:50 am, a team of San Ignacio policemen, on routine foot patrol in San Ignacio, came upon a male person in conversation with three Caucasian males on Burns Avenue.

The male person was approached and informed that he would be searched for drugs. In his right front pocket, police found a transparent zip lock bag containing what appeared to be marijuana.

The man was instantly detained and escorted to the San Ignacio police station where he was identified as Edric Alexander Cruz, 38, Belizean laborer who gave his address as Carillo Puerto Avenue, Santa Elena.

When placed on the scale in the presence of the accused, the suspected weed moved the digital recording mechanism slightly to 0.8. That’s right not even a gram. Edric Alexander Cruz was arrested and charged for the offence of possession of a controlled drug.
The trumpet of the nation has sounded, heed the call. We are all invited to descent upon Belmopan on Tuesday, November 18 to show our support for the unprecedented development taking place across the nation.

National development occurring for the first time in Belize include the first National Bank of Belize, a revived Development Finance Corporation of Belize as well as the many social justice programs benefiting tens of thousands of Belizeans in the form of School Subsidies, Food Pantry, Boost, Christmas and other Cheers as well as the housing loan write offs and the announced December mortgage payment for all Belizeans with housing loans up to one hundred thousand dollars held at all financial institutions in Belize.

National development combined with providing that personal financial touch to the people wins elections. This is what the United Democratic Party is doing. The more the UDP government undertakes and intensifies these programs, the harder it becomes for the opposition to attain political victory. This they know only too well and so they are running scared.

Fueled by funds from the Petro Caribe Initiative, the national development and social justice programs of the United Democratic Party government must be halted, it must be halted at any cost and so the opposition People’s United Party has embarked on a mission to throw a monkey wrench into the works. Stop the Petro Caribe program, stop the social programs, halt the national development, bring our first nation nation to its knees; curtail available funds in the DFC. Such is the agenda of the opposition PUP.

In pursuit of their selfish political agenda, the leadership of the opposition PUP wants to see the Belizean people suffer. In advancing this agenda the PUP has proceeded to file for an injunction to bring Petro Caribe to a screeching halt.

The PUP secretly operated the Petro Caribe Initiative by the government to attain political victory. This they know only too well and so they are running scared. Meanwhile, the current government is utilizing Petro Caribe funds, the opposition leader craftily dodged the question. The reality is that, given the PUP track record in the handling of all funds, the Venezuelans might not want to see any of these funds used for Belize and Belizeans.

When asked if he has sought to bring to the attention of the Venezuelan Embassy, his party’s opposition to the way in which Government is utilizing Petro Caribe funds, the opposition leader craftily dodged the question. The reality is that, given the PUP track record in the handling of all funds, the Venezuelans might not want to see any of them not even in photographs as they are the same faces who were in office when Venezuelan housing grants were used to pay the debt of a private medical institution while needy Belizeans, the intended beneficiaries, were shafted.

On Tuesday, November 18, come to Belmopan, bring your relatives, your friends and your neighbors, jump on a bus and let us all converge at the foot of the national assembly building in Belmopan at 10:00 a.m. for the special sitting of the House of Representatives when the Petro Caribe matter will be debated.

Thousands of new jobs have been created. Workers on the various development projects are now earning an honest living. They are living in pride as they provide for their families. The time to stand up for marked improvement in our standard of living and for the development of our nation is NOW!!!!!
The Belize Chamber of Commerce & Industry’s 3rd Annual Christmas Expo Extravaganza!

December 6th and 7th should already be locked on the calendars of everyone looking for good deals and merry steals this Christmas season! Kick off December with the Chamber as we host our 3rd annual Christmas Expo Extravaganza at the Ramada Belize Princess Hotel Kings Room on Newtown Barracks in Belize City. Festivities start at 9:00 am and go straight through to 6:00 pm on both days.

WAITRESS ALLEGEDLY HELD AT GUNPOINT

SAN IGNACIO TOWN, Cayo, Tuesday, November 4, 2014:

Two men are in police custody pending investigation into a robbery report which occurred on Tuesday, November 4, in the Santiago Juan Layout area of San Ignacio.

Acting on information received police visited J and K Restaurant on Flamboyant in San Ignacio, where Martha Pineda, 21, waitress, reported that at around 10:00 p.m., while she was alone in the restaurant, an unmasked male person of dark complexion, slim built, about five feet five inches in height, wearing a black sweater and black short pants, entered the restaurant and held her up with what appeared to be a pistol. The complainant informed that the man placed the gun to her neck and led her to the bathroom and locked her up therein.

A neighbor is said to have later unlocked the bathroom door and the waitress was reportedly released. The waitress’s first action was to check the cash drawer which she reported being emptied of the day’s sale amounting to about three hundred dollars. Also missing she said was her cellular telephone valued at one hundred seventy five dollars.

The complainant informed that while she does not know the man who placed the gun to her neck, she can positively identify him if she sees him again.

“THIS IS YOUR UDP GOVERNMENT AT WORK IN THE NORMAL COURSE”

Hon. Dean Barrow, Prime Minister of Belize

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The event has been completely booked with over 29 homegrown businesses offering locally made hams, wines and spirits, crafts, chocolate and more! Come and get the perfect gift for your loved ones as you enjoy a variety of special offers on Christmas decorations and home supplies. Visit our Christmas Expo with your family! Purchase adult tickets for just $3 at our office on 4792 Coney Drive, but don’t forget children 11 and under enter for absolutely free! Start the holidays with the Belize Chamber of Commerce & Industry. Event Sponsors include The Belize Chamber of Commerce & Industry’s Western Union, Multimedia Systems (Love FM, Estereo Amor, and More FM) and Image Pro. Gate prize sponsors include United Airlines, Grace Kennedy Belize, Running W Meats, Comex Paints, Southside Meats, and James Brodie & Co Ltd.

Is seeking the services of:

Administrative Assistant

Interested applicants must possess:

- Associates Degree in Business Management
- Minimum two years working experience
- Computer literate - good overall understanding of computer systems MS Excel, Word and Outlook
- Must be able to assist Senior Management
- Good communication skills (written and oral)
- Good interpersonal skills - be an effective team player
- Ability to learn quickly and master the tasks assigned
- Have positive work attitude and ethics
- Ability to work on own initiative

Salary is negotiable based on experience.

Interested persons can email their applications to:

fcastaneda@roesons.com
OR
gm1@hiddenvalleyinn.com

No later than 14th November 2014

The event has been completely booked with over 29 homegrown businesses offering locally made hams, wines and spirits, crafts, chocolate and more! Come and get the perfect gift for your loved ones as you enjoy a variety of special offers on Christmas decorations and home supplies. Visit our Christmas Expo with your family! Purchase adult tickets for just $3 at our office on 4792 Coney Drive, but don’t forget children 11 and under enter for absolutely free! Start the holidays with the Belize Chamber of Commerce & Industry. Event Sponsors include The Belize Chamber of Commerce & Industry’s Western Union, Multimedia Systems (Love FM, Estereo Amor, and More FM) and Image Pro. Gate prize sponsors include United Airlines, Grace Kennedy Belize, Running W Meats, Comex Paints, Southside Meats, and James Brodie & Co Ltd.

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No later than 14th November 2014
Ringworm

Ringworm is a skin infection due to a fungus. Often, there are several patches of ringworm on your skin at once.

**Causes**

Ringworm is common, especially among children. However, it may affect people of all ages. It is caused by a fungus, not a worm like the name suggests. Many bacteria and fungi live on your body. Some of these are useful, while others can cause infections. Ringworm occurs when a type of fungus called tinea grows and multiplies on your skin.

Ringworm can affect the skin on your:
- Beard -- tinea barbae
- Body -- tinea corporis
- Feet -- tinea pedis (also called athlete's foot)
- Groin area -- tinea cruris (also called jock itch)
- Scalp -- tinea capitis

Ringworm can spread easily from one person to another. You can catch ringworm if you touch someone who has the infection, or if you come into contact with items contaminated by the fungus, such as combs, unwashed clothing, and shower or pool surfaces. You can also catch ringworm from pets that carry the fungus. Cats are common carriers.

The fungus that causes ringworm thrive in warm, moist areas. Ringworm is more likely when you are often wet (such as from sweating) and from minor injuries to your skin, scalp, or nails.

**Symptoms**

Symptoms of ringworm include:
- Itchy, red, raised, scaly patches that may blister and ooze.
- The patches tend to have sharply-defined edges.
- Red patches are often redder around the outside with normal skin tone in the center. This may look like a ring.
- If ringworm affects your hair, you will have bald patches.
- If ringworm affects your nails, they will become discolored, thick, and even crumble.

**Exams and Tests**

Most of the time, your health care provider can diagnose ringworm by looking at your skin. The fungus may glow when your skin is examined with a blue light (called a Wood's lamp) in a dark room.

Tests to confirm the diagnosis may include:
- KOH exam
- Skin biopsy
- Skin culture
- Treatment
- To care for ringworm:
  - Keep your skin clean and dry.
  - Apply over-the-counter antifungal or drying powders, lotions, or creams
- **The fungus lives in dead tissue of the skin**
- Examine your pets also should be treated.

**Outlook (Prognosis)**

Skin medicine usually treats ringworm within 4 weeks. If your ringworm infection is severe or it does not respond well to self-care, it will usually respond quickly to antifungal pills.

**When to Contact a Medical Professional**

Call your doctor right away if you have any signs of a bacterial infection, which can result from scratching. These signs include swelling, warm skin, sudden worsening in redness of the skin.

Continues From Page 14
GOB Signs Grant

The Government of Belize and World Bank Sign Grant for “Management and Protection of Key Biodiversity Areas in Belize” Project

Belmopan, November 6, 2014:

The International Bank for Reconstruction and Development (World Bank) and the Government of Belize signed a Grant Agreement on November 5, 2014 for US$6.9 million. The grant is provided by the Global Environment Facility and is being administered by the World Bank. This large grant was approved for a five-year project entitled “Management and Protection of Key Biodiversity Areas in Belize”, which will be executed by the Ministry of Forestry, Fisheries and Sustainable Development.

The Project aims to strengthen natural resource management and biodiversity conservation in Key Biodiversity Areas (KBAs) of Belize by supporting Sustainable Forest Management activities in six Key Biodiversity Areas, and institutional strengthening for enhanced enforcement of Environmental Regulations. The target sites are Freshwater Creek Forest Reserve in the north, Spanish Creek Wildlife Sanctuary in the Belize District, Vaca Forest Reserve and Chiquibul National Park in the west, and Maya Mountain North Forest Reserve and Columbia River Forest Reserve in southern Belize, a total of 535,000 acres. The project is expected to increase the area under sustainable forest management and biodiversity conservation, while at the same time partnering with the people in targeted forests and 48 adjacent communities to increase their involvement and benefits from sustainable livelihood opportunities offered by the forests. Also included in the project are activities for revisions to the Forests Act, the Wildlife Protection Act and the Environmental Protection Act, as well as the establishment of a national Forest Information System, a Forest Monitoring and Compliance Unit and regional Forest Fire Brigades, all aimed at increasing institutional capacities to improve forest and protected areas management in Belize.

Ms. Sophie Sirtaine, Country Director for the Caribbean Countries, signed on behalf of World Bank. Ms. Sirtaine is visiting Belize this week on a familiarization tour and will visit with various government entities and private sector representatives. These meetings form a critical part of the country diagnostic leading to the development of a new country partnership strategy. Ms. Sirtaine and her team will also be touring ongoing activities funded through the Belize Municipal Development Project, which is currently being executed by the Social Investment Fund.

Sacred Heart College

P.O. Box 163, San Ignacio, Cayo, Belize.
Phone: (501) 824-2102; 824-2758; Fax: 824-3759

Vacancy exist at Sacred Heart College for the post of:

One TEMPROARY Accounting/Office Procedures Teacher

Applicants must have a B.Sc. in the teaching subject area with a Diploma in Education, or B.Ed. in the teaching subject area.

Remuneration is commensurate with MOE approved salary scales. Successful applicants should have a Teacher’s License.

Application packages should include the following: a signed letter of application, a copy of a university diploma showing the highest earned degree, certified or official university transcript(s), two named referees, and a copy of a valid Teacher’s License.

Completed application packages can be dropped off at the College, emailed to president@shc.edu.bz, Or mail to:

Secretary
Board of Governors
P.O. Box 163
San Ignacio Town
Cayo District

Deadline for Application: November 10, 2014
Dear Editor,

Allow me a space in your newspaper to respond to “Letter to the Editor” reference religious discrimination. As a resident of the San Ignacio and Santa Elena, I want to agree that Mr. Juan is all the good things that was said in the letter. It seems, though, that the person who wrote is privy to a lot of information if he/she can attest that it was the only application submitted. If so it should be that he/she should know that the criteria that I would assume the Board of Governors (BOG) was looking for was not only religious status of the candidate. It was mentioned that Mr. Juan was very instrumental in the realization of the Auditorium but the hard work of previous teachers and entities must not be forgotten.

This being said, we must understand and realize that SHC is a Catholic Institution. There are many other institutions for example, Eden High School, Alvin Young Nazarine High School and many others in the country whereby if you are employed you must comply with their Religious practices. Even the students are taught that institution’s specific belief and the students must attend their church services. It is only Sacred Heart College, which is a Catholic Institution, that is not imposing its Faith on the students.

Sacred Heart College should be on its guard otherwise it can loose all its Catholic roots from the Inception of education in the country and the High School which was through the great efforts of Monsenor Facundo Castillo and other priests. If I may make mention here, there had already been “rumours” of wanting to take out the crucifixes from the classrooms.

All the best to whosoever the post was granted to and I pray that that person knows to Trust in the Lord with all his/her heart and lean not unto their own understanding and asknowledge the Lort that He may direct the paths of classrooms.

This teacher lacks the capacity to handle the simple day to day running of a classroom. Her methods seem to be outdated and archaic. Her ability to reach the students entrusted in her care seems non-existent as the compound this matter, she threatens to students in her classroom. To this teacher lacks the capacity to handle the simple day to day running of a classroom.

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My child is currently in Standard 4 at one of the leading primary institutions in San Ignacio, an institution that is known for its commitment to excellence. However, since my child entered this Standard 4 class in September, her experience thus far can only be described as absolutely hellish leaving much to be desired!

The principal of the primary school, a dedicated educator, recognizes the problem but says that she is handicapped as the school is deficient in teaching capacity for the upper classes.

This teacher lacks the capacity to handle the simple day to day running of a classroom. Her methods seem to be outdated and archaic. Her ability to reach the students entrusted in her care seems non-existent as the compound this matter, she threatens to students in her classroom. To

Word of God” (Ephesians 6:17). We must choose how we wield our words. Will you join me?

A Commitment of Words
* We commit to using our words to defend and heal, not to harm. * We will not gossip. * We will not belittle.
* We will not gossip. * We will not belittle.
* We will guard our sisters by always speaking the best about them, encouraging them into all God would have them to be, and offering grace instead of condemnation.

We will be loyal and loving, remembering that even if we disagree we still fight on the same side–never against each other.

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Exist at River Park Inn Resort on the Branch Mouth for a Handyman

Applicant must have experience in:
- Plumbing
- Electrical
- Gardening

Applicant must be bi-lingual

Experience in Construction will be an asset

Visit the River Park Inn Resort on Branch Mouth Road in San Ignacio for an Interview

The Octavia Waight Centre

Belize’s National Council on Aging notes “there are certainly many abandoned older people that do need care and attention” and the Octavia Waight Centre is doing its part in the West of the country. The staff of professional caregivers honour and respect those in their care and treat them with dignity and compassion, and they look forward to the potential for growth when the Centre is able to reach out to more of the elderly in the community through the meals-on-wheels programme.

The Challenge Gobie Foundation is excited to partner with the Octavia Waight Centre to raise BZ $100,000.00 which will provide for all the kitchen expansion construction and commercial appliances costs. Challenge Gobie is organizing a 16-mile charity bike ride on Sunday November 23, 2014 from San Ignacio to Benque Viejo Border and back. While one of the main reasons for the bike ride is to increase community awareness for the Octavia Waight Centre, we will also take the opportunity to kick-start the fundraising.

The bike ride will start at 9:00 a.m. from the San Ignacio Hotel parking lot. We will ride all the way to the Benque Viejo Border where we will take a short break and then return to San Ignacio. The ride will end at the Octavia Waight Centre around 11:30 a.m. where there will be food and drinks on sale – available to the entire public. If you are not participating in the ride please come out to buy lunch for your family and support the Octavia Waight Centre. Riders will be asked to pay a very minimal fee of $5 per person and T-Shirts will also be on sale. Please note that while this ride is intended for participants with Mountain Bikes we will allow Road Bikes provided the riders stick with the group.

We hereby challenge businesses from around Belize and from within the Cayo Community especially, to get a team together to join us on the ride but also to do their own fundraising so that they can present a company check or donation on November 23, 2014 toward this great project.

We welcome any person or entity who wishes to be a sponsor of our bike ride and/or the Octavia Waight Centre kitchen expansion project. Please join us and support this very worthy cause!

Email us at: challengegobiefoundation@gmail.com or call us at 627-5206.

“Courage 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
**STAR HUMOR**

A Sincere Apology

A man received a message from his neighbor...

**Sorry Sir**, I am using your wife... day and night... when you are not present at home... In fact, much more than you do. I confess this now because I am feeling very guilty. Hope you will accept my sincere apologies.

The man is down with a heart attack!

Next week he received another message: Sorry Sir, a spelling mistake... I meant WIFI.

**Walking Naked**

I wanna get a dog and call her Naked so that I can tell people I haven't heard before you can love it.

**A Bad Move**

The cop came up to him, took his license without a word and examined it and the car.

"I've had a tough shift and this is my last pull over. I don't feel like more paperwork so if you can give me an excuse for your driving that I haven't heard before you can go!" said the officer.

"Last week my wife ran off with a cop," the man said, "and I was afraid you were trying to give her back!"

"Have a nice night", said the officer.

**Fishing Licence**

One day two men were fishing, when a Game Warden slipped up on them and asked to see their fishing licences.

One of the men took off running. So the warden started chasing him. He ran after the man up and down the side of the river, thru the swamp, up the side of a mountain, the man swam across the river with the warden right behind him. Then he swam back across the river with the warden still right behind him.

Finally after about three miles of chasing the game warden caught up with the man, bleeding and out of breath the warden asked to see his fishing licence. The man reached in his pocket and pulled out his licence and handed it to the warden.

The warden asked why did you run? The man just looked at the warden and smiled and said: "my friend doesn't have a licence!"

**Measures**

boy this year and can I have a new bicycle? Signed, Little Johnny

Well, Little Johnny looked deep down in his heart, which by the way was what his mother was really wanting. He crumpled up the letter and threw it in the trash can and went running outside.

He aimlessly wandered about, depressed because of the way he treated his parents and really considering his actions. He finally found himself in front of a Catholic Church.

Little Johnny went inside and knelt down, looking around not knowing what he should really do. Little Johnny finally got up and began to walk out the door and was looking at all the statues. All of a sudden he grabbed a small one and ran out the door. He went home hid it under his bed and wrote this letter.

**Jesus**

I've been a bad boy this year and would appreciate a new bicycle.

**Your Friend**, Little Johnny

Now Little Johnny knew that Jesus really knew what kind of boy he was (Brat).

So, he ripped up the letter and decided to give it another try.

Dear Jesus,

I've been an OK boy this year and I want a new bicycle. Yours Truly, Little Johnny

Well, Little Johnny knew this wasn't totally honest so he tore it up and tried again.

Dear Jesus,

I've thought about being a good boy this year and can I have a new bicycle? Signed, Little Johnny

Well, Little Johnny looked deep down in his heart, which by the way was what his mother was really wanting. He crumpled up the letter and threw it in the trash can and went running outside.

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**Jesus**

I've broken most of the Ten Commandments; shot spit wads in school, tore up my sister's Barbie dolls and lots more. I'm desperate. I've got your mama. If you ever want to see her again, give me a bike. Signed, You know who.

---

**Clean Master**

We Specialize In:

- Car Detailing
- Carpet & Upholstery Cleaning
- Car Polishing
- Wash, Vaccum, Armoral & Engine Wash

Our Home Services Include:

- Tile Cleaning & Polishing
- Sofa Cleaning
- As Well As Pressure Washing

Outside of Houses

We are located off Joseph Andrews Drive, near the Falcon Field in San Ignacio Town. Call us at 824-2076 or 610-0408.

E-mail: cleanmasterbr@yahoo.com

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**Venus Photos & Records**

Photos & Records

86 Hudson Street, San Ignacio Town

Telephone: 824-2101

Need a perfect gift for that special someone we also have in stock fashion Jewelry and male and female watches. If you need photos for Passport,

Permit, Driver's License, come to Venus and we'll get them done in only one minute!

Venus Photos & Records, where the prices are unbeatable and service is our #1 priority!!!

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**A large variety of Electronics**

Don't forget DVD and CD's for ONLY $1.00 each

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**STAR - Tels:** 626-8822 & 804-4900  
**Email:starnewspaper@gmail.com**  
**Sunday, November 9, 2014**
Hon. Rene Montero
and Your UDP
Government at Work!
History of the Garifunas

As a true melting pot of various cultures, Belize’s very own Garifuna have woven bits and pieces of many ethnicities to make what we know as our beautiful country. With many cultures coming in, tradition and custom sometimes disappear as the days go by. However, a group that is not going silently is the Garifuna. With November 19th, being their special day and designated a national holiday, Garifunas countrywide live up to this year’s theme of Proudly empowering our children in their Garifuna heritage. On May 18th, 2001, the United Nations Educational, Scientific and Cultural Organization (UNESCO) proclaimed the Garifuna language, music and dance a masterpiece of the oral and intangible heritage of humanity. Belize’s very own Andy Palacio, celebrated musician and singer was honored with the title of Artist for Peace by UNESCO. With much history, culture, tradition, song, food, religion, the Garifunas have certainly left their mark in Belize. For that, we feature them in this week’s Our Belize Community.

Reenactment of the Arrival of the Garifunas in Belize

This colour, at another level, recognizes the hardships and injustices that the people have had to endure, their struggles for survival and the odds that they have had to overcome in the course of their history. As tough as these experiences have been, they helped to strengthen the Garifuna spirit and shaped their spirituality which is based on the principle of reciprocity, mutually beneficial two-way relationship between individuals or nations. The yellow strip at the bottom of the flag symbolizes the other half of the ancestry of the Garifuna – the Amerindians or Yellow Caribs as they were referred to by Europeans. These were actually a mixture of Caribs and Arawaks and formed the host community in which the fusion of Africa and South America took place to give rise to the emergence of the Garinagu as a distinct group indigenous to the circum-Caribbean region.

In contrast to the hardships experienced in the course of history, the yellow symbolizes the hope and prosperity. Yellow is the color of grated cassava, a color that is further brought out in the process of turning it into dumari, an additive for enhancing sauces, soups and stews. Yellow is also the color of the rising sun, which brings new promise and much hope for a better life. Yellow, therefore, represents hope, plenty and prosperity, as well as the Carib/Arawak input into the Garifuna identity.

The white strip, located in the middle between the black and the yellow, reminds them of the role of the white man (Europe) in the history and formation of the Garifuna people – the forcible removal and enslavement of the African, the seizure of Garifuna land, which precipitated the Garifuna resistance, and the forcible removal of the people from St. Vincent. Even after the arrival and dispersal in Central America, it was still necessary to deal with the white man. At another level, white symbolizes the peace that has eluded the Garifuna people for most of their turbulent history - the peace for which they continue to yearn.

Garifuna culture

Garinagu are a resilient tribal people who have survived many years of extreme hardships. Despite these, ethnological studies show that they are the only black people in the Americas to have preserved their native culture. Because their ancestors were never slaves, they have been able to preserve their rich and unique Afro-Caribbean heritage. Also, the Garifunas traditions, deep sense of kinship and participation in community cultural activities have provided them with a sense of solidarity and cultural identity during times of turmoil.

Food

Traditional Garifuna foods are based around fish, chicken, cassava, bananas, and plantains. Most of the meals are rich and hearty. One of the staples of the diet is cassava. Cassava is made into a bread, a drink, a pudding, and even a wine! The cassava bread is served with most meals. The process of making the bread is very labor intensive and takes several days.

Hudut is a very common traditional meal. Hudut consists of fish cooked in a coconut broth (called sere) and served with mashed plantains or yams. Dharasa is the Garifuna version of a tamale made with green bananas. It can be made either sweet or sour.

The foods are very labor intensive and used to be cooked over an open fire hearth. Today, stoves save time, but some families still prefer the taste of the fire hearth.

Religion and spirituality

Garinagu are a proud people devoted to their roots and their religion consists of a mix of Catholicism, African and Indian beliefs.

Belief in and respect for the ancestors is at the very core of their faith. The Garifuna believe that the departed ancestors mediate between the individual the external world. If a person behaves and performs well then he will have good fortune. If not, then the harmony that exists in relationships with others and the external world will be disrupted leading to misfortune and illness.

The religious system thus implies certain responsibilities and obligations between the living and deceased. Food and drink should occasionally be laid out for the ancestors who may also appear in dreams. A spiritual leader, a “Buyei” leads the contact of a family with the deceased. In preparation of these spiritual gatherings with healing, drumming and dancing, a feast of seafood, meat and cassava bread is prepared.

Garifuna spiritualism is creatively expressed through music, dancing and other art forms.

Music

Garifuna music is similarly different from the rest of Central America; the most famous form is punta. An evolved form of traditional music, still usually played using traditional instruments, punta has seen some modernization and electrification in the 1970s; this is called punta rock. Traditional punta dancing is consciously competitive. Artists like Pen Cayetano helped innovate modern punta rock by adding guitars to the traditional music, and paved the way for later artists like Andy Palacio, Children of the Most High and Black Coral. Punta was popular across the Americas to have preserved their rich and unique Afro-Caribbean heritage.

Music
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On Sunday, though, take a second to do something more about the time you've got. You're on fire — you're hot. You're especially productive in all areas of life, and if you begin something new, what with the energy you've got coming. Just have a plan and stick to it. The more you open up, the more you're likely to express yourself. Well-chosen words (with heart!) find the way to their mark now.

Friday through the weekend, couple your natural enthusiasm with thinking through, especially when it comes to questions rather than statements. Ask (and answer) some serious ones first, and then you may be able to let go of things you've been thinking hard about. The more you let go, the more you're likely to see the real potential.

Sunday has an odd element, one that might reveal a lot and be a big relief. Check on Friday and Saturday, when your honesty regarding emotions has a way of, well, revealing itself. Dreams can come true now, perhaps in particularly unexpected ways! Life and love are extraordinary, and the flames of romance is favored now, too. Duty of some sort calls this weekend, and if you get right on it, you might just be surprised by the pleasure you'll take in getting it done.

**ARIES:** March 22 to April 20

The more you try to assert yourself at the beginning of the week, the more you might be finding yourself hedging. Don't be afraid to let someone know that you don't know — yet. You'll probably develop a better idea around Wednesday and Thursday, perhaps on the strength of some good advice or even an unmistakable sign. Moreover, what you say, even on the spur of the moment, has deep meaning. Friday and the weekend are more about questions than statements. Ask (and answer) some serious ones first, and things could get flirty on Sunday.

**CANCER:** June 21 to July 21

Your responses are right on target early in the week. Let your mind and heart both weigh in, and you'll be guided. Then, before you get bent out of shape on Wednesday or Thursday, ask yourself if you might just be taking things a little too seriously. You could further inquiry might reveal a lot and be a big relief, too. From Friday through the weekend, your unique charms are getting noticed. You're at the star of a party, delightul on a date and generally wonderful (and wonderfully unpredictable) in any and all circumstances.

**LIBRA:** September 22 to October 23

It looks like something or somebody might throw you off early this week, but getting too riled up about it isn't the most appropriate response. If it's relationship related, there may be a way to find a compromise, and Wednesday and Thursday are prime for such discoveries. You can perceive new levels when it comes to situations, and you can also locate common ground now. Gratitude and smooth sailing are your reward, and from Friday through the weekend, your natural grace looks great.

**TAURUS:** April 21 to May 20

Get together with others early in the week, whether it's gathering input and expertise in a meeting at work, or seeing friends to laugh and talk things over. The more you open up, the better. Wednesday is good for starting something new, what with the surge of energy you've got coming. Just have a plan and stick to it somewhat! The days around Friday are all about you. You're highly productive in all areas of life, and if you've got love on your mind, now's the time to go for it — you're hot. On Sunday, though, take a second look at something or someone.

**SCORPIO:** October 24 to November 21

An element of surprise works in your favor as the week gets started. Use that impeccable sense of timing to show just how jaw-droppingly great you can be. Then, around Wednesday or Thursday, it may be tempting to get into a tangle with someone you don't like. But what do you have to gain? It could get way stickier than you think. Expect some excitement on Friday or over the weekend. If you want things to get even more intense (and knowing you, you do), let your real feelings be known. Be a little vulnerable — and be ready for just about anything! Lucky numbers: 54, 78, 92.

**GEMINI:** May 22 to June 21

Someone's not saying exactly what they mean as the week gets going, and that someone might be you. Instead of hedging, don't be afraid to let someone know that you don't know — yet. You'll probably develop a better idea around Wednesday and Thursday, and two heads (or is it hearts?) are definitely better than one. Introduce a new idea to the two of you and see what happens. It's liable to be a great time. Around Friday and Saturday, you might be in a rebellious mode. Just consider carefully who or what you're challenging now — and why. You're low-key on Sunday, and a little too seriously. A further inquiry might reveal a lot and be a big relief, too. From Friday through the weekend, your honesty regarding emotions has a way of, well, revealing itself. Dreams can come true now, perhaps in particularly unexpected ways! Life and love are extraordinary, and the flames of romance is favored now, too. Duty of some sort calls this weekend, and if you get right on it, you might just be surprised by the pleasure you'll take in getting it done.

**LEO:** July 24 to August 21

Save the drama as the week gets started. Instead of engaging in it, try a little more research to develop a better understanding. A partner's in the picture around Wednesday and Thursday, and two heads (or is it hearts?) are definitely better than one. Introduce a new idea to the two of you and see what happens. It's liable to be a great time. Around Friday and Saturday, you might be in a rebellious mode. Just consider carefully who or what you're challenging now — and why. You're low-key on Sunday, and a little too seriously. A further inquiry might reveal a lot and be a big relief, too. From Friday through the weekend, your honesty regarding emotions has a way of, well, revealing itself. Dreams can come true now, perhaps in particularly unexpected ways! Life and love are extraordinary, and the flames of romance is favored now, too. Duty of some sort calls this weekend, and if you get right on it, you might just be surprised by the pleasure you'll take in getting it done.

**SAGITTARIUS:** November 22 to December 21

You'll need a serious kick-start if you want to get anything accomplished at the beginning of the week. Get the blood pumping with exercise and eat right for energy, and you might just be able to concentrate. When Wednesday and Thursday come, though, you're on fire — thinking fast, making the right moves and wowing anyone who's watching. Fanning the flames of romance is favored now, too. Duty of some sort calls this weekend, and if you get right on it, you might just be surprised by the pleasure you'll take in getting it done.

**Lucky numbers:** 01, 14, 21.

**CAPRICORN:** December 22 to January 20

If you're going to email someone early in the week, call instead. Or, better yet, say it face-to-face. Your personal touch is terrific now, whether it's work related or personal. Expect some static around Wednesday or Thursday, and little too seriously. A further inquiry might reveal a lot and be a big relief, too. From Friday through the weekend, your honesty regarding emotions has a way of, well, revealing itself. Dreams can come true now, perhaps in particularly unexpected ways! Life and love are extraordinary, and the flames of romance is favored now, too. Duty of some sort calls this weekend, and if you get right on it, you might just be surprised by the pleasure you'll take in getting it done.

**Lucky numbers:** 38, 66, 73.

**AQUARIUS:** January 20 to February 18

What do you really want — and what's not going to cut it? It's a heavy stuff for the beginning of the week, but don't get sidetracked from core values and goals. You'll be in a fine position to think bigger around Wednesday and Thursday, when your personal possibilities suddenly expand exponentially. Keep your schedule open now! Something that seems mundane on Friday or over the weekend has an odd element, one that demands attention. And starting Sunday, that odd element may have everything to do with love. Lucky numbers: 07, 49, 57.

**PISCES:** February 20 to March 21

Your generosity with affection and your honesty regarding emotions has enormous ripple effects as the week gets started. Dreams can come true now, perhaps in particularly unexpected ways! Life and love are a bit of a puzzle, though, around Wednesday and Thursday. If you might be missing a key piece. The person or occurrence you think has the answer probably doesn't. Look within, and get ready for things to make a lot more sense starting Friday. You can write your own ticket now. Where do you want to go? Lucky numbers: 27, 34, 44.
Did you know...

The Garifuna Settlement Day holiday was created by Thomas Vincent Ramos in 1941.

Thomas Vincent Ramos lived from September 17, 1887 to November 14, 1955 where he passed away in his Stann Creek home at the age of 68. Ramos was born in Puerto Cortes, Honduras but later moved and spent most of his life living in Belize.

He worked as a school teacher and was known for being a Civil Rights Activist with primary concern being the lack of health and financial facilities to aid the Garinagu living in Dangriga. He formed the Carib Development Society as a way to help the sick and render financial aid to bury their dead.

Ramos also fought against the discrimination of the Garifuna people. His most well-known effort was when he lobbied the Governor to establish a Public and Bank Holiday to commemorate the arrival of the Garifuna in Belize. His request was granted and Garifuna Settlement Day, which was first known as Carib Disembarkation Day, was first celebrated on November 19, 1941 only in Stann Creek District, then later in Punta Gorda and Toledo in 1943 then country-wide in 1977.

Thomas Vincent Ramos

Alberto August Jr. at T.V. Ramos Monument in Dangriga
began the Paranda Project. In the Garifuna culture, there is another dance called Dugu. This dance is a ritual done for a death in the family to pay their respect to their loved ones.

In 2001, Garifuna music was proclaimed one of the masterpieces of the oral and intangible heritage of humanity by UNESCO.

Steeped in rich traditions and amazing ancestry, we join the Garifunas in celebrating Garifuna Settlement Day. They have joined our country and formed part of it; integrating themselves to our roots and have grown to prominent businessmen, entrepreneurs, teachers and have joined our Belizean workforce with such strength. Their music, their dance, stories, food, history – it all makes them a proud and much welcome addition to “Our Belize Community.”

**History of the Garifunas**

Continued From Page 10

the region, especially in Belize, by the mid-1980s, culminating in the release of Punta Rockers in 1987, a compilation featuring many of the genre’s biggest stars.

Other forms of Garifuna music and dance include chumba and hunguhungu, a circular dance in a three beat rhythm, which is often combined with panta. There are other songs typical to each gender, women having eremwu eu and abaimajani, rhythmic a cappella songs, and laremuna wadauman, men’s work songs. Other forms of dance music include matamuerte, gunchei, charikawi and sambai. Paranda include matamuerte, gunchei, charikawi and sambai. Paranda.

Ivan Duran of Stonetree Records barely recorded until the 1990s, when the music was instrumental and percussion-based. The music was barely recorded until the 1990s, when Ivan Duran of Stonetree Records.

**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, CARLOS TZIB is applying for a PUBLICAN SPECIAL liquor license for the year 2015 to operate Amigos Bar located in San Antonio Village, Santa Elena, Cayo District.

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**Ringworm**

Continued From Page 4

the patches, red streaking, pus, drainage, and fever.

Call your doctor if:
* You have ringworm on your scalp or beard
* Your skin does not improve after 4 weeks of self-care
* The rash spreads and you have diabetes or a weakened immune system due to disease or certain medications

**Prevention**

To prevent ringworm:
* Keep your skin and feet clean and dry.
* Shampoo regularly, especially after haircuts.
* Do not share clothing, towels, hairbrushes, combs, headgear, or other personal care items. Such items should be thoroughly cleaned and dried after use.
* Wear sandals or shoes at gyms, lockers, and pools.
* Avoid touching pets with bald spots.

**Alternative Names**

* Dermatophytid
* Tinea

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Bulgarian footballer Adriano charged with drug links

Former Bulgarian football international Adriano has been charged with links to a drug lord in Rio de Janeiro.

Prosecutors said that Adriano gave a drug dealer a motorbike that was used in criminal activities.

The Bulgarian striker had a successful career in Italy, winning titles with Inter Milan. But off-field problems and injuries cut his career short.

Adriano, 32, had been negotiating a comeback with second division French club Le Havre.

The allegations first emerged in 2010. Bulgarian police said Adriano had bought a motorbike in 2008 and registered in the name of the mother of a known drug dealer - Paulo Rorgerio de Souza Paz, known as Mica.

The bike was used for drug trafficking in one of Rio's shanty towns, or favelas, then controlled by a powerful criminal gang - Comando Vermelho (Red Command).

Adriano denied at the time the allegations.

Bulgarian media say they have not been able to contact Adriano, who was due to fly back to Rio de Janeiro on Tuesday night.

Prosecutors have not requested an arrest warrant against Adriano, but have asked for his passport to be seized.

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